



# Run for a reason.

STANDARD CHARTERED NAIROBI MARATHON

26 NOVEMBER 2017.

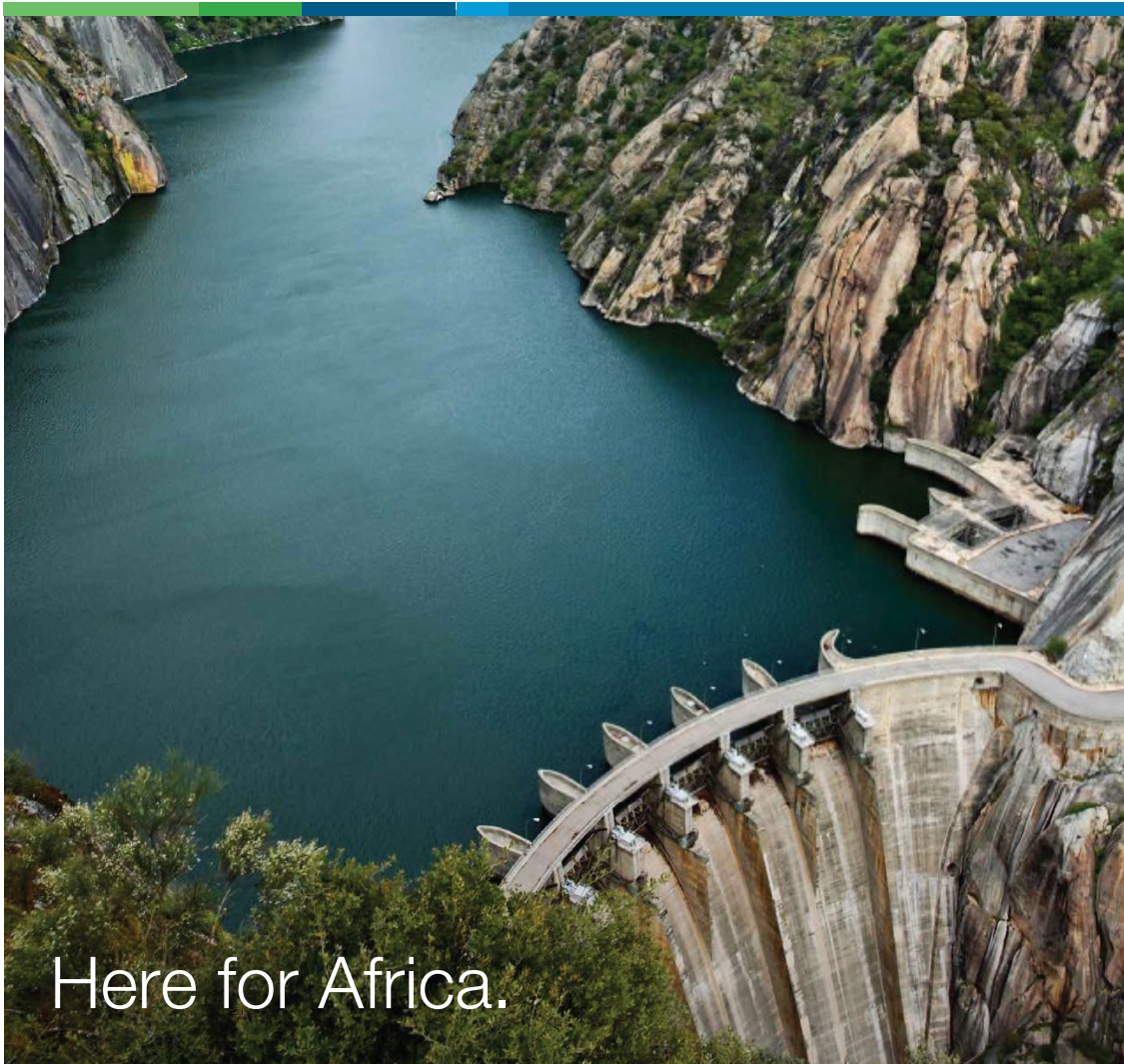


Standard Chartered  
Nairobi Marathon  
2017

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5km | 10km | 21km | 42km



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Standard Chartered  
Nairobi Marathon

**START**

**ASSEMBLY**

VOM  
FOOTPOST

1832

26

1588

1609

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## CONTENTS

- 2 Message from CEO Standard Chartered Bank Kenya
- 3 Message from the Chairman
- 4 Athletics Kenya President's Remarks
- 5 Honours page
- 7 Race Rules and Regulations
- 12 Kit Collection
- 13 2017 Event Information
- 15 Assembly Areas and Start Lines
- 17 Race Routes
  - Full Marathon
  - Half Marathon
  - Standard Chartered Bank Invitation (CEO's) Race
  - 10 km race
  - Family Fun Run
- 25 Route Stations and Services on Route
- 29 Race Finishes
- 30 After Finishing
- 31 Railway Club Layout

### Appendices

- 33 Race Timing
- 34 Race Numbers
- 35 Road Closures
- 37 Traffic Diversions
- 39 Parking
- 40 Left Luggage
- 42 Cash Prizes
- 44 The Environment
- 46 Nairobi Marathon Secretariat Contact Information



Standard Chartered Bank is delighted to be celebrating the 15th Anniversary of the Nairobi Marathon with the people of Kenya and athletics enthusiasts' world over.

As the title sponsor of the Standard Chartered Nairobi Marathon since inception in 2003, the Bank has worked tirelessly in collaboration with Athletics Kenya to enhance the quality of this prestigious event with a view to matching international standards.

Over the last decade and a half, this iconic race has grown to become the largest participatory sporting event in Kenya, an achievement that has been built on widespread support from the community.

Over the past 15 years, the race has successfully brought together world-class runners and athletics fans in a way that has promoted the spirit of togetherness, positivity and resilience.

In appreciation of the challenges developing countries face in health care, we chose to support the efforts of the government and health partners to improve access to child eye health care through strengthening human resources, expanding infrastructure and equipment as well as supporting research in eye care.

In Kenya, Standard Chartered Nairobi Marathon has served as a fantastic platform for promoting awareness and raising funds for eradication of avoidable blindness among children under the age of nine years. We have raised more than Kshs 150 million, through the Standard Chartered Nairobi Marathon, which has been used to restore sight to more than 10,000 children. These children now have an equal opportunity to compete, excel and contribute even more to the economy of this country.

It is for this reason that we have set an ambitious target of raising KES 50 million this year. To achieve this ambitious target we expect to host 25,000 participants. Last year the Standard Chartered Nairobi Marathon attracted more than 18,500 participants raising a record KShs 37 million for Seeing Is Believing. I would like to thank every participant, volunteer and supporter for your dedication and support.

I would also like to express my sincere appreciation to Athletics Kenya, Nairobi County Government, the National Police Service, NYS, Co-sponsors, other supporting organisations and the community as a whole, all of whom have been instrumental in ensuring the smooth running of the marathon.

I call upon all the Nairobi residents and indeed Kenya as a whole to participate by way of running or cheering. Remember, every step counts.

**Message from Mr. Lamin Manjang  
CEO Standard Chartered Bank Kenya**



**Message from Mr. Peter Gitau,  
Chairman Local Organizing Committee**

I would like to take this opportunity to thank you for choosing to take part in the 15th edition of the Standard Chartered Nairobi Marathon.

Through your support, the Standard Chartered Nairobi Marathon has become the largest single day sporting event Kenya. This year we plan to host over 25,000 participants, 600 volunteers and 300 support staff.

This year's event will feature six race categories; 42km male and female, 21km male and female, 10km male and female, 21km wheelchair male and female, 5km Family Fun Run race and the CEO Fun Run. As we mark 15 years since inception and aim to showcase the beautiful city of Nairobi, the route will now take runners through Nairobi's most iconic landmark, the Kenyatta International Convention Centre (KICC).

We continue to introduce new measures every year to enhance your experience at the event. This year Kit collection expo will be held from Friday 17th to Saturday 25th November at the KICC. This is in line with our desire to comply with standards observed in international marathons.

Our journey to digitize the marathon continues; all registrations will be done online to make the process fast, easy and seamless. Our vision is to gather comprehensive data of all participants to increase the level of engagement before, during and after the marathon. Going forward, it will also ensure subsequent registrations are easy and faster.

I would like to reiterate our commitment to upholding the highest levels of professionalism at Standard Chartered Nairobi Marathon events. I would like to commend Athletics Kenya (AK) and the International Association of Athletics Federations (IAAF) for strengthening the anti-doping procedures.

I would like to assure participants that we have put in place several mechanisms to lock out fraudsters. Like in the previous editions, we shall continue to employ the Chip technology in all races and aerial surveillance cameras from our broadcast partner. This will complement the services of the Technical Director, Route Marshals and CCTV cameras along the course.

I am grateful to our title sponsors Standard Chartered Bank. In line with the Bank's commitment Here for good, the Bank has continued to demonstrate commitment to raising the profile of the city of Nairobi by sponsoring this event.

A warm welcome, in advance, to the runners, volunteers and supporters from all over the country as we converge in Nairobi to "Run for a Reason". I look forward to witnessing the unveiling of a new crop of stars on Sunday 26 November.



**Lt Gen. (RTD) Jackson Tuwei**  
**President, Athletics Kenya**

### **ATHLETICS KENYA PRESIDENT'S REMARKS**

It is that time of the year when Kenyans in general and athletics family in particular come together and participate in the most popular sporting event in the country.

The Standard Chartered Nairobi Marathon is one of the events in our national calendar that has evolved with time over the years and we are delighted to be partners as it marks its 15th Anniversary this year.

Since the inception in 2003, the Nairobi Marathon has sustained a steady growth with the number of participants appreciating from a humble 5,000 at the inaugural to over 20,000 as realized last year. More are expected to join the growing number this year.

The event is a momentous occasion in the country as people from all walks of life and from all the corners of the nation converge and run as a family and aiding the race keep its noble principle of improving lives of Kenyans.

As the only International Association of Athletics Federation sanctioned event in East and Central Africa, we are glad to see that The Standard Chartered Nairobi Marathon continues to uphold high standards befitting its status surpassing similar events organized in Singapore, Mumbai and Shanghai.

We are also encouraged by the role the Standard Chartered Nairobi Marathon has maintained in keeping Kenyans healthy and in churning out new brand ambassadors in athletes who train for it before discovering their hidden running talents.

Athletics Kenya appreciates deeply such righteous contribution that has gone a long way in helping the country retain her status in the global sporting world and request other institutions and the corporate world to come on board and facilitate tapping talents among our youth.

On behalf of Athletics Kenya, we salute all the organizers, sponsors and participants of this occasion for tirelessly working round the clock and ensuring the event continue creating impact to the lives of thousands of Kenyans.

Finally, I would like to sincerely thank Standard Chartered Bank for the gracious gesture and appeal to more Kenyans to continue supporting this memorable event by participating in large numbers.

HONOURS

The 2017 Standard Chartered Nairobi Marathon would not be possible without the support of the following:

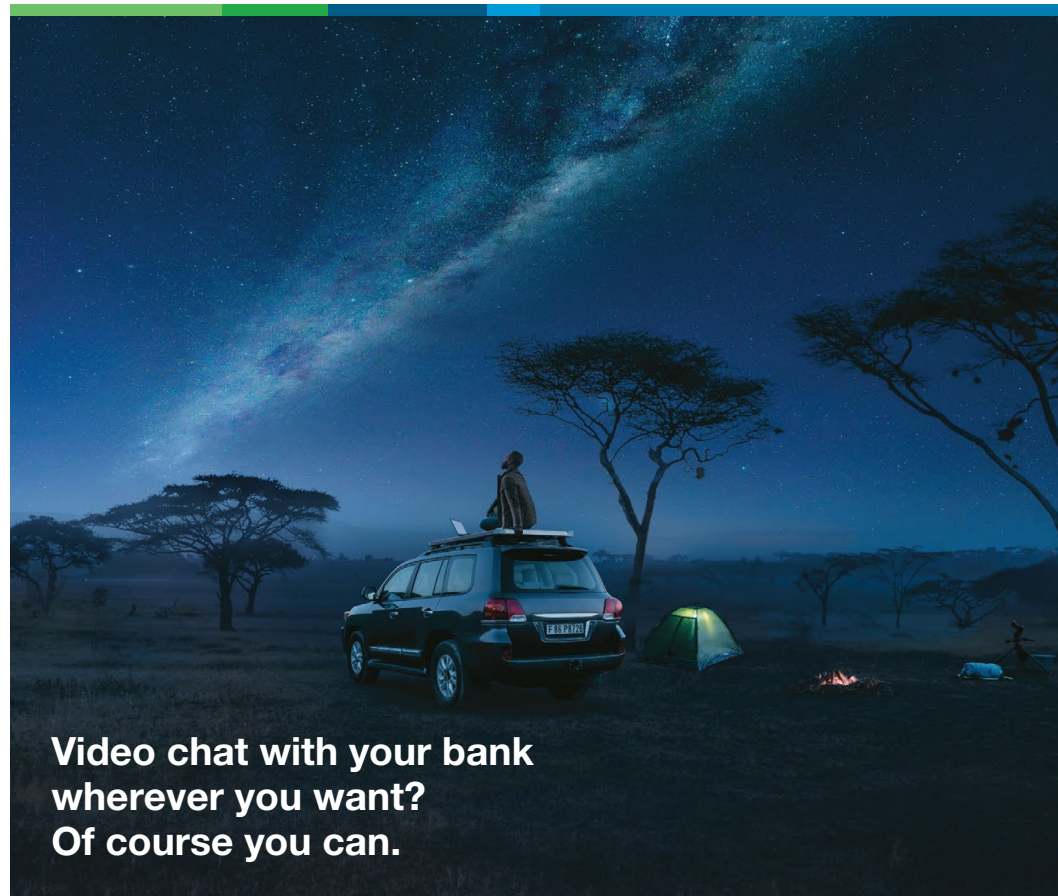
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Terms and conditions apply. Standard Chartered Bank Kenya Limited is regulated by Central Bank of Kenya.

## RULES AND REGULATIONS

### Governance

The Standard Chartered Nairobi Marathon is organised in accordance with the rules and regulations of the International Association of Athletics Federations (IAAF), the Association of International Marathons and Distance Races (AIMS) and Athletics Kenya (AK) and the provisions stipulated below.

### ENTRY

- Entry application will only be processed after receipt of full payment of entry fee.
- Participants of 21km and 42 km must be over 18 years of age.
- Participants in the 10 km race and Family Fun Run under the age of 18 must be accompanied at all times by a responsible adult.
- All participants must ensure they are medically fit to participate in the race.
- The organiser reserves the right to contact and interview applicants by phone for additional information required for matters relating to this event.
- The organisers will not be responsible for any disputes arising from incomplete/incorrect entry details.
- In accordance with IAAF requirements, all participants in the Standard Chartered Nairobi Marathon are subject to performance enhancing substances control procedures.
- The organiser reserves the right to refuse entry to applicants who declare false information on their entry form, do not make the required payment, or who have been banned from competition under IAAF/AK jurisdiction or who have taken banned substances or who do not meet the entry requirements as stated in the Rules and Regulations.
- The organiser reserves the right to limit or refuse entries and to close entries before the closure deadline without notice particularly when a specific quota for a race is full.
- Entries are not transferrable to other persons or to future events.
- There will be no fee refunded if the event is cancelled for whatever reason.

## RULES AND REGULATIONS

### Participation

- Whilst every reasonable precaution will be taken by the organiser to ensure the participant's safety, participants run at their own risk and the organisers shall not be liable for any loss and/or damage whether personal or otherwise, and howsoever arising.
- The Organisers reserve the right to use the participants' personal data, contact information, motion pictures, recordings or any other records obtained, collected or submitted for the Standard Chartered Nairobi Marathon for any legitimate purposes, including commercial advertising, re-marketing, marketing of other Products offered by the organizer and those offered by Sponsors to the Standard Chartered Nairobi marathon.
- Participants are required to wear an official Marathon race number on the front of their singlet/shirt.
- Personal Trainers, mentors or coaches will not be allowed on the course unless they are entered in the event and wearing an official Marathon Race Number.
- No un-official vehicles, motorbikes or bicycles are allowed on the course.
- No pets are allowed on the course.
- Race numbers and Timing chips are not transferable to other participants.
- Participants must start the event at an officially sanctioned start time only.
- Competitors are obliged to follow the instructions of Stewards, Race officials or Kenya Traffic Police at all times.
- Participants must start at the official start Line and complete the full officially measured course as indicated in this guide.
- A runner must retire from the race immediately if required to do so by any member of the official medical team identified by a reflective jacket with a red cross.
- Road closures will be lifted at the discretion of the Kenya Traffic Police. The Road opening signifies the end of the event. Any competitor still on the roads after this time is regarded by Kenya law as a pedestrian.

## RULES AND REGULATIONS

### Wheelchair requirements

Wheelchairs are defined as a chair fitted with wheels for use as a means of transport by a person who is unable to walk, the wheels of which are directly propelled by push rims fitted directly to the main wheels.

### Wheelchair

- The wheelchair shall have two (2) large wheels and a maximum of two (2) small wheels. The small wheels must be at the front of the chair.
- Wheel Dimensions - The maximum diameter of the large wheel including the inflated tyre shall not exceed 70 cm. The maximum diameter of the small wheels including the inflated tyre shall not exceed 50 cm.
- Only one plain, round, push-rim is allowed for each large wheel.
- No mechanical gears or levers are allowed to propel the wheelchair.
- The use of fairings or similar devices specifically designed to improve the aerodynamic performance of the athlete in the wheelchair are not permitted.
- Wheelchairs can be examined by the officials before or after the event.
- It is the responsibility of the athlete to ensure that no part of their lower limbs can fall from their wheelchair to the ground during the event.
- It is the responsibility of the athlete to ensure that their wheelchair conforms to the requirements stipulated above. No event shall be delayed while an athlete makes adjustments to their wheelchair.
- If the Technical Officials believe that a wheelchair and/or the athlete using it represent a safety risk they shall be authorised to disqualify the athlete from an event.
- Wheelchair entries are limited to 100 persons. These entries are accepted on a first come first serve basis.
- Wheelchairs must follow the measured Half Marathon Route

### Hand-cycles

#### **Hand-cycles are not permitted in the Standard Chartered Bank Nairobi Marathon Races**

Hand-cycles are differentiated from wheelchairs in that they are not propelled by push rims fitted directly to the main wheels of the chair but driven by levers, cranks and chain ring mechanism similar to a bicycle.

## RULES AND REGULATIONS

### Finish of the Event

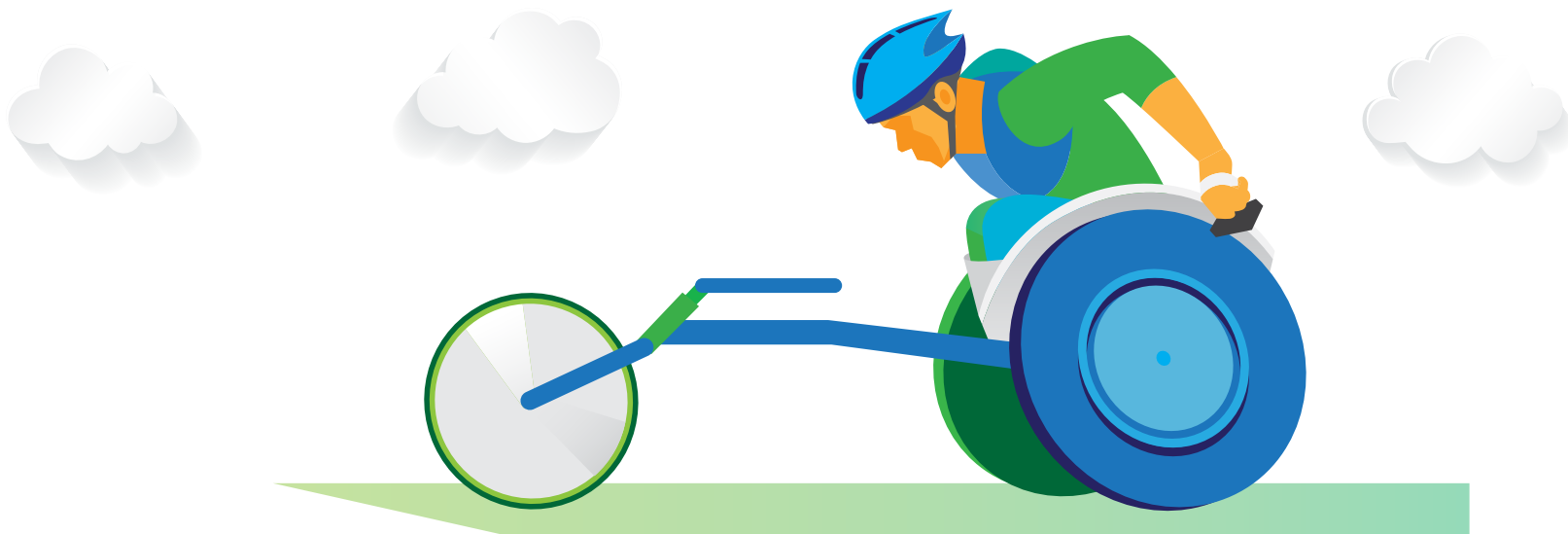
Road closures will be lifted by the Kenya Police in accordance with the schedule published in this runners guide. The road opening\* signifies the finish of the event and any competitor on the course after this time will be excluded from the result.

After roads are open (the finish of the event) the Kenya traffic regulations apply. Any competitor still on the roads after this time is regarded by Kenya law as a pedestrian.

\*A trail vehicle or the stragglers bus will advise late runners that the roads are about to open to normal everyday traffic.

### Conformity

It is the responsibility of the competitor to familiarise themselves with the event rules, the race formats, times and routes and any directions as published in the 'Runners Guide' provided with the Marathon Race Pack. Failure to comply with any of the rules may lead to disqualification.



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## KIT COLLECTION FOR PARTICIPANTS

Participants who register online must present a photo identity to receive the Marathon race kit, race number and timing chip at the Marathon Kit Collection Exposition. This kit should be picked up in person. If Participants are unable to collect their Race Entry Pack in person, they may empower a representative to pick the kit up on their behalf. This representative should present the following to the Marathon clerk:

1. A letter authorising the collection of the kit signed by the participant;
2. Copies of the relevant entry documentation;
3. Copy of the Participant's identity



**2017 EVENT INFORMATION**



<b>Date</b>	<b>Sunday 26 November 2017</b>	<b>Venue</b>	<b>Railway Club, Haile Selassie Road, Nairobi</b>
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<b>RACE</b>	<b>Distance (kms)</b>	<b>Assembly Time</b>	<b>Start Time</b>
<b>Wheelchairs</b>	<b>21.098</b>	<b>6:30 am</b>	<b>6.50 am</b>
<b>Full Marathon</b>	<b>42.195</b>	<b>6:30 am</b>	<b>7:00 am</b>
<b>Half Marathon</b>	<b>21.098</b>	<b>6:30 am</b>	<b>7:20 am</b>
<b>CEO'S Race</b> - for donors to 'Seeing is Believing' greater than Kshs 250,000.00	<b>2.500</b>	<b>7:30 am</b>	<b>7:40 am</b>
<b>10 Km</b>	<b>10.000</b>	<b>7:30 am</b>	<b>8:30 am</b>
<b>Family Fun Run</b>	<b>5.200</b>	<b>From 8:00 am</b>	<b>9:25 am</b>

**PLEASE BE EARLY - The Marathon will start on time!**

Roads used for the marathon will be closed on Sunday 26 November from 4 am. Please use the traffic diversions and follow the Police instructions. Traffic on the roads before 6.30 am is expected to be light.



**INFORMATION**

If you are not sure where to go please ask an official or an attendant at one of the information booths for assistance.

**Assembly for Elite Runners**

The area at the front of each assembly area is reserved for runners with Elite status. (Elite Runners are those recognised by Athletics Kenya and are identified by a **RED** sticker affixed to their race numbers).

Only those runners with stickers affixed to their numbers are allowed to enter the Elite Runner Assembly area.

**Assembly Area for Corporate Challenge Competitors**

Corporate Challenge runners should assemble in the Half Marathon Elite Assembly Area. (Corporate Challenge runners are identified by a **GREEN** sticker affixed to their race numbers).

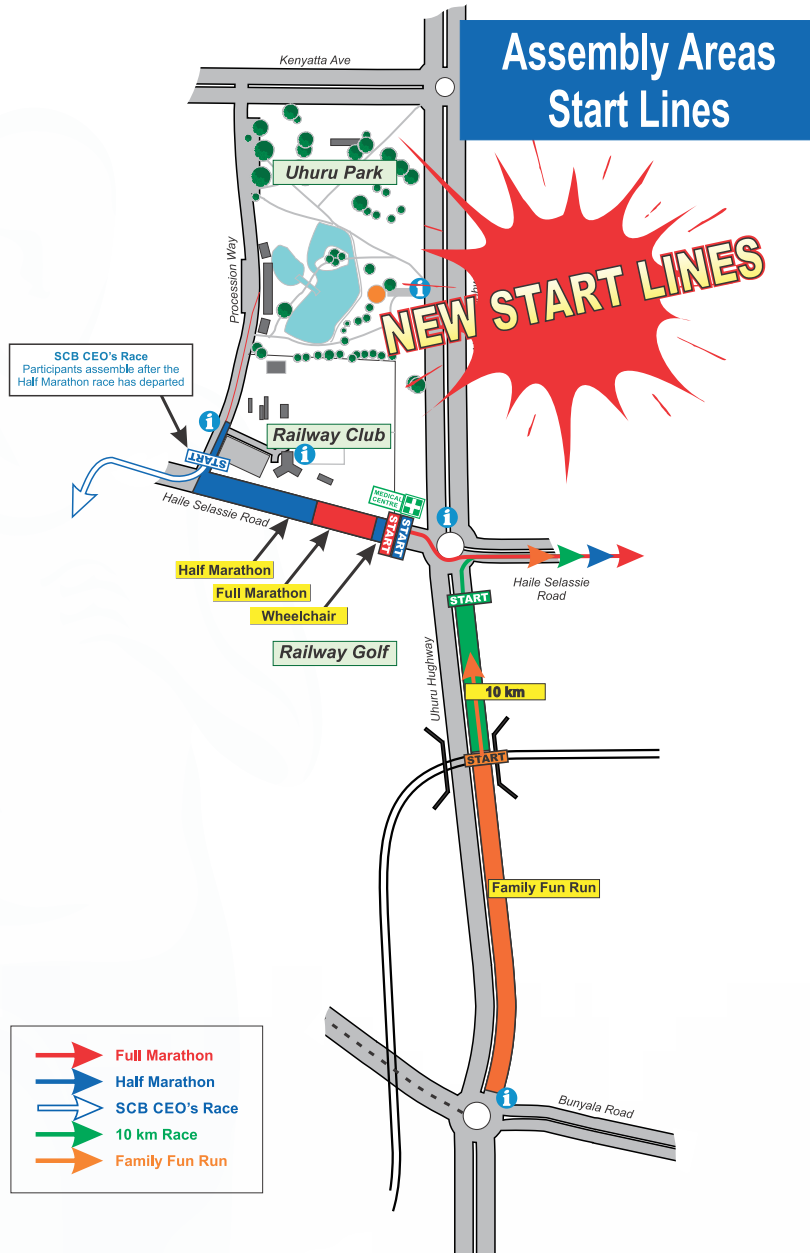
**From Assembly to the Start Line**

Please follow instructions of the Officials, Security Guards and Police.

**Please -**

- Be considerate to other runners
- Do not push and shove
- Do not attempt to approach the start line before being called forward

# ASSEMBLY AREAS AND START LINES



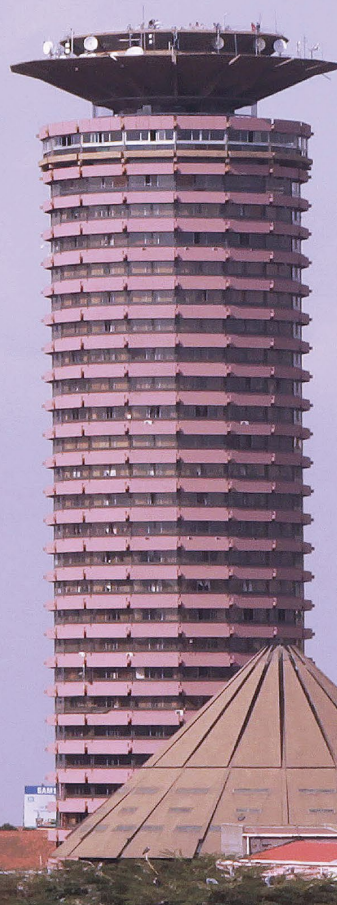
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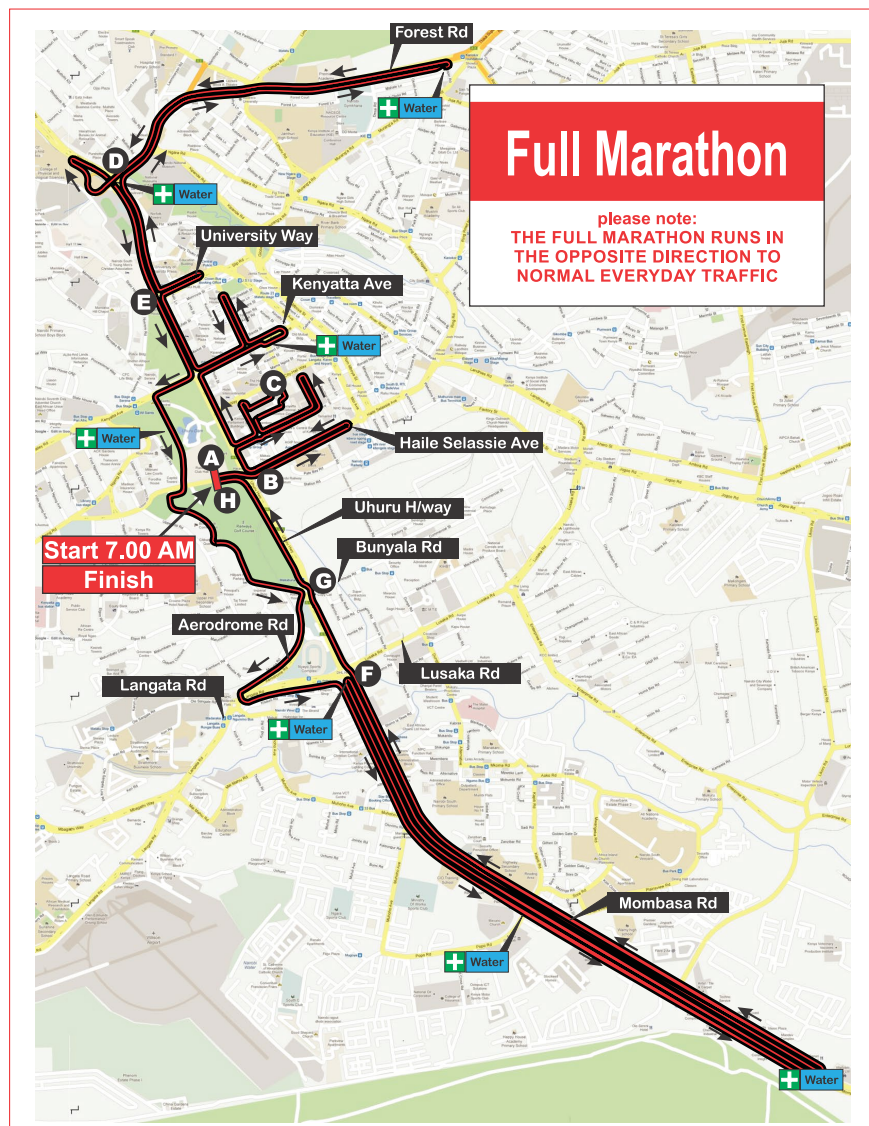
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## FULL MARATHON ROUTE (Colour code RED)

All turns and junctions for the Full Marathon Race are clearly signposted. Directional signs and Distance markers for the Full Marathon are coloured **RED**

**Please watch out for and follow the signs that will lead runners to the right or left hand lanes of the road on approach to junctions and turning points.**



### A Full Marathon Start

The Start line is on Haile Selassie Road outside the Railway Club 50m from Haile Selassie roundabout. The Start Direction is towards the Roundabout

### B Haile Selassie Roundabout

At Haile Selassie Roundabout the Full Marathon Route crosses to the opposite side of the highway and continues towards the railway roundabout in the reverse direction to normal everyday traffic.

### C Kenyatta International Convention Centre

For the runners' interest and to showcase the City of Nairobi the route passes around the fountains of KICC. See separate drawing

### D Museum Hill and Forest Road.

At Museum Hill the Marathon uses only one side of the overpass. Runners leaving the City are separated from runners returning to the City by taped demarcation. The road narrows on the overpass as the route passes over Kipande Rd and Limuru Rd.

### E University Way Roundabout to Haile Selassie Roundabout

The Full Marathon Runners are separated from 10 km Runners by barriers

### F Lusaka Roundabout and back to Lusaka Roundabout. (The Mombasa Road Loop).

The Mombasa Road loop is done twice to build up the distances required for the Full Marathon. On returning to Lusaka roundabout on the first pass the Marathon turns inside Lusaka roundabout to repeat the Mombasa Road Loop.

On returning to Lusaka roundabout for the second time runners pass round Lusaka Roundabout to exit down Uhuru Highway towards Bunyala Roundabout on the side of the Highway used by normal everyday traffic (The Nyayo Stadium side)

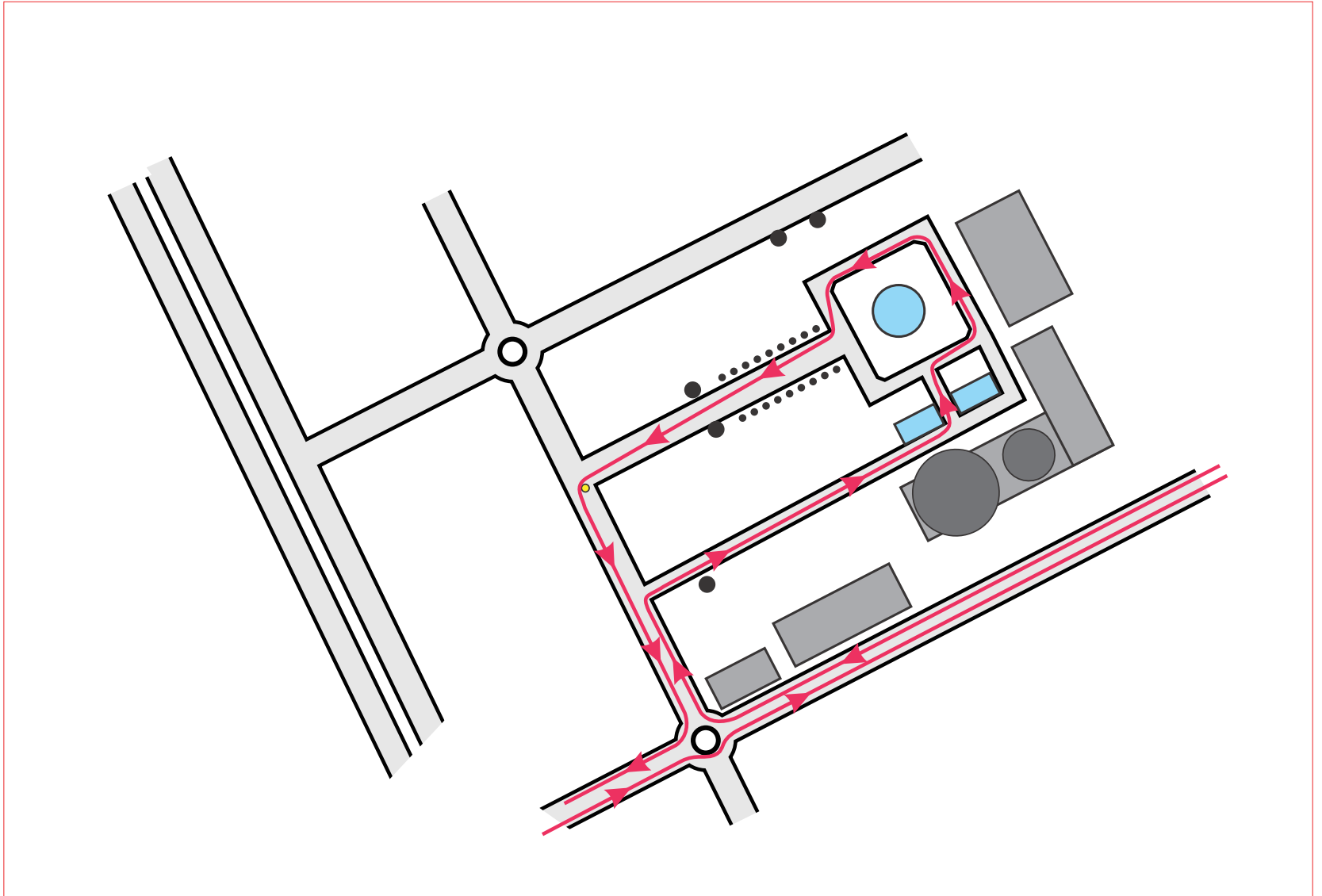
### G Bunyala Roundabout

At Bunyala Roundabout the Full Marathon route continues towards the City centre following normal everyday traffic direction.

### H Full Marathon Finish

The Full Marathon Finish is on Haile Selassie Road outside the Railway Club. The Finish Line is the same line as the Full Marathon Start Line but crossed in the opposite direction to the start direction

PASSAGE OF RUNNERS THROUGH KICC



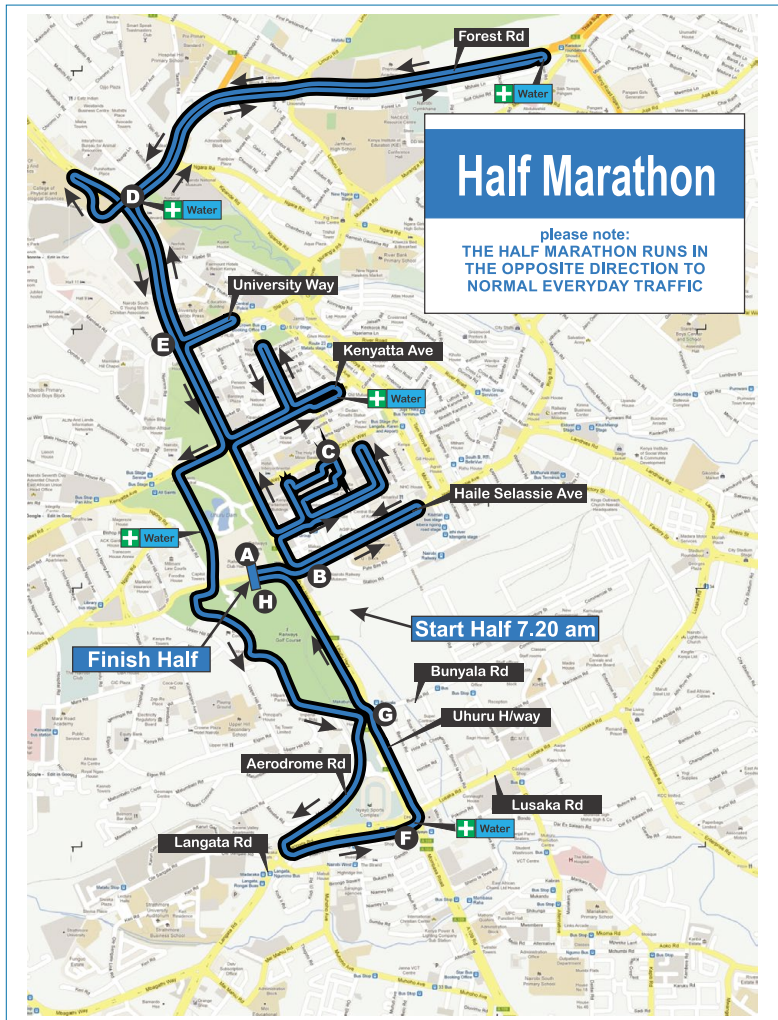
## HALF MARATHON ROUTE (COLOUR CODE BLUE)

All turns and junctions for the Half Marathon Race are clearly signposted. Directional signs and Distance markers for the Half Marathon are coloured **BLUE**

**Please watch out for and follow the signs that will lead runners to the right or left hand lanes of the road on approach to junctions and turning points**

### WHEELCHAIRS ROUTE

The wheelchair race is 21 km long. Wheelchairs follow the route described for the Half Marathon.



#### A Half Marathon start

The Start line is on Haile Selassie Road outside the Railway Club 50m from Haile Selassie roundabout. The Start Direction is towards the Roundabout. This is the same start Line as the Full Marathon Start Line

#### B Haile Selassie Roundabout

At Haile Selassie Roundabout the Full Marathon Route crosses to the opposite side of the highway and continues towards the the railway roundabout in the reverse direction to normal everyday traffic.

#### C Kenyatta International Convention Centre

For the runners' interest and to showcase the City of Nairobi the route passes around the fountains of KICC. See separate drawing

#### D Museum Hill and Forest Road

At Museum Hill the Half Marathon uses only one side of the overpass. Runners leaving the City are separated from runners returning to the City by taped demarcation. The road narrows on the overpass as the route passes over Kipande Rd and Limuru Rd.

#### E University Way Roundabout to Haile Selassie Roundabout

The Half Marathon Runners are separated from 10 km Runners by barriers

#### F Lusaka Roundabout

On Reaching Lusaka roundabout the Half Marathon splits from the Full Marathon. Half Marathon runners Turn inside Lusaka roundabout to exit down Uhuru Highway towards Bunyala Roundabout on the side of the Highway used by normal everyday traffic (The Nyayo Stadium side)

#### G Bunyala Roundabout

At Bunyala Roundabout the Half Marathon route continues towards the City centre following normal everyday traffic direction.

#### H Half Marathon Finish

The Half Marathon Finish is on Haile Selassie Road outside the Railway Club. The Finish Line is the same line as the Half Marathon Start Line but crossed in the opposite direction to the start direction

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## STANDARD CHARTERED BANK CEO'S RACE ROUTE

Runners in the Standard Chartered Bank CEO's Race should follow the directions of the route marshals and race ushers.

**Please watch out for and follow the signs that will lead runners to the right or left hand lanes of the road on approach to junctions and turning points.**



### A CEO'S RACE START

The CEO's race Start is on Procession way and can be accessed through the procession way entrance to the Railway Club.

The CEO's race route Turns right from procession way onto Haile Selassie Road towards upper Hill. The CEO's Race runners then proceed around Railway Golf club in an anticlockwise direction, using the scenic Lower Hill Road and Uhuru Highway over the railway bridge.

### B CEO'S RACE FINISH

The CEO's race Finish is on Haile Selassie Road outside the Railway Club. The Finish Line is the same line as the Full and Half Marathon Finish Line.



## 10 KM ROUTE (Colour Code GREEN)

All turns and junctions for the 10 km Race are clearly signposted. Directional signs and Distance markers for the 10 km Race are coloured GREEN.

Please watch out for and follow the signs that will lead runners to the right or left hand lanes of the road on approach to junctions and turning points.



### A 10 KM start

The Start line is on Uhuru Highway 50m from Haile Selassie roundabout towards Bunyala roundabout. The Start is on the outbound from the city side of the highway for normal everyday traffic. The start Direction is towards Haile Selassie Roundabout

### B Haile Selassie Roundabout

At Haile Selassie Roundabout the 10 KM Route continues towards the railway roundabout still in the reverse direction to normal everyday traffic.

### C Kenyatta International Convention Centre

For the runners' interest and to showcase the City of Nairobi the route passes around the fountains of KICC. See separate drawing

### D University Way roundabout

At University Way roundabout the 10 km route splits from the Full and Half Marathon Routes. The 10 km race proceeds around University Way Roundabout (in the opposite direction to normal everyday traffic) and heads back towards Kenyatta roundabout. Between University Way Roundabout and Kenyatta Avenue Roundabout the 10km Runners are separated from Runners in the Full and Half Marathon by barriers

### E 10 km Finish

The 10 km Finish is on Uhuru Highway between Kenyatta Avenue Roundabout and Haile Selassie Approximately 200 metres before Haile Selassie Roundabout. The Finish line is on the Uhuru Park side of the highway. The Finish Direction is in the opposite direction to normal everyday traffic



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PJ Place, **Industrial Area**  
Kenol Station, Mumias Rd, **Buruburu**  
Kenol Station, **Embakasi**  
The Greenhouse, **Ngong Road**  
Garden City Mall, **Thika Highway**  
Greenspan Mall, **Donholm**  
Kenol Station, **South C**  
Kenol Station, **Langata Road**

Maasai Mall  
Regional outpatient clinics;  
**Mombasa**, Aga Khan Doctors' Plaza  
**Mombasa**, Changamwe  
**Kisumu**, City Centre  
**Eldoret**, Metro Plaza  
**Nakuru**, Polo Centre  
**Thika**, Zuri Centre  
**Ongata Rongai**,

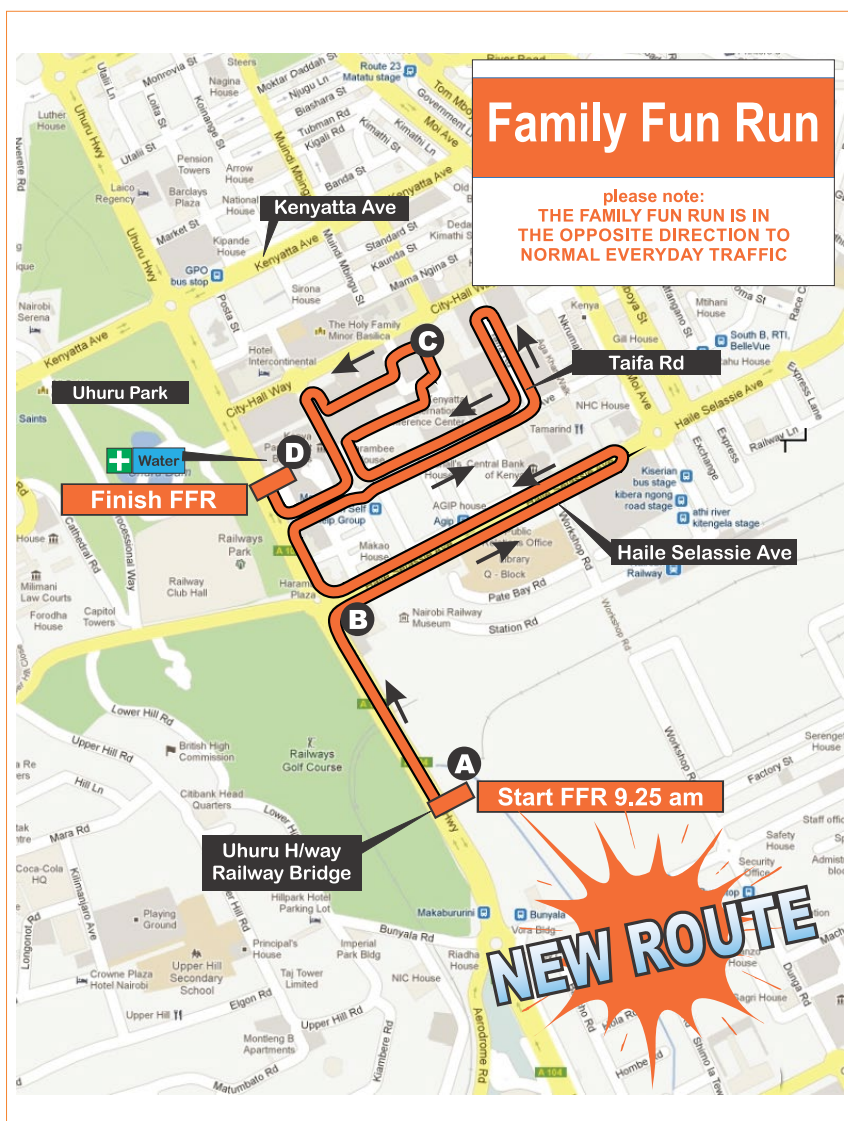


**Avenue Healthcare**  
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## FAMILY FUN ROUTE (Colour coded ORANGE)

All turns and junctions for the Family Fun Race are clearly signposted. Directional signs and Distance markers for the Family Fun Run are coloured ORANGE.

Please watch out for and follow the signs that will lead runners to the right or left hand lanes of the road on approach to junctions and turning points



### A Family Fun Run Start

The Start line is on Uhuru Highway between Haile Selassie roundabout and Bunyala roundabout. The Start is on the outbound from the city side of the highway for normal everyday traffic. The Start Line is behind the assembly area for the 10 Km Race. The start Direction is towards Haile Selassie Roundabout.

### B Haile Selassie Roundabout

At Haile Selassie Roundabout the Family Fun Run Route continues towards the railway roundabout still in the reverse direction to normal everyday traffic.

### C Kenyatta International Convention Centre

For the runners' interest and to showcase the City of Nairobi the route passes around the fountains of KICC. See separate drawing.

### D Family Fun Run Finish

The Family Fun Run Finish is on Uhuru Highway between Haile Selassie Roundabout and Kenyatta Avenue Roundabout. The Finish Line is on the Houses of Parliament side of the Highway directly opposite the Finish for the 10 km Race. The Finish Direction is in the opposite direction to normal everyday traffic.

## SERVICES ON THE ROUTE

### Timing Stations

Timing mats are placed at all the extremities of the course. The Timing chip records the passage of all participants over these mats. It is essential you cross all timing mats, those on the route and on the finish line. Runners with interim times (those taken on the course) missing will be deemed to have missed that portion of the course and will be excluded from the result.

### Water, First Aid and Toilet Stations

Water, First Aid and Toilet Stations are combined and are located

*At the starts*

*At 3 km intervals on all route and*

*At the finishes*

All stations are clearly marked by signs placed at the station and signs placed 200m before the station.

### Water

Water will be supplied in 300ml bottles with the tops off.

Take water whenever you get the chance.

### Bottle Discard areas

Water Bottles from the Marathon are collected for recycling. Look out for the bottle discard areas.

They are located 25m – 200 m after each of the water stations. Please discard your bottles in these areas either in a provided roadside bins or to the side of the road. Dropping bottles on the road might be hazardous to runners behind you. Look after the environment and the city of Nairobi.

Please throw plastic bottles into the roadside bins after the water stations.



## SERVICES ON THE ROUTE

### First Aid

First Aid Stations on the route are manned by a paramedic and trauma nurses.



### Ambulances

Ambulances are strategically positioned on the route and mobilised in the event of an emergency.

### Medical Centre

The main Medical Centre, fully equipped, is located on Uhuru Highway at Haile Selassie Roundabout (see diagram – Assembly areas, Finishes, Railway Club).

### Emergencies and Evacuations

In the event of an emergency all Nairobi Hospitals, and the traffic police, in the route vicinity are on standby. Evacuations will be to the Mater, Aga Khan or Nairobi hospitals, or to Avenue Health care Clinics.

### Slow Runners

A Stragglers bus will follow the back markers of each race. The Stragglers bus will notify late runners that the roads are to open.\*

After roads are open (the finish of the event) the Kenya traffic regulations apply. Any competitor still on the roads after this time is regarded by Kenya law as a pedestrian.



## TIMES THAT ROADS WILL OPEN TO NORMAL TRAFFIC

The opening of the roads is at the discretion of the Kenya Traffic Police. In deciding to open the roads the Police will weigh up the number of late runners against the volume of traffic requiring access to the roads.

The Road opening signifies the end of the event. Any participant still on the roads after this time is regarded by Kenya law and by the event as a pedestrian. Event Insurance Covers for Participants expire at the end of the Marathon.

### Dropping Out

If you are unable to continue the race at any point, move over to the side of the road and wait for the Stragglers bus. You might also wish to stop at a Route Station. Each of these stations will have a manager and you should inform them of your intention to stop. They can assist in arrangements to return you to the Start/Finish at Railway Club.

If you require medical assistance, the manager at any station on route will inform the Medical Officer in charge of each station.

This Officer can administer road side treatments and on assessment rapidly dispatch an ambulance to take you to the Main Medical Centre or to the Hospitals on standby.



If you are outside these times we strongly advise you to accept a lift back to the finish in our Stragglers Bus. If you insist on continuing you must run on the pavement.



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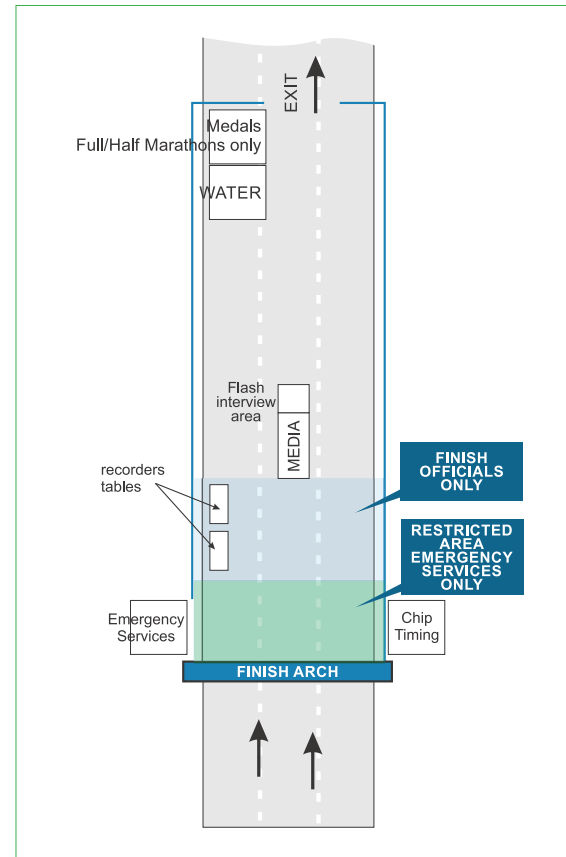
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**FINISHES**



In all races the top male and female runners will enter the Finish Funnel to have their positions confirmed. These athletes will be given a place number (with Lanyard to be worn round the neck) indicating their finishing position. All athletes outside the top runners can by-pass the finish funnel.

Please move away from the Finish line after completing the race to avoid congestion on the line. Please follow the finish marshals' instructions.





## FINISHES

1

**Dope testing**

Any of the top finishers in the Wheelchair Race, Full and Half Marathons and 10 km Race may be pulled aside for 'dope' testing.

2

**Podium presentation**

The Podium Presentations to Prize Winners (1st, 2nd, 3rd) for all the races take place at the Railway Club, on the stage at the centre of the football field. Presentations take place as soon as possible after the finish of each of the races - within 15 minutes of the 3rd place person to finish.

3

**Finish times**

In the Full and Half Marathon and 10km Race finish times for all athletes are recorded automatically by the timing chip as each runner crosses the finish time.

4

**Full and Half marathon Finishers medal**

In exchange for the perforated rip-off strip on the race number Full and half marathon Finishers will receive a Finishers Medal.

5

**Finishers Certificates**

Finisher Certificates, for all the races, can be downloaded from the website [www.nairobimarathon.com](http://www.nairobimarathon.com) from 6:00 am Wednesday 1st November.

**Download Instructions**

1. Go to [www.nairobimarathon.com](http://www.nairobimarathon.com)
2. From the website home page click on **PRINT CERTIFICATES** link.
3. Enter your race number on the resulting screen. Click **ENTER** or **GO** (your details will be retrieved for you to confirm the names and race category).

4. Click **VIEW CERTIFICATE PDF** format.

5. Click **PRINT** to print.

6. Click **SAVE** to download.

These instructions are also available on the website. In case of difficulties please contact the Marathon Secretariat ( +254 20 3293811).

**In case of difficulties please contact the Marathon Secretariat**

Phone: +254 20 3293000

Email: [secretariat@nairobimarathon.com](mailto:secretariat@nairobimarathon.com)

Website: [www.nairobimarathon.com](http://www.nairobimarathon.com)

**Operating Hours: Monday to Friday 8.30am to 5.30pm**

6

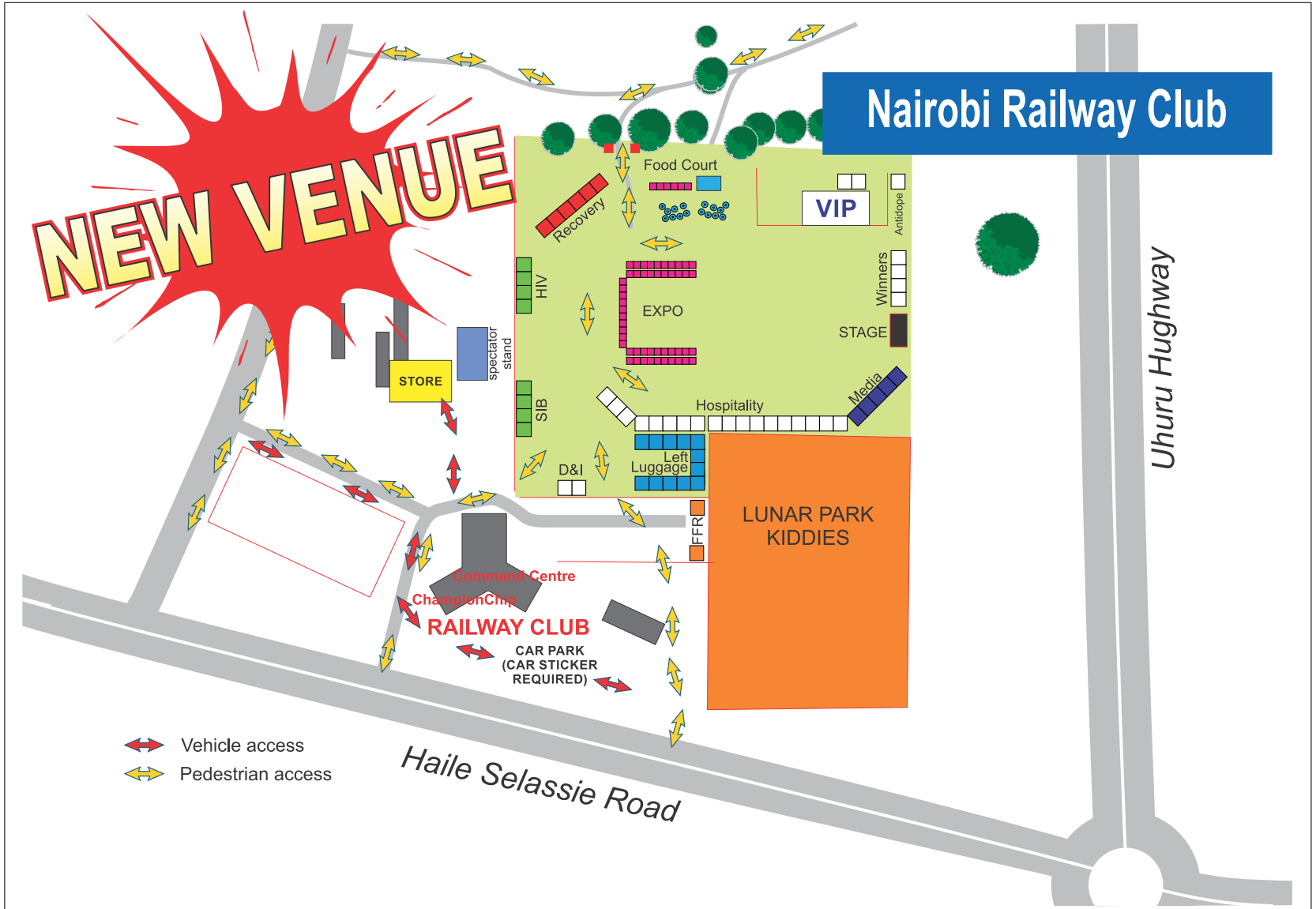
**After Finishing****At the Finish Lines**

1. Cheer on the runners still finishing

**In the Marathon Village at Railway Golf Club**

1. Watch and enjoy the prize giving ceremony held on the stage in the centre of the football field
2. Rest and recover in the Recovery and Massage Centre
3. Get refreshments and lunch from the food court.
4. Tour the Marathon Expo Village.
5. Enjoy the Marathon Village animation programme.
6. Entertain your children at the Lunar Park.

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## APPENDIX 1 – RACE TIMING, CHAMPIONCHIP

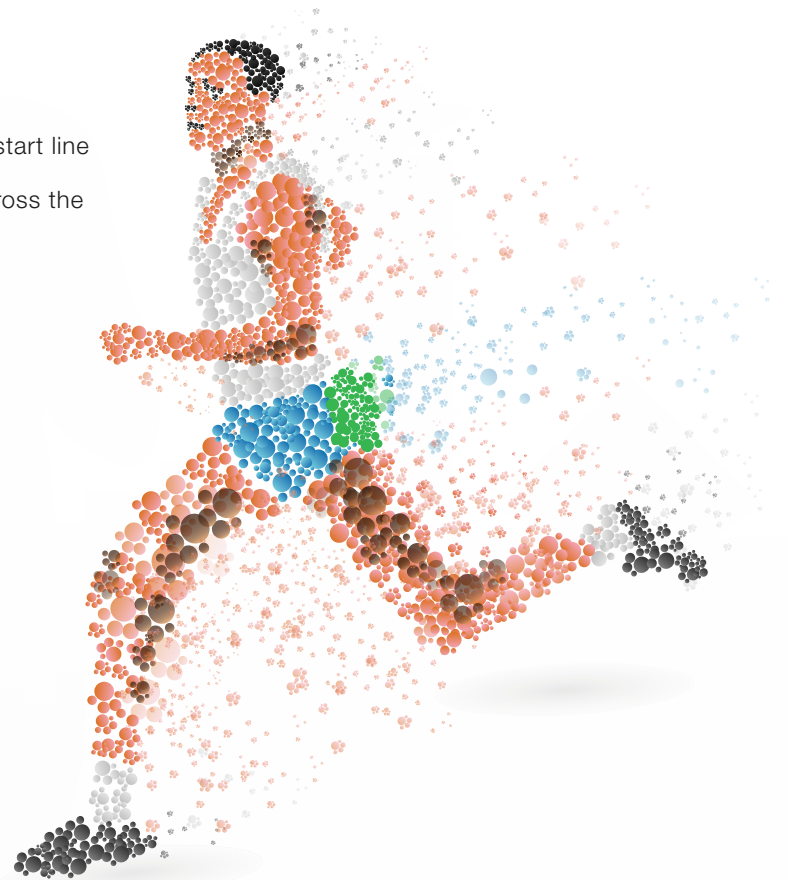
### **Champion Chip timing will be the timing system used for:**

- The Full Marathon
- The Half Marathon
- The 10 Km Race
- The Wheelchair Race
- The 21 Km Corporate Challenge
- The Standard Chartered CEO's Race

The timing chip, fixed to the back of the race number, is activated on the start line synchronised with the Start Gun. Your Finish time is recorded when you cross the timing mats at the Finish Arch.

### **Return of the timing chip**

The chip is disposable. There is no need to return it after the race.



## APPENDIX 2 - RACE NUMBERS

### Race Numbers - All Races

Your Race Numbers confirms you have entered the Standard Chartered Nairobi Marathon. Do not lose it. The race Number is a method identification of athletes. Do not let anyone else use it. Imagine the anxiety caused to relatives if there is mis-identification in the case of medical emergency. Please wear your race number on your chest so that the route marshalls and timekeepers can clearly see it.

*Please ensure you complete the personal details at the bottom of the race Number. In the event of an accident or emergency these details will be required.*

The race numbers have a timing chip affixed to the back. Please treat the Race Number with care. The Organizer will not be responsible for any inaccurate results due to improper treatment of Race Numbers.

**DO NOT BEND THE RACE NUMBER.**

**DO NOT TEAR THE REMOVABLE STRIP FROM THE BOTTOM OF THE NUMBER.**

**FIX PINS ONLY WHERE INDICATED ON THE NUMBER.**

**DO NOT PIN THE TEAR OFF STRIP.**

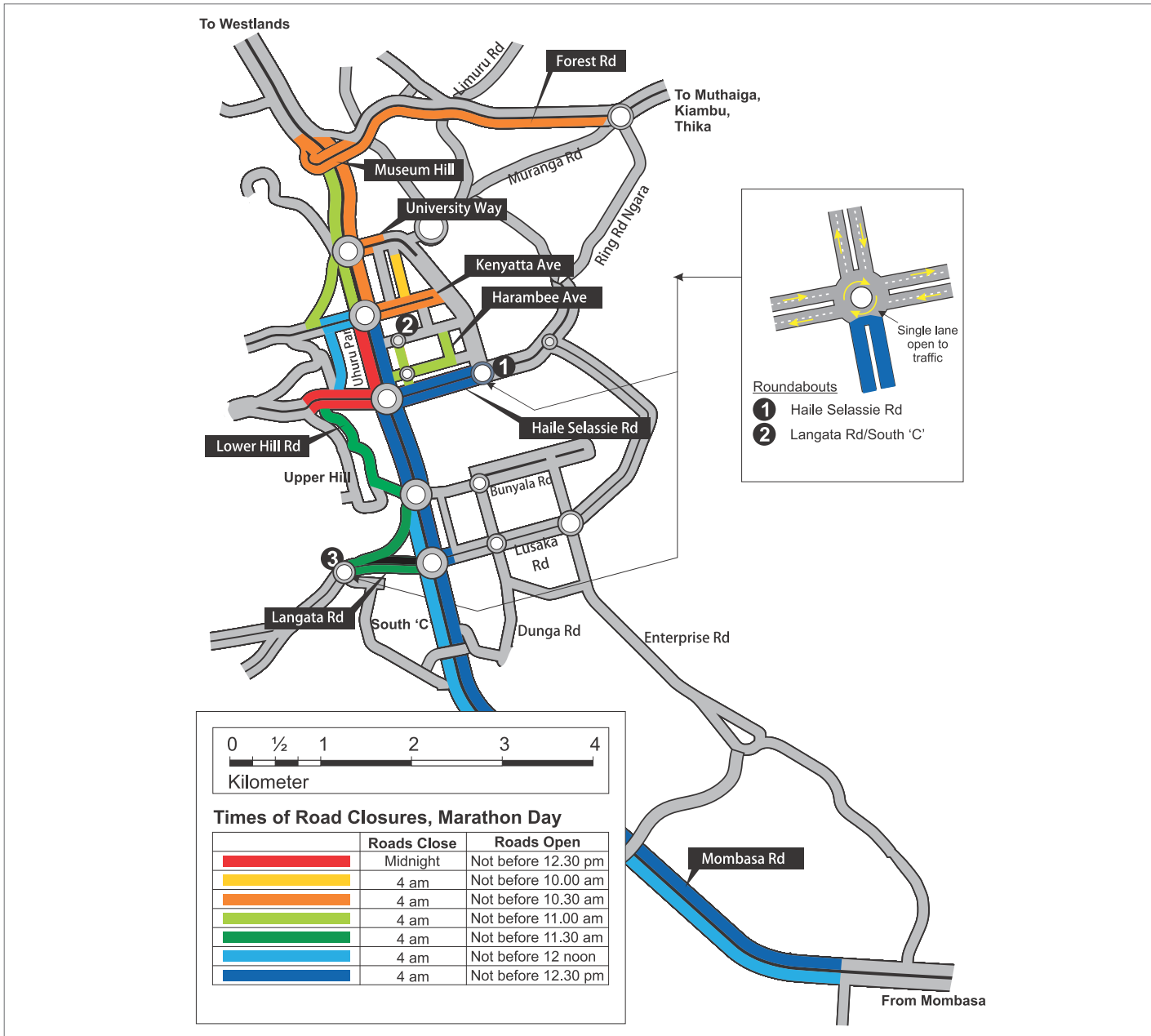
### In addition


Elite Runners in Full Marathon, Half Marathon and 10 km Races will have a **RED** Sticker affixed to their Race Numbers. (Elite Runners are those recognised by Athletics Kenya). 21km Corporate Team Runners will have a **GREEN** Sticker affixed to their Race Numbers.

Race Numbers are colour coded as indicated:





## APPENDIX 3 - ROAD CLOSURES, SUNDAY 26 NOVEMBER





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*In support of the Seeing is Believing campaign*



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## APPENDIX 4 - TRAFFIC DIVERSIONS

### Traffic Diversions

Midnight – 4 AM, Sunday 26 November 2017

From	To	Traffic Diversion
Mombasa Rd	To the City	Vehicles will be diverted at Lusaka Rd Roundabout via Madaraka Roundabout, Mbagathi Way Roundabout, Mbagathi Way, Valley Road
City Centre	To Mombasa Rd, South 'C', Langata	Vehicles will be diverted at Haile Selassie Roundabout, via Railways Roundabout, Lamdies Road, Lusaka Road

### Traffic Diversions

4:00 am to 1:00 PM, (Sunday 26 November 2017)

City Centre	To the Westlands, Kileleshwa	Vehicles should use Globe Cinema Roundabout, Kipande and Ojjo Rds.
	To Muthaiga, Kiambu, Thika	Vehicles should use Globe Cinema Roundabout, Muranga Rd. Limuru Rd is also accessible.
	To the J.K. airport, Machakos, Mombasa	Vehicles should use Landhies Rd, Jogoo Rd, Outer Ring Rd.
	To Karen via Westlands	Vehicles should use Globe Cinema Roundabout, Kipande and Ojjo Rds, Waiyaki Way, James Gicheru Rd.
	To Karen via Langata	Vehicles should use Landhies Rd, Enterprise Rd, the Southern by-pass, Langata Rd.
From Westlands, Parklands	Into the city centre	Vehicles should use Kipande Rds and Globe Cinema Roundabout.
	To Karen	Vehicles should use Waiyaki Way/James Gicheru Rd. or Riverside Dr.
	To Langata	Vehicles should use Riverside Dr, Arboretum, Statehouse Rd, Mbagathi way, Langata Rd.
	To the J.K. airport, Machakos, Mombasa	Vehicles should use Ngara Rd, Landhies Rd, Jogoo Rd, Outer Ring Rd.
Hurlingham, Kileleshwa, Nairobi Hill	Into the City Centre	Vehicles should use Statehouse Rd, Arboretum Dr and Riverside Dr, then Kipande Rd and Globe Cinema roundabout.
	To the J.K. airport, Machakos, Mombasa	Vehicles should use Mbagathi Way, Mohoho Ave (in South 'C'), cross the Uhuru Highway to the Industrial area, Dunga Rd, Dar Es Salaam Rd, Enterprise Rd.
Langata	Into the City Centre	Vehicles should use Langata Rd. Mbagathi Way, Valley Rd, State House Rd, Arboretum Dr. and Riverside Dr, then Kipande Rd and Globe Cinema roundabout.
	To the J.K airport, Machakos, Mombasa via South 'C'	Vehicles should use Langata Rd, the Southern bypass, Enterprise Rd, Mombasa Rd.
Karen	Into the City Centre via westlands	Vehicles should use James Gicheru Rd. (through Lavington) and Waiyaki way or Arboretum Dr. and Riverside Dr, then Kipande Rd and Globe Cinema roundabout.



## APPENDIX 4

## Traffic Diversions 4 AM - 1 PM Sunday 26 November 2017

From Karen	To the J.K airport, Machakos, Mombasa	Vehicles should use Langata Rd, the Southern bypass, Enterprise Rd, Mombasa Rd.
From Embakasi, Machakos, Mombasa	Into the Industrial area	Vehicles should use Mombasa Rd, Enterprise Rd.
	Into the City	Vehicles should use Mombasa Rd, Outer Ring Road, Jogoo Rd, Landhies Rd.
	To Westlands, Parklands	Vehicles should use Jomo Kenyatta Airport Rd, Outer ring Rd. Thika Highway.
	To South 'C', Langata, Nairobi Hill, Kileleshwa	Vehicles should use Mombasa Rd, Enterprise Rd, the Southern by pass, Langata Rd. Mbagathi Way.
	To Thika, Nakuru	Vehicles should use the Eastern By-pass, Thika Highway.
From Nakuru	To Mombasa	Vehicles should use the Northern and Eastern Bypasses



## APPENDIX 5 - PARKING

### Car Parks for Athletes.

Marathon participants and spectators can park in front of Nakumatt Mega. Entrance to this car park is from Bunyala Road just before Bunyala Roundabout. This car park has security guards.

Participants and spectators are permitted to park in other areas close to Uhuru Park such as Milimani Road, Bishops Road, Ngong Road, Upper Hill Road, Ragati Road and Baricho Road. Please note that these areas are not officially guarded. Parking in all areas is at your own risk.

**Please be considerate when parking. Do not obstruct the normal flow of traffic.**

### Car Parks for VIP's

#### Comesa Car Park at KICC

Entrance to this car park is only for limited Route access car sticker holders and must be accessed before 6 am.

#### Railway Club

Entrance to this car park is for VIP pass holders only and must be accessed before 6 am. The Entrance to the car park is off Processional Way.



## APPENDIX 6 - LEFT LUGGAGE

You can leave personal belongings at the left luggage centre. They will be secure.

### Left Luggage location

Left Luggage for all races is in a single area within the marathon Village at The Railway Club. The railway club can be accessed from Processional and from Uhuru Park.

The left luggage centres for each race will be clearly identified (signposted). To enter any left luggage centre you must show your Race number or official accreditation to the attendant security guard.

### Left luggage deposit

Left Luggage for all races is in a single area within the marathon Village at The Railway Club. The railway club can be accessed from Haile Selassie Rd, Processional Way and from Uhuru Park.

The left luggage centres for each race will be clearly identified (signposted). To enter any left luggage centre you must show your Race number or official accreditation to the attendant security guard.

### Left Luggage collection

When you collect your left luggage you must again show your race number or official accreditation to the security guard. Please ensure that the security tag has not been tampered with on receipt of the bag and before departing the collection counter. If it has been tampered with please inform the left luggage officials immediately.

### All left luggage must be collected by 2.00 pm

After this time any remaining left luggage will be transferred to the Marathon Store at The Railway Club. Lost luggage can be collected from this store before 6 pm on the day of the Marathon and during normal working hours on Monday 27th November.



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**Yusuf Ali**  
Managing Director, OiLibya Westlands

The Safaricom Twaweza logo features a red swoosh above the word "Safaricom" in green, with "Twaweza" in a smaller green font below it.

The Safaricom Business logo features a red swoosh above the word "Safaricom" in green, with "Business" in a smaller green font below it.

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## APPENDIX 7 - CASH PRIZES

### RACE PRIZE

RACE CATEGORY	Kshs. 1ST	Kshs. 2ND	Kshs. 3RD	Kshs. 4TH	Kshs. 5TH	Kshs. 6TH	Kshs. 7TH	Kshs. 8TH	Kshs. 9TH	Kshs. 10TH	Kshs. TOTALS
42 Km Men	1.5 M	650,000	350,000	150,000	100,000	50,000	40,000	30,000	20,000	10,000	2.9 M
42 Km Ladies	1.5 M	650,000	350,000	150,000	100,000	50,000	40,000	30,000	20,000	10,000	2.9 M
21 Km Men	200,000	150,000	100,000								450,000
21 Km Ladies	200,000	150,000	100,000								450,000
21 Km Corporate Challenge	100,000*										100,000*
21 km Wheelchair Men	200,000	150,000	100,000								450,000
21 km Wheelchair Ladies	200,000	150,000	100,000								450,000
10 Km Men	110,000	60,000	30,000								200,000
10 Km Ladies	110,000	60,000	30,000								200,000

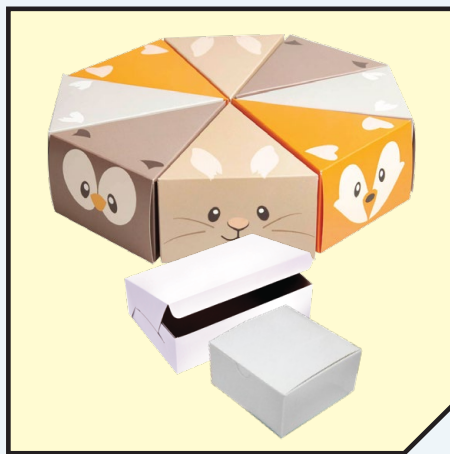
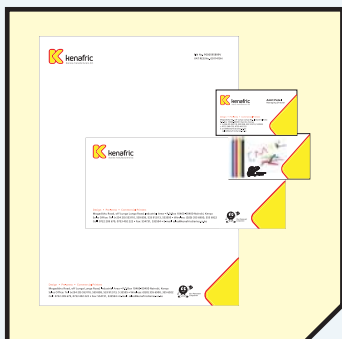
**Total Prize Money – 8,100,000/=**

**\*Corporate Challenge Team Money is donated to a Charity of choice of the winning team.**



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## APPENDIX 8 – A WORD ON ENVIRONMENT

### KEEP THE NAIROBI MARATHON CLEAN

Standard Chartered Bank aims to reduce the impact that the Marathon might have on the Environment.

We would like to leave both the Route and the Marathon Venues' "better than we found it".

We are working with a number of partners to achieve this objective:

- Parapet Cleaners for cleaning of the route and venues and for recycling of plastic bottles
- The Railway Club for cleanliness of The Railway Club
- Nairobi City County for cleanliness of the City

Everyone involved in the Marathon can do their bit to help by being conscientious and respectful regarding litter.

**On route** - Please discard your water bottle in the bins placed 25m – 200m after each water station.

**In the Railway Club** - Please place Plastic bottles (only) in the bins marked 'Plastic Bottles'.

All other litter can go in the Bins marked 'All other litter except plastic bottles'.

Please do not throw other litter in the 'Plastic Bottles Bins'.

### THANK YOU FOR YOUR SUPPORT



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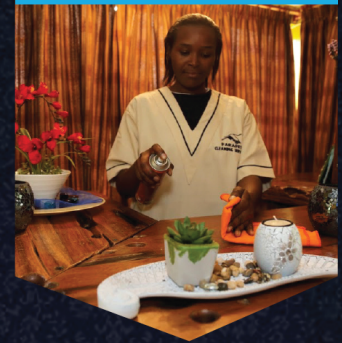
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## Our Contacts:

Head Office: Wilson Airport, Off Langata Road • P.O. Box 10491 - 00100 Nairobi, Kenya

Tel: 020 - 6006064/5, 6007664 • Cell: 0788 888748, 0722 848277 • Fax: 6007774

Mombasa Branch: P.O. Box 80587 - 80100 Mombasa, Kenya • Tel: 0788 888746 • Wireless: 020 - 2614947

Uganda Branch: P.O. Box 4907 Kampala, Uganda • Tel: + 256 752 139 834



[info@parapetcleaning.com](mailto:info@parapetcleaning.com)  
[www.parapetcleaning.com](http://www.parapetcleaning.com)



**AIMING FOR DISTINCTION AND EXCELLENCE**



## APPENDIX 9 - CONTACT INFORMATION

### Standard Chartered Marathon Secretariat

<b>Physical Address.</b>	Plot 48, Standard Chartered @ Chiromo Westlands Road, Nairobi
<b>Phone.</b>	+254 20 3293000
<b>Email.</b>	<a href="mailto:secretariat@nairobi-marathon.com">secretariat@nairobi-marathon.com</a>
<b>Website.</b>	<a href="http://www.nairobi-marathon.com">www.nairobi-marathon.com</a>
<b>Operating Hours.</b>	Monday to Friday 8.30am to 5.30pm



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