

KING OF THE HILLS Series 2019/20

Altra Tai Po Mountain Marathon Race Course

9:00 AM, Sunday November 24, 2019 Race Start

8:00 AM Information Desk & Baggage storage opens

Children Playground, Ting Tai Road (refer to Location Plan - Start, TPMM)

Access via Tai Wo KCR Station or Ting Kok Road, Taipo

Public buses: 71K, 72A, 73, 75K, E41

2019 November variation is related to a path between Kuk Po and Yung Shue Au is temporary closed due to road repairing works conducting by Home Affairs Department

Half Marathon remains unchanged

Full Marathon (1st half remains unchanged,

variation on 2nd Half indicated by typing in red & yellow highlighted)

Half Marathon Length – 16.5 km, 1050 meters cumulative elevation gain, 4 hours allowed

Full Marathon Length – **34.9 km, 1945** meters cumulative elevation gain, 8 hours allowed

(Comparing with the last season: ~2.8km shorter of total distance, ~203 meters more of cumulative elevation gain)

Start: Tai Po Old Market Temple, Ting Tai Road - Kau Lung Hang Shan (Cloudy Hill) - Sha Lo Tung – Ping Shan Chai - Ping Fung Shan - Wong Leng – Left turn toward Luk Keng- Wang Shan Keuk Sheung Tsuen - Bride's Pool Road (End of Half Marathon) - Bride's Pool Nature Trail – Wu Kau Tang – **Ma Tau Fung – Wang Leng Au – Ha Miu Tin – Sheung Miu Tin – Lai Tau Sek – Sam A Tsuen – Siu Tan – Lai Chi Wo – Fan Shui Au –** A Ma Wat – Wu Ka Tang Country Trail – Tin Sum – Chi Sum Road – Parking Lot at the End of Wu Kau Tang Road – Bride's Pool Nature Trail – Bride's Pool Road (Finish of Full Marathon cum CP3)

Cutoff Times: 3.5 hours at the halfway point(CP3) for full marathon runners; 4 hours for half marathon; **5.5 hours at CP4; 7.5 hours at CP6** and 8 hours finishing cut off for the full marathon.

There are 3 water stops on the full marathon course and 1 water stop on the half marathon course.

Race Course Hints and Suggestions

Maps - Although the course will be marked with A4 size way marks white arrows, purchase a North-East New Territories 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.

Water – Water Stop will be at **CP1** Sha Lo Tung, **CP3** Bride's Pool (halfway point), **CP5 Sam A Tsuen**. It is 5 km from the start to the 1st water stop(CP1), another 10 km to the 2nd water stop(CP3) and almost further 10km to the 3rd water stop (CP5). Runners are advised to prepare accordingly and carry their own water along the course.

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.

Weather – It could be hot & humid in November. 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. Large portions of the trail are exposed to direct sunlight. Hats and sunscreen are recommended.

Trail Conditions - Portions of the trail are on steep and rough ground. The new section off of Wong Leng has badly designed wooden slat stairs in a few places and runs very quickly. If it has rained recently, it will also be slippery. Be prepared for rough, outback conditions, this is not a road race!

You will want to bring along money to catch the bus from Bride's Pool. One drop bag for each full and half marathon runner will be transported from the race start to Bride's Pool.

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

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

- (1) Near the top of Cloudy Hill (Kau Lung Hang Shan), the trail breaks off from the Wilson Trail to the right, followed by a left at the next intersection.
- (2) Approaching Cheung Uk from Sha Lo Tung, the trail turns right into the field just before the village. A few hundred meters further along, the course route goes right and continuing straight on the main path to Ping Shan Chai.
- (3) Just after Wong Leng take the sign posted left hand turn toward Luk Keng. A few hundred meters down, bear left again toward Luk Keng rather than right toward Pat Sin Leng. Turn right at the next intersection with Wilson Trail towards Bride's Pool.
- (4) Upon reaching the Wilson Trail, turn right and follow the Wilson Trail past 2 abandoned villages(Wang Shan Keuk Sheung Tsuen and Wang Shan Keuk Ha Tsuen) until meeting with the Pat Sin Leng Nature Trail. Then turn left on the Pat Sin Leng Nature Trail down to Bride's Pool Road.
- (5) Leaving Bride's Pool Road, go down the stone stairs and across a bridge. Turn left and up hill, immediately opposite the picnic/barbecue area, in the direction of Wu Kau Tang.
- (6) From Wu Kau Tang follow signs to Plover Cove Reservoir Country Trail until a path junction between Distance Post C2608 and C2609 after Wang Leng Au, descending to Ha Miu Tin follow signs to Sheung Miu Tin and continue on the main trail in the direction of Kau Tam Tso. CP4 will be situated at a footpath junction of main trail and an ascending trail to Lai Tau Shek. Leaving CP4 follows signs to Lau Tau Shek, CP5. From Sam A Tsuen follow signs to Lai Chi Woo, and ascending to Fan Shui Au, A Ma Wat, descending to Tim Sum on Wu Kau Tang Country Trail, CP6 is situated at a steel shelter after crossing a stream on a footbridge leaving Tim Sum, follow signs to Chi Sum Road until joining Wu Kau Tang Road, turn left to the Parking Lot at the end of Wu Kau Tang Road, follows signs to a foot bridge and reverse the same trail leaving CP3 to Wu Kau Tang. The Finish of full marathon is at the northern entrance of Bride's Pool Nature Trail

#####以下為中譯本#####

2019/20 Altra 山野之王系列賽

賽事：大埔站

日期：2019 年 11 月 24 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)

起點地點：太和汀太路兒童遊樂場旁行人路(參閱大埔賽起點位置圖)

途經的公共巴士：71K, 72A, 73, 75K, E41 或從東鐵太和站經汀角道前往

因民政署的路徑損毀正進行維修，漁護署把谷埔至榕樹凹之間的山徑暫時封閉。本屆全馬賽道必須作出調整〔修改處是以紅字及黃色標示〕，而半馬賽道則維持不變。

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 34.90 公里 +1,945 公尺 -3 個水站

[與上屆比較,全馬修訂後總距離減少了約 2.8 公里總爬升增加約 203 公尺]

半馬 15.30 公里 +1,052 公尺 -1 個水站

路線摘要：大埔舊墟廟宇前 > 汀太路 > 九龍坑山(雲山)> 沙羅洞 > 平山仔 > 屏風山 > 黃嶺 > 往鹿頸方向左轉 > 橫山腳上村 > 新娘潭路(半馬終點) > 新娘潭自然教育徑 > 烏蛟騰 > 馬頭峰 > 橫嶺坳 > 下苗田 > 上苗田 > 犁頭石 > 三桠村 > 小灘 > 荔枝窩 > 分水坳 > 亞媽笏 > 田心 > 祠心路 > 烏蛟騰停車場 > 新娘潭自然教育徑 > 新娘潭路(全馬終點既 CP3)

比賽關閉時間：

全馬賽員須於比賽開始後限時內通過以下檢查點否則不許繼續比賽：

CP 3 三小時三十分

CP4 五小時三十分

CP6 七小時三十分

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 沙羅洞，CP3 新娘潭路，CP5 三桠村。從起點到第一個水站 (CP1) 約五公里，再走十公里才到第二個水站 (CP3) 而第三個水站 (CP5) 也需要再走多約十公里。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：十一月份氣溫可能仍是熱和潮濕，賽員請留意比賽日天氣預報。過去同期天氣是清爽的。
- (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。
- (6) 賽員須帶備車資在完成比賽後乘公共交通工具離開終點。主辦方會在比賽開始後馬上把賽員寄存的行李從大埔運到新娘潭賽事終點行李區。
- (7) 比賽時帶備能接收香港訊號的手提電話是有助緊急求援。
- (8) 比賽當天賽道是會有路標指示路線，但過往仍有些賽員在下列順序地點混淆走錯路：

- 8.1 到九龍坑山(雲山)山頂後，經一小徑衛弈信徑(衛徑)後馬上右轉往下，下降到下一個小徑交點後左轉。
- 8.2 離開沙羅洞張屋後賽道在田野間的小徑交點右轉入一小徑往平山仔。
- 8.3 開黃嶺不遠處轉入有往鹿頸的路牌的小徑而不是直往八仙嶺，下降到下一個與衛徑的交會點後轉右往新浪潭方向走。
- 8.4 沿到衛徑經過兩個廢棄村落遺址(橫山腳上村和橫山腳下村)後直至與八仙嶺自然教育徑會合，在小徑交點轉左沿八仙嶺自然教育徑下降往新浪潭路。
- 8.5 橫過新娘潭路後從石樓梯往下走及過橋，沿着新浪潭自然教育徑經過了數個燒烤場後轉左向上山徑往烏蛟騰。
- 8.6 到烏蛟騰村落前沿着路標在船灣淡水湖郊遊徑上走後，走到一小徑交點(標距柱 C2608 與 C2609 之間)後左轉落下苗田，沿明顯山徑經上苗田直至一小徑交點(往九担租和犁頭石之間)轉右上往犁頭石後下 CP5。離開三桮村，經小灘往荔枝窩後直上分水坳。經亞媽笏至烏蛟騰郊遊徑後落田心。CP6 設在田心村口過橋後小徑旁的鋼材結構遮蔽所裡。經祠心路接烏蛟騰路左轉至烏蛟騰停車場後落行人橋。逆走早前從 CP3 往烏蛟騰賽道返到新浪潭路終點。