



冠名贊助商

# 第十三屆美津濃石門 10 公里賽

## HKMP 香港馬拉松推廣社 主辦

HK Marathon Pro

(正申請為認可賽事)

受惠機構:



**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, 全程以緩跑徑作賽, 接近 100% 平路, 使跑手更易做出 10K 最佳成績並是香港最快女子紀錄賽事

**比賽日期:** 2019 年 11 月 17 日 (星期日)

**起步時間:** 上午 8:30

**比賽路線:** 沙田石門 > 馬鞍山公園 > 石門

**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)

**報名費用:** 每位港幣 170 元正 (名額合共 1,400 名, 先到先得)

**本活動每名跑手的報名費, 當中的 HK\$10 將贊助環保慈善團體「綠惜地球」, 推動綠惜跑賽文化。**

**個人組別:** 男子 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 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長者為勝出, 時間相同則以第三名隊員成績計算

每組設冠亞季军, 均可得**美津濃禮券**。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 100。(只接受截止日期前之更改)**

**紀念品:** 跑畢全程之參賽者, 均可獲美津濃紀念 T-恤乙件及電子證書

**個人獎項:** 全場首名男/女, 可各獲得**美津濃禮券 HK\$4,000**, 全場首六名男及女子, 分別可獲**美津濃跑鞋鞋券**

**破大會紀錄獎:** 破紀錄之男子運動員可各得美津濃禮券最高價值 **HK\$5,000**。【如破紀錄者多於一人, 獎金將會被平均分配】

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

**香港 10 公里場地紀錄:** 【18-MAR-2018】SOLOMON KIPYEGO KETER 28:59, 【25-Nov-2018】NELLY CHEBET NGEIYO 34:00

而每組所有得獎名次均可各得獎盃乙座。每組男/女以下名次各得**美津濃禮券**, 價值如下

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

### 【男子】

### 【女子】

	MA 組 16-28	MB 組 29-38	MC 組 39-49	MD 組 50-59	ME 組 60-100	獎盃	隊際 (美津濃禮券)	WA 組 16-28	WB 組 29-38	WC 組 39-49	WD 組 50-100	獎盃	隊際 (美津濃禮券)
第一名	HK\$1,600	HK\$1,600	HK\$1,600	HK\$1,600	HK\$1,600	✓	HK\$1,200	HK\$1,600	HK\$1,600	HK\$1,600	HK\$1,600	✓	HK\$1,200
第二名	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	✓	HK\$900	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	✓	HK\$900
第三名	HK\$800	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$600	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$600
第 4 - 5 名	HK\$400	第 4 - 8 名 HK\$400	第 4 - 7 名 HK\$400	第 4 - 5 名 HK\$400	不適用	✓	不適用	不適用	第 4 名 HK\$400	第 4 名 HK\$400	不適用	✓	不適用

**報名辦法:** 1a. 填妥下列表格, 連同一張港幣 170 元正劃線支票(多人報名可合併用一張支票), 不設收據(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( SM-10K )收

1b. 網上報名港幣 170 元正, 詳情請瀏覽本會網頁: <http://www.hkmarathonpro.com>

2. 郵遞表格必須付上一個回郵信封, 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), 若未有提供回郵信封者, 本會有權保留其參賽資格

3. 報名一經接納, 報名費恕不發還, 報名以支票過戶為準, 不設取消安排

4. 若比賽當天早上五時懸掛八號或以上颱風、紅色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或轉人安排), 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

5. 只接受郵遞及網上報名, 不接受現場及逾期報名

6. 重覆報名, 不設退款、退件、轉名、轉費安排, 並只計一人報名

7. 本賽會有權隨時修改此章程細則, 恕不另行通知

**交通路線:** 各參賽者可乘搭港鐵馬鞍山線石門站 D 出口向左行 100 米步行前往

**查詢:** 8101 6335 或 8104 8500 或 電郵 [hkmarathonpro@yahoo.com.hk](mailto:hkmarathonpro@yahoo.com.hk)

\* 若報名被接納, 接納信將於比賽前七天內寄出 / 網上報名將收到 SMS 通知。號碼布及晶片於當日派發 \*

下載報名表及賽後成績公佈: <http://www.hkmarathonpro.com>, <http://www.hkrunners.com>

**備註:** 1. 參加者個人保險需自行負責 2. 號碼布不得轉讓別人 3. 若資料不全者, 恕不接受報名 4. 大會設有行李寄存, 水站及里數牌

5. 所有獎項及紀念品只可在大會指定時間親身領取, 不設預領、代領及補領 6. 所有費用不設收據

SM-10K

## 第十三屆美津濃石門 10 公里賽 < 報名表 >

資料需與身份證相同

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: \_\_\_\_\_ / \_\_\_\_\_ 傳真號碼 \_\_\_\_\_ 近年最佳 10K 時間/年份: \_\_\_\_\_ / \_\_\_\_\_ 田總証號碼(如有): \_\_\_\_\_

支票號碼: \_\_\_\_\_ 電郵地址: \_\_\_\_\_

屬會: \_\_\_\_\_ 【緊急聯絡人: \_\_\_\_\_ 電話: \_\_\_\_\_ 關係: \_\_\_\_\_】

男子組	MA組 (1991 - 2003)	MB組 (1981 - 1990)	MC組 (1970 - 1980)	MD組 (1960 - 1969)	ME組 (1919 - 1959)	* 全部組別以出生年份計算
	男子□	男子□	男子□	男子□	男子□	
女子組	WA組 (1991 - 2003)	WB組 (1981 - 1990)	WC組 (1970 - 1980)	WD組 (1919 - 1969)	報名費: HK\$170	
	女子□	女子□	女子□	女子□		
男子隊際 <input type="checkbox"/>	女子隊際 <input type="checkbox"/>	中文隊名: _____		英文隊名: _____		
隊長(聯絡人): _____		隊員 2 _____		隊員 3 _____		

**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、贊助商及其他有關合辦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: \_\_\_\_\_





# 13<sup>th</sup> Mizuno Shek Mun 10K Race

**HKMP** Organized by Hong Kong Marathon Pro  
HK Marathon Pro (Applying for Sanction Race)

Charitable Beneficiary: 綠惜地球 THE GREEN EARTH

Title Sponsor

**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 in the jogging track, nearly 100% flat and straight road which benefit to generate excellent result.

**Race Date** : 17<sup>th</sup> November, 2019 (Sun) **Starting Time** : 8:30am **Distance** : 10 km

**Register Time** : From 7:30am **Time Limit** : 1 hr 30mins **By Post Deadline** : 28<sup>th</sup> October, 2019(Mon)

**Race Route** : Shatin Shek Mun > Ma On Shan Park > Shek Mun

**Meeting Point** : Shatin Shek Mun (MTR Ma On Shan Line Shek Mun Station D Exit turn left walk 100m)

**Entry Fee** : HK\$170 each (Quota 1,400 first come first serve)

Official Media & Photography Partner: 運動筆記 RUNNING BIJI 香港

**Category** : Men – 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)  
Women – Group WA (Age 16-28) / Group WB (Age 29-38) / Group WC (Age 39-49) / Group WD (Age 50-100)  
**\* Participants will be grouped according to their year of birth**

**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 Mizuno coupon valued below.  
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\$100 on each occasion (changes can only be accepted before the deadline).

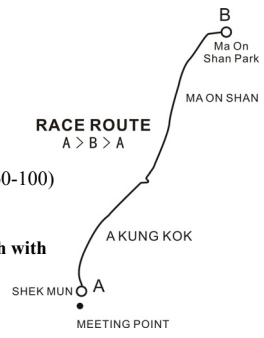
**Souvenirs** : A Mizuno T-shirt & Electronic certificate will be given to each participant who finishes the race.

**Awards** : The overall top one of man and woman will be awarded Mizuno Coupon HK\$4,000. The first six finishers of overall men and women will be awarded Mizuno running shoes Coupon.

**Official Record Award** : The male or female who break the official record that can get a coupon of Mizuno at large HK\$5,000. (if there are more than one record – brokers, award needed to be shared), **【Official Record】** : (30-Nov-2014) Men : SOLOMON KIPYEGO KETER 29:04, (28-Nov-2018) Women : NELLY CHEBET NGEIYWO 34:00.

**【All Comers Record】** (18-MAR-2018) SOLOMON KIPYEGO KETER 28:59, (28-Nov-2018) NELLY CHEBET NGEIYWO 34:00.

All Group's winners will be awarded trophies. The leading finishers in each group will be awarded Mizuno coupon as valued below :



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

	Men						Trophy	Team Category	Women				Trophy	Team Category
	Group MA 16-28	Group MB 29-38	Group MC 39-49	Group MD 50-59	Group ME 60-100				Group WA 16-28	Group WB 29-38	Group WC 39-49	Group WD 50-100		
<b>Champion</b>	HK\$1,600	HK\$1,600	HK\$1,600	HK\$1,600	HK\$1,600	✓	HK\$1,200	HK\$1,600	HK\$1,600	HK\$1,600	HK\$1,600	✓	HK\$1,200	
<b>1<sup>st</sup> runner-up</b>	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	✓	HK\$900	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	✓	HK\$900	
<b>2<sup>nd</sup> runner-up</b>	HK\$800	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$600	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$600	
<b>Other runner-up</b>	3rd-4th HK\$400	3rd-7th HK\$400	3rd-6th HK\$400	3rd-4th HK\$400	N/A	✓	N/A	N/A	3rd HK\$400	3rd HK\$400	N/A	✓	N/A	

**Entry** : 1a. Completed application form with ONE cross cheque HK\$170 cheque for entry fee (more than one applicants please combine the entry fee in one cheque), not receipt service, made payable to "Hong Kong Marathon Pro" and post to Flat C, 33/F, Blk 1, Jubilee Garden, Shatin (SM-10K). 1b. Online Registration Fee is HK\$170, Online Register website at <http://www.hkmarathonpro.com>

2. Please enclose ONE self-addressed stamped envelope (more stamp and large envelope for more than one applicant) with your application.

3. Entry fee is non-refundable, non-transferable and non-repeatable when the entry is accepted. 4. If the typhoons signal No.8, thunderstorm, red or black rainstorm warning is hosted at 5:00am 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.)

5. Only by post entry or online register, no late entry and walk-in entry on race day.

6. Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person) 7. Organizer reserves the rights to amend the above information.

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

**\* Attention : Confirmation letter of entry acceptance will be posted at least 7 days before the race (Post Entry) / SMS (Online Entry) Number Bib and Chip will be issued on race day.\***

**Enquiries** : 8101 6335 / 8104 8500 or mail to [hkmarathonpro@yahoo.com.hk](mailto:hkmarathonpro@yahoo.com.hk).

**Download the form & Race Result Announce** : <http://www.hkmarathonpro.com>, <http://www.hkrunners.com>

Remarks: (1) Personal insurance is responsible by the participants. (2) The number cloths and chip are non-transferable. (3) Applicant who can't provide details data don't accept. (4) The organizer will provide luggage-keeping services, water stations and distance markers. (5) All souvenirs and awards will not award before and after the race or other person. (6) no receipt will be issued.

SM-10K

## 13<sup>th</sup> Mizuno Shek Mun 10K Race < Entry Form >

Info. must same as ID card  
Name: (Chinese) \_\_\_\_\_ (English) \_\_\_\_\_ ID Card No: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ Year of Birth: \_\_\_\_\_

Tel: \_\_\_\_\_ / \_\_\_\_\_ Fax: \_\_\_\_\_ Near year best time of 10K / year: \_\_\_\_\_ / \_\_\_\_\_ HKAAA No. (if any): \_\_\_\_\_

Email \_\_\_\_\_ Address \_\_\_\_\_

Cheque no: \_\_\_\_\_ s \_\_\_\_\_

Club: \_\_\_\_\_ **【Person to contact in emergency: \_\_\_\_\_ Tel: \_\_\_\_\_ Relationship: \_\_\_\_\_】**

Men	MA (1991 - 2003)	MB (1981 - 1990)	MC (1970 - 1980)	MD (1960 - 1969)	ME (1919 - 1959)	【*All groups are categorized according to the birth year】
	Man <input type="checkbox"/>	Man <input type="checkbox"/>	Man <input type="checkbox"/>	Man <input type="checkbox"/>	Man <input type="checkbox"/>	
Women	WA (1991 - 2003)	WB (1981 - 1990)	WC (1970 - 1980)	WD (1919 - 1969)	Entry Fee : HK\$170	
	Woman <input type="checkbox"/>	Woman <input type="checkbox"/>	Woman <input type="checkbox"/>	Woman <input type="checkbox"/>		
Men's Team <input type="checkbox"/>	Women's Team <input type="checkbox"/>	Team Name : _____				
Team Leader :		Member 2 :		Member 3 :		

**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 age) Guardian's Signature \_\_\_\_\_ Applicant's Signature: \_\_\_\_\_

