

**HKDRC - Xtra8**  
**40th Green Half Marathon 2018**  
 2018年第40屆香港長跑會 - Xtra8 '綠色' 大尾篤半馬拉松  
 18 NOV 2018 7:00am - 9:30am

**Support Waste Reduction and Recycling (Dump Less Save More)**

**HKDRC 40th Green Half Marathon 2018**  
**支持減廢及循環再造**  
 Green Work for Green Race - We are moving forward to support waste reduction and recycling at the community level. We will coordinate with Xtra8 Natural Mineral Water-Live & Love Group Ltd., team to collect back the plastic water bottles from runners at the race venue.

The collected plastic water bottles will be delivered to the Community Green Station (CGS) 綠在東區 at No. 30, Oi Shun Road, Shau Kei Wan, Hong Kong for Recycle.

Green Work for Green Race - We support the Government project on development of Hiking and have done up to 50nos HKDRC's Green Running and Hiking Routes covering all urban areas of Hong Kong and Macau. All route descriptions and scenic photos can be viewed at our web site [www.hkdrc.org](http://www.hkdrc.org) Green Work for Green Races.

**2018年香港長跑會 - Xtra8第40屆綠色半馬拉松**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。賽事均按照國際業餘田徑總會規則舉行，成績將被本會確認。

**FINISHER SOUVENIRS 完賽者物品**

- T-Shirt 香港長跑會背心
- Medal 完賽者獎牌
- Towel 毛巾
- Lucky Man 吉祥物
- Foldable Water Bottle 可摺疊水瓶
- Solar Key Torch 太陽能鎖匙扣

**Deadline 截止報名**  
 1200名額，於2018年11月12日截止  
 Quota up to 1200, deadline date 12 November 2018

**Option**

- An opportunity to join HKDRC as member
- FREE Enjoy HKDRC's 40 Green Running and Hiking Routes covering all urban areas of Hong Kong and Macau. (All routes descriptions and scenic photo can be viewed at our web [www.hkdrc.org](http://www.hkdrc.org) Green Work for Green Race)

Support Waste Reduction & Recycling  
 All plastic water bottles will be collected and delivered to Community Green Station (CGS) for Recycling.

**Web Sites for Download Entry Form**  
 請於 [www.hkdrc.org](http://www.hkdrc.org) / [www.xtra8.com](http://www.xtra8.com) 網頁下載此報名表 (可自行複印報名表)  
 This entry form can be downloaded from [www.hkdrc.com](http://www.hkdrc.com) / [www.xtra8.com](http://www.xtra8.com) for individual half marathon.

**Online Registration**  
 網上報名  
 半馬拉松 [www.hkdrc-race.com](http://www.hkdrc-race.com)  
 Online Registration through [www.hkdrc-race.com](http://www.hkdrc-race.com) for Half Marathon.

**Inquiries 查詢: enquiry@hkdrc.org Website 網頁: www.hkdrc.org**

**HONG KONG DISTANCE RUNNERS CLUB 香港長跑會**  
 SUPPORTING AND PROMOTING GREEN RACING 支持及推動綠色賽事

**SUPPORT WASTE REDUCTION AND RECYCLING (Dump Less Save More)**

**HKDRC 40th Green Half Marathon 2018**

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**FINISHER SOUVENIRS 完賽者物品**



\* All items can be extra purchased on the race day whilst stock listed  
 上述各款紀念品可於賽事當天額外購買直至售罄

# HKDRC reserves final right on the items and quantity to be distributed on the race day, everyone may receive different items.  
 香港長跑會保留於比賽日派發的物品及數量，各人的袋內或有不同的禮品。

**HKDRC - Xtra8 40th Green Half Marathon 2018**

**Date**

18 November 2018 (Sunday)

**Times**

**Half Marathon**  
 - Race Start 07:00 am  
 - Race Finish 09:30 am

**Distance**

Half Marathon (21.1K)

**Quota**

1,200

**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%.

**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 Scoring**

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.

**Inquiries**

[enquiry@hkdrc.org](mailto:enquiry@hkdrc.org)

**Mail Registration**

Please download Entry Form from [www.hkdrc.org](http://www.hkdrc.org)

**Online Registration**

GO TO [www.hkdrc.org](http://www.hkdrc.org) click on "https://goo.gl/MCLbG1" OR Scanning the QR Code for registration.

**Categories**

Half Marathon	Year of Birth
Men Open	<2002
Men Senior I	1979-1983
Men Senior II	1974-1978
Men Veteran I	1969-1973
Men Veteran II	<1968
Women Open	<2002
Women Senior	1979-1988
Women Veteran	<1978

**Team of Four\*** <2002  
 \* 4 men or 4 women or 4 mixed men and women (1/2/3 men and 3/2/1 women)

**Entry Procedure**

**Online Registration**

[www.hkdrc-race.com](http://www.hkdrc-race.com)

**Mail Registration**

- Completed and signed Entry Form(s) (1 for Individual or 4 for team)
- Local crossed cheque payable to "THE HONG KONG DISTANCE RUNNERS CLUB", with correct amount and date (Write name and contact number at the back of the cheque)
- Envelop with stamp and provided address label

**Normal processing time**

5-7 working days after receiving entries and will receive an auto-confirmation e-mail.

**Runners' Guide**

Please download from [www.hkdrc.org](http://www.hkdrc.org)

**Entry Procedure**

Whether you use online application or use mail application, you have to mail payment cheque of payee name "Hong Kong Distance Runners Club or "香港長跑會" or payment receipt thru ATM of our Bank Account Number HSBC "111-049326-001" with a self addressed stamp envelope (SAE) to "HKDRC CPO Box 10368, Hong Kong" for mail back your race number.

For the Entry Application Procedure please refer to the table of Entry Application Procedure on page 2.



## Shuttle Buses to the Start (HK\$20)

### Hong Kong, 5:50 am

- Exit A2 of Tin Hau MTR Station

### Kowloon, 6:00 am

- Somerset Road, Kowloon Tong
- YMCA, Hankow Road, Tsim Sha Tsui

Seat are first-come-first-served, shuttles may depart earlier than the scheduled time once full. Remember to bring along the confirmation card for getting on the bus.  
HKD30/pax for NON-participant.

## Public Transport

From Tai Po Market MTR station 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.

## Current Record for Half Marathon

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

## Official Results

Iban Chronotrack timing system shall be used, there is a sensor strips attached on the back side of the race number for recording the time and position at the finishing point, runners are required to step on every mats.

The list of winners will be announced on the result board near the prize presentation area on race day.

Official full results of all finishers will be posted on HKDRC Official ([www.hkdr.org](http://www.hkdr.org)) and online registration ([www.hkdr-race.com](http://www.hkdr-race.com)) website within 1 week after the race.

## Official Finisher Certificates

Can be downloaded from [www.hkdr.org](http://www.hkdr.org) and complete by yourself.

## Notes

- This entry form can be downloaded from <http://www.hkdr.org/>.  
OR [www.xtra8.com](http://www.xtra8.com)  
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. Unsuccessful application will not be informed.
- All deposited money is non-refundable and non-transferable under any circumstances. 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. All entries are non-transferable once confirmed.
- 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 competitors may be combined with open categories without prior notice. Team with less than 3 competitors, the category will be cancelled automatically, fees will be refunded.
- The number bib is non-transferable.
- Duplicate application will be disqualified without further notice, all transferred money will not be refunded.
- 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.

## Entry Application Procedure

### 報名參賽手續

	Auto Confirmation and Invoice 自動回覆及交款通知	Mail Completed Entry Form 郵寄填妥個人資料報名表	Mail Payment Cheque or Payment Receipt thru ATM 郵寄支票或銀行入數紙	Mail Self-Addressed Stamp Envelop 郵寄貼上 \$ 3.7 郵票回郵信封*	Action
Online Registration 網上報名	Yes 網上答覆	N/A 不適用	Require 需要	Require 需要	Participant mail payment and SAE within 3 days 參賽者需3天內寄交款項及回郵信封
Mail Registration 郵寄報名	N/A 不適用	Require 需要	Require 需要	Require 需要	Organizer email confirm within 7 days 主辦機構7天內電郵回覆

Remarks 備註:

- \* The self-addressed stamped envelope is for mail back of race number.  
回郵信封是用于寄回號碼布給參賽者。
- For online registration, separate email to notify participant his/her assigned race number.  
網上報名，將收到獨立電郵通知參賽編號。

## Prize List for Half Marathon

### 綠色半馬拉松獎項

Category 組別	Position 名次	Trophy 獎盃	HKDRC Cash Money 現金 (US\$)	SEAM Armband+Trousers 壓力褲+臂套 \$600	HKDRC Env.Fan 環保風扇 \$400	SEAM Visor & Arm Sleeves 太陽帽+防曬袖 \$300	SEAM Arm Sleeves 防曬袖 \$150	SEAM Wrist Wallet 腰包 \$150	SKECHERS Running Shoes + HKDRC Cash + E.Fan 跑鞋+現金+環保風扇
Overall Men			\$ 1,000						
Overall Women			\$ 1,000						
Men/Women (MO, MS1, MS2, MV1, MV2, WO, WS, WV)	1	Y	\$ 500	Y					
	2		\$ 400		Y				
	3		\$ 300			Y			
	4		\$ 200				Y		
	5		\$ 200					Y	
Team (Men/Women/Mixed)	1	Y	\$ 1,600						4xY
	2	Y	\$ 1,200						4xY
	3	Y	\$ 1,000						4xE.Fan
Eldest (Men/Women)	1		\$ 300	Y					

Remarks:

- Each division has to have 10 competitors ( minimum ), less than that only the Champion is counted.
- Each team category has to have 3 team competitors ( minimum ), less than that only the Champion is counted.

## FINISHER SOUVENIRS

### 完賽者紀念品

T-Shirt (XL/L/M/S) 恤衫	Lucky Man 幸運公仔	Finisher Medal 完賽者將牌	Solar Key Torch 太陽能鎖匙扣	Towel 毛巾	Foldable Water Bottle 水壺	Discount Coupon 運動用品優惠券
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## HKDRC MEMBERSHIP APPLICATION FORM 2019

### 2019 年度香港長跑會會員申請表

1. 1. 2019 - 31. 12. 2019

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 2018 以2018年12月31日之年齡為準)

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 \_\_\_\_\_

# 2018年第40屆香港長跑會－Xtra8 綠色半馬拉松

## 主辦

香港長跑會

## 日期

2018年11月18日 (星期日)

## 時間

半馬拉松  
一起跑 早上7時正  
一完成賽程 早上9時30分

## 距離

半馬拉松

## 名額

1,200人

## 集合地點

新界大埔大尾篤船灣淡水湖側  
白普理賽馬會青年旅舍對開空地。  
(由大尾篤巴士總站沿湖畔步行五分鐘)

## 天氣

賽事日平均氣溫約攝氏19度(華氏65度)  
相對濕度約百分之65至75。

## 參賽資格

於2017年年滿16歲，以國際業餘田徑總會比賽規則界定身份之業餘運動員。每隊隊伍必須由四人組成。每個單位報名之隊伍數目不限。報名被接納後，不得更換隊長或隊員，亦不可轉換組別。

## 查詢

enquiry@hkdr.org

## 郵寄報名

下載報名表格

www.hkdr.org

## 網上報名

於 [www.hkdr.org](http://www.hkdr.org) 網頁點擊

“<https://goo.gl/MCLbG1>”

或掃描QR Code 報名



## 組別

### 半馬拉松

男子公開	<2002
男子高級1組	1979-1983
男子高級2組	1974-1978
男子先進1組	1969-1973
男子先進2組	<1968
女子公開組	<2002
女子高級組	1979-1988
女子先進組	<1978

### 4人隊際\*

\* 沒有男女限制

## 隊際成績計算

所有隊員必須跑畢全程。成績以4位隊員的全場名次之總和計算。取得累積名次最少為優勝隊伍。如有同分，則以該隊最後完成賽事隊員的名次為準。如有隊員在賽事中被取消資格，該隊的成績將不被計算。只會頒發獎項予每學校 / 機構 / 組織及隊伍之最佳成績。

## 報名手續

網上報名 [www.hkdr.org](http://www.hkdr.org)

## 郵寄報名

下載報名表 [www.hkdr.org](http://www.hkdr.org)

- 填妥報名表及簽名 (個人組1張, 隊際4張)
- 本地劃線支票 (抬頭:「香港長跑會」填寫正確銀碼及日子並及於背面寫上姓名及聯絡電話)
- 信封、郵票並貼上表格右下角之地址。

## 一般處理時間

於收到報名申請後7天內辦理登記，並以電郵回覆落實參賽資格。

## 報名手續

敬請使用網頁提供的報名表報名，報名之後需要3天內郵寄支票抬頭人“香港長跑會”或透過銀行過戶入數紙ATM，連同寫有回郵地址及貼上\$3.7郵票的回郵信封一併寄給我們。倘以郵寄報名表，需要寄交個人資料的報名表連同支票或銀行入數紙及回郵信封一併寄給我們。郵寄地址“香港長跑會，郵政信箱10368號”。

## 大會巴士前往比賽場地

香港，早上5時50分

- 天后港鐵站 A2 出口

## 九龍，早上6時正

- 九龍塘港鐵站森麻實道
- 尖沙咀咀口道港青年會

不設劃位，先到先得，建議選乘大會巴士之人士儘早到達上車位置，巴士將會於滿座後 (或會較原定時間提早出發)立即出發。請出示確認卡 / 號碼布以便登車。非參賽者將收取每位30元港幣。

## 泊車

汀角路巴士總站旁只有少量泊車位，請盡量乘搭大會巴士或公共交通工具，或共用汽車。

## 公共交通工具

行走由大埔墟火車站至大尾篤巴士總站的第75K號路線巴士，班次為9至12分鐘，首班車時間為早上6時05分，而第20C號路線綠色專線巴士，班次為15分鐘，首班車時間為早上5時30分。車程均為30分鐘。路線資料如有更改，以相關機構公佈為準。

## 現時半馬紀錄

- 男子 高賓達 69 : 46 ( 1985年 )
- 女子 哥頓游子 76 : 02 ( 1985年 )

## 成績

採用Iban Chronotrack計時系統，2條貼於號碼布背面B-tags，用於量度時間及名次。參賽者必須踏於黑色墊上以作紀錄，否則將被取消資格。得獎名單將於比賽當天在頒獎區附近貼上。其餘成績可於賽後一星期內到下列網站下載。

- [www.hkdr.org](http://www.hkdr.org)
- [www.hkdr.org/race.com](http://www.hkdr.org/race.com)

## 成績證書

請下載自[www.hkdr.org](http://www.hkdr.org)並自行填上成績

## 注意事項

- 報名表可於[www.hkdr.org](http://www.hkdr.org)或[www.xtra8.com](http://www.xtra8.com)下載 (複印本同樣接受報名)。
- 申請人必須確保其身體狀況適宜參加劇烈比賽。如有疑問，請先諮詢醫生的意見。
- 不受理資料不全或字跡不清的報名表、以及沒有簽署聲明，不接受傳真或電郵報名，並不會另行通知。
- 所有費用在任何情況下都不會退款或轉讓。不接納期票。切勿郵寄現金。
- 大會概不負責任何郵誤。
- 每人只可參加一個組別，所有報名一經確認後均不能更改。
- 隊際必須集齊所有隊員的報名表一併寄出，隊員的報名表必須由所屬隊伍單位蓋印確認後一併遞交，否則作申請個人組別處理。
- 各個人或隊際組別如少於5名參賽者或5隊，或會撥入其他組別，或取消其組別如取消組別，將安排退款。
- 號碼布不得轉讓別人。
- 重覆報名，不設退款、退件、轉名及轉賽安排。
- 大會設有行李寄存及水站。
- 大會保留權利拒絕任何申請及取消或拒絕任何參賽資格，包括但不限於未繳清賽事費用、使用非大會提供的號碼或他人的號碼參賽、轉讓或意圖轉讓轉讓號碼、沒有跑畢全程而衝過終點及在報名表上提供虛假資料等不當行為。
- 大會保留詮釋及更改以上資料的權利

## Course Map 路線圖

香港綠色(大尾篤)半馬拉松自1978年舉辦至今經歷40年，是目前香港最有歷史價值和受歡迎的公路長跑賽。香港綠色(大尾篤)半馬拉松賽道獨特，沿賽道兩旁林木夾道，空氣清新，風景怡人。遠看左邊是八仙嶺，而右邊則是船灣淡水湖。此外途經烏蛟騰及鹿頸的路段，平日絕少看到的鄉村風貌，翠綠田野及魚塘水面泛起漣漪均盡入眼簾。

本賽事取得香港各政府部門支持及協助，於賽事進行期間由新娘潭路起至烏蛟騰，鹿頸全線禁止所有車輛行使，而路線只限開放給參賽者使用。參賽者可以藉此機，盡量發揮爭取個人最佳的成績。



## Route 路線

### Half Marathon 半馬拉松

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  
由白普理賽馬會青年旅舍起點 > 新娘潭路 > 烏蛟騰 > 新娘潭路 > 鹿頸。  
回程重複 - 新娘潭路 > 烏蛟騰 > 新娘潭路 > 白普理賽馬會青年旅舍終點。

## Racecourse Closed 賽道封閉

Bride's Pool Road will be entirely closed from 7am to 9:30am. Runners must finish race before reopening of the racecourse.

新娘潭路由早上7時正封閉，禁止車輛進入。參賽者必須於早上9時30分或之前完賽，道路將於其後即時重開通車。

For Official Only

Race Number \_\_\_\_\_

## HKDRC SOUVENIR ORDER FORM

香港長跑會紀念品訂購表

SOUVENIR 紀念品	UNIT PRICE (\$) 單價 (\$)	QUANTITY 數量	AMOUNT (\$) 金額 (\$)
HKDRC T-shirt 香港長跑會歷屆大會衫 (隨機)	\$30		
Coffee Mug (Limited Edition) 咖啡杯 (限量)	\$15	\$10	
Medal 歷屆完賽者獎牌 (隨機)	\$20		
Water Bottle And Towel 水樽及毛巾 (隨機)	\$20		
<b>Cheque No.</b> 支票號碼	<b>TOTAL PAYMENT (\$)</b> 總金額 (\$)		

Submit together with the entry form and collect with your number bib on 18 Nov at Registration counter BEFORE the race. 連同報名表一併遞交，並於11月18日開賽前到登記處憑號碼布領取。



## HKDRC - Xtra8 40th Green Half Marathon 2018

2018年香港長跑會 - Xtra8 第40屆綠色半馬拉松

ENTRY FORM 報名表

Please complete the form clearly in BLOCK CAPITALS and provide email for contact. 為方便電腦處理，請用英文正楷大寫清楚填寫及提供電郵供聯絡。

### PERSONAL PARTICULARS 個人資料 (\*Must fill in 必須填寫)

Name in English 英文姓名\* Name in Chinese 中文姓名\*

Date of Birth\* 出生日期\*   D   M   Y  M 男\*  F 女\*

E-mail 電郵\* (We need your email for contact 我們需要你/妳的電郵聯絡)

Tel 電話\* Nationality 國籍\* HKID / Passport No. 香港身份証 / 護照編號\*

### EMERGENCY CONTACT 緊急聯絡

Name in English 英文姓名 Name in Chinese 中文姓名 Tel 電話

### CATEGORY 組別 (Choose one only 限選一項)

Category 組別	Year of birth 出生年份
Men 男子	<input type="checkbox"/> Open 公開 <2002
	<input type="checkbox"/> Senior I 高級1組 1979-1983
	<input type="checkbox"/> Senior II 高級2組 1974-1978
	<input type="checkbox"/> Veteran I 先進1組 1969-1973
	<input type="checkbox"/> Veteran II 先進2組 <1968
Women 女子	<input type="checkbox"/> Open 公開組 <2002
	<input type="checkbox"/> Senior 高級組 1979-1988
	<input type="checkbox"/> Veteran 先進組 <1978
Mixed 混合	<input type="checkbox"/> Team of four 4人隊際* <2002

\* No Restriction on the combination 沒有男女限制

### MIXED TEAM 混合組別

(Men 3/2/1, Women 1/2/3 are acceptable)

(One form per each team member)

(各隊員需每人填寫一份報名表)

Name of Team Leader (in Chinese & English) 隊長中文姓名

Name of School / Company / Organization / Team 學校 / 機構 / 組織 / 隊名

Team Members Name 隊員姓名

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

\* Please fill in 4 separate forms 請填寫4份報名表

Stamp 蓋印

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HKDRC Office Use Only 大會專用

Half Marathon 半馬拉松

OFFICIAL BUSES TO THE START 往起點的大會巴士  
(FREE FOR ENTRANTS, LIMITED SEATS, FIRST-RESERVE-FIRST-SERVED.)  
(賽員免費乘搭巴士，座位有限，先到先得。)

Hong Kong, 5:50am <input type="checkbox"/> City Hall, Central <input type="checkbox"/> Exit A2 of Tin Hau MTR Station	香港，早上5時50分 中環大會堂 天后港鐵站A2出口	Kowloon, 6:00am <input type="checkbox"/> Somerset Road, Kowloon Tong <input type="checkbox"/> YMCA, Hankow Road, Tsim Sha Tsui	九龍，早上6時 九龍塘港鐵站 森麻葛道 尖沙咀漢口道港青
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### PAYMENT INFORMATION 付款詳情

Entry Fee* 報名費*	Half Marathon 半馬拉松	Category 組別	Entry Application Received on or before 12 November 2018 於2018年11月18日前報名	Entry Application Received after 12 November 2018 於2018年11月18日後報名
<input checked="" type="checkbox"/>	Membership No.: 會員編號: _____	Member 會員	<input type="checkbox"/> \$250	<input type="checkbox"/> \$270
		Non-Member 非會員	<input type="checkbox"/> \$270	<input type="checkbox"/> \$320
		Born before 1953 於1953年前出生	<input type="checkbox"/> \$200	<input type="checkbox"/> \$250
		Team 隊伍	<input type="checkbox"/> \$1080	<input type="checkbox"/> \$1200

\* Entry fees subject to date of stamp chop 以郵印日期為準

Bank 銀行

Cheque NO. 支票號碼

### DECLARATION 聲明 (Must be signed 必須簽署)

I confirm that I am physically fit and capable of participating in the Race and I am entering the Race at my risk and responsibility. I hereby agree to abide by all rules and conditions laid down by the Hong Kong Distance Runners Club ("HKDRC"). I discharge the HKDRC, the sponsors and any other individuals or organizations connected directly or indirectly with the Race from any responsibility in the event of an accident or mishap which may cause me injury, death or loss of property during, as a consequence of or while traveling to or from the Race. I grant permission and assign all rights, title and interest to the HKDRC, and all media throughout the world to use my appearance, name, voice, biodata and likeness in connection with the Race in perpetuity and agree to waive any right of inspection or approval associated therewith.

謹證明本人體格健全及有能力參與本賽事，並願意自行承擔所有責任。本人亦同意遵守由香港長跑會（「大會」）所訂之一切比賽規則及決定。本人一旦因在往返比賽場地或在比賽中受到任何財物損失、受傷或導致死亡，大會、各贊助商及其他直接及間接有關合辦人士或機構均無需負上任何責任。本人批准並授權大會及全球傳媒在無需經本人審查，而可永久使用本人的肖像、姓名、聲線及個人資料，作為活動籌辦及推廣之用。

Signature 簽署

Date 日期

Please cut and paste on the envelop 請剪下並貼於信封上

### Mail to 郵寄到:

HKDRC - Xtra8 40th Green Half Marathon 2018  
HKDRC- GPO Box 10368, Hong Kong

2018年 第40屆香港長跑會-Xtra8綠色半馬拉松  
香港長跑會 - 香港郵政信箱10368號