

2015 38th GREEN Half Marathon and 10K Run
綠色大尾篤半馬拉松及10公里跑
01 NOV 2015 7:00am - 9:30am

半馬的折點 2 half marathon checkpoint 2
 半馬的折點 1 & 2 10K checkpoint turning point 1 & 2
 10公里折點 10K turning point 獅子嶺涼亭

起點 - 終點 Start / Finish

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

“zero emission car”

完成比賽者可獲香港長跑會T恤、完賽者獎牌、毛巾、帽、拉繩袋、有機蔬菜、及其他。Finishers will receive HKDRC Tee, Finisher Medal, Towel, Cap, Recycle Bag, Vegetable, and others.

如參賽者報名於2015年10月9日前確認，請於10月17日至30日於RacingThePlanet 極地長征旗艦店領取號碼布。To be collected at RacingThePlanet 極地長征, our major sponsor's Flagship Store from 17-30 October if confirmation is received on or before 9 October 2015.

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

HONG KONG DISTANCE RUNNERS CLUB 香港長跑會

SUPPORTING AND PROMOTING GREEN RACING 支持及推動綠色賽事

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.

支持綠色賽事 - 金門建築有限公司很榮幸成為是項半馬拉松主要贊助商，全力支持香港長跑會舉辦綠色低碳比賽，反映金門在建築方面的承諾。推動 - 創造 - 綠色未來!

HKDRC GREEN HALF MARATHON AND 10K RUN 2015

香港長跑會綠色半馬拉松及10公里跑 2015

HKDRC Green Half Marathon and 10K Run 2015, 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, 1 November 2015 at Tai Mei Tuk, Tai Po. 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.

Both half marathon and 10K will be conducted under IAAF rules and the results will be recognized by HKDRC.

香港長跑會綠色半馬拉松及10公里跑，是本地一項大型及受歡迎的公路長跑比賽。賽事在風景優美的大尾篤船灣淡水湖舉行，賽道富挑戰性但十分愜意。

半馬拉松，起步點由大埔大尾篤百理青年旅舍側鄰近郊公園，賽員沿大尾篤路跑至800米轉右往新娘潭路轉右入烏蛟騰轉折點至繼而跑往鹿頸(賽道途中可欣賞兩旁淡水湖及八仙嶺風景)。回程重覆經烏蛟騰轉折點返新娘潭路跑回設於青年旅舍的終點。全程21.1公里，剛好是標準馬拉松賽道的一半距離。

10公里，起步點與半馬拉松起步點相同，賽員沿大尾篤路跑至800米轉右往新娘潭路到達蒲尾獅子亭轉折點返新娘潭路跑回設於青年旅舍的終點。全程10公里。(註：本賽事按照國際業餘田徑總會比賽規則舉行)

半馬拉松及10公里均按照國際業餘田徑總會規則舉行，成績將被本會確認。

HKDRC 38th Green Half Marathon and 10K Run 2015

Date
01 November 2015 (Sunday)

Times
Half Marathon
 - Race Start 07:00 am
 - Race Finish 09:30 am
10K Run
 - Race Start 07:10 am
 - Race Finish 08:45 am

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

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.)

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

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 9:30am. It will be reopened to TRAFFIC straight at 09:30am, 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 4 members either 4 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. Only Top team will be awarded from same school/ company/ organization/ team.

Categories

Half Marathon

- Men Junior 16 - 19
- Men Open 16 +
- 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 four*

*4 male or 4 female or 4 mixed male & female (at least two members are male or female)

Categories

10K Run

- Men Junior 16 - 19
- Men Open 20 +
- Men Senior 40 - 54
- Men Veteran 55 +
- Women Open 16 +
- Women Senior 30 - 39
- Women Veteran 40 +

Entry Fee

Half Marathon & 10K

- Runner of ages 65 & over HK\$130

Entry received on or before 9 Oct 2015

- Individual HK\$200
- Team HK\$800

Entry received after 9 Oct 2015 to 1 Nov 2015

- Individual HK\$250
- Team HK\$1,000

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".

Entry Procedure
Online Registration www.hkdc-race.com
or Mail Entry Registration

Individual - Mail completed, signed and dated entry form (for individual part only) with payment cheque to us:
Team Competition - Mail 4 completed entry forms of which 1 should have team name, team captain and teammates' names with payment cheque to us:

"HKDRC 38th Green Half Marathon and 10K Run 2015", HKDRC GPO Box 10368, Hong Kong. (Mark on submitted envelop "bracket" or "underline" either half marathon or 10K run that you wish to enter)

Runners' Guide/Announcement
Runners' Guides will NOT be mailed to participants, all runners have to check at our website for special announcement and download the runners' guide before the race day.

Runners pack
 For application confirmed on or before 9 October, runners pack should be collected between 17-30 October at RacingThePlanet (Address: 22/F, 148 Wing Lok St., Sheung Wan), **Otherwise** HK\$50 will be charged who need to collect on the race day at the race venue.

HKDRC MEMBERSHIP APPLICATION FORM 2016

2016 年度香港長跑會會員申請表

1.1.2016 - 31.12.2016 (有效期一年 Valid For 1 Year)

Please complete the form clearly in BLOCK CAPITALS
為方便電腦處理，請用英文正楷清楚填寫。

- New Membership Application 新會員申請
- Renewal Membership Application 續會會員申請
(Membership No. 會員編號 _____)

Personal Information 個人資料

Name in English 英文姓名 _____

Name in Chinese 中文姓名 _____

HKID/Passport No. 香港身份證/護照號碼 _____ Nationality 國籍 _____

Birth Date 出生日期 _____ D _____ M _____ Y _____ M _____ F _____
_____ 日 _____ 月 _____ 年 男 女

Contact Telephone 聯絡電話 _____ Occupation 職業 _____

Address 地址 _____

Email 電郵 _____

Membership Categories 會員類別

(Based on age on 31 December 2015 以2015年12月31日年齡為準)

| Category 類別 | Age 年齡 | Membership Fee 會費 |
|--|-----------------|--------------------------------------|
| <input type="checkbox"/> Junior Member 青少年 | 19 & Under 歲或以下 | \$90 + \$30* (Club Souvenir 會紀念品) |
| <input type="checkbox"/> Senior Member 成年 | 20 & Over 歲或以下 | \$150 + \$30* (Club Souvenir 會紀念品) |
| <input type="checkbox"/> Life Member 永久 | All Ages 任何年齡 | \$1,000 + \$30* (Club Souvenir 會紀念品) |

* Optional 可選擇

Bank 銀行 _____ Check No. 支票號碼 _____

Signature 簽名 _____ Date 日期 _____

Prizes for Green Half Marathon*

綠色半馬拉松獎項*

| Category 組別 | Position 名次 | HKDRC Trophy 獎盃 | Cash/Cash Coupon 現金/現金券 | Polar Watch 手錶 | Running Shoes by RTP 跑步鞋 | Prizes by RTP 禮物 | Prizes by HKDRC 禮物 | Under-Fuse Pocket 禮物 | Perskindol 普施健 |
|--|---|--|-------------------------|----------------|--------------------------|------------------|--------------------|----------------------|----------------|
| Men's 男子 | Juniors 青年組 Open* 公開組* Seniors I/ II 高級I/II組 Veteran I/ II 元老I/II組 | 1 | ✓ \$500 | ✓ | ✓ | - | - | - | ✓ |
| | | 2 | ✓ \$400 | - | ✓ | - | - | - | ✓ |
| | | 3 | ✓ \$300 | - | ✓ | - | - | - | ✓ |
| | | 4 | ✓ \$200 | - | - | - | ✓ | ✓ | ✓ |
| | | 5 | ✓ \$150 | - | - | - | - | ✓ | ✓ |
| | | 6-10 | * \$100 | - | - | - | - | - | ✓ |
| | Teams-of-four 四人隊際組 | 1 | ✓ \$1,600 | - | - | ✓ | - | - | ✓ |
| | | 2 | ✓ \$1,200 | - | - | - | ✓ | - | ✓ |
| | | 3 | ✓ \$1,000 | - | - | - | - | ✓ | - |
| | Women's 女子 | Open 公開組 Seniors 高級組 Veteran 元老組 | 1 | ✓ \$500 | ✓ | ✓ | - | - | - |
| 2 | | | ✓ \$400 | - | ✓ | - | - | - | ✓ |
| 3 | | | ✓ \$300 | - | ✓ | - | - | - | ✓ |
| 4 | | | ✓ \$200 | - | - | - | ✓ | ✓ | ✓ |
| 5 | | | ✓ \$150 | - | - | - | - | ✓ | ✓ |
| 6-10 | | * \$100 | - | - | - | - | - | ✓ | |
| Teams-of-four 四人隊際組 | 1 | ✓ \$1,600 | - | - | ✓ | - | - | ✓ | |
| | 2 | ✓ \$1,200 | - | - | - | ✓ | - | ✓ | |
| | 3 | ✓ \$1,000 | - | - | - | - | ✓ | - | |
| Teams of four mixed men & women 男女子混合隊組 | 1 | ✓ \$1,600 | - | - | ✓ | - | - | ✓ | |
| 2 | ✓ \$1,200 | - | - | - | ✓ | - | ✓ | | |
| 3 | ✓ \$1,000 | - | - | - | - | ✓ | - | | |
| Eldest Finishers 最年長完賽者 | - | - | \$200 | - | ✓ | - | - | ✓ | |
| First record breakers 破大會紀錄之首名賽員 Male/Female 男/女 | - | - | \$1,500 | - | - | - | - | ✓ | |

* Men/Women Open only (Medal) 只限男/女子公開組 (獎牌)

Prizes for 10K Run *

10公里跑獎項*

| Category 組別 | Position 名次 | HKDRC Trophy 獎盃 | Coupon 現金券 | Polar Watch 手錶 | Watch and accessories by TOMTOM 手錶 | Shoes by RTP 跑步鞋 | Perskindol 普施健 |
|-------------|----------------------------|-----------------|------------|----------------|------------------------------------|------------------|----------------|
| Men's 男子 | Juniors 青年組 | 1 | ✓ \$500 | ✓ | - | - | ✓ |
| | Open 公開組 | 2 | ✓ \$400 | - | ✓ | - | ✓ |
| | Seniors 高級組 Veteran 元老組 | 3 | ✓ \$300 | - | - | ✓ | ✓ |
| Women's 女子 | Open 公開組 | 1 | ✓ \$500 | ✓ | - | - | ✓ |
| | Seniors 高級組 | 2 | ✓ \$400 | - | ✓ | - | ✓ |
| | Veteran 元老組 | 3 | ✓ \$300 | - | - | ✓ | ✓ |

* HKD1,000 cash sponsor by Nature's Village to 10K Overall Men and Women winner 10公里全場男子、女子總冠軍額外獲得由樂健坊贊助現金1,000港元。

* All prizes shall be collected by winners in person. No representatives or substitution for collection prize on the winner's behalf.
所有獎品需要由得獎者本人於賽事當天領取，賽會不接受得獎者朋友或授權者代領。

Remarks:

- Category with only 1 participant/team will be cancelled.
- Category (Individual) with 10 or less participants, only Champion will be awarded in the category.
- Category (Team) with 5 or less teams, only Champion will be awarded in the category.

Free Shuttle Buses to the Start

Free shuttle buses for participants leave from 4 locations as below:

Hong Kong, 5:50 am

City Hall, Central
MTR Station, Tin Hau

Kowloon, 6:00 am

MTR Station, Kowloon Tong,
Somerset Road
Hankow Road, Tsim Sha Tsui

Buses will leave sharply at the time, please show your printed confirmation letter or in your mobile when on boarding.
HK\$30/each for accompanys.

Public Transport

From MTR Tai Po Market MTR to Tai Mei Tuk Bus Terminal.

Journey Time: Approximately 30 mins.

Public Bus 75K Journey Time:
Every 9-12 mins (from 6:05am).

Green Light Bus Journey Time:
Every 15 mins (from 5:30am).

Please check the schedule before departure.

Parking

Only limited parking space near Ting Kok Road Bus Terminus. Entrants are encouraged to take official buses or public transport .

Overseas Entries

Overseas (including Mainland) entries will be acknowledged by emails. Please provide a valid email address and collect number from the registration desk on Race day by presenting a printout of the acknowledgement.

Finisher Souvenirs

HKDRC Tee HKDRC Tee, Finisher Medal, Cap, Towel, Recycle Bag, Vegetable, and others.

Current Record for Half Marathon

Male Gobinda Rai 69:46 (1985)
Female Yuko Gordon 76:02 (1985)

Current Record for 10K Run

Male Nad Ckel 32:31 (2014)
Female Oksana Riabova 40:17 (2014)

Official Results

A listing of all official finishers will be posted to Hong Kong Distance Runners Club website www.hkdrc.org two weeks after the race day .

No enquiries about the overall race results will be entertained.

Official Finisher Certificates

(optional)
Official Finisher Certificates (HK\$30 each) will be mailed out within 1 month of the race taking place.

Notes

- This entry form can be downloaded from <http://www.hkdrc.org/>. Copied of the forms are acceptable.
- Applicants should make sure their health conditions is suitable for the strenuous competition. In case of doubt, please seek medical advice in advance.
- Incompleted or unreadable forms or form without signature will NOT be entertained. Faxed forms are not acceptable.
- All fees are non-refundable and non-transferable once entry is accepted. No post-dated checks. Do not mail cash.
- HKDRC will not be responsible for items lost in the mail.
- Entrants can only enter one category.
- The application form should be sent by each team. Team members must submit entry forms team name together, with the entity stamp applied, or they will be considered as individual entrants.
- Individual categories with fewer than 10 entrants may be combined with other categories without prior notice. If there are fewer than 5 teams competing in Team, prizes will only be awarded to one winning team.
- The number bib is not transferable.
- Registration does not accept repeated, non-refundable, not transfer of category and transfer person for race.
- Luggage storage and Water Stations will be provided.
- HKDRC reserves the right to reject any entry and to disqualify and bar any individual from the Race based on, but not limited to the following misconducts: non-payment of race fees; competing with an unofficial number or an official number assigned to another competitor; transferring or attempting to transfer and providing false information on entry forms.
- HKDRC reserves the right to interpret and change the above information.