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**TimeOut**

LONDON'S WEEKLY GUIDE

# THE FREEDOM RUN

10km and 3km fun run

Surprise guest celebrities

Dozens of prizes to be won in a special draw open to all entrants including:-

- a holiday in Bulgaria (or £500 cash)
- a top quality touring bike
- Special prizes for children including a BMX bike

Sponsored run to raise money for the Anti-Apartheid Movement's nationwide campaign "Boycott Apartheid '89"

- All monies raised by runners under 16 will be devoted to projects for the children of Southern Africa.

**BROCKWELL PARK, LONDON SW8**  
**SUNDAY 11 JUNE 1989**



## RUN FOR FREEDOM — AND HELP END APARTHEID

On Sunday 11 June 1989, you can make your own contribution to the fight against apartheid — and enjoy yourself at the same time. Join with thousands of others in the 10km (6.2 miles) or 3km (1.9 miles) Fun Run. You're free to do this here — in South Africa the apartheid regime wouldn't let you do it.

**Stalls — sideshows — guest celebrities.  
Bring your family and friends.**

### HOW TO ENTER

Simply fill in the form on the back of this leaflet. We will send you a registration pack which includes a sponsorship form, details of the venue, starting times etc. Please note that entry is limited to 5000 — we expect many more applications, so please send your entry in as soon as possible.

### SPONSORSHIP

We are asking entrants to aim to raise at least £10 from sponsors. That's only £1 a km if you do the 10km run.

The money raised by over-16's in the Freedom Run will help fund **Boycott Apartheid '89** — the most important campaign ever mounted in Britain to expose the evils of apartheid and encourage people to help end it. How? By boycotting apartheid and its products.

### FEATURES INCLUDE

- **The Boycott Bandwagon** — a nationwide tour by the colourful campaign bus
- Exhibitions, videos, posters
- Information about apartheid South Africa and Britain's relationship with it.

All the money raised by under 16's in the Freedom Run will be devoted to projects benefitting the children of Southern Africa.



"I welcome the AAM's Boycott Apartheid '89 Campaign"  
**Archbishop Desmond Tutu**



### HOW YOU CAN WIN A PRIZE

**Not by running faster than anybody else!**

Every runner for freedom who

- a) raises £10 or more in sponsorship; and
- b) gets their sponsorship form stamped to prove that they ran for freedom, and
- c) returns their sponsorship form with the monies by 10 July 1989

will be automatically entered for the prize draw. Running for freedom from apartheid will give you the chance of winning one of the fantastic prizes listed below.

**Special prizes for the top fundraisers:**

**Over 16's: A top quality touring bike**

**Under 16's: A BMX bike**

# THE FOLLOWING HAVE KINDLY DONATED PRIZES FOR THE FREEDOM RUN

A holiday for two in Bulgaria or £500 cash from this leading tour company. All summer and winter tours, skiing and cruise holidays — brochures available on request.

**PROGRESSIVE TOURS** — (01) 262 1676 Porchester Place, London W2 2BS.

A year's subscription worth £345 from Physique Gym who specialise in fitness and weight training — men and women of all conditions. Qualified instructors allocate specialised training. Open 7am-10pm, except Saturday & Sunday 9am-4pm.

## **PHYSIQUE GYM —**

144 Fortess Road London NW5  
Tel: (01) 482 3941

## **PHYSIQUE FITNESS CENTRE**

Clare Court Judd Street London WC1  
Tel: (01) 837 8880

## **REAL PINE FACTORY**

3 Stoke Newington Road, London N16. — (01) 254 9877

A double pine bed with mattress from this small family firm specialising in hand made furniture.

**BRIXTON CYCLES** — (01) 733 6055 — A £50 voucher

**FRIDGE NIGHT CLUB** — (01) 274 9233 — Six prizes of pairs of tickets and T-shirts

**MATUMBI RESTAURANT** — (01) 326 5100 — Two meals for two

**CJIS WINE BAR** — (01) 326 5225 — A three course meal for two and bottle of wine

**AFRICA BOOK CENTRE** — (021) 773 6572 — A £10 book token

**BOOKS FOR A CHANGE** — (01) 836 2315 — Two £10 book tokens

**CAMDEN PLAZA** — (01) 267 6036 — A pair of tickets

**TIME OUT** — (01) 836 4411 — A goody bag

**EBONY AND IVORY** — (01) 720 8613 — £50 worth of hair care

**RIVERSIDE STUDIOS** — (01) 748 3354 — Two pairs of tickets

**GATE THEATRE** — (01) 229 0706 — A pair of tickets

**BUSH THEATRE** — (01) 743 3388 — A pair of tickets

**ROYAL COURT THEATRE** — (01) 730 1745 — A pair of tickets

**SUNPOWER** — (01) 704 0247 — A food hamper

**BEEZ HAIRDRESSING** — (01) 387 5401 — Ten half hour sessions in a solarium

## **FOR THE TOP FUNDRAISER 16 YEARS AND OVER**

**MOSQUITO BIKES** — (01) 226 8765 — 123 Essex Road, London N1.

A top quality touring bike. There is an alternative— Cyclist friendly workers co-op with our hearts in the right place.

## **PRIZES FOR THE UNDER 16'S**

Three prizes to the value of £100 from London's premier sports retailer. Stockists of all major sports brands.

### **STAG SPORTS**

35 High Road, London N17 (01) 889 4518

### **STAG SPORTS**

52 Kingsland High Street, London E8 (01) 241 0979

**BITE** (Business, Industry, Trade & Enterprise) —

82 Sirinham Point, Meadow Road, London SW8. (01) 820 1388

Two prizes — a personal stereo and automatic camera.

**LONDON FOR KIDS** — (01) 833 2470 — A years subscription

**HAWKEYE SPORTS** — (01) 961 2744 — A sports holdall

**HOLLOWAY SPORTS** — (01) 607 7419 — a £15 voucher

**BOOKS FOR A CHANGE** — (01) 836 2315 — Three £10 book tokens

Plus records, T-shirts and other goodies.

## **FOR THE TOP UNDER 16 YEAR OLD FUNDRAISER**

### **BIKE UK**

40-42 Clapham High Street, London SW4. (01) 622 1334

A BMX bike from the bicycle professionals — bikes from £75 to £2000. Bike UK are the largest independent cycle retailers in the UK with branches all over the country.

**REFRESHMENTS COURTESY OF THE SOUTH-EAST  
CO-OP POLITICAL COMMITTEE**



# THE ANTI-APARTHEID MOVEMENT (AAM)

- The AAM campaigns to end apartheid by seeking to involve all opponents of apartheid in local and national campaigns
- Its aims are simple — to get over the message of what apartheid really means and to promote action to isolate apartheid South Africa.
- AAM organised the 'Nelson Mandela — Freedom at 70' campaign last year. The highlight was the concert at Wembley Stadium seen by over 800 million people around the world.
- AAM has supported a series of conferences on Children, Apartheid and Repression which have brought the attention of concerned people all over the world to the plight of children in Southern Africa.
- AAM has campaigned for many years for the end of South Africa's illegal occupation of Namibia. Now at last independence is in sight. The Namibian peoples struggle for independence plus mounting pressures has compelled the South African regime to agree to hold free elections on 1 November 1989 under UN supervision.

## JOINING THE AAM

The best way you can stay in touch with the campaign against apartheid is by joining the AAM. There is a membership form on this leaflet.

## ENTRY FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Please send me

- My registration pack and number

I would like to enter for the 10km \_\_\_\_\_ the 3km fun run \_\_\_\_\_

I enclose my entry fee of £4 (adult) £2 (under 16)

£ \_\_\_\_\_

- The special Run for Freedom T-shirt £5.50 M L XL (circle size)

£ \_\_\_\_\_

- The Run for Freedom badge 30p

- I would also like to join the Anti-Apartheid Movement

£13 (joint), £10 (indiv), £6.50 (student), £4.50 (OAP, Unwaged)

£ \_\_\_\_\_

- I enclose a donation towards the Anti-Apartheid Movement

£ \_\_\_\_\_

(please make cheques postal orders payable to the AAM)

TOTAL £ \_\_\_\_\_

I would like to pay by Access/Visa. Card no. \_\_\_\_\_

Date \_\_\_\_\_ Signature \_\_\_\_\_

## ADDITIONAL INFORMATION REQUIRED

Please tick here if you expect to run the 10km run in under 45 mins. \_\_\_\_\_

Please tick here to indicate when you would like to run. Morning \_\_\_\_\_ afternoon \_\_\_\_\_

## DISCLAIMER

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

Please sign here \_\_\_\_\_

(if under 16, signature of parent or guardian)

1 2 3 4

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