



JANUARY - MARCH 2024

MR25 BULLETIN

47TH ANNUAL GENERAL MEETING



Left to Right: Jayce (Vice-President), Zhao Wei (Secretary), Steven Quek (President) and Eugene (Treasurer) leading the 47th Annual General Meeting

IN THIS ISSUE

- 01 47th Annual General Meeting
- 04 An Interview with Jacqueline Goh
- 07 MacRitchie Training Group
- 09 5km API Leaderboard Updates
- 11 Progressive Runs
- 13 Races
- 16 Time Trial & New Members

On 17th February 2024, the **47th Annual General Meeting** began with the President's address. Mr. Steven Quek thanked all in attendance, sharing that he understood from the previous presidents' AGM addresses that some AGMs couldn't start due to attendance not meeting the quorum and thus he was thankful for the good turnout (totaling 42 members). He went on to elaborate that he understood that the poor attendance could be due to members' fear of being elected to serve in the Management Committee which means "have to work".

On that note, he thanked the members of the Management Committee, the various co-opted members, and volunteers for stepping forward to contribute to the club the past year. Special recognition was given to two dedicated members – Mr. Chan Chai Hui and Mr. Boo Mui Chin for their year-round contributions and support to our club activities.

Mr. Chan's efforts in photographing at every time trial, progressive run, and other events and thereafter making edits and collages were highlighted.

Mr. Boo's logistical support at every time trial and progressive run, as well as going the extra mile such as getting ice to ensure participants have a cold drink after their run indeed enhanced the participants' experiences.

Both members were honoured with appreciation certificates and YOYOGI meal vouchers, generously sponsored by members Jacqueline Goh and her husband, Edwin.

Tony Seakins was also awarded the 2023 age-graded performance leaderboard Champion. Not only did he top the leaderboard at the end of 2023, he also led across the four time trials and even scored better with each attempt!



Mr Chan Chai Hui (left image) and Mr Boo Mui Chin (middle image) awarded with appreciation certs and YOYOGI meal vouchers, together with Tony Seakins (right image) awarded with a trophy

Finally, he acknowledged the contribution of the three generous sponsors – Key Power Sports for our club attire and ultramarathon T-shirts, Creative for the prizes for our ultramarathon, and Pocari Sweat for the hydration support.

Next, the AGM included a review of the club's constitution, resulting in four changes to ensure the club's constitution remains relevant in today's context. Additionally, in recognition of his significant contributions since 1987, Mr. Steven Lee was awarded as Honorary Life Member of the club, joining Dr. Siak, our Founding President and only other Honorary Life Member.

The AGM concluded with a festive lohei in celebration of the Chinese New Year as well as a hearty BBQ where members mingled with one another.



Another great get-together at Nuovo with BBQ (top pictures) and 47th AGM (bottom picture) - thanks to Paul's hospitality

A CHAT WITH JACQUELINE GOH



Jacqueline running in the Standard Chartered Marathon in 2023 (left), and running with our members at one of our Sunday MacRitchie runs (right)

In this edition of the Bulletin, we caught up with new member and generous supporter of our club, Jacqueline Goh, to hear about her experience taking up the sport, joining our club, taking on marathon challenges, and sponsoring the prizes of our Dedicated Volunteers Awards.

Editor: When and how did you pick up this interest of yours?

Jacqueline: It was in 2013. I turned to running in the evenings as a coping mechanism for the stress of managing a restaurant business with my husband.

Editor: What was it like? Did it really work?

Jacqueline: The late-night runs served as a much-needed release after work. I then gradually transitioned to morning runs, which significantly improved my mood and energy throughout the day! On top of that, I began encountering familiar faces during my regular runs, forging lasting friendships with fellow enthusiasts who shared my passion. This journey not only enriched my social circle but also provided an avenue for personal growth.

Editor: How did your regular runs bring you to MR25?

Jacqueline: Documenting my experiences on social media became a part of my routine. One day, during a casual conversation with Mr. Lin Jintao Arthur, Vice President (Training & Selection) of the Singapore Athletics Board, he learnt of my running posts on social media and recommended a few running clubs. Thereafter, I wanted to explore MR25 and signed up for the 5km time trial. MR25 has since become an integral part of my running journey.

Editor: Did MR25 make any difference to your running experience?

Jacqueline: Upon joining MR25, I discovered that running doesn't have to be a solitary pursuit. Sharing the miles with individuals who share my mindset and determination has transformed long runs from daunting tasks to enjoyable adventures. The camaraderie serves as constant motivation which pushes me beyond my limits to strive for new personal milestones.

Editor: I understand that you have been traveling around the world to pursue marathons. How did it start? How did it turn out?

Jacqueline: Embarking on my first marathon in 2018, the Standard Chartered Marathon in Singapore, was initially a personal challenge aimed at testing my determination.

Little did I know, it would ignite an addiction to the sport. I owe immense gratitude to my husband, Edwin, for his unwavering support throughout my journey and hobby. He not only encouraged me but also facilitated experiences abroad, allowing me to immerse myself in the diverse atmospheres of running alongside individuals from all corners of the globe and across various terrains.

Editor: How is it like owning your F and B business and your interest in running? Is it a boom or a bane?

Jacqueline: We feel incredibly fortunate to run our own business, which grants us the flexibility to tailor our schedules around marathon dates. Additionally, we're deeply grateful for our understanding customers who accommodate our occasional absences to participate in these races. Furthermore, through our shared passion for running, I've had the honour to form friendships that transcend the track, with many of these friends-turned-customers graciously supporting our business endeavors.

Editor: I understand that President Steven Quek invited you to sponsor our recently introduced awards for our dedicated volunteers. What were your thoughts?

Jacqueline: Given the support we've received from the running community, my husband and I were delighted for the chance to express our gratitude, sponsoring dining vouchers for the Dedicated Volunteers Award, recognizing the invaluable contributions of those who selflessly give their time and effort to support our shared passion for running as a token of appreciation.

Editors: Finally, do you have any messages for our members?

Jacqueline: Despite the inevitable ups and downs of my running journey, joining MR25 has truly elevated the experience.



Jacqueline and Edwin hosting Mr. Chan Chai Hui and Mr. Boo Mui Chin at YOYOGI

MACRITCHIE TRAINING GROUP

*In this issue of the newsletter, MR25 Newsletter speaks with Cher Tan, our training centre IC for the Sunday easy runs at MacRitchie Reservoir to catch up on the development of the **MacRitchie Training Group**.*

The Sunday easy runs have been held every Sunday since March 2023, it started with 3-5 members and sometimes we would have a good turnout of 10 people. The run starts promptly at 7am and we would usually run the iconic 10.5km loop around MacRitchie Reservoir via the anti-clockwise direction up the Northern Trail, going past the Ranger Station and the Singapore Island Country Club (SICC) golf course before closing the loop via the Lornie Trail.

In recent months, the group has explored a new route up towards Upper Pierce Reservoir via the Island Club Road. This route is also part of our MR old progressive run route and such runs have been very refreshing to rekindle old memories. For runners who are up for a challenge to test their endurance running up hills, this path consists of 3 small hills which is also a good way to train for hill repeats.



Cher Tan (1st from the right), IC of Sunday easy runs leading the group to run around MacRitchie Reservoir

Upon exiting this path, we will then be greeted with a scenic view of the Upper Pierce Reservoir. Runners will then run along a nicely paved slightly grassy path before reaching the water point conveniently located at the carpark. We would do a refuel of water and/or gather everyone before we head back to base via the same way through the Northern Trail. This distance is about 14km in total.

Sometimes we would run further upwards towards the 'Aircon Road'. This stretch of road is mysteriously very cooling in the mornings similar to having a cold breeze from an air conditioner. The total distance including the U-Turn point at the 'Aircon Road' would result in 17km, a suitable and welcoming distance for some of our runners who want to clock in a few extra kilometres.

These different routes are catered to provide interesting paths for our runners to run on Sundays and the easy runs are especially aimed to provide an outlet for our runners to recover from the week's mileage. In addition, it is a great opportunity to mingle with members of the running club. A very social group indeed. Everyone including non-MR25 members are welcome to join our MR25 Sunday easy runs.

Do not hesitate to join us every Sunday at 7am. See you there!



Cher Tan and runners extending the run to Upper Pierce Reservoir occasionally

Article contributed by Ms. Cher Tan

5KM API LEADERBOARD

UPDATES (AS OF FEB TIME TRIAL)

We had our first 5km Time Trial of the year on Sunday, 4 Feb 2024, fifth since the introduction of the Age-graded Performance Index (API) leaderboard. The following is the latest standing:

MR25 5km TT Age-graded Performance Index Leaderboard						
Ranking			Name	Timing	Score (%)	TT Date
Overall	Male	Female				
1	1		Tony Seakins	22:21:00	76.44%	10 Dec 2023
2	2		Jon Lim	17:07:00	73.03%	3 Jun 2023
3	3		Darren Chong	17:09:00	72.89%	3 Jun 2023
4	4		Chris Timms	18:35:00	72.02%	1 Oct 2023
5	5		Andreas Hopf	20:16:00	70.97%	4 Feb 2024
6	6		Eman Shamshul	21:36:00	69.37%	6 Aug 2023
7		1	Vivian Tang	21:08:00	69.09%	6 Aug 2023
8	7		Jonathon Yeong	18:10:00	68.81%	3 Jun 2023
9	8		Sigi Stettmayer	22:24:00	68.68%	1 Oct 2023
10	9		Gil Madrid	22:30:00	68.37%	6 Aug 2023
11	10		Philston Sow	19:22:00	68.16%	30 Sep 2023
12	11		Leong Kam Ying	23:03:00	67.97%	10 Dec 2023
13	12		Shohib Marican	18:25:00	67.87%	3 Jun 2023
14	13		Cayden Lau	19:22:00	66.87%	3 Jun 2023
15	14		Emerson Koo	18:52:00	66.78%	4 Feb 2024
16	15		Aeron Young	18:56:00	66.02%	3 Jun 2023
17	16		Simon Teo	21:55:00	65.63%	1 Oct 2023
18	17		Robert Smith	21:46:00	65.47%	4 Feb 2024
19	18		Joshua Chua	19:10:00	65.22%	3 Jun 2023
20	19		Lim Kuang Poh	22:25:00	65.20%	5 Aug 2023
21	20		Muk Tuck Sang	23:54:00	64.92%	1 Oct 2023
22	21		Collin Leong	22:17:00	64.55%	6 Aug 2023
23	22		Ezekiel Kuah	20:44:00	63.67%	3 Jun 2023
24	23		Charles Lim	19:46:00	63.32%	1 Oct 2023
25	24		Bakari Smith	19:45:00	63.29%	4 Feb 2024
26		2	Teo Swee Lin	21:45:00	63.07%	10 Dec 2023
27	25		Gregory Chow	20:59:00	62.83%	4 Jun 2023
28	26		Abdul Rahman	20:04:00	62.29%	1 Oct 2023
29	27		Kwok Tong Seng Kelvin	22:23:00	62.17%	4 Jun 2023
30	28		Swee Weidi	20:07:00	62.08%	6 Aug 2023
31	29		Kiew Yi Heng	20:31:00	61.33%	6 Aug 2023
32	30		David Poh	23:05:00	61.30%	10 Dec 2023
33	31		Randy Kang	24:08:00	61.06%	6 Aug 2023
34	32		Yip Jia Hao	21:37:00	60.99%	1 Oct 2023
35	33		Wong Kin Chong	20:38:00	60.58%	3 Jun 2023
36	34		Zhou Zhi Zhong	20:42:00	60.55%	4 Jun 2023
37	35		Ruy Teoh	22:18:00	60.46%	4 Feb 2024
38	36		Frederick Fong	23:14:00	60.40%	4 Jun 2023
39	37		Loi Huat Careca Yong	24:32:00	60.05%	6 Aug 2023
40		3	Sharon Fay Ong	22:30:00	59.93%	10 Dec 2023
41		4	Wang Li	21:56:00	59.88%	30 Sep 2023
42	38		Culver Tan	24:41:00	59.69%	1 Oct 2023

43	39		Ken Ng	23:05:00	59.35%	4 Feb 2024
44	40		Winston Tan	25:15:00	59.34%	4 Jun 2023
45	41		Dustin Lee	22:12:00	58.93%	4 Feb 2024
46		5	Goh Pei Yong	22:09:00	58.84%	4 Jun 2023
47	42		Akihito Watanabe	23:33:00	58.60%	4 Feb 2024
48	43		Zubair Mazlan	21:24:00	58.41%	4 Feb 2024
49		6	Sheryl Tang	21:39:00	57.97%	3 Jun 2023
50	44		Cydric Chung	22:25:00	57.47%	5 Aug 2023
51	45		Nikhil Koduru	23:52:00	57.40%	4 Feb 2024
52	46		David Dacid Sotta	24:51:00	57.34%	4 Feb 2024
53	47		Mervyn Tan	23:58:00	57.16%	6 Aug 2023
54		7	Pauline Ooi	23:36:00	57.13%	10 Dec 2023
55	48		Edward Wang	24:22:00	57.11%	4 Feb 2024
56		8	Angela Lim	23:59:00	56.85%	4 Jun 2023
57	49		Keegen Chung	22:18:00	56.65%	5 Aug 2023
58	50		Anurag Bhalla	23:52:00	56.49%	4 Feb 2024
59	51		Aaron Leong	22:51:00	56.38%	1 Oct 2023
60		9	Thong Jin Mun	23:24:00	55.70%	10 Dec 2023
61	52		Jonathon Guan	23:35:00	55.35%	4 Jun 2023
62		10	Debbie Ho	22:36:00	55.31%	30 Sep 2023
63	53		Chris Khoo	23:00:00	55.22%	4 Jun 2023
64		11	Hee Chew Peng	23:23:00	55.02%	3 Jun 2023
65	54		Matthias Wen Jun Kwang	23:20:00	54.71%	4 Feb 2024
66	55		Joffrey Czarny	24:52:00	54.22%	4 Feb 2024
67	56		Dany Adolphe	26:25:00	53.12%	4 Feb 2024
68	57		Goh Zhipeng	23:33:00	53.08%	30 Sep 2023
69		12	Nathenia Ng	23:38:00	52.89%	10 Dec 2023
70		13	Eleri Lin	24:14:00	52.48%	30 Sep 2023
71	58		Justin Lee	23:56:00	52.37%	30 Sep 2023
72		14	Ariel Teo Jingyu	24:03:00	51.98%	30 Sep 2023
73	59		Aloysius Teo	24:07:00	51.83%	1 Oct 2023
74	60		Timothy Chee	24:14:00	51.58%	3 Jun 2023
75	61		Koh Chiu How	26:11:00	51.50%	4 Feb 2024
76	62		Samuel Ng	24:23:00	51.26%	4 Feb 2024
77	63		Vincent Loo Yu Wei	24:43:00	50.57%	3 Jun 2023
78		15	Janice Lee	24:46:00	50.47%	10 Dec 2023
79	64		Michael Ballard	27:57:00	48.66%	6 Aug 2023
80		16	Mei Ting	25:51:00	48.36%	4 Feb 2024
81	65		Dean Ng	26:35:00	48.17%	4 Feb 2024
82	66		Sharil	31:14:00	40.13%	3 Jun 2023
83		17	Kelly Ho	32:14:00	39.45%	4 Feb 2024
						Male
						Female

For runners not aware, our club introduced this **5km Age-graded Performance Index Leaderboard** from June 2023 5km Time Trial to generate some fun and friendly competitions among participants of our bimonthly 5km Time Trial.

The API attempts to normalize the physiological difference in performance due to gender and age. It is constructed based on statistics obtained from the performances of runners internationally. The leaderboard is posted on our website <http://mr25.org.sg/api/>.

Join us to see where you stand!

PROGRESSIVE RUNS

On 7th January and 3th March, a total of 21 and 23 members took part in our 10km and 15km Progressive Run respectively. The 10km route consists of a loop around MacRitchie while the 15km route brings us back to our traditional route at Upper Pierce Reservoir.

The Finishers



10 KM Progressive Run
7/1/2024

Wong Kum Fatt 0:46:39	Tony Seakins 0:49:14	Enrico Pistore 0:49:52	Itsuko Tanaka 0:52:07	Ernest Wong 0:52:13	Kiew Yi Heng 0:52:28	David Poh 0:53:49	Chng Jin Kai 0:53:50	Ken Ng 0:54:12	Chua Hwa Shang 0:54:37	
Mervyn Tan 0:54:43	Bao Mui Chin 0:57:08	Muk Tuck Sang 0:58:00	Ying Shaowei 1:00:56	Michael Crowe 1:03:25	Liau Wee Bin 1:09:05	Keith Tan 1:09:06	Tay Yong Seng 1:14:41	Alex Tan 1:15:06	Neo Seng Ghee 1:15:56	Daniel Gan 1:23:41



15km Progressive Run
3/3/2024

Finishers

1 Thomas Eng 1:11:00	2 Tony Seakins 1:13:18	3 Wong Kum Fatt 1:15:18	4 Itsuko Tanaka 1:16:41	5 Chua Hwa Shang 1:20:54	
6 Ken Ng 1:21:25	7 Leong Kam Ying 1:21:39	8 Chng Jin Kai 1:22:17	9 Jeffrey Czarny 1:22:32	10 Muk Tuck Sang 1:22:37	11 Michael Crowe 1:23:12



Special thanks to all the volunteers who made the event possible - overseeing the event, coming early to station at the checkpoints, recording our runners' timings and taking photos for our archive.



Our volunteers at the progressive runs

RACES - LOCAL

Our university students took part in the annual Institute-Varsity Polytechnic (IVP) games. With this being their final IVP before graduating, it was a bittersweet race as they did their best in their respective events. Itsuko and Tony challenged themselves in aquathlons and achieved excellent results in their age category.

Clarice Lau	IVP Track 3km SC	00:12:46 (1st Overall)
Clarice Lau	IVP Track 10km	00:45:03 (1st Overall)
Lee Yuen Yu	IVP Track 10km	00:45:54 (3th Overall)
Lee Yuen Yu	IVP Track 5km	00:21:44 (5th Overall)
Siu Joo	IVP Road Race 6km	00:24:52
Itsuko Tanaka	Sembawang West Biathlon (800m swim, 5km run)	00:31:55 (1 st Women's Open)
Itsuko Tanaka	Metasprint Aquathlon (750m swim, 5km run)	00:32:50 (1 st W55-59)
Tony Seakins	Metasprint Aquathlon (750m swim, 5k run)	00:41:29 (1 st M70)



Left to Right: (1st row) Clarice Lau, Lee Yuen Yu, Siu Joo | Photo credits: Romaine Soh; (2nd row) Itsuko Tanaka (left), Tony Seakins

SA-WINGS CROSS COUNTRY CHAMPIONSHIPS 2024

Wings Athletic Club partnered with Singapore Athletics (SA) to organise this year’s SA-Wings Cross Country Championships 2024 event, held at Bedok Reservoir with a distance of 4.8km and 3.8km for the Men’s and Women’s race respectively. It was an enjoyable race as our members ran their best for individual timings and contributed to the team’s scores. There was a strong sense of camaraderie as our members cheered on for each other.

Women’s Masters	
Mireille Couture	Team Overall 2 nd
Ong Wang Chin	
Jayce Chua	
Itsuko Tanaka	
Vivian Tang	

Women’s Masters (Team B)	
Xiao Ping	Team Overall 4 th
Jessica Wang	
Cher Tan	
Caline Ng	
Angela Lim	

Women’s Open	
Nathenia Ng	Team Overall 9 th
Janice Lee	
Teo Hwi Bee	
Ho Min Debbie	
Neo Jieshi	

Men’s Masters (Team A)	
Alex Tay	Team Overall 4 th
Andreas Hopf	
Ernest Wong	
Tony Seakins	
Tyler Cord	

Men’s Masters (Team B)	
Daniel Gan	Team Overall 5 th
Leong Kam Ying	
Lim Kuang Poh	
Matthew Yeo	
Muk Tuck Sang	



Photo collage of our members at the Wings Cross Country 2024

RACES – OVERSEAS

MARATHONS / ULTRA TRAILS

Cher participated in a 22km race at the Skyhawk Nature Run which started in 2014 for runners to enjoy the picturesque countrysides while running along 8 kampongs. Building on, Cher recently joined the prestigious sub-4-hour marathon club with an impressive time of 3:59:28 at the Nagoya Women’s Marathon. Similarly, Yi Heng showcased outstanding performance by completing another full marathon, this time in Seoul, in under 3 hours.

Cher Tan	Skyhawk Nature Run 2024 (22km)	02:04:49 (19th Women’s)
Cher Tan	Nagoya Women’s Marathon	03:59:28 (2247 th Overall)
Kiew Yi Heng	Seoul International Marathon	02:58:41



Left to Right: Cher Tan, Kiew Yi Heng

TIME TRIAL & NEW MEMBERS



The following are our new members who clocked a sub 25-minute in our signature Time Trial route at MacRitchie. Welcome to the MR25 family!

TIME TRIAL #288

(10 December)



THONG JINMUN (23:24)

TIME TRIAL #289

(4 February)



SAMUEL NG (24:23)



EDWARD WANG (24:22)



ZUBAIR MAZLAN (21:24)



EMERSON KOO (18:52)



TRAINING SCHEDULE

Centers	Tuesday	Thursday	Sunday
Bukit Brown Cemetery (IC: Matthew Yeo)	6.15pm (TBA)	NA	NA
Bukit Gombak Stadium (IC: Caline Ng)	6.30pm (Interval)	6.30pm (Tempo Run)	NA
MacRitchie Reservoir (IC: Cher Tan)	NA	NA	7am (Long Run)

Note: If you are joining for the first time, do contact Kenneth Low / IC of the centers



Trainings at Bukit Brown (1st row), Bukit Gombak Stadium (2nd row), and at MacRitchie (3rd row) in the months of January to March



UPCOMING EVENTS

- April Time Trial [7th April Sunday 7:30am]
- May 20km Progressive Run [5th May Sunday 7:00am]
- June Time Trial [2nd June Sunday 7:30am]

MR25 Management Committee 2023-2024

Steven Quek	President
Wong Kum Fatt	Vice-President
Jayce Chua	Vice-President
Teo Zhao Wei	Secretary
Eugene Quan	Treasurer
Lee Yuen Yu	Assist. Secretary
Kenneth Low	Assist. Treasurer
Kenny Chua	Member
Cynthia Goh	Member
Paul Wong	Member
Wu Xiaoping	Member
Cher Tan	Member

Seah Chuan Heng	Co-opted Competition Chairman
Evelyn Chen	Co-opted Leaderboard Sub-Committee Member
Chng Siew Lu	Co-opted Sponsorship Sub-Committee Member
Chong Chern Dong	Co-opted Information Technology Sub-Committee Member

Many thanks to our generous supporters - Key Power Sports for club attire, Creative for the prize sponsorship and Pocari Sweat for hydration

Find our archived newsletters here:
<https://tinyurl.com/mr25archivednewsletters>



CREATIVE

