



# 第二十七屆荃灣體育節開幕典禮暨港安健康心臟十公里長跑 2016

第二十七屆荃灣體育節統籌委員會 圓玄學院 荃灣區體育康樂聯會 荃灣民政事務處 合辦

康樂及文化事務署 荃灣警區 中華電力有限公司 協辦

香港港安醫院—荃灣 冠名贊助 香港馬拉松推廣社 技術顧問

Adventist 港  
Health 安  
Hong Kong Adventist Hospital - Tsuen Wan  
香港港安醫院·荃灣

比賽日期：2016年10月23日(星期日)

比賽路線：荃灣公園二期至機場核心計劃展覽中心來回(約八成平路，一個折回點)

賽事距離：10公里

報名費用：每位港幣150元正(名額2,500名，先到先得，額滿即止)

集合地點：荃灣公園二期近往珀麗灣碼頭(荃灣西鐵站側)

交通路線：參加者可乘搭西鐵荃灣西站D出口或於港鐵荃灣站A4出口乘95K專線小巴或沿大河道步行前往

個人組別：男子個人—MA組(16-28歲) MB組(29-36歲) MC組(37-44歲) MD組(45-50歲) ME組(51-59歲) MF組(60歲或以上)  
女子個人—WA組(16-36歲) WB組(37-44歲) WC組(45歲或以上) \*全部組別以出生年份計算\*

紀念品：每位完成賽事的參賽者均可獲得紀念T恤乙件

獎項：各組冠軍：香港港安醫院—荃灣身體檢查標準套餐，亞軍：香港港安醫院—荃灣心臟檢查計劃—養心，季軍：素食禮券及素食烹飪班，第四至五名：素食禮券，第六至八名：運動課程伸展班。所有得獎者可得獎盃乙座，各套餐、計劃及課程等價值如下：

各組得獎者可同時得到現金獎：冠軍 HK\$800，亞軍 HK\$600，季軍 HK\$400，第四至八名 HK\$300：

報到時間：上午7時00分開始登記

起步時間：上午8時00分

截止日期：2016年10月10日(星期一)

比賽時限：1小時45分

HKMP  
HK Marathon Pro

### 【男子組】

	MA組 1988-2000	MB組 1980-1987	MC組 1972-1979	MD組 1966-1971	ME組 1957-1965	MF組 1956或之前	獎盃
第一名	HK\$2,980	HK\$2,980	HK\$2,980	HK\$2,980	HK\$2,980	HK\$2,980	✓
第二名	HK\$1,380	HK\$1,380	HK\$1,380	HK\$1,380	HK\$1,380	HK\$1,380	✓
第三名	HK\$870	HK\$870	HK\$870	HK\$870	HK\$870	HK\$870	✓
第四及第五名	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓
第六及第八名	HK\$380	HK\$380	HK\$380	HK\$380	HK\$380	HK\$380	✓

### 【女子組】

	WA組 1980-2000	WB組 1972-1979	WC組 1971或之前	獎盃
第一名	HK\$3,150	HK\$3,150	HK\$3,150	✓
第二名	HK\$1,380	HK\$1,380	HK\$1,380	✓
第三名	HK\$870	HK\$870	HK\$870	✓
第四及第五名	HK\$500	HK\$500	HK\$500	✓
第六及第八名	HK\$380	HK\$380	HK\$380	✓

### 報名辦法：

1a. 填妥下列表格及簽署聲明，連同一張港幣150元正劃線支票 — 用作支付報名費(抬頭人請寫「香港馬拉松推廣社」)

寄回：沙田銀禧花園一座33樓C室(TW-10K收)。

快速郵寄報名指南：1張支票 + 1張報名表 + 1個回郵信封

1b. 網上報名港幣150元正，報名網址前往 <http://www.hkmarathonpro.com>

2. 郵遞表格必須各自附上一個回郵信封，信封面寫上地址及貼上足夠郵資，若未有提供回郵信封者，本會有權保留其參賽資格。

3. 若比賽當天早上五時懸掛八號或以上颱風，紅色或黑色暴雨訊號或非人力可控制之情況影響，比賽將順延到下一個星期日舉行(10月30日)，已繳的報名費，將自動轉往補賽日(而補賽日缺席者，一概不會作出任何退款或轉人安排)。

4. 報名一經接納，報名費恕不發還，報名以支票過戶為準。

5. 只接受郵遞或網上報名，不接受現場或逾期報名，不設收據服務。

6. 本賽會有權隨時修改此章程細則，恕不另行通知。

7. 號碼布及晶片將於比賽當日派發。

8. 所有獎項及紀念品只可在大會指定時間親身領取，不設預領、代領及補領。

9. 重覆報名，只當一人計算，不設退款、退件、轉名及轉費安排。

查詢：8101 6335 或 8104 8500 或可到 <http://www.hkmarathonpro.com> 或 <http://www.hkrunners.com> 網頁下載

備註：1. 參賽者個人保險需自行負責。 2. 號碼布不得轉讓別人。 3. 如資料不全，恕不接受報名。 4. 大會設有行李寄存，水站及里數牌。

郵寄報名通知：接納信將於比賽前七天內寄出，如賽前四天未收到任何資料，請以電郵向大會查詢。

網上報名通知：接納信將於比賽前七天內發出電郵通知，請查閱電子郵箱，包括雜件箱，號碼布及晶片將於比賽當日派發。如賽前四天未收到任何通知時請以電郵向大會查詢。

\* 如表格不敷應用，可自行影印。

大會電郵：[hkmarathonpro@yahoo.com.hk](mailto:hkmarathonpro@yahoo.com.hk)

## 第二十七屆荃灣體育節開幕典禮暨港安健康心臟十公里長跑 2016 《報名表》

No. \_\_\_\_\_

姓名：(中文) \_\_\_\_\_ (英文) \_\_\_\_\_ 身份證號碼： \_\_\_\_\_ 性別： \_\_\_\_\_

居住地址： \_\_\_\_\_ 出生年份： \_\_\_\_\_

聯絡電話： \_\_\_\_\_ / \_\_\_\_\_ 支票號碼： \_\_\_\_\_ (請附上劃線支票，一張作報名費之用)

電郵地址： \_\_\_\_\_ 屬會： \_\_\_\_\_

【緊急聯絡人： \_\_\_\_\_ 電話： \_\_\_\_\_ 關係： \_\_\_\_\_】

聲明：謹證明本人是自願參加比賽，並願意自行承擔所有責任。本人亦謹遵守比賽規則及決定。本人一旦因在往返比賽場地或比賽中受到任何財物損失、受傷或致死亡，主辦賽會、贊助機構及其他有關合辦機構均無須負上任何責任。本人願意授權予大會及傳媒在無須經本人審查而可使用本人的肖像、姓名、聲線及個人資料作為活動及推廣之用。

家長 / 監護人姓名： \_\_\_\_\_ \* 家長 / 監護人簽署： \_\_\_\_\_ (\* 未滿十八歲之參賽者需要監護人簽署)

日期： \_\_\_\_\_ 跑手簽署： \_\_\_\_\_

請在合適  上加上  號。

有關參加者之個人資料只供是次比賽用途，所有資料將於比賽後銷毀。

男子組	男子MA組 (1988 - 2000)	男子MB組 (1980 - 1987)	男子MC組 (1972 - 1979)	男子MD組 (1966 - 1971)	男子ME組 (1957 - 1965)	男子MF組 (1956或之前)
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
女子組	女子WA組 (1980- 2000)		女子WB組 (1972 - 1979)		女子WC組 (1971或之前)	
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
* 全部組別以出生年份計算 報名費：HK\$150						



回郵地址

姓名： \_\_\_\_\_  
地址： \_\_\_\_\_



# The 27<sup>th</sup> Tsuen Wan Sports Festival Opening Ceremony cum Adventist Hospital 10K Run for Healthy Heart 2016

Adventist 港  
Health 安  
Hong Kong Adventist Hospital - Tsuen Wan  
香港 港安醫院 - 荃灣

The 27<sup>th</sup> Tsuen Wan Sports Festival Co-ordinating Committee, The Yuen Yuen Institute, T.W.D.S.R.A.,  
Tsuen Wan District Office **Organizers**  
Leisure & Cultural Services Department, Tsuen Wan Police District CLP Power Hong Kong Limited **Co-organizers**  
Hong Kong Adventist Hospital - Tsuen Wan **Title Sponsor** Hong Kong Marathon Pro **Technical Consultant**

**HKMP**  
HK Marathon Pro

**Race Date** : 23<sup>rd</sup> October, 2016(Sunday) **Assemble Time** : 7:00 a.m. Registration  
**Race Route** : Tsuen Wan Park Phase II to Airport Core Programme Exhibition Centre to and fro (around 80% Flat Road and one turning point)  
**Start Time** : 8:00 a.m.  
**Distance** : 10 km **Application Deadline**: 10<sup>th</sup> October, 2016 (Monday)  
**Entry Fee** : HK\$150 each (entry with 2,500 quota, first come first served) **Time Limit** : Within 1 hr 45 mins  
**Meeting Point** : Tsuen Wan Park Phase II near Ferry Pier to Park Island Phase (near MTR Tsuen Wan West Station)  
**Transportation** : MTR Tsuen Wan West station Exit D or MTR Tsuen Wan station Exit A4 and get Green minibus No.95K or following Tai Ho road on foot to the meeting point.

**Individual** : Men - **MA** (16 – 28 age), **MB** (29 - 36 age), **MC** (37 - 44 age), **MD** (45 - 50 age), **ME** (51 - 59 age) & **MF** (60+ age)  
Women - **WA** (16 – 36 age), **WB** (37 - 44 age) & **WC** (45+ age) **\*All Groups are categorized according to birth year\***

**Souvenir** : A T-shirt will be given to each runner who finishes the race.

**Awards** : All Groups' Champion will be awarded Hong Kong Adventist Hospital - Tsuen Wan : Comprehensive Physical Examination. The 1st runner's up : Cardiac Assessment Program-Healthy Lifestyle. The 2nd runner's up : Vegetarian meal gift voucher & Vegetarian Cooking Class, The 3rd to 4th runner's up : Vegetarian meal gift voucher. The 5th to 7th runner's up : Exercise Class (Stretching). All Winners will also be awarded a trophy, detail value listed below:  
**All Groups' winners will also be awarded Cash Prize, Champion: HK\$800 / 1<sup>st</sup> runner-up :HK\$600/ 2<sup>nd</sup> runner-up : HK\$ 400/ 3<sup>rd</sup> to 7<sup>th</sup> runner-up : HK\$300.**

**[Men's Group]**

	MA 1988-2000	MB 1980-1987	MC 1972-1979	MD 1966-1971	ME 1957-1965	MF 1956 or before	Trophy
Champion	HK\$2,980	HK\$2,980	HK\$2,980	HK\$2,980	HK\$2,980	HK\$2,980	✓
1st runner's up	HK\$1,380	HK\$1,380	HK\$1,380	HK\$1,380	HK\$1,380	HK\$1,380	✓
2nd runner's up	HK\$870	HK\$870	HK\$870	HK\$870	HK\$870	HK\$870	✓
3rd to 4th runner's up	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓
5th to 7th runner's up	HK\$380	HK\$380	HK\$380	HK\$380	HK\$380	HK\$380	✓

**[Women's Group]**

	WA 1980-2000	WB 1972-1979	WC 1971 or before	Trophy
Champion	HK\$3,150	HK\$3,150	HK\$3,150	✓
1st runner's up	HK\$1,380	HK\$1,380	HK\$1,380	✓
2nd runner's up	HK\$870	HK\$870	HK\$870	✓
3rd to 4th runner's up	HK\$500	HK\$500	HK\$500	✓
5th to 7th runner's up	HK\$380	HK\$380	HK\$380	✓

**Entry : 1a.** Completed the entry form, signed Declaration form and enclose **ONE HK\$150 crossed cheque** for entry fee made payable to "**Hong Kong Marathon Pro**" and post to **Flat C, 33/F, Block One, Jubilee Garden, Shatin (TW-10K)**. **Quick Guide : 1 Cheque + 1 Entry Form + 1 Stamped Envelope**

**1b.** For online application, please go to <http://www.hkmarathonpro.com> and pay HK\$150 for entry fee through Paypal.

**2.** For application by post, please prepare a self-addressed stamped envelope for the confirmation letter to be sent to you by post. Please ensure sufficient postage. The organizer reserves the right to decline any entries made without self-addressed stamped envelopes.

**3.** If the typhoons signal No.8 or above, thunderstorm or red rainstorm warning or black rainstorm warning is issued by Hong Kong Observatory at 5:00am or if the race is affected by causes beyond the organizer's reasonable control, the race will be rescheduled to the next Sunday(30<sup>th</sup> October),The entry fee will automatically be forward to the rescheduled race and the entry fee is non-refundable and non-transferable(even if you do not participate on rescheduled race). **4.** Entry fee is non-refundable once the entry is accepted. **5.** Late entry and walk-in entry will not be accepted, no receipt service. **6.** Organizer reserves the rights to revise the terms and conditions of the race without prior notice. **7.** The number cloths and timing chips will be distributed on the race day. **8.** All souvenirs and awards will only be presented on-site at designated time slots on the race. **9.** Repeated entries will be counted as a single entry, the extra entry fee is non-refundable and cannot be transferred to another applicant or race. All submitted materials will not be refunded.

**Entry : For more details, call 8101 6335 or 8104 8500 or please visit the website: <http://www.hkmarathonpro.com> & <http://www.hkrunners.com>**

**Remarks :** (1) Entrants are responsible for their personal health and accident insurance. (2) The number cloths are non-transferable.

(3) The Organizers reserve the right to decline any entry without completed information.

(4) The Organizers will provide luggage-keeping services, water stations and distance markers.

**Online Entry Notification: Confirmation Letter will be sent to entrants by emails seven days before the race.**

**Post Entry Notification: Confirmation Letter will be mailed to entrants seven days before the race.**

**If applicant hasn't receive the confirmation letter four days before the race, Please contact us by E-mail : [hkmarathonpro@yahoo.com.hk](mailto:hkmarathonpro@yahoo.com.hk)**

## The 27<sup>th</sup> Tsuen Wan Sports Festival Opening Ceremony cum **《Entry Form》** Adventist Hospital 10K Run for Healthy Heart 2016 No.

Name : (Chi.) \_\_\_\_\_ (Eng.) \_\_\_\_\_ HKID : \_\_\_\_\_ Sex : \_\_\_\_\_

Address : \_\_\_\_\_ Age : \_\_\_\_\_ Year of Birth : \_\_\_\_\_

Tel No : \_\_\_\_\_ / \_\_\_\_\_ Cheque No. : \_\_\_\_\_ (ONE crossed cheque for entry fee)

E-mail : \_\_\_\_\_ Club : \_\_\_\_\_

**【Emergency Contact Person : \_\_\_\_\_ Tel \_\_\_\_\_ Relationship : \_\_\_\_\_】**

**Declaration: I certify that I am physically fit and I understand that I am entering this race at my own risk and responsibility. I herewith expressly agree to abide by all rules and conditions of the Organizers. I hereby discharge the Organizers and any other individual or organization connected directly or indirectly with this race for any responsibility in the event of, but not limited to injury, death or loss of property before, during or after the race. Applicant consent that any information provided may be transferred between the organizers, sponsors and other related parties and may be used by any such parties for all purposes of the race including but not limited to the smooth coordination, operation, promotion and marketing purposes of the race.**

**Runner's Signature /**

Date : \_\_\_\_\_ Parent/Guardian's Name : \_\_\_\_\_ **\* Parent/Guardian's Signature : \_\_\_\_\_**

(\*Guardian's signature is required for entrants aged below 18.)

Please tick the appropriate box.

Information provided in the application form will only be used for the race ,all information will be destroyed after the race.

Men's Group	MA (1988-2000)	MB (1980-1987)	MC (1972-1979)	MD (1966-1971)	ME (1957-1965)	MF (1956 or before)
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Women's Group	WA (1980 - 2000)	WB (1972 - 1979)	WC (1971 or before)	*All Groups are categorized according to birth year*		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Entry Fee: HK\$150</b>		



Self-address

Name : \_\_\_\_\_

Address : \_\_\_\_\_

\_\_\_\_\_