



嘉里建設  
KERRY PROPERTIES

呈獻  
presents



# 跑手須知 *Runner Guide*

跑轉維港·行善作樂  
*Marathon for Good, Party for All*

**2023.12.17**





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羅君本 Ken Lo

全城街馬基金會董事局主席  
Chairman of the Board, RunOurCity Foundation



## 序言 PREFACE

## 各位熱愛街跑的朋友！大家好！ Dear STREETATHON runners,

歡迎參加「全城街馬」主辦的「嘉里建設呈獻香港街馬2023」！「全城街馬」自2013年起成立的目標，以推廣跑步活動去幫助弱勢社群，建立和諧及共融的社會。我們一方面創作有趣的馬拉松點子，策劃以歡樂為主題的跑步活動，鼓勵尚未愛上長跑的人成為跑手，將跑步的習慣延續，令市民大眾都可以享受跑步的樂趣；另一方面，透過舉辦不同跑步活動及慈善項目幫助更多弱勢社群，如特殊人士、婦女團體等，讓更多人可感受街跑帶來的正面影響。

感謝各位一直以來的支持，令「香港街馬」全力發展下去。這是我們每年的旗艦跑步活動，我們提倡的「街馬」精神，就是要跑入日常生活的大街小巷，細味社區的獨特個性，迎來親友街坊的吶喊歡呼。

另外，我們「全城街馬基金會」旗下有三大慈善項目：Youth.ROC「街跑少年」、「Youth.ALL」及「BEE 自家教練」，目標是提升大眾對健康的關注，建立恆常運動的習慣。感謝每間機構及大眾對慈善項目的支持，令更多有需要的人透過計劃而得到正面的發展及轉變。

Welcome to the "Kerry Properties presents HONG KONG STREETATHON 2023," organised by RunOurCity! Since 2013, RunOurCity was founded with the mission to promote running activities to help underprivileged communities and establish a harmonious and inclusive society. We create fun marathon ideas and organise joyous running events, encouraging those who may not love long-distance running to become runners and keep their habit. We also help more individuals with special needs and women's groups through various charitable projects, enabling more people to experience the positive impact of street running.

We would like to express our gratitude for your continued support, which empowers HONG KONG STREETATHON to thrive. This is our flagship annual running event, promoting the spirit of "STREETATHON", which is about running through the streets and alleys of everyday life, savouring the unique culture of the community, and enjoying the cheers of friends and neighbours.

Youth.ROC, Youth. ALL and BEE Family Coach are three charitable programs designed by RunOurCity Foundation to arouse public awareness on health and wellness, and to build a healthy habit. Thanks to all organisations and the public supporting our charitable programs, so that people in need can adopt a positive, all-rounded change in life.

**跑，改變生命！我們很期待能與大家一起跑、一起玩、一同享受街跑樂趣！**  
**RUN. to transform your life! Together, let's enjoy the fun of running!**

**約定你，活動日見！**  
**See you on the event day!**





## 序言 PREFACE

### 梁百行 Andes Leung

全城街馬聯合創辦人及行政總裁  
Co-founder and Chief Executive Officer, RunOurCity



### 各位街馬跑友大家好！ Hello STREETATHON runners!

多謝各位一直支持「香港街馬」！十年的堅持，扛過疫情挑戰，憑藉堅毅及創意，並在多個政府部門、商界及多個非政府組織及團體的積極參與及支持下，夢想成真，來到第八屆的「香港街馬 2023」，為跑友成功開拓出首個位於城市中央的全程馬拉松，以及多項首次及創新嘗試。今年我們將會帶來一星期精彩的街馬活動系列，務求令大家經歷最有意義的遊樂馬拉松！

在此，我們要非常感謝每一位跑手、贊助商以及眾多支持機構的鼎力支持，也要特別感謝香港特別行政區政府多個部門一直以來的大力支持，使我們能夠全力發展「香港街馬」，成為慈善籌款平台，以創造更大的社會效益。

我由 2014 年 4 月開始全職出任行政總裁，十年間，「香港街馬」參加人數由超過 5,100 人，增加至今屆接近 20,000 人；活動路線由九龍東十公里開始，延伸到今天港九新界的全程馬拉松盛會，並積極推廣活動至海外各地。我衷心感謝同事們在背後默默耕耘，對籌辦大型馬拉松活動抱有熱誠，才令我們的夢想一步一步達成，令活動增添色彩。

Thanks for your continued support to HONG KONG STREETATHON! After ten years of perseverance, overcoming the challenges posed by the pandemic, with determination and creativity, and with the active participation and support of various government departments, the business community, and numerous non-government organisations (NGOs), our dream has come true at the 8th 'HONG KONG STREETATHON'! We successfully created the city's first marathons located in the city centre, as well as many other the first time and innovative attempts. We have also added different themed events to create a meaningful and fun-filled week-long STREETATHON for runners!

May we extend our heartfelt thanks to every runner, sponsor and supporting organisation for your unfaltering support, especially to all government departments involved. Your help has allowed HONG KONG STREETATHON to grow into a new charity fundraising model and create social impact.

I have been serving as the Chief Executive Officer since April 2014. Over the past ten years, the number of runners in the HONG KONG STREETATHON has grown from over 5,100 to almost 20,000 this year. The event route has extended from a 10-kilometre course in Kowloon East to a full marathon party spanning across Hong Kong, Kowloon and New Territories, promoting to non-Hong Kong runners. I sincerely thank my colleagues who have worked passionately for days and nights to organise this large-scale marathon event. It is their dedication that has made our dream achieved.

**期待與各位跑友一齊經歷我們的新嘗試！**  
**I look forward to experiencing our new endeavours with all of you!**

**街馬見！**  
**See you on the event day!**



## 序言 PREFACE

### 郭孔華 Kuok Khoon Hua

嘉里建設有限公司主席兼行政總裁  
Chairman and Chief Executive Officer, Kerry Properties Limited



我們很高興全力支持「香港街馬 2023」。街馬是宣揚健康福祉、提倡社區參與和社會共融的全城盛會，為參與者帶來純粹的樂趣，遠遠超越了一般的跑步活動。

嘉里建設致力改善企業營運所在的社區，這與香港街馬所倡導的價值不謀而合。我們全力推動社區建設，並鼓勵持份者關注健康和福祉，從而提升我們所在城市的長遠健康。

今年街馬的主題是「跑轉維港·行善作樂」，完美彰顯了活動的精神。我們對於今年活動帶來許多創新的「第一次」感到雀躍，包括首次引進全馬項目，以及賽道首次橫跨將軍澳跨灣大橋和將藍隧道。此外，活動還與多個團體合作，推動七項聯合國可持續發展目標，進一步擴大社會影響力。

我們衷心感謝「全城街馬」籌辦這場活動，並感謝香港特別行政區各個政府部門的協助，讓跑手們今年能夠享受到最多元的各式跑道。

We are delighted to support the HONG KONG STREETATHON 2023. More than a conventional running event, we see the STREETATHON as a citywide celebration of wellness, community engagement, social inclusion, and just plain ol' fun.

At Kerry Properties our commitment to improving the communities where we operate aligns with these values. We strive to foster community building and promote health and wellness among our stakeholders, all with the objective of improving the long-term health of our city.

This year's theme, 'Marathon for Good, Party for All', perfectly embodies the spirit of the event. We are excited about the few innovative 'firsts' this year including the inaugural introduction of the Full Marathon category, the inclusion of the Tseung Kwan O Cross Bay Bridge and the Tseung Kwan O - Lam Tin Tunnel in the running route, and the amped up social impact achieved through collaborations with various organisations advocating seven UNSDGs.

We would like to express our thanks and appreciation to RunOurCity for organising this event, and to the various HKSAR government departments, for enabling this year's most varied of running routes.

**期待與您在街馬見面！**  
**We look forward to seeing you at the STREETATHON event!**



# GO GREEN

FOR A BOUNTIFUL FUTURE



嘉里建設有限公司  
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(於百慕達註冊成立之有限公司)

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## 關於全城街馬 ABOUT RUNOURCITY

跑 · 改變生命 *RUN. to transform*

「全城街馬」是一家社會企業，我們的宗旨是透過跑步改變生命，為此，我們一直致力籌辦各式各樣推廣跑步的活動，自 2013 年成立以來，超過 140,000 名跑手參加者，為他們打造了難忘的 跑步經驗，並推動數以萬計的人參與跑步活動及訓練，以達成他們的個人目標，改善健康，增強毅力。從而促進社會共融，10 年來成功為超過 30 家慈善機構籌款，以助有需要的人士。

今年「嘉里建設呈獻香港街馬 2023」所籌得的善款將用以捐助慈善項目及機構。衷心感謝你支持「全城街馬」的理念，踴躍參與我們的活動。我們將繼續創新，將所有盈餘用作更多慈善項目。

Established in 2013, RunOurCity is an innovative social enterprise that aims to transform life through running. We have organised campaigns to promote running, through which we strive to enhance social harmony. Over the past 10 years, we have raised funds for over 30 charitable organisations. Runners in our events numbered over 140,000. Our races have created unforgettable running experiences, while our training has helped tens of thousands of participants meet their personal goals, improve their health and build their persistence.

This year, we are pleased to bring you "Kerry Properties presents HONG KONG STREETATHON 2023", with proceeds supporting various non-profit organisations. On behalf of everyone at RunOurCity, thank you for sharing our vision. We will keep innovating and keep using our profits to benefit more charitable projects.



## 街馬核心團隊 STREETATHON CORE TEAM

衷心感謝每一位 ROC 好友及義工們一直以來的支持！  
我們這一隊，抱著對跑馬拉松的熱愛，及對大型活動策劃的執著與堅持，  
在此將「香港街馬」獻給喜愛遊樂馬拉松的你！

Special thanks to our ROC friends and volunteers for your continued support!  
With our passion in running marathons and perseverance in managing mega-scale events,  
we proudly present HONG KONG STREETATHON to our runaholics!

野人老細

Chief Executive Officer & Co-Founder

項目總司令及賽道大總管

Project Manager and Race Management

項目總司令（活動前哨戰）

Project Manager (Lead-in events)

助理總司令（活動前哨戰）

Assistant Project Manager (Lead-in events)

交通管理達人

Traffic Consultant

跑友 call 台及活動彩蛋王

Runner Engagement and Event Management

義工保姆

Volunteer Management

物流密密送

Logistics Management

傳媒親善大使

Media and Public Relations

食玩跑「型」銷部

Marketing

企業 buddy

Business Partner Liaison

後勤特工

Administration

梁百行

Andes Leung

勞俊權

Mark Lo

虞可因

Katherine Yu

石潤慈

June Shek

吳兆基

Patrick Ng

甯子珊

Lemon Ling

張細瓊

Anif Cheung

宋紀瑤

Yoyo Sung

陳昭容

Beryl Chen

楊嘉樂、黃翹楚、王穎琳

Carol Yeung, Annalia (Cal) Wong, Fiona Wong

蔡瑋玲

Corrinne Tsoi

林淳

Jane Lam



首次於啟德郵輪碼頭舉行十公里跑步活動，跑經九龍東，並於終點啟德郵輪碼頭舉行「香港街馬嘉年華」及「Give Me Five 演唱會」。

At the Finishing point at Kai Tak Cruise Terminal, the HONG KONG STREETATHON Carnival and Give Me Five concert were held with live performances by singers and bands.

2014 跑手人數 5,186 名  
No. of runners



首屆香港街馬舉行  
The 1<sup>st</sup> HONG KONG STREETATHON



新增設半馬拉松  
A new Half Marathon was added

2015 跑手人數 8,583 名  
No. of runners



活動成為首個跑步活動跑上通車以來首次開放的觀塘繞道，及麗晶花園至麗港城路段。我們開始設有「最玩嘢扮相大獎」，鼓勵跑手悉心打扮。

Runners setted foot on Kwun Tong Bypass - opened up for the first time for running - into Richland Gardens and Laguna City. Runners were encouraged to dress up to compete for the "Funniest Outfit Award".

2016 跑手人數 10,707 名  
No. of runners

跑手人數首次突破 10,000 人  
The total number of runners reached over 10,000



活動加入藝術元素，結合了街跑與藝術以體現共融，有展能藝術家沿途以不同的藝術表演為跑手加油打氣。

Adding arts in our running, we combined street running with art to achieve social inclusion. We invited some disabled artists to perform and cheer for runners along the race course.

2017 跑手人數 13,198 名  
No. of runners

全港首創 32.195 公里  
A brand new 32.195 km running event



新路線穿越首度開放予長跑賽事的啟德隧道，伸延至九龍西，讓跑手衝出九龍東。

A new race course was added in which runners ran into Kai Tak Tunnel - which was opened for running for the first time! - to Kowloon West, running out of the Kowloon East area.

2018 跑手人數 12,905 名  
No. of runners

活動以「玩·食跑」為主題  
"PLAY EAT RUN" was the event theme

全港首次於觀塘繞道上舉行十公里及半馬拉松起跑，而終點亦設於從未對外開放的啟德前跑道。活動以「玩·食跑」為主題，沿途補給站供應大量中西特色美食，並設精彩表演為一眾跑手打打氣。

Both the 10km and half marathon started from Kwun Tong Bypass, the Finish point was located in the Kai Tak Former Runway, all these places never opened for running before. The event theme was "PLAY EAT RUN", along the race course was an array of Chinese and western delicacies. Runners also found an assortment of performers to cheer them along the way.



2023 報名人數接近 20,000 名  
No. of registration Approx.

全馬拉松達成！  
Our first Marathon!

新增設首個位於城市中央的全馬拉松、跨海半馬拉松及創新十公里路線。活動跑經首次開放給跑步活動的將軍澳跨灣大橋、將藍隧道及中環灣仔繞道。我們首次舉辦專為學生而設的「街馬 - 亞洲青年十公里」。

The first marathon located in the heart of the city, a cross-harbour half marathon and an innovative 10km route, opening up the Tseung Kwan O Cross Bay Bridge, the Tseung Kwan O-Lam Tin Tunnel and Central-Wan Chai Bypass for running event for the first time, and organising the first-ever "STREETATHON - Asia YOUTHRUN 10K" event.

## 街馬歷程 STREETATHON'S JOURNEY

海外跑手數目持續增長  
Increasing number of overseas runners

2019



來自 31 個不同地區的海外跑手參與「香港街馬」，打破以往紀錄。「食玩跑」的活動形象進一步被市場肯定，因此我們首次獲得香港旅遊發展局支持。

A record number of overseas runners came from 31 international regions. With the recognition of our "EAT PLAY RUN" brand image in the market, we obtained support from the Hong Kong Tourism Board for the first time.

2020

首次跑經東區海底隧道  
Running through Eastern Harbour Crossing for the first time



32.195 公里起點移師至東區走廊，更成為全港首次跑經東區海底隧道。我們首次成功開拓跨越港九的全新跑道，將街馬從九龍延伸至港島不同的社區。

The 32.195km running event stepped onto the Eastern Corridor, through Eastern Harbour Crossing - which was opened for the first time! We have successfully opened up a brand new race course that runs through different communities in Kowloon and Hong Kong.





# 關於嘉里建設呈獻香港街馬 2023

## ABOUT KERRY PROPERTIES PRESENTS HONG KONG STREETATHON 2023



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## 跑轉維港·行善作樂

### Marathon for Good, Party for All

首個香港市中心馬拉松，環繞維港全程及半程馬拉松。

首經跨灣大橋及將藍隧道兩大基建的十公里跑道。

首辦亞洲青年十公里賽事，加上「跑手博覽會」、街馬「家」時賽、「跑手派對」，聯乘一眾慈善機構，你將首次經歷一個最有意義的遊樂馬拉松！

We successfully created the city's first marathons located in the city center, as well as many other first time and innovative attempts, including opening up the Tseung Kwan O Cross Bay Bridge and the Tseung Kwan O-Lam Tin Tunnel to running events for the first time. We have also added different themed events such as Youth 10km, Runner's Expo, Runner's Party, to create a meaningful and fun-filled week-long STREETATHON for runners, in response to the event's theme for this year, 'Marathon for Good. Party for All'.

### 創新賽道 Innovative racecourse

首屆環繞維港於城市中心的全程馬拉松，加上半程馬拉松和十公里的創新賽道！一個街馬，跑經中環、九龍東兩個核心商業區。覆蓋四大基建：中環灣仔繞道、東區海底隧道、跨灣大橋、將藍隧道。十年的堅持，扛過疫情挑戰，全城街馬終於可以為各跑友提供全馬賽程。跑友可首次用跑過中環灣仔繞道，於東區走廊欣賞維港美景。親身穿越東區海底隧道，由香港島用雙腳跑到九龍。經過茶果嶺的創意環保項目，由城市泵房加建而成的綠化公園，改善水質後的翠屏河。跑上觀塘繞道，遠眺對岸香港島繁榮海濱。穿過機場隧道直達土瓜環，跑在天橋上，兩旁大廈林立，感受城市中心馬拉松的樂趣。

香港街馬首個跨海半程馬拉松，半馬距離已經遊走香港九龍，以不同角度欣賞維港兩岸景色！全新十公里，由將軍澳日出康城出發，跑上跨灣大橋、直入將藍隧道，穿越兩大基建，俏然已到達觀塘地區。亦首次加入亞洲青年十公里賽事！

After persistent fighting for 10 years, RunOurCity will organise the first city-centred full marathon for charity, given the covid challenges. Runners can run through the Central-Wan Chai Bypass, enjoy the beautiful Victoria Harbour view from the Eastern Corridor, and cross the Eastern Harbour Crossing on foot from Hong Kong Island to Kowloon. The route passes through the innovative environmental project at Cha Kwo Ling, the green park built by the city pumping station, and the improved Tsui Ping River after water quality improvement. Run on the Kwun Tong Bypass and end at the Kwun Tong Promenade, with a panoramic view of the prosperous Hong Kong Island across the harbour. Run through Kwun Tong's industrial, commercial, and residential areas, pass through the Kai Tak Tunnel, shuttle through the East Kowloon Corridor with tall buildings on both sides, and reach the finish line at San Shan Road in To Kwa Wan, experiencing the fun of a marathon in the city centre.

The HONG KONG STREETATHON's first cross-harbour half marathon, covering a distance that wanders around Hong Kong and Kowloon to enjoy the Victoria Harbour scenery from different angles. Uses a brand new route, starting from Tseung Lam Highway (near the Lohas Park), running on the Cross Bay Bridge, entering the Tseung Kwan O - Lam Tin Tunnel, running on the Kwun Tong Bypass, and ending at the Kwun Tong area. We will organise the first "STREETATHON - Asian YOUTHRUN 10K 2023".

### 食玩派對 Eat & Party

香港街馬以一貫食玩作風，地道美食補給，激選最佳裝扮！本屆更加入不同主題項目，適合不同年齡人士參加，打造由 12 月 9 日開始，跨越一星期派對馬拉松。

With the heritage and culture of the HONG KONG STREETATHON, we will keep the delicious local snacks in support stations and select the funniest outfit runners!



### 行善作樂 Meaningful marathon

本屆更聯乘一眾慈善機構，倡議七大聯合國可持續發展目標，關注良好健康與福祉（目標 3）、性別平等（目標 5）、減少不平等（目標 10）、可持續城市及社區（目標 11）、負責任消費與生產（目標 12）、氣候行動（目標 13）、及促進目標實現的伙伴關係（目標 17）。你將首次經歷一個最有意義的遊樂馬拉松！

It would be the first STREETATHON to collaborate with many other NGOs to promote 7 Sustainable Development Goals (SDGs) from the United Nations, including Good Health and Well-being (SDG 3), Gender Equality (SDG 5), Reducing Inequalities (SDG 10), Sustainable Cities and Communities (SDG 11), Responsible Consumption (SDG 12), Climate Action (SDG 13), and Partnerships for the Goals (SDG 17). You will experience the most meaningful and party-felt marathon ever!

**12 月 9-17 日約定你，一馬跑先！**  
**See you on 9-17 December. Be the first to run through!**



# 香港街馬活動系列總覽

一齊享受環繞維港的馬拉松派對！

# THE OVERVIEW OF HK STREETATHON EVENT SERIES

Let's enjoy marathon parties around the Victoria Harbour!



嘉里建設  
KERRY PROPERTIES

呈獻  
HONGKONG 香港  
STREETATHON 街馬  
2023

RunOurCity  
全城街馬

10km and STREETATHON -  
Asia YOUTH RUN 10K  
10公里跑步及街馬 -  
亞洲青年十公里  
17/12/2023



# 街馬「家」時賽及 街馬樂場跑躍動嘉年華 STREETATHON - FAMERRY RUN AND STREETATHON - GREEN RUN & WELLNESS FIESTA

街馬「家」時賽 @MegaBox STREETATHON - FAMerry Run@MegaBox

[https://streetathon.com/tc/others\\_famerry\\_run.php](https://streetathon.com/tc/others_famerry_run.php)



於12月9日舉行的「街馬「家」時賽@MegaBox」為合家歡競賽活動，以定向及遊戲體驗親子玩樂時光，讓家庭總動員一起參與，促進家庭幸福感，實現社區整體健康，並將商場打造成高質素的社區「家」時空間。

除獲得 MegaBox 項目贊助及合作夥伴香港社會創投基金共同打造外，街馬「家」時賽亦獲不同商業及社區夥伴支持，包括雅蘭、智遊天地、香港滾軸溜冰學校、Mega Ice、Red Zone、TANITA、斯麗比迪、GigaSports、李寧、寶礦力水特、SOYJOY 大豆果滋棒、BEE 自家教練、香港小童群益會、明愛青少年及社區服務、安所、香港家庭福利會、香港遊樂場協會及義遊。

Program sponsored by MegaBox and collaborated with Impact Partner Social Ventures Hong Kong, STREETATHON - FAMerry Run also obtains support from various commercial and community partners, including AIRLAND, E Cube Club, Hong Kong Roller Skating School, Mega Ice, Read

Zone, TANITA, Therapedic, GigaSports, Li-Ning, Pocari Sweat, SOYJOY, BEE Family Coach, The Boys' & Girls' Clubs Association of Hong Kong, Caritas Youth and Community Service, COMM'ON, Hong Kong Family Welfare Society, Hong Kong Playground Association and VolTra.

街馬樂場跑 · 躍動嘉年華 STREETATHON - Green Run and Wellness Fiesta

[https://streetathon.com/tc/others\\_green\\_run.php](https://streetathon.com/tc/others_green_run.php)

「街馬樂場跑 · 躍動嘉年華」由香港遊樂場協會及「全城街馬」合辦，將於12月10日在茶果嶺海濱公園及觀塘海濱舉行。當日精彩活動包括三公里海濱輕鬆跑、「好玩自然」一公里健行、園景平台定向及海濱公園嘉年華。

"STREETATHON - Green Run and Wellness Fiesta," co-organised by Hong Kong Playground Association and RunOurCity will be held at Cha Kwo Ling Promenade and Kwun Tong Promenade on 10th December. Exciting activities include a 3-kilometer harbourfront leisure run, a "Playful Nature" 1-kilometer walk, an orienteering game on the landscaped deck park, and a wellness carnival.



# 街馬 - 跑手博覽會及街馬 - 跑手派對 STREETATHON - RUNNER'S EXPO & STREETATHON - RUNNER'S PARTY

街馬 - 跑手博覽會 STREETATHON - Runner's Expo

[https://streetathon.com/en/others\\_runner\\_expo.php](https://streetathon.com/en/others_runner_expo.php)

設有不同種類的攤位，包括運動教育、運動電子產品、健康產品等，並邀請不同界別代表分享與運動、健康保養、海外跑步體驗及比賽等資訊，將一連八日於 MegaBox 及 建造業零碳天地帶你感受跑步樂趣。

Explore different booths featuring sports education, sports gear and gadgets, wellness products and more. You could also join sharing sessions hosted by our invited guests from different sectors on topics such as sports, health maintenance, overseas running experiences, etc. Join us at the 8-day Runner's EXPO at MegaBox and CIC-Zero Carbon Park.

## 攤位類別 Booths

蒞臨跑手博覽會可參觀不同類別攤位包括：「營養補充、食品補健」，「運動用品、配件」，「健康、運動科學」及「可持續發展機構/項目」。而會場內各攤位所銷售之收益，當中部份將捐贈予香港街馬指定慈善機構。

Visitors can explore various booths at Runner's Expo, including "Nutritional Supplements & Health Foods", "Sports Equipment & Accessories", "Health & Exercise Science" and "SDG Organisations/ Projects". A part of the revenue generated from sales at each booth will be donated to designated charitable organisations by HONG KONG STREETATHON.

## 分享會 / 工作坊 Sharing session / Workshop

跑手博覽會期間，更會邀請不同界別代表舉行各式運動訓練工作坊，並有講座分享運動專題、健康保養、海外跑步體驗及比賽等資訊。分別有 Running Man Athletic Club 創辦人及總教練 - 文少杰先生，香港傷健共融網絡總幹事 - 莫儉榮先生，RunLap Research Centre 創辦人 - 林聲偉先生，Pegasus Athletics Club 總教練 - 徐弘泰先生，香港伸展運動學會會長 - 林庭光先生等。

(主辦單位有權更改活動內容或嘉賓，而不作另行通知。)

During Runner's Expo, there are free sports training workshops and seminars on various topics include sports, health and wellness, overseas running experiences. It will be presented by different representatives, such as Running Man Athletic Club Founder & Head Coach - Mr. Man Siu Kit, HKNPIS Chief Executive - Mr. Kim Mok, RunLap Research Centre Founder - Mr. Sing Lam, Pegasus Athletic Club Head Coach - Mr. Winter Tsui, HKSEA Chairman - Mr. Ricky Lam

[Organizer reserves its right to change the content or guests without further notice.]

## 特別環節 - 「小遊戲 · 大禮物」 Special Part - "Game and Gift"

凡到訪跑手博覽會並拍照留念，將有機會贏取國泰航空贊助的東南亞來回機票乙張！（得獎者共4位），詳情及參加辦法請密切留意香港街馬網站！

\* 受條款及細則約束

Runner's Expo visitors will have a chance to win one round-trip to Southeast Asia sponsored by Cathay Pacific Airways if they take the photos (4 winners in total). For more details, please stay tuned to the HONG KONG STREETATHON's website.

\*Terms and conditions apply.

街馬 - 跑手派對 STREETATHON - Runner's Party

[https://streetathon.com/en/others\\_runner\\_party.php](https://streetathon.com/en/others_runner_party.php)

街馬 - 跑手派對，是香港首個大型跑手派對，以「上碳」為重點、「聯誼交流」為目標，當天除有充足的碳水食物提供外，更有富本地特色的小食及採用地道烹調方法的菜餚。街馬更特別為參加者制定「跑手派對」限定紀念品，確保跑手可於比賽前完善上碳之餘，更可有一個愉悅心情迎接翌日之「香港街馬 2023」。

STREETATHON - Runner's Party is the first large-scale runner's party in Hong Kong, with a focus on "carb-loading" and the goal of socialising and networking. On the event day, in addition to providing ample carbohydrates, there will be local specialty snacks and dishes prepared using authentic cooking methods. The event also offers exclusive souvenirs for participants, ensuring that runners can properly carb-load before the race and have a pleasant mood to join the HONG KONG STREETATHON 2023 on the next day.



# 街跑 – 慈善籌款新平台

## STREETATHON -

### A NEW FUNDRAISING PLATFORM FOR CHARITY

街跑 – 開創發揮社會影響力新模式  
STREETATHON Creating a New Model to Leverage Social Impact

SUSTAINABLE DEVELOPMENT GOALS



We support the Sustainable Development Goals

今年我們聯乘一眾慈善團體及非政府組織，倡議七大聯合國可持續發展目標，共同打造一個最有意義的遊樂馬拉松！

當中，街馬開放平台，為以下機構籌款，以創造更大社會效益：

This year we collaborated with various charity organisations and NGOs. Together, we advocate for the seven United Nations Sustainable Development Goals, creating the most meaningful and fun marathon for all!

We provide a fundraising platform for the following NGOs and projects to create greater social benefits:



全城街馬基金會 – 「BEE 自家教練」  
RunOurCity Foundation - BEE Family Coach

<https://beefamilycoach.org/>

「BEE 自家教練」致力協助全港家庭，特別是低收入家庭及職業司機的家庭規劃及促進健康生活，預防疾病，促進家庭溝通。項目以「家」為核心概念，鼓勵參與家庭派出一位代表成員參加一系列以「運動、飲食、休息、溝通」四大元素設計的培訓工作坊。課堂內容知識及實踐並重，務求讓學員成為「自家教練」，將學習所得帶進家庭，同時互相推動進步，維繫家庭原有功能。



The 'BEE Family Coach' program aims to promote healthy living, prevent diseases, increase family communication, and rebuild mutual care for families, especially low-income and professional driver families in Hong Kong. With "home" as the core concept, each family needs to nominate a family member to join a series of workshops with the four elements

of "exercise, diet, rest and communication". The program emphasizes both knowledge and practice. After the training, the trained member can become the "Family Coach" at home to work out the healthy lifestyle with their family members by sharing the healthy knowledge and skills.

YOUTH·ALL

全城街馬基金會 – Youth.ALL  
RunOurCity Foundation - Youth.ALL

<https://runourcity.org/sen-running-course-2/>



「Youth.ALL」的跑步課程由三間本地大學，包括：香港中文大學、香港浸會大學及香港理工大學設計，由具有教授 SEN 學生經驗的跑步教練帶領。除了為 SEN 青少年提升自信，融入社會，亦為家長提供喘息空間，裝備更多與 SEN 相關的知識，促進家庭關係。

The running courses of 'Youth.ALL' are designed by three local universities, namely The Chinese University of Hong Kong, Hong Kong Baptist University, and The Hong Kong Polytechnic University, and led by running coaches experienced in training SEN students. The aim is to build the confidence of SEN youth, give parents respite and equip them with knowledge to enhance family relationships.



香港失明人健體會  
Blind Sports Hong Kong

香港失明人健體會  
Blind Sports Hong Kong

<http://www.bshk.org/>



香港失明人健體會初期專為視障人士提供跑步和體格訓練。經由專業的義務教練指導，透過連串有系統的健體運動，如體能訓練、步行、競步及長跑等，使不同年齡的視障及長期病患人士能有健康的體魄，從而確立積極的人生態度，更有信心地迎接每一天的新生活。經過數年發展，健體會的活動及服務範疇逐漸擴大，已涵蓋不同體育活動及社區服務。

Blind Sports Hong Kong was formed with the aim to provide running and physical training for the visually impaired. The voluntary coaches are professionally trained and qualified to carry out the training through structured activities such as fitness enhancement exercises, walking and distance running. Irrespective of the age groups, the aim is to enhance the physical mobility, the general health well being and to deliver positive influence to the visually impaired and the individuals suffering from long term illnesses. This also serves as a social platform to encourage the visually impaired to step out of darkness and reintegrate them into the community. Over the years, BSHK has expanded to have its members involved in different sporting activities.



香港傷健共融網絡 — 猛龍長跑隊  
Hong Kong Network for the Promotion of Inclusive Society  
- The Fearless Dragon Running Team

<https://www.inclusive.org.hk/project-fearless-dragon>



香港傷健共融網絡宗旨是宣揚傷健共融文化，促進殘疾人士在運動康復、教育充權、共融科技及文化參與等領域積極參與；而其中「猛龍」，取其諧音「盲」、「聾」，是一支由盲人和聾人組成的長跑隊，一直活躍於跑界，推廣共融長跑，不分彼此，互相勉勵和包容，積極參與慈善活動，實行助己助人。他們透過運動康復，強健身心和增強自信，同時不忘貢獻自己，照亮別人，用跑步去支持其他殘障人士！

The Hong Kong Network for the Promotion of Inclusive Society's aim is to promote a culture of inclusion for people with disabilities and to encourage their active participation in the fields of sports and rehabilitation, education empowerment, inclusive technology, and cultural participation. And Fearless Dragon Running Team, the pronunciation of which sounds like "blind" (/maang/) and "deaf" (/lung/) in Cantonese, is a distance running team consisting of people with visual and hearing disabilities. They have been active in the running community, promoting inclusive running, mutual support, and tolerance. They actively participate in charity events and practice where they can help oneself while helping others.



RUN Hong Kong

<https://www.runhk.org/>

Run Hong Kong 是一家基於香港的非牟利機構，旨在支援弱勢難民，尤其是女性，建立心理復原力並培養自力更生的能力，以實現更有希望的未來。Run Hong Kong 以體育運動為跳板，教育為基礎，幫助難民在香港及其他地區重新開展安全和有尊嚴的生活。

RUN Hong Kong supports vulnerable refugees, particularly women, to build resilience and nurture self-reliance for a more hopeful future. With sport as the springboard and education as the foundation, RUN Hong Kong helps refugees to create a life of safety and dignity, in Hong Kong and beyond.



青躍  
Teen's Key

青躍 — 青少年發展網絡  
Teen's Key Hong Kong

<https://teenskey.org/>

2023 年，青躍展開以「Unlock New Beginnings」為中心的社區企劃，旨在發掘本地年輕女性潛力，推動性別平等。青躍致力推動青少年性與生育健康教育，提高青少年和青少年服務團體對年輕女性健康和「性同意」的意識。青躍同時為年輕女性提供 24/7 支援熱線及非批判安全空間，配合一站式免費匿名性病檢查、充權工作坊與輔導服務，讓她們重新探索自我價值，在安全的環境中茁壯成長，發揮潛能。

In 2023, Teen's Key in Hong Kong underwent a repositioning initiative centered around "unlocking new beginnings" and empowering local young women. They actively addressed the gender gap through preventive measures, prioritizing youth-friendly healthy consent sexuality education and organising over 100+ young women's health activities in schools to raise awareness among youth.

Teen's Key also established a safe space that provided holistic support for young girls, with a focus on their mental well-being. They offered opportunities for nurturing unique skills and talents. Over the past year, Teen's Key empowered hundreds of girls, helping them gain confidence and excel in various aspects of society. These girls became advocates for Teen's Key and chose to give back to society through volunteering and supporting future beneficiaries.



The Peak Hunter Foundation

<https://www.facebook.com/profile.php?id=100083373840987>

The Peak Hunter Foundation 於 2022 年 3 月成為註冊慈善團體，深信大自然運動可以鍛煉堅毅的意志，這正是青少年成長所需的重要元素，機構致力將大自然運動推廣至青少年，使大自然運動能普及化，更希望青少年能通過大自然運動可以多了解自己並得到健康的身心發展，達致生活平衡。

The Peak Hunter Foundation (TPHF) became a registered charity in March 2022. TPHF firmly believes exercising in nature can train strong minds and improve perseverance, which are critical elements in youth development. TPHF strives to promote activities in nature to youngsters, with the aim of making such activities more universal. Furthermore, they hope such activities can help youngsters understand themselves better, hence promoting youth development where physical, mental and emotional well-being are addressed, and a balance in life shall be achieved in the long run.





## 義遊 VOLTRA

義遊  
VolTra Hong Kong

<https://www.voltra.org>



義遊成立於 2009 年，註冊為慈善機構，旨在鼓勵每一個人積極參與全球與地方行動。透過策劃多元化的本地及海外義工項目，擴闊參加者的全球在地視野，啟發他們化想法為行動。

Founded in 2009, VolTra is registered as a charity, aiming to encourage everyone to actively participate in global and local actions. By planning a variety of local and overseas volunteer projects, we broaden the global and local vision of the participants and inspire them to turn their ideas into actions.



立即捐款 Please donate now

本地捐款 Local Donation

海外捐款 Overseas Donation

## 本次合作的其他可持續發展機構 / 項目 Other SDGs Organisations/ Projects in collaboration



佛教筏可紀念中學  
Buddhist Fat Ho Memorial College

<http://www.bfhmc.edu.hk/>

各位好感謝您與我們分享我們學校的氣氛和生命力！學校以成長作為主題，分別以感恩、尊重、樂觀和意志力為核心價值，創設成長校園。在過去多年，無論是學習表現和個人成長上，校園中的每一位都參與和付出，締造了今天的和諧校園。希望在不久的將來，我們會相遇在大澳，更期望會在校園的成長路上與您同行。

Welcome to GROW in Tai O, where we share the latest happenings and achievements within our vibrant school community. Our philosophy, GROW, is centered around the idea of personal development. We believe that education is not just about academic excellence, but also instilling strong core values that nurture and guide students to mature into proactive, caring members of the community at large. At BFHMC, we provide opportunities for students to manifest our CORE VALUES of Gratitude, Respect, Optimism, and Willpower. This past year has been a great success for us. We have seen remarkable progress in academic and extracurricular activities, as well as in our efforts to create a more inclusive, diverse and harmonious learning environment. Looking ahead, we are excited about the prospects for the upcoming year. Thank you for your continued support, and we hope you stay actively engaged with our school by sharing your feedback and suggestions. We welcome you to GROW with us in Tai O.



BottLess

<https://www.bottless.hk/>

bottless



共創「無塑」未來，為地球減輕負擔。BottLess 透過提供多元化及創新的環保策略，帶領企業開創永續發展，讓大眾逐步實踐環保生活，為下一代製造「零廢物」的新可能。

With innovative and pioneering strategies, BottLess opens the path for corporations to embrace sustainability, fostering micro-behavioral change in the public and creating zero-waste possibilities for our next generation.





香港遊樂場協會  
Hong Kong Playground Association

## 香港遊樂場協會 Hong Kong Playground Association

<https://www.hkpa.hk/>

創立於一九三三年，是香港一所歷史悠久的非政府青少年社會服務機構。本會一直秉持「以人為本、追求卓越」的精神，貢獻社會，造福新一代，透過多元化服務，致力培育青少年在德、智、體、群、美全面而均衡的身心發展，成為香港社會的接班人。本會服務包括青少年綜合服務中心、外展、學校社工、社區支援服務計劃、非常學堂辮學生輔導計劃、社會企業、場館、營舍、交流及藝術服務、體育服務及海洋新幹線等。



Established in 1933, Hong Kong Playground Association is a long-time non-governmental organisation providing social services to children and young people in Hong Kong. All the way we uphold our spirit of "person-oriented and strive for excellence", so as to benefit the younger generation and contribute to the society as a whole. Through diversified and pertinent services, we aim at breeding youngsters' holistic development and nurturing them to be successors of the Hong Kong society. Our services include Integrated Children and Youth Service Centres, Outreaching Social Work, School Social Work, Community Support Service Scheme, the Unusual Academy School Dropouts Supportive Service, Social Enterprise, Stadium, Camp, Exchange and Arts Services, Sports Service and Ocean Explorer.



## 香港伸展運動學會 Hong Kong Stretching Exercise Association

<https://www.hongkongstretch.org/>

香港伸展運動學會是為渴求健康的大眾人士而創立，宗旨是推動伸展運動，帶回健康生活。

Hong Kong Stretching Exercise Association aims to promote stretching exercises to the public for enhancing quality of life, bringing them to a healthy lifestyle from all walks of life.



## 綠惜地球 The Green Earth

<https://greenevent.greenearth.org.hk/>

綠惜地球由 2016 年開始推動 Green Event Campaign (綠惜盛事運動)，與活動主辦單位合力營造對環境負責任的 Green Event 文化，以及推動盛事活動中善用資源、減少廢物。至今，已支援超過 150 個大型活動推行 Green Event 措施。

The Green Earth launched the "Green Event Campaign" in 2016. Working with event organizers, we promote an environmentally responsible event culture paying attention to better use of resources and waste reduction. By now, we have supported more than 150 large-scale events in their implementation of Green Event measures.



## Pegasus Athletics Club

<https://www.facebook.com/PegasusAthleticsClubHK>



PEGASUS Athletics Club 由徐弘泰總教練於 2021 年創辦，跑會理念是「照顧需要 達成期望」。透過有系統的訓練，令每一位接受訓練的參加者，無論目標是為了挑戰自我，於成績上有所突破；或是純粹想出一身汗，培養持續運動習慣。PEGASUS 的教練會因材施教，因應學生的能力及目標安排合適的訓練，希望參加者會喜歡運動，愛上跑步。我們的教練團隊亦擁有豐富的長跑比賽經驗，能幫助不同程度的參加者應付身、心方面的挑戰。

PEGASUS Athletics Club was founded by Head Coach Tsui Theeradej Winter (徐弘泰) in 2021, with the guiding principle of "Achieving expectations for every runners need." Through systematic training, every participant in the program, whether striving to challenge themselves and achieve breakthroughs in their performance, or simply aiming to break a sweat and cultivate a habit of regular exercise, will be provided with tailored training that suits their abilities and goals. The coaches at PEGASUS aim to foster a love for sports and a passion for running among the participants. Our coaching team also possesses extensive experience in long-distance running competitions and is able to assist participants of varying levels in facing physical and mental challenges.



## Running Man Athletic Club

<http://rmac.run/>

「香港需要不同距離的長跑賽事，香港街馬有齊全馬、半馬、十公里，希望各位跑手跑出好成績之餘，與其他跑手、賽道義工、打氣團享受賽事氣氛，飽覽香港美麗風景。

長跑雖然是個人運動，但一班人跑總能發揮出意想不到的推動力與感染力，RMAC 與香港跑手並肩前行，一起突破、一起超越！」

"In Hong Kong, not many races include all 10km, HM & Marathon and HONG KONG STREETATHON could fulfill all runners' needs. We wish all runners could enjoy the races and get a satisfied result.

Although long distance running is a sole sports, RMAC is willing to run with you together and break the limit together."





# 綠色措施 GO GREEN RUN. TO GREEN



跑入城市，聯繫香港人的「嘉里建設呈獻香港街馬 2023」，延續歷屆對香港的熱愛，特別推出更多綠色措施，鼓勵跑手們一起為愛我城及愛土地出一分力！

Kerry Properties presents HONG KONG STREETATHON 2023 runs into the city and connects the community - it's no surprise that, for the love of our city, we continue to GO GREEN!



## 由小做起 STARTING FROM SMALL

大會建議選手使用可重用的扣針或者號碼布帶取代號碼布扣針。環保教育不單要由小做起，更加要由小物件做起！

We recommend using re-usable pins and bib belts to replace the bib pins. Environmental protection education starts from a young age and the small things!



## 回收分類 RECYCLING



大會與綠惜地球合作，將於終點會場設置回收桶作分類回收安排，以及安排環保大使協助跑手進行回收分類。歡迎跑手積極配合，把飲用完的膠樽或食用後的蕉皮等放進回收桶，減少廢物產生！

Partnering with The Green Earth, recycling bins will be provided and Green Ambassadors will be stationed at the finish venue. Please do your part by sorting and disposing your recyclable rubbish into the correct recycling bins. With your contribution, we can Waste Less, Save More!



## 自備水樽 BRING YOUR OWN BOTTLE / CUP

大會於終點會場將設置自助水站，並不會派發任何即棄水杯，請自攜水樽，為環保出一分力！而於起步區及賽道上同樣設置自助水站可供自攜水樽的跑手們使用，但因應賽事的實際需要，水站仍會提供水杯供跑手使用。此外，今年保柏香港繼續支持香港街馬，將於祥業街的「保柏站」用環保共享杯為十公里跑手沿路補水，推動走塑綠惜賽事！

Don't forget to bring your own water bottle or cup because disposable cups will not be provided at the finish venue. Water cups will only be provided at Start points and all refreshment points along the race course. Of course, runners are welcome to use your own bottle / cup during the race! Bupa Hong Kong supports HONG KONG STREETATHON again, they will provide reusable cups in "Green Corner - Bupa Station" in Cheung Yip Street for 10km runners to promote green running!

保柏香港相信身體和地球健康相輔相成，因此會代表每位跑手向本地海洋清潔初創企業 Clearbot 捐贈 \$10 港元，進行為期一年嘅海洋清潔項目，希望為綠色地球出一分力。  
Recognising the importance of planet health in maintaining physical health, Bupa Hong Kong also pledges to donate HK\$10 to Clearbot, a local marine waste clean-up start-up, on behalf of each runner and launch a one-year seas cleaning project, hoping to contribute to a greener earth.



## 自備行李袋 BRING YOUR OWN STORAGE BAG

大會將不會提供行李袋，跑手可直接掛上大會提供的行李牌寄存行李，以減少製造大量即棄塑膠產品。

**溫馨提示：**自備的寄存行李袋建議具備防水性能，或使用防水袋完全包裹。

Baggage tags will replace plastic storage bags so we can reduce the production of disposable plastic products.

**Reminder:** we recommend you bring a waterproof backpack or if you don't have one, bring a waterproof storage bag to put your backpack and other personal belongings.



## 物資捐贈 FOOD & BEVERAGE DONATION

於補給站未派發出之食物及飲品，大會將安排捐贈予慈善機構，從而轉贈有需要人士。

Undistributed food and beverage products from the race refreshment points will be donated to charity organisations to send to people in need.



## 電子版跑手須知 E-RUNNER GUIDE

今年以電子版跑手須知取代以往的印刷版，減少製造大量紙張，既可為環保出一分力，亦方便跑手隨時隨地翻看須知內容。

Electronic runner guide will replace the printed version so we can reduce our paper consumption. Runners can easily check the race information on the e-runner guide from their mobile or electronic device.

# blua. health



## 跑街馬 贏健康 換獎賞

### Sprint towards wellness and reap the rewards

## 下載Blua Health應用程式可獲 Download Blua Health app and get

# 約 \$30

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Blua Health

\*5,000 Blua 積分迎新禮遇可兌換價值約港幣 30 元的獎品。活動受條款及細則約束。數量有限，送完即止。  
The welcome offer of 5,000 Blua points can be redeemed for rewards worth approximately HKD30, subject to terms and conditions of promotion. Quantity is limited and available while stock lasts.



# 旅遊及住宿 TRAVEL AND STAY

正在計劃前來香港的旅遊及住宿安排嗎？我們誠意送上特別優惠及旅遊資訊給海外跑手！  
Looking for event day travel and accommodation arrangements?  
We are excited to share some special offers for our overseas runners!

## 出發到香港 TRAVEL TO HONG KONG

### 國泰航空機票優惠 Special Airfares from Cathay Pacific

一直以港為家的國泰航空很高興能為「嘉里建設呈獻香港街馬 2023」的海外跑手提供特選禮遇。貴為已報名的街馬跑手，我們誠意為您及同行旅伴獻上專享的票價優惠，展開更稱心的旅程。您可登入國泰航空 [會議及展覽推廣專頁](#) 並輸入是次活動代碼或聯繫當地 [客戶聯絡中心](#) 以此代碼查詢及訂購。

國泰航空是一家在香港註冊及以香港為基地的國際航空公司，提供定期客運及貨運服務往來全球逾 200 個目的地\*。作為香港的主要航空公司，我們提供連接各地的重要航線，方便區內的貿易和投資，以及滿足休閒旅遊需要。國泰航空的客運和貨運服務，把香港與世界各地聯繫在一起。

現在，請查閱於 11 月 20 日由全城街馬發出的電郵便可索取活動代碼，即可享受往返香港的超值優惠。

\* 包括聯號航班

Cathay Pacific, the home carrier of Hong Kong, offers registered overseas runners an exclusive opportunity to enjoy great savings on flights to Hong Kong.

[Book online](#) via the MICE online offer page or contact their [Customer Care Department](#) and quote the Event Code for Kerry Properties presents HONG KONG STREETATHON 2023 to enjoy special fares.

Cathay Pacific is an international airline registered and based in Hong Kong offering scheduled passenger and cargo services to over 200 destinations\* worldwide. As Hong Kong's major airline, we provide vital links for trade and investment as well as leisure travel. Through our passenger and cargo services under Cathay Pacific, we connect Hong Kong to the world.

**Get your Event Code in the email sent by RunOurCity on 20 November and enjoy the great offers now!**

\* include codeshare services

旅遊贊助  
Travel Sponsor



## 住宿安排 PLANNING YOUR ACCOMMODATION

### 香港維港凱悅尚萃酒店優惠 Hyatt Centric Victoria Harbour Hong Kong



香港維港凱悅尚萃酒店坐落於港島中心地段，所有客房都能欣賞到維多利亞港的壯麗景色。是次特別為「香港街馬 2023」跑手提供每晚 HK\$1,340 的獨家住宿優惠，只需直接通過下方鏈接預訂，或在預訂時輸入「G-OHKS」作為團體代碼，即可享特別優惠。優惠受條款及細則約束。

Situated in the heart of Hong Kong Island, all rooms at Hyatt Centric Victoria Harbour Hong Kong offer stunning views of Victoria Harbour. To enjoy an exclusive rate from HKD 1,340 per room per night for the HONG KONG STREETATHON 2023 runners, simply book directly through the link below or enter "G-OHKS" as the Group Code when making a reservation at our hotel. Terms and conditions apply.

[立即訂房 Reserve your room now](#)

記得輸入埋 **團體代碼 GROUP CODE G-OHKS**，即可享特別優惠。

所有價格以港幣計算，並需支付 10% 的服務費。預訂必須在 2023 年 12 月 11 日前進行，入住日期為 2023 年 12 月 15 日至 12 月 20 日期間。預訂時需要提供信用卡擔保。如需取消預訂，請至少提前 2 天通知，否則將收取一晚房費。

All prices are in HK dollars and are subject to a 10% service charge. Reservations must be made by 11 December 2023, for stays between 15 December and 20 December 2023. A credit card guarantee is required at the time of reservation. Cancellations must be made at least 2 days prior to arrival, or a penalty of one night's stay will be applied.

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# HONG KONG WinterFest 2023

香港繽紛冬日巡禮

24.11.2023 – 01.01.2024

West Kowloon Cultural District 西九文化區

Organiser 主辦機構:



HELLO Hong Kong

Venue Partner 場地夥伴:

westKowloon 西九文化區

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## 玩樂資訊 TOURIST INFORMATION

### 香港繽紛冬日巡禮 Hong Kong WinterFest

冬日氣息瀰漫全城，高聳入雲的巨型聖誕樹載譽重臨西九文化區海濱，維多利亞港兩岸的摩天大樓及大街小巷紛紛披上璀璨耀眼的節日燈飾，配合上精心打造的冬日維港水上煙火，令香港天際線在這個歡慶季節格外閃耀。齊來與摯愛親朋一起，盡情享受浪漫又溫馨的冬日繽紛！

Get ready for the festive atmosphere in Hong Kong! A spectacular Christmas Town is set to take over the harbourfront of the West Kowloon Cultural District, featuring a giant sparkling Christmas tree and whimsical displays, while stunning marine pyrotechnic displays tailor-made for this winter will light up the city's skyline. Come join us at the extravagant WinterFest for an unforgettable holiday season with your loved ones!

活動詳情 [Event details](#)

本地特色旅遊活動先導計劃支持活動 Supported by the Pilot Scheme for Characteristic Local Tourism Events



# HELLO

# Hong Kong

## 你好香港

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中信泰富  
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## 選手包領取及行李寄存 RUNNER'S PACK PICK UP AND BAGGAGE DROP

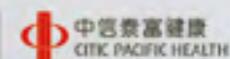
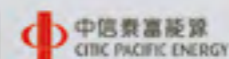
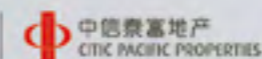
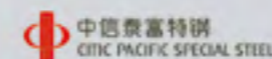
日期 Date	2023年12月9日-16日 9 - 16 December 2023	12:00 - 20:00
地點 Location	九龍九龍灣宏照道38號企業廣場5期 (MegaBox) 1座29樓 29/F, Tower 1, Enterprise Square V (MegaBox), 38 Wang Chiu Rd, Kowloon	
安排 Arrangement	<ol style="list-style-type: none"> <li>參加者於11月中旬會收到由大會發送的選擇領取選手包時段電郵及於12月8日或之前選擇領取時段。 Participants have received an email from the Organiser in mid-November to choose and confirm their collection time slot on or before 8 December.</li> <li>參加者一旦於網上選擇領取時段，即會收到由大會發出的選手包領取及行李寄存通知書。（如參加者於12月4日仍未收到選手包領取通知書，請電郵至 streetathon@runourcity.org 或 WhatsApp 至 4408 9250） Runner's Pack Collection &amp; Baggage Drop Notification Letter will be sent once participants have chosen collection time slot. (Please email streetathon@runourcity.org or WhatsApp 4408 9250 if participants have not received their notification letter by 4 December 2023)</li> <li>參加者需按先前選擇的時段到以上地點出示選手包領取及行李寄存通知書（電子或列印版本）及身份證明文件領取選手包及寄存行李* Participants must follow their confirmed time slot, present Runner's Pack Collection &amp; Baggage Drop Notification Letter (digital or printed copy) and their personal identity document to collect their runner's pack and drop their baggage.*</li> <li>參加者需將選手包內的行李牌別於其行李上並交由大會工作人員檢查 Participants must attach the baggage tag inside the runner's pack on their baggage and pass it to our staff for security check.</li> </ol>	

\* 參加者需於同一時段完成領取選手包及寄存行李，另外活動當日將不會派發任何選手包及提供行李寄存服務。  
Participants need to finish collecting their runner's pack and dropping the baggage at the same time slot. Runner's packs will not be distributed, and no baggage drop service will be provided on the event day.

日期 Date	領取選手包及寄存行李時段 Runner's Pack Collection and Baggage Drop time slot			
9/12/2023	12:00 - 14:00	14:00 - 16:00	16:00 - 18:00	18:00-20:00
10/12/2023	12:00 - 20:00			
11/12/2023	12:00 - 20:00			
12/12/2023	12:00 - 20:00			
13/12/2023	12:00 - 20:00			
14/12/2023	12:00 - 20:00			
15/12/2023	12:00 - 14:00	14:00 - 16:00	16:00 - 18:00	18:00-20:00
16/12/2023	12:00 - 14:00	14:00 - 16:00	16:00 - 18:00	18:00-20:00

來! 一起跑出  
卓越  
WE RUN for Excellence TOGETHER

中信泰富  
全力支持香港街馬  
2023.12.17 Support You!





# 代領及代寄行李安排 DELEGATION ARRANGEMENTS

## 參賽者注意事項 Remarks for participants

如參加者本人未能親身前往，參加者可安排他人代領及代寄行李；代領人需出示選手包領取通知書（電子或列印版本）、參加者之身份證明文件（電子或列印版本）、及代領人之身份證明文件。

Participants can delegate another person to collect their runner's pack and drop their baggage if they are unable to come in person. The delegate should present the participant's Runner's Pack Collection Notification Letter (digital copy or printed copy), personal identity document of the participant (digital copy or printed copy) and personal identity document of delegate.

## 寄存行李注意事項 Importance Note for Baggage Drop

- 寄存行李只接受簡單乾淨衣物（例如：T恤、褲、襪子和鞋及空水瓶或空水杯等空容器）。為避免被淋濕，請將衣物放入塑料袋中，以提供額外保護。  
Only dry clothing (e.g. T-shirts, pants, socks, shoes and empty bottle(s)) will be accepted. To avoid getting wet, please put clothes in plastic bags for extra protection.
- 基於衛生理由，不接受寄存水果、水及任何飲料。  
No fruit and drinks will be accepted for hygienic reasons.
- 行李將通宵地存放於露天地方，相關風險由參加者自行承擔。  
Bags will be put in the open air overnight before collection. Bags storage will solely be at Runners' own risk.
- 請勿寄存任何貴重物品，運送行李過程或寄存期間如有遺失或損失，主辦機構一概不會負責。  
Runners are reminded not to deposit any valuable items. The Organiser will not be responsible for any loss or damage that may occur during the transportation or storage of baggage.
- 參加者須於賽事當天以號碼布認領行李。  
Runners need to present their own bib to collect the baggage.
- 大會將不會提供行李膠袋，參加者需自行預備其行李袋。  
The Organiser will NOT provide luggage bag. Runners need to prepare their luggage bag themselves.

## 行李領取 Baggage Collection

組別 Category	地點 Location	時間 Time
馬拉松及半馬拉松 Marathon and Half Marathon	九龍土瓜灣遊樂場 To Kwa Wan Recreation Ground	05:30 - 12:30
十公里 10Km	九龍觀塘海濱道足球場 Hoi Bun Road Football Field, Kwun Tong	10:00 - 14:00

\* 賽事當日將不設行李寄存服務。 \* Baggage handling services are not available on race day.



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其他豐富禮品





# 跑步裝備 RUNNING GEAR

## 號碼布及計時晶片 Number Bib with Timing Chip



### 個人資料及醫療關注事項

#### Your personal details and medical emergency information

所有參賽者的號碼布背後已印有其個人資料及緊急聯絡人資料。如資料已更新，參加者需電郵通知大會及用防水筆於號碼布背後更新，以協助大會及救護人員在緊急情況下聯絡參賽者之家屬及親友。

另外如參加者有現正服食的藥物、藥物敏感或其他醫療關注事項，請用防水筆於號碼布背後填寫，以協助救護人員在緊急情況下為其作出最有效的協助。

All bibs are printed with runners' personal details and emergency contact information. If runners' information is updated, they should contact the Organiser, and update their information at the back of the bib with a waterproof pen to assist the organiser and medical staff to contact runner's relatives and friends in case of emergency.

To assist medical staff to provide the most effective assistance, runners should indicate any information which may be essential in a medical emergency with a waterproof pen e.g. medication currently being taken, allergies, deafness, etc.

**以下資料只在比賽當日作緊急之用**  
For Emergency Use Only On Event Day

為協助大會及救護人員在緊急情況下聯絡參賽者之家屬及親友，請用防水筆填寫下列個人資料。  
To assist the Organiser and medical personnel to contact your relatives or friends in case of emergency, you are required to fill in the following information with waterproof ink.

<p><small>參賽者資料 Participant's Information</small></p>	<p><small>捐贈紀念品 Sponsor's order</small></p>
<p><small>請於此區填寫醫療關注事項，如有正在服食之藥物、藥物敏感或其他醫療關注事項，請用防水筆填寫。 Please indicate below clearly any information which may be essential in a medical emergency, e.g. medication currently being taken, allergies, deafness, etc.</small></p>	

**健康提示 Health Advice:**  
參賽者應自行決定自身之健康情況是否適合比賽。若於比賽期間感到身體不適，應即時停止比賽，方可參賽。  
Participants should evaluate if they are physically fit to participate, and should seek medical advice from doctors if they are in doubt of their health condition prior to the event.  
若活動期間感到任何不適，請立即向附近的工作人員求助。  
In case you are not feeling well during the event, ask for assistance from nearby event officials immediately.

### 號碼布放置的位置

#### Bib Position

比賽期間，參賽者之號碼布必須置於胸前易見位置，切勿被外套遮擋，以便工作人員辨認，否則大會將保留取消其參賽資格的權利。

參賽者請利用四個扣針，把號碼布的四角緊扣於胸前，號碼向外。賽事當天大會將不會於起點提供扣針，參賽者需自行準備。

During the race, the bib should be fastened on the runners' chest clearly and be visible by race officials at all times without covering them with jackets. The organiser reserves the right to disqualify those who fail to comply.

Please use 4 pins to attach the bib in front of your chest with the bib number facing out. No pins will be provided at the start point on the event day. Runners should prepare their own pins.

### 計時晶片

#### Timing Chip

計時晶片裱貼在號碼布背面，切勿摺曲晶片。

As the timing chip is integrated at the back of the bib, please do not fold the chip.

### 活動限定跑步 T-shirt

#### Limited Edition Running T-shirt



男裝限定跑步 T-shirt  
Men Runner's T-shirt



女裝限定跑步 T-shirt  
Women Runner's T-shirt

活動限定跑步 T-shirt 將會隨號碼布一同派發。跑步 T-shirt 尺碼分配需視乎領取選手包之先後次序及貨量而定，所有尺碼先到先得，大會不確保能提供你所選擇之尺碼。參賽者於賽事當日可視乎當日天氣自行選擇穿著活動限定跑步 T-shirt 或其他裝備。

A free Limited Edition Running T-shirt will be distributed with the bib. T-shirt size availability is provided on a first come first served basis during registration and subject to stock availability during race pack distribution. The organiser cannot guarantee any T-shirt size requests. Runners can choose to wear the Limited Edition Running T-shirt or other comfortable clothing depending on the weather.

#### 注意事項 Important Notes

- 參賽者必須踏上設於起點、終點及大會指定分段計時地點之計時地墊。如錯誤佩戴號碼布、損毀晶片或未有經過計時地墊，大會將無法提供其比賽時間。  
Runners are required to cross the timing mats at the Start, Finish and designated timing points. The Organiser cannot provide a completion time for the runner if it involves improper wearing or damage of the bib, or failing to cross the timing mats.
- 參賽者寄存或領回行李、進入起跑區及進入終點會場必須出示號碼布。  
Runners are required to show their bibs for baggage storage/claim, entering the start area and finish venue.
- 比賽當日將不會派發任何號碼布及安排行李寄存服務。有需要之海外跑手請電郵至 [streetathon@runourcity.org](mailto:streetathon@runourcity.org) 作特別安排。  
No bib will be distributed and no baggage drop service will be provided on the race day. Overseas runners can request for special arrangements by sending an email to [streetathon@runourcity.org](mailto:streetathon@runourcity.org).



# 臨時封路措施

因應慈善跑步活動舉行，有關區域將預定於2023年12月17日(日)上午1:00開始分階段封路及實施臨時交通改道措施，公共交通服務會作出相應調整。詳情請留意運輸署、有關公共交通機構及大會之最新公布。

# TEMPORARY ROAD CLOSURE

To conduct the charity running event, temporary road closures will commence in phases from 1:00am on 17 December 2023 (Sunday). Temporary routes and timetables will be introduced in public transport during the event. For details, please refer to the latest announcements from the Transport Department, public transport companies and the Organiser's website.

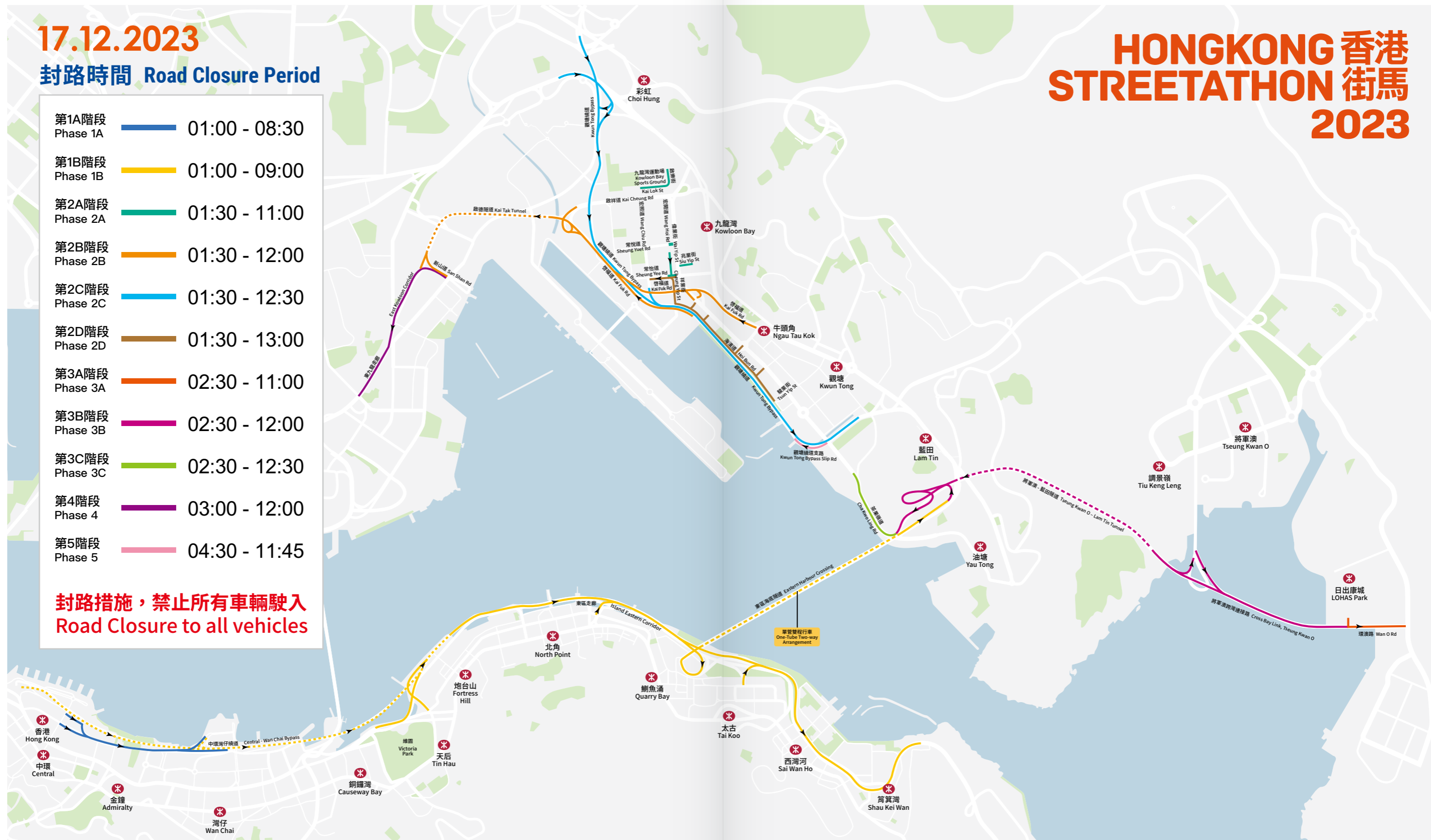
## 17.12.2023

### 封路時間 Road Closure Period

- 第1A階段 Phase 1A — 01:00 - 08:30
- 第1B階段 Phase 1B — 01:00 - 09:00
- 第2A階段 Phase 2A — 01:30 - 11:00
- 第2B階段 Phase 2B — 01:30 - 12:00
- 第2C階段 Phase 2C — 01:30 - 12:30
- 第2D階段 Phase 2D — 01:30 - 13:00
- 第3A階段 Phase 3A — 02:30 - 11:00
- 第3B階段 Phase 3B — 02:30 - 12:00
- 第3C階段 Phase 3C — 02:30 - 12:30
- 第4階段 Phase 4 — 03:00 - 12:00
- 第5階段 Phase 5 — 04:30 - 11:45

**封路措施，禁止所有車輛駛入**  
Road Closure to all vehicles

# HONGKONG 香港 STREETATHON 街馬 2023





# 如何前往起點 WAY TO START POINT

## 特別交通安排<sup>(1)</sup> Special Transport Arrangement<sup>(1)</sup>



港鐵 MTR 將於「嘉里建設呈獻香港街馬 2023」活動當天有特別車務安排：  
To support Kerry Properties presents HONG KONG STREETATHON 2023, MTR will arrange special train service on the event day.

## 全馬拉松及半馬拉松 FULL MARATHON AND HALF MARATHON

港鐵 MTR 將於活動當天會安排額外班次列車以接載全馬拉松及半馬拉松的跑手前往賽事起點。詳情如下：  
MTR will have additional train service to pick up runners to the start point. Details as follows:

港鐵路綫 MTR Commuter Line	行車方向 Direction		首班列車開出時間 First Departure from Terminal	預計到達時間 Estimated Arrival Time	
	由 From	至 To		銅鑼灣 Causeway Bay	天后 Tin Hau
港島綫 Island Line	柴灣 Chai Wan	堅尼地城 Kennedy Town	03:43	04:00	03:58
	堅尼地城 Kennedy Town	柴灣 Chai Wan	03:44	03:58	04:00
荃灣綫 Tsuen Wan Line	荃灣 Tsuen Wan	中環 Central	03:12	03:58	04:00
觀塘綫 Kwun Tong Line	調景嶺 Tiu Keng Leng	黃埔 Whampoa	03:20	03:58	04:00
	黃埔 Whampoa	調景嶺 Tiu Keng Leng	03:18	04:00	03:58
將軍澳綫 Tseung Kwan O Line	康城 LOHAS Park	北角 North Point	03:35	04:00	03:58
	寶琳 Po Lam	北角 North Point	03:38	04:00	03:58
南港島綫 South Island Line	海怡半島 South Horizons	金鐘 Admiralty	03:40	03:58	04:00
東涌綫 Tung Chung Line	東涌 Tung Chung	香港 Hong Kong	03:07	03:58	04:00
東鐵綫 East Rail Line	上水 Sheung Shui	金鐘 Admiralty	03:05	03:58	04:00
屯門綫 Tuen Ma Line	屯門 Tuen Mun	烏溪沙 Wu Kai Sha	03:05	03:58	04:00
	烏溪沙 Wu Kai Sha	屯門 Tuen Mun	03:05	03:58	04:00

特別班次列車的班次將維持每 15 分鐘一班，直至該路綫之正常班次的首班車後將回復正常安排。  
Trains will operate at 15 minutes frequency until the first departure of the normal train service.



九巴 KMB 亦將於活動當日加開特別路綫以接載全馬拉松及半馬拉松的跑手前往賽事起點：  
KMB will add the following bus routes to pick up Full Marathon and Half Marathon runners on the event day:

路綫 Route	起點 - 目的地 Start - Destination	開出時間 First Departure time
R108	啟業 往 維多利亞公園 Kai Yip to Victoria Park	03:00
R603	安泰 (西) 往 維多利亞公園 On Tai (West) to Victoria Park	03:00
R934	灣景花園 往 維多利亞公園 Bayview Garden to Victoria Park	03:00
R936	石圍角 往 維多利亞公園 Shek Wai Kok to Victoria Park	03:00
R948	長宏 往 維多利亞公園 Cheung Wang to Victoria Park	02:55 & 03:10
R960	洪水橋 (洪元路) 往 維多利亞公園 Hung Shui Kiu (Hung Yuen Road) to Victoria Park	02:15
R961	山景 往 維多利亞公園 Shan King to Victoria Park	02:25
R968	元朗 (鳳翔路) 往 維多利亞公園 Yuen Long (Fung Cheung Road) to Victoria Park	02:10

\* 以上特別班次只此一班。 \*The above special buses are only one shift.

## 十公里 10KM

港鐵 MTR 將於活動當天 07:30 至 11:00 期間增加來回北角至寶琳及調景嶺至康城的的列車班次，以接載往十公里起點 (日出康城) 的跑手。

MTR will provide a more frequent train service between North Point to Po Lam and Tiu Keng Leng to LOHAS Park from 07:30 to 11:00 on the event day to pick up 10km runners to the start point (LOHAS Park station).

### 特別優惠 Special offer



The LOHAS 康城為一眾「香港街馬」跑手送上電子優惠券\*，於場內指定類別商戶消費滿 HK\$500 即可減 HK\$100。數量有限，送完即止。

HONG KONG STREETATHON runners are entitled to redeem The LOHAS HK\$100 (Spend \$500 save \$100) Designated Categories eCoupon\*. Quota applies, while stocks last.

[電子優惠券連結 Link for eCoupon](#)

\* 優惠受條款及細則約束，詳情請參閱電子優惠券。 \*Terms and conditions apply. For details, please refer to the eCoupon.



圖例 Legends

-  全馬拉松及半馬拉松賽事起點  
Start Point for Full Marathon and Half Marathon
-  往賽事起點路線  
Route to the Start Point
-  起步區  
Start Area
-  號碼布檢查區  
Bib Check
-  保安檢查  
Security Check
-  洗手間  
Washroom
-  水站  
Water Station
-  臨時落車區  
Drop-off point
-  慈善衣物回收箱  
Used clothes for charity drop box



嘉里建設  
KERRY PROPERTIES

HONGKONG 香港  
STREETATHON 街馬  
2023

RunOurCity  
全城街馬









全馬拉松及  
半馬拉松  
起步區安排  
Start Area Arrangement  
for Full Marathon and  
Half Marathon

東區走廊  
Eastern Island  
Corridor

2023.12.17



圖例 Legends

-  十公里賽事起點  
Start Point for 10km
-  往賽事起點路線  
Route to the Start Point
-  起步區  
Start Area
-  等候區  
Waiting Area
-  號碼布檢查區  
Bib Check
-  保安檢查  
Security Check
-  洗手間  
Washroom
-  水站  
Water Station
-  臨時落車區  
Drop-off point
-  扮相獎影相站  
Photo Station of Funniest Outfit Award
-  慈善衣物回收箱  
Used clothes for charity drop box

將軍澳跨灣大橋 Tseung Kwan O Cross Bay Bridge

起點  
Start

巴士總站  
Bus Terminal

康城站 (B出口)  
LOHAS Park (B Exit)

日出公園  
The Park

康城路 Lohas Park Rd

環保大道 Wan Po Road

環保大道 Wan Po Road

嘉里建設  
KERRY PROPERTIES

HONGKONG 香港  
STREETATHON 街馬  
2023

RunOurCity  
全城街馬

十公里  
起步區安排  
Start Area Arrangement  
for 10km

將藍公路  
(近日出康城)  
Tseung Lam highway  
(near LOHAS Park)

2023.12.17



# 馬拉松組別基本資料

## BASIC INFORMATION OF FULL MARATHON

賽事距離 Race distance	42.195 公里 km		
起點 Start Point	東區走廊近東岸公園 Island Eastern Corridor near East Coast Park		
終點 Finish Point	新山道 San Shan Road		
終點會場及行李領取地點 Finish venue and baggage collection site	土瓜灣遊樂場 To Kwa Wan recreation ground		
號碼布 Race bib			
完成時限 Time Limit	六小時 6 hours <small>注意事項 Note 2</small>		
起步時間 Start Time	起步區開放時間 Opening time of Start area	截止起步時間 Cut-off time of start point	
05:00	04:15	05:10	
截跑點 Cut-off point	截跑點距離 Cut-off point distance (公里 km)	截跑時間 Cut-off time	
1. 東區走廊 Island Eastern Corridor	16.9	07:35	
2. 東區海底隧道 Eastern Harbour Crossing	20.5	08:05	
3. 海濱道 Hoi Bun Road	32.5	09:38	
4. 啟樂街 Kai Lok Street	35.1	10:00	
5. 啟福道 Kai Fuk Road	37.8	10:25	

### 注意事項 Note

- 由於參加者人數眾多及步行路程距離 (約步行 15 分鐘)，大會建議參加者預留足夠時間前往起步區，並留意截止進入起跑區時間。  
Participants are suggested to spare sufficient time to go to the start area due to the large number of participants and a long walk from the drop-off point to the start point (approximately 15 minutes walk). Please be aware of the cut-off time of the start point.
- 為確保準時開放因賽事封閉之路段，賽事沿途設有 5 個「截跑點」，包括東區走廊、東區海底隧道九龍出口、海濱道、啟樂街及啟福道。未能於限時前到達「截跑點」的參加者將被安排離開賽道及乘坐大會旅遊巴返回賽事終點。  
In order to reopen the closed roads on time, there are 5 cut-off points along the race route. Those are the Island Eastern Corridor, Kowloon exit of the Eastern Harbour Crossing, Hoi Bun Road, Kai Lok Street and Kai Fuk Road. Runners will be requested to leave the route and get on the shuttle bus arranged by the organiser to go to the finish point if they cannot run through it before the cut-off time.
- 如落後於掃尾隊，會被取消比賽資格。  
Runners who run slower than the sweepers will be deemed as Did Not Finish (DNF).



魏浚笙  
JEFFREY NGAI

盡情揮灑 我哋 超乎想像嘅汗水力! 寶礦力水特

電解質成分  
與人體體液相近!

# POWER OF SWEAT



**補給站 Refreshment Points**

- RP1 愛群義工團站  
OKVGL Station
- RP2 爛頭營義工團站  
Sunset Peak Volunteer Unit Station
- RP3A Running Man Athletic Club 站  
Running Man Athletic Club Station
- RP3B RunLap 站  
RunLap Station
- RP4 The Peak Hunter Foundation 站  
The Peak Hunter Foundation Station
- RP5 中信泰富站 CITIC Pacific Station  
猛龍長跑隊站 Fearless Dragon Station
- RP7 南極星站  
OCTANS Station
- RP8 南極星站  
OCTANS Station
- RP9A 保柏站 Bupa Station  
大昌行站 Dah Chong Hong Station
- RP9B Pegasus Athletics Club 站  
Pegasus Athletics Club Station
- RP10 香港失明人健體會站 Blind Sports Hong Kong Station  
Run Hong Kong 站 Run Hong Kong Station
- RP11 蜆殼站 Shell Station  
南極星站 OCTANS Station
- RP12 義遊站 義遊 VOLTRA  
Voltra Station  
青協荃灣青年空間站  
HKFYG Tsuen Wan Youth S.P.O.T. Station

**救護站 First Aids**

1 公里數 Kilometres



聲明：比賽路線及補給站或因最後批核而作少量改動。請繼續留意我們的網站更新。  
Note: The race course and refreshment points may have slight changes, subject to final approval. Please check out the latest updates on our website.  
Updated on 29. 11. 2023



# 半馬拉松組別基本資料

## BASIC INFORMATION OF HALF MARATHON

賽事距離 Race distance	21.0975 公里 km											
起點 Start Point	東區走廊近東岸公園 Island Eastern Corridor near East Coast Park											
終點 Finish Point	新山道 San Shan Road											
終點會場及行李領取地點 Finish venue and baggage collection site	土瓜灣遊樂場 To Kwa Wan recreation ground											
組別 Category	半馬拉松 (精英組) Half marathon (Elite)	半馬拉松 (挑戰組) Half marathon (Challenge)										
號碼布 Race bib	 											
完成時限 Time Limit	二小時三十分鐘 2.5 hours	三小時 3 hours										
起步時間 Start Time	04:45	06:50										
起步區開放時間 Opening time of Start area	04:00	06:00										
截止起步時間 Cut-off time of start point	04:55	07:00										
截跑點及時間 Cut-off point and time	<table border="1"> <tr> <td>1. 東區走廊 Island Eastern Corridor</td> <td>3.8 公里 km</td> <td>07:35</td> </tr> <tr> <td>2. 東區海底隧道 Eastern Harbour Crossing</td> <td>7.3 公里 km</td> <td>08:05</td> </tr> <tr> <td>3. 海濱道 Hoi Bun Road</td> <td>14.6 公里 km</td> <td>09:38</td> </tr> </table>			1. 東區走廊 Island Eastern Corridor	3.8 公里 km	07:35	2. 東區海底隧道 Eastern Harbour Crossing	7.3 公里 km	08:05	3. 海濱道 Hoi Bun Road	14.6 公里 km	09:38
1. 東區走廊 Island Eastern Corridor	3.8 公里 km	07:35										
2. 東區海底隧道 Eastern Harbour Crossing	7.3 公里 km	08:05										
3. 海濱道 Hoi Bun Road	14.6 公里 km	09:38										
截跑點距離 Cut-off point distance (公里 km)	茶果嶺道 Cha Kwo Ling Road	8.5 公里 km	05:55									

### 注意事項 Note

- 由於參加者人數眾多及步行路程距離 (約步行 15 分鐘)，大會建議參加者預留足夠時間前往起步區，並留意截止進入起跑區時間。  
Participants are suggested to leave enough time to go to the start area due to the large number of participants and walking distance from the drop-off point to the start point (approximately 15 minutes walk). Please be aware of the cut-off time of the start point.
- 為確保準時開放因賽事封閉之路段，賽事沿途設有 4 個「截跑點」，包括東區走廊、東區海底隧道九龍出口、茶果嶺道及海濱道。未能於限時前到達「截跑點」的參加者將被安排離開賽道及乘坐大會旅遊巴返回賽事終點。  
In order to reopen the closed roads on time, there are 4 cut-off points along the race route. Those are the Island Eastern Corridor, Kowloon exit of the Eastern Harbour Crossing, Cha Kwo Ling Road and Hoi Bun Road. Runners will be requested to leave the route and get on the shuttle bus arranged by the organiser to go to the finish point if they could not run through it before the cut-off time.
- 如落後於掃尾隊，會被取消比賽資格。  
Runners who run slower than the sweepers will be deemed as Did Not Finish (DNF).

# 以先進科技突破跑步記錄

## HOW TO BREAKTHROUGH A RUNNING PLATEAU WITH ADVANCED TECHNOLOGIES



### VO2 MAX 最大攝氧量測試 原價 \$1680

- ✓ 國際公認衡量心肺耐力的黃金標準
- ✓ 反映身體利用氧氣的最大能力和血液乳酸濃度

### MOTIONMETRIX 跑姿分析測試 原價 \$1280

- ✓ 瑞典進口的最新三維跑步步姿評估工具
- ✓ 根據測試數據可改善跑步效率和減低受傷風險

街馬參賽者於指定期間可獲半價測試優惠

優惠期至 2023 年 12 月 31 日，立即登記：  
<https://bit.ly/streetathon-runlap>



定期監察測試數據，配合個人化訓練計劃，可大幅提升跑步表現。

www.runlaphk.com Whatsapp: 9442 7395





- 補給站 Refreshment Points**
- RP4 The Peak Hunter Foundation 站  
The Peak Hunter Foundation Station
  - RP5 中信泰富站 CITIC Pacific Station  
猛龍長跑隊站 Fearless Dragon Station
  - RP7 南極星站  
OCTANS Station
  - RP9A 保柏站 Bupa Station  
大昌行站 Dah Chong Hong Station
  - RP11 蜆殼站 Shell Station  
南極星站 OCTANS Station
  - RP12 義遊站 義遊 VOLTRA  
Voltra Station  
青協荃灣青年空間站  
HKFYG Tsuen Wan Youth S.P.O.T. Station
- 1 公里數 Kilometres**
- 救護站 First Aids**



聲明：比賽路線及補給站或因最後批核而作少量改動。請繼續留意我們的網站更新。  
Note: The race course and refreshment points may have slight changes, subject to final approval. Please check out the latest updates on our website.  
Updated on 29. 11. 2023



# 十公里組別基本資料

## BASIC INFORMATION OF 10KM

賽事距離 Race distance	十公里 10km		
起點 Start Point	將藍公路 (近日出康城) Tseung Lam highway (near LOHAS Park)		
終點 Finish Point	海濱道 Hoi Bun Road		
終點會場 Finish venue	發現號 01 場 Vessel 01		
行李領取地點 Bag pick up location	海濱道足球場 Hoi Bun Road football field		
組別 Category	十公里 (精英組) 10KM (Elite)	街馬 - 亞洲青年十公里 STREETATHON - Asia YOUTHRUN 10KM	十公里 (挑戰組) 10KM (Challenge)
號碼布 Race bib			
完成時限 Time Limit	一小時三十分鐘 1.5 hours	二小時 2 hours	一小時四十五分鐘 1 hours and 45 minutes
起步時間 Start Time	09:30	10:00	10:15
起步區開放時間 Opening time of Start area	08:45	09:15	09:30
截止起步時間 Cut-off time of start point	09:40	10:10	10:25
截跑點 Cut-off point	截跑點距離 Cut-off point distance (公里 km)		截跑時間 Cut-off time
茶果嶺道 Cha Kwo Ling Road	5.4		11:20

### 注意事項 Note

- 由於參加者人數眾多及步行路程距離 (約步行 15-20 分鐘), 大會建議參加者預留足夠時間前往起步區, 並請留意截止進入起跑區時間。  
Participants are suggested to leave enough time to go to the start area due to the large number of participants and walking distance from the drop-off point to the start point (approximately 15 minutes walk). Please be aware of the cut-off time of the start point.
- 為確保準時開放因賽事封閉之路段, 賽事沿途設有 1 個「截跑點」, 位於茶果嶺道。未能於限時前到達「截跑點」的參加者將被安排離開賽道及乘坐大會旅遊巴返回賽事終點。  
In order to reopen the closed roads on time, there are 1 cut-off point along the race route which is on the Cha Kwo Ling Road. Runners will be requested to leave the route and get on the shuttle bus arranged by the organiser to go to the finish point if they could not run through it before the cut-off time.
- 如落後於掃尾隊, 會被取消比賽資格。  
Runners who run slower than the sweepers will be deemed as Did Not Finish (DNF).



大灣區共同家園青年公益基金  
Greater Bay Area Homeland Youth Community Foundation

YO PLACE  
築夢空間

## YO PLACE 會員招募

### 立即免費加入

「大灣區共同家園青年公益基金」於2019年9月成立, 是以服務香港青年為主的公共性質慈善機構。基金以「助青年 創明天」為使命, 集合及善用粵港澳大灣區的資源, 以教育及培訓為主導方向, 於大灣區開展與學業、就業及創業等方面的服務, 助青年人把握大灣區發展機遇。YO PLACE為基金發展集線上線下的青年平台。只要你是年齡介乎11歲至45歲之香港居民, 皆可免費登記成為YO PLACE會員, 享受以下優惠:

- 報名參加多元化活動, 包括灣區體驗交流團、技能提升工作坊及義工服務等
- 以電子會員卡享用多種消費優惠
- 以7折租用YO PLACE場地的多媒體設施
- 於網站獲取全面大灣區升學、就業及創業的相關資訊
- 申請大灣區青年卡, 享受灣區便利



追蹤我們  
最新消息



Download on the  
App Store



GET IT ON  
Google Play





聲明：比賽路線及補給站或因最後批核而作少量改動。請繼續留意我們的網站更新。  
Note: The race course and refreshment points may have slight changes, subject to final approval. Please check out the latest updates on our website.  
Updated on 29. 11. 2023



# 賽道及會場之設施及服務

## FACILITIES AND SERVICE ON RACE COURSE AND VENUES



**距離指示牌**  
Distance marker

賽道每 2 公里設有距離指示牌。  
A distance marker will be placed every 2km along the route.



**救護站**  
First-aid station



由香港聖約翰救護機構提供的救護站分佈於起 / 終點、賽道補給站、終點會場等 19 個位置。  
first aid stations are located at 19 areas including Start point, Finish point, and refreshment stations along the race course.



**流動洗手間**  
Mobile toilet

流動洗手間分佈於起 / 終點、賽道補給站等 22 個位置。  
A distance marker will be placed every 2km along the route. Mobile toilets are located at 22 areas including start point, finish point and along the race route.



**伸展服務**  
Stretching service



香港伸展運動學會將於 2 個終點會場提供伸展服務。  
Stretching service will be provided by the Hong Kong Stretching Exercise Association at 2 finish venues.

活動期間，為配合現場交通運作，偉樂街將實施交通及人流(跑手)管制。跑手請遵從現場工作人員指示，在安全情況下小心橫過馬路。

There is traffic and crowd control in Wai Lok Street during the event so as to maintain the traffic. Runners please follow the instruction from on site marshal and cross the road safely and carefully.

### 交通及人流(跑手)管制

#### Control of Traffic and crowd flow (runners)



圖例 Legends:

跑手方向(Runners):

行車方向(Traffic)

# 健康及安全指示

## HEALTH AND SAFETY ADVICE

- 參賽者應注意自己的身體狀況，量力而為。若賽前休息不足或身體不適，建議諮詢醫生意見，切勿勉強參加。比賽期間如感到不適，請向附近的工作人員求助。

Participants should ensure that they are physically fit enough to take part in the race. Participants are advised to solicit medical advice if they do not have sufficient rest or feel unwell before the race. Please approach race officials for immediate assistance if you are feeling unwell during the race.
- 為免腸胃不適，建議參賽者在比賽前兩小時進食，應避免肥膩或高纖食物，並多攝取碳水化合物以補充體力。對奶製品略有敏感反應之人士亦應避免於比賽前進食相關食品或飲品。

Participants should eat two hours before the race to avoid stomach problems. Carbohydrates are a good source of energy and avoid fatty or high-fiber food before race. Participants who are occasionally allergic to dairy products should avoid eating or drinking those products before the race.
- 主辦單位於各補給站準備了不同種類之食品及飲品予參賽者享用，旨在為參賽者補充能量並提升士氣，參賽者應因應其時自身需要及身體狀況揀選補給品，亦應避免邊進食邊跑，以免引起腸胃不適。

Various types of food and beverage will be provided at different refreshment points to energize participants. They should select what to take according to their physical needs and conditions, also avoid eating while running.
- 留意活動當日天氣，做好防曬措施，以及補充水份。

Take note of the weather of the event day. Take protective measures against UV and keep hydrated.
- 請留意環保署的空氣質素健康指數(AQHI)，尤其當健康風險級別達高、甚高或嚴重的水平時，應徵詢醫生的意見，以便決定應否參加戶外活動。

Please take note of the Air Quality Health Index (AQHI) especially when the Health Risk Category reaches high, very high or serious. Please consult medical advice to decide if it is suitable to participate in outdoor activities.
- 大會已購買公眾責任保險，但不包括個人意外保障。為保障個人安全，參加者應自行購買個人意外保險及按需要而購買其他合適的保險。

Public liability insurance is covered by the Organizer. This does not include personal accident insurance. It is recommended that all participants purchase your own personal accident insurance and other relevant insurance according to your needs.







# 美食補給站特集

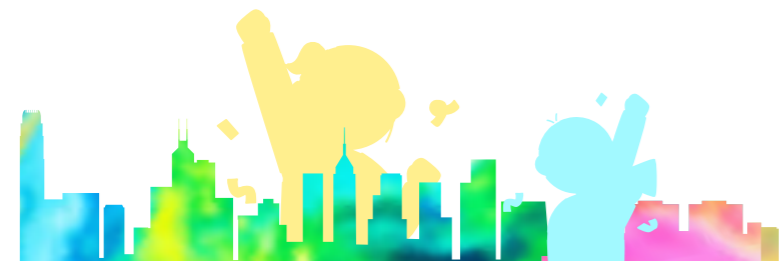
## DELICACY AND REFRESHMENT POINTS INFO



位置 Location	水 Water	寶礦力 Pocari	香蕉 Banana	堅果 Nuts	SoyJoy	馬拉松 Full Marathon	半馬拉松 Half Marathon	十公里 10km	特別食品 Gimmick Food
起點 Start Point	東區走廊 Island Eastern Corridor					0km	0km		
起點 Start Point	將藍公路 Tseung Lam Highway							0km	
RP 1	龍和道近 CVM Lung Wo Road near CVM					4km			
RP 2	東區走廊近繞道北角出口 Island Eastern Corridor near North Point Exit					9km			
RP 3A	東區走廊近太古城 (去程) Island Eastern Corridor near Taikoo Shing (Outbound)					11.9km			
RP 3B	東區走廊近太古城 (回程) Island Eastern Corridor near Taikoo Shing (Inbound)					15.9km			
RP 4	東區海底隧道港島入口 Eastern Harbour Crossing Entrance (Hong Kong Island)					18km	4.6km		
RP 5	東區海底隧道巴士轉車站 Eastern Harbour Crossing BBI					20.7km	7.3km		
RP 6	將藍隧道九龍入口 TKO-LT Tunnel Entrance (Kowloon)							4km	
RP 7	觀塘繞道 (近觀塘碼頭) Kwun Tong Bypass (near Kwun Tong Pier)					24.1km	10.7km	6.7km	<b>聖誕果園 Christmas Orchard</b> 車厘茄、提子、薑餅 Cherry Tomato, Grape, Ginger Bread
RP 8	觀塘繞道近麗晶花園 Kwun Tong Bypass (near Richland Gardens)					28km			<b>香港街頭小食 Hong Kong Street Food</b> 鉢仔糕、麥芽糖夾餅、燒腩仔 Red bean pudding, Maltose cracker, Crispy roasted pork
RP 9A	祥業街 Cheung Yip Street					30.8km	13km	9km	<b>聖誕聯歡 Christmas Party</b> 一口鮑魚、菠蘿腸仔、威化餅、果仁 Abalone, Sausage with Pineapple, Wafer, Natural almond
RP 9B	祥業街 Cheung Yip Street					33.5km			<b>韓國小食 Korean Food</b> 飯卷、韓式蛋卷 Kimbap, Eggroll
RP 10	綠洲 (小園地) Oasis					35.4km			<b>泰想食 Thai Food Lover</b> 椰汁西米糕、炸蝦餅、炸春卷 Coconut Pudding, Fried Prawn Cake, Fried Spring Roll
RP 11	啟福道西行油站對出 Kai Fuk Road near Gas station					37.5km	16.5km		<b>聖誕果園 Christmas Orchard</b> 車厘茄、提子、蜜柑 Cherry Tomato, Grape, Tangerine
RP 12	啟德隧道出口 Exit of Kai Tak Tunnel					39.5km	18.5km		
終點會場 Finish Venue	土瓜灣遊樂場 To Kwa Wan Recreation Ground								豆漿、奧樂蜜 C Soymilk, Oronamin C
終點會場 Finish Venue	發現號 01 Vessel 01								豆漿、奧樂蜜 C Soymilk, Oronamin C

食品只供參考，先到先得。  
Gimmick food for reference only, first come first served.





# 觀戰打氣攻略

## SPECTATORS, CHEERING & BUSKING



打氣 Cheering	音樂打氣 Music Cheering	最佳打氣位置 The Best Cheering Point	馬拉松 Full Marathon	半馬拉松 Half Marathon	十公里 10km	預計跑手途經時間 Target running time of runners	如何到達 How to get there
		中環民耀街及耀星街交界 Eastern Harbour Crossing Toll Plaza				05:10 - 05:40	香港港鐵站步行 15 分鐘 15 mins walk from Hong Kong Station
		東區海底隧道收費廣場 Eastern Harbour Crossing Toll Plaza				05:12 - 08:20	油塘港鐵站步行 15 分鐘 14 mins walk from Yau Tong Station
		觀塘海濱長廊 (茶果嶺段) Kwun Tong Promenade (Cha Kwo Ling)				05:19 - 08:36	藍田港鐵站步行 15 分鐘 15 mins walk from Lam Tin Station
		茶果嶺海濱公園 Cha Kwo Ling Promenade				10:05 - 11:50	藍田港鐵站步行 15 分鐘 15 mins walk from Lam Tin Station
		觀塘海濱花園 Kwun Tong Promenade				05:33 - 10:05	牛頭角港鐵站步行 10 分鐘 10 mins walk from Ngau Tau Kok Station
		偉業街 (其士商業中心對出) Wai Yip Street (outside Chevalier Commercial Centre)				07:00 - 10:21	九龍灣 / 牛頭角港鐵站步行 15 分鐘 15 mins walk from Kowloon Bay / Ngau Tau Kok Station
		九龍灣啓樂街 (近九龍灣遊樂場) Kai Lok Street (near Kowloon Bay Sport Ground)				07:03 - 10:30	九龍灣港鐵站步行 10 分鐘 10 mins walk from Kowloon Bay Station
		偉業街 / 常怡道休憩處 Wai Yip Street / Sheung Yee Road Sitting-out Area				07:08 - 10:48	牛頭角港鐵站步行 5 分鐘 5 mins walk from Ngau Tau Kok Station
		志明橋 Jimmy Bridge				05:41 - 09:19	牛頭角港鐵站步行 12 分鐘 12 mins walk from Ngau Tau Kok Station
		九龍灣國際展貿中心對出天橋 Footbridge outside KITEC				05:45 - 11:00	乘坐巴士至九龍灣國際展貿中心，步行 2 分鐘 Take a bus to KITEC and walk 2 mins
		橫跨九龍城道及新山道的行人天橋 Footbridge crossing Kowloon City Road and San Shan Road				05:41 - 11:20	乘坐巴士至土瓜灣道 / 馬頭圍道，步行數分鐘 Take a bus via To Kwa Wan Road or Ma Tau Wai Road and walk for a few minutes



## 獎項 AWARDS

### 馬拉松 Full Marathon

組別名稱 Category	精英組 Elite group		挑戰組 Challenge
男子 / 女子 Male Female	青年一組 Junior 1	18 - 30 歲	—
	青年二組 Junior 2	31 - 40 歲	
	壯年一組 Senior 1	41 - 50 歲	
	壯年二組 Senior 2	51 - 60 歲	
	先進一組 Master 1	61 - 70 歲	
	先進二組 Master 2	71 - 75 歲	
獎項 Awards	<ul style="list-style-type: none"> <li>• 每個年齡組別各設冠、亞、季軍一名 Champion, 1st runner-up and 2nd runner-up for each gender age group</li> <li>• 每個性別組別各設總冠軍一名 Overall Champion for each gender</li> <li>• 每人獲頒獎座乙個及禮品 Each person will be awarded a trophy and prizes</li> </ul>		

### 半馬拉松 Half Marathon

組別名稱 Category	精英組 Elite group		挑戰組 Challenge
男子 / 女子 Male Female	青年一組 Junior 1	16 - 30 歲	—
	青年二組 Junior 2	31 - 40 歲	
	壯年一組 Senior 1	41 - 50 歲	
	壯年二組 Senior 2	51 - 60 歲	
	先進一組 Master 1	61 - 70 歲	
	先進二組 Master 2	71 - 75 歲	
獎項 Awards	<ul style="list-style-type: none"> <li>• 每個年齡組別各設冠、亞、季軍一名 Champion, 1st runner-up and 2nd runner-up for each gender age group</li> <li>• 每個性別組別各設總冠軍一名 Overall Champion for each gender</li> <li>• 每人獲頒獎座乙個及禮品 Each person will be awarded a trophy and prizes</li> </ul>		

### 十公里 10Km

組別名稱 Category	精英組 Elite group		挑戰組 Challenge
男子 / 女子 Male Female	少年組 Sub-junior	12 - 15 歲	—
	青年一組 Junior 1	16 - 19 歲	
	青年二組 Junior 2	20 - 30 歲	
	青年三組 Junior 3	31 - 40 歲	
	壯年一組 Senior 1	41 - 50 歲	
	壯年二組 Senior 2	51 - 60 歲	
	先進一組 Master 1	61 - 70 歲	
	先進二組 Master 2	71 - 75 歲	

#### 獎項 Awards

- 每個年齡組別各設冠、亞、季軍一名  
Champion, 1st runner-up and 2nd runner-up for each gender age group
- 每個性別組別各設總冠軍一名  
Overall Champion for each gender
- 每人獲頒獎座乙個及禮品  
Each person will be awarded a trophy and prizes

組別名稱 Category	街馬 - 亞洲青年十公里 STREETATHON - Asia YOUTHRUN 10Km		挑戰組 Challenge
男子 / 女子 Male Female	少年組 Sub-junior	12 - 15 歲	—
	青年一組 Junior 1	16 - 19 歲	
	青年二組 Junior 2	20 - 25 歲	

#### 獎項 Awards

- 每個年齡組別各設冠、亞、季軍一名  
Champion, 1st runner-up and 2nd runner-up for each gender age group
- 每個性別組別各設總冠軍一名  
Overall Champion for each gender
- 每人獲頒獎座乙個及禮品  
Each person will be awarded a trophy and prizes

### 其他獎項 Other Awards

#### 個人組 最歡樂績 Fun 扮相大獎 (網上投選)

#### The Funniest Outfit Individual Award (Online voting)

- 設冠、亞、季、殿軍各一名  
Top 4 of each category
- 詳情請查閱最歡樂績 Fun 扮相大獎 (P.57)  
For the details of prizes, please see Funniest Outfit Award info (P.57)
- 活動當日不會頒發獎項  
Prizes will not be presented on the event day.

#### 團隊組 最歡樂績 Fun 扮相大獎 (網上投選)

#### The Funniest Outfit Team Award (Online voting)

- 設冠、亞、季軍各 1 名  
Top 3 of each category
- 詳情請查閱最歡樂績 Fun 扮相大獎 (P.57)  
For the details of prizes, please see Funniest Outfit Award info (P.57)
- 活動當日不會頒發獎項  
Prizes will not be presented on the event day.





馬拉松 及 半馬拉松 (精英組) Full Marathon and Half Marathon (Elite group)

獎項 Awards	獎品 Prizes
各男女組別總冠軍 Champion for each gender	<ul style="list-style-type: none"> <li>獎座乙個 Trophy x 1</li> <li>「香港街馬 2024」賽事名額乙個 One entry of the "HONG KONG STREETATHON 2024"</li> <li>來回香港至東京經濟客位機票乙張 One round trip economy class airfare from Hong Kong to Tokyo</li> </ul>
各男女年齡組別冠軍 Champion for each gender age group	<ul style="list-style-type: none"> <li>獎座乙個 Trophy x 1</li> <li>RunLap V02 Max – 最大攝氧量氣量測試 乙次 RunLap V02 Max Test x 1</li> <li>Tanita BC-402 智能體組成磅 Tanita BC-402 Body Composition Monitor</li> </ul>
各男女年齡組別亞軍 1 <sup>st</sup> runner-up fo each gender age group	<ul style="list-style-type: none"> <li>獎座乙個 Trophy x 1</li> <li>RunLap Motion Matrix 跑姿分析測試 乙次 RunLap Motion Matrix Test x 1</li> </ul>
各男女年齡組別季軍 2 <sup>nd</sup> runner-up for each gender age group	<ul style="list-style-type: none"> <li>獎座乙個 Trophy x 1</li> <li>RunLap Motion Matrix 跑姿分析測試 乙次 RunLap Motion Matrix Test x 1</li> </ul>

十公里 (精英組) 及 街馬 - 亞洲青年十公里  
10km (Elite group) and STREETATHON - Asia YOUTHRUN 10K

獎項 Awards	獎品 Prizes
各男女組別總冠軍 Champion for each gender	<ul style="list-style-type: none"> <li>獎座乙個 Trophy x 1</li> <li>「香港街馬 2024」賽事名額乙個 One entry of the "HONG KONG STREETATHON 2024"</li> <li>來回香港至首爾經濟客位機票乙張 One round trip economy class airfare from Hong Kong to Seoul</li> </ul>
各男女年齡組別冠軍 Champion for each gender age group	<ul style="list-style-type: none"> <li>獎座乙個 Trophy x 1</li> <li>RunLap V02 Max – 最大攝氧量氣量測試 乙次 RunLap V02 Max Test x 1</li> <li>Tanita BC-402 智能體組成磅 Tanita BC-402 Body Composition Monitor</li> </ul>
各男女年齡組別亞軍 1 <sup>st</sup> runner-up fo each gender age group	<ul style="list-style-type: none"> <li>獎座乙個 Trophy x 1</li> <li>RunLap Motion Matrix 跑姿分析測試 乙次 RunLap Motion Matrix Test x 1</li> </ul>
各男女年齡組別季軍 2 <sup>nd</sup> runner-up for each gender age group	<ul style="list-style-type: none"> <li>獎座乙個 Trophy x 1</li> <li>RunLap Motion Matrix 跑姿分析測試 乙次 RunLap Motion Matrix Test x 1</li> </ul>

\* 得獎機票由國泰航空公司贊助 \*Flight tickets are sponsored by Cathay Pacific

信銀國際 DCH LIVING MASTERCARD® 卡

全年 15 倍 積分獎賞

立即申請!

迎新獎賞高達 \$500 DCH Living 電子禮券

上述優惠受有關條款及細則約束。  
借定唔借? 還得到先好借!

註: 迎新獎賞只適用於全新信用卡客戶。全新信用卡客戶為現時並未持有及於現時所申請信銀國際DCH Living Mastercard卡批核日起計之過去12個月沒有取消任何由中信銀行(國際)有限公司之信銀國際信用卡主卡。全年15倍積分獎賞優惠期至2024年12月31日。15倍積分包括1倍基本積分及本推廣14倍額外積分。每個信銀國際DCH Living Mastercard卡賬戶於每月最多可獲享之1倍基本積分為銀行批核予會員之信用額為上限; 每月最多可賺取之14倍額外積分為200,000積分。

合作商戶:





# 活動後安排 POST-EVENT ARRANGEMENT

## 完成獎牌 Finisher Medal

所有於大會指定時限內完成賽事之參加者，均會於終點區獲贈完成獎牌乙個。

All participants who complete the race within the official time limit will be given a Finisher Medal at the Finish Area.



馬拉松獎牌  
Medal of Full Marathon  
Finisher



半馬拉松獎牌  
Medal of  
Half Marathon Finisher



十公里獎牌  
Medal of  
10KM Finisher

## 比賽成績及完成證書 Race Result & Finisher Certificate

各參加者於大會指定時限內完成賽事後可自行至 <https://rocresult.df.r.appspot.com/> (此網址只於活動開始後啟用) 查詢個人完成時間、亦可於 2023 年 12 月 20 日或之後於同一連結下載「完成證書」。

Finishers can check personal result on <https://rocresult.df.r.appspot.com/> (the URL will only activate after event starts) if they complete the race with the official time limit. Finisher certificates could also be downloaded from the same link starting from 20 December 2023.

## 頒獎典禮 Prize Presentation

頒獎典禮將於比賽當日早上舉行，得獎者請於大會公佈成績後立即到頒獎台附近的得獎者召集處報到並等候頒獎。如得獎者未能上台領獎，請立即到得獎者召集處通知工作人員另作安排。得獎者須出示身份證或護照正本，以核實個人資料；「街馬 - 亞洲青年十公里」得獎者須一同出示學生證明文件。

Prize presentation will be held in the morning of the event day. After result announcements, winners should report to the Prize Presentation Assemble Centre next to the stage immediately and wait for the prize presentation. Winners who are unable to receive the award in person should immediately inform the officials at the Prize Presentation Assemble Centre for other arrangements. Winners should present their original identity card or passport to verify their identity. Winners of STREETATHON - Asia YOUTHRUN 10K should present their Student Identity Card together.

## 賽果上訴 Appeal

大會將於比賽當日於現場公佈各組別之得獎名單，參賽者如欲就賽果上訴，必須於成績公佈後 15 分鐘內向大會提交上訴申請表格，並繳付上訴費用港幣 100 元正。如上訴被駁回，所繳費用將不獲發還。

大會將於 2023 年 12 月 20 日在網上公佈參賽者成績，如對成績有任何爭議或上訴，必須於 2023 年 12 月 23 日前電郵至 [streetathon@runourcity.org](mailto:streetathon@runourcity.org)。大會保留權利不接納任何於 2023 年 12 月 23 日或以後提出的爭議或上訴。

Winner list will be published in the finish venue on race day. Appeals must be submitted in writing to the Organiser within 15 minutes after the official announcement of results and accompanied by HK\$100 deposit. The deposit will be forfeited if the appeal is unsuccessful.

Results of other participants will be published online on 20 December 2023. Disputes or appeals regarding the results must be submitted by email to [streetathon@runourcity.org](mailto:streetathon@runourcity.org) before 23 December 2023. The Organiser reserves the right not to entertain any disputes or appeals submitted on or after 23 December 2023.

祝大家安全開心完跑！  
Good luck!

In Miyagi, Japan

# Tohoku Food Marathon & Festival

東北関東マラソン&フェスティバル

# 2024

Registration will start soon.  
Please check our website and Facebook regularly:

[tohokumarathon.com/en/](https://tohokumarathon.com/en/)  
[www.facebook.com/saketohoku/](https://www.facebook.com/saketohoku/)

Tohoku Food Marathon  
(in collaboration with Medoc Marathon)

Tome Food Festival  
Tohoku Sake Festival

★ Contact: [info@tohokumarathon.com](mailto:info@tohokumarathon.com)



# 最歡樂績 FUN 扮相大獎 FUNNIEST OUTFIT AWARD

【跑出歡樂績 Fun 造型 請埋你去日本、韓國或台灣繼續跑！】

參加街馬除了可以跑步、行善，還可以傳遞歡樂！

今年是街馬第七年舉辦 Funniest Outfit Award 最歡樂績 Fun 扮相大獎，我們鼓勵各位跑友放下日常跑步造型，換上搶眼績 Fun 創意裝扮，全情投入香港街馬熱鬧歡樂氣氛！今年我們主題造型：歡樂績 Fun，鼓勵各位跑友將歡樂傳播給身邊的人！隨時請你去日本、新加坡、越南或台灣，將歡樂從香港直送！今年「最歡樂績 Fun 扮相大獎」分別設有網上投選個人及團隊（2人或以上）組別各冠亞季殿軍四個獎項，現在就立即構思屬於你獨一無二的績 Fun 造型！

我們今年繼續邀請到「動漫女神 ACG Goddess」成員 - Chemain 及 Sheena 擔任評判，並以歡樂績 Fun 服飾及妝扮、甫士同創意作評分準則。

Run with your funniest outfit, get a chance to keep on running in Japan, Singapore, Vietnam or Taiwan for free!

Create your own funny running outfit and join the "Funniest Outfit Award"!

Fabulous prizes will be awarded to the top 4 winners of each category - Individual and Team (minimum 2 participants) of the Online Voting "Funniest Outfit Award"! Don't miss the chance to extend your joyful run in Japan, Singapore, Vietnam or Taiwan for free!

This year, we are delighted to have members of ACG Goddesses, Chemain and Sheena, as our judges. The judging criteria are based on humor in the costume, creativity and poses in the picture.

## 網上投選「最歡樂績 Fun 扮相大獎」Funniest Outfit Award

\* 得獎機票由國泰航空公司贊助 \*Flight tickets are sponsored by Cathay Pacific

個人組 Individual Awards	冠軍得獎者可獲	亞軍得獎者可獲	季軍得獎者可獲	殿軍得獎者可獲
	(1) 來回香港至日本大阪經濟客位機票乙張* (2) 「國際活動聯盟」日本東北風土馬拉松 2024 賽事名額乙個 <b>Champion</b> (1) One round-trip economy class ticket from Hong Kong to Osaka, Japan* (2) One entry to "HONG KONG STREETATHON 2024"	(1) 來回香港至新加坡經濟客位機票乙張* (2) 「香港街馬 2024」賽事名額乙個 <b>1st Runner Up</b> (1) One round-trip economy class ticket from Hong Kong to Singapore* (2) One entry to "HONG KONG STREETATHON 2024"	(1) 來回香港至越南河內經濟客位機票乙張* (2) 「香港街馬 2024」賽事名額乙個 <b>2nd Runner Up</b> (1) One round-trip economy class ticket from Hong Kong to Hanoi* (2) One entry to "HONG KONG STREETATHON 2024"	(1) 來回香港至台北經濟客位機票乙張* (2) 「國際活動聯盟」台灣烏來馬拉松 2024 賽事名額乙個 <b>3rd Runner Up</b> (1) One round-trip economy class ticket from Hong Kong to Taipei* (2) One entry to "U-Lay Marathon 2024" in Taiwan, one of the "International Event Alliance" of RunOurCity
團隊組 Team Awards	冠軍得隊伍可獲	亞軍得隊伍可獲	季軍得隊伍可獲	殿軍得隊伍可獲
	(1) 香港維港凱悅尚萃酒店 The Farmhouse 咖啡廳自助晚餐四位 (2) 每位隊員均得到「香港街馬 2024」賽事名額乙個 (3) 每位隊員均得到國泰迷你 12 生肖公仔乙套 <b>Champion</b> (1) Dinner buffet for four guests at the Farmhouse, Hyatt Centric Victoria Harbour Hong Kong (2) One entry to "HONG KONG STREETATHON 2024" for each teammate (3) One set of Cathay 12 Miniature Soft Toy set for each teammate	(1) 香港維港凱悅尚萃酒店 The Farmhouse 咖啡廳自助晚餐兩位 (2) 每位隊員均得到「香港街馬 2024」賽事名額乙個 (3) 每位隊員均獲國泰機師及機艙服務員小熊公仔乙套 <b>1st Runner Up</b> (1) Dinner buffet for two guests at the Farmhouse, Hyatt Centric Victoria Harbour Hong Kong (2) One entry to "HONG KONG STREETATHON 2024" for each teammate (3) One set of Cathay Pilot and Crew Bears Bundle set for each teammate	(1) 美心集團餐飲禮券價值 HK\$1,200 (2) 每位隊員均得到「香港街馬 2024」賽事名額乙個 <b>2nd Runner Up</b> (1) Maxim's dining voucher HK\$1,200 (2) One entry to "HONG KONG STREETATHON 2024" for each teammate	(1) 美心集團餐飲禮券價值 HK\$800 (2) 每位隊員均得到「香港街馬 2024」賽事名額乙個 <b>3rd Runner Up</b> (1) Maxim's dining voucher HK\$800 (2) One entry to "HONG KONG STREETATHON 2024" for each teammate



## 點參加？ How to join?

參加網上投選「最歡樂績 Fun 扮相大獎」：個人及團隊組  
Funnest Outfit Award: Individual and Team Awards

 活動當日 Event Day  
8:15am - 12:30pm



首先去影相站\* 搵大會義工影張相參賽，記得擺返個最醒目甫士  
- 相片要顯示埋參加者號碼布，方便大會有機會聯絡你領獎

Strike a pose and show off your amazing, outstanding outfit(s) at the Funnest Outfit Photo Station.

- Make sure your bib(s) are visible in the photo so that we can identify and contact you if you win!

\* 影相站  
Photo Station

時間 Time	影相地點 Location
08:15 - 10:15	十公里起點 @ 將藍公路 (近日出康城) 10km Category Start point @ Tseung Lam highway (near LOHAS Park)
10:00 - 12:30	十公里終點 @ 觀塘發現號 01 10km Category Finish point @ Kwun Tong Vessel 01



## 評選準則 Judging criteria

今年造型主題：歡樂績 Fun，鼓勵各位跑友將歡樂傳播身邊嘅人！大會、Chemain 及 Sheena 將於活動完結後，按照以下評選準則揀選個人及團隊組各最後五強：

To encourage our runners to spread joy and happiness to fellow runners and people in Hong Kong. The judging panel will select 5 finalists in Individual and Team entries respectively, based on the following criteria:

30%

服飾及妝扮  
Costume and dress-up

30%

歡樂績 Fun 元素  
Fun and joyful elements

20%

甫士  
Pose

20%

創意  
Creativity

## 網上投選 Online Voting

- 大會將於 12 月 22 日上載最後五強之參賽相片至「Streetathon」Facebook 專頁嘅相簿作網上公開投票  
All photos will be uploaded on Streetathon Facebook page on 22nd December
- 參賽者可自行轉載及分享參賽相片，邀請好友一齊投票  
All participants can "like" and "share" their photos to boost "LIKE"
- 投票截止日期為 12 月 28 日早上 11 時 59 分（以專頁顯示為準），最多「Like/讚好」分別於個人及團隊組別嘅四張相片將會勝出。（大會將以參賽相片於「Streetathon」Facebook 專頁之相片的 LIKE 數量作計算，其他表情符號及專頁內的 LIKE 不作計算）  
Only the number of LIKES of the photos on Streetathon Facebook are counted; other reactions will not be counted. Voting deadline will be at 11:59am on 28th December (according to the official Facebook time). The 4 photos of each category with the most LIKES will be the winners.
- 網上投選結果將於 12 月 29 日「Streetathon」Facebook 專頁內公佈  
Online voting results will be announced on 29th December on Streetathon facebook page



## 比賽條款及細則 Terms & Conditions

- 跑手可同時參加個人及團隊組別  
Participants can join both individual & team categories.
- 大會將以參賽相片於「Streetathon」Facebook 專頁之相片的 LIKE 數量作計算，其他表情符號及專頁內的 LIKE 不作計算。  
The number of "likes" on the Streetathon page's photo will be counted only, other reactions and "likes" on other pages will not be counted.
- 參賽者裝扮不得包含任何有影射或誹謗他人成份、暴力、色情、粗言穢語、不雅、淫褻，以及任何令人厭惡的語言及行為。一經發現及查證，所有違反比賽細則的參賽者及其相片會被取消資格。  
The outfit of the participants should not be scandalous to other parties; should not contain language or acts of violence, pornography, foul language. Indecent behaviors are not allowed and will be disqualified from the Organiser once found and certified.
- 大會保留所有最終決定權  
The Organiser reserves the right to make the final decision.



明年見 See you next year



# 鳴謝 ACKNOWLEDGEMENT

**主辦機構**  
Organiser

**冠名贊助**  
Title Sponsor

**本地特色旅遊活動先導計劃支持活動**  
Supported by the Pilot Scheme for Characteristic Local Tourism Events

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Healthy Cities Partner

**策略夥伴**  
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**慈善贊助**  
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**大會指定運動飲品**  
Official Sports Drink

**大會指定低GI營養棒**  
Official Low GI Nutrition Bar

**大會指定飲用水**  
Official Drinking Water

**大會指定電動汽車**  
Official Electric Vehicle

**大會指定工程顧問**  
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# 活動規則 EVENT REGULATIONS

## 大會規則

### A 一般規則

- A1. 如果主辦單位發現參加者違反或犯下（視情況而定）以下任何官方規則，主辦單位保留取消任何人士參加賽事的資格及取消其賽事成績的權利，並進一步禁止及禁止該人士參加主辦單位未來舉辦的賽事、比賽及活動，包括但不限於未來的香港街馬：
  - A1.1. 參加者作出或企圖作出任何違反香港特別行政區法律及香港特別行政區國安法的行為。
  - A1.2. 參加者在活動或與活動有關的其他場所或區域進行或試圖進行任何形式的示威或政治、宗教或種族宣傳。
  - A1.3. 參加者行為構成不利國家安全的情況。
  - A1.4. 參加者攜帶和 / 或展示任何涉及侮辱性、威脅性、歧視性、宗教性或政治性的橫幅、海報、標語、傳單、服飾、紋身或宣傳品。

### B 已接納的報名

- B1. 參賽資格、號碼布和計時芯片均不可轉讓。違反者將被取消參賽資格，報名費將不予退還。
- B2. 對在報名表上提供不正確或不真實的個人資料 / 詳情的人士，主辦單位保留取消有關人士參賽資格、將有關人士逐出比賽。在任何此類情況下，報名費將不予退還。
- B3. 攜帶嬰幼兒或 12 歲以下兒童或未佩戴有效號碼布參加第八屆香港街馬的參加者不得進入賽道。違反此規則的人將被要求立即離開賽道。
- B4. 參加者如未按主辦單位指定的組別及起跑時間起跑，將被取消參賽資格。大會不會向此類參加者頒發任何結果和證書。

### C 比賽途中

- C1. 不允許攜帶寵物或任何形式的帶輪子的交通工具，例如輪椅、自行車、溜冰鞋、手推車、帶內置或附加滾輪的鞋子等。
- C2. 嚴禁攜帶危險物品（即攻擊性武器、易燃、易爆製劑或妨礙其他參與者的材料 / 物品等）。違反此規則的人將被要求立即離開賽道，此類情況可能會報告給執法機構。
- C3. 參加者不得在比賽中使用任何外部輔助設備（假肢除外）。
- C4. 如果賽事總監、裁判、賽事工作人員、醫務人員或保安人員要求，參加者必須立即退場並離開賽道。
- C5. 有權或可能有權獲得獎項的參加者如欲就成績提出申訴，必須在正式公佈成績後 15 分鐘內向終點區的裁判員提出書面申訴，並繳納 100 港元的押金。如果上訴不成功或被撤回，押金將被沒收。主辦單位保留不受理在截止時間後提交的任何爭議或申訴的權利。
- C6. 對於沒有獲獎資格的參加者，如對個人成績有異議，必須在大會官方網站公佈成績後 7 日內以書面形式提出。

主辦單位擁有唯一和最終的決定權和確定參加者是否違反、違背或執行了上述任何規則。

## 活動條款及細則

### 1. 報名

- 1.1 參加者一旦完成報名程序，等同已聲明並同意遵守及接受在此及其後所有大會引入之條款及細則，及大會規則。
- 1.2 參加者明白及同意活動屬自願參與性質，參加者願意承擔一切風險及責任，並無權向主辦單位 / 包括大會、活動策劃及贊助商 / 支援機構追討由往返活動場地中、活動中發生或其他原因而引致之自身受傷、意外、死亡或任何形式的損失索償或追究責任。
- 1.3 每位參加者必須確保身體健康狀況是適合參加是次活動。主辦單位在懷疑的情況下，保留取消任何不適宜參加者參加的權利，而相關人士必須接受主辦單位的決定。
- 1.4 參加者必須確保在報名表格上之資料正確無誤。
- 1.5 參加者須於截止日期或之前遞交報名，名額有限，先到先得。
- 1.6 主辦單位 / 活動策劃有權提早截止報名日期，而不作任何通知。
- 1.7 如參賽者在提交報名後需要更改個人資料，主辦單位將收取行政費港幣 100 元。
- 1.8 凡未滿 18 歲的參加者必須獲得家長或監護人同意才可參加。
- 1.9 參加者需按各活動的年齡要求參與（如適用），違例者將被即時取消參加資格及被要求離開賽道 / 有關活動場地。
- 1.10 若參加者在活動期間因任何行為、過失或蓄意破壞而導致主辦單位支付額外開支，必須對主辦單位作出合理之賠償。
- 1.11 大會已購買公眾責任保險，但不包括個人意外保障。為保障個人安全，參加者應自行購買個人意外保險及按需要而購買其他合適的保險。
- 1.12 主辦單位保留更改大會條款及細則之權利。如有任何爭議，主辦單位保留最終決定權。

### 2. 賽事

- 2.1 每位參加者必須確保身體健康狀況是適合參加並完成是次活動。主辦單位在懷疑的情況下，保留取消任何不適宜參加者參加的權利，而相關人士必須接受主辦單位的決定。
- 2.2 主辦單位擁有一切決定權，按照參賽者填報的個人最佳成績，安排參賽者分批進行賽事。
- 2.3 參加者須把號碼布掛在上衣正面並清楚展示號碼。
- 2.4 參加者須自行保存好號碼布，主辦單位將不會重發號碼布。
- 2.5 參加者必須準時進入每組的等候區等候安排，否則將會被取消資格。
- 2.6 參加者於必須按指示進行安全檢查及隨身行李之搜查，方可進入起步區。未能通過檢查的參加者將被要求離開活動場地。
- 2.7 參加者不得騷擾或妨礙其他參加者進行活動 / 比賽，違例者會被取消參加資格及被要求離開有關活動場地。



- 2.8 參加者如需要醫療輔助，可通知在場工作人員或致電印在號碼布上的大會緊急熱線。
- 2.9 比賽期間不得作弊，一經發現，違例者會被取消參加資格。
- 2.10 若任何組別之報名人數少於3人或3隊，該組別所設之獎項將被取消。
- 2.11 所有獎項及名次均以大會時間計算。
- 2.12 如對於獎項及名次有任何爭議，主辦單位 / 活動策劃保留最終決定權。
- 2.13 參加者領獎前，需要向大會出示身份證明文件，包括：香港身份證、護照、殘疾人士登記證等，以核實身份。
- 2.14 大會將頒發電子完成證書予所有在大會時間的賽事及場次合乎資格之參賽者。如參賽者未能完成賽事，或未有按指定的起跑時間或組別起步，其參賽資格將會被取消及不會獲頒發任何獎項或證書。

### 3. 天氣

- 3.1 若香港天文台在比賽當天 (即 2023 年 12 月 17 日，星期日) 早上 3 時正或以後發出 3 號或以上熱帶氣旋信號、紅色或黑色暴雨警告信號，比賽將會取消。參加者敬請在比賽前一晚留意天氣情況及預報，尤其注意在可預期之時段內可能發出之熱帶氣旋信號、紅色或黑色暴雨警告信號。有關活動安排，請於活動當日早上 3 時正開始留意各大電台或電視台之廣播。
- 3.2 強風安排：將軍澳跨灣連接路會因為風速達到 40 公里而封閉行人路及單車徑。

若在比賽當天 (即 2023 年 12 月 17 日，星期日) 早上 8 時正或以前，將軍澳跨灣連接路行人及單車徑仍處於封閉狀態，十公里賽事安排如下：

狀況	路行人及單車徑仍處於封閉狀態的時間	十公里賽事安排
1	07:00 -07:30	發預警短訊通知參加者
2	07:30-07:59	密切留意事態發展，並於 08:00 決定十公里賽事是否取消
3	08:00	賽事取消，分批疏散

若在早上 8 時或以後宣佈封閉行人及單車徑，十公里賽事安排如下：

狀況	當局宣佈封閉行人及單車徑時間	十公里賽事安排
1	08:00-09:29	賽事取消，分批疏散
2	09:30-09:59	09:30 組別賽事繼續進行，10:00 組別賽事取消，分批疏散
3	10:00-10:30	賽事繼續進行

請於活動當日留意各大會廣播及短訊通知。

### 4. 活動取消及退款

- 4.1 如比賽因天氣或任何非大會所能控制的情況之下於比賽日前十四日 (即 2023 年 12 月 4 日，星期一) 之後被迫取消，所有報名費將不獲退還。如賽事於比賽日前十四日 (即 2023 年 12 月 4 日，星期一) 或之前被迫取消，不多於百分之五十之報名費將會獲得退回。若果因天氣或任何非大會所能控制的情況下比賽被迫取消，所有捐款將不獲退還。除此以外，大會不會負有任何因應相關項目取消的其他責任。  
不可抗力  
包括但不限於大會由於火災、水災、地震，或其他嚴重天然災害或天災，或由於抗議、暴動、公民抗命、起義、遊行、造反、集會、示威、佔領、騷亂、大型集會、戰爭、叛亂、蓄意破壞、疫情、傳染病，或恐怖襲擊或可能發生上述事件或行動而未能履行其責任或安排或舉辦比賽。如各項賽事的參賽名額，因應香港政府要求而有所下調，或因應新型冠狀病毒或其他傳染病而就賽事的各項安排、要求及章則有所調整，亦將被視為不可抗力情況。
- 4.2 所有報名完成付款後均不可退款，重複報名者將不獲發還重複報名的費用，活動名額不可轉移到其他申請人或賽事。若參加者容許他人用其參賽號碼布 / 活動名額，此參加者及代跑者將會被取消參加資格及不容許參加將來的活動。
- 4.3 主辦單位保留權利取消任何觸犯、違反或不遵守任何大會規則、活動條款及細則人士的參賽成績。被取消資格參加者的報名費，將不獲退還 (適用於競賽活動)。
- 4.4 主辦單位擁有修改及解釋以上大會規則、條款及細則的權利。任何有關活動的臨時改動或取消，將以活動網站公佈為準。

# 活動規則 EVENT REGULATIONS

## OFFICIAL RULES

### A. General

- A1. The Organiser reserves the right to disqualify any person from and nullify his/her result of the Event and further to forbid and prohibit such person from participating in future races, competitions and events organised by the Organiser including but not limited to future HONG KONG STREETATHON if a participant is found by the Organiser to have violated or committed (as the case may be) any of the following Official Rules:
  - A1.1 The participant commits or attempts to commit any act which is in violation of the laws of HKSAR and the National Security Law governing HKSAR.
  - A1.2. The participant carries out or attempts to carry out any kind of demonstration or political, religious or racial propaganda at the Event or other venues or areas relating to the Event.
  - A1.3. Participant's act is contrary to the interest of national security.
  - A1.4. Participant brings any banners, posters, placards, leaflets/publicity, outfits and/or displaying tattoos or materials which are considered abusive, threatening, discriminatory, religious or political.

### B. Eligibility

- B1. Entries, bibs, and timing chips are non-transferable. Violation will result in disqualification and no refund of entry fee will be entertained.
- B2. The Organiser reserves the right to disqualify, exclude the relevant person from the race, and take disciplinary action against any applicants who have provided incorrect or untrue personal data/details on their entry form. No refund of entry fee will be entertained under any such circumstances.
- B3. Participants who are with an infant or a child aged under 12 or who do not wear the valid bib for the 8<sup>th</sup> HONG KONG STREETATHON are not allowed to enter the racecourse. Those who violate this rule will be asked to leave the course immediately.
- B4. Participants will be disqualified if they do not start at the designated race category and start time assigned by the Organiser. No result and certificate will be issued to such participants.

### C. During the Race

- C1. No pets or any form of wheel-run objects of transport, e.g. wheelchair, bicycles, skates, trolleys, shoes with built-in or attached rollers, etc, are allowed on the course.
- C2. Dangerous goods (i.e. offensive weapons, flammable, explosive agents or materials/objects which obstruct other participants, etc) are strictly prohibited. Those who violate this rule will be asked to leave the course immediately and such cases may be reported to the Law Enforcement Agency.
- C3. Participants must not use any external auxiliary equipment in the race (except prosthetic limb(s)).
- C4. Participants must retire and leave the race course immediately if requested to do so by any member of the race officials, medical staff, race director, referees or security staff.
- C5. Participants entitled or potentially entitled to award wishing to appeal their result must submit their appeal in writing to the Result Referee at the finish area, with a deposit of HKD100 within 15 minutes after the official result announcement. The deposit will be forfeited if the appeal is not successful or is withdrawn. The Organiser reserves the right not to entertain any dispute or appeal submitted after the deadline.
- C6. For participants with no entitlement or potential entitlement to award, any disputes regarding their personal result must be submitted in writing within 7 days after the results are announced on the official Marathon website.

The Organiser has the sole and final decision-making power to determine whether a participant violates, contravenes or complies with any of the above rules

## EVENT TERMS & CONDITIONS

### 1. Entries

- 1.1 Upon submitting his/her application, an applicant declares that he/she agrees to and accepts these Event Terms & Conditions, the Official Rules and all other rules and regulations which may be adopted by the Organiser from time to time.
- 1.2 Participants understand and agree that participation in the Event is voluntary and at the own risk of participants. Each participant agrees to absolve the Organizer and any sponsor and/or supporting organizations from any and all liabilities arising from bodily injuries, accidents, death or other losses during or caused by travelling to and from the event venue during the event or whatsoever reason.
- 1.3 Each participant shall be physically fit and have the ability to participate in the Event. The Organizer/ reserves the right to disallow/ disqualify any person who is known or suspected by the Organizer to be physically unfit to participate in the Event and such person shall accept such decision of the Organizer accordingly.
- 1.4 All information provided by a participant in the registration form must be true and accurate.
- 1.5 All entries must be submitted no later than the registration deadline. Entry is available on a first-come, first-served basis.
- 1.6 The Organizer reserves the right to close the registration any time, whether before or after the registration deadline specified, without prior notification.



- 1.7 The Organizer will charge HK\$100 administration fee for the change of participant's personal data after the submission of application.
- 1.8 Participants aged 18 or below must obtain consent by a parent/guardian..
- 1.9 All participants should register according to the age requirement of each category respectively (if applicable). Offenders will be disqualified and requested to leave the race course/ event venue.
- 1.10 Participants shall indemnify and/or reimburse the Organizer in respect of any additional expenses or costs incurred by the Organizer arising from or in connection with any fault or action or behaviour of such Participants during participation in the Event.
- 1.11 Public liability insurance is covered by the Organizer. This does not include personal accident insurance. It is recommended that all participants purchase your own personal accident insurance and other relevant insurance according to your needs.
- 1.12 The Organizer reserves the right to amend the program of the rules and regulations. Should there be disputes, the Organizer reserves the right to the final decision.

## 2. During the Race

- 2.1 Each participant shall be physically fit and have the ability to participate and finish the Event. The Organizer reserves the right to disallow or disqualify any person who is known or is suspected by the Organizer to be physically unfit to participate in the Event and such person shall accept the decision made the Organizer accordingly.
- 2.2 The Organizer reserves the right to divide the participants according to the best personal results they declared into various groups. The groups will start at different times to avoid unnecessary congestions.
- 2.3 Participants should place your race bib visibly on the front of your top clothing with the participant number shown clearly.
- 2.4 Participants shall keep their own race bib securely. The Organizer would not re-issue a new race bib under any circumstances.
- 2.5 Participants should enter the waiting zone on time, or otherwise be disqualified from the race competitions.
- 2.6 Participants must undergo security checks and have their belongings searched as instructed before they can enter the starting area. Participants who fail the checks may be asked to leave the event venue.
- 2.7 Participants must not harass or impede other participants from conducting activities/ competitions. Offenders will be disqualified and requested to leave the event venue.
- 2.8 If first aid assistance is needed, please inform the race and event staff or call the emergency contact number printed on your race bib.
- 2.9 Cheating in the game is also not allowed. Offenders will be disqualified once found.
- 2.10 If there are fewer than 3 participants or 3 teams in any category, the award will be cancelled.
- 2.11 Official Times will be used for determining the prizes and positions.
- 2.12 Should there be disputes of the prizes and positions, the Organizer reserves the right of the final decision.
- 2.13 Race Winners will be required to present their identification including HK identity card, passport or Registration Card for People with Disabilities for verification.
- 2.14 E-certificate of Achievement will be issued to all qualified participants with an Official Time in all races and categories. Participants who do not start the race according to the designated start time and assigned registered race category and participants who do not complete the race, shall not be entitled to any awards and certificates.

## 3. Weather

- 3.1 The Event will be cancelled if tropical cyclone warning signal no.3 or above, or a red or black rainstorm signal is hoisted by the Hong Kong Observatory at 3:00 am or thereafter on the race day (i.e. 17 December 2023, Sunday). Please pay special attention to the weather forecast the night before the Event as it will indicate whether tropical cyclone warning signals, red or black rainstorm signals are likely to be hoisted in the forthcoming period. Please follow updates on the radio or TV announcements regarding the status of the Event from 3:00 am onwards on the Event day.
- 3.2 Strong Wind Arrangement: The cycle track and footpath of the Tseung Kwan O Cross Bay Link (CBL) will be closed when the wind speed reaches 40 kilometers per hour.

If the cycle track and footpath of the CBL remains closed on the day of the race (i.e. Sunday, December 17, 2023) at or before 8:00 a.m., the 10km race will be arranged as follows:

Condition	The time during which cycle track and footpath remain closed	10km race arrangement
1	07:00 -07:30	SMS warning message to participants
2	07:30-07:59	Monitor the situation closely and make a decision at 08:00 on whether to cancel the 10km race
3	08:00	Event will be cancelled, evacuation in batches

If the closure of the cycle track and footpath of CBL is announced after 8:00 a.m., the 10km race will be arranged as follows:

Condition	The authorities announced the closure of cycle track and footpath during certain hours	10km race arrangement
1	08:00-09:29	Event will be cancelled, evacuation in batches
2	09:30-09:59	1 <sup>st</sup> gun keeps going, 2 <sup>nd</sup> gun will be cancelled, evacuation in batches
3	10:00-10:30	Event goes on

Please pay attention to announcements broadcasted and sent via SMS on the day of the event.

## 4. Event Cancellation and Refund Policy

- 4.1 Should the Event be cancelled due to weather or any circumstances beyond the control of the Organizer within 14 days before the scheduled date of the Event i.e. 4 December 2023, Monday, no refund of entry fees paid will be return to applicant. Should the Event be cancelled due to weather or any circumstances beyond the control of the Organizer 14 days before the scheduled date of the Event i.e. 4 December 2023, Monday, a sum no more than 50% of the entry fee paid will be refund to the applicant. All donation made to the Organizer are not returnable should the Event be cancelled due to weather or any circumstances beyond the control of the Organizer The Organizer shall have no other responsibilities and/or liabilities in relation to cancellation of the Event.

### Force Majeure

Includes and is not limited to the Organizer being unable to perform its obligations or organise or hold the Event due to fire, flood, earthquake, or other severe natural disaster or act of God; or due to protest, riot, civil disobedience, uprising, march, revolt, assembly, demonstration, occupation, commotion, mass gathering, war, insurrection, sabotage, pandemic, epidemic, or terrorist attack or the likelihood of such event or act. A reduction of the approved quota by the Hong Kong SAR Government or an imposition of COVID-19 measures or other pandemic by the Hong Kong SAR Government which are more stringent than those already approved by the Hong Kong SAR Government shall be deemed to be a Force Majeure.

- 4.2 No refund is allowed after registration is completed. Registration fee paid for duplicate entries will not be refunded and places cannot be transferred to another applicant or race. If a participant allows another party to attend on his or her behalf, both participant and the runner who run on behalf of the participant will be disqualified and might not be allowed to participate in future events.
- 4.3 The Organizer reserves the right to disqualify any person and / or nullify his or her result due to any violation of the Official Rules of the Event. No refund will be accommodated in the case of disqualifications (applicable to races).
- 4.4 The Organizer reserves the right to make the final decision of the event. Any changes or contingent measures for the event announced by the Organizer and posted on the event's website shall prevail.