

賽事目的 Objectives

『長跑』是既可強健體魄，也可以培養耐力及鬥志的運動，因此本會希望以地區體育組織為號召，向市民灌輸長跑運動的健康訊息及益處，並藉此將一群熱愛長跑運動的人士凝聚起來，讓大家互相交流及分享長跑的心得。

“Long Distance Running” not only can strengthen one’s physical fitness, but also empower endurance training. By organizing various competitions, we aim at educating the public about the importance of playing sports. Our ultimate goal is to gather people who enjoy sharing experiences and happiness in “Long Distance Running” with others.

比賽路線 Event Routings

十公里(10km):

沙田運動場起步→翠榕橋斜坡→划艇中心→體育學院→馬場→雙子橋→恆泰路→海濱長廊折返

Shatin Sports Ground→Banyan Bridge→Shatin Rowing Centre→Hong Kong Sports Institute→Shatin Racecourse→Twin Bridge→Hang Tai Road→Ma On Shan Promenade→Hang Tai Road→Twin Bridge→Shatin Racecourse→Hong Kong Sports Institute→Shatin Rowing Centre→Banyan Bridge→Shatin Sports Ground

三公里(3km):

沙田運動場起步→翠榕橋斜坡→划艇中心→體育學院折返
Shatin Sports Ground→Banyan Bridge→Shatin Rowing Centre→Hong Kong Sports Institute→Shatin Rowing Centre→Banyan Bridge→Shatin Sports Ground

1.2 公里(1200m)

圍繞沙田運動場 3 圈

3 loops of Shatin Sports Ground



10km 路線 (10km route)

3km 路線 (3km route)

起步/終點(Start / Finish)

10km 折返點
(10km turning point)

3km 折返點
(3km turning point)

起步時間 Starting Time

十公里 (10km) : 0800

三公里 (3km) : 0815

親子組 (Family) : 0930

起步及終點 Start & Finish

沙田運動場 Shatin Sports Ground

獎項 Awards

十公里及三公里個人(10km & 3km Individual)

每組首三名可獲得獎盃乙座及現金利是，第四至十名可獲得獎牌一枚。
The 1st three winners in each group will be awarded a trophy and a red pocket, the fourth to tenth winners will be awarded a medal.

十公里及三公里隊際(10km & 3km Team)

每組首三名可獲得獎盃乙座及獎牌 4 面。

The 1st three winners in each group will be awarded a trophy and four medals.

親子組 Family Run

首三名可獲得獎牌 2 面及現金利是。

The 1st three winners will be awarded two medals and a red pocket.

紀念品 Souvenirs

1. T 恤 (T-shirt) 2. 証書 (Certificate of competition) 3. 禮品 (Gift)

計時系統及計時晶片 Timing System and Timing Chips

本賽事採用 B tag 晶片技術為大會計時系統，每位參賽者將獲派發晶片一枚，親子組除外。(賽後無需交還)

B tag is used as the official timing system in this event, each participant will be provided with a timing chip (except Family Run) that needs not be returned.

領取跑手物資 Runner's Pack Collection

1. 成功報名者將於 1 月初收到由大會寄出的跑手包領取通知書。
Successful applicants will receive a letter regarding the runners pack collection in early January.

2. 如閣下於 2013 年 1 月 5 日仍未收到通知書，請致電 2691 5657 聯絡。
If you have not received such letter by 5 January 2012, please call 2691 5657 for assistance.

3. 參賽者必須於指定日期內領取跑手包、號碼布及計時晶片。
Participants must collect their runner's packs, race number cloth and timing chips on specified collection dates.

4. 所有計時晶片及參賽編號均不得轉讓他人。
Timing chip and race number cloth are not transferable.

比賽細則及條款 Terms and Conditions

1. 報名一經接受，報名費將不獲發還及不得轉讓。

Entry fee cannot be refunded or transferred once an entry is accepted.
2. 若比賽當日早上 5 時懸掛黑色暴雨信號或 8 號熱帶氣旋警告信號，賽事將會取消。

The event will be cancelled if a black rainstorm signal or a tropical cyclone signal No.8 is hoisted at 5:00am.

3. 賽事因惡劣天氣被迫取消，報名費將不予退回。

If the event is cancelled due to bad weather, no refund will be made.

4. 大會不設上訴，將以賽會最終決定為準。

All disputes will be arbitrated by the organizer.

5. 參加者的個人保險需自行負責。

Participants are responsible for their own insurance.

6. 大會設有行李寄存，但參加者必須自行保管貴重物品，如有遺失，恕不負責。

There will be a storage area, but participants are responsible for their own valuables. We shall not be liable for any losses.

7. 本賽事委員會擁有修改及解釋以上規則的權利。

The organizing committee reserves the right to amend or clarify the above rules.

主辦機構 Organizer

冠名贊助 Title Sponsor

贊助 Sponsor



第三屆南旋勁家莊盃迎新春長跑

3rd Nameson Jin Jia Zhuang Cup Lunar New Year Run

2013.01.20

沙田運動場出發 Shatin Sports Ground Start



網頁查詢 Website : <http://www.stsa.org.hk>

電話查詢 Enquiry : 2691 5657

截止日期 Deadline : 2012.12.31

名額 Quota : 1,000

報名地點：沙田瀝源邨壽全樓地下沙田體育會

Registration : Sha Tin Sports Association, G/F, Sau Chuen House, Lek Yuen Estate, Sha Tin, N.T.



報名表格 Application Form

在適當空格填上√ (Please √ in the appropriate box)

賽事 Race	組別 Category	男子個人 Individual Men \$150/位 Head	女子個人 Individual Women \$150/位 Head	*男子隊際 Men's Team \$600/隊 Team	*女子隊際 Women's Team \$600/隊 Team	▲親子組 Family Run \$200/隊 Team	備註 Remarks
	報名費 Entry Fee						
3 公里 (3km)	少年 I 組 Youth I (出生於 Year of born 2001-2004)						* 以 4 人為一隊，計算方法為每名同一組別跑手個人時間的總和，以最少時間隊伍為勝出，如有同時間，則比較各隊中第一名時間，以最快者為勝方。 Team time are the sums of the individual times of four members of each team for ranking. If two teams share the same time, the team having the fastest individual time shall be the winner. 各隊員於隊際的成績，可同時競逐其年齡組別的個人獎項。 The result of each team member will also be counted as individual result. ▲兩位組員到達終點時必須拖手衝線。 Each pair of runners must run across the finishing line hands by hands.
	少年 II 組 Youth II (出生於 Year of born 1998-2000)						
	少年 III 組 Youth III (出生於 Year of born 1995-1997)						
10 公里 (10km)	公開組 Open (出生於 Year of born 1978-1994)						
	高級組 Senior (出生於 Year of born 1968-1977)						
	男子先進組 Master (出生於 Year of born 1958-1967)						
	女子先進組 Master (出生於 Year of born 1967 或以前 or before)						
	男子元老組 Veteran (出生於 Year of born 1957 或以前 or before)						
1.2 公里 (1200m)	1 位年滿 18 歲之成人陪同 1 位 8 歲以下小童為 1 組 A kid aged under 8 and an adult aged 18 or above						

參賽者資料 Information of participant

◆ T 恤呎碼表可瀏覽本會網頁

*必須填寫 You MUST fill in

組別 Category	英文姓名 English Name	中文姓名 Chinese Name	性別 Sex	出生日期 Date of birth	身份証號碼 HKID	聯絡電話 Tel. No.	◆ T 恤呎碼 Size of T-shirt						*緊急聯絡人資料 Emergency Contact Person Information				
							XXS	XS	S	M	L	XL	XXL	姓名 Name	電話 Tel. No.	關係 Relation	
隊長 / 親子組成員 1 / 個人 Captain / Team member 1 of Family Run / Individual																	
隊員 1 / 親子組成員 2 Team member 1 / Team member 2 of Family Run																	
隊員 2 Team member 2																	
隊員 3 Team member 3																	

聲明及簽署 Declaration and Signature

● 適用於隊際參加者 Applicable to Team application

★ 適用於親子組參加者 Applicable to Family Run application

本人/吾等現參加『第三屆南旋勁家莊盃迎新春長跑』，謹此聲明本人/吾等會遵守主辦機構所定之活動條文及規則，並同意以下所列各點：

I/We the undersigned, am/are applying to enter the "3rd Nameson Jin Jia Zhuang Cup Lunar New Year Run", I/We agree to abide with the organizer's race rules and declare the followings:

- 本人/吾等是自願參加活動和願意承擔自身的意外風險及責任，並無權向大會對本人/吾等在往返活動場地途中、活動中發生或其引致之自身意外、死亡或任何的損失索償或責任。
I/We participate in the event voluntarily and shall be responsible for any risks or accident incurred. I/We absolve the organizer from any and all liabilities due to body injuries, accidents, death or other losses to and from the event venue as well as during the event.
- 本人/吾等謹聲明身體健康及有能力參加此活動。
I/We am/are suitably healthy and fit for the event.
- 本人/吾等簽署此報名表以示同意及確認所有列明之重要事項、聲明及有關細則。
My/Our signature/s below indicate/s my/our declaration of and agreement to all of the above.
- 本人/吾等聲明在報名表格上之資料確實無誤。
The information provided in this entry form is true and accurate.

簽署 Signature (** 18 歲以下跑手適用 For runner aged under 18)

隊長/個人/親子成員 1 Captain/Individual/Team member 1 of Family Run	家長/監護人簽署 ** Parents' / Guardian's Signature **	隊員 1/親子成員 2 Team member 1 / Team member 2 of Family 2	家長/監護人簽署 ** Parents' / Guardian's Signature **
隊員 2 Team member 2	家長/監護人簽署 ** Parents' / Guardian's Signature **	隊員 3 Team member 3	家長/監護人簽署 ** Parents' / Guardian's Signature **

日期 Date _____

通訊地址 Correspondence Address:

電郵 Email:

● 隊名 Team Name:

★ 關係 Relationship:

報名方法:

- 填妥此報名表格，及
- 連有關款項之存款收據（中國銀行戶口：014-695-1-024658-0）或支票（支票抬頭寫『沙田體育會有限公司』），及
- 連回郵信封一個親身遞交本會 或 郵寄至新界沙田瀝源邨壽全樓地下 沙田體育會有限公司收。

Registration:

- Complete this entry form, and
- together with your pay-in / transfer slip (Bank of China A/C No. 014-695-1024658-0) or by Cheque: Payable to "Shatin Sports Association Limited", and
- together with a self-addressed envelop hand in personally or post to Shatin Sports Association Limited, G/F., Sau Chuen House, Lek Yuen Estate, Shatin. N.T.