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For Immediate Release

Race starts this weekend for MSIG Ultra @ Tai Po Double category newly added for a combined race distance of 119km The Singaporean pair shared their strategy

[Hong Kong, March 27, 2019] Over the persistent peaks of the Pat Sin Leng Range, Hong Kong's most promising young trail runners are set to battle at the MSIG Ultra @ Tai Po on Saturday March 30 for more than a podium place. As the second qualifying event of the MSIG Youth Trail Running Development Programme, the 18-kilometre race will decide which four local trail runners will make the cut for the year-long training programme.

While these young runners double down, a few others will double up — in the Double Category, which is also new for this year's MSIG Ultra triumvirate of events. Participants will run the 75km on Saturday followed by the 44km the following day, for a total of 119 treacherous kilometres.

The 75km and 18km races will be held on Saturday March 30, while the 44km will be held on Sunday March 31. Both the 75km and 44km races will start and finish at The Country Club at Hong Lok Yuen in Tai Po, while the 18km is a point-to-point course that will start on Bride's Pool Road at Tai Mei Tuk and finish at Hong Lok Yuen. All distances will traverse the Pat Sin Leng range and Cloudy Hill, arguably the toughest climbs of the courses.

Last year, four men did the double, simply out of a personal challenge. This year, race director Martin Cai of The Green Race decided to make the double an official category. 20 people have signed up, including Singaporean pair Alvin Png and Alex Ang, two men who completed the challenge last year.

The buddies, who first met at an ultra trail in 2015, said it was a mutual decision to do the challenge last year — and return again this year.





Alex, 46, said: “I love the GreenRace Ultra organised by TGR! I have been doing the 75km Ultra since the first edition and have made the annual pilgrimage to Hong Kong for this race every year since. I invited Alvin to join me as a team in 2018, and we came in second in the 75km team category.”

Alvin, 37, added: “Just because the trails are there! The amazing part about trail running isn’t just all about the routes, but the precious time spent with friends. I appreciate the opportunity to spend time with Alex on the trails during races as we don't usually have the opportunity to run together most of the time.

“Alex and myself have been using races as training to fine tune strategies and team dynamics for future bigger projects we have in mind. Another big motivation is to get together to feast and have a few cold beers post-race!”

The pair shared their race strategy.

“The plan will be the same as last year,” said Alvin. “We intend to keep things conservative as it is not an easy route, especially with plenty of tough and challenging climbs. Although we come from hot and humid Singapore, the weather can still pose a threat if we don’t pace ourselves well.

“I was lucky to have Alex with me last year. He advised me to hold back and it paid off well as we were able to catch up with a lot of the guys who went out too fast at the start.”

For first-timers to ultra running, Alex recommended practising the three ‘P’s: Patience, pacing and persistence.

“Patience is a virtue — don’t rush into getting in high mileage during training within a short period of time, or keep an unsustainable fast pace from the start of an ultra. Both are definite regrettable mistakes,” said Alex.

“Understand your body — everyone is different. Pace well as this is one of the most important aspects of an ultra.

“And finally, persistence. MSIG Ultra @ Tai Po is all about crisis management — when you are out there for hours and days, things will go wrong: weather, gastrointestinal issues, fatigue, injuries, abrasions, blisters... the list just goes on and on. How to persist through it all is key to finishing.”

These tips will no doubt come in handy for the runners hoping to make the cut for the MSIG Youth Trail Running Development Programme. The curtain raiser, MSIG Trail @ Braemar, held on January 19, and the upcoming MSIG Ultra @ Tai Po, are qualifying events for the 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 The GreenRace and Fields Japan trail events.



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.msigtrailseries.com or Facebook Page: www.facebook.com/MSIGtrailrunningseries.

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

For event enquiries related to MSIG Trail Running Series 2019, please contact TGR International Limited:

Martin Cai, Race Director

Tel: +852 9133 5415

Email: team@tgr.run

For media enquiries related to MSIG Trail Running Series 2019, please contact ActionHouse International Limited:

Anthea Look

Tel: +852 3102 8117/ 9512 5685

Email: alook@actionhouseintl.com



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 (The GreenRace)

The 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 The 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. The 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. The GreenRace has earned the loyalty of the Asian trail running community, and thrives thanks to the vital support of dedicated and like-minded volunteers.