



APRIL - JUNE 2026

# MR25 BULLETIN



## MR25 50th Anniversary 5km Time Trial Challenge

Following the June Time Trial, the MR25 50th Anniversary 5km Time Trial Challenge has come to a successful conclusion.

Introduced as part of our Golden Jubilee celebrations, this initiative was built around one of MR25's longest-standing traditions. Together with the Progressive Run, the 5km Time Trial has been a cornerstone of the club programme since 1976, providing members with regular opportunities to challenge themselves, track their progress, and enjoy the camaraderie of running.

Conducted over six Time Trials between August 2025 and June 2026, the Challenge attracted 35 members who recorded at least one performance and earned a place on the final leaderboard. Rankings were determined by each participant's best Age Performance Index (API) score achieved during the Challenge period.

The API system enabled runners of different ages and genders to compete on a more level playing field using age-graded standards, bringing members from across generations together in a shared competition.

From the opening Time Trial in August 2025 to the final round in June 2026, Tony Seakins led the standings and emerged as the Overall Champion. His API score of 76.72%, recorded in October 2025, remained unbeaten throughout the Challenge.

Special recognition goes to Wong Kin Leong, the only participant to complete all six Time Trials and fulfil the requirements for the Finisher Award. His consistency, commitment and perseverance exemplify the spirit that has sustained MR25 for five decades.

Congratulations to all participants for their efforts and achievements. Special congratulations to the Top 10 athletes on the final leaderboard and to Wong Kin Leong for earning the Finisher Award. The Top 10 athletes will each receive a 50th Anniversary Time Trial Challenge medal and a prize bag contributed by Boneve in recognition of their achievements.

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In addition, Overall Champion Tony Seakins will receive a pair of Airfly performance eyewear, while Wong Kin Leong will receive a pair of Kailas trail-running shoes sponsored by Muddygears, together with a commemorative plaque and the Boneve prize bag in recognition of his Finisher Award achievement. All prizes will be given out during the 50th Anniversary Dinner.

With the 5km Time Trial Challenge now concluded, attention turns to the Progressive Run Challenge, which reaches its conclusion on 5 July. Together, these anniversary challenges honour two of MR25's most enduring traditions and the generations of members who have sustained them since 1976.

As we look forward to our 50th Anniversary Dinner on 15 August, we thank every member, volunteer, sponsor and supporter who has contributed to this milestone year. Through your participation, service and support, you have helped make this celebration a fitting tribute to 50 years of MR25.

Run for Fun.

### 5km Time Trial Challenge - Final Standings

Rank	Name	Best API	Aug	Oct	Dec	Feb	Apr	Jun	Finisher
1	Tony Seakins	76.72	75.8	76.7	75.7	–	74.4	–	
2	Jeremie Houssineau	74.26	–	–	–	74.3	–	–	
3	John Yates	72.51	72.5	–	71.5	71.8	–	–	
4	Philston Sow	71.02	71	–	–	–	–	–	
5	Xu Yunqing	70.59	–	–	–	70.6	–	–	
6	Teo Shau Meng Simon	69.27	–	–	–	69.3	–	–	
7	Bernice Tey	68.43	66.3	68.4	66.5	–	–	–	
8	Toh Jing Lun	67.81	67.8	67.8	66.9	–	–	–	
9	Siegfried Stettmayer	67.41	–	67.4	65	–	–	–	
10	Seah Chuan Heng	67.20	–	–	–	–	67.2	–	
11	Mohd Nasar Haja Mydin	67.00	–	–	66.8	–	–	67	
12	Tan Choon Kiat	66.83	–	66.8	–	–	–	–	
13	<b>Wong Kin Leong</b>	<b>66.37</b>	<b>64.7</b>	<b>66.4</b>	<b>64.4</b>	<b>64.3</b>	<b>63.8</b>	<b>64.1</b>	<b>v</b>
14	Tharun Ranjan	65.73	–	–	–	–	65.7	–	
15	Lee Ah Yeow	65.24	65.2	–	–	–	–	–	
16	Evelyn Chen Hui Ling	63.99	–	63.8	–	–	–	64	
17	Joelle Langeveld	63.08	–	63.1	61.6	–	–	–	
18	Ong Teck Ming	62.86	–	–	–	–	–	62.9	
19	Yip Jia Hao	62.81	–	62.8	–	–	–	62.5	
20	Patsy Tan	62.76	62.8	–	–	–	–	–	
21	Raymond Chow	62.67	62.7	–	55.7	59.3	55.6	56	
22	Lim Chin Way Mark	61.64	–	–	–	61.6	–	–	
23	Wang Li	61.22	59.6	61.2	57.9	58.8	58.3	–	
24	Jan-Douwe Wansink	61.11	–	61.1	60.4	–	–	–	
25	Culver Tan Cher Beng	60.89	60	–	60.9	–	60.6	–	
26	Seah Li Xiang	60.63	–	–	–	–	60.6	–	
27	Teo Hwi Bee	59.42	–	–	–	59.4	–	–	
28	Ken Ng	58.51	57.9	58.5	56.3	57.5	–	–	
29	Koh Chiu How	58.08	53.6	58.1	–	57.5	53.9	–	
30	Joyceleen Yap	57.25	–	–	–	–	57.3	–	
31	Mervyn Tan	57.18	53.9	57.2	56.9	–	–	–	
32	Cha Min Chul	56.85	–	56.9	–	–	–	–	
33	Toh Ming Hong	56.48	–	–	–	–	56.5	–	
34	Chauncey Chee	56.14	–	–	–	–	56.1	–	
35	Egor Saltykov	43.4	–	–	–	–	43.4	–	

# MY SEOUL MARATHON 2026

## *A Journey of Preparation, Camaraderie, and a New Milestone*

by Wong Kin Leong

The Seoul Marathon 2026 is not a race one casually enters. With a qualifying cut-off of five hours, the field naturally consists of runners who have put in the work. Standing at the start line that morning, there was a quiet understanding that everyone there had earned their place.

The race unfolded under a cold sky, with temperatures between 4 and 8°C. The air was sharp, the wind occasionally biting, and the absence of sunlight made it feel even colder. My ears stung in the early moments, a reminder of how unfamiliar such conditions were. Gloves, a beanie, and an extra layer proved essential.



Yet as the race progressed, it became clear that this was ideal running weather. There was no heat and no humidity, only a steady environment for the body to perform. It is exactly the reason many of us travel to Korea for this race.

The official result tells a simple story: 4:00:37 — an eleven-minute personal best.

For a senior runner, such an improvement carries particular meaning. Progress at this stage is seldom dramatic, and certainly never accidental. It reflects months of consistent effort, careful adjustment, and the steady accumulation of small gains. This was not a breakthrough achieved in isolation, but one built patiently over time.

There is also a quieter detail behind the result. The GPS recording showed a slightly longer distance covered, 42.64 km, reflecting the natural weaving of a crowded race and

the realities of running on the ground rather than on a perfect line. Viewed in that context, the effort came very close to what many runners regard as a significant benchmark: a sub-4 marathon. That milestone was within reach, perhaps only just beyond grasp on this occasion. It is something for another day. For now, the eleven-minute improvement stands on its own merit.

What stood out most in this race was not speed, but execution. The pacing was disciplined from the start, with the early kilometres held steady, a strong rhythm established through the middle, and a controlled effort maintained deep into the race. After 35 kilometres, fatigue inevitably set in, but there was no collapse, only a gradual slowing. It was a sign that the effort had been fully and honestly expended.

There was a simple mental anchor that helped in those later stages: a reminder that even a brief easing of pace, like the recovery between track intervals, could restore enough composure to continue. The race became less about chasing time and more about sustaining movement with purpose.

Hydration and fuelling were equally measured. Gels, salt capsules, and steady sipping at each station prevented the issues that had affected previous races. Each decision reflected preparation rather than improvisation. Even the choice of footwear, moving away from carbon-plated racing shoes to a more cushioned trainer, proved to be the right one for this occasion. The body held up without cramping or breakdown.



This performance, however, was not built in Seoul. It was built in Singapore, week after week, with MR25.

At Gombak Training Centre, interval sessions were never just about hitting pace. They were about showing up, pushing together, and holding one another accountable. There is a particular energy in such sessions, where effort is shared and fatigue becomes collective rather than individual.

Runners such as Trisillia, Chiu How, Teck Ming, Kenneth, Caline, Tommy, Hwi Bee, Francis, Cynthia, Johnny, Ah Kun, and many others formed more than a training group. They created rhythm, consistency, and a reason to keep returning.

The long runs at Lornie PCN and Adam Drive were equally significant. These were not solitary miles, but supported and structured sessions shaped by the community, including Chiu How, Marcus, Jayce, Ah Weng, Kwang Poh, Eng Seng, Cher, Hwi Bee, Nicole, and others. The slopes developed strength, but it was the presence of others that built endurance. Conversations, quiet encouragement, and the simple knowledge that others were alongside made the distance more manageable.

Progress followed naturally. Long run pacing on Saturdays improved from 6:00 per kilometre to 5:45 per kilometre — not through force, but through consistency.

Behind the scenes, Coach Steven's guidance was evident throughout the preparation. Small adjustments brought meaningful improvements: replacing Thursday tempo runs with easier sessions enhanced recovery and enabled stronger Tuesday and Saturday workouts. Practising race-day routines removed uncertainty, and greater emphasis on sleep, nutrition, and patience allowed consistency to take root. Tuesday race-pace interval sessions followed a clear progression — trading speed for endurance, shifting from 4:40 to 5:00, and finally to 5:20 per kilometre, as the distance extended from 800 metres to 8 kilometres. These were not merely refinements; they were pivotal.

Many others contributed in equally valuable ways through practical advice on gear and fuelling, insights into hydration strategies, and timely reminders to rest and prepare well. Each contribution, though modest on its own, became significant when brought together.



No journey of this nature is complete without companionship. For sixteen weeks, Chiu How was a constant presence through intervals, recovery, and long runs. There is a quiet strength in shared effort, where words are often unnecessary and presence alone is enough.

On race day, that presence continued. He steadied the pace, reminded me to take gels every seven kilometres, and ran alongside me through the early and middle stages. We separated after 25 kilometres, but by then the foundation had already been laid.

The rest was simply a matter of carrying it through.

Crossing the finish line brought both relief and cold. After four hours of sustained effort, the body cooled quickly, and gloves and a beanie once again became essential. Yet what remained was not the discomfort, but a clear understanding that this race had not been run alone.

It had been built collectively through shared sessions, structured training, encouragement, and discipline. Through MR25. Through Gombak, Lornie PCN, and Adam Drive. Through every individual who showed up, not only for themselves, but for one another.

The result, 4:00:37, stands as an eleven-minute personal best and a meaningful new milestone.

More importantly, it represents what can still be achieved with the support of a committed community. Should there be another milestone ahead, it will not be pursued alone. It will, once again, be a shared journey.



# TCS LONDON MARATHON 2026

by Patsy Tan

A historic race with Sebastian Sawa as the first person ever to break the 2-hour barrier with 1:59:30. And the London Marathon entered the Guinness World Records with 59,830 people completing the marathon, the largest number of finishers! This makes me a record holder too 😊.

After three times of unsuccessful balloting, I decided to pay for a package with AJ Athletes (Singapore-based tour group) to run the London Marathon. It is definitely not a cheap option. But if you do not have the patience to wait till you 'strike' a race slot, you have to dig deep into the pockets.

Honestly, it was totally worth it because everything was taken care of — the hotel (very conveniently located), logistics to the race expo and start line, and a shakeout run to recce the last 3 km of the race course which was really helpful. Once arrived in London, all I needed to focus on was resting and preparing for race day..... apart from using some leg muscles for shopping at the race expo and a few other sports stores.



## Race day.

After a few days of acclimatizing, carbo-loading and exploring London, the race day finally arrived on Sunday 26 April.

Despite the jet lag, I actually felt quite well-rested which was a good start. After breakfast, we headed to the race village by subway which was free for runners and the journey took about 30 minutes from our hotel.

Once we arrived at the race village, about 2.5 hours before my flag-off time, I started to feel the excitement. It was a sunny morning and the temperature was around 15-16 degrees.

I tried to relax, soak in the atmosphere, and observed what other runners were doing, and I tried to look for familiar faces (didn't see any as there were many different waves). About 1.5 hours before the start, I dropped my bag at the designated point, went for my last toilet visit before entering my wave and waited patiently for the flag-off. Exactly at 9:53am, my wave started moving. Finally, I'm running the London marathon!

### The Race

For the first 5 km my legs felt good and I was running at 4:45/km pace, slightly faster than my planned 4:50/km pace. From about 5 km onwards, runners from different waves started to merge.

It became crowded with more runners around me and the streets felt more narrow. I tried to maintain my pace while maneuvering through the crowd and managed to stay consistent for quite a long stretch. With 21 km in my legs, we reached the Tower Bridge which was my favorite moment of the race. It always feels special to run on a bridge as the view is often amazing.



At about 26 km, my legs started to feel heavy. I started struggling to hold 4:50/km pace and slowly dropped to around 5:00/km.

At 30 km, my pace slipped further to around 5:10 – 5:15/km. My body didn't feel tired but my legs just refused to cooperate anymore.

My goal was 3:25, but at that point I knew that I was not going to make it. So I adjusted my target to sub-3:30 instead. I stayed optimistic for a while and even followed the 3:30/km pacer for quite some distance, but eventually I lost sight of the pacer too.

When I finally saw the London Eye, I knew that the finish line was close, about 3 km more. But the final stretch felt never-ending. There were no cramps, but my legs simply refused to move faster. My heart sank a bit more when I realized that even 3:30 was slipping away. I told myself to keep moving and finish as close to 3:30 as possible.

With less than 1 km to go after the last right turn at Buckingham Palace, I could finally see the finish line. With a few hundred meters left, I didn't think about the timing anymore and just kept running. Happy, relieved, proud and emotional at the same time, I finally crossed the finish line. No new personal record this time unfortunately but I was still happy to complete the London Marathon in 3:36:33.

### The Marathon

The crowd support was amazing. The cheering was almost non-stop throughout the entire route. People offered candies, fruits, and held up all kinds of funny and encouraging signs.

Another thing that made this marathon special was the number of charity runners and people running for meaningful causes. One runner even completed the marathon carrying a 20 kg fridge in memory of his late mother who committed suicide.

Every race reminds me of how much hard work goes into training. I'm grateful for my running buddies and running clubs who make the long runs and tough sessions much more enjoyable and bearable.

And thankful for the unwavering support from my hubby, family, friends and workout kakis who always send me encouraging messages before and after the race. This really means a lot to me.

London Marathon finally ticked with my third Abbott World Marathon Major in the bag! And the journey continues.....



# 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.”

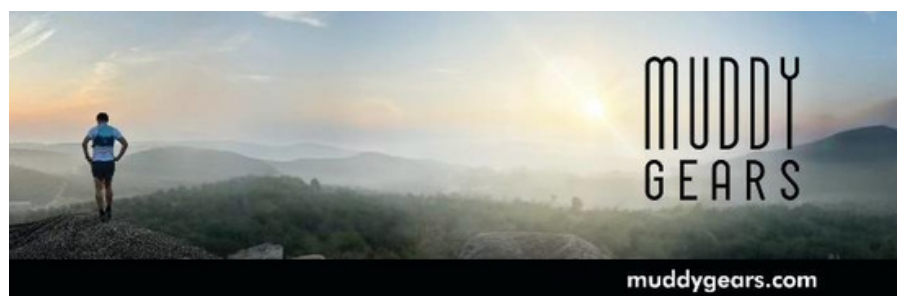
For more information, visit <https://zygospec.world/>

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://bit.ly/4mkH2mD>

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 JUNE 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 Shamsul	21:36:00	69.37%	6 Aug 2023
13	Chong Sien 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	Jonathan Yeong	18:10:00	68.81%	3 Jun 2023
17	Sigi Stettmayer	22:24:00	68.68%	1 Oct 2023
18	Chong Sien 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	Seah Chuan Heng	18:39:00	67.20%	5 Apr 2026
28	Andreas Toh	18:40:00	67.14%	13 Dec 2025
29	Ernest Wong	22:09:00	67.12%	2 Jun 2024
30	Mohd Nasar Bin Haja Mydin	21:49:00	67.00%	7 Jun 2026
31	Cayden Lau	19:22:00	66.87%	3 Jun 2023
32	Tan Choon Kiat	20:39:00	66.83%	4 Oct 2025
33	Emerson Koo	18:52:00	66.78%	4 Feb 2024
34	Alvin Loh	23:29:00	66.71%	7 Apr 2024
35	Mark Solway	22:29:00	66.64%	7 Apr 2024
36	Wong Kin Leong	24:02:00	66.37%	4 Oct 2025
37	Jun Han Kang	21:04:00	66.14%	8 Dec 2024
38	Collin Leong	21:56:00	66.11%	7 Apr 2024
39	Aeron Young	18:56:00	66.02%	3 Jun 2023
40	Chen Jinxuan	20:03:00	65.84%	3 Aug 2024
41	Tharun Ranjan	19:01:00	65.73%	5 Apr 2026
42	Robert Smith	21:44:00	65.57%	7 Apr 2024
43	Akitoshi Hibiki	19:06:00	65.45%	4 Oct 2025
44	Zou Ao Lin	19:33:00	65.30%	2 Jun 2024
45	Lee Ah Yeow	24:13:00	65.24%	3 Aug 2025
46	Wang Xiaoyang	19:10:00	65.22%	4 Oct 2025
47	Joshua Chua	19:10:00	65.22%	3 Jun 2023
48	Lim Kuang Poh	22:25:00	65.22%	5 Aug 2023
49	Muk Tuck Sang	23:54:00	64.92%	1 Oct 2023
50	Furqan Alhadi Bin Muhammad Fadley	20:51:00	64.83%	1 Jun 2025
51	Zhang Kewen	19:39:00	64.63%	2 Jun 2025
52	Kieran Benson	19:22:00	64.54%	7 Apr 2024
53	Kuek Chai Shong Raphael	19:23:00	64.49%	2 Jun 2024
54	Chong Kai Ze	20:31:00	64.34%	3 Aug 2025
55	Nathan Lee	20:11:00	64.16%	3 Aug 2024
56	Ernest Lee	21:43:00	64.16%	14 Dec 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	Edric Low	20:53:00	63.21%	1 Jun 2025
65	Chia Ming Wee	23:45:00	63.09%	6 Apr 2025
66	Ong Teck Ming	22:53:00	62.86%	7 Jun 2026
67	Gregory Chow	20:59:00	62.83%	4 Jun 2023
68	Yip Jia hao	21:09:00	62.81%	5 Oct 2025
69	Sunil Nair	21:28:00	62.81%	6 Oct 2024
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	Ng Wen Zhe	20:10:00	61.98%	6 Apr 2025
79	Muhammad Hafeez bin Mohamed Noor	20:10:00	61.98%	2 Feb 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	Seah Li Xiang	20:37:00	60.63%	5 Apr 2026
96	Bertram Chiew	21:47:00	60.60%	3 Aug 2024
97	Wong Kin Chong	20:38:00	60.58%	3 Jun 2023
98	Alvin Ang	20:39:00	60.53%	31 May 2025
99	Frederick Fong	23:14:00	60.40%	4 Jun 2023
100	Lam Mun Yuan	20:43:00	60.34%	3 Aug 2025
101	Yam Pak Sing Derick	24:56:00	60.09%	2 Jun 2024
102	Zhang Yucheng	21:33:00	60.09%	1 Jun 2025
103	Wu Kefan	21:58:00	60.09%	3 Aug 2024
104	Charles Ling	22:30:00	60.07%	3 Aug 2024
105	Carcea Yong Loi Huat	24:32:00	60.05%	6 Aug 2023
106	Luo Yihan	22:31:00	60.03%	3 Aug 2024
107	Ong Fu Ying	21:52:00	59.83%	2 Feb 2025
108	Lim Ming You	23:18:00	59.80%	1 Jun 2025
109	Takumi Ojima	20:55:00	59.76%	4 Oct 2025
110	Natarajan Yogeswaran	21:07:00	59.67%	31 May 2025
111	Lucas Lee	23:23:00	59.59%	1 Jun 2025
112	Kevin Ho	22:50:00	59.56%	7 Apr 2024
113	Henry Loh	22:43:00	59.50%	3 Aug 2024
114	Gabriel Liu	21:48:00	59.40%	3 Aug 2024
115	Muhsin Shah	21:03:00	59.38%	1 Jun 2025
116	Winston Tan	25:15:00	59.34%	4 Jun 2023
117	Zhi Hong Chia	21:06:00	59.24%	8 Dec 2024
118	Gan Sing Yu	21:38:00	59.01%	1 Jun 2025
119	James Nicholas	21:12:00	58.96%	1 Feb 2025
120	Mervyn Tan	23:25:00	58.93%	7 Apr 2024
121	Dustin Lee	22:12:00	58.93%	4 Feb 2024
122	Javier Heng	22:00:00	58.86%	1 Jun 2024
123	Yu Kang	23:42:00	58.79%	31 May 2025
124	Chauncey Chee	21:17:00	58.73%	1 Jun 2025
125	Justin Leong	21:17:00	58.73%	5 Apr 2026
126	Akihito Watanabe	23:33:00	58.60%	4 Feb 2024
127	Toby Herlinger	22:42:00	58.52%	5 Oct 2025
128	Phil McCorquodale	21:27:00	58.43%	4 Aug 2024
129	Zubair Mazlan	21:24:00	58.41%	4 Feb 2024
130	Lucas Lim	23:15:00	58.14%	3 Aug 2024
131	Jack Zhou	22:17:00	58.12%	1 Jun 2024
132	Koh Chiu How	23:13:00	58.08%	5 Oct 2025
133	Tan Ken Howe	22:11:00	58.08%	2 Aug 2025
134	Louis Ho	23:46:00	58.06%	1 Feb 2025
135	Ng Hong Jun	23:18:00	58.01%	3 Aug 2024
136	Cha Min Chul	23:17:00	57.91%	2 Feb 2025
137	Luo Yongqiang	22:15:00	57.90%	4 Aug 2024
138	Chris Khoo	22:08:00	57.90%	7 Apr 2024
139	Timothy Choo	23:29:00	57.56%	3 Aug 2024
140	Cydric Chung	22:25:00	57.47%	5 Aug 2023
141	Daniil 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	Yogeswaran Natarajan	21:58:00	57.36%	5 Apr 2026
145	David Dacid Sotta	24:51:00	57.34%	4 Feb 2024
146	Amedreza Sophian	23:37:00	57.23%	5 Apr 2026
147	Kevan Ng	22:38:00	57.22%	3 Aug 2024
148	Edward Wang	24:22:00	57.11%	4 Feb 2024
149	Boston Tan Ying Qi	23:43:00	56.99%	31 May 2025
150	Chua Yih Shing	24:26:00	56.96%	1 Jun 2025
151	Evan You	21:57:00	56.95%	5 Oct 2025
152	Aldo Koh	21:58:00	56.90%	6 Apr 2025
153	Chua Chun Hwee	24:05:00	56.89%	7 Apr 2024
154	Keegen Chung	22:18:00	56.65%	5 Aug 2023
155	Tay Shean Chyi Alex	24:59:00	56.64%	2 Jun 2024
156	Kliff Cheang	22:16:00	56.59%	1 Jun 2024
157	Zhang Zherong	22:55:00	56.51%	3 Aug 2024
158	Anurag Bhalla	23:52:00	56.49%	4 Feb 2024
159	Don Lin	23:32:00	56.44%	5 Oct 2025
160	Wee Teng Ee	22:09:00	56.43%	3 Aug 2024
161	Aaron Leong	22:51:00	56.38%	1 Oct 2023
162	Nicholas Tan	22:21:00	56.38%	31 May 2025
163	Benjamin Lee	22:50:00	55.91%	31 May 2025
164	Xin Xiangcheng	24:59:00	55.77%	31 May 2025
165	Kenneth Goh	24:17:00	55.53%	3 Aug 2025
166	Jonathan Guan	23:35:00	55.35%	4 Jun 2023
167	Marcus Too	24:22:00	55.34%	1 Feb 2025
168	Nathan Tay	22:36:00	55.31%	1 Jun 2025
169	Kenneth Ang	22:37:00	55.27%	1 Feb 2025
170	Vincente Mariscal	22:42:00	55.07%	4 Aug 2024
171	Dean Ng	23:36:00	54.87%	2 Feb 2025
172	Umaymah Chikani (Female participant in male event)	22:48:00	54.82%	5 Oct 2025
173	Kuah En Shyang	25:13:00	54.73%	5 Oct 2025
174	Matthias Wen Jun Kwang	23:20:00	54.71%	4 Feb 2024
175	Edison Tie	25:05:00	54.62%	1 Feb 2025
176	Lim Kai En	25:32:00	54.57%	31 May 2025
177	Joffrey Czarny	24:52:00	54.22%	4 Feb 2024
178	Feng Zhize	23:17:00	54.12%	1 Feb 2026
179	Bernice Tey (Female participant in male event)	23:09:00	54.00%	1 Feb 2025
180	Milen Rutter	23:17:00	53.69%	4 Oct 2025

MR25 4.8km TT Age-graded Performance Index Leaderboard				
Ranking	Name	Timing	Score (%)	TT Date
1	Vivian Tang	21:08:00	69.09%	6 Aug 2023
2	Bernice Tey	18:16:00	68.43%	4 Oct 2024
3	Evelyn Chen Hui Ling	22:02:00	63.99%	7 Jun 2026
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	Joyceleen Yap	21:50:00	57.25%	5 Apr 2026
21	Lau Shufang	22:36:00	57.23%	1 Feb 2026
22	Pauline Ooi	23:36:00	57.13%	10 Dec 2023
23	Angela Lim	23:59:00	56.85%	4 Jun 2023
24	Ariel Teo Jingyu	22:09:00	56.43%	13 Dec 2025
25	Levyn Wong	22:14:00	56.22%	7 Apr 2024
26	Chong Hui	22:57:00	55.70%	2 Feb 2025
27	Thong Jin Mun	23:24:00	55.70%	10 Dec 2023
28	Trisillia Lim	22:27:00	55.68%	13 Dec 2025
29	Kristine Koh	22:38:00	55.45%	5 Apr 2026
30	Debbie Ho	22:36:00	55.31%	30 Sept 2023
31	Hee Chew Peng	23:23:00	55.02%	3 Jun 2023
32	Faith Lee	22:51:00	54.70%	6 Apr 2025
33	Tan Shayn En	24:41:00	54.42%	8 Dec 2024
34	Yang Heeju	23:27:00	53.30%	6 Apr 2025

35	Lum Wei Peng	23:29:00	53.23%	2 Feb 2025
36	Lok Xin Ying	23:35:00	53.00%	6 Oct 2024
37	Nathenia Ng	23:38:00	52.89%	10 Dec 2023
38	Elna Cha	23:42:00	52.74%	5 Oct 2025
39	Low Yu En	25:33:00	52.58%	1 Jun 2024
40	Elizabeth Xie	24:36:00	52.57%	2 Feb 2025
41	Eleri Lin	24:14:00	52.48%	30 Sept 2023
42	Melisa Awang	23:56:00	52.44%	2 Feb 2025
43	Sia Ruo Ying	25:34:00	52.22%	5 Oct 2025
44	Ng Run Qian	24:26:00	51.64%	31 May 2025
45	Leong Choi Chee Nicole	26:33:00	50.78%	5 Apr 2026
46	Melody Koik	26:35:00	50.53%	1 Jun 2024
47	Teoh Mei Ting	24:46:00	50.47%	4 Aug 2024
48	Janice Lee	24:46:00	50.47%	10 Dec 2023
49	Haruka Muraga	24:48:00	50.40%	4 Oct 2025
50	Kuan Xin Yuan	25:30:00	49.87%	1 Jun 2025
51	Lina Loy	27:06:00	49.57%	1 Jun 2024
52	Edina Tan	25:18:00	49.41%	6 Oct 2024
53	Nur Qamarina	28:16:00	48.53%	1 Jun 2024
54	Aw Zhi Hui	26:47:00	48.29%	1 Jun 2025
55	Hebe Tang	27:18:00	47.37%	1 Jun 2025
56	Goh Yeng Theng	26:25:00	47.32%	6 Apr 2025
57	Puang Mui Geok	28:33:00	47.23%	3 Aug 2025
58	Daphne Liu	27:51:00	47.16%	5 Oct 2025
59	Gwen	26:51:00	46.55%	14 Dec 2025
60	Pauline Pong	27:08:00	46.07%	31 May 2025
61	Klaire Ng	27:11:00	45.98%	3 Aug 2025
62	Elva Fong	29:50:00	45.98%	2 Jun 2024
63	Kelly Ng	27:46:00	45.32%	8 Dec 2024
64	Rachel Low	29:49:00	45.05%	1 Jun 2024
65	Shanel Ang	28:20:00	44.88%	31 May 2025
66	Claire Ong	30:54:00	44.39%	2 Jun 2024
67	Tricia Chong	28:23:00	44.22%	8 Dec 2024

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

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

Join us to see where you stand!



Start of the June Time Trial

# PROGRESSIVE RUNS

On 3rd May, a total of 18 members and took part in our 20km Progressive Run.

The route starts at Macritchie and goes all the way to Upper Pierce, then back to the starting point.



1	2	3	4	5	6	7	8	9
Cees Brouwer	Thomas Eng	John Yates	Seah Li Siang	Chauncey Chee	Kiew Yi Heng	Simon Teo	Sabrina Kek	Ken Ng
1:38:15	1:40:58	1:43:11	1:46:33	1:47:47	1:48:41	1:48:42	1:56:57	1:58:12
10	11	12	13	14	15	16	17	18
Toh Ming Hong	Muk Tuck Sang	Ying Shaowei	Chua Hwa Shang	Lau Shufang	Chen Fui Kong	Wong Kin Leong	Neo Seng Gee	Koh Chiu How
1:59:42	2:00:14	2:02:14	2:02:14	2:16:19	2:16:24	2:16:32	2:34:22	2:38:00


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.



Our volunteers at the May Progressive Run

# TIME TRIALS

On 5 April and 7 June, a total of 19 and 7 participants respectively took part in our April and June Time Trial.

																		
<b>5km Time Trial 5/4/2026</b>																		
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
W - 4.8km Joyceleen Yap 21:50	W - 4.8km Kristine Koh 22:38	W - 4.8km Wang Li 22:43	W - 4.8km Leong Choi Chee Nicole 26:33	Seah Chuan Heng 18:39	Tharun Ranjan 19:01	Seah Li Xiang 20:37	Li Zhiming 21:15	Justin Leong 21:17	Yogeswaran Natarajan 21:58	Toh Ming Hong 22:08	Chauncey Chee 22:16	Tony Seakins 23:15	Amedreza Sophian 23:37	Raymond Chew 24:29	Culver Tan 24:32	Wong Kin Leong 24:59	Koh Chiu How 25:02	Eger Saltykov 28:48
																		

			<b>5km Time Trial</b>				
<b>Sunday 7/6/2026</b>							
* W - 4.8km *							
1	2	3	4	5	6	7	
Evelyn Chen Hui Ling 22:02	Yip Jia Hao 21:16	Mohd Nasar Haja Mydin 21:49	Ong Teck Ming 22:53	Raymond Chow 24:16	Wong Kin Leong 24:52	Louis Lauw 37:31	
							



## 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 April to June



## UPCOMING EVENTS

- July 25km Progressive Run (5th July Sunday 7:00am)
- August 5km Time Trial (2nd August Sunday 7:30am)
- September 30km Progressive Run (6th September Sunday 7:00am)

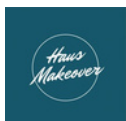
To facilitate organisation of time trials and progressive runs, kindly register prior to closing date (registration usually closes 2 days prior to the event), no walk in registration will be entertained.

### MR25 Management Committee 2025-2026

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

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

Many thanks to our generous supporters - Key Power Sports for our club attire, Bauerfeind for recovery support, Pocari Sweat for hydration, and HausMakeover for 50th Anniversary Celebration Souvenir T-shirt, and Creative, SuperActiv, and JazPiper for the Ultramarathon prizes, and AirFly, Muddygears, and Yappy Pets for the 50<sup>th</sup> Anniversary Celebration Prizes



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