

Standard
Chartered



Runners Guide



Standard Chartered
Nairobi Marathon
2019

Run for a reason.

5km | 10km | 21km | 42km



futuremakers
by Standard Chartered

www.nairobimarathon.com

Here for good



> Investments bought on your phone? That's an eye-opener.

You can now buy and view mutual funds and other wealth products details, all on your phone.

Is it time to start investing for the long term? Making the first step couldn't be easier. You can now research and invest in Standard Chartered mutual funds and other wealth products, right from your SC Mobile app. Just click <Mutual Funds> and you're on your way.

All on the app

- View our full range of funds and top picks
- Invest directly in a mutual fund with the lump sum, Regular Savings Plan or Wealth Builder options
- View performance details: value, trend graph, price history, dividend yield
- Partially / fully sell funds
- View holdings and historical transactions over one year
- View the fund's fact sheet and prospectus

Download the SC Mobile app today.

sc.com/ke

Here for good





CONTENTS

Message from CEO Standard Chartered Bank Kenya

Message from the Chairman

Athletics Kenya President's Remarks

Nairobi County Governor's Remarks

Honours page

Race Rules and Regulations

Kit Collection

2019 Event Information

Assembly Areas and Start Lines

Race Routes

- Full Marathon
- Half Marathon
- Corporate Relay Challenge
- 10km Race
- Family Fun Run

Route Stations and Services on Route

Race Finishes

After Finishing

Nyayo Stadium Layout

Appendices

Race Timing

Race Numbers

Road Closures

Traffic Diversions

Parking

Left Luggage

Cash Prizes

The Environment

Nairobi Marathon Secretariat Contact Information



**Message from Mr. Kariuki Ngari
CEO and Managing Director
Standard Chartered Bank Kenya**

THE CHIEF EXECUTIVE OFFICER'S REMARKS

Thank you for joining us for the 17th edition of the Standard Chartered Nairobi Marathon. As always, with the Standard Chartered Nairobi Marathon we 'Run for a Reason'. This year's run is particularly special because it coincides with the launch of our new community engagement initiative "Futuremakers". With Futuremakers, we are empowering the next generation in Kenya to learn, earn and grow.

The youth are very vulnerable to the challenges of inequality. The number stands at more than 200 million youth who are jobless or live in low-income poverty globally. In Kenya, the situation has been called a ticking time bomb. The youth make up the majority of the population in our country but are still the minority when it comes to access to economic opportunities.

To make things better, we need to challenge the things that aren't good enough. They say a dream without a plan is just a wish. As Standard Chartered, we plan to raise USD 50 million in the next five years through initiatives like this Marathon.

With this fund, we shall find and support solutions that bridge inequality and drive sustainable growth. Our goal is to empower 500,000 adolescent girls, support 100,000 youth towards employability, and build the entrepreneurship capability of 50,000 micro and small businesses.

I believe that betting on our youth is a guaranteed success because if you give an ambitious young person an opportunity, they will grab it and run with it.

We are proud that the Standard Chartered Nairobi Marathon is contributing to the success of many elite runners who have launched their careers by participating in this Marathon. The stakes are even higher this year as we have increased the prize money from KES 1.5M to KES 2M for 42km, and from KES 150,000 to KES 300,000 for 21km.

We ask for your continued participation as we take on this new challenge to create a better world. Go out there and Run for a Reason. Run to change the status quo and give the young people an equal chance to thrive. Let's empower the youth for they are indeed the Futuremakers.

Asanteni sana!



**Message from Mr. Peter Gitau
Standard Chartered COO, and
Chairman Local Organizing Committee**

THE CHAIRMAN, LOCAL ORGANISING COMMITTEE'S REMARKS

Thank you for joining us for the 17th edition of the Standard Chartered Nairobi Marathon.

As we venture into new frontiers and take on new challenges, I would like us to appreciate the power of taking one step at a time. When the idea to do a marathon was conceived, what we had in mind was not even close to what it has become today. It was a daunting task, but we took it on, one step at a time and now, 17 years later, look at us. We achieved our USD 100 Million target, two years ahead of time and have embarked on a new challenge.

This year's event will be held on 27th October, 2019. After a two-year absence, I am pleased to inform you that we shall be returning to the "home of the Standard Chartered Nairobi Marathon", Nyayo Stadium. This means we shall also revert to the route used in 2016.

Through your support, the Standard Chartered Nairobi Marathon has become the largest single day sporting event in Kenya. Since inception we have hosted over 244,000 runners and raised over 2 Million Dollars. This year we plan to host over 25,000 participants and to raise KES 60Million to go towards "Futuremakers", our new community initiative aimed at supporting the youth in Kenya to learn, earn and grow.

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 new Corporate Relay Challenge.

As always, the integrity of the race is of utmost importance to us. I would like to assure participants that we have put in place stringent standards to ensure that the Standard Chartered Nairobi Marathon measures up to the requisite IAAF standards. Like in previous editions, we shall continue to employ chip technology for timing in all races and aerial surveillance cameras from our broadcast partner. To ensure a clean sport we collaborate closely with the Anti-Doping Agency of Kenya (ADAK). This will complement the services of the Technical Director, Route Marshals and CCTV cameras along the course.

I would like to single out the following partners and sponsors who have continued to support us in growing this event: Athletics Kenya, Nairobi City County Government, All Terrain Services, Subaru Kenya, AUA Industria, AAR Healthcare, Kenyatta International Convention Centre (KICC), Coca-Cola, Internet Solutions, Radio Africa Group, and Fairmont. Together we continue to grow the level of investment in the Standard Chartered Nairobi Marathon to enhance its profile. Your efforts and interventions have helped to change the lives of thousands of people in this country.

I cannot forget the runners who have supported us throughout the years, I call upon you to join us once again. Whichever run you register for, go out and challenge yourself to do your best. I hope you enjoy this year's edition as we Run for a Reason together.



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

ATHLETICS KENYA PRESIDENT'S REMARKS

Kenya has always been recognized worldwide for its athletic prowess. This was proven yet again this year as one of our brightest stars, Eliud Kipchoge continued his amazing streak of winning the London Marathon for a record fourth time.

The Standard Chartered Nairobi marathon is a key platform in nurturing upcoming Kenyan athletes and celebrating Kenya as the home of long distance international athletes. Hosted by Athletics Kenya, Nairobi City County and Standard Chartered Bank as the main sponsor, the Marathon has raised the bar over the years and due to this attained recognition from the International Association of Athletics Federations (IAAF) and the Association of International Marathons and Distance Races (AIMS).

The Marathon is a special occasion that brings together people from all corners of the country and the world, and as Athletics Kenya, we are pleased to see the Standard Chartered Marathon continuously maintain the high standards of athletics in the country.

In 2019, the marathon aims to raise the profile of Kenyan athletes internationally while it helps in identifying and providing opportunity for local athletic talent. This is indeed a great platform for our Futuremakers. Moreover, the Marathon is set to create a community event for everyone's enjoyment and raise funds to enable the next generation to learn, earn and grow.

This year marks the 17th anniversary of the Standard Chartered Nairobi Marathon and 16 years of the 'Seeing is Believing' initiative that has over the years restored sight to over 4500 children in Kenya. That is an amazing achievement and we are proud that it has been attained on the platform of athletics.

Lastly, I would like to thank Standard Chartered Bank and the thousands of participants for their tireless efforts and support in making this Marathon happen for yet another year. We look forward to running in 2019 and for many years to come.

Thank you.

HONORS

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

TITLE SPONSOR



Official sponsors



→ GET BACK WHAT YOU SWEAT

A NEW SPORTS DRINK THAT
REPLACES ELECTROLYTES
LOST IN SWEAT.



ALWAYS FORWARD
POWERADE 

A PRODUCT OF
The Coca-Cola Company

SPONSORS OF



RULES & 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 42km must be over 18 years of age.
- 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 & 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 Kenyan law as a pedestrian.



RULES & 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 Kenyan 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.



RULES & 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.
- 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

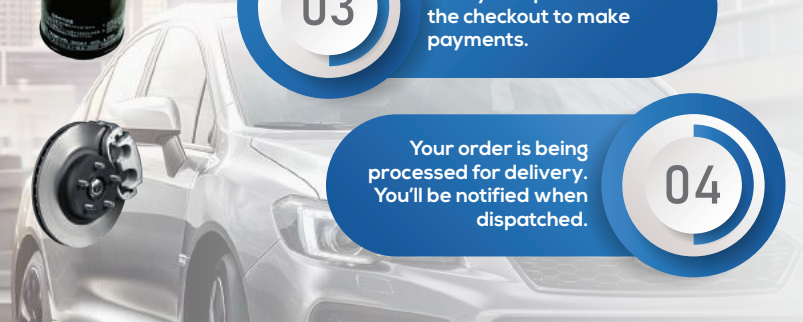
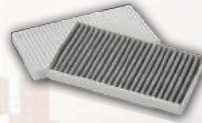
Hand-cycles are not permitted in the Standard Chartered Nairobi Marathon Races

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.



BUY PARTS BILA HASSLE

Get Subaru Genuine Parts on www.subarukenya.com



01

GO TO:
www.subarukenya.com
or on FACEBOOK Shop
@Subarukenya

02

SELECT Model (Eg. Forester)
Model trim (Eg. SG Turbo)
and year of manufacture

03

Select the parts you want
to buy and proceed with
the checkout to make
payments.

04

Your order is being
processed for delivery.
You'll be notified when
dispatched.



NAIROBI

Subaru Kenya - Parts & Service Center,
Addis Ababa Rd, Off Enterprise Rd, Industrial Area:
Landline: 020 665266 | Mobile: 0722 203 782 /
0733 333 686 | Email: service@subarukenya.com

KISUMU

Subaru Kenya - Service Center, Kisumu
Kenol Petrol Station, next to Nakumatt Mega City:
Mobile: 0718 490 830 / 0736 514 433

MOMBASA

Oriel Mombasa - Authorized Subaru Kenya
Parts & Service Center Links Road, Nyali
Tel: 041 4470 753 | Mobile: 0713 026 982 / 0732 912 696



SUBARU

Confidence in Motion

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.



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 Relay Challenge Competitors

Corporate Relay Challenge runners should assemble in the Full Marathon Elite Assembly Area. (Corporate Relay Challenge runners are identified by **PURPLE** 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



2019 EVENT INFORMATION

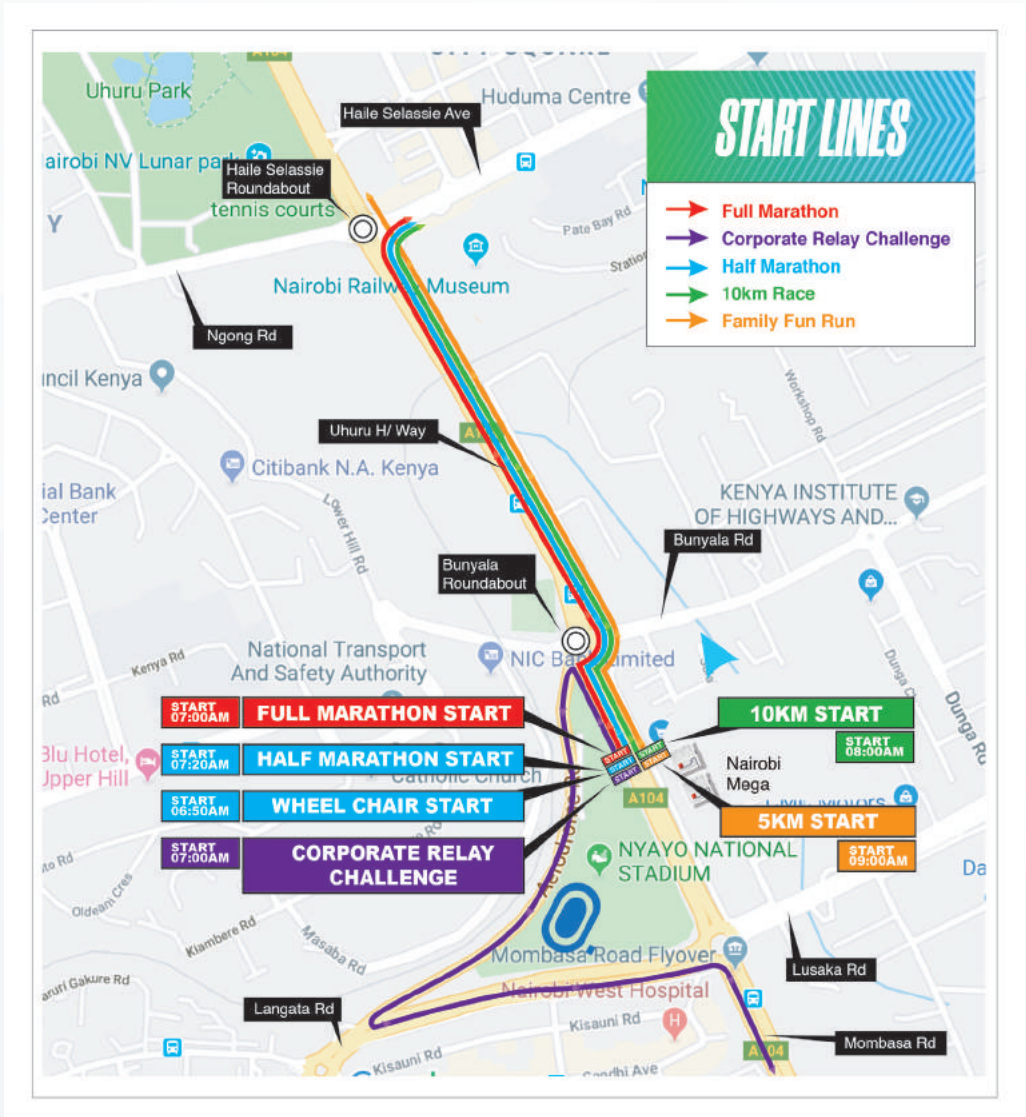
Date	Sunday 27th October 2019
Venue	Nyayo Stadium Nairobi

RACE	ASSEMBLY	WARNING HORN	PA 1 MIN	START
Wheelchair Race (21km)	06:30	06:45	06:49	06:50
Full Marathon (42km)	06:30	06:55	06:59	07:00
Half Marathon (21)	06:40	07:15	07:19	07:20
Corporate Relay Challenge (42)	06:30	06:45	06:49	06:50
10km Race	07:30	07:55	07:59	08:00
Family Fun Run (5km)	08:00	08:45 move to h/way	08:59	09:00

Roads used for the marathon will be closed on Sunday 27th October from 4am. Please use the traffic diversions and follow the Police instructions. Traffic on the roads before 6.30 am is expected to be light.

PLEASE BE EARLY
The marathon will start on time!

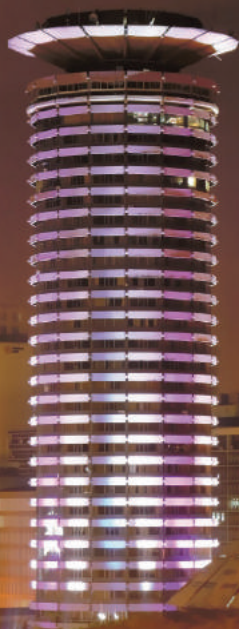
ASSEMBLY AREAS AND START LINES





The Kenyatta International
Convention Centre

Africa's Premier Meeting Venue



KICC,

THE CENTRE OF THE WORLD.
LITERALLY.



The Kenyatta International
Convention Centre

Africa's Premier Meeting Venue

INDOOR EVENTS



OUTDOOR EVENTS



SOCIAL EVENTS



There aren't many places that are synonymous with hosting Africa's most prestigious events like KICC.

The legendary location at the heart of Nairobi's business centre, has grown over the years to now host a wide and varied number of events. Culture to economy to governance the world comes together here to make an impact and you should too.

Come and give your event the KICC experience.

KICC. AFRICA'S PREMIER MEETING VENUE

HARAMBEE AVENUE, NAIROBI, KENYA

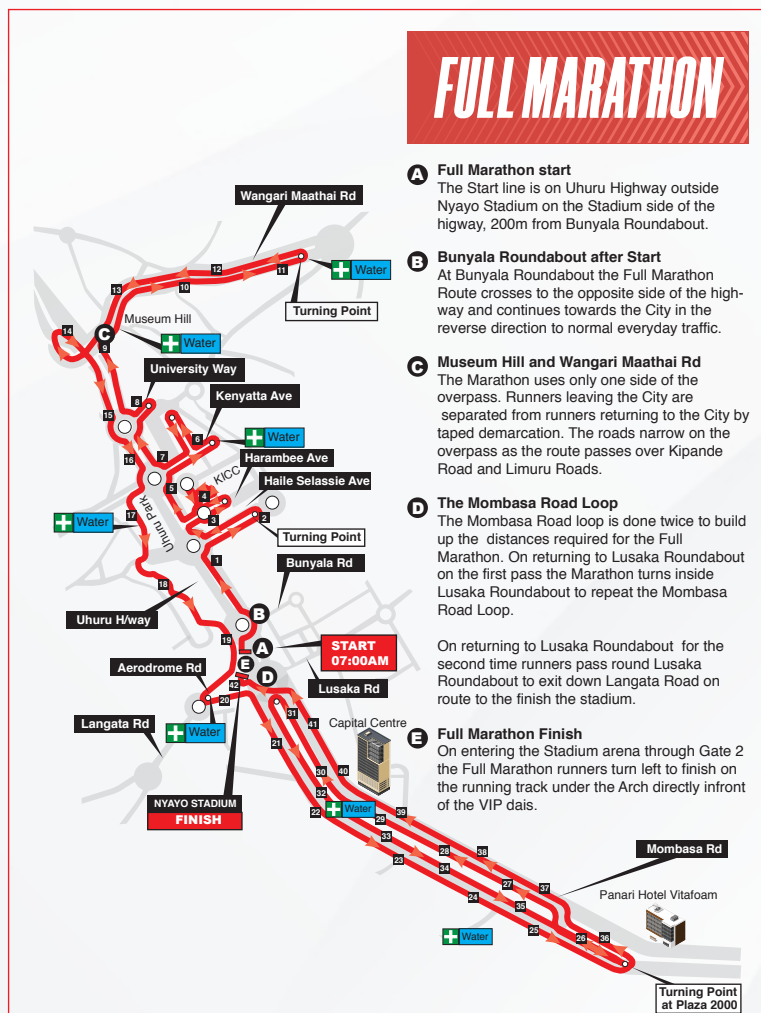
P: +254 20 3261000 M: +254 703 769 928 / INFO@KICC.CO.KE

www.kicc.co.ke / @kicckenva

FULL MARATHON ROUTE-Color 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.



FULL MARATHON ROUTE-Color code RED ●

A Full Marathon start

The Start line is on Uhuru Highway outside Nyayo Stadium on the Stadium side of the highway, 200m from Bunyala Roundabout.

B Bunyala Roundabout after Start

At Bunyala Roundabout the Full Marathon Route crosses to the opposite side of the highway and continues towards the City in the reverse direction to normal everyday traffic.

C Museum Hill and Wangari Mathai

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 roads narrow on the overpass as the route passes over Kipande Road and Limuru Roads.

D The Mombasa Road Loop

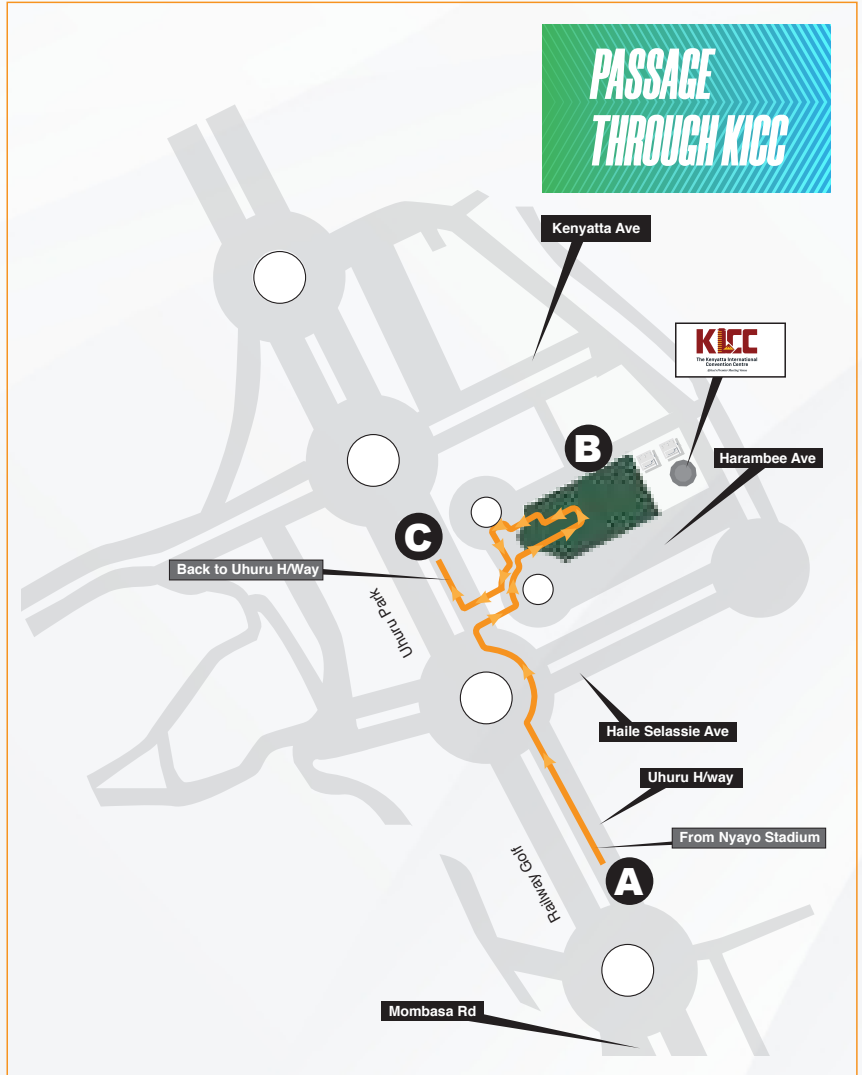
The Mombasa Road loop is done twice to build up the distances required for the Full Marathon. On returning to Lusaka Roundabout on the first pass the Marathon turns inside Lusaka roundabout to repeat the Mombasa Road Loop.

On returning to Lusaka roundabout for the second time runners pass round Lusaka Roundabout to exit down Langata Road on route to the finish the stadium.

E Full Marathon Finish

On entering the Stadium arena through Gate 2 the Full Marathon runners turn left to finish on the running track under the Arch directly in front of the VIP dais.

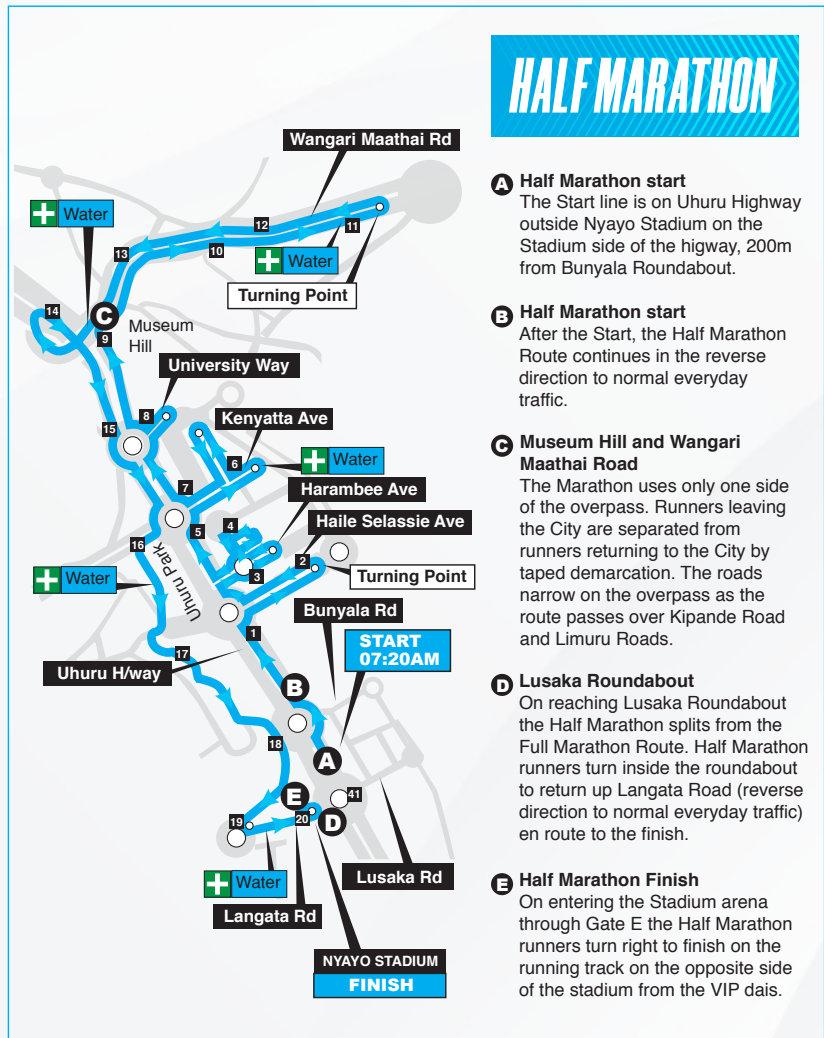
PASSAGE OF RUNNERS THROUGH KICC



HALF MARATHON ROUTE-Color code BLUE

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



HALF MARATHON ROUTE-Color code BLUE

A Half Marathon start

The Start line is on Uhuru Highway outside Nyayo Stadium on the Stadium side of the highway, 200m from Bunyala Roundabout.

B

After the Start, the Half Marathon Route continues in the reverse direction to normal everyday traffic.

C Museum Hill and Forest Road

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 roads narrow on the overpass as the route passes over Kipande Road and Limuru Roads.

D Lusaka Roundabout

On reaching Lusaka Roundabout the Half Marathon splits from the Full Marathon Route. Half Marathon runners turn inside the roundabout to return up Langata Road (reverse direction to normal everyday traffic) en route to the finish.

E Half Marathon Finish

On entering the Stadium arena through Gate E the Half Marathon runners turn right to finish on the running track on the opposite side of the stadium from the VIP dais.

Standard Chartered
Nairobi Marathon
2019



CAARING FOR THOSE WHO RUN FOR A CAUSE.

AAR Healthcare is the official medical partner of the
2019 Standard Chartered Nairobi Marathon.

#calledtoCAARe #kAARibu  @AAR_Healthcare  AARHealthcareofficial  www.aar-healthcare.com

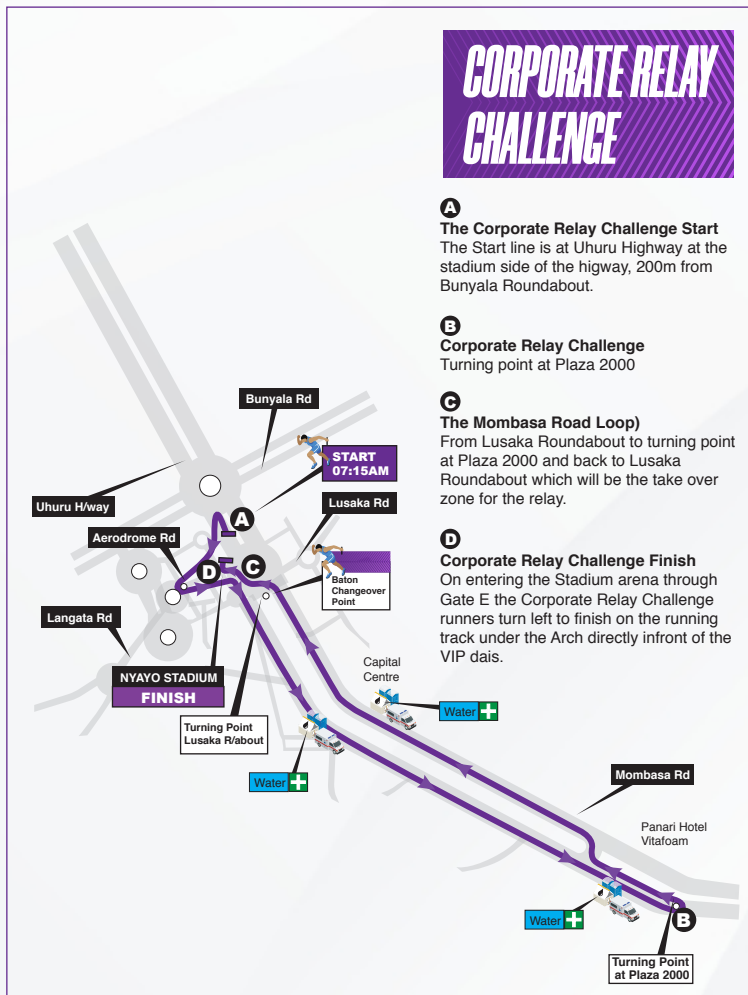


Healthcare
As human as you

Corporate Relay Challenge - Color Code Dark Blue

Runners in the Corporate Relay Challenge 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.



Corporate Relay Challenge - Color Code Purple

**A The Corporate Relay Challenge Start**

The Start line is at Uhuru Highway at the stadium side of the highway, 200m from Bunyala Roundabout.

B Corporate Relay Challenge Finish

Turning point at Plaza 2000

C The Mombasa Road Loop

From Lusaka Roundabout to turning point at Plaza 2000 and back to Lusaka Roundabout which will be the take over zone for the relay.

D Corporate Relay Challenge Finish

On entering the Stadium arena through Gate E the Corporate Relay Challenge runners turn left to finish on the running track under the Arch directly in front of the VIP dais.

10 KM ROUTE - Color 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.

WHEELCHAIRS ROUTE

The Wheelchair Race is 21km long. Wheelchairs follow the route described for the Half Marathon.

10 KM MARATHON

A 10Km Start
The start line is on Uhuru Highway outside Nyayo Stadium on the Nairobi Mega side of the highway. Runners start in reverse direction to normal everyday traffic.

B Bunyala Roundabout
After the Start the 10km Route continues in the direction reverse to normal everyday traffic .

C Kenyatta Roundabout
On returning to Kenyatta roundabout from Muindi Mbingu street and Kenyatta Avenue 10km route splits for the marathon and Hal Marathon Routes. The 10 km Race proceeds around Kenyatta Avenue Roundabout (in the opposite direction to normal everyday traffic) and heads back towards Nyayo Stadium.

D Haile Silassie Avenue on the way back to the Finish
10km runners detour up and back Haile Selasie Avenue turning to Nyayo Stadium entrance.

E 10 KM Race Finish
The finish line is on Uhuru Highway outside Nyayo Stadium on the Stadium side of the highway. The Finish Line is directly adjacent to the Start Line.

START 08:00AM

University Way

Muindi mbingu St.

Kenyatta Ave

Turning Point

Water

Harambee Ave

KCC

Railway Station

Haile Selassie Ave

Uhuru H/way

Bunyala Rd

Nairobi Mega

Mombasa Rd

Water

NYAYO STADIUM

Lusaka Rd

10 KM ROUTE - Color Code GREEN **A 10Km Start**

The start line is on Uhuru Highway outside Nyayo Stadium on the Nairobi Mega side of the highway. Runners start in reverse direction to normal everyday traffic.

B Bunyala Roundabout

After the Start the 10km Route continues in the direction reverse to normal everyday traffic .

C Kenyatta Roundabout

On returning to Kenyatta roundabout from Muindi Mbingu street and Kenyatta Avenue 10km route splits from the marathon and Hal Marathon Routes.
The 10 km Race proceeds around Kenyatta Avenue Roundabout (in the opposite direction to normal everyday traffic) and heads back towards Nyayo Stadium.

D Haile Silassie Avenue on the way back to the Finish

10km runners detour up and back Haile Selasie Avenue turning to Nyayo Stadium entrance.

E 10 KM Race Finish

The finish line is on Uhuru Highway outside Nyayo Stadium on the Stadium side of the highway. The Finish Line is directly adjacent to the Start Line.



CORPORATE CLEANING

HOME CLEANING

CAR CLEANING

CARPET CLEANING

FUMIGATION & PEST CONTROL

CORPORATE CATERING

FACILITIES MANAGEMENT



CONTACT US

+254 792 268 130

SalesKenya@tsebo.com

www.tsebo.com

The Company Behind
The Best Companies in Africa.

FAMILY FUN RUN ROUTE _Colour code ORANGE ●

All turns and junctions for the Family Fun Run 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.

5 KM MARATHON

A Family Fun Run Start
The Start Line is on Uhuru Highway outside Nyayo Stadium on the Nairobi Mega side of the highway.
Runners start in reverse direction to normal everyday traffic. The start line is on Uhuru Highway outside Nyayo Stadium on the Nairobi Mega side of the highway.
Runners start in reverse direction to normal everyday traffic.

B Bunyala Roundabout
After the Start the Family Fun Run Route continues in the reverse direction to normal everyday traffic.

C Haile Selassie Avenue after the start
Family Fun Runners proceed straight on. They do not run the loop down Haile Selassie Road to the railway station and back.

D Harambee Avenue
They join Harambee Avenue, enter Parliament Road, run through procession way inside KICC, exit at Comesa gate to Parliament Road.

E Kenyatta Roundabout - Initial approach
Family Fun Runners follow the 10km route down Kenyatta Avenue.

H Haile Selassie Avenue on the way back to the Finish
Family fun runners proceed straight on. They do not detour up to the Railway Golf Club entrance and back.

I Bunyala Roundabout on route to the Finish
As Family fun runners enter the Bunyala Roundabout they cross to the Mega side of the highway and continue to the Finish (in the normal everyday traffic direction)

J Family Fun Run Finish
The Finish line is opposite Car and general entrance. The Finish line is the same line used for the start of the 10km race.

FAMILY FUN ROUTE _Colour code ORANGE

A Family Fun Run Start

The start line is on Uhuru Highway outside Nyayo Stadium on the Nairobi Mega side of the highway. Runners start in reverse direction to normal everyday traffic.

B

After the Start the Family Fun Route continues in the reverse direction to normal everyday traffic.

C Haile Selassie Avenue after the start

Family Fun Runners proceed straight on. They do not run the loop down Haile Selassie Road to the railway station and back.

D Harambee Avenue

They join Harambee Avenue, enter Parliament Road, run through procession way inside KICC, exit at Comesa gate to Parliament Road.

E Kenyatta Roundabout - Initial approach

Family Fun Runners follow the 10km route down Kenyatta Avenue.

E Muindi Mbingu Street

Family Fun Runners proceed straight on. The faster runners of the Family Fun Run will meet the tail-enders of the 10km Run coming from Muindi Mbingu Street.

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 500ml 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 – 200m 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 within Nyayo Stadium (see diagram – Assembly areas, Finishes, Nyayo Stadium).

Emergencies and Evacuations

In the event of an emergency all hospitals in Nairobi, and the traffic police, in the route vicinity are on standby. Evacuations will be to the Mater, Aga Khan, Kenyatta, other Nairobi hospitals, or to AAR Healthcare 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 regulated by Kenyan law as a pedestrian.



TIMES THAT ROADS WILL OPEN TO NORMAL TRAFFIC



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.





A unified approach
to security.



AUA INDUSTRIA

Profesionales de Seguridad Industrial

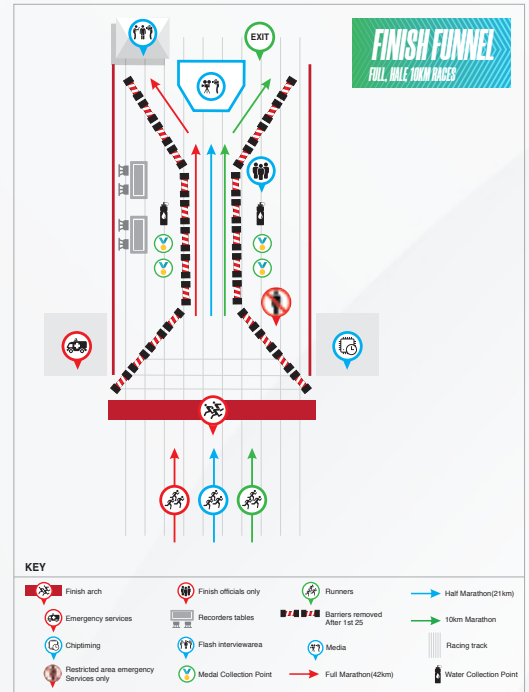
WWW.AUA.CO.KE

ASSEMBLY AREAS AND START/FINISH LINES



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 Nyayo Stadium, 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



Finish Certificates

Finisher Certificates, for all the races, can be down loaded from the website www.nairobimarathon.com from 6:00 am Wednesday 1st November.

Download Instructions

1. Go to 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 20 329 3644).



In case of difficulties please contact the Marathon Secretariat

Phone: +254 20 329 3644

Email: secretariat@nairobimarathon.com

Website: 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

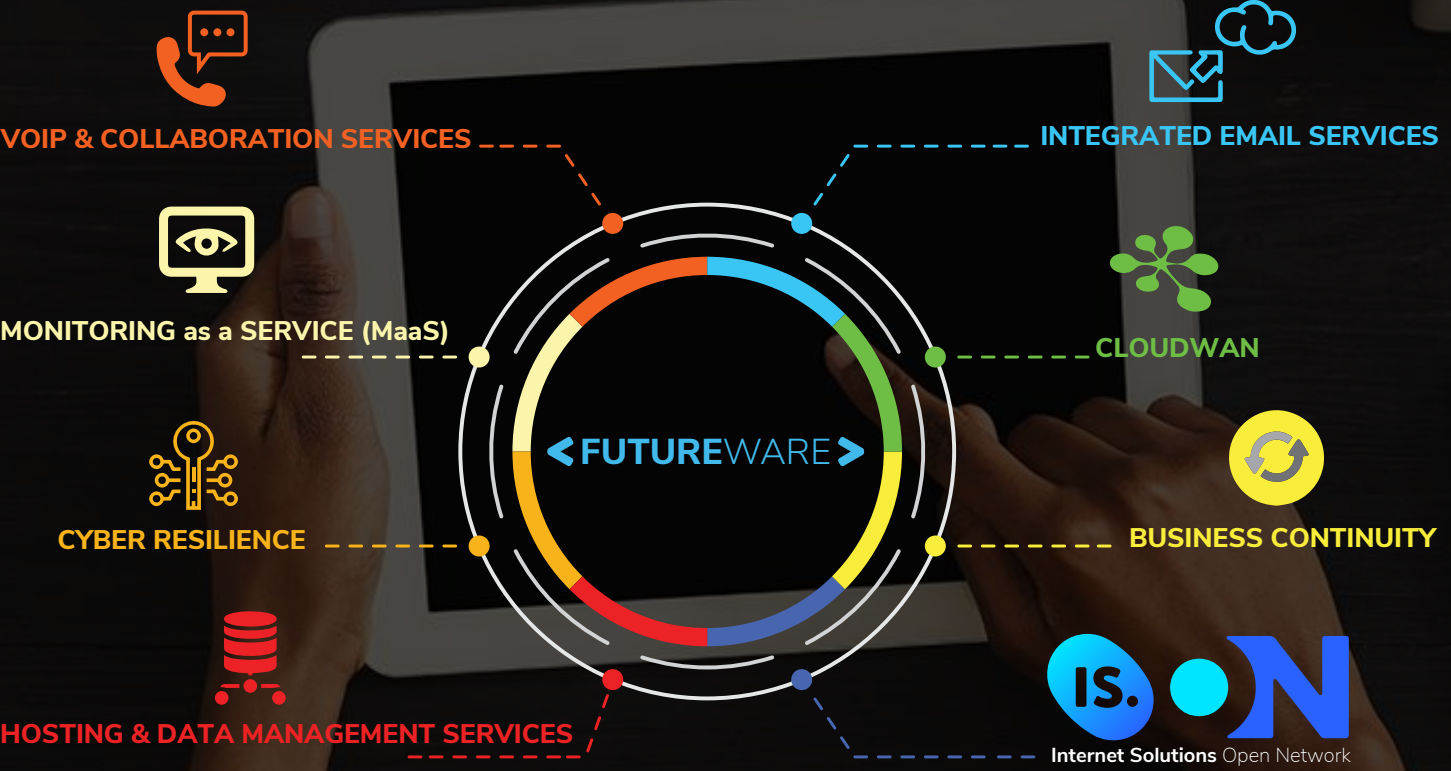
In the Marathon Village at Nyayo Stadium

1. Watch and enjoy the prize giving ceremony held within the Nyayo Stadium
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 Marathon Village.

NYAYO STADIUM | VILLAGE



BE PRESENT WITH **< FUTURE-READY TECH >**



Technology That Let's You Tame Time

Call or E-mail us Today: 020 360 0000 | info@is.co.ke

APPENDIX 1 - RACE TIMING, A6 SPORTS - CHAMPIONCHIP

A6 Sports - ChampionChip timing will be the timing system used for:

- The Full Marathon
- The Half Marathon
- The 10 km Race
- The Wheelchair Race
- Corporate Relay Challenge

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 1 - RACE NUMBERS

Race Numbers - All Races

Your Race Number confirms that you have entered the Standard Chartered Nairobi Marathon. Do not lose it. The Race Number is a method for 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 organiser will not be responsible for any inaccurate results due to improper treatment of Race Numbers.

In Addition

Elite Runners in Full Marathon, Half Marathon and 10km Races will have a **RED** Sticker affixed to their Race Numbers.

(Elite Runners are those recognised by Athletics Kenya).

Corporate Relay Challenge Runners will have a **BLUE** Sticker affixed to their 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.

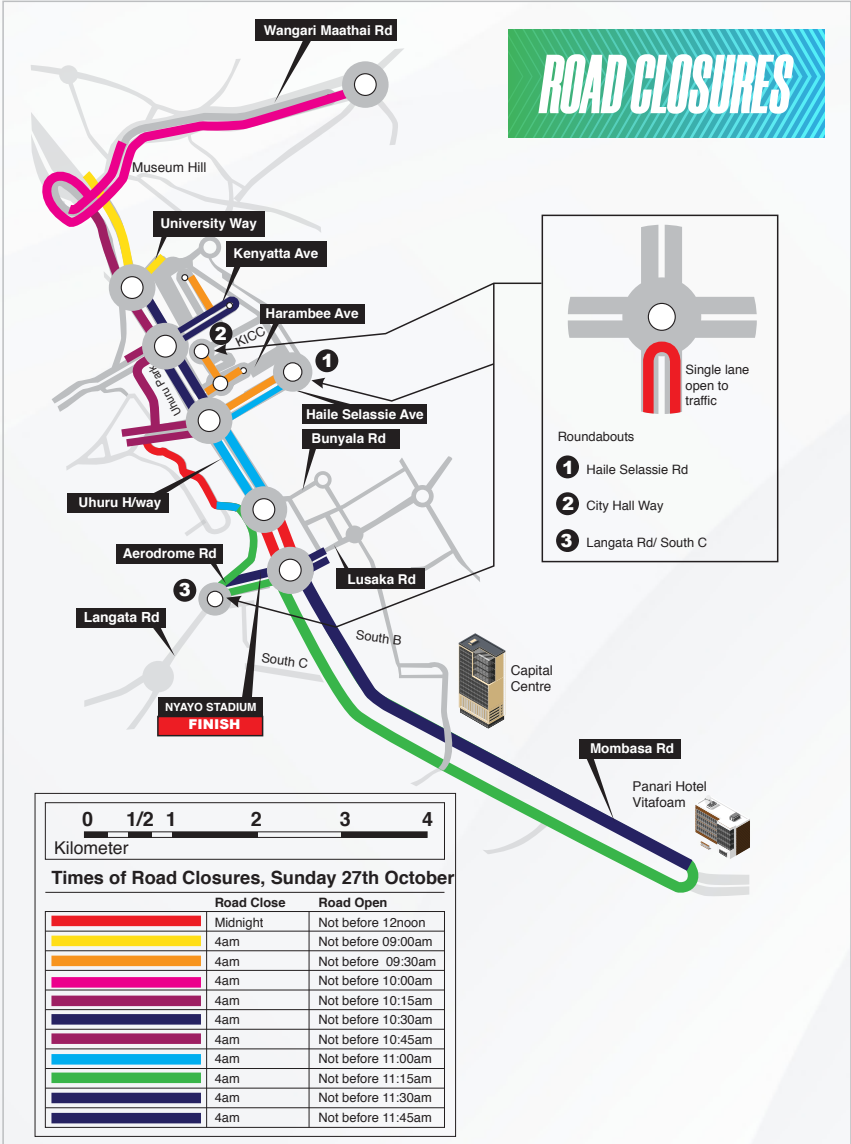
DO NOT PIN THE TEAR OFF STRIP

APPENDIX 2 - RACE NUMBERS

Race Numbers are colour coded as indicated:



APPENDIX 3 - ROAD CLOSURES, SUNDAY 27TH OCTOBER





THE HOME OF KENYA'S LEADING BRANDS

IS THE PROUD MEDIA SPONSOR OF THE
STANDARD CHARTERED MARATHON

KISS FM

CLASSIC105



East FM

Smooth
105.5 FM



KISS
100.1 FM

BAMBA
sport

Shine tv



Radio Africa has Kenya's leading broadcasters, opinion influencers and media experts.

In a market of 75 radio stations in Nairobi, Radio Africa brands takes the top 3 slots

No.1

Classic FM

No.2

Radio
Jambo

No.3

Kiss FM

Nationally the radio stations deliver between 10-13m listeners a month each. Our digital assets separately deliver 7.5m unique viewers each month as verified by Google Analytics.

2nd Floor, Lion Place, Waiyaki Way

P.O.Box 7449700200

Nairobi, Kenya

Fax: 4447410

Tel: 254 20 4244200/4244000/4240000



APPENDIX 2 - TRAFFIC DIVERSIONS

Traffic Diversions		
Midnight - 4:00 AM, Sunday 27 October 2019		
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, Landhies Road, Lusaka Road

Traffic Diversions		
Midnight - 4:00 AM, Sunday 27 October 2019		
City Centre	To the Westlands, Kileleshwa	Vehicles should use Globe Cinema Roundabout, Kipande and Ojijo Rds.
	To Muthaiga, Kiambu, Thika	Vehicles should use Globe Cinema Roundabout, Muranga Rd. Limuru Rd is also accessible.
	To the JKI 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 Ojijo 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.
Hurlingham, Kileleshwa, Nairobi Hill	To the JKI airport, Machakos, Mombasa	Vehicles should use Ngara Rd, Landhies Rd, Jogoo Rd, Outer Ring Rd.
	Into the City Centre	Vehicles should use Statehouse Rd, Arboretum Dr and Riverside Dr, then Kipande Rd and Globe Cinema roundabout.
Langata	To the JKI 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.
	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.
Karen	To the JKI airport, Machakos, Mombasa via South 'C'	Vehicles should use Langata Rd, the Southern bypass, Enterprise Rd, Mombasa Rd.
	Into the City Centre via westlands	Vehicles should use James Gicheru Rd. (through Lavinton) and Waiyaki way or Arboretum Dr. and Riverside Dr, then Kipande Rd and Globe Cinema roundabout.

APPENDIX 4

Traffic Diversions		
4:00 AM - 1:00 PM, Sunday 27 October 2019		
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.

Carrefour

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 Nyayo Stadium. The Stadium can be accessed from Aerodrome Road.

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 Nyayo Stadium. The stadium can be accessed from Aerodrome Road.

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 Nyayo Stadium lost luggage can be collected from this store before 6pm on the day of the Marathon and during normal working hours on Monday 28th October.



APPENDIX 6 - 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
42km Men	2M	750,000	500,000	150,000	100,000	50,000	40,000	30,000	20,000	10,000	3.65M
42km Ladies	2M	750,000	500,000	150,000	100,000	50,000	40,000	30,000	20,000	10,000	3.65M
21km Men	300,000	150,000	100,000								550,000
21km Ladies	300,000	150,000	100,000								550,000
21km Wheelchair Men	300,000	150,000	100,000								550,000
21km Wheelchair Ladies	300,000	150,000	100,000								550,000
10km Men	200,000	150,000	100,000								450,000
10km Ladies	200,000	150,000	100,000								450,000

Total Prize Money – 10,550,000/=

*Corporate Challenge Team money is donated to a charity of choice of the winning team



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:

- All Terrain Services for cleaning of the route and venues and for recycling of plastic bottles
- Sports Kenya for cleanliness of Nyayo Stadium
- 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 Nyayo Stadium - 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



APPENDIX 9 - CONTACT INFORMATION

Standard Chartered Nairobi Marathon Secretariat

Physical Address.
48, Westlands Road

Phone.
+254 20 239 3644

Email.
secretariat@nairobi-marathon.com

Website.
www.nairobi-marathon.com

Operating Hours.
Monday to Friday 8.30am to 5.30pm



