

Meet New Challenges in Humility 謙虛迎接新挑戰

Mr Marco Kwok
Former Hong Kong Cycling Team Member
Student of MSc in Entrepreneurial Management

郭灝霆先生
前香港單車代表隊成員
創業管理理學碩士學生



Former Hong Kong cycling team member Mr Marco Kwok had brilliant records on the track. Excelled at track cycling, he clinched the championship at the UCI Track Cycling World Cup in 2008, and later won the gold medal in the Men's 15-kilometer scratch at the 2011 UCI Track Cycling World Championships, being the second Hong Kong cyclist achieving the Rainbow Jersey after Mr Kam-po Wong.

Reviewing the ten-year journey as an athlete, the efforts he made was no less than the honour he received, and there were a few injury experience which were most impressive to him. Mr Kwok said, "It's common for athletes to get hurt. I have broken my clavicle three times. The first time happened when I was 18. I could not even raise my hands after the accident. I was so afraid as I had no such experience before, and thought that my athlete career came to an end – how could I continue my training when I even couldn't raise my hands? I didn't know that there was a bike tailor-made for injured cyclists. It turned out that my coach asked me to go on training just the following day I got hurt." The second time he broke his clavicle was half year before he won the Rainbow Jersey. This time he was more collected despite worries during rehabilitation that his injury would affect his training schedule and thus the performance in the competition. Fortunately, he recovered very well and finally won. "I was grateful for these experience. They made me strong so that I would not easily fall into a panic when facing adversities. For example, my work now requires me to meet with clients and deliver presentations. However, sometimes there would be accidents or hurdles no matter how well you prepare. The experience I gained before helps me to stay calm and think of a solution to solve the problem immediately." He said.

Mr Kwok has retired and embarked on a new career journey in a start-up business. He is also studying the Master's degree programme in Entrepreneurial Management at HSUHK. From a



Mr Marco Kwok (2nd from right) with his family in HSUHK Scholarship and Award Presentation Ceremony 2019. On his right was the donor of the Scholarship, Dr Adam Lee. 郭灝霆先生(右二)在恒大獎學金頒獎典禮2019與家人合照。在他右邊為獎學金捐款人李一強博士。

world champion who was the focus of attention, to now a beginner who needs to learn everything from scratch, how does he adapt to such a change? "I think being modest is very important. I understand that now I have a different role, and I should take on the responsibilities and duties that this role requires me to fulfil." While there were many people serving him with a common mission to help him get the world championship when he was a cyclist, Mr Kwok said now it was the time for him to serve others. "I think it is actually the way the commercial world operates. Your value could be manifested only when you serve others and commercial benefits or rewards are generated through your service." He concluded.

前香港單車代表隊選手郭灝霆先生，在單車場上戰績彪炳。擅長於場地單車賽的他，於2008年贏得世界盃場地單車賽冠軍，及後於2011年贏得世界場地單車錦標賽男子15公里捕捉賽冠軍，是繼黃金寶先生後第二位披上「彩虹戰衣」的香港單車運動員。

回顧10年全職運動員生涯，當中有榮耀，更多的是血汗。郭先生說，有幾次受傷的經歷，他印象特別深刻。「做運動員經常會受傷，我鎖骨都斷過三次。第一次是18歲那年，鎖骨斷了後，連手也抬不起來。當時沒經驗，心裡很慌，以為自己的單車生涯要完結了，手都抬不起來怎樣練車？殊不知原來有特製的單車供受傷的運動員訓練的，受傷後第二天教練便要我繼續練習了。」後來第二次斷鎖骨，是在他贏得「彩虹戰衣」之前半年。因為有過之前的經驗，心情不至於太恐慌，雖然在康復的過程中也會憂慮和擔心，怕受傷會影響訓練進度以至比賽表現，但幸好那半年他的身體恢復得很好，最後亦取得世界冠軍。「我很感謝這些經驗，讓我現在即使面對困境，也不會那麼容易手忙腳亂。就像我現在的工作，需要和客人開會、做簡報，但無論你準備得多好，有時候也會遇上意外或阻滯。以往運動員的經驗，讓我學懂如何冷靜處事，遇上問題便立刻想方法解決，把問題處理好。」

郭先生現已退役，並轉換跑道至初創公司，開拓事業新篇章，同時在恒大修讀創業管理理學碩士課程。由眾人矚目的世界冠軍，到現在一切要從頭做起，他怎樣適應這種轉變？「我覺得最重要是謙虛，懂得放低身段，自己要明白，現在出來社會，擔當的角色不同，就做回我現在這個角色應該做的事。」郭先生坦言，以前做運動員時，有很多人「服侍」，才造就他成為世界冠軍；現在角色轉換了，便輪到他去服務別人。「我覺得商業社會的運作就是這樣，透過服務去產生一些商業利益或回饋，才能顯現自己的價值。」