

# Charity Fund Run 2018



Runners, all ready to go!

On 15 Sep 2018, the CSC Running Club participated in the annual Palm Resort Run4Fund 2018 for the second consecutive year. Organised by the Palm Resort and Country Club Malaysia, part of the proceeds of the event registration fee (MYR60) goes to the Palliative Care Association of Johor Bahru. With our participation, our members had the opportunity to participate in an overseas run for a good cause. Attracting runners from Singapore and Malaysia, the run's novelty is to be able to race through a golf course without the fear of being hit by flying golf balls!

Crossing the causeway that Saturday morning to get to our event venue, Palm Resort and Country Club, took us slightly more than two hours. After brunch and some shopping, we



In action during the warm-up session

checked into the Resort for a short rest before the run in the late afternoon. Following a mass warm-up session guided by a fitness instructor, we were all raring to go!

The carpeted golf green had a soothing effect on the runners as they weaved through the challenging and undulating terrain of the Melati Course. Coupled with the kind weather and a runner's high, our Running Club veteran Ms Stella Tay emerged the champion for the Veteran Ladies Category (55 years and above). Greeting thirsty and tired runners at the finishing line was iced Milo which never tasted so good, not forgetting the additional treat from a booth selling piping hot curry puffs. Club member Ms Magdalene Loh said, "It was a cool wonderful day and we are glad to play a part in helping others through our participation."

Abuzz with activities, the event venue had a carnival-like atmosphere where an emcee led in various fringe activities. There were also several booths promoting products such as soya bean milk and cooking oil. The event finale was a lucky draw where two of our Running Club members walked away with prizes. It was a well-organised event and our members are looking forward to the 2019 event and certainly to root for our very own Stella when she returns as defending champion!



Ms Stella Tay receiving her Veteran Ladies Champion trophy



Satisfied runners!

To participate in meaningful running activities such as the one featured here, join us at the CSC Running Club. We also run every first and third Saturdays of the month. Opened to all CSC members at an annual subscription of \$12 only.

To register, go to [www.csc.sg/stargames/Sports-Interest-Running-Civil-Service-Club](http://www.csc.sg/stargames/Sports-Interest-Running-Civil-Service-Club) (click "Payment of Annual Subscription/Renewal Fee"). For more information on our CSC Running Club, please contact Abraham Chan 9663 7837.

CSC Running Club would like to take this opportunity to wish all our readers a Happy Year 2019!

