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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 2023 22 July 2023, Saturday Passionwave, Bedok Reservoir Championship Records

U12 Boys – 1.6km

Championship Record Holder (2019)

Position	Name	School/Club	Number Tag	Timing
1 st	Muhammad Akid Muhammad Najib	Individual	111	6.04

Cougars' Member Record Holder (2023)

Position	Name	School/Club	Number Tag	Timing
3 rd	Daniel Loh	Cougars Athletic Association	116	8.30

U12 Girls – 1.6km

Championship Record Holder (2018)

Position	Name	School/Club	Number Tag	Timing
1 st	Laavinia Jaiganth	FlexiFitness Consultancy	205	6.19

Cougars' Member Record Holder (2023)

Position	Name	School/Club	Number Tag	Timing
2 nd	Low Jia Yan Paige	Cougars Athletic Association	211	8.52

U14 Boys – 4.3km (2018)

Championship Record Holder (2018)

Position	Name	School/Club	Number Tag	Timing
1 st	Tay Dian Jun Edward	Individual	308	17.45.90

U14 Girls – 3.6km

Championship Record Holder (2018)

Position	Name	School/Club	Number Tag	Timing
1 st	Hana Cheng	St. Margaret's Secondary School	419	17.03.72

Cougars' Member Record Holder (2023)

Position	Name	School/Club	Number Tag	Timing
7 th	Abigail Wong Sze En	Cougars Athletic Association	475	19.23.37



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U20 Boys 4.3km

Championship Record Holder (2018)

Position	Name	School/Club	Number Tag	Timing
1 st	Ruben s/o Loganathan	Individual	568	14.51

U20 Girls – 4.3km

**New Championship Record Holder (2023)*

Previous Championship Record Holder: Tan Mariviv, FlexiFitness Consultancy, 17.53mins, 2018

Position	Name	School/Club	Number Tag	Timing
1 st	Clara Chua*	Individual	628	17.11

**New championship record holder!*

Men's Open – 8.6km

Championship Record Holder (2018)

Position	Name	School/Club	Number Tag	Timing
1 st	Ang Xinyao Desmond	Wings Athletics Club	744	32.52

Cougars' Member Record Holder (2023)

Position	Name	School/Club	Number Tag	Timing
2 nd	Gilbert Dominic Saviour	Cougars Athletic Association	739	33.50.50

Women's Open – 8.6km

Championship Record Holder (2018)

Position	Name	School/Club	Number Tag	Timing
1 st	Vanja Cnops	F1 Runners	800	34.11

Cougars' Member Record Holder: (2018)

Position	Name	School/Club	Number Tag	Timing
3 rd	Ng Yew Cheo	Cougars Athletic Association	809	38.22