



中國香港賽艇協會 *HONG KONG, CHINA ROWING ASSOCIATION*

**Report of the Hong Kong, China Rowing Association
to the Asian Rowing Federation Congress 2012
Nangchang, China, 15th September 2012**

I. International Events

1. The 9th Asian Indoor Rowing Championships and The 11th Korea Indoor Rowing Championships, Chungju, Korea

Hong Kong had sent three junior squad rowers, namely Tang Tsz Hau, Tang Tat Shing and Fund Tsz Wan to take part in the captioned Indoor Rowing Championships held from 3rd to 6th March in Chungju, Korea. Our rowers took part in Mens' Lightweight Individual 2000m, Men's Open Individual 2000m, Men's Open Pair and Women Open Individual 2000m. Valuable experience was gained by our junior squad members in this Asian Indoor Rowing Championships.

2. Asian Olympic Qualification Regatta, Chungju, Korea

The Asian Olympic Qualification Regatta was held in Chungju, Korea from 26th to 29th April. This year, there were a record 22 countries taking part and the standards were very high. The Association was very pleased that three rowers were qualified for the London Olympic Games, namely So Sau Wah, Lok Kwan Hoi and Leung Chun Shek.

So, qualifying in the Men's single sculls event, was a member of the lightweight double sculls at the 2008 Beijing Olympics, and a medalist in the same event at the Asian Games and East Asian Games, while Lok and Leung, qualified in the Men's lightweight double sculls, were silver medalists at the 2011 Asian Championships. All athletes have been in the Hong Kong team for a number of years and have long experience in international competition.



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3. World Rowing Cup I, Belgrade, Serbia

After the Asian Olympic Qualification Regatta, the Hong Kong Rowing Team competed at the World Rowing Cup I in Belgrade, from 3rd to 6th May 2012. Kwan Ki Cheong and Tang Chiu Mang were ranked 6th in the Men's Lightweight Pair out of the nine participating federations.

4. All Japan Cup, Tokyo, Japan

Hong Kong was very pleased to compete in the 24th Japan Cup which was held in Tokyo in May 2012 with crews in the LM2X and the LM1X. With entries of 35 crews in the LM2X and 70 crews in the LM1X this is valuable race experience for our crews and we appreciate very much the opportunity to enter this well established regatta.

5. Asia Cup I Rowing Championships, Singapore

Hong Kong had sent Senior and Junior Rowing Team members to take part in the Asia Cup I held from 29th May to 4th June 2012 in Singapore. Hong Kong won four Gold, four Silver and five Bronze medals totally in this Championships. Meanwhile, the rowers from the Chinese University of Hong Kong also sent their crews to take part in the event. The promotion of the Asia Cup is important to provide more annual international competition opportunities in Asia. Hong Kong is pleased to support this regatta each year.

6. World Rowing Cup III, Munich, Germany

FISA World Rowing Cup III was held from 9th to 18th June at Munich, Germany. Our rowers took part in the Men's Lightweight Single, Men's Lightweight Double, Men's Lightweight Pair and the Women's Lightweight Single sculls.

7. World Rowing Under 23 Championships, Trakai, Lithuania

The rowing duo, Kwan Ki Cheong & Tang Chiu Mang captured 5th place in the World Rowing Under 23 Championships which was held from 6th to 16th July 2012.

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8. 2012 Olympic Games, London, U.K.

The three qualified Hong Kong Olympic Rowers, So Sau Wah, Lok Kwan Hoi and Leung Chun Shek competed in the London Olympic Games which has just concluded on 6th August. So was ranked 25th in the Men's Single Sculls event and Lok and Leung achieved 18th place in the Men's Lightweight Double Sculls event. The Association would like to take this opportunity to congratulate and thank our athletes and coaches on their successful participation in the Olympic Games.

9. World Rowing Senior & Junior Championships, Plovdiv, Bulgaria

Immediately after the London Olympic Games, the Hong Kong Rowing Team also took part in the World Rowing Championships held from 6th to 19th August at Plovdiv, Bulgaria.

10. 1st Tangeum Lake's Cup International Adaptive Rowing Competition, Chungju, Korea

Hong Kong Adaptive Rowing Team won four Gold, 2 Silver and 2 Bronze medals in both water rowing and indoor rowing events at the 1st Tangeum Lake's Cup International Adaptive Rowing Competition held from 7th to 8th May in Chungju, Korea.

With rowing now included in the Asian Para Games this regatta provides a valuable additional opportunity for adaptive athletes to gain competitive experience in Asia.

II. Local Competitions

1. Regatta

1.1 Verdant River Regatta & Shing Mun River Regatta

Three Verdant River Regattas (for novice rowers) and four Shing Mun Regattas are held annually in the Association's race calendar for local rowers. The last Shing Mun Regatta and Versant will be held on 16th September and 30th September 2012 respectively.



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1.2 Head of Shing Mun (Sculling & Rowing)

The Head of Shing Mun, a traditional annual long distance rowing events with a race distance of 5500m was held on 12th February (sculling) and 25th March (rowing) respectively. These long distance races started at Wu Kai Sa and row along the Shing Mun River and mark the beginning of the annual rowing competition programme.

1.3 55th Festival of Sport – Sprint Regatta

The 55th Festival of Sport – Sprint Regatta was held on 6th May on the Shing Mun River. This annual sprint distance race of 500 metres, was greatly enjoyed by all competitors. This traditional Festival of Sport Sprint regatta is greatly anticipated by many rowers as a special challenge each year.

1.4 Jackie Chan Challenge Cup Hong Kong Universities Rowing Championships 2012

The Jackie Chan Challenge Cup Hong Kong Universities Rowing Championships 2012 was successfully held on the 4th and 5th August at Sha Tin Rowing Centre. Sponsored by the Jackie Chan Charitable Foundation, the Championships 2012 was contested by seven universities, namely Hong Kong Baptist University, The Chinese University of Hong Kong, City University of Hong Kong, The Hong Kong University of Science and Technology, The Hong Kong Polytechnic University, Lingnan University, and The University of Hong Kong.

After two days of high quality and very competitive racing, the Overall Champion went to The Chinese University of Hong Kong followed by The Hong Kong Polytechnic University in second place and Hong Kong Baptist University in third. The male and female overall Champion's title also went to The Chinese University of Hong Kong.



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1.5 26th Hong Kong Interschool Rowing Championship

This annual Championship was a traditional boat race format, contested between the Chinese University of Hong Kong (CUHK) and the University of Hong Kong (HKU) since 1986. And this year, the Championship will celebrate its 26th anniversary and will be held on 9th September.

2. Indoor Rowing Competitions

2.1 Hong Kong Open Indoor Rowing Championships and Charity Rowathon 2012

The annual spectacular Hong Kong Open Indoor Rowing Championships & Charity Rowathon was held on 10th and 11th March at the Kowloon Park Sports Centre. This year, we received overwhelming responses from local and overseas participants with over 1,200 rowers taking part. As in previous years the Association was pleased to again donate part of the entry fee of the Charity event to the beneficiary, Oxfam Hong Kong.

This year, we had also introduced a family relay event and children's event so that all members of the family could experience the fun and excitement of indoor rowing.

2.2 The 12th Hong Kong Universities Indoor Rowing Championships

The first station of the above Championships was held on 2nd February at the Hong Kong Polytechnic University. This year marked its 12th anniversary and rowers from the seven universities take part, with one competition station held at each of the respective university campuses in turn.

The final station of the Championships was held on 11th April at the Hong Kong University of Science & Technology, which drew a strong crowd of supporters from the different universities and the final Champion titles went to the Hong Kong Polytechnic University for Women's and Mixed teams and the Chinese University of Hong Kong for Men's team, while the overall Champion was awarded to the Chinese University of Hong Kong.

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2.3 2011-2012 Inter-school Indoor Rowing Championships

(1) for New Territories Schools

Jointly organized by the Association and the Hong Kong Schools Sports Federation (HKSSF), the first Inter-school Indoor Rowing Championships for New Territories Schools was successfully held on 13th and 14th April at Po Wing Road Sports Centre. There were 36 schools with over 750 individual entries and 145 team entries taking part. This was an exciting start to this new regional event and all concerned look forward to making next year bigger and better.

2.4 2011-2012 Inter-school Indoor Rowing Championships

(2) for Hong Kong Islands & Kowloon

This was the fourth year of the Inter-school Indoor Rowing Championships for Hong Kong Islands & Kowloon secondary schools. Jointly organized by the Association and the HKSSF, this year event was held on 11th and 12th May at Harbour Road Sports Centre at Wanchai.

Through the proactive promotion of the “Indoor Rowing for Schools Programme” organized by the Association since 2011, indoor rowing has become a popular and easily accessible sport in schools. Over 1,000 young rowers and 168 team entries from 48 schools in Hong Kong Island and Kowloon participated in this very successful two-day event.

2.5 Corporate Games 2012 – Indoor Rowing Competition

With the organization of the Leisure and Cultural Services Department and co-organized by the Association, the biannual Corporate Games 2012 – Indoor Rowing Competition was held at Tai Po Sports Centre on 12th August 2012. The highlight of the Competition was the Mixed 30-minute Long Distance Relay which was eventually won by a Hong Kong Police team with a distance rowed of 8642 metres in the 30 minutes.

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III. Technical Training and Development

1. Umpires Seminar, Course and Examination

The annual Umpires Course and Examination was held over 4 days in February at the Sha Tin Rowing Centre. The course and exam were well attended and 15 participants passed the examination to become new umpires. The annual Umpires Seminar was also held on 26th February with 39 umpires taking part to share their experience and knowledge in the Seminar.

2. Level I Coaching Course

A Level One coaching course was held from 13th May to 10th June at the Sha Tin Rowing Centre and the Jockey Club Shek Mun Rowing Centre. In the following examination 21 coaches were successful in gaining the new qualification.

3. Annual Coaches Conference and Coaching Awards 2011

The Association's Annual Coaches Conference and Coaches Awards Presentation Ceremony 2011 were held on 4th March at the Sha Tin Rowing Centre.

The content of the conference consisted of information updates, including Rowing Technique Updated, Brief Background of HKG U23 MIL2-, from Junior rowers to the medalist in U23 World Rowing Championships, Rowing Biomechanics and the Association's Report. The Award Presentation Ceremony of the Annual Coaches Awards 2011 was held at the end of the Conference. Awards were presented for 'Outstanding Coach of the Year for Rowing Promotional Scheme', 'Outstanding Home Coaches', 'Most Promising Coach', "Outstanding Competition Coach", "Outstanding Club Development Coach", "Outstanding Promotional Coach", "Outstanding International Coach" and 'Coaches Commission Special Award' and "Best Coaching Course Student". Full details of the awards and awardees are on the Association's website.



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4. 2011 Hongkong Bank Foundation Coaching Awards

The 2011 Hongkong Bank Foundation Coaching Awards were presented on 22th April 2012. The Awards Scheme was an opportunity to recognize the contribution of coaches, from community to elite level. Rowing was proud to have five rowing coaches to receive the Coaching Awards among over 140 nominations from Hong Kong's Governing Bodies of Sports and community sports clubs. The successful rowing coaches were:-

Rowing Coach	Awards
Chris Perry	Coaching Excellence Award
Wong Chi-wai, Sam	Coaching Excellence Award
Roger Meager	Coaching Excellence Award
Lam Hon-kit, Keith	Coaching Excellence Award
Cheung Chi Ming, Franco	Community Coach Recognition Award

We recognize the tremendous contribution of all rowing coaches to the success of our sport and these awards provide an excellent opportunity to highlight their work.

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