

苗圃挑戰12小時

於2000年首次發起，以步行籌款活動，喚起社會大眾支援偏遠地區學生，每天徒步上學的艱辛。自此成為香港年度大型山賽之一。於過去的二十屆活動，累積參加人次超過3萬7千5百，籌款總額超過4900百萬元。苗圃挑戰12小時2018共有2,314名參加者，共籌得助學捐款超過261萬港元。

Sowers Action Challenging 12 Hours

In 2000, Sowers Action organized the first “Challenging 12 Hours”, a charity marathon event with an aim to promote education in rural regions. Since then, it has become one of the biggest annual trail events in Hong Kong. Over 37.5 thousands of participants have took part in the past 20 events, and the total fund raised was over HK \$49 million. Last year, there were over 2,314 participants raising over 2.61 million as educational donation.

活動目的

1. 鼓勵市民透過步行體驗山區學童長途跋涉上學的艱辛
2. 邀請參與者為本會的助學項目籌款，改善貧困孤兒及困境兒童的生活
3. 鼓勵市民多做運動，享受香港自然山徑的美景
4. 鼓勵市民參與當天的義務工作，協助賽事進行，是一個回饋社會的好機會

Objectives

1. Experience the hardships of students who need to walk long distances to school.
2. Raise fund for Sowers Action projects for improving education and welfare for orphans and underprivileged children.
3. Encourage public to do more exercise and enjoy the country parks of Hong Kong.
4. Provide a volunteer service platform for public to share happiness and contribute to the community.

實德金融 x 苗圃挑戰12小時2019

Success Finance Group x Sowers Action Challenging 12 Hours 2019

日期：2019年10月27日(星期日) Date: 27th October 2019 (Sunday)

路段出發時間及地點 Start Time and Start Point

| 賽事 Race | 起點 Start Point | 登記時間 Registration Time | 出發時間 Start Time | 終點 Finish Point | 時限 Time Limit |
|---------------|----------------------------------------------------------------------------------------|---------------------------|------------------------------------------------|------------------------------------------------------------------------|------------------|
| 53公里 53 KM | 油塘三家村遊樂場（一號足球場） Yau Tong Sam Ka Tsuen Recreation Ground (Soccer Pitch No. 1) | 06:30 | 08:00 | 大埔 American School Hong Kong American School Hong Kong in Tai Po | 12小時 12 hours |
| 42公里 42 KM | 油塘三家村遊樂場（一號足球場） Yau Tong Sam Ka Tsuen Recreation Ground (Soccer Pitch No. 1) | 06:30 | 08:00 (隊際 team) 08:15 (個人 individual) | 大埔 American School Hong Kong American School Hong Kong in Tai Po | 12小時 12 hours |
| 26公里 26 KM | 慈雲山道伊斯蘭鮑伯濤紀念小學 Islamic Dharwood Pau Memorial Primary School at Tsz Wan Shan Road | 08:00 | 09:00 | 大埔 American School Hong Kong American School Hong Kong in Tai Po | 8小時 8 hours |
| 12公里 12 KM | 城門水塘主壩 Shing Mun Reservoir Main Dam | 08:30 | 09:30 | 大埔 American School Hong Kong American School Hong Kong in Tai Po | 4小時 4 hours |

如有查詢，請與苗圃行動聯絡，查詢時請說明參賽號碼（列印在號碼布上）

For enquiry, please contact Sowers Action and state your Participant ID No. (printed on number cloth)

電話 Tel : (852) 2597 4739 傳真 Fax : (852) 2597 4731

網址 Website : www.c12hrs.sowers.org

電郵 Email : ch12@sowers.org.hk



香港科學園
01.12.2019 (星期日)
4.5公里賽 10公里賽 4公里障礙賽
名額有限, 先報先得!

Pocari Sweat Run Carnival 2019



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成功報名即送
賽事選手包, 包括
Mizuno X Pocari Sweat
聯乘跑衫1件

立即報名



*圖片只供參考

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