

3RD ANNUAL CROSS COUNTRY RUN



and year 10 and 11 students in the third class.

The scoring for participants is as follows: each participant is awarded one point each for their respective houses; the person who receives first place (in their classes) would reward their house 10 points, second place would be given 8 points, third place would redeem 6 points and the number of points recedes as the placings level to the 7th position. However, there is another category which is open to teachers, staff, parents, etc.



Warm up exercises were demonstrated and carried out before the run. Once everyone was done stretching, the first category was ready to head to the starting point. The groups went one after another with intervals of 5 minutes between the gender categories (with girls starting off first) and 15 minute intervals between classes.

Students then faced the 2.2 kilometre run, hilly terrains and steep slopes. Most tried to keep jogging but halfway through, many were burned out and decided to hike the rest of the way. Even so, students managed to finish the run in the estimated time of 20 minutes (maximum).

The conclusion of the St. John's International Cross Country Run 2016 is as follows:



Tan Kin Dyuen in the 7th position, Ng Jovan in the 6th, Tan Kang Lim in the 5th, Hah Xiau Wei in the 4th, Wong Leng Choong in the 3rd, Barard Chong in the 2nd and, lastly, Lee Kong Hui finishing off with the 1st position.

Starting off with the open category, female – we have Chai Sher Lene in the 7th ranking, Moo Hooi Ping in the 6th, Kimberly Tan in the 5th, Seah Sunsun in the 4th, Susan Tang in the 3rd place, Suguna in the 2nd and, finally, Evelyn Ang Loo claiming the 1st position. For open category, male - we have





We now move on to the 1st category female with Wong Kar Mun coming in 7th, Crystal Chow in 6th, Yuki Lo in 5th, Cheng Hor Yan in 4th, Paula Mikki in 3rd, Michaelle Chan in 2nd and Tan Zhi Ching in 1st place. For the male category we have Go Chee Kin in 7th place, Lee Wei Quan in 6th, Aaron Peter in 5th, Alistair in 4th, Sebastian Yeow in 3rd, Adam Lim in 2nd and Jaden Yap Zhi Yong, claiming 1st place.



For the 2nd category of females we have Tan Wei Ying for the 7th position, Yap Wi Xi for the 6th, Lim Jia Jie for the 5th, Natalie Chew Kai Xin for the 4th, Allysa for 3rd place, Yap Wi Zi for 2nd place and finally Natalie Gan for 1st position. Next in line we have the males; coming in 7th position is Bryan Liaw followed by Low Zhao Yang in the 6th position, Satveer is in the 5th position, Richard in 4th, Kuan Jun Han in 3rd, Wilson Siew in 2nd and lastly, Kuan Jun Hao in the 1st place.



Next, we have the 3rd category of females with Beh Mhin Yee coming in 7th, Hui Qi in 6th, Zovy Tan in 5th, Corey Yong in 4th, Emily Yeap in 3rd, Dorothea Chen in 2nd and Chung Ya Chi finishing in 1st place. Last but not least, we have the males with Dillon Yong landing himself in 7th place, Sean Comben in 6th, Michael Sminia in 5th, Zidean Chan in 4th, Lai Zhen Yoong in 3rd, Wong Wai coming in 2nd and, finally, Wong Yu advancing to the top of the chain.



Once the points were tallied up, it was clear that Oxford was in the lead with a solid 170 points followed by Cambridge with 165 points and Glasgow with 155 points.

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