

King of The Hills Mountain Marathon series 2018/19

Lantau Mountain Marathon Race Course
(2016 Course modified to meet new AFCD rules)

Sunday, January 6, 2019

Nam Shan BBQ Site Pavillion, Lantau Island

Public buses: All public buses departing Mui Wo and Route No. 3M Tung Chung Town Centre /Mui Wo pass this spot.

Note: Those coming from Central should plan on taking the 8:00 AM or 8:30 AM ferry to Mui Wo. All buses from Mui Wo stop at Nam Shan Pavillion.

Full Marathon - Maximum Allowed Time 7.5 hours – 3 Water stops

Start Time: 09:30 AM

Distance: ~ 35 km.

Start: Nam Shan Pavillion, South Lantau Road - Lantau Trail Section 2 - Sheung Tung Au (Full/half split) - Lin Fa Shan - Por Kai Shan – Pak Mong - Tung Chung – Shek Mun Kap– Tei Tong Tsai – Nei Lak Shan Country Trail - Ngong Ping (Big Buddha)- Lantau Peak - Tung Chung Au (Pak Kung Au) - Nam Shan Pavillion finish.

Full Marathon Cut offs: CP4 (Ngong Ping) 1430hr and CP5 (Pak Kong Au) 1545hr.

Half Marathon - Maximum Allowed Time 5.0 hours – 1 Water stop

Start Time: 10:00AM

Distance: 14.0 km

Start: Nam Shan Pavillion, South Lantau Road - Lantau Trail Section 2 - Sheung Tung Au (Full/half split) - Sunset Peak (Tai Tung Shan) - Tung Chung Au (Pak Kung Au, water stop) - Nam Shan Pavillion finish.

Race Course Hints and Suggestions

Maps - Although the course will be marked with signs and white ribbons, Purchasing a Lantau Country Park 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.

Checkpoints - Due to the isolated nature of sections of the full marathon course, strict checkpoint closure times will be adhered to, particularly at Ngong Ping (Big Buddha) and Tung Chung Au.

Water - One water stop will be provided at Tung Chung Au (Pak Kung Au) for both full and half marathon runners. On the full marathon course additional water stops will be provided at Tung Chung and Ngong Ping (Big Buddha), CP 2 at Pak Mong is a timing checkpoint only.

Equipment - The vast majority of both the full and half marathon course are run in the open with little or no shade. Hats, sunscreen, and hydration systems are recommended.

Trail Conditions - The half marathon course is the shortest and easiest of all the half marathon courses in the series. While portions take place on steep ground, the entire race course covers major trails only. Due to AFCD policy, the full marathon course will not be as rough as previously, but it will be several km longer and will still include all of the hard climbs. The climb up Lantau Peak from Ngong Ping is particularly arduous.

Although the trail will be marked with white arrows, the area around Ngong Ping can be confusing due to all the tourists. If in doubt, follow signs toward the Tea Garden Restaurant to access the trail up Lantau Peak.

#####以下為中譯本#####

2018/19 山野之王系列賽

賽事：大嶼站

日期：2019 年 1 月 6 日

起點地點：大嶼山嶼南路南山燒烤場涼亭

途經的公共巴士：從梅窩開出的所有巴士或 3M 東涌市中心 / 梅窩

{註：賽員欲從中環乘全渡輪往梅窩，請乘上 8 時正或 8 時 30 分開出的渡輪}

全馬比賽開始時間：上午 9 時 30 分

全馬比賽時限：7 小時 30 分鐘內 - 3 個水站

全馬賽道距離：約 35 公里

全馬路線摘要：

南山燒烤場涼亭>鳳凰徑第 2 段>雙東坳(全馬半馬分道點)>蓮花山>婆髻山>白芒>東涌>石門甲>地塘仔>彌勒山郊遊徑>昂平>鳳凰山>東涌坳(伯公坳)>南山燒烤場涼亭(終點)

比賽關閘時間：

檢查點「CP4 昂平」下午 2 時 30 分

檢查點「CP5 伯公坳」下午 3 時 45 分

半馬比賽開始時間：上午 10 時正

半馬比賽時限：5 小時內 - 1 個水站

半馬賽道距離：約 14 公里

半馬路線摘要：

南山燒烤場涼亭>鳳凰徑第 2 段>雙東坳(全馬半馬分道點)>大東山>東涌坳(伯公坳)>南山燒烤場涼亭(終點)

注意事項：

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。

檢查點 - 因賽道涉及範圍較廣所以一些檢查點會按時關閉(「CP5 伯公坳」「CP4 昂平」)

水站 - CP5 伯公坳設有水站供全馬和半馬賽員。全馬另外在「CP3 東涌」「CP4 昂平」設有水站。「CP2 白芒」則只作計時檢查站。

裝備 - 大部份賽道是上空全無遮的。建議賽員帶備太陽帽 太陽油和盛載飲料設備

路況 - 半馬賽道為整個系列賽中最容易的一站。雖然部份賽道比較陡上，餘下的均在明顯得山徑上比賽。經尊從漁護署要求改動後的全馬賽道雖則沒有原來的那麼挑戰但仍有若干段要陡上爬升，距離也增加了幾公里。從昂平登上鳳凰山山頂仍是那麼艱鉅

雖然賽道會有路標但昂平假日遊人眾多，混淆時應直接前往「茶園餐廳」後接小徑直上鳳凰山山頂。