

[illegible]



Updated (19/9/2025)

The 8 pointbest results within a year back are cumulated.
In case of tie points less number of races is ranked first.

Towerrunning Ranking November 2025										Races in points		
Rank	d+/-	Females	50+	20-	Last	Score	Dev.	Races	Tour	Total		
1	0	Michele Tan Bee Kiang	MAS		0.0	586.0	586.0	8	0	8		
2	0	Lim Wen Yee	MAS		0.0	137.0	137.0	4	0	4		
3	0	Valerie Sarah Ong Shuang Yin	MAS		0.0	125.0	125.0	4	0	4		
4	0	Chong Yen Chin	MAS		0.0	65.0	65.0	4	0	4		
5	0	Gan Hui Do (Dodo)	MAS		0.0	57.0	57.0	5	0	5		
6	0	Lish Tan Siew Hung	MAS		0.0	40.0	40.0	4	0	4		

Best 8 Results							
Best 1	Best 2	Best 3	Best 4	Best 5	Best 6	Best 7	Best 8

160	154	80	40	40	40	40	32
72	30	21	14	0	0	0	0
63	26	22	14	0	0	0	0
24	22	18	1	0	0	0	0
18	18	10	10	1	0	0	0
22	12	5	1	0	0	0	0

Total
Score

586
137
125
65
57
40

Year 2025												
MBPJ 6 Hour (Menara MBPJ)	Pre-Ramadhan Climb Challenge (Menara MBPJ)	Earth Hour Tower Run (Menara MBPJ)	100 Floors Club Race (Sky Suites @ KLCC)	PJ Towerrun (Menara MBPJ)	Kuantan 188 Towerrun Challenge (Menara Kuantan 188)	The Sky Race (Menara Merdeka 118)	Mentari Mengakui Melayu (Kuantan Pangsa Tempur 1)					
R1	R2	R3	R4	R5	R6	R7	R8					
4-Jan	1-Mar	22-Mar	27-Apr	22-Jun	26-Jul	30-Aug	6-Sep					
40	40	40	40	80	160	280	40					
40	40	40	40	80	160	154	32					
			14	30	72	21						
14		22	26			63						
18	22			24		1						
10	18	18	10			1						
			12	22		1	5					