



GREAT EASTERN WOMEN'S RUN

29.10.2023



SINGAPORE SPORTS HUB

21.1KM Elite | 21.1KM | 10KM | 5KM |
2KM Mummy + Me | 100M Princess Dash

ATHLETE'S GUIDE



Putting our customers at the heart of all that we do at Great Eastern
has been integral to our success for the past 115 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,

From being an initiative to inspire women to keep fit and adopt a healthy lifestyle, the Great Eastern Women's Run (GEWR) has made great strides to what it is today. In its 17th edition now, our signature all-women's run event has grown into an amazing community of ladies who gather for Great health, wellness, and friendship.

This year, we started strong with a whole suite of mini challenges and activities in preparation for the race day. Earlier in August, we saw women of different ages and from all walks of life come together to conquer their limits and celebrate girl power at the Great 115 event.

As we close in to race day, we congratulate you for putting your best foot forward and finishing great. Bask in the moment of victory and relish your great achievement as you cross the finish line at the National Stadium. Thereafter, the fun activities and treats await you at the race village. Snap photos and make lasting memories with fellow runners.

To the ladies who journey and run with us year after year, thank you for making the GEWR such an integral part of your lives. To those joining us for the first time, we warmly welcome you to a celebrated community of women who aspire to achieve Greatness.

We hope you enjoy the GEWR 2023 as much as we enjoyed organising it. It's your time to shine, let's Reach for Great together!

Best,
Keith Chia
Head, Group Brand and Marketing



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The Singapore Sports Hub is the region's premier destination offering sporting, entertainment and lifestyle experiences for all. Managed by Kallang Alive Sport Management Co Pte Ltd (KASM), the Singapore Sports Hub is home to the 55,000-capacity National Stadium which features a retractable roof and movable tiered seating, the iconic Singapore Indoor Stadium and the OCBC Aquatic Centre alongside other world-class sports facilities. The 35-hectare development delivers programming that comprises international recreational and competitive events, live entertainment as well as activities that cater to the broader community, whether you are a sports fan or a music lover.

We look forward to welcoming you to the Singapore Sports Hub!



sportshub.com.sg

IN PARTNERSHIP WITH



PREMIER FOUNDING PARTNER



FOUNDING PARTNERS





RACE DATE	29 October 2023, Sunday
RACE VILLAGE	National Stadium (NST), Singapore Sports Hub
INFORMATION / ENQUIRIES	www.greateasternwomensrun.com info@greateasternwomensrun.com 8787 4490


FLAG-OFF TIMINGS	
21.1 KM Elite (By-invite-only)	5.05 AM
21.1KM	5.15 AM
10KM	6.30 AM
5KM	7.30 AM
2KM Mummy + Me	8.00 AM
100M PRINCESS DASH	9.15 AM


*Note: Programme is subject to change.


IMPORTANT INFORMATION


 Do remember to bring along your race bib on race day. For participants of the 21.1KM, 10KM and 5KM 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 and 100M Princess Dash 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 24.

 Deposit your baggage at Level 1 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 and Gate 21.

 Follow us on Facebook @GreatEasternWomensRunSingapore and Instagram @gewomensrun for more updates.



\$99 MONTHLY SUBSCRIPTION



Send me more info



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Income @ Tampines Junction **6788 9555** • Velocity @ Novena **6255 9555**



truefitness.com.sg



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



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



TIME	ACTIVITY	LOCATION
4.45 AM	Baggage Deposit Opens 21.1KM Start Pen Opens	Car Park E @ National Stadium Nicoll Highway
5.05 AM	Flag-off for 21.1KM Elite	Nicoll Highway
5.15 AM	Flag-off for 21.1KM	Nicoll Highway
5.45 AM	21.1KM Start Pen Closes	Nicoll Highway
6.00 AM	10KM Start Pen Opens	Nicoll Highway
6.30 AM	Flag-off for 10KM	Nicoll Highway
6.45 AM	Race Village Opens	Race Village @ National Stadium
7.00 AM	10KM Start Pen Closes 5KM Start Pen Opens	Nicoll Highway
7.30 AM	Flag-off for 5KM 2KM Mummy + Me Start Pen Opens	Nicoll Highway
8.00 AM	5KM Start Pen Closes Flag-off for 2KM Mummy + Me Cheerleading Performance	Nicoll Highway Race Village @ National Stadium
8.15 AM	Prize Presentation to winners of 21.1KM Elite, 21.1KM, and 10KM categories Cheque Presentation to Beneficiaries	Race Village @ National Stadium
8.30 AM	2KM Mummy + Me Start Pen Closes	Nicoll Highway
8.45 AM	K'PopX Fitness - True Fitness	Race Village @ National Stadium
9.00AM	100M Princess Dash Start Pen Opens	Race Village @ National Stadium
9.05 AM	Lucky Draw	Race Village @ National Stadium
9.15 AM	Flag-off for 100M Princess Dash	Race Village @ National Stadium
9.25AM	100M Princess Dash Start Pen Closes	Race Village @ National Stadium
10.10 AM	Lucky Draw	Race Village @ National Stadium
11.00 AM	End of Event	Race Village @ National Stadium

*Note: Programme is subject to change.





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*On top of in-store promotions.

SCAN FOR
SIZE GUIDE



TERMS & CONDITIONS:

• This voucher is only valid until 31st December 2023. • This voucher is entitled to \$2 off for 1pc of Vantelin Support purchased, on top of existing in-store promotions. • This voucher extends to all Vantelin Support ranges. • Not available for use at all Changi Airport stores. • This voucher is not exchangeable for cash. • This voucher must be fully utilized when making payment. Any unutilized amount of this voucher will be forfeited and is not refundable. • This voucher cannot be used for website or delivery service order. • Kowa Pharmaceutical Asia Pte Ltd reserve the right to change the terms & conditions at any time without prior notice.

guardian

watsons

welcia BHG



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, 29 October 2023. Tickets are available for sale at sharetransport.sg at S\$9.00 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

Disclaimer Notice: Great Eastern may recommend use of software, information, products or services that are owned or operated by other companies. Great Eastern offers or facilitates this recommendation by hyperlinks or other methods to aid your access to the third-party-resource. While Great Eastern endeavours to direct you to helpful, trustworthy resources, Great Eastern makes no representations or warranties for the software, information, products or services provided by or at a third-party-resource. Accordingly, Great Eastern is not responsible for the content or accuracy of any third-party-resource or for any loss or damage of any sort resulting from the use of, or for any failure of, products or services provided at or from a third-party-resource.

HOW IT WORKS



1

Download the ShareTransport App /Access through ShareTransportWebsite. Register an account with us /Login to your account if you have one



2

If you are using ShareTransport app, look for the tab "Events" below & select the correct EventTransport



3

If you are using ShareTransport Website, look for the tab "Event" at the top & select the correct event transport



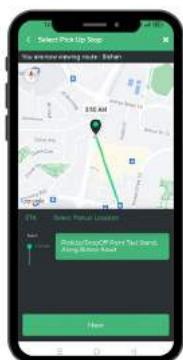
4

Select the route you preferred from the list of routes

More details on the next page →



HOW IT WORKS



5
Select your
preferred
Pick-Up(PU)
Point



6
Select your
preferred
Drop-Off(DO)
Point



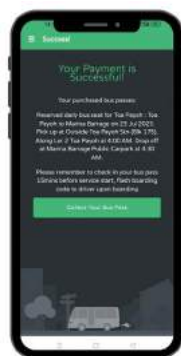
7
Select the
date



8
Before proceed to checkout,
you can edit the quantity of
ticket should you intend to
purchase multiple tickets and
look through the T&C



9
Proceed to
checkout to
make payment
online



10
Click "Collect
Your Bus Pass"
to get your bus
pass



11
Look for the
tab "Passes"
below to view
your bus pass
for the event



12
Tap on your Bus Pass to
view the 4-digit code. You
will need to show this code
for identification before
boarding the bus

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SINGAPORE

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SHUTTLE BUS PICK-UP POINTS FOR 21.1KM AND 10KM RUNNERS

ROUTE	MRT STATION	PICK-UP POINTS
	ANG MO KIO MRT	Bus Stop Opp Ang Mo Kio Stn (54269)
	BISHAN MRT	Bus Stop Outside Bishan Stn (53231) Along Bishan Rd
	TOA PAYOH MRT	Bus Stop Toa Payoh Stn (52189), Along Lor 2 Toa Payoh
	PASIR RIS MRT	Bus Stop Opp Pasir Ris Stn Exit A (77179)
	TAMPINES MRT	Bus Stop Opp Tampines Stn/Int (76149), Along Tampines Ave 4
	SIMEI MRT	Bus Stop Opp Simei Stn (96161)
	BEDOK MRT	Bus Stop Outside Bedok MRT (Exit A)(84039) (Towards Kembangan Direction), New Upp Changi Rd
	PUNGGOL MRT	Bus Stop Outside Blk 303D Punggol Ctrl (65221)
	SENGKANG MRT	Bus Stop Opp Sengkang Stn/Blk 260A (67401), Along Sengkang East Way
	BUANGKOK MRT	Bus Stop Outside Buangkok Stn (Blk 275D) (67601), Sengkang Central
	HOUGANG MRT	Bus Stop Opp Hougang Interchange (64549)
	WOODLANDS MRT	Bus Stop Outside Woodlands Civic Ctr (46321) Along Woodlands Ave 5
	SEMBAWANG MRT	Bus Stop Opp Sembawang Stn (58219) Along Sembawang Way
	YISHUN MRT	Bus Stop Outside Northpoint Shop Ctr (59072) Along Yishun Ave 2
	KHATIB MRT	Bus Stop Opp Khatib Stn (59049) Along Yishun Ave 2

*21.1KM pick-up time from 4.00am onwards. Expected drop off timing is 4.30am. 10KM pick-up time from 5.00am onwards. Expected drop off timing is 5.40am. Please check the ShareTransport app or website for estimated pick-up timings at each location. As the buses will leave punctually at the stipulated pick-up timings, passengers are advised to be at the pick-up location 10 minutes earlier.



SHUTTLE BUS PICK-UP POINTS FOR 21.1KM AND 10KM RUNNERS

	MRT STATION	PICK-UP POINTS
	CHOA CHU KANG MRT BUKIT PANJANG MRT BUKIT BATOK MRT	Bus Stop Outside Lot 1 Shoppers' Mall (44539) Along Choa Chu Kang Ave 4 Bus Stop Outside Bt Panjang Stn Exit A/ LRT (44029) Bus Stop Outside Bukit Batok CC (43391) at Bukit Batok Central Road
	PIONEER MRT LAKESIDE MRT CLEMENTI MRT	Bus Stop Outside Pioneer Stn Exit A (22521) Bus Stop Opp Lakeside Stn (28099), Along Boon Lay Way Bus Stop Outside Clementi Stn (17179) (Blk 324), Along Commonwealth Ave West

*21.1KM pick-up time from 4.00am onwards. Expected drop off timing is 4.30am. 10KM pick-up time from 5.00am onwards. Expected drop off timing is 5.40am. Please check the ShareTransport app or website for estimated pick-up timings at each location. As the buses will leave punctually at the stipulated pick-up timings, passengers are advised to be at the pick-up location 10 minutes earlier.

JOIN US IN CHANGING LIVES THROUGH SPORT



As the philanthropic arm of Sport Singapore, we, at SportCares, use sport as a force for social good and work towards creating a community of care for all, including vulnerable children and youth, isolated seniors, and persons with disabilities (PwDs).

Be part of the SportCares journey with us:



Donate

By supporting our cause, you can make a positive impact on the lives of vulnerable individuals and communities through the power of sport. Your contribution will make a difference and help us continue to provide opportunities for those who may otherwise not have access to them.

Together, we can make a difference in the communities we live in.



Partner

Team up with us to bring sport-based development programmes to more citizens in Singapore. We are constantly looking for partnerships that will allow us to replicate our work in the community.

Let's talk if you have an innovative programme idea using sport.



Share

Become our ambassador and spread the word about our inclusive events and initiatives! If you know of community groups making substantial ground-level impacts, volunteers making meaningful differences, or a promising non-profit navigating the philanthropic landscape, introduce them to us.



Connect

Head over to our website and get all the details you need. Write to us, we will contact you within seven (7) working days.

Whether you donate, partner, or share, you are making a significant impact on the lives of many. Let's work together for a stronger, more inclusive community and use sport as a force for social good!

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 or B 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.

ARRIVING BY TAXI/CAB

Drop-off point: I29 (Stadium MRT Exit B)

Arriving via Mountbatten Road or Old Airport Road, take Stadium Boulevard and drop off at Stadium MRT Exit B or Stadium MRT Taxi Stand.

Take the escalators at the SportsHub to the concourse level. Walk along the 100PLUS Promenade towards Gate 15. At Gate 15, take the escalators down to Level 1 of Car Park E to access the baggage deposit and start point.

Drop-off point: I30 (Kallang Wave Mall, near OCBC Aquatic Centre)

Arriving via Nicoll Highway in the direction towards Guillemard Road, exit at Stadium Road towards Kallang Wave Mall and drop off at Stadium Place Taxi Stand at Kallang Wave Mall.

Take the escalators at the SportsHub to the concourse level. Walk along the 100PLUS Promenade towards Gate 15. At Gate 15, take the escalators down to Level 1 of Car Park 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.

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.

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 18 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 2023.

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** and **Gate 21** on the concourse level. Supporters will only have access to the Spectator Area and not the Race Village.





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ROAD CLOSURES ON 29 OCTOBER 2023

LOCATION	REMARKS	CLOSURE TIME	TYPE OF CLOSURE
Nicoll Highway (towards City)	from Mountbatten Road to Republic Avenue	12:00AM to 10:00AM	Single Carriageway
Republic Avenue	between Crawford Street to Republic Avenue	12:00AM to 10:00AM	Both Carriageway
Stadium Drive	between Roundabout 1 to Roundabout 2	12:00AM to 10:30AM	Both Carriageway
Stadium Drive	between Roundabout 2 to Carpark C entrance	12:00AM to 10:30AM	Both Carriageway
Marina East Drive	from Marina East Drive to Fort Road	1:00AM to 10:00AM	Both Carriageway and Lane Closure
Stadium Crescent	Along Singapore Indoor Stadium	1:00AM to 10:30AM	Lane Closure





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VITAMIN D	VITAMIN B12

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CALCIUM	ZINC
VITAMIN B12	VITAMIN D

CALCIUM STRENGTHENS BONES AND MUSCLES.

Did you know

CALCIUM	ZINC
VITAMIN B12	VITAMIN D

ZINC HEALS YOUR GUT AND BOOSTS YOUR IMMUNITY.

Did you know

CALCIUM	ZINC
VITAMIN B12	VITAMIN D

VITAMIN B12 SUPPORTS BRAIN HEALTH.

Did you know

CALCIUM	ZINC
VITAMIN B12	VITAMIN D

VITAMIN D HELPS KEEP A REGULAR HEARTBEAT.

*The source of 40% and 80% of nutrients are only applicable for 8P and 10P Main variants.

*Based on Singapore Nielsen 2021 Retail Sales Value.

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- ✓ Healthy on-the-go snack
- ✓ Individually wrapped portions for safer, more sanitary experiences

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- ✓ Light and deliciously tasty cheese triangles
- ✓ No artificial flavors, colors, preservatives added

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- ✓ Ham flavor adds a savory and slightly smoky note to the cheese
- ✓ A practical delicacy that can be consumed to spread on crackers, bread, or any other snack of your choice

THE LAUGHING COW CHEEZ DIPPERS

- ✓ Combination of crispy breadstick and delicious smooth cheese
- ✓ Convenient and easy to pack anywhere

THE LAUGHING COW SLICES

- ✓ Packed with essential vitamins, minerals, and healthy fats
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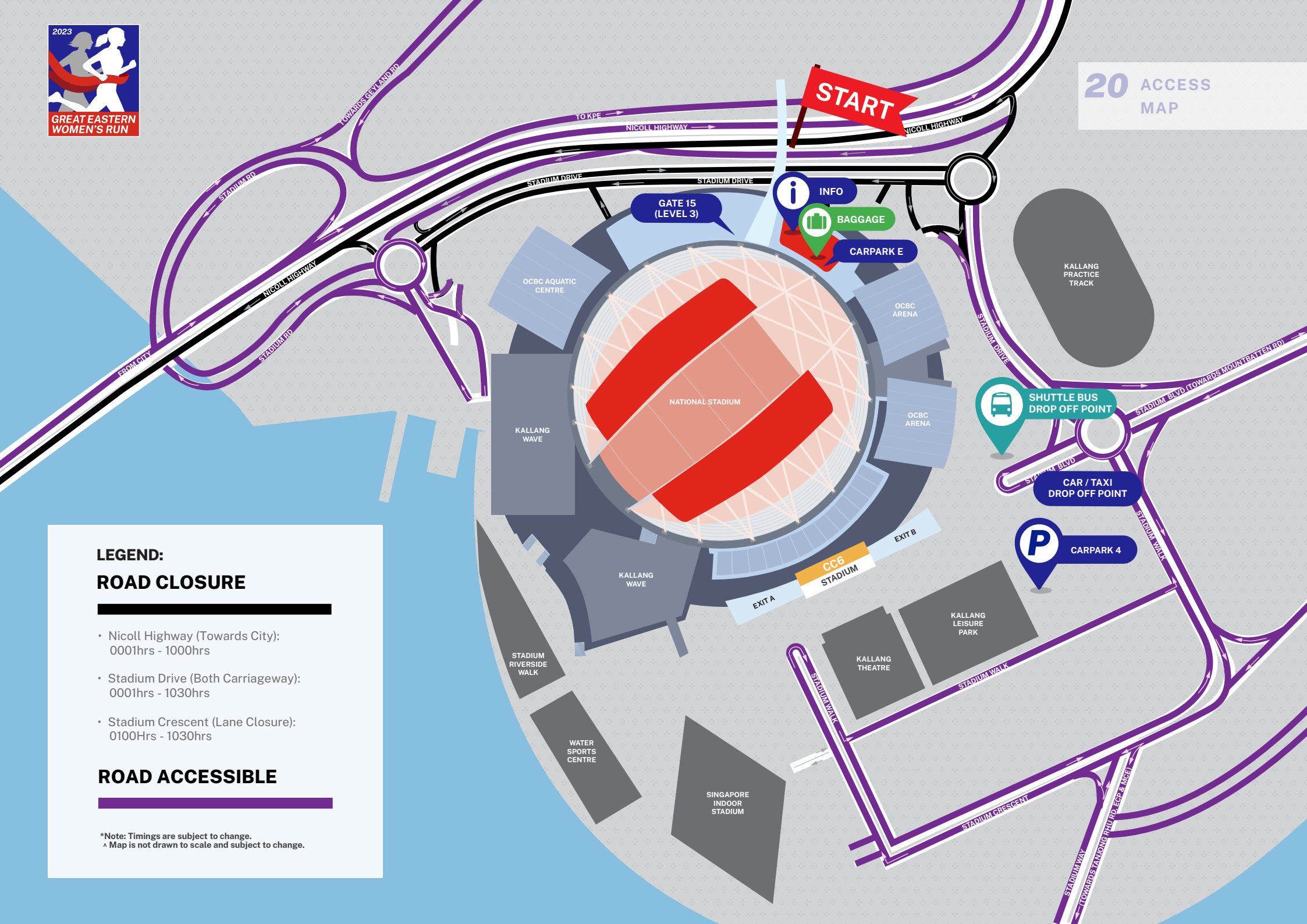
With minimum spend of \$12 across all participating The Laughing Cow products

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20 ACCESS MAP



LEGEND: ROAD CLOSURE

- Nicoll Highway (Towards City):
0001hrs - 1000hrs
- Stadium Drive (Both Carriageway):
0001hrs - 1030hrs
- Stadium Crescent (Lane Closure):
0100Hrs - 1030hrs

ROAD ACCESSIBLE

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



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WITH AUDACIOUS
COMFORT**

KS900 LIGHT

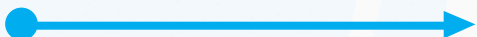


SCAN TO DISCOVER

2023

GREAT EASTERN
WOMEN'S RUN22 RUNNER'S
FLOW MAP

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.



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 out of the 6 Activities of Daily Living (ADLs). All benefits are subject to Deferment Period.

Sign up now and enjoy 20% off premiums throughout your coverage. T&Cs apply. Protected up to specified limits by SDIC.

Scan the QR code
to find out more:



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



20% off
premiums
throughout your
coverage
T&Cs apply.

IMPORTANT RACE TIMINGS

CATEGORY	PEN OPEN	FLAG-OFF	PEN CLOSE	RACE CUT-OFF
21.1KM Elite (By-invite-only)	4.45 AM	5.05 AM	5.45 AM	9.45 AM (4.5 HR)
21.1KM	4.45 AM	5.15 AM	5.45 AM	9.45 AM (4.5 HR)
10KM	6.00 AM	6.30 AM	7.00 AM	9.30 AM (2.5 HR)
5KM	7.00 AM	7.30 AM	8.00 AM	9.00 AM (1.5 HR)
2KM MUMMY + ME	7.30 AM	8.00 AM	8.30 AM	8.40 AM (40 MIN)
100M PRINCESS DASH	9.00 AM	9.15 AM	9.25 AM	-

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

1 BAGGAGE DEPOSIT

The complimentary Baggage Deposit Service is available at Level 1 Carpark E @ Singapore Sports Hub from 4.45 AM 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 3 and 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 1KM 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 RACE TIMINGS

Your race timings can be found in the 42Race under your Profile by 31 October 2023, two days after the race. Official results and ranking are based on Gun Time. In the event of dispute over race timings/results, an appeal must be lodged to the staff at the Information booth 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 e-certificate with "Nett Time" reflected, downloadable from 1 November 2023, three days after the race via the 42Race app

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, please contact the Race Organisers for assistance. All unclaimed items will be discarded one month after the date of the race.

Contact information: info@greateasternwomensrun.com | +65 8787 4490



8 PACE YOUR RUN

Our passionate and friendly pacers from Running Department will lead the run for the 21.1KM and 10KM categories. With them around, you'll definitely be motivated to race till the end point!

CHOOSE A SUITABLE TIMING TO PACE YOURSELF:

21.1KM PACERS

2:15 HR / 2:30 HR / 2:45 HR

10KM PACERS

1:00 HR / 1:10 HR / 1:20 HR



9 MASSAGE ZONE

The massage zone will be available to all runners from 6.45 AM to 11.00 AM.



10 POWDER ROOM

Freshen up after your run to stay fresh and beautiful!

11 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.



27 RACE VILLAGE SITE MAP

**GATE 21
PARTICIPANTS
AND PUBLIC
ACCESS**

TOILETS
(CONCOURSE LEVEL)
GATE 21

GATE 15

SPECTATOR AREA

FINISH

**ATHLETE'S
WELFARE AREA**

**GREAT EASTERN VIP
HOSPITALITY AREA**

EAST TUNNEL

21.1KM, 10KM, 5KM,
2KM MUMMY + ME CATEGORIES

WEST TUNNEL

TOILETS
(CONCOURSE LEVEL)
GATE 3

**GATE 3
PARTICIPANTS
AND PUBLIC
ACCESS**

SPECTATOR AREA

START

100M PRINCESS DASH

FINISH

A B C D E F G H I J K L

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



LEGEND:



INFORMATION



CHILL ZONE



PHOTO POINT



TOILETS



FIRST AID



BADGE MAKING



MAIN STAGE



POWDER ROOM



KIDS ZONE



100PLUS
SITE HYDRATION



MASSAGE ZONE

A - L

PARTNER BOOTHS



Sprint towards great health

Taking care of your health is no sweat, with Doctor Anywhere.



See a women's health doctor over video-call, anytime you need

Suitable conditions include:

- Menstrual issues
- Abnormal uterine bleeding
- Vaginal health
- Family planning and contraceptives
- Gynaecological cancer concerns
- Menopausal health

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

\$16.60

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**\$5
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**Shop quality health & wellness products
on DA Marketplace**

Curated by health professionals, free home delivery

Use code:

GEMP5OFF

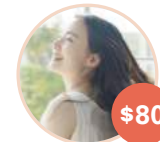
*with a minimum \$10 spend

**From
\$80**

**Stay on top of your health with a
health screening**

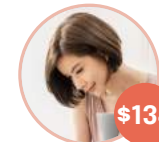
Book an appointment at any of our 9 DA clinics or screen
from the comfort of your home

DA In-clinic Health Screening Services:



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**DA Fem
Core**



\$134

**DA Fem
Select**



\$178

**DA Fem
Elite**



\$340

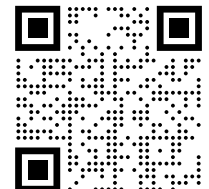
**DA Fem
Prestige**

Additional surcharge at **\$40 per package** for home-based health screening services

Find out more: doctoranywhere.com/gewr2023

Terms and Conditions:

Code is valid for a one-time redemption per user and can only be used until 30 Jun 2024. Published rates are inclusive of GST and are only applicable with the relevant code entered upon checkout. Other T&Cs apply.



GREAT Wealth Multiplier 3

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

Receive 10% cash rewards on your first-year premium when you sign up by 31 December 2023. T&Cs apply. Protected up to specified limits by SDIC.

Scan the QR code to find out more:



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



Information correct as at 13 October 2023.



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.



EXCLUSIVE RACE PACK

Participants of the 21.1KM, 10KM, 5KM categories will receive an Under Armour race t-shirt (worth S\$49) and a GEWR tote bag.

Adult runners in the 2KM Mummy + Me category will receive the Under Armour race t-shirt while each kid runner will receive a kid's race t-shirt. Each family will receive one GEWR tote bag.

Participants of the 100M Princess Dash will receive a kid's race t-shirt and a GEWR tote bag.



FINISHER ENTITLEMENTS

Every participant who crosses the finish line within the stipulated cut-off timings of their respective category will receive a medal unique to their category.

21.1KM finishers who meet the cut-off timing can collect their Finisher t-shirt at the Athlete's Welfare Area upon completion of the race. Both the medal and Finisher t-shirt can only be collected at the event. No mailing of either items will be entertained.



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

WHAT IS SHARETRANSPORT?

ShareTransport provides direct bus routes to and fro locations.

Routes are created based on users' suggestions and demand.

It is a convenient, affordable and eco-friendly alternative mode of transport to work or school.

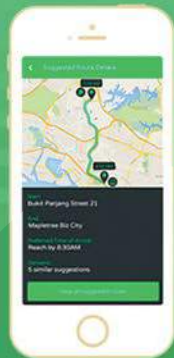


HOW DOES IT WORK?



SEARCH

Choose from a wide range of route options or suggest one to us.



PURCHASE

Daily and Monthly passes that suit your needs



TRACK

Have a real-time update of your bus whereabouts

BENEFITS OF BUS POOLING



DIRECT ROUTE

Straight from your neighbourhood to your destination, no need for changing transport



BEAT THE CROWD

You're guaranteed a seat, so no more squeezey train rides.



ECO-FRIENDLY

Bus pooling is an eco-friendly mode of transport that minimises the number of vehicles on the road



GREAT Critical Cover Series

Critical illness can pop up in your life repeatedly. Protect yourself over and over again with GREAT Critical Cover series.

Supplement it with Protect Me Again rider and receive a 100% payout for another 2 more critical illness episodes, up to a total of 3 critical illness claims.

Enjoy 10% perpetual discount off your premiums. Plus get 10% cash rewards on first-year premium when you sign up by 31 December 2023. T&Cs apply. Protected up to specified limits by SDIC.

Scan the QR code to find out more:



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





34 21.1KM ROUTE MAP

21.1KM	
FLAG-OFF (ELITE ONLY)	5.05 AM
FLAG-OFF	5.15 AM

Start pen opens/closes 30 minutes before/ after flag-off time.

LEGEND:

21.1KM

HYDRATION STATIONS

DISTANCE MARKERS

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





35 10KM ROUTE MAP

10KM

FLAG-OFF

6.30 AM

Start pen opens/closes 30 minutes before/after flag-off time.



LEGEND:



10KM



HYDRATION STATIONS



DISTANCE MARKERS

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



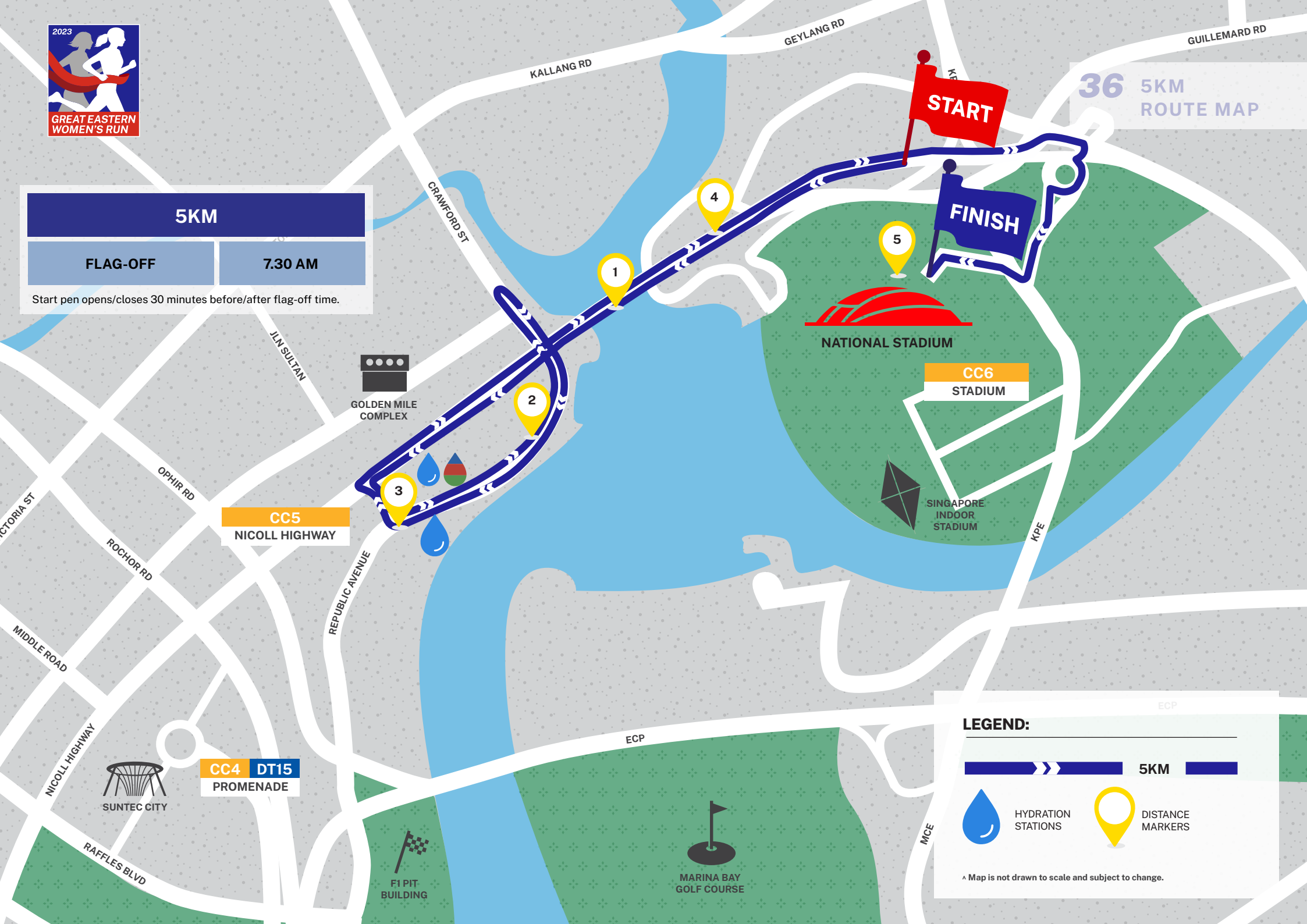
5KM

FLAG-OFF

7.30 AM

Start pen opens/closes 30 minutes before/after flag-off time.

36 5KM
ROUTE MAP



LEGEND:



HYDRATION
STATIONS



DISTANCE
MARKERS

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



KALLANG RD

GEYLANG RD

GUILLEMARD RD

37 2KM
ROUTE MAP

2KM MUMMY + ME

FLAG-OFF

8.00 AM

Start pen opens/closes 30 minutes before/after flag-off time.

CRAWFORD ST

KPE

START

1

2

FINISH

NATIONAL STADIUM

CC6
STADIUM

SINGAPORE
INDOOR
STADIUM

KPE

MCE














LEGEND:



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 ROUTE	10 KM ROUTE	5 KM ROUTE
1	Republic Ave			
2	Kallang Park Connector			
3	Bay East Bridge			
4	Marina Barrage			
5	Marina Barrage			
6	Fort Road			
7	Bay East Bridge			
8	Tanjong Rhu			

*Subject to change.

 Ice Mountain Water

 100PLUS Isotonic Drink

 Decathlon Energy Station



ACTIVE



Get Going. Get Active.

The open road wants to take you on, to slow you down and wear you out. Don't give in, don't give up. Step up and push yourself with Tiger Balm® ACTIVE and its range of muscle rubs, gels, and sprays. Specially formulated by Tiger Balm® the name you can trust, Tiger Balm® ACTIVE is what you need for warm-ups as well as relief of your muscular aches and pains. So get going. Get Active!



ACTIVE is great for warm ups



Relief of muscular aches and pains



Ideal for cool downs and rub downs



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.





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SPORTS**

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42 100M PRINCESS DASH - INFORMATION FOR PARENTS

100M PRINCESS DASH - INFORMATION FOR PARENTS

PARTICIPANT'S AGE	FLAG OFF TIME	FLAG OFF VENUE	ACCOMPANYING PARENT/GUARDIAN
3 - 6 YEARS OLD	9.15AM	RACE VILLAGE @NATIONAL STADIUM	1 FEMALE PARENT/GUARDIAN (18 YEARS OLD AND ABOVE)

1. Race bib has to be worn by the child at all times.
2. To enter the start pen, accompanying female parent/guardian is required to wear the wristband provided at all times. Male parent/guardian is not allowed to accompany the child into the start pen.
3. All Princess Dash participants are entitled to one Snack Pack, which will be given out after the run.

HOW TO GET TO NATIONAL STADIUM (NST)

All Princess Dash participants with one female parent/guardian (wearing pink wristband) will be able to enter the start pen via Gate 3.

All other supporters and family members will only be able to enter the Spectator Area in the NST. Access the Spectator Area via Gate 3 and Gate 21.

*refer to **page 22** for the Runner's Flow Map.



PRIZES FOR COMPETITIVE CATEGORIES

21.1 KM ELITE CATEGORY
(BY-INVITE-ONLY)

POSITION	PRIZE
1 st	SGD 3,000
2 nd	SGD 2,000
3 rd	SGD 1,000
4 th onwards	SGD 500

21.1 KM INDIVIDUAL CATEGORY

POSITION	PRIZE
1 st	SGD 1,500
2 nd	SGD 1,000
3 rd	SGD 500

10 KM INDIVIDUAL CATEGORY

POSITION	PRIZE
1 st	SGD 1,500
2 nd	SGD 1,000
3 rd	SGD 500

Note: The Race Organiser 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 the start of the race. Race results ranking will be based on 'Gun Time'. Prize money won by non-resident runners is subject to withholding tax. For more information, please visit IRAS website. Prize monies will be transferred to the prize winner via bank transfer or PayNow by 29 November 2023.





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Suitable for the active and sports enthusiast

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- Eliminates 99.9% of Harmful Bacteria
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Buy 1 bottle of SPINmatic Low Suds Laundry Liquid Detergent Sports Freshness 2.6L to redeem!

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*Terms & Conditions: Redeemable at FairPrice Xtra, FairPrice Finest and selected FairPrice supermarkets. • Voucher is not exchangeable for cash and not applicable for FairPrice online. • E-voucher must be presented upon payment. • Limited to one e-coupon redeemed per transaction. • Combination of e-vouchers is not allowed. • Valid from 1 October 2023 to 30 November 2023.



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- This voucher is valid for Compressport products only
- This voucher is not applicable for items listed under Outlet Clearance
- This voucher is redeemable only at **Brandspass.com**
- To effectively redeem this voucher, kindly key in Discount Code provided upon checkout
- This voucher can be used for multiple purchases
- This voucher will not be effective for use if the purchase is made after the valid date
- This voucher is not exchangeable for cash
- **Brandspass.com** reserves the right to amend or cease these terms & conditions at any time without prior notice
- Any queries regarding the redemption of this voucher should be directed to brandspass@emjay.sg

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TACKLE UNWANTED PIGMENTATION WHILST ALSO IMPROVING
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