

PULSE 2026: a S$5 community 10km run, 3.2km walk and family challenge at the National Stadium on 29 November

Description

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For S$5, residents can run 10km, walk 3.2km or take on a family fitness challenge inside the National Stadium grounds on Sunday 29 November. PULSE: One Community, One Heartbeat is a community sports day organised by the grassroots of Marine Parade-Braddell Heights GRC and Mountbatten SMC, with registration through OnePA under MacPherson CC.



The PULSE 2026 event banner. Illustration: Marine Parade-Braddell Heights GRC and Mountbatten SMC

Date, price and registration

- Date and time: Sunday 29 November 2026, 8.30am to 12.30pm.
- Where: Singapore National Stadium, entering via Gate 9.
- Cost: S$5 admission, which includes an event tee and carnival snacks on the day while stocks last. Children under 12 get in free.
- Registration: on OnePA, listed under MacPherson CC, with a closing date of 29 November. OnePA notes that extra fees or discounts may apply at checkout, and you need to log in to see vacancies and the final price.

- T-shirts: collect yours before the event, from the location you pick when you register.

Pick your distance

The 10km run comes in two forms: an individual entry, or a team of up to four friends, family members or colleagues. Both are in the running for prizes.

The 3.2km route is billed as a friendly walk or recreational run, open to all ages and fitness levels. Families can instead try the Family Fitness Challenge, a set of stations built around dumbbell movements, a SkiErg, sandbags and bodyweight exercises, completed as a team. There is also an Inflatable Ninja Challenge among the fringe activities.



The PULSE 2026 logo. Graphic: Marine Parade-Braddell Heights GRC and Mountbatten SMC

Where the money goes

PULSE is a fundraiser with a collective target of S$1 million. Proceeds go to the Community Development and Welfare Fund, which supports vulnerable residents through local grassroots organisations, as well as youth development and the preparation of national athletes. Beneficiaries include The Hut, PPIS Family Services and Singapore Athletics, which is raising support for its athletes on the road to the 2027 SEA Games.

The six divisions taking part are Braddell Heights, Geylang Serai, Kembangan, MacPherson, Marine Parade and Mountbatten.

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STADIUM RD
NICOLL HIGHWAY
MRT
TOWARDS KALLANG EW10 MRT STATION (600M)
STADIUM DRIVE
PE
PE
PD
PC
OCBC AQUATIC CENTRE
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OCBC ARENA
PB
NATIONAL STADIUM
KALLANG WAVE MALL
MRT
CC6
EXIT A
STADIUM
PL
PS
SINGAPORE

PULSE participants enter the National Stadium via Gate 9, circled. Graphic: PULSE 2026 event site

Getting there

Stadium MRT on the Circle Line is the closest station, with Gate 9 a few gates along on the stadiumâ??s eastern side. Mountbatten MRT, also on the Circle Line, is a 600m walk. The organisers recommend public transport and arriving early, since station crowds can build on event days.

The organisers have not stated a cut-off time, a minimum age for the 10km or a refund policy. Questions can go to any community club in Marine Parade-Braddell Heights GRC or Mountbatten SMC.

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