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Ho Yuen-kei won two gold medals in BISFed Boccia Regional Open

何宛淇在亞洲及大洋洲硬地滾球公開賽取得兩面金牌

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China Studies student wins two gold medals at International Boccia competition

中國研究學生於國際硬地滾球賽勇奪兩面金牌

Ho Yuen-kei (China Studies, Year 4) won two gold medals in BC3 Individual and BC3 Pairs competition in the BISFed Ise Boccia Regional Open.

Yuen-kei was satisfied with the result and attributed the win to increased training. She began receiving specialised training as a full-time athlete in December last year. The new training programme has not only enhanced her skills but also given her more opportunities to analyse competitors' tactics with her coach. As expected, with her excellent field play she won two gold medals.

The competition was held at Ise, Japan in mid-March when the temperature was still low. Yuen-kei had worried about her health condition as her trachea is not very strong and she seldom joins competitions in cold weather. In the competition, she constantly reminded herself to keep warm to avoid getting sick. This cold-weather competition experience is valuable to Yuen-kei as she will be taking part in a competition in Canada next week.

何宛淇（中國研究四年級）在伊勢亞洲及大洋洲硬地滾球公開賽，取得BC3級別個人及雙人冠軍。

宛淇滿意成績，並指出，去年12月開始接受全職運動員的訓練，訓練時數增加，不單提升了技術水平，亦讓她有更多機會與教練一起分析對手戰術；加上臨場發揮理想，終可取得兩面金牌。

比賽三月中在日本伊勢舉行，天氣寒冷，宛淇表示，由於較少在寒冷天氣中比賽，而她氣管又較弱，所以十分擔心，比賽期間更時刻記緊保暖，以免著涼影響表現。由於她下星期將遠赴加拿大作賽，屆時禦寒經驗可以大派用場。