



Limitless

Sailability Hong Kong
Newsletter, Issue 2

無限可能
第二期出版



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Words of Welcome

歡迎辭

Welcome from Kay

May I take this opportunity on behalf of us ALL at Sailability Hong Kong, to wish you a very Happy, Healthy and Prosperous Year of the Dragon and to welcome you to our 2nd edition of Limitless, as it becomes bi-lingual! Kung Hei Fat Choi!

I would like to begin the new year with a short description of what we do at Sailability and to say a huge thank you to everyone who has and continues to contribute to our success.

Sailability Hong Kong Limited is the only organisation in Hong Kong offering opportunities to sail to EVERYONE, via our diverse sailing programmes, irrespective of; ability, age, gender, sexual orientation, ethnicity, status etc. As our community outreach grows, we continue to create and deliver programmes for new and returning sailors, with an assortment of life challenges, whilst breaking down many of life's barriers. From every success we grow and become more attractive to many more by offering a sport which is now affordable (via donors and supporters), accessible and inclusive, with many additional benefits. It's '#more than sailing.

ALL staff/volunteers receive training to support our wide outreach of beneficiaries. Our programmes are delivered and supported by people who care and have an understanding and awareness of peoples' differences and needs, whatever they may be, and more importantly how we can accommodate them ALL. Sailing age range is now 7-92yrs, unbelievable!'. Sailing numbers during 2023 broke all previous records – 5772 sailors on the water, amazing!

I hope you enjoy your read as you learn more about what we've been doing, upcoming events and programmes, and the lives we change. Together we can continue to **'Make Sailing Accessible to EVERYONE'**.

來自 Kay 的問候

我在此代表全體全人恭祝您龍年快樂、身體健康、事業興隆！歡迎您來到我們的第二期《無限可能》雙語版！祝賀大家恭喜發財！

在新的一年，我想向所有為香港航能取得成功或繼續為我們作出貢獻的人致以最誠摯的感謝與問候。

香港航能是香港唯一透過多元化帆船計畫，為每個人提供帆船體驗的組織，不論個人能力、年齡、性別、性取向、種族、社會地位，均可參與其中。隨著我們的社區不斷擴大，我們致力為在生活上遇到各項挑戰的新舊帆船水手設計，並推出一系列的活動去鼓勵大家打破及誇過種種生活障礙。

每一次的成功都使組織壯大，並為更多人打開大門，令帆船運動價格合理化（透過捐贈者和支持者提供）無障礙化、及高度包容性，這些無形的好處，使帆船#不單只是一項運動而已。

我們所有的員工 / 義工均受過培訓，以支持我們的廣泛受眾，支援團隊懂得關懷別人、了解並意識到每個人的差異和獨特需要，更重要的是，我們包容與接納每一個來臨的人。如今，成員的參與年齡分別為 7 歲到 92 歲，簡直是令人難以置信！

2023 年的總出帆人數更打破了歷史記錄——一共有 5772 名水手參與其中，數字實在令人驚嘆！

希望您在閱讀季刊時能了解更多有關我們的工作、即將舉行的活動，以及我們改變生命的信息。

讓我們共同努力，成就「**航能倡揚帆，人人皆可能。**」



Kay Rawbone
Co-founder and Chief Executive
創辦人及董事
Sailability Hong Kong

Sailability Spotlight

香港航能專欄

Sailability Co-founder & CEO, Kay Rawbone, meets with RTHK on 23 December 2023

The conversation link below is part of the "Lion Rockers" series, in which Noreen Mir meets movers and shakers from HK and talks about their life story.

Kay chats openly about her early life, how she met Mike, their family life in the UK, moving to Hong Kong and working for The Nesbitt Centre, and then Sailability.

Find out how different influences throughout Kay's life have led her to do what she does today! Click on the link below, duration 26 minutes.

2023年12月23日 創辦人及董事 Kay Rawbone 到香港電台受訪

電台節目「Lion Rockers」，主持人 Noreen Mir 邀請香港的臥虎藏龍，談論他們所經歷的人生百態。

Kay 細述她的早年生活，談及她與已逝丈夫 Mike 的相識故事。當年他們在英國生活，後期搬到香港定居，並為慈善機構 Nesbitt Centre 工作，更一同創立了香港航能這個組織。

現在邀請您點擊下方鏈接，收聽 Kay 的經歷是如何引領她作出今天的成就！節目時長約為26分鐘。



Kay Rawbone with Noreen Mir in the RTHK studio
Kay Rawbone 和 Noreen Mir 在廣播間的合照



RTHK #Radio3 | Lion Rockers

www.rthk.hk/radio/radio3/programme/lionrockers/episode/924590

Gabriel: An article from 27 December 2024, The Standard

Gabriel is currently participating in a Sailability scholarship programme funded by TREATS charity who have been sailing with us since 2011.

Gabriel sailed as part of the Sailability team in the Hansa World Championships in Portugal in October 2024. Read his story and how taking part in sailing is helping him in life.

www.thestandard.com.hk/section-news/section/4/259036/Special-needs-teen-now-sails-through-life

2024年12月27日，來自 Gabriel 的一篇《英文虎報》撰文

Gabriel 目前參加由 TREATS 慈善機構所資助的香港航能獎學金項目。自 2011 年以來，他一直與我們航行。

Gabriel 代表香港航能參加了 2023 年 10 月在葡萄牙舉行的 Hansa 世界錦標賽。閱讀他的故事，以及參與帆船運動如何改善他的生活。

and now 2024 has begun:

Saturday Sailing for youth and adults with SEN/ASD and other life-life-challenges; our longest running programme

January saw another year over and a new year just beginning! That was the mood as Sailability programmes resumed for 2024!

Saturday Sailors were presented with certificates by Senior instructor Jesse Lam, for their participation in regattas and training throughout 2023. And then it was back out on the water to prepare for sailing events coming up in the new year.

2024年開始了：

最長青項目：週六帆船日 適合有特殊教育需求或自閉症類群障礙以及面對其他生活挑戰的青少年及成年人

一月的開始見證一個年度的終結，新年開始了，意味著香港航能的項目將會恢常！

資深教練 Jesse Lam 向參與週六帆船日的各個水手頒發證書，讚頌成員在上一年度的積極參與。頒獎以後，大家就返回到水上進行訓練，為新一年即將舉行的帆船比賽做準備。



Certificate Day for Saturday Sailors
週六帆船隊證書頒發日

With a very busy start to 2024 it would be easy to forget that Sailability programmes for schools, Saturday Sailing and the Scallywag programme, continue to run all year round!

A big shout out to our Instructors, Jesse and Karen, Safety Boat Drivers Vincent and Daoud, AI Joseph and the many volunteers who make this happen.

A few more photos from a busy January:



Ue de-rigging the boat
Ue 在拆卸索具

We are now looking forward to new sailors joining our Para Sailing Team and more schools, organisations individuals etc joining our programmes as they recognise the accessibility, inclusivity and the therapeutic benefits and opportunities sailing provides.

我們誠邀更多帆船水手成員加入傷健帆船隊，不論是來自學校、機構或是以個人身份參與，我們的項目能讓更多人認識到帆船運動所帶來的無障礙、高度包容以及治療性的益處和機會。



Cole and Joe
水手 Cole 和 義工 Joe

2024 年項目開始得非常緊湊，很容易忘記各種各樣香港航能的項目及活動，例如學校相關活動，週六帆船日和 Scallywag 項目等，一整年地進行著！

藉此向我們的教練 Jesse 和 Karen、安全船駕駛員 Vincent 和 Daoud，以及 AI Joseph 和眾多義工們致以崇高的敬意，讓一切的計劃成真。

以下是充實滿滿的一月份照片分享：



Ah Kai and Leo de-rigging the boat
Ah Kai 和 Leo 進行拆卸索具



Ah Kai with new volunteer Naven
Ah Kai 與新加入義工 Nave



Sailability sailors making their way back to Hebe Haven Yacht Club
香港航能水手們返回白沙灣遊艇會



Sponsor Spotlight

贊助商專欄



Sun Hung Kai & Co Ltd Scallywag Foundation Programme

A huge thank you from us ALL to Sun Hung Kai for what continues to be an amazing programme within Sailability Hong Kong Limited's portfolio. The programme, funded by Sun Hung Kai, enables Sailability to reach out to the under-represented areas of our community, offering sailing and educational experiences to youth aged 7yrs to 22yrs, whilst instilling life-changing values.

It all began in 2019 with Sun Hung Kai & Co Limited's donation of 3 very special Hansa 303s to us, the boat colours mirror the Company's 'Big Scallywag Boat', red, white and grey. Some of you may remember seeing the 'Big Scallywag Boat' during its stopover in Kai Tak during the Volvo Ocean Race in January 2018.

新鴻基有限公司 Scallywag 基金會項目

我們全體向新鴻基表示衷心的感激，感謝他們對的香港航能的支持，使我們的項目得而發展及變得更多元化。新鴻基贊助的 Scallywag 項目讓我們能夠惠及社區中代表性不足的一群 — 為 7 至 22 歲的少年及青少年提供帆船運動和教育工作，為他們培育出積極及正面的價值觀。

一切始於 2019 年，新鴻基有限公司向我們捐贈了 3 艘漢莎303，這些帆船的顏色與「大 Scallywag 號」相呼應，分別是紅色、白色和灰色。您可能會記得在 2018 年 1 月的沃爾沃環球帆船賽期間見過「大 Scallywag 號」的身影。



Hebe Haven Annual Open Dinghy Regatta sponsored by Sun Hung Kai
新鴻基贊助的白沙灣遊艇會公開小帆大賽

The 3 Hansa 303s were named by the Hong Kong Community in memory of John Fisher, part of the Scallywag crew, who sadly lost his life during the race. Their names are Jelly Fish, Star Fish and Sun Fish and what a very appropriate and wonderful way toooaremember a great sailor and a great man.

香港社區把這 3 艘漢莎分別命名為水母、海星和太陽魚，這是為了紀念 Scallywag 去逝隊員 John Fisher，他在比賽中不幸喪生，命名思憶是一種美妙和貼切的方式去紀念一位偉大的水手離世。



The 3 Hansa Sun Hung Kai 303s: Star Fish, Sun Fish and Jelly Fish
這 3 艘漢莎分別命名為水母、海星和太陽魚

In July 2020 we also received another donation from Sun Hung Kai and Clifford Chance, Hong Kong - a new safety boat, S16, to support this programme.

From its inception this programme was a hit and looking back, we had various obstacles to overcome, the main one being COVID and some very extreme weather conditions, but our sailing numbers continued to prove the popularity of this programme.

Since June 2019 to December 2023 we have undertaken 297 courses, providing 1901 sailors with a taster day and up to 5 days of Sailability Hong Kong Certified Training. From these courses we have also seen some amazing results, please read on!

2020 年 7 月，我們收到了新鴻基與香港高偉紳律師事務所的另一筆捐贈 — 1 艘全新的安全船 S16。

自項目發展以來，它一直備受歡迎。回顧過去，我們克服了種種障礙，主要的障礙為新冠疫情和一些極端的天氣情況，儘管如此，我們的出帆數目都證實了項目的受歡迎程度。

由 2019 年 6 月至 2023 年 12 月期間，我們共開設了 297 個相關訓練，為 1901 名水手提供了試帆體驗和長達 5 天的香港航能認證培訓。透過這些訓練，我們看到了一些驚人的成果，請繼續閱讀！

Those now highlighted are youth with a disability and also those who have accompanied siblings with disability and describes the different pathways they now enjoy:



Tommy Wong with the flag of the Hong Kong SAR of the PRC
Tommy Wong 舉著中華人民共和國香港特別行政區的旗幟

Tommy Wong joined us during the summer of 2019 and is now sailing with the Sports Institute and representing Hong Kong. When he has time, Tommy still offers his support for our programmes.

Tommy Wong 在 2019 年夏天加入了團隊，現在與香港體育學院一起航行，並代表香港隊出賽。有空的時候，Tommy 仍然會參與義工服務，為我們的項目提供支援。

這些年輕人，他們患有身心障礙，或陪伴患有身心障礙的兄弟姐妹出席活動，現在各人都展翅高飛，發展出不一樣的能力與享受生活的方式。



Kamal sailing Starfish
Kamal 駕駛著海星號

Daoud Kamal from joining one of our first Scallywag groups to Safety Boat Driver for Sailability Hong Kong. Daoud also acts as Assistant Instructor within the Scallywag courses.

Daoud Kamal 自加入第一隊 Scallywag 小組，再晉升成為我們的安全艇駕駛員。現在他更成為 Scallywag 課程中的助理教練。



Sophie Shao and brother Henry
Sophie Shao 和弟弟 Henry

Sophie Shao – introduced to Hebe Haven Yacht Club when she sailed with her brother Henry who joined our Visually Impaired Sailing.

Following her introduction to HHYC Sophie is now part of the Hebe Dragons and represents Hong Kong and last year won an award for her amazing improvement. Sophie with brother Henry also came in 3rd place during the Barts Bash Race 2023. Henry was so, so happy. His first race and he won a place!!!

Sophie Shao 被介紹到白沙灣遊艇會，她當時陪伴弟弟一同參與我們的視障航行項目。

她現在是 Hebe Dragons 團隊的一員，代表香港出賽，去年她因驚人的進步成績而獲得了獎項。Sophie 與弟弟 Henry 更在 2023 年的巴特狂歡慈善賽中獲得了第三名。Henry 感到非常開心。這是他首場比賽就取得了名次！



Lotus Ho receiving his award. Left with Walter Tsui
Lotus Ho 獲獎，左邊是 Walter Tsui

Ho Chun Hin, Lotus, an ASD sailor who became a regular volunteer, maturing and winning a scholarship with another NGO, CareER.

Ho Chun Hin, Lotus 是一位患有自閉症的水手，也是我們的常規義工，他贏得了另一個非政府組織 CareER 的獎學金。



Joseph Cheung at the helm of *Mohan* with skipper Fred Vaudaine
Joseph Cheung 與舵手 Fred Vaudaine 於無限號上合照

Cheung Sze Hin, Joseph who also joined an ASD group is now our first Assistant Instructor with disability.

Our ever-evolving programmes, designed to suit the needs of the diverse range of beneficiaries joining, highlight the benefits, accessibility and inclusivity of sailing i.e. learning about teamwork, increased communication, life skills, independence, confidence and self-esteem etc, all whilst learning a new skill and having fun.

Thank you again Sun Hung Kai, Scallywag Foundation Programme on behalf of us ALL.

Cheung Sze Hin, Joseph 加入了自閉症類群障礙小組，現在是小組的首位助理教練。

我們不斷發展的項目計畫旨在滿足不同受益者的需求，並突出帆船運動的好處，其無障礙性和高度包容性，例如學習團隊合作，增強溝通能力、生活技能、獨立自主、自信心和自尊心等，同時令學員學習到新的技能並享受生活的樂趣。

在此我們全體忠心感謝新鴻基 Scallywag 基金會對項目的全力支持。



Volunteer Spotlight

義工專欄

A Life Well Occupied Helen Fan Chai Hing

Helen has been volunteering with Sailability since September 2021 when she also started sailing 303s. Since then she has regularly volunteered for Sailability once per week and for major events. In fact, it was at Bart's Bash in December 2023 that Kay Rawbone introduced me to Helen and suggested that I interview her for this article during a lull in the frenetic activity of the event.

Helen travels all the way from Kennedy Town where she lives with her two children to Hebe Haven to volunteer. She has always had an attraction to the sea having been born and raised in Stanley into a boat building family started by her grandfather and continued by her father.

Their boatyard has been in business for 75 years and initially built fishing junks and latterly leisure junks.

In addition to sailing, Helen has also enjoyed stand-up paddling for the last two years, mostly at Sai Sha in Sai Kung. Helen also enjoys running and runs from home to the boatyard or Repulse Bay monthly with an 8 K run 3 times a week.

When not running, paddling and volunteering with Sailability, Helen finds time for housewifery but also finds time to volunteer once a week at the St James Settlement in Wanchai helping out with the "Dancing Heart Troup" line dancers.

Asked what she particularly enjoys about volunteering with Sailability, she says that she enjoys working with the "Golden Age" elderly sailors best of all

Bravo Helen!

充實的生活 Helen 樊齊卿

Helen 自 2021 年 9 月開始參與香港航能的義務工作，當時她剛開始駕駛漢莎 303。從那時起，她定期為香港航能服務，並參與大型活動。藉著 2023 年 12 月舉行的巴特狂歡慈善賽，創辦人及董事 Kay Rawbone 介紹了 Helen 給筆者認識，並建議筆者在活動間隙中採訪她。

與兩個孩子共同生活在堅尼地城的 Helen 每次都會遠赴到白沙灣做義工。對她來說，大海充滿魅力，她出生在赤柱的造船之家，從她祖父年代開始，直到父親承繼業務。

船廠至今經營了 75 年，最初以建造捕魚船，後期轉變為建造休閒遊艇。

過去兩年，除了享受駕駛帆船以外，Helen 也喜愛到西貢西沙進行站立劃槳這一項水上運動。另外，她熱愛跑步，每週都會進行 3 次長達 8 公里的長跑，每月更會有一次由堅尼地城出發，長跑到赤柱船廠或以淺水灣為終點。

熱愛運動的 Helen 不忘打理家頭細務，除了在香港航能當義工以外，她每週還會到灣仔的聖雅各福利會幫助「心飛舞團」，進行排舞等義務工作。

當被問及最喜愛香港航能的哪一部分，她表示最享受與「黃金時代」的銀齡帆船水手一起工作。

幹得好，Helen!



Helen at Bart's Bash, Hebe Haven Yacht Club, December 2023
Bart's Bash poster by Lizzie Sharp
Helen 在巴特狂歡慈善賽上，站在由 Lizzie Sharp 設計的海報旁

Sailor Spotlight

帆船水手專欄

Best Hong Kong Para Sailor of 2023 Award Foo Yuen Wai

The first ever Sailing Federation of Hong Kong China Annual Dinner and Awards Presentation took place in December 2023 and was a great success!

People from all across the Hong Kong sailing community gathered together to recognise the many successful achievements during 2023.

Sailability Para Sailor Foo Yuen Wai won the award for Best Para Sailor for his all-round achievements in the World Championships and Hansa World Championships, being equally adept in a 2.4mR or a Hansa. What a great year it was for him!

香港2023年度 最佳傷健帆船運動員獎 付遠威

2023 年 12 月，中國香港帆船運動總會首次舉辦了年度晚宴和頒獎典禮，取得了巨大成功！

來自香港帆船界的人們濟濟一堂，一起慶祝和表彰各人在 2023 年所取得的成就。

香港航能傷健帆船運動員付遠威的全方位成就，為他個人在帆船世界錦標賽和漢莎世界錦標賽中獲得了「最佳傷健帆船運動員獎」，他在駕駛 2.4mR 船隻和漢莎船上同樣表現卓越。這是多麼美好的一年啊！



Photo credit: Sailing Federation of Hong Kong, China
圖片來源: 中國香港帆船運動總會

Programme/Event Roundup

項目/活動總結

The Solaris Four Peaks Race 2024

The Four Peaks Race, organised by Aberdeen Boat Club since 1985, sponsored by Solaris Yachts, took place this year on 27-28 January.

This race has a reputation as a tough competitive challenge for both sailors and runners and it certainly lived up to its reputation this year!

The Challenge

Starting on Saturday morning going through the night to Sunday lunch time a team typically takes at least 24 hours to complete the challenge. The race requires fine sailing skills on the water, landings by kayak or swimming, speed and strategy over rough terrain on land. Tactics, practice and stamina all play a big part.

- Sailing 4 legs: Tai Tam Bay, HKI to Sai Kung to HKI to Lantau to Lamma to Round Island, HKI (Total approx. 80NM)
- Kayaking 10 legs in 5 bays: Port Shelter, Repulse Bay, Cheung Sha, Lo So Shing and Mo Tat Wan (Total approx. 3,000m)
- Running 4 peaks: Ma On Shan 560m, Violet Hill 433m, Lantau Peak 934m, Mt Stenhouse 353m (Total 35.5Km running and 2,280m climbing - plus 2,280m descending)

Solaris 四山賽 2024

自 1985 年起香港仔遊艇會一直舉辦的四山賽，今年已於 1 月 27 日至 28 日成功舉辦，由 Solaris Yachts 全力贊助。

這項賽事家喻戶曉，對帆船水手和跑者來說都是一項艱鉅的挑戰，今年更是名不虛傳！

挑戰

由週六早上開始到週日下午完結，這項挑戰歷時至少 24 小時。比賽要求參與者展現出嫺熟的帆船技巧，通過獨木舟或游泳著陸，再快速而策略性地越過崎嶇的地形。戰略、實踐和耐力對能否勝出都發揮關鍵的作用。

- 帆船賽程包含 4 個分繞環節：由大潭灣，香港島到西貢，再由香港島，到大嶼山，以及到南丫島，再返回香港島。（總計約 80 海里）
- 獨木舟賽程則在 5 個海灣中進行 10 個分繞環節：牛尾海、淺水灣、長沙、蘆鬚城到模達灣。（總計約 3,000 公尺）
- 跑步賽程包括 4 座山峰：馬鞍山高達 560 米，紫荊山高達 433 米，鳳凰山高達 934 米，山地塘高達 353 米。（全長總計 35.5 公里和高達 2,280 米上坡及 2,280 米下坡路段）

The Team

The Sailability team comprised 13 people. This year we wanted to use the Solaris One 48 *Blu* instead of the Solaris 40 *Mohan* for various reasons, not least, to expand the experience of our Parasailors Racing Team.

The diversity of the Sailability team needs to be understood to appreciate the challenge. The 13 people on board *Blu* were aged from 21 to 72 and included 7 people with a disability (1 ASD, 1 deaf, 1 lower leg amputee, 1 Muscular Dystrophy, 3 polio).

Each member of the team had a designated role, as a sailor, runner, chef, carer, skipper etc.

- Enrico Zanella (Skipper)
- Kay Rawbone (Steward & Carer)
- Mark Poon (Sailor, Helm)
- Sylvia Leung (Sailor, Jib Trimmer)
- Lung Cheng Sze (Sailor, Jib Trimmer)
- OK Leung (Sailor, Main Trimmer)
- Fred Vaudaine (Runner + Sailor)
- Camel Fung (Runner)
- John Cheng (Runner)
- Calvin Tsang (Runner)
- Alice Lee (Runner – Calvin's Mum)
- Leung Shui Tai (Support Sailor)
- Zero Lai (Support Sailor)

團隊

出賽團隊合共有 13 人，今年我們使用 Solaris One 48 *Blu* 船隻而不是 Solaris 40 無限號，最大的原因是為了擴展團隊和患有傷健或身心障礙運動員的經驗。

團隊的多樣性需要被理解從而去欣賞這項挑戰賽。*Blu* 船隻上的 13 人年齡分別介乎於 21 歲到 72 歲，其中包括 7 名分別患有傷健或身心障礙的隊員，包括 1 名自閉症患者、1 名聾人、1 名下肢截癱者、1 名肌肉萎縮症者以及 3 名小兒麻痺症患者）。

團隊的每位成員都有指定的角色，如帆船水手、跑手、管家、照顧者和船長等。

- Enrico Zanella (船長)
- Kay Rawbone (管家及照顧者)
- Mark Poon (帆船水手和舵手)
- Sylvia Leung (帆船水手和前帆調整者)
- Lung Cheng Sze (帆船水手和前帆調整者)
- OK Leung (帆船水手和主帆調整者)
- Fred Vaudaine (跑手和帆船水手)
- Camel Fung (跑手)
- John Cheng (跑手)
- Calvin Tsang (跑手)
- Alice Lee (跑手)
- Leung Shui Tai (支援水手)
- Zero Lai (支援水手)

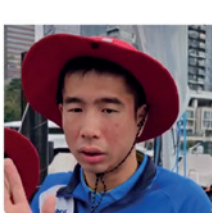


The Sailability Parasailors Inclusive Four Peaks Race Team 2024 – Left to Right:

Solaris 四山賽 2024 的核心運動成員由左至右包括：



Top Row 第一行: Fred Vaudaine, John Cheng, Camel Fung, Ah Lung



2nd Row 第二行: Kay Rawbone, Enrico Zanella



3rd Row 第三行: Alice Lee, Calvin Tsang, Mark Poon

4th Row 第四行: Zero, Ah Tai, Sylvia Leung, OK Leung

The Race

Camel and Fred were the runners for the first peak. Fred, Calvin and Alice ran Violet Hill at Repulse Bay, while Fred and John did Lantau Peak during the night.

As the race progressed into the night, Kay Rawbone, Sailability HK CEO and Co-Founder who was onboard and part of the team, reported that, “the winds in the early morning dropped off making sailing particularly difficult” for the sailing team.

By morning there had been some rain overnight and it felt very cold onboard. Kay assessed the conditions as “much tougher than last year when Sailability entered the race for the first time.”

By Sunday lunchtime Fred, Calvin and Alice had completed the final run on Lamma Island’s Mount Stenhouse and remarkably Fred Vaudaine, volunteer and *Mohan* skipper, had run all 4 peaks. He loved every minute of it though!



Calvin and Alice transferring by towed paddleboard from Blu to land at Repulse Bay, prior to running Violet Hill
Calvin 和 媽媽 Alice 乘坐拖曳式槳板從 Blu 號著陸到淺水灣準備登上紫羅蘭山



Alice, Calvin and Fred on the summit of Violet Hill
Alice, Calvin 和 Fred 到達紫羅蘭山山頂

賽事

Camel 與 Fred 是第一組登上馬鞍山的跑手隊伍。第二組由 Fred、Calvin 和 Alice 組隊在淺水灣的紫荊山上奔跑，第三組則由 Fred 和 John 組成，在夜間攀登鳳凰山。

當進入夜晚時分，香港航能創辦人及董事 Kay Rawbone 加入團隊登船，報告稱「清晨時分，風速將下降，使得航行變得特別困難」。

直到了早上，由於前一晚的陣雨，船上感覺分外寒冷。Kay 評估說：「比去年要艱難得多，儘管去年香港航能是首次參加比賽」。

到了週日中午，Fred、Calvin 和 Alice 合力完成了山地塘的最後一趟賽段，讓人驚訝的是，義工 Fred Vaudaine，同樣是無限號舵手的他，馬不停蹄地攀登了所有的山，他熱愛著每一分鐘的過程！



John on the summit of Lantau Peak, photo by Fred
John 到達大帽山山頂

The Reaction

There was a lot of reaction on social media with many supporters hailing the team's achievement. We leave the final words to three of those who took part:

Kay: "We've seen some amazing performances from all the runners and sailors. It's definitely been a weekend for showing the abilities of our people! I'm so proud of them ALL."

Alice who ran Violet Hill and Mount Stenhouse with her son Calvin: "It was an amazing and wonderful experience!"

Skipper Enrico: "Everyone did their duty in a remarkable way – I could not be more proud of this amazing team!"

A very fine effort by all involved.

反應

當天的社群媒體上出現了許多支持者向團隊打氣致敬的說話。最後，讓我們一同回故當中三位參與者的賽後感：

Kay 說：「我們共同見證所有跑手和帆船水手的傑出表現。這絕對是一個展現團隊能力的週末！我對所有人的成就都引以為榮。」

Alice 與她的兒子 Calvin 一起跑了紫荊山和山地塘，她表示：「這是一個令人驚嘆和美妙的體驗！」

船長 Enrico 回應：「每個人都以一種非凡的方式履行自己的職責 — 我對這了不起的團隊引以為傲！」



The Sailability Team on board *Blu* for The Four Peaks Race 2024
團隊在 *Blu* 號上的片刻





The Sailability Team wrapped up well on *Blu* due to the chilly conditions. Left to Right: Foreground: Sylvia and Ah Lung. Midground: Mark and Ah Tai. Background: Enrico and Kay. 由於寒冷的天氣，Sailability 團隊在 *Blu* 船上包裹得很嚴實。從左到右分別為：前景：Sylvia 和 Ah Lung。中景：Mark 和 Ah Tai。背景：Fred 和 Kay。



Blu crossing the finishing line at 1.18pm after almost 27 hours of racing!

Blu 在比賽將近 27 小時後的下午 1:18 越過終點線！



Sun Hung Kai Hong Kong Race Week 2024

The Sun Hung Kai & Co. Hong Kong Race Week took place from 30 January to 4 February, organised by RHKYC.

This is a major international event which this year attracted 271 sailors from 10 countries and regions including Australia, Canada, Hong Kong (China), Ireland, Japan, Macau (China) Mainland China, Singapore, Thailand, and the USA.

The Hong Kong weather proved challenging for participants and race organisers alike with foggy, misty conditions forcing officials to relocate the race course on more than one occasion.

新鴻基公司香港帆船賽週 2024

賽事於 2024 年 1 月 30 日至 2 月 4 日期間舉行，由香港遊艇會主辦。

這是一場重大的國際賽，今年吸引了來自 10 個國家和地區，合共 271 名選手參賽，他們為澳大利亞、加拿大、中國香港、愛爾蘭、日本、中國澳門、中國大陸、新加坡、泰國和美國的選手。

香港的天氣對參賽者和主辦方都帶來挑戰，接連不斷的霧霾情況迫使官方單位多次調整比賽道。



Low coastal visibility caused organisers to relocate the racing to alternative locations
不利賽事的低能見度導致主辦方需遷移比賽地點

Sailability HK para sailors were competing in the 2.4mR class and Foo Yuen Wai, who was Hong Kong Para Sailor of the year for 2023, was crowned champion for the 4th time! He won 11 of the 12 races to complete a truly emphatic performance.

我們的傷健帆船運動員參加了 2.4mR 組別的比賽，並由獲得香港 2023 年度最佳傷健帆船運動員獎的付遠威第 4 次榮膺冠軍！他在 12 場比賽中贏得了 11 場勝仗，表現十分優秀。



Eric Cheung in Swire Flyer
在 Swire Flyer 上的張致力



Sylvia Leung in Victoria 1026
在 Victoria 1026 上的 Sylvia Leung

Eric Cheung was second place while Chan Tsun Ming and Sylvia Leung engaged in an epic tussle for third place with Chan Tsun Ming eventually grabbing the podium spot. After 2 days of sailing, Tsun Ming, who predominantly uses one hand to control the boat “lost all feeling” in his hand. He also vowed to come back stronger in 2025, saying he aims for “a better placing next year.”

張致力取得了第二名，而陳俊明和 Sylvia Leung 則在爭奪第三名的激烈角逐中，最終由陳俊明爭奪了頒獎台的寶座。進行 2 天的帆船賽過後，俊明表示他的主力手「失去了所有感覺」。他發誓將在 2025 年再戰再厲，目標是「明年一定要取得更好名次」。



Chan Tsun Ming, Lucy Sutro (Commodore RHKYC), Foo Yuen Wai, Eric Cheung
左至右：陳俊明，香港遊艇會會長蘇洛詩女士，付遠威和張致力



Chan Tsun Ming in Operation Santa Claus and Eric Cheung in Swire Flyer
Operation Santa Claus 上的陳俊明和 Swire Flyer 上的張致力

Final words from Ed Tsang, Senior Coach for the Sailability Para Sailing team who was pleased with the sailors' all-round performance and how they developed during the week.

"All the Sailability team performed well, improving their sailing tactics, how they use the racing rules, and their mindset. Foo is at a different level to his teammates.

That's why he has set himself a different mission, not only to win every race but to challenge himself to beat his own competition time in each race."

香港航能的傷健帆船隊高級教練 Ed Tsang 對運動員全面的表現以及他們在這一週內的成長感到高興。

他認為「所有隊員的表現出色，他們改進了自己的帆船策略，懂得利用比賽規則以及調整心態。對比隊員，付遠威的表現更進一竿。

這是為什麼他給自己設下了不一樣的任務，不僅是為了贏得每場比賽，更要打破自己的時間紀錄」。



Event Calendar

活動日曆

Sunday 星期日	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
February 2二	18	19	20	21	22	23
25	26	27	28	29	March 3三月	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	April 4四月	1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	May 5五月	1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	June 6六月

-  HHYC Monsoon Spring Series 24 Feb, 29 & 23 March, 13 April – MoHan will participate
白沙灣遊艇會春季系列賽 - 無限號將參加
-  Para Sailor training Wednesday & Sunday
週三和週日的傷健帆船訓練
-  Saturday Sailing
週六帆船日
-  School & Scallywag Foundation Sailing
學校和 Scallywag 基金會帆船日
-  SE Asian Inclusive Para Championships 27 to 31 March at HHYC
kay@sailability.org.hk
東南亞包容性傷健帆船錦標賽，報名請電郵到 HHYC kay@sailability.org.hk
-  HKC Foundation Senior Sailor Race Day
HKC 基金會的銀齡帆船比賽日
-  HHYC Open Regatta 11 and 12 May
白沙灣遊艇會公開小帆大賽
-  World Sailing's Steering the Course Women's Sailing Festival – to encourage more women and girls into the sport - May 2024. (Interested and want more details? Want to sponsor Sailability at the event? Contact Kay at kay@sailability.org.hk)
World Sailing 的「引領航向」女子帆船項目致力鼓勵更多女性參與帆船運動。
(如有興趣了解更多相關資訊，或成為香港航能的項目贊助商，敬請聯絡Kay及電郵至 kay@sailability.org.hk)

Final Words

結束語

We hope you have enjoyed reading this second edition of Limitless!

If you want to support Sailability Hong Kong, there are many ways you can help:

Make a Donation

Donations of any amount are always welcome!

Donations can be one-off amounts or there is an option to donate a fixed amount each month which really helps us with our financial planning.

Visit our webpage where you can donate online.

www.sailability.org.hk/get_involved

Account Name: Sailability Hong Kong Limited
Account Number: 040 168379 838
Bank name: HSBC

Cheques to be sent to:
Sailability Hong Kong Limited
c/o Hebe Haven Yacht Club
10.5miles Hiram's Highway
Pak Sha Wan
Sai Kung

Giving is now even easier!

Sailability depends entirely on donations from clubs, companies, and individuals. And now there is a new way we can easily make a donation!

Charitable Choice is a Hong Kong website that enables donations to over 60 charities - now including Sailability!

You can make a one-off donation or commit to a regular monthly amount - which does help with our budgeting and planning.

Thank you everyone for your love and support!

Monthly donations may be made via bank transfer, website, Charitable Choice.

All receipts over HKD\$100 are tax deductible.

www.charitablechoice.org.hk/products/sailability

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如果您想支持香港航能，可以透過以下途徑：

進行捐贈

我們歡迎任何金額的捐款！

捐款可以是一次性，也可以設定每月捐款金額，每月的捐款對我們的財務規劃非常有幫助。

您可以造訪我們的官方網頁進行線上捐款。

www.sailability.org.hk/get_involved

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捐款變得容易了！

香港航能的可持續發展有賴各協會、公司和個人的捐款。現在我們新增了一個全新的捐款渠道！

Charitable Choice 是一個香港第三方平台網站，讓您可以向多達 60 個慈善機構進行捐款，香港航能也包括在名單內！

您可以選擇進行一次性捐款，或每月定額捐款，有利於我們規劃香港航能的財務預算。

感謝大家的愛心與支持！

每月定額捐款可透過銀行轉帳、香港航能官方網站、第三方平台 Charitable Choice 上進行。

超過100港元的捐款收據可用於申請扣除認可慈善捐款。

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Become a Volunteer

Volunteers help with sailing and boat maintenance but we are also looking for additional volunteers to support us on marketing and communications, IT, public relations, translation, videography and photography.

Become a Sponsor

There are opportunities to sponsor a sailor, sponsor a boat, sponsor an event, or sponsor our participation in a Championship. We can be flexible depending on your goals and objectives.

Contact our CEO, Kay, on +852 9808 0570

Become a Sailor or Join one of our Sailing Teams

Interested in becoming a sailor and/or representing Hong Kong?

Contact our CEO, Kay, on +852 9808 0570 or kay@sailability.org.hk

Contribute to Limitless!

The Limitless! Editorial Committee welcome all articles and photographs.

Please submit them by email to info@sailability.org.hk or guyshirra@gmail.com

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We all hope you have enjoyed reading this edition of Limitless!

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義工們可幫助進行出帆和船隻維護工作，我們正尋找額外的義工來支持我們的日常行銷、通訊傳播、網路科技支援、公共關係、中英文翻譯、錄影和攝影工作。

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您的熱心支持可助我們實現遠景，贊助機會不限於：一名帆船運動員；一艘船；一個活動；參加一場國際錦標賽。我們可根據您的目標以作出靈活安排。請聯絡我們的創辦人及董事 Kay
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