



ABERDEEN BOAT CLUB ABC Four Peaks Division R Saturday 17 - Sunday 18 January 2009

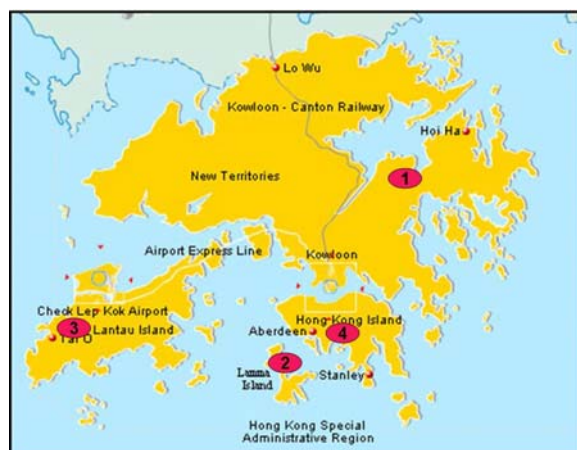
The ABC Four Peaks race has fired the imagination of Hong Kong runners and sailors for a quarter of a century. Now the challenge is open to a wider public, without the sailing. Numbers are limited. Don't be disappointed! Enter now!

Route

Start 11am Aberdeen Boat Club, Shum Wan Rd, Wong Chuk Hang, HK

- Ma On Shan
- Mt Stenhouse (Lamma Island)
- Lantau Peak
- Violet Hill (Hong Kong Island)

Finish Aberdeen Boat Club Race Control Room in The Bridge, 3/F



PLUS...public transport!

See full rules for a definition of public transport at www.abclubhk.com

Teams 2-4 members aged 18 or over

Prizes 1st, 2nd, 3rd complete teams across the finish.

Entry fee HK\$200 per team

Deadline for entries at Aberdeen Boat Club: 1700 hours Monday 12 January 2009. fax 2873 2945 e-mail mbs@abclubhk.com.

RULES: ABC Four Peaks Division R

1. Teams

Minimum 2, maximum 4 members. All team members to complete all peaks and reach the finish line.

Each team member must stay within sight of and within verbal communication distance of another team member.

Teams must not receive help from any outside source except designated public forms of transport.

2. Liability

All competitors enter the race at their own risk and neither the sponsors nor The Aberdeen Boat Club (including its employees, members, volunteers and any organization, company or person supporting or involved in the event) will accept any liability for any loss, damage or injury, to team members or to others.

3. Running

Start Entrance to the car park of the Aberdeen Boat Club, Shum Wan Road.

- Ma On Shan
 - Mt Stenhouse (**Lamma Island**)
 - Lantau Peak
 - Violet Hill (**Hong Kong Island**)
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Finish Race Control, The Bridge, 3/F Aberdeen Boat Club Time limit 1300 Sunday 18 January

4. Definition of public transport

- Any public bus service offered by Citybus, First Bus, Kowloon Motor Bus or the Lantau Bus Company
- Any public light bus whether green or red
- Any scheduled public ferry service, including *kaitos*
- Any MTR service

Excluded by this definition are the Ngong Ping Cable Car and all taxis, private cars, motor cycles or scooters, bicycles, skate boards, roller skates and roller blades, and personal or private water craft of all descriptions and means of propulsion, including swimming, canoes and sampans.

5. Equipment

Teams must carry the following equipment which shall function properly and be of a type suitable and adequate for the intended use:

- Adequate waterproof clothing (per person)
- Adequate footwear (per person)
- Food : Rations sufficient to provide 2000 Cal (8400 kilojoules) energy (per person)
- Water : 1 litre of water (per person)
- Compass
- Map of the relevant area (scale 1: 50000 or larger)
- Whistle (per person)
- Torch (per person)
- Mobile telephone with charged battery
- Sleeping bag of conventional design, not a space blanket
- Watch
- First aid kit comprising elastic bandages and plasters

6. Peak controls

Teams will check in with the Peak Control and record their names on the form provided. If no control team is present, teams must record the time of arrival of its last member and report this time to Race Control as soon as possible.

Teams may be scrutineered at one or more Peak Control for compliance with the specified equipment requirements. A standard penalty of 15 minutes will be imposed on any team that does not meet the specified requirements. A penalty of up to 60 minutes will be imposed for gross violations of the requirements.

A team will be advised of any non-compliance either during or immediately upon completion of its scrutineering check. If the result of a Peak Control scrutineering check is satisfactory, the Race Committee will deduct a 2 minute time allowance from the relevant hill running time. The Race Committee may, at its sole discretion, adjust a team's elapsed time for satisfactory second and subsequent scrutineering checks. Such allowances shall not be the subject of protest or claim for redress.

The specified amount of food and water for each person must be intact on arrival at each Peak Control. Additional provisions may be carried for consumption during the ascent.

Equipment not designated as "per person" shall be carried by at least one member of a team.

7. Overtaking

Overtaking teams have right of way and teams being overtaken must clear the path. Descending teams have right of way over ascending teams. These rules also apply to encounters with Shore Parties competing in the ABC Four Peaks Race but shore parties from the ABC Four Peaks Race will have precedence at peak controls.

8. Retirements

Any team, or member of a team, who retires by deciding not to complete the ascent of a peak shall report this immediately to Race Control by mobile telephone and shall obtain an acknowledgement.

9. Position checks

For safety reasons, all teams are required to check in with Race Control by mobile telephone (either voice call or text messaging) and give their times and locations when approaching and leaving peak access routes.*

A team may call Race Control at any time during the race. Such calls should be brief. Race Control may also call teams so please keep phones on at all times.

10. Penalties

There will be penalties for infringement of rules.

General Information

Safety

Clothing should provide adequate protection against wind, rain and cold.

Distress Signal The recognized international distress signal in the hills in the event of an accident is 6 blasts of a whistle, or 6 shouts, or at night, 6 flashes of a torch, at 10 second intervals for 1 minute, then a 1 minute pause, then repeat the pattern until help arrives.

Casualties If a team should have or find a casualty it shall take the following action:

In a severe case, where the casualty should obviously be kept company, abandon the race. Make the casualty as comfortable as possible and keep him/her warm. Give the distress signal. If no help comes, mark the map accurately with the position and make for the nearest help.

In the event of finding a less severe case (e.g. sprained ankle) mark the position of the casualty and call Race Control on the mobile phone. If ascending a hill, also report your finding to the Peak Control.

Country code Competitors must be considerate towards wildlife and the environment. Gates are to be left as they are found.

Race Briefing and Prize-giving

A race briefing will be held at the Club at 1900 hours on Thursday 15th January 2009. One member of each team should attend. The prize-giving party will be held at the Club at 1900 hours on Friday 23rd January 2009.

Club House

Visiting competitors may purchase cash coupons from the Club office or main bar. Visiting competitors from the Royal Hong Kong Yacht Club and Hebe Haven Yacht Club may sign chits on the race weekend and on the evenings of the race briefing and prize-giving party, on presentation of their club membership card. The Galley serves a full range of food and beverage and is open from 0800 to 2300 hours. Lunch is served in the Four Peaks restaurant from 1230 to 1500 hours and dinner is served from 1830 hours. Last orders are 2200 hours.

Storage of competitors' personal items during the race can be arranged, at the owners' own risk.

Car Parking

Unfortunately, car parking is not available for visitors over the race weekend. However, there is public car parking at the Aberdeen Marina Club or in the Jumbo Car Park in Welfare Road. Parking for visitors may be available for those attending the race briefing and prize giving party on a first come first served basis.

ABC Four Peaks Division R Committee

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ABERDEEN BOAT CLUB 香港仔遊艇會 香港仔遊艇會 四山行比賽-類別 R 二零零九年一月十七至十八日

每年舉行的四山行帆船登山比賽已舉辦超過四分之一世紀, 今年起這比賽由帆船愛好者擴展到廣大行山朋友 - 數量有限, 請即報名.

比賽定於上午十一時左右於黃竹坑深灣道二十號香港仔遊艇會起步-參賽者需順序攀登以下山段

- 馬鞍山
- 山地塘山(南丫島)
- 鳳凰山(大嶼山)
- 紫羅蘭山(香港島)

旅程中參賽者只可步行或乘搭

公共交通工具 (請參閱 www.abclubhk.com 詳細說明)

終點亦定於黃竹坑深灣道二十號香港仔遊艇會比賽指揮中心(Race Control) - The Bridge Room (3/F.)

每隊隊員為二至四人 (+八歲或以上)

獎品將會頒予首三隊全隊最先完成賽事的團隊

每隊參賽費用為港幣二百元 HK\$200

比賽報名表格可於 www.abclubhk.com 下載, 報名截止日期為二零零九年一月十二日(下午五時前), 報名表格必須寄到香港仔遊艇會或傳真: 2873 2945 或電郵: mbs@abclubhk.com



2009 香港仔遊艇會 四山行比賽類別 R 規則

1. 隊伍

- 每隊二至四人 - 所有隊員必須年滿十八歲。
- 所有隊員需完成所有四個山頂的路程及到達終點才算完成賽事。
- 每位隊員必須全程在其他隊員的合理範圍內 (視線和聲線可達的距離範圍之內)。
- 除公共交通工具外, 隊伍不能接受其他外界支持

2. 責任

- 所有參賽者參加 2009 香港仔遊艇會 四山行比賽之所有風險將完全由其本人完全承擔，無論是贊助人還是香港仔遊艇會（包括其僱員，任何成員，非成員的志願者和任何涉及活動的組織，公司，個人名義支持者）將不會負責任何損失或損害設備或任何一個成員的任何傷害

3. 起點, 路線及終點

- 起點: 在黃竹坑深灣道二十號香港仔遊艇會停車場。
- 經過:
 - 馬鞍山
 - 山地塘山 (南丫島)
 - 鳳凰山 (大嶼山)
 - 紫羅蘭山 (香港島)
- 終點: 定於黃竹坑深灣道二十號香港仔遊艇會比賽指揮中心(Race Control) - The Bridge Room (3/F)
- 比賽最後結束時間為二零零九年一月十八日下午一時, 在此賽事後所有還沒完成及退出的參賽者將當中途退出比賽論

4. 公共交通定義

公共交通包括

- 公共巴士(城巴, 新巴, 九巴, 大嶼山巴士)
- 公共小巴 (紅頂或綠頂)
- 公共小輪包括街渡 (有預定船期 - scheduled ferry)
- 港鐵 - MTR

但不包括

- 昂坪 360
- 的士
- 私家車
- 電單車
- 單車, 滑板, 溜冰鞋和輪滑刀鞋
- 私家船隻, 舢板及游泳
-

5. 設備

每隊必須攜帶下列設備 (適當和足夠作為預定用途):-

- 適當及防水衣物 (每人)
- 適當鞋(每人)
- 食物 - 2000 Cal(每人)
- 食水: 一公升(每人)
- 指南針
- 相關地圖 (比例 1: 50000 或更大)
- 哨子(每人)
- 手電筒(每人)
- 移動電話 (已充電)
- 睡袋
- 手錶
- 急救藥包，包括彈性繃帶和膏藥

6. 檢查點(Peak controls)

- 隊伍必須於檢查點報到，工作人員將記錄最後一位隊員到達時間。如沒有工作人員在場，隊伍必須自行把最後一位隊員到達的時間記錄下來，及盡快通知賽事指揮中心 (Race Control)。
- 檢查點工作人員可能在多於一個檢查點要求檢看隊伍所需攜帶的設備。如缺少一項設備，隊伍時間將被加標準 + 五分鐘罰則，而每次最高罰則為一小時
- 如發現隊伍有不遵守之行為，工作人員會告訴隊伍。如隊伍通過檢查，兩分鐘時間會於比賽時間之中扣除。如有需要賽會可決定調整任何檢查時間，而此類時間調整均不得上訴。
- 設備所須之食物及食水份量必須在每個檢查點完好，此份量不包括每人於行程中消費所需。沒有註明"每人"的設備 = 全隊至少有一位隊員攜帶

7. 超前

- 超前的隊伍將會有優先權，被超越隊必須讓路。
- 如兩隊同時到達，使用船之比賽隊伍心比使用公共交通工具之比賽隊伍有優先權

8. 中途退出

- 如任何隊伍及隊員決定中途退出，隊伍必須盡快通知賽事指揮中心並必須得到確認。

9. 位置檢查

- 基於安全理由，所有隊伍必須開始登山或上公共交通工具前，以電話通知(通話或 SMS)比賽指揮中心(Race Control)他們的地點
- 隊伍可於任何時間致電中心，而中心也可於任何時間致電隊伍。通話必須簡短。

10. 罰則

- 如果發現違規者，賽會有權給予罰則

安全

- 衣服 - 必須防風,防雨,及防冷.
- 求救信號 -
 - 於山區發生事故的公認國際求救信號為 6 聲哨子, 或
 - 6 下叫喊聲, 或
 - 在夜間, 使用點燃的火炬, 在 10 秒的間隔時間為 1 分鐘, 然後是 1 分鐘暫停, 然後不斷重複之前動作, 直至救援隊伍抵達
- 如任何一支隊伍有受傷隊員, 應採取以下行動:
 - 在嚴重的情況下, 放棄比賽。盡可能令傷者應到舒適, 並保持他/她溫暖。發出求救信, 並用移動電話通知中心。如果登山途中, 還報告您的號。如果沒有幫助到來, 標誌著地圖準確的地點和於最近的地方尋求幫助。
 - 在不那麼嚴厲的情況下 (如腳踝扭傷), 找出的地點發現山頂檢點

野外操守

- 參賽者有責任愛惜郊區的一切設施以及保護野生的動物和植物。切勿踐踏於新播種的地面上。亦不應擅自闖入他人土地。

比賽/頒獎簡報會

- 比賽簡報會定於在俱樂部週四二零零九年一月十伍日下午七時舉行, 最少一位隊員需要出席
- 頒獎禮將在俱樂部週五 2009 年 1 月 23 日下午七時舉行。

俱樂部

- 皇家香港遊艇俱樂部和白沙灣遊艇會會員可於 ABC 本會簽單(須出示他們俱樂部的會員卡)。
- 其他訪客亦可於會所的辦公室或主酒吧購買現金券。
- 餐廳會於上午八時至下午十一時提供食物飲料。午餐於下午十二時三十分至三時提供膳食。晚餐會於晚上六時三十分開始, 直至十時。
- 個人物品本會可以代為保存, 但必須 冬自行承擔風險。

停車場

- 在週末的比賽中, 会所停車場未能提供停泊車位給訪客。然而有公眾停車場於深灣遊艇俱樂部及珍寶舫附近。
- 如停車場有多餘位置供訪客泊車, 本會將以先到先得作分配。但只適用於參加比賽簡報會或頒獎禮人士。

其他

- 如中文及英文版規則有任何不同, 英文片反規則會被優先應用

賽事管理委員會

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Michael Tsui	michtsui@hongkong.com
Matthew Swainson	matthew@asiafn.com

賽事指揮中心 (Race Control)	2553 3018
賽事秘書 (Race Secretary)	2553 3032

Aberdeen Boat Club 香港仔遊船會

Four Peaks Division R 2009 四山行比賽 類別 R

Entry Form & Team List 報名表格

Deadline for entries at Aberdeen Boat Club by 1700 hours on Monday 12th January 2009

Fax: 2873 2945 e-mail: mbs@abclubhk.com

報名截止日期為二零零九年一月十二日(下午五時前), 報名表格必須寄到香港仔遊艇會或傳真: 2873 2945 或電郵: mbs@abclubhk.com

Team Name 隊名 _____

Name 姓名	Date of Birth 出生日期	Mobile tel no 手提電話	e-mail address 電郵	Contact person/Phone 緊急聯絡 姓名/電話	Signature 簽名

We hereby apply to enter the ABC Four Peaks Division R 2009 and agree to comply with the rules. We acknowledge that this entry to ABC Four Peaks Division R 2009 is entirely at our own risk and that neither the sponsors nor the Aberdeen Boat Club (including its employees, members and any non-member volunteers) will be responsible for any loss or damage to equipment or any injury to any member of my team, and that I have brought this to the attention of all of my team.

我們特此申請參加 2009 香港仔遊船會 四山行比賽, 並同意遵守有關規則。我們明白及同意, 參加 2009ABC 四山賽所有風險將完全由本人承擔, 無論是贊助人還是香港仔遊艇會 (包括其僱員, 任何成員和非成員的志願者) 將不會負責任何損失或損害設備或任何一個成員的任何傷害, 我已注意及同意此事。

A cheque for HK\$200 entrance fee* is attached. 現付上港幣 HKD200 支票
or 或

Please charge my ABC/HHYC/RHKYC* account number 請在我的 ABC/HHYC/RHKYC*會員戶口支付

Name 會員 _____ Signature 簽字 _____ Date 日期 _____

* - Delete as appropriate