



# ANS Shatin 10K Classic Riverside Race 2011

ANS.  
PROTEIN FOR LIFE.  
生命蛋白。

Organized by Hong Kong Marathon Pro

Title Sponsor

Official Hotline : 8104 8500

Official Timing System : CHRONOTRACK



Title Sponsor Web-site : <http://ansprotein.net/>

HKMP Web-Site : <http://www.ecotourism.org.hk/hkmp/>

**Organizer** : It was established in 1999. This is initiated and formed by a group of Marathon elites and lovers. Promote and encourage marathon sport.  
**Race Aim** : Promote Local 10K sanction races, attract more local and foreign people to join it. **(Applying for sanction race)**  
**Race Features** : Fast and Speedy race, around 90% flat and straight road which benefit to generate excellent result. Location is easily to achieve for participant go training. Also, many sites seeing point in the race Siu Lek Yuen, Boating Restaurant, Shing Mun River Channel, Mui Tsz Lam etc. We will also provide the time of 5K check point.

**Race Date** : 13<sup>th</sup> March, 2011 (Sunday) **Registration Time** : 7:30am **Starting Time** : 8:30am  
**Deadline** : 21<sup>st</sup> February, 2011 (Monday) **Distance** : 10km **Time Limit** : 1h 30min

**Race Route** : Whole race is holding at Shatin Shing Mun River Jogging Track and only one turning point in 5K.  
**Entry Fee** : HK\$120 each **(limit in people, first come first serve)** **Chip Deposit** : Not need deposit and return.

**Wear Chip Video** : <http://www.ibansport.com/dtagvideo.asp> **Chip Instructions** : <http://www.ibansport.com/ctindex.asp>

**Souvenir** : A vest and ANS souvenir will be given to each participant who finishes the race

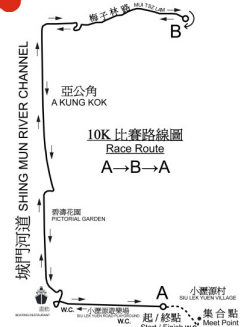
**Solo Category** : (Men's Group) – A (16 - 28) B (29 - 38) C (39 - 49) D (50 - 59) E (60+) (Women's Group) – WA (16 - 28) WB (29 - 38) WC (39 - 49) WD (50+)

**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 Shoe Coupons. The results of each team member are also counted as individual group result **Remarks** : 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) **\*All Group are categorized according the birth year.**

**Break Record Awards** : The man or woman who break the record can get shoe coupon of Chung Hing at large HK\$1,000. **【Official record】**: (3/2009) Men's Group : 31min01sec (HKAAA Record) [THOMAS KIPROTICH] (3/2009) Women's Group : 37min10sec [CLAIRE FORBES] (if there are more than one record – brokers, the HK\$1,000 needed to be shared)

**HK Record Award** : The male or Female who break the HK record can get cash HK\$50,000 from Chung Hing. (if there are more than one record – brokers, award needed to be shared) **【Winners must Current resident in Hong Kong for 7 consecutive years or more and Holders of HKSAR/BNO/British (under the British Nationality Selection Scheme) Passports, or Holders of passports of other nationalities for non-Chinese residents who were born and raised in Hong Kong before 1997.】** (Winners need confirmed after the race and in the Campaign of disputes arising, the decision of the Organizer shall be final.) **【HK Record】** (11/2004) Lee Chi Wo 31:17, (1/1999) Chan Man Yee Maggie 34:25

All prize receivers will be awarded a trophy. All individual group's Champion will be awarded POLAR Heart Rate Monitor. The first three finishers of each group will be awarded Chung Hing Sports Shoe Coupon. Other winners will be awarded Chung Hing Sports Shoe Coupon HK\$100, value are as follow :



	Men's Group						Women's Group						
	A 16 - 28	B 29 - 38	C 39 - 49	D 50 - 59	E 60+	Trophy	Team	WA 16 - 28	WB 29 - 38	WC 39 - 49	WD 50+	Trophy	Team
1 <sup>st</sup>	\$400	\$400	\$400	\$400	\$400	✓	\$1200	\$400	\$400	\$400	\$400	✓	\$1200
2 <sup>nd</sup>	\$300	\$300	\$300	\$300	\$300	✓	\$900	\$300	\$300	\$300	\$300	✓	\$900
3 <sup>rd</sup>	\$200	\$200	\$200	\$200	\$200	✓	\$600	\$200	\$200	\$200	\$200	✓	\$600
	4 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -7 <sup>th</sup>	4 <sup>th</sup> -8 <sup>th</sup>	4 <sup>th</sup> -5 <sup>th</sup>	N/A	✓	N/A	N/A	4 <sup>th</sup>	4 <sup>th</sup>	N/A	✓	N/A

**Entry : (1)** Completed application form with **ONE HK\$120** cross cheque for entry fee ( more than one applicants please combine the entry fee in one cheque ), made payable to "Hong Kong Marathon Pro", and enclose a self-addressed stamped envelope, mail to "Flat C, 33/F, BLK 1, Jubilee Garden, Shatin". (ST-10K)

(2) Please enclose **ONE self-addressed stamped envelope** in your application (more stamp and large envelope for more than one applicants), Organizer have the rights to reject applicant which can't provide enough envelopes. (3) No late entry and walk-in entry will be accepted. (4) If the typhoons signal No.8, thunderstorm, 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. (5) Entry fee is non-refundable when the entry is accepted. (6) Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person) (7) All souvenirs and awards cannot award after or before the Ceremony. (8) Not Receipt service.

**Transportation** : Participants could take the KMB bus 83K, 83S from Shatin MTR station or 86 from Mei Foo to Heng Shen School of Commerce bus stop. The mini-bus 808 from Ma On Shan could also go there. Participants also could travel Ma On Shan Rail to Shek Mun Station and walk along to the venue. Participants could walk along from Tate's Cairn tunnel toll gate. Also, there are two big car park and welcome the participant to drive your own car.

**Meeting Point** : Siu Lek Yuen Village Car Park (Near Ngau Pei Sha Street & Kwong Sin St. which oppose to the Heng Shen School of Commerce)

**\*Attention** : After the register accepted, the confirmation letter will be sent within 7 days before the race and the number bib and chips will be receive on the race day.

**Remark** : 1. Participant insurance should imputation yourself. 2. The number bib is not transferable. 3. Applicant who can't provide details data don't accept 4. Organizer will provide Luggage-keeping services, Distance Markers and Water Stations. 5. Organizer reserves the rights to amend the above information.

## ANS Shatin 10K Classic Riverside Race 2011

Chinese Name : \_\_\_\_\_ English Name \_\_\_\_\_ ID Card No : \_\_\_\_\_ SEX : \_\_\_\_\_

Address : \_\_\_\_\_ Year Of Birth : \_\_\_\_\_

Tel : \_\_\_\_\_ Fax no : \_\_\_\_\_ Club : \_\_\_\_\_ HKAAA Reg no : \_\_\_\_\_

The last 10K time / year : \_\_\_\_\_ / \_\_\_\_\_ Cheque No : \_\_\_\_\_ E-mail address : \_\_\_\_\_

**【Emergency Contact Person: \_\_\_\_\_ Telephone: \_\_\_\_\_ Relationship: \_\_\_\_\_】**

Men's Group	Group A (1983 - 1995)	Group B (1973 - 1982)	Group C (1962 - 1972)	Group D (1952 - 1961)	Group E (1951 Years or before)	*All Groups are categorized according the birth year
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Women's Group	Group WA (1983 - 1995)	Group WB (1973 - 1982)	Group WC (1962 - 1972)	Group WD (1961 or before)	Entry Fee : HK\$120	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Men's Team <input type="checkbox"/>		Women's Team <input type="checkbox"/>		(Chi. Team Name) : _____ (Eng. Team Name) : _____		
Team Leader _____		Member2: _____		Member3: _____		

**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 : \_\_\_\_\_

Name : _____	No write this item if you download on website.	Name : _____
Address : _____		Address : _____