

第廿二屆「跑手堂」荃灣 10K—超級夏日挑戰賽



香港馬拉松推廣社 主辦

聯合贊助：



冠名贊助：

主辦機構：成立於 1999 年，由一班馬拉松精英及愛好者發起組成，旨在推廣香港馬拉松運動

賽事目標：提醒跑手要經常保持練習，以最佳狀態去挑戰自我極限及享受夏日跑步之樂趣

賽事特點：舉辦已超過廿一屆，歷史悠久。全程狹窄平路，只有一個折返點，彎多，獎項豐富

登記時間：上午 7:15

比賽日期：2025 年 8 月 31 日 (星期日)

比賽路線：荃灣城門水塘引水道 (平路彎道 5 公里來回)

起步時間：上午 8:15

比賽時限：1 小時 30 分

賽事距離：10 公里

截止日期：2025 年 8 月 11 日 (星期一)

集合地點：荃灣城門水塘引水道 (茶水亭上約 300 米)



鳴謝：

媒體伙伴：



受惠機構：



網上報名及媒體伙伴網頁：<http://fitz.hk>

網上報名查詢電郵：aces@fitz.hk

網上報名查詢電話 / WhatsApp：5229 0518

報名費用：

只接受網上報名-每位港幣 290 元或(330 元報名費連一張單程車票) (名額有限，先到先得)

當中 20 元將資助藍宇宙海洋保育基金，用作舉辦恆常的*海洋*保育活動。



詳情請瀏覽本會網頁：<http://www.hkmarathonpro.com>

個人組別：男子個人組 – MA 組(16-28 歲) MB 組(29-38 歲) MC 組(39-49 歲) MD 組(50-59 歲) ME 組(60 歲以後)

女子個人組 – WA 組(16-28 歲) WB 組(29-38 歲) WC 組(39-49 歲) WD 組(50-59 歲) WE 組(60 歲以後)

* 全部組別以出生年份計算

隊 際：

- 設男子及女子組，每三人為一隊，計算每名跑手的時間總和最短者為勝出，時間相同則以第三名隊員成績計算

- 每組設冠、亞及季軍，均可獲「跑手堂」現金獎。而各隊員於隊際的成績，可同時競逐其年齡組別的個人獎項

隊際必須集齊所有隊員資料一併填寫，如任何資料不齊或更改名單，每次手續費港幣\$150 (只接受滿額前或截止日期前之更改)

【大會紀錄】：(8/2008)男子組：何盡平—32 分 11 秒 (8/2015)女子組：IRINE KIPCHUMBA—37 分 14 秒

比賽時間最快一男一女，可各得「跑手堂」現金獎 HK\$1,500

紀念品：跑畢全程之參賽者，均可獲得紀念背心乙件於比賽當天派發，不設預領，補領及代領

個人組每組得獎名次均可獲得獎盃乙座，每組得獎名次可得「跑手堂」現金獎

(獎盃合共 50 隻)

(只限當天頒發，不設預領，補領及代領)

	【男子組】							【女子組】						
	MA 組	MB 組	MC 組	MD 組	ME 組	獎盃	隊際	WA 組	WB 組	WC 組	WD 組	WE 組	獎盃	隊際
	16-28	29-38	39-49	50-59	60+			16-28	29-38	39-49	50-59	60+		
第一名	HK\$600	HK\$600	HK\$600	HK\$600	HK\$600	✓	HK\$1200	HK\$600	HK\$600	HK\$600	HK\$600	HK\$600	✓	HK\$1200
第二名	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	HK\$900	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	HK\$900
第三名	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$600	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$600
第四名	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	不適用	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	不適用
第五名	HK\$200	HK\$200	HK\$200	HK\$200	HK\$200	✓	不適用	HK\$200	HK\$200	HK\$200	HK\$200	HK\$200	✓	不適用

比賽路線圖：



報名辦法：

報名費用港幣 290 元正 或 (330 元報名費連一張單程車票)，只接受網上報名，

詳情請瀏覽本會網頁：<http://www.hkmarathonpro.com>

- 1.報名一經接納，報名費在任何情況下都不設退款安排。
- 2.如資料不全，恕不接受報名。
- 3.不接受現場及逾期報名。
- 4.重覆報名(只計一人)，不設退款、退件、轉名及轉賽安排。
- 5.若比賽當天懸掛八號或以上颱風、紅或黑色暴雨訊號或非人力可控制及不可抗力之情況影響，比賽將會改期或取消，已繳的報名費，將自動轉往補賽日，補賽地點亦有可能更改(而補賽日不出席，都不會作出任何退款安排或轉人)，若取消比賽，大會將會安排在指定時間及地點領取紀念物品，未能按時領取將不能補領，任何情況下都不設退款安排。
- 6.若對比賽成績有異議，須於成績公佈後 15 分鐘內以書面提交及繳付港幣\$200 元上訴費用，如上訴成立，相關費用將會發還，不成功費用將不會發還。本會不會接納其後提交的上訴申請。

交通安排：參賽者可於香港天后地鐵站 (6:20am) 或 九龍尖沙咀漢口道 YMCA (6:35am) 乘搭大會的單程巴士 (不設回程)直達比賽場地(比賽場地不設泊車位，(車費為每位港幣 40 元正)，請連同報名費一同繳交(名額有限，先到先得) 巴士將於上述時間準時開出，逾時不候。

交通路線：參加者可自行於荃灣兆和街乘搭 82 號 (城門水塘) 綠色專線小巴至總站或多人可一同選擇乘坐的士到達目的地。

The 22nd Annual 「RAC」 Tsuen Wan 10K

—Super Summer Challenge Race



Organized by Hong Kong Marathon Pro



Title Sponsor :

Co-sponsors :

Organizer : Hong Kong Marathon Pro was established in 1999. This is initiated and formed by a group of Marathon elites and lovers. To promote and encourage marathon sport.

Race Aims : Held twenty one years. Remind racer to be always train yourself and behave the best performance to dare yourself limit and enjoy funny summer running

Race Characteristics : In general, there is only one turning point, narrow and turns (on the road) and Many Prize

Race Date : **31st August, 2025 (Sunday)**

Registration Time : 7:15am

Starting Time : 8:15am

Race Route : Shing Mun reservoir, catchwater (Flat but winding)

Distance : 10km

Time Limit : 1hr 30mins

Meeting Point : Walk to Shing Mun Aqueduct from Food Kiosk around 300m

Deadline : **11th August, 2025(Monday)**

Acknowledgement :



Media Partner :



Entry System & Media Partner : <http://fitz.hk>

Entry Inquire Email : races@fitz.hk

Entry Inquire Tel./ WhatsApp : 5229 0518

Entry Fee : HK\$290 or \$330 with bus ticket **Accept Online Entry ONLY** (limit in people, first come first serve)

* HK\$20 of each entry fee will be donated to the Bling Bling Ocean Foundation to support regular “marine” conservation activities.

Website <http://hkmarathonpro.com>



Individual Category :

Male – Group MA(Age 16-28) Group MB(Age 29-38) Group MC(Age 39-49) Group MD(Age 50-59) Group ME(Age 60+)

Female – Group WA(Age 16-28) Group WB(Age 29-38) Group WC(Age 39-49) Group WD(Age 50-59) Group WE(Age 60+)

Team Category : Teams of three (Men & Women). The Third runner's time will be counted when two teams finish with an identical time. The first three teams in each group will be awarded **RAC Cash award**. The results of each team member are also counted as individual group result.

※The application form should be sent by each team. Changing of team members or additional information will require a further payment of HK\$150 on each occasion (changes can only be accepted before the deadline or full quota) ※

Souvenir : A Vest will be given to each participant who finishes the race, Only Distribute on race day

【Official record】 : (8/2008) Male Group : 32min 11sec [Ho Chin Ping] (8/2015) Female Group : 37min 14sec [IRINE KIPCHUMBA]

The fastest male and female in the race will be awarded **RAC** Cash award HK\$ 1,500.

Each individual category winners will be awarded a Trophy, Top 5 runners on each individual group will be awarded **RAC** Cash award and Trophy (Total 50 nos. of trophy), details as follow :

【*All groups are categorized according to the birth year】

	Male							Female						
	Group MA 16-28	Group MB 29-38	Group MC 39-49	Group MD 50-59	Group ME 60+	Trophy	T team	Group WA 16-28	Group WB 29-38	Group WC 39-49	Group WD 50-59	Group WE 60+	Trophy	T team
Champion	HK\$600	HK\$600	HK\$600	HK\$600	HK\$600	✓	HK\$1200	HK\$600	HK\$600	HK\$600	HK\$600	HK\$600	✓	HK\$1200
1st Runner-up	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	HK\$900	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	HK\$900
2nd Runner-up	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$600	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$600
3rd Runner-up	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	N/A	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	N/A
4th Runner-up	HK\$200	HK\$200	HK\$200	HK\$200	HK\$200	✓	N/A	HK\$200	HK\$200	HK\$200	HK\$200	HK\$200	✓	N/A

Race Route :



Entry Details :

Accept online entry ONLY, Entry fee HK\$290 each or HK\$330 included ONE bus ticket.(entry with quota, first come first serve)

Website : <http://www.hkmarathonpro.com>

1. **Entry fee is non-refundable** when the entry was accepted.
2. Participant provides insufficient information may not be accepted
3. Late entry and walk-in entry are not accepted
4. Entry fee will not be refunded, send back, change participate name, change race and double entry (only count ONE person).
5. If the typhoons signal No.8, thunderstorm, red or black rainstorm warning is hosted or the race was affected by weather or natural reason or force majeure, the event will be rescheduled the date and location or Cancelled, your entry will automatically carried forward to the rescheduled date and the entry fee will not be refunded or arrange the souvenir distribution on designate place and date, no refundable option. (Even if you did not participate on rescheduled day.)
6. Appeal is acceptable within 15 minutes after the result announcement with submit black and white form and HK\$200 appeal fee, appeal fee will be refunded when the appeal is successful. Not accept any late appeal.

Online Entry inform : Confirmation Letter will be send via email (please also check spam mailbox) before the race 7 days.

Please contact us if you have not received the Confirmation Letter before 4 days from race date

Race no. bib will distribute at meeting point on race day

Official Bus : Official bus will be available from (HK) Tin Hau MTR station at 6:20am or (KLN) YMCA or Hankow Road TST at 6:35am to the venue (No return). The bus fare is HK\$40 per person and is in addition to your entry fee. Buses will leave promptly at the above time.

Transportation : No car park, Runner may take the green minibus No.82 (Shing Mun reservoir) at Tsuen Wan, Shiu Wo Street to the terminal, final station of terminal or chooses to take a taxi to go the location.

Inquiry : 8101 6335 or 8104 8500 or the website <http://hkmarathonpro.com>

Remark :

1. Participator insurance should imputation yourself.
2. The number bib and chip is not transferable.
3. Presentation ceremony will be held on race day (09:45~10:45). All souvenirs and awards cannot award after or before the Ceremony or others.
4. Not receipt service.
5. The organizer will provide luggage-keeping services (Organizer no responsibility of All lost items), water stations and distance markers.
6. This race maybe separate start by department requested
6. Organizer will base on runner's number to adjust and separate the starting time, runners should start on own designated starting time (details timing will be issued by email). Runners will be disqualified (team result also) if who started on non-designated starting time.
8. Organizer reserves the rights to amend the above information without prior notice

<< Warns >> : This race in the extremely hot summer hold, the participant must have the enough training and rest before the race , you should attention individual condition and drink the water when you need , if the body is unwell, please act according to one's capacity, is sure not to compete forcefully.