

保時捷外展越野挑戰賽 Outward Bound® Adventure Race 2006

圖 / 香港外展訓練學校 / 文 / 吳俊霆

TEXT / Elton Ng / PHOTOGRAPHY / Outward Bound® Hong Kong

自從十八歲那年參加毅行者之後，我便愛上了不同形式的隊際耐力比賽。在艱辛的賽程中，會有意想不到的挑戰甚至不如意的事情，除了考驗團體合作精神，更可認識自我。三月份，我、阿建和海濤得到 Suunto 贊助運動員 Sunny 的邀請，在截止報名前一天，臨時組成隊伍 Team Suunto Powerbar 參加保時捷外展越野挑戰賽——香港外展訓練學校周年籌款活動。

第二次世界大戰時，德國教育家韓建德博士任職蘇格蘭著名學校 Gordonstoun 的校長，推廣創新的教學理念，並於1941年在英國成立第一所外展訓練中心，以海上模式訓練當時正在二次大戰身處險境的船員，培養他們堅毅的性格以面對逆境。外展訓練的原意是指一艘船離開熟悉的港口，起錨出海。同樣地，保時捷外展越野挑戰賽貫徹外展精神，參賽者在比賽當日要拋開舒適的生活，進入



我們就在這個斜台決勝負。
Eight of us bit for glory on this platform.

Ever since I first joined Trailwalker when I was eighteen years old, I have been in love with team endurance competitions. Through the challenge of the event and overcoming unpredictable and unfortunate circumstances, the team is tested and we all learn more about ourselves. In March, Kin, Hoi To and I was invited by Sunnto sponsored athlete Sunny and formed a team called Suunto Powerbar, just in time to join the annual fundraiser Outward Bound® Adventure Race, organized by Outward Bound® Hong Kong.

During World War II, Kurt Hahn, a German educator and the headmaster of the famous Gordonstoun school in Scotland, founded a new educational idea and the first Outward Bound® center in England in 1941. He used sea training to help British seamen to develop strong character and to face challenges. The expression Outward Bound® refers to the moment a ship lifts its anchor, leaving the safety of the harbour and heading for the open sea. In the adventure race, the participants did not consider their own comfort and entered into the unknown wild to experience challenges. Besides trekking, canoeing, swimming, climbing, skirting

and orienteering, in this 20km race, the participants have to solve challenges which test their strength, team spirit, co-operation, creative thinking and the ability to handle uncertainty.

One week before the race, Hoi To was injured in the Raleigh International Mountain Marathon. Luckily, Jimmy was able to take his place. As the race route was not disclosed before the race, we held a meeting to discuss the possible challenges with the help of the past route and limited information, and decided our strategy with respect to each other's strengths and weaknesses. We also talked about speed since Sunny's foot injury was not fully recovered and Jimmy, who joined us late, was not well prepared.



比賽在香港外展訓練學校起步。
The race starts at Outward Bound® Hong Kong.

陌生的野外環境接受磨練。這個比賽總距離約二十公里，賽程除一般挑戰賽包含的跑山、獨木舟、游泳、攀爬、網邊、野外定向等挑戰項目外，最大特色是加入很多神秘考驗的元素，通過遊戲項目考驗參賽者的毅力、團隊精神及合作技巧、創意思考和應變才能。



外展訓練的原意是指一艘船離開熟悉的港口，起錨出海。
The expression of Outward Bound® refers to the moment a ship lifts its anchor, leaving the safety of the harbour and heading for the open sea.

Tips & Technique

在比賽前一星期，海濤參加山頭霸王賽事時受了傷，因此打亂了我隊的陣腳，幸好比賽前兩天找到 Jimmy 代替。路線在賽前保密。我們根據大會提供的有限資料和過往幾屆的路線及考驗項目，認真地開會，估計比賽的流程和有可能出現的考驗項目，並根據各人的強弱項預先訂定應變方案。不過，我隊仍有兩個隱憂，就是 Sunny 的腳患未完全康復，還有臨時加入的 Jimmy 體能上未準備足夠，所以我們也為此商議比賽的節奏。

三月十二日早上七時，我們提早在起點西貢大網仔香港外展訓練學校集合，分析當日的天氣和水流，並調較我們的分工和身上的裝備。比賽在八時正開始，開段需要跑一段斜路，接著右轉進入滿佈泥濘的荒田。我們還未來得及喘過氣來，甫即跳入海中游向泥灘，跌跌碰碰下返回馬路到醫療輔助隊營地對面的沙灘。第一項考驗是每個人用一個充氣的車胎內膽，還有一支獨木舟槳橫過八百米的海峽到對岸鹽田仔。參賽者用各適其適的方法橫過海峽，有的坐在車胎上划行，有的選擇穿著車胎游泳。我、阿建和 Jimmy 都有多年水上運動經驗，想出串連車胎的方法，充當獨木舟般划行。我控制獨木舟的技術較好，因此坐在最前，負責控制槳頻和保持前進動力。這個方法果然奏效，我們上岸時已領先第二隊十多分鐘。

我們沿大會留下的標記，在鹽田仔殘存的路段上穿梭，經過教堂到島的西南岸，再澗水到對面的罐衫環小島。退潮時這兩個島嶼幾乎相連，十分神奇！經過一輪披荊斬棘，我們穿越小島到達對岸，看見沙灘上擺放了很多雙

人獨木舟。這項挑戰的難度更高，每隊共四位參賽者要共用一艘雙人艇和兩支龍舟槳，橫過九百米的海峽到達對岸浪芒灣。因為艇面位置所限，有參賽者選擇三人划艇一人游泳，但我們堅持四人坐在艇面上，即使很難平衡艇身，而且跪坐令到膝蓋發痠，但是水的阻力減小了，艇以最高速度前進。當天的橫流頗強，我們要靠泳術最佳的 Sunny 伏在船頭划水，另外三人則輪流用 J-stroke 及船尾舵等槳法，迂迴地抵達浪芒灣。

接著的挑戰要圍繞半個橋咀洲網邊，最後登上黑山頂下橋咀灣。每隊取兩隻獨木舟分別於西貢海四個小島嶼，經過一番野外定向，尋找五個控制點，然後返回訓練學校。最後經過一輪爬繩網、跳碼頭及游泳等項目後，上接蛇頭村於大網仔溯澗到黃毛應。一路上我們仍保持領先優勢，但臨時加入的 Jimmy 和因腳患不在狀態的 Sunny 都漸露疲態，我和阿建發揮合作精神，輪流照顧兩位隊友。

跟隨大會悉心重開雞公山南麓的迷蹤小徑，穿越我十多年來尋找不到的雞公山秘境，最後上攀雞公山頂下走飛鳳石澗小路至企嶺下老圍堤壩，然後游泳到對岸。穿越西沙公路下的水渠洞穴後，走上陡峭的無名山澗到黃竹洋村。Jimmy 憑著豐富的比賽經驗，控制比賽節奏，體力漸漸回復，但 Sunny 實在不能回復到正常的水準，速度大減。當時大會工作人員向我們匯報，第二隊與我們只有不足五分鐘的距離，因此我和阿建合力用推、用拉的方法協助 Sunny 上攀石澗，最終我也顯露疲態，情況實在不妙。

At 7am on 12th March, we met outside Outward Bound® Hong Kong, Tai Mong Tsai, Sai Kung. We adjusted our gear and duties after analyzing the weather and the direction of the current. The race started at 8am. We went up a slope to start then turned right entering a muddy abandoned field. There was no time for a gasp of air as we jumped into the sea, climbed up on the muddy shore and arrived unsteadily at the beach opposite the Auxiliary Medical Services Camp Site near the road. The first challenge was to cross 800m to the shore on Yim Tin Tsai, with just one tire and one paddle for one person. Participants used whatever method they could think of: some sat on the tire and paddled, some wore the tire and swam. Kin, Jimmy and I had water sports experience and decided to tie the

The passionate crowd took away our breath while we were pulling Sunny up the platform, rushing to the finishing point

tire which created a canoe and paddled across. I sat at the front, controlling the speed and force. Our idea got us 10 plus minutes ahead of the next team.

We followed the markings and span through the paths in Yim Tin Tsai, passing a church, and arrived at the southwestern coast of the island. This was when we found Kwun Cham Wan and Yim Tin Tsai almost become one island at low tide! We crossed Kwun Cham Wan and found many sit-on-top double canoes on the beach. The second challenge was to use the canoe and two paddles to cross 900m to Long Mong Wan opposite. Some teams chose to have 3 members on the small canoe and 1 member swim but we insisted that all four should be on the canoe. It was difficult to balance the canoe but the resistance force was minimized and our canoe traveled at great speed. The crosscurrent was strong so Sunny, who

我們想出串連車胎的方法，充當獨木舟般划行。
We decided to tie the tire which created a canoe and paddled through.



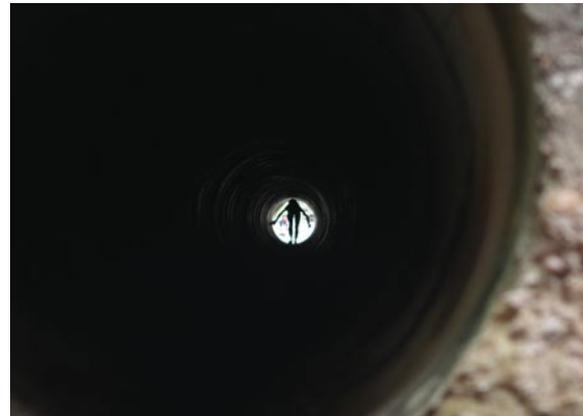
最後，我們穿越虎地口村的骯髒泥沼，直奔位於西貢市中心海濱公園的終點，一路上仍未見到第二名消防隊伍的蹤影。到達終點前一百米，有一個兩層高、淋滿肥皂水的斜台，每隊要組成人鏈上攀，而大會亦刻意收起輔助繩考驗頭三名的隊伍。可能太緊張了，我隊嘗試四次上攀也失敗，跌跌碰碰下更擦傷了手腳。幸好在第五次上攀時，精通攀石的 Jimmy 憑著一指之力終於攀上斜台頂端。怎料這時第二名的消防隊伍 Mak 哥、小強、Jacky 和 Johnny 已趕至。我們八人就在斜台決勝負。那一刻我什麼也看不見，只聽見很多熟悉的朋友呼喚著我們的名字、替我們打氣。過百人終點圍觀，緊湊的氣氛令每個人都喘不過氣來。最後，我們三人合力把堅持到最後一刻的 Sunny 成功拉上斜台，搶先衝回終點，驚險地獲得全場總冠軍。

我十分欣賞今年的比賽路線設計，而且當中有八成秘地是非常熟悉西貢的我也未曾涉足過的。雖然今年是歷屆以來最辛苦的(隊伍需要四至八個小時完成賽程)，但是相信大家都會感受到今屆比賽最好玩、最別出心裁！另外，在這裡我真的要向高誌堅（高sir）的隊伍 The Momentum Academy 致敬，高sir 沒有了右手，而他的隊友是失明或有其他身體缺陷的傷健運動員。對於我們四肢健全的人都感到辛苦的比賽，他們仍然有勇氣挑戰，上山下海，並以七小時完成賽程，完全體現了外展的精神。✧

was good at swimming, paddled at the front of the canoe while the others J-stroked to rubber the canoe periodically heading to Long Mong Wan.

The next challenge was skirting half of Sharp Island, up Hak Shan Teng and down Kiu Tsui Wan. Each team had two canoes, did orienteering on one of the four small islands, found five check points and returned to Outward Bound®. At the school, our team climbed rope, jumped into the harbour, swam to She Tau Chuen and trekked streams from Tai Mong Tsai to Wong Mo Ying. Our team was leading all the way through, but soon Jimmy and Sunny began to slow down while Kin and I took turns to look after them.

We followed the route and entered into the mysterious maze on the southern slope of Kai Kung Shan. From the summit, we followed the path down to Flying Phoenix Steam and the dam at Kei Ling Ha Lo Wai. After swimming to the opposite shore and crossing the water channel below Sai Sha Road, we trekked up a steep stream and arrived at Wong Chuk Yeung Chuen. Jimmy, with his rich competition experience, controlled our speed very well and gained much of his energy back, though Sunny could not reach his normal standard and gradually lost speed. Just then, some marshals told us that the second team was just five minutes away from us, so



✧ 我十分欣賞今年的比賽路線設計，當中有八成秘地我也未曾涉足過。

I am high appreciated of this year's route with which 80% had not been trekked for me.

Ken and I used every effort to push and pull Sunny up the stream, making us both tired and worried.

In the end, we crossed the dirty muddy marsh in Fu Tei Hou Chuen and had nearly arrived at the finishing point at Sai Kung Waterfront. 100m from the finishing point, we had to climb up a two-story high slanting platform covered with soap. We were so nervous that we still hadn't reached the top after four trials. Finally at the fifth go, Jimmy, who was good at rock climbing, reached the top. By that time, the second team, Fire Service, made up of Mak, Siu Keung, Jacky and Johnny, caught us up. Eight of us bid for glory on the platform. I heard nothing but the cheering voices from people all around. The passionate crowd took away our breath while we were pulling Sunny up the platform, rushing to the finishing point to win the overall championship.

This year's route was a good one, 80% of which was new to me, a Sai Kung know-all. The race was also the toughest – a team has to finish the race within 4 to 8 hours - the most fun and the most original! I would also like to pay my respect to Master Kao's The Momentum Academy which was made up of physically challenged members. They finished the whole race in 7 hours. For us, the race was tough enough, but Master Kao's team fully expressed the Outward Bound® spirit! ✧

✧ 祝賀Team Suunto Powerbar獲得全場總冠軍。 Congratulations to Team Suunto Powerbar who won the overall championship!

