

# 體育榮譽

Sporting Honours

# 成就、及獎項

Achievements, & Awards





## 體育成就 Sporting Achievements

體院精英培訓系統的效能是以精英運動員的體育成績來評核。為了確保精英運動員能夠全面發揮潛能，我們竭力提供最高水平的培訓及輔助支援服務，包括運動科學、運動醫學、體適能，以及其他能夠協助運動員建立高訓練水平生活方式的計劃。在體院重新發展計劃進行期間，我們會致力確保運動員繼續得到所需的全面支援，再創高峰。



陳慧琪  
Chan Wai-kei

The quality of the HKSI's elite training system must ultimately be judged by the sporting achievements of its elite athletes. To ensure that elite athletes are able to perform at their full potential, we strive to provide the highest quality support services, both in terms of coaching and ancillary services such as sports science, sports medicine, strength and conditioning, high performance lifestyle programmes and more. Throughout the duration of the HKSI Redevelopment Project, we will work hard to ensure that our athletes continue to receive the comprehensive support they need to excel.

### 國際多項運動會

第二十九屆奧運會  
(8-24.8.2008 中國北京)

雖然香港奧運健兒未能取得奧運獎牌，但令人感到驕傲的是接近三分之一運動員能夠在所屬比賽項目中擠身前10名，各人付出的努力有目共睹，如滑浪風帆運動員

### Multi-Sport Games

29<sup>th</sup> Olympic Games  
(8-24.8.2008 Beijing, China)

Although Hong Kong's Olympians did not bring home any medals, it is a source of great pride that almost one-third of them finished in the top 10 of their events. Indeed, their valiant efforts were apparent

陳敬然儘管在進行最後一場獎牌賽時已知與獎牌無緣，仍奮戰到底，以首名衝過終點，總成績排名第六；乒乓球運動員高禮澤勇挫上屆金牌得主，晉身八強；游泳運動員歐鎧淳、蔡曉慧及韋漢娜亦表現優異，共刷新五項香港紀錄。



左起：韋漢娜、蔡曉慧、陳宇寧和歐鎧淳  
From left: Hannah Wilson, Tsai Hiu-wai, Chan Yu-ning and Au Hoi-shun



李靜  
Li Ching



葉嫻延  
Yip Pui-yin

to all observers. For instance, despite not being a medal contender, windsurfer Chan King-yin dominated the final round of the medal race and finished the Games in sixth place. Table tennis player Ko Lai-chak likewise defeated the defending Olympic Champion to make it to the quarterfinals, and swimmers Au Hoi-shun, Tsai Hiu-wai and Hannah Wilson collectively broke five Hong Kong records at the Games.

### 第十三屆殘疾人奧運會 (6-17.9.2008 中國北京)

香港運動員在殘奧會上奪得5金3銀3銅的佳績。硬地滾球運動員郭海瑩率先在此運動會為香港贏得首面金牌，而隊友梁育榮則繼而取得一面銀牌。劍擊隊亦成績驕人，女子組陳蕊莊及余翠怡分別奪得2面金牌及1金1銀，男子組許贊紅取得一面銀牌，而另一位女子運動員范珮珊則摘下2面銅牌。此外，跑手蘇樺偉亦是今屆殘奧會的另一焦點，不但獲得1金1銅，還刷新了一項世界紀錄。



郭海瑩  
Kwok Hoi-ying



陳蕊莊  
Chan Yui-chong

### 13<sup>th</sup> Paralympic Games (6-17.9.2008 Beijing, China)

Hong Kong's Paralympic athletes excelled, winning 5 gold, 3 silver and 3 bronze medals. Boccia athlete Kwok Hoi-ying won Hong Kong's first gold medal of the Games, while fellow boccia athlete Leung Yuk-wing took silver. Women's fencer Chan Yui-chong claimed 2 gold medals, while fellow women's fencer Yu Chui-yee won a gold and a silver medal. Men's fencer Hui Charn-hung won a silver medal, and women's fencer Fan Pui-shan won 2 bronze medals. Another highlight of the Games was set by men's sprinter So Wa-wai, who not only won a gold and a bronze medal, but also broke a world record.



蘇樺偉  
So Wa-wai

## 第一屆亞洲沙灘運動會 (18-26.10.2008 印尼峇里)

香港運動員在首屆亞洲沙灘運動會表現優秀，奪得3金3銀2銅。游泳運動員鄧穎欣分別在馬拉松游泳



香港滑浪風帆隊  
Hong Kong windsurfing team

女子10公里及五公里賽事贏得金牌及銅牌。在男子三項鐵人項目，李致和與韋安祖包辦冠軍及季軍兩個席位。在滑浪風帆男子組比賽中，鄭國輝與何智豪分別在不同項目奪得一面金牌及一面銀牌，而陳慧琪則取得女子組銀牌。

## 國際比賽

### 精英體育項目

#### 羽毛球

去年是女子隊表現極佳的一年。周蜜和王晨在2008國際羽聯超級賽總決賽分別摘下金牌及銀牌。在2008亞洲羽毛球錦標賽，王晨與葉姵延亦各取得一面銅牌。

青少年運動員的表現亦不遑多讓，在2008亞洲青少年羽毛球錦標賽（19歲以下）及2008亞洲青少年羽毛球錦標賽（16歲以下）分別為香港贏得3面及2面銅牌。



周蜜  
Zhou Mi

## 1<sup>st</sup> Asian Beach Games (18-26.10.2008 Bali, Indonesia)

Hong Kong athletes performed well at this inaugural event, winning 3 gold, 3 silver and 2 bronze medals. Swimmer Tang Wing-yung claimed a gold and a bronze in the 10km and 5km women's marathon swimming respectively. In the men's triathlon, Lee Chi-wo won a gold medal and Andrew Wright took a bronze. In men's windsurfing, Cheng Kwok-fai and Ho Chi-ho won a gold and silver medal respectively in different events, and Chan Wai-kei won a silver medal in the women's windsurfing.

## International Competitions

### Elite Sports

#### Badminton

It was an excellent year for the women's team. Zhou Mi and Wang Chen won a gold and silver medal respectively at the Yonex-Sunrise BWF Super Series Master Finals 2008. Wang Chen and Yip Pui-yin also each won a bronze at the Yonex-Sunrise Badminton Asia Championships 2008.

The junior athletes likewise performed well, winning 3 bronze medals at the Asia Junior Badminton Championship U19 2008 and another 2 bronze at the Badminton Asia Youth Championships U16 2008.



郭灝霆  
Kwok Ho-ting

### 單車

在第二十八屆亞洲單車錦標賽，郭灝霆和黃金寶在男子32公里麥迪遜賽摘金。在世界盃場地賽第五站，黃金寶於30公里個人計分賽奪冠。此外，郭灝霆亦於世界盃場地賽第二站15公里個人捕捉賽以首名衝線，以及於第二十八屆亞洲單車錦標賽的男子多項混合賽取得季軍。在亞洲小輪車錦標賽，王史提芬奪得小輪車賽項目的冠軍，而陳振興在第十四屆亞洲山地車錦標賽亦位列第三，令單車隊全年獎牌數目增至6面。

在第十五屆亞洲青少年單車錦標賽中，蔡其皓及張敬樂分別在男子青少年個人公路賽及捕捉賽取得一面銀牌及一面銅牌。

### 劍擊

在亞洲劍擊錦標賽，男子及女子隊各贏得兩個項目的銅牌，包括男子花劍團體、男子佩劍團體、女子重劍團體及女子佩劍團體。

青少年劍擊隊在亞洲青少年劍擊錦標賽亦盡顯實力，奪得1金2銀4銅，當中的金牌由江旻憶在女子重劍(少年)項目奪得。



左起：楊翠玲、鄭玉嫻、呂慧妍和張浙蕾  
From left: Yeung Chui-ling, Cheng Yuk-han, Sabrina Lui and Cheung Sik-lui

### 賽艇

在國際賽艇聯會盃，羅曉鋒奪得男子輕量級單人艇金牌，梁俊碩與駱坤海贏得男子輕量級雙人艇銀牌，李嘉文獲得女子輕量級單人艇銀牌，而蘇秀華則在男子輕量級單人艇賽事取得銅牌，為男子隊摘下第三面獎牌。

### Cycling

Kwok Ho-ting and Wong Kam-po won gold in the 32km madison elite men's event at the 28<sup>th</sup> Asian Cycling Championships. Wong Kam-po also took gold in the 30km individual points race at the Track World Cup (Round 5), while Kwok Ho-ting won a gold in the men's 15km individual scratch at the Track Cycling World Cup (Round 2) and a bronze in the omnium elite men's event at the 28<sup>th</sup> Asian Cycling Championships. Steven Wong won a gold in the BMX race at the Asian BMX Championships, and Chan Chun-hing won a bronze at the 14<sup>th</sup> Asian Mountain Bike Championship, bringing the year's total medal tally to 6.

At the 15<sup>th</sup> Asian Junior Cycling Championships, Choi Ki-ho and Cheung King-lok won a silver and a bronze medal in the individual road race and individual pursuit respectively.

### Fencing

At the Asian Fencing Championships, our men's and women's teams each won 2 bronze medals in two team events, namely the men's foil, men's sabre, women's epee and women's sabre.

The junior fencing team made a strong showing at the Asian Junior & Cadet Fencing Championships, winning 1 gold, 2 silver and 4 bronze medals. Kong Man-wai led this success by winning gold in the women's epee (cadet).

### Rowing

Law Hiu-fung won a gold medal in the men's lightweight singles at the FISA Team Cup. At the same event, Leung Chun-shek and Lok Kwan-hoi took silver in the men's lightweight doubles, and Lee Ka-man claimed silver in the women's lightweight singles. The men's team also won a third medal, with So Sau-wah taking bronze in the men's lightweight singles.



羅曉鋒 (右)  
Law Hiu-fung (right)

青少年賽艇隊在第十四屆亞洲青少年賽艇錦標賽的表現亦引人注目，摘下4銀1銅，當中以鄧超萌的成績最佳，奪得男子青少年單人艇及雙人艇項目的銀牌。

### 壁球

歐詠芝在2009吉隆坡巡迴賽第一站成為女子單打銀牌得主。此外，她在2008亞歷山大港公開賽及2009吉隆坡巡迴賽第五站取得兩面銅牌。

去年亦是青少年壁球運動員豐收的一年，全年共贏得1金2銀6銅，當中歐鎮銘、陳啟智、蔡傑麟、馮傲朗及葉梓豐在第二屆亞洲青少年個人壁球錦標賽及第十四屆亞洲青少年壁球錦標賽男子賽事中奪得1金1銀2銅的佳績，而何嘉寶、李嘉雯、李嘉兒、廖梓苓、蕭珈敏及湯芷穎則在女子項目中為青少年隊再添5面獎牌。

### 游泳

年度內，精英游泳運動員刷新了多項香港紀錄，包括謝旻樹的男子100米背泳、韋漢娜的女子50米自由泳、蔡曉慧的女子50米背泳，以及歐鎧淳的女子1,500米自由泳。

去年，青少年游泳運動員在第三屆亞洲中學生游泳錦標賽奪得10金6銀5銅，成績卓越。符振邦、張健達、

劉彥恩、江恣懿、馬希彤、藍家汶及湯嘉珩均在比賽中奪金，當中劉彥恩摘下四個項目的金牌，包括女子100米背泳、200米背泳、4x100米自由泳接力及4x100米混合泳接力，而湯嘉珩亦有優秀的表現，共摘下2金2銀2銅。



蔡曉慧  
Tsai Hiu-wai

Likewise, the junior rowing team made its presence felt at the 14<sup>th</sup> Asian Junior Rowing Championships, winning 4 silver medals and 1 bronze. Tang Chiu-mang led the medal tally with 2 silver medals for his performance in the junior men's singles and junior men's doubles.

### Squash

Au Wing-chi claimed a silver medal in the women's singles event at the NSC Series No.1 2009 (Tour 12) and 2 bronze medals at the Alexandria Sporting Club Open 2008 and the NSC Series No.5 2009 (Silver 20) respectively.



左起：葉梓豐、歐鎮銘和李嘉兒  
From left: Yip Tsz-fung, Au Chun-ming and Lee Ka-yi

Junior athletes also had an excellent year, winning 1 gold, 2 silver and 6 bronze medals. Au Chun-ming, Chan Kai-chi, Choy Kit-lun, Fung Ngo-long and Yip Tsz-fung led the medal haul by winning 1 gold, 1 silver and 2 bronze medals in the boys' events at the 2<sup>nd</sup> Asian Junior Individual Squash Championship and the 14<sup>th</sup> Asian Junior Squash Championships. Ho Ka-po, Lee Ka-man, Lee Ka-yi, Liu Tsz-ling, Siu Ka-man and Tong Tsz-wing helped the junior team to win another 5 medals at the girls' events.

### Swimming

Elite swimmers broke a series of Hong Kong records during the year, including Geoffrey Cheah for the men's 100m backstroke, Hannah Wilson for the women's 50m freestyle, Tsai Hiu-wai for the women's 50m backstroke, and Au Hoi-shun for the women's 1,500m freestyle.

The junior swimming athletes had another remarkable year, winning 10 gold, 6 silver and 5 bronze medals at the 3<sup>rd</sup> Asian Schools Swimming Championships 2008. Fu Chun-pong, Cheung Kin-tat, Lau Yin-yan, Kong Man-yi, Ma Hei-tung, Nam Ka-man and Town Ka-hang all won gold medals at the event, with Lau Yin-yan winning an outstanding 4 golds for her performance in the 100m backstroke, 200m backstroke, 4x100m freestyle relay and 4x100m medley relay. Town Ka-hang led the team's medal haul with 2 gold, 2 silver and 2 bronze.

### 乒乓球

在2008巴西公開賽，江天一贏得男子單打冠軍，其後更於2008中國乒乓球公開賽中再下一城，與高禮澤及李靜攜手摘下男子團體銀牌。另外，帖雅娜亦為香港增添多面獎牌，包括在2008女子世界盃獲得女子單打銀牌，以及於2008職業巡迴賽總決賽夥拍姜華珺取得女子雙打銅牌。

在第十四屆亞洲青少年乒乓球錦標賽，管夢圓、李皓晴、吳穎嵐及戴欣琳奪得女子青少年團體銀牌。另一位球手李清韻亦在2008世界青少年挑戰賽取得女子單打銀牌。

### 保齡球

在第二十屆亞洲保齡球錦標賽，張振中及曾德軒攜手合作，奪得男子雙人賽金牌。馮雪儀的表現亦毫不遜色，在2008亞洲保齡球巡迴賽總決賽奪得女子組銀牌。

青少年隊方面，麥卓賢在第三十四屆香港國際保齡球公開賽贏得青少年公開優秀賽季軍。



左起：曾德軒和張振中  
From left: Tseng Tak-hin and Cheung Chun-chung

### 三項鐵人

年度內，三項鐵人的精英隊伍贏得3金2銀3銅。李致和憑著出色的表現，在2008菲律賓國際三項鐵人杯奪得男子精英組金牌，而韋安祖則在2008迪臣港國際三項鐵人賽取得男子精英組冠軍。在2008新加坡國際三項鐵人賽，張庭欣表現出色，在女子組半奧運距離項目榮登冠軍。

### Table Tennis

Jiang Tianyi won gold in the men's singles at the 2008 Brazilian Open. Jiang also teamed up with Ko Lai-chak and Li Ching to take silver in the men's team event at the 2008 Volkswagen Open - China. Tie Yana continued this winning streak with a silver medal in the women's singles at the 2008 Volkswagen Women's World Cup.



帖雅娜(前)和姜華珺  
Tie Yana (front) and Jiang Huajun

She also won a bronze with Jiang Huajun in the women's doubles at the 2008 Volkswagen Pro Tour Grand Finals.

Guan Mengyuan, Lee Ho-ching, Ng Wing-nam and Tai Yan-lam took silver in the junior girls' team event at the 14<sup>th</sup> Asian Junior Table Tennis Championships. Li Ching-wan also won a silver medal in the cadet girls' singles event at the 2008 ITTF Cadet Challenger & Junior Circuit Finals.

### Tenpin Bowling

The 20<sup>th</sup> Asian Tenpin Bowling Championships saw Cheung Chun-chung and Tseng Tak-hin take gold in the men's doubles. Female athlete Fung Suet-yeet claimed a silver medal in the women's events at the 2008 ABF Tour - Tournament of Champions.

The junior team's Mak Cheuk-yin won a bronze medal in the Youth Open Masters event at the 34<sup>th</sup> Hong Kong International Open Tenpin Bowling Championships.

### Triathlon

The elite team won 8 medals during the year, including 3 gold, 2 silver and 3 bronze. Lee Chi-wo won gold for his performance in the elite men's event at the ITU Subic International Triathlon 2008. Andrew Wright likewise took gold for his elite men's performance at the Port Dickson International Triathlon 2008. Cheung Ting-yan also won gold for her sterling performance in the women's sprint triathlon event at the OSIM Singapore International Triathlon 2008.



韋安祖 (中)、劉政彥 (左一) 和謝竣丞 (右二)  
Andrew Wright (middle), Lau Ching-yin (first from left) and Hsieh Chun-shing (second from right)

The junior team also added to the medal tally with 2 gold, 5 silver and 3 bronze. Lau Long-fung won a gold in the junior boys' sprint triathlon event at the OSIM Singapore International Triathlon 2008. Meanwhile, at the Port Dickson International Triathlon 2008, Chan Chun-lung took gold in the junior elite boys (16-19 years) sprint triathlon.

青少年隊亦為港增添2金5銀3銅。在2008新加坡國際三項鐵人賽，劉朗鋒於男子青年組半奧運距離賽事奪得金牌。在2008迪臣港國際三項鐵人賽，陳振龍則贏得男子精英青年16至19歲組別半奧運距離賽事的第一名。

### 滑浪風帆

在第十三屆亞洲帆船賽，何智豪、鄭國輝及陳慧琪三人均奪獎而回，當中何智豪奪得RS:X男子組冠軍，而鄭國輝及陳慧琪則分別名列男子奧運板（輕量組）及女子奧運板賽事亞軍。

青少年隊在2008 RS:X世界青少年錦標賽亦載譽而歸，梁灝雋在比賽中力克對手，奪得男子青年組金牌，而隊友陳晞文則取得女子青年組銀牌。

### 武術

在第七屆亞洲武術錦標賽，香港隊摘下1金6銀5銅共12面獎牌，當中耿曉靈以1金2銀居獎牌榜首位。武術隊在北京2008奧運會期間舉行的北京2008武術比賽中再添2金1銀1銅，兩面金牌由劉洋在男子劍術及槍術全能和耿曉靈在女子刀術及棍術全能項目奪得。

青少年武術運動員以4金4銀2銅的佳績完成第二屆世界青少年武術錦標賽。林嘉健及勞浚銘分別於男子丙組棍術及男子乙組24式太極拳摘下金牌，而黎子駿與梁倬熙則攜手在男子甲組對練項目奪金。另外，馮泳施亦憑著精湛的表現贏得女子乙組棍術金牌。



左起：鄭仲恒、耿曉靈、劉洋和黑志宏  
From left: Cheng Chung-hang, Geng Xiaoling, Liu Yang and Hei Zhihong

### Windsurfing

Ho Chi-ho, Cheng Kwok-fai and Chan Wai-kei all claimed medals in the 13<sup>th</sup> Asian Sailing Championships. Ho Chi-ho took gold in the men's RS:X event, while Cheng Kwok-fai and Chan Wai-kei each took home a silver medal in the IMCO men's lightweight event and IMCO women's event respectively.



左起：陳晞文和梁灝雋  
From left: Chan Hei-man and Leung Ho-tsun respectively.

The junior team blazed to glory at the RS:X Youth World Championships 2008, with Leung Ho-tsun fighting off stiff competition to win gold in the youth boys' event, while fellow teammate Chan Hei-man won silver in the youth girls' event.

### Wushu

The wushu team brought home 12 medals from the 7<sup>th</sup> Asian Wushu Championships, including 1 gold, 6 silver and 5 bronze. Geng Xiaoling led the medal tally with 1 gold and 2 silver. The team also claimed 2 gold, 1 silver and 1 bronze medal at the Wushu Tournament Beijing 2008 held in parallel with the Beijing 2008 Olympic Games. Liu Yang took gold in the men's jianshu and qiangshu combined event, and Geng Xiaoling won gold in the women's daoshu and gunshu combined event.

Junior wushu athletes completed the 2<sup>nd</sup> World Junior Wushu Championships with 4 gold, 4 silver and 2 bronze medals. Lam Ka-kin took gold in the men's gunshu C event, Lo Chun-ming won gold in the men's 24 forms taijiquan B event, Lai Tsz-tsun and Leung Cheuk-hei claimed gold in the men's duilian A event, while Fung Wing-see earned a gold medal for her sterling performance in the women's gunshu B event.





楊子君  
Yang Zijun

### 非精英資助體育項目

在第十三屆亞洲青年田徑錦標賽中，香港運動員奪得4面獎牌，包括短跑運動員黎振浩及跳高運動員馮惠儀所贏得的2面金牌。健美方面，陳潤韜在第四十二屆亞洲男子健美錦標賽中摘金。另外，桌球運動員傅家俊於英格蘭桌球錦標賽獲得一面銀牌，而網球運動員楊子君亦在亞洲青少年錦標賽第一組別（18歲以下）取得銀牌。

### 殘障人士體育項目

香港殘障精英運動員再次證明他們在世界體壇的地位。在第四屆國際智障人士體育聯盟歐洲公開游泳錦標賽，游泳隊共奪得13金8銀5銅。在第四屆國際智障人士體育聯盟歐洲公開乒乓球錦標賽，乒乓球隊亦表現出眾，贏得4金3銀4銅。另外，田徑運動員蘇樺偉在英國殘奧世界盃取得2面金牌，輪椅劍擊隊則在2008意大利輪椅劍擊世界盃摘下5金2銀4銅。



黎惠玲  
Lai Wai-ling

運動員於國際多項運動會及國際比賽中的傑出成績詳載於附錄一及二。年度內，香港運動員亦在其他賽事取得多項佳績，未能在此一一盡錄。

### Non-Elite Vote-supported Sports

The 13<sup>th</sup> Asian Junior Athletics Championships saw Hong Kong athletes win 4 medals, including a gold medal each for sprinter Lai Chun-ho and high jumper Fung Wai-ye. In bodybuilding, Chan Yun-to won a gold medal at the 42<sup>nd</sup> Asian Men's Bodybuilding Championships. Snooker player Fu Ka-chun won a silver medal at the Maplin UK Championship, and tennis player Yang Zijun took silver at the Asian Closed Junior Championships GB1 (Age 18).



左起：馮惠儀和黎振浩  
From left: Fung Wai-ye and Lai Chun-ho

### Disability Sports

Hong Kong's elite athletes with disabilities once again proved their world-class status. At the 4<sup>th</sup> INAS-FID Open European Swimming Championships, the team brought home 13 gold medals, 8 silver and 5 bronze. Likewise, at the 4<sup>th</sup> INAS-FID Open European Table Tennis Championships, the team won 4 gold medals, 3 silver and 4 bronze. Men's sprinter So Wa-wai brought home 2 gold medals from the Paralympic World Cup Manchester, while the fencing team claimed 5 gold medals, 2 silver and 4 bronze at the Italy Wheelchair Fencing World Cup 2008.

香港游泳隊(中)  
Hong Kong swimming team (middle)



The major achievements of athletes at Multi-Sport Games and international competitions are detailed in Annexes 1 and 2. It should be noted, however, that Hong Kong athletes achieved many other successes during the year, and that the list in this report is not exhaustive.