



RMAC 「沙田 10K」 河畔賽 2024 (18.5 屆)

COURSE RECORD
28:59 MAN 34:28 WOMAN

冠名贊助商



香港馬拉松推廣社 主辦

大會熱線: 8101 6335 / 8104 8500



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



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



訓練夥伴:



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: **2024 年 3 月 17 日 (星期日)**

距離: 10 公里

時限: 1 小時 30 分

截止日期: **2024 年 3 月 4 日 (星期一)**

登記時間: 上午 7:30

起步時間: 上午 8:30

服務提供: 香港運動治療師總會提供即場免費傷患評估服務
Nike 將提供配速員服務

鳴謝:



報名費: 港幣 330 元正*(名額有限, 先到先得)

*當中 20 元將資助 MercyHK 給無家者身心靈的支援服務

紀念品: 跑畢全程之參賽者, 均可獲得跑步背心、Race On 銳速運動醫學送出水動能電解質液沖包及完賽電子證書

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)

受惠機構:



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 + 歲)

女子組-WA (16 - 28 歲) WB (29 - 38 歲) WC (39 - 49 歲) WD (50+ 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** 及 **Nike 跑鞋乙對**, 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 150。(只接受截止或滿額前之更改)

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。全場首名男女子可各得 **RMAC 現金獎 HK\$1,500**。

各個人組冠軍可得 **Nike 跑鞋乙對**、**CW-X 壓力短褲** 及 (**Amazfit Active Edge 或 Theragun Relief 或 Oladance Sport**) 其中一種, 各個人組亞軍

可得 **Nike 跑鞋乙對** 及 **Akiwei 運動太陽眼鏡** 及季軍可得 **Nike 跑鞋乙對** 及 **VERSUS 跑步襪乙對**。

而每組首三名得獎者可同時獲 **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 歲以上	WA 16 - 28 歲			WB 29 - 38 歲	WC 39 - 49 歲	WD 50 歲以上			
第一名	HK\$ 800	HK\$ 800	HK\$ 800	HK\$ 800	HK\$ 800	✓	HK\$1,200	HK\$ 800	HK\$ 800	HK\$ 800	HK\$ 800	✓	HK\$1,200	
第二名	HK\$ 600	HK\$ 600	HK\$ 600	HK\$ 600	HK\$ 600	✓	HK\$ 900	HK\$ 600	HK\$ 600	HK\$ 600	HK\$ 600	✓	HK\$ 900	
第三名	HK\$ 400	HK\$ 400	HK\$ 400	HK\$ 400	HK\$ 400	✓	HK\$ 600	HK\$ 400	HK\$ 400	HK\$ 400	HK\$ 400	✓	HK\$ 600	
	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 330 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

比賽號碼布將於比賽當日領取。

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

訓練夥伴:



COURSE RECORD
28:59 MAN 34:28 WOMAN

網上報名及媒體伙伴:



受惠機構:





The 18.5th RMAC Shatin 10K Classic Riverside Race 2024

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)

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



Training Partner :



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 : **17th March, 2024 (Sunday)**

Registration Time : 7:30am

Starting Time : 8:30am

Deadline : **4th March, 2024 (Monday)**

Distance : 10km

Time Limit : 1h 30min

Service : Free consultation and assessment by Sports Therapists Association of Hong Kong Nike's Pacers Services

Acknowledgement :



Entry Fee : HK\$330* each (Limit Quota, first come first serve)

*HK\$20 of each entry fee will be donated to "MercyHK" to support their homeless charities.

Souvenir : A Vest , RACE On is giving away Sport Hydro, the ultimate instant electrolytes drink & 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 first three teams in each group will be awarded **RMAC CASH Prize** and **Nike Running Shoes**. 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\$150 on each occasion (changes can only be accepted before the deadline or full quota)

*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\$1,500**.



Beneficiary:

All individual group's Champion will be awarded **Nike Running shoes**, **CW-X Short Tight** and one of the (**Amazfit Active Edge** or **Theragun Relief** or **Oladance Sport**). 1st Runner-up will be awarded **Nike Running shoes** and **Akiwei Sports sunglasses** and 2nd Runner-up will be awarded **Nike Running shoes** and **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 +				WA 16 - 28	WB 29 - 38	WC 39 - 49	WD 50+		
1 st	HK\$800	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$1,200	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$1,200	
2 nd	HK\$600	HK\$600	HK\$600	HK\$600	HK\$600	✓	HK\$800	HK\$600	HK\$600	HK\$600	HK\$600	✓	HK\$800	
3 rd	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$600	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$600	
4 th -5 th						✓	N/A					✓	N/A	

Entry :

(1) Online Registration Fee is HK\$330, 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.

Race No. bib will be distributed on race day.

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.

Training Partner :



COURSE RECORD
28:59 MAN 34:28 WOMAN

Entry System & Media Partner :



Beneficiary

