

HOMETEANN'S
REAL[®]RUN
REGULAR EXERCISE ACTIVE LIFESTYLE

30TH
EDITION



RACE BOOKLET

3 OCT 2026 | PUNGGOL DIGITAL DISTRICT

REAL
RUN
2026
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ABOUT

HOMETEAMNS

HomeTeamNS is a non-profit organisation that recognises and rewards the contributions of Singapore Police Force (SPF) and Singapore Civil Defence Force (SCDF) National Servicemen, our everyday heroes who keep Singapore safe and secure.

We stand beside our members, honouring their service to the nation and supporting their aspirations and needs. Evolving with their needs, our clubhouses and experiences are designed to connect and inspire, where engagements are personal, enriching and rewarding, both today and into the future.

As a thriving and vibrant community built to celebrate every season of life, HomeTeamNS offers members a space to discover joy, connection, possibilities and a deep sense of belonging, now and for generations to come.

For more information, please visit www.hometeamns.sg.



First introduced in 1996, HomeTeamNS REAL® Run celebrates its 30th edition this year. From its beginnings with the Singapore Police Association for National Servicemen (SPANS) to becoming HomeTeamNS' signature running event following the merger with the Singapore Civil Defence Association (CDANS), REAL® Run has grown alongside our community while staying true to what it stands for: Regular Exercise, Active Lifestyle. Today, it continues to bring together our Home Team National Servicemen and their families to celebrate fitness, resilience, camaraderie, and healthy living.

This year, we're making this milestone one for everyone to celebrate. In partnership with HomeTeamNS's well-loved indoor playground, T-Play, families can take on the 1.6km T-Play Fun Walk, featuring a colourful Peranakan-inspired twist. From a unique event tee and fun cultural activity stations along the route to a bubble-filled finale, the fun walk is perfect for multi-generational families or anyone looking to enjoy an active and fun-filled evening with their loved ones.

For our 10km competitive and 5km runners, we have an extra-special memento for you: a 30th Edition Finisher Tee for every finisher — a gift for your grit, determination and the REAL® spirit that carries you across the finish line. So, lace up your shoes and get ready for the exhilaration of running alongside thousands of REAL® Runners.

Whether you're racing for a personal best, walking with your family, running alongside your NS buddies or simply celebrating how far we've come together, be part of the next chapter of REAL® Run.

30 editions. Countless memories. One REAL® HomeTeamNS community.

See you at the finish line.

CHAIRMAN MESSAGE

Dear REAL® Runners,

On behalf of the HomeTeamNS REAL® Run Organising Committee, I'm honoured to welcome all of you to REAL® Run 2026, our 30th milestone edition! For those joining us for the very first time, a warm welcome to the REAL® Run family.

REAL® Run is HomeTeamNS' signature running event, proudly organised by Home Team National Servicemen volunteers from the Singapore Police Force and Singapore Civil Defence Force. "REAL" stands for Regular Exercise, Active Lifestyle, a belief we uphold and hope to share with our fellow National Servicemen, their families, and the wider community.

Marking 30 years of the REAL® Run, our committee remains dedicated to delivering a meaningful event that stays true to where we started. We can't wait to welcome back familiar faces and introduce new runners to our iconic Urban-to-Nature routes at the dynamic Punggol Digital District.

We're excited to bring back the Fun Walk, designed for families to enjoy a memorable day together. This year, we are partnering with T-Play and our Fun Walk participants can look forward to interactive stations along the route to make this year's walk even more exciting.

Beyond the race, REAL® Run is about connection, inspiration, and shared journeys. It's a space where runners from all walks of life come together, proving that it's never too late to start your REAL journey.

We look forward to creating more great memories together on our milestone year and welcoming every one of you to the starting line.

See you on 3 October, REAL® Runners!

Rozaiman

*LTC (NS) Rozaiman Rosidi, Chairman
REAL® Run Organising Committee*

RACE CHECKLIST

1

FAMILIARISE YOURSELF

with the routes prior to the race day. (Refer to pages 15 - 18)

2

PLAN YOUR TRANSPORT

to Punggol Coast Mall. (Refer to pages 09)

3

HYDRATE ADEQUATELY.

4

ARRIVE EARLY AND BE READY

at the start pen at least 30 minutes before your flag off time.

5

CARRY LIGHT AND PACK ALL ESSENTIAL RACE ITEMS EARLY.

You can deposit your bag at the Race Village before proceeding to the start pen.

6

KNOW YOUR LIMIT.

If you are feeling unwell, please refrain from continuing and do not hesitate to approach our crew and first-aiders for assistance.

7

BRING ALONG YOUR RACE BIB!

You will not receive your race timing (5km/10km) without your race bib.

CATEGORY

FLAG OFF TIME

CUT OFF TIME



10KM
COMPETITIVE
RACE

4:30PM
[WAVE 1*]

6:50PM



5KM
RUN

5:15PM

6:50PM



1.6KM
T-PLAY
FUN WALK

5:45PM

6:50PM

*Wave 1 is strictly reserved for elite and flagbearer team runners only. Please refer to your race bib.

PROGRAMME

TIME	PROGRAMME
3:30PM	RACE VILLAGE OPENS
4:30PM	10KM RUN FLAG OFF
5:15PM	5KM RUN FLAG OFF
5:45PM	T-PLAY FUN WALK FLAG OFF
5:50PM	ICA MTC PERFORMANCE
6:20PM	PRIZE PRESENTATION
6:50PM	ICA MTC PERFORMANCE
7:30PM	RACE VILLAGE CLOSES

**Timing and programme may be subjected to changes
Starting pen opens 30mins before flag off*

FIXCo[®]

BEYOND RECOVERY

RESTORATION & PERFORMANCE

PRECISION – driven recovery to restore function, prevent injury and elevate performance.

BUILT FOR FUNCTION

We focus on restoring how your body moves and performs, not just giving you short-term relief that fades after a day.

DESIGNED FOR ACTIVE BODIES

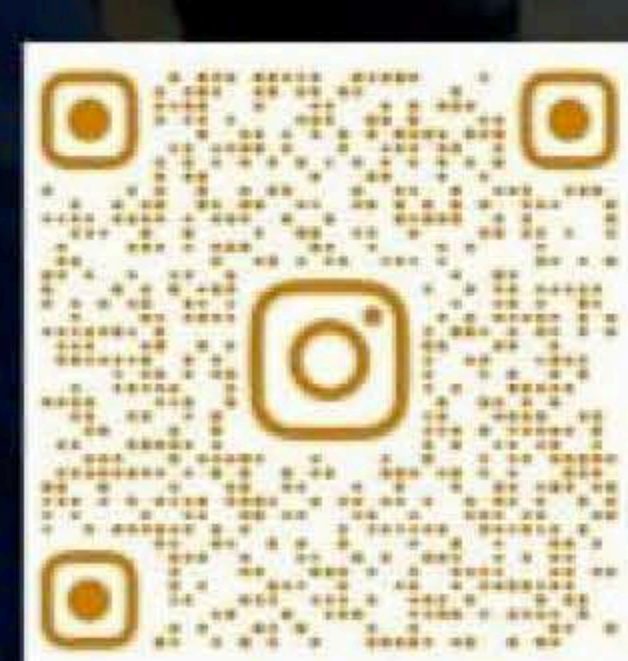
Every treatment is tailored to the physical demands of training, sport, and active lifestyles, with focused work where your body needs it most.

RECOVERY BEYOND THE SESSION

TFC supports your long-term recovery and body maintenance, helping you stay consistent, move with confidence, and keep performing at your best.



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The.fix.co



Official Recovery Partner of REAL[®] Run 2026

HOMETEAMNS
REAL[®] RUN
REGULAR EXERCISE ACTIVE LIFESTYLE

30TH
EDITION

GETTING THERE

ADDRESS

Nexus, Punggol Coast Mall
88 Punggol Way,
Singapore 829913

MRT

via North-East Line

Board the North-East Line, alight at **Punggol Coast (NE18)**. Both Exit 1 and 2 are located within Punggol Digital District.

BUS

Punggol Coast Interchange:

Bus 104, 117, 117M, 34, 34A, 44

Opp Punggol Coast Station:

Bus 84G

Punggol Coast Station:

Bus 84W

TAXI/PRIVATE HIRE VEHICLE



Drop-off point at
90 Punggol Way S829853



CAR



Carpark entrance via
Punggol Way
(near Tower 80, 82 & 84)

PARKING RATES

PERIOD

PARKING CHARGES

SATURDAYS, SUNDAYS AND PUBLIC HOLIDAYS

CAR
0000 - 2359HRS

\$2.73
PER ENTRY
15-min grace period

MOTORCYCLE
0000 - 2359HRS

\$1.09
PER ENTRY
No grace period

ONE PAIR. DAY TO NIGHT.

PHOTOCHROMIC 0 - 3

LENSES THAT ADAPT.
FROM CLEAR TO DARK.



CAT 0
NIGHT
CLARITY



CAT 1-2
CHANGING
LIGHT



CAT 3
BRIGHT
DAYLIGHT



CLEAR AT NIGHT
No halos.
No ghosting.



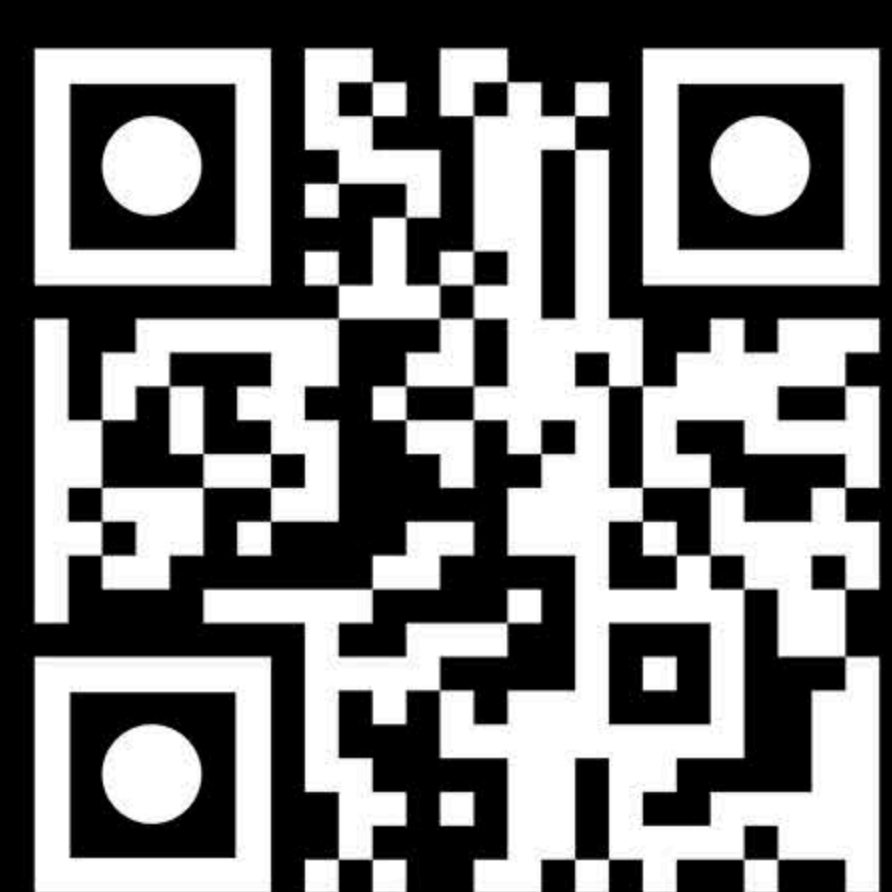
DARK IN DAYLIGHT
Reduce glare
in bright sun.



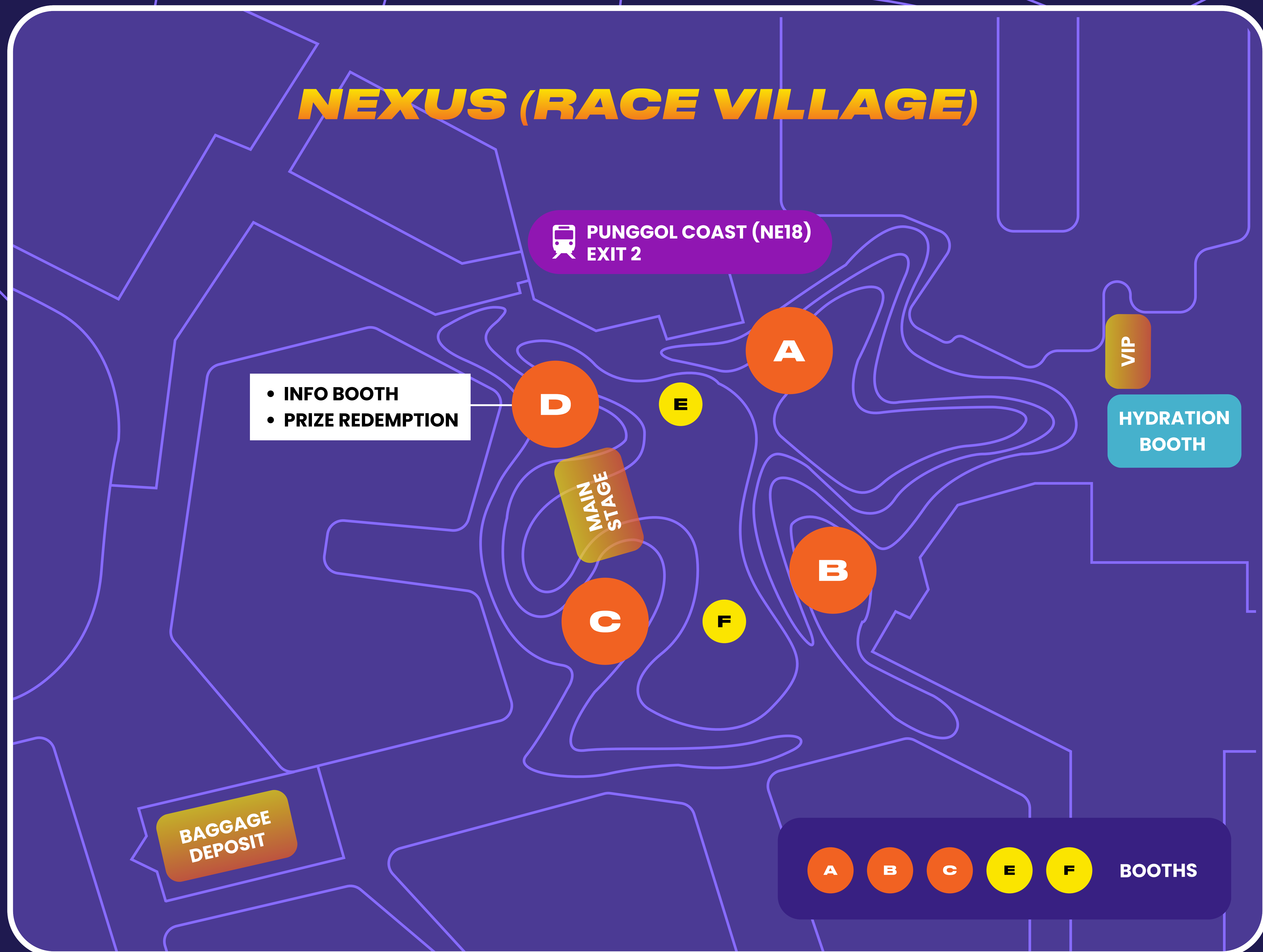
ADAPTS AUTOMATICALLY
No shades swapping
needed.

aura
-SHADES-

aurashades.co



RACE VILLAGE



RACE VILLAGE HIGHLIGHTS



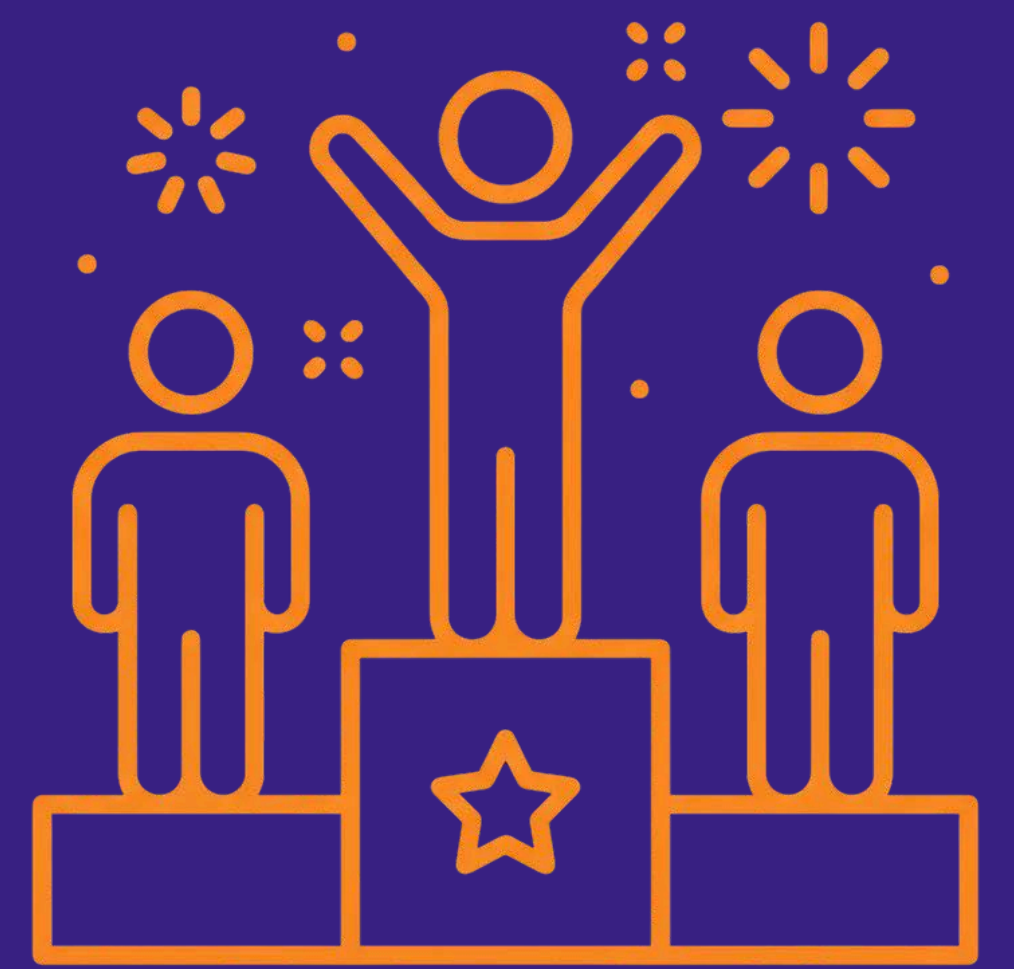
**LUCKY
DRAW**



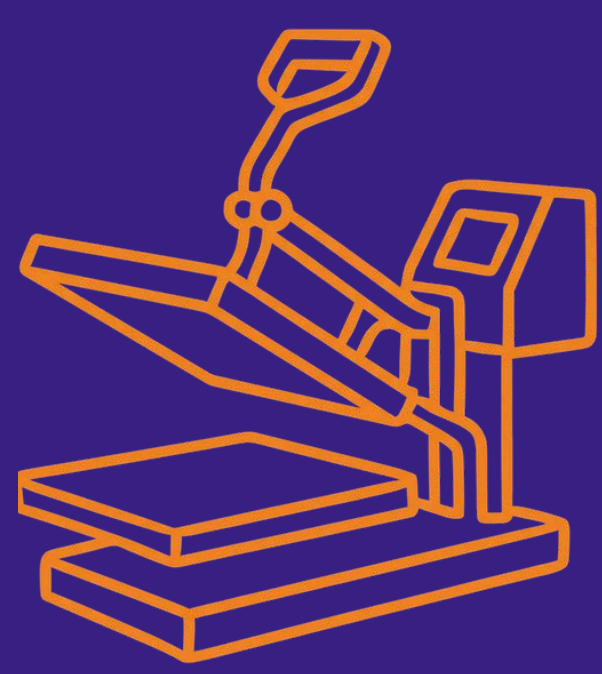
**THE FIX CO°
MASSAGE**



ICA MTC



**PODIUM
WINNERS**



Customise your event apparel with exclusive designs at Hazonas Live Print Station.



You can find your pictures taken during race day on our Facebook page.



Chase your goals with added peace of mind.

Taking part in HomeTeamNS REAL® Run 2026? Visit the PIAS Booth to opt in for complimentary Group Personal Accident event coverage, exclusively for all participants. Your safety matters with every stride :

<https://forms.cloud.microsoft/r/yL3qWJeBc6>

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Upgrade to Infinity. Enjoy membership for life.

Get lifetime HomeTeamNS membership, double +HPoints for life and FREE 2 Years Family Membership for your family when you upgrade to Infinity.

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IDENTITY ISN'T BORN IT'S BUILT

FROM THE STADIUM LIGHTS TO THE 5 AM GRIND.
WE CRAFT THE TECHNICAL ARMOR. YOU PROVIDE THE HEART.



50+ SPORTSWEAR CUT



20+ PERFORMANCE FABRIC



1500+ TEAM IDENTITIES CRAFTED

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Small Steps. Healthy Habits.

Start With SUNFIT 321

Whether you're looking to stay active, build healthy habits, or support your wellness routine, SunFit321 provides a structured way to stay motivated and work towards your personal fitness goals.

NOURISH - SunFit® Protein Plus

Get 20 grams of protein per serving, along with essential nutrients to complement your everyday nutrition.

CLEANSE - Fortune Delight®

A refreshing herbal beverage that complements your daily hydration routine, with only 10 calories per serving.

**Available in Original, Lemon, Raspberry & Cinnamon*

BALANCE - VitaTaste®

A carefully formulated blend of herbs designed to maintain a balanced diet and complement your everyday wellness routine.



ROUTE MAP

LEGEND

10KM RUN —

5KM RUN —

1.6KM T-PLAY FUN WALK —

HYDRATION POINTS

FIRST AID



ROUTE MAP

10 KM

LEGEND

10KM RUN —

HYDRATION POINTS 

FIRST AID 



ROUTE MAP

5 KM

LEGEND

5KM RUN

HYDRATION POINTS

FIRST AID



ROUTE MAP

1.6 KM

LEGEND

1.6KM T-PLAY FUN WALK 

HYDRATION POINTS 

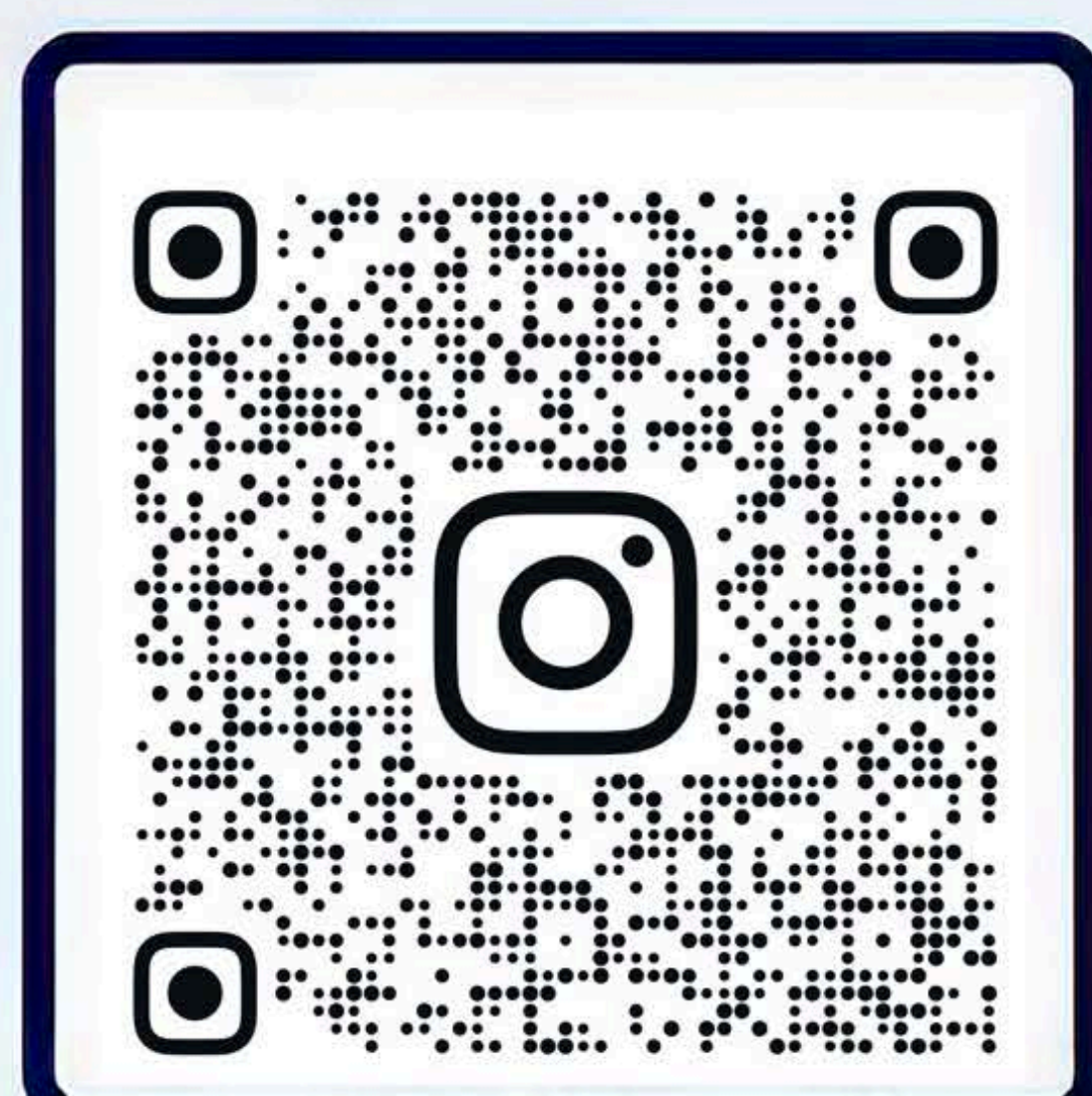
FIRST AID 



CLEAN GO



SCAN TO BUY



FOLLOW US ON IG

OFFICIAL LAUNDRY CARE PARTNER



SAFE FOR
FAMILIES



ENVIRONMENTALLY
FRIENDLY

RACE ENTITLEMENTS



**RUNNING
SINGLET**



**FINISHER
TEE**



**FUN WALK
TEE**



**RACE
PACK**



**RACE
BIB**



**10KM
FINISHER
MEDAL**



**5KM
FINISHER
MEDAL**

SPONSORS AND PARTNERS

OFFICIAL PARTNERS

MARINA SQUARE

A MEMBER OF SINGAPORE LAND GROUP

ryde



PRFM



BUILDING INDUSTRIES



HAZONAS



SUNRIDER



RASEL



FITNESS WORKZ
BY **HOMETEAMNS**

GIVMI

Fun in Motion
BY **HOMETEAMNS**

SUPPORTING PARTNERS



SPECS SMITH



MAKE THE CHANGE



**ERN
SPORTS**



BY **HOMETEAMNS**



BY **HOMETEAMNS**



BY **HOMETEAMNS**



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on our website or drop us an email!*