

# Club Balance

Victoria to Peak Challenge

1<sup>st</sup> October 2009, 7:30am

Central Ferry Pier No.9 (next to Star Ferry)



## FACT SHEET

### VICTORIA TO PEAK (VTP) CHALLENGE 2009

What: 10km race from Victoria Harbour to the Peak

When: 1st October 2009, Thursday (National Day). Race kick off: 7.30am.

Who: Men - Open (18-29), Master (30-39), Veteran (40+)

Women - Open (18-29), Master (30-39), Veteran (40+)

Where: The VTP race kicks off at the Star Ferry Terminal, Central. The route takes runners past some of Hong Kong's most famous and historical sites. Runners will pass the Legislative Council Building, Chater Garden, St John's Cathedral, Rawlinson House & Flagstaff House in Hong Kong Park, Hong Kong Zoological & Botanical Gardens, Cathedral of the Immaculate Conception, Central Green Trail along Chatham Path and ends at the Peak.

Top prizes: Overall champion (*men & women*)

- 4-Day 3-Night all inclusive accommodation at Club Med Phuket/Cherating /Bali each

Overall 1st Runner-up (*men & women*):

- 3-Day 2-Night all inclusive accommodation at Club Med Phuket /Cherating /Bali each

Top three Open/Master/Veteran (*men & women*):

- A Plantronics communications headset each

Sponsors: Club Med, Plantronics, Bonaqua, Latham & Watkins, Optimum Nutrition, Manifesto

Entry Fee: HKD250 (includes breakfast at the Peak)

Entry Form: Please download from [www.clubbalance.org](http://www.clubbalance.org)

Website: [www.clubbalance.org](http://www.clubbalance.org)

Organiser: Club Balance

Founded in 2009 by a diverse group of professionals who came together because of their love of running and their belief in leading healthier and more balanced lifestyles.

Founders\*: Simon Berry, age 43

Simon is a partner of Latham & Watkins based in Hong Kong. Originally from New Zealand, he has been in Hong Kong for 17 years. After a lifetime of sloth, he took up running in his early thirties to avoid buying bigger clothes (again). Simon has completed some very slow marathons and one Trailwalker. He is still trying to figure out an easier way to avoid weight gain.

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Ignatius (Iggy) Chong, age 49

Iggy is Head of Hong Kong at RBS Coutts Bank. After a week of business pursuits, Iggy relaxes by pounding the running trails of Hong Kong with his friends. Iggy first discovered the joys of running in 1989 when he lived in Canada. He has done most of the short races in Hong Kong for 'fun' including adventure races, which makes him feel young again. He is active in professional associations, Toastmasters and the UBC Alumni, but considers running his main hobby. He is married and has three young kids who keep him fit as he chases after them.

Francis Chan, age 45

When he's not busy drilling and extracting the occasional tooth, this dentist is an avid triathlete. He started running 15 years ago as a mean to lose weight and also to shake off his smoking habit. He has since shed much of his 185lb weight through his participation in marathons, triathlons and trailwalks. He's setting his sights on running up the Alps. Francis hasn't taken a puff in 10 years but he still enjoys the occasional beer.

Leo Chan, age 35

Leo is the general manager of a successful distributor of consumer electronic products in Hong Kong and China. He was a late starter in sports, only discovering the joys of running 11 years ago. He has since fulfilled his dream in running a marathon and a half Ironman race. Not bad for someone who had no interest in sports while growing up.

Stephen Ching, age 44

Stephen is an associate professor at the University of Hong Kong. The SARS outbreak in 2003 woke this academic up to the importance of maintaining a healthy and balanced lifestyle. He started hiking and running regularly. Last year, Stephen completed the Raleigh Challenge – Wilson Trail (78k) and his first marathon in Macau.

Freeman Lee, age 42

Freeman is the professional sportsman in Club Balance. He's a certified IAAF Track & Field Coach and ACSM Health and Fitness Instructor. Freeman is also very active in coaching students, recreational runners and triathletes in Hong Kong. He's also participated in the Standard Chartered Marathon, coming in third in the senior's category in the race in 2004.

Andrew Sum, 39

Andrew is Executive Vice President and the Head of China at RBS Coutts Bank Ltd. Believing that all work and no play makes Jack a dull boy, Andrew makes sure he makes time for his hobbies, which are all sports-related. He was a dedicated rugby player during his schooling days in England, which continued when he returned to Hong Kong. He has since retired from rugby but is still very much involved in the sport in his role as the Honorary Secretary of Hong Kong Rugby Football Union. In the last three years, Andrew has completed five marathons in Hong Kong, Sydney and Amsterdam.

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Nelson Wong, age 44

Nelson is the Portfolio Manager at ING Clarion Real Estate Securities. He was a competitive swimmer during his school years. After hanging up his swimming trunks, he picked up running as a hobby in 1995 and that pastime has turned into something more. Nelson has run in every Standard Chartered Marathon since 1997, the year when the race started in Fanling and finished in Shenzhen. He has also completed four full marathons, two in Hong Kong and one each in New York and Amsterdam.

Edward Yuen, age 49

Edward is a CPA and currently the CFO of two listed companies in Hong Kong. Striving for work-life balance, Edward actively volunteers his time with Operation Smile, Business and Professional Federation, and Accounting Development Foundation. Leisurely, in order to survive well, Edward does regular exercising 2 to 3 times every week, and he luckily finished 2 marathons in the past year.

*\* Ages listed are as of 2009.*