



UNITY RELAY

Saturday 1st December 2012

UNITING SEYCHELLES WITH SPORTS AND HEALTHY LIVING

Run in UNiTY for Peace: End Gender Based Violence

Did you know... 1/4 women and 2/9 men in Seychelles have suffered from domestic violence at some point in their life?

Did you know... Gender Based Violence can cause not only immediate physical injury, but can also increase risk of long term [health](#) diseases such as cancer?

Did you know... violence affects everyone and has complex impacts not only on those directly involved but also on our children, our friends and family, our workplaces, our health care system, our justice system, our economy, our country, and our hope for a peaceful and happy future for our children to enjoy?

To raise awareness on the need to end Gender Based Violence through the promotion of unity and peace, the National Sports Council (NSC) has come together with the Department of Social Affairs, to organise the Unity Relay under the banner [UNiTE for Peace: End Gender Based Violence](#). This is one of the activities to commemorate the global campaign [16 Days of Activism to End Gender Violence](#), commemorated every year from 25th November to 10th December.

“We are the ones we have been waiting for”

“Be the change you want to see”

**Become an advocate for peace.
Run the unity relay as a show of solidarity to change minds, hearts and actions to bring an end to Gender Based Violence in our homes and communities.**

UNiTE for Peace: End Gender Based Violence



UNITY RELAY

Saturday 1st December 2012

Sponsorship

In our efforts to promote healthy living and raise funds for charity, the National Sports Council is encouraging all teams to seek sponsorship to raise at least SCR5, 000 each for prevention work by the **Cancer Association**.

We are targeting to receive 100 teams, if each team raises SCR5, 000, we can collect a total of half a million rupees for cancer prevention work!

Tip: Collect your money from sponsors as soon as they sign your sponsorship form.

Collection of money: All forms with an envelop containing collected sponsorship money must be handed over to the team manager, who will return to the NSC at the technical meeting on Saturday 24th November.

*We are all touched by cancer in one way or another.
Run in UNiTY to raise money for cancer prevention work.*



UNITY RELAY

Saturday 1st December 2012

Logistical Note

The annual "Unity Relay" will be held on Saturday 1st December starting at 7.00 a.m. at Stade Linite and will go round Mahe as usual.

The route will be Stade Linite to Monument Linite (compulsory for all but 1 or 2 participants) 5th June Avenue, Anse Etoile, North East Point, Glacis, Beau Vallon, Le Niol/Curio Road, Sans Souci, Port Glaud, Grand Anse, Anse Boileau, Baie Lazare and along the east coast via Cascade road and back to finish at the post office. (85km)

The aims of the relay are to encourage the spirit of unity among the population, to provide an opportunity to raise funds for charity and sports and to encourage everyone to keep fit and healthy through regular running or walking as an exercise.

Team to comprise a maximum of 10 people but each team must have at least two men or women. Each team should have its own transport, water and food and each team must provide an official. The team can also have its own medical or first aid person.

There will be a maximum of 100 teams and it will be a question of first come first served! Public will be informed on the number of teams registered so that everyone will be aware of space available.

Register early to receive your free t-shirts and sponsorship forms!

At the start everyone except the one(s) taking over after the 5 or 10km mark must run from Stade Linite to Monument Linite, then the first runner of each team continues for the first 5 or 10 km. and others board their vehicle. After the 10km mark, the next runner will run for any distance or until he/she is tired and puts his/her hand up for substitution. The official in the team vehicle would take note of the changes in runners and time run etc. and to finish all team members join the last runner at the Monument Linite round-a-bout to finish the last kilometer together at the post office. The "official" last runner can run fast and finish the race and then go back to meet the others!



UNITY RELAY

Saturday 1st December 2012

Teams will pay a registration fee of Rs 500 (Rs. 50 per person) but educational institution (students only) pays Rs 300 (Rs. 30 per person) and Prizes will be as follows:

1 st	-	Rs 10,000
2 nd	-	Rs 8, 000
3 rd	-	Rs 6, 000
4 th	-	Rs 4, 000
5 th	-	Rs 3, 000
6 th	-	Rs 2, 000
7 th	-	Rs 1, 000

Additional prizes – SR 2,000.00 for youngest team, and oldest team (when ages of all members are added together). There will also be five lottery prizes (Rs1, 000 each) for teams that have not won a prize but have completed the run. The overall first team will also receive a Trophy which will be used annually.

Rules for the Relay are as follows:

- Teams to comprise of 10 people only, no substitutes.
- At least two of the members must be either male or female
- Each team must have its own transport
- Each team to provide one Official and one medical personnel.
- The Official is to go with a different team (to avoid the issue of cheating!!).
- The official **must** attend briefing/training on Saturday 24th November at 1.30pm at the NSC Training Centre, Stade Populaire
- A team can have 2 vehicles if it wants but the Official must be in the vehicle that is following the runner and must be in sight at all times.
- All members of the team will start the race together except for runner number 2 who will be placed either at the 5 or 10 km mark. (Compulsory for runner number 1 to run 5 or 10km and in the case of the first runner running 5km then there must be another runner that runs the next 5km.)



UNITY RELAY

Saturday 1st December 2012

- One runner will run the section from St. Louis Chapel to the junction at Sans Soucis. **NO TRANSPORT FOR THAT SECTOR**
- All accompanied vehicles to go through St Louis and up Bel Air road.
- Each team would provide its own number or have a distinctive uniform with the number.
- Wrist bands which will be rubber or plastic must be worn round the wrist
- Participants can either walk or run
- Apart from runner two and/or three and the one running from the St Louis chapel all others can walk or run any distance they want

For any queries please contact:

Ms. Giovanna Rousseau at National sports council

Tel. 4671208 or 2722333

Fax: 4610182

E-mail: highlevelsports@seychelles.sc

