

Co-organised by
the Leisure and Cultural Services Department
and Sai Kung District Sports Association
(Sponsored by Sai Kung District District Council)
Sai Kung Distance Run 2009/10
Prospectus

P u r p o s e : To provide members of the community in different age groups with an opportunity to participate in distance run, so as to sustain their interest in running, enable them to pit their skills against other players and keep fit.

D a t e : 7 February 2010 (Sunday)

T i m e : 9:00am to 2:00pm

V e n u e : High Island Reservoir, Sai Kung (Starting Point : Junction of Sai Wan Road and Man Yee Road)

E l i g i b i l i t y : Age 12 or above are welcome

Note : 1. The applicant(s) must ensure that they are medically and physically fit to participate in the above Race.
2. Participants should join the division according to their year of born.
3. Each participant may enrol in one event.



R o u t e a n d E v e n t : **(A) Age Group Race** 【Activity Code : 40209538】

Route : From starting point via Man Yee Road to West Dam and return. Distance: Around 10 km.
(See attached map)

Men's Group A	Age 16– 20	Born in 1990-1994 * Points to Note (1)
Men's Group B	Age 21– 30	Born in 1980-1989
Men's Group C	Age 31– 40	Born in 1970-1979
Men's Group D	Age 41– 50	Born in 1960-1969
Men's Group E	Age 51 or above	Born in 1959 or before
Women's Group A	Age 16– 30	Born in 1980-1994* Points to Note (1)
Women's Group B	Age 31 or above	Born in 1979 or before

(B) Challenge Race 【Activity Code : 40209538】

Route : From starting point via Man Yee Road to East Dam and return. Distance: Around 15.5 km.
(See attached map)

Men's Challenge : Age16 or above (Born in 1994 or before) * Points to Note (1)

Women's Challenge : Age16 or above (Born in 1994 or before) * Points to Note (1)

#Noted : This Race route is very rough. Competitors are advised to train and keep physically fit. Competitors should consider personal fitness before enrolment.

(C) Youth Team Relay 【Activity Code : Men 40216632 ; Women 40216633】

Route : A team with 4 members. (4 men or 4 women) Each runner shall start from starting point via Man Yee Road to West Dam and return for around 1.5km. Total Distance: Around 6 km. (See attached map)

Youth Team Relay : Age 12-17 (Born in 1993-1998)

E n r o l m e n t F e e : \$20 per person (those aged below 15, 60 or above, full-time students and persons with disabilities can enjoy a 50% off concessionary rate upon production of valid identity documents.)

Q u o t a : Total 500 (Including Youth Team Relay. 15 Teams for men and women respectively and accepted on a "First-come-first-served" basis. Quota for each event will be adjusted according to enrolment.)

D a t e o f E n r o l m e n t : 16 December 2009- 3 January 2010

Enrolment : 1) Enrol in person
 Method : Participants should return the completed enrolment form, the "Declaration", enrolment fee, produce original identification document or its copy at the following location during date of enrolment. Each participant should submit one enrolment form at one time. Those who want to submit for more than one application form must queue up again.

Location	Address	Fee collection hours	Enquiry Tel. No.
Sai Kung District Leisure Services Office	4/F, Sai Kung Government Offices Building, 34, Chan Man St., Sai Kung	Monday to Friday (8:30am to 4:30pm)	2791 3100
Tsui Lam Sports Centre	Tsui Lam Estate, Tseung Kwan O	Monday to Sunday (8:30am to 10:00pm)	2703 1137

* Note : Produce original identification document or its copy of all members of Youth Team Relay is required during enrolment.

2) Enrol by mail

An applicant should mail the completed entry form, a crossed cheque payable to 'The Government of the Hong Kong Special Administrative Region', copies of his/her identification documents (for verification only) and a stamped return envelope to Sai Kung District Leisure Services Office (Address: Sai Kung Distance Run, SKDLSO, 4/F, Sai Kung Government Offices Building, 34, Chan Man Street, Sai Kung) during date of enrolment. Enrolment will be treated on a first-come-first-served basis. For applications received on the same day, priority will be accorded to the applicants who make the enrolment in person. Remaining quota will be allocated by balloting to the mail applications if applications exceed the capacity.

J u d g e s : Judges will be served by qualified referees. All runners should abide by their decisions.

A p p e a l : No appeal will be accepted. The judges' decision on the Race results shall be final.

A w a r d s : A trophy will be awarded to the champion, first, second and third runners-up of each division. A medal will be awarded to the 4th –10th runners-up of each division. A medal will be awarded to each members of the champion, first, second and third runners-up of Youth Team Relay teams. Certificates will be awarded to runners who finish the designated distance on site.

Transportation : Official bus will be available to and from the venue at the following locations. Runners should indicate his/ her choice on the enrolment form and pay attention on time of departure. Buses will leave promptly at the following time.

Locations and time of departure:

(1)8:10am at Ming Shing Street, Hang Hau, Tseung Kwan O (Next to mini-bus station 109M)

(2)8:30am at Public Carpark, Sai Kung Tang Siu Kin Sports Ground, Sai Kung

Participants are advised to report at venue on or before 9:00am

M a r s h a l l : Participants of all divisions should report to the Race venue on or before 9:00am. Participants should produce original identification document with a photo on it (e.g. identity card, student card or student's handbook) for verification by the officials. Participants failing to do so or whose personal particulars differ from those on the enrolment forms should not be allowed to enter the Race and will be disqualified. Enrolment fee will not be refunded.

* Points to Note : 1. Participate age 12-15 can apply for special approval for enrolment of Age Group Race(for Men's Group A and Women's Group A). He/ She should submit the following documents for confirmation of his/her health is suitable for the Race. (a) The declaration is to be completed by the parent / guardian; (b) The declaration from instructors or teachers of Physical Education; and (c) The declaration from registered physician (valid for one year from the date of issue)
 2. Participants aged below 18 should provide a declaration signed by their parent(s) or guardian(s) before taking part in the Race.
 3. Should typhoon signal no. 3 or above or the red or black rainstorm warning is in force 2 hours before the reporting time of the Race, the events will be cancelled.
 4. The number bib will be mailed to all participants before the event. If participants do not receive the number bib on 2 February 2010, please contact our staff at 2791 3100.
 5. Information provided in the enrolment form should be true and correct and be completed in full. Once the enrolment form is submitted, change of information and categories (except change of contact telephone number and occupation) is not allowed before the completion of the event.
 6. If any participants are found to be impostors or having violated the rules or engaged in improper conduct that affects the Race results, the Organiser will have the right to order him/her/them to withdraw from the Race and his/her/their result in the Race will be cancelled. Enrolment fee will not be refunded.
 7. Participants failing to complete the race within 2 hours 30 minutes must stop their races when asked by Officials.

O t h e r s : In case of any deficiency in this prospectus, the LCSD reserves the right to amend it at any time without giving any prior notice.

Enquiries : Sai Kung District Leisure Services Office 2791 3100 / Tsui Lam Sports Centre 2703 1137

Sai Kung Distance Run 2009/10

[Enrolment Form for Age Group and Challenge Race]

A. Category (Please tick “✓” the box as appropriate. Each participant may enrol in one event.)

(A) Age Group Race (Distance around 10km) 【Activity Code : 40209538】	
Men’s Group A (Age 16– 20) Born in 1990-1994	<input type="checkbox"/>
Men’s Group B (Age 21– 30) Born in 1980-1989	<input type="checkbox"/>
Men’s Group C (Age 31– 40) Born in 1970-1979	<input type="checkbox"/>
Men’s Group D (Age 41– 50) Born in 1960-1969	<input type="checkbox"/>
Men’s Group E (Age 51 or above) Born in 1959 or before	<input type="checkbox"/>
Women’s Group A (Age 16– 30) Born in 1980-1994	<input type="checkbox"/>
Women’s Group B (Age 31 or above) Born in 1979 or before	<input type="checkbox"/>
(B) Challenge Race (Distance around 15.5km) 【Activity Code : 40209538】	
Men’s Challenge (Age16 or above) Born in 1994 or before	<input type="checkbox"/>
Women’s Challenge (Age16 or above) Born in 1994 or before	<input type="checkbox"/>

* Participants should join the division according to their year of born.

B. Personal Information

Name : (Chinese) _____ (English) _____ Sex : _____ Age : _____

Identity Document No. : _____ Date of Birth : _____ DD _____ MM _____ YY

Contact Telephone No. : _____ Mobile: _____ E-mail Address: _____

Residential Address : _____

(If I encounter any emergency in the course of the activity, please contact _____ (Name of Contact Person) at _____ (Telephone No.))

Occupation (Please tick “✓”the box as appropriate.)

1. Employed 2. Housewife 3. Student 4. Retired 5. Others

C : Transportation (Please tick “✓”the box as appropriate.) Buses will leave promptly at the following time.

8:10am at Ming Shing Street, Hang Hau, Tseung Kwan O (Next to mini-bus station 109M)

8:30am at Public Carpark, Sai Kung Tang Siu Kin Sports Ground, Sai Kung

9:00am at Reporting venue (Self arrangement)

D. Declaration

For applicants aged below 18, this part should be completed by his/her parent or guardian	Applicants aged 18 or above must sign this declaration
I declare that: _____ (applicant’s name) is healthy, physically fit, and suitable to participate in the above activity. The Leisure and Cultural Services Department shall not be liable for any injury or death which the participant may suffer in this activity, if the cause of injury or death is due to his/her negligence or inadequacy in health and fitness.	I declare that: I am healthy, physically fit, and suitable to participate in the above activity. The Leisure and Cultural Services department (LCSD) shall not be liable for any injury or death which I may suffer in this activity, if the cause of injury or death is due to my own negligence or inadequacy in health and fitness.
Parent/Guardian’s Signature: _____ Date: _____	Signature of Applicant: _____ Date: _____

Note : 1. Applicants should produce the originals or copies of their identify documents upon enrolment for our verification of their eligibility and the charging of appropriate types of fees.

2. The information provided by you will only be used for enrolment of recreation and sports activities organized by the Leisure and Cultural Services Department, future contact purpose and opinion survey. For correction of or access to personal data collected by means of this form, please contact staff of the enrolment counter/district.

3. The provision of your personal data (except the item ‘Occupation’) in this form is obligatory. If you do not provide the required personal data, your application will not be entertained.

Please complete the following address panels.

Name : _____ Fax No. : _____ Address : _____ _____ _____	Name : _____ Fax No. : _____ Address : _____ _____ _____
(Leave it blank if you have already filled in your fax no.)	(Leave it blank if you have already filled in your fax no.)

No. :

to

Sai Kung Distance Run 2009/10

Enrolment Form for Youth Team Relay

Age 12-17 (Born in 1993-1998)

A. Category (Please tick "✓" the box as appropriate.)

 Men 【Activity Code : 40216632】 Women 【Activity Code : 40216633 】

B. **Team's Information**

Name of Team : _____ Name of Leader : _____ (must be aged 18 or above)

Identity Document No. : _____ Sex : M F

Contact Telephone No. : _____ Mobile: _____ E-mail Address: _____

Residential Address : _____

C. **Participant's Information**

(Applicants should produce the originals or copies of their identify documents upon enrolment for our verification. Participants should run according to the following order during the race.

No. of participant	Name (In Chinese)	Name (In English)	Identity Document No.	Date of Birth (DD/MM/YY)	Contact Telephone No.	Emergency Contact Person and Telephone No.
1				/ /		
2				/ /		
3				/ /		
4				/ /		

D. Transportation (Please tick "✓" the box as appropriate.) Buses will leave promptly at the following time.

 8:10am at Ming Shing Street, Hang Hau, Tseung Kwan O (Next to mini-bus station 109M) 8:30am at Public Carpark, Sai Kung Tang Siu Kin Sports Ground, Sai Kung 9:00am at Reporting venue (Self arrangement)

E. Declaration

For applicants aged below 18, this part should be completed by his/her parent or guardian

I declare that the above applicant is healthy, physically fit, and suitable to participate in the above activity. The Leisure and Cultural Services Department shall not be liable for any injury or death which the participant may suffer in this activity, if the cause of injury or death is due to his/her negligence or inadequacy in health and fitness.

(Participant 1) Parent/Guardian's Signature : _____ Parent/Guardian's Name : _____ Date : _____

(Participant 2) Parent/Guardian's Signature : _____ Parent/Guardian's Name : _____ Date : _____

(Participant 3) Parent/Guardian's Signature : _____ Parent/Guardian's Name : _____ Date : _____

(Participant 4) Parent/Guardian's Signature : _____ Parent/Guardian's Name : _____ Date : _____

Leader's Signature : _____ Date : _____

Note : 1. Applicants should produce the originals or copies of their identify documents upon enrolment for our verification of their eligibility and the charging of appropriate types of fees.

2. The information provided by you will only be used for enrolment of recreation and sports activities organized by the Leisure and Cultural Services Department, future contact purpose and opinion survey. For correction of or access to personal data collected by means of this form, please contact staff of the enrolment counter/district.

3. The provision of your personal data (except the item 'Occupation') in this form is obligatory. If you do not provide the required personal data, your application will not be entertained.

Please complete the following address panels.

Name of Team/Leader : _____

: _____

Fax No. : _____

Address : _____

(Leave it blank if you have already filled in your fax no.)

Name of Team/Leader : _____

: _____

Fax No. : _____

Address : _____

(Leave it blank if you have already filled in your fax no.)

Course Map of Sai Kung Distance

