

體育  
榮譽

Sporting  
Honours

成就、  
及獎項

Achievements,  
& Awards







## 體育成就 Sporting Achievements

任何一個體育系統，都會視運動員在國際體壇取得的成績為一個重要的表現指標。一直以來，體院以提供切合運動員需要的優質支援服務為首要的工作，讓他們全情投入備戰各項國際大型體育賽事。尤其在體院進行重置及重建期間，體院更致力與有關政府部門及團體商討訓練場地及支援服務的新安排，務求在重置期間仍能提供最完善的環境讓運動員如常進行常規訓練。

### 國際多項運動會

香港精英運動員於二零零七/零八年度的大型運動會表現突出，取得共16面金牌凱旋而歸。女子游泳隊於第二屆亞洲室內運動會所向披靡，贏得11金5銀3銅的佳績，其中蔡曉慧的表現最為突出，獨取8金。男子游泳隊亦勇奪3面銅牌，青少年運動員湯嘉珩則憑著出色表現，在女子200米自由泳取得一面銅牌。此外，男子小輪車運動員王史提芬於第六屆全國城市運動會單車賽贏得一面金牌。



左起：歐鑽淳、蔡曉慧、韋漢娜和施幸余  
From left: Au Hoi-shun, Tsai Hiu-wai, Hannah Wilson and Sze Hang-yu

Elite athletes' sporting achievements in the international arena are important performance indicators for any sports system. The HKSI has always given top priority to the provision of high quality support services for Hong Kong athletes in preparation for major international events. Especially during the reprovisioning and redevelopment period, the HKSI strives to liaise with all related departments and parties to rearrange training venues and supporting services in order to optimise athletes' regular training in the reprovisioned environment.

### Multi-Sport Games

Hong Kong elite athletes performed well in Multi-Sport Games during 2007/08, bringing home a total of 16 gold medals. The women's swimming team blazed to glory at the 2<sup>nd</sup> Asian Indoor Games with 11 gold, 5 silver and 3 bronze medals, of which Tsai Hiu-wai won an incredible 8 gold medals during the Games. The men's swimming team also won 3 bronze medals, while junior athlete Town Ka-hang won a bronze medal for her performance in the women's 200m freestyle. Meanwhile, men's BMX athlete Steven Wong won a gold medal in the 6<sup>th</sup> National Cities Games.



## 國際比賽

### 精英體育項目

#### 羽毛球

王晨積極備戰北京2008奧運會，期間奪得2007世界錦標賽銀牌，並在2007亞洲羽毛球錦標賽取得銅牌。

青少年男女子代表隊亦表現卓越。年度內，黃永棋於2008德國青少年公開賽男子單打中贏得一面銀牌，並與陳祉嘉於2008荷蘭青少年公開賽混合雙打項目再摘1銀，而陳祉嘉於同一賽事的單打項目取得一面銅牌，並與陳虹蓉於女子雙打中再奪一面銅牌。

#### 單車

本年度，單車代表隊繼續取得進步，王史提芬於第二屆亞洲小輪車錦標賽男子小輪車越野賽贏得一面金牌。在2007亞洲單車錦標賽中，黃蘊瑤於女子24公里計分賽摘下一面銀牌，而陳振興則於男子196公里個人公路賽取得一面銅牌。

在第十三屆亞洲山地自行車錦標賽中，香港單車代表陳振興及崔敬珉分別於越野賽和落山賽各取1銅。



左起：張敬煒、鄧宏業、郭灝霆和黃金寶  
From left: Cheung King-wai, Tang Wang-yip, Kwok Ho-ting and Wong Kam-po

#### 劍擊

劍擊隊在國際比賽中繼續有出色的表現。周梓淇於2007國際劍聯格蘭披治女子佩劍世界盃中，奪得一面女子佩劍銀牌。於亞洲劍擊錦標賽中，女子隊在重劍團體及佩劍團體項目中，取得2面銅牌，而男子隊亦於花劍團體奪得銅牌。

## International Competitions

### Elite Sports

#### Badminton

Wang Chen continued her preparations for the Beijing 2008 Olympic Games by winning a silver medal at the World Championships 2007, and a bronze medal at the Asian Badminton Championships 2007.

The junior squad also performed well in both women's and men's teams. Wong Wing-ki won 2 silver medals during the year, in the men's singles at the German Junior 2008 and in the mixed doubles with Chan Tsz-ka at the Dutch Junior International 2008. Chan Tsz-ka also won a bronze medal in the women's singles at the same tournament, and a second bronze in the women's doubles with Chan Hung-yung.



王晨  
Wang Chen

#### Cycling

The cycling team continued to make progress during the year, with Steven Wong winning a gold in the men's BMX race at the 2<sup>nd</sup> Asian BMX Championships. Wong Wan-yiu won a silver in the elite women's 24km points race at the Asian Cycling Championships 2007. At the same Championships, Chan Chun-hing won a bronze medal in the elite men's 196km road race.

At the 13<sup>th</sup> Asian MTB Championships, Chan Chun-hing won a bronze in the cross country event, and Tsui King-man won a bronze in the downhill.

#### Fencing

The fencing team continued to perform well in international competition. Chow Tsz-ki won a silver in the women's sabre during the 2007 FIE Women's Sabre World Cup Grand Prix. The women's team also won 2 bronze in the team epee and team



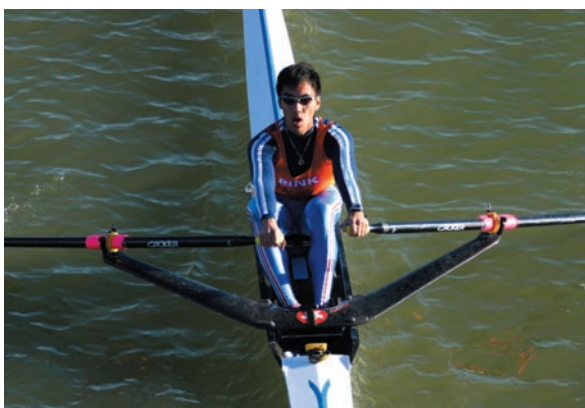
左起：劉曉雯、方怡德、何笑妍和歐倩瑩  
From left: Lau Hiu-man, Fong Yi-tak, Ho Siu-in and Au Sin-ying

青少年劍擊隊於亞洲青少年劍擊錦標賽中，同樣表現出眾。除了在女子佩劍團體項目取得銀牌外，劍擊隊在女子重劍(少年)、女子重劍(團體)、女子佩劍(少年)及女子佩劍(青年)項目中，共奪得4面銅牌。方怡德憑著出色的表現，於女子佩劍(少年)項目亦取得一面銀牌。

### 賽艇

賽艇隊於第十二屆亞洲賽艇錦標賽取得2面銀牌。鄒廣榮及蘇秀華在男子輕量級雙人艇項目，以及李嘉文於女子公開組單人艇項目中各摘1銀。李嘉文及羅曉鋒亦分別於女子及男子輕量級單人艇項目取得一面銅牌。於第十四屆國際賽艇協會隊際賽中，梁俊碩及駱坤海亦在激烈競爭中取勝，於男子輕量級雙人艇項目贏得銅牌。

青少年賽艇隊於第十三屆亞洲青少年賽艇錦標賽表現卓越，於青少年男子四人單槳艇、青少年女子四人單槳艇及青少年女子單人艇項目中均贏得銀牌。賽艇代表隊亦於青少年男子雙人艇項目中奪得銅牌。



羅曉鋒  
Law Hiu-fung

### 壁球

陳浩鈴、趙詠賢、麥珮軒及吳嘉韻一同奪得第十四屆亞洲壁球錦標賽女子團體銀牌。趙詠賢更贏得女子單打銀牌，而麥珮軒則取得銅牌。

青少年壁球代表隊的歐詠芝亦於兩項重要的青少年國際比賽中贏得獎牌。她於英國青少年公開賽2008十九歲以下女子組別奪得一面銀牌，成為首位在這項比賽獲獎的香港運動員，並於2007世界女子青少年壁球錦標賽女子單打贏得銅牌。她亦是繼趙詠賢於一九九七年取得世界女子青少年壁球錦標賽銅牌後，第二位獲此佳績的本地壁球運動員。

sabre respectively at the Asian Fencing Championships, while the men's team won a bronze for its performance in the team foil.

The junior squad likewise put on a strong showing at the Asian Junior & Cadet Fencing Championship. The squad won a silver medal in the women's sabre team and 4 bronze medals in the women's epee (cadet), women's epee (team), women's sabre (cadet) and women's sabre (junior). Fong Yi-tak also won a silver medal in the women's sabre (cadet) event.

### Rowing

The team won 2 silver medals at the 12<sup>th</sup> Asian Rowing Championships. Chow Kwong-wing and So Sau-wah won silver in the men's lightweight doubles, while Lee Ka-man took silver in the women's open singles. Lee and Law Hiu-fung each also won a bronze medal in the women's and men's lightweight singles respectively. At the 14<sup>th</sup> FISA Team Cup, Leung Chun-shek and Lok Kwan-hoi also beat off stiff competition to claim the bronze medal in the men's lightweight doubles.

The junior squad put on a strong performance at the 13<sup>th</sup> Asian Junior Rowing Championships. The squad won silver medals in the junior men's four, the junior women's four and the junior women's singles. The team also took bronze in the junior men's doubles.

### Squash

Chan Ho-ling, Chiu Wing-yin, Mak Pui-hin and Ng Jia-yunn claimed the women's team silver medal at the 14<sup>th</sup> Asian Squash Championships. Chiu Wing-yin also won a silver in the women's singles, and Mak Pui-hin took bronze.

Au Wing-chi of the junior squad also brought home medals from two significant junior international competitions. She won a silver medal in the British Junior Open 2008, girls under 19 category, and a bronze medal for the girls' singles in the World Junior Women's Squash Championships 2007. This is the first time a Hong Kong squash athlete has won a medal at the British Junior Open. She is also the second Hong Kong squash athlete to win a bronze medal in the World Junior Women's Squash Championships after Chiu Wing-yin's win in 1997.



趙詠賢  
Chiu Wing-yin



## 游泳

本年度青少年游泳代表隊獲獎甚豐。女子游泳隊共取得27個獎牌，包括於第五屆亞洲分齡游泳錦標賽的10面金牌。湯嘉珩於200米蝶泳、400米自由泳及800米自由泳三個15-17歲項目中，共奪得3面金牌；另聯同周善恆、何擅泳及Kelly Shim Robinson於4x200米自由泳接力再奪1金，得到4面金牌的佳績。鍾欣庭及陸恩聯同馬希彤及李彥諾贏得4x200米自由泳接力（14歲或以下）金牌。鍾欣庭於50米背泳亦取得個人第二金，而陸恩則於400米自由泳贏得個人第二金。

蕭天惠於女子100米蝶泳（15-17歲）取得金牌，馮詠欣於1,500米自由泳（18歲或以上）奪金，而孫嘉兒則於50米蛙泳（18歲或以上）為游泳隊贏得第10面金牌。

## 乒乓球

乒乓球代表隊於二零零七/零八年度各個國際乒聯職業巡迴賽事中奪得8金10銀27銅，共45面獎牌的佳績。於2007世界盃團體賽，男子隊贏得團體銀牌，女子隊則取得銅牌。於第四十九屆世界乒乓球團體錦標賽中，男、女子代表隊分別取得一面銅牌。高禮澤及李靜是男子隊中贏得獎牌數目最多的隊員，兩人均奪得2金4銀7銅共13面獎牌；女子隊方面，帖雅娜則取得3金2銀9銅共14面獎牌。

年度內，青少年球員連連獲勝，共贏得5金9銀11銅的佳績。



左起：梁柱恩、李靜、乒乓球教練陳江華、張鈺和高禮澤  
From left: Leung Chu-yan, Li Ching, table tennis coach Chan Kong-wah, Cheung Yuk and Ko Lai-chak



蔡曉慧  
Tsai Hiu-wai

## Swimming

It was an action-packed year for the junior squad, with the girls' team bringing home 27 medals, including 10 gold, from the 5<sup>th</sup> Asian Age Group Swimming Championships. Town Ka-hang led the medal tally with 4 gold (15-17 years category) in the 200m butterfly, 400m freestyle, 800m freestyle and 4x200m freestyle relay in which she teamed up with Chow Sin-hang, Ho Sin-wing and Kelly Shim Robinson. Chung Yan-ting and Luk Yan, together with Ma Hei-tung and Lee Yin-lok, won gold (14 years and under) in the 4x200m freestyle relay. Chung won her second gold in the 50m backstroke, and Luk took her second gold in the 400m freestyle.

Siu Tin-wai claimed gold in the girls 100m butterfly (15-17 years), Fung Wing-yan won gold in the 1,500m freestyle (18 years and over), and Suen Ka-yi brought home the team's 10<sup>th</sup> gold medal in the 50m breaststroke (18 years and over).

## Table Tennis

The elite team won 45 medals in 2007/08 ITTF Pro Tour events, including 8 gold, 10 silver and 27 bronze medals. In the 2007 World Team Cup, the men's team claimed the silver medal, while the women took bronze. Both groups also put on a strong showing at the 49<sup>th</sup> World Team Table Tennis Championships, winning bronze medals in both the men's team and women's team competitions. In the men's team, Ko Lai-chak and Li Ching took the most medals overall with 13 each, namely 2 gold, 4 silver and 7 bronze, while Tie Yana won 14 medals, including 3 gold, 2 silver and 9 bronze, for the women's team.

The junior athletes had a great year with a string of wins, including 5 gold, 9 silver and 11 bronze medals.

### 保齡球

保齡球隊的表現讓香港在國際體壇穩佔一席位。陳淑嫻於競爭激烈的亞洲保齡球巡迴賽總決賽女子組奪得一面金牌，並於第五屆印尼保齡球公開賽取得女子公開優秀賽銅牌。



胡兆康  
Wu Siu-hong

胡兆康的表現亦不遑

多讓，他分別於第七屆卡塔爾國際公開賽的公開優秀賽及第二十九屆巴塞隆拿國際保齡球公開賽奪得1銀1銅。

### 三項鐵人

本年度，李致和表現超卓，共贏得4面獎牌，當中包括2面金牌，分別於2007年湖北宜城燕京啤酒杯國際鐵人三項洲際杯賽暨全國鐵人三項冠軍杯系列賽中力壓群雄，勇奪男子優秀組金牌，及於2008湄公河國際三項鐵人賽的奧運距離——男子精英組摘下另一金。

### 滑浪風帆

香港的滑浪風帆隊憑藉一向驕人的成績，進一步發揮出世界級的水準。在二零零七/零八年度，何智豪於2007荷蘭帆船賽奪得一面銀牌。他又於RS:X亞洲錦標賽中取得一面金牌，而陳慧琪則奪得女子組銀牌。

青少年代表隊於同一賽事同樣取得佳績。梁灝雋奪得青年組金牌，而陳晞文則取得銀牌。



何智豪  
Ho Chi-ho

### Tenpin Bowling

Our tenpin bowling squad continued to prove that it has what it takes to keep Hong Kong on the international stage. Chan Shuk-han struck gold at the ABF Tour — Tournament of Champions in the hotly-contested women's events. She also won a bronze in the women's open master at the 5<sup>th</sup> Indonesia International Open.

Wu Siu-hong clinched a silver and a bronze medal in the men's open masters at the 7<sup>th</sup> Qatar International 2008 and the 29<sup>th</sup> Trofeu Internacional Ciutat de Barcelona respectively.

### Triathlon

It was an excellent year for Lee Chi-wo, who won 4 medals, including 2 gold in the elite men's competition in the 2007 Yicheng Hu Bei ITU Asian Continental Cup Triathlon and the Mekong River International Multisport ITU Asian Cup 2008.



李致和  
Lee Chi-wo

### Windsurfing

Hong Kong has a strong track record in windsurfing, and this popular sport continued to produce international results during the year. Ho Chi-ho won a silver medal at the Breitling Regatta 2007. He also won gold at the RS:X Asian Championship International, while Chan Wai-kei took silver in the RS:X women.

The junior squad also did well at the same Championship. Leung Ho-tsun won gold in the youth category, while Chan Hei-man took silver.



## 武術

武術隊在今年度大放異彩，繼續展示其世界級水準。武術代表隊於第九屆世界武術錦標賽中取得10面獎牌，包括2金4銀4銅。何珀姬、羅琛賢及袁家鏗於女子對練項目奪取金牌，而黑志宏則於男子槍術項目摘金。



左起：羅琛賢、袁家鏗和何珀姬  
From left: Law Sum-yin, Yuen Ka-ying and Ho Pak-kei

青少年武術代表隊於第四屆亞洲青少年武術錦標賽中盡顯實力，勇奪2金6銀4銅。陳栢禧贏得男子乙組初級劍術金牌，而馮泳施則奪得女子乙組初級劍術金牌。

## 非精英資助體育項目

在第三屆亞洲室內田徑錦標賽中，梁俊偉贏得男子60米短跑銀牌。

健美方面，在亞洲健美錦標賽中，陳潤韜和王君萍分別於男子75公斤及以下級及女子49公斤及以下級賽事中摘金。此外，陳枷彰在亞洲空手道錦標賽女子60公斤以下組手項目取得銅牌。

滑冰方面，小野珠實於2007亞洲花樣滑冰錦標賽單人滑冰女子成年組奪得銅牌。

桌球運動員傅家俊憑著出色表現，在格蘭披治桌球賽個人賽奪得其首項世界職業排名賽事錦標。

網球方面，楊子君在亞洲/太平洋區青少年網球錦標賽女子單打賽事贏得一面銀牌，而林兆輝則在2008亞洲青少年網球錦標賽的男子單打賽事奪得銅牌。

舉重運動員于偉麗在亞洲舉重錦標賽女子53公斤級賽事贏得銅牌。



楊子君  
Yang Zijun

## Wushu

It was an excellent year for the wushu team, which once again proved that it has the qualifications to successfully compete against the world's best. The elite team won 10 medals at the 9<sup>th</sup> World Wushu Championships, including 2 gold medals, 4 silver and 4 bronze. Ho Pak-kei, Law Sum-yin and Yuen Ka-ying claimed gold in the women's dual events, while Hei Zhihong took gold in the men's qiangshu.

The junior team also proved itself to be a formidable force at the 4<sup>th</sup> Asian Junior Wushu Championships. During the event, the team won 2 gold, 6 silver and 4 bronze medals. Chan Pak-hei won gold in the group B men's elementary jianshu, while Fung Wing-see took gold in the group B women's elementary jianshu.

## Non-Elite Vote-supported Sports

Leung Chun-wai won a silver medal in the men's 60m sprint at the 3<sup>rd</sup> Asian Indoor Championships in Athletics.

In bodybuilding, Chan Yun-to and Wong Kwan-ping both won gold medals at the Asian Bodybuilding & Fitness Championships. They competed in the men's welter weight under 75kg, and the women's bantam weight under 49kg respectively. Meanwhile, Chan Ka-man took a bronze medal in the AKF Senior Karatedo Championships, in the category of women's individual kumite under 60kg.

In skating, Ono Tamami claimed a bronze medal in the senior ladies category in the 2007 Asian Figure Skating Championships.

Fu Ka-chun won his first ranking tournament title for his outstanding performance in the snooker single event at the Royal London Watches Grand Prix.

In tennis, Yang Zijun won a silver medal in the girls' singles at the Asian/Oceania Closed Championships, while Lam Siu-fai won a bronze in the boys' singles at the 2008 Asian Junior Championships.

Female weightlifter Yu Weili won a bronze medal in the women's 53kg category at the Asian Weightlifting Championships.

## 殘障人士體育項目

殘障人士體育培訓是體院重要的工作之一。北京2008殘疾人奧運會不但給予運動員強大的推動力去追求卓越，同時亦有助引起公眾對殘障人士體育的關注。

總括來說，二零零七/零八年度香港殘障體育項目不斷進步並屢創佳績。本年度殘障運動員在各項國際賽事為香港摘取了17面金牌，總獎牌數目達39面，成績令人振奮。在第五屆國際智障人士體育聯盟世界乒乓球錦標賽中，本港乒乓球隊贏取了7面獎牌，當中包括3面金牌。此外，港隊在國際痲痺人士體育及康樂運動聯會2007硬地滾球世界盃摘下一面金牌。

劍擊隊本年度亦創出驕人成績，在蒙特利爾、波蘭、巴黎及馬肖爾舉行的輪椅劍擊世界盃分站賽共奪得13面金牌。二零零七/零八年度內，本港輪椅劍擊代表隊合共贏取多達29面獎牌。



左起：余翠怡和范珮珊  
From left: Yu Chui-yee and Fan Pui-shan

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，另有更多體育成就，未能在此一一盡錄。

## Disability Sports

Disability sports are an important part of the HKSI's focus. The build-up to the Beijing 2008 Paralympic Games not only provided strong motivation for athletes to excel, but also helped bring disability sports into mainstream public awareness.

Overall, it was a very encouraging year of progress and solid gains in 2007/08. Seventeen gold medals were won during the year, and the total

medal haul was a thrilling 39. During the 5<sup>th</sup> INAS-FID World Table Tennis Championships 2007, our table tennis team won 7 medals, including 3 gold. Meanwhile, the boccia team won a gold medal at the CPISRA 2007 Boccia World Cup.

The fencing team also had a spectacular year, winning totally 13 gold medals at the Wheelchair Fencing World Cup events in Montreal, Poland, Paris and Malchow. In total, the fencing team won an incredible 29 medals in 2007/08.

The major achievements of athletes at Multi-Sport Games and international competitions are detailed in Annexes 1 and 2. There are far more sporting achievements unable to be listed in this report.



左起：楊賜嘉和黎惠玲  
From left: Yeung Chi-ka and Lai Wai-ling