

體育成就 Sporting Achievements

繼在雅典奧運會及傷殘人士奧運會取得佳績後，運動員已展開新一輪的訓練，在體院教練和科研人員的協助下，積極備戰臨近的大型運動會，包括第十屆全國運動會、第四屆東亞運動會及2006亞運會。

體院繼續與各體育總會、學校及社區通力合作，舉辦運動員選材計劃，為香港的精英體育發展提供強大後盾。

在體育界人士共同努力下，香港精英運動員取得了多項突破，證明整體運動水平有顯著的進步。尤其是來自賽艇、壁球及武術的運動員，在所屬項目的亞洲錦標賽中取得傑出成績；此外，不少青少年運動員亦在多項區域及國際比賽中屢創佳績，為香港體壇的前景帶來新希望。

體院獎學金運動員的傑出成就詳載於附錄一。

Following their success at the Athens Olympics and Paralympics, athletes are now turning their focus to the upcoming Major Games including the 10th National Games, the 4th East Asian Games and the 2006 Asian Games, with the high level of support from coaching and scientific professionals at the HKSI.

Providing a strong back-up to the development of the elite sport in Hong Kong, the HKSI has continued to develop and reinforce its partnerships with National Sports Associations, schools and the community to organise the talent identification programme.

With a concerted effort from stakeholders, some important breakthroughs were achieved by Hong Kong elite athletes indicating continued improvements in our overall sporting standards. In particular, athletes from rowing, squash and wushu recorded outstanding achievements in their respective Asian Championships and an encouraging number of young athletes have demonstrated their talents in various regional and international competitions. The future of Hong Kong sport is looking more encouraging each year.

A list of sporting achievements by the HKSI scholarship athletes can be found in Annex 1.





田徑

田徑部在這半年的訓練焦點集中於男子及女子4x100米接力隊，還有擅長200米的年青短跑運動員鄧亦峻在亞洲田徑錦標賽、全國運動會及東亞運動會中爭取佳績的備戰工作。

年內田徑隊取得令人滿意的成績，在各項備戰主要錦標賽的訓練計劃中的表現有明顯進步。為加強隊中整體實力，隊員分別於二零零四年十二月及二零零五年三月在香港及中山進行了集宿訓練。



鄧亦峻
Tang Yik-chun

Athletics

The focus leading up to the Asian Athletic Championships, the National Games and the East Asian Games rested on the success of the men's and women's 4x100m relay team, and the junior sprinter Tang Yik-chun in the 200m.

The results in the year have been promising as remarkable improvements were made in the programme leading up to the major championships. To enhance the performance of the team, two training camps were arranged, including the Christmas training camp held in December 2004 in Hong Kong and the Easter training camp held in Zhongshan, China in March 2005.



男子4 X 100米接力隊
Men's 4X100m Relay Team

羽毛球

羽毛球隊年內在訓練和比賽方面皆進展良好，訓練計劃取得預期的效果，各球員的技術均有進步。

王晨在中國公開賽首次為香港取得女子單打銀牌，在韓國公開賽又奪得銀牌。她的穩定表現使她保持世界排名前四名的位置。吳蔚在中國公開賽、韓國公開賽及丹麥公開賽均晉身男子單打前八名，他的優異成績使他首次進入世界排名前九名。



王晨
Wang Chen

青少年隊的運動成就十分顯著。王偉康在歐洲兩大青年公開賽——德國公開賽和荷蘭公開賽奪得男子單打銅牌，他夥拍葉嫻延更取得混雙銅牌。年青新秀葉嫻延的成績亦不遑多讓，她在荷蘭公開賽和台灣公開賽成人組也取得女子單打銅牌。

Badminton

The badminton team has kept up with the good progress in the year. Targets of the training programme have been reached and improvements of individual athletes have been achieved.

Wang Chen won herself the first silver medal at the China Open 2004 and finished second at the Noonoppi Korea Open 2005. With the consistent performance, she managed to stay in the top four world ranking. Ng Wei made top eight finishes in singles at the China Open 2004, the Noonoppi Korea Open 2005 and the Denmark Open. His outstanding results gained himself the highest world number nine ranking.

Significant achievements were made in the programme of junior squad. At the German Open and the Dutch Open, Wong Wai-hong took a bronze medal in the men's singles. Wong, pairing up with Yip Pui-yin, snatched a bronze medal in the mixed doubles. The promising Yip also won bronze medal at the Dutch Open and in the senior category at the Taiwan Open.



葉嫻延
Yip Pui-yin

單車

這是年輕運動員蓬勃發展的一年。黃健忠摘取全國場地青年錦標賽一公里計時和爭先兩個短距離項目的桂冠、張敬煒獲得世界杯場地捕捉賽第四名，不單印證了全職訓練和刻苦耕耘一定會獲得回報，更顯示了單車運動發展前景樂觀，人才輩出。

黃金寶雖然在雅典奧運會未能取得理想成績，唯這次參賽經驗增強了他進取向上的決心，重新瞄準北京奧運會。往後半年，黃金寶再次顯示其實力，分別獲得環沖繩島和日本北海道南北兩個賽事的總冠軍。

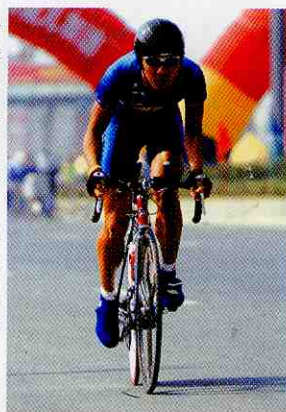


張敬煒
Cheung King-wai

Cycling

Young athletes made significant progress during the year. Wong Kin-chung became the champion in the boy's sprint and 1km time trial races at the China National Track Race Series while Cheung King-wai finished fourth at the Track World Cup's scratch race. Their outstanding achievements not only proved that their hard work bore results, but also signified the bright future of the sport.

Though Wong Kam-po was not able to get favourable result at the Athens Olympic Games, the competition experience has strengthened his determination to strive for success at the forthcoming competitions, with emphasis on the Beijing Olympics. During the period from 1 October 2004 to 31 March 2005, Wong took out the top honours at the Tour de Okinawa and the Tour de Hokkaido held in the southern and northern islands respectively in Japan.



胡健樂
Wu Kin-san

劍擊

香港劍擊隊在年內的表現十分優秀。鮑明慧首次參加二零零五年二月在上海舉行的全國擊劍冠軍賽，面對與全國各省市的優秀劍手同場較量，當中包括奧運會團體銀牌多位主力成員，鮑明慧勇於挑戰，排除萬難，擊敗眾多好手，首次在全國比賽個人項目中取得前八名。

於二零零五年三月舉行的全國擊劍冠軍賽系列賽第二站，是周梓淇在本年度首次參加的賽事，這項比賽是第十屆全國運動會預選賽的重要積分賽事之一，成績直接影響出線參加全國運動會的機會。周梓淇過關斬將，戰勝多名國家隊主力及奧運會團體銀牌得主成員，以全勝姿態從預賽闖入決賽，並首次奪得全國擊劍冠軍賽個人冠軍。



周梓淇
Chow Tsz-ki

Fencing

The fencing team has achieved outstanding results in the year. Hong Kong fencer Pau Ming-wai took part for the first time at the All China Fencing Champions held in Shanghai in February 2005. Faced with top opponents from Mainland China, including team members of the Olympic silver medallists, Pau performed brilliantly and reached the top eight position in individual event.

In March 2005, Chow Tsz-ki kicked off the first competition of the year at the All China Fencing Champions Meet Series 2. At this preliminary contests of the 10th National Games, she scored a resounding triumph over the rivals who were the top players of the national team and the Olympic silver medallists. Without losing a match in the competition, Chow earned herself the first ever champion at the All China Fencing Champions Meet.



林衍聰
Lam Hin-chung



賽艇

賽艇隊年內的重點目標是為出戰未來的主要賽事作好準備，包括世界錦標賽、全國運動會及東亞運動會。由於現時賽艇隊成員的年齡全都在22歲以下，訓練的目標是盡量讓他們參加國際賽事，以累積更多比賽經驗。

在二零零五年二月舉行的國際賽艇協會隊際盃，男子雙人艇的蘇秀華和盧廷威取得全場第二名，而男子單人艇的羅曉鋒則取得第四名。蘇秀華和盧廷威這對最佳拍檔亦在西班牙錦標賽中贏得男子雙人艇亞軍，而羅曉鋒、鄧廣榮及李嘉文亦晉身單人艇決賽。

在二零零五年三月舉行的亞洲室內賽艇錦標賽，羅曉鋒和蘇秀華在男子輕量級雙人艇賽事中贏得金牌，而湯少文和葉君幼亦在女子輕量級雙人艇賽事中奪得銀牌。



盧廷威、蘇秀華
Lo Ting-wai, So Sau-wah

壁球

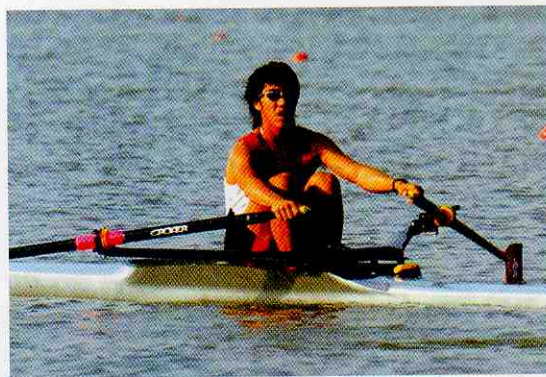
香港壁球隊年內有卓越的表現，青少年運動員成績更有目共睹。年僅14歲的歐鎮銘創下佳績，在最具代表性及競爭性的青少年賽事——英國青少年公開賽中歷史性為香港摘下男子15歲以下組別的銅牌；女將歐詠芝及陳浩鈴亦在同一賽事的17歲以下組別分別取得銀牌及銅牌。這三名小將亦同時在二零零四年十二月舉行的蘇格蘭公開賽中囊括三項錦標。隊際項目方面，青少年運動員在第12屆亞洲青少年壁球錦標賽奪得女團金牌及男團銅牌，歐詠芝更不負眾望以15歲之齡擊敗多國強敵勇奪女單銀牌。

Rowing

The focus during the year has been on the preparation for the race at the upcoming major events including the World Championships, the National Games and the East Asian Games. As the age of the members of the current squad are under 22 years old, the goal of the training programme is to maximise their racing experience in international events.

At the FISA Team Cup in February 2005, the men's double scull of So Sau-wah and Lo Ting-wai were second overall and single sculler Law Hiu-fung placed fourth. The double also finished second at the Spanish Sprint Championships, and Law Hiu-fung, Chow Kwong-wing and Lee Ka-man also reached finals.

At the Asian Machine Rowing Championships held in March 2005, Law Hiu-fung and So Sau-wah won a gold medal in the men's lightweight pairs event, whilst Tong Siu-man and Yip Kwan-yau won silver in the women's lightweight pair.



羅曉鋒
Law Hiu-fung

Squash

The squash team made notable achievements in the year, in particular the junior squad. The 14-year-old Au Chun-ming set a historical record for Hong Kong by winning a bronze medal in the Boys' under-15 category at the British Junior Open 2005, a highly competitive youth competition. Au Wing-chi and Chan Ho-ling took a silver and a bronze medal respectively in the Girls' under-17 category. The three athletes were also crowned the championships in three events at the Scotland Open held in December 2004. At the 12th Asian Junior Squash Championships, our junior athletes won a gold medal in the Girl's Team and Boy's Team events, while Au Wing-chi took a silver medal in the Girl's Individuals.

精英運動員在國際賽事的成績亦十分理想。香港冠軍王偉恆及趙詠賢分別在九龍木球會Perrier百周年紀念盃中勇奪亞軍及冠軍。此外，王偉恆更在澎馬壁球挑戰盃稱霸，成為首位贏取世界男子職業壁球員協會巡迴賽錦標的香港華人球員，為港締造一項壁球壇紀錄，趙詠賢亦在同一項賽事摘下銀牌。



趙詠賢
Chiu Wing-yin

Athletes at senior level continued to produce brilliant performance. Hong Kong number one male and female players Wong Wai-hang and Chiu Wing-yin won the silver and the gold medals respectively in the KCC-Perrier Centenary Cup 2004. Wong also made history with Buler Squash Challenge Cup victory by marking the first local Chinese men's player to secure a Professional Squash Association title. Chiu snatched a silver medal in the competition.



王偉恆
Wong Wai-hang

The talent identification programme, co-organised by the HKSI and the Hong Kong Squash, continues to provide a valuable platform on which to build future success in the sport.

一如過往，體院繼續與香港壁球總會合作推行運動員選材計劃，從中發掘具潛質的新秀作進一步訓練，培訓他們成為新一代壁球新星。

游泳

雖然香港游泳隊的訓練計劃受亞洲游泳錦標賽臨時取消影響，但運動員與教練仍努力投入訓練，為二零零五年各項大賽及2006亞運會作好準備。

年青選手在二零零五年一月舉行的澳洲青年奧運節全力拼搏，打破了七項次香港紀錄，並取得了兩金一銀一銅的優異成績。

游泳隊的技術突飛猛進，短短六個月內打破了26項次香港紀錄及11項次青少年紀錄，為香港泳壇展現新希望。



施幸余
Sze Hang-yu

Swimming

Despite the goal of the swimming team set in the year was affected by the calling off of the Asian Championships, athletes and coaches still devoted their efforts to the intensive training for the preparation of the major events in 2005 and the 2006 Asian Games.

The hard work of the athletes paid off at the Australian Youth Olympic Festival held in January 2005 where promising athletes won two gold, one silver and one bronze medals, and set seven Hong Kong records.

In six-month time, the swimming team broke 26 Hong Kong records and 11 national junior records. The satisfactory improvement indicated a bright future for the sport in Hong Kong.



Hannah Wilson

乒乓球

香港乒乓球隊在全隊共同努力下，於年內取得了卓越成績。張鈺在第17屆亞洲盃獲得男子單打冠軍，高禮澤、李靜在國際乒聯職業巡迴賽總決賽中奪得男雙銅牌，他們二人與梁柱恩亦在多站國際公

Table Tennis

The concerted efforts of the table tennis team achieved impressive results in the year. At the 17th Asian Cup 2004, Cheung Yuk won a gold medal in the men's singles while Ko Lai-chak and Li Ching clinched a bronze medal at the ITTF Pro Tour Grand Finals. Ko and



開賽取得前三名。

女子隊的表現同樣出色，帖雅娜在女子亞洲盃獲得單打冠軍，在2004世界盃乒乓球賽中，她與柳絮飛分別取得銅牌及第五名。張瑞、桑亞嬋在歐洲多個公開賽中也有不俗的表現，在單打項目取得前三名，二人更攜手在國際乒聯職業巡迴賽總決賽中奪得女雙銅牌。



林菱
Lin Ling

青少年隊的成績也有突破，陳潤恒首次代表亞洲聯隊參加世界青少年總決賽獲團體亞軍。育才隊的趙頌熙在中國舉辦的「新星盃」第30屆全國少兒比賽12歲以下組別獲得男子單打銀牌。

展望未來，乒乓球隊任重而道遠，將全力備戰亞運會。

Li as well as Leung Chu-yan achieved top-three placings at various international open competitions.

The women's team recorded a number of successes. Tie Yana's excellent performance won herself a gold medal in the women's singles at the Women's Asian Cup 2004. At the 2004 World Cup, Tie took one bronze medal while Lau Sui-fei finished fifth in the women's singles. Zhang Rui and Song Ah-sim reached top three at various competitions held in Europe and one bronze medal in the women's doubles at the ITTF Pro Tour Grand Finals.



李靜
Li Ching

The junior team continued to achieve breakthroughs. Chan Yun-hang represented the Asian Joint Team for the first time to participate in World Cadet Finals and assisted the team in winning a silver medal. At the New Star Cup 30th China National Junior Competition, Chiu Chung-hei won a silver medal in junior boys' singles under 12.

In the forthcoming year, focus of the team will be put on the preparation for the 2006 Asian Games.

網球

青少年運動員在年內取得驕人成績。青少年球手施馬田和賴曉鵬分別取得國際網球協會青少年世界排名25及85位。

施馬田在國際網球協會的數項錦標賽中表現出色，單打和雙打賽事均躋身三甲位置。他在亞洲青少年網球錦標賽中取得銅牌，亦於泰國國際青少年網球錦標賽第一組賽事及菲律賓青少年網球錦標賽第一組賽事中各取得一面銀牌。賴曉鵬亦在男子雙打賽事中締造多項佳績。他先後於二零零四年十一月及二零零五年二月舉行的國際網球協會馬來西亞國際青少年錦標賽第三組賽事，分別夥拍施馬田與周俊朝，勇奪雙打金牌及雙打銀牌。



賴曉鵬
Lai Xiao-peng

Tennis

Brilliant performances during the year were attributed to the junior athletes. Juniors Martin Sayer and Lai Xiao-peng advanced to the 25th and 85th of the International Tennis Federation (ITF) world junior's ranking respectively.

Martin Sayer reached top-three placings in both individual and doubles events at several ITF tournaments. He won a bronze medal in the boy's singles at the Asian Closed Junior Championships, and silver medals respectively at the Thailand International Junior Tennis Championships, Group 1 and the Mitsubishi-Lancer International Junior Championships, Group 1. Lai Xiao-peng produced outstanding results in the boy's doubles event. He, pairing up with Sayer, won a gold medal at the ITF Malaysia International Junior Championships, Group 3 held in November 2004. Lai together with Ronald Chow clinched a silver medal at the boy's doubles at the ITF Malaysia International Junior Championships, Group 3 in February 2005.



施馬田
Martin Sayer

保齡球

胡兆康和馮雪儀在過去一年取得優秀的成績。他們在亞洲巡迴排名錦標賽的表現無懈可擊，雙雙躋身亞洲球手前八名位置。

胡兆康在二零零四年十月於印尼舉行的亞洲保齡球巡迴賽取得第二，並在香港保齡球公開賽中獲得男子個人優秀賽亞軍殊榮。他在二零零五年亦旗開得勝，在印尼舉行的亞洲保齡球巡迴賽總決賽及馬來西亞公開賽中勇奪錦標，躍升為當時的亞洲首席保齡球手。

馮雪儀在印尼公開賽的女子個人優秀賽中節節領先，打了漂亮的一仗，贏得亞軍。憑著在關島國際公開賽奪得第四名，她首次躋身亞洲排名第六位。於二零零五年年初，馮雪儀在亞洲保齡球巡迴賽總決賽贏得第八名，又在第二屆科威特國際保齡球公開賽中擊敗來自亞洲和歐洲的頂尖球手，以最佳成績奪魁，令她當時的亞洲排名提升至第五位。



胡兆康
Wu Siu-hong

三項鐵人

於二零零四年十月十日在船灣舉行的ITU香港三項鐵人賽，為三項鐵人運動在年內的主要賽季劃上句號。李致和及劉政彥在男子精英組中表現優秀，分別摘取金牌和奪得第七名。

運動員經過在香港和新西蘭舉行的特別訓練後，二零零五年的賽季在三月展開，首兩場主要賽事是滙公國際三項鐵人賽和台灣亞洲盃。麥素寧和陳慶駒在滙公國際三項鐵人賽女子和男子青年組分別躋身第二名；而雷泳琦和Andrew



麥素寧
Mak So-ning

Tenpin Bowling

Wu Siu-hong and Vanessa Fung performed outstandingly in the year. Both of them qualified in the top eight bowlers of the Asian ranking and made excellent performances in the Asian Tour Ranking Tournaments.

Wu Siu-hong was second at the Asian Bowling Federation (ABF) Tour in Indonesia in October 2004 and in the Master of the Hong Kong Open. He made a good start at the beginning of 2005 by winning in the ABF Tour Tournaments of Champions in Indonesia and the Malaysia Open, making him the Asia's number one at that moment.

Vanessa Fung came second in the Indonesia Open after leading the master in a memorable performance. She ranked fourth in the Guam International Open, allowing her to finish at the top sixth in the Asian ranking for the first time. At the beginning of 2005, she was eighth in the ABF Tournament of Champions. She achieved the best performance in the 2nd Kuwait International Open Bowling Tournament where she defeated the best athletes from Asia and Europe. The victory made her promote at that time to be the number fifth of the Asian ranking.



馮雪儀
Vanessa Fung

Triathlon

Following the completion of the ITU Hong Kong Triathlon in Plover Cove, the main triathlon racing season for 2004 concluded on 10 October 2004 where Lee Chi-wo won the Elite Men competition and Lau Ching-yin finished seventh under the same category.

The 2005 racing season for the Hong Kong team started in March after a period of solid base and specific training in Hong Kong and New Zealand with two key competitions, the Mekong International Triathlon and the Taiwan Asian Cup. Mak So-ning and Chan Hing-kui finished second in the female and male junior category of the former event, Christine Bailey and Andrew Wright both convincingly won the latter event.



李致和
Lee Chi-wo



Wright則雙雙在台灣亞洲盃奪得錦標。

年內青少年運動員亦展示實力。在泰國的亞洲青少年兩項鐵人錦標賽中，女子青少年運動員司徒兆殷和許煒森分別贏得冠軍和亞軍。

滑浪風帆

香港代表隊在年內參加了多項競賽水平甚高的賽事，為出戰全運會及2006亞運會作好準備。

陳慧琪和何智豪全年皆表現出色。在二零零四年十月於上海舉行的全國帆板錦標賽中，陳慧琪贏得一面銅牌，何智豪則取得第五名。他亦在海口舉行的全國帆板錦標賽中名列第八。

青少年運動員繼續屢創佳績，在新加坡公開賽中，馬國寶和陳炎威分別奪得一面金牌和一面銅牌。



陳慧琪
Chan Wai-kei

武術

香港武術隊參加在緬甸舉行的第六屆亞洲武術錦標賽，參賽的八名選手全都為香港取得獎牌，奪得一金四銀三銅的優異成績，大大增添武術運動員在往後大賽，包括東亞運動會及世界武術錦標賽的爭勝信心。

武術隊多年來致力培育運動員的技術及文化修養，亦注重隊風的建設，鄭家豪、杜宇航、陳少傑及曾思敏等武術隊成員已經成為表表者，新一批年青運動員如鄭仲恒、袁家瑩、馮泳施、梁家璋等亦已逐漸成熟，他們只要繼續努力，定必可在日後的賽事上大放異采。



杜宇航
To Yu-hang

Up-and-coming athletes demonstrated considerable potential. Female juniors Szeto Shiu-yan and Hui Wai-sum finished first and second respectively in the Asian Junior Duathlon Championships in Thailand.

Windsurfing

During the year, the Hong Kong team participated in a number of highly competitive competitions in preparation for the National Games and the 2006 Asian Games.

Chan Wai-kei and Ho Chi-ho performed well in the year. In the China National Championships held in Shanghai in October 2004, Chan won a bronze medal while Ho finished fifth. Ho also finished eighth in the China National Championships in Haikou.

Young athletes have continued to produce excellent performances. Ma Kwok-po and Chan Yim-wai won one gold and one bronze medals respectively in the Singapore Open.



馬國寶
Ma Kwok-po

Wushu

The wushu team participated in the 6th Asian Wushu Championships held in Myanmar and produced superb results. Eight members of the team were all medal winners and brought home with one gold, four silver and three bronze medals, strengthening the team's confidence in the upcoming tournaments including the East Asian Games and the World Wushu Championships.

For years, emphasis has been put on the development of skills, academic pursuit and team building. With excellent sporting and academic achievements, Cheng Ka-ho, To Yu-hang, Chan Siu-kit and Angie Tsang become role models for the younger athletes. The skills of the junior athletes, including Cheng Chung-hang, Yuen Kay-ying, Fung Wing-sze and Leung Ka-wai, etc, have become mature gradually. Their continued efforts and hard work will certainly bring them success in the future tournaments.



黑志宏
Hei Zhi-hong

發展體育項目及殘障人士體育項目

除13項精英體育運動外，體院亦透過個別精英運動員資助計劃及殘障運動員精英培訓計劃，分別支持發展體育項目及殘障人士體育項目。

其中出戰於二零零四年十月舉行的第21屆亞洲女子健美錦標賽的王君萍，在女子49公斤級或以下項目奪魁。

香港殘障運動員正積極備戰多項在二零零六年舉行的大型國際賽事，包括於二零零六年十一月舉行的四年一度的遠東及南太平洋傷殘人士運動會。



梁育榮
Leung Yuk-wing

香港發展的智障人士運動項目達18個之多，其中重點發展的田徑、賽艇、游泳和乒乓球項目的運動員正努力備戰，務求以最佳狀態參加二零零五年下旬及二零零六年舉辦的多個國際賽事。



黎惠玲
Lai Wai-ling

Development Sports and Disabled Sports

In addition to 13 Elite Sports, the HKSI also supports a number of athletes from the Development Sports and Disabled Sports through the Individual Athletes Support Scheme and Disabled Sports Elite Training Programme respectively.

At the 21st Asian Women's Bodybuilding Championships held in October 2004, Wong Kwan-ping won a gold medal at the category of women's 49kg or below.

Athletes with physical disabilities have trained hard to prepare for major international competitions scheduled in 2006, including the quadrennial Far East and South Pacific Games for the Disabled, to be held in November 2006.



余翠怡
Yu Chui-ye

Among the 18 sports currently promoted for the intellectual disabilities, athletes from the four focus sports including athletics, rowing, swimming and table tennis are working hard to prepare themselves for several international events to be held in the second half of 2005 and 2006.



梁舒恆
Leung Shu-hang