



RMAC 「沙田 10K」 河畔賽 2023 (17.5 屆)

COURSE RECORD
28:59 MAN 34:28 WOMAN

冠名贊助商

HKMP

香港馬拉松推廣社 主辦

HK Marathon Pro

大會熱線: 8101 6335 / 8104 8500



amazfit

VERSUS

oladance

ACTIVATE

冠名贊助商網頁: <http://rmac.run>
(本比賽正進行申請為認可賽事)

大會網頁: <http://www.hkmarathonpro.com>
大會電郵: hkmarathonpro@yahoo.com.hk

RMAC 網頁: <http://www.runningmanac.com>

網上報名及媒體伙伴網頁: <http://fitz.hk>

網上報名查詢電郵: races@fitz.hk

網上報名查詢電話 / WhatsApp: 5229 0518



受惠單位:



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 10 公里認可長跑賽事, 吸引更多本地及海外人士參與

賽事特點: 全港特快賽道之一, 全程約 97% 平路及直路, 使跑手更易做出 10K 最佳成績。場地交通方便,

選手可以 24 小時預習賽道, 景點眾多, 有小瀝源, 畫舫, 城門河, 馬鞍山海濱長廊等, 大會將提供 5K 分段時間

比賽路線: 全程在沙田城門河畔比賽, 由城門河副河出發, 沿緩跑徑路線到馬鞍山海濱長廊後折返起點。(5 公里來回)

比賽日期: **2023 年 4 月 30 日 (星期日)**

距離: 10 公里

時限: 1 小時 30 分

截止日期: **2023 年 4 月 17 日 (星期一)**

登記時間: 上午 7:30

起步時間: 上午 8:30

報名費: 港幣 270 元正*(名額有限, 先到先得)

*當中 20 元將用作購買「跑綠」代金券, 支持送暖行動, 送贈熱餐予露宿者街坊用膳, 以及推廣養生跑步法, 推動全民健康。

紀念品: 跑畢全程之參賽者, 均可獲得運動 T-恤及電子證書

網上報名網址: <http://www.hkmarathonpro.com>

集合地點: 沙田石門 (港鐵馬鞍山線石門站 D 出口向左行 100 米)



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

女子組-WA (16 - 28 歲) WB (29 - 38 歲) WC (39 - 49 歲) WD (50 - 100 歲) *全部組別以出生年份計算

隊際: - 設男子組和女子組, 每三人為一隊(同一性別), 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, 均可獲 **RMAC 現金獎**, 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

如有任何資料不齊或作任何資料更改, 需收取每次手續費港幣 100。(只接受截止日期前之更改)

大會紀錄:

【18/3/2018】 男子組: SOLOMON KIPYEGO KETER -- 28 分 59 秒 【18/3/2018】 女子組: NELLY CHEBET NGEIYWO -- 34 分 28 秒

下表得獎者可獲獎盃一座。全場首名男女子可得 **RMAC 現金獎 \$1,000**、Amazfit 手錶及 Oladance 耳機 及 RUNLAP VO2Max 最大攝氧量測試及跑姿分析服務。

各個人組冠軍可得 **Nike 跑鞋乙對** 及 **RUNLAP 免費跑姿分析服務**, 各個人組亞軍及季軍可得 **VERSUS 跑步襪乙對**,

而每組首三名得獎者可獲 **RMAC 現金獎** 價值如下:

	男子組					獎盃	隊際	女子組					獎盃	隊際
	MA 16 - 28 歲	MB 29 - 38 歲	MC 39 - 49 歲	MD 50 - 59 歲	ME 60 - 100 歲			WA 16 - 28 歲	WB 29 - 38 歲	WC 39 - 49 歲	WD 50 - 100 歲			
第一名	\$600	\$600	\$600	\$600	\$600	✓	\$900	\$600	\$600	\$600	\$600	✓	\$900	
第二名	\$400	\$400	\$400	\$400	\$400	✓	\$600	\$400	\$400	\$400	\$400	✓	\$600	
第三名	\$200	\$200	\$200	\$200	\$200	✓	\$300	\$200	\$200	\$200	\$200	✓	\$300	
	四至五名	四至五名	四至五名	四至五名	四至五名	✓	不適用	四至五名	四至五名	四至五名	四至五名	✓	不適用	

報名辦法:

1. 報名港幣 270 元正(只接受網上報名), 詳情請瀏覽本會網頁: <http://www.hkmarathonpro.com>

2. 不接受現場及逾期報名

3. 若比賽當天懸掛八號或以上颱風、黑色或紅色暴雨訊號或不可抗力之情況影響, 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, 任何情況不會作出任何退款。

4. 報名一經接納, 報名費恕不退還

5. 重覆報名(只計一人), 均不設退款、退件、轉賽、轉名安排

6. 不設收據服務

7. 典禮前後及賽後不設補領 / 預領 / 代領任何紀念品和獎品安排

交通路線: 各參賽者可乘搭港鐵馬鞍山線石門站 D 出口左行 100 米步行前往

為避免比賽當日排隊等候, 號碼布將可賽前於九龍觀塘鴻運道 63-65 號鴻運工廠大廈 2 樓 B 室 RUNLAP 派發,

時間及詳情留意確認信所示。如賽前未能領取號碼布, 比賽當日仍可以排隊領取。

確認信將於比賽前 7 天經電郵發出, 如賽前四天未收到任何資料時請以電郵向大會查詢。

備註:

1. 參賽者個人意外保險需自行負責

2. 號碼布不得轉讓別人

3. 資料不全者, 恕不接受報名

4. 大會設有行李寄存(財物損失需自理)、里數牌及水站

5. 本賽會有權隨時修改此章程細則, 恕不另行通知

網上報名及媒體伙伴:



受惠單位:



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COURSE RECORD
28:59 MAN 34:28 WOMAN



The 17.5th RMAC Shatin 10K Classic Riverside Race 2023

COURSE RECORD
28:59 MAN 34:28 WOMAN

Organized by Hong Kong Marathon Pro

Title Sponsor



Official Hotline : 8101 6335 / 8104 8500



Title Sponsor Web-site : <http://rmac.run>

(Applying for sanction race)

RMAC website : <http://www.runningmanac.com>

Official Web-Site : <http://www.hkmarathonpro.com>

Official E-mail : hkmarathonpro@yahoo.com.hk

Entry System & Media Partner : <http://fitz.hk>

Entry Inquire Email : races@fitz.hk

Entry Inquire Tel./ WhatsApp : 5229 0518



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

Race Aim : Promote Local 10K sanction races, attract more local and foreign people to join it.

Race Features : One of HK's Fast and Speedy race, around 97% flat and straight road which benefit to generate excellent result. Location is easily to achieve for participant go training. Also, many sites seeing point in the race Siu Lek Yuen, Boating Restaurant, Shing Mun River Channel, Ma On Shan Promenade etc. We will also provide the time of 5K check point.

Race Route : Whole race is holding at Shatin Shing Mun River Jogging Track and only one turning point in 5K.

Race Date : **30th April, 2023 (Sunday)** **Registration Time** : 7:30am **Starting Time** : 8:30am

Deadline : **17th April, 2023 (Monday)** **Distance** : 10km **Time Limit** : 1h 30min

Entry Fee : HK\$270* each (limit in people, first come first serve)

*\$20 Entry fee will purchasing free meal vouchers of "RUNNERS' FOODS", supporting people without housing with hot meals while promoting healthy lifestyle with jogging. Keep Running and Stay Healthy!

Souvenir : A T-shirt & Electronic certificate will be given to each participant who finished the race.

Online Register website at <http://www.hkmarathonpro.com>

Meeting Point : Shatin Shek Mun (MTR Ma On Shan Line Shek Mun Station D Exit turn left walk 100m)

Solo Category : Men's Group – MA (age 16 – 28) MB (age 29 – 38) MC (age 39 – 49) MD (age 50 – 59) ME (age 60 – 100)
Women's Group – WA (age 16 – 28) WB (age 29 – 38) WC (age 39 – 49) WD (age 50 – 100)

Team Category : Teams of three (Men or Women). The Third runner's time will be counted when two teams finish with an identical time. The first three teams in each group will be awarded **RMAC CASH Prize**. The results of each team member are also counted as individual group result.

Any Changing or additional information will require a further payment of HK\$100 on each occasion (changes can only be accepted before the deadline)

*All Group are categorized according the birth year.

【Official record】: (18/3/2018) Men's Group : SOLOMON KIPYEGO KETER 28min59sec,

(18/3/2018) Women's Group : NELLY CHEBET NGEIYWO 34min28sec

All prize receivers will be awarded a trophy.

The Overall Top one man and woman will be awarded **RMAC CASH Prize HK\$1,000, Amazfit Watch and Oladance Ear Phone, RUNLAP VO2 max test and**

Running posture analysis service

All individual group's Champion will be awarded **Nike Running Shoes and RUNLAP Running posture analysis service**, 1st Runner-up and 2nd

Runner-up will be awarded **VERSUS running socks**. The first three finishers of each group will be awarded **RMAC CASH Prize**, value are as follow:

	Men's Group						Trophy	Team	Women's Group				Trophy	Team
	MA 16 - 28	MB 29 - 38	MC 39 - 49	MD 50 - 59	ME 60 - 100				WA 16 - 28	WB 29 - 38	WC 39 - 49	WD 50 - 100		
1 st	\$600	\$600	\$600	\$600	\$600		✓	\$900	\$600	\$600	\$600	\$600	✓	\$900
2 nd	\$400	\$400	\$400	\$400	\$400		✓	\$600	\$400	\$400	\$400	\$400	✓	\$600
3 rd	\$200	\$200	\$200	\$200	\$200		✓	\$300	\$200	\$200	\$200	\$200	✓	\$300
4 th -5 th							✓	N/A	4 th -5 th	4 th -5 th	4 th -5 th	4 th -5 th	✓	N/A

Entry :

(1) Online Registration Fee is HK\$270, Online Register website post at <http://www.hkmarathonpro.com>

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

(3) If the typhoons signal No.8, thunderstorm, Black or Red rainstorm warning is hosted or the race was affected by weather or natural reason, the event will be Rescheduled or Cancelled, your entry will automatically carry 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.)

(4) Entry fee is non-refundable when the entry is accepted.

(5) Entry fee will not be refunded & send back & change participants name & change race for double entry case. (Only count one person)

(6) Not receipt service.

(7) All souvenirs and awards cannot award after or before the Ceremony or others.

Transportation : Participants can by Ma On Shan Rail to Shek Mun Station D exit turn left walk 100m.

For avoid long time waiting on race day, organizer suggest to collect the race No. bib at Flat B, 2/F, Lucky Factory Building, 63-65 Hung To Road, Kwun Tong, KLN, Details date and time please refer to Confirmation letter. Race no. bib also can collect on race date, if runners who cannot collect on specify date and time.

Online Entry inform : Confirmation Letter will be send via email (please also check spam mailbox) before the race 7 days,

Please contact us if you have not received the Confirmation Letter before 4 days from race date

Remark :

1. Participator personal insurance should imputation yourself.

2. The number bib is not transferable.

3. Not accept any missing information entry

4. Organizer will provide Luggage-keeping services (loss responsibility by runner),

Distance Markers and Water Stations.

5. Organizer reserves the rights to amend the above information.

Entry System & Media Partner :



Beneficiary:



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