

FOR IMMEDIATE RELEASE

New Strongman and Strongwoman unveiled for the 2013 HomeTeamNS Strongman Challenge!

Singapore, 23 March – After an exhausting 4-hour competition that demanded absolute brute strength, Strongman Jen Li Sheng, 28, and Cheryl Foo, 22, proved that they are Singapore’s strongest couple with the results below:

Men’s Individual’s Champion – Results:

Challenge	Weight, Distance/Time	Timing
Car Deadlift	1.5 tonnes, no. of lifts in 1 minute	2 times
3M Scotch Log Walk	135kg each hand, 20m	14.05s
Stamford Tyre Flip	350kg, 15m	105.11s
Samsui Yoke Walk	350kg, 20m	42.51s
SCDF Red Rhino + SPF Jeep Pull	6 tonnes, 15m	15.78s

Women’s Individual Champion – Results:

Challenge	Weight & Distance	Timing
Car Pull	2 tonnes, 20m	30.11s
3M Scotch Log Walk	50kg each hand, 20m	7.95s
Stamford Tyre Flip	150kg, 15m	65.4s

2 Jen Li Sheng also won the Title in 2012. The Champions walked away with cash and prizes, presented by Guest-of-Honour, Mr. Masagos Zulkifli, Senior Minister of State for Foreign and Home Affairs and President of HomeTeamNS.

3 The second place in the Men’s Individual went to Benjamin Soh. Third placing went to Tan Bin Soon. For the Women’s Individual category, second place went to Nur Izzah Rahman and third place went to Malaysian Nur Farah.

4 The winners of the Tertiary Tag-Team category are a pair of brothers, Nicholas and Nixon Tay from Republic Polytechnic. The winners of the Home Team Tag-team category are Mohd Abdul Alim and Muhd Bukhary. They were also 2012’s champions.

5 For details of the various challenges, please visit www.strongmanchallenge.sg. Detailed results for all finalists are also available on request.

About HomeTeamNS

HomeTeamNS is a non-profit Association set up to recognise the invaluable contributions of the Police and Civil Defence NSmen to the safety and security of the nation. The Association aims to build a greater sense of camaraderie amongst the Police and Civil Defence NSmen by providing a shared environment for them to network and build bonds through sporting and social activities.

HomeTeamNS has a membership base of 180,000 with six clubhouses conveniently located at Bukit Batok, Balestier, Sembawang, Smith Street, UE Square and Pasir Ris. For more information, please visit www.hometeamns.sg.