

For Immediate Release

## Overcoming the impacts of the Pandemic & Typhoon 43<sup>rd</sup> Hong Kong Rowing Championships Concluded Successfully

Due to the pandemic, the annual Hong Kong Rowing Championships was cancelled last year, and it was further postponed in this October because of typhoon Lionrock. Despite all the setbacks, the Championships was finally held at the Jockey Club Shek Mun Rowing Centre with the concerted efforts of everyone.

This year, the Championships attracted a total of 360 local rowers to attend. Hong Kong Rowing Team representative **Chiu Hin Chun** dominated in Men's Single Sculls with a personal best time of 6:45.37, and awarded the "The Directors' Challenge Cup", "I'm glad to see that Hong Kong could finally host an official rowing race after two years. Although I participated in the Around the Island Race, it was different with fine boat races in Shing Mun Regatta Course. As the Hong Kong Rowing Championships is closer to preparation for Asian Games and the Olympics Games, which is a long-lost race feeling. So, I am really happy to have completed the race in an ideal time, not only because of reaching a new milestone, but also witnessed my progress and growth," said **Chiu**, who also recorded first place in Men's Double Sculls with **Chan Yuk Man**, "I took part in both single and double events because I wish to test my training results in the past 3 months, as well as my physical condition to cope with 4 races (including heats) in 1 day, in preparation for the Asian Games next year."

For Women's Open, another Hong Kong Rowing Team Athlete **Cheung Hoi Lam** captured title in Women's Single Sculls with 8:02.40, and awarded the "The Directors' Challenge Bowl". It was her consecutive title in the same event since the Jackie Chan Challenge Cup Hong Kong Universities Rowing Championships 2021 in August, "winning titles in both championships definitely boosted my confidence because I am relatively weak in single sculls. In last two years, I have often flopped due to tension in competitions or trials. So, being able to perform as good as possible in the two championships proved that the practice during this period not only strengthened my physical fitness, but also greatly improved my psychological quality." As the Asian Games selection is imminent, **Cheung** targets to take each trial in her best condition, and hopefully, secure an Asian Games ticket.

Racing in the Women's Open Single Sculls at Tokyo Olympics, **Hung Wing Yan Winne** won a gold medal and a silver medal in Women's Eight and Quadruple Sculls respectively, "I haven't competed in team events since 2017 Asian Rowing



**Hong Kong, China**  
**ROWING ASSOCIATION**  
**中國香港賽艇協會**

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Junior Championships, so I think I am lack of team rowing experience. In single sculls, you just need to take care of your own part, while in team rowing, you have to take into account the pace of the crews. As I am the stroke of the boat, if I want to speed up but my crews couldn't follow, it would affect the speed of the entire boat. Thanks to the crews for their support and help, team rowing helps us to learn from each other's strengths and let everyone know themselves better," said **Winne**.

The HKCRA would like to express our heartfelt for the support from ROWSport Asia Ltd, Hisamitsu (Hong Kong), Oakley, AbTronic Sport-Elec, NAMEDSPORT, KT Tape HK, RHEA, the Leisure & Cultural Services Department, all volunteers, umpires and officials to make the event a great success. HKCRA wishes overseas teams could visit Hong Kong and participate in the Championships next year, and make Shing Mun River full of joy and excitement alike previous Hong Kong Rowing Championships!

#### Results :

<http://www.rowing.org.hk/competitions/hong-kong-rowing-championships/>

#### Photos :

<https://drive.google.com/drive/folders/1tqXYx3TccNSRNQmAUKTnJg6jWybilHEQ?usp=sharing>

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HKCRA official website: <http://www.rowing.org.hk/>

Start list: <http://www.rowing.org.hk/competition/41st-hong-kong-rowing-championships/>

HKCRA Facebook Fan Page: <https://www.facebook.com/hkrowchamp/>

Issued by: Hong Kong, China Rowing Association

Date: 16 December 2021



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