



Official Newsletter of  
Sports Federation &  
Olympic Committee of  
Hong Kong, China

AUG 2016  
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# OLYMPIC VOICE

奧訊

of Hong Kong

- Hong Kong will send 38 athletes to compete in 9 sports in Rio 2016 Olympic Games
- Hong Kong Badminton Team sends record high number of players to Rio Olympics
- "2016 Olympic Day - Olympic Fun Run" - encouraging families to participate in sports





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## Message from President of the National Olympic Committee of Hong Kong, China

### 中國香港體育協會暨奧林匹克委員會會長獻辭

Let us dedicate this edition to salute the athletes who are representing us at the Rio 2016 Olympic Games due to unfold in August. We need to give encouragement to our athletes who have given so much of themselves in pursuit of our common dream of excellence through sportsmanship. We have invested in them our hopes and get them from the reasons to be proud of for they embody the essence of who we are as a person. May they succeed in knowing our community stands beside them in every stride they take for we are close by even though they compete for our honor from so far away. Onward to Rio and glory.

讓我們對即將在8月出發前往巴西參加里約2016奧運會的運動員致以最高敬意。我們必須對運動員給予鼓勵，令他們在奧運場上展現出體育精神，追求我們的共同夢想。我們已經將希望寄予在他們身上，而他們的表現也將會使大家感到自豪。願他們在全港市民的支持下取得佳績，為港爭光，讓我們昂然邁向里約和光榮！

**Timothy T. T. Fok, GBS, JP**  
**霍震霆 GBS, JP**

President, National Olympic Committee of Hong Kong, China  
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中國香港體育協會暨奧林匹克委員會會長  
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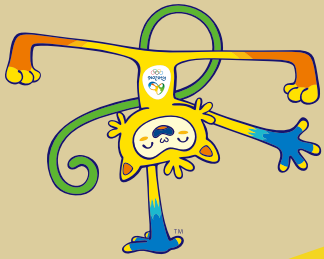




05 - 21  
AUGUST

## Hong Kong, China Delegation's Competition Schedule in Rio 2016 Olympic Games

RIOTIME	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Opening Ceremony	●																
 Athletics								●	●	●	●	●	●	●	●	●	●
 Badminton							●	●	●	●	●	●	●	●	●	●	
 Cycling Mountain Bike																●	●
 Cycling Road		●	●			●											
 Cycling Track							●	●	●	●	●	●					
 Fencing		●	●	●	●	●	●	●	●	●							
 Golf							●	●	●	●			●	●	●	●	
 Rowing		●	●	●	●	●	●	●	●								
 Swimming		●	●	●	●	●	●	●	●								
 Table Tennis		●	●	●	●	●	●	●	●	●	●	●	●				
 Sailing Windsurfing				●	●	●	●	●	●	●	●	●	●	●			
Closing Ceremony																	●



# Medals for Rio 2016 Olympic Games



## About Medals

Symbols of sustainability, accessibility and sporting excellence.

Specialty - environmental materials

1<sup>st</sup> time slightly thicker in the middle than the edge

Front side

laurel leaves, symbol of victory in ancient Greece, highlights the relationship between the power of Olympic heroes (Olympians) and the natural forces.

Reverse side

Nike, image of the Greek goddess of victory, with the Panathinaiko Stadium and the Acropolis in Athens, symbols of modern Greece.



## The Podium

Resembles the natural 'Look' of the Games by producing with a combination of wood and foliage.



## Olympic Slogan: 'RIO 2016: A NEW WORLD'

The official slogan for the 31<sup>st</sup> Summer Olympic Games unites with the Olympic movement of transforming world to a better world through sport. Together with the torch, the medals and the mascots, the core values of the slogan and manifesto are unity, respect for diversity and the will for change.



## A Message of Hope: First Refugee Team will compete under Olympic Flag

Rio 2016 Olympic Games is the first ever Olympics to have a refugee team. The initiation began in 2015 by International Olympic Committee to signify their humility and contribution to the society through their talent, skills and strength of human spirit - sports transform the world to a better world.

Tegla Loroupe, Olympian and former marathon world record-holder, will be the team's Chef de Mission while Brazilian Isabela Mazão recommended by Nations Refugee Agency (UNHCR) will be the Deputy Chef de Mission. The ten athletes of swimming, judo and athletics will match under Olympic flag.

## Do you know about Olympic Village?

- Serve over 14 million meals in total
- Serve over 60,000 meals per day
- Over 210 tons of food per day





# 里約2016奧運會 中國香港代表團



## 團長的話

希望各位運動員本着不斷求進、永不自滿的奮鬥精神，在奧運會中不畏強敵、超越自我，發揮極限潛能，爭取最好成績為港爭光。

團長Facebook專頁：

f rihkgcdm





### 葉颯延

羽毛球—女子單打

今次第三次出戰，希望真的做到輕裝上陣，創造奇蹟。

### 胡贊

羽毛球—男子單打

遇到任何對手，我都會以最好心態迎戰！



### 伍家朗

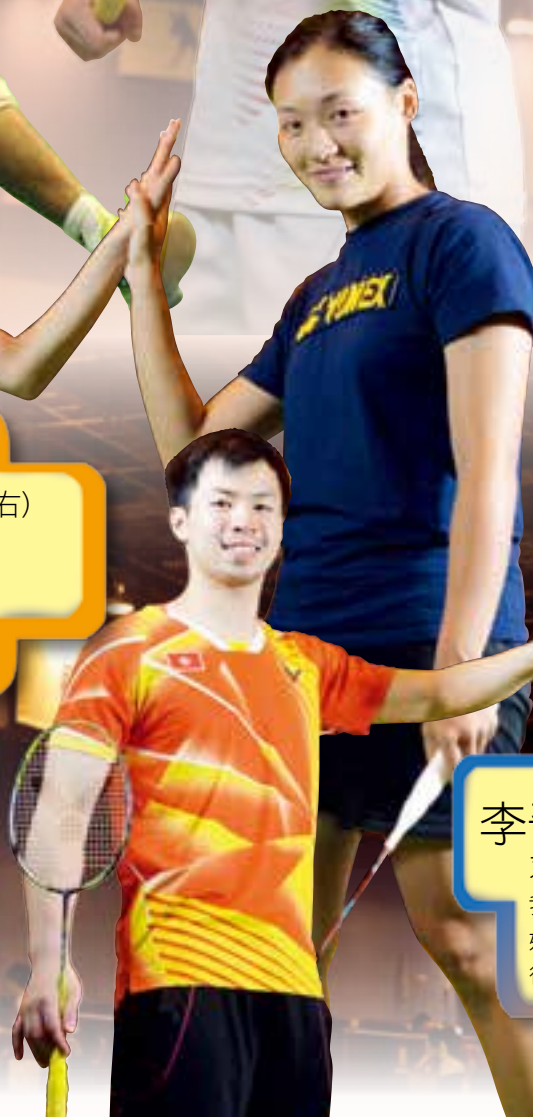
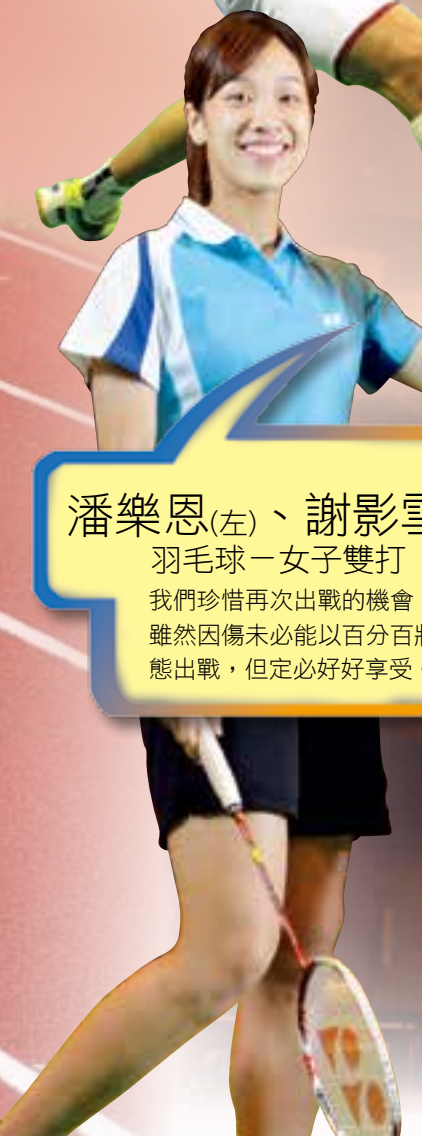
羽毛球—男子單打

第一次出戰奧運會，我會努力衝擊每個對手！

### 潘樂恩(左)、謝影雪(右)

羽毛球—女子雙打

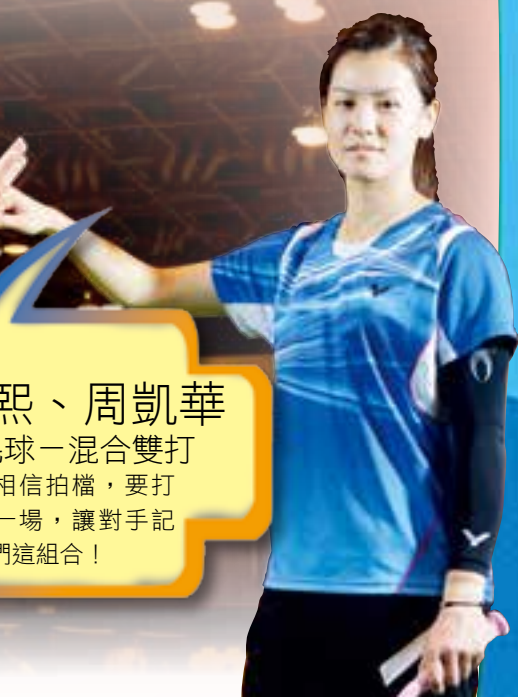
我們珍惜再次出戰的機會，雖然因傷未必能以百分百狀態出戰，但定必好好享受。



### 李晉熙、周凱華

羽毛球—混合雙打

我們相信拍檔，要打好每一場，讓對手記得我們這組合！





**陳振興**  
單車—男子山地賽  
多了父親身分出戰，希望為兒子做好榜樣。

**陳銘泰**  
田徑—男子跳遠  
能夠跳入奧運當然高興，最重要是希望可以打破個人海外最佳成績。

**張敬樂**  
單車—男子個人公路賽  
以完成賽事為目標，若幸運的話，可達前列位置甚至衝擊獎牌。

**梁峻榮**  
單車—男子場地賽  
希望能突破自己過往的最佳成績，踩入前10名。

**孟昭娟** 單車—女子場地賽  
我要在奧運場上表現最好。

**刁小娟**  
單車—女子場地賽  
第一次出戰奧運，但我相信仍有望爭獎牌。

**李慧詩**  
單車—女子場地賽  
心態上想奪牌，但最重要是踩好每一項。







### 姚潔貞

田徑—女子馬拉松  
希望跑出2小時34分內的成績，躋身30名內，讓更多人知道香港也有出色的運動員。

### 黃鎮廷

乒乓球—男子單打及團體賽

上屆以後備身分出戰，感受過奧運氣氛下，今屆更少顧慮，全力爭勝！



### 何鈞傑

乒乓球—男子團體賽

在師兄指導下，自己進步不少，希望可以助港隊奪得獎牌。

### 唐鵬

乒乓球—男子單打及團體賽

與太太一起再戰奧運會，盼奪獎牌成為兒子的榜樣。

### 李皓晴

乒乓球—女子單打及團體賽

今屆我有明確目標，就是以全力爭取獎牌！

### 杜凱琰

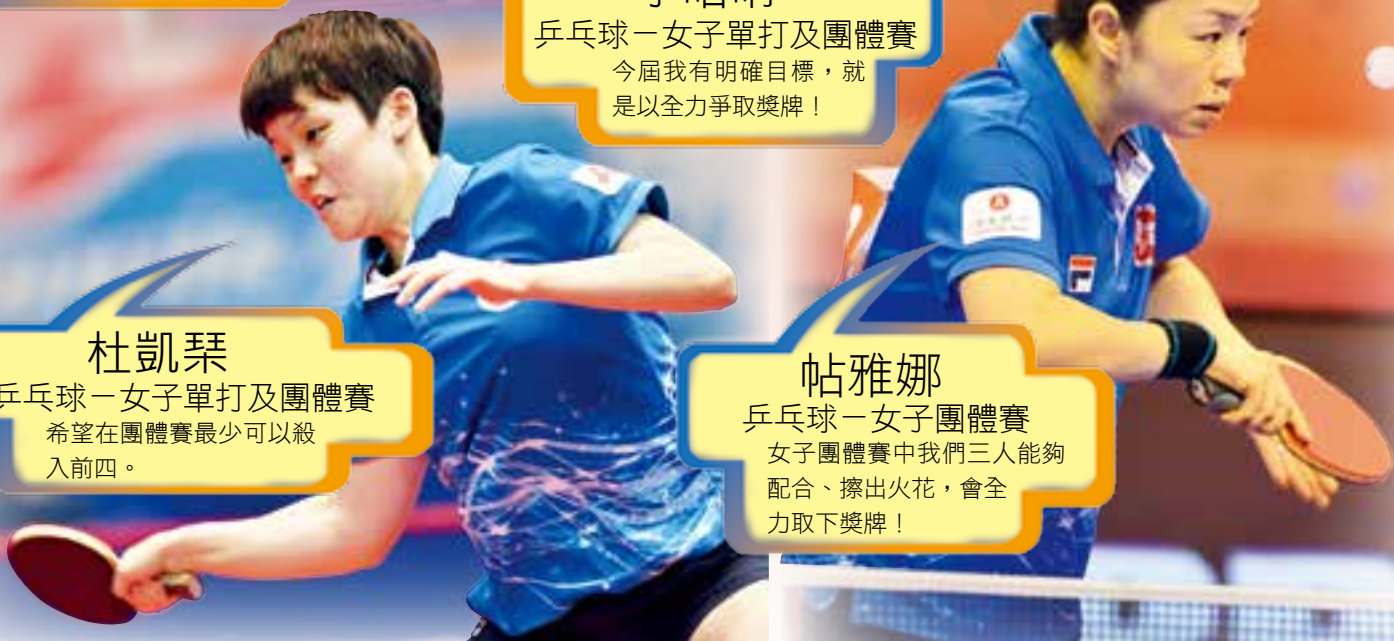
乒乓球—女子單打及團體賽

希望在團體賽最少可以殺入前四。

### 帖雅娜

乒乓球—女子團體賽

女子團體賽中我們三人能夠配合、擦出火花，會全力取下獎牌！





### 張家朗

劍擊—花劍男子個人賽  
我會好好享受比賽！



### 江旻憓

劍擊—重劍女子個人賽  
我會放鬆比賽，盡力爭取好表現。

### 連寶香

劍擊—花劍女子個人賽  
第二次出戰奧運，要突破上屆成績，心態平穩是重要因素。



### 鄭俊樑

滑浪風帆—男子RS:X賽  
要全力晉身前10名！



### 李嘉文(左)、李婉賢(右)

賽艇—女子輕量級雙人雙槳艇  
我們珍惜失而復得的機會，力創佳績！



### 趙顯臻(後)、 鄧超萌(前)

賽艇—男子輕量級雙人雙槳艇  
以汲取經驗為主，目標是2018亞運及2020年的奧運！



### 盧善琳

滑浪風帆—女子RS:X賽  
會以前輩李麗珊為目標，力爭好成績！



**歐鎧淳**

游泳－女子4x100米混合泳接力

第三次出戰奧運會，能夠成為港隊開幕典禮持旗手是我一生最光榮的事。

**何詩蓓**游泳－女子200米自由泳、  
女子200米個人混合泳有幸成為首位達奧運A標香港泳手，  
希望游出個人最佳成績。**江志懿**游泳－女子100米蛙泳  
女子200米蛙泳雖認為過程比成績更重要，  
但仍希望入到準決賽，甚至  
決賽！**謝旻樹**

游泳－男子50米自由泳

希望享受比賽，有一次  
奇妙的經歷。**施幸余**

游泳－女子4x100米混合泳接力

第一次有接力隊出戰奧運會，當然  
要以打破香港紀錄為目標！**劉彥恩**游泳－女子100米背泳  
女子200米背泳奮鬥8年終圓奧運夢，我要  
游進世界前16名！**鄭莉梅**游泳－女子50米自由泳  
女子100米自由泳  
女子200米自由泳

全力爭取晉身決賽！

**陳芷澄**

高爾夫球－女子個人賽

平常心應戰，以打入  
世界前40為目標。



STRONGER  
TOGETHER  
IN Rio 2016



Proud Partners of the Hong Kong, China Olympic Team



## 香港羽毛球代表隊 出戰里奧創新高

經過整整一年的賽季，在世界各地馬不停蹄地參與不同賽事，好不容易才取得一個奧運會席位。香港羽毛球代表隊於今屆里約奧運會前，取得的席位更不止一個，而是七個。今屆羽球隊將派出歷來最多球手參與這個全球矚目盛事，以「黑妹」葉妮延為首，與胡贊、伍家朗、周凱華、李晉熙、潘樂恩和謝影雪一同代表香港上陣，登上里約奧運舞台。

里約奧運羽毛球項目的參賽資格，是按球手過去一年於奧運周期內計分賽事的表現，奧運積分達至世界一定排名便可進軍里奧。香港隊於今屆奧運派出歷來最多七個名額參賽，見證著本土球員踏入成熟期，與上屆只有四名代表參賽相比，今屆可謂未出戰已先破紀錄，七人之中有三人有奧運經驗，其餘四人則屬首戰奧運。



### 里約2016奧運會 香港羽毛球隊名單

女單：葉妮延  
男單：胡贊、伍家朗  
女雙：潘樂恩、謝影雪  
混雙：周凱華、李晉熙



## Hong Kong Badminton Team sends record high number of players to Rio Olympics

After a whole year's qualification competition, Hong Kong Badminton Team will be sending a record high of seven players namely Yip Pui Yin, Hu Yun, Angus Ng Ka Long, Chau Hoi Wah, Reginald Lee Chun Hei, Poon Lok Yan and Tse Ying Suet, to participate in Rio 2016 Olympic Games in August 2016.

In London 2012 Olympic Games, only four badminton players were qualified to the Games. This year's record high of seven players proved the team has matured. The team consists of three experienced Olympians with the rest made their Olympic debuts in Rio.

### Following are synopsis of their interviews:

Achieving the best result ever in Hong Kong badminton history in London 2012 Olympics, Yip Pui Yin did not dream of participating in Rio 2016 Olympics due to the unsatisfied results for the year. She even planned to retire before getting the ticket to Rio. With the encouragement from the coach and her team members, Yip recaptured her passion in badminton and eventually qualified to Rio with unruffled calm.

34-year-old veteran Hu Yun, an experienced but qualified for the first time in Olympic Games and 'Lin Dan Assassin' - Angus Ng Ka Long, both expressed that they will try to compete for striving excellence without being too stressful.

The Mixed Doubles representatives, 30 years old Chau Hoi Wah and 22 years old Reginald Lee Chun Hei said they will perform their best while they still enjoy every match.

Despite Poon Lok Yan's knee ligament injury last December at the Macau Open, the Women's Doubles pair, Poon and Tse Ying Suet's accumulated enough points of world rankings and enabled them placed at 22<sup>nd</sup> at the cut-off date of Olympic qualification, that secured their appearance at Olympic Games again after London 2012 Olympics.

The Head Coach Tim He Yi Ming attributed the record of seven players to the Games to a lift in standards and more resources being poured into the sport in the past 20 years. Tim thinks both veteran and young players have different advantages in the Games, "Veteran players are more experienced while new comers play aggressively without burden."

## 出戰奧運 心理質素比技術更關鍵

### 葉姵延：硬頸令我堅持

也許硬頸就是運動員的天性，06年多哈亞運，當年19歲的「黑妹」憑著飛身救波的拼勁表現，於8強擊敗當時世界第一的中國球手張寧，最後更奪得銀牌，一夜成名。08年北京奧運，因受著傷病困擾而緣盡64強。至12年倫敦奧運，「黑妹」憑著永不言敗的精神，歷史性闖進8強，創下香港隊女單在奧運最佳成績，但這成績背後絕對來得不容易。

「老實說，我從沒想過可以再去奧運會了，過去一年來的奧運的計分賽站多達20多個，頭半年沒有成績，好迷失，無方向，心內一直都是在捱過每天訓練。」「黑妹」曾向教練提出於里奧前退役，想放棄羽毛球，但被教練勸阻。「黑妹」

心裡仍然無法釋懷：「以前我都得，依家點解會唔得。」

直至今今年2月泰國公開賽，「黑妹」被隊友魏楠及胡贊「點醒」：「他們看著我一味盲目去打波，死練、輸波、不開心，不停地惡性循環。」那次她決定轉換心態去打，那場次圈賽事她贏了，不在乎名次，而是找回了對羽毛球的感覺，更甚的是她真正明白前香港隊總教練陳智才常說「輕裝上陣」的意思。



### 胡贊：我也是「後生仔」

「黑妹」是港隊大師姐，34歲的胡贊也是港隊老大哥，但今屆里奧才是他運動生涯的首個奧運會。「其實以參加奧運來說，我也是『後生仔』，希望我們七個人一齊努力為香港爭取獎牌。」

不少運動員會說，奧運會比的不單止是技術，更多的是比心理，經驗愈老到的愈佔優，胡贊當然深切明白這個道理。「我這個年紀去打奧運，最重要調整好心態，當一個普通比賽去應付，別令自己太緊張，遇著任何對手也是全力以赴。」

## 奧運新手： 初踏最高競技場 全力衝擊創奇蹟

### 伍家朗：以挑戰者身份衝擊每場比賽

將與胡贊同樣出戰男單、22歲的伍家朗，也是初登奧運舞台。原本以2020年東京奧運做目標，但如今夢想提前四年實現。家朗於去年香港超級賽擊敗林丹，今年又在新加坡公開賽贏過「世界第一哥」諶龍，這些佳績背後隱藏著一個個奮鬥故事。

「未做全職球員時，每日放學鐘聲一響，就要衝出課室趕回體院練習。」犧牲與同學相處時間，也要追趕功課進度，即使考公開試也堅持訓練，才能有今天大家看到的伍家朗。

剛出道時家朗單雙打兼顧，與拍檔李晉熙奪過世青金牌，成為全職球員後才專注單打，雖然曾有人質疑他放棄雙打的決定，但時間證明了當初的堅持是正確的。家朗說里奧是賺回來的，不會有包袱，儘管被稱「林丹殺手」，他享受比賽，以挑戰者的身份去衝擊每場比賽。」



## 混雙： 打法、思路、目標一致

周凱華、李晉熙：信任拍檔 即使迷失也能克服

首次踏足奧運的還有混雙組合周凱華（Cathy）和李晉熙（光頭仔），亦是繼亞特蘭大1996奧運會後，香港隊再次出戰奧運混雙項目。被傳媒形容為「姊弟配」，30歲的Cathy和22歲的「光頭仔」沒受年紀差距而影響場上的合拍。

「我們打法、思路和目標都一致，大家同樣對自己要求很高。」搭檔三年多的組合漸漸在世界羽壇打出成績，去年於澳洲更奪得他們生涯中首個超級系列賽冠軍。給對方100%信任，是他們即使迷失也能克服的關鍵：「會迷失是因想進步、想突破，便要嘗試一些之前不會做或做不好的事情。」兩人互信就是無需說太多話，一邊做一邊配合，然後克服每個難題。兩人里奧的目標簡單明確：「打出李晉熙與周凱華的球風，享受每一場比賽，讓對手記得我們。」

## 女雙：「失而復得」 更珍貴的奧運機會

潘樂恩、謝影雪：轉換策略迎戰里奧

上屆倫敦於小組賽止步的女雙代表潘樂恩和謝影雪也驚險地取得里奧入場券。倫敦後她們曾一度拆夥，潘樂恩回校園重拾課本，謝影雪嘗試尋找新拍檔，卻找不回從前的火花。為了再嘗奧運夢，在教練陳康建議下，兩人於里奧計分賽前決定復合。

「小別勝新婚」是給她們最好的形容詞，二人重組後狀態大勇，於去年10月在德國黃金大獎賽奪得亞軍，當奧運資格看似十拿九穩之時，11月的澳門黃金大獎賽決賽上，潘樂恩卻因左腳落地受傷，被證實是前十字韌帶撕裂及半月板移位，需要做手術，意味著12月至5月的奧運計分賽也無法參加。一度以為就此緣盡里奧，但原來上天跟她們開了玩笑，至5月底公佈排名時，兩人仍以世界排名第22位、第13隊的名次取得奧運資格。

「失而復得」讓她們更珍惜出戰里奧的機會，兩人過去攜手在世青奪銅、日本超級系列賽奪冠、首次殺入倫敦，今次再闖奧運，心態上早已成熟不少，並已想好戰術應對。

謝影雪說著：「以往是我站前，她在後，奧運將會調轉位置，我在後場多跑動，協助剛傷愈的她。」儘管未必能以百分百狀態出戰，但仍會盡全力去享受里奧每場比賽。

## 總教練何一鳴：老將新兵各有優點

今次香港隊能派出七位球員參賽，為歷屆奧運中最強陣容，港隊總教練何一鳴謂這是經過20年來政府及香港體育學院訓練及培育本土球員的成果。「取得奧運資格已能夠說是達到一個標準，證明本土球員的水平。」何教練又指無論是經驗老將又或是首戰奧運新丁，他們均各有特點，前者經驗佔優，心態上處理大賽會較好；而小將則在球場上富衝擊力。

何教練期望港隊各球員在場上能放開心態一拚：「我們隊中最高世界排名的也只是第10位，壓力在別人身上，期望他們把平日練習的水平發揮出來，為香港爭取好成績。」





## 2016奧運日—奧運歡樂跑 全家動起來！

父親節假日碰上萬里無雲的好天氣，既想做運動又想享受天倫之樂？「2016奧運日—奧運歡樂跑」一次過滿足你兩個願望！這項由中國香港體育協會暨奧林匹克委員會（港協暨奧委會）為慶祝國際奧委會成立而舉辦的年度盛事已經來到第30屆，今年更增設全新的親子歡樂跑項目，讓家長與小朋友一同參與其中，一眾爸爸更可以先做運動，再去慶祝！

### 新增火炬傳遞環節迎奧運

適逢今年是奧運年，會場內除了擺放以奧運為主題的展板及裝飾，大會亦在開幕儀式中增設火炬傳遞環節，由中國香港里約奧運代表團團長霍啟剛先生率領數名「喜動全城」奧運日計劃的參與師生「火炬手」進場，並把象徵傳承的火炬交給港協暨奧委會會長霍震霆先生GBS, JP、康樂及文化事務署署長李美嫦女士JP及一眾嘉賓點燃主火盤，為奧運日揭幕，整個過程更即時在團長的Facebook專頁直播。

開跑前香港迪士尼樂園的代表米奇老鼠及米妮老鼠亦有到場為參加跑手打氣，歡樂跑亦隨即開始。今年約有4,000人報名參加，當中包括30支來自各體育總會、政府部門、贊助商及非牟利團體的工商機構隊伍。霍啟剛先生亦身體力行，率領青年事務委員會隊伍完成5.6公里的路程。

### 風帆夫妻檔偕子女親子歡樂跑

至於今年增設的「親子歡樂跑」項目，大會亦花盡心思設計路線，除了要求跑步之外，家長與小朋友還需合力突破重重障礙才能到達終點，為歡樂跑增加難度的同時亦加添了樂趣。因此親子歡樂跑吸引到不少父母帶同子女參與，就連前香港滑浪風帆代表隊的「夫妻檔」何智豪（阿豪）及陳慧琪，亦帶同一對子女參與其中。

現正在沙灘營運生意的阿豪原來不時會帶同一對子女到沙灘做運動，除了跑沙灘外更教導一對女兒玩滑浪爬板及風帆，女兒亦遺傳了父母的運動細胞，連阿豪也大讚她們有潛質，所以今次便嘗試挑戰：「過往都有參加過其他跑步活動，不過由於女兒年紀太小，當時很艱難才能跑完呢！今次知道有這個『親子歡樂跑』，覺得適合我們便報名參加。」

不過當知道「親子歡樂跑」的路程約有0.5公里，阿豪看看身旁的女兒便打趣道：「500米？哇！有點兒太遠了，一會兒可否抱著她跑？最重要是享受過程，能否跑完是其次！」雖然爸爸這樣說，不過一對女兒還是很「爭氣」地靠自己一雙腿跑畢了全程，女兒甚至跑得比爸爸還快呢！







### 胡兆康現身為參加者打氣

除了親子跑外，現場亦有一連串奧運日活動，包括體育示範及攤位遊戲，為現場增添嘉年華氣氛。特地到場與一眾跑手分享運動心得的保齡球運動員胡兆康，就試玩了虛擬保齡球。在真實球道上頻頻「碌」出好成績的「康仔」笑言，自己在虛擬保齡球的球技僅屬一般：「雖然有兩次全中，不過有三次下了坑，每次想球轉彎時便下了坑！」

除了虛擬保齡之外，「康仔」更擔任之後舉行的拔河比賽裁判。香港拔河運動總會一眾成員在現場獻技及教授參加試玩的選手，就連奧運日籌備委員會主席余國樑先生BBS, JP, 亦忍不住加入，體驗拔河這項講求團隊合作的運動。雖然參加者都是即時學習拔河技巧，不過卻拉得有板有眼，亦對拔河這項運動有了基本掌握。

一年一度的奧運歡樂跑就在汗水與喜悅中落幕，看著剛剛學懂走路的孩子，小手牽著爸爸和媽媽的大手跑完「親子歡樂跑」的全程，你和我還有甚麼藉口偷懶不做運動呢？



### “2016 Olympic Day - Olympic Fun Run” Encouraging Families to participate in Sports!

“2016 Olympic Day - Olympic Fun Run” was held successfully on 19 June 2016, on the Father's Day. A new event “Family Run” was organized this year, allowing all participants to have a joyful family day.

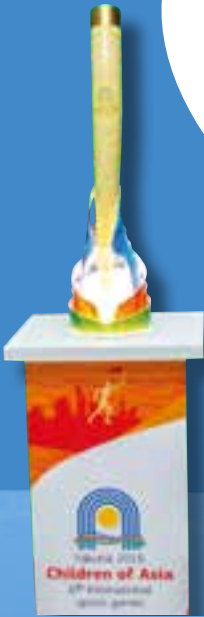
To support the upcoming Rio 2016, the venue was decorated in Brazilian color while a torch relay led by Mr. Kenneth Fok, JP, Chef de Mission of Hong Kong, China Delegation to the Rio 2016 Olympic Games was included in the opening ceremony. The torch was then passed to Mr. Timothy T.T. Fok, GBS, JP, President of SF&OC, Ms. Michelle Li, JP, Director of Leisure and Cultural Services and other distinguished guests to light up a symbolic “Olympic Flame” to officiate the Run.

Before Olympic Fun Run started, the Disney characters Mickey and Minnie came to cheer for the runners. There were around 4,000 participants including 30 corporate teams ran for joy in the 5.6km route. National Sports Associations, government departments and sponsors also formed teams in the Run.

This year, a new event - “Family Run” was organized for both parents and children to participate in sports together and to complete the 0.5km obstacle route. “Windsurfing couple” Ho Chi Ho and Vicky Chan Wai Kei, enjoyed the Run with their twin daughters.

In addition, different sports demonstrations and game booths were included in the Olympic Day carnival. Tenpin Bowling athlete Wu Siu Hong also participated in the virtual reality Tenpin Bowling game and joked that it was not easy to play.





The Hong Kong, China Delegation made its debut in 6<sup>th</sup> Children of Asia International Sports Games (CAISG) in Yakutsk, Russia in July 2016. Delegated by the Sports Federation and Olympic Committee of Hong Kong, China, the Hong Kong Schools Sports Federation (HKSSF) administered and led a team of 40 young athletes all aged 16 or younger to compete in 3 events (Track and Field Athletics, Table Tennis and Swimming).

## About 6<sup>th</sup> CAISG

Date: 5 - 17 July 2016  
Place: Yakutsk, Russia  
Patronage: UNESCO and IOC  
Age of Athletes: 13 - 16  
Host: every year since 1996  
No. of sport: 15



## Flag Presentation Ceremony

The flag presentation ceremony of the CAISG was held on Friday, 24 June 2016 at the Lecture Theatre of the Hong Kong Sports Institute. We were honored to have Mr. Yeung Tak Keung, JP, Commissioner for Sports, Ms. Vivien Lau, BBS, JP, Vice-President of Sports Federation & Olympic Committee of Hong Kong, China, and Mrs Stella Lau, Chairlady of the Hong Kong Schools Sports Federation to officiate the ceremony, and wishing athletes of the Hong Kong, China Delegation strive for their best in the Games and a victorious return from Russia.

## Results of Hong Kong, China Delegation in 6<sup>th</sup> CAISG

				Total
Athletics	1	1	5	7
Swimming	4	3	9	16
Table Tennis	0	3	2	5
<b>Total</b>	<b>5</b>	<b>7</b>	<b>16</b>	<b>28</b>

Detailed results:  
[http://www.hkssf-ext.org.hk/external/2015-2016/CAISG\\_Result\(1-3%20position\).pdf](http://www.hkssf-ext.org.hk/external/2015-2016/CAISG_Result(1-3%20position).pdf)



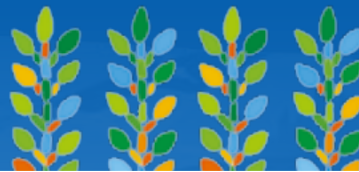
Table Tennis Team clinched 3 silver and 2 bronze medals in the Games.



Hong Kong Swimming Team grabbed 4 gold, 3 silver and 9 bronze medals in the 6<sup>th</sup> CAISG.



Shing Cho Yan won a gold medal at Girls Athletics 100m hurdles event.





Hong Kong has been participating in the ABG since its 1<sup>st</sup> edition in Bali, Indonesia, 2008. For the upcoming 5<sup>th</sup> ABG in 2016, Hong Kong, China Delegation will be taking part in 9 sports: Aquatics – Water Polo, Aquatics – Marathon Swimming, Athletics, Handball, Coastal Rowing, Shuttlecock, Volleyball, Woodball and Muaythai.

## 5<sup>th</sup> Asian Beach Games (ABG)

### About 5<sup>th</sup> ABG

Period: 24 September – 3 October 2016  
 Location: Danang City, Vietnam  
 Sports: 14 sports / 22 disciplines / 172 events  
 Participant: Approx. 5,000 pax  
 Slogan: Shining Sea, Bright Future  
 For details: <http://abg2016.com/>

### Mascot: *The Swiftlet*

The mascot is a stylized little boy with funny hair on the head, a small V-shaped tail (a characteristic of swift), holding a lit torch represents the spirit of unity, peace and health of human life. The sun of the Olympic Council of Asia and on the traditional wave of mascot costumes symbolizing the Asian Beach Games.



### Sports Pictogram



Athletics



Basketball



Body building



Football



Handball



Jujitsu



Kabaddi



Kurash



Muaythai



Pencak Silat



Petanque



Coastal Rowing



Sambo



Shuttlecock



Sepaktakraw



Marathon Swimming



Traditional Martial Arts



Volleyball



Vovinam



Water Polo



Wrestling



Woodball



## Flag Presentation Ceremony for the Hong Kong, China Delegation to Rio 2016 Olympic Games

The Flag Presentation Ceremony for the Hong Kong, China Delegation to the Rio 2016 Olympic Games was held at the Government House on 11 July 2016.

Guest of Honour The Honorable C.Y. LEUNG, GBM, GBS, JP, Chief Executive of the HKSAR accompanied by Mr. LAU Kong Wah, JP, Secretary for Home Affairs, Home Affairs Bureau in the presence of other distinguished guests from the Government, National Sports Associations and supporting parties presented the HKSAR flag to Mr. Timothy T.T. FOK, GBS, JP, President of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC), Mr. Ronnie M. C. WONG, JP, Hon. Secretary General of

the SF&OC and Mr. Kenneth K. K. FOK, JP, Chef de Mission (CdM) of the Hong Kong, China Delegation to the Rio 2016 Olympic Games.

Rio 2016 Olympic Games will be held from 5 August to 21 August 2016. Before the conclusion of the Flag Presentation Ceremony, all guests warmly wished the Delegation a great success in the Rio 2016 Olympic Games.

Website:  
<http://2016og.hkolympic.org>

CdM Facebook page:



### 30 days countdown to the Rio 2016 Olympic Games

In preparation for Hong Kong, China Delegation (Delegation) to the Rio 2016 Olympic Games, the Sports Federation & Olympic Committee of Hong Kong, China had organized a Team Officials' Meeting on 6 July 2016 to share with the team leaders the latest updates on the Games preparation, issues that they have to pay attention to before their teams' departure, during and after the Games period. All Delegation members were invited to attend the briefings by the Department of Health, Hong Kong Police and Hong Kong Anti-doping Committee for advices in health,

security and anti-doping.

In response to the public concern about the latest situation in Rio, Mr. Kenneth Fok, JP, Chef de Mission of the Delegation to the Games, together with other Headquarters and Medical Officials met with the local press members to share the latest information about the Delegation and Games preparation.



## 中國香港體育協會暨奧林匹克委員會 拜訪中國奧委會

本會於2016年5月23日至25日，在會長霍震霆帶領下，連同義務秘書長王敏超、副會長劉掌珠、郭志樑、貝鈞奇、胡曉明、霍啟剛、義務副秘書長楊祖賜、黃寶基共9位義務委員，組成訪京團，赴北京拜訪中國奧林匹克委員會(中國奧委會)，以期促進兩地體育交流和合作。

在為期三天的行程中，訪京團參訪了國務院港澳事務辦公室，與港澳辦副主任周波先生會面，並就體育作為加強兩地合作交流的形式進行了探討。其後，訪京團來到北京2022年冬季奧運會組織委員會，獲北京市副市長、北京冬

奧組委執行副主席張建東先生接待，並介紹北京冬奧之最新準備情況。24日晚，中國奧委會設宴歡迎訪京團，雙方出席人員分享了兩地體育發展的經驗，交流了中港體育合作的前景。

另外，中國奧委會主席劉鵬對訪京團透露，本屆里約2016年奧運會後，將應香港特區政府及本會的邀請，安排內地金牌運動員赴港進行親善訪問和示範表演，其日期初步定在八月底，而具體安排則有待雙方再作進一步商討。



中國奧委會主席劉鵬先生與霍震霆會長互相致送紀念品。



由本會9位義務委員組成的訪京團合影留念。



訪京團一行獲中國奧委會設宴接待。



Mr. Wong Po Kee, MH (3<sup>rd</sup> from the left) was elected as the Director of ASFAA from 2016 – 2020.

## The 14<sup>th</sup> Asiana Sport For All Association Congress

The 14<sup>th</sup> Asiana Sport For All Association (ASFAA) Congress with the theme "Leisure Activities Promote Sport for All" was successfully held in Macao, China on 11 – 15 May 2016. Mr. Wong Po Kee, MH, Hon. Deputy Secretary General of SF&OC attended the Congress and he was successfully elected as the Director of the ASFAA for a four-year tenure from 2016-2020 at the General Assembly during the Congress.



A group photo of all participants and speakers of the 14<sup>th</sup> ASFAA Congress

## 奧運倒數100日



港協暨奧委會會長霍震霆先生GBS, JP(左二)於4月27日聯同無線助理總經理杜之克先生(中)及康文署署長李美嫦女士JP(右二)主持「2016里約奧運會倒數100日」啟動儀式，為8月5日揭幕的里約奧運會進入倒數階段。



## Latest updates of SF&OC

After all 14 Elected Officers for 2016-2018 have been in post, SF&OC conducted its 370<sup>th</sup> Council Meeting on 17 June 2016. At the Meeting, the Council Members endorsed the Committees, Boards and Panels of SF&OC for the new tenure, the upgrading of the Hong Kong Triathlon Association's membership status from Associate Member to Ordinary Member, and accepted the Observer membership application from the Hong Kong Tug of War Association. As a result, the Federation currently has a total of 77 Member Associations.

## SF&OC Incentive Awards & Junior Incentive Awards 2015 Presentation Ceremony

In recognition of the outstanding performance and achievements of Hong Kong athletes in Multi-sports Games and World / Asian Championships in 2015, the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) presented cash incentives in total sum of HK\$999,218, including HK\$644,508 for Incentive Awards, and HK\$354,710 for Junior Incentive Awards to 35 Member Associations. The Presentation Ceremony of SF&OC Incentive Awards & Junior Incentive Awards 2015 was held on 17 June 2016 at the Olympic House. The Federation was honored to have Mr. Timothy Fok, GBS, JP, SF&OC President and Mr. Tony Yue, BBS, JP, Chairman of the Incentive Awards Committee officiated at the Ceremony and the Hon. Ma Fung Kwok, SBS, JP, Member of the Legislative Council as the presenters of the Awards.



## 港協暨奧委會首推手機Apps 讓市民緊貼奧運資訊

港協暨奧委會將推出手機應用程式，安卓（Android）版暫定於8月上旬在GOOGLE PLAY平台率先登場。市民可以「SFOC」或「港協暨奧委會」搜尋本會應用程式並免費下載。

除本會資訊及活動外，此應用程式將為用戶提供里約奧運會中國香港代表團最快、最新的資訊及精彩相片。



## 「喜動全城」奧運日計劃2016 - 活動花絮

2016正值「奧運年」，各中、小學校都十分踴躍參與「喜動全城」奧運日計劃。參加者都善用由港協暨奧委會設計的奧運活動冊，陸續於校內舉行一連串與奧運主題有關的活動，如奧運儀式、迷你奧運日、火炬接力等，一同「掀動、學習、體驗」，實踐奧運日的主题。



同學們透過影片欣賞環節，學習、了解奧林匹克精神與價值。



配合奧運主題與學校特色，同學們設計出獨一無二的獎牌。



師生們身體力行參與火炬接力活動，投入奧運精神，傳遞和平及友誼的信息。

## 奧運大樓 — 教育活動

為積極推廣奧林匹克精神及讓更多市民認識港協暨奧委會，奧運大樓管理有限公司提供參觀導覽服務予本地學校、大專院校及社區中心。活動內容包括講座，讓公眾人士了解體育與奧林匹克主義、香港體壇發展、港協暨奧委會歷史及背景和導覽奧運大樓的設施及工作範疇。

如欲查詢，請聯絡奧運大樓管理有限公司：

電話：(852) 2504 8504

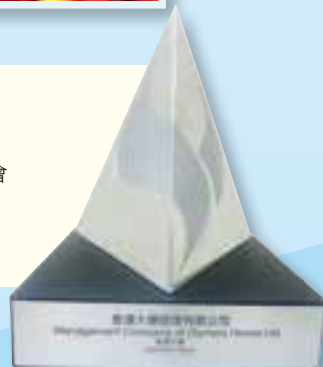
傳真：(852) 2881 1859

電郵：[mcohl@hkolympic.org](mailto:mcohl@hkolympic.org)



## 環保認證

奧運大樓管理有限公司連續第二年榮獲由環境運動委員會主辦的2015香港環境卓越大獎銀獎（中小企界別-服務業），以表揚奧運大樓在環境保護方面所作出的努力。



### Eco-tips

Olympic House reminds you:  
Save Water, Take Shorter  
Showers

**香港運動員就業及教育計劃**  
**Hong Kong Athletes Career & Education Programme**

**提升英語能力 · 運動員全面裝備自己 · 職場無往而不利！**

English enrichment for successful post-athletic career transformation!

新一期由EnglishTown贊助的網上綜合英語課程(價值港幣14,800元)現正開始接受運動員免費申請。

The online integrated General English Course (worth \$14,800) sponsored by EnglishTown is now available for application for FREE!

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課程的靈活性高 · 何時何地都可以學習英語!  
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EnglishTown 邀請四位運動員參與 "Hong Kong Sports - Hong Kong Spirit" 活動

圖左起) 包括: 周浩榮 (游泳-跳水)、黃韻晴 (單車)、楊秋玲 (劍擊) 及卓堯龍 (棒球) 分享其專項運動相關的英文術語, 讓大家對體育項目的專有名詞有更多的認識。

Four athlete representatives (from left to right) Mr. CHOW Ho Wing (Aquatics - Diving), Ms. WONG Wan Yiu, Janne (Cycling), Ms. YEUNG Chai Ling (Fencing) and Mr. CHEUK Woon Tse (Baseball) were invited by EnglishTown to join the "Hong Kong Sports - Hong Kong Spirit" event to share their respective sports specific terminologies in English.

聯絡我們  
Contact us

2504 8188  
hkacep@hkolympic.org



www.hkacep.com



Hong Kong Athletes Career and Education Programme (HKACEP)

**香港運動禁藥委員會  
攜手保障潔身自愛的運動員**

**Hong Kong Anti-Doping Committee  
Partnering with Anti-Doping Organizations  
to Protect the Clean Athletes**

香港運動禁藥委員會代表於2016年3月14至16日出席了於瑞士洛桑舉行的第12屆世界運動禁藥機構年度會議。

圍繞主題“共創良方”，會議集中探討各體育聯會、國家運動禁藥管制機構及其他相關運動禁藥管制組織如何完善彼此合作，以保護不用禁藥、潔身自愛的運動員，亦探討各種方案，務求保障他們參與公平比賽的權利。

世界運動禁藥機構今年於會場內安排視像播放，展出各運動禁藥管制組織所製作的運動禁藥教育短片。香港運動禁藥委員會所製作的三段有關行蹤資料及違規行為(1&2)的短片獲大會選中於主會議廳播放，並大獲好評。

請瀏覽本會YouTube頻道 (www.youtube.com/HKAntiDoping)，再次觀賞五段精彩教育短片！

Representative of HKADC attended the 12<sup>th</sup> WADA Anti-Doping Organization (ADO) Symposium held on 14 – 16 March 2016 in Lausanne, Switzerland.

Centered on the theme 'Partnering for Quality Practice', the Symposium focused on optimizing collaboration among International Federations, National Anti-Doping Organizations and other ADOs to protect clean athletes and to discuss ways and means of protecting their right to clean sport.

WADA had launched a video campaign this year to display anti-doping videos of ADOs at the venue during the Symposium. Three videos from HKADC on Whereabouts and Anti-Doping Rules Violation (1&2) were chosen by WADA to display at the main auditorium and were well received by the participants. Do visit our YouTube channel (www.youtube.com/HKAntiDoping) to watch all five education videos again!







香港業餘田徑總會  
Hong Kong Amateur  
Athletic Association

## Hong Kong Inter-city Championships 2016

Organized by the Hong Kong Amateur Athletic Association (HKAAA), subvented by the Leisure and Cultural Services Department, the "Hong Kong Inter-City Athletics Championships 2016" was successfully completed at Tseung Kwan O Sports Ground on 26 June 2016.

### Three New Hong Kong Records in field events

Choi Sin Ting, champion in Women's Senior Pole Vault, successfully set a new record at 3.45m for Hong Kong record & HKAAA record against her own record made in 2015 and Ting Ho Kiu in 2016. Lau Kwok Hung, Hong Kong Athletic Team member, shattered the former Hong Kong record of 4.31m made by himself in May twice and finished with 4.40m as the champion.

Ng Ki Sum, Hong Kong Athletic Team representative, captured the champion title in the Women's Javelin Throw and produced 49.37m in her last throw. Old record 48.58m was made by Woo Wing Tung in 2015.

### New Hong Kong Junior Record

For Men's Open Javelin Throw, Hu Meng from Hubei won the champion with 64.22m. Two other Hong Kong Team members also set two new records of which Lam Ming Yiu, 2<sup>nd</sup> runner-up, recorded 58.81m and Hui Wai Hei, 1<sup>st</sup> runner-up, made 60.52m for the silver medal. Info at [www.hkaaa.com](http://www.hkaaa.com)



香港羽毛球總會  
Hong Kong Badminton  
Association

## 「中銀香港2016年全港學界羽毛球團體錦標賽」 盛大舉行

這是一項不分新界、九龍、香港的跨區聯合學界羽毛球賽，提供了更廣泛的比賽交流平台，逾110隊包括大專、中學及小學隊伍參加賽事。

本屆賽事決賽暨頒獎典禮已於5月14日假蕙荃體育館舉行，數百名家長和同學到場，為決賽球隊打氣，氣氛非常熱烈。各場決賽後，隨即進行頒獎典禮，當日主禮嘉賓包括：中銀香港分銷網絡總經理勞秉華先生、本會主席湯偉掄先生、董事兼學界賽主委曾醒華先生、康樂及文化事務署梁愛美小姐。得獎組別及成績可瀏覽 [www.hkbadmintonassn.org.hk](http://www.hkbadmintonassn.org.hk)





香港棒球總會  
Hong Kong Baseball  
Association

## Samsung第59屆體育節 校際棒球比賽

為響應體育節「全民運動」的理念，本會於Samsung第59屆體育節中舉辦了校際棒球比賽，分別有大專組6隊、中學組11隊、中學女子高級組5隊、中學女子初級組10隊及小學組4隊，共計36隊超過400名學生參加。

全港大學生棒球對抗賽2016及全港中學棒球精英賽2016中學組冠軍隊已於6月19日產生，分別為香港大學及順德聯誼總會翁祐中學。中學棒球精英賽2016女子高級組及女子初級組冠軍分別為可風中學（薈色園主辦）及薈色園主辦可風中學（白隊）。

全港小學棒球錦標賽2016亦已於6月27至28日舉行。詳情可瀏覽：  
[www.hkbaseball.org/load.php?link\\_id=62664](http://www.hkbaseball.org/load.php?link_id=62664)



女子高級組冠軍隊可風中學



大專組冠軍隊香港大學



中學組冠軍隊順德聯誼總會翁祐中學



香港馬術總會  
Hong Kong Equestrian  
Federation

## LONGINES Jumping Horse of the Year Show 2016

The finale of the Horse of the Year Show 2015/16 – LONGINES Jumping Horse of the Year Show 2016 organized by the Hong Kong Equestrian Federation was completed with breaking record of 129 entries at The Hong Kong Jockey Club Beas River Equestrian Centre on 30 April.

LONGINES Jumping Class with two rounds (105cm) and Grimshaw Plate with two rounds (120cm) sponsored by LONGINES were the most fiercely fought competitions of the day. Lennard Chiang and Florence Fu were the winners of two classes respectively. On top of all, Eric Wei with his horse Uncle Sam won the title as the LONGINES Jumping Horse of the Year of the season 2015/16.

Sunny Smiles ridden by Boris Yue was crowned the Dressage Horse of the Year while Quick Money ridden by Tang Mei Shuen came first for the Dressage Horse of the Year Award. As the highest-scoring horse in all three disciplines, Chariots of Fire ridden by Dennis Cassidy championed as the Overall Horse of the Year.

More than 1,500 people of all ages flocked to the venue, watching equestrian events and guessing the winning horses. We wish to introduce the first bond of horsemanship to the general public, especially young children. Info at [www.hkef.org](http://www.hkef.org)



Grand awards and Winners of Horse of the Year Shows 2015/16



香港足球總會  
Hong Kong Football  
Association

## 2015/16香港足球明星選舉頒獎典禮

本地足球壇年度壓軸盛事「2015/16香港足球明星選舉頒獎典禮」已於5月19日假九龍灣宏天廣場百樂門國際宴會廳舉行。多個獎項由專業評審、傳媒及公眾人士共同投票選出，為多位於本年度本地球壇表現出眾的球員及教練送上表揚。本年度之頒獎典禮更首設網上直播，讓廣大市民同步收看，投入這項足球壇盛事。2015/16香港足球先生殊榮由香港代表隊隊長、效力東方足球隊的葉鴻輝奪得。東方足球隊教練陳婉婷獲最佳教練獎，香港飛馬的陳俊樂及傑志的李毅凱同時奪得最佳青年球員獎。至於球員之星、最受球迷歡迎球星分別由東方的迪高及夢想駿其的福田健二奪得。詳情及得獎名單可瀏覽[www.hkfa.com](http://www.hkfa.com)



所有得獎者合照



香港足球總會會長霍震霆GBS, JP與嘉賓曹星如先生頒發本屆香港足球先生獎項。



香港青年代表隊成員頒發本年度最佳青年球員獎項予得獎球員。



中國香港體操總會  
Hong Kong Gymnastics  
Association

## Hong Kong Gymnastics For All Festival 2016



Hon. Ma Fung Kwok, SBS, JP, Mr. Pui Kwan Kay, SBS and Mr. Kenneth Fok Kai Kong, JP, along with other guests at the Prize Presentation Ceremony, took a group photo with the awardees.

Hong Kong Gymnastics For All Festival 2016 was successfully held on 29 May 2016 at Queen Elizabeth Stadium. It was one of our most spectacular annual events which all participants had a joyful day at the Stadium together. In this year, the Festival attracted a total of 48 teams including kindergartens, primary schools and other gymnastics clubs. All 2,900 seats in the Stadium were filled with performers and audiences.

All participating teams strived for their best to contend for a series of awards, such as Judges Grand Award, Best Performance Award, Best Creativity Award and Best Cooperation Award, etc. Besides, Hong Kong Teams of Rhythmic Gymnastics and Aerobic Gymnastics were invited to perform during the event.

Hon. Ma Fung Kwok, SBS, JP, Member of the HKSAR Legislative Council, Mr. Leo Wong Man Kin, Senior Leisure Manager (Sports Funding) of Leisure and Cultural Services Department, Mr. Pui Kwan Kay, SBS, our Honorary President, and Mr. Kenneth Fok Kai Kong, JP, our President, were the honorable guests to present the prizes to the awardees.



The Hong Kong Rhythmic Gymnastics Team was invited to perform in the event and was highly regarded by the audiences.



香港智障人士體育協會  
Hong Kong Sports  
Association for Persons  
with Intellectual Disability

## British Para Swimming International Meet 2016

British Para Swimming International Meet 2016 was held in Glasgow, United Kingdom on 23-27 April 2016. Hong Kong Team comprising 1 team manager, 1 coach and 4 male athletes participated in this competition. Athletes had strived for their best and gained valuable opportunities to polish their skills and enriched their competition experiences with ID athletes from 8 countries/regions. 4 gold, 1 silver and 1 bronze medals were grasped by the Hong Kong Team. Hui Ka Chun grasped gold medals in 4 events (200M Freestyle, 100M Breaststroke, 100M Backstroke and 200M Individual Medley) in Multi-Disability 16Yrs/Under Age group while Choi Wa Kit and Tang Wai Lok attained their personal best and broke the Hong Kong Record in 100M Breaststroke and 200M Freestyle in Multi-Disability Open Age Group respectively. Info at [hksapid.org.hk/news-co.php?id=317&page=1&year=2016](http://hksapid.org.hk/news-co.php?id=317&page=1&year=2016)



Group photo of athletes in swimming pool



Group photo of Hong Kong Team



(Right) Hui Ka Chun and (left) Choi Wa Kit



香港殘疾人奧委會  
暨傷殘人士體育協會  
Hong Kong Paralympic  
Committee & Sports  
Association for the  
Physically Disabled

## BISFed 2016 Fazza 硬地滾球世界公開賽—杜拜

BISFed 2016 Fazza 硬地滾球世界公開賽—杜拜於5月17日至24日舉行，共有18個國家及地區，超過80名殘疾運動員參加。協會共派出9名運動員參與賽事，其中劉慧茵、梁育榮、黃君恆於BC4級雙人賽中取得一面銀牌；郭海瑩、梁美儀、龍子健及楊曉林於BC1/2級隊際賽中奪得一面銅牌。個人賽方面，BC1級運動員梁美儀及BC3級運動員何宛淇各取得一面金牌，BC4級運動員梁育榮則再添一面銅牌。香港隊於是次賽事共奪得兩金一銀兩銅。詳情可瀏覽[www.bisfed.com/competitions/results-2/](http://www.bisfed.com/competitions/results-2/)



郭海瑩、梁美儀、龍子健及楊曉林於BC1/2級隊際賽中摘銅。



劉慧茵、梁育榮、黃君恆出戰BC4級雙人賽，取得一面銀牌。



何宛淇於BC3級個人賽中成功奪金。



## 亞洲乒乓球外圍賽 - 2016里約熱內盧奧運外圍賽



22名取得里約奧運名額的球員與眾嘉賓大合照。



杜凱綦發揮出色，於賽事擊敗世界排名第一中國的劉詩雯。

「亞洲乒乓球外圍賽 - 2016里約熱內盧奧運外圍賽」於2016年4月13日至17日假香港伊利沙伯體育館成功舉行。奧運會乃四年一次的體壇最高盛事，所有參加奧運乒乓球項目的運動員，必須先參加所屬洲份的外圍賽。是次賽事共吸引來自22個國家及地區的118名運動員參加，角逐亞洲區共11個男子及11個女子的里約奧運名額。

香港共派出4男3女運動員參加，包括黃鎮廷、唐鵬、江天一、何鈞傑、李皓晴、杜凱綦及姜華瑤。中國、日本、中華台北、韓國等乒乓球強國亦派出最強陣容競逐奧運席位。詳情可瀆 [www.hkttta.org.hk](http://www.hkttta.org.hk)



中國名將馬龍（左）及李曉霞（右）順利取得奧運資格，並與余國樑主席合照留念。



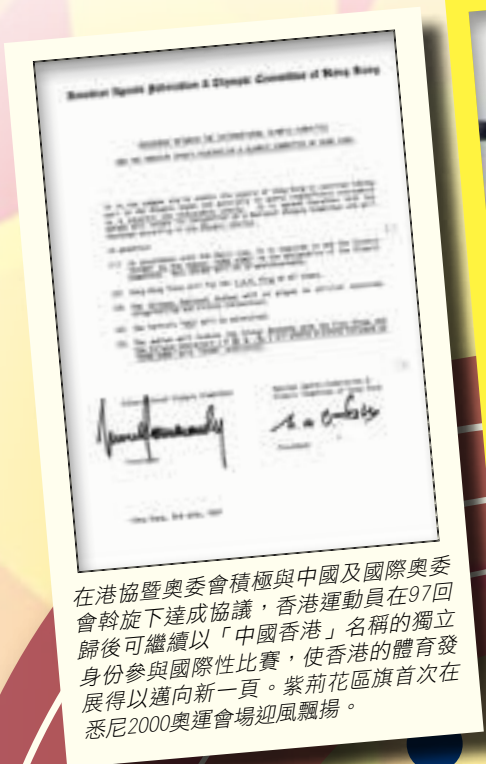
## 1<sup>st</sup> position in the 2016 World Junior Tennis Girls Asia / Oceania Final Qualifying



Hong Kong team (Players: Lin Wing Ka, Wong Hoi Ki Jenny, Wong Hong Yi Cody) claimed the 1<sup>st</sup> place in the 14U 2016 World Junior Tennis Girls Asia / Oceania Final Qualifying during the

week of 25 April 2016 in Bangkok, Thailand and qualifies to the World Junior Tennis World Finals. A total of 16 teams from the five qualification zones - Asia/Oceania, Africa, North/Central America & Caribbean, South America, and Europe - will vie for the title at World Junior Tennis Finals in Prostějov, Czech Republic, scheduled for 1-6 August. Previously, no girl team from Hong Kong was able to advance to the Finals. The territory's best finish at the Asia/Oceania Qualifying was 6<sup>th</sup> place, which was attained first in 1992 and again in 2009. Info at [www.tennishk.org/en/more-top-stories/1909-hong-kong-claims-1<sup>st</sup>-place-at-world-junior-tennis-a-o-qualifying](http://www.tennishk.org/en/more-top-stories/1909-hong-kong-claims-1st-place-at-world-junior-tennis-a-o-qualifying)





在港協暨奧委會積極與中國及國際奧委會斡旋下達成協議，香港運動員在97回歸後可繼續以「中國香港」名稱的獨立身份參與國際性比賽，使香港的體育發展得以邁向新一頁。紫荊花區旗首次在悉尼2000奧運會場迎風飄揚。



滑浪風帆代表李麗珊力壓27名世界級高手，摘下香港在奧運歷史上的第一面金牌。



羽毛球混雙拍檔陳智才和陳念慈為香港取得一面銅牌，可惜當時羽毛球只屬於示範項目，該面獎牌沒有計算入香港代表團的正式成績內。

**2000**  
悉尼

**1996**  
亞特蘭大

**1988**  
漢城

**2004**  
雅典

**2008**  
北京

**2012**  
倫敦

**2016**  
里約



乒乓球孖寶李靜和高禮澤在男子雙打項目中勇奪銀牌，亦是香港回歸後的首面奧運獎牌。



香港首次成為協辦城市，舉辦奧運會馬術比賽項目，而奧運聖火亦重臨香港。



香港區奧運聖火分別以跑步或利用馬匹、龍舟和船隻等交通工具傳遞。



李慧詩於場地單車凱林賽中勇奪銅牌，此面獎牌是香港第三面奧運獎牌。



香港派出38名運動員參加里約2016奧運會，出戰九個運動項目。



兩岸三地 — 中國、中華台北及香港健兒聚首一堂，首次同場作賽。圖為香港代表團出席該屆奧運的開幕禮。

**1984**  
洛杉磯



「半個世界的角逐」的奧運會—美國及64個國家抗議蘇聯入侵阿富汗，抵制該屆奧運會，但港協暨奧委會則堅持捍衛「體育與政治分離」的奧林匹克精神，由時任會長沙理士一人代表參加。

(圖片來源：國際奧委會)

**1980**  
莫斯科

**1972**  
慕尼黑



選手村下半旗，悼念在「慕尼黑慘案」中不幸喪生的11名以色列代表團成員。香港代表團團長沙理士與恐怖份子談判，成功讓全體隊成員安全脫險。

(圖片來源：國際奧委會)

## 香港參與 奧運會里程……



**1951**

**1952**  
赫爾辛基

**1964**  
東京

港協暨奧委會  
加入了  
奧運大家庭



「香港」首次參與奧運會。四位游泳運動員(左起)張乾文、郭錦娥、施伊架及蒙帝路代表香港首戰奧運。



東京成為首個舉辦奧運會的亞洲城市，奧運聖火亦是首次在香港傳遞，掀起了全城熱潮。



港督戴麟趾歡送參加東京1964奧運會的香港運動員。

SPORTS	DATE	EVENT NAME	PLACE	WEBSITE
 Equestrian	28 June - 2 July 2016	11 <sup>th</sup> World University Equestrian Championship 2016	Flyinge, Sweden	<a href="http://wuec16.com">wuec16.com</a>
 Badminton	9 - 17 July 2016	SCG Badminton Asia Junior Championships 2016	Bangkok, Thailand	<a href="http://www.badmintonasia.org">www.badmintonasia.org</a>
 Tenpin Bowling	9 - 17 July 2016	42 <sup>nd</sup> Hong Kong International Open Tenpin Bowling Championships	SCAA Bowling Centre, Hong Kong	<a href="http://www.hktbc.org.hk">www.hktbc.org.hk</a>
 Table Tennis	15 - 19 July 2016	2016 Nikon Hong Kong Junior & Cadet Open - ITTF Golden Series Junior Circuit	Queen Elizabeth Stadium, Hong Kong, China	<a href="http://www.hkttta.org.hk/2016hkjo">www.hkttta.org.hk/2016hkjo</a>
 Swimming	29 - 30 July 2016	Hong Kong International Open Swimming Championships	Victoria Park, Hong Kong	<a href="http://www.hkasa.org.hk">www.hkasa.org.hk</a>
 Football	30 July 2016	International Challenge Cup - South China FT vs Juventus FC	Hong Kong Stadium, Hong Kong	<a href="http://scaaft.com">scaaft.com</a>
 SF&OC	5 -21 August 2016	Rio 2016 Olympic Games	Rio de Janeiro, Brazil	<a href="http://www.rio2016.com">www.rio2016.com</a>
 Sports for Physically Disabled	20 -28 August 2016	IBSA Tenpin Bowling Singles World Championships Warsaw 2016	Warsaw, Poland	<a href="http://www.ibsasport.org/calendar/667/ibsa-tenpin-bowling-singles-world-championships">www.ibsasport.org/calendar/667/ibsa-tenpin-bowling-singles-world-championships</a>
 Squash	21 -28 August 2016	Cathay Pacific Sun Hung Kai Financial Hong Kong Squash Open 2016	Hong Kong Squash Centre, Hong Kong	<a href="http://www.hksquash.org.hk">www.hksquash.org.hk</a>
 Rugby	2 - 3 September 2016	Asian 7s Series	Hong Kong Football Club, Hong Kong	<a href="http://www.hkrugby.com">www.hkrugby.com</a>
 Sports for Physically Disabled	7 - 18 September 2016	Rio 2016 Paralympic Games	Rio de Janeiro, Brazil	<a href="http://www.rio2016.com/en/paralympics">www.rio2016.com/en/paralympics</a>
 SF&OC	24 September - 3 October 2016	Danang 2016 Asian Beach Games	Danang, Vietnam	<a href="http://abg2016.com">abg2016.com</a>
 Tennis	8 -15 October 2016	Prudential Hong Kong Tennis Open 2016	Victoria Park, Hong Kong	<a href="http://www.wtatennis.com/tournaments/tournament/d/3705/title/hong-kong">www.wtatennis.com/tournaments/tournament/d/3705/title/hong-kong</a>
 Swimming	16 October 2016	New World Harbour Race 2016	Victoria Harbour, Hong Kong	<a href="http://www.hkasa.org.hk">www.hkasa.org.hk</a>
 Swimming	29 -30 October 2016	FINA Swimming World Cup- Hong Kong	Victoria Park, Hong Kong	<a href="http://www.hkasa.org.hk">www.hkasa.org.hk</a>



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