

# 6<sup>th</sup> Tolo Harbour 10Km Race (4Km Beat Drugs - Juniors)

**Tolo Harbour RACE**  
**K+4K**

Organized by Hong Kong Marathon Pro

**HKMP**  
HK Marathon Pro

**asics**

**POLAR**  
LISTENS TO YOUR BODY

**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** : Promote Local 10K and juniors 4K road race in order to gain experiences from race and publicity Beat Drugs message.

**Race Date** : 25<sup>th</sup> March, 2012 (Sunday)

**Race Feature** : Split times every 2km.

**Starting Time** : (4km) 8:00am / (10km) 8:45am

**Registration Time** : 7:00am / 7:45am

**Meeting Point** : Pak Shek Kok Promenade, opposite to The Hong Kong Institute Of Biotechnology

**Distance** : 4km / 10km

**Deadline** : 5<sup>th</sup> March, 2012 (Monday)

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

**Time Limit** : 4km (32min) / 10km (1h30min)

**Race Route** : Pak Shek Kok Promenade, retrace from over Chong San Road Public Toilet 1km Jogging Track / Footway

(Shall not run on cycle tracks), almost 100% steady route with Tolo Harbour view

**Solo Category** : (4km Juniors) (Age 14) (Age 15) (Age 16-17) \* **Participants will be grouped according to their year of birth**

(10K) **Men Group** MA (18-28) **Group** MB (29-38) **Group** MC (39-49) **Group** MD (50-59) **Group** ME (60+)  
**Women Group** WA (18-28) **Group** WB (29-38) **Group** WC (39-49) **Group** WD (Women 50+)

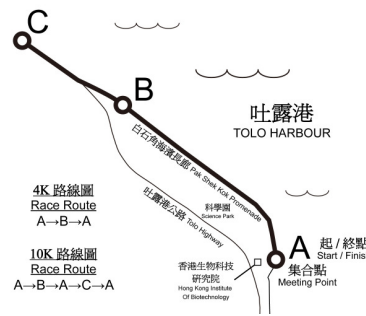
\* **Participants will be grouped according to their year of birth**

(4km Beat Drugs - Juniors) **Awards** : The first three finishers of each group will be awarded a trophy, **ASICS** Coupon, 1<sup>st</sup> HKS400, 2<sup>nd</sup> HKS300, 3<sup>rd</sup> HKS200

**10Km Awards** : All prize receivers will be awarded a trophy. All individual groups' Champion will be awarded **POLAR Heart Rate Monitor**. The first three finishers of each group will be awarded **ASICS** Coupon, value are as follow :

**10K Team Category** : Team of three Male & Female( team members could in different age group). 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 **ASICS** Coupon, value are as follow on.

\* The application form should be sent by a team. Changing of team members or additional information will require a further payment of HKS100 on each occasion (changes can only be accepted before the deadline) \*



	10K Men Group					Trophy	Team	10K Women Group				Trophy	Team
	MA 18 - 28	MB 29 - 38	MC 39 - 49	MD 50 - 59	ME 60 +			WA 18 - 28	WB 29 - 38	WC 39-49	WD 50 +		
1 <sup>st</sup>	\$400	\$400	\$400	\$400	\$400	✓	\$1,200	\$400	\$400	\$400	\$400	✓	\$1,200
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 Fee** : (10km) HKS120 each / (4km-Juniors) HKS 100 each

**Chips Deposit** : Not need deposit and return.

**Entry**: (1) Completed application form with ONE cross cheque ( 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"(Tolo-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) Entry Fee is non-refundable when the entry is accepted or posted.

(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 will not be refunded & send back & change participants name & change race for double entry (Only count one person).

(7) Not Receipt service.

(8) Organizer reserves the rights to amend the above information.

**Official E-mail** : [hkmarathonpro@yahoo.com.hk](mailto:hkmarathonpro@yahoo.com.hk)

**Transportation** : MTR University Station to change KMB Route : 272K to Hong Kong Institute Of Biotechnology or Shatin MTR Station Green Mini Bus No.27 or Parking at Science Park.

**Inquiry** : 8104 8500 or go to <http://www.ecotourism.org.hk/hkmp/> download the entry form. \*Reminded that there will be a confirm letter before 7 days of the race, number bid and chips will get at racing date.

**Remarks** : (1) Personal insurance is responsible by the participants. (2) The number bib can't used by others. (3) Applicant who can't provide details data don't accept. (4) Provide Luggage Keeping , Distance Markers and Water Stations.

(5) Organizer has the rights to prove for prize-takers personal identification. Prize-takers may need to show your own ID or other supporting document.

(6) All prize, trophy and souvenir cannot award after or before the Ceremony and other person.

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## Entry Form

Name : (Chi) \_\_\_\_\_ (Eng) \_\_\_\_\_ ID card No. : \_\_\_\_\_ Sex : \_\_\_\_\_

Address : \_\_\_\_\_ Age : \_\_\_\_\_ YOBB : \_\_\_\_\_

Tel.No : \_\_\_\_\_ / \_\_\_\_\_ Fax : \_\_\_\_\_ Club (if any) : \_\_\_\_\_

E-Mail Address : \_\_\_\_\_ Cheque No : \_\_\_\_\_

[Emergency Contact Person : \_\_\_\_\_ Tel No : \_\_\_\_\_ Relationship : \_\_\_\_\_]

Group	Men					Women				* Participant can only choose ONE category Entry Fee: (10K) <b>HKS120</b>
	Gr.MA 1984-94	MB 1974-83	MC 1963-73	MD 1953-62	ME 1912-52	WA 1984-94	WB 1974-83	WC 1963-73	WD 1912-52	
10 Km	<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"/>	

10K Men Team  10K Women Team  Team Name (Chinese) : \_\_\_\_\_ (English) : \_\_\_\_\_

Team Leader (Contant Person)( \_\_\_\_\_ ) Entrant 2: \_\_\_\_\_ Entrant 3: \_\_\_\_\_

4 Km Juniors	Boys 1998	Boys 1997	Boys 1995-1996	Girls 1998	Girls 1997	Girls 1995-1996	(4K Juniors) <b>HKS100</b>
	T1 <input type="checkbox"/>	T2 <input type="checkbox"/>	T3 <input type="checkbox"/>	T7 <input type="checkbox"/>	T8 <input type="checkbox"/>	T9 <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 : \_\_\_\_\_ Guardian Signature: \_\_\_\_\_

\*(Guardian / Parents signature if under 18 age)

**Applicant's Signature:** \_\_\_\_\_

Name : \_\_\_\_\_

Address : \_\_\_\_\_

No write this item, if you download on website.

Name : \_\_\_\_\_

Address : \_\_\_\_\_