

冠名贊助 PEGASUS

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場地紀錄賽事

比賽日期：2023 年 12 月 3 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 300*元正 (名額有限，先到先得)

***當中 20 元將資助 MercyHK 給無家者身心靈的支援服務**

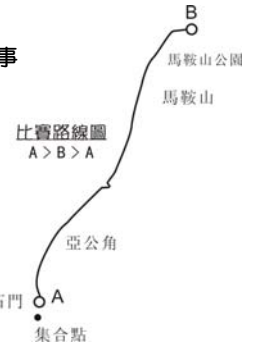
登記時間：上午 7:30 開始

比賽時限：1 小時 30 分

賽事距離：10 公里

截止日期：2023 年 11 月 13 日 (星期一)

頒獎時間：10:00- 10:45



網上報名及媒體伙伴網頁：<http://fitz.hk>

網上報名查詢電郵：aces@fitz.hk

網上報名查詢電話 / WhatsApp：5229 0518



鳴謝：



受惠機構：

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+歲)

女子 WA 組(16-28 歲) WB 組(29-38 歲) WC 組(39-49 歲) WD 組(50+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

每組設冠亞季軍，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 T-恤乙件及電子證書

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)

個人獎項：

全場首名男女子，可各獲得**美津濃禮券 HK\$2,000**。

全場首十名男及女子可各獲得**PEGASUS 現金獎 HK\$1,500(冠軍)、HK\$800(亞軍)、HK\$600(季軍) 及 HK\$300(第四至第十名)**。

全場首六名男及女子，分別可獲**美津濃跑鞋鞋券**，合共 12 對。

破大會紀錄獎：破紀錄之男女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 NGEIWO 34:00。

而每組所有得獎名次均可各得獎盃乙座。每組男女子以下名次各得**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+	獎盃	隊際	WA 組 16-28	WB 組 29-38	WC 組 39-49	WD 組 50-100	獎盃	隊際
第一名	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	✓	HK\$1,200	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	✓	HK\$1,200
第二名	HK\$800	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$900	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$900
第三名	HK\$600	HK\$600	HK\$600	HK\$600	HK\$600	✓	HK\$600	HK\$600	HK\$600	HK\$600	HK\$600	✓	HK\$600
第 4 - 5 名	HK\$400	第 4 - 7 名 HK\$400	第 4 - 8 名 HK\$400	第 4 - 6 名 HK\$400	第 4 名 HK\$400	✓	不適用	不適用	第 4 名 HK\$400	第 4 - 5 名 HK\$400	不適用	✓	不適用

報名辦法：

- 網上報名港幣 300 元正，**只接受網上報名**，詳情請瀏覽本會網頁：<http://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
- 如資料不全，恕不接受報名。
- 只接受網上報名，不接受現場及逾期報名。
- 重覆報名(只計一人)，不設退款、退件、轉名及轉賽安排。
- 若比賽當天三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：<http://www.hkmarathonpro.com>

為避免比賽當日排隊等候，號碼布將於賽前在**九龍觀塘鴻圖道 19 號富登中心 20 樓 5-6 室 - 舒迅運動及物理治療中心**派發，

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 7 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：

- 參賽者個人意外保險需自行負責。
- 號碼布及晶片不得轉讓別人。
- 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。
- 不設收據服務。
- 大會設有行李寄存(不負責任何財物損失)、水站及里數牌。
- 本賽事有可能按相關部門要求作分批起步。
- 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 (請同時查閱蓋發郵件)，如賽前四天未收到任何資料時請以電郵向大會查詢。



Title Sponsor : PEGASUS

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. Also is a race of HK Woman 10K all comers record.

Race Date : 3rd December, 2023 (Sun) **Starting Time :** 8:30am **Distance :** 10 km

Register Time : From 7:30am **Time Limit :** 1 hr 30mins **Deadline :** 13th November, 2023(Mon)

Ceremony Time : 10:00~10:45am

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\$300* each (Limited Quota first come first serve)

***HK\$20 of each entry fee will be donated to "MercyHK" to support their homeless charities.**



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

Entry Inquire Email : aces@fitz.hk

Entry Inquire Tel./ WhatsApp : 5229 0518



Acknowledgement :



Beneficiary:

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+)
 Women – **Group WA** (Age 16-28) / **Group WB** (Age 29-38) / **Group WC** (Age 39-49) / **Group WD** (Age 50+)

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

HK\$150 Charge for any entry information update and change.

Souvenirs : A 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\$2,000.
 The first ten finishers of overall men and women will be awarded **PEGASUS Cash** HK\$1,500(Champion), HK\$800(1st runner-up). HK\$600(2nd runner-up). HK\$300(3rd-9th runner-up).
 The first six finishers of overall men and women will be awarded **Mizuno running shoes Coupon** (Total : 12 pairs).

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 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+				Group WA 16-28	Group WB 29-38	Group WC 39-49	Group WD 50+		
Champion	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	✓	HK\$1,200	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	✓	HK\$1,200	
1st runner-up	HK\$800	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$900	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$900	
2nd runner-up	HK\$600	HK\$600	HK\$600	HK\$600	HK\$600	✓	HK\$600	HK\$600	HK\$600	HK\$600	HK\$600	✓	HK\$600	
Other runner-up	3rd – 4th HK\$400	3rd – 6th HK\$400	3rd – 7th HK\$400	3rd – 5th HK\$400	3rd HK\$400	✓	N/A	N/A	3rd HK\$400	4rd HK\$400	N/A	✓	N/A	

Entry :

- Online Registration Fee is HK\$300, **Online Register ONLY**, Detail visit : <http://www.hkmarathonpro.com/>.
Entry fee will not refundable in any situation.
- Participant provides insufficient information may not be accepted
- Only online entry, no late entry and walk-in entry on race day.
- Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person)
- If the typhoons signal No.8, thunderstorm, red or black rainstorm warning is hosted at 3:00am 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.)

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

For avoid long time waiting on race day, organizer suggest to collect the race No. bib at Flat 5-6, 20/E, Fullerton Centre, 19 Hung To Road, Kuwn Tong, KLN. Details date and time please refer to Confirmation letter. Race no. bib also can collect on race date, if runners who cannot collect on specify date and time.

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

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

Remarks :

- Participant insurance should imputation yourself.
- The number bib and chip is not transferable.
- All souvenirs and awards cannot award after or before the Ceremony or others.
- Not receipt service.
- The organizer will provide luggage-keeping services (Lost items are the responsibility by runner), water stations and distance markers.
- This race maybe separate start by department requested
- Organizer reserves the rights to amend the above information without prior notice

