

# 2010 Duathlon Series – Race 3

## 二零一零年陸上兩項鐵人聯賽 – 比賽 3

Race Date:	Sunday, 21 March 2010	比賽日期:	2010 年 3 月 21 日(星期日)
Race Venue:	Bride's Pool Road, Pat Sin Leng	比賽地點:	八仙嶺新娘潭路
Race Start:	7:00 am (Course A - D)	比賽時間:	上午 7 時正 (賽程 A - D)
Fallback Date:	Sunday, 28 March 2010	補賽日期:	2010 年 3 月 28 日 (星期日)

### Race Category 組別

Course 賽程 A (Run 5km/Bike 30km/Run 5km) – Road Bike 公路單車組			
Male/Female Elite Open	男子/女子精英公開組	Born on 1990 or before	1990 年或以前出生
Female Age Group 20-29	女子 20 至 29 歲分齡組	Born in 1981 -1990	1981 – 1990 年出生
Female Age Group 30-39	女子 30 至 39 歲分齡組	Born in 1971 – 1980	1971 – 1980 年出生
Female Age Group 40 & Over	女子 40 歲或以上分齡組	Born on 1970 or before	1970 年出生以前出生
Male Age Group 20-24	男子 20 至 24 歲分齡組	Born in 1990 – 1986	1990 – 1986 年出生
Male Age Group 25-29	男子 25 至 29 歲分齡組	Born in 1985 – 1981	1985 – 1981 年出生
Male Age Group 30-34	男子 30 至 34 歲分齡組	Born in 1980 – 1976	1980 – 1976 年出生
Male Age Group 35-39	男子 35 至 39 歲分齡組	Born in 1975 – 1971	1975 – 1971 年出生
Male Age Group 40-44	男子 40 至 44 歲分齡組	Born in 1970 – 1966	1970 – 1966 年出生
Male Age Group 45-49	男子 45 至 49 歲分齡組	Born in 1965– 1961	1965 – 1961 年出生
Male Age Group 50-54	男子 50 至 54 歲分齡組	Born in 1960 – 1956	1960 – 1956 年出生
Male Age Group 55 & Over	男子 55 歲或以上分齡組	Born in 1955 or before	1955 年出生以前出生
Relay Team	接力組	Born in 1994 or before	1994 年或以前出生
Course 賽程 B (Run 2.5km/Bike 20km/Run 2.5km) – Road Bike 公路單車組			
Male/Female Elite Junior	男子/女子精英青年組	Born in 1991 -1994	1991 – 1994 年出生
Male/Female Youth Open	男子/女子少年公開組	Born in 1995 -1998	1995 – 1998 年出生
Male /Female Junior	男子/女子青年組	Born in 1991 – 1994	1991 – 1994 年出生
Male /Female Open	男子/女子公開組	Born in 1990 – 1971	1990 – 1971 年出生
Male/Female Veteran	男子/女子元老組	Born on 1970 or before	1970 年或以前出生
<b>Remarks:</b> <ul style="list-style-type: none"> <li>With certain exception, the HKTriA will not accept entries from applicants under the age on 16 on the day of competitions</li> <li>The first exception is member of the Hong Kong Triathlon National Squad.</li> <li>The second exception is members of the Hong Kong Triathlon Regional Squad or members who are being nominate by the affiliated clubs, whose physical fitness and technical skills are adequate for them to compete, as confirmed by the National Coach by means of a skills test and time trial over the Bride's Pool Road cycling course</li> <li>All National Squad Elite Junior and National Squad B members who born between 1995-1998 must enter Youth Open Category</li> <li>All National Squad B members who born between 1991-1994 must enter Elite Junior Category.</li> </ul>			
<b>備註:</b> <ul style="list-style-type: none"> <li>除下列情況外, 香港三項鐵人總會將不接納比賽日年齡不足 16 歲之運動員參賽報名</li> <li>參賽者為香港三項鐵人代表隊成員</li> <li>參賽者為香港三項鐵人總會地區集訓隊成員或由屬會推薦之運動員, 並由香港代表隊教練確定其路上單車技巧及體能足以應付有關賽事, 參賽者須接受在新娘潭路舉行之單車技術測試, 以作其技術及體能之評估。</li> <li>所有香港青少年代表隊 A 隊及香港青少年代表隊 B 隊於 1995-1998 年出生之成員必須參加公開少年組。</li> <li>所有香港青少年代表隊 B 隊於 1991-1994 年出生之成員必須參加精英青年組。</li> </ul>			
Course 賽程 C (Run 2.5km/Bike 20km/Run 2.5 km) – Mountain Bike 爬山單車組			
Male /Female Junior	男子/女子青年組	Born in 1991 – 1994	1991 – 1994 年出生
Male /Female Open	男子/女子公開組	Born in 1990 – 1971	1990 – 1971 年出生
Male/Female Veteran	男子/女子元老組	Born on 1970 or before	1970 年或以前出生
<b>Remarks: For the mountain bike category, the tyre width requirement is not less than 1.95 inches</b> <b>備註: 爬山單車組別, 輪呔粗幼必須為 1.95 吋或以上方可作賽。</b>			
<b>Entry Fee 報名費</b>	HKTriA Member HK\$70		香港三項鐵人總會會員港幣\$ 70
	Non HKTriA Member HK\$130		非香港三項鐵人總會會員港幣\$ 130
	Relay Team: Teams may consist of 2 or 3 persons, each team HK\$170		接力組: 接力組可包括 2 或 3 名隊員, 每組報名費港幣\$170.
	A HK\$50 surcharge will be levied for any late entries which has been accepted. <b>Late Entry only accept until Monday, 15 March 2010. (5:00pm)</b> 經接受之逾期報名, 需加付行政費港幣\$50。逾期報名截止日期為 2010 年 3 月 15 日 (星期一) – 下午 5 時正		
<b>Transportation Fee 交通費用</b>	Return transport provided from City Hall, Central /KCR, Kowloon Tong/Pai Tau Village, Sha Tin @ HK\$100 per person (includes bike transport for participants) 大會來回交通由中環大會堂/九龍塘火車站/沙田排頭村, 每位\$100 (包括參加者之單車運輸)		
<b>Remarks 備註</b>	No folding bike is allowed. 禁止使用摺車作賽		

<b>Insurance 保險費</b>	Public Liability Insurance HK\$10 賽事第三者公眾責任保險港幣\$10 (所有參賽者必須支付第三者公眾責任保險費港幣\$10)
<b>Deadline for Entry 截止報名日期</b>	11 March 2010 (Thursday) 2010 年 3 月 11 日 (星期四)。 The date of the stamp on the envelop is treated as the date of receipt by HKTriA 報名截止日期以郵印日期為準
<p>The HKTriA operates a "Non Refund Policy". Once your entry is accepted, your entry fee will not be refunded. If an event has to be re-scheduled due to inclement weather or other reason beyond the control of HKTriA, your entry will automatically carried forward to the re-scheduled date, and your entry fee will not be refunded (even if you did not participate on re-scheduled day). All entry fees are also not transferable to another applicant.</p> <p>香港三項鐵人總會實行“不退款”政策，報名一經接納，報名費將不獲退回。如賽事因天氣惡劣或其他原因而需改期補賽，運動員之報名將直接轉往補賽日，而不會作任何退款之安排(包括補賽日不出席，都不會作任何退款之安排)。所有報名費均不能轉讓給其他人。</p>	
<b>Entry Procedure 報名手續</b>	<p>Deposit or transfer the prescribed amount into the Hong Kong Bank saving account of HKTriA (No: 502-118375-838) or make out a cross cheque for the prescribed amount payable to the" Hong Kong Triathlon Association Limited". 請將適當費用存入、轉賬或網上付款到香港匯豐銀行 儲蓄賬戶: 502-118375-838，或將劃線支票抬頭 " 香港三項鐵人總會有限公司" 郵寄致本會辦事處。</p> <p>Send your completed entry form, together with your cheque or pay-in/transfer slip by post to the HKTriA office, Room 1020 Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong., by fax on 25768253 or by email to <a href="mailto:hktria@triathlon.com.hk">hktria@triathlon.com.hk</a> 請填妥報名表並附上有關款項之存款收據或支票，寄回香港三項鐵人總會，地址:香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室。傳真 25768253 或電郵 <a href="mailto:hktria@triathlon.com.hk">hktria@triathlon.com.hk</a></p> <p>Upon receipt of your completed entry form and subject to cheque clearance if necessary), the HKTriA will advise you by e-mail whether your entry has been accepted. If your entry has been accepted, you will receive the race information by e-mail. If you do not received it by 17 March 2010 (Wednesday), you should contact the HKTriA office immediately on 2504 8282. 當收到報名表後，大會將以電郵方式寄上一份比賽通知書及比賽資料。參賽者亦可自行透過比賽網頁下載資料。參賽者亦可自行透過比賽網頁下載資料。如參賽者在 3 月 17 日(星期三)前仍未收到任何通知，請立即致電 2504 8282 查詢。</p>
<b>Awards 獎項</b>	<p><b>Individual 個人組</b> The Champion in each category will be presented with a Trophy. Other positions entitled to an award will be presented with medals based on the below criteria: 每組冠軍將獲頒獎杯一個，而其餘名次將依據下述計算方法頒發獎牌:</p> <p>Awards will be presented to the Top 3 finishers, if the number of entries in that category is 10 or less. 如該組別參加者為 10 人或以下，則只頒發獎項給前 3 名</p> <p>Awards will be presented to the Top 4 finishers, if the number of entries in that category is 11-20. 如該組別參加者為 11-20 人，則只頒發獎項給前 4 名</p> <p>Awards will be presented to the Top 5 finishers, if the number of entries in that category is 21-30. 如該組別參加者為 21-30 人，則只頒發獎項給前 5 名</p> <p>Awards will be presented to the Top 6 finishers, if the number of entries in that category is 31-40. 如該組別參加者為 31-40 人，則只頒發獎項給前 6 名</p> <p>Awards will be presented to the Top 7 finishers, if the number of entries in that category is 41-50 如該組別參加者為 41-50 人，則只頒發獎項給前 7 名</p> <p>Awards will be presented to the Top 8 finishers, if the number of entries in that category is 51-60 如該組別參加者為 51-60 人，則只頒發獎項給前 8 名</p> <p>Awards will be presented to the Top 10 finishers, if the number of entries in that category is 61 or over 如該組別參加者為 61 人或以上，則只頒發獎項給前 10 名</p> <p><b>Individual and Club Series Scoring Method 個人及屬會聯賽評分方法</b> For detail information, please visit: <a href="http://www.triathlon.com.hk">www.triathlon.com.hk</a> 詳細資料請瀏覽：<a href="http://www.triathlon.com.hk">www.triathlon.com.hk</a></p>

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### Entry Form 報名表

**(Please fill in English 請用英文填寫)**

Family Name 姓: \_\_\_\_\_ Given Name 名: \_\_\_\_\_ Chinese Name 中文姓名: \_\_\_\_\_

HKTriA 2009 Member 香港三項鐵人總會 2010 會員: 是 Yes / 否 No Affiliated Club Name 屬會名稱: \_\_\_\_\_

Date of Birth 出生日期: \_\_\_\_\_(Day 日)/\_\_\_\_\_(Month 月)/\_\_\_\_\_(Year 年) Gender 性別: Male 男/Female 女

Address 地址: \_\_\_\_\_

Tel 電話: \_\_\_\_\_(Day 日間) \_\_\_\_\_(Night 晚間) E-mail 電郵: \_\_\_\_\_

**(Notes: The race information will send by e-mail, you need to fill in your e-mail address)(大會將電郵方式寄上一份比賽通知書及資料, 電郵地址必須填寫)**

Emergency Contact Person 緊急聯絡人: \_\_\_\_\_ Emergency Contact Number 緊急電話: \_\_\_\_\_

租用單車 Bike Hire: 是 Yes / 否 No Height 身高: \_\_\_\_\_ 厘米 cm (租用單車者必須填寫 For bike hire only)

Category 組別/Transportation Fees 交通費用			Amount Due 費用 HK\$	
Tick as appropriate 在適當括號內以'✓'表示:				
<b>Course 賽程 A</b> <input type="checkbox"/> Elite Open/Junior 精英公開/精英青年組 <input type="checkbox"/> Age Group 分齡組 <input type="checkbox"/> Relay Team 接力組	<input type="checkbox"/> Course 賽程 B <input type="checkbox"/> Course 賽程 C	<input type="checkbox"/> Central 中環 <input type="checkbox"/> Kowloon Tong 九龍塘 <input type="checkbox"/> Shatin 沙田	Entry Fee 報名費 PL Insurance 保險費 Transportation Fees 交通費用 Late Charge 逾期報名 <b>Total 總數:</b>	\$ _____ \$ _____ \$ _____ \$ _____ \$ _____

**Relay Team Details – 接力隊資料** Team member must fill-in the individual personal details/隊際組之隊員必須填寫個人資料

Name of Relay Team 接力組名稱: \_\_\_\_\_

Name of Team Captain 領隊姓名: \_\_\_\_\_(Chinese 中文) \_\_\_\_\_(English 英文)

Name of members 隊員姓名: (Swim 游泳) \_\_\_\_\_ (Bike 單車) \_\_\_\_\_ (Run 跑步) \_\_\_\_\_

### 責任聲明 Declaration

I understand that by participating in the Event there are risks of injury, death and/or loss. I am hereby entering the Event at my own risk and responsibility. I discharge the Organizer and any other individual organization connected directly or indirectly with the Event from any responsibility in the event of injury, death or loss of property incurred during as consequence of or while travelling to or from the Event. . I permit the HKTriA to use the above personal data in the operation of this activity and to inform me of future activities.

本人是自願參加此活動和願意承擔自身的意外風險及責任, 並無權向大會對本人在往返活動場地中, 活動中發生或其引致之自身意外, 死亡或任何形式的損失索償或追討責任。本人准許香港三項鐵人總會使用本人所提供之資料, 作為本活動及未來活動宣傳之用。

I am physically fit and capable of participating in the Event and have not been otherwise advised by a qualified medical practitioner.

本人聲明本人身體健康及有能力參加此活動, 並經由執業醫生確認本人之體適能適合參加此活動。

Signature: \_\_\_\_\_ Date 日期: \_\_\_\_\_

參加者簽署: (Parent's signature is necessary for entrant aged under 18\*\*未滿十八歲者, 必須由家長簽署)