

FOR IMMEDIATE RELEASE

Media Exclusive Preview: HomeTeamNS Strongman Challenge – New Car Deadlift Challenge

The HomeTeamNS Strongman Challenge is Singapore's only strength competition and it is a competition like no other.

2 The 10 male finalists of this annual competition will attempt to lift a car weighing 1.5 tonnes, with a metal structure, as many times as they physically can within a minute, at the Grand Finals of the HomeTeamNS Strongman Challenge on 23 March at Toa Payoh HDB Hub.

3 While the car deadlift challenge is the newest kid on the block, a tertiary tag-team has also been included and the log weights for the men have been increased from 120kg to 135kg.

4 Taking on these challenges are two first-time finalists, 17-year-old Malaysian Zarul Nizam and 20-year-old Muhd Adam Bin Norman. The female category is also seeing two Malaysians in the Finals for the first time.

5 Finalists need to complete these physically punishing challenges – below:

Categories	Tyre Flip	Log Walk	Red Rhino + SPF Jeep	Car Challenge	Samsui Yoke Walk
Men	350kg	135kg/side	6 Tonnes	1.5 Tonnes (Car Deadlift)	350kg
Women	150kg	50kg/side	N.A.	1.9 Tonnes (Jeep Pull)	N.A.
Tertiary Tag Team	350kg	135kg	N.A.	1.9 Tonnes (Jeep Pull)	N.A.
Home Team Tag-Team	350kg	135kg	N.A.	1.9 Tonnes (Jeep Pull)	N.A.

6 The finalists will make an appearance at the HomeTeamNS Strongman Challenge **Exclusive Preview** on **Tuesday, 19 March 2013, 10am** at HomeTeamNS@Bukit Batok. The preview includes demonstrations of the Tyre Flip, Log Walk and Car Deadlift. Journalists and camera crew are invited for this preview.

7 The HomeTeamNS Strongman Challenge 2013 will be graced by Mr. Masagos Zulkifli, Senior Minister of State for Foreign and Home Affairs and President of HomeTeamNS. The Finals will take place on 23 March 2013 at the Toa Payoh HDB Hub from 11am to 5pm.

8 To RSVP for the preview, call 6665 4621 or email priscilla_leong@hometeamns.sg by 18 March 2013. For more information, please visit www.strongmanchallenge.sg.

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 located at Bukit Batok, Balestier, Sembawang, Smith Street, UE Square and Pasir Ris. For more information, please visit www.hometeamns.sg.