



OCTOBER - DECEMBER 2024

# MR25 BULLETIN

## MANAGEMENT COMMITTEE 23/24 A TERM IN REVIEW



Members at AGM on 26 Feb 2023 posing for a group photo

Time flies! Nearly two years have passed since our team of volunteers stepped up to serve on the MR25 Management Committee for the 23/24 term. Together, we have worked tirelessly to sustain and reinvigorate our running club. With Secretary Zhaowei preparing reports, Treasurer Eugene completing the financial statements, and our Annual General Meeting (AGM) scheduled for 8 February 2025, it feels fitting to reflect on our journey.

### Honouring Our MR25 Legacy

At the heart of MR25 are our iconic bi-monthly Progressive Runs and 5km Time Trials, established by Dr. Siak and the founding members in 1976. This foundation remains a vital part of our club's history, and despite evolving regulations and shifts in the local

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running landscape, we are inspired to carry this tradition forward. I am proud to announce that we are on track to complete all 24 events, with the final three scheduled for the first quarter of 2025!

This continuity would not be possible without the dedication of volunteers like Kum Fatt, Cher, Xiaoping, Kenny, Ah Boo, Steve Choo and Mr. Chan, among many others. Special thanks to Xiaoping, who is ever-present, for organising dual 5km Time Trials on Saturdays and Sundays for high-turnout occasions, and expanding our membership outreach efforts. Additionally, we are grateful to our “Dedicated Volunteers,” Mr. Chan and Ah Boo, for their attendance at almost 100% of our events this term.

We have also successfully hosted the past two MR25 7am-to-7pm Ultramarathons in a modified format. Thanks to Jayce, Kenneth, Caline, Si Hui, Siew Lu, and their dedicated teams, these events are regaining momentum post-pandemic and are even generating modest revenue for the club.

Beyond our core activities, we have published eight issues of our quarterly Bulletin—a quality publication that serves as a communication tool, educational resource, and archival record. Kudos to Yuen Yu, Chuan Heng, and the Bulletin sub-committee for their editorial efforts, and to the contributors and interviewees of articles. We also thank members like Chern Dong, Si Hui, Kum Fatt, Mr. Chan, and Cynthia, who keep our website and social media active.

60 new members have joined our club after clearing our 25-minute 5km Time Trial. Zhaowei, with great help from Xiaoping and Kenneth, continues to reach out to new members, ensuring they are updated on the club’s happenings. Should you miss out on any updates, please feel free to contact him.



Start of a Progressive Run (top) and Time Trial (bottom)



Officials at one of our Time Trials (above) and Progressive Runs (below)

## Innovations for Our Members

As a 48-year-old club with members spanning a wide range of ages, we introduced the Age-Graded Performance Index (API) — a system that attempts to level the playing field in our 5km Time Trials across age and gender. A big thank you to Evelyn Chen and Xiaoping for managing the detailed administration behind this initiative.

Additionally, our new Most Loops Competition, with Jayce's consistent monitoring in the latter half of the year, has added an extra layer of fun and camaraderie, encouraging members to gather for regular long runs at our MacRitchie home grounds.

## Building Community Through Training Centers

An essential part of any running club is its training hubs. Today, MR25 proudly operates three training centers offering weekly sessions for members and non-members alike, promoting a healthy lifestyle within the wider community.

Besides the Sunday MacRitchie runs managed by Cher, with Ah Boo, Ah Hwa, Kenny, and Seng Gee seamlessly stepping in during her travels, weekly trainings at Bukit Brown, led by Matthew, and at Bukit Gombak, thanks to Kenneth and Caline, keeps our members connected and well-prepared. Members have also, through such a conducive environment, trained and achieved personal milestones. Non-members have also qualified to join our club after participating in training with our group.



Our sponsors, Key Power Sports, Pocari Sweat, and Creative supporting us during our various events

## Gratitude for Our Sponsors and Supporters

We are grateful for the continued support of Key Power Sports and Pocari Sweat, our steadfast partners over the past four years. We are also thankful for our collaboration with Creative, where among others, we provide guidance in their running training and they contribute products such as prizes for our ultramarathon events.

Additionally, generous contributions from members such as Jacqueline Goh and Leong Kam Ying have supported our Dedicated Volunteers Awards and AGM souvenirs.



*Jacquelin and Edwin hosting Mr. Chan and Ah Boo, our 2024 MR25 Dedicated Volunteer Awards Recipients at Yoyogi (top); President Steven Quek presenting MR25 souvenir mugs as a token of appreciation to Mr Leong Kam Ying (Ah Weng) (bottom)*

Thanks to such support, I am pleased to announce that the club remains financially sound despite organising a full complement of activities for both the public and our members.

### **Looking Ahead**

Our committee has put in tremendous effort to organize and sustain MR25's activities, from running events to community programmes. Moving forward, we invite every member to support our efforts by participating in or volunteering at events. Your commitment — whether as a participant, volunteer, or even a spectator — uplifts the spirit of our club and strengthens our community.

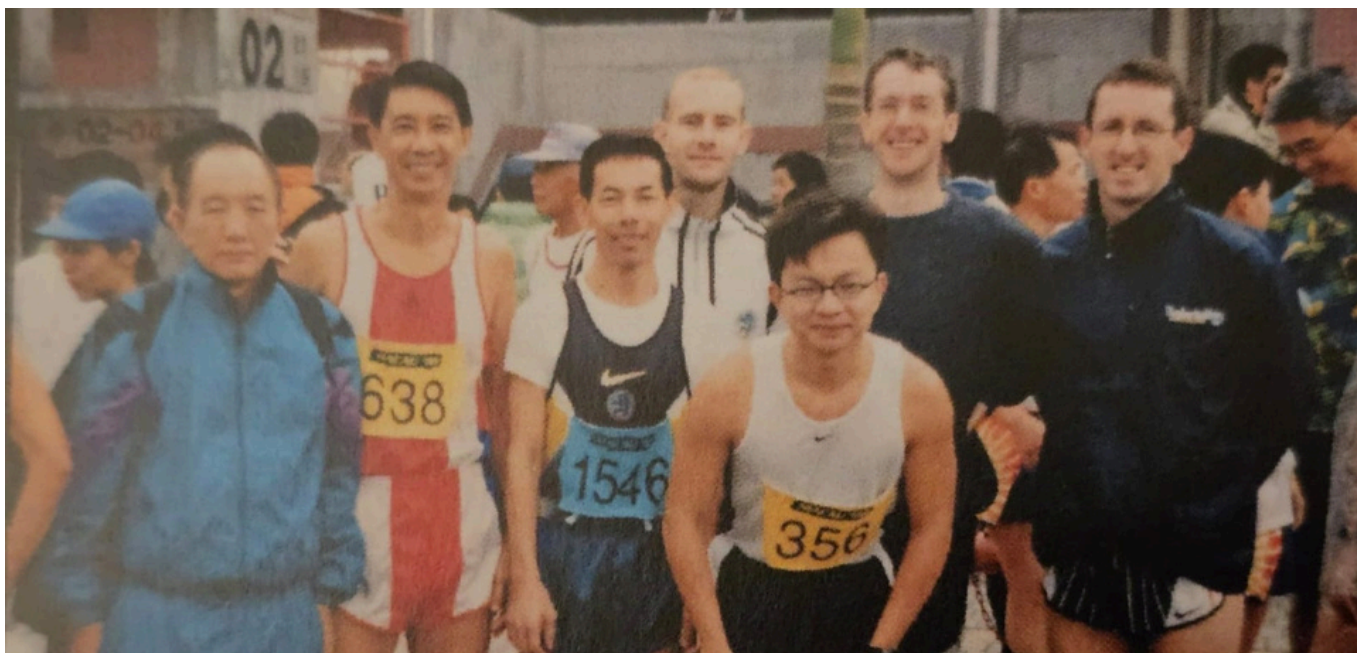
If you or someone you know is eager to contribute, consider joining the Management Committee or nominating a member who shares our vision and commitment. We understand that not everyone can commit to the committee, but there are many ways to make a meaningful impact. Volunteering at events or assisting with Time Trials and Progressive Runs all contribute to our shared success. Sponsorships and donations can also make a difference to our programmes and activities. If you or someone you know is interested in supporting MR25 financially, we warmly welcome you to reach out to Treasurer Eugene or his assistant, Kenneth.

Thank you for being a part of MR25. Let's continue growing our club, honoring our legacy, and building a community that supports one another with every stride as we approach our golden jubilee in 2026.

Save the date—February 8, 2025! We hope to see you at our Annual General Meeting. Meanwhile, continue to 'Run For Fun'!

Steven Quek  
President,  
Management Committee 23/24

# A CHAT WITH MATTHEW



Matthew (3rd from the right, tag number 356) at a competition

MR25 Bulletin editor caught up with Mr Matthew Yeo to have a chat.

**Editor: Why did you join our running club?**

Matthew: I started running in the late 1980s because I needed to pass my IPPT and was over 80 kilograms at the time. Running gradually became a passion for me. Back then, there wasn't much information available — no internet, no social media, and even bookstores lacked resources on running. I didn't even know a marathon was 42.195 km until someone told me! After running my first marathon, I was eager to learn more and improve, and MR25 seemed like the perfect community to grow in.

**Editor: When did you join our running club?**

Matthew: I joined MR25 after completing my first marathon in the early 1990s. I remember noticing a large group of runners, all wearing green, at an event. They were of all ages and running paces.

**Editor: How did you join our running club?**

Matthew: My first encounter with MR25 was at a marathon event. Seeing such a diverse group of runners was inspiring. After talking to James Ho, I joined one of the Sunday runs, which eventually led to my first time trial and membership.

**Editor: How was your early experience like?**

Matthew: The early days were amazing. I initially ran casually with members like James Ho, Bobby Teo, and David Ong. Later, Lian Hock introduced me to different training methods. We were all marathon enthusiasts, training together almost daily—at MacRitchie five days a week and on the Evans Road track at NIE every Tuesday. It was during these runs, full of camaraderie and shared effort, that my stamina significantly improved.

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

Matthew: The sense of community and shared passion for running really stood out. Everyone, regardless of skill level or age, was welcomed and encouraged. The post-run breakfasts, group dinners, and even traveling together for marathons created a bond that felt like family.

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

Matthew: I often ran with James Ho, Bobby Teo, and David Ong initially. Later, I joined Lian Hock's group, which introduced me to structured training. Each of them played a role in shaping my running journey.

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

Matthew: There are so many, but the breakfasts at Lakeview after Sunday runs (now 527 Ang Mo Kio but in a smaller group) and the Tuesday dinners after track workouts are unforgettable. Traveling together for marathons in Malaysia, Thailand, Australia, and the UK was also incredibly special. Even foreign members who left Singapore would return for visits to keep in touch.



Matthew at one of MR25's Progressive Runs in 2002

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

Matthew: The camaraderie, the shared love for running, and the supportive environment have been key. MR25 is like a second family to me.

**Editor: What kept you running after all these years?**

Matthew: Running has become an essential part of my life. It's not just about fitness; it's also about the joy of being outdoors and staying healthy. Even at 60, I feel great and occasionally compete. Wherever I go for holidays, I would hand carry my running shoes.



Matthew having a meal with MR25 expat members

**Editor: What kept you contributing to the club?**

Matthew: The club gave me so much—a sense of belonging, friendships, and guidance. It feels natural to give back, whether it's through active participation or sharing my experiences.



Matthew (right image, front row, 2nd from the right), leading the Bukit Brown Cemetery (BBC) training group

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

Matthew: Train with your friends during regular runs rather than competing with them, else you may end up treating a race as a training. Don't underestimate the importance of rest, and always stay hydrated, especially in our hot climate. Most importantly, enjoy the process and cherish the friendships you build along the way.

# MY JOURNEY FROM A CASUAL RUNNER TO MARATHONER

by Chris Khoo

When I first began training for a race in 2023, my runs were casual, typically no more than 5 km each time. Prior to that, in my 35 years, the longest distance I had completed was the 21 km Army Half Marathon during my active days as a soldier, which I finished in about 2 hours and 15 minutes. In early 2023, my wife encouraged me to sign up for the Singapore 2XU Half Marathon in April, which prompted me to start preparing more seriously for the race. Since I had always run around my estate, I decided to choose a venue with proper facilities for longer-distance training. Bukit Gombak Stadium, the closest to my home, became my training ground. It was here that I later met Coach Steven Quek.

Initially, I lacked the knowledge to properly plan for a race. I simply increased my running distance each time, following the mantra, “No Pain, No Gain.” As I progressed from 5 km to 10 km, I maintained a steady pace of 5 min/km.



Chris training with the Gombak group before joining MR25



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An interesting episode occurred during one of my runs when I was approached by Mr. Chong Chern Dong, a member of MR25, who invited me to join him and his friends for future runs. He mentioned that Mr. Quek had asked him to connect with me, believing we could benefit from running together. This was my first introduction to MR25 and Mr. Quek, who serves as both president and coaching advisor. Regrettably, I declined the offer, feeling more comfortable with my solo runs.

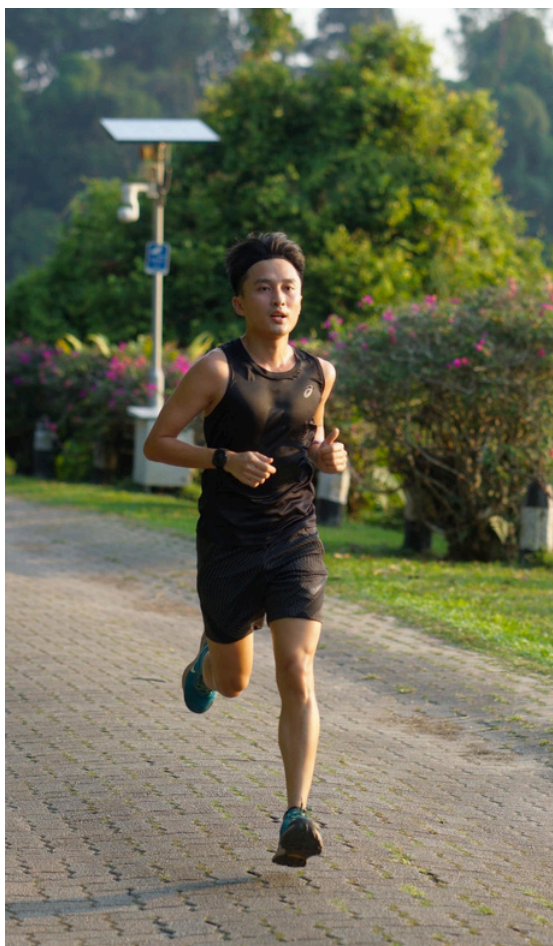
However, as I pushed beyond 10 km, I struggled to maintain my 5 min/km pace without my heart rate spiking, often gasping for air at the end of each run. My target times began to slip. Recalling my army days of interval training for the 2.4 km run, I decided to incorporate similar methods into my regimen. I started with 400 m intervals, initially sprinting each distance. The effort was intense, pushing my heart rate to levels I hadn't experienced in years. I completed six intervals that day before concluding the session. In subsequent workouts, I adopted a more cautious approach, running at a 5 min/km pace, which felt manageable. During this preparation, I trained twice a week: one day focused on intervals and another on long runs. Before the race, I had managed up to five intervals of 2 km each and a long run of 14 km. I entered the race without specific expectations, simply wanting to finish more comfortably than I had in my Army Half Marathon. I completed the 21 km in 1 hour and 46 minutes, and although I didn't know if it was a good time, my wife assured me it was decent for my first serious race.

Fast forward to the third quarter of 2023, buoyed by a boost in confidence, I decided to take on the ultimate challenge for any runner: the full marathon. My wife has been my primary motivation for running, and her influence has transformed my life. An avid runner for the past eight years, she has extensive experience, having participated in the Hong Kong Marathon several times. Under her encouragement, I signed up for my first full marathon, scheduled to take place in Hong Kong in January 2024. Between April and September 2023, even without an upcoming race, I continued my training at Bukit Gombak Stadium to maintain my fitness.

The 42 km marathon distance was a new and daunting concept for me. Given that the half marathon had already posed a significant challenge, the full marathon felt far beyond my capabilities. Naturally, Mr. Quek was the first person I thought of to address my many questions. Still feeling a bit embarrassed for having previously turned down his invitation to join the MR25 sessions, I gathered the courage to approach him.

True to his generous nature, he enthusiastically shared valuable pointers and training tips. I informed him of my primary goal to complete the 42 km course, with a secondary target of finishing in under four hours. After hearing about my result in the 2XU race, Mr. Quek suggested I aim for 3 hours and 30 minutes instead, deeming it a realistic goal with proper preparation. Initially, I felt uncertain about this new target and questioned my ability to run two 2XU races back-to-back while maintaining the same pace.

During our next meeting at the track, Mr. Quek walked me through a training plan he had in mind, which required training three to four times per week, including intervals, tempo runs, and long easy runs. He showed me a marathon training plan he had developed for Ms. Sharon Faye Ong, who recently completed her full marathon in just under 3 and a half hours, and encouraged me to create a similar plan. He also gave me a copy of his book, *Marathon: Training Smart*, which I found invaluable for anyone who may not have the privilege of consulting him directly. The book includes interviews with runners from all backgrounds discussing their preparations, diets, and pre-race rituals, along with Mr. Quek's insights on marathon preparation. I eagerly gathered as many tips as possible that suited my needs. This time, I unreservedly requested to join their MR25 interval training sessions, and he graciously welcomed me.



Chris at April 2024 TT, qualifying to be a member

Without hesitation, I participated in my first interval training with the MR25 group the following week, and it proved to be one of the best decisions I could have made. Now, interval training day is the highlight of my week. Mr. Kenneth Low and Ms. Caline Ng would conduct these sessions every Tuesday at 7 PM at Bukit Gombak Stadium, with guidance by Mr. Quek. The workouts are tailored to accommodate various paces, with the main paces of 4:40 min/km and 5:00 min/km at that time. Mr. Quek refers to this as the “train system,” where runners hop on and off the “train” at their desired intervals. The beauty of it? The trains never stop running! You don't have to worry about timing your pace and rest periods; you simply look out for your “train” when it approaches.

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This design enhances focus on running performance, alleviating the stress of managing time. During each repetition of these interval training workouts, new pace setters emerge as previous runners take breaks to recover. In this way, there is an opportunity for participation and engagement toward the train's success. If enough members request a faster pace for upcoming races, a higher-speed train is occasionally added. I only wish I had joined this dynamic group sooner, as it has transformed my training experience.

To achieve my target of 3 hours and 30 minutes, I needed to maintain a 5 min/km pace throughout the marathon. However, after observing me for a few sessions, Mr. Quek advised me to train with the 4:40 train. I understood that interval training prepares our body for a pace that is much tougher to practice during long runs. It aims to condition our bodies to specifically handle the higher work rates – heart rate, muscular contraction, energy production, etc. – making the target pace feel more manageable over time. As we progress, we cover greater distances in each interval, bringing us closer to our marathon goal.

Following the training plan, I also began attending track sessions every Thursday, where the same group of MR25 runners engaged in tempo runs. These sessions serve as relaxed days, where runners of similar paces cover longer distances together, typically at a slower pace than interval training. We often incorporate negative splits to keep things interesting. Mr. Quek's training philosophy emphasizes teamwork and inclusivity; regardless of age, gender, or fitness level, there is always a place for everyone on the team. As we cultivate a sense of dependability, participants begin to support one another. If the pace setter runs too quickly or if someone falls behind, the group collectively adjusts to maintain cohesion, ensuring that everyone finishes together.

Sundays are reserved for my long-distance runs. While interval training and tempo runs are important, long, easy runs are critical for marathon success. Whenever I meet Mr. Quek, he always asks, "How long are you running this weekend?" He emphasizes that these runs prepare my body for the stresses of extended, non-stop running demanded by the 42.195 km marathon. Even if one excels in interval training, discomfort can arise if the legs are unaccustomed to the sustained impact of running a marathon. As race day approached, Mr. Quek continually reminded me of the importance of completing long runs, progressing to 37 km. This distance will be the longest I undertake in my training plan, making it the best simulation of race conditions.

Besides distance, he also advised me to replicate other race-day specifics as closely as possible: starting the run at the same time as the race, wearing my intended outfit and shoes, eating the same breakfast I plan to have, and bringing along the same gels and supplements. The aim is to familiarize myself with the early start, the extra load I will carry, and to identify any discomforts or issues that could affect my performance. Some may question whether this distance is excessive, but I believe gradually progressing up the distance is manageable, and 37 km represents a critical psychological barrier. Having completed it before gives me confidence for race day. With only 5 km remaining, I know I wouldn't give up; I would find a way to cross the finish line.

I typically did my long runs alone due to my work schedule and the extended distance, making it difficult to find a running partner. Although these runs are slower paced, they can be grueling past the 21 km mark, often requiring me to dig deep to complete them. If I sign up for another race, I'll definitely seek a running partner for my long runs, as I've come to appreciate the effectiveness of teamwork.

Eventually, I crossed the finish line of my first marathon in 3 hours and 18 minutes, maintaining a consistent pace of 4:40 min/km throughout the race. I was pleasantly surprised by the result and immensely grateful for the guidance Mr. Quek provided.



Chris at the Hong Kong Marathon 2024

While many training plans exist, and I can't claim that any one is the best, this three-times-a-week plan has been thoroughly tested and proven to be effective. As I reflect on this journey, I realize it was about more than just running; it was about embracing challenges, building connections, and discovering inner strength. I now look forward to sharing my training plan, inspired by Mr. Quek's insights, in the hope of encouraging others to embark on their own running journeys.

#### Outline of the 15-week build up to the Hong Kong Marathon in January 2024

Week	Mon	Tue (Intervals)	Wed	Thur	Fri	Sat	Sun (LSD)
15 (9th Oct)	Rest	05 x 2,400m @ 4:40 x 112s rest	Rest	5,000m @ 5:30	Rest	Rest	28 km @ 5:40-5:50
14 (16th Oct)	Rest	05 x 3,000m @ 4:40 x 112s rest	Rest	5,000m @ 5:00	Rest	Rest	20 km @ 5:40-5:50
13 (23rd Oct)	Rest	06 x 2,400m @ 4:40 x 112s rest	Rest	5,000m @ 5:30	Rest	Rest	28 km @ 5:40-5:50
12 (30th Oct)	Rest	06 x 2,400m @ 4:40 x 112s rest	Rest	6,000m @ 5:00	Rest	Rest	24 km @ 5:40-5:50
11 (6th Nov)	Rest	04 x 2,800m @ 4:40 x 112s rest	Rest	6,000m @ 5:30	Rest	Rest	30 km @ 5:40-5:50
10 (13th Nov)	Rest	05 x 2,800m @ 4:40 x 112s rest	Rest	6,000m @ 5:00	Rest	Rest	26 km @ 5:40-5:50
9 (20th Nov)	Rest	05 x 3,200m @ 4:40 x 112s rest	Rest	8,000m @ 5:00	Rest	Rest	20 km @ 5:40-5:50
8 (27th Nov)	Rest	05 x 3,200m @ 4:40 x 112s rest	Rest	8,000m @ 5:30	Rest	Rest	32 km @ 5:40-5:50
7 (4th Dec)	Rest	06 x 3,200m @ 4:40 x 112s rest	Rest	8,000m @ 5:00	Rest	Rest	26 km @ 5:40-5:50
6 (11th Dec)	Rest	04 x 4,000m @ 4:40 x 112s rest	Rest	7,000m @ 5:30	Rest	Rest	34 km @ 5:40-5:50
5 (18th Dec)	Rest	04 x 4,800m @ 4:40 x 112s rest	Rest	7,000m @ 5:00	Rest	Rest	28 km @ 5:40-5:50
4 (25th Dec)	Rest	04 x 5,600m @ 4:40 x 112s rest	Rest	Rest	Rest	Rest	37 km* @ 5:00
3 (1st Jan)	Rest	4km WU, 05 x 900m @ 4:40 x 112s rest, 4km CD	Rest	8,000m @ 5:30	Rest	Rest	15 km @ 5:40-5:50
2 (8th Jan)	Rest	03 x 6,000m @ 4:40 x 112s rest	Rest	5,000m @ 5:30	Rest	Rest	20 km @ 5:40-5:50
1 (15th Jan)	Rest	2km WU, 02 x 2,400m @ 4:40 x 112s rest, 2km CD	Rest	5,000m @ 5:30	Rest	3km easy	42.195 km @ 4:40

\*simulate race condition for all elements, except pace.

# ULTRA MARATHON 2024



The Ultramarathon Finals on 29 December highlighted the incredible resilience of all participants. They braved an unforgettable day of extremes, from blistering morning heat to an electrifying afternoon thunderstorm. Congratulations to everyone on an outstanding effort! A heartfelt thank you to the organizing committee, volunteers, supporters, and our generous sponsors for making this event a remarkable success! The following are the results:

## 2024 MR25 ULTRAMARATHON FINALS (29 December 2024)

Category (a) : Men's Closed (MR25 member)			
Position	Full Name	No. of Loops	Duration (hh:mm)
1	Wong Kum Fatt	9	11:47
2	Ken Ng	7	10:19
3	Culver Tan	7	10:26
4	Joshua Yeak	7	10:51
5	Wong Kin Leong	6	10:55
-	Liang Jun	DNF	unwell
-	Daniel Gan Wei Teck	DNF	unwell

Category (b) : Women's Closed (MR25 member)			
Position	Full Name	No. of Loops	Duration (hh:mm)
1	Wangli	8	10:37
2	Lynn Lynn	7	10:20
3	Law Wai Thing	7	11:38
4	Cher Tan	6	10:29
5	Wang Sing Yee Jessica	6	10:38
6	Lim Bee Bee	6	10:51

Category (c) : Men's Open (non-member)			
Position	Full Name	No. of Loops	Duration (hh:mm)
1	Shekhar Tamang	9	10:31
2	Feng Wei	9	10:46
3	Ng Lem Chee	9	11:45
4	Steven Leong	7	08:26
5	Alvin Toh Wei Jie	7	10:43
6	Xavier Rigoulet	7	11:35
7	Seah Li Xiang	7	11:41
8	Vincent Yeow	6	10:01
-	Ernest Sim	DNS	-
-	Wee Keng Rui	DNS	-

Category (d) : Women's Open (non-member)			
Position	Full Name	No. of Loops	Duration (hh:mm)
1	Patsy Tan	8	11:44
2	Zoey Wong	7	10:29
3	Stephanie Lim	7	10:51
4	Marylou Gallarin Habon	6	10:16
5	Esther Ho	5	08:29
-	Faith Fong	DNS	-



MR25 Ultra - Group photo after prize presentation

These are the results at the end of the qualifying period:

### 2024 MR25 ULTRAMARATHON QUALIFYING LEADERBOARD (1 June to 30 November 2024)

**(I) ULTRAMARATHON QUALIFYING RACE (1 June to 30 November - Virtual):**

Participants can make unlimited attempts on any single day during the qualifying race period. Results will be ranked in the order of the following: (1) number of 10.5 km loops completed (i.e., more loops ranked higher), followed by (2) attempt date (i.e., earlier attempt date ranked higher), followed by (3) time taken (i.e., faster elapsed time ranked higher).

Category (a) : Men's Closed (MR25 member)						
Position	Full Name	(1) Number of Loops	(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)	Attained Finisher Status	
1	Liang Jun	7	8 Jun 2024	09:13	✓	
2	Wong Kum Fatt	7	15 Jun 2024	11:23	✓	
3	Ken Ng	7	16 Jun 2024	11:07	✓	
4	Joshua Yeak	6	2 Jul 2024	10:26	✓	
5	Wong Kin Leong	6	30 Nov 2024	10:40	✓	
6	Kenneth Low	5	8 Jun 2024	11:11	✓	
7	Daniel Gan Wei Teck	5	15 Jun 2024	11:29	✓	
8	Cuwer Tan	5	24 Jun 2024	08:42	✓	
9	Thomas Eng	5	29 Jun 2024	06:28	✓	
10	Boo Mui Chin	5	10 Nov 2024	09:24	✓	
11	Ernest Wong	5	17 Nov 2024	07:43	✓	

Category (b) : Women's Closed (MR25 member)						
Position	Full Name	(1) Number of Loops	(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)	Attained Finisher Status	
1	Wangli	8	24 Aug 2024	11:20	✓	
2	Lynn Lynn	7	3 Jun 2024	11:33	✓	
3	Law Wai Thing	7	30 Nov 2024	10:54	✓	
4	Wang Sing Yee Jessica	6	17 Sep 2024	10:52	✓	
5	Caline Ng	5	8 Jun 2024	10:08	✓	
6	Cher Tan	5	8 Jun 2024	10:08	✓	
7	Lim Bee Bee	5	12 Aug 2024	08:40	✓	

Category (c) : Men's Open (non-member)						
Position	Full Name	(1) Number of Loops	(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)	Attained Finisher Status	
1	Feng Wei	8	27 Jul 2024	10:34	✓	
2	Ng Lem Chee	7	21 Oct 2024	08:51	✓	
3	Xavier Rigoulet	7	19 Nov 2024	11:36	✓	
4	Steven Leong	7	20 Nov 2024	08:21	✓	
5	Ahmad Irfan	7	22 Nov 2024	11:06	✓	
6	Zairi Tan	7	28 Nov 2024	10:34	✓	
7	Shekhar Tamang	7	30 Nov 2024	09:25	✓	
8	Seah Li Xiang	6	1 Jun 2024	09:48	✓	
9	Ernest Sim	6	1 Jun 2024	10:24	✓	
10	Vincent Yeow	6	9 Jun 2024	10:36	✓	
11	Alvin Toh Wei Jie	6	9 Aug 2024	08:32	✓	
12	Wee Keng Rui	6	12 Oct 2024	11:05	✓	
13	Botak Sim	5	1 Jun 2024	11:27	✓	
14	Mohammad Hafiz Bin Abdul Ghani	5	5 Jun 2024	10:42	✓	
15	Eddy Chee	5	20 Jun 2024	09:06	✓	
16	Gabriel Tan Kwang Hwee	5	9 Aug 2024	09:33	✓	
17	Satish Seshan	5	5 Oct 2024	09:35	✓	
18	Muhammad Yazid bin Anuar	5	27 Nov 2024	09:14	✓	
19	Rafiqah Binte Abdul Hamid	5	27 Nov 2024	09:15	✓	
20	Leow Chun Poh	5	30 Nov 2024	09:38	✓	

Category (d) : Women's Open (non-member)						
Position	Full Name	(1) Number of Loops	(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)	Attained Finisher Status	
1	Patsy Tan	7	15 Jun 2024	11:23	✓	
2	Zoey Wong	7	20 Jun 2024	11:27	✓	
3	Faith Fong	7	23 Jun 2024	10:20	✓	
4	Stephanie Lim	6	20 Jun 2024	11:27	✓	
5	Esther Ho	6	17 Nov 2024	10:03	✓	
6	Jenn Foo	5	1 Jun 2024	09:49	✓	
7	Shirley Tan	5	1 Jun 2024	09:50	✓	
8	Manjoui Gallarin Habon	5	5 Jun 2024	10:47	✓	
9	Emily Jordan Dela Cruz	5	17 Jun 2024	09:42	✓	
10	Puang Mui Geok Jasmine	5	25 Aug 2024	09:02	✓	

Look out for the results of the Cumulative Challenge in the next issue of our Bulletin! Prizes of this challenge will be presented at our AGM on 8 February.

# 5KM API LEADERBOARD

## UPDATES (AS OF DECEMBER TIME TRIAL)

**Over 160 Runners Have Stepped Up to the Challenge!**

Experience the one and only Age-Graded Performance Index leaderboard in Singapore, featuring a rugged trail and age-graded ranking. Since its inception, over 160 participants – members and non-members alike, have put their ability to the test.

After 10 thrilling rounds, the question remains: Where do YOU stand amongst the best? And more importantly, how will you score when you test yourself? The leaderboard awaits your mark—join the excitement!

MR25 5km TT Age-graded Performance Index Leaderboard						
Ranking			Name	Timing	Score (%)	TT Date
Overall	Male	Female				
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		John Yates	21:56:00	70.74%	8 Dec 2024
7	7		Eman Shamsul	21:36:00	69.37%	6 Aug 2023
8		1	Vivian Tang	21:08:00	69.09%	6 Aug 2023
9	8		Simon Teo	21:01:00	68.99%	2 Jun 2024
10	9		Jonathon Yeong	18:10:00	68.81%	3 Jun 2023
11	10		Sigi Stettmayer	22:24:00	68.68%	1 Oct 2023
12	11		Ng Junwei	19:25:00	68.41%	7 Apr 2024
13	12		Gil Madrid	22:30:00	68.37%	6 Aug 2023
14	13		Philston Sow	19:22:00	68.16%	30 Sept 2023
15	14		Leong Kam Ying	23:03:00	67.97%	10 Dec 2023
16	15		Shohib Marican	18:25:00	67.87%	3 Jun 2023
17	16		Jun Hean Kang	22:16:00	67.44%	8 Dec 2024
18	17		Ernest Wong	22:09:00	67.12%	2 Jun 2024
19	18		Cayden Lau	19:22:00	66.87%	3 Jun 2023
20	19		Emerson Koo	18:52:00	66.78%	4 Feb 2024
21	20		Alvin Loh	23:29:00	66.71%	7 Apr 2024
22	21		Mark Solway	22:29:00	66.64%	7 Apr 2024
23	22		Jun Han Kang	21:04:00	66.14%	8 Dec 2024
24	23		Collin Leong	21:56:00	66.11%	7 Apr 2024
25	24		Wong Kin Leong	24:09:00	66.05%	7 Apr 2024
26	25		Aeron Young	18:56:00	66.02%	3 Jun 2023
27	26		Chen Jinxuan	20:03:00	65.84%	3 Aug 2024
28	27		Robert Smith	21:44:00	65.57%	7 Apr 2024
29	28		Zou Ao Lin	19:33:00	65.30%	2 Jun 2024
30	29		Joshua Chua	19:10:00	65.22%	3 Jun 2023
31	30		Lim Kuang Poh	22:25:00	65.20%	5 Aug 2023
32	31		Muk Tuck Sang	23:54:00	64.92%	1 Oct 2023
33	32		Kieran Benson	19:22:00	64.54%	7 Apr 2024
34	33		Kuek Chui Shong Raphael	19:23:00	64.49%	2 Jun 2024
35	34		Nathan Lee	20:11:00	64.16%	3 Aug 2024
36	35		Seah Chuan Heng	19:34:00	64.05%	6 Oct 2024
37	36		Jan-Douwé Wansink	19:55:00	63.77%	2 Jun 2024
38	37		Ezekiel Kuah	20:44:00	63.67%	3 Jun 2023
39	38		Charles Lim	19:46:00	63.32%	1 Oct 2023
40	39		Bakari Smith	19:45:00	63.29%	4 Feb 2024
41	40		Sien Chok Chong	19:47:00	63.18%	8 Dec 2024
42		2	Teo Swee Lin	21:45:00	63.07%	10 Dec 2023
43	41		Toh Jing Lun	20:58:00	62.96%	8 Dec 2024
44		3	Joelle Langeveld	20:04:00	62.87%	4 Aug 2024

45	42		Gregory Chow	20:59:00	62.83%	4 Jun 2023
46	43		Sunil Nair	21:28:00	62.81%	6 Oct 2024
47	44		Abdul Rahman	20:04:00	62.29%	1 Oct 2023
48	45		Culver Tan	23:54:00	62.20%	8 Dec 2024
49	46		Kwok Tong Seng Kelvin	22:23:00	62.17%	4 Jun 2023
50	47		Choy En Kai Zacchaeus	21:45:00	62.15%	3 Aug 2024
51	48		Swee Weidi	20:07:00	62.08%	6 Aug 2023
52	49		Low Cheng Yang	20:55:00	61.91%	2 Jun 2024
53	50		Lim Chin Way Mark	23:05:00	61.73%	3 Aug 2024
54	51		Ruy Teoh	21:51:00	61.71%	4 Aug 2024
55		4	Tan Bao Hui Chantel	22:45:00	61.68%	1 Jun 2024
56	52		Isaias Long	21:26:00	61.59%	2 Jun 2024
57	53		Ken Ng	22:15:00	61.57%	7 Apr 2024
58	54		Kiew Yi Heng	20:31:00	61.33%	6 Aug 2023
59	55		David Poh	23:05:00	61.30%	10 Dec 2023
60	56		Sien Yaw Chong	20:26:00	61.17%	8 Dec 2024
61	57		Randy Kang	24:08:00	61.06%	6 Aug 2023
62	58		Yip Jia Hao	21:37:00	60.99%	1 Oct 2023
63	59		Wong Sin Kiat	22:14:00	60.79%	2 Jun 2024
64	60		Tan Shyh Yong	22:12:00	60.74%	7 Apr 2024
65	61		Bertram Chiew	21:47:00	60.60%	3 Aug 2024
66	62		Wong Kin Chong	20:38:00	60.58%	3 Jun 2023
67	63		Zhou Zhi Zhong	20:42:00	60.55%	4 Jun 2023
68	64		Frederick Fong	23:14:00	60.40%	4 Jun 2023
69	65		Yam Pak Sing Derick	24:56:00	60.09%	2 Jun 2024
70	66		Wu Kefan	21:58:00	60.09%	3 Aug 2024
71	67		Charles Ling	22:30:00	60.07%	3 Aug 2024
72	68		Loi Huat Careca Yong	24:32:00	60.05%	6 Aug 2023
73	69		Luo Yihan	22:31:00	60.03%	3 Aug 2024
74		5	Sharon Fay Ong	22:30:00	59.93%	10 Dec 2023
75		6	Wang Li	21:56:00	59.88%	30 Sept 2023
76	70		Kevin Ho	22:50:00	59.56%	7 Apr 2024
77	71		Henry Loh	22:43:00	59.50%	3 Aug 2024
78		7	Chloe Young	21:01:00	59.48%	7 Apr 2024
79	72		Gabriel Liu	21:48:00	59.40%	3 Aug 2024
80	73		Winston Tan	25:15:00	59.34%	4 Jun 2023
81	74		Zhi Hong Chia	21:06:00	59.24%	8 Dec 2024
82	75		Dustin Lee	22:12:00	58.93%	4 Feb 2024
83	76		Mervyn Tan	23:25:00	58.93%	7 Apr 2024
84	77		Javier Heng	22:00:00	58.86%	1 Jun 2024
85		8	Goh Pei Yong	22:09:00	58.84%	4 Jun 2023
86	78		Akihito Watanabe	23:33:00	58.60%	4 Feb 2024
87	79		Phil McCorquodale	21:27:00	58.43%	4 Aug 2024
88	80		Zubair Mazlan	21:24:00	58.41%	4 Feb 2024
89	81		Lucas Lim	23:15:00	58.14%	3 Aug 2024
90	82		Jack Zhou	22:17:00	58.12%	1 Jun 2024
91	83		Ng Hong Jun	23:18:00	58.01%	3 Aug 2024
92		9	Sheryl Tang	21:39:00	57.97%	3 Jun 2023
93	84		Luo Yongqiang	22:15:00	57.90%	4 Jun 2023
94	85		Chris Khoo	22:08:00	57.83%	7 Apr 2024
95	86		Eric Chan	22:43:00	57.59%	8 Dec 2024
96	87		Timothy Choo	23:29:00	57.56%	3 Aug 2024

97	88	Chong Kai Ze	22:57:00	57.52%	4 Aug 2024
98	89	Cydric Chung	22:25:00	57.47%	5 Aug 2023
99	90	Nikhil Koduru	23:52:00	57.40%	4 Feb 2024
100	91	Kendrick Neo	23:00:00	57.39%	1 Jun 2024
101	92	David Dacil Sotta	24:51:00	57.34%	4 Feb 2024
102	93	Kevan Ng	22:38:00	57.22%	3 Aug 2024
103	94	Koh Chiu How	23:35:00	57.17%	7 Apr 2024
104	10	Pauline Ooi	23:36:00	57.13%	10 Dec 2023
105	95	Edward Wang	24:22:00	57.11%	4 Feb 2024
106	96	Chua Chun Hwee	24:05:00	56.89%	7 Apr 2024
107	11	Angela Lim	23:59:00	56.85%	4 Jun 2023
108	97	Keegen Chung	22:18:00	56.65%	5 Aug 2023
109	98	Tay Shean Chyi Alex	24:59:00	56.64%	2 Jun 2024
110	99	Kliff Cheang	22:16:00	56.59%	1 Jun 2024
111	100	Zhang Zherong	22:55:00	56.51%	3 Aug 2024
112	101	Anurag Bhalla	23:52:00	56.49%	4 Feb 2024
113	102	Wee Teng Ee	22:09:00	56.43%	3 Aug 2024
114	103	Aaron Leong	22:51:00	56.38%	1 Oct 2023
115	12	Levyn Wong	22:14:00	56.22%	7 Apr 2024
116	13	Thong Jin Mun	23:24:00	55.70%	10 Dec 2023
117	104	Jonathan Guan	23:35:00	55.35%	4 Jun 2023
118	14	Debbie Ho	22:36:00	55.31%	30 Sept 2023
119	105	Vincente Mariscal	22:42:00	55.07%	4 Aug 2024
120	15	Hee Chew Peng	23:23:00	55.02%	3 Jun 2023
121	106	Matthias Wen Jun Kwang	23:20:00	54.71%	4 Feb 2024
122	16	Tan Shayn En	24:41:00	54.42%	8 Dec 2024
123	107	Joffrey Czarny	24:52:00	54.22%	4 Feb 2024
124	108	Careca Yong Loi Huat	27:31:00	54.03%	4 Aug 2024
125	109	Lauw Choon Hui	26:05:00	53.35%	2 Jun 2024
126	110	Dean Ng	24:21:00	53.18%	8 Dec 2024
127	111	Dany Adolphe	26:25:00	53.12%	4 Feb 2024
128	112	Goh Zhipeng	23:33:00	53.08%	30 Sept 2023
129	17	Lok Xin Ying	23:35:00	53.00%	6 Oct 2024
130	113	Chiu How Koh	25:29:00	52.91%	8 Dec 2024
131	18	Nathenia Ng	23:38:00	52.89%	10 Dec 2023
132	19	Low Yu En	25:33:00	52.58%	1 Jun 2024

133	20	Eleri Lin	24:14:00	52.48%	30 Sept 2023
134	114	Justin Lee	23:56:00	52.37%	30 Sept 2023
135	21	Hui Chong	24:32:00	52.11%	8 Dec 2024
136	22	Ariel Teo Jingyu	24:03:00	51.98%	30 Sept 2023
137	115	Aloysius Teo	24:07:00	51.83%	1 Oct 2023
138	116	Kuah En Shyang	26:38:00	51.81%	6 Oct 2024
139	117	Adriel Tay	24:21:00	51.68%	7 Apr 2024
140	118	Timothy Chee	24:14:00	51.58%	3 Jun 2023
141	119	Lim Chen Kye Ewan	25:36:00	51.56%	3 Aug 2024
142	120	Chua Kian Yong Kenmy	24:57:00	51.30%	8 Dec 2024
143	121	Samuel Ng	24:23:00	51.26%	4 Feb 2024
144	122	Michael Ballard	26:54:00	50.93%	8 Dec 2024
145	123	Chen Kye Ewan Lim	26:03:00	50.67%	2 Jun 2024
146	124	Vincent Loo Yu Wei	24:43:00	50.57%	3 Jun 2023
147	23	Melody Koik	26:35:00	50.53%	1 Jun 2024
148	24	Teoh Mei Ting	24:46:00	50.47%	4 Aug 2024
149	25	Janice Lee	24:46:00	50.47%	10 Dec 2023
150	125	Louis Lauw	27:50:00	50.00%	3 Aug 2024
151	26	Elizabeth Xie	25:56:00	49.87%	8 Dec 2024
152	27	Lina Loy	27:06:00	49.57%	1 Jun 2024
153	28	Edina Tan	25:18:00	49.41%	6 Oct 2024
154	126	Mohd Fadh Al-Idraki	25:43:00	48.61%	7 Apr 2024
155	29	Nur Qamarina	28:16:00	48.53%	1 Jun 2024
156	30	Faith Lee	25:59:00	48.11%	8 Dec 2024
157	127	Max Fun	27:10:00	47.67%	8 Dec 2024
158	128	Louis Lee	27:40:00	46.81%	4 Aug 2024
159	129	Kiew Weixing	27:10:00	46.50%	4 Aug 2024
160	31	Elva Fong	29:50:00	45.98%	2 Jun 2024
161	32	Kelly Ng	27:46:00	45.32%	8 Dec 2024
162	33	Rachel Low	29:49:00	45.05%	1 Jun 2024
163	34	Claire Ong	30:54:00	44.39%	2 Jun 2024
164	35	Tricia Chong	28:23:00	44.22%	8 Dec 2024
165	36	Ng Kai Xuan	29:59:00	43.91%	1 Jun 2024
166	130	Loganathan Veerappan	28:34:00	43.82%	8 Dec 2024
167	131	Sharif	31:14:00	40.13%	3 Jun 2023
168	37	Kelly Ho	32:14:00	39.45%	4 Feb 2024

For runners not aware, our club introduced this **5km Age-graded Performance Index (API) 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](#).

Join us to see where you stand!



Starting line of the December Time Trial



# PROGRESSIVE RUNS

On 3 November, 14 members took part in our 21km and 35km Progressive Run. This time, two distances were organised.



Rank	Distance	Name	Time
1	21km	Cees Brouwer	1:39:16
2	21km	Xu Yunqing	1:47:17
3	21km	Ernest Wong	1:55:02
4	21km	Siegfried Stettmayer	2:07:03
5	21km	Ying Shao Wei	2:12:16
6	21km	Mervyn Tan	2:13:35
7	21km	Neo Seng Ghee	3:04:56
8	21km	Tay Yong Seng	3:05:44
1	35km	Liang Jun	3:11:16
2	35km	Wong Kum Fatt	3:18:00
3	35km	Jan-Douwe Wansink	3:33:58
4	35km	Joelle Langeveld	3:33:59
5	35km	Wang Li	3:50:30
6	35km	Chua Hwa Shang	3:50:30

The 21km Progressive Run route begins at the MacRitchie Nature Trail to Upper Pierce Reservoir and returning to MacRitchie via the Northern Trail route. The 35km Progressive run is an extension of 7km at Upper Pierce Reservoir out and back via the same route.



Starting line of the November Progressive Run

## RACES – LOCAL & OVERSEAS

Several of our members, Shohib, Emerson and Peter, participated in the SA Inter-Club Championships 2024 and obtained great results for their events.

Shohib	SA Inter-Club Championships 2024	1500m	00:4:16.75
Shohib		5000m	00:16:52.15
Emerson		5000m	00:16:53.63
Peter James		5000m Race walk	00:34:27.03

The Standard Chartered Singapore Marathon, known for its vibrant atmosphere and scenic routes, is the only World Athletics Gold Label race in Southeast Asia. This year, our members participated across the 10km, half marathon, and full marathon categories, delivering strong performances and showing incredible determination. Congratulations to all our runners for their inspiring achievements and dedication to the sport.

Jeremy Chan	SCSM	10 km	00:41:21 (8 <sup>th</sup> M30-39)	
Collin Leong			00:44:10 (8 <sup>th</sup> M50-59)	
Lars Freitag			00:47:53 (16 <sup>th</sup> M50-59)	
Chen Xiaoding			00:49:32 (5 <sup>th</sup> M60-69)	
Audrey Chan			00:59:18 (46 <sup>th</sup> F20-29)	
Achsuthan Mahendran			01:05:13 (524 <sup>th</sup> M30-39)	
Chuan Heng Seah		21.1km	01:27:09 (9 <sup>th</sup> M30-39)	
Hwa Shang Chua			01:42:50 (11 <sup>th</sup> M50-59)	
Sabrina Kek			01:48:25 (11 <sup>th</sup> F40-F49)	
Adriel Tay			01:56:04 (254 <sup>th</sup> M30-39)	
Paul Wong			01:59:16 (78 <sup>th</sup> M50-59)	
Fredalyn Japaon			02:01:15 (41 <sup>th</sup> F40-49)	
Lars Freitag			02:01:39 (100 <sup>th</sup> M50-59)	
Shaowei Ying			02:02:21 (104 <sup>th</sup> M50-59)	
Ghim Khoon Ho			42.2km	02:58:49 (6 <sup>th</sup> M40-49)
Cees Brouwer				03:09:23 (2 <sup>nd</sup> M50-59)
Mark Lim				04:18:27 (126 <sup>th</sup> M50-59)
Hwi Bee Two				04:28:24 (70 <sup>th</sup> F30-39)
Nianjia Seow		04:30:30 (438 <sup>th</sup> M40-49)		
Hock Leong Alex Tan		04:47:07 (3 <sup>rd</sup> M70)		
Liau Wee Bin		05:10:19 (49 <sup>th</sup> M60-69)		
Aaron Leong		05:15:02 (891 <sup>th</sup> M30-39)		
Cheng Hong Tay		05:25:02 (899 <sup>th</sup> M40-49)		
Andy SJ Lie		07:00:37 (183 <sup>th</sup> M60-69)		
Daniel Gan		07:01:51 (871 <sup>th</sup> M50-59)		

Several of our members, Jayce, Cher, Vicente, Tony, Vivian, Siew Lu, Chern Dong, and Tong took part in exciting overseas races. From trail runs to city marathons, their efforts spanned diverse terrains and challenges. Notably, Siew Lu achieved an exceptional milestone by completing another sub-3-hour marathon, this time with a 2:56.07 performance at Valencia.

Congratulations for to our runners for their outstanding performances abroad!

Jayce Chua	KL SCM 10km	00:50:36 (8 <sup>th</sup> Women's Veteran)
Cher Tan	Ulju Trail Nine Peaks – Short Trail 40	08:46:09 (44 <sup>th</sup> Women's)
Vicente Mariscal	Chengdu Marathon	03:22:23
Tony Seakins	Queenstown Half Marathon	01:37:27 (1 <sup>st</sup> M70)
Vivian Tang	Queenstown Half Marathon	01:43:03 (2 <sup>nd</sup> W50)
Chng Siew Lu	Valencia Marathon 2024	02:56:07
Chong Chern Dong	Valencia Marathon 2024	03:10:59
Tong Poh Kwang	Valencia Marathon 2024	03:25:48



Left to Right: (1st row) Jayce Chua, Cher Tan, Vicente Mariscal; (2nd row) Tong Poh Kwang (1st from the left), Chong Chern Dong (2nd from the left), Chng Siew Lu (1st from right)



## TRAINING SCHEDULE

Centers	Tuesday	Thursday	Sunday
<b>Bukit Brown Cemetery</b> (IC: Matthew Yeo)	6.15pm (TBA)	NA	NA
<b>Bukit Gombak Stadium</b> (IC: Caline Ng)	6.30pm (Interval)	6.30pm (Tempo Run)	NA
<b>MacRitchie Reservoir</b> (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 October to December



## UPCOMING EVENTS

- January 10km Progressive Run (5th January Sunday 7:00am)
- February Time Trial (2nd February Sunday 7:30am)
- Annual General Meeting and Lunch (8th February Saturday)
- March 15km Progressive Run (2nd March 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
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>



CREATIVE

