

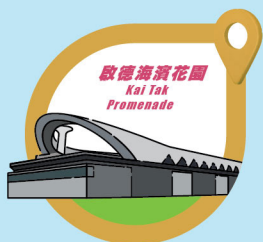
活動日期

2024/4/13

中銀人壽 維港馬拉松 2024 BOC LIFE HONG KONG HARBOUR MARATHON

合力跑維港
HARBOUR RELAY RUN:
EMPOWERING COMMUNITY WELLNESS
同健惠社群

RUNNER'S GUIDE 跑手須知



冠名贊助
Title Sponsor



主辦
Organiser



協辦及受惠機構
Co-organiser and Beneficiary



受惠機構
Beneficiary





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<https://www.boclife.com.hk>

參加者重要資訊



日期：2024年4月13日 (星期六)

時間：上午10時 — 下午6時

起點、終點及嘉年華：灣仔「HarbourChill海濱休閒站」

- 隊員須於7個指定接棒區交棒(中西區海濱長廊近文化廣場、堅尼地城卑路窄灣海濱、中環8號碼頭近海事博物館、尖沙咀海濱長廊鄰近尖東天橋、九龍城碼頭、觀塘海濱道126號起動九龍東發現號、東岸公園近堤霸區)及額外3個點名區報到(即西九藝術公園、啟德海濱花園及西灣河碼頭)。
- 大會會提供各接棒區及點名區的開放時間以供各參加者參考下一棒的到達時間，參加隊伍亦可以自行估算。各地點的開放時間於後頁列出。如不熟悉該接棒區/點名區，建議可預先探路以免活動當天錯失交棒最佳時間。
- 大會提供接力棒及定位儀器以作記錄跑步里數，該棒的跑手須於交棒區向大會工作人員點名及將接力棒及定位儀器交給下一棒的跑手。如果忘記交接，需掉頭跑回對上一個接棒區重新交棒。如最後一棒參加者衝線後未能交出接力棒及定位儀器，大會有權取消其完成資格。
- 完賽後，各隊必須即時交還定位儀器給大會，如有遺失，大會有權要求按價賠償。
- 除了中環海濱近文化廣場及西九藝術公園外，其他的地點均設有水站及少量補給食物，參加者須自携水樽或水杯，站內不設樽裝水或一次性水杯供應。
- 本活動不會作任何路面封閉，所有參加者必須穿著大會提供的上衣及掛上號碼布，跑步期間必須遵守交通規則，切勿衝紅燈
- 過馬路。
- 大會設計的為建議路線，如遇上修路或路面上有任何突發情況，參加者可以其他路線到達交棒或點名地點。設計路線的.gpx檔案於各棒簡介頁面供下載。
- 如到終點後經大會查核記錄後發現總里數未達42公里，最後一棒的跑手須在終點區繼續跑步，直到達到目標距離，方可被視為完成馬拉松。
- 如果香港天文台在活動當天（2024年4月13日，星期六）上午6:00或之後發出3號或以上颱風訊號，或紅色或黑色暴雨警告訊號，比賽將會取消。參加者應留意天氣狀況和預報，特別是在比賽前一天，特別關注預期時間內是否可能發出3號颱風訊號或以上，或紅色或黑色暴雨警告訊號。有關最新活動更新，參加者應在活動當天上午6:00 檢查活動網站和社交媒體平台。

PARTICIPANT IMPORTANT INFORMATION:



Date: April 13, 2024 (Saturday)

Time: 10:00 AM - 6:00 PM

Start/ Finish Point, and Carnival: "HarbourChill" in Wan Chai

- Team members must exchange batons at 7 designated exchange zones (Central and Western District Promenade near Culture Plaza, Belcher Bay Promenade, Central Pier #8, Tsim Sha Tsui Promenade nearby TST E footbridge, Kowloon City Pier, Energizing Kowloon East Vessel 01, and East Coast Park Precinct), and check in at an additional 3 designated check points (namely West Kowloon Art Park, Kai Tak Promenade, and Sai Wan Ho Pier).
- The organiser will provide estimated arrival times at each exchange zone and check point for participants to plan their next relay. Teams can also make their own estimations. The opening hours of each location are listed on the following pages. If you are unfamiliar with a particular exchange zone/ check point, it is recommended to explore the route in advance to avoid missing the optimal timing for handoff on the event day.
- The organizer will provide relay batons and tracking devices to record the running distance. The runner receiving the baton must check in with the event staff at the exchange zone and pass the relay baton and tracking device to the next runner. If you forget to hand over the baton during a relay race, you need to turn around and run back to the previous exchange zone to hand it over again. If the anchor runner fails to hand over the baton and the timing device after crossing the finish line, the organizing committee has the right to disqualify their team.
- After completing the race, each team must immediately return the timing device to the organizing committee. If it is lost, the organizing committee has the right to demand compensation based on its value.
- Except for the Central and Western District Promenade near Culture Plaza and West Kowloon Art Park, all other locations will have water stations and limited refreshments. Participants must bring their own water bottles or cups as there won't be bottled water or disposable cup provided at the stations.
- The event will not involve any road closures, and all participants must wear the provided running tee and attach the race bib. During the run, participants must obey traffic rules and not run through red lights.
- The designed route is a suggested one. In the event of road repairs or any unforeseen circumstances on the route, participants can choose alternative routes to reach the exchange or check-in locations. The .gpx files of the designed routes are available for download on the respective relay introduction pages.
- If, after verifying the records at the finish point, it is found that the total distance is less than 42 kilometers, the runner of the final point leg must continue running within the finish area until the target distance is reached in order to be considered as completing the marathon.
- If the Hong Kong Observatory issues Typhoon Signal No. 3 or above, or a Red or Black Rainstorm Warning Signal after 6:00 AM on the event day (April 13, 2024, Saturday), the race will be canceled. Participants should pay attention to the weather conditions and forecasts, especially on the day before the race, and particularly focus on the possibility of Typhoon Signal No. 3 or above, or a Red or Black Rainstorm Warning Signal being issued within the expected race period. For the latest event updates, participants should check the event website and social media platforms at 6:00 AM on the event day.

接棒區開放時間 Exchange Zone Service Time

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	起點 Start	接棒區 Exchange Zone 點名區Check Point	
CEO跑 CEO Run 第一棒 Leg 1	灣仔海濱休閒站 HarbourChill	中西區海濱長廊(近文化廣場) Central and Western District Promenade (near Culture Plaza)	10:00 - 10:30
第二棒 Leg 2	中西區海濱長廊(近文化廣場) Central and Western District Promenade (near Culture Plaza)	堅尼地城卑路乍灣 海濱長廊 Belcher Bay Promenade	10:15 - 11:15
第三棒 Leg 3	堅尼地城卑路 乍灣海濱長廊 Belcher Bay Promenade	中環#8號碼頭 Central Pier #8	10:45 - 12:00
第四棒 (一) Leg 4 (Part 1) (預計乘坐港鐵至九龍站需時30分鐘) (Estimated 30 mins for MTR to Kowloon Station)	中環#8號碼頭 Central Pier #8	西九藝術公園 West Kowloon Art Park	11:00 - 13:00
第四棒 (二) Leg 4 (Part 2)	西九藝術公園 West Kowloon Art Park	尖沙咀海濱長廊(鄰近尖東天橋) Tsim Sha Tsui Promenade (nearby TST E footbridge)	11:30 - 13:30
第五棒 Leg 5	尖沙咀海濱長廊(鄰近尖東天橋) Tsim Sha Tsui Promenade (nearby TST E footbridge)	九龍城碼頭 Kowloon City Ferry Pier	12:00 - 14:15
第六棒 (一) Leg 6 (Part 1)	九龍城碼頭 Kowloon City Ferry Pier	啟德海濱花園 Kai Tak Promenade	12:15 - 15:15
第六棒 (二) Leg 6 (Part 2)	啟德海濱花園 Kai Tak Promenade	起動九龍東發現號 Energizing Kowloon East Vessel 01	12:40 - 15:30
第七棒 (一) Leg 7 (Part 1) (預計從觀塘公眾碼頭乘坐渡輪/ 港鐵到西灣河公眾碼頭需時30分鐘) (Estimated 30 mins from Kwun Tong Public Pier to Sai Wan Ho Public Pier by ferry / MTR)	起動九龍東發現號 Energizing Kowloon East Vessel 01	西灣河碼頭 Sai Wan Ho Pier	13:30 - 17:25
第七棒 (二) Leg 7 (Part 2)	西灣河碼頭 Sai Wan Ho Pier	東岸公園堤壩區(屈臣道) East Coast Park Precinct	13:45 - 17:30
第八棒 Leg 8	東岸公園堤壩區(屈臣道) East Coast Park Precinct	灣仔海濱休閒站(終點) HarbourChill (Finish Point)	10:00 - 18:30

健康及安全指示 HEALTH AND SAFETY ADVICE



- 參賽者應注意自己的身體狀況，量力而為。若賽前休息不足或身體不適，建議諮詢醫生意見，切勿勉強參加。比賽期間如感到不適，請向附近的工作人員求助。
- 為免腸胃不適，建議參賽者在比賽前兩小時進食，應避免肥膩或高纖食物，並多攝取碳水化合物以補充體力。對奶製品略有敏感反應之人士亦應避免於比賽前進食相關食品或飲品。
- 留意活動當日天氣，做好防曬措施，以及補充水份。
- 請留意環保署的空氣質素健康指數 (AQHI)，特別當健康風險級別達高、甚高或嚴重的水平時，應徵詢醫生的意見，以便決定應否參加戶外活動。
- 大會已購買公眾責任保險，但不包括個人意外保障。為保障個人安全，參加者應自行購買個人意外保險及按需要而購買其他合適的保險。
- Participants should ensure that they are physically fit enough to take part in the race. Participants are advised to solicit medical advice if they do not have sufficient rest or feel unwell before the race. Please approach race officials for immediate assistance if you are feeling unwell during the race.
- Participants should eat two hours before the race to avoid stomach problems. Carbohydrates are a good source of energy. Fatty or high-fiber food should be avoided before race. Participants who are occasionally allergic to dairy products should avoid eating or drinking those products before the race.
- Take note of the weather of the event day. Take protective measures against UV and keep hydrated.
- Please take note of the Air Quality Health Index (AQHI) especially when the Health Risk Category reaches high, very high or serious. Please consult medical advice to decide if it is suitable to participate in outdoor activities.
- Public liability insurance is covered by the Organiser. This does not include personal accident insurance. It is recommended that all participants purchase your own personal accident insurance and other relevant insurance according to your needs.

第一棒 Leg 1

灣仔海濱休閒站 > 中西區海濱長廊 (近文化廣場)

HarbourChill > Central and Western District Promenade (near Culture Plaza)

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建議路線 Suggested Route :



第一棒里數
Leg 1
Distance

1.5KM

累積里數
Accumulative
Distance

1.5KM

下載第一棒路線
Download Leg 1 route

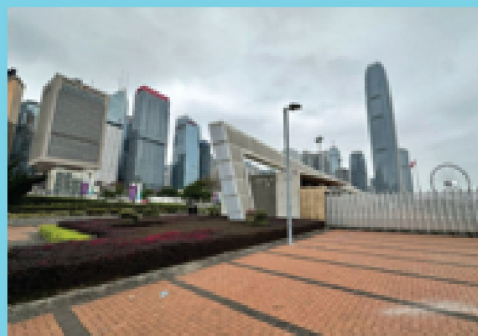
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Google Map



起步：灣仔海濱休閒站
Start: HarbourChill



交棒：中西區海濱長廊 (近文化廣場)
Exchange: Central and Western District Promenade (near Culture Plaza)

主辦單位提供的建議路線僅供參考。參加者可以偏離路線，但必須前往所有接棒區/和點名區報到。

The suggested route from the organiser is for reference. The runner is allowed to go off-track, but they must visit all checkpoints and exchange zones.

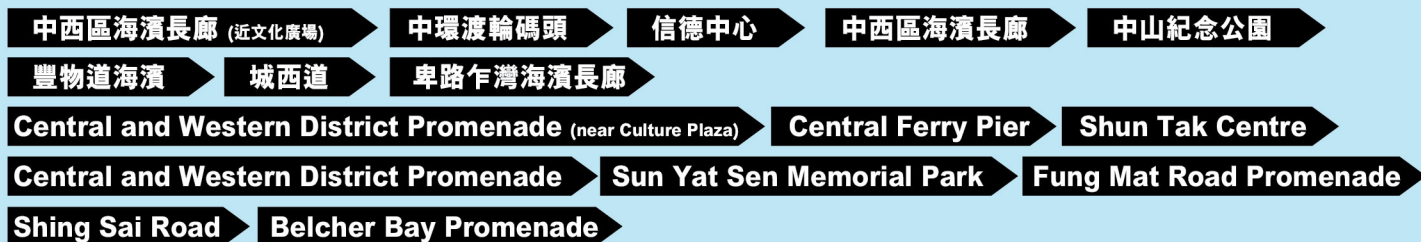
第二棒 Leg 2

中西區海濱長廊(近文化廣場)>堅尼地城卑路乍灣海濱長廊
Central and Western District Promenade
(near Culture Plaza) > Belcher Bay Promenade

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建議路線 Suggested Route :



第二棒里數
Leg 2
Distance

4.5KM

累積里數
Accumulative
Distance

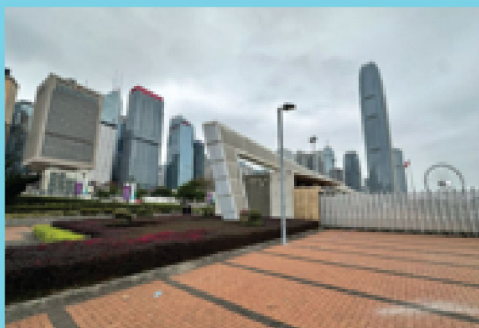
6KM

下載第二棒路線
Download Leg 2 route

GPX format



Google Map



接棒：中西區海濱長廊 (近文化廣場)
Start: Central and Western District
Promenade (near Culture Plaza)



交棒：卑路乍灣海濱長廊
Exchange: Belcher Bay Promenade

主辦單位提供的建議路線僅供參考。參加者可以偏離路線，但必須前往所有接棒區/和點名區報到。

The suggested route from the organiser is for reference. The runner is allowed to go off-track, but they must visit all checkpoints and exchange zones.

第三棒 Leg 3

堅尼地城卑路乍灣海濱長廊>中環#8號碼頭
Belcher Bay Promenade>Central Pier #8

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建議路線 Suggested Route :



第三棒里數
Leg 3
Distance

5KM

累積里數
Accumulative
Distance

11KM

下載第三棒路線
Download Leg 3 route

GPX format



Google Map



接棒：堅尼地城卑路乍灣海濱長廊
Start: Belcher Bay Promenade



交棒：中環#8號碼頭
Exchange: Central Pier #8

主辦單位提供的建議路線僅供參考。參加者可以偏離路線，但必須前往所有接棒區/和點名區報到。

The suggested route from the organiser is for reference. The runner is allowed to go off-track, but they must visit all checkpoints and exchange zones.

第四棒 Leg 4

中環#8號碼頭>西九藝術公園>

尖沙咀海濱長廊 (鄰近尖東天橋)

Central Pier #8>West Kowloon Art Park>

Tsim Sha Tsui Promenade (nearby TST E footbridge)

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建議路線 Suggested Route :

中環8號渡輪碼頭 (接棒後，建議乘搭港鐵從香港站前往九龍站)

西九文化區 博物館道 苗圃公園

西九龍海濱長廊 西九藝術公園 (點名區)

M+ 博物館道 柯士甸道西 廣東道

天星碼頭 尖沙咀鐘樓 星光大道

尖沙咀海濱長廊 (鄰近尖東天橋)

Central Pier #8 (MTR from Hong Kong Station to Kowloon Station)

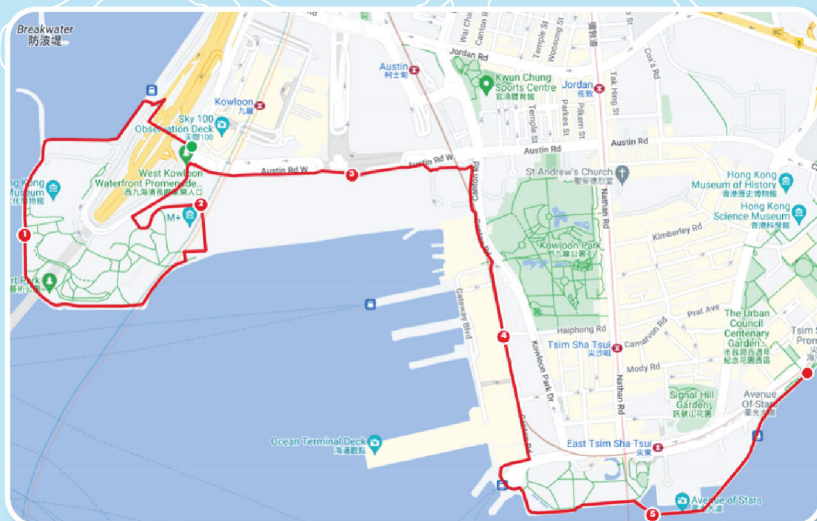
West Kowloon Cultural District

Museum Drive West Kowloon Nursery Park

West Kowloon Waterfront Promenade

West Kowloon Art Park (check point) M Plus Museum Drive Austin Road West Canton Road

Star Ferry Pier TST Clock Tower The Ave of Stars Tsim Sha Tsui Promenade (nearby TST E footbridge)



第四棒里數
Leg 4
Distance

5.28KM

累積里數
Accumulative
Distance

16.28KM

下載第四棒路線

Download Leg 4 route

GPX format



Google Map



接棒：中環#8號碼頭
Start: Central Pier #8



點名：西九藝術公園
Check Point: West Kowloon
Art Park



交棒：尖沙咀海濱長廊 (鄰近尖東天橋)
Exchange: Tsim Sha Tsui Promenade
(nearby TST E footbridge)

主辦單位提供的建議路線僅供參考。參加者可以偏離路線，但必須前往所有接棒區/和點名區報到。

The suggested route from the organiser is for reference. The runner is allowed to go off-track, but they must visit all checkpoints and exchange zones.

第五棒 Leg 5

尖沙咀海濱長廊 (鄰近尖東天橋) > 九龍城碼頭

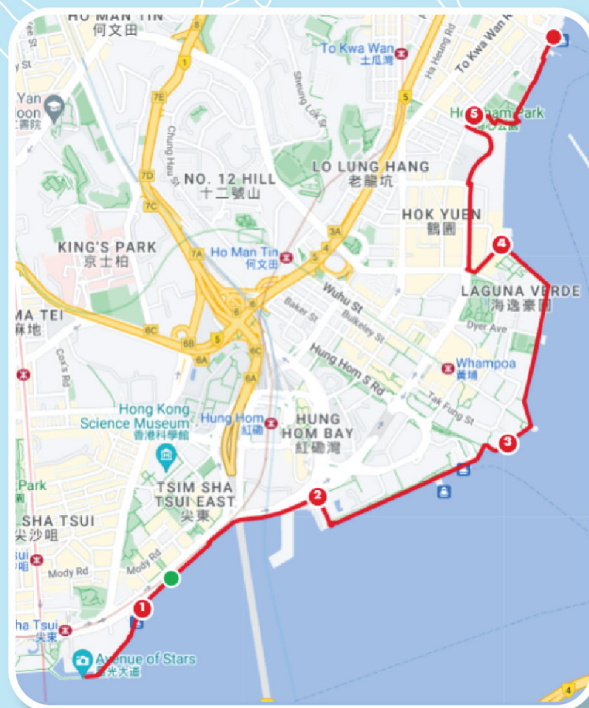
Tsim Sha Tsui Promenade

(nearby TST E footbridge)

> Kowloon City Ferry Pier

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2024 BOC LIFE
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建議路線 Suggested Route :



第五棒里數
Leg 5
Distance

5.5KM

累積里數
Accumulative
Distance

21.78KM

下載第五棒路線
Download Leg 5 route

GPX format



Google Map



接棒：尖沙咀海濱長廊 (鄰近尖東天橋)
Start: Tsim Sha Tsui Promenade
(nearby TST E footbridge)



交棒：九龍城碼頭
Exchange: Kowloon City Ferry Pier

主辦單位提供的建議路線僅供參考。參加者可以偏離路線，但必須前往所有接棒區/和點名區報到。

The suggested route from the organiser is for reference. The runner is allowed to go off-track, but they must visit all checkpoints and exchange zones.

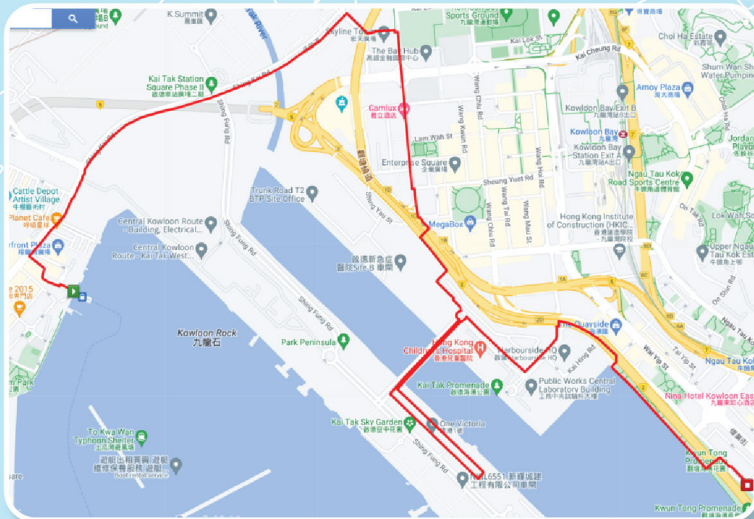
第六棒 Leg 6

九龍城碼頭>啟德海濱花園>起動九龍東發現號
Kowloon City Ferry Pier>Kai Tak Promenade
>Energizing Kowloon East Vessel 01

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建議路線 Suggested Route :

九龍城渡輪碼頭 ➔ 新馬頭街 ➔ 土瓜灣道
承啟道 ➔ 啓成街 ➔ 啓華街 ➔ 宏光道
啟德橋道 ➔ 啟德海濱花園 (點名區) ➔ 掉頭
啟德橋道 ➔ 承昌道 ➔ 祥業街 ➔ 海濱道
觀塘海濱長廊 ➔ 起動九龍東發現號
Kowloon City Ferry Pier ➔ San Ma Tau St
To Kwa Wan Road ➔ Shing Kai Rd
Kai Shing St ➔ Kai Wah St ➔ Wang Kwong Rd
Kai Tak Bridge Rd
Kai Tak Promenade (Check Point) ➔ u-turn ➔ Kai Tak Bridge Rd ➔ Shing Cheong Rd ➔ Cheung Yip St
Hoi Bun Rd ➔ Kwun Tong Promenade ➔ Energizing Kowloon East Vessel 01



第六棒里數
Leg 6
Distance

6.85KM

累積里數
Accumulative
Distance

28.63KM

下載第六棒路線
Download Leg 6 route

GPX format



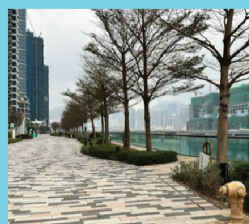
Google Map



接棒：九龍城碼頭
Start: Kowloon City Ferry Pier



注意請由宏光道上天橋橫過啓福道跑往啟德橋
Please run towards from Wang Kwong Road footbridge to cross Kai Fuk Road and continue towards Kai Tak Bridge.



點名：
啟德海濱花園
Check Point:
Kai Tak Promenade



交棒：
起動九龍東發現號
Exchange:
Energizing Kowloon East Vessel 01

主辦單位提供的建議路線僅供參考。參加者可以偏離路線，但必須前往所有接棒區/和點名區報到。

The suggested route from the organiser is for reference. The runner is allowed to go off-track, but they must visit all checkpoints and exchange zones.

第七棒 Leg 7

起動九龍東發現號>觀塘公眾碼頭
Energizing Kowloon East Vessel 01>
Kwun Tong Public Pier

第一段 九龍區 Part 1 Kowloon Side

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建議路線 Suggested Route :

起動九龍東發現號 → 觀塘海濱長廊 → 海濱道 → 基業街 → 偉業街 → 敬業街 → 敬業里
蜆殼油站 → **掉頭** → 敬業里 → 觀塘公眾碼頭 (建議乘搭渡輪或港鐵前往位於西灣河碼頭的點名區報到，再繼續賽事)
Energizing Kowloon East Vessel 01 → Kwun Tong Promenade → Hoi Bun Road
Kei Yip St → Wai Yip St → King Yip St → Shell → **u-turn** → King Yip Ln
Kwun Tong Public Pier (Ferry to Sai Wan Ho Pier or MTR to Sai Wai Ho Station)

第七棒(一)里數
Leg 7(1)
Distance

2.9KM

累積里數
Accumulative
Distance

31.53KM

下載第七棒(一)路線
Download Leg 7(1) route

GPX format



Google Map



接棒：起動九龍東發現號
Start: Energizing Kowloon East Vessel 01



觀塘公眾碼頭
Kwun Tong Public Pier

主辦單位提供的建議路線僅供參考。參加者可以偏離路線，但必須前往所有接棒區/和點名區報到。
The suggested route from the organiser is for reference. The runner is allowed to go off-track, but they must visit all checkpoints and exchange zones.

第七棒 Leg 7

西灣河碼頭>東岸公園堤壩區

Sai Wan Ho Pier>East Coast Park Precinct

第二段 香港島 Part 2 Hong Kong Side

中銀人壽
維港馬拉松
2024 BOC LIFE
HONG KONG
HARBOUR MARATHON



建議路線 Suggested Route :



第七棒(二)里數
Leg 7(2)
Distance

7KM

累積里數
Accumulative
Distance

38.53KM

下載第七棒(二)路線
Download Leg 7(2) route

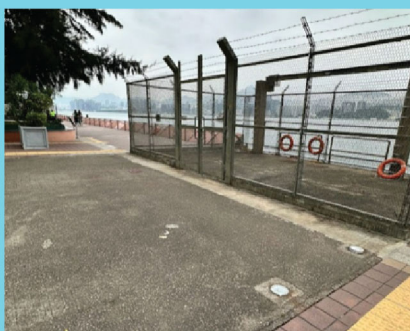
GPX format



Google Map



點名：西灣河碼頭
Check Point: Sai Wan Ho Pier



交棒：東岸公園堤壩區(屈臣道)
Exchange: East Coast Park Precinct
(Watson Road)

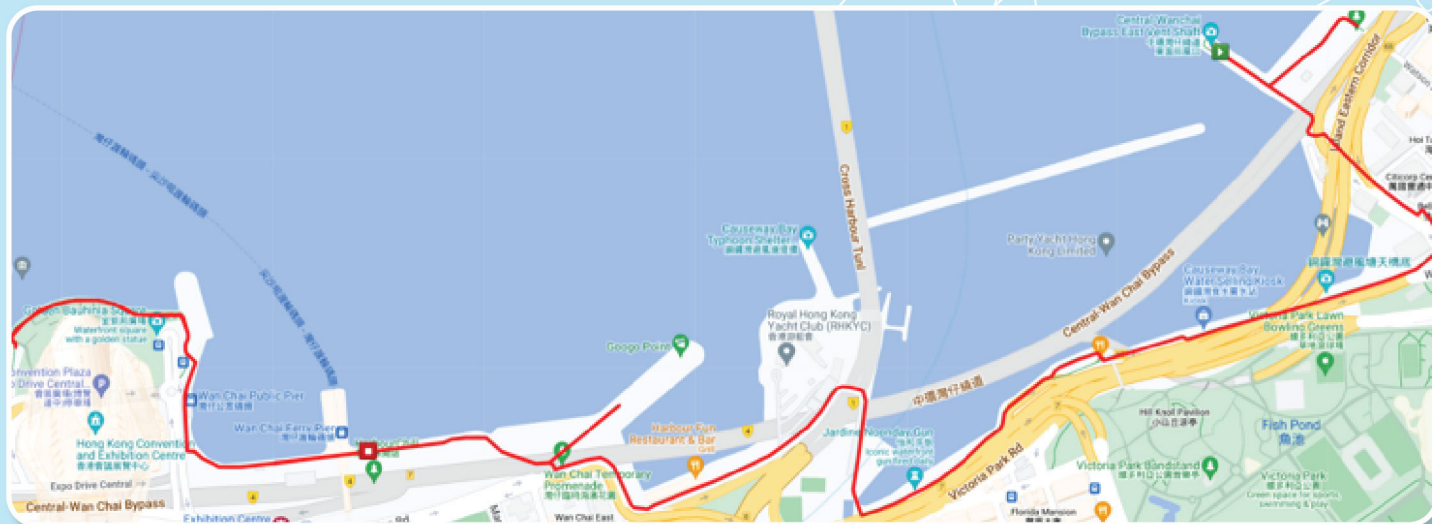
主辦單位提供的建議路線僅供參考。參加者可以偏離路線，但必須前往所有接棒區/和點名區報到。

The suggested route from the organiser is for reference. The runner is allowed to go off-track, but they must visit all checkpoints and exchange zones.

第八棒 Leg 8

東岸公園堤壩區>終點: 灣仔海濱休閒站
East Coast Park Precinct>
Finish Point: HarbourChill

中銀人壽
維港馬拉松
2024 BOC LIFE
HONG KONG
HARBOUR MARATHON



建議路線 Suggested Route :

東岸公園主題區 (屈臣道) → 興發街 → 維園道 → 活力避風塘主題區 → 銅鑼灣避風塘 → 怡和午炮
警官會所 → 鴻興道 → 灣仔海濱 → 灣仔碼頭 → 博覽道 → 灣仔海濱 → 金紫荊廣場
香港動漫海濱樂園 → 掉頭 → 海濱休閒站 (終點)
East Coast Park Precinct (Watson Road) → Hing Fat St → Victoria Park Rd
Revitalised Typhoon Shelter Precinct → Causeway Bay Typhoon Shelter → Jardine Noonday Gun
Police Officers' Club → Hung Hing Rd → Wan Chai Promenade → Wan Chai Ferry Pier → Expo Dr
Wan Chai Promenade → Golden Bauhinia Square → Ani-Com Park → u-turn → HarbourChill Finish Point

第八棒里數
Leg 8
Distance

4.45KM

累積里數
Accumulative
Distance

42.98KM

下載第八棒路線
Download Leg 8 route

GPX format



Google Map



接棒：東岸公園堤壩區 (屈臣道)
Start: East Coast Park Precinct (Watson Road)



終點：灣仔海濱休閒站
Finish Point: HarbourChill

主辦單位提供的建議路線僅供參考。參加者可以偏離路線，但必須前往所有接棒區/和點名區報到。
The suggested route from the organiser is for reference. The runner is allowed to go off-track, but they must visit all checkpoints and exchange zones.

A 一般規則

- A1. 如果主辦單位發現參加者違反或犯下（視情況而定）以下任何官方規則，主辦單位保留取消任何人士參加的資格，並進一步禁止及禁止該人士參加主辦單位未來舉辦的比賽及活動，包括但不限於未來的香港街馬。
- A1.1. 參加者作出或企圖作出任何違反香港特別行政區法律及香港特別行政區國安法的行為。
- A1.2. 參加者在活動或與活動有關的其他場所或區域進行或試圖進行任何形式的示威或政治、宗教或種族宣傳。
- A1.3. 參加者行為構成不利國家安全的情況。
- A1.4. 參加者攜帶和 / 或展示任何涉及侮辱性、威脅性、歧視性、宗教性或政治性的橫幅、海報、標語、傳單、服飾、紋身或宣傳品。

B 已接納的報名

- B1. 號碼布不可轉讓。違反者將被取消資格，報名費將不予退還。
- B2. 對在報名表上提供不正確或不真實的個人資料 / 詳情的人士，主辦單位保留取消有關人士資格。在任何此類情況下，報名費將不予退還。
- B3. 參加者如未按主辦單位指定的組別及起跑時間起跑，將被取消資格。大會不會向此類參加者頒發任何獎牌和證書。

C 活動途中

- C1. 不允許攜帶寵物或任何形式的帶輪子的交通工具，例如輪椅、自行車、溜冰鞋、手推車、帶內置或附加滾輪的鞋子等。
- C2. 嚴禁攜帶危險物品（即攻擊性武器、易燃、易爆製劑或妨礙其他參與者的材料 / 物品等）。違反此規則的人將被要求立即離開，此類情況可能會報告給執法機構。
- C3. 參加者不得在活動中使用任何外部輔助設備（假肢除外）。
- C4. 如果活動總監、工作人員、醫務人員或保安人員要求，參加者必須立即退場並離開。
主辦單位擁有唯一和最終的決定權和確定參加者是否違反、違背或執行了上述任何規則。

活動條款及細則

1. 報名

- 1.1 參加者一旦完成報名程序，等同已聲明並同意遵守及接受在此及其後所有大會引入之條款及細則，及大會規則。
- 1.2 參加者明白及同意活動屬自願參與性質，參加者願意承擔一切風險及責任，並無權向主辦單位/包括大會、活動策劃及贊助商/支援機構追討由往返活動場地中、活動中發生或其他原因而引致之自身受傷、意外、死亡或任何形式的損失索償或追究責任。
- 1.3 每位參加者必須確保身體健康狀況是適合參加是次活動。主辦單位在懷疑的情況下，保留取消任何不適宜參加者參加的權利，而相關人士必須接受主辦單位的決定。
- 1.4 參加者必須確保在報名表格上之資料正確無誤。
- 1.5 凡未滿18歲的參加者必須獲得家長或監護人同意才可參加。
- 1.6 參加者需按各活動的年齡要求參與（如適用），違例者將被即時取消參加資格及被要求離開/有關活動場地。
- 1.7 若參加者在活動期間因任何行為、過失或蓄意破壞而導致主辦單位支付額外開支，必須對主辦單位作出合理之賠償。
- 1.8 大會已購買公眾責任保險，但不包括個人意外保障。為保障個人安全，參加者應自行購買個人意外保險及按需要而購買其他合適的保險。
- 1.9 主辦單位保留更改大會條款及細則之權利。如有任何爭議，主辦單位保留最終決定權。

2. 活動當日

- 2.1 每位參加者必須確保身體健康狀況是適合參加並完成是次活動。主辦單位在懷疑的情況下，保留取消任何不適宜參加者參加的權利，而相關人士必須接受主辦單位的決定。
- 2.2 參加者須把號碼布掛在上衣正面並清楚展示號碼。
- 2.3 參加者須自行保存好號碼布，主辦單位將不會重發號碼布。
- 2.4 參加者不得騷擾或防礙其他參加者進行活動，違例者會被取消參加資格及被要求離開有關活動場地。
- 2.5 參加者如需要醫療輔助，可通知在場工作人員。
- 2.6 大會將頒發電子完成證書予所有在大會時間的合乎資格之參加者。如參加者未能於提定時間完成，或未有按指定的起跑時間起步，其參加資格將會被取消及不會獲頒發任何獎牌及完成證書。

3. 天氣

- 3.1 若香港天文台在活動當天(即2024年4月13日，星期六)早上6時正或以後發出3號或以上熱帶氣旋信號、紅色或黑色暴雨警告信號，活動將會取消。參加者敬請在活動前一晚留意天氣情況及預報，尤其注意在可預期之時段內可能發出之熱帶氣旋信號、紅色或黑色暴雨警告信號。有關活動安排，請於活動當日早上6時正開始留意各大電台或電視台之廣播。

4. 活動取消及退款

- 4.1 若果因天氣或任何非大會所能控制的情況下活動被迫取消，所有捐款將不獲退還。除此以外，大會不會負有任何因應相關項目取消的其他責任。

不可抗力

包括但不限於大會由於火災、水災、地震，或其他嚴重天然災害或天災，或由於抗議、暴動、公民抗命、起義、遊行、造反、集會、示威、佔領、騷亂、大型集會、戰爭、叛亂、蓄意破壞、疫情、傳染病，或恐怖襲擊或可能發生上述事件或行動而未能履行其責任或安排或舉辦活動。如各參賽名額，因應香港政府要求而有所下調，或因應新型冠狀病毒或其他傳染病的各項安排、要求及章則有所調整，亦將被視為不可抗力情況。

- 4.2 所有報名完成付款後均不可退款，重複報名者將不獲發還重複報名的費用，活動名額不可轉移到其他申請人或活動。若參加者容許他人用其參賽號碼布/活動名額，此參加者及代跑者將會被取消參加資格及不容許參加將來的活動。
- 4.3 主辦單位擁有修改及解釋以上大會規則、條款及細則的權利。任何有關活動的臨時改動或取消，將以活動網站公佈為準。

EVENT REGULATIONS



A. General

- A1. The Organiser reserves the right to disqualify any person from and nullify his/her result of the Event and further to forbid and prohibit such person from participating in future events organised by the Organiser including but not limited to future HONG KONG STREETATHON if a participant is found by the Organiser to have violated or committed (as the case may be) any of the following Official Rules:
- A1.1 The participant commits or attempts to commit any act which is in violation of the laws of HKSAR and the National Security Law governing HKSAR.
 - A1.2. The participant carries out or attempts to carry out any kind of demonstration or political, religious or racial propaganda at the Event or other venues or areas relating to the Event.
 - A1.3. Participant's act is contrary to the interest of national security.
 - A1.4. Participant brings any banners, posters, placards, leaflets/publicity, outfits and/or displaying tattoos or materials which are considered abusive, threatening, discriminatory, religious or political.

B. Eligibility

- B1. Entries and bibs are non-transferable. Violation will result in disqualification and no refund of entry fee will be entertained.
- B2. The Organiser reserves the right to disqualify, exclude the relevant person from the event, and take disciplinary action against any applicants who have provided incorrect or untrue personal data/details on their entry form. No refund of entry fee will be entertained under any such circumstances.
- B3. Participants will be disqualified if they do not follow the start time assigned by the Organiser. No medal and certificate will be issued to such participants.

C. During the Event

- C1. No pets or any form of wheel-run objects of transport, e.g. wheelchair, bicycles, skates, trolleys, shoes with built-in or attached rollers, etc, are allowed on the course.
- C2. Dangerous goods (i.e. offensive weapons, flammable, explosive agents or materials/objects which obstruct other participants, etc) are strictly prohibited. Those who violate this rule will be asked to leave the course immediately and such cases may be reported to the Law Enforcement Agency.
- C3. Participants must not use any external auxiliary equipment in the event (except prosthetic limb(s)).
- C4. Participants must retire and leave the event immediately if requested to do so by any member of the event officials, medical staff, referees or security staff. The Organiser has the sole and final decision-making power to determine whether a participant violates, contravenes or complies with any of the above rules

EVENT TERMS & CONDITIONS

1. Entries

- 1.1 Upon submitting his/her application, an applicant declares that he/she agrees to and accepts these Event Terms & Conditions, the Official Rules and all other rules and regulations which may be adopted by the Organiser from time to time.
- 1.2 Participants understand and agree that participation in the Event is voluntary and at the own risk of participants. Each participant agrees to absolve the Organizer and any sponsor and/or supporting organizations from any and all liabilities arising from bodily injuries, accidents, death or other losses during or caused by travelling to and from the event venue during the event or whatsoever reason.
- 1.3 Each participant shall be physically fit and have the ability to participate in the Event. The Organizer/ reserves the right to disallow/ disqualify any person who is known or suspected by the Organizer to be physically unfit to participate in the Event and such person shall accept such decision of the Organizer accordingly.
- 1.4 All information provided by a participant in the registration form must be true and accurate.
- 1.5 Participants aged 18 or below must obtain consent by a parent/ guardian..
- 1.6 All participants should register according to the age requirement of each category respectively (if applicable). Offenders will be disqualified and requested to leave the event venue.
- 1.7 Participants shall indemnify and/or reimburse the Organizer in respect of any additional expenses or costs incurred by the Organizer arising from or in connection with any fault or action or behaviour of such Participants during participation in the Event.

EVENT REGULATIONS



- 1.8 Public liability insurance is covered by the Organizer. This does not include personal accident insurance. It is recommended that all participants purchase your own personal accident insurance and other relevant insurance according to your needs.
- 1.9 The Organizer reserves the right to amend the program of the rules and regulations. Should there be disputes, the Organizer reserves the right to the final decision.

2. During the Event

- 2.1 Each participant shall be physically fit and have the ability to participate and finish the Event. The Organizer reserves the right to disallow or disqualify any person who is known or is suspected by the Organizer to be physically unfit to participate in the Event and such person shall accept the decision made the Organizer accordingly.
- 2.2 Participants should place your bib visibly on the front of your top clothing with the participant number shown clearly.
- 2.3 Participants shall keep their own bib securely. The Organizer would not re-issue a new bib under any circumstances.
- 2.4 Participants must not harass or impede other participants from conducting activities. Offenders will be disqualified and requested to leave the event venue.
- 2.5 If first aid assistance is needed, please inform the event staff.
- 2.6 E-certificate of Achievement will be issued to all qualified participants. Participants who do not start the run according to the designated start time and participants who do not complete the marathon, shall not be entitled to any medal and certificates.

3. Weather

- 3.1 The Event will be cancelled if tropical cyclone warning signal no.3 or above, or a red or black rainstorm signal is hoisted by the Hong Kong Observatory at 6:00 am or thereafter on the event day (i.e. 13 April 2024, Saturday). Please pay special attention to the weather forecast the night before the Event as it will indicate whether tropical cyclone warning signals, red or black rainstorm signals are likely to be hoisted in the forthcoming period. Please follow updates on the radio or TV announcements regarding the status of the Event from 3:00 am onwards on the Event Day.

4. Event Cancellation and Refund Policy

- 4.1 All donation made to the Organiser are not returnable should the Event be cancelled due to weather or any circumstances beyond the control of the Organiser. The Organiser shall have no other responsibilities and/or liabilities in relation to cancellation of the Event.

Force Majeure

Includes and is not limited to the Organiser being unable to perform its obligations or organise or hold the Event due to fire, flood, earthquake, or other severe natural disaster or act of God; or due to protest, riot, civil disobedience, uprising, march, revolt, assembly, demonstration, occupation, commotion, mass gathering, war, insurrection, sabotage, pandemic, epidemic, or terrorist attack or the likelihood of such event or act. A reduction of the approved quota by the Hong Kong SAR Government or an imposition of COVID-19 measures or other pandemic by the Hong Kong SAR Government which are more stringent than those already approved by the Hong Kong SAR Government shall be deemed to be a Force Majeure.

- 4.2 No refund is allowed after registration is completed. Registration fee paid for duplicate entries will not be refunded and places cannot be transferred to another applicant. If a participant allows another party to attend on his or her behalf, both participant and the runner who run on behalf of the participant will be disqualified and might not be allowed to participate in future events.
- 4.3 The Organizer reserves the right to make the final decision of the event. Any changes or contingent measures for the event announced by the Organizer and posted on the event's website shall prevail.

跑手禮品 RUNNER'S SOUVENIRS

中銀人壽
維港馬拉松
2024 BOC LIFE
HONG KONG
HARBOUR MARATHON



號碼布 Bib



活動限定運動衣 Exclusive event tee



「完賽獎牌」及「完賽電子證書」(完成賽事後)
Finisher medal and e-certificate (upon completion of the run)

跑步期間須穿上活動運動衣及號碼布
Wear the event tee and attach Bib during the run.

領取詳情
請親臨ROC辦事處領取紀念品，詳細資料如下：

日期：2024年4月9日至11日
時間：上午10時至下午5時
地點：荃灣西沙咀道11號, 國際貿易中心2樓12室

Redemption details
Please come to ROC office to collect the souvenir
with details as follows:

Date: 9-11 April 2024
Time: 10am - 5pm
Venue: Room 12, 2/F, International Trade Centre, 11 Sha Tsui Rd, Chai Wan Kok, NT.

查詢電話 Enquiries telephone: 6185 8437

大 家 減 齡
大 十 一 〇

中銀人壽 BOC LIFE
維港馬拉松 2024
HONG KONG HARBOUR MARATHON

Attention!

準備緊「中銀人壽維港馬拉松2024」嘅您
立即登記做「大家減齡」會員

免費換領
DECATHLON跑步裝備!

「中銀人壽維港馬拉松2024」跑手專享
「大家減齡」新會員優惠

先登記

1 登記

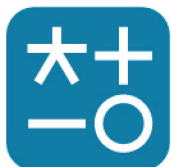


先掃一掃

以推廣碼【BOCLHR】
登記成為「大家減齡」
獎賞計劃新會員

2 下載

並成功啟動
「大家減齡」獎賞程式



大家減齡

Available on the
App Store

GET IT ON
Google Play

3 連接

健康數據

Apple Health

Garmin

Google Fit

Fitbit

後領獎

4 領獎



電子現金券

DECATHLON
HK\$49
電子現金券

完成以上步驟後，
於推廣期內掃描以上獎賞碼，
即刻領取
DECATHLON HK\$49
電子現金券1張*，
兌換一系列跑步裝備!

*受條款及細則約束，詳情請瀏覽：

https://www.boclif.com.hk/tc/liveyoung/member/HarbourMarathon_TnC_TC.pdf

If you would like to view the English version, please [click here](#) >



5G商用寬頻 5G Office Broadband

免拉線
No Wiring

插電即用
Plug-and-Play

免搬遷費
No Relocation Fee

合約到期？即將搬遷？加裝網絡？
Contract Expired? Relocation? Additional Network?

中銀人壽維港馬拉松2024 SmarTone Solutions 專享優惠
BOC Life Hong Kong Harbour Marathon 2024 SmarTone Solutions Exclusive Offer



無限5G數據*
Unlimited 5G Data*



3個月免月費
3-month Monthly Fee Waiver

立即登記 Subscribe Now



9138 2688
(只限WhatsApp)

* 此計劃包括500GB全速數據，當每月數據用量達到選用服務計劃之上限，根據FUP（公平使用政策），數據服務仍可繼續，但使用網絡之優先次序將相對較低，數據服務體驗或會受影響。客戶實際上網體驗會受不同因素影響，如用戶與發射站的相對位置、網站伺服器資源及互聯網流量狀態、用戶數量、用戶所使用之裝置及其他因素而有所影響。5G商用寬頻服務計劃條款及細則：優惠期至2024年7月31日。特選客戶優惠只適用於指定之客戶，並須簽約27個月。使用5G數據服務須配合指定型號流動裝置使用。在沒有5G網絡覆蓋之地區，將以現時4G及/或3G網絡提供服務予本合約。本公司保留對優惠及任何爭議之最終決定權，並可更改優惠之條款及細則而不作另行通知。

*The plan includes 500GB Full Speed. Under FUP (Fair Usage Policy), when monthly data usage reaches the plan's data allowance, data service continues, but access to network resources will be given lower priority and data service experience may be affected. Internet experience can vary due to factors such as the relative position between user and the base stations, the download server resources, Internet traffic conditions, the number of users, users' devices and other factors that may arise. Promotion valid until 31 July 2024. Special offer is valid for selected customer. 27 months contract is required. The use of designated device(s) are required for using 5G network service. In areas outside of our 5G coverage, you will be provided with a 3G and/or 4G Wireless Broadband Service. Our Company reserves the right of final decision relating to the promotion and any dispute thereof and may change the Terms and Conditions without prior notice.

No. 1

消費者首選 5G 網絡

SmarTone
Consumers' Best Preferred
5G Network

中銀人壽維港馬拉松2024選手限定 2024 BOC Life Hong Kong Harbour Marathon Runners' Exclusive

5G 月費計劃
Monthly Plan

\$178/50GB 本地數據
Local Data

送 FREE

\$1,000 手機禮券
Handset Voucher



無限本地數據
Unlimited Local Data
(速度最高1Mbps / Up to 1Mbps Speed)



每月1GB內地及
澳門數據組合
1GB/ month Mainland & Macau Data Pack

憑此圖於2024年4月13日至7月12日期間，到SmarTone 門市可專享優惠。

From 13 April to 12 July 2024, visit SmarTone stores and present this photo to enjoy the offer.



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No. 1 消費者首選
5G 網絡
SmarTone

超強勢網絡

*「消費者No.1首選5G網絡」基於SmarTone委託 NuananceTree市場研究公司於2022年1月至12月透過網上及街頭訪問3,942位後流動服務用戶之調查結果。

月費\$178是基於5G SIM Only服務計劃原價月費\$238，於合約期內每月扣除\$60的回饋。於合約期終止後，如客戶繼續使用此服務，本公司將按當時同等服務計劃之月費收費。客戶選用指定5G SIM Only服務計劃(20GB)之合約期服務計劃，可於合約期內享每月30GB額外本地數據優惠。客戶可於合約期內享每月1Mbps無限數據優惠。1Mbps無限數據服務回饋：合約期內須選用1Mbps無限數據。指定計劃客戶於合約期內可享之服務月費回饋乃根據該服務於當時之月費收費而定。而第一期及/或最後一期服務則會按使用日數之比例回饋(如適用)。而該服務月之回饋金額將不低於該服務之月費服務收費。於合約期終止後，1Mbps無限數據將會取消。客戶可於合約期內享每月1GB內地及澳門漫遊數據組合優惠。[免費每月1GB內地及澳門漫遊數據組合]：[「免費內地及澳門漫遊數據組合」]：[「免費內地及澳門漫遊數據組合」]乃根據原價每月\$15，於合約期每月扣除\$15回饋計算得出。[免費內地及澳門漫遊數據組合]之1GB數據用量可共用於內地及澳門地區。申請人必須為本公司現有流動電話月費計劃的客戶持有人。客戶須同時啟動「漫遊數據全日通」。當客戶身處內地及澳門地區時，如數據用量超過「免費內地及澳門漫遊數據組合」服務之每月數據用量，本公司會發出SMS通知客戶。客戶可以回覆SMS並按SMS指定的收費購買額外「免費內地及澳門漫遊數據組合」數據用量(「增值」)。如果客戶沒有回覆增值，後續所產生的數據漫遊用量將會按SMS所列明的收費自動收取。受條款及細則約束，詳情請參閱(T&C-1041)。優惠只適用於客戶上台/續約/升級指定服務計劃，客戶須簽訂指定期限的及應付每月\$18之行政費。客戶須預繳指定金額之費用及行政費。客戶需預繳之費用金額，可選擇之額外數據用量及/或禮品之價值視乎客戶所選服務計劃而定。手續費優惠：優惠期由2024年4月13日至7月12日。客戶選用指定5G合約期服務計劃，可享手機及配件折扣優惠購買指定手機及配件。可享之折扣優惠價值視乎客戶所選服務計劃而定。客戶須按當時之建議零售價於門市選購指定手機及配件。客戶須預繳指定服務費金額(如適用)。預繳金額視乎客戶所選服務計劃而定。預繳金額將根據銷售及服務合約(或銷售及服務合約之附帶協議)所詳述的安排於服務計劃生效後回饋客戶。預繳金額將透過「轉數快」直接回饋至客戶之銀行戶口，而其現有流動通訊服務計劃必須仍然生效。客戶須確保保單中提供之資料之正確性及完整性。客戶須於簽署合約當日累計的365日內使用該優惠。客戶可於有效期內使用一次手機及配件折扣優惠，及購買指定手機可享免費12個月升級版雙面保護「SmarTone傳真換新」。一般條款及細則：每個指定服務計劃合約只可享以上優惠1次。本公司保留以其他同等或相若價值禮品代替之權利。不能與其他上台/續約/升級優惠同時使用。如客戶更改選用其他服務計劃/未能於選用服務計劃合約當日累計180日內成功啟用服務，優惠將自動取消。本公司有權向客戶收取已享用之優惠的總額而毋須事先通知。以上優惠不能轉讓他人，只換現金或找贖。本公司保留對優惠及任何爭議之最終決定權。並可更改此優惠之條款及細則而不作另行通知。優惠及服務受有關條款及細則約束。詳情請向店員查詢。

ポカリスエット

低糖
低卡



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