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in Asian Games!

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



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

電話 Tel: (852) 2699-7271 | 傳真 Fax: (852) 2601-4477 | 電郵 E-mail: hkora@rowing.org.hk

地址: 香港 沙田 源禾路 27 號 沙田賽艇中心

Address: Sha Tin Rowing Centre, 27 Yuen Wo Road, Shatin, Hong Kong

網址 Website: www.rowing.org.hk | Facebook: <http://www.facebook.com/hkrowing>





香港賽艇代表隊亞運史上第一金！ Historic Gold for the Hong Kong Rowing Team in Asian Games!

香港賽艇代表隊歷史性地摘下首面亞運會金牌！

在仁川 2014 亞運會中，香港賽艇代表隊一共奪得一金四銀的佳績，成績斐然！一眾隊員經過長年累月的訓練，最終不負眾望，為香港賽艇代表隊在過去三十多年來參與亞運會寫下歷史性的一頁。代表隊在國際舞台上取得驕人成績，激勵一班本地年輕的賽艇選手積極訓練，同時讓廣大市民認識賽艇運動，引起他們參與賽艇運動的興趣，加強賽艇運動在香港的發展。

香港賽艇代表隊成員駱坤海在男子輕量級單人雙槳艇賽事中以 7 分 25.04 秒力壓韓國及印度選手勇奪金牌。這亦是香港賽艇在亞運會史上的第一金。同時，李嘉文亦於女子公開組及輕量級單人雙槳艇兩項賽事奪得兩面銀牌，成績令人鼓舞。

至於第三面銀牌則由鄧超萌及鄧廣榮於男子輕量級雙人雙槳艇賽事中奪得。另一方面，兩人同時夥拍關琪昌及梁俊碩組成的男子公開組四人雙槳艇，再下一城繼續奪得銀牌的佳績。

總括而言，今屆仁川亞運會賽艇項目共有 19 個國家和地區參與，香港賽艇代表隊在獎牌榜上位列第三名，僅次於一向強勢的中國和主辦國韓國。一金四銀的佳績，相信是香港賽艇代表隊有史以來在亞運會最好的成績！十位賽艇運動員中，有六位為香港帶來獎牌，其中三位更取得兩面銀牌；而駱坤海所取得的金牌更標誌着香港賽艇在亞運會史上的第一金！香港賽艇隊在明年的賽事將十分緊湊，當中包括備戰 2016 年里約熱內盧奧運會賽艇項目的資格賽事及 2018 年的亞運會。協會在此祝願他們在 2015 年及往後的日子再創高峰，取得優異的成績！

Hong Kong wins its first ever Asian Games Rowing gold medal!

The Hong Kong Rowing Team medal tally of 1 gold and 4 silver medals in Incheon was the highest ever achieved by Hong Kong rowers at an Asian Games in over 30 years of Asian Games competition. The outstanding results by the team has established a new target for our young rowers to achieve in the future, and has aroused public recognition of our sport and broadened interest in the development of rowing in Hong Kong.

Hong Kong sculler Lok Kwan Hoi won the gold medal in the Lightweight Men's Single Sculls event Lok finished the hard fought final with a time of 7m 25.04s, with rowers from Korea and India taking the silver and bronze respectively. This excellent result is the first ever Asian Games Rowing gold medal for Hong Kong. In addition, brilliant racing by Lee Ka Man gave her two silver medals, in the Open Women's Single Sculls and Lightweight Women's Single Sculls events.

Our third silver medal was earned by Chow Kwong Wing and Tang Chiu Mang, in the Lightweight Men's Double Sculls. And this performance was repeated when Chow and Tang teamed up with Kwan Ki Cheong and Leung Chun Shek in the Lightweight Men's Quadruple Sculls to take a big boat silver medal.

Our remaining crews achieved two 5th places and a 7th place to round out the strongest ever showing by our rowers at any Asian Games.



Hong Kong finished 3rd overall in the rowing medal table behind rowing super-power China and host country South Korea. A total of 19 nations took part in the rowing events. Six of the ten rowers on the team came home with medals and three athletes won two medals each. The Hong Kong Team will now look ahead to the 2015 season, which marks the start of the Olympic qualification process for Rio in 2016 and the beginning of the preparation process for the 2018 Asian Games. The Association takes this opportunity of offering its heartiest congratulations to the team and wishing them every success in the upcoming events in the year 2015 and beyond!



項目 Events	代表隊成員 Members of the HKG	成績 Results
男子輕量級單人雙槳艇 Lightweight Men's Single Sculls	駱坤海 Lok Kwan Hoi	金牌 Gold Medal
女子輕量級單人雙槳艇 Lightweight Women's Single Sculls	李嘉文 Lee Ka Man	銀牌 Silver Medal
女子公開組單人雙槳艇 Open Women's Single Sculls	李嘉文 Lee Ka Man	銀牌 Silver Medal
男子輕量級四人雙槳艇 Lightweight Men's Quadruple Sculls	關琪昌 / 梁俊碩 鄧超萌 / 鄧廣榮 Kwan Ki Cheong / Leung Chun Shek Tang Chiu Mang / Chow Kwong Wing	銀牌 Silver Medal
男子輕量級雙人雙槳艇 Lightweight Men's Double Sculls	鄧超萌 / 鄧廣榮 Tang Chiu Mang / Chow Kwong Wing	銀牌 Silver Medal
男子公開組四人雙槳艇 Open Men's Quadruple Sculls	黃偉健 / 羅曉鋒 關琪昌 / 梁俊碩 Wong Wai Kin / Law Hiu Fung Kwan Ki Cheong / Leung Chun Shek	第五名 5th
女子輕量級雙人雙槳艇 Lightweight Women's Double Sculls	李婉賢 / 邵皓欣 Shiu Ho Yan / Lee Yuen Yin	第五名 5th
男子公開組雙人雙槳艇 Open Men's Double Sculls	黃偉健 / 羅曉鋒 Wong Wai Kin / Law Hiu Fung	第七名 7th





仁川 2014 亞洲殘疾人運動會成績總結 Hong Kong Para-Rowing Team at Incheon 2014 Asian Para Games

來自 41 個國家及地區，超過 3600 名亞洲區內殘疾運動員參賽的仁川 2014 亞洲殘疾人運動會是繼 2010 年廣州亞殘運會後第二次包括展能賽艇的項目。中國香港賽艇協會共派出兩名教練（丘梓峰先生及陳耀基先生）及七位展能賽艇運動員出戰三項賽事，包括男子單人臂動雙槳艇 (ASM1x)、男女子混合雙人雙槳艇 (TAMix2x) 及四人單槳有舵艇 (LTAMix4+)。

事實上，香港亦打算派出一支實力強勁的四人有舵艇（智障組）準備出戰，但由於該項目的總參賽隊伍數目未能達到最低要求，組委會最終決定取消這項賽事，令一眾的運動員、其支持者以及協會非常失望。

雖然整體參賽隊數不多，我們的展能賽艇運動員亦非常享受比賽的過程，亦為參與將來的國際賽事取得豐富的經驗。而亞洲賽艇聯合會 (ARF) 亦認同有需要為亞洲的展能賽艇項目發展並訂立長遠的發展策略，鼓勵更多的展能賽艇隊參與 2018 年印尼的亞洲運動會。ARF 在香港的支持下已踏出了第一步，而當中的一步就是在每年的亞洲賽艇錦標賽將可能包括展能賽艇項目。

至於智障組在國際層面上的發展仍有待檢討，但香港的智障組代表隊亦希望能參與五月在意大利加維拉泰舉行的國際賽事。協會一直重視賽艇運動的智障運動員的價值，並將繼續與香港弱智人士體育協會及其他相關組織合作為智障運動員在香港及國際帶來更多機會。

With over 3,600 athletes from 41 Asian countries and regions, the Incheon 2014 Asian Para Games was the second such Games in which para-rowing had been included, following Guangzhou in 2010. The Hong Kong Team was well prepared and the Association was pleased to have seven para-rowers participating in three of the rowing events, including the AS Mens' Single Sculls (ASM1x), TA Mixed Double Sculls (TAMix2x) and LTA Mixed Coxed Four (LTAMix4+). The team included two Coaches, Yau Tsz Fung and Chan Yiu Kei.

Hong Kong had also prepared a strong ID Mixed Four (for athletes with an intellectual disability), but with the entries in this event failing to meet the minimum number required, the Organising Committee cancelled this event, to the great disappointment of the rowers and their supporters and the Association.

Although the number of entries overall was low, our para-rowers enjoyed the competition and gained valuable experience for the coming international rowing events. The Asian Rowing Federation (ARF) has recognized the need to establish a clear strategy for the development of para-rowing in Asia to ensure that many more countries will be able to enter para-crews at the next Asian Para Games in Indonesia in 2018. The ARF is already taking steps, with Hong Kong's strong support, and one of the likely outcomes is that we will see para-events included in the Asian Rowing Championships each year.

The position of ID rowing internationally is still under review, but Hong Kong's ID rowers are now looking to compete in an international para-regatta in Gavirate, Italy in May. The Association sees great value in rowing as a sport for athletes with intellectual disabilities and will continue to work closely with Hong Kong Sports Association for the Mentally Handicapped and affiliated organisations to bring rowing opportunities to ID athletes in Hong Kong and internationally.

第二十屆亞洲青少年賽艇錦標賽 20th Asian Rowing Junior Championships



在 台灣宜蘭舉行的第二十屆亞洲青少年賽艇錦標賽共有 20 個國家、超過 100 名賽艇選手參與。香港青少年賽艇代表隊於賽事中以一金兩銀兩銅的佳績，位列獎牌榜的第四名。

今年香港青少年代表隊的表現突出，他們取得的成績亦成為香港賽艇代表隊日後的指標。協會認為青少年的賽艇選手是未來的棟樑，我們亦致力透過「青少年賽艇發展計劃」去吸引發掘及培養有潛質的青少年去參與賽艇運動。近年更有不少國際級的賽艇手亦是透過此計劃而誕生，計劃每年更有多達 20,000 至 30,000 名學童參與。

在男子單人雙槳艇賽事中，香港的陳鈺文與烏茲別克選手 Shakhbo Kholmurzaev 及日本選手 Naoki Takeda 展開了一場激烈的鬥爭。陳鈺文在比賽初段 500 米領先，及後三名選手並未有明顯優勢，烏茲別克及日本的選手在賽事中段先後取替領先位置。直到賽事最後 500 米，陳鈺文後勁凌厲超越兩位選手，重奪領先位置並衝過終點。最後，陳鈺文以 7 分 39.02 秒奪得冠軍，烏茲別克選手 Shakhbo Kholmurzaev 以 7 分 40.95 秒僅隨其後取得亞軍，而日本選手 Naoki Takeda 取得季軍。

陳鈺文賽後表示：「能夠參與早前舉行的世界青少年錦標賽，有助累積高水平賽事的經驗，亦為我能夠在今次的錦標賽中作更充裕的準備。雖然在比賽中段一度落後，但我只是專注自己的表現，有信心在末段作最後的衝刺。結果三名選手的成績非常接近，奪冠更令我十分興奮。」

至於男子雙人單槳艇方面，代表隊的林柏榮及房劭銘與中華台北及哈薩克斯坦的選手爭持不下。在比賽初段，代表隊位列第三，稍微落後中華台北及哈薩克斯坦隊伍，直到賽事中段，林柏榮及房劭銘開始發力，超越中華台北隊，在最後 500 米哈薩克斯坦隊爭奪冠軍。最後，哈薩克斯坦僅以 0.81 秒力壓香港代表隊，以 7 分 20.15 秒奪冠。

女子雙人雙槳艇方面，香港的梁曉心及陳鈺雯從落後形勢中發力追上其他隊伍，奪得銅牌，僅次於日本之後。香港代表隊的第二面銅牌來自女子四人雙槳艇的賽事，成員包括陳鈺雯、李美寶、黎凱琳及林安妮，成績僅隨中華台北及韓國隊。其餘的賽事香港隊亦能夠躋身決賽，在男子四人雙槳艇及男子雙人雙槳艇的項目中分別取得第四及第五名的位置。

領隊盧允堯教練滿意是次比賽成績：「與其他賽事不同，青少年賽事中並沒有輕量級的項目，我們的運動員在體格及力量方面難以與哈薩克斯坦、烏茲別克及中國的選手比較。正因如此，我們在近年的賽事中難以獲得獎牌。今年，我們重新部署，安排運動員與高級別的男子及女子選手一同訓練。毫無疑問，這次錦標賽的成績是近年來最好的成績，希望將來可以更進一步。」

The Hong Kong Junior Team won a total of 1 gold, 2 silver and 2 bronze medals at the 20th Asian Rowing Junior Championships held in I'lan, Taiwan. Hong Kong ranked 4th in the overall medal table with over 100 athletes from 20 countries and regions taking part in the event.

Junior rowing is our future and the Association places great emphasis on attracting, identifying and developing young rowers through our Youth Development Programme (YDP). The YDP has been the conduit for all of our top international rowers in recent years and at its base level the programme has involved between 20,000 and 30,000 school students in each of the past few years.

The results of our Junior Hong Kong Team are indicators of our potential at senior level several years later. This year, our Junior Team has performed strongly.

The highlight of the regatta came in the Men's Single Sculls event where Hong Kong's Chan Yuk Man fought a fierce battle throughout the race with Shakhbo Kholmurzaev of Uzbekistan and Naoki Takeda of Japan. Chan led in the first 500m but was pushed into third in the middle of the race as the scullers from Uzbekistan and Japan traded the leading position. Going into the last 500m Chan mounted an impressive attack to blast through his rivals and retake the lead. At the line, Chan took gold in 7m39.02s with Kholmurzaev just behind in 7m40.95 and Takeda fading into third place. Chan was delighted with his result:-

"I raced at the World Rowing Junior Championships earlier in the year and gained a lot of experience in racing at a high level and I think that really helped me to pace my race here. Although I was a little behind in the middle of the race, I had confidence to sprint at the end and I just kept focussed on my own boat. It was really close but really exciting".

Another very close race came in the Men's Pair event with Lam Pak Wing and Fong Shiu Ming representing Hong Kong. After the start, the Hong Kong duo were in third place behind Chinese Taipei and Kazakhstan, but moved into second place at the halfway point and took the lead with 500m to go. The Chinese Taipei crew fell away and a sprint finish developed between the Hong Kong and Kazakhstan crews. At the line Kazakhstan narrowly took gold in 7m20.15s, just 0.81 seconds ahead of Hong Kong.

In the Women's Double Sculls, Leung Hiu Sum and Tang Yuk Man came from 5th place to take the bronze medal behind Japan and Chinese Taipei. A second bronze medal came in the Women's Quadruple Sculls with the crew of Tang Yuk Man, Lee Mei Po, Lai Hoi Lam and Lam On Ni finishing 3rd behind Chinese Taipei and Korea. Hong Kong also reached the finals of the Men's Quadruple Sculls and Men's Double Sculls events placing 4th and 5th respectively.

Team Manager Alex Lo was very pleased with the overall results. "Unlike in senior events, there is no lightweight category in junior rowing and our athletes are often smaller and lighter than rowers from other countries like Kazakhstan, Uzbekistan and China. In recent years we have been struggling to get medals because of this. This year we re-structured our training to make it more competitive - with the top junior men and women training together. This is the best result we have achieved in recent years and hopefully we can build on this for the future".

仁川 2014 亞洲殘疾人運動會成績總結 Results of the Hong Kong Para-Rowing Team at the Incheon 2014 Asian Para Games		
項目 Events	代表隊成員 Members of the HKG	成績 Results
男子單人雙槳艇 ASM1x	施杰浩 Samuel Ajmal Victor	第四名 4th
混合雙人雙槳艇 TAMix2x	呂鎧如 / 石晟安 Lui Hoi Yu / Shek Shing On	第三名 3rd
四人單槳有舵艇 LTAMix4+	陳嘉敏 / 黃婉貞 / 鄭士隆 / 丘志財 Chan Ka Man / Wong Yuen Ching, Elisa Cheng Sze Lung / Yau Chi Choi, Daniel	第三名 3rd (非獎牌項目) (unofficial event)

第 36 屆香港賽艇錦標賽 36th Hong Kong Rowing Championships

香港賽艇錦標賽是賽艇界一年一度的盛事，目標是為香港所有的賽艇選手提供一個技術交流及互相切磋的平台。第 36 屆的錦標賽由協會主辦，在 11 月 9 日及 10 日於曾舉辦亞洲青少年賽艇錦標賽及東亞運動會的場地——城門河上舉行。

除了一貫邀請本地屬會參與外，協會更會邀請其他國家及地區的賽艇隊伍一同參與，讓本地隊伍有機會與外隊在技術層面上交流外，更藉此令本地賽艇手與外地屬會及隊伍建立更緊密的關係，作為日後到外地交流的機會。第 36 屆香港賽艇錦標賽吸引了不少亞洲隊伍參與包括中國、中華台北、澳門、韓國、日本、菲律賓、澳洲等，實在為賽事增添不少競爭性，亦為所有參賽者帶來歡愉的時光。

可惜比賽的第一天天公不造美，比賽不時下雨及較寒冷，但亦無損賽艇手爭勝的決心，因為全世界的賽艇手均會接受賽艇是戶外項目，備受天氣影響，幸運地第二日的天氣明顯改善，令所有隊伍盡情發揮，積極爭取佳績。

一如以往，男子八人艇是當日最矚目的賽事，亦是壓軸項目。本地代表樂趣划艇會與來自中華台北的新北市賽艇隊及中華南投隊在此賽事中爭持相當激烈；最終，新北市賽艇隊勇奪冠軍，而樂趣划艇會以 2 秒之差取得亞軍，中華南投隊則落後 5 秒獲得季軍。

樂趣划艇會雖然在男子八人艇賽事失落冠軍，但他們在各項賽事均有精彩的表現，並取得優秀成績，最終他們能夠成功衛冕全場總冠軍的佳績。

最後，協會特別鳴謝所有贊助及支持機構，包括壹壹科技有限公司、Adidas Eyewear、中石化、卓麗成衣有限公司、屈臣氏蒸餾水、屈臣氏 Iso-Tone、撒隆巴斯、碌柚葉（香港）有限公司、香港迪士尼樂園、Concept 2 以及亞洲賽艇運動有限公司的支持。

另外，是次賽事亦有賴民政事務局（藝術及體育發展基金）的資助及康樂及文化事務署的全力支持，使活動能得以順利舉行。



The Hong Kong Rowing Championships is the major annual competition target of all rowers in Hong Kong. Held on 9th & 10th November on the Shing Mun Regatta Course, which in the past has hosted Asian Rowing Junior Championships and the East Asian Games Regatta, these were the 36th Championships organised by the Association.

In addition to Hong Kong clubs, the Championships is traditionally open to crews from other countries and regions in order to give local crews exposure to international rowing, creating opportunities for new relationships with overseas clubs and teams and eventual opportunities for Hong Kong's clubs to travel and compete overseas in return. The 36th Championships attracted entries from around Asia, including China, Chinese Taipei, Macau, Korea, Japan, The Philippines and Australia, providing exciting races and a wonderful festival of rowing for all participants.

The weather conditions on the first day of competition were not always favourable but rowers all over the world accept that rowing is an outdoor sport and is subject to weather conditions. It was pleasing to see the weather improve significantly on Day 2, allowing all teams to stretch their performances and achieve their best results.

The highlight of the Championships was the final of the traditionally blue riband event of rowing, the Men's Eight, with the local representative Lok Tsui Rowing Club battling for the medals with two visiting crews, the New Taipei City and the Nantou teams, both from Chinese Taipei. After an extremely tight race throughout the 2,000m course, the New Taipei City crew narrowly took the gold medal ahead of Lok Tsui Rowing Club who took silver, finishing less than 2 seconds behind them. The Nantou crew was third, a further 5 seconds back.

Lok Tsui Rowing Club just missed out on being Men's

Eight Champion, but their strong performances in other events saw them successfully defend their Overall Champion Award in this year's Championships.

The Hong Kong Championships is organized by the Association, subvented by the Home Affairs Bureau (Arts & Sport Development Fund) and supported by the Leisure and Cultural Services Department and are held annually at the Sha Tin Rowing Centre and Jockey Club Shek Mun Rowing Centre.

The Association would like to express our thanks to sponsors and supporting organisations, including Alris Technology Ltd, Adidas Eyewear, Sinopec, Azure Apparel Co. Ltd., Watsons Water, Watson Iso-Tone, Salonpas, Pomelo Leaf (HK) Ltd, Hong Kong Disneyland, Concept2 and Rowsport Asia Ltd. The support of many people and organisations ensures that this major event can be successfully held each year.





香港賽馬會香港沙灘節 2014 沙灘賽艇日 Hong Kong Jockey Club - Hong Kong Beach Festival 2014 Beach Rowing Gala



沙灘賽艇在國際上是一項嶄新形式的沿海賽艇運動，近年在世界各地日漸發展，除了計劃列入成為 2017 年首屆世界沙灘運動會的項目之外，亞洲賽艇聯合會 (ARF) 與亞洲奧林匹克理事會 (OCA) 亦正緊密合作，希望能夠把沙灘賽艇列入為亞洲沙灘運動會的比賽項目中。因此，協會非常榮幸能夠成為 2014 香港賽馬會香港沙灘節的其中一個協辦組織，在 10 月於香港淺水灣舉行「沙灘賽艇日」，讓香港市民能夠感受沙灘賽艇帶來的刺熱氣氛。

第一屆的「沙灘賽艇日」在香港著名景點淺水灣舉行。雖然受到防鯊網及游泳區所限，賽事只能保持兩線的航道，在賽區海面上每條航線鋪設三個浮波，選手需要依照浮波的位置作出轉向，並根據指定的航線進行比賽，非常講求選手的轉向技巧。當艇隻到達岸邊時，選手更要立即離開艇隻，在沙面上向終點奔跑約 30 米，拿到旗幟的選手為之勝出。是次賽事以雙人雙槳艇進行比賽，一共吸引 80 多位運動員，包括來自日本、上海及泰國以及本地賽艇屬會的參與。

當日賽事在風和日麗的天氣下進行，色彩繽紛的裝飾、別緻的拱形終點線均令到整個賽事生色不少。各位選手、工作人員及義工非常享受當日的比賽，縱使賽事航道關係而限制了參賽人數，賽事卻考驗兩位選手的體力、默契以及繞著浮標轉彎時所需的技巧。因此，第一屆「沙灘賽艇日」的參賽者對於這個別開生面的比賽形式均表示欣賞。

最後，本會在此再次感謝香港賽馬會 — 香港沙灘節籌備委員會的邀請及支持，令是次活動得到空前成功，並期望今年可繼續成為沙灘節的其中一個活動！

Beach rowing sprints is a new international format of the fast-growing sport of coastal rowing around the world. Beach rowing is reportedly to be included in the inaugural 2017 World Beach Games. The Asian Rowing Federation (ARF) is working closely with the Olympic Council of Asia to include beach rowing in future Asian Beach Games. It was therefore a great opportunity to try out this exciting event in Hong Kong as a part of the Hong Kong Jockey Club - Hong Kong Beach Festival 2014. The Association was extremely excited to be a part of the Beach Festival.

The location selected for the beach rowing was the iconic Repulse Bay! Although the sprint course was rather limited by the shark nets and swimming areas, it was possible to establish a two-boat course which required travel around a number of buoys and finished on the beach with a 30m run to the finish line, where the first team to pick up the flag was declared the winner. The event attracted more than 80 rowers, including crews from Japan, Shanghai and Thailand, as well as local clubs. Racing was restricted to double sculls using coastal design boats, but this proved to be a very popular format.

With imaginative and colourful beach decoration and a grand arch marking the finish line, the Beach Rowing Gala attracted great interest from the many people visiting Repulse Bay, including tourists. As the first beach rowing sprint event held in Hong Kong, it was enjoyed by all. The racing course was not ideal because of the space limitations, and because races were restricted to two boats at a time, the number of entries had to be restricted. However, the course layout required high steering skills of the rowers when turning around the buoys. The event tested the strength, coordination and technical abilities of the rowers.

In beautiful sunshine and surrounded by spectacular scenery in Repulse Bay, all the rowers, officials and volunteers enjoyed very much the Beach Rowing Gala.

The Association appreciates the support and coordination of the Organizing Committee of the Hong Kong Jockey Club - Hong Kong Beach Festival 2014 in the Beach Rowing Gala, making this event an unprecedented and remarkable success!



香港校際賽艇錦標賽
Hong Kong Schools Rowing Championships

2014



香港校際賽艇錦標賽 2014
Hong Kong Schools Rowing Championships 2014

學校賽艇一向成為中國香港賽艇協會在香港賽艇發展政策的核心部分。首先，未來的賽艇運動員將來自在校的學生。其次，作為香港的一個體育機構，協會有義務提供賽艇設施、計劃及專業知識予普遍市民，特別是青少年；通過參與運動，鼓勵健康和均衡的生活方式，同時，亦有助於提供個人發展機會。

協會的青少年賽艇發展計劃 (YDP) 主要集中於學校，接觸高達每年 30,000 名學生。另外，學校室內賽艇計劃同樣鼓勵學校參與賽艇運動。每年與香港學界體育聯會 (HKSSF) 合辦的兩個地區學界內賽艇錦標賽，亦有近 100 所學校參與競爭，參與數字迅速增長。

把學校從室內賽艇發展至水上賽艇是一個關鍵目標，而香港校際賽艇錦標賽就是其中重點之一，每年為所有學校的賽艇運動員提供了一個明確的目標。

由中國香港賽艇協會主辦、康樂及文化事務署資助、香港學界體育聯會支持的 2014 香港校際賽艇錦標賽已於 12 月 14 日假沙田賽艇中心及賽馬會石門賽艇中心正式圓滿結束！除了本地多間學校派出賽艇隊伍參與賽事外，亦包括亞洲青少年錦標賽 (亞青) 代表隊的成員，他們均代表其學校參與並角逐多項賽事殊榮，陣容可謂相當鼎盛！

是次錦標賽的焦點落在男子 19 歲或以下的單人雙槳艇賽事；亞青男子單人雙槳艇冠軍得主陳鈺文代表香港正覺蓮社佛教馬錦燦紀念英文中學勇奪此項賽事金牌。而亞青女子四人雙槳艇銅牌得主的黎凱琳代表東華三院甲寅年總理中學於女子 19 歲或以下的單人雙槳艇賽事中表現突出，同樣取得金牌的佳績！

最為矚目的全場男子總冠軍由香港道教聯合會玄學院第三中學奪得，而東華三院甲寅年總理中學則勇奪全場女子總冠軍！

香港校際賽艇錦標賽為唯一一個全港的學界水上賽艇比賽，為各學校的賽艇代表隊提供一個平台切磋賽艇技術的同時，更有機會讓各隊員互相合作，提升團隊精神。今年得到香港學界體育聯會的支持，共有 60 間中學、共超過 200 多名學生積極參與；協會希望透過是次比賽，鼓勵更多學校成立賽艇校隊，推廣水上賽艇運動，為未曾接觸過賽艇運動的同學提供另一個運動的選擇。

參賽者 / 參賽隊伍 Participants / Participating Teams	成績 Results
香港道教聯合會玄學院第三中學 HKTA The Yuen Yuen No.3 Secondary School	男子全場總冠軍 Boys' Overall Champion
廠商會中學 CMA Secondary School	男子全場總亞軍 Boys' Overall 1st runner-up
宣道會陳朱素華紀念中學 Christian Alliance SWCHAN Memorial College	男子全場總季軍 Boys' Overall 2nd runner-up
東華三院甲寅年總理中學 TWGHS Kap Yan Directors' College	女子全場總冠軍 Girls' Overall Champion
啟歷學校 Kellett School	女子全場總亞軍 Girls' Overall 1st runner-up
博愛醫院八十週年鄧英喜中學 P.O.H. 80th Anniversary Tang Ying Hei College	女子全場總季軍 Girls' Overall 2nd runner-up



Schools Rowing has always formed a central part of the Association's strategies for rowing development in Hong Kong. Firstly, the future rowers will come from our current school students. Secondly, as a governing body of sport in Hong Kong, the Association has an obligation to make available its facilities, programmes and expertise to the community generally and to our youth in particular, to encourage a healthy and well balanced lifestyle through participation in sport, at the same time providing opportunities for personal development through the many aspects of sports participation and management.

Our Youth Development Programme (YDP) focuses on schools and involves up to 30,000 students each year. Our Indoor Rowing for Schools Programme similarly encourages schools to be involved in rowing and the two regional Schools Indoor Rowing Championships, held in conjunction with the Hong Kong Schools Sports Federation (HKSSF) each year, see nearly 100 schools competing, with this number growing quickly.

Bringing schools from indoor rowing to water rowing is a key target for development and the Hong Kong Schools Rowing Championships is the focus of these efforts, providing a clear objective for all school rowers each year.

Organized by the Association, subvented by the Leisure and Cultural Services Department and supported by the HKSSF, the Hong Kong Schools Rowing Championships 2014 took place on 14th December. The record high number of entries from local school rowing teams highlighted the significant development of schools rowing in Hong Kong and emphasised the future potential of this event. It was particularly welcome to see rowers who had achieved outstanding results in the recent Asian Rowing Junior Championships representing their schools to compete for medals on their home water.

In the Boys' Single Sculls event (Aged 19 and under), our gold medallist in the Asian Rowing Junior Championships, Chan Yuk Man, represented HHCKLA Buddhist Ma Kam Chan Memorial English Secondary School to lead from start to finish, capturing the gold medal convincingly.

There was also a convincing performance by Lai Hoi Lam, a member of the bronze medallist Women's Quadruple Sculls crew at the Asian Junior Championships, now representing TWGHS Kap Yan Directors' College to capture the gold medal in the Girls' Single Sculls event (Aged 19 and under).

After a full day of exciting competition, HKTA The Yuen Yuen No.3 Secondary School and TWGHS Kap Yan Directors' College captured the Boys' and Girls' Overall Champion Awards respectively.

The Schools Rowing Championships is a unique rowing event for local schools in Hong Kong. It provides a platform for young rowers to compete with each other and at the same time to co-operate with team members to enhance team spirit and sportsmanship. With the support from the HKSSF, this year's event received a strong response, with participation of over 200 rowers from 60 schools.

Through this excellent opportunity, the Association will continue to encourage schools to establish their own rowing teams and to participate in the sport of rowing – a sport option and alternative among the major sports.



賽艇兩金 創造歷史 Two Golds of Rowing!

陳鈺文

剛剛由香港青少年賽艇隊晉升成為香港賽艇代表隊的陳鈺文現已為全職賽艇運動員，訓練節數由每日兩節變為每日三節（早上 6 時、早上 10 時及下午 3 時 30 分）。

鈺文中二暑假開始接觸賽艇運動，於 2013 年成功入選為青少年賽艇隊，更於短短一年間成為第二十屆亞洲青少年賽艇錦標賽（亞青）的金牌選手！

鈺文對於在亞青賽事中奪得金牌，表示非常難忘！問到如何準備是次比賽，他坦言比賽前一天感到壓力，甚至不能入睡；但想到自己在德國參加世界青少年賽艇錦標賽以及在當中汲取的經驗，使他更了解自己速度，知道如何於比賽中分配體力，並於亞青賽表現

出來。

結果，鈺文做到了！習慣於多人艇訓練的鈺文在亞青賽事中出戰單人艇項目，他表示自己的確成長了，比賽時自己必須學會堅持，時刻提醒自己，就算累亦要自己一人撐，相信自己的能力，划好每一槳，鈺文成功做到了！

人也會有失意之時，當然鈺文也不例外。「自己還要上學，又遇上屋企裝修」鈺文還是青訓時曾停操半年。「好感謝家人放手我自己諗，多謝佢地尊重我既意願；仲想多謝學校體育老師，最後多謝教練比機會自己去表現自己，推高我既狀態！」

鈺文表示升上香港賽艇代表隊後，水平明顯與師兄有所距離；但仍絲毫不損其目標，希望代表香港參加奧運，並揚言要划到 28 歲！最後，他表示明白部份青少年運動員因要同時兼顧學業及練習，感到十分辛苦；眼見有些運動員擁有賽艇天份，卻為了學業而放棄訓練，感到非常可惜！他期望政府對於退役運動員會有更全面的資助。

姓名 Name	陳鈺文 (鈺文) Chan Yuk Man	駱坤海 (阿海) Lok Kwan Hoi
年齡 Age	18	27
賽艇年資	5	8
興趣 Hobbies	游泳 Swimming	看書、睡覺 Reading, sleeping
咸水史	第二十屆亞洲青少年賽艇錦標賽 - 男子單人雙槳艇 金牌	仁川 2014 亞運會 - 男子輕量級單人雙槳艇 金牌

駱坤海

「當遇到自己夢想，要堅持用正確方法去追求；做好每一分、每一秒，好好享受過程，相信自己，金牌就會屬於你。」駱坤海鼓勵每一個運動員有目標就要全力追求！2006 年，阿海決心轉做全職運動員，轉眼間已 8 年，並於 2014 年仁川亞運會歷史性取得男子輕量級單人雙槳艇金牌。

阿海表示他曾於上屆亞運因過於緊張及壓力而導致失誤，失落金牌，更痛哭了整整一個月；曾想過因此要放棄，幸得身邊朋友及教練支持，明白到失敗也是經驗，於是決定勇於面對自己失敗，並與隊友教練溝通，慢慢走出陰影。汲取上屆亞運經驗，阿海對於今次亞運訓練非常專心，即使遇有任何困難都願意突破，眼裡只有一個目標——爭取金牌的機會！

阿海為了亞運，跟隨香港隊於國內高原集訓，訓練除了令他更加集中及專注外，也使他了解國家隊練習的模式；雖然辛苦，但對於成績有所突破，他表示訓練非常有幫助！他非常感謝所有香港隊教練團隊及所有隊員，互相努力達成共同目標。

駱坤海特別希望感謝他的英文老師！阿海於 2013 年開始於香港教育學院就讀，除了教授他英文外，還不斷鼓勵他，成為他的心理輔導員！阿海表示讀書能令他有各方面思維，把學到的知識融合於賽艇訓練上，更改善心理素質，提升表現！

問到阿海知道自己衝金後，有何感覺，他謂：「一開始也不敢相信，只係知道自己確實做好每一槳，減少失誤，金牌就到手！」阿海更表示奪得賽艇史上第一金後，興奮得連續幾晚也訓不到！

奪金後，阿海更加學懂了以平常心對待及知足；因為他明白到金錢、名利、地位等都只會愈追求，就愈有壓力，甚至更加貪心！「一定要知足！」阿海強調。

Chan Yuk Man

Member of the Hong Kong Junior Rowing Team, has just been promoted to the Senior Rowing Team and has become a full-time rower in the Hong Kong Team. Instead of two sessions of training, Yuk Man now has to challenge himself in undertaking three training sessions a day which is much harder than before. The first session starts at 6:00a.m, following by two training sessions at 10:00 a.m. and 3:30 p.m every day.

Yuk Man started rowing when he was a secondary school student, he was selected in 2013 as the junior rowing team member, and one year later he successfully captured the gold medal in the 20th Asian Youth Rowing Championships!

"The most memorable race ever!" Yuk Man yelled after winning the gold medal in the 20th Asian Junior Championships. He admitted there was a great pressure the day before the race and he even could not sleep well. But his experience in the 24th World Rowing Junior Championships in Germany helped him to handle the pressure and allowed him to understand his pacing, with all the psychological preparation beforehand, paving the way to his success in the Junior Championships.

Finally, Yuk Man did it! "You should believe in your own ability, and focus on each stroke", Yuk Man added and this is what he has done successfully! Yuk Man used to train in the quadruple sculls and his switch into the single sculling boat led to the gold medal, proving his talent as one of the high potential scullers in Hong Kong.

"My home was under decoration when I was still in school" Yuk Man had stopped rowing training for six months when he was in the Youth Development Programme. "Well, I really would like to thank my family to let me have my own decision, and respect my way to dream" he said. In addition, he would like to thank his school physical education teacher, and to thank all the coaches for pushing him beyond his limit!

After being promoted to the senior team, he admitted there is much difference in the intensity and difficulty compared with the junior level; but this would not be an obstacle for his goal – representing Hong Kong to participate in the Olympic Games and become a professional rower until 28 years old!

He hoped that the government could provide a comprehensive funding for retired athletes as he commented that most of the time young athletes have been occupied by academic study in Hong Kong, and it is hard for them to concentrate on high level and intensity of training. It is not surprising that some of them give up sport and move forward on academic studies.

後記 Postscript

作為運動員，當然希望代表香港贏得國際賽事；而當運動員奪得獎牌後，才會獲政府及廣大市民認識。但又有幾多人會知道運動員背後苦練了多少個年頭，又捱過了多少次失敗……

所謂「台上一分鐘，台下十年功」！希望能夠好好支持所有運動員的夢想，明白運動員背後的辛酸，為他們加油，向我們所有賽艇運動員致敬！

在此再一次感謝香港賽艇隊的所有教練及運動員的努力，並祝願香港賽艇運動員繼續為香港賽艇歷史寫下更輝煌的一頁！

"Every athlete hopes to win in the international arena on behalf of Hong Kong, and no one knows until they have got medals. It is a secret of the athletes' efforts, it is a secret that they turn failure to success.

The so-called "One minute on stage is ten years of hard work off-stage!" we hereby would like you to support all the athletes, understand the difficulties behind them, salute to all of our rowers!

Once again, thanks for all the efforts of Hong Kong Rowing Team coaches and rowers, and we wish our Hong Kong rowers continue to write more brilliant chapters in the history of Hong Kong Rowing!

Lok Kwan Hoi

"When there are dreams, follow them and pursue them in the right way; make every minute, every second count; enjoy the process, believe in yourself, and the gold medal will be yours." Lok Kwan Hoi encourages every athlete to fully pursue their goal!

In 2006, Hoi switched over to become a full-time athlete. After eight years of training and efforts, he became the Asian Games gold medalist in the Lightweight Men's Single Sculls in the 2014 Incheon Asian Games – The first ever gold medal of the Hong Kong Rowing Team in the Asian Games!

Hoi had missed out on a gold medal in the last Asian Games in 2010. He could not manage the tension and stress in a good way before the Games and there were number of upsets during competition. The heartbreaking results led him to cry for a whole month and he would have liked to withdraw from the team. Credit went to the support of his friends and he started to communicate with teammates and coaches, and to understand that failure is just part of the experience. He then walked out of the shadows, picked up his oars and gradually got back in the boat.

A bad experience was part of the success of the Gold Medalist. Hoi was concentrated and focussed in preparing and training for the 2014 Incheon Asian Games. There was only one goal in his eyes – to win the gold medal. In order to have the optimal preparation for the Games, Hoi took part in high intensity altitude training in China, making him focus, concentrate and understand the practice of the Hong Kong Team. He said the training did help him towards a breakthrough performance. He was very grateful to all the Hong Kong team coaches and all the teammates to reach the common goals together.

Particularly, Hoi offers a special thanks to his English teacher! Hoi started studying at the Hong Kong Institute of Education in 2013 and his English teacher, who is not only a teacher but a friend, encouraged him throughout the year. Hoi added that study is a process that he could integrate the knowledge to rowing and help improve his psychological strength for a better performance!

When asked about his feelings as the gold medalist, "I could not believe it in the beginning, just knowing that I made every stroke count, reducing any errors, and the gold medal was in my hand," Hoi said.

"One must be satisfied all the time!" Hoi added at the end of the interview. "Pressure, status, money and glory comes along with the gold medal, yet I understand contentment should be learnt through this stage, otherwise I will lose my way."



啟德水上運動示範日 Water Sports Demonstration Day at Kai Tak

由新成立的香港水上活動議會(議會)(Hong Kong Water Sports Council)主辦的水上運動示範日已於2014年10月5日在啟德避風塘內舉行。是次活動旨在展示觀塘避風塘及舊機場跑道內的水域是合適作為舉辦世界級別賽艇賽事、發展香港社區水上運動以及舉辦主要國際水上運動賽事的場地。

協會與其他水上運動總會(包括龍舟、獨木舟及帆船)成立了首個香港水上活動議會,目的是向政府爭取及推動在啟德興建國際賽艇中心,並提供賽艇、獨木舟、龍舟及其他項目的活動使用。協會非常高興能夠藉議會的成立,與更多有致力於發展水上運動的團體一同合作,為香港帶來更進一步的水上運動發展。

啟德水上運動示範日是香港水上活動議會的第一個活動。當日近200名來自賽艇、獨木舟及龍舟的運動員和義工協助物流及示範的安排。除了各賽艇屬會、大學的賽艇隊伍的積極參與,以及各政府部門通力合作外,亞運賽艇男子輕量級單人雙槳艇金牌得主駱坤海和女子輕量級單人雙槳艇女子公開組及單人雙槳艇雙銀牌得主李嘉文亦到場支持並作出賽艇示範。

議會副主席鄧勵先生認為是次活動證明賽艇及其他水上運動在啟德發展的前景,他表示:「啟德擁有良好的避風塘水域及港口,為水上運動提供了一個天然的靜水環境,希望藉此機會為大眾提供足夠的體育設施,同時創造一個國際標準的水上運動場地。」

政府較早前已確定於啟德附近建設一個多用途體育館,議會有信心是次活動能成為興建水上運動中心的一個很強的案例,將充分利用現有天然水域進行社區體育的發展。繼水上運動示範日後,在政府的政策支持下議會將繼續在啟德避風塘內設立臨時水上運動中心,現階段正策劃水上運動中心場地和中心的運營細節,並制定預算案。在等候香港水上運動議會與政府商討興建一個永久水上活動中心期間,臨時水上運動中心是針對填充水上運動設施的一個大缺口,以滿足香港積極參與社區體育運動發展的需求。

Organized by the newly formed Hong Kong Water Sports Council(HKWSC), the Kai Tak Water Sports Demonstration Day was a great success. The event was intended to demonstrate the immense suitability of the Kwun Tong Typhoon Shelter and protected water area inside the old runway for an international standard paddling and rowing venue, to be used for the development of community water sport in Hong Kong and to host major international water sports events in the heart of the city.

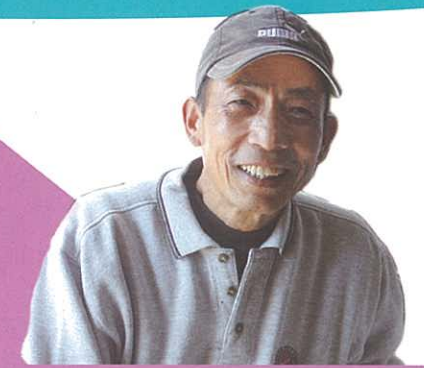
The HKWSC was established by the governing bodies of sport in Hong Kong for Canoeing, Dragon Boating, Rowing and Sailing, with the objective of developing water sports in the community and coordinating the voices of water sports in discussions with government and other bodies to support this development. The potential for water sports in Hong Kong is vast. Several other governing bodies of water sports are now joining the HKWSC and the Hong Kong, China Rowing Association is excited about the opportunities presented by working together with other sports on our common interests in this way. The Hong Kong community can only benefit from such cooperation.

The Kai Tak Demonstration Day was one of the first activities of HKWSC. Nearly 200 athletes and volunteers from canoeing, dragon boating and rowing took part in the trial. Asian Games rowing gold and silver medallists, Lok Kwan Hoi and Lee Ka Man joined other national team members, community clubs and university alumni teams in canoeing, dragon boating and rowing activities. The cooperation of many Government Departments ensured the success of the event.

HKWSC Vice Chairman Mike Tanner was excited at the prospects the trial had opened up for the use of Kai Tak. "This is a unique resource for the city in terms of a sheltered water environment right on the harbour, providing a ready-made facility for the development of water sports which require flat water", said Mike Tanner. "It is an opportunity which should not be lost in terms of providing sports facilities for the community and at the same time creating an international standard water sports venue", he added.

With the Government already committed to building the Kai Tak Multi-Purpose Stadium nearby, the HKWSC is confident that a strong case can be made for the water sports centre, which would make full use of the existing water body for community sport development and at the same time provide a world class venue for bringing international events to Hong Kong. Following this very successful trial, the HKWSC is now planning a temporary water sports centre at Kai Tak and is in the process of drawing up venue and operational plans for the centre. The temporary centre is targeted at filling a large gap in water sports facilities to meet Hong Kong's growing community demand for active sport participation. It would allow an early start to water sports at Kai Tak, pending the longer-term availability of a site for the permanent Kai Tak Water Sports Centre proposed by HKWSC and now under Government consideration.

人物專訪 — 中國香港賽艇協會 高級艇隻維修員區樹勳師父 Interview with Mr. Au Shu Fan - Senior Boatman of HKCRA



人稱區叔的區樹勳師父從2007年加入協會工作,剛入行時區叔為中心的助理員工,一直分擔協會及艇倉的工作。至2014年晉升成為高級艇隻維修員,不經不覺已經八年,是年資最高的艇倉員工。

區叔為人和藹可親,無論是在工作或是在家庭都深得愛戴。在日常與同事及會員的言談間,仿佛感受到區叔的慈父情懷。他是一位十分愛家的「好爸爸」,很享受與家人相處的時間,即使只是跟家人到公園或郊外逛逛也覺得開心快樂。區叔坦言由於現時工作需要輪班,所以跟家人相處的時間也減少,雖然如此,家人也在背後支持他,令他十分享受及尊重工作,而當區叔需要工作時太太和女兒便會幫忙分擔家務。

入職協會前區叔在香港一間工廠工作,因在2007年時工廠搬遷往內地發展,所以區叔亦需要轉換工作。後來經朋友介紹下便開始在協會工作。區叔在沙田賽艇中心及賽馬會石門賽艇中心內的工作繁多,從保養中心內設施、到艇隻維修、更換室內賽艇機零件及水泵水喉等,他都瞭如指掌。在協會工作八年間,區叔亦遇到不少難忘的事,印象較深刻的是2009年的東亞運動會。區叔指當時中心設施及人手都較短缺,一方面要善用資源,另一方面要物盡其用。雖然間中會遇到不少困難,但能夠參與大型賽事並為香港出一份力,他亦感到榮幸。

區叔表示在協會工作最開心的不但能夠學以致用,更可在工作中與不同的會員接觸,閒時也會跟他們聊天說笑。這令他心境也變得年輕很多!

在會員心目中的區叔又是怎樣的呢?

會員阿 Miu 滔滔不絕地說出她與區叔相處有關的點滴。區叔爽朗的性格令阿 Miu 喜歡跟他談天說笑,更開玩笑地說想成為區叔的女兒。區叔在她眼中是位非常有活力的叔叔,說話中氣十足,每次見面都很親切。

區叔熱心幫助每位會員,無論是艇隻問題或是會員使用的單車,區叔都樂意提供協助。令阿 Miu 印象最深刻的必定是區叔放下手上工作替她尋找一款舊零件,雖然花了不少時間才找到,但區叔也沒有半點怨言一直努力幫忙。

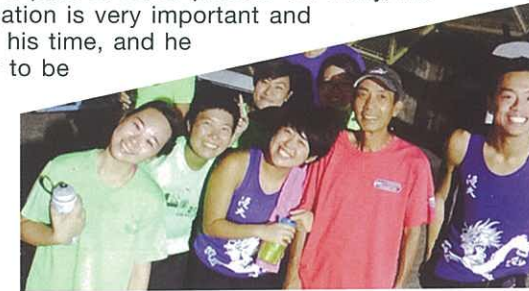
區叔親切的形象深得會員的歡心,阿 Miu 更盛讚區叔是艇會之寶!

區叔對工作的熱誠有增無減,當問他何時退休時,區叔自豪地回答,只要自己仍然有能力都不會退休,繼續為協會的會員及員工服務。區叔敬業樂業的精神實在值得大家學習。



Mr. Au Shu Fan, a well-known boat house staff serving both the Sha Tin Rowing Centre and Jockey Club Shek Mun Rowing Centre, has served the Association since 2007. With his eight years solid experience and professionalism in the Association, it is not surprising that we hear people calling him "Uncle Au" every day when he is in the Centre. Uncle Au started with the Association as the Centre Assistant but in 2014 he has been promoted to the position of Senior Boatman.

Uncle Au is a nice and kind person; he is a great father in his family as well. When there is spare time, he loves to spend it with his family in a park or other places. Certainly, his role in the Association is very important and occupies most of his time, and he considers himself to be very fortunate that he always gets the support from his family, especially his wife and daughters who will help to do the housework when Uncle Au needed to work.



Uncle Au worked in a local factory before he joined the Association. Due to the development and relocation of the factory to the Mainland in 2007, Uncle Au had decided to search for another job and eventually, he joined the Association in the same year.

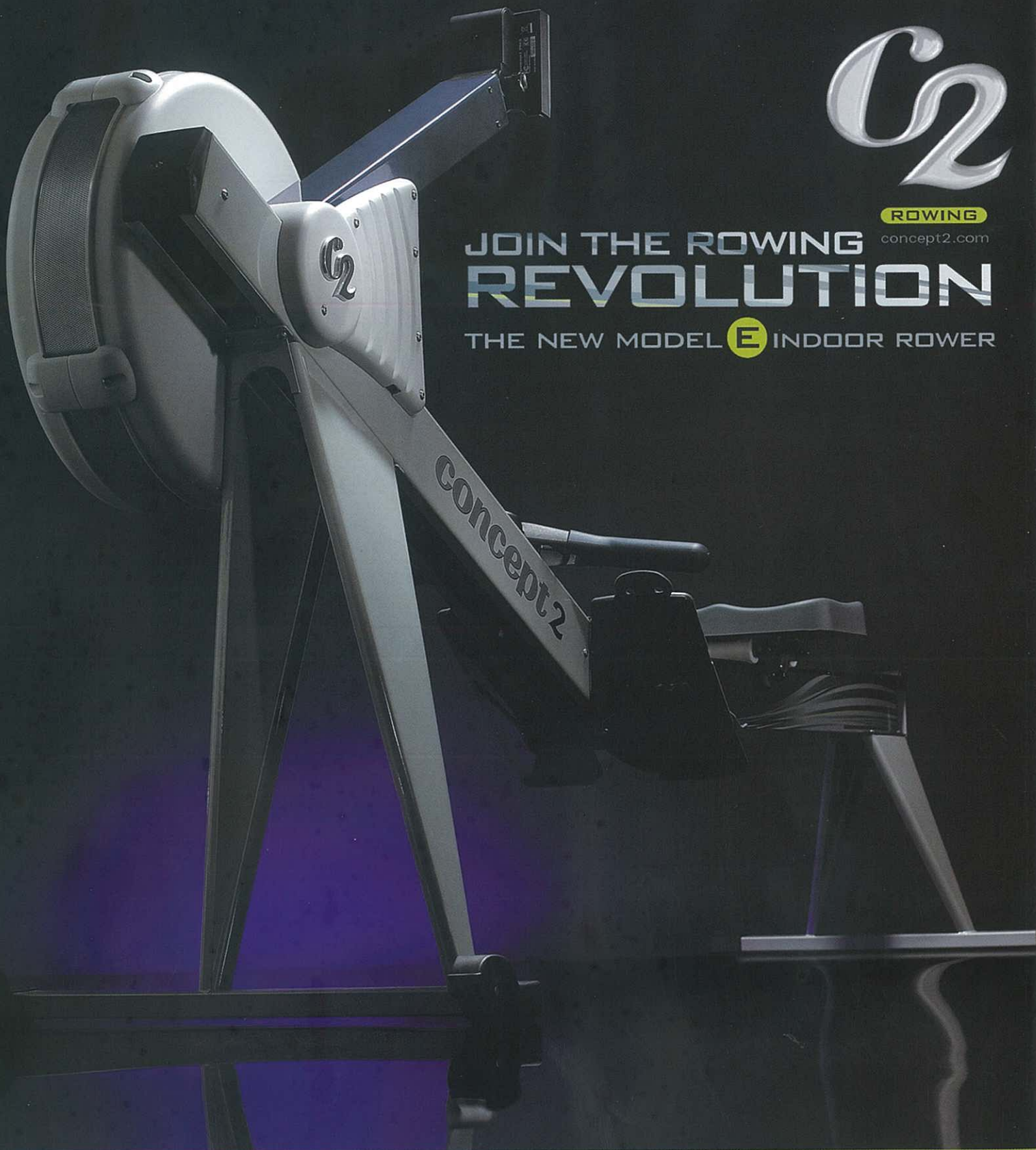
Plenty of duties have to be performed and prepared by Uncle Au in both Sha Tin and Shek Mun Centres. These include centre maintenance, checking of facilities, purchasing of parts as well as repairing of boats. "Having worked in the Association for eight years, the most unforgettable moment must be the East Asian Games in 2009. The resources and manpower were limited, yet we tried hard to utilize every single item in the centre to make the event successful" said Uncle Au. "It was an honor to participate in the event".

Uncle Au enjoys working in the Association, especially he loves to interact with the university students and members who make him feel younger. Comments from one of the members: Miu, centre user of the Association, said that Uncle Au is an outgoing, energetic and very friendly person. She loves to talk with Uncle Au and she even feels as if she is the daughter of Uncle Au. "He is very helpful, he always helps members to solve problems around the centres, from boats to bikes!"

"Sometimes Uncle Au will stop his work on hand first and help members, for example, searching for spare parts for bike repairs, and these are the unforgettable moments which she shared with Uncle Au. It is really true that Uncle Au is loved and respected by many people, he is the treasure of the Association!" Miu said proudly.

Uncle Au definitely is a good model in the Association with his passion for his job. He commented if his body is fit and good enough, he is willing to continue to serve the Association in the coming years.





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