



樂施會
OXFAM

無窮世界
World
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Poverty



Notes to Runners

*** Please read the Notes before taking part in the event. ***

Event date: 19 Oct (Sun)

Location: Macau Tower

澳門樂施會 澳門宋玉生廣場258號建興龍廣場18樓F室

Oxfam in Macau Alameda Dr. Carlos d'Assumpção, No.258, Praça Kin Heng Long, 18 Andar F, Macau.

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網址 Website: www.oxfam.org.hk

1. Notes Before the Event

(1) Submit Required Documents

Participants who did not register online must sign the Disclaimer before the event and return it to Oxfam in Macau by email, fax or post **on or before 13 October 2025** (see the 'Enquiry' section on the last page of the Notes). The Disclaimer can be downloaded from the event website: [OTR2025 Individual Application Form and Waiver Agreement](#)

(2) Runner's Pack Collection Details

- **Collection Period**

12 – 14 October 2025 (Sunday to Tuesday)

Daily from 10:00 AM to 7:00 PM (Open during lunch hours)

- **Collection Location**

Oxfam Macau Office

Room F, 18th Floor, Kin Heng Long Plaza,

No.258 Alameda Dr. Carlos d'Assumpção, Macau

Notes:

- If you are unable to collect the runner's pack in person, you may authorise a friend or family member to collect it on your behalf. The authorised person must present a signed authorisation form, which is attached to the email.
- Participants who do not reside in Macau or are unable to collect the runner's pack during the above dates may collect it at the **Registration Counter** located at the Outdoor Plaza of Macau Tower during the following times:
 - ◆ 18 October (Saturday): 2:00 PM – 5:00 PM
 - ◆ 19 October (Sunday): 8:30 AM – 11:00 AM
- Runner bibs will be distributed on Runner's Pack Collection Days. Each participant must present their bib on the event day. **Participants who fail to present their bib will not be allowed to join the race.**

2. Notes on the Day of the Event

(1) Event Rundown

9:00	Individual Challenge – Men’s Race (Half Race)
9:20	Individual Challenge – Women’s Race (Half Race)
9:50	Team Challenge - Relay
10:30–11:00	Event Ceremony Thank-you speech by a representative of Oxfam Macau Thank-you speech by a representative of Occasions Public Relations Macau Limited Tower Run ambassador cheer on participants Awards for Individual Challenge (Half Race) Souvenirs to guests and sponsoring companies/organisations Starter Pistol and Group Photo
11:10	Leader’s Run
11:20	Individual Challenge – Men’s Race (Full Race)
11:50	Individual Challenge – Women’s Race (Full Race)
12:15	Awards for Team Challenge, Leader’s Run, Individual Challenge (Full Race) and Volunteer Certificate

(2) Awards Rundown

Time	Awards
10:30–11:00	Awards for Individual Challenge - Men’s Race (Half Race) Awards for Individual Challenge - Women’s Race (Half Race)
12:15–13:00	Awards for Team Challenge, Leader’s Run, Individual Challenge (Full Race) and Volunteer Certificate




(3) Assembly Time of Each Group

Categories	Running Orders	Assembly Time	Starting Time
Individual Challenge – Men's Race (Half Race)	MH01 - MH30	08:45	09:00
Individual Challenge – Women's Race (Half Race)	FH01 - FH30	09:05	09:20
Team Challenge - Relay	R01 - R12	09:20	09:50
	R13 - R24		
Leader's Run	L01 - L10	11:10	11:10
Individual Challenge – Men's Race (Full Race)	EM01 - EM23	11:05	11:20
	M01 - M30	11:10	11:25
	M31 - M60	11:15	11:30
	M61 - M90	11:20	11:35
Individual Challenge – Women's Race (Full Race)	EF01 - EF11	11:35	11:50
	F01 - F41		

(4) Check-in and Assembly Arrangements

- Participants who have already collected their runner's packs do not need to register again on-site. **Please arrive at the Starting Line 15 minutes before the scheduled start time.**
- Runners' bibs must be securely fastened to the front of the chest. The timing chip is attached to the bib — do not fold the bib. Bibs do not need to be returned after the race.
- A free baggage storage service will be available. Please do not store large items or valuables.
- All group assembly points are located at the Ground Floor Outdoor Plaza of Macau Tower (the starting area of G/F shown below).

(5) Route

		
*G/F Starting Line (Gathering Point of all Races)	T30 Starting Line (Half Race)	T61 Finish Line

Full Race (G/F - T61)	Runners are required to start from the Starting Line located on the Ground Floor of Macau Tower and climb the stairs to reach the Finish Line on the 61st Floor. **
Half Race (T30 - T61)	Runners are required to start from the Starting Line located on the 30th Floor. Working staff will lead all runners to the T28 Waiting Area by taking the lift. Runners will line up according to their number and start the race on T30, and then climb the stairs to the Finish Line on the 61st Floor. **



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Team Relay (G/F - T61)	For the Team Relay Race, the bibs of the four runners in each team will be marked with the letters A, B, C, and D, to indicate their running order. Starting Points for Each Runner (Relay Levels): *Runners will be guided by staff and taken by elevator to their respective relay waiting areas.	
	Runner A: Ground Floor	Runner C: Level T36*
	Runner B: Level T18*	Runner D: Level T54*

All teams must pass their batons in the baton exchange area. Teams that fail to do so will be disqualified.

The fourth member (D) needs to climb the stairs to reach the Finish Line on the 61st Floor.



**** Runners should turn left and run 20 meters on the 54th Floor - the refuge floor - before reaching the stairs to the 55th Floor.**

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3. Notes for Race

- (1) Runners must wear the bibs provided by the Organiser. Timing chips are attached to the bibs for all runners. Please do not damage the chips. There is no need to return the bibs after the event.
- (2) The venue will be separated into designated areas. For example, the starting area is only for participants and staff. Relatives, friends, media and spectators should stay in other designated surrounding areas.
- (3) Due to the limited space on the stairs, **runners should stay on the right (inner circle) when running**. Do not run in the middle of the stairs or block other runners.
- (4) Should runners wish to overtake other runners, they should do so on the left side of the stairs (**inner circle**). Do not run side by side on the stairs. There will be staff monitoring the event and runners will be disqualified if they are found to have broken any of the rules.
- (5) Macau Tower's cargo lift will be used for event preparation and emergencies. If runners feel unwell, they should contact the staff, who will be stationed on alternating floors. Runners who feel unwell can leave via the cargo lift if needed. **Should a runner wish to quit during the event, staff will advise them to stay at an appropriate location, and provide directions on how to leave the Tower.**
- (6) Runners should leave the Tower according to arrangements made by staff. Runners are advised to finish the race within the time limits below. Runners will be advised to withdraw from the race if they cannot complete the race within the time provided.

Full race: 45 minutes	Half race / Team relay: 30 minutes
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- (7) Runners should ensure that they are physically fit for the event and send the Waiver to the Organiser on or before 13 Oct 2025. The Waiver can be downloaded here: [OTR2025 Individual Application Form and Waiver Agreement](#)
- (8) Participants must follow the Organiser's instructions during the run. If participants are found to have disobeyed the rules or disrupted the event, the Organiser's staff have the right to request the participants to immediately stop the competition and leave the Tower, they may also be disqualified.

- (9) The Organiser has appointed volunteers as the referees for the event. All disputes on the event day and results announced after the event are subject to the decisions of Oxfam in Macau and the volunteer referees.
- (10) Water stations will be set up on the event day to provide participants with bottled water and carton-packaged drinks.
- (11) During the race, participants may need to use both hands to hold the railing to run up. Participants are encouraged to bring their own gloves if needed.

4. Inclement weather

If Typhoon No. 8 or a black rainstorm signal is issued by 6:00 AM, the event will be cancelled. Please check the event webpage and our Facebook page for announcements.

Oxfam reserves the right to make the final decision on the supplementary event format or to cancel it due to unforeseen circumstances. All donations and application fees are non-refundable. Thank you for your understanding.

Event webpage: <https://www.oxfam.org.hk/en/join-our-events/oxfam-towerrun>

Oxfam in Macau Facebook page: <https://www.facebook.com/oxfaminmacau/>

5. Contact us

Macau

Alameda Dr. Carlos d'Assumpção No.258, Praça Kin Heng Long, 18 Andar F, Macau

Tel: (853) 2875 7750 - Enquiry on the day of the event

Fax: (853) 2875 7667

Email: towerrun@oxfam.org.hk