

中國香港賽艇協會

# HONG KONG ROWING

JULY 2011

ISSUE / 會訊

# 09

賽事回顧:  
第33屆香港賽艇錦標賽

EVENT REVIEW - THE 33RD HONG  
KONG ROWING CHAMPIONSHIPS

那些年，  
我們划過的城門河  
THE GOOD DAYS, WE ROWED  
ON THE SHING MUN RIVER

展能賽艇發展計劃 - 回顧與展望  
ADAPTIVE ROWING  
DEVELOPMENT SCHEME - REVIEW  
AND LOOKING FORWARD



中國香港賽艇協會  
Hong Kong Canoe Association

香港賽艇代表隊愈戰愈勇

HONG KONG ROWING TEAM  
SHINES ON THE INTERNATIONAL  
STAGE

加入賽艇屬會

JOIN THE ROWING CLUB







加入賽艇屬會

# Join the Rowing Club

**前言：**任何一種運動都會有其獨特之處，可以吸引人持續訓練。但無論成年人、青少年，甚至小朋友都被時下大眾化的電玩所吸引，忽略了運動帶來的快感、樂趣和健康。怎樣才可以保持做運動的動力呢？

中國香港賽艇協會(賽協)成立超過25年，參與賽艇運動的人士日漸增加，至今，賽協的屬會已有29個，旨在舉辦及參與賽艇比賽、組織及舉辦活動予會員，藉以聯繫其屬會會員；並廣泛發展，成功將賽艇運動推廣為其中一項普及運動。

今期，我將會訪問剛成立一年多的新星賽艇會！

## 新星賽艇會(新星)小檔案一

成立年份： 2010  
會員人數： 25  
年費：每年\$100 教練數目：主要兩人  
(嚴青雲、鄭志明)

## 香港賽艇：為何成立新星賽艇會？

新星：有見學員完成賽協舉辦的星際賽艇課程後，對賽艇產生濃厚興趣，為了讓他們有機會繼續參與賽艇訓練，我覺得需要有教練的支援。另一方面成立屬會亦有助推廣賽艇，讓更多市民有機會接觸這項有益身心的運動，避免所謂「有人想玩無得玩」的情況出現。

## 香港賽艇：成立此賽艇屬會的宗旨是什麼？

新星：旨在聚集一班對賽艇有熱誠的朋友一齊享受賽艇樂趣；定時練習，做做運動；以及提供適當訓練後能參加大大小小不同的比賽。

香港賽艇：新星賽艇會成立已有大約一年半的時間，當中可有遇到困難？

新星：我們遇到的困難主要是訓練器材比較短缺及損耗。由於學員在技術上皆有所提升，訓練除集中於雙槳項目外，我們亦希望可以同時發展在單槳項目上，期望賽協可以提供適當資源吧！

香港賽艇：你認為賽協可做些甚麼來配合你們的發展呢？

新星：針對在職人士，再次有Day Pass(日票)的服務，讓有興趣的人士不用因為全年會費昂貴但又不能每月使用而卻步。因為這樣既不能享受賽艇這項有益身心的運動；亦會變相則重於目標為本，只會為比賽而練習，而忽視長遠賽艇帶來的樂趣。

## 香港賽艇：新星賽艇會的訓練目標是？

新星：在針對青少年方面，主要是提升其技術水平；甚至可推薦有潛質的青少年予賽協，發掘優秀的運動員。在針對成年人方面，主要是為強身健體。長遠目標是希望會員能繼續參加不同類型的比賽，希望成績可超越現時的大學隊！

## 香港賽艇：會員比賽成績如何？

新星：他們非常積極參與比賽，在2011年7月17日，他們第一次參加翠河賽艇賽III，便能於新秀女子雙人康樂艇項目中奪得第一及第二名的佳績！之後他

們都繼續踴躍參賽，分別於翠河賽艇賽IV及城門河賽艇賽IV的女子雙人艇、新秀女子單人康樂艇及男子雙人艇項目中，取得優異成績，他們能夠累積比賽經驗的同時亦能享受比賽氣氛！

香港賽艇：除一星期一次水上訓練外，還有其他活動嗎？

新星：當然有，最受歡迎的是海上歷奇賽艇訓練。因為可讓會員嘗試划出更遠的地方，一方面可鍛鍊其賽艇技術，另一方面亦加強團隊精神，享受另類賽艇經驗。而且我們還增添一晚陸上訓練，以提升學員耐力及持久力！

後記：訪問中，眼見每位學員均努力爭取時間練習，他們臉上滿足、興奮的樣子實在不難令人聯想到當中教練專業認真教學之餘，亦著重學員的安全，令學員能完全放鬆、安安心心地去練習，體驗賽艇的歡樂！新星賽艇會的教練和學員們相處融洽，就像一個大家庭，好像一個大家庭！



Introduction: All sports have their own distinguishing characteristics that enable them to attract participants to sustain their interest and their training. However, in our modern world many adults, youngsters, and even children are attracted by the easy access which technology brings to watch movies, play video games and other activities which divert attention away from an active life. Sport is an attractive and very social way to enjoy exercise and is an excellent route to lifetime fitness and a healthy lifestyle. Regular participation in sport maintains a good exercise routine and provides strong motivation for an energetic lifestyle.

The Hong Kong, China Rowing Association has been established for more than 30 years, and the number of people engaged in rowing has continued to increase. The Association promotes rowing through its members clubs. There are currently a total of 29 affiliated clubs under the Association, whose members enjoy regular rowing training and other activities and participate in the annual programme of rowing competitions. In this way, the Association introduces rowing to the public and promotes it as one of the most challenging and growing sports in Hong Kong!

In this issue, we are very pleased to visit one of our newly established clubs – New Star Rowing Club!

## Profile of New Star Rowing Club (NRSC)

Year of establishment: 2010  
Number of members: 25  
Annual membership fee: HK\$100  
Number of coaches: Currently 2 club coaches - Yim Ching Wan and Cheng Chi Ming

## HK Rowing: Why did you establish the New Star Rowing Club?

NRSC: Some of the participants completing the Galaxy rowing course organised by the Association developed a keen interest in continuing to row. I felt there is a need to have good coaching support in order to allow them to participate in continuous ongoing rowing training. On the other hand, it will also help to promote the sport of rowing, so that more people are exposed to this fun and healthy exercise. Without coaching support and good organisation they might not be able to continue, but they are very interested in rowing and we should encourage them.

## HK Rowing: What is the purpose for setting up this rowing club?

NRSC: To gather a group of dedicated friends of rowing and to row regularly together to enjoy the sport, do regular exercise and provide proper training so that we improve our skills

and fitness levels. We will also participate in various competitions.

## HK Rowing: So, the New Star Rowing Club has been established for just over a year. Have you encountered any difficulties during this time?

NRSC: Our main difficulty is the shortage of training equipment. Most of our members have been upgrading their rowing skills and technique. In addition to focussing on sculling training, they also hope to develop their sweep rowing technique and we hope the Association can provide appropriate resources for sweep-oared boats.

## HK Rowing: What can the Association can do to match up with your development?

NRSC: For the working people, it would be good news if the Day Pass (daily ticket) service could be introduced again so that interested people would not have to pay the annual centre user fee as this might make them hesitate to enjoy the excitement of rowing. Even so, we would like our members to treat rowing as a goal-oriented sport that practice is not only for competition, but to take this as long-term self-development and an enjoyable sport.

## HK Rowing: What is the goal of training in the New Star Rowing Club?

NRSC: For the young people, we aim to enhance their rowing skills and explore the potential of athletes and recommend to the Association for elite training where appropriate. For the adults, it's mainly to train for physical fitness and attaining a high skill level to bring satisfaction through their rowing activity. We look for the long-term development and continuous participation in different championships in order to strive for better results beyond the university rowing teams.

## HK Rowing: So far, how are the competition results of your club?

NRSC: Our members are very actively involved in the competitions. On 17th July, 2011, the first time they participated in Verdant Regatta III, our rowers were the champion and 2nd runner up in the novice women's double sculls.

They then achieved outstanding results in the women's double sculls, women's novice single sculls and the men's double sculls in the next Verdant Regatta IV and Shing Mun River Regatta IV respectively. In these races, they could gain more experience and also enjoy the atmosphere of competition!

## HK Rowing: Apart from that on-water training once a week, are there other activities organised by your club?

NRSC: Of course. Sea Trips are the most popular one. A sea trip allows rowers to row outside the Shing Mun River for a longer distance. It gives the chance to examine and improve their rowing techniques, while on the other hand it strengthens team spirit and provides a very enjoyable alternative rowing experience. In addition, extra land training days will be added once a week so as to build up and enhance the endurance and stability of our rowers.

Postscript: During the interview, I saw that all rowers in New Star Rowing Club have put their utmost effort to make time to attend training. I also saw the members were very satisfied and happy under professional and diligent coaching. Since the coaches always focus on water safety, the students can do their training and fully enjoy the sport of rowing in a completely relaxing and comfortable environment.

I can see the coaches and their members get along very well in training and in daily life as well. The New Star Rowing Club is just like a Big Family!







「知己知彼，百戰百勝」  
knowing your competitors'  
strengths as well as your own  
is the key to victory

#### 學員有say之KK划前划後

KK一直參與滑浪風帆活動，為想鍛鍊更好的體能，因此與友結伴前來參加星際賽艇課程。誰知KK像遇到伯樂一樣，巧遇Franco(鄭志明)教練教班—KK謂：「Franco真係一個超好人的教練！入了新星賽艇會後，定期有賽艇訓練，實是令人非常開心。」

#### 香港賽艇：賽艇有何吸引的地方，為什麼你可以保持前來練習的動力？

**KK：**沙田為香港的中心點，賽艇中心又近港鐵站，地點實在方便；加上城門河水質愈見改善，絕對找不到籍口不前來練習！新星賽艇會集合了一班喜愛賽艇的朋友，有定期練習之餘，又有專業教練在場指導，既安全又開心；這也是他一年多來能夠保持前來賽艇的原動力。

#### 香港賽艇：加入新星賽艇會練習後有什麼改變？

**KK：**由最初完全不敢單人出艇到現時能夠輕鬆、滿有信心地於晚上自己一人出單人艇或與其他會員拍攝出雙人艇，感覺非常滿足。

#### 香港賽艇：你有什麼建議給予賽協？

**KK：**我留意到大學生佔現時賽協大部份的使用者數目，但我希望賽艇運動更加普及化，建議賽協多舉辦不同類型的活動，讓更多大眾市民或在職人士體驗賽艇的樂趣；如親子活動或是賽艇馬拉松—4公里城門河繞圈賽等，相信定必能夠吸引更多城門河畔的市民圍觀，從而增加他們對賽艇的興趣。

#### Members have their say...

##### After rowing with the New Star Rowing Club – KK

KK used to participate in the sport of windsurfing, but he would like to improve his fitness through rowing. So, he attended the Galaxy Rowing Course together with his friends. Surprisingly, KK encountered in a talent scout, Franco (Cheng Chi Ming) to coach the course. "Franco is really a very good coach! After joining New Star Rowing Club, I can have regular rowing training so I am very happy and enjoy the club!" KK said.

##### HK Rowing: What are the attractive points of rowing to retain your interest to come to training?

**KK:** Sha Tin, is located at the central part in Hong Kong; both Sha Tin Rowing Center and Jockey Club Shek Mun Rowing Centre are close to MTR stations, so the location for training is relatively convenient. Also, the water quality of Shing Mun River is greatly improved and therefore I have no excuses to skip the practice! Most important is the New Star Rowing Club gathers a group of rowing friends with regular training, and proper supervision

and care given by the professional coaches. I feel it is safe and happy. That's why I keep my motivation to come to rowing for over a year.

##### HK Rowing: Have you found any changes after joining the rowing activity organized by the New Star Rowing Club?

**KK:** Initially, I dare not to row a single scull. But now, I can row by myself easily and confidently even after it grows dark in the evening, or row a double scull with other members. I feel very satisfied!

##### HK Rowing: Is there any other suggestion you would like to give to the Association?

**KK:** Most of the existing centre users in the Association are from the universities, but I hope rowing can become more popular. It is recommended to hold different kinds of activities so that more working people or the public can experience the fun of rowing. For example, family activities or something like a rowing marathon, such as 4 km row around the Shing Mun River race, etc. I believe it will attract more people to crowd along the Shing Mun River, thus to increase their interest in rowing.

#### 賽艇女粉絲Irene

另一女學員Irene同樣因為參加了賽協舉辦的賽艇延續課程，認識了教練Franco，繼而成為新星賽艇會創會以來最活躍的隊員之一。她興奮地表示中心地點方便，以業餘心態每星期定期一兩次進行賽艇訓練，出一身汗之餘亦能在教練指導下提升其賽艇技術。

#### 香港賽艇：你喜歡什麼賽艇活動或比賽？

**Irene：**Sea Trip(海上歷奇賽艇訓練)是一眾人十分喜愛的活動，一班人齊齊划艇出海，享受運動之餘又可以欣賞自然景色，實在一樂也！我希望賽協繼續給予支持及配合屬會，例如可舉辦一些小型比賽讓業餘人士參加，讓他們有著目標一齊努力練習；又可有男女混合比賽等，令樂趣增加！

#### Rowing Fans - Irene

Irene, another member of New Star - also because of her participating in the Galaxy Rowing Course organized by the Association, got to know her coach – Franco. She joined the New Star Rowing Club and has been one of the club's most active rowers since its foundation. She excitedly said that the location of the rowing centre is so convenient that she could have a regular basis for training once or twice a week; she enjoys sweating while under the guidance of the coach, and she could enhance her rowing technique.

#### HK Rowing: What is your favorite activity or competition in rowing?

**Irene:** Sea Trip is my favorite activity! It is so great that a group of people opt for rowing to the sea, enjoy the sport and also enjoy the natural scenery.

I hope the Association would continue to give support to the affiliated clubs such as organize some small competitions for amateur rowers so that they could work together with targeted practice as well as taking part in mixed competitions. I believe it will make rowing much more fun!

你都一樣得！  
想加入新星賽艇會，一嘗賽艇「新星」滋味？！請留意以下資料：

#### 加入資格：

1. 擁有3星雙獎的資格
2. 成為新星賽艇會的會員(會費每年\$100)
3. 成為中國香港賽艇協會中心使用者

#### 課程資料：

1. 水上訓練：逢星期六下午2:00-下午5:30
2. 陸上訓練：逢星期三晚上7:00-晚上8:30

#### You can also do it!

If you want to join the New Star Rowing Club, taste the fun of "Rowing Star", please note the following information:-

#### Qualification to join:

1. With Intermediate (Star 3) sculling qualification (Galaxy Course is available to obtain this qualification)
2. Become a member of the New Star Rowing Club with HK\$100 annual fee
3. Become a Centre User of the Hong Kong, China Rowing Association

#### Training Schedule:

1. Water Training – Every Saturday 2:00pm – 5:30pm
2. Land Training – Every Wednesday 7:00pm – 8:30pm





## 香港賽艇代表隊愈戰愈勇 Hong Kong Rowing Team Shines on the International Stage

2010年可謂香港賽艇代表隊豐收的一年！假斯洛文尼亞布萊德舉行的2011世界賽艇錦標賽是取得2012年倫敦奧運會入場券的首站，來自世界各地的隊伍於今年的國際賽事都有著激烈的競爭。在這種形勢下，港隊仍取得佳績，這意味著他們的實力及賽艇水平已和國際的頂級賽艇選水看齊。另外，於韓國華川舉行的第14屆亞洲賽艇錦標賽，港隊再下一城囊括多個獎項，實在令他們士氣大增！

當中男子雙人雙槳艇的賽艇新星關麒昌和鄧超萌在國際賽艇聯合會賽艇世界盃及世界U.23錦標賽中橫掃多個獎牌後愈戰愈勇。他們更在第14屆亞洲賽艇錦標賽奪得金牌，首次成為亞洲冠軍，成績實在令人鼓舞。

另一精英運動員蘇秀華亦於亞錦賽的輕量級男子單人雙槳艇項目成功奪得金牌，而他在世界錦標賽更排名第九，是歷年來在世界賽中排名最高的香港男子賽艇選手。

至於李嘉文雖然今年在國際賽上失落金牌，但她仍於輕量級及公開女子單人雙槳艇項目分別奪得銀牌的佳績。在輕量級男子雙人雙槳艇項目方面，駱坤海及梁俊碩亦在亞錦賽勇奪亞軍。另一邊廂，

除了富經驗的運動員在各項國際大賽中取得好

成績外，香港的賽艇界亦人才輩出；如陳梓厚、盧俊杰、龔萬鴻、鄧達成、張佩、盧欣鈴、毛雋恩及布倩瑜分別在第17屆亞洲青少年賽艇錦標賽的男女子四人雙槳艇項目，分別奪得銅牌的佳績，為香港賽艇隊寫下漂亮的新一頁。

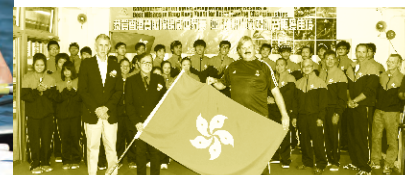
由此可見，港隊現時的實力日漸提升，各運動員無論在個人實力或於國際大賽的奪牌數目亦不斷增長。在此，賽艇協會祝願我們的代表隊在2012年繼續旗開得勝！

2011 was a very successful year for the Hong Kong Rowing Team.

The 2011 World Rowing Championships on Lake Bled in Slovenia was the first opportunity for rowers to qualify places for the 2012 London Olympic Games, meaning record entry levels and strong competition by teams from around the world. In this environment, our team's outstanding results clearly showed that Hong Kong rowers can compete at the top international levels and that we should aspire to greater success in the future. This view was further reinforced with high level performances at the 14th Asian Rowing Championships in Hwacheon, Korea.

Our new rowing stars in the Men's Pair, Kwan Ki Cheong and Tang Chiu Mang won Hong Kong's first-ever medal at a World Rowing Cup Regatta and our first-ever sweep boat medal at the World Rowing Under-23 Championships with a well-earned third placing. They followed up these outstanding achievements to capture the gold medal in the Men's Pair at the 14th Asian Rowing Championships to become Asian Champions.

Experienced elite rower, So Sau Wah, achieved the highest-ever world ranking for a Hong Kong male rower at the World Rowing Championships in Bled, Slovenia, taking 9th place in the Men's Lightweight Single Sculls. He added the title of Asian Champion with his gold medal in this same event at the Asian



Rowing Championships in Hwacheon, Korea.. Lee Ka Man narrowly missed the gold medal in this year's Asian Championships in difficult rough-water conditions, but still produced outstanding results to capture silver medals in both Lightweight and Open Women's Single Sculls events.

The men's Lightweight Double Sculls crew, Lok Kwan Hoi and Leung Chun Shek also successfully captured the silver medal in the Asian Rowing Championships.

In addition to the outstanding achievements of our experienced rowers, our Junior Team also had a good season., The Hong Kong Junior Men's quadruple sculls, Tang Tsz Hau, Lo Chun Kit, Kung Man Hung, Tang Tat Shing and Hong Kong Junior Women's quadruple sculls, Lo Yan Ling, Mo Chun Yan, Po Sin Yu and Cheung Pui both won bronze medals at the 17th Asian Junior Rowing Championships.

These results and the number of medals demonstrate that the standard of Hong Kong rowing has continued to improve. The Hong Kong, China Rowing Association congratulates

all rowers and coaches and wishes our team good rowing and success in 2012!



“知己知彼，百戰百勝”  
knowing your competitors'  
strengths as well as your own  
is the key to victory  
”





## 展能賽艇發展計劃 — 回顧與展望

# Adaptive Rowing Development Scheme – Review and Looking Forward

由2003年起，中國香港賽艇協會開展了展能賽艇發展計劃，在何劍輝女士帶領下，展能賽艇委員會繼而成立。此計劃在過去數年能以發展順利，全賴香港賽馬會慈善基金自2005年開始一直對計劃的資助。當中更有精英運動員曾代表香港出戰2008年北京殘疾人士奧運會的賽艇項目。另外，還有不少展能賽艇運動員在海外多個國際比賽勇奪多項獎牌。

透過此計劃，賽協能有效地把賽艇推廣至不同類別的展能人士，無論肢體殘障或是智力殘障，均有機會持續參與賽艇運動及傷健共融的比賽。

香港賽馬會慈善基金最近亦同意落實，從2012年起繼續資助此計劃三年，讓展能賽艇得以持續發展。

### 計劃的主要成就

#### 廣泛推廣賽艇予展能人士的社群

透過一連串的推廣活動及訓練課程，此計劃已成功讓合共1600名肢體及智力殘障的人士認識到賽艇運動；亦有超過40個合作伙伴加入此計劃。

#### 國際比賽的成績

香港展能賽艇運動員於國際比賽上屢獲佳績，其中包括：

(1) 2007年亞洲賽艇錦標賽 — 香港展能賽艇隊

於2007年，韓國舉辦的亞洲賽艇錦標賽獲得一面金牌及兩面銀牌。

(2) 2008年北京傷殘奧運會 — 香港展能賽艇隊的優秀運動員之一，曹萍小姐，於2008年北京傷殘奧運會展能女子單人雙槳項目上獲得參賽資格。

(3) 世界賽艇錦標賽 — 香港展能賽艇隊於2009年至2011年連續三年在世界賽艇錦標賽智障項目上獲得金牌。

(4) 2010亞洲殘疾人士運動會 - 曹萍小姐及畢熾揚先生分別於2010亞洲殘疾人士運動會展能女子單人雙槳項目及展能男子單人雙槳項目上獲得銅牌。陳嘉敏、陳婉華、郭永及鄭士隆於展能四人單槳有舵艇項目上獲得銀牌。

(5) 2011全中國運動會-香港展能賽艇隊於2011全中國運動會的四人單槳有舵艇智障項目上獲得銅牌。

#### 舉辦第一屆世界智障人士的室內賽艇錦標賽

首屆的智障人士世界室內賽艇錦標賽於2009年11月在香港成功舉行。這次活動是由中國香港賽艇協會及香港弱智人士體育協會聯合舉辦，合共6個國家/地區參與是次比賽。香港展能賽艇隊於錦標賽中更贏得兩金、三銀及兩銅之佳績。

#### 為殘障人士提供運動的機會

此計劃成功給予肢體及智力殘障人士提供了運

動的機會；他們透過該計劃的賽艇訓練和比賽，在生理和心理上均有所得益。在香港這個擁擠的城市環境裡，水上運動特別為這些人提供了嶄新和別具意義的體驗。

#### 未來三年計劃的主要重點

在未來三年，該計劃將主要集中在殘障人士的社區作廣泛賽艇推廣。因此，協會將積極工作與不同為殘障人士服務的組織，包括特殊學校共同合作，嘗試向更多的殘障人士推廣，以便向他們介紹賽艇運動。對賽艇有興趣的人士，賽協將會提供豐富的賽艇資訊，如初級賽艇訓練以及相關的比賽資料；對於那些在賽艇上擁有良好成績的人士，也將有機會參與海外的賽艇比賽。

The Hong Kong, China Rowing Association has been running its Adaptive Rowing Development Scheme since June 2003. Chaired by Ho Kim Fai, the Adaptive Rowing Committee of the Association was formed at that time to specifically work on this area of rowing development. With the very welcome financial support of the Hong Kong Jockey Club Charities Trust starting in 2005, the Scheme has been run very successfully over these years. In particular, one of the elite adaptive rowers successfully qualified for and took

part in the 2008 Beijing Paralympic Games Rowing Regatta. A number of adaptive rowers in the Scheme have also had the opportunity to compete in overseas competitions, including the inaugural Asian Para Games in Guangzhou in 2010, and have attained good results.

Through the Scheme, the Association has effectively introduced rowing to many people with physical and intellectual disabilities. They have also been provided with opportunities to continue take part in the sport of rowing, including integrated competitions.

The Hong Kong Jockey Club Charities Trust has recently agreed to support a new Adaptive Development programme for a period 3 years commencing in 2012, targeted at community development of rowing for people with disabilities.

#### Major Achievements of the Scheme

##### Extensive promotion of rowing within the community of people with disabilities

Through promotional activities and training courses, the sport of rowing has successfully been introduced to over 1,600 people with physical and intellectual disabilities. Over 40 partner agencies have been involved in the Scheme.

#### Results in international competitions

Our adaptive rowers achieved good results internationally, in particular, as follows:

(a) 2007 Asian Rowing Championships – The Hong Kong Adaptive Rowing Team won

one gold and two silver medals in the adaptive events of the 2007 Asian Rowing Championships in Korea.

(b) 2008 Beijing Paralympic Games – Ms. Cho Ping, one of the elite adaptive rowers, qualified for and took part in the 2008 Beijing Paralympic Games in the AS Women's Single Sculls.

(c) World Rowing Championships – The Hong Kong Adaptive Rowing Team won the gold medal in the "LTA ID Mixed Coxed Four" (for rowers with an intellectual disability) at the World Rowing Championships for three consecutive years in 2009 - 2011.

(d) 2010 Guangzhou Asian Para Games – Cho Ping and Puk Chi Yeung won bronze medals in AS Women's Single Sculls and AS Men's Single Sculls respectively. Yau Tak Hing and Lui Hiu Yu won the bronze medals in the TA Mixed double. Chan Kan Man, Ms. Chan Yuen Wah, Kwok Wing and Cheung Sze Lung won the gold medal in the LTA Mixed Coxed Four.

(e) 2011 All China Games - The Hong Kong Adaptive Rowing Team won the bronze medal in the LTA Mixed Coxed Four.

#### Hosting the 1st World INAS-FID Indoor Rowing Championships

The inaugural World Indoor Rowing Championships for people with intellectual disabilities was successfully held in November 2009 in Hong Kong. The event was co-organised by the Association and the Hong Kong Sports Association for the Mentally Handicapped. A total of six countries /

regions took part in the Championships. Hong Kong Adaptive Rowing Team won two gold, three silver, and two bronze medals in the Championships.

#### Sport Opportunities for People with Disabilities

The Scheme successfully provided opportunities for many people with physical and intellectual disabilities to live a sportive life. The Scheme participants benefited both physically and psychologically by taking part in rowing training and competitions. Water sport in particular provides a very new and meaningful experience for these people in Hong Kong's crowded urban environment.

#### Major Focus of the Scheme for Next 3 Years

In the next three years, adaptive rowing development will mainly focus on extensive promotion of rowing to the community of people with disabilities. As such, the Association will proactively work with different organizations including special schools in order to access as many people as possible to introduce the opportunity to participate in the sport of rowing. Those with an interest in rowing will be provided with rich rowing-related experiences, from elementary rowing training to competitions. Those with good potential will also have the chance to take part in overseas rowing competitions.







賽事回顧：第33屆香港賽艇錦標賽

## Event Review – The 33rd Hong Kong Rowing Championships

作為一年一度本地賽艇界最重要的賽事，本屆賽艇錦標賽吸引了來自日本、菲律賓、印度、新加坡、中華台北及澳門共13隊海外隊伍及賽艇精英來參加。而工商機盃及紀律部隊盃的參加人數更是歷屆之冠。值得一提的，是今年的比賽最年長的運動員高達65歲，他更在壯年組男子單人艇G組奪冠，實在是不容忽視！

雖然已踏入11月的初冬季節，但當日的氣溫及在場人士熱烈的歡呼和打氣聲令城門河的氣氛變得熾熱高漲！

要數當日最精采的賽事，當然不得不提公開組男子單人艇的世紀一戰！此賽事的金牌在過去七年一直是中華台北南投隊汪明輝的囊中物，但今年終於遇到強勁的對手了，他便是香港賽艇代表隊中最具豐富大賽經驗的羅曉峰。

比賽一開首羅曉峰已把握時間，一馬當先拋離汪明輝一個艇位，但到中段時汪明輝明顯開始發力，成功逐漸把距離越拉越近，到了最後300米更是叮嚀馬頭，距離相當接近。在場的觀眾無一不尖叫歡呼，到底是汪明輝成功蟬聯八年霸，還是本地薑羅曉峰能夠打破紀錄勇奪金牌？到了衝線的一刻，羅曉峰僅以6.65秒之差險勝對手，成功取得冠軍的寶座，為港爭光！

其次，備受矚目的賽事便落在另一賽艇代表李婉

賢(李嘉文妹)的身上。她在公開組女子雙人雙槳艇項目中首次伙拍2010廣州亞運代表湯少文便取得銀牌的佳績，成績實在令人鼓舞。

另外，李婉賢亦在公開組女子單人艇項目中發揮其高水準的表現，比賽開首已一直帶頭領先，最後不負眾望輕易取得金牌。

詳細的比賽結果已上載於協會的網頁內，此錦標賽得以成功全有賴各贊助商、工作人員、及嘉賓的全力支持，並有賴民政事務局(藝術及體育發展基金)的資助及康樂及文化事務處的協助舉辦。

協會在此特別鳴謝各嘉賓出席頒獎典禮，包括：中國香港體育協會暨奧林匹克委員會會長霍震霆太平紳士、中國香港賽艇協會的榮譽顧問鍾逸傑爵士及香港體育學院的院長李翠莎博士。

As an annual spectacle in local rowing, these Championships attracted 13 overseas teams from Japan, The Philippines, India, Singapore, Chinese Taipei and Macau. The Japan team included a number of Masters rowers, the oldest of whom was 65, demonstrating well the concept of a lifetime sport by winning the gold medal in the Masters G Single Sculls. The Championships also welcomed a record number of entries for the

Corporate Cup and Disciplinary Services Cup.

Even though the Championships were held in the cool conditions of November the passion and enthusiasm of the rowers and their supporters provided a warm atmosphere for the whole event.

Perhaps the most exciting race was the Men's Single Sculls, where, Hong Kong's most experienced Squad member, Law Hiu Fung, battled with Wong Ming Fei from Chinese Taipei who had taken the Championships title in this event for seven consecutive years. Everyone's eyes were focused on this race and no-one could wait to see who would be the victor! Law took a strong lead at the start, but in the middle of the race Wong quickly regained his pace and successfully shortened the distance between the two rowers. In the last 300 metres, they battled side-by-side until Law just squeezed into the lead to take victory by a narrow with 6.65 seconds.

The next focus of the Championships fell on another Hong Kong Squad member, Lee Yuen Yin (Lee Ka Man's sister). She was unlucky to



“知己知彼，百戰百勝”  
knowing your competitors'  
strengths as well as your own  
is the key to victory

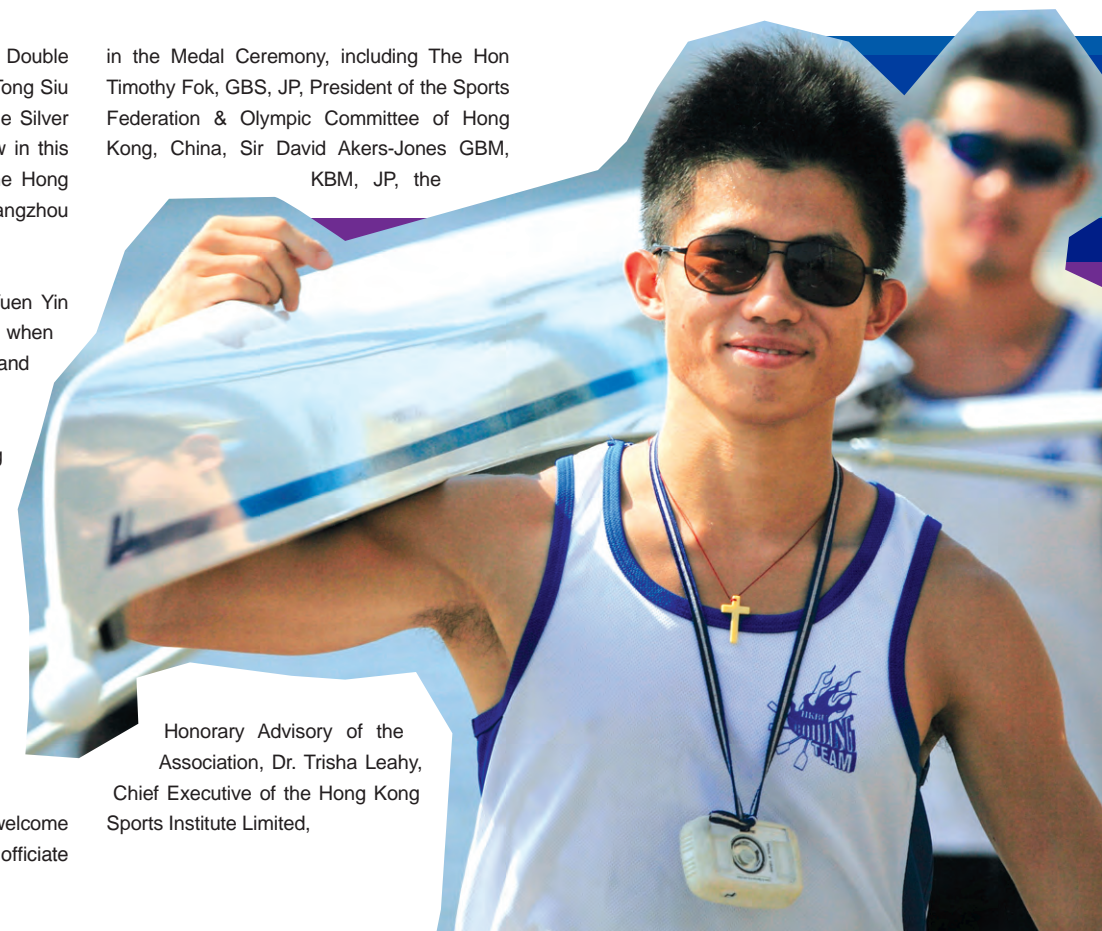
lose the gold medal in the Women's Double Sculls event but she and her partner Tong Siu Man were both very happy to take the Silver medal as it was their first time to row in this partnership. Tong Siu Man was in the Hong Kong Rowing Team for the 2010 Guangzhou Asian Games.

In the Women's Single Sculls, Lee Yuen Yin stamped her superiority on this event when she led the final from start to finish and impressively captured the gold medal.

The full results of the 2-day Hong Kong Rowing Championships are available on the Association's website. The event was well supported by the generosity of our sponsors and by official guests and supporters. The event was subvented by the Home Affairs Bureau (Arts and Sports Development Fund) and supported by the Leisure and Cultural Services Department

The Association was very pleased to welcome many VIPs to watch the racing and to officiate

in the Medal Ceremony, including The Hon Timothy Fok, GBS, JP, President of the Sports Federation & Olympic Committee of Hong Kong, China, Sir David Akers-Jones GBM, KBM, JP, the



Honorary Advisory of the Association, Dr. Trisha Leahy, Chief Executive of the Hong Kong Sports Institute Limited,



那些年，我們划過的城門河

## The Good Days, We Rowed on the Shing Mun River

**還**記得每年暑假你們為著全港大學賽艇錦標賽每天晚九朝九，不分晝夜的訓練嗎？還記得當年你們為大學隊所付出的汗與淚嗎？畢業後，繁忙的工作可能令你沒有時間和精神去接受如此刻苦的訓練，又或者現實生活已消磨了你對賽艇運動的熱情。但當在一年一度的全港大學舊生賽艇邀請賽中，我們看到各畢業生再次穿起大學隊的制服，拿起艇槳繼續為自己的大學隊而戰；原來那些年對賽艇的熱誠及與隊友之間的默契一直如昔，從沒有改變。

是次邀請賽的籌委會主席李志勇先生(阿勇)，同時亦曾是理工大學划艇隊的成員，畢業後仍致力參與及推廣賽艇活動，除了兼任理工大學舊生划艇隊的教練外，更主動為各舊生舉辦比賽，令各新、舊大學賽艇隊員聚首一堂，彼此交流賽艇心得和經驗。就讓阿勇與HK Rowing的讀者分享一下當日比賽的點滴:-

**HK Rowing:**可否介紹一下全港大學舊生賽艇邀請賽的背景？

**阿勇:**其實這個邀請賽原本是理工大學(理大)賽艇隊自行舉辦的內部活動，但之後我們陸續收到不同大學的意見，表示他們亦有興趣一起參與，比賽的名稱亦由「PolyU Internal Regatta」轉為「Interuniversities Regatta」。接著第二屆便由浸會大學賽艇隊主辦，今年第三屆便再由我們理大舊生會划艇隊主辦。

**HK Rowing:**我們看到今年的參加情況好像比往年踴躍，原因是什麼呢？

**阿勇:**是的，今年報名的人數的確比往年有顯著的增長，更加首次有7間大學共同派代表參與，參加人數約有170人。原因可能是比賽形式能吸引他們吧！因為我們是一個報名費任食任玩一整天，參加者可以不限次數報名參加不同的項目，另外報名費亦包括早餐及午餐招待，絕對超值！

**HK Rowing:**為何會有這樣特別的安排？

**阿勇:**與其說是邀請賽，不如說是一年一度舊生賽艇隊的嘉年華會。因為參與此比賽的運動員不單只是著重比賽成績，更重要是可以透過是次比賽藉此聯誼一番，重拾當日對賽艇的熱誠和開心的回憶。

**HK Rowing:**此邀請賽是否只接受大學的畢業生參加？

**阿勇:**不是的。其實此比賽的目的是鼓勵更多畢業生參加，但非畢業生也歡迎參與。好像今年亦有不同的屬會或現時在學的大學生一起參與；不過隨著參加人數的遞增，我們開始應付不了。所以來年我們也會重新檢視此比賽日後的方向。

**HK Rowing:**我們知道賽艇協會每年度也會舉辦大學賽艇錦標賽和香港賽艇錦標賽，那全港大學舊生賽艇邀請賽有什麼的不同呢？可否分享一下它舉辦的目的？

**阿勇:**其實我們一班畢業生在社會工作了數年後，各人都賺取了一些金錢，是可以花在參加其他的運動、消遣活動或偶然飯聚聯誼一下。但畢竟我們相識在艇會，彼此的友誼是在賽艇中建立，所以亦期望每年在艇會也有一個聚會，可以讓大家重溫以往我們大學隊時的開心回憶，因此此舊生邀請賽對我們來說是別具意義，與其他錦標賽的性質亦大大不同。

除了聚舊外，我們亦希望憑著有趣的比賽形式，能夠吸引一眾畢業生繼續參與支持賽艇活動；而我們最想看到的，是他們能夠帶領一班新晉的現任大學隊，以達至薪火相傳，讓賽艇技術延續下去。

Do you still remember the hard training for the Hong Kong Universities Rowing Championships in past summers, from nine to nine, from day to night? Do you remember the time you dedicated to your Rowing Team with sweat and tears? After graduation, your busy work schedule may have lead you to have no time and little energy to continue regular training or your passion for rowing might have been hard to sustain. But in the depths of your heart and soul your passion for rowing will be aroused when you pick up a blade and once again wear your team uniform to fight to be

champion as a part of your rowing team again!

Li Chi Yung (Yung), the Chairman of the Inter-universities Invitation Regatta, was a member of his University Rowing Team, and he has continued his dedication to the promotion and development of the sport of rowing after graduation. Yung served as the Chairman of the Polytechnic University (PolyU) Alumni Rowing Team for nearly 10 years and has organized many competitions for the alumni, encouraging graduate and current university rowing team members to come together to exchange their skills and experiences in rowing. It is our pleasure to invite Yung to share his experiences with Hong Kong Rowing:

**HK Rowing:** Would you please introduce the background of the Inter-universities' Invitation Regatta?

**Yung:** This regatta was originally organized as an internal activity for the rowers in PolyU. Since then we received comments from different universities, showing their interest to join the regatta. The opportunity to include other universities was welcomed so we changed the name of the "PolyU Internal Regatta" to "Inter-university Invitation Regatta". The second year's regatta was hosted by the Hong Kong Baptist University, and it is the turn of PolyU in its third year.

**HK Rowing:** We see the number of the participants has greatly increased this year. What are the reasons behind this increase?

**Yung:** Yes, we are pleased to see significant change in the number of the participants;

we are able to attract over 170 rowers from seven universities to join this year's event! The brand-new competition format might be the key attraction for them, as the participants could enroll to race in different events and can enjoy a breakfast and lunch reception by paying a fixed enrollment fee! It sounds really attractive, doesn't it?

**HK Rowing:** What are the reasons for this regatta to have such special arrangements?

**Yung:** It should be seen as an annual carnival rather than a kind of regatta. It is because we are not so focussed on the race result only; the most important objective is to enjoy the passion and happiness gained through the rowing in this friendly competition.

**HK Rowing:** Is it only the Alumni who are invited to participate?

**Yung:** Not at all. Of course, we aim to encourage more alumni to take part in this regatta, but other rowers are also welcome to join. In this year's event, we had some current university students and members of open clubs to join. However, we have to review the system and objectives of the regatta as we have found that it is already quite a heavy organizational workload in the view of the increasing number of participants.

**HK Rowing:** We know that each year there will be the University Rowing Championships and the Hong Kong Rowing Championships, so what is the difference between Inter-university Invitation

Regatta and those championships? Would you share with us the purpose for organizing this additional special event?

**Yung:** In fact, the graduates have started work after graduation and entered into society for several years and most of them may prefer to spend their money and time to participate in others sports or recreational activities. But after all, we'd prefer to gather all of us by the sport of rowing as our friendship was built up here, all the memories that came from rowing, so we look forward to joining this party every year! Therefore, this alumni regatta has its own special meaning which makes it very different from the other championships.

Apart from the gathering, we have tried to present this regatta in a much more interesting way to attract the alumni to keep rowing and to support the rowing activities. But above all, we would like to see that the alumni can lead the current university teams and hand on the torch to them, to see

the rowing skills and experiences continued year by year.







1. 賽艇年資
2. 如何開始接觸賽艇
3. 一個令你繼續賽艇的原因
4. 給各賽艇大學隊畢業生的說話

1. When did you start rowing?
2. How did you start rowing?
3. What is the reason you choose to keep rowing?
4. What would you like to say to the alumni?



**Toby**  
**香港中文大學學生**  
1. 2002年開始參與賽艇  
2. 中學時透過學校推廣認識賽艇，然後開始青訓一直賽艇至今。

3. 一來我很喜歡此運動，而現時又是賽艇協會的教練，賽艇已成為我生活的一部分。
4. 不能忘記城門河！

**Toby**  
**The student of Hong Kong Chinese University**  
1. I started rowing in 2002.  
2. I had my first rowing through the school rowing promotion programme, then started my training in the Youth Development Programme.  
3. I like this sport and I am now a full time coach in the HKCRA. Rowing becomes part of my life.  
4. Don't forget the Shing Mun River!



**阿勇**  
**香港理工大學舊生**  
1. 1994年開始參與賽艇  
2. 認識當時大學划艇隊的隊友，經他們介紹然後開始接觸賽艇。  
3. 好玩！當你投入大學隊的訓練時，你便會自然地想為大學隊有所付出。如培訓新人、籌辦比賽等，不知不覺就到現在。  
4. Enjoy the Race!

**Yung**  
**The Hong Kong Poly University Alumni**  
1. I started rowing in 1994  
2. One of my friends in the rowing team introduced rowing to me.  
3. It's fun. You would be eager to contribute yourself to the team when you are in university rowing team. Either training the new rowers or organizing the rowing events, I just keep doing it automatically until now!  
4. Enjoy the Race!

**阿朱**  
**香港大學舊生**  
1. 2006 年開始參與賽艇  
2. 大學上莊時認識到賽艇的朋友，當時又未有參加任何運動，便跟朋友一起開始賽艇訓練。  
3. 賽艇是一項很神奇的運動，大家都知道如要認真操練時真的很辛苦。但當八個人的節奏和默契能配合一致的時候，這種滿足感是不能言喻的。我們就是喜歡這感覺！  
4. Keep Rowing! 不要忘記我們的團隊精神！



**SJ**  
**嶺南大學舊生**  
1. 2007年開始參與賽艇  
2. 在宿舍認識嶺南划艇隊的朋友  
3. 我的大學朋友都是在艇會認識，所以經常藉著賽艇與一班隊友聚舊。另外又可持續運動的動力，因為繁忙的工作常令人不想運動，但與一班朋友一起賽艇的感覺就不一樣了。  
4. 不問付出，不問收穫！這是我們曾經在大學賽艇隊得到的滿足感，無論是體能上或精神上！



**Chu**  
**The University of Hong Kong Alumni**  
1. I started rowing in 2006  
2. I met the rowing team members when I joined a Student Organizing Committee of my own Department., I then joined the rowing team with my friends.  
3. Rowing is a wonderful sport. Everyone knows that the training for rowing is terribly tough and hard, but you will just become addicted to it.  
4. It is unspeakably exciting when the eight blades splash in sync and in perfect unison with your teammates. That's awesome, we just like it!  
5. Keep Rowing! Don't let our team spirit fade out!

**SJ**  
**Lingnan University Alumni**  
1. I started rowing in 2007  
2. I met rowing team members when staying at my dormitory.  
3. Most of my university friends were from the rowing team, so we always arrange some rowing reunion to keep up the motivation for exercise. I think our busy life may make it hard for us to take the initiative to do more exercise, but you will keep exercising if you don't do it alone.  
4. Don't ask what you can get, but what you can give! That's our spirit and passion in the university rowing team!

**阿銳**  
**香港科技大學舊生**  
1. 1994年開始參與賽艇  
2. 透過當時大學划艇隊的宣傳而認識賽艇  
3. 以前曾放低賽艇一段時間，但近年很想繼續鍛鍊身體，保持運動，因此再次重拾賽艇的訓練。賽艇是一項需要不斷進行訓練的運動，可幫助自己更有恆心和耐力去應付其他工作。  
4. 藉著賽艇，一來可與舊隊友聯誼，又可以繼續運動，保持健康。



**Vick**  
**香港浸會大學舊生**  
1. 1999年開始參與賽艇  
2. 在學校看到划艇隊宣傳的相片感到很有趣，然後加入大學隊嘗試賽艇。  
3. 我相信如對某件事抱有熱誠，無論如何你總可抽到時間出來參與的。以往參與賽艇，我是比較著重成績，但慢慢覺得能集合一班人，為著共同的目標一起去完成它，才是最大的滿足感。  
4. 我們希望能爭取更多的資源給舊生賽艇，大家不要放棄。

**Vick**  
**Hong Kong Baptist University Alumni**  
1. I started rowing in 1999  
2. I saw some photos in the rowing promotion day in Baptist University and felt that it's a very interesting sport, so I joined the rowing team until now!  
3. If you are passionate about what you like, you can still spend time on it no matter how busy you are. I was too focused on the results, but I started to change my mind, as it's not easy to gather a group of friends aspiring to the same goal and committed to achieve it. We all found that the friendship between the crew members is most important.  
4. We hope to fight for more resources for the alumni rowing crew, so don't give up our dream.

**阿豐**  
**香港城市大學舊生**  
1. 2006年開始參與賽艇  
2. 那時經大學同學介紹後覺得賽艇運動很有意思，又可與一班朋友一起玩。  
3. 日復日的工作令人變得很快，賽艇可以令我放鬆自己，閒時又可跟朋友聚舊。  
4. 雖然繁忙的工作令我們很難抽空練習，但若我們能偶然回來，看見大學隊一代接一代經歷著我們畢業生同樣的事情，你的感受會很深。



**Fung**  
**The City University of Hong Kong Alumni**  
1. I started rowing in 2006.  
2. My university friends introduced rowing to me, and I thought it was the most interesting and meaningful sport that I have ever played. Then I joined the rowing team later on.  
3. My day-to-day routine work just makes me lose the excitement in life, so I have to relieve myself through the joy of rowing and enjoy it with my friends.  
4. You should spend some time to come back to the rowing centre in spite of how busy you are, because you will be very impressed by the current university students whose just dedicate themselves to rowing as you did before. We actually share the same experience.







ROWING  
concept2.com

JOIN THE ROWING  
**REVOLUTION**

THE NEW MODEL **E** INDOOR ROWER



**ROWSport**

Address: Rm 601, Technology Park, 18 On Lai Street, Shatin, N.T., Hong Kong  
Tel: (852) 2648 4133 Website: <http://www.rowsport.com>  
Fax: (852) 2649 8374 Email: [info@rowsport.com](mailto:info@rowsport.com)