

A photograph of three runners in motion during a marathon. The runners are wearing athletic gear, including tank tops, shorts, and running shoes. The background is a blurred outdoor setting with trees and a clear sky.

Standard Chartered Nairobi Marathon

◆ Runners Guide ◆



standard
chartered

Standard Chartered Bank Kenya Limited is regulated by the Central Bank of Kenya.

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Chief Executive Officer

Over the past 17 editions, 250,000 runners have run our marathon and earned recognition from it.

As a bank, the main aim for this run is to raise money towards the Futuremakers Initiative. This is our new community initiative introduced in 2019 following the success of the Seeing is Believing initiative which managed to raise 100 million USD.

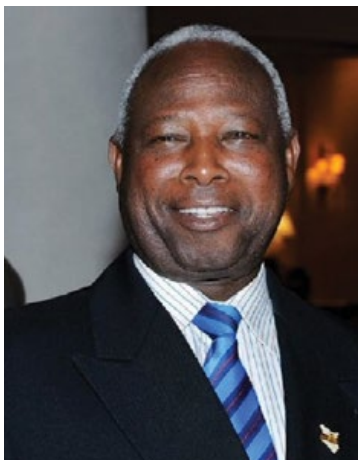
We believe everyone deserves the opportunity to do their best. So we're running to raise USD 50 million by 2023 to tackle inequality and increase economic inclusion for young people across our markets. With our Futuremakers by Standard Chartered initiative, we will be creating opportunities for disadvantaged young people to gain new skills and expertise to improve their chances of getting a job or starting their own business.

After a hiatus in 2020, we are thrilled to host a new 2 in 1 marathon format. This hybrid format will allow participants to run from anywhere in the world and will in turn put the Nairobi Marathon on the world sporting map.

As a runner, I will be taking part in this race with my colleagues to support Futuremakers and I hope you will too.

I would like to take this opportunity to convey my appreciation to all our partners for helping us deliver a world-class event for our runners.

This would not be possible without you. See you at the finish line.



JACKSON TUWEI

Athletics Kenya President

Since the inception of the Standard Chartered Nairobi Marathon, the marathon has been a key platform in nurturing upcoming Kenyan athletes.

The Athletics Kenya fraternity is very proud of what the marathon has grown into and what we have been able to achieve so far. To become the largest single-day sporting event in the country is no small feat!

While the editions have been memorable throughout the years, last year will go down in history as the very first year, since the marathon inception that we did not have the event. This cancellation of the marathon was particularly tough on the athletes and the sporting industry as many people lost out on their main source of livelihood. It is for this reason that we are very excited with the new marathon format which will empower more athletes and encourage a running culture within the people.

We have worked hard this year and had consulted with experts to bring the best possible event experience to you despite the ongoing pandemic.

What lies ahead of us is indeed an interesting journey and we look forward to a successful event.

To all participants, have a great run and all the best!





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Chairman
Local Organizing Committee

I would like to take this opportunity to thank you for registering for the Standard Chartered Nairobi Marathon 2021.

With our hybrid marathon format elite runners get the choice of a physical race and we also accommodate majority participants in our virtual marathon.

This year we flag off the physical race at the Carnivore Grounds and run along the Southern by-pass. This new marathon route showcases the Nairobi National Park with a great view along the by-pass. We look forward to host 2,500 elite runners for the physical marathon, which will cover male and female categories of the 42K, 21K, 21K wheelchair, 10K and a corporate relay.

We aim to register about 13,500 for the virtual marathon which in addition will have a 5K family fun run. The virtual marathon allows us to drive mass participation safely with participants

running from anywhere during the week of 25th October – 31st October 2021 and using technology to record their results

We are proud to bring back the Standard Chartered Nairobi Marathon which is the only International Association of Athletics Federations (IAAF) accredited race in Kenya. The 2021 marathon edition is definitely an exciting race to watch and be a part of and I would like to thank Standard Chartered Bank who are the main sponsors for their continued commitment to promote sports and tourism in the country. I would also like to thank all the sponsors for their support and their efforts that have helped change thousands of lives. I look forward to have you create history with us. Let us “Run as One”, together.



ANNE KANANU MWENDA

Acting Governor-
Nairobi City County

As the acting governor, I am proud that Nairobi is the home of the Standard Chartered Nairobi Marathon (SCNM). 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 give room to showcase the beautiful city of Nairobi and draw worldwide attention, which will not only be beneficial to Nairobi City but to our country as well. We hope that this will encourage tourists to come in to the country and make Nairobi as the top tourist destination.

I would like to assure 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, as this is a priority initiative for my office, 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.





We value you as our PARTNERS.
Thank you.



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**Standard EyeSight
Driver Assist Technology**



**All-Around Awareness
Technologies**



**Reverse Automatic
Braking (RAB)**

Standard Chartered Nairobi Marathon

► RULES AND REGULATIONS ◀



GOVERNANCE

The Standard Chartered Nairobi Marathon 2021 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
- Participants of all races must be over 18 years of age.
- The organiser reserves the right to contact and interview applicants by phone for additional information required for matters relating to the event
- In accordance to the IAAF 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 IAAF/AK 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 howsoever arising.

- The Organisers reserve the right to use the participants' personal data, contact information, motion pictures, recordings or any other records obtained, collected or submitted for the Standard Chartered Nairobi Marathon for any legitimate purposes, including commercial advertising, re-marketing, marketing of other Products offered by the organizer and those offered by Sponsors to the

Standard Chartered Nairobi marathon.

- Participants are required to wear an official Marathon race number on the front of their singlet/shirt.
- Personal Trainers, mentors or coaches will not be allowed on the course unless they are entered in the event and wearing an official Marathon Race Number.
- No un-official vehicles, motorbikes or bicycles are allowed on the course.
- No pets are allowed on the course.
- Race numbers and Timing chips are not transferable to other participants.
- Participants must start the event at an officially sanctioned start time only.
- Competitors are obliged to follow the instructions of Stewards, Race officials or Kenya Traffic Police at all times.
- Participants must start at the official start Line and complete the full officially measured course as indicated in this guide.
- A runner must retire from the race immediately if required to do so by any member of the official medical team identified by a reflective jacket with a red cross.
- Road closures will be lifted at the discretion of the Kenya Traffic Police. The Road opening signifies the end of the event. Any competitor still on the roads after this time is regarded by Kenya law as a pedestrian.

FINISH OF THE EVENT

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

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

CONFORMITY

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

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 are not permitted.
- Wheelchairs can be examined by the officials before or after the event.
- It is the responsibility of the athlete to ensure that no part of their lower limbs can fall from their wheelchair to the ground during the event.
- It is the responsibility of the athlete to ensure that their wheelchair conforms to the requirements stipulated above. No event shall be delayed while an athlete makes adjustments to their wheelchair.

- If the Technical Officials believe that a wheelchair and/or the athlete using it represent a safety risk they shall be authorised to disqualify the athlete from an event.
- Wheelchair entries are limited to 100 persons. These entries are accepted on a first come first serve basis.
- Wheelchairs must follow the measured Half Marathon Route Hand-cycles are not permitted in the Standard Chartered Bank Nairobi Marathon Races Hand-cycles are differentiated from wheelchairs in that they are not propelled by push rims fitted directly to the main wheels of the chair but driven by levers, cranks and chain ring mechanism similar to a bicycle.

KIT COLLECTION FOR PARTICIPANTS

Participants within Kenya will book their kit collection appointment online and be assigned a day to collect their kits. This kit should be picked up in person. If Participants are unable to collect their Race Entry Pack in person, they may empower a representative to pick the kit up on their behalf. This representative should present the following to the Marathon clerk:

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

COVID-19 PROTOCOLS

- All participants of the Standard Chartered Nairobi Marathon physical run are required to have received the 1st dose of the COVID 19 vaccine.
- Alternatively, please get tested 72 hours before the run.
- Send your certificate/ sms to the event organizers through. covidprotocols@nairobi-marathon.com
- Access to the marathon venue will only be granted upon the issuance of a covid compliance wrist band.
- Everyone is required to wear a mask in the event and MoH Marshalls will ensure this is observed.
- Runners will dispose their masks at the begining of the race and new ones will be issued at the finishing point.



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NEW SCNM 2021 FORMAT



Due to the ongoing pandemic, we will be having a different marathon format for our 18th edition.

We are adopting a “Hybrid Marathon” that combines the traditional mass participation physical race for select elite runners and a virtual option for all other participants.

The physical marathon will be done along the Southern Bypass, a new marathon route, and will target 2500 local and international elite runners. The virtual marathon on the other hand will be targeting the general public and they can participate from anywhere in the world.

There will be 3 virtual challenges for hosted on Strava in the

lead-up to the marathon. The top performers of the challenges will be invited to a physical warm up race at Karura, Ngong Forest Sanctuary, Oloolua Nature Trail and Nairobi Arboretum respectively. There are a lot more goodies to be won during the virtual challenges!

The virtual marathon will run from 25th October to 31st October 2021.

The physical marathon will be on 31st October 2021. To control numbers, the traditional marathon village will not be there. Instead, spaces will be allocated to sponsors and stakeholders such as ADAK to sensitize elite athletes.



STRAVA CHALLENGES

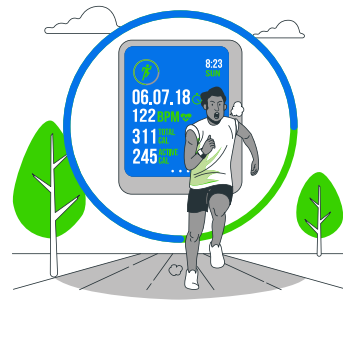
We will host two virtual challenges on Strava to help our community grow, train and connect.



PHYSICAL WARM-UP RACES

Our Warm-up races will be hosted in Nairobi and will connect the top performers from the virtual challenges to our experts and partners.

The 4 warm-up races will be done in Karura Forest, Ngong Forest Sanctuary, Oloolua Nature Trail and Nairobi Arboretum.



VIRTUAL MARATHON WEEK

From the 25th - 31st October 2020, we run the week as one. The end of the week will be marked by an exclusive physical marathon for elite athletes.

REGISTRATION



Registration for the virtual marathon will be done on the main marathon website:
www.nairobimarathon.com

Physical marathon participation will be done on an invitation basis and will be open to select elite runners only.

Registration fee is KES 1,000 for both local and international participants. Additional donation can be made on the registration portal and on the website.



Running Clubs

HOW TO PARTICIPATE IN THE VIRTUAL MARATHON



Register for a race category.



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



From wherever you are, pick a day from the virtual marathon week to run your race and use your app to track the distance. You can also use a smartwatch.



Submit your recorded distance and time on the website.



Your results will be processed in 2-3 minutes



Check how well you did against other runners all over the world through the results tab on the website.



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



HOW TO PARTICIPATE IN THE STRAVA CHALLENGES



Download Strava on Google Play or Apple Play Store



Sign-up for an account



Log into your account



Find the Nairobi Marathon challenges on your challenge gallery



Sign up for the challenge



Run the challenge distance within the given time



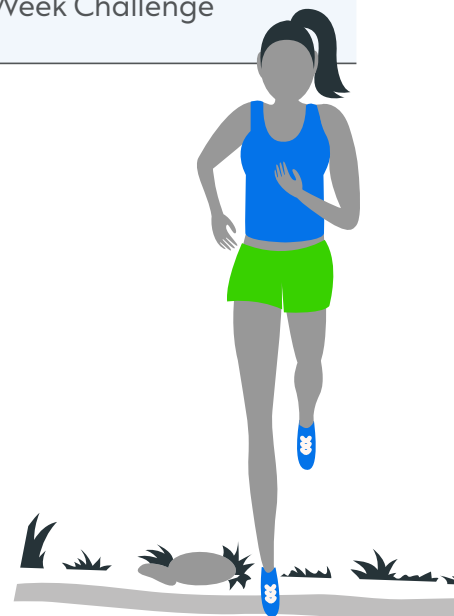
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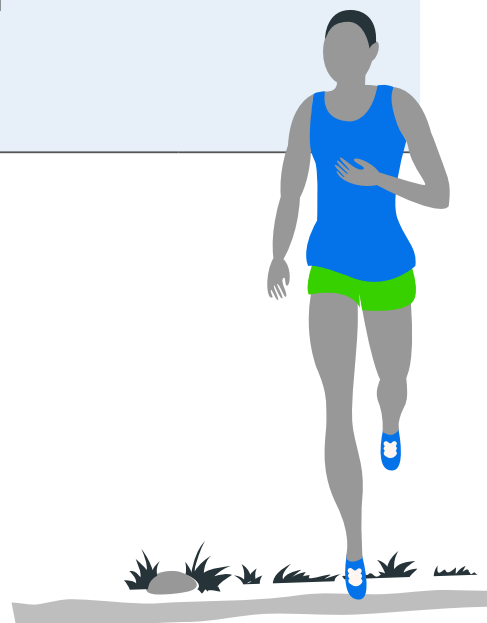
STRAVA VIRTUAL CHALLENGES

Challenge Duration	Challenge Distance	Start Date	End Date	Challenge Name
1 week	15 km	30th August 2021	5th September 2021	StanChart Nairobi Marathon 15K Challenge
1 Week	30 km	20th September 2021	26th September 2021	StanChart Nairobi Marathon 30K Challenge
1 Week	5km, 10km, 21km, 42km	25th September 2021	31st September 2021	Nairobi Marathon Virtual Week Challenge



WARM-UP RACES

Event	Event Title	Theme	Date	Location
Warm-up Race 1	Sanctuary Run	Training and technique by Douglas Wakiiahuri Running Apparel by George Parkes	12th September 2021	Ngong Forest Sanctuary
Warm-up Race 2	Karura Run	Training and technique by David Thuo Rest and recovery by Dion the physiotherapist	3rd October 2021	Karura Forest



TRAINING TIPS



Minimize added sugar



Make sure your shoes feel comfortable



Train on the surface you will run on to prevent injuries



Warm-up and cool down



Eat clean foods



Hydrate! Hydrate! Hydrate!

FINISHES



1. Dope testing

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



3. Finish times

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



5. Finish Certificates

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

Download Instructions

1. Go to www.nairobimarathon.com
2. From the website home page click on PRINT CERTIFICATES link.
3. Enter your race number on the resulting screen. Click ENTER or GO (your details will be retrieved for you to confirm the names and race category).
4. Click VIEW CERTIFICATE PDF format.
5. Click PRINT to print.
6. Click SAVE to download.

In case of difficulties please contact the Marathon Secretariat

Phone: +254 739 824 180
 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 take place at the Carnivore grounds, on the stage at the field. Presentations take place as soon as possible after the finish of all of the races.



4. Finishers medal

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



Running with GEORGE PARKES

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

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

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

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

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

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

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

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

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

• How did you start running?

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



Running with DAVID THUO

• How did you get started?

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

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

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

Running with David Thuo



What motivates you to go running?

Are there moments that even you struggle to overcome?

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

Are there moments that even you struggle to overcome?

Yes I struggle too. There is a thin line between being at your best and slipping into Injury. I tread on this line every so often. I have been safe enough but the last 1 year I have suffered an Injury that spiraled into a series of others. Injuries can be devastating for sports people. Come back is always hard and you need loads of support to overcome the downtime and to also navigate the

return hurdles. In addition There are times in the run when you ask yourself why I am doing this to myself, I cant go any further. Over time we however learn that there is always a second wind in us, a third, maybe even a fourth. But you must keep going through the hard bits to discover the other winds just like everything in life. Running teaches us about discipline, consistency, the power of the mind, the strength within us, it teaches us how to break the big monthly goals into weekly and eventually daily tasks. The lessons from running when embraced teach us how to navigate through the challenges of life. My Mantra Indomitable Will create your destiny sums this up. -The unquestionable will to succeed no matter the setbacks that come your way..

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

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

What do you think about during training and competitions?

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

How do you handle defeats?

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



Running with DOUGLAS WAKIIHURI

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

1987 world championships was my first major marathon to participate ,with a 2hrs 13min time ,my aim was qualify and be selected to represent kenya in 1988 seoul olympics in S.korea

I prepared well ,training in Newzealand for two months ,and later flew to sweden for conditioning and time trial where I competed in a 21km two weeks before Rome winning the 1/2 marathon in a time Of 1hr 1min 40 sec.

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

My typital training in aday was 3 times ,early

morning ,before lunch and before supper .

My milage would be 40km per day with a 1km time trial× 5 ,totaling to 45km .(2days easy 10km runs)

Speed training was 1000m ×15 at 3min pace Per week with variation of hill work 3km ×10 etc. Leading to the race ,you start tapping down .

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

I cant proclaim who I am ,I can only be commended for doing what I love most ,RUNNING and committing my life to realize my dreams not for me but for my country,I may have inspired many .

And so 11th june 1021 H.M Emperor of Japan awarded me with Spring conferment ,ORDER OF THE RISING SUN GOLD AND SILVER RAYS.

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

Honesty ,commitment determination make every negative narrated towards you ,make it a positive .choose wisely whats important now cause life is short ,but marathon is shorter .

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

In our developing ,we are loosing green spaces ,air quality is poluted ,our rivers our water We MUST conserve our natural resources not only for us but for future generations .

I am a member Ngong road forest association. I RUN FOR CONSERVATION OF THE FOREST.

365 days of wellness cAARe

Warm-ups are the key to any physical training as they provide effective protection from injuries.

Our physiotherapists are available for consultancy. #kAARibu

For more enquiries contact: +254 709 701 000 , 730 655 000



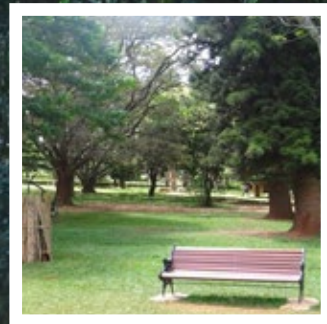
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Kenya Forest Service



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HOTSPOTS



We will activate 4 hotspots at Karura Forest, Nairobi Arboretum, Ngong Forest Sanctuary and Ololua Nature where virtual runners can come together and run as a community on whichever day they deem fit between the 25th October 2021 and 31st October 2021.

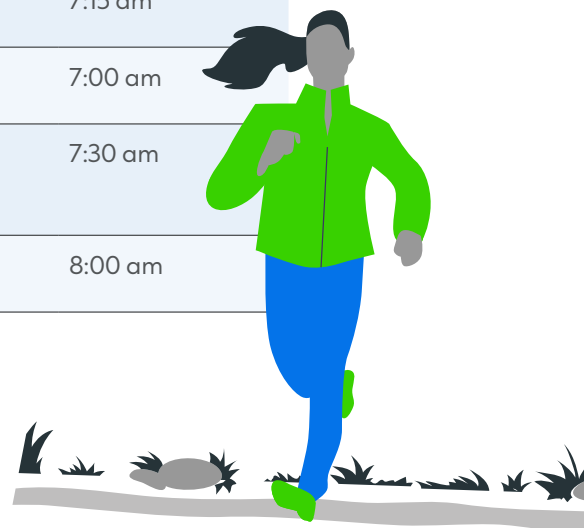
These hotspots will be branded with hydration points and will be used to support the virtual marathon participants and promote green spaces as safe running spaces.

2021 EVENT INFORMATION

Date: Sunday 31st October 2021

Venue: Carnivore Grounds

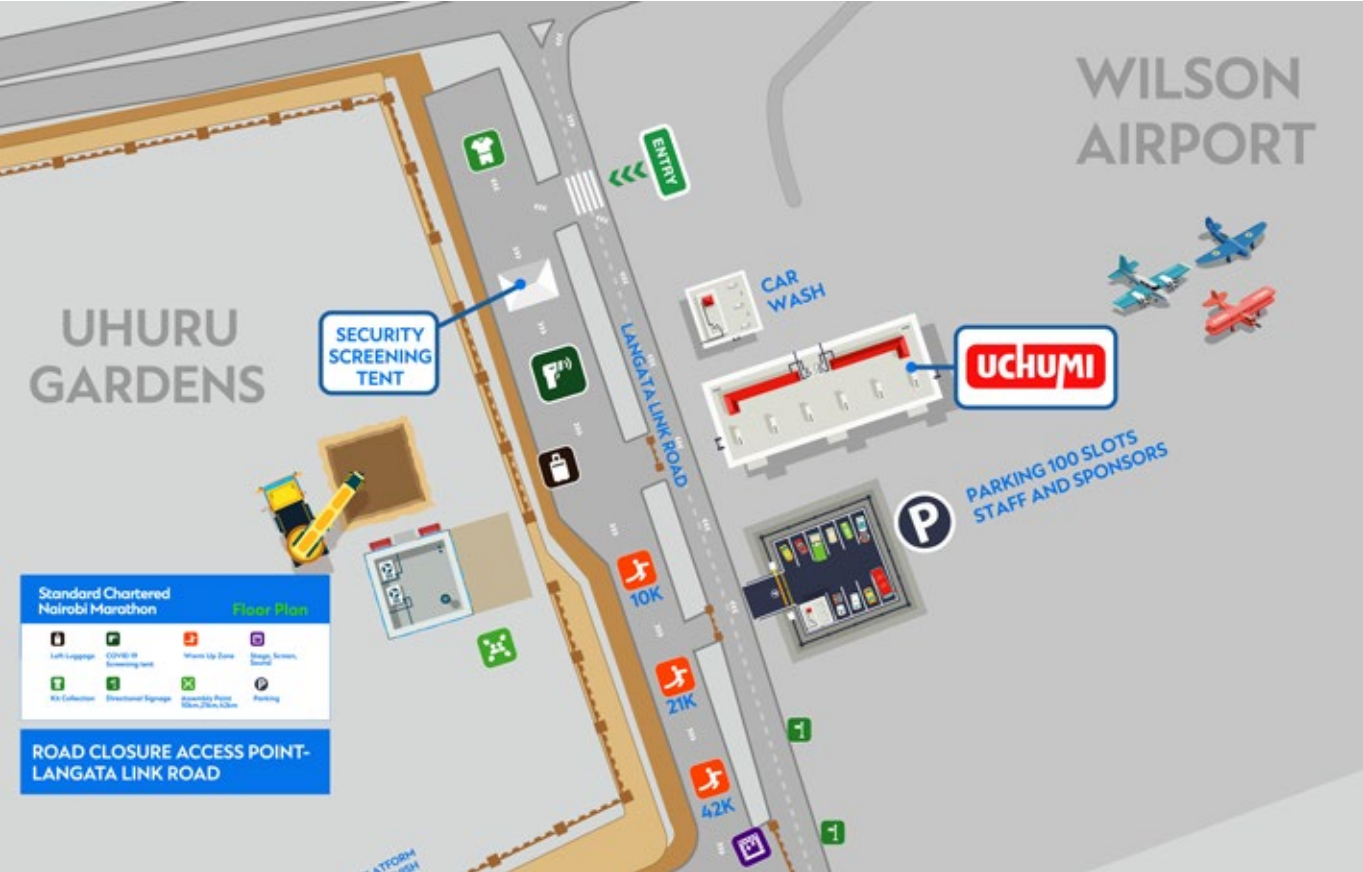
Race	Distance (kms)	Assembly Time	Start Time
Wheelchair	21 km	6:40 am	6:50 am
Full marathon	42 km	7:03 am	7:15 am
Half marathon	21 km	6:48 am	7:00 am
Corporate Relay Challenge	42 km	7:20 am	7:30 am
10 km race	10 km	7:50 am	8:00 am



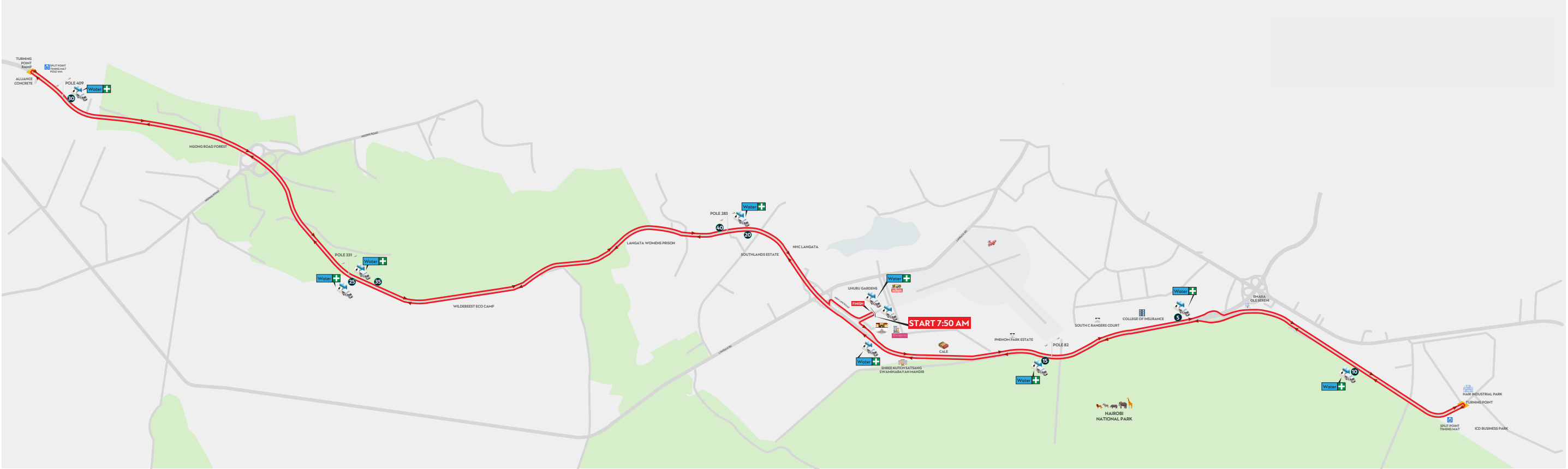
The road used for the marathon will be closed on Sunday 31st October 2021 from 12:00 am. Please use the traffic diversions and follow the police instruction.

PLEASE BE THERE EARLY the marathon will start on time!

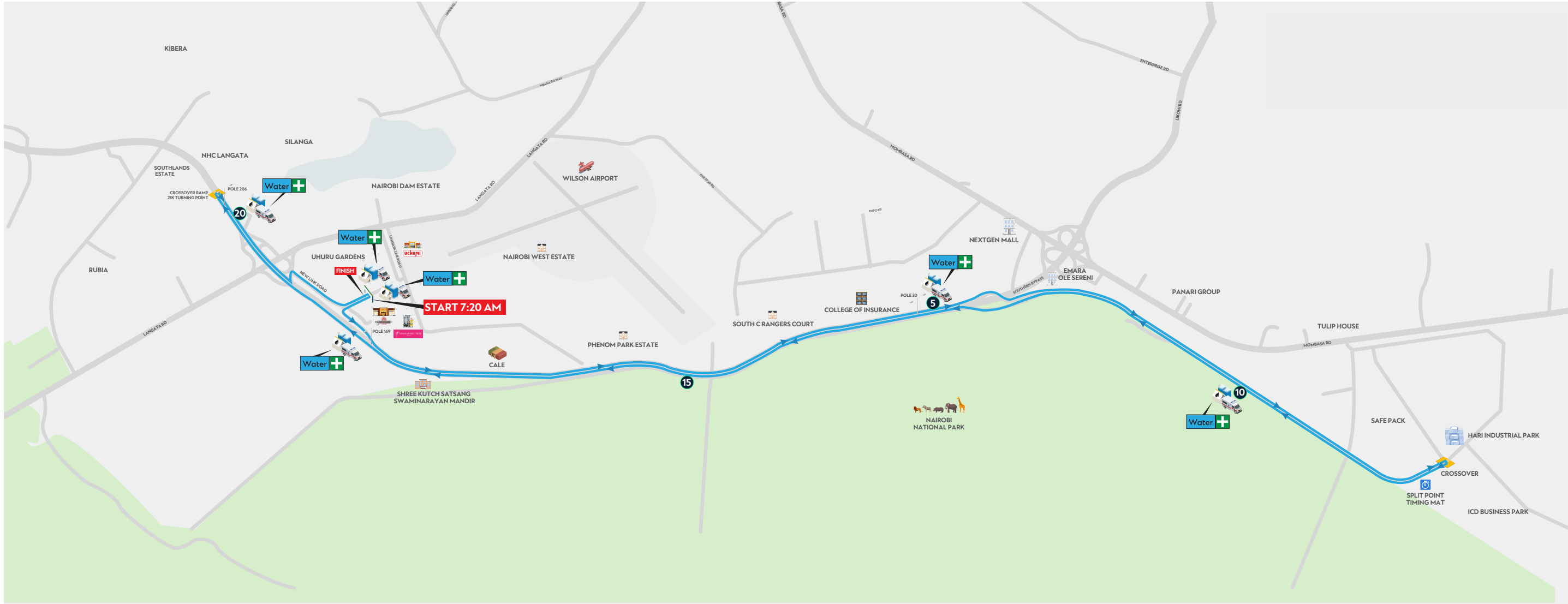
MARATHON VENUE FLOOR PLAN







FULL MARATHON ROUTE - Colour code RED



HALF MARATHON ROUTE - Colour code BLUE



10 KM ROUTE - Colour code GREEN

RELAY ROUTE

Water + 1
Water Point & Medical Tent
Relay Marker

START

- A** CARNIVORE
- B** SOUTHERN BYPASS
- 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** CARNIVORE

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

RELAY ROUTE RUNNER 1

Water + 1
Water Point & Medical Tent
KM Marker

A

Start Point at the start arch
404m away from point B

B

Joins Southern Bypass

C

Relay Turning
Point Crossover Ramp

D

Relay, 21k, 10k
Turning Point Crossover Ramp

E

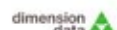
B

Baton Handover

TOTAL DISTANCE COVERED
8.776M



Sponsors

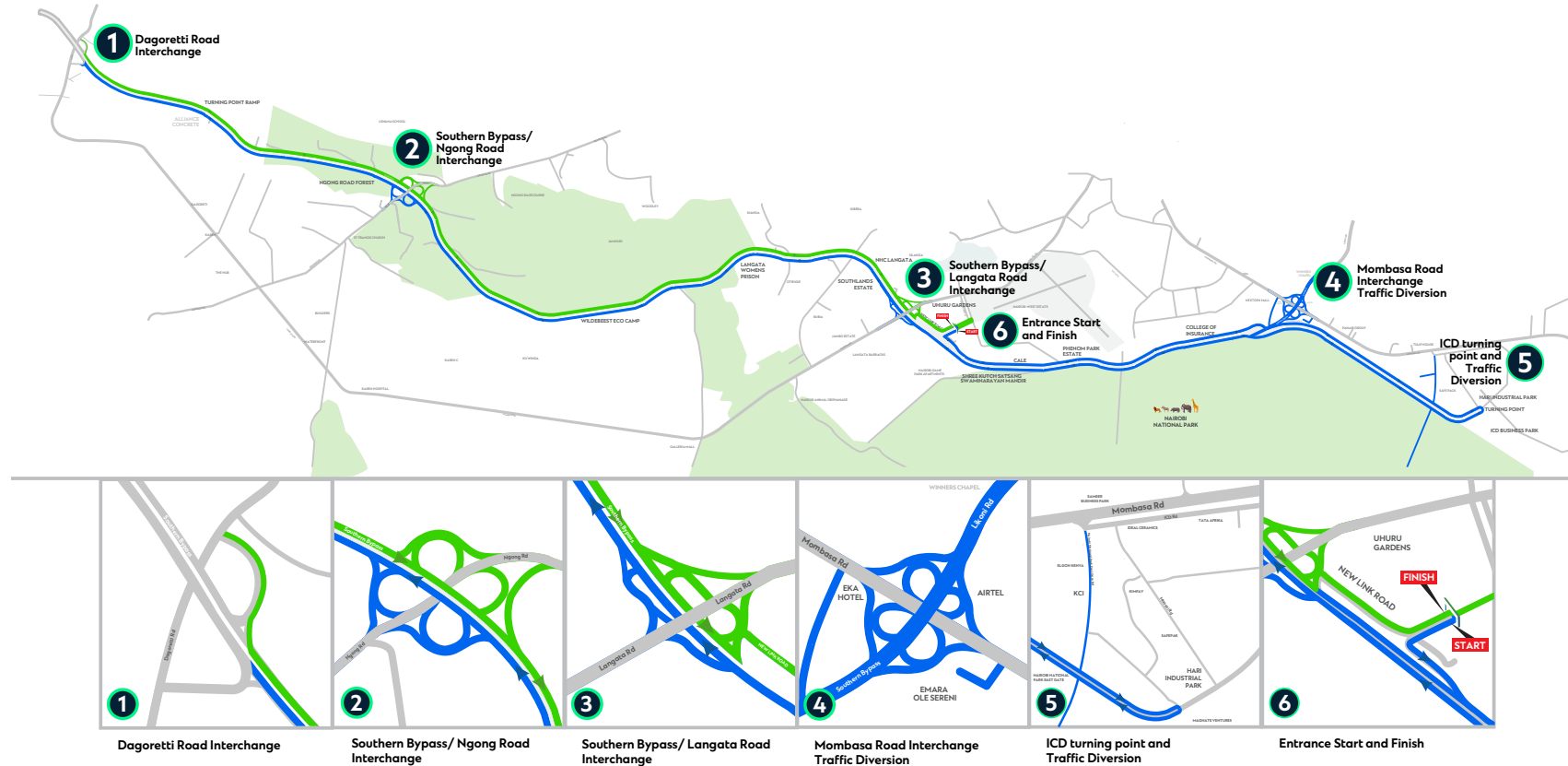




Relay Route Runner 2 and 3



Relay Route Runner 4



Times of Road Closures, Saturday 30th October

Color Code	Road Closure	Road Opening
	Remains Open	Remains Open
	Midnight	Not before 1 pm
	Midnight	Not before 12:10 pm

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 31st October 2021		
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 - 1:00 pm Sunday 31st October 2021		
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

SERVICES ON THE ROUTE

TIMING STATIONS

Timing mats are placed at all the extremities of the course. The Timing chip records the passage of all participants over these mats. It is essential you cross all timing mats, those on the route and on the finish line.

Runners with interim times (those taken on the course) missing will be deemed to have missed that portion of the course and will be

excluded from the result.

WATER, FIRST AID AND TOILET STATIONS

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

At the start/finish

At 5 km intervals on all routes and At the finishes

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

WATER

Water will be supplied in 300ml bottles with the tops off. Take water whenever you get the chance. Bottle Discard areas Water Bottles from the Marathon are collected for recycling. Look out for the bottle discard areas. They are located 25m – 200 m after each of the water stations. Please discard your bottles in these areas either in a provided roadside bins or to the side of the road. Dropping bottles on the road might be hazardous to runners behind you. Look after the environment and the city of Nairobi. Please throw plastic bottles into the roadside

bins after the water stations.

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 Hospitals on standby

AMBULANCES

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

SLOW RUNNERS

A Stragglers bus will follow the back markers of each race. The Stragglers bus will notify late runners that the roads are to open. After roads are open (the finish of the event) the Kenya traffic regulations apply. Any competitor still on the roads after this time is regarded by Kenya law as a pedestrian.

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

APPENDIX 1 - RACE NUMBERS

Men



Standard Chartered
Nairobi Marathon

1001

Standard Chartered
Nairobi Marathon

FULL MARATHON MEN

42KM MEN Do not pin below this perforation No: 1001

NAME AS ON ENTRY FORM _____
PHONE NUMBER _____
ANY PRESENT ILLNESS, ALLERGY OR MEDICATION? _____
NAME OF NEXT OF KIN AND HELPER CONTACT IN CASE OF EMERGENCY _____



Standard Chartered
Nairobi Marathon

10001

Standard Chartered
Nairobi Marathon

HALF MARATHON MEN

21KM MEN Do not pin below this perforation No: 10001

NAME AS ON ENTRY FORM _____
PHONE NUMBER _____
ANY PRESENT ILLNESS, ALLERGY OR MEDICATION? _____
NAME OF NEXT OF KIN AND HELPER CONTACT IN CASE OF EMERGENCY _____



Standard Chartered
Nairobi Marathon

501

Standard Chartered
Nairobi Marathon

21KM WHEELCHAIR MEN

WHEELCHAIR MEN Do not pin below this perforation No: 501

NAME AS ON ENTRY FORM _____
PHONE NUMBER _____
ANY PRESENT ILLNESS, ALLERGY OR MEDICATION? _____
NAME OF NEXT OF KIN AND HELPER CONTACT IN CASE OF EMERGENCY _____



Standard Chartered
Nairobi Marathon

30001

Standard Chartered
Nairobi Marathon

10KM MEN

10KM MEN Do not pin below this perforation No: 30001

NAME AS ON ENTRY FORM _____
PHONE NUMBER _____
ANY PRESENT ILLNESS, ALLERGY OR MEDICATION? _____
NAME OF NEXT OF KIN AND HELPER CONTACT IN CASE OF EMERGENCY _____

Women



Standard Chartered
Nairobi Marathon

3001

Standard Chartered
Nairobi Marathon

FULL MARATHON LADIES

42KM LADIES Do not pin below this perforation No: 3001

NAME AS ON ENTRY FORM _____
PHONE NUMBER _____
ANY PRESENT ILLNESS, ALLERGY OR MEDICATION? _____
NAME OF NEXT OF KIN AND HELPER CONTACT IN CASE OF EMERGENCY _____



Standard Chartered
Nairobi Marathon

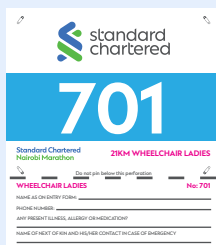
20001

Standard Chartered
Nairobi Marathon

HALF MARATHON LADIES

21KM LADIES Do not pin below this perforation No: 20001

NAME AS ON ENTRY FORM _____
PHONE NUMBER _____
ANY PRESENT ILLNESS, ALLERGY OR MEDICATION? _____
NAME OF NEXT OF KIN AND HELPER CONTACT IN CASE OF EMERGENCY _____



Standard Chartered
Nairobi Marathon

701

Standard Chartered
Nairobi Marathon

21KM WHEELCHAIR LADIES

WHEELCHAIR LADIES Do not pin below this perforation No: 701

NAME AS ON ENTRY FORM _____
PHONE NUMBER _____
ANY PRESENT ILLNESS, ALLERGY OR MEDICATION? _____
NAME OF NEXT OF KIN AND HELPER CONTACT IN CASE OF EMERGENCY _____



Standard Chartered
Nairobi Marathon

40001

Standard Chartered
Nairobi Marathon

10KM LADIES

10KM LADIES Do not pin below this perforation No: 40001

NAME AS ON ENTRY FORM _____
PHONE NUMBER _____
ANY PRESENT ILLNESS, ALLERGY OR MEDICATION? _____
NAME OF NEXT OF KIN AND HELPER CONTACT IN CASE OF EMERGENCY _____



Standard Chartered
Nairobi Marathon

001-1

Standard Chartered
Nairobi Marathon

RELAY

RELAY Do not pin below this perforation No: 001-1

NAME AS ON ENTRY FORM _____
PHONE NUMBER _____
ANY PRESENT ILLNESS, ALLERGY OR MEDICATION? _____
NAME OF NEXT OF KIN AND HELPER CONTACT IN CASE OF EMERGENCY _____

RACE NUMBERS - ALL RACES

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

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

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

In addition

Runners in 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.

Keep the race number images and the warning down there in green

APPENDIX 2 -PARKING

Car Parks for Athletes

Marathon participants and suppliers will park in the Uchumi parking lot at Links Road. This car park has security guards however parking will still be at your own risk.

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

Car Parks for VIP's

TAMARIND TREE HOTEL, entrance to this car park is limited to VIP and VVIP pass holders only.

APPENDIX 3 - LEFT LUGGAGE

The left luggage for all races will be at the Carnivore Grounds. The grounds can be accessed through the Langata Links Road.

The left luggage centers for each race will be clearly identified. To enter any left luggage center you must show your race number or official accreditation to the attendant security guard.

Left luggage collection

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

APPENDIX 4 - CASH PRIZES

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

*Applicable for both male and female races.

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 the impact that the Marathon might have on the Environment. We would like to leave both the Route and the Marathon Venues’ “better than we found it”.

We are working with the Nairobi City County for cleanliness of the City.

Everyone involved in the Marathon can do their bit to help by being conscientious and respectful regarding litter. On route - Please discard your paper cups in the bins placed 25m – 200m after each water station.

At Carnivore grounds - Please place your litter in the bins provided.

THANK YOU FOR YOUR SUPPORT

APPENDIX 6 - CONTACT INFORMATION

Standard Chartered Nairobi Marathon Secretariat

PHONE

+254 739 824 180

EMAIL

secretariat@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