



JAN - MAR 2026

# MR25 BULLETIN



## 49<sup>TH</sup> ANNUAL GENERAL MEETING

Our club held its 49th Annual General Meeting (AGM) on Saturday, 28 February 2026, at the MOE Sports and Recreation Club (MESRC), 21 Evans Road. The meeting was called to order at 12:35 pm by the President, Mr. Steven Quek, with 28 members in attendance.

He began by sincerely thanking members for their attendance, noting that achieving a quorum had on several occasions been a challenge in the past. Their presence ensured that the meeting could be conducted promptly and properly.

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Group photo after the Lo Hei at the 49<sup>th</sup> AGM

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## **President's Address: Management Committee and Volunteers**

Mr. Quek expressed his deep appreciation to the other 11 members of the 12-member Management Committee for stepping forward to serve. Having a full team in place has been helpful, as in the past some members had shied away from AGMs, especially election AGMs, for fear of being “arrowed” to work. He acknowledged the significant commitment required to balance club duties with family, work and training.

He also extended his thanks to the co-opted members for their valuable contributions in key areas:

- Evelyn, for her help with the API (Age-Graded Performance Index) sub-committee. Mr. Quek explained that, given the club's demographic profile, he introduced the API to nullify the effects of age, allowing members of different generations to compete against one another.
- Kin Leong and Chiu How, for their work on the newsletter.
- Siew Lu, for her assistance with sponsorships.

He further expressed gratitude to two dedicated volunteers, Boo Mui Chin and Chan Chai Hui, who, together with Steve Choo, help ensure events are conducted smoothly and that memorable moments are captured.

## **Communications and Training Groups**

On the communications front, the club continues to produce a quality quarterly newsletter, which serves as an important channel for updating members on activities and achievements. Despite her busy schedule, Yuen Yu has been doing an excellent job overseeing its production.

Meanwhile, the three training groups continue to be active, with Matthew taking care of the Tuesday group at Bukit Brown, Cher leading the Sunday group at MacRitchie, and Kenneth, together with Caline, managing the group at Gombak Stadium.

## **Sponsorship**

The President thanked the club's key sponsors, Key Power Sports (KPS) for attire and Pocari for hydration support, for their continued partnership over the past year. He noted that while circumstances can change, the club hopes for their ongoing support. He also reported that several new sponsors have come onboard to support various club projects, and additional sponsorship opportunities are being explored, with a few prospects already in the pipeline.

## **Programme Highlights**

Mr. Quek reported on the club's successful programme delivery over the past year:

- Time Trials and Progressive Runs: The full complement of six Time Trials (TT) and six Progressive Runs (PR) was successfully conducted.
- Ultramarathon: The club completed another Ultramarathon, restructured into a six-month qualification-based format to comply with current NParks regulations.
- External Competitions: The club continues to support external competitions, including the All Comers Meet, Singapore Masters, and Wings Cross Country.

Regarding the latter, Mr. Quek thanked Wings Athletics Club and shared how the club seeks to promote running, particularly by creating opportunities for seniors. He recounted how he had requested that Wings include a senior category, and how both clubs worked together to ensure that enough teams participated to make the competition viable. This, he said, demonstrated the club's commitment to promoting running for all through cordial relationships within the community.

### **Regulatory and Operational Challenges**

The President updated members on the increasingly challenging regulatory environment. He noted that NParks enforces strict usage conditions, prohibiting banners and limiting water points in the Central Catchment area etc., and had, in fact, emailed the club warning us to adhere to requirements. He assured members that the club is managing these challenges responsibly and carefully, striving to maintain its traditions while respecting the rules.

### **50th Anniversary Celebration**

Mr. Quek shared that the club's 50th Anniversary celebrations have already begun with the Time Trial and Progressive Run Challenge. Preparations for the rest of the anniversary activities are ongoing.

The commemorative blue long-sleeve T-shirt has been circulated, with other souvenir items in the pipeline, including a towel generously sponsored by Sigi. The anniversary dinner is scheduled for August 15th, and ticket sales have been strong, with 16 tables nearly fully booked. Mr. Quek noted that the \$50 ticket price is partially subsidised by the club's funds, as well as generous donations from members. He also shared that the venue, Gim Tim Restaurant, would only accept a confirmed booking after Chinese New Year.

### **Financial Position**

In closing his address, Mr. Quek stated that the club remains financially healthy. He emphasised that the Management Committee and Treasurer view themselves as prudent stewards of club funds. The club will continue to organise activities actively while ensuring that its financial position remains sound at the end of each financial year.

### **Confirmation of 48th AGM Minutes**

Following the President's address, the minutes of the previous AGM held on 8 February 2025 were reviewed. They were accepted as a true and accurate record, with the motion proposed by Seng Gee and seconded by Caline.

### **Receipt and Acceptance of Financial Statements**

During the discussion of the financial report, Cynthia noted that the club had paid the Singapore Athletics subscription in 2024, but there was no indication of a payment for 2025 in the accounts.

Eugene and Chern Dong explained that the invoice from Singapore Athletics had only been received late, and the payment was confirmed in the last week of January 2026.

Zhaowei enquired why there was a significant difference in the interest rates between 2024 and 2025. Eugene explained that the Fixed Deposit had been left with the bank and renewed automatically, with the rate following the bank's prevailing rates at the time of renewal.

With no further queries, the Treasurer's report was accepted without any changes. The motion for acceptance was proposed by Siew Lu and seconded by Zhaowei.

### **Election of Honorary Auditors**

The meeting proceeded to the election of two Honorary Auditors. The following members were nominated and elected:

- Evelyn, proposed by Caline and seconded by Faith.
- Chiu How, proposed by Siew Lu and seconded by Zhaowei.

### **AOB: Competition Participation**

During the open floor, Boo Mui Chin remarked that the Competition Chairman should actively select good runners to form strong teams to represent the club at external competitions. Mr. Quek responded that in today's context, every runner has their own individual plans. The club has no control over which events members choose to participate in, and he respects each athlete's personal commitments and training objectives.

Chern Dong elaborated on this challenge, explaining that for the Wings Cross Country in particular, when invitations were opened to club members, the club had difficulty raising a full team for some categories. He had to personally reach out to members to try and form teams, illustrating the broader challenge of securing commitments for external competitions.

### **Closing**

With no other matters brought forward for discussion, the 49th Annual General Meeting concluded. The President extended his thanks once again to all members for their continued support and contributions to the club.

### **Post-Meeting Activity**

Following the conclusion of official business, all members present were invited to join the Management Committee for a festive Lunar New Year lo hei session, marking an auspicious start to the year ahead.

# GETTING TO KNOW OUR MANAGEMENT COMMITTEE 25/26

The MR25 Newsletter is pleased to introduce the members serving on the Management Committee. Now in the second year of their two-year term, they contribute their time and energy to support the day-to-day operations of the club. We thank them for their dedication.



**STEVEN QUEK**  
PRESIDENT

Steven's connection to MR25 spans more than four decades. He was already taking part in Time Trials and Progressive Runs with friends of the club in the 1980s while he was with RJC, SAF, NUS and NTU. It was only years later, in 2016, while signing up a student after a Time Trial, that Evelyn Chong persuaded him to join as well. He is now a life member.

Over the past four decades, Steven has been active in the running community as a coach and educator, encouraging many students to take part in club activities—many later became members, and some went on to serve on the Management Committee. Through his extensive network in the running fraternity, he has also connected MR25 with former students, friends and partners who have supported various programmes and initiatives.

Steven first stepped forward to serve in 2021 after then-President Lawrence Lim called on members to contribute. He brought decades of leadership experience, including ten years as Head Coach of the ActiveSG Athletics Club, along with strong community ties.

Now in his third term on the Management Committee, he continues to contribute wherever needed and aims to build on this experience to further strengthen the club's operations and uphold its standing as a premier running club.



**WONG KUM FATT**  
VICE-PRESIDENT

Through the influence of Mr Lim Lian Hock, Kum Fatt joined MR25 as a sixteen year old hare after completing a 19:03 5 km Time Trial at the end of 2002.

Although he specialised in middle distance events such as the 800 m, 1500 m and 3000 m during his school days, Kum Fatt returned a year later to run 18:19 for the Time Trial, qualifying as an Ostrich and Elite member before enlisting for National Service.

In recent years, Kum Fatt has become a very active ultra-marathon runner, particularly in the club's Dawn to Dust Ultramarathon. He performs strongly in these events and encourages friends and fellow members to participate.

As Vice President, he continues to oversee internal programmes, including Time Trials and Progressive Runs, and remains a passionate advocate for endurance running within the club.



**KENNETH LOW  
VICE-PRESIDENT**

After his competitive basketball days in school and army training in the 1980s, Kenneth gradually lost his fitness as work commitments increased.

In 2013 he returned to running to regain his fitness and completed his first marathon in 2014. Around the same time he met Sebastian Goh Seow Kim, who introduced him to the MR25 runners at Gombak Stadium. Kenneth soon became a regular and appreciated the strong camaraderie among the runners.

Kenneth remains highly active at Gombak Stadium and, together with Caline, helps look after the training centre there. He is also the go to person for many new members, assisting with attire collection and helping them settle into the club.

Now a private hire driver, Kenneth is serving his fourth term on the Management Committee. As Vice President, he has taken on the role of organising chairman for the club's 50th anniversary celebration and continues to support memberships, logistics and club activities.



**WU XIAOPING  
HON. SECRETARY**

Xiaoping ran cross country and track during her school days, with the 800 m as her favourite event. In her twenties she moved on to longer distances and began taking part in 10 km and 20 km races.

She enjoys running in groups and started joining MR25 members for Sunday morning runs at MacRitchie and track sessions at MOE Evans. She became a club member in 1994.

After some years away from club activities, she returned in 2021 and has served on the Management Committee since 2023.

She helps organise the Time Trials and administers new memberships, ensuring that every new member receives a welcome email and membership e-certificate. Her longstanding friendships with many of the club's senior members continue to be a familiar presence within the Management Committee.



**EUGENE QUAN  
HON. TREASURER**

A finisher of four Ironman races, Eugene conducts triathlon programmes for Tri E Fitness and athletics programmes for schools. He also assists the Singapore Cycling Federation with cycling programmes, supports the ActiveSG Athletics Club with running programmes, and trains the national para cycling team.

A relatively new member of MR25, Eugene stepped forward to contribute to the club when invited. Despite balancing family, work, and training commitments, he dedicates time to his role as Honorary Treasurer.

He continues to maintain the club's accounts meticulously, ensuring its financial stability while supporting its activities and programmes, even as he pursues his personal goal of completing ten Ironman races.



**JAYCE CHUA**  
HON. ASSIST. SECRETARY

Jayce discovered the joy of jogging in the quiet, breezy nights of Kent Ridge while running with a hostel mate during her days at NUS. After graduating, a colleague challenged her to complete a marathon. The challenge sparked her enthusiasm for endurance sports, and she soon began participating in marathons, biathlons, and adventure races. She enjoys the excitement of training and racing, and every run continues to bring her a sense of satisfaction and freedom.

Over the past eight years, Jayce has contributed across various portfolios in the Management Committee. Her versatility and consistent involvement have often enabled her to support multiple roles, including providing guidance to less experienced committee members. Since the return of our Dawn to Dust Ultramarathon after Covid, and the introduction of the current qualifying format due to NParks regulations, she has overseen the weekly monitoring, management, and administration of the event, culminating in the grand finals. In her current term, she continues to contribute as Assistant Secretary.



**ONG SI HUI**  
HON. ASSIST. TREASURER

Si Hui joined MR25 in 2023 and the Management Committee in 2025.

An avid runner since her secondary school days, she remains active in the running community and is a regular member of the ActiveSG running club. She encourages others to take part in the club's activities.

Si Hui manages the club website and supports much of its social media communications under the guidance of Chern Dong. She also assists with sponsorship matters, often coordinating the production of club attire with sponsors and suppliers.

As one of the newest and youngest members of the committee, Si Hui brings energy and fresh ideas, and helps to encourage greater participation among younger runners in the club.

Cher is a passionate ultra runner who follows a plant-based diet. She completed more than fifty half and full road marathons before beginning her ultra-trail running journey seven years ago.

She continues to run ultramarathons across varied terrain and plays a key role in ensuring the Sunday morning run at MacRitchie operates smoothly, giving members the opportunity to train in well-organised groups. Together with Kum Fatt, she also oversees the Progressive Runs, ensuring they are conducted effectively.

In recent years, Cher has taken on some of the most challenging international trail races. She completed the Eiger Ultra Trail in Switzerland, overcoming injury setbacks and harsh weather to reach the finish. This experience reflects her perseverance, dedication, and love for the sport.

Besides running, Cher is a human resource business partner in a local financial institution and enjoys hiking and cycling. She is proud to be part of the MR25 family and is happy to give back to the running community as she serves her third term on the Management Committee.



**CHER TAN**  
MEMBER

A familiar figure at Sunday morning runs, Progressive Run, and the turning points of the 5km Time Trials, Kenny has been a very regular volunteer at club events for the past six years.

He is often seen pacing fellow runners during training, helping members improve their performance while sharing his experience and encouragement. Outside of running, he keeps fit through cycling and stair-climbing as part of his regular workouts.

A delivery driver with a light industry supplier, Kenny is serving his fourth term on the Management Committee and continues to support the club in club events and training sessions.



**KENNY CHUA**  
MEMBER

Yuen Yu recently graduated from the Singapore Institute of Technology and is now a physiotherapist at Tan Tock Seng Hospital.

She first took up sport as a netballer in secondary school and junior college, and her interest in running began during netball fitness training. She later joined the ActiveSG Distance Running Programme and made steady progress, earning the Most Improved Athlete award in 2021 and Team Player of the Year in 2022 and 2023 at ActiveSG Gombak.

Despite a busy work schedule, Yuen Yu continues to run regularly while contributing to the club as Assistant Treasurer and editor of the club newsletter, delivering high-quality newsletters every quarter.



**LEE YUEN YU**  
MEMBER

Chern Dong brings valuable IT expertise to the Management Committee, where he provides steady support for the club's digital infrastructure. Working quietly behind the scenes, he helps maintain the club's online platforms and is guiding Si Hui in managing the website, ensuring continuity and strengthening the club's communications.

An active runner, Chern Dong ran an impressive 3:04 marathon at the 2025 Sunshine Coast Marathon. Despite juggling work, family and training commitments, he continues to contribute actively to the club.

He also supports members participating in external competitions, particularly Singapore Athletics events, working with fellow member Sigi to coordinate entries and manage race registrations so members can take part smoothly and efficiently.

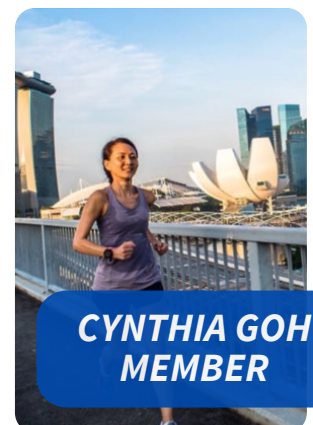


**CHONG CHERN DONG**  
MEMBER

Cynthia joined MR25 as a "snail," and has always appreciated the strong camaraderie and supportive spirit within the club. Along the way, she benefited greatly from the encouragement of many faster runners who generously paced and trained with her, helping her steadily improve and grow in confidence.

With the guidance and support of several club members in MR25 and ActiveSG, Cynthia completed a twelve-week marathon training programme and achieved a personal milestone by breaking four hours at the Seoul Marathon in 2023 and qualified for Boston Marathon.

She remains an active participant in club runs at Gombak, MacRitchie and the Green Corridor, where she continues to maintain her fitness and enjoy the camaraderie of group running. She is currently serving her fourth term on the Management Committee and contributes to club communications matters, ensuring that festivities and milestones are celebrated in the club.



**CYNTHIA GOH**  
MEMBER

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# **OUR HISTORY, OUR HOME, OUR RESPONSIBILITY**

## **IN A CHANGING LANDSCAPE**

The story of MR25 begins with Dr. Siak Chong Leng. Drawn to the natural environment of MacRitchie Reservoir—its forest trails, tranquillity, and respite from urban life—he was a regular runner there long before organised training was common in Singapore. Recognising the need to bring structure to running through accurate distance measurement and timing, Dr. Siak founded the MR25 Running Club in August 1976. Built on a simple but clear philosophy—to sustain interest, encourage improvement, and promote health—what began as a modest idea has since grown into a tradition deeply rooted in MacRitchie Runners 25 ([Founder and Honorary Life Member – MacRitchie Runners 25](#))

For more than four decades, MacRitchie Reservoir has been our home ground. Except for occasional temporary closures of specific trail segments due to construction works, maintenance, repairs, or landslides, our programmes have continued there with remarkable consistency. Over the years, members have participated in regular activities such as the six time trials, six progressive runs, and the MR25 Ultra-Marathon. These programmes reflect the club's original emphasis on accurate measurement, progressive development, and participation over prizes, and they have become central to our identity.

This long-standing continuity was first disrupted in 2020 by the COVID-19 pandemic, when organised gatherings were suspended. As conditions eased between 2021 and 2022, and activities gradually resumed, we encountered a more permanent shift. During our application to organise the MR25 Ultra-Marathon, we were formally informed of updates to NParks' regulatory framework governing organised activities within nature reserves, including the Central Catchment Nature Reserve.

Following several meetings with NParks, it became clear that while they understood our club's history and long-standing association with MacRitchie, all activities would need to comply with the updated regulations. We shared that MR25 was founded at the reservoir, and that continuing to operate there is integral to our name, heritage, and identity. We also highlighted that organised activities can help guide responsible behaviour, reinforce safety, and promote respect for the natural environment. At the same time, we fully acknowledged that these benefits must be balanced against broader responsibilities of conservation and public stewardship. While the officers we met were understanding and constructive, the regulatory requirements were clear and non-negotiable.

NParks has outlined four key guidelines for activities within the nature reserve. First, participation must be capped below 30, and activities must not be publicised as official events or competitions through physical banners or on-site promotional materials. Second, participants are not permitted to wear race bibs. Third, for the safety of both participants and other park users, running on boardwalks should be avoided. Fourth, no physical set-ups—such as refreshment stations, booths, or other installations—are allowed within the Central Catchment Nature Reserve.

With this shared understanding, we have continued to organise activities at our home ground while making deliberate efforts to respect sustainability, nature preservation, and NParks' guidelines. Our current programmes are carefully structured to honour the traditions established by Dr. Siak and the founding team, operating within both the spirit and letter of the prevailing regulations.

These changes have not been easy to implement. Compliance has significantly increased the workload for the Management Committee and our volunteers. Beyond organising runs, we now invest considerable additional effort in advance planning, registration control, participant screening, staggered scheduling, and on-ground coordination to ensure that every activity remains within regulatory limits and minimises environmental impact. We undertake this diligently so our community can continue enjoying the trails we love, responsibly and sustainably.

For example, when interest in a time trial exceeds 30 runners, we organise two separate sessions instead of one. Progressive runs are limited to members only, with registration strictly capped. For the MR25 Ultra-Marathon, we have introduced qualifying rounds conducted over approximately six months to carefully identify suitable candidates, allowing us to meet participant limits while preserving the integrity, safety, and purpose of the event.

Through these adjustments, we seek to preserve both our heritage and our responsibilities—to the environment, to NParks, and to the values upon which MR25 was founded. With a clearer understanding of the context, we hope members will join us in working together to uphold our traditions, promote the joy of running, and support the health and well-being of our community—all while respectfully adhering to the essential requirements that protect our shared natural heritage. After all, it is this very environment that allows us to Run For Fun.



Starting Line of the Ultramarathon Finals 2025

# MR25 50<sup>TH</sup> ANNIVERSARY UPDATE

## February 5km Time Trial Results Are In!

### 5km Time Trial Challenge Update

After four rounds, we now have 27 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 (checkmark (✓) for members who are currently on track for the Finisher Award).
- **Winners' Leaderboard:** Rank in the Top 10 based on your single best Age Performance Index (API) score from any of the six trials.

### 50th Anniversary 5km TT Challenge Leaderboard (as of February 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	Jeremie Houssineau	74.26	–	–	–	74.2			
3	John Yates	72.51	72.5	–	71.4	71.7			
4	Philston Sow	71.02	71.0	–	–	–			
5	Xu Yunqing	70.59	–	–	–	70.5			
6	Teo Shau Meng Simon	69.27	–	–	–	69.2			
7	Bernice Tey	68.43	66.3	68.4	66.4	–			
8	Toh Jing Lun	67.81	67.7	67.8	66.8	–			
9	Siegfried Stettmayer	67.41	–	67.4	64.9	–			
10	Tan Choon Kiat	66.83	–	66.8	–	–			
11	Mohd Nasar Bin Haja	66.79	–	–	66.7	–			
12	Wong Kin Leong	66.37	64.7	66.3	64.3	64.3			✓
13	Lee Ah Yeow	65.24	65.2	–	–	–			
14	Evelyn Chen Hui Ling	63.80	–	63.8	–	–			
15	Joelle Langeveld	63.08	–	63.0	61.6	–			
16	Yip Jia Hao	62.81	–	62.8	–	–			
17	Patsy Tan	62.76	62.7	–	–	–			
18	Raymond Chow	62.67	62.6	–	55.7	59.2			
19	Lim Chin Way Mark	61.64	–	–	–	61.6			
20	Wang Li	61.22	59.6	61.2	57.9	58.8			✓
21	Jan-Douwe Wansink	61.11	–	61.1	60.4	–			
22	Culver Tan Cher Beng	60.89	59.9	–	60.8	–			
23	Teo Hwi Bee	59.42	–	–	–	59.4			
24	Ken Ng	58.51	57.8	58.5	56.2	57.4			✓
25	Koh Chiu How	58.08	53.5	58.0	–	57.5			
26	Mervyn Tan	57.18	53.8	57.1	56.8	–			
27	Cha Min Chul	56.85	–	56.8	–	–			

There are two 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.

## March 15km Progressive Run Results Are In!

### Progressive Run Challenge Update

The fourth race of the Progressive Run series took place on 1 March. Congratulations to Thomas Eng, who won the 15 km run in 1:12:14, followed by John Yates and Tony Seakins. At this stage of the series, three runners have completed all four races. Lee Ah Yeow currently leads the standings with 36 cumulative points, followed by Sabrina Kek and Koh Chiu How.

### Progressive Run Challenge Leaderboard (as of March 35km):

No	Name	Sep 30km	Nov 35km	Jan 10km	Mar 15km	May 20km	July 25km	Cumulative points	On course for all 6
1	Lee Ah Yeow	7	8	10	11			36	✓
2	Sabrina Kek	11	7	16	10			44	✓
3	Koh Chiu How	9	10	17	14			50	✓
	Thomas Eng	3	-	2	1				
	Liang Jun	2	2	4	-				
	Muk Tuck Sang	4	6	8	-				
	Wang Li	5	-	11	8				
	Culver Tan	6	11	-	15				
	Wong Kin Leong	10	**	21	19				
	Jan-Douwe Wansink	-	5	3	-				
	John Yates	-	-	6	2				
	Tony Seakins	-	-	5	3				
	Seah Li Xiang	-	-	7	7				
	Ken Ng	-	-	9	6				
	Mervyn Tan	8	9	-	-				
	Mark Lim	-	-	15	9				
	Chua Hwa Shang	-	-	13	17				
	Ying Shaowei	-	-	18	13				
	Teo Hwi Bee	-	-	19	18				
	Wong Kum Fatt	1	-	-	-				
	Seah Chuan Heng	-	1	-	-				
	Cees Brouwer	-	-	1	-				
	David Poh	-	3	-	-				
	Simon Teo	-	-	-	4				
	Joelle Langeveld	-	4	-	-				
	Chauncey Chee	-	-	-	5				
	Patsy Tan	-	-	-	12				
	Kenneth Goh	-	-	12	-				
	Frank Feng	-	-	14	-				
	Chen Fui Kong	-	-	-	16				
	Andrew Ngo	-	-	20	-				
	Zeng Zhangxi	-	-	-	20				
	Neo Seng Gee	-	-	**	**				
	Qiao Xiangyi	-	-	**	-				
	Tay Yong Seng	-	-	**	-				

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

Remember:

- Complete all six runs to earn the Finisher Award.
- The Top 10 winners will be determined by the lowest cumulative points from the best four races.

Two races remain: May (20 km) and July (25 km). 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, Muddygears, 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.

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**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.”

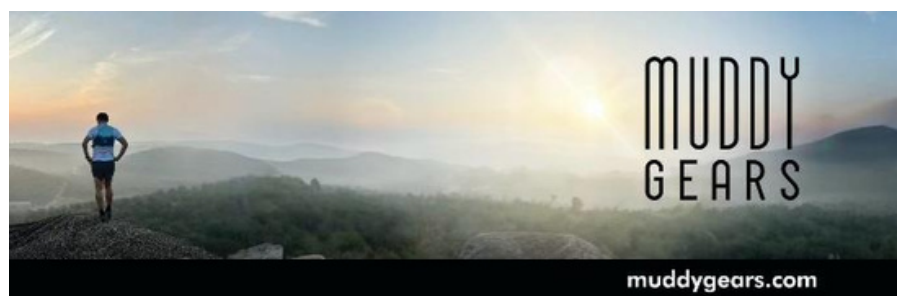
For more information, visit <https://zygospec.world/>

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.

A heartfelt thank you to all our community partners for their incredible support. Let's give them a warm MR25 welcome!

# 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	Jeremie Houssineau	17:21.00	74.26%	1 Feb 2026
3	Jon Lim	17:07.00	73.03%	3 Jun 2023
4	Darren Chong	17:09.00	72.89%	3 Jun 2023
5	John Yates	21:19.00	72.79%	1 Jun 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	Xu Yunqing	19:33.00	70.59%	1 Feb 2026
11	Warren Teyu	18:53.00	69.90%	1 Jun 2025
12	Eman Shamshul	21:36.00	69.37%	6 Aug 2023
13	Chong Sen Chok	18:02.00	69.32%	4 Oct 2025
14	Teo Shau Meng Simon	20:56.00	69.27%	1 Feb 2026
15	John Birger Morud	18:09.00	68.87%	4 Oct 2025
16	Jonathon Yeong	18:10.00	68.81%	3 Jun 2023
17	Sigi Stettmayer	22:24.00	68.68%	1 Oct 2023
18	Chong Sen Yaw	18:14.00	68.56%	4 Oct 2025
19	Ng Junwei	19:25.00	68.41%	7 Apr 2024
20	Gil Madrid	22:30.00	68.37%	6 Aug 2023
21	Leong Kam Ying	23:03.00	67.97%	10 Dec 2023
22	Shohib Marican	18:25.00	67.87%	3 Jun 2023
23	Toh Jing Lun	19:28.00	67.81%	4 Oct 2025
24	Tan Wei Yee	18:35.00	67.80%	1 Jun 2025
25	Jun Hean Kang	22:16.00	67.44%	8 Dec 2024
26	Feng Wei	22:07.00	67.22%	2 Feb 2025
27	Andreas Toh	18:40.00	67.14%	13 Dec 2025
28	Ernest Wong	22:09.00	67.12%	2 Jun 2024
29	Cayden Lau	19:22.00	66.87%	3 Jun 2023
30	Tan Choon Kiat	20:39.00	66.83%	4 Oct 2025
31	Mohd Nasar Bin Haja Mydin	18:40.00	66.79%	13 Dec 2025
32	Emerson Koo	18:52.00	66.78%	4 Feb 2024
33	Alvin Loh	23:29.00	66.71%	7 Apr 2024
34	Mark Solway	22:29.00	66.64%	7 Apr 2024
35	Wong Kin Leong	24:02.00	66.37%	4 Oct 2025
36	Jun Han Kang	21:04.00	66.14%	8 Dec 2024
37	Collin Leong	21:56.00	66.11%	7 Apr 2024
38	Aeron Young	18:56.00	66.02%	3 Jun 2023
39	Mohd Nasar Bin Haja Mydin	22:10.00	65.94%	1 Jun 2025
40	Chen Jinxuan	20:03.00	65.84%	3 Aug 2024
41	Robert Smith	21:44.00	65.57%	7 Apr 2024
42	Akitoshi Hibiki	19:06.00	65.45%	4 Oct 2025
43	Zou Ao Lin	19:33.00	65.30%	2 Jun 2024
44	Lee Ah Yeeow	24:13.00	65.24%	3 Aug 2025
45	Joshua Chua	19:10.00	65.22%	3 Jun 2023
46	Wang Xiaoyang	19:10.00	65.22%	4 Oct 2025
47	Lim Kuang Poh	22:25.00	65.20%	5 Aug 2023
48	Muk Tuck Sang	23:54.00	64.92%	1 Oct 2023
49	Furqan Alhadi Bin Muhammad Fadley	20:51.00	64.83%	1 Jun 2025
50	Zhang Kewen	19:39.00	64.63%	2 Aug 2025
51	Kieran Benson	19:22.00	64.54%	7 Apr 2024
52	Kuek Chai Shong Raphael	19:23.00	64.49%	2 Jun 2024
53	Chong Kai Ze	20:31.00	64.34%	3 Aug 2025
54	Nathan Lee	20:11.00	64.16%	3 Aug 2024
55	Ernest Lee	21:43.00	64.16%	14 Dec 2025
56	Seah Chuan Heng	19:34.00	64.05%	6 Oct 2024
57	Tharun Ranjan	19:33.00	63.94%	31 May 2025
58	Jan-Douwe Wansink	19:55.00	63.77%	2 Jun 2024
59	Ezekiel Kua	20:44.00	63.67%	3 Jun 2023
60	Zhou Zhi Zhong	19:48.00	63.55%	2 Feb 2025
61	Chong Khai Tjie	19:43.00	63.40%	4 Oct 2025
62	Charles Lim	19:46.00	63.32%	1 Oct 2023
63	Bakari Smith	19:45.00	63.29%	4 Feb 2024
64	Li Zhiming	20:15.00	63.21%	2 Feb 2025
65	Edric Low	20:53.00	63.21%	1 Jun 2025
66	Chia Ming Wee	23:45.00	63.09%	6 Apr 2025
67	Gregory Chow	20:59.00	62.83%	4 Jun 2023
68	Sunil Nair	21:28.00	62.81%	6 Oct 2024
69	Yip Jia hao	21:09.00	62.81%	5 Oct 2025
70	Kyron Fung	21:34.00	62.67%	31 May 2025
71	Raymond Chow	21:42.00	62.67%	3 Aug 2025
72	Toh Ming Hong	19:59.00	62.55%	31 May 2025
73	Abdul Rahman	20:04.00	62.29%	1 Oct 2023
74	Culver Tan	23:54.00	62.20%	8 Dec 2024
75	Kwok Tong Seng Kelvin	22:23.00	62.17%	4 Jun 2023
76	Choy En Kai Zachaeus	21:45.00	62.15%	3 Aug 2024
77	Swee Weidi	20:07.00	62.08%	6 Aug 2023
78	Muhammad Hafeez Bin Mohamed Noor	20:10.00	61.98%	2 Feb 2025
79	Ng Wen Zhe	20:10.00	61.98%	6 Apr 2025
80	Low Cheng Yang	20:55.00	61.91%	2 Jun 2024
81	Lim Chin Way Mark	23:05.00	61.73%	3 Aug 2024
82	Ruy Teoh	21:51.00	61.71%	4 Aug 2024
83	Isaias Long	21:26.00	61.59%	2 Jun 2024
84	Ken Ng	22:15.00	61.57%	7 Apr 2024
85	Wu Shibo	21:29.00	61.44%	1 Jun 2025
86	Kiew Yi Heng	20:31.00	61.33%	6 Aug 2023
87	Thye Tzy Yee	20:23.00	61.32%	2 Feb 2025
88	David Poh	23:05.00	61.30%	10 Dec 2023
89	Eric Chan	21:22.00	61.23%	3 Aug 2025
90	Chen Fui Kong	24:44.00	61.12%	1 Feb 2026
91	Randy Kang	24:08.00	61.06%	6 Aug 2023
92	Wong Sin Kiat	22:14.00	60.79%	2 Jun 2024
93	Tan Shyh Yong	22:12.00	60.74%	7 Apr 2024
94	Pa Cheng Zheng Kaeden	21:20.00	60.70%	2 Aug 2025
95	Bertram Chiew	21:47.00	60.60%	3 Aug 2024
96	Wong Kin Chong	20:38.00	60.58%	3 Jun 2023
97	Alvin Ang	20:39.00	60.53%	31 May 2025
98	Frederick Fong	23:14.00	60.40%	4 Jun 2023
99	Lam Mun Yuan	20:43.00	60.34%	3 Aug 2025

100	Yam Pak Sing Derick	24:56.00	60.09%	2 Jun 2024
101	Zhang Yucheng	21:33.00	60.09%	1 Jun 2025
102	Wu Kefan	21:58.00	60.09%	3 Aug 2024
103	Charles Ling	22:30.00	60.07%	3 Aug 2024
104	Careca Yong Loi Huat	24:32.00	60.05%	6 Aug 2023
105	Luo Yihan	22:31.00	60.03%	3 Aug 2024
106	Ong Fu Ying	21:52.00	59.83%	2 Feb 2025
107	Lim Ming You	23:18.00	59.80%	1 Jun 2025
108	Takumi Ojima	20:55.00	59.76%	4 Oct 2025
109	Natarajan Yogeswaran	21:07.00	59.67%	31 May 2025
110	Lucas Lee	23:23.00	59.59%	1 Jun 2025
111	Kevin Ho	22:50.00	59.56%	7 Apr 2024
112	Henry Loh	22:43.00	59.50%	3 Aug 2024
113	Gabriel Liu	21:48.00	59.40%	3 Aug 2024
114	Muhsin Shah	21:03.00	59.38%	1 Jun 2025
115	Winston Tan	25:15.00	59.34%	4 Jun 2023
116	Zhi Hong Chia	21:06.00	59.24%	8 Dec 2024
117	Gan Sing Yu	21:38.00	59.01%	1 Jun 2025
118	James Nicholas	21:12.00	58.96%	1 Feb 2025
119	Dustin Lee	22:12.00	58.93%	4 Feb 2024
120	Mervyn Tan	23:25.00	58.93%	7 Apr 2024
121	Javier Heng	22:00.00	58.86%	1 Jun 2024
122	Yu Kang	23:42.00	58.79%	31 May 2025
123	Chauncey Chee	21:17.00	58.73%	1 Jun 2025
124	Akihito Watanabe	23:33.00	58.60%	4 Feb 2024
125	Justin Leong	21:20.00	58.59%	1 Feb 2026
126	Toby Heringer	22:42.00	58.52%	5 Oct 2025
127	Phil McCorquodale	21:27.00	58.43%	4 Aug 2024
128	Zubair Mazlan	21:24.00	58.41%	4 Feb 2024
129	Lucas Lim	23:15.00	58.14%	3 Aug 2024
130	Jack Zhou	22:17.00	58.12%	1 Jun 2024
131	Koh Chiu How	23:13.00	58.08%	5 Oct 2025
132	Tan Ken Howe	22:11.00	58.08%	2 Aug 2025
133	Louis Ho	23:46.00	58.06%	1 Feb 2025
134	Ng Hong Jun	23:18.00	58.01%	3 Aug 2024
135	Cha Min Chul	23:17.00	57.91%	2 Feb 2025
136	Luo Yongqiang	22:15.00	57.90%	4 Aug 2024
137	Chris Khoo	22:08.00	57.83%	7 Apr 2024
138	Seah Li Xiang	21:41.00	57.65%	3 Aug 2025
139	Timothy Choo	23:29.00	57.56%	3 Aug 2024
140	Cydric Chung	22:25.00	57.47%	5 Aug 2023
141	Danial Syed	21:46.00	57.43%	6 Apr 2025
142	Nikhil Koduru	23:52.00	57.40%	4 Feb 2024
143	Kendrick Neo	23:00.00	57.39%	1 Jun 2024
144	David Daclid Sotta	24:51.00	57.34%	4 Feb 2024
145	Kevan Ng	22:38.00	57.22%	3 Aug 2024
146	Edward Wang	24:22.00	57.11%	4 Feb 2024
147	Boston Tan Ying Qi	23:43.00	56.99%	31 May 2025
148	Chua Yih Shing	24:26.00	56.96%	1 Jun 2025
149	Evan You	21:57.00	56.95%	5 Oct 2025
150	Aldo Koh	21:58.00	56.90%	6 Apr 2025
151	Chua Chun Hwee	24:05.00	56.89%	7 Apr 2024
152	Keegen Chung	22:18.00	56.65%	5 Aug 2023
153	Tay Shean Chyi Alex	24:59.00	56.64%	2 Jun 2024
154	Kliff Cheang	22:16.00	56.59%	1 Jun 2024
155	Zhang Zherong	22:55.00	56.51%	3 Aug 2024
156	Anurag Bhalla	23:52.00	56.49%	4 Feb 2024
157	Don Lin	23:32.00	56.44%	5 Oct 2025
158	Wee Teng Ee	22:09.00	56.43%	3 Aug 2024
159	Aaron Leong	22:51.00	56.38%	1 Oct 2023
160	Nicholas Tan	22:21.00	56.38%	31 May 2025
161	Berjamin Lee	22:50.00	55.91%	31 May 2025
162	Xin Xiangcheng	24:59.00	55.77%	31 May 2025
163	Kenneth Goh	24:17.00	55.53%	3 Aug 2025
164	Jonathan Guan	23:35.00	55.35%	4 Jun 2023
165	Marcus Too	24:22.00	55.34%	1 Feb 2025
166	Nathan Tay	22:36.00	55.31%	1 Feb 2025
167	Kenneth Ang	22:37.00	55.27%	4 Aug 2024
168	Vincente Mariscal	22:42.00	55.07%	4 Aug 2024
169	Dean Ng	23:36.00	54.87%	2 Feb 2025
170	Umaymah Chikani (Female participant in male event)	22:48.00	54.82%	5 Oct 2025
171	Kuah En Shyang	25:13.00	54.73%	5 Oct 2025
172	Matthias Wen Jun Kwang	23:20.00	54.71%	4 Feb 2024
173	Edison Tie	25:05.00	54.62%	1 Feb 2025
174	Lim Kai En	25:32.00	54.57%	31 May 2025
175	Joffrey Czarny	24:52.00	54.22%	4 Feb 2024
176	Feng Zhize	23:17.00	54.12%	1 Feb 2026
177	Bernice Tey (Female participant in male event)	23:09.00	54.00%	1 Feb 2025
178	Milen Rutter	23:17.00	53.69%	4 Oct 2025
179	Lauw Choon Hui	26:05.00	53.35%	2 Jun 2024
180	Kenil Goh	23:41.00	53.20%	31 May 2025
181	Dany Adolphe	26:25.00	53.12%	4 Feb 2024
182	Goh Zhipeng	23:33.00	53.08%	30 Sept 2023
183	Ang Yu Liang	23:52.00	52.79%	31 May 2025
184	Low Rui Heng	25:37.00	52.77%	31 May 2025
185	Justin Lee	23:56.00	52.37%	30 Sept 2023
186	Aloysius Teo	24:07.00	51.83%	1 Oct 2023
187	Adriel Tay	24:21.00	51.68%	7 Apr 2024
188	Timothy Chee	24:14.00	51.58%	3 Jun 2023
189	Lim Chen Kye Ewan	25:36.00	51.56%	3 Aug 2024
190	Chua Kian Yong Kenny	24:57.00	51.30%	8 Dec 2024
191	Ethan Goh	24:22.00	51.30%	2 Aug 2025
192	Samuel Ng	24:23.00	51.26%	4 Feb 2024

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	Teo Hwi Bee	23:27:00	59.42%	1 Feb 2026
13	Qiao Xiangyi	24:29:00	58.95%	1 Jun 2025
14	Niu Xiaoqiang	23:18:00	58.87%	14 Dec 2025
15	Goh Pei Yong	22:09:00	58.84%	4 Jun 2023
16	Belle Tan	21:17:00	58.73%	1 Feb 2025
17	Lj Benitez	21:22:00	58.58%	6 Apr 2025
18	Sheryl Tang	21:39:00	57.97%	3 Jun 2023
19	Umaymah Chikani	21:36:00	57.87%	1 Feb 2025
20	Lau Shufang	22:36:00	57.23%	1 Feb 2026
21	Pauline Ooi	23:36:00	57.13%	10 Dec 2023
22	Angela Lim	23:59:00	56.85%	4 Jun 2023
23	Ariel Teo Jingyu	22:09:00	56.43%	13 Dec 2025
24	Levyn Wong	22:14:00	56.22%	7 Apr 2024
25	Chong Hui	22:57:00	55.70%	2 Feb 2025
26	Thong Jin Mun	23:24:00	55.70%	10 Dec 2023
27	Trisillia Lim	22:27:00	55.68%	13 Dec 2025
28	Debbie Ho	22:36:00	55.31%	30 Sept 2023
29	Hee Chew Peng	23:23:00	55.02%	3 Jun 2023
30	Faith Lee	22:51:00	54.70%	6 Apr 2025
31	Tan Shayn En	24:41:00	54.42%	8 Dec 2024
32	Yang Heeju	23:27:00	53.30%	6 Apr 2025
33	Lum Wei Peng	23:29:00	53.23%	2 Feb 2025
34	Lok Xin Ying	23:35:00	53.00%	6 Oct 2024

35	Nathenia Ng	23:38:00	52.89%	10 Dec 2023
36	Elna Cha	23:42:00	52.74%	5 Oct 2025
37	Low Yu En	25:33:00	52.58%	1 Jun 2024
38	Elizabeth Xie	24:36:00	52.57%	2 Feb 2025
39	Eleri Lin	24:14:00	52.48%	30 Sept 2023
40	Melisa Awang	23:56:00	52.44%	2 Feb 2025
41	Sia Ruo Ying	25:34:00	52.22%	5 Oct 2025
42	Ng Run Qian	24:26:00	51.64%	31 May 2025
43	Kristine Koh	24:22:00	51.50%	31 May 2025
44	Melody Koik	26:35:00	50.53%	1 Jun 2024
45	Teoh Mei Ting	24:46:00	50.47%	4 Aug 2024
46	Janice Lee	24:46:00	50.47%	10 Dec 2023
47	Haruka Muraga	24:48:00	50.40%	4 Oct 2025
48	Kuan Xin Yuan	25:30:00	49.87%	1 Jun 2025
49	Lina Loy	27:06:00	49.57%	1 Jun 2024
50	Edina Tan	25:18:00	49.41%	6 Oct 2024
51	Leong Choi Chee	27:31:00	49.00%	4 Oct 2025
52	Nur Qamarina	28:16:00	48.53%	1 Jun 2024
53	Aw Zhi Hui	26:47:00	48.29%	1 Jun 2025
54	Hebe Tang	27:18:00	47.37%	1 Jun 2025
55	Goh Yeng Theng	26:25:00	47.32%	6 Apr 2025
56	Puang Mui Geok	28:33:00	47.23%	3 Aug 2025
57	Daphne Liu	27:51:00	47.16%	5 Oct 2025
58	Gwen	26:51:00	46.55%	14 Dec 2025
59	Pauline Fong	27:08:00	46.07%	31 May 2025
60	Klaire Ng	27:11:00	45.98%	3 Aug 2025
61	Elva Fong	29:50:00	45.98%	2 Jun 2024
62	Kelly Ng	27:46:00	45.32%	8 Dec 2024
63	Rachel Low	29:49:00	45.05%	1 Jun 2024
64	Shanel Ang	28:20:00	44.88%	31 May 2025
65	Claire Ong	30:54:00	44.39%	2 Jun 2024
66	Tricia Chong	28:23:00	44.22%	8 Dec 2024
67	Ng Kai Xuan	29:59:00	43.91%	1 Jun 2024
68	Chua Wie Ling	29:58:00	43.83%	4 Oct 2025
69	Jamie Wong	31:40:00	42.58%	4 Oct 2025

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 February Time Trial

# PROGRESSIVE RUNS



On 4th January and 1st March, a total of 24 and 21 members and took part in our 10km and 15km Progressive Run respectively.

The 10km route consists of a loop around MacRitchie while the 15km route is an extension at Upper Pierce Reservoir.



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



# TIME TRIALS



On 1 February, a total of 20 participants took part in our February Time Trial.



**5km Time Trial**  
Sunday  
1 Feb 2026

W - 4.8km Lau Shufang 22:36	W - 4.8km Wang Li 22:42	W - 4.8km Teo Hwi Bee 23:27	1 Jeremie Houssineau 17:21	2 Xu Yunqing 19:33	3 Toh Ming Hong 20:00	4 Muhammad Hafeez 20:11	5 Simen Teo 20:56	6 Justin Leong 21:20	7 John Yates 21:37
8 Chauncey Chee 21:39	9 Raymond Chew 22:57	10 Lim Chin Way Mark 23:07	11 Feng Zhize 23:17	12 Koh Chiu Haw 23:26	13 Ken Ng 23:50	14 Chen Fui Kong 24:44	15 Wong Kin Leong 24:48	16 Louis Lauw 32:39	17 Lim Chen Kye Ewan 38:57

**Finishers**



Our volunteers hard at work at the February Time Trial

## 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 #306-307

(13 Dec, 14 Dec)



**ARIEL TEO (22:09)**



**NIU XIAOQIAN (23:18)**

### TIME TRIAL #308

(1 Feb)



**LAU SHUFANG (22:36)**



**TOH MING HONG (20:00)**



**CHUANCEY CHEE (21:39)**



**FENG ZHIZE (23:17)**



**CHEN FUI KONG (24:44)**



## TRAINING SCHEDULE

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

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



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



## UPCOMING EVENTS

- April Time Trial (5<sup>th</sup> April Sunday 7:30am)
- May 20km Progressive Run (3<sup>rd</sup> May Sunday 7:00am)
- June Time Trial (7<sup>th</sup> June Sunday 7:30am)

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

### MR25 Management Committee 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
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Evelyn Chen	Co-opted Leaderboard Sub-Committee Member
Chng Siew Lu	Co-opted Sponsorship Sub-Committee Member
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