



APRIL - JUNE 2025

MR25 BULLETIN



by Kenneth Low

Since our founding in 1976, MR25 has been a symbol of endurance, passion, and joyful running. As we approach our 50th anniversary in August 2026, we will commemorate this incredible milestone with a series of fun challenges that embody the values that have defined our club for half a century.

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50TH ANNIVERSARY 5KM TIME TRIAL CHALLENGE

Every MR25 member earns their place in the club by meeting the legendary 5KM Time Trial 25-minute standard. To honour this tradition, we invite all members to take on the MR25 5KM Time Trial Challenge again – a true test of speed, resilience, and competitive spirit!

Six Time Trials will be held between August 2025 and June 2026, giving members multiple chances to push their limits. Those who complete all six trials within the minimum standard will receive the prestigious 🏃 **Special MR25 50th Anniversary 5KM Time Trial Finisher Award** 🏃

To promote equity across all age groups, the minimum standard will be based on 50% of the Age-Graded Performance Index, acknowledging the natural effects of aging – because this club celebrates runners from every generation!

A sample of the 50% Age-Graded 5KM Standards (Time in min:sec)

Cat \ Age	15	20	30	35	40	50	55	60	70
Male 50%	25:54	25:00	25:00	25:24	26:22	28:30	29:44	31:02	34:10
Female 50%	26:20	25:00	25:00	25:10	25:44	28:12	29:56	31:52	36:34

🏆 THE WINNERS' LEADERBOARD 🏆

To raise the stakes, a Leaderboard will track the best index scores from any of the six Time Trials. (This also provides a competition opportunity for members who may miss one or more trials.)

The top 10 performers will receive the **Special MR25 50th Anniversary 5KM Time Trial Challenge Winners Award**.

50TH ANNIVERSARY PROGRESSIVE RUN CHALLENGE

Besides the 5KM Time Trial, the Progressive Run has also been a cornerstone of MR25. In tribute to this tradition, we present the MR25 50th Anniversary Progressive Run Challenge — an endurance journey designed to build stamina, strength and perseverance.

Members must complete six Progressive Runs between September 2025 and July 2026, across the following distances: Sep: 30KM | Nov: 35KM | Jan: 10KM | Mar: 15KM | May: 20KM | Jul: 25KM. Successfully finish all six within the stipulated time to earn the 🏃 **Special MR25 50th Anniversary Progressive Run Finisher Award** 🏃

The cut-off times for the six distances are as follows:

Distance	10km	15km	20km	25km	30km	35km
Time	1:10	1:46	2:25	3:02	3:40	4:20

But the challenge doesn't stop there!

🏆 THE WINNERS' LEADERBOARD 🏆

For those aiming for the podium, finishing positions in any four of the six Progressive Runs will be scored: 1st place = 1 point, 2nd place = 2 points, and so on, up to 30 points for 30th place.

The top 10 ranked runners (i.e. lowest scores) will earn the **Special MR25 50th Anniversary Progressive Run Challenge Winners Award**. (This also provides a competition opportunity for members who may miss one or more trials.) Please refer to <https://mr25.org.sg/2025/05/10/mr25-ultramarathon-2025-2/> for detailed competition rules.

This Is More Than Just a Race... It's a Legacy! Whether you are chasing personal bests, reliving the traditions that shaped MR25, or simply enjoying the camaraderie that makes our club special, this milestone celebration is yours to be part of.

Let's be a part of history — again!

INTERVIEW WITH PRESIDENT

In this edition of the Bulletin, we have a chat with President Steven Quek, who was recently elected for a second term at the Annual General Meeting. Readers will gain insights into his background, experience, and long-standing association with the club, as well as the values and motivations that inspire his contributions. He also reflects on the key initiatives and programmes implemented during his tenure, the challenges faced along the way, and shares his vision for steering the club forward in the years to come.



President addressing members at AGM

Editor: I recall you mentioning that you are a relatively new member of the club, but you seem very familiar with its history and people. How is that so?

SQ: Yes, I officially joined the club in 2016, so this is my tenth year as a member. However, I have been associated with the MR25 community for much longer. Over the years, I have met many members at MacRitchie Reservoir, especially during my time training there as a JC student, in the army, and at university between 1984 and 1992. I also joined runs with my ex-classmate and long-time member Lawrence Lim, including Progressive Runs and Sunday morning runs, and of course, the sugar-cane drinks at the now-defunct Lakeview Hawker Centre.

Since 1986, when I began coaching youth distance runners, I have been training athletes at MacRitchie almost weekly for the past 39 years, building friendships with many generations of MR25 members. Many of my students also joined MR25 after leaving school. Additionally, around 2021, I helped Lawrence archive and digitise the club's newsletters for the website, which gave me a deeper understanding of the club's history.

MR25 Progressive Run – 20K – Sunday 1 May 88											
Posn	Name	Mem	Time	Posn	Name	Mem	Time	Posn	Name	Mem	Time
1	Boon Yeo Kian		1:17:40	23	Savarni Devidas		1:38:44	45	James Liew	555	1:51:16
2	Lowe Hock Sin	336	1:20:02	24	Deek Christopher	388	1:38:54	46	LTA Sim Poh Jiang	397	1:51:43
3	R Punda		1:22:33	25	Quah Chee Kwang	240	1:39:33	47	Tanaka Tam	363	1:52:26
4	Lim Fook Heng		1:25:09	26	Dylan Ng	260	1:39:42	48	Aziffa Yatim	379	1:54:40
5	R. Thangavelu		1:25:29	27	Goh Teck Koon	373	1:39:58	49	Patrick Pang		1:56:40
6	Lawrence Lim	71	1:26:15	28	Yong Kong Seng	327	1:40:08	50	Ng Kok Ann	383	1:56:24
7	Loh Juh Chung	244	1:26:30	29	Yip Chee Han		1:41:11	51	Peter Tan S P	36	1:59:07
8	K. Rajakrishnan		1:27:11	30	Randolph Chew	292	1:41:19	52	Tay Yuen Chua		1:59:35
9	Suo Mei Chin	344	1:29:16	31	Phang Fong Hock	385	1:42:50	53	H Kagoshima	243	2:03:31
10	Steven Quek		1:30:15	32	Wong Teck Sin	168	1:42:53	54	Michelle		2:08:25
11	Paul Lim		1:31:04	33	Wladimir Budnik	225	1:43:24	55	Elena		2:08:42
12	Yeo Kong Yik	340	1:31:57	34	Jeffrey Ho	168	1:44:14	56	Mohd Zainal	228	2:08:46
13	Low Chee Kiang	338	1:32:20	35	Chun Tso	280	1:45:06	57	Lee Kong		2:09:03
14	Mo Zhang Yuan		1:32:41	36	Liu Choon Huat		1:46:06				
15	Andrew Rathmann	387	1:33:16	37	Michael R Jones	303	1:46:26		Did not Complete/Left Way:		
16	Goh Steve Kim	106	1:33:23	38	Wei Chee Hoona	23	1:47:02		Tony Chua		
17	Leong Shui Khan	114	1:33:47	39	G Dal Maschio		1:47:02		Wong Tet Mow		
18	Lim Fook Heng	295	1:36:31	40	David Lim	227	1:47:34		Mirolo		
19	Tan Chin Soon	339	1:36:40	41	Joseph Au	224	1:49:08		K Yoshida		
20	Leslie Lim		1:37:44	42	Andrew Goh	107	1:49:12		Ho Wah Loung		
21	Sook Chay Peng	386	1:37:56	43	Michael Ngai	317	1:49:44				
22	Risky Khoo	306	1:38:42	44	Patrick Ngai	391	1:50:15				

20km Progressive Run in 1988 where both Steven Quek and Lawrence Lim participated in

Editor: After more than 30 years of association, why did you decide to join the club in 2016?

SQ: My decision to join in 2016 was somewhat serendipitous. After completing a 5km time trial with my student, Vera Wah, on April 3, 2016, I was registering her for the club — something I had done for many of my former students over the years. At that time, Evelyn Chong (who I believe was the secretary) asked for my particulars so she could sign me up too. She even offered to cover my registration fees! Feeling a bit guilty for repeatedly declining such a well-meaning volunteer's invitation, I decided to sign up alongside Vera. We both became Life Members since!



Steven Quek (extreme right) with Lawrence Lim (2nd from right) and Vera Wah (4th from right) at a public running clinic in 2019 (Left photo), and with Evelyn Chong (extreme left) at a MR25 event in 2016 (Right photo)

As for why I did not join earlier, back in the 1980s when I was training regularly at MacRitchie, I understood that Singapore Athletics' (SAAA then) constitution required student-athletes and servicemen to represent their educational institutions and uniformed services before being eligible to represent a running club. So, I did not feel the need to join a club while serving my National Service or studying at university. After graduating, I shifted my focus entirely to coaching and stopped competitive running, so there was not a strong reason for me to join a club.

Editor: Despite being a relatively new member, you have already served four years on the management committee and are now entering your second term as President. What motivates you to contribute your time and energy to the club?

SQ: My involvement in MR25's leadership came more out of necessity than choice. Throughout my career, I had little interest in management roles, consistently turning down leadership positions in both teaching and coaching so I could focus on working directly with students and athletes. In 2021, when then - President Lawrence Lim shared the difficulties in forming a new management committee, I felt I couldn't let a club with such a rich history be left in limbo. I reached out to twelve members whom I believed could contribute meaningfully and promised to support them. As a sports and PE professional, I was confident I could help — even if I preferred to stay away from administrative duties. It was actually one of them, Steven Lee, who suggested that I join the committee myself rather than assist from the sidelines. Not wanting to ask others to do what I wasn't willing to do myself, I agreed — and that's how I became involved in the management.

Editor: How has your leadership experience been so far? What challenges have you faced?

SQ: Since joining the leadership team, I have made the effort to understand the club's history and the rationales behind our traditions. I have gained valuable insights into the vision Dr. Siak Chong Leng had when founding the club, as well as the potential MR25 has in making a meaningful impact on the broader running community. Working alongside the committee and volunteers, we have been focused on restoring the original programmes.

However, the challenges we face are significant. Society is evolving rapidly, and people are busier with more commitments, so volunteerism is not what it used to be. The increased commercialism and affluence have also dramatically changed the landscape for running events. In the past, runners were thrilled just to participate in time trials or progressive runs, especially when they were free. Now, with so many races to choose from, both locally and overseas, it is harder to capture the same level of excitement. Additionally, organising events as volunteers while balancing other responsibilities is vastly different from professional organisers who rely on events as a business. On top of that, we face restrictions from NParks, regulations from the Registry of Societies, and sometimes even "challenging" members within the club.

Editor: What are some of the developments you are happy about?

SQ: One key development I'm very happy about is that we've successfully restored a full slate of activities, including six 5km Time Trials, six Progressive Runs, and one Ultramarathon each year. We've also introduced an additional Time Trial during months with higher participation rates to comply with NParks' restrictions. These activities have been well-received, and participation has improved across the board. We've also expanded our offerings to enhance member engagement, catering to a wide range of needs through our three training centres, along with events such as the Most-Loop Competitions (MLC) and the Athlete Performance Index (API).

In addition, we've secured sponsorships for attire and hydration, providing consistent support for our members while fostering a stronger sense of identity. Another positive step has been the reinstatement of our quarterly newsletter, which now serves as both a communication tool and a valuable archival resource for the club. All of this has only been possible because of a committed team of committee members and volunteers who have taken pride and responsibility in carrying out their respective roles — something I'm truly grateful for and proud of.

Editor: Can you tell us a bit about your background as a runner? What would you say are some of your standout moments as an athlete?

SQ: By my definition, I was a late starter in athletics. I began representing my school in athletics in Secondary 4 and continued participating in athletics and cross country in Junior College. I started training more seriously during my time in the army and at university, eventually qualified to represent the Singapore University Team in the ASEAN University Games. One standout moment was winning the Best Performance Award at the Institute-Varsity-Polytechnic (IVP) / National University of Singapore (NUS) Invitation Road Relay Championships in 1988. That event saw top tertiary institutions and local running clubs, including MR25, in attendance. To clock the fastest time in such a setting was indeed a proud achievement. After becoming a full-time teacher, coaching athletes became my priority, though I never stopped running — just stopped competing.



Representing NUS in Cross Country and Track and Field between 1988 and 1991

Editor: We know you are a very experienced coach. Could you share with us your coaching background—when you started and what the highlights have been?

SQ: It all started in early 1986. After completing my GCE A-Level exams in December 1985, I was waiting for my National Service enlistment in March 1986. Being someone who hated to 'waste time doing nothing,' I thought, "Why not return to my alma mater, New Town Secondary School, to train students for the National Schools Cross Country Competition before I enlist?" Having never had organised training as a student there, I was inspired by the impact I saw when I was at Raffles Junior College, where alumni were actively involved, and how much of a difference proper, structured training made. The school accepted my offer, and before I knew it, I had been coaching the students for four years. It was an incredibly rewarding experience, and many of those athletes continued training with me beyond secondary school and went on to represent Singapore at various levels. I have been coaching ever since!

As for highlights, the journey of helping school teams and individuals achieve performances they never thought possible over the past 39 years has been amazing. Going to the Olympic Games, World Championships, ASEAN University Games, and ASEAN School Games were experiences I never imagined when I started. Setting national and age-group records, winning cross-country championship titles—including two 'clean sweeps' with different schools—and national school medals are all meaningful milestones. But if I had to pick one standout moment, it would be coaching the humble Commonwealth Secondary School girls cross-country team to their first double National Schools Championships in 2002.

Editor: What do you think sets MR25 apart from other running clubs in Singapore?

SQ: When I first got involved in track and field in Singapore, most running clubs were volunteer-led, driven by individuals passionate about growing the sport through organizing training and competitions. Over time, many of these clubs have struggled to sustain their momentum and have gradually become inactive.

MR25 has continued to run a full calendar of activities, including time trials, progressive runs, and our signature dawn-to-dusk ultramarathon. We've also maintained our quarterly newsletter, established training centres, and secured sponsorships — all while navigating evolving regulations. Many of these initiatives remain open and free to non-members, which is increasingly uncommon today. While older clubs have slowed down and newer ones pursuing different goals have emerged, MR25 has stayed true to its founding mission: to create meaningful running opportunities for both our members and the wider community. It's this unique blend of heritage, inclusivity, and volunteer-driven commitment that truly sets us apart.

Editor: Looking ahead, what is your vision for the club over the next 3 to 5 years? Are there any specific goals or milestones you are particularly excited about achieving during your time as President?

SQ: First, I should clarify that my term as President is only for two years, not three to five! That said, we can certainly work toward meaningful goals within this period. Now that we've restored the full range of programmes, my focus is on enhancing their quality and improving the overall participant experience, especially in light of the challenges we face today.

One area we could further explore is raising performance standards. However, with many local youths already involved in various academies and clubs, developing homegrown talent can be a challenge. Having seen the club struggle at times — particularly periods between 2007 and 2018 — I believe it would be valuable if we could establish some form of continuity and succession planning. While this is difficult and often unpredictable in a volunteer-run organisation, having a stable management committee with only minor changes each term would go a long way in ensuring the club's long-term stability and sustainability.

Editor: What message would you like to share with the members?

SQ: It's truly rewarding to be part of a running community. Unlike commercial clubs, volunteer-driven ones like ours rely on the dedication of those who came before us. Without their efforts, many of the experiences we now enjoy wouldn't exist.

MR25 has delivered valuable programmes for nearly 50 years, and I hope members take a moment to appreciate the work behind them. I encourage everyone to contribute — whether by participating, supporting, or volunteering — so we can continue to grow the community we all value.

A Message to All our Runners **OUR SAFETY IS OUR RESPONSIBILITY**

by Wong Kum Fatt

Endurance running is a profound test of our physical and mental resilience. It pushes us to our limits, brings out the best in us, and fuels our passion for the sport. But along with the rewards come real risks — especially in trail running, where remote locations and rugged, unpredictable terrain, such as around MacRitchie Reservoir, can make emergencies far more difficult to manage.

Though serious incidents are rare, the rising number of medical emergencies and fatalities in endurance sports worldwide is a sobering reminder: these risks are real, not distant hypotheticals. They demand our attention and responsibility.

As we celebrate our shared love for running — through personal training, club-organized time trials, or progressive runs — we, as MR25, urge every one of us to take full ownership of our safety, whether participating in structured events or training on their own. Personal responsibility is not just good practice — it is essential.

Pre-Participation Preparation

Before engaging in any training run, MR25 Time Trial, Progressive Run, or long-distance event, we must be proactive in safeguarding our health.

Completing the Physical Activity Readiness Questionnaire (PAR-Q) is a simple but essential step. This self-screening tool helps us determine whether we should consult a doctor before engaging in strenuous activity. It takes just a few minutes, but it could save lives. We strongly recommend completing the PAR-Q annually, before any event, or whenever our health or fitness levels change.

We must also be aware of our current health status. Those of us over 35, managing underlying conditions — such as heart, respiratory, or metabolic issues — or recovering from illness or injury, should seek medical clearance before participating. Prevention is always better than reaction.

Training should be approached gradually, not drastically. Whether preparing for an official event or testing our endurance in personal runs, we should build fitness progressively and avoid pushing beyond safe limits. Every session should be purposeful, ensuring we are conditioned for the effort before stepping up to a bigger challenge.

Safety in Personal Training Runs

Solo or group training runs require the same level of preparation as official club events. When planning a training session, we must take precautions to ensure we are running smart and running safe.

Familiarizing ourselves with the chosen route helps us stay aware of available water points, potential hazards, and safe exit paths in case of emergencies. Running on designated trails or paths minimizes accidents, especially in areas with narrow sections or blind spots. If running alone, sharing our route and estimated return time with a family member or friend adds an extra layer of security.

Listening to our bodies is just as critical during training runs as it is in races. If we feel unwell, stopping is always the right choice. There's no shame in prioritizing our health—there will always be another run.

Dress and Equip for Safety

Singapore's climate is hot and humid, and our trails can be uneven and slippery. Whether training alone or racing in an official event, we must dress and equip ourselves properly to minimize risks.

Lightweight, breathable clothing designed for tropical weather helps regulate body temperature. Wearing appropriate shoes with good grip prevents slips and falls. Before stepping onto the course, ensuring our shoelaces are securely tied can prevent untimely accidents.

Accessories like caps, sunscreen, and anti-chafe products can improve comfort and prevent injury, especially on longer runs. If running in low-light conditions, reflective gear or a headlamp ensures visibility and enhances safety.

Fuel, Hydrate, and Rest

Proper nutrition and hydration are essential. Running on an empty stomach, when glycogen is low, can be dangerous, so having a meal at least 1.5 to 2 hours before the run helps sustain energy levels.

Adequate sleep the night before aids recovery and performance, while staying hydrated throughout the day ensures the body is ready for the challenge. Carrying personal hydration, when necessary, helps prevent depletion during the run.

Know the Routes, Including Evacuation Points and Blind Spots

For official events, understanding designated exit points is crucial — but the same level of awareness should apply during personal training runs. In some of our events, such as the 5KM Time Trial, runners travel in both directions. This makes it especially important to keep left in certain stretches to avoid collisions, particularly before and after the U-turn, where narrow paths and blind spots increase the risk.

A notably hazardous section occurs just after the U-turn on the 5KM route. At this point, leading runners are descending while outgoing runners are still on their way up. The danger is heightened where race leaders make a sharp right turn on the return leg — this blind spot can prevent runners moving in opposite directions from seeing one another in time.

Staying alert in these areas is key to preventing accidents and ensuring a smoother experience for all. If you're running a new route, take time beforehand to identify safe exit points. If you're unfamiliar with the trails, check in with senior members or experienced runners, and always pay close attention to the safety briefing prior to events. A bit of preparation goes a long way in promoting safety and confidence on the course.

What to Do in Case of Thunderstorms

Lightning and thunderstorms pose serious risks, and we must react quickly to changing weather conditions. If lightning strikes or a thunderstorm emerges, stop running immediately and seek shelter. Suitable places include nearby bus stops, pavilions, or covered rest areas — never under trees or in open spaces.

Avoid metal railings, tall poles, and water bodies. Club events may be suspended for safety, and we must follow instructions from marshals or officials. As communication during an event may be delayed or disrupted, use your own judgment — just like during personal runs — when making safety decisions.

Quick Safety Checklist

Before every run, ask ourselves:

- ✓ Have I completed the PAR-Q?
- ✓ Am I well-rested, properly fueled, and hydrated?
- ✓ Am I wearing appropriate clothing and footwear?
- ✓ Are my shoelaces properly secured?
- ✓ Do I know the weather forecast?
- ✓ Am I familiar with the route and nearest exit?

In Summary: Respect the Run, Respect Our Body

MR25 is proud to host events that challenge and inspire runners of all levels. But no run is more important than our health and safety.

We run to celebrate life, strength, and endurance — not to gamble with them.

Let's run smart. Let's run safe. Let's run strong — for the long run.



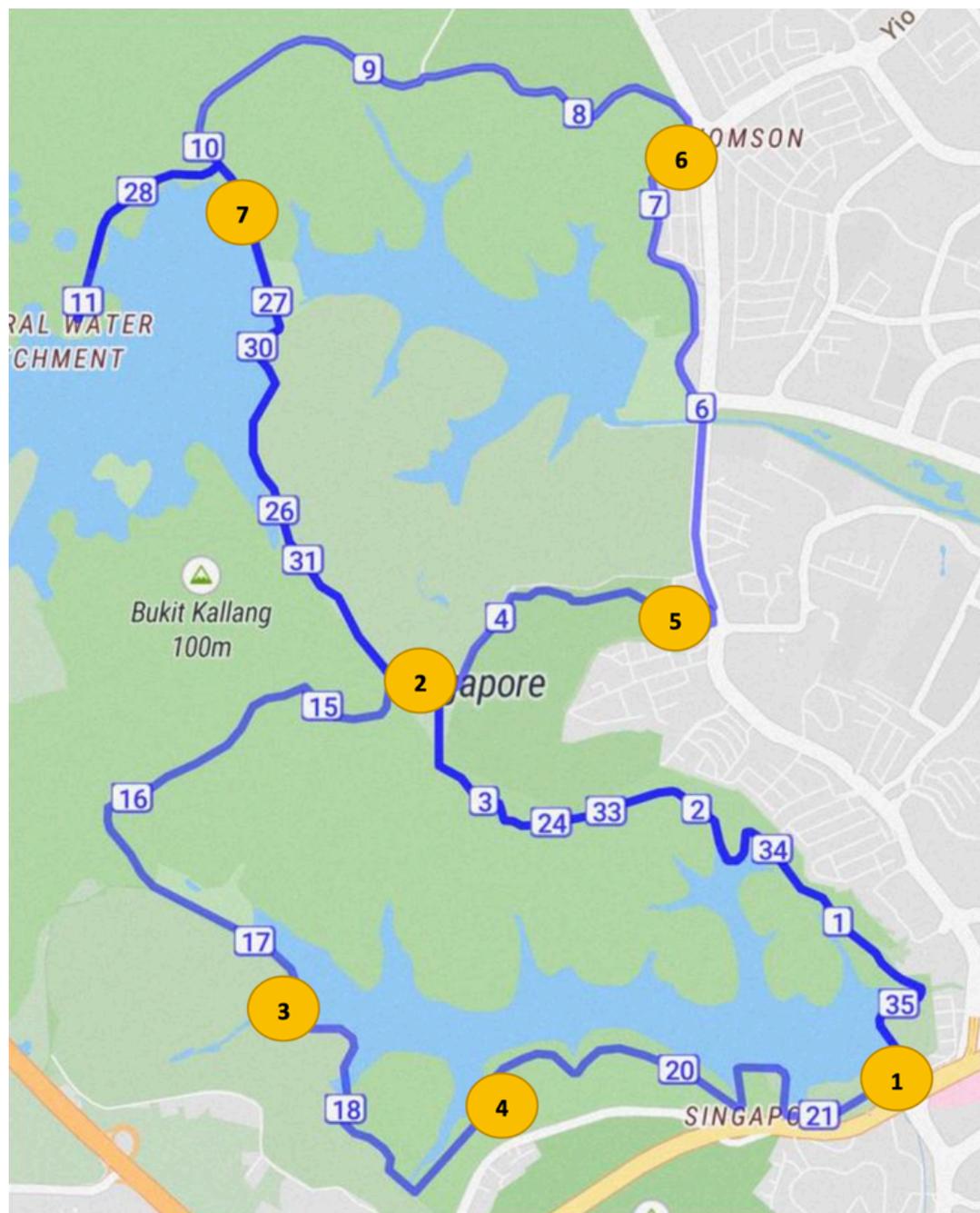
Kum Fatt conducting a safety briefing to our runners prior to the start of the Progressive Run in March 2025

Progressive Run Routes

The following are our bi-monthly Progressive Run routes, and the evacuation routes. We hope these diagrams help members become well-acquainted with both the running routes and their corresponding evacuation paths, supporting greater preparedness and safety during training sessions and Progressive Runs.



Evacuation Routes



- 1) Start / End point
- 2) Via entrance of The Singapore Island Country Club (Island Location) 180 Island Club Road, Singapore 578774
- 3) Via entrance of The Singapore Island Country Club(Bukit Location) 240 Sime Road, Singapore 288303
- 4) Via exit of Lornie Trail along Lornie Road
- 5) Windsor Nature Park Car Park, Singapore 574411
- 6) Casuarina Road Car Park (Casuarina Rd) Singapore 579526
- 7) Via Old Upper Thomson Rd (Upper Peirce Reservoir Carpark)

Feel free to check with Kum Fatt, Cher or other senior members if you need any assistance on these routes. You may clarify at the start of each Progressive Run too, if still unclear.

MR25 ULTRAMARATHON

**Discover the Legacy! Embrace the Challenge!
Join the 2025 MR25 Ultramarathon!**

by Jayce Chua

Since its inception in 1978 as the “Super-Endurance Run,” the MR25 Ultramarathon has become one of Asia’s oldest and most iconic dawn-to-dusk races. Rooted in the spirit of the club established in 1976, this signature event began as a members-only challenge involving multiple 10.5km loops. In its early years, only a handful of dedicated runners dared to complete five or more loops under stringent time constraints, making it a true test of endurance.

Initially exclusive to club members, the event challenged participants to complete as many 10.5km loops as possible within the 7am to 7pm active running window, with each loop requiring completion in under 90 minutes. Over the decades, the ultramarathon expanded to include public participants and introduced competitive prizes, further elevating the challenge. The exciting prizes in the 2025 series are made possible by the generous support of our sponsors. **Key Power Sports** continues its sponsorship as our club attire provider, outfitting Ultramarathon participants for the fourth consecutive year. **Pocari Sweat** has been a steadfast hydration supporter for all club activities over the past four years. **Creative** has contributed attractive prizes for winners over the past three years, while new prize sponsors in 2025 include **Bauerfeind**, providing recovery socks; **SuperActiv**, supplying supplements; and **JazPiper**, sponsoring karaoke sets for the four champions.



The start line of the Ultramarathon 2024

The MR25 Ultramarathon has overcome numerous challenges — from COVID-19 pandemic-related cancellations in 2020 and 2021 to the tightening of nature conservation regulations — highlighting its resilience and enduring appeal. Standout moments in the event’s history include Rem Bahadur Thapa’s astonishing achievement in 2000, completing 12 loops (126km) in just 11 hours, 34 minutes, and 41 seconds, as well as our very own Khoo Chin Poo’s remarkable feat in 2003, completing 11 loops (115.5km) in 11 hours and 3 seconds. These performances exemplify the spirit of endurance that defines the ultramarathon.

The defending champions from 2024 include Wong Kum Fatt (9 loops in the Men's Closed), Wang Lili (8 loops in the Women's Closed), Shekhar Tamang (9 loops in the Men's Open), and Patsy Tan (8 loops in the Women's Open). As we head into the 2025 edition, their performances continue to uphold the legacy of the MR25 Ultramarathon as a premier test of stamina and determination.

Key Features of the 2025 Edition:

Dawn-to-Dusk Adventure: Run from 7am to 7pm along the iconic MacRitchie Reservoir 10.5km loop.

Qualifying Rounds: Qualify between 1 June and 30 November to secure a limited finals slot.

Safety and Regulations: The course and timing format remain unchanged, with enhanced measures to meet current park and conservation guidelines.

Prizes:

	Men's Closed	Men's Open	Women's Closed	Women's Open
1 st Position		<ul style="list-style-type: none"> Champion Trophy Cash S\$200 Prizes by Creative JazPiper Max 2.1 Family Karaoke Soundbar Build-in Subwoofer (with 2 x Wireless Mic) Nature's Best SuperActiv T2 Collagen (60 caps) Bauerfeind Recovery Socks voucher 		
2 nd Position		<ul style="list-style-type: none"> 2nd position Medal Cash S\$180 Prizes by Creative Nature's Best SuperActiv T2 Collagen (60 caps) Bauerfeind Recovery Socks voucher 		
3 rd Position		<ul style="list-style-type: none"> 3rd position Medal Cash S\$160 Prizes by Creative Nature's Best SuperActiv T2 Collagen (60 caps) Bauerfeind Recovery Socks voucher 		
4 th Position	<ul style="list-style-type: none"> 4th position Medal Cash S\$140 Prizes by Creative Nature's Best SuperActiv T2 Collagen (60 caps) Bauerfeind Recovery Socks voucher 		<ul style="list-style-type: none"> 4th position Medal Prizes by Creative Nature's Best SuperActiv T2 Collagen (60 caps) Bauerfeind Recovery Socks voucher 	
5 th Position	<ul style="list-style-type: none"> 5th Position Medal Cash S\$120 Prizes by Creative Nature's Best SuperActiv T2 Collagen (60 caps) Bauerfeind Recovery Socks voucher 		<ul style="list-style-type: none"> 5th Position Medal Prizes by Creative Nature's Best SuperActiv T2 Collagen (60 caps) Bauerfeind Recovery Socks voucher 	

**List of prizes will be updated as and when finalized.*

Proudly sponsored by   CREATIVE   .

A Refined Experience: Subtle, exciting adjustments have been introduced to build on recent successes while staying true to the spirit of the race.

Mark Your Calendar!

Registration for the 2025 MR25 Ultramarathon is now open. Whether you're aiming to challenge personal limits or follow in the footsteps of legendary runners, this is your chance to be part of a race steeped in history and challenge.

Push your limits and etch your name into the ultramarathon history — sign up today and meet us at the starting line! Registration form: <https://forms.gle/ZHrgunpYopUsTyuu9>



Jayce Chua, chairperson of the Ultramarathon organising committee, together with Caline Ng, MR25 member, managing the registration counter at the Ultramarathon 2024

5KM API LEADERBOARD

UPDATES (AS OF JUNE TIME TRIAL)

Here is the latest update of the 5KM Time Trial API Leaderboard:

MR25 5km TT Age-graded Performance Index Leaderboard				
Ranking	Name	Timing	Score (%)	TT Date
1	Tony Seakins	22:28:00	77.00%	2 Feb 2025
2	Jon Lim	17:07:00	73.03%	3 Jun 2023
3	Darren Chong	17:09:00	72.89%	3 Jun 2023
4	John Yates	21:19:00	72.79%	1 Jun 2025
5	Jeremie Houssineau	17:49:00	72.31%	1 Feb 2025
6	Chris Timms	18:35:00	72.02%	1 Oct 2023
7	Andreas Hopf	20:16:00	70.97%	4 Feb 2024
8	Asher Quah	19:40:00	70.85%	1 Jun 2025
9	Warren Teyu	18:53:00	69.90%	1 Jun 2025
10	Eman Shamsul	21:36:00	69.37%	6 Aug 2023
11	Teo Shau Meng Simon	20:57:00	69.21%	1 Jun 2025
12	Jonathon Yeong	18:10:00	68.81%	3 Jun 2023
13	Sigi Stettmayer	22:24:00	68.68%	1 Oct 2023
14	Ng Junwei	19:25:00	68.41%	7 Apr 2024
15	Gil Madrid	22:30:00	68.37%	6 Aug 2023
16	Philston Sow	19:22:00	68.16%	30 Sept 2023
17	Leong Kam Ying	23:03:00	67.97%	10 Dec 2023
18	Shohib Marican	18:25:00	67.87%	3 Jun 2023
19	Tan Wei Yee	18:35:00	67.80%	1 Jun 2025
20	Jun Hean Kang	22:16:00	67.44%	8 Dec 2024
21	Feng Wei	22:07:00	67.22%	2 Feb 2025
22	Ernest Wong	22:09:00	67.12%	2 Jun 2024
23	Cayden Lau	19:22:00	66.87%	3 Jun 2023
24	Emerson Koo	18:52:00	66.78%	4 Feb 2024
25	Alvin Loh	23:29:00	66.71%	7 Apr 2024
26	Chong Sien Yaw	18:45:00	66.67%	1 Jun 2025
27	Mark Solway	22:29:00	66.64%	7 Apr 2024
28	Jun Han Kang	21:04:00	66.14%	8 Dec 2024
29	Collin Leong	21:56:00	66.11%	7 Apr 2024
30	Wong Kin Leong	24:09:00	66.05%	7 Apr 2024
31	Aeron Young	18:56:00	66.02%	3 Jun 2023
32	Mohd Nasar Bin Haja Mydin	22:10:00	65.94%	1 Jun 2025
33	Chen Jinxuan	20:03:00	65.84%	3 Aug 2024
34	Robert Smith	21:44:00	65.57%	7 Apr 2024
35	Zou Ao Lin	19:33:00	65.30%	2 Jun 2024
36	Joshua Chua	19:10:00	65.22%	3 Jun 2023
37	Chong Sien Chok	19:10:00	65.22%	1 Jun 2025
38	Lim Kuang Poh	22:25:00	65.20%	5 Aug 2023
39	Muk Tuck Sang	23:54:00	64.92%	1 Oct 2023
40	Furqan Aihadi Bin Muhammad Fadley	20:51:00	64.83%	1 Jun 2025
41	Kieran Benson	19:22:00	64.54%	7 Apr 2024
42	Kuek Chui Shong Raphael	19:23:00	64.49%	2 Jun 2024
43	Lee Ah Yeow	24:37:00	64.18%	2 Feb 2025
44	Nathan Lee	20:11:00	64.16%	3 Aug 2024
45	Seah Chuan Heng	19:34:00	64.05%	6 Oct 2024
46	Tharun Ranjan	19:33:00	63.94%	31 May 2025
47	Jan-Douwse Wansink	19:55:00	63.77%	2 Jun 2024
48	Ezekiel Kuah	20:44:00	63.67%	3 Jun 2023
49	Zhou Zhi Zhong	19:48:00	63.55%	2 Feb 2025
50	Charles Lim	19:46:00	63.32%	1 Oct 2023
51	Bakari Smith	19:45:00	63.29%	4 Feb 2024
52	Li Zhiming	20:15:00	63.21%	2 Feb 2025
53	Edric Low	20:53:00	63.21%	1 Jun 2025
54	Chia Ming Wee	23:45:00	63.09%	6 Apr 2025
55	Toh Jing Lun	20:58:00	62.96%	8 Dec 2024
56	Gregory Chow	20:59:00	62.83%	4 Jun 2023
57	Sunil Nair	21:28:00	62.81%	6 Oct 2024
58	Kyron Fung	21:34:00	62.67%	31 May 2025
59	Toh Ming Hong	19:59:00	62.55%	31 May 2025
60	Abdul Rahman	20:04:00	62.29%	1 Oct 2023
61	Culver Tan	23:54:00	62.20%	8 Dec 2024
62	Kwok Tong Seng Kelvin	22:23:00	62.17%	4 Jun 2023
63	Choy En Kai Zacchaeus	21:45:00	62.15%	3 Aug 2024
64	Raymond Chow	21:54:00	62.10%	6 Apr 2025
65	Swee Weldi	20:07:00	62.08%	6 Aug 2023
66	Muhammad Hafeez bin Mohamed Noor	20:10:00	61.98%	2 Feb 2025
67	Ng Wen Zhe	20:10:00	61.98%	6 Apr 2025
68	Low Cheng Yang	20:55:00	61.91%	2 Jun 2024
69	Lim Chin Way Mark	23:05:00	61.73%	3 Aug 2024
70	Ruy Teoh	21:51:00	61.71%	4 Aug 2024

71	Isaias Long	21:26:00	61.59%	2 Jun 2024
72	Ken Ng	22:15:00	61.57%	7 Apr 2024
73	Wu Shibo	21:29:00	61.44%	1 Jun 2025
74	Chong Kai Ze	21:31:00	61.35%	1 Jun 2025
75	Kiew Yi Heng	20:31:00	61.33%	6 Aug 2023
76	Thye Tzy Yee	20:23:00	61.32%	2 Feb 2025
77	David Poh	23:05:00	61.30%	10 Dec 2023
78	Randy Kang	24:08:00	61.06%	6 Aug 2023
79	Yip Jia Hao	21:37:00	60.99%	1 Oct 2023
80	Wong Sin Kiat	22:14:00	60.79%	2 Jun 2024
81	Tan Shyh Yong	22:12:00	60.74%	7 Apr 2024
82	Bertram Chiew	21:47:00	60.60%	3 Aug 2024
83	Wong Kin Chong	20:38:00	60.58%	3 Jun 2023
84	Alvin Ang	20:39:00	60.53%	31 May 2025
85	Frederick Fong	23:14:00	60.40%	4 Jun 2023
86	Yam Pak Sing Derick	24:56:00	60.09%	2 Jun 2024
87	Zhang Yucheng	21:33:00	60.09%	1 Jun 2025
88	Wu Kefan	21:58:00	60.09%	3 Aug 2024
89	Charles Ling	22:30:00	60.07%	3 Aug 2024
90	Careca Yong Loi Huat	24:32:00	60.05%	6 Aug 2023
91	Luo Yi Han	22:31:00	60.03%	3 Aug 2024
92	Ong Fu Ying	21:52:00	59.83%	2 Feb 2025
93	Lim Ming You	23:18:00	59.80%	1 Jun 2025
94	Natarajan Yogeswaran	21:07:00	59.67%	31 May 2025
95	Lucas Lee	23:23:00	59.59%	1 Jun 2025
96	Kevin Ho	22:50:00	59.56%	7 Apr 2024
97	Henry Loh	22:43:00	59.50%	3 Aug 2024
98	Gabriel Liu	21:48:00	59.40%	3 Aug 2024
99	Muhsin Shah	21:03:00	59.38%	1 Jun 2025
100	Winston Tan	25:15:00	59.34%	4 Jun 2023
101	Zhi Hong Chia	21:06:00	59.24%	8 Dec 2024
102	Gan Sing Yu	21:38:00	59.01%	1 Jun 2025
103	James Nicholas	21:12:00	58.96%	1 Feb 2025
104	Dustin Lee	22:12:00	58.93%	4 Feb 2024
105	Mervyn Tan	23:25:00	58.93%	7 Apr 2024
106	Javier Heng	22:00:00	58.86%	1 Jun 2024
107	Yu Kang	23:42:00	58.79%	31 May 2025
108	Chauncey Chee	21:17:00	58.73%	1 Jun 2025
109	Akihito Watanabe	23:33:00	58.60%	4 Feb 2024
110	Phil McCorquodale	21:27:00	58.43%	4 Aug 2024
111	Zubair Mazlan	21:24:00	58.41%	4 Feb 2024
112	Lucas Lim	23:15:00	58.14%	3 Aug 2024
113	Jack Zhou	22:17:00	58.12%	1 Jun 2024
114	Louis Ho	23:46:00	58.06%	1 Feb 2025
115	Ng Hong Jun	23:18:00	58.01%	3 Aug 2024
116	Cha Min Chul	23:17:00	57.91%	2 Feb 2025
117	Luo Yongqiang	22:15:00	57.90%	4 Aug 2024
118	Chris Khoo	22:08:00	57.83%	7 Apr 2024
119	Eric Chan	22:43:00	57.59%	8 Dec 2024
120	Timothy Choo	23:29:00	57.56%	3 Aug 2024
121	Cydrick Chung	22:25:00	57.47%	5 Aug 2023
122	Danial Syed	21:46:00	57.43%	6 Apr 2025
123	Nikhil Koduru	23:52:00	57.40%	4 Feb 2024
124	Kendrick Neo	23:00:00	57.39%	1 Jun 2024
125	David Dacid Sotta	24:51:00	57.34%	4 Feb 2024
126	Kevan Ng	22:38:00	57.22%	3 Aug 2024
127	Koh Chiu How	23:35:00	57.17%	7 Apr 2024
128	Edward Wang	24:22:00	57.11%	4 Feb 2024
129	Boston Tan Ying Qi	23:43:00	56.99%	31 May 2025
130	Chua Yih Shing	24:26:00	56.96%	1 Jun 2025
131	Tan Choon Kiat	24:15:00	56.91%	1 Feb 2025
132	Aldo Koh	21:58:00	56.90%	6 Apr 2025
133	Chua Chun Hwee	24:05:00	56.89%	7 Apr 2024
134	Keegen Chung	22:18:00	56.65%	5 Aug 2023
135	Tay Shean Chyi Alex	24:59:00	56.64%	2 Jun 2024
136	Kliff Cheang	22:16:00	56.59%	1 Jun 2024
137	Zhang Zherong	22:55:00	56.51%	3 Aug 2024
138	Anurag Bhalla	23:52:00	56.49%	4 Feb 2024
139	Wee Teng Ee	22:09:00	56.43%	3 Aug 2024
140	Aaron Leong	22:51:00	56.38%	1 Oct 2023
141	Nicholas Tan	22:21:00	56.38%	31 May 2025
142	Benjamin Lee	22:50:00	55.91%	31 May 2025
143	Xin Xiangcheng	24:59:00	55.77%	31 May 2025
144	Jonathon Guan	23:35:00	55.35%	4 Jun 2023
145	Marcus Too	24:22:00	55.34%	1 Feb 2025
146	Nathan Tay	22:36:00	55.31%	1 Jun 2025
147	Kenneth Ang	22:37:00	55.27%	1 Feb 2025

MR25 4.8km TT Age-graded Performance Index Leaderboard				
Ranking	Name	Timing	Score (%)	TT Date
1	Vivian Tang	21:08:00	69.09%	6 Aug 2023
2	Teo Swee Lin	21:45:00	63.07%	10 Dec 2023
3	Joelle Langeveld	20:04:00	62.87%	4 Aug 2024
4	Patsy Tan	23:04:00	61.85%	2 Feb 2025
5	Tan Bao Hui Chantel	22:45:00	61.68%	1 Jun 2024
6	Sharon Fay Ong	22:30:00	59.93%	10 Dec 2023
7	Wang Li	21:56:00	59.88%	30 Sept 2023
8	Chloe Young	21:01:00	59.48%	7 Apr 2024
9	Neo Jie Shi	21:30:00	59.46%	2 Feb 2025
10	Qiao Xiangyi	24:29:00	58.95%	1 Jun 2025
11	Goh Pei Yong	22:09:00	58.84%	4 Jun 2023
12	Belle Tan	21:17:00	58.73%	1 Feb 2025
13	Lj Benitez	21:22:00	58.58%	6 Apr 2025
14	Sheryl Tang	21:39:00	57.97%	3 Jun 2023
15	Umaymah Chikani	21:36:00	57.87%	1 Feb 2025
16	Pauline Ooi	23:36:00	57.13%	10 Dec 2023
17	Angela Lim	23:59:00	56.85%	4 Jun 2023
18	Levyn Wong	22:14:00	56.22%	7 Apr 2024
19	Chong Hui	22:57:00	55.70%	2 Feb 2025
20	Thong Jin Mun	23:24:00	55.70%	10 Dec 2023
21	Debbie Ho	22:36:00	55.31%	30 Sept 2023
22	Hee Chew Peng	23:23:00	55.02%	3 Jun 2023
23	Teo Hwi Bee	23:07:00	54.79%	2 Feb 2025
24	Faith Lee	22:51:00	54.70%	6 Apr 2025
25	Tan Shayn En	24:41:00	54.42%	8 Dec 2024
26	Bernice Tey	23:09:00	54.00%	1 Feb 2025
27	Yang Heeju	23:27:00	53.30%	6 Apr 2025
28	Lum Wei Peng	23:29:00	53.23%	2 Feb 2025
29	Lok Xin Ying	23:35:00	53.00%	6 Oct 2024

30	Nathenia Ng	23:38:00	52.89%	10 Dec 2023
31	Low Yu En	25:33:00	52.58%	1 Jun 2024
32	Elizabeth Xie	24:36:00	52.57%	2 Feb 2025
33	Eleri Lin	24:14:00	52.48%	30 Sept 2023
34	Melisa Awang	23:56:00	52.44%	2 Feb 2025
35	Ariel Teo Jingyu	24:03:00	51.98%	30 Sept 2023
36	Ng Run Qian	24:26:00	51.64%	31 May 2025
37	Kristine Koh	24:22:00	51.50%	31 May 2025
38	Melody Koik	26:35:00	50.53%	1 Jun 2024
39	Teoh Mei Ting	24:46:00	50.47%	4 Aug 2024
40	Janice Lee	24:46:00	50.47%	10 Dec 2023
41	Kuan Xin Yuan	25:30:00	49.87%	1 Jun 2025
42	Lina Loy	27:06:00	49.57%	1 Jun 2024
43	Edina Tan	25:18:00	49.41%	6 Oct 2024
44	Nur Qamarina	28:16:00	48.53%	1 Jun 2024
45	Aw Zhi Hui	26:47:00	48.29%	1 Jun 2025
46	Hebe Tang	27:18:00	47.37%	1 Jun 2025
47	Elna Cha	26:24:00	47.35%	6 Apr 2025
48	Goh Yeng Theng	26:25:00	47.32%	6 Apr 2025
49	Pauline Pong	27:08:00	46.07%	31 May 2025
50	Elva Fong	29:50:00	45.98%	2 Jun 2024
51	Kelly Ng	27:46:00	45.32%	8 Dec 2024
52	Rachel Low	29:49:00	45.05%	1 Jun 2024
53	Shanel Ang	28:20:00	44.88%	31 May 2025
54	Claire Ong	30:54:00	44.39%	2 Jun 2024
55	Tricia Chong	28:23:00	44.22%	8 Dec 2024
56	Ng Kai Xuan	29:59:00	43.91%	1 Jun 2024
57	Chua Wie Ling	30:07:00	43.61%	6 Apr 2025
58	Hannah Hay	31:15:00	40.69%	31 May 2025
59	Jamie Wong	33:15:00	40.55%	1 Feb 2025
60	Kelly Ho	32:14:00	39.45%	4 Feb 2024

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

The index accounts for age and gender differences using internationally recognised performance standards – enabling runners of all ages and genders to compete on a more level playing field and enjoy the challenge together.

Join us to see where you stand!



Start of the June Time Trial

PROGRESSIVE RUNS



On 4 May, 25 members took part in our 20km Progressive Run, the route starts at Macritchie and goes all the way to Upper Pierce, then back to the starting point.

1. Seah Chuan Heng 1:27:30	2. Wong Kum Fatt 1:28:09	3. Xu Yunqing 1:36:58	 20KM PROGRESSIVE RUN 4/5/2025 FINISHERS	4. Thomas Eng 1:37:17	5. Kiew Yi Heng 1:39:08	6. Simon Teo Shau Meng 1:39:17
						
7. Tony Seakins 1:40:23	8. Lady Joy Benitez 1:44:12	9. Frank Feng Wei 1:46:21	10. John Yates 1:46:41	11. Ken Ng 1:49:30	12. Joshua Yeak 1:54:54	
						
13. Chia Ming Wee 1:54:59	14. Joffrey Czarny 1:56:53	15. Jessica Wang Sing Yee 1:58:08	 20KM PROGRESSIVE RUN 4/5/2025 FINISHERS	16. Mervyn Tan 1:59:17	17. Chua Hwa Shang 2:00:33	18. Sabrina Kek Yu Han 2:01:37
						
19. Shaowei Ying 2:04:06	20. Teo Hwi Bee 2:04:57	21. Lee Ah Yeow 2:06:23	22. Fredalyn Japson 2:07:02	23. Koh Chiu How 2:16:08	24. Neo Seng Gee 2:22:39	25. Alex Tan Hock Leong 2:31:01
						

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.

RACES – LOCAL & OVERSEAS

Various members recently took part in overseas competitions. Patsy placed 11th in her age category at the NN Marathon Rotterdam, known for its flat course, and went on to conquer the 60km NCA BTR Ultra trail run in Bali, earning 3rd in the Masters category. Jayce, Caline, and Ethan delivered spectacular podium finishes in their age groups at the Hatyai Mini Marathon. Zhaowei clocked a solid 1:25:01 in the half marathon at the World Masters Games in Taipei City. Meanwhile, Tony topped his age category at the scenic Brisbane Half Marathon, running alongside the Brisbane River and Story Bridge.

Ethan Chan	Trifactor Half Marathon	01:25:09 (3 rd Age Category)
Patsy Tan	NN Marathon Rotterdam (Full Marathon)	03:53:14
Patsy Tan	BCA BTR Ultra (60km)	17:50:06 (3 rd Master's Category)
Jayce Chua	Hatyai Mini Marathon (10.5km)	00:52:41 (1 st Age Category)
Caline Ng	Hatyai Mini Marathon (10.5km)	00:57:27 (4 th Age Category)
Ethan Chan	Hatyai Mini Marathon (10.5km)	00:40:30 (1 st Age Category)
Teo Zhaowei Joserve	World Masters Games 2025 (Half Marathon)	01:25:01
Tony Seakins	Brisbane Half Marathon	01:32:30 (1 st M70)



Left to right: (1st row) Ethan Chan, Patsy Tan, Jayce Chua; (2nd row) Caline Ng (in blue jersey, 1st from the right), Ethan Chan (in red jersey, 3rd from the left)

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 #299

(6 April)



LJ BENITEZ (21:22)



FAITH LEE (22:51)



CHIA MING WEE (23:45)

TIME TRIAL #300 & 301

(31 May & 1 June)



NG RUN QIAN (24:26)



QIAO XIANGYI (24:29)



THARUN RANJAN (19:33)



MUHAMMAD MUHSIN SHAH (21:03)



MOHAMED NASAR (22:10)



XIN XIANGCHENG (24:59)



TRAINING SCHEDULE

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

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



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



UPCOMING EVENTS

- July 25km Progressive Run (6th July Sunday 7:00am)
- August 5km Time Trial (3rd August Sunday 7:30am)
- September 30km Progressive Run (7th September Sunday 7:00am)

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 2025-2026

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
Wong Kin Leong	Co-opted Editorial Sub-Committee Member
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, Pocari Sweat for hydration, and Creative, SuperActiv, Bauerfeind, and JazPiper for the Ultramarathon prizes



CREATIVE



SuperActiv

BAUERFEIND®

JazPiper®

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