



12-HR

**NATIONAL RELAY
WALK, JOG & RUN
FOR FUN & HEALTH**

GOALS AND OBJECTIVES



Health

The main objective is to sensitise the population to engage in regular physical activity as part of a healthy lifestyle.



Participants

The target for this 4th edition is to engage the participation of at least **2,000 attendees.**

OUR STAKEHOLDERS



THE EVENT

- The 12-Hr National Relay Walk, Jog & Run for Health is a national event aligned with the National Sport and Physical Activity Policy.
- Venue: Athletic Field & Track, Cote D'Or National Sports Complex
- Date: Sunday 26 November 2023
- Time: 06:00 to 18:00 Hours





EVENT & NUMBER OF PARTICIPANTS

- At least 48 participants per entity for the whole day (i.e. 12 slots of 1 hour from 06:00 to 18:00 hours).
 - The 48 participants would be divided in 12 teams of 4 participants. Each team would either walk, jog or run for 1 hour.
 - Participants need to reach the stadium 1 hour prior to their slot for final registration.
- Allocation of lanes:
 - Run - Lanes 1 to 3
 - Jog/Walk/Jog - Lanes 4 & 5
 - Walking only - Lanes 6 to 9
 - A general health check will be carried out by Ministry of Health & Wellness for all participants.
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TARGETED PARTICIPANTS



Ministries



**Parastatal
Bodies**



**Municipal &
District
Councils**



**Sports
Organisations,
Clubs & NSFs**



Universities



**Youth
Organisations**



**Private
Companies**



Public



**Disciplinary
Forces**



REGISTRATION

Thank You

