



Low Huoi Seong hails from Kuala Lumpur, rides his road bike every Sunday and also goes to a cycling gym twice a week.

At his age, this routine is essential to maintain a decent level of fitness and a respectable FTP!

He's been riding for about 20 years, starting on a mountain bike but has been a roadie for the past 15 years, enjoying weekend rides and also supports charity tours, especially the annual AWOL ride in Thailand with Ernest, Anslem and Amy in a 25-strong group from all over the world.

He was on the first Cycle for Cancer ride in Borneo in 2022 and will continue to help make this a better experience every year.

He hopes to be cycling for many years to come, enjoying the bonds that only seasoned cyclists can form by sharing the pleasures and pain of being in the saddle for long, long days...

His words of encouragement are "You can only get faster with age!"