

丙部 Part C 其他成員資料 Members Information For ※隊員 Team Member/ ▲親子組 Family Run 專用

隊伍名稱 Name of Team: _____ (親子組不適用 Not for Family Run)

英文姓名 Name in English	中文姓名 Name in Chinese (如適用 if applicable)	性別 Sex	出生年份 Birth Year (yyyy)	香港身分證號碼 HKID: (首個字母及首四個數字) (First 5 characters of HKID)	手提電話 Mobile Number	T 恤呎碼 T-shirt size XXS / XS / S / M / L / XL / XXL	參加項目 Apply Event				
							視障運動員 Visual Impaired	▲ 親子組 Family Run	※ 隊際 Team Run	3 公里跑 3 km Run	10 公里跑 10 km Run
		M / F*									
		M / F*									
		M / F*									
		M / F*									
		M / F*									
		M / F*									
		M / F*									
		M / F*									

*** 報名表可以自行影印。 Photocopies of the entry form are acceptable.
↓ 請沿著虛線對摺 Please follow this line to fold

Please put
Stamp on
請貼上郵票

寄：沙田瀝源邨壽全樓地下
107-110 號
沙田體育會 收
《永隆銀行盃沙田新春長跑 2016》

↑ 請沿著虛線對摺 Please follow this line to fold



活動日期 Event Date
2016 年 2 月 21 日 (星期日) 21st February 2016 (Sunday)

集合地點 / 終點及頒獎地點 Assembly Area / Finishing Point
沙田運動場 Sha Tin Sports Ground
(沙田港鐵站 A1 出口步行約 20 分鐘)
(20mins walk from Sha Tin MTR Station Exit A1)

名額 Quota : 1,500

組別 Category

	參賽資格 Qualification of Competition	個人 Individual		※ 隊際 Team		▲ 800 米 /m
		3 公里 / km	10 公里 /km	3 公里 / km	10 公里 /km	
少年 Youth I	出生於 Born 2004-2007	✓		✓		
少年 Youth II	出生於 Born 2001-2003	✓		✓		
少年 Youth III	出生於 Born 1998-2000	✓		✓		
成人 Adult	1997 或以前 or before	✓		✓		
公開 Open	出生於 Born 1980-1997		✓			
高級 Senior	出生於 Born 1966-1979		✓		✓	
先進 Master	1965 或以前 or before		✓			
▲ 親子組 Family	親子隊須由一名 1997 年或以前出生的成人與一名 2007 年或以後出生小童組成。A Family team MUST be formed an Adult who born on or before 1997 and a child who born on or after 2007.					✓
視障組 Visual Impaired	視障運動員除了可競逐個人組別獎項外，還可各逐男女視障組之獎項。如需尋求領跑員，本會將會盡力安排。Visual Impaired Runner can challenge the individual age division and Visual Impaired Division Men or Women's champion. We will try to arrange guide runner if you are needed.					

- ◆ 隊際賽 (4 人) 的計分方法，以全隊完成時間釐定，最快完成的一隊為之勝出。如時間相同，則比較各隊最快一名跑手的完成時間，時間最快的跑手所屬隊伍為勝方。The finishing time of a team is the sum of the individual time of 4 members from each team. If two teams share the same time, the team with the shortest 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.
- ◆ 3 公里 ※ 隊際跑，成員須參加同一性別之組別及賽事。For 3km ※ team run, runners must apply for the same division of event.
- ◆ 10 公里 ※ 隊際跑，成員需參加同一項性別之賽事而可參加不同組別。For 10km ※ team run, runners can apply for different divisions of the event.
- ◆ ▲ 親子組 兩位組員到達終點時必須手拖手衝線。Family Teams must pass the finishing line by holding each other's hands.

報名費用 Entry Fee
個人 Individual : \$180/ 位 per person
※ 隊際 Team : \$720/ 隊 (4 人) Team (4 members)
▲ 親子組 Family Run : \$250/ 隊 team
團體 Group : 10 人或以上報名總額 9 折 (不包括視障選手)
10% off the application fee for teams with 10 or more members (Except to Visual Impaired Runner)
視障運動員 Visual Impaired Runner : \$150/ 位 per person
* 視障領跑員 Guide Runner : 免費 Free

紀念品 Souvenirs
1. T 恤 T-shirt 2. 證書 Certificate 3. 禮品 Gifts

起跑時間 Starting Time
10 公里 /km : 早上八時正 8:00am
3 公里 /km : 早上八時十分 8:10am
▲ 800 米 /m : 早上九時四十五分 9:45am

獎項 Awards
個人 Individual
首三名可獲獎盃乙座、個人獎牌及現金利是，第四至十名可獲得獎牌。
The 1st – 3rd each will be awarded Trophy, Medal and Red Packet, while the 4th – 10th each will be awarded Medal.

▲ 親子組 Family
首三名可獲得獎牌及現金利是，第四至十名可獲得獎牌。
The 1st – 3rd Family Team will be awarded Medals and Red Packet, while the 4th – 10th will be awarded Medals.

※ 隊際 Team
● 3 公里 /km ● 10 公里 /km
首三名可獲獎盃乙座及獎牌。
The 1st – 3rd each will be awarded Trophy and Medals.

團體 Group – 最強人氣大獎 The Best Application Award
參與人數最多之團隊可獲獎盃乙座。
Group with the most number of participants will be awarded a Trophy.

報名及查詢 Registration & Enquiries
沙田體育會有限公司 Sha Tin Sports Association Limited
報名地址 : 沙田瀝源邨壽全樓地下 107-110 號沙田體育會
Registration Sha Tin Sports Association, 107-110, G/F, Sau Chuen House, Lek Yuen Estate, Sha Tin, N.T.
電話 Tel : 2691-5657 傳真 Fax : 2602-1966
網頁 Website : http://www.stsa.org.hk
截止 Deadline : 2016 年 1 月 15 日 15th January 2016

賽事目的 Event 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心得。

"Long Distance Running" not only can strengthen one's physical fitness, but also empower endurance training. We aim at promoting importance of playing sports to the public through different competitions. Our ultimate goal is to gather people who enjoy sharing experiences and happiness in "Long-distance Running" with others.

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

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，而 **▲親子組** 每隊只有一枚。(賽後無需交還)。The official timing system in this event is B-tag. A timing device will be distributed to **each participant**. Only one timing device will be distributed to each **▲Family Run Team**. (Do not return the timing devices.)

比賽路線 Event Route

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 (折返沙田運動場終點)
Shatin Sports Ground → Banyan Bridge → Shatin Rowing Centre → Hong Kong Sports Institute → Shatin Racecourse → Twin Bridge → Hang Tai Road → Ma On Shan Promenade (Return and Finish in 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 (折返沙田運動場終點)
Shatin Sports Ground → Banyan Bridge → Shatin Rowing Centre → Hong Kong Sports Institute (Return and Finish in Shatin Sports Ground)

▲800米 (800m) :

圍繞沙田運動場 2 圈 2 laps of Shatin Sports Ground



領取跑手物資 Runner's Pack Collection

- 成功報名者將於 2016 年 1 月 20 日或以前收到由大會寄出的跑手包領取通知書。
Successful applicants will receive a letter for Runners Pack Collection on or before 20th January 2016.
- 如閣下於 2016 年 1 月 25 日仍未收到通知書，請致電 2691 5657 聯絡。
If you have not received the letter by 25th January 2016, please call 2691 5657 for assistance.
- 參賽者必須於指定日期內領取跑手包、號碼布及計時晶片。
Each participant must collect their runner's pack, race number (which includes the B-tag timing device) on specified collection dates.
- 所有計時晶片及參賽編號均不得轉讓他人。
Timing device and race number are not transferable.

比賽細則及條款 Terms and Conditions

- 報名一經接受，報名費將**不獲**發還及不得轉讓。
Application fee is **NOT** refundable and transferable accepted.
- 若比賽當日**早上 5 時**仍然懸掛**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 still hoisted at **05:00am**.
- 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.
- 大會不設上訴，將以賽會最終決定為準。
All disputes will be arbitrated by the organizer.
- 參加者自行負責個人保險。
Participants are responsible for their own insurance.
- 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。
The participants can keep their belongings in a designated storage area. However, the participants are responsible for their own valuables as we are not for liable any losses.
- 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.

報名方法 Registration

- 填妥此報名表格後連同一個已貼上郵票之回郵信封**郵寄**或**親身**遞交至本會。
For application, please include a completed application form and a self-addressed envelope with a stamp, you can submit the application to us **in person** or **by post**.
- 報名須連同存款收據或支票或 * 現金一併交回本會。
Please attach the Payment Slip, Cheque or *Cash with the application form to our office.
- 不接受**傳真或電郵報名。
Application through fax or email is **NOT** accepted.

付款方法 Payment Method :

- 入數**中國銀行 (香港)** 戶口 : 014-695-10246580
Pay-in **Bank of China (Hong Kong)** account:
014-695-10246580
- 支票必須劃線，註明收款人為：**沙田體育會有限公司**
The cheque should be crossed, made payable to : **Sha Tin Sports Association Limited**
- *3. **現金 Cash** * 必須親身遞交至本會 **Only for application at our office*

報名表格 Application Form

大會專用 For Office Use:

備註 Ref.:

備註 REMARKS

- | | |
|---------|--|
| 隊際 Team | 1) 參加 ※ 隊際賽 (4 人)，成員 必須 相同性別。Mixed teams are Not accepted. Each team should be formed by 4 members.
2) 3 公里跑，4 名成員須參加同一項賽事及組別。For 3km run, the team members must apply for the same division of event.
3) 10 公里跑，4 名成員需參加同一項賽事而可參加不同組別。For 10km run, the team members can apply for different divisions of the event.
4) 隊際賽 (4 人) 的計分方法，以全隊完成時間釐定，最快完成的一隊為之勝出。如時間相同，則比較各隊最快一名跑手的完成時間，時間最快的跑手所屬隊伍為勝方。The finishing time of a team is the sum of the individual time of 4 members from each team. If two teams share the same time, the team with the shortest individual time shall be the winner.
5) 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.
6) 參加 3 公里或 10 公里跑，只需在格內填上「✓」，大會將根據參加者出生年份，安排至各個組別。For 3km or 10km run, please enter "✓" into the box. Participants will be grouped according to the Birth Year. |
|---------|--|

甲部 Part A 參加項目 Apply Event

- ▲ 親子組 800 米跑 Family Team 800m Run
- 3 公里跑 3km Run 10 公里跑 10km Run
- 3 公里 ※ 隊際跑 3km Team Run 10 公里 ※ 隊際跑 10km Team Run

乙部 Part B 參賽者資料 Information of Participant

*** 為方便電腦處理，請用**英文正楷大寫**清楚填寫 Please complete the form clearly in **BLOCK LETTERS**.

*****※隊際 / ▲親子組** 賽事之其他成員須填妥丙部資料 Members on **※Team / ▲Family** Run please complete Part C.

個人 Individual / ※隊長 Captain / ▲親子組 Family Run

- 視障運動員 Visual Impaired Runner

英文姓名 : 姓 _____ 名 _____
Name in English : Last Name _____ First name _____

中文姓名 : _____ 性別 : M / F* T 恤呔碼 : XXS / XS / S / M / L / XL / XXL*
Name in Chinese : _____ (如適用 if applicable) Sex _____ T-shirt Size _____

香港身分證號碼 HKID : XXX (X) (首個字母及首四個數字 First 5 characters of HKID)

出生年份 Birth Year : _____ (年 YYYY)

手提電話 Mobile Number : _____ 聯絡電話 Contact Number : _____

郵寄地址 Mailing Address : _____

電郵地址 Email Address : _____

緊急聯絡人 Emergency Contact Person

姓名 Name : _____ 手提電話 Mobile Number : _____

豁免法律責任及聲明 Waiver of Liability and Declaration

謹證明本人 (及隊友) 體格健全及有能力參與比賽，並願意自行承擔所有責任。本人 (及隊友) 亦同意遵守由沙田體育會有限公司 (大會) 所訂之一切比賽規則及決定。本人 (及隊友) 一旦因往返比賽場地或比賽中受到任何財物損失、受傷或導致死亡。大會、各贊助商及其他有關合辦機構均無需負上任何責任。本人 (及隊友) 授權大會及傳媒在無需經本人 (及隊友) 審查，而可永久使用本人 (及隊友) 的肖像、姓名作為活動籌辦及推廣之用。I confirm that I am (and teammates are) physically fit and capable of participating in the Healthy Run and I am (and teammates are) entering this event at my (our) risk and responsibility. I (and teammates) hereby agree to abide by all rules and conditions laid down by Sha Tin Sports Association Limited (STSA). I (and teammates) discharge STSA, the sponsors and any other individuals or Groups connected directly or indirectly with this event from any responsibility of an accident or mishap which may cause me injury, death or loss of property during as a consequence of or while traveling to or from this event. I (and teammates) grant permission and assign all right, title and interest to STSA and all media throughout the world to utilize my (and teammates) appearance, name in connection with this event in perpetuity and agree to waive any right of inspection or approval associated therewith.

跑手代表 / 隊長 / 監護人簽署 _____ 日期 _____
Signature of Runner / Captain / Guardian _____ (簽署須年滿 18 歲 Signer must 18 or above) Date : _____

報名表可以自行影印。傳真及電郵報名概不受理。大會保留更改以上資料之權利。
Photocopies of the entry form are acceptable. Faxed and emailed entries will not be processed. The Organizer reserves the rights to amend the above information

請在適當方格內填上「✓」。Please tick the appropriate.
* 請刪去不適用者。Please delete as appropriate