

Sporting Achievements

體育成就

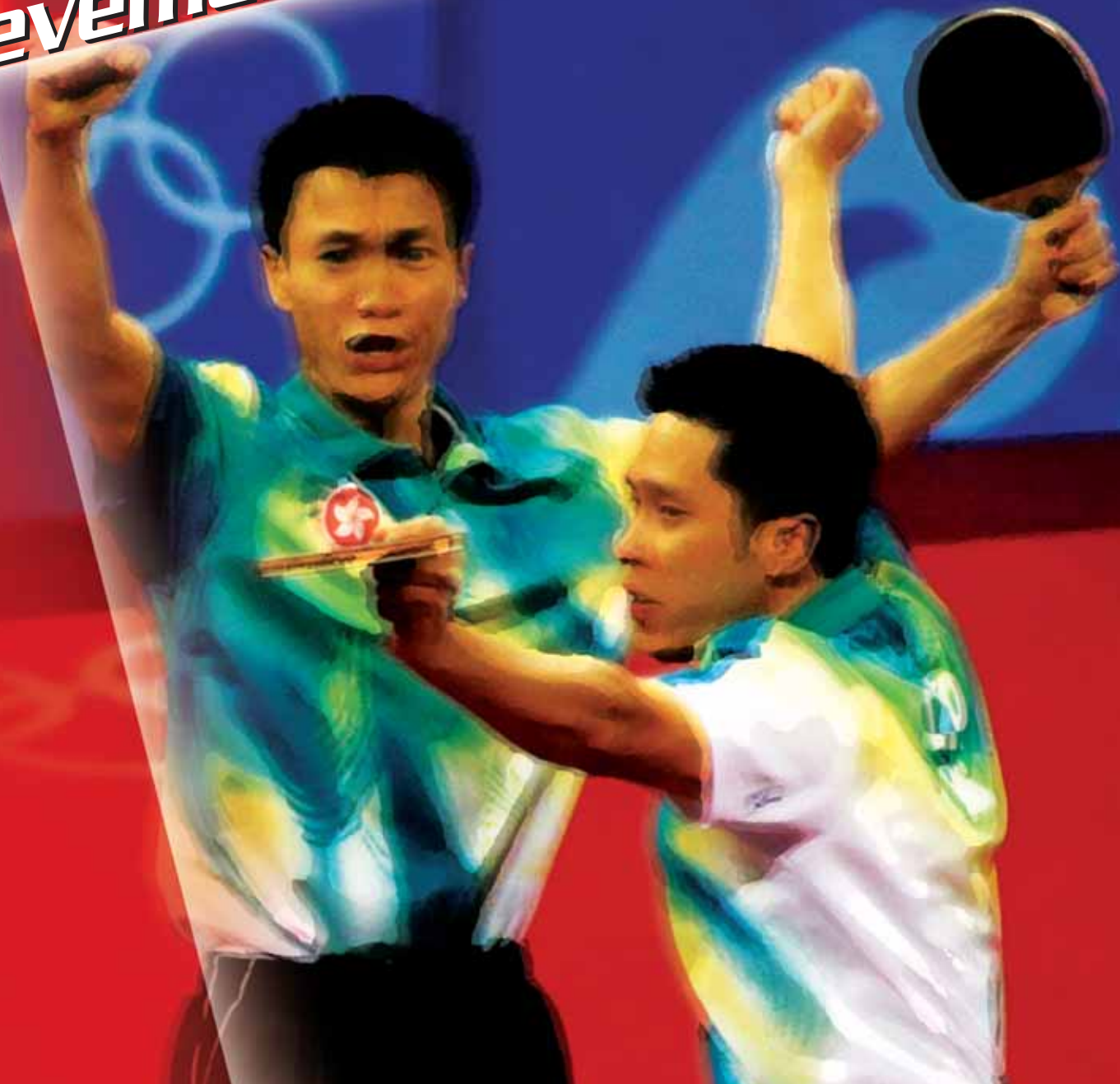
「運動員在國際體壇取得的成就，

帶給每個香港人無限光榮。」

"Athletes' success in the

international arena brings glory

to Hong Kong people."



精英運動員在國際體壇取得的成就，往往是其中一個衡量當地體育系統表現的重要指標。體院的首要工作便是竭力提供切合運動員需要的優質支援服務，務求令他們全情投入備戰各項國際大型體育賽事。在過去一年，不但香港精英運動員在國際賽事中表現出色，年輕的運動員亦嶄露頭角，成績令人鼓舞，期望一群後起之秀在往後數年的成就再見突破。

The sporting achievements of elite athletes in the international arena are important performance indicators for the sports system of a country or a region. The HKSI has always given top priority to the provision of high quality support services for Hong Kong athletes in preparation for major international sporting competitions. It is heartening to note that over the past year, in addition to the outstanding achievements made by Hong Kong elite athletes, our young athletes have also shown their exciting potential at the international level. More breakthroughs are expected in the future.

大型運動會 Major Games

第十屆全國運動會 (12-23.10.2005 江蘇省南京市)

香港共派出178名運動員參加23個比賽項目，摘取了1金3銅，並打破一項香港田徑紀錄。

10th National Games (12-23.10.2005 Nanjing, Jiangsu Province)

A delegation of 178 athletes competed in 23 events, winning 1 gold and 3 bronze medals and setting one new Hong Kong record in athletics.



金牌

單車好手王史提芬在男子小輪車個人賽贏得金牌。

Gold

Cyclist Steven Wong struck gold in the men's BMX race.



王史提芬(中)
Steven Wong (middle)

銅牌

單車運動員黃金寶分別在男子40公里場地記分賽及男子184公里公路個人賽奪得兩面銅牌；鄧亦峻亦在男子田徑200米奪得銅牌。

Bronze

Cyclist Wong Kam-po won two bronze medals in the men's 40km points race (track) and men's 184km individual road race. Tang Yik-chun also won a bronze medal in the men's 200m sprint.



鄧亦峻
Tang Yik-chun



黃金寶(中)
Wong Kam-po (middle)



**第四屆東亞運動會
(29.10 - 6.11.2005
澳門)**

香港共派出166名運動員競逐14個比賽項目，並取得2金2銀9銅，獎牌總數突破以往三屆，更打破五項香港游泳紀錄。

金牌

射擊運動員王輝奪得男子25米標準手槍賽金牌；武術運動員陳少傑、周定宇及杜宇航在男子套路對練賽亦取得一面金牌。



王輝
Wong Fai



**4th East Asian Games
(29.10-6.11.2005 Macau)**

The Hong Kong team of 166 athletes competed in 14 events, capturing 2 gold, 2 silver and 9 bronze medals, a record-breaking achievement for the last three Games. Five new Hong Kong swimming records were also set.

Gold

Shooter Wong Fai won a gold medal in the men's 25m standard pistol while wushu athletes Chan Siu-kit, Chow Ting-yu and To Yu-hang won another gold medal in taolu - men's duilian.

左起：杜宇航、周定宇、陳少傑
From left: To Yu-hang, Chow Ting-yu, Chan Siu-kit

銀牌

武術運動員何珀姬、羅琛賢及王媛兒在女子套路對練賽奪得銀牌。

Silver

Wushu athletes Ho Pak-kei, Law Sum-yin and Wong Wun-ye won a silver medal in taolu - women's duilian.



左起：何珀姬、王媛兒、羅琛賢
From left: Ho Pak-kei, Wong Wun-ye, Law Sum-yin

保齡球手張振中、伍貫霆、曾德軒、胡兆康、楊偉基及姚文友合作取得男子五人隊際賽銀牌。

Tenpin bowlers Cheung Chun-chung, Ng Kwun-ting, Tseng Tak-hin, Wu Siu-hong, Yeung Wai-ki and Yiu Man-yau won a silver medal in the men's five-player teams.



香港保齡球隊(左起：胡兆康、楊偉基、張振中、伍貫霆、姚文友、曾德軒)
Hong Kong tenpin bowling team (from left: Wu Siu-hong, Yeung Wai-ki, Cheung Chun-chung, Ng Kwun-ting, Yiu Man-yau, Tseng Tak-hin)

銅牌

短跑運動員溫健儀先取一面女子200米銅牌，繼而聯同隊友陳皓怡、梁淑華和彭學敏再奪女子4x100米接力賽銅牌。

Bronze

Sprinter Wan Kin-ye took a bronze medal in the women's 200m before capturing another bronze medal in the women's 4x100m relay with her teammates Chan Ho-ye, Leung Shuk-wa and Pang Hok-man.



溫健儀
Wan Kin-ye

龍舟隊健兒包括張敬順、蔡世豪、朱國良、朱元鶴、霍有發、葉貴松、葉文滔、林志偉、李家滿、李潤權、武井清治、謝建強、阮兆飛及翁萬輝在男子250米小龍舟賽奪得銅牌。

空手道運動員陳勁文夥拍李志傑和彭富華在男子隊際賽型項目奪得銅牌；葉靜怡和陳枷彤則分別在女子個人賽型項目及女子60公斤以下組別取得銅牌。

Dragon boat team members Chang King-shun, Choi Sai-ho, Chu Kwok-leung, Chu Yuen-hok, Fok Yau-fat, Ip Kwai-chung, Ip Man-to, Lam Chi-wai, Li Ka-moon, Li Yun-kuen, Seiji Takei, Tse Kin-keung, Yuen Siu-fei and Yung Mang-fai won a bronze medal in the men's 250m small dragon boat event.

Karatedo athletes Chan King-man, Lee Chi-kit and Pang Fu-wa won a bronze medal in the men's team kata. Yip Ching-yee and Chan Ka-man won bronze medals in the women's individual kata and women's under 60kg-kumite events respectively.



湯少文(左)、翁嘉茵
Tong Siu-man (left), Yung Ka-yan

其餘三面銅牌則來自：賽艇運動員翁嘉茵及湯少文的女子雙人單槳賽、游泳運動員孫嘉兒的女子50米蛙泳及武術運動員曾思敏在女子套路的南刀及南棍全能項目。

The remaining three bronze medals came from rowers Yung Ka-yan and Tong Siu-man in the women's coxless pair, swimmer Suen Ka-yi in the women's 50m breaststroke and wushu athlete Angie Tsang in taolu - women's nandao and nangun all-round.



孫嘉兒
Suen Ka-yi



曾思敏
Angie Tsang

**第一屆亞洲室內運動會
(12-19.11.2005 泰國曼谷)**

香港共派出34名運動員參與其中六項賽事，共奪得12金9銀5銅，更刷新六項香港游泳紀錄。

金牌

田徑好手鄧亦峻在男子室內田徑60米賽事奪得金牌。

**1st Asian Indoor Games
(12-19.11.2005 Bangkok, Thailand)**

A delegation of 34 athletes competed in six events and finished the Games with 12 gold, 9 silver and 5 bronze medals, and six new Hong Kong records in swimming.

Gold

Tang Yik-chun won a gold medal in the men's indoor athletics 60m sprint.

室內單車賽方面，單車運動員余心怡在男子單人花式賽中取得金牌外，更夥拍盧廷軒贏得雙人花式賽金牌；盧慧敏則與梅可怡合力奪得女子雙人花式賽金牌。

游泳運動員在25米短池游泳項目囊括其餘八面金牌：施幸余在女子50米自由泳、50米蝶泳及100米個人混合泳個人獨取三面金牌，其後與陳宇寧、孫嘉兒及馮詠欣合力取得女子4x25米及4x50米混合接力賽金牌，繼而再連同陳宇寧、黃曉嵐和馮詠欣合力奪得女子4x25米及4x50米自由泳接力賽金牌；孫嘉兒亦在女子50米蛙泳取得一面金牌。

銀牌

單車運動員共獲三面銀牌，由何永泰和勞文輝在單車球賽、余博文及李子彥在男子雙人花式賽及曾如心在女子單人花式賽中奪得。

游泳運動員亦在25米短池游泳項目中取得五面銀牌，包括孫嘉兒在女子100米蛙泳、施幸余在女子100米蝶泳、黃曉嵐在女子200米蛙泳，施幸余、陳宇寧、孫嘉兒及馮詠欣在女子4x100米混合接力賽，以及施幸余、黃曉嵐、馮詠欣及陳宇寧在女子4x100米自由泳接力賽中奪得。

此外，廖曉瑩在極限運動攀岩項目中贏得一面女子個人難度賽銀牌。

銅牌

梅可怡和余博文分別在女子單人花式及男子單人花式賽奪得銅牌。

符泳、施幸余及黃曉嵐分別在25米短池游泳賽的男子50米自由泳、女子100米自由泳及女子100米蛙泳贏得銅牌。

香港運動員於大型運動會中的傑出成績詳載於附件一。

In indoor cycling, Yu Sum-yea won a gold medal in artistic men's singles, and captured another gold medal with Lo Ting-hin in artistic men's doubles. Lo Wai-man and Mui Ho-yea secured another gold medal in artistic women's doubles.

The remaining 8 gold medals came from 25m swimming short course events. Sze Hang-yu grabbed 3 gold medals in the women's 50m freestyle, women's 50m butterfly and women's 100m individual medley. Sze and her teammates, Chan Yu-ning, Suen Ka-yi and Fung Wing-yan, won another 2 gold medals in the women's 4x25m and 4x50m medley relays. Sze also captured 2 more gold medals with Chan Yu-ning, Wong Hiu-nam and Fung Wing-yan in the women's 4x25m and 4x50m freestyle relays. To round off, Suen Ka-yi also won a gold medal in the women's 50m breaststroke.

Silver

Cyclists won 3 silver medals with Ho Wing-tai and Lo Man-fai in cycle ball, Yu Pok-man and Li Tsz-yin in artistic men's doubles and Tsang Yu-sum in artistic women's singles.

Swimmers also bagged 5 silver medals in the 25m short course events. The honours came from Suen Ka-yi in the women's 100m breaststroke, Sze Hang-yu in the women's 100m butterfly, Wong Hiu-nam in the women's 200m breaststroke, Sze Hang-yu, Chan Yu-ning, Suen Ka-yi and Fung Wing-yan in the women's 4x100m medley relay, and Sze Hang-yu, Wong Hiu-nam, Fung Wing-yan and Chan Yu-ning in the women's 4x100m freestyle relay.

Liu Hiu-ying won a silver medal in the individual difficulty women's event in extreme sports - sports climbing.

Bronze

In indoor cycling, Mui Ho-yea and Yu Pok-man each clinched a bronze medal in artistic women's singles and artistic men's singles respectively.

Fu Wing, Sze Hang-yu and Wong Hiu-nam won bronze medals in 25m swimming short course events - men's 50m freestyle, women's 100m freestyle and women's 100m breaststroke respectively.

The major achievements of Hong Kong athletes at Major Games are detailed in Annex 1.

國際比賽

International Competitions

在二零零五至零六年期間，體院獎學金運動員除了在各項大型運動會中表現出色外，也在多項所屬項目的世界錦標賽、亞洲錦標賽及其他國際比賽中取得突破成績。當中包括：

精英體育項目 精英運動員



王晨
Wang Chen

王晨憑著穩定表現，奪得2005亞洲羽毛球錦標賽女單金牌，吳蔚亦在同一賽事中，奪得男單銅牌，李詠梅夥拍楊禮豐則取得一面混雙銅牌。

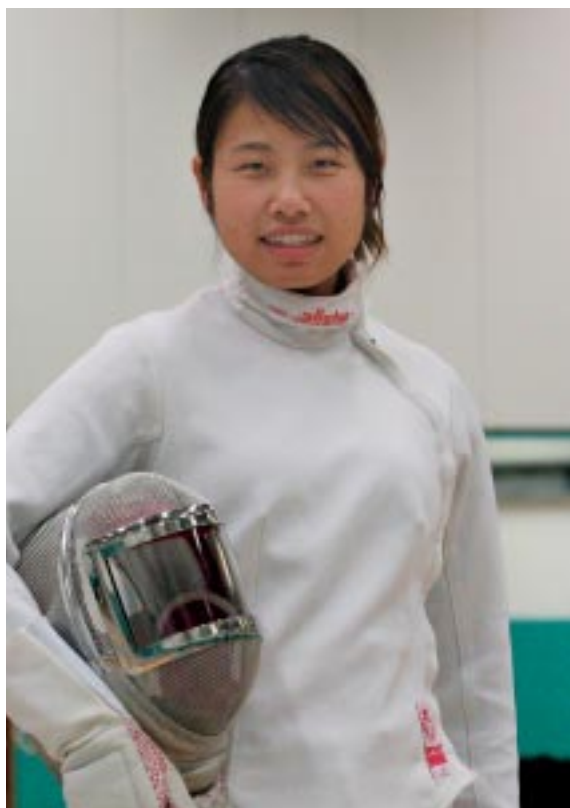
周梓淇在女子佩劍世界A級賽中為香港取得一面個人賽銅牌，成為港隊在該賽事的一大突破。

During the year 2005/06, HKSI Scholarship Athletes excelled in various Major Games and achieved breakthroughs in World Championships, Asian Championships and many other international competitions. These include:

Elite Sports Elite Athletes

Wang Chen, with a solid and consistent performance, won the women's singles title at the Asian Badminton Championships 2005. At the same competition, Ng Wei won a bronze medal in men's singles while Li Wing-mui and Albertus Susanto Njoto won another bronze medal in mixed doubles.

Chow Tsz-ki produced Hong Kong's best-ever result at the Women's Sabre World Cup Candidature A by winning a bronze medal.



周梓淇
Chow Tsz-ki



章漢娜
Hannah Wilson

The Hong Kong swimming team captured 2 gold and 2 bronze medals at the 7th Asian Swimming Championships, with Hannah Wilson winning 2 gold medals in the women's 50m freestyle and 100m freestyle events.

The Hong Kong table tennis team achieved its best-ever result by bagging 3 gold (women's singles, women's team and men's doubles), 3 silver (women's singles, men's singles and mixed doubles) and 2 bronze medals (women's doubles and men's team) at the 17th Asian Table Tennis Championships.

香港游泳隊在第七屆亞洲游泳錦標賽獲得2金2銅的佳績，其中章漢娜個人獨取女子50米及100米自由泳兩面金牌。

香港乒乓球隊在全隊的共同努力下，於第17屆亞洲乒乓球錦標賽中勇奪3金(女單、女團、男雙)、3銀(女單、男單、混雙)及2銅(女雙、男團)的突破成績。女子乒乓球運動員在第48屆世界乒乓球錦標賽中，亦摘下兩面銅牌，由林菱於女單項目及帖雅娜和張瑞於女雙項目中奪得。



帖雅娜(前)、張瑞
Tie Yana(front), Zhang Rui



左起：帖雅娜、柳絮飛、李惠芬(教練)、張瑞、林菱、桑亞嬋
From left: Tie Yana, Lau Sui-fei, Li Huifen(Coach), Zhang Rui, Lin Ling, Song Ah-sim



左起：高禮澤、李靜、張鈺、梁柱恩、謝嘉俊
From left: Ko Lai-chak, Li Ching, Cheung Yuk, Leung Chu-yan, Tse Ka-chun

滑浪風帆運動員在亞洲錦標賽中大放異彩，包攬男子奧運板及男子奧運板（青年組）三甲，以及女子奧運板前二名位置。於第12屆亞洲帆船錦標賽中，亦囊括女子奧運板和男子奧運板（重量組）金牌，再於男子奧運板（輕量組）項目中再取1金1銀。

香港武術隊在第八屆世界武術錦標賽中取得2金3銀的佳績。

青少年精英運動員

新秀葉嫻延在亞洲青少年羽毛球錦標賽為香港羽毛球帶來突破，個人先取一面女單銅牌，及後夥拍林倩盈再奪女雙銅牌。



葉嫻延
Yip Pui-yin

年輕運動員李慧詩在第12屆亞洲青少年單車錦標賽的成績亦不遑多讓，獲得女子青少年6公里捕捉賽銀牌。

賽艇運動員在第11屆亞洲青少年賽艇錦標賽中奪得三面銅牌，包括男子雙人雙槳艇、男子雙人單槳艇及女子雙人雙槳艇。

由歐詠芝、陳浩鈴、趙家琦及梁善雅組成的香港青少年女子壁球隊在世界女子青少年錦標賽中表現出色，擊敗一眾頂級青少年球手，為香港取得首面世界青少年壁球隊際賽金牌。

Table tennis women athletes won 2 bronze medals at the Volkswagen 48th World Table Tennis Championships, thanks to Lin Ling's medal in the women's singles and Tie Yana and Zhang Rui winning another medal in the women's doubles.

Windsurfers produced an outstanding team performance by winning all medals in IMCO men and IMCO men (youth) events at the Mistral Asian Continental Championships. Women windsurfers also captured first and second places in IMCO women events. At the 12th Asian Sailing Championships, windsurfers also won 2 gold medals in IMCO women and IMCO men (heavy) events. Another gold and silver medals came in the IMCO men (light) event.

Hong Kong wushu team won 2 gold and 3 silver medals at the 8th World Wushu Championships.

Junior Elite Athletes

Up-and-coming junior badminton athletes had record-breaking results at the Asian Junior Badminton Championships. Yip Pui-yin won a bronze medal in the girls' singles and then teamed up with Lam Sin-ying to win another bronze medal in the girls' doubles.

Lee Wai-sze turned in a brilliant performance at the 12th Asian Junior Cycling Championships by capturing a silver medal in the junior women's 6km scratch race.

The Hong Kong rowing team won 3 bronze medals in the men's doubles, men's pair and women's doubles at the 11th Asian Junior Rowing Championships.



李慧詩
Lee Wai-sze



香港青少年女子壁球隊 (左起：趙家琦、歐詠芝、陳浩鈴、梁善雅)
Hong Kong junior women squash team (from left: Chiu Ka-kei, Au Wing-chi, Chan Ho-ling, Leung Shin-nga)

The Hong Kong junior women squash team defeated other top junior players with their outstanding performance at the World Junior Women's Championships 2005. Team members Au Wing-chi, Chan Ho-ling, Chiu Ka-kei and Leung Shin-nga shared the glory of being Hong Kong's first gold medallists in the competition.

Lee Ho-ching won a silver medal in the cadet girls' singles at the 11th Asian Junior Table Tennis Championships.



李皓晴
Lee Ho-ching

李皓晴於第11屆亞洲青少年乒乓球錦標賽取得一面女子少年組單打銀牌。

胡兆康夥拍張振中奪得第13屆亞洲青少年保齡球錦標賽男子雙人賽——長油賽金牌。

三項小鐵人許煒森於2005亞洲錦標賽中，勇奪少年女子10-12歲組別金牌。

香港武術隊青少年運動員表現出色，於第三屆亞洲青少年武術錦標賽勇奪5金5銀8銅的傑出成績。

Wu Siu-hong and Cheung Chun-chung won a gold medal in boys' doubles (long oil) at the 13th Asian Youth Tenpin Bowling Championships.

Young triathlete Hui Wai-sum won a gold medal in (kid - girls 10-12 years) category at the OSIM Singapore Asian Triathlon Championships 2005.



左起：胡兆康、馬柏圖(總教練)、張振中
From left: Wu Siu-hong, Pedro Luis Merani (Head Coach), Cheung Chun-chung

The junior members of Hong Kong wushu team had a remarkable performance at the 3rd Asian Junior Wushu Championships bringing home 5 gold, 5 silver and 8 bronze medals.



香港武術隊青少年運動員 (左起：鄧少剛、何珀姬、羅琛賢)
Junior members of Hong Kong wushu team (from left: Tang Siu-kong, Ho Pak-kei, Law Sum-yin)

發展體育項目

陳潤韜於第40屆亞洲男子健美錦標賽75公斤級別中，力壓其餘八個國家的選手，奪得冠軍，林文勝亦奪得90公斤級別的亞軍，成績驕人。

空手道運動員陳枷衫於第七屆亞洲空手道錦標賽中迎戰其餘11個國家的空手道高手，分別取得女子公開自由組手(搏擊)亞軍和女子60公斤以下自由組手(搏擊)季軍。



陳潤韜
Chan Yun-to



陳枷衫
Chan Ka-man

殘障人士體育項目

香港智障運動員在國際賽事取得突出成績，於第四屆國際智障人士體育聯盟世界游泳錦

Development Sports

Chan Yun-to won a gold medal in the 75kg category at the 40th Asian Men's Bodybuilding Championships by defeating opponents from eight countries. Lam Man-shing won a silver medal in the 90kg category with another excellent performance.

Competing against the best athletes from 11 countries, Chan Ka-man won a silver medal in the female open individual kumite and a bronze medal in female 60kg individual kumite at the 7th Asian Union of Karatedo Federation (AKF) Senior, Junior & Cadet Championships.

Disabled Sports

Mentally disabled athletes attained outstanding results at various international competitions including the 4th INAS-





黃嘉汶
Wong Ka-man

標賽中，獲3金3銀2銅，第四屆國際智障人士體育聯盟世界乒乓球錦標賽中獲3金，以及第五屆國際智障人士體育聯盟世界田徑錦標賽中，獲得一面金牌。

傷殘人士運動方面，香港硬地滾球隊於亞洲及太平洋區傷殘人士硬地滾球錦標賽中獲得3金1銀的佳績；蘇樺偉則在國際殘疾人奧委會世界室內田徑賽中，奪得男子60米(T35-36)金牌。



梁育榮
Leung Yuk-wing

體院獎學金運動員於國際比賽中的傑出成績詳載於附件二。

FID World Swimming Championships (3 gold, 3 silver and 2 bronze medals), the 4th INAS-FID World Table Tennis Championships (3 gold medals) and the 5th INAS-FID World Athletics Championships (1 gold medal).

For sports of physically disabled, the Hong Kong boccia team won 3 gold and 1 silver medals at the Asia & South Pacific Boccia Championships and So Wa-wai secured a gold medal in the men's 60m (T35-36) at the International Paralympic Committee (IPC) Athletics World Indoor Games 2006.



蘇樺偉
So Wa-wai

The major achievements of HKSI Scholarship Athletes at international competitions are detailed in Annex 2.