

## 2010 Duathlon Series – Race 1 – Race Information

### 2010年陸上兩項鐵人聯賽1 - 比賽資料

Read through race information, you may also check the start list (which will be maintained on the HKTriA web site [www.triathlon.com.hk](http://www.triathlon.com.hk) on (Wednesday, 20 January 2010) for your race number.

請詳閱比賽資料，本會網頁 [www.triathlon.com.hk](http://www.triathlon.com.hk) 亦會於 1 月 20 日 (星期三) 登出所有參賽名單及比賽號碼

#### Safety 安全

Course familiarization is recommended.

細閱及了解比賽賽程。

First Aid Station will be located on Fong Yin Road and next to Registration Area.

急救站設於科妍路及賽事中心旁。

Drinks Station will be located at Run Course and Event Center.

大會將於跑步賽段及賽事中心設置水站。

All possessions are left there at your own risk. You are therefore recommended not to bring any valuables with you.

賽會將不會負責保管參賽者之一切物品。故各參加者應避免攜帶貴重物品。

#### Arrival & Registration 到達及賽事登記

For those participants who entered this event through their Affiliated Clubs, please report to your Affiliated Club representative.

經屬會報名參加賽事的參賽者，請向屬會負責人報到。

For all other participants (including those who are members of, but did not entered this event through, their Affiliated Club):-

其他參賽者 (包括屬會會員而不經屬會報名參加賽事者):-

On arrival at the race venue, proceed to the HKTriA Registration Desk to collect your race number cloth 、bike number and helmet number.

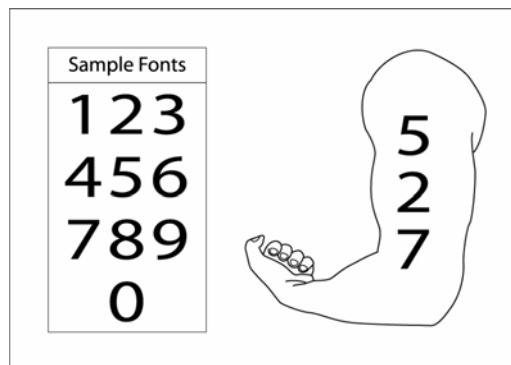
到達比賽場地後，請往報到處報到並收取你的比賽號碼、單車號碼及頭盔號碼。

At this time the Registration Officials will mark your race number on your arms and legs.

同時間工作人員會為各參加者的手臂及大腿寫上號碼。

Please refer to below diagram:

請參考以下圖片：



#### Race Briefing 賽事講解

All participants must attend the relevant Race Briefing which will be held at Start Area (Please refer to the race schedule for race briefing time).

所有參賽者必須出席於比賽起點處的賽事講解 (賽事講解時間請參考比賽時間表)。

The race will start immediately after the Race Briefing, all participants should bring along all their race equipment for the race briefing.

比賽將於賽事講解後立即進行，各參賽者須帶備所有參賽用品出席賽事講解。

Race Briefing will be conducted in Cantonese and English. If you have any questions, please clarify with the Race Briefing Officials.

賽事講解會以英文及中文進行，如有問題請即向賽事講解工作人員了解清楚。

## Revised Race Distance 最新比賽距離

Course 賽程	Distance 比賽距離
A	Run 5km/Bike 28km/Run 5km
B	Run 2km/Bike 12km/Run 2km
C1	Run 1km/Bike 4km/Run 1km
C2	Run 2km/Bike 8km/Run 2km
D	Run 2km/Bike 12km/Run 2km
E	Run 2km/Bike 12km/Run 2km

## 1<sup>st</sup> Run Stage 第一段跑步賽程

Course A (5 km): Start Line → Turning Point A1 → Turning Point A2 → Turning Point A1 → Turning Point A2 → Turning Point A1 → Transition Area

賽程 A (5 公里): 起點 → 轉折點 A1 → 轉折點 A2 → 轉折點 A1 → 轉折點 A2 → 轉折點 A1 → 轉項區

Course B (2km): Start Line → Turning Point B → Transition Area

賽程 B1 (2 公里): 起點 → 轉折點 B → 轉項區

Course C1 (1 km): Start Line → Turning Point C1 → Transition Area

賽程 B2 (1 公里): 起點 → 轉折點 C1 → 轉項區

Course C2 (2 km): Start Line → Turning Point C2 → Transition Area

賽程 C2 (2 公里): 起點 → 轉折點 C2 → 轉項區

Course D (2 km): Start Line → Turning Point D → Transition Area

賽程 D (2 公里): 起點 → 轉折點 D → 轉項區

Course E (2 km): Start Line → Turning Point E → Transition Area

賽程 E (2 公里): 起點 → 轉折點 E → 轉項區

Please collect your run band at the following Turning Point:

請在以下轉折點取跑步紀錄帶:

Course 賽程	Turning Point 轉折點	No of Run Band 跑步紀錄
A	A1	3
B	B	1
C1	C1	1
C2	C2	1
D	D	1
E	E	1

Your race number must be visible on your front throughout the two running sessions. Offender will be disqualified

在兩次跑步賽段時必須將號碼布扣在背心前面，違規者被取消比賽資格。

All athletes, male and female must wear a running top or jersey that securely covers their chests and nipples throughout the run course. Offenders will be subjects to disqualification.

所有男女運動員均穿上衣或單車衫作賽，而所穿服裝必須遮蓋胸部不能露點。

Glass Containers, headphones and headsets are not permitted during the race.

在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。

Athletes are not allowed to run bare foot during the two run sessions.

禁止赤腳進行跑步。

### Transition 轉項區

All Competitors are required to put their race equipments in the transition area before the race briefing

參賽者必須在賽事講解前將所有比賽用品放入轉項區內。

Athletes are only allowed to collect your bike and race equipments from the transition area after the whole race finish or upon the approval of Transition Officials.

參賽者必須在整個比賽完成或於轉項區工作人員准許下，才可到轉項區取回比賽用品及單車。

### Bike Stage 單車賽程

Course A: 28km (7 loops): Transition Area → Turning Point G → Turning Point F (7 times) → Transition Area  
賽程A: 28公里 (7 圈): 轉項區 → 轉折點G → 轉折點F (7次) →轉項區

Course B: 12km (3 loop): Transition Area → Turning Point G → Turning Point F (3 times) → Transition Area  
賽程B: 12公里 (3 圈): 轉項區 → 轉折點G → 轉折點F (3次) →轉項區

Course C1: 4km (1 loop): Transition Area →Turning Point G →Turning Point F → Transition Area  
賽程B2: 4公里 (1 圈): 轉項區 → 轉折點G → 轉折點F →轉項區

Course C2: 8km (2 loops): Transition Area →Turning Point G →Turning Point F (2 times) →Transition Area  
賽程C2: 8公里 (2 圈): 轉項區 → 轉折點G → 轉折點F (3次) →轉項區

Course D: 12km (3 loops): Transition Area →Turning Point G →Turning Point F (3 times) →Transition Area  
賽程D: 12公里 (3 圈): 轉項區 → 轉折點G → 轉折點F (3次) →轉項區

Course E: 12km (3 loops): Transition Area →Turning Point G →Turning Point F (3 times) →Transition Area  
賽程E: 12公里 (3 圈): 轉項區 → 轉折點G → 轉折點F (3次) →轉項區

Drafting is allowed for this race.

容許勾車。

Your race number must be visible at your back throughout the bike ride.

參賽號碼布必須於整個單車賽段扣於背心後面。

Athletes have to **fix their helmet before taking their bikes** off the rack. Offenders will be penalized.

參賽者須**把頭盔先佩帶好,然後才可取單車**離開轉項區, 違者將被處罰。

Keep to the left side of the road except when overtaking.

除超越前車外, 請保持靠左行駛。

Remain courteous to all other road users at all times.

請和其他道路使用者合作。

There will be no Aid Stations on the cycle course. You should carry sufficient fluids to meet your own hydration needs.

在單車賽道上, 不設水站, 請各運動員帶備足夠飲品。

Athletes have to **rack the bike before removing the helmet**. Offenders will be penalized.

參賽者必須**把單車掛妥於單車架上當方可除去頭盔**, 違者將被處罰。

Athletes must bring your own bike and wear helmet during the cycling part, offenders will be disqualified.

參賽者必須自備頭盔及在單車賽段中佩帶頭盔, 違者將被取消比賽資格。

Glass Containers, headphones and headsets are not permitted during the race.

在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。

### 2<sup>nd</sup> Run Stage 第二段跑步賽程

Course A (5 km): Start Line → Turning Point A1 → Turning Point A2 → Turning Point A1 → Turning Point A2 → Turning Point A1 → Transition Area

賽程 A (5 公里): 起點 → 轉折點 A 1 → 轉折點 A2 → 轉折點 A1 →轉折點 A2 →轉折點 A1 → 轉項區

Course B (2km): Start Line → Turning Point B → Transition Area

賽程 B1 (2 公里) 起點 → 轉折點 B → 轉項區

Course C1 (1 km): Start Line → Turning Point C1 → Transition Area

賽程 B2 (1 公里): 起點 → 轉折點 C1 → 轉項區

Course C2 (2 km): Start Line → Turning Point C2 → Transition Area

賽程 C2 (2 公里): 起點 → 轉折點 C2 → 轉項區

Course D (2 km): Start Line → Turning Point D → Transition Area

賽程 D (2 公里): 起點 → 轉折點 D → 轉項區

Course E (2 km): Start Line → Turning Point E → Transition Area

賽程 E (2 公里): 起點 → 轉折點 E → 轉項區

Please collect your run band at the following Turning Point:

請在以下轉折點取跑步紀錄帶:

Course 賽程	Turning Point 轉折點	No of Run Band 跑步紀錄
A	A1	3
B	B	1
C1	C1	1
C2	C2	1
D	D	1
E	E	1

Course 賽程	1 <sup>st</sup> Run StageNo of Run Band 第一段跑步賽程跑步紀錄帶	2 <sup>nd</sup> Run StageNo of Run Band 第二段跑步賽程跑步紀錄帶	Total 總數
A	3	3	6
B	1	1	2
C1	1	1	2
C2	1	1	2
D	1	1	2
E	1	1	2

You will be disqualified if you do not return the correct number of run band immediately after finish.

未能於衝線後出示足夠跑步紀錄帶之參賽者會被取消資格

Your race number must be visible on your front throughout the run. Offender will be disqualified

在跑步賽段時必須將號碼布扣在背心前面，違規者被取消比賽資格。

All athletes, male and female must wear a running top or jersey that securely covers their chests and nipples throughout the run course. Offenders will be subjects to disqualification.

所有男女運動員均穿上衣或單車衫作賽，而所穿服裝必須遮蓋胸部不能露點。

Glass Containers, headphones and headsets are not permitted during the race.

在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。

Athletes are not allowed to run bare foot during the two run sessions.

禁止赤腳進行跑步。

### Race Finish 比賽完成後

Only results of the awardees will be announced on the race day. Full results will be published on the HKTriA web site ([www.triathlon.com.hk](http://www.triathlon.com.hk)) on Monday afternoon, 25 January 2010

比賽當日大會只公佈每組得獎名單。所有成績亦將於2010年1月25日星期一下午在本會網頁 ([www.triathlon.com.hk](http://www.triathlon.com.hk)) 上公佈。

Certificates will be mailed to all participants (all Ultrakids Categories) within one month after the race.

比賽証書將於一個月內郵寄給各小鐵人參賽者。

### Appeal 上訴

Appeal need to be made within 30 minutes after race result announcement with the completed "Complain and Appeal" form submitted together with HK\$100 appealing fee. Appealing fee is refundable upon successful appeal.

如有任何上訴，請於該組比賽成績公佈後 30 分鐘內，填寫「上訴」表格，並繳交\$100 按金。按金只於上訴得值時發還。

### Others Notes 其他事項

Participants must count their own bike and run lap.

參賽者需自行計算單車及跑步圈數。

Participants are responsible for following the correct race course.

參賽者有責任依照正確賽道比賽。

All participants must obey the instruction of race officials at all times. Failing to do so may result in disqualification.

所有參賽者必須遵從大會工作人員之指示，否則可能被取消資格。

Organizer reserves the right to change the schedule or event detail as necessary. This including moving the race forward.

Participants are advised to arrive at the race venue early.

大會有權因應需要更改賽事安排及時間表，包括提早賽事時間。故參賽者請盡早抵達比賽場地。

Race result will be calculated according to the official clock.

賽事成績以大會時計為準則。

Parents and supporters are not allowed to enter the transition area and run with any participants during the race. Otherwise, participants will be disqualified.

家長及支持者禁止進入轉項及在跑步中陪跑，否則參賽者會被取消比賽資格。

### Road Closure and Carpark Arrangement 臨時封路及停車場安排

The following section of road will be temporarily closed to all vehicular traffic from 6:00am to 12:00pm on Sunday, 24 January, 2010 except for emergency vehicles:

下列路段將於 2010 年 1 月 24 日(星期日)上午 6 時至中午 12 時正臨時封閉，除緊急車輛外，其他車輛一律不准駛入

- the section of Chong San Road between Chong San Road Roundabout and For Yin Road  
介乎創新路迴旋處與科研路之間的一段創新路
- For Shing Road and For King Road  
科景路及科城路

**Special notice from Science Park Management Company: Illegal parking at any road inside of Science Park will receive a penalty ticket of HK\$320 and the vehicle will be locked**

**科學園管理公司特別通告：任何人事在科學園內任何路段違規泊車，將罰款港幣\$320 及鎖車。**



The organiser encourages all participants to park your vehicle at the Science Park carpark.

大會鼓勵各參賽者將車輛停泊在科學園停車場。

### **Bike Hire Arrangement 租單車安排**

Hired bikes could be collected from BIKE HIRE AREA, collect your bike before the race start.

租用單車者可在比賽出發前在租用單車處領取單車。

Athletes need to pay HK\$90 for bike hire charge when collecting the bike.

租用單車者當取單車時，請繳交租車費用 HK\$90。

You must return your hired bike to the **BIKE HIRE AREA** within 1 hour after your race finish. Do not leave the bicycle at the Transition Area.

租用單車者必須在比賽後一小時內把單車交還租用單車處，請勿將單車棄置在轉項區。

### **Inclement Weather/ Conditions Warnings 惡劣天氣警告**

If Typhoon Signal No.8 or above is hoisted at any time from 12:00 noon on the day before race, the race will be postponed to 31 January 2010 at the same time and venue.

如於比賽前一天中午十二時懸掛八號颱風訊號或以上，賽事將延至 1 月 31 日相同時間地點進行。

If the Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm/ Thunderstorm/ Landslide warning be hoisted at any time after 05:00 on race morning, the race will be postponed to 31 January 2010 at the same time and venue.

如在比賽日早上五時或以後仍然懸掛三號颱風訊號/黃雨/紅雨/黑雨/雷暴及山泥傾瀉警告，賽事將延至 1 月 31 日相同時間地點進行。

Should the above Inclement Weather / Condition Warnings be raised after the commencement of the race, the Race Director has the right to change the course distance or arrangement or to stop the race. If the race being stopped, the race will be either be cancelled or re-scheduled.

如比賽進行中天氣惡劣或懸掛上述任何警告，賽事總監有權將比賽賽程改變或取消正在進行中的比賽。

If the above Inclement Weather / Condition Warnings be raised again on 31 January 2010, the race will be cancelled without further rescheduling. Race entry fees will not be refunded.

如 1 月 31 日當天再度天氣惡劣或懸掛上述任何警告，是項賽事將取消而不再補賽。報名費用將不會退回。

Please check the race day weather from the Hong Kong Observatory (Tel: 1878200)

請在比賽早上致電香港天台查詢有關天氣情況 (電話: 1878200)

### **Enquiries 查詢:**

Hong Kong Triathlon Association 香港三項鐵人總會

Tel 電話: 2504 8282 Fax 傳真: 2576 8253 E-mail 電郵: [hktria@triathlon.com.hk](mailto:hktria@triathlon.com.hk)

Web Site 網址: [www.triathlon.com.hk](http://www.triathlon.com.hk)