



TO THE TOP OF HONG KONG SERIES
香港之巔系列賽



To The Top HK New Year 10KM Challenge 2024
香港之巔元旦10公里挑戰賽2024

2024/1/1
10km/ 500m⁺

賽事資料 Race Bulletin

香港之巔元旦 10 公里挑戰賽 2024

賽事資料

日期：	2024 年 1 月 1 日
比賽範圍：	城門郊野公園
路線：	10 公里 越野跑
出發時間：	0900 (兒童組/ 青年組) 0930 (公開組/ 先進公開組)
比賽時限：	3 小時 (兒童組/ 青年組) 2.5 小時 (公開組/ 先進公開組)
起點：	城門水塘主壩
終點：	城門水塘主壩

大會程序

0800	兒童組/ 青年組開始領取選手包及寄存行李
0830	公開組/ 先進公開組開始領取選手包及寄存行李
0900	兒童組/ 青年組出發
0930	公開組/ 先進公開組出發
1030	預計領先跑手衝線
1100	食物及飲品開始供應
1130	頒獎
1200	終點關閉 比賽結束

To The Top HK New Year 10KM Challenge 2024

Race Bulletin

Date:	2024 January 1
Race area:	Shing Mun Country Park
Courses:	10km Trail Running
Start Time:	0900 (Kids/ Youth Categories) 0930 (Open/ Master Categories)
Time Limit:	3 hours (Kids/ Youth Categories) 2.5 hours (Open/ Master Categories)
Start:	Shing Mun Reservoir Main Dam
Finish:	Shing Mun Reservoir Main Dam

Rundown

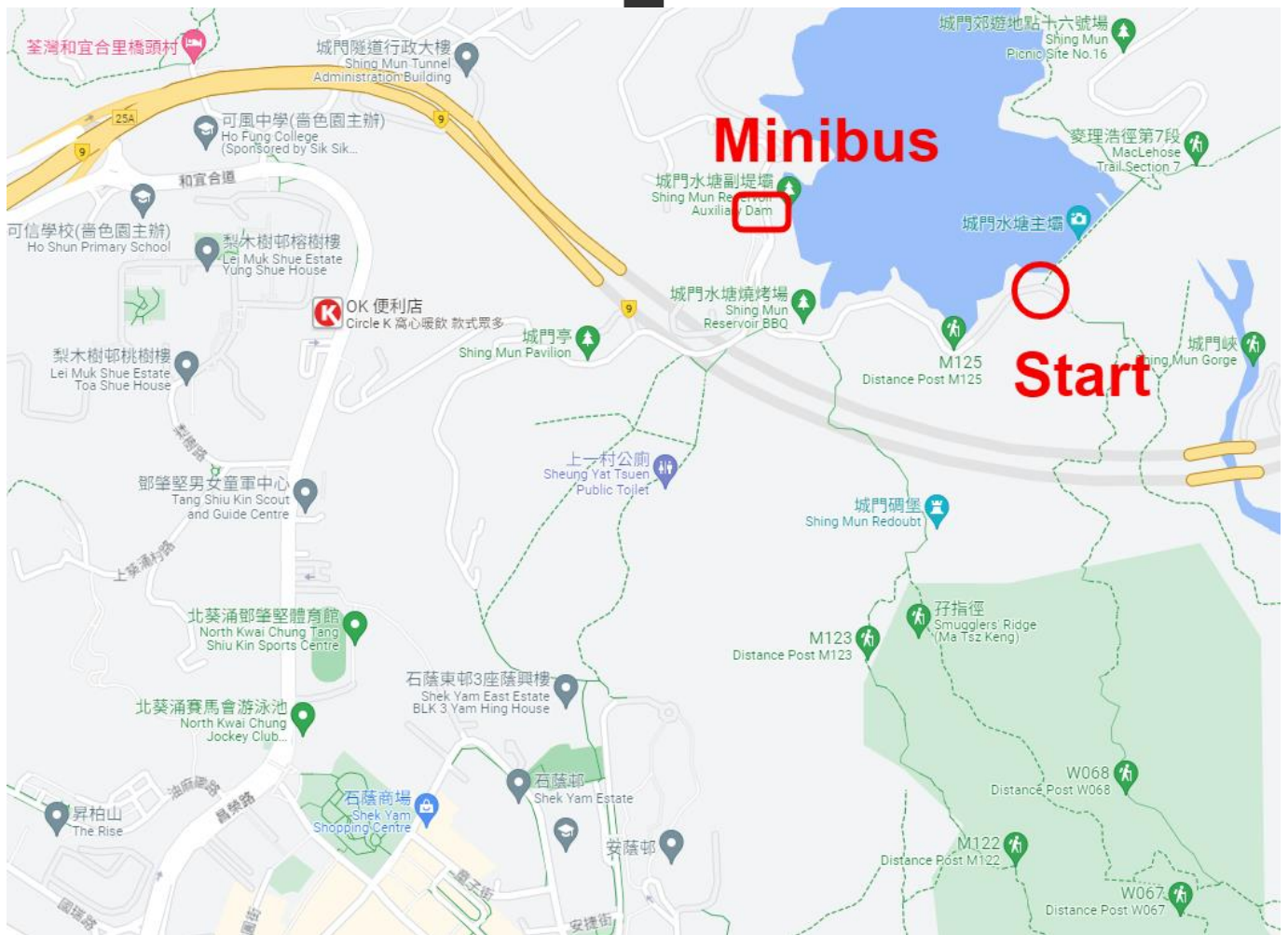
0800	Kids/ Youth obtain Race Pack & Baggage Deposit
0830	Open/ Master obtain Race Pack & Baggage Deposit
0900	Kids/ Youth Start
0930	Open/ Master Start
1030	Expected finish of top runners
1100	Catering begins
1130	Prize Ceremony
1200	Finish closes End of race

報到及起點

1. 位於城門水塘主壩 (見下圖)
<https://maps.app.goo.gl/efG7yCzassQm2bmD9>
2. 公共交通
[82 小巴](#)在城門水塘下車，步行約 10 分鐘。
或在荃灣地鐵站乘坐的士前往。
3. 駕車
起點沒有車位，最近的停車場位於梨木樹邨，步行約 30 分鐘。
4. 設有行李寄存。
5. 為減輕起點洗手間的負荷，請在前往起點前先上洗手間。

Registration & Start

1. At Shing Mun Reservoir Main Dam. Refer to map:
<https://maps.app.goo.gl/efG7yCzassQm2bmD9>
2. Public transport:
[Minibus 82](#) – alight at Shing Mun Reservoir and walk for about 10 minutes; or take taxi from Tsuen Wan MTR station.
3. There is no parking space at the Start. The nearest parking locates at Lei Muk Shue Estate (30min walk)
4. Baggage deposit is available.
5. To avoid long toilet queue at the Start, please go to the toilet before you proceed to the Start.



行李寄存

1. 所有組別設有行李存放服務，賽會將會代為看管行李。
2. 每人將獲發一個膠袋、一張寫有號碼布編號的行李牌及一條索帶，請把行李放於膠袋內，並以索帶連著膠牌緊索好，然後才寄存。
3. 每人只可寄存行李一次，及限寄存行李一件。
4. 賽後請憑號碼布取回行李。
5. 賽會有權拒絕寄存貴重物品及過大行李。
6. 須自行承擔風險，寄存的行李如有任何原因導致之損壞或遺失等，賽會概不負責，因此請勿寄存貴重物品。

安全措施

1. 部分路段可能有車輛行駛，**參加者請靠左跑及小心車輛**。
2. 途徑美松苑時需要橫過屋苑車輛出入口，**參加者請遵守交通規則及小心車輛**。
3. 賽道包含一些崎嶇不平、陡斜險要及泥石鬆散的路段，小心滑倒。
4. 部分路段受山泥傾瀉影響，路面較為崎嶇，大會已在相關路段確認安全路線並綁上指引彩帶，請小心通過。



Baggage Deposit

1. All categories will have baggage deposit service. The organizer will look after the baggage for all runners.
2. Every runner will get a plastics bag, a baggage tag with his / her bib number and a cable tie. Please place your bag inside the plastic bag and tie the plastic bag tightly with the baggage tag attached before depositing your baggage.
3. Each person is entitled to deposit one bag at one time only.
4. Please retrieve your baggage with your number bib.
5. The organizer has the right to refuse valuable items and oversized bags.
6. Competitors deposit their bags at their own risk. **Please do not bring valuables.** The organizer is not responsible for any losses.

Safety Measures

1. There may be cars along some parts of the route. Runners please **KEEP LEFT and BEWARE OF CARS**.
2. There will be a road crossing at the entrance of May Shing Court. **Please obey the traffic rules and beware of cars.**
3. The course is rocky, uneven, steep and slippery in places. Please be careful.
4. Some parts of the route are rough due to landslide. The organizer has confirmed the safe routes and put up tapes. Please be careful.

5. 其中一段受山泥傾瀉影響的路段由於風險過高，賽會將會指引參加者在附近的小徑通過，所有參加者必須跟隨賽會指定路線，不得冒險通過高危路段。



6. 請與其他參賽者及公眾保持禮讓，避免碰撞。
7. 請帶備足夠飲品及食物，並自備水樽或水袋在終點裝水。
8. 如比賽途中感到不適，請勿勉強比賽，並向大會尋求協助。
9. 所有賽員及家長須自負個人意外責任，賽會概不負責，建議參加者自行購買合適保險。

5. There is a spot being too dangerous to pass due to landslide. The organizer will guide the runners to go with an alternative route nearby. All runners must follow the route set by the organizer. Do not take risk.



6. Please keep your manners, be careful and avoid bumping into people.
7. Please bring enough food and drink. Bring your own water bottle or bladder to take away water from Finish.
8. If you feel unwell during the race, you should stop racing and seek for help from the organizer.
9. Competitors and their parents participate at their own risk. The organizer undertakes no liabilities to any personal injury. Competitors are recommended to purchase suitable insurance.

計時系統

1. 本賽事使用 SPORTident AIR+計時系統，參賽者必須配戴大會所提供的指卡作賽，以記錄其比賽成績。



2. 於比賽當日，參賽者須在出發前於起點領取 SPORTident AIR+計時指卡。參賽者於領取指卡後，可於放置於起點的「TEST」感應器測試指卡，指卡會發出閃燈及聲響，表示計時指卡運作正常。



3. 終點將設置計時感應板。參賽者必須配戴計時指卡走過 2 塊計時感應板組成的通道，以記錄其比賽成績。

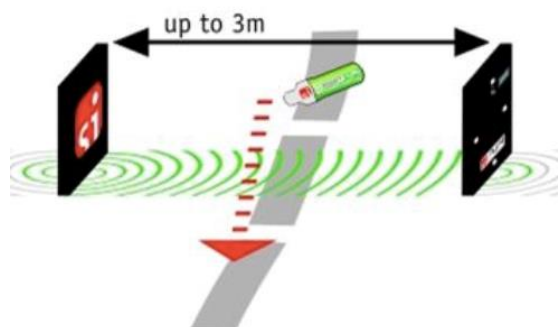


Timing System

1. SPORTident AIR+ timing system is used for this race. Participants are required to carry the SI card provided by the organizer during the race in order to record their results.

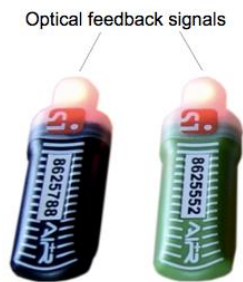
2. On the race day, participants are required to collect the SPORTident AIR+ timing card at the start. After collecting the card, participants can test their cards at the "TEST" station. The timing card would feedback with "beep" sound and flashing optical signal, meaning the card is functioning normally.

3. Timing Gate will be set up at Finish. Participants have to pass through the gate with their SI card in order to record their race results.



4. 各檢查站將設置計時感應器，參賽者必須配戴大會所提供的計時指卡通過設於各檢查站之計時感應器，指卡會發出閃燈及聲響以供參賽者確認成功記錄。

5. 計時感應器和計時指卡的有效範圍為 1.8 米。



6. 根據廠方指引，如果賽員佩戴 GPS 錶出賽，請勿將指卡和錶佩戴在同一隻手上，否則 GPS 錶會大幅降低指卡的敏感度，可能引致計時無效。



7. 參賽者在比賽期間有責任妥善保管計時指卡，並於比賽後交還。若有遺失或損毀，參賽者必須賠償港幣\$700予Y2Y定向運動發展及培訓有限公司。

4. Timing station will be set up in each Check Point. Participants are required to record their arrival at the timing station at each Check Point with the use of the SI card provided by the organizer. The SI card will feedback with “beep” sound and flashing optical signal upon successful record.

5. Effective range of the timing station is 1.8m.



6. If you are wearing a GPS watch, do **NOT** wear a **GPS watch and the SI card** at the **same arm** as the active antenna of some GPS-watches can significantly reduce the SIAC's sensitivity. This may affect recording of your race result.

7. **The SI card has to be returned to the organizer after the race.** Participants should take good care of the SI card during the race. If the SI card is lost or damaged, the participant has to indemnify Y2Y Orienteering Development and Training Limited for the cost of the SI card at HKD700.

路線指示

1. 賽道沿途會有指示，參加者不須利用地圖及指南針，但亦可自行帶備以備不時之需。
2. 在所有路口位將會有箭嘴指示(見下圖)，並輔以紅白色膠帶作引導。
3. 除以下圖片所示的指示，賽道沿途或會有其他指示及絲帶，並不代表本賽事立場。
4. 參加者必須依照大會指示完成賽事，如有發現違規情況，可能會被取消資格。



www.tothetop.hk

香港之巔挑戰賽
To The Top of Hong Kong Challenge

【警告 Caution】
此指示牌是為一項越野跑比賽而設。移動指示牌可能導致參加者遭受人身傷害。主辦機構將於賽事完成後盡快將其拆除。多謝合作。
This sign is for a Trail Running race and will be removed shortly afterwards. Moving them beforehand could cause injury to the participants.

Course Markings

1. Guides will be placed along the course. It is not necessary to use map or compass.
2. Directions will be shown at all road junctions by arrow signs (see below) together with red-white tapes.
3. Any other form of directions other than the below samples is not official.
4. Participants must follow all instructions from the organizer. Violators can be disqualified.

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比賽規則

1. 參賽者必須自力走或跑畢全程。
2. 檢查站提供的食物飲料，只供參賽者享用。
3. 參賽編號必須置於賽衣前方，於任何時間均清晰可見。
4. 倘若參賽者退出比賽，必須在最就近的檢查站或水站通知工作人員。
5. 若參賽者在比賽途中需要救護協助，應撥 **53811226** 與主辦機構聯絡，主辦機構人員即會盡力搜尋參賽者。
6. 參賽者應緊隨標示賽道前進，嚴禁另走捷徑，參賽者若被發現違規，將被取消資格。
7. 參賽者不得在沿途亂扔垃圾。被發現亂扔垃圾者，主辦機構有權給予額外計時處分。
8. 違反以上規則者可能會招致額外計時或取消參賽資格等處分，是否處分、如何處分由主辦機構全權決定，不設上訴。
9. 參賽者應為自己和他人的安全著想，無論任何時候應顧及路徑的其他使用者。橫過馬路或在馬路路段跑步時應格外小心。若遇其他參賽者受傷或不適，應加以援手。參賽者為協助受傷或不適的其他跑手而耽誤的時間，將在其完成時間中扣除。
10. 主辦機構建議參賽者自行投購個人意外保險。
11. 主辦機構保留酌情修改比賽規則、路線及/或其他安排的權利。

Rules

1. Runners must complete the marked course on foot under their own power.
2. Refreshments at the WPs are reserved for runners only.
3. Number bid must be visible at all times on the outside of clothing at the front.
4. If you withdraw from the event, you must inform the race officials at the closest checkpoint.
5. If you need first aid help on the course you should call **53811226** to contact event organizer who will make every effort to retrieve you.
6. Stay on the marked course. Short cuts are strictly prohibited and runners found to be using short cuts will be disqualified.
7. Littering is prohibited. Any participant found littering will incur a time penalty at the organizers' discretion.
8. Breaking any of the rules may incur a time penalty or disqualification. Any such penalties are at the organizers' discretion and are final.
9. Ensure your own safety and that of others. Be considerate of other trail and road users at all times. Take great care when crossing or running on roads. If another runner is injured or in distress, please assist. The race organizer will gladly deduct from your finishing time any time spent assisting an injured or distressed fellow runner.
10. We recommend that you have your own personal accident cover.
11. The organizers reserve the right to make changes to the Event Rules, route and/or other arrangements as they deem appropriate.

裝備

1. 建議穿著越野鞋。
2. 帶備手錶作計時，有 GPS 功能更佳，可作賽後檢討用。
3. 少部分路段植物較密，有需要可做好下肢保護。
4. 可使用行山杖，唯須注意安全以免刺傷他人。
5. 強烈建議帶備水樽或水袋，及適量食物。
6. 為安全起見，請帶備哨子及手機，必要時作求救用。

時限

1. 兒童組/ 青年組總時限為 3 小時。
2. 公開組/ 先進公開組總時限為 2.5 小時。
3. 終點關閉時間：12:00

聯絡資料

賽事總監

許友昭

Y2Y 定向運動發展及培訓中心

電郵: run@tothetop.hk

電話: 53811226

賽事網站: www.tothetop.hk

Gears

1. We suggest you to wear trail running shoes.
2. Wear a watch to keep time. Better with GPS function for after race evaluation.
3. In a few area the vegetation is quite thick. Do lower body protection if needed.
4. You can use a hiking pole but please use it carefully to avoid hurting the others.
5. Strongly recommend you to bring with a water bottle or bladder and some food.
6. For safety, please bring with a whistle and mobile phone for emergency.

Time Limit

1. Time limit for Kids/ Youth categories is 3 hours.
2. Time limit for Open/ Master categories is 2.5 hours.
3. The Finish closing time: 12:00

Contacts

Race director:

HUI Yau Chiu

Y2Y ORIENTEERING DEVELOPMENT AND TRAINING CENTRE

Email: run@tothetop.hk

Tel: 53811226

Event website: www.tothetop.hk