



# HONG KONG MULTISPORTS ASSOCIATION 香港全能運動學會

斜路王 2019 九龍筆架山-龍欣道 (English please roll down)

## 活動須知

活動目的：挑戰自我，更可為有需要幫助之慈善團體籌款。  
是次活動部份收益，將撥捐受惠機構－國際肌肉骨骼疼痛協會  
Multidisciplinary International Association of Musculoskeletal Pain 為新成立的非牟利慈善組織，於 2016 年 2 月在香港註冊，編號為 91/14565。捐款: <http://www.miamask.org/en/>

日期：2019 年 12 月 08 日 (星期日)

起步時間：上午 9 時正

集合地點：九龍塘-龍翔道瞭望台 <https://goo.gl/maps/XgxD29FJKk7JxDyG9>

報到時間：上午 7 時 45 分至 8 時 45 分

比賽起點：龍欣道 (豐力樓外)

距離：6 公里來回 (山頂發射站)

比賽時限：2 小時

比賽路線：龍欣道車路(豐力樓外) 比賽起點，沿龍欣道直上，直上山頂發射站(CP1)，折返龍欣道車路，豐力樓外上行人天橋橫過龍翔道，到達瞭望台終點。

交通路線：乘搭巴士，在豐力樓外下車

駛經巴士包括: 61x, 62x, 69c, 252x, 258D, 258P, 259D, 267x, 268A, 268c, 269c

龍翔道 豐力樓站 (KMB 九巴)

2F, 33, 38, 40, 40A, 40P, 42c, 86, 86A, 87A, 87B, 214, 234c, 234D, 290, 290A, 290B, 290x

龍翔道 豐力樓站 (KMB 九巴)

<http://search.kmb.hk/KMBWebSite/>

A29 City Flyer 城巴機場快線

E22A, E22B, E22x (城巴) City Bus <https://mobile.nwstbus.com.hk/nwp3/index.php?golang=TC>

號碼布：請於比賽當日報到處領取，號碼布必需清楚掛於胸前當眼處作賽，不得轉讓別人，否則大會有權取消其參加資格

領取計時晶片：請於報到處以報到及登記領取計時晶片(每人一個)，賽事完結後，計時晶片必須交回大會。如遺失者需要繳交 **HK\$100** 元，大會有權取消其參加資格和成績。

更換組員：隊伍如在賽事當天更換隊員，大會需收取額外行政費用港幣一百元正，敬請留意!

水站位置：起點、檢查站及終點均設有飲用水供應

保持郊區清潔：敬請保持郊野清潔，切勿隨處亂拋垃圾於賽道之上，違例者大會有權取消該隊伍參賽資格及其成績。

救護站：起點及終點均設有急救工作人員

參賽者必須仔細閱讀所有活動細則。

報名申請一經遞交，即代表參賽者確認及同意接受一切賽事規則、條款和安排。

通訊地址: 九龍中央郵政局郵政信箱 71264 號 P.O.Box No. 71264 Kowloon Central Post Office

電話 Tel: (852) 81194312

傳真 Fax: (852) 2779 0536

電郵 E-mail: [hkmsaenquiry@gmail.com](mailto:hkmsaenquiry@gmail.com)

網址 Website: [www.hkmsa.hk](http://www.hkmsa.hk)



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## 香港全能運動學會

報名一經接納，所有報名費恕不退還。

已成功報名或重覆報名，均不設退款、轉名安排及取消服務。

不接受現場及逾期報名。

參加者必須確保體格適宜參加比賽，大會工作人員或救護人員有權因應參加者體能狀況，終止參加者繼續參賽資格，參加者不得異議。

參賽者個人意外保險需自行負責。

行李寄存：參加者可於起點處，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

號碼布：必需清楚掛於胸前當眼處作賽，不得轉讓別人，否則大會有權取消其參加資格（活動前兩星期前，將會通知參加者如付何領取號碼布）

(更換隊員、轉名或組別：參加者如在賽事當天更換隊員，轉名或組別，大會需收取額外行政費用港幣一百元正，敬請留意!)

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。

勝利獎金：

全場最快男、女子（不分組別，包括隊際組別）

冠軍\$1000

亞軍\$500

季軍\$300

頒獎典禮：頒獎典禮將於上午 1100 時開始，所有獎項不設賽後補領，請得獎者如時出席領獎。

慈善大抽獎：抽獎將於頒獎典禮前、中、後不同時段進行，獎品豐富，切勿錯過!

獎項：每組均設有冠、亞、季軍，第四及第五名，每人可以獲得獎牌及禮品。

電話查詢：81194312

查詢電郵：[rampchallenge@gmail.com](mailto:rampchallenge@gmail.com)

惡劣天氣：如活動當日上午 6 時懸掛紅色暴雨、黑色暴雨和三號或以上風球，或發生其他不可預計之情況，引致活動無法如期進行，大會有權延期舉行或取消/終止當日賽事；如賽事取消者，所有報名費將不會退還予參加者。

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如比賽進行中天氣惡劣或懸掛上述任何警告，賽事總監有權將比賽賽程改變或取消正在進行中的比賽。報名費將不獲退還。

大會建議參賽者於比賽早上致電或瀏覽香港天文台查詢有關天氣情況。（電話：1878200）

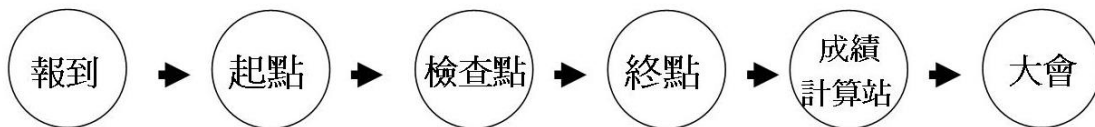
# 備註:大會保留最後修訂之權利，一切資料以中文版為準，敬請留意!

### 計時系統使用方法

1. 參加者有責任確保電子控制卡成功放置在打卡器上的感應區(數字下方圓圈位置)，打卡器將發出連續響聲，表示資料已紀錄在計時指卡內。



2. 參加者不得移動或損壞控制點或賽會設施，若有損毀，須按價賠償及被取消資格。
3. 參加者在比賽期間有責任妥善保管電子控制卡，並於比賽後交還。若有遺失或損毀，參加者必須賠償港幣\$100 予香港全能運動學會。
4. 如有使用其他人/隊伍之電子控制卡，將被大會取消參賽資格。
5. 如有任何投訴，須以書面向賽會儘快提出。假如投訴是關於參加者成績則必須於成績公佈後15 分鐘內提交，投訴由賽會處理，結果會向投訴人通告。



領取計時晶片    打咭清除    打咭檢錄    打咭檢錄    打印成績    交還計時晶片

#### 起點

1. 參加者必須將號碼布扣於胸前並展示電子控制卡。
2. 只有號碼布及電子控制卡齊全的賽員始獲准進入起點區。
3. 請在起點區把計時指卡放在「清除」打卡器上的感應區，直至聽到「清除」打卡器發出聲響，確定計時指卡內的舊資料已清除。
4. 遲到參加者必須先向出發區工作人員報到，再由工作人員安排在「遲到起點」出發。

#### 檢查點

1. 參加者抵達檢查點時，須在在檢查點拍卡器上拍卡，否則時間不計算，參加者之成績將會

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被取消資格。

2. **路段終止時間**：以大會起步時間計算，必須在 **1000** 前通過檢查站 **CP1**，否則將作為取消論 DQ。

3.

### 終點 (6KM)

1. 終點區設於龍翔道瞭望台內。

2. 參加者抵達終點時，須在終點器拍卡，而比賽時間亦在那刻鐘完結。

3. 請跟隨指示前往成績計算站，將計時指卡的記錄下載後，參加者即可領取參考成績印表。

4. 所有參加者必需於賽事結束前到成績處理站下載成績，未能於最後成績公佈前下載成績之參加者將會被取消資格。

5. 參加者無論完成賽事與否，或遺失電子控制卡，必須於賽事完結前向終點報到，否則當失蹤論。亦勞煩賽會工作人員甚至警方出動搜索。

6.

### 意外/中途退出比賽

如比賽中途發生意外，而其中有隊員因受傷或其他理由未能完成賽事，其他隊員應陪同受傷隊員，前往最接近之CP檢查站，與大會工作人員尋求協助。敬請不要留下受傷之隊員獨處並繼續賽事，未能**全隊完成**之隊伍，均不能計算其之總成績。

### 路標指示

除每個 CP 均設有指定工作人員外，各個路段之交叉路口前，地面都會以粉筆劃上指示箭咀標記為標記，敬請各參賽者留意!

# **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!

## Ramp Challenge 2019 Beacon Hill-Lung Yan Road

### Event Information

Organizer: HK Multisports Association

Objectives: Challenge yourself, Help to raise fund for charity organization – partial proceeds of the event will be donated to Beneficiary : Multidisciplinary International Association of Musculoskeletal Pain, HK charitable organization No: 91/14565)

Date : 08-12-2019 (SUN)

Start Time: 0900

Venue : Kowloon Tong, Lung Cheung Road Lookout <https://goo.gl/maps/XgxD29FJKk7JxDyG9>

Registration time : 0745-0845

Start point : Lung Yan Road (Phoenix House)

Distance : 6 KM

Time Limit : 2 Hours

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Race route : the start point at Lung Yan Road, Phoenix outside of the building, straight on along the Lung Yan Road to the top (CP1) back down to Long Yan Road Vehicle Road, Phoenix outside the building on the pedestrian Lung Cheung Road flyover to reach the observation deck finish point

Transportation : Buses that pass through Lung Cheung Road are 61x, 62x, 69c, 252x, 258D, 258P, 259D, 267x, 268A, 268c, 269c

Lung Cheung Road PHOENIX HOUSE Station (KMB)

2F, 33, 38, 40, 40A, 40P, 42c, 86, 86A, 87A, 87B, 214, 234c, 234D, 290, 290A, 290B, 290x Lung Cheung Road PHOENIX HOUSE Station (KMB)

<http://search.kmb.hk/KMBWebSite/index.aspx?lang=en>

A29 City Flyer Airport Bus

E22A, E22B, E22x City Bus <https://mobile.nwstbus.com.hk/nwp3/index.php?golang=EN>

Number Bib: Please pick up on race date in Registration counter, the bib must be visible in the front at all times during race and it is not transferable. Any non-conformance will lead to disqualification. No. Bib collect in registration counter on event day,

Collect timing chip : Please collect timing chip (one each per person) in Registration counter (timing chip must be returned to the organizer after the end of race) If you lose those required to pay HK \$ 100, the right may cancel their participation in the qualifications and achievements.

Replacement members: Team members such as race day replacement / transfer group, the Organizer will be charged an additional administration fee of \$ 100 per team.

Water stations: Located at Start, Checkpoint and Finish.

First-aid Station: Located at Start and Finish

Baggage: Bag drop at the start point. Tags with your race number will be provided. Please do not leave any valuables as organizer will not be liable for any lost or damages.

Bad weather: If typhoons signal no.3 or above/red rainstorm/black rainstorm warning is hoisted at 06:00.a.m, or in case of unexpected circumstances that prevent the safe proceeding of the event, the organizer reserves the right to postpone or cancel the race. If the race is cancelled, the entry fee will not be refunded to entrants.

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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.

Participants must study the 'Rules and Regulations' carefully. Organizer assumes participants who completed the enrollment process agreed to abide by the Rules and Regulations of the race that has been signed up.

Once entry is accepted, entry fee will not be refunded.

No return, cancellation or transfer for all enrollments, including late and duplicate enrollments.

Late or on site enrollment will not be accepted.

Participants must ensure that they are physically fit to join the event. The Organizer has the right to terminate or pause the participants if there is deemed to be any risk to their health. Participants must abide by this decision.

Participants are advised to arrange their own insurance cover.

Baggage: Bag drop tags with your race number will be provided. Please do not leave valuables as organizers will not be liable for any lost or damages.

Number Bib: Must be visible in the front at all times during race. Number bibs are not transferable. Any non- conformance, will lead to disqualification.

(That will be notified to the participants how to collect the number bib two weeks before the event.)

Replacement of team member(s) and change name or category: please pay attention that HK\$100 will be charged as an administration fee for any replacement of team member(s) and change name or category on the race day.

Victory bonus:

The fastest male and woman (Including team category)

Champion \$ 1000

1st Runner-up \$ 500

2nd Runner-up \$ 300

Awards: Medal and prizes for the top Five in each individual Category, Team category awards top Three

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Awards: Medal and prizes for the top Five in each individual Category, Team category awards top Three

\*The award ceremony will start about an hour after the Race. All winners must be personally present to accept the award, please note that the organizer will not distribute the prize and award after the Ceremony.

Enquiry: 81194312  
email : rampchallenge@gmail.com

Bad weather: If typhoons signal no.3 or above/red rainstorm/black rainstorm warning is hoisted at 06:00a.m., or in case of unexpected circumstances that prevent the safe proceeding of the event, the organizer reserves the right to postpone or cancel the race. If the race is cancelled, the entry fee will not be refunded to entrants.

If the above Inclement Weather/Condition Warnings be hoisted after the commencement of race, the Race Director has the right to change the race distance or race arrangement or to stop the race. No refund or no rescheduled will be made.

Please check the race day weather from the Hong Kong Observatory (Tel: 1878200).

### Timing System

1. Participants are responsible for ensuring the success of timing refers to the card is placed in the punch on the sensing area (circle below the number of locations), punch card emits a continuous sound, that means the information has been recorded in the time card.



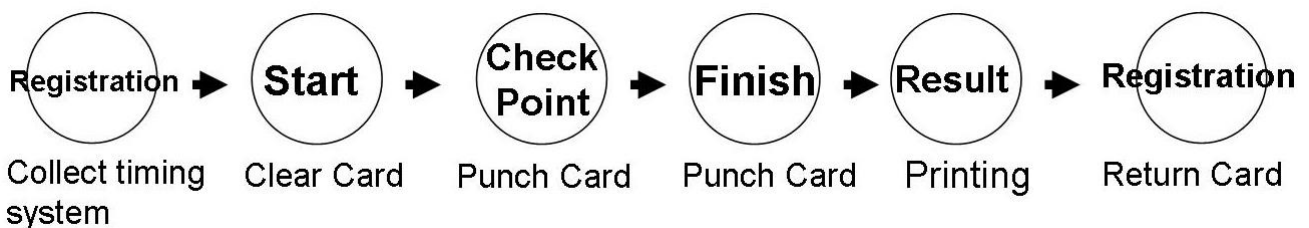
2. Participants may not move or damage the control points or tournament facility, if damaged, shall be disqualified for compensation and price.



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3. During the competition participants have the responsibility to properly care electronic control card, and returned after the competition. If lost or damaged, the participants will have to pay HK \$ 100 to the Hong Kong Multisports Association.
4. If using another person's /Team electronic control card, the Conference will be disqualified.
5. If a complaint in writing to the tournament as soon as possible. If the complaint is about the participants in the results announced results must be submitted within 15 minutes, complaints will be handled by the competition, and the results shall be notice to the complainant immediately.



### Start Point

1. Participant number bibs must be deducted in the chest and show the electronic control card.
2. Once electronic control card and number bib complete, the participants allowed to enter the starting area
3. Please refer to the entrance of the card on the "clear" punch on the sensing area, until you hear a "clear" punch sound emitted to determine the timing refers to the old card information has been cleared.
4. Late Participants must district to staff report, and then by the "late start zone" to start.

### Check Point

1. Participants arrived at the checkpoint, it should be punch at the checkpoint on the card, or time does not count grate, the participants of the results will be disqualified (DQ).
2. **Cut Off time:** start time calculation of the Organizer, Cut Off time in 1000, last team must be passed before the checkpoint CP1, otherwise the team will serve as the cancellation of DSQ.
- 3.

### Finish Point (6KM)

1. Finish area is located next to the Lung Cheung Road Lookout.
2. When participants reach the finish point, the finish device to be shot in the cards, the racing time will end at the moment.
3. Please follow the instructions to calculate the points score, the time refers to the record card download, and participants can receive a reference performance printer.
4. All participants must be before the end of the race to score treatment station to download results, not the final results announced before the download performance of the participants will be disqualified (DQ).





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5. Whether or not the participants finished the race, or loss of electronic control card, before the end of the race must report to the end, or when the missing theory. Take the trouble to the tournament staff and even police out searching.

6.

### **Accident / halfway out of the race**

Any of accidents, of which there are team member due to injury or other reasons fails to complete the race, the other team member should be accompanied by injured team member, go to the nearest checkpoint CP, and the event staff for assistance. Please do not leave injured member alone and continue to race, the team failed to incomplete the race, and it cannot calculate the total score.

### **Route Signage**

In addition to each CP has a designated event staff, the various sections of the fork in the road in front, the ground will be indicated on the arrows by chalk mark.

Note: Organizers reserve the right for any amendments and in case of discrepancies in Chinese and English versions, the Chinese version shall prevail.