



The 11th Annual 「Chung Hing Cup」 Tsuen Wan 10K

— Super Summer Challenge Race

Organized by Hong Kong Marathon Pro

Co-Sponsors : **NIKKO**

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, both turns (on the road) and Many Prize

Race Date : 14th August, 2011 (Sunday)

Registration Time : 7:15am

Starting Time : 8:15am

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

Distance : 10km

Time Limit : 1hr 30mins

Deadline : 25th July, 2011 (Monday) **【*All groups are categorized according to the birth year】**

Quota : 1100 person

Individual Male – Group A(Age 16-28) **Group B**(Age 29-38) **Group C**(Age 39-49) **Group D**(Age 50-59) **Group E**(Age 60 or above)

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

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) ※
Souvenir : A NIKKO T-shirt will be given to each participant who finishes the race. (If there are more than one record – brokers, the HK\$3,000 needed to be shared)

Break Record Award : A male who break the record can get coupon of Chung Hing at large HK\$3,000 and A female who break the record can get coupon of Chung Hing at large HK\$3,000.

【Official record】: (8/2008) Male Group : 32min 11sec [Ho Chin Ping] (8/2004) Female Group : 38min 23sec [Christine Double]

The fastest six of male and female in the race will be awarded :

	Male	
	Chung Hing Coupon	Mizuno Running Shoes
Champion	HK\$1,000	✓
1st Runner-up	HK\$800	✓
2nd Runner-up	HK\$600	✓
4th to 6th Places	N/A	✓

	Female	
	Chung Hing Coupon	Mizuno Running Shoes
Champion	HK\$1,000	✓
1st Runner-up	HK\$800	✓
2nd Runner-up	HK\$600	✓
4th to 6th Places	N/A	✓



Each individual category winners will be awarded a Chung Hing sports equipment coupon and a Chung Hing Cup trophy, valued as follow :

Champion of each individual group will be awarded **POLAR Heart Rate Monitor**.

The total number of Chung Hing Cup are 122.

	Male							Female					
	Group A 16-28	Group B 29-38	Group C 39-49	Group D 50-59	Group E 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 HK\$200	4 th to 20 th HK\$200	4 th to 20 th HK\$200	4 th to 12 th HK\$200	4 th to 10 th HK\$200	✓	N/A	4 th to 10 th HK\$200	4 th to 12 th HK\$200	4 th to 12 th HK\$200	4 th to 6 th HK\$200	✓	N/A

Entry Fee : HK\$130 each or HK\$150 included ONE bus ticket (entry with quota, first come first serve)

Chip Deposit : Not need deposit and return.

Entry : 1. Complete the application form with **ONE cross cheque** made payable to "Hong Kong Marathon Pro" and mail to **Flat C, 33/F, Block I, Jubilee Garden, Shatin (CH - 10K)**.

(a) **ONE HK\$130** cheque for entry fee or **HK\$150** (+ 1 bus ticket), 2. Please enclose **ONE** self-addressed stamped envelope in your application. (Each **ONE** stamped envelope for 1 participant only)

3. 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, you 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.)

4. Entry fee is non-refundable when the entry was accepted. 5. Late entry and walk-in entry are not accepted

Quick Guide : 1 Cheque + 1 Entry Form + 1 Stamped Envelope

6. Entry fee will not be refunded & send back & change participate name & change race and double entry (only count ONE person).

*** Attention :** After the register accepted, the letter will be sent within 7 days before the race. The number bib and Chip will be distributed at the racing day.

Official Bus : Official bus will be available from (HK) Tin Hau MTR station at 6:15am or (KLN) YMCA or Hantow Road TST at 6:30am to the venue (No return). The bus fare is HK\$20 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 the location.

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

Inquiry : 8104 8500 or the website <http://www.ecotourism.org.hk/hkmp/> , <http://www.thaiquain.com/> , <http://www.hkrunners.com>

Remark : 1. Participant insurance should imputation yourself. 2. The number bib and chip is not transferable. 3. Participant provides insufficient information may not be accepted

4. The organizer will provide luggage-keeping services, water stations and distance markers. 5. All souvenirs and awards cannot award after or before the race. 6. Not receipt service.

<< 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, if the body is unwell, please act according to one's capacity, is sure not to compete forcefully.

The 11th Annual 「Chung Hing Cup」 Tsuen Wan 10K -- Super Summer Challenge Race Entry Form No :

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

Address : _____ Year of Birth : _____

Tel No. : _____ / _____ Fax No. : _____ Best 10K finish time : _____

E-mail : _____ Cheque no : _____

【Emergency Contact Person : _____ Tel _____ Relationship : _____】 Club : _____

Men	A (1983 – 1995)	B (1973 – 1982)	C (1962 – 1972)	D (1952 – 1961)	E (1951 or before)	*All groups are categorized according to the birth year
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Women	WA (1983 – 1995)	WB (1973 – 1982)	WC (1962 – 1972)	WD (1961 or before)	Ticket fee add to your entry fee (included one bus ticket) HK\$150 <input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ticket fee add to your entry fee (included two bus ticket) HK\$170 <input type="checkbox"/>	

Each bus ticket HK\$ 20. Place to get on our bus (No return) : Hong Kong (6:15am) pcs / Kowloon (6:30am) pcs

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) Guardian's Signature: _____ Applicant's Signature: _____

Men's Team <input type="checkbox"/>	Women's Team <input type="checkbox"/>	Chi. Team Name : _____	Eng. Team Name : _____
Team Leader _____		Member 2: _____	Member 3: _____

Name : _____	Online downloader	Not need write this item	Name : _____
Address : _____			Address : _____