

Entry Form / Contact
领取表格 / 详情请联络

0163720307 (苍豪)
仁加隆 Jenjarom

0143697675 (伟庆)
万津 Banting

0166800615 (再万)
吧生 Klang

0133344499 (素青)
加埔 Kapar



email : hongpongrun@gmail.com



Online registration

www.facebook.com/hongpongtan

Organizer / 主办单位



马来西亚永春鸿榜陈氏公会
Persatuan Eng Choon Hong Pong Tan Malaysia

Co-Organizer / 协办单位



TG18 RUNNING TEAM

Beneficiaries / 受惠团体



仁嘉隆洗肾中心

Main Sponsor / 主要赞助商



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PERNIAGAAN CHENG HEI SDN BHD



HONG PONG CHARITY RUN 3.0 2018

Date / 日期
21.10.2018

Assembly Time / 集合时间
6.15am

Closing Date / 报名截止日期 : 01-10-2018

Venue / 地点

SJK (C) JENJAROM
仁嘉隆国民型华文小学
Kampung Sungai Jarom,
42600 Jenjarom, Selangor

Route / 路程
5km

Entry Fee / 报名费
RM45.00 / Pax
(Normal Price, after 1.8.2018)
RM40.00 / Pax
(Early Bird, before 31.7.2018)
RM35.00 / Pax
(Group register above 10 pax)

赛会详情

日期 : 21st Oct 2018 (星期日)
 地点: 仁嘉隆国民型华文小学
 集合时间 : 6.15 a.m
 挥旗时间 : 6.45 a.m

- 1.年龄以2018年计算为准.
 - 2.少过18岁的参赛者必须由其监护人签署报名表格.
 - 3.竞赛编号必须从比赛开始至结束挂在胸前.
 - 4.若对于竞赛成绩有任何异议,请在30分钟内向主办当局呈报.
 - 5.所有参赛者将获得一件BROOKS高品质T恤一件和竞赛编号.
 - 6.本赛会细则若有未尽善之处,主办当局有权修改及做最后的决定.
 - 7.所有完成赛程的参赛者将获得奖牌一枚 , 文凭一张 , 一份礼包.
 - 8.现场将备有救伤人员.
 - 9.各组首十名将获得奖杯一座.
 - 10.跑程中途将设有一个饮水站.终点站将设有水果站和饮水站.
 - 11.赛后将有幸运抽奖环节.
- (本中文版本与英文版倘出现任何歧义, 概以英文版本为准)

领取T恤及编号 (参加者须在当天出示收据)
Collection of T-Shirt & Number Bib
 Participants are required to produce the printed receipt during collection day.
 Strictly no collection on race day.

| 日期 | 星期 | Day | 时间 | Time |
|------------|-----|----------|------------------|------|
| 13.10.2018 | 星期六 | Saturday | 10:00am - 2:00pm | |
| 14.10.2018 | 星期日 | Sunday | 10:00am - 2:00pm | |

地点 Venue :
Persatuan Tan Sg. Jarom
 No.24 Tingkat 1, Jalan Permata 2,
 Taman Yayasan, 42600 Jenjarom.

Dynasty Condominium
 Jalan Batu Tiga Lima, Kawasan 16,
 41300 Klang, Selangor.

Race Day
 Date : 21st Oct 2018 (Sunday)
 Vanue : SJK (C) JENJAROM
 Assembly Time : 6.15 a.m
 Flag Off time : 6.45 a.m

Rules and Regulations

1. Age calculation base in year **2018**.
2. Participants below 18 years old must have their entry form signed by parent or guardian.
3. Number bib must be worn at **all** times during the race. Number Bib should be pinned in front of your running shirt.
4. All protests related to the results must be made to the Race Organizer within 30 minutes before the official announcement of winners.
5. All participants will stand to receive the following entitlement **BROOKS T-shirt Number Bib**
6. The organizer's reserve the right to make the final decision & judgement.
7. All runners will stand to receive the following entitlement after finishing the race. **Finisher Medal , Goody bag & Finishing Certificate**
8. **First Aid Stations**
Medical aid will be available at certain points along the way and at the finish point.
9. **Prizes & Awards :**
Top 10 winners from all categories will receive a trophy.
10. **Drinks & Refreshment :**
There will be one drink station. Light refreshment will be served to **all** runners from 8.00 am - 9.00 am
11. **Lucky Draw**
A grand lucky draw will be held after the race for all runners.

这是一项公开给公众人士报名的活动。
 报名费恕不退还 , 名额也不能转让 ,
 报名后不得转换组别。

This event is open for public registration.
 Registration Fee is non-refundable. Entry is non-transferrable.
 Change of race category after registration is not allowed.

姓名 *Full Name* (As per IC / Passport)

身份证/护照号码 *Identity Card / Passport No.*

出生日期(日日 / 月月 / 年年) *Date of Birth* (DD / MM / YEAR)

年龄 *Age*

男 *Male* / 女 *Female*

性别 *Gender*

T恤尺码/*T-shirt size*


电话号码 *Phone / Mobile No.*

紧急联络号码 *Emergency contact*

电邮 *E-mail*

地址 *Address*

| DES | 2XS | XS | S | M | L | XL | 2XL |
|--------|-------|-------|-------|------|-------|-------|-------|
| Chest | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Length | 25.25 | 26.00 | 26.75 | 27.5 | 28.25 | 29.00 | 29.00 |

T恤尺码 (我们不一定满足每位参赛者所要求的尺码)  Measurements are in INCH with tolerance of +/-2cm
 T-Shirt Size (We endeavor to provide you with the t-shirt size requested but we cannot guarantee)

5公里km (限时完成时间 = 100分钟)
 (Qualifying time = 100 minutes)

| | |
|---|--|
| A) 男子学生组 (10-17岁) <i>School Boys (10-17)</i> | |
| B) 男子公开组 (18-39岁) <i>Men Open (18-39)</i> | |
| C) 男子宿将组 (40岁或以上) <i>Men Veteran (40≥)</i> | |
| D) 女子学生组 (10-17岁) <i>School Girls (10-17)</i> | |
| E) 女子公开组 (18-39岁) <i>Women Open (18-39)</i> | |
| F) 女子宿将组 (40岁或以上) <i>Women Veteran (40≥)</i> | |

Waiver Clause
 I, the participant hereby agree to abide by the rules and conditions of the race.
 I certify that all the above particulars are correct. I am entering the competition
 at my own risk and shall not hold the organizer responsible for any accident,
 injury, death, loss of property cause before, during and after the race.
 Authorisation by parent / guardian of participant between 10 to 17 years old.
 I
 parent / guardian of the above named authorise his / her participant in the run.

Signature :.....

IC No:

Date:.....

For Office Use Only

Receipt No :

Amount RM :

Number Bib :

Person In Charge: