

28 April 2018



## **MEDIA RELEASE**

To News Editors

### **SAFRA PUNGGOL WATERWAY CHALLENGE RETURNS WITH A NEW ROUTE AND OBSTACLES FOR 400 NSMEN AND FAMILIES**

- *SAFRA to roll out new and enhanced sports and fitness events this year ranging from football, charity swim, marathons, obstacle race and youth games.*

The second edition of SAFRA Punggol Waterway Challenge returned this morning after a year, with over 400 NSmen and families racing along a new route through the scenic Punggol Waterway Park on bike, kayak and foot.

Among the many new participants this year are 45-year-old Wan Wai Yee and 37-year-old Mohammad Ivni Bin Yaakub, who despite being visually impaired, have participated in many sport events including half-marathons, triathlons and open sea swimming. Together with their respective guides, and the support from SAFRA Punggol Running Club, both of them successfully completed the SAFRA Punggol Waterway Challenge. They were our first participants with disability to partake in this challenge.

The event also saw defending champions of the Families for Life AceKids Challenge in 2016 returned and took on another challenge, as well as a teacher who reunited with former students, among many other participants.

Organised by SAFRA Punggol, the event featured a Doubles Challenge for adult pairs, and Families for Life Challenge for parent-and-child pairs of various age groups. The event also saw some 20 pairs of participants from the first edition returning to show their support and participate in the event.

Participants put their teamwork skills to the test as they took on the Yoga Pose, Double Burpees and Ring Toss challenges which were introduced this year, alongside existing challenges such as Three-Legged Race, Buddy Skipping and Trampoline Photo Jump.

### **New and Enhanced Sports and Fitness Events in 2018**

The SAFRA Punggol Waterway Challenge is among the many new and enhanced fitness events organised for the year to encourage NSmen to keep fit and bond. A new event is the SAFRA Youth Sports Games which will be organised by SAFRA Tampines in July 2018. Catered to the youth, it features a wide range of sports activities such as futsal, frisbee, captain's ball, bowling, pool, kin's ball and others.

Current flagship events have also been enhanced such as the SAFRA Sprint Kids Xtreme at SAFRA Jurong this June, which will feature its first illuminated race, and the charity SAFRA Swim for Hope event, which will feature its first ever night swim come October. The SAFRA Singapore Bay Run & Army Half Marathon will also began a slew of training activities for different run categories this May, such as lead-up runs, fitness talks, fun workouts of piloxing, zumba and dance party sessions, as well as a new Soldier Strong Coaching Programme by The Singapore Army. SAFRA will also bring in the screening of the FIFA World Cup at selected SAFRA clubs to appeal to the NSmen population and football fans.

The fact sheet on SAFRA Punggol Waterway Challenge and the list of new and enhanced sports and fitness events are attached on Annexes A and B respectively.

### **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.

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## SAFRA PUNGGOL WATERWAY CHALLENGE 2018

### FACT SHEET

Organised by SAFRA Punggol, the event aims to promote fitness and bonding among NSmen and families. The multi-disciplinary race features running, cycling and kayaking along Punggol Waterway Park where participants will get to enjoy the beautiful scenery and surrounding nature.

It features a Doubles Challenge for adults and two Families for Life Challenge categories for parent-child pairs. The race also features a series of exhilarating challenges and game stations along the race route to provide participants with more opportunities to bond.

#### Race Categories:

Category	Distance	Number of Participants
<p style="text-align: center;"><b>Doubles Challenge</b> (Both adults of age 15 years old and above)</p>	<p style="text-align: center;">Run: 1.66km Kayak: 1.7km Cycle: 8.14km Total: 11.5km, 8 challenges</p>	68 pairs
<p style="text-align: center;"><b>Families for Life AceKids Challenge</b> (1 parent and 1 child of age 7 to 10 years old)</p>	<p style="text-align: center;">Run: 1.66km Kayak: 1.7km Cycle: 5km Total: 8.36km, 5 challenges</p>	79 pairs
<p style="text-align: center;"><b>Families for Life ChampKids Challenge</b> (1 parent and 1 child of age 11 to 14 years old)</p>	<p style="text-align: center;">Run: 1.66km Kayak: 1.7kkm Cycle: 5.84km Total: 9.2km, 6 challenges</p>	49 pairs

## LIST OF NEW AND ENHANCED SPORTS AND FITNESS EVENTS AT SAFRA

### FACT SHEET

Dates	Key Events	Description
28 April	SAFRA Punggol Waterway Challenge	The SAFRA Punggol Waterway Challenge is a multi-disciplinary race that features a Doubles Challenge for adults and two Families for Life Challenge categories for parent-and-child pairs. Participants are required to kayak, cycle and run while navigating a series of challenges along Punggol Waterway Park. Into its second edition, participants will take on a new route and challenges this year.
26 August	SAFRA Singapore Bay Run & Army Half Marathon	Jointly organised by SAFRA and the Singapore Army with the aim of promoting fitness and bonding, the event will feature the 21km Army Half Marathon, SAFRA 10km Race, SAFRA 5km Fun Run, NS Team Run and Families for Life 800m Challenge. This year, a range of pre-race training programmes customised for different run categories will be introduced from May onwards to help participants be more prepared for the main event. The programmes will include recreational activities such as lead-up runs, fitness talks, fun workouts of Zumba, Piloxing and Dance Party, as well as the Soldier Strong Coaching Programme designed by the Singapore Army's Centre of Excellence for Soldier Performance (CESP).
23 & 24 June	SAFRA Sprint Kids Xtreme	Organised by SAFRA Jurong, the SAFRA Sprint Kids Xtreme will hold its 9 <sup>th</sup> edition with its first ever illuminated race featuring fun-filled obstacles inspired by the SAF's Standard Obstacle Course such as a cargo net climb, monkey bar and black hole tunnel, all of which are new. Different categories are available for participants of different age groups and gender such as the competitive Singles category and Family of Four Challenge. If you are not in for the run, but in for the fun, join us at the non-competitive Parent-and-Child Race.

June – July	FIFA World Cup Screening <b>*NEW*</b>	NSmen and families, youths, football enthusiasts will be able to catch the live screening of the FIFA World Cup matches at selected SAFRA clubs. There will also be football-related activities for all to enjoy, including soccer clinics and F&B treats. As part of the World Cup celebrations, SAFRA members can look forward to a fun pack and enjoy exclusive premier members seating as they catch the live screening of the matches.
July	SAFRA Youth Sports Games <b>*NEW*</b>	Organised by SAFRA Tampines, the inaugural SAFRA Youth Sports Games aims to attract the youth in bonding and keeping fit through a series of sports and fitness activities such as futsal, frisbee, bowling, pool tournament and kin ball, among others.
12 – 14 October	SAFRA Swim for Hope	Introduced in 2011 by SAFRA Tampines, the annual charity swim event provides an opportunity for NSmen and their families to contribute to charitable causes, while promoting fitness and bonding through swimming. For the first time this year, the event will feature a night swim element at selected clubs and a children's category for children age 6 to 12 years old.
April – December	SAFRA Football Fiesta	The annual football competition series which runs through the year, will offer a wide variety of activities for football fans spanning till the end of the year, such as an 11-a-side SAFRA Night Leagues, Premier League Live Screenings, 8 v 8 tournaments and other football-related exhibitions and activities.
1 & 2 December	SAFRA Jurong Open House – The Mini Amazing Race	At SAFRA Jurong's Open House, participants will have fun completing a mini amazing race where they take on various challenges at different facilities and checkpoints of the club.
January 2019	SAFRA AVventura	SAFRA Avventura will make its 11 <sup>th</sup> return in January 2019. The multi-disciplinary adventure race will feature the best and most challenging elements from past editions to create the ultimate endurance race. Categories will be made available for team and individual participants.