**Mizuno Ekiden Report 2017**

On 19 August, our club sent in 10 teams to participate in the 3rd edition of the Mizuno Ekiden relay which was held at The Promontory at Marina Bay. The event features a 42.195km relay and a 21.1km relay. All 10 teams took part in the Open category 42.195km relay whereby each of the 4 runners in the team run about 10.5km over the same course, thus totalling up to 42.195km. The theme for this year is Race as Four, Run as One. In Japanese terms, Ekiden refers to a relay-styled long distance running. The first runner will wear the traditional tasuki sash when the race starts. Upon finishing the relay route, the sash will be passed on to the second runner waiting at the transition area – this will repeat until the fourth runner finishes his/her relay route.

PRE-RACE PREPARATION

We were grouped by the competition chairperson Mr Lawrence Lim, according to our fitness. In order to name the teams, the club uses the hierarchy of 9 animal types that we used for the 5km time trial: Cheetah, Gazelle, Ostrich, Hare, Horse, Greyhound, Deer, Tortoise and Snail. The 10th team was of course the ladies team. The club elite runners came forward to play their part for the club by forming the faster teams. The teams are:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Team** | **1st runner** | **2nd runner** | **3rd runner** | **4th runner** |
| MR 25 Cheetah | Thomas Eng | Ng Junwei | Seah Chuan Heng | Lim Kien Mau |
| MR25 Gazelle | Stuart Mcintosh | Lawrence Lim | Jacek Brodniewicz | Jackson Lim |
| MR25 Ostrich | Johnny Low | Ken Lee | Chng Jin Kai | Jesper Tangen |
| MR25 Hare | Lennon Ng | Steven Lim | Andrew Ngo | Tan Ah Too |
| MR25 Horse | Tommy Ng | Ernest Wong | Sigi Stettmayer | Yuji Mihori |
| MR25 GreyHound | Patrick Chew | Thomas Ang | Richard Chang | Alan Tung |
| MR25 Deer | Ray Lee | Chua Hwa Shang | Tong Poh Kwang | Liau Wee Bin |
| MR25 Tortise | Leong Kam Ying | James Chua | Matthew Yeo | Joshua Yeak |
| MR25 Snail | Daniel Gan | Steven Lee | Tay Yong Seng | Peter Back |
| MR25 Ladies | Lim Bee Bee | Casandra A Hie | Catherine Ramos | Koh Leng Leng |

In preparation for the race, the MR25 committee initiated a series of training sessions at The Promontory to familiarise the members with the race ground and also for team bonding. Three training sessions were held over 3 Sunday mornings on 4th June, 25th June and 30th July. Each training preparation comprises 4 x 2.4km interval training that aims to let the members test out their 10k race pace. Besides achieving its objective of training for a 10k race, it also proves to be a good team bonding as members get to meet one another and make new connections.

RACE DAY

Despite a threat of wet weather in the early afternoon, all teams gathered in full force at One Marina Boulevard from 1500hrs. As the flag off was scheduled at 1630hrs, the first runners started to warm up at about 1530hrs. By now the dark clouds have cleared and sky bright and sunny. The flag off saw about 380 teams for the full marathon relay in this year’s edition of the race. Because the start/end points and the transition area are all within the race village and with the help of the live results displayed on a TV screen, it was easy for the other runners to find out their current standings. The first runner from Singapore Shufflers came in at about 38 minutes, and soon after, the first runner from our fastest team MR25 Cheetah, Thomas Eng arrived at about 41 minutes. The hot weather definitely put a toll on all the first runners as you could see many of them came back totally knackered due to the heat. The 2nd runners who were already eagerly waiting at the transition area to anticipate the incoming runners took off one by one. The club faced strong competition from other strong teams mainly from Singapore Shufflers and the Gurkhas. MR25 Cheetah maintained 4th position for the most part and by the time the last runner Lim Kien Mau finished the race, the team has emerged 3rd place. MR25 Gazelle finished 7th overall followed by MR25 Ostrich making the last spot in the Top 10. At this juncture, the club would like to highlight that MR25 Cheetah had swopped a runner out and replaced with another member whose name was not originally registered. In the spirit of integrity, the club made a unanimous decision after the race to inform the organiser, thus resulting in the MR25 Cheetah being disqualified.

The final results are as follows:

|  |  |
| --- | --- |
| **Overall Position** | **Team** |
| 6th | MR25 Gazelle |
| 10th | MR25 Ostrich |
| 11th | MR25 Hare |
| 14th | MR25 Horse |
| 18th | MR25 Tortise |
| 23rd | MR25 Greyhound |
| 24th | MR25 Deer |
| 43rd | MR25 Ladies |
| 86th | MR25 Snail |
| DQ | MR25 Cheetah |

It was good fun in the end as all members shared their individual stories of the race with one another, not forgetting the numerous group photos taken at the admin area. There was even Subway sandwiches sponsored by the members and lucky draw with wine sponsored by members and shoes sponsored by World of Sports as prizes.

The club would like to thank all members who stepped forward to represent the club in the race and Mizuno for giving us the race entry slots. We hope to see you next year!