

健康 100 - 第十八屆海華盃十公里長跑

參賽者須知

* 比賽日期：2011 年 11 月 20 日 (星期日)

* 報到時間：上午 7 時整至 7 時 45 分

* 報到地點：大埔大美督直昇機停機坪

* 報名費用：A 組港幣 80 元，B 至 F 組港幣 120 元

* 組別：

* 起跑時間：上午 8 時 15 分

* 賽事距離：10 公里 (時限為 2 小時)

* 起跑地點：大埔大美督船灣淡水湖主壩

* 報名日期：即日起至 11 月 05 日 (星期六) 止
(名額有限，額滿即止)

男子組							女子組			
組別	A 組	B 組	C 組	D 組	E 組	F 組	A 組	B 組	C 組	D 組
出生年份	(1991 ~ 1997)	(1981 ~ 1990)	(1971 ~ 1980)	(1961 ~ 1970)	(1951 ~ 1960)	(1950 或以前)	(1991 ~ 1997)	(1976 ~ 1990)	(1961 ~ 1975)	(1960 或以前)

參賽者必須年滿十四歲或以上

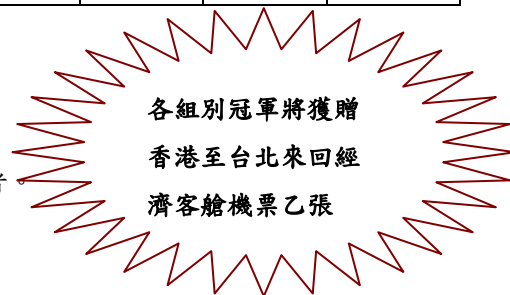
* 獎項：

壹、各組別設冠、亞、季軍獎項，獲頒獎盃乙座。

貳、各組優異獎 (第 4 至第 8 名)，獲頒獎牌乙只。

參、大會將以郵寄方式寄發證明書給予所有於賽事指定時間內完成比賽之參加者

肆、每位參賽者可獲贈精美 T-shirt 及紀念品乙份。



* 報名辦法：

壹、填妥報名表，連同 1 張劃線支票 (抬頭“海華服務基金有限公司”)，以作支付報名費用及車費 (如適用)，寄回「九龍廣東道 1155 號日昇廣場 1103 室收」【報名費 \$80 (A 組) 及 \$120 (B 至 F 組)】

貳、郵寄報名必須附上壹個回郵信封及貼上 \$1.40 郵票，信封面請填寫參賽者之聯絡地址。(用作寄出參賽者確認通知書之用)

參、所有報名一經接納，報名費恕不發還。

肆、請各參賽者必須攜同參賽確認通知書正本在比賽當日於現場報到時領取號碼布及計時晶片。遲到者當棄權論。

* 交通安排：

每位為港幣 20 元正 (單程)，上車地點及時間如次：

上車地點	開車時間
香港金鐘海富中心 (近麥當勞)	早上六時二十分
九龍塘森麻實道 (近九龍塘港鐵站)	早上六時二十分
新界荃灣西樓角道綠楊新邨	早上六時三十分

大會當日亦會設有免費回程交通接送往大埔墟港鐵站，開車時間為中午 12 時 15 分。

如有需要者，請於報名表上「回程」欄位註記，以便安排。

* 查詢電話：3180 6578

* 比賽成績：運動員可於 2011 年 11 月 21 日後瀏覽 <http://www.thaiquain.com> 查閱個人成績。

* 注意事項：

壹、大會在公正及公開的情況下處理投訴及上訴，並對整項賽事之結果包括獎項及名次有最終決定權。

貳、大會不接受逾期報名及現場報名。

參、號碼布及計時晶片不得轉讓別人。

肆、參賽者需自行負責個人保險。

伍、若比賽當日天懸掛八號颱風或黑色暴雨訊號比賽將會取消。

賽事當日大會將在「健康 100 - 第十八屆海華盃十公里長跑頒獎典禮」結束後 (預計上午 10 時 30 分) 舉行「健康 100 - 慢走活動」，以利各位選手冷身，並歡迎各位跑手偕同家人一同參與欣賞船灣水湖主壩的風光，大會將另備致餐點及贈精美紀念品。如欲知詳情，請與港澳台灣同鄉會秘書處聯絡 (852) 2850 4367。

指導單位：台北經濟文化辦事處

贊助單位：



Health 100 - The 18th Highwise 10km Road Race Runners' Guide

***Event Date:** 20 November 2011 (Sunday)

***Starting Time:** 8:15am

***Reporting Time:** 7:00am - 7:45am

***Distance:** 10km (2 hour limit)

***Reporting Venue:** Tai Mei Tuk Helisport, Tai Po, N.T

***Deadline:** 05 November 2011 (Saturday)
(Enrollment is based on first come first served basis)

***Starting Venue:** Plover Cove Reservoir, Tai Mei Tuk, Taipo, N.T

***Entry Fee:** HK\$80 for Group A ;
HK\$120 for Group B to F

***Categories :**

Men							Women			
Category	Group A	Group B	Group C	Group D	Group E	Group F	Group A	Group B	Group C	Group D
Year of Birth	(1991 ~1997)	(1981 ~1990)	(1971 ~1980)	(1961 ~1970)	(1951 ~1960)	(1950 or before)	(1991 ~1997)	(1976 ~1990)	(1961 ~1975)	(1960 or before)

Participants must be 14 years old or above

*** Awards :**

- 1) Trophies will be awarded to the first 3 winners in each group of the Men's and Women's categories
- 2) Medals will be awarded to the 4th-8th winners in each group of the Men's and Women's categories.
- 3) Certificate will be awarded and sent to runners by post who finished within the specofoed time limits.
- 4) Each participant will be given an exquisite souvenir & official T-Shirt.

A Hong Kong to Taipei economy - class return ticket will be awarded to the Champion in each group of the Men's and Women's categories.

*** Entry Procedure :**

- 1) Completed entry form with one crossed cheque payable to "**Highwise Service Foundation Ltd**" (one for entry fee / shuttle bus fare), send to "**Room 1103, Sunbeam Plaza, 1155 Canton Road, Mongkok Kowloon, Hong Kong**" **【(Entry Fee : HK\$80 for(Group A) or HK120 for(Group B to F)】**
- 2) Enclose one HK\$1.40 stamped self addressed envelope for sending the acceptance letter.
- 3) Entry Fee is non-refundable.
- 4) Applicants must collect their Race Number Cloths and Timing Chips at 7:00~7:45am by presenting the original confirmation letters on the Race Day. (Late comers are declared as renounced)

*** Transportation :**

Fare of Shuttle Bus: HK\$20 per person (one way only) · the locations and times for aboard are stated as follows:

Location	Starting Time
Admiralty Center, Hong Kong (near McDonalds)	6:20am
Somerset Road, Kowloon Tong (near MTR Station)	6:20am
Sai Lau Kok Road, Luk Yeung Sun Chuen, Tsuen Wan	6:30am

The organizer will arrange the shuttle bus from Tai Mei Tuk Helisport to Tai Po Market Station at 12:15. If necessary, please register on the "return" fill arrangement.

*** Enquiry :** 3180 6578

*** Results :** Runners are able to view the full results on 21 November 2011 at www.thaiquain.com

*** Important Notes :**

- 1) The Organizer processes sues and appeals in fair and open way, and reserves the right of final judgement on the results of the event.
- 2) Late entry and walk-in entry on the race day will not be accepted.
- 3) The Race Number Cloths and Timing Chips are non- transferable.
- 4) Personal insurance is the responsibility of the participants.
- 5) In case of Typhoon Signal No. 8 or Black Rainstorm signal, the race will be cancelled.

The featured event "Health 100 – The 18th HIGHWISE 10km Road Race" will be held right after the Awards Ceremony (expected 10:30am). Families and friends are very welcomed to join the runners to jog alongside the magnificent scenery of the main dam of Plover Cove Reservoir. Participants will receive official souvenirs. For further information, please contact the Secretariat of HONG KONG & MACAU TAIWANESE ASSOCIATION LTD at (852)2850 4367.

Advisor By : **Taipei Economic and Cultural Office**
HONG KONG

Sponsored By :

