

RE : Aquathlon 2011



32 staff from Swee Hong took part in the Aquathlon 2011, organized by The Singapore Sprint Series. The event, held at Sentosa, was a fun yet challenging format with distances available for all fitness levels and ages.

It was a perfect entry level race for beginners into multi-sports. The Aquathlon combined swim and run elements in your fastest time.

The event was a great way to encourage company bonding as well as to boost personal confidence and self esteem.