

競步訓練課程、示範及展覽 Race Walking Training Courses, Clinics & Exhibitions

為推廣競步和增加大眾對這項運動的認識，港鐵公司與香港業餘田徑總會將舉行下列訓練課程及免費示範。其他活動包括展覽的詳情，請瀏覽港鐵網頁 www.mtr.com.hk 或 www.hkaaa.com。

To promote Race Walking and provide members of the public with an opportunity to learn more about the sport, MTR Corporation and the Hong Kong Amateur Athletic Association will be organising the following training courses and free clinics. For exhibitions, please visit www.mtr.com.hk or www.hkaaa.com.

訓練課程 Training Courses

初級課程 ELEMENTARY COURSE		
	A 班 Class A	B 班 Class B
日期 Date	8月/Aug 1, 8 & 29 (星期六 Saturday)	8月/Aug 16, 23 & 30 (星期日 Sunday)
地點 Venue	深水埗運動場 Sham Shui Po Sports Ground	將軍澳運動場(副場) Tseung Kwan O Sports Ground (Secondary Sports Ground)
時間 Time	下午4:00 - 6:00pm	下午6:00 - 8:00pm
堂數 No. of Sessions	3	
參加資格 Entry Requirement	有興趣學習競步 Interested in learning Race Walking	
內容 Content	基本技術知識及競賽規則 Basic Techniques, Rules and Regulations	
課程費用 Course Fee	HK\$40	
名額 Quota	40人/participants	

進階課程 REFINEMENT COURSE		
	C 班 Class C	D 班 Class D
日期 Date	8月/Aug 1, 8 & 29 (星期六 Saturday)	8月/Aug 16, 23 & 30 (星期日 Sunday)
地點 Venue	深水埗運動場 Sham Shui Po Sports Ground	將軍澳運動場(副場) Tseung Kwan O Sports Ground (Secondary Sports Ground)
時間 Time	下午4:00 - 6:00pm	下午6:00 - 8:00pm
堂數 No. of Sessions	3	
參加資格 Entry Requirement	對競步有基本認識或曾參加競步訓練班或比賽 Have basic knowledge in Race Walking or have participated in the Race Walking training courses/competition	
內容 Content	技術改良及訓練要訣 Skill Improvement and Tips on Training	
課程費用 Course Fee	HK\$50	
名額 Quota	20人/participants	

免費示範 Free Clinics

日期 Date	時間 Time	地點 Venue
6月7日 7 Jun	下午2:30 - 3:30pm	青衣城 Maritime Square
6月28日 28 Jun	下午2:30 - 3:30pm	德福廣場 Telford Plaza

港鐵競步賽2015 MTR HONG KONG Race Walking 2015

「港鐵競步賽2015」將於九月十三日在中環舉行。今屆賽事繼續雲集不同國家的競步好手，參加男女子精英組十公里賽事，與本地健兒互相交流切磋。賽事並設有一公里及三公里項目，初學者亦可參加「競步自由行」，體驗競步的樂趣。

請即報名參加，一齊「行多啲，健康啲！」

MTR HONG KONG Race Walking 2015 is scheduled to take place on 13 September 2015 in Central. This year's event again attracts top race walkers from different countries to vie for Men's and Women's 10 km Elite races' titles, providing an opportunity for local race walkers to learn winning skills and techniques from overseas athletes. Other races include the 1-km race, 3-km race as well as the Novice Walk for beginners to experience the fun of Race Walking.

Register now and walk more for better health!

競步是甚麼? What is Race Walking?

競步是從普通走路的基礎上發展出來的，運動員競步時，雙腳不能同時離地，前腿的足(腳)跟從觸地的一瞬間開始，至支撐部份(即重心)都必須伸直，亦即膝關節不得彎曲。競步可鍛鍊運動員身體的協調和耐力。與跑步相比，競步是一項低撞擊運動，對關節的傷害較小，適合普羅大眾參與。

Race Walking is developed from normal walking. Athletes are required to keep at least one foot on the ground at all times while the advancing leg must be straight once the heel hits the ground. Race Walking develops an athlete's coordination and endurance. It is a low impact sport when compared to running, with a lower possibility of joint injuries, making it suitable for a wide spectrum of the general public to enjoy.

競步好處多 Benefits of Race Walking

競步是一項既簡單又方便的運動，只需穿著舒適的運動鞋和運動服裝，在平坦的地方便可進行，無需使用特別的器材。此外，競步對健康帶來很多好處：

- 燃燒卡路里，有助保持健康的體重
- 強化骨骼、肌肉及關節
- 改善心肺功能
- 有效調節身體的柔軟性和協調性

Race Walking is simple and convenient to do – all you need is a pair of sports shoes, simple sports wear and a flat area. No special equipment is required. Race Walking also has the following health benefits:

- It burns calories to help maintain healthy body weight
- It improves cardiopulmonary function
- It helps build up and maintain healthy bones, muscles and joints
- It improves coordination and flexibility

籌款活動 Fund Raising Programme

「港鐵競步賽」每年為醫院管理局健康資訊天地籌款，用以協助提升病人疾病管理能力。今年，健康資訊天地經翻新後，正以全新面貌為訪客提供有關疾病預防及管理的資訊，透過互動設施，以多元手法增加訪客對疾病的了解。其後亦將推出為上班族及年輕人而設的項目，提高他們對預防和控制疾病的意識。

你的捐獻能為香港建立一個更健康的未來，請慷慨解囊，踴躍捐輸。



MTR HONG KONG Race Walking raises funds for the Hospital Authority's Health InfoWorld to support its work on enhancing disease management skills. This year, the newly refurbished Health InfoWorld has opened with a new array of interactive exhibits to enhance access to information on the management and prevention of disease. A project is also planned for launch later this year to equip the working population and young adults with better awareness on disease prevention and management.

Your donation will contribute to a healthier future for Hong Kong, so please act now.

MTR Corporation Limited
香港鐵路有限公司

港鐵競步賽2015 – 路線圖 MTR Hong Kong Race Walking 2015 – Route Map




昂首 踏出我路! 港鐵競步賽

MTR HONG KONG Race Walking 2015

9月13日中環遮打道
13th September @ Central Chater Road



報名表格 Entry Form

名額有限 額滿即止
First-come First-served

主辦機構
Organizers

贊助機構
Sponsors

顧問
Advisor

全力支持
Supported by

MTR

醫院管理局
Hospital Authority

CITIZEN

香港醫學會
The Hong Kong Medical Association


全力支持
Supported by

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有線新聞

www.mtr.com.hk

心繫生活每一程



截止報名日期
ENTRY DEADLINE

6/8/2015

報名表格 ENTRY FORM

港鐵競步賽

MTR HONG KONG Race Walking

請以英文正楷填寫 Please use BLOCK letters *為必須填寫項目 *Mandatory to fill in

姓名 Name (中文)*		(English)*
出生年份* Year of Birth*		性別* Sex*
2015年田總註冊號碼(如有) 2015 HKAAA Reg. No. (If any)		屬會(如有) Club (If any)
日間聯絡電話 Day Time Telephone Number		手提電話* Mobile Number*
地址* Address*		
		電郵地址* Email Address*
緊急聯絡人 Emergency Contact Person	姓名* Name*	關係* Relationship*
	聯絡電話* Contact Telephone Number*	

組別 Categories 參賽者只可選以下其中一個組別 Applicant can choose only one of the following categories : 							學校蓋印及授權簽名 School Chop & Authorised Signature 只適用於透過學校報名參加青年組賽事的參賽者 Only applicable to Junior Category applicants submitting through the School
	青年組 Junior 1996-2003 (Age 12-19歲)	高級組 Senior 1981-1995 (Age 20-34歲)	先進1組 Master 1 1971-1980 (Age 35-44歲)	先進2組 Master 2 1970年或以前出生 born in 1970 or before (45歲或以上 Age 45 or above)	3公里組 3km Walk 2001年或以前出生 born in 2001 or before (14歲或以上 Age 14 or above)	^精英組 ^Elite 1999年或以前出生 born in 1999 or before (16歲或以上 Age 16 or above)	
男子組 Men	<input type="checkbox"/> MJ	<input type="checkbox"/> MS	<input type="checkbox"/> MM1	<input type="checkbox"/> MM2	<input type="checkbox"/> M3	<input type="checkbox"/> ME	
女子組 Women	<input type="checkbox"/> WJ	<input type="checkbox"/> WS	<input type="checkbox"/> WM1	<input type="checkbox"/> WM2	<input type="checkbox"/> W3	<input type="checkbox"/> WE	
競步自由行 Novice Walk	2007年或以前出生 born in 2007 or before (8歲或以上 Age 8 or above)			<input type="checkbox"/>			
^ 如參加精英組，請列出你於2005-2015年內所參加由香港業餘田徑總會主辦之競步賽事詳情： ^ For Elite Category, applicants should provide details of the HKAAA Race Walking competition(s) you participated between 2005 and 2015:							
賽事名稱* Name of Competition*						此蓋印代表 貴校確認以上參賽者為貴校學生 This chop means the School certifies the individual listed above is its registered student.	
付款 Payment 劃線支票抬頭請寫上「香港業餘田徑總會有限公司」 Crossed cheque should be made payable to “Hong Kong Amateur Athletic Association Ltd”							

報名費 Entry Fee	田總註冊運動員 HKAAA Registered Athlete	非田總註冊運動員 Non-HKAAA Registered Athlete
1955年或以前出生 / 1996年或以後出生 born in 1955 or before / born in 1996 or after	<input type="checkbox"/> HK\$55	<input type="checkbox"/> HK\$75
1956年至1995年出生 born between 1956 and 1995	<input type="checkbox"/> HK\$85	<input type="checkbox"/> HK\$110
支票號碼* Cheque No.*		

聲明

謹此聲明本人參加「港鐵競步賽2015」及一切有關活動(總稱活動)，本人願意遵守由港鐵公司、香港業餘田徑總會、各贊助商、政府部門及各協助機構(總稱大會)所訂的條文及規則，並同意以下所列各點：

- 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途中、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。
- 本人願意接受大會要求及提供的藥物治療及檢查。
- 本人明白及同意香港業餘田徑總會將收集在此報名表格內的個人資料轉交予港鐵公司用作賽事安排之用途。
- 本人願意授權予及同意該大會及傳媒在不需要審查情況及不需要本人另外同意下而可使用本人的肖像、姓名及聲線作為籌辦或推廣「港鐵競步賽」之用，除本人肖像及姓名有可能被使用於港鐵公司有關「港鐵競步賽」之網頁及刊物，收集的個人資料將會由香港業餘田徑總會使用及儲存至下一屆「港鐵競步賽」結束。
- 本人簽署此報名表格以示同意及確認所有列明之重要事項、聲明以及有關細則，如所列明之重要事項、聲明以及有關細則有任何更改，本人將獲通知。

致各參賽者：

個人資料(私隱)條例

你所提供的個人資料純屬自願性質。若你選擇不向我們提供在報名表格內被標示為必須填寫的個人資料，可能會導致我們不能處理你的報名。你所提供的資料只限用於本比賽之報名及通訊事宜。在遞交報名表格後，如欲更改或查詢已申報的個人資料，可與香港業餘田徑總會聯絡，聯絡詳情已列於本表格內。你可自願決定是否提供報名表格內沒有被標示為必須填寫的個人資料。

香港業餘田徑總會只會在獲得你的同意下，才會透過你所提供的姓名、地址和電郵地址，將「港鐵競步賽2016」報名表格發給你。

如你同意以上之安排，請在空格內填上“✓”號。

如你不同意以上之安排，請在空格內填上“✗”號。

DECLARATION

As a condition of my being permitted to compete in the MTR HONG KONG Race Walking 2015 and any ancillary event or function (collectively “Event”) and in consideration of the opportunity to win prizes and valuables, I confirm to the MTR Corporation, the Hong Kong Amateur Athletic Association, Event Sponsors and their subsidiary and associate companies and related companies and the HKSAR Government, their successors and assigns, servants and agent (collectively “Organisers”) as follows:

- I understand that by participating in the Event there are risks of injury, death and /or loss. I am entering the Event at my own risk and responsibility. I hereby discharge the Organisers and any other individual or organisation 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 am physically fit and capable of participating in the Event and have not been otherwise advised by a qualified medical practitioner.
- I agree to take a doping test and receive any necessary medical treatment provided by the Organisers if required.
- I understand, agree and consent to the Hong Kong Amateur Athletic Association to transfer my personal data collected in this Entry Form to the MTR Corporation for the arrangement of the Event.
- I grant permission and consent to the Organisers to utilise my appearance, name, voice, in connection with the Event in any and all media and agree to waive any right of inspection or approval associated thereto for the publicity of MTR HONG KONG Race Walking. The personal data collected will be used and kept by the Hong Kong Amateur Athletic Association until the completion of next MTR HONG KONG Race Walking except that my appearance and name may be used in the website and publication of the MTR Corporation related to the Event.
- By signing this Entry Form, I agree to and confirm to accept all of the terms, conditions in the important notes, declarations and conditions and any subsequent amendments thereto which I will be notified with.

To Entry Form Participants:

Personal Data (Privacy) Ordinance

The provision of your personal data is voluntary. However, if you do not provide your personal data marked as "mandatory" in the Entry Form to us, we will not be able to process your application. The information provided by the applicant(s) will be used for enrolment and correspondence related to the Event. For correction of or access to the personal data after submission of the Entry Form, please contact the Hong Kong Amateur Athletic Association, details as set out in this form. It is entirely voluntary for you to provide personal data which is not marked as “mandatory” in the Entry Form.

We also intend to use your name, address and email address collected in this Entry Form for sending the Entry Form of MTR HONG KONG Race Walking 2016, and we may not so use your personal data unless we have received your consent (which includes an indication of no objection).

Please tick the box provided if you agree to the proposed use above.

Please tick the box provided if you object to the proposed use above.

運動員簽署* Athlete’s Signature*	日期 Date
注意 Remark: 18歲以下運動員適用 FOR ATHLETES AGED UNDER 18 對於18歲以下的運動員而言，必須於此表格以下的部分中提供所需的資料並由該運動員家長/監護人簽署確認同意其子女參加此競步賽，否則該申請將不會被處理。 For athletes aged under 18, parent’s/guardian’s agreement to join the race walking must be obtained by providing the following information and parent’s/guardian’s signature in the entry form, failing which the application will not be processed. 家長 / 監護人 Parent’s / Guardian’s	
姓名* Name*	手提電話* Mobile Number*

簽署* Signature* 日期 Date

截止報名日期
ENTRY DEADLINE

14/7/2015

報名表格 ENTRY FORM

競步訓練課程

Race Walking Training Course

請以英文正楷填寫 Please use BLOCK letters

*為必須填寫項目 *Mandatory to fill in

註 Remark: 如有需要，請自行影印報名表格 Please copy the entry form if necessary

姓名 Name (English)*		性別* Sex*
擬報讀之課程 Class to be entered	第一選擇* 1st Choice*	
	第二選擇* 2nd Choice*	
日間聯絡電話 Day Time Telephone Number		手提電話* Mobile Number*
電郵地址* Email Address*		
地址* Address*		

報名辦法 Entry Procedure

請將(1)填妥之報名表、(2)報名費(支票抬頭「**香港業餘田徑總會有限公司**」)及(3)已貼上郵票之回郵信封，寄回或交回香港銅鑼灣掃桿埔大球場徑1號奧運大樓2015室，香港業餘田徑總會「競步訓練課程」負責人。

Please send (1) completed entry form; (2) entry fee (crossed cheque payable to “**Hong Kong Amateur Athletic Association Ltd.**”); (3) stamped and self-addressed envelope to: “Race Walking Training Course” Coordinator, Room 2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.

訓練班及賽事之報名費，須以個別支票分開繳付。

Please submit training course fee and race entry fee in separate cheques.

支票號碼* Cheque No.*	
聲明： 謹此聲明本人是在完全明瞭上述活動的性質及體能要求下報名參加此活動，並願意遵守有關活動規則。同時，聲明本人身體健康及有能力參與上述活動，並願意承擔自身的意外風險及責任，及無權向香港業餘田徑總會及其他直接或間接與此活動有關人士/工作人員(組織)對本人參與上述活動而發生或引致之自身意外、死亡或任何形式的損失索償或追討責任。 DECLARATION: I hereby declare that I have entered the above course in full awareness of the nature and physical demands and agree to abide by the rules and conditions laid down by HKAAA in connection with the course. I hereby also confirm that I am physically fit and capable of participating in such a course, and that I do so at my own risk and responsibility and irrevocably discharge and hold harmless the HKAAA (as well as other individuals/ officials/ organisations directly or indirectly involved with the course) from any daim or responsibility for personal injury, death, or loss of whatever nature during or as a consequence of my participation.	
運動員簽署* Athlete’s Signature*	日期 Date
注意 Remark: 18歲以下運動員適用 FOR ATHLETES AGED UNDER 18 對於18歲以下的運動員而言，必須於此表格以下的部分中提供所需的資料並由該運動員家長/監護人簽署確認同意其子女參加此競步賽訓練課程，否則該申請將不會被處理。 For athletes aged under 18, parent’s/guardian’s agreement to join the race walking training course must be obtained by providing the following information and parent’s/guardian’s signature in the entry form, failing which the application will not be processed. 家長 / 監護人 Parent’s / Guardian’s	
姓名* Name*	手提電話* Mobile Number*

運動員簽署* Athlete’s Signature*	日期 Date
注意 Remark: 18歲以下運動員適用 FOR ATHLETES AGED UNDER 18 對於18歲以下的運動員而言，必須於此表格以下的部分中提供所需的資料並由該運動員家長/監護人簽署確認同意其子女參加此競步賽訓練課程，否則該申請將不會被處理。 For athletes aged under 18, parent’s/guardian’s agreement to join the race walking training course must be obtained by providing the following information and parent’s/guardian’s signature in the entry form, failing which the application will not be processed. 家長 / 監護人 Parent’s / Guardian’s	
姓名* Name*	手提電話* Mobile Number*

簽署* Signature* 日期 Date

比賽資料

Race Details

日期Date	2015年9月13日 星期日）13 September 2015 (Sunday)
時間Time	上午7:20 - 下午2:45（各組別比賽時間請參看下列附表）7:20am - 2:45pm (Starting time for each category is listed below)
集合地點Assembly Venue	中環遮打花園Chater Garden, Central
報到時間Reporting Time	比賽前1小時1 hour before the Start Time
比賽服裝Attire	所有運動員須穿著短褲，不得遮掩膝蓋部位，以便裁判審察運動員競步技術。All athletes must wear shorts to allow judges to judge the walking techniques. Knees cannot be covered.
截止報名日期Entry Deadline	2015年8月6日（以郵戳日期為準）Postmarked by 6 August 2015
名額Quota	先到先得，額滿即止（各組名額請參看下列附表）First-come first-served (Quota for each category is listed below)

香港業餘田徑總會主辦的「港鐵競步賽」

所有運動員只可報名參加以下其中一個組別，如運動員報名參加多於一個組別，其所有報名將不獲受理。

Athletes can enter only one of the following categories. If he/she enrolls for more than one category, his/her entry will not be accepted.

個人賽組別 Individual Categories

組別Categories	出生年份Year of Birth	#比賽時間#Competition Time	#比賽時限#Time Limit	比賽距離Distance	名額Quota	
男子青年組Men's Junior	(MJ)	1996-2003	上午7:20 - 7:40am	10分鐘/min	1公里/km	每組80/race
女子青年組Women's Junior	(WJ)					
男子高級組Men's Senior	(MS)	1981 -1995	上午7:40 - 8:00am			
女子高級組Women's Senior	(WS)					
男子先進1組Men's Master 1	(MM1)	1971 -1980	上午8:00 - 8:20am			
女子先進1組Women's Master 1	(WM1)					
男子先進2組Men's Master 2	(MM2)	1970或以前1970 or before	上午8:20 - 8:40am			
女子先進2組Women's Master 2	(WM2)					
男子3公里組Men's 3km Walk	(M3)	2001或以前2001 or before	上午8:40 - 9:10am	30分鐘/min	3公里/km	每組80/race
女子3公里組Women's 3km Walk	(W3)		上午9:10 - 9:40am			
*男子精英組*Men's Elite	(ME)	1999或以前1999 or before	上午9:45 - 10:55am	70分鐘/min	10公里/km	每組40/race
*女子精英組*Women's Elite	(WE)					

#備註：(i) 除了精英組賽事之外，男女子組別將會分開作賽；(ii) 各組賽事之比賽時間只作參考，確實之比賽時間將會於「運動員須知」小冊子列明；(iii) 如參賽者未能於指定時限內完成賽事，大會工作人員有權要求該運動員離開賽道及取消其比賽資格；(iv) 如部份組別參賽人數不足，大會冇權合併有關組別一併作賽，而獎項則會分開計算。

#Remarks: (i) Men's & Women's categories will compete separately, except for the Elite categories; (ii) The competition time is for reference only. The starting time for each category will be printed in the Walker's Guide; (iii) If an athlete fails to finish the race within the specified time limit, he/she will be disqualified and will be asked to leave the course by HKAAA officials; (iv) If there are insufficient entries for certain categories, participants of the concerned categories will compete in the same race, while the prizes will be determined by their respective age groups separately.

* 參加精英組賽事之運動員須符合以下其中一項條件：

(i) 曾於2005-2013年內參加「港鐵競步賽」之精英組，或；(ii) 於2005-2013年內「港鐵競步賽」個人組別中曾得到前三名之運動員，或；(iii) 曾於2005-2015年內參加由香港業餘田徑總會舉辦之場地競走賽或道路競走錦標賽。

參加者須把所參加賽事之資料填寫於報名表上，以便本會查核，否則本會將不能處理有關報名申請。

精英組賽事分為國際賽及本地賽，而兩項賽事以及男女子組別將會同步進行。本地參賽者將可與國際競步好手較量，並有機會同時競逐其組別國際賽及本地賽的獎項。

* Athletes who register for Elite categories should fulfill one of the following:

(i) Competed in the Elite category of MTR HONG KONG Race Walking between 2005 and 2013, or; (ii) Finished in top three positions of individual categories of MTR HONG KONG Race Walking between 2005 and 2013, or; (iii) Participated in any stadium race walking competition or Road Race Walking Championship organised by HKAAA between 2005 and 2015.

Applicants should provide information about participation in the above competition(s) in the entry form for verification. Otherwise, the application will not be processed.

The Elite category will be divided into International and Local Races, and athletes of the two races for both Men's & Women's categories will compete at the same time. Local athletes will have the opportunity to compete with overseas race walkers and vie for the prizes of both the International and Local Races in their respective category.

競步自由行 Novice Walk

競步自由行是特別為競步初學者而設的組別，適合8歲或以上之參加者，為全港市民提供一個投入競步運動的好機會。立即報名參加，親身體驗競步為健康所帶來的好處。

Novice Walk is designed for Race Walking beginners and suitable for people of 8 years old or above to take part. It aims to provide members of the public with an opportunity to participate in the sport. Register now and start to enjoy the health benefits of Race Walking.

比賽時間 Competition Time	上午11:15am - 下午12:30pm
比賽時限 Time Limit	10分鐘/minutes
比賽距離 Distance	1公里/km
比賽規則 Rules	此項目將不設名次。參加者於參賽期間須遵守競步規則（將於稍後派發的「運動員須知」小冊子內詳細說明，如裁判於比賽進行中發現有運動員犯規，則會向有關運動員舉牌示意，以提示其姿勢並不符合有關要求。運動員之犯規將不會被記錄，也不會被罰（惟運動員作出嚴重犯規如跑步、蓄意阻礙其他運動員等行為，大會將有權請該運動員離開賽道） <p>There is no ranking in this category. Participants should complete the race in compliance with the Race Walking rules stated in the Walker's Guide to be issued later. Judges will show warning paddles to walkers who violate the rules. However, this warning will not be recorded and walkers will not be disqualified (except for those participants who seriously violate the rules, such as obviously running and intentionally blocking other walkers during the race. They will be asked to leave the course).</p>
名額 Quota	500
 備註：由於參賽人數眾多，參加者將獲安排分組起步，而參加者之時間將不會被記錄。Remark: Participants will start in separate groups due to large number of participants. Their finishing time will not be recorded in this category.	

報名費 Entry Fee

	田總註冊運動員HKAAA Registered Athlete	非田總註冊運動員Non-HKAAA Registered Athlete
1996年或以後出生 born in 1996 or after	HK\$55	HK\$75
1955年或以前出生 born in 1955 or before		
1956年至1995年出生 born between 1956 and 1995	HK\$85	HK\$110

報名辦法 Entry Procedures

請將(1)填妥之報名表及(2)報名費(支票抬頭「香港業餘田徑總會有限公司」)，寄回或交回香港銅鑼灣掃桿埔大球場徑1號奧運大樓2015室，香港業餘田徑總會「港鐵競步賽2015」負責人。詳情請瀏覽香港業餘田徑總會網址**www.hkaa.com**。

Please send (1) completed entry form and (2) entry fee (crossed cheque payable to **"Hong Kong Amateur Athletic Association Ltd."**) to: "MTR HONG KONG Race Walking 2015" Coordinator, Room 2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong. For details, please visit **www.hkaa.com**.

參賽確認 Acceptance of Entry

如報名被接納，運動員將於比賽最少10天前收到接納通知書；如未收到，必須於9月3日前聯絡本會，以便查核報名資料。大會不設現場報名。

Successful applicants will receive an Acceptance Letter no later than 10 days before the race. If not, they should contact HKAAA before 3 September to check their entry status. No entry will be accepted on race day.

領取號碼布、大會T恤及「運動員須知」小冊子 Collection of Number Bib, Event T-shirt & Walker's Guide

運動員必須於指定地點及日期內，領取號碼布、大會T恤一件及「運動員須知」小冊子。上述物資不會在賽事當日派發。領取詳情請參閱接納通知書。

Athletes should collect their number bib, event T-shirt and Walker's Guide at the designated venues on the given dates. These items will not be distributed on the event day. Please refer to the Acceptance Letter for details on the collection of the items mentioned above.

重要事項 Important Notice

- 報名一經接納，報名費將不獲發還及不得轉讓。
- 逾期報名、傳真或電郵報名，恕不受理。
- 郵寄報名只接受支票付款，請勿郵寄現金。
- 表格所填寫資料如有缺漏，恕不受理。
- 主辦機構擁有修改及詮釋以上規則的權利。
- 主辦機構對賽事保留最終裁決權。

- Entry fee is non-refundable and non-transferable once the entry is accepted.
- Late application, application by fax or email will not be accepted.
- Application by mail should be paid by crossed cheque. Please do not send cash.
- Incomplete entry forms will not be processed.
- The Organiser reserves the right to interpret and alter the above rules.
- The Organiser reserves the right to make final judgement on the results of the event.

惡劣天氣安排 Bad Weather Arrangement

如賽事因天氣或其他原因而未能於9月13日舉行，大會將會安排退還百分之五十的報名費予參加者，有關安排將於「運動員須知」小冊子列出。

In case the event cannot be held on 13 September due to adverse weather or other reason, HKAAA will refund 50% of the entry fee to the participants. Detailed arrangements will be listed in the Walker's Guide.

獎項及紀念品

Prizes and Souvenirs

	名次Position	獎金Cash Prize	八達通價值Octopus Value	獎盃Trophy	獎牌Medal	港鐵禮品MTR Gift
精英組 Elite Categories	國際賽 International Race					
	1	US\$500	-	√	-	√
	2	US\$400	-	√	-	√
	3	US\$300	-	√	-	√
本地賽 Local Race	本地賽 Local Race					
	1	-	HK\$2000	√	-	√
	2	-	HK\$1500	√	-	√
	3	-	HK\$1000	√	-	√
	4-5	-	HK\$500	√	-	√
	6-10	-	-	-	√	√
3公里組 3km Walk	1	-	HK\$500	√	-	√
	2	-	HK\$300	√	-	√
	3	-	HK\$100	√	-	√
	4-5	-	-	√	-	√
6-10	-	-	-	√	√	
青年、高級及先進組 Junior, Senior & Master Categories	1-5	-	-	√	-	√
	6-10	-	-	-	√	√
最高個人籌款獎 Highest Individual Fund Raiser	-	-	-	√	-	√

所有完成者(包括「競步自由行」)可獲大會紀念品一份及港鐵公司特別為賽事而推出的獨家紀念車票。在指定比賽時限內完成賽事及沒有被裁判取消資格的完成者更可獲發證書一張。

All Finishers (including those in "Novice Walk") will receive an Event Souvenir Set and a limited-edition MTR Souvenir Ticket. Those who complete the race within the specified time limit and are not disqualified from the competition will also receive a certificate.

查詢賽事及訓練課程資料，請聯絡香港業餘田徑總會：

For enquiries about the race and training courses, please contact Hong Kong Amateur Athletic Association:

網址 Website: **www.hkaa.com**

查詢電話 Enquiries: **2504 8215**

電郵 Email: **events@hkaa.com**

推薦計劃 Referral Scheme

大會特別設立青年組推薦計劃，誠邀更多青少年運動員參加競步賽事，領略競步的好處和樂趣。

凡各組參加者(推薦人)推薦運動員參加青年組(被推薦人)，並符合下列所訂的要求：

1. 推薦人報名參加「港鐵競步賽2015」；
2. 被推薦人報名參加「港鐵競步賽2015」的申請被香港業餘田徑總會成功取錄，並出席「港鐵競步賽2015」當天賽事；以及，
3. 被推薦人只可獲一位推薦人推薦，而推薦人推薦運動員參加青年組人數不限。

以上資料經香港業餘田徑總會核實及獲得推薦人及被推薦人同意翻查資料後，推薦人方可獲得「港島綫西延」記憶體紀念套裝一份。

推薦人請將已填妥的推薦計劃報名表格於2015年8月6日或之前，寄回或交回香港銅鑼灣掃桿埔大球場徑1號奧運大樓2015室，香港業餘田徑總會「港鐵競步賽2015」負責人收。

To encourage more young athletes to participate in the sport to realise the benefits and enjoyment that walking can bring, the Organiser has launched a referral scheme for the Junior Categories.

If a participant (referee) from any category refers an athlete (the recommended participant) to join the Junior Categories and meets all the criteria listed below, the referee will receive an "Extension of Island Line to Western District" USB souvenir set after the Hong Kong Amateur Athletic Association has verified the information and received consent from the referee and the recommended participant to check the their records.

1. The referee registers to join MTR HONG KONG Race Walking 2015;
2. The recommended participant is accepted by the Hong Kong Amateur Athletic Association to join MTR HONG KONG Race Walking 2015 and attended the above event;
3. The recommended participant can be recommended by one referee only while there is no limitation on the number of junior athletes that the referee can recommend to join the Junior Categories of the 2015 event.

The referee should send the completed referral form to: MTR HONG KONG Race Walking Coordinator 2015, HKAAA, Room 2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong on or before 6 August 2015.

報名表格 ENTRY FORM

推薦計劃 Referral Scheme

請以英文正楷填寫 Please use BLOCK letters

* 為必須填寫項目 * Mandatory to fill in

推 薦 人 REFEREE

姓名* (中文)	Name* (English)
地址* Address*	
聯絡電話* Contact Telephone Number*	參賽組別* Category*
簽署* Signature*	
此簽署代表閣下同意下列聲明。This signature means you agree with the declaration(s) below.	

聲明 Declaration(s)

1. 本人明白及同意本人須符合下列要求，並經由香港業餘田徑總會核實及獲得本人及被推薦人同意翻查資料後，方可獲得「港島綫西延」記憶體紀念套裝一份。紀念品將於賽事結束後，陸續寄出。
 - 本人報名參加「港鐵競步賽2015」；
 - 被推薦人報名參加「港鐵競步賽2015」的申請被香港業餘田徑總會成功取錄，並出席「港鐵競步賽2015」當天賽事；以及，
 - 被推薦人只可獲一位推薦人推薦，而本人推薦運動員參加青年組人數不限。

2. 本人明白及同意香港業餘田徑總會將收集在此報名表格內的個人資料轉交予港鐵公司用作安排是次計劃之用途。

1. I understand and agree that I can receive the "Extension of Island Line to Western District" USB souvenir set only if all the criteria listed below are met and the Hong Kong Amateur Athletic Association has confirmed and verified the information and received consent from me and the recommended participant to check our records. The souvenir will be sent out after the race.
 - I am registering to join MTR HONG KONG Race Walking 2015;
 - The recommended participant is accepted by the Hong Kong Amateur Athletic Association to join MTR HONG KONG Race Walking 2015 and attended the race on 13 September 2015;
 - The recommended participant can be recommended by one referee only while there is no limitation on the number of junior athletes that I can recommend to join the Junior Categories.

2. I understand, agree and consent to the Hong Kong Amateur Athletic Association to transfer my personal data collected in this Entry Form to the MTR Corporation for the arrangement of the scheme.

被 推 薦 人 THE RECOMMENDED PARTICIPANT

姓名* (中文)	Name* (English)
參賽組別* Category*	簽署* Signature*
此簽署代表閣下同意下列聲明。This signature means you agree with the declaration(s) below.	

聲明 Declaration(s)

1. 本人同意香港業餘田徑總會根據本人提供在此表格內的個人資料核實本人報名參加「港鐵競步賽2015」的申請被香港業餘田徑總會成功取錄，及出席「港鐵競步賽2015」當天賽事；以及，
 - 本人明白本人只可獲一位推薦人推薦。

2. 本人明白及同意香港業餘田徑總會將收集在此報名表格內的個人資料轉交予港鐵公司用作安排是次計劃之用途。

1. I grant my consent to the Hong Kong Amateur Athletic Association to use my personal information provided in this form to verify that I am accepted by the Hong Kong Amateur Athletic Association to join MTR HONG KONG Race Walking 2015 and attended the race on 13 September 2015;
 - I understand I can be recommended by one referee only.

2. I understand, agree and consent to the Hong Kong Amateur Athletic Association to transfer my personal data collected in this Entry Form to the MTR Corporation for the arrangement of the scheme.

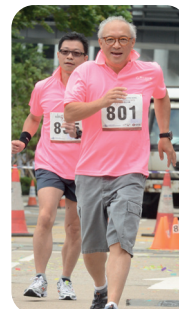
致推薦人及被推薦人：

你所提供的個人資料純屬自願性質。若你選擇不向我們提供在報名表格內被標示為必須填寫的個人資料，可能會導致我們不能處理你的報名。你所提供的資料只限用於本推薦計劃報名及通訊事宜。在遞交報名表格後，如欲更改或查詢已申報的個人資料，可與香港業餘田徑總會聯絡，聯絡詳情已列於「港鐵競步賽2015」報名表格內。

To Referees and Recommended Participants:

The provision of your personal data is voluntary. However, if you do not provide your personal data marked as "mandatory" in the Entry Form to us, we will not be able to process your application. The information provided by you will be used for enrolment and correspondence related to the Referral Scheme. For correction of or access to the personal data after submission of the Entry Form, please contact the Hong Kong Amateur Athletic Association, details as set out in MTR HONG KONG Race Walking 2015 entry form.

港鐵競步賽2013比賽花絮 MTR HONG KONG Race Walking 2013 Snapshots



MTR HONG KONG Race Walking 2015
Coordinator
Room 2015, Olympic House
1 Stadium Path, So Kon Po
Causeway Bay
Hong Kong

請貼郵票
Stamp Here