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Cougars Athletic Association

# Cougars Athletic Association

*Be Brave, Fast and Strong like a Cougar*

Founded 1999

Website: [www.cougarsaa.com](http://www.cougarsaa.com)  
Email: [cougaraa1999@gmail.com](mailto:cougaraa1999@gmail.com)

## Cougars Cross Country 2023 22 July 2023, Saturday Passionwave, Bedok Reservoir Results

### U12 Boys – 1.6km

*(Championship Record Holder: Muhammad Akid Muhammad Najib, Individual, 6.04mins)*

Position	Name	School/Club	Number Tag	Timing
1 <sup>st</sup>	Jake Seah	Individual	117	6.35
2 <sup>nd</sup>	Isaac Ng Keng Yap	Club Zoom	115	7.17
3 <sup>rd</sup>	Daniel Loh	Cougars Athletic Association	116	8.30

### U12 Girls – 1.6km

*(Championship Record Holder: Laavinia Jaiganth, FlexiFitness Consultancy, 6.19mins)*

Position	Name	School/Club	Number Tag	Timing
1 <sup>st</sup>	Nur Isabella Schiering	B2TW	210	6.49
2 <sup>nd</sup>	Low Jia Yan Paige	Cougars Athletic Association	211	8.52
3 <sup>rd</sup>	Andrea Loh	Cougars Athletic Association	212	8.53

### U14 Boys – 4.3km

*(Championship Record Holder: Tay Dian Jun Edward, Individual, 17.45.90mins)*

Position	Name	School/Club	Number Tag	Timing
1 <sup>st</sup>	Kayden Fang	Individual	325	19.39.84
2 <sup>nd</sup>	Teo Kuan Tri	Gan Eng Seng School	321	19.55.30
3 <sup>rd</sup>	Chong Kai Ze	Northbrooks Secondary School	330	20.17.34
4 <sup>th</sup>	Muhammad Shakir	Gan Eng Seng School	323	20.34.66
5 <sup>th</sup>	Wang Jieyao Ethan	Gan Eng Seng School	322	21.23.65
6 <sup>th</sup>	Ethan Lim Guan Xun	Northbrooks Secondary School	329	21.40.20
7 <sup>th</sup>	Max Fun Jern Ho	Northbrooks Secondary School	327	21.40.74
8 <sup>th</sup>	Daryen Ko	Individual	324	21.59.02
9 <sup>th</sup>	Dean Ng	Northbrooks Secondary School	328	23.17.95



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### U14 Girls – 3.6km

*(Championship Record Holder: Hana Cheng, St. Margaret's Secondary School, 17.03.72mins)*

Position	Name	School/Club	Number Tag	Timing
1 <sup>st</sup>	Zhang Bowen Kellie	Nanyang Girls High Sch	468	17.32.99
2 <sup>nd</sup>	Lim Yi Xuan	Gan Eng Seng School	462	17.33.32
3 <sup>rd</sup>	Sun Lanning	Nanyang Girls High Sch	466	17.35.95
4 <sup>th</sup>	Chua Ren Hui Luanne	Nanyang Girls High Sch	469	17.38.02
5 <sup>th</sup>	Siew Wen Wen	Nanyang Girls High Sch	465	17.42.48
6 <sup>th</sup>	Peh Wei Ru Shevaun	Nanyang Girls High Sch	467	18.04.64
7 <sup>th</sup>	Abigail Wong Sze En	Paya Lebar MGS	475	19.23.37
8 <sup>th</sup>	Cherish Leong Ci En	Gan Eng Seng	463	19.53.90
9 <sup>th</sup>	Tess Yuen Shu Ling	Paya Lebar MGS	474	21.22.82
10 <sup>th</sup>	Siah Xihan Megan	Paya Lebar MGS	471	21.35.09

### U20 Boys 4.3km

*(Championship Record Holder: Ruben s/o Loganathan, Individual, 14.51mins)*

Position	Name	School/Club	Number Tag	Timing
1 <sup>st</sup>	Chua Jing Lun Jerron	Bin Qi Ling	596	14.56
2 <sup>nd</sup>	Wong Yi Yong Gideon	Trackstar Athletics	501	15.06
3 <sup>rd</sup>	Tan Jie Cong Jayden	Trackstar Athletics	505	15.29
4 <sup>th</sup>	Tan Yong En Isaac	Trackstar Athletics	502	15.39
5 <sup>th</sup>	Gautam Kulandaiveludayar Senthilkumar	Trackstar Athletics	503	15.42
6 <sup>th</sup>	Muhammad Safwan Bin Mohamed Salim	Trackstar Athletics	508	16.06
7 <sup>th</sup>	Muhammad Akid Muhammad Najib	Individual	510	16.26
8 <sup>th</sup>	Yap Yau An Shaun	Trackstar Athletics	507	16.43
9 <sup>th</sup>	Koh Sim Yong	Bin Qi Ling	514	16.57
10 <sup>th</sup>	Reyaan Percy Muncherji	Trackstar Athletics	506	17.11



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### U20 Girls – 4.3km

*(Championship Record Holder: Clara Chua, Individual, 17.11mins)*

Position	Name	School/Club	Number Tag	Timing
1 <sup>st</sup>	Clara Chua*	Individual	628	17.11
2 <sup>nd</sup>	Cheryl Tan Pei Xuan	Nanyang Girls High Sch	612	19.34
3 <sup>rd</sup>	Huang En Hui Claire Teresa	Trackstar Athletics	627	20.31
4 <sup>th</sup>	Elaveni Elangovan	Trackstar Athletics	625	20.44
5 <sup>th</sup>	Tan Zhi Xuan Delphis	Paya Lebar MGS	619	23.04
6 <sup>th</sup>	Ang Kay Lee	Northbrooks Secondary Sch	629	23.07
7 <sup>th</sup>	Gisele Tan	Bin Qi Ling	611	23.14
8 <sup>th</sup>	Tan Ke Ying Charis	Paya Lebar MGS	617	23.18
9 <sup>th</sup>	Neo Wei Judyth	Paya Lebar MGS	618	24.11
10 <sup>th</sup>	Goh Yi Xuan Eunice	Trackstar Athletics	624	24.14

*\*New championship record holder!*

### Men's Open – 8.6km

*(Championship Record Holder: Ang Xinyao Desmond, Wings Athletics Club, 32.52mins)*

Position	Name	School/Club	Number Tag	Timing
1 <sup>st</sup>	Marc Ong	Tribal Triathlon Singapore	744	32.56.40
2 <sup>nd</sup>	Gilbert Dominic Saviour	Cougars Athletic Association	739	33.50.50
3 <sup>rd</sup>	Ang Xinyao Desmond	Trackstar Athletics	743	34.11.00
4 <sup>th</sup>	Jasper Chue Zhi Qiang	Cougars Athletic Association	741	41.49.21
5 <sup>th</sup>	Han Mao En	Cougars Athletic Association	745	48.04.97
6 <sup>th</sup>	Ahmad Nur Hakeem bin Ahmad Nazli	Cougars Athletic Association	740	48.33.02
7 <sup>th</sup>	Kuru Prakash s/o Mathialagan	Cougars Athletic Association	742	48.37.64

### Women's Open – 8.6km

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

Position	Name	School/Club	Number Tag	Timing
1 <sup>st</sup>	Lee Ying Qi	Trackstar Athletics	815	38.11.93
2 <sup>nd</sup>	Ng Yew Cheo	Cougars Athletic Association	813	41.24.73
3 <sup>rd</sup>	Janet Ling	Individual	817	1:10.17