



第十六屆「中興盃」荃灣 10K—超級夏日挑戰賽

HKMP 香港馬拉松推廣社 主辦
HK Marathon Pro

冠名贊助商：中興體育用品公司

聯合贊助商：



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：全程平路，只有一個折返點，彎多，獎項豐富

開始登記時間：上午 7:15

比賽日期：2016 年 8 月 28 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

比賽時間：1 小時 30 分

截止日期：2016 年 8 月 8 日 (星期一)

賽事距離：10 公里

參賽名額：1100 人 (名額有限，先到先得)

個人組別：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(60-100 歲)

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

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、亞及季軍，均可獲中興禮券。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\$100 (只接受截止日期前之更改)

破紀錄獎：破紀錄之男子運動員可得中興現金獎最高價值 HK\$5,000 及 破紀錄之女子運動員可得中興現金獎最高價值 HK\$5,000

【大會紀錄】：(8/2008)男子組：何志平-32 分 11 秒 (8/2015)女子組：IRINE KIPCHUMBA-37 分 14 秒 【如破紀錄者多於一人，獎金將會被平均分配】

紀念品：跑畢全程之參賽者，均可獲得飛翔紀念 T 恤乙件 全場男女子首六名，各得：

	男子組		女子組	
	中興禮券	美津濃跑鞋	中興禮券	美津濃跑鞋
第一名	HK\$1,000	✓	HK\$1,000	✓
第二名	HK\$800	✓	HK\$800	✓
第三名	HK\$600	✓	HK\$600	✓
第四至六名	不適用	✓	不適用	✓



個人組首 3 名得獎者可獲得中興禮券(價值如下)，每組得獎名次均可獲得獎盃乙座(獎盃合共 139 隻)

此外各個人組首名可額外獲得 POLAR 心率錶乙隻。

	【男子組】							【女子組】						
	MA 組 16-28	MB 組 29-38	MC 組 39-49	MD 組 50-59	ME 組 60-100	中興盃	隊際	WA 組 16-28	WB 組 29-38	WC 組 39-49	WD 組 50-100	中興盃	隊際	
第一名	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	\$1200	HK\$500	HK\$500	HK\$500	HK\$500	✓	\$1200	
第二名	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	\$900	HK\$400	HK\$400	HK\$400	HK\$400	✓	\$900	
第三名	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	\$600	HK\$300	HK\$300	HK\$300	HK\$300	✓	\$600	
優異獎	第 4 - 20 名 中興獎盃	第 4 - 20 名 中興獎盃	第 4 - 20 名 中興獎盃	第 4 - 12 名 中興獎盃	第 4 - 12 名 中興獎盃	不適用	不適用	第 4 - 15 名 中興獎盃	第 4 - 15 名 中興獎盃	第 4 - 15 名 中興獎盃	第 4 - 10 名 中興獎盃	不適用	不適用	

報名費用：郵寄報名及網上報名-每位港幣 140 元或(170 元報名費連一張車票) 快速郵寄報名指南：1 張支票 + 1 張報名表 + 1 個回郵信封

報名辦法：1.填妥下列表格，連同一張劃線支票 (抬頭人請寫「香港馬拉松推廣社」)，寄回：沙田銀禧花園一座 33 樓 C 室 (CH-10K) 收 / 網上報名請瀏覽本會網頁。

(a) 一張港幣 140 元正支票一報名費或(港幣 170 元一報名費連一張車費)

2. 郵遞表格必須各自付上一個回郵信封，信封面寫上地址及貼上足夠郵票(多人報名可共用一個大回郵信封，但要增加郵資)，若未有提供回郵信封者，本會有權保留其參賽資格。

3. 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之情況影響，比賽將會改期，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)。

4. 報名一經接納，報名費恕不發還，報名以支票過戶為準。 5. 不接受現場及逾期報名。 6. 重覆報名(只計一人)，不設退款、退件、轉名及轉賽安排。

交通安排：參賽者可於香港天后地鐵站 (6:20am) 或 九龍尖沙咀彌敦道 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，(郵寄及網上報名車費為每位港幣 30 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坐的士到達目的地。

集合地點：小巴總站沿梯級上城門郊野公園遊客中心方向。

請注意：若報名被接納，接納信將於比賽前七天內寄出，號碼布及晶片將於當日派發。

查詢：8104 8500 或可到 <http://hkmarathonpro.com>, <http://www.thaiquain.com/>, <http://www.hkrunners.com> 網頁下載

備註：1. 參賽者個人保險需自行負責。 2. 號碼布及晶片不得轉讓別人。 3. 如資料不全，恕不接受報名。 4. 大會設有行李寄存、水站及里數牌。 5. 所有獎項及紀念品不設賽前或賽後補領或代領。 6. 不設收據。

<< 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。

第十六屆「中興盃」荃灣 10K—超級夏日挑戰賽 報名表 No: _____

姓名：(中文) _____ (英文) _____ 身份證號碼：_____ 性別：_____

居住地址：_____ 出生年份：_____

聯絡電話：_____ / _____ 傳真：_____ 近年最佳之 10K 時間：_____

電郵地址：_____ 支票號碼：_____

【緊急聯絡人：_____ 電話：_____ 關係：_____】屬會：_____

男子組	MA組(1988 - 2000)	MB組(1978 - 1987)	MC組(1967 - 1977)	MD組(1957 - 1966)	ME組(1916 - 1956)	*全部組別以出生年份計算
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	HK\$140 (報名費) <input type="checkbox"/>
女子組	WA組(1988 - 2000)	WB組(1978 - 1987)	WC組(1967 - 1977)	WD組(1916 - 1966)	車費請連同報名費一同繳交 HK\$170(報名費 + 1 張車票) <input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

每張車票港幣\$30 元正

如乘搭本會之單程巴士，請選擇首程上車地點，不設回程。 香港(6:20am) 張 / 九龍(6:35am) 張

聲明：謹證明本人是自願參加比賽，並願意自行承擔所有責任。本人亦謹遵守比賽規則及決定。本人一旦因在往返比賽場地或比賽中受到任何財物損失、受傷或致死亡，主辦賽會、贊助商及其他有關機構均無須付上任何責任。本人願意授權予大會及傳媒在無須經本人審查而可使用本人的肖像、姓名、聲線及個人資料作為活動及推廣之用。

日期：_____ (*未滿十八歲者) *監護人簽署：_____ 參加者簽署：_____

男子隊際 <input type="checkbox"/>	女子隊際 <input type="checkbox"/>	中文隊名：_____	英文隊名：_____
隊員 1: _____		隊員 2: _____	隊員 3: _____



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The 16th Annual 「Chung Hing Cup」 Tsuen Wan 10K

— Super Summer Challenge Race

HKMP Organized by Hong Kong Marathon Pro

Co-Sponsors :



Kam Mon Sports Co.

Principle Sponsor : Chung Hing Sports Equipment Co.

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 : 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, both turns (on the road) and Many Prize

Race Date : 28th August, 2016 (Sunday)

Registration Time : 7:15am

Starting Time : 8:15am

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

Distance : 10km

Time Limit : 1hr 30mins

Deadline : 8th August, 2016 (Mon.) **【*All groups are categorized according to the birth year】**

Quota : 1100 person

Individual Male – Group MA (Age 16-28) Group MB (Age 29-38) Group MC (Age 39-49) Group MD (Age 50-59) Group ME (Age 60 -100)

Category : Female – Group WA (Age 16-28) Group WB (Age 29-38) Group WC (Age 39-49) Group WD (Age 50 -100)

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 Chung Hing Sports Coupons. 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\$100 on each occasion (changes can only be accepted before the deadline) *
Souvenir : A FLYER T-shirt will be given to each participant who finishes the race. (If there are more than one record – brokers, the HK\$5,000 needed to be shared)

Break Record Award : A male who break the record can get cash of Chung Hing at large HK\$5,000 and A female who break the record can get cash of Chung Hing at large HK\$5,000.

【Official record】: (8/2008) Male Group : 32min 11sec [Ho Chin Ping] (8/2016) Female Group : 37min 14sec [IRINE KIPCHUMBA]

The fastest six of male and female in the race will be awarded :

	Male	
	Chung Hing Coupon	Mizuno Running Shoes
Champion	HK\$1,000	✓
1st Runner-up	HK\$800	✓
2nd Runner-up	HK\$600	✓
4th to 6th Places	N/A	✓

	Female	
	Chung Hing Coupon	Mizuno Running Shoes
Champion	HK\$1,000	✓
1st Runner-up	HK\$800	✓
2nd Runner-up	HK\$600	✓
4th to 6th Places	N/A	✓



Each individual category winners will be awarded a Trophy, Top 3 runners on each individual group will be awarded a Chung Hing Coupon and Trophy (Total 130 nos. of trophy), details as follow :
Champion of each individual group will be awarded **POLAR Heart Rate Monitor**.

	Male							Female					
	Group MA 16-28	Group MB 29-38	Group MC 39-49	Group MD 50-59	Group ME 60-100	Chung Hing Cup Trophy	Team	Group WA 16-28	Group WB 29-38	Group WC 39-49	Group WD 50-100	Chung Hing Cup Trophy	Team
Champion	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	HK\$1200	HK\$500	HK\$500	HK\$500	HK\$500	✓	HK\$1200
1st Runner-up	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$900	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$900
2nd Runner-up	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$600	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$600
Merit Prize	4 th to 20 th Trophy	4 th to 20 th Trophy	4 th to 20 th Trophy	4 th to 12 th Trophy	4 th to 12 th Trophy	N/A	N/A	4 th to 12 th Trophy	4 th to 12 th Trophy	4 th to 12 th Trophy	4 th to 10 th Trophy	N/A	N/A

Entry Fee : Online register fee and by post fee HK\$140 each or HK\$170 included ONE bus ticket. (entry with quota, first come first serve)

Entry : 1. Complete the application form with **ONE cross cheque** made payable to "Hong Kong Marathon Pro" and mail to **Flat C, 33/F, Block 1, Jubilee Garden, Shatin(CH - 10K)**

/ Online registration please visit our website.

- (a) **ONE HK\$140** cheque for entry fee or **HK\$170** (+ 1 bus ticket). 2. Please enclose **ONE** self-addressed stamped envelope in your application. (more stamp and large envelope for more than one applicants) carried forward To the rescheduled date and the entry fee will not be refunded. (Even if you did not participate on rescheduled day.)
3. If the typhoons signal No.8, thunderstorm, red or black rainstorm warning is hosted or the race was affected by weather or natural reason, the event will be rescheduled, you entry will automatically
4. Entry fee is non-refundable when the entry was accepted. 5. Late entry and walk-in entry are not accepted
6. Entry fee will not be refunded, send back, change participate name, change race and double entry (only count ONE person).

Quick Guide : 1 Cheque + 1 Entry Form + 1 Stamped Envelope

* **Attention :** After the register accepted, the letter will be sent within 7 days before the race. The number bib and Chip will be distributed at the race day.

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\$30(online and by post) per person and is in addition to your entry fee. Buses will leave promptly at the above time.

Transportation : No car park, participants 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.

Meeting Point : Walk to Shing Mun Country Park Visitor Centre From stairs minibus stop.

Inquiry : 8104 8500 or the website <http://hkmarathonpro.com> , <http://www.thaiquain.com/> , <http://www.hkrunners.com>

Remark : 1. Participant insurance should imputation yourself. 2. The number bib and chip is not transferable. 3. Participant provides insufficient information may not be accepted

4. The organizer will provide luggage-keeping services, water stations and distance markers. 5. All souvenirs and awards cannot award after or before the race. 6. Not receipt service.
<< 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.

The 16th Annual 「Chung Hing Cup」 Tsuen Wan 10K -- Super Summer Challenge Race Entry Form No.:

Name : (Chi.) _____ (English) _____ ID Card No. : _____ Sex : _____

Address : _____ Year of Birth : _____

Tel No. : _____ / _____ Fax No. : _____ Best 10K finish time lately : _____

E-mail : _____ Cheque no : _____

【Emergency Contact Person : _____ Tel _____ Relationship : _____】 Club : _____

Men	MA (1988 – 2000)	MB (1978 – 1987)	MC (1967 – 1977)	MD (1957 – 1966)	ME (1916 or 1956)	*All groups are categorized according to the birth year (by post Entry Fee) HK\$140 <input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Women	WA (1988 – 2000)	WB (1978 – 1987)	WC (1967 – 1977)	WD (1916 or 1966)	Please combine all fees in one cheque (included one bus ticket) HK\$170 <input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Each bus ticket HK\$ 30.

Place to get on our bus (No return) : **Hong Kong (6:20am)** pcs / **Kowloon (6:35am)** pcs

Declaration: I certify that I am physically fit and I understand that I am entering this race at my own risk and responsibility. I herewith expressly agree to abide by all rules and conditions of the Organizer. I hereby discharge the Organizer and any other individual or organization connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as consequence of or while traveling to or from the race. I grant permission and assign of rights, title and interest to the organizer to utilize my appearance, name, voice, bio-dare and likeness in connection with the event in any and all media throughout the Organizer would in perpetuity and agree to waive any right of inspection or approval associated thereto.

Date: _____ *(if under 18) Guardian's Signature: _____ Applicant's Signature : _____

Men's Team <input type="checkbox"/>	Women's Team <input type="checkbox"/>	Chi.Team Name : _____	Eng.Team Name : _____
Team Leader _____		Member 2: _____	Member 3: _____



Online downloader

Not need write this item

Name : _____

Address : _____