

Define Your Run



On 24 November 2018, 15 colleagues went to Marina Bay East Park to take part in the inaugural “Define Your Run” activity.

The event started at 0715H and everyone arrived early to begin their warm up and stretching exercise in preparation for the run ahead. The distances varied from 3.5km to 13.5km and allowed an individual to choose, depending on assessment of one’s fitness level.

The scenic journey took them from Marina Bay East to Fullerton Bay and Kallang areas. Fortunately, the weather was kind and even a slight drizzle could not dampen their spirits. Overall, it took an average of 2.5 hours to complete the distance and the team was proud that everyone gave his/her best effort and returned safely.

The Company thanks the participants and hopes it helped to strengthen their minds and team bonds.

Photos

