

NEW YEAR N.E. MOUNTAIN RACE 2022

元旦東北縱走 2022



Race

Information

1. General Information 賽事資料

1.1 Event Centre 賽事中心

Location 地點: Main Dam, Plover Cove Reservoir 船灣淡水湖主壩

1.2 Access to Start Point 前往起點

1. Bus:

Take bus No. 75K from Tai Po Market MTR Station to the final stop and walk 5 minutes to the main dam.

2. Mini Bus:

Take mini bus No. 20C from Tai Po Market MTR Station to the final stop and walk 5 minutes to the main dam.

1. 巴士:

在大埔墟火車站乘搭 75K 巴士，於總站下車，步行 5 鐘到達主壩。

2. 專線小巴:

在大埔墟火車站乘搭 20C 綠色小巴，於總站下車，步行 5 鐘到達主壩。

Registration 報到

1. Participants please go to the registration counter to report and collect the number bib. 參賽者到各組別之報到處報到。
2. Please get changed at changing rooms. 參賽者可在廁所更換衣服。

1.2 Event Centre Details 賽事中心事項

1. Body temperature screening will be conducted before a person is allowed to enter the race venue. Only those with body temperature lower than 37.5°C are allowed to participate in the race.
2. No bibs / race pack collection and luggage storage service at the event centre will be provided.
3. No mass briefing of runners at the venue will be conducted.
4. Hand sanitizers stations will be available at the start / finish area as well as the checkpoint.
5. All runners must keep social distancing of not less than 1.5m with one another at the start and finish areas.
6. All runners must wear masks at all times, except when runners who are on competition in the race route or when the person is consuming a drink where reasonably necessary.

1. 所有人仕進入比賽場地前將進行體溫檢測。僅允許體溫低於 37.5°C 的人仕參加比賽。
2. 賽事中心不提供號碼布 / 比賽包領取及行李寄存服務。

3. 比賽起步前不會有賽前簡報。
4. 起跑及終點區域以及檢查站將提供酒精消毒搓手液。
5. 所有參賽者必須在起跑區和終點區保持不少於 1.5 米的社交距離。
6. 所有參賽者必須佩戴口罩，但在比賽路線上進行比賽的參賽者或在合理必要的情況下飲用飲料時除外。

1.3 Race Start 賽事開始

1. Race start time : 9:00am
2. Runners will be allowed to enter the starting zone 3 minutes before their race starting time and would be advised to keep 1.5m apart from each other.
3. Runners will start in a batch of 50 every 5 minutes (i.e. 9:00am – Wave 1; 9:05am – Wave 2; 9:10am – Wave 3 and 9:15am – Wave 4).

1. 賽事開始時間：上午 9:00。
2. 參賽者在比賽開始時間前 3 分鐘可進入起跑區，並建議彼此保持 1.5m 的距離。
3. 參賽者將每 5 分鐘一批 50 人出發（即上午 9:00 – 第 1 波；上午 9:05 – 第 2 波；上午 9:10 – 第 3 波和上午 9:15 – 第 4 波）。

1.4 During the Race and Finish Point 賽事期間及終點

1. Runners can take off their masks after the start of the race and must put on the masks within 100m after passing the finish line.
2. Runners must leave the finish area as soon as possible to avoid gathering.
3. Pacers, support runners and spectators are not allowed on the course, at the checkpoint, the start and finish areas.
4. Eating will not be allowed at Start/Finish areas and checkpoints
5. Only sealed bottle water will be distributed at the checkpoints and finish area.
6. No prize presentation ceremony will be held on the event day. All trophies will be collected on the later date.

1. 參賽者可在比賽開始後取下口罩，且必須在通過終點線後 100 米內戴上口罩。
2. 參賽者必須盡快離開終點區，避免聚集。
3. 參賽者的陪步人仕、支援人仕和觀眾不得進入賽事路線、檢查站、起跑區和終點區。
4. 起點 / 終點區域和檢查站禁止飲食。
5. 在檢查站和終點區將只會提供密封瓶裝水。
6. 活動當天不舉行頒獎典禮。所有獎杯將在稍後領取。

2. Race Route and Marking 賽道及標記

2.1 賽道標示記號 Course Markings

- 賽道沿途會以粉紅色絲帶標示，間距約為 100 米，在小路交界及密林裏相距會更短。

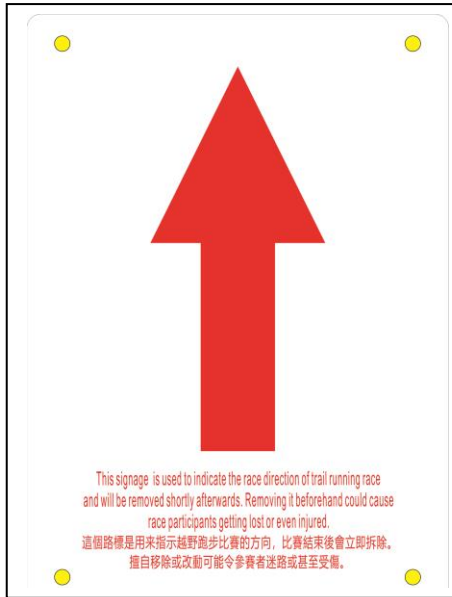
The entire course will be marked with **PINK color ribbons** in every 100 meters along single trail and will be in a closer distance in forest or at trail junction.

- 在分岔路口將會加設以白色做底的**紅色箭嘴**指示牌以示正確方向。

At some trail junction or open area, white plastic plate with an **RED** arrow will also help to indicate the race direction.

- 在不正確的山徑上，同時會設置「X」指示牌。

There will also be a “cross” on the trails that you should not take.



- At main road & trail junctions, banners will be used to indicate the race direction. 在車路及小路交界，橫幅會用以指示正確方向。



2.2 Race Course 比賽路線

2.2.1 比賽路線 Race Course

Challenge - Plover Cove Reservoir Main Dam>Pat Sin Leng Nature Trail>Nam Chung>Ping Teng Au>Wong Leng>Pat Sin Leng>Pat Sin Leng Nature Trail>Plover Cove Reservoir Main Dam

Elite - Plover Cove Reservoir Main Dam>Pat Sin Leng Nature Trail>Nam Chung>Ping Teng Au>Hok Tau BBQ Site>Hok Tau Reversoir>Cloudy Hill>Hok Tau Reversoir>Wong Leng>Pat Sin Leng>Pat Sin Leng Nature Trail>Plover Cove Reservoir Main Dam

挑戰組 - 船灣淡水湖主壩>八仙嶺自然教育徑>南涌>平頂坳>黃嶺>八仙嶺>八仙嶺自然教育徑>船灣淡水湖主壩

精英組 - 船灣淡水湖主壩>八仙嶺自然教育徑>南涌>平頂坳>鶴藪燒烤場>鶴藪水塘>九龍坑山>鶴藪水塘>黃嶺>八仙嶺>八仙嶺自然教育徑>船灣淡水湖主壩

2.2.2 比賽路線距離及爬升高度 Race Course Distance and Elevation

Elite 精英組

賽段 Section	由 From	去 To	距離 (公里) Distance (km)	爬升 (米) Ascent (m)	下降 (米) Descent (m)	累積距離 (公里) Acc. Distance (km)
1	Plover Cove Reservoir Main Dam 船灣淡水湖主壩	Nam Chung 南涌	10.2	667	638	10.2
2	Nam Chung 南涌	Hoi Tau Reservoir 鶴藪水塘	8.2	632	575	18.4
3	Hoi Tau Reservoir 鶴藪水塘	Hoi Tau Reservoir 鶴藪水塘	6.9	535	535	25.3
4	Hoi Tau Reservoir 鶴藪水塘	Plover Cove Reservoir Main Dam 船灣淡水湖主壩	11.2	965	1051	36.5

Challenge 挑戰組

賽段 Section	由 From	去 To	距離 (公里) Distance (km)	爬升 (米) Ascent (m)	下降 (米) Descent (m)	累積距離 (公里) Acc. Distance (km)
1	Plover Cove Reservoir Main Dam 船灣淡水湖主壩	Nam Chung 南涌	10.2	667	638	10.2
2	Nam Chung 南涌	Plover Cove Reservoir Main Dam 船灣淡水湖主壩	13.3	1161	1192	23.5

2.3.3 檢查站 Checkpoints

檢查站 Checkpoint	地點 Location	飲品 Drinks		食物 Food	檢查站關閉時間* CP Closing Time*
		水 Water	運動飲品 Sport Drink		
1	Nam Chung 南涌	✓	✓	X	Elite 精英組 – 11:30 Challenge 挑戰組 – 12:30
2	Hoi Tau Reservoir 鶴藪水塘	✓	✓	X	Elite 精英組 – 15:00
賽事終點 Finish Point	Plover Cove Reservoir Main Dam 船灣淡水湖主壩	✓	X	X	Elite 精英組 – 17:00 Challenge 挑戰組 – 16:00

* 為安全起見，未能於各檢查站關閉前到達之參加者，將被終止繼續餘下之賽事。

* Due to safety reason, if participants are unable to arrive at the checkpoints at the designated time, the unfinished part will be cancelled.

3. 比賽裝備 Racing Gear

- 跑鞋 (不可穿涼鞋)

Closed-toe trail running shoes or multi-purpose outdoor shoes are compulsory during the whole race (No sandals allowed).

- 快乾運動衣服

Quick dry and lightweight sportswear.

- 能量食物和水袋

Hydration system and some energy food.

- 手提電話

Mobile Phone

- 號碼布 (必須置於上衣前方，於任何時間均清晰可見)

Number bib (should be attached in the front of the chest and remains visible during the whole race)

4. Race Rules 比賽規則

4.1 On the Course 比賽途中

1. Follow the course as directed and marked. No deviations are allowed. 參加者應緊隨標示賽道前進，嚴禁另走捷徑，參加者若被發現違規，將被取消資格。
2. Obey instructions from all marshals and members of staff. 遵從賽會工作人員指示。
3. All participants must pass through checkpoints and report to the marshals at the checkpoints. 參加者到達或離開每個水站，均必須通知檢查站負責人員。
4. Race number bib must be worn at all times. 號碼布必須置於上衣前方，於任何時間均清晰可見。
5. Act responsibly, especially on the restricted or steep sections of the trail. 參加者應為自己和他人的安全著想，無論任何時候應顧及路徑的其他使用者。
6. All decisions regarding infringement of rules, allocation of prizes etc. are at the discretion of the Race Director. 參加者請按主辦機構指示進行活動，不得異議；所有有關活動之安排、變動，亦由主辦機構作最終決定。
7. Please respect the environment. Avoid littering, in particular discarding water bottles, plastic bags, etc. 參加者要保持環境清潔，不得在沿途亂扔垃圾。
8. In any emergency situation, call **9318 5822** to report and request for assistance. 如遇有任何緊急情況，請致電 **9318 5822** 求助。

4.2 Withdrawal from the Race 中途退出比賽

1. Any participant opting to drop out from the race has to do by notifying any of the marshals. 各參賽者如中途選擇退出活動，請通知沿途之工作人員。
2. If you are injured and cannot move, please ask other passing-by racers to notify the nearest marshals or call the Event Director on **9318 5822**. 活動期間，如你受傷不能行動，請求路過的其施參加者通知最鄰近之工作人員，作出支援；或致電活動總監求助，電話 **9318 5822**。

4.3 Disputes 爭議

Any protests and disputes must reach the Race Director or the Finish-Marshal at the Finish Point no later by 2:30pm of event day. 如對活動過程、結果有任何異議、不滿、投訴，請於活動當日之下午 2 時半前，向活動總監或終點工作人員作出反映，逾時將不獲處理。

5. 惡劣天氣安排 Bad Weather Arrangement

- 比賽當日上午 7 時，如天文台發出紅色、黑色暴雨警告或 3 號(或以上)颱風信號，賽事將會取消 及改期進行。
If the Red or Black Rainstorm Warning or No. 3 (or above) typhoon signal is hoisted at 7:00am on the race day, the race will be canceled and postponed to another date.
- 比賽當日中午 8 時，如天文台發出雷暴警告，賽事將會取消及改期進行。

If the Thunderstorm Warning at is hoisted at 8:00am on the race day, the race will be canceled and postponed to another date.

6. Insurance 保險

Organizer has bought third party liability insurance for this event. Racers are strongly encouraged to have their own personal medical insurance for this race and also to check with the insurance company that the insurance policy covers all the activities in the race. 主辦機構已為是次活動購買了第三者責任保險。大會仍鼓勵各參賽者為是次活動自行購買醫療或意外保險。購買時，請向你的保險公司了解保單是否覆蓋了所有的活動中之活動。

7. Enquires 查詢

If you have any questions concerning the race, please contact the following people. 如果您對於是次活動有任何查詢、疑問，請聯絡主辦機構。

Mr. Felix Shum **沈先生**

Race Director **賽事總監**

Tel: 9318 5822

Email: felix@xte.hk