



Updated (31/12/2025)

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

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

Total
Score

Towerrunning Ranking January 2026							Races in points			
Rank	d+-	Males	50+	20-	Last	Score	Dev.	Races	Tour	Total
1	0	Soh Wai Ching	MAS		640.0	880.0	240.0	8	0	8
2	0	Muhammad Hazim Zuhairi Bin Azahari	MAS		394.0	596.0	202.0	7	0	7
3	0	Chow Chee Choon	MAS		198.0	291.0	93.0	11	0	11
4	9	Ayman Hakimy Bin Salehuddin	MAS		181.0	248.5	67.5	4	0	4
5	9	Wong Chin Chun	MAS		108.5	235.0	126.5	5	0	5
6	47	Mohd Yusno Bin Mohd Yunos	MAS		0.0	139.0	139.0	4	0	4
7	-3	Mah Kel Vin	MAS		82.0	122.0	40.0	10	0	10
8	-3	Kelvin Chong Tian Shyang	MAS		70.0	93.0	23.0	7	0	7
9	-3	Ong Jia Ken	MAS		37.0	64.0	27.0	9	0	9
10	5	Mahathir Mohammad Bin Jamaludin	MAS		28.0	44.0	16.0	5	0	5
11	-4	Ee Wen Bin	MAS		32.0	33.0	1.0	5	0	5
12	-4	Arthur Raymond Tioe Hak Boon	MAS		26.0	27.0	1.0	6	0	6
13	5	Keith Chan Wai Keat	MAS		14.0	25.0	11.0	5	0	5
14	-5	Ravinder Singh	MAS		21.0	23.0	2.0	9	0	9
15	10	Muhammad Faiz Bin Muhammad Faizal	MAS		7.0	22.0	15.0	4	0	4
16	-6	Lim Wee Liang	MAS		10.0	11.0	1.0	5	0	5
17	6	Chris Loh Teck Cheng	MAS		8.0	9.0	1.0	4	0	4
18	-7	Mohd Azha Bin Ab Halim	MAS		7.0	8.0	1.0	5	0	5
19	11	Mohammad Mahathir Bin Misni	MAS		2.0	6.0	4.0	6	0	6
20	41	Joy Chandran	MAS		0.0	6.0	6.0	4	0	4
21	-9	Muhammad Ikmal Bin Abdul Jamil	MAS		4.0	5.0	1.0	5	0	5
22	5	Ng Loong Foo	MAS		3.0	4.0	1.0	4	0	4
23	5	Aylwyn Pakianatham	MAS		3.0	4.0	1.0	4	0	4
24	16	Muhammad Faris Bin Muhammad Faizal	MAS		2.0	4.0	2.0	4	0	4

280	200	160	80	40	40	40	40	40
170	168	136	32	32	32	26	0	0
60	60	40	33	32	32	26	8	0
120	67.5	60	1	0	0	0	0	0
82.5	44	44	38.5	26	0	0	0	0
133	4	1	1	0	0	0	0	0
26	22	22	18	18	14	1	1	1
22	22	22	18	7	1	1	0	0
20	14	10	8	6	4	1	1	1
20	14	8	1	1	0	0	0	0
18	10	3	1	1	0	0	0	0
12	6	6	1	1	1	0	0	0
12	10	1	1	1	0	0	0	0
12	4	2	1	1	1	1	1	1
14	6	1	1	0	0	0	0	0
5	3	1	1	1	0	0	0	0
6	1	1	1	0	0	0	0	0
4	1	1	1	1	0	0	0	0
1	1	1	1	1	1	0	0	0
3	1	1	1	0	0	0	0	0
1	1	1	1	1	0	0	0	0
1	1	1	1	0	0	0	0	0
1	1	1	1	0	0	0	0	0

880
596
291
248.5
235
139
122
93
64
44
33
27
25
23
22
11
9
8
6
6
5
4
4
4

Year 2025												
R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	
4-Jan	1-Mar	22-Mar	27-Apr	22-Jun	26-Jul	30-Aug	6-Sep	15-Nov	30-Nov	7-Dec	28-Dec	
40	40	40	40	80	160	280	40	40	200	80	40	
		40	40	80	160	280	40		200		40	
26	32				136	168	32		170		32	
	26	32	32	33	60	7	8	40	1	60	5	
				60	120	1			67.5			
			26	44		38.5			82.5	44		
						1		4	1	133		
22	18	26	14		1	1		18	1	22	1	
	22	22	18	7		1		22	1			
1	10	14		4	1	1	6	8		20		
8				20		1		14	1			
10	3	18				1			1			
	6	12	6	1		1			1			
			12	1		1		10	1			
12	2		4	1	1		1	1	1	1		
					6	1			1		14	
		5	3	1		1			1			
		6		1		1			1			
1		4		1		1			1			
				1	1	1		1	1	1		
						1		1	1	3		
	1			1	1	1			1			
	1					1			1			
					1	1			1			
									1		1	



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Towerrunning Ranking January 2026										Races in points		
Rank	d+/-	Females	50+	20-	Last	Score	Dev.	Races	Tour	Total		
1	0	Michele Tan Bee Kiang	MAS		586.0	614.0	28.0	9	0	9		
2	1	Valerie Sarah Ong Shuang Yin	MAS		125.0	187.0	62.0	6	0	6		
3	-1	Lim Wen Yee	MAS		137.0	152.0	15.0	5	0	5		
4	19	Lynna Chuah Guat Na	MAS		0.0	86.0	86.0	4	0	4		
5	10	Enlisha Kaur Ravinder	MAS		11.0	72.0	61.0	4	0	4		
6	-2	Chong Yen Chin	MAS		65.0	65.0	0.0	4	0	4		
7	-2	Dodo Gan Hui Do	MAS		57.0	58.0	1.0	6	0	6		
8	-2	Lish Tan Siew Hung	MAS		40.0	41.0	1.0	5	0	5		
9	9	Liren Ho Li Ren	MAS		7.0	26.0	19.0	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	60	40	40	40	40
63	32	30	26	22	14	0	0
72	30	21	15	14	0	0	0
48	32	5	1	0	0	0	0
60	10	1	1	0	0	0	0
24	22	18	1	0	0	0	0
18	18	10	10	1	1	0	0
22	12	5	1	1	0	0	0
18	6	1	1	0	0	0	0

Total
Score

614
187
152
86
72
65
58
41
26

Year 2025											
MBPJ 6 Hour (Menara MBPJ, Petaling Jaya, Selangor)	Pro-Ramadhan Climb Challenge (Menara MBPJ, Petaling Jaya, Selangor)	Earth Hour Tower Run (Menara MBPJ, Petaling Jaya, Selangor)	100 Floors Club Race (Sky Suites @ KLCC, Kuala Lumpur)	PJ TowerRun (Menara MBPJ, Petaling Jaya, Selangor)	Kuantan 188 Towerthon Challenge (Menara Kuantan 188, Kuantan, Pahang)	The Sky Race (Menara Meridius 118, Kuala Lumpur)	Maraton Mengsag Madani (Rumah Pangsa Temppler 1, Seremban, Negeri Sembilan)	100 Floors Club Race (Menara MBPJ, Petaling Jaya, Selangor)	KL Tower International Towerthon (Menara Kuala Lumpur, Kuala Lumpur)	UTM Resident Tower Run (UTM Hotel & Residensi KL, Kuala Lumpur)	PKNF Diamond Towerthon (Kompleks Teruntum, Kuantan, Pahang)
R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12
4-Jan	1-Mar	22-Mar	27-Apr	22-Jun	26-Jul	30-Aug	6-Sep	15-Nov	30-Nov	7-Dec	28-Dec
40	40	40	40	80	160	280	40	40	200	80	40
40	40	40	40	80	160	154	32		60		
14		22	26			63			30		32
			14	30	72	21			15		
						1		32	5	48	
				10		1			1	60	
18	22			24		1					
10	18	18	10			1			1		
			12	22		1	5		1		
			6			1		18	1		