

\*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 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 \_\_\_\_\_ @ \_\_\_\_\_

緊急事因聯絡人姓名/電話Emergency contact person/phone: \_\_\_\_\_

## 報名表 Entry Form

姓名 Name	出生日期 Date of Birth	(請 <input 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"/>		



日期 : 二零零九年八月十六日(星期日)  
Date : 16 August, 2009 (Sunday)  
比賽時間 : 上午八時三十分  
Time : 0830  
比賽地點 : 香港仔郊野公園  
Venue : Aberdeen Country Park  
登記時間 : 上午七時三十分  
Registration : 0730  
賽程 : 8公里; 3.5公里(B,C組);  
1.5公里(A組)  
Course : 8 Km; 3.5 Km (Cat. B,C);  
1.5 Km (Cat. A)  
名額 / Entry : 700名(額滿即止)  
截止日期 : 25.7.2009(星期六 / Saturday)  
Deadline

主辦: 南區康樂體育促進會 暨  
 南區長跑會  
協辦: 香港長跑會  
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  
網頁 Website: www.sdhkhk.org

組別 [年齡計算以二零零九年七月卅一日為準] Categories [Age as at 31 July 2009]			報名費Entry Fee
組別 (男女子) Cat.(Men & Women)	年齡Age	獎項Prize	
A	7 - 9 歲	首10名	港幣四拾元HK\$40
B	10 - 13 歲		
C	14 - 17 歲		
D	18 - 29 歲	首5名	港幣陸拾元HK\$60 (60歲以上 HK\$40 60 and 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** 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.
- 比賽名單及號碼布 Runner list & No Bits** 比賽名單於在本會網址登出。號碼布在比賽當日派。Runner list will be published on website. No bits are collected on race day.
- 參賽辦法Entry** 填妥報名表連同劃線支票或存款/櫃員機轉賬收條(本會匯豐銀行戶口 599-139-805001) 傳真、電郵或寄回:「香港仔鴨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 deposit / ATM transfer slip (HSBC 599-139-805001) can be fax, Email or sent to: 「Southern District Recreation & Sports Association, Apleichau Community Hall, Aberdeen, HK」. Cheque should be made payable to: 「Southern District Recreation & Sports Association Limited」
- 天氣Weather** 賽會有可能因應天氣的變化(如:活熱天氣/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.

## D,E,F,G 組賽道 Cat. D,E,F,G Race Course

ABC香港仔水塘道Reservoir Road > CD港島徑三段HK Trail > DE上水壩Upper Dam > EF自然教育徑班納山Nature Trail/Bennet Hill > FGH金夫人徑Lady Clementis Ride > HIA香港仔水塘道Reservoir Road



## A 組賽道 / Cat. A Race Course

ABCA香港仔水塘道Reservoir Road

## B,C 組賽道 / Cat. B,C Race Course

AB香港仔水塘道Reservoir Road > BCD上水壩Upper Dam > DEFGD自然教育徑班納山Nature Trail/Bennet Hill > DB上水壩Upper Dam > BA香港仔水塘道Reservoir Road

