



Distance Run Competition

Organiser :



Gold

Sponsors :

Acti-Tape



~ Prospectus ~ (Activity Number: MG250005RUN)

1. Purpose : To encourage members of the public aged 35 or above to join competition against with peers and enjoy the fun of sports.
2. 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.
3. Venue : Main dam of Plover Cove Reservoir, Tai Po (Tai Mei Tuk)
4. Eligibility : Participants shall be aged 35 or above (calculated as at the day of the competition, i.e. those who were born on or before 8 February 1991 are eligible to participate in the competition)

5. Divisions and Quota :

Division	Age	Division Code	Quota
Men's A Grade	65 or above	MA	742 persons
Men's B Grade	60 – 64	MB	
Men's C Grade	55 – 59	MC	
Men's D Grade	50 – 54	MD	
Men's E Grade	45 – 49	ME	
Men's F Grade	40 – 44	MF	
Men's G Grade	35 – 39	MG	
Women's A Grade	65 or above	FA	
Women's B Grade	60 – 64	FB	
Women's C Grade	55 – 59	FC	
Women's D Grade	50 – 54	FD	
Women's E Grade	45 – 49	FE	
Women's F Grade	40 – 44	FF	
Women's G Grade	35 – 39	FG	

6. Notes for Applicants : (1) Applicants should consider whether they are physically fit to participate in the competition. Please consult the doctor in case of doubt.
- (2) All participants must register as users of the SmartPLAY system and provide the information required for enrolment during registration, such as date of birth and gender before they can enrol in the competition.
- (3) Each applicant is only required to submit one e-application form for the event via the SmartPLAY system. In the event of duplicated applications, submission of incomplete information, non-compliance with competition requirements or ineligibility on the part of applicants, the applications in question will be rejected by the system.
- (4) Alterations to the details provided will not be allowed after the submission deadline for e-application forms. All the information provided in the e-application forms must be true and correct and given in details. Once the e-application are confirmed, alternations to all details provided (including participating event(s) and personal particulars) will not be allowed, except for changes to the contact numbers and email addresses, which, if any, should be made via the SmartPLAY accounts as soon as possible.
- (5) For effective resource utilisation, the Organiser may adjust the quota for each division with reference to the enrolment response. If there is a need to adjust the quota, the adjusted quota will be announced on the Masters Games 2025/26 website. Applicants or participants shall raise no objections.
- (6) If there are less than 2 participants for a division, the Organiser has the right to combine it with a division for a younger age group or cancel the division.
- (7) Applicants providing false information will be disqualified from all events. The competition results attained by them will be declared void and the enrolment fees paid will not be refunded.
7. Enrolment Fee : \$20 per person (those aged 60 or above, full-time students or persons with disabilities are eligible for 50% concessionary rate with valid proof). Each applicant should pay the fee according to their age on the first day of competition (i.e. 8 February 2026).
8. Competition Distance : The distance for the competition is about 7 km.



Remarks: the course starts at Location 1, proceeds towards Pak Sha Tau and returns to Location 1 after passing the Turning Point (Location 2).

9. Ballot and Payment Arrangements:

	Submission of E-applications	Ballot and Announcement of Results	Payment/Confirmation	Announcement of Remaining Quotas	Open Enrolment
Date	From 15 to 21 November 2025	From 4 to 6 December 2025	From 7 to 13 December 2025 (Smart Self-service Stations: until 11:00 p.m. daily; Electronic Platform: until 11:59 p.m. on the payment due date)	14 December 2025	From 15 to 28 December 2025 (8:30 a.m. on the first day)
Notes	<ul style="list-style-type: none"> All applicants are welcome to submit e-application forms. 	<ul style="list-style-type: none"> All quotas will be allocated by means of ballot via the SmartPLAY system; After the ballot, successful applicants will receive an electronic notification of successful application and payment/confirmation generated by the system; Members of the public may also check the ballot results through My SmartPLAY App, the SmartPLAY webpage, the smart self-service stations at DLSOs, leisure venues or the Masters Games 2025/26 website, but they <u>will not be notified separately by post.</u> 	<ul style="list-style-type: none"> Successful applicants must settle the payment or complete the confirmation procedures within the specified payment/confirmation period through My SmartPLAY App, the SmartPLAY webpage or smart self-service stations. For details, please visit www.smartplay.lcsd.gov.hk/website/en/features/payment.html. 	<ul style="list-style-type: none"> If there are quotas left after the end of payment/confirmation period, the number of such quotas will be announced through My SmartPLAY App, the SmartPLAY webpage or the smart self-service stations. 	<ul style="list-style-type: none"> SmartPLAY users may complete the enrolment procedures through My SmartPLAY App, the SmartPLAY webpage or the smart self-service stations.

10. Payment Hours of DLSOs, Leisure Venues and Smart Self-service Stations :

	DLSOs		Leisure Venues (including sports centres / tennis courts)	Smart Self-service Stations
Payment Hours for	Mondays to Fridays	8:30 a.m. to 4:30 p.m.	7:00 a.m. to 10:00 p.m. (8:30 a.m. for the first	7:00 a.m. to 11:00 p.m. (8:30 a.m. for the first

Open Enrolment	Saturdays, Sundays and public holidays	Closed	day of open enrolment) (Except for the first and second days of the Lunar New Year)	day of open enrolment) (Except for the first and second days of the Lunar New Year)
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11. Format : 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.
12. Rules :
 - (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) Participants must follow the route planned by the Organiser.
 - (3) 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.
 - (4) 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.
 - (5) Unless otherwise specified in this prospectus, the competition will abide by the rules and regulations currently adopted by the Hong Kong, China Association of Athletics Affiliates.
13. 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.
14. Referee : Qualified referees will be arranged by the Organiser. All participant must abide by their decisions.
15. Appeal : No appeal will be accepted. The referees' decision on the competition results shall be final.
16. Equipment :
 - (1) Participants should wear proper sportswear and footwear for competition.
 - (2) Participants shall wear the number bib (with timing chip) provided by the Organiser on the competition day, otherwise they will not be permitted to participate in the competition. The number bib 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. No replacement of the number bib and timing chip will be provided and the enrolment fee paid will not be refunded.
17. 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.
18. Awards : A medal will be awarded to the champion, 1st runner-up, 2nd runner-up and 3rd runner-up of each division.
19. Enrolment Method :
 - (1) Applicants must submit the e-application forms for balloting through My SmartPLAY App, the SmartPLAY web page or the smart self-service stations **between 15 and 21 November 2025**. Please provide the required information, including the division and event intended to participate in and gender, in a clear manner, and complete and sign

the declaration.

- (2) **No waiting lists will be drawn up for the ballot. Applicants are required to make a fresh application for the remaining quotas, if any, after the ballot on a first-come-first-served basis during the open enrolment period.**

20. 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) When the “Air Quality Health Index (AQHI) of 7 or above” has been issued by the Environmental Protection Department (EPD) on the competition day, the arrangement of the competition is as follows:

“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 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.

21. Changing the
Date of
Competition

- (1) The Organiser has the right to change the date of a competition or make any alternative arrangements under special circumstances. Should anything unforeseeable happen during the competition, the referee on the spot or the Organiser has full discretion about whether the competition should continue and participants shall raise no objection.

- (2) For a participant who has already taken part in one of the events during the competition, if the participant cannot participate in the remaining matches due to inclement weather or any other reasons, there shall be no refund of the enrolment fee already paid.
- (3) No application for changing the date of any competition from a participant is accepted.

22. By-law

- (1) Participants shall comply with all the rules and regulations prescribed by the competition venue and the announcements of the Organiser.
- (2) The Organiser has the right to release the results of the competition to the public.
- (3) 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.
- (4) 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.
- (5) 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 Applicants.
- (6) The Organiser reserves the right to amend any information contained in this prospectus at any time without prior notice.

23. Enquiries

Major Events Section, LCSD

Tel. No.: 2601 7673

Office hours: Mondays to Fridays: 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 is available at the Masters Games 2025/26 website.
本章程另備有中文版本，可於「先進運動會 2025/26」網頁下載。