



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

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# OLYMPIC VOICE

奧訊

of Hong Kong





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## CONTENTS

- 2 **President's Message**
- 3-4 **Messages & IOC/OCA's Updates**
- 5-6 **Olympic Preview**
- 7-10 **Road to Rio**
  - Hong Kong Rugby Sevens teams strive for first Olympics tickets at home ground
  - Siobhan Haughey: A-standard perfectionist
- 11-14 **News Digest**
- 15-18 **NSAs Express**
- 19 **Sports Diary**



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## 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

The Olympic movement has been clear about its objectives for almost 120 years since its reformation. Today in our age of information it has to do even more to edify, enlighten and motivate.

We in the Hong Kong chapter established more than 60 years ago have now the means and the resolve to fill in this void on our part by launching a newsletter that addresses the interests and concerns of our public in the most incisive and accessible manner in our languages, Chinese and English.

Hence this, the launching of the "Olympic Voice of Hong Kong", our newsletter, so that anyone wishing to learn what we do is well versed in the facts because such is the only mean to form sound opinions and ensure solidarity as well as trust.

We have today some gifted and dedicated athletes and the committed organizations under the umbrella of the Sports Federation & Olympic Committee of Hong Kong, China which support them. We have, therefore, a duty now to report systematically to the wider public their exploits for the record so that their accomplishments are noted and they are given their just dues.

We also need a platform from which people could know our perspective and by our sources what goes on in the international Olympic scene that concerns all. Hong Kong is not an island but, rather, a part of a world sporting community that would also in its turn like to learn a bit more about us for what we do here could affect it as well. This is what is meant by globalization in the athletic sphere.

This Voice of ours will be authoritative, precise and credible, and that those upon reading it can have faith that the Olympics, global and local, is serving anyone and everyone who identifies with the movement beseeching all to go faster, reach higher and be stronger, not only in sports but in every endeavor in life because excellence is not a monopoly of any domain rather a spirit of being.

奧林匹克運動自約 120 年前重組後一直目標清晰，在現時資訊發達的年代，我們確實需要做得更多，去啟迪、教化及推動發展。

在港協暨奧委會成立超過 60 年的今天，我們決定出版這份會訊去達成此目標，以最簡單、準確的中英文，為市民及體育運動愛好者，提供最新最快的資訊。

誠然，《奧訊》的面世將令我們的聲音更團結一致，讓每個關注香港體育發展的人，能準確地得知我們的工作。

在港協暨奧委會及其轄下各體育總會的全力支持下，香港擁有不少充滿天份及默默耕耘的運動員，我們應當有系統地報道他們的最新消息及賽事，讓更多人得知運動員努力的成果，從而獲得應有的讚賞和尊重。

同時我們亦需要一個平台，讓大眾了解我們的理念，以及世界各地奧林匹克活動的最新消息。事實上，香港已是國際體壇重要的一員，人們關注我們所做一切帶來的影響，這正是體育發展全球化的最佳引證。

這份會訊將提供官方、精確及可信的報道，讓讀者得知本地及全球最新資訊，並感受奧林匹克一直以來爭取更快、更高及更強的精神。因為追求「卓越」不單是運動場上追求的目標，更是我們生活中應有的態度，可以應用到任何地方。

**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

## Message from the President of the International Olympic Committee

The Sports Federation & Olympic Committee of Hong Kong, China has come a long way since it joined the Olympic Movement nearly 65 years ago.

Your athletes have excelled at the highest levels, including the Olympic Games. Your Festival of Sport has become a popular annual Hong Kong tradition. Your Sports Education on Olympism Programme has proven to be an effective way to share Olympic values in schools and community organisations throughout Hong Kong.

This inaugural issue of the NOC Newsletter is another important innovation. Its debut is very much in keeping with the spirit of Olympic Agenda 2020, our strategic roadmap for the future of the Olympic Movement.



Olympic Agenda 2020 puts a strong focus on transparency and collaboration as keys to our continued success. The NOC Newsletter will serve those goals by opening up a new line of communication linking the NOC; affiliated Member Associations; local and overseas sports communities; and the general public.

Congratulations to President Timothy Tsun Ting Fok and the entire team at the Sports Federation & Olympic Committee of Hong Kong, China for this welcome addition to the NOC's long list of achievements in support of the Olympic Movement and the development of sport in Hong Kong.

Please keep up the good work.

**Thomas Bach**

President, International Olympic Committee

## Message from the President of the Olympic Council of Asia

On behalf of the Olympic Council of Asia (OCA) and the Asian Sports Fraternity, I would like to convey my heartiest congratulations and best wishes to the Sports Federation & Olympic Committee of Hong Kong, China on bringing out the quarterly newsletter the "Olympic Voice of Hong Kong".

It is a brilliant initiative I am sure the readers will find this newsletter informative and interesting reading.

Once again wishing the Sports Federation & Olympic Committee of Hong Kong, China the very best of luck.



**Sheikh Ahmad Al Fahad Al Sabah**

President, Olympic Council of Asia & Association of National Olympic Committees



## 中國奧委會主席賀辭



欣聞中國香港奧委會官方會刊《奧訊》創刊。這是香港奧林匹克和體育運動發展中的一件大事。在此，我謹代表國家體育總局和中國奧委會，對此表示熱烈祝賀。

當今世界，奧林匹克運動蓬勃發展，奧林匹克精神深入人心，奧林匹克已經成為人類文化的重要組成部分。貴會創會 60 餘年來，為推動香港體育和奧林匹克運動發展、增強香港市民體質，提升香港國際影響做出了不可替代的重要貢獻。

《奧訊》的創立，為香港體育界和廣大市民了解奧林匹克運動動向，傳播奧林匹克文化理念，推動奧林匹克發展提供了重要平台和有效途徑。我期待並相信，《奧訊》也將成為兩地體育界和青年人沟通交流、共享奧林匹克精彩與歡樂的橋梁和紐帶。

祝《奧訊》越辦越好。

劉鵬

國家體育總局局長  
中國奧委會主席

## Beijing and Lausanne named as the host city of the Olympic Winter Games 2022 & the Winter Youth Olympic Games 2020 respectively

### IOC News

The International Olympic Committee (IOC) named Beijing, People's Republic of China, as the host city of the Olympic Winter Games 2022 and Lausanne, Switzerland, as the host city of the Winter Youth Olympic Games 2020 at the 128<sup>th</sup> IOC Session in Kuala Lumpur.

The capital of China was chosen over Almaty, Kazakhstan, in a vote at the 128<sup>th</sup> IOC Session in Kuala Lumpur. Beijing received 44 votes to Almaty's 40. As a result, Beijing will become the first city to host both summer and winter editions of the Olympic Games, following the city's successful staging of the Summer Olympic Games in 2008.

In addition, Lausanne, Switzerland, was voted as the host city of the 3<sup>rd</sup> Winter Youth Olympic Games in 2020. Lausanne, home to the IOC headquarters since 1915 and known as the Olympic Capital, was chosen over Brasov, Romania with 71 votes to Brasov's 10.



## Mr. Pang Chung, SBS received OCA Award of Merit

### OCA News

Mr. Pang Chung, SBS, Hon. Advisor and also former Hon. Secretary General of SF&OC, received Olympic Council of Asia (OCA) Award of Merit for his significant contribution to Olympic Movement and sports development in Hong Kong and Asia at the 34<sup>th</sup> OCA General Assembly Opening Ceremony held on 15-16 September 2015 in Ashgabat, Turkmenistan.



# About Rio 2016 Olympic Games

## 31<sup>st</sup> Summer Olympic Games

Date: 5-21 August 2016  
 Host: Rio de Janeiro, Brazil  
 Sports: 28  
 Events: 306  
 NOCs: 206 countries / regions  
 Athletes: 10,903  
 Competition venues: 37  
 New sports: Golf and Rugby



## Sports





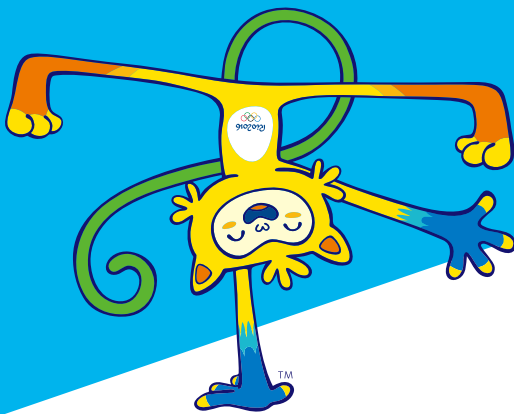
## Mascot

# You can call me... **Vinicius**™

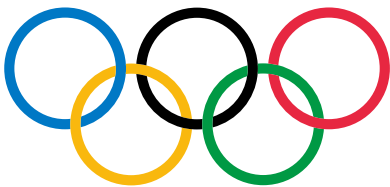
My name Vinicius, is a tribute to poet Vinicius de Moraes. I am a mixture of all Brazilian animals.

I am happy and communicative, with a strong, self-confident personality. I love making friends and so I receive visitors to the Rio 2016 Olympic Games with open arms. My mission is to infect the world with our happiness and celebrate friendship through sports.

More information: <http://www.rio2016.com/en>



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For details: <http://www.rio2016.com/en/copyright>

# 香港七人欖球隊 蓄勢待發 主場出擊爭首登奧運舞台 Hong Kong Rugby Sevens teams strive for first Olympics tickets at home ground

Road to Rio  
Support Hong Kong Athletes

亞洲七人欖球外圍賽門票發售：  
Asia Rugby Sevens Qualifier tickets:

[www.ticketflap.com](http://www.ticketflap.com)

亞洲七人欖球外圍賽賽事專頁：  
Asia Rugby Sevens Qualifier website:

<http://asiarugby7s.hk>



七人欖球明年將首登奧運舞台，為欖球運動寫上里程碑，作為亞洲區出線大熱之一的香港隊亦盼名留青史，成為自東京 1964 奧運後首支香港團體運動代表隊亮相奧運。華將代表陳朗思及李卡度均對主場出擊充滿信心，同時希望市民在 11 月的外圍賽齊齊入場坐滿香港大球場，以掌聲為他們歡呼及注入動力！

里約 2016 奧運欖球項目共有男女子各 12 支球隊（合共 24 隊）角逐，目前 12 個名額中已有 8 個名花有主，今年 11 月 7 至 8 日在香港大球場上演的「亞洲七人欖球外圍賽」，12 支男子隊及 8 支女子隊中，將有男女子各一隊率先取得里約奧運入場券。

香港欖球總會總經理（欖球水平）戴里斯（David “Dai” Rees）對於香港首次舉辦團體運動奧運會外圍賽，期望可為港隊帶來更大信心：「香港舉辦今次亞洲區外圍賽相信能令我們有更大優勢去爭取奧運資格，同時我也希望更多市民入場支持，因為這項賽事比每年的香港七人欖球賽更大型，是亞洲區欖球界盛事。」

事實上，香港女子欖球隊近月氣勢逼人，剛於 9 月在「亞洲七人欖球系列賽」，首次奪得亞洲系列賽冠軍。隊長陳朗思認為於奧運外圍賽前奪得后座，令全隊士氣大增：「其實以往我們未試過在亞洲賽事奪得第一，最好亦只是第二名。今次進步主要是因為球隊成為香港體育學院精英項目後，年輕球員進步神速。」

女子組外圍賽將採用兩分站制，由香港、中國、日本、哈薩克斯坦、新加坡、斯里蘭卡、南韓及泰國 8 支隊伍角逐，

緊隨香港站之後是 11 月中的東京站，累計兩站成績決定奧運資格誰屬。陳朗思指港隊狀態甚佳，無懼再遇中國及日本等強隊。她亦指香港女欖鮮有在大球場比賽，故希望市民入場支持：「對上一次是 2009 年東亞運動會，當時氣氛很好，即使不懂欖球的朋友亦入場打氣。」

女隊士氣如虹，但男隊於剛過去的「亞洲七人欖球系列賽」僅奪銀牌冠軍，不過李卡度認為於奧運外圍賽前輸波未嘗不是好事：「輸波當然失望，但亦令大家知道其他球隊也一直進步，令我們的心態也有轉變，不會再把自己當成亞洲頭四隊，應在每場比賽針對不同對手作部署，這對備戰奧運外圍賽有幫助，而且在熟悉的大球場上演外圍賽，絕對有助我們發揮得更好。」香港男子隊將與中國、日本、泰國、中華台北、伊朗、哈薩克斯坦、馬來西亞、菲律賓、新加坡、南韓及斯里蘭卡爭奪一個出線席位。

除透過外圍賽誕生參賽球隊外，男女子比賽最後席位亦將透過 16 隊制的全球性次輪外圍賽甄選出來，只有冠軍人馬才可取得最後的奧運英雄帖。這個次輪外圍賽將於明年 6 月底上演，屆時亞洲區可獲 3 個參賽名額。



香港欖球總會總經理（欖球水平）戴里斯  
Mr. David “Dai” Rees, General Manager (Rugby Performance), Hong Kong Rugby Union



Rugby Sevens will be first ever staged in Olympics in Rio 2016 Olympic Games which marks the milestone of the sport. Hong Kong Rugby Sevens teams, as one of the Asian top Rugby teams, are ready to strive for their best in the Asia Rugby Sevens Qualifier on 7-8 November 2015, aiming to debut as first Hong Kong team sport since Tokyo 1964 Olympic Games. Players Royce Chan and Cado Lee hope fans could attend the qualifier in Hong Kong Stadium to support the Hong Kong teams in action.

Mr. David "Dai" Rees, the General Manager (Rugby Performance), Hong Kong Rugby Union (HKRU) believes support from Hong Kong people is important to boost confidence to the team playing at home ground.

Cado Lee echoes the support being critical for the team though he anticipates that the defeat by China in the Cup quarterfinal of Asia Rugby Sevens Series tournament stimulates the Men's team a new way of preparing for the qualifier. On the other hand, the Hong Kong Women's Sevens team just won its first ever Cup final in an Asia Rugby Sevens Series tournament in September 2015. Royce, the team captain, believes that the championship substantially uplifts the team spirit for playing in the qualifier.

In Rio 2016 Olympics, 12 men and 12 women teams (total 24 teams) will be staged in Rugby competition, 8 teams have been qualified. In the Asia Rugby Sevens Qualifier in November 2015, 12 men's teams and 8 women's teams will fight for the championship to get tickets to Rio 2016 Olympic Games.

The 12 men's qualifier teams are Hong Kong, China, Japan, Thailand, Chinese Taipei, Iran, Kazakhstan, Malaysia, Philippines, Singapore, South Korea and Sri Lanka. The women's qualifier includes two legs competition, the first leg in Hong Kong and the second leg in Tokyo, Japan, with 8 teams from Hong Kong, China, Japan, Kazakhstan, Singapore, Sri Lanka, South Korea and Thailand.

## 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
6-8/11/2015	Hong Kong Age Group Long Course Championship 2015 二零一五年長池分齡游泳錦標賽
7-8/11/2015	Asia Rugby Sevens Qualifier 亞洲七人欖球外圍賽
17-22/11/2015	Yonex-Sunrise Hong Kong Open 2015 Yonex-Sunrise 二零一五香港公開羽毛球錦標賽
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

### 香港欖球總會送你 100 張「亞洲七人欖球外圍賽」門票！

#### 遊戲玩法：

1. 上載一張為香港七人欖球隊打氣的相片至個人 Facebook 帳戶並加上指定 Hashtag。
2. 同時登入相關連結填上聯絡方法。
3. 被選為最有創意的 25 位球迷，將可各獲贈 11 月 7 日賽事門票 4 張。

立即啲一啲以下 QR CODE 瀏覽詳情啦！



陳朗思  
Royce Chan

李卡度  
Cado Lee







## 何詩蓓游泳之路：

**4 歲** 學習游泳

**11 歲** 首次代表香港出戰昆士蘭游泳分齡賽

**16 歲** 首次參戰世界青年游泳錦標賽

**17 歲** 南京青年奧運會

200 米混合泳銀牌

100 米自由泳銀牌

仁川亞運會

女子 4×100 米混合泳接力銅牌

女子 4×200 米自由泳接力銅牌

女子 4×100 米自由泳接力銅牌

世界游泳錦標賽

女子 200 米個人混合泳初賽打破香港紀錄兼達奧運 A 標，為香港史上第一人獲得奧運 A 標的泳手

動畫電影《花木蘭》裡的一句話：「The flower that blooms in adversity is the most rare and beautiful of all（在惡劣環境中盛開的花朵，是最珍貴也是最美的）」，是香港游泳代表何詩蓓（Siobhan Haughey）的座右銘。這位 17 歲小將於今年世界游泳錦標賽中，成為香港首位達到奧運 A 標，直接取得奧運入場券的運動員。在她過去的游泳歷程中，除了一班在旁鼓勵她走向里約奧運夢的家人、隊友及教練，還有令這位完美主義者不時提醒自己堅持下去的——毅力。

過去一年是何詩蓓的豐收年，除獨取青奧兩面銀牌而嶄露頭角外，去年首登仁川亞運會便與隊友歐鎧淳、施幸余及鄭莉梅以打破香港紀錄的姿態奪得女子 4X100 米混合接力銅牌。及後今年 8 月的世錦賽，她更於個人 200 米混合泳游出 2 分 13 秒 07，達到奧運時間 A 標（2 分 14 秒 26）的標準，順利取得明年里約奧運會入場券。

回憶達到 A 標那一刻，何詩蓓直言不敢相信自己完成了三年前定下的目標：「記得倫敦奧運時，我到了當地觀賽已相當興奮，那時已為自己定下爭取奧運會入場券的目標。」直到一年前國際泳聯公佈奧運達標時間，Siobhan 更以 A 標為目標：「當時看到 A 標的時間，覺得自己有能力去達標，所以一直為這個時間奮鬥。到了世錦賽初賽見到螢光幕上顯示的時間達標時，直至離開泳池一刻，我都盯著那時間，我想確定再確定，自己真的可以去到奧運了！」

達標那役，國際泳聯更特別在 Facebook 貼上何詩蓓看著螢光幕微笑的一刻，令當時的她受寵若驚：「完成比賽後打開 Facebook，看到 FINA 上載了我的相片，當時心想：『咁似我』，再看看 Hashtag，驚訝地察覺到國際泳聯都會留意我們這地區的泳手，令我更有動力去繼續奮鬥。」





# 何詩蓓： 奧運 A 標的完美主義者 Siobhan Haughey: A-standard perfectionist

## 凌晨 3 時起床的毅力

4 歲開始接觸游泳，直到今天終圓奧運夢，何詩蓓也經歷過高低起伏，當中包括由討厭游泳，到每天甘願早上 3 時起床為游泳奮鬥：「小時學游泳是因為爸爸想我學識這求生技能，但那時每天都在池底望著那黑線重覆訓練，覺得好悶，甚至變得討厭游泳，曾經還跟自己說，游到中一我就不再游泳。」但在 Siobhan 的游泳旅程上，最珍貴也是最美的，始終是與隊友辛苦撐過一次又一次艱辛訓練後的成功感：「當時加入南華會練水，在每次訓練完成後都覺得好不容易，一班人一起去完成一個任務。而且開始有點成績後，我就覺得可以在游泳上做得更好。」那年中一，她就忘了放棄游泳的決定，並一直著迷至今。

Siobhan 笑稱自己是完美主義者，這位於香港中學文憑考試中考獲 35 總分的小將，為了兼顧讀書與游泳，但又不想因運動員身分在學業上獲優待，曾堅持每天早上 3 時起床做功課：「當時因有很多功課、考試，又要上課及練水，故有段時間要每天早上 3 時起床完成功課，因為我不想因游泳而獲學校優待，我是種決定要做就想做到最好的人。」訪問期間在旁的何媽媽，也對女兒的毅力感欣賞：「凌晨 3 時起床真的很難做到，但知道她願意辛苦一點，甚至犧牲與朋友出外的娛樂時間，就是為了確保每樣事情在限期前完成，這點我也很佩服她。」

以往經常在香港體育學院加強練習其弱項跳水的 Siobhan，目前已在美國密芝根大學展開新生活，未來四年將於當地就學兼接受游泳訓練，她希望可在美國教練指導下於里約奧運會游得更快，為香港代表團爭光。對於歷史性爭取奧運游泳接力賽入場券的任務，Siobhan 還是對 3 位隊友大有信心：「我們四人雖然經常在不同地方訓練，但都會靠短訊鼓勵對方，保持密切聯絡。」為的就是希望在明年 8 月里約奧運會上，四位女將為香港首登 4X100 米混合泳接力場上。



In the FINA World Championships in August 2015, Hong Kong Swimming Team representative Siobhan Haughey achieved a remarkable record with a time of 2:13.07 in the women's 200-metre individual medley, became the first Hong Kong swimmer to reach the Olympic A qualifying standard (2:14.26), and booked a place in next year Rio Olympic Games.

17-year-old Siobhan has had a successful year. Apart from the two silver medals in the Nanjing 2014 Youth Olympic Games, she also won the bronze medal in 4x100 metre medley relay with teammates, Stephanie Au Hoi Shun, Camille Cheng, Lily Mei and Sze Hang Yu in Incheon 2014 Asian Games, with a new Hong Kong record.

At the request of Siobhan's father who believes swimming as a life-saving skill, Siobhan began her swimming class unwillingly at the age of 4. Swimming is not Siobhan's favorite activity until her entering into the South China Athletic Association (SCAA) swimming team. There, she earned great support from the teammates. The joint effort of the team does not only help Siobhan to overcome various hardships encountered in training, and achieve her targets, it also strengthens her confidence in striking even better results.

Siobhan is a hard-working perfectionist. This character reflects in her study too. In order not to be a 'privileged swimmer' in class, everyday she wakes up at 3 in the morning to do her homework. Her hardwork awarded her with 35 points in HKDSE this year. Siobhan is currently studying and under training in the University of Michigan in USA. With a new environment and new coaches, she is still full of confidence in expecting even better results not only for herself, but also with her teammates in participating Women's 4x100m Medley Relay in the upcoming Rio 2016 Olympic Games.

## Presentation of the Incheon 2014 Asian Games additional Bronze Medal to the Hong Kong Swimming Team

Due to the previous doping case of a Korean swimming athlete, Hong Kong Men's 4x100m Freestyle Relay Swimming Team of the Incheon 2014 Asian Games (AG), which was originally ranked 4<sup>th</sup> position has been advanced to the 3<sup>rd</sup> position, was awarded a Bronze Medal. The Presentation Ceremony was held on 29 August 2015 at the Victoria Park Swimming Pool on the occasion of the Hong Kong International Open Swimming Championships 2015 organized by Hong Kong Amateur Swimming Association. Mr. Karl C. Kwok, MH, Chef de Mission of the Hong Kong, China Delegation to the Incheon 2014 AG presented the medals on behalf of the Federation to the Men's 4x100m Freestyle Relay Team including Mr. Kent Cheung Kin Tat, Mr. Raymond Mak Ho Lun, Mr. Derick Ng Chun Nam, Mr. Jeremy Wong Chen Ho, Mr. David Wong Kai Wai and Mr. Cheah Geoffrey Robin.



## Home Affairs Bureau's presentation of Kai Tak MPSC development in SF&OC Council Meeting and Hong Kong Stadium

As invited by the Federation, Home Affairs Bureau (HAB) sent a team headed by Ms. Linda L.T. Law, Principal Assistant Secretary of HAB to deliver a briefing to our members on the updated progress of Kai Tak Multi-purpose Sports Complex at the 366<sup>th</sup> Council Meeting of SF&OC held on 6 August 2015 at Olympic House. A subsequent HAB Stakeholder Forum, headed by Mr. Johnathan McKinley, JP, Deputy Secretary (Recreation and Sport) of HAB, was held on 18 August 2015 at Hong Kong Stadium for further views exchange among the representatives of sports community.



## 「2015 奧運日 - 奧運歡樂跑」 鼓勵市民一同「掀動 學習、體驗」！

本會由 1987 年開始，每年 6 月底均會舉辦奧運歡樂跑來慶祝和紀念國際奧委會的成立。本會希望透過此活動鼓勵市民培養積極運動的生活習慣，推動「全民運動」，並實踐奧運日的主題，一同「掀動、學習、體驗」。



今年的「奧運日－奧運歡樂跑」已於 2015 年 6 月 21 日假香港迪士尼樂園度假區圓滿舉行，並由本會會長霍震霆先生 GBS, JP、康樂及文化事務署署長李美嫦女士 JP 及金贊助機構三星電子香港有限公司董事總經理崔鎮元先生主持開幕典禮。此外，多位政府官員、立法會議員、本會義務委員及活動的贊助機構代表亦一同主持起跑儀式。

今年活動的報名非常踴躍，有超過 4,500 人報名參加，其中包括 29 支工商機構隊伍。而體育總會、香港現役及退役運動員亦有組隊參加，大家身體力行，一同完成 5.6 公里的路程。除了奧運歡樂跑外，現場還設有攤位遊戲及體育示範。活動在一片奧運及嘉年華的歡樂氣氛中圓滿結束！





## Samsung第58屆體育節 推動「全民運動」

推廣「全民運動」是本會其中一個宗旨，而體育節是本港一年一度最多體育總會一同協辦的大型全民運動節目，78項不同的活動由64個體育總會於2015年3月至6月期間舉行，包括比賽、講座、同樂日等。希望市民能夠有機會接觸不同體育項目，從而積極參與運動，培養強健的體魄。



### Samsung第58屆體育節 - 小資訊

**主辦：** 中國香港體育協會暨奧林匹克委員會

**資助：** 康樂及文化事務署

**今年特點：** 一週的開幕活動（包括免費體育運動試玩和示範）於奧海城二期供市民免費參與。體育節的精彩節目包括：開幕活動、觀賞體育節活動、攝影比賽、網上投票並參與幸運大抽獎等。

**網頁：** <http://fos.hkolympic.org>

## 體育界制定防止性騷擾政策研討會

由平等機會委員會主辦、港協暨奧委會協辦、康樂及文化事務署支持的「體育界制定防止性騷擾政策研討會」，已於2015年9月25日假港協暨奧委會奧運大樓賽馬會演講廳圓滿舉行，是次研討會是為體育界講解性騷擾的法律定義和如何制訂反性騷擾的政策。



## Media Workshop for Women and Sport

Organized by the Olympic Council of Asia and the International Olympic Committee, the 2-day "Media Workshop for Women and Sport" was successfully concluded in Doha, Qatar on 15-16 May 2015.

Former Olympian swimmer, Miss Sherry Tsai Hiu Wai, who is currently working as a sports reporter and swimming coach, attended the captioned forum representing Hong Kong to capture the updates and draw new inspiration by joining the tours to sports facilities and taking part in the lectures and discussions.

Sherry was enlightened by the programme in which she became more aware of gender inequality in some parts of the world especially in African countries. She reviewed that female athletes and reporters in Hong Kong were lucky since they enjoyed equal opportunity as males. She believed that many people have spent great effort in developing a good "Women in Sport" image in Hong Kong and she would treat this as her mission to carry on the spirit and further promote gender equality in sport.



## 香港運動員就業及教育計劃

### Hong Kong Athletes Career & Education Programme (HKACEP)

#### 關於我們

透過向運動員提供教育、就業及生活技能三方面的支援，從而培育自信、備受尊敬、具競爭力的世界級體育人才，成為年青人的榜樣。

#### About Us

The Hong Kong Athletes Career & Education Programme (HKACEP) aims to nurture confident, well respected competitive world class sports talents to be the role models of youth, through the provision of support to these athletes on education, career development and life skills training.

#### 服務對象

- 獲體育總會提名
- 曾為香港代表隊成員
- 曾參與大型比賽
- 計劃退役運動員
- 退役至退役後六年運動員

#### Who can apply

- Nominated by National Sports Associations
- Member of the Hong Kong Team
- Participated in international events
- Retiring athletes
- Athletes retired up to 6 years

#### 聯絡我們 Contact us

☎ 2504 8188

✉ [hkacep@hkolympic.org](mailto:hkacep@hkolympic.org)

🌐 <http://www.hkacep.com>

📱 Hong Kong Athletes Career and Education Programme

### 運動員 設計自己的生涯規劃 design your own career mapping



支援項目  
Supports:

就業  
Career

教育  
Education

生活  
技能  
Life Skills

每一位運動員必須懂得為自己設計屬於自己的生涯規劃。

「生涯規劃」可以簡單分為三部曲：  
1) 先要了解並認識自己；2) 認清方向，鎖定目標；3) 配合行動，最終達到目標。

HKACEP正為運動員在生涯規劃提供三方面的支援，包括：教育、就業及生活技能培訓，以協助運動員在退役轉型路上作充足準備，展開人生的「第二事業」。

Every athlete has to design their own career mapping. HKACEP supports athletes in education, career development and life skills training for their pre-equipment in achieving a successful post-athletic transformation.

## 香港運動禁藥委員會 — 運動禁藥教育短片全部出爐！

### Hong Kong Anti-Doping Committee: New Anti-Doping Education Videos all released!

本會於今年製作的新一系列運動禁藥教育短片，已經全部推出！一共五輯的短片以輕鬆手法，向運動員及大眾講解執行藥物檢測目的，並介紹禁用清單及運動禁藥管制規條及提交行蹤資料的重要性。立即到本會的 YouTube 頻道 (<https://www.youtube.com/HKAntiDoping>) 或用手機掃描下方的 QR Code，一次過重溫五輯短片！短片主題如下：

The new series of anti-doping education videos produced by HKADC this year are all released. Using a causal and lively approach, this series of 5-episode education videos explain to athletes and general public the purpose of doping control, and introduce the Prohibited List and Anti-Doping Rules as well as the importance of whereabouts submission. Go visit our official YouTube channel (<https://www.youtube.com/HKAntiDoping>) or use your smart phone to scan the QR code below to watch all five videos in a roll! Topics of the videos are as follows:

為何需要執行藥檢？  
Why Doping Control?

禁用清單  
The Prohibited List

違反運動禁藥管制規條 (1)  
Anti-Doping Rule Violations  
Part 1

違反運動禁藥管制規條 (2)  
Anti-Doping Rule Violations  
Part 2

行蹤資料  
Whereabouts

掃描 QR Code  
馬上觀看短片：  
Scan this QR Code  
to enjoy the videos:





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

Fencer Monnie Chu Ka Mong has been selected by Hong Kong Olympic Academy representing Hong Kong to participate in the 55<sup>th</sup> International Session for Young Participants held on 23 May - 6 June 2015 in Athens, Greece. This international event included lectures, discussion, presentation, sports activities, social activities and guided visit which were very fruitful for athletes to understand the global issues in the sports world.



## 2015 青少年奧林匹克主義及領袖訓練夏令營

藉著過去兩年的成功經驗，港協暨奧委會轄下的香港奧林匹克學院及奧運大樓管理有限公司，繼續於本年暑假舉辦「青少年奧林匹克主義及領袖訓練夏令營」，已於 7 月 22 至 24 日假港島大潭童軍中心順利舉行。

本年度夏令營吸引了 18 間學校的 45 位學生參加，由四位現役及退役運動員帶領，透過參與團隊訓練活動、講座等加深青少年對奧林匹克主義的認識，並宣揚奧林匹克精神和團隊精神的重要性。在這三日兩夜的夏令營，各參加者均體驗了奧林匹克主義的三個核心價值：卓越、友誼及尊重，並培育及提高個人領導才能。此外，藉著不同類型的講座，學生亦了解了體育運動事業的發展、認識了反運動禁藥的理念。







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

## Hong Kong Inter-City Athletics Championships 2015

The "Hong Kong Inter-City Athletics Championships 2015" was held on 27 and 28 June 2015 at Tseung Kwan O Sports Ground. A total of 22 overseas teams with over hundred athletes, coming from Japan, Macau, Singapore, Chinese Taipei and China competed with our elite athletes. Three new Hong Kong Records were made in two consecutive competition days.

Men's Long Jump Chan Ming Tai made a new Hong Kong Record 7.83m in round 4 and became the Champion. In Women's Pole Vault, 1<sup>st</sup> runner-up Choi Sin Ting recorded 3.40m for a new Hong Kong Record. In Men's Open Javelin Throw, silver medalist Yu Chi Siu made a new Hong Kong Record 63.98m.



New Hong Kong Record Holder  
Men's Long Jump Chan Ming Tai



香港羽毛球總會  
Hong Kong Badminton  
Association

## 「2015 中銀香港全港羽毛球錦標賽」盛大舉行



由中銀香港慈善基金贊助，香港羽毛球總會主辦的「2015 中銀香港全港羽毛球錦標賽」決賽於七月二十六日假灣仔伊利沙伯體育館圓滿結束。

大會邀得香港羽毛球總會主席湯偉掄太平紳士、中國銀行（香港）營運部總經理勞秉華先生、康樂及文化事務署高級康樂事務經理（體育資助）王偉昌先生、羽毛球大使趙增熹先生共同出席開球禮，為賽事揭開序幕。比賽吸引了近 3,000 名觀眾入場，男子單打決

賽由世界排名 29 的黃永棋，面對 19 歲小將李卓耀的挑戰。當中後者表現絕不遜色，第一局曾有 4 分優勢，不過黃永棋始終經驗及技術略高一籌，最終連贏兩局擊敗師弟奪冠。



香港棒球總會  
Hong Kong Baseball  
Association

## 25<sup>th</sup> World Children's Baseball Fair 2015 in Chiba was closed with great success

We are glad to be invited in selecting five children and one chaperon to join the 25<sup>th</sup> World Children's Baseball Fair (WCBF) held on 2-10 August 2015 in Chiba, Japan.

A baseball clinics was hosted by World Children's Baseball Foundation and conducted by World Baseball Softball Confederation (WBSC) coaches, inviting children from 14 countries/regions to learn the basics of baseball. International Exchange Games was played among teams from Chinese Taipei, Korea and local selected teams from Chiba.

This major event was initiated by the world's two home-run kings - Japan's Sadaharu Oh and America's Hank Aaron. Their aim was to expand this wonderful sport, baseball, throughout the world and help children to learn the game.



香港籃球總會  
Hong Kong Basketball  
Association

## 2015 FIBA Asia U16 Women's Championship



The FIBA Asia Under-16 Championship for Women is an international under-16 female Level-II basketball competition in the International Basketball Federation's FIBA Asia zone.

Finally, Hong Kong finished the competition with 6 Wins, earned the promotion to the Level-I competition in the 2017 edition of this event.



中國香港龍舟總會  
Hong Kong China Dragon  
Boat Association

## 港隊世界龍舟錦標賽連奪兩銀



中國香港龍舟總會於 8 月 17 至 23 日派出香港代表隊，前往加拿大不列顛哥倫比亞省參加「第十二屆世界龍舟錦標賽」。「世界龍舟錦標賽」是龍舟界最重要的國際賽事之一，今年有多達 19 個國家及地區參加。

香港共派出 25 名運動員出戰精英公開組別及 U24 公開組別錦標賽，並擊敗匈牙利、瑞典、日本、德國、澳洲、瑞士、菲律賓及波多黎各等勁旅，於「小龍 24 歲以下公開組別 200 米」及「小龍精英公開組別 200 米」中勇奪銀牌。其中在「小龍 24 歲以下公開組別 200 米」賽事，香港隊在總決賽緊貼冠軍泰國隊一同衝線，僅落後 1.77 秒飲恨摘銀。



## Hong Kong Boys repeat as Asian U20 Sevens champions, Girls finish second in inaugural Series

The Hong Kong National Boys U20 Sevens team has defended its title as Asia Rugby U20s Sevens champions after beating Malaysia 52-7 in the cup final at King's Park on 21-22 August 2015.



Hong Kong defended its Asia Rugby U20 Sevens title

The Girls U20 squad also concluded a highly successful debut season, capturing third place in the Hong Kong tournament and second overall for the series. Before that the Girls U20 reached the cup final on their international debut in Johor Bahru, Malaysia losing to eventual series champions Japan.



Hong Kong Girls U20 finished as 2<sup>nd</sup> overall on the inaugural Asian U20s Girls 7s Series



香港乒乓總會  
Hong Kong Table Tennis Association

## 2015 尼康香港青少年公開賽 - 國際乒聯青少年巡迴賽

由香港乒乓總會主辦、康樂及文化事務署資助及尼康香港有限公司冠名贊助之「2015 尼康香港青少年公開賽－國際乒聯青少年巡迴賽」已於 2015 年 8 月 5 至 9 日假香港伊利沙伯體育館圓滿舉行。今次共有 10 個國家 / 地區派出合共 150 名運動員參賽，香港隊喜獲 3 銀 4 銅佳績。



男子少年組單打季軍 -  
陳以信 (香港)

香港今年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 31 個青少年巡迴賽，當中只有 4 個國家 / 地區能夠成為「黃金系列」賽站。「黃金系列」總獎金由八千增加至一萬美元，5 天的賽事更進行網上現場直播，讓世界各地更多球迷能第一時間欣賞賽事。



女子青少年組單打冠軍 -  
孫晨 (中國)





香港保齡球總會  
Hong Kong Tenpin  
Bowling Congress

## 51<sup>st</sup> QubicaAMF Bowling World Cup 2015, Las Vegas, USA

For the first time Hong Kong Tenpin Bowling Congress (HKTBC) took over the organization of the Hong Kong National Eliminations of the QubicaAMF Bowling World Cup 2015 from the QubicaAMF proprietor in Hong Kong. Michael Mak and Milki Ng, members of the Hong Kong National Team are the eventual Men and Women representatives for Hong Kong, China after exciting step-ladder finals in the Regional Finals which were held in Ho Man Tin Bowling Centre on 5 September 2015 (Block 1 of 8 games) and 6 September 2015 (Block 2 of 8 games and step-ladder final).

This year's QubicaAMF Bowling World Cup will be held in Sam's Town, Las Vegas, Nevada, USA on 13–20 November 2015. Head Coach Bill Hoffman will be accompanying the two athletes to this prestigious annual event.



Women representative Milki Ng with  
Ms. Vivien Lau, BBS, JP, Chairperson of HKTBC



香港網球總會  
Hong Kong Tennis Association



## Prudential Hong Kong Tennis Open

Mr. Jonathan McKinley (from right), Deputy Secretary (Recreation and Sport) of Home Affairs Bureau, Ms. Emily Mo, Secretary to the Mega Events Fund Assessment Committee cum Assistant Commissioner for Tourism, Mr. Tony Wilkey, Chief Executive of Prudential

Corporation Asia and Mr. Christopher Lai, Prudential Hong Kong Tennis Open 2015 Tournament Director, unveiled the most competitive player lineup in the history of Hong Kong tennis.



香港三項鐵人總會  
Hong Kong Triathlon  
Association

## 2015 Aquathon Series - Race 2

The Aquathon event at Repulse Bay Beach attracted around 800 athletes aged from 8 to participate on 12 July 2015. Everyone had an enjoyable morning for this swim/run event.



Athletes getting started on the run



香港武術聯會  
Hong Kong Wushu Union

## 2015 全港公開武術錦標賽圓滿舉行

這個香港最高級別的武術比賽，分競賽及傳統項目，當中競賽項目設精英組及公開組，公開組再分 12-18 歲青年組及 18 歲以上成年組，而傳統項目則沒有年齡限制。



比賽共有 436 人參加 645 項目，於 8 月 29 至 30 日在九龍公園體育館順利舉行。賽事邀請了香港武術聯會醫事顧問劉仲文醫生為主禮嘉賓，一連兩天的精彩賽事吸引了二千多人入場欣賞。比賽設有運動禁藥檢測，由中國香港體育協會暨奧林匹克委員會屬下的香港運動禁藥委員會為精英組運動員進行藥檢，更擺設攤位向大眾推廣公平競賽的重要性。





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

## BISFed 亞洲及大洋洲硬地滾球隊際及 雙人錦標賽 2015

由香港殘疾人奧委會暨傷殘人士體育協會主辦的「BISFed 亞洲及大洋洲硬地滾球隊際及雙人錦標賽 2015」，已於 6 月 10 至 14 日假馬鞍山體育館順利舉行。

作為區內首次舉辦硬地滾球隊際及雙人錦標賽，賽事共獲 10 個國家及地區、69 名選手參加。是次賽事為里約 2016 殘疾人奧運會計分賽之一，各項目冠軍隊伍將直接取得里約 2016 殘疾人奧運會參賽資格。最終泰國及韓國隊分別在 BC1/BC2 隊際賽及 BC3 雙人賽奪得金牌，香港隊則在 BC4 雙人賽獲得一面銅牌。



梁育榮 (右一)、黃君恆 (左二) 及劉慧茵於 BC4 雙人賽為香港取得一面銅牌



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



Group photo of Hong Kong Team

## PTT Thailand Open 2015

PTT Thailand Open 2015 was held on 24-27 July 2015. The Hong Kong Team comprised of a team manager, 2 coaches and 4 male athletes participating in the competition.

Athletes had strived for their best to compete with opponents with intellectual disability from 4 countries. Our athletes had gained valuable opportunities to polish their skills and enrich competition experiences. Both Leung Chung Yan and Tsoi Ming Fai grasped bronze medals in Men's Singles Event.



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

## The 28<sup>th</sup> Gwangju Summer Universiade 2015 (3-14 July 2015)

The 28<sup>th</sup> Gwangju Summer Universiade 2015 was held in Gwangju, South Korea from 3-14 July 2015. Consisting of 79 athletes and 19 officials (98 in total), the Hong Kong, China Delegation participated in 9 sporting events (Archery, Athletics, Badminton, Fencing, Swimming, Table Tennis, Taekwondo, Tennis, Men's Volleyball).

This biennial gathering brought university athletes from all over the world together to compete at a high level, from which the Hong Kong student athletes had achieved excellent results and success. Swimmer Stephanie Au Hoi Shun won the silver medal in the women's 50-meter backstroke event with a time of 28.38 seconds, breaking the record of the USFHK. In track and field, Chan Ming Tai made his personal best, also a Hong Kong record of 7.89 meters in the men's long jump event; ranked in the fourth place. We also had good results in team competitions. Wong Chun Hun and Yeung Pak Long finished in the 5<sup>th</sup> place in the men's doubles of tennis. The table tennis women's team claimed a 5<sup>th</sup> place while the women's foil team came in 7<sup>th</sup> place.



The Silver Medal Winner - Stephanie Au Hoi Shun

SPORTS	DATE	EVENT NAME	PLACE	WEBSITE
Fencing	7-9 September 2015	2015 Asian Under-23 Fencing Championships	Ulaanbaatar, Mongolia	<a href="http://fie.org/media/news/220">http://fie.org/media/news/220</a>
Table Tennis	26 September - 3 October 2015	2015 Asian Championships	Pattaya, Thailand	<a href="http://www.ittf.com/competitions/competitions2.asp?Competition_ID=2589&amp;category=Cont">www.ittf.com/competitions/competitions2.asp?Competition_ID=2589&amp;category=Cont</a>
Equestrian	5-7 October 2015	FEI World Cup™ Jumping - Chinese League Final	Beijing, China	<a href="http://www.feiworldcupchina.com/en/">www.feiworldcupchina.com/en/</a>
Skating	5-7 October 2015	Asian Junior Figure Skating Challenge 2015/2016	Festival Walk Glacier, Hong Kong, China	<a href="http://www.hksu.org">www.hksu.org</a>
Tennis	10-18 October 2015	Prudential Hong Kong Tennis Open	Hong Kong, China	<a href="http://www.hktennisopen.hk">www.hktennisopen.hk</a>
Swimming	18 October 2015	New World Harbour Race 2015	Victoria Harbour, Hong Kong, China	<a href="http://www.hkharbourrace.com">www.hkharbourrace.com</a>
Sports for Intellectually Disabled	23-26 October 2015	2015 ITTF PTT Asia Regional Championships	Amman, Jordan	<a href="http://www.hksapid.org.hk/events-co.php?id=287">www.hksapid.org.hk/events-co.php?id=287</a>
Sports for Physically Disabled	28 October - 3 November 2015	2015 BISFed Colombia World Open Boccia	Santiago de Cali, Colombia	<a href="http://www.bisfed.com/2015-boccia-world-open-santiago-de-cali/">www.bisfed.com/2015-boccia-world-open-santiago-de-cali/</a>
Triathlon	31 October - 1 November 2015	Hong Kong Life ASTC Sprint Triathlon Asian Cup 2015	Lantau Island, Hong Kong, China	<a href="http://www.triathlon.com.hk">www.triathlon.com.hk</a>
Rugby	7-8 November 2015	Asia Rugby Sevens Qualifiers	Hong Kong Stadium, Hong Kong, China	<a href="http://www.asiarugby7s.hk">www.asiarugby7s.hk</a>
Lawn Bowls	7-15 November 2015	Hong Kong International Bowls Classic 2015	Hong Kong, China	<a href="http://www.hklba.org/new/">www.hklba.org/new/</a>
Windsurfing	10-16 November 2015	2015 Hong Kong Open Windsurfing Championships	Stanley Main Beach, Hong Kong, China	<a href="http://www.windsurfing.org.hk/en/event/open.php">www.windsurfing.org.hk/en/event/open.php</a>
Wushu	11-18 November 2015	13 <sup>th</sup> World Wushu Championships	Jakarta, Indonesia	<a href="http://www.iwuf.org">www.iwuf.org</a>
Badminton	17-22 November 2015	YONEX-SUNRISE Hong Kong Open 2015	Hong Kong Coliseum, Hong Kong, China	<a href="http://www.hkbadmintonassn.org.hk/zh/">www.hkbadmintonassn.org.hk/zh/</a>
Lawn Bowls	24 November - 6 December 2015	Asia Pacific Bowls Championships 2015	Christchurch, New Zealand	<a href="http://www.worldbowls2016.com">www.worldbowls2016.com</a>
Equestrian	27-29 November 2015	CSI2* Longines China Tour 2015 - Final	Guangzhou, China	<a href="http://www.longines.com/#!/universe/news/the-2015-longines-china-tour">www.longines.com/#!/universe/news/the-2015-longines-china-tour</a>
Baseball	4-7 December 2015	Hong Kong International Baseball Open 2015	Hong Kong, China	<a href="http://hkibo.hkbaseball.org">http://hkibo.hkbaseball.org</a>
Hockey	14-20 December 2015	2 <sup>nd</sup> Men's Asian Challenge & 2 <sup>nd</sup> Women's Asian Challenge	Yangon, Myanmar	<a href="http://www.asiahockey.org">www.asiahockey.org</a>
Netball	14-20 December 2015	9 <sup>th</sup> Asian Youth Netball Championship	MacPherson Stadium, Hong Kong, China	<a href="http://www.netball.org.hk">www.netball.org.hk</a>

## 中國香港體育協會暨奧林匹克委員會

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