

2007【南區沙灘競跑】【Southern District Beach Run】

主辦: 南區康樂體育促進會暨南區長跑會   贊助: 南區區議會 

日期 : 二零零七年十二月十六日「星期日」 Date : 16th December, 2007 (Sunday)
 比賽時間 : 上午九時三十分 Time : 0930
 比賽地點 : 淺水灣沙灘 Venue : Repulse Bay Beach
 登記時間 : 上午八時至九時 Registration : 0800 - 0900
 賽程: 由淺水灣出發, 經麗海提岸路至深水灣沙灘折返。全程約五公里。少年各組運動員, 少年 A 組約一千公尺; 少年 B/C 組約三千公尺。 Course : Start from Repulse Bay Beach, to Deep Water Bay via Seaview Promenade and return. Total distance about 5 km. For Kids, Cat. A -1 km; Cat. B/C - 3 km.
 截止日期 : 二零零七年十二月三日「星期一」 Deadline : 3 December, 2007 (Monday)

[年齡計算以二零零七年十二月一日為準] Categories [Age as at 1 December, 2007]			報名費 Entry Fee
組別 (男女子) Cat.(Men & Women)	年齡 Age	獎項 Prize	
A	少年組 Boy/girl (7 -9) 歲	首 10 名 First 10	港幣四拾元 HK\$40
B	青年組 Boy/girl (10 - 13) 歲		
C	青年組 Boy/girl (14 - 17) 歲		
D	(18 - 29) 歲	首 5 名 First 5	港幣陸拾元 HK\$60 (60 歲以上半費 Half Fee for 60 & above)
E	(30 - 39) 歲		
F	(40 - 49) 歲		
G	(50 and above) 歲以上		

- 各組報名人數不足 5 名將撥入其他組別作賽。Category of less than 5 participants will be combined.

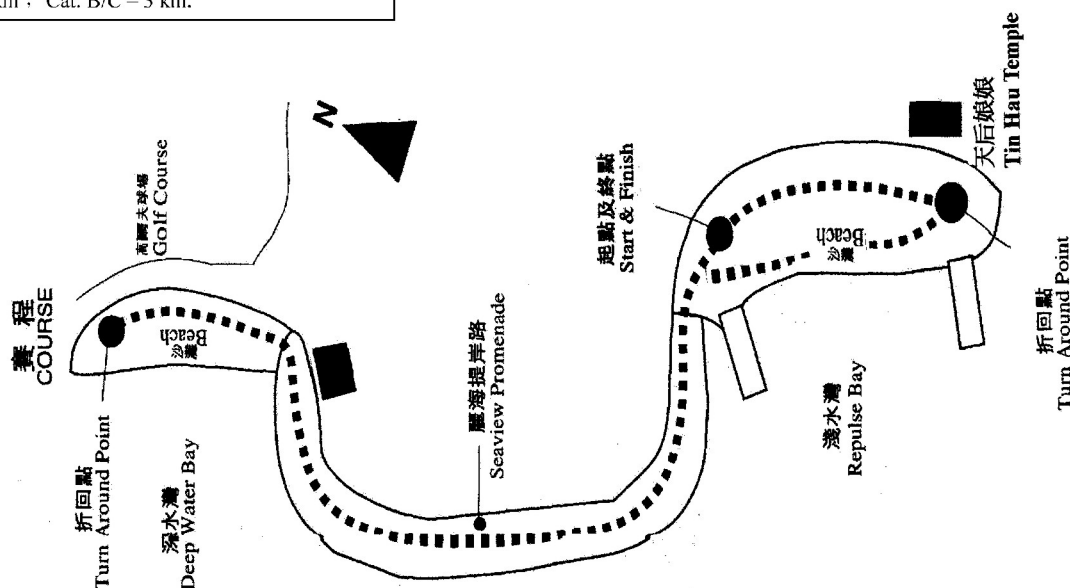
名額/Quota	550 名; 額滿即止。550 participants on first come first serve.
紀念品 Souvenir	完成比賽參賽者均可獲贈紀念 T-恤。All finishers will receive a souvenir T-shirt.
報名費 Entry Fee	報名一經接納, 報名費恕不退回。如因天氣或其他原因取消, 參賽者可獲發回紀念 T-恤一件。詳情在本會網址宣布。No refund will be made once entry is accepted. If the event is cancelled due to inclement weather and cause beyond our control, participant will be issued a souvenir T-shirt. Details will be announced in website.
參賽辦法 Entry	填妥報名表連同劃線支票或櫃員機/銀行入數通知書(本會戶口: 滙豐銀行#599139805001)及貼上郵票(\$1.4)回郵信封一個寄回 「香港仔鴨脷洲社區會堂南區康樂體育促進會收」。 支票抬頭請書 「南區康樂體育促進會有限公司」。 Completed entry form with crossed cheque or ATM/Bank Paid-in advice and a self-address stamped (\$1.4) envelope can be sent to Southern District Recreation & Sports Association (SDRSA), Apleichau Community Hall, Aberdeen, HK. Cheque should be made payable to: "Southern District Recreation & Sports Association Limited "
查詢/ Enquiry	請致電本會彭小姐, 電話 2555 1014 傳真 2555 0626。 Please contact Ms Pang on 2555 1014; fax 2555 0626.
天氣 Weather	若比賽當日天氣惡劣(颱風/雷暴或紅色暴雨警告信號), 賽會有可能因應天氣的變化而決定取消有關賽事, 以策安全。如在場地許可的情況下賽事如常舉行, 惟參賽者須考慮實際天氣及交通情況來判斷是否參加。If bad weather (typhoon/ thunderstorm / red rainstorm warning) is happened on race day, the event will be cancelled on safety concern. The athletes should exercise their own discretion whether to run or to quit in case the event continues.
上訴 Disputes	如有任何上訴, 將以賽會最終議決為準。All disputes will be arbitrated by the organizer.
網址及電郵 Website/e-mail	Website: http://www.sdhhk.org Email address: enquiry@sdhhk.org

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Course : Start from Repulse Bay Beach, to Deep Water Bay via Seaview Promenade

Promenade and return. Total distance about 5 km.

For boys/girls, Cat. A -1km ; Cat. B/C - 3 km.



【報名表格 ENTRY FORM】

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姓名 Name	年齡 Age	(請 格內 Please tick in box)		參加者簽名* Signature*	家長簽名* Parents' Signature* (未滿 18 歲 Age under 18)
		性別 Sex	參加組別 Category		
		女 F <input type="checkbox"/>	A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/>		
		男 M <input type="checkbox"/>	D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G <input type="checkbox"/>		
		女 F <input type="checkbox"/>	A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/>		
		男 M <input type="checkbox"/>	D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G <input type="checkbox"/>		
		女 F <input type="checkbox"/>	A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/>		
		男 M <input type="checkbox"/>	D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G <input type="checkbox"/>		

聯絡人姓名 Name of contact person: _____ 電話(Phone) _____

緊急聯絡Emergency Contact: (姓名Name) _____ 電話(Phone) _____

地址 Address : _____

電郵 E-mail : _____ @ _____

*聲明：茲證明本人/本人子女並無任何疾病足以令本人/本人子女不適宜參加這項比賽。同時本人明白並願意遵守此項比賽賽會所有的規則。本人/本人子女一旦因比賽過程中或往返比賽地點有任何財物損失、受傷或引致死亡時，主辦賽會、贊助商及其他有關合辦機構均無須負上任何責任。

*Declaration : I declare that I /my children are not suffered from any illness which are unfit for the event and I understand the conditions of the event I/my children have entered and will abide by all rules and regulations of the organizer. I/I on behalf of my children hereby waive and release all right or claim for damages I/I on behalf of my children may have against the organizers of the event, their agents, sponsors and contributors for any illness, injury, death, damages or loss I/my children may sustain during or as a consequence of, or while traveling to and from the event. I accept that I/my children enter at my/their own risk.