

28 August 2016

MEDIA RELEASE

RECORD NUMBER OF FAMILIES RUNNING ALONGSIDE NATIONAL SERVICEMEN AT SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2016

SINGAPORE, 28 AUGUST 2016 – The Marina Bay was abuzz this morning as Singapore Armed Forces (SAF) national servicemen and their families came together to keep fit and bond at the 24th edition of the SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM). Themed ‘Together We Run’, the event was graced by Dr Ng Eng Hen, Minister for Defence and Chairman of SAFRA Board of Governors.

Jointly organised by SAFRA and the Army, the event attracted a strong turnout of over 42,000 participants and a record number of SAF national servicemen’s family members. About 7,000 family members participated this year, marking a significant 51 percent increase from 2014, with the largest surges in the SAFRA 5km Fun Run and SAFRA 10km Race.

Colonel (NS) Simon Lim, Chairman of the SSBR & AHM 2016 organising committee, commented, “Families are a pivotal pillar of support for our soldiers and play a crucial role in allowing them to give their whole-hearted commitment to defence. We introduced new initiatives to encourage more family participation this year, especially in the 5km Fun Run and the Families for Life 800m Challenge, and we are very glad to see the strong response, in fact, across all four categories from families of SAF national servicemen.”

He added: “For our national servicemen, this event continues to be a key platform to build Strong Soldiers. They leverage on the lead-up training to build their fitness and endurance, with a Strong Body necessary to enhance their combat fitness to be competent, adaptive and resilient. The event also imbues camaraderie, fighting spirit and mental resilience to cultivate a Strong Mind among our soldiers, and as they run along the scenic Marina Bay Skyline and Central Business District, they are also reminded of the reason why they serve – to protect their loved ones and our way of life. This also adds to the Strong Heart of our soldiers.”

Several new initiatives were introduced by organisers this year to thrill the participants and enhance the running and bonding experience. Illuminated performances were featured among other street-side festivities, bringing exhilarating lights and sounds to the running route as Army Half Marathon participants pounded the road before the break of dawn. Half marathoners also got closer to the iconic Singapore Sports Hub this year with enhancements introduced to the running route to include the Stadium Park Connector.

The SAFRA 5km Fun Run, which was flagged off by Mr Ong Ye Kung, Senior Minister of State for Defence and President of SAFRA, featured two giant inflatables, namely the Apex Ladder and the Rubble for participants to try out at the Promontory @ Marina Bay for the very first time and provided families with many fun bonding opportunities. Participation in the category also rose by 11 percent to over 6,200 runners this year.

It was also a heart-warming family affair at the Families for Life 800m Challenge as over 370 mothers joined their spouses and children for the first time. This category, which was

previously limited to father-and-child teams, was opened to both parents this year to enable more family members to participate together with the aim of strengthening the family bond. A series of animal mascots also brought much fun and laughter to the children before the run.

Dr Mohamad Maliki bin Osman, Senior Minister of State for Defence and Deputy President of SAFRA, flagged off and joined participants in the SAFRA 10km Race before flagging off the Families for Life 800m Challenge at the Esplanade Bridge.

Running with her family in the Families for Life 800m Challenge, Mrs Claire Nazar, Families for Life Council Member, said, "We are delighted to be able to run together as a family this year. The Families for Life Challenge's involvement of mothers emphasises the importance of the family as a whole, spending quality time together. When family members make time to run together, they foster a strong sense of camaraderie as a family unit. Running is also an avenue that encourages active family time, enabling family members to participate in a simple, shared activity which builds physically, mentally and emotionally strong families."

Kindly refer to:

- Annex A – Fact sheet 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 370,000 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.

Issued on behalf of the SAFRA Singapore Bay Run & Army Half Marathon 2016 Organising Committee

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2016

FACT SHEET

Event Details

Date: Sunday, 28 August 2016

Venue: Flag-off at Esplanade Bridge
Finish at Padang

Event Organisers: SAFRA and the Singapore 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 Men's Open	All male participants who are not eligible for the above categories inclusive of: <ul style="list-style-type: none"> - Non-SAF active servicemen & NSmen - Singaporeans/ PR - Foreigners
21km AHM Women's Open	All female participants who are not eligible for the above categories inclusive of: <ul style="list-style-type: none"> - Non-SAF servicewomen - Singaporeans/ PR - Foreigners

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 Men's Open	All male participants who are not eligible for the above categories inclusive of: - Non-SAF servicemen & NSmen - Singaporeans/ PR - Foreigners
SAFRA 10km Race Women's Open	All female participants who are not eligible for the above categories inclusive of: - Non-SAF servicewomen - Singaporeans/ PR - Foreigners
SAFRA 5km Fun Run	
SAFRA 5km Fun Run	Participants of the 5km Fun Run must be 6 years and above on race day.
Others	
Families for Life 800m Challenge	Open to both fathers and mothers. Child must be aged 4 years old to 12 years old on race day.

Street-side Festivities

To motivate and encourage participants during the run, a series of street-side festivities were featured along the various running routes. Crowd favourites such as cheerleaders and belly dancers made a comeback while new ones such as illuminated performances along the 21km Army Half Marathon running route were introduced.

- Stilt Walkers
- Belly Dancers
- Cheerleaders
- Firehead Dry Drummers **New*
- LED Stilt Walkers **New*
- LED Water Drummers **New*
- Live Band Performers
- Mascots
- Samba Percussion Performers

Welfare Management

Water Points

- There are a total of 13 water points along the running routes.
- For the 21km route, there will be ten (10) water points.
- For the 10km route, there will be seven (7) water points.
- For the 5km route, there will be three (3) water points.

Medical Support

- To ensure medical support, there will be a total of four (4) medical posts and thirteen (13) ambulance posts along the running routes.
- There will be eight (8) medical buggies and wheeled stretchers on standby.

Sponsors and Partners

Event Organisers	SAFRA and The Army
Official Sponsor	ST Engineering
Official Apparel	Newton
Official Education Partner	SIM University
Official Timer	Soleus
Official Sports Nutrition	HIGH 5 SPORTS NURTITION
Official Muscle Rub	Tiger Balm Active
Official Music Gadgets	Sony
Official Men's Facial Care	Gatsby
Official Sports Partner	iFly Singapore
Official Hydration Partners	100PLUS ICE MOUNTAIN
Official Insurer	AIG
Official Skincare	Garnier Men
Official Race Expo Venue Partner	Marina Square
Official Running Magazine	RUN Singapore
Official Online Media	Just Run Lah!
Official Hospitality Partner	The Fullerton Heritage
Official Radio Stations	Jia88.3FM Power 98FM
Supported By	Families for Life Council
	Lee Foundation
	Lagoon Group
	Shiok! Kitchen Catering
	Nurture Stars
Kidz Amaze	
Official Gym	EnergyOne

For more information, please visit www.safra.sg/ssbr_ahm

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