



JANUARY - MARCH 2025

MR25 BULLETIN

48TH ANNUAL GENERAL MEETING



Members posing for a group photo, many donning the souvenir T-shirt generously sponsored by Key Power Sports

The **48th Annual General Meeting (AGM)** was held on Saturday, 8th February 2025, at the MOE MERSC Lounge at Evans Road, bringing together members for a day of camaraderie, insightful discussions, and festive celebrations.

A Warm Welcome and Thoughtful Tokens

The Management Committee arrived at 10:45 AM to set up, while members began arriving from 11:00 AM, exchanging warm greetings and Chinese New Year well wishes—some reconnecting after a long absence. Attendees were pleasantly surprised with souvenir mugs, towels, and polo T-shirts, generously sponsored by Leong Kam Ying, an anonymous donor, and Key Power Sports respectively. These thoughtful gifts set the tone for an engaging and memorable gathering.

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Insights from High-Performance Running and Injury Prevention

To enrich the AGM, two insightful talks were organised. At 11:30 AM, Coach Steven Quek shared behind-the-scenes stories of Singapore's 5,000m and marathon national records. Few knew that Soh Rui Yong's 5,000m national record was unplanned — an opportunity that arose just a week before the attempt. His 1,500m speed training for the SEA Games, combined with routine endurance work, played a pivotal role. Initially, even Rui Yong doubted breaking the record under Singapore's conditions, but a crucial set of training sessions, a few days before, helped him realise his potential. Similarly, the national marathon record was achieved under unexpected circumstances.



Coach Steven Quek sharing on the “The Untold Stories Behind Singapore’s Fastest 5000m and Marathon Records”

Following this, Dr. Suriya Prakaash, a former champion with Coach Steven Quek in Commonwealth Secondary School, and now Head of Soldier Development Branch at the Centre of Excellence for Soldier Performance in the Singapore Armed Forces, delivered an insightful presentation on health and injury prevention. He discussed running injuries and prevention strategies, emphasised the importance of overall health in endurance sports, and shared practical approaches to injury management, safe running techniques, and long-term sustainability in running.



Dr. Suriya Prakaash presenting “Run Safely & Run Forever”

Chinese New Year Celebrations and Lunch

With the talks concluded, members gathered for a traditional Lo Hei session, embracing the spirit of prosperity and togetherness. A catered lunch followed, offering more opportunities for members to reconnect and share personal milestones.

Formal AGM Proceedings and Awards

At 1:30 PM, the formal AGM commenced. President Steven Quek reviewed the club's activities and achievements over the past two years, acknowledging key contributors (report was also published in the bulletin for October – December 2024). The Treasurer's report followed, detailing the club's financial health and expenditures, sparking lively discussions.

Awards were then presented as a token of appreciation. Vice President Wong Kum Fatt awarded certificates and meal vouchers, sponsored by Jacqueline Goh, to two Dedicated Volunteers — Mr. Boo Mui Chin and Mr. Chan Chai Hui, for their commitment and contributions to the club. Unfortunately, Mr. Chan could not attend due to illness.

Prizes for the Year-End Most Loops Competition, including medals and headsets sponsored by Creative, were presented by Vice President and Organising Chairperson Jayce Chua. We congratulate the top 3 performers - Joshua Yeak (200 loops), Lynn Lynn (144 loops), and Ms. Low Wai Thing (123 loops).

The winner of the Age-Graded Performance Index (API) for the year 2024 was announced. Tony Seakins continued his dominance, winning the trophy for a second successive year.



Left to right: Vice President Wong Kum Fatt presenting Boo Mui Chin his Dedicated Volunteer award. Chan Chai Hui, the other Dedicated Volunteer awardee was unable to join us. Joshua Yeak receiving his Most Loop Competition prizes from Vice President and Ultramarathon Organising Chairperson, Jayce Chua

The Management Committee elections proceeded smoothly, with nearly all existing members re-elected unopposed. With no further matters on the agenda, the meeting was officially adjourned at 3:10 PM.

A Resounding Success

More than just a formal meeting, this year's AGM was a celebration of passion, knowledge, and community spirit. With inspiring stories, expert insights, and festive traditions, the event strengthened the bonds within the MR25 family, setting the stage for another exciting year ahead. We extend our wishes to the newly elected Management Committee as they lead the club over the next two years.

MR25 Management Committee 2025-2026



Front Row (left to right): Eugene Quan (Honorary Treasurer), Wong Kum Fatt (Vice-President), Steven Quek (President), Kenneth Low (Vice-President), Goh Heoh Poh (Honorary Secretary)

Back Row (left to right): Chong Chern Dong (Member), Ong Si Hui (Honorary Assistant Treasurer), Cynthia Goh (Member), Cher Tan (Member), Jayce Chua (Honorary Assistant Secretary), Lee Yuen Yu (Member), Kenny Chua (Member)

SPORTS SAFETY: RUN SAFELY & RUN FOREVER!

by Wong Kin Leong

In conjunction with the 48th Annual General Meeting on 8th February 2025, the MR25 management committee organised an insightful series of events. These included two expert presentations—"High Performance" by Coach Steven Quek and "Sports Safety" by Dr. Suriya Prakaash—followed by a festive Chinese New Year get-together lunch and Lo Hei.

In this article, I share key takeaways from Dr. Suriya's talk on Sports Safety, aptly titled Run Safely & Run Forever! Dr. Suriya (MBBS, MMed (FM), SpMed Specialist), a fellow member and former national schools champion, delivered an engaging session covering crucial topics such as sleep, common running injuries, strength training, health screening, and heat injuries.

The Benefits of Exercise

Dr. Suriya opened his presentation with a compelling "Dose-Response Associations between Moderate to Vigorous Physical Activity (MVPA) and All-Cause Mortality" chart. He demonstrated how engaging in 300 minutes of MVPA per week significantly reduces the hazard ratio from 1.0 to 0.6—a remarkable 40% decrease in all-cause mortality. His message was clear: exercise is not just beneficial; it is essential for longevity.



Dr. Suriya explaining the importance of sleep

The Role of Sleep in Performance and Recovery

Recognising the often-overlooked role of sleep, Dr. Suriya emphasised its fundamental importance. While sleep requirements vary with age, a minimum of seven hours is necessary from late teens onward. Sleep debt negatively impacts overall health, cognitive function, emotional stability, and physical well-being. Studies indicate that attempting to "catch up" on lost sleep over several days does not fully restore immune function. The key takeaway: Consistent, high-quality sleep is far superior to irregular sleep patterns.

Common Running Injuries: Prevention and Management

Dr. Suriya addressed two common running injuries—Plantar Fasciitis and Shin Splints—explaining their causes and best management strategies.

- **Plantar Fasciitis:** This painful condition affects the tissue connecting the heel bone to the toes, causing discomfort, especially in the morning or after prolonged sitting. Overloading and weak or tight soft tissues are common causes. He emphasised that rest alone is not the solution—instead, incorporating stretching, rehabilitation, and cross-training is key to recovery.
- **Shin Splints and Stress Injuries:** Pain along the shin bone is often caused by overuse, typically from increasing training intensity too quickly (“too much, too soon”) and inadequate nutrition. Again, rest should not be the only approach. Rehabilitation, cross-training, and proper nutrition play crucial roles in healing.

Dr. Suriya also highlighted Relative Energy Deficiency in Sport (RED-S), a condition linked to low energy availability that leads to reduced bone density and stress injuries. While it can affect both males and females, it may cause menstrual irregularities in females. This topic sparked engaging discussions among attendees.

For those unsure of when to seek medical attention, he offered a simple guideline: persistent pain, difficulty bearing weight, or noticeable swelling warrants professional evaluation. The latter is an important sign because, unlike pain—which is subjective—swelling is an objective indicator of structural damage.

Strength Training: Enhancing Performance and Preventing Injury

Strength training is not just about building muscle; it is a crucial component of injury prevention. Dr. Suriya explained how proper strength training activates muscles, improves joint stability, and enhances both maximum strength and endurance capacity. This, in turn, helps runners perform better and stay injury-free.

The Importance of Regular Health Screening

A vital yet often neglected aspect of sports safety is regular health screening. Detecting conditions such as diabetes, hypertension, and high cholesterol early allows for timely intervention.

Dr. Suriya also emphasised the importance of cancer screening, recommending age-specific checks for the general population:

- Cervical cancer: from age 25
- Breast cancer: from age 40
- Colon cancer: from age 50

Heat Injuries and the Rising Global Temperatures

With rising global temperatures, heat-related illnesses are becoming a greater concern, especially in Singapore's hot and humid climate. Dr. Suriya urged runners to take necessary precautions to prevent heatstroke, which can severely impact performance and overall health — and may even be fatal.

Key Takeaways

Dr. Suriya concluded with three essential messages:

1. Sleep, strength training, and nutrition are the cornerstones of long-term health and peak performance.
2. Early detection through health screening is far better than seeking treatment after symptoms arise.
3. Managing heat exposure is crucial for preventing heatstroke and optimising performance.



MR25 members listening attentively to Dr. Suriya's sharing

Lively Q&A and Continuing the Conversation

The Q&A session was highly interactive, with members asking about personal injuries and medical concerns, including low hemoglobin levels. Discussions continued beyond the presentation, with many approaching Dr. Suriya during the Lo Hei and lunch sessions for further insights.

Attending this presentation was invaluable. It reminded me to prioritize quality sleep and adopt a more holistic approach to training and recovery. A BIG thank you to Dr. Suriya Prakaash for sharing these invaluable lessons!

Endurance, Storm, and the Spirit: ***MY MR25 DAWN TO DUSK*** ***ULTRAMARATHON EXPERIENCE***

by Wang Li Li

After just three and a half hours of sleep, I felt neither tired nor anxious. With little training leading up to the race, I had no expectations of breaking my previous personal record. Instead, I focused on staying relaxed and enjoying the experience. Throughout the race, I maintained an open dialogue with my legs, chanting a mantra: "Legs, stay light! Legs, stay light! Go slow uphill, charge downhill!" This was my tactical adjustment, knowing that my strength wasn't at its peak.

Surprisingly, my legs held up well, maintaining springiness and extending my strides comfortably. On the fourth lap, my left calf cramped, so I stretched it hard and pounded it with my fists until the tightness eased. Near the end of the fifth lap, my running mate, Bro Jackey, arrived with watermelon and energy gels. By the sixth lap, I was still feeling strong—Uncle Chan even snapped a photo of me mid-air! Before leaving, Bro Jackey advised: "Take it easy and finish nine laps. Ten would be too tough—almost impossible."

Then came the seventh lap, and with it, the rain. It started as a drizzle, then grew heavier and heavier. At the end of the lap, I saw Bro Wen Hui, another running mate, running counterclockwise. I called out and asked him to turn around and run with me. "I don't even know which leg to move anymore," I told him. That decision may have saved me. Without him, I might have either lost my nerve or been swept into the reservoir.

In the midst of the eighth lap, lightning suddenly flashed, and torrential rain poured down. Only the highest ground was runnable. The reservoir churned with white waves, while water cascaded down the steps like a flash



Wang Li Li running in the trails during the Ultramarathon 2024

flood. Scattered hikers took shelter in the pavilions, staring in disbelief as we ran straight through the storm. The entire lap was spent wading through knee-deep water. The most terrifying stretch was a narrow one-meter-wide path at the end of the golf course, where the overflowing reservoir completely submerged the ground. With the wind pushing the water across our path like a waterfall, I realised how powerless we were against nature.

At that moment, I made a firm decision: In 2025, I must learn how to swim.

The road ahead felt endless, and the relentless thunder and lightning seemed to be chasing me down. More terrifying than getting stuck in the muddy reservoir was the open expanse behind me, where the storm raged on. A few times, I found myself running while shielding my head, desperate to reach the finish.

I reached the checkpoint with nearly an hour and a half left in the race. Physically, I was fine—no injuries, still in good shape—but mentally, I was drained. I couldn't bring myself to continue. It was my first time ever withdrawing from a race, and while there was some regret, I knew I had gained something even more valuable—an unforgettable experience of running through a storm unlike anything I had ever encountered.

Beyond Prize Money: The True Spirit of Racing

A topic that sparked some debate was the absence of prize money for the women's finishers. A few people found it unfair, but as a participant and the women's champion, I believe I'm in a good position to comment.

Before the race, we had already been informed that prize money in any category would not be awarded if participation numbers were below twenty in that category. To be honest, for those of us who don't rely on racing for a living, prize money isn't the priority. We run not for material rewards, but to push our limits, test our endurance, and experience the pure enjoyment of racing.

Take for example, our Vice President, Wong Kum Fatt. Despite the grueling conditions, he embarked on his ninth lap even though he had already secured first place after eight laps and was physically drained.

When I asked why, he simply said it was his first time attempting a 12-hour ultra, and he wanted to push himself further. Only true runners can fully understand this kind of perseverance. His decision wasn't about a \$200 prize—it was driven by his military discipline and unwavering athletic spirit.

While there was no cash prize, we appreciated the medals and premium headphones, thanks to the efforts of our leaders and organizers. For that, I am truly grateful.

MR25 is my family in Singapore, a place where I've found like-minded brothers and sisters. Being part of this club—a club that has endured nearly 50 years of storms, both literal and figurative—is an honor and a privilege. I hope to contribute in my own way in the future, supporting our team and volunteers just as they have supported us.

We will continue to uphold and pass down the spirit of our senior runners—running strong, running healthy, and daring to push our limits.



Just before the start of Ultramarathon 2024

耐力、风暴与精神： 我的 MR25 日出到日 落超级马拉松经历

作者：王丽

只睡了三个半小时，我却既不感到疲惫，也不焦虑。由于赛前训练不足，我没有期望刷新自己的个人纪录，而是专注于放松心态，享受比赛过程。整个比赛中，我不断与双腿对话，像念咒一样重复：“腿，要轻盈！腿，要轻盈！上坡慢，下坡冲！”这是我的战术调整，因为我清楚自己的状态并不在最佳水平。

令人惊喜的是，我的双腿依然保持弹性，步幅也依然舒展。第四圈时，我的左小腿突然抽筋，于是我用力拉伸，并狠狠地捶打它，直到紧绷感缓解。第五圈快结束时，跑友 Jackey 哥带着西瓜和能量胶赶到。第六圈时，我的状态仍然很好——连 Uncle Chan 都拍下了我腾空而起的照片！离开前，Jackey 哥叮嘱我：“慢慢来，完成九圈就行了，第十圈太难，几乎不可能。”

然后，第七圈开始下雨了。起初只是毛毛细雨，但很快雨势加大。快到终点时，我看到跑友文辉哥正逆时针跑着，我喊了一声，让他转身陪我一起跑。我对他说：“我现在已经不知道该迈哪条腿了。”这个决定或许救了我，如果没有他，我可能已经放弃，甚至被大水卷进水库。

第八圈中途，忽然雷电交加，暴雨倾盆而下。此时，只有最高的地势还能勉强跑步。



2024年落超级马拉松王丽在跑道上奔跑

水库里翻滚着白色的浪花，阶梯上的雨水像山洪一样倾泻而下。零星的徒步者躲在凉亭里，目瞪口呆地看着我们迎着暴风雨继续奔跑。这一整圈，几乎都是在齐膝深的积水中跋涉。最惊险的路段是高尔夫球场尽头的一条一米宽小道，完全被暴涨的水库吞没。狂风裹挟着水流，宛如瀑布般倾泻而下，冲刷着我们的脚下道路。那一刻，我真正体会到人在大自然面前的渺小和无力。

就在那时，我下定决心：2025年，我一定要学会游泳。

前方的路似乎没有尽头，而雷声与闪电仿佛在身后追赶着我。比起被困在泥泞的水库里，更可怕的是身后那片暴风雨肆虐的开阔地带。几次，我不得不一边跑，一边用手护住头，只为尽快抵达终点。

当我抵达计时点时，比赛还剩下近一个半小时。我的身体状况良好，没有受伤，依然保持稳定状态，但我的意志已经被彻底耗尽。我再也无法让自己继续跑下去。这是我人生中第一次选择退赛，虽然有些遗憾，但我明白，我收获了比完赛更珍贵的东西——一场刻骨铭心的暴风雨之战，前所未有的极限体验。

超越奖金：比赛的真正意义

赛后，关于女子完赛者没有奖金的问题，引发了一些讨论。一些人认为这不公平。但作为参赛者和女子组冠军，我想我有资格对此发表看法。

在比赛开始前，我们已收到通知：若某组别参赛人数低于20人，该组别将取消奖金。坦白讲，对于那些不靠比赛谋生的跑者来说，奖金并不是最重要的。我们参赛的目的，不是为了物质奖励，而是为了挑战极限，磨练耐力，体验比赛的纯粹乐趣。

就像MR25副会长黄锦发，尽管已经在八圈后锁定第一名，并且体能几近透支，他仍然选择踏上第九圈。

我问他为什么，他只是淡淡地说：“这是我第一次挑战 12 小时超马，我想看看自己还能走多远。”只有真正热爱跑步的人，才能理解这种坚持到底的信念。他的选择，不是因为 200 元的奖金，而是源于军人的气概和坚定的体育精神。



王丽夺得女子封闭式项目冠军

虽然这次没有奖金，但我们同样得到了奖牌和高价值的耳机赞助，这些都是团队领导和组织者努力争取来的，我们发自内心地感激和珍惜。

MR25 是我在新加坡的家，在这里，我找到了志同道合的兄弟姐妹。这个跑步团队，经历了近 50 年的风风雨雨，依然屹立不倒。我很荣

幸成为其中的一员，也希望未来能尽自己的一份力量，为团队和志愿者贡献绵薄之力。

我们会继续传承前辈们的精神——跑得更远，跑得更健康，跑得更勇敢！



2024年落超级马拉松颁奖典礼

5KM API LEADERBOARD

UPDATES (AS OF FEBRUARY TIME TRIAL)

Almost 200 Runners Have Stepped Up to the Challenge!

Another year, another leap in performance! Tony Seakins shatters records yet again on our MR25 5kmTime-Trial Leaderboard. Higher scores ahead!

Here is the latest update:

MR25 5km TT Age-graded Performance Index Leaderboard							
Overall	Ranking	Male	Female	Name	Timing	Score (%)	TT Date
1	1			Tony Seakins	22:28:00	77.00%	2 Feb 2025
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			Jeremie Houssineau	17:49:00	72.31%	1 Feb 2025
5	5			Chris Timms	18:35:00	72.02%	1 Oct 2023
6	6			Andreas Hopf	20:16:00	70.97%	4 Feb 2024
7	7			John Yates	21:56:00	70.74%	8 Dec 2024
8	8			Eman Shamsul	21:36:00	69.37%	6 Aug 2023
9	9	1		Vivian Tang	21:08:00	69.09%	6 Aug 2023
10	9			Simon Teo	21:01:00	68.99%	2 Jun 2024
11	10			Jonathon Yeong	18:10:00	68.81%	3 Jun 2023
12	11			Sigi Stettmayer	22:24:00	68.68%	1 Oct 2023
13	12			Ng Junwei	19:25:00	68.41%	7 Apr 2024
14	13			Gil Madrid	22:30:00	68.37%	6 Aug 2023
15	14			Philston Sow	19:22:00	68.16%	30 Sept 2023
16	15			Leong Kam Ying	23:03:00	67.97%	10 Dec 2023
17	16			Shohib Marican	18:25:00	67.87%	3 Jun 2023
18	17			Jun Hean Kang	22:16:00	67.44%	8 Dec 2024
19	18			Feng Wei	22:07:00	67.22%	2 Feb 2025
20	19			Ernest Wong	22:09:00	67.12%	2 Jun 2024
21	20			Cayden Lau	19:22:00	66.87%	3 Jun 2023
22	21			Emerson Koo	18:52:00	66.78%	4 Feb 2024
23	22			Alvin Loh	23:29:00	66.71%	7 Apr 2024
24	23			Mark Solway	22:29:00	66.64%	7 Apr 2024
25	24			Jun Han Kang	21:04:00	66.14%	8 Dec 2024
26	25			Collin Leong	21:56:00	66.11%	7 Apr 2024
27	26			Wong Kin Leong	24:09:00	66.05%	7 Apr 2024
28	27			Aeron Young	18:56:00	66.02%	3 Jun 2023
29	28			Chen Jinxuan	20:03:00	65.84%	3 Aug 2024
30	29			Robert Smith	21:44:00	65.57%	7 Apr 2024
31	30			Zou Ao Lin	19:33:00	65.30%	2 Jun 2024
32	31			Joshua Chua	19:10:00	65.22%	3 Jun 2023
33	32			Lim Kuang Poh	22:25:00	65.20%	5 Aug 2023
34	33			Muk Tuck Sang	23:54:00	64.92%	1 Oct 2023
35	34			Chong Sien Chok	19:20:00	64.66%	2 Feb 2025
36	35			Kieran Benson	19:22:00	64.54%	7 Apr 2024
37	36			Kuek Chui Sheng Raphael	19:23:00	64.49%	2 Jun 2024
38	37			Lee Ah Yeow	24:37:00	64.18%	2 Feb 2025
39	38			Nathan Lee	20:11:00	64.16%	3 Aug 2024
40	39			Seah Chuan Heng	19:34:00	64.05%	6 Oct 2024
41	40			Jan-Douwe Wansink	19:55:00	63.77%	2 Jun 2024
42	41			Ezekiel Kuah	20:44:00	63.67%	3 Jun 2023
43	42			Zhou Zhi Zhong	19:48:00	63.55%	2 Feb 2025
44	43			Charles Lim	19:46:00	63.32%	1 Oct 2023
45	44			Chong Sien Yaw	19:45:00	63.29%	2 Feb 2025
46	45			Bakari Smith	19:45:00	63.29%	4 Feb 2024
47	46			Li Zhiming	20:15:00	63.21%	2 Feb 2025
48	47			Sien Chok Chong	19:47:00	63.18%	8 Dec 2024
49	48	2		Teo Swee Lin	21:45:00	63.07%	10 Dec 2023
50	48			Toh Jing Lun	20:58:00	62.96%	8 Dec 2024
51	49	3		Joelle Langeveld	20:04:00	62.87%	4 Aug 2024
52	49			Gregory Chow	20:59:00	62.83%	4 Jun 2023
53	50			Sunil Nair	21:28:00	62.81%	6 Oct 2024
54	51			Abdul Rahman	20:04:00	62.29%	1 Oct 2023
55	52			Culver Tan	23:54:00	62.20%	8 Dec 2024
56	53			Kwok Tong Seng Kelvin	22:23:00	62.17%	4 Jun 2023
57	54			Choy En Kai Zacchaeus	21:45:00	62.15%	3 Aug 2024
58	55			Swee Weidi	20:07:00	62.08%	6 Aug 2023
59	56			Muhammad Hafeez bin Mohamed Noor	20:10:00	61.98%	2 Feb 2025
60	57			Low Cheng Yang	20:55:00	61.91%	2 Jun 2024
61	58	4		Patsy Tan	23:04:00	61.85%	2 Feb 2025
62	58			Lim Chin Way Mark	23:05:00	61.73%	3 Aug 2024
63	59			Ruy Teoh	21:51:00	61.71%	4 Aug 2024
64	60	5		Tan Bao Hui Chantel	22:45:00	61.68%	1 Jun 2024
65	60			Isaias Long	21:26:00	61.59%	2 Jun 2024
66	61			Ken Ng	22:15:00	61.57%	7 Apr 2024

67	62			Kiew Yi Heng	20:31:00	61.33%	6 Aug 2023
68	63			Thye Tzy Yee	20:23:00	61.32%	2 Feb 2025
69	64			David Poh	23:05:00	61.30%	10 Dec 2023
70	65			Sien Yaw Chong	20:26:00	61.17%	8 Dec 2024
71	66			Randy Kang	24:08:00	61.06%	6 Aug 2023
72	67			Yip Jia Hao	21:37:00	60.99%	1 Oct 2023
73	68			Wong Sin Kiat	22:14:00	60.79%	2 Jun 2024
74	69			Tan Shyh Yong	22:12:00	60.74%	7 Apr 2024
75	70			Bertram Chiew	21:47:00	60.60%	3 Aug 2024
76	71			Wong Kin Chong	20:38:00	60.58%	3 Jun 2023
77	72			Frederick Fong	23:14:00	60.40%	4 Jun 2023
78	73			Yam Pak Sing Derick	24:56:00	60.09%	2 Jun 2024
79	74			Wu Kefan	21:58:00	60.09%	3 Aug 2024
80	75			Charles Ling	22:30:00	60.07%	3 Aug 2024
81	76			Careca Yong Loi Huat	24:32:00	60.05%	6 Aug 2023
82	77			Luo Yihan	22:31:00	60.03%	3 Aug 2024
83		6		Sharon Fay Ong	22:30:00	59.93%	10 Dec 2023
84		7		Wang Li	21:56:00	59.88%	30 Sept 2023
85	78			Ong Fu Ying	21:52:00	59.83%	2 Feb 2025
86	79			Kevin Ho	22:50:00	59.56%	7 Apr 2024
87	80			Henry Loh	22:43:00	59.50%	3 Aug 2024
88		8		Chloe Young	21:01:00	59.48%	7 Apr 2024
89		9		Neo Jie Shi	21:30:00	59.46%	2 Feb 2025
90	81			Gabriel Liu	21:48:00	59.40%	3 Aug 2024
91	82			Winston Tan	25:15:00	59.34%	4 Jun 2023
92	83			Zhi Hong Chia	21:06:00	59.24%	8 Dec 2024
93	84			James Nicholas	21:12:00	59.26%	1 Feb 2025
94	85			Dustin Lee	22:12:00	58.93%	4 Feb 2024
95	86			Mervyn Tan	23:25:00	58.93%	7 Apr 2024
96	87			Javier Heng	22:00:00	58.86%	1 Jun 2024
97		10		Goh Pei Yong	22:09:00	58.84%	4 Jun 2023
98		11		Belle Tan	21:17:00	58.73%	1 Feb 2025
99	88			Akihito Watanabe	23:33:00	58.60%	4 Feb 2024
100	89			Phil McCorquodale	21:27:00	58.43%	4 Aug 2024
101	90			Zubair Mazlan	21:24:00	58.41%	4 Feb 2024
102	91			Lucas Lim	23:15:00	58.14%	3 Aug 2024
103	92			Jack Zhou	22:17:00	58.12%	1 Jun 2024
104	93			Louis Ho	23:46:00	58.06%	1 Feb 2025
105	94			Ng Hong Jun	23:18:00	58.01%	3 Aug 2024
106		12		Sheryl Tang	21:39:00	57.97%	3 Jun 2023
107	95			Cha Min Chul	23:17:00	57.91%	2 Feb 2025
108	96			Luo Yongqiang	22:15:00	57.90%	4 Aug 2024
109		13		Umaymah Chikani	21:36:00	57.87%	1 Feb 2025
110	97			Chris Khoo	22:08:00	57.83%	7 Apr 2024
111	98			Eric Chan	22:43:00	57.59%	8 Dec 2024
112	99			Timothy Choo	23:29:00	57.56%	3 Aug 2024
113	100			Chong Kai Ze	22:57:00	57.52%	4 Aug 2024
114	101			Cydric Chung	22:25:00	57.47%	5 Aug 2023
115	102			Nikhil Koduru	23:52:00	57.40%	4 Feb 2024
116	103			Kendrick Neo	23:00:00	57.39%	1 Jun 2024
117	104			David Dacid Sotta	24:51:00	57.34%	4 Feb 2024
118	105			Kevan Ng	22:38:00	57.22%	3 Aug 2024
119	106			Koh Chiu How	23:35:00	57.17%	7 Apr 2024
120		14		Pauline Ooi	23:36:00	57.13%	10 Dec 2023
121	107			Edward Wang	24:22:00	57.11%	4 Feb 2024
122	108			Tan Choon Kiat	24:15:00	56.91%	1 Feb 2025
123	109			Chua Chun Hwee	24:05:00	56.89%	7 Apr 2024
124		15		Angela Lim	23:59:00	56.83%	4 Jun 2023
125	110			Keegan Chung	22:18:00	56.65%	5 Aug 2023
126	111			Tay Shean Chyi Alex	24:59:00	56.64%	2 Jun 2024
127	112			Kliff Cheang	22:16:00	56.59%	1 Jun 2024
128	113			Zhang Zherong	22:55:00	56.51%	3 Aug 2024
129	114			Anurag Bhalha	23:52:00	56.49%	4 Feb 2024
130	115			Wee Teng Ee	22:09:00	56.43%	3 Aug 2024
131	116			Aaron Leong	22:51:00	56.38%	1 Oct 2023
132		16		Levyn Wong	22:14:00	56.22%	7 Apr 2024
133		17		Chong Hui	22:57:00	55.70%	2 Feb 2025
134		18		Theng Jin Mun	23:24:00	55.70%	10 Dec 2023
135	117			Jonathon Guan	23:35:00	55.35%	4 Jun 2023
136	118			Marcus Too	24:22:00	55.34%	1 Feb 2025
137		19		Debbie Ho	22:36:00	55.31%	30 Sept 2023
138	119			Kenneth Ang	22:37:00	55.27%	1 Feb 2025
139	120			Vincente Mariscal	22:42:00	55.07%	4 Aug 2024
140		20		Hee Chew Peng	23:23:00	55.02%	3 Jun 2023
141	121			Dean Ng	23:36:00	54.87%	2 Feb 2025

142		21	Teo Hwei Bee	23:07:00	54.79%	2 Feb 2025
143	122		Matthias Wen Jun Kwang	23:20:00	54.71%	4 Feb 2024
144	123		Edison Tie	25:05:00	54.62%	1 Feb 2025
145		22	Tan Shayn En	24:41:00	54.42%	8 Dec 2024
146	124		Joffrey Czarny	24:52:00	54.22%	4 Feb 2024
147		23	Bernice Teay	23:09:00	54.00%	1 Feb 2025
148	125		Lauw Choon Hui	26:05:00	53.35%	2 Jun 2024
149		24	Lum Wei Peng	23:29:00	53.23%	2 Feb 2025
150	126		Dany Adolphe	26:25:00	53.12%	4 Feb 2024
151			Goh Zhipeng	23:33:00	53.08%	30 Sept 2023
152	127	25	Lok Xia Ying	23:35:00	53.00%	6 Oct 2024
153	128		Chiu How Koh	25:29:00	52.91%	8 Dec 2024
154		26	Nathenia Ng	23:38:00	52.89%	10 Dec 2023
155		27	Low Yu En	25:33:00	52.58%	1 Jun 2024
156		28	Elizabeth Xie	24:36:00	52.57%	2 Feb 2025
157		29	Eleri Lin	24:14:00	52.48%	30 Sept 2023
158		30	Melisa Awang	23:56:00	52.44%	2 Feb 2025
159	129		Justin Lee	23:56:00	52.37%	30 Sept 2023
160		31	Qiao Xiangyi	27:38:00	52.23%	1 Feb 2025
161		32	Hui Chong	24:32:00	52.11%	8 Dec 2024
162		33	Ariel Teo Jingyu	24:03:00	51.98%	30 Sept 2023
163	130		Aloysius Teo	24:07:00	51.83%	1 Oct 2023
164	131		Kuah En Shyang	26:38:00	51.81%	6 Oct 2024
165	132		Adriel Tay	24:21:00	51.68%	7 Apr 2024
166	133		Timothy Chee	24:14:00	51.58%	3 Jun 2023
167	134		Lim Chen Kye Ewan	25:36:00	51.56%	3 Aug 2024
168	135		Chua Kian Yong Kenny	24:57:00	51.30%	8 Dec 2024

169	136		Samuel Ng	24:23:00	51.26%	4 Feb 2024
170	137		Michael Ballard	26:54:00	50.93%	8 Dec 2024
171	138		Chen Kye Ewan Lim	26:03:00	50.67%	2 Jun 2024
172	139		Vincent Loo Yui Wei	24:43:00	50.57%	3 Jun 2023
173		34	Melody Koik	26:35:00	50.53%	1 Jun 2024
174		35	Teoh Mei Ting	24:46:00	50.47%	4 Aug 2024
175		36	Janice Lee	24:46:00	50.47%	10 Dec 2023
176	140		Louis Lauw	27:50:00	50.00%	3 Aug 2024
177		37	Lina Loy	27:06:00	49.57%	1 Jun 2024
178		38	Edina Tan	25:18:00	49.41%	6 Oct 2024
179	141		Mohd Fadh Al-Idraki Mahmud	25:43:00	48.61%	7 Apr 2024
180		39	Nur Qamarina	28:16:00	48.53%	1 Jun 2024
181	142		James Wong	26:56:00	48.21%	2 Feb 2025
182		40	Faith Lee	25:59:00	48.11%	8 Dec 2024
183	143		Max Fun	27:10:00	47.67%	8 Dec 2024
184	144		Lee Zheng Rong	26:42:00	47.13%	2 Feb 2025
185	145		Louis Lee	27:40:00	46.81%	4 Aug 2024
186	146		Kiew Weixing	27:10:00	46.50%	4 Aug 2024
187		41	Eva Fong	29:50:00	45.98%	2 Jun 2024
188		42	Kelly Ng	27:46:00	45.32%	8 Dec 2024
189		43	Rachel Low	29:49:00	45.05%	1 Jun 2024
190		44	Claire Ong	30:54:00	44.39%	2 Jun 2024
191		45	Tricia Chong	28:23:00	44.22%	8 Dec 2024
192		46	Ng Kai Xuan	29:59:00	43.91%	1 Jun 2024
193	147		Loganathan Veerappan	28:34:00	43.82%	8 Dec 2024
194		47	Chua Wie Ling	31:26:00	41.78%	1 Feb 2025

For runners who may not be 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 normalise the physiological difference in performance due to gender and age. It is constructed based on statistics obtained from the performances of runners internationally. Ranking of this score allows competition across all age groups and both genders, while adding some fun. The leaderboard is posted on our [website](#).

Join us to see where you stand!



Start of the February Time Trial

PROGRESSIVE RUNS



On 5 January and 2 March, 19 and 28 members took part in our 10km and 15km Progressive Run respectively.

1	M Thomas Eng 0:44:31	2	M Jan-Douwe Wansink 0:45:13		3	M Teo Shau Meng 0:47:07	4	W Joelle Langeveld 0:48:42			
											
5	M Siegfried Stettmayer 0:51:36	6	M Joshua Yeak 0:51:58	7	M Ken Ng 0:52:23	8	M Muk Tuck Sang 0:53:04	9	M Mervyn Tan 0:53:45	10	M Chua Hwa Shang 0:54:30
											

11	M Culver Tan 0:57:43	12	M Ying Shaowei 0:59:11		13	W Teo Hwi Bee 0:59:18	14	M Derick Yam 1:01:33	
									
15	M Samuel Ng 1:04:14	16	M Alex Tan Hock Leong 1:12:17	17	W Tan Shayn En 1:13:17	18	M Tay Yong Seng 1:16:26	19	M Lim Lian Hock 1:19:41
									



The 10km route consists of a loop around MacRitchie while the 15km route is an extension at Upper Pierce Reservoir. Special thanks to all the volunteers who made the event possible!



Start of the March Progressive Run

RACES – LOCAL & OVERSEAS

At the SA Allcomers Meet 1 & 2, Emerson and Mervyn Tan put in strong performances in the 1500m and 5000m Men’s Open categories. Shayn En also delivered an impressive run, securing 5th place overall in the 3000m Women’s U18 event. Meanwhile, Tony Seakins ran and swam hard in the Metaspint Aquathlon, earning a remarkable 1st place in his age category.

Emerson	SA Allcomers Meet 1 (1500m Men’s Open)	00:04:21 (11 th Overall)
Mervyn Tan	SA Allcomers Meet 1 (1500m Men’s Open)	00:05:24 (34 th Overall)
Shayn En	SA Allcomers Meet 2 (3000m Women’s U18)	00:13:20 (5 th Overall)
Mervyn Tan	SA Allcomers Meet 2 (5000m Men’s Open)	00:22:06 (28 th Overall)
Tony Seakins	Metaspint Aquathlon (750m swim, 5km run)	00:41:57 (1 st M70)

Several of our members also took part in the SA-Wings Cross Country Championships 2025. This cross country run spans 4km for the youth and 5km for the open category around the Bedok reservoir.

Shayn En	SA-Wings Cross Country Championships 2025 (4km)	00:19:50 (34 th U18 Girls)
Wang Li	SA-Wings Cross Country Championships 2025 (5km)	00:22:51 (3 th Women’s Masters)
Jessica Wang		00:24:18 (6 th Women’s Masters)
Mireille Couture		00:25:02 (7 th Women’s Masters)
Jayce Chua		00:25:32 (8 th Women’s Masters)
Cher Tan		00:26:20 (9 th Women’s Masters)
Wang Chin		00:27:25 (10 th Women’s Masters)
Caline Ng		00:27:28 (11 th Women’s Masters)
Elaine Te		00:27:52 (12 th Women’s Masters)
Emerson Koo	SA-Wings Cross Country Championships 2025 (5km)	00:16:34 (2 nd U21 Boys)
Raymond Chow		00:20:44 (19 th Men’s Masters)
Tony Seakins		00:21:15 (21 st Men’s Masters)
Collin Leong		00:21:17 (22 nd Men’s Masters)
Kenneth Ng		00:21:54 (24 th Men’s Masters)
Culver Tan		00:22:19 (26 th Men’s Masters)
Tyler Cord		00:22:24 (27 th Men’s Masters)
Mervyn Tan		00:22:33 (28 th Men’s Masters)
Shean Chyi		00:22:53 (29 th Men’s Masters)
Matthew Yeo		00:23:48 (32 th Men’s Masters)

Notably, Emerson Koo, Wang Li, Jessica Wang, Mireille Couture, Jayce Chua, Cher Tan, and Wang Chin all ran strong races, with top 10 finishes within their age groups. Our Women's Masters team also worked together and clinched 2nd and 3rd positions. Congratulations to all our members for their fantastic efforts and achievements!



Left to Right: (Top photo) Wang Chin, Cher Tan, Wang Li, Jayce Chua, Caline Ng, Elaine Te, Jessica Wang, Mireille Couture; (Middle photo) Raymond Chow, Culver Tan, Matthew Yeo, Collin Leong, Tony Seakins, Simon Teo, Kenneth Ng, Mervyn Tan, Chuan Heng; (Bottom photo) Women's Masters Team 2nd place consisted of Wang Li, Jayce Chua, Mireille Couture, Wang Chin; Women's Masters Team 3rd place consisted of Caline Ng, Cher Tan, Jessica Wang

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 #295

(6 October)



SHAYN EN (24:47)

TIME TRIAL #296

(8 December)



JING LUN (20:58)



JOHN YATES (21:56)

TIME TRIAL #297 & 298

(1 & 2 February)



PATSY TAN (23:04)



WEI PENG (23:29)



MELISSA AWANG (23:56)



BERNICE TEY (24:07)



JEREMIE (17:49)



FRANK (22:07)



MIN CHUL (23:17)



GERALD (24:15)



CHIU HOW (24:18)



MARCUS (24:22)



AH YEOW (24:37)



TRAINING SCHEDULE

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

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



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



UPCOMING EVENTS

- April Time Trial (6th April Sunday 7:30am)
- May 20km Progressive Run (4th May Sunday 7:00am)
- June Time Trial (1st June Sunday 7:30am)

To facilitate organisation of time trials and progressive runs, kindly register prior to closing date (registration usually closes 2 days prior to the event), no walk in registration will be entertained.

MR25 Management Committee 2023-2024

Steven Quek	President
Wong Kum Fatt	Vice-President
Kenneth Low	Vice-President
Goh Heoh Poh	Honorary Secretary
Jayce Chua	Honorary Assistant Secretary
Eugene Quan	Honorary Treasurer
Ong Si Hui	Honorary Assistant Treasurer
Chong Chern Dong	Member
Cynthia Goh	Member
Cher Tan	Member
Kenny Chua	Member
Lee Yuen Yu	Member

Sigi Stettmayer	Co-opted Competition Chairman
Evelyn Chen	Co-opted Leaderboard Sub-Committee Member
Chng Siew Lu	Co-opted Sponsorship Sub-Committee Member
Richard Chang	Co-opted Sponsorship 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

