

新聞稿  
致體育版編輯及記者

## 划越障礙突破無限 陳至鋒刷新世界紀錄

(香港·2020年7月28日) 香港賽艇運動員陳至鋒(22歲)於 Concept 2 室內賽艇(滑軌)輕量級男子 19 至 29 歲 30 分鐘項目以 8772 米成績·刷新世界紀錄。而陳至鋒亦是目前 Concept 2 室內賽艇各項目紀錄保持者中·唯一一位香港運動員。

由於 2019 冠狀病毒病肆虐·本港以至全球多個國家的運動員均受到影響·香港賽艇隊亦不例外·無法如期於戶外進行水上賽艇訓練·暫時只能調整為以陸上賽艇機、單車機、跑步及舉重為主的訓練·進度受到一定影響。

### 專注訓練 相信教練團隊

雖然面對疫情威脅·令原定訓練受阻·但整個香港賽艇代表隊依然努力不懈·積極面對種種挑戰。而陳至鋒更專注個人訓練·並相信教練團隊·他表示：「起初並不知道室內賽艇(滑軌)30分鐘屬世界紀錄之一·而自己是按照教練要求·根據過往進行的室內賽艇機乳酸測試所得出的數據·然後在30分鐘內保持1分42至43秒的速率。開始時·我感覺自己做不到·但教練們叫我相信他們的判斷·嘗試盡力去做·最後意想不到自己能夠完成。」

現時·陳至鋒會繼續專注室內賽艇訓練·裝備自己·期望能爭取來年奧運參賽資格。同時·他會以室內賽艇(滑軌)30分鐘項目為個人目標之一·嘗試進一步突破世界紀錄。

我們深信無論現在疫情是如何嚴峻·香港賽艇會繼續其拼搏和熱愛無限的精神去迎接每一項的挑戰。

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Concept 2 室內賽艇(滑軌)輕量級男子 19-29 歲 30 分鐘紀錄：

[https://www.concept2.com/indoor-rowers/racing/records/world?machine=3&event=30&gender=Male&age=19&weight=All&fbclid=IwAR0mY4VrLUeWIMdGRGnb8tGjQPA-ACBeKteR\\_XJTnzmPAWF0uiKpgqqtZoc](https://www.concept2.com/indoor-rowers/racing/records/world?machine=3&event=30&gender=Male&age=19&weight=All&fbclid=IwAR0mY4VrLUeWIMdGRGnb8tGjQPA-ACBeKteR_XJTnzmPAWF0uiKpgqqtZoc)



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Immediate Release  
To Sports Editors & Reporters

## Row Beyond Limits – Thomas Chan sets New World Record

(Hong Kong, 28 July 2020) Hong Kong Rowing Team athlete CHAN Chi Fung, Thomas (22) set a new world record in Concept 2 Indoor Rower with Slides Lightweight Men 19-29 30 minutes with 8,772m. He is also the only Hong Kong athlete in current Concept 2 Indoor Rower records in all fields.

Since COVID-19 is raging around the world, athletes in many countries have been affected. The Hong Kong Rowing Squad is no exception, in which they were unable to conduct normal training on water as scheduled. Instead, they are adjusted to training mainly by indoor rowing machines, bicycle machines, running and weightlifting. The training progress is affected to some extent.

### Concentrate and Believe in the Coaching Team

Although trainings are hindered by the threat of the epidemic, the entire Hong Kong Rowing Team is still working hard and facing every challenge actively. Thomas is used to focus on training and trust the coaching team, “I didn’t realize it’s a world record (of Indoor Rower with Slides for 30 minutes) at the beginning. I was instructed to keep my pace at 1:42-1:43 in 30 minutes, based on the statistic of my lactate test with the rowing machine, which I have completed in the previous training. At first, I thought I couldn’t do it, but the coaches asked me to believe in them and keep on trying. I just couldn’t believe I have achieved it”, said Thomas.

At present, Thomas will continue to focus on indoor rowing training and equip himself, hoping to qualify for the Olympic Games next year. Meanwhile, he will take Indoor Rower with Slides for 30 minutes as one of his personal goals and try to further break the world record.

We are convinced that no matter how severe the epidemic is, Hong Kong Rowing will continue its fighting and the spirit of “Passion to Go Beyond” to meet every challenge.

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Concept 2 Indoor Rower with Slides Lightweight Men 19-29 30 minutes record:

[https://www.concept2.com/indoor-rowers/racing/records/world?machine=3&event=30&gender=Male&age=19&weight=All&fbclid=IwAR0mY4VrLUeWIMdGRGnb8tGjQPA-ACBeKteR\\_XJTnzmPAWF0uiKpgqtZoc](https://www.concept2.com/indoor-rowers/racing/records/world?machine=3&event=30&gender=Male&age=19&weight=All&fbclid=IwAR0mY4VrLUeWIMdGRGnb8tGjQPA-ACBeKteR_XJTnzmPAWF0uiKpgqtZoc)



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**ROWING ASSOCIATION**  
**中國香港賽艇協會**

*Passion to go beyond 熱愛.無限*

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