

MEDIA RELEASE

To News Editors

OVER 30,000 RUNNERS PARTICIPATED IN SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2023

For the first time since 2018, the SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM) returned to the cityscape as a physical run this morning.

The event was jointly organised by SAFRA and Our Singapore Army to promote fitness and strengthen bonds among national servicemen and their families.

Senior Minister of State for Defence and President of SAFRA Mr Zaqy Mohamad flagged off the event's **Families for Life 800m Challenge** held at the Singapore Sports Hub. Aimed at encouraging families to spend more quality time together, the fun-filled dinosaur-themed run attracted over 2,400 NSmen and their families.

Participants of the **21km Half Marathon and 10km Race** were flagged off from Merdeka Bridge earlier in the morning before the break of dawn. Runners enjoyed a scenic running route winding along the Marina Bay and several iconic landmarks such as the Singapore Flyer and Gardens by the Bay before ending at the Singapore Sports Hub. There were also street-side festivities such as LED stilt walkers, cheerleaders and percussion bands along the routes to motivate participants during their run.

After their run, participants enjoyed fun-filled **carnival activities** such as bouncy inflatables for children and performances by the Music & Drama Company. The **Soldier Strong Challenge** was also held, with 13 teams from different Army formations competing in a series of physical challenges.

Prior to today's physical run categories, the event also featured the **virtual 21km Cumulative Challenge**, which remained popular and offered participants the flexibility to clock the distance anywhere, anytime over a month-long period from 31 July to 26 August 2023 and simply log their distances online.

BG (NS) Kenneth Liow, Director National Service Affairs and Chairman of the SSBR & AHM 2023 Organising Committee, commented, "Many of our NSmen are glad that they could once again enjoy the full event day experience with the return of the physical run. The event continues to help us strengthen camaraderie and motivate our NSmen to keep fit as they train and run together. I am also glad that many have joined together with their families. 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."

Kindly refer to:

- Annex A – Fact sheet on the event
- Annex B – Running route maps
- Annex C – Winners' List

For more information on the event, visit <https://www.safra.sg/ssbr-ahm>

About SAFRA National Service Association

SAFRA was formed in 1972 to provide for the social and recreational needs of national servicemen and their families through quality sports, social, educational and cultural programmes to recognise national servicemen for their contributions to National Defence. SAFRA currently has a network of seven clubs conveniently located at Choa Chu Kang, Jurong, Mount Faber, Punggol, Tampines, Toa Payoh and Yishun, along with another facility at 29 Carpenter Street. Complementing the modern facilities at SAFRA clubs are a host of quality membership benefits and activities specially packaged for over 540,000 members (as of 31 March 2023) and their families.

About Families for Life

The Families for Life (FFL) Movement aims to building strong and resilient families. The FFL Movement rallies like-minded individuals, families and organisations to strengthen family bonds through large-scale events, national celebrations and online digital campaigns.

FFL365 offers a suite of evidence-informed and evidence-based parenting and marriage programmes; while FFL Parenting is an online repository of localised, research-backed parenting resources. FFL also runs Parent Support Groups, particularly for those with preschool children. FFL@Community brings all these offerings to local communities.

Visit <https://familiesforlife.sg> for tips, resources and interesting family activities as well as a wide range of meaningful volunteering opportunities as FFL volunteers.

Issued on behalf of the SAFRA Singapore Bay Run & Army Half Marathon 2023 Organising Committee on 27 August 2023

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2023

FACT SHEET

Physical Event Details

Date: Sunday, 27 August 2023

Venue: 21km Half Marathon and 10km Race
(Flag-Off at Merdeka Bridge)

Families for Life 800m Challenge
(Flag-Off at OCBC Square)

Finishing point for all categories at Singapore Sports Hub.

Virtual Event Details

Date: Monday, 31 July to Saturday, 26 August 2023

Race Category: Runners can complete a cumulative 21km distance through a series of shorter runs, anywhere and anytime, during the 4-week virtual event period.

Category Eligibility

Categories	Eligibility
21km Half Marathon	
21km Half Marathon Men's	The following are eligible to register for this category: SAF Active Servicemen and SAF NSmen (ORNS, ROVERS/ Voluntary & Ex-NSmen)
21km Half Marathon Women's	The following are eligible to register for this category: SAF Active Servicewomen and SAF volunteers
21km Half Marathon Men's Open	All male participants are eligible to register for this category
21km Half Marathon Women's Open	All female participants are eligible to register for this category

10km Race	
10km Race Men's	The following are eligible to register for this category: SAF Active Servicemen and SAF NSmen (ORNS, ROVERS/ Voluntary & Ex-NSmen)
10km Race Women's	The following are eligible to register for this category: SAF Active Servicewomen and SAF volunteers
10km Race Men's Open	All male participants are eligible to register for this category
10km Race Women's Open	All female participants are eligible to register for this category
Families for Life 800m Challenge	
Families for Life 800m Challenge	Open to fathers, mothers and extended family members. Child must be aged 4 to 16 years old.
21km Cumulative Challenge	
21km Cumulative Challenge	Runners can complete a cumulative 21km distance through a series of shorter runs, anywhere and anytime, during the 4-week virtual event period.

Streetside Festivities

To motivate and encourage participants during the run, a series of street-side festivities were featured along the various running routes.

- LED stilt walkers
- Cheerleaders
- Percussion bands
- DJ spinning top 40 hits
- Live singing and music by Busker

Water Points

- There were a total of 10 water points along the running routes.
- Along the 21km route, there were 10 water points
- Along the 10km route, there were four (4) water points

Sponsors & Partners

Official Title	Company Name
Event Organisers	SAFRA and Our Singapore Army
Official Sponsor	ST Engineering
In Support of	SG Made For Families
Supported by	Families For Life Council
Official Muscle Rub	Haw Par Healthcare (Tiger Balm Active)
Official Watch	Samsung Electronics Singapore
Official Performance Technology	Human Telemetrics
Official Apparel	Emjay Enterprises (Compressport)
Official Sports	iFly Singapore
Official Hydration	F&N Foods Pte Ltd
Official Venue Partner	Singapore Sports Hub
Partners	AIG Asia Pacific Insurance
	Great Giant Foods (Sunpride)

For more information, please visit: <https://www.safra.sg/ssbr-ahm>

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2023

21km Half Marathon Running Route

LEGEND

-  21km Route
-  Water
-  Isotonic
-  Banana
-  Tiger Balm Muscle Rub Station
-  Medical Post*



*Medics are also deployed throughout the running route

Street-Side Festivities

- (A) DJ spinning top hits
- (B) LED stilt walkers
- (C) Cheerleaders
- (D) Live singing and music
- (E) Percussion bands



SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2023

10km Race Running Route

LEGEND

- 10km Route
- Water
- Isotonic
- Banana
- Tiger Balm Muscle Rub Station
- Medical Post*



*Medics are also deployed throughout the running route

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2023

Families for Life 800m Challenge Running Route

LEGEND

-  800m Route
-  Medical Post



Participants of the Families for Life 800m Challenge are recommended to get here by train.
Alight at Stadium MRT and get to the Start Point via Exit A

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2023

WINNERS' LIST**1. 21km Half Marathon Men's**

Position	Name	Gun Timing (HH:MM:SS)
1 st	Soh Rui Yong	01:12:00
2 nd	Jon Lim	01:12:43
3 rd	Chong Qi Tan	01:14:19

2. 21km Half Marathon Women's

Position	Name	Gun Timing (HH:MM:SS)
1 st	Lee Yingqi	01:32:45
2 nd	Cai Ruixin Stephanie	01:37:39
3 rd	Tay Pei Lei	01:41:19

3. 21km Half Marathon Men's Open

Position	Name	Gun Timing (HH:MM:SS)
1 st	John Muiruri Mburu	01:11:34
2 nd	Dominic Robert Watkins	01:16:44
3 rd	Yasuhito Omagari	01:19:57

4. 21km Half Marathon Women's Open

Position	Name	Gun Timing (HH:MM:SS)
1 st	Maire Nic Amhlaoibh	01:24:27
2 nd	Anna Helowicz	01:26:31
3 rd	Hor Tse Xin	01:35:28

5. 10km Race Men's

Position	Name	Gun Timing (HH:MM:SS)
1 st	Goh Boon Hee Shaun	00:31:52
2 nd	Marcus Ong	00:34:39
3 rd	Arif	00:34:40

6. 10km Race Women's

Position	Name	Gun Timing (HH:MM:SS)
1 st	Hui Xin	00:40:41
2 nd	Teh May Yong	00:47:40
3 rd	Su Myat Noe	00:47:41

7. 10km Race Men's Open

Position	Name	Gun Timing (HH:MM:SS)
1st	Muhammad Akid Bin Muhammad Najib	00:37:16
2nd	Stuart Mcintosh	00:40:18
3rd	Ong Jason	00:40:36

8. 10km Race Women's Open

Position	Name	Gun Timing (HH:MM:SS)
1st	Bronwyn Small	00:38:43
2nd	Jayne Maree Brine	00:51:38
3rd	Sophie Tan Yi Xuan	00:56:06