

2010 Duathlon Series Race 3 – Race Information

2010年陸上兩項項賽比賽 3 - 比賽資料

Date : Sunday, 21 March 2010
 Venue : Kong Ha Au BBQ Site, Bride's Pool Road

日期 : 2010年3月21日
 比賽地點 : 新娘潭路岡下坳燒烤場

Race Course 比賽距離

Category 組別	Distance 距離
Course A: Elite Open/Age Group (Road Bike) 賽程 A: 精英公開組/分齡組 (公路單車)	5km run/30km bike/5km run 5 公里跑步/30 公里單車/5 公里跑步
Course B: Elite Junior/Open Youth/Junior/Open/Veteran (Road Bike) 賽程 B: 精英青年組/少年公開組/青年組/公開組/元老組 (公路單車)	2.5km run/20km bike/2.5km run 2.5 公里跑步/20 公里單車/2.5 公里跑步
Course C: Junior/Open/Veteran (Mountain Bike) 賽程 C: 青年組/公開組/元老組 (爬山單車)	2.5km run/20km bike/2.5km run 2.5 公里跑步/20 公里單車/2.5 公里跑步

Event Schedule 比賽時間表

0600	Registration 報到
0640	Race Briefing 賽事講解
0700	Race Start – Course B & C 比賽開始 – 賽程 B & C
0715	Race Start – Course A 比賽開始 – 賽程 A
0930	Prize Presentation (Tentative) 頒獎禮 (暫定)
1000	Official Bus Departure (after prize presentation) 大會巴士離開 (頒獎禮後)

Official Bus Schedule 大會巴士時間表

0500	City Hall, Central 中環大會堂
0515	KCR Station, Kowloon Tong 九龍塘火車站
0530	Pan Tau Village, Shatin 沙田排頭村

Read through race information, you may also check the start list (which will be maintained on the HKTriA web site www.triathlon.com.hk on (Wednesday, 17 March 2010) for your race number.

請詳閱比賽資料, 本會網頁 www.triathlon.com.hk 亦會於 3 月 17 日(星期三)登出所有參賽名單及比賽號碼

Safety 安全

Course familiarization is recommended.

細閱及了解比賽賽程

First Aid Station will be located on next to Registration Area.

急救站設於報到處旁

All possessions are left there at your own risk. You are therefore recommended not to bring any valuables with you.

賽會將不會負責保管參賽者之一切物品。故各參加者應避免攜帶貴重物品

Arrival & Registration 到達及賽事登記

For those participants who entered this event through their Affiliated Clubs, please report to your Affiliated Club representative.

經屬會報名參加賽事的參賽者，請向屬會負責人報到。

For all other participants (including those who are members of, but did not entered this event through, their Affiliated Club):-

其他參賽者 (包括屬會會員而不經屬會報名參加賽事者):-

On arrival at the race venue, proceed to the HKTriA Registration Desk to collect your race number cloth 、bike number and helmet number.

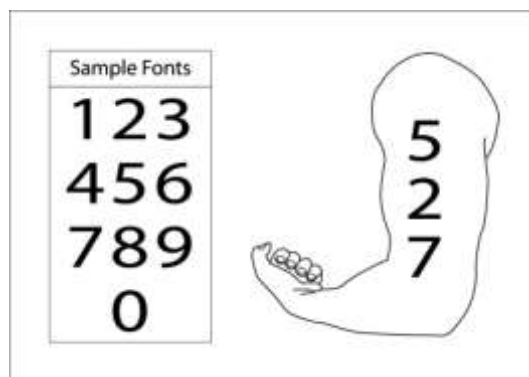
到達比賽場地後，請往報到處報到並收取你的比賽號碼、單車號碼及頭盔號碼。

At this time the Registration Officials will mark your race number on your arms and legs.

同時間工作人員會為各參加者的手臂及大腿寫上號碼。

Please refer to below diagram:

請參考以下圖片：



Race Briefing 賽事講解

All participants must attend the relevant Race Briefing which will be held at Transition Area.

所有參賽者必須出席於轉項區的賽事講解

The race will start after the Race Briefing, all participants should bring along all their race equipment.

比賽將於賽事講解後進行，各參賽者須帶備所有參賽用品

Race Briefing will be conducted in Cantonese and English. If you have any questions, please clarify with the Race Briefing Officials.

賽事講解會以英文及中文進行，如有問題請即向賽事講解工作人員了解清楚

1st Run Stage 第一段跑步賽程

Course A (5 km): Start Line → Turning Point A → Transition Area

賽程 A (5 公里): 起點 → 轉折點 A → 轉項區

Course B (2.5 km): Start Line → Turning Point B → Transition Area

賽程 B (2.5 公里) 起點 → 轉折點 B → 轉項區

Course C (2.5 km): Start Line → Turning Point B → Transition Area

賽程 C (2.5 公里): 起點 → 轉折點 B → 轉項區

Your race number must be visible on your front throughout the run. Offender will be disqualified.

在跑步賽段時必須將號碼布扣在背心前面，違規者被取消比賽資格

All athletes male and female, must wear a running top or jersey that securely covers their chests and nipples throughout the run course. Offenders will be disqualified.

所有男女運動員在跑步賽段中均穿上跑步上衣或單車衫作賽，必須遮蓋胸部及不可露點

Transition 轉項區

All competitors are required to put their race equipments in the transition area before the race briefing.

參賽者必須在賽事講解前將所有比賽用品放入轉項區內

Athletes must collect your bike and race equipments at the transition area after the whole race finished .

參賽者必須在整個比賽完成後, 才可到轉項區取回比賽用品及單車

Bike Stage 單車賽程

Course A (30 km): Upon the existing the transition area, you should head along Bride's Pool Road to the Agricultures, Fisheries and Conservation Department Bike Turning Point D and then double back to Wu Kau Tang Turning Point C. Competition should repeat the loop between the two turning point 2 more times. Before head back to the transition area, this means **three** laps of the Bride's Pool Road section of the course.

賽程A(30公里)：離開轉項區沿新娘潭路到漁農處管理站之轉折點D，折返回烏蛟騰轉折點C，參賽者需來回往返烏蛟騰及新娘潭路到轉折點三次，然後返回轉項區。

Course B/C (20 km): Upon the existing the transition area, you should head along Bride's Pool Road to the Agricultures, Fisheries and Conservation Department Bike Turning Point D and then double back to Wu Kau Tang Turning Point C. Competition should repeat the loop between the two turning point 1 more times. Before head back to the transition area, this means **two** laps of the Bride's Pool Road section of the course.

賽程 B/C(20公里)：離開轉項區沿新娘潭路到漁農處管理站之轉折點D，折返回烏蛟騰轉折點C，參賽者需來回往返烏蛟騰及新娘潭路到轉折點兩次，然後返回轉項區。

Athletes have your responsibly to count your lap and official will not remind you during the race.

運動員必須自行數圈, 工作人員在比賽進行中再不作任何提示。

Drafting is allowed for this race.

容許勾車。

Your race number must be visible at your back throughout the bike ride.

參賽號碼布必須於整個單車賽段扣於背心後面。

Athletes have to **fix their helmet before taking their bikes** off the rack. Offenders will be penalized.

參賽者須**把頭盔先佩帶好,然後才可取單車**離開轉項區, 違者將被處罰。

Keep to the left side of the road except when overtaking.

除超越前車外, 請保持靠左行駛。

Remain courteous to all other road users at all times.

請和其他道路使用者合作。

There will be no Aid Stations on the cycle course. You should carry sufficient fluids to meet your own hydration needs.

在單車賽道上, 不設水站, 請各運動員帶備足夠飲品。

Athletes have to **rack the bike before removing the helmet**. Offenders will be penalized.

參賽者必須**把單車掛妥於單車架上當方可除去頭盔**, 違者將被處罰。

Athletes must bring your own bike and wear helmet during the cycling part, offenders will be disqualified.

參賽者必須自備頭盔及在單車賽段中佩帶頭盔, 違者將被取消比賽資格。

Glass Containers, headphones and headsets are not permitted during the race.

在比賽中嚴禁使用玻璃器皿、耳筒或耳機等物件。

2nd Run Stage 第二段跑步賽程

Course A (5 km): Start Line → Turning Point A → Finish Line
賽程 A (5 公里): 起點 → 轉折點 A → 終點

Course B (2.5 km): Start Line → Turning Point B → Finish Line
賽程 B (2.5 公里): 起點 → 轉折點 B → 終點

Course C (2.5 km): Start Line → Turning Point B → Finish Line
賽程 C (2.5 公里): 起點 → 轉折點 B → 終點

Your race number must be visible on your front throughout the run. Offender will be disqualified

在跑步賽段時必須將號碼布扣在背心前面，違規者被取消比賽資格

All athletes male and female, must wear a running top or jersey that securely covers their chests and nipples throughout the run course. Offenders will be disqualified.

所有男女運動員在跑步賽段中均穿上跑步上衣或單車衫作賽，必須遮蓋胸部及不可露點

Race Finish 比賽完成後

Only the results of the finishers entitled to an award will be announced on the race day. Full results will be published on the HKTriA web site (www.triathlon.com.hk) on Monday, 22 March 2010 (afternoon).

比賽當日大會只公佈每組得獎名單。所有成績亦將於2010年3月22日星期一(下午)在本會網頁 (www.triathlon.com.hk) 上公佈。

Appeal 上訴

Appeal is accepted only within 30 minutes after race and completed the "Complain and Appeal" form together with HK\$100 appealing fee. Appeal fee will only be refunded upon successful appeal.

如有任何上訴，請於該組比賽完成後 30 分鐘內，填寫「上訴」表格，並繳交\$100 按金。按金只於上訴得值時發還

Others Notes 其他事項

Participants are responsible for following the correct race course.

參賽者有責任依照正確賽道比賽

All participants must obey the instruction of race officials at all times. Failure to follow the instruction of race officials may result in disqualification.

所有參賽者必須遵從大會工作人員之指示，否則可能被取消資格

Organizer reserves the right to change the schedule or event detail as necessary. This including moving the race forward. Participants are advised to arrive at the race venue early.

大會有權因應需要更改賽事安排及時間表，包括提早賽事時間。故參賽者請盡早抵達比賽場地。

Race result will be calculated according to the official clock.

賽事成績以大會時計為準則

Parents are not allowed to enter the transition area and run with any participants during the race. Otherwise, participants will be disqualified.

家長禁止進入轉項及在跑步中陪跑，否則參賽者會被取消比賽資格

Road Closure and Carpark Arrangement

The following section of road will be temporary closed to all vehicular traffic from 6:00am to 10:00am on Sunday, 21 March 2010 expect emergency vehicles:

下列路段將於 2010 年 3 月 21 日(星期日)上午 6 時至中午 10 時正臨時封閉,除緊急車輛外,其他車輛一律不准駛入

- the section of Ting Kok Road between Tai Mei Tuk Road and Mei Wo Road
介乎大尾督路與美湖路之間一段汀角路
- Mei Wo Road and Bride's Pool Road
美湖路及新娘潭路

Inclement Weather/ Conditions Warnings 惡劣天氣警告

If Typhoon Signal No.8 or above is hoisted at any time from 12:00 noon on the day before race, the race will be postponed to 28 March 2010 at the same time and venue.

如於比賽前一天中午十二時懸掛八號颱風訊號或以上,賽事將延至 3 月 28 日相同時間地點進行。

If the Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm/ Thunderstorm/ Landslide warning be hoisted at any time after 05:00 on race morning, the race will be postponed to 28 March 2010 at the same time and venue.

如在比賽日早上五時或以後仍然懸掛三號颱風訊號/黃雨/紅雨/黑雨/雷暴及山泥傾瀉警告,賽事將延至 3 月 28 日相同時間地點進行。

Should the above Inclement Weather / Condition Warnings be raised after the commencement of the race, the Race Director has the right to change the course distance or arrangement or to stop the race. If the race is stopped, the race will be either be cancelled or re-scheduled.

如比賽進行中天氣惡劣或懸掛上述任何警告,賽事總監有權將比賽賽程改變 或取消正在進行中的比賽。

If the above Inclement Weather / Condition Warnings be raised again on Sunday, 28 March 2010 the race will be cancelled without any more rescheduled race and the race entry fees will not be refund.

如 3 月 28 日當天再度天氣惡劣或懸掛上述任何警告,是項賽事將取消而不再補賽及報名費用不會退回

Please check the race day weather from the Hong Kong Observatory (Tel: 1878200)

請在比賽早上致電香港天台查詢有關天氣情況 (電話: 1878200)

Enquiries 查詢: Hong Kong Triathlon Association 香港三項鐵人總會

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Web Site 網址: www.triathlon.com.hk