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Cougars Athletic Association

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Be Brave, Fast and Strong like a Cougar

Founded 1999

Website: www.cougarsaa.com

Email: cougaraa1999@gmail.com

Cougars Cross Country 2026 18 July 2026, Saturday Passionwave, Bedok Reservoir Results

Updated 23 July 2026

Individual Positions & Timings

U12 Boys – 1.6km

Championship Record Holder (2025): Muhammad Ariq Muhammad Najib, Cougars Athletic Association, 5.34.78mins & Muhammad Arif Muhammad Najib, Cougars Athletic Association 5.35.38mins

Previous Championship Record Holder (2024): Khoo Sean David Teng Jing, Born2Tri Warriors, 5.58.5mins

Cougars' Member Record Holder (2025): Daniel Ian Loh, 7.36.93mins

Position	Name	School/Club	Number Tag	Timing
1 st	MUHAMMAD ARIQ MUHAMMAD NAJIB	Cougars Athletic Association	129	05:40.43
2 nd	MUHAMMAD ARIF MUHAMMAD NAJIB	Cougars Athletic Association	128	05:43.50
3 rd	JOSHUA GAO	Unattached	131	08:46.60
4 th	ROSHAN	Cougars Athletic Association	130	11:10.53

U12 Girls – 1.6km

Championship Record Holder (2024): Ayra Faizal, Unattached, 5.59.3mins

New Cougars' Member Record Holder (2025): Low Jia Yan Paige, 7.36.77mins

Position	Name	School/Club	Number Tag	Timing
-	CUI XINYI	CHIJ (TPY)	222	DNS
-	SAI RAKSHA	Cougars Athletic Association	223	DNS



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U14 Boys – 4.3km

****New Championship Record Holder (2026): Riley Ong, Oldham Athletics, 17:07.28***

***Previous Championship Record Holder: Furqan Alhadi bin Muhammad Fadley,
Northbrooks Secondary School, 2025, 17.31.30mins***

Cougars' Member Record Holder (2026): Ng Wingtin, 23:14.26mins

Position	Name	School/Club	Number Tag	Timing
1 st	RILEY ONG*	Oldham Athletics	365	17:07.28
2 nd	LEE EE LOK ERNEST	NORTHBROOKS SECONDARY SCHOOL (TEAM B)	372	17:24.10
3 rd	LUCAS NG	Gan Eng Seng School	366	17:57.56
4 th	AQIL POH	Born2tri Warriors	371	18:21.37
5 th	ENG ZHE XI, GRANTON	NORTHBROOKS SECONDARY SCHOOL (TEAM B)	373	19:18.24
6 th	AZRYEL LIEW	Gan Eng Seng School	368	19:29.20
7 th	ESHTON YANG	Gan Eng Seng School	367	19:41.86
8 th	MING YI LIM	Gan Eng Seng School	369	19:43.60
9 th	GEOFFREY EMMANUEL JARON	NORTHBROOKS SECONDARY SCHOOL (TEAM B)	375	21:17.41
10 th	DONOVAN LEE	Gan Eng Seng School	370	22:39.56
11 th	NG WING TIN	Cougars Athletic Association	338	23:14.26
12 th	DANIEL IAN LOH	Cougars Athletic Association	334	23:49.53
13 th	LIM MING YI	Gan Eng Seng School	369	DNS



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U14 Girls – 3.6km

***Championship Record Holder (2026): Ayra Faizal, Unattached, 14:29.31**

Previous Championship Record Holder: Tan Mikaela, Lacticbuds, 15.01.47mins

Cougars' Member Record Holder (2023): Abigail Wong, 19.23.37mins

Position	Name	School/Club	Number Tag	Timing
1 st	AYRA FAIZAL*	Unattached	439	14:29.31
2 nd	GRACE CHEW SHI-EN	Nanyang Girls' High School	454	16:20.91
3 rd	KAYLEY CHEW PEI WEN	Nanyang Girls' High School	450	16:27.30
4 th	SOFIE SHAO YUTING	Nanyang Girls' High School	453	16:54.45
5 th	RACHEL CHANG ZHIYUE	Nanyang Girls' High School	451	17:45.36
6 th	LIVIA LOO LI-EN	Nanyang Girls' High School	452	18:09.27
7 th	CAYLYN HUSISTEIN	Gan Eng Seng School	459	18:38.06
8 th	LIM XUAN YING	Gan Eng Seng School	458	18:50.24
9 th	JIA YAN PAIGE LOW	Cougars Athletic Association	438	19:49.88
10 th	RISA YOSHIMURA	Gan Eng Seng School	456	19:50.10
11 th	LEE WANQI, JANICE	PLMGSS Team B	461	20:22.59
12 th	OR JIA WEN, JOANNE	NORTHBROOKS SECONDARY SCHOOL (TEAM A)	463	20:25.43
13 th	NEO XIN YUE FIONA	NORTHBROOKS SECONDARY SCHOOL (TEAM A)	457	20:32.55
14 th	ZAYLENE THAM	Gan Eng Seng School	441	21:26.13
15 th	TAN EE CHING	PLMGSS Team A	442	21:28.51
16 th	SHI JOSIE ENXI	PLMGSS Team A	462	22:44.39
17 th	GAN JOYEIOUS CHENG YI	NORTHBROOKS SECONDARY SCHOOL (TEAM A)	464	22:49.54
18 th	LOW NATASHA WEI TING	NORTHBROOKS SECONDARY SCHOOL (TEAM A)	455	22:51.55
19 th	CLARYSE CHIN	Gan Eng Seng School	440	23:29.01
20 th	NG STELLA KWEE HAAN	PLMGSS Team A	443	23:39.60
21 st	REIA SHI RUI TAN	PLMGSS Team A	445	25:24.34
22 nd	DARILYNA BINTE MOHAMED KASIM	PLMGSS Team B	444	25:55.46
23 rd	LEE LAVETTE NING	PLMGSS Team A	448	26:31.24



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24 th	REANNE ANG	PLMGSS Team B	447	26:57.55
25 th	SUMMER TENG	PLMGSS Team B	461	20:22.59
-	FIONA LI	Born2Tri Warriors	460	DNS
-	PEREIRA BETHANY- HEAN THERESA	NORTHBROOKS SECONDARY SCHOOL (TEAM A)	465	DNS
-	NATASHA TAN	PLMGS Team B	449	DNS



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U20 Boys 4.3km

Championship Record Holder (2024): Siva Sanker, Lacticbuds, 14.39.80mins

Cougars' Member Record Holders (2025): Muhammad Akid Muhammad Najib, 15.36.78mins (member since July 2025); Ar Rizqi Abdul Rashid, 16.11.79 (member since September 2023)

Position	Name	School/Club	Number Tag	Timing
1 st	NICHOLAS KHOO	Catholic Junior College	587	16:42.46
2 nd	AAYDEN TEO	(TP) Mac & Cheese Bang Bang	568	16:58.49
3 rd	ASHER NG	Gan Eng Seng School	582	17:04.84
4 th	CALEB LING	Gan Eng Seng School	580	17:14.56
5 th	DARRYL LIEW	Catholic Junior College	500	17:17.60
6 th	JAVEN LIM	Catholic Junior College	588	17:24.02
7 th	BIN MUHAMMAD FADLEY FURQAN ALHADI	NORTHBROOKS SECONDARY SCHOOL	501	17:37.41
8 th	ZHENGYI YEOW	Catholic Junior College	589	17:49.58
9 th	WONG JIE	(TP) Gem Merchants	573	18:01.21
10 th	ERNEST SEAH	Gan Eng Seng School	581	18:15.39
11 th	JOEL QUEK	(TP) Gem Merchants	576	18:33.56
12 th	DARIEN LIM	(TP) Gem Merchants	575	18:36.44
13 th	KELLEN LEE	(TP) Gem Merchants	574	18:47.92
14 th	LUKAS WAI	Gan Eng Seng School	583	18:56.93
15 th	ETHAN HO	(TP) Tung Tung Tung Ethan	578	20:11.32
16 th	SKYLR TAY	Gan Eng Seng School	586	20:12.75
17 th	JUHYEONG LEE	Gan Eng Seng School	585	20:15.54
18 th	EDDY ANG	(TP) Mac & Cheese Bang Bang	571	20:19.35
19 th	HARRIS LOW	(TP) Tung Tung Tung Ethan	577	21:01.51
20 th	JEDRIC BALTAZAR	(TP) Mac & Cheese Bang Bang	569	21:06.58
21 st	MAXIME AGOSTINI-LAI	(TP) Gan Eng Seng School	584	22:16.49
22 nd	EVAN SONG	(TP) Tung Tung Tung Ethan	579	36:36.54
-	CHEN WEI CHANG	(TP) Mac & Cheese Bang Bang	570	DNS
-	TING YU HENG	(TP) Mac & Cheese Bang Bang	572	DNS
-	JAYDEN LEE	Catholic Junior College	590	DNS



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U20 Girls – 4.3km

***New Championship Record Holders (2026): Clara Chua, Unattached, 16.35.34mins**

Previous Championship Record Holder: Ng Tabitha, Lacticbuds, 17.11.16mins

Cougars' Member Record Holders (2025): Laura Xavier, 22.16.83mins

Position	Name	School/Club	Number Tag	Timing
1 st	CLARA CHUA*	Unattached	602	16:35.34
2 nd	SARAH YONG EN MIN	Nanyang Girls' High School	692	18:56.92
3 rd	NICOLE SNG HUI RU	Nanyang Girls' High School	693	20:02.46
4 th	GAIL LIEN ZHAO XIN	Nanyang Girls' High School	694	20:16.02
5 th	QINLING LEE	(TP) Egg Wuh	697	20:16.19
6 th	ASHLYNN TAN RUI XIN	Nanyang Girls' High School	695	20:21.44
7 th	GEMMA KWOK	Egg Wuh	696	20:46.56
8 th	KATE LIM	Catholic Junior College	604	22:04.56
9 th	CHINGYI TAN	Catholic Junior College	603	23:38.58
10 th	ANDREA MAE LOH	Cougars Athletic Association	688	23:39.56
11 th	RAINA ONG	Gan Eng Seng School	601	23:59.52
12 th	YONG XIN KWOK	(TP) Egg Wuh	698	29:14.47
13 th	VIELYNN FOO	Gan Eng Seng School	699	30:14.13
14 th	ARISSA CHI LEI HU	PLMGSS	691	31:25.34
15 th	JIALING, MAI JIANG	PLMGSS	690	33:45.60
16 th	ZHENG LING, CAMMY ONG	PLMGSS	601	35:20.32
-	NUR HANI RAISHA BINTE HAMQAAMAL SHAH	NORTHBROOKS SECONDARY SCHOOL	607	DNS
-	LAM YU XIN	NORTHBROOKS SECONDARY SCHOOL	608	DNS



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Men's Open – 8.6km

**New Championship Record Holder (2026): Gilbert Dominic Saviour, Cougars Athletic Association, 31.29.59mins*

Previous Championship Record Holder (2025): Dylan Lim, Unattached, 31.44.94mins

***New Cougars' Member Record Holders (2026): Gilbert Dominic Saviour, 31.29.59mins*

Position	Name	School/Club	Number Tag	Timing
1 st	GILBERT DOMINIC SAVIOUR***	Cougars Athletic Association Team A	779	31:29.59
2 nd	DYLAN LIM	Unattached	787	31:46.15
3 rd	MARTIN DANIAL LUM	Cougars Athletic Association Team A	780	33:02.57
4 th	MUHAMMAD AKID MUHAMMAD NAJIB	Cougars Athletic Association Team A	782	33:48.52
5 th	AR RIZQI BIN ABDUL RASHID	Cougars Athletic Association Team A	781	34:25.15
6 th	ANGUS ANG	Catholic Junior College	789	35:43.60
7 th	ZHI QIANG JASPER CHUE	Cougars Athletic Association Team B	785	35:50.05
8 th	KEE CHIEH LIM	Unattached	788	39:03.55
9 th	KIAN YANG TANG	Cougars Athletic Association Team B	784	47:29.20
10 th	LIM ATHAN LEROY BING LONG	NORTHBROOKS SECONDARY SCHOOL (ALUMNI)	790	61:37.39
-	ANIQ ZIKRY BIN MOHD EDRIE	Cougars Athletic Association Team B	783	DNS
-	AHMAD NUR HAKEEM BIN AHMAD NAZLI	Cougars Athletic Association Team B	786	DNS
-	LEON NEO	(TP) Tung Tung Tung Ethan	791	DNS

Women's Open – 8.6km

Championship Record Holder (2018): Vanja Cnops, F1 Runners, 34.11mins

Cougars' Member Record Holders (2018): Ng Yew Cheo, 38.22mins

Position	Name	School/Club	Number Tag	Timing
1 st	NG YEW CHEO	Cougars Athletic Association	827	42:20.43
2 nd	HO SHIUN LING SHIRLEY	Cougars Athletic Association	828	57:00.57
3 rd	CHEAH JOYCE SHU LIN	NORTHBROOKS SECONDARY SCHOOL	829	57:14.47
4 th	NG GERLYN ZI XIN	NORTHBROOKS SECONDARY SCHOOL	830	68:53.54
5 th	LEE ISTEE JIA XUAN	NORTHBROOKS SECONDARY SCHOOL	831	93:11.22
6 th	LOH CRYSTALBELL JIA YI	NORTHBROOKS SECONDARY SCHOOL	832	93:11.51



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TEAM CATEGORY POSITIONS

U14 Boys – 4.3km (Top 4 runners in the team)

**Championship Record Holder: Gan Eng Seng School, 76:52.22mins*

Position	School/Club	Name	Number Tag	Time	Cumulative Time
1 st	Gan Eng Seng School*	LUCAS NG	366	17:57.56	76:52.22
		AZRYEL LIEW	368	19:29.20	
		ESHTON YANG	367	19:41.86	
		MING YI LIM	369	19:43.60	

U14 Girls – 3.6km (Top 4 runners in the team)

Championship Record Holder: Nanyang Girls' High School, 67:28.02mins

Position	School/Club	Name	Number Tag	Time	Cumulative Time
1 st	Nanyang Girls' High School*	GRACE CHEW SHI-EN	454	16:20.91	67:28.02
		KAYLEY CHEW PEI WEN	450	16:27.30	
		SOFIE SHAO YUTING	453	16:54.45	
		RACHEL CHANG ZHIYUE	451	17:45.36	
2 nd	Gan Eng Seng School	CAYLYN HUSISTEIN	459	18:38.06	77:50.96
		XUAN YING LIM	458	18:50.24	
		RISA YOSHIMURA	456	19:50.10	
		ZAYLENE THAM	457	20:32.55	
3 rd	Northbrooks Secondary School (Team A)	OR JIA WEN, JOANNE	461	20:22.59	86:21.94
		NEO XIN YUE FIONA	463	20:25.43	
		GAN JOYEIOUS CHENG YI	462	22:44.39	
		LOW NATASHA WEI TING	464	22:49.54	
4 th	PLMGSS Team A	EE CHING TAN	441	21:26.13	90:03.24
		JOSIE ENXI SHI	442	21:28.51	
		STELLA KWEE HAAN NG	440	23:29.01	
		REIA SHI RUI TAN	443	23:39.60	
5 th	PLMGSS Team B	WANQI, JANICE LEE	446	20:08.53	99:01.67
		DARILYNA BINTE MOHAMED KASIM	445	25:24.34	
		REANNE ANG	448	26:31.24	
		SUMMER TENG	447	26:57.55	



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U20 Boys – 4.3km (Top 4 runners in the team)

Championship Record Holder: Catholic Junior College, 69:13.65mins

Position	School/Club	Name	Number Tag	Time	Cumulative Time
1 st	Catholic Junior College	NICHOLAS KHOO	587	16:42.45	69:13.65
		DARRYL LIEW	500	17:17.60	
		JAVEN LIM	588	17:24.02	
		ZHENGYI YEOW	589	17:49.58	
2 nd	Gan Eng Seng School	ASHER NG	582	17:04.84	71:31.72
		CALEB LING	580	17:14.56	
		ERNEST SEAH	581	18:15.39	
		LUKAS WAI	583	18:56.93	
3 rd	(TP) Gem Merchants	WONG JIE	573	18:01.211	73:59.13
		JOEL QUEK	576	18:33.564	
		DARIEN LIM	575	18:36.436	
		KELLEN LEE	574	18:47.923	

U20 Girls – 4.3km (Top 4 runners in the team)

Championship Record Holder: Nanyang Girls' High School, 79:36.85mins

Position	School/Club	Name	Number Tag	Time	Cumulative Time
1 st	Nanyang Girls' High School	SARAH YONG EN MIN	692	18:56.92	79:36.85
		NICOLE SNG HUI RU	693	20:02.46	
		GAIL LIEN ZHAO XIN	694	20:16.02	
		ASHLYNN TAN RUI XIN	695	20:21.44	

Men Open – 8.6km (Top 4 runners in the team)

Championship Record Holder: Cougars Athletic Association, 132:45.83mins

Position	School/Club	Name	Number Tag	Time	Cumulative Time
1 st	Cougars Athletic Association Team A	GILBERT DOMINIC SAVIOUR	779	31:29.59	132:45.83
		MARTIN DANIAL LUM	780	33:02.57	
		MUHAMMAD AKID MUHAMMAD NAJIB	782	33:48.52	
		AR RIZQI BIN ABDUL RASHID	781	34:25.15	



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Women Open – 8.6km (Top 4 runners in the team)

Championship Record Holder: Northbrooks Secondary School, 312:30.74mins

Position	School/Club	Name	Number Tag	Time	Cumulative Time
1 st	NORTHBROOKS SECONDARY SCHOOL	CHEAH JOYCE SHU LIN	829	57:14.47	312:30.74
		NG GERLYN ZI XIN	830	68:53.54	
		LEE ISTEE JIA XUAN	831	93:11.22	
		LOH CRYSTALBELL JIA YI	832	93:11.51	