

# 報名 Entry Form

姓名 Name	出生日期 Date of Birth	(請 <input checked="" type="checkbox"/> 格內 Please tick in box)		參加者簽名* Signature*	家長/監護人簽名* Parents/Guardians' Signature* (未滿18歲 Age under 18)
		性別 Sex	參加組別 Category		
		女F <input type="checkbox"/> 男M <input type="checkbox"/>	A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G <input type="checkbox"/>		
		女F <input type="checkbox"/> 男M <input type="checkbox"/>	A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G <input type="checkbox"/>		
		女F <input type="checkbox"/> 男M <input type="checkbox"/>	A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G <input type="checkbox"/>		

\*聲明：茲證明本人/本人子女並無任何疾病足以令其不適宜參加這項比賽。同時本人明白並願意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，主賽會、贊助商及其他有關合機構均無須負上任何責任。

\*Declaration: I declare that I am/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.

聯絡人姓名 Name of contact person: \_\_\_\_\_ 電話號碼 Phone No. \_\_\_\_\_

電郵 E-mail \_\_\_\_\_ @ \_\_\_\_\_

緊急事固聯絡人姓名/電話 Emergency contact person/phone: \_\_\_\_\_

# 2010 南區沙灘競跑 Southern District Beach Run

**日期** : 二零一零年十二月十二日(星期日)

**Date** : 12 December, 2010(Sunday)

**比賽時間** : 上午九時正

**Time** : 0900

**比賽地點** : 淺水灣沙灘

**Venue** : Repulse Bay Beach

**網上報名** : 請按入本會SDH網址

**Net Registration** : Please click in SDH website

**賽程** :

由淺水灣出發，經麗海堤岸路至深水灣沙灘折返。全程五公里。  
青少年各組運動員，A組一千公尺；B/C組三千公尺。


**Course** :

Start from Repulse Bay Beach, to Deep Water Bay via Seaview Promenade and return. Total distance 5 km. For Kids/youth: Cat. A -1 km; Cat. B/C - 3 km.

**截止日期** : 二零一零年十一月三十日(星期二)

**Deadline** : 30 November 2010, (Tuesday)

**主辦:**  南區康樂體育促進會 暨

 南區長跑會

**贊助:**  南區區議會

查詢 For enquiries:

電話 Tel: 2555 1014 傳真 Fax: 2555 0626

電郵 E-mail: enquiry@sdhkhk.org

網址 Website: www.sdhkhk.org

**組別 [年齡計算以二零一零年十二月一日為準]**  
**Categories [Age as at 1 December, 2010]**

組別 (男女子) Cat.(Men & Women)	年齡Age	獎項Prize	報名費Entry Fee
A	7 - 9 歲	首10名 First 10	
B	10 - 13 歲		
C	14 - 17 歲		
D	18 - 29 歲	首5名 First 5	港幣陸拾元HK\$60 (60歲以上\$40 for 60 & above)
E	30 - 39 歲		
F	40 - 49 歲		
G	50 and above 歲以上		

**報名程序 Entry Procedure:**

紀念品/Souvenir  
 報名費 Entry Fee

完成比賽參賽者均可獲贈紀念T-恤。All finishers will receive a souvenir T-shirt.  
 報名一經接納，報名費恕不退回。如因天氣取消，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, participant will be issued a souvenir T-shirt.  
 Details will be announced in website.

比賽名單Runner list  
 參賽法Entry

比賽名單於在本會網址登出。Runner list will be published on website.  
 填妥報名連同劃線支票或存款/櫃員機轉賬收條 (本會匯豐銀行戶口 599-139805-001)  
 傳真 2555 0626 或寄回:「香港仔鴨脷洲橋道328號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 deposit /  
 ATM transfer slip ( HSBC 599-139805-001) can be fax 2555 0626 or sent to:  
 「Southern District Recreation & Sports Association, 328 Apleichau Bridge Road, 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

賽會有可能因應天氣的變化(如:浩熱天氣/颱風/雷暴或紅色暴雨警告信號)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 unexpected weather (hot weather/typhoon/ thunderstorm /red rainstorm warning) is happened on race day, the organiser may cancel the event on safety concern. Should the event continue, athletes should exercise their own discretion whether to run or to quit.”

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](mailto:enquiry@sdhhk.org)

