

2013 36th HONG KONG GREEN Half Marathon and 10K Run
香港綠色大尾篤半馬拉松及10公里跑
03 NOV 2013 7:30am - 10:00am

“本賽道是香港唯一的綠色零排放”
“Zero Emission Course”

“零排放車”
“zero emission car”

完成比賽者可獲香港長跑會T恤、毛巾、環保餐具、獎牌、蔬菜及禮物袋。
 Finishers will receive HKDRC Tees, Towels, Environmental Cutlery Set, Finisher Medals, Vegetable and Recycle Bag

號碼布於賽事當天領取
 Number bib is collected on race day

Certified Hong Kong Green Runner
 A certificate with your finished position and time record duly endorsed by HKDRC and sponsors can be issued upon request.

截止報名日期 Applications Close : **28 OCT 2013** 查詢 Inquiries : enquiry@hkdrcc.org 網頁 Website : www.hkdrcc.org



HONG KONG DISTANCE RUNNERS CLUB SUPPORTING AND PROMOTING GREEN RACING

SUPPORTING GREEN RACE - Gammon Construction Limited is proud to be the major sponsor for **half marathon**, offering full support to HKDRC in implementing the Green and Low Carbon Work of this race, mirroring Gammon's dedication to Building in an environmentally sustainable manner. Go Get Green.

A Professional Building Construction Cost Consultant is proud to be the sponsor for **10K** run, offering full support to HKDRC in implementing the Green and Low Carbon Work of this race. RLB has been established in Hong Kong since 1962, and now has offices in Mainland China and other cities in Asia, Europe, Oceania, Middle East and America.

HONG KONG GREEN HALF MARATHON

HKDRC Hong Kong Green Half Marathon and 10K Run 2013, one of the most popular races for athletes in Hong Kong, is organized by Hong Kong Runners Club. The race will be held on Sunday, 4 November 2012 at Tai Mei Tuk, Tai Po. Participants increased from an initial 300 to 1500. The race course is traffic free but demanding out-and-back road course around the scenic Plover Cove Reservoir.

For Half Marathon, it starts at the Youth Hostel at Tai Mei Tuk near Plover Cove Dam. Proceed along Bride's Pool Road to Wu Kau Tang then to Luk Keng, turn around. Return along the same Brides Pool Road with repeat loop out to Wu Kau Tang, the second turn around then back to Bride's Pool Road to finish at the Youth Hostel. The whole distance makes 13.1 miles, exactly half the distance of a standard marathon.

For 10K Run, same start as that of the half marathon, proceed along the Bride's Pool Road to the Lion Pavilion at Chung Mei turn around then back to Bride's Pool Road to finish at the Youth Hostel. The whole distance makes 10K. Both races will be conducted under IAAF rules and the results will be recognized by HKDRC.

10	2013	300	1500
(800)	21.1
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36th Hong Kong (Green) Half Marathon and 10K Run 2013

Organizer
 Hong Kong Distance Runners Club

Date
 03 November 2013 (Sunday)

Times

Half Marathon
 - Race Start 07:30 am
 - Race Finish 10:00 am

10K Run
 - Race Start 07:40 am
 - Race Finish 09:10 am

Assembly Venue
 Open area by Bradbury Jockey Club Youth Hostel next to Plover Cove Reservoir, Tai Mei Tuk, Tai Po, New Territories. (A 5-minute walk along the waterfront from Tai Mei Tuk Bus Terminus.)

Quota
 Half Marathon (21.1K) - 1,200
 10K - 500
 First-come-first-served

Route

Half Marathon
 Bradbury Jockey Club Youth Hostel > Bride's Pool Road > Wu Kau Tang Road > Luk Keng > Wu Kau Tang Road > Bride's Pool Road > Bradbury Jockey Club Youth Hostel

10K Run
 Bradbury Jockey Club Youth Hostel > Bride's Pool Road > Chung Mei Lion Pavilion > Bride's Pool Road > Bradbury Jockey Club Youth Hostel

Racecourse Closed
 Bride's Pool Road will be entirely closed from 7am to 10am. It will be reopened to TRAFFIC straight at 10am, runners must finish race before reopening of the racecourse.

Eligibility
APPLICANTS CAN ONLY ENTER ONE CATEGORY, EITHER INDIVIDUAL OR TEAM.
Individual - Anyone aged 16 or above with an amateur status as defined by the International Association of Athletics Federations regulations.
Team - Anyone aged 16 or above. Each team must be included 5 members either 5 men/women or mixed (with at least 2 male/female) who are corporate employees. Same company may apply for more than one team. No substitution or change of category is allowed once the entry is accepted.

Team Scoring (for half marathon only)
 All teammates must finish the race, team results will not be counted in case of any teammate(s) is/are disqualified/do(es) not finish the race. The total score of the teammates overall positions will be calculated, team(s) with the lowest aggregated positions will be the winner. In case of tie, the one with the lowest position in the team will be counted. Top 3 Men Teams, 2 Women Teams and 2 Mixed Teams will be awarded.

Categories

Half Marathon	
• Men Junior	16 - 19
• Men Open	20 +
• Men Senior I	35 - 39
• Men Senior II	40 - 44
• Men Veteran I	45 - 49
• Men Veteran II	50 +
• Women Open	16 +
• Women Senior	30 - 39
• Women Veteran	40 +
• Team of five*	16 +

*5 male or 5 female or 5 mixed male & female (at least two members are male or female)

Categories

10K Run	
• Men Junior	16 - 19
• Men Open	20 - 39
• Men Senior	40 - 54
• Men Veteran	55 +
• Women Open	20 - 29
• Women Senior	30 - 39
• Women Veteran	40 +

Entry Fee

- Runner of ages 65 & over HK\$130
- Entry received before 28 Oct 2013
 - HKDRC Member HK\$200
 - Non-HKDRC Member HK\$220
- Entry received after 28 Oct 2013 to 3 Nov 2013 HK\$270

Payment Mode
 Payment is accepted only in Hong Kong Dollars by local crossed check. Write contact person's name and telephone number on the back of crossed checks made payable to **"The Hong Kong Distance Runners Club"** or **香港長跑會**

ATM transfer/Direct deposit to Hong Kong Distance Runners Club

HSBC Account: **111-049-326-001**, bank receipt MUST be submitted through email at HKDRCAPP@hotmail.com (only for receiving receipt, no enquiries) or mail to HKDRC. APPLICATION WILL NOT BE ENTERTAINED WITH NO RECEIPT OR PROVEN PAYMENT DOCUMENT.

Entry Procedure

Revise Individual - Mail completed, signed and dated entry form (for individual part only) with payment cheque or receipt to:

Revise Team Competition - Mail 5 completed entry forms of which 1 should have team name, team captain and teammates' names with payment cheque or receipt to us:

" HKDRC 36th Hong Kong (Green) Half Marathon and 10K Run ", HKDRC GPO Box 10368, Hong Kong.

(Mark on submitted envelop 'bracket' or 'underline' either half marathon or 10K run that you wish to enter)

Weather
 The temperature on race day averages about 19° C (65° F) and the relative humidity at around 65-75%.

