



Wai Ching Eyes More Towering Feats After His GWR Record is Finally Confirmed



From left: Co-founder of DAdvance Agarwood Adrient Tan, Country Manager of Technogym From left: Co-founder of DAdvance Agarwood Adrient Tan, Country Manager of Technogym Malaysia Lester Francis, Director of Enercan Sdn. Bhd. Lena Ng, Soh Wai Ching, team manager Jennifer Chan, Associate Professor of TAR UMT Dr Ler Hui Yin, TAR UMT part-time lecturer, researcher and postgraduate candidate Tan Jian Yun.

PETALING JAYA: World No. 1 tower runner Soh Wai Ching can finally heave a huge sigh of relief as he has officially secured the Guinness World Records (GWR) for the “farthest simulated distance climbed on a stair machine in one hour” (male) challenge.

This achievement comes after a five-month journey since Wai Ching completed the challenge by covering a distance of 1.649km at the Technogym Experience Centre in Bangsar in April. The climbing challenge is equivalent to four times the height of the Kuala Lumpur Tower ($4 \times 421\text{m} = 1,684\text{m}$).

Wai Ching encountered different challenges during the verification process, including issues with the machine, uploading proof and dealing with the officials. However, all of his hard work and efforts have paid off when he received an email from the GWR confirming the verification of his record and allowing him to order the certificate.

“I feel relieved because over the past few months, I had to deal with the officials, upload the evidence such as video statements, data from the machine and witness statements,” said Wai Ching. “The video file was large, at 16GB, which took me quite some time to upload, share on YouTube before sharing the link with them. “There were technical issues with the machine, so I had to provide a clear explanation to the officials.

“Due to these challenges, it took a significant amount of time to receive confirmation.”

Wai Ching previously held the GWR for the one hour vertical stair climb challenge (male) with a distance of 1.295km, held at the Four Seasons Hotel in November 2020.

However, Spanish athlete Christian Rodriguez beat the record with a distance of 1.457km in November last year. Wai Ching has now set his sights on surpassing his own record as he plans to make a new attempt on Dec 31, coinciding with the countdown to welcome the year 2024.

“If there’s no other tower running competitions scheduled, I’m planning to attempt another record on Dec 31 and I want to make the countdown to 2024 a big event,” he said. “I will be attempting something similar, but my goal is to improve my own record and raise the bar even higher, possibly reaching a distance of 1.7km.”

Wai Ching will compete in the Kuala Lumpur Standard Chartered Marathon before heading to the United States to participate in the Base 2 Space at Space Needle, Seattle followed by the Empire State Building Run Up in New York City.

