



# GREAT EASTERN WOMEN'S RUN 2022

Singapore Sports Hub | 20<sup>th</sup> November 2022  
21.1KM Elite | 10KM | 5KM | 2KM Mummy & Me



Putting our customers at the heart of all that we do at Great Eastern has been integral to our success for the past 114 years.

We believe in everyone's potential to achieve what is meaningful, and take pride to protect, preserve and grow what matters to our customers.

We do this so that you can pursue your goals, thrive without fear, and be the greatest version of yourself to Reach for Great!

Log on to <https://go.greateasternlife.com/aboutus> for more information.



**Dear Ladies,**

Thank you for joining us for the 16th Great Eastern Women's Run (GEWR).

Coming out of Covid, we are glad to be able to run together as a community once again. Your courage and aspirations inspire us to make every race experience a memorable one.

In the lead up to the race day, we congratulate you on putting your best foot forward, especially if you have completed all the mini challenges and activities.

This year, GEWR returns to the Singapore Sports Hub once again so that you can bask in the moment of victory when you cross the finishing line in the National Stadium. As a post-race reward, do look forward to lots of fun activities for you and your families. Treats, prizes, photobooths and more await.

We are heartened to be a part of your life journey.  
And we hope you enjoy GEWR2022 as much as we enjoyed organising it.

Let's Reach for Great together!

**Best,  
Keith Chia  
Head, Group Brand and Marketing**





# UNLOCK YOUR FREE BONUS REWARDS!

From 18 Nov 2022, enjoy bonus rewards\* from Oddle Eats, VitaHealth, Polar Electro Singapore and more!

Visit us at the Great Eastern Rewards booth on 20 Nov 2022 to collect limited edition gifts! While stocks last!

*\*Unlock bonus rewards by signing up for Great Eastern Rewards app with the same email address used for the Great Eastern Women's Run registration. Bonus rewards are on while stocks last basis.*

## GET YOUR FREE \$100 GIFT CREDITS\*

Receive your free \$100 Gift Credits<sup>^</sup> to offset up to 10% on selected insurance plans!



<sup>^</sup>All Great Eastern Life policyholders including DPS, Eldersshield and OCBC Bancassurance customers are eligible for the Great Eastern Gift Credits. The policy has to be inforced by 31 Jan 2022.

Download Great Eastern Rewards app today!



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**WHAT EVERY  
ACTIVE BODY NEEDS**




**NON-CARBONATED**



## 07 IMPORTANT RACE INFORMATION

<b>Race Date</b>	<b>20 November 2022, Sunday</b>	<b>Flag-Off Timings</b>	
<b>Race Village</b>	<b>National Stadium (NST), Singapore Sports Hub</b>	<b>21.1 KM Elite (By invite only)</b>	<b>5.15 AM</b>
<b>Information / Enquiries</b>	<b>www.greateasternwomensrun.com info@greateasternwomensrun.com 8787 4490</b>	<b>10 KM</b>	<b>6.30 AM</b>
		<b>5 KM</b>	<b>7.30 AM</b>
		<b>2KM Mummy &amp; Me</b>	<b>8.30 AM</b>

### IMPORTANT INFORMATION

-  Do remember to bring along your race bib on race day. For participants of the 21.1 KM, 10 KM and 5 KM categories, a timing device has been attached to the back of your bib. Please do not bend the bib. (Timing device is not applicable to the 2KM Mummy & Me participants).
-  Arrive at least one hour ahead of your flag off time to avoid congestion. \*Please take note of start pen closure timings on page 22.
-  Deposit your baggage at Carpark E @ Singapore Sports Hub before proceeding to the start line at Nicoll Highway.

-  If you are feeling unwell at any time before or during the race, please do not continue with the run and approach our crew for assistance.
-  Reward yourself after the race with our complimentary Food and Beverage available at the Race Village, exclusively for race participants only.
-  Your family and friends (who are not participating in the run) may support you from the Spectator Area, accessible from Gate 3.
-  Follow us on Facebook @GreatEasternWomensRunSingapore and Instagram @gewomensrun for more updates.



**GREAT EASTERN  
WOMEN'S RUN 2022**





# CASH VOUCHER

1. This voucher is only valid for the purchase of Suunto watches.
2. This voucher is only valid at Key Power Sports #04-28A/29/30 Paragon and #03-59/60 Velocity@Novena Square.
3. This voucher is not refundable or exchangeable for cash. Any unused balance will not be refunded.
4. This voucher is also applicable at our online store: [keypowersports.sg](https://keypowersports.sg) (Discount code: Great Eastern Women's Run).
5. This voucher is not valid for use with any other promotions or discounts.
6. This voucher is valid until 31 December 2022.





TIME	ACTIVITY	LOCATION
4.45 AM	21.1 KM Elite Start Pen Opens Baggage Deposit Opens	Nicoll Highway Car Park E @ National Stadium
5.15 AM	Flag-off for 21.1 KM Elite	Nicoll Highway
5.45 AM	21.1 KM Elite Start Pen Closes	Nicoll Highway
6.00 AM	10 KM Start Pen Opens	Nicoll Highway
6.30 AM	Flag-off for 10 KM	Nicoll Highway
6.45 AM	Race Village Opens	Race Village @ National Stadium
7.00 AM	10 KM Start Pen Closes 5 KM Start Pen Opens	Nicoll Highway
7.30 AM	Flag-off for 5 KM	Nicoll Highway
8.00 AM	5 KM Start Pen Closes 2 KM Mummy & Me Start Pen Opens Cheerleading Performance	Nicoll Highway Nicoll Highway Race Village @ National Stadium
8.15 AM	Prize Presentation to Winners of 21.1 KM Elite Cheque Presentation to Beneficiaries	Race Village @ National Stadium
8.30 AM	Flag-off for 2 KM Mummy & Me	Nicoll Highway
8.45 AM	2 KM Mummy & Me Start Pen Closes K'PopX Fitness - True Fitness	Nicoll Highway Race Village @ National Stadium
11.00 AM	End of Event	Race Village @ National Stadium





# YOGA & PILATES

Your answer to a retreat from the **stress** of modern life. Offering a wide range of yoga classes fit for all, we have over **160 classes/week** – Original Hot Yoga, Aerial Yoga, Wall Rope Yoga, Rehabilitative Yoga and more.

## FREE 2-SESSION PASS

(Promo code: 2YEGEWR1122)

To redeem: Flash this pass in-club  
OR register at <https://bit.ly/GEWRP>

Opening on 1 December at Millenia Walk, #02-63. T: 6733 9555

### TERMS & CONDITIONS

- Sessions are non-transferrable and its use is limited to one individual only.
- This E-pass must be shown for admittance to the club, together with a photo ID.
- Valid for first-time visitors only. Person must be 18 years old and above.
- Usage of facilities is subject to the terms & conditions covered in the Membership Agreement and the Rules & Guidelines of the club.
- Not for re-sale and not exchangeable for cash or in-kind.
- Valid for 2 sessions, to be utilized within 14 days.
- Valid till 30 March 2023.

## SHUTTLE BUS SERVICE

Shuttle bus services are available at selected pick up locations around the island to the Singapore Sports Hub on the event day, 20 November 2022. Tickets are available for sale at [sharetransport.sg](https://sharetransport.sg) at S\$8.50 each.

Download the ShareTransport App from your Google Play or Apple Store to book your shuttle bus ticket.

As the buses will leave punctually at the stipulated time, passengers are advised to arrive 10 minutes earlier.

More information: [www.sharetransport.sg](https://www.sharetransport.sg)

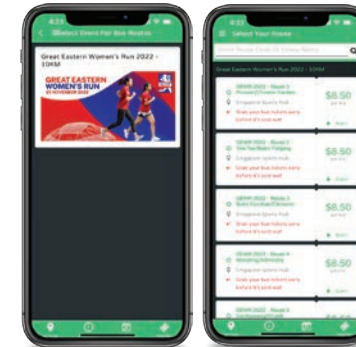
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## HOW IT WORKS



1

Download the ShareTransport App and Tap on the top left menu icon “≡” to Register.



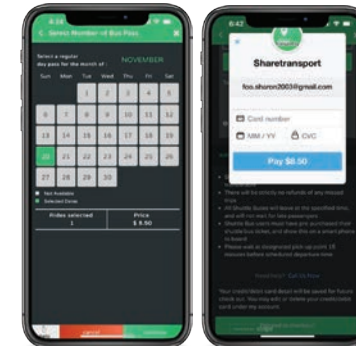
2

Select Events and Choose a Route



3

Select Pickup and Dropoff







4

Select 20 November on the Calendar, View your Checkout Summary and Proceed to Checkout








## SHUTTLE BUS TIMINGS FOR 10KM RUNNERS

ROUTE	MRT STATION	PICK-UP POINTS	PICK-UP TIME
	<b>PIONEER MRT</b>	Bus Stop Pioneer Stn Exit B (22529) Along Jurong West St 63	<b>5.05AM</b>
	<b>BOON LAY MRT</b>	Private Coach Bay (Outside Formal Bus Int) Along Boon Lay Way	<b>5.10AM</b>
	<b>LAKESIDE MRT</b>	Bus Stop Opp Lakeside Stn (28099), Along Boon Lay Way	<b>5.15AM</b>
	<b>CHINESE GARDEN MRT</b>	Bus Stop Opp Chinese Gdn Stn (28349), Along Boon Lay Way	<b>5.20AM</b>
	<b>YEW TEE MRT</b>	Bus Stop Opp Yew Tee Stn (45329), Along Choa Chu Kang Drive	<b>5.05AM</b>
	<b>CHOA CHU KANG MRT</b>	Bus Stop Outside Lot 1 Shoppers' Mall (44539) Along Choa Chu Kang Ave 4	<b>5.10AM</b>
	<b>BUKIT PANJANG PLAZA</b>	Bus Stop Outside Bt Panjang Plaza (44639), Jelebu Rd	<b>5.15AM</b>
	<b>BUKIT GOMBAK MRT</b>	Bus Stop Bt Gombak Stn (43579), Along Bukit Batok West Ave 5	<b>5.05AM</b>
	<b>BUKIT BATOK MRT</b>	Roundabout at Bukit Batok Central Link	<b>5.10AM</b>
	<b>JURONG EAST MRT</b>	PickUp/DropOff Point Outside Jurong East MRT Stn, Jurong Gateway Rd	<b>5.15AM</b>
	<b>CLEMENTI MRT</b>	Bus Stop Outside Clementi Stn (17179) (Blk 324), Along Commonwealth Ave West	<b>5.20AM</b>
	<b>MARSILING MRT</b>	Bus Stop Outside Marsiling Stn (46521) Along Woodlands Ave 3	<b>5.05AM</b>
	<b>WOODLANDS MRT</b>	Bus Stop Outside Woodlands Civic Ctr (46321) Along Woodlands Ave 5	<b>5.10AM</b>
	<b>ADMIRALTY MRT</b>	Bus Stop Opp Admiralty Stn (46771), Woodlands Ave 7	<b>5.15AM</b>



## SHUTTLE BUS TIMINGS FOR 10KM RUNNERS

ROUTE	MRT STATION	PICK-UP POINTS	PICK UP TIME
	<b>SEMBAWANG MRT</b>	Bus Stop Opp Sembawang Stn (58219) Along Sembawang Way	<b>5.10AM</b>
	<b>YISHUN MRT</b>	Bus Stop Outside Northpoint Shop Ctr (59072) Along Yishun Ave 2	<b>5.15AM</b>
	<b>KHATIB MRT</b>	Bus Stop Opp Khatib Stn (59049) Along Yishun Ave 2	<b>5.20AM</b>
	<b>PUNGGOL MRT</b>	Bus Stop Outside Punggol Stn/ Int (65259), Punggol Ctrl	<b>5.15AM</b>
	<b>SENGKANG MRT</b>	Bus Stop Opp Sengkang Stn/Blk 260A (67401), Along Sengkang East Way	<b>5.20AM</b>
	<b>BUANGKOK MRT</b>	Bus Stop outside Buangkok Stn (Blk 275D)(67601), Sengkang Ctrl	<b>5.25AM</b>
	<b>PASIR RIS MRT</b>	Bus Stop after Pasir Ris Street 53, (77321)	<b>5.10AM</b>
	<b>TAMPINES MRT</b>	Bus Stop Opp Tampines Stn/Int (76149), Along Tampines Ave 4	<b>5.15AM</b>
	<b>SIMEI MRT</b>	Bus Stop Outside Simei Stn (96169), Simei St 3	<b>5.20AM</b>
	<b>BEDOK MRT</b>	Bus Stop Outside Bedok MRT (Exit A)(84039) (Towards Kembangan Direction), New Upp Changi Rd	<b>5.25AM</b>
	<b>YIO CHU KANG MRT</b>	Bus Stop Yio Chu Kang Stn (55189), Along Ang Mo Kio Ave 6	<b>5.10 AM</b>
	<b>ANG MO KIO MRT</b>	PickUp/DropOff Point Outside Ang Mo Kio MRT, Along Ang Mo Kio Ave 8	<b>5.15 AM</b>
	<b>BISHAN MRT</b>	Bus Stop Outside Bishan Stn (53231) Along Bishan Rd	<b>5.20 AM</b>
	<b>BRADDELL MRT</b>	Bus Stop Braddell Stn (52179), Along Lor 1 Toa Payoh	<b>5.25 AM</b>
	<b>TOA PAYOH MRT</b>	Bus Stop Toa Payoh Stn (52189), Along Lor 2 Toa Payoh	<b>5.30 AM</b>



**FOR RUNNERS OF ALL CATEGORIES****ARRIVING BY PUBLIC TRANSPORT – BUS**

Bus Service 10, 14, 16, 70, 70M or 196 (From CBD/City)  
 In the direction from the CBD/City, alight along Nicoll Highway at the bus stop opposite Singapore Sports Hub (Bus Stop No. 80211). Cross the sheltered overhead bridge which leads to the National Stadium (NST). Take the escalators down to the Level 1 of Carpark E to access the baggage deposit and start point.

**ARRIVING BY PUBLIC TRANSPORT – MASS RAPID TRANSIT (MRT)**

Nearest MRT Station: Stadium MRT Station (CC6)  
 Take Exit A and use the escalators near the main entrance of Kallang Wave Mall onto the concourse level. Walk along the 100PLUS Promenade towards Gate 15. At Gate 15, take the escalators down to Level 1 of Carpark E to access the baggage deposit and start point.

**HOW TO GET TO START PEN**

It will take about 15min to walk from Carpark 4 to the Start Pen. From the carpark, walk towards the National Stadium (NST) and use the escalators near the main entrance of the Kallang Wave Mall onto the concourse level. Walk along the 100PLUS Promenade towards Gate 15. At Gate 15, take the escalators down to Level 1 of Carpark E to access the baggage deposit and start point.

**DRIVING AND PARKING ON RACE DAY**

Due to road closures within the vicinity, participants are advised to park at Carpark 4 (Open Air Carpark next to Kallang Leisure Park). Standard parking charges apply.

In view of possible traffic congestion, participants are advised to arrive at the National Stadium (NST) one hour prior to their respective race start times.

If you are driving, please take note of the road closure information on **page 16** and do consider car-pooling with your family and friends. In the event where you may require the baggage service, please proceed to Carpark E at the National Stadium (NST) for the Baggage Deposit.

**HOW TO GET THERE FOR SUPPORTERS**

The Race Village is exclusively for participants of the Great Eastern Women's Run 2022.

Family members, friends, and members of the public who are not participants of the GEWR may support the runners from the Spectator Area inside the National Stadium, accessible through Gate 3 on the concourse level. Supporters will only have access to the Spectator Area and not the Race Village.





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CS10

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- This discount code is valid until **31 DECEMBER 2022**
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- This voucher is not applicable for items listed under Outlet Clearance
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WHEREVER  
YOU RACE  
WE SUPPORT  
YOU



BORN IN  
SWITZERLAND

LOCATION	REMARKS	CLOSURE TIME	TYPE OF CLOSURE
Nicoll Highway (towards City)	from Mountbatten Road to Middle Road	0100 HRS to 1000 HRS	Single Carriageway
Republic Avenue	between Crawford Street to Republic Boulevard	0100 HRS to 1000 HRS	Both Carriageway
Stadium Drive	between Roundabout 1 to Roundabout 2	0100 HRS to 1030 HRS	Both Carriageway
Stadium Drive	between Roundabout 2 to Carpark C entrance	0100 HRS to 1030 HRS	Both Carriageway
Crawford Street	between Lamp Post 20 and Beach Road	0100 HRS to 1000 HRS	2 Lane Closure
Republic Blvd	between Lamp Post 10 and Republic Avenue	0100 HRS to 1000 HRS	2 Lane Closure







# TAKE THAT BITE!

## 100% WHOLEGRAIN OATS

ZERO PRESERVATIVES & ARTIFICIAL FLAVOURS



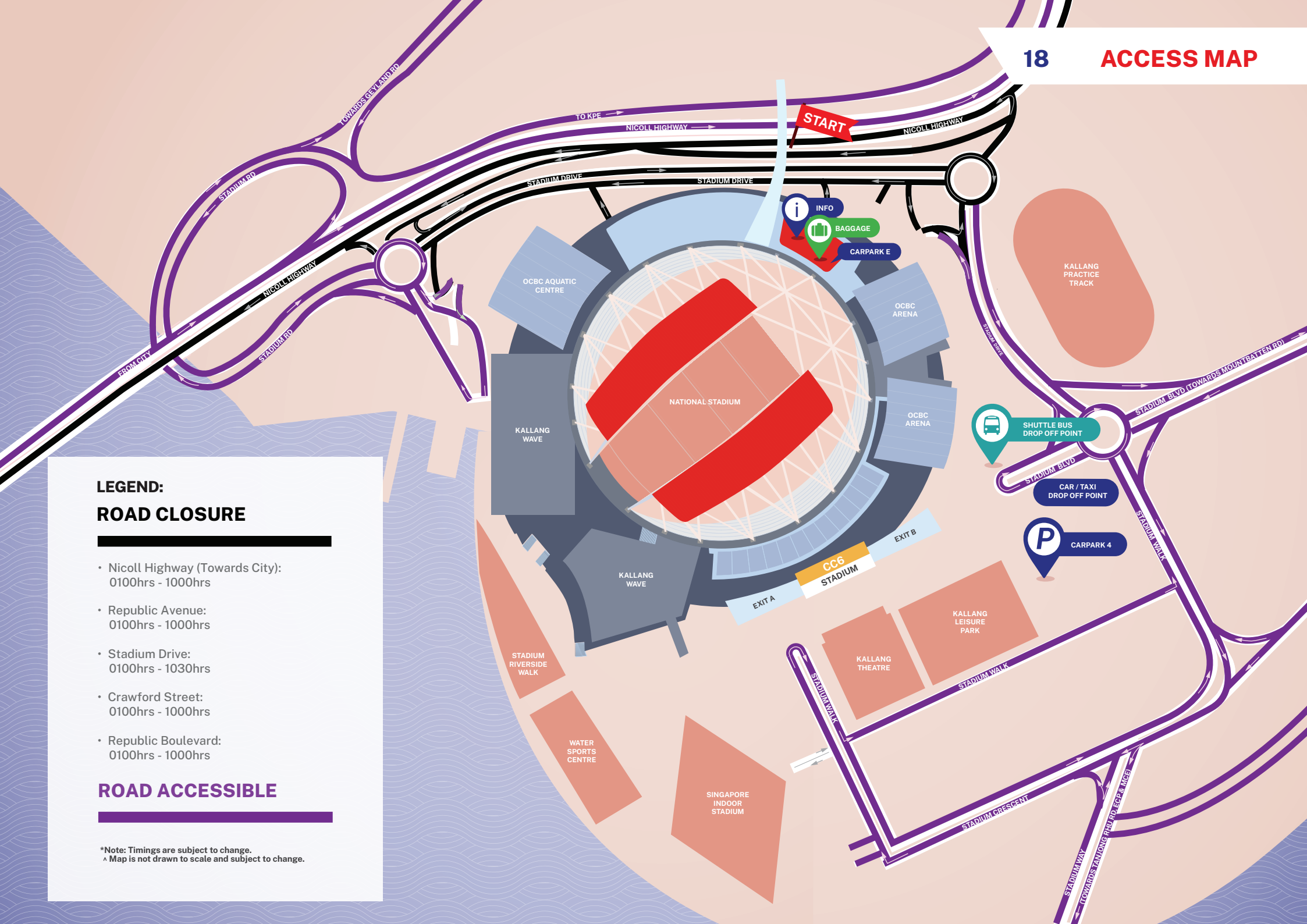


## LEGEND: ROAD CLOSURE

- Nicoll Highway (Towards City):  
0100hrs - 1000hrs
- Republic Avenue:  
0100hrs - 1000hrs
- Stadium Drive:  
0100hrs - 1030hrs
- Crawford Street:  
0100hrs - 1000hrs
- Republic Boulevard:  
0100hrs - 1000hrs

## ROAD ACCESSIBLE

\*Note: Timings are subject to change.  
^ Map is not drawn to scale and subject to change.





# nothing but nothing but fruit

Sourced sustainably, made with 100% pure fruit  
and never added sugar.



follow us:

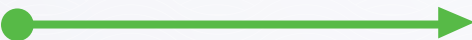
@innocent\_singapore

## LEGEND

FROM SHUTTLE BUS DROP OFF  
FROM PARTICIPANTS' PARKING (CARPARK 4)

- Walk towards the direction of the National Stadium
- Take the escalator to the promenade level
- Walk towards Gate 15 (Level 3), take the escalators down to Carpark E (Level 1)

## FROM STADIUM MRT (CC6)



- Exit either from MRT Exit A or B of Stadium MRT
- Walk towards National Stadium and take the escalator to the promenade level
- Walk towards Gate 15 (Level 3), take the escalators down to Carpark E (Level 1)

\* Note: Facilitated crossing in front of Exit A & Exit B  
 ^ Map is not drawn to scale and subject to change.





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Sign up now to get 30% off your first-year premiums.

Scan the QR code to find out more:



<https://go.greasternlife.com/gewrgcc>



## IMPORTANT RACE TIMINGS

CATEGORY	PEN OPEN	FLAG-OFF	PEN CLOSE	RACE CUT-OFF
10 KM	6.00 AM	6.30 AM	7.00 AM	9.00 AM (2.5 HR)
5 KM	7.00 AM	7.30 AM	8.00 AM	9.00 AM (1.5 HR)
2 KM MUMMY & ME	8.00 AM	8.30 AM	8.45 AM	9.10 AM (40 MIN)

\*Timings are subject to changes. Do follow us on Facebook @GreatEasternWomensRunSingapore and Instagram @gewomensrun for more updates.

\*Participants are required to meet the cut-off timing for their respective categories.

### 1 BAGGAGE DEPOSIT

The complimentary Baggage Deposit Service is available at the Carpark E @ Singapore Sports Hub from 4.45am to 11.00am. Participants are encouraged to travel light and to refrain from bringing bulky items. For security reasons, participants are not allowed to carry their bags on the run route. Participants are encouraged not to deposit any valuable or fragile items. The Organiser will not be responsible for any loss and/or damage to the belongings or contents deposited.

Participants are advised to arrive one hour before their start time as high traffic is expected prior to the Flag-off time of each respective race categories. After the race, participants who are retrieving their baggage (Carpark E) will be able to exit NST from Gate 21, before heading towards Carpark E from the escalators near Gate 15.

Bags and other belongings brought into the event venue may be subject to security checks.

### 2 DISTANCE MARKER

Distance Markers will be placed along every 1 km of the race route.



### 3 RACE ETIQUETTE

If you encounter any problems during the run, please approach the event marshals for assistance. Please keep to your left to allow faster participants to overtake. If you encounter participants on the right side of the lane who are moving at a slower pace, please call out, “On Your Right”. As a courtesy, all participants are required to move to the left when they hear this.

### 4 RESULTS

Results will be posted on the 42Race App 48 hours after the race. Official results and ranking are based on Gun Time. In the event of dispute over winning timings/results, an appeal must be lodged to the staff at the Information marquee within 15 minutes of the category’s prize presentation. A non-refundable SGD\$50 administrative fee will be charged per appeal. The Organisers reserve the final rights to the decision over the dispute of race results.

### 5 RACE CERTIFICATES WITH NETT TIME

All finishers will be entitled to a personalised race certificate with “Nett Time” reflected, downloadable on the 42Race App one month after the Official Results has been released.

### 6 INCLEMENT WEATHER

Organiser reserves the right to delay the commencement of the race in the event of inclement weather.

Should the inclement weather persist after the delay, the organiser reserves the right to cancel the race at the organiser’s sole discretion without further obligation and without any refund. Follow us on Facebook and Instagram for the latest updates.

### 7 LOST AND FOUND

If you have lost or found an item, please approach our staff at the Information booth. At the end of the event, found items will be delivered back to the Race Organiser’s office at 19 Ubi Crescent, Level 2, Singapore 408577. If you have lost an item, it is your responsibility to contact the Race Organisers for your retrieval. All unclaimed items will be discarded one month after the date of the race.

Contact information: [info@greateasternwomensrun.com](mailto:info@greateasternwomensrun.com) | +65 8787 4490





## 1 ATHLETE'S WELFARE AREA

Press on till the finish line and reward yourself with an array of healthy food and beverages.



\*For race participants only, while stocks last.  
Image for illustration purposes only. Food Items subject to change.

## 2 MASSAGE ZONE

The massage zone will be available to all runners from 7.00am to 11.00am.

## 3 POWDER ROOM

Freshen up after your run to stay fresh and beautiful!

## 4 JOIN OUR FEMALE PACERS

Our passionate and friendly pacers from Running Department will lead the run for the 10km and 5km categories. With them around, you'll definitely be motivated to race till the end point!

### 10 KM PACERS

60 mins / 70 mins / 80 mins

### 5 KM PACERS

30 mins / 35 mins / 40 mins

**RUNNING  
DEPARTMENT**



**GATE 21  
PARTICIPANTS  
EXIT / RE-ENTRY**

TOILETS  
(CONCOURSE LEVEL)  
GATE 21

WEST TUNNEL

**ATHLETE'S  
WELFARE AREA**

**GREAT EASTERN  
VIP HOSPITALITY AREA**

EAST TUNNEL

**FINISH**

SPECTATOR AREA

F  
E

A B C D

^ Map is not drawn to scale and subject to change.

**LEGEND:**



INFORMATION



CHILL ZONE



PHOTO POINT



MUMMY & ME  
DINING AREA



MAIN STAGE



POWDER ROOM



CLAW MACHINE &  
GACHAPON



FIRST AID



MASSAGE



FINISHER SLIDE  
AND KIDS ZONE

A

SINGAPORE CHINESE  
GIRLS SCHOOL

D

INNOCENT

B

DOCTOR ANYWHERE

E

TRUE FITNESS

C

CHOBANI

F

GREAT EASTERN  
REWARDS





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- Abnormal uterine bleeding
- Vaginal health
- Family planning and contraceptives
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- Menopausal health

Connect with a GP in 5 minutes, with medication delivered to you within 3 hours

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## Book a 6ME health check-up

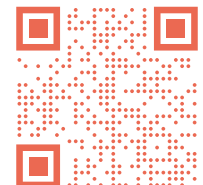
Available at all our 9 DA clinics, with results sent directly to MOM

Use code: **GEWR6ME10**

## Find out more: [doctoranywhere.com/gewr2022](https://doctoranywhere.com/gewr2022)

Terms and Conditions:

Codes are valid for a one-time redemption per user and can only be used until 30 Jun 2023. Published rates are inclusive of GST and are only applicable with the relevant code entered upon checkout in the Doctor Anywhere app in Singapore. Other T&Cs apply.



# GREAT CareShield

Enhance your disability coverage with GREAT CareShield using your MediSave funds. Get monthly payouts and a lump sum benefit when you are unable to perform just 1 of the 6 Activities of Daily Living (ADL).

Sign up now and enjoy 20% off premiums throughout your coverage.

Scan the QR code to find out more:



<https://go.greatasteernlife.com/gewrgcs>





**DONATION FOR A GOOD CAUSE (CLOSED)**

Thank you to runners, Great Eastern Financial Representatives, staff and corporate partners who have contributed to the Reach For Great Fundraising Challenge. Your generous donation will be presented to our beneficiaries, Daughters Of Tomorrow and Singapore Cancer Society, on race day.

**RUNNERS' ENTITLEMENTS****Race Bib**

All participants will receive a race bib as part of their race pack. Participants must wear their race bibs visibly in front of your race t-shirt while participating in the race. The Race Organiser reserves the right to deny entry to any runners at the start pen without valid race bibs.

**Race T-Shirt / Tote Bag / Finisher Medal**

Participants of the 5 km and 10 km categories will receive a race t-shirt and an exclusive tote bag each. For participants of the 2 km Mummy & Me category, the adult runner will receive a race t-shirt and an exclusive tote bag, while each kid runner will receive a kid's race t-shirt. Upon completion of the run on the event day, all participants will receive a GEWR finisher medal at the Athlete's Welfare Area.

**10 KM / 5 KM****2 KM MUMMY & ME**

\*Image for illustration purposes only. Actual product may differ.







PERFECT FOR  
SPORTSWEAR'S  
SYNTHETIC FIBRE



ADVANCED  
NANO CLEAN  
TECHNOLOGY

ELIMINATES  
ODOUR-CAUSING  
BACTERIA



# COMBAT THE SWEAT

MADE WITH  
BIODEGRADABLE  
INGREDIENTS



**SPIN**  
Low Suds



Suitable For Indoor Drying.

## SPORTS FRESHNESS:

Suitable for the active and sports enthusiast

- Fights Tough Sweat Odour.
- Perfect for Sportswear's Synthetic Fibre as it restores and maintains breathability.
- Eliminates Odour-Causing Bacteria for a fresh clean scent

## ACTIVE BRIGHT:

Suitable for all

- With Color Enhancement Technology for brighter, more brilliant colours
- Prevents Fabric Yellowing for whiter whites

## ANTI-BACTERIAL:

Suitable for you and your family

- Eliminates 99.9% of Harmful Bacteria
- With Microshield Antimicrobial, for long lasting anti-bacterial protection.



Additional **\$2 OFF\***

Buy 1 bottle of SPINmatic Low Suds Laundry Liquid Detergent Sports Freshness 2.7L to redeem!

Redeemable at:

 FairPrice  FairPrice  Xtra

\*Terms & Conditions: • Voucher is not exchangeable for cash and not applicable for online • Original hardcopy voucher must be presented upon payment • Limited to one coupon redeemed per transaction • Combination of vouchers is not allowed • Valid from 1 October 2022 to 31 January 2023





# GREAT Wealth Multiplier 3

Get multiplied returns on your total premiums paid with GREAT Wealth Multiplier 3, a regular premium endowment plan. Plus, receive protection against Death, Total and Permanent Disability and Terminal Illness – with no medical underwriting needed.

Scan the QR code to find out more:



<https://go.greateasternlife.com/gewrgwm>





## 21.1 KM ELITE (BY INVITE ONLY)

START PEN OPENS

4.45 AM

FLAG-OFF

5.15 AM

START PEN CLOSES

5.45 AM

31

## 21.1 KM ELITE ROUTE MAP



10 KM	
START PEN OPENS	6.00 AM
FLAG-OFF	6.30 AM
START PEN CLOSES	7.00 AM

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## 10 KM ROUTE MAP



### LEGEND:

10 KM



HYDRATION STATIONS



DISTANCE MARKERS

Map is not drawn to scale and subject to change.

5 KM	
START PEN OPENS	7.00 AM
FLAG-OFF	7.30 AM
START PEN CLOSES	8.00 AM

2 KM MUMMY AND ME	
START PEN OPENS	8.00 AM
FLAG-OFF	8.30 AM
START PEN CLOSES	8.45 AM

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## 5 KM & 2 KM ROUTE MAP



### LEGEND:



HYDRATION  
STATIONS



DISTANCE  
MARKERS

^ Map is not drawn to scale and subject to change.



Ice Mountain Water and 100PLUS Isotonic Drink will be given at selected hydration points. Refer to below for more details.

HYDRATION POINT	LOCATION	21.1 KM - ELITE ROUTE	10 KM ROUTE	5 KM ROUTE
1	Nicoll Highway			
2	Republic Ave	 	 	 
3	Kallang Riverside Park			
4	Youth Olympic Park			
5	The Promontory			
6	Marina Barrage	 	 	
7	Bay East Bridge	 	 	
8	Geylang Park Connector	 		



Ice Mountain Water



100PLUS Isotonic Drink



The Bib-Tag system has been adopted to record your race timing electronically. Participants are required to read the following instructions to ensure proper usage of Bib-Tag.

**1. How do I use my Bib-Tag?**

Simply ensure it is attached behind your race bib.

**2. What do I do with the Bib-Tag after the run?**

You do not need to return your Bib-Tag and may dispose it after completing the race.

**3. How do I activate my Bib-Tag?**

Each Bib-Tag is checked before distribution to the participants. The tag is always “on” and does not need to be activated.

**4. What is Nett time and how is it different from Gun time?**

Gun time starts recording as soon as the race category begins. Nett time (chip time) only starts recording when the runner crosses the start line. Nett time is often shorter as many runners do not cross the start line until several minutes after the Official Gun time has begun.

**5. How accurate is Nett time?**

Nett time is the most accurate form of run timing available. It measures the exact time between a runner crossing the start line and the finish line. Nett time also records when checkpoints are passed, providing an accurate record of a runner’s pace.



**21.1 KM ELITE CATEGORY (BY INVITE ONLY)**

POSITION	PRIZE
1 <sup>st</sup>	SGD 3,000
2 <sup>nd</sup>	SGD 2,000
3 <sup>rd</sup>	SGD 1,000
4 <sup>th</sup> onwards	SGD 200

\*Note: The Race Organisers reserve the rights to replace stated prizes with other items of equivalent value. Runners competing for top prizes are advised to assemble at the front of the start pen at start of the race. Race results ranking will be based on 'Gun Time'. Prize monies will be collected from the Race Organiser's office from 22 November to 30 November 2022.





# RULES HAVE CHANGED

From 18 to 81, there's a suitable workout zone, equipment or personal training programme for all. The only rule we keep is to have fun while getting fit.

**RE-THINK GYMS. THIS IS TRUE.**



## 7-DAY FREE TRIAL

(Promo code: 7TFGEWR1122)

To redeem: Flash this pass at any club  
OR register at <https://bit.ly/TFGEWR2022>

Djitsun Mall @ AMK	6758 9555
Great World	6235 9622
HarbourFront Centre	6278 3000
Income @ Tampines Junction	6788 9555
Velocity @ Novena Square	6255 9555

 [truefitness.com.sg](https://truefitness.com.sg)  [truefitness.sg](https://truefitness.sg)  [truefitness.sg](https://truefitness.sg)

### TERMS & CONDITIONS

- Trial pass is non-transferrable and its use is limited to one individual only.
- This E-pass must be shown for admittance to the club, together with a photo ID.
- Valid for first-time visitors only. Person must be 18 years old and above.
- Usage of facilities is subject to the terms & conditions covered in the Membership Agreement and the Rules & Guidelines of the club.
- Not for re-sale and not exchangeable for cash or in-kind.
- Valid for 7 continuous days from start of trial session.
- Valid till 30 March 2023.

Race Owner



Event Organiser



Official Venue  
Partner



In Support of  
Sport Promotion



Official Event Partners



**GREAT EASTERN  
WOMEN'S RUN 2022**