



# 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"

鹿頸 Luk Keng  
鹿頸 鹿頸  
鹿頸池 Luk Keng Fish Ponds  
八仙嶺發山入口 Entrance of Pat Sin Leng Uphill  
新娘潭路  
10公里轉折點 10K turning point 獅子會宗亭  
高蛟騰  
高蛟騰出口 Entrance of Wu Kau Tang  
Rural Area and Agricultural Land  
CHUNG MEI 酒店  
新娘潭路兩旁林木夾道 Brides Pool Road  
船灣淡水壩主壩 Plover Cove Reservoir Main Dam  
白鶴理馬路青年旅舍 Brabury Jockey Club Youth Hostel  
起點-終點 Start - Finish

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.

## 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.

1962

## 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 |
| 10 | 10   | (   | )    |

## 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 Brabury 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

Brabury Jockey Club Youth Hostel > Bride's Pool Road > Wu Kau Tang Road > Luk Keng > Wu Kau Tang Road > Bride's Pool Road > Brabury Jockey Club Youth Hostel

#### 10K Run

Brabury Jockey Club Youth Hostel > Bride's Pool Road > Chung Mei Lion Pavilion > Bride's Pool Road > Brabury 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%.





