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Press Release

To Editors

RECORD NUMBER OF FATHER-AND-CHILD TEAMS COMPETED IN SAFRA AVVENTURA™ 2013

With the growing emphasis on the importance of family bonding in Singapore, more fathers seem to be finding unique ways to bond with their kids.

A total of 64 father-and-child pairs competed at this year's SAFRA AVventura™ 2013 – a 50 percent increase as compared to last year's event. A new category was also introduced as part of the Dads For Life Challenge, enabling fathers with teenage children (aged 13 to 17) to compete together. Teams participated in a series of fun-filled challenges such as abseiling, sporting climbing, air weapons shooting and chapteh as they ran and cycled along a short 6.5km race route within the Yishun estate.

Mohammad Hairul Nazwa, 37, took part in the Dads For Life Challenge Junior category with his nine-year-old son, Ian Izree and came in first in their category. Mohammad Hairul commented: "It was an unexpected win for us. We had fun bonding throughout the race. This is the first time we are taking part in an adventure race together and I hope to continue to participate in future races with him."

Mr Sze Toh Khai Munn, Race Director for the SAFRA AVventura™ 2013 who is a father to a two-year-old, commented, "As fathers, we always hope to have a close bond with our kids even after they grow up. Unique experiences like participating in such events help strengthen the trust between father and child as they work together to overcome the challenges, leaving a positive imprint in the child. I am sure that many of the participating teams have also taken away with them fond memories of the race that they will reminisce in the years ahead."

Apart from fathers and kids, SAFRA AVventura™ drew 127 teams of adventure racers who put their fitness and endurance to the test in the Ultra, Sprint and Youth categories. While participants in the Ultra category traversed the eastern and northern parts of Singapore along a gruelling race route at least 42km peppered with mystery challenges, teams in the Sprint and Youth categories had the opportunity to kayak along the scenic Punggol Waterway for the very first as part of a shorter 33km race route.

Joseph Foo Chien Boon, 42 and Abdul Hadi Bin Masrom, 41 took home the top prize for the Men's Ultra category with a timing of 5 hours 39 minutes. Abdul Hadi commented: "It was a surprise win for us. as there were a lot of strong competitors in this year's race. But we continued to push on throughout the race, despite knowing that our competitors were hot on our heels. The toughest part of the race was the navigation challenges, one wrong move could cost us the pole position. The feeling of coming in first is great!"

Mr Chan Chun Sing, Acting Minister for Social & Family Development, Senior Minister of State for Defence and President of SAFRA, graced the event as the Guest-of-Honour and presented prizes to the race winners.

Please refer to the following attachments for more information:

Annex A – Fact Sheet

Annex B – Race Description

Annex C - Winners' List

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 200,000 members and their families.

Issued by the Communications & Public Relations Division, SAFRA National Service Association.

**SAFRA AVVENTURA™ 2013
FACT SHEET**

1 Introduction to Adventure Racing

Adventure racing is a combination of two or more endurance disciplines incorporating map navigation, cross-country running, trail biking, kayaking, sport climbing and rope skills. However, a series of mystery challenges or games are also commonly incorporated within the race route to increase the element of fun.

Prior to race day, participants are given minimal information about the race route and the challenges they will encounter. The element of surprise is what makes the race exciting and tests the ability of participants to work as a team to overcome each situation as they unfold. As teams also have to navigate their own way along the route, good map reading skills and one's sense of direction often makes a huge difference in race timing. As many experienced adventure racers would testify, both brains and brawn are just as important.

2 Background of SAFRA AVventura

Organised by SAFRA Yishun, the SAFRA AVventura is the largest cross-terrain adventure race in Singapore.

The event made its debut in 2006 with the AIA SAFRA AVventura Northern Adventure Race which attracted 270 avid racers who traversed more than 40km in the Northern part of Singapore.

In 2007, the event came back with a twist with the SAFRA AVventura Coastal Challenge in which half of the race activities were held along the coast. A total of 336 racers competed over a 35km race route.

The race was not held in 2008. Back in 2009, the SAFRA AVventura Rough Ramble was organised to be one of the toughest adventure races ever. The race route covered a total distance of up to 50km and participants had to scale a grueling 25m rope ladder for the first time. A total of 372 racers participated in the race.

In 2010, SAFRA AVventura took the fun and surprise element up several notches by including a host of obstacle challenges such as a swinging bridge, monkey bar, low ramp and Jacob's ladder along a 51km race route. A total of 274 racers competed in the event; a significant drop in participation as many felt that the race was simply too tough.

In 2011, SAFRA AVventura got participants ultra wet and high with a series of water obstacles and high elements along the 43km race route. Participants had the opportunity to abseil diagonally from a height of 18m. For the first time, a new Dads For Life Challenge was also introduced to promote father and child bonding through

adventure, allowing fathers to team up with their child to compete. A total of 310 racers participated in the race.

In 2012, SAFRA AVventura took participants to the western and northern parts of Singapore along a 44km race route. Participants had the opportunity to scale and abseil off an 18m natural rock face at Dairy Farm Quarry for the first time. The event attracted a record of 448 participants that year. In addition, there was a three-fold increase in the number of father-and-child teams taking part in the Dads For Life Challenge. Held for the second year, 43 teams took part in the short 10km race.

3 Race Categories

Category	Distance	Gender make-up for the team
Ultra (18 years old and above)	42km Run – 18km Bike – 18km Kayak – 6km	Men, Women, Mixed
Sprint (18 years old and above)	31km Run – 13km Bike – 15km Kayak – 3km	Men, Women, Mixed
Youth (15 to 20 years old)	31km Run – 13km Bike – 15km Kayak – 3km	Men, Women, Mixed
Dads For Life Challenge		
Junior (Dad and child of age 7 to 12 years old)	6.5km Run – 2.5km Bike – 4km	Father and Child
Open (Dad and child of age 13 to 17 years old)	6.5km Run – 2.5km Bike – 4km	Father and Child

*Team to consist of two participants. Participant ages as of January 2013.

4 Participants

Total number of participants – 191 teams; 382 participants.

Ultra Category

- Men – 26 teams; 52 participants
- Women – 7 teams; 14 participants
- Mixed – 7 teams; 14 participants
- Total – 40 teams; 80 participants

Sprint Category

- Men – 30 teams; 60 participants
- Women – 6 teams; 12 participants
- Mixed – 26 teams; 52 participants
- Total – 62 teams; 124 participants

Youth Category

- Men – 10 teams; 20 participants
- Women – 7 teams; 14 participants
- Mixed – 8 teams; 16 participants
- Total – 25 teams; 50 participants

Dads For Life Challenge

- Junior - 49 teams; 98 participants
- Open - 15 teams; 30 participants

5 Prizes

Position	Ultra	Sprint	Youth	Dads For Life Challenge
1st	<p>\$1,000 cash</p> <p>2 x Timberland Watches</p> <p>\$300 worth of INOV-8 vouchers</p> <p>2 x EnergyOne Gym Membership (Valid for 3 months)</p>	<p>\$500 cash</p> <p>2 x Lancer Backpack</p> <p>\$300 worth of INOV-8 vouchers</p> <p>2 x EnergyOne Gym Membership (Valid for 3 months)</p>	<p>\$200 cash</p> <p>2 x Lancer Backpack</p> <p>\$100 worth of INOV-8 vouchers</p>	<p>2 x Cannondale Waterbottle</p> <p>2 x Lancer Backpack</p>
2nd	<p>\$500 cash</p> <p>2 x Timberland Watches</p> <p>\$150 worth of INOV-8 vouchers</p> <p>2 x EnergyOne Gym Membership (Valid for 3 months)</p>	<p>\$300 cash</p> <p>2 x Swat Backpack</p> <p>\$250 worth of INOV-8 vouchers</p>	<p>2 x Swat Backpack</p> <p>12 SAFRA Adventure Club Climbing Passes</p> <p>\$50 worth of INOV-8 vouchers</p>	<p>2 x Cannondale Waterbottle</p> <p>2 x Swat Backpack</p>
3rd	<p>\$300 cash</p> <p>2 x Timberland Watches</p> <p>\$100 worth of INOV-8 vouchers</p>	<p>\$200 cash</p> <p>2 x Swat Backpack</p> <p>\$150 worth of INOV-8 vouchers</p>	<p>2 x Swat Backpack</p> <p>10 SAFRA Adventure Club Climbing Passes</p> <p>\$25 worth of INOV-8 vouchers</p>	<p>2 x Cannondale Waterbottle</p> <p>Swat Backpack</p>

**SAFRA AVVENTURA™ 2013
RACE DESCRIPTION**

Ultra / Sprint / Youth Category

Flag-Off Venue : SAFRA Tampines

End Point Venue : SAFRA Yishun Country Club

S/N	Check Point (CP)	Location/ Road Name	Description
1	Start Point	SAFRA Tampines	Upon flag-off, all teams will run to Tampines Bike Trail via Bedok Reservoir and Tampines Ave 10.
2	CP1A	Tampines Ave 9	All teams to collect their bikes at Tampines Ave 9 and bike to CP1B.
3	CP1B	Tampines Bike Trail	<p>All teams to complete Mystery Challenge 1 before cycling to CP2 via Pasir Ris Drive 1.</p> <p>Mystery Challenge 1</p> <p>All teams will provided with a trail map marked with 8 stations.</p> <p>Ultra category – Teams will ride along the bike trail to locate all eight stations and collect a stamp at each station.</p> <p>Sprint/ Youth Categories – Teams will have to ride along the bike trail to locate four stations stated in the map and collect a stamp at each station.</p>
4	CP2	Pasir Ris Park: Carpark B	<p>Ultra Category – Teams will deposit their bike upon arrival at CP2 and attempt Mystery Challenge 2 on foot. Upon completion, teams will collect their bikes and navigate their way to CP3 on bikes.</p> <p>Sprint/ Youth Categories – Teams will attempt Mystery Challenge 2 on bikes. Upon completion, teams will navigate and cycle their way to CP3.</p> <p>Mystery Challenge 2</p> <p>Ultra Teams will be tasked to locate three landmarks within Pasir Ris Park and collect a stamp at each landmark:</p>

			<ol style="list-style-type: none"> 1) Gallop Stations 2) Maze Garden 3) Playground 4) Bird Watching Tower 5) BBQ Pit 65 <p>Sprint / Youth Categories will need to locate the following:</p> <ol style="list-style-type: none"> 1) Gallop Stations 2) Bird Watching Tower 3) BBQ Pit 65
5	CP3	Lorong Halus Wetland	<p>Ultra Category – All teams to attempt Mystery Challenge 3 before biking to CP4C at Punggol Point Jetty.</p> <p>Sprint/Youth Categories – All teams to attempt Mystery Challenge 3 before biking to CP4A & B at Punggol Waterway.</p> <p>Mystery Challenge 3</p> <p>All teams will be given three challenges:</p> <ol style="list-style-type: none"> 1) Soduku 2) Crossword Puzzle 3) IQ Puzzle <p>Teams to choose one of the three puzzles and complete it within 15 minutes.</p>
6	CP4A	Punggol Waterway	<p>Sprint/Youth Categories – All teams to kayak a 3km loop circuit before heading to CP4B.</p>
7	CP4B	Punggol Waterway	<p>Sprint/Youth Categories – Teams will attempt Mystery Challenge 4 before heading to CP5 on bike.</p> <p>Mystery Challenge 4</p> <p>Teams will be given a trivia on Punggol estate. They will have to make their way around the Punggol Waterway to find the answers on the various information boards located around the park.</p>
8	CP4C	Punggol Point Jetty	<p>Ultra Category – Teams to check in CP4C before cycling to CP5.</p>
9	CP5	Punggol Marina	<p>All teams will deposit their bikes at CP5.</p>

			<p>Ultra category – Teams will kayak a 6km route to CP6.</p> <p>Sprint/Youth Categories – Teams to run to CP7.</p>
10	CP6	Punggol Coastal Area	Ultra Category – Teams to deposit their kayaks and run to CP8A.
11	CP7	Yishun Dam	Sprint/Youth Categories – Teams to check in at CP7 before continuing on to CP9 on foot.
12	CP8A	Simpang	<p>Ultra Category – Teams to complete Mystery Challenge 5 before running to CP8B</p> <p>Mystery Challenge 5</p> <p>Participants will have to complete a mud crawl.</p>
14	CP8B	Simpang	<p>Ultra Category – Teams to complete Mystery Challenge 6 before running to CP8C.</p> <p>Mystery Challenge 6</p> <p>Participants will stand 100m apart from each other. Facing one another, one participant will be given a morse code message that they will have to convey to their team member using only gestures and signals</p>
15	CP8C	Simpang	<p>Ultra Category – Teams to complete Mystery Challenge 7 before running to CP8D.</p> <p>Mystery Challenge 7</p> <p>Teams will have to successfully complete a water crossing.</p>
16	CP8D	Simpang	<p>Ultra Category – Teams to complete Mystery Challenge 8 before running to CP9.</p> <p>Mystery Challenge 8</p> <p>Teams will be given a reference sheet, with each reference listed will give a unique letter/number. They will also be provided with a map showing four checkpoints in the area. They will have to navigate their way to each checkpoint to find the correct letters/numbers to complete their reference sheet.</p>
17	CP9	SAFRA Yishun – SAFRA Adventure	Ultra Category – Teams to jumar up the 25m sport climbing wall, abseil down a 25m tower and complete

		Sports Centre	a 50m rope traverse across the swimming pool. Sprint/Youth Categories – Teams to climb a 21m rope ladder and abseil down a 25m tower.
18	End		

**SAFRA AVVENTURA™ 2013
RACE DESCRIPTION**

Dads For Life Challenge (Junior / Open)

Flag-Off Venue : SAFRA Yishun Country Club

End Point Venue : SAFRA Yishun Country Club

S/N	Check Point (CP)	Location/ Road Name	Description
1	Start Point	SAFRA Yishun	Upon flag-off, teams will run towards CP1 located at SAFRA Yishun Car Park
2	CP 1	SAFRA Yishun Car Park	Teams will collect their bikes and cycle to CP2 via Yishun Ave 2
3	CP 2	Yishun Park Ave 2	<p>Teams will have to complete a set of mystery challenges before biking to CP3 via Yishun Ave 1</p> <p><u>Open Category</u></p> <ul style="list-style-type: none"> - Top spinning – Each team is given a top. The top will have to spin for 3 mins without stopping. - Great Egg Drop – Teams are provided with identical resources to build a ‘shield’ for an egg to prevent it from breaking when the egg is dropped 3 meters from the ground. - Loner – Each team will be given 20 marbles, which they will have to roll on the floor, while lying on their stomachs, to knock down a pencil located 15 feet away. <p><u>Junior Category</u></p> <ul style="list-style-type: none"> - Fly The Plane – Teams will have to fold a paper plane out of an A4 size paper. The plane will have to be able to take flight pass the demarcated area. - Chapteh – Teams will have to keep a chapteh in the air for a total of 20 kicks. - Hot Air Balloon – Each team will be given a balloon, which they will have to keep in the air by blowing for at least 1 min.
4	CP 3	Lower Seletar Reservoir Car Park	Teams to deposit their bikes and go on foot to CP4
5	CP 4	Lower Seletar	Teams to complete a set of mystery challenges

		Reservoir	<p>before proceeding to CP5 on foot.</p> <p><u>Open Category</u></p> <ul style="list-style-type: none"> - Tin Can Pass – Each pair will attempt to pass a tin can from point A to point B, located 10m apart, using only their legs. - Sunken Apples – Each father and child pair will take turn to retrieve apples floating in a pail using only their mouth. - Swing Em – Each pair will have to put on a pantyhose on their head, with the leg ends fitted with a tennis ball. They will then have to swim the ball using only their head to topple a stack of cans. - 5 Stones – Teams will have to successfully complete a game of five stones. <p><u>Junior Category</u></p> <ul style="list-style-type: none"> - Needle in a Haystack – Teams will have to find an item hidden in a box of flour using only their mouth. - Kick Off – Teams will have to kick cans into a designated area. - Bouncer – Teams will have to get 10 ping pong balls into a cup, with only one bounce per ball. - Defying Gravity – Teams will have to keep five balloons up in the air for 2 mins without any balloons dropping
6	CP 5	SAFRA Yishun Indoor Air Weapons Range	<p>Teams will have to participate in a shooting challenge.</p> <p>Upon completion, teams will make their way to CP6 on foot.</p>
7	CP 6	SAFRA Adventure Sports Centre at SAFRA Yishun	<p><u>Open Category</u></p> <p>Teams will scale the 18m sport climbing slab wall in tandem and attempt the Canopy Challenge Walk.</p> <p><u>Junior Category</u></p> <p>Teams will have to complete the Canopy Sky Walker and abseil down 21m.</p>
8	CP 7	End Point	

WINNERS LIST

1 ULTRA CATEGORY
(18 years old and above)

Men's Ultra

Position	Name	Team Name	Timing
1st	ABDUL HADI B MASRON		05:39:41
	FOO CHIEN BOON JOSEPH		
2nd	BRENDAN LIM	WanGoDo Edge SMASHed	05:54:39
	LUK SU		
3rd	SHAHROM ABDULLAH	Cannasia Cannondale Team 1	06:02:03
	BASTIAN DOHLING		

Women's Ultra

Position	Name	Team Name	Timing
1st	YAN JIEHUI	WanGoDo Edge Girls	06:30:22
	TSALINA PHANG		
2nd	LYNDA SCOTT	Hammer Chicks	06:44:24
	TRUDY FAWCETT		
3rd	EMILY STONE	Out of our way!	07:36:50
	NASIRAH HEMY		

Mixed Ultra

Position	Name	Team Name	Timing
1st	ALVIN LIM		06:05:35
	CHANG EE PIN		
2nd	ROBSON PHAN		06:23:25
	TAN CHENG JUNE		
3rd	MOHAMAD AMIN B MD NOR	ARXtreme	06:55:53
	NORDALINA BTE JUMAHAT		

2 SPRINT CATEGORY (18 years old and above)

Men's Sprint

Position	Name	Team Name	Timing
1st	LIM KAI XIANG		04:33:40
	JEREMY TONG ZHI HAO		
2nd	DENIS REQUIS		04:54:09
	ALAIN PETARD		
3rd	TAN JUN KHIANG	Team RedsXtreme 2	04:58:14
	CHIANG ZHEN HAO		

Women's Sprint

Position	Name	Team Name	Timing
1st	GOH AI ZHI		05:08:43
	TAY MAY SAN DORA		
2nd	MEI SHAN KRISHNAN		06:00:48
	ANNETTE YANG HUI YI		
3rd	MELISSA CHUA HUI EN	Just For Fun	06:06:10
	PHUA YEE LEI DEBBIE		

Mixed Sprint

Position	Name	Team Name	Timing
1st	TAN HONG TAA		04:29:37
	TAN SOK HUE SUMIKO		
2nd	ONN YAN CHANG	Ascent D'Veature - Chinlay	04:55:34
	MOHAMMAD RAFIUDDIN BIN SAMSUDIN		
3rd	GIAM MING FEI	Ascent D'Veature - Slackers	05:02:15
	KENNETH LIN JUNYU		

3 YOUTH CATEGORY
(15 – 20 years old)

Men's Youth

Position	Name	Team Name	Timing
1st	NIGEE WOO JIA XING	Republic U Jelly Bro	04:56:03
	LINUS WONG ZHAO RONG		
2nd	GAVIN LIM SIN HAO	Are we there yet?	04:59:03
	DARREN CHIN CHUN JIE		
3rd	EU WEN SHUEN NICHOLAS		06:12:30
	TOO TAT HSIANG		

Women's Youth

Position	Name	Team Name	Timing
1st	TAN ZHU TING	Freestyle	06:05:19
	BRENDA CHONG		
2nd	LIM YING YAN JOLENE	D.J. Republic	06:16:05
	NUR DIANA BTE AZIZ		
3rd	OH JIA YING SYLVIA	First Lady	06:05:19
	NURSYUHADA NAHAR		

Mixed Youth

Position	Name	Team Name	Timing
1st	ROCHESTER CHEW JUN HAO	Old Friends	04:43:48
	SHARON ANNE TAN WEI LING		
2nd	BENJAMIN GAN JUN JIE		05:26:00
	FOO YAN CI		
3rd	YEO JIE KAI AZIEL	Team A-Max	05:33:49
	TAN MEI XUAN		

4 DADS FOR LIFE CHALLENGE - JUNIOR

(Father to be 21 years old and above and child between 7 – 12 years old)

Position	Name	Team Name	Timing
1st	MOHAMMAD HAIRUL NAZWA BIN DOL	Tri-Adventure 2i	01:10:08
	IAN IZREE BIN MD HAIRUL NAZWA		
2nd	CHEW ENG SENG	Bikelabz	01:15:27
	AYDEN CHEW KAI XUN		
3rd	MASNAWI BIN MEON	Team Noreq B	01:18:04
	ABU HUDZAIFAH BIN MASNAWI		

5 DADS FOR LIFE CHALLENGE - OPEN

(Father to be 21 years old and above and child between 13 – 17 years old)

Position	Name	Team Name	Timing
1st	LEE TIAN YEW	Animiles	01:37:18
	DON LEE		
2nd	KOH BOON PIN	Koh Klan	01:37:20
	ALEXANDER KOH		
3rd	ONG CHIN HUI	Wild Ones	01:49:25
	ONG JUN BAO		