

第廿屆「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

聯合贊助商: AirFly Beyond the Limit



冠名贊助商: 中興體育用品公司

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: 全程狹窄平路, 只有一個折返點, 彎多, 獎項豐富

比賽日期: 2023 年 8 月 27 日 (星期日)

起步時間: 上午 8:15

賽事距離: 10 公里

集合地點: 小巴總站沿梯級上城門郊野公園遊客中心方向。

網上報名及媒體伙伴網頁: <http://fitz.hk>

網上報名查詢電郵: racess@fitz.hk

網上報名查詢電話 / WhatsApp: 5229 0518



合辦:



鳴謝:



受惠單位:



金門體育用品公司
Kam Mon Sports Co.

報名費用: 只接受網上報名-每位港幣 270 元或(310 元報名費連一張單程車票) (名額有限, 先到先得) 詳情請瀏覽本會網頁: <http://www.hkmarathonpro.com>

*當中 20 元將用作購買「跑綠」代食券, 支持送暖行動, 送贈熱餐予露宿者街坊用膳, 以及推廣養生跑步法, 推動全民健康。

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 歲以後)

女子個人組 - WA 組(16-28 歲) WB 組(29-38 歲) WC 組(39-49 歲) WD 組(50 歲以後)

*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\$100 (只接受滿額前或截止日期前之更改)

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: 何盡平 - 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, 均可獲得紀念 T-Shirt 乙件於比賽當天派發, 不設預領, 補領及代領

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	✓

個人組每組得獎名次均可獲得獎盃乙座(獎盃合共 139 隻) (只限當天頒發, 不設預領, 補領及代領)

每組個人冠軍可獲得 AirFly 無鼻托太陽眼鏡乙副



	【男子組】						中興盃	隊際
	MA 組 16-28	MB 組 29-38	MC 組 39-49	MD 組 50-59	ME 組 60+	中興盃		
第一名	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	\$1200	
第二名	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	\$900	
第三名	HK\$300	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	

	【女子組】				中興盃	隊際
	WA 組 16-28	WB 組 29-38	WC 組 39-49	WD 組 50+		
第一名	HK\$500	HK\$500	HK\$500	HK\$500	✓	\$1200
第二名	HK\$400	HK\$400	HK\$400	HK\$400	✓	\$900
第三名	HK\$300	HK\$300	HK\$300	HK\$300	✓	\$600
優異獎	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

報名辦法:

報名費用港幣 270 元正 或 (310 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、轉名及轉費安排。

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, 未能按時領取不能補領, 任何情況下都不設退款安排。

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. 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. 本賽事有可能按相關部門要求作分批起步。

6. 大會設有行李寄存(不負責任何財物損失)、水站及里數牌。

7. 本賽會有權隨時修改此章程細則, 恕不另行通知。

為避免比賽當日排隊等候, 號碼布與將可能賣前於 新界荃灣海壩街 108 號地下 E2 - 中興體育用品公司派發,

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 (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。

COURSE RECORD

32:11

MAN
CHUNG HING CUP

COURSE RECORD

37:14

WOMAN
CHUNG HING CUP

<< 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。



金門體育用品公司
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, narrow and turns (on the road) and Many Prize

Race Date : 27th August, 2023 (Sunday)

Registration Time : 7:15am (for without no. bib runners) **Starting Time :** 8:15am

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

Distance : 10km **Time Limit :** 1hr 30mins

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

Co-Organizer :



金門體育用品公司
Kam Mon Sports Co.

Deadline : 14th August, 2023 (Mon.) [*All groups are categorized according to the birth year]

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



Entry Inquire Email : races@fitz.hk

Entry Inquire Tel./ WhatsApp : 5229 0518

Acknowledgement :



Beneficiary :



Entry Fee : HK\$270 or \$310 with bus ticket **Accept Online Entry ONLY** (limit in people, first come first serve) website <http://hkmarathonpro.com>

*\$20 Entry fee will purchasing free meal vouchers of "RUNNERS' FOODS", supporting people without housing with hot meals while promoting healthy lifestyle with jogging. Keep Running and Stay Healthy!

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+)

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

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 or full quota) *

Souvenir : A T-shirt will be given to each participant who finishes the race, Only Distribute on race day

(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] (8/2015) Female Group : 37min 14sec [IRINE KIPCHUMBA]

The fastest six of male and female in the race will be awarded : (All Awards only will be awarded on race day.)

	Male		Female	
	Chung Hing Coupon	Mizuno Running Shoes	Chung Hing Coupon	Mizuno Running Shoes
Champion	HK\$1,000	✓	HK\$1,000	✓
1st Runner-up	HK\$800	✓	HK\$800	✓
2nd Runner-up	HK\$600	✓	HK\$600	✓
4th to 6th Places	N/A	✓	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 :
Each individual category **Champion** will be awarded **AirFly** nose pad less sunglass.

	Male							Female					
	Group MA 16-28	Group MB 29-38	Group MC 39-49	Group MD 50-59	Group ME 60+	Chung Hing Cup Trophy	Team	Group WA 16-28	Group WB 29-38	Group WC 39-49	Group WD 50+	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 15 th Trophy	4 th to 15 th Trophy	4 th to 15 th Trophy	4 th to 10 th Trophy	N/A	N/A

Entry : **Accept online entry ONLY HK\$270 each or HK\$310 included ONE bus ticket.** (entry with quota, first come first serve)

Details : <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, 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 rescheduled day.)

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

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, 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.

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

Remark :

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

COURSE RECORD
32:11
MAN
CHUNG HING CUP

COURSE RECORD
37:14
WOMAN
CHUNG HING CUP

For avoid long time waiting on race day, organizer suggest to collect the race No. bib at Chung Hing Sports Equipment Co. - E2 G/F no.108 Hoi Pa Street, Tsuen Wan, NT, 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.

<< 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.



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