

## MEDIA RELEASE

### Introducing the first SG50 Strongman – Mohamad Zaki, 23

**SINGAPORE, November 15, 2015** – Twenty-three year old, Mohamad Zaki has been crowned as the first “SG50 Strongman” at this year’s HomeTeamNS Strongman Challenge. As part of the Home Team Festival celebrations, over 150 participants competed in Strongman Challenge, Tug of War Challenge, Tag Team Challenge category and StrongFamily category.

2. Final results of HomeTeamNS Strongman Challenge 2015:

Individual Champion: Mr Mohamad Zaki Bin Mohamad Hatta

Challenge	Weight/Distance/Time	Repetitions/Time
Tyre Flip	230kg, 15m	31.94secs
Log Walk	Log/120kg in each hand, 15m	9.25secs
SCDF Red Rhino Pull Challenge	Red Rhino/4 tons	13.02 secs
SPF Dead Lift Challenge	SPF Car/1.6 tons	11 deadlifts
Manulife Loading Medley Challenge	5 items/ Each weighing up to 120kg	58.94secs

#### Standings

Name	Position
Mohamad Zaki Bin Mohamad Hatta	Champion
Abd Rashid Abd Rahman	Runner-up
Zarul Nizam Bin Alfiyan	Second Runner-up
Kang Goo Young	4 <sup>th</sup>

Muhd Adam	5 <sup>th</sup>
Syuzefril Bin Mat Noor	6 <sup>th</sup>
Ahmad Zaki Jinlapudiin	7 <sup>th</sup>
Muhammad Zaidi Bin Ismail	8 <sup>th</sup>
Teng Zi Feng	9 <sup>th</sup>
Mohd Asri Abd Kadir	10 <sup>th</sup>

- 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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