



... 2023

Dear Members and Friends,

Hope you had a rewarding 2023.

Enclosed, please find a selection of images highlighting
some of our MR25 activities from the past year.

Wishing one and all good health and a great 2024 ahead!

Best regards,
Steven Quek



Bukit Brown Training Group



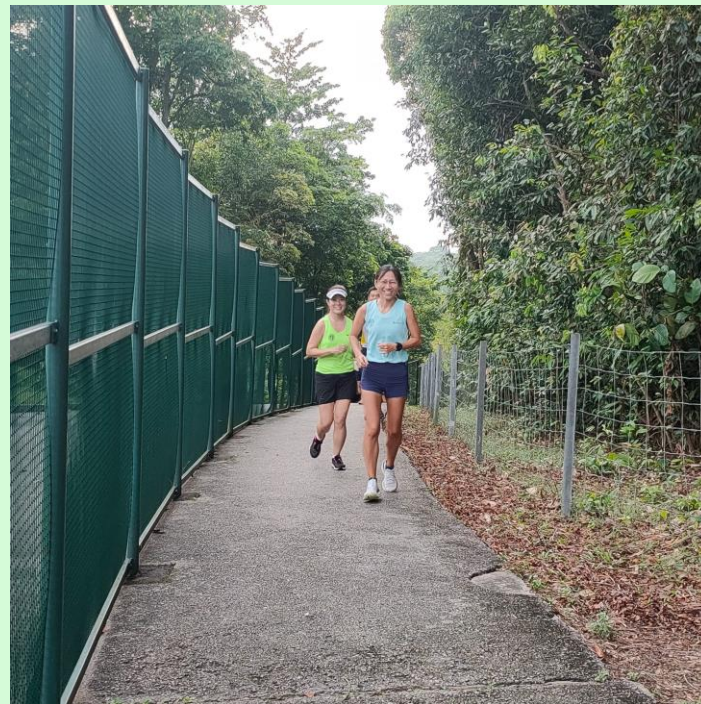
Bukit Brown Training Group



Bukit Gombak Training Group



Bukit Gombak Training Group



MacRitchie Training Group



MacRitchie Training Group





TIME TRIAL
5th February
2023



Finishers

Philston Sow
20:07



Andreas Hopf
20:34



Bakari Smith
20:38



Chng Jin Kai
21:29



Enrico Pistore
21:39



Donavan Phey
21:42



Lee Wenjie
21:42



Michael Crowe
22:00



Steffan Fung
22:11



Wang Li
W- 4.6km
22:30



Debbie Ho
W- 4.6km
23:07



Ken Ng
23:22



Stephane Herve
25:03



James Teo
26:27



Michael Ballard
28:43





ANNUAL GENERAL MEETING



ANNUAL GENERAL MEETING



MR25

Progressive



Run

Cees Brouwer

1:13:17:58



Ernest Wong

1:18:07:84



Tony Seakin

1:19:01:30



Itsuko

1:22:22:71



Sigi

1:22:46:93



Wang Li

1:22:57:78



Stephane Herve

1:30:13:89



Frankie Yow

1:32:03:56



Chua Hwa Sheng

1:33:40:05



Ying Shao Wei

1:34:57:81



Lui Hwee Boon

1:36:02:94



Kam Ying Leong

1:41:11:73



Alex Tan

1:48:25:20



The Finishers

Well Done!

5/3/2023



5km

2-4-2023
Sunday



THE
FINISHERS



Wang Li
W- 4.6km
21:13



Ong Si Hui
W-4.6km
22:50



Debbie Ho
W-4.6km
23:04



Nathenia Ng
W-4.6km
25:38



Adrian Kok
20:01



Bakari Smith
21:00



Paul Haberer
22:00



Tan Choon Ghee
22:45



Sigi
22:57



Joffrey Czarny
23:25



Chng Jin Kai
23:33



Chiang Yew Mun
23:44



Ken Ng
23:51



Lee Zhong Ying
23:54



Louis Ho
24:15



Farren Tear
24:23



Yip Jia Hao
24:32



Egor Saltykov
24:38



Harold Oh
25:48



Winston Tan
26:28



Culver Tan
27:36



Liau Wee Bin
28:41



Thomas Eng
1:34:26



Cees Brouwer
1:38:38



Tony Seakins
1:43:41



Itsuko Tanaka
1:47:52



Wang Li
1:48:55



Yeak Shaw Huah
1:51:39



Chua Hwa Shang
1:55:58



Joffrey Czamy
1:57:28



MR25

20KM
Progressive
Run



Muk Tuck Sang
1:58:09



Mervyn Tan
2:01:06



Michael Crowe
2:02:30



Stephane Herve
2:05:55



Egor S
2:07:38



Oliver Schloesser
2:10:35



Alex Tan
2:15:51



Liau Wee Bin
2:26:22





MR25



Time
Trial

June 3, 2023

Jon Lim
17:07



Darren Chong
17:09



Jonathon Chong
18:10



Shohib Marican
18:25



Aeron Young
18:56



Joshua Chua
19:10



Cayden Lau
19:22



Philston Sow
20:25



Wong Kin Chong
20:38



Ezekiel Kuah
20:44



Sheryl Tang
*W- 4.6km
21:39



Yip Jia Hao
22:44



Hee Chew Peng
*W- 4.6km
23:23



Timothy Chee
24:14



Vincent Loo Yu Wei
24:43



Sharil
31:14





MR25



***Time
Trial***

June 4, 2023

Zhou Zhi Zhong
20:42



Gregory Chow
20:59



Robert Smith
21:29



Ruy Teoh
22:03



Goh Pei Yong
***W- 4.6km**
22:09



Kwok Tong Seng
22:23



Jonathon Guan
22:35



Chris Khoo
23:00



Tony Seakins
23:07



Frederick Fong
23:14



Ken Ng
23:39



Angela Lim
***W- 4.6km**
23:59



Winston Tan
25:15



Culver Tan
27:09



Thomas Eng
2:05:37



Wong Kum Fatt
2:06:30



MR25

Tony Seakins
2:12:09



25km
Progressive
Run

Itsuko Tanaka
2:20:10



Chua Kwa Shang
2:36:21



Michael Crowe
2:37:34



Ying Shao Wei
2:38:15



Jacqueline Goh
2:38:46



Joffrey Czarny
2:39:57



Zeng Zhangxi
2:40:35



Lim Bee Bee
3:34:43



Daniel Gan
4:38:43





TIME TRIAL
Sunday
6/8/2023



**well done*

Swee Weidi
20:07



Andreas Hopf
20:16



Kiew Yi Heng
20:31



Vivian Tang
W-4.6km
21:08



Eman Shamshul
21:36



Collin Leong
22:17



Gil Madrid
22:30



Sigi Stettmayer
22:36



Tony Seakins
22:48



Frederick Fong
23:19



Mervyn Tan
23:58



Randy Kang
24:08



Careca Yong
24:32



Michael Ballard
27:57





MR25

30km Progressive Run

Finishers 3/9/2023

Thomas Eng
2:32

Liang Jun
2:49

Wong Kum Fatt
2:52

Wang Li
2:55

Chng Jin Kai
3:05

Joffrey Czarny
3:28





30/9/2023

Saturday



Philston Sow
19:22



Cayden Lau
20:00



Goh Zhipeng
23:33



Justine Lee
23:56



Wang Li
W- 4.6km
21:56



Debbie Ho
W- 4.6km
22:36



Ariel Teo Jingyu
W- 4.6km
24:03



Eleri Lin
W-4.6km
24:14





Social Gathering - BBQ



Social Gathering - BBQ

Chris Timms
18:35



Charles Lim
19:46



Abdul Rahman
20:04



Vivian Tang
W-4.6km
21:14



Yip Jia Hao
21:37



Simon Teo
21:55



Wong kin Chong
22:20



Sigi
22:24



Tony Seakins
22:30



Aaron Leong
22:51



Lim Kuang Poh
22:52



Leong Kam Ying
23:32



Muk Tuck Sang
23:54



Aloysius Teo
24:07



Ken Ng
24:27



Culver Tan
24:41



1/10/2023

Sunday





Hybrid Half Marathon



5/11/2023

Chuan Heng
1:33:29



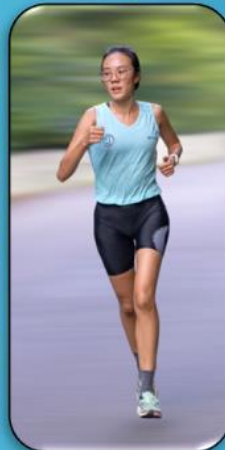
Wong Kum Fatt
1:33:49



Thomas Eng
1:36:11



Joyceleen Yap
1:39:52



Tony Seakins
1:40:29



Sigi Stettmayer
1:45:03



Itsuko
1:45:48



Jonathan
1:52:21



Joshua Yeak
1:52:24



Muk Tuck Sang
1:56:32



Leong Kam Ying
1:57:34



Michael
2:07:46



Shao Wei
2:08:24



Teo Hwi Bee
2:27:17



Oliver Schlosser
2:30:30





TIME TRIAL

10/12/23



Andreas Hopf
19:59



Bakari Smith
20:00



Yip Jia Hao
21:42



Tony Seakins
22:21



Ken Ng
23:00



Leong Kam Ying
23:03



David Poh
23:05



Teo Swee Lin
W – 4.6km
21:45



Sharon Fay Ong
W – 4.6km
22:30



Thong Jin Mun
W – 4.6km
23:24



Pauline Ooi
W – 4.6km
23:36



Nathenia Ng
W – 4.6km
23:38



Janice Lee
W – 4.6km
24:46





MR25 Ultra-Marathon



MR25 Ultra-Marathon



Acknowledgements

A heartfelt thanks to the members of the Management Committee and Sub-committees for their leadership and support in orchestrating our diverse programmes, including the Training Groups at Bukit Brown, Bukit Gombak, and MacRitchie, the Progressive Run, Time-Trial, Ultramarathon, AGM, BBQ, among others.

Special recognition to Chan Chai Hui and Steve Choo for their commitments and exceptional photography. Additionally, my deep appreciation to Boo Mui Chin, whose dedication saw him volunteering in nearly all events throughout the year. I also wish to acknowledge all contributors of photographs and express gratitude to Joshua Chua for his invaluable assistance in assembling this montage.

I am immensely grateful to every volunteer and member whose collective efforts were instrumental in ensuring the resounding success of our events.

Lastly, the fruition of many of our programmes owes much to the generous support of our product sponsors: Key Power for our club's vests and Ultramarathon T-shirts and prizes, Pocari Sweat for year-round hydration support, and Creative for the Ultramarathon prizes. Our gratitude knows no bounds.