

Mandela Remembrance Walk & Run: Popular event will mark foundation's 20th anniversary celebrations

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This year's 'Mandela Remembrance Walk & Run' - South Africa's biggest social and recreational event, hosted by the Nelson Mandela Foundation and the Gauteng Provincial Government - will take place at the **Union Buildings, Tshwane, on Sunday, 8 December 2019.**



Tens of thousands of South African social and professional walkers and runners will again start and finish at the Union Buildings this year, with a five-kilometre walk as well as a 10- and 21-kilometre run. Last year's half marathon attracted some of South Africa's top runners such as, marathon superstar, Stephen Mokoka and, former Comrades Marathon winners, Charne Bosman and Ludwick Mamabolo. Others to participate in the various events last year included, US Open wheelchair tennis semi-finalist, Kgothatso Montjane as well as, football legends, Shaun Bartlett, Kalusha Bwalya and Jabulani Mendu.

The two running categories will have winners' prize money of R5,000 in each age and sex category. Race numbers for the run will include Champion Chip timing for professional runners. The walk will again be held alongside the Nelson Mandela Liberation Route, a significant tourist attraction, which boasts various heritage sites linked to the former South African President's political history. There will be loads of entertainment for the kids and child minders will be available to look after them. There will also be food stalls and a concert on the lawns as well as fitness and boxing displays and plenty of fun for all.

Entry fee is R50 for the 5km walk, R100 for the 10km run and R150 for the 21km run. The public is encouraged to register on mandelawalkandrun.com.

"The Nelson Mandela Foundation in 2019 launched its new strategy, *Broadening Impact by Reaching Deeper*. The new strategy is a commitment to South Africans and the world, that the Nelson Mandela Foundation is continuing the work of Nelson Mandela to contribute to a just and equitable society. There is no better event than the Mandela Remembrance Walk and Run to showcase South Africans of all walks of life coming together to tangibly illustrate the diverse society we all strive for. We look forward to welcoming all participants to this very special event," said Sello Hatang, Chief Executive of the Nelson Mandela Foundation. "In the next twenty years, we reaffirm the reason and purpose given to us by our founder 'to promote and develop the cause of peace, human rights and democracy.'"



“Madiba’s legacy was that of a society that is united in the quest for non-racialism, social justice, human equality, peace and prosperity for all and we will again be doing the Remembrance Walk and Run to honour his commitment. The Walk and Run continues to grow from strength to strength each year. We are urging people of Gauteng to come out in numbers to be part of this very special event. We encourage people of Gauteng to exercise and live a healthy lifestyle,” said Gauteng MEC for Sport, Arts and Culture, Mbali Hlophe.

Participants for the walk and run can enter online on www.mandelawalkandrun.com. In-person registration will also take place at the following outlets:

Sweatshop - Centurion & Dunkeld
Runaway Sports – Pretoria
Orlando Community Centre – Johannesburg
Pilditch Stadium – Pretoria



All proceeds raised from the entry fees are donated to The Nelson Mandela Foundation to continue with the work the foundation does to preserve and promote Madiba’s legacy. Other sponsors for the Mandela Remembrance Walk & Run are the City of Tshwane, ASPEN Pharma Care, PEPSI, Jacaranda FM and Independent Media.

Follow the Mandela Remembrance Walk & Run on social media:

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