

# ► Runners Guide ◀



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## CEO's Remarks



**KARIUKI NGARI**

Chief Executive Officer  
Standard Chartered Bank Kenya

For two decades, our running event has been igniting the passion of runners and enthusiasts alike, pushing boundaries and fostering a sense of community that is unmatched. We have conquered countless miles, challenged our limits, and inspired each other to reach for the stars. And now, it's time to celebrate this incredible milestone together! This year, as we commemorate 20 years of sheer determination and unwavering commitment,

we invite you to join us for a monumental celebration like no other. Prepare to be swept away by the electrifying atmosphere, as we bring together runners from all walks of life to mark this extraordinary achievement. And of course, let's not forget the centerpiece of our event, the exhilarating race itself. This year we embark on a journey through the scenic Southern Bypass route, where every stride brings you closer to your goals. Whether you're a seasoned runner aiming for a personal best or a first-timer taking your first steps into the world of running, our courses are designed to challenge and inspire you to push beyond your limits. But this celebration is not just about the runners, it's about the entire community that has supported us throughout the years. We extend a heartfelt thank you to our dedicated volunteers, sponsors, and partners who have stood by our side, making this event a resounding success year after year. Your unwavering support and belief in our vision have propelled us to reach this incredible milestone. So, mark your calendars on 29th October 2023 and prepare for an unforgettable experience as we celebrate 20 years

of passion, perseverance, and the sheer joy of running. Join us as we pay tribute to the past, revel in the present, and ignite a flame that will guide us into an even more incredible future. As we look back and reflect on some of the milestones we have achieved over the past 19 editions, I am delighted to tell the story of Daniel Othieno Odongo who was born blind. While in university the Seeing is Believing initiative funded his eye surgery and he regained full sight. He later enrolled at Skylink Aviation College and became a pilot. I invite all of you to register and join us for the marathon. You will be supporting our Futuremakers initiative to support the youth to learn, earn and grow. Mobilise your family, friends and colleagues to join us and Run As One. See you at the starting line!

**Asanteni!**

**Kariuki Ngari,**

**Chief Executive Officer,**



**Standard Chartered Bank Kenya**

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**As we run, WE BECOME**  
*Amby Burfoot*

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## Athletic Kenya President Remarks



**JACKSON TUWEI**

Athletics Kenya President

At Standard Chartered, we believe everyone deserves the opportunity to learn, earn and grow. The marathon's origin is traced back to 2003, when the Standard Chartered Bank started the 'Seeing is Believing' initiative with a goal of eradicating preventable blindness. In 2019, we set out on a new path. The bank adopted the 'Futuremakers' initiative which tackles inequality and promotes economic inclusion for the younger generation.

As of 2022, the Futuremakers programme has reached more than one million young people, 74 per cent of whom are young women. With all marathon proceeds channeled towards Futuremakers, it is imperative that we onboard the right partners to help us achieve our mission.

Since 2003, our partnership with Athletics Kenya has helped us deliver a premium one day racing event in Kenya. During this period, our partnership has seen us make the marathon even more

inclusive and accessible, with country specific satellite marathons launched in Mombasa, Kisumu and Kakamega.

As a Bank, we are intentional about ensuring that our sustainability commitment is reflected in our marathon. Through the key pillars of accelerating zero, lifting participation, and resetting globalization, we are implementing measures such as tree planting, reducing the use of single-use plastic, and championing diversity and inclusion within the marathon team and marathon participation. I am happy to note that Athletics Kenya is also aligned to these aspirations. We therefore have no doubt that our partnership with Athletics Kenya is one that is well aligned to our overall goal for the marathon.

**Thank you!**



## Chairman's Remarks



PETER GITAU

Chairman Local Organizing Committee

Since its inception, our running event has grown into a legendary gathering, bringing together running enthusiasts from far and wide to experience the thrill of the chase. Through the support of the Ministry of Sports, Nairobi City County, Athletics Kenya, KENHA, KURA, and Tamarind Group, we were able to maintain the marathon route along the Southern Bypass and the monumental venue Uhuru Gardens. In 2021 and 2022, the virtual marathon allowed us to test out the power of technology within athletics and expand our marathon experience outside the boundaries of our city. More than 1,000 runners joined us from across 30 countries to take part in the virtual marathon. This year as we mark our special edition of the marathon, we will maintain the 2-in-1 format where runners will participate in the

main marathon and satellite runs in different parts of the country. You have inspired us all to push ourselves to new heights, and to believe that anything is possible with hard work and determination. With the lessons learnt through the 19 years, we are positive that we will elevate the experience. As we celebrate 20 years of this event, we are reminded of the incredible impact that running can have on our lives. One of the impactful stories is that of Christine Ndunge Wambua who was the poster girl for the Standard Chartered Nairobi Marathon in 2010. She is one of the beneficiaries of the Seeing is Believing Initiative. At the age of three, her parents noticed that she started losing her eyesight. On consulting an optician, they were informed that she had cataracts on both eyes that would need corrective surgery to restore her full sight. The family were not in a position to afford the surgery and applied for funding at Kikuyu Eye Clinic, a beneficiary of the Seeing is Believing fund allocation. Their request for funding was granted and Christine was successfully operated on. Our dedication to inclusivity, sustainability, and community engagement has made this event a truly remarkable achievement. The event will feature all the seven race categories; 42km, 21km, 10km, the CEO challenge, 21km wheelchair, 5km Family Fun Run race and the Corporate Relay Challenge for both male and

female. This year we target to host over 25,000 runners for the marathon. It is with great excitement that I invite you to lace up and join us for the 20th edition of the Standard Marathon, a much anticipated event taking place on the 29th of October, 2023. The integrity of the biggest city marathon in Nairobi 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 World Athletics standards. Similar to the previous editions, we will continue to employ the chip technology 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 Race Technical Director, Route Marshals and CCTV cameras along the course. Once again, I would like to say thank you to all our partners and stakeholders: - Ministry of Sports, Nairobi County, Athletics Kenya, AAR Healthcare, Subaru Kenya, Kenya Forest Services, Tamarind Group, Standard Media Group, Dimension Data, Uhuru Gardens National monument, the Ministry of Defence and all the running clubs. Get ready to be part of something epic!

**Thank you!**

**Peter Gitau,**

**Standard Chartered Bank COO and Chairman, Marathon Local Organising Committee.**



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## Governor's Remarks



**SAKAJA ARTHUR JOHNSON**  
Governor-Nairobi City County

I am proud that Nairobi City is the home of the Standard Chartered Nairobi Marathon. The race has positioned our city as a choice destination for professional and amateur runners from all over the world.

For the first time, the marathon will take part on the Southern Bypass in a new format. This will be a great opportunity to showcase the beautiful city of Nairobi as a unique attraction with the only natural national park within a city as well as modern infrastructure to facilitate a race of this calibre.

I would like to assure you that this year's Marathon, just like in previous editions, has our full support. We are proud to see the bank go out of their way to create employment opportunities for the youth and improve the livelihoods of the citizens. We look forward to what the future holds and plan to run with Standard Chartered Bank and all participants to the finish line.

**Johnson Arthur Sakaja CBS**  
**Governor of Nairobi City County**

# THE CEO'S CHALLENGE

Introducing the CEO Challenge, an extraordinary event that combines fitness, competition, and networking like never before. Get ready to push yourself to new heights as you take on a thrilling run alongside other CEOs, leaders and decision-makers from various industries.

At the CEO Challenge, we believe that success in the boardroom and on the racecourse go hand in hand. As a CEO, you're constantly faced with challenges, and this is your chance to show the world your determination, resilience, and drive. This unique event offers a platform for CEOs to connect, compete, and inspire each other, while also raising funds for a charitable cause close to our hearts.

The CEO run will start immediately after the elite runners have been flagged off and will follow the normal course for the registered category.

**Date: Sunday, 29th October 2023**

**Venue: Uhuru Gardens**

**Start point: Southern Bypass**

**Entry fee: KES. 20,000**

**Start Times:**

**42km - 06.00 AM**

**21km - 06.45 AM**

**10km - 08.00 AM**

**5km - 09:30 AM**

The CEO challenge is a test of endurance and it will take you through a scenic route, showcasing the beauty of the surroundings as you push your physical and mental boundaries.

Whether you're a seasoned runner or new to the sport, this event will challenge you to dig deep and discover the strength within.

There will be networking opportunities to connect and engage with like-minded CEOs and industry leaders during the pre-race warm-up, post-race, and networking sessions.

This will enable you to build lasting relationships, exchange ideas, and explore potential collaborations in a relaxed and supportive environment.

By participating in the ultimate CEO Challenge, you'll not only test your limits but also make a difference in the lives of others. All the registration fee will be donated to the Futuremakers initiative and together, we can create a positive impact on society.

## HOW TO REGISTER

To register, you can visit the website at [nairobimarathon.com](http://nairobimarathon.com) and choose the CEO race. Alternatively you can contact the secretariat@[nairobimarathon.com](mailto:secretariat@nairobimarathon.com) for assistance.

The CEOs will have a special running kit which will be delivered to their preferred location after confirming their participation.



## GOVERNANCE

The Standard Chartered Nairobi Marathon 2023 is organized in accordance with the rules and regulations of the International Association of Athletics Federations (IAAF), 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 the World Athletics requirements, all participants in the Standard Chartered Nairobi Marathon are subject to performance enhancing substances control procedures.

The organizer 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/Athletics Kenya jurisdiction or who have been taken banned substances or who do not meet the entry requirements as stated 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 single t-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, motor bikes 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.
- Participants are advised to take care of all their valuable belongings at all times E.g Phone and money

Participants are advised to only seek help and guidance from event officials who will be easily identified by their tags



# ANTHELIOS

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## FINISH OF THE EVENT

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

After roads are open (the finish of the event) the Kenya traffic regulations apply. Any competitor still on the roads after this time is regarded by Kenya law as a pedestrian. A trail vehicle or the stragglers' bus will advise late runners that the roads are about to open to normal everyday traffic.

## CONFORMITY

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

## 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 racing 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 Nairobi Marathon races because 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 a chain ring mechanism similar to a bicycle.

## KIT COLLECTION FOR PARTICIPANTS

Kit collection will be done at Uhuru Gardens from 23rd October to 29th 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 kit distribution 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

Participants outside the country will pay for delivery according to the rate of their location and their kits will be shipped via DHL.



The physical marathon will be done along the Southern Bypass, a new marathon route, and will target 25,000 local and international runners.

The marathon will be on 29th October 2023. The traditional marathon village will be there and 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.





Registration for the 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 donations can be made on the registration portal and on the website.



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# TRAINING TIPS



Minimize added sugar



Make sure your shoes are comfortable



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



Warm-up and cool down



Eat clean food



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 line.



## 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).

The download Instructions are as follows:

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:

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 will take place at Uhuru Gardens, on the stage. 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 all runners will receive a finishers medal if their race Every runner will receive a tree seedling upon completion of their race to go and plant in their preferred locations.



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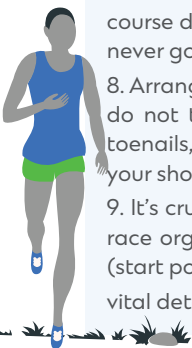
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# RACE DAY PREPARATION

## Before race day

1. Do not try anything new days prior to the race day such as 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 and 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, terms 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. A Runner's 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.



This race day preparation tips were developed by Coach Dedan Miricho, Dedan is an RRCA Level 1 running coach, ACE certified personal trainer, passionate about running and helping recreational runners achieve their running and fitness goals. He believes in developing wholesome runners who are fit, strong, and healthy

## 2023 Standard Chartered Nairobi Marathon Start Times

The 2023 Standard Chartered Nairobi Marathon will be held along the Southern Bypass.

**Date** : Sunday 29th October 2023

**Venue** : Uhuru Gardens

Race	Distance (kms)	Arrival Time	Assembly Time	PA 1 Min	Start Time
21km Wheelchair	21 km	5:00 am	5:44 am	5:44 am	5:45 am
42km Full marathon	42 km	5:00 am	5:59 am	5:59 am	6:00 am
Corporate Challenge	10 km	7:30 am	7:59 am	7:59 am	8:00 am
21km Half marathon	21 km	5:00 am	6:44 am	6:44 am	6:45 am
10 km race	10 km	7:30 am	7:59 am	7:59 am	8:00 am
5 km race	5 km	8:30 am	9:29 am	9:29 am	9:30 am



The road used for the Marathon will be closed on **Sunday 29th October 2023 from 12.00am.**  
**PLEASE BE THERE EARLY**, the marathon will start at the exact times indicated above.

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

# THE POWER OF SPORTS TO DRIVE SUSTAINABILITY.

## What does it mean to be a sustainable marathon?

We aim to minimise the negative impacts of our events and drive positive change wherever we can. At Standard Chartered, our ambition is to create a marathon platform that delivers mass-participation sporting events that improve health and wellbeing and provide a sense of achievement to participants; that are open and inclusive and stimulate community engagement, civic engagement and local economic development; that provide a platform to inspire others to better themselves; that promote innovation, collaboration and solidarity amongst participants and spectators; and that have a positive impact on the natural environment.

## What's next

The Standard Chartered Nairobi Marathon may be the first in Africa to measure its impacts across a broad range of sustainability impacts, despite sustainability being mentioned by a number of events across the continent. However, events are starting to investigate some of their impacts, particularly relating to waste, climate and charitable donations.

Being the first year and first event in the Standard Chartered portfolio to trial sustainability measurement and reporting, there were understandably some gaps in reporting against our vision of what it means to be the world's most sustainable marathon, but a series of actions have been put in place to avoid such gaps occurring in the future. This includes working closer with partners at an earlier stage in the event planning process to identify data needs and understands what is and isn't available. In order

to improve the collection of data and obtain feedback on the event, it is highly recommended that a runner / participant survey is

conducted in future years.





This will help to improve the accuracy of the data reported for certain metrics, such as those associated with participant and spectator travel. It will enable other metrics to be reported, such as local spend by participants and spectators, and it will be a means to solicit feedback on both the appropriateness of sustainability measures as well as the overall race experience. It is also recommended that the requirements for data collection and the need for measures to improve Sustainability performances are agreed with suppliers and service providers to the event well in advance.

Following the completion of this pilot programme, the same process will be followed with the suite of Standard Chartered mass participation running events.

The intention is to develop a common process for identifying, measuring and reporting a set of core KPIs as well as additional event-specific KPIs that help to tell the story of Standard

Chartered's journey towards hosting the world's most sustainable marathons. This process will provide Standard Chartered with an understanding of the current sustainability performance of the events in comparison with each other and other external comparable events in order to inspire targets and ambitions for future events.



Dimension Data is proud to be the official **Connectivity and Sustainability partner** for the **2023 Standard Chartered Nairobi Marathon**. For the last 6 years, we have been delivering groundbreaking **technology and business solutions** to the largest single-day sporting event in Kenya.

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 **Event security**
 **Fire Systems & Equipment**

Our solutions enable our customers to operate securely wherever their business takes them.

Our range of services include:

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- Airport Meet and Greet
- Valuable Cargo Escort
- Security Checklist

With over 28 years' experience of providing world management and security services to the events market, our breadth and depth of experience across live music, sport, conferences, exhibitions and community events is unrivalled in the industry.

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- Fire Alarm and Detection Systems
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- Training

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Tel: +254 020 418 2000 Email: info@ptgtravels.com Website: www.ptgtravels.com

# THE POWER OF SPORTS TO DRIVE SUSTAINABILITY.

## Our plans to improve sustainability performance Vision

The report has set out our vision for what it looks like to be the world's most sustainable marathon. In future we will consider how joining global event sustainability initiatives could support us in achieving our goal.

## Natural environment

We will seek to minimise impacts wherever we can through initiatives such as reducing the procurement of items, reducing our consumption of single-use plastic (including water bottles), using more sustainable materials, continuing to reuse racesignage and branding materials wherever possible, substituting fossil fuels for biofuels and using grid electricity as a power source wherever possible. Finally, where emissions cannot be avoided or reduced, we will look into opportunities to offset the emissions with carbon removals.

## Community and economic impact

We will continue to partner with local charitable organisations to provide benefits to the communities hosting our events. We also aim to develop an approach to understanding the wider economic impacts of our events, from boosting employment, to supporting female-led SMEs, to increasing spending in the local community. We want to prioritise local procurement and employment where possible.

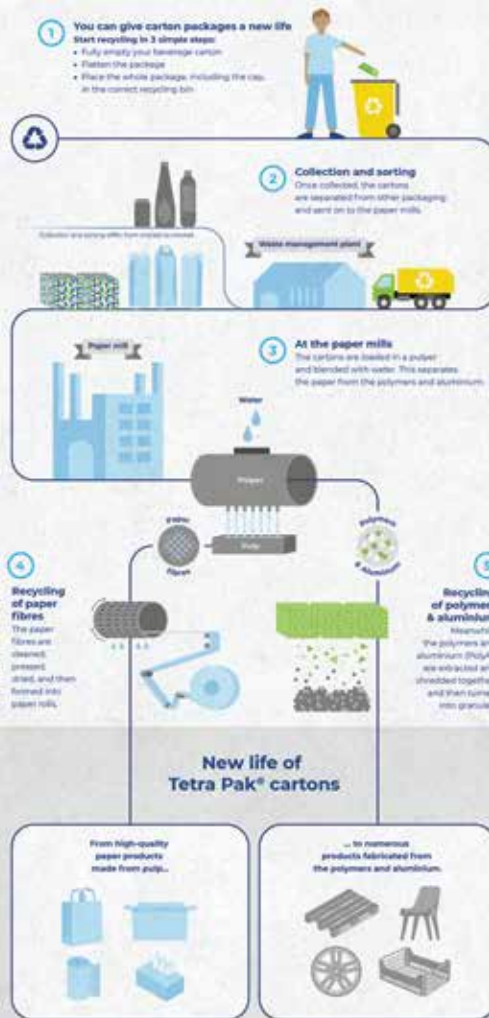
## Influence and legacy

We want to increase the scope of influence and long-term legacy benefits from our events by partnering with global initiatives and sustainable events forums to share our success and learn-ings, to inspire others, and to use our platform to communicate about sustainability to our participants, local communities, and wider audiences.

## Transparency

The first Sustainability Performance Report for our events was published in 2021. We intend to continue to publish these reports for our marathons to communicate our progress towards our goal of hosting the world's most sustainable marathon.

## The recycling journey of paper-based Tetra Pak® cartons



Let's collect more  
cartons for recycling,  
and together...  
**Let's GO further**

## Welcoming Beneficiaries of the Futuremakers Programme

### **Futuremakers Inclusive Employability Programme**

In July 2019 over 4,000 students with disabilities benefited from the Futuremakers Inclusive Programme which aims at helping them acquire skills. At least Ksh 97 million was disbursed to Jomo Kenyatta University of Agriculture and Technology (JKUAT), Kenyatta University, USIU Africa, Multimedia University and Zetech University to facilitate the skills acquisition programme to position the students as equal competitors in the job market.

### **Empowering Dreams, Transforming Lives**

Standard Chartered Bank Kenya Launched a 60 million access to finance program powered by the Futuremakers Entrepreneurship programme. The programme will provide small loans to disadvantaged women ranging from Ksh 250,000 to Ksh 2.5 million at a 5% interest rate payable over 3 years

### **Women in Tech**

The Futuremakers program has been supporting the Women in Tech program in partnership with iLab Africa for the past five years. Every year, more than 10 small and medium businesses receive mentorship and networking opportunities. The top five companies from WIT access Sh1 million each as seed capital and investor forums to ensure their businesses match international standards.





Get a  
Taste  
of

nutty  
goodness  
today.



**Blue Band**  
PEANUT BUTTER





42KM ROUTE







Water Point & Medical Tent

KM Marker

Split 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



 Relief Station	 42/21/10K Marathon Finish	 5K Marathon Finish	 Marathon Start	 Full Water Point and Number	 Water Point and Number
 42/21K Turning Point	 42K Turning Point	 5K Turning Point	 21/10K C.Relay Turning Point	 Timing Station	 Pole and Number

## 21KM ROUTE

Water  1   
Water Point & Medical Tent    KM Marker    Split 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

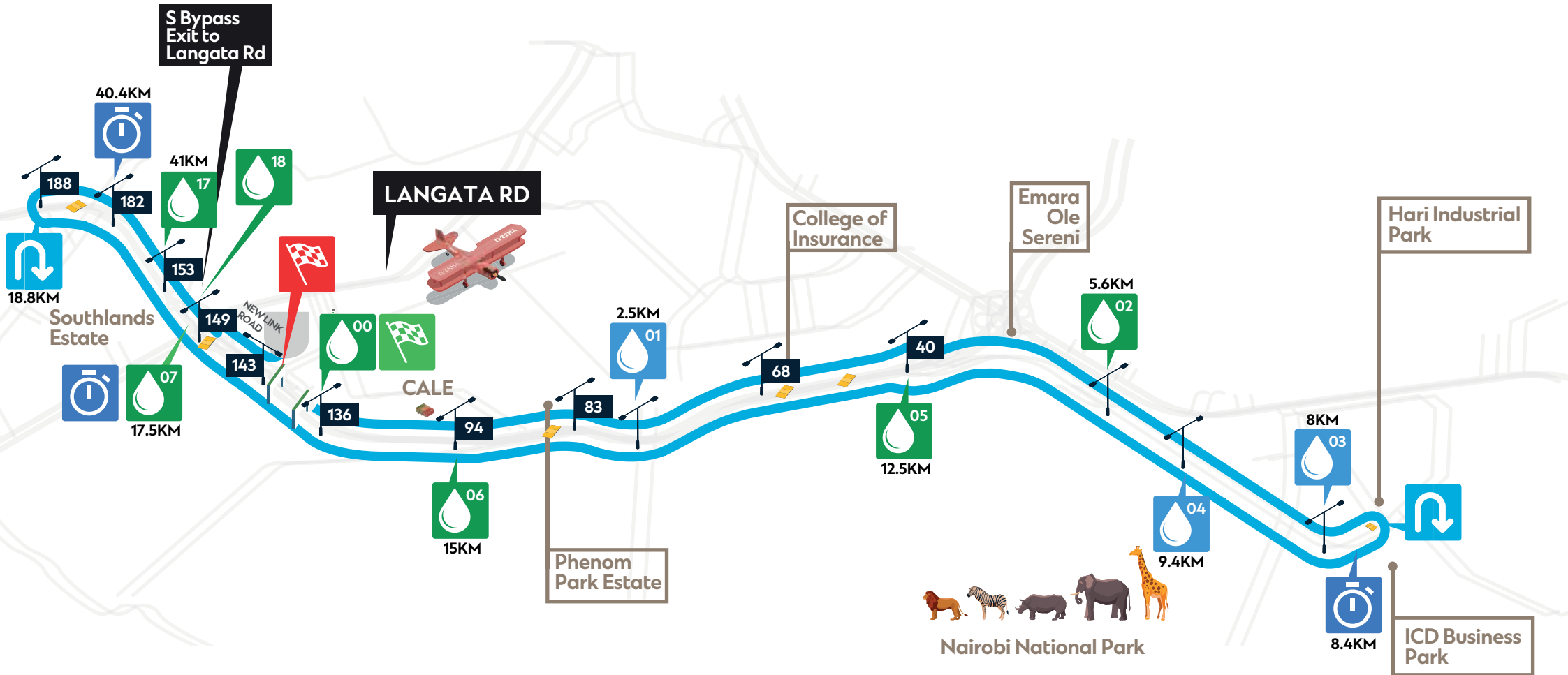
CROSS OVER RAMP

SOUTHERN BYPASS

LANGATA ROAD INTERCHANGE

UHURU GARDENS

### FINISH



standard  
chartered  
**Nairobi  
Marathon**



20  
YEARS  
RUNNING



Relief  
Station



42/21/10K  
Marathon  
Finish



5K  
Marathon  
Finish



Marathon  
Start



Full Water  
Point and  
Number



Water Point and  
Number



42/21K  
Turning  
Point



42K  
Turning  
Point



5K  
Turning  
Point



21/10K  
C.Relay  
Turning Point



Timing  
Station



Pole and  
Number

# 10KM ROUTE

Water + 1  
Water Point & Medical Tent  
KM Marker

START

SOUTHERN BYPASS

CALE

COLLEGE OF INSURANCE

CROSSOVER

NAIROBI NATIONAL PARK

SHREE KUTCH SATSANG  
SWAMINARAYAN MANDIR

LANGATA ROAD  
INTERSECTION

CROSSOVER

NHC LANGATA

LANGATA ROAD  
INTERSECTION

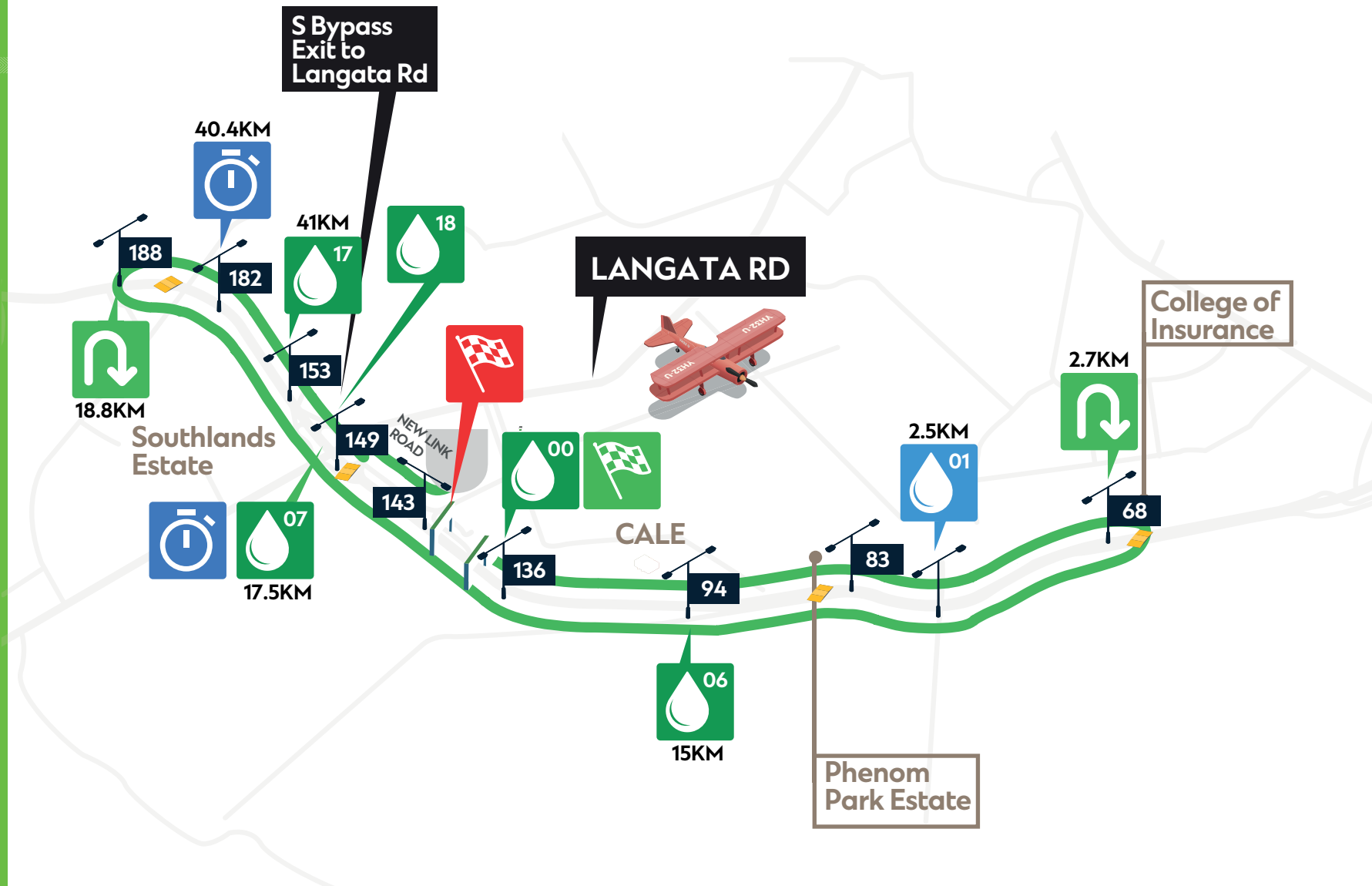
UHURU GARDENS

FINISH

standard  
chartered  
**Nairobi  
Marathon**



20  
YEARS  
RUNNING



Relief Station



42/21/10K  
Marathon  
Finish



5K  
Marathon  
Finish



Marathon  
Start



Full Water  
Point and  
Number



Water  
Point and  
Number



42/21K  
Turning  
Point



42K  
Turning  
Point



5K  
Turning  
Point



21/10K  
C.Relay  
Turning Point



Timing  
Station



Pole and  
Number



# 5KM ROUTE

## START

SOUTHERN BYPASS

CROSSOVER  
2.1KM FROM START

SHREE SWAMINARAYAN  
HOSPITAL LANGATA

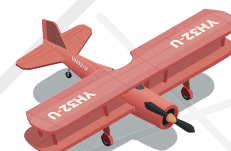
CROSSOVER

SOUTHERN BYPASS  
FINISH

## FINISH

Southlands  
Estate

LANGATA RD



NEW LINK  
ROAD

CALE

2.1KM

2.5KM

Phenom  
Park Estate



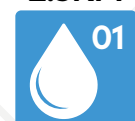
17.5KM



17.2KM



15KM



Relief  
Station



42/21/10K  
Marathon  
Finish



5K Marathon  
Finish



Marathon  
Start



Full Water  
Point and  
Number



Water Point  
and Number



42/21K  
Turning  
Point



42K  
Turning  
Point



5K  
Turning  
Point



21/10K  
C.Relay  
Turning Point

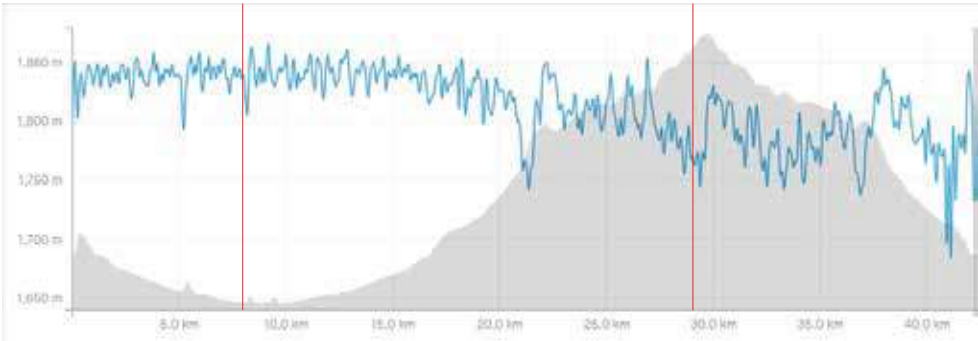


Timing  
Station



Pole and  
Number

42km elevation graph



21km elevation graph



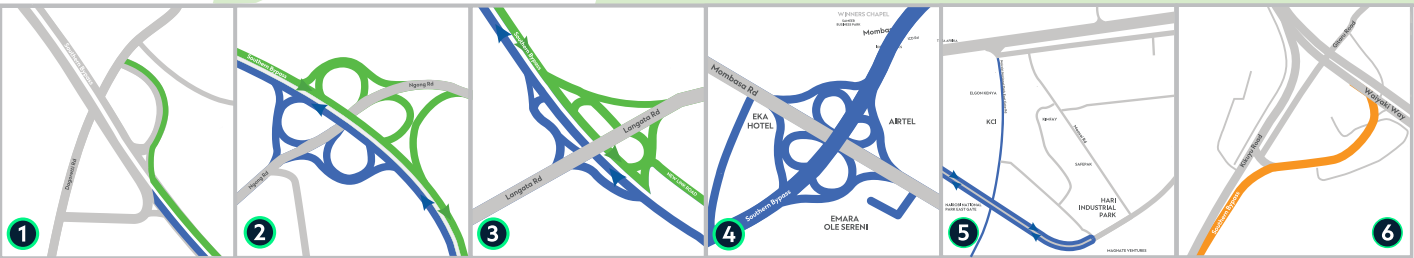
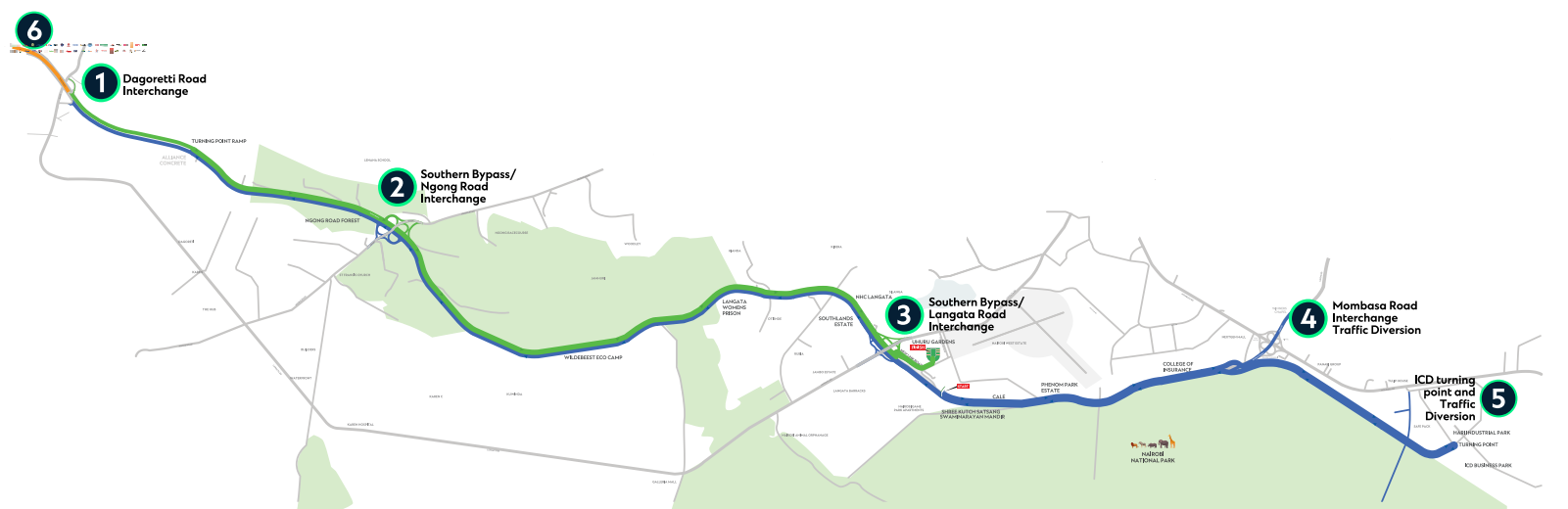
10km elevation graph



5km elevation graph



# Road Closure Notice



Dagoretti Road Interchange    Southern Bypass/ Ngong Road Interchange    Southern Bypass/ Langata Road Interchange    Mombasa Road Interchange Traffic Diversion    ICD turning point and Traffic Diversion    Southern Bypass from Waiyaki way Closed to trailers and lorries

## Times of Road Closures

Color Code	Road Closure – Saturday 28th October 2023	Road Opening – Sunday 29th October 2023
	Remains Open	Remains Open
	Midnight	1.30pm
	Midnight	1.30pm
	Midnight	1.30pm

## 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 29 <sup>th</sup> October 2023		
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 29 <sup>th</sup> October 2023		
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





## Price List

Membership	Current Membership	Recurring member (without joining fee)	New Members (with joining fee)
Day Pass	1200	1200	1200
10 days	3500	3500	3500
Mall staff rate	4400	5200	5200
Student rate	2750	3250	4250
1 month	5500	6500	7500
3 months	13750	16250	17250
6 months	25300	29900	30900
1 year	50600	58800	59800
Offpeak monthly (Dp2 and SF)	4400	5200	5200





# 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.

## TOILET STATIONS

Water, First Aid and Toilet Stations are combined and are located at the start/finish points and every 2.5 km intervals on the routes.

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

## WATER

There will be 20 water stations on the route and venue for hydration purposes. Water will be supplied in 250ml bottles with the tops slightly loosened for elite runners and recreational. There will also be fruits at specific water station. There will be ORRehydration Salts commonly known as salts and sugars for hydration on the route and at the village. Take water, fruit and salts and sugars whenever you get the chance.

All water bottles and paper cups from the marathon are collected for recycling. Look out for the bottle discard areas, located – 200m after each of the water stations. Please discard your bottles in these areas either in the provided roadside bins or to 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 assess-ment rapidly dispatch an ambulance to take you to the main medical centre or to the designated hospitals on standby. There will be relief stations where participants can get a quick spray on muscle cramp and get quick relief on soreness.

The restation will have personnel armed with deep heat and deep freeze to offer fast aid on the route and at the village. Watch out for paramedics who will be roaming around on the road side with bicycle to offer quick fast aid on the route

## AMBULANCES

Ambulances are strategically positioned on the route and mobilised in the event of an emergency. The ambulances will be found at the medical stations along the route.

## SLOW RUNNERS

A Stragglers bus will follow the back markers of each race. The straggler's bus will notify late runners when the roads are to open. After the 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.

## DROP OUT

If you are unable to continue the race at any point, move over to the side of the road and wait for the straggler's bus. You might also wish to stop at a route station denoted as a medical station or water point. 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.

## CLOCKS AND KILOMETER MARKERS

There are clocks at the start point and finish point. The lead cars will also have digital clocks for each timed race that is 42km, 21 km and 10km.

There will be kilometer markers at every 5 km distance on the route to clearly mark the route. Each turning point will be clearly marked and identified by these markers.

The timing mats will be placed strategically on the route at three points that are at 9km, 18.5km and 34.5km. These split points will be used to capture the timing using the chipped BIB.

## COURSE TIME LIMIT

The standard chartered Nairobi marathon will be limited to 8 hours on the course, after which the roads will be opened to the general public. The runners who will still be on the course will be carried by the straggler's bus to the venue.



MEDECINS SANS FRONTIERES  
DOCTORS WITHOUT BORDERS



# MEDICAL CARE

## WHERE IT'S NEEDED MOST

# 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 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 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.

Do not park on the road side along the marathon route and especially on access roads to the venue. This will prevent theft cases and reduce obstruction of other car users

### Car Parks for VIP's

The car park 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 4 - CASH PRIZES

## APPENDIX 3 - LEFT LUGGAGE

The left luggage for all races will be at Carnivore Grounds. The left luggage centers for each race will be clearly identified by signages. To enter any left luggage center you must show your race number or official accreditation to the attending 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.

**Caution: Do not leave your valuables at the left luggage area such as phones and money. Instead use the drawstring bag provided to carry your valuable items all the time.**

Position	42km	21km	Wheelchair Race	10km	Corporate Relay Team	PWD Team
1	2,000,000	300,000	300,000	200,000	100,000	100,000
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.



*Taste the Difference!*



*Wishing all Runners strength,  
endurance and a great finish! #BioPower #PowertoYou*



## 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



**1/4-ACRE & 1/2-ACRE**  
FULLY SERVICED PLOTS

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KES **24.8M**

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- ✓ Fully controlled development
- ✓ Strategic location (30 minutes from Westlands)
- ✓ Exclusive 75-acre nature area and lake
- ✓ Jogging tracks and adventure trails within Kijani Ridge
- ✓ Club House
- ✓ Schools (Nova Pioneer & Crawford International School)



POWER



ROADS



WATER



SEWER



ICT

**0708 555 555 • [sales@tatucity.com](mailto:sales@tatucity.com)**

Price is subject to change without notice

## APPENDIX 6 - CONTACT INFORMATION

### STANDARD CHARTERED NAIROBI MARATHON SECRETARIAT

PHONE: 020 329 3780

EMAIL:

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

REGISTRATION ASSISTANCE:

[registration@nairobimarathon.com](mailto:registration@nairobimarathon.com)

GENERAL INQUIRIES:

[help@nairobimarathon.com](mailto:help@nairobimarathon.com)

WEBSITE:

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

OPERATING HOURS:

Monday to Friday 8.00 am to 5.00 pm

Emergency Contact

AAR Healthcare

Phone - +254725225225



# TAWI

From-to-for k  
seamlessly

FUELLING YOUR RUN!

This years Hydration Stations  
Now Offer a Bountiful Array  
of Fresh, Locally Sourced  
Fruits for the Ultimate  
Refueling Experience. Get  
Ready to Recharge with  
**TAWI.**



standard  
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**Nairobi  
Marathon**



20  
YEARS  
RUNNING

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+254 20 7767030



# Standard Chartered Nairobi Marathon

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