



《獅山草上行》

Grass Walkers 2018

Organised by: The Hong Kong Racewalking Association

香港競走社主辦

你有冇諗過在草地上競走？一個嶄新的概念 -- 獅子山下草上行。在市區，行草地，望住獅子山來行，嘩……機會難逢，豈容錯過！Looking out at The Lion Rock, experience Hong Kong's first grass race walk competition. This exciting competition is tailored to all abilities. Come join this unique and unforgettable race walk.

距離	組別	Category	年齡 Age
7km	男、女子公開組	Men's & Women's Open	年滿 18 歲或以上； Aged 18 or above (born in or before 1999)
7km	男、女子先進組	Men's & Women's Veteran	年滿 50 歲或以上； Aged 50 or above (born in or before 1966)
3km	男、女子公開組	Men's & Women's Open	年滿 18 歲或以上； Aged 18 or above (born in or before 1999)
3km	男、女子青年組	Junior Category	年齡 13-17 歲； Age 13 - 17 years old
1km	男、女子少年組	Youth Category	年齡 6-12 歲； Age 6 - 12 years old
1km	男、女子體驗組	Novice Category	年滿 18 歲或以上； Aged 18 or above (born in or before 1999)

起步時間/Start: 9:30am 九時半開始

(各組別的起步時間，於截止報名後通知參加者; Details on start times will be informed after registration)

詳情 /Info

地點：大坑東遊樂場

Venue: Tai Hung Tung Recreation Ground

截止報名 / Entry Deadline: 13 Feb. 2018 (Tue)

報到時間 Reporting time	活動當天上午 8 時 45 分至 9 時 20 分領取號碼布。 All walkers must collect their number cloths at the venue from 8:45am-9:20am.
費用 Entry fee	會員 Member: Age 18 or above \$150- Junior & Youth \$100- 非會員 Non-member: Age 18 or above \$200- Junior & Youth \$150- • 逾期報名，一律 \$250- Late entry: \$250- • 不設即場報名 No entries on the race day!
獎勵 Award	各組別的首三名*將獲獎勵。Medal to top 3 in each category*
紀念品 Souvenir	參加者將獲贈一個富有紀念價值的完成牌及禮物包。 A finisher medal will be given to each finisher who completes the race.

**如該組別實際參與人數少於 5 人，則只有首名完成者獲獎勵。

** If the number of finishers in a particular category is less than 5, only one prize will be awarded.

注意：

- 報名一經接納或活動因天氣或其他因素導致取消，所有費用恕不退回。
No refund if your entry has been accepted and the activity is cancelled due to poor weather
- 參加者如有犯規(如：跑步)，或違反競走規例，而被裁判判罰紅咭，將被罰加時。
Please note: Any walker who is found to be running along the course or otherwise infringing the rules of competitive walking shall be penalized by adding time to the result. A walker who has committed an infringement will be shown one red card and time will be added depending on the number of red cards accumulated by the walker.
- 不設上訴 The decision of the organizer is final and no appeal or correspondence will be entertained.

查詢 Enquiries: contact@racewalk.hk or 8203 5903

只接受郵寄報名 Only registration by post will be accepted



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Official use only

Rec'd:
Bib:

報名表 Entry Form

請用 "✓" 選項 Please mark with a "✓"

截止報名 Entry Deadline: 13 February 2018 (Tue)

名額有限：先到先得；祇接受郵寄報名，以郵戳時間為準。
Limited entries, on a first-come-first-served basis

7KM

- ☐ 男子公開組 Men's Open
☐ 女子公開組 Women's Open
☐ 男子先進組 Men's Veteran
☐ 女子先進組 Women's Veteran

3KM

- ☐ 男子公開組 Men's Open
☐ 女子公開組 Women's Open
☐ 男子青年組 Men's Junior
☐ 女子青年組 Women's Junior

1KM

- ☐ 男子少年組 Men's Youth
☐ 女子少年組 Women's Youth
☐ 男子體驗組 Men's Novice
☐ 女子體驗組 Women's Novice

☐ 會員號碼 Membership Number: _____

☐ 非會員 Non-member

----- 請用正楷填寫 ----- PLEASE FILL IN THE FORM WITH BLOCK LETTERS -----

Name : _____ 中文姓名 : _____ 性別/ Gender : _____

出生日期DOB(dd/mm/yy) : _____ 聯絡電話/ Tel. : _____

電郵/ Email : _____ 地址/ Add. : _____

緊急聯絡人姓名 Emergency Contact person

與參加者關係 Relationship with Athlete

電話號碼 Contact Tel.

支票號碼 Cheque No. : _____

銀行 Bank _____

*** 不同組別的參加者，請另開一張支票支付 ***

劃線支票抬頭請寫上「香港競走社」Crossed cheque should be made payable to "Hong Kong Racewalking Association"

寄：九龍官塘鯉魚門馬背村 82 號 C

Mail to: House 82C, Ma Pui Village, Lei Yue Mun, Kwun Tong, Kowloon

謹此聲明本人是在完全明瞭上述活動的性質及體適能要求情況下報名參加，並願意遵守有關活動規則。同時，聲明本人身體健康及有能力參與上述活動，並願意承擔自身的意外風險及責任，及無權向香港競走社(及其他直接或間接與此活動有關人士/工作人員/組織)對本人參與上述活動而發生或引致之自身意外，死亡或任何形式的損失索償或追討責任。本人願意授權予香港競走社在不需要審查的情況及不需要本人另外同意下而可使用本人的肖像、姓名、聲線、個人資料及其他本人之版權作為香港競走社活動籌辦或推廣之用。

I confirm and agree, to the fullest extent permitted by law, that I take part in these events entirely at my own risk and that I will not hold HKRWA or any sponsors of these events or any organization or person providing medical, catering, logistical, IT or other support or services for these events responsible for death or any injury or for any damages to or loss or destruction of property or any other economic loss or for any consequential loss, in any case arising from or connected with any accident or mishap or otherwise arising from or connected with these events; whether during or after these events, in preparation for it, traveling to or from it or otherwise. I will not compete unless I am physically fit and sufficiently trained. I acknowledge and agree that HKRWA may (without reference to and without prior approval of or any payment to any person) use, in any publicity material connected with the HKRWA (including but not limited to any website) or any photograph, film, videotape, record or visual or vocal reproduction of my participating in these events.

使用個人資料：主辦機構擬使用閣下的聯絡資料，向閣下提供往後有關本社的最新資訊。

- ☐ 本人願意收到有關「本社活動」的最新資訊。I would like to receive information about "HKRWA Activity" in the future.
☐ 本人拒絕收到有關「本社活動」的最新資訊。I reject to receive information about "HKRWA Activity" in the future.

參加者簽署 Participant's Signature

日期 Date

家長/監護人姓名及簽署 Parent's / Guardian's Name & Signature
(18歲以下參加者 For person age under 18)