

HTNS Fitness Challenge - List of Record Holders

< 22 years					
Item	Name of Record Holder	Age	Performance	Division	Year
Push-Up	PARK U V	19	104	SCDF-NSTI	2016
Sit-Up	DUCOURNEAU ALEX JACQUES	19	80	SCDF-1st Division	2016
2.4km	SUDARSHAN UJIT UDPA	19	8:24 min	SCDF-HQ	2018
40m Sprint	NIAN DING CHAO	21	5s	SCDF-NSTI	2017

22 - 24 years					
Item	Name of Record Holder	Age	Performance	Division	Year
Push-Up	NOOR ISKANDAR BIN SUBEHAN	22	90	SPF-PROCOM	2017
Sit-Up	ZULHILMI	23	73	SPF-PCG	2015
2.4km	MOHD NAZRI	24	8:26 min	SPF-KINS	2015
40m Sprint	ZULHILMI	23	4.7s	SPF-PCG	2015

25 - 27 years					
Item	Name of Record Holder	Age	Performance	Division	Year
Push-Up	IMADIE RIZAL	25	85	SPF-J Division	2015
Sit-Up	ZULHILMI	25	79	SPF-PCG	2016
2.4km	CHUN YEW WEE	26	8:37 min	SPF-PROCOM	2017
40m Sprint	IMADIE RIZAL	26	5.3 s	SPF-J Division	2016

28 - 30 years					
Item	Name of Record Holder	Age	Performance	Division	Year
Push-Up	GOH DONG FA	29	90	SCDF-3rd Division	2015
Sit-Up	GOH DONG FA	30	70	SCDF-3rd Division	2016
2.4km	GAVIN TAN	29	8:38 min	SPF-TRACOM	2016
40m Sprint	GOH DONG FA	30	5.3 s	SCDF-3rd Division	2016

31 - 33 years					
Item	Name of Record Holder	Age	Performance	Division	Year
Push-Up	GOH DONG FA	31	94	SCDF-3rd Division	2017
Sit-Up	LEE LIS KING	32	69	SPF-KINS	2016
2.4km	YAP SIONG	31	8:58 min	SPF-PROCOM	2018
40m Sprint	GOH DONG FA	31	5.4s	SCDF-3rd Division	2017

34 - 36 years					
Item	Name of Record Holder	Age	Performance	Division	Year
Push-Up	TAY YONG GUAN	35	83	SPF-TRANSCOM	2018
Sit-Up	NG JUN HONG	35	61	SCDF-CDA	2017
2.4km	LIM ERN SUR	37	9:29 min	SPF-PCG	2016
40m Sprint	MULIADI BIN TUGIMIN	36	5.2s	SPF-PROCOM	2017

37 - 39 years					
Item	Name of Record Holder	Age	Performance	Division	Year
Push-Up	MULIADI BIN TUGIMIN	37	72	SPF-PROCOM	2018
Sit-Up	DAVID SING KOK SOON	38	55	SPF-G Division	2016
2.4km	ARCHER WEE	39	9:47 min	SPF-A Division	2017
40m Sprint	MULIADI BIN TUGIMIN	37	5.4s	SPF-PROCOM	2018

40 - 42 years					
Item	Name of Record Holder	Age	Performance	Division	Year
Push-Up	MOHD AZHAR	42	61	SPF-KINS	2015
Sit-Up	LEE TECK HUAT	42	62	SCDF-3rd Division	2016
2.4km	LEE TECK HUAT	42	9:42 min	SCDF-3rd Division	2015
40m Sprint	TAN GEE HOW SEBASTIAN	42	5.5 s	SPF-F Division	2016

43 - 45 years					
Item	Name of Record Holder	Age	Performance	Division	Year
Push-Up	MOHD AZHAR	44	73	SPF-PROCOM	2017
Sit-Up	YEO KIAN MIN	43	61	SCDF-3rd Division	2017
2.4km	MOHD AZHAR	43	9:11 min	SPF-KINS	2016
40m Sprint	TAN GEE HOW SEBASTIAN	43	5.8s	SPF-F Division	2017

46 - 48 years					
Item	Name of Record Holder	Age	Performance	Division	Year
Push-Up	FUNG CHEE YUEN PATRICK	48	47	SPF-A Division	2016
Sit-Up	FUNG CHEE YUEN PATRICK	48	54	SPF-A Division	2016
2.4km	FUNG CHEE YUEN PATRICK	48	9:54 min	SPF-A Division	2016
40m Sprint	SAM CHUA SENG KOK	47	6.1 s	SPF-G Division	2016

49 - 51 years					
Item	Name of Record Holder	Age	Performance	Division	Year
Push-Up	FUNG CHEE YUEN PATRICK	49	65	SPF-A Division	2017
Sit-Up	FUNG CHEE YUEN PATRICK	50	55	SPF-A Division	2018
2.4km	FUNG CHEE YUEN PATRICK	49	9:47 min	SPF-A Division	2017
40m Sprint	FUNG CHEE YUEN PATRICK	50	6.2s	SPF-A Division	2018

4x800m Relay	SPF-TRACOM	NSF	8:40 min	SPF-TRACOM	2016
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