



BHJS News Bulletin

An Yeung Ho Yat Represents Hong Kong in the Asian Rowing Junior Championship

Au Yeung Ho Yat of 5C represented Hong Kong in the 2019 Asian Rowing Junior Championship held in Thailand. Ho Yat won a bronze award with fellow Hong Kong team rowers in the Men's Eight event. Congratulations!





AU Yeung Ho Yat 5C

It is my honour to represent Hong Kong in the Asian Rowing Junior Championships 2019. I went to Thailand with the Hong Kong Team in December and it was truly a precious opportunity for me to learn and explore the world.

I participated in two events, namely Men's Pair and Men's Eight. It was tough facing top Asian rowers who were physically much stronger than us. I must say I was very nervous when the competition first started. But, rowing has taught me to tackle any obstacles no matter what circumstances come. I told myself to keep going and I finally got myself to enjoy this unforgettable journey.

Rowing is frustrating and exhausting. Stroke after stroke, it makes you want to just give up and let go. Every breath you take burns so bad. Every stroke gets harder and harder. But I just kept telling myself to persevere: do one more stroke, hold on one more second. At the end of the race, every muscle was cramped when I crossed the finish line. My award is proof that I have tried my best and I have no regrets.