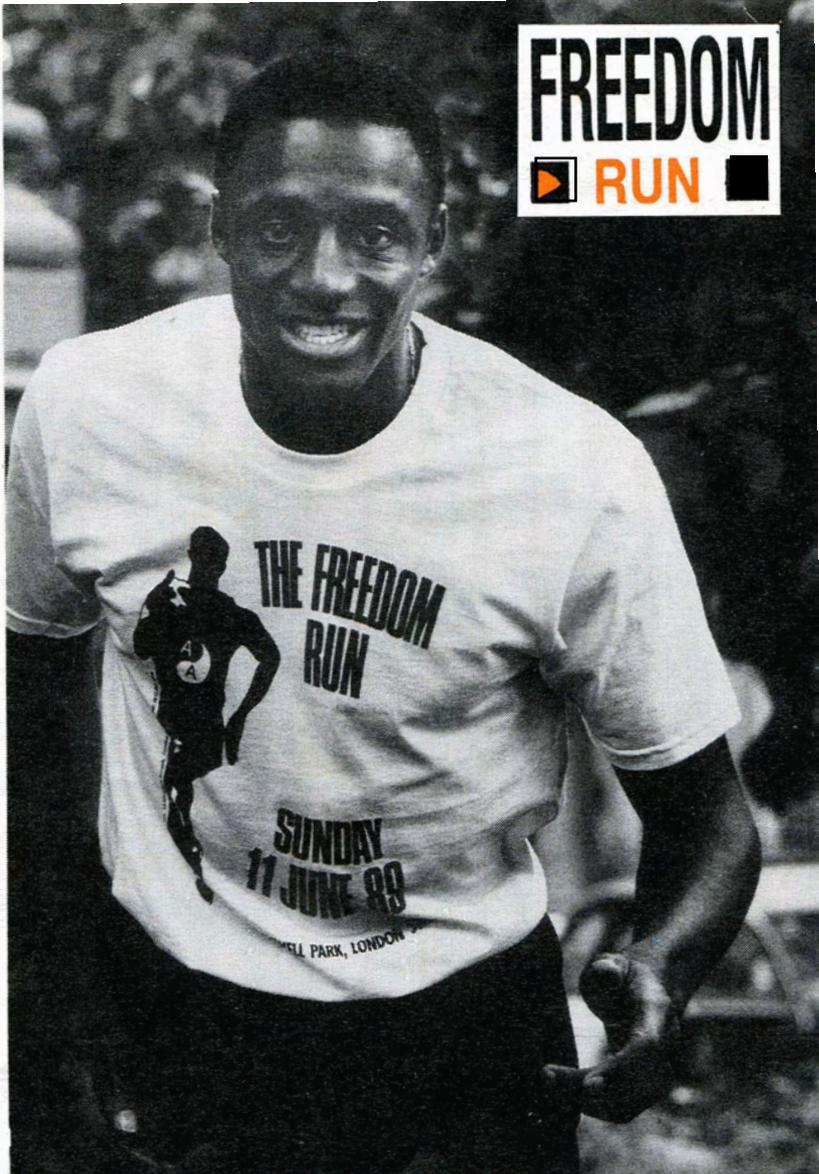


FREEDOM
▶ **RUN** ◼



John Fashanu helps promote the successful Freedom Run last year

Sunday 10 June '90

Brockwell Park — all day from 10.30

- ★ Sponsored runs — 3km — 10km — children and adults
- ★ Live bands ★ Children's activities
- ★ Prize Draw ★ Stalls and refreshments

Anti-Apartheid Movement 13 Mandela St · London NW1 0DW



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LONDON'S WEEKLY GUIDE

FREEDOM

▶ RUN ◀

On Sunday 10th June in Brockwell Park the Anti-Apartheid Movement will once again be holding the 'Freedom Run'. Last year's success showed the potential for a much larger event and the Run this year will be accompanied by live music and children's activities, providing a wide variety of entertainment. There will also be stalls, food and drink. The two runs — 3km and 10km will both be Fun Runs.

Join with the thousands of other runners in this huge fundraising effort and help the Anti-Apartheid Movement to campaign effectively in response to Nelson Mandela's call to 'continue the campaign to isolate the apartheid regime'.

Live Music

With the support of the London Borough of Lambeth there will be a free outdoor concert during the day in the park. Bands will include:

- ★ Abdul Tee Jay & Rokoto
- ★ Dudu Pukwana
- ★ Robin Jones & King Salsa
- ★ Gatecrash
- ★ Standing Ovation
- ★ plus others
- ★ plus a celebrity compere
- ★ and other surprise guests

A detailed line-up of all bands and acts will be confirmed and publicised nearer the date.

Children's Activities

There will be special activities organised for children throughout the day. These will include:

- ★ Games, clowns and puppets
- ★ Theatre workshops
- ★ Music workshops — including African drumming and percussion
- ★ Singing and dancing workshops
- ★ Drawing and painting
- ★ Story telling from Southern Africa
- ★ Designing a poster and badge making

FREEDOM EVENTS

Around the Freedom Run in June there will be a series of regional sponsored 'Freedom Events'. These will include walks, runs and cycle rides (in one case on exercise bikes, as being organised in Ipswich!). Events will be organised by Anti-Apartheid Local Groups and money will be divided between the Local Groups and the Anti-Apartheid Movement national body.

This national series of events will provide the AAM and the South Africa: Freedom Now campaign with an important financial and political boost. The AAM appeals to all its members and supporters to get involved in these activities.

Local activities plus contact names and numbers are available from AAM HQ and will be detailed on a leaflet appearing in May.

How to enter

Simply complete the form on the back of this leaflet. We will send you a registration pack which will include a sponsorship form, details of the venue, starting times etc.
★ The number of entrants is limited so fill in the form and return it as soon as possible!

Sponsorship

This year we are asking entrants to raise at least £20 from sponsors. (This is only £2 a km if you do the 10km run). For this minimum amount you can be entered into a Prize Draw, as detailed in this leaflet.



Children can enjoy the day, too!

Where your money goes

Money raised from the over 16s will go to the **South Africa: Freedom Now** campaign. This campaign is crucial given the present situation in South Africa. Nelson Mandela, Walter Sisulu and others have been released from prison but the pillars of apartheid remain firmly intact and we must now step up our campaign until freedom is achieved for all people in South Africa. As Nelson Mandela has said, 'We have waited too long for our freedom . . . To relax our efforts now would be a mistake which generations to come will not be able to forgive'.

Details of the **South Africa: Freedom Now** campaign can be obtained from the Anti-Apartheid Movement HQ and can be requested on the back of this leaflet.

Money raised from the under 16s will go towards the **Trevor Huddleston Children's Fund**, details of which can also be obtained from AAM HQ.

How to win a prize

Every runner can be entered into the Prize Draw — it does not depend on how fast you run. To enter the Draw you need to:

- raise a minimum of £20 sponsorship
- have your form stamped on the day as proof of entry
- return your sponsorship form with the funds raised by 10th July 1990

Having done this you will automatically be entered for the prize draw which will give you the opportunity to win one of the following prizes.

Prizes to be won

Prizes for the over 16's

- A Skiing holiday for two in Bulgaria worth £500.
Tedmans Travel 76 Westow St, London SE19 3AF. 01 653 8260 (day) 01 699 5687
- A year's subscription worth £385 from **Physique Gym** which specialises in fitness and weight training — men and women of all conditions. Open 7am–10pm, except Saturday and Sunday 9am–4pm.
Physique Gym, 144 Fortress Road, London NW5. 01 482 3941
- *Physique Fitness Centre*, Clare Court, Judd Street, London WC1. 01 837 8880
- A £50 voucher — *Brixton Cycles* 01 733 6055
- Two pairs of tickets — *Riverside Studios* 01 748 3354
- Five pairs of tickets — *Bush Theatre* 01 743 3388
- £20 of book tokens — *Books for a Change* 01 836 2315
- A £10 book token — *Africa Book Centre* 01 240 6649

Prize for the top fundraiser over 16 years

- A top quality mountain bike from this cyclist-friendly workers co-op — *Mosquito Bikes* 123 Essex Road, London N1 01 226 8765

Prizes for the under 16's

- £30 of book tokens — *Books for a Change* 01 836 2315
- A Neon star kite worth £18 — *The Kite Store* 01 836 1666
- Four prizes of a harmonica — *Markson Pianos* 01 935 8682
- A selection of top records

Prize for the top fundraiser under 16 years

- A top quality camera worth £100 — *Sackville Travel Services Ltd* 207 Stockwell Road SW9 01 274 2242



Join in the many local events this year

FREEDOM

▶ RUN ◀

Entry Form

Name: _____

Address: _____

Postcode _____

Please tick appropriate box

I wish to register for the 1990 Freedom Run 3km Run

10km Run

I would like to run in the morning

in the afternoon

I aim to raise £ _____ sponsorship money.

Please send me (tick box as appropriate)

My registration pack, and free badge adult £5.00

child £2.50

The special Freedom Run 1990 T-shirt adult £6.00

L, XL (circle size) child (10-12) £5.00

I would like to join the Anti-Apartheid Movement and receive regular information including the monthly newspaper, Anti-Apartheid News

Joint membership (2 people at the same address) £13

Individual £10

Concessionary (unwaged, student) £6.50

Sub-total £ _____

I enclose a donation £ _____

Total amount enclosed £ _____

Please make cheques or postal orders payable to the AAM

I would like to pay by Access/Visa card

Number _____ Expires _____

Date _____ Signature _____

Please send me additional information on the

South Africa: Freedom Now campaign

Archbishop Trevor Huddleston Children's Fund

Disclaimer

All entrants run at their own risk. The Anti-Apartheid Movement cannot accept responsibility for personal injury, loss of personal effect or any public liability.

Please sign here _____

(If under 16, signature of parent or guardian)

For your registration pack please send this form (with a 28p stamp) to Freedom Run, Anti-Apartheid Movement, 13 Mandela Street, London NW1 0DW.

01 387 7966 (071 from 6.5.90)

The Anti-Apartheid Movement

The Anti-Apartheid Movement (AAM) is an internationally recognised organisation campaigning for an end to apartheid in South Africa. Its main aims and objectives are:

- To inform the people of Britain and elsewhere about apartheid and what it means to the people of Southern Africa.
- To campaign for international action to help bring the system of apartheid to an end.
- To cooperate with and support Southern African organisations campaigning against apartheid.

The present situation in South Africa is challenging and there are many possibilities for further change. In order for the Anti-Apartheid Movement to respond to this situation and live up to its responsibilities, it needs all the support it can get.

We therefore invite you to join the AAM and participate in its activities. Please help us to work more effectively for the release of all political prisoners, for an end to political executions, and for all the other changes that will open the door to a non-racial democracy in South Africa — and peace in Southern Africa.

