

2014

천지컵 · 화룡 국제 하프마라톤 경기
天池杯 · 和龙国际半程马拉松赛
Tian chi · Helong International Half Marathon

主办单位：中国田径协会、吉林省体育局、延边朝鲜族自治州人民政府

承办单位：吉林省田径自行车管理中心、延边朝鲜族自治州体育局、和龙市人民政府

PROGRAM BOOK 秩序册



2014.9

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짓는 생각이 다르면
삶의 감동이 달라집니다
想法不同 感动不同





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长白山下金达莱

最美中朝边境线



第一朵金达莱
平岗绿洲金达莱



第五朵金达莱
风情金达莱



第二朵金达莱
冰雪金达莱



第四朵金达莱
赏雪金达莱



第三朵金达莱
边境金达莱



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和龙市图书馆



DF00000297



主办单位列表 List of Host Units

主办单位 Organizer

中国田径协会

吉林省体育局

延边朝鲜族自治州人民政府

Chinese Athletics Association,

Jilin Provincial Sports Bureau,

People's Government of Yanbian Korean Autonomous Prefecture

承办单位 Undertaking Units

吉林省体育局田自中心

延边朝鲜族自治州体育局

和龙市人民政府

Athletics and Cycling Center of Jilin Provincial Sports Bureau

Sports Bureau of Yanbian Korean Autonomous Prefecture

Helong Municipal People's Government

推广单位 Promotion

中奥路跑体育管理有限公司

China Olympic Road Race Sport Management Corporation

赛事简介 Brief Introduction to the Competitionn

和龙国际半程马拉松赛是经国家体育总局批准，由中国田径协会、吉林省体育局、延边朝鲜族自治州人民政府主办，吉林省体育局田径自行车管理中心、延边朝鲜族自治州体育局、和龙市人民政府承办的国际体育赛事，是国内首个由县级城市承办的国际马拉松赛事，也是吉林省的第一个国际马拉松赛事。

第二届和龙国际半程马拉松赛定于2014年9月6日在吉林省延边朝鲜族自治州和龙市鸣枪开赛，本届赛事设有男、女半程马拉松（21.0975公里）、10公里、5公里和5公里越野行走4个项目，赛事规模定在10000人。

金秋九月，和龙独具边疆少数民族特色的地域文化、民俗风情，必将为所有参赛运动员带来美好的回忆。中央电视台体育频道将对本届赛事进行全程航拍直播，将美丽的和龙展现在全国人民面前。

Helong International Half Marathon is an international sports competition that was approved by the General Administration of Sports of China, hosted by the Chinese Athletics Association, the Jilin Provincial Sports Bureau, and the People's Government of Yanbian Korean Autonomous Prefecture and undertaken by the Athletics and Cycling Management Center of Jilin Provincial Sports Bureau, the Sports Bureau of Yanbian Korean Autonomous Prefecture, and the Helong Municipal People's Government. It is the first international marathon competition that is undertaken by a county-level city in China and that is held in Jilin.

The Second Helong International Half Marathon is scheduled to start with a starting-gun shot on September 6, 2014 in Helong City, Yanbian Korean Autonomous Prefecture, Jilin Province. It includes 4 events of male and female Half Marathon (21.0975 km), 10 KM, 5 KM, and 5 KM Nordic Walking. The participants group is set to be 10000 people.

In this golden autumn of September, the local culture and folk customs with unique frontier ethnic minority characteristics of Helong will definitely create a beautiful memory for all athletes participating in this competition which will be aerial photography covered live by CCTV sports channel to present the beautiful Helong in front of people throughout the country.



国家体育总局领导致辞 Address by the Leader of the General Administration of Sports of China



杜卓才 Du Zhaocai

国家体育总局田径运动管理中心主任
中国田径协会副主席兼秘书长
组委会主任

Director of Athletics Administrative Center, General Administration of Sport of China
Vice President and Secretary General of Chinese Athletic Association
Committee Director

值此2014天池杯·和龙国际半程马拉松赛开赛之际，我谨代表中国田径协会，向赛事的举办表示衷心的祝贺，向来自世界各个国家和地区的运动员表示热烈的欢迎！

和龙国际半程马拉松赛是首个由县级城市承办的国际马拉松赛事，独具魅力的生态、边境、民俗特色，必将为中外参赛运动员带来美好的回忆。

2014天池杯·和龙国际半程马拉松赛在彰显“挑战自我、超越极限、坚忍不拔、永不放弃”的马拉松精神的同时，将打造成东北亚图们江区域合作领域又一次文化体育盛会，必将为中国马拉松运动的发展和国际间文化体育交流做出积极的贡献。

希望参赛运动员顽强拼搏、永不止步，在本届马拉松赛中发挥出最佳的竞技水平。

预祝2014天池杯·和龙国际半程马拉松赛取得圆满成功！

On the occasion of the start of the 2014 Tianchi · Helong International Half Marathon, on behalf of the Chinese Athletics Association, I'd like to extend my heartfelt congratulations to the holding of the race and my sincere welcome to athletes from various countries and regions of the world.

Helong International Half Marathon is the first international marathon race undertaken by a county-level city in China. The unique ecological, border and folklore characteristics of Helong will definitely bring a beautiful memory the athletes home and abroad participating in this race.

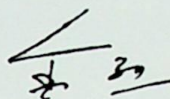
While demonstrating the marathon spirit of “self-challenge, surpassing limit, perseverance, and never give up”, the 2014 Tianchi · Helong International Marathon will become another grand cultural and sports event of the Tumen River cooperation region in northeast Asia and will definitely make a positive contribution to the development of marathon in China and international culture and sports exchanges.

I hope all the athletes can fight hard and never stop to give play to their best level in this race.

I wish the 2014 Tianchi · Helong International Half Marathon a great success.

和龙市人民政府市长致辞 Address by the Mayor of the Helong Municipal People's Government



 Jin Lie

和龙市委副书记
 和龙市政府市长
 Deputy Secretary Municipal Committee of the CPC of Helong
 Mayor of Helong Municipal Government

在这金秋九月的美好时节，我们迎来了2014天池杯·和龙国际半程马拉松赛。在此，我谨代表和龙市委、市政府和赛事组委会，向来自世界各国及地区的参赛选手嘉宾表示热烈的欢迎；向支持赛事的各位领导、有关单位及社会各界人士表示衷心的感谢；向参与赛事的裁判员、工作人员以及志愿者表示诚挚的问候！和龙市被誉为“长白山下金达莱，最美中朝边境线”。

2012年，我市成功举办了2012天池杯·和龙国际半程马拉松赛，这是国内首次由县级市承办的马拉松赛事，在国内马拉松发展史上留下了光辉的一页，谱写了崭新的篇章！在2012中国马拉松年会上，和龙国际马拉松赛被评为“2012马拉松银牌赛事”。这是对和龙马拉松工作的充分肯定，也是对我们的鞭策和鼓励。我们有信心将2014天池杯·和龙国际半程马拉松赛办成吉林省延边州的体育盛会、和龙的一张城市名片、全民健身的大舞台、和龙市民的盛大节日和独具“生态·文明·边境·民俗”特色的国际马拉松品牌赛事。

马拉松运动所体现的挑战自我、超越极限、坚忍不拔、永不放弃的体育精神，必将推动全市各族人民满怀信心建设美好家园，向世人展现和龙蓝天碧水的生态本色、少数民族热情的质朴民风、祖国边陲的风景名胜以及中朝边境的异国风情。我们坚信，马拉松赛必将在推动和龙经济、社会、文化持续协调发展方面产生深远的影响。

最后，祝愿2014天池杯·和龙国际半程马拉松赛圆满成功！祝全体参赛运动员取得优异成绩！

In this beautiful autumn season of September, we usher in the 2014 Tianchi · Helong International Half Marathon. Here, on behalf of the Helong Municipal Party Committee, the Municipal Government and the Competition Organizing Committee, I extend my warm welcome to participants and guests from various countries and regions of the world, my heartfelt thanks to the leaders, relevant units and people from all walks of life for their support for the competition, and my sincere greetings to the referees, working staff members and volunteers.

Helong City is known as "the azalea at the foot of the Changbai Mountain and the most beautiful China-North Korea border line". In 2012, it successfully hosted the 2012 Tianchi · Helong International Half Marathon which is the first marathon competition undertaken by a county-level city in China, leaving a glorious page and writing a new chapter in the history of the development of domestic marathon! In the 2012 Annual Convention of Chinese Marathon, Helong International Marathon was named "2012 Marathon Silver Competition". This is the full recognition for the work about Helong marathon and also a spur and encouragement to us. We are confident that we will be able to hold the 2014 Tianchi · Helong International Half Marathon as a grand sports meeting of Yanbian Prefecture in Jilin Province, a name card of Helong City, a big stage for national fitness, a grand festival for Helong citizens, and an international name-brand marathon competition with unique "ecology·civilization·border·customs" characteristics.

The sportsmanship of self-challenge, surpassing the limit, perseverance, and never giving up embodied by marathon will definitely promote people of all ethnic groups in the city to build a beautiful homeland with confidence and to present the clear water and blue sky, ethnic minority enthusiasm, and scenic spots on the border to other people. and exotic scenery of China-North Korea border. We firmly believe that marathon will definitely have a profound impact on the promotion of sustainable and harmonious development of economy, society, and culture of the city.

Finally, I wish the 2014 Tianchi · Helong International Half Marathon a great success and all the athletes achieve excellent results!



和龙市简介 Brief Introduction to Helong City

和龙市位于吉林省东南部，座落在长白山脚下，是图们江、海兰江的发源地，金达莱的故乡，素有“长白山下金达莱，最美中朝边境线”之美誉。和龙与朝鲜隔图们江相望，全市幅员面积5069平方公里，人口22万人，其中朝鲜族人口占53%。巍峨高耸的长白山、美丽的中朝异国风情和漫山遍野的金达莱花，充分代表了和龙的地域特点、民族文化、风土人情。金达莱的五朵花瓣，便是和龙这座山水之城未来发展的代名词。

一、平岗绿洲金达莱。“绿”就是有机绿色，“洲”就是平岗村镇发展新城。有1200年历史的古渤海国遗址公园和以朝鲜族文化为核心的金达莱民俗村，吸引了东北亚各国游客到这里追思遥远的古国文明、体验现代化的农村田园生活。无论是从历史、现在还是将来，深厚的历史底蕴，浓厚的民俗文化，快速的经济发展前景，注定了平岗绿洲是一块旅游胜地。

二、冰雪金达莱。和龙冰雪资源得天独厚，雪期较长，积雪较厚，雪质松软。“夏游长白山天池，冬玩和龙老里克湖”。冬季，当您走进老里克湖，就仿佛踏进了神奇的童话世界，那漫山遍野的原始森林，被白雪公主的巧手做成了冰清玉洁的天然森林雕塑公园，让人目不暇接，流连忘返。在素有北方“九寨沟”——仙峰国家森林公园里，有中国最具发展潜力的仙峰滑雪场、龙门湖冬钓、地下温泉的国际狩猎场，有安闲静谧的冰雪小村，让人零距离贴近大自然，感受最淳朴的冰雪风情。

三、边境金达莱。满族的发祥地圆池，图们江源头，抗战遗迹金日成钓鱼台，图们江源国家森林公园，其中，除国家4A级仙景台风景名胜区外还有红旗河、图们江漂流线，集中展现了和龙奇丽的边疆风貌。164.5公里长图们江河段作为国境线与边境公路相邻相依，朝鲜隔江在望，特别是站在虎眺岩上俯视茂山郡首府，颇有神秘色彩的朝鲜城市乡村生活场景近在咫尺。从极具民族特色的边境旅游集散地崇善小镇经朝鲜三池渊郡至长白山东坡只有130公里的路程，可以欣赏鲤明水瀑布、正日峰、千军岩、天池等长白山东坡景点。同样从崇善小镇沿边境线85公里可到中国境内的长白山北坡。从三池渊郡到平壤乘飞机只有1小时的路程，通关手续也十分简单。即将批复的和龙国家级边境经济合作区，为发展边境旅游提供了保障。

四、宜居金达莱。和龙市是全国首批生态示范区，与日本北海道同在北纬42度，年平均气温在5.6摄氏度，森林覆盖率在83%以上，是全国空气和水最好的城市。2012年，全国首个由县级市承办的国际马拉松赛就在和龙举办。春看山花烂漫芬芳遍野，夏品苍松劲柏怪石嶙峋，秋游高山暗河层林尽染，冬赏北国雪霁长白雾凇，和龙是休闲、养生、度假的首选地。

五、风情金达莱。和龙市是健康之城、旅游之城、文化之城。同时，又是“歌舞之乡”、“金达莱的故乡”，这里的民风淳朴，人民能歌善舞。朝鲜族民俗文化是和龙最为亮丽的风景线，同时还吸收周边国家的差异性文化特点，既有长白山、金达莱文化，又有图们江、海兰江、古渤海文化，也是最具特色和开发前景的资源。金达莱朝鲜族民俗村是集朝鲜族传统建筑、传统服饰、特色饮食等民俗元素为一体的特色朝鲜族村落。和龙还是“革命老区”，诗人贺敬之题的“山山金达莱，村村烈士碑”的红色印记，记录了和龙人不懈的奋斗精神。



和龙市简介 Brief Introduction to HelongCity

HelongCity is located at the foot of the ChangbaiMountain in southeastern Jilin. It is the origin place of Tumen and HailanRivers, the home of azalea, and known as “the azalea at the foot of the ChangbaiMountain and the most beautiful China–North Koreaborder line” . Helong and North Korea are on the two sides of Tumen river. It covers an area of 5069 km² and has a population of 220,000, of which the Korean population accounts for 53%. The majestic and towering ChangbaiMountain, beautiful China–North Korea border exotic scenery, and the azalea everywhere fully characterize the geographical conditions, ethnic culture, and customs of Helong. Azalea’ s five petals represent the five aspects of the future development of the scenic HelongCity of mountains and rivers.

I. Pinggang green land azalea. “Green” is the organic green, and “land” is the newly developed villages and towns of Pinggang. The ruins park of the ancient Balhae Empire with a history of 1200 years and azalea folk villages with the Korean culture as the core attract visitors from northeast countries to look back upon the distant and ancient civilization and experience modern ruralities here. Whether it is from the historical, present or future perspectives, profound history, rich folk culture, and rapid economic development prospect will definitely make Pinggang green land become a tourist attraction.

II. Ice–snow azalea. Helong owns exceptionally rich ice–snow resources of longer snow period and thicker and fluffy snow. “SightseeingChangbai Mountain’ s Tianchi Lake in summer and Helong’ s Laolike Lake in winter” . In winter, when you walk onto the LaolikeLake, you will feel as if you are in a magical world of fairy tales. The primeval forests become a natural ice–snow sculpture park which dazzles and enchants visitors and make them do not want to go. Xianfeng National Forest Park, known as the northern “Jiuzhaigou” , owns a Xianfeng ski resort of great development potential, provides a winter fishing program on Longmen Lake, and has underground hot springs, an international hunting ground, and peaceful and quiet snowy villages, allowing people to have a direct contact with the nature and feel the simplest ice–snow culture and landscape.

III. Border azalea. There are the birthplace of Manchu, Yuanchi, the Tumen River source, the Anti–Japanese War ruins of Kim Il–sung fishing terrace, the Tumen River Source National Forest Park, as well as the Hongqi River – Tumen River drifting section and the AAAA Xianjingtai scenic area, making a concentrated display of marvelous frontier views of Helong. A 164.5 km long section of Tumen River adjoins the border road and serves as the border line, with North Korea on the other bank. Especially, while overlooking the capital of Musan County standing on the Hutiao Rock, you will feel the quite mysterious North Korean city and country lives are in close proximity. The Chongshan Town, a border tourism hub with strong ethnic characteristics, is only 130 km away from the east slope of Changbai Mountain via Samjiyeon County of North Korea. Along the way, you can enjoy some eastern slope



和龙市简介 Brief Introduction to Helong City

attractions of Changbai Mountain, such as Rimyongsu Waterfall, Jong Il Peak, Qianjun Rock and Tianchi Lake. Similarly, you can reach the north slope of Changbai Mountain by taking a journey of 85 km along the border line from Chongshan Town. It is only a one-hour journey from Samjiyeon County to Pyongyang by air, and customs clearance procedures are also very simple. The Helong national border economic cooperation zone that is to be approved soon guarantees the development of border tourism.

IV. Livable azalea. Helong City, one of the first ecological demonstration zones in China, is at 42 degrees north latitude as the Hokkaido of Japan, with an annual temperature of 5.6 degrees Celsius and a forest coverage rate of more than 83%. It is the city with the best air and water in China. In 2012, the first international marathon undertaken by a county-level city in China was held in Helong. Fragrant and blooming mountain flowers in spring, towering pines, cypresses, and grotesque rocks in summer, majestic mountains, rivers, and colored forests in autumn, as well as white snow and rime in winter make Helong a first choice for leisure, health preserving and vacation.

V. Folk customs azalea. Helong is not only a city of health, tourism, and culture, but also "the home of song and dance" and "the home of azalea", where people are simple and honest and are good at singing and dancing. Korean folk culture is its most attractive point, which also absorbs other differentiated culture in the surrounding countries, including not only the Changbai Mountain culture, azalea culture, but also the Tumen River, Hailan River, and ancient Balhae Empire culture. It is the resource that is the most characteristic and has the best development prospects. Azalea Korean folk villages are a combination of Korean traditional architecture, traditional costumes, special diets and other folkloric elements. Helong is also an "old revolutionary base area". The inscription "azaleas are on every mountain, and martyr tombstones stand in every village" by He Jingzhi records the relentless fighting spirit of Helong people.



组委会名单 Name List of Organizing Committee Members

名誉主任 (Honorary Director)	王化文	吉林省人民政府副省长
	Wang Huawen	Deputy Governor of the Jilin Provincial People's Government
主任 (Director)	杜兆才	国家体育总局田径运动管理中心主任、中国田径协会副主席兼秘书长
	Du Zhaocai	Director of Track and Field Sports Administration Center of General Administration of Sport of China, Vice Chairman and Secretary-general of Chinese Athletic Association
	宋继新	吉林省体育局局长
	Song Jixin	Director General of the Jilin Provincial Sports Bureau
	李景浩	中共延边州委副书记、州政府州长
	Li Jinghao	Deputy Secretary of the CPC Yanbian Prefectural Committee and Governor of the Yanbian Prefectural People's Government
	付文飙	中共延边州委常委、州政府副州长
Fu Wenbiao	Member of the Standing Committee of the CPC Yanbian Prefectural Committee and Deputy Governor of the Yanbian Prefectural People's Government	
崔光德	中共和龙市委书记	
Cui Guangde	Secretary of the CPC Helong Municipal Committee	
金烈	中共和龙市委副书记、市政府市长	
Jin Lie	Deputy Secretary of the CPC Helong Municipal Committee and Mayor of Helong Municipality	
执行主任 (Executive Director)	陈喜光	吉林省体育局巡视员
	Chen Xiguang	Inspector of the Jilin Provincial Sports Bureau
	任钟铉	延边朝鲜族自治州体育局局长
	Ren Zhongxuan	Director General of the Sports Bureau of Yanbian Korean Autonomous Prefecture
刘延智	中共和龙市委常委、市政府常务副市长	
Liu Yanzhi	Member of the Standing Committee of the CPC Helong Municipal Committee and Executive Deputy Mayor of Helong Municipality	
李海兰	和龙市人民政府副市长	
Li Hailan	Deputy Mayor of the Helong Municipal People's Government	
副主任 (Deputy Director)	王大卫	国家体育总局田径运动管理中心副主任
	Wang Dawei	Deputy Director of Track and Field Sports Administration Center of General Administration of Sport of China
	王楠	国家体育总局田径运动管理中心副主任
	Wang Nan	Deputy Director of Track and Field Sports Administration Center of General Administration of Sport of China
李云发	吉林省体育局办公室主任	
Li Yunfa	Director of the Jilin Provincial Sports Bureau Office	
董玉萍	吉林省体育局田自管理中心主任	
Dong Yuping	Director of the Athletics and Cycling Management Center of Jilin Provincial Sports Bureau	



组委会名单 Name List of Organizing Committee Members

副主任 (Deputy Director)	王福海	吉林省体育局训练竞赛处处长
	Wang Haifu	Head of the Training and Competition Division of the Sports Bureau of Yanbian Korean Autonomous Prefecture
	朴永哲	延边朝鲜族自治州体育局副局长
	Piao Yongzhe	Deputy Director General of the Sports Bureau of Yanbian Korean Autonomous Prefecture
	李慎国	和龙市委办公室主任
	Li Shenguo	Director of the Helong Municipal Party Committee Office
	姜林虎	和龙市人民政府办公室主任
	Jiang Linhu	Director of the Helong Municipal People's Government Office
	李学海	和龙市委宣传部副部长
	Li Xuehai	Deputy Minister of the Propaganda Ministry of Helong Municipal Party Committee
	金永虎	和龙市文化广电新闻出版局局长
	Jin Yonghu	Director General of the Helong Municipal Bureau of Culture, Radio, Film, TV, Press and Publication
	崔昌铉	和龙市公安局局长
	Cui Changxuan	Director General of the Helong Municipal Public Security Bureau
	李成德	和龙市卫生局局长
Li Chengde	Director General of the Helong Municipal Public Health Bureau	
金男龙	和龙市住房和城乡建设局局长	
Jin Nanlong	Director General of the Helong Municipal Bureau of Housing and Urban-Rural Development	
卢春	和龙市交通运输局局长	
Lu Chun	Director General of the Helong Municipal Bureau of Traffic and Transportation	
车相默	和龙市教育局局长	
Che Xiangmo	Director General of the Helong Municipal Education Bureau	
赵长寿	天池集团有限公司董事长	
Zhao Changshou	President of the Tianchi Group Co., Ltd.	
孙庆良	延边农村商业银行董事长	
Sun Qingliang	President of Yanbian Rural Commercial Bank	
秘书长 (Secretary General)	张永良	国家体育总局田径运动管理中心马拉松办公室主任
	Zhang Yongliang	Director of Marathon Office of Track and Field Sports Administration Center of General Administration of Sport of China
葛铁军	吉林省体育局田自管理中心副主任	
Ge Tiejun	Deputy Director of the Athletics and Cycling Management Center of Jilin Provincial Sports Bureau	



2014

천지컵·화룡국제하프마라톤경기
天池杯·和龙国际半程马拉松赛
Tian chi · Helong International Half Marathon

组委会名单 Name List of Organizing Committee Members

副秘书长 (Deputy Secretary General)	水 涛	国家体育总局田径运动管理中心办公室主任
	Shui Tao	Office Director of Track and Field Sports Administration Center of General Administration of Sport of China
	石春健	国家体育总局田径运动管理中心马拉松办公室副主任
	Shi Chunjian	Deputy Director of Marathon Office of Track and Field Sports Administration Center of General Administration of Sport of China
	秦 钢	吉林省体育局田自管理中心竞训一部部长
	Qin Gang	Head of the Race and Training Department 1 of the Athletics and Cycling Management Center of Jilin Provincial Sports Bureau
	金虎峰	延边朝鲜族自治州体育局群体处处长
Jin Hufeng	Head of the Group Division of the Sports Bureau of Yanbian Korean Autonomous Prefecture	
张浩哲	延边朝鲜族自治州体育局竞训处处长	
Zhang Haozhe	Head of the Race and Training Division of the Sports Bureau of Yanbian Korean Autonomous Prefecture	
李春龙	和龙市文化广电新闻出版局副局长	
Li Chunlong	Deputy Director General of the Helong Municipal Bureau of Culture, Radio, Film, TV, Press and Publication	
委 员 (Committee Members)	陈 雷 王晓莹 刘建国 张 星 杨虹玉 柴首军 崔善玉 郑承权	
	李国哲 李敏根 于关阳 张贞花 申应镐 韦延虎 禹太浩 卢贤哲	
	金玉兰 田永亮 金 哲 张 宇 白英俊 裴光浩 金雄杰 黄春霞	
	韩亿男 韩秀日 石 炜 张春鹏 刘延珍 赵德山 张天成 金 虎	
	李焕平 伊庭礼 公茂森 黄英子 黄贤春 朱重锡 马立峰 陈航发	
	白京旭 金 冠 黄德华 太英杰 冯 青 张范益 刘永恒 王春梅	



裁判员名单 Name List of Referees

2014年和龙国际半程马拉松赛裁判员名单
 Name List of Referees of 2014 Helong International Half Marathon

序号	职务(位置)		主裁判	裁判员	小计	志愿者	合计
1	技术代表		张永良		1		11
2	现场指挥		金永虎		1		
3	裁判总协调		金松哲		1		
4	仲裁		袁吉 华景梅 麻新远		3		
5	赛事主管		林书燊(海南)		1		
6	赛事主管助理		袁林		1		
7	外场裁判长		董玉峰		1		
8	检录裁判长		李亮 叶鹏		2		
9	检录	5公里	马阳 刘永杰	孙立臣 金红日 金虎 范炜	6	15	21
		10公里	刘光大 李哲宪	金日 金秀天 金文杰 金龙善	6	10	16
		半程	李双飏 杨楠	金祯斌 赵凯 都伟 赵永刚	6	10	16



裁判员名单 Name List of Referees

序号	职务(位置)	主裁判	裁判员	小计	志愿者	合计	
10	发令员	李 骥		1	1	2	
11	检查 (定位)	王明明 (上海) 于福胜 王忠孝	冰山眼镜店, 文化路 与人民大街交汇口东南	孙慧志	1	18	39
			邓禄普轮胎商店, 人民 大街与文化路交汇路口南	徐春雷	1		
			新华书店门前, 和龙 大街与长春路交汇路口	霍锡革	1		
			和龙林业局 (正门前东20米)	金永哲	1		
			金龙宾馆休闲中心 (正门对面南15米)	许永活	1		
			老松线15号灯杆南5米 (右侧标记)	杨永剑	1		
			老松线36号灯杆北4米 (右侧标记)	赵 军	1		
			电热厂路口	崔光铉	1		
			老松线60KM限速牌往 北20米(228KM550米)	宋瑞军	1		
			老松线清湖 加油站南100米	魏长友	1		
			老松线226KM550米处 (右侧标记)	王书彬	1		
老松线225KM550米 (右侧标记)	李 刚	1					



裁判员名单 Name List of Referees

序号	职务(位置)		主裁判	裁判员	小计	志愿者	合计
11	检查 (定位)	老松线224KM 560米 (右侧标记)		林哲奎	1		
		老松线224KM + 380米 (右侧标记)		吴相银	1		
		颖文街与文化路交汇处		李兆山	1		
		人民大街与文化路交汇处		吴光洙	1		
		和龙大街与文化路交汇处		刘贵祥	1		
		站前街与海兰江大桥交汇处		席传勇	1		
12	折返点			杨玉君	1	3	4
13	起终点饮料		郎小龙	张和立 房瑞伟	3	10	13
	10公里终点饮料		朱光瑞	崔荣国	2	6	8
	5公里终点饮料		李彬	陈为志	2	10	12
	自备饮料收存		高广宇		1	1	2
14	饮料/用水主裁判		孟少鹏 (河北)		1		
	饮料 饮水	5公里(亚泰水泥 和龙办事处门口)	王福军 齐建国	金奉奎 李贵东	4	15	19
		10公里(老松线226KM900米处)	刘金宝 王闯	孔繁荣	3	8	11
		15公里(老松线227KM + 520米)	王柏金	金正律	2	8	10
		20公里(文化街妇幼医院门前)	刘艳春	王恩辉	2	6	8

裁判员名单 Name List of Referees

序号	职务(位置)		主裁判	裁判员	小计	志愿者	合计
14	用水 饮水	7.5公里(老松线40号灯杆)	何思森 张晓斌	魏发军 孟祥超	4	10	14
		12.5公里 (老松线225KM +30米关门桥上)	聂志国 王晓峰	赵洪生	3	6	8
		17.5公里 (老松线230KM+40米)	佩丰贾	李树民	2		8
15	起终点主裁判		丁 玮(河南) 袁伟男 徐海云	5公里、10公里、 半程检录裁判员和 志愿者转为终点 裁判与志愿者	3	6	3
16	终 点	5公里	吴 昊 洪 浩	于云岐 孙希江 李连禹 徐敬林	6	10	16
		10公里	李佩轩 商 楠	王延生 朴美英 金 海 于春江	6	10	16
		半 程	李双飏 杨 楠	金祯斌 赵 凯 都 伟 赵永刚	兼	兼	兼
17	计时车引导车		袁 林(兼)	赵昌日 李文平	2		3
18	收容车			徐志超 华 颖	2	2	4
19	录 像	起终点	张晓然		1	1	2
		5公里终点	李 勋		1	1	2
		10公里终点	朴钟镐		1	1	2
		新东广场	金贤福		1	1	2



裁判员名单 Name List of Referees

序号	职务(位置)	主裁判	裁判员	小计	志愿者	合计	
20	赛后控制中心	李峰国	崔俊 徐明 李俊	5	6	11	
21	存衣物	5公里					
		10公里	刘鹤	杨宇 邵华	3	8	11
		半程	梁冰	郭美兰 刘庆杰 李广兰 崔焕滨	5	8	13
22	送器材	朴承男	金虹 朴贤男 朴昌松 王珂威	5	10	15	
	送指示牌、公里牌		申学哲 卢瑞迎	2	6	8	
	库房管理		董启森	1	2	3	
23	大龙转盘A版挪动(大龙转盘为地标建筑)	刘仁超		1	10	11	
24	芯片计时	北京芝华安方		7	18	25	
25	赛事计时显示器	北京国奥风茂		6	2	8	
合计				138	238	376	



2014

천지컵·화룡 국제 하프마라톤 경기
天池杯·和龙国际半程马拉松赛
Tian chi · Helong International Half Marathon

裁判员名单 Name List of Referees

5公里越野行走裁判员名单
Name List of Referees of 5 KM Nordic Walking

序号	裁判员	序号	裁判员
1	姚新新 (北京)	11	刘孝涵
2	王 林 (北京)	12	吕世龙
3	李军生 (北京)	13	崔希波
4	葛承国 (济南)	14	徐锐锋
5	高爱国 (青岛)	15	王 倩
6	于世东 (北京)	16	秦承娜
7	沈光野 (秦皇岛)	17	黄 珊
8	朱天明 (宁波)	18	于永亮
9	梁志雄 (上海)	19	刘喜晶
10	蒋 薇 (北京)	20	吴春海



赛事日程 Schedule of the Competition

日期/Date	时间/Time	活动安排/Events Arrangement
9月3-4日 Sept3-4	全天 All Day	裁判培训、查看线路 Referees Training, Route Checking
9月3-5日 Sept3-5	8:00-18:00	参赛物品发放地点: 兴隆花苑 (红太阳广场对面) Provide Contest Articles
9月5日 Sept5	9:00	技术会、会后查看线路 Technical Meeting, Route Checking After Meeting
	15:00	赛前新闻发布会(和龙市林业局4楼会议室) Pre-race Press Conference (Conference Room, 4th Floor, Helong Municipal Forestry Administration)
	18:00-20:00	交自备饮料(和龙市宾馆一楼大厅) Hand in Your Own Drinks((Ground Floor Hall, Helong Hotel))
9月6日 Sept6	6:30	参赛选手开始检录 Roll-call: General Runners
	6:30-8:00	存衣 Bag Storage
	6:30	特邀选手和专业选手开始检录 Roll-call: Elite Runners(invited player and professional player)
	8:30	选手出发 Race Start Time
	9:30-10:30	半程、10公里、5公里和5公里越野行走颁奖典礼 Award Ceremony
	09:40-13:00	取衣 Bag Pick-up
	11:00-11:30	赛后新闻发布会(和龙市林业局4楼会议室) (Conference Room, 4th Floor, Helong Municipal Forestry Administration)

赛事规程 Regulations of the Competition

一、主办单位

中国田径协会
吉林省体育局
延边朝鲜族自治州人民政府

二、承办单位

吉林省田径自行车管理中心
延边朝鲜族自治州体育局
和龙市人民政府

三、推广单位

中奥路跑体育管理有限公司

四、赞助单位

天池集团有限公司
延边农村商业银行

五、媒体支持

国家媒体：CCTV5、新华社、人民日报、中国国际广播电台、中央人民广播电台、中国体育报、光明日报、经济日报、中国新闻社

省级媒体：吉林日报、吉林电视台、吉林人民广播电台、城市晚报、东亚经贸新闻、吉林朝鲜文报

州级媒体：延边日报、延边电视台、延边人民广播电台、延广交通文艺台、延边晨报

网络媒体：人民网、新浪网、腾讯网、中国吉林网、延边新闻网、延边信息港

六、比赛时间和地点

(一)时间：2014年9月6日(星期六)，发令时间8:30;

(二)地点：和龙市颖文街(和龙市红太阳广场)。

七、比赛项目

半程马拉松(21.0975公里)、10公里、5公里。

八、比赛路线

(一)5公里路线

和龙市红太阳广场(起点)——颖文街——文化路——人民大街——新东广场——和龙大街——海兰路(终点)

(二)10公里路线

和龙市红太阳广场(起点)——颖文街——文化路——人民大街——新东广场——和龙大街——文化路——人民大街——老松线清湖加油站(终点)

(三)半程马拉松(21.0975公里)

和龙市红太阳广场(起点)——颖文街——文化路——人民大街——新东广场(折返点)——和龙大街——文化路——人民大街——老松线224公里600米(折返)——老松线——人民大街——文化路——颖文街——红太阳广场(终点)

九、竞赛办法

(一)采用中国田径协会最新审定的竞赛规则。

赛事规程 Regulations of the Competition

(二)比赛检录: 2014年9月6日上午6点30起在起点按竞赛项目分别进行检录。

(三)起跑顺序: 半程马拉松(21.0975公里)在前、10公里、5公里的顺序往后排列, 各项目方阵间隔30米。马拉松项目的专业选手在马拉松方队前, 其他马拉松选手随后。

(四)发令: 本次比赛采用一枪发令所有项目同时起跑的办法。

(五)关门时间:

比赛项目	5公里	10公里	半程马拉松
关门时间	1小时	1.5小时	3小时
具体时间	9:30	10:00	11:30

为了保证参赛运动员比赛安全、顺利, 比赛期间比赛路线各段设关门时间, 限时对道路实施交通管制。起跑至关门时间到后, 各路段恢复社会交通。参赛者在规定关门时间内, 未跑完对应距离者请立即停止比赛, 退出赛道, 以免发生危险。退出比赛者可乘坐组委会提供的收容车到相应项目的终点处。

(六)计时办法:

组委会为所有参加半程马拉松的运动员提供电子感应计时服务, 各参赛者必须佩带感应计时芯片, 在起终点、折返点及关键路点设有感应计时带, 参赛者行进中必须逐一通过地面的感应计时带, 如选手缺少任何一个计时点的成绩, 将取消该运动员的比赛成绩。

感应计时芯片押金为100元人民币/人。线上报名选手的感应计时芯片押金与报名费同时在线支付, 线下报名选手在组委会指定报名点现场将感应计时芯片押金与报名费一起缴纳给工作人员。感应计时芯片将在参赛物品领取现场与号码布同时发放。

感应计时芯片退还办法: 参赛运动员可在半程终点计时芯片退还处或赛后三天以内到组委会办理退还事宜, 并退还押金每枚100元人民币。如感应计时芯片发生丢失或损坏, 押金不予退还。规定时间内未办理退还手续的运动员, 组委会视为自动放弃, 押金不予退还。

(七)半程马拉松参赛运动员须按照规定存放个人物品, 贵重物品不要存放在包内(如手机、有效证件、现金、各种钥匙、掌上电脑、信用卡等), 运动员可在当日13:00前到指定存衣处领取个人存放物品。如超过领取时间没有领取的, 可于赛后一周内到赛事组委会领取。如一周内不领取, 组委会将按无人领取处理。

(八)饮料、饮水站

饮料、饮水/用水站: 自起点开始每5公里设置一个饮料站, 两个饮料站中间设置一个饮水/用水站。

(九)组委会将对起点、终点及关键路点进行录像监控, 出现以下违反比赛规定的参赛者将被取消比赛资格和成绩, 个人资料录入报名识别系统, 两年内不准参加和龙国际半程马拉松赛, 并报请中国田径协会追加处罚:

- 1、以虚假年龄或虚假身份报名的;
- 2、未按要求穿着比赛服装和佩戴号码布的;
- 3、一名运动员同时携带两枚以上(包括两枚)芯片参加比赛的(两个传感器在计时点的成绩误差小于0.1秒);
- 4、不按规定的起跑顺序在非报名项目的起跑点起跑的;
- 5、起点活动中不按规定时间出发抢跑的;

赛事规程 Regulations of the Competition

- 6、运动员的教练员乘任何车辆进入比赛跑道的；
- 7、没有沿规定路线跑完各个项目的全程，绕近道或途中插入的；
- 8、私自伪造号码布参赛的；多人交替替跑的；
- 9、比赛中采用挤人、推人、撞人、绊人等犯规行为的；
- 10、在终点不按规定要求重复通过终点领取纪念品的；
- 11、未跑完全程私自通过终点领取纪念品的；
- 12、不服从赛事工作人员指挥的，干扰赛事，聚众闹事的；
- 13、其他违反比赛规定的行为，按照比赛有关规定进行处理。

(十)本次比赛将按中国田径协会有关规定对参赛运动员进行兴奋剂检查。

(十一)有关竞赛的其他具体要求和安排，请查阅赛前颁发的《参赛指南》或登录赛事官方网站参见首页公告；其他未尽事宜，按中国田径协会审定的最新竞赛规程执行。

十、奖励办法

(一)半程马拉松

男、女分别录取前10名，分别获得奖金(见下表，单位：美元)，奖牌1枚，男、女前3名领奖服1套、颁发奖杯1座。

名次	一	二	三	四	五	六	七至十名
男	5000	3500	2600	2000	1500	1000	500
女	5000	3500	2600	2000	1500	1000	500

(二)10公里

男、女分别录取前10名，分别获得奖金(见下表，单位：人民币元)，奖牌1枚，男、女前3名颁发领奖服1套，奖杯1座。

名次	一	二	三	四	五	六	七至十名
男	3000	2000	1500	1000	800	500	300
女	3000	2000	1500	1000	800	500	300

(三)5公里

男、女分别录取前10名，分别获得奖金(见下表，单位：人民币元)，奖牌1枚，男、女前3名颁发领奖服1套，奖杯1座。

名次	一	二	三	四	五	六	七至十名
男	3000	2000	1500	1000	800	500	300
女	3000	2000	1500	1000	800	500	300

特别说明：

1、在规定时间内跑完半程马拉松的选手发放浴巾，可于赛后登陆和龙国际半程马拉松赛官方网站进行成绩查询及个人成绩证书的打印。

2、组委会不提供10公里和5公里项目芯片计时服务，参赛者可根据各终点计时器显示的时间在参赛证书上自行填写比赛成绩；

3、上述所有项目奖金均需按照有关规定征收20%个人所得税。

十一、参加办法

(一)参赛者年龄要求：

- 1、半程马拉松跑项目选手年龄限16岁以上(1998年当年出生)。
- 2、10公里和5公里项目选手年龄限13岁以上(2001年当年出生)。
- 3、外籍特邀选手和中国田径协会注册运动员的年龄按照国际田联规则执行。



赛事规程 Regulations of the Competition

(二)参赛者身体状况要求: 马拉松赛是一项大强度长距离的竞技运动, 也是一项高风险的竞技项目, 对参赛者身体状况有较高的要求, 参赛者应身体健康, 有长期参加跑步锻炼的基础。参赛者可根据自己的身体状况和能力, 选择半程马拉松和短程马拉松其中的一个项目报名参加。

有以下疾病患者不宜参加比赛:

- 1、先天性心脏病和风湿性心脏病患者;
- 2、高血压和脑血管疾病患者;
- 3、心肌炎和其他心脏病患者;
- 4、冠状动脉病患者和严重心律不齐者;
- 5、血糖过高或过少的糖尿病患者;
- 6、其它不适合运动的疾病患者。

在比赛中, 因个人身体及其它个人原因导致的人身损害和财产损失, 由参赛者个人承担责任。组委会建议参赛者在赛前去相应医疗机构进行健康体检, 只有体检合格后方可参赛。

(三)报名办法:

1、赛事规模10000人左右, 半程马拉松(21.0975公里)限报700人, 10公里限报2000人, 5公里限报7300人。

2、本次比赛各项目(半程马拉松、10公里、5公里)只接受个人报名, 报名必须在线填写个人报名表, 报名表可在官方网站下载或于和龙马拉松赛组委会指定的报名点领取。

中国田径协会注册运动员必须通过中国田径协会网上报名系统进行报名, 组委会不接受注册运动员的单独报名, 具体请见中国田径协会网上公布的赛事补充通知。

3、报名方式:

(1)官方网站报名:

请登录和龙马拉松赛官方网站: www.hlmarathon.com

(2)线下报名: 和龙马拉松赛组委会办公室

地址: 吉林省和龙市文化路24号

邮编: 133500

联系人: 王磊

联系电话: 0433-4249933

传真: 0433-4249933

4、报名时间:

(1)网站报名: 2014年7月15日(周二)至2014年8月15日(周五)。

(2)现场报名: 2014年7月15日(周二)至2014年8月15日(周五), 周一至周五上午9:00—11:30, 下午1:30—4:30, 周六、周日上午9:00—11:30。

(四)报名费:

1、报名收费标准

(1)中国籍报名者(含港、澳、台): 半程马拉松每人80元人民币, 10公里、5公里每人60元人民币;

(2)外国籍报名者: 半程马拉松每人40美元, 10公里、5公里每人20美元。

注: 外籍特邀选手和中国田径协会注册运动员免收报名费。

2、缴费方法

赛事规程 Regulations of the Competition

(1)官方网站报名：参赛选手报名后，可以通过在线支付的方式将报名费打入组委会指定账户，通过和龙马拉松赛官方网站上予以确认报名成功并下载报名成功函；或通过银行汇款的方式将报名费打入组委会指定账户(账户名称：和龙市国际马拉松工作委员会办公室；开户行：中国建设银行和龙支行；账号：22001687038055003497)，汇款成功后将汇款凭证传真至组委会办公室0433—4249933，传真时请注明姓名、参赛项目、身份证号码、联系电话，组委会在收到传真后，予以确认报名成功。

(2)线下报名：参赛选手在现场报名后，现场将报名费缴纳给工作人员。

(五)参赛物品领取

参赛者请于赛前持个人身份证和报名成功函于2014年9月3日至5日，9:00——17:00在组委会办公地点：吉林省和龙市颖文街19号(和龙市人民体育馆二楼)领取参赛物品。

半程参赛运动员赛前发放参赛服装、存衣包、号码布、感应计时芯片、参赛指南、参赛证书。

10公里及5公里参赛运动员赛前发放参赛服装、存衣包、号码布、参赛指南、参赛证书。

十二、医疗救护

(一)组委会沿马拉松路线每5公里设立一个固定医疗点，医疗点前50米有明显的标志。沿参赛者的跑进路线，有急救车跟随；

(二)沿着参赛运动员的跑进路线，组委会将在每100米处设置一名志愿者，协助医疗救护、维护比赛秩序，参赛者有问题可以向他们请求帮助。

十三、保险

本次比赛主办单位为所有参赛者投保人身意外险，《人身保险说明书》请在赛前登录和龙国际半程马拉松赛官方网站查阅。

十四、组委会联系方式

(一)赛事组委会：

地址：吉林省和龙市文化路24号

联系人：王磊

联系电话：0433-4249933

传真：0433-4249933

网址：和龙马拉松赛官方网站：www.hlmarathon.com

(二)中国田径协会

地址：北京市东城区体育馆路2号

电话：010-87183448/49

传真：010-67140801

中国田径协会网：www.athletics.org.cn

十五、未尽事项，另行通知。本规程解释权属于组委会

二〇一四年七月八日

附：5公里越野行走赛事规程



赛事规程 Regulations of the Competition

I. Host Units

Chinese Athletics Association

Jilin Provincial Sports Bureau

People's Government of Yanbian Korean Autonomous Prefecture

II. Undertaking Units

Athletics and Cycling Management Center of Jilin Province

Sports Bureau of Yanbian Korean Autonomous Prefecture

Helong Municipal People's Government

III. Promotion Unit

China Olympic Road Race Sport Management Corporation

IV. Sponsor:

Tianchi Group Co., Ltd.

Yanbian Rural Commercial Bank Co.Ltd.

V. Media Support

National level media: CCTV5, Xinhua News Agency, People Daily, China Radio International, China National Radio, China Sports Daily paper, Guangming Daily paper, Economic Daily paper, and China News Service agency

Province level media: Jilin Daily paper, Jilin Television Station, Jilin People Radio Station, City Evening News paper, East Asian Economic News paper, and Jilin Korean Newspaper

Autonomous prefecture level media: Yanbian Daily paper, Yanbian Television Station, Yanbian People Radio Station, Yanbian Broadcasting Station of Traffic, Literature & Art, and Yanbian Morning paper

Internet media: People (people.cn), Sina (sina.com.cn), Tencent (qq.com), China Jilin (chinajilin.com.cn), Yanbian News (ybnews.cn), and Yanbian Information Harbor (yb983.com)

VI. Competition Time and Location

(I) Time: September 6, 2014 (Saturday), starting time: 8:30;

(II) Location: Yingwen Street (Helong City Red Sun Plaza), Helong City.

VII. Competition Events

Half Marathon (21.0975 km), 10 KM, and 5 KM.

VIII. Competition Routes

(I) 5 KM route

Helong City Red Sun Plaza (start point)—Yingwen Street— Culture Road— People's Street—New East Plaza—Helong Street—Hailan Road (finish point)

(II) 10KM route

Helong City Red Sun Plaza (start point)—Yingwen Street— Culture Road— People's Street—New East Plaza—Helong Street— Culture Road — People's Street —Qinghu Lake Gasoline Station on the Laosong Route (finish point)

(III) Half Marathon (21.0975 km)

Helong City Red Sun Plaza (start point)—Yingwen Street— Culture Road— People's Street—New East Plaza (turning point) —Helong Street— Culture Road — People's Street — 224 km and 600 m of the Laosong Route(turn)— Laosong Route — People's Street— Culture Road —Yingwen Street—Red Sun Plaza (finish point)

IX. Competition Method

赛事规程 Regulations of the Competition

(I) Adopt competition rules newly examined and approved by the Chinese Athletics Association.

(II) Competition roll calling: Call the roll separately by competition events at the start point at 6:30 a.m. on September 6, 2014.

(III) Order of starting to run: The phalanx of the Half Marathon (21.0975 km) is at the front, following by those of 10 KM and 5 KM. There is an interval of 30 meters between each two phalanxes. Professional marathon athletes are at the front of the marathon phalanx with the rest marathon athletes following behind.

(IV) Giving starting order: Athletes of all events start to run at the same time with a starting-gun shot.

(V) Traffic blockade time:

Competition event	5 KM	10 KM	Half Marathon
Traffic blockade period	1 hour	1.5 hour	3 hour
Specific time	9:30	10:00	11:30

In order to ensure the safety of all athletes and the smooth going of the competition, the traffic of the competition routes are controlled for some time. After the traffic blockade period since the starting of the competition, the competition route will be open to traffic again. Athletes who do not cover corresponding distances within the traffic blockade period should stop running immediately and get out of the track to avoid dangers. Those who quit the competition can take the collecting vehicle provided by the organizing committee to the finish point of corresponding event.

(VI) Timing method:

The organizing committee provides electronic induction timing services for athletes participating in the Half Marathon. Each of them must wear an electronic induction timing chip, and there are induction timing belts at the start, finish, turning and other key points of the route. Athletes must run through the induction timing belts on the ground one by one. If any athlete is not scored at any timing point, then the competition result of this athlete will be cancelled out.

Each person will pay a deposit of RMB 100 Yuan on the induction timing chip. Athletes who register online can pay the deposit and the registration fee online. Other athletes can go to the registration sites specified by the organizing committee and pay the deposit and the registration fee to the working staff. The induction timing chips will be issued with the number cloth at the site of collecting competition objects.

Method of returning the induction timing chip: Athletes can return the chip at the finish point of the Half Marathon or go to the organizing committee within three days after the competition to return it and get the RMB 100 Yuan deposit refund. If the chip is lost or damaged, then the deposit will not be refunded. If any athlete does not go through the refunding procedures within the specified time period, then the organizing committee will regard it as a quitclaim and his/her deposit will not be refunded.

(VII) Half Marathon athletes must store their personal objects in accordance with the

赛事规程 Regulations of the Competition

regulations. Do not store valuables in the bag (such as mobile phones, valid documents, cash, various keys, handheld computers, credit cards, etc.). Athletes can go to the specified cloakroom to collect their objects before 13:00 on the same day. If anyone fails to collect his/her objects because it is beyond the specified time, then he/she can go to the organizing committee to collect them within one week after the competition. If any objects are not collected within one week, they will be treated as unclaimed objects by the committee.

(VIII) Refreshment, water station

Refreshments, water/sponge stations: One refreshments station every 5 km from the start point and one water/sponge station between two refreshments stations.

(IX) The organizing committee will surveil athletes at the start, finish, and other key points of the route by video. Athletes who commit the following actions in violation of competition regulations will be disqualified and their results will be cancelled out. Their personal information will be recorded in the registration identification system. They can not participate in the Helong International Half Marathon again within two years, and the violations will be reported to the Chinese Athletics Association for punishment:

1. Registering with a false age or identity;
2. Not wearing the required competition clothes and number cloth;
3. Wearing (two) or more chips at the same time (the difference between results recorded by two sensors at the timing points is less than 0.1);
4. Starting to run at the start point of an unregistered event;
5. Jumping the gun at the start point;
6. His/her coach enters the track by any vehicle;
7. Not covering the whole distance of his/her event by taking a shortcut or cutting in on the route;
8. Faking the competition number cloth; multiple people substitute him/her for running in turn on the route;
9. Committing actions in violation of regulations such as squeezing, pushing, colliding and tripping other people;
10. Collecting souvenirs at the finish point repeatedly;
11. Not covering the whole distance and collecting souvenirs at the finish point without permission;
12. Not following the command of the competition working staff and gathering a crowd to make disturbances of the competition;
13. Other actions in violation of the competition regulations will be treated correspondingly.

(V) Athletes participating in this competition will be tested for stimulants according to relevant regulations of the Chinese Athletics Association.

(VI) For other specific requirements and arrangements about this competition, please refer to the "Entry Guideline" issued in advance or log onto its official website and read the announcement on the homepage. Other uncovered matters will be implemented in accordance with the newest competition regulations examined and approved by the Chinese Athletics Association.

赛事规程 Regulations of the Competition

V. Awarding Method

(I) Half marathon

The top 10 male and female athletes will be awarded respectively with some money (see the following table, unit: USD), 1 medal. Additionally, the top 3 male and female athletes will also be awarded respectively with one suit of award receiving clothes and one cup.

Place	First	Second	Third	Fourth	Fifth	Sixth	Seventh to Tenth
Male	5000	3500	2600	2000	1500	1000	500
Female	5000	3500	2600	2000	1500	1000	500

(II) 10 KM

The top 10 male and female athletes will be awarded respectively with some money (see the following table, unit: RMB), 1 medal. Additionally, the top 3 male and female athletes will also be awarded respectively with one suit of award receiving clothes and one cup.

Place	First	Second	Third	Fourth	Fifth	Sixth	Seventh to Tenth
Male	3000	2000	1500	1000	800	500	300
Female	3000	2000	1500	1000	800	500	300

(III) 5 KM

The top 10 male and female athletes will be awarded respectively with some money (see the following table, unit: RMB) ,1 medal. Additionally, the top 3 male and female athletes will also be awarded respectively with one suit of award receiving clothes and one cup.

Place	First	Second	Third	Fourth	Fifth	Sixth	Seventh to Tenth
Male	3000	2000	1500	1000	800	500	300
Female	3000	2000	1500	1000	800	500	300

Special instructions:

1. Athletes who cover the whole distance of the Half Marathon within the specified time period will be issued with a bathing towel and can log onto the official website of the Helong International Half Marathon after the competition to look up their results and print certificates;

2. The organizing committee does not provide chip timing services for 10 KM and 5 KM events. Participants can write their results on the certificates of participation themselves according to the times displayed by the timers at the finish points;

3. 20% personal income tax will be levied on the above mentioned award money of various events according to relevant provisions.

VI. Participating Method

(I) Age requirements for participants:

1. Athletes participating in the Half Marathon must be older than 16 years (including those born in 1998).

赛事规程 Regulations of the Competition

2. Athletes participating in the 10 KM and 5 KM must be older than 13 years (including those born in 2001).

3. Ages of specially invited foreign athletes and registered athletes of the Chinese Athletics Association shall be in line with the rules of International Association of Athletics Federations.

(II) Requirements for participants' physical conditions: marathon is a very vigorous, long distance, and also high-risk competitive event which has higher requirements for participants' physical conditions. Participants should be in good health, have done running for exercise for a long time, and choose one event of the half and short marathons according to their physical conditions and abilities.

Patients with the following diseases should not participate in the competition:

1. Patients with congenital heart disease and rheumatic heart disease;
2. Patients with hypertension and cerebrovascular disease;
3. Patients with myocarditis and other heart diseases;
4. Patients with coronary artery disease and severe arrhythmia;
5. Patients with diabetes whose blood sugar is too high or too low;
6. Other patients who are not suitable for sports.

In the competition, participants should assume responsibility of personal injuries and property damages due to personal physical conditions and other personal reasons. The organizing committee recommends participants to go to corresponding medical institutions before the competition for health examination and participate only after getting medical clearance.

(III) Registering method:

1. The participants group is set to be about 10000 people, with 700 for Half Marathon (21.0975 km), 2000 for 10 KM and 7300 for 5 KM in maximum respectively.

2. Events of this competition (Half Marathon, 10 KM, and 5KM) only accept individual registration. To register, the individual registration form must be filled out online. This form can be downloaded from the official website or collected at the registration sites specified by the Helong Marathon Organizing Committee.

Registered athletes of the Chinese Athletics Association must register through the online registration system of the association. The organizing committee does not accept the individual registration of registered athletes. For details, please refer to the competition supplementary notice published on the association website.

3. Registering method:

(1) Registering on the official website:

Please log onto the official website of the Helong Marathon: www.hlmarathon.com

(2) Registering offline: Helong Marathon Organizing Committee Office

Address: 24 (Marathon Organizing Committee Office of the Helong Municipal People's Government), Culture Road, Helong City, Jilin Province

Post Code: 133500

Contact: Wang Lei



赛事规程 Regulations of the Competition

Contact number: 0433-4249933

Fax: 0433-4249933

4. Registering period:

(1) Registering on the website: July 15, 2014 (Tuesday) to August 15, 2014 (Friday)

(2) Registering on site: July 15, 2014 (Tuesday) to August 15, 2014 (Friday), Monday to Friday 9:00 a.m. – 11:30 a.m., 1:30 p.m. – 4:30 p.m., Saturday and Sunday 9:00 a.m. – 11:30 a.m..

(IV) Registration fee:

1. Standards of registration fee

(1) Chinese applicants (including Hong Kong, Macao and Taiwan): RMB 80 Yuan per person for Half Marathon, RMB 60 Yuan per person for 10 KM and 5 KM;

(2) Foreign applicants: 40 USD per person for Half Marathon, 20 USD per person for 10 KM and 5 KM;

Note: Specially invited foreign athletes and registered athletes of the Chinese Athletics Association are exempt from registration fees.

2. Paying method

(1) Registering on the official website: After registering, competition participants can credit the registration fee into the account specified by the organizing committee by the means of online payment and log onto the official website of the Helong Marathon to get confirmation that the registration is successful and unload the successful registration letter; or credit the registration fee into the account specified by the organizing committee by the means of bank transfer (account name: Helong International Marathon Working Committee Office; opening bank: Helong Branch of China Construction Bank; account number: 22001687038055003497), and then fax the transfer receipt to the organizing committee office 0433 - 4249933 with participant's name, participating event, ID number and contact number on the fax. After receiving the fax, the organizing committee will give confirmation of successful registration.

(2) Registering offline: Competition participants register on site and pay registration fee to the working staff.

(V) Competition objects collecting

Please go to the organizing office: 19 (second floor of Helong Municipal People's Stadium), Yingwen Street, Helong City, Jilin Province at 9:00 - 17:00 on September 3 to 5 with your ID card and successful registration letter before the competition to collect competition objects.

Athletes of Half Marathon will be issued with a set of competition clothes, a bag for storing clothes, two pieces of number cloth, an induction timing chip, an Entry Guideline, and a certificate of participation before the competition.

Athletes of 10 KM and 5 KM will be issued with a set of competition clothes, a bag for storing clothes, two pieces of number cloth, an Entry Guideline, and a certificate of participation before the competition.

VII. Medical Aid



赛事规程 Regulations of the Competition

(I) The organizing committee sets a fixed medical point every 5 km along the marathon route, with an obvious sign 50 m before each point. There are also emergency vehicles following the participants along the route;

(II) The organizing committee arranges a volunteer every 100 m along the route for assisting medical aid and maintaining competition order. Participants can ask them for help if they any problems.

VIII. Assurance

The host units of this competition will buy personal accident insurance for all participants. For Personal Accident Insurance Manual, please log onto the official website of the Helong International Half Marathon.

XIV. Contact Information of the Organizing Committee

(I) Competition Organizing Committee:

Address: 24, Culture Road, Helong City, Jilin Province

Contact: Wang Lei

Contact number: 0433-4249933

Fax: 0433-4249933

Website: Official website of the Helong Marathon: www.hlmarathon.com

(II) Chinese Athletics Association

Address: 2, Stadium Road, Dongcheng District, Beijing

Tel: 010-87183448/49

Fax: 010-67140801

Website of the Chinese Athletics Association

XV. Matters not covered shall be separately notified. The explanation right of the regulations belongs to the organizing committee.

July 8, 2014

Annex: Regulations of the 5 KM Nordic Walking Competition

补充通知1

经国家体育总局批准，由中国田径协会、吉林省体育局、延边朝鲜族自治州人民政府主办的2014天池杯·和龙国际半程马拉松赛将于2014年9月6日(星期六)上午8:30在吉林省和龙市举行，届时中央电视台CCTV-5将进行全程航拍直播。现将有关事宜补充通知如下：

一、物品领取：

(一)、参赛者请于赛前持个人身份证和报名成功函于2014年9月3日至5日，8:00—18:00在组委会办公地点：吉林省和龙市颖文街20号(兴隆花苑：红太阳广场对面)领取参赛物品。

(二)、半程参赛运动员赛前发放参赛服装、存衣包、号码布、感应计时芯片、参赛指南、参赛证书。

(三)、10公里及5公里参赛运动员赛前发放参赛服装、存衣包、号码布、参赛指南、参赛证书。

特别说明：

1、所有参赛选手均可获得赛事纪念牌一块。

2、在规定时间内跑完半程马拉松的选手发放浴巾，可于赛后登陆和龙国际半程马拉松赛官方网站进行成绩查询。

3、大会不提供5公里存衣服务。

联系人：魏巍

联系电话：0433-4251122

4、组委会不提供10公里和5公里项目芯片计时服务，参赛者可根据各终点计时器显示的时间在参赛证书上自行填写比赛成绩。

二、日程安排：

(一)、比赛时间：2014年9月6日(周六)

(二)、检录时间：2014年9月6日早6:30

检录地点：和龙市红太阳广场。

经检录后的参赛选手务必于8:20时以前进入起跑区。

(三)、发令时间：2014年9月6日8:30

(四)、9月7日离会。

三、参赛注意事项：

和龙地属山区，昼夜温差较大，请各参赛选手备好长袖衣服。

四、未尽事宜，另行通知。

2014和龙国际半程马拉松赛组委会

2014年8月10日



Supplementary Notice I

The 2014 Tianchi · Helong International Half Marathon approved by the General Administration of Sports of China and hosted by the Chinese Athletics Association, the Jilin Provincial Sports Bureau, and the People's Government of Yanbian Korean Autonomous Prefecture will be held in Helong City, Jilin Province at 8:30 a.m. on September, 6 (Saturday) and covered live by CCTV-5 through aerial shooting. The supplementary notice about relevant matters is as follows:

I. Articles claim:

(I). Please go to the organizing office: 20 (Xinglong Garden: opposite to the Red Sun Plaza), Yingwen Street, Helong City, Jilin Province at 8:00 - 18:00 on September 3 to 5 with your ID card and successful registration letter before the competition to claim competition objects.

(II). Athletes of Half Marathon will be issued with a set of competition clothes, a bag for storing clothes, two pieces of number cloth, an induction timing chip, an Entry Guideline, and a certificate of participation before the competition.

(III). Athletes of 10 KM and 5 KM will be issued with a set of competition clothes, a bag for storing clothes, two pieces of number cloth, an Entry Guideline, and a certificate of participation before the competition.

Special instructions:

1. All participants will be issued with a memorial plaque.

2. Athletes who cover the whole distance of Half Marathon within the specified time period will be issued with a bathing towel and can log onto the official website of the Helong International Half Marathon after the competition to look up their results;

3. The organizing committee will not provide clothes storing services for 5 KM marathon.

4. The organizing committee will not provide chip timing services for 10 KM and 5 KM marathons. Participants can write their results on the certificates of participation themselves according to the times displayed by the timers at the finish points;

Contact number: 0433-4251122

Contact: Wei Wei

II. Schedule:

(I). Race time: September 6, 2014 (Saturday)

(II). Roll-call time: 6:30 a.m. on September 6, 2014

Roll-call location: Helong Hong Taiyang Square.

Participants having been roll-called must be in the running-start zone before 8:20.

(III). Starting time: 8:30 on September 6, 2014

(IV). Departing on September, 7

III. Notes:

Helong is a mountainous place with a great day-and-night temperature difference.

Please take long-sleeved clothes.

IV. Matters not covered shall be separately notified.

2014 Helong International Half Marathon Organizing Committee
August 10, 2014

补充通知2

经国家体育总局批准，由中国田径协会、吉林省体育局、延边朝鲜族自治州人民政府主办的2014天池杯·和龙国际半程马拉松赛将于2014年9月6日(星期六)上午8:30在吉林省和龙市举行，届时中央电视台CCTV-5将进行全程航拍直播。现将有关事宜补充通知如下：

一、奖励办法：

(一)半程马拉松

男、女分别录取前10名，分别获得奖金(见下表，单位：美元)，男、女前3名领奖服1套、颁发奖杯1座。

名次	一	二	三	四	五	六	七至十名
男	5000	3500	2600	2000	1500	1000	500
女	5000	3500	2600	2000	1500	1000	500

(二)10公里

男、女分别录取前10名，分别获得奖金(见下表，单位：人民币元)，男、女前3名颁发领奖服1套，奖杯1座。

名次	一	二	三	四	五	六	七至十名
男	3000	2000	1500	1000	800	500	300
女	3000	2000	1500	1000	800	500	300

(三)5公里

男、女分别录取前10名，分别获得奖金(见下表，单位：人民币元)，男、女前3名颁发领奖服1套，奖杯1座。

名次	一	二	三	四	五	六	七至十名
男	3000	2000	1500	1000	800	500	300
女	3000	2000	1500	1000	800	500	300

特别说明：

1、在规定时间内跑完半程马拉松的选手发放浴巾，可于赛后登陆和龙国际半程马拉松赛官方网站进行成绩查询及个人成绩证书的打印。

2、组委会不提供10公里和5公里项目芯片计时服务，参赛者可根据各终点计时器显示的时间在参赛证书上自行填写比赛成绩；

3、上述所有项目奖金均需按照有关规定征收20%个人所得税。

(四)5公里越野行走

男、女分别录取前10名，分别获得奖金(见下表，单位：人民币)。

名次	一	二	三	四至十名
男	1000	800	600	400
女	1000	800	600	400

1、在规定时间内走完全程者发给成绩证书、马拉松纪念牌。

2、上述奖金需按照有关规定征收20%个人所得税。



二、马拉松关门时间:

比赛项目	5公里	10公里	半程马拉松
关门时间	1.5小时	2小时	3小时
具体时间	10:00	10:30	11:30

三、计时芯片

(一) 关于运动员赛前自行核查芯片报名信息:

报名时预留了正确手机号码的运动员,将在领取参赛物品前收到核查个人芯片信息的短信,运动员通过短信中的芯片号码和查询方式提前自行核对个人芯片信息是否正确。如个人芯片信息有误,运动员可以在领取芯片和参赛物品的现场进行登记,经组委会核实后修改。若发现个人报名信息与实际参跑者信息不是同一人,且实际参跑者仍然执意参加比赛,导致取消比赛成绩或者其他意外,由报名者和实际参跑者共同承担责任。

(二) 微信平台查询成绩:

运动员可以通过关注微信平台:添加服务号:ShibaSports或搜索微信名称——芝华安方马拉松芯片计时,在完赛后查询自己的完赛成绩。

四、未尽事宜,另行通知。

2014和龙国际半程马拉松赛组委会

2014年8月19日

Supplementary Notice II

The 2014 Tianchi · Helong International Half Marathon approved by the General Administration of Sports of China and hosted by the Chinese Athletics Association, the Jilin Provincial Sports Bureau, and the People's Government of Yanbian Korean Autonomous Prefecture will be held in Helong City, Jilin Province at 8:30 a.m. on Sept. 6 (Saturday), 2014 and, it will be aerial-broadcast live on CCTV-5. The related matters are notified as a supplement as follows:

I. Awarding Method:

(I) Half Marathon

The first 10 winners of men and women will be awarded prize money (see the following table, unit: USD), and the first 3 winners of men and women will also be awarded respectively with a suit of podium-wear and a cup.

Place	First	Second	Third	Fourth	Fifth	Sixth	Seventh to Tenth
Male	5000	3500	2600	2000	1500	1000	500
Female	5000	3500	2600	2000	1500	1000	500

(II) 10 KM

The first 10 winners of men and women will be awarded prize money (see the following table, unit: RMB), and the first 3 winners of men and women will also be awarded a suit of podium-wear and a cup.

Place	First	Second	Third	Fourth	Fifth	Sixth	Seventh to Tenth
Male	3000	2000	1500	1000	800	500	300
Female	3000	2000	1500	1000	800	500	300

(III) 5 KM

The first 10 winners of men and women will be awarded prize money (see the following table, unit: RMB), and the first 3 winners of men and women will also be awarded a suit of podium-wear and a cup.

Place	First	Second	Third	Fourth	Fifth	Sixth	Seventh to Tenth
Male	3000	2000	1500	1000	800	500	300
Female	3000	2000	1500	1000	800	500	300

Special notes:

1. Runners who finish the Half Marathon within the stipulated time will be provided with a bath towel and can log onto the official website of the Helong International Half Marathon after the competition to check their scores and print certificates;

2. The organization committee will not provide chip timing services for 10 KM and 5 KM events. The runners can write their scores on the certificates of participation themselves according to the times displayed on the timers at the finish points;

3. 20% personal income tax will be levied on the above mentioned prize money of various events according to relevant regulations.

(IV) 5 KM Nordic Walking

The first 10 winners of men and women will be awarded prize money (see the following table, unit: RMB).



Ranking	First	Second	Third	Fourth to Tenth
Men	1000	800	600	400
WoMen	1000	800	600	400

1. Runners who finish the walking within the stipulated time will be provided with a result certificate and a memorial plaque.

2. 20% personal income tax will be levied on the above mentioned prize money according to relevant regulations.

II. Route Closure Time Limit:

Races	5 KM	10 KM	Half Marathon
Time Limit	1.5 hours	2hours	3 hours
Cut-off Time	10:00 a.m.	10:30 a.m.	11:30 a.m.

III. Timing Chip

(I) About checking registration information in the chips by runners themselves before the race:

Runners leaving a right cell phone number will receive a short message about checking personal information registered in the chips before pickin g up participants' packet, and shall check whether their personal information registered in the chip are correct through the chip number and checking method provided in the message. If the information is incorrect, runners can register again on the site of picking up chip and participants' packet and the organization committee will modify it after verification. If the race result is cancelled out or other accidents occur because it is found that the personal registration information is different from that of actual runner and the runner insists on participating in the race, the applicant and the actual runner will assume joint responsibility.

(II) Check results on WeChat platform:

The runners can add the WeChat service number ShibaSports or search the WeChat name Zhihua Anfang Marathon Chip Timing and then check their results after the race.

IV. Matters not covered herein will be separately notified.

2014 Helong International Half Marathon Organizing Committee
August 19, 2014

赛事规程 Regulations of the Competition

2014年和龙国际半程马拉松赛越野行走竞赛规程

Regulations of the 2014 Helong International Half Marathon Nordic Walking Competition

一、主办单位

吉林省体育局
延边州人民政府

二、承办单位

吉林省田径自行车管理中心
延边州体育局
和龙市人民政府

三、协办单位

和龙市文化广电新闻出版局
国际越野行走联合会中国代表处

四、赞助单位

北京鲁滨逊户外用品有限公司

五、媒体支持

国家媒体：CCTV5、新华社、人民日报、中国国际广播电台、中央人民广播电台、中国体育报、光明日报、经济日报、中国新闻社

省级媒体：吉林日报、吉林电视台、吉林人民广播电台、城市晚报、东亚经贸新闻、吉林朝鲜文报

州级媒体：延边日报、延边电视台、延边人民广播电台、延广交通文艺台、延边晨报

网络媒体：人民网、新浪网、腾讯网、中国吉林网、延边新闻网、延边信息港

六、比赛时间和地点

时间：2014年9月6日(星期六)，发令时间8:30。

(二) 地点：和龙市颖文街(和龙市红太阳广场)。

七、比赛设项

个人赛：男子：5公里；女子：5公里。

八、比赛路线

5公里

和龙市红太阳广场(起点)——颖文街——文化路——人民大街——新东广场——和龙大街——海兰路(终点)。

九、竞赛办法

(一)参照采用中国田径协会最新审定的竞赛规则。

(二)参照执行中国老体协越野行走竞赛规则。

(三)比赛检录：

同和龙国际半程马拉松赛规定

(四)起走顺序：

同和龙国际半程马拉松赛规定

(五)关门时间：为了保证参赛运动员比赛安全、顺利，比赛期间比赛路线各段设关门时间，限时对交通封闭。起走至关门时间到后，各路段恢复社会交通。参赛者未在规定的关门时间内走完对应的距离者请立即停止比赛，退出赛道，以免发生危险。5公里关门时间男子为70分钟、女子为75分钟。



赛事规程 Regulations of the Competition

(六)对抢走或在比赛中乘坐交通工具者取消比赛资格。

(七)将按有关规定对参赛运动员进行兴奋剂检查。

(八)组委会将对起点、终点及关键路段进行录像监控,出现以下违反比赛规定的参赛者将被取消参赛成绩,个人资料录入报名识别系统,两年内不准参加在中国境内的越野行走比赛,情节严重的,终身禁赛。

- 1、虚假年龄报名或报名后由他人替跑;
- 2、起走活动中不按规定时间出发抢走;
- 3、关门时间到后不停止比赛或退出比赛,后又插入赛道的;
- 4、没有按规定线路走完所报项目的全程,抄近道或乘交通工具途中插入;
- 5、在终点不按规定要求重复通过终点领取纪念品;
- 6、全程项目运动员没有按规定携带自己的两块号码布通过终点的;
- 7、不服从赛事工作人员的指挥,干扰赛事,聚众闹事的。

(九)有关竞赛的具体要求和安排,请仔细阅读《参赛须知》。

十、录取名次与奖励

1、男、女分别录取前10名,分别获得奖金(见下表,单位:人民币),奖牌1枚,男、女前3名颁发奖杯1座。

名次	一	二	三	四-十名
男	1000	800	600	400
女	1000	800	600	400

2、在规定时间内走完全程者发给成绩证书、纪念牌。

上述奖金需按照有关规定征收20%个人所得税。

十一、参加办法

(一)参赛者年龄要求:

5公里越野行走年龄限16岁以上(1998年9月7日以前出生)。

(二)参赛者身体状况要求:参赛者应身体健康,有长期参加锻炼的基础。

有以下疾病患者不宜参加比赛:

- 1、先天性心脏病和风湿性心脏病患者;
- 2、高血压和脑血管疾病患者;
- 3、心肌炎和其他心脏病患者;
- 4、冠状动脉病患者和严重心律不齐者;
- 5、血糖过高或过少的糖尿病患者;
- 6、其它不适合运动的疾病患者。

在比赛中,因个人身体及其它个人原因导致的人身损害和财产损失,由参赛者个人承担责任。组委会建议参赛者去相应医疗机构进行健康体检。

(三)、报名办法

1、参赛者可以个人或集体报名,每人必须填写个人报名资料(见附件)。

集体报名须填写集体报名资料(见附件),加盖单位的公章,并附上个人报名资料。

2、赛事规模设计500人

3、个人和团体报名可以登陆2014和龙马拉松官方网站报名,也可在和龙马拉松赛组委会指定的报名点领取报名表、额满为止。



赛事规程 Regulations of the Competition

4、报名时间：

(1) 网站报名：2014年7月15日至2014年8月15日。

(2) 现场报名：2014年7月15日至2014年8月15日。

个人报名时间：周一至周日上午9:00—11:30，下午1:30—4:30，周六、周日上午9:00—11:30。

(四)报名费及物品发放

1、报名收费标准

每人20元人民币。团体报名人数在20人以上，每人10元人民币。在校学生每人10元人民币。

2、缴费方法

个人和团体报名后，请通过网上银行将报名费打入组委会指定账户（同和龙国际半程马拉松赛规程）通过和龙马拉松赛官方网站上予以确认报名成功并下载报名成功函。使用银行汇款的请将银行汇款回执单传真至组委会办公室，0433—4249933。组委会在收到传真后，予以确认报名成功。

3、物品发放

所有参赛运动员均发参赛服装、存衣包、号码布、参赛须知。

参赛者请于赛前持个人身份证和报名成功函于2014年9月3日至5日，9:00—17:00在组委会办公地点：吉林省和龙市文化路24号(和龙市人民体育馆)领取。

(五)参赛个人和参赛队交通、食宿费用自理。

(六)报名方式

1、网站报名：

请登录和龙马拉松赛官方网站：www.hlmarathon.com

2、现场报名：

和龙马拉松赛组委会办公室

十二、保险

本次比赛主办单位为所有参赛者投保人身意外险。

十三、组委会联系方式

赛事组委会：

地址：吉林省和龙市文化路24号

联系人：金松哲 联系电话：0433-4249933

传真：0433-4249933

网址：和龙马拉松赛官方网站：www.hlmarathon.com

十四、未尽事项，另行通知

十五、本规程解释权属于组委会。

2014年和龙国际半程马拉松赛组委会越野行走项目组

2014年6月20日



赛事规程 Regulations of the Competition

I. Host Units

Jilin Provincial Sports Bureau
Yanbian Prefectural People' s Government

II. Undertaking Units

Jilin province track bicycle management center
Yanbian Prefectural Sports Bureau
Helong Municipal People' s Government

III. Co-organizer

Bureau of Culture, Radio, Film, TV, Press and Publication of Helong City
China Office of International Nordic Walking Federation

IV. Sponsor

Robinson Outdoor Products Co., Ltd. in Beijing

V. Media Support

National level media: CCTV5, Xinhua News Agency, People Daily, China Radio International, China National Radio, China Sports Daily paper, Guangming Daily paper, Economic Daily paper, and China News Service agency

Province level media: Jilin Daily paper, Jilin Television Station, Jilin People Radio Station, City Evening News paper, East Asian Economic News paper, and Jilin Korean Newspaper

Autonomous prefecture level media: Yanbian Daily paper, Yanbian Television Station, Yanbian People Radio Station, Yanbian Broadcasting Station of Traffic, Literature & Art, and Yanbian Morning paper

Internet media: People (people.cn), Sina (sina.com.cn), Tencent (qq.com), China Jilin (chinajilin.com.cn), Yanbian News (ybnews.cn), and Yanbian Information Harbor (yb983.com)

VI. Competition Time and Location

(I) Time: September 6, 2014 (Saturday), starting time: 8:30;

(II) Location: Yingwen Street (Helong City Red Sun Plaza), Helong City.

VII. Competition Events

Individual events: male: 5 KM; female: 5 KM

VIII. Competition Route

5 KM

Helong City Red Sun Plaza (start point)—Yingwen Street— Culture Road— People' s Street—New East Plaza—Helong Street—Hailan Road (finish point)

IX. Competition Method

(I) Adopting by reference to competition rules newly examined and approved by the Chinese Athletics Association.

(II) Implementing by reference to the old competition rules of Nordic Walking of sports association.

(III) Competition roll calling:

Same as the regulations of the Helong International Half Marathon

(IV) Order of starting to run

Same as the regulations of the Helong International Half Marathon

(V) Traffic blockade time: In order to ensure the safety of all athletes and the smooth going of the competition, the traffic of the competition route are controlled for some time.



赛事规程 Regulations of the Competition

After the traffic blockade period since the starting of the competition, the competition route will be open to traffic again. Athletes who do not cover the corresponding distance within the traffic blockade period should stop walking immediately and get out of the track to avoid dangers. The traffic blockade periods of 5 KM for male and female are 70 minutes and 75 minutes respectively.

(VI) Participants who jump the gun or take public vehicles during the competition will be disqualified.

(VII) Athletes participating in this competition will be tested for stimulants according to relevant regulations.

(VIII) The organizing committee will surveil athletes at the start, finish, and other key points of the route by video. The results of athletes who commit the following actions in violation of competition regulations will be cancelled out. Their personal information will be recorded in the registration identification system. They can not participate in the Nordic Walking held in China again within two years. In serious cases, they will be banned for life.

1. Registering with a false age or someone else substitutes him/her for walking after registration;
2. Jumping the gun at the start point;
3. Not stopping or quitting the competition when the traffic blockade period expires and walking into the track again thereafter;
4. Not covering the whole distance of his/her event by taking a shortcut or cutting in on the route by taking vehicles;
5. Collecting souvenirs at the finish point repeatedly;
6. Athletes of full events who do not wear the two pieces of number cloths according to the regulations while passing the finish point;
7. Not following the command of the competition working staff and gathering a crowd to make disturbances of the competition;

(IX) For specific requirements and arrangements about this competition, please read the "Entry Information" carefully.

X. Placing and Awards

1. The top 10 male and female athletes will be awarded respectively with some money (see the following table, unit: RMB), 1 medal. One trophy cup for each top-three winner (both male and female)

Place	First	Second	Third	Fourth to Tenth
Male	1000	800	600	400
Female	1000	800	600	400

2. Athletes who cover the whole distance within the specified time period will be issued with a result certificate and a memorial plaque. 20% personal income tax will be levied on the above mentioned award money according to relevant provisions.

XI. Participating Method

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赛事规程 Regulations of the Competition

(I) Age requirements for participants:

Athletes participating in the 5 KM Nordic Walking must be older than 16 years (including those born before September 7, 1998).

(II) Requirements for participants' physical conditions: Participants should be in good health, and have done running for exercise for a long time.

Patients with the following diseases should not participate in the competition:

1. Patients with congenital heart disease and rheumatic heart disease;
2. Patients with hypertension and cerebrovascular disease;
3. Patients with myocarditis and other heart diseases;
4. Patients with coronary artery disease and severe arrhythmia;
5. Patients with diabetes whose blood sugar is too high or too low;
6. Other patients who are not suitable for sports.

In the competition, participants should assume responsibility of personal injuries and property damages due to personal physical conditions and other personal reasons. The organizing committee recommends participants to go to corresponding medical institutions for health examination.

(III) Registering method

1. Participants can register individually or collectively. Each person must fill out the personal registration information (see Annex).

For collective registration, it is required to fill out the collective registration information (see Annex) and then stamp with the official seal of your unit and attach the personal registration information.

2. The participants group is set to be about 500 people.

3. Can register individually and collectively on the official website of the 2014 Helong Marathon, or go to collect the registration form at the registration sites specified by the Helong Marathon Organizing Committee until the quota is reached.

4. Registering period:

(1) Registering on the website: July 15, 2014 to August 15, 2014.

(2) Registering on site: July 15, 2014 to August 15, 2014.

Individual registering period: Monday to Sunday 9:00 a.m. – 11:30 a.m., 1:30 p.m. – 4:30 p.m., Saturday and Sunday 9:00 a.m. – 11:30 a.m..

(IV) Registration fee and objects issue

1. Standards of registration fee

RMB 20 Yuan per person. For collective registration of above 20 people, RMB 10 Yuan per person. RMB 10 Yuan per student.

2. Paying method

After registering individually or collectively, please credit the registration fee into the account specified by the organizing committee by the means of online banking (Same as the regulations of the Helong International Half Marathon) and log onto the official website of the Helong Marathon to get confirmation that the registration is successful and unload the successful registration letter. For those who credit by the means of bank transfer, please fax the transfer receipt to the organizing committee office 0433 - 4249933.



赛事规程 Regulations of the Competition

After receiving the fax, the organizing committee will give confirmation of successful registration.

3. Objects issue

All athletes participating in this competition will be issued with a set of competition clothes, a bag for storing clothes, two pieces of number cloth, and an Entry Guideline. Please go to the organizing office: 24 (Helong Municipal People's Stadium), Culture Road, Helong City, Jilin Province at 9:00 - 17:00 on September 3 to 5 with your ID card and successful registration letter before the competition to collect competition objects.

(V) Participating individuals and teams should bear the transportation and accommodation expenses themselves.

(VI) Registering method

1. Registering on the website:

Please log onto the official website of the Helong Marathon: www.hlmarathon.com

2. Registering on site:

Helong Marathon Organizing Committee Office

XII. Insurance

The host units of this competition will buy personal accident insurance for all participants.

XIII. Contact Information of the Organizing Committee

Competition Organizing Committee:

Address: 24, Culture Road, Helong City,

Jilin Province

Contact: Jin Songzhe Contact number: 0433-4249933

Fax: 0433-4249933

Website: Official website of the Helong Marathon: www.hlmarathon.com

XIV. Matters not covered shall be separately notified.

XV. The explanation right of the regulations belongs to the organizing committee.

Nordic Walking Project Team of the 2014 Helong
International Half Marathon Organizing Committee
June 20, 2014

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特邀选手名单 Name List of Specially Invited Athletes

序号	姓名	性别	出生日期	国籍	最好成绩	创造时间	创造地点
1	MOSINET GEREMEW BAYIH	男	1992/02/12	埃塞俄比亚	59:54:00	2014	布拉格半程 第二
2	GILBERT MASAI	男	1989/12/16	肯尼亚	59:57:00	2012.09.01	法国里尔
3	ABEBE NEGEWO DEGEFA	男	1984/05/20	埃塞俄比亚	1:00:40	2013.09.15	乌斯季
4	KENNEDY KIMUTAI KAPTILA	男	1991/06/18	肯尼亚	1:01:00	2011.03.06	海牙
5	LADAN KANIU WANJIKU	男	1985/12/30	肯尼亚	1:01:26	2012.04.08	Ivry-sur-Seine (FRA)
6	DANIEL CHERUIYOT YEGON	男	1983/12/12	肯尼亚	1:01:52	2012.12.04	Pune (IND)
7	STEPHEN KIPTOO MUTAI	男	1988/06/01	肯尼亚	1:01:57	2013	内罗毕
8	AMOS KIPKEMOI CHERUIYOT	男	1988/01/01	肯尼亚	1:02:34	2012	内罗毕
9	PASCAL MOMBO SARWAT	男	1989/12/12	坦桑尼亚	1:03:00	2009.10.18	St-Denis
10	VASILJI TVERDOKHVALOV	男	1984/04/20	俄罗斯	1:03:25	2012	海参崴
11	SIMON FREDERIC	男	1981/09/24	法国	1:04:23	2012	巴黎
12	PAUL KIPKURUI CHIRCHIR	男	1989/10/09	肯尼亚	1:04:29		内罗毕
13	SILAS KIPNGETICH SANG	男	1978/08/21	肯尼亚	2:09:10	2012.04.15	比利时 长野 (全程)
14	AYTOLIGNE KASSAW AGEGNEHU	男	1996/02/23	埃塞俄比亚			
15	MARAW DICKSON MKAMI	男	1982/03/09	坦桑尼亚			
16	ELIJUD KAPCHANGA CHEPTEI	男	1984/07/08	肯尼亚			
17	LOURINE JEPCHIRCHIR MUTAI	女	1989/08/02	肯尼亚	1:10:35	2012	内罗毕
18	SUSAN JESANG TANUI	女	1983/01/01	肯尼亚	1:11:07	2011.04.24	扬州
19	GULUME TOLLESA CHALA	女	1992/09/11	埃塞俄比亚	1:12:16	2013.06.10	里斯本
20	DORCUS CHESANG	女	1987/12/28	肯尼亚	1:14:07	2011.01.23	泰国
21	HELEN BEKELE TOLA	女	1994/12/21	埃塞俄比亚			
22	CEROVA VALENTINA	女	1993/02/23	俄罗斯			



业余特邀运动员

序号	姓名	性别	国籍	出生日期
1	PETER A. JOLICOEUR	男	美国	1973/03/29
2	Josh Dearwater	男	美国	1975/12/20
3	Alexander Holl	男	德国	1971/01/08
4	David Oliver	男	新西兰	1967/03/27
5	Colin Thompson	女	加拿大	1973/08/13
6	Brian Hutson	男	加拿大	1963/12/30
7	Michael Morris	男	英国	1969/06/21
8	John Ellis	男	美国	1977/01/06
9	Anne Gheleyns	女	比利时	1959/05/03
10	Marcel Oomens	男	荷兰	1983/04/16
11	Baxter Thomas	男	英国	1989/12/29
12	KINGOTI JANE WANJIKU	女	肯尼亚	1985/09/15
13	NJIIRI NAOMI NDUTA	女	肯尼亚	1989/04/15
14	Yue Dong	男	美国	1970/05/23
15	Charles Pope	男	英国	1975/08/07
16	顾斌	男	中国	1965/02/09
17	张铜玉	男	中国	1975/08/07
18	Claudia Juhre	女	德国	1973/11/29
19	Peter Mills	男	英国	1955/05/20



中国田径协会介绍 Introduction to Chinese Athletics Association

中国田径协会成立于1954年，是具有独立法人资格的全国田径运动项目群众性体育社会团体，是中华全国体育总会的团体会员，是中国奥林匹克委员会所承认的管辖田径运动的全国性运动协会。

中国田径协会的宗旨是团结全国田径工作者和爱好者，调动一切积极因素，指导和推动中国田径运动的发展；推动和提高田径运动技术水平；为实施全民健身计划和奥运争光计划，为促进社会主义物质文明和精神文明建设服务；增进与世界各国田径运动协会的友谊；加强同国际田联的密切联系与合作。

中国田径协会根据国家体育总局行政主管部门和国际体育组织的有关规定，主办或委托会员单位承办全国或国际性田径比赛。中国田径协会鼓励并欢迎国内外团体及企业界朋友的积极参加与我们组织的各项活动，与我们一起共同把中国的田径事业推进到一个更高的层次。

Chinese Athletics Association was founded in 1954. It is a social mass sports organization of national athletics with independent legal personality, an organization member of the All-China Sports Federation, and a national sports association for administering athletics recognized by the Chinese Olympic Committee.

Chinese Athletics Association's mission is to unite the athletics workers and enthusiasts and mobilize all positive factors to guide and promote the development of Chinese athletics; promote and improve the technical level of athletics; implement the National Fitness Program and Olympic Glorious Program and serve the promotion of the socialist material civilization and spiritual civilization construction; enhance the friendship with athletics association of other countries; and strengthen the close contact and cooperation with the International Association of Athletics Federations.

The Chinese Athletics Association hosts or entrusts its member units to undertake national or international athletics competitions according to the relevant provisions of the competent administrative department of the General Administration of Sports of China and international sports organizations. The Chinese Athletics Association encourages and welcomes the domestic and foreign teams and friends of business circles to actively participate in the activities of our organization and advance China's athletics career to a higher level with us.



天池集团有限公司简介

Tianchi Group Co., Ltd Introduction

天池集团有限公司（原延边天池工贸有限公司）是2003年经吉林省政府招商引资落户于和龙市的一家集矿产资源投资与开发、国际贸易、房地产开发、物流运输为一体的民营企业。公司注册地吉林省和龙市，注册资金5000万元，现有员工1300多人。

天池集团自成立以来，经过多年发展，已从单一贸易型企业转型发展为贸易与工业协调发展具备开发多种矿产资源能力的大型综合矿产企业，并向房地产业扩展。公司控股吉林天池矿业股份有限公司、天池集团（延边）房地产开发有限公司、吉林金地矿产开发有限公司等多家公司。

天池集团被省、州、市列为重点管理企业，连续多年被评为信贷诚信企业、优秀诚信企业、明星企业、纳税状元、功勋企业、“工业提速增效年”优胜企业、标兵企业等荣誉称号。

天池集团被省、州、市列为重点管理企业，连续多年被评为信贷诚信企业、优秀诚信企业、明星企业、纳税状元、功勋企业、“工业提速增效年”优胜企业、标兵企业等荣誉称号。2011-2013年公司纳税额均超过2.5亿元，纳税排名位居延边州前列。公司在取得各项成绩的同时，积极投身社会公益事业，回报社会，资助困难群体，截止2013年公司已累计向延边工业学校、延边脑康医院、延边一中、延边二中、汶川大地震灾区、延边州7.28特大洪水灾害累计捐助达3000多万，被延边州政府授予公益事业特殊功勋奖。

展望未来，天池集团将紧紧把握长吉图开发开放机遇以国家产业发展政策为指导，以矿产业为核心，依托资源优势，推动企业协调发展，逐步形成发展规模化、经营专业化、业务多元化的产业格局，并进一步完善企业组织架构和经营管理模式，逐步将企业塑造成为运作规范、管理优化、治理结构清晰、经营业绩突出的大型民营企业集团。

Tianchi Group Co., Ltd (original Yanbian Tianchi Industry and Trade Co., Ltd) is a private industry which combines the investment and development of mineral resources, international trade, real estate development and logistics transportation through investment attraction of the government of Jilin province and settled in Helong City in 2003. The place of incorporation is Helong City of Jilin Province and registered fund is 50 millions and employees are more than 1300.

Since the establishment of Tianchi Group through several years of development, has already transferred from a single trade type industry to a large mining industry which has coordinated development of trade and industry. It has the ability to develop a variety of mineral resources. And the industry extends to real estate. The company holds the stock of Jilin Tianchi Mining Co., Ltd, Tianchi Group (Yanbian) Real Estate Development Co., Ltd, Jilin Jinchi Mineral Development Co., Ltd and so on.

Tianchi Group is listed as Key Managed Industry by City, Prefecture and Province. They was named the honorary title in consecutive years, which are Credit Integrity Industry, Excellent Integrity Industry, Star Industry, Tax Scholar, and Meritorious Industry, the winning industry of the "Industry Acceleration Synergism Year" and Model Industry. From 2011 to 2013, the tax payable of the company was more than 250 million Yuan; it was the top of the tax ranking in Yanbian Prefecture. At the same time of the company gets kinds of achievements, they actively join the social public welfare undertaking, return to society, supporting the disadvantage groups. Till the year of 2013 the company has already contributed more than 30 million Yuan to the Yanbian Industrial School, the Yanbian Brain Health Hospital, the Yanbian No. 1 Senior High School, the Yanbian No.2 Senior High School, the Wenchuan earthquake disaster area, the Yanbian Prefecture 7.28 flood disaster, be awarded Public Welfare Undertaking Special Merit Award by the Yanbian Prefecture Government.

Look forward to the future, the Tianchi Group will seize the opportunities of development and opening up the Changchun, Jilin and Tumen with under the guidance of country's industry development policy, mineral industry as the core and rely on advantage of the resource to promote the harmony development of the industry. Form industrial pattern of the development scale, professional management and multi-business diversification gradually and also further improve organizational structures and the mode of operational management. Therefore, make the industry be a large private industry group which is with the standardized operation, management optimization, clear governance structure and outstanding business performance.

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自我超越



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延边农村商业银行股份有限公司简介
Profile
Yanbian Rural Commercial Bank Co.Ltd.

延边农村商业银行股份有限公司是吉林省延边朝鲜族自治州唯一一家具有独立法人资格的地方性股份制农村商业银行，成立于2011年11月15日。

As the sole rural joint-stock commercial bank with independent legal person qualification in Yanbian Korean Autonomous Prefecture of Jilin Province, Yanbian Rural Commercial Bank Co., Ltd. (hereinafter called bank) was founded in Nov 15, 2011.

是一家以打造具有边疆特色的跨国性现代精品商业银行为战略目标，以服务“三农”、服务中小微企业、服务地方经济发展为市场定位，以“简约灵活、稳健高效、持续发展”为经营理念，为广大客户提供“产品特色、服务精细、便捷周到”的金融服务，集存款、贷款、结算于一体的股份制独立法人金融机构。

With a strategic aim to build a modern transnational commercial bank in the frontier area, the bank, engaging in Deposit, Loan and Financial Settlement services, is to focus on provision of service to “Agriculture, Farmer and Rural Area”, to Minor and Small Enterprises, and to local economic development. With “Simple & Flexible, Steady & Effective, Sustainable & Developable” as the bank’s management concept, the bank is committed to providing characteristic, detailed and swift and competent financial services.



中国人民财产保险股份有限公司简介

PICC Property and Casualty Company Ltd. profile

中国人民财产保险股份有限公司是“世界500强”企业，中国人民保险集团股份有限公司（PICC）旗下标志性主业。公司相继成为北京2008年奥运会、2010年上海世博会保险合作伙伴。2013年，公司保费收入超过2000亿元，亚洲排名稳居第一，在全球单一品牌财险公司中列第二。

PICC Property and Casualty Company Ltd. is a flagship subsidiary of the PICC Group, a Fortune 500 company. PICC P & C stood as the official insurance partner of the Beijing 2008 Olympic Games and Shanghai 2010 World Expo. In 2013, the Company collected more than RMB 200 of premium, It has a steady ranking of No. 1 in Asia, and the 2nd place among the single-branded property insurance companies in the world.

公司拥有门类齐全的产品种类，涵盖机动车辆险、财产险、船舶货运险、责任险、信用保证险、意外健康险、能源及航空航天险、农业保险等财产保险各个业务领域。公司在售的保险产品1400多种，在售的保险条款5200多个。目前，公司拥有超过1.3万个机构网店，形成了强大的销售和服务网络。

PICC P & C enjoys a full-range of products, covering various types of insurance including auto, property, marine & cargo, liability, credit & surety bond, accidents & health, energy & aerospace, and agricultural insurance, many of which are innovative products pioneering in the industry. At present, the Company provides more than 1400 types of insurance products, and over 5200 kinds of insurance policies. PICC P & C has more than 13,000 business offices all over the country, which make a strong network of both sales and service.

公司与共和国同生共长，在国内外交享有广泛影响和显著声誉。近期公司先后获得：最佳财险公司、最具责任感企业、最受信赖保险公司、十大品牌保险公司等奖项。

PICC brand has been grown together with the People's Republic of China, and enjoys wide influences and outstanding reputation home and abroad. Recently PICC P&C is awarded: "The Best Property Insurance Company", "The Best Corporate Social Citizen", "The Most Reliable Insurance Company", "Ten Big Brand Insurance Company", "And so on.



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北京鲁滨逊户外用品有限公司

Rebornsun®

北京鲁滨逊户外用品有限公司是中国最专业的越野行走推广公司。鲁滨逊、MTOS、EXEL行走杖的中国独家总代理。国际越野行走联合会中国委员会的唯一战略合作伙伴。也是中国老年人体育协会健步走推广委员会秘书处和国际越野行走联合会中国委员会学校分会秘书处所在地。

鲁滨逊、MTOS行走杖经十年来的积累，创造了独一无二的资质：

国际越野行走联合会中国委员会 指定手杖

国际越野行走联合会中国委员会学校分会 指定手杖

中国老年人体育协会专用手杖

2013国家体育总局政府采购唯一中标的越野行走手杖

2014和龙国际半程马拉松赛，世界学生越野行走比赛（中国站）专用手杖

2014 中国·黔西南环万峰林国际持杖徒步大会暨2014 国际越野行走大会（中国站）专用手杖

2014中国国际露营大会（东平站）越野行走挑战赛专用手杖

中国登山协会环青海湖活动专用手杖

2014首届十大高校300公里徒步马拉松专用手杖



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你的能量 超乎你想象

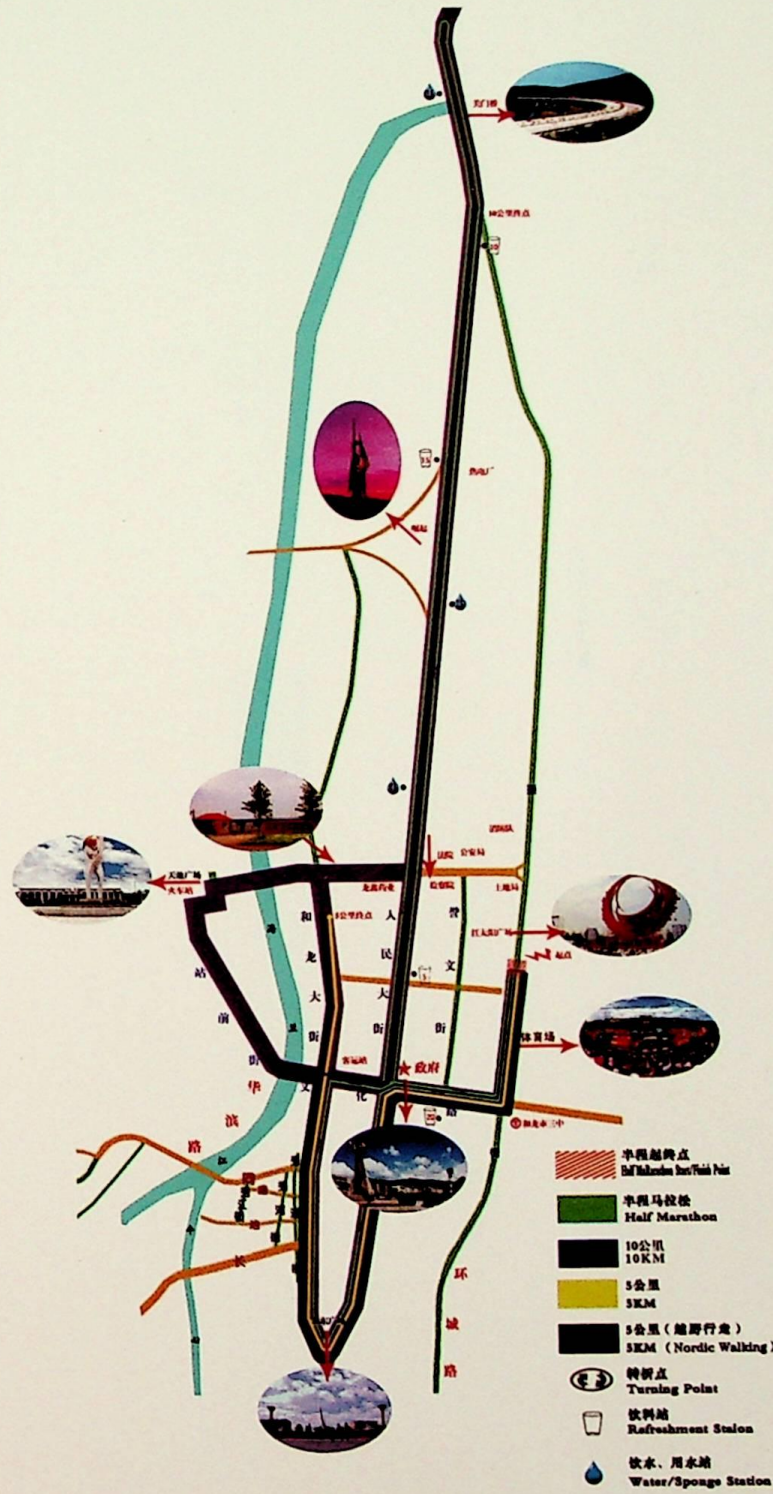
红牛户外能量大型体验之旅



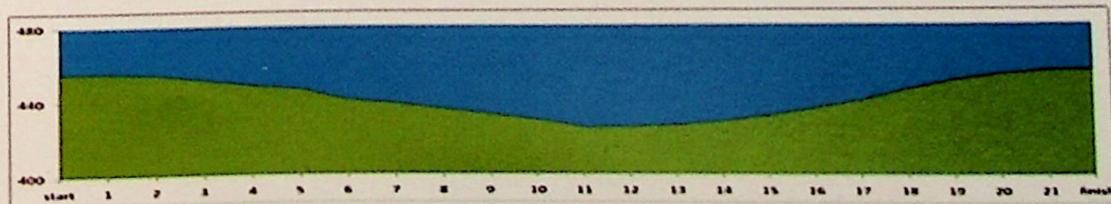


路线海拔图 Route Altitude Map

2014 천지컵·화룡국제하프마라톤선로도
 天池杯·和龙国际半程马拉松路线图
 TianChi-Helong International Half Marathon Route Map



海拔图





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