



李慧詩女士 SBS, MH
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Hailing from the bustling Ngau Tau Kok district in Kowloon, Hong Kong, celebrated cyclist Ms. Sarah LEE Wai-Sze turned her childhood energy into athletic prowess. Her early days racing up and down her apartment block's stairwells unknowingly set the stage for her rise as one of Hong Kong's most successful athletes, earning her the affectionate nickname — the "Cycling Goddess of Lower Ngau Tau Kok Estate".

Ms. Lee's fiery passion for sports was kindled in high school, where she first tasted the thrill of elite athletics as part of the track and field team. Joining the Hong Kong Sports Institute (HKSI) in Form 3, she began her cycling quest, a decision that would forever change her life.

Ms. Lee's sports career took a decisive turn when she met a skilled bike mechanic at HKSI, who encouraged her to pursue professional cycling for two years after completing her Hong Kong Certificate of Education Examination. Rising to this challenge, she began a grueling journey to hone her athletic skills. Despite frequent bouts of dizziness from anemia and a subsequent severe wrist injury, she remained undeterred. Ms. Lee transformed these hurdles into stepping stones, fueling her resilience and perseverance with each pedal stroke.

In 2010, Ms. Lee's relentless determination led her to shatter the Asian record in the 500m time trial at the 16th Asian Games, clinching a gold medal for Hong Kong. Guided by her mantra of "always aiming higher", she continued to make waves internationally. In 2012, she won her first Olympic bronze in women's keirin, and the following year, she became the first Hong Kong female cyclist to win gold at the Union Cycliste Internationale World Championships, earning the coveted rainbow jersey. Prioritizing performance and self-improvement over merely "winning", Ms. Lee's dedication to intense strength and conditioning training allowed her to retain her title at the 2018 Asian Games and win a second bronze at the Tokyo 2020 Olympics. This achievement solidified her status as the first Hong Kong athlete to secure medals at two Olympic Games.

Ms. Lee's fervor for cycling is matched only by her passion for learning, reading, and writing. Unfazed by the challenges of being a full-time athlete, she embarked on an academic journey while maintaining her rigorous training regimen. In 2014, she pursued her first bachelor's degree in Health Education at the Education University of Hong

香港著名單車手李慧詩女士成長於繁忙喧鬧的九龍牛頭角區，小時候常與玩伴在樓梯間追逐嬉戲，逐漸孕育出其體育潛能。長大後她成功將童年時期的精力轉化為高超的運動技能，一躍而成香港頂尖運動員，更贏得「牛下女車神」這個家喻戶曉的稱號。

李女士升中後加入學校田徑隊，初嘗當上精英運動員的興奮滋味，燃點了她對運動的熱情。中三那年，她進入香港體育學院（體院）受訓，單車夢由此啟航，一生亦從此改寫。

在體院受訓期間，李女士聽取一位資深單車機械師的意見，決定在完成香港中學會考後接受全職單車運動員訓練兩年，成為其體育事業的轉捩點。職業運動員之路本就艱辛，加上她先天貧血導致經常暈眩，其手腕後來又嚴重受傷，難關接踵而至，但她毫無退縮，繼續勇往直前，把重重困難視作踏腳石，每踩一圈踏板，便多添一分韌力與堅毅。

2010年，李女士憑藉頑強鬥志，於第16屆亞運會的500米計時賽刷新亞洲紀錄，為香港勇奪金牌。她以「精益求精」自勉，在國際體壇屢創佳績，繼2012年贏得首枚奧運女子凱林賽銅牌，翌年更成為首位在世界場地單車錦標賽摘金的香港女車手，得以披上彩虹戰衣。爭取「優勝」之外，這位單車女傑更著重提升自身實力和不斷進步；經年累月的高強度體適能訓練，使她在2018年亞運會成功衛冕，並於東京2020奧運會再獲銅牌，成為首位於兩屆奧運會獲獎的港將，成就毋庸置疑。

李女士好學不倦，將自己對單車的熱誠，同樣投放於進修、閱讀，以及寫作上。她一面應付全職運動員的嚴格訓練，一面求學，2014年開始在香港教育大學攻讀她首個本科學位——「健康教育學士」，2017年再接再厲，修讀香港浸會大學「創意及專業寫作」學士課程。

Kong, then commenced her second degree in Creative and Professional Writing at Hong Kong Baptist University in 2017.

Now retired from competitive sports, Ms. Lee is exploring new horizons in a diverse spectrum of exciting opportunities, from penning her thoughts as a writer to nurturing talents as a coach. She is already mentoring junior cyclists, helping to shape the next generation of local athletes. She also works with children with special needs, showing dedication to supporting those who need it most.

Beyond her community impact, Ms. Lee has significantly contributed to advancing sports science through her collaboration with researchers from HKUST. As part of a joint research initiative between HKUST and HKSI, Ms. Lee worked closely with Professor ZHANG Xin of the Department of Mechanical and Aerospace Engineering and his team at the University, harnessing the power of cutting-edge aerospace engineering and Formula One technologies. Together, they conducted meticulous wind tunnel testing and real-time data analysis, which led to the optimization of her cycling equipment and form, as well as the creation of an aerodynamic low-resistance cycling suit "Aero Speedsuit" that Ms. Lee likened the experience of wearing to having "wings added to a tiger" at the Tokyo 2020 Olympics. This partnership underscores Ms. Lee's commitment to innovation and recognition of the crucial role of technology in advancing athletic performance. It serves as a testament to the fruitful synergy that can be achieved when athletes and researchers collaborate to push the boundaries of sports.

Ms. Lee's success on and off the cycling track has earned her numerous accolades from the Hong Kong Government, including the Medal of Honour in 2011, the Bronze Bauhinia Star in 2017, and the Silver Bauhinia Star in 2022. She has also been honored as a six-time winner of the Best of the Best Hong Kong Sports Stars Award and as one of the Ten Outstanding Young Persons of Hong Kong.

Today, HKUST is delighted to salute Ms. Lee for her relentless drive to succeed. Her mantra of continual learning and unwavering determination serves as a role model for all, whether on the cycling track, in the classroom, or in community service.

已從運動場退役的她，正努力嘗試在不同範疇開拓嶄新天地，包括從事文字創作以及轉職教練培育後進。除指導青少年單車手，為香港體壇栽培新一代接班人，她還幫助有特殊需要的兒童，全力協助社會上最急需支援的一群，助人為樂。

李女士不僅貢獻社會，亦透過與科大研究團隊合作，對運動科學作出重大貢獻。她參與科大和體院的聯合研究，與科大機械及航空航天工程學系的張欣教授及其團隊合作無間，善用尖端空氣動力學及一級方程式技術提升運動表現。雙方一起進行嚴謹的風洞測試，並作實時數據分析，優化李女士的裝備和騎行姿勢，又根據空氣動力學原理，研發低風阻的單車戰衣「新速度連體服」，使她出戰東京2020奧運時「如虎添翼」，表現卓越。這次合作彰顯李女士敢於創新的精神，以及認同科技對改善運動員成績起著關鍵的作用。只要運動員與科研人員共同努力，便可收相輔相成之效，進一步突破運動界限，再創高峰。

李女士在單車賽道內外的傑出表現，讓她多次獲特區政府嘉許。她分別於2011年、2017年及2022年獲頒榮譽勳章、銅紫荊星章及銀紫荊星獎，六次榮膺「香港傑出運動員——星中之星」，也是香港「十大傑出青年」得獎人。

李慧詩女士堅毅奮進，成就斐然。她勤奮好學，努力朝目標進發，無論馳騁單車賽場、上課學習或是服務社會，足堪為他人楷模。科大今天衷心予以表揚。