

15 January 2012

## **Press Release**

To Editors

### **RECORD NUMBER OF PARTICIPANTS TRAVERSE THE ISLAND IN AN ULTIMATE CHALLENGE OF BRAIN AND BRAWN**

Singapore's largest cross-terrain adventure race, the SAFRA AVventura™, saw a record of 448 participants and a three-fold increase in the number of father-and-child teams at its sixth edition this morning.

Teams in the Ultra category had to run, bike and kayak along a gruelling 44km race route across the western and northern parts of Singapore. Besides having to clear various mystery challenges that tested their teamwork and problem-solving skills, they also had the opportunity to scale and abseil off an 18m natural rock face at Diary Farm Quarry for the very first time. Enduring extreme fatigue, most of the participants completed the race within seven hours, finishing with a torturous 25m jumar up the sport climbing wall at SAFRA Yishun followed by a 50m rope traverse across the swimming pool.

Joseph Foo Chien Boon, 42, and Fabian William Raj, 34, of team Adventure Madness Enduro, took home the top prize for the Men's Ultra category with a timing of 4 hours 42 minutes. Joseph Foo commented: "I'm ecstatic to win, it has been a long-awaited win for me, having participated in the past four editions of SAFRA AVventura. This year, the running leg of the race was very tough, but the toughest had to be the 25m jumar and 50m rope traverse. We were exhausted already, but we had to dig deep and finish the race."

It wasn't a walk in the park for the participants of the Sprint and Youth categories either. Along a 26km race route, teams were surprised with an 8m rope ladder which they had to climb up onto Zhenghua Flyover. Their sport climbing skills were also tested at the 15m wall at SAFRA Adventure Sports Centre (SASC).

The Men's Sprint category was won by Chen Wee Meng, 24, and Ng Wei Ming, 23, of team D2B, with a timing of 2 hours 45 minutes. Wee Meng, who is a second sergeant in the SAF Commando, shared that army training was more than sufficient to prepare him for the race. He looks forward to SAFRA AVventura 2013, which he intends to participate in the much tougher Ultra category.

The event was not all torturous. A total of 43 fathers also took the opportunity to bond with their kids as they paired up for the event's Dads For Life Challenge. Held for the second year as part of SAFRA's partnership with the Dads For Life movement to

promote active fatherhood among NSmen, teams participated in a series of fun-filled challenges such as sport climbing, shooting, chatek and Long Kang fishing, as they ran and cycled along a short 10km race route. They were also among the first to tryout the newly opened segment of the Canopy Challenge Walk at SASC, where they navigated a series of cargo nets, swinging bridges and a zip line at a height of 18m which fully tested their agility and balance.

Father and son pair Faisal Meskam, 44, and Arfan Faisal, 12, emerged as the winners. Faisal commented: "SAFRA AVventura is a good opportunity to spend time with my son, and I'm happy to have competed in this race with him. I'm grateful that SAFRA organised such an event, because it's been my dream to compete in a race together with my son."

Mr Bobby Lim, Chairman of the Organising Committee for SAFRA AVventura 2012, commented: "We are glad that the SAFRA AVventura continues to draw such a wide variety of participants each year. Adventure racing is a great vehicle to encourage teamwork and strengthen bonds through unique and memorable experiences forged together."

Mr Lawrence Wong, Minister of State for Defence and Education, and President of SAFRA, was Guest-of-Honour for the event and he presented the 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 four clubs conveniently located in Jurong, Mount Faber, Tampines and Yishun; the oldest SAFRA club located in Toa Payoh is being redeveloped and is due to open by early 2013. Complementing the modern facilities at SAFRA clubs is a host of quality membership benefits and activities specially packaged for over 210,000 members and their families.

**SAFRA AVVENTURA™ 2012  
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.

### 3 Race Categories

<b>Category</b>	<b>Distance</b>	<b>Gender make-up for the team</b>
<b>Ultra</b> (18 years old and above)	<b>44km</b>  Run – 26km Bike – 17km Kayak – 1km	Men, Women, Mixed
<b>Sprint</b> (18 years old and above)	<b>26km</b>  Run – 6.5km Bike – 11.5km Kayak – 1km Biathlon – 7km	Men, Women, Mixed
<b>Youth</b> (15 to 20 years old)	<b>26km</b>  Run – 10km Bike – 15km Kayak – 1km	Men, Women, Mixed
<b>Dads For Life Challenge</b> (Dad and child of age 7 to 12 years old)	<b>10km</b>  Run – 3km Bike – 6km	Father and Child

\*Team to consist of two participants. Participant ages as of 2011.

#### 4 Participants

Total number of participants – 224 teams; 448 participants.

##### Ultra Category

- Men – 45 teams; 90 participants
- Women – 10 teams; 20 participants
- Mixed – 21 teams; 42 participants
- Total – 76 teams; 152 participants

##### Sprint Category

- Men – 36 teams; 72 participants
- Women – 4 teams; 8 participants
- Mixed – 33 teams; 66 participants
- Total – 73 teams; 146 participants

##### Youth Category

- Men – 13 teams; 26 participants
- Women – 10 teams; 20 participants
- Mixed – 9 teams; 18 participants
- Total – 32 teams; 64 participants

##### Dads For Life Challenge

- 43 teams; 86 participants

##### Interesting participants:

Youngest racer – Goh En Qi, 8 years old, participating with Goh Keng Teck in the Dads For Life Challenge

Oldest racer – Chua Song Cher, 61 years old, participating with Lee Joen Yen in the Sprint Men's category.

#### 5 Prizes

Position	Ultra	Sprint	Youth	Dads For Life Challenge
1st	\$1,000 in cash; 2 x Cannasia Power Breathe; \$500 worth of X-boundaries	\$500 in cash; 2 x Ryders sunglasses; \$700 worth of X-boundaries	\$200 in cash; 2 x Ryders sunglasses; \$600 worth of X-boundaries	Cannasia Power Breathe; Ryders sunglasses; \$400 worth of X-

	products;  2 x EnergyOne Gym membership (valid for 3 months)	products;  2 x EnergyOne Gym membership (valid for 3 months)	products	boundaries products
2nd	\$500 in cash;  \$300 worth of X- boundaries products;  2 x EnergyOne Gym membership (valid for 3 months)	\$300 in cash;  2 x Ryders sunglasses;  \$500 worth of X- boundaries products;  2 x EnergyOne Gym membership (valid for 3 months)	2x Ryders sunglasses; \$300 worth of X- boundaries products	Ryders sunglasses; \$200 worth of X- boundaries products
3rd	\$300 in cash;  \$200 worth of X- boundaries products;  2 x EnergyOne Gym membership (valid for 3 months)	\$200 in cash;  2 x Ryders sunglasses;  \$300 worth of X- boundaries products;  2 x EnergyOne Gym membership (valid for 3 months)	2 x Ryders sunglasses;  \$200 worth of X- boundaries products	Ryders sunglasses;  \$100 worth of X- boundaries products

**SAFRA AVVENTURA™ 2012  
RACE DESCRIPTION**

**Ultra / Sprint / Youth Category**

Flag-Off Venue : Bukit Gombak Sports Hall Foyer

End Point Venue : SAFRA Yishun

S/N	Check Point (CP)	Location/ Road Name	Description
1	Start Point	Bukit Gombak Sports Hall Foyer	Upon flag-off, all teams will run to Bukit Batok Nature Park.
2	CP 1	Bukit Batok Nature Park	<p><b>Mystery Challenge 1</b> All teams will need to find alphabets hidden among the trees. They are to capture the images of all the necessary alphabets to form the word 'SAFRA' to clear the station.</p> <p>Ultra Category – Teams will collect their bikes and ride to CP 2A.</p> <p>Sprint/ Youth Categories – Teams will run to CP 2A.</p>
3	CP 2A	Dairy Farm Nature Park Carpark B	<p>Ultra Category – Teams will continue biking to CP 2B.</p> <p>Sprint/Youth Categories – Teams will collect their bikes and ride to CP 3A.</p>
4	CP 2B	Bukit Timah Nature Reserve – Quarry & Mountain Bike Trail	<p>Ultra Category – Teams will ride along a 6km mountain bike trail. Upon completion, one team member will attempt Mystery Challenge 2 while the other will <b>scale and abseil off an 18m natural rock</b> face before they bike to CP 2C via Riffle Range Road.</p> <p><b>Mystery Challenge 2</b> Teams will attempt a series of fun-filled games, including 'Crawl on it', 'Pump on it', 'Slide on it', 'Shoot on it' and 'Unlock me'.</p>

5	CP 3A	Bukit Timah Nature Reserve – Belukar Track	<p>Sprint/Youth Categories – Teams will ride along a 6km mountain bike trail at Belukar Track and attempt Mystery Challenge 3 before biking to CP 3B.</p> <p><b>Mystery Challenge 3</b> Teams are to climb into a drain and use their socks to soak in the water before they climb back up to fill up a cup to the rim.</p>
6	CP 3B	Zhenghua Flyover	<p>Sprint/Youth Categories – Teams to attempt Mystery Challenge 4 and bike to CP 3C.</p> <p><b>Mystery Challenge 4</b> Teams will climb an 8m rope ladder onto Zhenghua Flyover.</p>
7	CP 3C	Mandai Road	<p>Sprint Category – Teams will navigate to CP 6. One team member will be on bike while the other will run in a <b>team biathlon</b>.</p> <p>Youth Category – Teams will continue to bike to CP 6.</p>
8	CP 4A	MacRitchie Trail	<p>Ultra Category – Teams will deposit their bikes at CP 4A and run to CP 4B.</p>
9	CP 4B	MacRitchie Trail - Jelutong Tower	<p>Ultra Category – Teams to attempt Mystery Challenge 5 and run to CP 4C.</p> <p><b>Mystery Challenge 5</b> Teams to count the number of steps at Jelutong Tower.</p>
10	CP 4C	MacRitchie Trail – Visitor Centre	<p>Ultra Category – Teams to check-in at CP 4C before running to CP 4D.</p>
11	CP 4D	MacRitchie Trail – Venus Drive Carpark	<p>Ultra Category – Teams will attempt Mystery Challenge 6 and run to CP 5.</p> <p><b>Mystery Challenge 6</b> Teams to answer a series of math questions pertaining to the number of carpark lots at Venus Drive Carpark.</p>



12	CP 5	Nee Soon Road Canal	Ultra Category – Teams to attempt Mystery Challenge 7 before running to CP 6.  <b>Mystery Challenge 7</b> Teams will do wheel barrows along the canal.
14	CP 6	Lower Seletar Reservoir	All teams to kayak a 1km circuit before running to CP 7A.
15	CP 7A	SAFRA Yishun – SAFRA Adventure Sports Centre	Ultra Category – Teams to jumar up the 25m sport climbing wall and a 50m rope traverse across the swimming pool.
16	CP 7B		Sprint/Youth Categories – Teams to scale the 15m sport climbing wall and attempt the Canopy Challenge Walk.
17	End		

**SAFRA AVVENTURA™ 2012  
RACE DESCRIPTION**

**Dads For Life Challenge**

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 Yishun Park.
2	CP 1	Yishun Park	Teams will search for clues scattered in the park and run towards CP 2.
3	CP 2	Yishun Pond Tower	Teams will answer a crossword puzzle that will lead them to CP 3.
4	CP 3	Yishun Town Bridge	Teams will have to check-in at the bridge and run to CP 4.
5	CP 4	Yishun MRT	Teams will pick up their bikes and ride along the Yishun Park Connector to CP 5.
6	CP 5	Bottle Tree Park	Teams will deposit their bikes at CP 5 and attempt Mystery Challenge 1 before running to CP 6.  <b>Mystery Challenge 1 – Long Kang Fishing</b> Teams will have to catch 15 guppies from the pond. They will be provided with a net and a mini fish tank.
7	CP 6	Lower Seletar Reservoir	Teams to attempt a series of Mystery Challenges before running to CP 7.  <b>Mystery Challenge 2 – Skipping</b> Teams will be given a skipping rope and they have to complete 10 continuous jumps together without getting entangled.

			<p><b>Mystery Challenge 3 – Frisbee</b> Teams will have to execute a proper throw and catch move. They have to complete the moves for 10 times without dropping the disc on the ground.</p> <p><b>Mystery Challenge 4 – Chaptak</b> Teams will have to complete 10 Chaptak kicks continuously without dropping the chaptak on the ground.</p> <p><b>Mystery Challenge 5 – Mini Obstacle Course</b> Teams will have to crawl under netting and jump over rubber tyres.</p> <p><b>Mystery Challenge 6 – Holy Barrel</b> Teams will have to fill up a bottle with water in the shortest time using cups with holes.</p> <p><b>Mystery Challenge 7 – History Questions</b> Teams will have to complete six history questions about Lower Seletar Reservoir.</p>
8	CP 7	Bottle Tree Park	Teams to pick up their bikes and ride to CP 8.
9	CP 8	SAFRA Yishun Country Club	Teams will have to participate in a <b>shooting challenge</b> . They will be given a target board and 5 shots each. One point will be awarded for each shot that lands on the target board. They will then scale the 18m sport climbing wall and attempt the newly opened section of the Canopy Challenge Walk.
10	End		

## WINNERS LIST

### 1 **ULTRA CATEGORY** (18 years old and above, with prior experience in adventure racing)

#### Men's Ultra

Position	Name	Team Name	Timing
1st	Foo Chien Boon Joseph	Aventure Madness Enduro 1	4:24:00
	Fabian William Raj		
2nd	Yeo Kim Hong Yap Boon Kheng	MR 615	4:50:00
3rd	Teck Wee Tan Luke Su	Just Tripping	4:53:20

#### Women's Ultra

Position	Name	Team Name	Timing
1st	Lynda Scott Trudy Fawcett	Hammer	6:13:40
2nd	Lee Chuen Ling Rebecca Lee Yoke Meng	Angels	6:36:44
3rd	Neo Lay Peng Zou Yu Yun	Crossfit Hub	6:45:25

#### Mixed Ultra

Position	Name	Team Name	Timing
1st	Alvin Lim Chang Ee Pin	Adventure In Motion	5:08:04
2nd	Chan Tse Chi Grace Hadi Masron	Aventure Madness Enduro 1	5:36:55
3rd	Muhammad Hairul Nazwa Tan Cheng Yin	Newmoon Khcycle	5:40:06

**2 SPRINT CATEGORY**  
(18 years old and above)

**Men's Sprint**

Position	Name	Team Name	Timing
<b>1st</b>	Chen Wee Meng	D2B	2:45:00
	Ng Wei Ming		
<b>2nd</b>	Neo Sze Kai	PURE BIKES RACING	2:49:10
	Tan Yi Yang Kenneth		
<b>3rd</b>	Mohamad Amin Bin Md Nor	LAGAU	2:49:11
	Eugene Wong		

**Women's Sprint**

Position	Name	Team Name	Timing
<b>1st</b>	Sua Jo Nie	Pure Bikes Racing	3:40:40
	Hwa Yi Min	Cha Bor	
<b>2nd</b>	Nur Nadiah Binte Norman	N.U.R.S	3:43:10
	Nur Yusrina Bte Yaakob		
<b>3rd</b>	Siti Erma Ellyana Binte Mawi	Rainbow Nation	4:53:31
	Mimi Ahmad		

**Mixed Sprint**

Position	Name	Team Name	Timing
<b>1st</b>	Tan Hong Taa	PURE-FWCC	3:32:45
	Eva Maria Brandtner	Racing	
<b>2nd</b>	Kate Buckman	Los Jefes	3:41:20
	Rob Reynolds		
<b>3rd</b>	Chew Pinn Han	Toons' Adventure	3:48:00
	Desmond Cheong Tsui Ying		

### 3 YOUTH CATEGORY

(15 – 20 years old)

#### Men's Youth

Position	Name	Team Name	Timing
1st	Muhammad Syafiq	Long Legged Boys	2:31:08
	Kwok Kin Kit		
2nd	Ko Ming Jun	Modakoambalagan	2:41:28
	Aziel Yeo Jie Kai		
3rd	Kenny Kwek Fu Sheng	Roar Republic	3:11:36
	Yang Jun Han		

#### Women's Youth

Position	Name	Team Name	Timing
1st	Caitlyn Joy Loo	E=(MC)2	3:18:01
	Maya Bhat		
2nd	Lim Ying Yan Jolene	Awesome Republic 3	3:32:40
	Ong Min Qun		
3rd	Mar Mei Qi	Double Ass	3:42:44
	Sanjiv Vijayakumar		

#### Mixed Youth

Position	Name	Team Name	Timing
1st	Alson Qua Lui Kwong	Awesome Republic 1	3:29:05
	Tang Li Yan Joey		
2nd	Nadiana Mustafa	Anything	3:43:54
	Alvin Chua		
3rd	Haslam Siregar	Lok Lok Dip	3:44:44
	Lee Jia Yan		

### 4 DADS FOR LIFE CATEGORY

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

Position	Name	Team Name	Timing
1st	Faisal B Meskam	Mess Cams	1:58:00
	Arfan Faisal		
2nd	Ong Chin Hui	Wild Ones	2:00:30
	Ong Jun Bao		
3rd	Ho Quang Chien	Hope	2:17:45
	Ho Quang Minh		