

## **MEDIA RELEASE**

To News Editors

### **RECORD NUMBER OF PARENT-AND-CHILD PAIRS BOND AT SAFRA AVVENTURA™ 2015**

It seems that families are no longer content with a regular family outing. For the fourth year running, SAFRA AVventura™ 2015 attracted a record number of 81 parent-and-child pairs to the Families for Life (FFL) Challenge.

Navigating a circuitous route within the Yishun estate, parents and their kids tackled various mystery challenges at the checkpoints that required them to flick bottle caps, stack cups and solve puzzles, while taking on adventure disciplines such as sport climbing and abseiling.

The FFL Challenge Ultra category was won by Mr Lawrence Lim and his son Timothy Lim with a timing of 1:11:47. The dynamic duo was also last year's first runner up. The Super category was won by Mr Chua Boon Keat and his son Isaac Emanuel Chua with a timing of 0:49:00.

Teams in the Ultra category were challenged with a gruelling race route of more than 52km which they had to negotiate on foot, bike and kayak. A punishing 8km kayaking loop along the coastline and an abseiling challenge down the hill at Lorong Asrama with their bikes slung on was a real test of their physical endurance.

Last year's winning team Mr Yeo Kim Hong and Mr Hairul Nazwa successfully defended their title and emerged tops in the Ultra Men's category with a timing of 4:19:08.

While participants in the Youth and Sprint categories braved a shorter 33km race route, the pace and competition was no less demanding as they took on a series of high elements at Republic Polytechnic and coastal kayaking along a 2km loop.

BG (NS) Tung Yui Fai, Vice-President of SAFRA, graced the event as the Guest-of-Honour and presented prizes to the Ultra, Sprint and Youth winners.

The following images are attached for your usage:

- Flag off for Families for Life Challenge Super Kids category at SAFRA AVventura 2015
- Families for Life Challenge participants abseiling down the sport climbing wall at SAFRA Yishun
- Families for Life Challenge participants water tubing at SAFRA Yishun
- Ultra category participants kayaking along the coast at Sembawang Park
- Youth category participants navigating down a slope with their bikes at SAFRA AVventura 2015

Please refer to the following attachments for more information:

- Annex A - Fact Sheet
- Annex B - Race Description

### **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 350,000 members and their families.

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## SAFRA AVVENTURA™ 2015 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 weaved into the race route to increase the fun factor.

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 it tests the ability of participants to work as a team to overcome each situation as it unfolds. As teams also have to navigate their own way along the route, good map reading skills and sense of direction often make 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 and SAFRA Adventure Club, 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 Rumble 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 drop in participation as many felt that the race was simply too tough.

In **2011**, SAFRA AVventura further excited participants 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.

SAFRA AVventura **2013** drew a total of 382 participants. While participants in the Ultra category traversed the eastern and northern parts of Singapore along a gruelling race route of 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 time as part of a shorter 33km race route. A record of 64 father-and-child pairs participated in the Dads for Life Challenge. The were treated to 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.

In **2014**, SAFRA AVventura challenged 416 adventure racers to push their limits. The Ultra category culminated in an agonising 25m manila rope climb after a gruelling 50km race route while the Sprint and Youth racers had to bike into testing territory at Bukit Timah Nature Reserve and Lower Seletar Reservoir. The Dads for Life Challenge drew 78 father-and-child pairs, 22% more than 2013, and featured an enhanced 10km race route.

### **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>52km</b> Run – 9km Biathlon – 10km Bike – 25km Kayak – 8km	Men, Women, Mixed

<b>Sprint</b> (18 years old and above)	<b>33km</b> Run – 17km Bike – 14km Kayak – 2km	Men, Women, Mixed
<b>Youth</b> (15 to 20 years old)	<b>33km</b> Run – 17km Bike – 14km Kayak – 2km	Men, Women, Mixed
<b>Families for Life Challenge</b>  <b>Super Kids</b> (Parent and child of age 7 - 10 years old)  <b>Ultra Kids</b> (Parent and child of age 11 to 14 years old)	Run – 2.55km  Run – 5.1km	Parent and Child

\*Team to consist of two participants. Participant ages as of 2015.

#### **4 Participants**

Total number of participants – 183 teams (366 participants)

##### Ultra Category

- Men – 20 teams; 40 participants
- Women – 7 teams; 14 participants
- Mixed – 6 teams; 12 participants
- Total – 33 teams; 66 participants

##### Sprint Category

- Men – 21 teams; 42 participants
- Women – 9 teams; 18 participants
- Mixed – 19 teams; 38 participants
- Total – 49 teams; 98 participants

##### Youth Category

- Men – 5 teams; 10 participants
- Women – 8 teams; 16 participants
- Mixed – 7 teams; 14 participants
- Total – 20 teams; 40 participants

Families for Life Challenge

- Ultra Kids – 34 teams; 68 participants
- Super Kids – 47 teams; 94 participants
- Total – 81 teams; 162 participants

**5 Prizes**

<b>Position</b>	<b>Ultra</b>	<b>Sprint</b>	<b>Youth</b>	<b>Dads for Life Challenge (Super/ Ultra)</b>
1st	<p>\$1,000 in cash;</p> <p>2x Ryders Eyewear;</p> <p>2 x EnergyOne Gym membership (valid for 3 months);</p> <p>1x Go-Pro HERO4 Silver Camera;</p> <p>2 x Merrell Footwear voucher</p>	<p>\$500 in cash;</p> <p>2 x Ryders Eyewear;</p> <p>2 x EnergyOne Gym membership (valid for 3 months);</p> <p>2 x Merrell Footwear voucher;</p> <p>2 x Columbia Watches</p>	<p>\$200 in cash;</p> <p>2 x Ryders Eyewear;</p> <p>1 x Mentholatum hamper;</p> <p>2 x Columbia Watches;</p>	<p>2 x Ryders Sunglasses;</p> <p>2 x Columbia Watch</p>
2nd	<p>\$500 in cash;</p> <p>2 x Ryders Eyewear;</p> <p>2 x EnergyOne Gym membership (valid for 3 months);</p> <p>2 x Merrell Footwear voucher</p>	<p>\$300 in cash;</p> <p>2 x Ryders Eyewear;</p> <p>2 x EnergyOne Gym membership (valid for 3 months);</p> <p>2 x Merrell Footwear voucher</p>	<p>2 x Ryders Eyewear;</p> <p>1 x Mentholatum hamper</p>	<p>2 x Ryders Sunglasses</p>

3rd	<p>\$300 in cash;</p> <p>2 x Ryders Eyewear;</p> <p>2 x EnergyOne Gym membership (valid for 3 months);</p> <p>2 x Merrell Footwear voucher</p>	<p>\$200 in cash;</p> <p>2 x EnergyOne Gym membership (valid for 3 months)</p> <p>2 x Ryders Eyewear</p> <p>2 x Merrell Footwear voucher</p>	<p>2 x Ryders Eyewear;</p> <p>1 x Mentholatum hamper</p>	<p>2 x Ryders Sunglasses</p>
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**SAFRA AVVENTURA™ 2015  
RACE DESCRIPTION**

**Ultra Category**

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, all teams will run to Sembawang Park via Park Connectors (PCN)
2	CP 1	Sembawang Park	Teams will transit into Costal Kayaking. They will then pick up their bikes and do a team biathlon towards Woodlands Waterfront Park.
3	CP 2	Woodlands Waterfront Park	<p style="text-align: center;"><b>Mystery Challenge: Word Hunt Puzzle</b></p> <p>Teams will complete a crossword puzzle before they proceed to the next CP. They will cycle along the PCN, Green Corridor, Zhenghua Park, mountain bike trails and exit at Mandai Track 15 to cross over to Lorong Asrama.</p>
4	CP 4	Lorong Asrama	<p style="text-align: center;"><b>Mystery Challenge: Bike Navigation</b></p> <p>Teams will be given maps to navigate to a series of checkpoints within Lorong Asrama on bike. At one of the checkpoints, they have to abseil down a hill with their bikes slung on.</p> <p>Once they have cleared CP4, they will cycle along Lower Mandai Road towards Lower Seletar Reservoir Park.</p>



5	CP 5	Lower Seletar Reservoir Park.	<p><b>Mystery Challenge: Balloon Through Hoop</b>  Participants have to guide a balloon across a distance and through a hula hoop at the end, without using their hands.</p> <p>Once they have cleared CP5, they will cycle towards SAFRA Yishun to take on a series of high elements.</p>
6	CP 6	SAFRA Adventure Sports Centre	<p>Teams will take on the following challenges:</p> <ul style="list-style-type: none"> <li>• Cargo net climbing</li> <li>• Sport climbing</li> <li>• Rope climbing</li> <li>• Abseiling</li> </ul>
	End Point	SAFRA Yishun	

**SAFRA AVVENTURA™ 2015  
RACE DESCRIPTION**

**Sprint/Youth Category**

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 Lower Seletar Reservoir Park.
2	CP 5	Lower Seletar Reservoir Park.	<p><b>Mystery Challenge: Balloon Through Hoop</b> Participants have to guide a balloon across a marked distance and through a hula hoop at the end, without using their hands.</p> <p>Once they have cleared CP 5, teams will run towards Lorong Asrama along Mandai Road.</p>
3	CP 4	Lorong Asrama	<p><b>Mystery Challenge: Bike Navigation</b> Teams will be given maps to navigate to a series of checkpoints within Lorong Asrama on bike. At one of the checkpoints, they have to abseil down a hill with their bikes slung on.</p> <p>Once they have cleared CP4, team will cycle along Ulu Sembawang Park Connector towards Republic Polytechnic to take on a series of high elements.</p>
4	CP 3	Republic Polytechnic	<p>High Elements Activities</p> <ul style="list-style-type: none"> <li>- Youth category: 5 elements</li> <li>- Sprint category: 3 elements <ul style="list-style-type: none"> <li>- Abseiling</li> </ul> </li> </ul>

			<p><b>Mystery Challenge: Word Hunt Puzzle</b>  Teams will also have to complete a Word Hunt Puzzle before they proceed to the next CP.</p> <p>Once they have cleared CP 3, they will cycle towards Sembawang Park.</p>
5	CP 1	Sembawang Park	<p>Teams will deposit their bikes and transit into Costal Kayaking.</p> <p>Teams will run towards the end point</p>
6	End Point	SAFRA Yishun	

**SAFRA AVVENTURA™ 2015  
RACE DESCRIPTION**

**Families for life (Ultra kids) Category**

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, all teams will run via Yishun Ave 4 to CP1
2	CP1 (Ultra)	Yishun Park (North Entrance)	<p><b>Mystery Challenge: Sudoku Challenge</b> Racers have to solve a Sudoku challenge before they can proceed.</p> <p>Teams will run along Yishun Ave 11 to CP 2.</p>
3	CP 2	Yishun Park (East Entrance)	<p><b>Mystery Challenge: Tower of Pisa</b> Participants are to stack 6 cups into a tower using only their feet.</p> <p>Run to CP3</p>
4	CP 3	Lower Seletar Reservoir	<p><b>Mystery Challenge: Balloon Through Hoop</b> Participants have to guide a balloon across a marked distance and through a hula hoop at the end, without using their hands.</p> <p>Run to CP4</p>
5	CP 4	Yishun Park (Near McDonald's)	<p><b>Mystery Challenge: Card Castle</b> Teams have to build a two tier tower of cards.</p> <p>Run to CP5</p>

5	CP 5	SAFRA Yishun Country Club	<p data-bbox="954 205 1252 241">Technical Challenge</p> <ul data-bbox="813 279 1425 464" style="list-style-type: none"><li data-bbox="813 279 1425 352">- Shooting Challenge (4 Shot in the Black Box)</li><li data-bbox="813 352 1110 388">- Tandem Climbing</li><li data-bbox="813 388 992 424">- Abseiling</li><li data-bbox="813 424 1214 464">- Water Challenge - tubing</li></ul> <p data-bbox="948 499 1261 535">Run to Finishing Point</p>
End			

**SAFRA AVVENTURA™ 2015  
RACE DESCRIPTION**

**Families for life (Super kids) Category**

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, all teams will run via Yishun Ave 4 to CP1  Flag off will be 15 mins after Ultra have set off.
2	CP 1	Yishun Park (Near McDonald's)	<b>Mystery Challenge: Ping Pong Cup</b> Participants are to get 3 ping pong balls into 3 cups from a given distance.  Teams will run through the park to CP2.
3	CP 2	Yishun Park (East Entrance)	<b>Mystery Challenge: Balloon Blowing</b> Teams are to blow a balloon till it bursts.  Run along to Yishun Avenue 11 to CP3
4	CP 3	Yishun Park (North Entrance)	<b>Mystery Challenge: Modified Curling</b> 1) First player have to flick a bottle cap into a demarcated zone on a GS Table. 2) Second player have to flick a bottle cap and knock off the first player's bottle cap from the demarcated zone.  Run to CP4

5	CP 4	Yishun Park (middle of park)	<p><b>Mystery Challenge: Chapteh</b> Teams are to pass a chapteh to each other consecutive 5 times.</p> <p>Run to CP5</p>
5	CP 5	SAFRA Yishun Country Club	<p>Technical Challenge</p> <ul style="list-style-type: none"> <li>- Shooting Challenge (4 Shot in the Black Box)</li> <li>- Tandem Climbing</li> <li>- Abseiling</li> </ul> <p>Run to Finishing Point</p>
End			