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For Immediate Release

Day 1 of MSIG Ultra @ Tai Po completed John Ellis and Fredelyn Alberto crowned 75km champions

[Hong Kong, Saturday, March 30, 2019] Over the persistent peaks of the Pat Sin Leng Range under gloomy weather, Hong Kong's most promising young trail runners battled it out at the MSIG Ultra @ Tai Po this morning for more than a podium place. As the second qualifying event of the MSIG Youth Trail Running Development Programme, the **18-kilometre race** served as the second qualifier to decide which eight local trail runners made the cut for the year-long training programme.

The top eight eligible male and female runners will qualify to participate in a 12-month training plan extending from April 2019 to March 2020. This programme includes physiotherapy sessions, dietary consultation, weekly training plans, sponsored training gear, and access to GreenRace and Fields Japan trail events.

The 18km race started at Bride's Pool Road and went straight up and over the Pat Sin Leng ridgeline before dropping down to Hok Tau, then rising again over Cloudy Hill, and finally a flat road section to the finish line at The Country Club at Hong Lok Yuen. 18km finishers will be rewarded 1 ITRA point.

The **75km MSIG Ultra** also took place today and started and finished at Hong Lok Yuen. Finishers will be rewarded 3 ITRA points. John Ellis ran a well-paced race to claim the men's crown in 09:16:04, ahead of Guillaume Perrot in second and King Fung Lau third. John Ellis said: "I love the route updates, it makes this course even more challenging yet runnable!"

The women's open was won by Fredelyn Alberto in 12:36:20. Behind her was Katia Kucher in second and Kimme Hui in third. Fredelyn Alberto expressed her feelings after the race: "How could you not enjoy this race with all the food at checkpoints? Cheese!"

Several participants in the 75km distance will also take part in tomorrow's 44km MSIG Ultra for a total of 119 treacherous kilometres — a new Double Challenge for this year's race.

The Double Challenge contenders will be joined by hundreds of fresh legs tomorrow at the 44km MSIG Ultra, which will start and finish at Hong Lok Yuen, where there will no doubt be more cold beers for participants.

Race results of 18km and 75km races can be seen below, and at the following link:

<https://msig.tqr.run/results/>

**The results may subject to change within a week after the race, please refer to official website for the latest and final result*



18k Solo

Position	Male	Female
1 st	Wai Hei Ng (2:00:20)	Elsa Jeandedieu (2:23:21)
2 nd	Bryan Crane (2:01:30)	Leanne Szeto (2:29:00)
3 rd	Plato Luk (2:10:17)	Mei Yan Wong (2:50:33)

18k – Male Age Categories

Position	16-24 yrs	25-29 yrs	30-44 yrs	45-54 yrs	55+ yrs
1 st	Wai Hei Ng	Plato Luk	Bryan Crane	Tim Marchant	Jonathan Gilchrist
2 nd	Tsz Chun Yung	Lodewijk Adriaan Vriens	Jason Jia	Jacques Clot	Dwayne Brown
3 rd	Henry Chu	Fuk Cheung Tsang	Olivier Jacquot	Sandro Gianella	Lai Yin Partrick Lam

18k – Female Age Categories

Position	16-24 yrs	25-29 yrs	30-44 yrs	45-54 yrs	55+ yrs
1 st	Laiman Ng	Leanne Szeto	Elsa Jeandedieu	Anne Lavandon	Leonor Herbet
2 nd	Ka Man Chung	Mei Yan Wong	Natalie Rie	Jennifer Pollock	/
3 rd	Gabbie Gadi	Chung Yin Kris Chan	Kate Turbett	Koon Fong Lee	/

75k Solo

Position	Male	Female
1 st	John Ellis (9:16:04)	Fredelyn Alberto (12:36:20)
2 nd	Guillaume Perrot (9:51:24)	Katia Kucher (13:13:15)
3 rd	King Fung Lau (10:38:29)	Kimme Hui (14:26:33)



75k – Male Age Categories

Position	25-29 yrs	30-44 yrs	45-54 yrs	55+ yrs
1 st	Guillaume Perrot	John Ellis	Hyun Chang Chung	Reuben Cheang
2 nd	King Yin Issac Tse	King Fung Lau	Sebastien Bertrand	Anthony Hui
3 rd	David Longo	Nick Hodges	Kin Sun Pang	Wo Chi Francis Chan

75k – Female Age Categories

Position	25-29 yrs	30-44 yrs	45-54 yrs
1 st	Tung Hei Hui	Fredelyn Alberto	Katia Kucher
2 nd	/	陳子忻	Kimme Hui
3 rd	/	Shuk Han Yuen	Seow Ping Tan

The MSIG Trail Running Series encompasses four trail running events throughout 2019, offering UTMB qualifying points to participants. The Series aims to bring the Hong Kong running community a meaningful new trail challenge that showcases the city's spectacular and unique country parks. The Series endeavours to create development opportunities for Hong Kong's local running talent, with a focus on nurturing the city's talented young trail runners.

For more information, please visit www.msigitrailseries.com or Facebook Page: www.facebook.com/MSIGtrailrunningseries.



Photo Captions

Photo 1



Second race of the MSIG Trail Running Series – MSIG Ultra @ Tai Po kick started today with races of 18km and 75km, to conquer the persistent peaks of the Pat Sin Leng Range. 44km race continues tomorrow, start and finish at Hong Lok Yuen.

Photo 2



75km solo female winners : Fredelyn Alberto



Photo 3



75km solo male winners: John Ellis (1st-Middle) 、 Guillaume Perrot (2nd - Left) 及 Plato Luk (3rd - Right)

Photo 4



The Winner of the 75 km solo female group Fredelyn Alberto expressed her feelings after the race: “How could you not enjoy this race with all the food at checkpoints? Cheese!”

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This press release is released on behalf of TGR International Limited by ActionHouse International Limited.

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About MSIG Insurance (Hong Kong) Limited

With a network of operations dating as far back as 1855, MSIG Insurance (Hong Kong) Limited (“MSIG”) has been providing general insurance solutions and products to customers in Hong Kong for more than 150 years. MSIG is backed by the solid foundation and rich heritage of Mitsui Sumitomo Insurance Company Limited, an established insurer that has received strong financial ratings from leading rating agencies, including Standard & Poor’s and Moody’s. Today, MSIG is one of the few foreign-based general insurers to have representation in every ASEAN country, a testament to its strength and reach. MSIG also benefits from being a member of the MS&AD Insurance Group – one of the largest general insurance groups in the world. Leveraging their multi-channel distribution, their strong partnerships with intermediaries and an extensive geographical network, MSIG offers a wide range of insurance solutions across personal and commercial lines.

About TGR International Ltd (GreenRace)

GreenRace is an event organiser specialising in sustainable and all-inclusive trail running races, with a diverse catalogue of events ranging across the Asia-Pacific region. Many hosted independently and others with partners, the majority of their races take place in Hong Kong and Japan. The driving mission of GreenRace is to ignite passion in their community of runners, designing trail running events that participants and volunteers of all ages and abilities will love. GreenRace remains vigilant in honouring its responsibility to the greater community and to the environment by striving for zero waste events. With every trail race created, they focus continually on quality, sustainability and total runner satisfaction for people from all walks of life. GreenRace has earned the loyalty of the Asian trail running community, and thrives thanks to the vital support of dedicated and like-minded volunteers.