MR25 BULLETIN

Adapting to Challenges - Introduction of
THE MR25 MOST LOOPS COMPETITION

Some of the winners from previous Most Number of Loops Competition

At the end of 2021, the management committee considered whether we were ready to bring back the MR25 Ultramarathon. While there had been some stabilization following the COVID-19 pandemic, uncertainty and restrictions surrounding social gatherings and sporting activities still persisted.

As a club, we were committed to resuming activities for our members, but we were equally determined to comply with all health and safety regulations. After much deliberation, we decided to resume a modified set of activities. We introduced all-virtual events designed to create a sense of fun, engage our members, and encourage them to reconnect with our home ground at MacRitchie Reservoir. Thus, the **2021 Year-end Fun Challenge** was launched, providing a safe and enjoyable way to bring our community together despite the ongoing challenges.

To cater to members with diverse interests, we organized three mini-competitions -

The MR25 2021 Mini-Competitions Format:

Event	Date / Period	Winning Criteria
A	26 Dec (Sun) 7am to 7pm	Most loops in shortest time
B	25 Dec (Sat) to 31 Dec (Fri)	Fastest time
C	25 Dec (Sat) to 31 Dec (Fri)	Most loops between 25 Dec to 31 Dec

Event A was essentially a self-supported version of our traditional Dawn to Dusk MR25 Ultramarathon. For Event B, members had one week to complete as many 10.5km loops as they wished, with the fastest men and women declared winners. Event C revolved around the concept of the most number of loops. Members had one week to return to MacRitchie and clock as many loops as possible. This competition, in particular, was a key strategy to bring as many MR25 members back to MacRitchie, especially as there was a sense that MR25's presence at MacRitchie was waning.

Building on the success of our 2021 Year-end Fun Challenge, the committee quickly organized another virtual event – the **MR25 10.5km Challenge** in March 2022. Our goal was once again to "bring everyone together to run, to race, and to connect on our home turf at MacRitchie Reservoir Park." This event not only fostered a sense of community and engagement among members but also provided an opportunity to identify the "Elite Runners" within the club.

The MR25 10.5km Challenge 2022 Format

Event	Date / Period	Winning Criteria
A	7 March to 31 March	Best API
B	7 March to 31 March	Most loops

Event A: The Best Age-graded Performance Index (API) - Building on the concept of the fastest 10.5 km loop from the previous year, we wanted to create an event that catered to our faster runners while recognising the diversity in our members' ages, ranging from teenagers to those in their seventies. To ensure fair competition, we introduced age-graded scoring, which took into account participants' year of birth and gender using the Runners' World Age Grade Calculator for a 10 km run. This format allowed us to identify the best 10.5 km runners while considering age differences. By ranking participants based on age-graded scores, Event A fostered competition across all age groups, making the challenge more inclusive and enjoyable. To further increase excitement, Brooks (Hyperion Tempo) shoes were generously donated as prizes by our attire sponsor, Key Power.

Event B: The Most Number of 10.5 km Loops - This format aimed to encourage our members to regularly revisit our signature 10.5 km loop, promoting endurance and reinforcing MR25's presence at MacRitchie Reservoir. Participants were challenged to complete as many loops as possible, testing their stamina and commitment. To incentivize participation, Seoul Garden meal vouchers were offered as prizes, adding an element of reward and motivation for those who pushed their limits.

At the end of 2022, the March Virtual Challenge was repeated in December, with the added feature of a self-supported version of the traditional Dawn to Dusk Ultramarathon. To encourage greater participation without overextending our members, we introduced a new option: **members were given the privilege of inviting a friend to join the event.** This addition expanded the challenge's reach and fostered a sense of community by allowing members to share the experience with others.

The MR25 10.5km Challenge 2022 Format (with addition of Event C)

Event	Date / Period	Winning Criteria
A	5 Dec to 26 Dec	Best API
B	5 Dec to 26 Dec	Most loops
C	31 Dec 7am to 7pm	Most loops

By 2023, normal activities had resumed worldwide, and we made efforts to bring back our traditional **Ultramarathon**. However, the Parks Board had introduced new regulations that prohibited organized mass competitions in certain parts of the nature reserve.

To comply with these guidelines, we adapted the event into a modified format. We introduced a virtual preliminary round, which allowed more runners—both members and the public—to participate. Participants could complete the race at their convenience and submit their records while adhering to the established guidelines. From this pool of participants, up to 30 selected finalists would compete in the grand finale. This approach ensured compliance with regulations while still providing an exciting and inclusive ultramarathon experience.

2023 Ultramarathon Format

Event	Date / Period	Winning Criteria
A	31 Dec 7am to 7pm	Most loops by member
B	31 Dec 7am to 7pm	Most loops by non-member

As we continue to refine this new 2023 format, the organizing committee decided to bring back the Most Number of Loops competition in 2024 into our Ultramarathon competition. This members-only event, stretching from June to December, encourages members to pace themselves as they return to MacRitchie for regular runs.

2024 Ultramarathon Format

Event	Date / Period	Winning Criteria
A	29 Dec 7am to 7pm	Most loops by member
B	29 Dec 7am to 7pm	Most loops by non-member
C	1 Jun – 31 Dec	Most loops

We hope this competition evolves into another exciting part of our program, alongside our bimonthly 5km Time Trial, the Progressive Run, and our annual Dawn to Dusk Ultramarathon. Members who have interesting ideas on the format of this competition are welcome to drop the editor a message or write to ask@mr25.org.sg.

A CHAT WITH MUI CHIN

Mr. Boo Mui Chin having a chat with the editor at MacRitchie Reservoir

Editor: When did you join our running club?
Mui Chin: Either in the year 1985 or 1986

Editor: Why did you join our running club?
Mui Chin: During my army days, a group of friends and I qualified to join MR25 as club members. We had been running and training together regularly, and once we met the requirement, we joined the club and gradually became more involved with it.

Mr. Boo and our members during a Sunday easy run

Editor: How did you join our running club?
Mui Chin: As a reservist, I used to train with a group of friends for the Army Half Marathon. It was then that I met Lim Teck Heng, a member of MR25, who encouraged us to take part in a time trial to join the club. We were told that to qualify, we simply had to run under 25 minutes. In our first time trial, the group of us qualified for membership, and with my time of around 18:00 to 19:00, it felt only natural for me to join the club.

Editor: How was your early experience like?

Mui Chin: Prior to joining MR25, I was already training for the Army Half Marathon with friends which included Lim Teck Heng, Tan Choon Ghee, Kek Hong Leng, Soh Chin Kuah and a few others. After joining the club, our group expanded to include runners like Loh Jun Khang and Jeffery Ho etc.

If I had to describe them in one word, it would be "crazy"—crazy in an amazing way. They were passionate about running and loved racing together. Our training sessions were intense and distinctive, and we never missed a run. We constantly pushed and motivated each other, always trying to catch up during track sessions until we were completely exhausted.

Editor: Were there any particular aspects of the club that attracted you?

Mui Chin: Back then, our group made it a routine to meet for Sunday morning runs at MacRitchie Reservoir and interval track sessions at the Kallang practice track. I remember attending all the time trial sessions in the afternoon, even if some of us weren't participating.

We were there simply to support the club. It felt natural to show up for club events like the Progressive Run, even if we weren't racing. I also recall taking part in the Rojak Relay and the End-of-Year Super Endurance Run, which usually ended with a meal together at either MacRitchie Reservoir or Lakeview Hawker Centre.

Editor: Were there any members you spent the most time with in the early days?

Mui Chin: After our usual breakfast at Lake View, Juh Khang, Choon Ghee, Jeffery Ho, and some others would sometimes head out for high tea, catch a movie, or have dinner at Adam Road following our track sessions at Evans Road.

Editor: What were some of your fondest memories in the club?

Mui Chin: It's difficult to give a specific moment or event as the fondest with the club. However, the regular running sessions at different training grounds with a group of friends who shared a passion for distance running and racing truly capture the essence of my best memories with the club.

Mr. Boo training at MacRitchie

Editor: What kept you in the club all these years?

Mui Chin: I've been a life member of the club, even before I stopped competitive running over 20 years ago. So, returning to the club feels natural and familiar, since my friends are still running regularly at MacRitchie Reservoir.

Editor: What kept you running after all these years?

Mui Chin: Years ago, I participated in triathlons, but the time commitment proved too demanding. I found that sticking to running was a simpler way to stay fit. When my children were young, I couldn't run as much as I did when I first joined the club. Now, at my age, maintaining fitness through running, rather than competing, is more manageable.

Editor: What kept you contributing to the club?

Mui Chin: In my younger days, the veteran members significantly contributed to the club by organising events and providing various forms of support. Now, I'm giving back to the club as much as I can in appreciation for their efforts.

Editor: Are there any messages you would like to share with members?

Mui Chin: I believe that runners have their reasons for joining the club as members, whether it's an existing connection from running or training with the club before they qualified in the time trial, or a desire to be affiliated with a specific running community. Whatever your reasons for joining, remember to give back to the club in return for the enjoyment you've experienced. No contribution is too small; every bit of volunteering is valuable.

Mr. Boo Mui Chin helping out with the club's recent August Time Trial and September Progressive Run

UNDERSTANDING PRINCIPLES OF TRAINING

INSIGHTS FROM COACH STEVEN QUEK'S PRESENTATION AT CREATIVE
by Wong Kin Leong

Since joining our running club earlier this year, I've had the opportunity to regularly discuss training with Coach Steven Quek. These conversations have not only deepened my understanding of marathon preparation but also provided essential guidance on managing my injuries.

I've been dealing with multiple injuries, likely due to a combination of running too fast, too much, overtraining, and poor posture. These include sciatica, strained ligaments in my right instep, and lower shin and ankle pain. The situation worsened during a 20km Progressive Run on May 5, 2024, when I twisted my ankle on an uneven trail.

On April 25, Coach Steven mentioned an opportunity to learn more about the "Principles of Sports Training" through a presentation he was giving at Creative Technology. This event was part of our club's collaboration with Creative, which generously sponsors prizes for our Ultramarathon event. I eagerly accepted the invitation, recognizing it as a valuable learning opportunity.

After 5 pm, the meeting room at Creative Technology gradually filled with staff who stayed after office hours, all eager to learn from Coach Steven. Among the attendees was our MR25 member, Chong Chern Dong. The session proved to be an eye-opener, and I'd like to share some key lessons I took away from the presentation.

Key Training Principles

Adaptation and Overload

Coach Steven explained that the body is remarkably adaptive. When subjected to exercise or physical stress, it responds by becoming stronger and more resilient, effectively increasing its capacity to handle similar stress in the future. This principle, known as adaptation, is fundamental for anyone looking to improve their athletic performance over time.

However, for this adaptation to occur, the body must be consistently challenged. This is where the principle of overload comes into play. Overload refers to the need to push the body beyond its current capabilities, forcing it to adapt to higher levels of physical demand. This can be achieved by manipulating four key factors: Frequency, Intensity, Time (duration), and Type of exercise, often abbreviated as FITT. By progressively increasing these variables in a structured manner, you stimulate the body to adapt, leading to improved performance, whether in strength, endurance, speed, or flexibility.

Frequency involves how often you exercise, while Intensity refers to how hard you push yourself during each session. Time covers the duration of each workout, and Type refers to the kind of exercise you perform—whether it's running – long run, intervals, hills etc., swimming, cycling, or strength training.

By carefully adjusting these elements, you can tailor your training to target specific improvements, whether you're aiming for faster race times, greater endurance, or better overall fitness.

For me, understanding and applying these principles has been transformative. Although I began running at the age of 52 (in 2013), it wasn't until 2018 that I started to see significant improvements. This shift occurred when I learned about heart rate training, which gave me a more precise way to gauge and control the intensity of my workouts. By monitoring my heart rate, I was able to ensure that I was pushing myself enough to promote adaptation but not so much that I risked injury or burnout.

Reflecting on my journey, I now realize that if I had understood and applied the principles of adaptation and overload from the beginning, my progress might have been even faster. These principles are not just about working harder; they are about working smarter, systematically increasing the demands placed on the body to stimulate continuous improvement.

By doing so, you avoid the pitfalls of stagnant training routines that fail to challenge the body and lead to plateaus in performance. Instead, you create a dynamic, responsive training plan that evolves as you do, constantly pushing the boundaries of what you can achieve.

Reversibility

One of the more sobering lessons in training is the principle of reversibility—"use it or lose it." Fitness gains are not permanent; they require ongoing effort and maintenance. When training stops due to injury, illness, or other interruptions, the body begins to lose the adaptations it has made, making it a crucial concept for any athlete or fitness enthusiast to understand.

Reversibility underscores that the body's hard-earned improvements in strength, endurance, and overall fitness can diminish if not regularly maintained. The physiological changes that occur with consistent training, such as increased cardiovascular efficiency and muscle strength, are all reversible. When these systems are no longer stimulated, they start to regress, leading to a decrease in performance.

I experienced this firsthand after my recent injury. Before the injury, I comfortably ran 5km at a 5-minute-per-kilometer pace. However, after a period of forced rest, I struggled to maintain that pace. During a tempo run with MR25 at Gombak Stadium on August 1, I had to stop after just 3km due to exhaustion. This was a stark reminder that even a short break in training can significantly impact fitness.

Reversibility is particularly challenging because fitness gained could be quickly lost. This makes it essential to incorporate some form of activity using different body parts or at reduced intensity, during periods of injury or other interruptions. The goal is to minimize fitness loss, making the return to full training easier.

In practical terms, reversibility means consistent training is key to maintaining fitness. Even when circumstances force a reduction in activity, staying as active as possible within your limits helps preserve gains and eases the transition back to your regular routine.

Specificity

To achieve specific adaptations, training must target the exact systems and movements required for the activity. Coach Steven emphasized that training should be directly aligned with the demands of the upcoming event. For example, push-ups can build general upper-body strength, but they don't prepare you as effectively for a chin-up challenge as chin-ups themselves. This concept highlights the need to tailor your training to the specific goals you're aiming to achieve.

As I prepare for the Berlin Marathon, I've shifted my focus to road running to mimic the race conditions, temporarily pausing my trail runs to avoid aggravating my ankle injury. Coach Steven also pointed out that while trail running, with its varied slopes and turns, is excellent for engaging different muscle groups and preventing overuse injuries, it's not as effective for preparing for a road marathon where the terrain is flat and consistent. This principle of specificity ensures that each training session contributes directly to the performance required on race day.

Variety

Variety in training is crucial for preventing boredom, maintaining motivation, and reducing the risk of overuse injuries. By incorporating different activities or environments, such as swimming or cycling or running in different terrains, you can keep your routine fresh and engage different muscle groups. Coach Steven recommended these cross-training activities as a way to diversify workouts and give overworked muscles a break. However, he advised that as the race date approaches, cross-training should be minimized. Specifically, in the 12 weeks leading up to an important race, the focus should shift primarily to running in specific conditions to ensure optimal preparation.

Cross-training is especially valuable during injury recovery, allowing you to stay active without putting undue stress on the injured area. This approach helps maintain overall fitness while giving the injury time to heal.

Rest and Nutrition

Rest and nutrition are essential pillars of effective training, with sleep being a crucial element in recovery. During the deep stages of sleep, the body undertakes vital processes such as tissue repair, bone and muscle building, and immune system strengthening. Coach Steven emphasized that without adequate rest, even the best training efforts can lead to fatigue, increased injury risk, and a weakened immune system. In response, I've adjusted my sleep schedule to go to bed earlier, aiming to enhance my recovery and overall performance.

Equally important is post-activity nutrition, which plays a key role in the recovery process. Refueling the body with carbohydrates, rehydrating with water, and incorporating nutrient-rich foods like milk, nuts, and fruits help repair tissues and build strength. This balanced approach ensures that the body is not only recovering but also preparing for the next training session.

Reflection and Future Goals

In summary, effective training is a combination of loading and recovery, leading to continuous improvement. The principles of Adaptation and Overload, Specificity, Variety, Rest, and Nutrition are key to training safely and effectively. Although I haven't always trained safely in the past, I'm hopeful that by applying these principles, I can still achieve my goal of finishing my first major marathon.

Many of my well-meaning runner friends have advised complete rest, but Coach Steven offered a more balanced perspective: "Take it easy, Kin Leong (63). We are no longer 36 (years old). Recovery takes longer. Think long-term so that we can enjoy the sport we love for many years." I intend to follow his advice, using the training principles I've learned to recover fully and continue pursuing my passion for running.

The presentation at Creative Technology ended on a high note with a lively Q&A session. Coach Steven answered all questions with humor and provided further examples to illustrate his points. To cap off the evening, each participant received a copy of Coach's book, Marathon: Training Smart, which left everyone with smiles and valuable insights.

A heartfelt thank you to Coach Steven for sharing these invaluable lessons.

Article contributed by Wong Kin Leong

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

A total of 36 participants took part in our latest bimonthly 5km Time Trial held over two sessions on Saturday, 3 August and Sunday, 4 August 2024. This is the 8th Time Trial since the introduction of the Age-graded Performance Index (API) leaderboard.

Although there is no change at the top of the leaderboard, three members – Yongqiang (56.88% to 60.63%), Joelle (61.70% to 62.87%) and Mark (60.77% to 61.73%) have made progress to their API and moved up the leaderboard. Congratulations on the improvement!

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		Chen Jinxuan	20:03:00	65.84%	3 Aug 2024
25	24		Robert Smith	21:44:00	65.57%	7 Apr 2024
26	25		Zou Ao Lin	19:33:00	65.30%	2 Jun 2024
27	26		Joshua Chua	19:10:00	65.22%	3 Jun 2023
28	27		Lim Kuang Poh	22:25:00	65.20%	5 Aug 2023
29	28		Muk Tuck Sang	23:54:00	64.92%	1 Oct 2023
30	29		Kieran Benson	19:22:00	64.54%	7 Apr 2024
31	30		Kuek Chui Shong Raphael	19:23:00	64.49%	2 Jun 2024
32	31		Nathan Lee	20:11:00	64.16%	3 Aug 2024
33	32		Jan-Douwe Wansink	19:55:00	63.77%	2 Jun 2024
34	33		Ezekiel Kuah	20:44:00	63.67%	3 Jun 2023
35	34		Charles Lim	19:46:00	63.32%	1 Oct 2023
36	35		Bakari Smith	19:45:00	63.29%	4 Feb 2024
37		2	Teo Swee Lin	21:45:00	63.07%	10 Dec 2023
38		3	Joelle Langeveld	20:04:00	62.87%	4 Aug 2024
39	36		Gregory Chow	20:59:00	62.83%	4 Jun 2023
40	37		Abdul Rahman	20:04:00	62.29%	1 Oct 2023
41	38		Kwok Tong Seng Kelvin	22:23:00	62.17%	4 Jun 2023
42	39		Choy En Kai Zacchaeus	21:45:00	62.15%	3 Aug 2024
43	40		Swee Weidi	20:07:00	62.08%	6 Aug 2023
44	41		Low Cheng Yang	20:55:00	61.91%	2 Jun 2024
45	42		Lim Chin Way Mark	23:05:00	61.73%	3 Aug 2024
46	43		Ruy Teoh	21:51:00	61.71%	4 Aug 2024
47		4	Tan Bao Hui Chantel	22:45:00	61.68%	1 Jun 2024
48	44		Isaias Long	21:26:00	61.59%	2 Jun 2024
49	45		Ken Ng	22:15:00	61.57%	7 Apr 2024
50	46		Kiew Yi Heng	20:31:00	61.33%	6 Aug 2023
51	47		David Poh	23:05:00	61.30%	10 Dec 2023
52	48		Randy Kang	24:08:00	61.06%	6 Aug 2023
53	49		Yip Jia Hao	21:37:00	60.99%	1 Oct 2023
54	50		Wong Sin Kiat	22:14:00	60.79%	2 Jun 2024
55	51		Tan Shyh Yong	22:12:00	60.74%	7 Apr 2024
56	52		Bertram Chiew	21:47:00	60.60%	3 Aug 2024
57	53		Wong Kin Chong	20:38:00	60.58%	3 Jun 2023
58	54		Zhou Zhi Zhong	20:42:00	60.55%	4 Jun 2023
59	55		Culver Tan	24:34:00	60.52%	2 Jun 2024
60	56		Frederick Fong	23:14:00	60.40%	4 Jun 2023
61	57		Toh Jing Lun	21:18:00	60.09%	4 Aug 2024
62	58		Yam Pak Sing Derick	24:56:00	60.09%	2 Jun 2024
63	59		Wu Kefan	21:58:00	60.09%	3 Aug 2024
64	60		Charles Ling	22:30:00	60.07%	3 Aug 2024
65	61		Loi Huat Careca Yong	24:32:00	60.05%	6 Aug 2023
66	62		Luo Yihan	22:31:00	60.03%	3 Aug 2024
67		5	Sharon Fay Ong	22:30:00	59.93%	10 Dec 2023
68		6	Wang Li	21:56:00	59.88%	30 Sep 2023
69	63		Kevin Ho	22:50:00	59.56%	7 Apr 2024
70	64		Henry Loh	22:43:00	59.50%	3 Aug 2024
71		7	Chloe Young	21:01:00	59.48%	7 Apr 2024
72	65		Gabriel Liu	21:48:00	59.40%	3 Aug 2024
73	66		Winston Tan	25:15:00	59.34%	4 Jun 2023
74	67		Dustin Lee	22:12:00	58.93%	4 Feb 2024
75	68		Mervyn Tan	23:25:00	58.93%	7 Apr 2024
76	69		Javier Heng	22:00:00	58.86%	1 Jun 2024
77		8	Goh Pei Yong	22:09:00	58.84%	4 Jun 2023
78	70		Akihito Watanabe	23:33:00	58.60%	4 Feb 2024
79	71		Phil McCorquodale	21:27:00	58.43%	4 Aug 2024
80	72		Zubair Mazlan	21:24:00	58.41%	4 Feb 2024
81	73		Lucas Lim	23:15:00	58.14%	3 Aug 2024
82	74		Jack Zhou	22:17:00	58.12%	1 Jun 2024
83	75		Ng Hong Jun	23:18:00	58.01%	3 Aug 2024
84		9	Sheryl Tang	21:39:00	57.97%	3 Jun 2023
85	76		Luo Yongqiang	22:15:00	57.90%	4 Aug 2024
86	77		Chris Khoo	22:08:00	57.83%	7 Apr 2024
87	78		Timothy Choo	23:29:00	57.56%	3 Aug 2024
88	79		Chong Kai Ze	22:57:00	57.52%	4 Aug 2024
89	80		Cydric Chung	22:25:00	57.47%	5 Aug 2023
90	81		Nikhil Koduru	23:52:00	57.40%	4 Feb 2024
91	82		Kendrick Neo	23:00:00	57.39%	1 Jun 2024
92	83		David Dacid Sotta	24:51:00	57.34%	4 Feb 2024
93	84		Kevan Ng	22:38:00	57.22%	3 Aug 2024
94	85		Koh Chiu How	23:35:00	57.17%	7 Apr 2024
95		10	Pauline Ooi	23:36:00	57.13%	10 Dec 2023
96	86		Edward Wang	24:22:00	57.11%	4 Feb 2024
97	87		Chua Chun Hwee	24:05:00	56.89%	7 Apr 2024
98		11	Angela Lim	23:59:00	56.85%	4 Jun 2023
99	88		Keegen Chung	22:18:00	56.65%	5 Aug 2023
100	89		Tay Shean Chyi Alex	24:59:00	56.64%	2 Jun 2024
101	90		Kliff Cheang	22:16:00	56.59%	1 Jun 2024
102	91		Zhang Zherong	22:55:00	56.51%	3 Aug 2024
103	92		Anurag Bhalla	23:52:00	56.49%	4 Feb 2024
104	93		Wee Teng Ee	22:09:00	56.43%	3 Aug 2024
105	94		Aaron Leong	22:51:00	56.38%	1 Oct 2023
106		12	Levyn Wong	22:14:00	56.22%	7 Apr 2024
107		13	Thong Jin Mun	23:24:00	55.70%	10 Dec 2023
108	95		Jonathon Guan	23:35:00	55.35%	4 Jun 2023
109		14	Debbie Ho	22:36:00	55.31%	30 Sep 2023
110	96		Vincente Mariscal	22:42:00	55.07%	4 Aug 2024
111		15	Hee Chew Peng	23:23:00	55.02%	3 Jun 2023
112	97		Matthias Wen Jun Kwang	23:20:00	54.71%	4 Feb 2024
113	98		Wu Kefan	24:13:00	54.51%	2 Jun 2024
114	99		Joffrey Czarny	24:52:00	54.22%	4 Feb 2024
115	100		Careca Yong Loi Huat	27:31:00	54.03%	4 Aug 2024
116	101		Lauw Choon Hui	26:05:00	53.35%	2 Jun 2024
117	102		Dany Adolphe	26:25:00	53.12%	4 Feb 2024
118	103		Goh Zhipeng	23:33:00	53.08%	30 Sep 2023
119		16	Nathenia Ng	23:38:00	52.89%	10 Dec 2023
120		17	Low Yu En	25:33:00	52.58%	1 Jun 2024
121		18	Eleri Lin	24:14:00	52.48%	30 Sep 2023
122	104		Justin Lee	23:56:00	52.37%	30 Sep 2023
123		19	Ariel Teo Jingyu	24:03:00	51.98%	30 Sep 2023
124	105		Aloysius Teo	24:07:00	51.83%	1 Oct 2023
125	106		Adriel Tay	24:21:00	51.68%	7 Apr 2024
126	107		Timothy Chee	24:14:00	51.58%	3 Jun 2023
127	108		Lim Chen Kye Ewan	25:36:00	51.56%	3 Aug 2024
128	109		Samuel Ng	24:23:00	51.26%	4 Feb 2024
129	110		Michael Ballard	27:02:00	50.68%	7 Apr 2024
130	111		Chen Kye Ewan Lim	26:03:00	50.67%	2 Jun 2024
131	112		Vincent Loo Yuu Wei	24:43:00	50.57%	3 Jun 2023
132		20	Melody Koik	26:35:00	50.53%	1 Jun 2024
133		21	Teoh Mei Ting	24:46:00	50.47%	4 Aug 2024
133		21	Janice Lee	24:46:00	50.47%	10 Dec 2023
134	113		Louis Lauw	27:50:00	50.00%	3 Aug 2024
135		22	Lina Loy	27:06:00	49.57%	1 Jun 2024
136	114		Mohd Fadh Al-Idraki Mahmud	25:43:00	48.61%	7 Apr 2024
137		23	Nur Qamarina	28:16:00	48.53%	1 Jun 2024
138	115		Dean Ng	26:35:00	48.17%	4 Feb 2024
139	116		Louis Lee	27:40:00	46.81%	4 Aug 2024
140	117		Max Fun	27:42:00	46.75%	4 Aug 2024
141	118		Kiew Weixing	27:10:00	46.50%	4 Aug 2024
142		24	Elva Fong	29:50:00	45.98%	2 Jun 2024
143		25	Rachel Low	29:49:00	45.05%	1 Jun 2024
144		26	Claire Ong	30:54:00	44.39%	2 Jun 2024
145		27	Ng Kai Xuan	29:59:00	43.91%	1 Jun 2024
146	119		Sharil	31:14:00	40.13%	3 Jun 2023
147		28	Kelly Ho	32:14:00	39.45%	4 Feb 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 7th July and 1st September, a total of 11 members each took part in our 25km and 30km Progressive Run.

25km Progressive Run 7/7/24 Finishers

1 Wong Kum Fatt 2:08:40
2 Cees Brouwer 2:09:02
3 David Poh 2:19:13
4 Jan-Douwe Wansink 2:22:41
5 Joelle Langeveid 2:22:42
6 Goh Lian Boon 2:29:26
7 Muk Tuck Sang 2:29:55
8 Kiew Yi Heng 2:30:43
9 Jacqueline Goh 2:30:44
10 Mark Lim 2:39:05
11 Derick Yam 3:09:54

30km Progressive RUN 1/9/24 Finishers

1 Xu Yunqing 2:24:05
2 Wong Kum Fatt 2:33:41
3 Liang Jun 2:34:34
4 Thomas Eng 2:35:41
5 Itsuko Tanaka 2:53:17
6 Muk Tuck Sang 2:57:29
7 Zhangxi Zeng 3:03:31
8 Siegfried Stettmayer 3:11:15
9 Chua Hwa Shang 3:21:45
10 Shaowei Ying 3:22:33
11 Derick Yam 3:47:02

The 25km Progressive Run route starts from MacRitchie Nature Trail to Lower Perice Reservoir, U-turn at gate at Upper Thomson Road, then to Rifle Range Road, and lastly back to MacRitchie. The 30km route is an extension of the 25km route, extending towards the carpark and lamp post 6 at Rifle Range Road before making a U-turn back to MacRitchie.

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

Our volunteers at the September Progressive Run

RACES – LOCAL & OVERSEAS

Several of our members, Mervyn, Ernest, Matthew and Wee Bin, participated in the Pesta Sukan 2024 and obtained great placing in their respective age categories.

Mervyn Tan	400m	1:12.97 (3rd M45-49)
Ernest Wong	400m	1:26.59 (M55-59)
Mervyn Tan	1500m	5:39.69 (2nd M45-49)
Matthew Yeo	1500m	6:50.49 (2nd M60-64)
Liau Wee Bin	1500m	6:57.10 (1st M65-69)
Mervyn Tan	1500m Racewalk	10:34.29 (1st M45-49)
Ernest Wong	Long Jump	3.67m

Three of our members, Darren, Weidi and Philston participated in the Pocari Sweat 2.4km Men's Elite race and acheived decent sub 8-minute timings.

Darren Chong	Pocari Sweat 2.4km	00:07:12.13 (4th Male Elite)
Swee Weidi	Pocari Sweat 2.4km	00:07:37.17 (11th Male Elite)
Philston Sow	Pocari Sweat 2.4km	00:07:41.43 (12th Male Elite)

Left to Right: Wong Ernest, Matthew Yeo, Liau Wee Bin, Mervyn Tan, Swee Weidi (in white), Darren Chong (in white)

The Gold Coast Marathon, a World Athletics Label Road Race, is known for its flat course, picturesque views, and ideal winter running conditions. Jayce and Darren ran a decent timing for 10km and half marathon respectively.

Meanwhile, Vivian and Tony competed in the Cairns Marathon Festival, also held in Queensland, Australia, where they excelled and secured 1st place in their age category.

Cher ran in Chang Mai 2, enduring through a 40.5km long with elevation gain of 2560m from Khun Xang Kien Hmong Village to Huay Tung Tau Reservoir in a respectable timing of 08:20:28.

Jayce Chua	Gold Coast 10km	00:50:29
Darren Chong	Gold Coast Half Marathon	01:13:36
Vivian Tang	Cairns 10km	00:48:35 (1st Veteran)
Tony Seakins	Cairns Half Marathon	01:36:30 (1st M50)
Cher Tan	Chang Mai 2 (CM2) 40.5km	08:20:28 (7th age category, 22nd Women's)

Left to Right: Cher Tan, Jayce Chua

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 #292
(2nd June 2024)

RAPHAEL KUEK (19:23)

TIME TRIAL #294
(4th August 2024)

MEI TING (24:46)

VINCENTE MARISCAL BRESLER (22:42)

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

- October Time Trial (6th October Sunday 7:30am)
- November 21km Progressive Run (3rd November Sunday 7:00am)
- December Time Trial (8th December 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
Ong Si Hui	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