



第十屆美津濃石門 10 公里賽



香港馬拉松推廣社 主辦



冠名贊助商

主辦機構：成立於 1999 年，由一班馬拉松精英及愛好者發起組成。旨在推廣香港馬拉松運動

賽事目標：推廣地區 10 公里賽事，給選手提升香港排名 (正申請為認可賽事)

賽事特點：特快賽道，全程以緩跑徑作賽，接近 100% 平路，使跑手更易做出 10K 最佳成績

比賽日期：2016 年 11 月 20 日 (星期日)

起步時間：上午 8:30

比賽路線：沙田石門 > 馬鞍山公園 > 石門

集合地點：沙田石門 (港鐵馬鞍山線石門站 D 出口向左行 100 米)

報名費用：每位港幣 150 元正 (名額合共 1,600 名，先到先得)

個人組別：男子 MA 組(16-28 歲) MB 組(29-38 歲) MC 組(39-49 歲) MD 組(50-59 歲) ME 組(60-100 歲)

女子 WA 組(16-28 歲) WB 組(29-38 歲) WC 組(39-49 歲) WD 組(50-100 歲) *全部組別以出生年份計算

隊際：設男子及女子組，每三人為一隊，計算每名跑手的時間總和最長者為勝出，時間相同則以第三名隊員成績計算

每組設冠亞季軍，均可得美津濃禮券。而各隊員於隊際的成績，可同時競逐其年齡組別的個人獎項

隊際必須集齊所有隊員的報名表一併寄出，如資料不齊或更改名單，每次手續費港幣 100 (只接受截止日期前之更改)

紀念品：跑畢全程之參賽者，均可獲美津濃紀念 T-恤乙件

個人獎項：全場首名男女子，可各獲得美津濃禮券 HK\$4,000，全場首六名男及女子，分別可獲美津濃跑鞋鞋套，

個人組首名可得 POLAR 心率錶乙隻

破大會紀錄獎：破紀錄之男子運動員可各得美津濃禮券最高價值 HK\$5,000。【如破紀錄者多於一人，獎金將會被平均分配】

大會紀錄：【30-Nov-2014】男子組：SOLOMON KIPYEGO KETER 29:04，【9-Dec-2012】女子組：MERCY JELIMO TOO 35:03。

破香港 10 公里紀錄獎：破賽前最新的香港紀錄之香港男女運動員可各得中興贊助的現金獎 HK\$30,000。【如破紀錄者多於一人，獎金將會被平均分配】(得獎者必須要現居港連續 7 年或以上或持有特區護照/美國海外護照/居英權之英國護照；或於 97 年在港出生及長大而持其他國籍護照) *獎項需要賽後核實所有證明文件後才頒發及大會最有最終決定權

破香港 10 公里場地紀錄獎：破賽前最新的香港場地紀錄之男女運動員可各得中興贊助的現金獎 HK\$20,000。【如破紀錄者多於一人，獎金將會被平均分配】

香港 10 公里紀錄：【21-Nov-2004】李致和 31:17，【3-Jan-1999】陳敏儀 34:25。香港 10 公里場地紀錄：【30-Nov-2014】SOLOMON KIPYEGO KETER 29:04，【3-Jan-1999】陳敏儀 34:25

而每組所有得獎名次均可各得獎盃乙座。每組男女子以下名次各得美津濃禮券，價值如下

【男子】

【女子】

MA 組 16-28	MB 組 29-38	MC 組 39-49	MD 組 50-59	ME 組 60-100	獎盃	隊際 (美津濃禮券)	WA 組 16-28	WB 組 29-38	WC 組 39-49	WD 組 50-100	獎盃	隊際 (美津濃禮券)
第一名 HK\$1,600	第一名 HK\$1,600	第一名 HK\$1,600	第一名 HK\$1,600	第一名 HK\$1,600	✓	HK\$1,200	第一名 HK\$1,600	第一名 HK\$1,600	第一名 HK\$1,600	第一名 HK\$1,600	✓	HK\$1,200
第二名 HK\$1,000	第二名 HK\$1,000	第二名 HK\$1,000	第二名 HK\$1,000	第二名 HK\$1,000	✓	HK\$900	第二名 HK\$1,000	第二名 HK\$1,000	第二名 HK\$1,000	第二名 HK\$1,000	✓	HK\$900
第三名 HK\$800	第三名 HK\$800	第三名 HK\$800	第三名 HK\$800	第三名 HK\$800	✓	HK\$600	第三名 HK\$800	第三名 HK\$800	第三名 HK\$800	第三名 HK\$800	✓	HK\$600
第 4 - 5 名 HK\$400	第 4 - 8 名 HK\$400	第 4 - 7 名 HK\$400	第 4 - 5 名 HK\$400	不適用	✓	不適用	不適用	第 4 名 HK\$400	第 4 名 HK\$400	不適用	✓	不適用

報名辦法：1a. 填妥下列表格，連同一張港幣 150 元正劃線支票(多人報名可合併用一張支票)，不設收據(抬頭人請寫「香港馬拉松推廣社」)，

寄回：沙田銀禧花園一座 33 樓 C 室 (SM-10K)收

1b. 網上報名港幣 150 元正，詳情請瀏覽本會網頁：<http://www.hkmarathonpro.com>

- 郵遞表格必須付上一個回郵信封，信封面寫上地址及貼上足夠郵票(多人報名可共用一個大回郵信封)，若未有提供回郵信封者，本會有權保留其參賽資格
- 報名一經接納，報名費恕不發還，報名以支票過戶為準，不設取消安排
- 若比賽當天早上五時懸掛八號或以上颱風、紅色或黑色暴雨訊號或非人力可控制之情況影響，比賽將會改期，已繳的報名費，將自動轉往補賽日(而補賽日不出席，都不會作出任何退款或轉人安排)
- 只接受郵遞及網上報名，不接受現場及逾期報名
- 重覆報名，不設退款、退件、轉名、轉賽安排，並只計一人報名
- 本賽會有權隨時修改此章程細則，恕不另行通知

交通路線：各參賽者可乘搭港鐵馬鞍山線石門站 D 出口向左行 100 米步行前往

查詢：8104 8500 或電郵 hkmarathonpro@yahoo.com.hk

* 若報名被接納，接納信將於比賽前七天內寄出 / 網上報名將收到 SMS 通知。號碼布及晶片於當日派發 *

下載報名表及賽後成績公佈：<http://www.hkmarathonpro.com>，<http://www.hkrunners.com>

備註：1. 參加者個人保險需自行負責 2. 號碼布不得轉讓別人 3. 若資料不全者，恕不接受報名 4. 大會設有行李寄存，水站及里數牌

5. 所有獎項及紀念品只可在大會指定時間親身領取，不設預領、代領及補領 6. 所有費用不設收據

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第十屆美津濃石門 10 公里賽 < 報名表 >

資料需與身份證相同

姓名：(中文) _____ (英文) _____ 身份證號碼： _____ 性別： _____

居住地址： _____ 出生年份： _____

聯絡電話： _____ / _____ 傳真號碼 _____ 近年最佳 10K 時間/年份： _____ / _____ 田總証號碼(如有)： _____

支票號碼： _____ 電郵地址： _____

屬會： _____ 【緊急聯絡人： _____ 電話： _____ 關係： _____】

男子組	MA 組 (1988 - 2000)	MB 組 (1978 - 1987)	MC 組 (1967 - 1977)	MD 組 (1957 - 1966)	ME 組 (1916 - 1956)	*全部組別以出生年份計算
	男子 <input type="checkbox"/>	男子 <input type="checkbox"/>	男子 <input type="checkbox"/>	男子 <input type="checkbox"/>	男子 <input type="checkbox"/>	
女子組	WA 組 (1988 - 2000)	WB 組 (1978 - 1987)	WC 組 (1967 - 1977)	WD 組 (1916 - 1966)	報名費：HK\$150	
	女子 <input type="checkbox"/>	女子 <input type="checkbox"/>	女子 <input type="checkbox"/>	女子 <input type="checkbox"/>		

男子隊際 女子隊際 中文隊名： _____ 英文隊名： _____

隊長(聯絡人)： _____ 隊員 2 _____ 隊員 3 _____

聲明：謹證明本人是自願參加比賽，並願意自行承擔所有責任。本人亦謹遵守比賽規則及決定。本人一旦因在往返比賽場地或比賽中受到任何財物損失、受傷或致死亡，主辦賽會、贊助商及其他有關合辦機構均無須付上任何責任。本人願意授權予大會及傳媒在無須經本人審查而可使用本人的肖像、姓名、聲線及個人資料作為活動及推廣之用。

日期： _____ (*未滿十八歲者) 監護人簽署： _____ 參加者簽署： _____



29:04
Course Record

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者

姓 名： _____

地 址： _____



10th Mizuno Shek Mun 10K Race

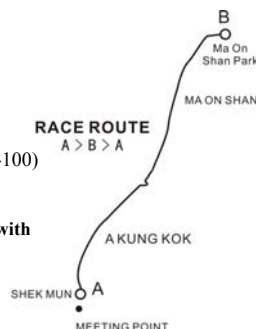


Organized by Hong Kong Marathon Pro



Title Sponsor

- 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. (Applying for Sanction Race)
- Race Aim** : To promote Local 10K race and help participants to improve their Hong Kong 10K official ranking.
- Race Features** : Fast and Speedy race in the jogging track, nearly 100% flat and straight road which benefit to generate excellent result.
- Race Date** : 20th November, 2016 (Sun) **Starting Time** : 8:30am **Distance** : 10 km
- Register Time** : From 7:30am **Time Limit** : 1 hr 30mins **Deadline** : 31st October, 2016(Mon)
- Race Route** : Shatin Shek Mun > Ma On Shan Park > Shek Mun
- Meeting Point** : Shatin Shek Mun (MTR Ma On Shan Line Shek Mun Station D Exit turn left walk 100m)
- Entry Fee** : HK\$150 each (Quota 1,600 first come first serve)
- Category** : Men – **Group MA** (Age 16-28) / **Group MB** (Age 29-38) / **Group MC** (Age 39-49) / **Group MD** (Age 50-59) / **Group ME** (Age 60-100)
Women – **Group WA** (Age 16-28) / **Group WB** (Age 29-38) / **Group WC** (Age 39-49) / **Group WD** (Age 50-100)
*** Participants will be grouped according to their year of birth**



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 results of each team member are also counted as individual group result.
The first three men's teams and women's teams will be awarded Mizuno 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 : A Mizuno T-shirt will be given to each participant who finishes the race.

Awards : The overall top one of man and woman will be awarded Mizuno Coupon HK\$4,000. The first six finishers of overall men and women will be awarded Mizuno running shoes Coupon. All individual group's Champion will be awarded POLAR Heart Rate Monitor.

Official Record Award : The male or female who break the official record that can get a coupon of Mizuno at large **HK\$5,000**. (if there are more than one record – brokers, award needed to be shared), **【Official Record】** : (30-Nov-2014) Men : SOLOMON KIPYEGO KETER 29:04, (9-Dec-2012) Women : MERCY JELIMO TOO 35:03.

HK Record Award : The male or female who break the latest HK record that can get Cash **HK\$30,000** from Chung Hing sponsor. (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】** (21-Nov-2004) LEE CHI WO 31:17, (3-Jan-1999) CHAN MAN YEE MAGGIE 34:25

All Comers Record : The male or female who break the latest HK record that can get Cash **HK\$20,000** from Chung Hing sponsor. (if there are more than one record – brokers, award needed to be shared) **【All Comers Record】** (30-Nov-2014) SOLOMON KIPYEGO KETER 29:04, (3-Jan-1999) CHAN MAN YEE MAGGIE 34:25

All Group's winners will be awarded trophies. The leading finishers in each group will be awarded Mizuno coupon as valued below :

	Men						Women						
	Group MA 16-28	Group MB 29-38	Group MC 39-49	Group MD 50-59	Group ME 60-100	Trophy	Team Category	Group WA 16-28	Group WB 29-38	Group WC 39-49	Group WD 50-100	Trophy	Team Category
Champion	HK\$1,600	HK\$1,600	HK\$1,600	HK\$1,600	HK\$1,600	✓	HK\$1,200	HK\$1,600	HK\$1,600	HK\$1,600	HK\$1,600	✓	HK\$1,200
1st runner-up	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	✓	HK\$900	HK\$1,000	HK\$1,000	HK\$1,000	HK\$1,000	✓	HK\$900
2nd runner-up	HK\$800	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$600	HK\$800	HK\$800	HK\$800	HK\$800	✓	HK\$600
Other runner-up	3rd – 4th HK\$400	3rd – 7th HK\$400	3rd – 6th HK\$400	3rd – 4th HK\$400	N/A	✓	N/A	N/A	3rd HK\$400	3rd HK\$400	N/A	✓	N/A

- Entry** : 1a. Completed application form with ONE cross cheque HK\$150 cheque for entry fee (more than one applicants please combine the entry fee in one cheque), not receipt service, made payable to "Hong Kong Marathon Pro" and post to **Flat C, 33/F, Blk 1, Jubilee Garden, Shatin (SM-10K)**. 1b. Online Registration Fee is HK\$150, Online Register website at <http://www.hkmarathonpro.com>
2. Please enclose ONE self-addressed stamped envelope (more stamp and large envelope for more than one applicant) with your application.
3. Entry fee is non-refundable, non-transferable and non-repealable when the entry is accepted. 4. If the typhoons signal No.8, thunderstorm, red or black rainstorm warning is hosted at 5:00am 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 fees are also not transferable to another applicant. 5. Only by post entry or online register, no late entry and walk-in entry on race day.
6. Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person) 7. Organizer reserves the rights to amend the above information.

Transportation : Participants can by Ma On Shan Rail to Shek Mun Station D exit turn left walk 100m.

*** Attention : Confirmation letter of entry acceptance will be posted at least 7 days before the race (Post Entry) / SMS (Online Entry) Number Bib and Chip will be issued on race day.***

Enquiries : 8104 8500 or mail to hkmarathonpro@yahoo.com.hk.

Download the form & Race Result Announce : <http://www.hkmarathonpro.com>, <http://www.hkrunners.com>

Remarks: (1) Personal insurance is responsible by the participants. (2) The number cloths and chip are 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 will not award before and after the race or other person. (6) no receipt will be issued.

SM-10K

10th Mizuno Shek Mun 10K Race

< Entry Form >

Info. must same as ID card

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

Address: _____ Year of Birth: _____

Tel: _____ / _____ Fax: _____ Near year best time of 10K / year: _____ / _____ HKAAA No. (if any): _____

Cheque no: _____ Email Address: _____

Club: _____ **【Person to contact in emergency: _____ Tel: _____ Relationship: _____】**

Men	MA (1988 - 2000)	MB (1978 - 1987)	MC (1967 - 1977)	MD (1957 - 1966)	ME (1916 - 1956)	【*All groups are categorized according to the birth year】
		Man <input type="checkbox"/>	Man <input type="checkbox"/>	Man <input type="checkbox"/>	Man <input type="checkbox"/>	
Women	WA (1988 - 2000)	WB (1978 - 1987)	WC (1967 - 1977)	WD (1916 - 1966)	Entry Fee : HK\$150	
		Woman <input type="checkbox"/>	Woman <input type="checkbox"/>	Woman <input type="checkbox"/>		Woman <input type="checkbox"/>

Men's Team Women's Team Team Name: _____

Team Leader: _____ Member 2: _____ Member 3: _____

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: _____



29:04
Course Record

Name: _____

Address: _____