

5公里慈善挑戰盃暨家庭同樂日 2011

5K CROSS COUNTRY CHALLENGE & FAMILY DAY

5 公里慈善挑戰盃 5Km POKFULAM RUN

賽員須知

主辦: 香港全能運動學會
香港大學馬拉松隊

協辦: Y2Y 定向人
健衡訓練聯盟
香港大學運動及潛能發展研究所

日期: 2011 年 4 月 17 日

地點: 薄扶林道 140 號, 香港大學, 明德村入口旁網球場

賽事主任及路線設計: 黃偉建

大會程序

11:00 賽事中心開放, 開始報到, 取號碼布, 電子計時系統(腳帶)及行李儲存

12:15 起步禮(網球場內進行)

12:25 稍移玉步 100M 到薄扶林水塘道入口起點處

12:30 五公里賽事集體出發

12:40 定向賽事出發(網球場內)

13:30 小食攤位開放

14:00 賽區、終點區關閉

15:00 前三名成績公佈及大抽獎

15:30 頒獎禮(最後成績公佈及頒發各組獎項)

16:00 活動結束

交通路線: 行經薄扶林道巴士線, 4, 7, A10 37A, 37B, 40, 46X, M49, 40M, 43X, 71, 90B, 91, 93, 93A, 93C, 94, 970, 970X, 973 及往香港仔小巴專線

主辦:



協辦單位:



受惠機構:



白金贊助:



金贊助:



銀贊助:



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支持機構:



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賽事中心

1. 賽事中心位於薄扶林道 140 號明德村入口旁港大職員網球場。



2. 賽事中心旁有洗手間；賽員請注意保持環境清潔。
3. 賽事中心及起點處均設有大會時間顯示。
4. 行李寄存：參加者可於賽事中心處，跟據比賽之號碼布擺放行李，但個人之貴重物品不作處理，如有遺失或損壞，大會概不負責。
5. 參加者請提早時間到賽事中心登記及領取號碼布、扣針及電子計時系統(腳帶)。
6. 充足的熱身準備。
7. 比賽路線有一些岩石小路地形，小心容易扭傷腳踝。

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起點

1. 起點位於(薄扶林水塘道入口)。
2. 賽員請於 12:25 準時到起點處(請小心車輛出入)。

賽程資料

1. 各組別的比賽限時均為 1 小時 30 分鐘。
2. **個人組注意**：比賽以每人之組別名次計算最快為優勝。
3. **長跑賽四人隊際組別注意**：比賽以每人之組別名次總和計算最快隊伍，如同分則以組員的時間總和計算。

終點

1. 終點區設於大學堂正門外(停車場)。
2. 賽員抵達終點時，**必須**經過電子記錄儀(拱門內- 小心你的頭撞到拱門) 而比賽時間亦在那刻完結。
3. 賽員無論完成賽事與否，賽事中如沒攜帶或遺失電子計時系統(腳帶)，成績將無法讀取，大會將以棄權論處理(DNF)
4. 賽員完成賽事後，返回網球場途中請小心仍在作賽中的定向參賽者，避免阻礙。

比賽規則

1. 如有投訴，須以書面向賽會儘快提出。假如投訴是關於賽員成績則必須於成績公佈 15 分鐘內提交，投訴由賽會處理，結果會立刻向投訴人通告。
9. 對賽會的投訴處理有所異議，可作抗議。抗議必須在賽會對投訴處理後的 15 分鐘內以書面向賽會提出。
10. 賽員並無使用賽區範圍的優先權，賽員須尊重其他市民，如有碰撞或意外，賽員可被取消資格。

備註

1. 本【賽員須知】內容如有更改，以賽會當日公佈為準，有關內容將在賽事中心公佈。
2. 所有參賽賽員及家長須自負個人意外責任，賽會概不負責。
3. 賽員並無使用賽區的優先權。

賽前準備

1. 充足睡眠！保持頭腦清晰最緊要。
2. 飲食得宜，早餐要豐富，賽前 2 小時避免大量進食，多飲水讓身體儲存足夠水分。

主辦：



協辦單位：



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服裝

1. 衣服以輕便為主，切忌牛仔褲！
2. 建議穿著運動鞋，跑步鞋更佳。
3. 帶備替換衣物。

比賽前

1. 留意大會時間，預留約 10 分鐘做熱身運動。
2. 提前 5 分鐘到起點準備。

比賽後。

1. 天氣炎熱，盡快為身體補充水分。
2. 用大約 10 分鐘做伸展動作，可減少運動後肌肉疲勞。
3. 與其他參加者分享路線，進步從檢討開始。

大會設有小食攤位，義買慈善攤位及大抽獎。
祝大家有一個健康及愉快的比賽！

5K Cross Country Challenge & Family Day 2011

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敬上

5 公里慈善挑戰盃暨家庭同樂日 2011

電話：852 - 8119 4312

傳真：852 - 2779 0536

電郵：5krun2011@gmail.com

地址：九龍中央郵政局郵政信箱 71264 號

香港全能運動學會 www.hkmsa.hk

主辦：



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5Km POKFULAM RUN

Event Information

Organizers: Hong Kong Multisports Association and University of Hong Kong Marathon Team

Co-organizers : Y2Y Orienteers

CORES Athletic Union

University of Hong Kong Institute of Human Performance

Date: April 17, 2011 Sunday

Location: No. 140 Pok Fu Lam Road, Hong Kong University, Middleton Tower , tennis courts next to the entrance of

Race director and route design: Mr. Wong Wai Kin

Event Run down

11:00am Event center open and start Registration

12:15 Opening ceremony of the Charity Race (tennis courts within)

Sharp 12:25 Walk about 100M to the Start point at Pok Fu Lam Reservoir Road(next to horse riding school)

12:30 Race Start

12:40 Orientation Race Start (inside tennis courts)

13:30 Refreshment stalls and charity sales start , Party time

14:00 Finish points closed and sweep team

15:00 Race result posting and Lucky draw

1. 15:30 Awards Presentation Ceremony (final results announcement and prize awarded in each group)

16:00 End of the event

Transportation: via Pok Fu Lam Road bus routes, 4, 7, A10 37A, 37B, 40, 46X, M49, 40M, 43X, 71, 90B, 91, 93,93 A, 93C, 94, 970, 970X, 973, and Minibus to Aberdeen Direction from Central

Registration Centre

1. Event Center located at 140 , Pokfulam Road, next to the entrance for Univeristy of Hong Kong High Rest Tennis courts.(Middleton estate)

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2. Event Center has a small toilet; Participants please keep the environment clean.
3. The event center and starting point time are displayed at the General Assembly Area.
4. Luggage Storage: Participants at the event center may store their luggage according to the number BIB on the paper tag with your baggage, but the Organizer and person in charge is not responsible for any lost or damaged individual valuable items.
5. Participants should register ahead of time to the event center and collect the number BIB, electronic timing system (ankle / foot brace).
6. Ensure sufficient warm-up preparations and Hydration.
7. The race route has some rocky trail terrain, take care of easy sprain ankle.

The Starting Point

1. Start at Pok Fu Lam Reservoir Road entrance (next to the horse riding school area).
2. Participants are advised to arrive the starting point at the 12:25pm (please be careful while crossing

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vehicle access.)

Schedule information

1. The time limit for the race is 1 hour and 30 minutes.
2. Individual Note: The competition ranks each of the groups for the fastest winner in each category.
3. Four person team categories: Note: The rules are to rank sum of each member and to rank the fastest teams. If same rank sum, then will rank the individual time of team members with the sum of time of team members.

Finish

1. Finish area at the main entrance of University Hall (parking lot).
2. Competitors at the Finish, must pass the electronic recorder (inside arch of entrance- mind your head) and Race time will end at that moment.
3. Competitors finished the race with the loss or did not carry the electronic timing system (with feet/ ankle brace), time and rank will not be able be recorded. The Organizer will be regarded as withdrawal from race and disqualified. (DNF)
4. After Competitors finish the race and return to the tennis court. Please aware that there is on going Orienteering Race and please Do NOT obstruct and disturb the Orienteering Race participants.

Racing Rules

1. Please file in a complaint in writing to the organizer as soon as possible. If the complaint is about the competitors announced results must be submitted within 15 minutes, complaints will be handled by the organizer and the results of the complaint shall inform the complainant at the venue.
9. Any objections to the result of complaint handling and has the right to protest. Protest the handling of complaints will have to file in writing within 15 minutes after the handling.
10. Competitors do not has priority for the venue and road usage, the competitors have to respect other people, if any collision or accident, the competitors may be disqualified and serve own personal liability.

Remarks

1. The Race Rules and Regulation/ Event Information subject to change, the content will be announced at the Event Centre.
2. All participating competitors and parents must bear their own responsibility for personal accident; race organizer will not be responsible for personal accident.
3. Competitors do not have priority of path usage in the Event venue.

Preparation Before the Race

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1. Adequate sleep! To keep a clear mind is most important.
2. Proper diet and breakfast. Avoid heavy food 2 hours before Race, Enough Hydration

Clothing

1. Clothes to light and soft fit, not jeans!
2. Recommend better to wear sports shoes, running shoes
3. Bring your own spare replacement clothing.

Before the Race

1. Pay attention to the time at the General Assembly to save about 10 minutes to do warm-up exercise.
2. Allow time to walk to the starting point for 5 minutes.

After the race.

1. Weather is hot and humid, please cool down and rehydrates the body as soon as possible.
2. Allow about 10 minutes to do stretching exercise, can ease the post-exercise muscle spasm and fatigue.
3. To share routes and tips with other participants, to review and share technique is the beginning of improvement and with better time PB.

The General Assembly has a snack stalls, charity stalls and Lucky Draw, Do stay with us and have Fun !

I wish you all a Healthy and Happy Race!

Sincerely,

5K Cross Country Charity Challenge and Family Fun Day 2011 Organizing Committee

Tel : 852 - 8119 4312 Fax : 852 - 2779 0536 Email : 5krun2011@gmail.com

Address : Kowloon Central Post Office PO Box No. 71264

Hong Kong Multisports Association www.hkmsa.hk

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