

ISCA RUN

SATURDAY, 26 OCTOBER 2024
6.30AM – 10AM
@ OCBC SQUARE

COME GEAR UP
IN COLOURS!

NET PROCEEDS FROM ISCA
RUN WILL BE DONATED TO 

EVENT PARTNER  **METASPORT**

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Welcome Note

Dear members, sponsors and friends of ISCA,

On behalf of ISCA and ISCA Cares, we are proud to once again launch our annual flagship ISCA Run 2024, which is in its 9th edition. This year, the theme of the run is **Run in Colour**, where we invite you to come dressed in as many bright, vibrant colours as possible! This is also a visual representation of our profession and community – a spectrum of people from diverse backgrounds coming together to create something beautiful and wonderful. We look forward to seeing you on 26 Oct 2024 at the Singapore Sports Hub!

Our annual ISCA Run serves a social impact as well. All net proceeds from the run will go towards ISCA Cares, the charity arm of ISCA. Last year, ISCA Cares disbursed over \$220,000 in bursaries, and since its inception in 2015, close to \$1 million have been awarded to students from financially challenged backgrounds to empower them to pursue accountancy studies. We have heard firsthand from the beneficiaries of these bursaries, and they are extremely grateful for the support that ISCA and ISCA Cares have extended to them. All this is made possible because of the strong support of our members and wider community – yes, we mean you – through the various initiatives and events, such as this run.

This year, we are also introducing a brand-new Family category, where we invite runners to pair up with their kids for the run. We are expanding our ISCA Run to include families because we want to champion strong family bonding and ties, and take part for a good cause!

Once again, thank you for your support towards ISCA Run 2024, and see you there!

Fann Kor
CEO
Institute of Singapore Chartered Accountants

Race Kit Collection

Race Kit Collection for all participants will take place at the ISCA House:

Location: Level 5, ISCA House
60 Cecil St, Singapore 049709

Date & Time: Friday, 18 October - 9.30 am to 5.30 pm
Saturday, 19 October – 9.00 am to 1.00 pm
Monday, 21 October – 9.30 am to 5.30 pm
Tuesday, 22 October – 9.30 am to 9.00 pm

Please take note of the following important points:

- Race kits must be collected during this time.
- You may ask a colleague or friend to collect your pack on your behalf. A copy of your registration confirmation must be produced.

Each Race Kit will consist of the following items:

- Race bib
- Bag tag (for bag deposit)



Should you have any further queries about the race kit collection, please reach out to iscarun@isca.org.sg for assistance.

Programme

Time	Details	Location
6.00am	Event venue opens	OCBC Square
6:35am	Welcome by ISCA	Main Stage
6:50am	ISCA Games Overall Championship Trophy Handover	Main Stage
6:55am	Warm-up for 10km	Main Stage
7.00am	Start 10km	Start Line
7:02am	Warm-up for 5km	Main Stage
7.20am	Start 5km	Start Line
7.30am	Games & entertainment open	Festival Village
8:30am	Cool down exercises	Main Stage
8.45am	Awards ceremony	Main Stage
10.30am	Event close	

Notice to all participants!

The race will start on time according to the published schedule. Please ensure you allow sufficient time to arrive at the venue and prepare yourself for the race. **The start pen will close 5 minutes after flag-off.**

Start Process:

Enjoy the warm-up exercises at the main stage, then quickly move to the start area when the MC gives the announcement.

Enter into your designated start gate as indicated on your race bib.



Runners



Joggers



Walkers

Getting to the Race Venue

Venue: OCBC Square, Singapore Sports Hub

Public Transport

1. Train Services:

The nearest MRT station to the start line at the Sports Hub is Stadium (CC6) on the Circle line – Exit A (200m from venue). First train arrives around 0615 only.

2. Bus Services

- Bus no. 11 to the Indoor Stadium stop. 300m from the venue.
- Bus no. 158 to Tanjong Rhu's 'Pebble Bay' stop. 600m from the venue.
- Bus no. 10, 11, 14, 16, 70, 70M or 196 to the 'Opposite National Stadium' stop on Nicoll Highway. 600m from the venue.

Car and Taxi Services

The nearest taxi drop-off point is at the taxi stand located at Stadium MRT and Indoor Stadium.

For parking, the closest options are at the [OCBC Aquatic Centre](#), where you can choose between basement parking. Additional parking is available at the Indoor Stadium and Kallang Leisure Park.

As part of the event's green initiatives, please consider sustainable transportation methods like cycling to the venue, ride-sharing services, public transport or carpooling.

The Venue



Bag Deposit:

We suggest bringing a small bag that you can run or walk with. If you wish to use the bag deposit service, attach your numbered bag tag before dropping off. Do not bring valuable items, or large/bulky bags as we do not take any responsibility for belongings.

T-shirt Collection

Your event t-shirt will be available for collection **after** the race from the T-shirt Collection counter in the festival area. Please have your registration confirmation email ready to show volunteers that indicates the shirt size you selected.

The Course - 5km

A new course along the waterfront of the Marina Basin, Geylang River and Kallang River. A beautiful green route with plenty of shade.



Drink Stations

100Plus isotonic drinks and Ice Mountain mineral water are provided at the halfway point of the the 5km course.

The Course - 10km

A new course along the waterfront of the Marina Basin, Geylang River and Kallang River. A beautiful green route with plenty of shade.



Drink Stations

100Plus isotonic drinks and Ice Mountain mineral water are provided at the drink stations. The 10km run features 4 drink stations, on average one every 2 kilometers.

Race Categories



5km	
Female Open 19-34 years old	Male Open 19-34 years old
Female Senior 35-49 years old	Male Senior 35-49 years old
Female Master 50 & above years old	Male Master 50 & above years old

10km	
Female Open 19-34 years old	Male Open 19-34 years old
Female Senior 35-49 years old	Male Senior 35-49 years old
Female Master 50 & above years old	Male Master 50 & above years old

Live Results

Results are available online within minutes after you cross the finish line.

Click on button to be directed to the results page

[Results Page](#)

Prize Presentation

The awards ceremony will be held on the main stage.

Prizes are awarded to the champions of the race categories as shown in the table above.

Finisher Goodies

Upon completing the run, each participant will receive the following items on race day:

- Runner t-shirt
- Finisher medal
- e-Certificate



Festival Village

The festival area comes alive post event with DJ tunes, games and awards. It's a great way to kick-start your weekend with colleagues, family and friends.



Stay Healthy & Safe

- **Look out!** Keep left on the track and be mindful of other park users.
- **Stay Hydrated:** Drink water before, during, and after the run.
- **Warm Up:** Stretch and warm up to prevent injuries. If you are going to push yourself then spend 15 mins getting your heart rate up.
- **Dress Right:** Wear comfortable running gear and proper shoes.
- **Listen to Your Body:** Stop and seek help if you feel unwell.
- **Pace Yourself:** Run at a comfortable pace and avoid overexertion. Start off easy if you are not a regular exerciser or have been under the weather recently.

Race Day Checklist

- ☐ Remember to bring your runner's bib.
- ☐ Wear a pop of colour!
- ☐ Arrive 30 minutes before your race.
- ☐ Try to avoid bringing large bags, a light bag that you can take with you on the run is best.
- ☐ Be mindful of other members of the public on the running route.

Wet Weather & Haze

Rain

The run continues, rain or shine. Only in the instance of lightning we take cover and watch.

Once lightning has been cleared, a delayed start may be considered, depending on the timing. A reduced distance may also be implemented.

Haze

A bit of haze won't spoil the fun, the race will continue if $PSI > 100$ or $Pm_{2.5} > 55$ however participants are advised to not exert themselves and no prizes will be awarded.

The run will be cancelled if haze reaches values of $PSI > 200$ or $Pm_{2.5} > 150$.



2024 SPONSORS

PLATINUM



GOLD



OFFICIAL HYDRATION



SPONSORSHIP-IN-KIND

