



**HomeTeamNS**

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**FOR IMMEDIATE RELEASE**

## **HomeTeamNS Strongman Challenge Crowned Singapore's "Hercules"!**

**SINGAPORE, September 6, 2014** – Mr Masagos Zulkifli, President of HomeTeamNS, the Association for Singapore Police Force (SPF) and Singapore Civil Defence Force (SCDF) crowned Mr Tan Bin Soon, 22, as Singapore's strongest man at Sentosa, Siloso Beach today. Ten finalists battled it out over five challenges – Tyre Flip, Log Walk, Atlas Stone, SPF Car Deadlift and SCDF Red Rhino Pull.

2. Final results of HomeTeamNS Strongman Challenge 2014:

Individual Champion: Mr Tan Bin Soon

<b>Challenge</b>	<b>Weight/Distance/Time</b>	<b>Repetitions/Time</b>
Tyre Flip	350kg, 20m	35.35secs
Log Walk	120kg each hand, 20m	36.21secs
Atlas Stone Lift	120kg/140kg/160kg	Fastest to complete two Atlas stones
Car Deadlift	1.6 tons	5 deadlifts
SCDF Red Rhino Pull	4 tons, 15m	18.47secs

Standings

<b>Name</b>	<b>Position</b>
Tan Bin Soon	Champion
Mohamad Zaki	Runner-up
Zarol Nizam	Second Runner-up
Benny Chew	4 <sup>th</sup>
Teng Zi Feng	5 <sup>th</sup>
Md Adam	6 <sup>th</sup>
Lewis Chua	7 <sup>th</sup>
Ahmad Zaki	8 <sup>th</sup>
Mohamad Asmu'l	9 <sup>th</sup>
Samuel Lim	10 <sup>th</sup>

3. Close to 200 participants attended this year's HomeTeamNS Strongman Challenge which featured a fitness carnival filled with fun activities to advocate camaraderie among Home Team NSmen, their families and fellow Singaporeans. The activities included the event's first Tug of War competition and a Fitness Model Search Challenge.

- end -

**About HomeTeamNS**

*HomeTeamNS is a non-profit organisation set up to recognise the invaluable contributions of the Singapore Police Force (SPF) and Singapore Civil Defence Force (SCDF) NSmen to the safety and security of the nation. HomeTeamNS aims to build a greater sense of camaraderie amongst SPF and SCDF NSmen by providing a shared environment for them to network and build bonds through sports and social activities.*

*HomeTeamNS has a membership base of 189,804 with four clubhouses conveniently located at Balestier, Bukit Batok, Chinatown and Sembawang. For more information, please visit [www.hometeamns.sg](http://www.hometeamns.sg).*

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