

HKDRC - Nature's Village 39th Mount Butler (Heritage) Race

"Better Place, Better Race for You and Me 2015"

Date: 22 March 2015 (Sunday)

Start Time: 8:00 am

Assembly Venue:

Tai Tam Reservoir Road/Wong Nai Chung Gap Road, nearby Hong Kong Girl Guide Sandiland Training Centre

Quota: 1,000

Route: Tai Tam Reservoir Rd Car Park>Tai Tam Reservoir Rd>Hong Kong Parkview>Tai Tam Reservoir>Mt Parker Rd>(Quarry Gap (Tai Fung Au))>Sir Cecil's Ride>Mt Butler Rd>Sir Cecil's Ride>Tai Tam Reservoir Rd Car Park

Categories:

Men	• Junior 15 - 19	• Open 15 & above
	• Senior 1 35 - 44	• Senior 2 45 - 54
	• Veteran 1 55 - 64	• Veteran 2 65 & above
	• Team of four All ages	

Women	• Open 15 & above	• Senior 30 - 39
	• Veteran 1 40 - 49	• Veteran 2 50 & above
	• Team of four All ages	

Mixed

• Team of four	All ages
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Eligibility for Team Entrants:

- Teams of any commercial companies/ schools/ sports organizations members of all ages
- Each team must be formed by 4 male or 4 female or mixed (at least 2 of opposite gender)
- No limit to the number of teams in one commercial company / school / sport organization
- NO SUBSTITUTION is allowed once entry is accepted
- Stamp should be chopped on the entry form

Team Scoring:

- All teammates must complete the race
- Total score of the teammates' overall positions will determine the result
- Winning teams (3 men teams, 2 women teams, 2 mixed teams) will be decided on the basis of lowest aggregate position
- In case of same total score, the member of the team with the lowest overall position will determine the winner
- If only 2 or 3 teams in the category, only the Champion will be awarded

Entry Fee Per Entrant:

- Register/ mail on or before 1 March 2015
HKDRC Member: HKD 180
Non-Member: HKD 200
Team : HKD 800
- Register/ mail after 1 March 2015
Member / Non-Member: HKD 250
Team : HKD 1,000
- Aged 65 & above: HKD 120

Entry Procedure:

- Online Application : www.hkdr-race.com
 - Complete online registration accurately
 - Pay through Internet Banking / ATM
HSBC A/C: Hong Kong Distance Runners Club A/C No: 111-049326-001
 - Send the RECEIPT/PAYMENT APPROVAL and runner's details (Name, Category, Mobile) to HKDRCAPP@OUTLOOK.COM for confirmation
- Mail Registration should include the followings and mail to "MBR2015, HKDRC, GPO Box 10368, HK"
 - Completed and signed entry form
 - Local crossed cheque made payable to "The Hong Kong Distance Runners Club" with RUNNER'S NAME, ID No. and MOBILE at the back of the cheque
 - Confirm your application at www.hkdr-race.com
→ "Review Application Status" one week after mailing
 - Mail payment receipt

One-way Official Shuttles to the Start

The Official Shuttles leave from 4 locations as below and are FREE for competitors. HKD30/pax will be charged for NON-PARTICIPANTS (i.e. accompanies)

Hong Kong, 6:45am

- City Hall, Central (nearby coach parking area)
- Tin Hau, MTR Station Exit A2 (nearby Electric Road)

Kowloon, 6:30am

- Somerset Road, Kowloon Tong MTR Station
- YMCA, Tsimshatsui (nearby Hankow Road)

Public Transport to the Start:

Catch Bus Routes 6 or 61 from Central to Repulse Bay or any bus that plies Wong Nai Chung Gap Rd. Get off at the Shell Gas Station on Wong Nai Chung Gap Rd. Take a flight of stairs up and turn left to reach the Start.

Race Pack Pick Up Arrangement:

Runners should pick up the race pack before the race day if their application CONFIRMED ON OR BEFORE 15 March 2015 (Participating List will be uploaded on www.hkdr-race.com on 4 March 2015), otherwise runners have to pick up at the race venue on the race day:

Location: RacingThePlanet, 22/F, 148 Wing Lok Street, Sheung Wan (Sheung Wan MTR Exit A2)

Date & Time: 9-20 March 2015, 11:00 am-8:00 pm (includes Weekends and Public Holiday)

Results:

Prize Presentation Ceremony will be held immediately after the race on the race day, would all the winners please stay behind for the announcement. Taking on behalf of other winners is not allowed, if winners cannot attend on the race day, organizer will arrange a location and period for collecting and HKD150 will be charged as administrative cost. Overall Results will be uploaded on www.hkdr-race.com one week after the race day.

Official Finisher Certificate:

(optional) HK\$30
Official Finisher Certificates with printed positions and times will be mailed out within 2 months. Include fee with your entry fee.

Souvenirs:

T-shirt, Medal, Towel, Memo Pen, Coffee Mug, Recycle Bag, Perskindol Therapeutic Gel, Muscular Tape by Gatapex.

Record Holders:

Men	Thomas Kirproth	52:11 (2009)
Women	Yuko Gordon	60:09 (1982)

Important Notes:

- Entrants can only enter one category, either Individual / Team.
- Downloaded and photocopied entry forms are acceptable.
- Incomplete / unclear forms / Form without signature will not be accepted.
- Participants only need to apply by mail or online, duplicate applicants will not be entertained, all fees are non-refundable.
- Payment is accepted only in Hong Kong Dollars by local crossed cheque. No post-dated cheque. Mailing cash is illegal.
- Sufficient stamp fee should be ensured to avoid delay delivery. HKDRC will not be responsible for items lost / delay in mail.
- All entries are non-refundable, non-transferable and non-amendable.
- Individual category with less than 10 entrants / Team category with only 2-3 teams, prizes will only be awarded to top 3 (individual) / the Champion (Team).
- Individual categories with less than 5 entrants / Team category with less than 2 teams, that category will be cancelled and may request to change for other category.
- HKDRC reserves the right to reject any entry and to base on, but not limited to, the following: misconduct - providing false information, non-payment of race fees, competing with an unofficial number or an official number assigned to another person, crossing the finish line without completing the entire race course, etc.
- HKDRC reserves the right to interpret and amend the above information without prior notice.

Inquiries

E-mail : enquiry@hkdr-race.com
Website : www.hkdr-race.com
Online Registration : www.hkdr-race.com

香港長跑會-健樂坊 第39屆畢拿山古蹟十五公里越野賽 “二零一五 你/妳, 我喜愛的賽事”

日期: 二零一五年三月二十二日(星期日)

起跑時間: 上午八時正

集合地點:

黃泥涌坑>大潭水塘道, 側鄰中石化油站

名額: 一千人

路線: 大潭水塘道停車場>大潭水塘道>陽明山莊>大潭水塘>柏架山道(大風坳)>金督馳馬徑>畢拉山道>金督馳馬徑>大潭水塘道停車場

組別:

男子	• 青年組 15 - 19歲	• 公開組 15歲或以上
	• 高級1組 35 - 44歲	• 高級2組 45 - 54歲
	• 元老1組 55 - 64歲	• 元老2組 65歲或以上
	• 4人隊際組 任何年齡	

女子

• 公開組 15歲或以上	• 高級組 30 - 39歲
• 元老1組 40 - 49歲	• 元老2組 50歲或以上
• 4人隊際組 任何年齡	

男女子混合

• 4人隊際組	任何年齡
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隊際組參賽資格:

- 任何商業機構員工/學校/體育會會員均可參加
- 每隊必須為4男、4女或混合(至少2名為異性性別)
- 每商業機構員工/學校/體育會無限報名隊數, 報名被確認後, 不可作出任何更改, 不論任何理由亦不可替換其他參賽者
- 所有隊際賽事均需在報名表上蓋上有效印章

隊際成績計算:

- 所有隊員均需完成整個賽事
- 以所有隊員之全場總名次總和計算成績
- 取得累積最少之隊伍(男子組3隊、女子組、混合組)為優勝隊伍
- 如有同分, 則以該隊最後完成賽事之隊員的名次為準, 較高為勝
- 如只有2/3隊參賽, 只會頒發冠軍獎項

報名費:

- 於2015年3月1日或之前登記(以郵戳為準)
香港長跑會會員: 180港元
非會員: 200港元
隊際: 800港元
- 於2015年3月1日後登記
會員/非會員: 250港元
隊際: 1,000港元
- 65歲或以上: HKD 120

報名手續:

- 網上報名: www.hkdr-race.com
 - 準確輸入所需資料
 - 透過網上銀行/自動櫃員機付款
匯豐銀行: 香港長跑會
戶口號碼: 111-049326-001
 - 將收據/付款證明及參賽者資料(姓名, 組別及電話)電郵至作確認
- 郵寄至“香港郵政信箱10368香港長跑會-2015年畢拿山15公里”, 需包括:
 - 完整及已簽署之報名表
 - 劃線支票, 抬頭為“香港長跑會”, 並於背頁寫上姓名, 參賽組別及聯絡電話
 - 於遞交報名表一星期後登入 www.hkdr-race.com → “檢閱報名狀況”以確認報名被接納

前往起點的大會巴士:

大會將於4個地點免費提供巴士給參賽者, 非參賽者(即親友)則需收取每位30元港幣。

- 香港, 早上六時四十五分
 - 中環大會堂(近大巴泊車位置)
 - 天后港鐵站A2出口(電器道)
- 九龍, 早上六時三十分
 - 九龍塘森麻實道
 - 尖沙咀青年會(漢口道)

前往起點的公共交通工具:

乘搭行走由中環至淺水灣的6或61號巴士, 或任何途經黃泥涌坑道的巴士, 於黃泥涌坑道的銀殼油站下車。步上樓梯後向左行即抵起點。

領取號碼包安排:

如參賽者於2015年3月15日前收到確認電郵(名單將於2015年3月4日於上載於 www.hkdr-race.com), 請於以下日子前往指定地點領取號碼包, 否則, 請於賽事當天早上到比賽場地領取:
地點: 上環永樂街144號
RacingThePlanet(標地長征)
(上環地鐵站A2出口)

日期及時間: 2015年3月9 - 20日, 上午11時 - 晚上8時
(包括星期六、日及公眾假期)

成績公佈:

頒獎禮將於即日完賽後立即進行, 敬請所有得獎者留步等候領獎。所有獎項不得代領, 如需後補獎項者, 本會將收取每獎項港幣150元手續費, 而領取地點及時間將另函通知。總成績將於完賽後一星期內上載本會網頁 www.hkdr-race.com。

成績證書:

(非必須) 30港元
印有名次及時間之成績證書, 將在二個月內寄出。費用連同報名費一併繳交。

紀念品:

T恤, 完賽者獎牌, 毛巾, 多功能原子筆, 咖啡杯, 環保袋, 普施健肌肉止痛凝膠, Gatapex肌肉膠貼布。

紀錄保持者:

男子 - Thomas Kirproth 52:11 (2009年)
女子 - 歌頓由子 60:09 (1982年)

注意事項:

- 每人只可參加一個組別(個人或隊際)。
- 下載版及影印本報名表同樣接受。
- 資料不全/不清晰/沒有簽署的報名表將不獲處理。
- 參賽者只需郵寄或網上報名, 重複報名將被取消資格, 已交費用一概不退還。
- 只接受本地劃線支票並以港元付款。不接納期票及設勿郵寄現金。
- 參賽者需確保貼上充足郵費, 以免郵遞延誤。本會恕不負責任何郵件延誤或寄失。
- 所有報名一經接納後均不能退款、換人及更改。
- 如個人組別少於10人或隊際組別只有2/3隊參賽, 只會頒發前3名(個人)/第1名(隊際)獎項。
- 如個人組別少於5人或隊際組別少於2隊參賽, 該組別將會自動取消, 參賽者亦會被安排至其他組別參賽。
- 香港長跑會保留權利拒絕任何申請或取消參賽資格, 包括但不限於提供虛假資料, 未繳全費, 使用非大會或他人的號碼布假賽, 代跑或沒有跑畢全程而衝過終點等不當行為等。
- 香港長跑會保留詮釋及更改以上資料的最終權利。

查詢

電郵: enquiry@hkdr-race.com
網頁: www.hkdr-race.com
網上報名: www.hkdr-race.com

HKDRC-NATURE'S VILLAGE 39th MOUNT BUTLER 15KM古蹟越野賽 2015
Better Place, Better Race for You and Me 2015

本賽事將推行綠色及低碳生活方式。
We will be working towards creating lower carbon and greener distance races.

截止報名日期 Applications Deadline: 22 March 2015
查詢 Inquiries: enquiry@hkdr-race.com
網頁 Website: www.hkdr-race.com
網上報名 Online Registration: www.hkdr-race-race.com
請於網頁下載區域 www.hkdr-race.com (download corner) 下載報名表(可自行複印報名表)
This entry form can be downloaded from www.hkdr-race.com (download corner) (Photocopied forms are acceptable)

地點: 上環永樂街144號
RacingThePlanet(標地長征)
(上環地鐵站A2出口)
日期及時間: 2015年3月9 - 20日, 上午11時 - 晚上8時
(包括星期六、日及公眾假期)

成績公佈: 頒獎禮將於即日完賽後立即進行, 敬請所有得獎者留步等候領獎。所有獎項不得代領, 如需後補獎項者, 本會將收取每獎項港幣150元手續費, 而領取地點及時間將另函通知。總成績將於完賽後一星期內上載本會網頁 www.hkdr-race.com。

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女子 - 歌頓由子 60:09 (1982年)

注意事項: 1. 每人只可參加一個組別(個人或隊際)。
2. 下載版及影印本報名表同樣接受。
3. 資料不全/不清晰/沒有簽署的報名表將不獲處理。
4. 參賽者只需郵寄或網上報名, 重複報名將被取消資格, 已交費用一概不退還。
5. 只接受本地劃線支票並以港元付款。不接納期票及設勿郵寄現金。
6. 參賽者需確保貼上充足郵費, 以免郵遞延誤。本會恕不負責任何郵件延誤或寄失。
7. 所有報名一經接納後均不能退款、換人及更改。
8. 如個人組別少於10人或隊際組別只有2/3隊參賽, 只會頒發前3名(個人)/第1名(隊際)獎項。
9. 如個人組別少於5人或隊際組別少於2隊參賽, 該組別將會自動取消, 參賽者亦會被安排至其他組別參賽。
10. 香港長跑會保留權利拒絕任何申請或取消參賽資格, 包括但不限於提供虛假資料, 未繳全費, 使用非大會或他人的號碼布假賽, 代跑或沒有跑畢全程而衝過終點等不當行為等。
11. 香港長跑會保留詮釋及更改以上資料的最終權利。

零費用巴士服務接載運動員往起點
完賽者可獲T恤, 獎牌, 毛巾, 多功能原子筆, 環保袋, 咖啡杯, 普施健止痛膠, Gatapex肌肉膠貼布。賽會採用Championchip My Tags 計時系統計算成績, 免晶片按金及免退還晶片。Finishers will receive T-shirts, Medals, Towels, Memo Pen, Recycle Bags, Coffee Mug, Perskindol Therapeutic Gel, Muscular Tape by Gatapex. Championchip My Tags will be used for race results. NO payment deposit and NO return sensor are required.

FREE SEMINAR 免費講座
Two Free Seminars (1.5hrs) conducted for runners by AFTC (Asian Fitness Therapy Center 亞洲運動補強能治療中心) will be held in March 2015 with Limited Quota. Please refer details at AFTC and HKDRC websites.

大量環保紀念品減價售賣
Large number of environmental souvenirs at discounted SALE.

Organizer 主辦單位: HK DISTANCE RUNNERS CLUB 香港長跑會, NATURE'S VILLAGE 樂健坊
Major Sponsor 主要贊助商: POLAR LETS TO YOUR BODY, Gatapex, Perskindol, Gammon
Co-Sponsors 贊助商: AFTC Asian Fitness Therapy Center 亞洲運動補強能治療中心
Official Physiotherapy 官方物理治療: AFTC Asian Fitness Therapy Center 亞洲運動補強能治療中心