



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

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# OLYMPIC VOICE

奧訊  
of Hong Kong

Hong Kong Windsurfing Team Steering Toward  
Rio 2016 Olympic Games







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Sports Federation &  
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# OLYMPIC VOICE of Hong Kong

## CONTENTS

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## 2 President's Message

## 3-4 Olympic Preview

- Competition Venues of Rio 2016 Olympic Games

## 5-6 Road to Rio

- "Post 80's" coaches steering an even stronger Hong Kong Windsurfing Team toward Rio 2016 Olympic Games

## 7-8 Feature Story

- Support Us! Hong Kong Football Team sustains "Superme" Mania

## 10-15 News Digest

## 16-22 NSAs Express

## 23 Sports Diary





## Message from President of the National Olympic Committee of Hong Kong, China 中國香港地區奧林匹克委員會會長獻辭

By what seems a blink of the eye, we are publishing the second edition of our Newsletter and ushering in another sporting calendar year during which the highlight, but by no means the one and only, will be the Olympic Summer Games in Rio de Janeiro, Brazil.

We have as of to date candidates on the road to Rio from various Olympic sports teams. For any of us to take part in the biggest quadrennial sporting event would be a dream comes true and an honor for the whole city to share.

But the Olympics are not the only event upon our wide horizon. We are about to welcome in the new calendar year with the Standard Chartered Hong Kong Marathon where a record of 74,000 runners will participate and with the date of the meet advanced to mid-January as by popular request.

The Sports Federation & Olympic Committee of Hong Kong, China will likewise fete our sporting stars in spring and will conduct our election to ensure that our Members Associations are enlisted in the important decision making process and whose interests we are mandated to serve.

As is the custom, the National Sports Associations, the Leisure and Cultural Services Department under the aegis of the Home Affairs Bureau and with the Title sponsorship of Samsung will collaborate with us once more to oversee the 59<sup>th</sup> edition of the Festival of Sport in the spirit of "Sport for All" because it is by mass participation that we can identify our talents and promote public health by engagement in wholesome activities.

We take pride in our tradition and have confidence in our future. This publication bearing our signature aims to be a testament of our will to live by the Olympic code of constant striving for excellence, a theme as relevant now as ever because it is through this pursuit that we strengthen and ennoble ourselves.

轉眼間，《奧訊》第二期已正式出版，同時我們亦踏入了新的體育年度。毫無疑問，今年體壇的一大焦點將落在巴西里約熱內盧舉行的奧林匹克夏季運動會。

香港各奧運項目的運動員正努力爭取進軍里約，能夠參與這四年一度的頂級體壇盛事，將會是夢想成真及值得全城慶祝的榮耀。

不過里約奧運不是我們唯一將要迎接的體壇大事，踏入新一年，破紀錄多達74,000人參與的渣打香港馬拉松，將徇眾要求提前至1月中舉行。

今年春天，港協暨奧委會將繼續舉辦傑出運動員選舉以嘉許我們的體壇明星，同時，本會亦會進行新一屆選舉，以保證屬會會員能行使他們的權利去作出重要的選擇。

一如以往，在冠名贊助商三星的支持、民政事務局轄下的康樂及文化事務署的資助及各體育總會的協辦下，本會將舉辦第59屆體育節，推動「全民運動」。藉著鼓勵市民參與有益健康的活動，達致確認自我才能、宣揚大眾健康的目的。

我們對傳統感到驕傲，亦對將來充滿信心。這份會訊標誌著我們秉承奧林匹克精神，不斷追求卓越的目標，藉著這個永恆不變的主題，令我們變得更好和更強。

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

President, National Olympic Committee of Hong Kong, China  
Member of International Olympic Committee

中國香港地區奧林匹克委員會會長  
國際奧林匹克委員會委員

# Competition Venues Map

The Olympic events will be staged in 34 venues, in Rio de Janeiro. They are spread over four Olympic clusters: Barra, Copacabana, Deodoro and Maracanã. In addition, some football events will take place outside Rio, in the co-host Olympic cities.



## Deodoro

The Deodoro cluster is surrounded by hillside and will have the second largest concentration of competition Venues.

DEODORO STADIUM



OLYMPIC SHOOTING CENTRE



DEODORO AQUATICS CENTRE



OLYMPIC EQUESTRIAN CENTRE



## Barra

Aerial view of the Barra beach. The Barra cluster is the home of 14 Olympic venues, including the Olympic Park and the Main Press Centre (MPC).

RIOCENTRO

Pavilions 2, 3 and 4



Pavilions 6



OLYMPIC VILLAGE

OLYMPIC GOLF COURSE



PONTAL



BARRA OLYMPIC PARK

Maria Lenk Aquatics Centre



Future Arena



Olympic Aquatics Stadium



Olympic Tennis Centre



Rio Olympic Velodrome



Carioca Arenas 1, 2 and 3







- Temporary
- Under construction
- Existing / to be renovated

X-PARK	
OLYMPIC BMX CENTRE	
WHITEWATER STADIUM	
MOUNTAIN BIKE CENTRE	
YOUTH ARENA	
OLYMPIC HOCKEY CENTRE	



## Maracanã

The Maracanã will stage the opening and closing ceremonies as well as some of the football events.

OLYMPIC STADIUM	
MARACANÃ COMPLEX	
Maracanã	
Maracanãzinho	
SAMBÓDROMO	



## Copacabana

The statue of Christ the Redeemer overlooking the Lagoa Rodrigo de Freitas, where the Lagoa stadium will host the rowing and canoe sprint events.

MARINA DA GLÓRIA	
BEACH VOLLEYBALL ARENA	
FORT COPACABANA	
LAGOA STADIUM	



# 「80後」教練領軍打造更強的香港滑浪風帆隊衝擊里約奧運

Road to Rio  
Support Hong Kong Athletes

## 【奧運專訪】

香港滑浪風帆代表隊已獲得今年里約奧運男女子兩張入場券，盼望繼1996年亞特蘭大奧運會「風之后」李麗珊奪金後，再為香港取得滑浪風帆項目的奧運獎牌。

自1992年巴塞隆拿奧運起，香港男女子隊每屆都有出戰。前總教練艾培里於去年4月榮休，接掌備戰奧運的重任落在現任港隊教練陳敬然和茹詠豪身上，他們期望打造更強的香港滑浪風帆隊迎戰。

兩位「80後」教練陳敬然和茹詠豪直言，與一眾「90後」港隊成員的溝通比以前多，拉近了大家的距離。陳敬然笑談這另類的溝通方法：「以前教練會覺得用Whatsapp通知不好，不是正式的通訊方法。但現在隊員會告訴我facebook大家都不用，要用Instagram。」與時並進讓教練更了解隊員的想法。世錦賽後港隊有兩星期假期，這也是教練的計劃之一：「比賽前我已告訴他們無論結果如何，比賽後都可以放假，這能讓他們以更好的心態，盡力比賽。」陳敬然續說。

曾出戰倫敦奧運的梁灝雋和陳晞文，坦言奧運前一年全球選手的水平都會提高，他們已做好心理準備去應付未來艱辛的訓練。陳晞文希望能穩定競爭力，在每次比賽保持前10名，找到自己在比賽中的優勢。梁灝雋同樣吸收了上屆奧運的經驗，期望在力量上再作提升。

至於力爭首踏奧運舞台的鄭俊樑和盧善琳，雖大賽經驗不多，但身體質素卻不比師兄師姐輸蝕。鄭俊樑表示在去年世錦賽後已進入調整期，希望以最佳狀態出戰2月的世錦賽，爭取成為港隊奧運人選。盧善琳更坦言早前的世錦賽就如一次奧運預演，首次發揮雖有點緊張，但會以中國隊為目標，加強體能再迎戰。

最後出戰里約的港隊1男1女人選誰屬，要留待2月舉行的世錦賽後決定，署理總教練陳敬然稱：「選拔港隊代表會以他們於今年和去年世錦賽的表現再作決定，希望可以在最接近奧運的時候，選出狀態最好的兩人參賽。」男子隊教練茹詠豪表示港隊早前到內地和巴西集訓：「以往較少與中國隊一起訓練，他們在去年的世錦賽有5位運動員躋身前10名，因此我們想透過集訓從中學習，了解國內高強度訓練，幫助港隊提升整體水平。」



陳晞文和梁灝雋曾代表香港出戰倫敦2012奧運會。

## 香港滑浪風帆里約奧運之路：

里約奧運滑浪風帆項目一共有62個名額（36男26女），2014年的世錦賽已決出31個（18男13女）國家及地區的參戰席位。由於港隊前年為專心出戰仁川亞運而避戰世錦賽，故要在第二個奧運資格賽，即去年10月在阿曼舉行的世錦賽爭取資格。幸港隊最終不負眾望，在6男6女名額中成功爭取到1男1女的奧運入場券。





# “Post-80’s” coaches steering an even stronger Hong Kong Windsurfing Team toward Rio 2016 Olympic Games

The two windsurfing tickets to Rio 2016 Olympic Games each for Men’s and Women’s events secured at the 2015 RS:X World Champions held in Oman put the Hong Kong Windsurfing team in upsurge spirit striving for the second medal in the windsurfing history of Hong Kong, since the “Queen of Windsurfing” Lee Lai Shan won the first Olympic Gold medal for Hong Kong in the Atlanta 1996 Olympic Games.

To steer a team of “Post-90’s” athletes, modern communication skills were the clue for lively understanding among the team members as commented by Chan King Yin and Yu Wing Ho, the two “Post-80’s” coaches succeeding the retired Head Coach Rene Appel from April 2015. “Our communication with the ‘Post-90’s’ team members is better than before through new communication tools like ‘Whatsapp’ and ‘Instagram’.” The new technology has enhanced our communication and fostered a better understanding among us,” said Chan King Yin, the Acting Head Coach.

Andy Leung Ho Tsun and Hayley Chan, who had participated in the London 2012 Olympic Games, stated that normally the performance of all athletes would be improved a year preceding the Olympic Games. Therefore, they stand ready to undergo harsh training. Michael Cheng Chun Leung and Lo Sin Lam, who are comparatively less experienced but with physical strength as advantages, are also striving for their first Olympic tickets.

One man and one woman windsurfers representing Hong Kong to participate in the upcoming Rio Olympics would be decided after the World Championships to be held in February 2016. “We will pick the ones who are in the best condition at the closest time to the Games,” said Chan King Yin.



鄭俊標於新加坡2010青年奧運會中勇奪銀牌。



盧善琳力爭首次代表香港出戰奧運。



香港滑浪風帆代表隊在仁川2014亞運會一共獲得兩金兩銀的驕人成績。





## 撐自己人！香港足球隊盼延「勁揪」熱潮

過去半年，是香港足球壇有史以來的小陽春。憑著港隊上下在「2018世界盃暨2019亞洲盃聯合外圍賽第二圈」中的努力，加上在「魔鬼教練」金判坤的帶領下，港足凝聚了全港七百萬人「撐自己人」的力量，踢出一場又一場的好波。事隔多月，港足正為3月舉行的最後一場世界盃外圍賽準備，穿上港隊球衣，拍拍左胸口上的球隊徽章，隊長葉鴻輝與一班隊友揚言只為一個使命而戰：「不令香港人失望！」

作客賽和中國、主場落後強隊卡塔爾三球下完場前迫至2:3惜負，港足過去半年，掀起了全港的足球熱。不論在主場作賽、或至海拔3,000米高的作客賽事，都總有球迷高舉「香港隊勁揪」、「We are Hong Kong」橫額打氣。

事隔多月，氣氛至今還未「退燒」，門將兼隊長葉鴻輝多次奮力撲出險球，把守港隊最後防線。被喻為「英雄輝」的他直言現今港足的氣氛是他們始料不及：「球迷的支持是我們今次賽事最感動的一環，特別主場對卡塔爾落後3球時，球迷都仍然留低，一直支持我們迫至2:3完場。我們輸了，他們還是留在場上為我們歡呼，甚至我們哪有想過會有球迷在街上組團睇波。這是我踢球以來，從未見過這樣龐大的球迷力量。」每場賽事後，他都因高度集中和場上的氣氛而導致失眠：「以前比賽會失眠，但今次主場出擊的那種震撼感，由步出球場一刻至完場後一整晚，都令你更期待下一次快點上場。」

本港足球過去經歷過多次寒冬，由2006年代表香港隊至今、有「傳中之鬼」之稱的張健峰指以往出外比賽回港後，外界都不曾知道：「以前比完賽回到香港都沒有人知道，可能是時機問題，以往有宣傳時，港隊沒有成績，沒宣傳時，港隊就踢出好波。今次可以帶起全港足球熱，我相信是開波前的宣傳功夫做得好，第一場觀眾已坐滿旺角大球場，令我們都感染到氣氛，想踢好每場波。」

擔任中場指揮官的林嘉緯回想11月主場出戰中國一役，令他難忘的還有在場邊的小故事：「那場波其實我沒有上陣，完場後我到球場附近的餐廳吃飯，有球迷認出我後，竟然全部一起拍手叫『林嘉緯，We are Hong Kong！』那一刻真的感受到市民對香港足球員的尊重。」林嘉緯亦指今次世盃外之旅，令他穿上港隊球衣一刻感到特別的光榮：「以前贏或輸，根本沒有人在意，那時若輸了，有種心態會在想『又輸了……』。現在穿起港隊戰衣，真的有一種榮譽感，特別在於每次踏上球場，都有種不想讓球迷失望的感覺，即使落後了，都會咬緊牙關撐下去。」

港隊隊中有不同入籍球員在陣，包括原籍巴西的保連奴，去年年初決定放棄巴西國籍，成為香港人，他也為此自豪：「我自2008年已在公民足球隊踢球，直至現在效力傑志，我都很想代表香港上陣。當時要放棄國籍加入港隊，其實根本沒有太多考慮，因為我一直覺得自己屬於香港。直到今次世界盃亞洲區外圍賽的經驗，我更驕傲地向大家說『我是香港人』，想一直為港足奮鬥下去。」

隊中球員來自五湖四海，但能將他們連成一線，甚至是一起爭取勝利的團隊，是教練金判坤(Kim Sir)。這位「魔鬼教練」曾多次高呼「Die for Hong Kong」，他為了港足盡心盡力的表現，亦感動了球員及球迷，令這支足球隊更有凝聚力。「他每場比賽都準備充足，我們看得出他為香港隊的付出，感受到他對自己工作的尊重。」林嘉緯說著，在旁的「張峰」則笑道：「每場比賽前我們在更衣室內都會播著強勁音樂，一來是為我們減壓，但其實也要緩和Kim Sir的緊張情緒。其實Kim Sir帶給我們最重要一點是韓國球員不服輸的性格，感染了我們每次在場上都有種要盡力爭勝的決心。」

「2018世界盃暨2019亞洲盃聯合外圍賽第二圈」港隊最後一戰將於3月24日作客卡塔爾，港隊目前雖然排在C組次名，但出線形勢被動，最後一場作客賽事定要取得勝利才能保住躋身12強的一線希望。



# Support Us! Hong Kong Football Team sustains “Superme” Mania

The football mania has been sweeping Hong Kong for the past half year. Under South Korean coach Kim Pan Gon, Hong Kong football team performed excellently in “2018 FIFA World Cup Qualifiers and AFC Asian Cup 2019 Qualifiers”, building up 7 million Hong Kong people’s “Support Us” spirit. They are now preparing for the last qualifying match in March. Captain Yapp Hung Fai and team members have only one mission, “Don’t let Hong Kong fans be disappointed.”

The mania of Hong Kong football has been continuing since the last match played against China in November 2015. Captain and goalkeeper Yapp Hung Fai expressed that the current astonishing atmosphere was unexpected, “Their supports really touch our hearts. In the match against Qatar, Hong Kong fans still cheered us up even when the score was down 0:3, and continued till the end with score 2:3 lost to Qatar.”

Cheung Kin Fung, who has been representing Hong Kong team since 2006, said the current football fever encouraged them to fight for every match. Midfielder Lam Ka Wai recalled the fans cheering for him “Lam Ka Wai, We are

Hong Kong” in the restaurant after the match against China in November 2015 and that made him feel the glory of representing Hong Kong.

Hong Kong football team comprises naturalized players from different countries. Paulinho from Brazil is an example. He gave up the Brazilian nationality at the beginning of last year feels proud to be one of the members of Hong Kong football team.

Coach Kim Pan Gon, the “Devil Coach”, is the hinge of the team which consists of members with different cultures to strive for victories. “Die for Hong Kong” is Kim’s motto which uplifts the team spirits and enhances the cohesion among team members and fans.

The last match of Hong Kong football team in “2018 FIFA World Cup Qualifiers and AFC Asian Cup 2019 Qualifiers” will take place on 24 March 2016 in Qatar. Hong Kong is at the 2<sup>nd</sup> place in group C. To secure the chance of promoting to the 12 finalists, they must win the match against Qatar.



W e a r e H o n g K o n g



大型體育活動事務委員會  
Major Sports Events Committee



# UCI TRACK CYCLING WORLD CUP

## HONG KONG

### 世界盃場地單車賽

# 2016.1.16-17

香港單車館 Hong Kong Velodrome

世界盃場地單車賽 UCI Track Cycling World Cup

大會指定電視台  
Official Host Broadcaster



	J2	體育台 Sports Channel
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2016.1.17	6pm - 7:00pm	4pm - 7:00pm

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HK Ticketing applies a customer service fee to all tickets purchased via its network. This fee is additional to the face value of the ticket and is payable upon purchase of tickets.





## John D. Coates, AC, Vice-President of IOC watched the Asia Rugby Sevens Qualifier in Hong Kong

Mr. John D. Coates, AC, Vice-President of International Olympic Committee and also President of Australian Olympic Committee, visited Hong Kong on 8 November 2015 and enjoyed watching an exciting Men's final match of the Asia Rugby Sevens Qualifier between Hong Kong and Japan competing for the ticket to the Rio 2016 Olympic Games. He also paid a visit to Olympic House with Mr. Timothy T. T. Fok, GBS, JP, President of National Olympic Committee of Hong Kong, China, and signed in the guest book.



## 「Road to Rio - 支持香港運動員邁向里約」簽名活動



為迎接里約2016奧運會，港協暨奧委會特別籌辦一項名為「Road to Rio - 支持香港運動員邁向里約」的活動，在香港舉行的奧運資格賽場內設置簽名區，鼓勵在場人士支持香港運動員爭取奧運入場券。本活動已在去年9月在維多利亞公園游泳池舉行的「FINA 長池游泳世界盃2015 - 香港」及11月於香港大球場上演的「亞洲七人欖球外圍賽」中，收集了超過一千名市民的簽名。今年本會將盡量繼續在本港舉行的各項奧運資格賽設置簽名區，歡迎市民到場簽名支持港隊。每位參與活動人士，將獲贈紀念品乙份。

### Upcoming Olympic Qualifiers in Hong Kong 即將在香港舉行的奧運資格賽

Date 日期	Olympic Qualifiers 奧運資格賽
15-17 / 1 / 2016	2015-2016 UCI Track Cycling World Cup Hong Kong 世界盃場地單車賽 - 香港
17 / 1 / 2016	Standard Chartered Hong Kong Marathon 2016 渣打香港馬拉松2016
13-17 / 4 / 2016	2016 Asian Olympic Table Tennis Qualification Tournament 2016 奧運乒乓球亞洲區外圍賽
7-8 / 5 / 2016	Hong Kong Athletics Championships 香港田徑錦標賽
14-15 / 5 / 2016	Samsung 59 <sup>th</sup> Festival of Sport - IAAF World Athletics Day 2016 Samsung 第59屆體育節 - IAAF世界田徑日2016
25-26 / 6 / 2016	Hong Kong Inter-City Athletics Championships 香港城市田徑錦標賽

### 港協暨奧委會活動接踵而來

除推動全民支持港隊參與里約2016奧運會外，本會在推廣全民運動方面亦不遺餘力。今年2月28日本會將於沙田大會堂廣場舉行「Samsung 第59屆體育節」開幕典禮，3月21日假香港會議展覽中心舉行「Samsung 2015年度傑出運動員選舉」頒獎典禮暨2016年港協暨奧委會春茗，並陸續於不同學校推廣「“喜”動全城」奧運日計劃。此外，本會將於3月22日召開第65屆周年大會，並按照2013年版本的會章選出新一屆的義務委員。其提名準則和選舉程序將稍後公佈，請各會員密切留意。



# Samsung 2015年度香港傑出運動員選舉

## 現正接受公眾投票

「Samsung 2015年度香港傑出運動員選舉」記者招待會已於2015年11月5日假奧運大樓圓滿舉行，並由港協暨奧委會會長霍震霆先生GBS, JP於會上致辭，為本屆選舉揭開序幕。上屆得獎運動員吳安儀（桌球）、石偉雄（體操）、胡兆康（保齡球）、李俊威（香港男子桌球隊）及杜凱傑（乒乓）與出席嘉賓一起公佈選舉的幾個重要日子。

為鼓勵市民一同參與這項一年一度的體壇盛事，本會於2016年1月9日（星期六）假鑽石山荷里活廣場舉行「公眾投票記者招待會」公佈投票詳情，並有超過一百位候選運動員及隊伍到場呼籲市民踴躍投票。

本會今屆收到來自46個體育總會，共120份提名表格，競逐六個獎項，其中「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」及「香港最佳運動組合」四個項目將接受公眾投票。所有獎項結果將於2016年3月21日假香港會議展覽中心大會堂舉行的「Samsung 2015年度香港傑出運動員選舉」頒獎典禮上揭曉。



### 公眾投票組別

公眾投票組別	最多可投選
1. 香港傑出運動員	8 位
2. 香港傑出青少年運動員	6 位
3. 香港最佳運動隊伍	1 隊
4. 香港最佳運動組合	2 組

### 公眾投票：2016年1月9日至2月15日

網頁：<http://sportstar2015.hkolympic.org/>



全港市民可在2016年2月15日前，瀏覽活動網頁進行投票，支持自己心目中的香港傑出運動員/青少年運動員、最佳隊伍/組合。每位投票人士均可自動參加幸運大抽獎，有機會贏取Samsung電子產品，總值超過港幣50,000元。

（推廣生意的競賽牌照號碼：46380 46381）



「Samsung 2015年度香港傑出運動員選舉」記者會上嘉賓大合照。

### 各選舉項目之提名情況

選舉組別	提名
1. 香港傑出運動員*	34 位
2. 香港傑出青少年運動員	24 位
3. 香港最佳運動隊伍	9 隊
4. 香港最佳運動組合	19 組
5. 香港最具潛質運動員	19 位
6. 香港最具體育精神運動員	15 位
共120 單位	

\*「香港傑出運動員」之中得票最高一位自動獲得「Samsung星中之星香港傑出運動員」大獎



「Samsung 2014年度香港傑出運動員」包括（左起）鄭國輝（滑浪風帆）、駱坤海（賽艇）、黃家汶（智障人士體育 - 乒乓）、李慧詩（單車）、梁育榮（殘疾人士體育 - 硬地滾球）、吳安儀（桌球）、石偉雄（體操）及胡兆康（保齡球）。

Road to  
Support Hong

頒獎典禮：2016年3月21日  
香港會議展覽中心



# Samsung 第59屆體育節

## 2月28日揭幕 推廣全民運動



「Samsung第59屆體育節」將於2016年2月27日至3月1日假沙田大會堂廣場舉行開幕活動，為今年的體育節掀起序幕。活動期間，市民除可欣賞各式各樣的體育示範及表演，並體驗不同種類的運動外，四位體育節大使包括黃蘊瑤(單車)、黃曉盈(體操)、李嘉維(空手道)和鄭國輝(滑浪風帆)將於開幕典禮中與大家分享做運動的樂趣。

隨後於3月至6月期間，本屆體育節在60多個體育總會的支持下，將於全港各區舉辦約80項體育活動供市民參加。此外，本會誠邀喜歡攝影或運動的朋友參加「全民運動」攝影比賽，捕捉體育節精彩時刻，得獎者有機會贏取豐富獎品！

### 開幕活動

沙田大會堂廣場

#### 開幕典禮

2016年2月28日（星期日）  
3:00 p.m. – 4:00 p.m.

體育示範、表演及運動试玩  
2016年2月27日至28日

「體育節」及「邁向里約之路」展覽  
2016年2月27日至3月1日

所有開幕活動及攝影比賽均免費參加



詳情請瀏覽：

<http://fos.hkolympic.org>



「奧運日」籌備委員會主席余國樑先生MH, JP（右）頒發紀念狀予保良局代表。

## 「喜」動全城」奧運日計劃

除了每年都會舉辦的「奧運歡樂跑」以外，港協暨奧委會將於今年推出嶄新的「喜」動全城」奧運日計劃（2016 Olympic Day Outreach Programme）。透過一系列的體育及教育活動，讓市民一同實踐「奧運日」的主題「掀動、學習、體驗」，從而推廣奧林匹克精神所著重的「卓越、友誼、尊重」。

本會率先於2015年11月23及24日在保良局馬錦明夫人章馥仙中學陸運會進行了試驗計劃（Pilot Programme），本會副會長暨「奧運日」籌委會主席余國樑先生MH, JP特別抽空親自出席頒獎禮。除了陸運會的開幕禮中加入奧運會開幕儀式的元素外，場地亦設置了以奧運項目為主題的攤位遊戲，活動氣氛熱烈。香港單車運動員郭灝霆先生亦到場分享心得，讓師生們都對奧林匹克精神有更深入的認識。

### 「喜」動全城」奧運日計劃：

暫定推行日期：2016年6月至8月

活動對象：學校及地區體育會

活動內容：本會將會設計一套活動教材，讓參與團體可舉辦自己的奧運活動宣揚奧林匹克精神。

欲知詳情請致電2504 8560與本會聯絡。



模擬奧運會開幕儀式－運動員進場。



## Pang Chung Awarded IOC Trophy

Mr. Timothy Fok, GBS, JP, IOC Member and the President of the Federation, presented the IOC Trophy – Sport & Innovation 2015 to Mr. Pang Chung, SBS, Hon. Advisor of the Federation, on 30 December 2015 in recognition of his significant efforts for the Sports Legacy Scheme in Hong Kong since its launch from 2012. The Sports Legacy Scheme benefitted over 5,000 high schools students through a systematic training programme provided by our professional retired athletes.



## 2015奧林匹克大家庭聯歡會

為答謝本會及各體育總會的義務委員和員工的支持，本會繼續舉辦每年一度的奧林匹克大家庭聯歡會，是次的聯歡會於2015年12月16日假南華體育會一所西餐廳舉行。活動當日安排了自助午餐和豐富禮物，讓本港體育界一同歡度佳節。在本會義務委員、小組委員會委員和員工、體育總會的委員和員工、政府官員和本會贊助商全力支持下，約共有250人出席。



## Relocation of the Centre for Olympic Studies

The Centre for Olympic Studies (COS) jointly managed by The University Sports Federation of Hong Kong, China (USFHK), Hong Kong Baptist University (HKBU) and the Federation since its inception in March 2007 was relocated from HKBU to Room 1018 of Olympic House on 10 November 2015. COS will continue to serve its role as a Resources Centre for the sports community, students and the general public at large. The opening hours could be referred to the website: <http://hkcos.hkolympic.org>.





## Overseas Study Tours

### 38<sup>th</sup> Chinese Taipei Olympic Academy

Retired fencer and current Sports Executive of the Hong Kong Fencing Association, Miss Lau Hei Man and Mr. Siu Wing Leong, serving athlete of the Hong Kong Shooting Association were selected to represent the Federation to participate in the 38<sup>th</sup> Chinese Taipei Olympic Academy on 13-16 August 2015 in Kaohsiung City, Taiwan. The main theme of the 2015 Academy was "Olympic Movement".

Keynote speeches, lectures and sports activities were organized during the four-day programme.

### 2<sup>nd</sup> International Sport Academy

The National Institute of Fitness and Sports (NIFS) organized the 2<sup>nd</sup> International Sport Academy from 31 August to 16 September 2015 in Kanoya, Japan. This was the first time that NIFS invited the Federation to send one candidate to attend the Academy. Mr. Wong Chi Wing of Hong Kong, China Rowing Association was selected by the Hong Kong Olympic Academy to represent Hong Kong to attend the Academy. Apart from the general seminar such as Olympic history, coaching theory, information technology, Mr. Wong also chose Sports Performance Course as the focus course which involved sports nutrition, sports science for training, health promotion, etc.

### 3<sup>rd</sup> Chinese Olympic Committee Youth Camp

The Chinese Olympic Committee organized the Youth Camp for the third edition in 2015. Miss Tiffany Wan Ho Yi of Hong Kong Anti-Doping Committee and Mr. Chan Hiu Fai of Hong Kong Amateur Swimming Association represented Hong Kong to participate in the Youth Camp on 15 - 21 September 2015 in Beijing, China. This Youth Camp covered lectures, sports activities and discussions to showcase the unique value, functions and impacts of sports culture among National Olympic Committees across the world.



## Green Olympic House

Upon the building management of Olympic House (OH) taken up by the Management Company of Olympic House Limited (MCOHL) since December 2014, MCOHL has devoted to improve and upgrade the building facilities and promote environmental friendly concept. On the facilities management aspects, MCOHL aims at saving energy in terms of electricity and water, improving the indoor air quality and adopting eco-purchase practice. On education aspects, MCOHL enhances tenants' understanding of the eco-issues through organizing tours and displaying panels in OH.

It is honored to share that the Environmental Campaign Committee bestowed the 2014 Hong Kong Awards for Environmental Excellence - Silver Award (SMEs-Servicing Industry) upon MCOHL on 14 May 2015 in appreciation of MCOHL's effort on the eco-management. Looking forward to the future, MCOHL will continue to strive hard for all environmental protection projects suitable to OH.



### Eco-tips

Olympic House reminds you:

For the environment and for your health,  
take staircases instead of lift.

## 香港運動員就業及教育計劃

**Hong Kong Athletes Career & Education Programme (HKACEP) - providing athletes job opportunities in HKACEP's supporting corporations!**

退役運動員  
把握機會  
於商界再起飛



**管理培訓生計劃**  
運動員計劃轉行  
邁向企業管理，成為職場精英？

**Management Trainee Programme**

要求：  
• 於2016年大學畢業或畢業後少於兩年工作經驗  
• 具備優異能力及積極思考能力  
• 喜歡與人合作，擁有良好溝通技巧  
• 追求卓越  
• 擁有堅毅的高尚精神

運動員擁有很多有助公司發展的可轉移技能，例如 Can-do 精神，投入度高，並能為公司注入正能量！

管理培訓生計劃提供機會讓運動員在職場上繼續追求卓越，開拓視野並擴展人際網絡，發展自己的第二事業！

Athletes possess a number of transferrable skills for contributing to the labour market. With the unique traits such as can-do attitude and high commitment, athletes can work well with the corporates to produce a "synergy" effect through joining the Management Trainee Programme.

**鄧家名**  
前香港田徑代表  
現任職策路設計及顧客部高級主任  
Mr. Aaron Cheng  
Retired athletic athlete  
Senior Officer  
Strategic Design & Customer Management  
新世界發展有限公司  
New World Development Company Limited

**許煒森**  
前香港三項鐵人代表  
現為管理培訓生  
Miss Vincici Hui  
Retired triathlon athlete  
Management Trainee  
合和實業有限公司  
Hopewell Holdings Limited

## 香港運動禁藥委員會 打擊運動禁藥無往而不利 — 血液檢測

**Hong Kong Anti-Doping Committee (HKADC)  
Blood testing: an effective part of anti-doping programme**

Other than urine testing, athletes may also be selected for blood testing at any time and in any place, either in-competition or out-of-competition. The international trend nowadays for anti-doping organizations is to push for more blood testing, complementary to urine testing, to combat the more and more sophisticated means of doping.

Blood testing is the optimum way of detecting additional substances that in some cases may not be able to be detected in urine such as blood transfusions, haemoglobin based oxygen carriers (HbOCs) and Growth Hormone. It can also monitor the blood parameters (e.g. haematocrit, haemoglobin, reticulocytes) for indication of doping practices.



運動員除了接受尿液檢測，亦有機會隨時隨地，於賽場內或賽場外被抽選進行血液檢測。目前國際趨勢是加強血液檢測工作，與尿液檢測相輔相成，以打擊愈趨複雜的用藥情況。

在某些情況下於尿液中無法驗出的額外物質例如輸血、血紅蛋白氧載體 (HbOCs) 及生長荷爾蒙等，於血液化驗中將無所遁形，更可以藉由監察血液指標（如：血球容積比、血紅蛋白、網織紅細胞等），鑑定有否使用禁藥或違規行為。

For athletes selected to provide a blood sample, a Blood Collection Officer (BCO) will accompany the Doping Control Officer (DCO) throughout the blood collection session. A BCO is a qualified professional who will perform the actual blood collection while the DCO will process the sample collection session. Only about 10ml of blood is needed to be drawn for testing. Same as a urine sample, the integrity and security of a

blood sample are of the utmost importance and therefore it is handled very carefully by anti-doping organizations.

Last but not least, athletes are reminded not to refuse to provide a blood (and/or urine) sample, or else they may be found guilty of an anti-doping rule violation and will face sanction. For detailed information on blood testing, please visit HKADC website at [www.antidoping.hk](http://www.antidoping.hk).

當運動員被選中進行血液抽樣，整個過程會由一位血樣採集主任 (BCO) 陪同運動禁藥管制主任 (DCO) 進行。BCO 是一位合資格的專業人士，專門負責抽取血液樣本，而 DCO 則確保整個樣本採集過程按規定進行。檢測只需約 10 毫升血液樣本，跟尿液樣本一樣，血液樣本的真確性和安全尤其重要，所以運動禁藥管制機構在處理樣本時必定十分謹慎。

再次提醒各運動員，不論血液或尿液樣本抽驗，請務必合作，切勿拒絕接受藥檢，否則將被視為違反運動禁藥規例而遭受處分。有關血液檢測的更多詳情，請瀏覽 HKADC 網頁 [www.antidoping.hk](http://www.antidoping.hk)。





香港射箭總會  
Hong Kong Archery  
Association

## 19<sup>th</sup> Asian Archery Championships 2015 cum Asian Olympic Continental Qualification Tournaments 2015

The 19<sup>th</sup> Asian Archery Championships 2015 was held in Bangkok, Thailand from 3-8 November 2015. A total of 28 countries and 245 athletes participated in the Championships. A continental qualifying tournament for the Rio 2016 Olympic Games was also held concurrently. Info at [www.asianarchery.com](http://www.asianarchery.com)



香港羽毛球總會  
Hong Kong Badminton  
Association

## YONEX-SUNRISE Hong Kong Open Badminton Championships 2015

Along with the cheerful jubilation from the spectators, the YONEX-SUNRISE Hong Kong Open Badminton Championships 2015 marked a successful completion. A full house of over 5,000 spectators enjoyed a world class tournament completed by the top ranking players. As the guests of honor pressed the buttons to lighten the colorful symbolic shuttlecock, a tense and exciting final day commenced at the Hong Kong Coliseum. Asia well known Beatbox Artist RX Wong Ho Pong was invited to perform for the ceremony. He rapped out the names of various famous

players such as Lin Dan of China, Lee Chong Wei of Malaysia, and Ng Ka Long Angus of Hong Kong which stirred the spectators' spirit to an exciting mode.

The five thrilling final matches further pushed the atmosphere to a climax and drew exhilarating response from the spectators. Lee Chong Wei from Malaysia won the trophy of Men's Singles while Carolina Marin from Spain won Women's Singles. Info at [www.hkopenbadminton.org](http://www.hkopenbadminton.org)



The Guests of Honor conducted the Lightning Ceremony of shinning the giant shuttlecock commenced the finals of the tournament.



Men's Singles Champion: Lee Chong Wei (Malaysia), Runner-up: Tian Houwei (China)



香港棒球總會  
Hong Kong Baseball  
Association

## TOTO WBSC Hong Kong International Baseball Open 2015

TOTO WBSC Hong Kong International Baseball Open 2015 held on 4-7 December 2015 was a great success. Hong Kong Red Team (2IU) finished 1<sup>st</sup> runner up after the champion team, Hong Kong Blue Team (Senior). This tournament received encouraging attention and coverage from local newspapers during the tournament period. All the overseas participating teams expressed their regards and compliments to the Tournament with a strong interest of participating in next year's tournament.

It is the fourth year for Hong Kong Baseball Association, with the subvention from the Arts and Sport Development Fund of the Home Affairs Bureau and the Leisure and Cultural Services Department of the HKSAR Government, to host

this tournament for a total of 6 teams from North America, Russia, Singapore, Taiwan and USA, with two local teams from Hong Kong competing for the championship title this year. Info at <http://www.hkbaseball.org/>



Hong Kong Blue Team, the Champion and Hong Kong Red Team, the 1<sup>st</sup> runner up of the tournament



香港馬術總會  
Hong Kong Equestrian  
Federation

## The 35<sup>th</sup> FEI World Dressage Challenge 2015 Hong Kong

The 35<sup>th</sup> FEI World Dressage Challenge 2015 Hong Kong was held on Saturday, 7 November 2015 in Sheung Shui by the Hong Kong Equestrian Federation. It is a popular international dressage competition around the world and gives the less experienced local dressage riders the opportunity to compete internationally without having to leave their country.

Hong Kong is placed third out of five countries including Hong Kong, Chinese Taipei, Philippine, China and New Zealand. There were altogether 163 entries and it attracted the largest number of 45 entries among the five countries. Info at [www.fei.org](http://www.fei.org)



FEI Foreign Judges Mr. Alain Francqueville from France and Mr. Bo Åhman from Sweden



香港足球總會  
Hong Kong Football  
Association

## Hong Kong Football Association Awarded "Developing" Member Association



The 2015 AFC Annual Awards Ceremony was held in New Delhi on Sunday, 29 November 2015. The Hong Kong Football Association was named as the "Developing" Member Association of the Year 2015. The President of HKFA, Mr. Timothy Fok, GBS, JP attended the ceremony and received trophy on the Association's behalf.

Asian Football Confederation President and FIFA Presidential Candidate Shaikh Salman bin Ebrahim Al Khalifa opened the Awards Dinner and hailed the past twelve months of Asian football, declaring that the year has witnessed a "remarkable season" and that there is a bright future ahead for the game across the continent. The HKFA is proud to be at the forefront of this development. Info at [www.hkfa.com](http://www.hkfa.com)



中國香港健身氣功總會  
Health Qigong Association  
of Hong Kong, China

## 「香港賽馬會杯」2015年第二屆海峽兩岸暨港澳地區健身氣功交流比賽大會

「香港賽馬會杯」2015年第二屆海峽兩岸暨港澳地區健身氣功交流比賽大會於10月12日至16日在福建省廈門市舉行，共有15支代表隊派出115人參賽。

本屆賽事由香港賽馬會贊助，國家體育總局健身氣功管理中心、中國健身氣功協會及福建省體育局主辦。比賽項目為中國健身氣功協會推廣的健身氣功普及功法，設有27個集體和144個個人項目。

經過兩天激烈競爭後，港隊在集體及個人項目共獲得18金22銀7銅的優異成績。此外，明年同類型的比賽將有機會在香港舉行，待贊助商及主辦單位落實後，再正式對外公佈。詳情可瀏覽：[www.hqgahk.com](http://www.hqgahk.com)



香港草地滾球總會  
Hong Kong  
Lawn Bowls  
Association

## Hong Kong International Bowls Classic 2015

The annual International Bowls Classic was held at the Kowloon Bowling Green Club, Kowloon Cricket Club and Club de Recreio on 7-15 November 2015. This year, bowlers from Australia, Brunei, China, England, Ireland, Japan, Macao, Malaysia, New Zealand, Philippines, Scotland, Wales and Hong Kong had participated in the tournament. Hong Kong bowler Jordi Lo and Dorothy Yu made history by winning both Singles titles in the tournament.

This is the first time Hong Kong prevailed in the women's singles event. In Pairs event, Hong Kong girl bowler Vivian Yip and Amy Choi also made history by winning the first ever Women's Pairs title at this prestigious event. The Men's Pair title was won by the Australian team. Info at [www.hklba.org](http://www.hklba.org)



The two local bowlers who made history at the Hong Kong International Bowls Classic, Jordi Lo (left) and Dorothy Yu proudly displayed their Singles trophies.



Hong Kong girls Amy Choi (left) and Vivian Yip proudly displayed their Hong Kong International Bowls Classic Pairs trophy with the men's winner, Australian bowler Nathan Pedersen (left) and Corey Wedlock.





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

## 2015 ITTF PTT Asia Regional Championships

2015 ITTF PTT Asia Regional Championships was held in Amman, Jordan on 22-29 October 2015. Hong Kong Team comprising 2 coaches and 4 athletes (1 male and 3 females) participated in this competition. Athletes had strived for their best and gained valuable opportunities to polish their skills and enriched their competition experiences. Wong Ka Man and Ng Mui Wui grasped gold and silver medals in Women's Singles Event respectively. Info at [www.hksapid.org.hk](http://www.hksapid.org.hk)



Ng Mui Wui (left) and Wong Ka Man (middle) who grasped silver and gold medals in Women's Singles Event respectively.



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

## 2015 ITTF PTT 亞洲乒乓球錦標賽



李銘業 (右一) 與唐志勇 (右二) 於男子TT6-7及團體賽奪得銅牌。

2015 ITTF PTT亞洲乒乓球錦標賽於2015年10月22至29日假約旦安曼舉行，共有16個亞洲國家及地區、超過170名殘疾運動員參加。協會共派出五名殘疾運動員參加是次亞錦賽，其中李銘業在男子TT7級單打取得一面銅牌，其後他夥拍隊友唐志勇再於男子TT6-7及團體賽奪銅。在男子TT9級團體賽，由林嘉偉和王志賢組成的港隊於4強擊敗伊朗後，決賽力戰下僅負於中國獲得一面銀牌。詳情可瀏覽：  
<http://stats.ipttc.org/en/tournaments/348>



香港滾軸運動總會  
Hong Kong Federation of  
Roller Sports

## World Freestyle Skating Championships 2015

World Freestyle Skating Championships 2015 was held in Torino, Italy on 26-30 October 2015. The Hong Kong, China Delegation comprised of 3 officials and 6 athletes participated in 3 events (Classic Slalom, Speed Slalom and Battle).

Hong Kong Athletes had achieved promising results. Chan Man Fung Anson was ranked 4<sup>th</sup> place in the Junior Men Speed Slalom, while Ma Pak Hong was ranked 7<sup>th</sup> place in the Senior Men Speed Slalom. Info at [www.rollersports.org.hk](http://www.rollersports.org.hk)



Group photo of Hong Kong Team



中國香港賽艇協會  
Hong Kong, China Rowing Association

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

The 37<sup>th</sup> Hong Kong Rowing Championships was held on 24 and 25 October 2015 with strong support from local and overseas rowers, sponsors and honourable guests. It was a great event and attracted over 700 rowers participating in the two days of events. Info at [www.rowing.org.hk](http://www.rowing.org.hk)



Women's Double Scull



Men's Quadruple Scull



## Hong Kong hosted first Asian Zone Olympic Qualifier for Rugby Sevens

In November 2015, the Hong Kong Rugby Union (HKRU) successfully hosted the first Olympic Qualifier for Rugby Sevens in Asia, which directly qualified one men's team for the 31<sup>st</sup> Olympic Games next year in Rio.

The Hong Kong tournament was an outstanding success for the HKRU. Over 16,000 spectators attended, a record for an Asia Rugby (the regional body governing Rugby) Sevens event. And more than 240 media were accredited.

The success of the Asia Rugby Sevens Qualifier reinforced Hong Kong's preeminent position as hosts of some of the world's leading sevens events. Despite not winning, Hong Kong's men's and women's sevens teams played well enough to secure spots in a final international repechage tournament in 2016. Those tournaments will determine the last remaining teams for the men's and women's Rugby competition in Rio. Info at [www.hkrugby.com](http://www.hkrugby.com)



Athletes fought for the tickets to Rio.



南華體育會  
South China Athletic  
Association

## 南華柔道邀請錦標大賽

每年一度由南華體育會主辦，康樂及文化事務署資助的柔道邀請錦標大賽，向來招徠各方柔道好手雲集南華體育會切磋。第47屆南華柔道邀請錦標大賽順利於2015年10月11日圓滿舉行，賽事共有360名老、中、青選手參加，當中以年青選手最為踴躍。

比賽中以無限量級賽事最為觸目刺激，女子組決賽由代表南華體育會的鍾穎欣及廖芷慧同門對決，最後由鍾穎欣勝出。另外，男子組決賽由代表南華體育會的李念祖對陣朗青胡智衡，李念祖最終助南華稱霸。詳情可瀏覽：[www.scaa.org.hk](http://www.scaa.org.hk)



無限量級賽事精彩萬分，吸引大批在場人士圍觀。



## 2015-2016年度港、澳、閩、粵學界埠際乒乓球比賽



香港隊奪得女子組團體冠軍。



香港隊取得男子組團體亞軍。

由香港學界體育聯合會主辦、民政事務局（藝術及體育發展基金）及康樂及文化事務署資助的「2015-2016年度港、澳、閩、粵學界埠際乒乓球比賽」，已於2015年11月13日及14日假坑口體育館順利完成。來自澳門、福建、廣東及東道主香港共32名中學運動員進行男、女子團體賽及單打賽事。香港獲得女子組團體冠軍、男子組團體亞軍。另外，運動員王浩軒獲得男子單打冠軍，李嘉宜及黃芊柔分別獲得女子單打亞軍及季軍。詳情可瀏覽：[www.hkssf-ext.org.hk](http://www.hkssf-ext.org.hk)



男子單打冠軍—王浩軒同學





## Nicol David and Mohamed Elshorbagy retained the title in the Hong Kong Squash Open



Nicol David and Mohamed Elshorbagy crowned the Women's and Men's Champion title respectively.

Cathay Pacific Sun Hung Kai Financial Hong Kong Squash Open 2015 has finally come to a successful end. Four finalists showcased two exciting squash matches in front of the crowd. More than 700 audiences witnessed the triumph of Nicol David and Mohamed Elshorbagy.

The Women's Final came before the Men's. The true battle between Nicol David and Laura Massaro was fierce as expected, they started the match intensively as they changed the lead several times, however, Nicol managed to take the chance to win the first set 15-13. After that, Nicol dominated in the second and third sets to end the game 11-5 and 11-3. Nicol David extended her winning strike in Hong Kong to retain her 10<sup>th</sup> consecutive Champion Title.

For the Men's Final, Mohamed Elshorbagy appeared in his second Hong Kong Open final in a row and stopped the winning run of Cameron Pilley at a straight 11-8, 11-6, 11-8 to defense his Champion title. Info at [www.hksquashopen.com](http://www.hksquashopen.com)



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

## New World Harbour Race 2015

The 5<sup>th</sup> edition of this signature event - New World Harbour Race (Race) was successfully held on Sunday, 18 October 2015, from Lei Yue Mun Sam Ka Tsuen Public Pier to Quarry Bay Park Public Pier, which attracted a record number of 2,330 swimmers from different countries and regions to participate, and thousands of spectators gathered along the harbour front to watch this iconic annual event.

The international category once again attracted overseas elite swimmers from over 10 countries who will certainly compete at next year's Rio Olympics. Allan Do Carmo and Ana Marcela Cunha, both from Brazil, were the Men's and Women's champion with a time of 13:46.2 and 14:04.8 respectively. In celebration of the 5<sup>th</sup> anniversary of the Race, school category and charity category were also introduced this year that spread the "Sport for All" culture to our young generation and extra fund generated by the charity group will go a long way to help the underprivileged. Info at [www.hkharbourrace.com](http://www.hkharbourrace.com)



Gun-Firing Ceremony of New World Harbour Race 2015



1,900 Leisure group swimmers departed from Sam Ka Tsuen Public Pier at Lei Yue Mun and enjoyed their swim across the harbour to Quarry Bay Public Pier.



香港乒乓球總會  
Hong Kong Table Tennis Association

## 第22屆亞洲乒乓球錦標賽

第22屆亞洲乒乓球錦標賽已於2015年9月26日至10月3日假泰國芭堤雅舉行，香港共派出13名運動員角逐7個項目。是次賽事吸引接近40個亞洲國家及地區參加，香港隊共奪得三面銅牌，包括由帖雅娜/李皓晴/杜凱琹/李清韻/蘇慧音組成的女子團體、女子雙打的帖雅娜/姜華珺，及男子單打的黃鎮廷。經過今次的亞錦賽，黃鎮廷於11月最新公佈的世界排名更躍升至第11位的個人新高。詳情可瀏覽：[www.hkta.org.hk](http://www.hkta.org.hk)



香港女子隊與  
教練大合照



黃鎮廷於男子單打為香港取得一面銅牌。



## Jankovic edged Kerber to win Prudential Hong Kong Tennis Open 2015

The Prudential Hong Kong Tennis Open 2015 ended on a high note when Jelena Jankovic battled back from the brink of defeat in the finals to win her milestone 15<sup>th</sup> WTA title by defeating Angelique Kerber 3-6, 7-6(4), 6-1.

The players' field for this year was significantly strengthened with 7-time Grand Slam Champion Venus Williams, 2011 US Open Champion Samantha Stosur, 2010 French Open Champion Francesca Schiavone and former world no. 1 Jelena Jankovic etc. The event was well attended with close to 34,000 visitors throughout the week.

This year's event had a much heavier emphasis on community engagement with "People's Monday" where public was granted free access to watch all the matches. The public could also watch matches on show courts 1 and 2 from Monday to Friday for free. Info at [www.hktennisopen.hk](http://www.hktennisopen.hk)



*Jankovic lifting the singles trophy*



香港保齡球總會  
Hong Kong Tenpin  
Bowling Congress

## Historical win for Hong Kong in Tenpin Bowling

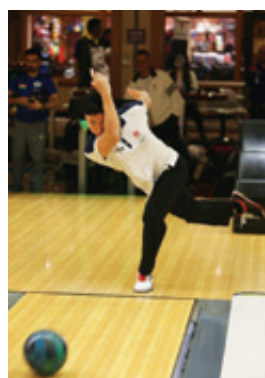


*51<sup>st</sup> QubicaAMF Bowling World Cup Champion: Wu Siu Hong*



*Hong Kong representatives in the Bowling World Cup 2015*

Wu Siu Hong carved a milestone in the history of Bowling, by becoming the first Hong Kong bowler to win the Men's title of the 51<sup>st</sup> QubicaAMF Bowling World Cup which was held in Sam's Town, Las Vegas, Nevada, USA on 13 – 20 November 2015, after defeating top-seed, Francois Louw of South Africa, 233-219 and 223-180. Hong was 2<sup>nd</sup> in position after the round robin of 8 games. He beat 3<sup>rd</sup> position Muhammad Jaris Goh from Singapore in



*Wu Siu Hong defeated Francois Louw of South Africa in the finals.*

a straight two sets of 3. He then went on to challenge Francois again beating him in a straight two sets to clinch the prestigious and much converted QubicaAMF Cup. Info at [www.hktbc.org.hk](http://www.hktbc.org.hk)



香港三項鐵人總會  
Hong Kong Triathlon  
Association

## 2015 Hong Kong Life ASTC Sprint Triathlon Asian Cup

A total of over 1,300 athletes took part in the 2-day Hong Kong Life ASTC Sprint Triathlon Asian Cup event, held on 31 October and 1 November 2015 with over 70 of them racing in the Elite categories, chasing valuable ITU Points for qualifying the Rio 2016 Olympic Games.

The event included Elite races, as well as Age Group race plus the Para Relay, which allowed people from different sectors to take part in the sport of Triathlon. Ron Darmon from Israel and Mari Rabie from South Africa claimed the Male and Female Elite title. Info at [www.triathlon.com.hk](http://www.triathlon.com.hk)



*Ron Darmon, Champion of Male Elite races*





香港大專體育協會  
The University Sports  
Federation of Hong Kong,  
China

## The 52<sup>nd</sup> USFHK Annual Aquatic Meet 2015



Champion of Men's, Women's and Team Events – The Hong Kong Polytechnic University



Prize Presentation – Winners of Men's 4 x 100m Freestyle Relay



The 52<sup>nd</sup> USFHK Annual Aquatic Meet 2015

The 52<sup>nd</sup> USFHK Annual Aquatic Meet 2015 was held in Hong Kong Sports Institute on 25 October 2015. This annual event is a major sports function organized by the University Sports Federation of Hong Kong, China and subsidized by the Leisure and Cultural Services Department. There were more than 200 athletes from 11 member institutions participating in 32 events in this aquatic gala.

The Annual Aquatic Meet was ended by a Prize Presentation and Closing Ceremony, with 23 new Meet Records having been made. The Hong Kong Polytechnic University got the champion in the Men's, Women's and Team Events. City University of Hong Kong ranked the second, while the Chinese University of Hong Kong came in 3<sup>rd</sup> place in the Men's, Women's and Team Events. Info at [www.usfhk.org](http://www.usfhk.org)



域多利遊樂會  
Victoria Recreation Club

## Hong Kong's Dragon Run – The Eighth Season



Hong Kong's biggest solo and two-man paddling competition, the Dragon Run, completed its eighth season on 21 November 2015, drawing a field of 179 racers from Norway to South Africa. The rugged 24-kilometer surfski competition was dominated by Hank McGregor and Sean Rice, both of South Africa, in first and second place. South African Nicole Russell, Australia-based Camille De Camejane, and Hong Kong-based Briton Claudia Tarr were the top placers in the women's surfski category. The 24km solo outrigger competition was won by Hawaii-based American Jake Hamstra and Hong Kong-based former Greek Olympian Katerina Vichou.

The competition featured an expanded course for stand-up paddle boarders (SUP) with a field of 19 racers on an 8km course and 11 competitors in the short, 2km course. A short 8km surfski and outrigger course drew 36 racers. Info at [www.victoriarecreationclub.com.hk](http://www.victoriarecreationclub.com.hk)



香港武術聯會  
Hong Kong Wushu Union

## 第十三屆世界武術錦標賽



會長霍震寰先生SBS, JP與獎牌運動員合照。

「第十三屆世界武術錦標賽」於2015年11月11日至19日在印尼雅加達圓滿舉行。此賽事是由國際武術聯合會舉辦的世界武術錦標賽，是世界最高水平、最高級別的國際武術賽事，每兩年一屆，輪流由各會員國主辦。香港代表團陣容鼎盛，由「總領隊」亞洲武術聯合會主席、香港武術聯會會長霍震寰先生SBS, JP，「套路領隊」世界武術冠軍杜宇航先生及「散打領隊」搏擊運動金牌得主夏德建先生率領14位精英運動員參賽，經過5天的激戰，成功獲取5金4銀2銅，在獎牌榜上位列第4，成績令人欣喜。賽事期間，國際武術聯合會召開第十三屆代表大會，並且進行換屆改選，香港武術聯會霍震寰會長成功當選國際武術聯合會副主席。詳情可瀏覽：[www.13thwwc2015.com](http://www.13thwwc2015.com)

SPORTS	DATE	EVENT NAME	PLACE	WEBSITE
 Tennis	2-10 January 2016	Hong Kong ITF Women's Circuit 2016	Hong Kong, China	<a href="http://www.tennishk.org/en/tournaments/junior-tournaments/hk-itf-junior-tournament">www.tennishk.org/en/tournaments/junior-tournaments/hk-itf-junior-tournament</a>
 SF&OC	9 January 2016	Samsung 2015 Hong Kong Sports Stars Awards Public Voting Announcement Press Conference	Plaza Hollywood, Hong Kong, China	<a href="http://sportstar2015.hkolympic.org/">http://sportstar2015.hkolympic.org/</a>
 Cycling	15-17 January 2016	2015-2016 UCI Track Cycling World Cup Hong Kong	Hong Kong, China	<a href="http://www.cycling.org.hk">www.cycling.org.hk</a>
 Boxing	15-18 January 2016	The 2 <sup>nd</sup> Hong Kong City Cup International Boxing Tournament	Hong Kong, China	<a href="http://www.hkboxing.org.hk">www.hkboxing.org.hk</a>
 Athletics	17 January 2016	Standard Chartered Hong Kong Marathon 2016	Hong Kong, China	<a href="http://www.hkmarathon.com">www.hkmarathon.com</a>
 Roller Sports	22-24 January 2016	18 <sup>th</sup> Hong Kong SAR, China Youth Roller Skating Invitation Championships	Hong Kong, China	<a href="http://www.rollersports.org.hk">www.rollersports.org.hk</a>
 Sports for Intellectually Disabled	30-31 January 2016	2016 INAS Swimming Championships-Asia	Pathum Thani, Thailand	<a href="http://www.inas.org/event/1st-inas-asia-open-swimming-competition">www.inas.org/event/1st-inas-asia-open-swimming-competition</a>
 Equestrian	19-21 February 2016	LONGINES Masters of Hong Kong 2016	AsiaWorld-Expo, Hong Kong, China	<a href="http://www.mastersgrandslam.com/en/longines_masters_hong_kong">www.mastersgrandslam.com/en/longines_masters_hong_kong</a>
 Baseball	19-22 February 2016	Asia Insurance Phoenix Cup 2016 WBSC Hong Kong International Women's Baseball Tournament	Hong Kong, China	<a href="http://www.hkphoenixcup.com">www.hkphoenixcup.com</a>
 SF&OC	27 February - 1 March 2016	Samsung 59 <sup>th</sup> Festival of Sport Opening Programme	Sha Tin Town Hall Plaza, Hong Kong, China	<a href="http://fos.hkolympic.org">http://fos.hkolympic.org</a>
 SF&OC	28 February 2016	Samsung 59 <sup>th</sup> Festival of Sport Opening Ceremony	Sha Tin Town Hall Plaza, Hong Kong, China	<a href="http://fos.hkolympic.org">http://fos.hkolympic.org</a>
 Table Tennis	28 February- 6 March 2016	2016 World Team Table Tennis Championships	Kuala Lumpur, Malaysia	<a href="http://www.perfectwttc2016.com.my">www.perfectwttc2016.com.my</a>
 Wushu	3-6 March 2016	The 14 <sup>th</sup> Hong Kong Wushu International Championships - Chinese Wushu Duan System Hong Kong Assessment	Hong Kong, China	<a href="http://www.hkwushu.com.hk">www.hkwushu.com.hk</a>
 Swimming	11-13 March 2016	Hong Kong Age Group Swimming Championships 2016	Shing Mun Valley Swimming Pool, Hong Kong, China	<a href="http://www.hkasa.org.hk">www.hkasa.org.hk</a>
 Rugby	18-20 March 2016	Asia Rugby Cross-Continental Sevens	Borneo, Malaysia	<a href="http://www.hkrugby.com">www.hkrugby.com</a>
 Sports for Physically Disabled	19-26 March 2016	2016 BISFed Individual World Championships (Boccia)	Beijing, China	<a href="http://www.bisfed.com/calendar/bisfed-2016-world-individual-championships/">http://www.bisfed.com/calendar/bisfed-2016-world-individual-championships/</a>
 SF&OC	21 March 2016	Samsung 2015 Hong Kong Sports Stars Awards Presentation Ceremony cum SF&OC Spring Dinner 2016	Hong Kong Convention and Exhibition Centre, Hong Kong, China	<a href="http://sportstar2015.hkolympic.org/">http://sportstar2015.hkolympic.org/</a>
 SF&OC	22 March 2016	65 <sup>th</sup> Annual General Meeting	Olympic House, Hong Kong, China	<a href="http://www.hkolympic.org">www.hkolympic.org</a>
 Rugby	8-10 April 2016	Cathay Pacific/ HSBC Hong Kong Sevens 2016	Hong Kong Stadium, Hong Kong, China	<a href="http://www.hkrugby.com">www.hkrugby.com</a>
 Table Tennis	13-17 April 2016	2016 Asian Olympic Table Tennis Qualification Tournament	Hong Kong, China	<a href="http://www.hkttta.org.hk">www.hkttta.org.hk</a>



**中國香港體育協會暨奧林匹克委員會**

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