



HONG KONG RUNNER



LADIES LADS AND LASSIES RACE 2011 SUNDAY 18TH SEPTEMBER 2011

RACE INFORMATION

Organiser	Hong Kong Ladies Road Runners Club	
Date (日期):	18 September 2011 (2011年9月18日)	
Start Time (起跑時間):	08:30 (上午8時30分)	
Course (賽道):	Anticlockwise circuit around Lugard and Harlech Roads, The Peak. 逆時鐘繞山頂一圈	
Race Start / Finish (起點/終點):	Next to Peak Tower/Peak Lookout 山頂纜車站旁	
Distance (全程):	3.5 km (3.5公里)	
Age Groups (組別): 女子組 Ladies:	19 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 59, 60 +	
	Girls:	7 – 9, 10 – 11, 12 – 13, 14 – 15, 16 – 18
	男子組 Boys:	7 – 9, 10 – 12
Fun Run Boys & Girls (幼苗組):	6 Years & Under 六歲或以下	
Prizes (獎品):	Top 3 ladies / girls / boys in age group 各組別之冠、亞、季軍	
	No Prize for Fun Run participants 幼苗組不設組別獎項	
Souvenir (紀念品)	T shirt to all finishers Copy of HONG KONG RUNNER to all finishers 每位完成賽事者將獲派發紀念品乙份	
Quota (名額)	300 runners or when race full 300 名先到先得	
Entry Deadline (截止日期):	5 th September 2011 (2011年9月5日)	
	Age 19 and over non members HK\$80 非會員女子組 (十九歲及以上) HK\$80	
	Age 19 and over HKLRRC members HK\$60 會員女子組 (十九歲及以上) HK\$60	
Entry Fee (報名費):	Age 18 and under non members HK\$60 非會員女子組 (十八歲及以下) HK\$60	
	Age 18 and under HKLRRC members HK\$50 會員女子組 (十八歲及以下) HK\$50	
Enquiries (查詢):	91393127 e-mail: hklrr@yahoo.com	