



萬宜地質跑 2020

香港馬拉松推廣社 主辦 **HKMP**
HK Marathon Pro



主辦機構：成立於 1999 年，由一班馬拉松精英及愛好者發起組成。旨在推廣香港馬拉松運動

賽事目標：推廣關島國際馬拉松比賽及鼓勵市民以跑步方式去欣賞大自然

賽事特點：沿途盡覽萬宜水庫及中國香港世界地質公園糧船灣景區優美景色

比賽日期：2020 年 1 月 5 (星期日)

比賽路線：西貢北潭涌 > 西貢萬宜路 > 東壩 > 西貢萬宜路 > 西貢北潭涌

集合地點：西貢北潭涌傷健樂園

報名費用：每位港幣 210 元正

本活動每名跑者的報名費，當中的 HK\$10 將贊助環保慈善團體「綠惜地球」，推動綠惜跑賽文化。

個人組別：男子 MA 組(16-29 歲) MB 組(30-39 歲) MC 組(40-49 歲) MD 組(50-59 歲) ME 組(60-100 歲)

女子 WA 組(16-35 歲) WB 組(36-44 歲) WC 組(45-100 歲) *全部組別以出生年份計算

隊際：設男子及女子組，每三人為一隊，計算每名跑者的時間總和最短者為勝出，時間相同則以第三名隊員成績計算

每組設冠亞季军，均可得 LAUNCH8 禮券(如下)。而各隊員於隊際的成績，可同時競逐其年齡組別的個人獎項

隊際必須集齊所有隊員的報名表一併寄出，如資料不齊或更改名單，每次手續費港幣 100 (只接受截止日期前之更改)

紀念品：跑畢全程之參賽者，均可獲大會紀念 T-恤

大會紀錄：【01/2018】男子組：黃曉聰 1:06:49, 【01/2018】女子組：黃芷綏 1:20:00

個人獎項：全場首名男子及首名女子可各得響 居酒屋飲食禮券 \$500.

全場前三名男子及女子，將分別名得 LAUNCH8 禮券 HK\$800, HK\$600, HK\$300

每組男女子首三名可得獎盃乙座及名得 LAUNCH8 禮券及響 居酒屋飲食禮券，其他名次可得獎盃乙座，價值如下：

指定媒體及攝影合作伙伴：**運動筆記**
RUNNING BIJI hk 百裡



【男子】							【女子】					
	MA 組 16-29	MB 組 30-39	MC 組 40-49	MD 組 50-59	ME 組 60-100	獎盃	隊際	WA 組 16-35	WB 組 36-44	WC 組 45-100	獎盃	隊際
第一名	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$900	HK\$400	HK\$400	HK\$400	✓	HK\$900
第二名	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$600	HK\$300	HK\$300	HK\$300	✓	HK\$600
第三名	HK\$200	HK\$200	HK\$200	HK\$200	HK\$200	✓	HK\$300	HK\$200	HK\$200	HK\$200	✓	HK\$300
第 4-5 名	第 4-5 名	第 4-5 名	第 4-5 名	第 4-5 名	第 4-5 名	✓	不適用	第 4-5 名	第 4-5 名	第 4-5 名	✓	不適用

報名辦法：1a.填妥下列表格，連同一張劃線支票(抬頭人請寫「香港馬拉松推廣社」)，一張港幣 210 元正/245 元正(1 張車票)支票一用作支付報名費(不設收據)，多人報名可共用一張支票，但需在支票背面寫上所有參加者姓名及發出支票者之電話號碼，寄回：沙田銀禧花園一座 33 樓 C 室 (19K) 收

1b.網上報名港幣 210 元正/245 元正 (1 張車票)，詳情請瀏覽本會網頁：<http://www.hkmarathonpro.com>
2.郵遞表格須付上一個回郵信封，信封面寫上地址及貼上足夠郵票(多人報名可共用一個大回郵信封，但要按比例增加郵資)，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，比賽將會改期或取消，已繳的報名費，將自動轉往補賽日(而補賽日不出席，都不會作出任何退款或轉人安排，若取消比賽，大會將會安排在指定時間及地點領取紀念物品，未能按時領取將不能補領，任何情況下都不設退款) 4.報名一經接納，報名費恕不發還，報名以支票過戶為準 5.不接受現場及逾期報名 6.重複報名，不設退款、轉名、轉費安排，只計一人報名

大會專車：參賽者可於香港天后地鐵站 (6:25am) 或 九龍尖沙咀漢口道 YMCA (6:40am) 或 荃灣地鐵站綠楊坊停車場 (06:40am) 或 沙田排頭街 (06:55am) 乘搭大會的去程巴士 (不設回程)直達比賽場地(費用為每位港幣 35 元正)，請連同報名費一併繳交 (名額有限，先到先得)，巴士將於上述時間準時開出，逾時不候
*網上報名有購買車票的參加者將收到大會郵寄的確認信及車票，其他網上參加者需留意電郵(包括條件箱)及瀏覽大會網站的公佈 *

若報名被接納，接納信將於比賽前七天內寄出，號碼布及晶片於 2020 年 1 月 2-3 日於 Launch8 派發 或 於比賽日現場領取，詳情請留意確認信上資料。
備註：1.參加者個人保險需自行負責 2.號碼布及晶片不得轉讓別人 3.若資料不全者，恕不接受報名 4.大會設有行李寄存，水站及里數牌
5.所有獎項及紀念品不設預領、代領及補發 6.本賽會有權隨時修改此章程細則，恕不另行通知

查詢：8101 6335 或 8104 8500 或可到 <http://www.hkmarathonpro.com> 網頁下載表格及查閱成績
快速郵遞報名指南：1 張支票 + 1 張報名表 + 1 個回郵信封

萬宜地質跑 2020 < 報名表 >

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：_____ 傳真號碼：_____ 支票號碼：_____ 最佳 19K 時間：_____

電郵地址：_____ 屬會：_____

【緊急聯絡人：_____ 電話：_____ 關係：_____】

如乘搭本會之巴士，請選擇去程上車地點每張 HK\$35 元 *不設回程*
香港天后地鐵柏景台出口 (06:25am) 張 / 九龍中間道 YMCA (06:40am) 張 / 荃灣地鐵站綠楊坊停車場 (06:40am) 張 / 沙田排頭街 (06:55am) 張

男子組	MA組(1991-2004)	MB組(1981-1990)	MC組(1971-1980)	MD組(1961-1970)	ME組(1920-1960)	*全部組別以出生年份計算	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(報名費)
女子組	WA組(1985-2004)		WB組(1976-1984)		WC組(1920-1975)	(報名費+1張車票) HK\$245 <input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

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、贊助商及其他有關機構均無須付上任何責任。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。

日期：_____ (*未滿十八歲者) 監護人簽署：_____ 參加者簽署：_____

男子隊際 <input type="checkbox"/>	女子隊際 <input type="checkbox"/>	中文隊名：_____	英文隊名：_____
隊長(聯絡人)：_____		隊員 2 _____	隊員 3 _____





High Island GEO Run 2020

Organized by Hong Kong Marathon Pro



Organizer : It was established in 1999. This is initiated and formed by a group of marathon elites and lovers. To promote and encourage Marathon sport.

Race Aim : To promote United Guam Marathon and encourage people use running to enjoy the nature.

Race Features : Spectacular views of High Island Reservoir and Hong Kong Global Geopark of China High Island Geo Area.

Race Date : 5th January, 2020(Sunday) **Meeting Time** : 7:30am **Distance** : 19km

Starting Time : 8:30am **Time Limit** : 3 hours

By Post Deadline : 20th December, 2019(Friday)

Charitable Beneficiary : 綠惜地球 THE GREEN EARTH

Race Route : Pak Tam Chung > Sai Kung Man Yee Road > East Dam> Sai Kung Man Yee Road > Pak Tam Chung

Meeting Point : Pak Tam Chung PHAB BBQ Site (by Pak Tam Chung Barrier Gate) **Entry Fee** : HK\$210

Category : Men – **Group MA** (Age 16-29) **Group MB** (Age 30-39) **Group MC** (Age 40-49) **Group MD** (Age 50-59) **Group ME** (Age 60-100) * **Participants will be grouped according to their year of birth**

Team Category : Women – **Group WA** (Age 16-35) **Group WB** (Age 36-44) **Group WC** (Age 45-100)



Remarks: (a) Three individual entry forms must be submitted together to be considered as a team. (b) Changes to team members or additional information will require a further payment of HK\$100 on each occasion (changes can only be accepted before the deadline).

Souvenirs : Participant who finishes the race will be given a T-shirt.

HK\$10 in each transaction of entry fee will be donated to environmental charity group "The Green Earth" to support its green endeavors.

Official Record : 【01/2019】 Men Group : WONG WAI CHUNG NESTOR - 1:06:49, 【01/2019】 Women Group : Wong Tsz Yan - 1:20:00

Individual : The overall man and woman will be awarded Hibiki Japanese Restaurant \$500 Gift Coupon.

Awards The overall top 3 men and women will be awarded LAUNCH8 Coupon HK\$800, HK\$600, HK\$300

All Groups' winners will be awarded trophy, LAUNCH8 and Hibiki Japanese Restaurant coupon as valued below :

Official Media & Photography Partner :

	Men						Trophy	Team Category	Women				
	Group MA 16-29	Group MB 30-39	Group MC 40-49	Group MD 50-59	Group ME 60-100	Group WA 16-35			Group WB 36-44	Group WC 45-100	Trophy	Team Category	
Champion	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$900	HK\$400	HK\$400	HK\$400	✓	HK\$900	
1 st runner-up	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$600	HK\$300	HK\$300	HK\$300	✓	HK\$600	
2 nd runner-up	HK\$200	HK\$200	HK\$200	HK\$200	HK\$200	✓	HK\$300	HK\$200	HK\$200	HK\$200	✓	HK\$300	
Other runner-up	4-5th	4-5th	4-5th	4-5th	4-5th	✓	N/A	4-5th	4-5th	4-5th	✓	N/A	

Entry : 1a. Completed application form with ONE cross cheque HK\$210 / HK\$ 245(with bus ticket) cheque for entry fee (Not receipt service and more than one applicants please combine the entry fee in one cheque) made payable to "Hong Kong Marathon Pro" and post to Flat C, 33/F, Blk 1, Jubilee Garden, Shatin (19K).

1b. Online Registration Fee is HK\$210 / HK\$ 245(with a bus ticket), Online Register website at <http://www.hkmarathonpro.com>

Online register without bus ticket runners please check the mail box including spam and visit our website announcement.

- Please enclose ONE self-addressed stamped envelope (more stamp and large envelope for more than one applicants) with your application.
- If the typhoons signal No.8, thunderstorm, red or black rainstorm warning is hosted at 5:00am or the race was affected by weather or natural reason, the event will be Rescheduled or Cancelled, you entry will automatically carried forward to the rescheduled date and the entry fee will not be refunded or arrange the souvenir distribution on designate place and date, no refundable option. (Even if you did not participate on reschedule day.)
- Entry fee is non-refundable and non-transferable when the entry is accepted. Entry fee are also not transferable to another applicant.
- Only by post and online entry, no late entry and walk-in entry.
- Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person)

Quick Guide : 1 Cheque + 1 Entry Form + 1 Stamped Envelope

Official Bus : Official bus (no return) will be available from (HK) Tin Hau MTR station, 6:25am or (KLN) YMCA, Hankow Road TST, 6:40am or

(TW) Tsuen Wan MTR Luk Yeung Fong Parking Space, 06:40am or (NT) Pai Tau St., Sha Tin MTR station, 6:55am to the venue.

The bus fare is HK\$35 per person and need addition into the entry fee. (Max. no. of people is limited, first come first serve)

By post register and Online register with bus ticket they Confirmation Letter will be posted before 7 days of the race, number bib and chips will be distributed 2-3 /1/2020 at Launch8, or on the race day at the meeting point. For more details, please refer to the confirmation letter.

- Remarks** : (1) Personal insurance is responsible by the participants. (2) The number bib and chip is non-transferable. (3) Applicant who can't provide details data don't accept. (4) The organizer will provide Luggage-keeping services, Water Stations and Distance Markers. (5) All souvenirs and awards cannot award before or after the race or other person. (6) Organizer reserves the rights to amend the above information.

Inquiries : 8101 6335 or 8104 8500 or go to <http://www.hkmarathonpro.com> download an entry form and check the result.

High Island GEO Run 2020 < Entry Form >

Name : (Chinese) _____ (English) _____ ID Card No : _____ Sex : _____

Address : _____ Year of Birth : _____

Tel no. : _____ Fax no. : _____ Cheque no : _____ The Best 19K time : _____

Email Address : _____ Club : _____

【Person to contact in emergency: _____ Tel: _____ Relationship: _____】

Official bus: \$35 per ticket, no return Tin Hau MTR Park Tower Exit (06:25am) _____ ticket Middle Rd., KLN YMCA (06:40am) _____ ticket

Tsuen Wan MTR Luk Yeung Fong Parking Space (06:40am) _____ ticket Pai Tau St., Shatin (06:55am) _____ ticket

Men	MA (1991 – 2004)	MB (1981– 1990)	MC (1971 – 1980)	MD (1961 – 1970)	ME (1920 -1960)	【All groups are categorized according to the birth year】 (Entry Fee) HK\$210
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Women	WA (1985 – 2004)		WB (1976 – 1984)		WC (1920 - 1975)	(Entry Fee + one Bus ticket) HK\$245
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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 Organizer. I hereby discharge the Organizer and any other individual or organization connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as consequence of or while traveling to or from the race. I grant permission and assign of rights, title and interest to the organizer to utilize my appearance, name, voice, bio-dare and likeness in connection with the event in any and all media throughout the Organizer would in perpetuity and agree to waive any right of inspection or approval associated thereto.

Date : _____ * (if under 18 age) Guardian's Signature: _____ **Applicant's Signature** : _____

Men's Team <input type="checkbox"/>	Women's Team <input type="checkbox"/>	Team Name : (Chi) _____ (Eng) _____
Team Leader : _____	Member 2: _____	Member 3 : _____

