THE ANNUAL REPORT ON HKU’S SPORTING EXCELLENCE AT USFHK, AIG AND MORE!

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Meets the Editors

Each issue of the IHP newsletter is produced by a team of dedicated Sport Scholars. While the editors may come from different sports and different faculties, we all work together for one single goal - producing a fantastic read for you.

von Pflug Somphrattana Melitta
BA&BEd(LangEd)-Eng III
Athletics

Ho Long Sze Kelly
BJ II
Fencing

Cheung Arthur
BSc(Exercise&Health) II
Triathlon

Wong Chun Lok
BSc(AC) II
Swimming

Juliet Reuven
BSS I
Athletics

Ng Ka Ka
BBA (Acc&Fin) I
Swimming

Chan Ying Sinn Martina
BSc (SPEECH) I
Athletics
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USFHK RESULTS

With the year’s USFHK competitions all finished, let’s have a review of the results and achievements of all the HKU Sports Teams!

**Athletics Team**
- Ladies’: 1st
- Men’s: 5th
- Overall: 2nd

**Badminton Team**
- Ladies’: 3rd
- Men’s: 3rd

**Basketball Team**
- Ladies’: 5th
- Men’s: 3rd

**Cross-Country Team**
- Ladies’: 6th
- Men’s: 3rd
- Overall: 6th

**Fencing Team**
- Ladies’: 1st
- Men’s: 2nd
- Overall: 2nd
**USFHK RESULTS**

**Football Team**
- Ladies': 7th
- Men's: 2nd

**Handball Team**
- Ladies': 4th
- Men's: 4th

**Karate Team**
- Ladies': 5th
- Men's: 3rd
- Overall: 3rd

**Rugby Team**
- Ladies': 9th
- Men's: 6th

**Squash Team**
- Ladies': 3rd
- Men's: 2nd
**USFHK RESULTS**

*Swimming Team*
- Ladies': 4th
- Men's: 4th
- Overall: 4th

*Table Tennis Team*
- Ladies': 6th
- Men's: 3rd

*Taekwondo Team*
- Men's: 7th

*Tennis Team*
- Ladies': 4th
- Men's: 3rd

*Volleyball Team*
- Ladies': 4th
- Men's: 8th
OVERALL RESULTS

AIG

We are pleased to announce that we have come home with the Overall Champion in the 36th Annual Intervarsity Games! It was a tough fight across the past year – points were close among CUHK and us, yet we came back victorious, beating our strong opponents by a tight margin of 2 points overall! Our team captured a total of 26 points (over 13 champion titles) over the total of 13 events in total. This is such an excellent display of sportsmanship by our many teams at HKU and we wish you all the best in the upcoming competitions throughout the future years.

USFHK

Thanks to the hard work of each member in each sports team and all their respective coaches, HKU Men achieved Second Runner-up from all the USFHK Sports Teams!

Let us all take this chance to applaud and congratulate all team members and coaches of all the sport teams, no matter what their results are! Behind each point and every victory is a hard-working athlete and their dedicated coaches, and HKU is proud of all for trying their best whilst doing something that they love. May this inspiring display of motivation, dedication and sportsmanship by students of HKU persevere!
This year, the 55th USKHK Athletics Meet was held at the beginning of the reading week, on 6th March, 2016. It served as a platform for our athletes to compete and learn. Every athlete strived to the fullest extent as our supporters enthusiastically cheered us on. After both girls 4x100m and 4x400m relay teams set impressive records in the final races, we captured the Women’s Champion by a 20-point-margin. The Men’s team did HKU proud as well. Among which, Chan Ming Tai once again winning the MVP of the Meet. With a wealthy collection of 8 Golds, 4 Silvers, and 4 Bronze, our team was the overall 1st runner up.

This glory belongs to all team members who dedicated their time and effort in trainings and endeavored in every race. A word of thanks must be given to Ms Ng and our coaches, Mr Wong and Mr Ng for their unceasing support and advice throughout the years! May we wish our team to uphold the spirit “TOGETHER, WE ACHIEVE”, and continue to excel in the year to come!
After another year of sweat and tears, the USFHK Badminton Competition has come to an end. This year, both men's and women's team of the HKU Badminton Team have won the 2nd-runner-up title.

With the tough trainings and extra practices, we are able to play a close game with opponents who are stronger than us. We are proud of ourselves for the sportsmanship and perseverance shown during the competitions.
For the past two years, we have received the title of 1st runner up in UFSHK, however unfortunately this year we were 2nd runner up. Nevertheless, our team has good cohesion and we have had an entire year of tough hard trainings. Commitment and perseverance can be seen from our team as even during exam period, our training continues. We will continue to work hard for the next season and hope to strive and achieve.
From its humble beginnings back in 2008, the Dragon Boat Club has come thus far in the past 8 years to a strong team today. Building on the Team’s success from last year, both men’s and women’s teams emerged as champion and first runnerup in this year’s Samsung 59th Festival of Sport Dragon Boat Races. More recently in the 2nd Hong Kong InterUniversity Dragon Boat Races held in late April, the Team struck gold in three out of four events, eventually creating race history by bringing home the very first title Overall Grand Champion. With the unwavering support of our coach and continued perseverance of our athletes, we hope to be able to repeat our success later this year in the upcoming Hong Kong International Dragon Boat Races held at Victoria Harbour in June.
The HKU Fencing Team participated in the annual inter-varsity fencing competition organised by the USFHK on 27th and 28th of February, 2016. Despite the absence of a few key members of the team due to a clash with the schedule of an overseas competition, the team managed to obtain brilliant results.

In Women’s category, HKU epee team defeated PolyU in the final match and went home with a gold medal. In Women’s foil event, our team lost after a tough match with the CUHK in the finals and earned a silver medal. In Women’s sabre event, our team finished at 6th place.

In Men’s category, HKU beat CityU in the semi-finals but lost to HKBU in the finals and secured a 2nd place. Although HKU Men’s Epee team was defeated in the semi-finals, the team managed to win the third place match against PolyU and obtained a bronze medal. HKU Men’s Foil team finished at 5th place.

Overall, HKU Women’s team obtained a total of 146 points and became the Overall Champion in Women’s category, while HKU Men’s team took the overall second place with 124 points. Finally, in the overall category, which added up the scores from Women’s and Men’s category, HKU came in second with a score of 270. Congratulations to HKU Fencing Team and we look forward to another year of great results!
This year’s USFHK Handball Competition is more than a tournament to us. Both our men’s and women’s team had started the preparation for this year’s USFHK in summer. The women’s team made history by entering the semi-finals for the first time since the establishment of the team. With a tremendous change in the line-up, the men’s team also fought hard to attain the results they had in USFHK games.

Both teams finished 3rd runner up, a benchmark we strive to improve upon next year. We hope to keep up our spirit as we prepare for 2016 National Taiwan University International Handball Invitational Tournament this summer!
This year the Karate Team won the overall 2nd runner up at USFHK. We achieved some good results: Siu Ying won the champion in female kumite below 61kg and Men’s Kata won the 1st runner up. Although the overall final result is not as satisfactory as expected, the camaraderie between team members in the team is stronger than ever. We thank you all for your continued support and believe that we can reach a higher achievement in next year.
The HKU Men’s Rugby Team competed in this year’s USF Tournament on 25, 26 March. The first day of the tournament saw HKU play against 4 other teams from HKIED, HKUST, SYU, and CUHK. HKU picked up points from matches against HKUST and SYU but were overcome by HKIED and CUHK. The result put the team at 3rd place in the Group Table, where they narrowly missed qualifying to the finals. Nevertheless, the team returned on the second day of the tournament with Isaac Yuen leading the team to an overall 6th place, after tough victories against CHC and IVE as the latter match was brought to extra time with Golden Goal which was triumphantly scored by Ron Siew, a first year undergraduate, as well as a member of the Hong Kong U20 Rugby Squad.
HKU men’s soccer team achieved unprecedented results in the USFHK Football competition.

In our group stage, we secured two victories over Shue Yan University and HKBU and a victory of 3:2 over the Polytechnic University to go on to the semi-final. Then, facing HKIEd, whom we lost to in the penalty shootout last year, old tales ceased to repeat. After a 120-minute match, we came through with 2:0 - a historical moment as the HKU soccer team had never advanced to the final before since the reform of USFHK Football competition. Before the final, our team took a one-week training trip to Okinawa in a bid to better prepare ourselves. Despite worries of injuries and suspensions, the whole team had an unwavering spirit to win and we believed that we could accomplish our dreams by clinching the title.

The final, with long-time adversary CityU, was a close game. Each team had chances to shoot but the few goal-scoring shots were denied by goalkeepers of both teams. In the second half, we unfortunately conceded a goal. Despite our fight with blood, sweat and tears, we were not able to score a leveler. In the end, we succumbed to a 1-0 defeat in the final, resulting in a runner-up.
The beauty of soccer is to never settle for less. Even though remarkable results were made this year, we were never satisfied with our result. We hope our spirit and determination can be passed to other team members in the following years. Thanks must also be given to Hui’s family for your enormous support, Kappa for our jersey sponsors, our coaches, Mr Chan, Mr Lui, Mr Kwok and the endless support from Miss Ng, Dr Lo and the graduates for the regular training sessions and well-planned training trips in Hong Kong and in Okinawa.
The year 2015-2016 had been a fruitful year for the squash team. With the engagement of some new team members and our diligence in regular trainings, our team has become stronger than last year. Men’s: In the USFHK competition this year, we managed to defeat PolyU and come first in group stage. However, when we faced PolyU again in the Final, the great desire of winning became psychological pressure to our teammates. At the end, we lost to PolyU by 2-3 and came second. Ladies’: The hard work of team members can be shown by the results that we have achieved this year. In particular, during USFHK, We managed to defeat HKUST in the first round of the competition and came third at last.

The Inter-University Taekwondo Competition was held on 13th March, 2016 at the Hong Kong Polytechnic University Shaw Sports Complex. This year, our university has a total of twelve players joining the free sparring competition. Our fighter’s hard work and efforts have paid off with Terence Ma winning the bronze medal in the male bantam weight category. Several players came in the position of quarter-finals in their respective categories and they are Sam Lau, Raskoti Kumar, Samuel Kwok, Alfred Yau and Anthony Wong. The competition was also enjoyed by the spectators and their support for the fighters is highly appreciated. All students of the University of Hong Kong are welcome to join our team in the coming year.
In men’s event, we won the 2nd-runner up. At the group stage, we were only beaten by CityU, the eventual champion of the event, in a close game of 2:3. Therefore, we were still able to enter the semi-final as a result of being the 2nd place in our group. Unluckily, we were only able to capture the 2nd runner-up due to the unexpected defeat by PolyU and hence unable to achieve our original goal - winning the championship. We ranked sixth in the women’s event. Credits should definitely be granted to all teammates, coaches, IHP and the team’s sponsor, Hong Kong Sports Table Tennis School. With all the support from different parties, we are confident to achieve better results next year.
The final matches of the USFHK Tennis Competition were held on February 28, with both Men’s and Women’s tennis team playing CUHK in the 3rd fight. All team members looked to finish the season strongly after losing to eventual champion PolyU. The men’s team overpowered CUHK in straight sets 3:0 to claim 3rd in the competition. Highlighting the match between captains, final year student Hirata Kensuke saved 3 match points to seal the important 2:0 lead for HKU in a breathtaking tiebreaker! While the women’s team was caught off guard by CUHK’s lineup changes, missing just a few points in the final set with overall score 2:3 to place 4th. Although shocked by the change of formation of the opponent, the ladies held their nerves to take the match into the deciding set. Women’s Team captain Wong Hei Ching Heidi put up a marathon fight against CUHK world ranked player that almost brought us the surprising win. With a number of freshmen gaining priceless experience throughout the tournaments this year, we look forward to producing better results next year!
With our new coach, Mr Lam’s guidance, the HKU Women’s Volleyball Team has been striving for excellence and our team has improved far beyond what results can show. Unlike previous training which focus more on skills, our focus has been shifted to fitness in order to enable us to cope with the energy needed to play five sets. Our effort is not only seen in the improvement in individuals but also the whole team. With the participation of new members, our cooperation was strengthened through intense trainings, friendly matches and training camp during the Christmas holiday. Our team even flexibly changed our form and individuals’ position during matches under Mr Lam’s guidance, which makes it difficult for our opponents to adapt. Overall, HKU Women’s Volleyball Team came in fourth place. Although the result is not ideal, our strong team spirit and remarkable improvement proves that our effort is not in vain. Lastly, our team would like to give special thanks to Dr Lo, Ms Ng and our coach Mr Lam who has been showing support and guidance to us throughout the year.
This year, HKU Athletics Team’s star athlete Chan Ming Tai Theo brought to HKU an honour that was last received by HKU alumnus and local celebrity Alex Fong Lik Sun in 2002 – The USFHK Sportsman of the Year.

Theophilus is the current HK National (7.89m) and Junior Long Jump record holder (7.73m). In 2015, Theo broke the Hong Kong Record twice. He ranked 4th at the Gwangju World Universiade 2015 with a new Hong Kong Record of 7.89m, the best result among the Hong Kong Men’s Delegates at the World Universiade. This year, Theo achieved his first senior overseas bronze medal with 7.85m at the Doha Asian Indoor Athletics Championships.

Theo’s sporting success and remarkable spirit has long been recognised - he has been nominated for the USFHK Sportsman of The Year Award for 3 consecutive years; He has been awarded the HKU Sportsman of the Year for 2 consecutive years; This March, Theo was named The Hong Kong Amateur Athletics Association Athlete of the Year 2015 in his first year in the senior category - and the list could still go on!
What’s his secret, you might ask? Theo attributes his success to his passion for the sport and to his focus, which he says he would not have been able to maintain so well if it weren’t for the endless support he receives – from his family, the University, the professional staff at the Hong Kong Sports Institute, and his coaches.

Theo’s current target is the Olympic standard of 8.15m, which he hopes to reach with his 8 Meter Project. With only 3 more months and 26 centimeters to go, we wish our young star Theo Chan Ming Tai the best of luck on his road to Rio!
1. UNIVERSITY SPORTS TEAM SUPERPASS DINNER
2. SPORTS TEAM SUMMER TRAINING CAMPS AND COMPETITIONS
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