

第廿三屆 PEGASUS 荃灣 10K—超級夏日挑戰賽

主辦：

協辦：

贊助：



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：舉辦已超過廿二屆，歷史悠久。全程狹窄平路，只有一個折返點，彎多，獎項豐富

補領號碼布時間：上午 7:15

比賽日期：2026 年 8 月 30 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 (第一槍)

比賽時限：1 小時 30 分

賽事距離：10 公里

截止日期：2026 年 8 月 10 日 (星期一)

集合地點：荃灣城門水塘引水道 (茶水亭上約 300 米)

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 300 (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：<https://www.hkmarathonpro.com>



比賽路線圖：



組別：賽事將分為競賽組[#]及10 公里組：

- **競賽組**：比賽將會以 2025.01.01 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(不分年齡組別，**只可競逐隊際獎項**)。

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 ✓ 破紀錄獎 ✓	隊制獎項 ✓

[#]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	MB	MC	MD	ME	WA	WB	WC	WD	WE
16-28	29-38	39-49	50-59	60+	16-28	29-38	39-49	50-59	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
認可賽事半馬拉松距離完成時間									
時間少於 1h 34mins	時間少於 1h 27mins	時間少於 1h 34mins	時間少於 1h 42mins	時間少於 1h 45mins	時間少於 1h 51mins	時間少於 1h 46mins	時間少於 1h 48mins	時間少於 1h 49mins	時間少於 2h 38mins
認可賽事全馬拉松距離完成時間									
時間少於 3h 15mins	時間少於 3h 05mins	時間少於 3h 15mins	時間少於 3h 34mins	時間少於 3h 40mins	時間少於 3h 52mins	時間少於 3h 43mins	時間少於 3h 46mins	時間少於 3h 48mins	時間少於 5h 26min

認可賽事*名單 – (國際賽事 / 中國香港田徑總會主辦或協辦 / 香港馬拉松推廣主辦)

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	中國銀行(香港)港珠澳大橋(香港段)半馬拉松
	渣打香港馬拉松 2025 / 渣打香港馬拉 2026
	香港十公里錦標賽 2025
	ASICS 香港半馬拉松錦標賽
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 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 2025 (第 19.5 屆)
	RMAC 「沙田 10K」河畔賽 2026 (第 20.5 屆)
	第十五屆 PEGASUS 石門十公里賽
	第十六屆 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(競賽組及 10 公里組)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，**競賽組**同時競逐其年齡組別的个人獎項

隊際必須集齊所有隊員的報名表一併填寫，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)

破紀錄獎：競賽組破紀錄之男子運動員可得 PEGASUS 現金獎 HK\$3,000 及破紀錄女子運動員可得 PEGASUS 現金獎 HK\$3,000

【大會紀錄】：(8/2008)男子組：何盡平—32 分 11 秒 (8/2025)女子組：曾曉彤—36 分 25 秒

【如破紀錄者多於一人，獎金將會被平均分配】

紀念品：參賽者可獲得 ASICS 紀念 T-恤乙件 (留意電郵通知領取安排)，**不設預領，補領及代領，賽後將不會補發任何行紀念品及獎品。**

競賽組別：

男子 個人組 (競賽組)	MA 組 16-28 歲	女子 個人組 (競賽組)	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\$1,500 AirFly 眼鏡乙副

男女子個人年齡分組獎項 – (競賽組)

第一名： ASICS 禮券 HK\$600 AirFly 現金禮券 HK\$700 獎盃	第二名： ASICS 禮券 HK\$500 AirFly 現金禮券 HK\$600 獎盃	第三名： ASICS 禮券 HK\$400 AirFly 現金禮券 HK\$500 獎盃
第四名： ASICS 禮券 HK\$300 獎盃	第五名： ASICS 禮券 HK\$200 獎盃	

全場男子及女子隊際獎項:
(競賽組及 10 公里組)

第一名： <u>ASICS 禮券 HK\$1,200</u> <u>AirFly 現金禮券 HK\$1,200</u>	第二名： <u>ASICS 禮券 HK\$900</u> <u>AirFly 現金禮券 HK\$900</u>	第三名： <u>ASICS 禮券 HK\$600</u> <u>AirFly 現金禮券 HK\$600</u>
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****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(09:45~10:45)舉行

報名辦法：

報名費用港幣 300 元正，**只接受網上報名**，詳情請瀏覽本會網頁：<https://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**前三小時**懸掛八號或以上颱風、紅或黑色暴雨訊號或非人力可控制、不可抗力或大型災害而需配合政府救援工作，「不可抗力」包括但不限於火災、水災、地震，或其他嚴重天然災害或天災，或由於抗議、暴動、遊行、集會、示威、佔領、騷亂、大型集會、戰爭、叛亂、蓄意破壞、疫情、傳染病或恐怖襲擊或可能發生上述事件或行動而未能履行其責任**或安排或舉辦本活動**。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)，**每位參賽者只可以購買一張車票，車票憑證將印於號碼布上，並需確定在比賽前領取號碼布。如未能賽前領取號碼布，參賽者將不能乘坐大會單程巴士及不能退款**，巴士將於上述時間準時開出，逾時不候。

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 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、車票(印在號碼布上)及 T-恤將於比賽前派發，預計的領取資料如下(以確認電郵資料為準)。

日期：2026 年 8 月 23 日(星期日)及 24 日(星期一)

時間：11:00 – 16:00 (星期日) / 11:00 – 19:30 (星期一)

地點：觀塘鴻圖道 19 號富登中心 20 樓 05-06 室

如賽前未能領取號碼布及 T-恤，比賽當日仍可以排隊領取 (**購買車票的參賽者必須在賽前領取，不設郵寄車票**)。

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。

<< 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，請量力而為，切勿強行出賽。

The 23rd PEGASUS Tsuen Wan 10K

—Super Summer Challenge Race

Organizer :



Co-organizer :



Sponsors :



Media :



Acknowledgement :



Beneficiary :



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 two 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 : 30th August, 2026 (Sunday)

Late collect no.bib Time : 7:15am

Starting Time : 8:15am (First Gun)

Race Route : Shing Mun reservoir, catchwater (Flat but winding, 5km return)

Distance : 10km

Time Limit : 1hr 30mins

Deadline : 10th August, 2026(Monday)

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

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

Entry Inquire Email : races@fitz.hk

Entry Inquire Tel./ WhatsApp : 5229 0518

COURSE RECORD
32:11
MAN
TSEUN WAN 10K

COURSE RECORD
36:25
WOMAN
TSEUN WAN 10K

Entry Fee : HK\$300 Accept Online Entry ONLY (limited Quota, 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 for more details: <https://hkmarathonpro.com>

Race Route :



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 (after 01 JAN, 2025) 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 **(compete for Team awards ONLY)**

GROUP Awards	
Competition Group [#] (Result count from Gun Time)	10K Group (Result count from Gun Time)
Overall and Individual awards ✓ Team awards ✓ Break Record awards ✓	Team awards ✓

Below is [#]**Competition Group** in each age group 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 1:11:00mins
SANCTION RACE FINISH HALF MARATHON TIME (age group)									
Less than 1h 34mins	Less than 1h 27mins	Less than 1h 34mins	Less than 1h 42mins	Less than 1h 45mins	Less than 1h 51mins	Less than 1h 46mins	Less than 1h 48mins	Less than 1h 49mins	Less than 2h 38mins
SANCTION RACE FINISH MARATHON TIME (age group)									
Less than 3h 15mins	Less than 3h 05mins	Less than 3h 15mins	Less than 3h 34mins	Less than 3h 40mins	Less than 3h 52mins	Less than 3h 43mins	Less than 3h 46mins	Less than 3h 48mins	Less than 5h 26mins

***Sanction Race list –(HKAAA Organize / co-organize / HKMP Organize)**

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)	Bank of China (Hong Kong) Hong Kong-Zhuhai-Macao Bridge (HK Section) Half Marathon
	Standard Chartered Hong Kong Marathon 2024 / 2025
	Hong Kong 10K Championships
	ASICS Hong Kong Half-Marathon Championships
Hong Kong Disneyland (as sanctioned by HKAAA)	Hong Kong Disneyland 10K Weekend 2025
Hong Kong Marathon Pro (as sanctioned by HKAAA)	The 19.5th RMAC Shatin 10K Classic Riverside Race 2024
	The 20.5th RMAC Shatin 10K Classic Riverside Race 2025
	15th PEGASUS Shek Mun 10K Race
	16th PEGASUS Shek Mun 10K Race

Team Category :

Teams of three Male & three 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 **(competition group ONLY)**. The first three men's teams and women's teams finished will be awarded **ASICS Cash Coupon**. (value as below)

Remarks:

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 : an ASICS T-shirt will be given to each participant (refer the arrangement via email), All souvenirs and awards only be distributed on designate days and will not be awarded before or after the race or awarded to other person. HK\$150 Charge for any entry information update or change.

Break record award : A male who break the record can get cash of PEGASUS cash award HK\$3,000 and A female who break the record can get cash of PEGASUS cash award HK\$3,000.

(If there are more than one record – brokers, the award will be shared)

【Official record】 : (8/2008) Male Group : 32min 11sec [Ho Chin Ping] (8/2025) Female Group : 36min 25sec [Tsang Hiu Tung]

Competition Groups :

MALE Competition Groups	Group MA : 16-28 Group MB : 29-38 Group MC : 39-49 Group MD : 50-59 Group ME : 60+	FEMALE Competition Groups	Group WA : 16-28 Group WB : 29-38 Group WC : 39-49 Group WD : 50-59 Group WE : 60+
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[*All groups are categorized according to the birth year]

Awards :

<u>Award of the fastest result of Male and Female (Competition Group)</u>
ASICS Cash Coupon HK\$ 1,500. AirFly Glasses

Male and Female Individual Group Prize List (Competition Group)		
<u>Champion:</u>	<u>1st runner-up:</u>	<u>2nd runner-up :</u>
ASICS Cash Coupon HK\$600 AirFly Cash Coupon HK\$700 Trophy	ASICS Cash Coupon HK\$500 AirFly Cash Coupon HK\$600 Trophy	ASICS Cash Coupon HK\$400 AirFly Cash Coupon HK\$500 Trophy
<u>3rd runner-up :</u>	<u>4th runner-up :</u>	
ASICS Cash Coupon HK\$300 Trophy	ASICS Cash Coupon HK\$200 Trophy	

Male and Female Team Prize (Competition & 10K Group)		
<u>Champion:</u>	<u>1st runner-up:</u>	<u>2nd runner-up :</u>
ASICS Cash Coupon HK\$ 1,200 AirFly Cash Coupon HK\$ 1,200	ASICS Cash Coupon HK\$ 900 AirFly Cash Coupon HK\$ 900	ASICS Cash Coupon HK\$ 600 AirFly Cash Coupon HK\$ 600

All souvenirs and awards only be distributed on designate days and will not be awarded before or after the race or awarded to other person.

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

Entry Details :

Accept online entry ONLY, Entry fee HK\$300.(Limited quota, first come first serve)

Website : <https://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 acceptable
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 before the race 3 hours or natural reason or force majeure, "Force Majeure" includes and is not limited fire, flood, earthquake, or other severe natural disaster or act of God; or protest, assembly, demonstration, occupation, commotion, mass gathering, war, insurrection, sabotage, pandemic, epidemic, or terrorist attack or the likelihood of such event or act which causes inability to perform obligations, make arrangements or host this Event. the event will be rescheduled the date and location or Cancelled, your entry will be carried forward automatically 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.

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. Each runner can purchase ONE bus ticket only. Bus ticket will print on the number bib, runner must collect the number bib before the race. If runner who can't collect the number bib before the race, he/ she can't take on the bus and any refund. 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 email : hkmarathonpro@yahoo.com.hk

Race results : Will post on <https://www.hkmarathonpro.com>

For avoid waiting on race day, the Race no. bib , bus ticket (printed on number bib) and T-shirt will be distributed on below date and location (final confirmed details please refer to email):

Date : 23 & 24 AUG, 2026 (Sunday & Monday)

Time : 11:00-16:00 (Sunday) / 11:00-19:30 (Monday)

Location : Unit 5-6, 20/F., Fullerton Centre, 19 Hung To Road, Kwun Tong, Hong Kong

No. Bib and T-shirt will also be distributed on race day, if runners who have not collected on the specified date (if runners bought the bus ticket, they MUST collect the bus ticket on the specified date, NO post bus ticket service) .

Remark :

1. Participator insurance should imputation yourself.
2. The number bib and chip are not transferable.
3. All souvenirs and awards cannot award after or before the Ceremony or to 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, Official time will be counted by each group gun time (official time)**
7. Organizer reserves the rights to amend the above information without prior notice

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

<< 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.