



Participants in action during the inaugural ADRA Run

ADRA roots for sports values & rewards

By Silvano Kibuuka

Adventist Development and Relief Agency (ADRA) country director, John Mwanza has reiterated the vital role of sports as a tool for physical fitness, mental wellness, and community development.

Mwanza made the endorsement after over than 500 runners participated in the inaugural ADRA Run on Sunday.

The event which featured 5km and 10km routes through the Kira Division, started and ended at the Metroplex Shopping Mall in Naalya.

"We are happy that through sports and this run themed 'Run to Save Her Future' many lives can be rehabilitated," Mwanza observed.

He explained that the Christian faith-based organisation aims to raise sh200m to support the well-being of the girl child in Northern

Uganda by providing vocational skills and education.

While the main event took place in Kampala, simultaneous runs were held in the districts of Agago, Kitgum, Lamwo, Pader, Kaabong and Kotido.

"Right now, we are raising awareness among parents, teachers, and the wider community," Mwanza added, citing UNICEF statistics which show that one in four girls in Uganda becomes pregnant between the ages of 14 and 19, often before completing primary education.

Samuel Bamweyana, ADRA's Faith and Community Development Manager, called on the government for increased support for NGOs. He noted that their work supplements government efforts through the Office of the Prime Minister and partnerships with the Ministries of Education, Health, and Local Government.