

Hong Kong-- [Media OutReach](#) --2 December 2013-- The 2013 Race to ICC-100 -- [SHKP Vertical Run for the Chest](#)

(Race to ICC-100) organized by Sun Hung Kai Properties (SHKP) and the Community Chest of Hong Kong was held today at the world's fifth tallest and Hong Kong's tallest building International Commerce Centre (ICC). The opening ceremony was officiated by HKSAR Financial Secretary John Tsang, GBM, JP, SHKP Chairman and Managing Director Thomas Kwok, SHKP Chairman and Managing Director and Event Organizing Committee Chairman Raymond Kwok, Event Organizing Co-chairman Edward Cheung BBS and SHKP Executive Director and Chief Financial Officer and Event Organizing Committee Co-chairman Patrick Chan.



HKSAR Financial Secretary John Tsang, GBM, JP (centre), SHKP Chairman and Managing Director, Thomas Kwok (right), SHKP Chairman and Managing Director and Event Organizing Committee Chairman, Raymond Kwok (left) officiate at the opening ceremony of the event

In the event opening, Raymond Kwok said: "We are honoured that Race to ICC-100 has become an international sporting event as the grand final of 2013 Vertical World Circuit. The number of contestants has increased more than three fold from last year, to over 1,000 runners,

proving the increasing popularity of stair-climbing among the people of Hong Kong. Apart from local runners, it has attracted 23 world-class elite athletes to race for the championship of the Vertical World Circuit." Mr Kwok also said that he liked hiking, yoga, and recently, stair-climbing. He encourages colleagues to do more exercise and maintain a balanced lifestyle.

A Grand Kick-off to Vertical World Circuit Grand Final

There were four categories in this year's race, including Elite Race, Corporate Relay and Individual Race. The runners raced up 2,120 stairs to the sky100 Hong Kong Observation Deck on the 100th of ICC.

When the competitive Elite Race was over, Raymond Kwok presented souvenirs to the 23 elites from around the globe, and met with other athletes, including the Hong Kong Amputee Sport Association runners and the young, visually-impaired female runner Choi Lok-sze who were encouraged to participate in next year's vertical run.

World-class Athletes at the Elite Race -- Australian Stair Runner Crowned Champion

The event this year made its international debut as the grand final of 2013 Vertical World Circuit, attracting a number of world-class athletes to vie for the final world championship at ICC. The event started a local craze for stair-climbing and attracted 1,019 stair-climbing enthusiasts from more than 30 countries and regions.

The day began with the much anticipated Elite Race among 23 world-class athletes. Australian runner Mark Bourne finished first at 12m04s, and the first place for Elite Women went to Suzanne Walsham, also from Australia, at 14m32s. They also won the overall championships of

the 2013 Vertical World Circuit, and were officially crowned at an award ceremony after the races at ICC.

Corporate Relay and Individual Runners Reach For the Top

Closely following the Elite Race was the Corporate Relay with a total of 172 contestants in 43 teams from different sectors. The Corporate Relay was won by the Kowloon Motor Bus Co (1933) Ltd Team (B), and the Kowloon Motor Bus Co (1933) Ltd Team (A) and ATAL Building Services Engineering Limited Team came second and third.

There were around 600 runners grouped into three categories according to age in the Individual Race. The runners spared no effort in challenging the 2,120 stairs to reach for the top.

SHKP Went All Out to Promote Healthier Lifestyle

The Fun Climb, a new addition to the race this year, was held in the afternoon with over 200 peoples to promote the fun of stair-climbing. SHKP Chairman and Managing Director Thomas Kwok, SHKP Chairman and Managing Director and Event Organizing Committee Chairman Raymond Kwok, and representatives from the management team, including SHKP Executive Director and Chief Financial Officer Patrick Chan, SHKP Deputy Managing Director Victor Lui, were among the runners in support of this charity sporting event.

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Written by Australian Business

In his thank you, Thomas Kwok congratulated winners of the Individual Race and praised all the contestants for their courage to take on this 2,120-step challenge.. He said that the newly added Fun Climb let participants enjoy the fun of vertical running and put their stamina to the test. Even people who do not work out regularly may enjoy stair-climbing and bring this simple exercise to their daily life for a healthier lifestyle.

Results

2013 Vertical World Circuit 2013

Men

Women

1st

Mark Bourne

Suzanne Walsham

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Elite Race

Men

Women

1st

Mark Bourne (12min04sec)

Suzanne Walsham (14min32sec)

2nd

Darren Wilson (12min11sec)

Gan Xue (15min27sec)

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3rd

Piotr Lobodzinski (12min24sec)

Yiu Kit Ching (15min51sec)

Corporate Relay

1st

The Kowloon Motor Bus Co (1933) Ltd Team (B) (14min46sec)

2nd

The Kowloon Motor Bus Co (1933) Ltd Team (A) (14min54sec)

3rd

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ATAL Building Services Engineering Limited Team (15min15sec)

Individual Race

Men

Women

Overall Champion

Chan Ka Ho (13min58sec)

Mei Leng Tong (18min09sec)

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Ages 16--19

1st

Agarwal Yash (17min01sec)

Chung Man Tung (20min51sec)

Ages 20--39

1st

Chan Ka Ho (13min58sec)

Chan Wing Yin (18min44sec)

Age 40 or above

1

st

Lau Chun Kei (16min51sec)

Mei Leng Tong (18min09sec)

Image

<http://release.media-outreach.com/release.php/Images/1381>

About Race to ICC-100

The Race to ICC-100 – SHKP Vertical Run for the Chest organized by Sun Hung Kai Properties and the Community Chest was held on 1 December at Hong Kong’s tallest building – International Commerce Centre – to raise funds for child and youth services. There were relay, individual, and elite races for local and international runners to race up 2,120 stairs to the sky100 Hong Kong Observation Deck on the 100th floor. There was also be a new Fun Climb this year for people who want to try a relaxed version of stair climbing. This year’s race was an international sporting event as part of the Vertical World Circuit and saw many world-class runners in Hong Kong to compete in the final event of the world championship.

The Race to ICC-100 was the grand final of the seven races in the 2013 Vertical World Circuit. The Circuit is organized by the International Skyrunning Federation every year with stair races at iconic skyscrapers around the world. The seven races in 2013 stretched across the globe with Race to ICC-100 in Hong Kong as the grand final with the most stairs of all the races. The International Skyrunning Federation oversees all the races to ensure they comply with international standards.