

16 May 2013

## Media Release

To News Editors

### **SAF NSMEN AND THEIR FAMILIES TO ENJOY SPECIAL RATES FOR SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2013**

The 22<sup>nd</sup> edition of the SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM), jointly organised by SAFRA and the Army, will be held on Sunday, 1 September 2013.

This year, all Singapore Armed Forces (SAF) Operationally Ready NSmen (ORNS) and those who have completed their ORNS training cycle can participate in the SSBR & AHM at a nominal fee of only \$5, \$8 and \$12 for the **SAFRA 5km Fun Run**, **SAFRA 10km Race** and **21km Army Half Marathon** respectively. The registration fees with substantial savings of more than 75 percent will also serve to encourage all NSmen to adopt a fit and healthy lifestyle.

In addition, to promote bonding among NSmen and their families, each participating NSman can also nominate up to three immediate family members to participate with them at a special SAF Family rate.

These special discounts are aimed at recognising the contributions of NSmen towards National Defence as well as promoting bonding among NSmen and their families through the event.

Brigadier-General (BG) Tung Yui Fai, Director of National Service Affairs, Ministry of Defence, and Vice President, SAFRA, commented, "Close family ties are one of the key ingredients that anchor our NSmen's commitment towards their National Service duties. It makes up their sense of home and what is worth protecting. That is why we have also extended a special discount to their families this year to recognise the critical role they play and thank them for their continued support. We want to encourage more NSmen and their families to participate in the event together and take this opportunity to keep fit and bond."

BG Tung is also the Chairman of the Organising Committee for SSBR & AHM 2013.

NSmen fathers can also look forward to the return of the **Dads For Life 800m Father-and-Child Challenge** to bond with their children.

The SSBR & AHM is the largest mass running event in Singapore, attracting more than 70,000 participants last year.

Registration for the event will be open on Friday, 17 May 2013, noon.

Kindly refer to the following for more information:

**Annex A – Fact sheet on SAFRA Singapore Bay Run & Army Half Marathon 2013**

**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 500,000 members and their families.

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*Issued by SAFRA on behalf of the SAFRA Singapore Bay Run & Army Half Marathon 2013 Organising Committee*

## SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2013

### Fact Sheet

#### Event Details

**Date:** Sunday, 1 September 2013

**Venue:** Flag-Off at Esplanade Bridge  
Finish Point at Padang

**Event Organisers:** SAFRA and The Army

#### Race Categories

Categories	Eligibility
<b>21KM ARMY HALF MARATHON (AHM)</b>	
21KM AHM Men's	SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen) only
21KM AHM Women's	SAF Active Servicewomen only
21KM AHM Men's Master	SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen), age 40 years old and above only
21KM AHM Women's Master	SAF Active Servicewomen, age 35 years old and above only
21KM AHM Family Men	Up to 3 nominated immediate family members of participating SAF Active Servicemen/ Servicewoman and SAF NSmen (ORNS, MR & Ex-NSmen). Servicemen / Servicewoman and NSmen must register first
21KM AHM Family Women	
21KM AHM Men's Open	All male participants who are not eligible for the above categories; inclusive of: <ul style="list-style-type: none"> <li>- Non-SAF active servicemen &amp; NSmen</li> <li>- Singaporeans/ PR</li> <li>- Foreigners</li> </ul>
21KM AHM Women's Open	All female participants who are not eligible for the above categories; inclusive of: <ul style="list-style-type: none"> <li>- Non-SAF servicewomen</li> </ul>

	<ul style="list-style-type: none"> <li>- Singaporeans/ PR</li> <li>- Foreigners</li> </ul>
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<b>Categories</b>	<b>Eligibility</b>
<b>SAFRA 10KM RACE</b>	
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 Family Men	Up to 3 nominated immediate family members of SAF Active Servicemen/ Servicewoman and SAF NSmen. Servicemen / Servicewoman and NSmen must register first.
SAFRA 10KM Race Family Women	
SAFRA 10KM Race Men's Open	<p>All male participants who are not eligible for the above categories; inclusive of:</p> <ul style="list-style-type: none"> <li>- Non-SAF servicemen &amp; NSmen</li> <li>- Singaporeans/ PR</li> <li>- Foreigners</li> </ul>
SAFRA 10KM Race Women's Open	<p>All female participants who are not eligible for the above categories; inclusive of:</p> <ul style="list-style-type: none"> <li>- Non-SAF servicewomen</li> <li>- Singaporeans/ PR</li> <li>- Foreigners</li> </ul>
<b>SAFRA 5KM FUN RUN</b>	
SAFRA 5KM Fun Run	Open to all
<b>OTHERS</b>	
Dads For Life 800m Father & Child Challenge	Open to father-and-child pairs. Child must be aged 4 years old to 16 years old.

### Registration Fees & Period

a) **Early Bird Registration:** Fri, 17 May to Wed, 10 Jul

Categories	Rates			
	SAF NSmen*	SAFRA Members	SAF Family*	Public
21KM AHM	\$12 (U.P. \$55)	\$40	\$45	\$55
SAFRA 10KM Race	\$8 (U.P. \$38)	\$28	\$32	\$38
SAFRA 5KM Fun Run	\$5 (U.P. \$22)	\$16	\$18	\$22
Dads For Life 800m Father-and-Child Challenge	\$8	\$8	\$12	\$20

b) **Normal Registration:** Thu, 11 Jul to Thu, 1 Aug

Categories	Rates			
	SAF NSmen*	SAFRA Members	SAF Family*	Public
21KM AHM	\$12 (U.P. \$65)	\$50	\$55	\$65
SAFRA 10KM Race	\$8 (U.P. \$44)	\$33	\$38	\$44
SAFRA 5KM Race	\$5 (U.P. \$22)	\$16	\$18	\$22
Dads For Life 800m Father-and-Child Challenge	\$8	\$8	\$12	\$20

*\* Only NSmen (Operationally Ready National Servicemen, MINDEF Reserves & Ex-NSmen) from the three arms of the Singapore Armed Forces - the Singapore Army, the Republic of Singapore Air Force (RSAF) and the Republic of Singapore Navy (RSN).*

*\* Only applicable for registered SAF active servicemen and NSmen immediate family members (Parents, siblings, spouse and children). Each SAF active servicemen and NSmen participating in the event can nominate up to three immediate family members to enjoy this rate.*