

31 August 2014

Media Release

To News Editors

MORE SAF SERVICEMEN RUNNING LONGER DISTANCES AT SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2014

About 46,000 runners geared up this morning to pace down the Marina Bay skyline for the SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM) 2014. Second Minister for Defence and President of SAFRA, Mr Chan Chun Sing graced the event as Guest-of-Honour and flagged off the SAFRA 5km Fun Run as well as the Families for Life 800m Father and Child Challenge.

Jointly organised by SAFRA and the Army to promote bonding and fitness as a lifestyle among Singapore Armed Forces (SAF) national servicemen and their families, the event continued to garner strong support of more than 35,000 SAF regulars and national servicemen, and more than 3,500 of their immediate family members.

This year's event also saw more SAF regulars and national servicemen challenging their endurance by running longer distances. Among the 21,800 runners who competed in the 21km AHM, 84 percent of the participants were SAF regulars and national servicemen. This marks an increase of 8 percent in their participation or about 1,600 runners more than 2013.

BG (NS) Tung Yui Fai, Director of National Service Affairs, Ministry of Defence, and Vice President of SAFRA, commented, "We are very happy to see more servicemen taking ownership of their fitness and challenging themselves to run longer distances. We hope for more servicemen to be motivated to make fitness part of their lifestyle."

Apart from advocating a healthy lifestyle, the event aimed at promoting family bonding through a specially-themed SAFRA 5km Fun Run and the Families for Life 800m Father and Child Challenge. The latter is part of SAFRA's ongoing partnership with Families for Life and it received strong support from NSmen and their families with a record number of participants.

Mr Ching Wei Hong, Families for Life Chairman said, "I am delighted to see so many NSmen coming forward to take part in the Families for Life Father and Child challenge. The race is an excellent opportunity for father and child to bond, create shared memories and strengthen family ties. Through partnering SAFRA, we hope to inspire more NSmen who are fathers to make a conscious effort to place family bonding time as one of their priorities."

This year also marks 5th time retired Army Officer Ang Ah Kiang, who has ran every edition of the Army Half Marathon, is running with his son, Ang Kwan Yang.

Said the elder Ang who turns 64 this year, "It was great this year, with regular water points and a smooth run. I hope my son and I will be able to run together for years to come."

The younger Ang, 33, agreed, "I've learnt to appreciate time spent with my dad. He has always urged me to challenge my limits and never settle for comfort. This year's route is better, smoother and I finished with my best timing yet!"

Since it started in 1992, the SSBR & AHM has received strong and consistent support from NSmen taking part in the race both individually and/or with their units, and family members.

Kindly refer to the following for more information:

Annex A – Unique highlights of event categories

Annex B – Second Minister for Defense and President of SAFRA Chan Chun Sing's Interview Transcript for SSBR & AHM 2014

Annex C – Fact Sheet

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 and educational 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 330,000 members and their families.

Issued on behalf of the SAFRA Singapore Bay Run & Army Half Marathon 2014 Organising Committee

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2014

Unique Highlights of Event Categories

Families for Life 800m Father and Child Challenge

The Families for Life 800m Father and Child Challenge is one of the activities under SAFRA's partnership with Families for Life (FFL). Through this partnership, SAFRA and FFL aim to organise activities for NSmen and their families to interact and spend quality family time together and build strong family ties.

As part of the effort to encourage family-centric activities, two new records were set in the Singapore Book of Records for the "Largest gathering of people to wear masks" and the "Largest Father and Child Race". Handheld masks were distributed during the warm up formation and each father-and-child pair ran hand-in-hand throughout the race.

The "Largest Father and Child Race" had a total of 737 pairs qualified for the new record at this year's challenge, surpassing the previous record of 671 pairs in 2013. The "largest gathering of people to wear masks" saw 1,191 people set the Singapore record.

SAFRA 5km Fun Run

The SAFRA 5km Fun Run adopted a special theme, "**Bring the fun to your run**", brought excitement to participants with a series of happy elements such as a 500m bubble zone, specially designed distance markers, motivational banners and hilarious quotes to put smiles on participants' faces. Families were seen grooving along to exuberant songs while receiving hi-fives from the Happy Crew and free hugs from special appearance by the "HAPPY" mascot.

Carnival Fringe Activities

At the post-race carnival, **fun-style challenges inspired by the SAF Standard Obstacle Course (SOC)** was well received with NSmen assisting their children through elements, including crawling out of tunnels, navigating the balancing bridge, stepping stones and racing up the inflatable Apex ladder. For the first time, fathers were given the opportunity to share a part of their Army memories and bond with their child through a sensory National Service experience. Camouflage cream, helmets and mini "field packs" were also provided to our little soldiers.

**Second Minister for Defence and President of SAFRA Chan Chun Sing's
Interview Transcript for SSBR & AHM 2014**

We have organized the AHM and the SSBR for more than 20 years already. Our aim is to encourage the culture of fitness within the SAF and particularly the army. So for this year, we are very happy. The numbers of participants is about the same as last year's but what we have seen is more and more people taking up the longer distances, the 21km and 10km.

One in 4 participants in the 21km category this year are actually NSmen participating for the first time. We are very happy the fitness culture is taking root in the SAF itself.

On this year's route

I got feedback that people are generally very happy with the route this year as organizers have gotten rid of some of the chokepoints, so runners have a smoother run.

The 5km Fun Run is designed for families, and we see many families coming together to run. Many of them bring their younger children, so again this is the culture of fitness we want to inculcate with Singaporeans, especially with NSmen. We are very happy with that.

For the dads for life 800m, we also see many families coming out to join the race as a family event. We are happy that not only do they keep fit, they run as a family together

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2014

Fact Sheet

Event Details

Date: Sunday, 31 August 2014

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

Event Organisers: SAFRA and the Army

Race Categories

Categories	Eligibility
21km Army Half Marathon (AHM)	
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 21KM AHM Family Women	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 Men's Open	All male participants including: - Non-SAF active servicemen & NSmen - Singaporeans/ PR - Foreigners
21KM AHM Women's Open	All female participants including: - Non-SAF servicewomen - Singaporeans/ PR - Foreigners

Categories	Eligibility
SAFRA 10km RACE	
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	All male participants including: - Non-SAF servicemen & NSmen - Singaporeans/ PR - Foreigners
SAFRA 10KM Race Women's Open	All female participants including: - Non-SAF servicewomen - Singaporeans/ PR - Foreigners
SAFRA 5KM FUN RUN	
SAFRA 5KM Fun Run	Open to all
OTHERS	
800m Father and Child Challenge	Open to father-and-child pairs. Child must be aged 4 years old to 16 years old.

Registration Fees & Period

Special Discounts for NSmen and their Families

For the second year, all Singapore Armed Forces (SAF) Operationally Ready NSmen (ORNS) and those who have completed their ORNS training cycles enjoyed a significant discount of more than 75 percent on registration fees for the 5km, 10km and 21km categories.

Each participating NSman also continued to be able to nominate up to three immediate family members to participate with them at a special SAF Family rate to recognise the critical role families play in supporting NSmen's commitment towards their NS duties.

A) Priority Registration: Wed, 16 Apr to Tue, 17 Jun

Categories	Rates		
	SAF NSmen*	SAF Family ⁺	SAFRA Members
21KM AHM	\$12.85	\$48.15	\$42.80
SAFRA 10KM Race	\$8.55	\$34.25	\$29.95
SAFRA 5KM Fun Run	\$5.35	\$19.25	\$17.10
800m Father and Child Challenge	\$8.55	\$12.85	\$8.55

B) Early Bird Registration: Wed, 18 Jun to Wed, 2 Jul

Categories	Rates			
	SAF NSmen*	SAFRA Members	SAF Family ⁺	Public
21KM AHM	\$12.85	\$42.80	\$48.15	\$58.85
SAFRA 10KM Race	\$8.55	\$29.95	\$34.25	\$40.65
SAFRA 5KM Fun Run	\$5.35	\$17.10	\$19.25	\$23.55
800m Father and Child Challenge	\$8.55	\$8.55	\$12.85	\$21.40

C) Normal Registration: Thu, 3 Jul to Thu, 7 Aug

Categories	Rates			
	SAF NSmen*	SAFRA Members	SAF Family ⁺	Public
21KM AHM	\$12.85	\$53.50	\$58.85	\$69.55
SAFRA 10KM Race	\$8.55	\$35.30	\$40.65	\$47.10
SAFRA 5KM Fun Run	\$5.35	\$17.10	\$19.25	\$23.55
800m Father and Child Challenge	\$8.55	\$8.55	\$12.85	\$21.40

Prices stated above are inclusive of 7% GST.

*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.

Registration Figures

Category	Registered Participants
21km Half Marathon	21,800
10km Race	15,600
5km Fun Run	5,600
Families For Life 800m Father and Child Challenge	2,800 (1,400 pairs)

Streetside Festivities

Featured at 15 locations along the running routes to entertain and cheer runners on.

- Samba Percussion Band
- Cheerleaders
- Stilt Walkers
- Belly Dancers
- Fire Twirlers
- Bhangra Dancers
- Mascots
- Malay Kompang

Welfare Management

Water Points

- There are a total of 13 along the running routes.
- For the 21km route, there will be 11 water points
- For the 10km route, there will be 5 water points
- For the 5km route, there will be 2 water points.

Medical Support

- To ensure medical support, there will be a total of four (4) medical posts and ten (10) ambulance posts along the running routes.
- There will also be seven (7) medical buggies on standby and eight (8) wheeled stretchers in total.

Sponsors & Partners

Official Sponsor	ST Engineering	
Sponsors/ Partners/ Supporters	Official Partner	SIM University
	Official Apparel	Brooks
	Official Muscle Rub	Tiger Balm Active
	Official Skin Care	Garnier Men
	Official Low Gi Sports Nutrition	32Gi
	Official Timer	Soleus

	Official Sports Drink	100plus
	Official Drinking Water	Ice Mountain
	Official Running Magazine	RUN Magazine
	Official Online Media	Run Society
	Official Radio Stations	Power 98FM; Jia88.3FM
	Official Fitness Centre	EnergyOne Gym
	Official Walkman	Sony
	Official Sports Partner	iFly
	Official Hotel	Fullerton Heritage
	Official Lifestyle Magazine	FHM
Supported by	Kidz Amaze; NurtureStars; Families for Life; Ministry of Social and Family Development	
In Celebration of	International Year of the Family 2014	
Partner in Sports	National Parks	

For more information, log on to http://www.safra.sg/ssbr_ahm