

The 12th Kappa 30km Pre-Marathon Cum Shek Kong 10K



Organized by Hong Kong Marathon Pro



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 Aims** : To serve as a self-assessment for those who are interested in the coming up Hong Kong Marathon.
- Race Date** : 18th December, 2011. (Sunday) **Features** : Race Time of each check point can be shown after the race.
- Starting Time** : (30K) 9:00am / (10K) 9:30am **Registration Time** : 8:00am start (30K) / 8:30am start (10K)

Meeting Point : Tai Lam Country Park Management Centre (Shek Kong Kap Lung Catchwater) **Race Distance** : 30km / 10km

Race Route : Tai Lam Country Park - From Shek Kong pass Kap Lung and Ho Pui to Tai Lam Chung Reservoir turning point (near the Tai Lam Correctional Institution)

Route Description : This competition (30km) has a difficulty equivalent to a real marathon and participants are advised to complete the race no longer than 4 hours 15min. **Deadline** : 28th November, 2011. (Mon)

Category : (30km) **Group A** (Male Born in 1982-93 / Female Born in 1974-93) **Group B** (Male Born in 1974-81 / Female Born in 1967-73) **Group C** (Male Born in 1967-73 / Female Born in or before 1966) **Group D** (Male Born in 1962-66) **Group E** (Male Born in 1957-61) **Group F** (Male Born in or before 1956)

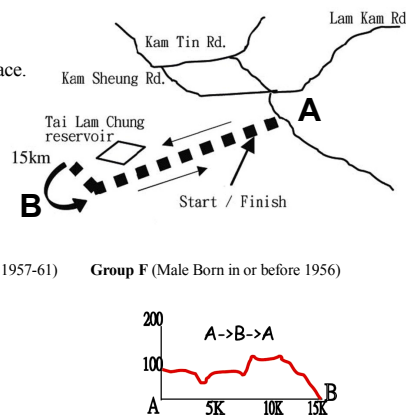
(10km) **Open** (Born in 1982-95) **Senior** (Born in 1967-81) **Veteran** (Born in or before 1966)

*** Participants will be grouped according to their year of birth**

(30K Team Category) : Teams of three (Men & Women). 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) The application form should be sent by 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 : (30km/ 10km) A Kappa T-shirt for each participant who can finished the race.



MEN (AGE)						WOMEN (AGE)		
Group A	Group B	Group C	Group D	Group E	Group F	Group WA	Group WB	Group WC
(18 - 29)	(30 - 37)	(38 - 44)	(45 - 49)	(50-54)	(55+)	(18 - 37)	(38 - 44)	(45+)
1 st - 4 th	1 st - 5 th	1 st - 5 th	1 st - 5 th	1 st - 5 th	1 st - 4 th	1 st - 4 th	1 st - 4 th	1 st - 4 th

Awards: (30km) The first finisher of overall man and woman will be awarded Chung Hing Sports Equipment Shoes Coupon HK\$500. All prize receivers will be awarded a trophy. The first finishers of each group will be awarded a POLAR Heart Rate Monitor, the second finisher would be awarded Chung Hing Sports Equipment Shoes Coupon HK\$300. The third finisher would be awarded Chung Hing Sports Equipment Shoes Coupon HK\$200.

(10km) The first three finishers of each group will be awarded a trophy & Chung Hing Sports Equipment Shoes Coupon HK\$300 (Champion), HK\$200 (1st runner-up), HK\$100 (2nd runner-up).

(30km Team Category) The first finished team (men's and women's) would be awarded Chung Hing Sports Equipment Shoes Coupon HK\$1,200.

Entry Fee : (30km HK\$200) / (10km HK\$130) each, you can add the bus fare (HK\$30 each) into the fee (more than one applicants please combine the entry fee in one cheque), not receipt service.

Chips Deposit : not need deposit & return.

Entry : (1) Completed application form with ONE cross cheque made payable to "Hong Kong Marathon Pro", one self-addressed envelope (more stamp and large envelope for more than one applicants) with your application, and sign the entry form, post to "Flat C, 33/F, Block 1, Jubilee Garden, Shatin" (30K)

- (2)(a) ONE \$200 (30K) or \$130 (10K) cheque - for entry fee (you can add the bus fare HK\$30 each into the fee).
- (3) No late entry and walk-in entry will be accepted.
- (4) Please enclose ONE self-addressed stamped envelope in your application for each participant.
- (5) If the typhoons signal No.8, thunderstorm or black rainstorm warning is hosted or the race was affected by weather or natural reason, the event will be rescheduled, your entry will automatically carried forward to the rescheduled date and the entry fee will not be refunded. (even if you did not participate on rescheduled day.) All entry fee are also not transferable to another applicant.
- (6) Entry fee is non-refundable when the entry was accepted.
- (7) Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person)
- (8) All souvenirs and awards will not award before and after the race or other person.

Confirm letter will post before 7 days of the race, number bid and chips will get at race day!

Transportation : Official bus will be available from (HK) Tin Hau MTR station, 6:45am or (KLN) YMCA, Hankow Road TST, 7:00am or (NT) Pai Tau St., Sha Tin MTR station, 7:15am to the venue. The bus fare is HK\$30 per person and need addition into your entry fee. Buses will leave promptly at the above time and the return trip go to Kam Sheung Road MTR station ONLY. (Max. no. of people is limited, first come first serve) Besides, please don't drive private car to venue because there without car park.

Public Transportation : Take the KMB bus 51 at Tsuen Wan MTR station and get off from Lui Kung Tin stop or take mini-bus 72 is available from Yuen Long Tai Heng Street or you can travel taxi in Kam Sheung Road MTR station to Lui Kung Tin. (Walk about 800m to the Starting Point)

Inquiry : 8104 8500 or go to <http://www.ecotourism.org.hk/hkmp/>, <http://thaiquain.com>, <http://www.hkrunner.com> download the entry form.

Remarks : (1) Personal insurance is responsible by the participants. (2) The number bib and chip can't used by others. (3) Applicant who can't provide details data don't accept. (4) Provide luggage keeping, water stations and distance markers. (5) Organizer reserves the rights to amend the above information.

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Entry Form

Name : (Chinese) _____ (English) _____ ID Card No : _____ Sex : _____

Address : _____ Year of Birth : _____

Tel : _____ Cheque no : _____ Fax : _____ Club (if any) : _____

Email Address : _____ Best time & year of 10K / 30K : _____ / _____ This race target time : _____

【 Person to contact in emergency: _____ Tel: _____ Relationship: _____ 】

Place to get on our bus : (return trip just go to Kam Sheung Road MTR) HK\$30 each HK (6:45 am) _____ pcs / KLN (7:00am) _____ pcs / Sha Tin (7:15am) _____ pcs

Category	Men						Women			* Participant can only choose ONE category		
	A	B	C	D	E	F	WA	WB	WC			
30KM	1982-93	1974-81	1967-73	1962-66	1957-61	1956+	1974-93	1967-73	1966+	Entry Fee (30K)	HK\$200	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Entry Fee (30K) +1 Bus ticket	HK\$230	
10KM	Open 1982-95		Senior 1967-81			Veteran 1966+	Open 1982-95		Senior 1967-81	Veteran 1966+	Entry Fee (10K)	HK\$130
	T1 <input type="checkbox"/>		T2 <input type="checkbox"/>			T3 <input type="checkbox"/>	T7 <input type="checkbox"/>		T8 <input type="checkbox"/>	T9 <input type="checkbox"/>	Entry Fee (10K) +1 Bus ticket	HK\$160

30km Men's Team 30km Women's Team 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 Signature: _____ Applicant's Signature : _____

Name : _____ Name : _____

Address : _____ Address : _____

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