



ISCA RUN 2025

CASH ME IF YOU CARE

SATURDAY, 18 OCTOBER 2025
THE MEADOW, GARDENS BY THE BAY



**10TH ANNIVERSARY
EDITION**

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Welcome Note

Dear members, sponsors and friends of ISCA,

On behalf of ISCA Cares, I am delighted to welcome you to the 10th edition of our annual flagship ISCA Run — ISCA Run 2025! Reaching this milestone is a testament to the unwavering support of our members, sponsors, and the wider community who have journeyed with us over the past decade. Together, we have built more than just a race — we have built a tradition of unity, wellbeing, and giving back.

As with every edition, the ISCA Run carries a deeper purpose. All net proceeds will go towards ISCA Cares, the charity arm of ISCA. Since its inception in 2015, ISCA Cares has disbursed over \$1.2 million in bursaries, providing vital support to students from financially challenged backgrounds to pursue accountancy studies. Last year alone, over \$250,000 was awarded, and we continue to hear heartfelt stories from beneficiaries whose lives have been touched by your generosity. This impact would not be possible without your participation in initiatives like the ISCA Run.

To mark this special 10th anniversary, we are introducing a first-ever Parent & Child 1km race category for families to bond, and exclusive ISCA Run 10th anniversary merchandise!

Thank you for being part of this special 10th anniversary. Whether you are chasing a new personal best, enjoying a light jog with your child, or simply soaking in the atmosphere, your presence helps us run with purpose — for fitness, family, and the future.

See you at the starting line!

Professor Ang Hak Seng
Chairman
ISCA Cares

Celebrating 10 Years of Running with Purpose

The ISCA Run is more than just a race — it's a celebration of unity, wellbeing, and giving back. In its 10th year, the event brings the accountancy community together for a morning of fitness, fun and purpose — championing camaraderie, encouraging healthy living, and strengthening bonds with colleagues, friends, and family.

This year's bold, finance-inspired theme, ***"Cash Me If You Care!"***, adds a playful twist on movement and money, where every step counts not just for your goals, but for a greater cause.

From chasing down "bankers" mid-race to collecting golden coins in family-friendly activations, every dollar "earned" unlocks actual donations from corporate sponsors to ISCA Cares — supporting underprivileged individuals through education and empowerment.

So, whether you're racing for a personal best, enjoying a 1km jog with your child, or soaking up the good vibes, your participation helps us celebrate a decade of running with purpose.



Race Pack Delivery & Collection

Race packs will be delivered from 6 October to corporate sponsors, who will then distribute them directly to their registered runners.

Collection for all other participants will take place at ISCA House.

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

Date & Time: Tuesday, 14 October — 11.00 am to 7.00 pm

Key points to note:

- Race packs 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 Pack will consist of the following items:

- Race bib
- Bag tag (for bag deposit) **Except 1km Parent & Child participants*
- T-shirt



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

Runner's Entitlements

Runners will receive the following items:

- Runner T-shirt
- Finisher Medal — for the 1km Parent & Child run - only children will receive the medal (medals will be distributed randomly),
- E-Certificate — for 5km & 10km only





Getting to the Venue

Venue: The Meadow, Gardens By The Bay

Public Transport

****Note that the Circle line will have maintenance disruptions on race day until 9:00am. Please make alternative arrangements that avoid the Circle line.***

- **Train Services**

Via the Downtown Line

- Alight at Bayfront MRT Station (DT16)
- Take Exit B and follow the underground linkway
- Exit and cross the Dragonfly Bridge or Meadow Bridge into Gardens by the Bay

Via The East-West Line

- Alight at Tanjong Pagar MRT Station (EW15)
- Take Exit C and head towards bus stop no. 03223 located at International Plaza, Anson Road
- Hop onto bus 400 and alight at bus stop no. 03371 along Marina Gardens Drive

Via Thomson East-Coast Line

- Alight at Gardens by the Bay MRT Station (TE22)
- Take Exit 1 into Gardens by the Bay (beside Satay by the Bay)

Car

- Nearest Car parks
 - [The Meadow Open-air Car Park](#), 284 spaces, SGD 0.035 per minute
 - [Bayfront Plaza Carpark](#), 172 spaces, SGD 0.035 per minute

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.

Programme

TIME	PROGRAMME	VENUE
6:00am	Venue Opens	
6:45am	Welcome Speech by ISCA	Main Stage
6:50am	ISCA Games Overall Championship Trophy Handover	Main Stage
6:55am	Warm-up 10km	Main Stage
7:00am	10km Run Flag-Off	Start Line
7:02am	Warm-up 5km	Main Stage
7:20am	5km Run Flag-Off	Start Line
7:30am	Festival Activities (FUN-raising Games and Gold Coins Redemption)	Festival Village
8:45am	1km Parent & Child Run Flag-Off	Start Line
9:00am	Awards Ceremony	Main Stage
9:20am	Lucky Draw by Fullerton Health	Main Stage
9:45am	Kids Treasure Hunt	Festival Village
11:00am	Event Closes	

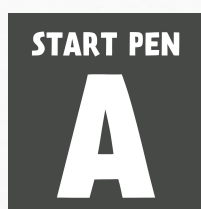
Notice to all participants!

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

Start Process:

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

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



The Venue

This year, the ISCA Run will take place at a brand-new location — **The Meadow at Gardens by the Bay.**

Get ready to race with a stunning city view and soak in the scenic beauty of one of Singapore's most iconic parks!



Bag Deposit:

Bring 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.



The Course — 10km

The 10km course is an immersion in stunning green scenery on a (mostly) flat, straight, and fast route along the Marina Reservoir. Starting from The Meadow, you'll cross at the Barrage to Gardens by the Bay South, where the city skyline never fails to amaze.

To spice up the course, we've added a special (over the top) highlight: you'll run both ways over the iconic Marina Barrage rooftop. Enjoy!



Drink Stations

H-TWO-O isotonic drinks and Sparkle Water sponsored by Yeo's are provided at the drink stations at the 2.1km, 5.4km and 8.2km mark of the course.



The Course — 5km & 1km

From the lush green Meadow in Singapore's world-renowned Gardens by the Bay, the 5km course takes you past a spectacular lineup of icons — Helix Bridge, Art Science Museum, Marina Bay Sands, and the floating Apple Store. Blending nature with striking urban landmarks, this course is a feast for the senses.

1km Parent & Child Run

A fun-filled dash designed for parents and kids to run side-by-side. It's the perfect way to bond, share the excitement, and create lasting memories together — all while supporting a meaningful cause.



Drink Station (5km)

H-TWO-O isotonic drinks and Sparkle Water sponsored by Yeo's are provided at the drink station at the Promontory, around the 2.3km mark.

Race Categories



5km	
Open (Female) 18-34 years old	Open (Male) 18-34 years old
Senior (Female) 35-44 years old	Senior (Male) 35-44 years old
Veteran (Female) 45-54 years old	Veteran (Male) 45-54 years old
Master (Female) 55 & above years old	Master (Male) 55 & above years old
Student (Female)	Student (Male)

10km	
Open (Female) 18-34 years old	Open (Male) 18-34 years old
Senior (Female) 35-44 years old	Senior (Male) 35-44 years old
Veteran (Female) 45-54 years old	Veteran (Male) 45-54 years old
Master (Female) 55 & above years old	Master (Male) 55 & above years old
Student (Female)	Student (Male)

Live Results

Results will be available online within minutes of you crossing the finish line.

[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.

Join the Fun, Give with Purpose

Take part in exciting activities on race day where your participation helps “earn” symbolic gold coins. Each coin collected will be converted into real donations to ISCA Cares, turning fun moments into meaningful impact.



Catch the Banker

Add some fun to your 5km run!

- **Spot the Bankers:** Look out for Bankers in suits holding balloons along the course.
- **Chase & Tag:** Tag a Banker to earn 1 gold coin.
- **Collect & Deposit:** You can collect up to 4 coins total.

Run, chase, collect — and make your 5km even more exciting!

Kids Treasure Hunt

Get ready for a treasure-filled adventure! The fun will kick-off at 9:45am once all the racing has concluded.

Join the search for hidden gold bars around the venue.
Find one and donate it to the Piggy Bank to redeem a prize!



On-Site Games

Hang Man Challenge

Hold tight and test your grip strength!

Hold on for 20 seconds and earn 1 Gold Coin!

Push Up To Money Up

Drop and give us 10!

10 push-ups = 1 Gold Coin

Quick Ledger Challenge

Think fast, accountant-style!

Solve the flashing math problem on-screen quicker than anyone else to snag a Gold Coin.

Spot the Difference: Accountant Edition

Two images, one mission — find the differences first and win yourself a Gold Coin!

Gold Coins Redemption

Before heading home, drop your hard-earned Gold Coins into the Piggy Bank on stage to exchange for a prize!

Every coin adds up to real contributions for ISCA Cares!



Festival Village

Get ready for a fun-filled morning at The Meadow at Gardens by the Bay!

Relax in the beautiful green space after your race! Bring a picnic mat to chill on, and don't forget a frisbee or ball for some fun and games.

Food & Beverages:

Head to the ISCA Cares booth to make a donation. In return you'll receive coupons to redeem at our delicious F&B stalls, with full proceeds going to ISCA Cares.

Then relax to the laid-back tunes from our DJ with your family, friends and colleagues.

Important Notes:

- The event venue does not allow external mass catering. All corporate F&B requirements must be arranged through Gardens by the Bay's approved list of caterers. Please reach out to iscarun@isca.org.sg for the appointed caterer list.
- You may bring a personal picnic to enjoy.
- Drones, kite flying, and scooters/bicycles are not permitted. [See all venue requirements](#)..



Stay Healthy & Safe

- **Stay Hydrated:** Drink water before, during, and after the run.
- **Warm Up:** Stretch and warm up to prevent injuries.
If you plan to push yourself, spend 15 minutes getting your heart rate up.
- **Dress Right:** Wear comfortable running gear and proper shoes.
- **Do a Pre-Race Fitness Check:** Check [Sport Singapore's Get Active questionnaire](#) to ensure you're fit to run.
- **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.
- **Listen to Your Body:** Stop and seek help if you feel unwell.
- **Look Out!** Keep left on the track and be mindful of other park users.

Race Day Checklist

- ☐ Remember to bring your runner's bib.
- ☐ 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 will proceed rain or shine. In the event of lightning, all participants will be directed to take cover until conditions improve. Once it is safe to resume, the organisers may implement a delayed start, subject to timing considerations. If necessary, a reduced distance will be introduced to ensure the event can continue safely.

Haze

A bit of haze won't spoil the fun. The race will continue if PSI > 100 or PM2.5 > 55; however, participants are advised not to exert themselves.

The run will be cancelled if haze reaches values of PSI > 200 or Pm2.5 > 150.



2025 Sponsors

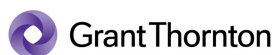
DIAMOND SPONSORS



PLATINUM SPONSORS



GOLD SPONSORS



SILVER SPONSORS



OFFICIAL HYDRATION PARTNERS



OFFICIAL APPAREL PARTNER



OFFICIAL MEDICAL SERVICES PARTNER



OFFICIAL INSURANCE PARTNER



OFFICIAL MEDIA PARTNER



OFFICIAL F&B PARTNERS



From Heartbeat to Finish Line

Fullerton Health is proud to support the ISCA Run 2025 as the Official Medical Service Partner.

For every runner - from first-timers to seasoned marathoners — every stride counts. Endurance, recovery and consistency are key. But no matter how dedicated your training or how disciplined your nutrition, real performance starts from within — often long before you feel any warning signs.

At Fullerton Health, together with our trusted network of specialist partners, we understand the unique physical demands faced by athletes and busy professionals—and we're here to support your performance and wellbeing. Staying ahead means more than just beating your personal best. It means staying healthy enough to keep competing, training, and winning.

Preventive Screenings

Preventive screenings and regular health checks help detect potential problems early, even before you feel unwell.

- How to optimise performance
- Muscle fatigue markers and inflammation
- Nutritional deficiencies impacting stamina and recovery



For long-term performance and injury prevention, monitor and take charge of:

- Cardiovascular health
- Musculoskeletal health
- Hormonal balance and metabolic function
- Bone density and vitamin D levels
- Stress and mental wellness indicators



Tips when attending the event

- Stay hydrated and dress appropriately
- Protect against the sun with sunscreen, hat, and sunglasses if outdoor.
- Practice good hygiene – use hand sanitiser and wash hands regularly.



If you need any medical support, please approach staff at medical station.

Reviewed by Dr Lee Ming Yong, Medical Director, Fullerton Health

References: [Healthy Living by Ministry of Health: Sports safety and health check by Sports Singapore](#)

