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We have in recent years become a more physically active city as underscored by community wide sports festivals and local games. The Federation can be proud of this as we continue to organize and promote events with energy and enthusiasm.

This campaign began with our inception as an organization in its present form 22 years ago because we knew that the Hong Kong Special Administration Region, had to forge a strong identity to complement its new status and there was no other means more emphatic for this than convert our citizens to participants in myriad sports.

As our elite athletes improve and contend for medals as champions and heroes, we have succeeded in fostering a sports culture. This is attested to by the range of private facilities now available for both fitness and sports activities.

We must continue to reaffirm and dedicate ourselves all the more to this noble mission as we cannot now afford to pause in our determination.

Timothy T. T. Fok

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
Introduction

In 2016, the Children of Asia Games International Committee has decided to establish the 1st Winter Children of Asia International Sports Games (WCAISG) to promote the ideas of the Olympic Movement, develop winter sports among the younger generation and strengthen international sports cooperation.

The 1st Winter Children of Asia International Sports Games featured 8 sports from 8 to 17 February 2019. A total of 1500 participants from 20 countries and regions of Asia attended and competed in the Games.

Mascot

The looks and names of Mascots were designed and selected by the citizens of Sakhalin. There were in total 3 Mascots in the Games and their names were Yuna (Deer), Nysh (Sea Lion) and Lyzhulya (Fox) respectively.

About the Games

Period: 8 – 17 Feb 2019
Location: Yuzhno-Sakhalinsk, Sakhalin Region, Russia
Sports: Total 8 sports
**Hong Kong, China Delegation’s Participation in the Games**

11 athletes, aged 13 – 15, participated in 3 out of 8 Sports

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1st WCAISG was the very first international multi-sports games for all of the athletes from Team Hong Kong, China, which offered a great experience to the young athletes.

Yung Hau Tuen Adrian (Alpine Skiing) finished in 9th place out of 46 skiers in the Men’s Slalom event.

Chan Ho Tung (Short Track Speed Skating) finished in 10th place out of 33 skaters in the Men’s 1500m event.

Chow Hiu Yau (Figure Skating) scored 104.07 in the Junior Ladies’ event.
在2019年連續兩站劍擊世界盃奪冠，世界排名更在3月登頂，成為首位榮登世界第一的香港劍手，香港女子重劍好手江旻憓（Vivian）近年為香港寫下了一項又一項紀錄，但榮譽背後，這位新科「一姐」不足兩年前曾經經歷重傷，但走出低谷後不單為香港寫下新史，更令她找到熱愛劍擊的真諦，成就出今天更好的江旻憓。

近年成績
2019 重劍世界盃古巴站冠軍、重劍世界盃巴塞隆拿站冠軍
2018 亞洲劍擊錦標賽女子重劍個人金牌、雅加達亞運會女子重劍個人銀牌
2016 里約奧運第16名
2016 重劍世界盃意大利站個人銅牌
2014 仁川亞運會女子重劍個人銅牌、團體銅牌
2014 重劍世界盃德國站個人銅牌

兩站世界盃冠軍後，江旻憓在過去的3月出戰布達佩斯重劍大獎賽，賭氣在32強出局，但世界排名第一的意大利劍手Mara Navarria同樣在首圈止步，造就Vivian升上女子重劍世界第一，再為港創造歷史，但在隨後的重劍世界盃成都站再次爆冷首圈出局，依然無阻其「一姐」地位。

Vivian在連月征戰後，終於在3月回到香港沉澱世界第一的感受：「雖然這個排名是我全年累積下來的結果，但我現在不想太多排名的問題，因為升上第一後兩個比賽都打得不好，我之後會繼續好好練劍，尋求進步，希望在未來的比賽有更多表現。」短短幾個月內經歷多次高低起伏，Vivian亦坦言，在5月3日展開的重劍大獎賽哥倫比亞站前，好好反思以往幾個大賽帶來的經驗。

十字韌帶斷裂跌谷底
榮譽背後，一直走來的路絕不容易，而傷患從來都是運動員的最大敵人。2017年Vivian在德國備戰世界錦標賽前十字韌帶斷裂，在同年六月亞洲錦標賽奪銀到7月受傷，一個月內由高峰跌至低谷，但教練Octavian Petru Zidar（Tavi）的一句說話，令Vivian在低谷中重新振作：「教練對我說：『這次受傷我一定會有得著』，傷患其實讓我上了人生重要的一課，並令我發現原來自己是這麼喜歡劍擊。」

雖然受傷後掉過不少眼淚，但天性樂觀的江旻憓返港後立刻收拾心情，積極面對傷患，希望盡快康復，重新踏上最愛的劍擊賽場：「當時發現樂觀能令傷患更快痊癒，所以每天都跟自己說，一定要笑著與傷患對抗。」經過今次重傷後，Vivian感到自己與劍擊的關係更加密不可分。

為劍擊放棄滑雪
「以前自己什麼都喜歡玩，除了劍擊外亦喜歡滑雪，但受傷後知道保護十字韌帶對劍擊的最重要，已不再去滑雪了，為了劍擊我可以放棄其他喜好。」原來當一個人真的愛上某件事，真的可以全心全意為「它」付出。在康復過程中，Vivian亦有不同的領悟：「有時你很努力都未能奪得成績，但其實在過程中亦學到很多，因為自己受傷後努力練習，可以再次踏上比賽場地，就會覺得一切都值得。」事實上，Vivian康復後漸漸走出陰霾，成績亦更上一層樓。

首次躋身「八傑」行列
亮麗的成績表使Vivian成為「國泰航空2018年度傑出運動員選舉」的香港傑出運動員得獎人之一，首次躋身「八傑」行列，但她認為自己得獎應該歸功於教練Tavi：「我會替教練開心，因為他會替教練開心，因為他經常說無論輸贏我們都是一起的，我打得好是他的問題，因為他教得最好，我認為得獎全是他的功勞。」由2015年尾起，Vivian與Tavi開始並肩作戰，在他身上Vivian學到不少作為劍擊運動員應有的態度，成為她仿效的榜樣。在一年內由低潮重攀高峰，江旻憓的努力換取了她希望得到的回報，但奪金的喜悅，與場上揮灑汗水的時刻相比，她更享受比賽的每一刻。
Hong Kong fencing star Vivian Kong has written her name in local sports history time after time in recent years. After clinching two consecutive world cup titles in 2019, she became the new world’s no. 1 in March, Hong Kong’s first ever fencer to achieve this accolade.

In the recent Budapest Epee Grand Prix in March, Vivian was knocked out in the 32nd round, but the reigning world’s no. 1—Italian fencer Mara Navarria—was defeated in the first round, and as a result, Vivian prevailed over Mara to top the world ranking in the women’s epee event.

At a low point in career her coach Octavian Petru Zidaru kept her motivated. “My coach told me, “You could definitely learn something from this injury,”’ said Vivian, “This injury means a lot to me. It makes me realise that I love fencing so much that I won’t give it up.” Vivian regrouped herself and returned to Hong Kong for recovery. “I found out at the time that being optimistic could speed up my recovery, so I told myself everyday I would keep smiling to fend off the injury,” she remarked.

This injury has made her inseparable from fencing. “I had many hobbies in the past besides fencing, such as skiing,” she said. “However, I understand the importance of protecting my anterior cruciate ligament after this injury, so I don’t ski anymore. I’m willing to give up my other hobbies for fencing.” “I’ve been very committed to training after the injury,” she said. “The hard work is really worth it, as otherwise I cannot compete again.”
乍看之下劉慕裳（Grace）與普通女生無異，但當穿起空手道袍、束上黑帶後，她可以在瞬間收起笑容，全神貫注地架起套拳姿勢。原來這位看似平凡的女生，嬌滴滴身形背後有著一個絲毫不平凡的奧運夢。

師兄激將法學會勤奮
Grace在11歲時受兄長影響開始學習空手道，因被套拳動作吸引而專注練習「個人形」項目。十多年來贏得不少獎項，當中一面全國錦標賽獎牌更別具意義，她說：「小時候比較懶惰，會因貪睡而缺席練習，等到比賽前才亡羊補牢。記得有次比賽落敗後，師姐對著我用激將法鼓勵我，碰巧我當時喜歡鬥氣，就決心要在下場比賽取得好成績。」而隨着她在全國賽奪冠後，心態也彷彿在一夜之間徹底改變：「從前會覺得自己已做得夠好，夠動力，但那場比賽改變了自己的心態，真的不能再自滿。」

在空手道的路上看似較為順利，但Grace的學業路卻迂迴一點，中五畢業後從副學士先修起步到升讀學士，前前後後花了不短時間，她說希望自己循序漸進：「2012年升讀大學時已有當全職運動員的念頭，但希望先專注學業，因此定下目標，若畢業時仍是一線運動員，就轉為全職。」Grace認真看待學業及練習的每一步份，努力換取回報。2015年亞洲錦標賽奪得銀牌後，讓她知道自己有能力爭取佳績，轉為全職運動員後更令她表現躍升至另一層次。

歷史性奪世錦賽銅牌
「亞運4年一度，感覺很難得，還知道過往參賽的師兄、師姐會有多一套道袍，很特別，哈哈！」2014年無緣亞運，但Grace其後一直進步，今令2018年的雅加達亞運從夢想變成一個可實現的目標，最終更摘下女子個人形的銅牌。亞運後3個月，Grace再歷史性地奪得世界錦標賽銅牌，下一步，自然令人聯想到奧運。「自從知道奧運有空手道項目後，我一直跟其他人說會努力爭取資格，但直到世錦賽奪得獎牌後，我才意識到自己有可能去到這個很高，而不是太遠的舞臺。」

奧運女子個人形項目共有10個參賽資格，其中7個位置靠排名或資格賽爭取，現時奧運排名處於第3位的Grace，大有機會取得入場券，但她仍未敢掉以輕心：「現在最需要在力量方面提升，今年會減少一點出外比賽，希望能留在香港進行周期性的力量訓練；技術方面則會偶爾到日本集訓偷師。」2019年未有大型比賽，因此每站比賽Grace都要認真看待，逐點累積她前往2020年東京奧運的『籌碼』。
Grace Lau is pursuing her remarkable Olympic dream

Grace Lau is no different from ordinary girls, but now she wears her karate gi and black belt. When she stops smiling and prepares for her routine, you will know this athlete with a petite figure is pursuing her remarkable Olympic dream.

Under the influence of her brother, Grace started learning karate at the age of 11 with a particular focus on kata. Garnering many accolades in more than a decade, she states that a medal she won at a national tournament when she was young holds particular significance. Goaded by her senior in the karate team into practice after defeat in the previous tournament, Grace began more serious practice and was successfully crowned at the national tournament.

"In the past I always thought I had worked pretty hard and had sufficient practice, but that tournament has changed my attitude that I should no longer be complacent," she said. Compared with her smooth path in karate, there are more twists and turns in her academic journey. She has spent some time to complete an associate degree programme before transferring to a bachelor’s degree programme. She decided should she remain competitive at the time of her university graduation, she would become a full-time athlete. A silver medal at the 2015 Asian Karate Championships proved to herself that she was capable.

After grabbing a bronze medal in the women’s kata at the 2018 Asian Games in Jakarta, she won a bronze medal at the 2018 World Karate Championships three months later, Hong Kong’s first ever medal at the tournament. The Olympics, naturally, seems to be her next goal.

"I always tell others I will try my best to attain the qualification for the Olympics," she said. "But only after I won the medal at the World Championships did I realise I was capable to compete on this bigger stage."

Only 10 athletes will compete in her category in the 2020 Olympic Games, and seven will be qualified through qualifiers or the world rankings. Grace, standing at the third place in the ranking for qualification now, is likely to book a ticket to Tokyo.

"What I need the most now is strength training. I will participate in fewer overseas competitions this year and I hope to stay in Hong Kong for regular strength training," said Grace, who remains as committed as ever to her dream.
每年一度的「傑運」是香港體壇盛事，多屆頒獎典禮亦隨著中國香港代表團於去年雅加達-巨港亞運會上再創多項佳績，令「傑運」各獎項競爭更見激烈。當中李慧詩(Sarah)於亞運會上連續兩屆囊括爭先賽及凱林賽金牌，亦擊敗馬銳菘及李燕燕歷史性獲團體爭先賽銀牌，個人3屆在亞運中累積5金1銀1銅，成為香港史上「金牌王」。同時亦領亞運餘威出戰2018/2019年度場地單車世界盃，結果跨年4站豪取6金1銅獎牌。去年一連串線上線下成績助她連續第7次獲得「香港傑出運動員」殊榮，追平羽壇名將王晨及保齡球王胡兆康的紀錄，同時是繼2012、2013、2014及2016年後第5度高舉「星中之星」獎座，僅次於2012的「風之后」李麗珊。

單車隊奪五獎成「大贏家」
盛裝出席頒獎典禮的Sarah，拿著獎牌分享感受：「去年自己經過休息後，能夠再奪這獎項可謂一分耕耘一分收穫。獎項給予我很大信心，每次外出比賽時想起頒獎禮，大家給我的笑容、支持及鼓勵，都是給予我勇氣、支撐我繼續在單車場上。」與此同時，香港單車隊亦成為今屆「傑運」大贏家，於五項目中獲獎。李慧詩亦為此感高興：「今年我們有提名的都鰭到的到獎項，亞運時我們團隊有好表現，希望在未來奧運會時，公路及場地單車的運動員都能發揮自己的潛能。」

至於「八傑」當中除八度當選的「四眼Cue后」吳安儀外，其餘7位獲獎者亦為2018年亞運會及殘奧會獎牌得主。「輪椅劍後」余翠怡與李慧詩雙雙第七次榮膺「香港傑出運動員」，智障乒乓球代表吳玟薈亦順利「冧莊」，「跳馬王子」石偉雄事隔兩年重獲殊榮。至於於雅運為港壁球壇首奪歷史性男單金牌，寫下新史的歐鎮銘則順利「八傑」。

吳安儀去年繼續取得驕人成績，令人留下最深印象於2月中在英國公開賽打入8強後破定更替英國宿敵伊雲絲，首度登上帝國排名第一寶座。
成為亞洲第一人。八奪此獎項的她直言要踏上傑運頒獎台一年比一年困難：「大家都看到不同項目運動員有好成績，技術亦一直在進步，但這是一件好事，因為證明香港體壇在世界的知名度日漸提高，我自己亦會繼續努力，今年所有賽事包括男子賽都會出盡全力。」繼2014及2015年後第3度獲得殊榮的「石仔」則指自己能夠獲獎是對他去年付出努力的肯定。日後繼續以平常心對待每一天練習、每一場比賽。

同時亦有六位「香港傑出青少年運動員」誕生，當中於青年奧運會分別奪得男子110米欄銅牌及女子重劍個人及洲際混合團體銅牌的劍擊代表佘繡_lista; 聯同滑浪風帆的麥卓穎、單車的呂麗瑤、單車的趙蕙芸當選。「香港最佳運動隊伍」由去年亞運金牌香港七人欖球隊奪得；香港羽毛球代表隊獲得「香港最佳運動組合」。

大會亦特別頒發「香港最具潛質運動員」獎，獲獎的包括香港單車代表梁穎儀、香港劍擊代表馬皞孜、香港網球代表黃澤林、香港田徑代表呂麗瑤及香港武術代表陳穗津。

崔浩然 陳晞文獲「最佳衣著獎」
「國泰航空2018年度香港傑出運動員選舉」今年繼續設有紅地毯環節，一眾精英運動員均悉心打扮，盛裝登場，最終由前香港劍擊代表崔浩然及香港滑浪風帆代表陳晞文獲得「最佳衣著獎」。頒獎禮上，大會亦特別發「香港最具潛質運動員」獎，獲獎的包括香港單車代表梁穎儀、香港劍擊代表馬皞孜、香港網球代表黃澤林、香港田徑代表呂麗瑤及香港武術代表陳穗津。

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第62屆體育節大使
Ambassadors of 62nd Festival of Sport!

體育節開幕典禮
Festival of Sport Opening Ceremony

九龍公園
Kowloon Park

5/4/2019
(星期五 Friday)
19:00 - 20:00

節目預告
Programme

體適能挑戰站
Fitness Station – Take the Challenge

運動示範
Sports Demonstration

香港奧林匹克歷史展覽
Exhibitions of Olympic History in Hong Kong

超過60項體育節活動將於4月至5月期間在全港各區舉行，不容錯過！
Over 60 Festival of Sport activities will be held from April to May in various districts, don’t miss the opportunity!

免費入場
Free Admission
港協暨奧委會運動員委員會自2011年成立至今已有八多年。今屆除了由港協暨奧委會提名的委員以外，由體育總會提名的奧運與亞運項目組別委員，已於2018年10月16日至11月7日期間成功進行選舉並由運動員投票選出，感謝各體育總會和投票人的合作，令選舉得以順利進行。

今屆委員會希望透過凝聚全港運動員的力量，用心聆聽大家的心聲，結集大家的意見，代表香港運動員發聲！

主席 歐鎧淳
游泳精英運動員
香港傑出運動員選舉籌備委員會成員

副主席 施幸余
游泳精英運動員
奧運日籌備委員會成員

委員 陳敬然 MH
香港體育學院滑浪風帆總教練
港協暨奧委會委員會委員

委員 李致和
前三項鐵人精英運動員
香港中文大學體育運動科學系講師
香港傑出運動員選舉評審團成員

委員 李靜 MH
前乒乓球精英運動員
香港體育學院乒乓總教練

委員 李嘉文
賽艇精英運動員

委員 耿曉靈 MH
武術精英運動員

委員 馬文心
空手道精英運動員
體育節籌備委員會成員

委員 黃金寶 SBS BBS MH
前單車精英運動員
港協暨奧委會「奧夢成真」計劃項目發展幹事

杜敬謙自2016年回流香港，於2017年正式代表香港參加國際游泳比賽並屢創佳績，在這短暫的日子中，他已是多項香港游泳紀錄的保持者，成績卓越，是港隊2020奧運希望。他的突然離世實是本地體壇的一大損失。

為表揚及感謝杜敬謙為香港體壇作出的貢獻，港協暨奧委會特向他頒發2019港協暨奧委會會長嘉許獎，希望大家會記住他對游泳的熱誠及承繼他的堅毅精神，以他為榜樣，將他的精神延續下去。

港協暨奧委會仝人

永遠懷念 杜敬謙
Kenneth To 1992 – 2019

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港協暨奧委會仝人
The 2018 IOC Trophy “Olympism in Action” was presented to Sir David Akers-Jones, GBM, KBE, CMG, JP, Honorary Advisor of the Hong Kong, China Rowing Association (HKCRA), in recognition of his excellent contribution to fostering Hong Kong’s social and sports development. Mr. Timothy T. T. Fok, IOC Honorary Member and President of SF&OC, presented the IOC Trophy to Sir David at the Award Presentation Ceremony on 14 December 2018.

Sir David has been actively involved in the HKCRA as an Honorary Advisor for over 30 years. As a prominent leader of various sports disciplines, he has been a strong advocate for the development of local community sports facilities since 1960. Sir David has actively involved in the work of providing venues for Hong Kong people to participate in sport and healthy physical activities, including the construction of a rowing centre in Shatin in the 1980s, which has led to the substantial development of rowing sports in recent years.

22nd National Olympic Academy Session for Young Participants

Ms. Sung Wing Yan, staff member of Sports Legacy Scheme was selected to represent SF&OC to participate in the 22nd National Olympic Academy Session for Young Participants in Port Dickson, Malaysia between 3rd and 7th of December 2018. This 5-day programme was conducted with lectures, group discussion, and sports activities bearing the main theme of “The Athlete as the Role Model”.

2018 IOC “Olympism in Action” Trophy

22届全国奥林匹克学院

第18届亚洲运动会

第18屆亞洲運動會

獲獎紀念牌匾

為表揚於2018年度在體育界貢獻良多而獲香港特區政府頒授勳章的人士，港協暨奧委於2019年3月20日舉行紀念獎座頒贈典禮。本會委員、多位高級政府官員、體育界人士及運動員均有出席當日典禮。

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港協暨奧委會大灣區青年運動員交流計劃

由港協暨奧委會主辦、中聯辦協助、廣東省體育局及廣東省體育對外交流中心接待下，首屆「港協暨奧委會大灣區青年運動員交流計劃」已於2018年12月28日至30日在廣州順利舉行。

首屆交流計劃由港協暨奧委會副會長湯偉均先生擔任團長，義務副秘書長黃寶基先生擔任副團長，81名來自3個運動項目（羽毛球、柔道、游泳）的運動員，以及其他工作人員，合共103人參與。

是次廣州之行，本港的青年運動員得到經驗豐富的廣東省教練指導，獲益良多。與廣東省青少年競技體育學校的學生互相切磋時，也體驗到內地運動員訓練時的辛勤和拼搏，從而激發他們對運動鍛鍊的熱忱。而在其後的教學比賽，運動員更能達致學以致用的效果，深化所學到的技巧。

另外，為了讓各青年運動員認識2010年在廣州舉行的第十六屆亞運會盛況，大會更安排參觀廣州亞運會博物館及海心沙亞運公園，讓他們加深對大灣區內城市的文化認識。
由港協暨奧委會及香港體育學院聯合主辦的第六屆奧林匹克主義體驗營，於2月11至13日假香港青年協會賽馬會西貢戶外訓練營圓滿結束。經過三日兩夜的宿營活動，參加者透過專題講座、團體活動及分享環節，加深了對奧林匹克主義的認識。

今年的體驗營以冬季奧運會為主題，並沿用上屆形式，安排了精英運動員及中學生運動員一同參與，參加人數達61人，是歷年之冠。當中他們分成5組，透過一連串比賽，親身體驗奧林匹克主義的三個核心價值，包括「卓越」、「友誼」和「尊重」。

體驗營閉幕禮於2月13日上午舉行，主禮嘉賓包括港協暨奧委會義務秘書長王敏超先生、香港奧林匹克學院主席傅浩堅教授MH JP、民政事務局體育專員楊德強先生JP及香港體育學院院長李翠莎博士BBS。
「香港運動員就業展覽 2018」獲一眾運動員及多個紀律部隊、商界及體育機構的踴躍參與及支持。

香港運動員就業及教育計劃 (HKACEP) 主辦的「香港運動員就業展覽 2018」已於去年11月24日在奧運大樓舉行。當日場面熱鬧，眾多運動員把握機會向各參展的紀律部隊、商界及體育機構查詢最新的就業資訊。參展的機構代表均表示非常欣賞運動員的特質，認為退役運動員將是職場上一批優秀新力軍。除就業展覽外，HKACEP亦安排了Adecco Hong Kong提供面試及個人履歷表撰寫的工作坊，從而提升運動員各項求職技巧。

另外，「奧夢成真」計劃項目發展幹事黃金寶先生及兩位教練駱坤海與何賢藝，早前，獲英國保誠邀請出席於希慎廣場舉辦的「保誠虛擬場地單車館」啟動禮，使市民對「奧夢成真」計劃有更深入的認識，而英國保誠會按參加活動的人數，捐款支持「奧夢成真」計劃。另外，英國保誠亦捐款支持「奧夢成真」計劃於第六十二屆體育節舉辦的「體適能挑戰站」，讓更多參加者透過體適能測試，發掘自己的運動潛能。

體育總會每年都會舉辦多項體育活動，當中涉及收集大量參加者及相關人士的個人資料，有見近期傳媒廣泛報導多宗個人資料外洩事件，港協暨奧委會於2019年3月20日在奧運大樓舉辦「體育界保障個人資料私隱」研討會，邀請了香港個人資料私隱專員公署的副個人資料私隱專員林植廷先生，為體育總會講解《個人資料（私隱）條例》，以及收集個人資料時需要注意的地方。

此外，本會亦經環境保護署邀請了負責「綠色戶外活動嘉許計劃」的顧問到場，研討會後隨即向體育總會代表介紹計劃，鼓勵他們在舉辦大型活動時實施環保措施。

是日活動共吸引逾110人出席，除了來自約40個體育總會的代表，也包括了康樂及文化事務署及香港體育學院等人員。
Updates on Review of Policy on Private Recreational Leases

The Home Affairs Bureau (HAB) recently announced the outcome of the public consultation on the review of policy on Private Recreational Leases (PRLs) in a report on 20 February 2019. The public consultation results were also discussed at the meeting of the Legislative Council’s Panel on Home Affairs on 25 February. The main points are highlighted as below:

All HAB’s recommendations (e.g. modifying lease conditions, assessing the contribution of private sports clubs, further opening up facilities, etc.) received support in general by the public, except for the one on the charging of concessionary premium set at one-third of the full market value land premium, which received strong opposition.

When handling the leases that have expired or will soon expire, HAB stated that they will adopt the other recommendations while the charging of concessionary premium will be further examined. However, it was expected that by 2026/27, all private sports clubs will be charged the concessionary premium.

HAB also addressed the issue of Fanling Golf Course and mentioned that a special three-year holdover arrangement would be made for the 32 hectares of land east of Fan Kam Road, as the Executive Council of the HKSAR Government has earlier endorsed the development of this piece of land for housing.

For details, see full report here: https://www.legco.gov.hk/yr18-19/english/panels/ha/papers/ha20190225cb2-846-1-e.pdf

Eco-tips
Plastic-Free Takeaway, Use Reusable Tableware
香港車手出戰杜拜24小時耐力賽

香港共有5支隊伍出戰1月舉行的杜拜24小時耐力賽（24H Dubai 2019），中國香港體育協會暨奧林匹克委員會義務秘書長王敏超太平紳士親臨香港汽車會總部授旗誓師，祝願港隊旗開得勝。其中4隊由香港運動員組成的成員包括唐偉楓、余嘯峰、區天駿、許建德、潘德俊、王日昇、馮家柱、許家泰、葉恭正、馬漢華、李萬芇、甄卓偉，分別以不同車型參戰多項組別，與80支國際頂尖車隊同場較量。比賽成績最佳為「Team Porsche Center Hong Kong」，在A6-AM組中獲第四。

23rd Standard Chartered Hong Kong Marathon

The Standard Chartered Hong Kong Marathon 2019 came to a successful conclusion on 17 February with the participation of almost 74,000 local and overseas runners. The highlight of this year’s race was the record-breaking results in both Men’s and Women’s Marathons. Tuwei Dickson Kiptum from Kenya and Volha Mazuronak from Belarus were crowned champions in the respective races.

Continuing as an IAAF Gold Label Road Race, the Standard Chartered Hong Kong Marathon 2019 attracted over 10,000 overseas athletes including over 30 world-class elite runners participated in the race. To address the growing demand for the Marathon category in recent years, the quota was increased from 18,500 to 22,500 in 2019. The starting-gun of this year’s Marathon Challenge was fired by Mrs. Carrie Lam Cheng Yuet-ngor, GBM, GBS, Chief Executive of Hong Kong Special Administrative Region. Info at www.hkmarathon.com
Hosting International Events Boosts the Profile of Hong Kong Baseball

The Hong Kong Baseball Association organises international events locally to boost the profile of baseball in Hong Kong and allow its team players to enhance their skills and rack up competition experience. The "LAI SUN GROUP Presents WBSC Hong Kong International Baseball Open 2018" was held between 13th and 17th of December 2018. The Hong Kong Men’s Team beat Team Russia and Team Singapore to clinch its second championship in the national team pool. Hong Kong Blue Team (Development Team) was crowned in the club team pool, ahead of Ateneo Blue Eagles from the Philippines, Sydney University Baseball Club, and Taiwan Brett Baseball Team.

“Phoenix Cup 2019” WBSC Hong Kong International Women’s Baseball Tournament was held from 22 to 25 February 2019. A total of 9 teams vied for the championship this year, including teams from China (3 teams), Guam (2 teams), Japan (2 teams), Singapore and Hong Kong. Hong Kong Women’s Team finished in 5th place in the tournament. Info at https://hkibo.hkbaseball.org and https://phoenixcup.hkbaseball.org.

李慧詩三奪「彩虹戰衣」

李慧詩於2月27日至3月3日假波蘭普魯斯科夫舉行的「世界場地單車錦標賽2019」中，先在女子爭先賽奪得世界冠軍及「彩虹戰衣」，是她繼6年前的世錦賽個人500米計時賽後再奪世界冠軍名銜。其後李慧詩在凱林賽中再下一城，奪得她單車運動生涯的第三件「彩虹戰衣」，在一屆中兩奪世界冠軍，也讓她攀上了她運動生涯的高峰，並創下了香港單車運動的歷史。
Hong Kong Gains an Overall Victory at the Guangdong-Hong Kong Cup

Powered by promising young local football players, the up-and-coming Hong Kong Representative Team came back from a 1:2 deficit in the first leg of the 41st Guangdong-Hong Kong Cup to clinch the title 5:2 on aggregate, after edging the northern neighbor with a 4:0 score in the second leg. The result delighted the faithful supporters of the Hong Kong team.

Playing away from home in the first leg of this year’s tournament, Hong Kong fell behind 0:2 against Guangdong after goals scored by Lu Lin and Chen Zijie. Hong Kong tried to fight back but was not able to break down Guangdong’s stifling defense until the dying minutes of the match, when young attacker Jordan Lam unloaded a spectacular volley that soared past the goalkeeper of Guangdong, making Hong Kong only trail behind Guangdong 1:2 in the first leg.

Returning home and playing in front of their fanatic supporters in the second leg, Hong Kong quickly took the lead through an opportunistic strike from Matthew Orr. The home team continued to dominate the game and successfully added to its lead with goals from Leung Nok-hang, Yuen Chun-sing (penalty) and Yue Tsz-nam. Hong Kong eventually sealed a 4:0 victory over Guangdong to clinch the 41st Guangdong-Hong Kong Cup with a 5:2 aggregate score, and successfully defended the title. Info at https://www.hkfa.com/en/more_news

Hong Kong Riders Reaching New Heights at Longines Masters of Hong Kong 2019

The Longines Masters of Hong Kong 2019 was successfully concluded at AsiaWorld-Expo from 15 to 17 February 2019. Five riders represented Hong Kong at the Longines Masters, one of the world’s most prestigious show jumping events. These included two senior riders, Jacqueline Lai and Raena Leung; two junior riders, Vincent Zi-Xiang Capol and Edgar Fung; and Jacqueline Siu, a gold medalist of the individual dressage of the Asian Games 2018. Both Raena and Jacqueline joined the CSI5* Hong Kong Jockey Club Trophy, the HKJC Asian Challenge (1.5m), and the Longines Grand Prix of Hong Kong (1.6m). Meanwhile, Raena also competed in the AsiaWorld-Expo Trophy (1.45m), Masters Power Maserati Trophy (Six Bars) and DBS Trophy (1.45m).

The Hong Kong Equestrian Federation (HKEF) was delighted that Raena and Jacqueline claimed the second and third places at the HKJC Asian Challenge on the first day of the Longines Masters, while Vincent and Edgar took the first and third places in the inaugural HKJC Asian Junior Grand Prix (1.1m) on the last day.

Dedicated to advancing the sport, the HKEF is honoured to support the event by providing local judges, stewards and 250 volunteers. Meanwhile, as part of the community engagement programme, the HKEF has organised educational tours for around 1,600 students and less privileged citizens of the society, as nominated by schools, charities and NGOs.

Hong Kong Riders Raena Leung (left) and Jacqueline Lai (right) claimed the second and third places respectively at the HKJC Asian Challenge 2019

Hong Kong Riders Reaching New Heights at Longines Masters of Hong Kong 2019

Hong Kong Representative Team captain Wu Chun Ming proudly lifting the trophy with his Hong Kong teammates after the second leg of the 41st Guangdong-Hong Kong Cup.

Hong Kong Representative Team striker Yuen Chun Sing fights for the ball with a Guangdong player in the second leg of the 41st Guangdong-Hong Kong Cup.

Yue Tsz Nam, the forward of Hong Kong Representative Team, penetrates the Guangdong defense in the first leg of the 41st Guangdong-Hong Kong Cup.

Five participating Asian junior riders at the HKJC Asian Junior Grand Prix: Jiaxian Cao from Guangdong, China (third from left); Vincent Capol and Edgar Fung from Hong Kong SAR (fourth and fifth from left); Tzu-Yen Lin from Chinese Taipei (second from right); and Muhammad Akbar Kurniawan from Indonesia (third from right)

Hong Kong Riders Reaching New Heights at Longines Masters of Hong Kong 2019

Hong Kong Riders Reaching New Heights at Longines Masters of Hong Kong 2019
**FIG 14th Cycle (2017-2020) Acrobatic Gymnastics International Judges’ Course (HKG)**

The International Judges’ Course was held between 13th and 18th of November 2018 at the Hong Kong Sports Institute. A total of 15 judges from Mainland China, Spain and the Hong Kong, China SAR took part in the Course. The Gymnastics Association of Hong Kong, China (HKG) was honoured to invite Ms. Rosalinda Ludovica M. Taeymans, ACRO TC President of the International Gymnastics Federation, to be the Expert of the Course. All judges learned the updated rules and regulations of the current Olympic cycle. Mr. Lai Cheung Lik, the HKG judge, successfully attained the rank of international judge.

![HKG Vice Chairperson, the Course’s Expert and Administrator with the judges.](image1)

**2019 ALA Southern Crosse Tournament**

本會去年推出女子U19計劃，組成U19代表隊為世錦賽備戰，由新上任的女子隊總教練Jenifer Marrosu及女子U19隊主教練Jane Karger首次領軍，出席本月3至7日由澳洲棍網球總會在墨爾本舉辦的ALA Southern Crosse Tournament。港隊在5場賽事中分別負於日本Tokai U20、Kyushu U20、澳洲U19及新西蘭U23，但經過連續多天的努力後，在最後一天賽事打開勝利之門，以10：9壓勝SXT Vics。


![女子U19隊龍門Melaine 把守港隊最後一關](image2)

![爭球的一刻](image3)

**Hong Kong Paragliding Competition Skills Sharing/Practice Day**

With an aim to promote competition paragliding for Hong Kong paragliding pilots after the sport has been incorporated in Asian Games 2018, the Hong Kong Paragliding Association (HKPA) is holding its first-ever Competition Skills Sharing/Practice Day on 28 April 2019.

This event will give new aspiring athletes a chance to learn and practice the basics of paragliding competition in both accuracy and cross country disciplines. Participants will be grouped together with previous Asian Games athletes at the day of the event, to go through the procedures of the competition, and learn various skills, such as programming a GPS for XC tasks, and the scoring system of the accuracy discipline.

The event will also encourage participants to join a mock competition to apply what they have learned into practice.

While it is common for pilots to feel intimidated by a paragliding competition, this event will provide a relaxing atmosphere dedicated to learning, hopefully allowing a smoother transition for aspiring pilots to the sport. A barbecue will conclude the Sharing/Practice Day, in which pilots can share the skills they have learned, or raise any particular issues.

The goal of the day is to foster the next generation of athletes in paragliding competition.
**清邁2018殘疾人乒乓球泰國公開賽**

清邁2018殘疾人乒乓球泰國公開賽於2018年12月18日至23日舉行，共有來自18個國家及地區近170名運動員角逐賽事。

香港派出七名運動員分途出戰。王愉程與焦瑾珊在女子TT6-7級團體(循環賽)中以全勝姿態勇奪金牌，及後兩人於女子TT7級單打(循環賽)向取得兩勝兩負。其中焦瑾珊憑勝負比及局數之勝負比力壓同隊友添銅，男子TT9級團體(循環賽)方面，林嘉偉與王志賢憑三戰全勝奪金，兩人亦分別於男子TT8級單打及男子TT9級單打再奪兩面銅牌。港隊終以兩金兩銀一銅的佳績完成是次賽事。詳情可瀏覽 http://stats.ipttc.org/en/tournaments/420

**Melbourne 2019 World Para Swimming World Series**

The Melbourne 2019 World Para Swimming World Series was held in Melbourne, Australia between 15th and 17th of February 2019. The HKSAPID Team, comprising 2 coaches, 1 staff and 7 athletes (4 males and 3 females), participated in the competition. The Hong Kong athletes gained valuable opportunities to polish their skills and enrich their competition experiences, while achieving excellent results — 1 gold, 1 silver and 3 bronze medals in ID Division, in which Chan Yui Lam grabbed a gold medal and broke the Asian record in the Women’s 100m Butterfly. Info at http://www.hksapid.org.hk/news-co.php?id=451&page=1&year=2019

**乒乓年終賽港隊再奪1金1銀創歷史**

2018國際乒聯世界巡迴賽總決賽於12月13至16日在韓國仁川舉行，港隊4男4女獲得參賽資格，名單如下：

<table>
<thead>
<tr>
<th>男子單打</th>
<th>黃鎮廷</th>
</tr>
</thead>
<tbody>
<tr>
<td>男子雙打</td>
<td>何鈞傑 / 黃鎮廷 及 林兆恒 / 吳柏男</td>
</tr>
<tr>
<td>女子雙打</td>
<td>杜凱琹 / 李皓晴 及 吳穎嵐 / 蘇慧音</td>
</tr>
<tr>
<td>混合雙打</td>
<td>黃鎮廷 / 杜凱琹</td>
</tr>
</tbody>
</table>

世界巡迴賽今年首次舉辦男雙賽事，狀態大勇的黃鎮廷／杜凱琹於決賽以直落3局擊敗「兩韓組合」張宇鎮／崔孝心，為港創造歷史奪得首次設立的混雙項目金牌。至於黃鎮廷夥拍何鈞傑出戰男雙賽事，殺入決賽後力戰5局不敵韓國組合林楨勳／張宇鎮，連續兩年位列亞軍，為港增添一面銀牌。港隊今次共收獲1金1銀，創下歷史佳績。
<table>
<thead>
<tr>
<th>SPORTS</th>
<th>DATE</th>
<th>EVENT NAME</th>
<th>PLACE</th>
<th>WEBSITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugby</td>
<td>5 - 7 April 2019</td>
<td>Samsung 62nd Festival of Sports Carnival cum Opening Ceremony</td>
<td>Kowloon Park, Hong Kong, China</td>
<td><a href="http://fos.hkolympic.org">http://fos.hkolympic.org</a></td>
</tr>
<tr>
<td>Rugby</td>
<td>5 - 7 April 2019</td>
<td>Cathay Pacific/HSBC Hong Kong Sevens 2018</td>
<td>Hong Kong Stadium, Hong Kong, China</td>
<td><a href="http://www.hksevens.com">http://www.hksevens.com</a></td>
</tr>
<tr>
<td>Lacrosse</td>
<td>19 - 22 April 2019</td>
<td>Hong Kong Lacrosse Open 2019</td>
<td>Hong Kong University, Hong Kong, China</td>
<td><a href="http://www.hklaxopen.org">http://www.hklaxopen.org</a></td>
</tr>
<tr>
<td>Football</td>
<td>April - May 2019</td>
<td>Samsung 62nd Festival of Sports</td>
<td>Hong Kong, China</td>
<td><a href="http://fos.hkolympic.org">http://fos.hkolympic.org</a></td>
</tr>
<tr>
<td>Sports for Physically Disabled</td>
<td>12 - 20 May 2019</td>
<td>BISFed 2019 Hong Kong Boccia World Open</td>
<td>Ma On Shan Sports Centre, Hong Kong, China</td>
<td><a href="http://www.hkparalympic.org">www.hkparalympic.org</a></td>
</tr>
<tr>
<td>Volleyball</td>
<td>4 - 6 June 2019</td>
<td>FIVB/Volleyball Nations League 2019</td>
<td>Hong Kong Coliseum, Hong Kong, China</td>
<td><a href="http://www.vbahk.org.hk">www.vbahk.org.hk</a></td>
</tr>
<tr>
<td>Table Tennis</td>
<td>4 - 9 June 2019</td>
<td>Seamaster 2019 ITTF World Tour-Hong Kong Open</td>
<td>Queen Elizabeth Stadium, Hong Kong, China</td>
<td><a href="http://www.htta.org.hk">www.htta.org.hk</a></td>
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<tr>
<td>Sports for Physically Disabled</td>
<td>23 June 2019</td>
<td>2019 Olympic Day</td>
<td>Hong Kong Sports Institute, Hong Kong, China</td>
<td><a href="http://www.hkolympic.org">www.hkolympic.org</a></td>
</tr>
</tbody>
</table>