

## PFL charity Run 2019 薄扶林慈善挑戰盃暨家庭同樂日 2019

### 活動須知 Event Reminder

響應環保，為環保出一分力！

**Response to environmental protection, for the protection of our environment**

#### 電子證書 E Certificate

完成證書將於活動完結後，參加者有需要可於活動網頁內上載

E-certificate of completion can be uploaded to the website after the race.

#### 終點水站供應 Water Station @ Finish Point

敬請自備水樽，只有限量水杯供應

Please bring your own water bottles, cups limited supply.

#### 垃圾分類 Garbage classification

營地設置垃圾分類箱，敬請各位參加者合作

Campsite has a garbage classification, Thank you for your cooperation.

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**Timing Solution** 為是次十公里比賽計時系統，跑手必需經過檢查站的人手掃描處理，必需清楚掛於胸前當眼處作賽，否則大會有權取消其參加資格!

**Timing Solution System** will be used on the 10K Race, The number bib must be deducted in the chest for the hand scanning on the check point. Otherwise, the organizer may consider disqualifying.

頒獎典禮將設於薄扶林傷健營禮堂內

Prize Ceremony will hold in the Pokfulam PHAB Camp Main Hall.

報名後如需要轉名、更改組員或組別，須額外繳交行政費用港幣\$100 元

HK\$100 administration cost will be charged for any change of name, team member, category & etc., after application is accepted.

遺失號碼布，大會需收取額外行政費用港幣 \$50 元正，敬請留意!

HK\$50 administration cost will be charged for Lost number bib runner!

頒獎典禮將於所有賽事完結後一小時後進行，得獎者如未能出席領獎，大會將不設後補，敬請留意。

The award ceremony will start about an hour after the Race Event. All winners

must personally present to receive the award, please note that the organizer will not distribute the prize and award after the Ceremony.

如當日未能參賽者，所有大會紀念品將不設任何補領安排!

Souvenirs will be given to all entrants. Please note that the organizer will not distribute the Souvenirs after the event.

大會已為賽事購買公眾責任保險，所有賽員及家長須自負個人意外責任，賽會概不負責，建議參加者自行購買合適保險。

The organizer has purchased Public Liability Insurance for the race. Competitors and their parents participate the race at their own risk. The organizer undertakes no liabilities to any personal injury. Competitors are recommended to purchase their own suitable insurance.

備註:大會保留最後修訂之權利，一切資料以英文版作準，敬請留意!

Note: Organizers reserve the right for any amendments, In case of discrepancy between the Chinese and the English version in respect of all or any part of the contents in the website, the English version shall prevail.

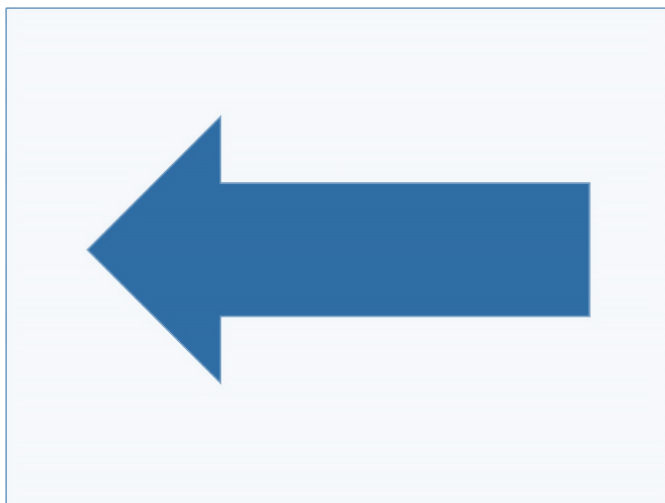
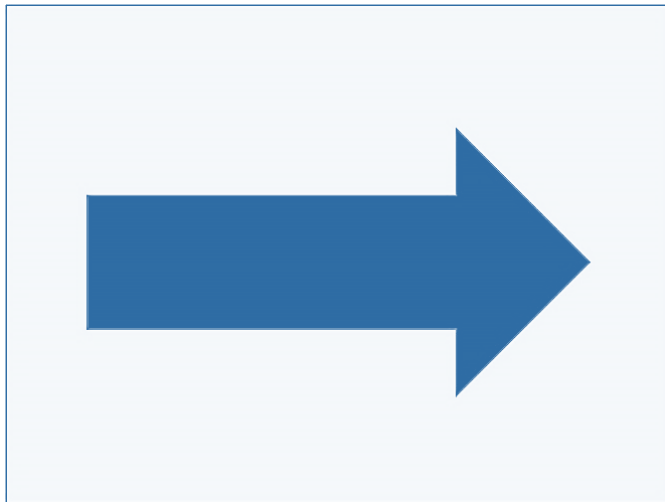
### 活動地點 Event Centre





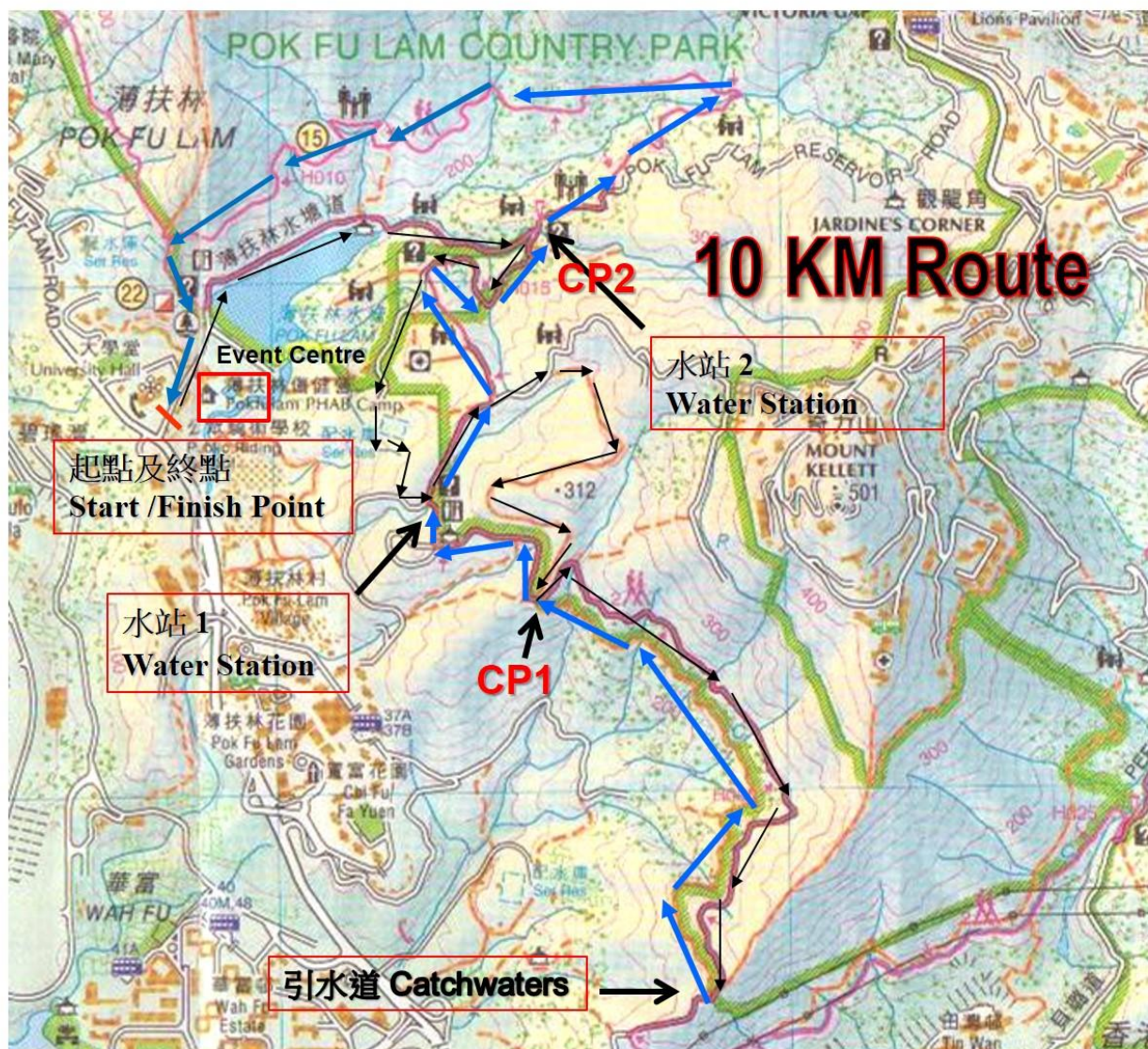
十公里跑-沿路指示標誌

**10KM Route Marking**





## 10K Route 比賽路線



## Rundown 活動時間表

0800 Drop Bags 行李寄存

0900 10KM Campsite main door Start 十公里起步/ 營地門口

0900 Family Orienteering @ Main Hall start 親子定向比賽起步/ 營地禮堂

1100 Race Finish 賽事完結

1130 Lucky Draw Charity ticket \$20 each 慈善抽獎 (每張獎券\$20 元)

1200 Presentation of appreciation certificate to Sponsors and supporters  
頒發感謝狀贊助商及支持機構

1215 Results & Prize Ceremony 成績公佈/ 頒獎禮

1300 Lucky Draw 慈善抽獎



**PFL Charity Run & Family Day 2019**  
**薄扶林慈善挑戰盃暨家庭同樂日 2019**  
[www.hkmsa.hk](http://www.hkmsa.hk)