RMAC 黃金海岸 15 公里賽 2026

主辦 Organizer　　協辦 Co-organizer

配速員服務 Pacers Services　　贊助 Sponsors

受惠機構 Beneficiary　　鳴謝 Acknowledgement　　媒體 Media

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 15 公里賽事及提昇跑手準備挑戰半馬拉松距離。
賽事特點： 沿途盡覽汀九、青馬兩橋及藍巴勒海峽優美景色。
比賽日期： 2026 年 11 月 08 日（星期日）
登記時間： 上午 8:00 開始(補領號碼布)
起步時間： 上午 9:00 (第一組)
起　　點： 近汀逸路
比賽時限： 2 小時
比賽路線： 汀九引水道(九成平路)，兩個折返點(詳細版本請瀏覽本會網頁)。
賽事距離： 15 公里
集合地點： 在青山公路汀九停車場。(近麗都灣及汀九橋橋底)
截止日期： 2026 年 10 月 19 日(星期一)
報名費用： 每位港幣 340 元正(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。

服務提供： Nike Run Club 將提供配速員服務
PHYX 提供免費現場運動物理治療評估及治療服務

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

COURSE RECORD 48:46 MAN GOLD COAST 15K
COURSE RECORD 58:01 WOMAN GOLD COAST 15K

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
每組設冠亞季軍，均可得下表的獎項
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資料一併提交，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： 參賽者可獲得**紀念長袖跑步 T-恤** (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。

報名後有任何資料更改，每次手續費港幣 150 元　號碼布將於比賽前派發，詳情請留意電郵通知

大會紀錄： (11/2018)男子組：SAMWEL KIBIWOT－48 分 46 秒，(11/2013)女子組：姚潔貞－58 分 01 秒

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	**女子 個人組**	WA 組 16-28 歲 WB 組 29-38 歲 WC 組 39-49 歲 WD 組 50-59 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:

- RMAC 現金獎 HK$1,000

男子及女子個人年齡分組獎項

第一名 ：

- RMAC 現金獎 HK$400
- Nike 跑鞋
- PHYX 物理治療一堂
- AKIWEI x RMAC Night Walker-RUNNER 太陽眼鏡
- CW-X 禮品
- 獎盃

第二名 ：

- RMAC 現金獎 HK$300
- Nike 跑鞋
- CW-X 禮品
- Activate SOX Socks
- 獎盃

第三名 ：

- RMAC 現金獎 HK$200
- Nike 跑鞋
- Race On 水動能電解質液 PLUS 鋅
- Activate SOX Socks
- 獎盃

第四名 ：

- 獎盃

第五名 ：

- 獎盃

男子及女子隊際獎項

隊際第一名 ：

- RMAC 現金獎 HK$900
- Nike 跑鞋 3 對

隊際第二名 ：

- RMAC 現金獎 HK$600
- Nike 跑鞋 3 對

隊際第三名 ：

- RMAC 現金獎 HK$300
- Nike 跑鞋 3 對

****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，賽後將不會補發任行紀念品及獎品****

頒獎典禮將於比賽當日(11:00~11:45)舉行

報名辦法 ：

1.報名費用港幣 340 元正，只接受網上報名，
詳情請瀏覽本會網頁 ： https://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**。
2.如資料不全，恕不接受報名。
3.只接受網上報名，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. 若比賽當天開賽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。

交通路線 ： 參加者可於香港天后地鐵站(7:15am)或九龍尖沙咀漢口道 YMCA(7:30am) 乘搭大會巴士直達比賽場地，去程車費每位港幣 40 元正(不設回程)，請連同報名費一同繳交，**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，逾時不侯。**
或自行到荃灣地鐵站 B 出口往多層停車場下面之的士站乘坐 96M 綠色專線小巴前往汀九或於海壩街衆安街乘往青龍頭 96 號綠色小巴，多人可選擇乘搭的士。
查詢：8101 6335 或 8104 8500 或可到 https://hkmarathonpro.com 網頁報名

為避免比賽當日排隊等候，號碼布，車票(印在號碼布上)及紀念長袖跑步 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 11 月 3 日及 4 日 (暫定)
時間 ：12:00-20:00
地點 ：RunLap Research Centre - 九龍觀塘鴻圖道 63-65 號. 鴻運工廠大廈 2 樓 B 室

如賽前未能領取號碼布及紀念長袖跑步 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.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。
8.本賽會有權隨時修改此章程細則，恕不另行通知。

確認信將於比賽前七天經電郵發出（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。

RMAC Gold Coast 15K 2026

主辦 Organizer

HKMP
HK Marathon Pro

Hong Kong Marathon Pro
GOLD COAST 15K 2026

協辦 Co-organizer

RMAC RUNNING MAN ATHLETIC CLUB

配速員服務
Pacers Services

RUN

贊助
Sponsors

AKIWEI

CW-X

PHYX

ACTIVATE
www.activatehk.com

RACE ON
Be an athlete , Charge your game

受惠機構
Beneficiary

BLING BLING OCEAN FOUNDATION 藍宇宙海洋保育基金

鳴謝
Acknowledgement

RUN-PIC
www.run-pic.com

媒體
Media

Fitz

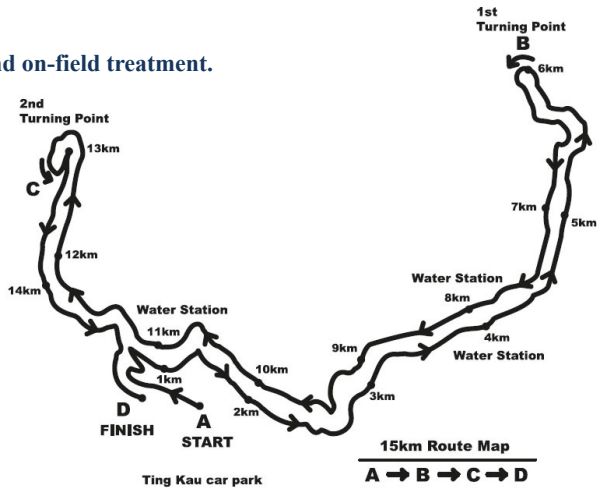
Organizer : It was established in 1999. This is initiated and formed by a group of marathon elites and lovers. To promote and encourage Marathon sport.
Race Aim : To promote Local 15K race and let the runners pre-training the half-marathon distance.
Race Features : Spectacular view of Ting Kau Bridge, Tsing Ma Bridge and Rambler Channel
Race Date : 8th November, 2026 (Sunday)
Register Time : From 8:00am (For runner who not collect the no. bib)
Starting Time : 9:00am (First Group)
Start Point : Near Ting Yat Rd.
Time Limit : 2 hours
Race Route : Ting Kau, catchwater (90% flat), two U-turn points (clearly version will posted on our website).
Distance : 15 km
Meeting Point : Ting Kau car park, Castle Peak Road. (near Lido Bay and Ting Kau Bridge)
Deadline : 19th October, 2026 (Monday)
Entry Fee : HK$340each (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.**

Service : **Nike Run Club's Pacers Services**
PHYX provide free onsite sport physiotherapy assessment and on-field treatment.

Entry System & Media Partner : http://fitz.hk
Entry Inquire Email : races@fitz.hk
Entry Inquire Tel./ WhatsApp : 5229 0518

COURSE RECORD 48:46 MAN GOLD COAST 15K
COURSE RECORD 58:01 WOMAN GOLD COAST 15K



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.

Remarks: (a) Three individual entry 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).

Souvenirs : A Long Sleeve T-Shirt will be given to each runner
****All souvenirs and awards be awarded on specify time only, no any souvenirs and awards will distribute after the race.****

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

Race no. bib will be distributed before the race, details please refer to email information

【Official Record】: (11/2018) Men：SAMWEL KIBIWOT 48:46, (11/2013) Women：Yiu Kit Ching 58:01

Individual Group :

MALE **Individual**	Group MA : 16-28 Group MB : 29-38 Group MC : 39-49 Group MD : 50-59 Group ME : 60+

FEMALE **Individual**	Group WA : 16-28 Group WB : 29-38 Group WC : 39-49 Group WD : 50-59 Group WE : 60+

【*All groups are categorized according to the birth year】

Awards :

The fastest result of Male and Female Award

- **RMAC Cash award HK$ 1,000.**

Male and Female Individual Group Prize

Champion:

- **RMAC Cash award HK$ 400.**
- **Nike Running Shoes**
- **PHYX Physiotherapy Session (one session)**
- **AKIWEI x RMAC Night Walker-RUNNER sunglasses**
- **CW-X gift**
- **Trophy**

1st runner-up:

- **RMAC Cash award HK$ 300.**
- **Nike Running Shoes**
- **CW-X gift**
- **Activate SOX Socks**
- **Trophy**

2nd runner-up :

- **RMAC Cash award HK$ 200.**
- **Nike Running Shoes**
- **LCS Sport Hydro Z**
- **Activate running socks**
- **Trophy**

3rd runner-up

- **Trophy**

4th runner-up

- **Trophy**

Presentation ceremony will be held on race day (11:00~11:45).

Male and Female Team Prize

Champion:

- **RMAC Cash award HK$ 900.**
- **Nike Running Shoes (total 3 pairs)**
- **Trophy**

1st runner-up:

- **RMAC Cash award HK$ 600.**
- **Nike Running Shoes (total 3 pairs)**
- **Trophy**

2nd runner-up :

- **RMAC Cash award HK$ 300.**
- **Nike Running Shoes (total 3 pairs)**
- **Trophy**

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 (11:00~11:45).

Entry：

1. Online Registration Fee is HK$340, **Online Register ONLY**, Detail visit : https://www.hkmarathonpro.com/,

Entry fee will not refundable in any situation.

2. Participant provides insufficient information may not be accepted

3. Only online entry, no late entry and walk-in entry on race day.

4. Entry fee will not be refunded & send back & change participants name & change race for 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 start time 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.)

Transportation：An official bus will be available from (Hong Kong)**Tin Hau MTR station B Exit at 7:15 am**, or (KLN) **YMCA, Hankow Road TST, 7:30 am.** One way bus fare (No return): 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 times.

All participants may take the green minibus no.96M at Tsuen Wan MTR station Exit B taxi stop or go to Hoi Pa St to take the green minibus no.96 to the race venue or chooses to take a taxi to go the location.

*** Attention : Confirmation letter of entry acceptance will be send via email before the race 7 days. ***

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

Download the form & Result Announcement : https://www.hkmarathonpro.com

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

Date : 3 & 4 NOV, 2026 (Tentative)
Time : 12:00-20:00
Location : RunLap Research Centre - Flat B, 2/F, Lucky Factory Building, 63-65 Hung To Road, Kwun Tong, KLN

No. Bib and Long Sleeve 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) .

Remarks :

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 others.

4. Not receipt service.

5. The organizer will provide luggage-keeping services (Lost items are the responsibility by runner), 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. 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.

8. Organizer reserves the rights to amend the above information without prior notice

Confirmation Letter will be sent 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