



RMAC 黃金海岸 15 公里賽 2019

HKMP 香港馬拉松推廣社 主辦
HK Marathon Pro



冠名贊助 RUNNING MAN ATHLETIC CLUB

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：推廣地區 15 公里賽事及提昇跑手準備挑戰半馬拉松距離。

賽事特點：沿途盡覽汀九、青馬兩橋及藍巴勒海峽優美景色。

比賽日期：2019 年 11 月 3 日 (星期日)

起步時間：上午 9:00

比賽路線：汀九引水道(九咸平路)，兩個折返點(詳細版本請瀏覽本會網頁)。

集合地點：在青山公路汀九停車場。(近麗都灣及汀九橋橋底)

報名費用：每位港幣 180 元正(先到先得)

個人組別：男子 MA 組(16-28 歲) MB 組(29-38 歲) MC 組(39-49 歲) MD 組(50-59 歲) ME 組(60-100 歲或以上)

女子 WA 組(16-28 歲) WB 組(29-38 歲) WC 組(39-100 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，計算每名跑手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

每組設冠亞季軍，均可得現金獎、Oofos 現金券(冠軍\$450, 亞軍\$300 及季軍\$300) 及 NRC 太陽眼鏡現金券\$900(每隊)

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，均可獲輕量鳥眼運動布 T-shirt 乙件及康和樂\$100 現金券

本活動每名跑手的報名費，當中的 HK\$10 將贊助環保慈善團體「綠惜地球」，推動綠跑跑實文化。

大會紀錄：(11/2018)男子組：SAMWEL KIBIWOT - 48 分 46 秒，(11/2013)女子組：姚潔貞 - 58 分 01 秒

獎項：全場首名男及女子，各可獲得 Eleeeels X1T 肌肉按摩槍 及 現金獎 HK\$1,000，

各個人組冠軍可得 POLAR 光學心率錶 Vantage M 乙隻，亞軍可得 NRC WB 太陽眼鏡乙副，季軍可得 Oofos 拖鞋乙對

而個人組首三名均可得現金獎價值如下，各組所有得獎者均可得獎盃乙座，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



受惠機構：



【男子】

【女子】

	MA 組 16-28	MB 組 29-38	MC 組 39-49	MD 組 50-59	ME 組 60-100	獎盃	隊際 (現金獎)	WA 組 16-28	WB 組 29-38	WC 組 39-100	獎盃	隊際 (現金獎)
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
-	第四至五名	第四至五名	第四至五名	第四至五名	第四至五名	✓	不適用	第四至五名	第四至五名	第四至五名	✓	不適用

報名辦法：1a. 郵寄報名需填妥下列表格，連同一張港幣 180 元 / 車費連報名費合共港幣 210 元正劃線支票(多人報名可合併用一張支票)抬頭人請寫

「香港馬拉松推廣社」，不設收據。寄回：沙田銀禧花園一座 33 樓 C 室(RMAC-15K)收

1b. 網上報名港幣 180 元正 / 車費連報名費合共港幣 210 元正，報名網址 <http://www.hkmarathonpro.com/>

2. 郵遞表格必須付上一個回郵信封，信封面寫上地址及貼上足額郵票(多人報名可共用一個大回郵信封)，若未有提供回郵信封者，本會有權保留其參賽資格

3. 報名一經接納，報名費恕不發還，報名以支票過戶為準，不設取消安排

4. 若比賽當天早上六時懸掛八號或以上颱風、紅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。

5. 只接受郵遞或網上報名，不接受現場及逾期報名

6. 重覆報名，不設退款、退件、轉名、轉費安排，並只計一人報名

7. 本賽會有權隨時修改此章程細則，恕不另行通知

交通路線：參加者可於香港天后地鐵站(7:15am)或九龍尖沙咀漢口道 YMCA(7:30am) 乘搭大會巴士直達比賽場地，去程車費每位港幣 30 元正(不設回程)，請連同報名費一同繳交，或自行到荃灣地鐵站 B 出口往多層停車場下面之的士站乘坐 96M 綠色專線小巴前往汀九或於海壩街乘搭安街乘搭青龍頭 96 號綠色小巴，多人可選擇乘搭的士。

查詢：8101 6335 或 8104 8500 或 電郵 hkmarathonpro@yahoo.com.hk * 若報名被接納，接納信將於比賽前七天內寄出 / 網上報名將有手機短訊通知。號碼布及晶片於當日派發 *

下載報名表及賽後成績公佈：<http://www.hkmarathonpro.com/>，<http://www.hkrunners.com> 或 <http://rmac.hk/>

備註：1. 參加者個人保險需自行負責 2. 號碼布不得轉讓別人 3. 若資料不全者，恕不接受報名 4. 大會設有行李寄存，水站及數牌

5. 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 6. 所有費用不設收據服務

RMAC 黃金海岸 15 公里賽 2019 < 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 _____ 近年最佳 15K 時間/年份：_____ / _____

電郵地址：_____ 支票號碼：_____

屬會：_____ 【緊急聯絡人：_____ 電話：_____ 關係：_____】

男子組	MA組 (1991 - 2003)	MB組 (1981 - 1990)	MC組 (1970 - 1980)	MD組 (1960 - 1969)	ME組 (1919 - 1959)	*全部組別以出生年份計算
	男子 <input type="checkbox"/>	男子 <input type="checkbox"/>	男子 <input type="checkbox"/>	男子 <input type="checkbox"/>	男子 <input type="checkbox"/>	HK\$180 (報名費) <input type="checkbox"/>
女子組	WA組 (1991 - 2003)	WB組 (1981 - 1990)	WC組 (1919 - 1980)			
	女子 <input type="checkbox"/>	女子 <input type="checkbox"/>	女子 <input type="checkbox"/>	車費連同報名費一同繳交 HK\$210 (報名費 + 1張車票) <input type="checkbox"/>		

每張車票港幣\$30元正 如乘搭本會之單程巴士，請選擇首程上車地點，不設回程。 香港天后(7:15am) 張 / 九龍尖沙咀(7:30am) 張

男子隊際 女子隊際 中文隊名：_____ 英文隊名：_____

隊長(聯絡人)：_____ 隊員 2 _____ 隊員 3 _____

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、贊助商及其他有關合辦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：_____





RMAC GOLD COAST 15K 2019



Organized by Hong Kong Marathon Pro



Title Sponsor
RUNNING MAN ATHLETIC CLUB

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 Local 15K race and let the runners pre-training the half-marathon distance.

Race Features : Spectacular view of Ting Kau Bridge, Tsing Ma Bridge and Rambler Channel

Race Date : 3rd November, 2019(Sunday) **Starting Time** : 9:00am **Distance** : 15 km

Register Time : From 8:00am **Time Limit** : 2 hours **By Post Deadline** : 14th October, 2019 (Mon.)

Race Route : Ting Kau, catchwater (90% flat), two U-turn points (clearly version will posted on our website).

Meeting Point : Ting Kau car park, Castle Peak Road. (near Lido Bay and Ting Kau Bridge) **Start Point** : Near Ting Yat Rd.

Entry Fee : HK\$180 each (First come first serve)

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

Category : Men – **Group MA** (Age 16-28) / **Group MB** (Age 29-38) / **Group MC** (Age 39-49) / **Group MD** (Age 50-59) / **Group ME** (Age 60 -100)

Women – **Group WA** (Age 16-28) / **Group WB** (Age 29-38) / **Group WC** (Age 39-100)

*** Participants will be grouped according to their year of birth**

Team Category : **Teams of three (Male & Female)**, the time of each team will be counted. The third runner's time will be counted when two teams finish with an identical time. The results of each team member are also counted as individual group result. The first three men's teams and women's teams will be awarded **Cash Award, Oofos Cash Coupon(1st \$450, 2nd 300, 3rd \$300) and NRC Sunglasses(W8) \$900 cash coupon (each team) valued below.**

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).

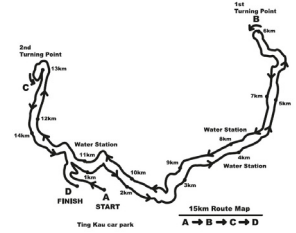
Souvenirs : A light weight micro polyester mesh T-shirt and Hong Wo Lok \$100 Cash Coupon will be given to each participant who finishes the race.

[Official Record] : (11/2018) Men : SAMWEL KIBIWOT 48:46, (11/2013) Women : Yiu Kit Ching 58:01

Awards : The overall top one of man and woman will be awarded **HK\$1,000 Cash Award and Eleels XIT Massage Gun**. All individual group's Champion will be awarded **Champion: POLAR Heart Rate Monitor(Vantage M), 1st runner-up : NRC Sunglasses(W8) and 2nd runner-up: Oofos Sandal**. All Groups' winner will be awarded a trophy. Each group's top three runners will be awarded **Cash** as valued below : **All souvenirs and awards will not award before and after the race or other person.**

Charitable Beneficiary : 綠惜地球 THE GREEN EARTH

Official Media & Photography Partner : 運動筆記 RUNNING BIJL HK



	Men						Women					
	Group MA 16-28	Group MB 29-38	Group MC 39-49	Group MD 50-59	Group ME 60+	Trophy	Team Cash Award	Group WA 16-28	Group WB 29-38	Group WC 39-100	Trophy	Team Cash Award
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
N/A	4th to 5th	4th to 5th	4th to 5th	4th to 5th	4th to 5th	✓	N/A	4th to 5th	4th to 5th	4th to 5th	✓	N/A

- Entry :**
- By Post Registration should completed application form with **ONE cross cheque** HK\$180 / HK\$210(with one bus ticket) cheque for entry fee(more than one applicants please combine the entry fee in one cheque), not receipt service, made payable to "Hong Kong Marathon Pro" and post to **Flat C, 33/F, Blk 1, Jubilee Garden, Shatin (RMAC-15K)**.
 - Online Registration Fee is HK\$180 / HK\$210(with one bus ticket), Online Register website at <http://www.hkmarathonpro.com/>
 - Please enclose **ONE self-addressed stamped envelope (more stamp and large envelope for more than one applicants)** with your application.
 - Entry fee is non-refundable, non-transferable and non-repeatable when a/c. transferred that the entry has accepted.
 - If the typhoons signal No.8, thunderstorm, red or black rainstorm warning is hosted at 6:00am 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.)
 - Only by post and online entry, no late entry and walk-in entry on race day.
 - Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person)
 - Organizer reserves the rights to amend the above information.

Transportation : An official bus will be available from (Hong Kong)Tin Hau MTR station B Exit at 7:15 am, or (KLN) YMCA, Hankow Road TST, 7:30 am. One way bus fare (No return): HK\$30 per person and should add to your entry fee. Buses will leave promptly at the above times.

All participants may take the green minibus no.96M at Tsuen Wan MTR station Exit B taxi stop or go to Hoi Pa St to take the green minibus no.96 to the race venue or chooses to take a taxi to go the location.

Attention : Confirmation letter of entry acceptance will be posted / SMS (online Entry) at least 7 days before the race. Number Bib and Chip will be issued on race day.

Enquiries : 8101 6335 or 8104 8500 or mail to hkmarathonpro@yahoo.com.hk .

Download the form & Result Announcement : <http://www.hkmarathonpro.com> , <http://www.hkrunners.com> or <http://rmac.hk/>

- Remarks :**
- Personal insurance is responsible by the participants.
 - The number cloths and chip are non-transferable.
 - Applicant who can't provide details data don't accept.
 - The organizer will provide luggage-keeping services, water stations and distance markers.
 - All souvenirs and awards will not award before and after the race or other person.
 - no receipt service.

RMAC GOLD COAST 15K 2019

< Entry Form >

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

Address : _____ Year of Birth : _____

Tel : _____ / _____ Fax : _____ Near year best time of 15K / year : _____ / _____

Email Address : _____ Cheque no : _____

Club : _____ **[Person to contact in emergency: _____ Tel: _____ Relationship: _____]**

Men	MA (1991 - 2003)	MB (1981 - 1990)	MC (1970 - 1980)	MD (1960 - 1969)	ME (1919 - 1959)	Entry Fee : HK\$180 <input type="checkbox"/>
	Man <input type="checkbox"/>	Man <input type="checkbox"/>	Man <input type="checkbox"/>	Man <input type="checkbox"/>	Man <input type="checkbox"/>	

Women	WA (1991 - 2003)	WB (1981 - 1990)	WC (1919 - 1980)	Entry Fee + 1 Bus Ticket : HK\$210 <input type="checkbox"/> [*All groups are categorized according to the birth year]
	Woman <input type="checkbox"/>	Woman <input type="checkbox"/>	Woman <input type="checkbox"/>	

Bus Fare HK30 per each Place to get on our bus (No return) : Hong Kong Tin Hau (7:15am) / Kowloon TST (7:30am)

Men's Team Women's Team Team Name : _____

Team Leader : _____ Member 2 : _____ Member 3 : _____

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 : _____

