



Organised by **Club Balance**

October 1, 2010 7:30am

About Club Balance

Club Balance is a non-profit, volunteer-based organisation founded in 2009 by a group of professionals who are also sports enthusiasts. Our members come from a wide range of professions, from dentistry to banking and law. The founders' informal weekly runs, which started as early as 1995, eventually evolved into a broader effort to promote work-life balance within the professional communities in Hong Kong.

Club Balance events provide a platform for participants to engage their family and friends through fun activities and/or meals. Participants are also encouraged to invite their loved ones to help out and provide moral support at Club Balance events they participate in.

Website: www.clubbalance.org

Founders and Core Members

Simon Berry

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.

Francis Chan

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.

Ignatius (Iggy) Chong

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.

Freeman Lee

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

Andrew is currently the Executive Vice President at RBS Coutts Bank Ltd. From October 1st, he will take over as the Head of China at the bank. 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



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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.

Nelson Wong

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

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, for fun and for good health, Edward does regular exercises 3 to 4 times every week, and he aims to finish a marathon every year.

Leo Chan

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

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. He has completed two marathons and is interested in running marathons in different places.

CS Lau

CS is a medical professor at the University of Hong Kong. His first running experience was not a pleasant one when he attempted the Hong Kong Standard Chartered full marathon in 2002. He had always enjoyed playing basketball, considered himself very fit and had no problems running 6 to 7 km "comfortably". So, without much preparation and thinking that a marathon was 6 times 7 "comfortable" km, he ran his first race in his basketball outfit and "completed" it with the aid of the sweeping bus. This rude awakening was enough to make him give up his Air Jordan boots for the Mizuno's and Asics! CS has since run 13 slow marathons and many more half's and 10k's! His target is to complete 25 marathons but he has got to first sort out his dodgy knee and sore foot! No! No! No! The sore knee has nothing to do with his running but his 'heroics' or stupidity during his basketball career!

Edwin Yeung

Edwin is a CPA (Practising) and is now the Managing Director of his founding audit firm, Edwin Yeung & Company (CPA) Limited. He started his running activity since the 1st VTP in 2009 and became the running fans then. Edwin participated various running competitions and completed his first half-marathon within two hours in the Standard Chartered Marathon in 2010, He is now



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also the Convenor of the HKICPA's Badminton Interest Group and likes to play badminton very much, nearly two to three times every week.