

2019年重大變動

1. 個人賽跑手不用登記；隊際/工商/接力隊賽跑手仍需要在出發前到登記處登記。
2. 延長51公里賽段至53公里，不設參賽資格，新增路段位於大帽山段，請參閱相關賽段介紹。
3. 53公里所有組別及42公里隊際組別起步時間為8:00，42公里個人組別起步時間為8:15。
4. 42公里及26公里賽年齡組別設立青年組(15-35)、壯年組(36-50)及長青組(51或以上)。
5. 新增42公里接力賽，每組4人，起點為油塘三家村遊樂場，3個接力點為CP1，CP2及CP4，每一棒以交接手環進行。此賽項目參加者年齡為15歲或以上，不限性別。

2019 Major Updates

1. Registration is NOT NEEDED for all Solo runners. Registration IS NEEDED for all Team/Corporate runners/Relay runners.
2. Increasing the distance of 51km race to 53km and entry qualification is not required. Newly added section is located at Tai Mo Shan. Please refer to respective route details.
3. The start time of all 53km categories and 42km team categories is 8:00am. The start time of 42km individual categories is 8:15am.
4. Age categories of Junior(15-35), Master(36-50), Senior(51 or above) are set for 42km and 26k
5. Newly added 42km Relay race. 4 runners form a relay team. Start point is Yau Tong, Sham Ka Tsuen Recreation Playground. The 3 relay points are CP1, CP2 and CP4 and relay is through the transfer of wrist band. Participants must be age 15 or above and no gender restriction.

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