



# Race

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# Information

# WAA NE45

# 1. General Information 賽事資料

## 1.1 Event Centre 賽事中心

**Location 地點:** Hok Tau BBQ Site 鶴藪燒烤場

## 1.2 Access to Start Point 前往起點

1. Take the mini bus 52B from Fanling MTR. Get off at Hok Tau BBQ site.  
乘坐由粉嶺站 MTR 開出之 52B 小巴，在鶴藪燒烤場落車。
2. Taxi from the city district of Fanling to Hok Tau BBQ site should cost around \$70.  
的士粉嶺到鶴藪燒烤場 (車資約七十元)。

## 1.3 Registration 賽員報到

**Location 地點:** Event Centre 賽事中心

**Time 時間:**

**Full Course 全程: 6:30 – 7:30am 早上 6:30 – 7:30**

**Half Course 半程: 7:00 – 8:00am 早上 7:00 – 8:00**

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。

## 1.4 Personal Belongings 個人行李

- A luggage tag for personal luggage will be provided for participants to store their personal gear / clothes at Event Centre. 賽會將提供一個行李牌與參賽者寄存個人行李 / 衣物於賽事中心。
- Please hand your personal luggage to our marshal and it will be kept until the end of the race. 個人行李可交給工作人員，賽會會代為保管。
- Please store your luggage 15 minutes before the race starts. 請於賽事開始前 15 分鐘將行李交給工作人員。
- No valuables inside the bag please. 請不要寄存貴重物品。
- No personal belongings will be stored or transported after the race starts. 於比賽開始後，不能再寄存任何個人物品。

## 1.5 Race Start 賽事開始

Elite 精英組 - 8:00am; 8:15am

Challenge 挑戰組 - 8:30am

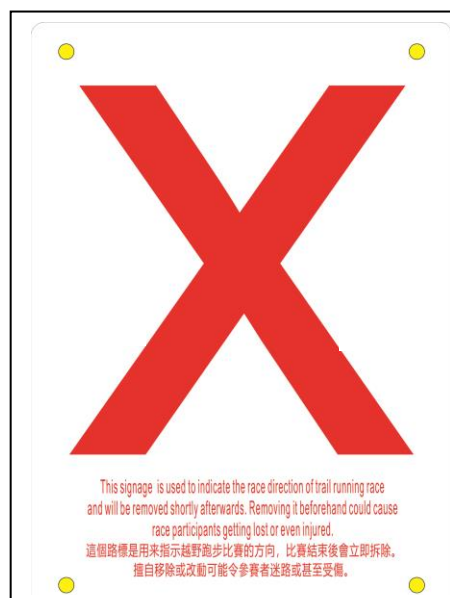
Go to the Start Area 5 minutes before the race starts. 開賽前 5 分鐘進入出發區。

## 1.6 Finish Point 終點

# 2. Race Route and Marking 賽道及標記

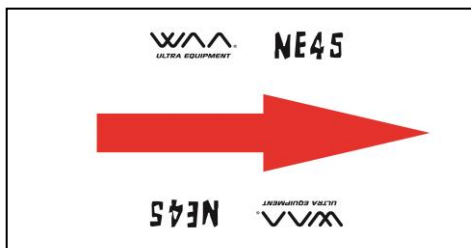
## 2.1 賽道標示記號 Course Markings

- 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

Half Course: Hok Tau BBQ Site>Ping Teng Au>Nam Chung>Luk Keng>Sha Tau Kok Road>Robin's Nest>Man Uk Pin>Tan Chuk Hang>Hok Tau BBQ Site

Full Course: Hok Tau BBQ Site>Ping Teng Au>Nam Chung>Luk Keng>Sha Tau Kok Road>Robin's Nest>Man Uk Pin>Tan Chuk Hang>Hok Tau BBQ Site>Lau Shui Heung Reservoir>Lung Shan>Tai Wo>Cloudy Hill>Hok Tau Reservoir>Ping Teng Au>Hok Tau BBQ Site

半程：鶴藪燒烤場>平頂坳>南涌>鹿頸>沙頭角公路>紅花嶺>丹竹坑>鶴藪燒烤場

全程：鶴藪燒烤場>平頂坳>南涌>鹿頸>沙頭角公路>紅花嶺>丹竹坑>鶴藪燒烤場>流水响水塘>龍山>大窩>九龍坑山>鶴藪水塘>平頂坳>鶴藪燒烤場

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

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	Hok Tau BBQ Site 鶴藪燒烤場	Luk Keng 鹿頸	10.5	706	739	10.5
2	Luk Keng 鹿頸	Robin' s Nest 紅花嶺	5.6	607	222	16.1
3	Robin' s Nest 紅花嶺	Hok Tau BBQ Site 鶴藪燒烤場	7.0	243	595	23.1
4 (Full Course)	Hok Tau BBQ Site 鶴藪燒烤場	Tai Wo 大窩	9.2	491	466	32.3 (Full Course)
5 (Full Course)	Tai Wo 大窩	Hok Tau Reservoir 鶴藪水塘	5.7	524	492	38 (Full Course)
6 (Full Course)	Hok Tau Reservoir 鶴藪水塘	Hok Tau BBQ Site 鶴藪燒烤場	6.5	573	631	44.5 (Full Course)

## 2.2.3 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		
Start 起點	Hok Tau BBQ Site 鶴藪燒烤場	X	X	X	----
1	Luk Keng 鹿頸	✓	X	X	10:30
2	Robin' s Nest 紅花嶺	✓	X	香蕉 Banana	12:30
3	Hok Tau BBQ Site 鶴藪燒烤場	✓	X	香蕉 Banana	14:30
4	Tai Wo 大窩	✓	X	香蕉 Banana	15:00
5	Hok Tau Reservoir 鶴藪水塘	✓	X	香蕉 Banana	16:30
Finish 終點	Hok Tau BBQ Site 鶴藪燒烤場	✓	X	香蕉 Banana	18:00

\* 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.
- 個人飲水杯 (檢查點和終點不會提供塑料杯或紙杯。)  
Personal cup (No plastic or paper cup will be provide at checkpoint and finish point.)
- 能量食物和水袋  
Hydration system and some energy food.
- 手提電話  
Mobile Phone
- Some cash (about HK\$100)  
現金
- **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 3:00pm 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 3 時前，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 6 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 6:00am on the race day, the race will be canceled and postponed to another date.
- 比賽當日中午 7 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 7:00am 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