



# THE NORTH FACE 100 ULTRA TRAIL CHALLENGE 2023 香港越野跑挑戰賽



賽事中心 | 美督明珠  
Event Centre | Aqua Pearl

## 如何前往 HOW TO GET THERE



75K

或  
OR



20C

### 首班車 First Bus

大埔墟站 > 大美督  
Tai Po Market Station > Tai Mei Tuk Bus Terminus

06:05

### 首班車 First Mini bus

大埔墟站 > 大美督  
Tai Po Market Station > Tai Mei Tuk Bus Terminus

05:00

### 尾班車 Last Bus

大美督 > 大埔墟站  
Tai Mei Tuk Bus Terminus > Tai Po Market Station

23:40

### 尾班車 Last Mini bus

大美督 > 大埔墟站  
Tai Mei Tuk Bus Terminus > Tai Po Market Station

01:30

## 出租的士 Taxi



Urban 紅色的士(九龍)  
Urban Taxis (red taxicabs):  
☎ 9138 9363

Urban 綠色的士(新界)  
Urban Taxis (green taxicabs):  
☎ 6227 7680

大美督總站  
Tai Mei Tuk  
Bus Terminus

大美督路  
Tai Mei Tuk Rd

汀角路 Ting Kok Rd

出口  
Exit

賽事中心 | 美督明珠  
Event Centre | Aqua Pearl

賽事中心入口  
Event Centre Entrance

## 前往美督明珠 Aqua Pearl

港鐵大埔墟站  
Tai Po Market Station



大美督總站  
Tai Mei Tuk Bus Terminus



步行五分鐘  
Walk 5 mins

Organizer |



Title Sponsor |



Supporter |



Media Partner |





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賽事中心 | 美督明珠  
Event Centre | Aqua Pearl

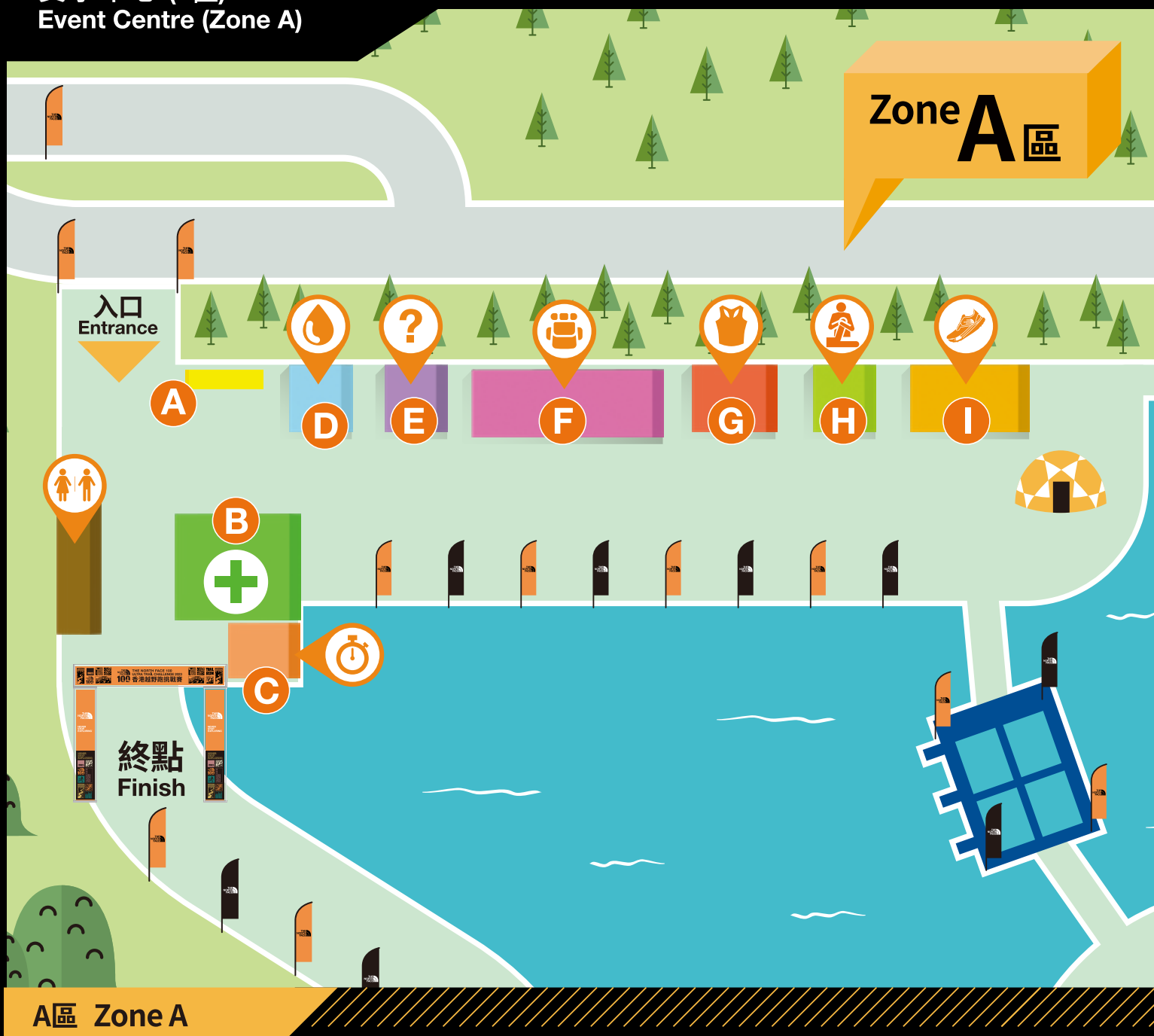




# THE NORTH FACE 100 ULTRA TRAIL CHALLENGE 2023 香港越野跑挑戰賽



## 賽事中心 (A區) Event Centre (Zone A)



**A** 場地簡介  
Site Map



**B** 醫療站  
Medical Station



**C** 成績查詢  
Result Center



**D** 水站  
Water Station



**E** 詢問處  
Information Counter



**F** 行李寄存處  
Baggage Counter



**G** 更衣室  
Changing Room



**H** 物理治療  
Physiotherapy



**I** 產品體驗區  
Product Experience

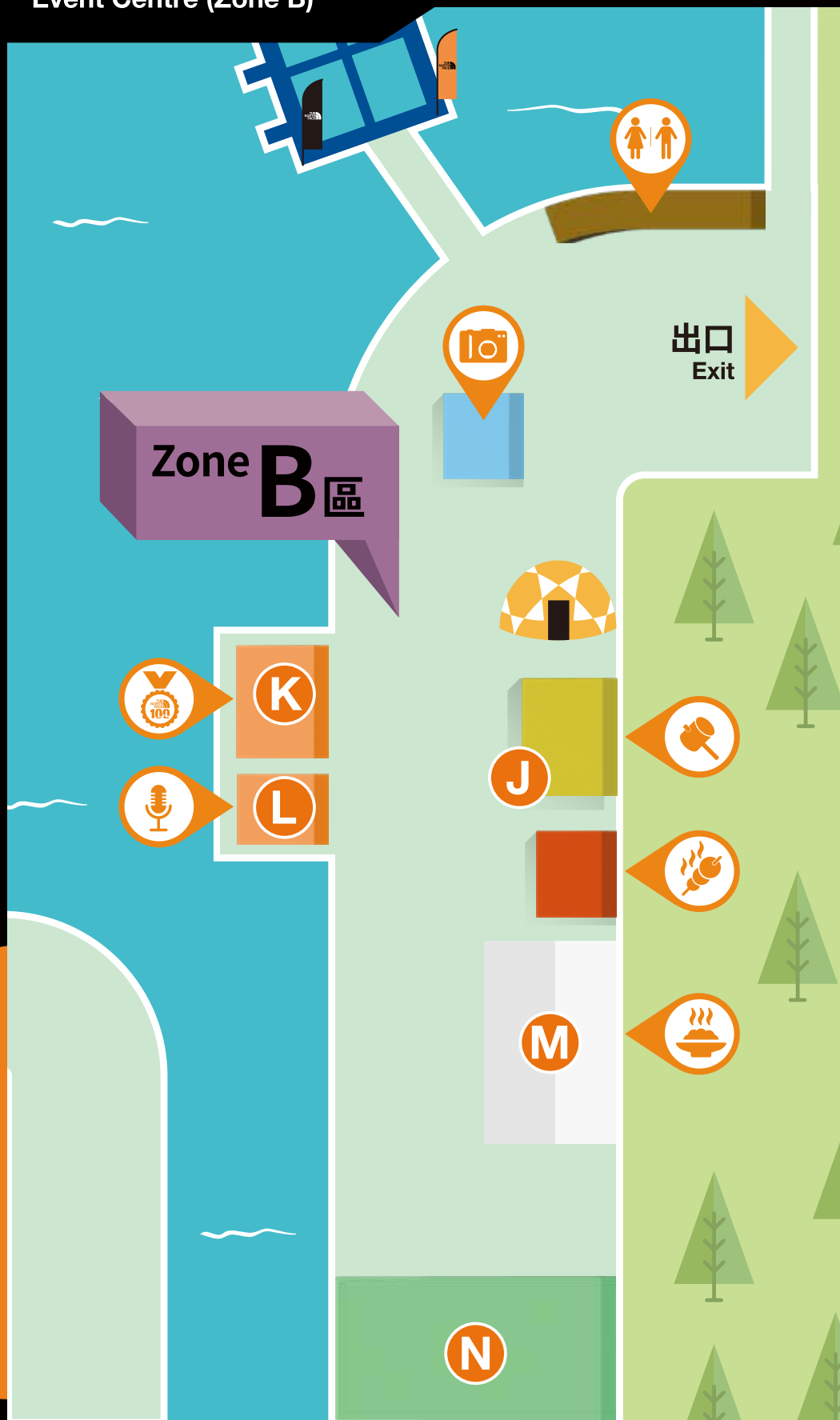




# THE NORTH FACE 100 ULTRA TRAIL CHALLENGE 2023 香港越野跑挑戰賽



## 賽事中心 (B區) Event Centre (Zone B)



### B區 Zone B

**J** The North Face  
會員專區  
The North Face Base Camp



**K** 頒獎台  
Prize Presentation



**L** 傳媒採訪  
Media Interview



**M** 賽後餐飲  
Hot meals



**N** 傳媒中心  
Media Center







# 100KM

站點 POINT	距離起點/公里 DISTANCE FROM START/KM	分段距離 SECTION DISTANCE/KM	爬升/米 ELEV.GAIN/M	下降/米 ELEV.LOSS/M	關門時間 CUT-OFF TIME
Start					
CP1	12.2	12.2	+980	-800	9/12 01:30
CP2	22.5	10.3	+610	-670	9/12 04:00
CP3	36.7	14.2	+892	-410	9/12 08:00
CP4	45.5	8.8	+350	-900	9/12 10:30
CP5	57.9	12.4	+620	-670	9/12 13:30
CP6	65.4	7.5	+460	-420	9/12 15:30
CP7	76.6	11.2	+640	-690	9/12 19:00
CP9	91.3	14.7	+440	-340	9/12 22:30
Finish	100.3	9.0	+350	-450	10/12 01:00

# 路線圖 Route Map

Dear Racers,

We are excited that The North Face 100 Ultra Trail Challenge Hong Kong 2023 (TNF100) is approaching! Due to the typhoon and black rainstorms earlier this Autumn, severe landslides have occurred, resulting in the closure of many trails across Hong Kong, including several of the TNF100 courses.

After a thorough evaluation of the damage, we have applied to the authorities for permission to use alternative routes. Here is the confirmed course maps with updated distance and altitude statistics on our official website and social media channels.

Your safety is our top priority. We deeply appreciate your support and understanding in this challenging situation.

Thank you!

親愛的參賽跑手：

隨著The North Face 100香港越野跑挑戰賽2023 (TNF100)舉辦在即，我們都感到熱切期盼！然而，受到較早前的颱風和黑色暴雨影響，香港多個地區出現嚴重山泥傾瀉，導致許多道路需要被封鎖，其中亦包括TNF100的賽道。

經過全面的道路損毀評估後，我們已向有關部門申請使用替代路線許可已確定，並在官方網站和社交媒體上更新賽道地圖，包括距離和海拔統計數據。

您的安全是我們的首要考慮。衷心感謝您在這個充滿挑戰的情況下仍然給予的支持和理解。

謝謝！



## TNF100 Course Route Changes

Due to ongoing trail maintenance following September's storms, we have had to make the below adjustments.

### 100 km Route:

The first 4 sections of the course remain unchanged. However, due to a dangerous landslide over the original Section 6 over Long Shan, it is necessary to reroute Sections 5 and 6. From the top of Pak Tai To Yan on Section 5, the route now follows the Ngau Kwu Leung Trail to Wishing Square and then the bicycle path along Tai Po Road to Tai Po Tau where the CP will be set up at the base of Cloudy Hill. This new routing is 12.4 km compared to the original 8.7 km, but is much more runnable after Pak Tai To Yan. The new Section 6 will ascend Cloudy Hill and follow the Wilson Trail as far as the Lau Shui Heung Country Trail split down to Lau Shui Heung Reservoir and onto Hok Tau BBQ site. The new section is 7.5 km long, but far less rough than Long Shan.

The Nam Chung Country Trail (original Section 7) is closed. Instead racers head to Hok Tau Reservoir and will then need to go back to Wong Leng over Ping Feng Shan before heading to Luk Keng (avoiding Pat Sin Leng). The new section is 11.2 km and contains more altitude gain, so we have increased the allowed section time to 3.5 hours.

With the Wu Kau Tang - Bride's Pool Trail also closed, we have had to move and combine the next two checkpoints at the intersection of Bride's Pool Road and Wu Kau Tang Road. There will still be a 14.7 km loop from Luk Keng to this checkpoint, followed by 9 km of mostly contour trails toward the finish line. Estimated new distance: 100.3 km and +/- 5,350 meters vertical.

### TNF100比賽路線更改

由於原定比賽路線歷經九月份的暴風雨後，正進行維護工程。因此，我們不得不作出以下路線調整。

### 100 公里路線：

前四段路線維持不變。但由於原本的的第6賽段位於龍山的山坡有危險斜坡，因此第5賽段和第6賽段的路線將有所調整。由第5賽段北大刀坳山頂開始，新路線將沿著牛牯嶺徑到達林村許願廣場，然後沿著大埔道的單車徑前往九龍坑山。原有的路程為8.7公里，而更改後的路線路程為12.4公里，但比起原有的北大刀坳路線更適合跑手。新的第6賽段將經過九龍坑山，沿著衛安信徑到流水響郊遊徑的分岔路口，再到達流水響水塘，最後將到達鶴藪水塘燒烤區。新路線路程為7.5公里，比原有崎嶇的龍山路段較為平坦。

南涌郊遊徑（第7段）已經關閉，跑手先前往鶴藪水塘，再返回屏風山至黃嶺，然後前往鹿頸（避開八仙嶺）。新賽段全長11.2公里，海拔升高較多，因此我們將該賽段的完成時間延長至3.5小時。

由於烏蛟騰-新娘潭教育徑已經關閉，我們不得不移動並合併位於新娘潭路和烏蛟騰路交叉口下的兩個檢查站。從鹿頸到此檢查站仍將有一個14.7公里的環路，然後以9公里長的等高線山路為終點。預計新距離：100.3公里，垂直高度+/-5,350公尺。



站點 POINT	距離起點/公里 DISTANCE FROM START/KM	分段距離 SECTION DISTANCE/KM	爬升/米 ELEV.GAIN/M	下降/米 ELEV.LOSS/M	關門時間 CUT-OFF TIME
Start					
CP7	11.5	11.5	+780	-780	9/12 12:00
CP8	25.2	13.7	+440	-340	9/12 16:00
CP9	37.0	11.8	+605	-605	9/12 20:00
Finish	46.0	9.0	+350	-450	10/12 01:00

# 路線圖 Route Map

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經過全面的道路損毀評估後，我們已向有關部門申請使用替代路線許可已確定，並在官方網站和社交媒體上更新賽道地圖，包括距離和海拔統計數據。

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謝謝！



## TNF100 Course Route Changes

Due to ongoing trail maintenance following September's storms, we have had to make the below adjustments.

### 50 km Route:

AFCD expressed concerns about crowding out hikers on Ping Feng Shan so the course will now turn from Wong Leng directly to Luk Keng (~11.5 km with a 4-hour cut off time.)

The second section goes through the old Northeast New Territory villages of Kuk Po, Yung Shue Au, So Lo Pun, and Lai Chi Wo to finish in Wu Kau Tang Village (~13.7 km with a 4-hour section cut off time).

From this checkpoint the course goes via Lai Tau Shek, Sam A Tsuen, Ha Miu Tin and Ma Tau Feng to rejoin the 100 km route the Wu Kau Tang-Bride's Pool Intersection CP (~11.5 km with a 4-hour section cut off time)

Finally there is a 9 km mostly contour trails toward the finish line.

Estimated new distance: 46 km and +/- 2,175 meters vertical.

## TNF100比賽路線更改

由於原定比賽路線歷經九月份的暴風雨後，正進行維護工程。因此，我們不得不作出以下路線調整。

### 50 公里路線：

由於漁農自然護理署 (AFCD) 擔心屏風山的行山人士擠擁的問題，因此路線現將從黃嶺直接到達鹿頸(路程約11.5公里，路段截止時間為4小時)。

第2段路線途經新界東北村落，包括谷埔、榕樹凹、鎖羅盆及荔枝窩，終點為烏蛟騰村(路程約13.7公里，路段截止時間為4小時)。

從此檢查站出發，路線途徑犁頭石、三桠村、下苗田、馬頭峰，然後到達新娘潭路和烏蛟騰路交叉口的檢查站(路程約11.5公里，路段截止時間為4小時)。

最後經過9公里長的環形賽道後為終點。

預計新距離46公里，垂直高度 +/- 2,175 公尺。



站點 POINT	距離起點/公里 DISTANCE FROM START/KM	分段距離 SECTION DISTANCE/KM	爬升/米 ELEV.GAIN/M	下降/米 ELEV.LOSS/M	關門時間 CUT-OFF TIME
Start					
CP9	6.6	6.6	+450	-350	9/12 11:00
Finish	15.6	9.0	+350	-450	9/12 16:00

# 路線圖

## Route Map

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謝謝！

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



### TNF100 Course Route Changes

Due to ongoing trail maintenance following September's storms, we have had to make the below adjustments.

#### 16 km Route:

The direction of the route has been reversed to a counter-clockwise loop. A short section of running is required along Bride's Pool Road to reach the checkpoint at the intersection of Bride's Pool Road and Wu Kau Tang Road (~6.6 km), followed by 9 km of mostly contour trails toward the finish line.

Estimated new distance: 15.6 km and +/- 800 meters vertical.

### TNF100比賽路線更改

由於原定比賽路線歷經九月份的暴風雨後，正進行維護工程。因此，我們不得不作出以下路線調整。

#### 16 公里路線：

路線方向改為逆時針環形，需要沿著新娘潭路跑一小段路，才能到達位於新娘潭路與烏蛟騰路交叉口的檢查站（約6.6 公里），然後以9公里長的等高線山路為終點。

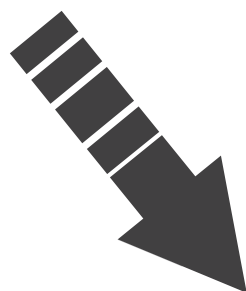
預計新距離：15.6公里，垂直距離 +/- 800 公尺。

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

### 起跑前 Before Race Starts



自備行李袋掛上  
大會的行李寄存牌  
Please prepare own  
baggage bag with  
official baggage tag



行李寄存於：  
Baggage storage at :



賽事中心(美督明珠)  
Event Centre (Aqua Pearl)

### 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



## 支援站 Check Points

更新  
update  
Dec 6



**CP1** | 沙羅洞  
Sha Lo Tung



**CP2** | 元墩下  
Yuen Tun Ha



**CP3** | 施樂園青年旅舍  
YHA Sze Lok Yuen



**CP4** | 梧桐寨  
Wu Tung Chai



**CP5** | 大埔頭  
Tai Po Tau



**CP6** | 鶴藪燒烤場  
Hok Tau BBQ Site



**CP7** | 鹿頸  
Luk Keng



**CP8** | 烏蛟騰  
Wu Kau Tang



**CP9** | 烏蛟騰路和新娘潭路交叉  
Wu Kau Tang Road -  
Bride's Pool Road  
Intersection



## 活動時間表 Race Date Schedule

### 8. 12. 2023

20:30-21:50	100公里賽事寄存行李	100KM Race baggage Storage
21:50-22:00	100公里賽事於起點前集合	100KM Race Assembly
22:00	100公里賽事開始	100KM Race start

### 9. 12. 2023

06:30-07:45	50公里及16公里賽事行李領取	50KM & 16KM Race baggage collection
07:45-08:00	50公里及16公里賽事於起點前集合	50KM & 16KM Race Assembly
08:00	50公里及16公里賽事開始	50KM & 16KM Race start
11:45	男子和女子16公里組別頒獎	Men and Women 16KM Awards Presentation
12:30	男子100公里組別頒獎	Men 100KM Awards Presentation
14:00	女子100公里組別頒獎	Women 100KM Awards Presentation
15:00	男子50公里組別頒獎	Men 50KM Awards Presentation
16:00	女子50公里組別頒獎	Women 50KM Awards Presentation

### 10. 12. 2023

01:00	活動結束	End of Event
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\*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。完整的結果  
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.



大會在賽事中心(美督明珠)A區  
為跑手提供物理治療服務  
Physiotherapy will also be provided in The  
Event Centre(Aqua Pearl)Zone A



大會在賽事中心(美督明珠)  
為跑手提供精選美食  
Hot food is served at  
Event Centre(Aqua Pearl)



100KM完賽者可於J區 -  
The North Face會員專區領取完賽衛衣一件  
For 100KM Finisher, please pick up the finisher hoodie  
at J Zone - The North Face Base Camp.

# 必備工具

## MANDATORY GEAR

更新  
update  
Dec 6

1. 選手需在比賽中全程攜帶所參賽組別的強制裝備;
2. 選手在賽前報到領取裝備時, 需透過工作人員的現場核檢確認相應組別強制裝備攜帶齊備後方可領取裝備;
3. 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。
4. 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。
5. 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 obligation equipment of each race throughout the race.
2. When checking in to collect the equipment before the equipment before race, the participants shall pass on-site inspection by the staff to confirm that the obligation equipment of the corresponding race is fully equipped before they can get the equipment.
3. During the race, the staff will check the obligation equipment at the corresponding feeding zone. If the missing obligation equipment is found, the organizing committee will force the participant to terminate the race and mark the withdrawal mark on the number bib.
4. 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.
5. The following is the list of obligation 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	50KM	16KM	
有帽防潑水外套 (不包括便利雨衣) Water resistant jacket with hood (not disposable)	●	●		● 帽子 Sun cap or hat
能接收香港訊號的手機 Mobile phone (with HK reception)	●	●	●	● 額外的衣物及鞋 Extra clothing/shoes
照明裝備2個: 其中一個必須為頭燈或手電筒, 另一每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	●	●		● 額外的襪 Extra pair of socks
哨子 Whistle	●	●	●	● 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
號碼布 Race Bib	●	●	●	● 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
容量不少於500ml 的水壺/水袋等盛水設備 Bottle or water bladder with minimum capacity of 0.5 litres	●	●	●	● 太陽眼鏡 Sunglasses
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.	●	●		● 防曬霜 Sun block or Sun Screen
				● 登山杖 Trekking poles
				● 急救用品 First aid kit
				● 現金/八達通卡 Some cash/ Octopus Card
				● 急救毯或同等裝備 Emergency blanket or equivalent
				● 後備電池供頭燈/手電筒使用 Replacement Batteries for Headlamps /Torches



獎項  
Award

**The North Face 100 香港越野跑挑戰賽 獎項詳情**  
**The North Face 100 Ultra Trail Challenge 2023 Award Details**

**100km**

(男子及女子組)

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

<b>冠軍</b> Champion	港幣15,000元現金獎及港幣8,000元The North Face禮券 HK\$15,000 cash prize and HK\$8,000 The North Face Gift Voucher
<b>亞軍</b> 1 <sup>st</sup> Runner-up	港幣10,000元現金獎及港幣5,000元The North Face禮券 HK\$10,000 cash prize and HK\$5,000 The North Face Gift Voucher
<b>季軍</b> 2 <sup>nd</sup> Runner-up	港幣5,000元現金獎及港幣3,000元The North Face禮券 HK\$5,000 cash prize and HK\$3,000 The North Face Gift Voucher
<b>第四名至第十名</b> 4 <sup>th</sup> to 10 <sup>th</sup> place	港幣1,200元The North Face禮券 HK\$1,200 The North Face Gift Voucher

**50km, 16km**

(男子及女子組)

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

<b>冠軍</b> Champion	港幣8,000元The North Face禮券 HK\$8,000 The North Face Gift Voucher
<b>亞軍</b> 1 <sup>st</sup> Runner-up	港幣5,000元The North Face禮券 HK\$5,000 The North Face Gift Voucher
<b>季軍</b> 2 <sup>nd</sup> Runner-up	港幣3,000元The North Face禮券 HK\$3,000 The North Face Gift Voucher
<b>第四名至第十名</b> 4 <sup>th</sup> to 10 <sup>th</sup> place	港幣1,200元The North Face禮券 HK\$1,200 The North Face Gift Voucher



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# THE NORTH FACE 100 ULTRA TRAIL CHALLENGE 2023 香港越野跑挑戰賽



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