



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

DEC 2017
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OLYMPIC VOICE

奧訊

of Hong Kong

- Chan Kin Lok aims to match her personal best time in each competition
- Lui Lai Yiu targets a bronze medal at the 2018 Asian Games



SAMSUNG 2017年度
香港傑出運動員選舉

SAMSUNG 2017 HONG KONG SPORTS STARS AWARDS

SAMSUNG



公眾投票日期
Public Voting Period

20/1/2018-
14/2/2018

活動網頁
Event Website



<http://sportstar2017.hkolympic.org>

OLYMPIC VOICE

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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 are almost at the close of a memorable and celebratory year, 2017, that marked two decades of the Hong Kong Special Administrative Region and, with it, the Sports Federation and Olympic Committee. In July 1997 we planted the seed and this has grown into a tree of sports culture in Hong Kong. This proves that our people are strong of body, sound of mind, and righteous of character, and that we have built a society worthy of the Olympic spirit.

Nothing ever comes easily for sportsmen and women, as talent alone does not suffice without a team to back them and a community that supports them. We now have these elements and the winds is in our sails. In 2017 we have succeeded time and again, in event after event, tournament after tournament. There was a time when many contended themselves with merely participating. Since then our ambition and aspirations have risen as our athletes go forward to compete for medals, no matter what, where and when.

We want our journal to recount our successes, salute our heroes, thank our supporters and rally our team. May the gains be a stimulus to achieve more and to entice greater numbers of young people to take up a sport and to excel in it by dint of ability and hard work. The coming year will impose new challenges and, as long as the desire never flags, we will tackle each one and prevail. The Olympian drives us to go ever farther and faster.

讓我們以今期《奧訊》為難忘及值得慶賀的2017年畫上圓滿句號。今年正是香港回歸祖國20周年，20年前港協暨奧委會為香港的體育發展種下良好種子，令體育文化的幼苗在這20年間茁壯成長，讓市民在身心健康及品格培養等方面獲益良多，共同建立和諧的社會，讓市民體驗奧林匹克精神。

無論我們的運動員如何出色，假若沒有團隊的支援和市民的支持同樣不會成功，在過往大大小小比賽中，這些元素正是推動運動員爭取成績的最大動力，鼓勵他們無論在任何比賽、任何時候同樣向著目標邁進。

我們希望藉著《奧訊》向運動員致敬，讓更多人知道他們的故事之餘，並同時感謝市民的支持。希望藉著今年美好的成績，令香港的體育氣氛更加熾熱，吸引更多年青人參與運動，發揮潛能。來年我們將面對更多挑戰，但只要我們沒有放棄夢想，本著奧林匹克精神繼續前進，迎難而上，必定可與我們的體壇精英一同走得更快、更遠，爭取更好成績。

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



The XXIII Olympic Winter Games will be held for 17 days from 9 to 25 February 2018 in PyeongChang, the Republic of Korea. The Olympic Winter Games will be held in Korea for the first time in 30 years after the Seoul Olympic Games in 1988.



The Olympic flame-lighting ceremony took place on 24 October 2017 in Ancient Olympia, Greece

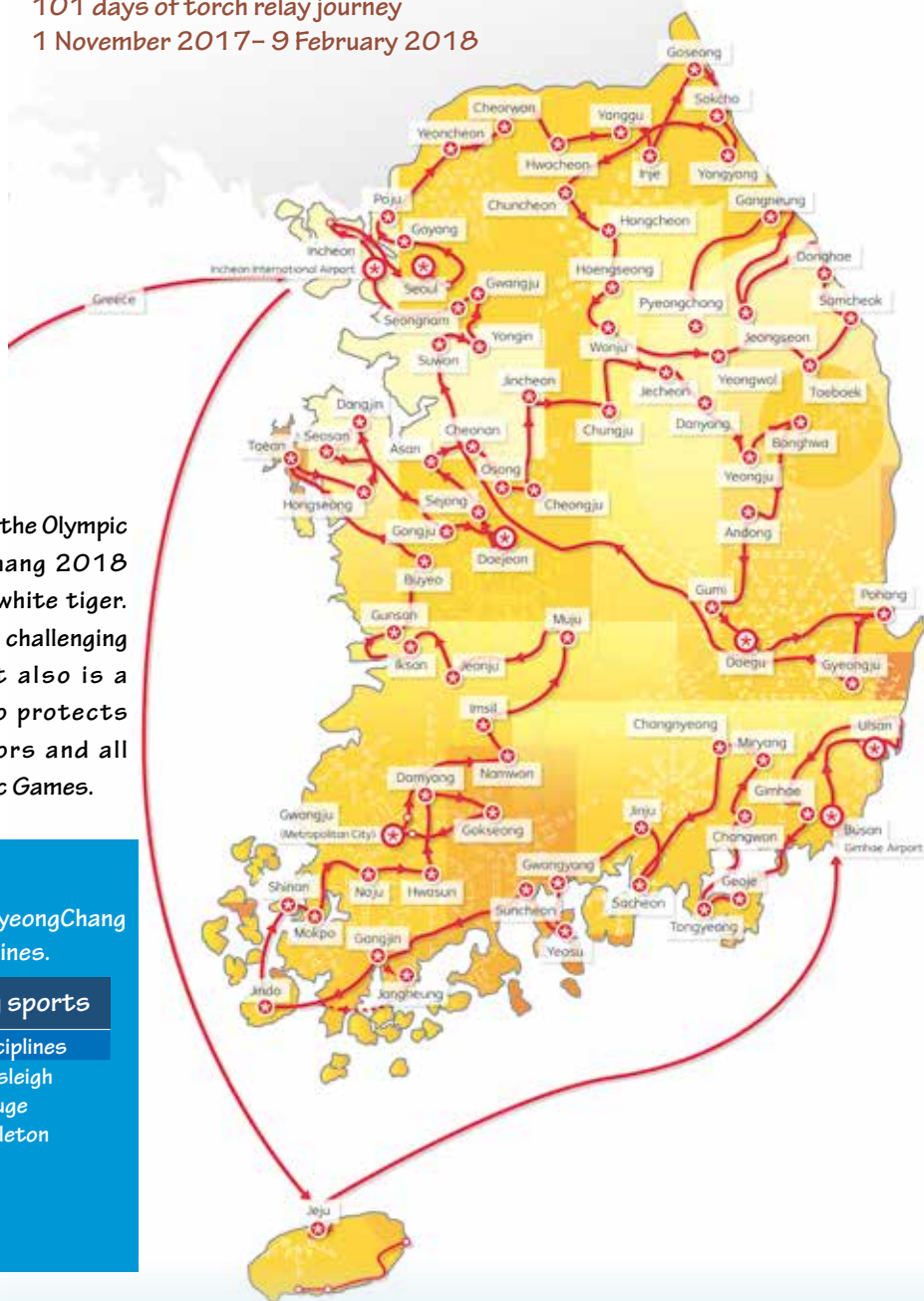
Soohorang



Soohorang, the mascot of the Olympic Winter Games PyeongChang 2018 took its motif from the white tiger. Soohorang not only has a challenging spirit and passion but also is a trustworthy friend who protects the athletes, spectators and all participants in the Olympic Games.

Olympic Flame Torch Relay

101 days of torch relay journey
1 November 2017– 9 February 2018



Sports

Athletes taking part in the Olympic Winter Games PyeongChang 2018 will compete in 102 events in 15 sport disciplines.

Snow sports	Ice sports	Sliding sports
7 disciplines	5 disciplines	3 disciplines
Alpine Skiing	Short Track Speed Skating	Bobsleigh
Biathlon	Speed Skating	Luge
Cross-Country Skiing	Figure Skating	Skeleton
Freestyle Skiing	Ice Hockey	
Nordic Combined	Curling	
Ski Jumping		
Snowboard		

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Conclusion for Ashgabat 2017 Asian Indoor and Martial Arts Games



The 5th Asian Indoor and Martial Arts Games (AIMAG) was held in Ashgabat, Turkmenistan from 17 to 27 September 2017. It was the biggest AIMAG ever held with 65 participating National Olympic Committees (NOCs) from Asia, Oceania and one Refugee team. The Sports Federation & Olympic Committee of Hong Kong, China sent a strong delegation with 114 athletes and 57 officials to participate in 10 sports, namely Indoor Athletics, Billiard Sports, Bowling, Track Cycling, DanceSport, Futsal, Muaythai, Short Course Swimming, Taekwondo and Indoor Tennis. Our Hong Kong athletes brought home a haul of 35 medals, including 10 golds, 11 silvers, 14 bronzes from 7 sports, and ranked 10th in the medal tally of 5th AIMAG.

The outstanding achievements clearly demonstrated the improvements of our athletes in their competitiveness among Asian's best. Our delegation this time included many young talented athletes with great potential and with the experience gained in Ashgabat, they should be able to compete at an even higher level in future international competitions and multi-sports Games.





Athletes from 7 participating sports won 35 medals in total. The medals summary of the Hong Kong, China Delegation in the 5th AIMAG is as follows:-

Sport	Gold	Silver	Bronze	Total
1. Indoor Athletics	1	0	3	4
2. Billiard Sports	0	0	2	2
3. Bowling	0	0	2	2
4. Track Cycling	5	1	1	7
5. DanceSport	0	5	0	5
6. Short Course Swimming (One Games record and two Hong Kong record)	4	5	5	14
7. Indoor Tennis	0	0	1	1
Total	10	11	14	35

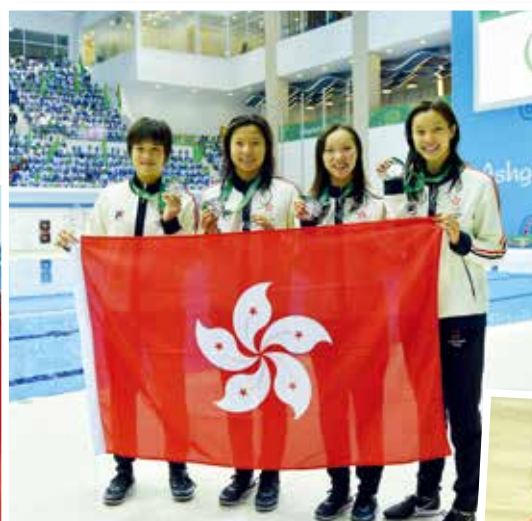


Track Cycling had its debut in the 5th AIMAG. Our Cycling team ranked 1st in the medal count among all participating NOCs in this sport. The team captured 5 golds of which 3 were attained by Lee Wai Sze. She took the Women's Team Sprint gold with Li Yin Yin and Ma Wing Yu. The other two golds were won by Diao Xiaojuan and Leung Chun Wing in their respective events.

The Swimming team consisting of 26 athletes, competed in all Short Course Swimming events and attained a total of 14 medals, the largest number among all winning sport teams from Hong Kong. The Women's 4 x 50m Medley Relay team won a gold and broke the Games record at the same time.

Many familiar faces were seen standing on the podium with the HKSAR flag flying high in the 5th AIMAG. At the same time, we were very happy to see young athletes winning medals hand in hand with their senior counterparts in the Games. 15-year-old swimmer Ho Nam Wai and 16-year-old Wong Cho Ying joined Au Hoi Shun Stephanie and Sze Hang Yu to win a silver medal in the Women's 4 x 100m Freestyle Relay and broke the Hong Kong record that was created at the 3rd Asian Indoor Games in 2009. Furthermore, 17-year-old Tse Chun Hin won a bronze medal in the Men's Singles Bowling event.

Snapshots Ashgabat 2017 AIMAG





從屋邨公園 跨 到亞室武運 呂麗瑤 越 欄 關 摘港隊首金

從昔日的屋邨女孩變為現役港隊跨欄代表人物，呂麗瑤遇過低潮並在今年迎來重大突破，除了5度刷新個人最佳時間之外，先後參加過亞洲錦標賽、世界大學生運動會及全國運動會，並在壓軸的「阿什哈巴德2017亞洲室內暨武術運動會」（亞室武運）贏得香港隊應屆賽事首面金牌，為賽季畫上圓滿句號。

呂麗瑤小檔案：

年齡：23歲

主項：田徑（跨欄）

個人最佳紀錄：60米欄 8秒41

100米欄 13秒56

近年成績：

2017年 亞洲室內暨武術運動會 60米欄 金牌

2017年 亞洲田徑大獎賽第1站 100米欄 銀牌

2013年 東亞運動會 4x400米接力 銅牌



自小學3年級於陸運會贏得獎牌後，呂麗瑤便獲老師邀請參加田徑訓練，短跑、跳遠及跳高都嘗試過，但她卻笑說自己並非特別熱愛運動，只是好動：「我懷疑小時候有點過度活躍，總是不能安靜下來，常常求母親帶我到家附近的公園玩，在噴水池一端跳到另一端，一跳不過就會跌落水，但很好玩。」這樣跳著跳著，竟孕育出一位香港的田徑新星。

轉全職運動員遇2年樽頸

中一開始選擇專攻跨欄，呂麗瑤最喜歡當中的變化及挑戰：「一個欄的技術就能左右勝負，變化及挑戰比短跑大得多。」對跨欄的熱愛及努力，讓呂麗瑤在中學時期贏得6面學界賽100米欄金牌，「學界欄后」的稱號不脛而走。升上大學則橫掃大專陸運會獎牌，在2014年仁川亞運會上更取得重大突破——跨入13秒大關，乘著高峰期轉為全職運動員，豈料之後等待她的是長達2年的樽頸。

「我以為轉當全職運動員生活會有很大改變，可能很辛苦但會有進步，不過現實卻是甚麼都沒有發生。2年間總是跑在14秒頭，那時開始心散，看見身邊大學同學各有生活，只有自己沒進步，有想過不如在其他方面發展，甚至想過放棄。」

幸好，在嘗試跟鄧漢昇教練訓練，磨合半年後，她的運動生涯漸露曙光，成績再次出現突破，她說：「跟『阿昇』後變得踏實了，學

會在賽季中定下計劃，讓自己的目標逐步實現。」

目標13秒2爭亞運銅牌

在剛過去的賽季她參與數項大賽，呂麗瑤早早達到教練定下的目標，在賽季完結前最後一個比賽，土庫曼亞室武運放鬆心情迎戰，結果一舉贏得女子60米欄金牌，取下香港代表團首金。她指因未有特別目標及期望，沒有壓力下反而跑出好成績。「很開心，這是我第一面亞洲賽金牌，可以證明自己是有實力去擊敗過往贏不到的對手。而60米欄跟100米欄不同之處在於要更快爆發，換句話說我要在100米欄擊敗對手，就要在最後40米下功夫和改進。」

在土庫曼的比賽除了豪華建築及熾熱氣氛為她留下深刻印象外，還有同門師弟張宏峰在男子60米欄摘銅而回。「我們在比賽中彼此學習及鼓勵，一同進步，看見他的認真及努力亦提醒自己不能偷懶，不負教練對我們的期望。」

香港欄后的故事尚在延續，呂麗瑤以個人最佳時間13秒56以及亞室武運金牌為田徑賽季作結，來年則要為亞運奮鬥，她說教練把目標定在13秒2，一個在去屆亞運足以贏得銅牌的時間。至於終極目標，她指望向2020年東京奧運，並希望在追求進步的過程中，也慢慢找出運動員以外的發展方向。



Lui Lai Yiu Leapt over Obstacles to Clinch Hong Kong's First Gold in Ashgabat

From an ordinary school girl to become the Hurdles Queen, Lui Lai Yiu went through a difficult two years before finally enjoying her sporting breakthrough this year. She rewrote her personal best record five times and participated in the Asian Championships, Universiade and the National Games. She also came to an extraordinary finale in the 5th Asian Indoor and Martial Arts Games and won the gold medal.

Lui has competed in track and field since she was in Primary Three. As a child, she loved to play at the park, and never felt tired. She started full-time training 2 years ago after her huge success in inter-school and University competitions, swept all the gold medals and finished under 14 seconds in the Incheon Asian Games. However, she faced a career bottleneck after that and

couldn't clock 14 seconds again. However after a half year training with coach Tang Hong Sing, the dawn has finally come.

The Hurdles Queen learned to lay plans to fulfill her goals step by step. In Ashgabat, she redeemed herself by winning the 60m Hurdles event and Hong Kong first gold medal. She said, "The result made me believe I have the ability to defeat anyone who has beaten me before. To improve my performance in 100m, I need to work harder on the last 40m." The rising star is now going to set her eyes on the Asian Games and Tokyo Olympics. She will try to push her personal best record from 13'56 to 13'2, the finishing time of the bronze medalist in the last Asian Games.

從「終極團友」到「獎牌王」 陳健樂亞室武運 連奪5牌放光芒

這兩年是香港游泳代表陳健樂的豐收年，兩年間於FINA游泳世界盃（世界盃）收穫共7面獎牌、6個香港紀錄。但這位女飛魚待在港隊已逾10年，10年等待，曾經在運動會空手而回，被取笑是「終極團友」。但她堅持到今天，在今屆「阿什哈巴德2017亞洲室內暨武術運動會」（亞室武運）上，一口氣掃走3金1銀1銅成為「獎牌王」，更與師姐師妹「三代同堂」合力游出新港績。

7歲時跟隨朋友開始習泳，12歲那年打破香港50米蝶泳分齡紀錄，數月後獲當時港隊總教練陳耀海邀請她加入港隊集訓，從此展開港隊生涯。然而，她在2009年亞室運（亞室武運前身）創下50米蝶泳青年紀錄，卻是該屆少數沒有獎牌的港將，被隊友取笑為「終極團友」，大合照時躲在隊友身後，掩蓋自己頸上沒掛上任何獎牌。而一年後的廣州亞運更落選「淪為」觀眾，此後成績一直平平。

港隊10年終奪獎牌

直至加入港隊的第10個年頭，22歲的陳健樂終在2016年游泳世界盃莫斯科站200米蝶泳首次打破港績，之後好消息接二連三，這位「遲來的蝶后」屢次將紀錄推前，游足9站世界盃44場賽事，收穫4面獎牌，三度刷新香港紀錄。於亞洲游泳錦標賽100米蝶泳奪銀；又於2017年亞室武運奪100米蝶泳金牌，參加過3屆（連計前身亞室運）首次奪得個人項目獎牌。而今年世界盃成績更進一步，於主場香港站及多哈站共贏得3面銅牌，並達成目標「掂到57秒」，於多哈站短池世界盃女子100米蝶泳游出57秒98，再一次更新港績。「去年幾乎游了20次，今年也游了近10次，終於做到！感謝教練及父母。」縱然，在衝擊2016里約奧運只達B標，未能游入奧運，但訓練成果亦已於現在的比賽上展現。

夥拍師妹破接力紀錄

陳健樂從「終極團友」到「獎牌王」，也從小飛魚變成師姐，除了自己進步也喜見後輩崛起。在亞室武運4x100米混合接力決賽，她與歐鎰淳、港隊大師姐施幸余及師妹葉穎寶攜手刷新

港績，游出3分58秒32，「三代同堂」登上頒獎台的最高處。陳健樂盛讚今屆一同出戰亞室武運的師妹們漸見成長：「比自己小時候淡定、不怯場，相信她們有能力接棒，繼續為港爭光。」

回望這10年時間，陳健樂笑說是「運氣不好，時辰未到」，她相信努力付出終有回報，所以一直默默耕耘，即使成績未盡如意也不輕言放棄，因為她真的喜歡游泳，也愛游泳帶給她的一切。「游水最開心是與隊友一起，出外集訓，幾星期朝夕相對，無所不談，與隊友感情是最獨特的。」

陳健樂人如其名「樂天知命」，即使游了十多年，仍未有為自己的運動生涯定下時間表。「因為游水開心我就想繼續游，最少游完明年亞運和短池世錦賽，最想每場都游到PB（Personal Best）吧。」

陳健樂：

年齡：23歲
主項：游泳（蝶泳）
個人最佳紀錄：
100米蝶泳 57秒98
200米蝶泳 2分08秒72

近年成績：

2017年 亞洲室內暨武術運動會
100米蝶泳、4x100米、4x50米混合泳接力 • 金牌
4x50米自由泳接力 • 銀牌
50米蝶泳 • 銅牌
2017年 FINA游泳世界盃多哈站100米、200米蝶泳 • 銅牌
2017年 FINA游泳世界盃香港站200米蝶泳 • 銅牌
2016年 亞洲游泳錦標賽100米蝶泳 • 銀牌
2016年 FINA游泳世界盃俄羅斯站200米蝶泳 • 銅牌
FINA游泳世界盃北京站4x50米男女混合泳接力 • 銅牌
FINA游泳世界盃香港站4x50米男女混合泳接力 • 銅牌

Underdog to Medal Collector Chan Kin Lok Outshined in Ashgabat with 5 Medals

Chan Kin Lok, the crouching tiger of the Hong Kong swimming team, shone at the Asian Indoor and Martial Arts Games in Ashgabat by breaking a Hong Kong record and sweeping 3 gold, 1 silver and 1 bronze medal after coming home empty handed in all the games and competitions for the preceding decade.

10 years ago, the former Hong Kong head coach Chan Yiu Hoi recruited Chan Kin Lok after she set a new 50m butterfly record for her age. However, she didn't immediately develop her talents as expected. In the 2009 Asian Indoor Games she was one of the few athletes not to win a medal. A year later, she couldn't even qualify the Asian Games.

Looking back to the old days, Chan believes hard work pays off. She said, "It's just bad luck and my time hasn't come yet." After she set a new Hong Kong record in the Moscow Series of FINA Swimming World Cup (FINA SWC) 2016, things finally got back on track. Since then, she broke the Hong Kong record 3 times, took 4 medals in 9 series of FINA SWC and won a silver in the Asian Championships. This year, she clinched the gold medal of the 100m butterfly event in Ashgabat, her first individual medal after her third attempt in this Games and won another gold in the 4x100 Medley with a new Hong Kong record 3'58'32. She won 3 bronze medals in Hong Kong and Doha Series of the FINA SWC and rewrote her own Hong Kong record by 57'98.

It is the love of the sport that keeps Chan fighting. She said, "Swimming makes me happy! I enjoy the friendship and training with my teammates. I hope I can match my personal best time in every future race in the Short Course World Championships and Asian Games next year."



Samsung 2017年度香港傑出運動員選舉接受提名!

一年一度的「Samsung 2017年度香港傑出運動員選舉」已開始接受體育總會提名，記者招待會已於11月21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於會上致辭，為本屆選舉揭開序幕。各個本地體育總會可提名該會的運動員、組合或隊伍，競逐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」。

今年的香港運動員分別於世界大學生運動會、全國運動會、亞洲室內暨武術運動會以及國際比賽有傑出表現，相信今屆選舉的競爭會很激烈。為鼓勵市民一同參與這項體壇盛事，本會將於2018年1月20日舉行「公眾投票記者招待會」公佈投票詳情，屆時歡迎市民踴躍參與，一齊支持香港運動員，投下你神聖的一票。有關選舉的詳情及最新資訊，請留意選舉網頁。

網頁：

<http://sportstar2017.hkolympic.org>



選舉詳情如下：

選舉年度：2017年1月1日至2017年12月31日

日期	活動
2017年12月22日	截止提名日期
2018年1月20日	公眾投票記者招待會
2018年1月20日至2月14日	公眾投票
2018年3月27日	頒獎典禮



《Fitness First香港》成為港協暨奧委會「獨家健身合作夥伴」與香港運動員攜手征戰賽事



港協暨奧委會於10月17日宣佈全亞洲最大健身中心品牌之一 Fitness First 成為港協暨奧委會「獨家健身合作夥伴」，為期3年。

港協暨奧委會與Fitness First首次攜手合作，為香港運動員提供有效而全面的訓練方案。Fitness First將贊助價值超過100萬港元的國際健身會籍，全力支持香港運動員長期發展。運動員可享用全港所有Fitness First健身中心及全球300多間健身中心，確保訓練不受地域所限。透過Fitness First的完善網絡、優質健身設施及專業指導，可有效幫助運動員保持最高體能水平，突破自我界限，並持續以超水準表現為香港爭取更多佳績。

港協暨奧委會與Fitness First會攜手支援運動員，培育體育精英。在為期3年的合作中，雙方將推出一系列合作計劃，務求積極推廣香港體育發展。



2017年度國際奧委會大獎頒獎典禮暨「香港運動員就業及教育計劃」及「奧夢成真」計劃支持機構嘉許禮

2017年度國際奧委會大獎頒獎典禮暨「香港運動員就業及教育計劃」（HKACEP）及「奧夢成真」計劃（SLS）支持機構嘉許禮於9月5日假港島海逸君綽酒店順利舉行。今屆大獎以「運動跨越界限」（Sport beyond borders）為主題，由身兼國際奧委會榮譽委員的港協暨奧委會會長霍震霆先生GBS, JP頒發2017年度國際奧委會大獎予香港鐵路有限公司（港鐵公司）。自2013年，HKACEP與港鐵公司合辦的「生活技能培訓計劃」為計劃退役及退役運動員提供職

場知識與技巧及專業協助，幫助運動員跨越界限走出運動競技場，有助他們發展第二事業。

同時為感謝各機構多年來對HKACEP及SLS的鼎力支持，港協暨奧委會在典禮上頒發獎項予贊助機構、合作夥伴、商業機構及教育機構，答謝他們一直以來的鼎力支持，協助運動員成功轉型，繼續貢獻社會。



中銀香港招聘大學生運動員計劃簡介會

中銀香港為表揚香港運動員堅韌不屈及努力追求卓越成績等特質，特別推出「中銀香港招聘大學生運動員計劃」，將為合符申請資格的香港運動員就業及教育計劃（HKACEP）會員、香港體育學院獎學金運動員以及獲各體育總會提名的準大學畢業生等，提供豁免評量中心集體面試的安排。

為此，HKACEP於2017年10月9日在奧運大樓演講廳舉行了一場簡介會，為出席運動員、家人及總會職員介紹有關計劃之招聘條件、申請流程、工作前景以及面試要點等。



外地人士參與國際體育活動簽證安排簡介會

體育總會每年在香港舉辦多項國際體育活動，吸引不少外地運動員、教練、裁判及技術人員參加。有見及此，港協暨奧委會特別於2017年9月6日在奧運大樓舉辦了一場簡介會，邀請入境事務處代表為各體育總會講解為外地參加者申請工作簽證的相關規例。

簡介會吸引了來自民政事務局、康樂及文化事務署及約40個體育機構的代表逾130人出席。是次簡介會為入境處及體育總會建立了一道有效的溝通橋樑，方便體育總會日後就工作簽證申請事宜向入境處人員作出查詢。



香港奧林匹克資料中心

香港奧林匹克資料中心設於奧運大樓一樓，為公眾提供借閱及參考圖書的服務。中心備有各類有關奧林匹克資料及體育運動項目的書籍，此乃為全港最大的奧林匹克資料庫之一。



運動員在中心互相分享關於宣傳奧林匹克精神的經驗及心得。



同學們對奧林匹克百年古畫深感興趣。

奧林匹克主義教育計劃2017/18

由康樂及文化事務署資助，中國香港體育協會暨奧林匹克委員會全力支持的「奧林匹克主義教育計劃」，在過去一直深受學校及社區機構歡迎。本年度加插全新活動元素，除保留既有的講座外，亦加入運動員分享、互動遊戲及小組討論等多元化活動，更可安排活動頒獎嘉賓。透過現役或退役運動員，推廣體育與奧林匹克主義及精神。

本計劃之簡介及報名表可於網頁港協暨奧委會 www.hkolympic.org 下載。如有查詢，歡迎以電話或電郵方式與本計劃秘書處聯絡。

電話：(852) 2504 8517

電郵：oep@hkolympic.org



透過互動遊戲，加深同學們對奧林匹克運動會的認識。



同學們透過投影片及運動員經驗分享，認識奧林匹克精神與價值。

第40屆中華台北奧林匹克研討會

中國香港賽艇協會體育幹事劉雅婷小姐代表港協暨奧委會參加2017年9月1日至3日在台灣台北市舉行的第40屆中華台北奧林匹克研討會。共3天的研討會透過專題演講、討論課程，以及多元化的體育活動，深入了解體育運動發展及奧林匹克理念等議題。



2018年度禁用清單經已推出

世界運動禁藥機構（WADA）已推出2018年度禁用物質及方法清單（禁用清單），並將於2018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）。

任何物質或方法如經WADA判斷符合以下其中兩項條件，均會被考慮列入禁用清單：

1. 單獨使用該物質或方法、或與其他物質或方法並用，能提升或有可能提升運動表現；
2. 使用該物質或方法對運動員有實際或潛在的健康風險；或
3. 使用該物質或方法違反體育精神。

另外，任何物質或方法如有可能遮蔽其他禁用物質及方法的使用，亦有可能被列入禁用清單。

香港運動禁藥委員會（HKADC）慎重建議所有運動員及支援人員詳閱2018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：酒精已在2018年度禁用清單中被刪除。

2018年度禁用清單及詳盡的修正摘要可於WADA的網頁 www.wada-ama.org 下載。如欲索取HKADC印備的袋裝版2018年度禁用清單，請電郵至 antidoping@hkolympic.org 或致電2890 3644聯絡，以便安排。



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如欲租用或查詢，請聯絡管理公司市務部：

電話：(852) 2504 8504

傳真：(852) 2881 1859

電郵：mcohl@hkolympic.org

網址：www.olympichouse.org



綠色・奧運大樓

為推動源頭減廢及環保惜物的意識，奧運大樓管理公司於11月9日假奧運大樓舉辦「綠色工作坊：廚餘紮染」，當日共24位來自港協暨奧委會及體育總會的同事參加。

是次工作坊講解製造紡織品對環境的影響，利用不同廚餘作天然染料的原理。參加者利用簡單工具將舊手帕紮成不同形狀，經咖啡渣染色後，手帕上能留有自創而多樣的圖案。



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只因，你們的笑容，就是我們的最大鼓舞！



香港羽毛球總會
Hong Kong Badminton
Association



Champion of Men's Singles:
Lee Chong Wei of Malaysia

YONEX-SUNRISE Hong Kong Open Badminton Championships 2017 part of the MetLife BWF World Superseries

YONEX-SUNRISE Hong Kong Open Badminton Championships 2017 was held from 21 to 26 November 2017 at the Hong Kong Coliseum with a total grand prize money of USD\$400,000.

The competition's entry was overwhelming with 291 players from 21 countries and regions. Most of the world top players from various countries participated, including Rio Olympic gold medalists Chen Long of China, Carolina Marin of Spain, Misaki Matsutomo/



Champion of Men's Doubles: Gideon Marcus Fernaldi/
Sukamuljo Kevin Sanjaya of Indonesia

Ayaka Takahashi of Japan, Tontowi Ahmad/Liliyana Natsir of Indonesia; the world number one Tai Tzu Ying of Chinese Taipei, Marcus Fernaldi Gideon/Kevin Sanjaya Sukamuljo of Indonesia, Zheng Siwei/Huang Ya-qiong of China, Lin Dan of China, Lee Chong Wei of Malaysia, Pusarla V. Sindhu of India and Hong Kong players including Ng Ka Long, Wong Wing Ki, Tang Chun Man, Cheung Ngan Yi, Tse Ying Suet, Lee Chun Hei, Chau Hoi Wah etc.

The five event Champions are:

Lee Chong Wei, Malaysia (Men's Singles)
Tai Tzu Ying, Chinese Taipei (Women Singles)
Marcus Fernaldi Gideon/Kevin Sanjaya Sukamuljo, Indonesia (Men's Doubles)
Chen Qingchen/ Jia Yifan, China (Women Doubles)
Zheng Siwei/ Huang Ya-qiong, China (Mixed Doubles)

Info at www.hkopenbadminton.org



香港棒球總會
Hong Kong Baseball
Association

復康力量傷健共融日 — 樂融康健棒球日

香港棒球總會於10月21及22日參與由香港復康力量在維多利亞園中央草坪舉行的「復康力量傷健共融日」。為期兩天的活動旨在為香港復康力量籌募經費，活動亮點除了樂融康健棒球日外，還有平板支撐創紀錄和盲人傷健飛鏢大賽。香港棒球總會希望透過是次活動推動輪椅棒球予傷健人士。詳情可瀏覽www.facebook.com/HKBPorg/



開幕典禮



中國香港體操總會
Hong Kong Gymnastics
Association

Celebrating the 20th Anniversary of the Establishment of the HKSAR: "Dah Sing Bank presents – National Gymnastics Extravaganza"

The "Dah Sing Bank presents – National Gymnastics Extravaganza" (NGE) staged two marvelous shows by nearly 80 gymnasts from Mainland China and Hong Kong at Queen Elizabeth Stadium in Wanchai on 21 and 22 October 2017. The invited national gymnasts including Zhang Cheng-long, Shang Chun-song, Lin Chao-pan and Fan Yi-lin; as well as Hong Kong team representatives Wong Hiu Ying Angel, Shek Wai Hung, Ng Kiu Chung Kelvin and Jim Man Hin etc. The national gymnastics team also demonstrated in the exchange programmes cooperating with Tai Po Sports Association, Yuen Long District Sports Association Limited, Chinese YMCA of Hong Kong (Kowloon Centre) and SKH Li Fook Hing Secondary School in the morning before the second performance.

The two days of events were broadcasted live via the official Facebook Fan Page of NGE (@NationalGymnasticsExtravaganza) allowing the audience to enjoy the aesthetic performance of the gymnasts.



The opening ceremony of "Dah Sing Bank presents – National Gymnastics Extravaganza" was officiated by Mr. Lau Kong-wah JP, Secretary for Home Affairs; Mr. Yeung Tak-keung JP, Commissioner for Sports; Mr. Miao Zhong-yi, Centre-in-charge of the Gymnastics Administrative Center of the General Administration of Sport of China; Gymnastics Association of Hong Kong's Honorary President Mr. Pui Kwan Kay SBS, BBS, MH, President Mr. Kenneth Fok JP, Chairperson Prof. Cheung Siu-yin MH; Mr. Harold Wong, Managing Director and Chief Executive of Dah Sing Bank; Mr. Philip Au, Chairman of the Organizing Committee of the National Gymnastics Extravaganza.



Gymnastics stars Zou Kai, He Ke-xin and Li Shan-shan shared anecdotes of their personal life and encouraged the current gymnasts.



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

12th Asian Lawn Bowls Championship 2017 and Asian Under 25 Lawn Bowls Championship

The captioned Championship, organized by the Asian Lawn Bowls Federation, was held from 3 to 10 October in India. Hong Kong young bowler Gloria Ha made the territory proud by bringing home two gold medals, while the other young players also brought home two silver and a bronze medals.

The performance of the senior squad was relatively low key but all members still managed to win a medal. In fact, the team won two silver and five bronze medals from all disciplines except the men's pairs.

Result Highlights

Men's Singles (Tony Cheung) – Silver, Women's Fours (Jenny Miu, Yunse Ha, Elisa Cheung, Phyllis Wong) – Silver, U25 Boys Singles (James Po) – Silver, U25 Girls Singles (Gloria Ha) – Gold, U25 Mixed Pairs (Gloria Ha, James Po) – Gold, U25 Mixed Pairs (Angel So, Adrian Yau) – Silver. Info at www.hklba.org



MEDAL FOR EVERYONE – A happy Hong Kong team proudly displayed their medals won at the Asian Lawn Bowls Championship in India. Hong Kong took two gold, four silver and six bronze medals at the competition.



Four young players (from left) James Po, Gloria Ha, Angel So and Adrian Yau made Hong Kong proud at the Asian Lawn Bowls Championship after winning two gold, two silver and a bronze medal.



香港拯溺總會
Hong Kong
Life Saving Society

出戰南非英聯邦拯溺錦標賽 港隊女將黃學穎奪金 男將梁梓俊摘銀

2017年8月在南非舉行的英聯邦拯溺錦標賽，香港運動員黃學穎夥拍隊友吳翠華，在女子拋繩拯救賽中，以13.78秒勇奪金牌，是繼去年二人為香港取得世界賽首面金牌後，再次揚威國際，為港贏得有史以來第一面英聯邦拯溺錦標賽金牌，狀態大勇，為港爭光。另外，男子組的梁梓俊夥拍隊友黃建朗亦於拋繩拯救賽奪得銀牌，而女子隊黃學穎、周希敏、郭蕙霖和馬駿惠於女子4x25米假人接力賽(4x25 Manikin Relay)亦贏得季軍，男子組亦有鍾卓軒於救生反應賽(Men 50 LC Meter WET SERC)獲得第3名，香港隊此行共獲1金1銀2銅。詳情可瀏覽 http://www.hklss.org.hk/public/modules/index/article.asp?article_id=122



女子拋繩拯救賽世界冠軍黃學穎



(左起) 黃建朗、梁梓俊、黃學穎及吳翠華



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

第13屆全運會群眾比賽項目—攀岩 (運動攀登)

運動攀登首次成為全運會群眾比賽項目，賽事於8月7至10日假重慶市九龍坡區華岩公園舉行。港隊代表陳翔志及鄧少熙分別在男子抱石賽勇奪冠、亞軍，為港爭光。另外多名運動員均躋身決賽並取得佳績，包括林曦揚取得男子抱石賽第5名，胡詠瑜取得女子抱石賽第4名。其後陳翔志更獲國家體育總局邀請，出席於8月27和28日假天津舉行的表彰大會。大會由國家主席習近平主持，陳翔志在表彰大會中獲習主席握手道賀，是對其努力及優秀表現的一份肯定。詳情可瀏覽 http://www.hkmu.org.hk/index.php?option=com_content&view=article&id=625:2017-08-29-03-07-52&catid=45:2009-09-14-08-44-29&Itemid=65



陳翔志(中)及鄧少熙(左)分別在男子抱石賽勇奪冠、亞軍，為港爭光。



會長余家熾先生率領一眾運動員出席返港歡迎儀式，以表揚他們在比賽中出色的表現。



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

IWAS輪椅劍擊世界錦標賽2017

IWAS輪椅劍擊世界錦標賽於11月7日至12日在意大利羅馬舉行，共有來自超過20個國家及地區過百名運動員角逐是次賽事。

香港隊派出9名運動員分途出戰，其中吳舒婷、余翠怡、湯雅婷及鍾婉萍於女子重劍團體8強及4強賽分別擊敗白俄羅斯及波蘭，其後於決賽以45:43擊敗俄羅斯摘金。此外，余翠怡在女子A級重劍個人賽憑全勝姿態晉級，惟於決賽不敵匈牙利劍手，為港隊增添一面銀牌。女子A級花劍個人賽方面，余翠怡再憑全勝姿態出線4強賽，惜最終不敵匈牙利劍手，取得銅牌。港隊終以一金一銀一銅的佳績完成是次賽事。詳情可瀏覽<http://www.worldfencing2017.it/>



香港隊勇奪女子重劍團體賽金牌。



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

INAS World Table Tennis Championships 2017

INAS World Table Tennis Championships 2017 was held in Hradec Králové, Czech Republic from 23 to 27 October 2017. The Hong Kong Team comprised 3 coaches, 1 staff and 9 athletes. The athletes gained valuable opportunities to polish their skills and enrich their competition experiences. The Hong Kong Team won 11 gold 9 silver 6 bronze medals in total, and Ng Mui Wui won 7 gold medals in the Junior Singles, Singles, Junior Doubles, Doubles, Junior Mixed Doubles, Junior Team and Team events. Info at <http://www.hksapid.org.hk/events-co.php?id=403&year=2017>



(from left) Fan Ka Ho & Ng Mui Wui Group photo of Team HKG played in the Mixed Doubles event



中國香港賽艇協會
HONG KONG CHINA ROWING ASSOCIATION

39th Hong Kong Rowing Championships

Organized by the Hong Kong, China Rowing Association (HKCRA), the 39th Hong Kong Rowing Championships concluded successfully on 28 and 29 October 2017. This year, the competitions were very exciting. Besides the Hong Kong team, crews from China, Chinese Taipei, Macau, Japan and Singapore took part in the Championships, which took on an exciting atmosphere.

The gold medal of the Open Men's and Women's Single Sculls went to Wang Min Hui & Liu Chia Chin from Chinese Taipei. EdUHK took the Open Men's Eights Gold with ShaTin Grace Rowing Club and the Open Women's Eights Gold with Lok Tsui Rowing Club. The Olympian, Lee Yeun Yin

participated in the Open Women's Eight's winning team. HK Rowing Squad Members including Tang Chiu Mang, Chiu Hin Chun and Law Hiu Fung beat National Chi Nan University and Lok Tsui Rowing Club Team A in the Men's Eights.

As supported by Ms. Scarlett Pong, BBS, JP of the Sha Tin District Council Member, "VIVA Shing Mun" Kids Drawing Competition Art Works Exhibition and Medal Presentation Ceremony was held on day 2 of the Championships. Booth games about rowing were set up at the race venue and children and rowers visited many there, proving that the theme #VivaShingMun has successfully infiltrated in the community.



Chiu Hin Chun, our Olympic athlete with his champion medal.



The group photo of the officiating guests and the directors of the HKCRA in the 39th Hong Kong Rowing Championship.



Cathay Pacific Sun Hung Kai Financial Hong Kong Squash Open 2017

The 32nd edition of the Hong Kong Squash Open was held from 12 to 19 November at the Hong Kong Football Club, Hong Kong Squash Centre and Hong Kong Park Sports Centre. The world's top players participated in this major annual sporting event, but five home players including Max Lee, Leo Au, Annie Au, Joey Chan and Liu Tsz Ling also featured in the main event this year.

The quarter finals were staged once again on a four-sided glass courts erected in Hong Kong Park Sport Centre along with the semi-finals and finals from 17 to 19 November giving a great opportunity for the audience to appreciate true athleticism and speed of the game. Info at www.hksquash.org.hk



One of the major sporting events, HK Squash Open will be held on 12 – 19 November, 2017



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

New World Harbour Race 2017 A Return to the Historical Route – 2,940 Swimmers Completed Race at Victoria Harbour

The annual sporting event 'New World Harbour Race 2017' was held on 29 October with a new route starting from Tsim Sha Tsui Public Pier to Golden Bauhinia Square Public Pier in Wan Chai, echoing the legendary cross-harbour race route 40 years ago. The race allowed both international and local swimmers to enjoy the internationally renowned Victoria Harbour skyline.

Since the race was relaunched, participation rates have increased every year. This year it attracted 2,940 swimmers, some of them even took part in the event 40 years ago. A carnival with game booths and distribution of event souvenirs was arranged to enhance the atmosphere amongst the thousands of spectators who came to support the event.

Mr. Ronnie Wong, President of the HKASA, said, "This year is the seventh celebration of the Race

since its relaunch. I would like to thank every organization that has supported us for all these years. The Race has been awarded the "M" Mark for the sixth consecutive year and endorsed as one of the celebrations of the 20th anniversary of the establishment of the Hong Kong SAR. For this year's race, we have returned to the signature route 40 years ago, allowing swimmers to reminisce and enjoy swimming across the Victoria Harbour".

Once again, the HKASA invited swimmers from different sectors of society to compete in the race, including Mr. Daniel Lee, Ms. Stephanie Au, Ms. Yvette Kong, Mr. Kenneth To, Ms. Michelle Wai, Mr. Brian Wong and others. To promote the spirit of perseverance characteristic of Hong Kong people, it is hoped that more and more swimmers will participate in future years. Info at www.hkharbourrace.com





2017恒生香港青少年公開賽 國際乒聯青少年巡迴賽

「2017恒生香港青少年公開賽－國際乒聯青少年巡迴賽」已於2017年8月2至6日假香港伊利沙伯體育館圓滿舉行。賽事共吸引154名來自16個國家及地區的青少年來港參賽，香港隊共奪得2金3銀9銅佳績。

今年，香港再度成為國際乒聯青少年巡迴賽最高級別「黃金系列」的其中一個賽站。全年共有26個青少年巡迴賽，當中只有4個國家或地區能成為「黃金系列」賽站。賽事總獎金達一萬美元，而5天賽事更進行網上現場直播，讓世界各地更多球迷第一時間欣賞賽事。詳情可瀏覽 <http://www.hkta.org.hk/2017hkjo/>



港隊共奪得2金3銀9銅成績。



港隊在少年組男雙包辦前三甲位置，金牌由陳灝輝夥拍陳以信奪得。



單項賽得獎者與頒獎嘉賓合照。



香港保齡球總會
Hong Kong Tenpin
Bowling Congress

The World Games 2017 – Tenpin Bowling Event

The World Games 2017 was held from July 20 - 30, 2017 at Wroclaw, Poland. Hong Kong has participated in the Bowling Competition since it first started in 1981. This year's World Games in Wroclaw enjoyed participation from 19 countries (Men and Women Division together) with a total of 64 male bowlers and 64 female bowlers from all three zones of World Bowling. Wu Siu Hong and Michael Mak attained a Bronze medal for Hong Kong in the Men's Doubles.

The 16 countries of the Men's Division were divided into four groups (4 countries each group) and each player bowled a two games round robin against each country in the group. Hong and Michael came out second in Pool C and faced USA Professional Bowlers Kent Marshall and Tommy Jones in the Quarter-final. It was a tough

match but they came out strongly and beat their opponents by 2 - 0 (972:958). In the Semi-final, Hong and Michael lost to another Professional team from Canada, Francois Lavoie and Dan Maclelland by 0 - 2 (1059:911). During the crucial match for the Bronze medal Hong and Michael beat Mexico's Lecuona Ricardo and Quintero Arturo by 2 - 0 (1003:948) and bagged the medal for Hong Kong. Wu Siu Hong previously had won a Silver medal in the Men's Singles event in the 2009 World Games, held in Kaohsiung, Chinese Taipei.

The World Games is conducted every four years with the first one being held in Santa Clara, USA in 1981. The next World Games will be held in 2021 in Birmingham, USA. Info at <https://theworldgames2017.com/en/>



Medalists(from left to right) Venezuela's Ruiz Ildemaro, Fridegotto Massimiliano, Canada's Francois Lavoie, Dan Maclelland, Hong Kong's Michael Mak & Wu Siu Hong.



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

Best Ever Results in the 29th Summer Universiade Taipei 2017

The 29th Summer Universiade 2017 was held in Taipei, Chinese Taipei from 19 to 30 August 2017. Second only in size to the Olympic Games, the Universiade attracts over 10,000 competitors and officials from over 150 countries. Hong Kong sent a Delegation of around 160 student athletes and officials to compete in 14 sporting events including Archery, Artistic Gymnastics, Athletics, Badminton, Men's Basketball, Fencing, Golf, Roller Sports, Swimming, Table Tennis, Taekwondo, Tennis, Men's Volleyball and Wushu. It was the biggest Delegation we have ever sent to the Summer Universiade since our first presence in Japan 1985.

All athletes, coaches and officials' contribution and efforts made Hong Kong's participation in the Taipei Summer Universiade a huge success with best ever results.

Result Highlights

Siobhan Bernadette Haughey won gold medals in the Women's 100M & 200M Freestyle events and broke the Games record in the 200M Freestyle; Wong Chun Hun and Yeung Pak Long won Bronze in the Men's Tennis Doubles event and Mok Uen Ying Juanita won Bronze in the Women's Wushu (Taolu Taijiquan & Taijijian) event. Info at www.usfhk.org or <http://2017.taipei/home>



29th Summer Universiade Taipei 2017 Flag Presentation Ceremony



Bronze medal athletes - Mok Uen Ying Juanita, Wong Chun Hun and Yeung Pak Long



Siobhan Bernadette Haughey who won two gold medals



香港滑水總會
Hong Kong Water Ski
Association

Waterski Coaching Seminar in Pyongyang

In the spirit of Peace & Sport, two members of the Hong Kong Water Ski Association (HKWSA) undertook, on behalf of the International Waterski & Wakeboard Federation Asia (IWWF Asia), a two-day water-ski and wakeboarding coaching seminar in Pyongyang, DPR Korea.

HKWSA Hon Treasurer Chris Howarth, accompanied by Nigel Talamo, conducted the training on 20 and 21 June 2017 as part of a Peace & Sport initiative.

Former members of IWWF, the DPRK Waterski Association (DPRKWA) has been revitalised with plans to develop water-skiing and re-emerge on the international stage. Chris Howarth commented that, "While they lack new equipment they are very enthusiastic to develop their water-skiing skills and are constructing new facilities on the Taedong River."

The IWWF Asia representatives took the opportunity to introduce wakeboarding and cable-skiing, donated a water-ski set, wakeboard, handles and ropes which were greatly appreciated by their hosts.

Mr Jong Yong Sop, Secretary General of the DPRKWA commented, "By attending the seminar, I am sure that the representatives will have learned a lot about the knowledge of waterski



coaching and helped to raise their technical and practical skills to a higher level."

As a result of the trip, the Korean Water Ski & Wakeboard Association has extended an invitation to the skiers in the north to join their competitions with all expenses paid.

In accordance with the IOC Charter, the rights and freedoms to participate in sport, set forth in the Charter, shall be secured without discrimination of any kind including race, gender, religion and politics. As a consequence, the DPRKWA was re-instated as an IWWF Associate Member at the IWWF World Congress in Paris in September.



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香港社會服務聯會頒發

SPORTS	DATE	EVENT NAME	PLACE	WEBSITE
 Mountaineering	3 December 2017	29 th Hong Kong Open Sport Climbing Competition	Shek Kip Mei Park Sports Centre, Hong Kong, China	www.chkmcu.org.hk
 Sports for Intellectually Disabled	10-14 December 2017	Dubai 2017 Asian Youth Para Games	Dubai, UAE	www.asianparalympic.org/asian-youth-para-games
 Badminton	13-17 December 2017	Dubai World Superseries Finals 2017	Dubai	http://bwfworldsuperseries.com/destination-dubai/
 Baseball	14-17 December 2017	Hong Kong International Baseball Open 2017	Hong Kong, China	https://hkibo.hkbaseball.org/
 Table Tennis	14-17 December 2017	ITTF World Tour Grand Finals 2017	Astana, Kazakhstan	www.ittf.com
 SF&OC	18 December 2017	Christmas Party of the Olympic Family 2017	Regal Hongkong Hotel, Hong Kong, China	www.hkolympic.org
 Ultimate Players	7-13 January 2018	WFDF 2018 World Under-24 Ultimate Championships	Perth, Australia	http://wu24perth.com/ www.hkupa.com
 SF&OC	20 January 2018	Samsung 2017 Hong Kong Sports Stars Awards Public Voting Announcement Press Conference	Olympian City, Hong Kong, China	http://sportstar2017.hkolympic.org
 Athletics	21 January 2018	Standard Chartered Hong Kong Marathon 2018	Hong Kong, China	www.hkmarathon.com
 Sports for Physically Disabled	3-4 February 2018	Hong Kong Archery Open Championships for the Disabled	Siu Sai Wan Sports Ground, Hong Kong, China	https://www.hkparalympic.org/web/index.php?id=1013
 SF&OC	9-25 February 2018	Olympic Winter Games PyeongChang 2018	PyeongChang, Korea	www.pyeongchang2018.com
 Lawn Bowl	24 February - 2 March 2018	2018 World Youth Championships	Queensland, Australia	www.worldbowls.com
 Rowing	10-11 March 2018	Hong Kong Indoor Rowing Championships & Charity Rowathon 2018	Hong Kong, China	www.rowing.org.hk/
 SF&OC	27 March 2018	Samsung 2017 Hong Kong Sports Stars Awards Presentation Ceremony cum SF&OC Spring Dinner 2018	Hong Kong Convention and Exhibition Centre, Hong Kong, China	http://sportstar2017.hkolympic.org
 Rugby	6-8 April 2018	Cathay Pacific/HSBC Hong Kong Sevens 2018	Hong Kong Stadium, Hong Kong, China	https://hksevens.com
 SF&OC	7-8 April 2018	Samsung 61 st Festival of Sport – Carnival cum Opening Ceremony	Kowloon Park, Hong Kong, China	www.hkolympic.org



中國香港體育協會暨奧林匹克委員會

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