

▶ Runners Guide ◀



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CONTENTS



Standard Chartered Bank Kenya CEO's Remarks	3
Athletics Kenya President's Remarks	4
Chairman Local Organizing Committee Remarks	6
Governor's Remarks	9
Rules and regulations	10
Training Tips	15
Race Finishes	16
Race Day Preparation	17
Marathon Start Times	18
Marathon Venue Floor Plan	19
Route Maps	20
Services on the Route	29
Race Numbers	30
Parking	31
Left Luggage	31
Cash Prizes	31
The Environment	32
Contact Information	33



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

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

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,



PETER GITAU

Chairman Local Organizing Committee

Chairman's Remarks

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 Chartered Nairobi 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.**

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 10 km 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 10km elite runners have been flagged off and will follow the 10km course.

Date: Sunday, 29th October 2023

Venue: Uhuru Gardens

Start point: Southern Bypass

Entry fee: KES. 20,000

Start time: 8:00 am

The 10km 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

Contact the secretariat team directly on: secretariat@nairobiymarathon.com who will guide and assist you to register and participate since the race is not open to the public.

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 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, 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 at the official start line and complete the full officially measured course as indicated in this guide.
- 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 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.



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

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.

MAZINGIRA
STRIDERS

TEAM
CHASERS
FITNESS

WE'RE JUST
WARMING
UP!



TEAM JASHO

SWAMP
RUNNERS



Running Clubs

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.

The download Instructions are as follows:

1. Go to 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
 Website: 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.



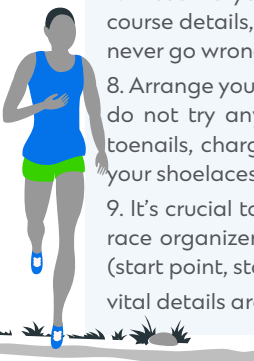
4. Finishers medal

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

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.



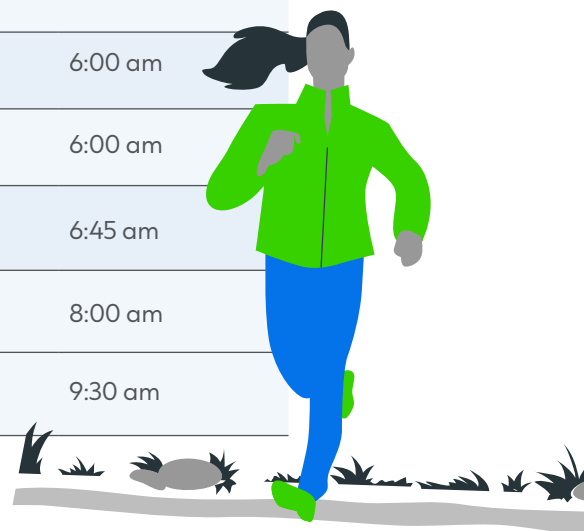
2023 Standard Chartered Nairobi Marathon Start Times

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

Date : Sunday 29th October 2023

Venue : Uhuru Gardens

Race	Distance (kms)	Assembly Time	PA 1 Min	Start Time
21km Wheelchair	21 km	5:35 am	5:44 am	5:45 am
42km Full marathon	42 km	5:50 am	5:59 am	6:00 am
42km Corporate Relay	42 km	5:50 am	5:59 am	6:00 am
21km Half marathon	21 km	6:35 am	6:44 am	6:45 am
10 km race	10 km	7:50 am	7:59 am	8:00 am
5 km race	5 km	9:20 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. 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.

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 race signage 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 learnings, 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.

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.

MARATHON VENUE FLOOR PLAN



Standard Chartered
Nairobi Marathon
Uhuru Gradens Floor Plan

SOUTHERN BYPASS

500M FINISH

TAPE

VIP TENT

CARNIVORE GROUNDS

LUGGAGE DROP OFF & COLLECTION POINT

MARATHON EXIT

500M ENTRANCE

10K/21KM/42KM ENTRANCE

UHURU GARDENS

RESTRICTED AREA

RESTRICTED AREA

GENERAL PUBLIC PARKING

TAMARIND TREE HOTEL

SPLASH WATER

KIT COLLECTION

VVIP PARKING

COMMAND CENTER

FUTURE MAKERS

KIDDIE ZONE

SEEDLINGS TENT

SPOONSORS & PARTNERS

APDK

FOOD VENDOR

RUNNING CLUB

FOOD VENDOR

FOOD VENDOR

FOOD VENDOR

FOOD VENDOR

FOOD VENDOR

FOOD VENDOR

FOOD VENDOR

WATER

FRUITS

21KM

42KM

100KM

WINNERS ZONE

MEDIA RESULTS AK

FIRST AID

RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

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RUNNING CLUB

RUNNING CLUB

STAGE

MEDIA

CONCER SPACE

TRUSS TENT

EABL

APDK

FOOD VENDOR

SPOONSORS & PARTNERS

SEEDLINGS TENT

KIDDIE ZONE

FUTURE MAKERS

COMMAND CENTER

WINNERS ZONE

MEDIA RESULTS AK

FIRST AID

RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

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RUNNING CLUB

RUNNING CLUB

RUNNING CLUB

42KM ROUTE

- Water + Medical Tent
- 1 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



Sponsors



21KM ROUTE

Water Point & Medical Tent
 1 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

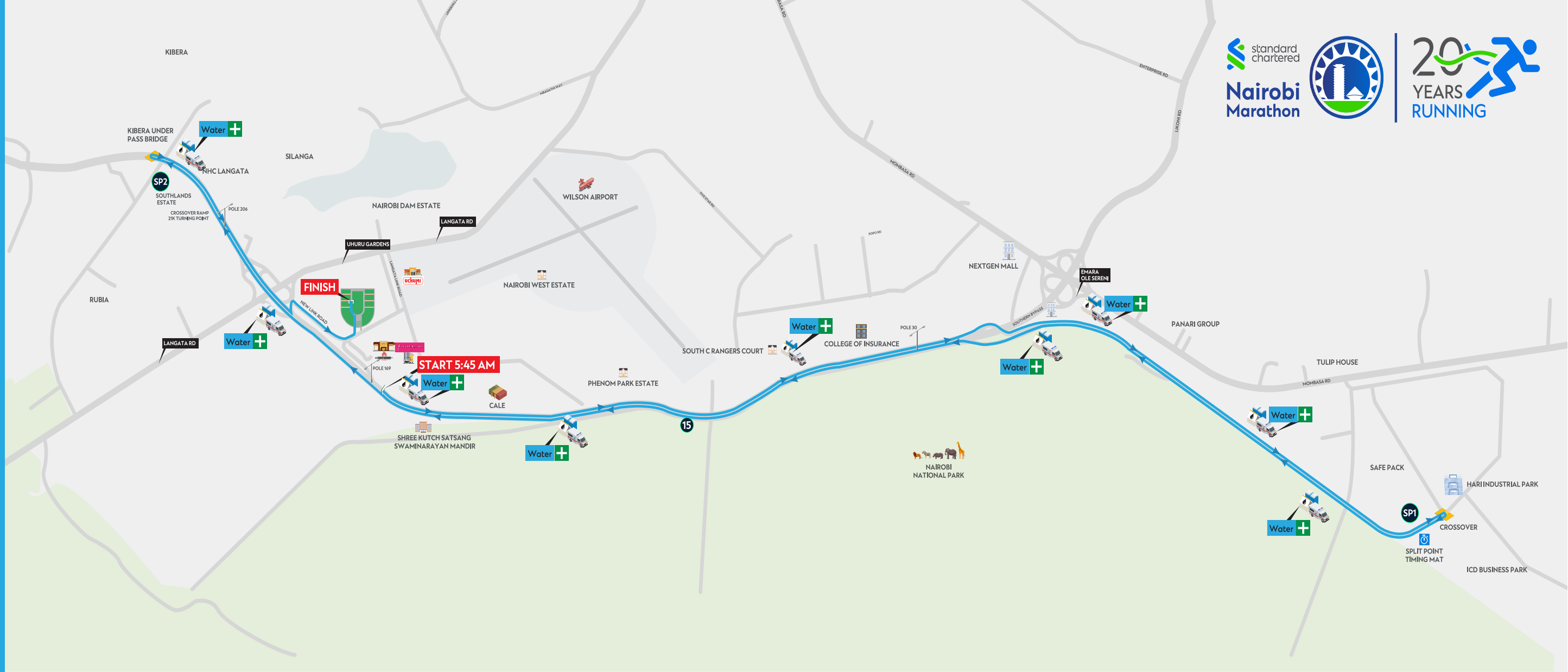
CROSS OVER RAMP

SOUTHERN BYPASS

LANGATA ROAD INTERCHANGE

UHURU GARDENS

FINISH



Sponsors



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



Sponsors



5KM ROUTE



START

SOUTHERN BYPASS

CROSSOVER
300M FROM THE START

NAIROBI NATIONAL PARK

SHREE KUTCH SATSANG
SWAMINARAYAN MANDIR

LANGATA ROAD
INTERSECTION

CROSSOVER

NHC LANGATA

LANGATA ROAD
INTERSECTION

UHURU GARDENS

FINISH



Sponsors



RELAY ROUTE

Water + 1
Water Point & Medical Tent
KM Marker

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**

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



Sponsors



RELAY ROUTE

Water + 1
Water Point & Medical Tent
KM 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



Sponsors



RELAY ROUTE

Water + 1
Water Point & Medical Tent
KM 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 **B**
404M

B **E**
8776M

E **F**
820M

E **B**
503M

E **C**
532.5M

10k Turning Point Crossover Ramp



Sponsors



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 404M **B**

B 8776M **E**

E 820M **F**

E 503M **B**

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



Sponsors



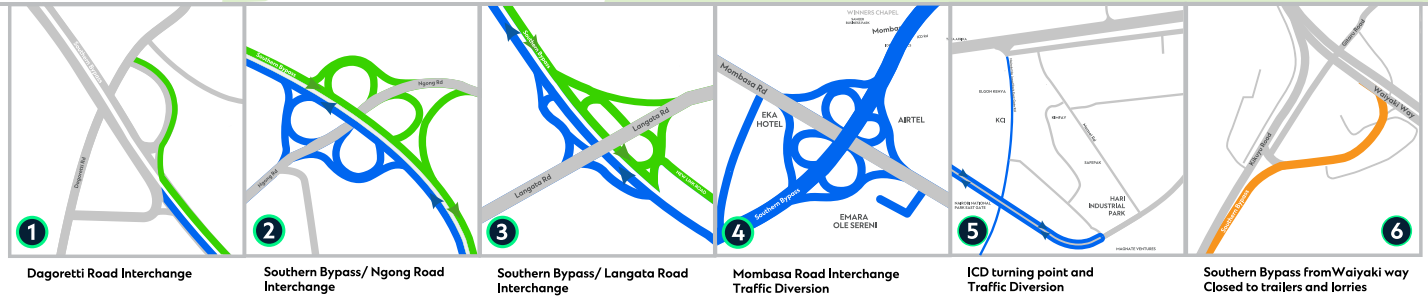
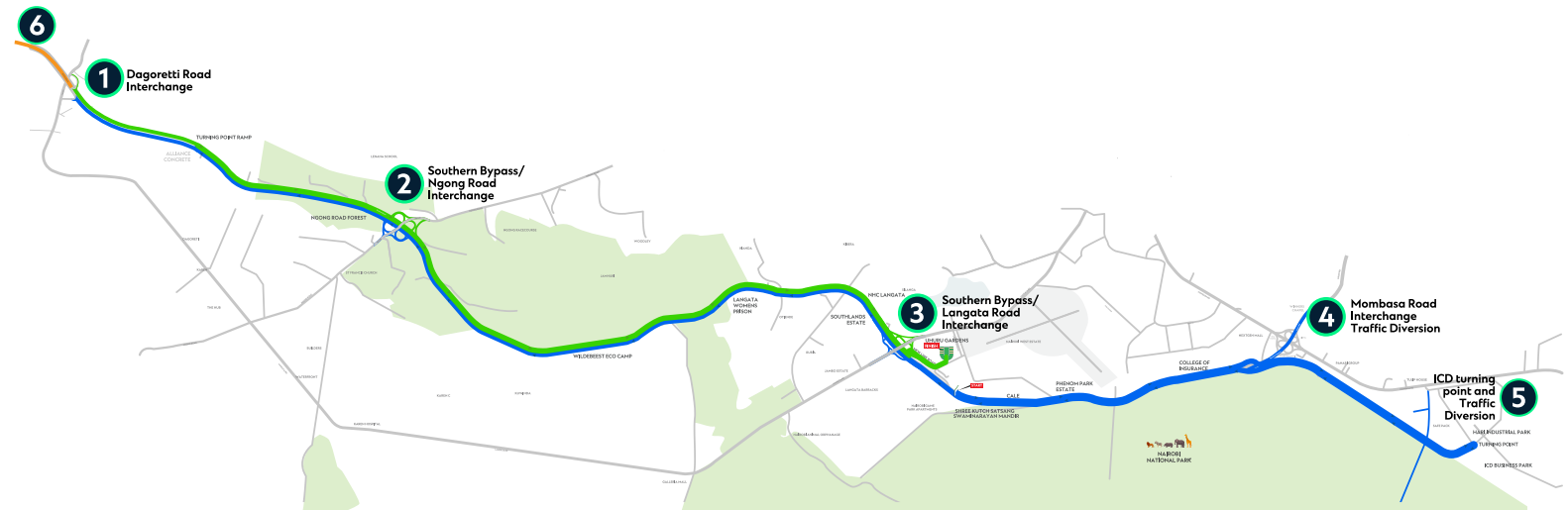
Standard Chartered Nairobi Marathon

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 30th 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 30th 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



Times of Road Closures, Saturday 29th 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



Sponsors



Road Closure Notice

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 16 water stations on the route for hydration purposes. Water will be supplied in 300ml bottles with the tops on for elite runners. Recreational runners will be supplied by dispensed water from paper cups. Take water 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 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. 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

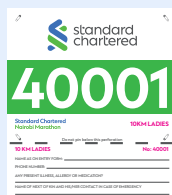
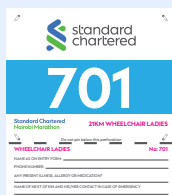
The standard chartered Nairobi marathon will be limited to 8 hours on the course, after which the roads will be opened to the general public. The runners who will still be on the course will be carried by the straggler's bus to the venue.

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.

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 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 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.

APPENDIX 4 - CASH PRIZES

Position	42km	21km	Wheelchair Race	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.

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

REGISTRATION ASSISTANCE:

registration@nairobi-marathon.com

GENERAL INQUIRIES:

help@nairobi-marathon.com

WEBSITE:

www.nairobi-marathon.com

OPERATING HOURS:

Monday to Friday 8.00 am to 5.00 pm

Standard Chartered Nairobi Marathon

nairobi-marathon.com