

主辦機構  
Organizer



合辦機構  
Co-organizer



# 第28屆 HKSOS x 苗圃 挑戰12小時 慈善越野馬拉松2026

## 1/11/2026

星期日



## 參加者手冊

路線  
(公里)

42  
KM

28  
KM

14  
KM

3  
KM  
聯字線



50K M

20K M

UTMB INDEX



主辦機構  
Organizer



合辦機構  
Co-organizer



# 28<sup>th</sup> HKSOS x Sowers Action Challenging 12 Hours Charity Trail Marathon 2026

## 1/11/2026

SUN



## Participant's Handbook

Distance  
(KM)

42  
KM

28  
KM

14  
KM

3  
KM  
親子  
鐘



50K M

20K M

UTMB INDEX



# HKSOS × 苗圃

## 挑戰12小時

### 立即下載

Download to Save Lives



# 由HKSOS 全程守護你





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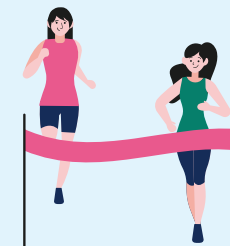
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中國移動  
China Mobile



政企市場產品與解決方案

### 通信

政企短彩信



物聯網連接產品



專線產品



### 算力

數據中心(IDC)



移動雲盤



移動雲



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大數據營銷



低空經濟能力  
平台解決方案



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### 苗圃行動

苗圃行動於1992年在香港註冊，是一個非宗教、非政治、非牟利的慈善組織，致力促進教育發展及支援民生需要，如築建學校、學生資助、師資培訓、支援兒童之家及社區建設等工作，幫助世界各地的弱勢社群。

我們秉持「實地考察、直接資助、長期跟進」的工作守則。籌募所得的善款百分百用於資助項目，運作經費獨立籌募。

### Sowers Action

Established in 1992, Sowers Action is a non-religious, non-political and non-profit-making charitable organization in Hong Kong. We are committed to promoting educational development and supporting livelihood needs, including school construction, student sponsorship, teacher training, children's home support and community development, to help disadvantaged groups around the world.

We uphold the principle of "On-site Assessment, Direct Subsidy and Long-Term Follow-up". All generous donations received are 100% used in subsidizing the projects while operational expenditure funding is raised separately.



### HKSOS

HKSOS是個多合一功能的手機應用程式，讓市民或其緊急聯絡人一鍵直達999報案中心。當SOS啟動時，999報案中心會收到提示，並獲悉市民的準確位置，協助部隊盡快提供支援。

### HKSOS

HKSOS is the most important outdoor safety app designed to save lives and speed up the response time of rescue services in life-critical missions. It is directly linked to the Emergency Call Centre and becomes your lifeline in an emergency.



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方案  
Design

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Delivery

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Operation



華為昇騰AI：積極擁抱產業生態，加速大模型全流程創新，深度賦能千行萬業



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3000+ 行業合作夥伴

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80+  
硬件夥伴

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夥伴集成打造多樣化產品

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硬件產品

開放板卡  
使能夥伴打造工作站/服務器

350+  
一體機夥伴

開放中心模組/刀片  
使能夥伴打造高性能服務器/超節點

2700+  
服務客戶

軟件開源

560+  
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CANN全量開源開放 | 昇騰應用使能全面開源

13000+  
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模型0DAY支持 | 開源生態演進 | 昇騰社區共建

5.5萬  
昇騰社區核心貢獻者

模型0DAY發佈

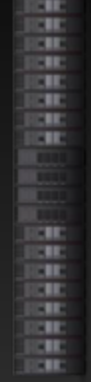
風冷數據中心：一體機 + 超節點

液冷數據中心：超節點集群



Atlas 650E 一體機

Atlas 850E 超節點



Atlas 950 SuperPod 液冷超節點

為世界提供  
新選擇

## 活動 — 苗圃挑戰12小時慈善越野馬拉松



苗圃行動於2000年首次舉辦「挑戰12小時」慈善越野馬拉松，為推動山區教育發展而籌募善款。因反應熱烈，於同年再度舉行活動，自此成為香港年度的大型山賽之一。於過去27屆活動，累積參加人次超過4萬5千人，籌款總額超過5千7百萬港元。



**2000**年苗圃行動  
首次舉辦「挑戰12小時」  
慈善越野馬拉松



累積參加人次  
超過  
**45,000**人



籌款總額  
超過  
**57,000,000**港元

### 活動目的

- 鼓勵市民透過步行體驗山區學童長途跋涉上學的艱辛
- 邀請參與者為本會的資助項目籌款，改善貧困兒童的生活
- 鼓勵市民多做運動，享受香港自然山徑的美景
- 鼓勵市民參與義務工作，協助賽事進行，是一個回饋社會的好機會



## Event - Sowers Action Challenging 12 Hours Charity Trail Marathon



In 2000, Sowers Action organized the first “Challenging 12 Hours”, a charity marathon event with an aim to promote education in rural regions. Due to the overwhelming response, it was held again in the same year. Since then, it has become one of the biggest annual trail events in Hong Kong. Over 45 thousands of participants have took part in the past 27 events, and the total fund raised was over HK\$57 million.



Sowers Action organized  
the first “Challenging 12 Hours”  
in **2000**



Over **45,000**  
of participants have  
took part the event



The total fund raised  
was over  
HK\$ **57,000,000**

### Objectives

- Experience the hardships of students who need to walk long distances to attend school.
- Raise fund for Sowers Action projects for improving education and welfare for underprivileged children.
- Encourage public to do more exercise while enjoying the natural beauty of Hong Kong country parks.
- Provide a volunteer service platform for public to share happiness and contribute to the community.



®

# 記憶中的味道

The image displays four bottles of 'Tian Huo' (天火) brand beverages. From left to right: 1. Chrysanthemum Tea (菊花茶) in a yellow bottle with a yellow cap. 2. Lemon Tea (檸檬茶) in a yellow bottle with a yellow cap. 3. Sour Plum (酸梅) in a dark red bottle with a red cap. 4. Stewed Pear (炖梨) in a light green bottle with a green cap. Each bottle has a detailed label with the product name in large characters, smaller text for ingredients and benefits, and the 'Tian Huo' logo at the top.

怡寶

爽口解膩  
清涼回甘  
精選傳統食材  
源自中式靈感

至本清潤  
菊花茶  
植物飲料  
KIKKOMAN'S KIKU  
豆漿飲料  
豆漿飲料



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信興中心



信興集團  
SHUN HING GROUP



## 活動大使 Ambassadors

「苗圃挑戰12小時2026」全力支持年輕越野跑手的發展。本屆賽事非常榮幸邀請到廖科樂 (Lok Sir)、文永鑫 (GumGum)、李俊穎 (Marcus)、譚子豪 (Alex)、周栢熙 (Bosco) 擔任賽事大使。

他們分別在本地越野跑領域展現出卓越潛力——廖科樂擅長長距離技術型賽道，李俊穎體能與策略兼備並熱心推動跑手社群，文永鑫以驚人的爬升能力見稱，譚子豪專注於超長距離耐力賽，周栢熙則在夜間及惡劣天氣下表現出超強的心理質素。他們今年剛完成一年一度的越野跑殿堂級盛事「香港四徑挑戰」，展現出超凡的意志和毅力，同時發揮滿滿的正能量，身體力行參與今次活動，完美體現苗圃行動的核心理念。讓我們與五位大使一同攜手突破自我，挑戰無限。



文永鑫 (GumGum)



譚子豪 (Alex)



廖科樂 (Lok Sir)



周栢熙 (Bosco)



李俊穎 (Marcus)

“Sowers Action Challenging 12 Hours 2026” is fully committed to supporting the development of young trail runners. We are honored to have invited Lok Sir, GumGum, Marcus, Alex, and Bosco to serve as race ambassadors for this year’s event.

Each has demonstrated outstanding potential in the local trail running scene—Lok Sir excels on long-distance technical courses, Marcus combines physical prowess with strategic thinking and is passionate about fostering the running community, GumGum is renowned for his remarkable climbing ability, Alex specializes in ultra-distance endurance races, and Bosco has shown exceptional mental fortitude during night runs and in adverse weather conditions. Having just completed this year’s annual trail running landmark event, the “Hong Kong Four Trails Challenge,” they demonstrated extraordinary willpower and perseverance while radiating positive energy. By actively participating in this event, they perfectly embody the core philosophy of the Seedling Initiative. Let’s join hands with these five ambassadors to push our limits and challenge the infinite.



ROSSIGNOL  
TRAIL RUNNING



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## 路線出發時間及地點

## Starting Time and Starting Point

| 賽事組別<br>Race    | 起步時間<br>Starting Time            | 起點<br>Starting Point                                                                                                                                              | 終點<br>Finishing Point                                                           |
|-----------------|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| 42<br>公里賽<br>KM | 個人及隊際<br>Solo and Team<br>09:00  | 油塘三家村遊樂場<br>Sam Ka Tsuen<br>Recreation Ground,<br>Yau Tong, Kowloon                                                                                               | 大埔舊墟<br>公立學校<br>(寶湖道)<br>Tai Po<br>Old Market<br>Public School<br>(Plover Cove) |
| 28<br>公里賽<br>KM | 個人及隊際<br>Solo and Team<br>09:30  | 慈雲山道遊樂場<br>(慈雲閣及<br>中華基督教會<br>基慈小學旁)<br>Wong Tai Sin<br>Tsz Wan Shan Road<br>Playground,<br>Kowloon<br>(Next to Tsz Wan Kok<br>and CCC Kei Tsz<br>Primary School) |                                                                                 |
| 14<br>公里賽<br>KM | 個人及隊際<br>Solo and Team<br>10:00  | 城門水塘主壩<br>Shing Mun Reservoir<br>Main Dam,<br>New Territories                                                                                                     |                                                                                 |
|                 | 共融線<br>Inclusion Course<br>10:30 |                                                                                                                                                                   |                                                                                 |
| 3<br>公里賽<br>KM  | 親子組<br>Family Group<br>11:00     | 大埔舊墟公立學校<br>(寶湖道)<br>Tai Po Old Market<br>Public School<br>(Plover Cove)                                                                                          |                                                                                 |





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COSCO SHIPPING (HONG KONG) CO., LIMITED  
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FOR A GREEN NEW JOURNEY

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數智賦能  
綠啟新程

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# 防曬 x 防蚊

## 雙重防護

戶外運動防曬噴霧 SPF130 PA++++  
X  
強效驅蚊蠅噴霧



全方位防護  
防曬無死角  
耐汗·耐水·耐磨

另設有150ml

**20% 派卡瑞丁**  
歐盟美加世衛等  
國際權威推薦使用

強效驅蚊蠅  
持久長效8小時  
不刺激皮膚

彩豐 Choi Fung

Choi Fung Hong\_Hk



不含  
人工色素

不含  
甲醛/甲醇

不含  
避蚊胺

不含  
薄荷

不含  
合成香料

## 42公里賽路線圖 42 KM Race Route

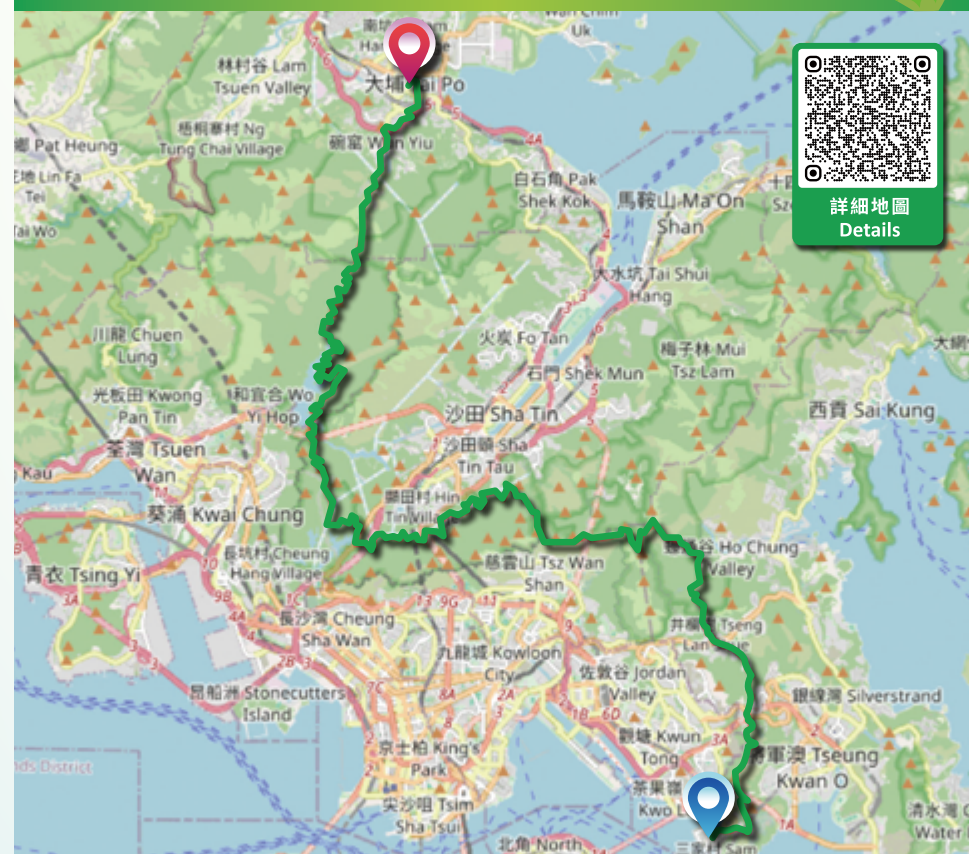


起點  
Starting Point



終點  
Finishing Point

### 賽路線圖 Race Route



### 地圖+高度圖 Map + Elevation





ION SUPPLY DRINK  
**POCARI SWEAT**

新會員可獲  
額外10分獎賞

**POCARI SWEAT CLUB**

手機應用程式

立即下載



購買寶礦力水特產品\*

**\$1=1分**

儲分換取專屬禮遇

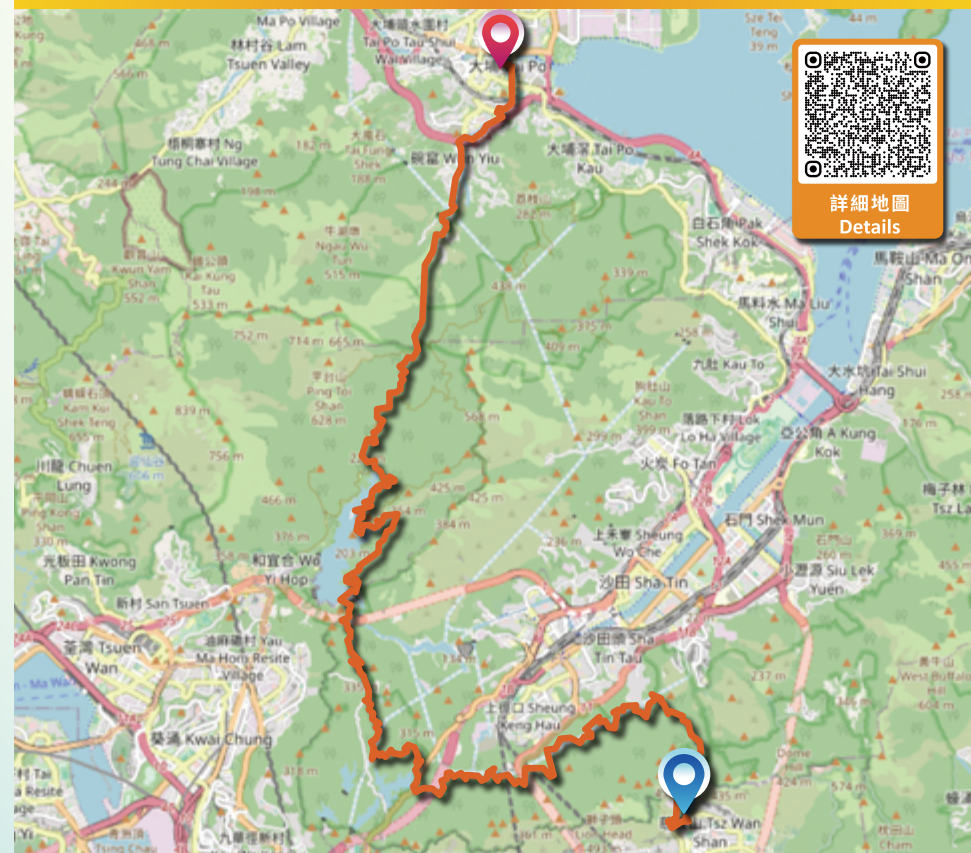


## 28 公里賽路線圖 28 KM Race Route

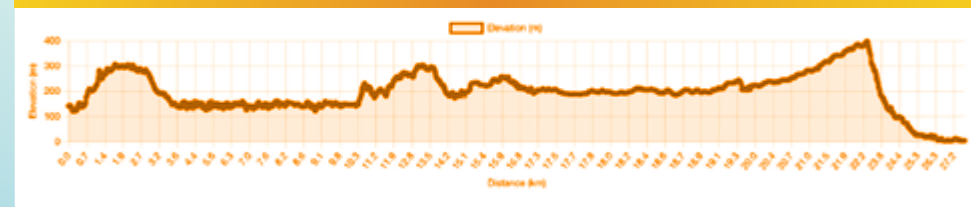
起點  
Starting Point

終點  
Finishing Point

### 賽路線圖 Race Route



### 地圖+高度圖 Map + Elevation



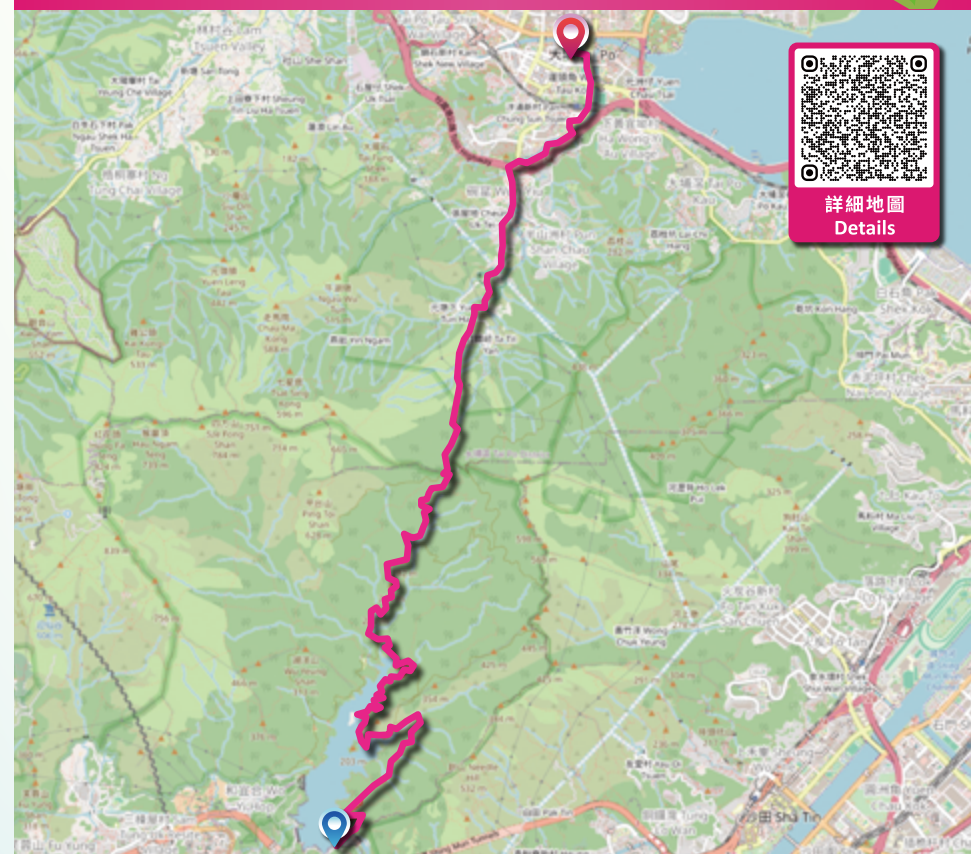
\*詳情請參閱應用程式內的條款及細則  
禮品數量有限，送完即止。圖片只供參考，一切以實物為準。

Otsuka 香港大坂製菓

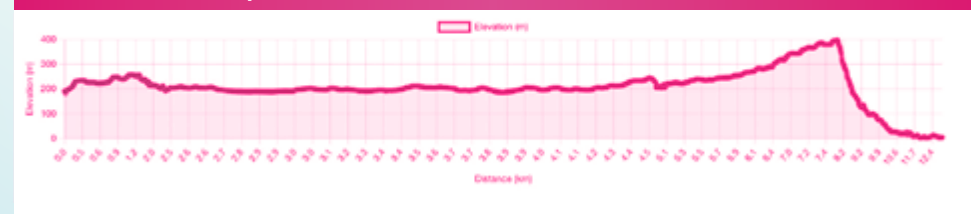




### 賽路線圖 Race Route



### 地圖+高度圖 Map + Elevation



## MILLET.

### TYPHON PHANTOM TREK JACKET

超輕量越野跑防水外套。防水度達50,000mm，透氣度高達60,000g/m<sup>2</sup>/24h，能迅速排走身體水汽，保持乾爽及避免悶熱感。適合高強度活動時穿著。

重量：163g

## MILLET.

### PARMELAN 17

捲摺式設計輕量背囊。肩帶設彈性口袋，可存放手機及能量食品。前方的捲摺袋可拆下獨立使用。

## mont-bell

### 新升級 DRYTEC

### STORM CRUISER JACKET

平衡輕量與耐用度之三夾布防水外套。面布為30D Ballistic®防撕尼龍。防水度達20,000 mm，透氣度達40,000 g/m<sup>2</sup>/24 hours。

重量：225-254g

## mont-bell

### UV-TEC 防曬服飾

吸汗快乾布料具UPF50+防曬功能。纖維中加入「光觸媒粒子」，在光照下減少細菌繁殖及異味。

## OR OUTDOOR RESEARCH

### ECHO 系列T-SHIRT

高度透氣通爽T-Shirt。經UPF15+抗紫外線及ActiveFresh™抗菌除臭技術處理。動作型立體剪裁適合各種劇烈運動。

## OR OUTDOOR RESEARCH

### SWFT 系列夏日帽

UPF 40+防紫外線功能，部份款式採用透氣網布或縫射切割孔，通爽舒適。



能精準承托髌骨及相鄰肌腱，加強下坡或落梯級時膝蓋之穩定性。特別適合大腿肌力不足或進行長途競賽的跑手。

### FREELASTICS PLANTAR FASCIA 4-WAY SEAMLESS ELASTIC



專為舒緩足底筋膜炎而設計，採用無縫針織透氣面料。足底、足弓及腳跟設有分區支撐系統，提供不同壓力。



### 苗圃挑戰12小時 獨家優惠

低至 6折



馬上掃碼 獲取折扣



## 苗圃挑戰 12 小時慈善越野馬拉松

SOWER ACTION CHALLENGING 12 HOURS



立即搵WhatsApp QR code

「立即搵」一向支持跑友，除了身體力行作視障領跑，繼參與「25年猛龍慈善跑」及亦連續贊助「23、24、25年回歸跑」、「24年川龍越野賽」，「Regenflex 2024香港五湖越野賽」，「25年雲山挑戰」，「24/25年苗圃慈善馬拉松」向獲獎跑手送上豐富禮物。當然還有11月1日的「苗圃慈善馬拉松」啦！我們會繼續支持其他大型越野賽，希望繼續幫助跑手長跑長有。



姚潔貞



Lukas



Captain VL



梁影雪



Iris



鴨仔



林秀強

# 我將一路前行

守護膝頭哥・行更長遠的路



立即搵透明質酸辣椒按摩膏

立即搵意大利進口  
衛生署註冊，透明質酸



醫學文獻證明有效  
每年增生軟組織四  
倍，對經常戶外活  
動及高強度運動者  
極力推薦。亦提供  
軟組織退化人士考  
慮更換人造膝頭哥  
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衛生署註冊編號：190290  
由香港註冊醫生主理

## 3 公里賽路線圖 3 KM Race Route



起點

Starting Point



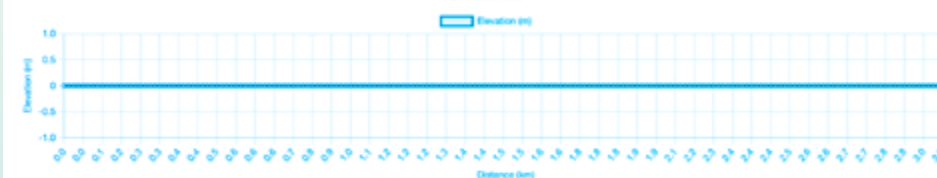
終點

Finishing Point

### 賽路線圖 Race Route



### 地圖+高度圖 Map + Elevation





# 各站支援 Check Point Support

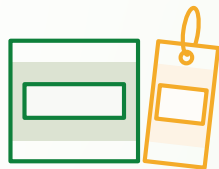
| 路段(公里)<br>Distance(KM) | 編號<br>Code       | 檢查站及支援站<br>Check Point/Support Station                         | 開放時間<br>Open Hour | 食水<br>Water                                                                           | 食物<br>Fruit/Snack                                                                     | 計時<br>Timer                                                                           | 急救站<br>First Aids                                                                     | 洗手間<br>Toilet |
|------------------------|------------------|----------------------------------------------------------------|-------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------|
| 42                     | 42KM SP          | 油塘三家村遊樂場<br>Sam Ka Tsuen Recreation Ground, Yau Tong           | 08:00-10:00       |    |                                                                                       |    |    | 公共<br>Public  |
| 42                     | CP1              | 井欄樹<br>Tseng Lan Shue                                          | 09:00-12:00       |    |    |    |    | 流動<br>Mobile  |
| 42                     | SS1              | 大藍湖<br>Tai Lam Wu                                              | 09:30-12:45       |    |                                                                                       |                                                                                       |                                                                                       | 流動<br>Mobile  |
| 42                     | SS2              | 大老坳<br>Tai Lo Au                                               | 10:00-13:30       |    |    |                                                                                       |                                                                                       |               |
| 28                     | 28KMSP           | 慈雲山道遊樂場<br>Tsz Wan Shan Road Playground                        | 08:30-10:00       |    |                                                                                       |    |    |               |
| 42/28                  | CP2              | 沙田坳道獅子亭<br>Lions Pavilion                                      | 09:30-15:00       |    |    |    |    | 公共<br>Public  |
| 42/28                  | CP3              | 衛奕信徑標距柱W61<br>W61 Distance Post of Wilson Trail                | 10:00-16:30       |    |    |    |    | 公共<br>Public  |
| 42/28/14               | 14KM SP /<br>CP4 | 城門水塘主壩<br>Shing Mun Main Dam                                   | 09:00 -18:00      |  |  |  |  | 流動<br>Mobile  |
| 42/28/14               | SS3              | 半閒亭<br>Shing Mun Picnic Site No.12 Pavilion                    | 10:30-18:45       |  |                                                                                       |                                                                                       |                                                                                       | 公共<br>Public  |
| 42/28/14               | CP5              | 鉛礦坳<br>Lead Mine Pass                                          | 10:30-19:30       |  |  |  |  | 公共<br>Public  |
| 3                      | SS4              | 香港回歸紀念塔<br>Spiral Lookout Tower                                | 11:00-12:30       |                                                                                       |                                                                                       |  |                                                                                       | 公共<br>Public  |
| 42/28/14/3             | FP               | 大埔舊墟公立學校 (寶湖道)<br>Taipo Old Market Public School (Plover Cove) | 10:00-21:00       |  |  |  |  | 校內<br>School  |

## 行李寄存 Drop Bag

- 1 起點將為參加者提供行李寄存服務。  
Drop bag service will be provided at the Start Point.



- 2 行李必須掛上大會提供之行李牌，並交到行李寄存區寄存，沒有行李牌的行李將不獲受理。



Participant's drop bag must be attached with the baggage tag provided by the Organizer and be deposited at the Drop Bag Area. Drop bag without baggage tag will not be handled.

- 3 寄存物品不可含任何危險品、貴重或易碎物品。  
請以膠袋存放衣物，大會只會負責把寄存之行李運往終點，如有任何遺失或損毀，恕不負責。
- Content must not be dangerous, valuable or fragile.  
Please place dry clothes in plastic bag. The Organizer will transport all drop bags to the finish point and shall not be liable for any loss or damage.



- 4 行李體積不得超過45厘米 x 30厘米 x 15厘米，重量不得超過3公斤。



Dimension of the baggage is limited to 45cm x 30cm x 15cm with weight less than 3kg.

- 5 所有參加者（包括中途退出者）必須於活動當天，在終點憑參加者號碼布領回所寄存之行李。



All participants (including mid-way withdrawal participants) must collect their baggage at the Finish Point on the event day by presenting the Bib.

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的未來



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或到九龍塘律倫街7至8號省善真堂查詢。

網頁: <https://tao-sset.org>



## 參加者守則

所有參加者必須遵守以下各項守則：

1. 參加者必須符合大會對各組別年齡的要求，並必須於限時內完成賽事。
2. 每人只可參加其中一個組別。各組別名額先到先得，額滿即止。本會保留提早截止報名的權利而不作另行通知。
3. 參加者於賽前需預先下載HKSOS手機應用程式，並於領取選手包及頒獎禮時出示該應用程式，否則大會保留取消其領取禮品或獎品之權利。大會鼓勵參加者於比賽期間使用此程式以保障安全。

### 4. 起跑時間：

各組別參加者必須於下列起步時間前到達起點，並依照起跑時間分組起跑。如參加者在所屬組別起跑後15分鐘才到達起跑點，則作棄權論。本會有權因實際運作需要更改比賽起跑時間，參加者須留意當日公佈。

各組起步時間：

| 賽事組別  | 起步時間          | 起 點           |
|-------|---------------|---------------|
| 42公里賽 | 個人 / 隊際 09:00 | 油塘三家村遊樂場      |
| 28公里賽 | 個人 / 隊際 09:30 | 慈雲山道遊樂場       |
| 14公里賽 | 個人 / 隊際 10:00 | 城門水塘主壩        |
|       | 共融線 10:30     |               |
| 3公里賽  | 親子組 11:00     | 大埔舊墟公立學校(寶湖道) |

### 5. 道路使用守則：

參加者務必遵守交通規則，時刻於路上禮讓行人，避免與其他道路使用者發生爭執。如發生意外事故，參加者需自行承擔一切法律責任。請參加者特別注意，如與其他道路使用者發生衝突，經調查證明屬實，將被取消比賽成績。

### 6. 參加者憑證：

計時芯片及號碼布

- a. 本會派發給參加者的物資包括一塊號碼布，其底部附有計時芯片以識別參加者資格及記錄比賽時間，請核對號碼是否和參加確認書相符；
- b. 請將號碼布妥為存放，避免屈曲或撕脫芯片；如發現芯片有明顯損毀，請於賽前通知本會；
- c. 參加者必須於比賽日帶同號碼布於起點參加比賽，本會只能視乎存量向忘記攜帶號碼布的參加者補發號碼布，並會收取手續費\$100，並不設找贖；

- d. 比賽進行時，必須把號碼布扣於前胸腹衣物上，以便感應儀器偵測及讓工作人員核實身份。

### 7. 賽事記錄：

- a. 以本會之計時器為準。隊際參加者以最後一位隊員完成時間作為其隊際記錄；
- b. 起點、終點及沿途各檢查站均設有感應儀器，參加者只需跑過檢查站便會被自動偵測；
- c. 各組別之參加者如未能於指定時間前到達特定檢查站，將被終止比賽。

| 檢查站 | 最後到達時間 |
|-----|--------|
| CP1 | 12:00  |
| CP2 | 15:00  |
| CP3 | 16:30  |
| CP4 | 18:00  |
| CP5 | 19:30  |
| FP  | 21:00  |

如參賽者所報名之賽事與實際參與的賽道不符，包括有證明另抄捷徑，皆會被取消參加資格，大會不會發出證書。

### 8. 中途退出：

- a. 個人參加者  
因任何原因需中途退出，必須於檢查站、支援站或與大會掃尾工作人員辦理退出手續。
- b. 隊際參加者
  - 因任何原因，隊員需中途退出，必須於檢查站、支援站或與大會掃尾工作人員辦理退出手續方能離開，餘下隊員方可繼續完成路程，不完整隊伍的成績將排列在該組別能完整完成賽事的隊伍之後。
  - 在任何情況下(嚴重受傷除外)，退出者需自行安排交通工具離開賽道。

### 9. 上訴：

所有關於行為不檢或違反比賽規則的投訴，必須於賽事當日抵達終點後一小時內向大會提出。由活動總監所作出的任何裁決，將會是最終決定及不可上訴。

10. 本活動所有文件以中文版本為準，主辦機構有全部解釋權，並會不時更新。

# Rules and Regulations

Participants must comply with the following rules & regulations:

1. Participants must conform to the age group requirements and complete the race within the respective time limit.
2. Participant is only allowed to participate in one race category. All enrollments will be processed on a first-come-first served basis until the quotas are filled. The Organizer reserves the right to close entries before the deadline without prior notice.
3. Participants should download the HKSOS mobile application and present it when collecting the runner's pack and prize presentation, otherwise, the Organizer reserves the right to cancel the right to collect the prizes. Participants are encouraged to use this mobile application during the competition for security purposes.

## 4. Race Day Start Time

Participants of all race categories must arrive at the starting point before the official start time and be prepared for the race start at the designated time. Participants who are late for 15 minutes will be considered withdrawn from the race. The Organizer reserves the right to change the starting time if necessary. Participants should pay attention to the Organizer's announcement on the race day.

Starting Time:

| Race  | Starting Time    |       | Starting Point                                      |
|-------|------------------|-------|-----------------------------------------------------|
| 42KM  | Solo / Team      | 09:00 | Sam Ka Tsuen Recreation Ground, Yau Tong, Kowloon   |
| 28 KM | Solo / Team      | 09:30 | Tsz Wan Shan Road Playground, Wong Tai Sin, Kowloon |
| 14 KM | Solo / Team      | 10:00 | Shing Mun Reservoir Main Dam, New Territories       |
|       | Inclusion Course | 10:30 |                                                     |
| 3 KM  | Family Group     | 11:00 | Tai Po Old Market Public School (Plover Cove)       |

## 5. Code of Road Usage

Participants must obey all traffic regulations, be courteous and always giving right of way to pedestrians, and refrain from arguing with others on the road. In the unfortunate case of an accident, participants must bear all responsibilities specified under the rule of law. Lastly, please pay special attention to the following – if any participant gets into conflicts with other road users and proven at fault, your competition qualification and results will be cancelled.

## 6. Participant ID

Timing chip and Number Bib

- a. The Organizer will provide a number bib with timing chips strip adhered on its back for participant's identification and time recording. Please ensure the number agrees with the confirmation letter of participation.
- b. Take proper care of the number bib. Do not fold or remove the timing chips. If any visible damage is found, please inform the Organizer.
- c. On the race day, participants must present the number bib at the starting point. The Organizer may provide a spare number bib to participants who forget to bring their number bib, depending on stock availability, at a handling charge of HK\$100 (no change will be given).
- d. Throughout the race, participants should put the number bib on the front of their clothing at abdomen level for scanner detection and race officials' verification.

## 7. Race Recording

- a. All records are based on the Organizer's timing system. For teams, race record is based on the completing time of the last team member.
- b. Scanners are set up at starting point, finishing point and all checkpoints. Participants will be automatically detected when running through the points.
- c. Participants of the following categories who fail to reach the specific checkpoint before the cutoff time listed below will be stopped and considered DNF:

| Check Point | Cutoff Time |
|-------------|-------------|
| CP1         | 12:00       |
| CP2         | 15:00       |
| CP3         | 16:30       |
| CP4         | 18:00       |
| CP5         | 19:30       |
| FP          | 21:00       |

Participant(s) taking different routes of his/her/their entry, including taking short cuts, will be disqualified. No certificate will be issued.



## 8. Premature Departure

### a. Individual

Under all circumstances, individual runner withdrawing during the race, must report to the nearest checkpoint, support station or sweepers for withdrawal procedure.

### b. Teams

- Under all circumstances, any member(s) of a team withdrawing during the event must report to the nearest checkpoint, support station or sweepers for withdrawal procedure before the remaining members can continue to complete the route. Records of incomplete team finishing the race will be ranked after those teams in the same category that finish the race in full.
- Participants withdrawn from the race need to arrange their own means of transportation (except for serious injury).

## 9. Appeal

All complaints of misconduct or breach of rules must be raised to the Organizer within one hour after arriving the finish point on the day of the event. Any ruling made by the Event Convener shall be final and not appealable.

10. The Organizer reserves the right to interpret the above information, with Chinese as the master version. Updates will be made if necessary.

watsons 屈臣氏

屈臣氏網店  
eShop



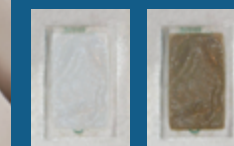
立即  
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## 友營堂木酢健之貼

全球銷量過億片

✓ 消腫 ✓ 舒痛  
✓ 排毒 ✓ 安眠



使用前 使用後



優良生產認證



KAB-EC-08  
ISO環保認證



榮獲  
2011-2025  
屈臣氏  
健康美麗大獎

## 惡劣天氣或極端情況之安排

### 1. 活動日早上六時：

- 一號風球/黃色暴雨警告：活動照常
- 三號風球或以上/紅色或黑色暴雨警告/極端情況公布：活動將取消，大會並於活動Facebook專頁宣佈及發短訊通知參加者。

### 2. 活動進行期間：

- 一號風球/黃色暴雨警告：活動照常
- 三號風球或以上/紅色或黑色暴雨警告/極端情況公布：活動將取消，大會並於活動Facebook專頁宣佈，及於各檢查站通知仍在賽道上的參加者及發短訊通知參加者



活動facebook



活動網頁



## Adverse Weather or Extreme Conditions Arrangements

### 1. At 06:00 a.m. on the day of the event:

- Typhoon Signal No. 1 or Amber rainstorm warning: event will proceed as planned.
- Typhoon Signal No.3 or above, Red or Black rainstorm warning, or Extreme Condition Announcement: event will be cancelled and an announcement will be made on the event Facebook page and SMS will be sent to notify participants.

### 2. During the event:

- Typhoon Signal No. 1 or Amber rainstorm warning: event will continue as planned.
- Typhoon Signal No.3 or above, Red or Black rainstorm warning or Extreme Conditions Announcement: event will be terminated immediately and an announcement will be made on the event Facebook page and notify participants who are still on course at check points and SMS will be sent to notify participants.



the event facebook



the event website





## About Bright Future

Founded in 1993 and headquartered in Hong Kong, Bright Future is a multinational pharmaceutical company. With experience and capabilities in the development, manufacturing and commercialization of prescription medications, OTC products and health products, Bright Future puts the quality of life first and is committed to offering excellent health solutions to make every life healthier.

# “6”

## Product Ecosystems

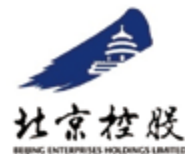
Brighter life Better future

 Skin Health Ecosystem
  Kids' Health Ecosystem
  Bone Health Ecosystem
  Respiratory Health Ecosystem
  Digestive Health Ecosystem
  Neurological and Mental Health Ecosystem

Committed to improving quality of life by offering excellent  
**products and services**



[www.brightfuture.com.hk](http://www.brightfuture.com.hk)



## 北京控股有限公司

北京控股有限公司為北京市政府在海外最大的投融資旗幟企業，於1997年在香港聯合交易所成功上市，並創下了多項港股記錄。北京控股秉持著「環境就是民生，青山就是美麗，藍天也是幸福」的綠色發展理念，紮根香港29年，通過不斷開展各項公益活動，充分踐行「投資創造美好生活」的理念，為香港經濟社會發展和基層民眾福祉貢獻力量。



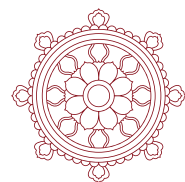
(圖為北京控股2025年在香港舉辦借食堂「拯救食物」義工活動)

「益行·北控」是北京控股旗下公益品牌，自成立以來通過多種方式傳播綠色環保理念，鼓勵員工參與各項公益活動，助力香港居住環境改善和綠色低碳生活方式推行，用實際行動踐行國家「雙碳」戰略。

綠水青山就是金山銀山。北京控股作為香港資本市場上頗具代表性的公用事業紅籌企業，將繼續堅持綠色可持續發展的理念，積極參與公益活動，主動回饋社會，希望通過自身努力，為推動香港生態文明建設和經濟社會發展做出貢獻。



(圖為北京控股員工參加2025年第27屆園林挑戰12小時馬拉松活動)



寶 蓮 禪 寺  
PO LIN MONASTERY

### 活動禮儀

- 於比較狹窄賽道，讓路給步速較快的參加者
- 不可爭先恐後
- 保持環境清潔及安靜，以減低對居民及其他途人的滋擾

### 緊貼最新活動資訊

- 最新資訊：請瀏覽本活動網頁 (<https://register.sowers.hk>)
- 取消活動：如遇惡劣天氣或其他安全原因，活動將會取消及不會延期。本會將透過媒體向外公佈，惟已繳交的報名費及捐款將不會退還

### 賽事前準備

- 定時練習、熟習比賽路線
- 注意自身安全及運動所帶來的風險後果，如有需要請自行購買合適的保險
- 通知親友這個比賽活動

### 建議裝備

- 衣服及鞋：以舒適及適合行山或越野運動為主
- 必備物品：號碼布、手提電話、可載1公升水的容器、太陽油、太陽帽、電筒或頭燈（如需要）、行山杖及少量金錢
- 其他建議：以防肌肉、韌帶及關節受傷的防護工具

### 賽事進行時注意事項

- 起步前、休息後及比賽完成後進行熱身及緩和運動
- 補充水份：經常在檢查站補給
- 適當小休：如身體不適，切勿勉強繼續比賽
- 切勿抄捷徑
- 切勿浪費食水及食物
- 嚴守「郊野公園守則」及愛護郊野，帶走自己垃圾
- 防範獼猴



### Event etiquette

- On narrower stretches of the route, please give way to faster participants.
- Do not push or scramble for position.
- Maintain a clean and quiet environment to avoid disturbing passers-by and local resident.

### Stay updated on event information

- Latest information: please visit the event webpage(<https://register.sowers.hk>).
- Event cancellation: in case of adverse weather conditions or other safety concerns, the event will be cancelled and will not be postponed. The Organizer will announce the cancellation through various means. Registration fee and donations will not be refunded.

### Pre-event preparation

- Train regularly; familiarize with the competition route.
- Pay attention to your own safety as well as the risks and consequences of strenuous physical exercise; take out suitable insurance if desired.
- Advise your relatives about this competition event.

### Gears recommended

- Clothing and footwear: comfortable and suitable for hiking and trail running.
- Essential items: bib, mobile phone, water container of 1L or more, sun block, sun hat, torch or headlamp if necessary, hiking stick and a small amount of cash.
- Suggested items: Protective tools to prevent muscle, ligament and joint injury.

### Things to note during the event

- Warm-up and cool down exercises before and after the hike, and during rest breaks.
- Keep hydrated, replenish regularly at check points and water stations.
- Take suitable rest breaks; if you feel unwell, do not force yourself to continue.
- Do not take shortcuts.
- Do not waste water or food
- Adhere strictly to the country park rules and regulations and take care of the countryside; take your rubbish with you.
- Beware of macaques / monkeys.





## 獎項與紀念品 Prize and Souvenir

參加者可獲得 Participants will receive

賽事紀念T恤乙件  
A Commemorative Race T-shirt



正面 front

背面 back

完成挑戰之參加者可獲得 Participants who have successfully completed the race will be awarded

完成獎牌  
Finisher Medal

及  
&

電子證書  
e-certificate



參加者亦可於終點另行捐款  
\$20港元以領取實體證書

Participants may choose to donate HK\$20 to receive a physical certificate at the finish point.



Acti-Tape®

活力肌腱貼®

強效保護  
快速復原



NutriWorks.com

HKTVMall

f acti-tape

www.acti-tape.com

## 籌款獎及參與獎

- 為鼓勵參加者透過參與活動籌款（包括活動前及活動後），於2026年12月15日或之前，每組別籌得以下目標，將獲得紀念獎座一個：

| 組別 \ 獎項 | 金腳獎         | 銀腳獎         | 銅腳獎         |
|---------|-------------|-------------|-------------|
| 個人      | \$10,000或以上 | \$5,000或以上  | \$3,000或以上  |
| 隊際      | \$30,000或以上 | \$20,000或以上 | \$10,000或以上 |
| 企業      | \$50,000或以上 | \$30,000或以上 | \$20,000或以上 |
| 親子      | \$20,000或以上 | \$10,000或以上 | \$5,000或以上  |

今年活動特別獲得江順名匯贊助，團體最高籌款者將獲得一圍12人富貴榮華宴作為獎勵。

- 為鼓勵不同界別的參與，來自同一公司或機構參與者達以下人數，可獲參與獎（需於報名時寫明公司或機構名稱）：

| 傑出企業參與獎 | 金腳獎     |
|---------|---------|
| 金獎      | 40人或以上  |
| 銀獎      | 20人至39人 |
| 銅獎      | 10人至19人 |

- 得獎名單將於2026年12月20日於網頁公佈。

- 主辦機構保留最終決定權。

## Fund Raising Awards & Participation Awards

- Fundraising award will be honored to participants who have reached the following target on or before 15 Dec 2026.

| Award Category  | Golden Foot       | Silver Foot       | Silver Foot       |
|-----------------|-------------------|-------------------|-------------------|
| Solo            | \$10,000 or above | \$5,000 or above  | \$3,000 or above  |
| Teams           | \$30,000 or above | \$20,000 or above | \$10,000 or above |
| Corporate Teams | \$50,000 or above | \$30,000 or above | \$20,000 or above |
| Family Group    | \$20,000 or above | \$10,000 or above | \$5,000 or above  |

With the generous sponsorship of Jiang Shun Jade Palace, the team with the highest fundraising amount will be rewarded with a 12-person banquet as a prize.

- To encourage participation from different sectors, an Outstanding Participation Award will be given to corporates reaching the relevant number of participants from the same corporation (please specify corporation name during registration):

| Outstanding corporate participation award | No of Participants |
|-------------------------------------------|--------------------|
| Gold Award                                | 40 or above        |
| Silver Award                              | 20 to 39           |
| Bronze Award                              | 10 to 19           |

- Announcement of the Awards will be made via official website on 20 Dec 2026.
- The Organizer reserves the right to make the final decision.



## 提交善款

參加者可以用以下或提交善款：

### 1. 支票付款：

請以劃線支票抬頭：「苗圃行動」，須於背面寫上隊長/參加者姓名、編號及聯絡電話，並寄回本會會址。

### 2. 現金存款：

匯豐銀行：084-7-042199 或

中國銀行(香港)：012-875-1144-6785

請把銀行存款收據 (必須清晰顯示存款賬號、銀碼及存款日期)，註明隊長/參加者姓名、編號及聯絡電話，以whatsapp (9106 4082)傳送 至本會，請保留存款收據正本，以備本會查証。

### 3. 轉數快：

帳戶號碼：7599889。

必須輸入跑手登記EN號碼以作識別。

請保留轉數記錄。



## 提交贊助名單

參加者請於2026年12月16日至2027年1月14日期間，登入個人專頁填寫或更改贊助者名單。

## 正式收據

- 參加者可於2027年1月15日至4月30日期間於個人專頁內下載電子收據。
- 隊際參加者需由隊長於個人專頁下載電子收據，並分發給其隊員。
- 凡捐款\$100或以上者，可獲發捐款收據。不足\$100捐款，恕不發出收據。
- 收據是以捐款日期為依歸。



# 天災無常 大愛無疆



已向Nuwakot安置中心的災民派發毛毯及床褥，改善基本居住環境；同時亦為Rasuwa 斷電家庭提供太陽能系統，確保照明與通訊，讓災民在困境中仍能獲得基本生活保障。



請支持  
**苗圃行動**  
尼泊爾救災工作

Neon Tiger Real Fruit Sodas  
Premium Juice, Water & Fizz  
Real Ingredients  
Low Sugar & Calories  
No Fake Sweeteners



Experience  
The Soda REALvolution



25% OFF PROMO CODE  
**TRAILRACE25%OFF**

25% off total order at [www.drinkneontiger.com](http://www.drinkneontiger.com)

Valid until 15 November 2026

One per customer

## Submission of Donation

**Make donation by:**

### 1. Cheque:

By crossed cheque to : "Sowers Action", please write on the back with the team leader/participant name, runner number and contact number and send to Sowers Action office.

### 2. Cash Deposit:

HSBC: 084-7-042199

Bank of China (Hong Kong): 012-875-1144-6785.

Please send the deposit slip (must show the account number, amount and date of deposit) with team leader's/participant's name, runner number and contact phone number by WhatsApp (9106 4082), and keep the original copy of the bank deposit slip for our verification.

### 3. Fast Payment System (FPS):

Account number: 7599889

Please enter the runner number for identification.

Please keep the FPS record.

### Submission of Sponsorship list:

- Participants are requested to log in to the personal blog to update the sponsorship list from 16 December 2026 to 14 January 2027.

### Official receipt

- After submitting the donation and donor information, participants can download the electronic receipt from their personal pages from 1 January – 30 April 2027.
- Team leaders are required to download the electronic receipt(s) from their personal blog and distribute the copies to their team members.
- Receipt will be issued for donation of HK\$100 or above. No receipt will be issued for donation below \$100.
- The date on the official receipt is based on the date of receipt of the donation.



## 1 回收桶不是垃圾桶 Recycle Right: Keep Trash Out of Recycling Bins

賽事當日，如想掉棄垃圾，請先行將垃圾分類，再放置適當回收桶

The Recycle Bin is not a trash can.  
Please sort your trash first.



## 2 支持回收措施 Support Recycling Initiatives

大家首先可將垃圾分為**可回收**及**不可回收**兩大類別：

Everyone can first divide the trash into two major categories: **Recyclable** and **Non-recyclable**



## 4 實踐環保由你我開始 Environmental Protection Starts with Each and Every One of Us

大家賽事當日，一起堅持**五大環保原則**！

We invite everyone to stick to **the five eco-friendly principles** on the day of the event.



## 3 善用交通工具 Be Transit Smart, Do Your Part

前往及離開賽事地點時，請乘搭公共交通工具

Please use public transportation when traveling to and from the event venue.



## 建議參賽用品清單 Suggested Gear Checklist

- |    |                               |                          |
|----|-------------------------------|--------------------------|
| 1  | 背囊 Backpack                   | <input type="checkbox"/> |
| 2  | 登山鞋 Mountaineering shoes      | <input type="checkbox"/> |
| 3  | 防風雨衣 Windproof raincoat       | <input type="checkbox"/> |
| 4  | 帽 Hat                         | <input type="checkbox"/> |
| 5  | 後備衣物 Spare clothes            | <input type="checkbox"/> |
| 6  | 水樽/水袋 Water bottle/bag        | <input type="checkbox"/> |
| 7  | 緊急食糧 Food for emergency       | <input type="checkbox"/> |
| 8  | 個人藥物 Personal medication      | <input type="checkbox"/> |
| 9  | 照明工具 Lighting tools           | <input type="checkbox"/> |
| 10 | 哨子 Whistle                    | <input type="checkbox"/> |
| 11 | 個人證件 Identification documents | <input type="checkbox"/> |
| 12 | 流動電話 Mobile phone             | <input type="checkbox"/> |
| 13 | 移動電源 Portable power bank      | <input type="checkbox"/> |
| 14 | 現金/八達通 Cash/Octopus           | <input type="checkbox"/> |

## 鳴謝 Acknowledgement

合辦機構  
Co-organizer



金鑽贊助  
Golden Diamond Sponsor



鑽石贊助  
Diamond Sponsor



金贊助  
Gold Sponsor



銀贊助  
Silver Sponsor



銅贊助  
Bronze Sponsor



宣傳伙伴(排名不分先後)  
Media Partners



支持伙伴  
Supporting Partners



大會指定  
Official Partners

電解質補充飲料  
Electrolyte Drink



飲用水  
Drinking Water



計時贊助  
Timing



運動服  
Apparel

支援團體(排名不分先後)  
Support Groups





# HKSOS 主要功能



# HKSOS

緊急救援手機應用程式

## 「活動功能」

使用「活動功能」—— 行山/ 划艇/ 滑翔傘以提供最大的戶外安全保障



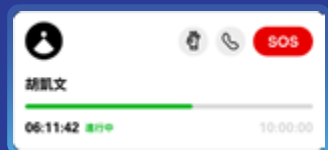
## 選擇路線

自訂或選擇行山路線



## 意外偵測系統

活動功能中具備意外偵測系統 —— 由999報案中心/ 緊急聯絡人/ 使用者組成安全鐵三角



## Signal Radar™

專利技術Signal Radar™讓搜救人員於無手機網絡覆蓋情況下仍能遠距離偵測到你手機發出的獨有SOS訊號



立即下載



HKSOS讓市民或其緊急聯絡人一鍵直達999報案中心。當SOS啟動時，999報案中心會收到提示，並獲悉市民的準確位置，協助部隊盡快提供支援。



## HKSOS 使用教程



Android



iOS

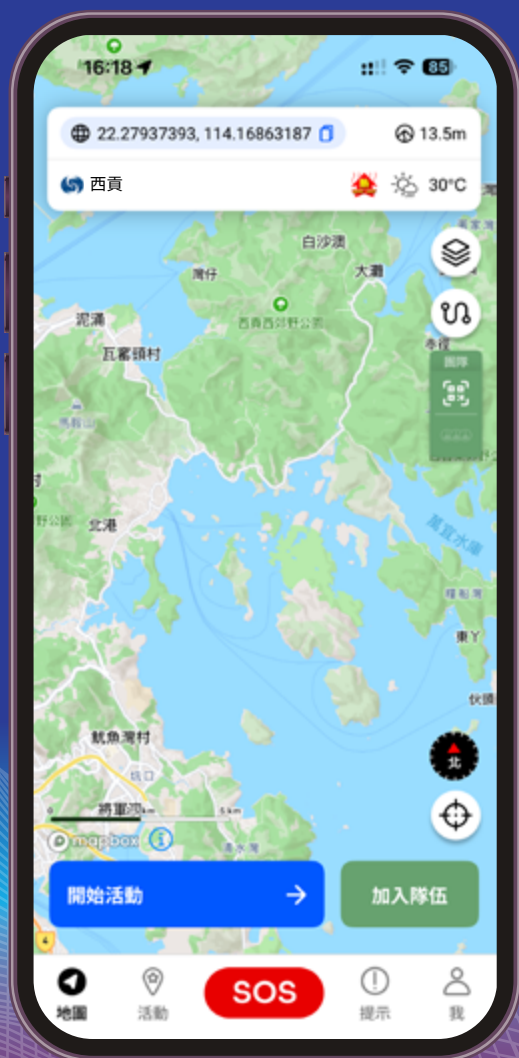
提供急救資訊/ SMS  
短訊求救/ 與999報案  
中心即時對話功能

上山下海・戶外活動

# HKSOS

緊急救援應用程式

➤ *Activate to Save Lives* ◀



出發前 謹記啟動  
「活動功能」

Download to Save Lives

