



Race Organizer



Energy Food Sponsor



新鴻基地產
Sun Hung Kai Properties

Title Sponsor



Drinks Sponsor

SUN HUNG KAI PROPERTIES 2010 CHINA COAST MARATHON AND HALF MARATHON

17th January 2010

8:00 a.m. Sunday



Course

Start and finish at Pak Tam Chung, Sai Kung. AIMS Certified, hilly and scenic course beside the High Island Reservoir. Marathon runners cover much of the route twice. Marathon time limit is six hours.

Facilities

Competitors bag storage (at own risk), changing facilities, First Aid en route, water stations at about 5 Km intervals, distance markers at 5 Km intervals. Sports drinks for full marathon competitors.

Trophies and Finisher Souvenirs

Subject to number of entries, trophies will be awarded to the top five finishers in each category. All finishers will receive a commemorative 'T'-shirt, medal, refreshments and finisher's certificate with name, time and position.

Categories

Open to athletes aged over 18 on race day, Categories are:

Men:	Open (18-34)	Senior (35-39)	V40	V45	V50	V55	V60	V65+
Women:	Open (18-34)	Senior (35-39)	V40	V45	V50	V55+		

Transport — Buses to the start, free for competitors, but ***you must book***. Depart from :

Queen's Pier/City Hall, Central (6:00am)	Dragon Centre, Yen Chow St., Shamshuipo (6:00am)
Marble Road, North Point (6:15am)	Luk Yeung Galleria, Tsuen Wan (6:15am)
Salisbury Road, Tsim Sha Tsui (6:00am)	Tai Po Market KCR (6:00am)
Kowloon Tong, Somerset Road (6:15am)	Citibank, Shatin Plaza, Shatin (6:15am)

Post race return buses at approximately 30 minute intervals from Pak Tam Chung to Sha Tin KCR station.

Buses for non-competitors are available at \$50 per person (book on competitor's entry form)

* PARKING EXTREMELY LIMITED. THE POLICE WILL TICKET PARKING OFFENDERS.

Entry Fee

HK\$250 (AVOHK members HK\$200) before 17th December.

HK\$100 late booking fee added thereafter.

- **ChampionChip Deposit (HK\$100)** – cheque cancelled after chip return. (yellow chip owners will not be charged)
- **Payment** – Two (2) HK Dollar cheques, one for the Entry Fee and one for the Chip Deposit, payable to "AVOHK". Cheques for chip deposit will be cashed automatically if chips not returned within 7 days.
- **Procedure** – Send the completed entry form, with payment, including extra bus fares to AVOHK at address below. **FAX and EMAIL entries WILL NOT be accepted.**
- **Overseas Entrants** – Are most welcome. Send entry form without payment. We will contact you to arrange payment later.
- **Race Entry Confirmation** – will be mailed to accepted entrants

Entry fees are Non-refundable.

Closing date 4th Jan or when limit reached. ENTRY LIMIT 2000.

after receipt of entry fee and chip deposit.

- **Race Information, Entry Lists, Course Maps and Additional Information** will be posted on our web site – www.avohk.org.
- **Race Numbers and ChampionChips** – will be distributed on race day between 6:30 a.m. and 7:30 a.m., ON PRODUCTION of the ENTRY CONFIRMATION LETTER. Please arrive early to avoid the queues.
- **Entry Changes** – Entries are non-transferable and NO CHANGES between races can be accepted AFTER 4th January.
- **Enquiries** – English +852 90385460, Chinese +852 91869412, e-mail : catherineavohkccm@gmail.com

Post entry form to: AVOHK, PO Box 28893, Gloucester Road Post Office, Hong Kong



新鴻基地產
Sun Hung Kai Properties

SUN HUNG KAI PROPERTIES

2010 CHINA COAST MARATHON AND HALF MARATHON

8:00 a.m. Sunday 17th January 2010

ENTRY FORM (Closing Date 4th January)

Please complete in English in BLOCK LETTERS and tick (✓) where required.

Family Name		Given Names		
Address (Essential)		Contact Telephone		
		Email (Essential)		
Own Yellow Chip Number (if applicable)		HK ID or Passport Number		
Date of Birth DD __ __ MM __ __ YY __ __ __ __	<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> Full Marathon	<input type="checkbox"/> Half Marathon

I will will not use the free bus for competitors and will board at _____

* Note – bus places for NON-COMPETITORS are charged at \$50 each

Entry Fee HK\$250 (\$350 after 17th December)	\$
AVOHK Members HK\$200 (HK\$300 after 17th December)	\$
I would like () extra bus places @ HK\$50 each boarding at:	\$
ChampionChip Deposit HK\$100 (Cheque cashed if chip not returned within 7 Days)	\$



This event is approved by the Association of International Marathons and Road Races and organized in accordance with IAAF rules. Marathon entrants are not eligible for prizes in the Half Marathon

* Overseas entrants should send this form, without payment. We will contact you about payment.

Declaration:

I confirm and agree, to the fullest extent permitted by law, that I take part in this event entirely at my own risk and that I will not hold Athletic Veterans of Hong Kong ("AVOHK"), any sponsor of this event or any organization or person providing medical, catering, logistical, IT or other support or services for this event (or any member, committee member, director, employee, agent or contractor of any of the foregoing or any person otherwise associated with any of the foregoing) responsible for death or any injury or for any damage to or loss or destruction of property or any other economic loss or for any consequential loss, in any case arising from or connected with any accident or mishap or otherwise arising from or connected with this event, and whether during or after the event,

in preparation for it, traveling to or from it or otherwise. I also agree to indemnify, or reimburse AVOHK in respect of any additional expenses or costs incurred by AVOHK arising from or in connection with my participation in the event. I will be 18 years or over on the 17th January 2010 and will not compete unless I am physically fit and sufficiently trained. I acknowledge and agree that "AVOHK" may (without reference to, and without prior approval of, or any payment to, any person) use, in any publicity material connected with AVOHK (including but not limited to any website) or any other lawful purpose, any photograph, film, videotape, record or visual or vocal reproduction of my participating in this event.

Signature: _____

Date: _____

Entry Check List: Have you enclosed ?

- Your Entry Form Two cheques, one for entry, one for the chip deposit
- Have you booked the bus you want for yourself and supporters? Have you entered the right race, gender and date of birth?

Post everything to: AVOHK, PO Box 28893, Gloucester Road Post Office, Hong Kong