

6 August 2017

## **MEDIA RELEASE**

To News Editors

### **94% MORE FAMILIES PARTICIPATED IN SAFRA SPRINT KIDS XTREME 2017 TO BOND OVER NS-INSPIRED OBSTACLE CHALLENGES**

As Singapore commemorates 50 years of National Service (NS50), more Operationally Ready National Servicemen (NSmen) took the opportunity to share their NS experiences with their families at this year's SAFRA Sprint Kids Xtreme.

The finals of the relay race organised by SAFRA Jurong was held at West Mall today. For the first time, the event featured a mixture of stations inspired by both the past and present Singapore Armed Forces (SAF) Standard Obstacle Course (SOC). This year's event attracted over 1,200 NSmen and their families – a 65 percent increase in participation compared to last year.

Families took on the Low Rope and Hanging Bridge which were introduced to the circuit this year, alongside existing obstacle challenges including the Apex Ladder, Ditch, Dodging Panels, Low Wall, Stepping Stones and Tunnel.

The event featured a series of Singles categories for children of various age groups, as well as a Families for Life Challenge where families of four competed together. The event also featured a non-competitive Parent & Child category which set a new record for the 'Largest Parent-and-Child Obstacle Race' in the Singapore Book of Records with 271 parent and child pairs.

Ms Kris Ho, Deputy Chief Executive Officer (Operations), SAFRA, commented: "The NS experience is a significant part of the NSmen's lives and having strong family support is very important. As families navigated the SOC-inspired obstacle challenges at the SAFRA Sprint Kids Xtreme, it gave our NSmen the opportunity, during this special year where we commemorate NS50, to share about their NS experiences, their tough training and what motivated them along their NS journey. We hope that this promotes a deeper understanding and strengthen bonds among families, especially since it is for their loved ones that NSmen give their fullest commitment to defence."

Mr Jeff Cheong, Families for Life Council Member, added: "Engaging in physical activities such as sports and obstacle courses are a great way for parents to impart important values such as team work, equality, discipline, and perseverance to their children. When all members of the family enjoy an activity together as a team, we learn how to support each other and work towards a shared goal, fostering family togetherness. Our partnership with SAFRA to organise the Families for Life Challenge in SAFRA Sprint Kids Xtreme 2017 demonstrates our commitment to encourage family time and contribute towards the building of strong, resilient families in Singapore."

The finals of the event was graced by Colonel (NS) Simon Lim, Director of National Service Affairs, MINDEF and Vice President of SAFRA. The SAFRA Sprint Kids Xtreme was organised in conjunction with NS50 Week and is also part of SAFRA's ongoing partnership with the Families for Life Council to promote stronger family ties.

Kindly refer to **Annex A** for more information on the event.

### **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 330,000 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.

The Council is chaired by Ching Wei Hong, Chief Operating Officer of OCBC Bank. Visit us at [www.familiesforlife.sg](http://www.familiesforlife.sg).

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**SAFRA SPRINT KIDS XTREME 2017  
SUN, 6 AUGUST**

**FACTSHEET**

## 1 Introduction

Organised by SAFRA Jurong, SAFRA Sprint Kids Xtreme is an annual event aimed at strengthening bonds among NSmen and their families.

From 2010 to 2013, the event was a sprint race along a 30-metre track. In 2014, the event concept was refreshed to become a relay race with challenges to increase the fun and bonding factor. In 2015, the event featured obstacle challenges inspired by the SAF's Standard Obstacle Course (SOC), which included the Stepping Stones, Tunnel, Dodging Panels and Ditch. Last year, three new obstacle challenges were added to the relay, namely a 1.5-metre high Apex Ladder, Balancing Bridge and Low Wall.

This year, to commemorate 50 years of National Service, the event will feature a mixture of stations inspired by both the past and present SAF SOC. The eight stations include the Apex Ladder, Ditch, Dodging Panels, Low Rope, Low Wall, Stepping Stones, Hanging Bridge and Tunnel.

## 2 Categories

<b>Competitive Categories</b>	<b>Criteria</b>	<b>Dates</b>
Private (Singles)	Boys & Girls: Aged 7 to 8 years old	Heats: 29 – 30 July, West Mall
Corporal (Singles)	Boys & Girls: Aged 9 to 10 years old	Semi-Finals and Finals: 5 August, West Mall
Sergeant (Singles)	Boys & Girls: Aged 11 to 12 years old	
Families for Life Challenge (Family of 4)	2 adults and 2 children aged 7 to 12 years old	6 August, West Mall
<b>Non-Competitive Category</b>	<b>Criteria</b>	<b>Dates</b>
Parent & Child	1 adult and 1 child aged 3 to 12 years old	6 August, West Mall

### 3 Participation

A total of 1,211 participants registered for the SAFRA Sprint Kids Xtreme 2017, a 65 percent increase as compared to the 732 participants last year.

There was also a significant 94 percent increase in family participation in the Families for Life Challenge and Parent & Child category.

<b>Categories</b>	<b>Participants</b>
Private (Singles)	131
Corporal (Singles)	154
Sergeant (Singles)	74
Families for Life Challenge	188 pax; 47 teams
Parent & Child	664 pax; 332 pairs
<b>Total</b>	<b>1,211 pax</b>