

26 August 2018

MEDIA RELEASE

To News Editors,

RECORD NUMBER OF NATIONAL SERVICEMEN'S FAMILIES PARTICIPATE IN SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2018

The Marina Bay was abuzz with over 41,000 runners this morning as they participated in the 26th edition of SAFRA Singapore Bay Run & Army Half Marathon (SSBR&AHM) 2018.

Participation among families of Singapore Armed Forces (SAF) national servicemen reached a record high of over 7,400 family members this year – a significant 40 percent increase from 2017.

Jointly organised by SAFRA and the Singapore Army, the event encourages SAF active servicemen, Operationally Ready National Servicemen (NSmen) and their families to keep fit and bond as they train and run together. The event also provides an opportunity for national servicemen to share a part of their NS experience with their families.

Themed 'Together We Run', this year's event was graced by Minister for Defence and Chairman of SAFRA Board of Governors Dr Ng Eng Hen.

The Families for Life 800m Challenge continued to be the most popular category among families, attracting a new record of 3,600 NSmen and their families. Participants also had a memorable experience as they donned specially-designed, superhero-themed event tees and face masks to break the Singapore record for the 'Largest Mass Run Wearing Masks'. A total of 1,379 of the participants qualified for the record, eclipsing the 2014 record set by 1,191 fathers and their children.

The 'super kids', along with their 'super dads and mums', were flagged off by Senior Minister of State for Defence and President of SAFRA Dr Mohamad Maliki Bin Osman. He was accompanied by Families for Life Council Member Mr Jeff Cheong.

Families for Life 800m Challenge participant, Mr Umeer Hyder, said, "This is the first year that my whole family has participated in the Families For Life 800m Challenge. We enjoyed the the superhero theme and the event also did a great job in bringing up the atmosphere with festivities at the end-point carnival."

Many more families also took part in the competitive 21km AHM and SAFRA 10km Run, with family participation in the two categories doubling this year.

Colonel (NS) Simon Lim, Chairman of the SSBR&AHM 2018 organising committee, commented, "The event continues to be a key platform for us to build strong soldiers

who have the physical fitness, mental resilience and a strong belief why they serve National Service (NS). Our servicemen's families are also a core part of that equation and they enable our servicemen to give their whole-hearted commitment to their NS duties. To attract more families to participate together with our servicemen this year, we introduced a comprehensive series of training activities, including the Soldier Strong Coaching Programme and fitness workshops, to encourage them to get active. We also provided more fun-filled activities such as the superhero-themed record-breaking attempt at the 800m Challenge and Soldier Strong activities at the carnival to provide servicemen with the opportunity to bond with their families as they share a part of their NS experiences with their loved ones. We are very glad to see the strong response from servicemen's families across all the categories open to them and I am sure this makes the event even more meaningful for our servicemen."

The end-point carnival held at the Padang was an action-filled affair. Families tried out various exercises used by the Army to train their soldiers at the Soldier Strong booth, including the agility ladder, sled, tyre flip and battle rope.

Mr Jeff Cheong commented, "Seeing so many dads and mums in the specially designed superhero-themed tees and masks is a poignant reminder to parents that we need to be role models for our children to look up to and call a hero. If parents can make the conscious effort to spend more family time with their children through platforms like today's event, we can not only strengthen the parent-child bond, but also guide our children in developing their character and values positively."

The SSBR&AHM 2018 features two competitive categories – the 21km Army Half Marathon (AHM) and SAFRA 10km Race, as well as three non-competitive categories – the SAFRA 5km Fun Run, NS Team Run and Families for Life 800m Challenge.

2017 SEA Games Marathon Gold Medallist Soh Rui Yong finished in first place in the 21km AHM Men's category this year. The 27-year-old exclaimed, "This year's event has added significance for me as it is the first time in six years that I ran alongside my Army buddies in the Armour formation during preparations for this race. I am moving one step closer to achieving one of the major milestones in my career – setting a new national record in a full marathon – and I am grateful to have started my journey at this event all those years ago."

The event features a scenic running route that winds along the Marina Bay past several iconic landmarks such as the new financial district, Marina Bay Sands, The Helix, Gardens by the Bay, Sports Hub and the Singapore Flyer as a visual reminder to national servicemen of the prosperous home and unique way of life they are defending. Runners are also spurred on by a series of exhilarating street-side festivities along the running routes such as LED stilt walkers, LED water drummers, cheerleaders and a new music zone this year. The event attracted over 41,000 participants last year.

Kindly refer to:

- Annex A – Fact sheet on the event
- Annex B – Running route map
- Annex C – Winners' List

For more information on the event, visit www.safra.sg/ssbr_ahm

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 six clubs conveniently located in Jurong, Mount Faber, Punggol, Tampines, Toa Payoh and Yishun. Complementing the modern facilities at SAFRA clubs are a host of quality membership benefits and activities specially packaged for over 600,000 members and their families.

About Families for Life

Families for Life's vision is to build strong and resilient families because that makes for stronger communities and better individual well-being.

We Listen. We listen to the issues that Singaporean families are facing.

We Explore and Promote. We bring people and organisations together to create platforms for family bonding and to engage Singaporeans in conversations about families.

We Voice. We voice out concerns that people have on family issues and continue this conversation with our partners and the community.

Families for Life is a people-sector Council, comprising of 13 volunteers from the people and private sectors. The Council is headed by Mr Ching Wei Hong, Chief Operating Officer, OCBC Bank.

Visit us at www.familiesforlife.sg.

Issued on behalf for the SAFRA Singapore Bay Run & Army Half Marathon 2018 Organising Committee

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2018

FACT SHEET ON EVENT DETAILS

Event Details

Date: Sunday, 26 August 2018

Venue: Flag-Off at Esplanade Bridge
Finishing point at Padang

Event Organisers: SAFRA and the Singapore Army

CATEGORY ELIGIBILITY

Categories	Eligibility
21km Army Half Marathon	
21km Army Half Marathon Men's	SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen) only
21km Army Half Marathon Women's	SAF Active Servicewomen only
21km Army Half Marathon Men's Master	SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen), aged 40 years old and above only
21km Army Half Marathon Women's Master	SAF Active Servicewomen, age 35 years old and above only
21km Army Half Marathon Men's Open	All male participants who are not eligible for the above categories; including: <ul style="list-style-type: none"> • SAF Active Servicemen and SAF NSmen's (ORNS, MR & Ex-NSmen) family members • Non-SAF active servicemen & NSmen • Singaporeans/PR • Foreigners
21km Army Half Marathon Women's Open	All female participants who are not eligible for the above categories; including: <ul style="list-style-type: none"> • SAF Active Servicewomen's family members • Non-SAF servicewomen • Singaporeans/PR • Foreigners

SAFRA 10km Race	
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 Men's Open	All male participants who are not eligible for the above categories; including: <ul style="list-style-type: none"> • SAF Active Servicemen and SAF NSmen's (ORNS, MR & Ex-NSmen) family members • Non-SAF active servicemen & NSmen • Singaporeans/PR • Foreigners
SAFRA 10km Race Women's Open	All female participants who are not eligible for the above categories; including: <ul style="list-style-type: none"> • SAF Active Servicewomen's family members • Non-SAF servicewomen • Singaporeans/PR • Foreigners
NS Team Run	
NS Team Run (5km 5 - 7pax)	A team of 5 to 7 SAF NSmen (ORNS, MR & Ex-NSmen)
SAFRA 5km Fun Run	
SAFRA 5km Fun Run	Participants must be aged 6 years old and above on race day
Families for Life 800m Challenge	
Families for Life 800m Challenge	Open to fathers, mothers and extended family members. Child must be aged 4 to 16 years old.

STREET-SIDE FESTIVITIES

<ul style="list-style-type: none"> • Belly Dancers • Cheerleaders • LED Water Drummers • Mascots 	<ul style="list-style-type: none"> • LED Stilt Walkers • Percussion Bands • JBL Music Zones
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WATER POINTS

- There are a total of 13 water points along the running routes
- For the 21km route, there will be 10 water points
- For the 10km route, there will be five (5) water points
- For the 5km route, there will be two (2) water points

SPONSORS & PARTNERS

Official Title	Company Name
Event Organisers	SAFRA and The Army
Official Sponsor	ST Engineering
Supported by	Families for Life Council
Supported by	Lee Foundation
Official Audio Partner	JBL by Harman
Official Apparel	Compressport Singapore
Official Muscle Rub	Tiger Balm Active
Official Hydration Partners	F&N Foods Pte Ltd
Official Granola Bar	General Mills (Nature Valley)
Official Cartilage and Joint Supplement	Zen 'Yu Pacific Pte Ltd
Official Timer	Luminox
Official Men's Facial and Body Care	GATSBY
Official Caterer	Le Rainbow Catering
Official Car Sharing Services	BlueSG
Official Shampoo	Clear Men
Official Radio Stations	Jia 88.3 FM & Power 98
Official Gym	EnergyOne
Official Running Magazine	Run Magazine
Partners	iFly Singapore
	Active SG
	IT DNS Pte Ltd
	Lagoon Events & Entertainment Pte Ltd

For more information, please visit: http://www.safra.sg/ssbr_ahm

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2018

RUNNING ROUTE



RESULTS

1. 21km AHM Women's Master

Name	Time
Evelyn Lek	1h 48m 03s
Tan Bee Peng	1h 49m 07s
Ng Siew Bee	1h 59m 33s

2. 21km AHM Women's

Name	Time
Elaine Wai Sheng Young	1h 37m 48s
Audrey Williams	1h 46m 13s
Tan Si Ying Sharon	1h 49m 58s

3. 21km AHM Men's Master

Name	Time
Hua Yew Loong Michael	1h 23m 35s
Ning Wenlong	1h 25m 01s
Ku Seow Wee	1h 26m 43s

4. 21km AHM Men's

Name	Time
Soh Rui Yong	1h 11m 59s
Jeevaneesh	1h 13m 44s
Prashan D. Silva M P	1h 13m 45s

5. 10km AHM Women's Master

Name	Time
Fang Fang	52m 25s
Chow Siew Mee	53m 19s
Tan Yuet Kin	57m 24s

6. 10km AHM Women's

Name	Time
Katie Lin	45m 16s
The May Yong	46m 20s
Yap Hui Jun	49m 34s

7. 10km AHM Men's Master

Name	Time
Quah Boon Wee	38m 54s
Teo Hue Tat Ronnie	39m 04s
James Lee Chong Guan	39m 56s

8. 10km AHM Men's

Name	Time
Nabin Parajuli	34m 36s
Marcus Ong	34m 57s
Tan Lui Hua	35m 03s

9. 10km Open Men's

Name	Time
Joseph Ngare	30m 20s
Elkanah Arusey	30m 28s
Lel Kipchirchir	30m 46s

10. 10km Open Women's

Name	Time
Eileen Korir	38m 16s
Susan Kiplagat	40m 19s
Ng Yew Cheo	44m 29s

11. 21km Open Women's

Name	Time
Edinah Jeruto	1h 16m 23s
Alyce Koech	1h 19m 37s
Gladys Ruto	1h 21m 21s

12. 21km Open Men's

Name	Time
Benson Oloisunga	1h 04m 33s
Joshua Nakeri	1h 04m 53s
Matt Smith	1h 13m 43s