

# 亞洲三項鐵人錦標賽、 黃金水陸兩項鐵人賽精華

## Asian Triathlon Championships plus Aquathons



**本**港首席三項鐵人李致和勝出六月份舉行的「黃金水陸兩項鐵人賽」，正好為一浪接一浪的夏季賽事作好熱身，可惜卻因傷患未能趕及出戰於七月份舉行的「亞洲三項鐵人錦標賽」。

「黃金」賽方面，李致和與港隊隊友韋安祖(Andrew Wright)在首輪賽跑及黃金泳灘舉行的泳項勢均力敵，直至次輪賽跑李致和始拉開優勢，力壓紐西蘭選手Martin Van Barneveld奪標，韋安祖退居季席。女子組由麥素寧輕鬆掄元。

六月份雨水過剩，原定於6月26日在九龍仔公園上演的「水陸兩項鐵人聯賽」第二回合也因雷暴警告於當日清晨取消。

### 新加坡

「亞洲三項鐵人錦標賽」於7月3日在新加坡上演。李致和因脛骨傷患未癒，被迫退下火線。

另一港隊成員劉政彥卻在此役創下其個人最佳代表作之一，在進入跑項時突破單車重圍，直向終點跑，最終以2小時03分08秒勇奪男子23歲以下精英組第8名，冠軍由日本選手Yukihiro Hiramatsu以1小時58分18秒捧走。韋安祖上水時仍處於前四名，但緊接跑項前約遭二十名選手包圍，突圍不果的韋安祖最後僅能力保第15名，連同第17名的梁正彥及第20名的陳勁聰為香港摘下隊際賽銅牌。

男子半奧運距離青年組方面，陳以高(Ricco)上水後位列第三，及後其單車卻兩度撞上路拱。「賽事沿途有多個路拱，為早段出賽的健兒添上障礙，較後出戰的選手卻可有備而戰，」港隊教練露芙肯特(Ruth Hunt)說。「這些路拱斷送了Ricco的爭標機會。」幸而，陳以高結合何景勳、陳以高及陳慶駒的實力，仍能力保一面男子青年組隊際銅牌。

### 揚威分齡組

小鐵人賽項方面，香港小將黃梓誠榮膺男童7-9歲組別冠軍，李社穎及Harry Leung則分別位列男童13-14歲及男童10-12歲組別亞軍及季軍。

多名香港分齡組選手在奧運距離賽事皆有水準演出，其中陳浩基(2小時33分19秒)及呂淑嫻(2小時34分16秒)分別於男子50-54歲組及女子35-39歲組稱王封后。

女子23歲以下精英組方面，雷泳琦(Christine Bailey)成為首位衝線的香港選手，位列全場第6名。這名本港首席三項女鐵人的成績本可更上層樓，卻因泳項失準，未能於跑項收復失地。結果，日本選手Ai Ueda以一英里優勢穩奪冠軍，勝出時間2小時09分15秒，大勝同樣來自東瀛的亞軍選手Keiko Tanakas五分多鐘，季軍為中國選手劉芸。

最近榮膺「南華早報——年度傑出學生運動員」的麥素寧，在女子青年組跑至三公里時不幸中暑被送上救護車。缺少了麥素寧的港隊仍能由胡潔婷、司徒兆殷及張庭欣合力取得女子青年組隊際銀牌。

港隊在「亞洲三項鐵人錦標賽」的隊際賽表現出眾，我們期待日後有更多個人獎牌的出現。

**D**aniel Lee Chi-wo's warm up win in the Golden Beach Aquathon in June should have been the ideal springboard to a summer of competition, but injury ruled Hong Kong's number one on the sidelines for July's Asian Championships.

Lee and fellow international Andrew Wright competed on level terms during the first stage of the run and also the swim at Golden Beach, but Lee pulled away on the second run for a convincing win over New Zealand's Martin Van

Barneveld while Wright came in third. Tania Mak So-ning won the women's event against little opposition.

June will be remembered for being one of the wettest on record, so it was no surprise that race two of the Aquathon series, scheduled for 26 June at Kowloon Tsai Park, had to be cancelled early on the morning of the event due to a thunderstorm warning.

### Singapore

The Asian Triathlon Championships were held in Singapore on 3 July. Lee's problems with his shins had still not resolved to allow him to compete and so he was forced to stay at home.

Lemuel Lau enjoyed one of the best performances of the day, coming out of the bike pack with a storming home run to finish in eighth place in the elite male under-23 category in a time of 2:03:08. Japan's Yukihiro Hiramatsu won the category in a time of 1:58:18. Wright was among the top four coming out of the water, but some tactical bike riding saw a pack of about twenty form before the run transition. Wright faded to 15th on the run, closely followed by Leung Ching-yin (17th) and Chan King-chung (20th) to take the team bronze medal.

Ricco Chan came out of the water after the swim in third place in the men's junior sprint event but crashed twice during the bike section after hitting traffic bumps on the road. "There were several sleeping policemen (traffic bumps) that caused a lot of problems in the early events, but competitors in later events got wise to them," said National triathlon coach Ruth Hunt. "Unfortunately not before they had wrecked Ricco's

chances." However the junior boy's team comprising Ho King-fun, Ricco Chan and Chan Hing-kui managed to salvage a team bronze medal.

### Age groupers race well

In the kids triathlon events, Hong Kong's Wong Tsz-ying won the boys 7-9 age group while Li Tsz-wing was second in the boys 13-14 race. Harry Leung placed third in the boys 10-12 category.

Several Hong Kong age-group competitors also did well in the Olympic distance events, including Chan Hokee, who won the men's 50-54 category in 2:33:19 while Karen Lui won the women's 35-39 category in 2:34:16.

Christine Bailey was the top Hong Kong finisher in the elite women's under-23 age group in sixth position overall. The talented triathlete would have placed higher and perhaps won a medal but for a poor swim that left her too much ground to make up on the run. Japan's Ai Ueda won the group by a mile in a good time of 2:09:15, some five minutes clear of countrywoman Keiko Tanaka in second, while China's Liu Yun came in third.

Mak, who was recently named the South China Morning Post Sports Student of the Year, suffered from heat stroke 3km into the run in the women's junior event and had to be taken off the course by ambulance. Even with Mak failing to finish, the junior girl's squad of Kitty Wu, Leanna Szeto and Joyce Cheung still claimed the team silver medal.

The Asian Triathlon Championships clearly demonstrated by the strong team performances that Hong Kong's triathlon squad certainly has strength in depth.