



The Clearwater Bay Golf & Country Club  
HONG KONG



# Clearwater Bay Chase

Sunday, 1 March 2009

## RUNNERS' GUIDE 10km

### Event Date

Sunday, 1 March 2009

### Venue

The Clearwater Bay Golf & Country Club (The Club)

### Time

Assembly 7:45am at The Marina Clubhouse Car Park (**Number bib can be picked up from 7:15am**)  
Race Starts 8:30am at The Marina Clubhouse Car Park (1km will start afterwards)

### Race Number

Reference number of each category is shown below. If you have been included in the wrong category, please contact us immediately. **Please collect your number bib and chips at the Operations Counter (blue tent), starting from 7:15am on the race day.**

Number bibs are non-transferable; runners attempting to run in disguise with a number assigned to another runner will be disqualified and barred from the race. The Club reserves the right to reject their applications for other races.

<b>Men's Senior</b>	100-299	<b>Ladies' Senior</b>	450-499	<b>CWB Men's Open</b>	900-929
<b>Men's Open</b>	300-449	<b>Ladies' Open</b>	500-599	<b>CWB Ladies' Open</b>	930-949

### Number Bib Position

Runners must wear the number bibs on their chest and they should be clearly visible at all times during the race. Otherwise, the Club reserves the right to disqualify the runner concerned.

### Transportation Arrangement

Runners who have reserved a place on one of the official buses should note that the departures are between **7:00am and 7:45am from Hang Hau** and **7:00am to 7:30am from Choi Hung** to the club.

### Parking

Parking service is available for those who have registered their car plate numbers and a parking fee of \$40 per car will be charged.

**Parking will be closed at 8am.**

### Luggage Deposit

Luggage deposit services will be provided. **Please do not leave valuables in your luggage. The Club will not be responsible for any loss or damage of items.**

### Facilities Provided

Water Station – there will be two water stations along the running route  
First Aid – provided by Hong Kong St John Ambulance

### Distance Signs

Distance signs will be provided at every kilometer.

### Time Limit

2 hours (The race course and the finish facilities will be closed after the time limit)

### Protest

Any protest must be made in writing within 15 minutes after the announcement of the result, and accompanied with a deposit of HK\$100, which will be refunded if the protest is upheld.

### Performance Certificate and Results

Performance certificate with time will be sent to all finishers by post within one month after the race. Full race results will be posted on the Club website [www.cwbgo.org](http://www.cwbgo.org) on 3 March 2009.

### Cancellation

The Event will be canceled if Red or Black Rainstorm Warning Signals or Tropical Cyclone Warning Signal No.8 or above is issued.

### Health Advice

Runners should decide their participation according to their physical capability prior to the race and should consult doctors if they are in doubt of their health condition prior to the race. Please approach our race officials for assistance immediately if you feel sick during the race.

### Remarks

The Club reserves the right to change the above information.





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Sunday, 1 March 2009

## 運動員須知 十公里賽

### 比賽日期

2009年3月1日(星期日)

### 比賽地點

清水灣鄉村俱樂部(下稱本會)

### 時間

早上7時45分

集合於本會遊艇會停車場(號碼布於早上7時15分起開始派發)

早上8時30分

起跑於本會遊艇會停車場(一公里組之起步將安排於所有組別起跑之後)

### 號碼布

請參考下列分組號碼字頭，並核對你的號碼及組別，如有錯誤請儘快聯絡本會作出更正。號碼布及晶片於比賽當日早上7時15分起於大會統籌處(藍色帳篷)開始派發。

號碼紙不得轉讓；如有代跑者，大會除取消有關運動員比賽資格外，並保留拒絕其參加本會其他賽事之權利。

男子高級組	100-299	女子高級組	450-499	清水灣男子公開組	900-929
男子公開組	300-449	女子公開組	500-599	清水灣女子公開組	930-949

### 佩帶號碼紙之位置

於比賽期間，參賽者必須將號碼布佩帶於胸前位置，否則大會將保留取消其比賽資格之權利。

### 交通安排

已登記乘坐大會巴士的人士，請注意巴士將於早上7時開始從坑口開出，最後一班時間為7時45分，由彩虹開出之巴士時間為7時，最後一班時間為7時30分。

### 泊車

本會之停車位只供已預先登記車牌號碼並繳付港幣40元正之車輛使用。

停車場將於早上8時正關閉。

### 行李寄存

大會設有行李寄存區。請勿存放貴重物品，如有遺失或損毀，本會恕不負責。

### 設施提供

本會於賽道沿途提供兩個水站。救護站將由香港聖約翰救護機構提供。

### 距離指示牌

距離指示牌設於賽道每公里處。

### 時限

完成賽事時限為2小時，賽道及終點線將於時限後封閉。

### 賽果異議

如對賽果有任何異議必須於結果公布後15分鐘內以書面提出，並繳付保證金港幣100元正。(如成立將獲退還)

### 完成證書及比賽成績

本會將於賽事完成後1個月內以郵遞方式寄發證書予成功完成賽事之運動員。運動員可於3月3日瀏覽本會網頁 [www.cwbgolf.org](http://www.cwbgolf.org) 查閱個人成績。

### 取消比賽

如天文台發出紅色或黑色暴雨警告訊號或八號或以上熱帶氣旋警告訊號，賽事將會取消。

### 健康提示

運動員應自行決定自身之健康情況是否適合比賽，如於比賽前感到身體不適，請請教醫生意見。於比賽期間如有任何不適，請立即向在場工作人員求助。

### 備註

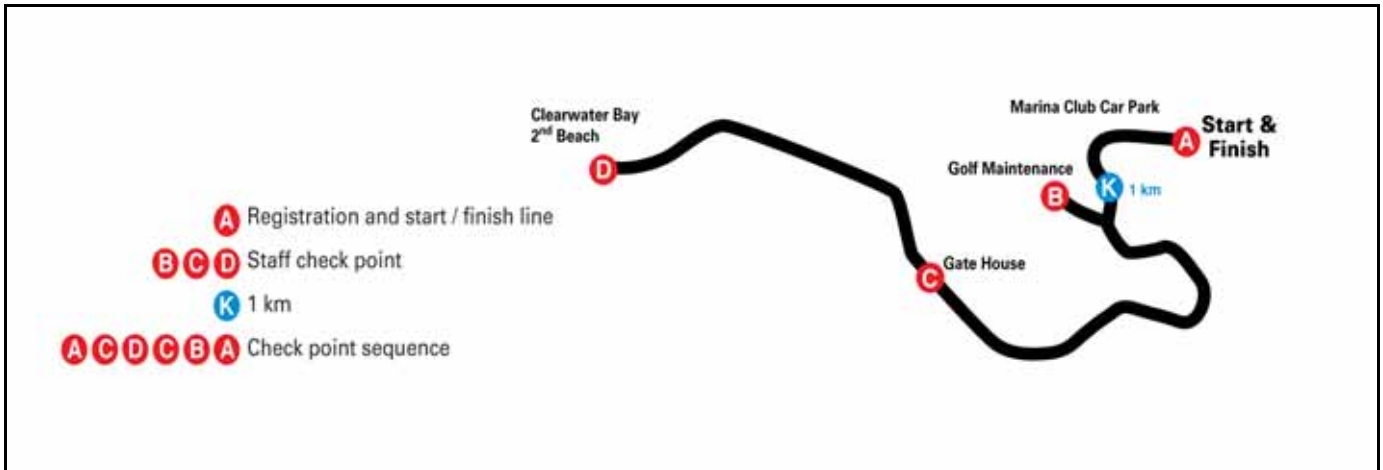
本會保留更改以上資料之權利。



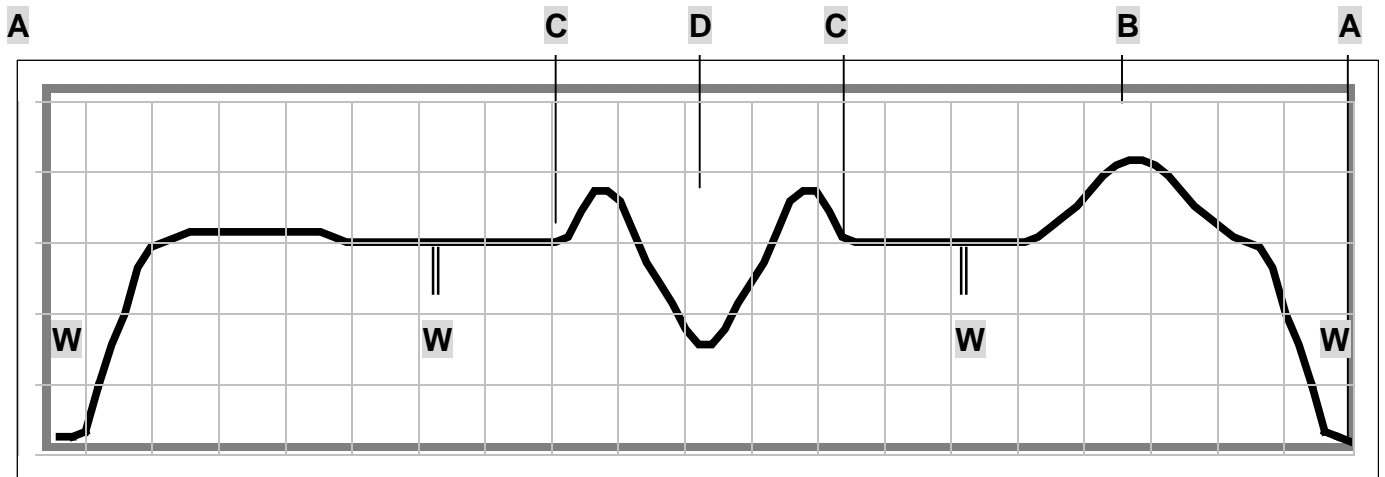


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## Check Point and Race Contour Line



Start

Finish

**W** = Water Station (Starting area, near checkpoint C and at Finishing area)



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**Applicable to 10km Categories ONLY 只適用於 10 公里賽事**

### Timing

Timing Chip will be used in all 10km race to provide each runner with his / her net time. Runners must run pass **ALL Chip Timing mats** at Starting, Turning and Finishing Points. Otherwise, his / her time may not be able to record, runners will be disqualified and no certificates will be issued.

### How to put on a Champion Chip?

- ◆ The Timing Chip is attached to the shoelace
- ◆ Loop lace through the square holes of the chip and pull it tightly to the shoe
- ◆ To ensure the central tube of the chip is pointed downward

### Returning of Timing Chip

- ◆ The timing chip should be returned to the Chip Collection Counter **ON DAY** (1 March 2009)
- ◆ Otherwise, the organizer will forfeit your deposit without further notice
- ◆ Chips that are not returned cannot be used in other races

### 計時晶片

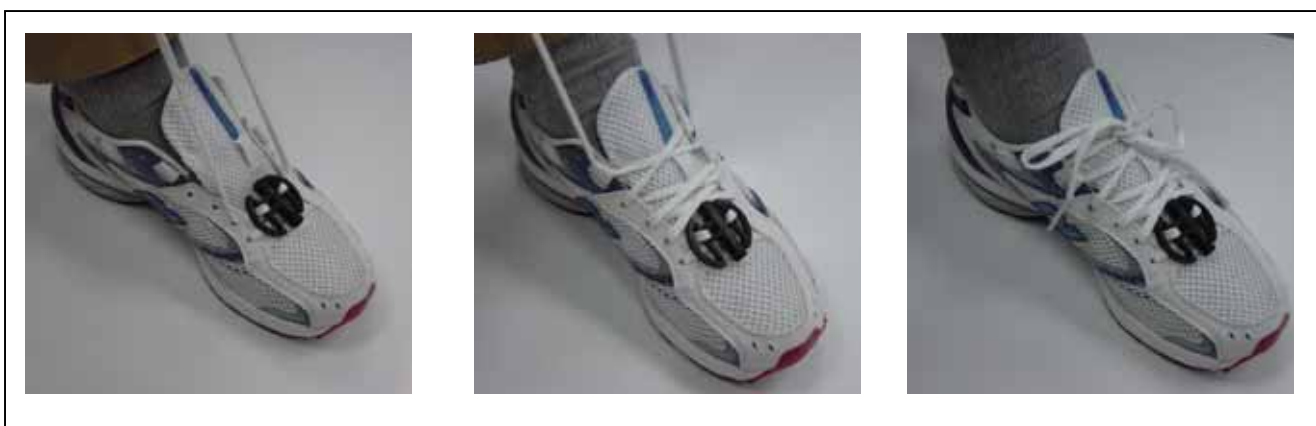
所有十公里賽事將採用晶片計時系統計時，以便為運動員提供準確的比賽時間。每位運動員必須踏上設於起點、分段折回點及終點的計時地蓆，否則該運動員的比賽時將不能被記錄，其參賽資格會被取消亦不會獲發完成證書。

### 如何佩帶計時晶片

- ◆ 計時晶片需要扣在鞋帶上
- ◆ 請把鞋帶穿過晶片的正方形洞，並收緊鞋帶
- ◆ 佩帶計時晶片時，需把晶片的中間膠筒指向比賽路線方向

### 交還計時晶片

- ◆ 參加者需於活動當日即場(2009年3月1日)交還計時晶片
- ◆ 逾期交還計時晶片，大會將把參加者提交的按金支票過數，而不作另行通知
- ◆ 未有交還的計時晶片將不能於其他活動中使用



### Remarks

Runners should wear the chips properly. The Club will not be responsible for any inaccurate results due to improper wearing of chips. If runner do not have a Chip or do not attach it correctly, runners will not have a registered time.

### 注意

運動員須正確佩帶計時晶片，如錯誤佩帶而引致成績錯誤，本會恕不負責。沒有計時晶片或不正確佩帶計時晶片者，將不會獲發任何時間/成績紀錄。

**NO CHIP NO TIME!**