



公益慈善馬拉松
THE COMMUNITY CHEST CORPORATE CHALLENGE
半馬拉松及十公里賽 Half Marathon & 10 Km Run
31-1-2016 星期日 Sunday



起跑時間 : 上午八時正 - 半馬拉松
上午八時三十分 - 十公里賽

起點 : 西貢北潭涌郊野公園

賽道 : 兩項賽事的起點及終點均於西貢北潭涌，沿萬宜淡水湖賽道進行。

設施 : 行李寄存區設於保良局北潭涌渡假營(參加者需自行負責安全); 持有號碼牌的參加者亦可使用營內的洗手間及更衣設施。賽道沿途設有救護站; 約每五公里設有水站和里數牌。

交通安排 : 大會將提供免費接駁巴士服務並於下列時間及地點開出:

上午六時四十五分開出

1. 中環愛丁堡廣場大會堂巴士總站
2. 九龍塘根德道
(九龍塘港鐵站附近)

上午七時正開出

3. 西貢美裕街巴士站(西貢警署旁)
如自行駕車前往, 建議停泊於西貢美福街露天停車場, 並乘搭於西貢開出的接駁巴士前往起點。

Start Time : 8:00 am - Half Marathon
8:30 am - 10 Km Run

Start Point : Sai Kung Pak Tam Chung Country Park

Course : Both events will start and finish at Pak Tam Chung, Sai Kung. Hilly course on service roads in the Country Park around the High Island Reservoir.

Facilities : Bag Drop (at participants' own risk) for runners at Po Leung Kuk Pak Tam Chung Holiday Camp. Participants (with race bib) are welcome to use the toilet and changing facilities inside the Camp. First aid services en route. Water stations and distance markers at about 5 Km intervals.

Transportation : Free shuttle bus services to starting point will depart at:

6:45 am SHARP

1. Bus Terminus, Edinburgh Place, Central
2. Kent Road, Kowloon Tong
(near Kowloon Tong MTR station)

7:00 am SHARP

3. Bus Terminus at Mei Yu Street, Sai Kung (near Sai Kung Police Station)
If you drive, you may park at the open air car park at Mei Fuk Street and take the shuttle bus to the starting point.

警方將向任何在北潭涌違例停泊的車輛發出告票。
Police will ticket illegal parking in Pak Tam Chung.