

20 August 2017

MEDIA RELEASE

To News Editors,

PARTICIPANTS SALUTE TO HONOUR NATIONAL SERVICEMEN AT SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2017

It was a meaningful morning for participants of the SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM) as they joined the nation in saluting past and present national servicemen for their contributions in defending Singapore. Runners participated in a special salute segment before being flagged off at Esplanade Bridge. The event which commemorates 50 years of National Service (NS50) and also celebrates its 25th edition this year attracted over 41,000 participants.

The event was hosted by Minister for Education (Higher Education and Skills) and Second Minister for Defence Mr Ong Ye Kung, who flagged off the NS50 Team Run and the SAFRA 5km Fun Run. Mr Ong is also the President of SAFRA.

The NS50 Team Run was a new category introduced this year to encourage past and present Singapore Armed Forces (SAF) Operationally Ready National Servicemen (NSmen) to reunite and rekindle the close camaraderie forged during their NS days. It attracted over 2,500 participants who ran 5km in teams of 10 runners each, clocking a total distance of 50km per team to mark NS50.

Also participating in the NS50 Team Run for the very first time was a special contingent of over 50 runners comprising students from the National Cadet Corps (NCC) and their fathers who are NSmen, echoing the NS50 theme, 'From My Generation To Yours'.

A Glimpse of Singapore's Unique NS Experience

The event also gave NSmen the opportunity to reminisce while their families got a glimpse of Singapore's unique NS experience. The story of the nation's NS50 Journey was captured in a display of nostalgic images along the running routes, featuring significant moments such as the haircut on enlistment day and the rifle presentation ceremony to recruits.

Giant inflatables inspired by the SAF's Standard Obstacle Course were also featured at the event and proved to be very popular among families. These included the inflatable Stepping Stones along the SAFRA 5km Fun Run and another inflatable course featuring the Ditch, Window, Dodging Panels and Tunnel at the post-run Carnival held at the Padang.

Even the little ones participating in the Families for Life 800m Challenge had the opportunity to don Army-themed attire with their parents and camouflage their faces.

The category was flagged off by Senior Minister of State for Defence and Deputy President of SAFRA Dr Mohamad Maliki Bin Osman, after he completed the 21km AHM.

The 21km AHM Men's was won by Mr Melvin Wong with a timing of 1 hour 16 minutes 25 seconds. Three hundred SAFRA Running Club members also participated in the 21km AHM and the group gathered in an NS50 formation after the run to pay tribute to past and present national servicemen with a salute.

For the first time in SSBR & AHM, the families of NSmen were given a chance to try out the various exercises used by the Army to train strong soldiers. Located at the Padang, the Soldier Strong booth allowed parents and children to test their strength and endurance while trying the 5-ton tyre flip, battle rope and sandbell lift. The Army's professional instructors and EnergyOne gym's fitness trainers were present to provide an in-depth explanation on the Army Soldier Strong training. Families also had the opportunity to get a taste of the field rations that national servicemen eat when they are on outfield training exercises. There were also other fun-filled activities such as the Wipe-out. The Music & Drama Company entertained participants with a series of NS50 songs.

Colonel (NS) Simon Lim, Chairman of the SSBR & AHM 2017 organising committee and Director of National Service Affairs, Ministry of Defence, said: "This year's run is a special one as it is our 25th edition. It has also brought together past and present national servicemen from various cohorts, their families, including their children who will take up the mantle of defending our nation in the future. As SAFRA and Army's signature event, the SSBR & AHM is an important platform for our strong soldiers to leverage on to build their fitness and endurance. We also wanted to create more opportunities where their families could better understand the tough training they go through to defend their loved ones and provide an avenue for them to show their appreciation through a salute, a simple yet meaningful gesture. All these go a long way in strengthening the sense of pride and purpose among our national servicemen in their service to the nation."

Mr Kelvin Ang, Families for Life Council Member, said, "At Families for Life, we believe that making the conscious decision to spend quality time with the family is crucial to fostering strong and resilient family bonds. Initiatives such as today's Families for Life 800m Challenge create opportunities for family members to enjoy an activity together, and foster stronger bonds by learning how to support each other. The Families for Life Council looks forward to bringing more platforms and initiatives to promote family time, encourage conversations within families and strengthen extended family ties."

The SSBR & AHM is jointly organised by SAFRA and the Army to promote fitness and bonding among SAF active servicemen, NSmen and their families.

Kindly refer to:

- Annex A – Fact sheet on the event
- Annex B – Running route map
- Annex C – Results

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.

Issued on behalf of the SAFRA Singapore Bay Run & Army Half Marathon 2017 Organising Committee

Annex A

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2017

FACT SHEET

Event Details

Date: Sunday, 20 August 2017

Venue: Flag-Off at Esplanade Bridge
Finishing 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 Men's Open	All male participants who are not eligible for the above categories, including: <ul style="list-style-type: none"> - SAF Active Servicemen and SAF NSmen's (ORNS, MR / Ex-NSmen) family members - Non-SAF active servicemen & NSmen - Singaporeans/ PR - Foreigners
21km AHM Women's Open	All female participants who are not eligible for the above categories, including: <ul style="list-style-type: none"> - SAF Active Servicewomen's family members - 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 Men's Open	All male participants who are not eligible for the above categories, including: <ul style="list-style-type: none"> - SAF Active Servicemen and SAF NSmen's (ORNS, MR / Ex-NSmen) family members - Non-SAF servicemen & NSmen - Singaporeans/ PR - Foreigners
SAFRA 10km Race Women's Open	All female participants who are not eligible for the above categories, including: <ul style="list-style-type: none"> - SAF Active Servicewomen's family members - Non-SAF servicewomen - Singaporeans/ PR - Foreigners
NS50 Team Run	
NS50 Team Run (5km x 10 pax)	A team of 10 SAF NSmen (ORNS, MR / Ex-NSmen)
SAFRA 5km Fun Run	
SAFRA 5km Fun Run	Participants must be aged 6 years old and above on race day
Families for Life 800m Challenge	
Families for Life 800m Challenge	Open to both fathers and mothers. Child must be aged 4 years old to 16 years old.

STREET-SIDE FESTIVITIES

<ul style="list-style-type: none"> • Belly Dancers • Bhangra Dance Troupe • Cheerleaders • LED Drummers • Live Band 	<ul style="list-style-type: none"> • Mascots • Pixel Poi Twirlers • Samba Percussion Group • Saxophonist • Stilt Walkers
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WATER POINTS

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

SPONSORS & PARTNERS

Event Organisers	SAFRA and The Army
Official Sponsor	ST Engineering
Partner	Families for Life Council
Official Apparel	Compressport Singapore
Official Timer	Samsung Asia Pte Ltd
Official Muscle Rub	Tiger Balm Active
Official Cartilage + Joint Supplement	CH ALPHA ACTIV
Official Men's Facial and Body Care	Gatsby
Official Sports Partner	iFly Singapore
Official Caterer	Le Rainbow Catering Pte Ltd
Official Music Gadget	Sony Electronics
Official Hydration Partners	100PLUS ICE MOUNTAIN
Official Race Expo Venue Partner	Marina Square
Official Running Magazine	RUN Singapore
Official Radio Stations	Jia88.3 FM & Power 98FM
Official Gym	Energy One
Official Indoor Playground	Kidz Amaze
Partner	GNC Singapore
Supported by	ComfortDelGro Taxi
	iDfast LLP
	Key Power
	GP Batteries
	Active SG
Carnival Supporter	Spartan Singapore

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



Annex B

ROUTE MAP

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2017



LEGEND

- 21km Army Half Marathon
- SAFRA 10km Race
- NS50 Team Run / SAFRA 5km Fun Run
- Families for Life 800m Challenge
- Water Points
- Stepping Stone Inflatable
- Medical Posts
- Banana
- Isotonic
- Tiger Balm Active Musde Rub Station

Street-Side Festivities

- Belly Dancers
- Bhangra Dance Troupe
- Cheerleaders
- LED Drummers
- Live Band
- Mascots
- Pixel Poi Twirlers
- Samba Percussion Group
- Saxophonist
- SIRT Walkers



Map is not drawn to scale. Route is subjected to change. 21km AHM route is certified by the Singapore Athletics Association.

Annex C

RESULTS

Name	Time
21km OPEN MENS	
James Barmasai	1h 07m 20s
Joseph Mwangi Ngare	1h 07m 43s
Mburu John Muiruri	1h 08m 53s
21km AHM MENS	
Melvin Wong	1h 16m 25s
Prashan D. Silva M.P.	1h 17m 41s
Banjamin Quek Wei Jian	1h 19m 15s
21km AHM MENS MASTERS	
Ku Seow Wee	1h 26m 22s
Ning Wenlong	1h 30m 25s
Sim Jaan Yeu	1h 31m 27s
10km OPEN MENS	
Lel Kipchirchir	32m 04s
James Maregu	32m 28s
Onsare Wilson Ombui	33m 31s
10km AHM MENS	
Jeevaneesh	33m 33s
Nabin Parajuli	34m 04s
Marcus Ong	34m 16s
10km MENS MASTERS	
Jason Ong Wei Kok	40m 01s
Ron H Siow Hung Woo	40m 07s
Lee Chong Guan	41m 21s
21km OPEN WOMENS	
Edinah Jeruto	1h 18m 33s
Esther Wambui Karimi	1h 19m 05s
Caroline Kigen	1h 30m 59s
21km AHM WOMENS	
Elaine Young	1h 37m 24s
Chan Gin Ni	1h 49m 33s
Abigail Sim E Xuan	1h 54m 25s
21km AHM WOMENS MASTERS	
Evelyn Lek	1h 52m 32s

Tan En Jie Celine	1h 55m 01s
Patricia Lee	1h 55m 08s
10km OPEN WOMENS	
Margaret Njuguna	36m 03s
Isabela Jemurgor	38m 11s
Bronwyn	40m 35s
10km AHM WOMENS	
Christie Han	49m 57s
Katie	50m 30s
Adeline Yap	51m 57s
10km Womens Master	
Ting Poh Liang	1h 04m 37s
Samantha Chen Xiuqing	1h 12m 37s
Koh Chew Yian	1h 13m 58s