



NAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY

Celebrating a Decade of Innovation and Impact

Post Run Activities Programme

NUST 10-Year Legacy Run



Saturday, 08 November 2025



10:00 - 13:30



Lower parkings

Finish Line Welcome & Cool Down

10:00

- Light music playing
- Participants collect refreshments (water and cool drinks)
- Gentle stretch and cool down guidance by designated volunteer or fitness rep

Legacy Memory Wall Opens

10:15

- Main activity area
- Participants write short messages on "What leaving a legacy means to me."

Team Relays -Fun Competitive Activities

10:40

- Sack Race
- Carry-the-Egg Challenge

Seven-Aside- Mini Social Match

11:30

- Quick rotating games – short rounds to allow multiple groups to play

Free Play: Social Games Zone

12:10

- 30 Seconds
- Pool Table
- Playing Cards
- Jagger

12:40

Giveaways & Spot Prizes

Closing & Networking wind down

13:00

- Light background music continues
- Participants are encouraged to grab food from vendors and relax
- Legacy memory wall remains open for final contributions
- Thank-you message from organising team

Vendors On-Site

- Cool drinks
- Hotdogs
- Kapana
- Snacks Slushies
- Ice Pops
- Braai meat

