



STANDARD CHARTERED EKIDEN RELAY MARATHON 2011:

THE FPians' EKIDEN JOURNEY

BY **NESSIE MOK**

MANAGER, INVESTMENT ADVISORY
FIRST PRINCIPAL FINANCIAL



FP runners at our first training session in July 2011.

*The miracle
isn't that
I finished.
The miracle is
that I had the
courage to start.*

JOHN BINGHAM

The day is 13th July 2011.

About 20 of us at First Principal Financial (or 'FP' in short) are very excited, as we are participating in the inaugural training session for the Ekiden Relay Race, Standard Chartered's 2011 Marathon Competition. FP has managed to register five teams, and that is 30 runners! For people who know us, I guess their thoughts will be 'Does FP have so many runners?' Frankly, we are not even sure ourselves. But we have people who are willing to commit to training sessions and push ourselves to another level of achievement. Some of us have probably not run more than 5km for a long time, or some, in our lifetime, but we are willing to take the plunge to join this event. Of course, there are others who have been 'coerced' or 'tricked' into registering but I am sure they will not regret it. So the answer to the earlier question should be 'No, but we will soon have the requisite number of runners for the race.'



Fighting fit by our last training session in November 2011.



Fast forward to 4th December 2011.

After 20 weeks of official and other unofficial training sessions, after many groans and aches and complaints, 'THE DAY' has finally arrived. We have had a few rounds of briefings prior to this day to ensure that everyone knows what needs to be done, how to get to the starting points, how to pass the Team Sash to your next runner, and so forth. Arrangements have been made amongst runners and team members to make sure everyone reports to their starting station on time. Everyone is excited.

All of us have done our best and completed the race smoothly. Our training efforts have not gone to waste. The Race was the goal. The 5-month journey to achieve this goal, the time spent running, planking, squatting together, has brought us all closer to one another. We've gotten to know our FP colleagues better, and are now familiar with who has strong core muscles, what genre of music some like to listen to when running, and what are our motivations for this participation.

I hope this event has made all of us stronger – physically and mentally. This is important to everyone, to keep fit and healthy to overcome the challenges in our lives, for ourselves and our loved ones.



Ekiden Runners No. 1, flanked by two of our individual Marathoners, at the starting point.

I am proud to mention that some of the runners have been inspired to go further and have gone on to sign up for races on their own – 5km, 10km, even half and full marathons, which for most of them, will be their first time running individually. Whether it is to keep fit, achieving that New Year resolution or overcoming challenges, we hope we have inspired you too, dear Reader!

And back to that first question 'Does FP have 30 runners?' The answer is a resounding 'Yes!' FP has at least 30 runners for now, and perhaps more down the road.

FPians – WE DID IT!



FPians – Runners and Supporters, jubilant after a well-earned race.

FIRST PRINCIPAL FINANCIAL PTE LTD

Company Registration No. 199702254W

24 Raffles Place #14-02 Clifford Centre Singapore 048621

Tel: 6220 5333 Fax: 6220 5377

Email: enquiry@firstprincipal.com

www.firstprincipal.com