



Organised by  
the Leisure and Cultural Services Department



Sponsored by  
the Tuen Mun District Council

# Tuen Mun District Distance Race 2016

## <<Prospectus>>

- Date : **Sunday, 31 January 2016**
- Time : 9:00 am to 1:00 pm
- Venue : Tai Lam Country Park (Stage 10 of MacLehose Trail)
- Reporting Point : Wah Fat Playground (near Kam Fai Garden), Wah Fat Street, Tuen Mun  
**(Participants shall collect their number bibs with timing chips attached by presenting the original of their identity document when reporting to the Organiser)**
- Reporting Time : **7:45 am to 8:15 am on the race day**

Route:

Division	Route
Women's Youth & Girls	The run, approximately 5.5 km in length, starts near the catchwater up on the slope above Wah Fat Playground, then follows the catchwater at Tai Lam Country Park towards Tsuen Wan to the turning point (about 2.75 km from the starting point) and back along the same path.
Women's Adult	
Boys	
Men's Youth	
Men's Adult	
Men's Master	
Women's Open	The run, approximately 10 km in length, starts near the catchwater up on the slope above Wah Fat Playground, then follows the catchwater at Tai Lam Country Park towards Tsuen Wan to the turning point (about 5 km from the starting point) and back along the same path.
Men's Open	
Women's Team	
Men's Team	

- Fee : HK\$20 per person (Half-price concession is available to applicants aged below 15 or aged 60 or above, full-time students and persons with disabilities who are able to produce valid documentary proof.)
- Quota : Individual Events: 290; Team Events: 20 teams  
(Entries will be taken on a first-come-first-served basis)
- Enrolment Period : **7 - 28 December 2015**

Divisions : **Age is calculated as at the date of race. Enrolment in a higher division is not allowed.**

Event	Code	Division	Age (years)	Quota (No. of Runners)	Programme Code
Individual	A	Women's Youth & Girls	10-18	290	4041 4078
	B	Women's Adult	19 or above		
	C	Boys	10-14		
	D	Men's Youth	15-18		
	E	Men's Adult	19-45		
	F	Men's Master	46 or above		
	G	Women's Open	16 or above		
	H	Men's Open	16 or above		
Team	TF	Women's Team	10 or above	60	4041 4079
	TM	Men's Team	10 or above		

Team Events : Each team should consist of **three members (plus a reserve who may take part in the event as a substitute)**. The final result of a team will be determined by adding up **the scores of all three members based on their respective rankings**. The team with the lowest total score will be the winner. The scoring system is as follows:

Ranking	1st place	2nd place	3rd place	4th place	5th place	30th place
Score	1	2	3	4	5	30

If two or more teams end up with the same score, the team with the member who ranks highest among all members of the teams concerned wins. Any team with **fewer than three members ready for the run will be deemed to have dropped out of the race**. If there are fewer than three teams enrolled in a division, the race for that division will be cancelled.

Prizes : Individual Events – For each division, the champion, 1<sup>st</sup> runner-up and 2<sup>nd</sup> runner-up will each be awarded a trophy and participants in the 4<sup>th</sup> to 10<sup>th</sup> places will each be presented with a merit award in the form of a medal.

Team Events – For each division, the champion, 1<sup>st</sup> runner-up and 2<sup>nd</sup> runner-up teams will each be awarded a trophy and each member of the teams will be presented with a medal.

Rules of Race : 1. **A participant shall only take part in either the individual event or the team event.** Participants in the latter shall only be in **one team**.

2. A timing chip system will be used. Participants must step on the timing mats at the starting, turning and finishing points in order to be timed. Those who are not wearing the timing chip or are not wearing it properly cannot be timed.

3. Participants shall keep to the route designated by the Organiser and follow the instructions of the officials, or they will be disqualified.
4. The Organiser has the right to check a participant's identity document or its copy on the spot if it has doubt about his/her identity.
5. Participants who fail to show up at the starting time will be deemed to have dropped out of the race.
6. If anyone is found to be an unenrolled participant or an impersonator of a participant, he/she or his/her team will be disqualified with his/her/the team's results voided and medals stripped.
7. The Organiser has the right to change the starting time of the race. The starting time as announced on the spot shall prevail.
8. Participants shall pay attention to the announcements made / notices displayed by the Organiser at the venue, and comply with the rules of the venue.
9. Participants who fail to complete the route will be disqualified and will not be eligible for any award.
10. All fees paid by participants who drop out of the race or are disqualified shall not be refunded.
11. No appeal will be accepted. The decisions of the chief referee shall be final.
12. In addition to the rules specified in this prospectus, the race will adopt the current competition rules of the Hong Kong Amateur Athletic Association.

- Enrolment methods : 1. **Enrolment in person at any District Leisure Services Office or the office of any recreation and sports venue with Leisure Link Services:** Applicants should bring along the completed enrolment form and enrolment fee to any District Leisure Services Office or the office of any recreation and sports venue with Leisure Link Services for enrolment within the enrolment period. Places will be allocated on a first-come-first-served basis. Applicants should present the original or a copy of their identity document for verification.
2. **Enrolment by telephone:** Applicants may reserve one place in the race by each telephone call at 2927 8080. They shall then, within three days from the date of telephone reservation, bring along the completed enrolment form to any District Leisure Services Office or the office of any recreation and sports venue with Leisure Link Services for payment to secure the place. Applicants should present the original or a copy of their identity document

for verification.

3. **Enrolment by post**: Applicants shall submit by post the completed enrolment form, together with a crossed cheque made payable to “The Government of the Hong Kong Special Administrative Region”, a copy of their identity document (for verification only) and a stamped return envelope to the Tuen Mun District Leisure Services Office of the Leisure and Cultural Services Department (LCSD) (address: 3/F, Tuen Mun Government Offices Building, 1 Tuen Hi Road, Tuen Mun) **three working days prior to the end date of the enrolment period** (the date of receipt by the LCSD will be deemed the date of submission). Please mark “**Tuen Mun District Distance Race 2016**” on the envelope. For enrolments received on the same day, priority will be accorded to those made in person. If the remaining quota is insufficient to accommodate all the postal submissions, places will be decided by ballot.

4. **Enrolment through Leisure Link Self-service Kiosk**: Applicants may enrol through any Leisure Link Self-service Kiosk available at specific recreation and sports venues within the enrolment period. Places are allocated on a first-come-first-served basis.

5. **Online enrolment through Leisure Link**: Applicants may log in to the Leisure Link website (<http://leisurelink.lcsd.gov.hk>) for enrolment starting from 8:30 am on the first day of the enrolment period. Places are allocated on a first-come-first-served basis.

Time for Payment : **All District Leisure Services Offices of the LCSD**

8:30 am to 4:30 pm, Monday to Friday (closed on Saturday, Sunday and public holidays)

**Recreation and sports venues of the LCSD with Leisure Link Services**

8:30 am to 10:00 pm, Monday to Sunday

Inclement Weather Arrangements : The race will be cancelled if Tropical Cyclone Warning Signal No.3 or above, or the Red/Black Rainstorm Warning Signal is in force at 7:00 am on the race day. The Organiser will decide on the spot whether the race should be run in case of unexpected change of weather. Please pay attention to the announcement at the venue. **There is no fallback date for the race.** If the race has to be cancelled due to causes beyond the Organiser’s control or force majeure, the enrolment fee will be refunded in full.

Collection of Enrolment Forms : 

- Tuen Mun District Leisure Services Office
- Sports centres in Tuen Mun District, including Tai Hing Sports Centre, Leung Tin Sports Centre, Yau Oi Sports Centre and The Jockey Club

Tuen Mun Butterfly Beach Sports Centre

- Remarks : 1. Participants shall arrange their own transport to the reporting point at Wah Fat Playground, Wah Fat Street, Tuen Mun.
2. Participants may take a bus (K51, K52, K53, K58, 53, 52X, B3, 61M or 252B), a green minibus or a public light bus (one going from Yuen Long to Tsuen Wan or from Jordan Road to Yuen Long) and get off at the Castle Peak Bay section of the Castle Peak Road, from where they can walk to the reporting point. Limited metered parking is available in the area of Tsing Sin Street. Participants are encouraged to take public transport.
3. Prizes will be presented on the spot after the race. Please stay behind for the prize presentation ceremony.
4. In case of any deficiency in this prospectus, the Organiser reserves the right to amend it in the light of the actual circumstances.
5. The information provided will only be used for purposes relating to enrolment, compilation of statistics and future contact. Only staff duly authorised by the LCSD will be given access to your personal data. For correction of or access to the personal data you have submitted, please contact the counter staff of our Office.
- Enquiries : 2451 0304 (Tuen Mun District Leisure Services Office)



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# Tuen Mun District Distance Race 2016

This form may only be used for one participant

## Enrolment Form for Individuals

Participant No.: \_\_\_\_\_

(For office use)

Event	Code	Division	Age (Years)	Quota	Event Code	Please tick as appropriate
Individual	A	Women's Youth & Girls	10 - 18	290	4041 4078	
	B	Women's Adult	19 or above			
	C	Boys	10 - 14			
	D	Men's Youth	15 - 18			
	E	Men's Adult	19 - 45			
	F	Men's Master	46 or above			
	G	Women's Open	16 or above			
	H	Men's Open	16 or above			
Team	TF	Women's Team	Please use "Enrolment Form for Teams"* to sign up for <i>Team Events</i>			
	TM	Men's Team				

# Age is calculated as at the date of race. **Enrolment in a higher division is not allowed.** The quota will be adjusted depending on the enrolment situation.

\*Please use the appropriate form

### Particulars of Participant:

Name: \_\_\_\_\_ Sex:  Male  Female

Identity Document No.: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: 

DD		MM								YYYY

Contact No.: (Day) \_\_\_\_\_ (Night) \_\_\_\_\_ (Mobile Phone No.) \_\_\_\_\_

(Name of Emergency Contact Person on the race day: \_\_\_\_\_ Emergency Contact No.: \_\_\_\_\_)

Relationship with the Participant: \_\_\_\_\_

Occupation: \*  Student  Employed  Housewife  Retired  Others \* Please tick as appropriate

### Declaration and Signature:

I hereby declare that I am/the Participant is willing to comply with the regulations and rules set by the Organiser and agree(s) to the following:

1. I/The Applicant declare(s) that all information provided in the enrolment form is true and correct and that I/the Applicant meet(s) the entry requirements set by the Organiser. The Applicant and I understand that the provision of false information will lead to disqualification. All results obtained will be voided and enrolment fees paid will not be refunded.
2. I/The Applicant declare(s) that I have/the Applicant has read the prospectus in detail and agree(s) to comply with its contents.
3. I/The Applicant declare(s) that I/the Applicant agree(s) to participate in the race in accordance with the rules set by the Organiser and abide by the referees' decisions.
4. I/The Applicant declare(s) that I am/the Applicant is healthy, physically fit and suitable to participate in the race. The Leisure and Cultural Services Department (LCSD) shall not be liable for the injury or death caused to me/the Applicant during the activity by my/his/her own negligence or inadequacy in health and fitness.
5. I/The Applicant understand(s) that engaging another person to impersonate the Applicant in the race will lead to my/his/her results being voided and awards revoked.
6. I am authorised by the Applicant (including the Parent/Guardian of an Applicant aged under 18) to make this Declaration.

### Participants aged under 18 must have their parent or guardian complete this Declaration:

I agree to allow \_\_\_\_\_ (name of Participant) to participate in the activity. I also agree with and confirm the above Declaration.

Name of Parent or Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_ Relationship with the Participant: \_\_\_\_\_ Date: \_\_\_\_\_

### Participants aged above 18 must complete the following:

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

### Note on Personal Data:

The information provided will only be used for purposes relating to enrolment, compilation of statistics, future contact and promotion of activities organised by the LCSD. Your personal data will not be provided to parties other than the authorised staff of the LCSD. For correction of or access to the personal data you have submitted, please contact the counter staff of the Tuen Mun District Leisure Services Office. You must provide the required personal data on this form. Failure to do so may result in the LCSD being unable to process your application.

Please complete the Return Address Form below  
(There is no need to fill in Address if Fax No. has already been provided)

Name: _____	Return Address	Name: _____
Fax No./Address: _____		Fax No./Address: _____



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# Tuen Mun District Distance Race 2016

This form may only be used for one individual event

**Enrolment Form for Organisations**

Participant No.: \_\_\_\_\_

(For office use)

Event	Code	Division	Age (Years)	Quota	Event Code	Please tick as appropriate
Individual	A	Women's Youth & Girls	10 - 18	290	4041 4078	
	B	Women's Adult	19 or above			
	C	Boys	10 - 14			
	D	Men's Youth	15 - 18			
	E	Men's Adult	19 - 45			
	F	Men's Master	46 or above			
	G	Women's Open	16 or above			
	H	Men's Open	16 or above			
Team	TF	Women's Team	Please use "Enrolment Form for Teams"* to sign up for <u>Team Events</u>			
	TM	Men's Team				

# Age is calculated as at the date of race. **Enrolment in a higher division is not allowed.** The quota will be adjusted depending on the enrolment situation.

\*Please use the appropriate form

**Particulars of Responsible Person (must be aged 18 or above):**

Name of Team/Organisation/School: \_\_\_\_\_

Name of Responsible Person: \_\_\_\_\_ (must be aged 18 or above) Sex:  Male  Female Date of Birth: 

DD		MM		YYYY			

Contact No.: (Mobile Phone No.) \_\_\_\_\_ (Office/Daytime Contact No.) \_\_\_\_\_ (Emergency Contact No.) \_\_\_\_\_

**Particulars of Team Members** (If the Responsible Person is one of the team members, his/her particulars must also be entered):

For office use Participant No.	English Name	Identity Document No.	Date of Birth	Age	# Occupation (Please fill in the code)	Contact No.
1.						
2.						
3.						
4.						

#Occupation Code: 1=Student 2=Employed 3=Housewife 4=Retired 5=Others

**Declaration and Signature:**

I hereby declare that the Participant(s) is/are willing(s) to comply with the regulations and rules set by the Organiser and agree(s) to the following:

- I/The Applicant(s) declare(s) that all information provided in the enrolment form is true and correct and that I/the Applicant(s) meet(s) the entry requirements set by the Organiser. The Applicant(s) and I understand that the provision of false information will lead to disqualification. All results obtained will be voided and enrolment fees paid will not be refunded.
- I/The Applicant(s) declare(s) that I/the Applicant(s) have/has read the prospectus in detail and agree(s) to comply with its contents.
- I/The Applicant(s) declare(s) that I/the Applicant(s) agree(s) to participate in the race in accordance with the rules set by the Organiser and abide by the referees' decisions.
- I/The Applicant(s) declare(s) that I am/the Applicant(s) is/are healthy, physically fit and suitable to participate in the race. The Leisure and Cultural Services Department (LCSD) shall not be liable for the injury or death caused to me/the Applicant(s) during the activity by my/his/her/their own negligence or inadequacy in health and fitness.
- I/The Applicant(s) understand(s) that engaging another person to impersonate me/the Applicant(s) in the race will lead to his/her/their results being voided and awards revoked.
- I am authorised by all the Applicants (including the Parent(s)/Guardian(s) of team members aged under 18) to make this Declaration.

Signature of Responsible Person: \_\_\_\_\_ Date: \_\_\_\_\_ Chop of Organisation: \_\_\_\_\_ (If any)

**Note on Personal Data:**

The information provided will only be used for purposes relating to enrolment, compilation of statistics, future contact and promotion of activities organised by the LCSD. Your personal data will not be provided to parties other than the authorised staff of the LCSD. For correction of or access to the personal data you have submitted, please contact the counter staff of the Tuen Mun District Leisure Services Office. You must provide the required personal data on this form. Failure to do so may result in the LCSD being unable to process your application.

Please complete the Return Address Form below  
(There is no need to fill in Address if Fax No. has already been provided)

Name: _____	<b>Return Address</b>	Name: _____
Fax No./Address: _____		Fax No./Address: _____
_____		_____
_____		_____



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# Tuen Mun District Distance Race 2016

This form may only be used for one team event **Enrolment Form for Teams** Participant No.: \_\_\_\_\_ (For office use)

Event	Code	Division	Age (Years)	Quota	Event Code	Please tick as appropriate
Individual	A	Women's Youth & Girls	Please use "Enrolment Form for Organisations" or "Enrolment Form for Individuals"* to sign up for <i>Individual Events</i>	60 (No. of runners)	4041 4079	
	B	Women's Adult				
	C	Boys				
	D	Men's Youth				
	E	Men's Adult				
	F	Men's Master				
	G	Women's Open				
	H	Men's Open				
Team	TF	Women's Team	10 or above	60 (No. of runners)	4041 4079	
	TM	Men's Team	10 or above			

# Age is calculated as at the date of race. **Enrolment in a higher division is not allowed.** The quota will be adjusted depending on the enrolment situation.

\*Please use the appropriate form

**Particulars of Responsible Person (must be aged 18 or above):**

Name of Team: \_\_\_\_\_  
 Name of Responsible Person: \_\_\_\_\_ (must be aged 18 or above) Sex:  Male  Female Date of Birth: 

DD	MM					YYYY			

Contact No.: (Mobile Phone No.) \_\_\_\_\_ (Office/Daytime Contact No.) \_\_\_\_\_ (Emergency Contact No.) \_\_\_\_\_

**Particulars of Team Members (If the Responsible Person is the team leader/one of the team members, his/her particulars must also be entered):**

For office use Participant No.	English Name	Identity Document No.	Date of Birth	Age	# Occupation (Please fill in the code)	Contact No.
1.	<b>Leader</b>					
2.	Member					
3.	Member					
4.	Reserve					

#Occupation Code: 1=Student 2=Employed 3=Housewife 4=Retired 5=Others

Note: Each team should consist of three members (plus a reserve who may take part in the event as a substitute).

**Declaration and Signature:**

I hereby declare that the Participants are willing to comply with the regulations and rules set by the Organiser and agree to the following:

- I/The Applicants declare that all information provided in the enrolment form is true and correct and that I/the Applicants meet the entry requirements set by the Organiser. The Applicants and I understand that the provision of false information will lead to disqualification. All results obtained will be voided and enrolment fees paid will not be refunded.
- I/The Applicants declare that I/the Applicants have read the prospectus in detail and agree to comply with its contents.
- I/The Applicants declare that I/the Applicants agree to participate in the race in accordance with the rules set by the Organiser and abide by the referees' decisions.
- I/The Applicants declare that I am/the Applicants are healthy, physically fit and suitable to participate in the race. The Leisure and Cultural Services Department (LCSD) shall not be liable for the injury or death caused to me/the Applicants during the activity by my/their own negligence or inadequacy in health and fitness.
- I/The Applicants understand that engaging another person to impersonate me/the Applicants in the race will lead to my/their results being voided and awards revoked.
- I am authorised by all the Applicants (including the Parents/Guardians of team members aged under 18) to make this Declaration.

Signature of Responsible Person: \_\_\_\_\_ Date: \_\_\_\_\_ Chop of Organisation: \_\_\_\_\_ (If any)

**Note on Personal Data:**

The information provided will only be used for purposes relating to enrolment, compilation of statistics, future contact and promotion of activities organised by the LCSD. Your personal data will not be provided to parties other than the authorised staff of the LCSD. For correction of or access to the personal data you have submitted, please contact the counter staff of the Tuen Mun District Leisure Services Office. You must provide the required personal data on this form. Failure to do so may result in the LCSD being unable to process your application.

Please complete the Return Address Form below  
 (There is no need to fill in Address if Fax No. has already been provided)

Name: _____ Fax No./Address: _____ _____ _____	Return Address	Name: _____ Fax No./Address: _____ _____ _____
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