



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

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OLYMPIC VOICE

奧訊

of Hong Kong

- Determination drives Wu Hoi Yan towards her Muay Thai dream
- Wu Siu Hong sees his responsibility in the society





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Message from President of Sports Federation & 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

This, the fifth edition of our newsletter to conclude the year, focuses on the two keystone sporting events of 2016, the Rio Summer Olympics and the Danang Asian Beach Games without of course neglecting the others. We wish to report that our athletes met or exceeded expectations in those spectacles as well as in other meets and how these encouraged us to further our sports developments, especially as the gaze of the world turns to our region. We would like to add as well that not long after this publication in print and online our athletes will compete in the Asian Winter Games in Sapporo that our delegation would participate in Skating and Ice Hockey events.

Our Federation comprising 77 Affiliated Sports Associations has been advancing along, encouraged by our deeds, becoming more cohesive, inclusive and dynamic as required because our public today has diversified its interests in the pursuit of health and fitness by active engagements. We are grateful for the support that we have been receiving from all sectors and society at large to enable us to succeed in our noble mission to make sports a way of life. As we prepare to turn to the challenges of 2017, we should be proud and happy as we reflect upon our achievements for the year passing and commit ourselves to doing more in the time to come.

第五期的《奧訊》正好為今年的體壇作一個總結，2016年的焦點都是集中在兩個大型運動會上，一個是里約夏季奧運會；另一個是在越南峴港舉行的亞洲沙灘運動會。在這兩項賽事中，我們的運動員都達到我們的期望，有一些更超越預期，成為鼓勵我們進一步推動體育發展的動力，同時亦把世界體壇的目光轉向亞洲。此外，在這一期《奧訊》出版後不久，我們的運動員將出戰在日本札幌舉行的亞洲冬季運動會，香港代表團將參加滑冰及冰球的賽事。

港協暨奧委會及轄下的77個屬會一直致力推動全民運動，通過各總會的團結力量、無間合作和凝聚力，向公眾推廣健康的生活模式。各界對這個目標都予以肯定及支持，使我們崇高的使命取得成功，讓運動能夠融入在每個人生活的一部分。我們為過去的成績感到自豪和高興的同時，定當繼續與各方攜手努力，以迎接2017年的各種挑戰。

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

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



Next year, the 8th Asian Winter Games (AWG) will be held in February in cities of Sapporo and Obihiro in Japan. The first AWG was also held in Sapporo in 1986. Athletes from 30 NOCs will gather together to compete in 5 sports. Hong Kong will participate in Skating and Ice Hockey events.

Sapporo 2017 Asian Winter Games



イゾモン
 ❄️ EZOMON ❄️

About the 8th AWG

Period: 19-26 February 2017
 Location: Sapporo & Obihiro, Japan
 Sports: 5 sports/ 11 disciplines/ 64 events
 Participants: Approx. 1,500
 Slogan: Beyond your ambitions
 For details: <http://sapporo2017.org>

Mascot: Ezomon

Place of Birth: Hokkaido (Ezo)
 Characteristics: Red scarf and blue cape
 Personality: Attention seeker
 Favourite food: Milk
 Hobby: Gliding in the air
 Favourite sports: Winter sports
 Looking for: Friends who want to get pumped for the Games together



❄️ **Makomanai Indoor Skating Rink**
 Short Track Speed Skating, Figure Skating



❄️ **Sapporo Dome**
 Opening Ceremony



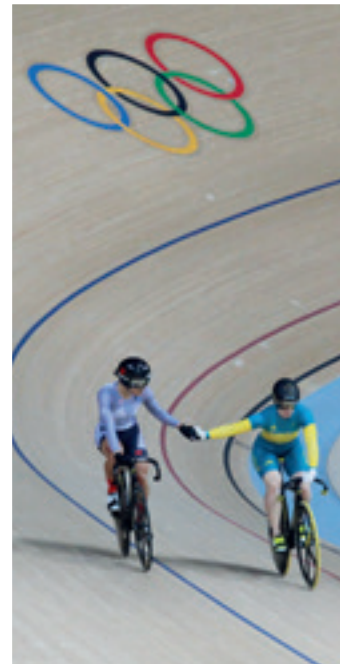
❄️ **Tsukisamu Gymnasium**
 Ice Hockey



❄️ **Mikaho Gymnasium**
 Ice Hockey



里約2016奧運會回顧



團長的話

難忘Sarah的體育精神

在早前奧運會看過李慧詩的比賽，看見她失望落淚，自己的心情雖然失落但亦非常感動，即使她最後不敵德國車手未能晉級，但是我們的Sarah已經盡力了，亦表現得很好，畢竟面對的對手是世界冠軍，無論在技術或心理上她已發揮得很好。雖然最終Sarah在里約無緣獎牌，但與對手握手一刻已展示了無比的體育精神，這正是我們香港人的精神和價值。

里約奧運的時間彷彿過得特別快，幾個星期與運動員及團隊在選手村裡經歷了不一樣的生活。看到他們辛勤訓練，準備比賽，在場上盡心盡力去做好每一場賽事，享受每一刻，無論輸贏也展示著永不放棄的精神。

我們都知道奧運會是體壇最頂尖的競賽舞台，冠軍雲集，對於港隊有現在的成績我已經很滿意，當中很多運動員在今次奧運取得自己的最佳成績、打破香港紀錄和歷史性晉級等。而且我們隊中還有許多年輕運動員是首次參加奧運，往後還有很多進步機會。這次看到大家的努力，令我對我們的運動員更有信心，在將來的世界賽、亞運會及東京奧運再次勇奪佳績。

霍啟剛
里約2016奧運會
中國香港代表團團長





Danang 2016 Asian Beach Games

Mr. Pui Kwan Kay, Chef de Mission visited the competition venues and cheered for the athletes.



Ms. Lee Yuen Yin (Left) and Ms. Lee Ka Man (Right), Silver Medallists of the Beach Rowing - Women's Double Sculls (CW2x) event



The triumphant athletes received a warm welcome upon return at Hong Kong International Airport.

The delegation marched in at the Opening Ceremony under the lead of the Flag Bearer, Ms. Wu Hoi Yan (Muay).

The 5th Asian Beach Games (ABG) has been successfully held from 24 September to 3 October 2016 in Danang, Vietnam. There were around 3,000 athletes from 40 countries/territories competing in 14 sports at the ABG. The Federation sent a delegation with 81 athletes and 48 officials to participate in 9 sport events, comprising Aquatics (Beach Water Polo and Marathon Swimming), Beach Athletics, Beach Handball, Beach Rowing, Beach Shuttlecock, Beach Volleyball, Beach Woodball and Muay.

Under the leadership of the Chef de Mission, Mr. Pui Kwan Kay, SBS (Vice-President of SF&OC), the Hong Kong, China Delegation returned home with triumphant results by attaining 8 medals including 4 silver and 4 bronze! Thumbs up to our athletes for their outstanding performance in the Games!

Sport	Athlete	Event	Medal
*Beach Rowing	Chiu Hin Chun / Tang Chiu Mang	Men's Double Sculls (CM2x)	🥈
	Law Hiu Fung	Men's Solo (CM1x)	🥈
	Lee Ka Man / Lee Yuen Yin	Women's Double Sculls (CW2x)	🥈
Muay	Wu Hoi Yan	Women's Light Flyweight (45-48kg)	🥉
	Kwok Wai Hon	Men's Bantamweight (51-54kg)	🥉
*Beach Shuttlecock	Chan Ho Yin	Men's Single	🥉
	Chan Ho Yin / Cheung Chun Ming Anthony / Hon Sze Ming / Lau Ho Kan / Leung Kwan Ho / Or Kwan Ho Kevin	Men's Team	🥉
	Beach Woodball	Ko Yun Tao / Tsoi Lee Lee	Mixed Fairway Double

*New sport in the Asian Beach Games

Congratulations to the Hong Kong Athletes for bringing home 4 Silver & 4 Bronze medals!



From HK Express,
Official Airline of the Hong Kong, China Delegation
of the 2016 Asian Beach Games in Da Nang, Vietnam

hkexpress.com



HK EXPRESS

保齡球造就今天的我： 胡兆康 傑青+傑運

「保齡球打出去一刻不會知結果，但放手把球滾出去，結果好與壞，都要去面對，最重要相信自己每一個決定。」香港保齡球代表胡兆康，拿起保齡球22年，面對每一場挑戰都從不退縮，經歷過場上拍檔許長國與爸爸先後離世，在成績上迷失、甚至自身患上癌症等低潮，這位七度獲選香港傑出運動員的港將，今年更踏入另一里程碑，成為香港傑出青年。獎項背後，是他用積極樂觀的心態，去力證香港運動員對社會的貢獻。

2014至2016年是胡兆康的豐收年，先於仁川亞運奪得從未染指的獎牌，翌年更成為香港首位世界盃冠軍，今年再於亞錦賽中奪得2金1銅，當中包括久違了的雙人及三人賽金牌。獎牌閃爍背後，造就胡兆康成為傑青的最大原因，是「康仔」將場上的體育精神，活生生地展現在人生路上，令他從「保齡神童」、「抗癌戰士」的別名外，再增「香港傑青」的名銜。

「不求與人相比，但求超越自己」

走過18年的港隊生涯，胡兆康笑對傑青、傑運等名字，但卻認真希望喚起社會對運動的關注：「外界可能覺得傑青是我人生暫時的高峰，但我覺得它是一個開始，希望傑青身分可以令更多人認識保齡球這運動。特別很多人覺得香港運動員沒有出路、沒有貢獻之際，我發現社會上逐漸有更多人關注運動，這是好開始，更盼望運動員的精神將來可以成為一個品牌。」

「不求與人相比，但求超越自己」是康仔的座右銘，簡單12個字，胡兆康帶著這種精神跨越了22年保齡球場內場外的種種難關，但經歷多了，康仔直言從沒想過保齡球可帶給他一個又一個的里程碑：「記得開始玩保齡時，只當它是一項與爸爸一起玩的親子活動，但慶幸的是，我可以將興趣變成事業，運動更令我更容易面對之後的人生逆境。」

過去18年，胡兆康是香港隊的支柱之一，但他直言自己雖然是傑運、傑青，但他從不是隊中最有天份的人：「這幾年獲得獎項的原因，最主要自己的平常心，因為克服癌症後，自己還是覺得開心最重要。」康仔笑說享受在比賽場上的打氣聲，也享受自己成功克服壓力後的成功感。「最重要有得玩，有時比賽都會緊張得手震，但克服了、再成功發揮出水準，那成功感才令我開心。」胡兆康眉飛色舞地說著。

過去4年，香港保齡球隊漸漸成長，由以往僅得胡兆康撐起球隊，到今天逐漸百花齊放，尤其剛剛在香港舉辦的亞錦賽，港隊先後

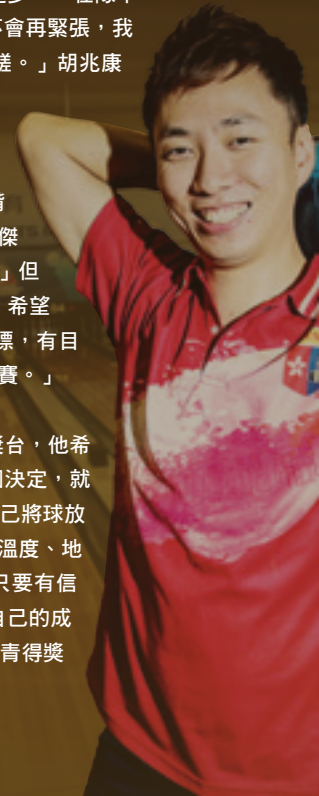
掃走3金1銀1銅佳績，奪得三金的麥卓賢，正是康仔口中的天份球員。「2001年我與許長國在大阪東亞運奪得雙人賽金牌，自此之後雙人賽、三人賽都再沒贏過，很開心等了15年，終於今年在亞錦賽上與麥卓賢再奪雙人賽金牌，這算是今屆亞錦賽中最開心的一戰。」

開心在於球隊梯隊逐漸成形，康仔也樂見香港運動員的精神一代一代傳承下去。「以前剛入隊時常會想在隊中得自己一人可以打到成績，到現在很开心可以當自己不在狀態時，仍有隊友可挺身而出『補位』，等了這天超過10年了，很开心隊中有不同打法及實力很強的隊友。」壓力，卻令他享受這種在隊中互相競爭的感覺，令每人都更有動力在每次練習及比賽中進步，「在隊中一直有競爭，走到外面的比賽，見慣大場面，就不會再緊張，我只希望見到更多港將湧現，以不同打法互相切磋。」胡兆康同樣以樂觀面對壓力。

把傑青精神傳承下去

世界冠軍、傑運、傑青後，胡兆康放下榮譽，揹上責任，希望在社會及體壇繼續享受。他說：「傑青的身分會令我做得更好，為青少年做好榜樣。」但他不會忘記初衷：「我還是會享受每一次比賽，希望年青人都一樣，為自己的夢想定下3至5年的目標，有目標才會前進，若人沒有目標，根本不可能勝出比賽。」

胡兆康用了22年的光陰才走上世界盃冠軍的頒獎台，他希望自己是一個開始，寄語年青人相信自己每一個決定，就如每次在賽場上滾出保齡球的一刻，「要相信自己將球放在地上其中一個箭咀上的決定，即使賽道上遇上溫度、地油的外在因素影響球道，結果會有好與壞，但只要有信心，有一天你們也會打破我的紀錄。」願意把自己的成就放在次位，將運動精神承傳下去，才是這位傑青得獎的最大意義。





獲選為2016年「十大傑出青年」之一的胡兆康分享得獎感受。
(照片由國際青年商會香港總會提供)



胡兆康(右二)同時獲選2015年度香港傑出運動員及最具體育精神運動員兩個獎項。

Wu Siu Hong, awardee of the Ten Outstanding Young Persons Selection, sees his responsibility in the society

Wu Siu Hong has never given up in his 22-year bowling career. He went through the loss of his partner Hui Cheung Kwok and his father, overcame low points of career and beat cancer. Recently, Wu received the Ten Outstanding Young Persons Selection Award. He hopes to prove athletes' contribution to Hong Kong society.

Wu has had two fruitful years from 2014 to 2016. He has claimed an Asian Games medal for the first time in Incheon, being the first Hong Kong bowler to win in the World Cup, he also received 2 gold and 1 bronze medals in the Asian Championships this year. Adding to these, Wu is now an awardee of the Ten Outstanding Young Persons Selection.

'Do not compare with others, but to surpass your self'

'People may think that this award is a climax of my life, but to me, it is just a beginning. I hope with this recognition, I can let more people know about bowling,' Wu said.

'A lot of people might think Hong Kong athletes make no contribution. On the contrary, I find that there is increasing awareness for sport in Hong Kong. This is a good beginning. I hope that athletes' spirit can become a brand in future,' he added.

Wu, who has won the Hong Kong Sports Stars Awards 7 times, said he was fortunate to turn bowling into his career, when the sport was just a leisure activity for him and his father in the past.

The star bowler reminds himself not to compare with others, but to surpass himself instead.

'The awards I have attained these recent years is a result of my improved EQ. After overcoming cancer, I have learnt that having fun is the most important,' the renowned bowler who has served Hong Kong team for 18 years shared.

Feeling released as he sees the junior squad growing mature

Wu has been the pillar of Hong Kong bowling team for many years. In the last 4 years, the team is becoming mature. At the recent Asian Tenpin Bowling Championships, Hong Kong team has won 3 gold, 1 silver and 1 bronze medals in which Michael Mak has claimed 3 gold medals.

Wu is glad that the younger generation is getting mature. He explained, 'in the past, I had a feeling that I am the only one who can achieve good results, but now, I know that my teammates will cover me when I am not in my best form. This is what I have been waited for over 10 years and am pleased to see it.'

He shared this with young people, 'set a goal of 3 to 5 years to fulfill your dream, when you have a goal, you have the motivation to go forward.'

Wu also hopes that young bowlers can play with confidence, he genuinely believes that they can break his record one day.



胡兆康(右二)率領隊友於仁川2014亞運會中贏得男子五人隊際賽銅牌。



亞錦賽三人賽金牌得主(左起)麥卓賢、劉冠濠及胡兆康。



胡兆康(中)勇奪第51屆QubicaAMF保齡球世界杯冠軍。

每天踢幾百腳、訓練膝撞、攪頸、埋身、體能，一連串聽起來已流汗的泰拳訓練，對19歲的胡凱欣來說就是她的生活。一星期訓練六天，餘下一天多是在家倒頭大睡休息，這位外貌「嬌滴滴」的女生如今在本地保持19連勝紀錄，更是今屆越南峴港亞洲沙灘運動會(亞沙運)女子泰拳45至48公斤級銀牌得主。



亞沙運銀牌 胡凱欣 站在擂台豁出去

胡凱欣拳齡不到5年，16歲那年跟著姑丈到拳館學拳，從那天起便決定以泰拳為職業。起初家人反對她這個決定，希望女兒好好讀書，並給她開出一年時間作條件：「如果你不是真心喜歡或『hea』打就回去讀書好了。」不過，胡凱欣對泰拳的認真態度融化了家人，至今在本地賽更未嚐一敗，保持19連勝，年紀輕輕已成為香港拳后。

「受傷沒甚麼大不了」

由踏上擂台的一刻，胡凱欣就全力而戰，哪怕打泰拳換來周身傷甚至疤痕。就在去年的WMC I-1世界泰拳10周年環球金腰帶大賽，胡凱欣被對手打腫左眼，眼睛腫起像雞蛋般大。如今再問她感受仍是淡然回應：「我完成了目標，受傷沒甚麼大不了，或許會多一條疤痕吧！」那一場賽事胡媽媽亦有在現場觀看愛女比賽，她站在旁並沒太多說話，但親身支持便已足夠。

在今屆越南峴港亞沙運，泰拳隊為香港取得1銀1銅的佳績，其中上屆銅牌得主胡凱欣更在決賽負傷迎戰泰國排名最高、20歲的Suphisara Konlak，最終以點數27比30飲恨，仍為港隊贏得一面銀牌。

賽前，胡凱欣已認定Suphisara Konlak是所有參賽拳手中實力最強的一個，「去年我曾與這位泰國對手交手，當時我輸得一敗塗地，一下台便哭了出來。」故今屆亞沙運胡凱欣是衝著她而來。經過一年的努力，胡凱欣進步不少，可惜在賽前三星期傷及腰部，讓胡凱欣在晉級過程中表現不穩，首兩場表現急躁打亂了自己的節奏，第二場更被新加坡對手打傷肋骨，只能以30比27點數險勝，取得決賽席位。胡凱欣的教練柯尊鼎在旁也只是拋下一句：「因為她太想入決賽。」

亞沙運決賽飲恨 但卻笑著下台

憑著這份爭勝心，胡凱欣驚險地闖入決賽，即使腰和肋骨有傷，在冠軍戰上她決定「豁出去」，集中以拳攻擊，雖然最終以點數僅負，她卻帶著滿足的笑容走下擂台。「上次完全無得打，今次我們比數打得很接近，我和師傅都很滿意，可以笑著下台。」柯教練更謂這仗看到胡凱欣有明顯進步，期望再經一年時間的訓練，胡凱欣能超越這位泰國No.1。

今屆亞沙運開幕禮上，這位年輕泰拳港將更被選為港隊持旗手，惜開幕禮當晚越南峴港大風大雨，胡凱欣持旗進場時已被雨水弄得全身濕透，故進場不久她已被教練安排回酒店休息，以應付兩天之後進行的決賽。這位小妮子當然明白教練的用心：「雖然沒看到整場開幕禮有點失望，但打決賽要緊，希望下屆有機會再來參與。」挑戰本地及亞洲賽事後，胡凱欣下個目標將是衝出亞洲，出戰明年的世界泰拳錦標賽，希望有機會為香港爭取一面世界級獎牌。



胡凱欣小檔案

年齡：19歲

拳齡：4年多

威水史：

本地賽事19場連勝

2016年越南峴港亞沙運女子泰拳45-48公斤級銀牌

2014年泰國布吉亞沙運女子泰拳45-48公斤級銅牌

Wu Hoi Yan, Silver Medallist in the Asian Beach Games, shows determination in the ring

6 days of training a week, hundreds of kicking and injuries will not hinder Wu Hoi Yan's pursuit for her Muay Thai dream. Determination has recently earned the 19-year-old boxer a silver medal in Women's Light Flyweight (45-48kg) at the Asian Beach Games in Danang.

Wu, only started Muay Thai at the age of 16 and has already decided to develop a Muay Thai career since then. She has also enjoyed 19 consecutive victories in local competitions.

'Injury is nothing'

Wu pledges to try her best whenever she is in the ring. In last year's competition of WMC I-I 10th Anniversary, Wu got a seriously swollen eye. But the promising fighter said, 'I achieved my goal, injury is nothing, it is just another scar.'

Despite her waist injury, Wu still managed to claim a Silver Medal in the Danang 2016 Asian Beach Games. She battled against Thailand's top fighter, 20 years old Suphisara Konlak in the final match and lost by 27-30.

Before the Games, Wu knew Suphisara Konlak was the strongest boxer. 'I have fought with her last year and I suffered from a total defeat. I cried immediately after getting out of the ring,' Wu recalled.

Wu was keen on coming back at this year's Games, however, she lost her patience during the qualification round. She lost her rhythm in the first two clashes and even hurt her ribs. 'She was too eager to get into the final match,' her coach commented.

'I lost, but I smiled'

Wu wanted to fight with no regrets in the final match. She decided to use more punches in her attack. Although she lost at last, she was pleased with the result. 'Last time I was completely outclassed but this time we were much closer. My coach and I are both satisfied. We can finish with a smile,' Wu said.

Wu, Flag Bearer of the Delegation at the Opening Ceremony of the Games, aims to participate in next year's World Championship and win a medal for Hong Kong.

胡凱欣(左)在峴港2016亞沙運決賽中與泰國拳手Suphisara Konlak(右)激戰。



胡凱欣(右)與恩師柯尊鼎教練。

在峴港2016亞沙運準決賽中，胡凱欣(左)以30比27險勝新加坡對手。



胡凱欣在峴港2016亞沙運為港隊贏得一面銀牌。



你的笑容
是我們的最大鼓舞



恒基兆業地產集團
HENDERSON LAND GROUP

恒基地產不僅對每項業務均力求卓越，更以建設美好將來為己任；我們將繼續積極支持教育、文化藝術、體育及環保教育，為市民締造美好生活、和諧社區，以獲取客戶、股東、業務夥伴及社會各界的稱心微笑。

只因，你們的笑容，就是我們的最大鼓舞！

里約奧運會內地奧運精英代表團訪港

里約奧運會內地奧運精英代表團(包括45名獎牌運動員、精英運動員及19名教練和官員)於8月27至29日訪港。他們出席了「奧運精英顯風采」示範表演,分別在伊利沙伯體育館及維多利亞公園游泳池進行羽毛球及乒乓球示範表演和跳水示範表演;而在伊利沙伯體育館舉行的「奧運精英約定你」綜藝表演活動,代表團與香港市民分享得獎喜悅;此外,他們出席了多個交流活動,與香港青年運動員和香港青少年制服團體見面,分享成功經驗。

港協暨奧委會歡迎晚宴



歡迎酒會



「奧運精英顯風采」跳水、羽毛球及乒乓球示範表演



「與香港青少年交流」



「動感校園 精英對話」



「金牌精英 x 明日之星 體院全接觸」



「奧運精英約定你」綜藝表演活動



Samsung 2016年度香港傑出運動員選舉 開始接受提名!

「Samsung 2016年度香港傑出運動員選舉」已開始接受體育總會提名! 記者招待會亦於2016年11月23日假奧運大樓圓滿舉行, 並由香港傑出運動員選舉籌備委員會主席兼港協暨奧委會副會長劉掌珠女士BBS, JP於會上致辭, 為本屆選舉揭開序幕。各個本地體育總會可提名該會的運動員、組合或隊伍, 競逐六個獎項, 分別為「香港傑出運動員」、「香港傑出青少年運動員」、「香港最佳運動隊伍」、「香港最佳運動組合」、「香港最具潛質運動員」及「香港最具體育精神運動員」。

今年多位香港運動員都有突出的表現, 相信今屆選舉的競爭會相當激烈! 為鼓勵市民一同參與這項體壇盛事, 本會將於2017年1月15日舉行「公眾投票記者招待會」公佈投票詳情, 屆時歡迎市民踴躍參與, 投下神聖的一票, 一齊支持香港運動員! 有關選舉的詳情及最新資訊, 請留意選舉網頁。

網頁:

<http://sportstar2016.hkolympic.org>



選舉詳情如下:

選舉年度: 2015年12月1日至2016年12月31日

日期	活動
2016年12月22日	截止提名日期
2017年1月15日	公眾投票記者招待會
2017年1月15日至2月10日	公眾投票
2017年3月21日	頒獎典禮



出席記者招待會的歷屆得獎運動員(左起)曾綺婷小姐(空手道)、林嘉緯先生(足球)、梁振邦先生(足球)、張家朗先生(劍擊)、麥卓賢先生(保齡球)及李皓晴小姐(乒乓)。

Samsung第59屆體育節 — 「全民運動」攝影比賽



攝影比賽得獎者與嘉賓大合照

本會自第55屆體育節起, 每年都舉辦「全民運動」攝影比賽, 鼓勵市民積極參與各體育節活動, 並透過他們的鏡頭與他人分享體育節的各個精彩時刻。一如往年, 比賽分為「專業大獎」和「我最喜愛的作品大獎」兩個組別。本會今年共收到499份合資格參賽作品, 參賽作品的數目是歷年最多。此外今年本會更透過社交媒體Facebook進行網上公眾投票, 加深了體育節對大眾的影響力。頒獎典禮已於2016年9月5日假富豪香港酒店圓滿舉行。

專業大獎

冠軍



得獎者: 何登雄先生

主題: 體育/奮鬥精神

活動: Samsung 第59屆體育節 — 長池游泳計時賽



亞軍

得獎者: 崔家智先生

主題: 體育/奮鬥精神

活動: Samsung 第59屆體育節 — 全港場地單車賽



季軍

得獎者: 李英華先生

主題: 超越自我

活動: Samsung 第59屆體育節 — 2016年全港學界藝術體操比賽

SF&OC and MTR Corporation received Silver Award at HKMA Award for Excellence in Training and Development 2016

Organized by the Hong Kong Management Association (HKMA), the Award for Excellence in Training and Development 2016 Presentation Ceremony was successfully held on 5 September 2016 at the JW Marriot Hotel Hong Kong. The first-ever joint effort between Hong Kong Athletes Career & Education Programme (HKACEP), under the auspices of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and MTR Corporation Limited (MTR) in skills training category with the theme of 'From Medals to Business - Life Skills Training Programme', received the 'Silver Award', 'Special Award – Citation for Community Contribution' and 'Best Presentation Award' among 30 corporates from various sectors, which is a distinctive recognition to the programme in supporting retired athletes transformation in skills transfer, retraining to upskill and helping them through the transformation from sports fields into the mainstream working field.



Representatives of SF&OC, MTR Corporation, IOC Athletes Career Programme and athletes shared the joyous moment for the award-winning in 'Award for Excellence in Training and Development 2016'.

The Life Skills Training Programme jointly organized by HKACEP and MTR Corporation Limited aims to support athletes' career transformation by providing a set of business soft skills training customised into five core units, i.e. 'Creative Problem Solving'; 'Decision Making'; 'Effective Communication'; 'Time Management'; and 'Presentation Skills' through the three essential steps of pre-training preparation, training and post-stages follow-up, benefitting over 500 athletes from 34 sports since 2013.



Athletes actively participated in the "Life Skills Training Workshops".

Athletes Going Beyond the Sportsground: SF&OC partners with Adecco Hong Kong for better athlete career transformation

The 'Adecco Support Services Participation Agreement Signing Ceremony', officiated by Mr. Timothy Fok, GBS, JP, President of Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and Mr. Patrick Glennon, Adecco Senior Vice President of International Olympic Committee Athlete Career Programme (IOC ACP), was held on Monday, 5 September 2016 afternoon at Regal Hong Kong Hotel. This joint collaboration among IOC ACP, Adecco Hong Kong and SF&OC would lead to a new stage of development for the local athletes career programme in coming 4 years till 2020.

Athletes inspire and excite the world with their outstanding performance on the field of play – and they are so much more than that. Seeing their commitment to always go for an extra mile, their ability to work as a team and their can-do attitude, SF&OC, IOC ACP and Adecco Hong Kong are determined to facilitate the integration of elite athletes into the labour market. It fosters a dialogue among business, non-profit organizations and government on the importance of athletes' career transformation.



SF&OC teamed up with IOC ACP and Adecco Hong Kong to leverage their support in career transformation and job matching to our local athletes. (Left: Mr. Patrick Glennon, Adecco Senior Vice President, IOC ACP; Right: Mr. Timothy Fok, President of SF&OC)

2016 Summer Youth Leadership Camp on Olympism



The 2016 Summer Youth Leadership Camp on Olympism was successfully held on 20-22 July 2016 at Tai Tam Scout Centre. A total of 40 secondary school students were nominated from 20 schools to join this Camp. This Camp aims at promoting and delivering the Olympism and Olympic value to the secondary school students. Team building session, adventure games and lectures were arranged to train their leadership skills, in which Olympic value was taught to be integrated into their real life.



56th International Session for Young Participants

Gymnastics Olympian, Ms. Angel Wong Hiu Ying was selected by Hong Kong Olympic Academy representing Hong Kong to participate in the 56th International Session for Young Participants held by the International Olympic Academy on 11-25 June 2016 in Olympia, Greece. This international event included lectures, discussion, presentation, sports activities, social activities and guided visit which were very fruitful for athletes to understand global issues in the sports world.



39th Chinese Taipei Olympic Academy



Retired footballer, Mr. Leung Kam Fai was selected to represent the Federation to participate in the 39th Chinese Taipei Olympic Academy on 25-28 August 2016 in Nantou County, Taiwan. The main theme of 2016 was 'Olympic Games'. Keynote speeches, lectures and sports activities were organized during the 4-day programme.



運動禁藥情報站 Anti-Doping Information Kiosk

Q1

世界運動禁藥機構 (WADA) 剛發佈了2014年違反運動禁藥規條報告。
你知道一年度間全球有多少個樣本送到WADA認可的實驗室作化驗嗎?
WADA have issued the 2014 Anti-Doping Rule Violations (ADRVs) Report.
Do you know how many samples are sent to WADA accredited laboratories for analysis in a year?

在2014年裏, 共有217,762個。
There were 217,762 samples in 2014.

Q2

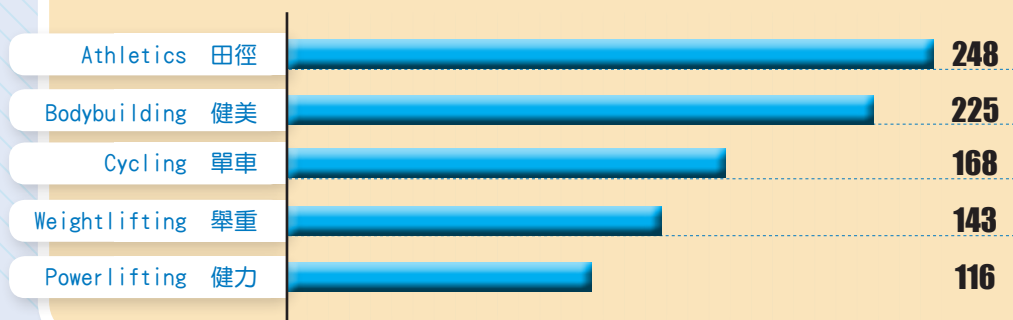
全年共有多少個違規個案?
How many ADRVs in a year then?

1,693 個案
cases
(~0.8%)

Q3

哪些運動項目違規次數較多?
Which sports had the highest numbers of ADRVs?

Anti-Doping Rule Violations worldwide: TOP 5 Sports
全世界違反運動禁藥規條的5大運動項目



*資料來源: 世界運動禁藥機構 (WADA) - 2014年違反運動禁藥規條報告

*Source: World Anti-Doping Agency (WADA) - 2014 Anti-Doping Rule Violations (ADRVs) Report

<https://www.wada-ama.org/en/resources/general-anti-doping-information/2014-anti-doping-rule-violations-adrvs-report>

Green Olympic House



In order to promote environment protection, a Green Workshop "Asiatic Wormwood Mosquito Repellent DIY" was held on 26 August 2016 at Olympic House (OH). Totally 28 participants from the tenants of OH and staff members of MCOHL joined this meaningful event.

The Green Workshop aims at introducing harmful impacts caused by chemical insecticide and sharing some natural methods of pest control and bug repelling. Participants can also learn to make natural mosquito repellent by using Asiatic Wormwood.



Eco-tips

Reuse and Recycle
Produce banners/easy-roll banners without event dates so that they can be reused repeatedly!



香港羽毛球總會
Hong Kong Badminton
Association

YONEX-SUNRISE Hong Kong Open Badminton Championships 2016 part of MetLife BWF World Superseries

YONEX-SUNRISE Hong Kong Open Badminton Championships 2016 was held from 22 to 27 November 2016 at Hong Kong Coliseum. The grand prize has been increased from US\$350,000 to US\$400,000, being the highest prize for 'Hong Kong Open Badminton Championships' in history.

The competition entry was overwhelmed with 280 players from 22 countries and regions. Most of the top players around the world participated in the Championships, including the Rio Olympics' 5 badminton events gold medallists, Carolina Marin of Spain, Zhang Nan of China, Misaki Matsutomo/Ayaka Takahashi of Japan, Tontowi Ahmad/Liliyana Natsir of Indonesia.

Moreover, Jan O Jorgensen of Denmark, Yoo Yeon Seong of Korea and Hong Kong Badminton Team including Hu Yun, Ng Ka Long, Wei Nan, Wong Wing Ki, Lee Cheuk Yiu, Yip Pui Yin, Cheung Ngan Yi, Poon Lok Yan and Tse Ying Suet, Lee Chun Hei and Chau Hoi Wah etc. also participated. Info at www.hkopenbadminton.org



香港棒球總會
Hong Kong Baseball
Association

2016年第11屆亞洲(U18)青棒錦標賽

香港青棒代表隊於2016年8月30日至9月4日前赴台中參加了2016年第11屆亞洲(U18)青棒錦標賽，與其他七個國家包括中國、中華台北、印尼、日本、韓國、菲律賓及泰國的青棒代表隊競逐殊榮。

香港代表隊領隊三好正記先生表示有賴教練團用兵得宜，港隊除對日本及中華台北（分別為本賽事冠亞軍）兩場敗戰外，對亞洲乙組3隊皆獲勝利得第5名。除有助香港在國際排名上爭取積分外，亦證明香港隊有潛力在亞洲乙組打敗任何對手，為日後挑戰最大目標亞洲盃打下一支強心針。詳情請瀏覽 http://www.ctba.org.tw/news.php?cate=game&type=4&game_id=370&offset=0



香港馬術總會
Hong Kong Equestrian
Federation

Patrick Lam Triumphs in World Cup China League

Patrick Lam, one of Hong Kong senior jumping riders, won the LONGINES FEI World Cup Jumping – China League 2016 on 7 October 2016.

Amongst 25 riders from 5 nations contesting in the final competition in Beijing, Patrick entered the jump-off with last year's champion Daniel Zhao. At the end, Patrick won the Gold medal at the Beijing final.



With all four legs of this year's China League completed, Patrick came first in the overall rankings and was entitled an entry ticket to the World Cup Jumping Final in Omaha, Nebraska, USA in March 2017.

Patrick is the second Hong Kong rider who qualifies to the World Cup Jumping Final after Raena Leung made the achievement in 2012. Info at www.hkef.org



香港劍擊總會
Hong Kong Fencing
Association

2016亞洲劍擊錦標賽

2016亞洲廿三歲以下劍擊錦標賽已於10月31日在日本東京結束，香港隊在最後的比賽項目一男子花劍團體賽中反勝勁旅韓國隊摘下金牌，在整個賽事中奪得1金2銀3銅的佳績！





香港高爾夫球總會
Hong Kong Golf
Association

Tiffany Ends the Olympics On A High with Final-Round 69

Hong Kong's first golfing Olympian, amateur Tiffany Chan Tsz Ching, said performing in Rio has boosted her confidence and that she would like nothing more than to qualify for the Tokyo Games in four years' time.

'It has been an unbelievable week, and to finish with my best round of the event on the last

day was very satisfying. My goal was to finish in the top-40, so I'm very happy to have been able to achieve that,' shared by Chan.



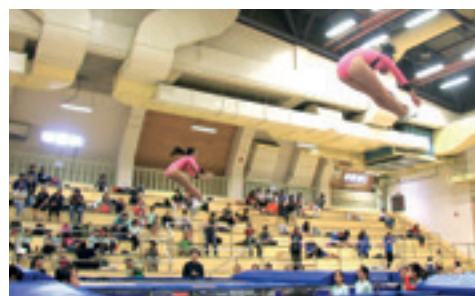
Tiffany finished at 37th place in the standings, and her achievements will have on Hong Kong golf is very positive. It is a very exciting time for both her and the Games itself. Info at www.hkga.com



中國香港體操總會
Hong Kong Gymnastics
Association

Hong Kong Trampoline Open Championships 2016

Hong Kong Trampoline Open Championships 2016 was successfully held on 22 - 23 October 2016 at Harbour Road Sports Centre. The competition is organised every year in order to promote Trampoline Gymnastics and provide all local gymnasts a platform to share their skills. The increasing number of participants demonstrated the popularity of this sport and all of them enjoyed a lot in the competition. Info at www.gahk.org.hk



H. K. S. S. F.
香港學界體育聯合會

「2016-2017年度 港、澳、閩、粵學界埠際游泳比賽」

由香港學界體育聯合會主辦，康樂及文化事務署資助的「2016-2017年度港、澳、閩、粵學界埠際游泳比賽」已於2016年9月23至25日於廣東順利完成。香港派出20名中學生運動員參加男、女子11項個人及2項接力賽事。香港共獲得24金、16銀及6銅的驕人成績，並分別獲得總成績男、女子團體冠軍。詳情可瀏覽：www.hkssf.org.hk



鄧采琳(左二)個人獨取
100、400米自由泳、
100米蝶泳、自由泳及混
合泳接力，共五面金牌。



香港業餘游泳總會
Hong Kong Amateur
Swimming Association

「新世界維港泳2016」參賽人數再創新高

由新世界發展有限公司(「新世界集團」)冠名贊助、香港業餘游泳總會主辦的「新世界維港泳2016」於2016年10月16日假維多利亞港順利舉行。由2011年起復辦的「新世界維港泳」每年成功雲集來自不同國家及地區的泳手參賽，而今年共有2,734名泳手成功游渡維港，參加人數再創歷史新高。競賽組方面，一眾泳手為爭奪各個組別之冠軍殊榮施展渾身解數，吸引數以千計的市民到場觀賞，感受這項極富本土特色的年度盛事。

備受矚目的國際組賽事，分別有來自不同國家及地區的海外精英來港參賽，當中包括里約奧運金牌選手同場較技，延續里約奧運的熾熱氣氛。經過一輪激戰，最終由美國泳手Charles Peterson和荷蘭泳手Sharon Van Rouwendaal脫穎而出，分別以16分44.3秒及16分55.9秒的時間首先到達終點，勇奪國際組男、女子冠軍。詳情可瀏覽www.hkharbourrace.com



五位里約奧運香港女飛魚首次一同參與新世界維港泳慈善組別賽事，以行動回饋社會。



2,734名泳手一同由鯉魚門三家村出發，游至鯉魚涌公園公眾碼頭，盛況空前。



2016尼康香港青少年公開賽 國際乒聯青少年巡迴賽

由香港乒乓總會主辦、康樂及文化事務署資助及尼康香港有限公司冠名贊助之「2016尼康香港青少年公開賽—國際乒聯青少年巡迴賽」已於2016年7月15至19日假香港伊利沙伯體育館圓滿舉行。本屆賽事共吸引約140名來自12個國家及地區的青少年來港參賽，香港隊共奪得2金1銀7銅的佳績。

今年，香港再度成為國際乒聯青少年巡迴賽最高級別—「黃金系列」的其中一個賽站。全年共有29個青少年巡迴賽，當中只有4個國家/地區能夠成為「黃金系列」賽站。賽事總獎金達一萬美元，而5天的賽事更進行網上現場直播，讓更多世界各地的球迷能夠第一時間欣賞賽事。詳情可瀏覽www.hkta.org.hk/2016hkjo/



Prudential Hong Kong Tennis Open 2016



Caroline Wozniacki made her Prudential Hong Kong Tennis Open debut a triumphant one, as she overcame the loss of the second set to beat Kristina Mladenovic, 6-1, 6-7, 6-2, in the final match to lift the title in front of a packed house at Victoria Park Stadium Court on 16 Oct 2016. Meanwhile, in the doubles final match, the pair of sisters, Chan Yung Jan and Chan Hao Ching had too much firepower for Britain's Naomi Broady and Heather Watson, as the Chinese Taipei duo won, 6-3, 6-1, to secure the title.

The players' field for this year was significantly strengthened with current world No.1, 2016 Australian Open and US Open Singles Champion Angelique Kerber, 7-time Grand Slam Champion Venus Williams, former world No.1 and defending Champion Jelena Jankovic, 2014 Asian Games Singles Champion Wang Qiang, former world No.1 Caroline Wozniacki. The event was well attended with approximate 54,000 visitors throughout the week. Info at www.hktennisopen.hk





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

里約2016殘疾人奧運會

里約2016殘疾人奧運會於9月7日至18日舉行，共有來自160個國家及地區逾4,300名運動員競逐獎牌。香港派出57人代表團，包括24名運動員參加8個競賽項目，他們憑著堅毅精神與非凡鬥志，奪得2金2銀2銅共6面獎牌，於獎牌榜位列第40名，成績斐然。詳情可瀏覽www.rio2016.com/en/paralympics or rio2016.hkparalympic.org/

里約2016殘疾人奧運會香港代表團獎牌一覽

金牌	梁育榮 鄧韋樂	硬地滾球混合BC4級個人賽 游泳男子S14級200米自由泳
銀牌	余翠怡 陳蕊莊、吳舒婷、余翠怡	輪椅劍擊女子A級花劍個人賽 輪椅劍擊女子重劍團體賽
銅牌	吳孜薈 陳蕊莊	乒乓球女子TT11級單打 輪椅劍擊女子B級重劍個人賽



(後排左起) 吳孜薈、吳舒婷、余翠怡、鄧韋樂、
(前排左起) 陳蕊莊及梁育榮出席返港歡迎儀式。



硬地滾球運動員梁育榮參與混 鄧韋樂(中)勇奪男子游泳S14級200米自由泳金牌。
合BC4級個人賽。



IBSA保齡球個人世界錦標賽

IBSA保齡球個人世界錦標賽於8月20日至28日假波蘭華沙舉行，共有來自9個國家及地區的40名視障運動員參加。協會派出5名運動員參與賽事，包括陳達聰、歐陽尚彝、張凱童、朱穎琴及袁詠珊。其中朱穎琴以總分4526分完成賽事，奪得TPB3級女子組銀牌。詳情可瀏覽www.ibsasport.org/sports/tenpin-bowling/results/



朱穎琴(左)奪得TPB3級女子組銀牌。



TPB3級運動員袁詠珊參與賽事。



香港保齡球總會
Hong Kong Tenpin
Bowling Congress

Target 24th Asian Tenpin Bowling Championships

Target 24th Asian Tenpin Bowling Championships was successfully held from 18 to 28 September 2016 at the South China Athletic Association Bowling Centre. A total of 201 bowlers and 79 officials from 24 Asian countries and territories have taken part in this competition.

Michael Mak won a bronze medal in Singles, the first event of the Championships. The following day, Wu Siu Hong and Michael Mak captured the first gold medal for Hong Kong in Men's Doubles event. The two Hong Kong bowlers, together with their teammate Lau Kwun Ho then clinched the second gold medal for Hong Kong after a brilliant performance in Men's Trios Event.

In Men's All Events, double-gold medalist Michael Mak won a record third gold for Hong Kong. He made a massive score of 5378 in 24 games, topping the Men's All Events standings with Wu Siu Hong adding a bronze medal.

Target 24th Asian Tenpin Bowling Championships was also used for the Asian Zone qualification to take part in the World Championships 2017 and World Games 2017. With the success of Hong Kong National Team in this Championships, Hong Kong is now qualified for the Men's and Women's Division of World Championships 2017 and Men's Division of World Games 2017. Info at <http://www.atbc2016-hk.com/>



鏡頭後， 從里約奧運走到峴港亞沙運……





SPORTS	DATE	EVENT NAME	PLACE	WEBSITE
 Table Tennis	8 – 11 December 2016	ITTF World Tour Grand Finals 2016	Doha, Qatar	www.ittf.com
 Golf	8 – 11 December 2016	UBS Hong Kong Open 2016	The Hong Kong Golf Club, Hong Kong, China	www.hkga.com/eng/hongkongopen.aspx
 SF&OC	12 December 2016	Welcome Home Reception for the Hong Kong, China Delegation to the Danang 2016 Asian Beach Games	Indian Recreation Club, Hong Kong, China	www.hkolympic.org
 SF&OC	12 December 2016	2016 Christmas Garden Party	Indian Recreation Club, Hong Kong, China	www.hkolympic.org
 Sports for Intellectually Disabled	14 – 16 December 2016	2016 PTT US Open 2016	Las Vegas, US	hksapid.org.hk
 Badminton	14 – 18 December 2016	Dubai World Superseries Final	Dubai	bwfworldsuperseries.com/destination-dubai/
 Baseball	17 – 20 December 2016	Hong Kong International Baseball Open 2016	Hong Kong, China	hkibo.hkbaseball.org
 Athletics	18 December 2016	MIZUNO Hong Kong Half-marathon Championships 2016	Hong Kong, China	hkaa.com
 SF&OC	15 January 2017	Samsung 2016 Hong Kong Sports Stars Awards Public Voting Announcement Press Conference	Hong Kong, China	sportstar2016.hkolympic.org
 Equestrian	10 – 12 February 2017	LONGINES Masters of Hong Kong 2017	AsiaWorld Expo, Hong Kong, China	www.longinesmasters.com/en/longines_masters_hong_kong
 Athletics	12 February 2017	Standard Chartered Hong Kong Marathon 2017	Hong Kong, China	www.hkmarathon.com
 SF&OC	19 – 26 February 2017	Sapporo 2017 Asian Winter Games	Sapporo & Obihiro, Japan	sapporo2017.org
 SF&OC	March – June 2017	Samsung 60 th Festival of Sport	Hong Kong, China	fos.hkolympic.org
 SF&OC	21 March 2017	Samsung 2016 Hong Kong Sports Stars Awards Presentation Ceremony cum SF&OC Spring Dinner 2016	Hong Kong Convention and Exhibition Centre, Hong Kong, China	sportstar2016.hkolympic.org
 Sports for Physically Disabled	20 – 31 March 2017	International Blind Bowls Association World Championships	Cape Town, South Africa	www.blindbowls.org



中國香港體育協會暨奧林匹克委員會

Sports Federation & Olympic Committee of Hong Kong, China

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