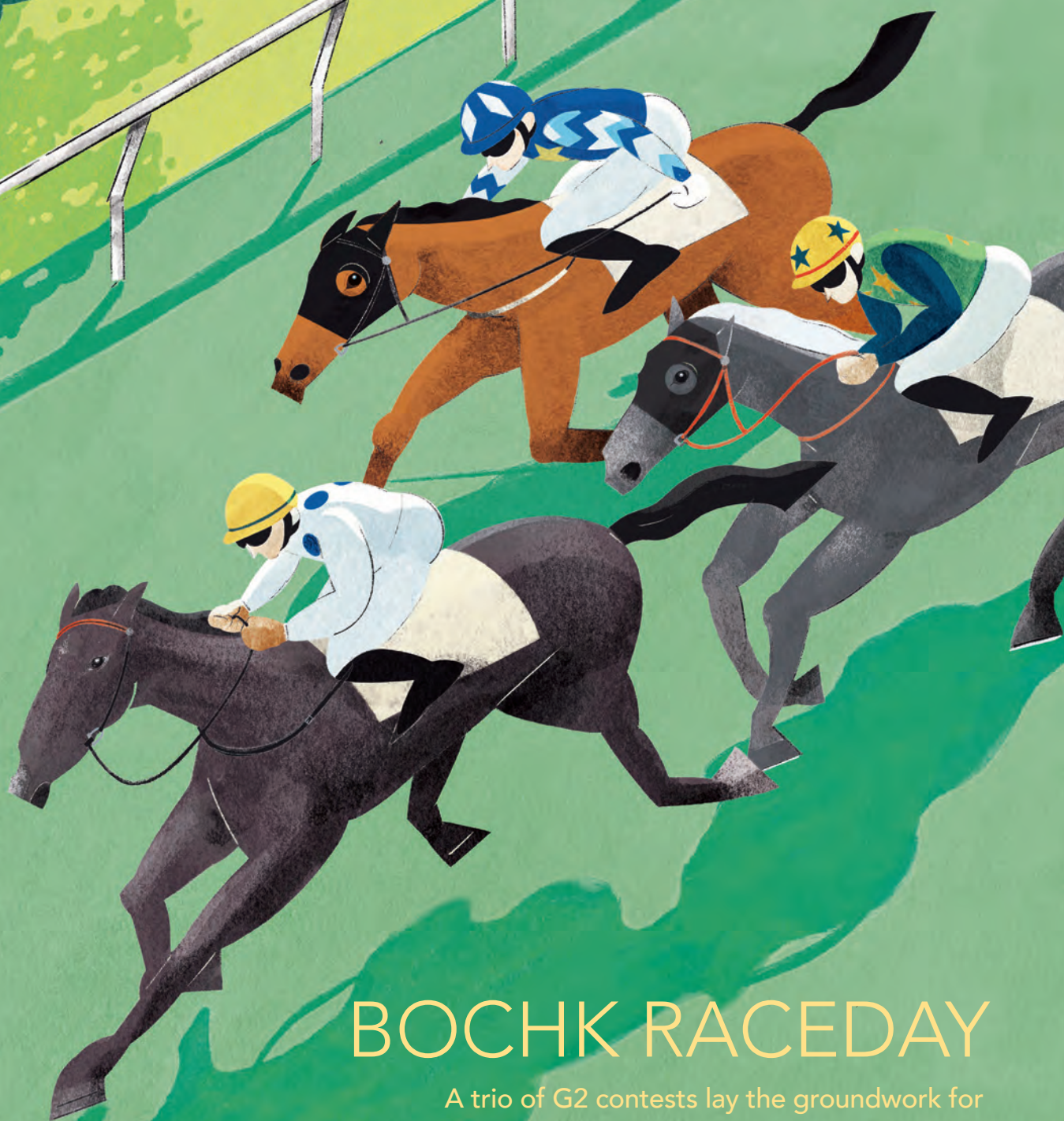


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THE HONG KONG JOCKEY CLUB MEMBERS' MAGAZINE

NOVEMBER 2022



## BOCHK RACEDAY

A trio of G2 contests lay the groundwork for  
the LONGINES Hong Kong International Races

# BROADENING HORIZONS

*Through international training and competition, young riders gain new perspectives and expand their knowledge*





From far left, clockwise: Owen Wong ranked second in his CSIAm-A class; Isaac Wong also came second in his CSIAm-A class; Kate Lumsden won her CSIJ-A 1.20m class; Hermes lu placed fourth in the CSIJ-A 1.25m class



**T**he Hong Kong Equestrian Federation (HKEF) is dedicated to nurturing riding talents and offering them the best riding experience from a young age. Broadening riders' horizons with a rich variety of experiences is crucial to develop their abilities. With this in mind, HKEF, with support from The Hong Kong Jockey Club (HKJC), the Hong Kong Sports Institute (HKSI) and the Leisure and Cultural Services Department (LCSD), organised a two-week training and competition programme in Germany for four promising young riders – Hermes Iu, Kate Lumsden, Isaac Wong and Owen Wong.

Led by Team Coach Corinne Bracken, the team attended intensive training and competitions from late August until mid-September, riding borrowed horses at Gugler Sport Horses. Daily training aside, the young riders also learned other technical skills, such as stable routines, course walks and warm-ups before competitions.

During the programme, the riders competed in Ising am Chiemsee's amateur and CSIJ-A classes, where they improved their form to achieve fantastic results. Both Owen and Isaac ranked second in their respective CSIAm-A classes. Hermes came in

fourth place in the CSIJ-A 1.25m class and Kate topped the CSIJ-A 1.20m class for Hong Kong.

"We were given a very in-depth and rounded idea as to how we should train and plan for large-scale competitions. It was a once-in-a-lifetime experience," Isaac says.

His teammate Owen adds, "The encouragement from not only my teammates but also the parents and coaches was a big reason the trip was such an enjoyable experience."

Recalling the progress made on the trip, Hermes says, "I couldn't get the distances and pace right in the beginning, but by trusting the work and process I'd put in



From top, clockwise: (from left) Owen Wong, Kate Lumsden, Hermes Lu and Isaac Wong; Team Hong Kong at the Ising am Chiemsee showground; the four riders with Team Coach Corinne Bracken

between the show weekends, I was able to perform at the highest level that I could have on the final day of the show. Most importantly, I learned how to maintain focus under pressure, especially in such a large-scale competition.”

Adds Kate, “The opportunity to compete on the world stage is eye-opening and humbling. Learning how to quickly adapt to a borrowed horse was also invaluable; my partner horse was very different from the ones I’m used to riding. I’m grateful my previous training helped me to read her quickly and partner up in only a few days. Now that I’m back in Hong Kong,

I can’t wait to take my own horse to his first competition season. I’d love to go back to Germany to compete and train next year, and hopefully represent Hong Kong again internationally.”

Team Coach Corinne says, “Although it was only a short trip, the riders improved a lot. It gave them a taste of competitive riding in Europe: international courses are very different to what they’re used to, so it was very educational. The riders were surprised by how big a 1.25m course is.

“We focused on training them to follow the process step by step, rather than fixating on competition results. Through

this trip, they now understand following the right procedure will naturally lead to results. I believe similar trips in the future will help develop young riders in Hong Kong into elite athletes.”

HKEF would like to congratulate all four riders on their outstanding performances in Germany. Our gratitude also goes to HKJC, HKSI, LCSD and the organiser of Ising am Chiemsee, as well as the parents and staff for their help in making this programme a success. We look forward to organising more overseas programmes and offering up-and-coming young riders the chance to compete internationally. ●



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香港賽馬會會員月刊 2022年11月號



## 中銀香港賽馬日

浪琴香港國際賽事的三場前哨二級賽

# 擴闊視野

年輕騎手藉由參與國際馬術訓練及賽事  
開拓眼界、增廣見聞





對頁起，順時針：黃籽頤於CSIAm-A  
賽事獲得第二名；黃尚頤於另一場  
CSIAm-A賽事排名第二；林倩琦於  
CSIJ-A 1.20米賽事奪冠；余承熹於  
CSIJ-A 1.25米賽事獲得第四名



## 香

港馬術總會（馬術總會）一直致力培育年輕馬術人才，讓騎手自幼開始便可獲得優質的策騎體驗，更明白拓闊視野及累積經驗對他們的天賦發展至關重要。有見及此，在香港賽馬會（馬會）、香港體育學院（體院）和康樂及文化事務署（康文署）的慷慨支持下，馬術總會籌辦了為期兩星期的訓練及比賽計劃，為余承熹、林倩琦（Kate Lumsden）、黃尚頤及黃籽頤四位有潛質的騎手，提供前往德國進修的機會。

在團隊教練鮑愛勤（Corinne Bracken）帶領下，他們於8月底至9月中旬間於德國Gugler Sport Horses接受密集訓練並參加賽事，與於當地租借的馬匹合作無間。除了日常訓練，年輕的騎手們更有機會學習其他技能，如馬廐的準備工作、繞場研究路線的走向，以及賽前策馬熱身。

於此期間，騎手亦參加了基姆湖畔伊辛（Ising am Chiemsee）業餘及CSIJ-A組別賽事。他們均取得重大進步，成

績斐然，其中黃籽頤與黃尚頤分別於CSIAm-A兩場賽事獲得第二名，余承熹則於CSIJ-A 1.25米賽事排行第四名，林倩琦更於CSIJ-A 1.20米賽事為港奪冠。

黃尚頤說：「此行讓我們有更深入而且全面的概念，認識到在出戰大型賽事前該如何進行訓練及預先準備。這絕對是個不可多得的經驗。」

黃籽頤補充道：「除了隊員的互相打氣，還有家長和教練的鼓勵，令這次的旅程格外愉快。」



最上起，順時針：（左起）黃籽頤、林倩琦、余承熹及黃尚頤；香港隊於基姆湖畔伊辛比賽場地合照；四名騎手與團隊教練鮑愛勤

余承熹回憶是次行程賦予他的收穫時表示：「起初我未能掌握障礙物的間距及馬匹起跳前的步伐，後來我學會相信自己在比賽期間的週末所投放的訓練過程，因此在最後一天的賽事發揮最佳表現。最重要的是，我明白如何在大型比賽的高壓下集中注意力。」

林倩琦則表示：「有機會參與國際賽事，除了令我大開眼界，亦讓我變得更為謙虛。學懂儘快適應租借馬匹的經驗，同樣十分寶貴；我的搭檔與以前策騎的馬匹非常不同，但以往的訓練讓我

能夠很快掌握馬匹的脾性，在短短幾天與牠建立關係，成為好拍檔。回到香港後，我現在已急不及待想與自己的馬匹一同參加牠的第一個賽季。我也希望明年再回到德國參賽及訓練，有機會再次代表香港出戰國際賽事。」

教練鮑愛勤表示：「雖然這次的行程短暫，但騎手的策騎能力得以提高，他們亦一嘗在歐洲參賽的滋味。國際賽事的比賽場地對他們而言十分不同，故此行亦別具教育意義。騎手都非常訝異1.25米水平的賽場竟然如此之大。

「在培訓騎手時，我們著重教導他們按部就班、循序漸進的技巧，而非只著眼於比賽的成績。透過今次行程，他們明白到跟從正確的進程，自然可創造佳績。在未來，我相信類似的行程將有助促進香港年輕騎手發展成精英運動員。」

馬術總會恭喜四位騎手在德國的優秀表現，亦衷心感謝馬會、體院、康文署、基姆湖畔伊辛主辦方、家長以及相關工作人員的支援，令今次的計劃取得成功。展望未來，我們期望籌辦更多海外行程，讓嶄露頭角的年輕騎手獲得更多參與國際比賽的機會。●

