

Artistic Gymnastics World Championships - Antwerp 2023

Flash quotes

WONG Hiu Ying Angel (HKG)

On coming to Antwerp directly after participating in the Asian Games:

“This is the first time that I have experienced such a situation where two important competitions are overlapping each other. I felt a little bit ashamed that it happens like this for Asian gymnasts. My preparation was not that good because of it and it definitely added a lot of extra pressure by doing it.”

On why she is still competing at the age of 36 and is one of the oldest women gymnasts in Antwerp:

“Aging is a natural process for everyone. I just want to show that female gymnasts like us, who have more experiences, are still able to do great things. It is limited because I had a very serious injury and doctors said I could not never do gymnastics again, but at least I can still qualify for worlds.”

“Marta PIHAN-KULESZA (POL) is the same age as me. She is here too. She is so great. I think we are both here to prove that it is not impossible. I think we have some similarities, that we love gymnastics so much that we keep doing it.”

“Also when I was younger, all I cared about was the results and how I performed. But now, I am just enjoying the whole process. I think the most important thing is to enjoy the process.”

News Service-VC-SB

Credit: FIG VICKY CHAN

Reference: <https://antwerpgymnastics2023.com/nl/node/379>