



JULY - SEPTEMBER 2026

MR25 BULLETIN



Celebrating Our 50th Anniversary

On 15 August 2026, members and friends of MacRitchie Runners 25 gathered to celebrate an extraordinary milestone: the 50th anniversary of our club.

The occasion was particularly meaningful because it took place almost exactly 50 years after Dr Siak Chong Leng and a small group of runners founded MR25 in August 1976. It was an evening of celebration, friendship and remembrance.

We recognised outstanding performances in our anniversary challenges, thanked the people and organisations that had supported the year's activities, renewed old friendships and paid tribute to the generations of members who have sustained MR25 since its founding.

Much has changed over the past five decades. Singapore has changed, MacRitchie has changed, and the running community has developed far beyond what our pioneers could have imagined.

Running shoes, training methods, race technology and the ways in which runners communicate with one another have all evolved considerably. Yet the essential character of MR25 remains recognisable.

We still gather at MacRitchie. We still organise our 5km Time Trials and Progressive Runs. We continue to value accurately measured courses, personal improvement, participation, friendship and voluntary service. Above all, we remain guided by the simple but enduring philosophy established by our founder: "Run for Fun."



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This philosophy does not mean that effort, discipline or achievement are unimportant. MR25 members have always enjoyed testing themselves, improving their fitness and pursuing challenging goals. However, achievement has never been the club's only purpose. Running should also bring pleasure, health, friendship and a sense of belonging. It is something worth sustaining not merely for a race or a season, but throughout life.

Our anniversary year brought that philosophy vividly to life. The 50th Anniversary 5km Time Trial Challenge returned us to one of the club's oldest traditions, while the Progressive Run Challenge encouraged members to develop their endurance across six distances. Members of different ages and abilities participated, pursued personal goals and supported one another. Each effort contributed to the spirit of the celebration.

This special edition of the MR25 Bulletin records more than the events of our anniversary dinner. It revisits the life and vision of our founder, explains the ideas and traditions that shaped MR25, celebrates the achievements of our anniversary participants, and acknowledges the volunteers, sponsors, donors and community partners who helped make this milestone possible.

Reaching 50 years is not the end of the story. The best way to honour those who built MR25 is to keep the club active, welcoming and true to its founding values. To our founder, pioneering members, past presidents, committee members, volunteers, supporters and members past and present: thank you.

As we celebrate our first 50 years, may future generations continue to gather at MacRitchie, challenge themselves, support one another and discover the lasting pleasure of running. Here is to the next 50 years of MR25.

Run for Fun.



A Night to Remember

Preparations for the MR25 50th Anniversary Celebration Dinner began several hours before the first guests arrived. As early as 3.30 pm, members of the Organising Committee made their way to various storage locations to collect the commemorative gifts prepared for the occasion. These included a specially produced commemorative T-shirt, backpack and beach towel—souvenirs that members could take home as reminders of this special milestone.

Under the leadership of Organising Chairman Kenneth Low, with the guidance and support of President Steven Quek, the ten-member Organising Committee worked smoothly and purposefully as a team. They were also never short of help. Members such as Evelyn Chen, Ethan Chan, Wong Kin Leong and Sigi readily stepped forward to assist wherever needed, reflecting the spirit of teamwork and volunteerism among members.

By about 4.30 pm, everyone had converged at Gim Tim Restaurant in Ang Mo Kio Avenue 4. Working within the limited space outside the restaurant, Jayce Chua, Caline Ng and their team quickly formed an assembly line and began packing the commemorative items into the goodie bags.

Meanwhile, preparations were taking place on several other fronts. Siew Lu and her team decorated the restaurant, transforming it into a fitting setting for the celebration, while Cher Tan organised the prizes for the evening's presentations. Si Hui prepared for the games and distributed envelopes containing the instructions to the respective tables, while Chern Dong set up and tested the audiovisual and IT systems required for the programme.

Thanks to everyone's cooperation, the preparations were completed by 5.45 pm, in good time to welcome the first guests. In fact, some members began arriving even before 6.00 pm. Before long, a crowd had formed around Yuen Yu, Xiao Ping and their team at the registration table. The restaurant was soon filled with the cheerful sounds of old friends greeting one another, exchanging stories and catching up after time apart. The excitement in the air made it clear that this was more than an ordinary club dinner.

The gathering reflected the remarkable breadth of the MR25 community. Members as young as 16 and as old as 80 were present, together with some members' children. Different generations had come together through their shared love of running and their connection with the club—a heartening demonstration of how the spirit of "Run for Fun" continues to cross generations.

By 6.55 pm, almost everyone expected to attend had arrived. Our emcees, Faith Lee and Ong Teck Ming, welcomed the guests and got the evening's proceedings underway. Their opening remarks had to compete, good-naturedly, with the animated conversations around the room—a fitting reflection of the warmth and camaraderie among members.

Dinner soon commenced, and the food served by Gim Tim Restaurant was very well received. As everyone enjoyed the meal and the company around their tables, the evening moved into its commemorative programme.

In his anniversary address, President Steven Quek took members on a brief journey through MR25's history. He reflected on the foresight and vision of founding President Dr Siak Chong Leng and the contributions of the pioneering members and successive generations who had sustained the club over five decades.

There was also a particularly poignant moment when Steven spoke about Dr Siak's absence from the celebration. Now 93, Dr Siak had been warmly invited to attend, and many members had hoped to see him at this important milestone. However, owing to health considerations, his family felt that it would not be advisable for him to attend such a large gathering. Although they were unable to join us in person, Dr Siak and his family conveyed their warmest wishes and congratulations to the club. Steven also thanked the committees, volunteers, sponsors, donors, community partners and members whose contributions had made the anniversary celebrations possible.

The awards presentation followed. Vice-President Kenneth presented the prizes for the 50th Anniversary 5km Time Trial Challenge, while Vice-President Wong Kum Fatt presented those for the Progressive Run Challenge. The top 10 participants in both challenges were recognised, together with the respective overall champions, Tony Seakins and Thomas Eng.

Two particularly memorable moments came when Sabrina Kek and Wong Kin Leong received their Finisher Awards. Sabrina was the only participant to complete all six Progressive Runs, covering distances ranging from 10km to 35km over the anniversary year. Kin Leong was the only participant to complete all six 5km Time Trials. Their consistency, commitment and perseverance embodied the spirit behind the two anniversary challenges and the enduring traditions of MR25.

Another highlight was the arrival of the beautifully decorated anniversary cake, which provided the perfect centrepiece for the celebration. Following the cake-cutting ceremony, everyone had an opportunity to enjoy a slice of the delicious ondeh-ondeh cake and share in the symbolic marking of MR25's golden jubilee.

The programme continued with two lively games organised by Si Hui. These brought plenty of laughter, friendly competition and interaction among the tables, adding further energy and enjoyment to the evening.

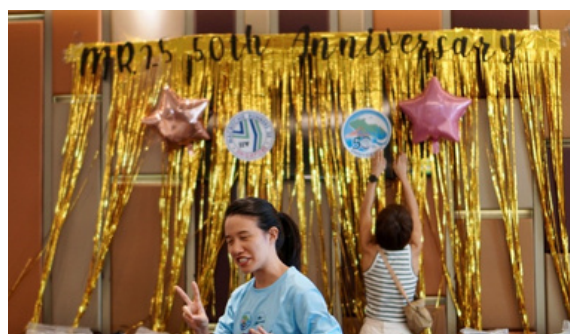
By about 9.00 pm, the dinner had drawn to a close. Members began leaving the restaurant, some reluctantly, after an evening filled with celebration and shared memories. Goodbyes took time, as conversations continued and photographs were taken before everyone finally made their way home.

It had been more than an anniversary dinner. Older members renewed friendships and recalled earlier years, while younger and newer members gained a deeper appreciation of the community they had joined. For one evening, MR25's past, present and future came together under one roof.

The celebration reminded us that while races, results and awards form part of the club's story, it is the friendships created, the memories shared and the willingness of members to contribute that give MR25 its lasting strength.

It was, indeed, a night to remember—and a fitting celebration of 50 years of "Run for Fun".

A Night to Remember



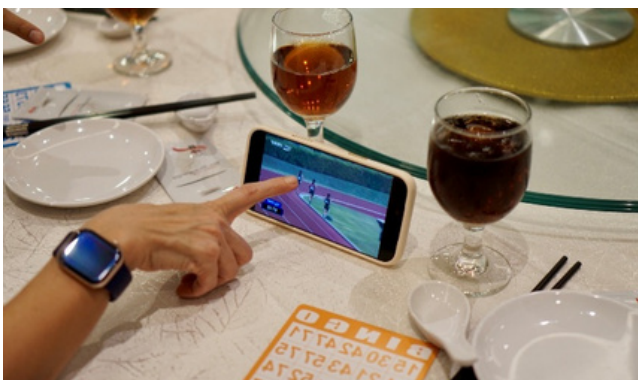
A Night to Remember



A Night to Remember



A Night to Remember



A Night to Remember



A Night to Remember



President's Message

By Mr Steven Quek



“ A very warm welcome to the MR25 50th Anniversary Celebration Dinner.

About five years ago, when I assumed leadership of MR25, I was speaking with several long-time members, including Mr Neo Seng Gee, Mr Chan Chai Hui, and several others, to understand more about the history of the club and to plan for its future.

One wish surfaced repeatedly during those conversations: they hoped that I would help lead the club to its 50th anniversary celebration.

At that time, I remember thinking, "Five years is still a long way away." Yet here we are tonight. Time has passed remarkably quickly, and we are gathered to celebrate an important milestone in the history of MR25.

During those same conversations, many members also expressed the hope that our founder, Dr Siak, would be able to join us when this occasion finally arrived. I am sure many of you would like to see him here tonight.

Unfortunately, Mrs Siak has conveyed her apologies on behalf of the family. Due to Dr Siak's weakened immune system, the family has been careful to avoid exposing him to large gatherings, and as such, they are unable to be with us this evening. However, Dr Siak and his family send their warmest wishes and congratulations to all members as we celebrate this 50th anniversary milestone.

Fifty years is a long time. How many of us here are over 50 years old? For those of us who are, consider how much Singapore, our society, and the sporting landscape have changed over the past five decades. While I was not present during the earliest years of MR25, I have witnessed a large part of that journey. From my years as an athlete running in MacRitchie in the early 1980s to my more than four decades as a coach, I have seen many changes in the local running and athletics scene.

Looking back at what Dr Siak and the pioneering members built, I am struck by how visionary they were. The club's philosophy of *"Run for Fun"*, the distinctive club identity, the Time Trial, the Progressive Run series, and the emphasis on participation and community were not accidental. These were carefully planned from the very beginning.

I have read about how Dr Siak and his team measured courses by hand, produced newsletters, organised activities, and devoted countless hours of personal time to building the club. They did so not for recognition, status, or politics, but simply because they believed in promoting running and creating a community around it.

Many clubs have come and gone over the years. Some no longer organise training. Some no longer organise competitions. Some have ceased to offer meaningful programmes altogether. MR25 remains active today because generations of members have remained committed to the values established by our founders.

As we celebrate this milestone tonight, I hope we will remember the vision with which the club was founded, and honour the founding members, along with the many members and management committees who have helped to sustain the club over the past 50 years. Let us continue to preserve the spirit of friendship, volunteerism, participation, and running for enjoyment, while working together to move the club forward for the next generation of runners.

Tonight also provides an opportunity to thank the many individuals and organisations who have contributed to this celebration. We would like to express our sincere appreciation to our donors and sponsors: Sean Chua of Haus Makeover for sponsoring our commemorative T-shirts; Airfly, Muddygears, and Yappy Pets for sponsoring prizes for our anniversary challenges; Siegfried Stettmayer (Sigi) for contributing the towels in our goodie bags; and Matthew Yeo, Wang Li, and Wong Kin Leong for their generous contributions towards the production of our commemorative souvenir bags.

My appreciation also goes to the Management Committee for their support throughout the year, and to the many volunteers who helped organise our two 50th Anniversary Challenges. In particular, I would like to acknowledge the work of the dinner organising committee, led by Kenneth Low, including Caline, Cher, Siew Lu, Chern Dong, Jayce, Yuen Yu and Si Hui, for their contributions to all the necessary preparations and for putting together tonight's programme.

Finally, thank you to Faith and Teck Ming for serving as our emcees this evening.

Most importantly, thank you to all our members, past and present. MR25 has endured for 50 years because of your participation, friendship, support, and commitment to the club. Let us celebrate this remarkable milestone, honour those who came before us, and look forward to the next 50 years of MR25."

Our Founder - Dr Siak Chong Leng

By Mr Steven Quek



Dr Siak Chong Leng's Early Days

Before the Pacific War, Chong Leng and family lived at Telok Blangah in the vicinity of the Keppel Dockyards. As this area was vulnerable to enemy attack, the family moved out to stay with an uncle in the Geylang area. As fate would have it, the family received a double whammy: their family house took a direct bomb hit, and the father disappeared in the Sook Ching Massacre.

Homeless and fatherless, Chong Leng and his family moved back to Telok Blangah, where the eldest brother, who had earlier secured a job as a clerical officer at the Singapore Harbour Board, was allotted accommodation. On a monthly salary of \$30, he supported the grandmother, mother, three sisters and three brothers, all crammed into quarters meant for dockyard coolies — two small rooms with no separate dining or sitting area and a shared bucket toilet.

Young Chong Leng was determined to get out of this hovel. He resolved to study hard, and when his mind could absorb no more, he would head to the boys' club field nearby and run until it cleared. From this daily routine he became very fit, and was never beaten in the 880-yard and mile races at inter-school sports meets.

Envious of the applause given to his school's celebrated 4×110-yard relay team, he trained himself into a sprinter — hurtling down and racing up a steep staircase to build leg speed and strength, alongside squatting exercises for his quadriceps. He went on to clock 10.3 seconds for 100 yards on a grass track at the Harbour Board sports meet, and secured his place among ACS's "Fabulous Four" relay runners, who went on to beat the best teams in Malaya.

After completing his studies at ACS in 1954, Chong Leng read medicine at the University of Singapore, and later pursued post-graduate studies in the United Kingdom on a Colombo Plan Scholarship, returning with an MRCP. On his return, prompted by the death of a fellow runner from a heart attack, he resolved to resume regular running and began running daily at MacRitchie Reservoir after work.

He noticed that fellow runners at MacRitchie were keen to know how they had performed, and saw an opportunity to organise them — providing accurate information on distance and time to keep them motivated. Together with a small group of runners, he founded the **MacRitchie Runners 25 (MR25)** Running Club in August 1976.

Our Philosophy

By Dr Siak Chong Leng, Founding President (President from 1976 to 1986)

The Idea

In Singapore as recently as 15 years before MR25's founding, the sport of running was almost the exclusive preserve of track athletes. From the early 1970s, a different species of runner — the "jogger" — emerged, forsaking the track for the streets, with MacRitchie Reservoir Park soon becoming their Mecca.

As joggers grew fitter, many began to run harder, cover longer distances, and race one another for the sheer thrill of it — watching the clock and wanting to measure their progress. This was the moment of opportunity: to organise them, and give them a sense of direction. Out of this observation was conceived the idea of MR25 — MacRitchie Runners 25 minutes. The club's sole aim was to sustain the interest of those already motivated to train regularly, encouraging them always to strive to improve their fitness — moving members from mere non-directional participation towards achievement-oriented performance.

The Jogger-Runner

MR25 was aimed at the more-than-average-fit jogger who had progressed to running and who loved a race for the sheer joy of it — an in-between group of "jogger-runners" then sorely neglected in Singapore, distinct from leisurely joggers on one end and nationally-ranked competitive athletes on the other.

Philosophy on Running

Founded on 16 August 1976, MR25's character was moulded from birth according to a set of beliefs. Central to its thinking is that long-distance cross country running, pursued properly, can give great pleasure — running as an END in itself. The club's motto is *"Run for Fun"*.

MR25 also believes distance running is a means to an end: the prevention of illnesses such as hypertension, type II diabetes and obesity, and the promotion of general health, well-being and aerobic fitness. To fulfill this function, running must be:

- of sufficient duration (minimum 30 minutes; ideally an hour)
- of sufficient frequency (minimum every other day; ideally daily)
- of sufficient intensity (between 70% and 85% of maximum heart rate); and
- sustained through all 12 months of the year

MR25 believes the minimum standard is that which enables a person, irrespective of age or gender, to run 5,000 metres in 25 minutes or less. From this thinking follows the club's central conviction: PARTICIPATION is of prime importance; the prize and winning are secondary. Every runner is a winner, having won for themselves enjoyment, better health and improved fitness.

Progressive Cross Country Runs

The mainstay of the club is the cross country runs, beginning at 10km in January and increasing progressively by 5km every two months, up to a 35km run in November, close to marathon distance. These runs traverse MacRitchie Reservoir and its environs as well as the Pierce and Seletar Reservoirs and the Singapore–Johore pipeline — some of the most peaceful and idyllic parts of the island.

Accurate Measurements

MR25 places great importance on accurate measurement, having taken great pains to measure all courses precisely — famously with the only bicycle-odometer measuring gadget available in Singapore at the time, brought over by an American, John Koski.

Awards

At the end of each run, every runner's position and time is published in the club's monthly newsletter. There are no cash prizes or medals — the philosophy is that the run itself is reward enough. Nevertheless, a first Time Trial of 25 minutes or under earns an invitation to membership, together with the assignment of a speed animal.

Membership

MR25 is, in a way, an exclusive club: there is a qualifying time of 25 minutes over a five-kilometre course. This standard — tough but achievable for the average person training three to four times a week over about six months — reflects the exercise physiology of maximal aerobic effort over 15 to 25 minutes, and gave the club its very name.

The Logo

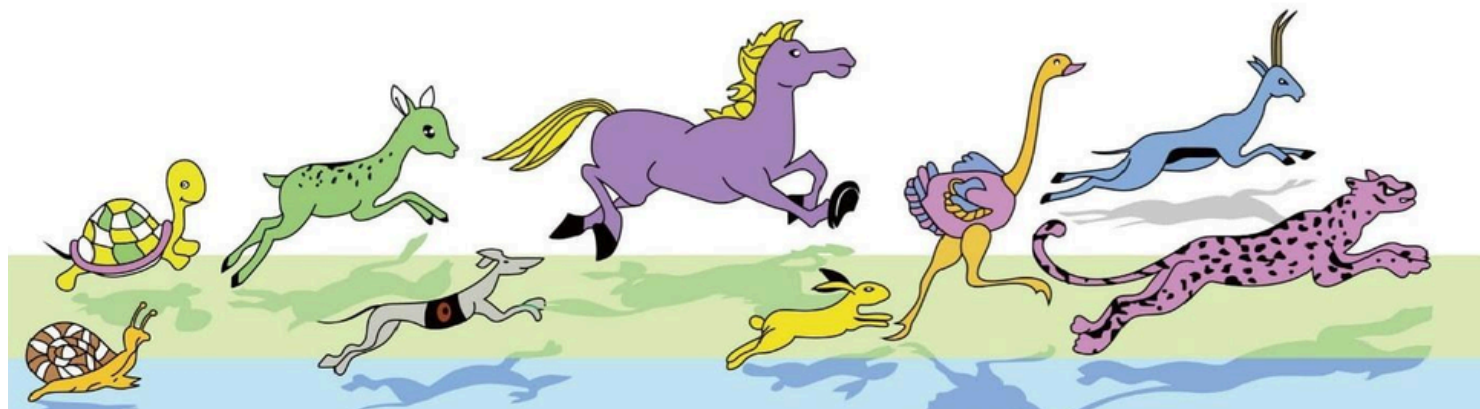


Roman numerals IIV harmonise with a pair of legs moving in joyful motion. Blue represents the water of the reservoir; green represents the trees of the forest.

The Animal Hierarchy

To qualify as a member of MR25, one must complete a 5km time trial (4.8km for ladies, as it later evolved) in 25 minutes or under on a cross country course at MacRitchie Reservoir. Time Trials are held at 7.30am on the Sunday of every even month, starting at the zig-zag bridge.

Based on their time, members are categorised into a hierarchy of nine animal types — a scale designed to motivate members to morph into a faster animal at each subsequent time trial.



Snail	Tortoise	Deer	Greyhound	Horse	Hare	Gazelle	Ostrich	Cheetah
24:00 – 25:00	23:00 – 23:59	22:00 – 22:59	21:00 – 21:59	20:00 – 20:59	19:00 – 19:59	18:00 – 18:59	17:00 – 17:59	< 17:00

50th Anniversary Challenges

As part of the 50th Anniversary Celebration, the club organised two signature challenges — the 5km Time Trial Challenge and the Progressive Run Challenge — spanning the twelve months between August 2025 and July 2026, and culminating tonight at the Celebration Dinner.

Why We Challenged Ourselves

Fifty years ago, Dr Siak and the pioneer members built MR25 around a simple but enduring idea: that the joy of running is best sustained when members are given a clear sense of direction, a target to aim for, and something to look forward to together. The Time Trial and the Progressive Run were the very tools he used to bring that idea to life — and it was only fitting that these two traditions should anchor our year of celebration.

Rather than mark the anniversary with a single event, the Management Committee wanted a celebration that unfolded across the full year — one that would draw members of every pace and generation into the milestone, not just spectators of it. The two Challenges were designed to do exactly that: the Time Trial Challenge, scored on the Age-Graded Performance Index, ensured that a member in their sixties competed on equal footing with a member in their twenties; and the Progressive Run Challenge, building steadily from 10km to 35km over the year, gave every member — whichever distance they were ready for — a reason to keep lacing up.

In keeping with MR25's founding philosophy, both challenges stayed true to the belief that participation matters more than the podium. Finisher Awards recognised consistency and commitment over twelve months, while the Winners' Leaderboards celebrated those who pushed hardest for the podium — but every member who signed up, showed up, and crossed a finish line during our 50th year can rightly call themselves part of this milestone.



Start of the October Time Trial 2025 (left) and April Time Trial 2026 (right)

5km Time Trial Challenge

About the Challenge

Six Time Trials were held between August 2025 and June 2026, giving members multiple chances to push their limits. Those completing all six trials within the minimum standard received the prestigious **Special MR25 50th Anniversary 5km Time Trial Finisher Award**.

To promote equity across age groups, the minimum standard was based on 50% of the Age-Graded Performance Index — acknowledging the natural effects of ageing, because this club celebrates runners from every generation. A Leaderboard tracked the best index scores from any of the six Time Trials, with the Top 10 performers receiving the Winners Award; in the event of a tie, participants' second-best API scores served as the tiebreaker.

All MR25 members with active, paid membership were automatically eligible — simply signing up for Time Trials and Progressive Runs was sufficient for inclusion in the Challenge.

Final Standings

Following the June Time Trial, the MR25 50th Anniversary 5km Time Trial Challenge came to a successful conclusion. Over six Time Trials held between August 2025 and June 2026, 35 members recorded at least one performance and earned a place on the final leaderboard, ranked by each participant's best Age-Graded Performance Index (API) achieved during the Challenge.

Tony Seakins led the leaderboard from start to finish and emerged as the overall Challenge Champion, his outstanding API score of 76.72% — recorded at the October 2025 Time Trial — remaining unmatched throughout the competition.

Special recognition goes to **Wong Kin Leong**, the only participant to complete all six Time Trials while meeting the challenge requirements, earning him the Challenge Finisher Award.

Congratulations to all participants for their efforts and achievements throughout the challenge, with special congratulations to the Top 10 athletes on the final leaderboard, who receive the **Special MR25 50th Anniversary 5km Time Trial Challenge Winners Award**.

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	Wong Kin Leong	66.37	64.7	66.4	64.4	64.3	63.8	64.1	✓
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	–	

Progressive Run Challenge

About the Challenge

The Progressive Run has long been a cornerstone of MR25. In tribute to this tradition, the MR25 50th Anniversary Progressive Run Challenge was an endurance journey designed to build stamina, strength and perseverance. Members completed six Progressive Runs between September 2025 and July 2026, across the following distances:

- September 2025 — 30km
- November 2025 — 35km
- January 2026 — 10km
- March 2026 — 15km
- May 2026 — 20km
- July 2026 — 25km

Members who successfully finished all six within the stipulated cut-off times earned the **Special MR25 50th Anniversary Progressive Run Finisher Award**.

For the Winners' Leaderboard, finishing positions in any four of the six Progressive Runs were scored (1st place = 1 point, 2nd place = 2 points, and so on). The 10 participants with the lowest cumulative points from their best four races received the **Special MR25 50th Anniversary Progressive Run Challenge Winners Award**.

Final Results

Following the sixth and final race on 5 July, the MR25 50th Anniversary Progressive Run Challenge came to a successful close.

Special congratulations to **Thomas Eng**, winner of the Progressive Run Challenge Leaderboard with an impressive 8 points from 4 races, and to **Sabrina Kek**, the only participant to complete all six races within the cut-off time, earning the Finisher Award.

Congratulations also go to the Top 10 athletes on the Winners' Leaderboard—determined by each participant's best four performances across the six races—and again to Sabrina Kek for the Finisher Award. Commemorative prizes await these participants in recognition of their achievements.

Thank you to everyone who participated and contributed to the success of the challenge. Over the past year, members embraced its spirit by pushing their limits across six progressively longer runs, supporting one another, and celebrating personal achievement regardless of pace or placing.

Progressive Run Challenge

Final Standings

No	Name	Sep 30km	Nov 35km	Jan 10km	Mar 15km	May 20km	July 25km	Best 4 Points	Finisher
1	Thomas Eng	3	—	2	1	2	—	8	
2	Liang Jun	2	2	4	—	—	6	14	
3	Seah Li Xiang	—	—	7	7	4	8	26	
4	Muk Tuck Sang	4	6	8	—	11	12	29	
5	Lee Ah Yeow	7	8	10	11	—	16	36^	
6	Sabrina Kek	11	7	16	10	8	11	36	✓
7	Wang Li	5	—	11	8	—	14	38	
8	Ken Ng	—	—	9	6	9	19	43	
9	Koh Chiu How	9	10	17	14	**	—	50	
10	Chua Hwa Shang	—	—	13	17	12	17	59	
11	Ying Shaowei	—	—	18	13	12	18	61	
12	Wong Kin Leong	10	**	21	19	16	—	66	
Other Participants (alphabetical order)									
	Andrew Ngo	—	—	20	—	—	—		
	Cees Brouwer	—	—	1	—	1	—		
	Chauncey Chee	—	—	—	5	5	7		
	Chen Fui Kong	—	—	—	16	15	—		
	Chng Siew Lu	—	—	—	—	—	4		
	Chong Chern Dong	—	—	—	—	—	3		
	Culver Tan	6	11	—	15	—	—		
	David Poh	—	3	—	—	—	—		
	Frank Feng Wei	—	—	14	—	—	13		
	Jan-Douwe Wansink	—	5	3	—	—	—		
	Joelle Langeveld	—	4	—	—	—	—		
	John Yates	—	—	6	2	3	—		
	Kenneth Goh	—	—	12	—	—	20		
	Kiew Yi Heng	—	—	—	—	6	—		
	Lau Shufang	—	—	—	—	14	15		
	Mark Lim	—	—	15	9	—	—		
	Mervyn Tan	8	9	—	—	—	—		
	Neo Seng Gee	—	—	**	**	**	—		
	Niu Xiao Qiang	—	—	—	—	—	10		
	Patsy Tan	—	—	—	12	—	9		
	Qiao Xiangyi	—	—	**	—	—	—		
	Seah Chuan Heng	—	1	—	—	—	1		
	Simon Teo	—	—	—	4	7	—		
	Tay Yong Seng	—	—	**	—	—	—		
	Teo Hwi Bee	—	—	19	18	—	—		
	Toh Ming Hong	—	—	—	—	10	5		
	Tony Seakins	—	—	5	3	—	—		
	Wong Kum Fatt	1	—	—	—	—	—		
	Xu Yunqing	—	—	—	—	—	2		
	Zeng Zhangxi	—	—	—	20	—	—		

^ Tie broken based on faster cumulative head-to-head finish times among tied participants.

** Completed after the Challenge cut-off time; participation acknowledged but not counted towards the Challenge scoring.



Start of the March Progressive Run (left) and July Progressive Run (right)

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. Each has played a vital role in sustaining our club's programmes.

As our year-long 50th Anniversary celebrations unfold, this tradition of community support continues. We remain deeply grateful for the contributions of our members and partner organisations, who have provided souvenirs, funds and prizes to mark this special milestone. In this issue, we highlight four of our community partners.

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, offering design-led home staging, fully managed rentals and complete turn-key setups for newly TOP properties.

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 leading a team known for transparent service.

Sean's running journey began under club president Mr Steven Quek at Commonwealth Secondary School, and 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.

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

Instagram: @hausmakeover · Facebook: facebook.com/hausmakeover.sg

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 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 celebrations, honouring a community that embodies endurance, passion, and our motto, "Run for Fun".

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

<https://zygospec.world/>

Honouring Our Community Partners

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, offering weekend Long Slow Distance (LSD) trail runs and monthly overseas training trips to popular Malaysian trail destinations.

In celebration of MR25's 50-year legacy, Muddygears is proud to sponsor two pairs of Kailas trail-running shoes 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, their commitment to consistent improvement, endurance and community mirroring the very spirit behind our time trials and progressive runs.

muddygears.com · Shopee: sg.shp.ee/bbNvjrd/

Boneve | *Contributor of Prize Bags for the Top 10 Finishers in All Four Competition Categories*

Boneve, a brand under Yappy Pets Pte Ltd, believes wellness is a lifestyle — for both people and their pets — crafting natural, holistic recipes using ethically sourced New Zealand ingredients to help pets stay active and thriving.

"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 is providing exclusive prize bags for the Top 10 finishers in each competition category, each featuring a Boneve tote filled with premium products supporting energy, digestion and vitality. If a prize bag does not fit your lifestyle, simply let a committee member know and we will gladly redirect it to another enthusiast.

MR25 members enjoy 20% off all Boneve products with code YAPPYMR25 at checkout — shop the collection at 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

MR25 ULTRAMARATHON 2026 IS UNDERWAY!

MR25's iconic Ultramarathon is back, and the 2026 Qualifying Round is now underway at MacRitchie Reservoir.

From 1 August to 30 November, participants may make unlimited attempts to complete as many 10.5km loops as possible within a single day, between 7.00 am and 7.00 pm. Each anti-clockwise loop begins and ends at the Amenities Centre and takes runners through the Northern Trail, Ranger Station, Jelutong Tower, the Golf Course and Lornie Trail.

Results are based on each participant's best single-day attempt. Rankings are determined first by the number of loops completed, followed by the attempt date and elapsed time. Participants who complete at least five loops—or 52.5km—within the 12-hour period earn Finisher status, together with a Finisher T-shirt and souvenir.

Latest Standings

As at 30 September 2026, the leading participants in the four categories are:

(a) Men's Closed (MR25 member)												
Position	Name	(1) Number of Loops Completed									(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)
		1	2	3	4	5	6	7	8	9	FINISHER	
1	Feng Wei	🏃	🏃	🏃	🏃	🏃	🏃	🏃			✓	26 Sep 2026 09:42
2	Liang Jun	🏃	🏃	🏃	🏃	🏃	🏃	🏃			✓	13 Sep 2026 08:52
3	Culver Tan	🏃	🏃	🏃	🏃	🏃	🏃				✓	16 Sep 2026 09:40
4	Liang Boon Wee	🏃	🏃	🏃	🏃	🏃					✓	9 Aug 2026 10:32
5	Lee Ah Yeow	🏃	🏃	🏃	🏃	🏃					✓	13 Sep 2026 07:36
6	Kenneth Goh Ge Hieng	🏃	🏃	🏃	🏃	🏃					✓	13 Sep 2026 09:14

(b) Women's Closed (MR25 member)												
Position	Name	(1) Number of Loops Completed									(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)
		1	2	3	4	5	6	7	8	9	FINISHER	
1	Fredalyn M Japson	🏃	🏃	🏃	🏃	🏃	🏃	🏃			✓	13 Aug 2026 11:24
2	Lum Wei Peng	🏃	🏃	🏃	🏃	🏃	🏃	🏃			✓	1 Aug 2026 10:52
3	Niu Xiaoqiang	🏃	🏃	🏃	🏃	🏃	🏃				✓	13 Sep 2026 08:52
4	Wang Sing Yee Jessica	🏃	🏃	🏃	🏃	🏃					✓	6 Aug 2026 10:12
5	Patsy Tan	🏃	🏃	🏃	🏃	🏃					✓	13 Sep 2026 07:13

(c) Men's Open (non-member)												
Position	Name	(1) Number of Loops Completed									(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)
		1	2	3	4	5	6	7	8	9	FINISHER	
1	Henry Yang	🏃	🏃	🏃	🏃	🏃	🏃	🏃			✓	8 Aug 2026 11:04
2	Richard van der Beek	🏃	🏃	🏃	🏃	🏃	🏃				✓	22 Aug 2026 08:32
3	Ahmad Irfan Bin Mohamed Khalid	🏃	🏃	🏃	🏃	🏃	🏃				✓	25 Aug 2026 09:37
4	Sim Guan Huat	🏃	🏃	🏃	🏃	🏃					✓	6 Sep 2026 11:41

(d) Women's Open (non-member)												
Position	Name	(1) Number of Loops Completed									(2) Date of Best Attempt	(3) Elapsed Time (hh:mm)
		1	2	3	4	5	6	7	8	9	FINISHER	
1	Annie Teo	🏃	🏃	🏃	🏃	🏃	🏃	🏃			✓	1 Aug 2026 11:22
2	Yong Siew Wei	🏃	🏃	🏃	🏃	🏃	🏃				✓	13 Sep 2026 09:03

With more than two months of the qualifying period remaining, there is still plenty of time for the standings to change—and for more runners to take on the challenge.

Take Up the Challenge!

Whether your goal is to contend for a place in the Final, complete your first ultramarathon or simply discover how far you can go, the flexible qualifying format allows you to choose your own attempt date and try again if you wish.

The top six participants in each category will qualify for the Final on Sunday, 27 December 2026, where they will be joined by a selected group of invited participants and guests. The Final will again be contested from 7.00 am to 7.00 pm, with trophies, medals, cash awards and other attractive prizes at stake.

Registration remains open until **30 November 2026:**

- MR25 members: S\$40
- Non-members: S\$70

Register here:

<https://forms.gle/tWKWuJox8WZtHz9d9>

The Ultramarathon has long represented the endurance, determination and friendship at the heart of MR25. We warmly invite members and friends of the club to sign up, challenge themselves and become part of the 2026 event.

Men's Closed (MR25 member)

Rank	Name	Laps	Time
1st	Liang Jin	9 Laps	11hr 13min
2nd	Wong Kam Fatt	8 Laps	11hr 17min
3rd	Culver Tan	7 Laps	10hr 11min
4th	Jan-Benno Nansen	7 Laps	10hr 30min
5th	Frank Feng Wei	5 Laps	6hr 34min
6th	Ken Ng	5 Laps	7hr 15min

Men's Open (non member)

Rank	Name	Laps	Time
1st	Randy Ng	9 Laps	11hr 2min
2nd	Steven Leong	9 Laps	11hr 32min
3rd	Alex Tan	7 Laps	10hr 46min
4th	Russell Murphy	7 Laps	11hr 16min
5th	Puckett Koon	7 Laps	11hr 19min
6th	Robert Tan	6 Laps	10hr 26min
7th	Edo Huang	8 Laps	6hr 34min

Women's Closed (MR25 member)

Rank	Name	Laps	Time
1st	Joella Langeveld	8 Laps	10hr 30min
2nd	Wangli	8 Laps	11hr 14min
3rd	Fredalyn Japson	7 Laps	10hr 9min
4th	Patsy Tan	7 Laps	10hr 14min
5th	Jessica Wang	6 Laps	10hr 37min

Women's Open (non member)

Rank	Name	Laps	Time
1st	Niu Xiao Qiang	8 Laps	11hr 9min
2nd	Sophia Yee	8 Laps	11hr 33min
3rd	Esther Ho	7 Laps	10hr 67min
4th	Marilyn Gallarin	6 Laps	10hr 13min

MR25 ULTRA 2025

Dec 28 Sunday FINAL FINISHERS

The 2025 MR25 Ultramarathon finalists and their results—a reminder of the remarkable performances, perseverance and camaraderie that defined last year's event.

5KM API LEADERBOARD

UPDATES (AS OF AUGUST TIME TRIAL)

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

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	11:36:00	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	Jonathon 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 Yew	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	65.20%	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%	2 Aug 2026
51	Zhang Kewen	19:39:00	64.63%	2 Aug 2025
52	Kieran Benson	19:22:00	64.54%	7 Apr 2024
53	Kuek Chui 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 Yaw 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	Careca 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
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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
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139	Timothy Choo	23:29:00	57.56%	3 Aug 2024
140	Cydrick 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	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	Jonathon 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
181	Laau Choon Hui	26:05:00	53.35%	2 Jun 2024
182	Kenji Goh	23:41:00	53.20%	31 May 2025
183	Dany Adolphe	26:25:00	53.12%	4 Feb 2024
184	Goh Zhipeng	23:33:00	53.08%	30 Sept 2023
185	Ang Yu Liang	23:52:00	52.79%	31 May 2025
186	Low Rui Heng	25:37:00	52.77%	31 May 2025
187	Justin Lee	23:56:00	52.37%	30 Sept 2023
188	Daniel Soh	24:08:00	52.35%	2 Aug 2026
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193	Lim Chen Kye Ewan	25:36:00	51.56%	3 Aug 2024
194	Chua Kian Yong Kenny	24:57:00	51.30%	8 Dec 2024
195	Ethan Goh	24:22:00	51.30%	2 Aug 2025
196	Samuel Ng	24:23:00	51.26%	4 Feb 2024
197	Michael Ballard	26:54:00	50.93%	8 Dec 2024
198	Chen Kye Ewan Lim	26:03:00	50.67%	2 Jun 2024
199	David Cheen	24:53:00	50.64%	6 Apr 2025
200	Vincent Loo Yui Wei	24:43:00	50.57%	3 Jun 2023
201	Louis Lauw	27:50:00	50.00%	3 Aug 2024
202	Jayden J Mani	25:06:00	49.80%	31 May 2025
203	Sanjeev Vijayakumar	25:44:00	48.96%	6 Apr 2025
204	Mohd Fadh Al-Idraki Mahmud	25:43:00	48.61%	7 Apr 2024
205	James Wong	26:56:00	48.21%	2 Feb 2025
206	Max Fun	27:10:00	47.67%	8 Dec 2024
207	Louis Lee	27:15:00	47.52%	14 Dec 2025
208	Lee Zheng Rong	26:42:00	47.13%	2 Feb 2025
209	Kiew Weixing	27:10:00	46.50%	4 Aug 2024
210	Loganathan Veerappan	28:34:00	43.82%	8 Dec 2024
211	Egor Saltykov	28:48:00	43.40%	5 Apr 2026
212	Michael T	31:03:00	40.53%	14 Dec 2025
213	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	22:02:00	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	Jacquelin Lee Sue Chen	24:35:00	53.42%	2 Aug 2026
35	Yang Heeju	23:27:00	53.30%	6 Apr 2025

35	Yang Heeju	23:27:00	53.30%	6 Apr 2025
36	Lum Wei Peng	23:29:00	53.23%	2 Feb 2025
37	Lok Xin Ying	23:35:00	53.00%	6 Oct 2024
38	Nathenia Ng	23:38:00	52.89%	10 Dec 2023
39	Elina Cha	23:42:00	52.74%	5 Oct 2025
40	Low Yu En	25:33:00	52.58%	1 Jun 2024
41	Elizabeth Xie	24:36:00	52.57%	2 Feb 2025
42	Eleri Lin	24:14:00	52.48%	30 Sept 2023
43	Melisa Awang	23:56:00	52.44%	2 Feb 2025
44	Sia Ruo Ying	25:34:00	52.22%	5 Oct 2025
45	Ng Run Qian	24:26:00	51.64%	31 May 2025
46	Leong Choi Chee Nicole	26:33:00	50.78%	5 Apr 2026
47	Melody Koik	26:35:00	50.53%	1 Jun 2024
48	Tech Mei Ting	24:46:00	50.47%	4 Aug 2024
49	Janice Lee	24:46:00	50.47%	10 Dec 2023
50	Haruka Muraga	24:48:00	50.40%	4 Oct 2025
51	Kuan Xin Yuan	25:30:00	49.87%	1 Jun 2025
52	Lina Loy	27:06:00	49.57%	1 Jun 2024
53	Edina Tan	25:18:00	49.41%	6 Oct 2024
54	Nur Qamarina	28:16:00	48.53%	1 Jun 2024
55	Aw Zhi Hui	26:47:00	48.29%	1 Jun 2025
56	Hebe Tang	27:18:00	47.37%	1 Jun 2025
57	Goh Yeng Theng	26:25:00	47.32%	6 Apr 2025
58	Puang Mui Geok	28:33:00	47.23%	3 Aug 2025
59	Daphne Liu	27:51:00	47.16%	5 Oct 2025
60	Gwen	26:51:00	46.55%	14 Dec 2025
61	Pauline Pong	27:08:00	46.07%	31 May 2025
62	Klaire Ng	27:11:00	45.98%	3 Aug 2025
63	Elva Fong	29:50:00	45.98%	2 Jun 2024
64	Kelly Ng	27:46:00	45.32%	8 Dec 2024
65	Rachel Low	29:49:00	45.05%	1 Jun 2024
66	Shanel Ang	28:20:00	44.88%	31 May 2025
67	Claire Ong	30:54:00	44.39%	2 Jun 2024
68	Tricia Chong	28:23:00	44.22%	8 Dec 2024
69	Ng Kai Xuan	29:59:00	43.91%	1 Jun 2024
70	Chua Wie Ling	29:58:00	43.83%	4 Oct 2025
71	Jamie Wong	31:40:00	42.58%	4 Oct 2025
72	Hannah Hay	31:15:00	40.69%	31 May 2025
73	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 August Time Trial

PROGRESSIVE RUNS

On 5th July and 6th September, a total of 20 and 14 members took part in our 25km and 30km Progressive Run respectively.

 25km Progressive Run Sunday 5/7/2026 	1 Seah Chuan Heng 1:53:19	2 Yu Yutong 2:05:04	3 Chong Chern Dong 2:06:37	4 Chong Siew Lu 2:08:48	5 Teh Ming Heng 2:20:15	6 Liang Jun 2:22:35	7 Chauncey Chee 2:24:14	8 Seah Li Xiang 2:25:56	9 Patsy Tan 2:27:43	10 Nia Xiao Giang 2:30:02
	11 Sabrina Kek 2:32:54	12 Muk Tuck Sang 2:33:13	13 Frank Feng Wei 2:37:43	14 Wang Li 2:41:40	15 Lau Shufang 2:41:41	16 Lee Ah Yew 2:52:12	17 Chua Hwa Shang 2:53:23	18 Ying Shao Wei 2:54:14	19 Ken Ng 2:55:09	20 Kenneth Goh 3:00:40

The 25km Progressive Run route starts from MacRitchie Nature Trail to Lower Peirce Reservoir, U-turn at gate at Upper Thomson Road, then to Rifle Range Road, and lastly back to MacRitchie. The 30km route is an extension of the 25km route, extending towards the carpark and lamp post 6 at Rifle Range Road before making a U-turn back to MacRitchie.

W1 Sabrina Kek 3:06:35	W2 Wang Li 3:11:50	 30km Progressive Run Sept 6, 2026 	M1 Seah Chuan Heng 2:15:16	M2 Thomas Eng 2:45:03	M3 Seah Li Xiang 2:54:15	M4 Culver Tan 3:16:31	M5 Chauncey Chee 3:18:11
W3 Patsy Tan 3:14:31	W4 Teo Hwee Bee 3:17:59		M6 Kenneth Goh 3:21:18	M7 Toh Ming Hong 3:25:01	M8 Lee Ah Yew 3:32:03	M9 Ying Shao Wei 3:38:38	M10 Joffrey Czamy 3:46:11

TIME TRIALS



On 2nd August a total of 9 participants took part in our August Time Trial.



**5km
Time Trial**
Sunday 2 August



W - 4.8km		W - 4.8km			
1	Wang Li 23:03	2	Jacquelin Lee 24:35	1	Furqan Alhadi 20:51
					
				2	John Yates 21:33
					
				3	Raymond Chow 22:24
					

4	Ken Ng 23:31	5	Daniel Soh 24:08	6	Adriel Tay 24:18	7	Bryan Loh 24:23	8	Siegfried Stettmayer 27:10	9	Koh Chiu How 28:04
											



Our volunteers hard at work at the August Progressive Run

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 #311

(2 August)



JACQUELIN LEE (24:35)



DANIEL SOH (24:08)



BRYAN LOH (24:23)



TRAINING SCHEDULE

Centres	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 centres



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



UPCOMING EVENTS

- October 5km Time Trial (4th October Sunday 7:30am)
- November 21km / 35km Progressive Run (1st November Sunday 7:00am)
- December 5km Time Trial (13th December 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 Pio	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

Many thanks to our generous supporters - Bauerfeind for recovery support, HausMakeover for 50th Anniversary Celebration Souvenir T-shirt, and AirFly, Muddygears, and Yappy Pets for the 50th Anniversary Celebration Prizes

