



OCT - DEC 2025

MR25 BULLETIN



MR25 50th Anniversary Update – December 5km Time Trial Results Are In!

Thank you to everyone who has participated so far. Here is the latest update, featuring the updated Progressive Run Leaderboard and a reminder about the ongoing challenges.

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5km Time Trial Challenge Update

After three rounds, we now have 22 members on the leaderboard! A special welcome to all the new names and huge congratulations to those who have already improved their scores. As a reminder, the challenge has two components:

- Finisher Award: Complete all six Time Trials.
- Winners' Leaderboard: Rank in the Top 10 based on your single best Age Performance Index (API) score from any of the six trials.

Latest Leaderboard & Finisher Status

The table below shows your best API and individual trial scores. We've also added a checkmark (✓) for members who are currently on track for the Finisher Award.



Start of December Time Trial on 13th December and 14th December respectively

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

50th Anniversary 5km TT Challenge Leaderboard									
Rank	Name	Best API (so far)	API Scores (%)						On course for all 6
			Aug	Oct	Dec	Feb	Apr	Jun	
1	Tony Seakins	76.72	75.8	76.7	75.6				√
2	John Yates	72.51	72.5	NIL	71.4				
3	Philston Sow	71.02	71.0	Nil	Nil				
4	Bernice Tey	68.43	66.3	68.4	66.4				√
5	Toh Jing Lun	67.81	67.7	67.8	66.8				√
6	Siegfried Stettmayer	67.41	Nil	67.4	64.9				
7	Tan Choon Kiat	66.83	Nil	66.8	Nil				
8	Mohd Nasar Bin Haja	66.79	Nil	Nil	66.7				
9	Wong Kin Leong	66.37	64.7	66.3	64.3				√
10	Lee Ah Yeow	65.24	65.2	Nil	Nil				
11	Evelyn Chen Hui Ling	63.80	Nil	63.8	Nil				
12	Joelle Langeveld	63.08	Nil	63.0	61.6				
13	Yip Jia Hao	62.81	Nil	62.8	Nil				
14	Patsy Tan	62.76	62.7	Nil	Nil				
15	Raymond Chow	62.67	62.6	Nil	55.7				
16	Wangli	61.22	59.6	61.2	57.9				√
17	Jan-Douwe Wansink	61.11	Nil	61.1	60.4				
18	Culver Tan Cher Beng	60.89	59.9	Nil	60.8				
19	Ken Ng	58.51	57.8	58.5	56.2				√
20	Koh Chiu How	58.08	53.5	58.0	Nil				
21	Mervyn Tan	57.18	53.8	57.1	56.8				√
22	Cha Min Chul	56.85	Nil	56.8	NIL				

There are three more trials to go! Even if you've missed one, you can still post a top API score and compete for the Top 10 Winners' Award. The API system ensures fair competition across all age groups, so we encourage everyone to participate.

Progressive Run Challenge Update

Here are the standings after the second run in November 25. Remember, you can join the series at any time. Completing all six runs earns you the Finisher Award, while the Top 10 participants with the lowest cumulative points (from best 4 attempts) will win the Winners' Award.

Progressive Run Challenge Leaderboard (as of November 35km):

No	Name	Sep 30km	Nov 35km	Jan 10km	Mar 15km	May 20km	July 25km	Cumulative points (after 2 races)	On course for all 6
1	Liang Jun	2	2					4	√
2	Muk Tuck Sang	4	6					10	√
3	Lee Ah Yeow	7	8					15	√
4	Mervyn Tan	8	9					17	√
5	Culver Tan	6	11					17	√
6	Sabrina Kek	11	7					18	√
7	Koh Chiu How	9	10					19	√
-	Wong Kum Fatt	1	-					-	
-	Seah Chuan Heng	-	1					-	
-	Thomas Eng	3	-					-	
-	David Poh	-	3					-	
-	Joelle Langevald	-	4					-	
-	Wang Li	5	-					-	
-	Jan-Douwe Wansink	-	5					-	
-	Wong Kin Leong	10	-					-	

Please refer to our website for the rules, including cut-off time <https://mr25.org.sg/5375-2/>

The next installment will be 10km (Jan), followed by 15km (Mar), 20km (May), and 25km (Jul). Join in any time — it's never too late to test yourself and be part of the challenge.

CELEBRATING OUR 50TH ANNIVERSARY: HONOURING OUR COMMUNITY PARTNERS

We have been incredibly fortunate to receive the support of generous partners over the years—from Key Power kits, Pocari hydration and Onco Care windbreakers to Bauerfeind, Creative, and Seoul Garden for our Ultramarathon—all of whom have played a vital role in sustaining our club's programmes.

As we launch our 50th-anniversary celebrations, year-long festivities are already underway. This tradition of community support continues, and we remain deeply grateful for the contributions from both our members and external organisations who have provided souvenirs, funds, and prizes to mark this milestone.

In this issue, we highlight three of our contributors and introduce you to our newest supporters: Haus Makeover, Airfly, and Boneve—who they are, what they represent, and how they are championing our celebrations.

Haus Makeover | Contributor of 50th Anniversary Souvenir T-Shirts

Founded in 2021 by Sean Chua and Eve Tang, Haus Makeover is a premium staging, rental-management, and turn-key solutions company dedicated to helping homeowners and investors maximise property value. Their services include design-led home staging, fully managed rentals, and complete turn-key setups for newly TOP properties—ensuring every project is delivered with consistent quality and care.

Sean and Eve bring deep practical expertise, having grown their own property portfolio from \$365,000 to multiple landed homes within five years. Since 2019, they have guided over 300 families and supported more than \$400 million in property transactions. As three-time million-dollar realtors, they lead a team known for transparent service and long-term asset performance. You can learn more on Instagram @hausmakeover or on Facebook at facebook.com/hausmakeover.sg.



Sean's contributions extend beyond real estate. His running journey began under our club president, Mr Steven Quek, at Commonwealth Secondary School—shaping the discipline, coaching approach, and community-minded leadership that continue to define his work today. During his time as Teacher-in-Charge at Evergreen Secondary School (2013–2019), he built a neighbourhood-school CCA into a Top-4 National Schools Cross Country team within three years. He has also served as Vice-President (High Performance) of the Singapore Canoe Federation and continues to coach distance runners through the ActiveSG Distance Running Programme. Supporting MR25 reflects his longstanding belief in mentorship, resilience, and nurturing communities that uplift athletes at every level.

We extend our warmest thanks to Haus Makeover for sponsoring the production of the MR25 50th Anniversary Souvenir T-Shirts.

Airfly | Contributor of Prizes – Shades for the Overall Leaders of the Progressive Run and Time Trial Leaderboards

Airfly is a Japanese eyewear brand renowned for its innovative no-nose-pad sunglasses designed for athletes who value comfort, performance, and style. Its patented Air Cushion system eliminates traditional nose pads, providing a secure, pressure-free fit that remains stable even during intense runs or outdoor adventures—ideal for Singapore’s heat and humidity.



As a brand rooted in active living and cutting-edge design, Airfly is proud to collaborate with MR25 for our 50th Anniversary Challenge, celebrating a community that embodies endurance, passion, and our motto, “Run for Fun.”

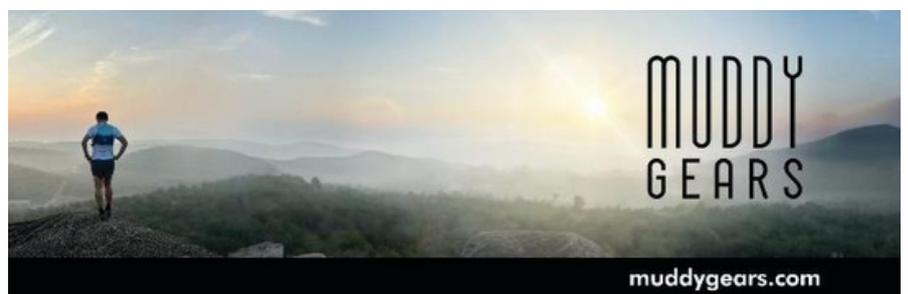
For more information, visit airflyeyewear.com.

Our sincere appreciation to Airfly for supporting our overall leaders with performance eyewear.

Muddygears | Contributor of Prizes – Kailas Trail-Running Shoes for the Overall Winners of the Progressive Run and Time Trial Challenges

Founded by three avid ultra-trail runners in Singapore, Muddygears is committed to supporting and empowering the trail-running community. Through their weekend Long Slow Distance (LSD) trail runs and monthly overseas training trips to popular Malaysian trail destinations, Muddygears offers a welcoming platform for runners to train, grow, and prepare for their trail-racing goals.

In celebration of MR25’s 50-year legacy, Muddygears is proud to sponsor two pairs of Kailas trail-running shoes (models to be advised) for the Overall Winner of the MR25 Time Trials Challenge and the Overall Winner of the MR25 Progressive Run Challenge.



We extend our warmest thanks to Muddygears for their generous support of our anniversary celebration. Their commitment to consistent improvement, endurance, and community mirrors the very spirit behind our time trials and progressive runs.

For more information, visit <https://muddygears.com> or their Shopee store at <https://sg.shp.ee/bbNvjrd/>.

Boneve | Contributor of Prize Bags for the Top 5 Finishers in All Four Competition Categories

Boneve, a brand under Yappy Pets Pte Ltd, believes that wellness is a lifestyle—for both people and their pets. They craft natural, holistic recipes using ethically sourced New Zealand ingredients to help pets stay active and thriving—because great nutrition powers every stride, wag, and leap.

“We were inspired by MR25's 50-year legacy and saw a natural fit with our values. This partnership felt like the perfect way to support the active spirit that defines your community.”

Boneve will be providing exclusive prize bags for the Top 5 finishers in each competition category. Each pack features a Boneve tote filled with premium products that support energenergy, digestion, and vitality—perfect for members with four-legged companions. If a prize bag does not fit your lifestyle, simply let a committee member know and we will gladly redirect it to another enthusiast.



An Exclusive Treat for Every MR25 Member - Enjoy 20% off all Boneve products using the code MR25WELLNESS at checkout.

Shop the collection at: <https://yappypets.com/collections/boneve>

We extend our warmest thanks to Boneve for stepping forward to support our community—and for adding so much heart and health to our anniversary celebrations.

BEYOND THE LENS: MR CHAN'S UNEXPECTED MARATHON TRIUMPH

Mr Chan Chai Hui is a familiar face to everyone in our club. As a senior member and our unofficial, ever-present event photographer, he has quietly and faithfully captured countless moments of joy, grit, and camaraderie through his lens. While others raced, Mr Chan was usually the one behind the camera—volunteering his time so that every member had a memory to keep.

This time, however, the story took a different turn. At 75, Mr Chan found himself on the other side of the lens. Instead of photographing runners, he became one of them—taking on the formidable challenge of completing the Standard Chartered Kuala Lumpur Marathon (SCKLM). What makes his story all the more remarkable is that he never intended to run the full 42.195 km marathon at all.

His true interest was the 21 km half marathon—an event he had long hoped to experience at an easy, enjoyable pace. But fate, as it turned out, had other plan, beginning on registration day.

A Twist of Fate on Registration Day

“Running the marathon isn’t about chasing time or achievements,” Mr Chan explains. “It’s to soak in the atmosphere, the energy of the crowd, and the view.”

For years, he had hoped to join the SCKLM half marathon for exactly that reason—to enjoy the spirit of the event without pressure. But when registration opened, things didn’t go according to plan.

“The slot was fully taken up within a few hours on the first day,” he recalls. “I had no choice—I tried my luck with the full marathon and, surprisingly, I got in.”

That single decision set in motion a journey he had not prepared for. With family commitments—helping his wife care for their two grandchildren—and a part-time dispatch job with a law firm, there was little time for structured training. He had only been preparing for 21 km, not the full marathon.

“I have to be honest. I was completely unprepared for FM this year. A full marathon demands real preparation—both physical and mental,” he says. But with this being his fifth SCKLM, Mr Chan decided to honour the entry.

“Just go for it. It’s either I DNF or complete the race.”

Training on Limited Time

Despite his busy schedule, Mr Chan trained the only way he could—with consistency and simplicity.

“I don’t have a specific training plan,” he shares. “Leading up to SCKLM, I only started preparing about three months before the event.”

His weekly routine was unassuming yet disciplined: on Saturdays, he completed four to five loops around the 4.3 km Bedok Reservoir, while Sundays were reserved for a run from Yishun to Sembawang Park and back—or occasionally a MacRitchie loop during the Sunday Easy Run with Cher and the MR25 runners. When time permitted, he added an easy weekday jog. Altogether, his mileage amounted to a modest but steady 40–50 km each week.

Should the opportunity arise again, he hopes to prepare with more intention.

“If I get the chance to participate in a half or full marathon next time, I will need to put in more effort and mileage, and prepare a few extra workouts.”

Then he shared a piece of running wisdom he has learned from others, a simple truth every runner comes to know:

“In running, you need discipline and patience. You can’t fake endurance and can’t cheat the miles. You get out exactly what you put in.”

The Battle on the Highways

Race day began in the still darkness of 3:30am. Mr Chan set off calmly, choosing to run at his own comfortable rhythm.

“I tried to run at a 9-minute pace—not to follow the pacer, so as not to be under unnecessary pressure.” Up to the halfway mark, he held steady. But the real test awaited him.

The long, rolling highways from 20 km to 34 km— an unrelenting stretch lined with slopes and rising heat—soon began to drain his energy.

“At 26 km, I started to hit the wall. I tried to walk fast and jog in between. Every kilometre from there was a struggle.”

The mental battle intensified.

“I thought to myself: either DNF at the 33.9 km checkpoint cut-off, or, if possible, finish before the 7-hour limit.”

Every Drop of Sweat Was Worth It

Among the 25,000 runners that morning, the spirit of encouragement kept him going. Volunteers cheered and urged him on. Fellow runners inspired one another simply by continuing to move forward. “The volunteers at the water stations encouraged runners to keep going. It made me feel awesome even though I was struggling.”

He pushed past the 33.9 km checkpoint—just ahead of the dreaded sweeper buses—and continued towards the finish. “The last 500 metres... seeing Merdeka Stadium ahead, the crowd clapping and cheering—it was a very touching scene...”

After 6 hours and 48 minutes, Mr Chan crossed the finish line. “I know my finishing time is slow... nothing to be proud of,” he says with characteristic humility. “But at least I pushed my limits and achieved my personal goal. Every drop of sweat was worth it.”

A Moment to Remember

Thank you, Mr Chan, for being a shining example to us all—a reminder that true achievement lies not in speed or records, but in heart, courage, and the quiet determination to go the distance.

In this issue, members finally get to see Mr Chan not only through his lens, but also in front of it. Though he has only two photos of himself from the race, they capture something far greater than a moment—they capture spirit, resilience, and a story our whole community is proud to celebrate.



Post-race smiles with the hard earned finisher medal and shirt

ULTRA MARATHON 2025 RESULTS

Congratulations to all participants of the 2025 MR25 Ultramarathon Finals which concluded on 28 December 2025! Huge thanks to all our volunteers and sponsors for the strong support, which helped make our final event of 2025 a huge success. The results are as follows:

S/N	Full Name	Position	Total Laps	Total Time	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
(a) Men's Closed (MR25 member)													
1	Liang Jun	1st	9	11hr 13min	08:00	09:03	10:09	11:24	12:43	14:04	15:25	16:48	18:13
2	Wong Kum Fatt	2nd	8	11hr 17min	08:00	09:02	10:09	11:24	12:52	14:46	16:24	18:17	-
3	Culver Tan	3rd	7	10hr 11min	08:06	09:17	10:36	12:02	13:51	15:35	17:11	-	-
4	Jan-Douwe Wansink	4th	7	10hr 30min	08:02	09:10	10:19	11:35	13:02	16:04	17:30	-	-
5	Frank Feng Wei	5th	5	6hr 34min	08:02	09:07	10:17	11:53	13:34	-	-	-	-
6	Ken Ng	6th	5	7hr 15min	08:07	09:15	10:42	12:30	14:15	-	-	-	-
7	Cha Min Chul	-	3	DNF	08:12	09:20	10:59	-	-	-	-	-	-
(b) Women's Closed (MR25 member)													
1	Joelle Langeveld	1st	8	10hr 30min	08:02	09:10	10:19	11:35	13:02	14:35	16:04	17:30	-
2	Wangli	2nd	8	11hr 14min	08:02	09:17	10:36	12:02	13:32	15:05	16:39	18:14	-
3	Fredalyn Japson (Lynn)	3rd	7	10hr 9min	08:17	09:38	11:04	12:33	14:12	15:38	17:09	-	-
4	Patsy Tan	4th	7	10hr 14min	08:04	09:13	10:27	11:52	13:33	15:19	17:14	-	-
5	Jessica Wang	5th	6	10hr 37min	08:08	09:34	11:13	13:25	15:32	17:37	-	-	-
6	Lady Joy Benitez	-	-	DNS	-	-	-	-	-	-	-	-	-
7	Cher Tan	-	-	DNS	-	-	-	-	-	-	-	-	-
(c) Men's Open (non-member)													
1	Ng Lem Chee (Nancy)	1st	9	11hr 2min	07:57	08:59	10:08	11:37	13:01	14:28	15:34	16:49	18:02
2	Leong Foo Fatt (Steven)	2nd	9	11hr 32min	07:58	09:02	10:12	11:25	12:47	14:13	15:38	17:05	18:32
3	Alex Tan	3rd	7	10hr 46min	08:21	09:51	11:18	12:52	14:23	16:06	17:46	-	-
4	Yuseff Murphy	4th	7	11hr 16min	08:06	09:15	10:40	12:32	14:14	16:04	18:16	-	-
5	Vincent Yeow	5th	7	11hr 19min	08:11	09:30	11:04	12:45	14:32	16:21	18:19	-	-
6	Gabriel Tan	6th	6	10hr 25min	08:10	09:33	11:15	13:21	15:21	17:25	-	-	-
7	Edi Huang	7th	5	8hr 34min	08:16	09:59	11:47	13:46	15:34	-	-	-	-
(d) Women's Open (non-member)													
1	Niu Xiao Qiang	1st	8	11hr 9min	08:08	09:21	10:35	11:54	13:25	15:01	16:31	18:09	-
2	Sophia Yee	2nd	8	11hr 33min	08:09	09:23	10:47	12:17	13:53	15:17	16:52	18:33	-
3	Esther Ho	3rd	7	10hr 57min	08:21	09:51	11:18	12:52	14:30	16:11	17:57	-	-
4	Marylou Gallarin	4th	6	10hr 13min	08:17	09:38	11:20	13:06	15:09	17:13	-	-	-
5	Jennifer Foo	-	-	DNS	-	-	-	-	-	-	-	-	-
6	Shirley Tan	-	-	DNS	-	-	-	-	-	-	-	-	-
7	Vera Soh	-	-	DNS	-	-	-	-	-	-	-	-	-



Ultramarathon Group photo after prize presentation

These are the results at the end of the qualifying period (1 June to 30 November):

Category (a) : Men's Closed (MR25 member)					
Position	Full Name	(1) Number of Loops	(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)	Attained Finisher Status
1	Feng Wei	8	22 Jun 2025	10:01	✓
2	Wong Kum Fatt	8	24 Aug 2025	11:50	✓
3	Liang Jun	7	28 Jun 2025	09:03	✓
4	Jan-Douwe Wansink	7	2 Aug 2025	10:19	✓
5	Ken Ng	6	1 Jun 2025	11:25	✓
6	Culver Tan Cher Beng	6	12 Jun 2025	10:27	✓
7	Cha Min Chul	6	13 Jun 2025	08:31	✓
8	Daniel Gan Wei Teck	5	1 Jun 2025	11:28	✓
9	Wong Kin Leong	5	7 Jun 2025	08:20	✓
10	Yam Pak Sing, Derick	5	12 Jun 2025	09:54	✓
11	Lee Ah Yeow	5	24 Aug 2025	06:58	✓
12	Kenneth Goh	5	24 Aug 2025	07:53	✓
13	Jeremie Houssineau	5	20 Sep 2025	06:38	✓
14	Thomas Eng	5	19 Oct 2025	06:55	✓
15	Koh Chiu How	5	15 Nov 2025	08:26	✓
16	Boo Mui Chin	5	22 Nov 2025	10:33	✓
17	Joffrey Czarny	5	28 Nov 2025	07:39	✓
18	Steven Lee	1	3 Jun 2025	01:32	

Category (b) : Women's Closed (MR25 member)					
Position	Full Name	(1) Number of Loops	(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)	Attained Finisher Status
1	Patsy Tan	8	24 Aug 2025	11:49	✓
2	Wangli	7	1 Jun 2025	09:15	✓
3	Lynn	7	2 Jun 2025	11:42	✓
4	Joelle Langeveld	7	2 Aug 2025	10:19	✓
5	Lady Joy Benitez	7	9 Nov 2025	10:29	✓
6	Cher Tan	5	15 Jun 2025	09:15	✓
7	Wang Sing Yee Jessica	5	31 Jul 2025	09:19	✓
8	Goh Heoh Pio (Xiaoping)	5	22 Nov 2025	06:59	✓
9	Lim Bee Bee	5	29 Nov 2025	09:15	✓
10	Law Wai Thing	1	3 Jun 2025	01:37	

Category (c) : Men's Open (non-member)					
Position	Full Name	(1) Number of Loops	(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)	Attained Finisher Status
1	Ng Lem Chee	8	5 Oct 2025	10:07	✓
2	Alex Tan	7	5 Jun 2025	10:35	✓
3	Vincent Yeow	6	1 Jun 2025	10:35	✓
4	Steven Leong	6	2 Jun 2025	08:11	✓
5	Yuseff Murphy	6	9 Jun 2025	08:56	✓
6	Edi Huang	6	2 Aug 2025	10:43	✓
7	Gabriel Tan Kwang Hwee	5	1 Jun 2025	09:16	✓
8	Gary Prasant	5	24 Sep 2025	09:45	✓
9	Tay Ti Tat	5	11 Oct 2025	08:41	✓
10	Tay Ti Yiong	5	11 Oct 2025	10:56	✓
11	Koo Chee	5	24 Oct 2025	10:25	✓
12	Alvi H. Budhianto	5	1 Nov 2025	08:40	✓
13	Chan Kwang Mien	5	9 Nov 2025	08:34	✓
14	Leon Kee	5	15 Nov 2025	10:59:34	✓
15	Wee Keng Rui	5	15 Nov 2025	10:59:35	✓
16	Muhammad Yazid Bin Anuar	5	29 Nov 2025	07:59	✓
17	Chen Tsai Yu	5	29 Nov 2025	10:36	✓

Category (d) : Women's Open (non-member)					
Position	Full Name	(1) Number of Loops	(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)	Attained Finisher Status
1	Esther Ho	7	5 Jun 2025	10:42	✓
2	Mariyou Gallarin	6	17 Jun 2025	10:38	✓
3	Niu Xiao Qiang	6	28 Jun 2025	09:11	✓
4	Sophia Yee	6	12 Jul 2025	10:08	✓
5	Jennifer Foo	5	11 Jun 2025	10:23	✓
6	Shirley Tan	5	11 Jun 2025	10:36	✓
7	Koh Desiree	5	13 Jun 2025	10:17	✓
8	Vera Soh	5	8 Nov 2025	11:18	✓
9	Wong Yin Hong Zoey	5	23 Nov 2025	08:03	✓
10	Rafiqah Abdul Hamid	5	30 Nov 2025	08:00	✓

5KM API LEADERBOARD

UPDATES (AS OF DECEMBER TIME 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 Houssineau	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 Shamshul	21:36:00	69.37%	6 Aug 2023
12	Chong Sien Chok	18:02:00	69.32%	4 Oct 2025
13	Teo Shau Meng Simon	20:57:00	69.21%	1 Jun 2025
14	John Birger Morud	18:09:00	68.87%	4 Oct 2025
15	Jonathon Yeong	18:10:00	68.81%	3 Jun 2023
16	Sigi Stettmayer	22:24:00	68.68%	1 Oct 2023
17	Chong Sien Yaw	18:14:00	68.56%	4 Oct 2025
18	Ng Junwei	19:25:00	68.41%	7 Apr 2024
19	Gil Madrid	22:30:00	68.37%	6 Aug 2023
20	Leong Kam Ying	23:03:00	67.97%	10 Dec 2023
21	Shohib Marican	18:25:00	67.87%	3 Jun 2023
22	Toh Jing Lun	19:28:00	67.81%	4 Oct 2025
23	Tan Wei Yee	18:35:00	67.80%	1 Jun 2025
24	Jun Hean Kang	22:16:00	67.44%	8 Dec 2024
25	Feng Wei	22:07:00	67.22%	2 Feb 2025
26	Andreas Toh	18:40:00	67.14%	13 Dec 2025
27	Ernest Wong	22:09:00	67.12%	2 Jun 2024
28	Cayden Lau	19:22:00	66.87%	3 Jun 2023
29	Tan Choon Kiat	20:39:00	66.83%	4 Oct 2025
30	Mohd Nasar Bin Haja Mydin	18:40:00	66.79%	13 Dec 2025
31	Emerson Koo	18:52:00	66.78%	4 Feb 2024
32	Alvin Loh	23:29:00	66.71%	7 Apr 2024
33	Mark Solway	22:29:00	66.64%	7 Apr 2024
34	Wong Kin Leong	24:02:00	66.37%	4 Oct 2025
35	Jun Han Kang	21:04:00	66.14%	8 Dec 2024
36	Collin Leong	21:56:00	66.11%	7 Apr 2024
37	Aeron Young	18:56:00	66.02%	3 Jun 2023
38	Mohd Nasar Bin Haja Mydin	22:10:00	65.94%	1 Jun 2025
39	Chen Jinxuan	20:03:00	65.84%	3 Aug 2024
40	Robert Smith	21:44:00	65.57%	7 Apr 2024
41	Akitoshi Hibiki	19:06:00	65.45%	4 Oct 2025
42	Zou Ao Lin	19:33:00	65.30%	2 Jun 2024
43	Lee Ah Yeow	24:13:00	65.24%	3 Aug 2025
44	Joshua Chua	19:10:00	65.22%	3 Jun 2023
45	Wang Xiaoyang	19:10:00	65.22%	4 Oct 2025
46	Lim Kuang Poh	22:25:00	65.20%	5 Aug 2023
47	Muk Tuck Sang	23:54:00	64.92%	1 Oct 2023
48	Furqan Alhadi Bin Muhammad Fadley	20:51:00	64.83%	1 Jun 2025
49	Zhang Kewen	19:39:00	64.63%	2 Aug 2025
50	Kieran Benson	19:22:00	64.54%	7 Apr 2024
51	Kuek Chui Sheng Raphael	19:23:00	64.49%	2 Jun 2024
52	Chong Kai Ze	20:31:00	64.34%	3 Aug 2025
53	Nathan Lee	20:11:00	64.16%	3 Aug 2024
54	Ernest Lee	21:43:00	64.16%	14 Dec 2025
55	Seah Chuan Heng	19:34:00	64.05%	6 Oct 2024
56	Tharun Ranjan	19:33:00	63.94%	31 May 2025
57	Jan-Douwe Wansink	19:55:00	63.77%	2 Jun 2024
58	Ezekiel Kuah	20:44:00	63.67%	3 Jun 2023
59	Zhou Zhi Zhong	19:48:00	63.55%	2 Feb 2025
60	Chong Khai Tjie	19:43:00	63.40%	4 Oct 2025
61	Charles Lim	19:46:00	63.32%	1 Oct 2023
62	Bakari Smith	19:45:00	63.29%	4 Feb 2024
63	Li Zhiming	20:15:00	63.21%	2 Feb 2025
64	Eddie Low	20:53:00	63.21%	1 Jun 2025
65	Chia Ming Wee	23:45:00	63.09%	6 Apr 2025
66	Gregory Chow	20:59:00	62.83%	4 Jun 2023
67	Sunil Nair	21:28:00	62.81%	6 Oct 2024
68	Yip Jia hao	21:09:00	62.81%	5 Oct 2025
69	Kyron Fung	21:34:00	62.67%	31 May 2025
70	Raymond Chow	21:42:00	62.67%	3 Aug 2025
71	Toh Ming Hong	19:59:00	62.55%	31 May 2025
72	Abdul Rahman	20:04:00	62.29%	1 Oct 2023
73	Culver Tan	23:54:00	62.20%	8 Dec 2024
74	Kwok Tong Seng Kelvin	22:23:00	62.17%	4 Jun 2023
75	Choy En Kai Zachaeus	21:45:00	62.15%	3 Aug 2024
76	Swee Weidi	20:07:00	62.08%	6 Aug 2023
77	Muhammad Hafeez bin Mohamed Noor	20:10:00	61.98%	2 Feb 2025
78	Ng Wen Zhe	20:10:00	61.98%	6 Apr 2025
79	Low Cheng Yang	20:55:00	61.91%	2 Jun 2024
80	Lim Chin Way Mark	23:05:00	61.73%	3 Aug 2024
81	Ruy Teoh	21:51:00	61.71%	4 Aug 2024
82	Isaias Long	21:26:00	61.59%	2 Jun 2024
83	Ken Ng	22:15:00	61.57%	7 Apr 2024
84	Wu Shibo	21:29:00	61.44%	1 Jun 2025
85	Kiew Yi Heng	20:31:00	61.33%	6 Aug 2023
86	Thye Tzy Yee	20:23:00	61.32%	2 Feb 2025
87	David Poh	23:05:00	61.30%	10 Dec 2023
88	Eric Chan	21:23:00	61.23%	3 Aug 2025
89	Randy Kang	24:08:00	61.06%	6 Aug 2023
90	Wong Sin Kiat	22:14:00	60.79%	2 Jun 2024
91	Tan Shyh Yong	22:12:00	60.74%	7 Apr 2024
92	Pa Cheng Zheng Kaeden	21:20:00	60.70%	2 Aug 2025
93	Bertram Chiew	21:47:00	60.60%	3 Aug 2024
94	Wong Kin Chong	20:38:00	60.58%	3 Jun 2023
95	Alvin Ang	20:39:00	60.53%	31 May 2025
96	Frederick Fong	23:14:00	60.40%	4 Jun 2023
97	Lam Mun Yuan	20:43:00	60.34%	3 Aug 2025
98	Yam Pak Sing Derick	24:56:00	60.09%	2 Jun 2024
99	Zhang Yucheng	21:33:00	60.09%	1 Jun 2025

100	Wu Kefan	21:58:00	60.09%	3 Aug 2024
101	Charles Ling	22:30:00	60.07%	3 Aug 2024
102	Careca Yong Loi Huat	24:32:00	60.05%	6 Aug 2023
103	Luo Yihan	22:31:00	60.03%	3 Aug 2024
104	Ong Fu Ying	21:52:00	59.83%	2 Feb 2025
105	Lim Ming You	23:18:00	59.80%	1 Jun 2025
106	Takumi Ojima	20:55:00	59.76%	4 Oct 2025
107	Natarajan Yogeswaran	21:07:00	59.67%	31 May 2025
108	Lucas Lee	23:23:00	59.59%	1 Jun 2025
109	Kevin Ho	22:50:00	59.56%	7 Apr 2024
110	Henry Loh	22:43:00	59.50%	3 Aug 2024
111	Gabriel Liu	21:48:00	59.40%	3 Aug 2024
112	Muhsin Shah	21:03:00	59.38%	1 Jun 2025
113	Winston Tan	25:15:00	59.34%	4 Jun 2023
114	Zhi Hong Chia	21:06:00	59.24%	8 Dec 2024
115	Gan Sing Yu	21:38:00	59.01%	1 Jun 2025
116	James Nicholas	21:12:00	58.96%	1 Feb 2025
117	Dustin Lee	22:12:00	58.93%	4 Feb 2024
118	Mervyn Tan	23:25:00	58.93%	7 Apr 2024
119	Javier Heng	22:00:00	58.86%	1 Jun 2024
120	Yu Kang	23:42:00	58.79%	31 May 2025
121	Chauncey Chee	21:17:00	58.73%	1 Jun 2025
122	Akihito Watanabe	23:33:00	58.60%	4 Feb 2024
123	Toby Herlinger	22:42:00	58.52%	5 Oct 2025
124	Phil McCorquodale	21:27:00	58.43%	4 Aug 2024
125	Zubair Mazlan	21:24:00	58.41%	4 Feb 2024
126	Lucas Lim	23:15:00	58.14%	3 Aug 2024
127	Jack Zhou	22:17:00	58.12%	1 Jun 2024
128	Koh Chiu How	23:13:00	58.08%	5 Oct 2025
129	Tan Ken Howe	22:11:00	58.08%	2 Aug 2025
130	Louis Ho	23:46:00	58.06%	1 Feb 2025
131	Ng Hong Jun	23:18:00	58.01%	3 Aug 2024
132	Cha Min Chul	23:17:00	57.91%	2 Feb 2025
133	Luo Yongqiang	22:15:00	57.90%	4 Aug 2024
134	Chris Khoo	22:08:00	57.83%	7 Apr 2024
135	Seah Li Xiang	21:41:00	57.65%	3 Aug 2025
136	Timothy Choo	23:29:00	57.56%	3 Aug 2024
137	Cydric Chung	22:25:00	57.47%	5 Aug 2023
138	Daniyal Syed	21:46:00	57.43%	6 Apr 2025
139	Nikhil Koduru	23:52:00	57.40%	4 Feb 2024
140	Kendrick Neo	23:00:00	57.39%	1 Jun 2024
141	David Dacid Sotta	24:51:00	57.34%	4 Feb 2024
142	Kevan Ng	22:38:00	57.22%	3 Aug 2024
143	Edward Wang	24:22:00	57.11%	4 Feb 2024
144	Boston Tan Ying Qi	23:43:00	56.99%	31 May 2025
145	Chua Yih Shing	24:26:00	56.96%	1 Jun 2025
146	Evan You	21:57:00	56.95%	5 Oct 2025
147	Aldo Koh	21:58:00	56.90%	6 Apr 2025
148	Chua Chun Hwee	24:05:00	56.89%	7 Apr 2024
149	Keegen Chung	22:18:00	56.65%	5 Aug 2023
150	Tay Shean Chyi Alex	24:59:00	56.64%	2 Jun 2024
151	Kliff Cheang	22:16:00	56.59%	1 Jun 2024
152	Zhang Zherong	22:55:00	56.51%	3 Aug 2024
153	Anurag Bhalala	23:52:00	56.49%	4 Feb 2024
154	Don Lin	23:32:00	56.44%	5 Oct 2025
155	Wee Teng Ee	22:09:00	56.43%	3 Aug 2024
156	Aaron Leong	22:51:00	56.38%	1 Oct 2023
157	Nicholas Tan	22:21:00	56.38%	31 May 2025
158	Benjamin Lee	22:50:00	55.91%	31 May 2025
159	Xin Xiangcheng	24:59:00	55.77%	31 May 2025
160	Kenneth Goh	24:17:00	55.53%	3 Aug 2025
161	Jonathon Guan	23:35:00	55.35%	4 Jun 2023
162	Marcus Too	24:22:00	55.34%	1 Feb 2025
163	Nathan Tay	22:36:00	55.31%	1 Jun 2025
164	Kenneth Ang	22:37:00	55.27%	1 Feb 2025
165	Vincente Mariscal	22:42:00	55.07%	4 Aug 2024
166	Dean Ng	23:36:00	54.87%	2 Feb 2025
167	Umaymah Chikani (Female participant in male event)	22:48:00	54.82%	5 Oct 2025
168	Kuah En Shyang	25:13:00	54.73%	5 Oct 2025
169	Matthias Wen Jun Kwang	23:20:00	54.71%	4 Feb 2024
170	Edison Tie	25:05:00	54.62%	1 Feb 2025
171	Lim Kai En	25:32:00	54.57%	31 May 2025
172	Joffrey Czarny	24:52:00	54.22%	4 Feb 2024
173	Bernice Tey (Female participant in male event)	23:09:00	54.00%	1 Feb 2025
174	Milen Rutter	23:17:00	53.69%	4 Oct 2025
175	Lauw Choon Hui	26:05:00	53.35%	2 Jun 2024
176	Kenji Goh	23:41:00	53.20%	31 May 2025
177	Dany Adolphe	26:25:00	53.12%	4 Feb 2024
178	Goh Zhipeng	23:33:00	53.08%	30 Sept 2023
179	Ang Yu Liang	23:52:00	52.79%	31 May 2025
180	Low Rui Heng	25:37:00	52.77%	31 May 2025
181	Justin Lee	23:56:00	52.37%	30 Sept 2023
182	Aloysius Teo	24:07:00	51.83%	1 Oct 2023
183	Adriel Tay	24:21:00	51.68%	7 Apr 2024
184	Timothy Chee	24:14:00	51.58%	3 Jun 2023
185	Lim Chen Kye Ewan	25:36:00	51.56%	3 Aug 2024
186	Chua Kian Yong Kenny	24:57:00	51.30%	8 Dec 2024
187	Ethan Goh	24:27:00	51.30%	2 Aug 2025
188	Samuel Ng	24:23:00	51.26%	4 Feb 2024
189	Michael Ballard	26:54:00	50.93%	8 Dec 2024
190	Chen Kye Ewan Lim	26:03:00	50.67%	2 Jun 2024
191	David Cheen	24:53:00	50.64%	6 Apr 2025
192	Vincent Loo Yui Wei	24:43:00	50.57%	3 Jun 2023
193	Louis Lauw	27:50:00	50.00%	3 Aug 2024
194	Jayden J Mani	25:06:00	49.80%	31 May 2025
195	Sanjeev Vijayakumar	25:44:00	48.96%	6 Apr 2025
196	Mohd Fadh Al-Idraki Mahmud	25:43:00	48.61%	7 Apr 2024
197	James Wong	26:56:00	48.21%	2 Feb 2025
198	Max Fun	27:10:00	47.67%	8 Dec 2024
199	Louis Lee	27:15:00	47.52%	14 Dec 2025
200	Lee Zheng Rong	26:42:00	47.13%	2 Feb 2025
201	Kiew Weixing	27:10:00	46.50%	4 Aug 2024
202	Loganathan Veerappan	28:34:00	43.82%	8 Dec 2024
203	Michael T	31:03:00	40.53%	14 Dec 2025
204	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	18:16:00	68.43%	4 Oct 2025
3	Evelyn Chen Hui Ling	22:06:00	63.80%	4 Oct 2025
4	Joelle Langeveld	20:00:00	63.08%	4 Oct 2025
5	Teo Swee Lin	21:45:00	63.07%	10 Dec 2023
6	Patsy Tan	22:44:00	62.76%	3 Aug 2025
7	Tan Bao Hui Chantel	22:45:00	61.68%	1 Jun 2024
8	Wang Li	21:37:00	61.22%	5 Oct 2025
9	Sharon Fay Ong	22:30:00	59.93%	10 Dec 2023
10	Chloe Young	21:01:00	59.48%	7 Apr 2024
11	Neo Jie Shi	21:30:00	59.46%	2 Feb 2025
12	Qiao Xiangyi	24:29:00	58.95%	1 Jun 2025
13	Niu Xiaoqiang	23:18:00	58.87%	14 Dec 2025
14	Goh Pei Yong	22:09:00	58.84%	4 Jun 2023
15	Belle Tan	21:17:00	58.73%	1 Feb 2025
16	Lj Benitez	21:22:00	58.58%	6 Apr 2025
17	Sheryl Tang	21:39:00	57.97%	3 Jun 2023
18	Umaymah Chikani	21:36:00	57.87%	1 Feb 2025
19	Pauline Ooi	23:36:00	57.13%	10 Dec 2023
20	Angela Lim	23:59:00	56.85%	4 Jun 2023
21	Ariel Teo Jingyu	22:09:00	56.43%	13 Dec 2025
22	Levyn Wong	22:14:00	56.22%	7 Apr 2024
23	Chong Hui	22:57:00	55.70%	2 Feb 2025
24	Thong Jin Mun	23:24:00	55.70%	10 Dec 2023
25	Trisillia Lim	22:27:00	55.68%	13 Dec 2025
26	Debbie Ho	22:36:00	55.31%	30 Sept 2023
27	Hee Chew Peng	23:23:00	55.02%	3 Jun 2023
28	Teo Hwi Bee	23:07:00	54.79%	2 Feb 2025
29	Faith Lee	22:51:00	54.70%	6 Apr 2025
30	Tan Shayn En	24:41:00	54.42%	8 Dec 2024
31	Yang Heeju	23:27:00	53.30%	6 Apr 2025
32	Lum Wei Peng	23:29:00	53.23%	2 Feb 2025
33	Lok Xin Ying	23:35:00	53.00%	6 Oct 2024
34	Nathenia Ng	23:38:00	52.89%	10 Dec 2023

35	Elina Cha	23:42:00	52.74%	5 Oct 2025
36	Low Yu En	25:33:00	52.58%	1 Jun 2024
37	Elizabeth Xie	24:36:00	52.57%	2 Feb 2025
38	Eleri Lin	24:14:00	52.48%	30 Sept 2023
39	Melisa Awang	23:56:00	52.44%	2 Feb 2025
40	Sia Ruo Ying	25:34:00	52.22%	5 Oct 2025
41	Ng Run Qian	24:26:00	51.64%	31 May 2025
42	Kristine Koh	24:22:00	51.50%	31 May 2025
43	Melody Koik	26:35:00	50.53%	1 Jun 2024
44	Teoh Mei Ting	24:46:00	50.47%	4 Aug 2024
45	Janice Lee	24:46:00	50.47%	10 Dec 2023
46	Haruka Muraga	24:48:00	50.40%	4 Oct 2025
47	Kuan Xin Yuan	25:30:00	49.87%	1 Jun 2025
48	Lina Loy	27:06:00	49.57%	1 Jun 2024
49	Edina Tan	25:18:00	49.41%	6 Oct 2024
50	Leong Choi Chee	27:31:00	49.00%	4 Oct 2025
51	Nur Qamarina	28:16:00	48.53%	1 Jun 2024
52	Aw Zhi Hui	26:47:00	48.29%	1 Jun 2025
53	Hebe Tang	27:18:00	47.37%	1 Jun 2025
54	Goh Yeng Theng	26:33:00	47.32%	6 Apr 2025
55	Puang Mul Geok	28:33:00	47.23%	3 Aug 2025
56	Daphne Liu	27:51:00	47.16%	5 Oct 2025
57	Gwen	26:51:00	46.55%	14 Dec 2025
58	Pauline Pong	27:08:00	46.07%	31 May 2025
59	Klaire Ng	27:11:00	45.98%	3 Aug 2025
60	Elva Fong	29:50:00	45.98%	2 Jun 2024
61	Kelly Ng	27:46:00	45.32%	8 Dec 2024
62	Rachel Low	29:49:00	45.05%	1 Jun 2024
63	Shanel Ang	28:20:00	44.88%	31 May 2025
64	Claire Ong	30:54:00	44.39%	2 Jun 2024
65	Tricia Chong	28:23:00	44.22%	8 Dec 2024
66	Ng Kai Xuan	29:59:00	43.91%	1 Jun 2024
67	Chua Wie Ling	29:58:00	43.83%	4 Oct 2025
68	Jamie Wong	31:40:00	42.58%	4 Oct 2025
69	Hannah Hay	31:15:00	40.69%	31 May 2025
70	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 October Time Trial

TIME TRIALS



On 4 October and 5 October, a total of 21 and 19 participants took part in our October Time Trial respectively.



5KM TIME TRIAL SATURDAY OCT 4, 2025

1	W - 4.8km Bernice Tey 18:16	2	W - 4.8km Joelle Langeveld 20:00	3	W - 4.8km Evelyn Chen Nai Ling 22:06	4	W - 4.8km Haruka Moraga 24:48	1	Chong Sien Chok 18:02	2	John Birger Morud 18:09	3	Chong Sien Yaw 18:14	4	Akitoshi Hibiki 19:06	5	Wang Xiaoyang 19:10	6	Tah Jing Lun 19:28	7	Chong Khai Tjie 19:43
5	W - 4.8km Sia Rui Ting 26:16	6	W - 4.8km Long Choi Chee 27:31	7	W - 4.8km Chia Wai Ling 29:58	8	W - 4.8km Janice Wong 31:40	8	Tan Cheon Kiat 20:39	9	Jan-Dorwe Wansink 20:47	10	Takumi Ojima 20:55	11	Helen Putter 23:17	12	Ken Ng 23:33	13	Wong Kin Leong 24:02		



5km Time Trial Sunday Oct 5, 2025

1	W - 4.8km Wang Li 21:37	2	**W - 5 km Umamah Chikani 22:48	3	W - 4.8km Elna Cha 23:42	4	W - 4.8km Sia Rue Ying 25:34	5	W - 4.8km Daphne Liu 27:51	1	Yip Jia Hao 21:09	2	Furqan Alhadi 21:54	3	Evan You 21:57	4	Chong Kai Ze 22:00		
5	Ruy Teoh 22:10	6	Tony Seakins 22:33	7	Toby Herlinger 22:42	8	Siegfried Stettmayer 23:01	9	Keh Chiu How 23:13	10	Ken Ng 23:25	11	Don Lin 23:32	12	Chs Min Chui 23:43	13	Mervyn Tan 24:08	14	Kuah En Shyang 25:13

TIME TRIALS



On 13 December and 14 December, a total of 12 and 20 participants took part in our December Time Trial respectively.



5km Time Trial
Saturday
Dec 13, 2025

W – 4.8km
Bernice Tey 18:48

W – 4.8km
Ariel Teo 22:09

M
Chong Sien Chok 18:12

M
Andreas Toh 18:40

M
Chong Sien Yaw 19:14

M
Toh Jing Lun 19:44

W – 4.8km
Triscillia Lim 22:27

W – 5km ***
Umaymah Chikani 22:52

M
Chong Khai Tjie 20:40

M
Muhammad Hafeez 21:42

M
Mohd Nasar 21:53

M
Sigi Stettmayer 23:28

Finishers



5km Time Trial
Sunday
Dec 14, 2025

W – 4.8km
Joelle Langeveld 20:28

W – 4.8km
Wang Li 22:51

M
Jan-Douwe Wansinks 21:01

M
Chong Kai Ze 21:05

M
Simon Teo 21:25

M
John Yates 21:43

M
Ernst Lee 21:43

M
Ruy Teoh 22:35

M
Tony Seakins 22:52

M
Mervyn Tan 24:16

W – 4.8km
Niu Xueqiang 23:18

W – 4.8km
Gwen 26:51

M
Ken Ng 24:21

M
Raymond Chew 24:24

M
Culver Tan 24:25

M
Dean Ng 24:34

M
Wong Kin Leong 24:47

M
Kuah En Shyang 26:36

M
Louis Lee 27:15

M
Michael T 31:03

Finishers

RACES – LOCAL & OVERSEAS

Several of our runners ran at both local and overseas races, delivering strong performances across a wide range of distances. Darren and Siew Lu put in impressive runs at the Standard Chartered Singapore Marathon, clinching 3rd and 2nd place at the Men's and Women's Local National Championship respectively.

Ethan ran showcased his consistency, and achieved 1st place in the Rock n Roll San Jose. Clarice Lau also had solid performances in half marathons across China and contributed to a strong team finish in a long-distance relay. Congratulations to all our runners for their dedication, resilience, and excellent results on the road and trails!

Darren Chong	Standard Chartered Singapore Marathon (Full Marathon)	02:46:45 (3rd National Champions)
Siew Lu	Standard Chartered Singapore Marathon (Full Marathon)	03:05:09 (2nd National Champions)
Ethan Yan	Rock n Roll San Jose (10km)	00:32:07 (1st)
Ethan Yan	Xiamen China Athletics Association (CAA) 10km Elite Series	00:32:10 (4th)
Ethan Yan	USATF Golden Gate Park Open XC (5km)	00:15:44 (13th individual)
Clarice Lau	Bank of Tianjin Tianjin Marathon 2025 (Half Marathon)	01:26:34 (14th)
Clarice Lau	Beijing Tongzhou Canal Half Marathon 2025 (Half Marathon)	01:25:27 (9th)
Clarice Lau	Xiamen Institute of Technology Long Distance Relay Race (10.7km)	00:43:43 (2nd Team)



Left to right: Darren Chong (far right), Ethan Yan (far right), Clarice Lau (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 #304-305

(4 Oct & 5 Oct)



ELINA (23:42)



EVAN (21:57)

TIME TRIAL #306

(13 Dec)



TRISILLIA (22:27)



ANDREAS (18:40)



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 November to December



UPCOMING EVENTS

- January 10km Progressive Run (4th January Sunday 7:00am)
- February Time Trial (1st February Sunday 7:30am)
- Annual General Meeting and Lunch (February, date to be confirmed)
- March 15km Progressive Run (1st March 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 our club attire, Bauerfeind, for recovery support, Pocari Sweat for hydration, and HausMakeover for Anniversary Celebration Souvenir T-shirt, and Creative, SuperActiv, and JazPiper for the Ultramarathon prizes



CREATIVE



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