

6 October 2013

MEDIA RELEASE

To Editors

NSMEN AND THEIR FAMILIES SWAM 22,637 LAPS TO BREAK SINGAPORE RECORD & RAISE FUNDS FOR CHARITY AT SAFRA SWIM FOR HOPE 2013

Sunday, 6 October 2013 – A new record has been set in the Singapore Book of Records for the most number of laps swam in six hours at this year's SAFRA Swim For Hope. More than 402 NSmen and their families pulled together to complete a total of 22,637 laps to keep fit and raise funds for the Community Chest.

Organised by SAFRA Tampines for the third year, the charity swim event also saw 43 father-and-child pairs participate in the newly introduced Dads for Life Father & Child Challenge to bond and contribute to the effort.

A total of \$20,000 was raised and the funds will benefit children with special needs and youths at risk through three beneficiaries of the Community Chest, including Grace Orchard School, Association for Persons with Special Needs Katong School and the Youth Guidance Outreach Services Experiential Learning and Mentoring Programme (Woodlands).

Mr Bobby Lim, Assistant Club Manager of SAFRA Tampines, commented, "It has been a very memorable day for everyone. Many of the participants have been training hard in the past few months to increase their stamina and speed so that we can break the record and raise more funds for charity. I am also very heartened to see so many NSmen participating together with their children. It is so important to inculcate a spirit of charity and helping the less fortunate in our children from young so that they may grow up to be civic-minded adults who care and contribute to their community."

The top three individual swimmers and Dads For Life Father & Child Challenge pairs who swam the most number of laps in the pool won attractive prizes, including a 3D2N trip to Bintan Lagoon Resort for the top prize.

Mr Koh Chaik Chuan took the top spot in the individual category with a total of 306 laps while the Dads for Life Father & Child category was won by Mr Chong Yew Keong (father) and Ray Chong Cheng Yew (son) with a total of 403 laps. COL (VOL) William Chua, Chairman of the SAFRA Tampines Executive Committee presented the prizes to the winners.

Mr Koh Chaik Chuan, shared, "It feels great to have won as I have been training very hard for about three to four times a week and at least four hours each session. It's also a meaningful event where we can do our part for charity and I look forward to join more of such events in the future."

Mr Chong Yew Keong, shared, “It has been a wonderful and meaningful experience. We swam as many laps as we could and we have hit the target that we set for ourselves.”

The previous Singapore record for the most number of laps swam in six hours was set at last year’s SAFRA Swim For Hope with a total of 21,898 laps swam.

For more information, kindly refer to the fact sheet at **Annex A**.

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 towards Nation Defence.

SAFRA currently has a network of five clubs conveniently located at 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.

Issued by the Communications & Public Relations Division, SAFRA National Service Association.

SAFRA SWIM FOR HOPE 2013

FACT SHEET

Prizes

Individual Category	
Winner	3D2N Bintan Lagoon Resort, Wellness Treatment Package by Atos Welness, Soleus P.R. Watch, worth \$1,349
2 nd Position	Wellness Treatment Package by Atos Welness, worth \$480
3 rd Position	Wellness Treatment Package by Atos Welness, worth \$300
Dads for Life Father & Child Challenge	
Winner	3D2N Bintan Lagoon Resort, Wellness Treatment Package by Atos Welness, 2 x Soleus P.R. Watches, worth \$1,588
2 nd Position	Wellness Treatment Package by Atos Welness, worth \$630
3 rd Position	Wellness Treatment Package by Atos Welness, worth \$450

Beneficiaries Support by Community Chest

Grace Orchard School caters to children who have been diagnosed with mild intellectual disability, as well as those with mild autism by providing special education and support services to maximize their learning potential. The school provides a conducive and nurturing environment and an appropriately balanced education that caters to the needs and development of the student so that his/ her potential can be developed. (www.go.edu.sg)

Association for Persons with Special Needs (APSN) Katong School is a special education school that provides customised educational programmes aimed at developing the potential of pupils and helping them to be independent, self-supporting and contributing members of society. The mission of the school is to provide the best possible education and training to children with special needs so as to enable them to function optimally and integrate well into society. (www.apsn.org.sg)

Youth Guidance Outreach Services Experiential Learning and Mentoring Programme (Woodlands)

YGOS Experiential Learning provides an open door for youth who need support and a supportive community that can help them to succeed and achieve positive life outcomes at home, at school and with their peers. The programme aims to improve resilience and pro-social skills in youth. It also seeks to achieve in clients an increased motivation towards school life, better self-esteem and improved relationships with significant others. (www.ygos.org.sg)

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