

RSR Challenge 5K at East Coast Park on 26 November: S$5 entry, 30-minute cut-off and a mandatory running light

Description

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The next RSR Challenge 5K is on Thursday 26 November 2026 at 8pm at East Coast Park, and entry costs S$5. The cut-off is 30 minutes, which means averaging six minutes per kilometre or faster over the full distance. The field is capped at 200.

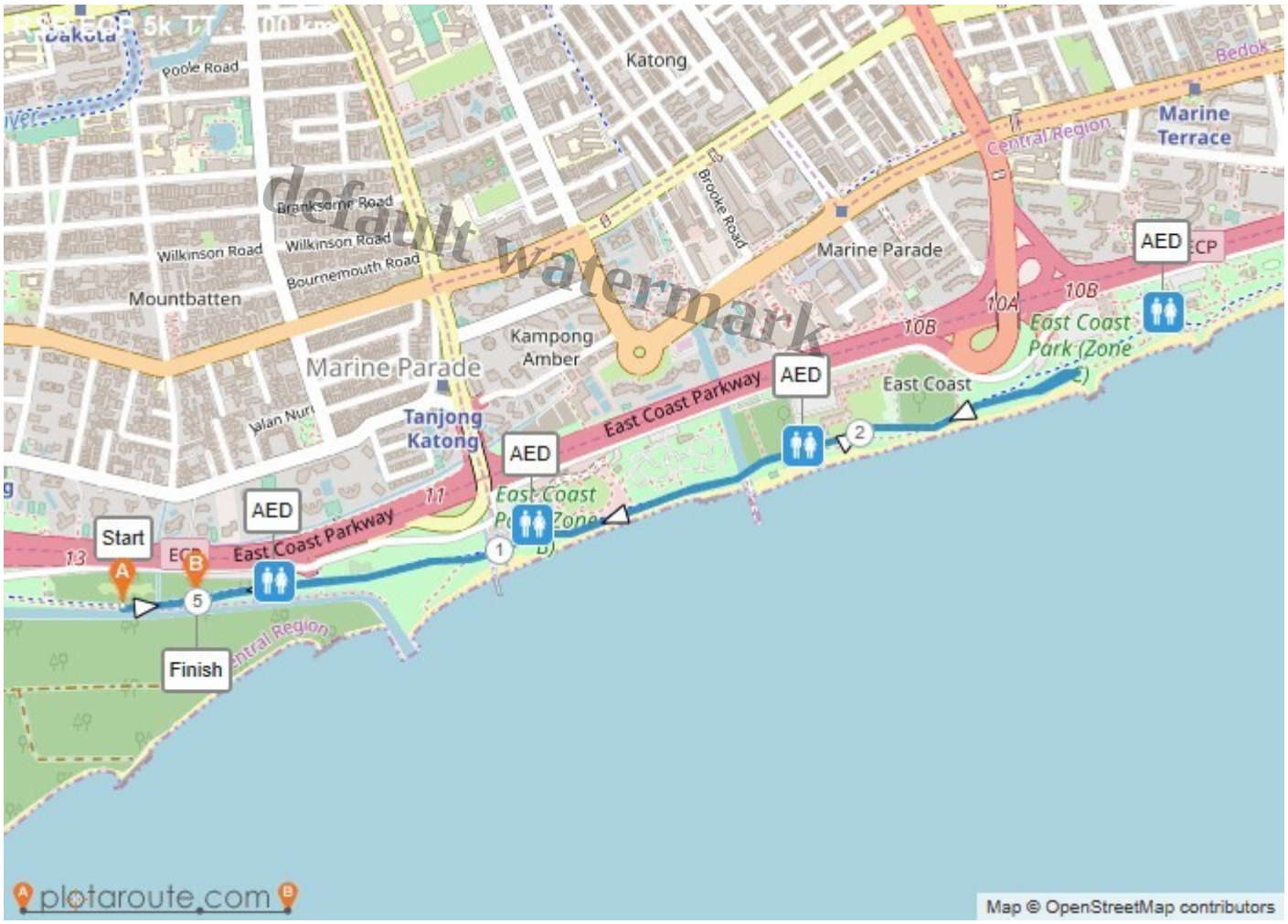


A runner on the East Coast Park path; undated photo, not taken at an RSR Challenge race. Photo: National Parks Board

What you get for S$5

This is a no-frills, accurately measured 5km run on the main East Coast Park footpath, flat and out-and-back. It starts 400m west of Car Park B1, follows the coastal path to a marshalled turnaround and comes back the same way to finish near the start. The series is operated by Singapore Shufflers Pte Ltd, and results count towards the Run Singapore Rankings.

Results are also age-graded, so your time is compared against runners of different ages and genders, not just against whoever crossed the line first. That makes the age-grade league a fairer place to measure your own progress than the overall finishing order.



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The out-and-back RSR Challenge 5K course on the East Coast Park footpath. Course map: Run Singapore Rankings; map data OpenStreetMap contributors

Who can enter

The minimum age is 15 by 31 December of the race year, so a 14-year-old who turns 15 later in 2026 can still run. Under-18s need a parent or guardianâ??s consent, submitted online when registering.

For context, edition 24 on 29 October had 48 finishers and 12 personal bests. Ido Rozenman was fastest man in 16:07 and Nayana Jain fastest woman in 17:31, a womenâ??s series record. You do not need to be anywhere near that. Finishers outside the 30-minute cut-off may not get an official result, ranking or age grade.

The running light rule

Everyone must wear a running light, clearly visible on the front of their clothing, for the whole race. The course is on public paths that stay open to pedestrians and cyclists, and the light keeps runners visible to the public, oncoming runners and marshals. You show the light at bib collection before your bib is issued. If you forget, one costs S$7 at the desk. Runners without their bib or light will not be allowed to take part.

Bib collection is from 7.15pm to 7.45pm on race day at Hut 02B near Car Park B1. Arrive in time to be on the start line 10 minutes before 8pm. There is no baggage storage, so travel light.

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Promotional artwork for the RSR Challenge Series, not a photo of race items. Illustration: Run Singapore Rankings

Booking, refunds and weather

- Entry: S$5, paid online through Stripe
- Registration closes: 12pm on race day, or earlier if all 200 places go
- Refunds: entry fees are normally non-refundable if you withdraw, do not turn up, arrive too late to start, do not finish, miss the cut-off or are disqualified, and there is no refund if the organiser cancels the event
- Transfers: allowed if requested at least 24 hours before the start, and only once approved
- Weather: the start can be held back for lightning, heat, poor air quality or flooding, and the race may be cancelled if conditions look set to continue past 9pm

Limited entries may be available at the bib desk on the night, but the organiser asks runners to get in touch first to check.

Getting there

Car Park B1 is at the Fort Road end of East Coast Park, and the start is 400m west of it. Katong Park and Tanjong Katong stations on the Thomson-East Coast Line are closer to this end of the park than Marine Parade. Check the course map before you set off.

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