

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 IAAF 20km standard distance and encourage people use running to enjoy the nature.

Race Features : Spectacular views of High Island Reservoir and Geopark.

Race Date : 20th November, 2011 (Sunday) **Meeting Time** : 7:30am **Distance** : 20km

Starting Time : 8:30am **Time Limit** : 3 hours

Deadline : 31st October, 2011 (Monday)

Race Route : Pak Tam Chung > Sai Kung Man Yee Road > East Dam > High Island Geopark > East Dam > Sai Kung Man Yee Road > Pak Tam Chung

Meeting Point : Pak Tam Chung leisure park, nearby barrier gate.

Entry Fee : HK\$180 each (waived chip's deposit and return)

Category : Men – Group A (Age 16-29) Group B (Age 30-39) Group C (Age 40-49) Group D (Age 50-59)

Group E (Age 60 or above) * Participants will be grouped according to their year of birth

Women – Group WA (Age 16-35) Group WB (Age 36-44) Group WC (Age 45 or above)

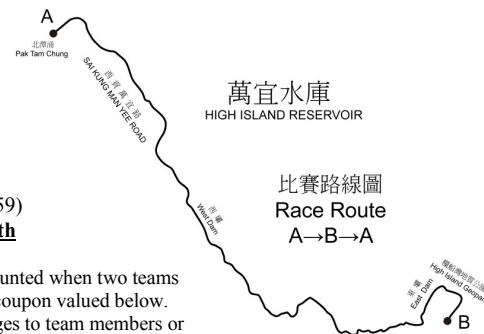
Team Category : Teams of three (Male & Female). The time of each team will be counted. The third runner's time will be counted when two teams finish with an identical time. The first three men's teams and women's teams will be awarded Chung Hing coupon valued below.

Remarks: (a) Three individual entry forms 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\$100 on each occasion (changes can only be accepted before the deadline).

Souvenirs : Participant who finishes the race will be given a T-shirt.

Individual Awards : The first one finisher of overall man and woman will be awarded **Chung Hing Sports Equipment Coupon HK\$1,000.**

All individual groups' Champion will be awarded **POLAR Heart Rate Monitor**. Top 3 of each group will be awarded **Targus Gift**. All Groups' winner will be awarded trophies and **O2 creation Gift**. The leading finishers in each group will be awarded Chung Hing coupon as valued below :



	Men					Trophy	Targus Gift	O2 Gift	Team Category
	Group A 16-29	Group B 30-39	Group C 40-49	Group D 50-59	Group E 60+				
Champion	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	✓	✓	HK\$1,200
1 st runner-up	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	✓	✓	HK\$900
2 nd runner-up	HK\$200	HK\$200	HK\$200	HK\$200	HK\$200	✓	✓	✓	HK\$600
Other runner-up	3rd	3rd – 5th	3rd – 7th	3rd – 5th	N/A	✓	N/A	✓	N/A

	Women			Trophy	Targus Gift	O2 Gift	Team Category
	Group WA 16-35	Group WB 36-44	Group WC 45+				
Champion	HK\$500	HK\$500	HK\$500	✓	✓	✓	HK\$1,200
1 st runner-up	HK\$300	HK\$300	HK\$300	✓	✓	✓	HK\$900
2 nd runner-up	HK\$200	HK\$200	HK\$200	✓	✓	✓	HK\$600
Other runner-up	N/A	4th	4th	✓	N/A	✓	N/A

Entry : 1. Completed application form with ONE cross cheque HK\$180 cheque for entry fee (Not receipt service and more than one applicants please combine the entry fee in one cheque) made payable to "Hong Kong Marathon Pro" and post to Flat C, 33/F, Blk 1, Jubilee Garden, Shatin (20K). **Quick Guide** : 1 Cheque + 1 Entry Form + 1 Stamped Envelope

- Please enclose ONE self-addressed stamped envelope (more stamp and large envelope for more than one applicants) with your application.
- 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.)
- Entry fee is non-refundable and non-transferable when the entry is accepted. Entry fee are also not transferable to another applicant.
- Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person)
- Only by post entry, no late entry and walk-in entry.

Official Bus : Official bus (no return) will be available from

(HK) Tin Hau MTR station, 6:15am or (KLN) YMCA, Hankow Road TST, 6:30am or (TW) Tsuen Wan MTR Luk Yeung Fong Parking Space, 06:30am or (NT) Pai Tau St., Sha Tin MTR station, 6:45am to the venue. The bus fare is HK\$20 per person and need addition into the entry fee. (Max. no. of people is limited, first come first serve)

* Attention : Confirmation letter of entry acceptance will be posted at least 7 days before the race. Number Bib and Chip will be issued on race day.

- Remarks** : (1) Personal insurance is responsible by the participants. (2) The number bib and chip is non-transferable. (3) Applicant who can't provide details data don't accept. (4) The organizer will provide Luggage-keeping services, Water Stations and Distance Markers. (5) All souvenirs and awards cannot award before or after the race or other person. (6) Organizer reserves the rights to amend the above information.

Inquiries : 8104 8500 or go to <http://www.ecotourism.org.hk/hkmp/> • <http://www.thaiquain.com/> • <http://www.hkrunners.com> download an entry form and check the result.

1st HKMP 20K — High Island GEO Trip < Entry Form >

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

Address : _____ Year of Birth : _____

Tel no. : _____ / _____ Fax no. : _____ Cheque no. : _____

Email Address : _____ Club : _____

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

Official bus: (\$20 per ticket, no return) Tin Hau MTR Park Tower Exit (06:15am) _____ ticket Middle Rd., KLN YMCA (06:30am) _____ ticket

Tsuen Wan MTR Luk Yeung Fong Parking Space (06:30am) _____ ticket Pai Tau St., Shatin (06:45am) _____ ticket

Men	A (1982 – 1995)	B (1972 – 1981)	C (1962 – 1971)	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"/>	(Entry Fee)
Women	WA (1976 – 1995)		WB (1975 – 1967)		WC (1966 or before)	(Entry Fee + one Bus ticket)	HK\$200 <input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(Entry Fee + two Bus ticket)	HK\$220 <input type="checkbox"/>

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 : _____

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

Name : _____

Address : _____

No write this item, if you download on website.

Name : _____

Address : _____