



Clearwater Bay Chase

Sunday, 1 March 2009

RUNNERS' GUIDE

1km

Event Date

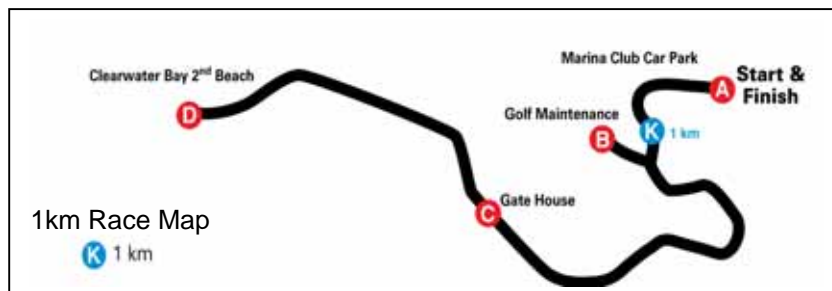
Sunday, 1 March 2009

Venue

The Clearwater Bay Golf & Country Club
(The Club)

Time

Assembly 7:45am at The Marina Clubhouse Car Park (**NO** need to register on the Day)
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. There is NO need to register on the Day unless you have forgotten your number bib. You will be charged HK\$20 for a replacement bib and HK\$100 for a replacement of timing chip. Overseas, Mainland or Late Entries should enroll on the Day (\$200) AND must register before 7:45am on the Day to receive a number bib. 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.

Kids A	K100-K199	Men's Junior	K500-K599	Parent & Child Team	K300-K499
Kids B	K200-K299	Ladies' Junior	K600-K699	Adult Fun Run	K950-K999

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.cwbgolf.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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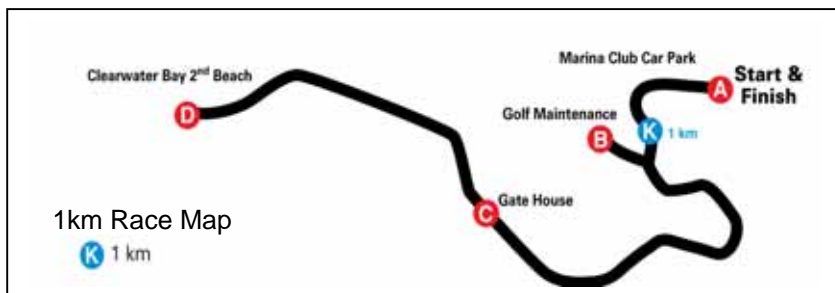
運動員須知 一公里賽

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
早上 8 時 30 分

集合於本會遊艇會停車場(已報名之人士於比賽當天不用報到)
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。賽事當天無需辦理登記。如有遺失號碼紙，補領費為港幣 20 元正；晶片補領費為港幣 100 元正。海外、國內或當日報名者(費用為港幣 200 元正)，必須於賽事當天早上 7 時 45 分前向登記處領取號碼紙。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。

兒童組 A	K100-K199	男子青年組	K500-K599	親子隊制賽	K300-K499
兒童組 B	K200-K299	女子青年組	K600-K699	成人公開組	K950-K999

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.cwbgo.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。

