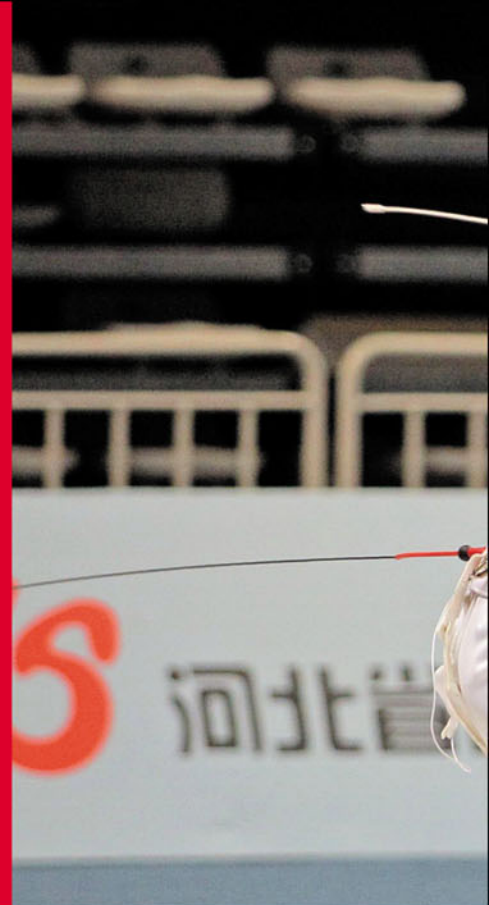


# 體育成就、 榮譽及獎項

## Sporting Achievements, Honours & Awards







## 體育成就 Sporting Achievements

二零一一/一二年度是香港體壇豐收的一年，精英及青少年運動員在第二十六屆世界大學生夏季運動會及第七屆全國城市運動會打破歷屆的獎牌紀錄，並在年度內贏得三個世界冠軍及29個亞洲冠軍。

The 2011/12 year was a fruitful year for Hong Kong sports, with both elite and junior athletes achieving record-breaking medal hauls at the 26<sup>th</sup> Summer Universiade and the 7<sup>th</sup> National Intercity Games, and bringing home three world and 29 Asian championship titles.

### 國際多項運動會

#### 第二十六屆世界大學生夏季運動會 (12-23.8.2011中國深圳)

香港派出歷來最龐大的代表團參加第二十六屆世界大學生夏季運動會，超過100名運動員參加15個體育項目的賽事，並破紀錄在田徑、劍擊及體操各奪得一面銅牌。

### Multi-Sport Games

#### 26<sup>th</sup> Summer Universiade (12-23.8.2011 Shenzhen, China)

Hong Kong sent its largest ever delegation to the 26<sup>th</sup> Summer Universiade, also known as the World University Games, with over 100 athletes participating in 15 sports. The athletes brought home a record 3 bronze medals, one each in athletics, fencing and gymnastics.



歐陽慧心（左三）於女子個人佩劍項目勇奪銅牌。  
Au Yeung Wai-sum (third from left) clinched a bronze medal in the women's individual sabre event.

左起：葉紹強、黎振浩、梁祺浩、何文樂充份發揮團隊合作精神，在男子4x100米接力項目奪銅。

From left: Yip Siu-keung, Lai Chun-ho, Leung Ki-ho and Ho Man-lok took bronze in the men's 4x100m relay event with an amazing display of teamwork.



黃曉盈（右）憑出色表現於女子跳馬項目取得一面銅牌。  
Wong Hiu-ying (right) won a bronze medal in the women's vault event with a stellar performance.



**第七屆全國城市運動會**  
(16-25.10.2011 中國南昌)

全國城市運動會（七城會）的目的，是推動城市體育事業的發展。香港派出217名運動員角逐七城會的18個決賽項目，並創下歷屆最佳成績。在為期10天的比賽中，香港的年青運動員在田徑、羽毛球、單車、劍擊及網球項目取得2金2銀2銅佳績。

**7<sup>th</sup> National Intercity Games**  
(16-25.10.2011 Nanchang, China)

Hong Kong had its best-ever performance in the National Intercity Games, whose goal is to promote sports development across the cities of China. Hong Kong sent 217 athletes to compete in 18 final-round events in the 7<sup>th</sup> edition of this intercity sports competition. In the 10 days of competition, Hong Kong's young athletes won 2 gold, 2 silver and 2 bronze medals in athletics, badminton, cycling, fencing and tennis.



單車選手梁峻榮（中）和何柏爾於男子公路個人賽分別為香港奪得首面金牌和銅牌。  
Cyclists Leung Chun-wing (middle) and Burr Ho won the first gold and bronze medals respectively for Hong Kong in the men's individual road race event.

網球運動員楊柏朗於男子單打項目摘銀。  
Tennis player Yeung Pak-long won a silver medal in the men's singles event.



羽毛球運動員伍家朗於男子單打項目封王。  
Badminton athlete Ng Ka-long was crowned champion in the men's singles event.



短跑運動員吳家鋒（左一）於男子100米項目為港增添一面銀牌。  
Sprinter Ng Ka-fung (far left) added a silver medal for Hong Kong in the men's 100m event.

劍擊運動員陳皓然、崔浩然（左）、譚鈺宏和楊子加於男子花劍團體奪銅。  
Fencers Chan Ho-yin, Nicholas Choi (left), Tam Yuk-wang and Yeung Chi-ka won a bronze medal in the men's foil team event.





## 國際比賽

### 精英體育項目

#### 田徑

田徑隊展現了能與亞洲區勁旅一較高下的實力。由黎振浩、吳家鋒、鄧亦峻與徐志豪組成的男子4x100米接力隊，在第十九屆亞洲田徑錦標賽取得歷史性的銀牌。此外，黎振浩亦於第五屆亞洲室內田徑錦標賽奪得60米銀牌，成績卓越。

#### 羽毛球

年度內，成年隊表現穩健，在2011印度公開賽摘下三面銅牌，包括胡贊的男單銅牌、葉焯延的女單銅牌，以及潘樂恩和謝影雪的女雙銅牌。潘謝組合在2011日本公開賽再下一城，取得一面銅牌。

青少年隊的成績亦不遑多讓，張雁宜與李晉熙的組合在2012德國青少年賽奪得混雙金牌，而譚進希及袁倩滢則於2012荷蘭青少年賽取得混雙銀牌。

#### 桌球

成年隊在世界桌壇取得突破表現，由傅家俊及馮國威組成的男子隊於2011 斯諾克世界杯取得歷史性的團體賽季軍。

女子隊亦同樣大放異彩，余晶晶在2011女子英國北部錦標賽贏得女單銀牌，而葉蘊妍則在2012女子英國南部排名賽第四及第五站個人項目各奪一面銀牌。



左起：黎振浩、鄧亦峻、吳家鋒和徐志豪（田徑）  
From left: Lai Chun-ho, Tang Yik-chun, Ng Ka-fung and Tsui Chi-ho (athletics)

## International Competitions

### Elite Sports

#### Athletics

The athletics team proved that they have what it takes to compete with the best teams from around the region. The men's 4x100m relay team, comprising Lai Chun-ho, Ng Ka-fung, Tang Yik-chun and Tsui Chi-ho, won a historic silver medal at the 19<sup>th</sup> Asian Athletics Championships. Lai Chun-ho also won an individual silver medal in the men's 60m event at the 5<sup>th</sup> Asian Indoor Athletics Championships.

#### Badminton

The senior team had a strong year, winning 3 bronze medals at the India Open 2011, Hu Yun in the men's singles, Yip Pui-yin in the women's singles, and Poon Lok-yan and Tse Ying-suet in the women's doubles. Poon and Tse also won a bronze medal at the Yonex Open Japan 2011.

The junior team finished the year with solid results, with Cheung Ngan-yi and Lee Chun-hei winning a gold medal in the mixed doubles at the German Junior 2012, and Tam Chun-hei and Yuen Sin-ying a silver in the mixed doubles at the Yonex Dutch Junior 2012.

#### Billiard Sports

The senior men's snooker team, comprising Fu Ka-chun and Fung Kwok-wai, achieved breakthrough results at the world level, winning a historic bronze medal in the team event at the PTT EGAT World Cup of Snooker 2011.

The ladies' team likewise performed well, with Yu Ching-ching winning a silver medal in the women's singles at the WLBSA Northern Championship 2011, and Ip Wan-in capturing a silver medal in the individual event at both the prestigious UK Ladies Southern Classic 2012 and the UK Ladies Connie Gough 2012.



胡贊（羽毛球）  
Hu Yun (badminton)



余晶晶（桌球）  
Yu Ching-ching (billiard sports)

## 單車

李慧詩在世界盃場地賽第四回合分別於女子凱林賽及爭先賽摘下銀牌及銅牌，該賽為倫敦2012奧運會的測試賽。此外，李慧詩憑著出色的表現，於二零一一年/一二年賽季榮登爭先賽項目世界排名第一。

單車隊在亞洲錦標賽創下歷來最佳成績。在第三十二屆亞洲單車錦標賽，成年隊取得6金，當中領軍成員之一李慧詩分別贏得爭先賽及500米計時賽金牌及凱林賽銅牌，而其他金牌功臣則包括男子公路賽的黃金寶、男子麥迪遜賽的張敬樂及蔡其皓、女子記分賽的黃蘊瑤，以及女子捕捉賽的刁小娟。青少年隊的成績也旗鼓相當，在第十九屆亞洲青少年單車錦標賽摘下4金，當中梁峻榮獨取3金，成績彪炳。

## 劍擊

劍擊隊在年度內表現出眾，成年隊及青少年隊除於第二十六屆世界大學生夏季運動會及第七屆全國城市運動會取得獎牌外，在2011亞洲劍擊錦標賽面對區內頂尖好手，仍能保持傑出成績，在男子花劍及佩劍團體項目，以及女子重劍及花劍團體項目共摘下4面銅牌。

## Cycling

At the UCI World Track Cup, Series 4, a test event for the London 2012 Olympic Games, Lee Wai-sze won a silver and a bronze medal in the elite women's keirin and sprint events respectively. She was finally ranked world number one in the sprint event in the 2011/12 season.

The cycling team had its best-ever results in the Asian championships. At the 32<sup>nd</sup> Asian Cycling Championships, the senior cyclists won 6 gold medals, led by Lee Wai-sze, who won 2 gold and 1 bronze in the women's sprint, 500m time trial and keirin events respectively. Also taking gold were Wong Kam-po in the men's road race, Cheung King-lok and Choi Ki-ho in the men's madison, Wong Wan-yiu in the women's points race, and Diao Xiaojuan in the women's scratch. The junior team won 4 gold medals in the 19<sup>th</sup> Asian Junior Cycling Championships, with Leung Chun-wing winning 3 of them.

## Fencing

The fencing team displayed consistent performance throughout the year. In addition to the medal success of both senior and junior fencers at the 26<sup>th</sup> Summer Universiade and the 7<sup>th</sup> National Intercity Games, the team delivered solid results in the face of stiff competition from top fencers in the region, winning 4 bronze medals in team events – men's foil, men's sabre, women's epee and women's foil – at the Asian Fencing Championships 2011.



黃金寶 (前, 單車)  
Wong Kam-po (front, cycling)



香港劍擊隊  
Hong Kong fencing team



### 體操

在重返體院精英培訓計劃的首個年度，體操隊有一個好的開始。繼在第二十六屆世界大學生夏季運動會登上頒獎台後，黃曉盈再於2011全國體操冠軍賽取得女子跳馬銀牌。在2012泛太平洋體操錦標賽，石偉雄奪得男子跳馬冠軍，而黃曉盈則在女子跳馬添銀。

### 空手道

成年及青少年隊在亞洲錦標賽的比賽表現穩定，為香港贏取4面獎牌。在第十屆亞洲空手道錦標賽，張均樂與李嘉維分別贏得成年組男子組手55公斤以下與84公斤以下級別的亞軍。在第十一屆亞洲青少年空手道錦標賽，周湛皓及沈柏蕙分別取得少年組男子型及青年組女子組手48公斤以下級別銅牌。

### 賽艇

後起之秀關騏昌與鄧超萌在世界級賽事取得突破成績，於2011廿三歲以下世界賽艇錦標賽奪得男子輕量級雙人單槳艇銅牌，為香港在該賽中歷史性取得首面獎牌。

在第十四屆亞洲賽艇錦標賽，關騏昌與鄧超萌再接再厲，在男子公開組雙人單槳艇稱冠；另一面金牌則由蘇秀華在男子輕量級單人艇項目奪得。此外，李嘉文亦於女子輕量級及公開組單人艇取得兩面銀牌，而梁俊碩則夥拍駱坤海在男子輕量級雙人雙槳艇項目奪亞。

### Gymnastics

In their first year after returning to the HKSI's Elite Training Programme, the gymnastics team headed off to a good start in 2011/12. Coming off a podium performance at the 26<sup>th</sup> Summer Universiade, Wong Hiu-ying continued her good form at the National Individual Championships of Artistic Gymnastics 2011, winning a silver medal in the women's vault. At the Pacific Rim Gymnastics Championships 2012, Shek Wai-hung won a gold medal in the men's vault, while Wong Hiu-ying added another silver medal to her tally in the women's vault.

### Karatedo

The senior and junior teams continued their steady performance at the Asian championships level, bringing home 4 medals. At the 10<sup>th</sup> AKF Senior Championships, Cheung Kwan-lok and Lee Ka-wai each won a silver medal in the senior male kumite below 55kg and below 84kg events respectively. At the 11<sup>th</sup> AKF Junior & Cadet Championships, Chow Cham-ho and Shum Pak-wai each won a bronze medal in the cadet male kata and junior female kumite below 48kg events respectively.

### Rowing

Up-and-coming rowers Kwan Ki-cheong and Tang Chiu-mang achieved breakthrough results at the world level, winning Hong Kong's first-ever bronze medal at the World Under 23 Rowing Championships 2011 in the men's lightweight pair event.

The pair also triumphed at the 14<sup>th</sup> Asian Rowing Championships, winning gold in the men's open pairs event, while So Sau-wah captured another gold for Hong Kong in the men's lightweight singles event. Lee Ka-man, meanwhile, won 2 silver medals, one in the women's lightweight singles and one in the open singles, and Leung Chun-shek and Lok Kwan-hoi won a silver medal in the men's lightweight doubles.



石偉雄 (體操)  
Shek Wai-hung (gymnastics)



左起：李嘉維和張均樂 (空手道)  
From left: Lee Ka-wai and Cheung Kwan-lok (karatedo)



左起：鄧超萌和關騏昌 (賽艇)  
From left: Tang Chiu-mang and Kwan Ki-cheong (rowing)

## 壁球

壁球隊在年度內取得輝煌的成績，女將歐詠芝繼於第十六屆亞洲壁球個人錦標賽在女子單打賽事勇奪銀牌後，在2011蒙地卡羅壁球賽及2012馬來西亞壁球公開賽再添兩面女子單打銀牌，以及在2011國泰航空新鴻基金金融香港壁球公開賽摘下女子單打季軍。此外，歐詠芝在二零一一/一二年度取得個人突破，成為首位晉身世界排名前10位的香港壁球運動員。

青少年隊的表現亦同樣優異，在第十八屆亞洲青少年個人壁球錦標賽奪得2金1銀2銅的佳績。在2011世界青少年女子壁球錦標賽，由蔡宛珊、何嘉寶、何子樂及李嘉兒組成的女子隊繼續有高水準表現，摘下團體賽銅牌。

## 游泳

在二零一一年十月舉行的2011世界盃短池賽迪拜站，香港泳手首次奪金，由黃錯威及施幸余分別在男子200米自由泳及女子100米個人混合泳榮登冠軍寶座。二人亦在男子100米以及女子100米及200米自由泳贏得三面銅牌。

在第七屆亞洲分齡游泳錦標賽，青少年隊以5金6銀1銅載譽而歸，當中吳鎮男在男子15至17歲組別的100米蝶泳，以及50米、100米及200米自由泳獨攬4金。



歐詠芝 (前, 壁球)  
Au Wing-chi (front, squash)

## Squash

The squash team made significant achievements in the year. At the 16<sup>th</sup> Asian Individual Championships, Au Wing-chi won a silver medal in the women's singles. She won 2 more silver medals, one at the Monte Carlo Classic 2011 and one at the CIMB Nicol David KL Open Squash Championships 2012, and a bronze medal at the Cathay Pacific Sun Hung Kai Financial Hong Kong Open 2011. The 2011/12 year also marked a breakthrough year for Au, who became the first Hong Kong squash player to break into the top-10 in the women's world ranking.

At the 18<sup>th</sup> Asian Junior Individual Championships, the junior team took home 2 gold, 1 silver and 2 bronze medals. At the World Junior Women's Championships 2011, the junior girls' team, comprising Choi Uen-shan, Ho Ka-po, Ho Tze-lok and Lee Ka-yi, continued their excellent form, winning a bronze medal.

## Swimming

In October 2011, Hong Kong swimmers won gold medals for the first time at the FINA Swimming World Cup Series in Dubai, with Wong Kai-wai and Sze Hang-yu respectively winning the men's 200m freestyle and women's 100m individual medley events. They also took home 3 bronze medals from Dubai, in the men's 100m freestyle, and the women's 100m and 200m freestyle events.

At the 7<sup>th</sup> Asian Age Group Swimming Championships, the junior team brought home 5 gold, 6 silver and 1 bronze medal, with Ng Chun-nam leading the tally with 4 golds in the boys' 100m butterfly, and the 50m, 100m and 200m freestyle events (15 to 17 years).



左起：施幸余和黃錯威 (游泳)  
From left: Sze Hang-yu and Wong Kai-wai (swimming)



### 乒乓球

成年隊在國際比賽繼續大放異彩，在2011世界乒乓球錦標賽，張鈺與姜華珺在混合雙打摘下銅牌，而姜華珺亦夥拍帖雅娜取得女子雙打季軍。球隊年內的佳績還包括贏得2012世界團體乒乓球錦標賽女團銅牌，以及在第二十屆亞洲乒乓球錦標賽男子雙打及女子雙打項目摘下兩面銅牌。

二零一一/一二年度亦是青少年隊豐收的一年，在2011亞洲青少年乒乓球錦標賽贏得3面銅牌。另外，由杜凱榮、李清韻、吳嘉儀及蘇慧音組成的青少年女子隊在2011世界青少年乒乓球錦標賽取得女團季軍。

### 保齡球

年度內，胡兆康與曾德軒於2011亞洲保齡球巡迴賽總決賽贏得男子組金牌與銀牌，是香港保齡球運動員首度在該巡迴賽總決賽中包辦前兩名。此外，胡兆康亦於2011 AMF澳洲大師賽摘下男子優秀賽金牌，以及在第九屆科威特國際公開賽奪得公開優秀賽季軍。

### 三項鐵人

青少年三項鐵人運動員在年度內成績良好，顯示進一步發展的強大潛力。在2011菲律賓ITU三項鐵人亞洲杯，羅亮添及李祉熹包辦男子精英青年組冠軍及季軍。在2011 OSIM新加坡國際三項鐵人賽，黃俊堯摘下男子青年三項鐵人金牌。



胡兆康 (保齡球)  
Wu Siu-hong (tenpin bowling)

### Table Tennis

The senior table tennis team made significant achievements on the world stage. At the World Table Tennis Championships 2011, Cheung Yuk and Jiang Huajun won a bronze medal in the mixed doubles event, while Jiang partnered with Tie Yana to win another bronze medal in the women's doubles event. The women's team continued the success at the Liebherr World Team Table Tennis Championships 2012 with a bronze-medal finish. At the 20<sup>th</sup> Asian Table Tennis Championships, the team also won 2 bronze medals in the men's doubles and the women's doubles events.

The junior team also had an exceptional year, winning 3 bronze medals at the Asian Junior Championships 2011. At the Volkswagen World Junior Table Tennis Championships 2011, the junior girls' team, comprising Doo Hoi-kem, Li Ching-wan, Ng Ka-ye and Soo Wai-yam, won a bronze medal.

### Tenpin Bowling

Wu Siu-hong and Tseng Tak-hin won the gold and silver medal respectively in the men's events at the ABF Tour 2011 – Tournament of Champions, marking the first time for Hong Kong to win the top two places in the ABF Tour Finals. Wu Siu-hong also won a gold medal in the men's masters event at the AMF Australian Masters 2011, and a bronze medal in the open masters event at the 9<sup>th</sup> Kuwait International Open.

### Triathlon

The junior triathletes produced some promising results in the year, showing great potential for future development. In the Subic Bay ITU Triathlon Asian Cup 2011, Law Leong-tim won the gold medal in the junior elite male event, while Li Tsz-hei took bronze. In the OSIM Singapore International Triathlon 2011, Perry Wong won the gold medal in the triathlon junior boys' event.



張鈺 (乒乓球)  
Cheung Yuk  
(table tennis)

香港三項鐵人隊  
Hong Kong  
triathlon team





### 滑浪風帆

滑浪風帆隊在亞洲區表現強勁實力，在2012亞洲滑浪風帆錦標賽勇奪9面獎牌，包括梁灝雋與鄭俊傑分別在RS:X男子組與男子青年組項目贏得的兩面金牌，以及在其他項目取得的3銀4銅。在第十五屆亞洲帆船錦標賽，馬翊球奪得男子平底板冠軍。

### 武術

武術運動員繼續在國際比賽取得驕人成績。在第十一屆世界武術錦標賽，耿曉靈與賀敬德分別在女子棍術及男子南棍取得金牌，而鄭仲恒、梁家瑋及鄧少剛則在男子對練項目封王。武術隊在賽事中另取得6銀2銅，實力不容置疑。

青少年運動員在第六屆亞洲青少年武術錦標賽亦有出色表現，共贏得6金7銀1銅的佳績，當中陳卓琳個人獨取女子乙組24式太極拳及32式太極劍兩面金牌。

### Windsurfing

The windsurfing team remained a strong contender in the region, winning 9 medals, including 2 gold by Leung Ho-tsun and Cheng Chun-leung in RS:X men's and RS:X youth men's events respectively, as well as 3 silver and 4 bronze, at the Pattaya City Asian Windsurfing Championships 2012. At the 15<sup>th</sup> Asian Sailing Championships, Ma Yik-kau won the gold medal in the IMCO men's event.

### Wushu

The wushu athletes continued to achieve remarkable international results at the world level. At the 11<sup>th</sup> World Wushu Championships, Geng Xiaoling and He Jingde each won a gold medal in the women's gunshu and the men's nangun events respectively, while Cheng Chung-hang, Leung Ka-wai and Tang Siu-kong were crowned champions in the men's dual event. The team also captured 6 silver and 2 bronze medals at the competition.

The junior athletes also excelled at the 6<sup>th</sup> Asian Junior Wushu Championships, winning 6 gold, 7 silver and 1 bronze medal, with Chan Cheuk-lam leading the medal tally with 2 individual gold medals in women's 24 forms taijiquan B and 32 forms taijijian B events.



香港滑浪風帆隊  
Hong Kong windsurfing team

左起：鄧少剛、鄭仲恒和  
梁家瑋（武術）  
From left: Tang Siu-kong,  
Cheng Chung-hang and  
Leung Ka-wai (wushu)





### 個別精英運動員資助計劃下之體育項目

香港青少年網球運動員除於第七屆全國城市運動會創下佳績外，在國際比賽中亦有出色表現，憑趙炫德、黃俊鏗及楊柏朗在2011青少年台維斯盃 - 亞洲/大洋洲預賽奪得團體第三名。另外，葉澄亦於亞洲青少年網球錦標賽第一組別摘下女子單打銅牌。

### 殘障人士體育項目

年度內，香港智障運動員在田徑、室內賽艇、游泳及乒乓球項目的世界錦標賽中載譽而歸，共奪得11金9銀8銅。

傷殘運動員在多個國際賽事亦表現優秀，當中保齡球運動員袁詠珊在第四屆IBSA世界保齡球錦標賽摘下女子全能賽銅牌。另外，輪椅劍擊隊在2011 IWAS輪椅劍擊世界錦標賽取得4金，以及在IWAS輪椅劍擊世界盃加拿大、意大利、波蘭、匈牙利及德國分站賽事共取得5金8銀10銅的佳績。

體院獎學金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。

### Sports Supported Under the Individual Athletes Support Scheme

In addition to medal success at the 7<sup>th</sup> National Intercity Games, Hong Kong's tennis juniors made a strong showing in international competitions, with Cho Hyun-duk, Wong Chun-hun and Yeung Pak-long winning the bronze medal in the team event at the Junior Davis Cup by BNP Paribas 2011 Asia/Oceania Final Qualifying, and Ip Cheng the bronze medal in the girls' singles in the Asian Closed Junior Tennis Championships (GB1).

### Sports for Athletes with Disabilities

Hong Kong's athletes with intellectual disabilities returned in triumph from the world championships, winning 11 gold, 9 silver and 8 bronze medals in athletics, indoor rowing, swimming and table tennis.

Athletes with physical disabilities likewise performed well on the world stage, with tenpin bowler Yuen Wing-shan winning a bronze medal at the 4<sup>th</sup> IBSA World Tenpin Bowling Championships, and the wheelchair fencing team capturing 4 gold medals in the IWAS Wheelchair Fencing World Championships 2011. Hong Kong's wheelchair fencers also won 5 gold, 8 silver and 10 bronze medals at the IWAS Wheelchair Fencing World Cup events in Canada, Italy, Poland, Hungary and Germany.

The major achievements of HKSI Scholarship Athletes at Multi-Sport Games and international competitions are detailed in Annexes 1 and 2.



楊柏朗 (網球)  
Yeung Pak-long (tennis)

袁詠珊 (保齡球 - 香港殘疾人奧委會暨傷殘人士體育協會)  
Yuen Wing-shan (tenpin bowling, Hong Kong Paralympic Committee & Sports Association for the Physically Disabled)



陳敏珪 (中, 田徑 - 香港弱智人士體育協會)  
Chan Man-kok (middle, athletics, Hong Kong Sports Association for the Mentally Handicapped)