

Organised by



Masters Games 2023 — Distance Run Competition

~ Prospectus ~

1. Purpose : To provide members of the public aged 35 or above with opportunities to participate in distance run competitions with others of similar age, let them enjoy the fun of sport and sustain their interest in sport.
2. Date and Time : 12 November 2023 (Sunday)
(1) Marshall Time: 8:00 a.m. – 8:30 a.m.
(2) Start Time: 9:00 a.m. – 1:00 p.m.
3. Venue : Main Dam of Plover Cove Reservoir, Tai Po (Tai Mei Tuk)
4. Eligibility : Anyone aged 35 (A participant's age is calculated as at the day of the competition ,i.e. those who were born on or before 12 November 1988 are eligible to participate in the competition)

5. Divisions and Quota :

Programme No.	Division	Age	Quota
4066 0216	Men's / Women's A Grade	65 or above	600 persons
	Men's / Women's B Grade	60 – 64	
	Men's / Women's C Grade	55 – 59	
	Men's / Women's D Grade	50 – 54	
	Men's / Women's E Grade	45 – 49	
	Men's / Women's F Grade	40 – 44	
	Men's / Women's G Grade	35 – 39	

6. Notes for Applicants :
- (1) Applicants should consider whether they are physically fit to take part in the competition. In case of doubt, please consult a doctor.
 - (2) Each applicant can only submit one enrolment form. Repeated submissions or forms with incomplete information will not be accepted.
 - (3) The Organiser may adjust the number of places in light of the enrolment response of the divisions. If there is a need to adjust the quota, the adjusted quota will be announced on the Masters Games website. Applicants or participants shall raise no objection.
 - (4) If there are less than two persons enrolling for a division, the Organiser has the right to combine it with a division for a younger age group or cancel the division.
 - (5) Participants providing false information will be disqualified from all events with their competition results invalidated and no refund of the enrolment fees paid.
 - (6) For ease of contact, applicants should notify the Organiser in writing immediately of any change in their correspondence address.
7. Enrolment Fee : \$20 per person.
Participants who are persons aged 60 or above or full-time students as at the day of the competition (i.e. 12 November 2023) or persons with disabilities can enjoy 50% concession upon production of valid identity document at the time of payment

8. Distance : About 7 km



Remarks: The route starts at Location 1 towards Pak Sha Tau, returns at the Turning Point (Location 2) and finishes back at Location 1.

9. Format : (1) Participants must follow the route planned by the Organiser.
(2) In each division, the 4 participants reaching the finishing line soonest shall be the Champion, 1st Runner-up, 2nd Runner-up and 3rd Runner-up.
10. Rules : (1) If only 1 participant shows up for an event on the competition day and he/she finishes the event, the participant will still be given an award.
(2) If a participant forfeits or fails to complete the race, he/she will be disqualified and the enrolment fees paid will not be refunded.
(3) A participant having another person playing under his/her name, violating any rules/regulations or displaying any misbehaviour that may affect an event will result in disqualification from the event concerned with all of the participant's results invalidated and no refund of the enrolment fee paid.
(4) Unless otherwise stated in the prospectus, the rules and regulations currently used by the Hong Kong Association of Athletics Affiliates will be adopted for the competition.
11. Points to Note for Reporting : (1) Participants should report to the staff of the Leisure and Cultural Services Department (LCSD) from 8:00 a.m. to 8:30 a.m. on the competition day at the Registration Counter on the spot, and collect the number bibs and the timing chips. Competition will start at 9:00 a.m. Late comers will be regarded as having withdrawn from the competition.
(2) Participants should report to the Registration Counter at the scheduled time in person, bringing along the original of the identity document used for enrolment (Hong Kong Identity Card for Hong Kong residents, valid travel document, such as passport or the Exit-entry Permit for Travelling to and from Hong Kong and Macao (commonly known as the Two-way Permit) for non-Hong Kong residents) for verification of eligibility. The Organiser has the right to disqualify participants who fail to produce a valid identity document from participating in the event concerned.
(3) No replacement of number bibs and timing chips will be provided. Participants who have lost their number bib or timing chip will not be allowed to participate in the competition.
12. Judge/Referee : The Organiser will arrange qualified judges/referees for the competition.
13. Appeal : No appeal will be accepted. The decisions of the judges/referees on the spot shall be final.
14. Equipment : (1) Participants should wear proper sportswear and footwear for competition.
(2) Participants should correctly put the number bib and timing chip provided by the Organiser on the competition day on their chest, otherwise they will not be permitted to participate in the competition.
15. Points to Note : (1) The LCSD has the right to change the competition time.

- (2) Participants should pay attention to the announcements made/notices displayed by the Organiser on the spot and comply with all the rules and regulations of the Organiser and the venue.
16. Awards : Prizes will be awarded to the Champion, 1st Runner-up, 2nd Runner-up and 3rd Runner-up in the respective division.
17. Access to Prospectus and Enrolment Form : (1) District Leisure Services Offices (DLSOs) of the LCSD;
(2) Recreation and sports venues with Leisure Link services; and
(3) Masters Games website: ([https:// www.lcsd.gov.hk/en/mg/2023](https://www.lcsd.gov.hk/en/mg/2023))
18. Enrolment Period : **5 to 14 June 2023**
19. Enrolment : (1) Prospective participants are required to complete and submit an Enrolment Form within the enrolment period by the following methods (no identity document is required at this stage):
- Apply via the Internet; or
 - Apply in person at any DLSOs (during office hours) or recreation and sports venues with Leisure Link services; or
 - Apply by post to the following address: (the date of receipt by the Department is regarded as the submission date).

Masters Games 2023 — Distance Run Competition
Major Events Section
2/F, Leisure and Cultural Services Headquarters
1-3 Pai Tau Street, Sha Tin, New Territories

To submit the enrolment form by post, please make sure that all mail items bear sufficient postage. The Department will not accept any underpaid mail items and such items will be handled by the Hongkong Post. For calculation of postage, please refer to the Hongkong Post's website:

https://www.hongkongpost.hk/en/postage_calculator/index.html

- If the number of enrolments exceeds the quota, allocation of places will be determined by drawing lots, which will be held **at 10:00 a.m. on 29 June 2023 (Thursday)** in Room 201, 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. Members of the public are welcome to attend. If all applications are accepted after the enrolment deadline, balloting will be cancelled. The arrangement will be announced on the Masters Games website and applicants will not be notified individually.
- The Organiser may adjust the number of places in light of the enrolment response of the divisions. If there is a need to adjust the quota, the adjusted quota will be announced on the Masters Games website. Applicants or participants shall raise no objection.
- The lists of successful applicants and waitlisted applicants will be posted at the DLSOs, recreation and sports venues with Leisure Link services and on the Masters Games website **within 5 working days from the balloting date**. Both successful and waitlisted applicants will be notified of the results by e-mail/post/fax (no order of priority will be assigned to waitlisted applicants) while unsuccessful applicants will not be notified. The Organiser shall not be responsible for postal delay arising from the incorrect or incomplete correspondence address provided by an applicant.
- Successful applicants should pay enrolment fee at any of the DLSOs (during office hours) or recreation and sports venues with Leisure Link services, and bring along their notification letter and identity document (original or copy) for verification of personal particulars within the following payment period. Those eligible for concessionary rate are required to produce a valid document. Successful applicants who fail to pay within the payment period will be regarded as having forfeited the right to participate. Their places will be filled by waitlisted applicants, who shall enrol within the following payment period on a first-come-first-served basis.

<u>Payment Period for Successful Applicants</u>	<u>Payment Period for Waitlisted Applicants</u>
11-18 July 2023	20-25 July 2023

- If the number of enrolments is less than the quota or places are still available after the payment period for waitlisted applicants, open enrolment will be held **from 27 July 2023 (starting from 8:30 a.m.) to 28 July 2023** at all DLSOs and recreation and sports venues with Leisure Link services on a first-come-first-served basis.

20. Inclement Weather Arrangement
- (1) Should the Hong Kong Observatory issue the tropical cyclone warning signal No. 3 or above, or Red/Black Rainstorm Warning Signal at 7:00 a.m. on the competition day, all events on that day will be cancelled. The Organiser will notify the participants of the corresponding arrangements separately in due course.
 - (2) When the “Air Quality Health Index (AQHI) of 7 or above” has been issued by the Environmental Protection Department on the competition day, the arrangement of the competition as at below:
“High” health risk category (AQHI of 7)
Competition will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly are advised to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. Participants with existing heart or respiratory illnesses should also seek advice from a medical doctor before participating in sports activities and take more breaks during physical activities. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.
“Very High” health risk category (AQHI of 8-10)
Competition will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic. The general public is advised to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.
“Serious” health risk category (AQHI Exceeding 10)
Competition will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to avoid outdoor physical exertion, and to avoid staying outdoors, especially in areas with heavy traffic. The general public is advised to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.
21. By-law
- (1) The Organiser has the right to release the results of the competition to the public.
 - (2) The Organiser will carry out photo shoots/video-filming/arrange broadcasting during the competitions, and has the right to display/publish the event photos or videos on the Internet, at venues of the Leisure and Cultural Services Department, on the dedicated website, in publications of the Organiser and through other publicity channels, for promotion of activities or record purposes.
 - (3) The prospectus, schedules, results of the grouping and fixture draw, results of the competition and other information relating to the competition will be announced on the Organiser’s website.
 - (4) In addition to the rules and points to note stated in this prospectus, participants shall also comply with all the rules/regulations stated in the Notes for Participants.
 - (5) The Organiser reserves the right to amend this prospectus at any time without prior notice.
22. Enquiries
- Major Events Section of the LCSD: 2601 7673
Office Hours: Monday to Friday: 9:00 a.m. to 6:00 p.m.
(Lunch Hour: 1:00 p.m. to 2:00 p.m.)
(Closed on Saturdays, Sundays and General Holidays)

The Chinese version of this prospectus and the enrolment form is available at the DLSOs of the LCSD, recreation and sports venues with Leisure Link services and on the Masters Games website.

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