

# HKDRC 40<sup>th</sup> Green Half Marathon 2019

‘綠色’大尾篤半馬拉松

03 NOV 2019 7:00am - 9:30am

NEVER GIVE UP



**Deadline 截止報名**  
900個名額，於2019年10月28日截止  
Quota up to 900,  
deadline date 28 October 2019

## Option

1. An opportunity to join HKDRC as 2020 member  
2. FREE Enjoy HKDRC's 60 Green Running and Hiking Routes covering all urban areas of Hong Kong and Macau.  
(Green running and hiking routes 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) 發在東區 for Recycling.

Dump Less 傾少廢  
Save More 省更多



## 報名方法 Registration Method:

郵寄 / By Mail (Effective Now)  
網址下載報名表 Website for downloaded Entry Form  
請於 [WWW.hkdrc.org](http://WWW.hkdrc.org) 網頁  
下載報名申請表 (可自行複印)

The entry form can be downloaded from  
[WWW.hkdrc.org](http://WWW.hkdrc.org)

**截止報名日期 Deadline for Entry Application:**  
28 October 2019

## 完賽者可獲 Finisher will Receive:

T恤，完賽者獎牌，環保餐具套裝及太陽能鎖匙扣。  
T-shirt, Finisher Medals, Environmental Cutlery Set  
and Solar Torch Key Holder.

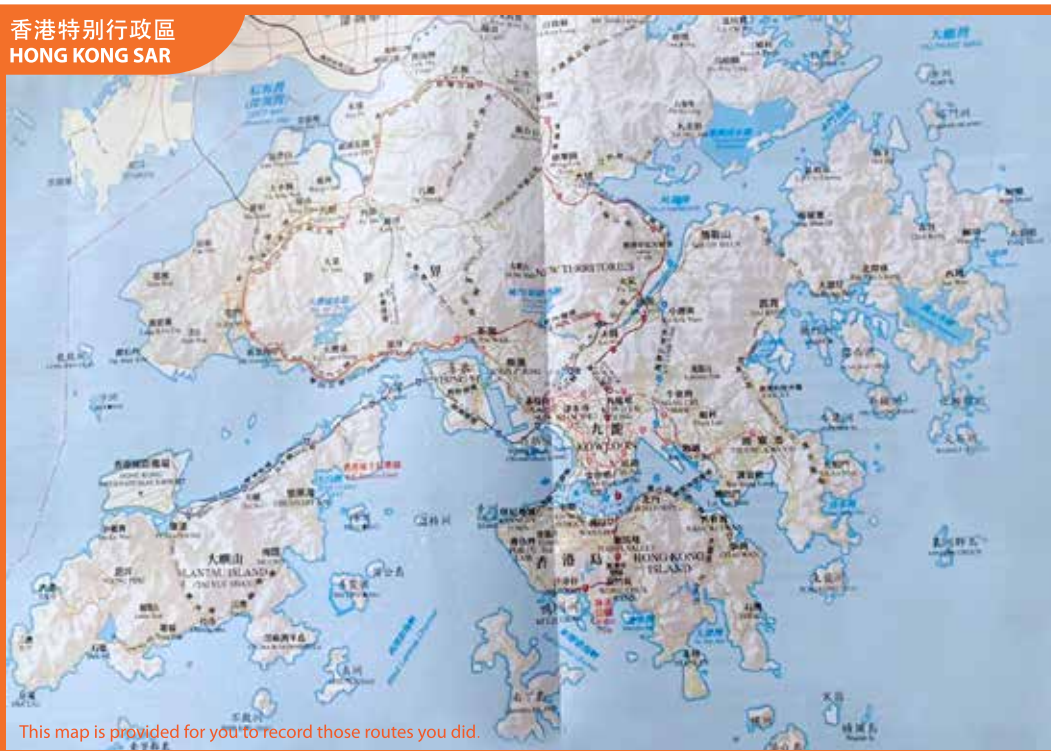
Inquiries 查詢: [enquiry@hkdrc.org](mailto:enquiry@hkdrc.org) Website 網頁: [www.hkdrc.org](http://www.hkdrc.org)

# HKDRC Green Hiking Routes

(60nos) - Total 1000km

Free Enjoyment

香港特別行政區  
HONG KONG SAR



This map is provided for you to record those routes you did.

## 香港長跑會綠色行山徑 (60條) — 全長1000公里

1. The Peak > Sandy Bay (山頂 > 大口環)
2. Ng Tung Chai Water Falls (梧桐寨瀑布)
3. Route Twisk > Tin Fu Tsai > Tai Tong, Yuen Long (麥理浩徑Trails Section 9 & 10)
4. Pak Tam Au > Sui Long Wo (麥理浩徑Trail Section 3 - 北潭坳 > 水浪窩 / 企嶺下)
5. Sui Long Wo > Gilwell Campsite (麥理浩徑Trail Section 4 - 水浪窩 > 基維爾營)
6. Sek Mun Gap > Ngong Ping (東涌, 石門甲 > 昂平)
7. Tai Tam Reservoir > Mount Parker Road > Quarry Bay (大潭水塘 > 柏架山道)
8. Shing Mun Reservoir > Lead Mine Pass > Tai Mo Shan (城門水塘 > 鉛礦坳 > 大帽山)
9. Sha Tin Au > Beacon Hill > Eagle Nest Hill > Tai Po Road (麥理浩徑Trail Section 5)
10. Macau Coast Border > City Central > Macau Towel (澳門關閘至南灣觀光)
11. Sham Mun Tsai New Village > Ma Shi Chau (三門仔 > 馬屎洲)
12. Shek Pik > Kau Ling Chung > Fan Lau > Tai O (石壁 > 大澳)
13. Siu Sai Wan Park (Leaping Dragon Trail) > Shek O Road (小西灣公園 > 石澳道)
14. Hoi Ha Marine Ecology Park > Wan Tsai Camp Site (西貢海下灣海洋生物館)
15. Pak Tam Chung > Man Yee Hong Kong Global Geopark of China (麥理浩徑Trail Section 1)
16. Long Ke > Sai Wan (麥理浩徑Trail Section 2 - 浪茄 > 西灣)
17. Tai Long Wan > Ham Tin > Chek Keng > Pak Tam Au (麥理浩徑Trail Section 2)
18. Yau Tong Sam Ka Chuen Park > Cheng Lan Shue (衛奕信徑Trail Section 3)
19. Shatin Pass > Lion Rock Country Park > Amah Rock > Tai Po Road (衛奕信徑Trail Section 5)
20. Ap Chau > Ka O (Crooked Island) > Tap Mun (Grass Island) (鴨洲 > 吉澳 > 塔門)
21. Parkview Apartment > The Twins > Stanley (陽明山莊 > 赤柱)
22. Yung Shue Wan > Hung Shing Yeh Beach > Cave > Sok Kwu Wan (南丫島)
23. Luk Keng > Kai Kuk Shue Ha > Fung Hang > Kuk Po > Fan Shui Au > Wu Kau Tang
24. Needle Hill > Grass Hill > Lead Mine Pass > Tai Po (麥理浩徑Trail Section 7)
25. Wu Kau Tang > Kau Tam Tso > Sam A Chuen > Sam A Chuen > Lai Chi Wo > Luk Keng
26. Cap D'Aguilar Country and Marine Park (鶴咀)
27. Pak Sin Leng > Tai Mei Tuk Natural Trail > Wang Shan Keuk Sheung, Bridges > Tsat Hap Muk > Sir Yarde Memorial Pavilion > Nam Chung (大尾篤, 八仙嶺 > 鹿頸, 南涌)
28. Lau Shui Heung > Kat Tsai Shan > Cloudy Hill > Sha Lo Tung > Fung Yuen, Tai Po (流水嚮 > 桔仔坳 > 九龍坑山 > 沙螺洞 > 鳳園 > 大埔)
29. Pat Sin Leng > 8 Hills > Wu Kau Tang (八仙嶺 > 山峰 > 烏蛟騰)
30. Siu Sai Wan > Shek O Peak > Dragon Back > Shek O Road (小西灣 > 打爛呈山 > 龍脊)

All routes description and photos can be viewed in  
[www.hkdrc.org](http://www.hkdrc.org) Green Work for Green Races.

31. Wong Nai Chung Reservoir > Violet Hill Trail > Tai Tam Reservoir (黃泥涌水塘 > 荳崗山 > 大潭水塘)
32. Macau Triho da Taipa Pequena 2000 (澳門小潭山環山徑)
33. Lantau Peak (鳳凰山)
34. Wu Kau Tang > Wong Leng > Ping Fung Shan > Hok Tau (黃嶺 > 屏風山 > 鶴兜)
35. Luk Keng > Fung Hang > Kuk Po > Yung Shue Au > So Lo Pun (鎖鑼盤)
36. Lam Kam Road > Stone River > Koon Yam Shan (林錦公路 > 石河 > 觀音山)
37. Chung Mei > Wu Kau Tang > Sam A Tsuen > Ngau Si Wu Shan > Sai Lau Kong
38. Kiu Tsui Chau (Sharp Island) > Yim Tin Tsai > Kiu Tsui > Kiu Tau (橋咀, 鹽田梓)
39. The Mount Butler (畢拿山)
40. Lui Kung Tin Tsuen > Kap Lung Tsuen > Ho Pui Reservoir (雷公田村 > 河背水塘)
41. Tung Chung > Tung O Ancient Trail > Sa Lo Wan > Sham Wat > Tai O (東涌 > 大澳)
42. Lo Wu > Nam Hang Hill > MacIntosh Fort > Man Kam To (羅湖 > 南坑山 > 麥景陶碉堡 > 文錦道)
43. Macau Triho Coloane Trail (澳門路環步行徑)
44. Chuen Lung > Lung Mun Country Trail > Shing Mun Pineapple Dam (川龍, 龍門郊遊徑)
45. Lion Rock Peak (獅子山)
46. Tung Lung Island (Holes Island) (東龍洲)
47. Victoria Peak (太平山)
48. High Junk Peak Country Trail (釣魚翁郊遊徑)
49. Aberdeen Country Park / Reservoir > Pokfulam Reservoir (香港仔水塘 > 薄扶林水塘)
50. Macau Parque Natural do Taipa Grande (澳門大潭山環山徑)
51. Mining Heritage Centre (鞍山探索館)
52. Lai Chi Chong (荔枝莊)
53. Sunset Peak (大東山)
54. Tai Po Kau (大埔滘)
55. Little Hawaii Trail (小夏威夷徑)
56. Shing Mun Reservoir (城門水塘)
57. Mount Davis (摩星嶺)
58. Ma On Shan Country Park > Mining Cave > Ngong Ping (馬鞍山郊野公園 > 礦洞 > 昂平)
59. Lung Fu Shan Country Park > Pine Battery > Morning Trail > Hong Kong University
60. Sai Pai Shek Shan Country Trail (西排石山郊遊徑)

# HKDRC 40th Green Half Marathon 2019

## NEVER GIVE UP

<b>Date</b> 03 November 2019 (Sunday)		
<b>Times</b> <b>Half Marathon</b> - Race Start                      07:00 am - Race Finish                      09:30 am		
<b>Distance</b> <b>Quota</b> Half Marathon (21.1K)              1000		

**Assembly Venue**  
Open area by Bradbury Jockey Club Youth Hostel next to Plover Cove Reservior, 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@hkdr.org

**Mail Registration**  
Please download Entry Form from [www.hkdr.org](http://www.hkdr.org)

<b>Categories</b>		
<b>Half Marathon</b>		
Men Open	Year of Birth	>2003
Men Senior I		1980-1984
Men Senior II		1974-1979
Men Veteran I		1969-1973
Men Veteran II		>1968
Women Open		>2003
Women Senior		1979-1989
Women Veteran		>1978

**Team of Three\***                      >2003  
\*3 men or 3 women or 3 mixed men and women (1/2/3 men and 3/2/1 women)

**Entry Procedure**  
Please download entry form from [www.hkdr.org](http://www.hkdr.org)  
You have to mail the entry form and 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 GPO Box 10368, Hong Kong"** for mail back your race number.

- ☒ Completed and signed Entry Form(s) (1 for Individual or 4 for team)
- ☒ Local crossed cheque payable to **"The Hong Kong Distnace Runners Club"**, with correct amount and date (Write name and contact number at the back of the cheque) or payment receipt
- ☒ \*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.hkdr.org](http://www.hkdr.org)

**Shuttle Buses to the Start (Free for Registered Participants)**  
**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 website [www.hkdr.org](http://www.hkdr.org) 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](http://http://www.hkdr.org)  
Copied of the forms are acceptable.
  - Applicants should make sure their health conditions is suitable for the strenuous competition. Incase 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 opencategories 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.

## Prize List for Half Marathon 綠色半馬拉松獎項

Category 組別	Position 名次	Trophy 獎盃	Cash/ Coupon 現金/ 現金券	Sketchers Running Shoes 跑鞋 \$1000	SEAM Trousers 壓力褲 \$500	HKDRC Env. Fan 環保風扇 \$300	SEAM Arm Sleeves 防曬手袖 / 太陽帽 \$150	SEAM Wrist Wallet 腰包 / 防曬手袖 \$150	HKDRC Cash + Env. Fan 現金+ 環保風扇 \$200 / 腰包 / 防曬手袖 \$150
Overall Men 男子全場			\$ 1,000						
Overall Women 女子全場			\$ 1,000						
Men / Women ( MQ, MS1, MS2, MV1, MV2, WO, WS, WV ) 男子/女子	1	✓	\$ 500	✓					
	2	✓	\$ 400		✓				
	3	✓	\$ 300		✓				
	4	✓	\$ 200			✓			
	5	✓	\$ 200				✓		
	6-8	✓	\$ 150					✓	
Team ( Men/ Women/ Mixed ) 男子/女子 /混合	1	✓	\$ 1,200						✓
	2	✓	\$ 1,000						
	3	✓	\$ 800						
Eldest ( Men/ Women ) 最年長 參賽者: 男子/女子	1		\$ 300	✓					
Any men & women runner who finished the run within 76 mins & 80 mins 任何男子 及女子參 賽者於76 分鐘或80 分鐘內完 成賽程			\$ 300						

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

## Finishers Souvenirs 完賽者紀念品

T-Shirt ( XL/L/M/S ) 恤衫	Finisher Medal 完賽者獎牌	Environmental Cutlery Set 環保餐具	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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\* 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。



# 2019年香港長跑會第40屆綠色大尾篤半馬拉松

<b>主辦</b> 香港長跑會	<b>組別</b> <b>半馬拉松</b> <b>男子公開</b> <b>男子高級1組</b> <b>男子高級2組</b> <b>男子先進1組</b> <b>男子先進2組</b> <b>女子公開組</b> <b>女子高級組</b> <b>女子先進組</b>	<b>出生年份</b> >2003 1980-1984 1974-1979 1969-1973 >1968 >2003 1979-1989 >1978
<b>日期</b> 2019年11月03日（星期日）		
<b>時間</b> <b>半馬拉松</b> 一起跑 —完成賽程	早上7時正 早上9時30分	
<b>距離</b> 半馬拉松	<b>名額</b> 1000人	<b>3人隊際*</b> * 3男、3女、3混合(1男2女或2男1女)

**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2019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。

**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作準。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。

**查詢**  
[enquiry@hkdr.org](mailto:enquiry@hkdr.org)

**郵寄報名**  
**下載報名表格**  
[www.hkdr.org](http://www.hkdr.org)

**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  
• 尖沙咀漢口道港青年會

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號路線綠色專線小巴，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)

**成績證書**  
請自[www.hkdr.org](http://www.hkdr.org)下載證書  
並自行填上成績

**注意事項**  
1.報名表可於[www.hkdr.org](http://www.hkdr.org)下載  
(複印本同樣接受報名)。

2. 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。  
3. 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。

4. 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。

5. 大會概不負責任何郵誤。

6. 每人只可參加一個組別，所有報名一經確認後均不能更改。

7. 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。

8. 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。

9. 號碼布不得轉讓別人。

10. 重覆報名，不設退款、退件、轉名及轉賽安排。

11. 大會設有行李寄存及水站。

12. 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。

13.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廉。

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時起封閉，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。

HKDRC Membership Application Form 2020
2020 年度 香港 長跑 會 會員 申請 表
01.01.2020 - 31.12.2020

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. 香港身份証/護照號碼 Nationality 國籍

Birth Date D M Y M F
出生日期 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 2019 以2019年12月31日之年齡為準)

Table with 3 columns: Category 類別, Age 年齡, Membership Fee 會費. Rows include Junior Member 青少年, Senior Member 成年, and Life Member 永久.

\*Optional 可選擇

Bank 銀行 Check No. 支票號碼

Signature 簽名 Date 日期

HKDRC 40th Green Half Marathon 2019
2019年香港長跑會第40屆綠色大尾篤半馬拉松

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 F\*
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. 香港身分證 / 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)

Half Marathon 半馬拉松

Men 男子 Women 女子 Mixed 混合

Category 組別 Year of birth 出生年份

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

Mixed Team 混合組別 (One form per each team member)
(Men 3/2/1, Women 1/2/3 are acceptable) (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 Stamp 蓋印

\*Please fill in 3 separate forms 請填寫3份報名表

HKDRC Office Use Only 大會專用

Half Marathon 半馬拉松

Official Buses To The Start 前往起點的大會巴士
(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 香港，早上5時50分
Kowloon, 6:00am 九龍，早上6時

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 28 October 2019 於 2019年10月28日前報名 Entry Application Received after 28 October 2019 於 2019年10月28日後報名

Membership No.: 會員編號: Non - Member 非會員 Born before 1953 於1954年前出生 Team 隊伍

\*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 mail a self-addressed envelope (SAE) with this entry form and payment to HKDRC.
請將此報名表和本地劃線支票 / 銀行入數紙連同已貼上郵票的回郵信封郵寄到香港長跑會。
Please cut and paste on the envelop 請剪下並貼於信封上

Mail to 郵寄到:
HKDRC 40th Green Half Marathon 2019
HKDRC- GPO Box 10368, Hong Kong
2019年第40屆香港長跑會綠色大尾篤半馬拉松

NEVER GIVE UP