

PBO Number

930080276

NPO Number

291-654 NPO

Riaaz Davids: 083 200 6030

Faizil Van Oordt: 061 188 4193

info@empoweringeats.org.za

www.empoweringeats.org.za

**EMPOWERING EATS**
Service to others**FOR IMMEDIATE RELEASE****Date:** 31 October 2025**Issued by:** Empowering Eats in partnership with Voice of the Cape**Run for Gaza #3: 770 Kilometers of Hope, Humanity, and Solidarity*****Abdul Aleem Gamza to run 770km across South Africa in aid of Gaza and local empowerment projects.***

In a world where compassion too often feels in short supply, one man continues to run not for glory, not for personal gain, but for humanity.

For the third consecutive year, Abdul Aleem Gamza, General Manager of the Voice of the Cape and humanitarian advocate, will lace up his running shoes for Run for Gaza #3, a campaign that transcends sport to become a movement of solidarity, endurance, and hope.

Partnering this year with the humanitarian organization Empowering Eats, Gamza will embark on his most ambitious challenge yet to cover 770 kilometers between 1 November and 31 December 2025. The symbolic distance represents 77 years of siege and suffering endured by the Palestinian people, a tragedy that continues to demand global awareness and action.

A Journey of Faith, Endurance, and Purpose

Run for Gaza has become a national phenomenon of compassion in motion.

- In 2023, Gamza completed 750km under the banner of *Islamic Relief South Africa*, raising funds for aid in Gaza.
- In 2024, partnering with the *Africa Muslims Agency*, he ran 760km.

Now, Run for Gaza #3 will see Gamza go further both physically and spiritually as he attempts 770km, with a fundraising goal of R1,000 per kilometer, amounting to R770 000 in aid.

Half of all proceeds will go directly to Empowering Eats' local food sustainability and poverty alleviation projects, ensuring that South Africans in need also benefit from this act of collective kindness. The remaining 50% will go toward relief efforts in Gaza, providing food parcels, medical support, and humanitarian assistance to those caught in the relentless cycle of occupation and conflict.



Standard Bank: Empowering Eats
Account Type: Cheque
Account number: 10202865892

**Instagram:** empowering.eats**Facebook:** empowering.eats

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A Call to the Community

The community has always been at the heart of this movement. This year, Abdul Aleem is calling on every South African, every running club, and every compassionate citizen to stand with him not just in words, but in action.

“Every step I take is a prayer, a protest, and a pledge,” says Gamza. “This run is not about me; it’s about them – the children, the mothers, the families in Gaza who live through unimaginable hardship. It’s about showing them that the world has not forgotten.”

Dates, routes, and run details will be announced weekly in advance on social media and community radio platforms, allowing runners, supporters, and spectators to join Abdul Aleem on various legs of his journey.

All donations can be made directly to Empowering Eats, using the reference #RFG3, to ensure transparency and traceability of funds.

An Open Invitation to Running Clubs

Running clubs across the country are urged to invite Abdul Aleem to join their club runs, long runs, and weekend group sessions during November and December.

These collaborations will not only sustain his journey but will also spread the message of solidarity and awareness for Palestine across South Africa’s running community. The goal is to keep Gaza in the hearts, minds, and conversations of ordinary South Africans.

“When communities move together, miracles happen,” says the Empowering Eats spokesperson. “We are proud to partner with Abdul Aleem in this campaign that connects two causes feeding the hungry locally and supporting the oppressed globally. It’s humanity in its purest form.”

A Run That Transcends Borders

Each stride of the 770km run will be a powerful reminder that the struggle for dignity and justice knows no borders. Uniting people of all faiths and backgrounds under one humanitarian banner.

Social media updates, live coverage, and short video features will document the journey, capturing the raw emotion, physical endurance, and unwavering purpose that have come to define this campaign. Supporters are encouraged to follow and share updates using the hashtags #RunForGaza3 and #EmpoweringEats.

This is more than a fundraiser. It’s a statement a testament to what ordinary people can achieve when driven by extraordinary purpose. It’s about turning empathy into motion, and motion into impact.



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We hope Gamza's commitment inspires thousands across the country to do more, give more, and believe that every step, every rand, and every act of solidarity matters.

As the year draws to a close and the festive season approaches, Run for Gaza #3 is a reminder that giving is not about abundance it's about compassion, sacrifice, and shared humanity.

"When we run for Gaza," says Gamza, "we run for hope. We run for justice. And in helping others, we heal a part of ourselves."

How to Support

- **Donate:** Direct contributions can be made to *Empowering Eats* with the reference #RFG3.
- **Join the Run:** Follow weekly route updates and join a segment of the journey.
- **Invite Abdul Aleem:** Running clubs can contact the campaign to schedule a participation date.
- **Share the Message:** Spread awareness online using #RunForGaza3 and #EmpoweringEats.

Contact Information

Media Enquiries:

Empowering Eats Communications Team

Riaaz Davids

 riaaz.davids@empoweringeats.org.za

|  083 200 60 30

Campaign Lead: Abdul Aleem Gamza – Run for Gaza #3

"Let's run together — for Gaza"



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