



LAST UPDATE: 12.17 19:00

GOLDEN 100
香港黃金百里

線上跑 30 45 100 公里
KM

實體賽 45 公里
KM



線上跑: 2022.12.21-2023.01.21

實體賽: 2022.12.24 📍城門水塘



4KM | 8KM FAMILY RUN
親子跑 跑手須知
RUNNER'S GUIDE

GOLDEN 100
HONG KONG

基本資料 RACE DETAILS

日期 DATE: 2022.12.25 (日SUN)

起步時間 START TIME: 9:30

賽程 DISTANCE: 4 | 8KM

限時 TIME LIMIT: 3小時 HOURS

路線 ROUTE:

城門水塘一圈 SHING MUN RESERVOIR



防疫要求 DISEASE PREVENTION

1. 所有參賽者都必須符合政府之「疫苗通行證」之要求。參賽者到達起點時需出示「疫苗通行證」以供工作人員核實，「藍碼」方可出發。「紅碼」人士將不得進入起跑區，參賽費用亦不獲退還。

1. All participants must meet the government's "Vaccine Pass" requirements. Participants aged 5 or above must present the QR code on the "Vaccine Pass" for scanning. Only participants who show a Blue Code are allowed to enter the start zone. Participants with Red Code will not be allowed to start the race. No fee will be refunded.

防疫要求 DISEASE PREVENTION

2. 所有參賽者必須在比賽開始前48小時內進行 COVID-19 聚合酶鏈反應 (PCR) 測試**並提供陰性的檢測結果。**

2. All runners are required to conduct a COVID-19 polymerase chain reaction (PCR) test and **provide validated negative results** within 48 hours before the start of the race.

上載連結 UPLOAD LINK

<https://golden100.hk/pcr-upload/>

防疫要求 DISEASE PREVENTION

3. 所有參賽者**必須在比賽當天進行快速抗原檢測 (RAT)**，並在檢測結果寫上自己名字。比賽當天需要展示陰性結果方可進入起點出發區。

3. All runners are required to conduct a rapid antigen test (RAT) on race day. To enter the start area, runners must show a photo of a negative RAT with his/her name handwritten on the test kit.

到達起點及起步 GETTING STARTED

起點 START: 城門水塘大壩南端
SHING MUN RESERVOIR

8:15am 準時開放，建議參加者盡早到場準備，大會有提供行李寄存，每人只限一件。

Opens at 8:15am sharp. Suggest runners to arrive early. Bag drop service is available and is limited to one bag per person.



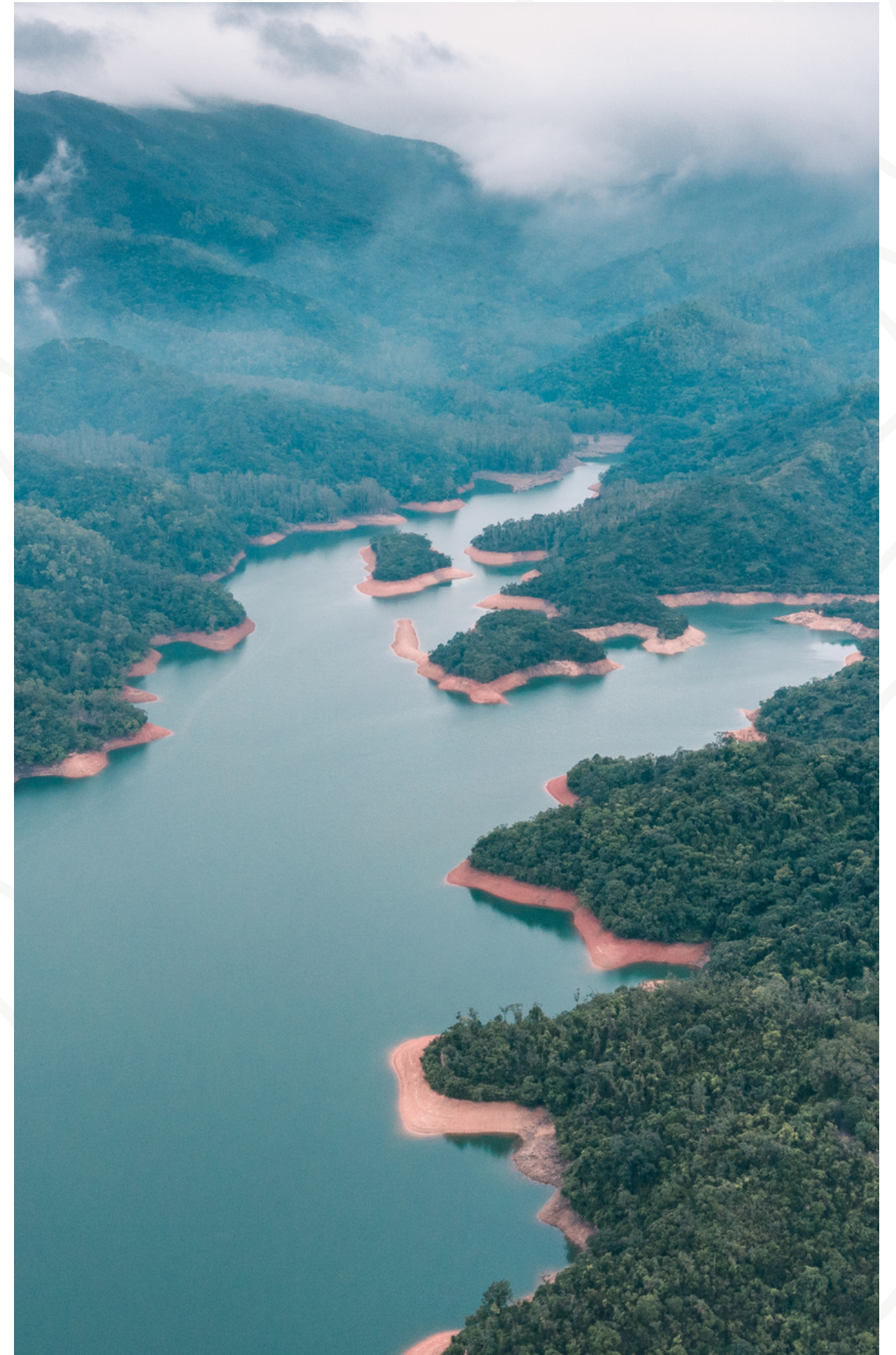
到達起點及起步 GETTING STARTED

如需於起點領取跑手包，或須排隊輪候，敬請預留充足時間。

起點9:45準時關門，逾時不能起步。

If you need to pick up race kit at the start point, please set aside sufficient time for line ups. The start point will be closed at 9:45 am and no runners will be allowed to start the race after.

起點位置 START LOCATION:
[Google Map](#)



到達起點及起步 GETTING STARTED

提交疫苗通行證(藍碼)及陰性快測結果後，跑手方可進入起跑區。請務必繼續戴上口罩及保持1.5米社交距離。

Runners are required to show Vaccination Pass with Blue Code and a negative RAT result prior to entering the start area. Please be advised to keep social distancing of no less than 1.5m with one another.

所有跑手分批起步，越過起點線後方可除下口罩。

Runners will start in batches, and will be allowed to take off their masks after passing the starting line.



賽道 RACE COURSE

路標 WAYMARK

全程均有指示

Placed along the entire course

8公里跑手須於4公里水站獲得印章，以證明完成8公里距離。8公里跑手亦可中途選擇完成4公里賽程。

8KM Runners have to obtain a stamp from the 4km water station as a proof of finishing the 8km course.

Runners can choose to finish the 4km course instead on the event day.



賽道 RACE COURSE

水站 WATER STATIONS

4KM: 路線上約2KM位置 (1個)

2KM location (1 stn)

8KM: 路線上約2KM及約4KM位置 (2個)

2KM & 4KM location (2 stns)

所有補給站只提供飲用水，請自備水樽。

All checkpoints will provide drinking water only. Please bring your own bottle.

跑手嚴禁自行斟水，必須由工作人員補充。

Runners are NOT allowed to fill their bottles. CP volunteers will be there to help.



賽道 RACE COURSE

跑手可自行攜帶食物。

Runners may bring their own food.

終點有食物派發。(見完賽禮品包)

Food will be available at finish point. (See "Finisher Goody Bag")



賽道 RACE COURSE

其他重要規則 IMPORTANT RULES

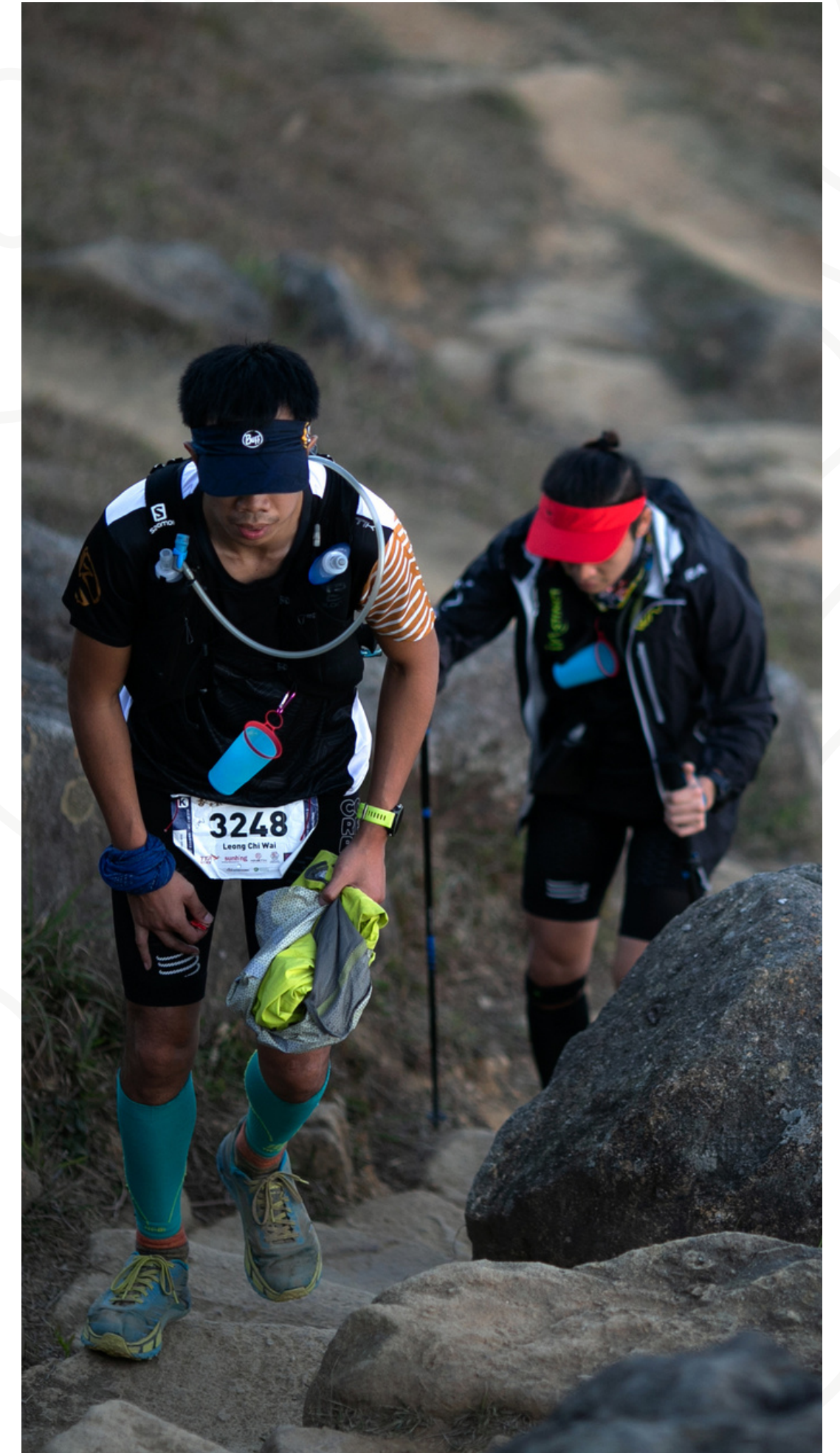
1. 參賽者必須靠自己能力完成賽事。

Runners must complete the race under their own power.

2. 8公里實體跑參加者，可中途轉至4公里組別。
(Physical run) 8KM runners can switch to the 4KM category during the run.

3. 親子跑不設計時及獎項。

Prize and official finishing times are not available for Family Run.



終點 FINISH

跑手返回終點後，必須於兩分鐘內戴上口罩。

Runners must put on the masks within 2 minutes after passing the finish line.

請勿在終點位置聚集。

Do not assemble at finish point.



完成禮品包 FINISHER GOODY BAG

完成者可獲禮品包，包括：

零食包 x1、氣球 x1、水果 x2、
飯糰 x1、奧樂蜜C x2、完成鈴鐺 x1、
完成證書 x1

Finisher will receive a goody bag
with the following:

Snack pack x 1, Balloon x 1, Fruit x2,
Rice Ball x 1, Oronamin C x 2, Finisher
Cowbell x 1, Finisher Certificate x 1



終點 FINISH

如有任何爭議或投訴，必須在參加者完成比賽後15分鐘內通知大會，並提供相關証據。大會的決定為最終裁決，不設上訴。

Any dispute or complaints must be raised to the organizer within the first 15 mins after the runner completed the race. Runners may also provide relevant evidence to support their allegations. Decisions made by the organizer shall be deemed final and no further appeal will be entertained.

緊急聯絡 EMERGENCY CONTACT

如遇到緊急事項，請致電以下電話。此電話號碼亦印在號碼布上，供跑手不時之需。

For urgent matters, please call the following number, which is also printed on the race bib for emergency purpose.

電話 CALL
5634-5178

跑手優惠 RUNNERS' BENEFITS



憑號碼布購物可享折扣 Present race bib to enjoy shopping discount

25% OFF: Altra/Tailwind/Yamatune/Crampfix/Beetit

20% OFF: **其他產品** OTHER PRODUCTS

10% OFF: **運動手錶** SPORTS WATCHES

優惠期至 VALID TILL: 2023.1.31

<https://gone.run/>



憑號碼布到 Checkpoint 購物可享額外3%折扣，包括特價及優惠產品。

Present race bib and enjoy an extra 3% shopping discount on their at Checkpoint Store, discounted items included.

優惠期至 VALID TILL: 2023.1.31

<https://www.facebook.com/checkpointsports.hk/>



憑號碼布購買指定品牌鞋款即有75折優惠 (公價及減價貨品除外)

Present race bib and enjoy 75% discount on selected shoes.

(Discounted and fixed-price items excluded)

優惠期至 VALID TILL: 2023.1.31

<https://actionpanda.hk/>



祝順利完成 ENJOY YOUR RUN

主辦 ORGANIZER



協辦
CO-ORGANIZER



大會指定運動店
OFFICIAL GEAR SHOP



大會指定越野跑鞋
OFFICIAL SHOES



大會指定運動補充
OFFICIAL SPORT
NUTRITION



贊助單位 OFFICIAL SPONSORS

