

## **所有參加者請注意 Notes to All Participants**

- 參加者需確保其健康及體力適宜參加是次活動；如有疑問，應先向醫生查詢。  
Participants should be physically fit. Please consult your doctor if necessary.
- 大會將為參加者提供礦物質水。  
Mineralized Water is provided.
- 活動進行期間將不設封路措施，活動路線途經行人路，請參加者注意個人安全。  
The roads will not be closed. We will use the sidewalks. Please take care of your safety along the route.
- 參加者請帶備帽及雨具以防陽光曝曬或下雨。  
Please bring a cap and umbrella for protection from sunshine and rain.
- 參加者請小心保管財物及請勿攜帶貴重物品出席活動，如有任何遺失或損毀壞，主辦單位概不負責。  
Please beware of your belongings during the activities and please do not bring valuable items. We will not be responsible for any loss or damages.
- 參加者必須遵照主辦機構及警方的指示。  
All participants must follow the instructions of the organizers and police.
- 主辦機構保留權利修改條款及細則、路線、時間及一切有關是次活動之細則。  
The organizers reserve the right to amend the conditions, routes, schedule and all issues related to the activity.
- 若活動當日於早上七時或之前懸掛紅色或黑色暴雨警號、八號或以上颱風訊號，主辦機構將取消活動；在其他天氣情況下，活動將繼續進行，唯主辦機構保留權利取消或延期舉行活動。  
In the event of red or black rainstorm, Typhoon No. 8 or above is hoisted at or before 7:00am on the event day, the activity will be cancelled. In other weather situations, the event will go ahead; but organizers reserve the right to cancel or delay the activity.
- 若活動取消，所有已收取之善款，恕不退還，全數撥捐香港復康會，以幫助香港及中國的殘疾人士。  
In case of cancellation, pledges are not refundable. All funds raised will be donated to the Hong Kong Society for Rehabilitation to help people with disability in Hong Kong and China.

## **賽跑隊伍規則及成績計算方法 Team Rules and Counting of Team Result**

- 每隊機構/學校/公開隊伍必須最少有三名隊員，最多四名隊員。每隊公開隊伍最少有一名男隊員及一名女隊員。  
Each corporate/school/open team should consist of at least three and at most four members. Each corporate/open team must have at least one woman and one man.
- 每隊機構/公開隊伍成績計算是根據每隊首三名完成者的名次總和，唯在每隊之首三名完成者中，必須包括一名男參加者和一名女參加者。  
Corporate/Open team results shall be determined by the sum of the first 3 finishers' position in each team, BUT there must be at least 1 male and 1 female among the three.
- 每隊中學隊伍之隊員必須於同一院校就讀，連同賽跑報名表及學生証影印本必須一併遞交。  
Each school team shall consist of students attending the same school and must be sent in together with the Run entry form and the copy of School ID card.
- 各間機構/學校的參賽隊伍數目不限。  
There is no limit to the number of teams entered by one school/corporate.
- 每位隊員的成績，亦會計算於個人組別之成績內。  
Each member's result will also be counted in individual category.