

Distance Run Competition

Organiser:



Gold

Sponsors:

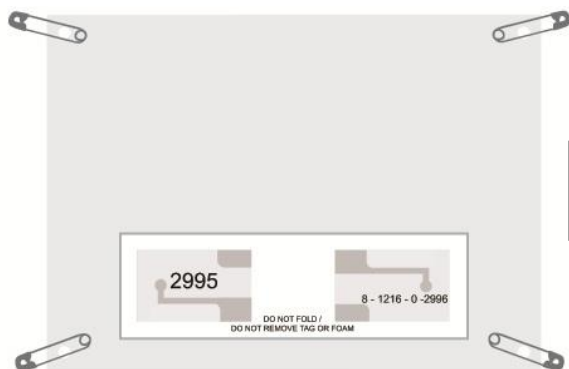
Acti-Tape®



~ Notes for Participants ~

1. Date and Time : 8 February 2026 (Sunday)
 - (1) Reporting time: 8:00 a.m. – 8:30 a.m.
 - (2) Start time: 9:00 a.m. – 1:00 p.m.
2. Venue : Main Dam of Plover Cove Reservoir, Tai Po (Tai Mei Tuk)
3. Format :
 - (1) Participants must follow the route planned by the Organiser.
 - (2) In each division, the first 4 participants reaching the finishing line shall be the champion, 1st runner-up, 2nd runner-up and 3rd runner-up.
4. Rule :
 - (1) If only 1 participant shows up and reports to the Organiser on the competition day and he/she finishes the event, the participant will still be given the relevant award.
 - (2) A participant who withdraws or fails to complete the race will be disqualified from the event concerned and the enrolment fee 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 competition results being invalidated and the enrolment fee paid will not be refunded.
 - (4) Unless otherwise specified in this Notes for Participants, the competition will abide by the rules and regulations currently adopted by the Hong Kong, China Association of Athletics Affiliates.
 - (5) Participants shall comply with all the rules and regulations prescribed by the competition venue and the announcements of the Organiser.
5. Points to Note for Reporting :
 - (1) **Participants shall report to the registration counter from 8:00 a.m. to 8:30 a.m. in person** with the originals of valid photo-bearing identity documents (e.g. 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 for non-Hong Kong residents), to verify eligibility for participation.
 - (2) Any participant who fails to produce his/her valid identity document or whose identity is found unmatched will not be allowed to participate in the competition and no replacement of athletes will be allowed. **The competition will commence at 9:00 a.m. Latecomers will be regarded as having withdrawn from the event.**
 - (3) Participant reporting to the registration counter will receive the number bib (with timing chip) on the spot. No replacement of number bib and timing chip will be provided. Participants who have lost their number bib or timing chip will not be allowed to participate in the competition.
6. Referee/Judges : Qualified referees will be arranged by the Organiser. All participant must abide by their decisions.

7. Appeal : No appeal will be accepted. The referees' decision on the competition results shall be final.
8. Equipment
 - (1) Participants should wear proper sportswear and footwear for competition.
 - (2) Participants should correctly put the number bib (with timing chip) provided by the Organiser on the competition day on their chest, otherwise they will not be permitted to participate in the competition.
9. Points to Note :
 - (1) The Organiser has the right to change the competition time.
 - (2) Participants shall pay attention to the announcements made/notices displayed by the Organiser at the competition venue.
10. Competition Day Arrangement
 - (1) The competition will be commenced at 9:00 am.. The Organiser shall have the right to divide the start time into groups, i.e., by gender or by group determined by the number of reporting participants. Please pay attention to the announcements throughout the competition.
 - (2) A Baggage Storage Area will be provided, if participants would like to store the belongings, please attach the Baggage Tag closely in the bag. Please note that NO baggage storage bags will be provided. Participants are required to show the number cloth to collect the baggage. Participants are advised not to deposit any valuable item(s). The Organiser will not be responsible for any losses or damages of personal belongings.
 - (3) Since washrooms and changing rooms are not available at the start point, participants should dress up properly at changing room and toilet in nearby Tai Mei Tuk Barbecue Area or Tai Mei Tuk Water Sports Centre before arrival at the starting point.
 - (4) Participants shall wear the number bib (with chip) provided by the Organiser on the event day, otherwise they will not be permitted to participate in the competition. The number bibs should be secured by pins at 4 corners on participants' chest and clearly visible for competition officials to identify their numbers easily. The Organiser reserves the right to disqualify participants who fail to comply with the rule. There shall be no replacement of the number bibs and no refund for the enrolment fees paid.
 - (5) To assist the Organiser and medical personnel to contact the participants' relatives or friends in case of emergency, participants are requested to fill in their personal details at the back of their number bibs (Participants' name, emergency contact person and phone number) with waterproof ink.
 - (6) Participants are advised to have warm up exercise before the competition starts.
 - (7) Please beware of uneven floor.
 - (8) Organiser will provide distilled water at the Registration Counter after the race has started, please bring your own cup or bottle.
 - (9) To ensure the safety of participants, the staff of the Organiser will be deployed along the route to maintain order, participants shall follow their instructions.
11. Timing System
 - (1) Chip timing system will be used in the competition. The timing chip is adhered at the back of the number bib. The return of the chip is not required and the chip from other competition is not applicable.
 - (2) Participants are required to cross the chip timing system mats located at Starting, Turning (if applicable) and Finishing Point. The chip MUST NOT be twisted or folded, or it will cause malfunction and no result will be available for the participant.
 - (3) Official results will be counted according to the Official Time, other result recorded from other devices will not be considered.
 - (4) Timing System at Starting Point will be closed 10 minutes after the race has started. Late comers will be regarded as withdrawal from the competition and will not have any official record.
 - (5) Time limit of the competition is 1.5 hours (The race course and the finishing facilities will be closed in 1.5 hours after the start). Those who fail to complete the competition within 1.5 hours, their result will not be counted.



The chip has been adhered at the back of the number bib.



Participants should wear their number bibs on their chests.



Participants are required to cross the chip timing system mats.

12. Awards : Medals will be awarded to the Champion, 1st Runner-up, 2nd Runner-up and 3rd Runner-up of each division. Prize Presentation will take place from 10:45 am onwards. The first four winners of each division are requested to assemble at the Winner's Booth next to the stage after the results are announced. Winners who are unable to receive the award in person should immediately inform the officer in charge at the prize presentation area.
13. Inclement Weather Arrangement :
 - (1) **If Tropical Cyclone Warning Signal No. 3 or above has been issued by the Hong Kong Observatory, or Red/Black Rainstorm Warning Signal is still in force at 6:00 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) Should the Hong Kong Observatory issue thunderstorm warnings, competition will be held as scheduled. The Organiser has discretion to cancel or delay the start of the competition for the sake of safety.
 - (3) The Organiser reserves the right to postpone any race or make any alternative arrangements under special circumstances. Should anything unforeseeable happen during a race, the Chief Referee on the spot or the Organiser will decide whether the race should continue or not and the participants shall not raise objection.
 - (4) When the "Cold or Very Hot Weather Warnings" has been issued by the Observatory, participants are advised to keep warm and put on warm clothes to avoid low body temperature in cold weather. Participants are also advised to drink water or fluid at frequent intervals when exercising to avoid heat stroke

and sunburn in very hot weather. If sweating is excessive, replenishment with small amount of salt is recommended. Stop immediately when feeling unwell during exercise and consult a doctor without delay.

- (5) 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. The EPD 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. The EPD 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. The EPD 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.

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| 14. By-law | : | <ul style="list-style-type: none">(1) The Organiser has the right to release the results of the competition to the public.(2) The Organiser will carry out photographing/video-filming/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 and 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. |
| 15. Others | | <ul style="list-style-type: none">(1) Participants should know whether they are physically fit to participate in the competition. If in doubt, they should consult a doctor before the competition. Participants should also have sufficient practices and warm-up exercises before the competition. |

- (2) On the competition day, participants should pay attention to their personal conditions to see if they are physically fit for the competition. When feeling unwell during the competition, participants should seek help from nearby officials immediately.
- (3) Participants may purchase their own personal insurance if necessary.
- (4) No banners or flags shall be hanged in the Country Parks area without permission.
- (5) The list of the division, results of the competition and other information relating to the competition will be announced through the Organiser's website.
- (6) No application for changing the date of any race from a participant/team is accepted.
- (7) No parking spaces will be provided to the participants. Vehicles shall not enter the entrance of Plover Cove Reservoir as well as the reservoir area without permission.
- (8) No pets are allowed during the competition.
- (9) The Organiser reserves the right to amend any information contained in this Notes for Participants at any time without prior notice.

16. Transportation : Take bus no. 75K or 275R (available on Sundays and public holidays only) or public light bus no. 20C at Tai Po Market Railway Station, alight at Tai Mei Tuk Bus Terminus (the journey takes about 30 minutes), and walk about 5 minutes to the Centre

17. 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)

If there is any inconsistency or ambiguity between the Prospectus and the Notes for Participants, the Notes for Participants shall prevail.