MR25 BULLETIN

THE MR 25 ULTRAMARATHON

Following the success of the 2023 MR25 Ultramarathon, the Organizing Committee has meticulously curated the 2024 edition, incorporating subtle adjustments for an even more captivating and exhilarating event. As the exciting six-month qualifying race progresses, the MR25 Bulletin takes a walk down memory lane, highlighting interesting facts about one of Asia's oldest ultramarathons, which began in 1978!

ROLL OF HONOUR

	Name	Lap Count	Time	Year
1	Rem Bahadur Thapa	12	11:34:41	2000
2	Koo Chin Poo	11	11:00:03	2003
3	Koo Chin Poo	11	11:16:36	2000
4	Toya Nath Pun	11	11:30:52	2001
5	Lua Choon Huat	11	11:51:02	2003
6	Tan Choon Ghee	11	11:55:34	2000
7	Tan Choon Ghee	10	10:36:05	2001
8	Taya Nath Pun	10	10:38:57	2000
9	Evan Chee	10	11:02:55	2015
10	Jasmine Goh	10	11:03:00	2015
11	Rem Bahadur Thapa	10	11:03:30	2001
12	Jaffar Bin Ahmad	10	11:10:34	2000
13	Teo Ewin	10	11:13:54	2015
14	Chris Timms	10	11:20:00	2023
15	Milan Gurunu	10	11:23:10	2003
16	Ku Seow Wee	10	11:23:15	2000
17	Yuta Suda	10	11:24:12	2015
18	Yeo Kim Hong	10	11:30:00	2013
19	Lua Choon Huat	10	11:34:01	2001
20	Wong Hoong Wei	10	11:35:47	2016
21	Wong Hoong Wei	10	11:36:43	2021
22	Ernest Wong	10	11:37:50	2003
23	Hiroto Ogawa	10	11:45:16	2016
24	Ng Lem Chee	10	11:46:00	2023
25	Jaffar Bin Ahmad	9	10:11:58	2001

Top 25 performances recorded as at 2023

Known as the Super-Endurance Run when it started in 1978 (two years after the founding of the club in 1976), the MR25 Ultramarathon has gone through several changes over the years. MR25 Bulletin attempts to trace some of the changes.

In the early years of the event, it was only open to members of the club. Members could join in to complete as many 10.5km loops as they wish. In the first five years of competition, the club saw no more than 8 participants completing 5 loops or more. At some stage, there was a requirement in the competition – each loop only counts if they are completed within 90 min, ensuring that participants could not stroll through the 10.5km loop. The total timing was based on the time spent running, excluding rest periods within the specific time frame of 7am-7pm. This approach focused solely on active running time. The event grew over the years and included members of the public. Prizes, including prize money, was introduced over the years. Each participant has to complete 5 loops to be considered a "finisher" of the ultramarathon.

The best performance recorded so far was 12 loops by Rem Bahadur Thapa in 2000. He completed the 126km in 11:34:41. Our very own MR25 legend, Koo Chin Poo, completed 11 loops on two occasions – first in 11:16:36 in 2000 and again in 11:00:03 in 2003. In 2018, before the COVID epidemic, there were as many as 200 registered participants. Due to COVID, however, there was no competition organized from 2019 to 2021. The competition was re-introduced in 2022, but with much restrictions – only members and invited guests could take part.

In 2023, the event was re-opened to the public again, but with changes to the format to mitigate the park's restrictions by the authorities. The new format involves a qualifying round where participants compete for limited places to participate in the dawn to dusk event.

Despite some challenges posed by the new regulations, the course route remains the same (MacRitchie Reservoir 10.5km loop), as with the event time and duration (dawn to dusk from 7am to 7pm). However, participants were reminded to follow the guidelines given by the authority.

Tan Choon Ghee (11 Loops)

Lua Choon Huat (11 Loops)

Koo Chin Poo (11 Loops)

Come! Challenge your personal limits ...
or take on the records of MR25 Ultramarathon legends!
Please refer to the following for details of the 2024 Ultramarathon:
https://www.facebook.com/share/p/xtojK7vkADuM1xkc/?

Be part of this challenging, historic event and register at:
https://tinyurl.com/MR25Ultramarathon2024

(Readers with more information on this historic ultramarathon are welcome to drop the editor an email at ask@mr25.org.sg)

SPONSORSHIP UPDATES

Key Power Sports

Sponsors of 2024 MR25 Club vests and 2024 MR25 Ultramarathon Participants Vests and Finishers T-shirt

We are thrilled to announce that, after sponsoring our club vests in 2022 and Ultramarathon T-shirts in 2022 and 2023, Mr. Robert Lu of Key Power has graciously extended their support by sponsoring our club vests for 2024. Additionally, they will be sponsoring vests for our participants and finisher T-shirts for finishers of the 2024 Ultramarathon.

Club members donning SKINS vests in Gombak (top left) and BBC (bottom right) Training Centres, as well as participants at 5 km Time Trial (top right), and participants and organizers at the end of MR25 Ultramarathon 2023 at MacRitchie Reservoir (bottom left).

Pocari Sweat

*Hydration support for MR25 Bimonthly Time Trial and Progressive Run,
as well as Ultramarathon*

We are grateful to Pocari for extending another year of hydration support to our club. They will continue to supply drinks for our Time Trial and Progressive Run events through 2024.

Hydration support by Pocari Sweat at training centres,   monthly time trials, progressive runs, as well as year-end Ultramarathon

Creative Technology

Sponsors of 2024 MR25 Ultramarathon Prizes

We are delighted to continue our ongoing collaborations with Creative Technology. Following their donation of Creative products for the top-3 places in all four categories of the 2023 Ultramarathon, Creative have generously sponsored prizes for the 2024 edition as well.

Collaboration with Creative – Some of the prizes donated by Creative at 2023 Ultrmarathon (left photos). President Steven Quek conducting a running workshop for Creative Staff at their premise (centre photo). Ethan Chan contributed to the production of publicity material for Creative (right photo).

Members Supporters

Yoyogi sponsorship of our Dedicated Volunteers Awards

Yoyogi is continuing their sponsorship of our Dedicated Volunteers Awards for another year for 2025!

Jacquelin and Edwin hosting our 2024 MR25 Dedicated Volunteer Awards Recipients at Yoyogi. Steven Quek presenting MR25 souvenir mugs as a token of appreciation to Jacquline and Edwin

Leong Kam Ying (Ah Weng) sponsorships of MR25 Souvenir Mugs

Mr Leong Kam Ying has generously sponsored the production of MR25 Souvenir Mugs to the club. The souvenir will be presented to our sponsors as well as members attending AGM in 2025 (while stock lasts*).

From left to right: Steven Quek presenting souvenir mugs to souvenir sponsors Leong Kam Ying (Ah Weng); Paul Wong presenting souvenir mugs to Mr. Robert Lu, our attire sponsor Key Power Sports; Steven Quek presenting souvenirs to Joshua, Nelson, and Priscilla of Pocari Sweat; Chng Siew Lu presenting souvenirs to Xin Na and Amabel of Creative

Good news! Attendees at our next AGM (scheduled in February 2025) will receive this souvenir mug (while stock lasts!) courtesy of Mr. Leong Kam Ying.

THE TRAIN SYSTEM
AN INNOVATIVE APPROACH TO INTERVAL TRAINING

Around 2015, Coach Steven Quek was training a small group of about ten athletes at the National University of Singapore (NUS). Despite the group's size, their diverse competition distances – ranging from 800m to 10,000m for both genders – made it challenging for them to perform workouts together. In response, Coach Steven devised a solution that would allow athletes of varying abilities to train together. He introduced the Train System, enabling athletes with different capabilities to participate in the same sessions. For example, a 10,000m boy aiming for a time of 33:20 and a 1500m girl targeting a 5:00 could train together, alongside others with differing goals.

Below is an overview of the Train System, now utilized weekly at the ActiveSG Athletics Club (Distance Programme) in Gombak, Yio Chu Kang, and Bedok Stadium, as well as our MR25 Tuesday Gombak Group Training Centre.

Introduction - Navigating Training Methods
Distance runners are familiar with a variety of training methodologies. Apart from the prevalent Long Continuous Run, commonly known as Long Slow Distance (LSD), Interval Training emerges as a prominent approach among distance runners.

Understanding Interval Training
Interval training involves breaking down training volumes into smaller segments, interspersed with rest or recovery jogs between repetitions. This method allows runners to engage in intensities not achievable during continuous runs. From an energy system perspective, it enables athletes to fine-tune their bodies' energy production using a specific combination of aerobic and anaerobic systems, optimizing pace training for efficient energy production.

Application to Performance Improvement
Consider an athlete aiming to improve their 5,000m race time from 17:30 to 16:40 (from a 3:30/km to a 3:20/km pace). Sustaining a 3:20 pace continuously for 5km from the offset may be challenging physiologically. Breaking the distance into manageable segments, such as 10 x 500m at 1:40 (3:20 pace) with brief recovery intervals, offers a more feasible approach.

Through gradual increments and increased comfort with shorter distances, interval training refines the body's energy production efficiency at the target pace, ultimately leading to the desired pace for the full distance.

Considerations for Implementing Interval Training

Pace of Training - The pace of training is determined by the target time the athlete aims to achieve in the event. Training at the specific pace helps the body become more efficient at running at that speed.

Volume of Training - The volume of training is typically aligned with the distance the athlete intends to compete in. For example, the total volume of interval training for a 10,000m runner would be 10,000m, while that of a 1500m runner would be 1500m. This principle may not directly apply to marathon and half-marathon training. The serious athletes training for the shorter distances like 1500m and 2400m may complete one-and-a-half to two sets of training instead, thereby completing 150% to 200% of the race distance.

Distance of Intervals - Interval training involves breaking the total distance into shorter, more manageable parts. As the distance of each interval increases, the number of repetitions decreases, with the goal of approaching about 50% of the race distance for the longest interval.

Recovery Time - Appropriate recovery time is crucial for effective interval training. If the recovery time is too long, it may not facilitate the necessary physiological adaptations. Conversely, if the recovery time is too short, the athlete may not recover adequately. A general guideline is to keep the recovery time for shorter interval distances or less intense training at about 60 seconds. For longer distances or training of higher intensity, consider increasing the recovery time to 2 to 3 minutes to ensure sufficient recovery.

Values of Group Training

The experienced athletes would have found running in a group generally more manageable than running alone. Group training offers several benefits for runners, including motivation, mental engagement, pacing strategies, and reduced wind resistance.

Challenges in Group Training

While group training is advantageous, varying fitness levels among athletes within the group pose challenges to train together. The Train System addresses this challenge by enabling athletes of different abilities to train together while maintaining a consistent pace.
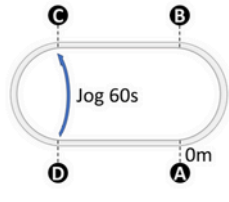
Table 1: Illustration of a group of athletes of different abilities training together at the same 80s (3:20) pace

Athlete	Event Distance	Target	Each 400m	Examples of Training Programmes
Ann	1500m	5:00	80s	2 sets 5 x 300m at 60s, jog back 100m in 60s; 10:00 between sets
Belle	2400m	8:00	80s	2 sets 6 x 400m at 80s, jog back 100m in 60s; 10:00 between sets
Cayden	3000m SC	10:00	80s	6 X 500m at 100s, jog back 100m in 60s
Dennis	5000m	16:40	80s	10 x 500m at 100s, jog back 100m in 60s
Eric	5000m	16:40	80s	5 x 1000m at 3:20, jog around the same area for 80s
Ferd	10,000m	33:20	80s	10 x 1050m at 3:30, jog back 50m in 70s

The Dynamics of the Train System

In the Train System, athletes of varying fitness capabilities follow the prescribed pace and run together around the track. A member signals the completion of their interval by waving an arm and stepping aside, leaving the group when their repetition is finished. Those with remaining distances continue, while athletes who completed their rest interval rejoin the train at the prescribed section of the track when it comes around again. Rejoining can occur at any position within the group, depending on available gaps and pacing. While more tedious or limited, the Train System could also apply to interval training conducted outside the track.

Table 2: Illustration of the group of athletes' first repetition ending point, recovery jog and second repetition starting point, while all performing interval training together

Athlete	Interval Distance	End of 1st repetition	Recovery Jog	Start of 2nd repetition	Recovery jog to next start point
Ann	2 x (5 x 300m) at 60s	D	Back 100m in 60s	C	
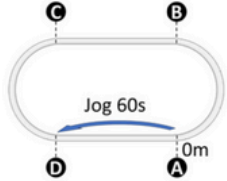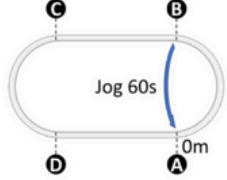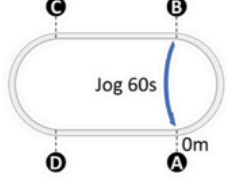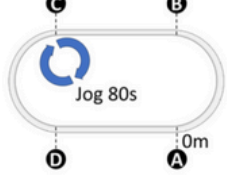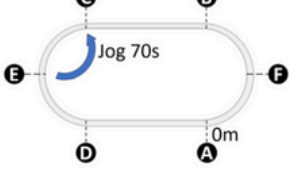
Belle	2 x (6 x 400m) at 80s	A	Back 100m in 60s	D	C B — Jog 60s — D A 0m
Cayden	6 X 500m at 100s	B	Back 100m in 60s	A	C B — Jog 60s — D A 0m
Dennis	10 X 500m at 100s	B	Back 100m in 60s	A	C B — Jog 60s — D A 0m
Eric	5 x 1000m at 3:20	C	Same pt for 80s	C	C B — Jog 80s — D A 0m
Ferd	10 x 1050m at 3:30	E	Back 50m in 70s	C	C B — E Jog 70s F — D A 0m

Table 3: Illustration of one of the athletes, Dennis' interval training starting point, ending point and recovery jog of each of the 10 x 500m training.

Rep	Distance	Duration	No of lap	Recovery	Start Point	End Point	Jog to next start point	Accumulated Distance
1	500m	1:40	1 lap + 100m	60s	A	B	A	500m
2	500m	1:40	1 lap + 100m	60s	A	B	A	1000m
3	500m	1:40	1 lap + 100m	60s	A	B	A	1500m
4	500m	1:40	1 lap + 100m	60s	A	B	A	2000m
5	500m	1:40	1 lap + 100m	60s	A	B	A	2500m
6	500m	1:40	1 lap + 100m	60s	A	B	A	3000m
7	500m	1:40	1 lap + 100m	60s	A	B	A	3500m
8	500m	1:40	1 lap + 100m	60s	A	B	A	4000m
9	500m	1:40	1 lap + 100m	60s	A	B	A	4500m
10	500m	1:40	1 lap + 100m	60s	A	B	A	5000m

Table 4: Illustration of one of the athletes, Eric's interval training starting point, ending point and recovery jog of each of the 5 x 1000m training.

Rep	Distance	Duration	No of lap	Recovery	Start Point	End Point	Jog to next start point	Accumulated Distance
1	1000m	3:20	2 laps + 200m	80s	A	C	C	1000m
2	1000m	3:20	2 laps + 200m	80s	C	A	A	2000m
3	1000m	3:20	2 laps + 200m	80s	A	C	C	3000m
4	1000m	3:20	2 laps + 200m	80s	C	A	A	4000m
5	1000m	3:20	2 laps + 200m	80s	A	C	C	5000m

To optimize the effectiveness of Interval Training using the Train System, a strategic blend of interval distance and recovery time is essential with meticulous planning.

For instance, an athlete targeting a 16:40 5000m (3:20/km pace) could initiate training with 10 x 500m at the same pace (3:20/km or 80 seconds per lap on the track), followed by a 60-second recovery jog to rejoin the 'train' that has progressed 300m at the previous 'starting point'. As proficiency grows, the athlete may advance to 8 x 600m at the same pace, with a 100m jog back taking 60 seconds to rejoin the oncoming 'train' that has progressed 300m.

Upon mastering this, the athlete might progress further to 7 x 700m at the same pace (3:20/km), then 6 x 800m, while maintaining a 100m jog of 60 seconds for recovery. This incremental progression continues, culminating in more advanced interval training, exemplifying the fundamental approach of interval training using the Train System.

Table 5: Illustration of one of the athletes, Dennis' interval training progression over time.

Progress	Interval Training	Duration	Recovery	Total Distance
1	10 x 500m	1:40	60s	5000m
2	8 x 600m	2:00	60s	4800m
3	7 x 700m	2:20	60s	4900m
4	6 x 800m	2:40	60s	4800m
5	5 x 1000m	3:20	80s	5000m
6	4 x 1200m	3:40	80s	4800m
7	3 x 1600m	5:00	80s	4800m
8	2 x 2400m	8:00	120s	4800m

The approach could be further refined to facilitate progression. The athlete can advance from 10 x 500m to variations such as 10 x 510m at the same pace in 1:42 or 10 x 520m in 1:44. For these adaptations, incorporate a 110m jog back in 58 seconds or a 120m jog back in 56 seconds, aligning with the point where the "train" has progressed 290m or 280m forward, respectively.

The progression could also be 8 x 580m at 1:56 with an 80m jog back in 1:04 to meet the train that has run forward by 320m. Alternatively, the athlete could progress to 8 x 590m at 1:58 with a 90m jog back in 1:02 to meet the train that has run forward by 310m.

The latter two approaches may seem intricate to readers not familiar with the basic Train System but would be more comprehensible once one is familiar with the basic principles of interval training using the system.

Images illustrate joining a train safely from the front and back.
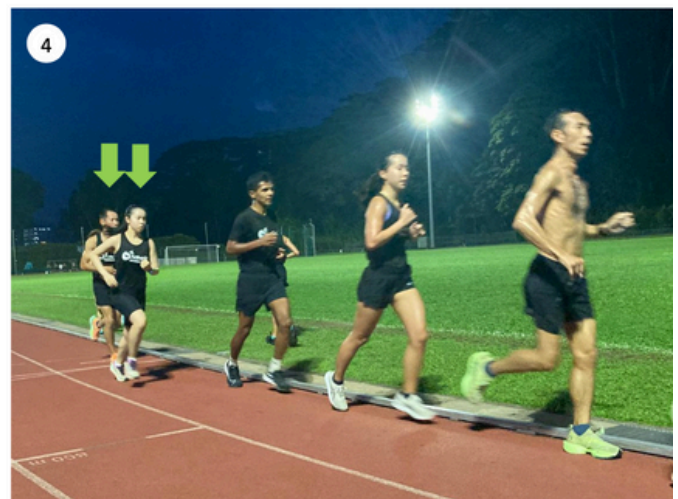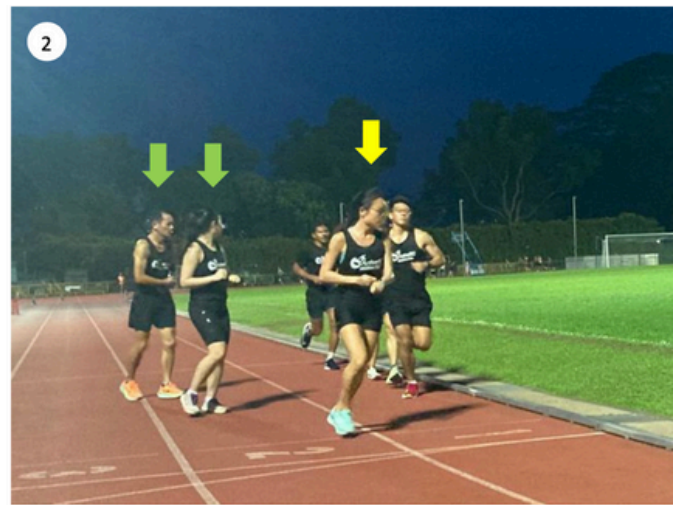
Images illustrating leaving a train safely without disrupting the flow of the runners around.
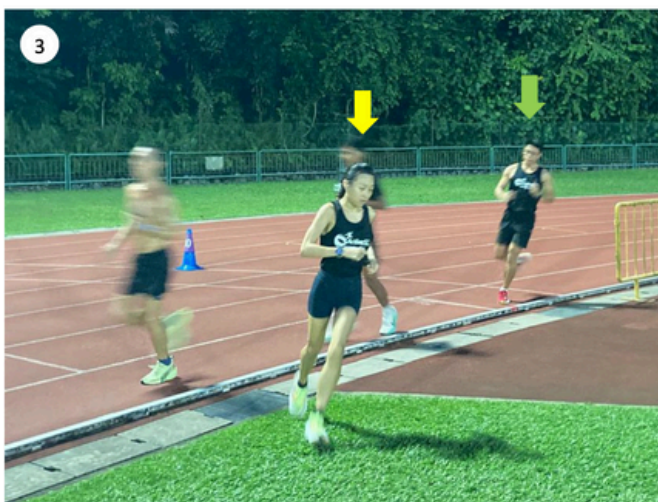
Essentials for Success

For this system to be effective, athletes must closely adhere to the target time during running. They must also stay alert, making slight but necessary adjustments by either increasing or reducing the rest time slightly between repetitions. This dynamic approach fosters inclusivity, allowing athletes of different abilities to train together effectively. Indeed, some of Singapore's finest distance athletes over the past ten years have made significant progress after having experienced the above system.

Article contributed by Steven Quek

5KM API LEADERBOARD
UPDATES (AS OF JUNE TIME TRIAL)

We had our bimonthly 5km Time Trial on Saturday 1 June, and Sunday 2 June 2024, the seventh round since the introduction of the Age-graded Performance Index (API) leaderboard. Simon Teo ran a respectable 21:01, scoring a high of 68.99% for this June trial to move up to no. 8 overall in the standing. The top-7 positions, however, remains unchanged, with Tony Seakins sitting comfortably at the top of the leaderboard with a score of 76.49%.

MR25 5km TT Age-graded Performance Index Leaderboard

Overall	Male	Female	Name	Timing	Score (%)	TT Date
1	1		Tony Seakins	22:37:00	76.49%	7 Apr 2024
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		Simon Teo	21:01:00	68.99%	2 Jun 2024
9	8		Jonathon Yeong	18:10:00	68.81%	3 Jun 2023
10	9		Sigi Stettmayer	22:24:00	68.68%	1 Oct 2023
11	10		Ng Junwei	19:25:00	68.41%	7 Apr 2024
12	11		Gil Madrid	22:30:00	68.37%	6 Aug 2023
13	12		Philston Sow	19:22:00	68.16%	30 Sep 2023
14	13		Leong Kam Ying	23:03:00	67.97%	10 Dec 2023
15	14		Shohib Marican	18:25:00	67.87%	3 Jun 2023
16	15		Ernest Wong	22:09:00	67.12%	2 Jun 2024
17	16		Cayden Lau	19:22:00	66.87%	3 Jun 2023
18	17		Emerson Koo	18:52:00	66.78%	4 Feb 2024
19	18		Alvin Loh	23:29:00	66.71%	7 Apr 2024
20	19		Mark Solway	22:29:00	66.64%	7 Apr 2024
21	20		Collin Leong	21:56:00	66.11%	7 Apr 2024
22	21		Wong Kin Leong	24:09:00	66.05%	7 Apr 2024
23	22		Aeron Young	18:56:00	66.02%	3 Jun 2023
24	23		Robert Smith	21:44:00	65.57%	7 Apr 2024
25	24		Zou Ao Lin	19:33:00	65.30%	2 Jun 2024
26	25		Joshua Chua	19:10:00	65.22%	3 Jun 2023
27	26		Lim Kuang Poh	22:25:00	65.20%	5 Aug 2023
28	27		Muk Tuck Sang	23:54:00	64.92%	1 Oct 2023
29	28		Kieran Benson	19:22:00	64.54%	7 Apr 2024
30	29		Kuek Chui Shong Raphael	19:23:00	64.49%	2 Jun 2024
31	30		Chen Jinxuan	20:39:00	63.92%	2 Jun 2024
32	31		Jan-Douwe Wansink	19:55:00	63.77%	2 Jun 2024
33	32		Ezekiel Kuah	20:44:00	63.67%	3 Jun 2023
34	33		Charles Lim	19:46:00	63.32%	1 Oct 2023
35	34		Bakari Smith	19:45:00	63.29%	4 Feb 2024
36	35		Nathan Lee	20:30:00	63.17%	2 Jun 2024
37		2	Teo Swee Lin	21:45:00	63.07%	10 Dec 2023
38	36		Gregory Chow	20:59:00	62.83%	4 Jun 2023
39	37		Abdul Rahman	20:04:00	62.29%	1 Oct 2023
40	38		Kwok Tong Seng Kelvin	22:23:00	62.17%	4 Jun 2023
41	39		Swee Weidi	20:07:00	62.08%	6 Aug 2023
42	40		Low Cheng Yang	20:55:00	61.91%	2 Jun 2024
43		3	Joelle Langeveld	20:27:00	61.70%	2 Jun 2024
44		4	Tan Bao Hui Chantel	22:45:00	61.68%	1 Jun 2024
45	41		Isaias Long	21:26:00	61.59%	2 Jun 2024
46	42		Ken Ng	22:15:00	61.57%	7 Apr 2024
47	43		Kiew Yi Heng	20:31:00	61.33%	6 Aug 2023
48	44		David Poh	23:05:00	61.30%	10 Dec 2023
49	45		Randy Kang	24:08:00	61.06%	6 Aug 2023
50	46		Yip Jia Hao	21:37:00	60.99%	1 Oct 2023
51	47		Wong Sin Kiat	22:14:00	60.79%	2 Jun 2024
52	48		Chin Way Mark Lim	23:27:00	60.77%	2 Jun 2024
53	49		Tan Shyh Yong	22:12:00	60.74%	7 Apr 2024
54	50		Wong Kin Chong	20:38:00	60.58%	3 Jun 2023
55	51		Zhou Zhi Zhong	20:42:00	60.55%	4 Jun 2023
56	52		Culver Tan	24:34:00	60.52%	2 Jun 2024
57	53		Ruy Teoh	22:18:00	60.46%	4 Feb 2024
58	54		Frederick Fong	23:14:00	60.40%	4 Jun 2023
59	55		Yam Pak Sing Derick	24:56:00	60.09%	2 Jun 2024
60	56		Loi Huat Careca Yong	24:32:00	60.05%	6 Aug 2023
61	57		Choy En Kai Zacchaeus	21:59:00	60.05%	2 Jun 2024
62		5	Sharon Fay Ong	22:30:00	59.93%	10 Dec 2023
63		6	Wang Li	21:56:00	59.88%	30 Sep 2023
64	58		Kevin Ho	22:50:00	59.56%	7 Apr 2024
65		7	Chloe Young	21:01:00	59.48%	7 Apr 2024
66	59		Winston Tan	25:15:00	59.34%	4 Jun 2023
67	60		Mervyn Tan	23:25:00	58.93%	7 Apr 2024
68	61		Dustin Lee	22:12:00	58.93%	4 Feb 2024
69	62		Javier Heng	22:00:00	58.86%	1 Jun 2024
70		8	Goh Pei Yong	22:09:00	58.84%	4 Jun 2023
71	63		Akihito Watanabe	23:33:00	58.60%	4 Feb 2024
72	64		Zubair Mazlan	21:24:00	58.41%	4 Feb 2024
73	65		Jack Zhou	22:17:00	58.12%	1 Jun 2024
74		9	Sheryl Tang	21:39:00	57.97%	3 Jun 2023
75	66		Chris Khoo	22:08:00	57.83%	7 Apr 2024
76	67		Cydric Chung	22:25:00	57.47%	5 Aug 2023
77	68		Nikhil Koduru	23:52:00	57.40%	4 Feb 2024
78	69		Kendrick Neo	23:00:00	57.39%	1 Jun 2024
79	70		David Dacid Sotta	24:51:00	57.34%	4 Feb 2024
80	71		Lim Chin Way Mark	24:52:00	57.31%	7 Apr 2024
81	72		Koh Chiu How	23:35:00	57.17%	7 Apr 2024
82		10	Pauline Ooi	23:36:00	57.13%	10 Dec 2023
83	73		Edward Wang	24:22:00	57.11%	4 Feb 2024
84	74		Chua Chun Hwee	24:05:00	56.89%	7 Apr 2024
85	75		Luo Yongqiang	22:39:00	56.88%	2 Jun 2024
86		11	Angela Lim	23:59:00	56.85%	4 Jun 2023
87	76		Gabriel Liu	22:50:00	56.72%	2 Jun 2024
88	77		Keegen Chung	22:18:00	56.65%	5 Aug 2023
89	78		Tay Shean Chyi Alex	24:59:00	56.64%	2 Jun 2024
90	79		Kliff Cheang	22:16:00	56.59%	1 Jun 2024
91	80		Anurag Bhalla	23:52:00	56.49%	6 Aug 2023
92	81		Aaron Leong	22:51:00	56.38%	1 Oct 2023
93		12	Levyn Wong	22:14:00	56.22%	7 Apr 2024
94		13	Thong Jin Mun	23:24:00	55.70%	10 Dec 2023
95	82		Luo Yihan	24:21:00	55.51%	2 Jun 2024
96	83		Jonathon Guan	23:35:00	55.35%	4 Jun 2023
97		14	Debbie Ho	22:36:00	55.31%	30 Sep 2023
98	84		Ng Hong Jun	24:29:00	55.21%	2 Jun 2024
99		15	Hee Chew Peng	23:23:00	55.02%	3 Jun 2023
100	83		Matthias Wen Jun Kwang	23:20:00	54.71%	4 Feb 2024
101	86		Wu Kefan	24:13:00	54.51%	2 Jun 2024
102	87		Charles Ling	24:50:00	54.43%	2 Jun 2024
103	88		Joffrey Czarny	24:52:00	54.22%	4 Feb 2024
104	89		Lim Ming Qing Lucas	24:56:00	54.21%	2 Jun 2024
105	90		Lauw Choon Hui	26:05:00	53.35%	2 Jun 2024
106	91		Dany Adolphe	26:25:00	53.12%	4 Sep 2023
107	92		Goh Zhipeng	23:33:00	53.08%	30 Sep 2023
108		16	Nathenia Ng	23:38:00	52.89%	10 Dec 2023
109		17	Low Yu En	25:33:00	52.58%	1 Jun 2024
110		18	Eleri Lin	24:14:00	52.48%	30 Sep 2023
111	93		Justin Lee	23:56:00	52.37%	30 Sep 2023
112		19	Ariel Teo Jingyu	24:03:00	51.98%	30 Sep 2023
113	94		Aloysius Teo	24:07:00	51.83%	1 Oct 2023
114	95		Adriel Tay	24:21:00	51.68%	7 Apr 2024
115	96		Timothy Chee	24:14:00	51.58%	3 Jun 2023
116	97		Samuel Ng	24:23:00	51.26%	4 Feb 2024
117	98		Michael Ballard	27:02:00	50.68%	7 Apr 2024
118	99		Chen Kye Ewan Lim	26:03:00	50.67%	2 Jun 2024
119	100		Vincent Loo Yuu Wei	24:43:00	50.57%	2 Jun 2024
120		20	Melody Koik	26:35:00	50.53%	1 Jun 2024
121		21	Janice Lee	24:46:00	50.47%	10 Dec 2023
122		22	Lina Loy	27:06:00	49.57%	1 Jun 2024
123	101		Mohd Fadh Al-Idraki Mahmud	25:43:00	48.61%	7 Apr 2024
124		23	Nur Qamarina	28:16:00	48.53%	1 Jun 2024
125		24	Teoh Mei Ting	25:51:00	48.36%	4 Feb 2024
126	102		Dean Ng	26:35:00	48.17%	4 Feb 2024
127	103		Lim Chen Kye Ewan	27:52:00	47.37%	7 Apr 2024
128		25	Elva Fong	29:50:00	45.98%	2 Jun 2024
129		26	Rachel Low	29:49:00	45.05%	1 Jun 2024
130		27	Claire Ong	30:54:00	44.39%	2 Jun 2024
131		28	Ng Kai Xuan	29:59:00	43.91%	1 Jun 2024
132	104		Sharil	31:14:00	40.13%	3 Jun 2023
133		29	Kelly Ho	32:14:00	39.45%	4 Feb 2024

Simon Teo, API of 68.99% at the June Time Trial 2024

For runners who are 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 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 5th May, a total of 22 members took part in our 20km Progressive Run that brought us back to our traditional route to Upper Pierce.

20km Progressive Run
5/5/2024
Finishers

1	Wong Kum Fatt	**1:40:23**
2	Simon Teo	**1:41:33**
3	Tony Seakins	**1:42:13**
4	Itsuko Tanaka	**1:45:43**
5	Ernest Wong	**1:48:54**
6	Ken Ng	**1:49:32**
7	Muk Tuk Sang	**1:53:39**
8	Chng Jin Kai	**1:54:45**
9	Kiew Yi Heng	**1:55:03**
10	Jacqueline Goh	**1:55:04**
11	Sigi Stettmayer	**1:55:52**
12	Mervyn Tan	**1:59:40**
13	Wong Kin Leong	**2:00:13**
14	Ying Shao Wei	**2:01:36**
15	Lim Kuang Poh	**2:04:23**
16	Joffrey Czarny	**2:05:45**
17	Lim Hwee Boon	**2:06:19**
18	David Sotta	**2:07:43**
19	Culver Tan	**2:18:10**
20	Liau Wee Bin	**2:25:41**
21	Tay Yong Seng	**2:49:35**
22	Neo Seng Gee	**2:49:36**

RACES – LOCAL & OVERSEAS 🏁🏁

Mark took part in the 2XU Compression Run in April, the Income Eco Run in May, and ran a sub-2-hour half marathon for both. Matthew competed in a 10km race in Hat Yai, Thailand, coming in 2nd position for his age category. Cher ran in the Thunder Dragon Marathon in Bhutan, and the Gunung Pulai Vertical Run in Johor, Malaysia, coming in 3rd position for both races. Congratulations to our runners!

Lim Chin Way Mark	2XU Compression Run (Half-Marathon)	01:59:03 (1292th Men's)
Lim Chin Way Mark	Income EcoRun (Half-Marathon)	01:59:51
Matthew Yeo	Hat Yai Marathon (10.5km)	00:47:48 (2nd M60-64)
Cher Tan	Thunder Dragon Marathon	06:15:38 (3rd Women's)
Cher Tan	Gunung Pulai Vertical Run (10km)	02:04:15 (3rd Veteran Women's)

Left to Right: Mark Lim, Matthew Yeo (2nd from left), Cher Tan

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 #289
(4th February 2024)

DAVID SOTTA (24:51)

TIME TRIAL #290
(7th April 2024)

LEVYN WONG (22:14)
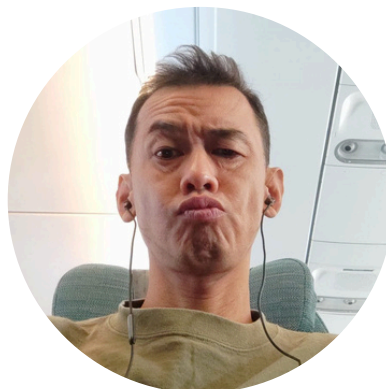

MARK LIM (24:52)

ADRIEL TAY (24:21)

KIN LEONG (24:09)

ALVIN LOH (23:29)

SHYH YONG (22:12)

CHRIS KHOO (22:08)

SIMON TEO (21:19)

TIME TRIAL #291 & 292
(1 & 2 June 2024)

JOELLE LANGEVELD (20:27)

YAM PAK SING (24:56)

SWEE WEI DI (23:30)

LUO YONGQIANG (22:39)

JAN-DOUWE WANSIK (19:55)

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 April to June

UPCOMING EVENTS

- July 25km Progressive Run [7th July Sunday 7:00am]
- August Time Trial [4th August Sunday 7:30am]
- September 30km Progressive Run [1st September Sunday 7:00am]

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