

## 香港運動員在國際體壇屢創佳績

### Hong Kong's Athletes Achieve Remarkable Results in the International Sports Arena

香港運動員不斷在國際比賽中取得佳績，近期表現出色的繼有乒乓球、單車及滑浪風帆運動員。

Hong Kong's athletes continue to achieve outstanding results and breakthroughs in international competitions. Significant success has recently been achieved in table tennis, cycling and windsurfing.



左起：李靜、高禮澤  
From left: Li Ching, Ko Lai-chak



左起：張瑞、帖雅娜  
From left: Zhang Rui, Tie Yana

乒乓球寶李靜及高禮澤於六月中旬在台灣舉行的台北公開賽中贏得男雙冠軍，而帖雅娜及張瑞則分別於六月底在聖地亞哥舉行的智利公開賽及七月上旬在羅德岱堡舉行的美國公開賽中贏得女雙冠軍。目前該兩對雙打在職業巡迴賽中排名第一，及已符合參加於十二月在中國福州舉行的國際乒聯職業巡迴賽總決賽的資格。

Table Tennis duo Li Ching and Ko Lai-chak won the champion in men's doubles at the Taipei Open held in mid-June in Taipei, Taiwan; Tie Yana and Zhang Rui won the champion in women's doubles at the TMS Chile Open held in Santiago, Chile in late June and at Lieber US Open held in Fort Lauderdale, USA in early July respectively. Both pairs currently rank number one on the ITTF Pro Tour Ranking, and eligible to be qualified for the Pro Tour Grand Finals to be held in December in Fuzhou, China.

單車隊亦有極佳的表現。黃金寶分別於六月份在中國瀋陽舉行的全國場地冠軍賽男子40公里計分賽及全國場地錦標賽男子40公里計分賽中奪得冠軍。此外，黃金寶及黃毅程則於六月下旬在中國長春舉行的全國公路錦標賽175公里男子個人公路賽中分別奪得冠、亞軍。黃金寶在一九九七年及二零零一年兩屆都是全國公路錦標賽冠軍。

The cycling team also returned with remarkable results. Wong Kam-po won the men's 40km point race of the National Track Cycling Race and the National Track Cycling Championships held in Shenyang, China in June. In late June, Wong Kam-po and Wong Ngai-ching finished first and second respectively in the men's 175km individual road race of the National Road Race Championships held in Changchun, China; Wong Kam-po won the same event previously in 1997 and 2001.



左起：黃毅程、黃金寶  
From left: Wong Ngai-ching, Wong Kam-po



左起：何智豪、陳慧琪、陳慧文  
From left: Ho Chi-ho, Chan Wai-kei, Chan Wai-man

滑浪風帆運動員何智豪及陳慧琪於六月舉行的德國滑浪風帆公開賽中，分別奪得男、女子組冠軍。德國滑浪風帆公開賽是國際帆船協會一級世界盃系列賽事。這是港隊首次在同一項於歐洲舉行的一級賽中同時奪得男、女子組冠軍。此外，港隊於五月舉行的荷蘭帆船賽中共奪得一金兩銀一銅；陳慧文則是繼李麗珊後，第二位香港運動員在這項賽事中稱后。

Windsurfers Ho Chi-ho and Chan Wai-kei won the men's and women's mistral class at the Kiel Week Regatta held in June in Germany. This was an International Sailing Federation (ISAF) grade one World Cup event and was the first time that Hong Kong athletes have won titles in both classes in a grade one event in Europe. Earlier in May, the windsurfing team won a total of one gold, two silvers and one bronze medals at the Holland Regatta held in the Netherlands; and Chan Wai-man became the second woman from Hong Kong to win a gold medal at the event, besides Lee Lai-shan.

香港體育學院在此祝賀各位運動員，希望各位繼續努力，不斷突破自我，創造佳績，為港爭光！

The Hong Kong Sports Institute would like to congratulate all winning athletes. We wish them continued success at upcoming tournaments.



## 2005年沙田區青少年暑期活動開幕禮暨綜合表演 2005 Sha Tin Summer Youth Programme Opening Ceremony



由沙田民政事務處主辦及體院協辦的沙田區青少年暑期活動開幕禮暨綜合表演已於七月三日舉行。象徵今年活動正式展開的火炬傳送儀式於香港體育學院(體院)田徑場內舉行。精英運動員(上圖：前排左起)周定宇(武術)、凌婉婷(羽毛球)、鄧漢昇(田徑)，聯同百多名來自屈臣氏田徑會的青少年運動員，一起將火炬從體院運送至沙田新城市廣場。三名精英運動員亦於當日下午在廣場進行的開幕典禮中被委任為該活動的大使。

The Hong Kong Sports Institute (HKSI) was one of the supporting organisations of the opening ceremony of the 2005 Sha Tin Summer Youth Programme organised by the Sha Tin District Office and held at the Sha Tin New Town Plaza on July 3. The opening ceremony was preceded by a kick-off activity involving a torch run from the HKSI to the Sha Tin New Town Plaza. Elite athletes (picture on the left: front row from left), including Chow Ting-yu (wushu), Ling Wan-ting (badminton), Tang Hon-sing (athletics), and over 100 young athletes from the Watsons Athletics Club, participated in the run. The elite athletes were also appointed as the Ambassadors of the Programme at the opening ceremony.



### 體育界人士獲政府榮譽嘉獎 Honours Achieved by Sports Personnel

恭賀下列體壇人士和運動員在香港特別行政區二零零五年授勳名單中獲榮譽嘉許和表揚他們對香港的貢獻。  
Congratulations to the following sports officials and athletes who have been honoured on the Hong Kong SAR Government 2005 Honours list as a recognition of their contribution to the community.

#### 銀紫荊星章 Silver Bauhinia Star

霍震寰 Ian Fok Chun-wan SBS JP

香港武術聯會會長 President of the Hong Kong Wushu Union

#### 銅紫荊星章 Bronze Bauhinia Star

余錦基 Lawrence Yu Kam-kee BBS JP

香港足球總會董事 Director of the Hong Kong Football Association

#### 榮譽勳章 Medal of Honour

高禮澤 Ko Lai-chak MH

乒乓球運動員 Table Tennis Player

李靜 Li Ching MH

乒乓球運動員 Table Tennis Player

蘇樺偉 So Wa-wai MH

田徑運動員〔傷殘〕 Athletics Player (physically disabled)

#### 行政長官社區服務獎狀 Chief Executive's Commendation for Community Service

陳蕊莊 Chan Yui-chong

輪椅劍擊運動員〔傷殘〕 Wheelchair Fencer (physically disabled)

錢平醫生 Dr Eric Chien Ping JP

香港殘疾人奧委會暨傷殘人士體育協會執行委員會成員

Executive Committee Member of the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled

黎惠玲 Lai Wai-ling

乒乓球運動員〔智障〕 Table Tennis Player (intellectual disabled)

梁艷芬 Cannie Leung Yim-fan

草地滾球教練 Lawn Bowls Coach

梁育榮 Leung Yuk-wing

硬地滾球運動員〔傷殘〕 Boccia Player (physically disabled)

太平紳士 Justice of Peace

林大輝博士 Dr Lam Tai-fai JP

中國香港手球總會名譽會長 Honorary President of the Handball Association of Hong Kong, China



## 體育交流 Visits and Exchange



### 澳洲體育局行政總裁訪問體院

澳洲體育局行政總裁馬彼得(譯音)於七月八日到訪體院，參觀體院各項設施，並與體院管理層進行交流。

### Australian Sports Commission CEO Visited the HKSI

Mark Peters, Chief Executive Officer of the Australian Sports Commission paid a visit to the HKSI on 8 July. He toured the sports facilities at the HKSI and exchanged views with the HKSI Management.



### 蘇州市體育局訪問體院

由蘇州市體育局局長王根偉率領的訪問團一行八人，於七月十二日到訪體院，與體院管理層就精英培訓進行交流。

### Suzhou Sports Bureau Visited the HKSI

An eight-member delegation headed by Wang Gen-wei, Director of the Suzhou Sports Bureau, paid a visit to the HKSI on 12 July. They toured the HKSI facilities and exchanged views with the HKSI management on elite training matters.



## 體記精英匯友嘉年華2005 Elite vs. Press Carnival 2005



The Elite vs. Press Carnival 2005 was held on 9 July at the HKSI. This annual social event was organised by the HKSI to provide opportunities for the media to meet with elite and junior athletes through friendly sports matches such as soccer competitions, basketball competitions and dart competitions. Over 100 athletes, editors and reports participated. The opening ceremony was officiated by Shelley Lee Lai-kuen JP, Permanent Secretary for Home Affairs of the Home Affairs Bureau; Dr Eric Li Ka-cheung, Chairman of the HKSI; Pui Kwan-kay, Vice President of the Hong Kong Sports Press Association; Henry Wu King-cheong, President of the Hong Kong Elite Athletes Association and Dr Leung Wing-tai, Chief Executive of Breakthrough.

體記精英匯友嘉年華2005於七月九日在體院舉行。是項一年一度的活動旨在透過友誼運動比賽如足球、籃球及飛標比賽等，讓傳媒工作者認識精英及青少年運動員。是次活動開幕儀式共有超過100名運動員，編輯及記者出席。民政事務局常任秘書長李麗娟太平紳士、體院主席李家祥博士、香港體育記者協會副會長貝鈞奇、香港精英運動員協會會長胡經昌及突破機構總幹事梁永泰博士均應邀出席為主禮嘉賓。





## 體育資訊中心新書介紹 New Reference at Sports Information Centre (SIC)

### Running biomechanics and exercise physiology applied in practice

此書基於運動科學理論、訓練經驗及研究數據等方面，為讀者整合出全新的競跑訓練意念。內容包括競跑技巧、訓練及適應問題、能量供應過程等，啟發田徑訓練員、物理治療師及教練對這範疇的思索。

Written by Frans Bosch and Ronald Klomp and published by Elsevier in 2005. The book presents new training concepts based on biomechanical and exercise physiology principles, day-to-day training and scientific research studies. It discusses topics such as running techniques, training and adaptation, and energy supply processes; it also provides useful insight for athletic trainers, physiotherapists and coaches.

### Biomechanics of sport and exercise (second edition)

透過獨特的表達方式，作者圖文並茂地將生物力學概念介紹給讀者，讓他們更易掌握。除了運動力學、運動學及運動鍛鍊的內容外，此書還提供了有關力學及解剖學方面的資料。

Written by Peter M. McGinnis and published by Human Kinetics in 2005. This is a user-friendly book with unique presentation on biomechanical concepts with illustrations. The book covers not only on biomechanics, kinesiology and exercise science in sports, but also general information on mechanics, anatomy and problem-solving techniques.

## 精英運動員的傑出成績 Outstanding Achievements of Elite Athletes

	姓名 Name	項目 Event	名次/參賽人數 Position/No. of Entry
<b>單車 Cycling</b>			
全國公路自行車冠軍賽 China National Road Race Series (26/5/2005, 秦皇島 Qinghuadao)	陳振興 Chan Chun-hing	175公里男子個人公路賽 175km Individual Road Race, Men	1st/ 143
全國場地錦標賽 China National Track Championships (12/6/2005, 瀋陽 Shenyang)	張敬煒 Cheung King-wai	男子20公里麥迪遜賽 20km Madison, Men	2nd/ 8
	胡健樂 Wu Kin-san		
	黃金寶 Wong Kam-po	男子40公里計分賽 40km Point Race, Men	1st/ 35
	黃健忠 Wong Kin-chung	男子爭先賽 Sprint, Men	1st/ 39
	黃健忠 Wong Kin-chung	男子1公里計時賽 1km Time Trial, Men	3rd/ 39
全國場地冠軍賽 China National Track Cycling Race (13/6/2005, 瀋陽 Shenyang)	郭灝霆 Kwok Ho-ting	男子青年3公里個人追逐賽 3km Individual Pursuit, Junior Men	3rd/ 12
	黃金寶 Wong Kam-po	男子40公里計分賽 40km Point Race, Men	1st/ 38
<b>空手道 Karatedo</b>			
第七屆亞洲空手道錦標賽 7th AKF Senior, Junior & Cadet Championships (30/5/2005, 澳門 Macau)	陳枷彰 Chan Ka-man	女子60公斤以下 Sr Female -60kg Kumite	3rd/ 12
		女子公開組 Sr Female Open Kumite	2nd/ 12
	黃斌彬 Wong Pan-pan	男子個人套拳 Male Individual Kata	5th/ 13
<b>網球 Tennis</b>			
中國男子網球未來賽 China F3 Futures (31/5/2005, 武漢Wuhan)	余曉東 Yu Hiu-tung	男子單打 Men's Singles	3rd/ 96
<b>滑浪風帆 Windsurfing</b>			
荷蘭帆船賽 Holland Regatta 2005 (29/5/2005, 梅德布雷克 Medemblik)	陳慧琪 Chan Wai-kei	女子奧運板 IMCO Women	2nd/ 10
	陳慧文 Chan Wai-man		1st/ 10
	陳敬然 Chan King-yin	男子奧運板 IMCO Men	4th/ 31
	鄭國輝 Cheng Kwok-fai		3rd/ 31
	何智豪 Ho Chi-ho		2nd/ 31
世界錦標賽 IMCO World Championship 2005 (20/5/2005, 蒙德洛 Mondello)	陳慧琪 Chan Wai-kei	女子奧運板 IMCO Women	5th/ 36
	陳慧文 Chan Wai-man		8th/ 36
	陳敬然 Chan King-yin	男子奧運板 IMCO Men	4th/ 84
	何智豪 Ho Chi-ho		5th/ 84