



JULY - SEPT 2025

MR25 BULLETIN



As MR25 marks its 50th anniversary, we reflect on a meaningful journey shaped by dedication, perseverance, and a shared love for running. Since our founding in 1976, the club has experienced moments of growth, faced challenges, and undergone change. This milestone offers us an opportunity to honour that legacy, recognise the many individuals who have contributed along the way, and look ahead to the future with renewed purpose and optimism.

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The Celebration Begins

Our official 50th Anniversary Celebrations kicked off in August 2025 and will continue through to August 2026, culminating in a special commemorative dinner to honour this important occasion.

5km Time Trial Challenge

We launched the celebration with the August 5km Time Trial (TT) — a symbolic start that drew 44 sign-ups. In accordance with NParks guidelines, the run was split over two days, with 14 members completing the 50th Anniversary 5km Time Trial Challenge. A huge congratulations to all who participated — the 50th Anniversary Leaderboard is now underway!



Start of August Time Trial on 2nd August and 3rd August respectively

50th Anniversary 5km TT Challenge Leaderboard (as of August TT):

50th Anniversary 5km TT Challenge Leaderboard								
Ranking	Name	Best API (so far)	API Scores					
			Aug	Oct	Dec	Feb	Apr	Jun
1	Tony Seakins	75.82%	75.82%					
2	John Yates	72.51%	72.51%					
3	Philston Sow	71.02%	71.02%					
4	Toh Jing Lun	67.75%	67.75%					
5	Bernice Tey	66.31%	66.31%					
6	Lee Ah Yeow	65.24%	65.24%					
7	Wong Kin Leong	64.71%	64.71%					
8	Patsy Tan	62.76%	62.76%					
9	Raymond Chow	62.67%	62.67%					
10	Culver Tan Cher Beng	59.95%	59.95%					
11	Wangli	59.61%	59.61%					
12	Ken Ng	57.89%	57.89%					
13	Mervyn Tan	53.87%	53.87%					
14	Koh Chiu How	53.58%	53.58%					

If you missed the first 5km Time Trial, do not worry – five more trials remain. Even if you are no longer in contention for the full-series award, top performances in individual events will still be recognised. Thanks to the Age Performance Index (API), everyone remains competitive, regardless of age – so come and give it your best effort.

The Progressive Run Challenge

For those who prefer longer distances, our MR25 50th Anniversary Progressive Run series began in September. This six-part challenge is not just about finishing – it is about building consistency, endurance, and community spirit throughout the year.

In the first leg, the September 30km Progressive Run, 11 members completed the distance within the cutoff time, earning a place on both the Finisher Award list and the Progressive Challenge Leaderboard.

50th Anniversary Progressive Run Challenge Leaderboard (as of September 30km):

50th Anniversary Progressive Run Challenge Leaderboard							
No	Name	Sep 30km	Nov 35km	Jan 10km	Mar 15km	May 20km	July 25km
1	Wong Kum Fatt	1					
2	Liang Jun	2					
3	Thomas Eng	3					
4	Muk Tuck Sang	4					
5	Wang Li	5					
6	Culver Tan	6					
7	Lee Ah Yeow	7					
8	Mervyn Tan	8					
9	Koh Chiu How	9					
10	Wong Kin Leong	10					
11	Sabrina Kek	11					

The next installment will be the November 35km, followed by 10km (January), 15km (March), 20km (May), and 25km (July). Join at any time – it is never too late to test yourself and be part of the challenge.



Start of September Progressive Run

Every Role Counts: Join, Contribute, Celebrate

This anniversary is not just about competitions — it is about community. Whether you are a regular runner, a returning member, a volunteer, or a supporter, everyone can play a role in making this milestone year truly memorable.

The Management Committee is actively planning a full calendar of activities leading up to our celebratory dinner in August 2026. We warmly invite all members to get involved in any way you can:

- Participate in events
- Volunteer your time
- Sponsor aspects of the celebration
- Help with fundraising or commemorative souvenirs

Every contribution, no matter how big or small, makes a meaningful impact. If you are interested in contributing, please reach out to me or any member of the Committee — we would be delighted to have you on board.

Here is to the Next 50

With a full year of events ahead and an engaged, enthusiastic community, MR25 is poised for an unforgettable 50th Anniversary year — one that celebrates both our proud past and our exciting future.

Whether you have been with us for decades or have only just joined — thank you for being part of this journey. Let us run forward together into the next chapter of MR25's legacy. See you at the next event!

Kenneth Low
Organising Chairman

MY EIGER ULTRA TRAIL BY UTMB DREAM

by Cher Tan

When I started training back in January, the Eiger Ultra Trail by UTMB felt like a faraway dream. Every run, every race I took on this year—the Lantau 70 in Hong Kong and the 6-hour challenge at the Trans Mount Lambak Trail (TMLT)—was all building towards this one. It wasn't a smooth journey. I had a bad fall just before Chinese New Year, and later, I rolled my ankle during TMLT. For a while, I wondered if I could even make it to the start line. But somehow, I kept going, and by July, I believed I was ready.

Arriving in Grindelwald, Switzerland, was magical. The mountains stood tall, the air was crisp, and I felt so grateful to be there. But life has a funny way of testing us. On my second day there, I fell ill after getting caught in the rain while returning from a recce of part of the race route. I reminded myself to stay positive, so I spent the whole week leading up to race day just taking things easy and resting. I medicated and, fortunately, managed to regain my health.

On race morning, on the 19 July 2025, I woke up feeling good and well enough to take on the challenge ahead. Then came the news: because of the forecasted bad weather, the 100km course with 6,700m of elevation was being cut down to 69km with 4,400m of gain. A huge change, but honestly, I was relieved—I just wanted to run.

The start was gentle: 4km on tarmac before we hit the trails. Then came the bottleneck, but everyone was patient, calm, moving as one. The Alps opened up before me, and I kept thinking: "This is what I trained for. This is why I'm here." The trails alternated between runnable gravel paths and rocky, technical sections. Some parts were pure joy; others tested my balance and grit.

Halfway through, the drizzle started. I threw on my rain jacket, and by the time I reached the checkpoint, the wind was howling. A volunteer looked me in the eye and firmly instructed me to put on my long tights, as the weather was only going to get colder.

I followed her advice and changed into my warm gear—and instantly felt stronger. That section was wild—the rain, the wind, the cold—it pushed me, but it also made me feel alive.

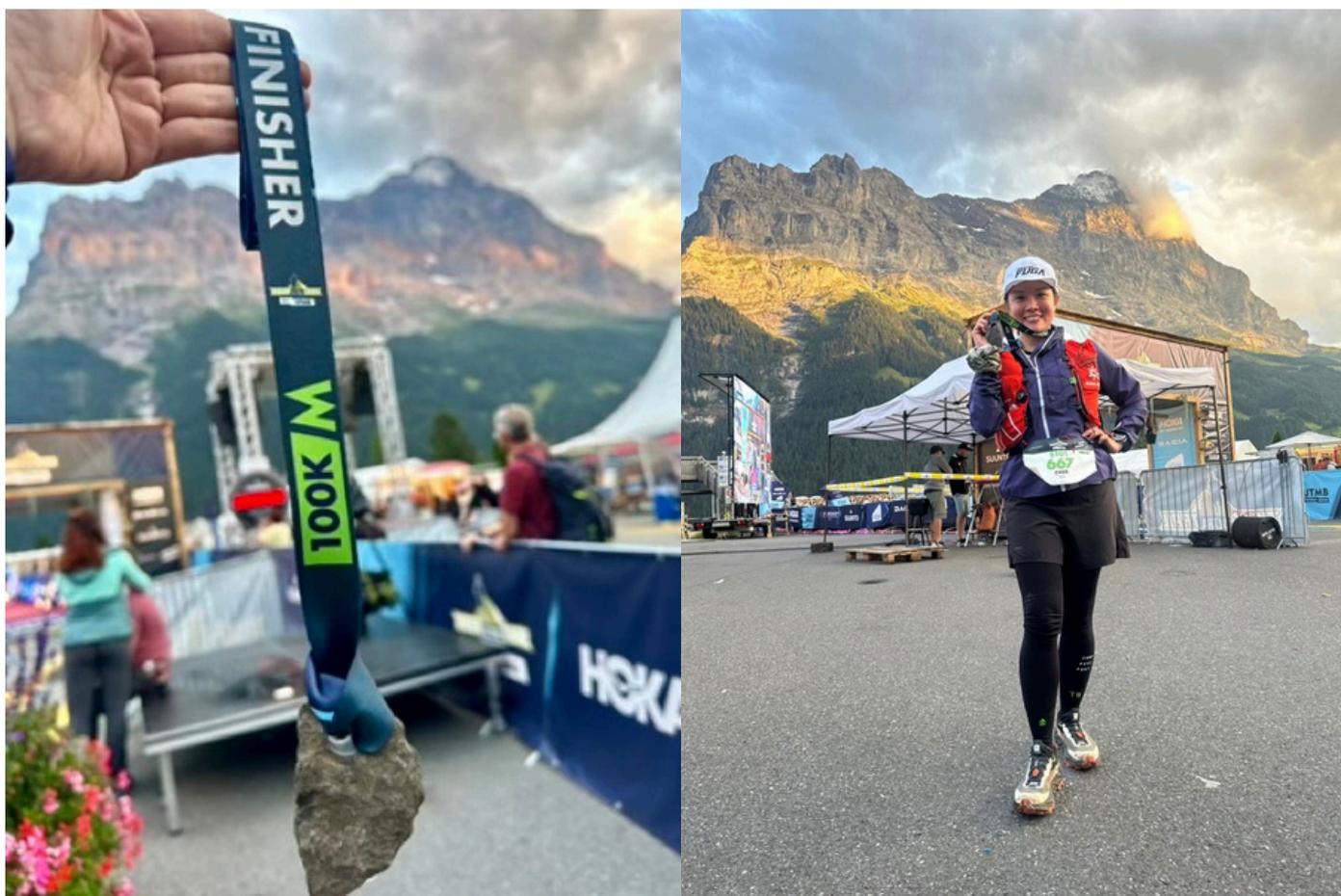
Somewhere along the way, I made friends with Swiss runners. We swapped stories about ultras, travels, and the madness that drives us to keep signing up for these things. Their energy carried me through some of the tougher stretches.



Then came the last push. The final 4km climb felt endless, steep, and cruel. My fever started creeping back, and my body begged me to stop. But my heart knew I could not. I dug deep and repeated positive affirmations to myself, moving step by step, breath by breath. At the last checkpoint, I looked at the clock—2.5 hours left to cover the final 2km downhill. I had made it. I allowed myself to walk some of it, soaking in the cheers of strangers who made me feel like family. And then, as I entered the streets of Grindelwald, I somehow found my running legs again—and I ran. The streets were lined with supporters, their voices carrying me to the finish.

Even though I crossed the line in 610th place in 16:35:07, at the end of the day, numbers didn't really matter. What truly mattered was not giving up, completing the mission, and taking in the memories. The cheers, the volunteers, the mountains, the rain, the camaraderie—all of it came together to remind me of “my why.”

I had travelled far and didn't get to run the original 100km route I dreamed of, but I still held my Eiger Stone—a piece chipped off the Eiger mountain and the finisher medal given to every finisher—in my hands. Proof that dreams really do come true. This was my race, my journey, my reminder that with perseverance and love for what I do, I can overcome anything.



Post-race smiles with the hard earned finisher medal

Never Give Up on Our Dreams: ***MY 22-YEAR WAIT FOR BOSTON*** by Kiat Tan

Ever since my university days, I have quietly harboured a dream: to one day qualify for the historic Boston Marathon. My first attempt came in 2003 at the Singapore Standard Chartered Marathon. I had no real training plan—just raw enthusiasm and a pair of running shoes. I finished in 4:23. Looking back, it was a respectable result for someone with zero understanding of marathon preparation.

Four years later, in 2007, I gave it another go—again with little structure. I ran 4:29, and this time, my body paid the price. A torn meniscus led to surgery and a long, painful break from running. I fell into inactivity and gained a lot of weight. It was a dark period. I felt like the dream had faded. Then, in 2020, I decided it was time for change. Through strength training and a no-carb diet, I shed 15 kilograms. By 2023, I was ready to test myself again. But despite the effort, I crossed the line in 4:31—my worst time yet. That was the moment I realised: I could not do this alone.

By chance, I came across a runner's post about a book—*Marathon: Training Smart* by Steven Quek. Intrigued, I rushed to the library to borrow it. As I read, I discovered that Mr. Quek also led the ActiveSG Distance Running Programme. Instinctively, I knew: this was the guidance I needed.

Joining the programme in mid-2024 opened my eyes to a whole new world of running. Training was no longer random—it was structured, purposeful, and deeply insightful. We learned proper pacing not just on the track, but also during long runs. Even recovery jogs were timed like clockwork, part of an approach to training known as 'The Train System'.

For the first time, I understood the value of discipline and precision in running. I learned how to execute interval sessions correctly, and I began to appreciate the importance of recovery—nutrition, rest, massage—all part of the process. Very importantly, I found myself surrounded by like-minded teammates who loved running just as much as I did. Besides our twice-weekly sessions at Bukit Gombak Stadium, weekend long runs took me to MacRitchie, where I soon discovered that many of my new teammates were members of MacRitchie Runners 25 (MR25). Eventually, I took the legendary 5km time trial and earned my place in the club.

The camaraderie was something I had never experienced before. Endurance training became more manageable with their presence. I vividly remember completing five consecutive 5km time trials in under 25 minutes with Siew Lu to celebrate MR25's 48th anniversary—something I could never have imagined doing in the past.

And then the results began to show.

Despite Coach's advice that achieving a Boston Qualifier (BQ) in Singapore might be a stretch—especially since I had just joined the programme—I still gave it a try. While some of my teammates headed to the Valencia Marathon, I participated in the Singapore Marathon in December 2024. I clocked 3:29—a one-hour improvement, almost twenty years later. It was an incredible leap, but still shy of the 3:15 I needed for Boston.

Part proud, part disappointed, I was ready to take a step back. But Mr. Quek encouraged me not to give up. He believed in me even when I doubted myself. I also finally understood what he meant about choosing the right race. Terrain and weather matter—a lot. The 2024 Singapore Marathon route was brutal. The late-stage elevation at West Coast Highway, combined with Singapore’s relentless heat and humidity, made it a punishing course.

This time, we planned smarter. Together with Chern Dong and Siew Lu, I signed up for the Sunshine Coast Marathon in Australia. With more time in the programme and clearer guidance from Coach Steven, my marathon preparation became laser-focused—especially in the final 12 weeks. As much as the focus and commitment were there, the lead-up to Sunshine Coast still came with its challenges. I was adapting to a new job at the time, and an earlier planned family trip also meant I had to juggle time and energy across multiple fronts. Still, we stayed the course.

Each week, we built up marathon distances at MacRitchie PCN and Adam Drive, and nailed marathon pace intervals at West Coast Park. These sessions would not have been possible without the support of teammates like Bernice, Clarice, Ethan, Jing Lun, Zhaowei, Philston, and many others. Coach and I reviewed every session after training. We fine-tuned fuelling and hydration strategies, balanced key marathon workouts with easy runs and intervals, and incorporated strength and mobility training to keep injuries at bay. And then, it happened.

On 3 August 2025—after 22 years of waiting—I patiently ran behind the 3-hour pacing group for nearly the entire race, picked up the pace in the final kilometres, and crossed the finish line in 2:58:37.

I still cannot quite believe it.

I owe an enormous debt of gratitude to Coach Steven Quek. His belief in me, even when I was unsure of myself, made all the difference. It took me over two decades, but I finally achieved what I once thought was impossible.

This journey has taught me that dreams are not things we outgrow—they are things we grow into. With the right guidance, the right team, and the will to keep showing up, it may take time—but dreams like Boston are never out of reach.



Race Pace intervals with help of teammates at West Coast Park



Above to below: Kiat passing the finishing line; Kiat (1st from left). with Siew Lu and Chern Dong after the marathon

KIAT TAN



925

Eva Air Sunshine Coast Marathon
3 August 2025

Gender: **Male**

Category: **M45-49**

Status: **Finished**

Team: **ACTIVESG**

Pace: **4:13 min/km**

★ Add To Favourites

Gun Time **02:58:45**

OVERALL	CATEGORY	GENDER
97/2485	3/110	86/1775

Official Time **02:58:37**

OVERALL	CATEGORY	GENDER
102/2485	4/110	91/1775

🗨️ Tell a friend on Whatsapp
✉️ Email My Result
✂️ Share on X

👍 Share on Facebook
🖨️ Print certificate
📷 View My Photos

🏆 Medal Plaque

ALL MY SPLITS										
Location	Time (Time of Day)	Hour Time (Split Time)	Dist	Dist	Distance (Split Pace)	21km	21km	21km	21km	
Start	00:00:00 (00:00:00)	00:00:00 (00:00:00)			0.000					
5km	00:21:15 (04:21:22)	00:21:15 (00:21:15)	125	125	5.000					
10km	00:42:29 (08:42:36)	00:42:29 (00:42:14)	162	148	5.000					
15km	01:03:44 (17:03:51)	01:03:44 (00:42:36)	184	120	5.000					
20km	01:25:01 (19:25:08)	01:25:01 (00:42:36)	140	135	5.000					

Top: Results of the Sunshine Coast Marathon; Bottom: Breakdown of pacing during the marathon – patiently running behind the 3-hour pacing group.

Brief outline of final 12 weeks:

Wks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	12 May RP intervals @WCP	13 May Easy run 13km	14 May Easy run 9km	15 May Intervals @CCK	16 May Rest	17 May Long run 28km	18 May Rest
11	19 May Rest	20 May Rest	21 May Rest	22 May Intervals @Gombak	23 May Rest	24 May Long run 26km	25 May Rest
10	26 May RP intervals @WCP	27 May Easy run 10km	28 May Rest	29 May Long run 31km	30 May Easy run 7km	31 May Rest	1 June Rest
9	2 June Rest	3 June Easy run 12km	4 June Easy run 12km	5 June Intervals @Cebu City Track	6 June Rest	7 June Long run 26km	8 June Rest
8	9 June RP intervals @WCP	10 June Easy run 10km	11 June Easy run 10km	12 June Intervals @Gombak	13 June Rest	14 June Long run 34.4km	15 June Easy run 6km
7	16 June Intervals @CCK	17 June Rest	18 June RP intervals @WCP	19 June Rest	20 June Easy run 5km	21 June Long run 28km	22 June Easy run 5km
6	23 June Rest	24 June RP intervals @WCP	25 June Rest	26 June Intervals @Gombak	27 June Rest	28 June Long run 35km	29 June Easy run 5km
5	30 June Rest	1 Jul RP intervals @WCP	2 Jul Rest	3 Jul Intervals @SUTD	4 Jul Rest	5 Jul Long run 26km	6 Jul Easy run 4km
4	7 Jul Rest	8 Jul RP intervals @WCP	9 Jul Rest	10 Jul Intervals @CCK	11 Jul Rest	12 Jul Long run 37km	13 Jul Easy run 5km
3	14 Jul Intervals @Gombak	15 Jul Rest	16 Jul RP intervals @WCP	17 Jul Rest	18 Jul Rest	19 Jul Long run 20.5km	20 Jul Easy run 6km
2	21 Jul Rest	22 Jul RP intervals @WCP	23 Jul Rest	24 Jul Intervals @Gombak	25 Jul Rest	26 Jul Long run 18km	27 Jul Easy run 4km
1	28 Jul Intervals @Gombak	29 Jul Rest	30 Jul Travel Brisbane	31 Jul Easy run 4km	1 Aug Light Intervals	2 Aug Rest	3 Aug Marathon

RP = Race Pace, WCP = West Coast Park, CCK = Chua Chu Kang

A CHAT WITH KEN



Ken with our members doing an easy run at MacRitchie on Sunday mornings

MR25 Bulletin editor caught up with Mr Ken Ng to have a chat.

Editor: How did you discover the club and what motivated you to join?

Ken: I was first introduced to MR25 when I joined my first time trial in February 2022. There were very few running events during that time due to COVID-19 restrictions. Despite running regularly, it was difficult to improve my timing.

Editor: What were your first impressions?

Ken: Everyone was so fast! I was very humbled when I finished among the last three runners in my first time trial.

Editor: What attracted you to the club?

Ken: The 5km time trials were my favorite. I failed my first two but passed the next 15.

Editor: What are your fondest memories?

Ken: I enjoyed the strong bonding with other members. I made it a point to join the Sunday morning runs whenever I can. I'm also inspired by how members step up to volunteer during time trials and progressive runs. A special shoutout to our dedicated photographers, Mr. Chan and Mr. Choo, for capturing so many precious moments over the years!

Editor: How long have you been running?

Ken: I have been running for more than 10 years. I enjoy it because it keeps me fit and looking good.

Editor: Have you faced injuries?

Ken: Thankfully, no. I don't overexert myself, and my motto has always been: "First, sustain no injury."

Editor: Any thoughts on health trends?

Ken: There has been concerns about sudden deaths in runners post-COVID, but I believe this has happened even before the pandemic. While medical tests like stress ECG and CT coronary calcium scoring exist, they aren't foolproof. I believe that it is more important for us to listen to our body and know to stop when we are not feeling well - there's always another race to run.

Editor: A message for our fellow members?

Ken: Thank you all for the beautiful memories. I look forward to running with all of you for decades to come.

5KM API LEADERBOARD

UPDATES (AS OF AUGUST TRIAL)

New 5KM Time Trial API Leaderboard Update! Here is the latest update:

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 Housineau	17:49:00	72.31%	1 Feb 2025
6	Chris Timms	18:35:00	72.02%	1 Oct 2023
7	Philston Sow	18:14:00	71.02%	2 Aug 2025
8	Andreas Hopf	20:16:00	70.97%	4 Feb 2024
9	Asher Quah	19:40:00	70.85%	1 Jun 2025
10	Warren Teyu	18:53:00	69.90%	1 Jun 2025
11	Eman Shamsul	21:36:00	69.37%	6 Aug 2023
12	Teo Shau Meng Simon	20:57:00	69.21%	1 Jun 2025
13	Jonathon Yeong	18:10:00	68.81%	3 Jun 2023
14	Sigi Stettmayer	22:24:00	68.68%	1 Oct 2023
15	Ng Junwei	19:25:00	68.41%	7 Apr 2024
16	Gil Madrid	22:30:00	68.37%	6 Aug 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	Toh Jing Lun	19:29:00	67.75%	2 Aug 2025
21	Jun Hean Kang	22:16:00	67.44%	8 Dec 2024
22	Feng Wei	22:07:00	67.22%	2 Feb 2025
23	Ernest Wong	22:09:00	67.12%	2 Jun 2024
24	Chong Sien Chok	18:38:00	67.08%	2 Aug 2025
25	Cayden Lau	19:22:00	66.87%	3 Jun 2023
26	Emerson Koo	18:52:00	66.78%	4 Feb 2024
27	Alvin Loh	23:29:00	66.71%	7 Apr 2024
28	Chong Sien Yaw	18:45:00	66.67%	1 Jun 2025
29	Mark Solway	22:29:00	66.64%	7 Apr 2024
30	Jun Han Kang	21:04:00	66.14%	8 Dec 2024
31	Collin Leong	21:56:00	66.11%	7 Apr 2024
32	Wong Kin Leong	24:09:00	66.05%	7 Apr 2024
33	Aeron Young	18:56:00	66.02%	3 Jun 2023
34	Mohd Nasar Bin Haja Mydin	22:10:00	65.94%	1 Jun 2025
35	Chen Jinxuan	20:03:00	65.84%	3 Aug 2024
36	Robert Smith	21:44:00	65.57%	7 Apr 2024
37	Zou Ao Lin	19:33:00	65.30%	2 Jun 2024
38	Lee Ah Yeow	24:13:00	65.24%	3 Aug 2025
39	Joshua Chua	19:10:00	65.22%	3 Jun 2023
40	Lim Kuang Poh	22:25:00	65.20%	5 Aug 2023
41	Muk Tuck Sang	23:54:00	64.92%	1 Oct 2023
42	Furqan Alhadi Bin Muhammad Fadley	20:51:00	64.83%	1 Jun 2025
43	Zhang Kewen	19:39:00	64.63%	2 Aug 2025
44	Kieran Benson	19:22:00	64.54%	7 Apr 2024
45	Kuek Chui Shong Raphael	19:23:00	64.49%	2 Jun 2024
46	Chong Kai Ze	20:31:00	64.34%	3 Aug 2025
47	Nathan Lee	20:11:00	64.16%	3 Aug 2024
48	Seah Chuan Heng	19:34:00	64.05%	6 Oct 2024
49	Tharun Ranjan	19:33:00	63.94%	31 May 2025
50	Jan-Douwe Wansink	19:55:00	63.77%	2 Jun 2024
51	Ezekiel Kuah	20:44:00	63.67%	3 Jun 2023
52	Zhou Zhi Zhong	19:48:00	63.55%	2 Feb 2025
53	Charles Lim	19:46:00	63.32%	1 Oct 2023
54	Bakari Smith	19:45:00	63.29%	4 Feb 2024
55	Li Zhiming	20:15:00	63.21%	2 Feb 2025
56	Edric Low	20:53:00	63.21%	1 Jun 2025
57	Chia Ming Wee	23:45:00	63.09%	6 Apr 2025
58	Gregory Chow	20:59:00	62.83%	4 Jun 2023
59	Sunil Nair	21:28:00	62.81%	6 Oct 2024
60	Chong Khai Tjie	19:55:00	62.76%	2 Aug 2025
61	Kyron Fung	21:34:00	62.67%	31 May 2025
62	Raymond Chow	21:42:00	62.67%	3 Aug 2025
63	Toh Ming Hong	19:59:00	62.55%	31 May 2025
64	Abdul Rahman	20:04:00	62.29%	1 Oct 2023
65	Culver Tan	23:54:00	62.20%	8 Dec 2024
66	Kwok Tong Seng Kelvin	22:23:00	62.17%	4 Jun 2023
67	Choy En Kai Zacchaeus	21:45:00	62.15%	3 Aug 2024
68	Swee Weidi	20:07:00	62.08%	6 Aug 2023
69	Ng Wen Zhe	20:10:00	61.98%	6 Apr 2025
70	Muhammad Hafeez bin Mohamed Noor	20:10:00	61.98%	2 Feb 2025
71	Low Cheng Yang	20:55:00	61.91%	2 Jun 2024
72	Lim Chin Way Mark	23:05:00	61.73%	3 Aug 2024
73	Ruy Teoh	21:51:00	61.71%	4 Aug 2024
74	Isaias Long	21:26:00	61.59%	2 Jun 2024
75	Ken Ng	22:15:00	61.57%	7 Apr 2024
76	Wu Shibo	21:29:00	61.44%	1 Jun 2025
77	Kiew Yi Heng	20:31:00	61.33%	6 Aug 2023
78	Thye Tzy Yee	20:23:00	61.32%	2 Feb 2025
79	David Poh	23:05:00	61.30%	10 Dec 2023
80	Eric Chan	21:22:00	61.23%	3 Aug 2025
81	Randy Kang	24:08:00	61.06%	6 Aug 2023
82	Yip Jia Hao	21:37:00	60.99%	1 Oct 2023
83	Wong Sin Kiat	22:14:00	60.79%	2 Jun 2024
84	Tan Shyh Yong	22:12:00	60.74%	7 Apr 2024
85	Pa Cheng Zheng Kaeden	21:20:00	60.70%	2 Aug 2025
86	Bertram Chiew	21:47:00	60.60%	3 Aug 2024
87	Wong Kin Chong	20:38:00	60.58%	3 Jun 2023
88	Alvin Ang	20:39:00	60.53%	31 May 2025
89	Frederick Fong	23:14:00	60.40%	4 Jun 2023
90	Lam Mun Yuan	20:43:00	60.34%	3 Aug 2025
91	Yam Pak Sing Derick	24:56:00	60.09%	2 Jun 2024
92	Zhang Yucheng	21:33:00	60.09%	1 Jun 2025

93	Wu Kefan	21:58:00	60.09%	3 Aug 2024
94	Charles Ling	22:30:00	60.07%	3 Aug 2024
95	Careca Yong Loi Huat	24:32:00	60.05%	6 Aug 2023
96	Luo Yihan	22:31:00	60.03%	3 Aug 2024
97	Ong Fu Ying	21:52:00	59.83%	2 Feb 2025
98	Lim Ming You	23:18:00	59.80%	1 Jun 2025
99	Natarajan Yogeswaran	21:07:00	59.67%	31 May 2025
100	Lucas Lee	23:23:00	59.59%	1 Jun 2025
101	Kevin Ho	22:50:00	59.56%	7 Apr 2024
102	Henry Loh	22:43:00	59.50%	3 Aug 2024
103	Gabriel Liu	21:48:00	59.40%	3 Aug 2024
104	Muhsin Shah	21:03:00	59.38%	1 Jun 2025
105	Winston Tan	25:15:00	59.34%	4 Jun 2023
106	Zhi Hong Chia	21:06:00	59.24%	8 Dec 2024
107	Gan Sing Yu	21:38:00	59.01%	1 Jun 2025
108	James Nicholas	21:12:00	58.96%	1 Feb 2025
109	Mervyn Tan	23:25:00	58.93%	7 Apr 2024
110	Dustin Lee	22:12:00	58.93%	4 Feb 2024
111	Javier Heng	22:00:00	58.86%	1 Jun 2024
112	Yu Kang	23:42:00	58.79%	31 May 2025
113	Chauncey Chee	21:17:00	58.73%	1 Jun 2025
114	Akihito Watanabe	23:33:00	58.60%	4 Feb 2024
115	Phil McCorquodale	21:27:00	58.43%	4 Aug 2024
116	Zubair Mazlan	21:24:00	58.41%	4 Feb 2024
117	Lucas Lim	23:15:00	58.14%	3 Aug 2024
118	Jack Zhou	22:17:00	58.12%	1 Jun 2024
119	Tan Ken Howe	22:11:00	58.08%	2 Aug 2025
120	Louis Ho	23:46:00	58.06%	1 Feb 2025
121	Ng Hong Jun	23:18:00	58.01%	3 Aug 2024
122	Cha Min Chul	23:17:00	57.91%	2 Feb 2025
123	Luo Yongqiang	22:15:00	57.90%	4 Aug 2024
124	Chris Khoo	22:08:00	57.83%	7 Apr 2024
125	Seah Li Xiang	21:41:00	57.65%	3 Aug 2025
126	Timothy Choo	23:29:00	57.56%	3 Aug 2024
127	Cydric Chung	22:25:00	57.47%	5 Aug 2023
128	Danial Syed	21:46:00	57.43%	6 Apr 2025
129	Nikhil Koduru	23:52:00	57.40%	4 Feb 2024
130	Kendrick Neo	23:00:00	57.39%	1 Jun 2024
131	David Dacid Sotta	24:51:00	57.34%	4 Feb 2024
132	Kevan Ng	22:38:00	57.22%	3 Aug 2024
133	Koh Chiu How	23:35:00	57.17%	7 Apr 2024
134	Edward Wang	24:22:00	57.11%	4 Feb 2024
135	Boston Tan Ying Qi	23:43:00	56.99%	31 May 2025
136	Chua Yih Shing	24:26:00	56.96%	1 Jun 2025
137	Tan Choon Kiat	24:15:00	56.91%	1 Feb 2025
138	Aldo Koh	21:58:00	56.90%	6 Apr 2025
139	Chua Chun Hwee	24:05:00	56.89%	7 Apr 2024
140	Keegen Chung	22:18:00	56.65%	5 Aug 2023
141	Tay Shean Chyi Alex	24:59:00	56.64%	2 Jun 2024
142	Kliff Cheang	22:16:00	56.59%	1 Jun 2024
143	Zhang Zherong	22:55:00	56.51%	3 Aug 2024
144	Anurag Bhalla	23:52:00	56.49%	4 Feb 2024
145	Wee Teng Fe	22:09:00	56.43%	3 Aug 2024
146	Aaron Leong	22:51:00	56.38%	1 Oct 2023
147	Nicholas Tan	22:21:00	56.38%	31 May 2025
148	Benjamin Lee	22:50:00	55.91%	31 May 2025
149	Xin Xiangcheng	24:59:00	55.77%	31 May 2025
150	Kenneth Goh	24:17:00	55.53%	3 Aug 2025
151	Jonathon Guan	23:35:00	55.35%	4 Jun 2023
152	Marcus Too	24:22:00	55.34%	1 Feb 2025
153	Nathan Tay	22:36:00	55.31%	1 Jun 2025
154	Kenneth Ang	22:37:00	55.27%	1 Feb 2025
155	Vincente Mariscal	22:42:00	55.07%	4 Aug 2024
156	Dean Ng	23:36:00	54.87%	2 Feb 2025
157	Matthias Wen Jun Kwang	23:20:00	54.71%	4 Feb 2024
158	Edison Tie	25:05:00	54.62%	1 Feb 2025
159	Lim Kai En	25:32:00	54.57%	31 May 2025
160	Kuah En Shyang	25:18:00	54.55%	3 Aug 2025
161	Joffrey Czarny	24:52:00	54.22%	4 Feb 2024
162	Bernice Tey (Female participant in male event)	23:09:00	54.00%	1 Feb 2025
163	Lauw Choon Hui	26:05:00	53.35%	2 Jun 2024
164	Kenji Goh	23:41:00	53.20%	31 May 2025
165	Dany Adolphe	26:25:00	53.12%	4 Feb 2024
166	Goh Zipeng	23:33:00	53.08%	30 Sept 2023
167	Chiu How Koh	25:29:00	52.91%	8 Dec 2024
168	Ang Yu Liang	23:52:00	52.79%	31 May 2025
169	Low Rui Heng	25:37:00	52.77%	31 May 2025
170	Justin Lee	23:56:00	52.37%	30 Sept 2023
171	Aloysius Teo	24:07:00	51.83%	1 Oct 2023
172	Adriel Tay	24:21:00	51.68%	7 Apr 2024
173	Timothy Chee	24:14:00	51.58%	3 Jun 2023
174	Lim Chen Kye Ewan	25:36:00	51.56%	3 Aug 2024
175	Chua Kian Yong Kenny	24:57:00	51.30%	8 Dec 2024
176	Ethan Goh	24:22:00	51.30%	2 Aug 2025
177	Samuel Ng	24:23:00	51.26%	4 Feb 2024
178	Michael Ballard	26:54:00	50.93%	8 Dec 2024
179	Chen Kye Ewan Lim	26:03:00	50.67%	2 Jun 2024
180	David Cheen	24:53:00	50.64%	6 Apr 2025
181	Vincent Loo Yoo Wei	24:43:00	50.57%	3 Jun 2023
182	Louis Lauw	27:50:00	50.00%	3 Aug 2024
183	Jayden J Mani	25:06:00	49.80%	31 May 2025
184	Sanjeev Vijayakumar	25:44:00	48.96%	6 Apr 2025
185	Mohd Fadh Al-Idraki Mahmud	25:43:00	48.61%	7 Apr 2024
186	James Wong	26:56:00	48.21%	2 Feb 2025
187	Max Fun	27:10:00	47.67%	8 Dec 2024
188	Lee Zheng Rong	26:42:00	47.13%	2 Feb 2025
189	Louis Lee	27:40:00	46.81%	4 Aug 2024
190	Kiew Weixing	27:10:00	46.50%	4 Aug 2024
191	Loganathan Veerappan	28:34:00	43.82%	8 Dec 2024
192	Sharil	31:14:00	40.13%	3 Jun 2023

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	Bernice Tey	18:51:00	66.31%	2 Aug 2025
3	Teo Swee Lin	21:45:00	63.07%	10 Dec 2023
4	Joelle Langeveld	20:04:00	62.87%	4 Aug 2024
5	Patsy Tan	22:44:00	62.76%	3 Aug 2025
6	Tan Bao Hui Chantel	22:45:00	61.68%	1 Jun 2024
7	Sharon Fay Ong	22:30:00	59.93%	10 Dec 2023
8	Wang Li	21:56:00	59.88%	30 Sept 2023
9	Chloe Young	21:01:00	59.48%	7 Apr 2024
10	Neo Jie Shi	21:30:00	59.46%	2 Feb 2025
11	Qiao Xiangyi	24:29:00	58.95%	1 Jun 2025
12	Goh Pei Yong	22:09:00	58.84%	4 Jun 2023
13	Belle Tan	21:17:00	58.73%	1 Feb 2025
14	Lj Benitez	21:22:00	58.58%	6 Apr 2025
15	Sheryl Tang	21:39:00	57.97%	3 Jun 2023
16	Umaymah Chikani	21:36:00	57.87%	1 Feb 2025
17	Pauline Ooi	23:36:00	57.13%	10 Dec 2023
18	Angela Lim	23:59:00	56.85%	4 Jun 2023
19	Levyn Wong	22:14:00	56.22%	7 Apr 2024
20	Chong Hui	22:57:00	55.70%	2 Feb 2025
21	Thong Jin Mun	23:24:00	55.70%	10 Dec 2023
22	Debbie Ho	22:36:00	55.31%	30 Sept 2023
23	Hee Chew Peng	23:23:00	55.02%	3 Jun 2023
24	Teo Hwl Bee	23:07:00	54.79%	2 Feb 2025
25	Faith Lee	22:51:00	54.70%	6 Apr 2025
26	Tan Shayn En	24:41:00	54.42%	8 Dec 2024
27	Yang Heelju	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	Sia Ruo Ying	27:39:00	48.28%	2 Aug 2025
47	Hebe Tang	27:18:00	47.37%	1 Jun 2025
48	Elina Cha	26:24:00	47.35%	6 Apr 2025
49	Goh Yeng Theng	26:25:00	47.32%	6 Apr 2025
50	Puang Mui Geok	28:33:00	47.23%	3 Aug 2025
51	Daphne Liu	28:22:00	46.30%	3 Aug 2025
52	Pauline Pong	27:08:00	46.07%	31 May 2025
53	Klaire Ng	27:11:00	45.98%	3 Aug 2025
54	Elva Fong	29:50:00	45.98%	2 Jun 2024
55	Kelly Ng	27:46:00	45.32%	8 Dec 2024
56	Rachel Low	29:49:00	45.05%	1 Jun 2024
57	Shanel Ang	28:20:00	44.88%	31 May 2025
58	Claire Ong	30:54:00	44.39%	2 Jun 2024
59	Tricia Chong	28:23:00	44.22%	8 Dec 2024
60	Ng Kai Xuan	29:59:00	43.91%	1 Jun 2024
61	Chua Wie Ling	30:07:00	43.61%	6 Apr 2025
62	Jamie Wong	32:10:00	41.92%	2 Aug 2025
63	Hannah Hay	31:15:00	40.69%	31 May 2025
64	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 2nd August Time Trial

PROGRESSIVE RUNS

On 6th July and 7th September, a total of 16 and 11 members took part in our 25km and 30km Progressive Run respectively.

25km Progressive Run July 6, 2025



FINISHERS

1	Tony Seakins 2:12:16	2	Jan-Douwe Wansink 2:14:24	3	Joelle Langeveid 2:14:29	4	Lim Kuang Poh 2:23:54	5	Frank Feng Wei 2:24:07	6	Patsy Tan 2:28:54	7	Wong Kum Fatt 2:28:55	8	Ken Ng 2:29:59
9	Muk Tuck Sang 2:30:12	10	Bertrand Czamy 2:35:44	11	Chua Hwa Shang 2:42:09	12	Shaowei Ying 2:44:33	13	Wang Li 2:49:39	14	Wong Kin Leong 2:52:22	15	Lee Ah Yeow 3:00:37	16	Koh Chiu How 3:04:15

30km Progressive Run 7 Sept 2025



FINISHERS

1	Wong Kum Fatt 2:37:00	2	Liang Jun 2:38:10	3	Thomas Eng 3:01:46	4	Muk Tuck Sang 3:04:02	5	Wang Li 3:07:44		
6	Culver Tan 3:15:03	7	Lee Ah Yeow 3:18:03	8	Mervyn Tan 3:21:40	9	Koh Chiu How 3:22:30	10	Wong Kin Leong 3:33:10	11	Sabrina Kek 3:37:06



Start of the July Progressive Run

The 25km Progressive Run route starts from MacRitchie Nature Trail to Lower Peirce Reservoir, U-turn at gate at Upper Thomson Road, then to Rifle Range Road, and lastly back to MacRitchie. The 30km route is an extension of the 25km route, extending towards the carpark and lamp post 6 at Rifle Range Road before making a U-turn back to MacRitchie. This year's 30km progression run was 3 loops of the 10km round loop around MacRitchie instead due to the locked gate towards Upper Peirce Reservoir.

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



Our Volunteers at the July Progressive Run

TIME TRIALS



On 2 August and 3 August, a total of 17 and 19 participants took part in our August Time Trial respectively.

5km Time Trial Saturday 2/8/2025

Rank	Gender	Name	Time
1	W	Bernice Tey	18:51
2	W	Sia Roo Ying	27:39
3	W	Chua Wie Ling	31:01
4	W	Jamie Wong	32:10
7	M	Muhammad Hafeez	21:21
8	M	Tan Ken Howe	22:11
9	M	Ruy Teoh	22:36
10	M	Ken Ng	23:40
11	M	Ethan Goh	24:22
12	M	Wong Kim Leong	24:39
13	M	Koh Chiu How	25:10

Participants 1-6 are shown in the top row, and participants 7-13 are shown in the bottom row. The central graphic includes the Singapore Running logo and a 'FINISHER' icon.

5km Time Trial Sunday 3/8/2025

Rank	Gender	Name	Time
1	W	Wangli	22:12
2	W	Pasty Tan	22:44
3	W	Goh Yeng Theng	26:32
4	W	Klaire Ng	27:11
5	W	Daphne Liu	28:22
6	W	Phuang Mai Geok	28:33
7	M	Furqan Alhadi	22:09
8	M	Tony Seakins	22:49
9	M	Lee Ah Yeow	24:13
10	M	Kenneth Goh	24:17
11	M	Calver Tan	24:48
12	M	Kuah En Shyang	25:18
13	M	Mervyn Tan	25:37

Participants 1-6 are shown in the top row, and participants 7-13 are shown in the bottom row. The central graphic includes the Singapore Running logo and a 'FINISHER' icon.

RACES - LOCAL & OVERSEAS

At the Singapore Masters Track & Field Association (SMTFA) Championship 2025, Zhaowei, Matthew, Xiaoding, and Wee Bin all put in strong performances in the 5000m, earning podium finishes in their age categories. Zhaowei also went on to clinch 1st place in the 10km at the Melaka International Marathon 2025

Darren, Siew Lu, Kiat, and Chern Dong took on the Gold Coast and Sunshine Coast Marathon in Australia, pushing hard along the scenic coastal route and achieved highly respectable timings sub-3 and near-3-hour finishes.

Meanwhile, Cher took on the Eiger Ultra Trail by UTMB, a grueling 67km race featuring 4,400m of elevation gain at 3,970m above Grindelwald, Switzerland. She displayed remarkable perseverance and secured 20th place in her Women's age category

Teo Zhaowei	SMTFA Track & Field Championship 2025 (5000m)	00:17:38 (2nd M40)
Matthew Yeo	SMTFA Track & Field Championship 2025 (5000m)	00:23:24 (1st M60)
Xiaoding	SMTFA Track & Field Championship 2025 (5000m)	00:24:18 (2nd M60)
Wee Bin	SMTFA Track & Field Championship 2025 (5000m)	00:26:18 (1st M65)
Teo Zhaowei	Melaka International Marathon 2025 (10km)	00:39:38 (1st)
Darren Chong	Gold Coast Marathon (Full Marathon)	02:35:46
Chng Siew Lu	Eva Air Sunshine Coast Marathon 2025 (Full Marathon)	02:58:05
Tan Choon Kiat	Eva Air Sunshine Coast Marathon 2025 (Full Marathon)	02:58:37
Chong Chern Dong	Eva Air Sunshine Coast Marathon 2025 (Full Marathon)	03:04:46
Cher Tan	Eiger Ultra Trail by UTMB (67km)	16:35:07 (20th in Women's age category)



Left to right: Matthew Yeo, Xiaoding, Wee Bin, Teo Zhaowei (1st podium), Darren Chong, Kiat Tan (middle in white vest), Cher Tan

TIME TRIAL & NEW MEMBERS



The following are our new members who clocked a sub 25-minute in our signature Time Trial route at MacRitchie. Welcome to the MR25 family!

TIME TRIAL #302-303

(2-3 August)



LAM MUN YAN (20:43)



KAEDEN (21:20)



LI XIANG (21:41)



KENNETH GOH (24:17)



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 July to September



UPCOMING EVENTS

- October 5km Time Trial (5th October Sunday 7:00am)
- November 35km Progressive Run (and 21km Progressive Run, subject to confirmation) (2nd November Sunday 7:00am)
- December 5km Time Trial (14th December Sunday 7:00am)
- December Ultramarathon (28th December Sunday 7:00am to 7:00pm)

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



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