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# SOH WAI CHING

LONDON  
SPEAKER  
BUREAU

- **World's Number 1 Tower Runner**
  - **1st Asian Winner of Empire State Building Run Up since 1978**
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Soh Wai Ching is a Malaysian medal-winning and World's number 1 tower runner.

He entered the international circuit in 2017 and as of October 2022 he has won 37 out of 69 competitions, with 23 New Course Records.

Encouraged by his older sister who was a distance runner, he was inspired to win medals and make his family proud. He finally found his calling when a friend challenged him to a tower running race at Kuala Lumpur Tower. He accepted the challenge and after just a month of training, he won 2nd place overall.

In 2020, he set the Guinness World Record for Greatest Vertical Height Stair Climbing in One Hour (Male).

Wai Ching founded the Malaysian Tower Running Association with a mission to grow the sport and encourage people to enjoy the benefits of a healthy lifestyle.

These days, Wai Ching defends his titles at international tower running competitions and recently stunned with 4 US tower run wins in 9 days putting him way ahead of the competition.

He has a Bachelor Degree in Sport Science (Major Exercise Science) from University of Malaya and when he is not competing in tower running, Wai Ching also participates in trail running events and road running competitions from 5km to half marathon.

#### **Topics:**

Power of Self Belief

Goal Setting

Psychological Skill Training (from a sports science perspective)

## Topics

- Asia
- Motivation
- Sports