



Sr Dr Lesly Lam
Sports and Recreation Committee Chairman

For those members who are interested in participating in various sports teams and interest groups managed by the Sports and Recreation Committee, please contact the Chairman or Donna YU at cpd@hkis.org.hk/2526 3679 to register.

HKIS Sailing Team at the China Cup International Regatta (CCIR)

Team Captain: Alain Choi



The HKIS Sailing Team was established in 2010. All team members have had many years of sailing and racing experience. The team participated in the Hong Kong Charity Dinghy Race from 2010 to 2013 and encourages its members to actively participate in many local and Mainland racing events. The team came in second overall in the BAHIA Division of the HHYC 24-Hour Charity Race in 2012 and 2013. Having attained adequate experience in J80 sailing, the team decided to compete in the 10th China Cup International Regatta (CCIR) this year.

The CCIR is one of the largest International Regattas held in China with an entry list that averages over 130 yachts from 38 different countries covering all the continents. The four-day event started with a passage race from Hong Kong to Daya Bay off Shenzhen, China on 27 October and concluded on 30 October after a three-day short-course race in Daya Bay.

The unexpected light winds disappointed many sailors this year, with only five boats able to complete the passage race, while the first day's geometric race was abandoned. However, all sailors were overwhelmed by the strong winds on the second day in Daya Bay, with many collisions occurring. Even the HKIS boat suffered minor damage, but its team spirit remained high and all members were inspired by the high-quality international competition to improve their own skills. On the last day, the HKIS team competed in moderate wind conditions

and finished fifth in one of the races and seventh overall in the HKPN Division A of the 10th CCIR.

Skipper: Alain CHOI
Crew: Ben CHONG, Anita NG, Simon CHEUNG, Eric YEUNG, KC WONG, and Juliana CHOI



Formation of the HKIS Hiking Interest Group: HKIS Members at the Oxfam Trailwalker 2016

Quite a few members joined the Oxfam Trailwalker 2016 and some even obtained very superb results (sub-20 hours). We are planning to form a HKIS Hiking Interest Group. Please stay tuned.

