

**TWGHs "iRun" – The Hong Kong Jockey Club
Special Marathon 2019
Registration Form (For organization only)
(Deadline : 24th September, 2018 (Monday))**



Name of Organization: _____
 Address: _____
 Contact Person: _____ Post: _____
 Telephone: _____ Organization E-mail: _____
 Fax: _____ Personal Email: _____

The races of "Challenge Group" and "iRun Group" will be held for iRun 2019.

- The "Challenge Group" has 3KM and 5.7KM races and the time limits are set in 30 minutes and 45 minutes respectively. Winners of the Challenge Group will be awarded with trophies.
- The "iRun Group" is a 3KM race and the participants need to complete the race in 70 minutes. No competition award will be treated.

To cherish our environment, participants are encouraged to bring their own iRun 2018 Runner's T-shirts.

**** Please read the "Groups, Race Distances and Time Limits" of "Event Information" carefully before fill in the form ****

Part I : Applicants' Information

*Please the appropriate boxes

ID Runner			Pair-up Runner			
* Please select the appropriate group			Pair-up Runner Arrangement:			
<input type="checkbox"/> 3KM iRun Group (limited in 70 mins) ※NO award	<input type="checkbox"/> 3KM Challenge Group (limited in 30 mins) ※WILL be awarded	<input type="checkbox"/> 5.7KM Challenge Group (limited in 45 mins) ※WILL be awarded	<input type="checkbox"/> Will be arranged by runners' organization or school (Please submit the information of Pair-up Runners to the Organizer on or before 25 th October, 2018) <input type="checkbox"/> Need to match by the Organizer (No need to fill the following information. Please refer to the note and "Arrangement of Pair-up runner")			
* Estimated finishing time / Best Record : (Please refer to "iRun" website for record or please fill in estimation.) <input type="text"/> Minute <input type="text"/> Second Participant of "Challenge Group" is recommended refer the practicing time within 30 to 45 minutes.			Name (Chinese): _____ Gender: <input type="checkbox"/> M <input type="checkbox"/> F		Name (English): _____	
Name (Chinese): _____		Gender: <input type="checkbox"/> M <input type="checkbox"/> F	Emergency contact person :			
Name (English): _____			Emergency contact :			
D.O.B (DD/MM/YY):			Tel: _____			
Challenge Group Teens aged 12-18 (14/1/2000-13/1/2007) Youth aged 19-34 (14/1/1984-13/1/2000) Master aged 35-50 (14/1/1968-13/1/1984) Evergreen aged 51 or above (13/1/1968 or before)		I.D./Passport: (first 4 digits) _____xxx (x)				
<input type="checkbox"/> Certificate (If you don't need the certificate, please <input checked="" type="checkbox"/> the left side box.)			<input type="checkbox"/> Certificate (If you don't need the certificate, please <input checked="" type="checkbox"/> the left side box.)			
<input type="checkbox"/> Bring your own iRun 2018 Runner's T-shirt (Shall you bring your own iRun 2018 T-shirt, please <input checked="" type="checkbox"/> the left box. The Organizer will not distribute the runner's T-shirt to you.)			<input type="checkbox"/> Bring your own iRun 2018 Runner's T-shirt (Shall you bring your own iRun 2018 T-shirt, please <input checked="" type="checkbox"/> the left side box. The Organizer will not distribute the runner's T-shirt to you.)			
T-shirt size: <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL			T-shirt size: <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL			
Attending of Sports Ground Training (7-9 P.M.): <input type="checkbox"/> Tuen Mun Tang Shiu Kin 27/11(Tue) <input type="checkbox"/> Hammer Hill 6/12(Thur)			<input type="checkbox"/> Sha Tin 29/11(Thur) <input type="checkbox"/> Perth Street 11/12(Tue)			<input type="checkbox"/> Siu Sai Wan 4/12(Tue) <input type="checkbox"/> Aberdeen 13/12(Thur)
Note : *Pair up runner must have attained the age of 14 on the event day. For pair-up runner from age 14 to 17, please complete the consent form with parent or guardian signature. 1) Pair-up runners are welcomed to join the trainings. 2) Organization should contact the pair-up runner once receive the matching result for practice arrangement.						

Part II: Registration Fee

No. of ID Runners		Total Fee(@\$30 x ___ person)	HK\$
Name of Bank		Cheque No.	
Official Receipt Addressee (Please state if different from the Name of Organization)			

(A crossed cheque in HKD payable to “**Tung Wah Group of Hospitals**”. Please state on the cheque’s back with Name of Organizations, Contact Person and Telephone Number.)

Part III: Briefing Session

We will* / will not* attend the Briefing Session on 5thJanuary 2019 (Saturday) at 9:30 A.M. at the venue: **Hall, Block E, Jockey Club Rehabilitation Complex, 4 Welfare Road, Aberdeen, H.K.** The runners’ packs shall be collected after the Briefing Session from 10:30 A.M. to 2 P.M.

Part IV: Declaration

We agree the above applicants (includes the runners with intellectual disabilities (ID) and the pair-up runners) to participate in the said trainings and race, and declare that they are in good physical condition and are suitable for participating in the activities. We also accept that TWGHs and its supporting organizations will not be held responsible for any injury, death or loss of property incurred during, as consequence of or while traveling to or from the events.

We agree that TWGHs can use the applicants’ photos, images and voices to assist in promotion, and to pass the applicants’ information to the timing system agency and supporting organizations for data processing.

We authorize TWGHs and the supporting organization to handle the accident and the related situation during the events.

Signature of
Organization representative: _____

Name: _____

Date: _____

Organizational seal:

*Please tick the appropriate box(es).

Event Information (P.1)

Venue

Tamar Park

Race Course

Central and Western District Promenade (Central Section) and Lung Wo Road

Date and Time

13th January 2019 (Sunday). To be started at 10:00 A.M.

(All participants and pair-up runners must arrive at 9:15 A.M. or before)

Qualification

Persons with Intellectual Disabilities (ID) must reach the age of 12 on the event day. All registration shall be submitted through the rehabilitation organizations or the special schools.

Local and overseas participants are welcome.

Registration Fee

ID runners: HK\$30

Pair-up runners: free

Registration

- 1) By Mail: send the form together with a crossed cheque in HKD payable to "Tung Wah Group of Hospitals", payment method is same as below.
- 2) Participants shall register online at <http://i-run.tungwahcsd.org/registration.php> . For the payment of registration fee, please mail the crossed cheque in HKD payable to "Tung Wah Group of Hospitals" to:

**Room DUG 12, UG/F, Block D, TWGHs Jockey Club Rehabilitation Complex,
4 Welfare Road, Aberdeen, H.K.**

(Please mark **the name of the service centre and organization, contact person and telephone number** on the back of the cheque and state "**TWGHs "iRun"— The Hong Kong Jockey Club Special Marathon 2019**" at the front of the envelop.)

Deadline of Registration

24th September 2018 (Monday)

Groups and organizations are advised to pay the registration fee on or before 13th November 2018 (Tuesday) to confirm the registration.

Deadline of Provision of the Details of Pair-up Runners

Please submit the details of the pair-up runners on or before 25th October 2018 (Thursday) by email or fax.

Event Information (P.2)

Arrangement for Pair-up Runner

Every participant shall be accompanied a pair-up runner who has attained the age of 14 on the event day. For the pair-up runner from age 14 to 17, please complete the consent form with parent or guardian signature. Should there be any difficulties, the Organizer will provide pair-up runner for matching. Matching procedure list below:

- 1) Please select "Need to match by the Organizer" in the "Pair-up Runner Arrangement" of Registration Form;
- 2) The matching will depend on "Estimated Finishing Time" of the participants and the pair-up runners and start after Registration Period;
- 3) All the organizations **MUST contact the pair-up runners ONCE** receive the Matching Result for training arrangement;
- 4) If the matching failed, the organizations please contact us for re-matching of the pair-up runners.

Trainings are scheduled for the participants and the pair-up runners from November to December 2018. All participants and pair-up runners are welcome to join throughout the Organizational Registration for practice and meeting up with each other. Please read the "Important Dates and Rules and Regulations" on iRun website for more details.

Sportswear

To cherish our environment, participants are encouraged to bring their own iRun 2018 Runner's T-shirts.

When necessary, the Organizer will provide short sleeves/dry fit T-shirts for the participants and the pair up runners, the size reference is as follows:

(Plane)	XS	S	M	L	XL	XXL
Chest Width (CM)	44.5	47	50	53	56	60
Shirt Length (CM)	64	66	68	70	72	76

Participants MUST wear the Runner's Bib which provided by the Organizer to enter the race course.

Issue of Advice of Acceptance

Advice of Acceptance will be issued via email to all the successful registered rehabilitation organizations/ special schools before 9th November 2018 (Friday). If you do not receive the Advice of Acceptance by 13th November 2018 (Tuesday), please call (852) 2870 9220 or email to irun@tungwah.org.hk for assistance.

Briefing Session

Date : 5th January 2019 (Saturday) 9:30 A.M.

Venue : Hall, Block E, Jockey Club Rehabilitation Complex, 4 Welfare Road, Aberdeen, H.K.

Target : Representatives from NGOs and Schools

Content : To introduce the event, points to note and Q&A

Runner's Packs Collection

The runner's packs including Race Bib Number and T-shirt (if applicable) will be distributed to the ID runners and the pair-up runners via the rehabilitation organizations or the special schools. All runner's packs must be collected with presenting the Advice of Acceptance for confirmation.

Local participants and pair-up runners

- 1) Collection on 5th January 2019 (Saturday) from 10:30 A.M. to 2 P.M. at the venue:

Hall, Block E, Jockey Club Rehabilitation Complex, 4 Welfare Road, Aberdeen, H.K.

- 2) For those who cannot collect runner's packs at 5th January 2019 (Saturday), please contact iRun 2019 Organizing Committee at (852)2870 9220 to re-arrange the collection at:

Room DUG 12, UG/F, Block D, TWGHs Jockey Club Rehabilitation Complex, 4 Welfare Road, Aberdeen, H.K.

Event Information (P.3)

Oversea participants and pair-up runners

Collection on 12th January 2019 (Saturday) from 1 P.M. to 5 P.M. or on the event day from 8:30 A.M. to 9 A.M. at information counter (Tamar Park, Admiralty).

Beverage, Snacks and Washrooms

Water station(s) will be set up throughout the race track and at the finish point of the race course. Beverage and snacks will also be provided to the participants and the pair-up runners when the races finish. Participants and their pair-up runners are free to bring along their own drinks as supplement. Temporary washrooms will be available. All participants and pair-up runners are advised to keep the environment clean.

Transport

Participants are encouraged to take public transport. Details are as follows:

MTR: Exit A, Admiralty Station

Bus: 2, 12A, 12M, 111, 260, 301, 302, 307, 511, 590A, 601, 641, 681, 690, 720, 722, 780, 905, 914, 960, 961, 968, 978

Green Mini Bus: 10, 11, 24A, 24M, 31, 56A

No parking space will be reserved.

Cancellation of the Event

The races will be cancelled if any of the following warnings is still announced or issued by Hong Kong Observatory at 6 A.M. on the event day.

- Red or Black Rainstorm Warning
- No. 8 Tropical Cyclone Warning Signal

Air Quality Health Index

All the participants, the organizations and the pair-up runners are advised to decide to join the race with reference to the "Air Quality Health Index" issued by the Environmental Protection Department (EPD).

Groups, Race Distances and Time Limits

The races of "Challenge Group" and "iRun Group" are set for iRun 2019. Registration is on first-come-first-served basis.

The "Challenge Group" has 3KM and 5.7KM races and the time limits are set in 30 minutes and 45 minutes respectively. Both 3KM and 5.7KM races of the Challenge Group are also categorized by age and gender (refer to the following table).

The "iRun Group" is the 3KM race and the participants need to complete the race in 70 minutes. No competition award will be treated.

Event Information (P.4)

Details of grouping by age and gender are as follows:

Race	Group	Age	Group Code	Personal Best Record
3KM Challenge Group	Teens (Male)	Aged 12 - 18	M1	Less than 30 mins.
	Youth (Male)	Aged 19 - 34	M2	
	Master (Male)	Aged 35 -50	M3	
	Evergreen (Male)	Aged 51 or above	M4	
	Teens (Female)	Aged 12 - 18	F1	
	Youth (Female)	Aged 19 - 34	F2	
	Master (Female)	Aged 35 - 50	F3	
	Evergreen (Female)	Aged 51 or above	F4	
5.7KM Challenge Group	Male	Aged 12 or above	M5	Less than 45 mins.
	Female		F5	
3KM iRun Group	Male	Aged 12 or above	M8	Less than 70 mins.
	Female		F8	

(Participants MUST be aged 12 or above on the event day)

Race Course Map

To be provided. Please visit iRun website for latest information.

Rules and Regulations

- 1) No spiked shoes are allowed in the race course.
- 2) All participants and pair-up runners are expected to wear the T-shirt with the Bib Number provided by the Organizer.
- 3) All participants shall not hamper the others intentionally, or run away from the race course, or having any other unethical behaviours.
- 4) Extra precaution is needed when overtaking others to prevent from injuries.
- 5) Participants and pair-up runner must stay in the rest area and should not re-enter the race course after finishing the race.
- 6) The Organizer reserves the right to disqualify or exclude any person from the competition. For details, please refer to the details on the iRun website.

Timing System

Each successful participant and his/her pair-up runner will be provided a Bib Number which MUST be pinned firmly at the front of the T-shirt during the race. A timing tag for each ID runners is attached with the Bib Number. The individual racing time will be recorded when the participants and their pair-up runners pass the timing sensors to be located at the starting point, the turning point and the finish point. Results of the winners are calculated upon the official time of the ID runners but not his/her pair-up runners.

Event Information (P.5)

Awards and Souvenirs

Race	Group	Group Code	Rank & Prize (HK\$)			
			1 st	2 nd	3 rd	4 th to 10 th
3KM Challenge Group	Teens (Male)	M1	1000	800	500	Trophy
	Youth (Male)	M2	1000	800	500	
	Master (Male)	M3	1000	800	500	
	Evergeen (Male)	M4	1000	800	500	Not applicable
	Teens (Female)	F1	1000	800	500	Trophy
	Youth (Female)	F2	1000	800	500	
	Master (Female)	F3	1000	800	500	
	Evergeen (Female)	F4	1000	800	500	Not applicable
5.7KM Challenge Group	Male	M5	1500	1000	800	Trophy
	Female	F5	1500	1000	800	
			1 st to 3 rd winners will be awarded with a trophy.			
3KM iRun Group	Male	M8	No ranking and award			
	Female	F8				
All participants and their pair-up runners will be awarded a medal and a certificate.						

Prizes will be presented to the first three rehabilitation organizations or special schools with the highest number of applicants.

One extra two-hour training session will be arranged respectively for the first six rehabilitation organizations with the highest number of applicants. Considering that sports training will be executed in the special schools, the arrangements for the extra training session shall be based on adult rehabilitation service organizations. The training sessions will be conducted by experienced coaches and assistants. The dates, times, and locations of the training shall be provided by the selected rehabilitation organizations. The training content shall be compromised with the coaches. Pair-up runners are invited to attend the training.

Prize Presentation Ceremony will be held on 11:15 A.M. on the event day. Please inform the Organizer as earliest as possible if any prize winners cannot attend the ceremony.

Contact Us

Telephone: (852) 2870 9220

Fax: (852) 2554 7340

Email: irun@tungwah.org.hk

Website: <http://i-run.tungwahcsd.org>