

競賽獎項

1. 獎座：各競賽組別之冠、亞、季軍可獲獎座乙座；
2. 完成獎牌：參加者於所屬組別的大會指定時間內完成賽事將每人獲發完成獎牌乙個。
3. 證書：
 - a) 「參加者證書」
參加者證書可在完賽後到個人專頁免費下載或在終點捐贈\$20/張現場印製。
 - b) 「參加者感謝狀」
參加者如未能於指定時間到達終點或於途中退出賽事，則只能獲頒「參加者感謝狀」作為曾參與本活動的證明；可於終點詢問處登記或致電：2597 4739 向本會職員查詢及登記，參加者將獲通知於活動結束兩星期後到苗圃行動辦公室於辦公時間內領取。
4. 優異襟針：

路線距離	53公里	42公里	26公里	12公里
各個人男子組	金：≤6小時 30分 銀：≤7小時 15分 銅：≤8小時 15分	金：≤5小時 銀：≤6小時 銅：≤7小時	金：≤3小時 銀：≤4小時 銅：≤4小時 30分	金：≤1小時 銀：≤1小時 15分 銅：≤1小時 45分
各個人女子組	金：≤7小時 30分 銀：≤8小時 15分 銅：≤9小時 15分	金：≤6小時 30分 銀：≤7小時 銅：≤8小時	金：≤4小時 銀：≤5小時 銅：≤5小時 30分	金：≤1小時 15分 銀：≤1小時 30分 銅：≤2小時
隊際、工商及親子組	金：≤7小時 30分 銀：≤8小時 15分 銅：≤9小時 15分	金：≤6小時 30分 銀：≤7小時 銅：≤8小時	金：≤4小時 銀：≤5小時 銅：≤5小時 30分	金：≤1小時 15分 銀：≤1小時 30分 銅：≤2小時

5. 獎座將於比賽當天在頒獎時段內於終點頒獎台上頒發。完成獎牌（如有需要）則可在終點的證書領取處領取。
6. 比賽當天如因任何原因，大會未能提供名次，將於比賽後兩星期，於活動網頁公佈成績，並聯絡得獎者領取獎項。



苗圃行動
SOWERS ACTION



HANG SANG (SIU PO) INTERNATIONAL
HOLDING COMPANY LIMITED
恆生（兆保）印務有限公司



苗圃行動
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中國通海金融
TONGHAI FINANCIAL



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梁華藥業有限公司

籌款獎及參與獎

- 為鼓勵參賽者透過參與活動籌款（包括活動前及活動後），於2019年11月30日或以前，籌得最多善款並已交回苗圃行動者，將獲得『最高籌款獎』。籌款獎共分4個組別，包括個人組別（所有賽項）、親子組別（12公里賽）、隊際組別（所有賽項）及工商組別（所有賽項）。每組別籌得以下目標，將獲紀念獎座及贊助商的精美禮品乙份：

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
親子	\$10,000或以上	\$5,000或以上	\$3,000或以上
隊際	\$40,000或以上	\$15,000或以上	\$10,000或以上
工商	\$50,000或以上	\$20,000或以上	\$10,000或以上

- 為鼓勵不同界別的參與，來自同一公司/機構參與者達以下人數，可獲工商組參與獎（需於報名時寫明公司/機構名稱）：金獎（40+人），銀獎（20+人），銅獎（10+人）
- 設最高籌款獎1名，得獎人將獲贊助商的精美禮品乙份，如有多於一個人及隊伍達到同一籌款金額則由本活動籌委會以抽籤決定。
- 設最高工商籌款獎1名，公司/機構之總籌款額必須達二十萬元以上方有資格角逐。
- 得獎名單將於2019年12月於網頁公佈，得獎者將獲通知邀請出席籌款獎頒獎禮（暫定2020年1月）。
- 主辦機構保留最終決定權。



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astrum
www.astrumltd.com

提交善款

捐款方法如下：

- 1) **7-11便利店**：到收銀處說明捐款給「苗圃行動」及交款，保留收據並 WhatsApp 至 91064082。
- 2) **支票**：請以劃線支票抬頭：「苗圃行動」並須於背面寫上參加者編號及聯絡電話，寄回本會旺角會址。
- 3) **銀行入數**：匯豐銀行：084-7-042199 或 中國銀行(香港)：012-875-1144-6785。
- 4) **Alipay HK**：登入跑手網上專頁，到結帳版面以Alipay HK繳付善款。
- 5) **信用卡**：登入跑手網上專頁，到結帳版面以Visa 或Master繳付善款。
- 6) **轉數快 (FPS)**：帳戶號碼為7599889。請必須輸入跑手登記EN號碼以作識別。請保留轉數記錄。

提交贊助名單

1. 參加者請於2019年11月30日或以前，登入個人專頁上載贊助者名單或交捐款表格予苗圃行動，大會根據名單發出正式捐款收據。
2. 如未能於上列日期提交贊助名單，本會將以參加者名字發出正式捐款收據。

正式收據

1. 在交妥善款及捐款人資料後，參加者可於2019年12月30日至2020年3月30日期間於個人專頁內下載電子收據。
2. 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。
3. 捐款\$100或以上者，可獲發出捐款收據。不足\$100捐款，恕不發出收據。
4. 正式收據上的日期是根據本會收妥捐款日期為依歸。
5. 凡要求補發或修改收據資料，需繳付手續費每張\$30。



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Competition Awards

1. Trophy: the first three winners of each race category will be awarded with trophy.
2. Finisher Medals: Participants of all categories who can complete the race within designated time limit will be given finisher medals .
3. Certificates:
 - a) Certificate of Participation
Certificate can be downloaded free of charge or be printed at finish point by donating HK\$20.
 - b) Certificate of Appreciation
For participants not completing the race within time limit or quitting without reaching Finishing Point, they will be given Certificate of Appreciation. Participant can register in our information desk at end point or contact us at 25974739, who will then be informed and has to collect the certificate within 2 week after the race day.
4. Merit Pin:

Distance	53km	42km	26km	12km
Individual Men Categories	Gold : ≤6hrs 30mins Silver : ≤7hrs15mins Bronze : ≤8hrs15mins	Gold : ≤5hrs Silver : ≤6hrs Bronze : ≤7hrs	Gold : ≤3hrs Silver : ≤4hrs Bronze : ≤4hrs30mins	Gold : ≤1hrs Silver : ≤1hrs15mins Bronze : ≤1hrs45mins
Individual Women Categories	Gold : ≤7hrs30mins Silver : ≤8hrs15mins Bronze : ≤9hrs15mins	Gold : ≤6hrs30mins Silver : ≤7hrs Bronze : ≤8hrs	Gold : ≤4hrs Silver : ≤5hrs Bronze : ≤5hrs30mins	Gold : ≤1hrs15mins Silver : ≤1hrs30mins Bronze : ≤2hrs
Team, Corporate, Family	Gold : ≤7hrs30mins Silver : ≤8hrs15mins Bronze : ≤9hrs15mins	Gold : ≤6hrs30mins Silver : ≤7hrs Bronze : ≤8hrs	Gold : ≤4hrs Silver : ≤5hrs Bronze : ≤5hrs30mins	Gold : ≤1hrs15mins Silver : ≤1hrs30mins Bronze : ≤2hrs

5. Trophies will be presented on stage during prize presentation timeslot at the finishing point on Race Day. Participants can get their finisher medals and certificates (on request) at the Certificate Counter of finishing point.
6. If for any reason that result cannot be announced on race day, the Organizer will announce the result within two weeks after the race via official website. Winners will be contacted by the Organizers for award collection.



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爱学堂
aixuetang.com

Fund Raising Award & Participation Award

1. Fund Raising Awards will be offered to those who have raised the most fund by latest 30 November 2019. Awards will include 4 categories, namely Individual (all races), Family (12km), Team (all races) and Corporate (all races), Fund raising in each category reaching amounts listed below will be given trophy and souvenirs.

Award	Golden Foot	Silver Foot	Bronze Foot
Individual	\$10,000 or above	\$5,000 or above	\$3,000 or above
Family	\$10,000 or above	\$5,000 or above	\$3,000 or above
Team	\$40,000 or above	\$15,000 or above	\$10,000 or above
Corporate	\$50,000 or above	\$20,000 or above	\$10,000 or above

2. To encourage participations from different sectors, Corporate Participation Award will be given to corporates reaching relevant numbers of participants from the same corporate (please specify corporate name during registration) : Golden (40+person), Silver (20+person) Bronze (10+person)
3. The Highest Fund Raising Award(Individual only) is awarded a trophy and gift from sponsor. Should there be more than one person having the same highest amount, a draw will be conducted by the organizing committee to decide the awardee.
4. A Corporate Highest Fundraising Award is established and corporate(s) must raise over \$200,000 in total before they are eligible to compete for the award.
5. Winner list of the award will be announced via official website in December 2019. Winners will be invited to attend award presentation ceremony (tentatively in January 2020)
6. Organizer reserves the right of final decision.



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Submission of Donation

Make donation by:

- 1) **7-11 Convenience Store**: Please go to the cashier to make donation to "Sowers Action". Please keep the receipt and send the receipt image to WhatsApp to 9106 4082.
- 2) **Cheque**: By crossed cheque to : "Sowers Action", please write on the back with the participant EN. number and contact number and send to Sowers Action office.
- 3) **Cash Deposit**: HSBC: 084-7-042199 or Bank of China (Hong Kong): 012-875-1144-6785.
- 4) **Alipay HK**: Go to runner's personal blog and select Alipay HK on the donation page.
- 5) **Credit Card**: Go to runner's personal blog and select Visa or Master on the donation page.
- 6) **Fast Forward (FPS)**: Account number is 7599889. Please enter the runner's EN number for identification.
Please keep the FPS record.

Submission of Sponsorship list / form

1. Participants are requested to log in to the personal blog to upload the sponsorship list or submit the donation form to the Sowers Action on or before November 30, 2019. The list will be used to issue the official donation receipt(s).
2. If the sponsors list is not submitted as per the above date, the official donation receipt will be issued under the name of the participant.

Official receipt

1. After submitting the donation and donor information, participants can download the electronic receipt from their personal pages from December 30, 2019 to March 30, 2020.
2. Team leader is requested to download the electronic receipt(s) on their personal blog and distribute it/them to their team members.
3. For donation up to \$100 or above, you will receive a donation receipt. No receipt will be issued for donation under \$100 on per donor basis
4. The date on the official receipt is based on the date of receipt of the donation.
5. Handling fee of \$30 per receipt is required for issuing additional or supplementary receipt.



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