

Nominations for TriHK Executive Committee Member

中國香港三項鐵人總會執行委員會提名

Please complete this form in BLOCK LETTERS 請用正楷填寫本表格

Position 職位	Name of Nominee 被提名者	Member No. of Nominee 被提名者會員號碼	Affiliated Clubs (if any) 代表屬會 (如有)	Signature of Nominee 被提名者簽名
Secretary 秘書				

Name of Proposer 提名人姓名	Member No. of Proposer 提名人會員號碼	Signature of Proposer 提名人簽名
Name of Seconder 和議人姓名	Member No. of Seconder 和議人會員號碼	Signature of Seconder 和議人簽名
Date Submitted 遞交日期 : ____/____/____		

- Note 1:** Any two Members may nominate an eligible Ordinary Member to serve as the Secretary of the Committee, having previously received his assent.
- 註一: 任何兩名會員在得到同意下、可提名一位會員成為執行委員會中的秘書。
- Note 2:** Nominations for the election of Committee members shall be submitted in writing to the Secretary by the Proposer at least 7 clear days prior to the holding of the Annual General Meeting. Each nomination shall be signed by the proposer, seconder and nominee and accompanied by the Candidate's Declaration, duly signed by any eligible Ordinary Member nominated for election.
- 註二: 請將提名表格於週年會員大會舉行前七日送交秘書處。提名表格必須由提名人、和議人及被提名者簽署方為有效。
- Note 3:** Any one Affiliated Club can only have a maximum of two members on the Committee at any one time.
- 註三: 同一屬會內、同一時期最多只可有兩名代表成為執行委員會成員。
- Note 4:** Please complete the accompanying Nominee Portfolio and Declaration (in both English and Chinese, where practicable) and return along with your Nomination Form. Completion and return of the Nominee Portfolio and Declaration is not compulsory. However, please note that all duly completed Nominee Portfolio and Declaration forms will be made available on the website of the Hong Kong Triathlon Association, and at the Annual General Meeting. As such, completing and returning the Nominee Portfolio and Declaration may assist in the election process.
- 註四: 請填妥附上之被提名者個人簡歷及聲明並連同提名表格一併遞交。此簡歷及聲明並非必須，惟有助選舉之進行。

Please submit the completed Nomination Form, Nominee Portfolio & Declaration to the TriHK Office **during the period beginning at 12:00p.m. on 26th November 2025 (Wednesday) and ending at 5:00 p.m. on 11th December 2025 (Thursday)**. Please seal the envelope and indicates 「Nominations for TriHK Executive Committee Member & Attn: Ms. Cynthia Lee, Executive Manager」 on the cover of envelope OR email to nomination@triathlon.com.hk. The incomplete and late nomination will not be accepted. The nominee will receive a confirmation via email after submitting the application.

請於 **2025 年 11 月 26 日 (星期三) 下午 12 時正至 2025 年 12 月 11 日 (星期四) 下午 5 時正期間內**將完成的提名表格、被提名者個人簡歷及聲明的正本以密封形式交回中國香港三項鐵人總會辦事處，請於信封面註明「中國香港三項鐵人總會執行委員會提名表格，行政經理李詩樂小姐 收」或 可電郵至 nomination@triathlon.com.hk。逾期提交及未完成的提名表恕不受理。被提名人遞交申請後將會收到確認電郵。

Triathlon Association of Hong Kong China 中國香港三項鐵人總會

Address: Room 1020, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong
地址: 香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1020 室

Declaration 聲明

Candidates Declaration:

I _____ solemnly and sincerely declare as follows:

1. I am the person named above nominated as a candidate in this election or for appointment as a member of the Executive Committee of the Triathlon Association of Hong Kong China (The Association).
2. I am fully aware of the duties, responsibilities and time commitments required of me in the office for which I seek to be elected or accept to be co-opted.
3. I promise to serve the Association in the best interest of all its members with fairness and without prejudice; to cooperate in unison with all members of the Executive Committee and Secretariat; to uphold the Constitution of the Association; to fulfill all duties and responsibilities of an Executive Committee member; and to fully complete the tenure of office for which I am elected or co-opted, to the best of my abilities.
4. I meet all the requirements and criteria to be nominated and elected for office in the Executive Committee; I have the relevant skills, experience and past achievements to serve in the Executive Committee, and I have a proposed program of action which I will seek to implement for and contribute to the Association.

By signing this declaration, I swear the statements made above are true and do hereby declare my intent to seek the office for which I seek to be elected or co-opted.

N.B. The Chinese version of this declaration is provided for the ease of reference only. Should there be any inconsistencies between the English and Chinese versions of this declaration, please note that the English version shall prevail.

聲明:

本人 _____ 鄭重聲明如下:

1. 本人為上述之被提名在這次選舉中參選之候選人或被委任為中國香港三項鐵人總會（總會）執行委員會的成員。
2. 本人充分認識到被提名或委任職位所需的職責，責任和時間要求。
3. 本人承諾：竭盡所能公平地以總會的最佳利益為依據，服務及協調執行委員會的成員和秘書處的合作；維護總會的章程，並盡所能，完成整個任期。
4. 本人達致被提名並當選為執行委員會委員的要求和標準，並持有相關的技能，經驗和成就。本人將設法實施所提出之行動大綱，並為總會作出貢獻。

通過簽署這份宣誓書，我發誓，上述聲明是真實，且在此聲明我尋求選舉或增選職位的意圖。

註：此中文版本謹供參考，一切內容均以英文版本為依據。

Signature 簽署:

Signed in the presence of 見證人姓名:

Signature 見證人簽署:

Date 日期:

Nominee Portfolio 被提名者個人簡歷

1. Name of Nominee 被提名者姓名：(ENG) _____ (中文) _____
2. Year(s) of Participation in triathlon sports 參與鐵人運動年期： _____
3. Experience in Committee Service 執委會服務經驗：
Triathlon Association of Hong Kong China 中國香港三項鐵人總會
(Position 職位 / Years 年份 e.g. Treasurer 01-03) : _____
Other Association(s) 其他總會
(Assn. 總會 / Position 職位 / Years 年份, e.g. HKAAA Excom 02-06) : _____

4. Current Occupation 現時職業： _____
5. Educational Level 教育程度 (Please✓where appropriate 請✓合適空格) :
☐ University degree 大學學位或以上: _____
☐ Associate / Diploma / Higher Diploma 副學士 / 高級文憑 / 文憑
☐ Form 6 / Form 7 高中畢業 ☐ Form 3 初中畢業
6. Skills, experience and achievements in sports and Triathlon 三項鐵人或其他運動項目之技能、經驗及成就:

7. Proposed goal and program of action for Triathlon 對三項鐵人之目標及行動大綱:

8. Brief self-introduction 自我簡介：

