

Mr SHEN Jinkang *BBS, MH*

Mr Shen Jinkang was born in Shanghai in 1953. During the Cultural Revolution, he was sent to the rural area of Shanghai as part of the “Up to the Mountains and Down to the Countryside Movement”. When sports activities gradually resumed after the Cultural Revolution, Mr Shen was selected into the Shanghai Cycling Team as a champion on the county level, and within a year joined the National Cycling Team. By the late 1970s, he was widely recognised as China’s best cyclist on account of his outstanding competition results. Unfortunately, following a training accident in 1980, Mr Shen lost his left leg in order to save his teammate from injury. Yet he did not give up the cycling career that he has always ardently loved. While he could have chosen to spend his time to convalesce after his injury and lived a retired life on the money he could claim from the state’s labour insurance, he decided instead to enrol as a student on the third day after the accident, hoping to further develop cycling using his intellectual strength. He was accepted into the Shanghai University of Sport (formerly Shanghai Sport Institute) in the following year, and later pursued postgraduate studies at the Beijing Sport University (formerly the Beijing University of Physical Education).

There was an urgent need for the scientific and technical support of competitive sports in China in the post-Cultural Revolution years. The training accident was precisely what gave Mr Shen a calm mind to pursue knowledge, deliberate on training programmes, and organise research data and information, making him a “research-oriented” coach with the highest academic qualification at the time. By a national election in 1985, Mr Shen was appointed Chief Coach of the National Men’s Cycling Team and took the team to Seoul for the Asian Games in the following year. He did not fail his countrymen on his debut as Chief Coach, and led the team to win the first Asian Games gold medal for China. Subsequently, he was promoted to become Chief Coach of the National Cycling Team, and won the “State Sports Commission Scientific Progress First Class Award” for his accomplishment in the science research on sports. It was through the synergy of scientific theory and practical application that he raised the Chinese team to the highest position in Asia.

Mr Shen was already renowned in Asia after coaching for ten years. In 1994, while taking a break to rest and readjust himself, he accepted an offer for a coaching position in Hong Kong, with the task of getting the Hong Kong Cycling Team into the top six spots in the 1994 Asian Games in Hiroshima. At that time, the Hong Kong team did not have a full-time coach. The fact that the whole squad was made up of a loosely organised assembly of athletes from all walks of life, coupled with a lack of training facilities and funding, made full and systematic training difficult. The first full-time athlete Mr Shen recruited was Wong Kam-po, who, at first glance, did not seem to possess outstanding qualities. Yet, Mr Shen saw talent in Wong, and managed to draw out his potential through a set of targeted and scientific training methods. As a result, Wong was able to finish fourth in the 1994 Asian Games. Most of Hong Kong’s cyclists at that time trained spontaneously out of their passion for cycling, so they especially revered a deeply experienced full-time coach like Mr Shen. The athletes’ recognition and their respectful attitude convinced Mr Shen to stay and develop Hong Kong’s cycling sport. He also accepted the

challenge to win the first Asian Games gold medal for Hong Kong, so that cycling can be included in the Elite Training Programme. Wong clinched Hong Kong's first gold medal in cycling at the Bangkok Asian Games four years later, and subsequently won in numerous Asian competitions, earning him the nickname of "Asia's King of Cycling".

Being a professional coach, Mr Shen has said that "the blood of cycling flows in his veins". He once had the opportunity to return to Mainland China to take up a prominent sports management position, but he resolutely chose to remain involved in hands-on coaching work. Having sacrificed one of his legs for cycling, and received help and encouragement from many people, he felt he might as well devote his whole life to the sport. Though he has repeatedly led his team to victory and bagged multiple Olympic medals, Mr Shen still aims at higher goals. It is his hope to see a Chinese cyclist win an Olympic gold medal — the ultimate goal in cycling.

In Mr Shen's view, a person who wants to attain great achievements must have the enthusiasm to go "all in" without looking back. Secondly, one needs to have good physical as well as mental qualities, in addition to support and protection from various parties. In cycling, for example, the coach's job includes setting realistic yet challenging goals for athletes, designing scientific training methods and programmes, securing adequate sports facilities and equipment, and obtaining government support as well as funding. Mr Shen warmly endorses Lingnan's mission of "liberal arts education", for he believes that the university is not only a place that provides knowledge and skills, but more importantly, a place that enables students to learn how to properly lead one's life. A qualified graduate should strive for balanced, all-round development, so that s/he may better contribute to social progress and harmonious developments.

Mr Shen remains Head Coach of the Hong Kong Cycling Team to this day. He has been awarded a Medal of Honour, the Chief Executive's Commendation for Community Service, and a Bronze Bauhinia Star by the Hong Kong SAR Government. He has nurtured a great number of Hong Kong cyclists who have achieved brilliant results in major events, thereby lifting Hong Kong's cycle sport to a leading position in the world.

Mr Chairman, for his unbending spirit and his unswerving dedication to cycling over the years, and for his outstanding contributions to the cycling sport in Hong Kong, may I present Mr Shen Jinkang to you for conferment of an honorary fellowship.

Chinese citation delivered by Dr Li Donghui

沈金康先生

沈金康先生1953年生於上海，文化大革命期間在上海農村「上山下鄉」。隨著文革過後體育項目逐漸恢復，他由縣級自行車冠軍被選拔加入上海自行車隊，未滿一年便加入中國國家隊。七十年代末，他以優異的比賽成績被公認為中國最佳自行車運動員。在1980年一次訓練的意外中，為免隊友受傷，沈先生不幸失去了左腿。然而，他並沒有因此放棄所熱愛的自行車事業。他當時可以選擇安心養病，接受政府的工傷養老安排，然而在事故後的第三天，他毅然選擇讀書，用大腦繼續發展自行車運動。翌年他成功考入上海體育學院，繼而攻讀北京體育大學(前稱「北京體育學院」)的碩士研究生課程。

文革後的中國競技體育，急需科學技術的支撐。正是那場意外，讓沈先生靜下心來研究學問、思考訓練計劃，以及整理科研資料，成為當時學歷最高的「科研型」教練。1985年，全國投票選出沈先生擔任中國自行車隊男隊主教練，翌年赴漢城亞運會。沈先生不負眾望，首次帶隊就為中國取得第一枚亞運金牌。隨後，他晉升為中國國家隊總教練，並獲得體育科學研究的「國家體委科學進步一等獎」。正是憑著科學理論與運動實踐的結合，沈先生將中國自行車隊推向亞洲的最高水平。

沈先生任教十年，在亞洲已享有盛譽。趁休息調整之際，他於1994年接受任務前往香港任客席教練，要為香港自行車隊在同年的廣島亞運會爭取前六名。當時香港隊沒有全職教練，運動員也是由各行各業組成的「雜牌軍」；加上訓練設施不足、經費欠缺，難以進行完整規範的自行車訓練。沈先生招到的首位全職運動員黃金寶，驟眼看來條件並不突出，但沈先生「慧眼識珠」，通過一系列針對性的科學訓練方法，激發了黃金寶的潛質，最終在亞運會上取得第四名。當時香港隊的運動員大多是憑著對自行車強烈的熱愛而自發性地參與訓練，因此格外敬重這位經驗豐富的全職教練。運動員的認可與尊重的態度，讓沈先生決定繼續留在香港從事自行車事業，並接受為香港奪得首枚亞運金牌的挑戰，以促進自行車成為「精英培訓項目」的發展。黃金寶在四年後的曼谷亞運會上獲得自行車首枚金牌，並在多場亞洲賽事奪得冠軍，贏得「亞洲車王」的稱號。

作為一位職業教練，沈先生稱自己「血液裡流淌著自行車運動的血」。他曾有機會回到中國擔任體育管理層要職，但他毅然選擇了身體力行地堅持自行車事業。對他來說，早已將一條腿奉獻給自行車，期間得到許多人幫助與鼓勵，乾脆將一輩子也奉獻給自行車事業。多次帶隊獲得奧運會獎牌後，沈先生仍然著眼於更高、更遠的目標。他希望中國人能在自行車項目取得一枚奧運會金牌，實現該項事業的終極目標。

在沈先生看來，一個人要成就一番事業，首先要有「不顧一切」投入的熱情。其次要具備良好的身體及心理素質，也需要多方面的支持與保障。例如在自行車運動中，教練需要為運動員樹立切實且具挑戰性的目標，制定科學的訓練方法與計劃，並且保證足夠的運動設施及配備，同時也需獲得政府的支持與資助等等。沈先生十分欣賞嶺南大學「博雅教育」的理念，認為大學不僅是提供知識、技能的園地，最重要的是讓學生學會如何「做人」。一個合格的畢業生應當全方面地均衡發展，才更有助於社會進步與和諧發展。

沈先生至今一直擔任香港自行車隊總教練，曾獲香港政府頒發榮譽勳章、行政長官社區服務獎狀以及銅紫荊星章。他培養出許多其他在各大賽事中屢創佳績的香港自行車選手，將香港自行車項目推上了世界的行列。

主席先生，為表揚沈先生對自行車事業由始至終的熱情與堅韌不拔的精神，以及對香港自行車運動作出的傑出貢獻，本人謹恭請閣下頒授榮譽院士銜予沈金康先生。

中文贊辭由李東輝博士宣讀