



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

Rank	d ₊	Males	50+	20-	Last	Score	Dev.	Races	Tour	Total
1	0	Soh Wai Ching	MAS		1200.0	960.0	-240.0	9	0	9
2	0	Muhammad Huzaimi Bin Azahari	MAS		884.0	766.0	-118.0	9	0	9
3	0	Wong Chin Chazim	MAS		407.0	422.5	15.5	6	0	6
4	0	Chow Chee Choon	MAS		397.5	361.5	-36.0	12	0	12
5	0	Ayman Hakimi Bin Salehuddin	MAS		355.5	288.5	-67.0	5	0	5
6	23	Muhammad Adam Amjad Bin Mohd Azizul	MAS		132.0	269.0	137.0	5	0	5
7	23	Tan Song Hua	MAS		99.0	211.5	112.5	5	0	5
8	-2	Mah Kel Vin	MAS		162.0	170.0	8.0	11	0	11
9	0	Allan Khaw Hwee Aun	MAS		85.0	131.0	46.0	9	0	9
10	0	Keith Chan Wai Keat	MAS		83.0	92.0	9.0	9	0	9
11	-3	Kelvin Chong Tian Shyang	MAS		90.0	82.0	-8.0	4	0	4
12	-1	Ong Jia Ken	MAS		65.5	79.5	14.0	11	0	11
13	24	Keng Seng Suen	MAS		16.0	67.0	51.0	4	0	4
14	-2	Mahathir Mohammad Bin Jamaludin	MAS		64.5	45.0	-19.5	6	0	6
15	-2	Ravinder Singh	MAS		32.0	32.0	0.0	12	0	12
16	-9	Mohd Yusno Bin Mohd Yunos	MAS		149.0	28.0	-121.0	4	0	4
17	44	Danish Bin Nor Hashim	MAS		3.0	25.0	22.0	5	0	5
18	-2	Chin Wool Siong	MAS		18.0	19.0	1.0	5	0	5
19	-1	Muhammad Waqas	MAS		12.0	13.0	1.0	8	0	8
20	0	Joy Chandran	MAS		8.0	9.0	1.0	7	0	7
21	-2	Mohammad Mahathir Bin Miani	MAS		8.0	8.0	0.0	9	0	9
22	23	Lau Thiam Keng	MAS		6.0	8.0	2.0	4	0	4
23	0	Chong Fuak Chuan	MAS		5.0	6.0	1.0	6	0	6
24	-3	Aylwyn Pakianatham	MAS		8.0	6.0	-2.0	4	0	4
25	34	Dylan Ng Jia Jun	MAS		3.0	5.0	2.0	5	0	5
26	34	Tai Tick Sum	MAS		3.0	5.0	2.0	5	0	5
27	-5	Chris Loh Teck Cheng	MAS		6.0	4.0	-2.0	4	0	4
28	30	Mohd Jamhuri Bin Mohd Johari	MAS		3.0	4.0	1.0	4	0	4
29	49	Yeow Hock Guan	MAS		2.0	4.0	2.0	4	0	4

Total
Score

960
766
422.5
361.5
288.5
269
211.5
170
131
92
82
79.5
67
45
32
28
25
19
13
9
8
8
6
6
5
5
4
4
4

40		200		40				120	240	80	120	80	80				
32		170		32				102	204		90	68	60				
		82.5	44					66	132		54	44					
8	40	1	60	5			32	49.5	90	33	30	27	22				
		67.5						81				60	54				
								72		60	15	54	68				
								45		54	49.5	33	30				
	18	1	22	1			32		40	24	18	7	1	9			
	1	1					18	8		36	20	18	14	16			
	10	1					14	22	26		1	8	1	10			
	22	1						26		33							
6	8		20				5	12		1.5	1	9	7.5	5	12		
										15	1		33	18			
	14	1					12			4.5		12	1.5				
1	1	1	1					4	22	1	1	1	1	1	1		
	4	1	13					10									
										1		2	1	8	13		
								2	14	1		1	1				
	1	1					1	6		1	1		1	1			
	1	1	3							1	1		1	1			
	1	1	1							1	1	1	1	1	1		
										1		1	1				
	1	1						5			1		1	1			
		1								1	1	1	1				
			1					3		1	1						
				1			1			1			1	1			
										1	1	1	1	1			
		1					1			1	1						
		1								1			1	1			
		1								1							



Updated (18/8/2026)

Valid Range (Sep 2025 to Aug 2026)

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

Towerrunning Ranking August 2026

Rank	d+-	Females	50+		20-	Last	Score	Dev.	Races in points		
									Races	Tour	Total
1	1	Raisya Adelea Binti Rohazam	MAS		505.0	767.0	262.0		8	0	8
2	1	Lim Wen Yee	MAS		381.0	443.5	62.5		7	0	7
3	1	Rhea Assyifa Binti Rohazam	MAS		298.0	436.0	138.0		7	0	7
4	1	Valerie Sarah Ong Shuang Yin	MAS		279.0	341.0	62.0		7	0	7
5	1	Siti Fatimah Binti Hassan Hasri	MAS		258.5	294.5	36.0		5	0	5
6	-5	Michele Tan Bee Kiang	MAS		607.0	213.0	-394.0		4	0	4
7	12	Raidah Binti Mohd Shah	MAS		54.0	195.0	141.0		4	0	4
8	0	Dodo Gan Hui Do	MAS		117.0	185.0	68.0		8	0	8
9	-2	Lynna Chuah Guat Na	MAS		119.0	148.0	29.0		5	0	5
10	-1	Enisha Kaur Ravinder	MAS		73.0	64.0	-9.0		5	0	5
11	-1	Wan Noor Mahirah Bt Majidin	MAS		45.5	53.5	8.0		6	0	6
12	-1	Lish Tan Siew Hung	MAS		45.0	46.5	1.5		5	0	5
13	9	Florence Christopher	MAS		45.0	46.0	1.0		4	0	4
14	-1	Jacyln Wong Poh Choo	MAS		38.0	39.0	1.0		5	0	5
15	23	Puteri Nurfaliza Binti Mostafa	MAS		7.0	34.0	27.0		4	0	4
16	21	Diana Binti Khalid	MAS		7.0	9.0	2.0		5	0	5

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

240	102	102	80	80	75	48	40
162	68	68	49.5	45	36	15	0
180	66	54	44	40	30	22	0
81	60	54	44	40	32	30	0
144	49.5	36	33	32	0	0	0
81	60	40	32	0	0	0	0
54	48	48	45	0	0	0	0
36	33	32	27	22	20	14	1
48	33	32	30	5	0	0	0
60	1	1	1	1	0	0	0
16.5	12	12	11	1	1	0	0
16	13.5	11	5	1	0	0	0
22	22	1	1	0	0	0	0
26	10	1	1	1	0	0	0
18	9	6	1	0	0	0	0
5	1	1	1	1	0	0	0

Total
Score

767
443.5
436
341
294.5
213
195
185
148
64
53.5
46.5
46
39
34
9

Year 2025						Year 2026																							
Meranti Mengal Madani (Rumah Pangsa Tempur 1, Seemban, Negeri Sembilan)						100 Floors Club Race (Menara MBPJ, Petaling Jaya, Selangor)						K1 Tower International Towerthon (Menara Kuala Lumpur, Kuala Lumpur)						UTM Residential Tower Run (UTM Hotel & Residence KL, Kuala Lumpur)						PKNF Diamond Towerthon (Kompleks Teruntum, Kuantan, Pahang)					
R8	R9	R10	R11	R12		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12												
6-Sep	15-Nov	30-Nov	7-Dec	28-Dec		3-Jan	8-Feb	28-Feb	11-Apr	2-May	3-May	21-Jun	19-Jul	1-Aug															
40	40	200	80	40		40	40	40	120	240	80	120	80	80															