



## MEDIA RELEASE

### SIGNIFICANT STRIDES MADE IN PROMOTING FITNESS & BONDING AMONG NSMEN AT SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2013

- Significant 74 percent increase in participation among NSmen
- Almost double the number of NSmen ran in the 21km and 10km races
- A new Singapore record for the “Largest Father and Child Race”

**Singapore, 1 September 2013** – The Marina Bay came alive this morning with a flurry of sights and sounds as more than 46,000 registered runners turned up for a truly unique and memorable experience at the SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM) 2013.

Jointly organised by SAFRA and the Army to promote fitness and bonding among the Singapore Armed Forces (SAF) national servicemen, the event drew 18,000 active servicemen, 17,000 NSmen and 4,000 of their immediate family members, marking a significant 74 percent increase in participation among NSmen. This year, almost double the number of NSmen also ran in the competitive categories, namely the 21km AHM and SAFRA 10km Race.

Mok Ying Ren won the 21km AHM Men’s category with a timing of 1 hour 10 minutes 13 seconds.

Minister for Defence Dr Ng Eng Hen graced the event as Guest-of-Honour and flagged off the SAFRA 5km Fun Run. Mr Chan Chun Sing, Minister for Social and Family Development, Second Minister for Defence and President of SAFRA, joined in the run.

It was also one for the books with a new record set in the Singapore Book of Records for the “Largest Father & Child Race”. More than 1,300 father and child pairs participated in the *Dads for Life 800m Father & Child Challenge*. Each father and child had to remain connected throughout the challenge by holding onto a SAFRA clapper together to qualify for the record. A total of 671 pairs qualified for the new record at this year’s challenge, surpassing the previous record set in 2011 at the first edition of the challenge when 378 of 614 pairs qualified.

Aimed at promoting family bonding among NSmen and their children, the challenge was flagged off by Dr Maliki Osman, Minister of State for Defence and National Development and Deputy President of SAFRA. To commemorate the feat and celebrate the strong bonds shared between the father-and-child duos, participating teams each received medals specially designed in pairs.

Brigadier-General (BG) Tung Yui Fai, Chairman of the organising committee for the SSBR & AHM 2013 and also Vice President of SAFRA, commented: "We are glad that many more NSmen have joined the event this year to keep fit. Many others have also brought their families to run and enjoy the activities together. It was especially heartening to see so many NSmen fathers running together with their children and I'm sure that those who have participated in setting a new Singapore record will share this special memory for years to come."

Apart from rousing street-side performances such as fire twirlers, cheerleaders and belly dancers to spur runners on, the running route was also enlivened with familiar Army songs and a series of large-sized display boards depicting shared National Service experiences to ignite fond memories and celebrate the bonds forged during NS.

After the run, NSmen and their families enjoyed a host of fun-filled games at the carnival and they also had the opportunity to get up close to static displays of some of the Army's impressive machinery such as the Terrex Infantry Carrier Vehicle and M3G Military Float Raft.

Kindly refer to the following for more information:

Annex A – Fact Sheet

Annex B – List of Winners

### **About SAFRA National Service Association**

SAFRA was formed in 1972 to provide for the social and recreational needs of NSmen and their families through quality sports, social, educational and cultural programmes to recognise NSmen for their contributions to National Defence.

SAFRA currently has a network of five clubs conveniently located in Jurong, Mount Faber, Tampines, Toa Payoh and Yishun. Complementing the modern facilities at SAFRA clubs is a host of quality membership benefits and activities specially packaged for over 500,000 members and their families.

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*Issued by Tate Anzur on behalf of SAFRA National Service Association*

**SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2013  
SUNDAY, 1 SEPTEMBER**

**FACT SHEET**

**Event Details**

**Date:** Sunday, 1 September 2013

**Time:** 5.15am to 10am

**Venue:** Flag-Off at Esplanade Bridge  
Finish Point at Padang

**Event Organisers:** SAFRA and The Army

**Race Categories**

| <b>Categories</b>                    | <b>Eligibility</b>   |
|--------------------------------------|--|
| <b>21KM ARMY HALF MARATHON (AHM)</b> |  |
| 21KM AHM Men's                       | SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen) only   |
| 21KM AHM Women's                     | SAF Active Servicewomen only   |
| 21KM AHM Men's Master                | SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen), age 40 years old and above only   |
| 21KM AHM Women's Master              | SAF Active Servicewomen, age 35 years old and above only   |
| 21KM AHM Family Men                  | Up to 3 nominated immediate family members of participating SAF Active Servicemen/ Servicewoman and SAF NSmen (ORNS, MR & Ex-NSmen). Servicemen / Servicewoman and NSmen must register first                                   |
| 21KM AHM Family Women                |  |
| 21KM AHM Men's Open                  | All male participants who are not eligible for the above categories; inclusive of: <ul style="list-style-type: none"> <li>- Non-SAF active servicemen &amp; NSmen</li> <li>- Singaporeans/ PR</li> <li>- Foreigners</li> </ul> |
| 21KM AHM Women's Open                | All female participants who are not eligible for the above categories; inclusive of: <ul style="list-style-type: none"> <li>- Non-SAF servicewomen</li> </ul>  |

|   | <ul style="list-style-type: none"> <li>- Singaporeans/ PR</li> <li>- Foreigners</li> </ul>   |
|---|--|
| <b>Categories</b>                           | <b>Eligibility</b>   |
| <b>SAFRA 10KM RACE</b>                      |  |
| SAFRA 10KM Race Men's                       | SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen) only   |
| SAFRA 10KM Race Women's                     | SAF Active Servicewomen only   |
| SAFRA 10KM Race Men's Master                | SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen), aged 40 years old and above only  |
| SAFRA 10KM Race Women's Master              | SAF Active Servicewomen, aged 35 years old and above only  |
| SAFRA 10KM Race Family Men                  | Up to 3 nominated immediate family members of SAF Active Servicemen/ Servicewoman and SAF NSmen. Servicemen / Servicewoman and NSmen must register first.  |
| SAFRA 10KM Race Family Women                |  |
| SAFRA 10KM Race Men's Open                  | <p>All male participants who are not eligible for the above categories; inclusive of:</p> <ul style="list-style-type: none"> <li>- Non-SAF servicemen &amp; NSmen</li> <li>- Singaporeans/ PR</li> <li>- Foreigners</li> </ul> |
| SAFRA 10KM Race Women's Open                | <p>All female participants who are not eligible for the above categories; inclusive of:</p> <ul style="list-style-type: none"> <li>- Non-SAF servicewomen</li> <li>- Singaporeans/ PR</li> <li>- Foreigners</li> </ul>         |
| <b>SAFRA 5KM FUN RUN</b>                    |  |
| SAFRA 5KM Fun Run                           | Open to all  |
| <b>OTHERS</b>                               |  |
| Dads For Life 800m Father & Child Challenge | Open to father-and-child pairs. Child must be aged 4 years old to 16 years old.  |

## SAF NSMEN AND THEIR FAMILIES ENJOYED SPECIAL RATES

This year, all Singapore Armed Forces (SAF) NSmen and those who have completed their Operationally Ready National Service training cycle enjoyed more than 75 percent discount on registration fees for the 21km AHM, SAFRA 10km Race and SAFRA 5km Fun Run.

In addition, each participating NSman could also nominate up to three immediate family members to enjoy a special SAF Family rate to recognise the critical role they play in supporting NSmen's commitment towards their NS duties, as well as encourage more NSmen to participate in the event together with their family members to bond and keep fit.

### a) Early Bird Registration: Fri, 17 May to Wed, 10 Jul

| Categories  | Rates               |               |                         |        |
|---|---------------------|---------------|-------------------------|--------|
|   | SAF NSmen*          | SAFRA Members | SAF Family <sup>+</sup> | Public |
| 21KM AHM  | \$12<br>(U.P. \$55) | \$40          | \$45                    | \$55   |
| SAFRA 10KM Race                                     | \$8<br>(U.P. \$38)  | \$28          | \$32                    | \$38   |
| SAFRA 5KM Fun Run                                   | \$5<br>(U.P. \$22)  | \$16          | \$18                    | \$22   |
| Dads For Life 800m<br>Father-and-Child<br>Challenge | \$8                 | \$8           | \$12                    | \$20   |

### b) Normal Registration: Thu, 11 Jul to Thu, 1 Aug

| Categories  | Rates               |               |                         |        |
|---|---------------------|---------------|-------------------------|--------|
|   | SAF NSmen*          | SAFRA Members | SAF Family <sup>+</sup> | Public |
| 21KM AHM  | \$12<br>(U.P. \$65) | \$50          | \$55                    | \$65   |
| SAFRA 10KM Race                                     | \$8<br>(U.P. \$44)  | \$33          | \$38                    | \$44   |
| SAFRA 5KM Race                                      | \$5<br>(U.P. \$22)  | \$16          | \$18                    | \$22   |
| Dads For Life 800m<br>Father-and-Child<br>Challenge | \$8                 | \$8           | \$12                    | \$20   |

\* Only NSmen (Operationally Ready National Servicemen, MINDEF Reserves & Ex-NSmen) from the three arms of the Singapore Armed Forces - the Singapore Army, the Republic of Singapore Air Force (RSAF) and the Republic of Singapore Navy (RSN).

\* Only applicable for registered SAF active servicemen and NSmen immediate family members (Parents, siblings, spouse and children). Each SAF active servicemen and NSmen participating in the event can nominate up to three immediate family members to enjoy this rate.

## Registration Figures

| Category                                    | Registered Participants |
|---|-------------------------|
| 21km Army Half Marathon                     | 20,197                  |
| SAFRA 10km Race                             | 16,287                  |
| SAFRA 5km Fun Run                           | 6,936                   |
| Dads For Life 800m Father & Child Challenge | 2,628 (1,314 pairs)     |

## Key Event Highlights

To ignite fond memories and celebrate the bonds forged through NS, familiar Army songs such as 'Purple Light' and 'Training to Be Soldiers', which are frequently sung in unison by platoons during their NS route march were played along Marina Barrage, St Andrew's Bridge and at several other water points along the running route to motivate and excite runners.

Along other parts of the running routes, participants were also be greeted by a series of eight large-sized display boards depicting shared experiences and significant milestones of the NS journey. The unforgettable shaving of recruits' hair on enlistment day; the fear of navigating the seemingly towering Jacob's Ladder for the very first time as part of the Standard Obstacle Course, and the immense feeling of triumph and joy experienced by soldiers at their Basic Military Training Passing Out Parade after completing a gruelling 24km route march, are just a few of the scenes that were featured.

After the run, NSmen and their families also got to get up close to static displays of some of the Army's impressive machinery.

## Streetside Festivities

Featured at 12 locations along the running routes to entertain and cheer runners on.

- NUS Cheerleaders
- LED Stilt Walkers
- Mascots
- Belly Dancers
- Percussion Group
- Fire Twirlers & LED Spinner
- Maculele Capoeira
- Malay Kompang
- Sambateria
- Unicyclists

## Welfare Management

### Water Points

- There are a total of 13 along the running routes.
- For the 21km route, there will be 13 water points
- For the 10km route, there will be 6 water points
- For the 5km route, there will be 3 water points.

### Medical Support

- To ensure medical support, there will be a total of four (4) medical posts and eight (8) ambulance posts along the running routes.
- There will also be seven (7) medical buggies on standby.

### Salonpas Aid Stations

- There will be six aid stations located along the running routes where participants can get relief from aching muscles with Salonpas MASSAGE FOAM.

## Sponsors & Partners

|                                      |   |                             |
|--------------------------------------|---|-----------------------------|
| Main Event Sponsor                   | Hisamitsu Pharmaceutical Co., Inc. (Salonpas) |                             |
| Sponsors/<br>Partners/<br>Supporters | Official Performance Supplement               | Berocca                     |
|                                      | Official Partner                              | SIM University              |
|                                      | Official Online Media                         | Run Society                 |
|                                      | Official Sports Drink                         | 100 Plus                    |
|                                      | Official Mineral Water                        | Ice Mountain                |
|                                      | Official Timer                                | Soleus                      |
|                                      | Official Running Shoes                        | Brooks                      |
|                                      | Official Cereal Bar                           | Yogood                      |
|                                      | Official Skin Care                            | Garnier Men                 |
|                                      | Official Running Magazine                     | RUN                         |
|                                      | Official Fitness Centre                       | EnergyOne                   |
|                                      | Official Radio Stations                       | Power 98 FM;<br>Jia 88.3 FM |
| Official Sports Gel and Powder       | High 5  |                             |
| Supported by                         | Dads For Life<br>Lagoon Event & Entertainment |                             |
| Partner In Sports                    | National Parks Board                          |                             |
| Partners                             | Nurture Stars;<br>Kidz Amaze                  |                             |

For more information, log on to [www.safra.sg/sbr](http://www.safra.sg/sbr)

**SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2013****WINNERS LIST****21KM AHM Men's**

SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen) only

| <b>Position</b>       | <b>Name</b>   | <b>Gun Timing</b> |
|-----------------------|---------------|-------------------|
| <b>1<sup>st</sup></b> | Ying Ren Mok  | 1h 10m 13s        |
| <b>2<sup>nd</sup></b> | Ivan Low      | 1h 12m 25s        |
| <b>3<sup>rd</sup></b> | Chee Yong Ang | 1h 14m 21s        |

**21KM AHM Men's Master**

SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen), age 40 years old and above only

| <b>Position</b>       | <b>Name</b>    | <b>Gun Timing</b> |
|-----------------------|----------------|-------------------|
| <b>1<sup>st</sup></b> | Swee Tiong Tan | 1h 17m 31s        |
| <b>2<sup>nd</sup></b> | Shau Meng Teo  | 1h 25m 09s        |
| <b>3<sup>rd</sup></b> | Goh Lean Seng  | 1h 25m 29s        |

**21KM AHM Family Men**

Up to 3 nominated immediate family members of participating SAF Active Servicemen/ Servicewoman and SAF NSmen (ORNS, MR & Ex-NSmen).

| <b>Position</b>       | <b>Name</b>               | <b>Gun Timing</b> |
|-----------------------|---------------------------|-------------------|
| <b>1<sup>st</sup></b> | Mohammad Nazri Bin Rahman | 1h 24m 18s        |
| <b>2<sup>nd</sup></b> | Yew Wee Chua              | 1h 31m 28s        |
| <b>3<sup>rd</sup></b> | Joe Kwan                  | 1h 33m 47s        |

**21KM AHM Men's Open**

All male participants who are not eligible for the above categories

| <b>Position</b>       | <b>Name</b>          | <b>Gun Timing</b> |
|-----------------------|----------------------|-------------------|
| <b>1<sup>st</sup></b> | Silah Kipkemboi Limo | 1h 01m 26s        |
| <b>2<sup>nd</sup></b> | Bernard Muthoni      | 1h 01m 51s        |
| <b>3<sup>rd</sup></b> | James Munyi Maregu   | 1h 02m 16s        |
|                       |                      |                   |



## 21KM AHM Women's

SAF Active Servicewomen only

| Position        | Name         | Gun Timing |
|-----------------|--------------|------------|
| 1 <sup>st</sup> | Jing Dai     | 1h 53m 56s |
| 2 <sup>nd</sup> | Jessica Teng | 2h 00m 11s |
| 3 <sup>rd</sup> | Wynne Tan    | 2h 07m 08s |

## 21KM AHM Women's Master

SAF Active Servicewomen, age 35 years old and above only

| Position        | Name            | Gun Timing |
|-----------------|-----------------|------------|
| 1 <sup>st</sup> | Yuan Ping Chong | 1h 54m 49s |
| 2 <sup>nd</sup> | Hui Bing Thio   | 2h 18m 59s |
| 3 <sup>rd</sup> | Siok San Lee    | 2h 23m 33s |

## 21KM AHM Family Women

Up to 3 nominated immediate family members of participating SAF Active Servicemen/ Servicewoman and SAF NSmen (ORNS, MR & Ex-NSmen).

| Position        | Name        | Gun Timing |
|-----------------|-------------|------------|
| 1 <sup>st</sup> | Baoying Lim | 1h 29m 53s |
| 2 <sup>nd</sup> | Jie Shi Neo | 1h 29m 54s |
| 3 <sup>rd</sup> | Stella Lee  | 1h 31m 47s |

## 21KM AHM Women's Open

All female participants who are not eligible for the above categories

| Position        | Name            | Gun Timing |
|-----------------|-----------------|------------|
| 1 <sup>st</sup> | Jackline Nzivo  | 1h 12m 10s |
| 2 <sup>nd</sup> | Fridah Chepkite | 1h 12m 44s |
| 3 <sup>rd</sup> | Esther Karmi    | 1h 13m 17s |

### **SAFRA 10KM Race Men's**

SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen) only

| <b>Position</b> | <b>Name</b>         | <b>Gun Timing</b> |
|-----------------|---------------------|-------------------|
| 1 <sup>st</sup> | Hua Qun Soh         | 31m 39s           |
| 2 <sup>nd</sup> | Henry Lee           | 32m 53s           |
| 3 <sup>rd</sup> | Philip Ramachandran | 32m 55s           |

### **SAFRA 10KM Race Men's Master**

SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen), aged 40 years old and above only

| <b>Position</b> | <b>Name</b>   | <b>Gun Timing</b> |
|-----------------|---------------|-------------------|
| 1 <sup>st</sup> | Hong Leng Kek | 35m 06s           |
| 2 <sup>nd</sup> | Seow Wee Ku   | 36m 10s           |
| 3 <sup>rd</sup> | Thomas Neo    | 37m 22s           |

### **SAFRA 10KM Race Family Men**

Up to 3 nominated immediate family members of SAF Active Servicemen/ Servicewoman and SAF NSmen.

| <b>Position</b> | <b>Name</b>  | <b>Gun Timing</b> |
|-----------------|--------------|-------------------|
| 1 <sup>st</sup> | Jacky Ong    | 34m 03s           |
| 2 <sup>nd</sup> | Zong Wei Tng | 44m 06s           |
| 3 <sup>rd</sup> | Sean Kwek    | 45m 16s           |

### **SAFRA 10KM Race Men's Open**

All male participants who are not eligible for the above categories

| <b>Position</b> | <b>Name</b>           | <b>Gun Timing</b> |
|-----------------|-----------------------|-------------------|
| 1 <sup>st</sup> | Kipchirchir Vincent   | 28m 47s           |
| 2 <sup>nd</sup> | Koech Walter Kiptanui | 28m 48s           |
| 3 <sup>rd</sup> | Samson Kiplagat Tenai | 29m 56s           |

### **SAFRA 10KM Race Women's**

SAF Active Servicewomen only

| <b>Position</b> | <b>Name</b>   | <b>Gun Timing</b> |
|-----------------|---------------|-------------------|
| 1 <sup>st</sup> | Pui Cheng Oh  | 55m 28s           |
| 2 <sup>nd</sup> | Kim Hong Tan  | 56m 20s           |
| 3 <sup>rd</sup> | Beng Choo Ong | 57m 07s           |

### **SAFRA 10KM Race Women's Master**

SAF Active Servicewomen aged 35 years old and above only

| <b>Position</b>       | <b>Name</b>    | <b>Gun Timing</b> |
|-----------------------|----------------|-------------------|
| <b>1<sup>st</sup></b> | Siew Mee Chow  | 56m 21s           |
| <b>2<sup>nd</sup></b> | Leng Leng Chua | 58m 02s           |
| <b>3<sup>rd</sup></b> | Kim Choo Cheng | 1h 28m 48s        |

### **SAFRA 10KM Race Family Women**

Up to 3 nominated immediate family members of SAF Active Servicemen/  
Servicewoman and SAF NSmen.

| <b>Position</b>       | <b>Name</b>        | <b>Gun Timing</b> |
|-----------------------|--------------------|-------------------|
| <b>1<sup>st</sup></b> | Ethel Lin          | 37m 57s           |
| <b>2<sup>nd</sup></b> | Bee Chan Grace Lim | 43m 06s           |
| <b>3<sup>rd</sup></b> | Sem Hui Leng       | 44m 00s           |

### **SAFRA 10KM Race Women's Open**

All female participants who are not eligible for the above categories

| <b>Position</b>       | <b>Name</b>             | <b>Gun Timing</b> |
|-----------------------|-------------------------|-------------------|
| <b>1<sup>st</sup></b> | Susan Jemutai Chepkwony | 35m 32s           |
| <b>2<sup>nd</sup></b> | Caroline Kigen          | 36m 32s           |
| <b>3<sup>rd</sup></b> | Vanja Cnops             | 37m 01s           |