

KING OF THE HILLS Series 2018/19

Hong Kong Mountain Marathon Race Course
March 3, 2019 Sunday

A section of 2018 Full Marathon Course is not allowed by AFCD and the 2019 diversion is in bold.

Race bib collection opens (for those who have not collected yet) and Baggage Storage opens 8:00am at the South End Repulse Bay Beach (on the sand south of the 7-11)

Public buses: 6, 61, 63, 263

Start & Finish : Repulse Bay Beach

HALF MARATHON

Start Time: 9:00am 5 hours allowed

Distance 18.5 km, ~1,200 meters cumulative elevation gain, 2 water stops

Half Marathon Course : Start – South Bay Close – Tsin Shui Wan Au(Repulse Bay Gap) – near Wong Nei Chung Reservoir – Violet Hill – Parkview/Hong Kong 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) – South Bay Close – Finish

FULL MARATHON

Start Time: 9:30am 6.5 hours allowed

Distance 34.6 km, ~2,090 meters cumulative elevation gain, 2 water stops

Full Marathon Course : Start – South Bay Close – Tsin Shui Wan Au(Repulse Bay Gap) – near Wong Nei Chung Reservoir – Violet Hill – Parkview/Hong Kong Trail Signboard – Jardine’s Lookout – Turn above the Quarry to Siu Ma Shan – Descend on the Wilson Trail to Sir Cecil’s Ride (section of Quarry Bay Jogging Trail) – continue left following the Wilson Trail to Mt. Parker Road – Quarry Bay Tree Walk – **Hong Pak Country Trail until Mt Parker Road – Mt Parker Road - Tai Feng Au – 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 water catchment – South Bay Close – Finish

Cutoff: 5.5 hours at Tsin Shui Wan Au for Twins and onwards. Cutoff racers will be directed straight down to Finish.

Race Course Hints and Suggestions

- 1) Maps - Although the course will be marked with white A4 size way marks with red arrows, purchase a Hong Kong Island & Neighbouring Islands Countryside Map to take along on the run may be helpful if questions arise. Racers are also advised to familiarize themselves with the course ahead of time.
- 2) Water – Water Stops will be situated at CP1 Parkview/Hong Kong Trail Signboard and CP3 open ground on Mt Parker Road(next to the northern end of the Main Dam, Tai Tam Upper Reservoir). There are no obvious places to purchase water along the course so runners are advised to prepare accordingly and carry their own water along the course.
- 3) Mosquito Repellent – Although no cases of Dengue Fever have been reported in the race course area, participants would be wise to take precautions against mosquito bites.

- 4) Weather – Warm and humid is the mostly outcome based upon historical precedent for this time of year. Please check the weather forecast prior to the race. Large portions of the trail are exposed to direct sunlight. Hats and sunscreen are recommended.
- 5) Trail Conditions - Portions of the trail are on steep and rough ground. If it has rained recently, it will also be slippery. Be prepared for rough, outback conditions, this is not a road race!

#####以下為中譯本#####

漁護署禁止使用 2018 年全馬賽道裡其中的一段，本屆改道路線以**粗體**展示

2018/19 山野之王系列賽

賽事：香港站

日期：2019 年 3 月 3 日

起點開放時間：上午 8 時正 (寄存行李/領取比賽號碼布)

起點地點：淺水灣

途經的公共巴士：6, 61, 63, 263

半馬賽

比賽開始時間：上午 9 時正 時限：5 小時內

距離 18.5 公里 累計爬升高度~1,200 公尺 - 2 個水站

路線摘要：起點 > 南灣徑 > 淺水灣坳 > 引水道尾(近黃泥涌水塘) > 紫羅蘭山 > 港島徑(陽明山莊方向) > 渣甸山 > 畢拿山 > 大風坳 > 野豬徑 > 大潭上水塘 > 大潭水塘路 > 大潭中水塘 > 淺水灣坳 > 南灣徑 > 終點

全馬賽

比賽開始時間：上午 9 時 30 分 時限：6 小時 30 分內

距離 34.6 公里 累計爬升高度~2,090 公尺 - 2 個水站

路線摘要：起點 > 南灣徑 > 淺水灣坳 > 引水道尾(近黃泥涌水塘) > 紫羅蘭山 > 港島徑(陽明山莊方向) > 渣甸山 > 小馬山 > 小馬山橋 > 沿衛徑接金督馳馬徑(鯽魚涌緩跑徑部份) > 接衛徑至鯽魚涌樹徑 > **康柏郊遊徑往柏架山道 > 柏架山道 > 大風坳 > 野豬徑 > 大潭上水塘 > 大潭水塘路 > 大潭中水塘 > 淺水灣坳 > 孖崗山 > 沿衛徑右接引水道返回淺水灣坳 > 南灣徑 > 終點**

全馬賽員須於比賽開始後 5 小時 30 分內第二次通過淺水灣坳，否則不許繼續往孖崗山和 CP4 及遵從指示直返終點。

注意事項：

- (1) 地圖：雖則賽道會有路標和絲帶子標示但其它郊遊人仕也有可能不經意地遮擋了路標，請參閱賽區地圖及在比賽前熟習賽道。
- (2) 水站：CP1 大潭水塘道港島徑牌坊前，CP3 大潭上水塘主霸北端前空地。賽道餘下路段沒有位置可供購買飲料自行補給。賽員應自行計劃好攜行飲料份量。
- (3) 蚊怕水：雖則近來賽區範圍附近暫沒有確診的登革熱病例但賽員仍需注意禦防蚊釘措施。
- (4) 氣候：三月份氣溫是可溫暖和潮濕，賽員請留意比賽日天氣預報。
- (5) 路況：部份賽道較崎嶇和陡上，天雨後較濕滑。這比賽並不是全路賽，要有準備在崎嶇山徑和穿過矮叢中比賽。