

 standard  
chartered  
Nairobi Marathon



# Runners Guide

2024





# Contents

Standard Chartered Kenya CEO's remarks	3
Athletics Kenya president's remarks	4
Chairman local organizing committee remarks	6
Governor's remarks	7
Race details	8
Rules and regulations	9
The CEO's challenge	11
Running clubs	12
Sponsors & Partners	13
Training tips	14
Race day preparation	15
Marathon start times	16
Finish line	17
Power of sports to drive sustainability	18
Future makers programme	20
Route maps	21
service on route	28
Race numbers	30
Parking	31
A word on environment	32
Contact info	33



**KARIUKI NGARI**

### **Chief Executive Officer Standard Chartered Kenya**

For two decades, the Standard Chartered Nairobi Marathon has been a beacon of inspiration, unity, and achievement. It has ignited the passion of runners and enthusiasts alike, pushing boundaries and fostering a sense of community that is truly unmatched.

This year, as we commemorate 21 years of sheer determination and unwavering commitment, I am thrilled to invite you to join us for a monumental celebration like no other. Our scenic route along the Southern Bypass, promises an electrifying atmosphere as we bring together runners from all walks of life to mark this extraordinary milestone in our history. 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.

## **CEO's Remarks**

This year's edition is not just a celebration of our runners; it's about the entire community that has supported us throughout the years. I 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.

As we reflect on some of the milestones we have achieved over the past 20 editions, I am thrilled to share the inspiring story of the Women in Tech Incubator Program, funded by the Futuremakers Initiative. This program is dedicated to a digital-first approach, empowering young entrepreneurs to grow their businesses through technology. Since its inception, the program has trained more than 64 women-led businesses leveraging on technology by offering mentorship, advisory, coaching, networking opportunities, access to seed capital, and investor forums that help mold their businesses to international standards. With 32 startups already benefiting from seed funding totaling over KES 1.2 million (USD 10,000) each, its impact on fostering innovation and sustainability in Kenya's business landscape is undeniable.

This year, through the Futuremakers Initiative, we were also able to engage elite runners at the renowned Global Sports Camp in Eldoret on financial education focusing on wealth management and financial security. This initiative aimed at equipping athletes with the knowledge and tools necessary to secure their financial futures, manage their earnings wisely and plan for long-term financial stability. By integrating these crucial life skills into their training, we are empowering these athletes to not only excel in their sporting careers but also to build sustainable and prosperous lives beyond the track.

So, I invite all of you to register and join us for the marathon. By participating, you will not only be challenging yourself physically but also supporting our Futuremakers initiative, which aims to empower youth to learn, earn, and grow.

Mobilize your family, friends, and colleagues to join us.  
See you at the starting line!

Asanteni!

**Kariuki Ngari,**  
**Chief Executive Officer, Standard Chartered Kenya**



**JACKSON TUWEI**

### **Athletics Kenya President**

Since its inception in 2003, the Standard Chartered Nairobi Marathon has been a beacon of hope, embodying the spirit of collaboration and purpose-driven initiatives. At the heart of the marathon lay a commitment by Standard Chartered's unwavering dedication to social welfare.

Central to the success of the Standard Chartered Nairobi Marathon has been its enduring partnership with Athletics Kenya. Together, we have transformed this event into a world-class racing spectacle while prioritizing inclusivity and accessibility. The expansion of the marathon to include satellite races in Mombasa, Kisumu, and Kakamega underscores our joint commitment to reaching every corner of our nation and providing opportunities for all.

It is important to highlight the significant milestone achieved through Athletics Kenya's partnership with the

# **Athletic Kenya President Remarks**

marathon. Our joint fervent commitment and enthusiasm were instrumental in securing the prestigious World Athletics Road Race Label last year. This distinction acknowledges the marathon as one of the leading road races around the World, confirming its adherence to World Athletics' stringent standards in distance running which includes measurement, timing accuracy, result reporting, environmental impact mitigation, anti-doping measures, medical support, and route assistance.

The World Athletics road race label is vital for several reasons. For World Athletics, it reinforces their mission to maintain the highest standards of excellence in global athletics. For Athletics Kenya and the Standard Chartered Nairobi marathon, it is a testament to the quality and organizational prowess of our event, enhancing our reputation on the international stage. For the runners, this label guarantees a professionally managed race that meets rigorous international standards, providing them with a platform to compete at their best and be ranked against other elite athletes globally.

Moreover, the World Athletics Label is a powerful tool in our fight against doping. It ensures that our race adheres to strict anti-doping regulations, promoting a clean and fair competition environment. This commitment to integrity in sports is something we take immense pride in and continue to uphold.

Our alignment with Standard Chartered's sustainability agenda underscores our collective responsibility towards environmental stewardship and social equity. Through initiatives such as tree planting, reducing single-use plastics, and promoting diversity and inclusion, we are not only shaping the future of athletics but also leaving a lasting impact on our planet and society. Together, we have demonstrated that sports can be a powerful catalyst for positive change, and we do not doubt that our partnership will continue to inspire generations to come.

In conclusion, the Standard Chartered Nairobi Marathon, with its rich history and forward-looking initiatives, stands as a beacon of hope and excellence. The World Athletics Label elevates our marathon to new heights, ensuring a bright future for athletics in Kenya and beyond. Together, we are making strides towards a more inclusive, equitable, and sustainable world, one race at a time.

Looking forward to hosting you at this year's edition.

**Lt. Gen (Rtd) J. K. Tuwei,  
Athletics Kenya President**





**PETER GITAU**

### **Chairman Local Organizing Committee**

Since its inception, our running event has grown into the largest single-day sporting event in the Country, bringing together running enthusiasts from far and wide to experience the thrill of the run.

This year not only marks the 21st edition of the Standard Chartered Nairobi Marathon but also the beginning of the next 20 years of this iconic event. We are excited to host our runners once again for the main marathon in Nairobi and the satellite runs in Kisumu, Kakamega and Mombasa.

We target to register 23,000 runners for the 2024 marathon having set attracted 22,340 runners last year. The main event will feature seven race categories: 42km, 21km, 10km, 21km wheelchair, the CEO challenge, 5km Family Fun Run race, and the Corporate Challenge for both males and females. Through the support of the Nairobi City County, Ministry of Sports, Athletics Kenya, KENHA and KURA, we

## **Chairman's Remarks**

will be maintaining the marathon route along the Southern Bypass and venue at Uhuru Gardens.

We are committed to giving our runners a fun and memorable experience. The enhancements we introduced last year reflect our commitment to creating a vibrant and enjoyable experience for all participants. This year, we are incorporating exciting features along the route and inside the venue such as route entertainment, spectator zones, shower mists, mobile emergency stations, pace setters and cheering squads stationed along the route to cheer and motivate runners to the finish. Additionally, there will be route support in the form of water, fruits and electrolytes in collaboration with our sponsors to ensure all participants stay hydrated and energized through the run.

As we celebrate 21 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 Rose, a young entrepreneur inspired to follow her dreams. Life-changing support from the Futuremakers flagship education programme has helped Rose overcome a tough start in life and become an independent young woman running her own business. Through the Goal programme, which uses sports to deliver life skills and confidence training for girls and creates employment and entrepreneurship opportunities for young women, she took a fashion and interior design course and increased her income by designing products such as pillows and laptop bags. Rose's passion, commitment and voluntary work won her a further scholarship, and she is now halfway through a diploma in interior design. Her confidence has blossomed so much that she started an interior design company to give her income and serve her community.

When you register to run the Standard Chartered Nairobi Marathon, you are not only doing it for yourself, but you are also helping raise funds toward Our Futuremakers Initiatives which is focused on developing broader business skills, build financial knowledge and provide access to finance and networks to young entrepreneurs.

Once again, I would like to say thank you to all our partners and stakeholders and invite you all to get ready to be part of something epic!

**Thank you!**

**Peter Gitau,  
Standard Chartered Kenya COO and Chairman, Marathon Local Organizing Committee.**



**JOHNSON ARTHUR SAKAJA CBS**

### **Governor of 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. The marathon is set to occur along the Southern Bypass, offering an excellent chance to spotlight Nairobi's captivating allure. With the distinction of hosting the only natural national park within a city alongside modern infrastructure tailored for such prestigious events, Nairobi stands out as a remarkable destination.

For 20 years, this event has brought Kenyans and other nationalities together, with over 292,000 runners having participated. The Marathon agenda extends beyond the running and has enormous financial benefit to the communities within Nairobi. The significant financial injection from Standard Chartered and its partners not only supports local businesses but also enhances the livelihoods of many families who rely on the economic activities

## **Governor's Remarks**

generated by the marathon. The financial influx into Nairobi's economy underscores the city's growing reputation as a hub for international sporting events, which in turn attracts further investment and tourism, creating a virtuous cycle of growth and development.

As the host and a strategic partner to Standard Chartered Nairobi Marathon, my government is committed to ensuring the well-being of its residents and impacting the community through our joint initiatives in key areas such as Health, Employability and Environment which are aligned to Futuremakers by Standard Chartered and County Government's agenda to promote economic growth, create jobs, and improve the quality of life for our citizens. By fostering entrepreneurship, supporting small businesses, and investing in the community, we are working hand-in-hand with the Marathon to drive sustainable development and empower the residents of Nairobi. These efforts are not only transforming individual lives but are also contributing to the broader socioeconomic development of our city, ensuring that Nairobi remains a vibrant and dynamic place to live and work.

In partnership with the Marathon, we have agreed to plant 150,000 tree seedlings around Nairobi County and are collaborating with other medical partners to hold medical camps around Nairobi. These initiatives reflect our commitment to environmental sustainability and improving the health and well-being of our community. Planting trees is a critical step towards combating climate change and enhancing the green spaces within our city, making Nairobi not only more beautiful but also more resilient against environmental challenges. The medical camps, on the other hand, provide essential health services to our residents, particularly those who might otherwise have limited access to medical care. These actions demonstrate our holistic approach to development, addressing both environmental and health needs. This partnership exemplifies what can be achieved when the public and private sectors unite for a common goal, and I am confident that together, we will continue to elevate Nairobi to new heights.

I would like to assure you that this year's Marathon, just like in previous editions, has our full support. The marathon is more than just a race; it is a celebration of community, resilience, and progress. We look forward to what the future holds and plan to run with Standard Chartered Bank and all participants to the finish line.

Looking forward to hosting you at this year's event.

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

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## Race Details

The 21st edition of the Standard Chartered Nairobi Marathon will be held on Sunday, 27th October 2024 along the Southern Bypass in Nairobi, offering scenic views of the Nairobi National Park. The event will feature seven race categories 42km, 21km, 10km, 21km Wheelchair, 5km Family Fun Run, CEO Challenge and the 10km Corporate Challenge.

We will also have three satellite runs which will be held in Kisumu on Sunday 13th October, Kakamega on Friday 18th October and Mombasa on Monday 21st October.

The registration is open on [www.nairobimarathon.com](http://www.nairobimarathon.com) at a fee of KES 2,000 for both local and international participants. For team registration and inquiries, reach out to our secretariat team at [secretariat@nairobimarathon.com](mailto:secretariat@nairobimarathon.com) or call us on 020 329 3780. You can also donate towards our Futuremakers initiatives through the registration portal and on the official marathon website: [www.nairobimarathon.com](http://www.nairobimarathon.com).

We look forward to hosting over 23,000 runners from around the world this year.



# Rules and Regulations

## GOVERNANCE

The 2024 Standard Chartered Nairobi Marathon adheres to the guidelines set forth by World Athletics (WA), 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 organizer reserves the right to contact and interview applicants by phone for additional information required for matters relating to the event as per the World Athletics requirements, all participants in the Standard Chartered Nairobi Marathon are subject to performance-enhancing substance 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 have been banned from competition under World Athletics/Athletics Kenya jurisdiction or who have taken banned substances or do not meet the entry requirements stated in the Rules and Regulations.

The organizer 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 canceled for whatever reason.

## PARTICIPATION

Whilst every reasonable precaution will be taken by the organizer to ensure the participant's safety, participants run at their own risk and the organizers 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 participant's 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 unofficial 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.

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.



# Rules and Regulations

## FINISH OF THE EVENT

Road closures will be lifted by the Kenya Police per 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 strugglers' bus will advise late runners that the roads are about to open to everyday traffic.

## WHEELCHAIR REQUIREMENTS

- Wheelchairs are defined as a chairs 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 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 authorized 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

The kit collection will be done at Uhuru Gardens from 22nd October to 27th 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 authorizing 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 CEO'S Challenge

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 race course goes 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, 27th October 2024**

**Venue: Uhuru Gardens**

**Start point: Southern Bypass**

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

**Start Times:**

**42km - 06.00 AM**

**21km - 07.15 AM**

**10km - 08.15 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 [nairobi-marathon.com](http://nairobi-marathon.com) and choose the CEO race. Alternatively, you can contact the [secretariat@nairobi-marathon.com](mailto:secretariat@nairobi-marathon.com) for assistance.

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





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Their diverse portfolio covers passenger cars, light, medium, and heavy commercial vehicles, including the fully electric double-cabin pickup and trucks. **JAC Kenya** is a franchise under ECTA Kenya.

**ECTA Kenya** was established in 1965, ECTA has 59 years of experience as a registered motor vehicle business in Kenya. ECTA is the exclusive distributor of new **JAC and Subaru** vehicles in East Africa (Kenya, Uganda). ECTA also has a sister company called Oriel Limited that deals with distribution of **Monroe Shocks, Kings & OBK coil springs**.

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(Monroe shocks, Kings/OBK springs)



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# Running Clubs





# Training Tips



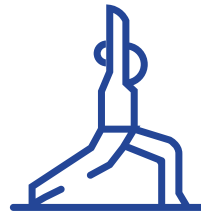
Minimize added sugar



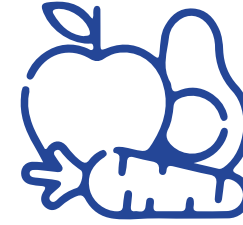
Make sure your shoes  
are comfortable



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



Warm-up and cool down



Eat clean food



Hydrate! Hydrate! Hydrate!

These training tips have been developed by Dedan Miricho, drawing on his years of expertise and experience in the field of athletics. His insights and guidance are invaluable in creating this comprehensive training resource.





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- MSc Psychology
- MSc Digital Marketing
- MSc Civil Engineering
- MSc Project Management
- MSc Computing and Information Systems
- MSc International Transport, Trade and Logistics
- Postgraduate Certificate in Education



**University of Suffolk**

- Foundation BA (Hons) Business Management
- Foundation BSc (Hons) Computing
- Foundation LLB (Hons) Law
- BA (Hons) Business Management
- LLB (Hons) Law
- BSc (Hons) International Nursing (Top Up)
- BSc (Hons) Computing
- MSc Public Health
- MBA



## Bachelor's Degrees **UNICAF UNIVERSITY (ZAMBIA & MALAWI)**

- Bachelor of Business Administration (BBA)
- Bachelor in Marketing
- Bachelor in Occupational Health and Safety Management
- BA English Language and Literature
- BA Public Administration and International Relations
- BBA Public Relations and Mass Communication
- Bachelor in Hospitality Management
- Bachelor of Human Resource Management
- Bachelor of Laws (LLB)
- Bachelor of Project Management
- BEd Pre-Primary Education
- BEd Primary Education
- BA Economics and Business
- BSc Finance
- BSc Accounting
- BSc Computer Science
- BSc Supply Chain Management and Logistics

## Master's Degrees **UNICAF UNIVERSITY (ZAMBIA & MALAWI)**

- MSc Healthcare Management
- MSc Managerial Psychology
- MSc Computer Science
- MSc Entrepreneurship and Innovation
- MSc Web Design and Development
- MSc Sustainable Development
- Master of Public Administration (MPA)
- Masters of Education
- Master of Laws (LLM)
- MA English Literature
- MA Educational Leadership and Management
- Master of Business Administration:

You can choose between a general qualification in: Human Resource Management, Project Management, Marketing, Management, Finance, Health Management, Management Information Systems, Oil, Gas and Energy Management

## Doctoral Degrees **UNICAF UNIVERSITY (ZAMBIA & MALAWI)**

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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 innersoles, 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.



# 2024 Standard Chartered Nairobi Marathon Start Times

The 2024 Standard Chartered Nairobi Marathon will be held along the Southern Bypass.

**Route :** Southern Bypass

**Date :** Sunday 27th October 2024

**Venue :** Uhuru Gardens



Race	Distance (kms)	Arrival Time	Assembly Time	PA 1 Min	Start Time
21 km Wheelchair	21 km	5:00 am	5:44 am	5:44 am	5:45 am
42 km Full marathon	42 km	5:00 am	5:59 am	5:59 am	6:00 am
Corporate Challenge	10 km	7:00 am	8:14 am	8:14 am	8:15 am
21 km Half marathon	21 km	6:00 am	7:14 am	7:14 am	7:15 am
10 km race	10 km	7:00 am	8:14 am	8:14 am	8:15 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 Saturday 26th October 2024 from 11.00pm. PLEASE ARRIVE 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.



# Finish Line



## 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).



## 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.



## 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.



## 4. Finishers medal

In exchange for the perforated rip-off strip on the race number all runners will receive a finishers medal for their race. Every runner will receive a tree seedling upon completion of their race to go and plant in their preferred locations.



## 5. Finisher 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

# Race Day Preparation

## 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 understand 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 bio-fuels 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

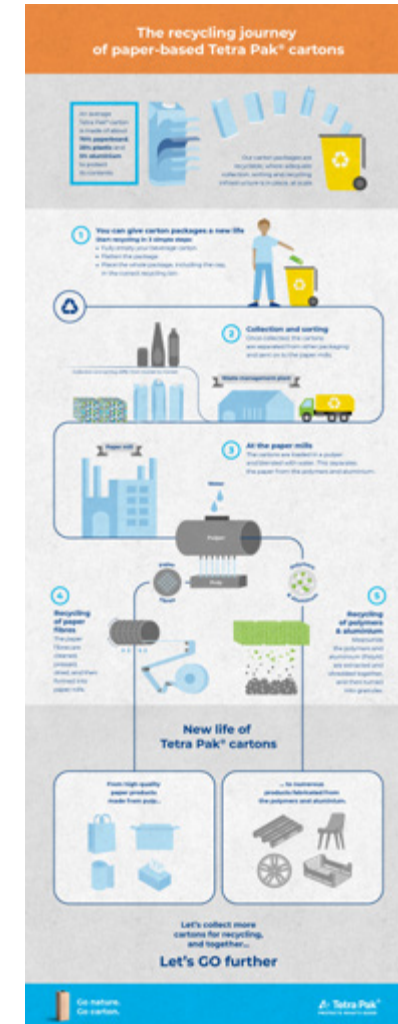
We will continue to partner with local charitable organisations to provide benefits to the communities hosting our events. We also aim to develop an approach to understanding the wider economic impacts of our events, from boosting employment, to supporting female-led SMEs, to increasing spending in the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

## 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 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 audience.





# Futuremakers Programme

Futuremakers by Standard Chartered is our global youth economic empowerment initiative, which aims to help disadvantaged young people learn, earn and grow. It was established in 2019 to tackle social inequality. Futuremakers seeks primarily to contribute to Sustainable Development Goal 8 - promoting sustained, inclusive, and sustainable economic growth, full and productive employment and decent work for all.

Futuremakers focuses on three pillars of work: education, employability and entrepreneurship. Futuremakers targets disadvantaged young people, with a focus on girls and young women and Persons With Disabilities.

## Futuremakers pillars – helping young people to learn, earn and grow

### Education

Goal is our Futuremakers flagship education program to equip adolescent girls with the confidence, knowledge and skills they need to be economic leaders in their families and communities.

Through sport and activity-based learning, Goal delivers modules on financial education; communication skills; health and hygiene; and self-confidence i.e., Be yourself, Be Healthy, Be

Empowered, Be Money Savvy and Be Independent. Goal also has a range of intensive and non-intensive (comic book, radio, Goal games/events) approaches that are used by partners. The curriculum is designed for girls aged 12-19 from low-income households and is typically offered on a weekly basis, over the course of ten months.

### Employability

Our Employability Programmes help young people, including those with disabilities, to improve employment related knowledge including reskilling and upskilling and encourage employers to promote an inclusive ecosystem.

In 2022, we launched Phase 1 of Futuremakers Inclusive Employability Programme and in June 2024, we launched Phase 2 of the Futuremakers Employability Programme dubbed as RISE (Ready for Sustainable Inclusive Employability) which provides young people with vocational and soft skills training, mentoring,

job matching and placement career planning, upskilling and reskilling opportunities that support young people to become job ready.

We work with Sightsavers and Light for the World to implement the Employability programmes in universities, technical institutions, special and integrated high schools.

### Entrepreneurship

Our Entrepreneurship Programmes Women in Tech (WiT) and Access to Finance support microbusiness owners and aspiring entrepreneurs to build financial knowledge, develop broader business skills and access finance. They unleash the potential of young entrepreneurs, enabling them to earn from their businesses, thrive in the local market and beyond, and ultimately create new jobs.

### The Standard Chartered Women in Tech Programme

The WiT programme launched in 2017 in partnership with @ iBizAfrica, Strathmore University targets female entrepreneurs leveraging on technology to build or pivot micro small and medium enterprises. The programme is designed to upscale women-led technology ventures, as an enabler for economic empowerment of women, through training, mentorship, and seed funding. The Programme has attracted female led enterprises from different sectors such as hospitality, financial services, health care, agriculture, green businesses, media etc. Since 2017, the programme has attracted over 2,300 applications from 6 cohorts. To date 64 female led businesses have gone through a 12-week incubation Programme with 32 teams being awarded \$10,000 (KES 1.2 million) each in seed money for their ventures.

### Access to Finance Programme with SOMO

We launched the SOMO Access to Finance Programme in 2022 to support women led small and micro businesses to access small ticket loans of between KES 250,000 to KES 2.5 million to fuel the growth of female led enterprises.

The programme has provided debt financing spanning the industries of food, agriculture, education, personal care and textiles with the revolving funds being reinvested back into the women led businesses.





# UHURU GARDENS FLOOR PLAN

Security Check	Fruits	Sponsors Tent	OB	Left Luggage	Media Interviews
Media	Results	Medical Tent	Scnn Stores	Kit Collection	Wellness Tent
Cyclist Rack	Information	Parking	Winners Tent	VIP Tent	Media Platform
Timing	Hydration Zone	washrooms	Command Center	Food Vendor Zone	Screen
PWSN 21km	21km Finish	42km Finish	10km Finish	Kitchen	







## 21KM ROUTE

Water + 1 Safe Point  
Water Point & Medical Tent 1KM Marker Safe 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



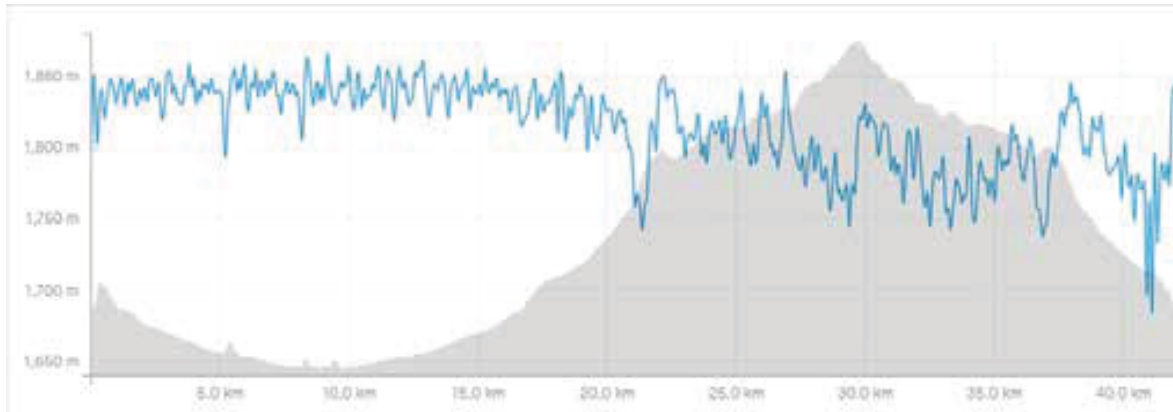
- Relief Station
- 42/21/10K Marathon Finish
- 5K Marathon Finish
- Marathon Start
- Full Water Point and Number
- Water Point and Number
- 42/21K Turning Point
- 42K Turning Point
- 5K Turning Point
- 21/10K C.Relay Turning Point
- Timing Station
- Pole and Number





# Race Profiles

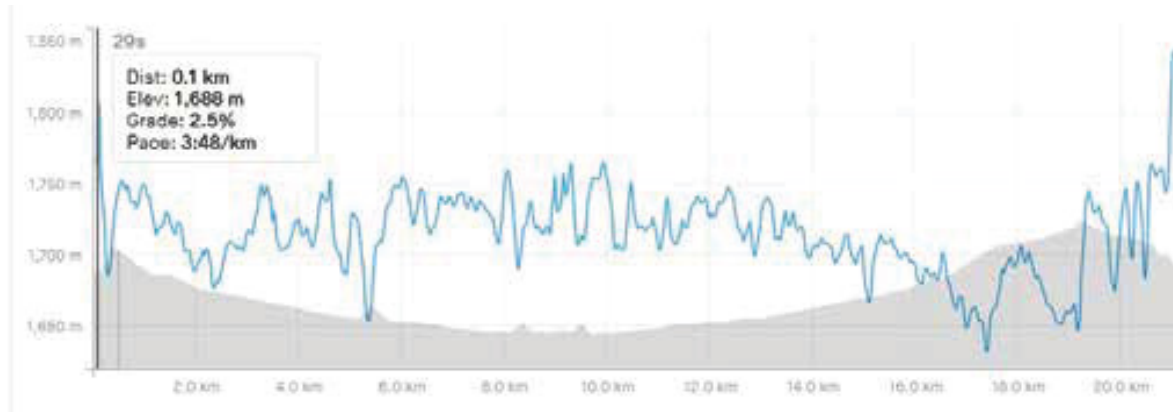
## 42km elevation graph



## 10km elevation graph



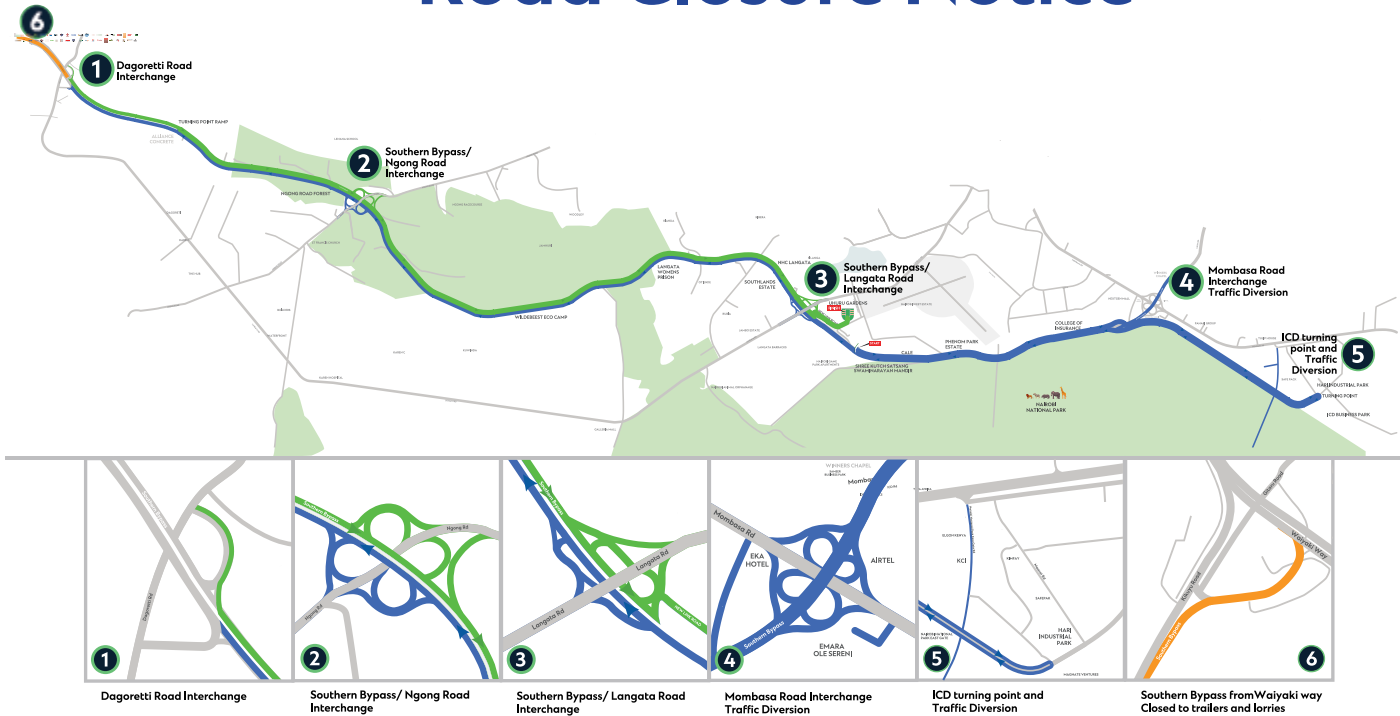
## 21km elevation graph



## 5km elevation graph



# Road Closure Notice



## 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

### Saturday 26th October 11:00 pm - 1:30 pm Sunday 27th October 2024

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

### Saturday 26th October 11:00 pm - 1:30 pm Sunday 27th October 2024

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

Color Code	Road Closure – Saturday 26th October 2024	Road Opening – Sunday 27th October 2024
Grey	Remains Open	Remains Open
Green	11.00pm	1.30pm
Blue	11.00pm	1.30pm
Orange	11.00pm	1.30pm



# 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 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 Kenya 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

1001

**FULL MARATHON MEN**

Do not pin below this perforation

**42 KM MEN** **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 \_\_\_\_\_

10001

**HALF MARATHON MEN**

Do not pin below this perforation

**21 KM MEN** **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 \_\_\_\_\_

30001

**10KM MEN**

Do not pin below this perforation

**10 KM MEN** **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 \_\_\_\_\_

50001

**5KM MEN**

Do not pin below this perforation

**5KM MEN** **No: 5001**

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 \_\_\_\_\_

501

**21KM WHEELCHAIR MEN**

Do not pin below this perforation

**WHEELCHAIR MEN** **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 \_\_\_\_\_

## Women

3001

**FULL MARATHON LADIES**

Do not pin below this perforation

**42 KM LADIES** **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 \_\_\_\_\_

20001

**HALF MARATHON LADIES**

Do not pin below this perforation

**21 KM LADIES** **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 \_\_\_\_\_

40001

**10KM LADIES**

Do not pin below this perforation

**10 KM LADIES** **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 \_\_\_\_\_

60001

**5KM LADIES**

Do not pin below this perforation

**5KM LADIES** **No: 6001**

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 \_\_\_\_\_

701

**21KM WHEELCHAIR LADIES**

Do not pin below this perforation

**WHEELCHAIR LADIES** **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 \_\_\_\_\_

## 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.



## 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 roadside 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 China Square 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 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.

## Appendix 4 - Cash Prizes

	42km	21km	Wheelchair Race	10km	Corporate Challenge Elite	Corporate Challenge Recreational	PWD Team
1	2,000,000	300,000	300,000	200,000	100,000	100,000	100,000
2	750,000	150,000	150,000	150,000	50,000	50,000	-
3	500,000	100,000	100,000	100,000	25,000	25,000	-
4	150,000	-	-	-	-	-	-
5	100,000	-	-	-	-	-	-
6	50,000	-	-	-	-	-	-
7	40,000	-	-	-	-	-	-
8	30,000	-	-	-	-	-	-
9	20,000	-	-	-	-	-	-
10	10,000	-	-	-	-	-	-





# Appendix 5 - A Word On Environment

## Keep the Standard Chartered 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: 020 329 3780**

**Email:** [Secretariat@nairobi-marathon.com](mailto:Secretariat@nairobi-marathon.com)

**Registration Assistance:** [Registration@nairobi-marathon.com](mailto:Registration@nairobi-marathon.com)

**General Inquiries:** [Help@nairobi-marathon.com](mailto:Help@nairobi-marathon.com)

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

**Operating Hours:**

Monday To Friday 8.00 Am To 5.00 Pm

Emergency Contact AAR Healthcare

Phone - +254725225225





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