



**African
Centurion**

Robben Island | 2018

100 Years Nelson Mandela
Brought to you by  OLD MUTUAL

20 - 21 October 2018

Walking 100 miles (±160 km) in 24 hours is not an everyday achievement, but a challenge that only a few in the world can achieve.

The African Centurion, brought to you by Old Mutual, will be hosted on Robben Island in Cape Town, South Africa on the 20 & 21 October 2018. This UNESCO World Heritage site is a significant landmark in South Africa's recent history, and we invite you to take part in the third annual instalment of this internationally recognised event. This will be the last year that the event will be hosted on the island, so it is a truly momentous occasion.

This year's African Centurion also coincides with what would have been Mandela's 100th birthday, making the location of the event that much more powerful and significant. African Centurion champions the spirit of Ubuntu (the Nguni Bantu term that encapsulates the belief in a universal bond of sharing that connects all humanity) and all that Madiba stood for and has also therefore selected to donate 10% of all sponsorship raised this year to the Mandela Rhodes Foundation.

The initiative started in Britain in 1911 and has since taken place in several other countries, including Australia, Malaysia, the UK, the USA and the Netherlands, with the aim of bringing people from all walks of life together and use walking as the medium. Entrants have 24 hours to complete a distance of 100 miles and can enter solo, or as a relay team of two or four, with the South African event being the only one to offer this option. Several support stations will be set up along the route for the walkers and supporters are welcome to join the event.

For more information on how to be part of a truly unique experience, visit www.africancenturion.com.

Contact: info@africancenturion.com

Facebook: <https://www.facebook.com/AfricanCenturionWalk/>

Event Hashtag: #AfricanCenturion2018

YouTube videos: <https://youtu.be/QPgSO2ddDN8>

<https://www.youtube.com/watch?v=0UIjl2x0t6g&feature=youtu.be>