

## King of The Hills series 2019/20

Altra Sai Kung Mountain Marathon Race Course

9:00 AM, Sunday March 1, 2020 Race start

8:00 AM Race bib collection opens (for those who have not collected yet)

8:00 AM Baggage storage opens

Pak Tam Chung PHAB BBQ Site, Sai Kung

Public buses: 94 and 96R

Maximum Allowed Time:      Half Marathon      4:00 Hours  
   Full Marathon      8:00 Hours

Distances and Cumulative Elevation Changes:

Half Marathon – 19.0 km, 840 meters – 3 water stops

Full Marathon – 37.1km, 1,840 meters – 4 water stops (2016 variation)

Start: Pak Tam Chung PHAB BBQ Site Entrance - Tsak Yue Wu - Pak Tam - Sec. 3 of Maclehorse - Yung Shue O - Sham Chung - She Shek Au - Nam Shan Tung - Pak Sha O - Hoi Ha – Tai Tan (End of Half Marathon) - To Kwa Peng - Chek Keng – Luk Wu Country Trail – Pak Tam Country Trail – Pak Tam Au – Maclehorse Section 3 – Pak Tam – Tsak Yue Wu – Pak Tam Chung PHAB BBQ Site (Finish).

Race Cut Offs:            1) You must past the halfway point within 3.5 hours to continue on the full marathon route.  
   2) You must pass CP 5 at Pak Tam Au within 6.0 hours to continue to the finish.

### Race Course Hints and Suggestions

Maps - Although the course will be marked with signs and ribbons, there is always the possibility of hikers blocking signs at crucial intersections. Downloading the course map and familiarizing yourself with the course ahead of time will minimize the chances of going astray.

Water - One water stop will be provided at Yung Shue O, Hoi Ha, Tai Tan halfway point, and at Pak Tam Au. Water can also be purchased along the trail in the village of Hoi Ha and possibly in the village of Chek Keng. Runners should plan to carry their own water along the course. For those willing to drink stream water, there are opportunities to do so about 1 km after Chek Keng and toward the end of the Luk Wu Trail.

Mosquito Repellent – Although no cases of Dengue Fever have been reported in the Sai Kung area, participants would be wise to take precautions against mosquito bites.

Weather – In March, It could be hot or humind. Please check the weather forecast prior to the race. Cool and dry is the mostly outcome based upon historical precedent for this time of year.

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!

Carrying a mobile phone with Hong Kong reception while racing will be helpful for emergency.

Those doing the half marathon will want to bring along money for the bus ride back to Pak Tam Chung.

Although the trail will be marked with arrows, previous history suggests that there are a few common places where runners lose the trail:

- 1) After intersecting with Section 3 of the Maclehose, the marathon trail continues straight a rough path down toward Yung Shue O. Note that this is the original mountain marathon route, not the modified route used the previous several years.
- 2) Leaving Hoi Ha Village along the beach, the marathon trail takes an immediate, sharp right turn up a narrow trail densely covered by the forest canopy.
- 3) After leaving To Kwa Peng, the trail no longer contours along the coast to Tung Sam Kei and then over Tung Sam Kei Shan before joining section 2. Instead it turns right up to join Section 2 of the MacLehose and descending to Chek Keng..
- 4) After joining Section 2 of the Maclehose and descending to Chek Keng Village, the trail takes an immediate sharp right hand turn up a river valley rather than continuing along the coast on the Maclehose Trail.
- 5) At the intersection where the course route joins the Luk Wu Country Trail, turn right steeply up the steps on the Luk Wu Country Trail.
- 6) After descending to a large concrete water catchment area, stay on the catchment rather than turning left to continue on the Luk Wu Country Trail (Luk Wu Country Trail Distance Post C5309 at this junction).
- 7) Turn right up hill on the Pak Tam Country Trail just after a building of AFCD Sai Kung Country Park Pak Tam Au Management Office
- 8) Upon reaching the end of the Pak Tam County Trail (checkpoint) cross the road carefully and right along the sidewalk to the Maclehose Section 3 entrance on runner's left.
- 9) After about 4 km on the Maclehose Trail, the course turns left (signposted toward Pak Tam Road/Tsak Yue Wu). The remainder of the course runs in reverse the first several km of the race route back to Pak Tam Chung finish.

#####以下為中譯本#####

## 2019/20 山野之王系列賽

賽事：西貢站

日期：2020 年 3 月 1 日

比賽開始時間：上午 9 時正

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：北潭涌傷健樂園

途經的公共巴士：94, 96R

完成比賽時限：全馬 8 小時內 半馬 4 小時內

賽道距離及總爬升：

全馬 37.1 公里 +1,840 公尺 (2106 修訂賽道) - 4 個水站

半馬 19 公里 +840 公尺 - 3 個水站

路線摘要：北潭涌傷健樂園>鯽魚湖>北潭>麥理浩徑(第3段)>榕樹澳>深涌>蛇石坳>南山洞>白沙澳>海下>大灘(半馬終點)>土瓜坪>赤徑>鹿湖郊遊徑>北潭郊遊徑>北潭坳>麥理浩徑(第3段)>北潭>鯽魚湖>北潭涌傷健樂園(全馬終點)

比賽關關時間：

賽員須於比賽開始後3小時30分內通過檢查點「CP3 大灘」否則不許繼續比賽

賽員須於比賽開始後6小時內通過檢查點「CP5 北潭坳」否則不許繼續比賽

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。

水站－CP1 榕樹澳 CP2 海下 CP3 大灘 CP5 北潭坳均設有水站。賽員途經當地士多(海下/赤徑是可以購買飲料自行補給。賽員應自行計劃好攜行飲料份量。喜愛飲用山溪水的賽員可能在CP4 赤徑後1公里處和鹿湖郊遊徑較後位置路過活水。

蚊怕水－雖則近來西貢暫沒有確診的登革熱病例但賽員仍需注意禦防蚊釘措施。

氣候－三月份氣溫是可以較高及濕度也高，賽員請留意比賽日天氣預報。過去同期天氣清爽。

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。

比賽時帶備能接收香港訊號的手提電話是有助緊急求援。

半馬賽員另須帶備車資從半馬終點(CP3 大灘)乘公共交通工具返回北潭涌傷健樂園取回寄存行李。

比賽當天賽道是會有路標和絲帶指示路線，但過往仍有些賽員在下列順序地點混淆走錯路：

- 1) 從北潭到麥理浩徑(麥徑)第3段交匯點後直往下坡小徑往榕樹澳方向。
- 2) 離開海下村後須馬上離開海邊小徑右轉入一條有較厚樹叢和狹窄的小徑。
- 3) 離開土瓜坪不要往沿海岸線出東心其和上東心其山(此段2016年起漁護署禁止為賽道)，而是直往麥徑第2段後逆走麥徑往赤徑村。
- 4) 到赤徑村後在村尾轉右往一河谷走而非在麥徑沿海邊走。
- 5) 沿着明顯山徑直走至鹿湖郊途徑，在小徑交點右轉後走上在鹿湖郊遊徑的石樓梯。
- 6) 沿着鹿湖郊途徑下到引水道後在鹿湖郊遊徑標距柱 C5309 處離開郊遊徑沿引水道繼續走。
- 7) 經過了漁護署西貢郊野公園北潭坳管理站在最後一棟建築物後右轉入小徑再接北潭郊遊徑
- 8) 沿北潭郊遊徑至北潭坳出口(CP5 北潭坳)，橫過公路(注意往來車輛)後轉右在行人路走到麥徑第3段入口(北潭坳) 此時麥徑入口應在賽員的左方。
- 9) 沿麥徑第3段向前4公里後到一小徑交匯點轉右往北潭，即逆走賽道第1段返回北潭涌傷健樂園(全馬終點)