

# ▶ Runners Guide ◀



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chartered

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**KARIUKI NGARI**

Chief Executive Officer  
Standard Chartered Bank Kenya

It is my great pleasure to welcome all of you to the 19th edition of the Standard Chartered Nairobi Marathon. The marathon owes its success to support of our sponsors, partners, and the dedicated efforts of the organising committee. We have hosted more than 250,000 participants over the last 18 editions making this event the largest single-day sporting event in Kenya.

Due to the Covid-19 pandemic, we did not hold the marathon in 2020 and last year, we limited the number of physical participants. We are therefore excited to have the physical marathon at full capacity in 2022 at

our new venue, Uhuru Gardens using the Southern Bypass route. It is encouraging to see, corporates, families, the youth, the elderly, the disciplined forces sign up in large numbers.

Last year, we started the journey of ensuring that our marathon goes beyond a sporting event to become a platform for driving our sustainability and community engagement initiatives. At Standard Chartered, our aim is to minimise the negative impact of our events and drive positive change wherever we can. We will continue with this journey as we recycle 100% of waste generated and increase efforts to eliminate single use plastics in our event.

We launched a partnership with Kenya Forest Services to create awareness on importance of green spaces within our cities. During the year, we hosted pre-marathon events at the Nairobi Arboretum and at Karura Forest. We kicked off our tree planting initiative and planted over 11,000 tree seedlings through the slogan 'a tree per runner'. This year we target to plant at least 15,000 trees. I encourage every runner to plant their tree seedling and nurture it to maturity.

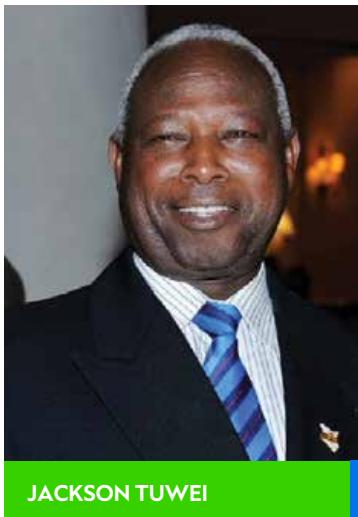
We continue to champion for more diversity and inclusion within the marathon. We have collaborated with several partners to help People with Disabilities (PWDs) prepare for the marathon. This year, PWDs will

participate in the 21km Wheelchair race and 42km Relay race alongside other participants in the traditional 5km Family Fun Run, 10km, 21km Half Marathon, and the 42km Full Marathon.

All marathon proceeds go towards the Futuremakers initiative. We are working with disadvantaged young people – especially girls and persons with disabilities to gain new skills and expertise to improve their chances of getting a job or starting their own business. Futuremakers empowers the next generation to learn, earn and grow by focussing on education, employability and entrepreneurship.

Thank you all for your support.

I wish you all a good marathon- Together, let us Run as One.



Athletics Kenya President

On this 19th edition of the Standard Chartered Nairobi Marathon, I wish to convey my personal congratulations and that of my executive committee of Athletics Kenya and the entire athletics fraternity to Standard Chartered Bank, on a job well done.

We know that the Standard Chartered Nairobi Marathon is more than a running competition. Its organisation has not only impacted on our athletes, but its proceeds have touched numerous communities and continues to change lives, by way of providing education and training for the youth and women in entrepreneurship.

A number of the Bank's Sustainability Initiatives are additionally going to support Athletics Kenya's commitment

to the United Nations Sports for Climate Action (S4CA) Framework. Currently, as we all know, the United Nations declared the world to be facing a triple planetary crisis: the crisis of climate change, the crisis of nature and biodiversity loss, and the crisis of pollution and waste. Sports is both a contributor as well as a solution provider and has the power to act to accelerate mitigation measures to counter these global crises. To this end, we in Athletics Kenya, as the first World Athletics member federation to commit to S4CA, will work with Standard Chartered Bank to realise the goals of S4CA and the Road to Net Zero on carbon emissions within the marathon organisation.

This edition of the Standard Chartered Nairobi Marathon is the first open race since the Covid-19 pandemic afflicted athletics calendars. As we get to almost complete return to normalcy, we feel very proud of the resilience that this Marathon has demonstrated in how the sports community can lead and champion accelerated climate change actions and recovery from the Covid-19 pandemic. This is in line with our focus on contributing to the decade of action for Sustainable Development Goals (SDGs) with a specific attention to SDG 12 on Responsible Production and Consumption, and SDG 13 on Climate Action.

Athletics Kenya has been part of the process of the organisation of the marathon for the last 18 editions and I commend the organisers for working very closely with our national and branch offices especially in the technical aspects of the Marathon. The input by my Executive and Nairobi branch office on matters of technical nature was invaluable and I thank them for that. As a Federation, it is our duty to play our part in making the Marathon a success, and through the sport of athletics to make the world a better place.

I wish the Bank the best of luck in its endeavours in achieving the marathon objectives, which include Employment and Education, Entrepreneurship and Sustainability. We remain at the Bank's disposal for any input, especially to do with technical matters of athletics and sustainability to enable the Bank achieve these ambitious and noble project goals.

To the athletes, we wish you good health during this 19th edition of the Standard Chartered Nairobi Marathon and to the fun runners, volunteers and sponsors, thank you again for participating in our great sport of athletics.

Thank you!

# Standard Chartered Nairobi Marathon





**PETER GITAU**

Chairman Local Organizing Committee

Welcome to the 19th Edition of the Standard Chartered Nairobi Marathon at the Uhuru Gardens. Our committee is grateful for the support and expertise we have received from our partners, sponsors, and the running community.

In 2021, we introduced our first 2-in-1 marathon, which combined a virtual and a physical marathon. 2,500 runners participated in the physical run while more than 5,800 runners from across 60 countries took part in the virtual marathon. We heard your feedback on the route so we once again will be running along the scenic Southern Bypass. We heard you regarding the tough economic times, so we capped the registration fee at KES 2,000 and extended the

registration period to 28th October 2022.

We believe that open and inclusive marathons stimulate community engagement, civic engagement, and local economic development. We have therefore created satellite runs in Mombasa, Kakamega and Kisumu to provide runners from across Kenya with an opportunity to participate in the marathon. These runs have been enthusiastically received and we look forward to making them a permanent feature.

The Nairobi Marathon is more than just a competition forum. It promotes health and well-being in the community by providing options for individuals, families and teams to improve and test their fitness. Our marathons have served as a launchpad for elite athletes into the marathon arena. Over 150 elite athletes will take part in this year's marathon joining the other 15,500 recreational runners.

We will strive to deliver an inclusive, sustainable, and accessible marathon for all. In 2021, we launched the marathon's first Sustainability Performance Report to measure our baseline impact and identify areas to prioritise action in future. We have embedded sustainability into our marathon by recycling 100% of the waste we generate and eliminated

single use plastics.

We trust that the event will continue with little or no hitches. To protect the integrity of the event, the organising committee has been working closely with the Anti-Doping Agency of Kenya (ADAK). This will complement the services of the Race Technical Director, Route Marshals and CCTV cameras along the course to deliver a world-class marathon and experience to all participants.

All marathon proceeds go towards our Futuremakers initiatives. We are working with disadvantaged young people – especially girls and persons with disabilities to gain new skills and expertise to improve their chances of getting a job or starting their own business. Futuremakers empowers the next generation to learn, earn and grow by focussing on education, employability, and entrepreneurship

Once again, I thank our staff, partners, stakeholders and all our runners. We are honoured that you have chosen to run this year for a worthy cause. We hope you all have a rewarding experience.

See you at the finish line!





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JOHNNIE WALKER



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## GOVERNANCE

The Standard Chartered Nairobi Marathon 2022 is organized in accordance with the rules and regulations of World Athletics, the Association of International Marathons and Distance Races (AIMS), Athletics Kenya (AK) and the Ministry of Health (MOH).

## ENTRY

Entry application will only be processed after receipt of payment

- The organiser reserves the right to contact and interview applicants by phone for additional information required for matters relating to the event
- In accordance with World Athletics requirements, all participants in the Standard Chartered Nairobi Marathon are subject to performance enhancing substances control procedures.
- The organiser reserves the right to deny 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 World Athletics/AK jurisdiction or who have been taking 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. .
- There will be no fee refunded if the event is cancelled for whatever reason.

## 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 however 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.

## 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.

## 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.
- 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 is 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.
- Wheelchairs must follow the measured Half Marathon Route. 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.

## KIT COLLECTION FOR PARTICIPANTS

Kit collection will be done at Uhuru Gardens from 24th October to 30th October. 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:

- A letter authorising the collection of the kit signed by the participant
  - Copies of the relevant entry documentation
  - Copy of the Participant's identity
- Those outside the country will pay for delivery according to the rate of their location.

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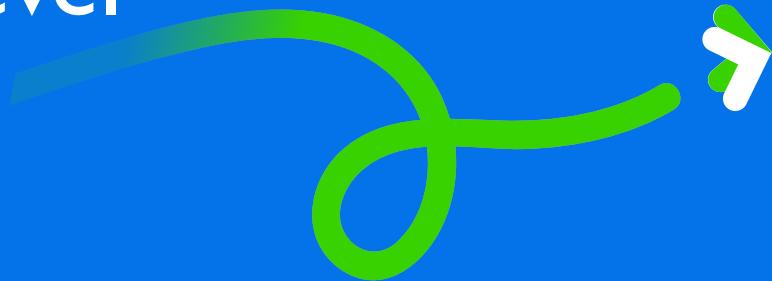
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# NEW SCNM 2022 FORMAT



The physical marathon will be done along the Southern Bypass, a new marathon route, and will target 15000 local and international runners. The virtual marathon on the other hand will be targeting the general public and they can participate from anywhere in the world.

The physical marathon will be on 30th October 2022. The traditional marathon village will be there. The spaces will be allocated to sponsors and stakeholders such as ADAK to sensitize all runners. There will also be a kiddie zone and lots of entertainment and food vendors allowed in the marathon village.

# As we run, WE BECOME

- Amby Burfoot

Keep track of your road to an even healthier you, and we'll keep you protected along the way.

- A hospitalization benefit of Kshs. 10,000 for every night you are hospitalized due to an injury from the marathon, up to a maximum of 30 days.
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# REGISTRATION



Registration for the Physical and Virtual marathon will be done on the main marathon website: [www.nairobimarathon.com](http://www.nairobimarathon.com)

Registration fee is KES 2,000 for both local and international participants.

Additional donation can be made on the registration portal and on the website.



## Running Clubs

# HOW TO PARTICIPATE IN THE VIRTUAL MARATHON



Register for a virtual race category (5km, 10km, 21km or 42km)

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Download Strava or your preferred activity tracking app on your phone.

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From wherever you are, pick a day during the Virtual Marathon Week (Sunday, 23rd October 2022 - Sunday, 30th October 2022) to run your race and ensure to use your app to track the distance.

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Log into your results portal on the website or through the email link shared with you. Submit your recorded distance and time.

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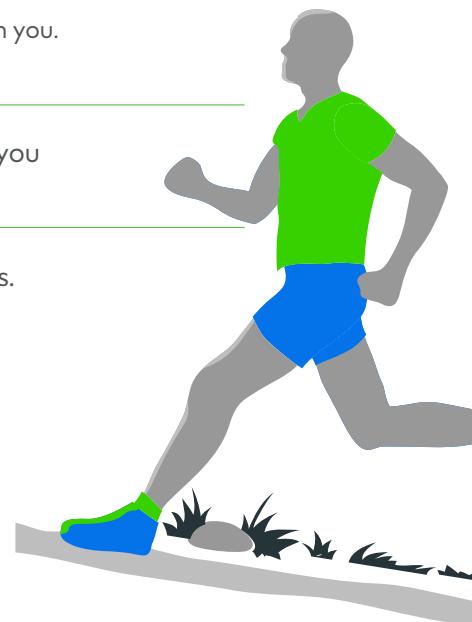


Your results will be processed in 2-3 minutes and you can see how well you did against other runners from all over the world.

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Take a picture and share your achievement with your family and friends.





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Nairobi Marathon



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## TRAINING TIPS



Minimize added sugar



Make sure your shoes are comfortable



Train on a surface similar to the one you will run on



Warm-up and cool down



Eat clean foods



Hydrate! Hydrate! Hydrate!

# FINISHES



## 1. Dope testing

Any of the top finishers in the 42km, 21km, 10km and Wheelchair Race categories, may be pulled aside for doping testing as per the race Rules and Regulations. These tests will be conducted by officials from the Anti-Doping Agency of Kenya (ADAK).



## 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.



## 5. Finishers Certificates

Finisher Certificates for all the races can be downloaded from the official marathon website at [www.nairobimarathon.com](http://www.nairobimarathon.com)

Download Instructions

1. Go to [www.nairobimarathon.com](http://www.nairobimarathon.com)
2. From the website home page, click on the PRINT CERTIFICATES button.
3. Enter your race number on the resulting screen and click ENTER (your details will be retrieved for you to confirm your name and race category).
4. Click VIEW CERTIFICATE (pdf format). Click PRINT to print or SAVE to download to your device.

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

Phone: +254 739 824 180  
 Email: [secretariat@nairobimarathon.com](mailto:secretariat@nairobimarathon.com)  
 Website: [www.nairobimarathon.com](http://www.nairobimarathon.com)  
 Operating Hours: Monday to Friday 8.00am to 5.00pm



## 2. Podium presentation

The Podium Presentations to Prize Winners (1st, 2nd, 3rd) for all the races take place at the Carnivore grounds, on the stage at the field. Presentations take place as soon as possible after the finish of all of the races.



## 4. Finishers medal

In exchange for the perforated rip-off strip on the race number Full all runners will receive a Finishers Medal.

Every runner will receive a tree seedling upon completion of their race



## Running with GEORGE PARKES

- **In terms of the pandemic, how has it been for you to stay safe? How do you manage to keep training?**

As an individual and outdoor sport, I've felt that running has been one of the safest activities during the pandemic, and pulling my mask up when running past people has become second nature. The absence of races and group training activities were a big loss, and at times my enthusiasm has definitely waned. I'm still a bit behind where I was pre-pandemic, but with the weather getting warmer and races feeling their way back, I can feel my own energy and motivation levels returning.

- **How do I know when to retire an old pair of running shoes?**

This is a common but difficult question to answer. A lot of factors can affect the wear of a shoe and also there's no sure way of determining how much wear is too much. In terms of use, degradation of the midsole materials will occur within 200 kms and continue until about 800 kms for the average runner, at which point the materials tend to compact to a level where they stabilize. Anecdotal opinion is that serious loss of function of midsole materials will occur sometime between the 800 –

1,200 km of use; but if a shoe no longer gives you the level of support that it once did, or if there are obvious physical signs wear, then these can be indications that it's time for a change.

- **Does where you run affect the wear and tear of your shoes?**

Yes it does, as do the weight of the runner and their gait and footstrike, how often and for how long they run, and environmental factors such as light, heat, cold and chemicals. The foams and glues used in trainer also degrade over time, so even an unused shoe will lose some of its properties as time passes. The type of midsole materials is another important factor with some of the current super-shoes understood to degrade quicker, even within the first 200 km.

- **What do you eat during a typical day when training for a marathon?**

Hands up, I love my food and have a sweet tooth! That said, I try to maintain a balanced diet regardless of what I'm for training. I've always seen one of the benefits of running, especially if training for a 42km, is that burning the extra calories means I can have the odd guilt free treat.

- **How did you start running?**

I can't really remember! Nobody in my family runs, but I started by myself as teenager; I think because it gave me my own space. I quickly realized that I felt better in myself when I have a good base fitness. My university housemate was a good runner and introduced me to racing. Since then, running has been key part of my life and allowed me to explore new places, make new friends and be part of fantastic communities.



## Running with DAVID THUO

### ◆ How did you get started?

We had finally come out of the difficult period of settling with our little new born baby boy and he was starting to be independent so we had a little bit of extra time on our hands. Well I think that's how my wife suddenly realized that there was a need to do something about her newly acquired frame thanks to the pregnancy. "I need to workout," she said one morning. We had discussed this before but our routines would not allow. Having resumed campus with a baby that was only one month old and commuting to school every morning and rushing home in the evening to relieve the helper and get a bit of bonding time with the boy, there was simply no spare minute then.

We hit the road checking for gyms around us. Did I mention that I had just started working and there was always more month than there was money? This gym hunting didn't go too far, the reality that a gym can be some form of luxury item for some people dawned on us and we had to retreat to the drawing board. Of course there was the usual mtaa gym with cement in paint tins and a bar in between but we quickly dismissed that.

With not many options left, my wife decided to give running a try and asked if I could join. There was no way I was going to start running. The nose-bleeding problem had however long gone but I still used it to dodge this proposal to run. My wife was however determined to shed off this excess baggage. I gladly offered to take her to Toi Market on Saturday morning to purchase running gear and her running journey had begun! Come the next Saturday and as soon as the alarm went, she was up and out for her maiden run.

## Running with David Thuo



### What motivates you to go running?

#### Are there moments that even you struggle to overcome?

I am generally an extremely self-motivated individual. That said, my runs over time have become a very unique part of my life. To begin with I have a greater appreciation of the fact that our health is our greatest wealth so that is a key driver in my motivation to run. Running is also a very unique “me time”. We do lots of stuff for others; we go to work so that we can feed our families etc. Running and by extension fitness is the one thing I do for myself. It's my therapy time. That is the time that my mind is at its best. From the drive home to the run, stretching, I have a unique bonding time with myself. The running community is also such a key motivator that keeps me going. Running is a unique sport. We look out for each other. We are as close and at times closer than family. We interact daily whether physically or via apps like Garmin, Strava and others. We want others to excel even if they get better than us. In running we focus on bettering our yesterday and that's why as long as we improve we keep going.

#### Are there moments that even you struggle to overcome?

Yes I struggle too. There is a thin line between being at your best and slipping into injury. I tread on this line every so often. I have been safe enough but in the last one year I have suffered an injury that spiralled into a series of others. Injuries can be devastating for sports people. Coming back is always hard and you need loads of support to overcome the downtime and to also navigate the return hurdles. In addition There are times in the run when you

ask yourself why I am doing this to myself, I can't go any further. Over time we however learn that there is always a second wind in us, a third, maybe even a fourth. But you must keep going through the hard bits to discover the other winds just like everything in life. Running teaches us discipline, consistency, the power of the mind, the strength within us, it teaches us how to break the big monthly goals into weekly and eventually daily tasks. The lessons from running when embraced teach us how to navigate through the challenges of life. My mantra, 'Indomitable will creates your destiny' sums this up. The unquestionable will to succeed no matter the setbacks that come your way.

#### Do you track your runs? And if so, why.

Yes, I track each of my runs on Garmin and upload them to Strava. I take time to analyse the runs sometimes on a daily basis or every so often. Tracking helps us to check on progress, gives us feedback on how the body is reacting through heart rates and the data when put to use helps to make decisions that play a critical role in our performance improvement in items like strides, cadence etc.

#### What do you think about during training and competitions?

Training is where the trophies are won. We go to competitions to collect the trophies earned in the training. That is why training is key. The hard work put in there is what gives the victories in competition. You can't expect magic on race day that is not equated to your training. During training, my key considerations are being able to enjoy the training, I also have additional goals like a race I'm working towards, what that day's particular training calls for; is it an easy run, long run, VO2 max training run, lactic threshold run etc. and I am always trying to ensure that the trainings goals are met. With regards to competition, it is where we go to harvest the fruits of our hard work. Competitions offer us an opportunity to gauge our progress against our past selves and also to see where we place in terms of others. Well taken, competitions offer us a fantastic opportunity to work on bettering ourselves.

#### How do you handle defeats?

Defeat is a part of our lives. Like they say, we learn more from failures than wins. That however, does not happen automatically. We have to be bold and intentional to be able to go back and see where we lost it, what can we do to mitigate the causes of the failures then we must pick ourselves up and forge forward taking into account the lessons learnt from the failures.



## Running with **DOUGLAS WAKIIHURI**

- **You were the first Kenyan to win a gold medal in the 1987 World Championships in Rome. What stood out in terms of your preparedness, the competition and the move you made to win?**

The 1987 World Championships was my first major marathon to participate in. With a 2hrs 13min time, my aim was to qualify and be selected to represent Kenya in the 1988 Seoul Olympics in South Korea. I prepared well, training in New Zealand for two months, and later flew to Sweden for conditioning and time trials where I competed in a 21km race, two weeks before Rome. I won the half marathon in a time of 1hr 1min 40 sec..

- **What is your typical training volume in miles or kilometers when you are in a marathon building phase? How long are your runs? How many do you do leading up to a marathon and at what pace?**

My typical training in a day was 3 times back then; early morning, before lunch and before

supper. My mileage would be 40km per day with a 1km time trial  $\times 5$ , totaling to 45km. There were also 2 days of easy 10km runs. Speed training was 1000m  $\times 15$  at 3min pace per week with variation of hill work for 3km  $\times 10$ . Leading to the race, you start tapping down.

- **You are now a running coach and a respected figure in Kenya. How important is it to you to be a role model to young men and women in the country?**

I can't proclaim who I am, I can only be commended for doing what I love most; which is running and committing my life to realize my dreams, not for me but for my country. I may have inspired many while doing this. I am especially proud that on 11th June 2021 The Emperor of Japan awarded me with the Spring Conferment Order of The Rising Sun Gold And Silver Rays.

- **Are there major lessons you have learned in your life in terms of running and discipline?**

Honesty, commitment, determination. Turn every negative narrated towards you into a positive. Choose wisely what's important because life is short, but the marathon is shorter.

- **How does climate/weather affect training and how does one work around this throughout the year?**

In our development ,we are losing green spaces and air quality and water is polluted. We MUST conserve our natural resources not only for us but for future generations. I am a member of the Ngong Road Forest Association and proud to run for conservation of the forest.



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# RACE DAY PREPARATION

## Before race day

1. Do not try anything new days prior to the race day; a new shoe, socks, food. Work with what you are used to.
2. It's important to get plenty of enough sleep a few days before the race, this is because on the eve of the race it might be difficult to sleep well due to all the nervousness and race jitters.
3. Eat a normal balanced diet day prior to the race day, you need to replenish your glycogen stores. Hydrate well but avoid overhydration, avoid alcohol. The night before the race avoiding foods that take long to digest.
4. If you are traveling, arrive early enough, visit the kit collection center and pick your kit. Avoid spending too much time at the expo. Minimize movement on the eve of the race, plan for sightseeing after the race.
5. Check the weather forecast, this will give you a guide on how to dress up for the race.
6. Plan on how you will get to the start point. If you are new in town, find someone to guide you.
7. Visualize your racing strategy, look at the race route, course details, race elevation and plan your splits. You will never go wrong when you have a plan.
8. Arrange your running kit the night before the race again, do not try any new clothing on the race day, trim your toenails, charge your watch or phone, check and confirm your shoelaces and insoles, pack your gels.
9. It's crucial to go through the race book provided by the race organizers or the race website key race information (start point, start time, term and conditions) and all other vital details are usually well explained.



## Race day

1. Wake up early. Take your time to poop and empty your system. Running causes things to move through the colon and not clearing your system will cause discomfort during the run. Runners stomach is not a good experience.
2. Take a light breakfast 2 to 3 hours before the race, oatmeal, a few slices of bread or a banana are appropriate. Hydrate too on your way to the start point.
3. Use a lubricant under your arms, crotch and thighs to protect yourself from chafing.
4. Leave the house or the hotel early, remember on the race day some roads might be closed.
5. Do a light dynamic warm up before the race, an easy run warm up (15-20 minutes) but avoid running too much before the start.
6. Start the race well within your capabilities, avoid being carried away and running too fast early in the race. Controlling your pace early in the race will always pay off later, you will be smiling late in the race when you pass all those who started fast. Remember most world records are broken by negative splits (running the second half faster than the first half of the race)
7. DO NOT MISS a water point, hydrate throughout the race, do not wait to feel thirsty to start hydrating, most races have water points every 5 Kms and taking fluids early will prevent dehydration later in the race.
8. Take your gels and electrolytes early in the race. It's easier for the body to digest when it's still not very tired.
9. Enjoy the race, when the going gets tough, smile 😊.



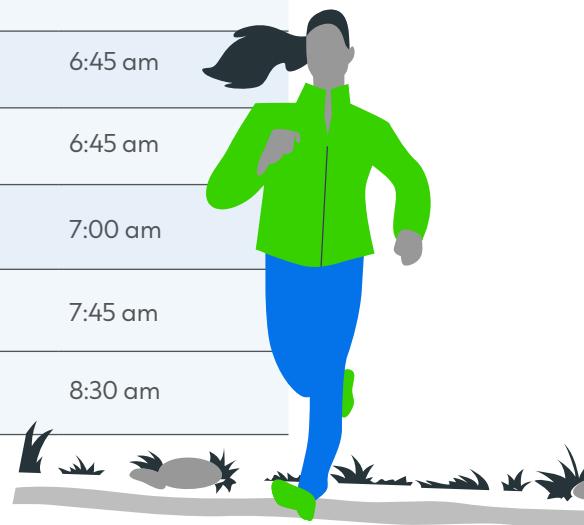
## 2022 Standard Chartered Nairobi Marathon Start Times

The 2022 Standard Chartered Nairobi Marathon will be held along the Southern Bypass.

**Date** : Sunday 30th October 2022

**Venue** : Uhuru Gardens

Race	Distance (kms)	Assembly Time	PA 1 Min	Start Time
21km Wheelchair	21 km	6:20 am	6:29 am	6:30 am
42km Full marathon	42 km	6:40 am	6:44 am	6:45 am
42km Corporate Relay	42 km	6:40 am	6:44 am	6:45 am
21km Half marathon	21 km	6:40 am	6:59 am	7:00 am
10 km race	10 km	7:35 am	7:44 am	7:45 am
5 km race	5 km	8:10 am	8:29 am	8:30 am

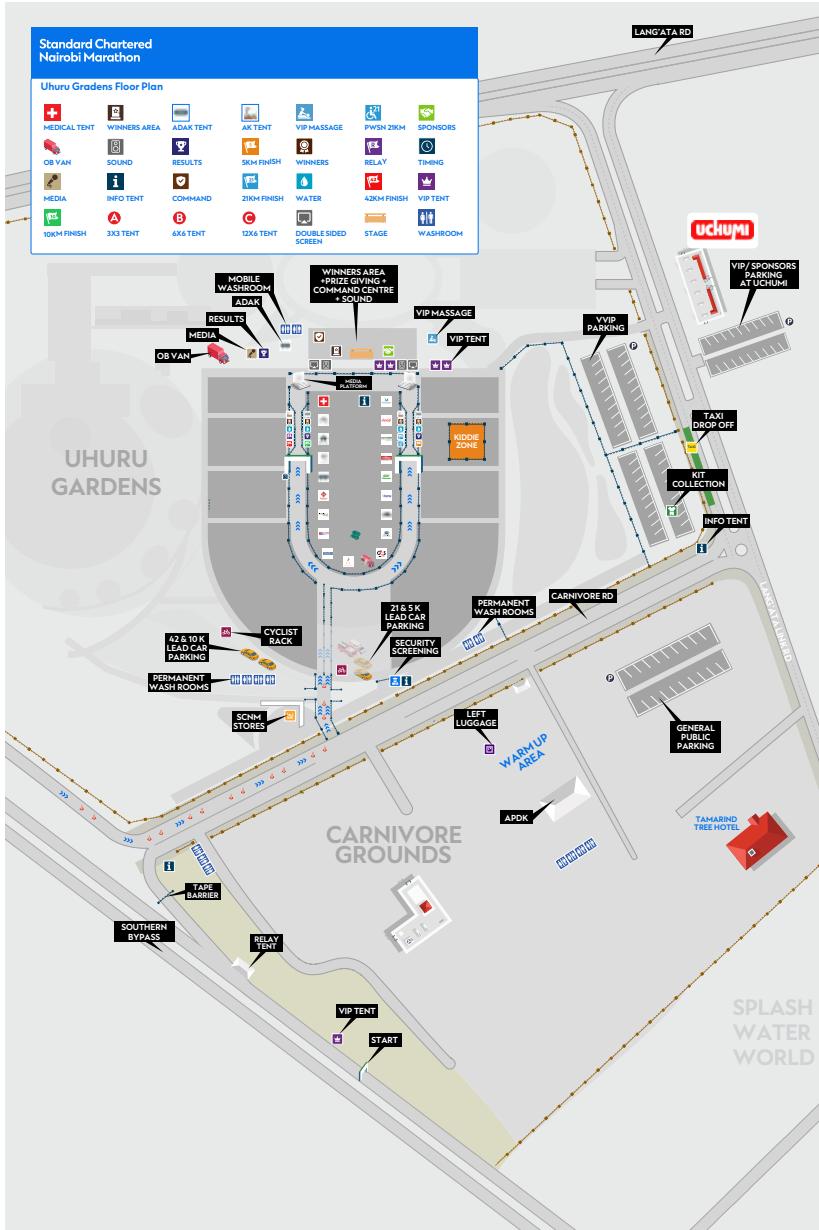


The road used for the Marathon will be closed on Sunday 30th October 2022 from 12.00am. PLEASE BE THERE EARLY, the marathon will start at the exact times indicated above.

Runners in the Virtual Marathon will be able to participate from anywhere in the world and capture their results via the Strava activity tracking app. The Virtual Marathon will be open from Sunday, 23rd October 2022 to Sunday, 30th October 2022.

Registration for the Physical and Virtual marathon will be done on the official marathon website at [www.nairobimarathon.com](http://www.nairobimarathon.com). The registration fee is KES 2,000 for both local and international participants. Additional donations can also be made on the website.

# MARATHON VENUE FLOOR PLAN





**Let us do the planning, you enjoy the party**

Dinner, Lunches, Team Building and  
Outside Catering

End of year offers applicable  
from November 1st to  
January 2nd 2023

- ~ Conference Spaces
- ~ Well manicured gardens
- ~ Restaurant
- ~ A variety of menus to choose from



Call 0709 240 000 or Email [reservations.tth@tamarind.co.ke](mailto:reservations.tth@tamarind.co.ke)

 Off Lang'ata road Next to Carnivore

## 42KM ROUTE

Water + Medical Tent  
1 km South Point  
South Point  
Timing Mat

### START

SOUTHERN BYPASS

CALE

COLLEGE OF INSURANCE

EMARA OLE SERENI

HARI INDUSTRIAL PARK

CROSSOVER

SOUTHERN BYPASS

NAIROBI NATIONAL PARK

SHREE KUTCH SATSANG  
SWAMINARAYAN MANDIR

LANGATA ROAD INTERCHANGE

SOUTHERN BYPASS

ALLIANCE CONCRETE

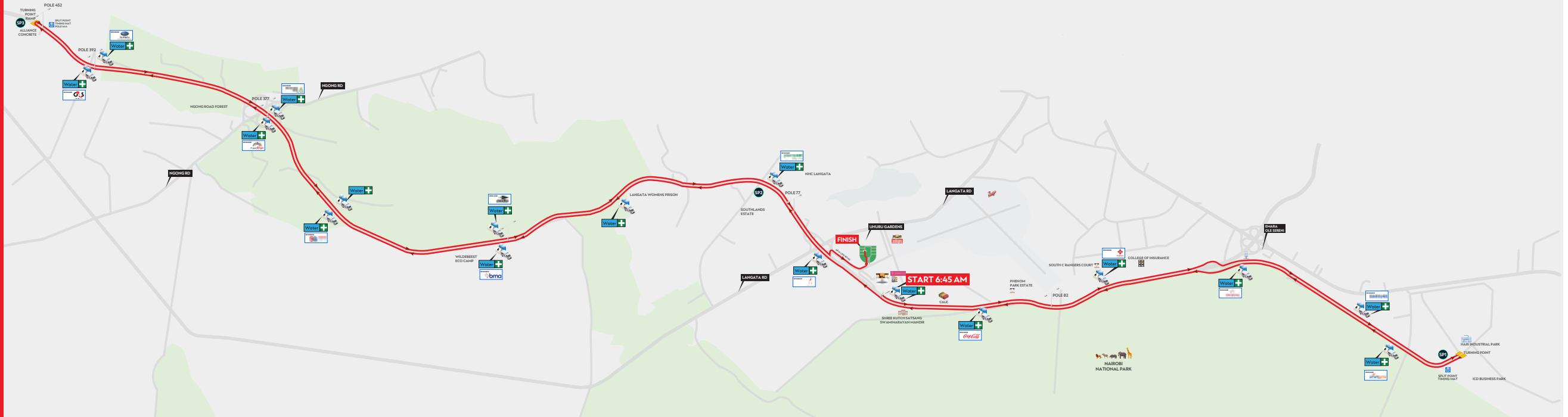
CROSS OVER RAMP

SOUTHERN BYPASS

LANGATA ROAD INTERCHANGE

UHURU GARDENS

FINISH



## FULL MARATHON ROUTE - Colour code RED

## 21KM ROUTE



### START

SOUTHERN BYPASS

CALE

COLLEGE OF INSURANCE

EMARA OLE SERENI

HARI INDUSTRIAL PARK

CROSSOVER

SOUTHERN BYPASS

NAIROBI NATIONAL PARK

SHREE KUTCH SATSANG  
SWAMINARAYAN MANDIR

LANGATA ROAD INTERCHANGE

SOUTHERN BYPASS

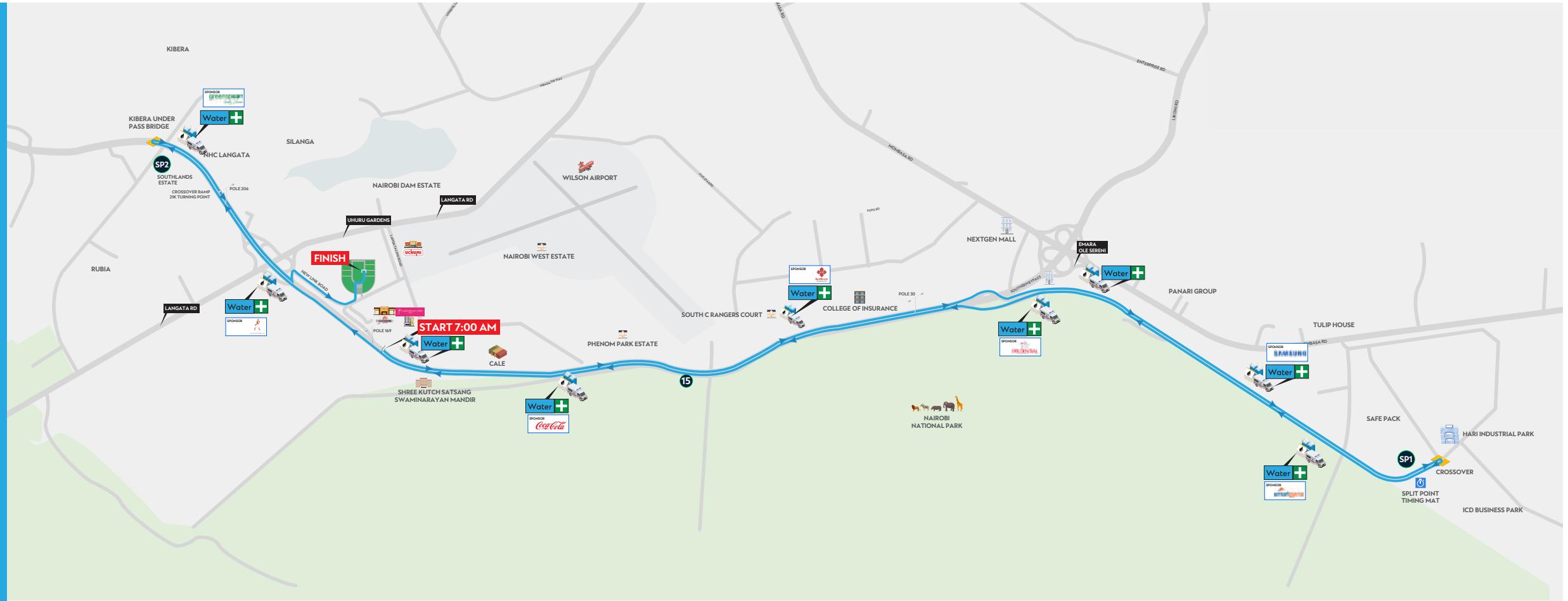
CROSS OVER RAMP

SOUTHERN BYPASS

LANGATA ROAD INTERCHANGE

UHURU GARDENS

### FINISH



## HALF MARATHON ROUTE - Colour code BLUE



10 KM ROUTE - Colour code GREEN



5 KM ROUTE - Colour code ORANGE

## RELAY ROUTE



### START

- A** SOUTHERN BYPASS
- B** CALE
- PHENOM PARK ESTATE
- C** CROSSOVER
- NAIROBI NATIONAL PARK
- SHREE KUTCH SATSANG SWAMINARAYAN MANDIR
- LANGATA ROAD INTERSECTION
- D** CROSSOVER
- NHC LANGATA
- E** LANGATA ROAD INTERSECTION
- F** UHURU GARGENS

### FINISH

TOTAL DISTANCE COVERED  
42,097

**A** 404M **B**

**B** 8776M **E**

**E** 820M **F**

**E** 503M **B**

10k Turning Point Crossover Ramp 532.5M **C**



## RELAY ROUTE

**Water + 1**  
Water Point & Medical Tent  
10k Marker

### LAP 1 START

- A** SOUTHERN BYPASS
- B** CALE
- PHENOM PARK ESTATE
- C** CROSSOVER
- NAIROBI NATIONAL PARK
- SHREE KUTCH SATSANG SWAMINARAYAN MANDIR
- LANGATA ROAD INTERSECTION
- D** CROSSOVER
- NHC LANGATA
- E** LANGATA ROAD INTERSECTION
- F** SOUTHERN BYPASS

### FINISH

TOTAL DISTANCE COVERED  
42,097

**A** 404M **B**

**B** 8776M **E**

**E** 820M **F**

**E** 503M **B**

532.5M **C**

10k Turning Point Crossover Ramp



## Relay Route Runner 1

## RELAY ROUTE

**Water +** 1  
Water Point & 10k  
Marker

### LAP 2 AND 3 START

- A** SOUTHERN BYPASS
- B** CALE
- PHENOM PARK ESTATE
- C** CROSSOVER
- NAIROBI NATIONAL PARK
- SHREE KUTCH SATSANG SWAMINARAYAN MANDIR
- LANGATA ROAD INTERSECTION
- D** CROSSOVER
- NHC LANGATA
- E** LANGATA ROAD INTERSECTION
- F** SOUTHERN BYPASS

### FINISH

TOTAL DISTANCE COVERED  
42,097

**A** 404M **B**

**B** 8776M **E**

**E** 820M **F**

**E** 503M **B**

**E** 532.5M **C**

10k Turning  
Point Crossover  
Ramp



## Relay Route Runner 2 and 3

## RELAY ROUTE

Water + 1  
Water Point & Medical Tent  
KM Marker

### LAP 4 START

- A** SOUTHERN BYPASS
- B** CALE
- PHENOM PARK ESTATE
- C** CROSSOVER
- NAIROBI NATIONAL PARK
- SHREE KUTCH SATSANG SWAMINARAYAN MANDIR
- LANGATA ROAD INTERSECTION
- D** CROSSOVER
- NHC LANGATA
- E** LANGATA ROAD INTERSECTION
- F** UHURU GARGENS

### FINISH

TOTAL DISTANCE COVERED  
42,097

**A** 40.4M **B**

**B** 877.6M **E**

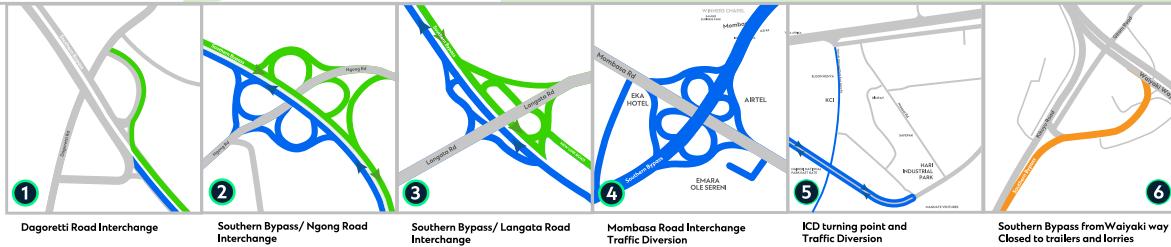
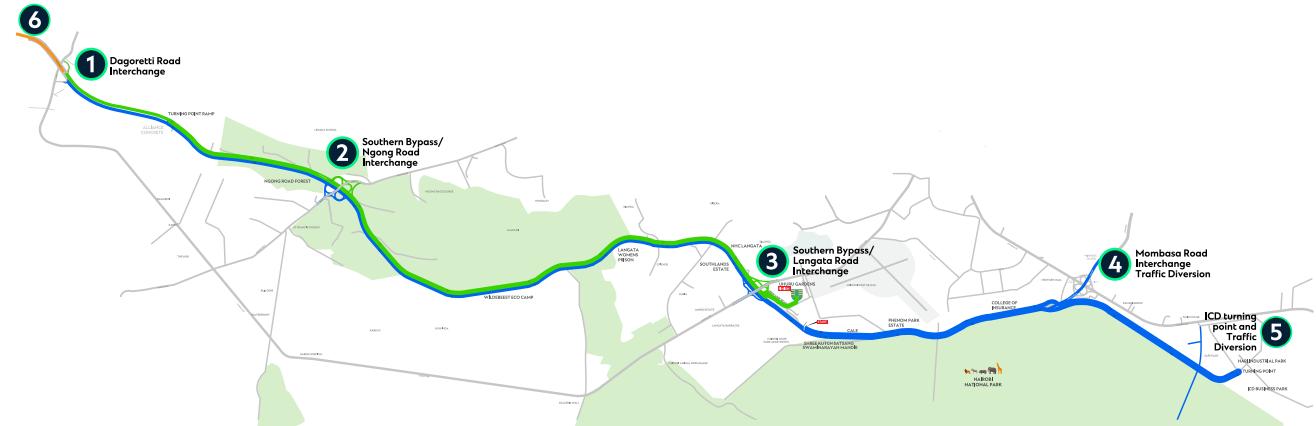
**E** 820M **F**

**E** 503M **B**

532.5M **C**

10k Turning Point Crossover Ramp





1 Dagoretti Road Interchange    2 Southern Bypass/ Ngong Road Interchange    3 Southern Bypass/ Langata Road Interchange    4 Mombasa Road Interchange Traffic Diversion    5 ICD turning point and Traffic Diversion    6 Southern Bypass from Waiyaki way Closed to trailers and lorries



### Times of Road Closures, Saturday 29<sup>th</sup> October

Color Code	Road Closure	Road Opening
Grey	Remains Open	Remains Open
Green	Midnight	Not before 1:30 pm
Blue	Midnight	Not before 12:10 pm
Orange	Midnight	Not before 1:30 pm

## Standard Chartered Nairobi Marathon

### Road Closures and Traffic Diversions

Accessible Areas		
From	To	Diversion
Kikuyu	Dagoretti via Southern Bypass	Vehicles will be able to access Dagoretti from Kikuyu through the Southern Bypass
Karen (Karinde)	Kikuyu via Southern Bypass	Vehicles will be able to use the Southern Bypass to access Kikuyu from Karen through Dagoretti Road

12:00 am - 12:10 pm Sunday 30 <sup>th</sup> October 2022		
From	To	Diversion
Karen Shopping Centre	Kikuyu via Southern Bypass	Vehicles to use Dagoretti Road
Karen Shopping Centre	Mombasa Road via Southern Bypass	Vehicles to use Langata Road
Langata Road (Galleria Mall)	Kikuyu via Southern Bypass	Vehicles to use Dagoretti Road via Langata Road
Langata Road (Galleria Mall)	Mombasa Road via Southern Bypass	Vehicles to use Uhuru Highway through Langata Road
ICD	Kikuyu via Southern Bypass	Vehicles to use Waiyaki Way through Mombasa Road/ Uhuru Highway
Mombasa Road	Ole Sereni	Vehicles to access Emara Ole Sereni through Nextgen Mall
Likoni Road	Mombasa Road (through Southern Bypass)	Vehicles to use Enterprise Road

12:00 am - 1:30 pm Sunday 30 <sup>th</sup> October 2022		
From	To	Diversion
Kikuyu	Mombasa Road via Southern Bypass	Vehicles to use Waiyaki Way
Dagoretti	Mombasa Road via Southern Bypass	Vehicles to use Waiyaki Way or through Ngong Road and Mbagathi Way
Lenana (Ngong Road)	Kikuyu via Southern Bypass	Vehicles to use Waiyaki Way through Naivasha Road or James Gichuru Road
Lenana (Ngong Road)	Mombasa Road via Southern Bypass	Vehicles to use Langata Road through Karen Road
Waiyaki way	Mombasa Road via Southern Bypass	Trailers and Lorries to use Waiyaki Way

## SERVICES ON THE ROUTE

### TIMING STATIONS

Timing mats are placed at strategic points along the course and start/finish points. The timing chip records the passage of all participants over these mats. It is essential that you cross all timing mats, both 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 start/finish

At 5 km intervals on all routes 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.

All water bottles from the Marathon are collected for recycling. Look out for the Bottle Discard Areas, located 25 – 200m after each of the water stations. Please discard your bottles in these areas either in the provided roadside bins or to the side of the road. Dropping bottles on the course might be hazardous to runners behind you. Look after the environment and the city of Nairobi.

### FIRST AID

First Aid Stations on the route are manned by a paramedic and trauma nurses. 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 roadside treatments and on assessment rapidly dispatch an ambulance to take you to the Main Medical Centre or to the designated Hospitals on standby.

### AMBULANCES

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

### SLOW RUNNERS

A Stragglers bus will follow the back markers of each race. The Stragglers bus will notify late runners when 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 Kenyan law as a pedestrian.

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 point or Marathon Village.

# APPENDIX 1 - RACE NUMBERS

## Men



## Women



## RACE NUMBERS - ALL RACES

Your Race Number confirms you have entered the Standard Chartered Nairobi Marathon. The Race Number is a method of identification of athletes. Do not lose it and do not let anyone else use it. Please wear your race number on your chest at all times during the race so 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 to identify you.

The race numbers have a timing chip affixed to the back.

Please treat the Race Number with care to ensure accurate capture of your race results. The Organizer will not be responsible for any inaccurate results due to improper treatment of race numbers.

Runners in the Full Marathon, Half Marathon and 10km Races will have a RED sticker affixed to their Race Numbers. Corporate Relay Challenge runners will have a GREEN Sticker affixed to their Race Numbers.

## APPENDIX 2 -PARKING

### Car Parks for Athletes

Marathon participants and suppliers will park within the Carnivore Grounds. This car park has security guards; however parking is at the owner's risk. Please be considerate when parking so as not to obstruct the normal flow of traffic.

### Car Parks for VIP's

will be located at Uchumi Parking lot at Links Road. VVIPs will park within Uhuru Gardens grounds. These parking areas will only be allowed for VIP and VVIP pass holders respectively.

## APPENDIX 3 - LEFT LUGGAGE

The left luggage for all races will be at Uhuru Gardens.

The Left Luggage Centers for each race will be clearly identified. To enter any Left Luggage Center 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 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 Center. If the tag has been tampered with, please inform the left luggage officials immediately.

## APPENDIX 4 - CASH PRIZES

Position	Physical 42km	Physical 21km	Physical Wheelchair Race	Physical 10km
1	2,000,000	300,000	300,000	200,000
2	750,000	150,000	150,000	150,000
3	500,000	100,000	100,000	100,000
4	150,000	-	-	-
5	100,000	-	-	-
6	50,000	-	-	-
7	40,000	-	-	-
8	30,000	-	-	-
9	20,000	-	-	-
10	10,000	-	-	-

\*Applicable for both male and female races.

# Kenya, Where Magic Runs Deep

Rediscover the magic



## APPENDIX 5 - A WORD ON ENVIRONMENT

### KEEP THE NAIROBI MARATHON CLEAN

The Standard Chartered Nairobi Marathon is a plastic-free run. The Bank aims to reduce/eliminate any negative impact that the Marathon has on the environment. We would like to leave both the Route and the Marathon Venues “better than we found it”.

We are working with the Nairobi City County towards cleanliness of the City but everyone involved in the Marathon must do their part by being conscientious and respectful to the environment around them.

While on the route please discard your water bottles in the bins placed 25m – 200m after each water station. While within the Marathon Village, please place your litter in the bins provided around the venue.

### THANK YOU FOR YOUR SUPPORT

## APPENDIX 6 - CONTACT INFORMATION

### Standard Chartered Nairobi Marathon Secretariat

**PHONE**

+254 739 824 180

**EMAIL**

[secretariat@nairobi-marathon.com](mailto:secretariat@nairobi-marathon.com)

**WEBSITE**

[www.nairobi-marathon.com](http://www.nairobi-marathon.com)

**OPERATING HOURS**

Monday to Friday 8.00 am to 5.00 pm

# Standard Chartered Nairobi Marathon

[nairobi-marathon.com](http://nairobi-marathon.com)