



THE NORTH FACE 100  
ULTRA TRAIL CHALLENGE 2024

香港越野跑挑戰賽

Presented by SUMMITSERIES

12.13-15



林村許願廣場  
Wishing Tree Square

賽事中心 Event Centre

LAM TSUEN HEUNG KUNG ST

入口 ENTRANCE

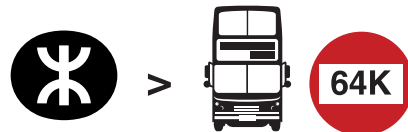
林村鄉公所路

ENTRANCE 入口

林錦公路 LAM KAM ROAD

林錦公路 LAM KAM ROAD

如何前往 HOW TO GET THERE



乘搭港鐵到大埔墟站，轉乘九巴64K - 到達「放馬莆站」下車  
By taking bus 64K from MTR Tai Po Market station and getting off at Fong Ma Po.

或 OR



到太和站轉乘的士 / 25K 專線小巴 - 到達「林村許願樹」下車  
Alternatively, you can take a taxi or minibus 25K from MTR Tai Wo station and getting off at Lam Tsuen Wishing Tree.



Title Sponsor |



Partner |





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Wishing Tree Square

賽事中心 Event Centre



- |   |  |                                      |   |
|---|--|--------------------------------------|---|
| <b>(A)</b> <b>SUMMITSERIES</b><br>頒獎台 Prize Presentation    | <b>(B)</b> 產品體驗區<br>Product Experience | <b>(C)</b> 起點 / 終點<br>Start & Finish | <b>(D)</b> 工作坊<br>Workshop                |
| <b>(E)</b> <b>TNF100 衛衣換領處</b><br>TNF 100 Hoodie Redemption | <b>(?)</b> 詢問處<br>Information Counter  | <b>(+)</b> 醫療站<br>Medical Station    | <b>(F)</b> 成績查詢<br>Result Center          |
| <b>(G)</b> 更衣室<br>Changing Room                             | <b>(H)</b> 行李寄存處<br>Baggage Counter    | <b>(I)</b> 物理治療<br>Physiotherapy     | <b>(J)</b> <b>TNF 營地</b><br>TNF Base Camp |
| <b>(K)</b> 許願樹<br>Wishing Tree                              | <b>(L)</b> 贊助商<br>Sponsors             | <b>(M)</b> 賽後餐飲<br>Hot Meals         | <b>(N)</b> 傳媒中心<br>Media Center           |

賽道信息  
Route Map

# 100KM

檢查站 Check point	距離 (公里) Approximate distance (km)	累計距離 (公里) Cumulative distance (km)	高度 (米) Elevation (m)	時限 / 此段比賽時間 Cut-off time / Section time
CP1	6.8		+451 / -457	00:00 (14/12) 2 (hr/小時)
CP2	7.8	14.6	+343 / -323	02:00 (14/12) 2 (hr/小時)
CP3	15.6	30.2	+950 / -890	06:00 (14/12) 4 (hr/小時)
CP4	14.1	44.3	+439 / -540	09:30 (14/12) 3.5 (hr/小時)
CP5	10.5	54.8	+620 / -580	12:30 (14/12) 3 (hr/小時)
CP6	8.3	63.1	+450 / -490	14:45 (14/12) 2.25 (hr/小時)
CP7	5.3	68.4	+250 / -160	16:00 (14/12) 1.25 (hr/小時)
CP8	14	82.4	+1,000 / -440	19:30 (14/12) 3.5 (hr/小時)
CP9	8.8	91.2	+350 / -915	22:00 (14/12) 2.5 (hr/小時)
FINISH	9.1	100.3	+560 / -610	01:00 (15/12) 3 (hr/小時)
總累積高度 (米) Total cumulative altitude (m)			+5,410 / -5,407	



# THE NORTH FACE 100 ULTRA TRAIL CHALLENGE 2024 香港越野跑挑戰賽

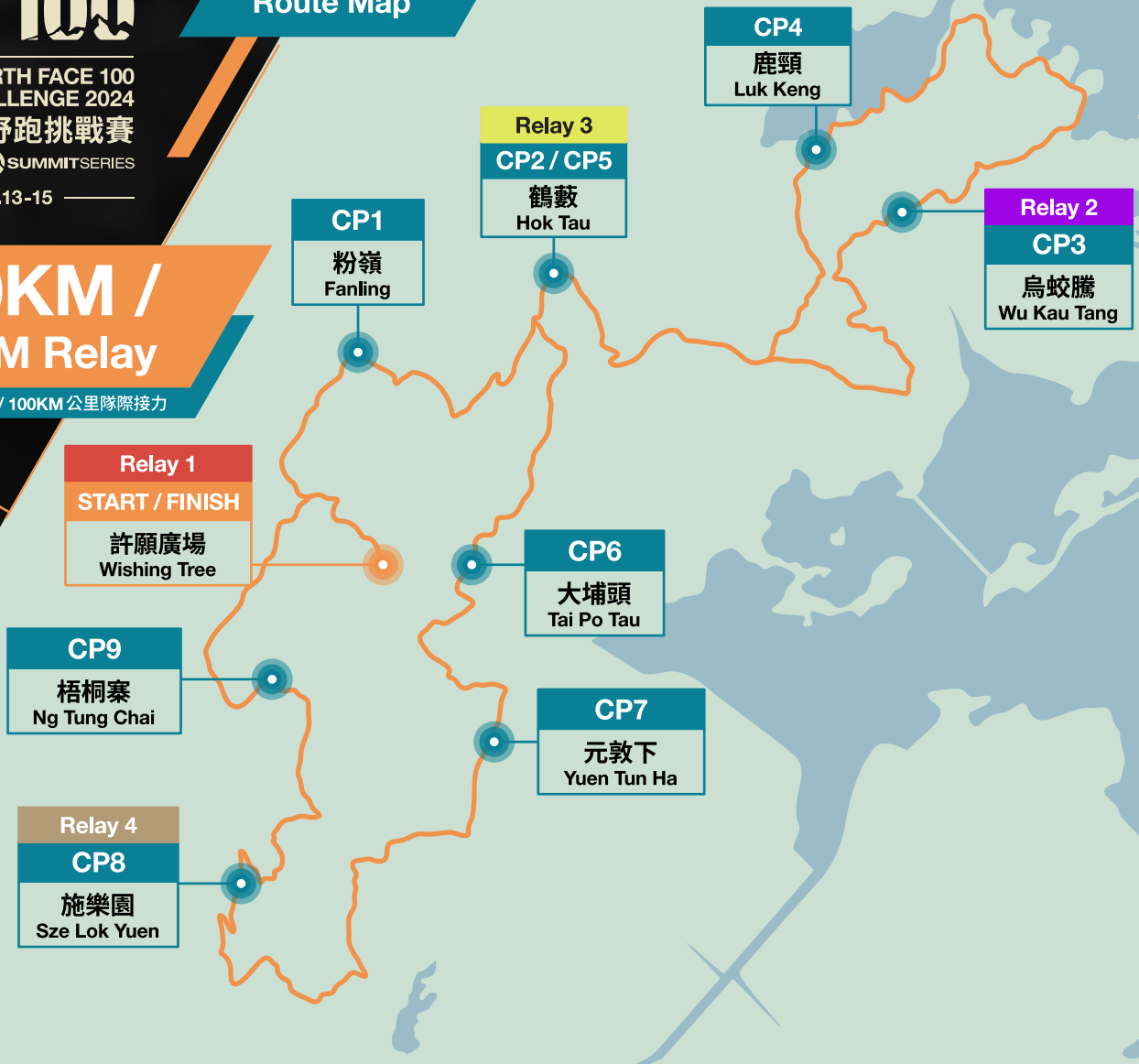
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12.13-15

## 100KM / 100KM Relay

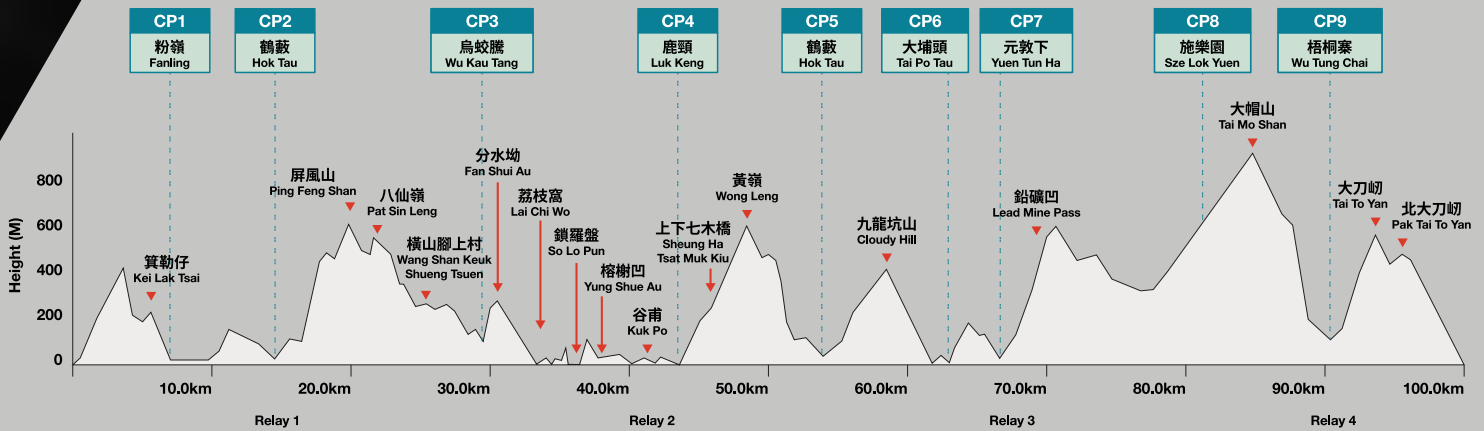
100KM 公里 / 100KM 公里隊際接力

### 路線圖 Route Map



The route map is for reference only. Please refer to GPX for actual route. 此路線圖只作參考之用, 準確路線請以GPX為準

### 高度海拔 Elevation Profile



賽道信息  
Route Map

# 55KM

檢查站 Check point	距離 (公里) Approximate distance (km)	累計距離 (公里) Cumulative distance (km)	高度 (米) Elevation (m)	時限 / 此段比賽時間 Cut-off time / Section time
CP1	6.8		+451 / -457	10:00 (14/12) 2 (hr/小時)
CP6	11.4	18.2	+680 / -680	14:45 (14/12) 4.75 (hr/小時)
CP7	5.3	23.5	+250 / -160	16:00 (14/12) 1.25 (hr/小時)
CP8	14	37.5	+1,000 / -440	19:30 (14/12) 3.5 (hr/小時)
CP9	8.8	46.3	+350 / -915	22:00 (14/12) 2.5 (hr/小時)
FINISH	9.1	55.4	+560 / -610	01:00 (15/12) 3 (hr/小時)
總累積高度 (米) Total cumulative altitude (m)			+3,288 / -3,293	



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55KM

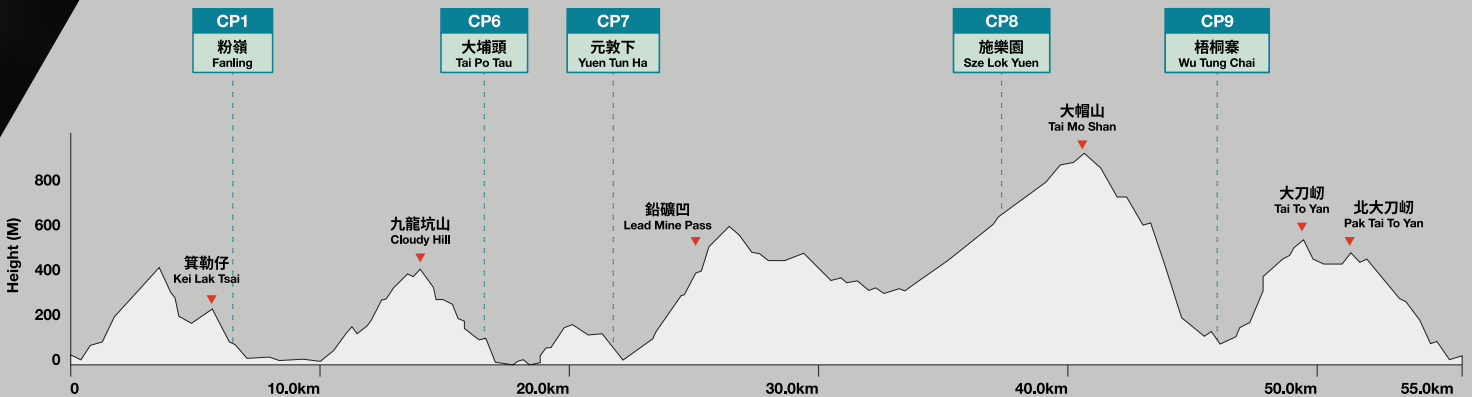
55KM 公里

路線圖  
Route Map



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高度海拔  
Elevation Profile



賽道信息  
Route Map

# 14KM

檢查站  
Check point

距離 (公里)  
Approximate  
distance (km)

累計距離 (公里)  
Cumulative  
distance (km)

高度 (米)  
Elevation (m)

時限 / 此段比賽時間  
Cut-off time /  
Section time

CP1

7.0

7.0

+400 / -400

12:00 (15/12)  
3 (hr/小時)

FINISH

6.8

13.8

+400 / -400

15:00 (15/12)  
3 (hr/小時)

# ROUTE MAP





THE NORTH FACE 100  
ULTRA TRAIL CHALLENGE 2024  
香港越野跑挑戰賽

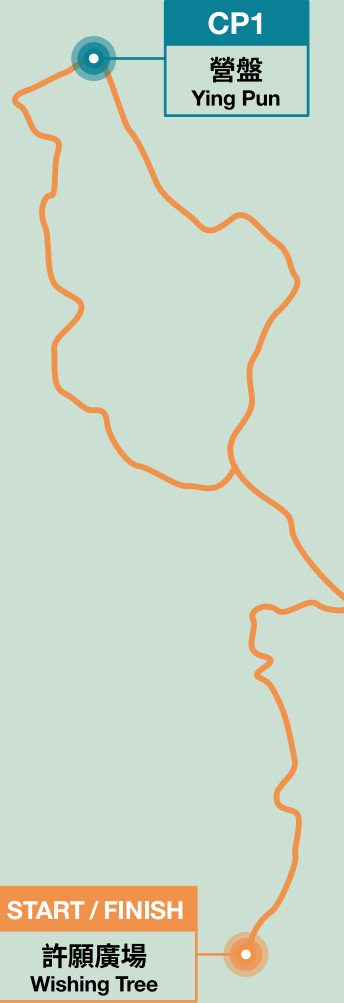
Presented by SUMMITSERIES

12.13-15

路線圖  
Route Map

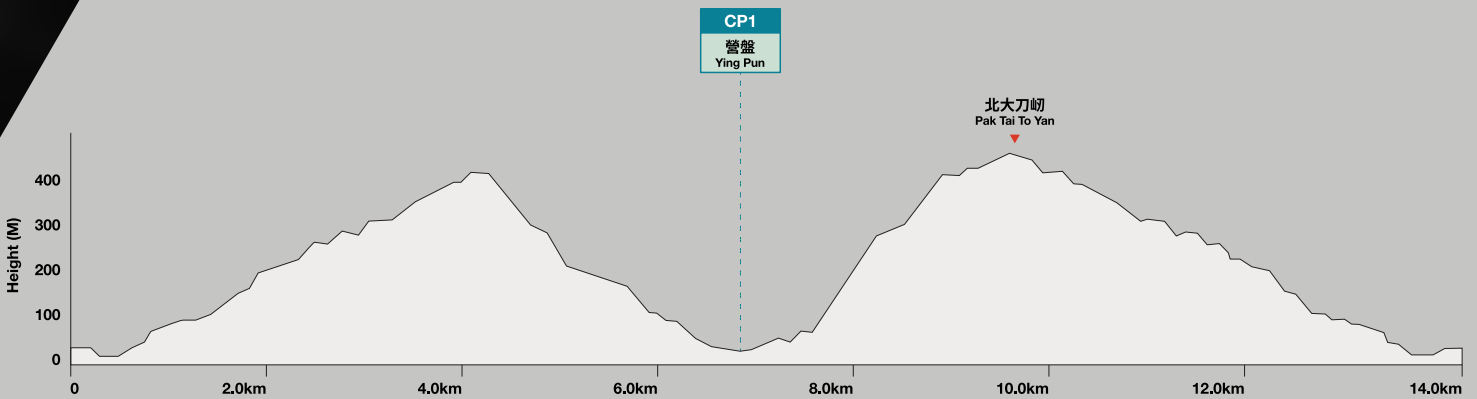
14KM

14KM公里



The route map is for reference only. Please refer to GPX for actual route. 此路線圖只作參考之用, 準確路線請以GPX為準

高度海拔  
Elevation Profile







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# 起跑前

## Before Race Starts

### 起點 / 支援站 / 終點備忘

### Start / Check Points / Finish Quick Notes



參加者的寄存行李袋必須掛上大會提供的行李牌,以茲識別。

Participants' baggage bag must be hanged with the luggage tag provided by the Organiser.



### 行李寄存於: 賽事中心 (林村許願廣場)

Baggage storage at : Event Centre (Wishing Tree Square)

### 重要 IMPORTANT

貴重物品切勿放置在此行李寄存包內  
遺漏於賽事中心之行李寄存包將會被棄置

Please DO NOT put any valuables into this baggage bag.  
Baggage bag left at Event Centre will be disposed.



比賽前大會**不會提供糧水**給參賽者,  
請在比賽前先作好準備

**No food and drink** will be provided  
before race start



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# 支援站 Check Points

## 起點 / 支援站 / 終點備忘 Start / Check Points / Finish Quick Notes



**CP1** | 粉嶺  
Fanling



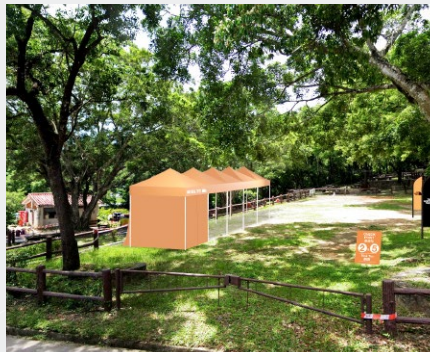
**CP2** | 鶴藪  
Hok Tau



**CP3** | 烏蛟騰  
Wu Kau Tang



**CP4** | 鹿頸  
Luk Keng



**CP5** | 鶴藪  
Hok Tau



**CP6** | 大埔頭  
Tai Po Tau



**CP7** | 元敦下  
Yuen Tun Ha



**CP8** | 施樂園  
Sze Lok Yuen



**CP9** | 梧桐寨  
Wu Tung Chai





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100KM / 55KM

支援站 Check Points

	CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9	Finish
香蕉 Banana		●	●	●	●		●	●	●	
橙 Oranges		●	●	●	●		●	●	●	
麵包 Bread		●	●	●	●		●	●	●	
薯片/玉米片 Potato / Tortilla Chips		●	●	●	●		●	●	●	
果醬 Fruit Jam		●	●	●	●		●	●	●	
蜂蜜 Honey		●	●	●	●		●	●	●	
花生醬 Peanut Butter		●	●	●	●		●	●	●	
餐桌鹽 Table salt			●	●	●		●	●	●	
飯糰 Plain Rice Ball							●		●	
薯蓉 Smash Potato			●							
蕃薯 Sweet Potato								●		
白粥 Plain Congee				●						
雜菜湯 Vegetable Soup									●	
蘑菇湯 Mushroom Soup								●		
杯麵 Cup Noodles					●				●	
米線 Rice Vermicelli		●								
飲用水 Drinking Water	●	●	●	●	●	●	●	●	●	●
可口可樂 Coca-cola	●	●	●	●	●	●	●	●	●	●
Tailwind 運動飲品 Tailwind Sports Drinks	●	●	●	●	●	●	●	●	●	●
咖啡及茶 Coffee & Tea		●	●	●	●		●	●	●	●
熱朱古力特飲 Hot Chocolate Drinks		●	●	●	●		●	●	●	●
啤酒 Beer										●
熱食 Hot Meals										●

注意: 除了CP1和CP6外, 賽會將於各支援站供應素食給賽員, 終點裡也供應熱食。CP1和CP6 祇會安排飲用水, 運動飲品給賽員補充。

Note: Vegetarian food will be served at all aid stations except CP1, while hot meals will be served in the Finish.

CP 1 and CP6 will be provided only drinking water, Tailwind drinks and softdrinks for racers to replenish their own hydration system.



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14KM

支援站 Check Points

CP1 Finish

香蕉  
Banana



橙  
Oranges



日式飯糰  
Rice Ball (Onigiri)



飲用水  
Drinking Water



可口可樂  
Coca-cola



Tailwind 運動飲品  
Tailwind Sports Drinks



啤酒  
Beer



### 13.12.2024

18:30-21:45	100公里 / 100公里隊際接力賽事 寄存行李	100KM /100KM Relay Race Baggage Storage
21:45-22:00	100公里 / 100公里隊際接力賽事 於起點前集合	100KM / 100KM Relay Race Assembly
22:00	100公里 / 100公里隊際接力賽事開始	100KM / 100KM Relay Race Start

### 14.12.2024

06:15-07:45	55公里賽事寄存行李	55KM Race Baggage Storage
07:30-08:00	55公里賽事於起點前集合	55KM Race Assembly
08:00	55公里賽事開始	55KM Race Start
13:00	男子100公里組別頒獎	Prize Presentation : 100KM (Men's)
15:00	100公里隊際接力賽組別頒獎	Prize Presentaion : 100KM Relay
15:00	女子100公里組別頒獎	Prize Presentation: 100KM (Women's)
15:30	男子55公里組別頒獎	Prize Presentation: 55KM (Men's)
16:00	女子55公里組別頒獎	Prize Presentaion : 55KM (Women's)
16:30-18:00	與運動員對話	The North Face Athletes Panel Sharing

\*頒獎時間跟據大會現場公佈為準 Time of Prize Presentation will be subjected to on site announcement



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# 活動時間表

## Race Date Schedule

15.12.2024

07:00-08:45	14公里賽事寄存行李	14KM Race Baggage Storage
08:30-09:00	14公里賽事於起點前集合	14KM Race Assembly
09:00	14公里賽事開始	14KM Race Start
11:00	男子14公里組別頒獎	Prize Presentaion : 14KM (Men's)
11:30	女子14公里組別頒獎	Prize Presentaion : 14KM (Women's)
15:00	活動結束	Cut off of all runners

\*頒獎時間跟據大會現場公佈為準 Time of Prize Presentation will be subjected to on site announcement

### 賽後 After Race

- 參賽者可憑號碼布換取大會預備的物資
- 完成者可於成績查詢中心打印比賽結果，賽事成績中心位於終點下方。完整的成績可在線上查看。現場會顯示二維碼用於查詢賽事結果。
- Race bib is your ticket to all the goodies we have planned
- Finishers may print their own result at the Result Centre below the Finish Line. Full results may be viewed online. QR codes will be displayed on site for scanning to access the results link.



大會於賽事中心(林村許願廣場)  
為跑手提供物理治療服務  
Physiotherapy will also be provided in  
The Event Centre(Wishing Tree Square)



大會於賽事中心(林村許願廣場)  
為跑手提供精選美食  
Hot food is served at  
The Event Centre(Wishing Tree Square)



完成100公里賽事的首500名跑手可於  
賽事中心(林村許願廣場)領取完賽衛衣一件  
For the first 500 runners to complete  
the 100KM race, please pick up the finisher  
hoodie at The Event Centre(Wishing Tree Square).

1. 選手需在比賽中全程攜帶所參賽組別的強制裝備;
2. 比賽期間在相應補給站點,工作人員會對選手進行強制裝備檢查,如發現缺少強制裝備,組委會將強制選手終止比賽,在選手號碼布上做退賽標記。
3. 所有強制裝備將在比賽期間的某個時刻進行檢查。缺少任何強制性裝備將導致取消資格。
4. 以下是各組別強制裝備清單(是對選手參賽時攜帶裝備的最低要求)

1. Participants are required to carry the mandatory equipment of each race throughout the race.
2. During the race, the staff will check the mandatory equipment at the corresponding feeding zone. If the missing mandatory equipment is found, the organizing committee will force the participant to terminate the race and mark the withdrawal mark on the number bib.
3. All mandatory gear will be checked at some point during the race. Missing any of the mandatory gear will result in disqualification with no exceptions.
4. The following is the list of mandatory equipment for each group. (it is the minimum requirement for the participant to carry equipment in the race.)

必備工具 MANDATORY GEAR				建議裝備 RECOMMENDED EQUIPMENT
賽項 RACE	100KM	55KM	14KM	
有帽防潑水外套 (不包括便利雨衣) Water resistant jacket with hood (not disposable)	●	●		<ul style="list-style-type: none"> <li>• 保暖的帽子 Warm cap or hat</li> <li>• 額外的衣物及鞋 Extra clothing / shoes</li> <li>• 額外的襪 Extra pair of socks</li> </ul>
能接收香港訊號的手機 Mobile phone (with HK reception)	●	●	●	<ul style="list-style-type: none"> <li>• 於起點至少達300卡路里的能量棒 / 食物 At least 300 calories worth of energy bars / food portions at start point</li> </ul>
照明裝備2個: 其中一個必須為頭燈或手電筒,另一個可以是智能手機的照明燈 2 Lights: one can be a light on a phone, but the other, must be a stand alone torch or head lamp	●	●		<ul style="list-style-type: none"> <li>• 於起點至少500毫升的水或運動飲料 (水袋或水樽) At least 500ml of water or sports drink (water bladder or water bottles) at start point</li> </ul>
哨子 Whistle	●	●		<ul style="list-style-type: none"> <li>• 太陽眼鏡 Sunglasses</li> <li>• 防曬用品 Sun block or Sun Screen</li> </ul>
號碼布 Race Bib	●	●	●	<ul style="list-style-type: none"> <li>• 登山杖 Trekking poles</li> <li>• 急救用品 First aid kit</li> <li>• 現金 / 八達通卡 Some cash / Octopus Card</li> </ul>
至少500毫升的水袋或水樽 Bottle or water bladder with minimum capacity of 0.5 litres	●	●		<ul style="list-style-type: none"> <li>• 急救毯或同等裝備 Emergency Blanket or equivalent</li> </ul>
2 個閃光燈 (如夜間騎行時安裝在自行車上的閃光燈): 參賽者的前面和後面必須各安裝一個,並且在參加比賽時從晚上1700點到第二天早上0630點之間始終可見。 白天沒有要求配戴閃光燈。 2 flashing lights (such as those attached to bicycles for night riding): one each must be attached to the front and back of the runner and always be visible between the hours of 1700 at night and 0630 the following morning while participating in the race. There is no requirement to wear flashing lights, during daylight hours.	●	●		<ul style="list-style-type: none"> <li>• 後備電池供頭燈 / 手電筒使用 Replacement Batteries for Headlamps / Torches</li> <li>• 哨子 Whistle</li> </ul>



# 100KM (男子及女子組)

(for both men's and women's categories)

## 冠軍 Champion

獎金港幣\$15,000及THE NORTH FACE 購物現金券\$8,000

Klook 電子現金券 HK\$1,000

Oakley Encoder (a) 太陽眼鏡一副 (男子組)

Oakley Sutro lite sweep 太陽眼鏡一副 (女子組)

HK\$15,000 cash prize and HK\$8,000 The North Face Gift Voucher

Klook eGift Card HK\$1,000

Oakley sunglasses - Encoder (a) for Male

Oakley sunglasses - Sutro lite sweep for Female

## 亞軍 1<sup>st</sup> Runner-up

獎金港幣\$10,000及THE NORTH FACE 購物現金券\$5,000

Oakley Encoder 太陽眼鏡一副 (男子組)

Oakley Sutro lite (a) 太陽眼鏡一副 (女子組)

HK\$10,000 cash prize and HK\$5,000 The North Face Gift Voucher

Oakley sunglasses - Encoder for Male

Oakley sunglasses - Sutro lite (a) for Female

## 季軍 2<sup>nd</sup> Runner-up

獎金港幣\$5,000及THE NORTH FACE 購物現金券\$3,000

Oakley Sutro (a) 太陽眼鏡一副 (男子組)

Oakley Sutro lite (a) 太陽眼鏡一副 (女子組)

HK\$5,000 cash prize and HK\$3,000 The North Face Gift Voucher

Oakley sunglasses - Sutro (a) for Male

Oakley sunglasses - Sutro lite (a) for Female

## 第四名至第十名 4<sup>th</sup> to 10<sup>th</sup> place

THE NORTH FACE 購物現金券\$1,200

HK\$1,200 The North Face Gift Voucher



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獎項  
Award

# 100KM 隊際接力賽 Team Relay

**冠軍**  
Champion

THE NORTH FACE 購物現金券\$20,000

Klook 電子現金券 HK\$4,000

Oakley Sutro (a) 太陽眼鏡三副 + Sutro lite (a) 太陽眼鏡一副

HK\$20,000 The North Face Gift Voucher

Klook eGift Card HK\$4,000

Oakley sunglasses - Sutro (a) + Sutro lite (a)

**亞軍**  
1<sup>st</sup> Runner-up

THE NORTH FACE 購物現金券\$15,000

HK\$15,000 The North Face Gift Voucher

**季軍**  
2<sup>nd</sup> Runner-up

THE NORTH FACE 購物現金券\$10,000

HK\$10,000 The North Face Gift Voucher



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獎項  
Award

# 55KM (男子及女子組)

(for both men's and women's categories)

## 冠軍 Champion

THE NORTH FACE 購物現金券\$8,000

Klook 電子現金券 HK\$1,000

Oakley KATO 太陽眼鏡一副 (男子組)

Oakley Re-Subzero 太陽眼鏡一副 (女子組)

HK\$8,000 The North Face Gift Voucher

Klook eGift Card HK\$1,000

Oakley sunglasses – KATO for Male

Oakley sunglasses - Re-Subzero for Female

## 亞軍 1<sup>st</sup> Runner-up

THE NORTH FACE 購物現金券\$5,000

Oakley Re-Subzero 太陽眼鏡一副 (男子組及女子組)

HK\$5,000 The North Face Gift Voucher

Oakley sunglasses - Re-Subzero for Male and Female

## 季軍 2<sup>nd</sup> Runner-up

THE NORTH FACE 購物現金券\$3,000

Oakley Radar 太陽眼鏡一副 (男子組)

Oakley Evzero path (a) 太陽眼鏡一副 (女子組)

HK\$3,000 The North Face Gift Voucher

Oakley sunglasses – Radar for Male

Oakley sunglasses -Evzero path (a) for Female

## 第四名至第十名 4<sup>th</sup> to 10<sup>th</sup> place

THE NORTH FACE 購物現金券\$1,200

HK\$1,200 The North Face Gift Voucher



THE NORTH FACE 100  
ULTRA TRAIL CHALLENGE 2024

香港越野跑挑戰賽

Presented by  SUMMITSERIES

獎項  
Award

# 14KM (男子及女子組)

(for both men's and women's categories)

## 冠軍 Champion

THE NORTH FACE 購物現金券\$8,000

Klook 電子現金券 HK\$1,000

Oakley Radar 太陽眼鏡一副 (男子組)

Oakley Catalyst 太陽眼鏡一副 (女子組)

HK\$8,000 The North Face Gift Voucher

Klook eGift Card HK\$1,000

Oakley sunglasses – Radar for Male

Oakley sunglasses Catalyst for Female

## 亞軍 1<sup>st</sup> Runner-up

THE NORTH FACE 購物現金券\$5,000

Oakley Radar 太陽眼鏡一副 (男子組)

Oakley Reedmace (a) 太陽眼鏡一副 (女子組)

HK\$5,000 The North Face Gift Voucher

Oakley sunglasses - Radar for Male

Oakley sunglasses - Reedmace (a) for Female

## 季軍 2<sup>nd</sup> Runner-up

THE NORTH FACE 購物現金券\$3,000

Oakley Radar 太陽眼鏡一副 (男子組)

Oakley Evzero path (a) 太陽眼鏡一副 (女子組)

HK\$3,000 The North Face Gift Voucher

Oakley sunglasses – Radar for Male

Oakley sunglasses - Evzero path (a) for Female

## 第四名至第十名 4<sup>th</sup> to 10<sup>th</sup> place

THE NORTH FACE 購物現金券\$1,200

HK\$1,200 The North Face Gift Voucher