



Since 1982

AVOHK
Athletic Veterans of Hong Kong

The Twelfth Malcolm Phillips 5K 11 May 2019

RACE INFORMATION

Date(日期) : 11th May 2019

Venue(集合地點) : Bowen Road at junction with Bowen Drive
寶雲道與寶雲徑交界處

Race Start(比賽時間): 16:00

Distance(全程): 5km (5 公里)

Prizes(獎品): Top 5 Men / Top 5 Ladies

(最優秀的首五位男子/最優秀的首五位女子)

Format(形式): Age adjusted results (分齡組別)

Entry Fee(報名費): AVOHK/HKLRRC members (會員)HK\$80

Non members (非會員) HK\$100

“BIG MAL” (1953-2006)

Enquiries to: Derek on 67302324 or Elaine 91310667

E-mail: bigmalavohk@gmail.com

The Malcolm Phillips 5K – 11th May 2019

ENROLLMENT 參加表格 (PLEASE COMPLETE IN ENGLISH 請用英文填寫)

Family name 姓	
Given name 名	
Sex 性別	M 男 F 女
Date of Birth 出生日期	dd 日 mm 月 yyyy 年
Phone No. 電話號碼	
E-mail 電郵地址	
Postal Address 地址	

IMPORTANT NOTES

- Race starts at 4 p.m. 開跑時間為下午四時
- Strictly NO ENTRIES on the day. Race information on HYPERLINK "<http://www.avohk.org>" www.avohk.org. 不設即場報名 有關賽事資料將會上載於 HYPERLINK "<http://www.avohk.org>" \t "_blank" www.avohk.org
- **Entry list posted on AVOHK HYPERLINK "<http://www.avohk.org>" www.avohk.org by Wednesday May 8th.** No other communication will be sent to you. 請於五月八日星期三登上以上網址查閱參賽名單 本會將不另行公佈
- **All entries must be a minimum 12 years of age on race day.** 所有參賽者必須於比賽日年滿十二歲或以上
- Race number cloth collected on race day. 號碼布將於賽事當日派發
- Red, Black Rainstorm or T8 warning issued by 12.00 noon on race day, event is cancelled. We will attempt to reschedule - No entry fee refund. 如紅色或黑色暴雨警告或8號熱帶氣旋於賽事日正午十二時前生效 賽事會取消 本會會儘量安排重賽 報名費不會退還
- Race marshals needed if you cannot run please come and help at the race. 歡迎所有不能參賽會員出席為大會作賽道指揮/督導
- First aid at start / finish 救傷服務將設於起點及終點
- Please bring your own water bottle for water at the end of the race

I confirm and agree, to the fullest extent permitted by law, that I take part in this event entirely at my own risk and that I will not hold AVOHK or any sponsors of this event or any organisation or person providing medical, catering, logistical, IT or other support or services for this event (or any member, committee member director employee agent or contractor of any of the foregoing or any person otherwise associated with any of the foregoing) responsible for death or any injury or for any damages to or loss or destruction of property or any other economic loss or for any consequential loss, in any case arising from or connected with any accident or mishap or otherwise arising from or connected with this event; whether during or after the event, in preparation for it, traveling to or from it or otherwise. I will not compete unless I am physically fit and sufficiently trained. I acknowledge and agree that AVOHK may (without reference to and without prior approval of or any payment to any person) use, in any publicity material connected with the AVOHK (including but not limited to any website) or any other lawful purpose, any photograph, film, videotape, record or visual or vocal reproduction of my participating in this event.

Signed 簽名(Parent or Guardian if < 18):

Date 日期:

Return form in English with a cheque payable to "AVOHK" to: Malcolm Phillips 5km, 91 Tai Hang Hau Village, Yung Yung Road, Clearwater Bay.