

HKMP 第二十屆 30K 馬拉松熱身賽暨石崗 10K 及 20K

HK Marathon Pro

香港馬拉松推廣社 主辦



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：針對參加香港馬拉松之前一次測試和感受、對初練馬拉松者一項預習

比賽日期：2019 年 12 月 15 日(星期日)

賽事特色：比賽成績將提供分段時間

起步時間：上午 09:00 (30 公里 / 20 公里 / 10 公里)

報到時間：上午 08:00 開始 (30 / 20 / 10 公里)

集合地點：雷公田村村口進入，近農場鮮奶有限公司燒烤場

標準距離：30 公里 / 20 公里 / 10 公里

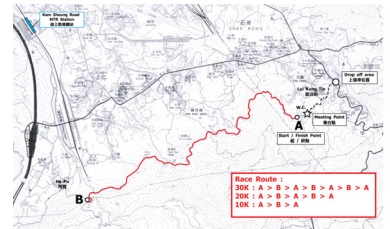
比賽路線：大觀郊野公園(由石崗，經甲龍段引水道到河背，30 公里折返石崗來回三次，20 及 10 公里折返來回二次及一次)

賽道簡介：今次賽事(30 公里)乃是一項艱辛賽程，難度相等於一個馬拉松賽，比賽時限約為 4 小時 15 分

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」，推動綠惜跑賽文化。

郵寄截止日期：2019 年 11 月 25 日(星期一)

紀念品：凡跑畢全程者，可獲紀念 T 恤一件



個人組別：(30 公里) MA 組 1990-2001 年出生 / WA 組 1982-2001 年出生, MB 組 1982-89 年出生 / WB 組 1975-81 年出生

MC 組 1975-81 年出生 / WC 組 1919-74 年出生, MD 組 1970-74 年出生, ME 組 1965-69 年出生, MF 組 1919-64 年出生

(20 公里) 青年組(1990-2003 年出生) 壯年組(1970-89 年出生) 元老組(1919-69 年出生)

(10 公里) 青年組(1990-2003 年出生) 壯年組(1975-89 年出生) 元老組(1919-74 年出生) * 全部組別以出生年份計算

(30 公里隊際賽) 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

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。)

受惠機構：



30K 男子組(年齡) * 全部組別以出生年份計算						30K 女子組(年齡) * 全部組別以出生年份計算		
MA 組 (18 - 29 歲)	MB 組 (30 - 37 歲)	MC 組 (38 - 44 歲)	MD 組 (45 - 49 歲)	ME 組 (50-54 歲)	MF 組 (55-100 歲)	WA 組 (18 - 37 歲)	WB 組 (38 - 44 歲)	WC 組 (45-100 歲)
首 4 名	首 5 名	首 5 名	首 5 名	首 5 名	首 4 名	首 4 名	首 4 名	首 4 名

獎項：(30 公里)(1)全場所有得獎名次均可得獎盃乙座 (2) 首名 30K 男女子可各得雙層 居屋屋飲食禮券 \$1,000. (3) 30K 各分組首三名分別可得雙層 居屋屋飲食禮券 \$500, \$300, \$200.

(30 公里隊際賽) 男女子隊際首三名可得獎牌乙枚

(20 公里) (1) 所有組別首三名可得獎盃乙座. (2) 首名 20K 男女子可各得雙層 居屋屋飲食禮券 \$600.

(10 公里) (1) 所有組別首三名可得獎盃乙座. (2) 首名 10K 男女子可各得雙層 居屋屋飲食禮券 \$400.

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

30K 大會最佳紀錄：(2005/01) 30K Gunnar Rethfeldt 1:50:11 / (2005/01) 黎嘉慧 2:12:08

10K 大會最佳紀錄：(2008/12) 10K Thomas Kiprotich 32:28 / (2002/12) 黎嘉慧 38:56

指定媒體及攝影合作伙伴：
運動筆記
RUNNING BIJI HK 香港

報名費用：(30 公里)每位港幣 260 元正 / (20 公里)每位港幣 220 元正 / (10 公里)每位港幣 180 元正，去程車票每張港幣 40 元正可加入報名費中(所有費用不收收據服務)
所有參加者回程可憑當日的號碼布乘搭大會回程巴士到錦上路港鐵站

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」)和一個郵信封及簽署報名表，寄回：沙田銀禧花園一座 33 樓 C 室(SK-30K)收

(1b) 網上報名詳情請瀏覽本會網頁：<http://www.hkmarathonpro.com>

* 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(包括雜件稿)、手機短訊及瀏覽大會網站的公佈。

(2) 郵寄報名一張港幣 260 元正(30k)或 220 元正(20k)或 180 元正(10k)支票 - 用作支付報名費，如有需要請加入車票費用(多人報名可合併使用一張支票) (3) 不接受現場

(4) 郵遞表格必須各自付上一個郵信封，信封面寫上地址及貼上足夠郵票，(多人報名可共用一個大郵信封，但要增加郵費)若未提供回郵信封者，本會有權保留其參賽資格

(5) 若比賽當天早上六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安排或轉人)，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。

(6) 報名一經接納，報名費恕不發還，報名以支票過戶為準 (7) 已寄出的報名或重覆報名，均不設退款、退件、轉賽、轉名及取消安排，只計一人報名

交通安排：參賽者可於香港天后地鐵站(6:45am)或九龍尖沙咀漢口道 YMCA(7:00am)或沙田火車站排頭街近綠色小巴站(7:15am)乘搭大會早程巴士直達比賽場地，(費用為每位港幣 40 元正，上車時需收取車票，此外全部參加者均可免費憑當日派發的號碼布乘搭大會回程巴士，回程穿梭巴士只到錦上路港鐵站)，請連同報名費一同繳交(名額有限，先到先得)巴士將於上述時間準時開出。此外，由於比賽場地沒有車位，故請參賽者自行乘坐公共交通工具或大會巴士到達比賽場地

公共交通：可於荃灣地鐵站乘搭九巴 51 號或元朗泰衡街 72 號小巴或錦上路港鐵站乘的士往雷公田，由雷公田步行約八百公尺到達集合點

查詢電話：8101 6335 或 8104 8500 或到 <http://www.hkmarathonpro.com>, <http://www.hkrunners.com> 網頁下載章程及報名表

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) 資料不全者，恕不接受報名 (4) 大會設有行李寄存、水站及豆豉牌 (5) 本賽會有權隨時修改此章程細則，恕不另行通知

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

第二十屆 30K 馬拉松熱身賽暨石崗 10K 及 20K 報名表

姓名：(中文) _____ (英文) _____ 身份證號碼：_____ 性別：_____

居住地址：_____ 出生年份：_____

電郵地址：_____ 屬會(如有)：_____

聯絡電話：_____ 最佳 10 / 20 / 30 公里時間及年份：_____ / _____ 今次目標完成時間：_____

【緊急聯絡人：_____ 電話：_____ 關係：_____】

如乘搭本會去程巴士，請選擇首程上車地點，每張 HK\$40 元(回程憑號碼布乘坐巴士到錦上路港鐵站) 香港(6:45am) _____ 張 / 九龍(7:00am) _____ 張 / 沙田(7:15am) _____ 張

組別	男子						女子			*每位參賽者只可選擇其中一組			
	MA 組 1990-2001	MB 組 1982-1989	MC 組 1975-1981	MD 組 1970-1974	ME 組 1965-1969	MF 組 1919-1964	WA 組 1982-2001	WB 組 1975-1981	WC 組 1919-1974				
30 公里	男 <input type="checkbox"/>	男 <input type="checkbox"/>	男 <input type="checkbox"/>	男 <input type="checkbox"/>	男 <input type="checkbox"/>	男 <input type="checkbox"/>	女 <input type="checkbox"/>	女 <input type="checkbox"/>	女 <input type="checkbox"/>	(30K)報名(每位) \$260			
										(30K)報名費+1 張車票 \$300			
20 公里	男青年組 1990-2003		男壯年組 1970-1989		男元老組 1919-1969		女青年組 1990-2003		女壯年組 1970-1989		女元老組 1919-1969		(20K)報名費(每位) \$220
	K1 <input type="checkbox"/>		K2 <input type="checkbox"/>		K3 <input type="checkbox"/>		K7 <input type="checkbox"/>		K8 <input type="checkbox"/>		K9 <input type="checkbox"/>		(20K)報名費+1 張車票 \$260
10 公里	男青年組 1990-2003		男壯年組 1975-1989		男元老組 1919-1974		女青年組 1990-2003		女壯年組 1975-1989		女元老組 1919-1974		(10K)報名費(每位) \$180
	T1 <input type="checkbox"/>		T2 <input type="checkbox"/>		T3 <input type="checkbox"/>		T7 <input type="checkbox"/>		T8 <input type="checkbox"/>		T9 <input type="checkbox"/>		(10K)報名費+1 張車票 \$220

30K 男子隊際 30K 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：謹證明本人是身體健康及自願參加比賽，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：_____ 跑手簽署：_____



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 Aims : To serve as a self-assessment for those who are interested in the coming up Hong Kong Marathon

Race Date : 15th December, 2019 (Sunday) **Race Features** : Race Time of each check point can be shown after the race.

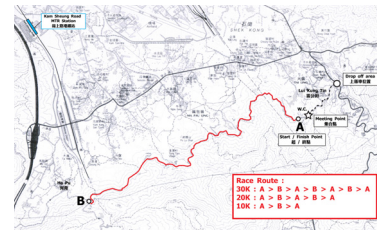
Starting Time : 9:00am (30K, 20K & 10K) **Registration Time** : 8:00am start (30K, 20K & 10K)

Meeting Point : Entrance from Lui Kung Tin Tsuen nearby the Farm Milk Co. Ltd BBQ site

Race Distance : 30km / 20km / 10km

Race Route : Tai Lam Country Park - From Shek Kong pass Kap Lung and Ho Pui turning point go and back (30K return 3 times, 20K return 2 times, 10K return 1 time)

Route Description : This competition (30km) has a difficulty equivalent to a real marathon and participants are advised to complete the race no longer than 4 hours 15min. **By Post Deadline** : 25th November, 2019 (Mon.)



HKS10 in each transaction of entry fee will be donated to environmental charity group "The Green Earth" to support its green endeavors.

Category : (30km) **Group MA** (Born in 1990-01) / **WA** (Born in 1982-01) **Group MB** (Born in 1982-89) / **WB** (Born in 1975-81) **Group MC** (Born in 1975-81) / **WC** (Born in 1919-74)

Group MD (Born in 1970-74) **Group ME** (Born in 1965-69) **Group MF** (Born in 1919-64)

(20km) Junior (Born in 1990-2003) **Senior** (Born in 1970-89) **Veteran** (Born in 1919-69)

(10km) Junior (Born in 1990-2003) **Senior** (Born in 1975-89) **Veteran** (Born in 1919-74) * Participants will be grouped according to their year of birth

(30K Team Category) : The results of three (Men & Women). 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.

Remarks : (a) The application form should be sent by a team. (b) Changes to team members or additional information will require a further payment of HKS100 on each occasion (changes can only be accepted before the deadline)

Souvenirs : (30km / 20km / 10km) A T-shirt for each participant who can finish the race.

Charitable Beneficiary :  綠惜地球 THE GREEN EARTH

30K MEN (AGE) * Participants will be grouped according to their year of birth						30K WOMEN (AGE)		
Group MA	Group MB	Group MC	Group MD	Group ME	Group MF	Group WA	Group WB	Group WC
(18 - 29)	(30 - 37)	(38 - 44)	(45 - 49)	(50-54)	(55-100)	(18 - 37)	(38 - 44)	(45-100)
1 st - 4 th	1 st - 5 th	1 st - 5 th	1 st - 5 th	1 st - 5 th	1 st - 4 th	1 st - 4 th	1 st - 4 th	1 st - 4 th

Awards: (30km) (1) All on list winners will be awarded a trophy. (2) Frist 30K Man and Woman will be awarded Hibiki Japanese Restaurant 1,000 Gift Coupon.

(3) 30K Each Group first three finishers will be awarded Hibiki Japanese Restaurant \$500, \$300 or \$200 Gift Coupon.

(30km Team Category) The first finished men's & women's team will be awarded a Medal.

(20km) (1) Each group First three finishers will be awarded a trophy. (2) Frist 20K Man and Woman will be awarded Hibiki Japanese Restaurant \$600 Gift Coupon.

(10km) (1) Each group First three finishers will be awarded a trophy. (2) Frist 10K Man and Woman will be awarded Hibiki Japanese Restaurant \$400 Gift Coupon.

All souvenirs and awards will not award before and after the race or other person.

Official Media & Photography Partner :  運動筆記 RUNNING Biji

Official Record : 30K (2005/01) Gunnar Rethfeldt 1:50:11 / (2005/01) Lai Ka Wai 2:12:08. / 10K (2008/12) Thomas Kiprotich 32:28 / (2002/12) Lai Ka Wai 38:56

Entry Fee : (30km HK\$260) / (20km HK\$220) / (10km HK\$180) each, you can add the go trip bus fare (HK\$40 each) into the fee, **No. bibs for return trip using**, return trip only arrive to Kam Sheung Road MTR (more than one applicants please combine the entry fee in one cheque), no receipt service. **Online Register website at <http://www.hkmarathonpro.com>**

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

Entry : (1) Completed application form with ONE cross cheque made payable to "Hong Kong Marathon Pro", one self-addressed envelope (more stamp and large envelope for more than one applicants) with your application, and sign the entry form, post to "Flat C, 33/F, Block 1, Jubilee Garden, Shatin" (SK- 30K)

(2) ONE \$260 (30K), \$220 (20K) or \$180 (10K) cheque - for entry fee (can add the bus fare HK\$40 each into the fee).

(3) No late entry and walk-in entry will be accepted.

(4) Please enclose ONE self-addressed stamped envelope in your application for each participant.

(5) 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.)

(6) Entry fee is non-refundable when the entry was accepted. (7) Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person)

(8) All souvenirs and awards will not award before and after the race or other person. If the participant was not presented the Prize Presentation Ceremony, that will be treated to give up their prize automatically.

By post register and Online register with bus ticket their Confirmation Letter will be posted before 7 days of the race, number bid and chips will get on race day !

Transportation : Official bus (go trip only) will be available from (HK) Tin Hau MTR station, 6:45am or (KLN) YMCA, Hankow Road TST, 7:00am or (NT) Pai Tau St., Sha Tin MTR station, 7:15am to the venue. The bus fare is **HK\$40 per person** and need additional for your entry fee. (Limited Quota, first come first serve), Buses will leave promptly at the above time and **return trip go to Kam Sheung Road MTR station ONLY**. Every Runner could **show the own No. Bib to talk the return bus for free**, please don't drive private car to venue because there without car park.

Public Transportation : Take the KMB bus 51 at Tsuen Wan MTR station and get off from Lui Kung Tin stop or take mini-bus 72 is available from Yuen Long Tai Heng Street or you can travel taxi in Kam Sheung Road MTR station to Lui Kung Tin. (Walk about 800m to the Meeting Point)

Inquiry : 8101 6335 or 8104 8500 or go to <http://www.hkmarathonpro.com>, <http://www.hkrunners.com> download the entry form.

Remarks : (1) Personal insurance is responsible by the participants. (2) The number bib and chip can't used by others. (3) Applicant who can't provide details data don't accept.

(4) Provide luggage keeping, water stations and distance markers. (5) Organizer reserves the rights to amend the above information.

All souvenirs and awards will not award before and after the race or other person.

The 20th 30km Pre-Marathon Cum Shek Kong 10K & 20K Race

Entry Form

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

Address : _____ Year of Birth : _____

Email Address : _____ Cheque no : _____ Club(if any) : _____

Tel : _____ Best time & year of 10K / 20K / 30K : _____ / _____ This race target time : _____

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

Place to get on our go trip bus **HK\$40 each** : (return trip just go to Kam Sheung Road MTR by free) **HK (6:45 am)** _____ pcs / **KLN (7:00am)** _____ pcs / **Sha Tin (7:15am)** _____ pcs

Category	Men						Women			* Participant can only choose ONE category	
30KM	MA 1990-2001	MB 1982-1989	MC 1975-1981	MD 1970-1974	ME 1965-1969	MF 1919-1964	WA 1982-2001	WB 1975-1981	WC 1919-1974	Entry Fee (30K) each	HK\$260
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Entry Fee (30K) +1 Bus ticket	HK\$300
20KM	Junior 1990-2003		Senior 1970-1989		Veteran 1919-1969		Junior 1990-2003	Senior 1970-1989	Veteran 1919-1969	Entry Fee (20K) each	HK\$220
	K1 <input type="checkbox"/>		K2 <input type="checkbox"/>		K3 <input type="checkbox"/>		K7 <input type="checkbox"/>	K8 <input type="checkbox"/>	K9 <input type="checkbox"/>	Entry Fee (20K) +1 Bus ticket	HK\$260
10KM	Junior 1990-2003		Senior 1975-1989		Veteran 1919-1974		Junior 1990-2003	Senior 1975-1989	Veteran 1919-1974	Entry Fee (10K) each	HK\$180
	T1 <input type="checkbox"/>		T2 <input type="checkbox"/>		T3 <input type="checkbox"/>		T7 <input type="checkbox"/>	T8 <input type="checkbox"/>	T9 <input type="checkbox"/>	Entry Fee (10K) +1 Bus ticket	HK\$220

30km Men's Team 30km 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 Signature: _____ Runner's Signature : _____