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MEDIA RELEASE

To Editors

RECORD NUMBER OF FATHER-AND-CHILD PAIRS BOND AT SAFRA AVVENTURA™ 2014

Adventure racing seems to be gaining in popularity as an avenue for fathers to bond with their kids. For the third year in a row, SAFRA AVventura™ has seen more father-and-child pairs participate in its Dads for Life Challenge since the category was first introduced in 2011.

A total of 78 father-and-child pairs participated this year – a 22 percent increase as compared to the last edition. Teams also ran and cycled along a longer race route of 10km within the Yishun estate as they participated in a series of fun-filled challenges such as abseiling, sport climbing and the Canopy Sky Walk at SAFRA Adventure Sports Centre (SASC).

Apart from father and kids, SAFRA AVventura™ 2014 also drew 130 teams of adventure racers who put their fitness and endurance to the test in the Ultra, Sprint and Youth categories.

Teams in the Ultra category were tested with a longer and tougher race route of up to 50km this year which they had to navigate on foot, bike, kayak as well as swim along the coastline at Sembawang Park. They also had to clear various mystery challenges that tested their teamwork and problem-solving skills at various checkpoints along the way before they finished the race at SAFRA Yishun with a torturous 25m manila rope climb up the sport climbing wall.

Yeo Kim Hong, 42 and Hairul Nazwa, 38, of team TriAdventure took home the top prize for the Men's Ultra category with a timing of 4 hours 48 minutes. Yeo Kim Hong commented, "There is a lot of satisfaction behind this year's AVventura with all our training for the past few years. Winning is definitely a bonus for us. The rope climbing was the toughest especially during the last part of the race where our bodies were already running into fatigue before we scaled the 25m wall."

Participants in the Sprint and Youth categories did not breeze through the race either. Along a 32km race route, teams biked along the trails of Bukit Timah Nature Reserve to Lower Seletar Reservoir where they were challenged to a 2.5km team kayak. Their sport climbing skills were also tested at the 18m wall at SASC.

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

Please refer to the following attachments for more information:

- Annex A - Fact Sheet
- Annex B - Race Description
- Annex C - Winners' List

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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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SAFRA AVVENTURA™ 2014 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 Ramble 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. They 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.

3 Race Categories

Category	Distance	Gender make-up for the team
Ultra (18 years old and above)	50.2km Run – 27.7km Bike – 17.8km Kayak – 4.7km (consists of 200m beach swim)	Men, Women, Mixed
Sprint (18 years old and above)	31.6km Run – 5.4km Bike – 17.8km Kayak – 2.4km Biathlon – 6km	Men, Women, Mixed
Youth (15 to 20 years old)	31.6km Run – 5.4km Bike – 17.8km Kayak – 2.4km Biathlon – 6km	Men, Women, Mixed
Dads for Life Challenge Super Kids (Dad and child of age 7 - 10 years old) Ultra Kids (Dad and child of age 11 to 14 years old)	10km Run – 1.6km Bike – 8.4km Run – 1.6km Bike – 8.4km	Father and Child

*Team to consist of two participants. Participant ages as of 2014.

4 Participants

Total number of participants – 208 teams (416 participants)

Ultra Category

- Men – 28 teams; 56 participants
- Women – 5 teams; 10 participants
- Mixed – 11 teams; 22 participants
- Total – 44 teams; 88 participants

Sprint Category

- Men – 30 teams; 60 participants
- Women – 7 teams; 14 participants
- Mixed – 20 teams; 40 participants
- DFL – 2 teams; 4 participants
- Total – 59 teams; 118 participants

Youth Category

- Men – 12 teams; 24 participants
- Women – 6 teams; 12 participants
- Mixed – 9 teams; 18 participants
- Total – 27 teams; 54 participants

Dads for Life Challenge

- Ultra Kids – 28 teams; 56 participants
- Super Kids – 50 teams; 100 participants
- Total – 78 teams; 156 participants

5 Prizes

Position	Ultra	Sprint	Youth	Dads for Life Challenge (Super/ Ultra)
1st	\$1,000 in cash; 2 x Columbia Watches; 2 x Mountain Bikes 2 x EnergyOne Gym membership (valid for 3 months) 2 x Ryder Sunglasses 2 x Adidas Colognes	\$500 in cash; 2 x Columbia Watches; 2 x EnergyOne Gym membership (valid for 3 months) 2 x Ryder Sunglasses 2 x Adidas Colognes	\$200 in cash; 2 x Columbia Watches; 2 x Ryder Sunglasses 2 x Adidas Colognes	1 x Columbia Watch (for Dad) 2 x Ryder Sunglasses 1 x Adidas Colognes (for Dad) \$150 worth of vouchers

2nd	<p>\$500 in cash;</p> <p>2 x EnergyOne Gym membership (valid for 3 months)</p> <p>2 x Ryder Sunglasses</p> <p>2 x Adidas Colognes</p>	<p>\$300 in cash;</p> <p>2 x EnergyOne Gym membership (valid for 3 months)</p> <p>2 x Ryder Sunglasses</p> <p>2 x Adidas Colognes</p>	<p>2 x Ryder Sunglasses</p> <p>2 x Adidas Colognes</p>	<p>2 x Ryder Sunglasses</p> <p>1 x Adidas Colognes (for Dad)</p> <p>\$100 worth of vouchers</p>
3rd	<p>\$300 in cash;</p> <p>2 x EnergyOne Gym membership (valid for 3 months)</p> <p>2 x Ryder Sunglasses</p> <p>2 x Adidas Colognes</p>	<p>\$200 in cash;</p> <p>2 x EnergyOne Gym membership (valid for 3 months)</p> <p>2 x Ryder Sunglasses</p> <p>2 x Adidas Colognes</p> <p>1x Beauty Product Hamper</p>	<p>2 x Ryder Sunglasses</p> <p>2 x Adidas Colognes</p> <p>1x Beauty Product Hamper</p>	<p>2 x Ryder Sunglasses</p> <p>1 x Adidas Colognes (for Dad)</p> <p>\$80 worth of vouchers</p>

**SAFRA AVVENTURA™ 2014
RACE DESCRIPTION**

Ultra / Sprint / Youth Category

Flag-Off Venue : SAFRA Mount Faber

End Point Venue : SAFRA Yishun

S/N	Check Point (CP)	Location/ Road Name	Description
1	Start Point	SAFRA Mount Faber	Upon flag-off, all teams will run to Telok Blangah Hills and enter Green Corridor at Gillman Flyover.
2	CP1A	Queensway Car park (Tanglin Halt)	Teams will run along the Green Corridor, exit at the car park and pick up their bikes. Ultra/ Sprint/ Youth - Bike collection Mystery Challenge: Locate Your Bikes Bikes will not be arranged in order. Racers will have to locate their own bikes and proceed to get a "Time Out" for this checkpoint.
3	CP 2A	Bukit Timah Nature Reserve Old Bukit Timah Station	Sprint/ Youth Mystery Challenge: Balancing Beam Teams will have to balance on the beam of the railway track and walk on it for a distance together.
4	CP 2B	Bukit Timah Nature Reserve Fuyong Park	Ultra Mystery Challenge: One-Hand Challenge Racers will take up the challenge to ride the bike with one hand on the handle grip while the other hand has to pick up and put down a cone along the designated circuit. This is a test of their biking skills.

5	CP 2C	Bukit Timah Nature Reserve Trail biking	Ultra/ Sprint/ Youth - Trail biking Teams will go along the mountain bike trails and exit at Mandai Track 15 where they will leave their bikes behind. Ultra: towards Woodlands (along PUB pipeline) Sprint/ Youth: biathlon towards Lower Seletar Reservoir
5	CP 3A – 3C	PUB Pipeline	Ultra - Run Teams will run along the PUB Pipeline from Mandai Road to Woodlands St 41 and head towards Republic Poly for challenges.
5	CP 3	Republic Polytechnic	Ultra - High Wall - Jumar - Abseil
6	CP 4A - 4B	Sembawang Park	Ultra - Coastal Kayaking Teams will run from Republic Polytechnic to Sembawang Park where they will then proceed to kayak from Sembawang Park to Simpang for a distance of about 4.7km. They will disembark along the coast at Simpang and do a coastal swim to another Simpang check point.
7	CP 4C	Lower Seletar Reservoir	Sprint/ Youth - Kayaking Teams will leave their bikes behind and proceed with their kayaking circuit of around 2.5km.
8	CP 5	Simpang	Ultra - Navigation Teams will navigate in Simpang to locate the three check points and obtain a stamp from each check point in order to clear the navigation station.

15	CP 6A	SAFRA Yishun – SAFRA Adventure Sports Centre	Ultra - Teams will do a 25m manila rope climb up the tower and abseil down.
16	CP 6B		Sprint - Teams will jumar up 18m wall and abseil down.
	CP 6C		Youth - Teams will do a 15m manila rope climb up the tower and complete the 4m high wall challenge.
17	End		

**SAFRA AVVENTURA™ 2014
RACE DESCRIPTION**

Dads for Life Challenge (Super/ Ultra)

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 Yishun Park.
2	CP 1	Yishun Park	Teams will run on towards CP 1 for a mystery challenge. Mystery Challenge: Fruit Card Teams will throw poker cards towards the watermelons. Each racing pair must have five cards embedded in the watermelons within one minute in order to proceed.
3	CP 2	Yishun Park	Teams will proceed to CP2 after completing the challenge at CP1. Mystery Challenge: Caterpillar Pair Race Racing teams will be seated on the ground and be merged together. Participants need to manoeuvre through a distance simulating a caterpillar crawl.
4	CP 3	Yishun Park	Teams will pick up their bikes and proceed from CP3.
5	CP 4	Yishun Avenue 2/ Bottle Tree Park	Teams will ride along the Yishun Park Connector towards CP4. Mystery Challenge: Shoe Goal Racers need to stand behind a marked zone and kick their own shoes into a “goal zone”, located five metres away. Racers will have to get both pairs of shoes into the goal within one minute in order to proceed to the next station.

6	CP 5	Lower Seletar Reservoir	<p>Teams will deposit their bikes at CP5 and attempt Mystery Challenge.</p> <p>Mystery Challenge: Brick Casualty Racers will make a makeshift stretcher using the logistics provided and they need to transport the bricks to and fro successfully in order to proceed.</p>
7	CP 6	Yishun Park	<p>Puzzle Assembly</p> <p>Teams will have to complete a puzzle before they proceed to the next CP.</p>
8	CP 7	SAFRA IAWR	<p>Racers will be given five shots each and one point will be awarded for each shot that lands on the target board.</p>
9	CP 8	SAFRA Yishun Country Club/ SASC	<p>The Ultra Teams will scale the Slab Sport Climbing wall and abseil down the tower.</p> <p>The Super Teams will climb the Tower stairs and attempt the Canopy Sky Walk before proceeding back down to check out via the stairs.</p>
10	End		

WINNERS' LIST FACT SHEET

1 ULTRA CATEGORY (18 years old and above)

Men's Ultra

Position	Name	Team Name	Timing
1 st	Yeo Kim Hong	TriAdventure	4:48:51
	Hairul Nazwa		
2 nd	Yap Boon Keng	Adventure	5:40:40
	Hadi Masron	Madness	
3 rd	Mark Duncan	Downing Dyamos	5:48:48
	Benn Wilson		

Women's Ultra

Position	Name	Team Name	Timing
1 st	Neo Lay Peng	Team Daredevil	6:07:30
	Chong Yan Ping		
2 nd	Lynda Scott	Hammer Chicks	6:44:04
	Trudy Fawcett		
3 rd	Tan Sok Hue Sumiko	FWCC Ultra Ladies	7:31:24
	Genevieve Lee		

Mixed Ultra

Position	Name	Team Name	Timing
1 st	Tan Kee Leng	Hot Gooley Double Chocolate Sundae	5:28:40
	Luke Su		
2 nd	Yeo Joon Kiat	WanGoDo Edge	5:37:40
	Gan Chea Hui		
3 rd	Alvin Lim	Adventure In Motion	5:51:50
	Chang Ee Pin		

2 SPRINT CATEGORY (18 years old and above)

Men's Sprint

Position	Name	Team Name	Timing
1 st	Chew Bing Liang Alvin	A-Team	3:13:30
	Kang Eng Zheng Adrian		
2 nd	Mekayil Ahamed	MZ Racers	3:16:24
	Zulhairil Zulhanif		
3 rd	Najimudeen S/O Anwarudeen		3:20:20
	M B Ashik Rahman		

Women's Sprint

Position	Name	Team Name	Timing
1 st	Onn Yan Chang	Slackers	3:44:50
	Giam Ming Fei		
2 nd	Lim Ying Yan Jolene	The Peaceful Jo	3:51:20
	Tang Li Yan Joey		
3 rd	Chong Soon Mun Brenda	Freestyle	4:08:40
	Tan Zhu Ting		

Mixed Sprint

Position	Name	Team Name	Timing
1 st	Muhd Haider Bin Tayib	Team Monkees	3:22:00
	Foo Yan Ci		
2 nd	Sivanesan S/O Ganabathy	SIM Racers	3:26:06
	Ong Hui Yi		
3 rd	Farhana Sidek	Race Adventure	3:32:24
	Muhammad Aniq Bin Rusli		

3 YOUTH CATEGORY (15 – 20 years old)

Men's Youth

Position	Name	Team Name	Timing
1 st	Tan Kien Wee	Adventure Fanatics	3:19:09
	Woo Jia Xing Nigee		
2 nd	Micheal Shane Loh	Zoom!!	3:21:04
	Sanjiv Vijayakumar		
3 rd	Low Kuan Chong	Vicious & Delicious	3:23:00
	Leonard Chua		

Women's Youth

Position	Name	Team Name	Timing
1 st	Adriana Natasha Binte Ahmad Jamal	SQ Potential	4:17:43
	Teo Ruiqi Hannah		
2 nd	Lee Jia Yan	Size Doesn't Matter	4:26:01
	Nuraisyah Binte Mohd Alias		
3 rd	Leung Millicent	Streamline	4:29:01
	Nur Sabrina Binte Razak		

Mixed Youth

Position	Name	Team Name	Timing
1 st	Lim Sin Hao Gavin	Heart Breakers	3:40:29
	Tan Wei Ling Sharon Anne		
2 nd	Wong Zhao Rong Linus	Team Crayon	3:42:29
	Low Shu Wen		
3 rd	Jens Wira	EVVenturally	4:22:14
	Kiona Chong		

4 DADS FOR LIFE CHALLENGE – SUPER

(Father to be 21 years old and above and child between 7 – 10 years old)

Position	Name	Team Name	Timing
1st	Chiong Yau Meng		1:44:00
	Chiong Jun Hao		
2nd	Lim Tuck Hway Jonah	J Power	1:49:00
	Jaden Lim		
3rd	Tan Kian How	Team Random	1:51:00
	Tan Wei Xuan		

5 DADS FOR LIFE CHALLENGE – ULTRA

(Father to be 21 years old and above and child between 11 – 14 years old)

Position	Name	Team Name	Timing
1st	Masnawi Bin Meon	Team Harding	1:01:00
	Abu Huzaifah Bin Masnawi		
2nd	Lawrence Lim	The Falcon	1:07:00
	Timothy Lim		
3rd	Syed Mohd Shariff	Team Harding 3	1:12:00
	Syed Ali Imran		