## 碌柚葉呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款

**Pomelo Leaf Presents: The Clearwater Bay Golf & Country Club Joyful Charity Run & Walk**

### 贊助表格 Sponsorship List

(如需要，請列印此表格 Please photocopy this list if necessary)

| 免稅收據抬頭(中文) Tax-deductible receipt name | 贊助金額 Sponsorship |
|---|---|
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| | HK$ |
| 總贊助金額 Total Sponsorship | HK$ |

*凡捐款額達港幣100元或以上可獲發免稅收據。如不填本表，免稅收據將發給參加者1(隊長)。
Tax-deductible receipt will be issued to sponsor making donation of HK$100 or above. Receipt will be issued to participant 1(Captain) if this form is left empty.

活動紀念Tee尺碼表 (CM)
Memento tee size chart (CM)

### 紀念品 Souvenirs

**1.大會紀念Tee乙件**
**One Event Memento Tee**

**2.豐富禮品包**
**Gift Pack**

**3.完賽獎牌**
**Finisher Medal**

| 尺碼Size | XXS | XS | S | M | L | XL |
|---|---|---|---|---|---|---|
| 胸闊 Width (cm) | 43 | 46 | 49 | 52 | 55 | 58 |
| 身長 Length (cm) | 62 | 64 | 66 | 68 | 70 | 72 |

* 大會不保證能提供所選擇之尺碼，尺碼分配需視乎領取賽事包之先後次序及貨量而定，所有尺碼先到先得。
* Tee size availability is provided on a first come first serve basis during registration and subject to stock condition during race pack distribution. The organizer does not guarantee any request in size.

## • 報名方法 Application Method •

### 1. 網上報名

請登入jmhf.org/joyfulcharityrun 填寫報名表格及上載過數紀錄以完成報名。
Fill in and submit the online enrollment form at jmhf.org/joyfulcharityrun and upload the bank deposit slip or screenshot of the transaction record.

### 2. 郵寄報名

填妥報名表格後，連同款項（支票抬頭：心晴行動慈善基金）寄回本會：九龍新蒲崗五芳街10號新寶中心10樓1001-1003室。封面註明：「慈善跑及步行籌款2024」
Mail your completed enrollment forms with cheque (in the name of: Joyful (Mental Health) Foundation) to our office at 'Unit 1001-1003, 10/F, New Treasure Centre, 10 Ng Fong Street, San Po Kong, Kowloon', specify for 'Joyful Charity Run & Walk 2024'.

## • 注意事項 Important Notes •

### 報名事宜Enrollment

- 參加者必須仔細閱讀以下事項。報名申請一經遞交，即代表參賽者確認及同意接受一切賽事的規則、條款和安排。
  Participants must study the rules and regulations listed below carefully. Participants who complete the registration process agreed to be abided by the Rules and Regulations of the race that has been signed up.
- 參加者個人意外保險需自行負責。
  Participants are advised to arrange their own insurance cover.
- 參加者必須確保其身體狀況適合參加比賽。如有疑問，請先諮詢醫生的意見。
  Participants should make sure their health conditions are suitable for the strenuous race. In cases of doubt, please seek medical advice in advance.
- 參賽資格一經接納，籌款金額將不獲退還及不可轉讓。大會將於收到申請後十個工作天內發出確認。如未有如期收到確認電郵，請立即與大會聯絡。
  Once the entry is accepted, donation is non-refundable & non-transferable under any circumstances. An acknowledge email will be sent to the registered email address within 10 working days after the Organizer has received the registration. Otherwise, please contact the Organizer immediately.
- 參加者只可報名參加屬於自己的年齡組別。（年齡是以出生年份計算。如於2014年9月出生，年齡為10歲）
  Applicants should register for their respective age group. (Age is counted based on the year of birth. For example, if you are born in Sept 2014, your age is 10).
- 18歲以下的參賽者需要得到家長/監護人的同意方可參與賽事。
  Participants below 18 should obtain consent from their parents or guardians.
- 不接受現場及逾期報名。
  Late or on-site enrollment will not be accepted.
- 號碼布、計時晶片將會於比賽前二至三星期通知參加者(10公里慈善跑) 領取(按情況而定)，參加者需攜帶電郵列印本或以電子形式展示電郵領取。
  Race pack pick-up notice will be sent to participants(10KM Run) 2-3 weeks before the event day (depends on situation). Participants should show the email copy (hard or soft copy) to pick up the race pack with bib number and timing chip.
- 如活動當日凌晨4時或以後時間仍然懸掛三號或以上颱風、黃色、紅色或黑色暴雨訊號，比賽將會取消。
  The event will be cancelled if an amber, red or black rainstorm signal, or a tropical cyclone signal No.3 or above is hoisted by the Hong Kong Observatory at 4am or after on the event day.
- 如活動進行中天氣惡劣或懸掛上述任何警告，賽事總監有權將比賽賽程/步行路段改變或取消正在進行中的活動。籌款金額將不獲退還。
  Should the above inclement weather/condition/warnings be raised after the commencement of race, the Race Director has the right to change the course distance or arrangement or to abort the event. If the event is being aborted, the race will be cancelled. Donation will not be refunded.
- 請在活動早上致電香港天文台查詢有關天氣情況，（電話：1878200）及留意本會Facebook最新公佈。
  Please check the event day weather from the Hong Kong Observatory (Tel: 1878200) and our Facebook.

### 其他事宜Others

- 參加者的個人物件可存放於大會提供之行李寄存區。切勿攜帶貴重物品，如有損毀或遺失，大會將不會負任何責任及作出任何賠償。參加者一旦使用此安排，已被假定接受此條款。
  Baggage storage will be provided. Please do not bring any valuable items. The Organizer is not responsible for the lost or damage of the baggage stored.
- 如活動過程中須向大會查詢及要求協助，請到詢問處與工作人員聯絡。
  Should there be any emergency or assistance needed during the event, participants shall contact the officials at the information center.
- 所有禮物不可兌換現金。
  All prizes are not redeemable for cash.
- 本活動非專業賽事，路線距離有機會不足10公里及3.5公里。
  This event is not a professionsl event. The route distance may not be 10-kilometer or 3.5-kilometer accurately.
- 實際比賽/步行路線可能會作少量改動，一切以大會當天宣布為準。
  The race course may be adjusted and everything is subject to the final annouce-ment of the organizer.
- 大會將頒發電子完成證書予在指定時間完成10公里跑步賽事之參加者。參賽者可於比賽七個工作日後在活動網站下載電子證書。
  E-certificate of Achievement will be issued to all qualified 10KM Run participants with an Official Time. E-certificate could be downloaded in 7 working days after the race from the event website.
- 大會擁有修改及解釋以上規則的權利。
  The Organizer reserves the right to amend or clarify the above event rules.

## • 活動資訊 Event Information •

| | |
|---|---|
| 日期 Date | 2024年2月24日 (星期六Saturday) |
| 地點 Venue | 清水灣鄉村俱樂部 The Clearwater Golf and Country Club |
| 時間 Time | 9:00 a.m. |
| 路程 Distance | 10公里跑/10 KM Run |
| | 3.5公里行/3.5 KM Walk |
| 查詢電話 Enquiry | 3690-1000 |
| 臉書 Facebook | www.facebook.com/jmhf.org |
| 電郵 Email | run@jmhf.org |
| 網址 Website | jmhf.org/joyfulcharityrun |

## • 獎項 Prize •

| | | |
|---|---|---|
| 10公里慈善跑 10KM Run | 個人組（男子/女子） Individual (Men/Women) | 個人組別第一名至三名可獲獎盃乙個及精美禮品。<br>The Champion, 1st runner-up & 2nd runner-up of each individual category will be awarded a trophy & a gift. |
| | 團體組 Group | 隊際組別第一名至三名可獲隊際獎盃乙個，隊員獎牌各一及豐富禮品。<br>The Champion, 1st and 2nd runner up of each team category will be awarded a team trophy, a medal for each member and a gift. |
| | 工商組 Company | 各組別設最高籌款獎，得獎者可獲獎盃及精美禮品。<br>The Top Fundraisers of the three categories listed on the left will be awarded a trophy and a gift. |
| 3.5公里慈善行 3.5KM Walk | 個人組 Individual | 各組別設最高籌款獎，得獎者可獲獎盃及精美禮品。<br>The Top Fundraisers of the three categories listed on the left will be awarded a trophy and a gift. |
| | 工商及團體組 Company & Group | |
| | 家庭組 Family | |

The Clearwater Bay Golf & Country Club HONG KONG
心晴行動慈善基金 JOYFUL (MENTAL HEALTH) FOUNDATION
二十四周年
心晴跑 跑傳情 JOYFUL CHARITY RUN SINCE 2010

# 心晴跑 跑傳情 JOYFUL CHARITY RUN & WALK 2024

**2024·2·24**

碌柚葉呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款

Pomelo Leaf Presents: The Clearwater Bay Golf & Country Club Joyful Charity Run & Walk

查詢
3690 1000
run@jmhf.org

愛心大使 萬綺雯小姐

楊玉梅小姐

籌組顧問 鄒子誠先生

鄒世文先生

活動形式：10公里跑步比賽 及 3.5公里步行活動

2024年2月24日(星期六)早上
清水灣鄉村俱樂部
活動網址：https://www.jmhf.org/joyfulcharityrun

冠名贊助：碌柚葉沐浴露 POMELO LEAF BODY WASH

鑽石贊助：耀才證券 BRIGHT SMART SECURITIES；NU LIFE INTERNATIONAL

翡翠贊助：CENTRO；AllianceBernstein

服裝贊助：EIKOH

禮品贊助：WATERFALL；WATER WORLD

特別鳴謝：伍文芊醫生 曾兆祺醫生 陳鍾健開女士

補給品贊助：蔡金明先生

支持機構：SUNPLAY；Baby Khaki

# 碌柚葉呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款2024報名表格
# Pomelo Leaf Presents: The Clearwater Bay Golf & Country Club Joyful Charity Run & Walk 2024

| | | 組別 Category | 出生年份 Year of Birth | 最低籌款額 Minimum Donation | 請在參加組別加 "√" Please select a category with √ | |
|---|---|---|---|---|---|---|
| 10公里跑步 10km Run | 個人男子組 Men Individual<br>個人女子組 Women Individual | 青年組 ( 16至39歲 ) Junior (Aged 16–39) | 1985–2008 | HK $300 | 男 | 女 |
| | | 壯年組 ( 40至49歲 ) Senior (Aged 40–49) | 1975–1984 | | 男 | 女 |
| | | 先進組 ( 50歲或以上 ) Master (Aged 50+) | 1974或以前or before | | 男 | 女 |
| | 團體組 Group | 16歲或以上，3–5人為一組 Aged 16+, 3–5 runners in a team | 2008或以前or before | HK $1,500 | | |
| | 工商組 Company | 16歲或以上，3–5人為一組 Aged 16+, 3–5 runners in a team | 2008或以前or before | HK $10,000 | | |
| 3.5公里步行 3.5km Walk | 個人組 Individual | 不限年齡 Any age | / | HK $300 | | |
| | 工商及團體組Company & Group | 不限年齡，2–10人為一組(3歲以下免費)<br>Any age, 2–10 participants in a team (free for children under 3) | / | 每位HK$300<br>per person | | |
| | 家庭組 Family | 不限年齡，2–10人為一組(3歲以下免費)<br>Any age, 2–10 participants in a team (free for children under 3) | / | 每位HK$300<br>per person | | |

備註：
1. 所有組別以出生年份計算 (年齡組別以2024減去出生年份)。 All categories are counted based on the year of birth (2024 minus the year of birth)
2. 10公里跑步之團體組及工商組成績以首3位完成賽事參加者時間計算。For the Group and Company categories in 10km Run, only the results of first three team members will be totaled.
3. 建議所有參加者先諮詢專業教練之意見，是否合適參與10公里比賽。Participants are advised to consult their trainers for suitability to engage in 10km Run.
4. 建議10歲以下參加者以輕鬆參加為主，量力而為。Young participants are advised to participate for fun and causal walk only and not for competitive results.

## 參加者資料Participant's Information (*必須填寫 Compulsory fields)

| 參加者資料(個人賽只需填參加者1)<br>Participants / Information<br>(Individual fills Participant1) | 參加者 1 (隊長) 聯絡代表<br>Participant 1 (Captain)<br>Contact Representative | 參加者 2<br>Participant 2 | 參加者 3<br>Participant 3 | 參加者 4<br>Participant 4 | 參加者 5<br>Participant 5 |
|---|---|---|---|---|---|
| *隊名:<br>*Team Name: | (僅供團體組別填寫，只接受中英文隊名)<br>(Applied for Group registration, Only English and Chinese team names are accepted) | | | | |
| *姓名: *Name:<br>(身份證或護照上姓名<br>Printed on HKID/Passport) | (中文Chinese)<br>(英文English) | (中文Chinese)<br>(英文English) | (中文Chinese)<br>(英文English) | (中文Chinese)<br>(英文English) | (中文Chinese)<br>(英文English) |
| *身份證或護照號碼 (首4個數字)<br>*HKID/passport (First 4 digits) | (如e.g.A123456(3),請填Fill 1234) | (如e.g.A123456(3),請填Fill 1234) | (如e.g.A123456(3),請填Fill 1234) | (如e.g.A123456(3),請填Fill 1234) | (如e.g.A123456(3),請填Fill 1234) |
| *性別: *Gender: | ☐ 男/M ☐ 女/F | ☐ 男/M ☐ 女/F | ☐ 男/M ☐ 女/F | ☐ 男/M ☐ 女/F | ☐ 男/M ☐ 女/F |
| *出生年份: *Year of Birth: | | | | | |
| *通訊地址: *Address: | (隊際賽只需填寫隊長之通訊地址)<br>(For group participants, please only fill in the Captain's adress.) | | | | |
| *手提電話: *Mobile no.: | (隊際賽只需填寫隊長之手提電話)<br>(For group participants, please only fill in the Captain's mobile no.) | | | | |
| *電郵: *Email address: | (所有活動通知將會傳送至隊長之電郵)<br>(For group participants, please only fill in the Captain's email) | | | | |
| *緊急聯絡人: *Emergency Contact Person: | | | | | |
| *緊急聯絡電話: *Emergency Contact No.: | | | | | |
| *運動上衣尺碼:<br>*Memento T-Shirt Size: | ☐ XXS ☐ XS ☐ S<br>☐ M ☐ L ☐ XL | ☐ XXS ☐ XS ☐ S<br>☐ M ☐ L ☐ XL | ☐ XXS ☐ XS ☐ S<br>☐ M ☐ L ☐ XL | ☐ XXS ☐ XS ☐ S<br>☐ M ☐ L ☐ XL | ☐ XXS ☐ XS ☐ S<br>☐ M ☐ L ☐ XL |

*3.5公里步行隊際組別如超過5名參加者，請用兩張報名表填寫，一併遞交。
*For participants in the 3.5km walk with more than 5 team members in a group, please use two registration forms.

## 參加者聲明及保證 Disclaimer & Indemnity

本人現參加「碌柚葉呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款」，謹此聲明並保證本人會遵守主辦機構所定之活動規則及任何活動安排。倘於活動期間發生意外，包括死亡、受傷或財物損失，本人將自行承擔一切責任。主辦機構、各贊助機構及支援機構無須對此作出賠償或負上任何法律責任(由因大會、各贊助機構及支援機構疏忽而導致之個人傷亡除外)。本人謹證明身體狀況良好，並未經由執業醫生確認本人之體能不適合參加此活動。本人謹證明本人之技術水平適合參與此活動。若本人在活動期間發生事故而導致主辦機構支付額外開支，本人願意對主辦機構作出合理賠償。本人願意授權予大會及贊助機構在毋須經本人審查而可永久地在任何地方使用本人的肖像、姓名、聲線及個人資料作為本會活動籌辦、傳媒及推廣之用(包括相片、錄像及多媒體錄像等)。(本聲明以中文及英文編寫，如有任何間釋上的歧異，概以英文版本為準。)
I, the undersigned, am applying to enter the "Pomelo Leaf Presents: The Clearwater Bay Golf & Country Club Joyful Charity Run & Walk" and its incidental activities (the "Event"). I confirm and agree that I shall comply with all relevant rules and regulations and other arrangements made by the organizer and shall take part in the Event entirely at my own risk. I agree not to hold the organizer, any sponsors and/or supporting organizations responsible for any accident of whatever kind, resulting in death or injury, and/or for any damage, loss or destruction of personal properties during the course of the Event (other than personal injury or death resulting from the negligence of the organizer, any sponsors and supporting organizations). I confirm that I am physically fit and sufficiently trained, and have not been otherwise advised by a qualified medical practitioner. I also agree to indemnify or reimburse the organizer in respect of any additional costs or expenses incurred by the organizer arising from or in connection with my participation in the Event. I also irrevocably grant the organizer and any sponsors the right to photograph me during the Event and have my name, voice, likeness and appearance made into photographs, sound, video or multi-media recordings relating to the Event ( "Recording" ) and to use the Recording in perpetuity throughout the world, in all media now known or hereafter devised for any purpose, whether in advertising or for purposes of trade or otherwise. I acknowledge and agree that no payment or other compensation shall be payable by the organizer and any sponsors in connection with the Recording or any use thereof. (This declaration is written in both English and Chinese. If there is any conflict or inconsistency between the Chinese version and the English version of this declaration, the English version shall prevail.)

## 備註 Remarks:

### 1.個人資料收集聲明 Personal data collection statement

心晴行動慈善基金盡力遵守《個人資料(私隱)條例》中所列載的規定，確保儲存的個人資料準確無誤，及有妥善的儲存方法。為保障閣下的利益，本會只收集有關資料作日後與閣下通訊、籌款、活動、課程邀請、義工招募或收集意見的推廣用途。倘未得到閣下的同意之前，本會不可以使用閣下資料作推廣之用途。日後查閱、取消或更新個人資料，請隨時致電3690-1000。
Joyful (Mental Health) Foundation (JMHF) undertakes to comply with the requirements of the Personal Data (Privacy) Ordinance to ensure that personal data kept are accurate and secure. To safeguard interest of our data subjects, JMHF collects personal data from you for the purpose of providing you with information of JMHF, fundraising appeal, activities invitation, volunteer recruitment, survey research and other promotion activities. JMHF cannot use your personal data unless we have received your consent. You may contact us at 3690-1000 for enquiry, cessation or updating of your personal data.

本人 ☐同意 / ☐不同意心晴行動慈善基金使用我所提供的個人資料作上述推廣用途。
I ☐ACCEPT / ☐OBJECT to the proposed use of my personal data for the above-mentioned promotion purposes.

### 2.參加者保證籌款 Undertaking to raise donation

本人謹此聲明並保證所有直接或間接從參與「碌柚葉呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款」所得捐款，將悉數捐予「心晴行動慈善基金」，並保證不得以「碌柚葉呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款」作為其他籌款用途。本人同意報名申請一經接納，所有費用與捐款均不獲退還。
I, the undersigned, undertake that all funds raised directly or indirectly from my participation in the 'Pomelo Leaf Presents: The Clearwater Bay Golf & Country Club Joyful Charity Run & Walk' shall be paid in full to 'Joyful (Mental Health) Foundation'. I shall not seek to raise funds for any other purpose through my participation in the said event. I also agree that all fees and donations will not be refunded upon acceptance of this application.

*未滿18歲之參賽者必須由家長或監護人簽署 *Participant aged below 18 must have consent by parent or guardian.
本人同意下述參加者參加「碌柚葉呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款」，並承擔活動期間發生的意外，包括死亡、受傷或財物損失之一切責任。
I agree the below applicant to participate in 'Pomelo Leaf Presents: The Clearwater Bay Golf & Country Club Joyful Charity Run & Walk'. I confirm not to hold the organizer, any sponsors and/or supporting organizations responsible for any accident of whatever kind, resulting from death or injury, and/ or for any damage, loser destruction of personal properties.

參加者 1 姓名: 日期
Applicant 1 Name: _____ Date: _____
家長/監護人姓名: 家長/監護人簽署:
Parent's / guardian Name: _____ Parent's / guardian Name: _____

參加者 2 姓名: 日期
Applicant 1 Name: _____ Date: _____
家長/監護人姓名: 家長/監護人簽署:
Parent's / guardian Name: _____ Parent's / guardian Name: _____

參加者 3 姓名: 日期
Applicant 1 Name: _____ Date: _____
家長/監護人姓名: 家長/監護人簽署:
Parent's / guardian Name: _____ Parent's / guardian Name: _____

參加者 4 姓名: 日期
Applicant 1 Name: _____ Date: _____
家長/監護人姓名: 家長/監護人簽署:
Parent's / guardian Name: _____ Parent's / guardian Name: _____

參加者 5 姓名: 日期
Applicant 1 Name: _____ Date: _____
家長/監護人姓名: 家長/監護人簽署:
Parent's / guardian Name: _____ Parent's / guardian Name: _____