

News Release

To: News / Business Editors

For immediate release

Hong Kong comes out to support mental health at CENTRAL Rat Race 2016

People of all ages and backgrounds help usher in the Hongkong Land-organised charity event's second decade of success, raising HK\$3.28 million for MINDSET

HONG KONG, 16th October 2016 – Community spirit was loud and proud in Hong Kong this morning as more than 400 runners and hundreds of spectators took over the heart of the city for the 11th CENTRAL Rat Race, organised by Hongkong Land.

The kick-off on Chater Road was officiated by the Hon Mrs Carrie Lam Cheng Yuet-ning, GBM, GBS, JP, Chief Secretary for Administration; Mr Yip Wing-shing, BBS, MH, JP, Chairman of the Central and Western District Council; Mr Chan Hok-fung, MH, Vice Chairman of the Central and Western District Council; Mr Ben Keswick, Chairman of MINDSET; Mr Robert Wong, Chief Executive of Hongkong Land; and Mr Raymond Chow, Executive Director of Hongkong Land.

The CENTRAL Rat Race attracted participants from across the community, including business executives, office workers, NGO representatives, school children, as well as their families and friends. Together with their fans and the corporate world, they helped raise a record-breaking HK\$3.28 million for MINDSET, a registered charity that supports mental health initiatives in Hong Kong and mainland China.

The CENTRAL Rat Race has been one of Hong Kong's signature charity events since its launch in 2006. An exciting, fast-paced relay race themed on the corporate world, it promotes work-life balance, teamwork, fun, and physical and mental fitness. It also emphasises CENTRAL's role as a leading business, commercial and lifestyle hub with its innovative obstacle course, which is creatively intertwined through many of the city's Grade A buildings and pedestrian connectors.

Speaking at the Race, Mr Robert Wong, Chief Executive of Hongkong Land, said, "The CENTRAL Rat Race is one of Hongkong Land's most important and enjoyable community events. We believe the key to its continued success is growing participation among families and our young people, who can help ensure a long-term sense of charitable spirit for our city's future. I would like to thank everyone for their generous support and enthusiasm for the fun and festivities at the CENTRAL Rat Race."

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Mr Ben Keswick, Chairman of MINDSET, said, "There are so many people and families whose lives are affected by mental illness. For 11 years now, the CENTRAL Rat Race has been one of the most important initiatives to raise awareness about the importance of mental health in Hong Kong. We are incredibly grateful for the support of everyone present today, especially to those who participated. The awareness raised and the contributions made will go a long way towards changing people's mindset and lives."

The CENTRAL Rat Race comprises four race categories: the main relay-style Rat Race for teams of eight members each; the Big Rat Race for individual senior executives; the NGO Rat Race for NGO representatives in the mental health sector; and the Junior Rat Race for children between the ages of five and 10. Participants wear colourful costumes and running shoes while trying to navigate obstacles, passing a briefcase as a baton between team members.

The winners of the CENTRAL Rat Race 2016 are:

Rat Race Cup (fastest team in the Rat Race)	Jardine Restaurant Group
Big Rat Cup (fastest individual senior executive in the Big Rat Race)	Mr Archibald David Keswick from The Landmark Mandarin Oriental, Hong Kong
Junior Rat Cup (fastest participant in the Junior Rat Race)	Aadan Pang Long-kiu
NGO Rat Cup (fastest team in the NGO Rat Race)	Mental Health Association of Hong Kong (Amity Place)
Top Five Speedy Rats Award (five fastest teams in the Rat Race)	<ol style="list-style-type: none"> 1. Jardine Restaurant Group 2. Hong Kong Exchanges and Clearing Limited 3. Savills (Hong Kong) Limited 4. Jardine OneSolution (HK) Limited 5. The Dairy Farm Company, Limited
Fat Rat Award (team that raised the most funds)	The Dairy Farm Company, Limited
Rat Leader Award (best captain)	Mr Haresh Vazirani from Aberdeen International Fund Managers Limited
Best Team Spirit Award (best team spirit)	Central Management Limited
Best Dressed Rat Team Award (best team costumes)	J.P. Morgan
Fancy Rat Award (best individual costume)	Mr Archibald David Keswick from The Landmark Mandarin Oriental, Hong Kong
Best Dressed Junior Rat Award (child, aged 12 or under, with the best costume)	Ho Yat-sum
Best Dressed NGO Cheering Team Award (best costumes among NGO cheering teams)	New Life Psychiatric Rehabilitation Association

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This year Hongkong Land introduced creative new obstacles along the eight-leg race course, which was themed on a day in the office. These included challenges like Leg 3, "Setting the Agenda", where participants had to complete Mr Rat's daily planner, and Leg 4, "Watch Your Back", where runners had to pick up a bow and arrow and then shoot targets placed on the backs of their teammates. In addition to the action and excitement on the race course, spectators and families also enjoyed a range of activity booths that included fun games, face painting, snacks and more.

The event was supported by the Central and Western District Council, Central Development Limited, South China Morning Post, TVB Pearl, Hong Kong Exchanges & Clearing Limited, J.P. Morgan, KPMG, Mayer Brown JSM, Wise Kids, Mannings, Maxim's Group, Pizza Hut, Starbucks and Oliver's The Delicatessen.

About Hongkong Land

Hongkong Land is a listed leading property investment, management and development group. Founded in 1889, Hongkong Land's business is built on excellence, integrity and partnership.

The Group owns and manages almost 800,000 sq. m. of prime office and luxury retail property in key Asian cities, principally in Hong Kong and Singapore. Hongkong Land's properties attract the world's foremost companies and luxury brands.

Its Hong Kong Central portfolio represents some 450,000 sq. m. of prime property. It has a further 165,000 sq. m. of prestigious office space in Singapore mainly held through joint ventures, and a 50% interest in a leading office complex in Central Jakarta. The Group also has a number of high quality residential and mixed-use projects under development in cities across Greater China and Southeast Asia, including a luxury retail centre at Wangfujing in Beijing. In Singapore, its subsidiary, MCL Land, is a well-established residential developer.

Hongkong Land Holdings Limited is incorporated in Bermuda and has a standard listing on the London Stock Exchange as its primary listing, with secondary listings in Bermuda and Singapore. The Group's assets and investments are managed from Hong Kong by Hongkong Land Limited. Hongkong Land is a member of the Jardine Matheson Group.

About MINDSET

MINDSET's goal is to make a difference in the area of mental health. It aims to change people's attitudes by raising awareness and understanding of mental health issues, as well as providing direct assistance for individuals, families and organisations in need of help. MINDSET is a registered charity in Hong Kong established by the Jardine Matheson Group in 2002 and led by the Jardine Ambassadors, a group of young executive volunteers from Jardines.

MINDSET's current initiatives are focused on the following areas:

- **Education and Prevention** – to raise awareness of mental health issues among young people through the in-school 'Health in Mind' programme, co-organised with the Hospital Authority. Since 2002, the programme has reached over 130,000 students, teachers and parents, and currently covers 33 secondary schools;
- **Reintegration** – to support effective reintegration services to mental health hospitals and agencies through patient support activities, together with the promotion of a job training programme for rehabilitated people within Jardine Matheson Group companies;
- **Financial Support** – to provide funding support to mental health projects that benefit individuals who suffer from a mental illness, their carers and their families; examples include donations to a three-year pilot project to provide training and employment for rehabilitated individuals to help others who are suffering from mental illness; and the setting up of a home called MINDSET Place for people with chronic mental illness to assist them in reintegrating into society; and
- **Community Awareness and Fund Raising** – to promote community awareness of mental health related issues through activities, and to raise funds with the aim of providing direct support services for the mentally ill, their carers and their families.

Beneficiaries of volunteer work and financial support provided by MINDSET include a range of NGOs and Government agencies that are active in the mental health sector.

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Photo 1: The CENTRAL Rat Race kicked off its second decade of fun, festivities and community spirit on Sunday, 16th October 2016. The Race attracted more than 400 runners to participate.



Photo 2: Officiating at the opening ceremony were (from left to right) Mr Raymond Chow, Executive Director of Hongkong Land; Mr Robert Wong, Chief Executive of Hongkong Land; The Hon Mrs Carrie Lam Cheng Yuet-ngor, GBM, GBS, JP, Chief Secretary for Administration; Mr Rat; Mr Yip Wing-shing, BBS, MH, JP, Chairman of the Central and Western District Council; Mr Ben Keswick, Chairman of MINDSET and Mr Chan Hok-fung, MH, Vice Chairman of the Central and Western District Council.



Photo 3: Since its debut in 2006, the CENTRAL Rat Race has raised funds and awareness for MINDSET, a registered charity that supports mental health initiatives in Hong Kong and mainland China. This year the event raised a record HK\$3.28 million to help those affected by mental health issues. Mr Robert Wong, Chief Executive of Hongkong Land (right), presents the cheque to Mr Ben Keswick, Chairman of MINDSET.



Photo 4: Leg 1 participants are ready to run the CENTRAL Rat Race 2016.



Photo 5: And they're off! Leg 1 runners dash down Chater Road as the 11th CENTRAL Rat Race gets underway.

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Photos 6 & 7: Senior executives go head to head in the Big Rat Race.



Photos 8 & 9: Mr Archibald David Keswick of The Landmark Mandarin Oriental, Hong Kong wins the "Big Rat Cup".



Photos 10 & 11: Representatives of NGOs get in on the action at the NGO Rat Race, one of the most popular events at the CENTRAL Rat Race.



Photo 12: Mr Yip Wing-shing, BBS, MH, JP, Chairman of the Central and Western District Council, cooperates with a NGO representative to complete Mr Rat's agenda in the NGO Rat Race.



Photos 13 - 16: Kid Rats put their skills to the test as they take on challenging obstacles during the Junior Rat Race.



Photo 17: The team from Jardine Restaurant Group wins the "Rat Race Cup".



Photo 18: Every year, teams and participants compete to win the "Best Dressed Rat Team Award" for the most colourful costumes. This year the J.P. Morgan team took top honours.



Photo 19: Aadan Pang Long-kiu receives the "Junior Rat Cup".



Photo 20: Ho Yat-sum receives the "Best Dressed Junior Rat Award".



Photo 21: The team from Mental Health Association of Hong Kong (Amity Place) is the proud winners of this year's "NGO Rat Cup".



Photo 22 - 25: The 11th CENTRAL Rat Race was a great event for supporters as well as participants. This year featured a host of fun and exciting game and snack booths to keep spectators and families well entertained.