第廿二屆「跑手堂」荃灣 10K-超級夏日挑戰賽



HKMP 香港馬拉松推廣社 主辦 HK Marathon Pro

Runners Athletic Club 冠名贊助:

聯合贊助: GATORADE





GaiaGroup









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:**提醒跑手要經常保持練習,以最佳狀態去挑戰自我極限及享受夏日跑步之樂趣 **賽事特點:**舉辦已超過廿一屆,歷史悠久。全程狹窄平路,只有一個折返點,彎多,獎項豐富

登記時間: 上午 7:15

比賽日期: 2025年8月31日(星期日)

比賽路線:荃灣城門水塘引水道(平路彎道5公里來回)

起步時間: 上午 8:15 比實時限: 1小時30分 賽事距離:10公里

截止日期:2025年8月11日(星期一)

集合地點: 荃灣城門水塘引水道 (茶水亭上約 300 米)

大指指定計時:

媒體伙伴:



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

報名費用:

只接受網上報名-每位港幣 290 元或(330 元報名費連一張單程車票)(名額有限,先到先得)

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。

比賽詳情請瀏覽本會網頁:http://www.hkmarathonpro.com

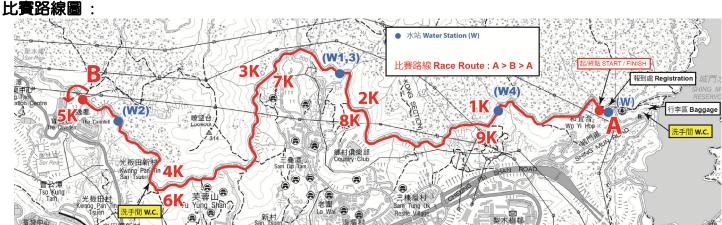
COURSE RECORD COURSE RECORD 32:11 37:14

際: 隊

- 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、亞及季軍,均可獲「跑手堂」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
- *隊際必須集齊所有隊員資料一併填寫,如任何資料不齊或更改名單,每次手續費港幣\$150(只接受滿額前或截止日期前之 更改)*

【大會紀錄】: (8/2008)男子組:何盡平-32 分 11 秒 (8/2015)女子組:IRINE KIPCHUMBA-37 分 14 秒

紀念品:跑畢全程之參賽者,均可獲得紀念背心乙件於比賽當天派發,其他跑手優惠(詳情留意電郵通知),不設預領,補領 及代領



獎項

全場比賽時間最快的男一、女一獎項:

「跑手堂」現金獎 HK\$1,500 COROS PACE 3 BLACK 手錶

全場男子及女子隊際獎項:

第一名:「跑手堂」現金獎 HK\$1,200 第二名:「跑手堂」現金獎 HK\$900 第三名:「跑手堂」現金獎 HK\$600

男子個人組

MA 組 16-28 歲 MB 組 29-38 歲 MC 組 39-49 歲 MD 組 50-59 歲

ME 組 60+歳

女子個人組

WA 組 16-28 歳 WB 組 29-38 歳 WC 組 39-49 歳 WD 組 50-59 歳 WE 組 60+歳

* 全部組別以出生年份計算

男女子個人年齡分組獎項

第一名:

「跑手堂」現金獎 HK\$600 Oakley 太陽眼鏡 aminoVITAL 禮物包 COROS 現金券* HK\$700 獎盃

第二名:

「跑手堂」現金獎 HK\$500 Suunto 運動耳機 aminoVITAL 禮物包 COROS 現金券* HK\$600 獎盃

第三名:

「跑手堂」現金獎 HK\$400 aminoVITAL 禮物包 COROS 現金券* HK\$500 獎盃

第四名:

「跑手堂」現金獎 HK\$300 aminoVITAL 禮物包 COROS 現金券* HK\$500 獎盃

<u>第五名:</u>

「跑手堂」現金獎 HK\$200 aminoVITAL 禮物包 COROS 現金券* HK\$500 獎盃

* COROS 現金券只能用作購買 COROS PACE 3 或 PACE pro 之用 (所有獎項及禮品只限當天頒發,不設預領,補領及代領) 頒獎典禮將於比賽當日(09:45~10:45)舉行

跑手堂會員特別獎:

<mark>跑手堂會員,除個人組別獎項外,會員可同時競逐**跑手堂會員特別獎**(**獎金由又一村獅子會贊助)。** 獎項分男女子組,各名次各獎一名,不設年齡組別:</mark>

冠軍:\$1200 ,第 2 名:\$1000,第 3 名:\$800,第 4 名:\$600,第 5 名:\$500,第 6 名:\$400,第 7 名:\$300 第 8 名:\$200

註:跑手堂會員指會經於 2023 年 1 月 1 日至 2025 年 5 月 31 日期間會經參加任何跑手堂課程,包括恆常訓練班/小組訓練班/兒童及青少年訓練班/Online Coaching 之學員。

報名辦法:

報名費用港幣 290 元正 或 (330 元報名費連一張單程車票),只接受網上報名,

詳情請瀏覽本會網頁:http://www.hkmarathonpro.com

- 1.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.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。
- 6.若對比賽成績有異議,須於成績公佈後 15 分鐘內以書面提交及繳付港幣\$200 元上訴費用,如上訴成立,相關 費用將會發還,不成功費用將不會發還。本會不會接納其後提交的上訴申請。

交通安排:參賽者可於香港天后地鐵站 (6:20am) 或九龍尖沙咀漢口道 YMCA (6:35am) 乘搭大會的單程巴士 (不 設回程) 直達比賽場地(比賽場地不設泊車位,(車費為每位港幣 40 元正),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,逾時不侯。

交通路線:參加者可自行於荃灣兆和街乘搭 82 號(城門水塘)綠色專線小巴至總站或多人可一同選擇乘座的士到 達目的地。

查詢:8101 6335 或 8104 8500 或可到 http://hkmarathonpro.com 網頁報名

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. 頒獎典禮將於比賽當日(09:45~10:45)舉行,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. 本賽事有可能按相關部門要求作分批起步。
- 7. 大會會因應實際報名人數而調整分批起步時間, 跑手須按照其個人組別的起跑時間出發(相關時間將於電郵通知), 否則其個人時間成績(包括隊際成績), 將不會被計算。
- 8. 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。 號碼布將於賽前在 Cam2 派發,詳情請留意電郵通知

<< 警告 >> : 賽事於酷熱的夏季舉行,參賽者需要在賽前有足夠的訓練及休息,並留意個人的身體狀況,適時補充水份, 如身體不適,請量力而爲,切勿強行出賽。

The 22nd Annual 「RAC」 Tsuen Wan 10K

-Super Summer Challenge Race

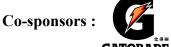


Runners Athletic Club
Title Sponsor:

HKMP

HK Marathon Pro

Organized by Hong Kong Marathon Pro





Acknowledgement:

Official GPS

Watch Partner:













Organizer: Hong Kong Marathon Pro 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 : Held twenty one years. Remind racer to be always train yourself and behave the best performance to dare yourself limit

and enjoy funny summer running

Race Characteristics: In general, there is only one turning point, narrow and turns (on the road) and Many Prize

Race Date : 31st August, 2025 (Sunday)

Registration Time : 7:15am **Starting Time** : 8:15am

Race Route : Shing Mun reservoir, catchwater (Flat but winding)

Distance : 10km Time Limit : 1hr 30mins

Meeting Point: Walk to Shing Mun Aqueduct from Food Kiosk around 300m

Deadline : 11th August, 2025(Monday)

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

Entry Inquire Email : races@fitz.hk
Entry Inquire Tel./ WhatsApp : 5229 0518

www.run-pic.com

Media Partner









TSEUN WAN 10K TSE

COURSE RECORD

Entry Fee: HK\$290 or \$330 with bus ticket Accept Online Entry ONLY (limit in people, first come first serve)

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

Website http://hkmarathonpro.com

Team Category: Teams of three (Men & 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 <u>RAC Cash award</u>. The results of each

team member are also counted as individual group result.

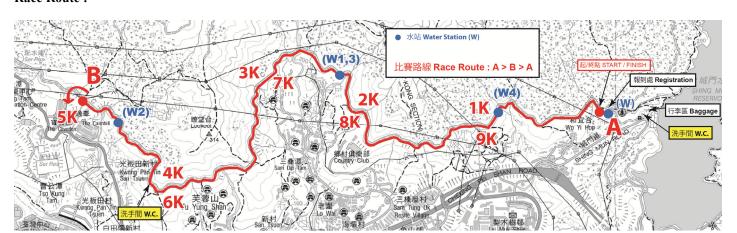
** The application form should be sent by each team. Changing of team members or additional information will require a further payment of HK\$150 on each occasion (changes can only be accepted before the deadline or full quota) **

Souvenir : A Vest will be given to each participant who finishes the race, Only Distribute on race day.

Other Runner Discount (details refer to further email)

[Official record]: (8/2008) Male Group: 32min 11sec [Ho Chin Ping] (8/2015) Female Group: 37min 14sec [IRINE KIPCHUMBA]

Race Route:



Awards:

The fastest result of Male and Female Award

RAC Cash award HK\$ 1,500. **COROS PACE 3 BLACK watch**

The Male and Female Teams Award:

Champion : RAC Cash award HK\$ 1,200. 1st runner-up : RAC Cash award HK\$ 900. 2nd runner-up : RAC Cash award HK\$ 600.

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]

Male and Female Individual Group Prize

Champion:

RAC Cash award HK\$ 600. Oakley Sunglasses amino VITAL Gift COROS Voucher* HK\$700 Trophy

1st runner-up:

RAC Cash award HK\$ 500. **Sunnto Headphone** amino VITAL Gift COROS Voucher* HK\$600 **Trophy**

2nd run<u>ner-up :</u>

RAC Cash award HK\$ 400. amino VITAL Gift COROS Voucher* HK\$500 **Trophy**

3rd runner-up

RAC Cash award HK\$ 300. amino VITAL Gift COROS Voucher* HK\$500 **Trophy**

4th runner-up

RAC Cash award HK\$ 200. amino VITAL Gift COROS Voucher* HK\$500 **Trophy**

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

Presentation ceremony will be held on race day (09:45~10:45).

RAC members special awards

RAC members except to compete the individual group awards, all members top 8 winners will be awarded the **special** cash award (sponsor by LIONS CLUB OF HONG KONG YAU YAT CHUEN), details as below:

Men and Women group top 8 winners

Champion: HK\$1,200, 1st runner-up: HK\$1,000, 2nd runner-up: HK\$800, 3rd runner-up: HK\$600, 4th runner-up:

HK\$500, 5th runner-up : HK\$400, 6th runner-up : HK\$300, 7th runner-up : HK\$200

remark * RAC members: from 1st JAN,2023 to 31st MAY, 2025 joined any RAC courses included regular training / group training / child or teenager training / Online Coaching students.

^{*} COROS Voucher for redemption of COROS PACE 3 or PACE PRO only

Entry Details:

Accept online entry ONLY, Entry fee HK\$290 each or HK\$330 included ONE bus ticket.(entry with quota, first come first serve) Website: http://www.hkmarathonpro.com

- 1. **Entry fee is non-refundable** when the entry was accepted.
- 2. Participant provides insufficient information may not be accepted
- 3. Late entry and walk-in entry are not accepted
- 4. Entry fee will not be refunded, send back, change participate name, change race and double entry (only count ONE person).
- 5. If the typhoons signal No.8, thunderstorm, red or black rainstorm warning is hosted or the race was affected by weather or natural reason or force majeure, the event will be rescheduled the date and location or Cancelled, your 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 rescheduled day.)
- 6. Appeal is acceptable within 15 minutes after the result announcement with submit black and white form and HK\$200 appeal fee, appeal fee will be refunded when the appeal is successful. Not accept any late appeal.

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

Race no. bib will distribute at CAM 2 before the race, details information please refer to confirmation email

Official Bus : Official bus will be available from (HK) Tin Hau MTR station at 6:20am or (KLN) YMCA or

Hankow Road TST at 6:35am to the venue (No return). The bus fare is HK\$40 per person and is in

addition to your entry fee. Buses will leave promptly at the above time.

Transportation: No car park, Runner may take the green minibus No.82 (Shing Mun reservoir) at Tsuen Wan, Shiu Wo

Street to the terminal, final station of terminal or chooses to take a taxi to go the location.

Inquiry : 8101 6335 or 8104 8500 or the website http://hkmarathonpro.com

Remark:

- 1. Participator insurance should imputation yourself.
- 2. The number bib and chip is not transferable.
- 3. Presentation ceremony will be held on race day (09:45~10:45). All souvenirs and awards cannot award after or before the Ceremony or others.
- 4. Not receipt service.
- 5. The organizer will provide luggage-keeping services (Organizer no responsibility of All lost items), water stations and distance markers.
- 6. This race maybe separate start by department requested
- 6. Organizer will base on runner's number to adjust and separate the starting time, runners should start on own designated starting time (details timing will be issued by email). Runners will be disqualified (team result also) if who started on non-designated starting time.
- 8. Organizer reserves the rights to amend the above information without prior notice

< Warns >>: This race in the extremely hot summer hold, the participant must have the enough training and rest before the race, you should attention individual condition and drink the water when you need, if the body is unwell, please act according to one's capacity, is sure not to compete forcefully.