



體育成就、榮譽及獎項 Sporting Achievements, Honours & Awards

體育成就 Sporting Achievements

二零一六/一七年度是香港體壇豐收的一年，運動員於國際多項運動會及其他國際比賽繼續有優秀表現，贏得超過 330面獎牌，當中包括96面金牌。

It was a golden year for Hong Kong athletes, who continued their impressive performances at Multi-Sport Games and other international competitions - they won over 330 medals, 96 of them gold.

國際多項運動會

第三十一屆奧運會

(5-21.8.2016 巴西里約熱內盧)

香港派出75人代表團，包括38名運動員參加巴西里約奧運會，角逐田徑、羽毛球、單車、劍擊、高爾夫球、賽艇、游泳、乒乓球及滑浪風帆九個體育項目。

Multi-Sport Games

31st Olympic Games

(5-21.8.2016, Rio de Janeiro, Brazil)

Thirty-eight Hong Kong athletes among a 75-strong delegation in Rio flew the flag for Hong Kong in nine sports - athletics, badminton, cycling, fencing, golf, rowing, swimming, table tennis and windsurfing.



周凱華（前）夥拍李晉熙出戰羽毛球混雙項目。
Badminton duo Chau Hoi-wah (front) and Lee Chun-hei in action in the mixed doubles.



何詩蓓成為首位晉身奧運準決賽的香港泳手，更打破200米自由泳香港紀錄。
Siobhan Haughey became the first Hong Kong swimmer to reach an Olympic semi-final, setting a new local record in the 200m freestyle.



香港運動員出征里約奧運，於12個項目打入前10位。
Hong Kong athletes returned from the Rio Olympics with 12 top-10 finishes.

一眾奧運健兒縱然沒有取得獎牌，但他們展示的奧林匹克和香港精神令每位香港市民都感到驕傲。單車運動員李慧詩在凱琳賽複賽遇上意外被撞跌，但她並沒有放棄，負傷忍痛完成其餘賽事，最終以前八名成績完成凱琳賽和爭先賽，拼搏精神令人敬佩。年輕運動員在今屆奧運會亦嶄露頭角，當中滑浪風帆選手鄭俊傑首次征奧便名列第八，而劍擊運動員張家朗和江旻憻則在個人項目打入16強，創下香港歷屆奧運最佳成績，相信他們在未來的國際多項運動會必定大有作為。此外，代表團中26人均是首次出戰奧運，佔參賽運動員總數超過三分之二，其中超過一半更晉身前16名，為港隊進軍下屆東京2020奧運會注下強心針。

Though Hong Kong's Olympians did not bring home any medals, the Olympic and Hong Kong spirit they demonstrated was an enormous source of pride for those watching back home. Cyclist Lee Wai-size was sent flying to the pine floor of the velodrome in an accident in an early round of the keirin event, but got back on her bike and ensured she finished in the top eight in both keirin and sprint despite her cuts and bruises. There were also many highly encouraging signs for future Major Games as the next generation of Hong Kong stars impressed. Among them were windsurfer Cheng Chun-leung, who was eighth in his Olympic debut, and fencers Cheung Ka-long and Kong Man-wai, who both made it to the last-16 - the first time Hong Kong fencers had got that far. In all, more than two-thirds of the Hong Kong team - 26 athletes - made their Olympic debuts. And with more than half of those debutants achieving top 16 positions in their events, it bodes well for the 2020 Games in Tokyo.



李皓晴（左二）、帖雅娜（右二）和杜凱琹攜手闖入女子乒乓球團體賽八強。
Lee Ho-ching (second from left), Tie Yana (second from right) and Doo Hoi-kem reached the quarter-finals in the women's table tennis team event.



張家朗成為史上首位晉身16強的香港男子劍擊運動員。
Cheung Ka-long made history by becoming the first men's fencer from Hong Kong to reach the last 16.



兩名年輕滑浪風帆選手盧善琳(圖)和鄭俊樑首次出戰奧運，汲取寶貴經驗。

Young windsurfers Lo Sin-lam (photo) and Cheng Chun-leung gained valuable experience in their first Olympic outing.



賽艇運動員李婉賢(左)和李嘉文以姊妹檔出戰雙人雙槳艇項目。
Sister rowers Lee Yuen-yin and Lee Ka-man in action in the double sculls.



單車運動員刁小娟於女子全能賽中全力衝刺。

Cyclist Diao Xiaojuan leads the way in the women's omnium event.

第十五屆殘疾人奧運會 (7-18.9.2016 巴西里約熱內盧)

緊接奧運會之後，香港運動員出戰翌月舉行的里約殘疾人奧運會(殘奧運)，在硬地滾球、游泳、乒乓球及輪椅劍擊項目合共取得2金2銀2銅。

兩面金牌由梁育榮和鄧韋樂分別於硬地滾球及游泳奪得，梁育榮繼雅典2004殘奧運奪金後，相隔12年

15th Paralympic Games (7-18.9.2016, Rio de Janeiro, Brazil)

The month after the Olympics, it was the turn of Hong Kong's Paralympians to compete in Rio, and they came back to Hong Kong with 2 gold, 2 silver and 2 bronze medals – in boccia, swimming, table tennis and wheelchair fencing.

Leung Yuk-wing and Tang Wai-lok won the golds, in boccia and swimming respectively. Veteran Leung had previously won gold back



吳玫萓奪得乒乓球女子TT11級單打銅牌。
Table tennis athlete Ng Mui-wui took bronze in the women's singles class 11.



硬地滾球運動員梁育榮繼雅典2004殘奧運奪金後，再次登上冠軍寶座。
Boccia athlete Leung Yuk-wing won gold for Hong Kong in the Paralympics, having first achieved the feat back in Athens 2004.



余翠怡贏得女子A級花劍個人項目銀牌，連續四屆殘奧運獲獎而回。
Yu Chui-ye won a silver medal in the women's individual foil category A event.
It was the fourth Paralympics in a row at which she had medalled.



鄧韋樂表現無懈可擊，在男子S14級200米自由泳脫穎而出，並刷新殘奧運紀錄。
Tang Wai-lok had a sensational performance in the pool in Rio, setting a new Games record in the men's 200m freestyle S14 to win gold.

再次登上冠軍寶座，在混合BC4個人賽決賽以些微分數擊敗對手奪魁。泳手鄧韋樂表現無懈可擊，在男子S14級200米自由泳脫穎而出，並以1分56秒32刷新殘奧運紀錄。

輪椅劍擊運動員亦取得三面獎牌，當中余翠怡於女子A級花劍個人項目奪得銀牌，連續四屆殘奧會獲獎而回，陳蕊莊則摘下女子B級重劍個人銅牌；二人並夥拍吳舒婷摘下女子重劍團體銀牌。

香港餘下的一面銅牌由乒乓球運動員吳玟萱於女子TT11級單打奪得。

in Athens 2004 and returned to the top step of the podium in Brazil after holding his nerve to triumph in a close final in the mixed individual BC4. As for Tang, his win in the men's 200m freestyle S14 was simply stunning – a new Games record as he touched in 1:56.32.

There were three medals for the wheelchair fencers, with Yu Chui-ye winning silver in the women's individual foil category A – the fourth Games in a row at which she had medalled – and Chan Yui-chong bronze in the women's individual epee category B. The pair also teamed up with Justine Ng to take silver in the women's team epee event.

Hong Kong's other medal was won by table tennis player Ng Mui-wui in the women's singles – class 11.

第五屆亞洲沙灘運動會 (24.9-3.10.2016 越南峴港)

自亞洲沙灘運動會於二零零八年首辦以來，香港是第五次派隊參賽，今年代表團共129人，當中81名運動員競逐九個體育項目，包括沙灘田徑、沙灘手球、沙灘賽艇、沙灘足球、沙灘排球、沙灘水球、沙灘木球、馬拉松游泳及泰拳，並於沙灘賽艇、沙灘足球、沙灘木球及泰拳四個項目中取得4銀4銅佳績。

第八屆亞洲冬季運動會 (19-26.2.2017 日本札幌)

香港派出包括50名運動員的78人代表團參加於日本北海道札幌市及帶廣市舉行的第八屆亞洲冬季運動會，出戰冰球及滑冰（花樣滑冰及短道速滑）項目，在參與人數及項目而言均為歷屆之最，更是香港首次派出運動員角逐女子冰球項目。

5th Asian Beach Games (24.9-3.10.2016, Danang, Vietnam)

Since its inauguration in 2008, the Asian Beach Games has become an ever more anticipated highlight on the calendar and Hong Kong sent a 129-strong delegation, including 81 athletes, as the team took part for the fifth time. They competed in nine events – beach athletics, beach handball, beach rowing, beach shuttlecock, beach volleyball, beach water polo, beach woodball, marathon swimming and muay – and returned home with 4 silver and 4 bronze, in beach rowing, beach shuttlecock, beach woodball and muay.

8th Asian Winter Games (19-26.2.2017, Sapporo, Japan)

Hong Kong sent 50 athletes among a delegation of 78 to the 8th Asian Winter Games, which were held in Sapporo and Obihiro in Japan's Hokkaido. Hong Kong was represented in ice hockey and skating (both figure skating and short track speed skating), and both the number of events and the number of participating athletes was increased compared to previous Games. It was also the first time Hong Kong's women's ice hockey team took part.

國際比賽

「A級」支援精英體育項目

田徑

被視為田徑壇明日之星的陳佩琦，於越南舉行的第十七屆亞洲青年田徑錦標賽中展露光芒，在跑道濕滑的情況下，打破女子100米香港青少年記錄，並奪得銀牌。

姚潔貞和陳銘泰的表現亦備受注目，雙雙取得里約2016奧運會的參賽資格。馬拉松跑手姚潔貞在布拉格馬拉松刷新個人最佳時間，比奧運達標時間快四分鐘，成功取得奧運入場券；奧運比賽期間她再次打破個人最佳記錄，只差少許便可締造新的香港記錄。跳遠運動員陳銘泰在爭取奧運參賽資格時亦打破個人保持的香港記錄，最終以排名前32名的成績鎖定里奧參賽席位。在奧運初賽，陳銘泰全力以赴，雖未能晉身決賽，但箇中的寶貴經驗為他爭取參加下屆奧運增添信心。

羽毛球

羽毛球新星伍家朗年度內成績驕人，在多項賽事均取得佳績，包括於2016香港公開羽毛球錦標賽創造歷史，令主場觀眾印象難忘。這名里約奧運健兒在決賽力克印度好手Sameer Verma奪冠，成為首位在該賽封王的本地球手。此外，伍家朗於2016新加坡公開賽、2016法國公開賽及2017印度公開賽各奪一面銅牌，張雁宜則於2016丹麥公開賽及香港公開羽毛球錦標賽摘下女單銅牌。年度內，成年隊在各項國際賽事合共贏得1金9銅。

青少年隊的成績亦同樣優秀，高城熙於2016亞洲U17及U15青少年錦標賽夥拍呂樂樂贏得混合雙打(U15)冠軍，並於男子單打增添一銅。



姚潔貞(左·田徑)
Yiu Kit-ching (left, athletics)

International Competitions

Tier A Sports

Athletics

Teenager Chan Pui-kei showed why she is regarded as one of Hong Kong athletics' top prospects for the future with an impressive performance in the women's 100m at the 17th Asian Junior Athletics Championships held in Vietnam. She set a new Hong Kong youth record on a wet track as she won the silver medal.

Other noteworthy performances included Yiu Kit-ching and Chan Ming-tai's feats in qualifying for the Rio 2016 Olympic Games. Marathon runner Yiu booked her place in Brazil with a superb display at the Prague Marathon when she smashed her personal best to beat the qualifying time by some four minutes. She set another personal best in the blistering Rio heat at the Games, and was just short of setting a new Hong Kong record. Long jumper Chan broke his own Hong Kong record as he tried to crack the Olympic qualifying standard and sealed his place in Rio as one of the top 32 athletes in the rankings. He just missed out on a place in the final, but the youngster will have benefited greatly from the experience as he targets Tokyo 2020.

Badminton

Rising shuttle star Ng Ka-long made history and delighted his home fans at the Hong Kong Open, one of many highlights in a hugely successful year for badminton. Rio Olympian Ng beat India's Sameer Verma in the final of the Yonex-Sunrise Hong Kong Open Badminton Championships 2016 to become the first local player to take the crown. Ng also won bronze medals at the OUE Singapore Open 2016, Yonex French Open 2016 and Yonex-Sunrise India Open 2017. Cheung Ngan-yi won two impressive women's singles bronze medals, at the Yonex Denmark Open 2016 and the Hong Kong event, as the senior badminton team won a total of 1 gold and 9 bronze medals at events around the world.

There was success at junior level too, with Ko Shing-hei and Lui Lok-lok's mixed doubles (U15) triumph at the Blibli.com Badminton Asia U17 & U15 Junior Championships a highlight. Ko also took bronze in the men's singles at the same event.



張雁宜(羽毛球)
Cheung Ngan-yi (badminton)



吳安儀 (桌球)
Ng On-ye (billiard sports)

桌球

年度內，桌球隊取得空前成功，當中以吳安儀和傅家俊的表現最為矚目。吳安儀贏得多項錦標，包括在新加坡舉行的2017 WLBS世界女子桌球錦標賽勇挫印度的 Vidya Pillai，二度登上世界冠軍寶座，以及在2016 WLBS女子職業桌球錦標賽個人賽及第一屆亞洲桌球錦標賽女子英式桌球6個紅球賽封后，並夥拍溫家琪於兩項主要賽事增添兩面雙打金牌。男子隊方面，傅家俊在職業賽捷報頻傳，取得歷年最佳季度成績，包括在2016蘇格蘭公開賽稱王，於2017球員錦標賽贏得個人賽亞軍，以及於2016世界桌球錦標賽等四項主要賽事晉身四強。綜合全年成績，成年隊合共贏得7金5銀7銅。

青少年隊亦大放異采，譚潤峰和張家瑋在2016 IBSF世界18歲以下及21歲以下英式桌球錦標賽分別摘下男子18歲以下組銀牌及男子21歲以下組銅牌，前途無可限量。

單車

香港單車隊再度展示雄厚實力。成年隊於年度內勇奪6金3銀4銅，當中李慧詩並沒有受奧運失利影響，個人包攬四面金牌，包括在荷蘭舉行的場地單車世界盃取得女子爭先賽冠軍，以及在印度舉行的第三十七屆亞洲場地單車錦標賽暨第二十四屆亞洲青年場地單車錦標賽橫掃凱琳賽、爭先賽及500米計時賽三面金牌；隊友梁峻榮和孟昭娟則於男子捕捉賽及女子麥迪遜賽為港增添兩面場地亞錦賽金牌。

年輕運動員的表現同樣值得讚賞，梁鎮朗勇奪場地賽男子青年凱琳賽銅牌。



孟昭娟 (單車)
Meng Zhaojuan (cycling)

Billiard Sports

The billiard sports team had one of its most successful years ever in 2016/17, with Ng On-ye and Fu Ka-chun starring. Ng won a host of top titles, but there was no doubt about the highlight as she was crowned world champion for the second time in her career after prevailing in an epic battle over Vidya Pillai of India at the WLBS World Women's Snooker Championship 2017 in Singapore. It was a golden year for Ng, who also won the WLBS Paul Hunter Ladies Classic 2016, and the 6 reds title at the 1st ACBS Asian Billiard Sports Championship, and teamed up with Wan Ka-kai for two other major golds. On the men's professional circuit, Fu had his best season in years, winning the Scottish Open 2016, finishing runner-up at the Players Championship 2017 and reaching the semi-finals of four of the sport's other biggest tournaments, including the Betfred World Snooker Championship 2016. In all, the senior players won 7 gold, 5 silver and 7 bronze medals.

The youngsters showed the future is bright, with Tam Yun-fung and Cheung Ka-wai impressing at the IBSF World Under 18 & Under 21 Snooker Championships 2016, winning the boys' under-18 silver and under-21 bronze respectively.

Cycling

Hong Kong's cyclists showed once again their competitiveness with the senior riders collecting 6 gold, 3 silver and 4 bronze medals. It was no surprise to see Lee Wai-sze at the forefront, shrugging off disappointment at the Olympics to contribute to four of those gold medals. She took a UCI Track Cycling World Cup sprint victory in the Netherlands, and was one of the stars of the show at the 37th Asian Track Cycling Championships cum 24th Asian Junior Track Cycling Championships in India, winning the keirin, sprint and 500m time trial titles. Leung Chun-wing (men's scratch) and Meng Zhaojuan (women's madison) also took home golds from the New Delhi event.

At the junior level, there was a promising display by Leung Chun-long, who earned bronze in the junior men's keirin at the track championships.

劍擊

成年及青少年劍擊隊在亞洲及世界級比賽中成績斐然，尤以張家朗的表現最為矚目，在中國無錫舉行的2016亞洲劍擊錦標賽一舉擊敗多名世界級好手封王，而男子花劍、男子佩劍、女子重劍及女子花劍隊亦收獲四面團體賽銅牌；江旻德亦取得好成績，在意大利舉行的2016女子重劍世界盃贏得銅牌。此外，劍擊隊在2016亞洲23歲以下劍擊錦標賽進帳多面獎牌，蔡俊彥、崔浩然、李逸朗和柯俊而攜手取得男子花劍團體金牌；崔浩然及余綺妍分奪男子花劍及女子重劍銀牌；而方凱申和張楚瑩則於男子重劍及女子花劍摘銅。

青少年隊年度內共贏得9金3銀11銅共23面獎牌，當中張家朗於青年組別貢獻三面金牌，包括在2016男子花劍青年世界盃勇奪錦標。其他隊員在泰國2017亞洲青少年劍擊錦標賽亦交出亮麗成績，蔡俊彥（青年男子花劍）、李澤峰（少年男子佩劍）、余綺妍（少年女子重劍）和陳彥霏（少年女子佩劍）均在個人項目奪金，並在團體項目取得3金1銀。

體操

體操隊年度內以詹文軒的表現最為卓越，他於2016梅爾辛世界盃贏得男子跳馬銀牌。

青少年隊方面，鄭勵臻和楊曉嵐以優秀表現揚威在中國瀋陽舉行的2016全國青少年藝術體操錦標賽，二人分別奪得青少年A組個人全能冠軍及青少年B組個人全能季軍。

Fencing

The strength of Hong Kong's fencers at senior and junior level was on full display with a plethora of medals at Asian and World level. One of the highlights was Cheung Ka-long's triumph at the Asian Fencing Championships 2016 in Wuxi, China, when he beat some of the world's top players on his way to the title. Hong Kong won four other bronze medals in team events at the Asian event: in the men's foil, men's sabre, women's epee and women's foil. Kong Man-wai's bronze at the Women's Epee World Cup 2016 in Italy was another highlight. At the Asian Under 23 Championships 2016, the men's foil team of Choi Chun-yin, Nicholas Choi, Lee Yat-long and O Chun-ye combined for gold, while there were individual silvers for Nicholas Choi (men's foil) and Hsieh Sin-yan (women's epee), and bronzes for Fong Hoi-sun (men's epee) and Kimberley Cheung (women's foil).

The juniors won a total of 23 medals – 9 gold, 3 silver and 11 bronze during the year. Cheung Ka-long contributed to 3 golds at the junior level, including the individual title at the Men's Foil Junior World Cup 2016. The youngsters also had a hugely impressive Asian Junior & Cadet Fencing Championships 2017 in Thailand. Choi Chun-yin (men's foil junior), Lee Chak-fung (men's sabre cadet), Hsieh Sin-yan (women's epee cadet) and Chan Yin-fei (women's sabre cadet) all won individual golds and contributed to a further 3 golds and 1 silver in their team events.

Gymnastics

Jim Man-hin's silver medal in the men's vault at the Mersin World Challenge Cup 2016 was among the highlights for gymnastics in 2016/17.

At junior level, Cheng Lai-chun and Hilda Yeung impressed at the National Youth Rhythmic Gymnastics Championships 2016 in Shenyang, China. Cheng was the winner in the girls all around group A, and Yeung took bronze in group B of the same category.



江旻德 (左·劍擊)
Kong Man-wai (left, fencing)



詹文軒 (右·體操)
Jim Man-hin (right, gymnastics)

空手道

年度內，成年隊贏得1金1銀2銅佳績，當中劉慕裳在個人項目表現突出，於世界空手道聯盟超級聯賽2016杜拜站及2017鹿特丹站取得女子個人型銅牌，是她自二零一二年參加超級聯賽以來第七次取得超級聯賽獎牌。團體項目方面，鄭子文、劉知名和俞灝章於2016薩爾斯堡站男子成年團體型封王；鄭、劉二人並夥拍洪皓崑於杜拜站同一項目奪銀。

青少年運動員的表現亦不遑多讓。在印尼舉行的第十五屆亞洲青少年空手道錦標賽，周家謙和周曦活分別贏得青年男子個人組手55公斤以下銀牌及少年女子個人組手54公斤以上銅牌。

賽艇

趙顯臻於二零一三年從滑浪風帆轉戰賽艇，憑著高水平的體能及全情投入的態度，經過短短三年時間訓練便成功進軍奧運。他和隊友鄧超萌在韓國舉行的2016亞洲及太平洋賽艇奧運資格賽贏得銅牌，從而取得里約2016奧運會男子輕量級雙人雙槳艇項目的入場券。於年底在中國嘉善舉行的第十七屆亞洲賽艇錦標賽，二人亦於同一項目奪銀，其他獎牌功臣包括女子輕量級單人艇銀牌得主李嘉文，以及男子輕量級單人艇銅牌得主黃偉健。

青少年隊的表現亦令人欣喜，在2016亞洲青少年賽艇錦標賽勇奪3金，其中陳至鋒贏得青少年男子單人艇金牌，並夥拍林新棟在青少年男子雙人雙槳艇增添一金，另一金牌則由周義評和王瑋駿組合於青少年男子雙人單槳艇項目奪得。



劉慕裳 (空手道)
Lau Mo-sheung (karatedo)

Karatedo

The karate team won 1 gold, 1 silver and 2 bronze at senior level in 2016/17. Lau Mo-sheung was one of the standouts in individual events, with two Karate1 Premier League bronze medals in the female individual kata, in Dubai 2016 and Rotterdam 2017. Her third place at the Netherlands event was the seventh time she has medalled in the elite Premier League since first competing in 2012. The gold was won at the Premier League event in Salzburg 2016, by the male kata team of Cheng Tsz-man, Lau Chi-ming and Yu Ho-cheung. Cheng and Lau, with Hung Ho-wai, also won silver in the same category at the Dubai event.

At junior level, one of the highlights of the year came at the 15th AKF Cadet, Junior & U21 Championships in Indonesia, where there was a silver medal for Chau Ka-him (junior male individual kumite -55kg) and a bronze for Chow Hei-wood (cadet female individual kumite +54kg).

Rowing

Chiu Hin-chun's transition from windsurfing to rowing showed how fitness and dedication can be applied to different sports as he booked his place at the Olympics just three years after taking up the sport in 2013. Chiu and partner Tang Chiu-mang qualified for the men's lightweight double sculls in Rio 2016 as they earned bronze at the FISA Asia and Oceania Olympic Qualification Regatta 2016 in Korea. The pair also took silver at the 17th Asian Rowing Championships in Jiashan, China later in the year. Lee Ka-man (women's lightweight single sculls, silver) and Wong Wai-kin (men's lightweight single sculls, bronze) also medalled at the top Asian event.

At junior level, the Asian Rowing Junior Championships 2016 saw the team earn 3 gold medals. Two of them went to Chan Chi-fung, on his own in the junior men's single sculls and with Lam San-tung in the doubles. Chau Yee-ping and Wong Wai-chun were the other victors, in the junior men's pair category.



左起：趙顯臻和鄧超萌 (賽艇)
From left: Chiu Hin-chun and Tang Chiu-mang (rowing)

欖球

香港男子欖球隊在2016亞洲七人欖球系列賽連奪三站冠軍，五年內三度封王。港隊在香港、韓國及斯里蘭卡三站賽事只失掉兩場，最終以九分力壓斯里蘭卡榮登總排名首位，並取得二零一七年四月香港國際七人欖球賽的「世界七人欖球系列賽」外圍賽資格。女子隊以總排名第三位完成系列賽，為港增添一面獎牌。

青少年組別方面，女子隊在杜拜舉行的2016亞洲女子18歲以下七人欖球錦標賽所向披靡，在三日比賽中以六戰全勝的完美姿態首奪冠軍，男子隊在2016 20歲以下亞洲七人欖球系列賽亦取得總季軍。

帆船

年度內，青少年帆船運動員繼續表現出色，於二零一六年四月在阿聯酋舉行的亞洲帆船運動總會青年盃系列帆船賽囊括六面獎牌，連續第二年捧走國家盃，當中學生姊妹Nicolle Scholer和Jasmine Scholer包辦樂天帆船女子組別總冠軍及亞軍，隊友黃園梵則取得季軍。男子組方面，Duncan Gregor在樂天帆船組別奪銅，而車惠能和洛應杰則分別以第二及第三名完成雷射4.7組別賽事。

壁球

年度內，成年隊及青少年隊足跡遍及世界各地，在個人及團體項目均取得耀眼成績。

男子隊方面，李浩賢在主要賽事進賬兩面獎牌，包括夥拍歐鎮銘、鄧銘濂和葉梓豐於中華台北舉行的第十八屆亞洲壁球團體錦標賽勇奪銀牌，以及於香港舉行的2016國泰航空新鴻基金融香港壁球公開賽摘下男單銅牌。女子隊方面，歐詠芝一枝獨秀，於印度國際壁球職業計分賽及德克薩斯洲壁球公開賽摘下女單桂冠，以及於澳門壁球公開賽及2016 香港



黎萬利(左·欖球)
Benjamin Rimene (left, rugby)

Rugby

Hong Kong's men were crowned Asian champions for the third time in five years after winning all three legs of the Asia Rugby Sevens Series 2016. Hong Kong only lost two matches in the entire series as they won tournaments at home, in Korea and in Sri Lanka to top the standings by nine points over Sri Lanka. The win had further significance as it earned them a place in the qualifying tournament for the World Rugby Sevens Series at the Hong Kong Sevens in April 2017. The women's team earned another medal when they finished third overall in their series.

At the junior level, the girls' team offered another reason for optimism as they won the first ever Asia Rugby Girls Under 18 Sevens Championship 2016, with a flawless performance in Dubai, winning all six of their games in the six-team, three-day competition. The junior men added another medal by finishing third overall in the Asia Rugby Under 20 Sevens Series 2016.

Sailing

Hong Kong's young sailors continued to impress, winning the Nations Trophy for the second year in a row as they earned six medals at the ASAF Youth Sailing Cup Finals held in April 2016 in the UAE. Nicolle Scholer won gold in the girls' Optimist category, with twin sister Jasmine second and Wong Yuen-yuen third. Duncan Gregor picked up bronze in the boys' Optimist, and Preston Tso and Thomas Norton were second and third respectively in the men's Laser 4.7 category.

Squash

Hong Kong talent continued to shine on the squash court at senior and junior level, and in individual and team events, all over the world in 2016/17.

For the men, Lee Ho-yin contributed to two major medals – first teaming up with Au Chun-ming, Tang Ming-hong and Yip Tsz-fung for silver at the 18th Asian Squash Team Championships in Chinese Taipei, then earning individual bronze on home soil at the Cathay Pacific Sun Hung Kai Financial Hong Kong Squash Open 2016. Au Wing-chi led the way for the women, with individual golds at tournaments in Mumbai and Texas, a silver in Macau and a bronze at home at the HKFC International 2016. She also teamed up with Chan Ho-ling, Liu Tsz-ling and Tong



香港青年帆船隊
Hong Kong youth sailing team

足球會國際壁球職業計分賽穿銀戴銅，並夥拍陳浩鈴、廖梓苓和湯芷穎於法國舉行的2016 女子世界壁球團體錦標賽取得銅牌。葉梓豐在馬來西亞舉行的第九屆世界大學壁球錦標賽亦有出色表現，勇奪男單冠軍，而湯芷穎則取得女單亞軍。

青少年運動員的表現亦穩步上揚，合共贏得3金8銀8銅。雷曉琳在多項賽事的女子17歲以下組別嶄露鋒芒，在馬來西亞舉行的第二十三屆亞洲青少年壁球個人錦標賽及2016 香港青少年壁球公開賽贏得兩項錦標，在2017 英國青少年壁球公開賽亦取得一面銅牌。

游泳

陳健樂於年度內取得突破成績，在日本舉行的第十屆亞洲游泳錦標賽贏得女子100米蝶泳銀牌，並刷新個人最佳時間。

青少年隊在印尼舉行的第五屆亞洲中學生游泳錦標賽亦取得空前成功，囊括10金9銀9銅。鄧采淋稱霸女子自由泳項目，一舉摘下200米、400米及800米三面金牌。黃筠陶和張栩翕各奪兩面金牌，前者於女子100米及200米背泳摘冠，後者則於女子50米及100米蛙泳封后；二人並聯同鄧采淋和黃鈺茵取得女子4x100米混合泳接力金牌。其他金牌功臣包括林浩賢(男子100米自由泳)和黃鈺茵(女子50米蝶泳)。

乒乓球

二零一六/一七年度是乒乓球隊非常成功的一年。成年隊的重點成績包括何鈞傑和黃鎮廷於2016斯洛文尼亞公開賽男子雙打稱王，以及杜凱傑和李皓晴於2016克羅地亞公開賽女子雙打封后。此外，杜李組合於2016國際乒聯職業巡迴賽總決賽再下一城，

Tsz-wing for a highly impressive bronze in the WSF Women's World Team Championship 2016 in France. Yip Tsz-fung's gold in the 9th World University Squash Championship in Malaysia was another standout, with Tong Tsz-wing also second in the women's event at that tournament.

The juniors gave notice that they are on the rise with a host of medals – 3 gold, 8 silver and 8 bronze. Lui Hiu-lam showed she is one to watch with wins at the 23rd Asian Junior Individual Championships in Malaysia and the Hong Kong Junior Squash Open 2016, as well as a bronze at the British Junior Open 2017 (all girls under-17).

Swimming

Chan Kin-lok won a silver medal and set a new personal best at the 10th Asian Swimming Championships in Japan in the women's 100m butterfly.

At junior level, the 5th Asian Schools Swimming Championships was a great success for Hong Kong, with the team returning from Indonesia with 10 gold, 9 silver and 9 bronze. Tang Tsoi-lam dominated the girls' freestyle event, taking golds in the 200m, 400m and 800m. Wong Kwan-to (girls' 100m and 200m backstroke) and Cheung Hui-yan (girls' 50m and 100m breaststroke) both won 2 golds each and teamed up with Tang and Wong Yuk-yan to win the girls' 4x100m medley relay. Lam Ho-yin (boys' 100m freestyle) and Wong Yuk-yan (girls' 50m butterfly) added to the impressive golden harvest.

Table Tennis

Hong Kong's table tennis squad had a very successful year in 2016/17. Among the highlights at senior level were golds for Ho Kwan-kit and Wong Chun-ting at the ITTF World Tour 2016, Slovenia Open (men's doubles); and Doo Hoi-kem and Lee Ho-ching at the ITTF World Tour 2016, Croatia Open (women's doubles). A silver for Doo and Lee at the ITTF World Tour Grand Finals 2016 was another major result, while



李浩賢(前·壁球)
Lee Ho-yin (front, squash)



陳健樂(左·游泳)
Chan Kin-lok (left, swimming)

摘下女雙銀牌，而黃鎮廷則於2016中國公開賽及2016 男子世界盃增添兩面男單銅牌。

在U21組別，乒乓球隊贏得三面金牌，功臣包括2016中國公開賽男單冠軍何鈞傑，以及2017卡塔爾公開賽男單冠軍林兆恒和女單冠軍杜凱傑。青少年隊亦在多個比賽踏上頒獎台，合共取得18面金牌，當中蘇慧音於2016世界青少年巡迴賽總決賽勇奪女子青少年單打金牌，麥詠則於2016世界青少年乒乓球錦標賽摘下女子青少年單打銀牌，二人並合力取得2016亞洲青少年錦標賽女子青少年雙打金牌。

網球

香港青少年女子網球隊在泰國舉行的世界網球少年盃 – 亞洲/大洋洲組外圍賽奪冠，與15支世界勁旅一同躋身總決賽，創下香港歷來最佳成績。由連詠嘉、黃海琪和王康怡組成的香港隊在外圍賽表現強勁，一舉擊敗頭三號種子澳洲、韓國及日本隊登上冠軍寶座。這班同是14歲的小妮子其後出戰在捷克舉行的總決賽，與世界頂尖隊伍較量，是香港女子青少年隊首次晉身世界網球少年盃總決賽。

男子隊的成績亦毫不遜色，唐嘉傑於南京ITF青少年網球賽第十四回（第一級）勇奪單打銀牌，成為二零零五年以來首位晉身第一級賽事決賽的香港運動員；王康傑亦於該項目摘銅，二人並合力在男雙取得銅牌。此外，唐嘉傑在印度舉行的2016亞洲B1 ITF浦那公開青少年網球錦標賽摘下男單銅牌，而林政和蘇銘俊則於韓國2016西歸浦亞洲/大洋洲青少年錦標賽（B1級）成為男子雙打亞軍。

Wong added two impressive individual bronzes at the ITTF World Tour 2016, China Open and Liebherr Men's World Cup 2016.

At under-21 level, there were three major golds – for Ho at the China Open (men's singles), and Lam Siu-hang and Doo at the ITTF World Tour 2017, Qatar Open (men's and women's singles respectively). The junior and cadet players earned a host of podium places, including 18 golds. Some of the most impressive results were Soo Wai-yam's win at the World Junior Circuit Finals 2016, Mak Tze-wing's second place at the ITTF World Junior Table Tennis Championships 2016, and Mak and Soo's girls' doubles win at the Asian Junior & Cadet Championships 2016.

Tennis

Hong Kong's junior girls' tennis team joined the 15 best in the world by winning the World Junior Tennis – Asia/Oceania Final Qualifying 2016 tournament in Thailand. The team of Lin Wing-ka, Wong Hoi-ki and Wong Hong-yi beat the top three seeds – Australia, Korea and Japan – on their way to one of the best results in Hong Kong junior tennis history. The 14-year-olds went on to take on the world's top teams at the finals in the Czech Republic, the first time a Hong Kong girls' team ever qualified for the finals.

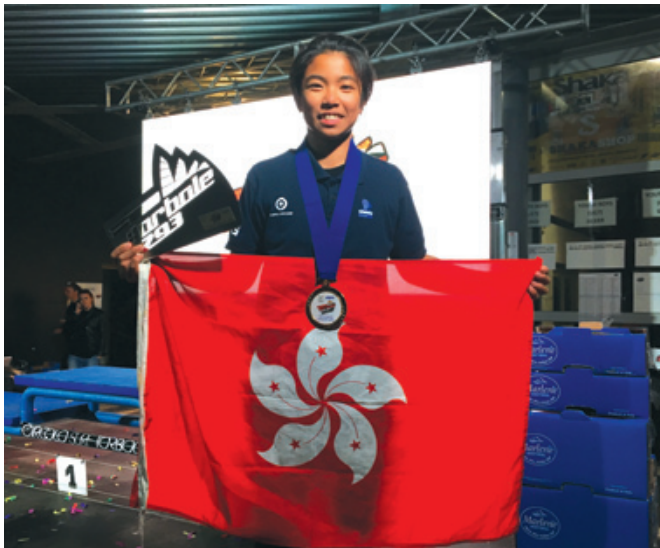
In boys' competition, Anthony Tang and Wong Hong-kit also recorded some impressive results. Tang's silver medal in the China Junior 14 Nanjing (Grade 1) event was the first time a Hong Kong player had reached the final at that level of competition since 2005. Wong was third at the same event and the pair teamed up for bronze in the doubles too. Tang also won a bronze at the Asian B1 ITF Pune Open Junior Tennis Championship 2016 in India, while Lam Ching and Sou Ming-chun took silver in the boys' doubles at the Seogwipo Asia/Oceania Closed Junior Championships (B1) 2016 in Korea.



左起：何鈞傑和黃鎮廷（乒乓球）
From left: Ho Kwan-kit and Wong Chun-ting (table tennis)



左起：黃海琪、連詠嘉和王康怡（網球）
From left: Wong Hoi-ki, Lin Wing-ka and Wong Hong-yi (tennis)



麥卓穎 (滑浪風帆)
Mak Cheuk-wing (windsurfing)



麥卓賢 (保齡球)
Mak Cheuk-yin (tenpin bowling)

保齡球

麥卓賢在年度內戰績彪炳，不但成為三料亞洲冠軍，更於世界錦標賽一舉奪銅。港隊在主場舉行的第二十四屆亞洲保齡球錦標賽不負眾望，以三面金牌的傑出表現打破歷年紀錄，當中麥卓賢在男子全能賽封王，夥拍胡兆康奪得雙人賽冠軍，二人並聯同劉冠濠捧走男子三人賽錦標。此外，麥卓賢在優秀賽及單人賽亦分別取得銀牌和銅牌，胡兆康則在全能賽增添一銅。

保齡球隊於年底出戰卡塔爾舉行的世界單人錦標賽，首次亮相該賽的麥卓賢狀態大勇，僅以些微分數與決賽擦身而過，最終取得一面銅牌。

滑浪風帆

滑浪風帆隊年度內取得優異成績，梁灝雋在中華台北舉行的2016 RS:One世界錦標賽奪得男子組金牌；梁沛熙則在波蘭舉行的Techno 293歐洲錦標賽2016贏得19歲以下組別冠軍。

此外，麥卓穎在意大利舉行的2016 Techno 293滑浪風帆世界錦標賽一鳴驚人，勇奪女子15歲以下組別金牌，並迅即成為大眾焦點。這名小將在歐洲錦標賽緊隨梁沛熙之後奪銀，繼而在世界錦標賽再下一城，力壓多名年長對手，為香港贏得首個Techno級別世界冠軍，前途無可限量。

Tenpin Bowling

Mak Cheuk-yin enjoyed great success in 2016/17, being crowned triple Asian champion and earning bronze in the world championships. The 24th Asian Tenpin Bowling Championships were held on home soil and Hong Kong's team delighted their home fans. Mak won the men's all events title and teamed up with Wu Siu-hong for doubles gold too. With Lau Kwun-ho, they also won the men's trios trophy. Mak was also second in the masters and third in the singles, with Wu third in the all events. The 3 golds made it a record-breaking performance for Hong Kong at the prestigious tournament.

Later in the year, Hong Kong's bowlers were in action at the World Singles Championships 2016 in Qatar. Another impressive performance from Mak saw him earn third place on his debut in the competition, after narrowly missing out on reaching the final.

Windsurfing

Hong Kong windsurfers had a successful year, with gold medals for Leung Ho-tsun at the RS:One World Championships 2016 in Chinese Taipei (men's event) and Leung Pui-hei at the Techno 293 European Championships 2016 in Poland (under-19 event), among the noteworthy achievements.

One result that made major waves among the wider public was Mak Cheuk-wing's victory in the under-15 girls' event at the Techno 293 World Championship 2016, in Lake Garda. Mak had already won silver behind Pui-hei at the under-19 European event before being thrust into the spotlight for her win in Italy. She beat several older rivals to win Hong Kong's first world title in the Techno class.

武術

成年和青少年武術隊在多項亞洲及世界級主要賽事大放異采，勇奪19金25銀6銅。許得恩、劉徐徐和陳穗津成績突出，贏得當中10面金牌。在中華台北舉行的第九屆亞洲武術錦標賽，三人分別奪得男子太極拳、女子棍術及女子太極拳金牌。在波蘭舉行的第二屆世界太極拳錦標賽，許得恩於男子甲乙組新陳式太極劍封王，而陳穗津則於女子乙組42式太極劍項目脫穎而出，其他金牌得主還包括薩百朗、庄家泓、楊千綺（太極劍及太極拳）和譚嘉宜。武術隊在第一屆套路世界盃再添5金，為年度佳績錦上添花，功臣包括劉徐徐（長拳、刀術及棍術）和陳穗津（太極劍及太極拳）。

青少年隊亦潛力盡顯，在保加利亞舉行的第六屆世界青少年武術錦標賽贏得4金8銀3銅，金牌得主包括劉子龍、梁溢昇、楊子瑩和賀曦彤。

「B級」支援精英體育項目

馬術運動員蕭穎瑩繼2014亞運會取得第四名後再創佳績，在英國Keysoe舉行的CDI三星級馬術比賽中勇奪銅牌，為下一屆亞運倍添信心。

攀山方面，陳翔志在南京舉行的2016國際攀聯世界杯攀岩賽贏得男子組抱石銀牌。運動攀登將首次納入2020奧運會比賽項目，陳翔志將把握機會，爭取佳績。

三項鐵人隊於年度內亦取得滿意成績，陳明輝、林朗星和余承謙於2016廿日市ASTC三項鐵人亞洲錦標賽包辦男子青少年組三甲，而蔡欣妍、Oscar Coggins、Camden Richter和黃煦蔚則合力贏得四人混合接力銅牌。

Wushu

It was a great year for Hong Kong's wushu athletes as they earned 19 gold, 25 silver and 6 bronze medals at major Asian and world-level competitions at senior and junior level. Hui Tak-yan, Liu Xuxu and Chen Suijin earned 10 of those golds between them. First up was the 9th Asian Wushu Championships in Chinese Taipei, where Hui took the men's taijiquan title, Liu the women's gunshu and Chen the women's taijiquan. At the 2nd World Taijiquan Championships in Poland, Hui won the men's group A&B new Chen style taijijian and Chen the women's group B 42 movements taijijian. There were also golds in Warsaw for Sat Pak-long, Zhuang Jiahong, Debbie Yeung (in two taijijian and taijiquan events) and Tan Jiayi. To round out the year, there were another 5 golds at the 1st Wushu Taolu World Cup, with Liu winning three (changquan, daoshu and gunshu) and Chen two (taijijian and taijiquan).

Junior athletes showed plenty of promise too, with 4 gold, 8 silver and 3 bronze at the 6th World Junior Wushu Championships in Bulgaria. Lau Chi-lung, Leung Yat-sing, Michelle Yeung and Jada He were the podium-toppers.

Tier B Sports

Siu Wing-ying's bronze medal at the CDI3* Keysoe equestrian event in Great Britain was a timely boost as she prepares for a big 2018. Fourth at the Asian Games 2014, she will be looking to make it to the podium in 2018.

In mountaineering, Chan Cheung-chi won a silver medal at the IFSC Climbing World Cup 2016 in Nanjing, China in the men's bouldering (master) category. With sport climbing coming to the Olympics for the first time in 2020, Chan will be aiming to continue his development.

The Hong Kong triathlon squad had a year to be pleased with, with an excellent one-two-three finish at the junior men's category at the Hatsukaichi ASTC Triathlon Asian Championships 2016 by Tan Ming-fai, Michael Lam and Yu Shing-him. There was a further bronze medal for Hong Kong at the same event for the 4x mixed relay team of Choi Yan-yin, Oscar Coggins, Camden Richter and Wong Hui-wai.



劉徐徐 (武術)
Liu Xuxu (wushu)

殘障人士體育項目

年度內，殘障運動員在五個體育項目為港贏得合共22面獎牌，當中包括六面金牌。

草地滾球隊為出戰南非舉行的2017 IBBA世界草地滾球錦標賽進行嚴密訓練，最終不負眾望，郭永於B4級男子單打封王，而李志明則於B2級男子單打取得亞軍。

輪椅劍擊隊於二零一六/一七年度亦收獲甚豐，勇奪3金2銀8銅。在港舉行的2016 IWAS亞洲輪椅劍擊錦標賽，陳蕊莊在主場觀眾的支持下奪得女子B組個人花劍金牌。她於2016 IWAS 輪椅劍擊世界盃 – 加拿大站亦取得個人重劍銅牌，並夥拍范珮珊、吳舒婷和余翠怡摘下團體花劍銅牌。此外，范珮珊和余翠怡分別於世界盃意大利站及波蘭站奪得個人項目金牌。

硬地滾球方面，港隊憑梁美儀和何宛淇在2016 BISFed阿聯酋世界硬地滾球公開賽分別奪得BC1及BC3個人項目金牌，在BC4組別雙人及個人項目亦增添1銀1銅。

此外，保齡球運動員朱穎琴於波蘭舉行的2016 IBSA保齡球個人世界錦標賽TPB3級贏得女子個人銀牌。在北京舉行的2016亞洲殘疾人士羽毛球錦標賽，王鎮炎和陳浩源分別獲得SS6男子單打銀牌及WH2級男子單打銅牌。



陳蕊莊 (左，輪椅劍擊)
Chan Yui-chong (left, wheelchair fencing)

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請參閱附錄一及二。

Sports for Athletes with Disabilities

There were six major gold medals for Hong Kong athletes with disabilities, among a total of 22 in five different sports.

The lawn bowls team underwent intensive training ahead of their world championships and it paid off as they won a gold and silver medal at the IBBA World Bowls Championships in South Africa. Kwok Wing took top prize in the B4 men's singles and Li Chi-ming silver in the B2 men's singles.

Hong Kong's wheelchair fencing team enjoyed another fruitful year in 2016/17, winning a total of 3 gold, 2 silver and 8 bronze medals. Chan Yui-chong was crowned Asian women's foil champion in front of her home fans at the IWAS Asian Wheelchair Fencing Championships 2016, which were held in Hong Kong. She also took an individual bronze in epee at the IWAS Wheelchair Fencing World Cup 2016 in Canada, and contributed to a team bronze with Fan Pui-shan, Justine Ng and Yu Chui-ye. Fan and Yu won individual World Cup golds in Italy and Poland respectively.

In boccia, Leung Mei-ye and Ho Yuen-kei both won individual golds at the 2016 BISFed Fazza World Open 2016 in the UAE, Leung in the BC1 category and Ho in BC3. Hong Kong also won the BC4 category pairs silver and individual bronze at the same event.

Tenpin bowler Chu Wing-kum won silver in the TPB3 women's singles at the IBSA Tenpin Bowling Singles World Championships 2016 in Poland, while in the Asian Para-Badminton Championships 2016 in Beijing, China, Wong Chun-yim and Chan Ho-yuen won silver and bronze (SS6 and WH2 men's singles respectively).



左三及四：李志明和郭永 (草地滾球)
Third and fourth from left: Li Chi-ming and Kwok Wing (lawn bowls)

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