

第十六屆 PEGASUS 石門 10 公里賽

(正申請為認可賽事)

主辦

Organizer

HKMP

HK Marathon Pro



協辦

Co-organizer



PEGASUS
ATHLETICS CLUB

PEGASUS
PHYSIO & SPORTS
THERAPY CENTRE

贊助

Sponsors



受惠機構

Beneficiary



鳴謝

Acknowledgement



媒體

Media



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 公里賽事，給選手提升香港排名

賽事特點： 特快賽道，接近 100% 平路，使跑手更易做出 10K 最佳成績

比賽日期： 2025 年 11 月 30 日 (星期日)

登記時間： 上午 7:30 開始

起步時間： 上午 8:30 (第一槍)

比賽時限： 1 小時 30 分

比賽路線： 沙田石門 > 馬鞍山公園 > 石門

賽事距離： 10 公里

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)

截止日期： 2025 年 11 月 10 日 (星期一)

報名費用： 每位港幣 350*元正 (名額有限，先到先得)

頒獎時間： 10:00- 10:45

***當中 20 元將資助藍宇宙海洋保育基金，用作舉辦恆常的*海洋*保育活動**

網上報名及媒體伙伴網頁：<http://fitz.hk>

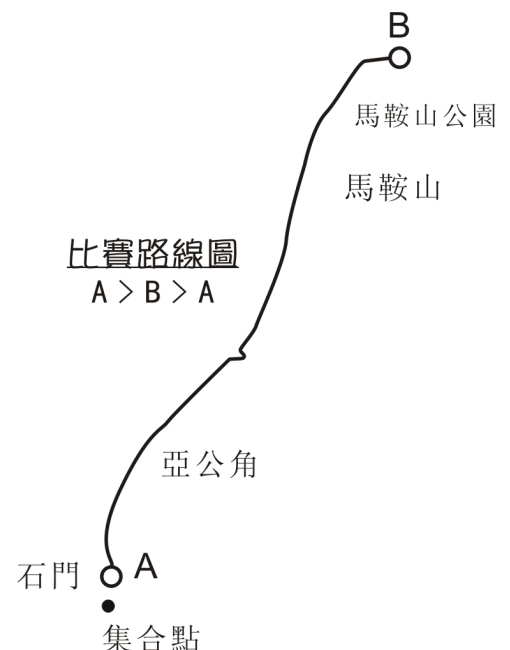
網上報名查詢電郵：races@fitz.hk

網上報名查詢電話 / WhatsApp：5229 0518



比賽路線圖

A > B > A



組 別：賽事將分為競賽組及 10 公里組：

- **競賽組**：比賽將會以 2024.01.01 後 *認可賽事完成時間入組，名額有限，最終按全部參加者提交的成績時間排序決定(不保證入組，不設退款、轉人及轉名安排)
- **10 公里組**：任何參加者，可提交 10K 時間作分組起步之用之用。

| 各組可競逐的獎項 | |
|---|--|
| 競賽組(成績按鳴槍時間計算) | 10 公里組 (成績按每組鳴槍時間計算) |
| 全場及個人組別獎項 ✓ 隊制獎項 ✓ PEGASUS 跑會盃獎項(只限 PEGASUS 學生) ✓ | 隊制獎項 ✓ PEGASUS 跑會盃獎項(只限 PEGASUS 學生) ✓ |

[#]各年齡分組入圍競賽組的時間 (下列時間為基本入圍標準，不保證參加者最終能入選，最終會按全部參賽者所提交的成績時間排序決定，參加者有可能達標但未能入圍，而未能入圍的參賽者將會自動轉入 10 公里組，不設退款、轉人及轉名安排)

| 認可賽事 10 公里距離完成時間 | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------|
| MA 16-28 | MB 29-38 | MC 39-49 | MD 50-59 | ME 60+ | WA 16-28 | WB 29-38 | WC 39-49 | WD 50-59 | WE 60+ |
| 時間少於 43:00 mins | 時間少於 40:00 mins | 時間少於 43:00 mins | 時間少於 46:00 mins | 時間少於 47:30 mins | 時間少於 50:00 mins | 時間少於 48:00 mins | 時間少於 48:30 mins | 時間少於 49:00 mins | 時間少於 1:11:00 mins |

*認可賽事名單 – (引用香港渣打馬拉松)

| 主辦機構 / 認可機構 | 賽事 |
|------------------------|--------------------------------|
| 世界田徑聯會 | 世界田聯級 / 精英級 / 金級 / 白金級道路賽事 |
| 國際馬拉松及道路賽協會 | 所有賽事 |
| 中國香港田徑總會 | 渣打香港馬拉松 2024 |
| | 渣打香港馬拉松 2025 |
| | 中國銀行(香港)港珠澳大橋(香港段)半馬拉松 2024/25 |
| | 新鴻基地產香港十公里錦標賽 2024 |
| | 香港國際機場•渣打香港馬拉松：三跑道系統十公里國際賽 |
| 香港迪士尼樂園(中國香港田徑總會認可賽事) | 香港迪士尼 10 公里 2024 |
| 聯合國兒童基金會(中國香港田徑總會認可賽事) | 聯合國兒童基金會慈善跑 2025 |
| 香港馬拉松推廣社(中國香港田徑總會認可賽事) | RMAC「沙田 10K」河畔賽 2024 (18.5 屆) |
| | RMAC「沙田 10K」河畔賽 2025 |
| | 第十五屆 PEGASUS 石門十公里賽 |

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 **ASICS 禮券**。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 150 (只接受截止日期前之更改)

紀 念 品：跑畢全程之參賽者，均可獲紀念背心乙件及電子證書
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 元。(只接受截止日期前之更改)

大會紀錄：【30-Nov-2014】男子組：SOLOMON KIPYEGO KETER 29:04 ·【25-Nov-2018】女子組：NELLY CHEBET NGEIYWO 34:00。

競賽組個人組別：

| | | | |
|-----------|--------------|-----------|--------------|
| 男子 個人組 | MA 組 16-28 歲 | 女子 個人組 | WA 組 16-28 歲 |
| | MB 組 29-38 歲 | | WB 組 29-38 歲 |
| | MC 組 39-49 歲 | | WC 組 39-49 歲 |
| | MD 組 50-59 歲 | | WD 組 50-59 歲 |
| | ME 組 60+ 歲 | | WE 組 60+ 歲 |

* 全部組別以出生年份計算

獎項：

| |
|-------------------------|
| 全場比賽時間最快的男一、女一獎項 (競賽組): |
| ASICS 禮券 HK\$2,000 |

| 全場比賽時間最快首十名男子及女子獎項 (競賽組) | | |
|--------------------------|-----------------------|-----------------------|
| 第一名： | 第二名： | 第三名： |
| PEGASUS 現金獎 HK\$3,000 | PEGASUS 現金獎 HK\$1,600 | PEGASUS 現金獎 HK\$1,200 |
| 第四名： | 第五名： | 第六名： |
| PEGASUS 現金獎 HK\$600 | PEGASUS 現金獎 HK\$600 | PEGASUS 現金獎 HK\$600 |
| 第七名： | 第八名： | 第九名： |
| PEGASUS 現金獎 HK\$600 | PEGASUS 現金獎 HK\$600 | PEGASUS 現金獎 HK\$600 |
| 第十名： | | |
| PEGASUS 現金獎 HK\$600 | | |

| 男子及女子個人年齡分組獎項 (競賽組) | | |
|------------------------|-----------------------|-----------------------|
| 第一名： | 第二名： | 第三名： |
| ASICS 禮券 HK\$1000 + 獎盃 | ASICS 禮券 HK\$700 + 獎盃 | ASICS 禮券 HK\$500 + 獎盃 |
| 第四名： | 第五名： | |
| ASICS 禮券 HK\$400 + 獎盃 | ASICS 禮券 HK\$300 + 獎盃 | |

| 男子及女子隊際獎項 (競賽組及 10 公里組) | | |
|-------------------------|------------------|------------------|
| 隊際第一名： | 隊際第二名： | 隊際第三名： |
| ASICS 禮券 HK\$1,200 | ASICS 禮券 HK\$900 | ASICS 禮券 HK\$600 |

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，賽後將不會補發任何紀念品及獎品

頒獎典禮將於比賽當日(10:00~10:45)舉行

PEGASUS 跑會盃(競賽組及 10 公里組)^

| 男子壯年組 | 男子先進 1 組 | 男子先進 2 組 | 男子樂悠組 |
|---------|----------|----------|-------|
| MA + MB | MC | MD | ME |
| 首 10 名 | 首 10 名 | 首 10 名 | 首 5 名 |
| 女子壯年組 | 女子先進 1 組 | 女子先進 2 組 | 女子樂悠組 |
| WA + WB | WC | WD | WE |
| 首 5 名 | 首 10 名 | 首 10 名 | 首 5 名 |

^ PEGASUS 學生是指 2025 年 7 月至 12 月期間的訓練班學生

****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，賽後將不會補發任何紀念品及獎品****

頒獎典禮將於比賽當日(10:00~10:45)舉行

報名辦法：

1. 網上報名港幣 350 元正，**只接受網上報名**，詳情請瀏覽本會網頁：<https://www.hkmarathonpro.com> 報名一經接納，報名費在任何情況下都不設退款安排
2. 如資料不全，恕不接受報名。
3. 只接受網上報名，不接受現場及逾期報名。
4. 重覆報名(只計一人)，不設退款、退件、轉名及轉賽安排。
5. 若比賽當天開賽時間**三小時前**懸掛八號或以上颱風、紅或黑色暴雨訊號或非人力可控制及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，補賽地點亦有可能更改(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

查詢：8101 6335 或 8104 8500 或 電郵 hkmarathonpro@yahoo.com.hk

賽後成績公佈：<https://www.hkmarathonpro.com>

為避免比賽當日排隊等候，**號碼布將於比賽前派發**，詳情請留意電郵通知，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。

確認信將於比賽前七天經電郵發出，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. 號碼布及晶片不得轉讓別人。
3. 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。
4. 不設收據服務。
5. 大會設有行李寄存(不負責任何財物損失)、水站及里數牌。
6. **本賽事會按相關部門要求作分批起步，得獎成績將按每組鳴槍時間計算(大會時間)。**
7. 本賽會有權隨時修改此章程細則，恕不另行通知。

確認信將於比賽前 7 天經電郵發出 (請同時查閱濫發郵件)，如賽前四天未收到任何資料時請以電郵向大會查詢。

16th PEGASUS Shek Mun 10K Race

(Applying for Sanction Race)

主辦

Organizer

HKMP
HK Marathon Pro



協辦

Co-organizer



贊助

Sponsors



受惠機構

Beneficiary



鳴謝

Acknowledgement



媒體

Media



- 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 10K race and help participants to improve their Hong Kong 10K official ranking.
- Race Features** : Fast and Speedy race, nearly 100% flat and straight road which benefit to generate excellent result.
- Race Date** : 30th November, 2025 (Sun)
- Register Time** : From 7:30am
- Starting Time** : 8:30am (1st Wave)
- Time Limit** : 1 hr 30mins
- Race Route** : Shatin Shek Mun > Ma On Shan Park > Shek Mun
- Distance** : 10 km
- Meeting Point** : Shatin Shek Mun (MTR Ma On Shan Line Shek Mun Station D Exit turn left walk 100m)
- Deadline** : 10th November, 2025 (Mon)
- Entry Fee** : HK\$350* each (Limited Quota first come first serve)
- Ceremony Time** : 10:00~10:45am

* HK\$20 of each entry fee will be donated to the Bling Bling Ocean Foundation to support regular “marine” conservation activities.

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

Entry Inquire Email : races@fitz.hk

Entry Inquire Tel./ WhatsApp : 5229 0518



Category : This Race will be separated to **Competition Group[#]** and **10K Group** :

- **Competition Group :** **Limited quota**, Runners were requested to submit the sanction race* time record certification (01 JAN, 2024 after) for apply this group. **(Not Guarantee, NO refund and change name or person arrangement)**
- **10K Group :** for all applicants, not need to submit any time record and certification

| GROUP Awards | |
|---|---|
| Competition Group [#] (Result count from Gun Time) | 10K Group (Result count from Gun Time) |
| Overall and Individual awards ✓ Team awards ✓ PEGASUS runner club awards (PEGASUS's student only) ✓ | Team awards ✓ PEGASUS runner club awards(PEGASUS's student only) ✓ |

Below is **Competition Group[#]** in each age shortlisted timing. (Below finished time of each group is basic shortlisted standard, final shortlisted will be confirmed by ALL applicants timing, **applicants will be fallen into 10K group base on final sorted timing automatically, NO refund and change name or person arrangement**)

| SANCTION RACE FINISH 10K TIME (age group) | | | | | | | | | |
|--|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|------------------------|
| MA 16-28 | MB 29-38 | MC 39-49 | MD 50-59 | ME 60+ | WA 16-28 | WB 29-38 | WC 39-49 | WD 50-59 | WE 60+ |
| Less than 43:00 mins | Less than 40:00 mins | Less than 43:00 mins | Less than 46:00 mins | Less than 47:30 mins | Less than 50:00 mins | Less than 48:00 mins | Less than 48:30 mins | Less than 49:00 mins | Less than 1:11:00 mins |

***Sanction Race list** –(refer from HK Marathon)

| Race Organiser / Sanctioning Body | Race |
|--|--|
| World Athletics (WA) | World Athletics Label / Elite / Gold / Platinum Label Races |
| Association of International Marathons and Distance Races (AIMS) | All Races |
| Hong Kong, China Association of Athletics Affiliates Limited (HKAAA) | Standard Chartered Hong Kong Marathon 2024 |
| | Standard Chartered Hong Kong Marathon 2025 |
| | Bank of China (Hong Kong) Hong Kong-Zhuhai-Macao Bridge (HK Section) Half Marathon 2024/25 |
| | Sun Hung Kai Properties Hong Kong 10K Championships 2024 |
| | Hong Kong International Airport • Standard Chartered Hong Kong Marathon: Three-Runway System 10km International Race |
| Hong Kong Disneyland (as sanctioned by HKAAA) | Hong Kong Disneyland 10K Weekend 2024 |
| UNICEF (as sanctioned by HKAAA) | UNICEF Charity Run 2025 |
| Hong Kong Marathon Pro (as sanctioned by HKAAA) | The 18.5th RMAC Shatin 10K Classic Riverside Race 2024 |
| | RMAC Shatin 10K Classic Riverside Race 2025 |
| | 15th PEGASUS Shek Mun 10K Race |

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 **ASICS Cash Coupon**.

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\$150 on each occasion (changes can only be accepted before the deadline).

Souvenirs : A Singlet & Electronic certificate will be given to each participant who finishes the race.
HK\$150 Charge for any entry information update or change.

【Official Record】 : (30-Nov-2014) Men : SOLOMON KIPYEGO KETER 29:04,
(28-Nov-2018) Women : NELLY CHEBET NGEIWO 34:00.

Individual Groups :

| | | | |
|---------------------------|--|-----------------------------|--|
| MALE Individual | Group MA : 16-28 Group MB : 29-38 Group MC : 39-49 Group MD : 50-59 Group ME : 60+ | FEMALE Individual | Group WA : 16-28 Group WB : 29-38 Group WC : 39-49 Group WD : 50-59 Group WE : 60+ |
|---------------------------|--|-----------------------------|--|

【 *All groups are categorized according to the birth year 】

Awards :

Award of the fastest result of Male and Female (Competition Group)

ASICS Cash Coupon HK\$ 2,000.

Overall Top 10 Male and Female Prize List (Competition Group)

| | | |
|--|---|--|
| <u>Champion:</u> PEGASUS Cash Award HK\$3,000 | <u>1st runner-up:</u> PEGASUS Cash Award HK\$1,600 | <u>2nd runner-up :</u> PEGASUS Cash Award HK\$1,200 |
| <u>3rd runner-up :</u> PEGASUS Cash Award HK\$600 | <u>4th runner-up :</u> PEGASUS Cash Award HK\$600 | <u>5th runner-up :</u> PEGASUS Cash Award HK\$600 |
| <u>6th runner-up :</u> PEGASUS Cash Award HK\$600 | <u>7th runner-up :</u> PEGASUS Cash Award HK\$600 | <u>8th runner-up :</u> PEGASUS Cash Award HK\$600 |
| <u>9th runner-up :</u> PEGASUS Cash Award HK\$600 | | |

Presentation ceremony will be held on race day (10:00~10:45).

Male and Female Individual Group Prize List (Competition Group)

| | | |
|---|---|---|
| <u>Champion:</u> ASICS Cash Coupon HK\$1,000 Trophy | <u>1st runner-up:</u> ASICS Cash Coupon HK\$700 Trophy | <u>2nd runner-up :</u> ASICS Cash Coupon HK\$500 Trophy |
| <u>3rd runner-up :</u> ASICS Cash Coupon HK\$400 Trophy | <u>4th runner-up :</u> ASICS Cash Coupon HK\$300 Trophy | |

Male and Female Team Prize (Competition & 10K Group)

| | | |
|--|--|---|
| <u>Champion:</u> ASICS Cash Coupon HK\$ 1,200. | <u>1st runner-up:</u> ASICS Cash Coupon HK\$ 900. | <u>2nd runner-up :</u> ASICS Cash Coupon HK\$ 600. |
|--|--|---|

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

Presentation ceremony will be held on race day (10:00~10:45).

| PEGASUS runner club group (Competition & 10K Group)^ | | | |
|--|------------------|------------------|------------------|
| Men's Senior | Men's Master 1 | Men's Master 2 | Men's Master 3 |
| MA +MB | MC | MD | ME |
| Top 10 | Top 10 | Top 10 | Top 5 |
| Women's Senior | Women's Master 1 | Women's Master 2 | Women's Master 3 |
| WA +WB | WC | WD | WE |
| Top 5 | Top 10 | Top 10 | Top 5 |

^ July to December 2025, PEGASUS training course students

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

Presentation ceremony will be held on race day (10:00~10:45)

Entry :

1. Online Registration Fee is HK\$350, **Accept Online Register ONLY**, Detail visit : <https://www.hkmarathonpro.com/>.
Entry fee will not refundable in any situation.
2. Participant provides insufficient information may not be accepted
3. Only online entry, no late entry and walk-in entry on race day.
4. Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person)
5. If the typhoons signal No.8, thunderstorm, red or black rainstorm warning is hosted before the race **3 hours** 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.)

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

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

Download the form & Result Announcement : <https://www.hkmarathonpro.com>

For avoid long time waiting on race day, number bib distribution will be arranged before the race, details date and time please refer to Confirmation Letter. Race no. bib also can be collected on race date for runners cannot meet the specify date and time.

Confirmation Letter will be sent before the race 7days. If cannot receive the email, please email to inquiry

Remarks :

1. Participator insurance should imputation yourself.
2. The number bib and chip is not transferable.
3. All souvenirs and awards cannot award after or before the Ceremony or other person.
4. Not receipt service.
5. The organizer will provide luggage-keeping services (Lost items are the responsibility by runner), water stations and distance markers.
6. **This race maybe separate to start by department requested. Official time will be counted by each group gun time**
7. Organizer reserves the rights to amend the above information without prior notice