

三項鐵人新一年前瞻

三項鐵人運動2004年在香港大熱，入會人數飆升近四成至超過一千人，香港三項鐵人總會屬會數目亦達二十四間。毫無疑問，三項鐵人人氣冒升乃源於港人對健康及健身的日益重視，亦同時歸因於李致和代表香港出戰雅典奧運的推動因素。

為滿足港人對三項鐵人比賽的熱衷，香港三項鐵人總會已為2005年安排了多項水陸兩項、陸上兩項及越來越普及的小鐵人聯賽等賽事。「陸上兩項鐵人聯賽」(跑步+單車+跑步)於一月至三月舉行，決賽安排於三月份在北潭涌上演。「水陸兩項鐵人聯

國際賽事

香港的三項鐵人精英將集中備戰七月份在新加坡舉行的「亞洲水陸兩項鐵人錦標賽」(ATC)，但賽事的舉行時間卻撞上部份明日之星的學校考期，不利他們於比賽的發揮。麥素寧去年參與澳門ITU賽事的奧運距離比賽表現不俗，何景勳去年雖有腳傷在身但仍高居亞洲錦標賽第五名，預料今年他們將有更佳表現。「陳以高、麥素寧和何景勳於今年年底完成所有考試後，應可取得更好成績，」香港隊教練露芙肯特說。「一旦能專心受訓，我預期他們的表現將突飛猛進。」

九月份於徐州首度亮相全運會的三項鐵人項目，截止報名日期尚待確定，但ATC的成績將是甄選過程的關鍵因素。李致和因取得2004年雅典奧運入場券而自動入圍，香港三項鐵人總會另可額外挑戰六男六女出戰。然而，香港出生的韋安祖(Andrew Wright)由於保留英國護照，參賽資格成疑。而於英國修讀博士課程的雷泳琦(Chrissie Bailey)目前未有入選香港

Triathlon - the year ahead

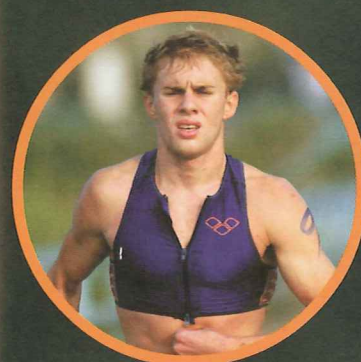
賽」將於五月份在屯門黃金泳灘展開；同一日，本港三項鐵人精英將雲集菲律賓角逐國際三項鐵人聯盟(ITU)賽事，因而為分齡組別選手提供了嶄露頭角的機會。至於小鐵人聯賽方面，則包括兩場於較涼月份舉行的陸上兩項鐵賽，以及兩場於夏季進行的水陸兩項鐵事。預期各體育會之間的競爭將會十分熾烈。

The sport of triathlon boomed in Hong Kong in 2004. Club membership soared by almost forty percent to well over one thousand indi-

vidual members, and there are now twenty-four clubs affiliated to the Hong Kong Triathlon Association (HKTriA). The increased popularity is no doubt a product of the growing interest in health and fitness in Hong Kong, but it would be hard to deny the influence of having Daniel Lee Chi-wo represent Hong Kong at the Athens Olympics as a contributing factor.

To meet this increasing demand the HKTriA has organised a full programme of aquathons, duathlons and the ever-popular ultra-kids series for 2005. The

duathlons (run-bike-run) take place in the first three months of the year with the final being held at Pak Tam Chung in March. The Aquathon series kicks off in May at the popular Golden Beach venue near Tuen Mun. Hong Kong's top triathletes will be performing at an ITU event in the Philippines on the same date thus providing a good opportunity for age-group competitors to shine. The ultra-kids events feature two duathlons in the cooler months and two aquathons in the summer. Fierce competition is anticipation in the interclub competition.



International competition

隊，但假如她表明有意為ATC受訓，或仍有機會入選。而本港首席女鐵人梅利(Claire Murray)因忙於備戰初夏舉行的鐵人耐力賽，故暫時離開專攻奧運距離項目的香港隊大軍。

由於已鐵定入選，李致和可好好計劃其今年的訓練。目前，李致和正身處紐西蘭跟其他頂級國際運動員一同受訓，享受著溫暖的天氣。他所參與的首個ITU賽事，將於五月份在日本石垣島上演。

有關上述賽事的詳情及報名截止日期，請瀏覽www.triathlon.com.hk。

Hong Kong's top triathletes will be focusing their training on the Asian Triathlon Championships (ATC) to be held in Singapore at the beginning of July. The timing of the event could be disadvantageous to some of our up and coming juniors who may be prioritising schoolwork at the same time. Tania Mak So-ling demonstrated she is

quite capable of competing at the Olympic distance in the Macau ITU event last year. Ho King-fun will also be looking to improve on his impressive fifth place finish in last year's Asian Championships where he was hampered by a foot injury. "Ricco Chan, Tania and Ho should all produce good results at the end of the year when they have completed their exams," said Ruth Hunt, national triathlon coach. "Once they are able to concentrate fully on their training I expect these three to show a lot of improvement."

Subject to confirmation of the entry deadline, the ATC will be a key factor in the selection procedure for the All China Games to be staged in Xuzhou in September. Lee gains automatic selection on the basis of his 2004 Olympic qualification. In addition to Lee, the HKTriA can select up to six additional men and six women. However, eligibil-

ity criteria need to be resolved particularly for Hong Kong-born Andrew Wright who retains a British passport. Chrissie Bailey - currently studying for a PhD in England - is currently not in the National Squad, but may be admitted if she declares an interest to train for the Championships. Likewise Claire Murray - who is focusing on an early summer Ironman event, is therefore taking a temporary break from the National Squad, which exists specifically for athletes training for the Olympic distance.

With selection confirmed, Lee has been able to plan his year's training and is currently in New Zealand enjoying the warmer weather and the company of other top international athletes. His first ITU competition is scheduled for Ishigaki in Japan in May.

For further information on upcoming events and entry deadlines refer to www.triathlon.com.hk.