

KOTH HK Island Race – Sunday, 26 November 2017

『山野之王』 港島賽事 – 2017年11月26日 (星期日) (中文版請看下面)

Important Information

- 1) Race start/finish location: The race will start and finish at the LCSD sitting out area at Wong Nei Chung Gap (at the intersection of Tai Tam Reservoir Road and Wong Nei Chung Gap Road in a park behind the petrol station).
- 2) Timeline:
 - a. Assembly and bag check: 0800-0845
 - b. Race briefing: 0850
 - c. Race start: 0900 (mass start)
 - d. Race finish: 1530
- 3) Transport: Parking is extremely limited. Public transport options are numerous. Buses 6, 63, 66 and 76 all stop near the race registration location.
- 4) Baggage check: Provided on site.
- 5) Water stops: Two (By the upper reservoir dam on Mt. Parker Road and entrance to Tai Tam Country Trail at the base of the climb up Violet Hill near Wong Nei Chung Reservoir). Water and sports drink will be provided, but the organizer will not allow water bottles to be taken away from the checkpoint area. Racers must refill their own hydration packs.
- 6) Race route Half Marathon: Start – Parkview/HK Trail Signboard – Jardine’s Lookout – Mt. Butler – Tai Feng Au – Boa Vista – Tai Tam Upper Reservoir – Tai Tam Reservoir Road – Tai Tam Intermediate Reservoir – Tsin Shui Wan Au (Repulse Bay Gap) – Near Wong Nei Chung Reservoir – Violet Hill – Parkview – Tai Tam Country Trail – Sir Cecil’s Ride Trail – Finish.
- 7) Race route Full Marathon: Start – Parkview/HK Trail Signboard – Jardine’s Lookout – Turn above the Quarry to Siu Ma Shan – Descend on the Wilson Trail to Sir Cecil’s Ride – Continue left following the Wilson Trail to Mt. Parker Road – Quarry Bay Tree Walk to Tai Koo Kitchens – Hap Mong Trail and then trail around Mt. Parker to Boa Vista – Tai Tam Upper Reservoir – Tai Tam Reservoir Road – Tai Tam Intermediate Reservoir – Tsin Shui Wan Au (Repulse Bay Gap) – Turn Left on the Wilson Trail over the Twins – Return to Tsin Shui Wan Au via the catchwater – Near Wong Nei Chung Reservoir – Violet Hill – Parkview – Tai Tam Country Trail – Sir Cecil’s Ride Trail – Finish.
- 8) Course marking: The course will be marked with yellow and black signs that have “KOTH” written on them together with directional arrows.
- 9) Distance – 18.5 km est. half; ~ 33 km full
- 10) Altitude - +/- 1,200 meters est. half; ~ 1,900 meters full
- 11) Post race: Light refreshments and beverages will be offered. Use race bib to collect.

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重要消息

- 1) 起點／終點位置：改在黃泥涌峽道康文署屬下的休憩場地
- 2) 時序：
 - a. 集合及寄存行李：0800-0845
 - b. 賽前簡報：0850
 - c. 出發：0900
 - d. 完賽：1530
- 3) 交通：泊車位有限，建議使用公共交通工具，途經的城巴／新巴路線有 6 號、63 號、66 號及 76 號
- 4) 寄存行李：在集合點
- 5) 水站：2 個
 - a. 柏架山道水壩及 b. 紫蘿蘭山腳的大潭郊遊徑近黃泥涌水塘水站會提供清水及運動飲品，所有膠樽不得攜離水站，請自備水樽／水袋
- 6) 路線（半馬）：起點－陽明山莊－渣甸山－畢拉山－大風坳－野豬徑－大潭上水塘－大潭水塘道－大潭中水塘－淺水灣坳－近黃泥涌水塘－紫蘿蘭山－陽明山莊－大潭郊野徑－金督馳馬徑－終點
- 7) 路線（全馬）：起點－陽明山莊－渣甸山－小馬山－經衛奕信徑－金督馳馬徑－柏架山道－鯽魚涌樹木研習徑－戰時爐灶－野豬徑－大潭上水塘－大潭水塘道－大潭中水塘－淺水灣坳－孖崗山－引水道－淺水灣坳－近黃泥涌水塘－紫蘿蘭山－陽明山莊－大潭郊野徑－金督馳馬徑－終點
- 8) 路標：路線會以黃底黑字標示，上有“KOTH”字樣及方向箭頭。
- 9) 距離：半馬約 18.5km，全馬約 33km
- 10) 高度：半馬約 1,200 米，全馬約 1,900 米
- 11) 賽後：有輕食及飲品提供，憑號碼布領取。