

勞証顯 ASTC 亞洲賽二度摘銀 Second Asian silver medal for Lo

勞証顯 (Ivan) 在四月初日本千葉縣館山市舉行的「ASTC 三項鐵人亞洲錦標賽」男子 U23 組別 (23 歲以下) 為港隊摘下一面銀牌！

勞的隊友鄧皓徽及郭穎勤在男子青年組 (16-19 歲) 亦有佳績，分別取得第四及第五名。出戰男子精英組的何景勳及譚祖迪相對失色，只能分別取得第 17 及 19 名。

由於比賽朝早的水溫只有攝氏十度，大會決定將青年組及 U23 改以兩項鐵人比賽形式 (跑步-單車-跑步) 進行。

男子 U23 共有 22 人角逐，勞在頭 10 公里跑以 33 分鐘率先帶出，到 40 公里單車賽時遭七位對手緊迫，但仍以些微優勢進入最後 5 公里跑。

勞最終用上 1 小時 43 分 30 秒完成賽事，以 14 秒之差僅敗於日本選手石塚祥吾腳下，雖敗猷榮。無巧不成話，在兩年前菲律賓舉行的同一賽事上，勞亦曾在青年組摘銀。

男子青年組共有 34 人競逐，在地區錦標賽首度交鋒的鄧皓徽及郭穎勤，雖然跟獎牌擦身而過，但表現令人眼前一亮。女子 U23 方面，陳安琪在八名選手中位列第五。

即使泳項被取消，今屆賽事依然有機會列為亞洲「三項鐵人」錦標賽。果真如此，勞將即時可以為港隊取得寶貴的 ITU 積分。

韋安祖 (Andrew Wright) 是勞的現任教練，兩年前香港三項鐵人總會正是靠這位香港土生的三鐵代表在廣州亞運會取得第七名，方能在最後一刻力保精英體育項目地位，獲政府撥款至 2014 年。

「今場比賽對香港三鐵運動舉足輕重，因為 Ivan 所得的分數很可能是三鐵繼續成為精英項目的續命丹。」韋安祖說。

勞賽後表示，他停止在香港體院的訓練，是因為他在體院的制度下未能取得進步，故此改投韋安祖門下。

Ivan Lo Ching-hin won the silver medal in the under-23 male elite category in the ASTC Triathlon Asian Championships in Tateyama, Japan in early April.

Lo's teammates Tang Ho-fai and Kwok Wing-kan placed fourth and fifth respectively in the male elite junior (16-19) event during the

same competition. Ho King-fun and Dickson Tam managed a distant 17th and 19th position in the elite men's race.

The early morning water temperature of 10 degrees Celsius was deemed too cold for the swim section, and so the junior and the under-23 events were changed to a duathlon (run-bike-run) format.

Lo led the field of 22 athletes in the under-23 race with an opening 10km run of 33 minutes. He was then joined on the 40km bike section by a group of seven competitors but held his own at the helm of the pack to lead the field into the final 5km run.

Lo eventually completed the event in a time of 1:43:30 to finish second just 14 seconds adrift of the Japanese winner. Lo also won the silver medal in the junior category of the same event two years ago in the Philippines.

Tang and Kwok posted impressive performances in their first ever encounter at the regional championships finishing just out of the medals from the 34 junior starters. In the ladies' event Chan On-ki placed fifth of eight in the female elite under-23 race.

Although the swim leg was abandoned the race will hopefully still count as the Asian "Triathlon" Championships. Lo would then earn valuable ITU ranking points for Hong Kong.

Lo is coached by Hong Kong-born Andrew Wright, who produced an 11th-hour rescue for the Hong Kong Triathlon Association funding at the Asian Games in Guangzhou in 2010 with a seventh place finish to earn just enough points for the association to retain its place as an HKSI-funded focus sport.

"This race was important for Hong Kong triathlon because Ivan has hopefully scored vital points to help the association to retain its focus sport status," said Wright.

Lo commented after the event that he had quit training at the HKSI in favour of being coached by Wright, as he felt he was not improving under the HKSI system.

