

Appendix: Programme schedule of SCMS race pack collection

Day	Time	Topic	Speaker
Thursday, 4 Dec	12:30pm – 1:00pm	10 things no one tells you before running a marathon	Fabian Williams
	1:00pm – 1:30pm	Technology and innovation	Petr Stastny
	7:00pm – 7:30pm	Top10 injuries during a race and how to cope with it	Aparna Shah
	7:30pm – 8:00pm	Life after SCMS	Azhar Aziband friends
Friday, 5 Dec	12:30pm – 1:00pm	Stretching tips after the marathon	Aparna Shah
	1:00pm – 1:30pm	Technology and innovation	Petr Stastny
	7:00pm – 7:30pm	Do's and don'ts before a race	Melvin Wong
	7:30pm – 8:00pm	Life after SCMS	Azhar Aziband friends
Saturday, 6 Dec	10:30am – 11:00am	Technology and innovation	Petr Stastny
	11:00am – 11:30am	Secrets of a race strategy	Melvin Wong
	11:30am – 12:00pm	Psychology of running races	Fabian Williams
	12:00pm – 12:30pm	Choosing the right footwear	Tye Lee Tze

**subject to speakers' availability*