

Immediate Release
To Sports Editors & Reporters

3 Times in a ROW, Thomas Chan sets New Marathon Rowing Record

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 at 42,195 meters with 2 hours 32 minutes 32.5 seconds, surpassed Canadian rower Sam Garber's record of 2 hours 36 minutes 46.9 seconds.

Thomas broke the record of 30 minutes[#] and 4 minutes[^] of the same category on 30 July and 5 August respectively. After more than a month, Thomas decided to challenge the 42,195m marathon distance on 17 September, "I have always wanted to challenge the marathon rowing. However, when I was in good condition, I had no time to participate in the challenge because of the need to prepare for the competitions. As there were no competitions due to the epidemic, I decided to attempt the challenge. The marathon rowing is a very-long distance race, besides endurance, patience is also needed. So, this time is more challenging than ever", said Thomas.

Although Thomas has no experience in running a marathon, he studied marathon runners online and integrated the advice given by coaches in other trainings, and applied them in marathon rowing. The new world record was recognized by Concept 2 on 22 September, it is the third time for Thomas to set the Indoor Rower World Record.

Extra Training, Get Ready for the Olympic Qualification

Despite the Hong Kong Sports Institute (HKSI) has partially re-opened in response to the easing of the epidemic in Hong Kong recently, Thomas did extra training in order to attempt the marathon rowing challenge. Except for dining with family, he stayed in HKSI and trained with indoor rowing and cycling machines during holidays. On next Monday (28 September), the Hong Kong Rowing Team will resume normal training, "Now I will focus on strengthening my physical and psychological qualities. I will strive for the best result and aim to become the Hong Kong Olympic representative, and prepare for the Olympic Qualification in the coming year", said Thomas.

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Concept 2 Indoor Rower with Slides Lightweight Men 19-29 at 42,195 meters record:

<https://www.concept2.com/indoor-rowers/racing/records/world?machine=3&event=42195&gender=Male&age=19&weight=80>



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中國香港賽艇協會

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Note #: Row Beyond Limits – Thomas Chan Sets New World Record

[\(http://www.rowing.org.hk/news/row-beyond-limits-thomas-chan-sets-new-world-record/\)](http://www.rowing.org.hk/news/row-beyond-limits-thomas-chan-sets-new-world-record/)

Note ^: Thomas Chan Sets Back-to-back New World Record

[\(http://www.rowing.org.hk/news/thomas-chan-sets-back-to-back-new-world-record/\)](http://www.rowing.org.hk/news/thomas-chan-sets-back-to-back-new-world-record/)

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