



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

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OLYMPIC VOICE

奧訊
of Hong Kong

- Shen Jinkang Transforms Cycling Team to an International Powerhouse
- Rise of Local Young Table Tennis Players Delights Chan Kong Wah and Li Ching





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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

We have ushered in another sporting year 2017 which we hope to be as action oriented as the previous one. You will find in this edition of the quarterly publication several reports of the accomplishments attained at the Sapporo 2017 Asian Winter Games which were a testing ground for the Winter Olympics next year in Pyeongchang. Not to forget also are the 5th Asian Indoor and Martial Arts Games in Ashgabat, Turkmenistan in which we hope our representatives will shine.

The year celebrates the 60th edition of the Festival of Sport. The series of competitions staged throughout the territory have involved national sports associations in Hong Kong for such a long time that the festival is one of our vaunted traditions and is a call for all of us to become or stay active in the communities through participation. We have succeeded in making the Festival the best testament to this.

We also held our Hong Kong Sports Stars Awards event to give due recognition to our most notable athletes. We do so in the hope that the champions of today will be inspiration for those of the future. We take the occasion as well to thank the sponsors and the public for their support. The Olympics encourage people to lead a sporting life by the dauntless pursuit of excellence. Such a drive to prevail of course transcends sports, and helps to establish an overall attitude of achievement.

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

Honorary Member of International Olympic Committee
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踏入2017年，謹祝願香港運動員將一如以往取得更佳成績。在新一期《奧訊》的內容中，我們將報導港隊在日本札幌亞洲冬季運動會取得的成績，而這次亞冬運比賽，將作為一年後平昌冬季奧運會的試驗。此外，今期內容還會介紹港隊即將出戰在土庫曼阿什哈巴德舉行的第五屆亞洲室內暨武術運動會的資訊。

此外，今年是體育節60周年，由各體育總會協辦的一連串精彩活動將在本港多個地區舉行。此活動多年來吸引不少市民參與，已成為一個值得驕傲的傳統節目，在此呼籲希望更多人士參與，見證香港人對體育運動的熱誠。

最後，我們今年繼續舉辦香港傑出運動員選舉，希望藉著表揚過去一年表現出色的運動員，為香港體壇帶來新的希望和啟發。同時我們藉此機會感謝贊助商和公眾對體育的支持。奧林匹克精神鼓勵我們通過體育運動追求卓越的生活，體現出色運動員的精神，並把這態度伸延至生活不同方面，努力爭取成功。



Sapporo 2017 Asian Winter Games

The 8th Asian Winter Games (AWG) were successfully held from 19 to 26 February 2017 in Sapporo and Obihiro, Japan. Achieving a record high number of athletes, 1,200 from 32 National Olympic Committees, the 8th AWG set a new benchmark in Asia.

Led by Chef de Mission Dr. T. Brian Stevenson, SBS, JP and Deputy Chef de Mission Mr. Karl C. Kwok, MH, the Hong Kong, China Delegation comprising 50 athletes and 28 officials, participated in 2 sports, namely Ice Hockey and Skating (Figure Skating and Short Track Speed Skating). The record high participation number in terms of both athletes and events showcased Hong Kong's achievements in the development of winter sports. Info at <http://2017awg.hkolympic.org>.

March-in of Hong Kong, China Delegation in the Opening Ceremony



The AWG mascot "Ezomon" greeted Hong Kong, China Delegation at the Team Welcome Ceremony.



Mr. Lau Kong-wah, JP, Secretary for Home Affairs presented the HKSAR Flag to the Hong Kong, China Delegation on 7 February 2017 at Olympic House.



Chef de Mission Dr. T. Brian Stevenson, SBS, JP cheered the Hong Kong Ice Hockey Women's Team.



The Women's Ice Hockey Team made their debut in the Asian Winter Games.



A Welcome Home Reception was held on 4 March 2017 at Siu Sai Wan Sports Centre.



Figure Skater Joanna So got her personal best score in Short Programme.



Figure Skater Harry Lee attained a personal best score not only in Free Skating but also in total score.



Sidney Chu (front) competed in the Men's Short Track Speed Skating-500m, 1000m and 1500m.

☰ Ashgabat 2017



Ashgabat 2017

5th Asian Indoor & Martial Arts Games



The 5th Asian Indoor & Martial Arts Games (AIMAG) will be held in Ashgabat, Turkmenistan in September 2017. With the inclusion of Oceania countries, AIMAG is expecting participants from over 60 countries or regions competing in 21 sports and staying in the Olympic Complex with 15 competition venues and an Athletes' Village housing 5,500 athletes.

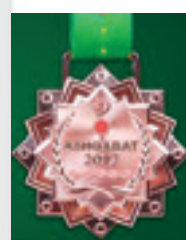
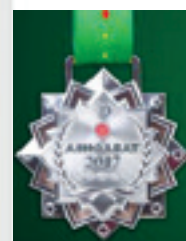
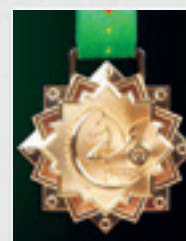
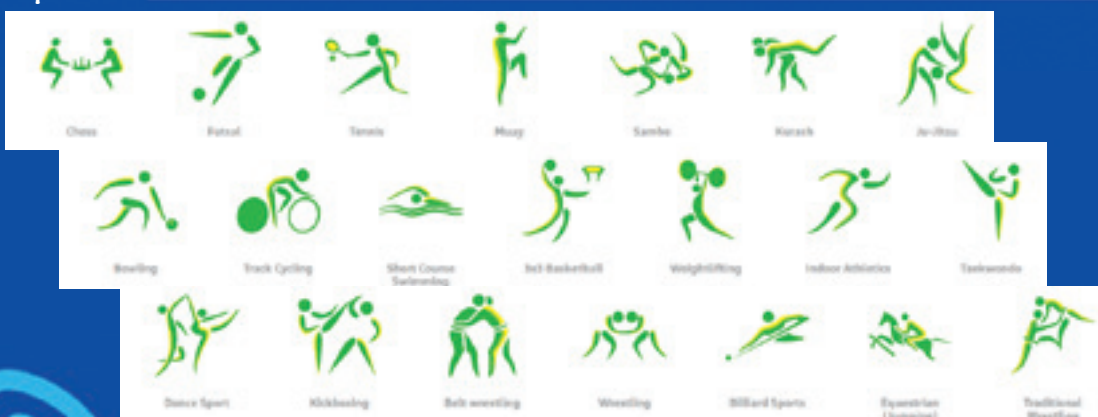
About the Game

Period : 17 - 27 September 2017
 Location : Ashgabat, Turkmenistan
 Sports : 21 sports
 Slogan : Health, Inspiration, Friendship
 Details : www.ashgabat2017.com

Mascot: Wepaly

Origin : Alabai, traditional Turkmen dog
 Characteristics : Loyal friend, Beautiful and courageous protector
 Personality : Nobleness of movement, confident and calmness
 Motto : Health, Inspiration and Friendship
 Best friend : Meret
 More story : <http://youtu.be/jhnstagnGQE>

Sports



無憾領軍逾20年

原籍上海的沈金康於1980年7月遇上車禍，需截肢保命，運動員生涯戛然而止，遂轉向教練工作發展，結果1985年加入中國國家隊，完美轉型，直至1994年7月應邀南下「幫忙」作中港交流，不僅改變了他的一生，更改寫了香港單車運動的歷史。

「剛來的時候是擔任客席教練，原本只有6個月，目標是協助港隊在當年的廣島亞運會拿到前6名。來港之前，我以為香港隊條件很好，畢竟那個年頭，香港和大陸的生活環境是一個天、一個地，豈料它並非一支正常運作的隊伍，僅是有比賽大家才集中起來。」23年前的一點一滴，沈金康依舊記憶猶新。「當時我沒有辦公室，連運動員集合的地方亦欠奉。港隊只得6個人，但各自有工作，根本無法一起訓練，有時兩個來、有時3個來，他們每天早上5、6點在沙田的一家便利店聚集，順便在店內買麵包、牛奶，然後一邊吃著早餐，一邊騎車往新娘潭……我真的覺得不可思議，香港隊怎麼會是這樣！」

因黃金寶一句承諾 放棄內地高職

沈金康認為，港隊沒有器材，沒有系統訓練，連參賽的衣服都需要借用，根本就是雜牌軍，想要在亞洲取得好成績簡直是天方夜譚，於是向香港單車聯會提出讓運動員全職訓練，可惜遭到反對，他惟有要求運動員請假3個月備戰亞運會，結果，黃金寶獲得個人公路賽第4名，僅差百分之四秒跟獎牌擦身而過。

廣島亞運會結束後，沈金康再次向單車聯會強烈要求全職訓練，最後僅得黃金寶一個人來報名，且憑一句「只要你當一天教練，我就跟你一天」的承諾，讓沈金康放棄內地的高職，心甘情願留港教足20多年。他正式轉任港隊主教練後逐步引入科學化的系統性訓練，漸漸加入新血隊員，經過長年努力，終於引領香港車壇捱過黑暗，迎來黎明，鍛煉出黃金寶、郭灝霆、張敬煒、張敬樂、黃蘊瑤、李慧詩等冠軍級車手。

沈金康同時憑藉廣博的人脈，把大量內地資源包括訓練場地、比賽、人才等引入港隊，令車手實力水平全方位提升。「現時港隊的教練、按摩師及科研人員，幾乎全都是來自內地，他們對香港單車發展起了非常重要的作用。」回首漫長的23年香港執教生涯，這位「魔鬼教練」坦言工作量大，十分艱苦，但甚具挑戰性，亦有成就感，「香港運動員非常努力，永不放棄，他們以往被人看不起，到現時贏得全亞洲的尊重，這令我最感驕傲。」他又強調自己的人生中從沒「遺憾」兩個字：「我失去一條腿也沒哭，為什麼失去獎牌要哭呢？面對失敗，我們無法改變，一定要面對實現，然後再定目標，積極改變未來。」

正因尚有心願未了，快滿64歲的沈金康仍未肯言休，除希望帶領李慧詩在2020年東京奧運會奪取金牌外，更盼好好利用將軍澳單車館作為訓練中心，鼓勵更多年青人加入港隊大家庭。他深信未來20年，香港單車運動不單只有優秀運動員，還能促進經濟發展，創造財富，成為本港體育產業的最重要一環。

由客串「幫工」變成享譽中外的金牌教練，把香港單車隊由寂寂無名打造成世界級強隊，沈金康來港執教逾20載，憑藉「魔鬼手段、天使心腸」為本地單車運動創造一次又一次奇蹟，栽培出一個又一個世界冠軍。他回望過去，為香港運動員的努力和永不放棄的精神深深感動，他即使也曾失意，遇過挫敗，但卻仍無怨無悔：「我很驕傲，沒帶遺憾。」

沈金康





打造香港單車隊衝出世界

Shen Jinkang Transformed Hong Kong Cycling Team to a Powerhouse of Cycling in 20 years

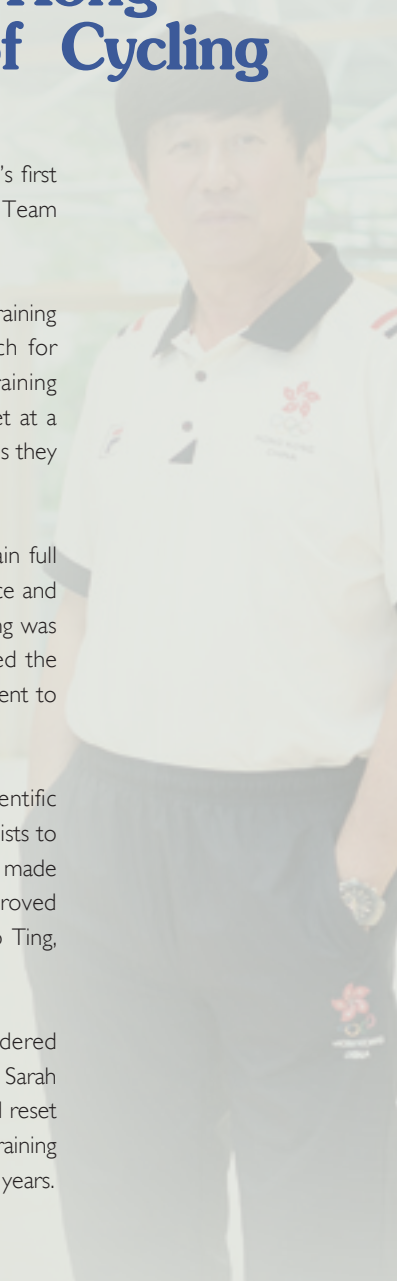
From a guest coach of an exchange programme, to the coach of Hong Kong's first cycling Olympic medalist, Shen Jinkang has transformed Hong Kong Cycling Team (cycling team) into an international cycling powerhouse.

Shen, as the China National Team coach, was surprised by the insufficient training resources of the cycling team when he first came here as a guest coach for Hiroshima Asian Games in 1994. He said, 'We have no equipment, no training programme and not even an office to gather the cyclists. They have to meet at a convenience store and eat their breakfast along the way for training. Sometimes they even have to borrow jerseys for their race. It's totally unprofessional.'

He urged the Cycling Association of Hong Kong, China to make cyclists train full time. After three months of training, Wong Kam Po ranked 4th in the road race and missed a medal by only 4 seconds. It had proved Shen's point: full time training was the only way to raise the level of Hong Kong Cycling Team. Shen accepted the position of head coach of the cycling team due to Wong Kam Po's commitment to be his protégé in the cycling team.

With Shen's extensive connection in Mainland China, he introduced a scientific training system, with talents such as coaches, sports scientists and physiotherapists to serve Hong Kong cyclists, thus improving their performance standard. It also made a great impact on the development of the sport in Hong Kong. These improved resources nurtured our cycling champions such as Wong Kam Po, Kwok Ho Ting, Cheung King Wai, Cheung King Lok, Wong Wan Yiu, Sarah Lee Wai Sze, etc.

After 23 years of coaching the Hong Kong team, Shen has not yet considered retirement. The 64 year-old coach still has one thing to fulfill, he wants to help Sarah to get the gold in Tokyo 2020. He said, 'Losing a medal is nothing. We should reset our goal and fight again.' He believes with the Hong Kong Velodrome as the training base, more young elite cyclists will shine on the world stage within the next 20 years.



回顧香港乒壇20年

陳江華 李靜

樂見香港小將崛起

當年在資源及設備缺乏下，香港參與乒乓球運動的人數不多，惟有從內地引入專才教練及球員。回歸後的首個香港乒壇轉變是聘任前世界冠軍、前國家隊教練惠鈞及其太太李惠芬，兩人分別擔任港隊總教練及女隊教練，以他們自身技術帶動香港乒乓運動發展。

香港回歸前有第一代「乒乓孖寶」陳江華及盧傳淞。而盧傳淞更曾攀上世界排名第七位，他們於世界賽事屢獲獎項。其後，陳江華於2000年接任香港乒乓代表隊男隊教練。回歸後的第5年，香港開始在世界乒壇漸露曙光。2002年，張鈺及帖雅娜於釜山亞運會混雙項目贏得港隊歷史性首個亞運乒乓金牌；2003年，張鈺及梁柱恩於國際乒聯職業巡迴賽總決賽獲得男雙銀牌。

第二代「乒乓孖寶」李靜及高禮澤在2004年於雅典奧運會上，贏得香港回歸後首面奧運獎牌——男雙銀牌，並於2006年在多哈亞運會上勇奪男雙金牌，不但令香港乒壇登上另一高峰，亦在香港掀起乒乓熱潮。據說當年收看「孖寶」奪牌的電視觀眾多達數百萬人，全港運動用品店的乒乓球拍亦出現斷貨情況。

由男隊的陳江華、盧傳淞、李靜、高禮澤、張鈺、唐鵬、江天一、梁柱恩，女隊的齊寶華、陳丹蕾、桑亞嬋、林菱、張瑞、柳絮飛、帖雅娜、姜華瑋等等，他們都把內地的乒乓技術帶到香港。他們當中部份於退役後選擇繼續留任港隊擔任教練，李靜及張瑞現時執教香港女隊，梁柱恩亦於男隊擔任教練，把他們豐富的乒乓球經驗傳授給香港的小球員。

現役球員唐鵬、帖雅娜和姜華瑋，他們在球員生涯亦曾擔任「教練」角色，不時與後輩球員分享經驗，就如現年25歲的黃鎮廷也曾公開表示與唐鵬關係尤如父子，因兩人出外比賽時經常同房，唐鵬無論場內場外均經常提點黃鎮廷在打球以至做人道理，黃鎮廷雖曾笑稱唐鵬「長氣」，但多年來受他的啟發，引導在乒乓路上成長，其實心裡十分感激其教導。

陳江華教練說：「內地的乒乓球運動氛圍較香港好，球員領悟力較高，香港人看到內地球員打出世界成績，會增加他們對乒乓球運動的興趣，現在說來杜凱傑和蘇慧音這些香港年輕球員，也該是這原因才開始打球。」

李靜現為香港女隊教練，他稱看到香港有不少具潛質的年輕球員：「如李皓晴、杜凱傑、蘇慧音，再年輕有黃芊柔、李嘉宜等，她們只要堅持打下去，下一個10年相信她們都能站在世界前列。」總教練陳江華亦樂於見到這一代家長願意接納子女以運動員為職業，他期望未來20年會有更多從小就加入乒乓球運動的年輕球員。

香港現今的職業乒乓球環境跟20年前相比已有很大轉變，李靜回憶著說他1999年來港時月薪才只有數千元：「當時的體院只有7張球檯，更要男女隊共用，對打球員人數不多。」如今乒乓球運動已屬香港體育學院精英項目，球員月薪已達萬元，連帶食宿津貼及外出聯賽收入，乒乓球運動員的收入已經比20年前翻了幾倍，比起剛畢業的大學生投身其他行業還要理想。

香港乒乓總會多年來亦一直重視青少年培訓，為香港隊建立梯隊制度，建立香港聯賽，有完善甄選制度，每年更會安排香港球員到內地跟國家隊及省隊集訓，並參加內地高水平中甲聯賽，香港球員有更多機會與內地球手交流，甚至能與國家一隊及二隊一同訓練，黃鎮廷亦曾在北京逗留多月集訓，與「世界第一哥」馬龍做隊友，增加實戰經驗，加快提升技術。

香港乒乓球壇在過去20

年，由缺乏本地人才，發展到今

天有黃鎮廷、杜凱傑、李皓晴等小將在世界乒壇崛起，黃鎮廷的乒乓男單世界排名更曾攀升至第六，曾為香港歷來最高。這與20年間中港兩地人才及技術交流不無關係。

李靜

20 Years Review of Hong Kong Table Tennis Chan Kong Wah, Li Ching are delighted to see the rise of local young players

Hong Kong Table Tennis has evolved from a lack of talent, to the rise of numerous young players in the past 20 years. Local youngster Wong Chun Ting has made history reaching world no.6 in the Men's Single's ranking and has also won a Mix Double's bronze medal with Doo Hoi Kem in the World Championships.

Since former Chinese National Team coach Hui Jun and his wife Li Hui Fen were appointed as the head coach and women's team coach after Hong Kong's Handover in 1997, Hong Kong's table tennis development has made a big step forward. Hong Kong has become no stranger to the prize ceremony of important

competitions. These have included the first Asian Games gold medal in Busan 2002, a Men's Doubles silver medal in ITTF World Tour Finals 2003, the first Olympic medal of Hong Kong team after 1997 in Athens 2004 and a gold in Doha Asian Games 2006.

All these players did not just bring glory, they also inspired our local young players and nurtured them with their skills and experiences by serving as coaches after retirement. Head Coach Chan Kong Wah said, 'Hong Kong born players like Doo Hoi Kem and So Wai Yum started playing because of all these amazing results. Parents are now more supportive of their children to be professional athletes. I can see more kids joining this sport in the future.'

Women Team Coach Li Ching said, 'Hong Kong has a lot of potential players. If they keep playing hard, they can be the top players in the world.' Compared to the days of insufficient resources and facilities, players nowadays can earn over ten thousand dollars a month, with accommodation allowance and subsidies for overseas competitions. It's even better than a fresh graduate working in other industries. They also have opportunities to train with top players in China such as world no.1 player Ma Long, and participate in China's 1st Division League to enhance their skills and experience.

苦練創新
勇創佳績



陳江華



「Samsung 2016年度香港傑出運動員選舉」圓滿結束

李慧詩 四膺「星中之星」 成為大贏家

「Samsung 2016年度香港傑出運動員選舉」於本月圓滿結束，一眾香港運動員過去一年付出努力及汗水，為香港於世界體壇大放異采，取得驕人成績。當中香港單車代表、「牛下女車神」李慧詩於今屆「香港體壇奧斯卡」頒獎禮個人獨攬3獎項，並第4度榮膺「Samsung 星中之星香港傑出運動員大獎」，更令她成為自2006年重設這個獎項以來獲獎次數最多的運動員，寫下歷史新一頁。

一年一度的「Samsung 2016年度香港傑出運動員選舉」頒獎禮於本月假灣仔香港會議展覽中心舉行，不少運動員盛裝出席今次盛事，港協暨奧委會在本地選舉共收到45個體育總會共122個提名。經過評審團、傳媒及公眾的踴躍投票後，6個選舉項目的得獎者順利誕生。

焦點落在「Samsung 星中之星香港傑出運動員大獎」上，這項被喻為「最高榮譽」的獎項最終由香港單車代表李慧詩奪得，連同「香港最具體育精神運動員」及「香港傑出運動員」獎項，Sarah當晚獨取3個獎項成為大贏家。這亦是她個人第4度當選「星中之星」。

憑藉驕人成績個人取得3獎，Sarah 將榮耀歸於香港單車隊的所有工作人員，她以繁星形容自己的職業生涯：「我的生命充滿很多色彩，不管開心不開心的，最重要是能夠畫出彩虹，尤其我們的團隊在天空畫出一條好長好大的彩虹。每個香港運動員都是一顆星，我希望自己是一顆流星，發出最耀眼的光芒，我要多謝普林俊教練，是他教我努力珍惜所有，也是他為我這顆星帶來最燦爛夜空。」





吳安儀6度當選傑出運動員

至於另一「星中之星」大熱、香港桌球代表吳安儀雖然未能衛冕，但亦憑2016年先後獲得多項世界賽卓越成績及首度榮登亞洲賽6個紅球賽后冠，繼2009、2012至2015年後第6次當選「八傑」，並與一同取得世界賽女雙冠軍的隊友溫家琪奪得「香港最佳運動組合」獎項。這位剛重奪世界冠軍的「四眼Cue后」奪獎後開心地說：「每個獎對我來說都有不同意義，更是一個鼓勵，這些獎項屬於我背後的團隊。其實我與溫家琪一同領取最佳組合獎項時尤其感動，因為我們合作雙打時互相扶持，她在旁給予我很大支持，是我的幸運星。」

4小將首成「八傑」

8位香港傑出運動員除了李慧詩及吳安儀外，亦包括保齡球的麥卓賢、乒乓球的黃鎮廷、劍擊的張家朗、滑浪風帆的鄭俊傑、智障游泳運動員鄧韋樂、傷殘硬地滾球代表梁育榮。「八傑」當中一半得獎者為首次當選，4名「新力軍」包括黃鎮廷、張家朗、鄭俊傑及鄧韋樂。

大會表揚奧運「三朝元老」港將

此外，今年港協暨奧委會週年晚宴加設特別獎項嘉許香港運動員，特別適逢2016里約奧運會順利舉行及今年是香港特別行政區成立20周年，大會當晚表揚一班在回歸後曾參加3次或以上奧運會的運動員。獲獎的11位運動員包括：游泳代表歐鎰淳、施幸余、蔡曉慧、韋漢娜；羽毛球的葉佩延及吳蔚；單車的陳振興及黃金寶；賽艇的蘇秀華；以及乒乓球的帖雅娜及張鈺。



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3月至6月期間
約80項體育節活動將於
全港各區舉行，不容錯過！

Around 80 Festival of Sport activities
will be held from March to June in
various districts, don't miss the opportunity!

體育節嘉年華暨閉幕典禮 Festival of Sport Carnival cum Closing Ceremony

九龍公園
Kowloon Park
3-4/6/2017 (星期六及日 Saturday & Sunday)

節目預告 Programme :

「全民運動」攝影比賽

"Sport for All" Photo Contest

- 體育示範及表演 Sports Demonstration and Performance
- 運動試玩 Sports Trial
- 運動比賽 Mini Competitions
- 講座及工作坊 Seminars and Workshops
- 展銷攤位 Sales & Promotion Booths
- 展覽 Exhibition
- 專項運動選材測試 Sports Talent Identification Test

其他精彩內容將於稍後公佈！ Further details to be announced later!



詳情請瀏覽 For details
<http://fos.hkolympic.org>



Festival of Sport 體育節

• 節目如有更改，恕不另行通知
Programme is subject to change without prior notice

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OLYMPIC DAY

熱切期待！2017奧運日將首次於香港海洋公園舉行！

為慶祝國際奧委會的成立及宣揚奧林匹克精神，中國香港體育協會暨奧林匹克委員會榮獲國際奧林匹克委員會委任主辦一年一度的奧運日。今年奧運日將於6月18日首次假香港海洋公園舉行。活動將會以定向的形式在園內設置多個控制點，參加者可根據地圖提示在園內探索，展開一段充滿驚喜的歷險。本會期望以嶄新的活動為參加者帶來難忘的體驗。此外，奧運日亦會繼續舉辦親子歡樂跑、攤位遊戲和體育示範等嘉年華的活動。參加者更可邀請家人與好友親臨海洋公園，一同感受運動的樂趣，並共同度過一個健康又愉快的父親節！

詳情及報名將稍後於港協暨奧委會網頁公佈，敬請留意！www.hkolympic.org



Samsung 第60屆體育節揭幕

由中國香港體育協會暨奧林匹克委員會（港協暨奧委會）主辦、康樂及文化事務署（康文署）資助和三星電子香港有限公司冠名贊助的一年一度體育盛事——Samsung 第60屆體育節於3月4日下午假小西灣體育館舉行開幕典禮。

體育節籌備委員會主席郭志樑先生MH、康樂及文化事務署署長李美嫦女士JP、三星電子香港有限公司電訊及資訊科技產品部業務副總裁趙依音女士及港協暨奧委會義務秘書長王敏超先生JP一同主持揭幕儀式，為本屆體育節掀起序幕。同時，亦宣布Samsung 第60屆體育節 - 嘉年華暨閉幕典禮已經成為香港特別行政區成立二十周年的慶祝活動之一，並且將於六月初在九龍公園舉行，屆時將為市民帶來各類體育示範、運動試玩等節目，與民同樂。另外，札幌2017亞洲冬季運動會（亞冬運）中國香港代表團的歡迎儀式亦在開幕典禮期間舉行。代表團成員更獲邀請聯同體育節大使胡凱欣小姐（泰拳）和歐鎧淳小姐（游泳）一同為現場觀眾示範健體操。

Samsung第60屆體育節於三月至六月期間舉行，60多個體育總會在全港各區協辦約80項多元化的體育活動供不同年齡和性別的市民參加。市民可瀏覽體育節網頁<http://fos.hkolympic.org> 及在Facebook「體育節」專頁<https://www.facebook.com/sfocfos> 讚好，以取得Samsung 第60屆體育節活動的最新消息。



醒獅點睛儀式為Samsung 第60屆體育節掀起序幕。



體育節大使泰拳運動員胡凱欣(左前)和游泳運動員歐鎧淳(右前)與亞冬運代表團成員示範健體操。



詳情請瀏覽

<http://fos.hkolympic.org>



Festival of Sport 體育節



Study Tour Project for Leaders of Asian Youth Sports 2016



Ms. Carmen Tang Ka Pui, Deputy Secretary General of The Hong Kong Schools Sports Federation and Mr. Liu Ka Leung, Honorary Treasurer of the Hong Kong Fencing Association represented the Federation to participate in the Study Tour Project for Leaders of Asian Youth Sports 2016 from 9 to 16 November 2016 in Tokyo, Japan. Through the 6 day programme, participants have enriched the knowledge of Tokyo 2020 Olympic Games' preparation work and the community sports in Japan.



The 4th Youth Camp of The Chinese Olympic Committee

The serving Gymnast, Mr. Ng Kiu Chung and the retired Table Tennis athlete, Ms. Hui Lai Ying were selected to represent the Federation to participate in the 4th Youth Camp of The Chinese Olympic Committee from 27 November to 3 December 2016 in Guangzhou, China. Keynote speeches, lectures and sports activities were organized during the 7 day programme.



Women and Sports Committee of the Federation New Appointment to the Women and Sports Committee

Chaired by Ms. Vivien Lau (middle), the 1st meeting of Women and Sports Committee of the Federation (2016-2018) was held on 26 January 2017. New appointees include Messrs Tong Wai Lun, Wong Po Kee, Mrs. Amanda Bond and Ms. Heidi Ip. The Committee discussed future plans including the participation and involvement in international meetings annually and the

organization of local women and sports events periodically. A questionnaire on "Women's Involvement in NSAs" has been issued to Member Associations to collect statistics on women's involvement in the sports sector and to encourage women's participation in sports.



Ms. Vivien Lau (middle), Committee Chairperson and members who attended the 1st Women and Sports Committee Meeting (from right to left: Mr. Wong Po Kee, Ms. Heidi Ip, Ms. Fay Ho; Ms. Malina Ngai, Mrs. Amanda Bond and Ms. Emba Leung). Other Members are Prof. Leung Mee Lee, Mr. Tong Wai Lun, Ms. Rebecca Chiu and Ms. Danielle Chan.

2017年度禁用清單

世界運動禁藥機構（WADA）推出的2017年度禁用物質及方法清單（禁用清單），已於2017年1月1日生效。

禁用清單是世界運動禁藥法規簽署組織必須遵守的五項國際標準其中之一，並且每年更新。禁用清單列明賽內及賽外禁用的物質及方法，以及某些運動項目不能使用的物質。

給運動員及運動員支援人員的重要提示：

1. 熟悉2017禁用清單及其修訂，特別要注意2017年新納入的禁用物質。
(www.wada-ama.org/en/resources/science-medicine/prohibited-list)

2. 在使用任何藥物前，必須事先核對清單。運動員可參考香港運動禁藥委員會（HKADC）設立的網上資料庫DrugInSport (www.druginsport.hk)，查詢在香港註冊藥物的禁用狀況。

3. 運動員如有確切治療需要，必須使用清單上的禁用物質或方法，請盡早申請治療用藥豁免（TUE）。

4. 如有任何疑問，請聯絡HKADC。

2017年度禁用清單的電子版本可於香港運動禁藥委員會網頁 (www.antidoping.hk) 下載。



首個為運動員而設的職業資訊展



全港首個為香港運動員而設的職業資訊展覽——HKACEP運動員「職目」資訊展已於2016年10月16日假銅鑼灣奧運大樓圓滿舉行。為協助運動員在退役後可以順利轉型，以及加強與各企業機構的緊密聯繫，為本地人才市場提供一班有潛質的生力軍，是次職業資訊展共吸引20多間大型企業機構一同響應支持，包括香港鐵路有限公司、新世界發展有限公司、合和實業有限公司、DHL Express (香港) 有限公司等，分別設置企業資訊攤位、專題講座、工作坊以及剛推出的求職網站，為運動員提供最新的職場快訊及職業配對。



Fire Drill and Fire Safety Talk

In order to arouse Olympic House (OH) tenants' awareness on fire safety, a biennial fire drill was held on 13 January 2017. With the support from Hong Kong Fire Services Department, a team of firemen was appointed to demonstrate the usage of fire extinguishers and deliver a fire safety talk for the tenants. 218 OH tenants in total participated in this event.



Charging Facility for Electric Vehicle

To support government's scheme for encouraging wider use of electric vehicles to improve roadside air quality in Hong Kong, the Management Company of Olympic House Limited has installed 2 charging stations at G/F, carpark of OH.



Eco-tips

WALK more, DRIVE less !!



你的笑容
是我們的最大鼓舞



恒基兆業地產集團
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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！



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



Standard Chartered Hong Kong Marathon 2017

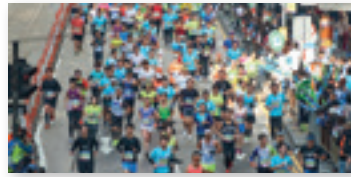
The Standard Chartered Hong Kong Marathon 2017 was held on 12 February 2017 with Hong Kong's largest participatory annual sporting event experiencing yet another record-breaking year. Around 10,000 overseas runners participated in the 2017 race.

Both the Men's and Women's Marathons this year saw fierce competition. In the Men's Marathon, Bizuneh Melaku Belachew from Ethiopia achieved the top spot with a time of 2:10:31. In the Women's Marathon, Chala Gulume Tollesa from Ethiopia, took the top spot with a time of 2:33:39. The champions took home US\$65,000 in prize money respectively.

Wong, Kun from China won the Men's Half Marathon with a time of 1:08:52, while You, Ya-jun from Taiwan took the top

spot in the Women's Half Marathon with a time of 1:18:14. In the Men's 10KM race, Chan, Ka Ho from Hong Kong took the top spot with a time of 32:10. In the Women's division, Lui, Wai Man from Hong Kong took first place at 38:06.

620 local and overseas athletes competed under the all-new, "Charity Entry" race to raise funds for the event's official charities and their various initiatives. In addition, another all-new 1.8KM "Family Run" attracted approximately 600 participants, with marathoners running from Wan Chai Sports Ground to Victoria Park, Causeway Bay. From 12 to over 80 years old, some families saw three generations come out for this fun race, with everyone thoroughly enjoying this unforgettable experience. Info at www.hkmarathon.com



香港羽毛球總會
Hong Kong Badminton
Association

「第15屆中銀香港親子樂Fun Fun羽毛球雙打比賽暨同樂日」盛大舉行



主禮嘉賓、港隊球員與得獎者大合照



幼童親子歡樂大比拼

為推動香港羽毛球運動發展，促進家庭融洽、社會和諧，由中國銀行（香港）贊助，香港羽毛球總會（羽總）主辦之「中銀香港親子樂Fun Fun羽毛球雙打比賽暨同樂日」已達第15屆。同時，活動亦設「幼童親子歡樂大比拼」，讓未足5歲的幼童可體驗羽毛球運動的樂趣。

決賽頒獎禮暨同樂日開展儀式及頒獎典禮於1月22日（星期日）下午在小西灣體育館舉行。大會主禮嘉賓包括中銀香港渠道管理部總經理勞秉華先生、羽總主席湯偉掄太平紳士及羽總副主席黃守明醫生。頒獎禮後，港隊球員示範羽毛球技術，並與現場家庭同樂。場內並設多項親子攤位遊戲，超過1,000名社區人士參與。詳情可瀏覽www.hkbadmintonassn.org.hk



香港棒球總會
Hong Kong Baseball
Association

Local International Baseball Events for Men and Women

Teams from China, Philippines, Russia, Taiwan and Hong Kong participated in the Hong Kong Shanghai Alliance - WBSC Hong Kong International Baseball Open 2016 that was held from 17 to 20 December 2016. Hong Kong Red Team (senior team) was awarded 1st runner-up while Hong Kong Blue Team (development team) ranked 4th in the tournament.

The tenth "Phoenix Cup 2017" WBSC Hong Kong International Women's Baseball Tournament was held from 17 to 20 February 2017. This year 10 teams competed for the championship, including teams from Australia, China, Japan, Guam, Singapore, Taiwan, Hong Kong Allies (senior national team) and Hong Kong Bravo (development team). Info at <http://hkibo.hkbaseball.org> or <http://phoenixcup.hkbaseball.org>.



Hong Kong Red Team tagged the player out



Hong Kong Allies, Go!



香港單車聯會
Hong Kong Cycling
Association

World Indoor Cycling Championships 2016

The Hong Kong Indoor Cycling Team attended the World Indoor Cycling Championships 2016 which was held from 2 to 4 December 2016 in Stuttgart, Germany. The Cycle-ball Team won a bronze medal in Group B; and the Artistic Team finished 4th in the Single Men Elite and Pair Open.



2nd Runner-up in Group B Cycle-ball: Chan Ka Kin (Right 2) and Lo Man Fai (Right 1)



Chan and Lo competed in Cycle-ball Group B.



香港馬術總會
Hong Kong Equestrian
Federation

LONGINES Masters of Hong Kong 2017



Full team of volunteers and officials assembled at the LONGINES Masters of Hong Kong

One of the world's most glamorous showjumping events, the LONGINES Masters of Hong Kong 2017, returned to Hong Kong's AsiaWorld-Expo from 10 to 12 February 2017.

Hong Kong rider Jacqueline Lai competed alongside the biggest names in the sport after her five-star debut at the event's 2016 edition, and shined in the LONGINES Speed Challenge, Hong Kong Jockey Club Trophy, EEM Trophy and AsiaWorld-Expo Trophy.

The Hong Kong Equestrian Federation has garnered local participation by organizing educational tours for over 2,500 participants from schools, charities, NGOs to the LONGINES Masters of Hong Kong. The event's success was assisted by teams of 239

volunteers and 9 officials.

Info at http://www.longinesmasters.com/en/longines_masters_hong_kong/presentation



Hong Kong sole representative, Jacqueline Lai, and Basta at the LONGINES Speed Challenge



香港足球總會
Hong Kong Football
Association

2016-17年度香港足球總會高級組銀牌賽



傑志勇奪本季高級組銀牌寶座，並獲獎金港幣\$150,000。



傑志隊長盧均宜(左)與東方龍獅中場大將勞高交鋒。

傑志球員費蘭度獲選為決賽最有價值球員。

於2017年1月15日假香港大球場舉行的香港足球總會高級組銀牌決賽，傑志以2:1擊敗衛冕冠軍的東方龍獅，繼2005-06年度球季後重奪該賽事冠軍寶座。詳情可瀏覽www.hkfa.com/news_details2/14591



Hong Kong Lacrosse participates in the Singapore Spectacular



Zhan William taking a shot



Au Yeung Chun Yu Joey cradling past the defender

The Hong Kong Men's Lacrosse High Performance Programme Team participated in the Singapore Spectacular organized from 3 to 4 December 2016.

The competition comprised a challenging mix of teams: Team M (a mix of players representing Malaysia, Thailand, USA and Australia), Team FOGO Japan and Singapore. Each team played three games on Saturday, followed by the position matches on Sunday.

Team FOGO Japan won the competition by beating the host Singapore in a golden goal overtime. The competition was a new experience for the Hong Kong team and provided an opportunity to gain exposure to a higher intensity and faster speed of lacrosse. Info at www.hklax.org



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

香港殘疾人士保齡球公開錦標賽

由香港殘疾人奧委會暨傷殘人士體育協會主辦之香港殘疾人士保齡球公開錦標賽於2016年12月7日至10日假沙田富豪保齡球場舉行，共有來自5個國家及地區近80名運動員、教練及隨隊職員參加。香港隊奪得2金2銅的佳績，其中朱穎琴累積3日成績以2748分奪得女子TPB3級個人全能賽冠軍。詳情可瀏覽www.hkparalympic.org/web/index.php?id=450



協會副會長余錦遠（左）向朱穎琴（右）頒發女子TPB3級個人全能賽金牌。



張凱穎打出1094分取得混合TPB2級個人賽銅牌。



黃美蘭（圖中）及汪國張在混合TPB8與TPB9級雙人賽憑2057分奪得銅牌。



香港保齡球總會
Hong Kong Tenpin
Bowling Congress

2016 WORLD SINGLES BOWLING CHAMPIONSHIP



Men's medallists on the podium with prize presenters and sponsor



Men's medallists (from left to right : Rafiq(MAS - Silver), Jesper Agerbo (DEN - Gold), Michael Mak (HKG - Bronze). Joanas Jahi (FIN - Bronze)

The 2016 World Singles Bowling Championship was successfully held from 2 to 9 December 2016 at the Doha Bowling Centre in Qatar. 50 countries participated in the championship with a total of 81 male bowlers, 53 female bowlers and 53 officials. Michael Mak won a Bronze medal in the Men's Division.

For the Men and Women Division respectively each athlete bowls three blocks of four games (12 games total) in the Step 1 qualifying rounds to determine the top 32 men and top 32 women for Step 2. The top 32 qualifiers are divided into four groups (8 players each group) in step 2 and each player bowls a one game round robin against each other in the group. Michael Mak came out top in Group C with an average score of 225.5. The top eight men resumed with another eight games in one group and Michael Mak advanced to the semi-final, where he narrowly lost to Malaysia's Rafiq Ismail by 224-235. However he was third in the final standing receiving a prize money of US\$3,000.

The World Singles Bowling Championship is conducted every four years with the first championships being held in 2012 in Limassol, Cyprus. Info at <http://2016wsc.worldbowling.org>.



Mak Cheuk Yin won a Bronze medal in the Men's Division

Team Beau Geste won the CYCA Trophy-Passage Series

Mr. Karl C. Kwok's Team Beau Geste capitalised on their lead to win the CYCA Trophy-Passage Series on 11 December 2016, a sailing competition organized by the Cruising Yacht Club of Australia in Sydney

In Division 1, Team Beau Geste, a TP52 representing Royal New Zealand Yacht Squadron, was unstoppable again in the 24 nautical mile course from the start near Shark Island to Botany Bay, finished in Watsons Bay. Steven Proud's Swish was second in the race to finish second overall, with the Brenton Fischer skippered TP52, Ragamuffin third and third overall.

Karl Kwok flew in from Hong Kong especially for the event

and Tuesday's SOLAS Big Boat Challenge. "I am lucky to have Gavin (Brady) who puts together a wonderful crew. Gavin gets people who are not prima donnas – they are happy and work as a team. I have been sailing international events since 1995 and Gavin has been there, always making space for a younger crew, like those from Royal New Zealand Yacht Squadron's Youth program," said Mr. Kwok.

"As we get older, youth will come and take over – they need to be trained first, and this is what we do," continued by Mr. Kwok. Mr. Kwok will return for the 2017 Sydney Hobart, an event he first won in 1997.

Mr. Karl C. Kwok, Vice-President of SF&OC
(Excerpt from www.yachtsandyachting.com)



Mr. Karl C. Kwok (middle) and the Team Beau Geste received the Trophy

一衣帶水：香港與大陸經營體育運動交流簡述

香港和大陸的體育運動交流源遠流長。在中華人民共和國成立初期，大陸相對封閉的國際環境下，香港扮演了大陸和國際社會交流的一個視窗。而當時想香港對於大陸最大的體育運動貢獻就是出身於香港的中國第一個世界冠軍，即1959年乒乓球世界錦標賽冠軍的容國團。香港的知名企業家，尤其是霍氏家族，對於大陸重返國際奧運會大家庭扮演了積極的作用，並且長期支援大陸體育運動事業，包括設施的投入和對優秀運動員的激勵，扮演了大陸和香港體壇的橋樑，一直被兩岸體育運動界傳為佳話。

而大陸對於香港的影響的例子更是不勝枚舉，尤其是在改革開放的大背景之下，中國大陸運動員自1984年重返奧運後在國際精英運動舞

臺取得輝煌成就，成為世界體壇的超級勁旅。而香港的體育運動發展，按照英國拉夫堡大學運動政策學教授、英國社會科學院院士Prof. Barrie Houlihan的總結，就是一種isomorphist的路徑，也就是對於曾經和現任宗主國的精英運動發展模式的借鑒(dependent strategy)。香港對於乒乓球和羽毛球的重視以及一定程度上的國際賽事的成功體現了和大陸的一致，而尤其是之前對於大陸優秀乒乓球和羽毛球人才，包括教練員和運動員的引進，這些世界領先的運動員和教練（比如帖雅娜、王晨、周蜜、李惠芬、沈金康）不僅提高了香港在亞洲和國際運動舞臺的成績，更重要的是鼓舞和帶動了很多香港本土年輕運動員的發展，幫助他們更快地成長為世界級選手，最好的例子就是羽毛球項目的世界名將葉姵延。

當然兩岸日趨緊密的體育運動交流本身也得益於香港1997年重回祖國的懷抱以及一國兩制政策在體育界的施行，而運動賽事舉辦和參與則提供了另一個香港和大陸一衣帶水關係的例證。香港作為2008年奧運會馬術比賽的承辦城市，直接參與了北京奧運會這一全球盛事。而從1997年上海全運會開始，香港運動員一直參加中華人民共和國全國運動會（全運會），在這一高水準的比賽中和全國各地的運動員切磋和交流，同時也在香港受英國影響而在亞洲首屈一指的自行車、帆船帆板、馬術和欖球項目上帶動大陸運動員的提高。此外，香港先進的科研力量為眾多大陸運動員包括孫楊等提供運動生理和康復的支援。

香港浸會大學體育系：劉永松教授 鄭錦明博士

香港傑出運動員

1986年由商業機構主辦的
首屆選舉的得獎「香港傑出運動員」

2000年起由港協暨奧委會接辦的
第一次選舉



榮獲6次或以上「香港傑出運動員」獎

李麗珊
(滑浪風帆)



黃金寶
(單車)



齊寶華
(乒乓球)



陳丹蕾
(乒乓球)



蘇樺偉
(田徑)



王晨
(羽毛球)



胡兆康
(保齡球)



傅家俊
(桌球)



吳安儀
(桌球)



* 齊寶華及陳丹蕾相片由香港乒乓總會提供

香港傑出運動員

榮獲3次或以上「星中之星」大獎的運動員



黃金寶 (單車)



李麗珊 (滑浪風帆)



李慧詩 (單車)

97年的兩位「星中之星」

同時獲得「星中之星」及「最具體育精神」獎



黃金寶 (單車)

李麗珊 (滑浪風帆)



2007年 黃金寶 (單車)



2016年 李慧詩 (單車)

04年首設「最佳運動隊伍」至今的得獎隊伍



香港足球代表隊



香港欖球代表隊

獲獎最多次數的隊伍



香港北獅隊



香港男子木球隊

SPORTS	DATE	EVENT NAME	PLACE	WEBSITE
 SF&OC	March – June 2017	Samsung 60 th Festival of Sport	Hong Kong, China	http://fos.hkolympic.org
 Football	March 2017 – March 2018	AFC Asian Cup UAE 2019 Qualifiers Final Round	Asia	http://the-afc.com/competition/afc-asian-cup
 Rugby	7 – 9 April 2017	Cathay Pacific/HSBC Hong Kong Sevens 2017	Hong Kong Stadium, Hong Kong, China	www.hkrugby.com
 Cycling	12 – 16 April 2017	2017 UCI Track Cycling World Championships by Tissot	Hong Kong Velodrome, Hong Kong, China	www.cycling.org.hk
 Equestrian	29 April 2017	LONGINES Jumping Horse of the Year Show 2017	Beas River Equestrian Centre, Hong Kong, China	www.hkef.org
 Baseball	10-18 May 2017	13 th National Games – Baseball Preliminary Round	Wuxi, China	www.hkbaseball.org
 Badminton	21-28 May 2017	TOTAL BWF Sudirman Cup 2017	Gold Coast, Australia	http://bwfbadminton.org
 Sports for Physically Disabled	21-29 May 2017	BISFed 2017 Asia and Oceania Championships – Hong Kong	Hong Kong, China	www.bisfed.com
 Dragon Boat	2 – 4 June 2017	2017 Hong Kong International Dragon Boat Races	Hong Kong, China	www.hkcdba.org
 SF&OC	3 – 4 June 2017	Samsung 60 th Festival of Sport Carnival cum Closing Ceremony	Kowloon Park, Hong Kong, China	http://fos.hkolympic.org
 SF&OC	18 June 2017	2017 Olympic Day	Ocean Park, Hong Kong, China	www.hkolympic.org
 DanceSport	8 – 9 July 2017	The 10 th Hong Kong DanceSport Festival WDSF GrandSlam Hong Kong 2017	Hong Kong, China	http://dancesport.silver.jp.com.hk/
 Lacrosse	12 – 22 July 2017	2017 FIL Rathbones Women's Lacrosse World Cup	Guildford, England	www.englishlacrosse.co.uk/RWLC17
 Volleyball	21 – 23 July 2017	FIVB Volleyball World Grand Prix - Hong Kong 2017	Hong Kong, China	www.vbahk.org.hk



中國香港體育協會暨奧林匹克委員會

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