



## One step at a time

A competitor tackles the climb up a rope ladder during yesterday's Action Asia Challenge in Macau. Hong Kong's Daniel Brown and Macau's Pedro Ribeiro, competing for Team Protrek, won the gruelling 39-kilometre adventure race – which included running, cycling, rock climbing, kayaking, swimming and abseiling – in four hours, 32 minutes and 32 seconds.

"Big surprise, big relief," said Brown, 35,

who was a runner-up last year. "For the first part of the race we were trailing. But we caught up when one of the guys in the lead team injured himself."

In second place were Russell Allen, of Hong Kong, and Macau's Miguel Freitas, competing for the Fit Like team. They finished three minutes and 12 seconds behind the winners.

Hong Kong's Wong Wai-kin and Shum Yiu-fai, both 33, claimed third prize for the second

consecutive year. Their team, Protrek Golite, finished in four hours and 38 minutes. "We had hoped to do better," said Shum. "But we started slow and it was hard to catch up."

In total, 322 competitors representing 161 teams from Hong Kong, Macau, Singapore, China, Japan, South Korea, the Philippines, Thailand, Taiwan, Australia, and the United Arab Emirates took part in yesterday's race.

Photo: and text: Fox Yi Hu