



GREAT EASTERN WOMENS RUN 2018

14 OCTOBER 2018 • SINGAPORE SPORTS HUB

ATHLETE'S GUIDE



As a LIFE Company, we at Great Eastern, champion little changes which make life better.

Our Live Great programme, an industry-first integrated health and wellness programme, empowers and rewards our customers to live healthier and better. It provides health tips, financial tools and value-added services which includes specific workshops and privileged invitations to help our customers to Live Great.

Log on to greateasternlife.com/livegreat for more information.

**LIVE
GREAT**
PROGRAMME



WELLNESS TOOLS



HEALTH TIPS



MOBILE APPS



WORKSHOPS & EVENTS



EXCLUSIVE PRIVILEGES

DEAR LADIES,

Thank you for allowing us to be your partner who supports your wellness journey. The Great Eastern Women's Run, a signature event under our Live Great programme, has helped many ladies like yourself to live healthier and better lives.

In celebration of our 110th Anniversary, we have lined up a slew of new offerings. This year's run will be held at the iconic Singapore Sports Hub for the first time and we have introduced a new category, the '110-metre Sprint', the first sprint category in a mass running event organised in Singapore.

As we constantly strive to make the run more engaging and enjoyable, runners can look forward to Instagram-worthy treats, exciting photo opportunities and having fun at our Race Carnival with family and friends.

Run Great, Live Great, Celebrate Great!

Keith Chia

Head, Group Brand and Marketing

GREAT IS KNOWING MY EVERY DAY IS PROTECTED WITH UP TO S\$3 MILLION



Celebrate 110 great years with our limited period offer **GREAT Personal Protector** from just S\$0.80[†] a day.

Receive a lump sum payout of up to S\$3* million to help cover the much-needed healthcare treatment to continue your future years, should a severe disability occurs after an accident.

Offer only available till 30 November 2018.

Find out more www.great110.com/pa

**LIVE
GREAT
PROGRAMME**

 **Great
Eastern**
A member of the OCBC Group

[†] Based on GREAT Personal Protector (Basic) annual premium of S\$292, divided by 365 days and rounded off to the nearest cent. The premium rates for this policy are not guaranteed and may be adjusted based on future experience.

* Based on GREAT Personal Protector (Elite) payout of 3X sum assured upon Accidental Major Permanent Disablement (I).

The above is for general information only. It is not a contract of insurance. The precise terms and conditions of this insurance plan are specified in the policy contract. It is usually detrimental to replace an existing accident and health plan with a new one. A penalty may be imposed for early plan termination and new plan may cost more, or have less benefit at the same cost.

Information correct as at 21 August 2018

The Great Eastern Life Assurance Company Limited (Reg. No. 190800011G), 1 Pickering Street, #01-01 Great Eastern Centre, Singapore 048659

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Mok Ying Ren

National Marathoner (ONEathlete)
Double SEA Games GOLD Medalist

OUT DO YOUR SELF

No matter how heavy
your legs are or how
laboured your breath gets,
the race isn't finished
until you've silenced
your greatest critic: You.

100 PLUS ACTIVE



IMPORTANT RACE INFORMATION

Race Date	14 October 2018, Sunday
Race Village	National Stadium (NST), Singapore Sports Hub
Information / Enquiries	www.greateasternwomensrun.com info@greateasternwomensrun.com +65 6248 5777

Flag Off Timings

21.1KM Half Marathon	5.15AM
10KM	6.30AM
5KM Live Great! Fun Run	7.30AM
2KM Mummy + Me	8.30AM
110M Princess Dash	9.45AM
110M Sprint Challenge	7.00AM ONWARDS

Note: Programme is subject to change

Important Information

1234

Do remember to bring along your race bib on race day. For participants of the 5km, 10km and 21.1km 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, 110m Sprint Challenge and 110m 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 pg.09



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.



Bring along your family and friends to enjoy our exciting post-race activities.



Follow us [@GreatEasternWomensRunSingapore](https://www.facebook.com/GreatEasternWomensRunSingapore) for more updates.



SPECIAL TREAT TO CHEER YOU ON THIS GREAT EASTERN WOMEN'S RUN

Enjoy 20% off 1 Year & 3 Years Plan on Home S@fe*!

**When you sign up for Home Insurance from now till
31 December 2018.**

**Visit <https://gelife.co/homesafe2> or call Customer
Service Hotline +65 6248 2888 to purchase!**

Campaign Code: **GEWRH1 (1 Year Plan)**

****GEWRH3** (3 Years Plan)**

Terms & Conditions:

1. 20% discount on Home S@fe is applicable to 1 Year Plan (promo code: GEWRH1).
2. 20% discount on Home S@fe is applicable to 3 Years Plan (promo code: GEWRH3).
3. This promotion is from 1 July to 31 December 2018 and is not valid with any other vouchers, promotions or discounts.
4. Great Eastern General Insurance Limited reserves the right to vary the terms and conditions or withdraw this promotion at any time without prior notice. The terms and conditions of the policies shall apply.
5. These terms and conditions shall be governed by and interpreted in accordance with Singapore law. The Courts of Singapore shall have exclusive jurisdiction over any disputes arising from these terms and conditions, including the validity and enforceability thereof.

RACE DAY PROGRAMME

Time	Activity	Location
4.00am	Information, Baggage and Late Race Entry Pack Collection Opens	Carpark E (Singapore Sports Hub)*
4.45am	21.1km Half Marathon Start Pen Open	Nicoll Highway
5.15am	21.1km Half Marathon Flag off	
5.45am	21.1km Half Marathon Start Pen Close	
6.00am	10km Start Pen Open	
6.30am	10km Flag off	
7.00am	10km Start Pen Close	
7.00am	Race Village Opens	Race Village @ National Stadium (NST)
7.00am	110m Sprint Challenge Commence	Race Village @ NST
7.00am	5km Start Pen Open	Nicoll Highway
7.30am	5km Flag off	
8.00am	5km Start Pen Close	

Time	Activity	Location
8.15am	Fitness Workout	Main Stage (Race Village @ NST)
8.15am	2km Mummy + Me Start Pen Open	Nicoll Highway
8.30am	2km Mummy + Me Flag Off	
8.45am	2km Mummy + Me Start Pen Close	
8.45am	Cheque Presentation for Beneficiaries	Main Stage (Race Village @ NST)
8.45am	Prize Presentation for 21.1km and 10km	
9.45am	110m Princess Dash	Race Village @ NST
10.30am	Event ends	Race Village @ NST

Note: Programme is subject to change.

*Refer to Page 36 for Runner's Flow Map.



OFFICIAL COMPRESSION
**COMPRES
SPORT** 



WHEREVER YOU RACE
WE SUPPORT YOU!

Available at :

QooMart.com
ONLINE SPORTS FITNESS & HEALTH MEGASTORE

SHUTTLE BUS

Shuttle Bus Service

Shuttle bus services are available at selected pick up locations around the island to the race village on the event day, 14 October 2018. Tickets are available for sale at sharetransport.sg at S\$6 each.

Download the ShareTransport App from your **Google Play** or **Apple Store** to make your purchase before 8 October 2018, 2359hrs.

sharetransport.sg

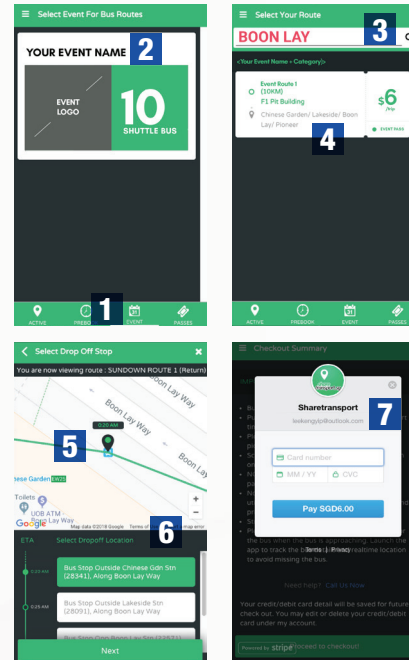


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National Stadium (NST), Singapore Sports Hub
(1 Stadium Drive Singapore 397629)

How it works



1. Select Events
2. Select Shuttle Bus Category
3. Input Estate Name
4. Select Ideal Route
5. Select Pickup
6. Select Dropoff
7. Payment

SHUTTLE BUS

Arriving By Shuttle Bus

Location (MRT)	Pick-Up Time	
Route 1	21.1km	10km
Pioneer	0325 hrs	0450 hrs
Boon Lay	0330 hrs	0455 hrs
Lakeside	0335 hrs	0500 hrs
Chinese Garden	0340 hrs	0505 hrs
Route 2	21.1km	10km
Bukit Gombak	0320 hrs	0450 hrs
Bukit Batok	0325 hrs	0455 hrs
Jurong East	0330 hrs	0500 hrs
Clementi	0335 hrs	0505 hrs
Route 3	21.1km	10km
Marsiling	0330 hrs	0450 hrs
Woodlands	0335 hrs	0455 hrs
Admiralty	0340 hrs	0500 hrs
Route 4	21.1km	10km
Sembawang	0330 hrs	0450 hrs
Yishun	0335 hrs	0500 hrs
Khatib	0340 hrs	0505 hrs

Location (MRT)	Pick-Up Time	
Route 5	21.1km	10km
Yio Chu Kang	0340 hrs	0500 hrs
Ang Mo Kio	0345 hrs	0505 hrs
Bishan	0350 hrs	0510 hrs
Route 6	21.1km	10km
Yew Tee	0325 hrs	0445 hrs
Choa Chu Kang	0330 hrs	0450 hrs
Bukit Panjang Plaza	0340 hrs	0500 hrs
Route 7	21.1km	10km
Pasir Ris	0335 hrs	0500 hrs
Tampines	0340 hrs	0505 hrs
Route 8	21.1km	10km
Bedok MRT	0340 hrs	0505 hrs
Kembangan	0345 hrs	0510 hrs
Eunos	0350 hrs	0515 hrs
Route 9	21.1km	10km
Punggol	0330 hrs	0500 hrs
Sengkang	0335 hrs	0505 hrs
Buangkok	0340 hrs	0510 hrs

Location (MRT)	Pick-Up Time	
Route 10	21.1km	10km
Hougang	0340 hrs	0505 hrs
Serangoon	0345 hrs	0510 hrs
Route 11	21.1km	10km
Buona Vista	0335 hrs	0455 hrs
Commonwealth	0340 hrs	0500 hrs
Queenstown	0345 hrs	0505 hrs
Redhill	0350 hrs	0510 hrs
Route 12	21.1km	10km
Braddell	0340 hrs	0500 hrs
Toa Payoh	0345 hrs	0505 hrs
Novena	0350 hrs	0510 hrs
Arrival Time	21.1km	10km
Race Village @ National Stadium	0415 hrs	0530 hrs

HOW TO GET THERE (2KM MUMMY + ME, 5KM, 10KM, 21.1KM)

Arriving By Public Transport

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. Take the escalators down to the Level 1 of Carpark E to access the start point.

Arriving By Mass Rapid Transport (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 start point.

Public Access Into National Stadium

The Great Eastern Women's Run Race Carnival will be held at the National Stadium this year! Your loved ones can soak up the lively carnival atmosphere while waiting for you to finish the race. Members of the public will be able to join in the fun as well by entering through Gate 21.

**Refer to [Page 36](#) for Runner's Flow Map.*

Driving and Parking on Race Day

Due to road closures within the vicinity, participants are advised to park at Carpark 5 (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 Race Village 1-hour prior to their respective race start times. If you are driving, please take note of the road closure information on [Page 15](#) 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 for Baggage Deposit.

How To Get To Start Pen

It will take about 15min to walk from Carpark 5 to the Start Pen. From the carpark, walk towards the National Stadium (NST) 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 start point.

How To Get There For Supporters

Supporters will be able to enter NST through Gate 21 on the concourse level.



SPECIAL TREAT TO CHEER YOU ON THIS GREAT EASTERN WOMEN'S RUN

Enjoy 50% off Single Trips & 10% off Annual Trips*!

When you sign up for Travel Insurance from 1 October to 31 December 2018.

Visit <https://gelife.co/traveleasy3> or call Customer Service Hotline +65 6248 2888 to purchase!

Campaign Code: GEWR18 (Single Trip)

GEWA18 (Annual Trip)

Terms & Conditions:

1. 50% discount on Travel E@sy is applicable to Single Trip (promo code: GEWR18).
2. 10% discount on Travel E@sy is applicable to Annual Trip (promo code: GEWA18).
3. This promotion is from 1 October to 31 December 2018 and is not valid with any other vouchers, promotions or discounts.
4. Great Eastern General Insurance Limited reserves the right to vary the terms and conditions or withdraw this promotion at any time without prior notice. The terms and conditions of the policies shall apply.
5. These terms and conditions shall be governed by and interpreted in accordance with Singapore law. The Courts of Singapore shall have exclusive jurisdiction over any disputes arising from these terms and conditions, including the validity and enforceability thereof.

ROAD CLOSURE TIMINGS

Road*	Closed Lane or Carriageway	Closure Time
Nicoll Highway (towards City; between Mountbatten Road & Raffles Boulevard)	Carriageway	01.30 - 09.30
Republic Ave	Road Closure	02.30 - 09.30
Republic Boulevard (towards Raffles Ave)	Carriageway	03.00 - 08.30
Raffles Ave (towards Stamford Road)	Leftmost Lane	03.00 - 08.00
Esplanade Drive (towards Fullerton Road)	Leftmost Lane	03.30 - 08.00
Fullerton Road (towards Collyer Quay)	Leftmost Lane	03.30 - 08.00
Collyer Quay (towards Raffles Quay)	Leftmost Lane	03.30 - 08.00
Marina Boulevard (towards Bayfront Ave)	Leftmost Lane	03.30 - 08.00
Marina East Drive	Road Closure	03.00 - 10.00
Rhu Cross	Road Closure	04.00 - 08.30
Stadium Drive	Road Closure	03.00 - 10.00
Crawford Street (towards Republic Ave)	Leftmost Lane	03.00 - 09.30
Old Terminal Lane	Road Closure	03.30 - 10.00
Kallang Airport Way (towards Kallang Airport Drive)	Leftmost Lane	03.30 - 10.00
Stadium Road (towards Kallang Airport Way)	Leftmost Lane	03.00 - 10.00
Stadium Place	Leftmost Lane	03.00 - 10.00



TIME TO RUN TOGETHER WITH OUR
MY LITTLE PONY:

FRIENDSHIP is MAGIC

#SQUADTEAM!





ACCESS MAP

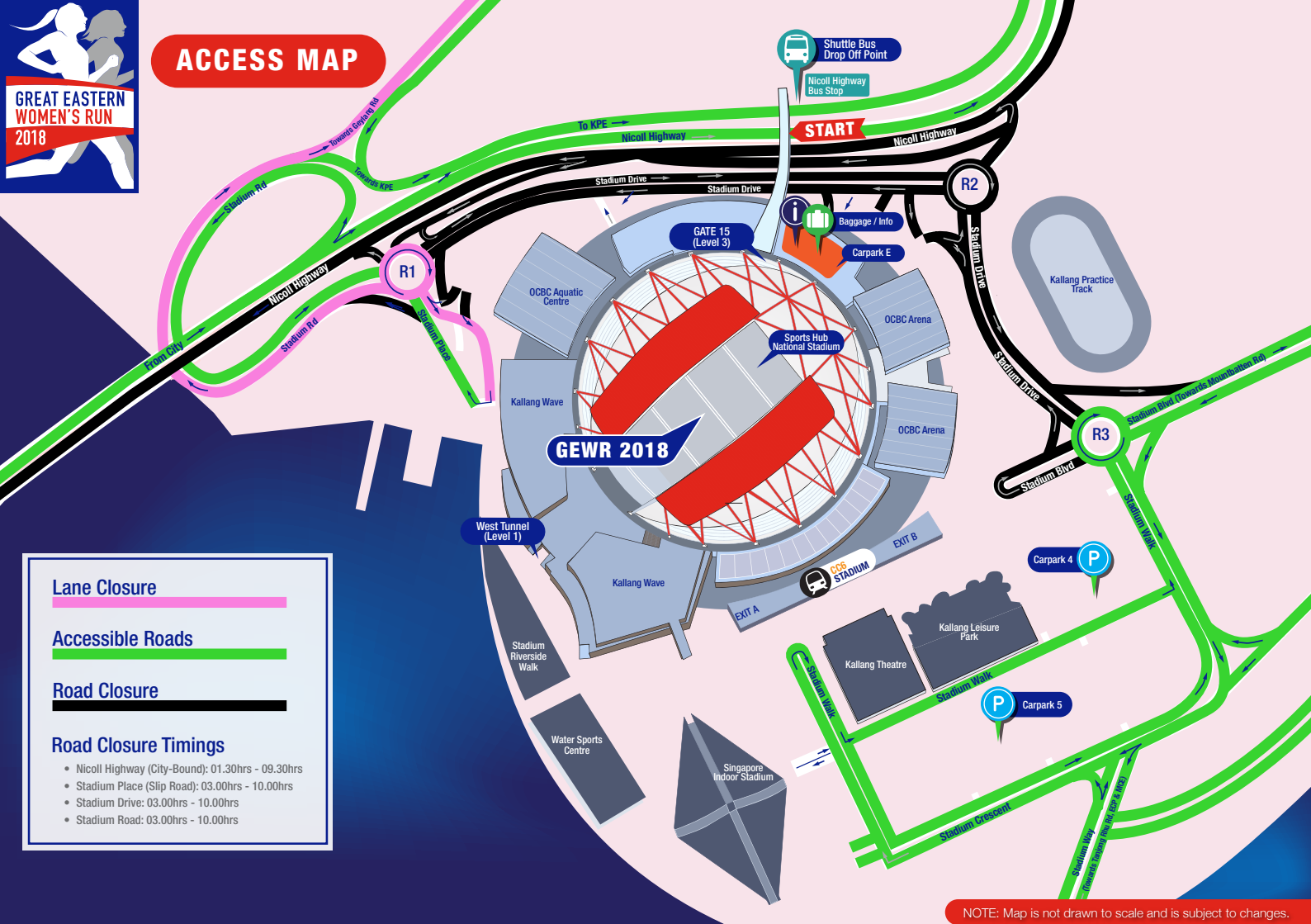
Lane Closure

Accessible Roads

Road Closure

Road Closure Timings

- Nicoll Highway (City-Bound): 01.30hrs - 09.30hrs
- Stadium Place (Slip Road): 03.00hrs - 10.00hrs
- Stadium Drive: 03.00hrs - 10.00hrs
- Stadium Road: 03.00hrs - 10.00hrs



NOTE: Map is not drawn to scale and is subject to changes.

STRONG RIDE



LOCKED-IN FIT

3-PIECE UPPER DESIGNED TO CREATE A LOCKED-IN FIT WITH FLOATRIDE CAGE, PREMIUM FLEXWEAVE AND MOLDED HEEL.

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FLOATRIDE FOAM

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RACE VILLAGE DETAILS

Important Race Timings

Category	Flag Off Time	Pen Open	Pen Close	Race Cut Off
21.1km Half Marathon	5.15am	4.45am	5.45am	9.45am (4.5hr)
10km	6.30am	6.00am	7.00am	9.00am (2.5hr)
5km Live Great! Fun Run	7.30am	7.00am	8.00am	9.00am (1.5hr)
2km Mummy + Me	8.30am	8.15am	8.45am	9.15am (40min)
110m Princess Dash	9.45am	9.30am	9.50am	-
110m Sprint Challenge	7.00 am - 9.00am	15 mins prior to each wave	-	9.30am

**Timings are subject to changes.*

*Do follow us on Facebook
(GreatEasternWomensRunSingapore) for
the latest updates.*

** Participants are required to meet the cut
off time for their respective categories*

Baggage deposit

The complimentary Baggage Deposit Service is available at the Race Village from 4.00am to 11.00am. Please refrain from bringing any 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. Bags and other belongings brought into the event may be subject to security bag check.

Participants are advised to arrive 1-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 13, before heading towards Carpark E from the escalators near Gate 15.

Distance Marker

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

Massage Station

The massage station will be available to all runners from 6.30am to 10.30am.

Look Good, Live Great Powder Room

Freshen up at the Look Good, Live Great Powder Room after your run to stay fresh and beautiful!

SONY

Live Free



FREE TO *be me*



WF-SP700N

World's First* Truly Wireless Noise Cancelling
Headphones with Splash-proof Design

**\$50
OFF**

NOW \$ **249**
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BASS

DIGITAL 



Sony | Headphones Connect



Google Assistant

www.sony.com.sg/wf-sp700n

Terms & conditions apply. While stocks last. *As of 8 January 2018, according to research by Sony Corporation, in truly wireless headphones with IPX4 rating or higher for WF-SP700N. Google is a trademark of Google LLC.

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 delay, the organiser reserves the right to cancel the race in the organiser's sole discretion without further obligation and without any refund. Follow us on Facebook for the latest update.

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 courtesy, all participants are required to move to left when they hear this.

Results

Results will be posted on the race website www.greateasternwomensrun.com 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 with 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.

Race Certificates With Gun Time and Net Time

All finishers will be entitled to a personalised race certificate with "Net Time" and "Gun Time" reflected, downloadable on the event website one month after the Official Results has been released. Participants of the 5km, 10km and 21.1km categories who have opt-in for a hardcopy race certification during registration will receive the certificate via mail in December 2018. This service is valid for local addresses only. Please verify that your mailing address is accurate before 14 October 2018. No replacement of race certificate due to incorrect address will be entertained.

Lost And Found

If you have lost or found an item, please approach our staff at the Information marquee. At the end of the event, found items will be delivered back to the Race Organiser's office at 52 Ubi Ave 3, #0441, Frontier, Singapore 408867. 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 / +65 6248 5777



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6438 3000
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6235 9622
6278 3000

INCOME @ TAMPINES JUNCTION #08-01/04
SUNTEC CITY MALL #03-318/323
VELOCITY @ NOVENA SQUARE #03-45/46
VIVA BUSINESS PARK BLOCK B #02-01

6788 9555
6820 9000
6255 9555
6348 2900



SITE MAP LEGEND

A	F&N Fruit Tree	E	Garmin
B	Ice Mountain	F	Cake in a Jar
C	NutriSoy	G	Ice Cream
D	True Fitness	H	Great Eastern



Finish Arch



Hydration Station



Info Booth



First Aid



Toilets

21.1km

10km

5km

Princess Dash

Sprint Challenge

2km

Mummy + Me



NOTE:

- Only family members accompanying the Princess Dash and 110m Sprint participants will be able to enter through West Entrance.
- Map is not drawn to scale and is subject to changes.

RACE VILLAGE ACTIVITIES

Eat Well, Live Great!

Feeling fatigue after the run?

Replenish your energy and refresh yourself with an array of healthy food and beverages specially prepared for you. Pick them up at the "Breakfast Pack Collection" booth at the race village after your run.

**Complimentary to race participants, on a first come first serve, whilst-stock-last basis.*



**Image for illustration purposes only.*

**Food Items subject to change.*

DONATION FOR A GOOD CAUSE

Don A Tutu / Personalise Your Race Tee

Thank you to all the ladies who have already joined us in making a difference. Your generous donation will benefit our beneficiaries – Breast Cancer Foundation and Women's Health Research and Education Fund.

Wear your lovely tutu or your personalised race tee on the race day to run or walk in style in support of a good cause.

Don A Tutu



Personalise Your Tee



RUNNER'S ENTITLEMENTS

Medal and Finisher Tee

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

21.1km Half Marathon finishers who met the cut-off timing can collect their finisher tee at the Athlete's Welfare Area upon the completion of the race.

Both the medal and finisher tee can only be collected at the event. No mailing of either item will be entertained.



**Image for illustration purposes only.*



21.1km Half Marathon Route

Flag-Off: 5.15am

Start pen open/close 30 minutes
before/after flag off time.



NOTE: Map is not drawn to scale and is subject to changes.

21.1KM HALF MARATHON ROUTE MAP LEGEND



Start/ Finish
Arch



MRT
Station



Distance
Markers



Ice Mountain
Water



100PLUS



Banana



10km Route

Flag-Off: 6.30am

Start pen open/close 30 minutes before/after flag off time.



NOTE: Map is not drawn to scale and is subject to changes.

10KM ROUTE MAP LEGEND



Start/ Finish Arch



MRT Station



Distance Markers



Ice Mountain Water



100PLUS



5km Route

Flag-Off: 7.30am

Start pen open/close 30 minutes
before/after flag off time.



NOTE: Map is not drawn to scale and is subject to changes.

5KM ROUTE MAP LEGEND



Start/ Finish
Arch



MRT
Station



Distance
Markers



Ice Mountain
Water



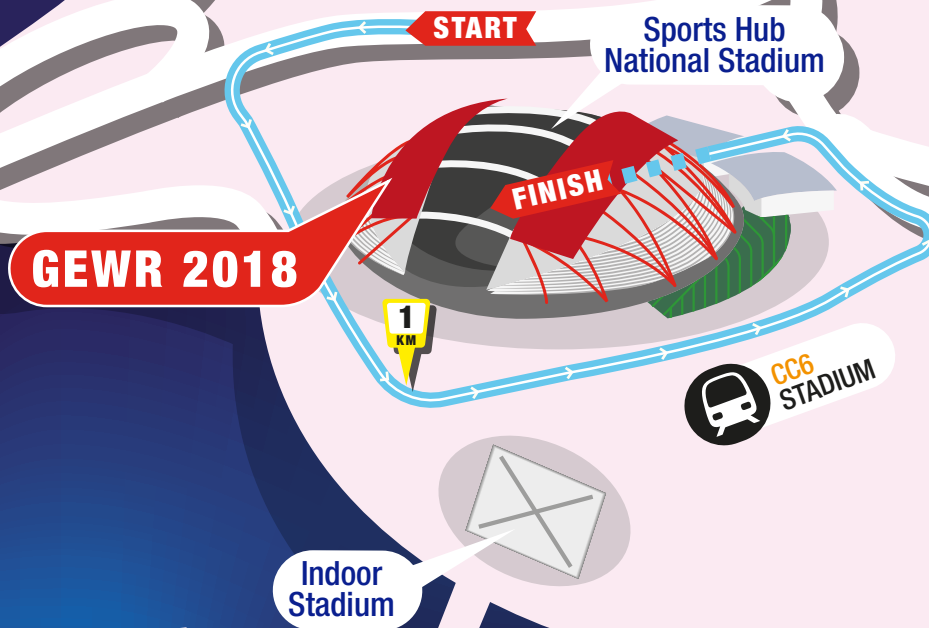
100PLUS



2km Route

Flag-Off: 8.30am

Start pen open/close 15 minutes
before/after flag off time.



NOTE: Map is not drawn to scale and is subject to changes.

2KM MUMMY + ME ROUTE MAP LEGEND



Start/ Finish
Arch



MRT
Station



Distance
Markers



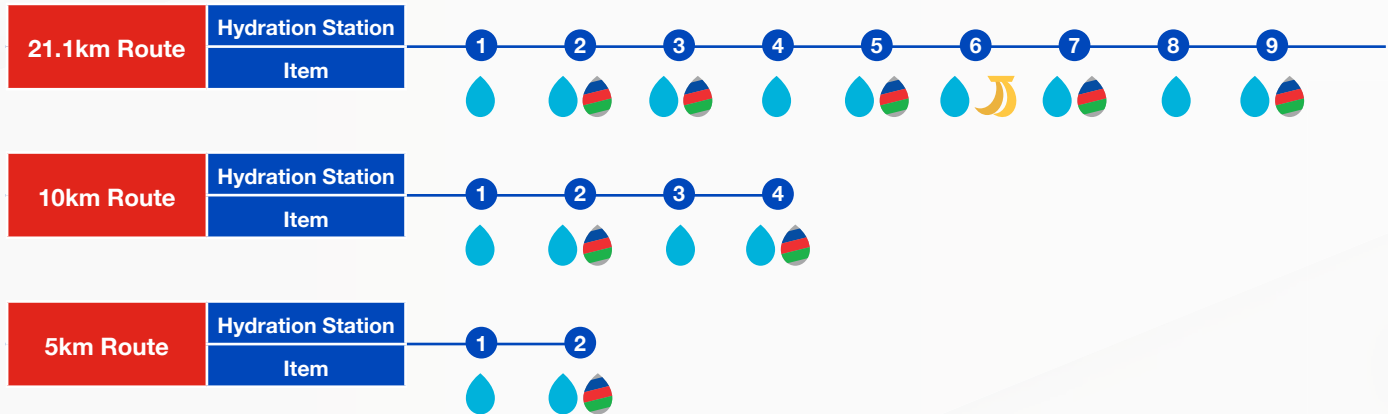
LET'S DO SOMETHING FOR INTIMATE HEALTH

[f/VAGISILSG](https://www.facebook.com/VAGISILSG) | WWW.VAGISIL.COM.SG

ON ROUTE SUPPORT

Ice Mountain Water, 100PLUS and bananas will be given at selected hydration points. Hydration points are located approximately 2km - 2.5km apart.

Refer below for more details.



Ice Mountain Water



100PLUS



Banana

GARMIN®



FĒNIX 5S PLUS

MULTISPORT GPS WATCH WITH MUSIC



KEY FEATURES



WRIST-BASED
HEART RATE



ADVANCED
MAPPING



TRENDLINE
POPULARITY
ROUTING



MUSIC MORE
THAN 500 SONGS



GARMIN PAY™



GPS / GLONASS
/ GALILEO

VISIT WWW.GARMIN.COM.SG FOR MORE INFORMATION



[WWW.FACEBOOK.COM/GARMINSG](https://www.facebook.com/garminsg)



[@GARMINSG](https://www.instagram.com/garminsg)

RACE TIMING

The B-Tag system* has been adopted to record your times electronically. Participants are required to read the following instructions to ensure proper use of B-Tag.

Q How do I use my B-Tag?

A Simply ensure it is attached behind your race bib.

Q What do I do with the B-Tag after the run?

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

Q How do I activate my B-Tag?

A Each B-Tag is checked prior being distributed to the athletes. The tag is always “on” and does not need to be activated.

Q What is tag time and how is it different from gun time?

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

Q How accurate is tag time?

A Tag 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. Tag time also records when checkpoints are passed, providing an accurate record of a runner's pace.

**B-Tag system is only applicable for 5km, 10km and 21.1km categories.*

110M PRINCESS DASH: INFORMATION FOR PARENTS

Age Category	Flag-off Time	Flag-off Venue	Important Information for Parents
3 – 6 years old	9.45am	National Stadium (NST), Singapore Sports Hub	Children in this category has to be accompanied by one female parent / one female caregiver

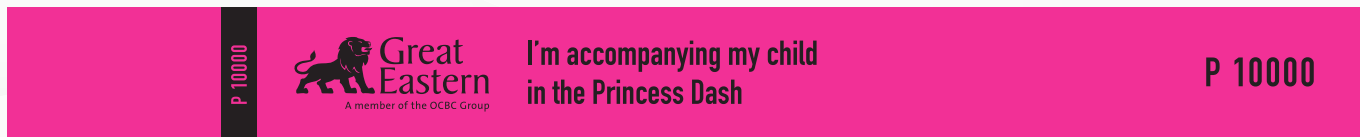
- Race bib has to be worn by the child at all times.
- To enter the start pen, accompanying mothers/ female caregivers is required to wear the wrist band.
- Accompanying mother/ female caregivers have to accompany child at all times.

All Princess Dash participants are entitled to one breakfast set, which is redeemable at the kids area.

Do remember to pick up the breakfast pack from 8.30am to 10.00am with your princess dash race bib.

Wrist tag for the accompanying adult.

Race bib for the child.



110M SPRINT CHALLENGE INFORMATION

Flag-off Time

Flag-off Venue

7.00am - 9.00am

National Stadium (NST),
Singapore Sports Hub

Wave Allocation

7.00am - 7.30am

7.30am - 8.00am

8.30am - 9.00am

9.00am - 9.30am

- Race bib has to be worn at all times.
- Participants are advised to report 15 mins before their allocated wave time at 110M sprint challenge registration booth. Upon registration, participant will be provided with a wrist tag to be worn at all times.
- Participants will report back at the registration booth 5 mins before their wave, to get ready for the challenge.
- All sprint challenge participants are entitled for one breakfast set which will be distributed with their medal at the end of the run.

Race bib for 110M Sprint Challenge



NOTE: Map is not drawn to scale and is subject to changes.

HOW TO GET THERE (PRINCESS DASH AND SPRINT CHALLENGE)

Arriving By Public Transport

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. Walk towards Gate 3 and take the escalators down to Level 1. Walk towards Fairprice Xtra within Kallang Wave Mall.

Arriving By Mass Rapid Transport (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 towards Fairprice Xtra within Kallang Wave Mall.

All 110M sprint challenge participants will enter NST through the West Tunnel. Accompanying family members of the participants will also be able to enter NST with them.

Driving and Parking on Race Day

Due to road closures within the vicinity, participants are advised to park at Carpark 5 (Open Air Carpark next to Kallang Leisure Park). Standard parking charges apply.

How To Get To NST

All Princess Dash and 110m Sprint Challenge participants will be directed to enter NST through the West Tunnel (Beside Fairprice Xtra within Kallang Wave Mall). Accompanying family members of the participants will also be able to enter NST with the participants.

**Refer to [Page 36](#) for Runner's Flow Map.*

GREAT EASTERN WOMEN'S RUN 2018

RUN WITH US

Meet Our Female Pacers

The passionate and friendly pacers will run through with you for both 21.1km and 10km race category. With them around, you will definitely be motivated to race till the end point!

Choose a suitable timing to pace yourself:

21.1km Wave 1 | 2 hours / 2 hours 15 mins
Wave 2 | 2 hours 30 mins / 2 hours 45 mins

10km Wave 1 | 1 hour / 1 hour 10 mins
Wave 2 | 1 hour 20 mins



Elite Category

Top runners from Asia Pacific countries such as Taiwan, China, Thailand, Japan and Philippines and many more will be competing against each other in the Great Eastern Women's Run Open Category this year. A closed category will also be catered exclusively to Singapore-born and permanent resident elite runners. Our local runners will have a chance to race amongst each other in this year's Great Eastern Women's Run. Cheer for your favourite elite and keep your eyes peeled for the results!



PRIZES

21.1km Half Marathon Elite Category

Position	Open	Closed
1 st	Crystal Trophy and USD \$8,000	Crystal Trophy and SGD \$3,500
2 nd	Crystal Trophy and USD \$4,000	Crystal Trophy and SGD \$2,000
3 rd	Crystal Trophy and USD \$1,500	Crystal Trophy and SGD \$1,200
4 th	USD \$1,000	
5 th	USD \$1,000	
6 th - 10 th	USD \$200	

21.1km Half Marathon Individual Category

Position	Open	Closed
1 st	Crystal Trophy and SGD \$2,000	Crystal Trophy and SGD \$2,500
2 nd	Crystal Trophy and SGD \$1,200	Crystal Trophy and SGD \$1,400
3 rd	Crystal Trophy and SGD \$800	Crystal Trophy and SGD \$1,000

10km Individual Category

Position	Open	Closed
1 st	Crystal Trophy and SGD \$2,000	Crystal Trophy and SGD \$2,500
2 nd	Crystal Trophy and SGD \$1,200	Crystal Trophy and SGD \$1,400
3 rd	Crystal Trophy and SGD \$800	Crystal Trophy and SGD \$1,000

110m Sprint Challenge (Elite Category)

Position	Age 17 and below	Age 18 and above
1 st	Crystal Trophy and SGD \$500	Crystal Trophy and SGD \$500
2 nd	Crystal Trophy and SGD \$300	Crystal Trophy and SGD \$300
3 rd	Crystal Trophy and SGD \$150	Crystal Trophy and SGD \$150

110m Sprint Challenge (Wave Challenge)

Position	Age 13 and above
1 st	SGD \$300
2 nd	SGD \$200
3 rd	SGD \$100
4 th - 10 th	SGD \$50

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 money earned by non-resident sportsman is subject to withholding tax. For more information, please visit IRAS website. Prize Monies will be collected from the Race Organiser's office from 16 October to 30 November 2018.

LIVE GREAT PROGRAMME



WELLNESS TOOLS



HEALTH TIPS



MOBILE APPS



WORKSHOPS & EVENTS



EXCLUSIVE PRIVILEGES

A Live Great Event by

Race Organiser



Official Hydration



Official Bank



Official Compression



Official Timekeeper



Official Toy



Official Apparel



Official Sports
Headphones



Official
Fitness Partner



Official
Intimate Care



Official
Venue Sponsor



Official
Venue Partner



In Support of
Sport Promotion



Half Marathon
Sanctioned By



Info@GreatEasternWomensRun.com



@gewomensrun



GreatEasternWomensRunSingapore