

10 January 2016

MEDIA RELEASE

To News Editors

RECORD NUMBER OF PARENT-AND-CHILD TEAMS BOND AT SAFRA AVVENTURA™ 2016

A new year begins with families wasting no time in making 2016 a memorable one. A record 104 parent-and-child teams competed in the SAFRA AVventura™ Families for Life (FFL) Challenge held this morning within the Yishun estate. This marked a significant 28 percent increase in participation among families.

The parent-and-child pairs bonded through various fun-filled mystery challenges such as tent pitching, charades and duo planking, which required them to work as a team as they navigated along a 5-kilometre race route. They also had the opportunity to try their hands at sport climbing, the flying fox and navigating the cargo net bridge at SAFRA Yishun.

The FFL Challenge Ultra Kids category was won by Mr Ong Kok Heng and his daughter Shannon with a timing of 1:30:00, while the FFL Challenge Super Kids category was won by Mr Daniel Tham and his son Luke with a timing of 1:51:49.

Mr Sze Toh Khai Munn, Organising Chairman for the SAFRA AVventura™ 2016 said: "It is very heartening to see a growing number of families take to adventure racing as a way to spend quality time together. Many of the past participants of the Families for Life Challenge had told us that they enjoyed the mystery challenges the most, so we have almost doubled the number of activities featured along the race route this year to create more fun bonding moments for the families."

Mr Ching Wei Hong, Families for Life Council Chairman said: "We are pleased to see more families taking part in this year's Families for Life Challenge. Spending time with your family is an important endeavour, and we are glad that initiatives like SAFRA AVventura™ 2016 offer NSmen opportunities to interact with their families in a fun setting. As we deepen our partnership with SAFRA, we hope to inspire more NSmen to make family time an integral part of their everyday."

The Families for Life Challenge was first introduced in 2011 as part of SAFRA's ongoing partnership with the Families for Life Council to promote stronger family ties. MAJ (NS) Michael Tang Gee Hian, Vice Chairman of SAFRA Yishun Executive Committee, presented prizes to the winners of the Families for Life Challenge.

The event also attracted another 102 teams who competed in the Youth, Sprint and Ultra categories. Besides navigating a gruelling 32 to 35-kilometres on foot, bike and kayak, participants were also fully tested in their problem solving and rope skills as they took on challenges in jumaring and diagonal abseiling.

Mr Sze Toh added: “This is a significant year as it is the event’s 10th anniversary. A few of the committee members and I have been organising the event since its first edition and it is very rewarding to see how the event has encouraged many NSmen with common interests to keep in touch over the years and maintain their fitness as they train and compete together.”

Mr Bill Chua Teck Huat, member of SAFRA Board of Governors, graced the event as the Guest-of-Honour and presented prizes to the winners of the Youth, Sprint and Ultra categories.

Kindly refer to the following attachments for more information:

Annex A – Event Fact Sheet and 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, with its sixth club slated to open in Punggol in April 2016. 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.

About the Families for Life Council

Families for Life’s vision is to build strong and resilient families because that makes for stronger communities and better individual well-being. Through engaging Singaporeans about families and providing platforms for family bonding, we aim to inspire Singaporeans to be committed to their families. The Families for Life Council is headed by Mr Ching Wei Hong, Chief Operating Officer, OCBC Bank. For more information, please visit www.familiesforlife.sg and www.facebook.com/familiesforlife.sg.

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SAFRA AVVENTURA™ 2016

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 a sense of direction often making 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 made its debut in 2006 and is the largest cross-terrain adventure race in Singapore. In 2015, the event attracted a total of 366 participants, including 81 parent-and-child pairs who competed in the Families for Life Challenge.

3 Race Categories

| Category | Distance | Gender make-up for the team |
|--|--|-----------------------------|
| Ultra (18 years old and above) | 35km | Men, Women, Mixed |
| Sprint (18 years old and above) | 32km | Men, Women, Mixed |
| Youth (15 to 20 years old) | 32km | Men, Women, Mixed |
| Fathers for Life Challenge – Families for Life Super Kids (Father and child of age 7 to 10 years old) Ultra Kids (Father and child of age 11 to 14 years old) | Super Kids – 5km Ultra Kids – 5.5km | Father and Child |

4 Participants

Total number of participants – 206 teams (412 participants)

Ultra Category

- Men – 20 teams ; 40 participants
- Women – 6 teams ; 12 participants
- Mixed – 5 teams ; 10 participants
- Total – 31 teams ; 62 participants

Sprint Category

- Men – 21 teams ; 42 participants
- Women – 5 teams ; 10 participants
- Mixed – 25 teams ; 50 participants
- Total – 51 teams ; 102 participants

Youth Category

- Men – 4 teams ; 8 participants
- Women – 8 teams ; 16 participants
- Mixed – 8 teams ; 16 participants
- Total – 20 teams ; 40 participants

Families for Life Challenge

- Ultra Kids – 43 teams ; 86 participants
- Super Kids – 61 teams ; 122 participants
- Total – 104 teams ; 208 participants

RACE DESCRIPTION

ULTRA CATEGORY

Flag-off Venue : SAFRA Yishun Country Club

End Point Venue : SAFRA Yishun Country Club

| S/N | Point | Location / Road Name | Description |
|-----|------------------------|-------------------------------|--|
| 1 | Start Point | SAFRA Yishun | Upon flag-off, all teams will run towards Simpang Yishun via Khatib Bongsu Park Connector. |
| 2 | Main Check Point (MCP) | Simpang Yishun | Teams will collect their race route map and attempt various challenges at stations 1-5 in the sequence stated in their race passport. Teams have to check-in at MCP after completing every challenge before they go to the next station. |
| 3 | Station 1 | SAFRA Yishun Adventure Centre | Challenge: Technical Skills Teams will jumar up an 18-metre wall and attempt a 50-metre diagonal abseil across the club swimming pool. |
| 4 | Station 2 | Simpang Yishun | Mystery Challenge: Navigation Teams have to navigate to a series of checkpoints within the stipulated timing. |
| 5 | Station 3 | Simpang Yishun | Challenge: Coastal Kayaking Teams will cycle from MCP to Station 3. Subsequently, they will complete an 8-kilometre kayaking loop to Sembawang Park |

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| 6 | Station 3+ | Sembawang Park | <p>Mystery Challenge: Physical / Strongman Challenges</p> <p>Teams will attempt a series of physical challenges, including a Circuit Workout, Balance It and Reflex Therapy.</p> <p>They will kayak back to Simpang Yishun and cycle back to MCP.</p> |
| 7 | Station 4 | Simpang Yishun | <p>Mystery Challenge: Navigation</p> <p>Teams will cycle from MCP to Station 4 where they will go on a hunt for 10 listed items.</p> |
| 8 | Station 5 | Simpang Yishun | <p>Mystery Challenge: Team Challenges</p> <p>Teams will attempt to complete a series of challenges with one racer's shoe tied to his/her partner's shoe with a cable tie. Challenges include:</p> <ul style="list-style-type: none"> • Archery • Balloon Challenge • Peel and Munch Challenge <p>Teams will return to MCP before heading to the end point.</p> |
| 9 | End Point | SAFRA Yishun | |

RACE DESCRIPTION

SPRINT / YOUTH CATEGORY

Flag-off Venue : SAFRA Yishun Country Club

End Point Venue : SAFRA Yishun Country Club

| S/N | Point | Location / Road Name | Description |
|-----|------------------------|-------------------------------|---|
| 1 | Start Point | SAFRA Yishun | Upon flag-off, all teams will run towards Simpang Yishun via Khatib Bongsu Park Connector. |
| 2 | Main Check Point (MCP) | Simpang Yishun | Teams will collect their race route map and attempt various challenges at stations 1 and 3 to 5 in the sequence stated in their race passport. Teams have to check-in at MCP after completing every challenge before they go to the next station. |
| 3 | Station 1 | SAFRA Yishun Adventure Centre | Challenge: Technical Skills Teams will scale a 7-metre cargo net, an 18-metre sport climbing wall and abseil down 18metres. |
| 4 | Station 3 | Simpang Yishun | Challenge: Coastal Kayaking Teams will cycle from MCP to Station 3. Subsequently, they will complete an 8-kilometre kayaking loop to Sembawang Park |
| 5 | Station 3+ | Sembawang Park | Mystery Challenge: Physical / Strongman Challenges Teams will attempt a series of physical challenges, including a Circuit Workout, Word Search Hunt and Reflex Therapy. They will kayak back to Simpang Yishun and cycle back to MCP. |

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| 6 | Station 4 | Simpang Yishun | <p>Mystery Challenge: Navigation</p> <p>Teams will cycle from MCP to Station 4 where they will go on a treasure hunt for 10 listed items.</p> |
| 7 | Station 5 | Simpang Yishun | <p>Mystery Challenge: Team Challenges</p> <p>Teams will attempt to complete a series of challenges with one racer's shoe tied to his/her partner's shoe with a cable tie. Challenges include:</p> <ul style="list-style-type: none"> • Archery • Balloon Challenge • Peel and Munch Challenge <p>Teams will return to MCP for verification of their completion before heading to the end point.</p> |
| 8 | End Point | SAFRA Yishun | |

RACE DESCRIPTION

FAMILIES FOR LIFE (ULTRA KIDS / SUPER KIDS) CATEGORY

Flag-off Venue : SAFRA Yishun Country Club

End Point Venue : SAFRA Yishun Country Club

| S/N | Point | Location / Road Name | Description |
|-----|------------------|---------------------------------------|--|
| 1 | Start Point | SAFRA Yishun | <p>Upon flag-off, all teams will run along Yishun Park and SAFRA Yishun.</p> <p>Teams will collect their race passports where they will be allocated to various stations randomly.</p> |
| 2 | Stations 1 to 10 | Yishun Park / Khoo Teck Puat Hospital | <p>Teams in both categories will participate in a series of fun-filled mystery challenges:</p> <p><u>Super Kids:</u></p> <p>10 stations</p> <ul style="list-style-type: none"> - Snowball - Matching Pairs - Back to Back Drawing Game - Charades - Crossword Puzzle - Word Search - Tent Pitching - 5 Stones - Spiderweb - Giant Skip <p>3 obstacle courses</p> <ul style="list-style-type: none"> - Obstacle Courses - Bicycle Circuit - Tandem sport climbing at the 15-metre wall <p><u>Ultra Kids:</u></p> <p>9 stations</p> <ul style="list-style-type: none"> - Marshmallows and Knife - Picture Puzzle - Duo Planking |

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| | | | <ul style="list-style-type: none">- Minefield- Wheelbarrow- Rack Building- Leopard Crawling Obstacles- Head and Retrieve- Stick in a bottle <p>3 obstacles courses</p> <ul style="list-style-type: none">- Uni-cycling Circuit- Canopy Sky Walk- Sport climbing (slope) <p>1 shooting challenge</p> |
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