



HONG KONG RUNNER



LADIES LADS AND LASSIES RACE 2010 SUNDAY 19TH SEPTEMBER 2010

RACE INFORMATION

Organiser	Hong Kong Ladies Road Runners Club	
Date (日期):	19 September 2010 (2010年9月19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 T shirt to all finishers	
Souvenir(紀念品):	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 2010 (2010年9月10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 HKLRRRC members HK\$60 會員女子組 (十九歲及以上) HK\$60 Age 0 - 18 non members HK\$60 非會員女子組 (十八歲及以下) HK \$60 Age 0 - 18 HKLRRRC members HK\$50 會員女子組 (十八歲及以下) HK \$50	
Entry Fee(報名費):		
Enquiries(查詢):	91393127 e-mail: hklrr@yahoo.com	



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ENROLLMENT FORM 參加表格 (PLEASE COMPLETE IN ENGLISH 請用英文填寫)

Family name 姓			
Given name 名			
Sex 性別 (✓)	Male 男子 ()	Female 女 ()	
Date of Birth 出生日期	DD 日	MM 月	YYYY 生
Phone No. 電話號碼			
E-mail 電郵地址			
Postal Address 地址			
<p>I agree to enter this race at my own risk and to abide by the rules and conditions laid down by the organizers. I hereby agree to discharge the organizers from any responsibility in the event of an accident or mishap which might cause me injury during or after the race. 聲明：謹證明本人是自願參加比賽，並願意自行承擔所有責任。本人亦謹遵守比賽規則及決定。本人一旦因在往返比賽場地或比賽中受到任何財物損失、受傷或致死亡，主辦賽會、贊助商及其他有關合辦機構均無須付上任何責任。</p>			
Signed 簽名：_____		Date 日期：_____	
(parent or guardian for applicants 18 and under) (十八歲以下之參賽者需由父母或監護人簽署)			

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IMPORTANT NOTES:

- Cheques payable to(劃線支票 抬頭人請寫) : Hong Kong Ladies Road Runners Club
- Enclose with entry **2 large** STAMPED self addressed envelopes with minimum HK\$2.20 value stamps one for number bib and one for finishers certificate 必須各自付上**兩個大 (A4)** 回郵信封，信封面寫上地址及貼上足夠郵票 HK\$2.2
- Send Entry to(填妥表格寄回) : PO Box 20613, Hennessey Road, Wanchai
- **No number bib pick up on day** 號碼布將會郵遞，不設即場派發。 Lost numbers HK\$10 for replacement **即場補領費 HK\$10.**
- **NO ENTRIES** on the day. Entry list and information on www.hklrrc.org.hk before the race
不接受即場報名。 參賽名單和賽事資料，會於賽事一星期前刊登在 www.hklrrc.org.hk
- Red, black rainstorm, or T8 warning issued by 06.30 on race day event is cancelled.
We will attempt to reschedule - No entry fee refund.
當紅色或黑色暴雨警告，雷暴警告或 8 號風球於賽事兩小時前生效，賽事會改期，本會將儘量擇日補賽，已繳報名費不會退還。
- Race marshals needed if you cannot run please come and help at the race.
歡迎所有不能參賽者出席為大會作賽道指揮/督導員。

Enquiries to: 91393127 e-mail: hklrr@yahoo.com

www.hklrrc.org.hk