



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

# OLYMPIC VOICE

## 奧訊

of Hong Kong

DEC 2018  
ISSUE 11



- Mr. Timothy Fok's awarding of the IOC Silver Olympic Order marked a new milestone for Hong Kong sports development
- Dr. Julian Chang, Chief Medical Officer of HK, China Delegation, was inspired by the athletes' unflinching spirit





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

奧訊  
of Hong Kong

OLYMPIC  
VOICE

# CONTENTS

- 2**      **President's Message**
- 3**      **Multi-Sports Games**
  - 18<sup>th</sup> Asian Games
  - 3<sup>rd</sup> Youth Olympic Games
- 7**      **Feature Stories**
  - Mr. Timothy Fok's awarding of the IOC Silver Olympic Order marked a new milestone for Hong Kong sports development
  - Dr. Julian Chang, Chief Medical Officer of HK, China Delegation, was inspired by the athletes' unflinching spirit
  - Sports Families in the 18<sup>th</sup> Asian Games
  - Behind the Scenes
  - Co-operation between media and headquarters for Multi-Sport Games
  - Chan Ming Tai, Young Change-Maker of 3<sup>rd</sup> Youth Olympic Games
- 16**     **News Digest**
- 19**     **NSAs Express**
- 23**     **Sports Diary**



## Sports Federation & Olympic Committee of Hong Kong, China

### Patron

The Hon. Mrs. Carrie Lam Cheng Yuet Ngor  
GBM, GBS  
Chief Executive  
Hong Kong Special Administrative Region  
People's Republic of China

### President

Mr. Timothy T. T. Fok GBS, JP

### Vice-Presidents

Ms. Vivien C. C. Lau BBS, JP  
Mr. Karl C. Kwok MH  
Mr. Tony K. L. Yue BBS, JP  
Dr. T. Brian Stevenson SBS, JP  
Mr. Pui Kwan Kay SBS  
Dr. Herman S. M. Hu SBS, JP  
Mr. Tong Wai Lun BBS, JP  
Mr. Kenneth K. K. Fok JP

### Hon. Secretary General

Mr. Ronnie M. C. Wong JP

### Hon. Deputy Secretaries General

Professor Leung Mee Lee MH  
Mr. Edgar J. T. Yang PDSM  
Mr. Wong Po Kee MH

### Hon. Treasurer

Mr. Derrick L. W. Wong

### Officer

#### (Athletes Committee Representative)

Mr. Chan King Yin MH

### Hon. Life President

The Hon. A. de O. Sales GBM, JP

### Hon. Advisors

The Hon. Lau Kong Wah JP  
Secretary for Home Affairs  
HKSAR Government  
People's Republic of China

Mr. Pang Chung SBS

### Hon. Vice-Presidents

Mr. Yue Yun Hing BBS  
Dr. F. K. Hu GBM, GBS, JP  
Dr. Tong Yun Kai SBS  
Mr. Victor C. F. Hui GBS, JP

### Hon. Medical Advisor

Dr. Julian W. Chang BBS

### Hon. Legal Advisor

Mr. Peter Brown

## Editorial Board of "Olympic Voice of Hong Kong"

### Convenor

Professor Leung Mee Lee MH

### Members

Mr. Karl C. Kwok MH  
Mr. Kenneth K. K. Fok JP  
Mr. Chu Hoi Kun  
Dr. Peter C. Smith  
Mr. Abraham K.H. Cheng





## 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 edition of the Olympic Voice permits us to tally the successes we have enjoyed in the year now closing and express hopes for the one to come. By whichever measure, our athletes have done us proud because of the medals garnered, the results attained and the manner in which they have comported themselves. The highest sports body has conferred upon me the Olympic Order but this honor is not for me, the person, but for us, the community, who have embraced athletic pursuits as a way of life. We are better for this not just physically but also spiritually in this time of strain and stress as we find release and achieve recuperation by engaging in exertions that also improve our state of mind. Let us press forward in this regard as the Olympic motto urges us to do.

在2018年即將完結前，我們希望藉著今期《奧訊》，來祝賀今年取得的美好成績，並表達對未來日子的盼望。香港運動員在今年不同的比賽和運動會中所得的獎牌和成績，以及他們展示的不朽態度，都值得我們感到驕傲。誠然，我剛獲國際奧委會頒授奧林匹克銀勳章，但這榮譽不是屬於我個人，而是歸功於香港市民對體育發展的支持，把體育精神融合於人生哲理當中。在這個生活節奏急促和充滿壓力的社會，我們應當藉著運動來讓自己得到喘息的機會，不單是身體上還有心靈上，從而活得更好。這亦是奧林匹克的精神所在，就讓我們一同把此信念傳遞開去。

**Timothy T. T. Fok**  
霍震霆

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, International Olympic Committee

國際奧林匹克委員會榮譽委員



18<sup>th</sup> ASIAN GAMES  
**Jakarta  
Palembang  
2018**

# 18<sup>th</sup> Asian Games

The Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) sent the largest ever delegation with over 800 members including 584 athletes to participate in the 18<sup>th</sup> Asian Games held in Jakarta-Palembang, Indonesia. It was the second time Indonesia has hosted the Asian Games since 1962 and the first ever Asian Games to be hosted by two cities. Bridge, Paragliding, Roller Sports (Skateboarding) and Sport Climbing were the new sports in this Asian Games.

The participation of the Hong Kong, China Delegation in the 18<sup>th</sup> Asian Games concluded with 8 Golds, 18 Silvers, 20 Bronzes and ranked 13<sup>th</sup> in the Games' medal tally.

## Medallists

Sports	Gold	Silver	Bronze	Total
1. Aquatics – Swimming		1	2	3
2. Athletics			1	1
3. Badminton		1		1
4. Bowling		1		1
5. Bridge		2	2	4
6. Cycling (Track)	3	4		7
7. Cycling (Road)			1	1
8. Equestrian	1			1
9. Fencing		2	6	8
10. Gymnastics - Artistic	1			1
11. Karate			2	2
12. Rowing		1	2	3
13. Rugby Sevens	1			1
14. Squash	2	2		4
15. Table Tennis			2	2
16. Triathlon			1	1
17. Windsurfing		3		3
18. Wushu (Talou)		1	1	2
<b>Total</b>	<b>8</b>	<b>18</b>	<b>20</b>	<b>46</b>





Among all these medals, it was wonderful to see Jacqueline Siu acquire the first gold medal for the Delegation and also the first gold for the Equestrian team in the Asian Games.

Over all the sports events, cycling was the strongest team which attained 3 Golds, 4 Silvers and 1 Bronze (total 8 medals). Lee Wai Sze, Sarah won her gold medal races with ease. Leung Chun Wing's outstanding performance with 1 Gold and 2 Silvers made him the successor of Wong Kam Po. It proves that the Velodrome in Tseung Kwan O has provided an excellent home-based training venue for the sport and facilitates an improvement in performances.

The second best performing team was squash which obtained 2 Golds and 2 Silvers (total 4 medals) in the Asian Games, while both of our Men's player Au Chun Ming and Lee Ho Yin in the Men's Singles Final.

The fencing team's performance was also promising, they received 8 medals with 2 Silvers and 6 Bronzes. Although the team failed to win a Gold, they already made a breakthrough by clinching more silver medals than before. It was a significant indicator showing that our athletes had reached an exceptional standard.



Nonetheless, the silver medal from the swimming team in the Women's 4x100m Medley Relay was a surprising gift for the girls who originally ranked 4<sup>th</sup>, who jumped from a bronze then finally a silver medal in just a couple of minutes, as two of the "medal" teams were disqualified.

The Men's Rugby team triumphed against Japan and got their first gold medal in the Asian Games. It was also Hong Kong's first gold medal in team sports.

The last medal of the Delegation was a bronze attained by the Triathlon Mixed Relay team on the last day of the Games. This 46<sup>th</sup> medal made a fruitful conclusion for the Hong Kong, China Delegation in the 18<sup>th</sup> Asian Games, breaking the previous record.





# 3<sup>RD</sup> SUMMER YOUTH OLYMPIC GAMES



The 3<sup>rd</sup> Summer Youth Olympic Games (YOG) was held in Buenos Aires, Argentina from 6 to 18 October 2018. Nearly 200 countries or regional delegations came together to participate in 32 sports. SF&OC sent a record of 25 athletes to take part in 9 events, including Aquatics – Swimming, Athletics, Beach Handball, Equestrian – Jumping, Fencing, Rowing, Sailing – Windsurfing, Table Tennis and Triathlon. It was also the first time for Hong Kong, China to participate in the YOG's team event. Coping with 11 hours time difference between Hong Kong and Buenos Aires, our delegation finally brought home 2 Silver and 1 Bronze medal with many new personal best records.

**Buenos Aires 2018**

YOUTH OLYMPIC GAMES



Feel the **future**

• *Lim Nicholas Owen Zhaoguang:*  
created his new personal best record  
in 50m Butterfly



• *Women's Beach Handball Team: vs NED*



• *Women's Sabre Individual: Ma Ho Chee*



• *Women's Windsurfer – Techno 293+ : Mak Cheuk Wing*





## MEDALLISTS

SPORTS	EVENT	NAME OF ATHLETE (S)	MEDAL
Fencing 	Women's Épée Individual	Hsieh Kaylin Sin Yan	
	Mixed Continental Team	Hsieh Kaylin Sin Yan (With athletes from Chinese Taipei, Japan, Korea and Kyrgyzstan)	
Athletics 	Men's 110m Hurdles	Wong Lok Hei Addis	



Fencer Hsieh Kaylin Sin Yan won 2 Silver Medals in Women's Individual Épée and Mixed Continental Team event respectively. The Individual Épée silver medal was also Hong Kong, China's first medal in the 3<sup>rd</sup> YOG. Kaylin was disappointed by ranking 4<sup>th</sup> in Group 1 after the Pool Rounds. However, she was able to cope with stress and defeat her opponents in the elimination rounds to get into the final. After 2 tight sets against Chorniy Kateryna (UKR), Kaylin finally lost the game by 9:11. Subsequently, she joined other athletes from Chinese Taipei, Japan, Korea and Kyrgyzstan in a Mixed Continental Team and clinched another Silver Medal.



Another young athlete – Wong Lok Hei Addis concluded the Hong Kong, China Delegation with a Bronze Medal in the Men's 110m Hurdles on the last competition day. Addis broke his personal best record twice in the two heats to rank third out of 18 athletes. The final ranking of the race was determined by adding up the time of the two heats. His coach Tang Hon Sing was happy to see his big improvement in pushing his new personal best to 13.39 seconds.





為香港體壇貢獻多年的國際奧委會榮譽委員兼港協暨奧委會會長霍震霆，多年來致力為香港、亞洲及世界體壇推動體育發展，擔任港協暨奧委會會長近20年的他，今年10月獲得國際奧委會（IOC）於週年大會上頒授奧林匹克銀勳章（Olympic Order in Silver）\*，他直言獎項是屬於香港體壇，代表了香港體壇的一個里程碑。

霍震霆會長榮獲「Olympic Order in Silver」獎項

# 獎項代表 香港體壇新里程



## 國際奧委會對香港體育的認同

過去數十年，香港體壇發展一日千里，除於2008年協辦北京奧運會馬術賽事、以及2009年主辦東亞運動會外，香港運動員於國際體壇的成績亦百花齊放，於世界級賽事上屢獲殊榮。霍震霆於2001年起成為國際奧委會的委員，致力推動體育發展，獲得這項最高榮譽的獎項後，他與香港體壇分享此項榮耀：「這獎項不是我個人獲得的，是港協暨奧委會及整個體育界努力的成果，是國際奧委會對香港為國際體育貢獻的認同，我希望將這獎項與大家分享，因為代表了香港在過去數十年來努力之下的一個里程碑。」

回顧過去數十年，霍震霆參與了不同的國際體育組織，也見證了香港體壇很多的變化：「以往香港體壇比較實際，很多運動員受到生計問題影響訓練及比賽，但現在運動員慢慢獲得社會的關注，不止在賽事上，還有整個體育文化都獲得市民支持。」特別於今年的「雅加達·巨港亞運會」上，霍震霆認為港隊的表現令他印象特別深刻：「以往香港運動員在比賽上表現或患得患失，但今屆亞運會帶來社會的關注，不止在體育界，獲得的成績給了市民信心，亦改變了家長及政府等有關方面和人士的看法。」

除成績為香港運動員增添榮譽外，霍震霆也希望香港可以透過體育凝聚社會：「運動是最沒有保證一定有回報的，很多運動員背後付出的汗水不只練習了4年，在場上的成敗只是一線之差，但每次不管成敗我們都與運動員一起分享、共同經歷高與低，失意時安慰他們、快樂時共享喜悅，現在每次在頒獎台下看見香港區旗升起，奏著國歌，我都會心裡悸動，體育從來都是凝聚社會的最佳途徑。」

### 積極申辦國際綜合運動會

亞運會剛完結，港協暨奧委會與一眾香港運動員一樣，已展開了2020年東京奧運會的準備工作。霍會長盼香港運動員於「Road to Tokyo」的路上，一起盡全力備戰，他更提出希望政府與商界一起宣傳東京奧運會：「希望讓更多香港人知道，走上奧運舞台的難處，在社會各界一起支持下，可以達成這目標，因為一次奧運會的經驗，是一世Olympian（奧運會選手）」。

至於香港體壇的未來發展，現時亦任亞奧理事會副會長的霍震霆表示，香港要進步就必須與世界各國一起爭取舉辦運動會：「現在

特區政府對體育的支持度加大，所以我提出申辦2021年舉行的第二屆世界沙灘運動會，並已去信特區政府尋求支持，難得香港是旅遊聖地，也擁有美麗的海灘，所以應該把握機會申辦世沙運。」他亦認為體育文化及體育產業必須發展，「奧林匹克精神從來沒有以賣廣告來宣傳推廣，就只是五個環卻讓人一看見就追隨這崇高的精神，很多運動員花了很多時間、辛苦訓練都只是志在參與奧運會，因為一場運動比賽可以帶來很多不同的經驗與好處。」他寄望將來香港舉辦更多世界級賽事，令更多人認識香港文化，也凝聚更多香港人去支持自己的運動員。

### 奧林匹克勳章 (Olympic Order)

是國際奧委會自1975年起，為奧林匹克運動有卓越貢獻的人士頒發的最高榮譽獎項，獎項分為金、銀、銅三個級別。獎項設計是印有奧林匹克五環的頸鏈設計，得獎者領獎時會被戴上這項頸鏈，代表著最高榮譽的嘉許。



## President Timothy Fok was awarded The Olympic Order in Silver, which marked a new milestone for Hong Kong

Mr. Timothy T. T. Fok, President of SF&OC marked a milestone for the Hong Kong sports community in October after receiving the Olympic Order in Silver of the International Olympic Committee in recognition of his outstanding achievements in global sport and dedication to the Olympic values.

In the past few decades, the city has co-organized the Beijing Olympics Equestrian Events in 2008 and hosted the East Asian Games in 2009. Athletes have won numerous awards in world-class competitions. Mr. Fok, a member of the International Olympic Committee since 2001 with a constant commitment to sports development for years, shared his glory with the community. He said, 'This award

belongs to the entire sports community of Hong Kong. It is a recognition by the International Olympic Committee for Hong Kong's contribution, and represents a milestone of Hong Kong's efforts over the years.'

Hong Kong is realistic. Many athletes have to earn their livelihood while training for their competition. In this year's Jakarta-Palembang Asian Games, their achievements were brought to the attention of the public. Mr. Fok said, 'Our hearts were moved every time when we saw the HKSAR flag raised and our national anthem played. Sport is the best way to unite society.' Mr. Fok hopes the government and the business sector will join hands to support the athletes on their

'Road to Tokyo'. He said, 'It takes more than 4 years to nurture an athlete and there is no guarantee of a medal. It is difficult to qualify for the Olympics but with the support the government and the business sector, this goal can be achieved.'

As for the future development of sports in Hong Kong, Mr. Fok, Vice President of the Olympic Council of Asia, revealed his plan to bid for the 2021 World Beach Games. He hopes that more world-class events will be held in Hong Kong so that the sports culture in Hong Kong can continue to grow, and that the Hong Kong people will be more supportive to their athletes and sports community.



# 張維醫生： 從運動員身上 感染不屈精神

## 隨隊征戰



能夠8次參與奧運會，對運動員來說或許是天荒夜譚，但香港有一位骨科醫生，1988年義務為港協暨奧委會擔任醫學顧問及首席醫生，他是張維醫生，30多年來從不間斷成為香港運動員背後的最強後盾，更8度隨港隊征戰奧運會。張維醫生直言能擔起此重擔是一份光榮，更藉此從運動員身上學習，給予自己在醫學上積存更大的動力。

### 88漢城奧運開始隨隊

運動員場上的一分鐘，背後其實是整支團隊多年來一起努力的成果。當中運動員站在場上，需要最大的保障是醫療團隊在賽前賽後的支援。自1988年漢城奧運會開始，港協暨奧委會為香港代表團提供醫學支援，張維醫生正是當年團隊僅有的三位醫生中的一位。

「我在1986年回港，那時香港沒有很多人熟悉運動醫學，我便受邀到一些文憑課程上分享運動醫學及創傷的知識和心得，當時前港協暨奧委會會長沙理士向我表示，香港代表團一直沒有醫學支援，希望邀請我加入和支

援運動員。」張醫生指88年奧運時，香港代表團多數為業餘運動員，賽前會為他們進行驗身，比賽當中會駐場提供醫療支援。直至92年起，香港代表團除了隨隊醫生外，亦加入物理治療師，到了2000年悉尼奧運會，更有心理醫生協助運動員出戰。

除8屆奧運會外，張醫生亦「征戰」過多屆亞運會、冬奧、青奧、亞室武運，甚至亞洲冬運會。在剛過去的「雅加達·巨港亞運會」上，張醫生更帶領2名骨科醫生、15名物理治療師到印尼為香港運動員提供支援。「今屆亞運在印尼，我們也準備得特別小心，包括在預防傳染病及飲食上都多加留

意，而且賽事分兩個地方進行，事前要分配人手到兩地照顧運動員。」

### 亞運醫療團隊的互動

今屆賽事中，有數位香港運動員因病及受傷需即時回港治理，張醫生憶述一名沙排運動員因急病要退賽回港時表示：「我們一直在賽前賽後留意運動員的驗血情況，當時發現一名運動員血液有問題時，就立即著他停止比賽，也要與民政事務局、香港海關及香港消防等配合，以最快及安全的方法護送運動員回港。當時我陪著運動員返港，直接入住醫院，以確保他在過程中不會受到感染。」此外，亞運賽事中有港將在印尼因扁桃腺



# 8 屆 奧 運 無 間 斷



## As the Chief Medical Officer of the Hong Kong, China Delegation, Dr. Julian Chang was inspired by the athletes' unflinching spirit

Orthopedist Dr. Julian Chang Wai dedicated 30 years of service as the Chief Medical Officer of Hong Kong, China Delegation. Invited by Mr. A. de O. Sales, the former Hong Kong Olympic Committee President, Dr. Chang became one of the three team doctors of the Hong Kong Delegation in the 1988 Olympic Games. The medical team was expanded with physiotherapists in 1992 and sports psychologists have since joined the service for the 2000 Olympics.

In the past 30 years, Dr. Chang has managed and organized the medical team of the Hong Kong delegation in different major games such as Olympic Games, Asian Games, Winter Olympics, Youth Olympics, Asian Indoor Games, and even Asian Winter Games. He and

his team have spent their own vacation days and even at their own expense have obtained medical supplies for the team. Dr. Chang's dedication has earned him a close relationship with the athletes and practical experiences in sports medicine.

This year in the Jakarta-Palembang Asian Games, the medical team has had to tackle more problems than the past, from prevention of infectious disease and food safety, to allocate team members in two different cities. They have made critical decisions during the Games, sending home several athletes. Dr. Chang travelled between Hong Kong and Indonesia three times to ensure athletes were in good hands.

Over the years, Dr. Chang has been

impressed by the dedication and hard work of the athletes, especially back to the time when athletes were amateur and they still managed to get good result with insufficient resources. As more athletes turn pro and their sports medicine knowledge has increased, it is easier for the medical team to work with them. However, the job become more challenging each year as more and more extreme sports have been included. Dr. Chang wishes that every sports organizations could have their own doctor in future and a medical department will be set up to promote and improve athletes' knowledge of sports medicine. Eventually, athletes will know better now to protect themselves.

發炎需要進行手術：「那位港將希望回港才做手術，但我們醫療團隊衡量風險後，擔心回港過程中會令他呼吸困難，故最後我們與當地醫院聯絡，在當地進行手術，並一切順利。」一次亞運會，張醫生來回香港及印尼3次，堅持陪伴著運動員。

### 運動員的不屈精神

30年來，張醫生與不少香港運動員在場上場外均建立了互助互信的關係，場外他亦與不少運動員交心，從他們身上得益不少：「88年漢城奧運會時，我在終點等著當時的香港公路單車代表洪松蔭回來，最後一刻我看着他僅以零點零幾秒之差僅得第4名，差一點就可奪得奧運獎牌。當時我心情也相當激動，

特別當時的香港運動員在沒有太多支援下，也取得好成績是非常難能可貴。」他指運動員對運動的全心全意態度，是社會上的一個好榜樣，值得我們學習，而他亦為自己擔任此崗位感到無上光榮，從「實戰」中更了解醫學上的知識。

張醫生表示幸好近年香港運動員從業餘走向全職，大部分港將已對運動醫學有一定認識，令他們提供支援時更加順利，但他相信未來在運動醫學支援上也會有不同挑戰，特別愈來愈多極限運動成為賽事項目，要因應作出不同準備：「每次為大型運動會統籌醫學支援時，最困難是尋找不同的骨科醫生，希望將來中國香港代表團可以有一專業

團隊，分擔不同大型運動會的工作，爭取經驗。」

張醫生坦言為香港運動員提供支援時，他與一眾團隊都是義務性質：「我們用自己的假期、自費購買藥物支援運動員，2006年多哈亞運時，我帶著2升止咳水到當地；而且也要清楚處藥，亦不會為運動員打針，所以需要更多人去吸收經驗，應付愈來愈多的大型運動會。」未來，在運動醫學支援上，張醫生最希望每個總會都可以有專屬醫生，亦希望多以講座推廣運動醫學的知識，成立港協暨奧委會的醫療團隊，讓香港運動員加深認識，減少對運動醫學的一些誤解，從而有效地令更多運動員懂得保護自己。



# 體育凝聚家人

# 運動員 Family

中國香港代表團在今年8月於印尼雅加達及巨港舉行的「第18屆亞洲運動會」（亞運會）締造佳績，奪取8金18銀20銅共46面獎牌，刷新中國香港單屆參與亞運會的獎牌數量紀錄。獎牌背後，運動員為港爭光外，亦編寫了不少與家庭成員一起努力、互勉及奮鬥的故事，值我們看看這些香港體壇Family的故事。

## 1. 歐詠芝 歐鎮銘（壁球）

談起香港代表團中的「姊弟兵」，相信無人不曉壁球的歐詠芝及歐鎮銘，二人自小一起練習壁球，其後雙雙加入香港隊。他們於全職運動員路上互相支持，除練習外亦一起征戰多項大賽，當中分別於2013年（歐詠芝）及2015年（歐鎮銘）奪得亞洲冠軍，令人印象深刻。不過在今屆亞運會上，二人經過多年奮鬥後終一起圓夢，歐鎮銘成為首位奪得亞運會男單金牌的港將，姐姐歐詠芝亦與陳浩鈴、何子樂及李嘉兒歷史性奪得女團金牌，齊齊留名印尼。



## 2. 張敬煒 張敬樂（單車）

香港單車隊近年均有兄弟姐妹檔齊加入，較為早期的是張敬煒與張敬樂這對兄弟兵。張敬煒早於2006年已在多哈亞運會勇奪場地單車記分賽金牌，其後弟弟張敬樂受哥哥影響下加入港隊，二人曾於2010年廣州亞運會一同出戰團體追逐賽並奪得銀牌。今屆亞運會上，他更與隊友梁峻榮於男子麥迪遜決賽上反勝奪金。至於張敬煒今屆雖以教練身分出戰亞運，但二人仍繼續互相支持，奪金一天，張爸爸及張媽媽更親自飛到雅加達為兩位兒子打氣，溫情滿溢亞運單車館內。

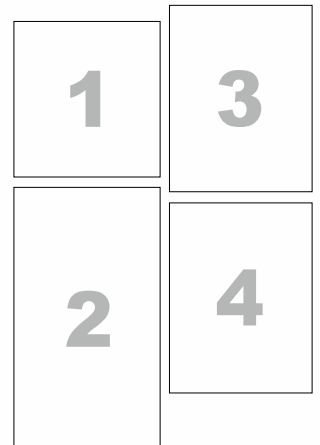


## 3. 葉冠英 葉冠雄（手球）

香港手球隊亦有一對一起征戰的「仔仔」葉冠英和葉冠雄，除了他們一同代表港隊出戰外，葉爸爸亦於亞運會「登場」擔任克柔術裁判，成為今屆名正言順的「亞運家族」。「仔仔」小時候跟爸爸學柔道，但後來決定專注手球發展。至於葉爸爸雖然未有入選柔道港隊，但仍投入此運動，退役後當上克柔術裁判，並支持「仔仔」的運動之路，不時親身飛到外地為他們打氣。而今次亞運會更是一次難得機會，讓三人首次一同參與。雖然由於克柔術賽程在手球之後，「仔仔」僅在完成比賽後方於紀念品店遇上剛到埗的爸爸，但三人特意合照留念，紀念這個對葉家有深厚意義的亞運會。

## 4. 梁寶儀 梁穎儀（單車）

除張敬煒與張敬樂外，梁寶儀及梁穎儀兩姊妹亦是首次攜手出戰亞運。第2次參戰的梁寶儀雖因妹妹要專攻公路計時賽，未能一起在團體追逐賽出戰，但她亦為首戰亞運會便在女子公路計時賽奪得銅牌的梁穎儀感到高興，該面銅牌亦是香港單車隊今屆賽事第一面獎牌，為其後出戰場地賽的隊友打下強心針。



# 攜手戰亞運

# mily



## 5. 陳靖嵐 陳辭 (曲棍球)

香港女子曲棍球隊中，陳靖嵐及妹妹陳辭首度一起征戰今屆亞運會。二人姊妹情深，陳靖嵐當年在劍擊及曲棍球雙線發展九年下，終於大學時期專注曲棍球訓練，其喜好亦吸引了妹妹加入曲棍球訓練，最終更一同入選香港隊。陳靖嵐直言二人在場內一起奮鬥，場外妹妹則為她細心打點一切，曲棍球令二人感情昇華。

## 6. 李嘉文 李婉賢 (賽艇)

亞運會「四朝元老」李嘉文是香港賽艇隊的「大家姐」，現實中，她亦是其隊友李婉賢的親姊妹，二人曾於2016年巴西里約奧運會上一同出戰女子輕量級雙人艇，而在今屆亞運會亦一同參賽，分別參加女子輕量級單人艇（李嘉文）及女子4人輕量級雙槳艇（李婉賢），最終姐姐李嘉文奪銅而回，其後她們更以姊妹名義捐出2萬元獎金協助維修被超級颱風「山竹」破壞的中心。

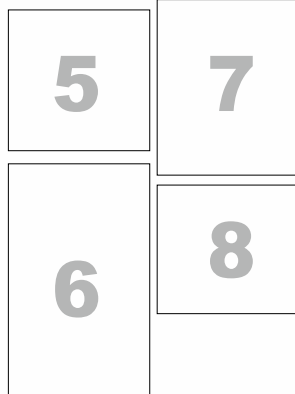


## 7. 林衍聰 林衍蕙 (劍擊)

香港劍擊隊上，大家對林衍聰及林衍蕙的兄妹情深應該不感陌生。林衍蕙兒時受「偶像」哥哥的影響學習劍擊，更因為希望跟隨哥哥練習，奮力學劍加入香港隊。隨著林衍聰於賽前表明即將退役，今屆將是兩兄妹最後一次攜手出戰亞運會，最終哥哥林衍聰於男子佩劍團體賽帶領師弟奪得銅牌，光榮退役。

## 8. 鍾志樂 (龍舟) 鍾瀚霖 (羽毛球)

龍舟自2010年成為亞運會項目後，今屆港隊亦有派隊參戰，當中2012年十大傑青之一的鍾志樂亦與兒子鍾瀚霖一同參賽，雖然二人項目不同，鍾瀚霖未有像爸爸一樣划龍舟，但在其運動細胞感染下，亦成功躋身香港羽毛球代表隊，於今屆亞運夥拍譚進希出戰男子雙打賽，父子一起於亞運會登場，意義深遠。





# 亞運花絮

## 逐個捉



18<sup>th</sup> ASIAN GAMES  
**Jakarta  
Palembang  
2018**

香港隊在2018印尼亞運會取得歷來最佳成績，但在運動員的卓越及精彩表現之外，尚有不少有趣及獨特的小故事值得分享，成為他們努力拼搏的另一見證。



### 林衍聰頒獎台前求婚 掛銅贏得美人歸告別亞運

於雅加達·巨港亞運會賽場上，香港男子佩劍代表林衍聰於男子團體賽上與一眾師弟贏得一面銅牌，更於頒獎禮掛上銅牌後，立即跪地向專程到印尼觀戰的女友Nicole求婚。在頒獎禮後，大會特別播放Nicole最愛的歌曲，「阿聰」從場外拿著99支玫瑰，跪地向女友求婚並戴上戒指。最終除贏得獎牌之餘更娶得美人歸，雙喜臨門下完美告別亞運。林衍聰三征亞運，共奪得3面銅牌，包括2014年男子佩劍個人及團體銅牌，以及今屆的一面銅牌。



### 張美娥得分踞榜首 女手壓印尼得第7名

香港女子手球隊於今屆亞運會壓過東道主印尼取得第7名，雖然球隊因分組賽負泰國無緣晉級四強，但主力之一張美娥於今屆賽事表現出色，進攻能力驚人的她於6場賽事中的其中4仗成為全隊最高分球員，當中尾場面對印尼一戰更個人獨取10分，最終於亞運會上以45分、與韓國的Jung Yu-ra同踞得分榜首位。



### 女曲隊長盧苡葭戴第100頂「隱帽」

香港女子曲棍球隊於今屆亞運奪得第9名，隊長盧苡葭於賽事期間為香港隊第100次上陣，港協暨奧運會秘書長王敏超亦特意於賽事期間，送上鮮花答謝這位港將為香港隊的付出。







## 國際綜合運動會戰況激烈 資訊交流不斷 香港體記與港協暨奧委會 互動互助

香港運動員近年於國際體壇屢創佳績，在10月的第3屆青奧及8月的第13屆亞運會中，運動員接連取得好成績，除同行的代表團的支持外，香港市民及他們的家人能最快分享他們的喜悅，實有賴港協暨奧委會及一眾香港體育記者（體記）跨地域的互動互助。

從賽前協助香港體記獲取運動會傳媒採訪證、出發前的簡介會向遠赴當地採訪的香港體育記者講解最新資訊、提供當地的採訪需要、以至上載所有港隊賽事的相片至港協暨奧委會網站，港協暨奧委會與傳媒一直緊密合作，讓無論處身當地或本港的香港記者最快獲取資訊，向公眾報道代表團最新戰況。

### 印尼亞運會實況

本屆亞運會除派出歷來最大的代表團外，港協暨奧委會亦爭取到歷屆最多傳媒名額，約30名傳媒遠赴耶加達作實地報道。現今資訊發達，每篇新聞都講求時限性，要快，要準，對遠赴印尼採訪的香港體育記者來說，加上比賽於雅加達與巨港同時進行，比起以往的採訪更添壓力，與港協暨奧委會的合作更需互動。

一眾香港體育記者每天游走各大賽場之間，要「跑畢」所有港隊賽

事或是天方夜譚。故於亞運賽事期間，體記每天報道部分賽事都依賴港協暨奧委會的攝影團隊，即時上載所有港隊賽事的相片，他們方可「一隊不漏」的將新聞報道給遠在香港的讀者。

每天除報道新聞外，他們亦要花時間處理採訪前的工作，包括在開幕禮及閉幕禮，需根據亞奧理事會的規定，於2天前與港協暨奧委會溝通及報名，然後經抽籤決出取得入場券的香港媒體。同時亦需緊密與港協暨奧委會溝通，每天更新香港隊的比賽時間表，以求清楚知道每項賽事的比賽時間，以分配人手走各場地。

亞運會上，香港體育記者每天走訪最少2至3個比賽項目不在話下，但仍有不少項目因賽場偏遠未能報道，特別是今屆亞運會分成兩個地方舉行，香港體記與港協暨奧委會的互相配合尤其重要。



# 陳銘泰任青奧大使 分享奧林匹克經驗

青年奧運會除了讓青年運動員挑戰自我外，亦透過一眾青奧大使帶領運動員參與各項教育及文化導賞活動，藉比賽外的交流，宣揚奧林匹克精神，展現奧林匹克價值——尊重、友誼及卓越。

至於青奧大使有什麼任務呢？就讓第三屆青年奧運會81位青奧青年大使之一，繼蔡曉慧（2010年）及歐鎰淳（2014年）後，香港歷來第3位青奧大使，香港「跳遠王子」陳銘泰為大家分享。

在阿根廷布宜諾斯艾利斯兩個多星期，陳銘泰的主要任務除了每日支持香港隊比賽，以及當運動員的攝影師外，亦把過往的比賽經驗與他們分享。此外，國際奧委會還安排了很多做運動員時無法體驗的活動，例如參與國際奧委會研討會，討論人權問題、舉辦奧運對其城市影響等奧運會議題、職業運動員退役後的發展等。國際奧委會主席Thomas Bach和諾貝爾和平獎得主Professor Yunus更親臨選手村，和一班青奧大使分享交流。

而最令他印象深刻的是探訪經翻新的貧民窟，此貧民窟原本為毒販流連的罪案溫床，但隨着青奧的社區發展，已變為居民可安心居住及自給自足的社區，是體育為社區帶來正面影響的好例子。此外，來自不同國家的青奧大使，在國際奧運會的協助下，為自己社區所面對的挑戰構思一些充滿意義的計劃，協助其社區改善不同的社會問題。

陳銘泰說：「無論作為運動員或是青年大使，都是奧運理念的一部份。青年大使這身份是不會隨着青年奧運會的完結而結束的，我將會效法我的同伴們，期望在未來的日子和社會各界攜手合作以貢獻我們的家——香港。」







## 國泰航空2018年度香港傑出運動員選舉 已接受報名

「國泰航空2018年度香港傑出運動員選舉」記者招待會已於12月4日假奧運大樓舉行，並由港協暨奧委會會長霍震霆先生 GBS, JP 致辭，為本屆選舉揭開序幕。港協暨奧委會亦於記者招待會上宣佈新一年

度的冠名贊助商為國泰航空有限公司。在新的贊助商支持下，港協暨奧委會與國泰航空將會攜手合作，共同乘載非凡夢想。本會屬下各體育總會均可提名該會的運動員、組合或隊伍競逐6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」。

選舉詳情如下：選舉年度：2018年1月1日至2018年12月31日

香港運動員今年分別於第18屆亞洲運動會及第三屆青年奧林匹克運動會有傑出表現，成績更創下歷史新一頁，使得今屆選舉的競爭非常激烈。為鼓勵市民一同參與這項體壇盛事，令更多人認識香港的運動員，本會將於2019年1月20日舉行「公眾投票記者招待會」，屆時將公佈投票詳情，歡迎市民踴躍參與，投下寶貴一票以支持自己的心水香港運動員。有關選舉的詳情及最新資訊，請留意選舉網頁：<http://sportstar2018.hkolympic.org>



日期	活動
2018年12月28日	截止提名日期
2019年1月20日	公眾投票記者招待會
2019年1月20日至2019年2月14日	公眾投票
2019年3月26日	頒獎典禮

## 港協暨奧委會與國泰展開四年合作 助運動員飛得更高

港協暨奧委會與國泰展開四年合作，助運動員飛得更高，近年香港運動員於國際賽事屢創佳績，為了支持香港體育的持續發展，並提供更多資源幫助香港運動員，港協暨奧委會與國泰航空公司攜手合作，展開為期四年的合作關係。

剛於本年八月份舉行的第十八屆亞洲運動會上，率先成為獨家航空合作夥伴的國泰航空，提供一系列的支援予中國香港代表團，包括獨立預辦登機櫃位、商務貴賓室、贈送紀念品及緊急航班支援等，令全體代表團能以最佳狀態出戰賽事，獲得亞運史上最佳成績。

此外，國泰航空公司亦由2018年度起連續冠名贊助四屆本港「體壇奧斯卡」— 香港傑出運動員選舉，為各運動員及本港市民提供嶄新的感覺。

這充分展現國泰航空公司對港協暨奧委會的支持、對本港運動員的肯定及對體育界的信心。未來四年，港協暨奧委會與國泰航空將作多方面合作，推展更多不同項目，務求協助香港運動員「成就更高」。





## 奧夢成真「2018-21」計劃正式起動！

奧夢成真計劃一直致力建立學生與退役運動員共同開創理想的平台，使香港體壇得以薪火相傳，傳承奧林匹克精神。在2018年，港協暨奧委會獲香港賽馬會慈善信託基金的捐助，開展賽馬會「奧翔」計劃，希望讓中學生透過參與體育運動，踏出運動習慣的第一步，以及從運動員身上學習奧林匹克精神。

其次，「奧」妙運動園！計劃亦同時於小學開展，希望透過體適能測試及運動體驗，建立小學生對運動的興趣，培養恆常運動習慣。「奧」妙運動園！計劃策略伙伴及贊助機構為利希慎基金及周大福慈善基金。



## 「退役運動員轉型計劃」新資訊

民政事務局剛推行2018 - 21「退役運動員轉型計劃 - 學校體育推廣主任」，並有36名運動員獲得聘任為「學校體育推廣主任」。HKACEP於7月4日舉辦迎新會講解計劃內容，透過遊戲讓已配對的推廣主任和學校老師互相認識，並由曾經參與計劃並順利轉型成為體育老師的前推廣主任梁正彥先生分享經驗，為學校及推廣主任提供重要資訊，以協助他們順利開展未來三年的學校體育推廣工作。

另外，新一期「退役運動員轉型計劃 - 體育機構職位」亦已於2018年10月推出，民政事務局將撥款資助受惠體育機構聘用一名退役運動員，讓退役運動員獲得體育行政及推廣的寶貴工作經驗，以裝備他們順利轉型成為體育行政人材。今期計劃共有15間體育機構及15名運動員參加，HKACEP將會協助他們作出就業配對。



## 2019年度禁用清單經已推出

世界運動禁藥機構（WADA）已推出2019年度禁用物質及方法清單（禁用清單），並將於2019年1月1日生效。

WADA每年都會更新禁用清單，並在其生效前數月預先公佈，以確保運動員及支援人員有足夠時間熟悉新的禁用清單及其修訂，覆檢運動員正在服用的藥物，以及在必要情況下申請治療用藥豁免（TUE）。

本委員會慎重建議所有運動員及支援人員詳閱2019年度禁用清單及其修正摘要及註釋。舉例其中一項主要變更：禁用方法「M3」的名稱已由「基因禁藥」改為「基因及細胞禁藥」。

2019年度禁用清單及詳盡的修正摘要可於WADA的網頁（[www.wada-ama.org](http://www.wada-ama.org)）下載。香港運動禁藥委員會亦印備袋裝版2019年度禁用清單供運動員使用。如欲索取袋裝版禁用清單，歡迎聯絡本委員會。





## Overseas Study Tours

### 58<sup>th</sup> International Session for Young Participants

Mr. Chiu Chung Hei, (retired table tennis athlete) and Ms. Tong Siu Man, (retired rowing athlete) represented SF&OC to participate in the 58<sup>th</sup> International Session for Young Participants which was organized by the International Olympic Academy in Greece from 16 to 30 June 2018. The main theme of the 2018 Session was "The Athlete as a role model", and the sub-theme was "Challenges an Olympic Athlete faces as a role model". Lectures, group discussion, sports activities as well as field trips to archaeological sites and museums were organized during the 15 days of programmes.

### 6<sup>th</sup> Youth Camp of Chinese Olympic Committee

Mr. Poon Sheung Hei (retired table tennis athlete) and Ms. Chole Yuen Chiu Yee of HKADC represented SF&OC to participate in the 6<sup>th</sup> Youth Camp of Chinese Olympic Committee from 9 to 14 September 2018 in Xi'an, China. Through the 6 days programme, participants not only enriched their knowledge of Olympic Movement, but also understand the Beijing 2022 Winter Olympic Games' preparation work.

### 41<sup>st</sup> Session of Chinese Taipei Olympic Academy

Two serving wushu athletes Miss Yuen Ka Ying and Mr. Yeung Chung Hei represented SF&OC to participate in the 41<sup>st</sup> Session of Chinese Taipei Olympic Academy from 6 to 29 October 2018 in Hualien, Taiwan. The main theme of the session was "Olympic Value" which was covered by lectures, sports activities and discussions during the 4 day programme.



## Green Recognition & Workshop

In recognition of the Management Company of Olympic House Ltd efforts on improving indoor air quality in Olympic House(OH), a "Excellence Class Certificate" was conferred on MCOHL by the Indoor Air Quality Information Centre on 8 August 2018.

To raise the tenants' awareness on environmental protection and the importance

of reducing pollutants, a Green Workshop "Green Soap DIY" was held on 27 November 2018 at Olympic House. The Workshop aimed at introducing ingredients of detergents and their impact on the environment if overused. Participants also learnt to make soap by using recycled oil for cleaning purpose. 30 OH tenants joined the workshop and shared this eco-message.



### Eco-tips

### Go Green, Let's Reduce Waste!





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

## ASICS香港田徑錦標賽2018

是次賽事為香港全年最高水平賽事，參加的本地運動員須計算全年個人成績排名才可同場躋身競技。詳情請瀏[https://hkaaa.com/tc/comp\\_details.php?id=116](https://hkaaa.com/tc/comp_details.php?id=116)



中國百米飛人蘇炳添（右四）亦有參與男子100米賽事，最終以10秒28力壓多名本地飛人首先衝線。



杜婉筠在女子鉛球賽事中以13米正打破香港紀錄



香港羽毛球總會  
Hong Kong Badminton  
Association

## YONEX-SUNRISE Hong Kong Open Badminton Championships 2018 (Part of the HSBC BWF World Tour Super 500)

YONEX-SUNRISE Hong Kong Open Badminton Championships 2018 was held from 13 to 18 November 2018 at Hong Kong Coliseum with total grand prize money of USD\$400,000.

The competition entry of the tournament was overwhelming and attracted 320 players from 20 countries / regions this year, out of which 266 players from 18 countries / regions qualified to enter. Participating stars included world number one of five events and medalists from World Championships.

Info at [www.hkopenbadminton.org](http://www.hkopenbadminton.org)

The five event Champions are:

Son Wan Ho (KOR) (Men' Singles)

Nozomi Okuhara (JPN) (Women Singles)

Marcus Fernaldi Gideon/Kevin Sanjaya Sukamuljo (INA) (Men's Doubles)

Yuki Fukushima/Sayaka Hirota (JPN) (Women Doubles)

Yuta Watanabe/Arisa Higashino (JPN) (Mixed Doubles)



Prize Presentation Ceremony of Women's Doubles



Champion of Women Singles: Nozomi Okuhara (Japan)



Semi-finalist of Men's Singles: Lee Cheuk Yiu (Hong Kong China)

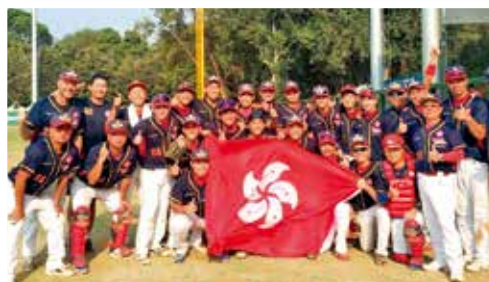


香港棒球總會  
Hong Kong Baseball  
Association

## Attaining Best Even Result in 18<sup>th</sup> Asian Games

Hong Kong finished 6<sup>th</sup> place out of 10 teams in the 18<sup>th</sup> Asian Games held in Palembang, Jakarta from 23 August to 1 September 2018. It was the best result of the team in the Asian Games.

After a two-week break since the end of Asian Games, the Team has been preparing for the coming local international event in December and the Asian Championship in 2019. Info at [www.hkbaseball.org](http://www.hkbaseball.org)



Group photo after defeating Indonesia, 7-4



Group photo after defeating Thailand, 5-4





香港籃球總會  
Hong Kong Basketball  
Association

## 2019國際籃聯世界盃比賽

2019國際籃聯世界盃比賽首次設立外圍賽制度，由於香港籃球代表隊入圍亞洲盃決賽周，所以取得世界盃亞洲外圍賽參賽資格。根據抽籤，港隊與中國、韓國及新西蘭同組。

世界盃亞洲外圍賽分兩個階段，第一階段共有16支隊伍參加，由亞洲的14支隊伍和大洋洲的2支隊伍組成。16支隊伍分為4個小組，採用主客場制打雙循環賽。

按比賽制度規定，港隊的3支對手都要來港作客比賽。其中新西蘭及中國已到港作賽，而港隊亦於7月1日主場迎戰韓國隊。詳情請可瀏http://www.basketball.org.hk/index.php/match/match05/2019wcup



香港代表隊合照



中國香港健美總會  
Hong Kong China  
Bodybuilding And Fitness  
Association

## WFF Rising Star世界明日之星錦標賽2018

中國香港健美總會本年榮獲WFF Rising Star國際健美盛事的主辦權，並首次把比賽帶入商場內舉行，令市民大眾可近距離欣賞及認識更多有關的健美運動知識。而本會派出的香港健美代表隊運動員更在賽事中屢創佳績，先後取得八金四銀一銅成績，其中黃家鈺及蔡佳潤運動員不但戰勝同項目之各級冠軍人馬，榮獲MS SPORTSMODEL及 MENS SPORTSMODEL組別的總冠軍，取得最高榮譽之PRO CARD資格。詳情請瀏http://hkbbba.org/index.aspx



港隊黃家鈺勇奪榮譽組別總冠軍及PRO CARD資格。



香港足球總會  
Hong Kong Football  
Association

## 2018 International Friendly Match - Hong Kong VS Thailand

With new head coach Gary White, the 143<sup>rd</sup> ranked Hong Kong made its first appearance at home hosting Thailand in Mongkok Stadium on 11 October 2018. The four thousand-plus spectators on hand witnessed a great battle on the pitch.

Hong Kong fell behind barely two minutes into the game. A slick attacking move down the right wing saw Philip Roller collecting the ball and darting into the



Wong Wai's free-kick found Olivier Ngue inside the penalty area. The burly striker nodded the ball towards goal but the shot was easily handled by goalkeeper Siwarak Tedsungnoen.

box before scoring. The visitors were quickly up by a goal.

The home side was not going to give up and went searching for the equalizer fanatically. Unfortunately, the score stood towards the final whistle, as Hong Kong dropped a narrow 0:1 decision against Thailand. Info at [https://www.hkfa.com/en/more\\_news](https://www.hkfa.com/en/more_news)



Xu Deshui carried at several great moves before firing a shot.



中國香港體操總會  
Hong Kong Gymnastics  
Association

## The 18<sup>th</sup> Asian Games - Celebration Dinner for Hong Kong Gymnastics Delegation

Hong Kong Gymnastics Team returned home from the 18<sup>th</sup> Asian Games in Jakarta, Indonesia with a gold medal in the vault event. A celebration dinner was held at The Dynasty Club in Wanchai on 12 October 2018.

The Guest of Honour, the Hon. Mrs. Carrie Lam Cheng Yuet-ngor, GBM, GBS, Chief Executive of the Hong Kong Special Administrative Region, spoke at the Dinner. She stated that "The Government is considering the construction of an International training venue for gymnastics. Through training hard and backed up by strong equipment, it will bring more outstanding gymnasts to strive for glory for Hong Kong."



The Hon. Mrs. Carrie Lam Cheng Yuet-ngor, GBM, GBS, Chief Executive of the Hong Kong Special Administrative Region, Mr. Pui Kwan Kay, SBS, MH, Hon. President of GAHK, Mr. Kenneth Fok Kai-kong, JP, President of GAHK and Prof. Cheung Siu Yin, MH, Chairperson of GAHK took a group photo with the gymnasts.





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



## 印尼2018亞洲殘疾人運動會

第三屆亞洲殘疾人運動會於2018年10月6日至13日在印尼雅加達舉行，共有來自43個國家及地區超過3,000名運動員於比賽場上競逐殊榮。香港派出101名運動員、72名教練、醫療人員、職員及地區殘奧會代表共173名團員，參與10個運動項目，包括射

箭、田徑、羽毛球、硬地滾球、草地滾球、射箭、游泳、乒乓球、保齡球及輪椅劍擊。香港代表團終以歷屆最佳成績11金16銀21銅完成賽事，位列獎牌榜第10位，成績斐然。詳情請瀏覽<http://apg2018.hkparalympic.org/>



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

## 2018 Asian Para Games

2018 Asian Para Games was held in Jakarta, Indonesia from 6 to 13 October 2018. The HKSAPID Team comprising 6 coaches, 1 staff and 17 athletes (10 male and 7 female) was led by HKPC & SAPD. Our athletes strived for their best performances and gained valuable opportunities to polish their skills and enrich their competition experiences with a brilliant result of 5 gold, 3 silver and 2 bronze medals in ID Division, in which Ng Mui Wui gained 2 gold medals in both singles and team events. Info at : <http://www.hksapid.org.hk/news-co.php?id=426&page=1&year=2018>



Li Hiu Tong, Ng Mui Wui and Wong Ka Man gained a gold medal in women's team.



## 40<sup>th</sup> Hong Kong Rowing Championships

The 40<sup>th</sup> Hong Kong Rowing Championships was concluded successfully at the Shing Mun River Regatta Course from 27 to 28 October 2018. With the growing popularity of the Championships in the region, there were more than 900 local and overseas rowers and officials taking part in this year.

Eight went to National Chi Nan University Rowing Team A of Chinese Taipei and Lok Tsui Rowing Club & the Education University of Hong Kong Mixed Team respectively.

Lok Tsui Rowing Club was awarded the HKCRA 40<sup>th</sup> Anniversary Memorial Cup which was presented to the local club which tops the medals standing in the Championships each year. Hong Kong Rowing Squad Members Chan Chi Fung and Hung Wing Yan won gold in Open Men's Single Sculls and Women's Single Sculls event respectively. Another important event - the Open Men's and Women's



Ms. Vivien C. C. Lau BBS, JP, Vice-President of the Sports Federation and Olympic Committee of Hong Kong, China is presenting the medals in the ceremony.



中國香港攀總  
China Hong Kong  
Mountaineering  
and Climbing Union

## 全國攀岩錦標賽2018

香港運動攀登代表隊於9月27至30日在中國安龍舉行的第二十六屆全國攀岩錦標賽報捷，港隊代表陳翔志及游嘉俊包攬領攀及抱石金銀牌，為港爭光。詳情可瀏覽 [www.chkmcu.org.hk](http://www.chkmcu.org.hk)





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

## New World Harbour Race 2018

The Hong Kong Amateur Swimming Association hosted the annual event – New World Harbour Race 2018 – at Victoria Harbour with the participation of 3,358 local and overseas swimmers who successfully swam across the harbour. The New World Harbour Race has now entered its eighth year since its return. The legendary cross-harbour race route from Tsim Sha Tsui Public Pier to Golden Bauhinia Square Public Pier in Wan Chai, of around 1km distance, was featured again this year to allow swimmers to enjoy the challenge amidst of

internationally renowned Victoria Harbour skyline.

After a morning of intense competitions, the trophies for the International Category Individual Men & Women went to Cho Cheng Chi and Wang Yi Chen who clocked 10'45.6 and 12'04.7 respectively. Local swimmers Sin Chin Ting Keith and Li Hannah Hang Fung were declared the male and female champions in the Open (A) Aged 17-34 Individual Category, with times of 11'26.8 and 12'26.3 respectively.



The Hon. Mrs. Carrie Lam Cheng Yuet-ting, GBM, GBS, Chief Executive of the Hong Kong Special Administrative Region with distinguished guests officiated the opening with a gun-firing ceremony to kick-off the Race.



香港乒乓球總會  
Hong Kong Table Tennis Association

## 第十八屆亞運會 港乒收穫兩面銅牌

在雅加達舉行的第十八屆亞運會，香港乒乓球代表隊派出5男5女出戰男、女子團體、單打及混合雙打5個項目，結果為香港奪得女團及混雙共兩面銅牌，成績令人鼓舞。

港隊今次派出以年輕球手為主的運動員，包括黃鎮廷、何鈞傑、江天一、林兆恒、吳柏男、李皓晴、杜凱榮、吳穎嵐、蘇慧音及李清韻，結果女隊不負眾望，相隔20年後再奪亞運女子團體獎牌。另外，合作僅一年多的何鈞傑及李皓晴亦在混雙摘下銅牌，為比賽劃上圓滿句號。



港隊奪得女團及混雙兩面銅牌 凱旋而歸



李皓晴（左）及何鈞傑在混雙摘下銅牌

## 19<sup>th</sup> Asian School Tenpin Bowling Championships

The 19<sup>th</sup> Asian School Tenpin Bowling Championships was held from 30 September to 8 October 2018 at Taichung, Chinese Taipei. This year's Championships had participation from a total of 56 boys and 40 girls, from 8 countries and territories from the Asian Zone including Australia, Hong Kong, China; Japan, Macao, China; Philippines, Saudi Arabia, Chinese Taipei and Singapore. The Hong Kong Bowling Team attained a total of four medals including 2 Gold, 1 Silver and 1 Bronze in Singles, Doubles, All Events, and Masters respectively in the Boy's Division.

In the first event of the Championships, Boy's Singles, Alex Yu attained a Silver Medal by scoring 1351 in 6 games. A member of the Hong Kong national youth team, Alex then clinched a Gold Medal with his teammate Ivan Tse the next day in the Boy's Doubles event, by scoring 1412 and 1259



Hong Kong celebrates with Boy's Doubles Gold



Boy's All Events gold, Alex Yu of Hong Kong A



Boy's Doubles gold medallist, Ivan Tse and Alex Yu of Hong Kong A

in 6 games respectively. Although Alex Yu and his teammates only ended up in the 4<sup>th</sup> place in the Team of 4 event, his total score of 1368 in the two blocks of the team event won him the gold medal in the Boy's All Events, by scoring a total of 4131 in his 18 games in Boy's Singles, Doubles and Team of four event.

In the Boy's Masters, Ivan Tse scored a total of 3618 in 16 games to make 3<sup>rd</sup> position in the Boy's Masters standings and advanced to the Stepladder Final. Ivan lost 208:221 to Eugene Yeo from Singapore and captured a Bronze Medal for Hong Kong.

The Asian School Tenpin Bowling Championships, an official ABF Students Championship is conducted every year. Hong Kong was the host in 2015 and 2017. Info at [http://abf-online.org/results/19thasbc\\_Step.htm](http://abf-online.org/results/19thasbc_Step.htm)



香港保齡球總會  
Hong Kong Tenpin  
Bowling Congress



SPORTS	DATE	EVENT NAME	PLACE	WEBSITE
 Badminton	12 - 16 December 2018	HSBC BWF World Tour Finals 2018	Guangzhou, China	<a href="https://bwfworldtour.bwfbadminton.com/tournament/3317/hsbc-bwf-world-tour-finals-2018/gallery/">https://bwfworldtour.bwfbadminton.com/tournament/3317/hsbc-bwf-world-tour-finals-2018/gallery/</a>
 Table Tennis	13 - 16 December 2018	ITTF World Tour Grand Finals 2018	Incheon, Korea	<a href="http://www.ittf.com">www.ittf.com</a>
 Sports for Physically Disabled	14 - 21 December 2018	BISFed 2018 Dubai World Open	Dubai, UAE	<a href="http://www.bisfed.com/calendar/bisfed-2018-dubai-world-open/">http://www.bisfed.com/calendar/bisfed-2018-dubai-world-open/</a>
 Sports for Intellectually Disabled	19 - 22 December, 2018	PTT Thailand Open 2018	Chiang Mai, Thailand	<a href="http://www.hksapid.org.hk">http://www.hksapid.org.hk</a>
 Football	January 2019	GD - HK Cup	Hong Kong, China	<a href="http://www.hkfa.com/en">http://www.hkfa.com/en</a>
 SF&OC	20 January 2019	Cathay Pacific 2018 Hong Kong Sports Stars Awards Public Voting Announcement Press Conference	Hong Kong, China	<a href="http://sportstar2018.hkolympic.org">http://sportstar2018.hkolympic.org</a>
 Athletics	17 February 2019	Standard Chartered Hong Kong Marathon 2019	Hong Kong, China	<a href="https://www.hkmarathon.com">https://www.hkmarathon.com</a>
 Baseball	22 - 25 February 2019	"Phoenix Cup 2019" WBSC Hong Kong International Women's Baseball Tournament	Hong Kong, China	<a href="https://phoenixcup.hkbaseball.org">https://phoenixcup.hkbaseball.org</a>
 Sport Climbing	2 - 3 March 2019	Hong Kong Bouldering Championships 2019	Kowloon Park, Hong Kong, China	<a href="http://www.chkmcu.org.hk">www.chkmcu.org.hk</a>
 Rowing	9 - 10 March 2019	Hong Kong Indoor Rowing Championships & Charity Rowathon 2019	Hong Kong, China	<a href="http://www.rowing.org.hk/">http://www.rowing.org.hk/</a>
 Sport Climbing	9 - 10 March 2019	Asian Cup (Bouldering) 2019	Kowloon Park, Hong Kong, China	<a href="http://www.chkmcu.org.hk">www.chkmcu.org.hk</a>
 SF&OC	26 March 2019	Cathay Pacific 2018 Hong Kong Sports Stars Awards Awards Presentation Ceremony	HKCEC, Hong Kong, China	<a href="http://sportstar2018.hkolympic.org">http://sportstar2018.hkolympic.org</a>



## 中國香港體育協會暨奧林匹克委員會

## Sports Federation & Olympic Committee of Hong Kong, China

地址：香港銅鑼灣掃桿埔大球場徑一號奧運大樓二樓

Address: 2/F, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong

電話 Tel: +852 2504 8560 傳真 Fax: +852 2891 3657 網址 Website: [www.hkolympic.org](http://www.hkolympic.org)