

 standard
chartered
Nairobi Marathon



Runners Guide

2024





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KARIUKI NGARI

**Managing Director & Chief Executive Officer,
Standard Chartered Kenya & Africa**

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 determination and unwavering commitment, I am thrilled to invite you to join us for a memorable experience. 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 are 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.

CEO's Remarks

This year, through the Futuremakers by Standard Chartered, 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 by Standard Chartered, which aims to empower youth to learn, earn, and grow. Mobilise your family, friends, and colleagues to join us. See you at the starting line! Asanteni!

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 Standard Chartered's is committed to improving the wellbeing of the society.

Central to the success of the Standard Chartered Nairobi Marathon has been the collaboration with Athletics Kenya. We have transformed this event into a World Road Race Label underpinned by sustainability and inclusion. 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 organisational 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 demonstrates 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.

I am looking forward to hosting you at this year's edition.

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





PETER GITAU

Chairman, Local Organising Committee

Since its inception, our running event has grown into the largest single-day sporting event in Kenya, 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 chapter 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 25,000 runners for the 2024 marathon having 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 will be

Chairman's Remarks

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, mothers' rooms, 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 energised 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. Rose 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 towards our Futuremakers by Standard Chartered programmes which is focused on developing broader business skills, building financial knowledge and providing 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 CTOO and Chairman, Marathon Local Organising 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 300,000 runners having participated. The Marathon agenda extends beyond the running and has enormous financial benefit to the communities within Nairobi. The marathon 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

Governor's Remarks

supports local businesses but also enhances the livelihoods of many families who rely on the economic activities 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 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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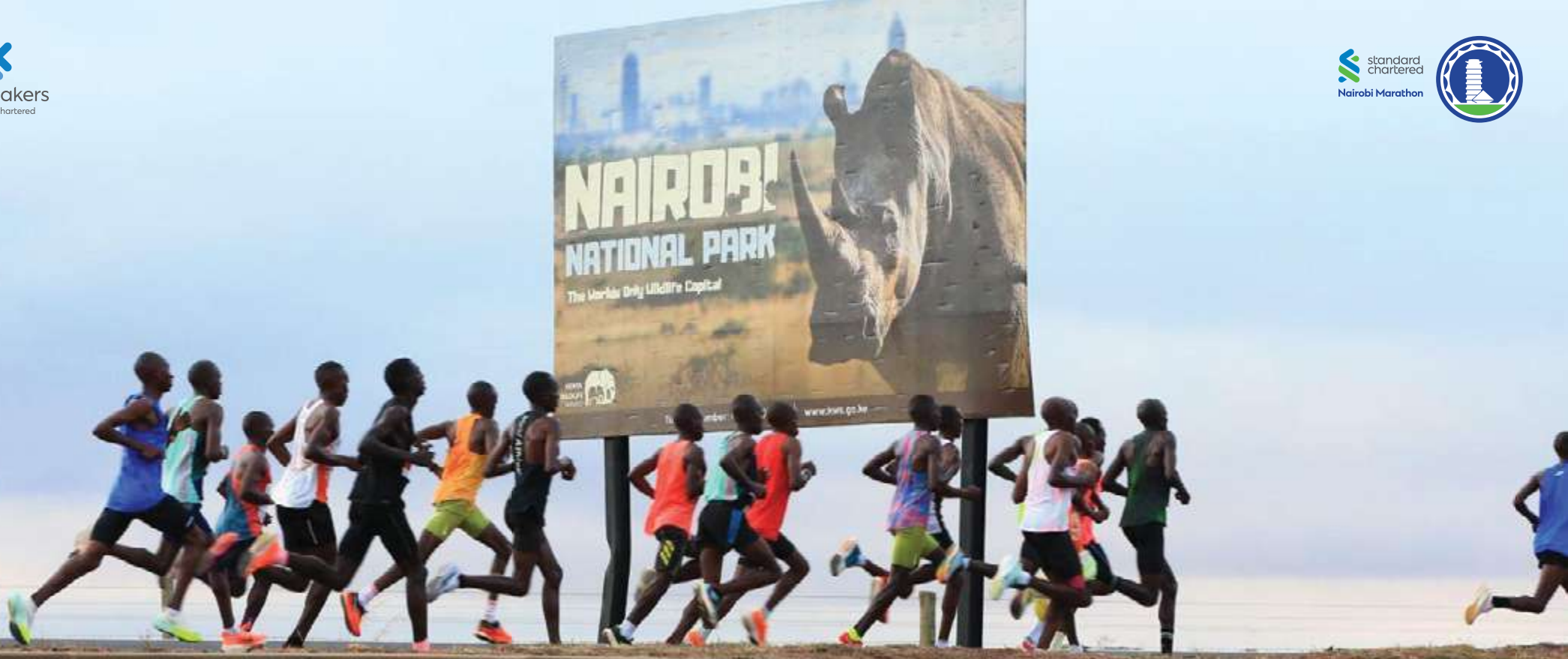
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Race Details

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.

Registrations were open on www.nairobimarathon.com at a fee of KES 2,000 for both local and international participants. For inquiries, reach out to our secretariat team at secretariat@nairobimarathon.com or call us on 020 329 3780. You can also donate towards our Futuremakers initiatives on www.nairobimarathon.com.

We look forward to hosting 25,000 runners from around the world this year



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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 organiser 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 organiser 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 organiser 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 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 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 organisers shall not be liable for any loss and/or damage whether personal or otherwise, and however arising. Whilst every reasonable precaution will be taken by the organiser 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's 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 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 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 adjusts his/her wheelchair.
- If the Technical Officials believe that a wheelchair and/or the athlete using it represent a safety risk, they shall be authorised to disqualify the athlete from an event.
- Wheelchairs must follow the measured Half Marathon route.
- Hand-cycles are not permitted in the Standard Chartered Nairobi Marathon races because hand-cycles are differentiated from wheelchairs in that they are not propelled by push rims fitted directly to the main wheels of the chair but driven by levers, cranks and a chain ring mechanism similar to a bicycle.

KIT COLLECTION FOR PARTICIPANTS

The kit collection will be done at Uhuru Gardens from 23rd October to 26th October. If participants are unable to collect their race entry pack in person, they may empower a representative to pick the kit up on their behalf. This representative should present the following to the kit distribution clerk:

- A letter authorising the collection of the kit signed by the participant
- Copies of the relevant entry documentation
- Copy of the participant's identity

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





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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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Running Clubs





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- 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

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Race week

1. Do not try anything new days before the race day; a new shoe, new gear, socks, etc. Work with what you are used to.
2. Simplify your life, avoid stressful situations, and reschedule appointments until after race day. Put more focus on what you can control.
3. Prioritize 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 nervousness and race jitters.
4. Eat a normal balanced diet days before the race day, you need to replenish your glycogen stores depleted in training. Hydrate adequately with water and electrolytes but avoid over-hydration, avoid alcohol. The night before the race avoid foods high in fat and fibre that take long to digest.
5. If you are traveling, arrive early enough, and ensure you carry race gear in your hand luggage, your race day gear should always be with you. Visit the kit collection centre early and pick up your kit, avoid spending too much time at the expo. Minimize movement on the eve of the race, rest your legs and plan for sightseeing after the race.
6. Check the weather forecast, this will give you a guide on how to fuel, hydrate, and dress up for the race.
7. Plan on how you will get to the start point. Remember on race day roads might be closed, so leave your house/ hotel earlier than usual.
8. Write down your race goals, internalize them, visualize your racing strategy, look at the race route, course details, and race elevation, and plan your splits and pacing strategy. You will never go wrong with a proper pacing plan.
9. Arrange your running kit the night before the race again, it's important to fill in your emergency contacts on the space provided on your bib (I recommend sharing two contacts, one of someone with you in the race who is easily accessible and the second one for your next of kin.) 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, and pack your gels or sports drinks.
10. It's crucial to go through the race book/runners guide provided by the race organizers or the race website, essential race information (start point, start time, terms and conditions) and all other vital details are well-detailed in the race guide.
11. Plan to do an easy 30–40 minute shake-out run a day before race day. This helps to release anxiety and prepare your mind for the race ahead.

These training tips have been developed by Coach 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.

Race day morning

1. Wake up early. Take your time to poop and empty your system. Running causes things to move through the colon and not clearing your system will cause discomfort during the run. Runners stomach is not a good experience.
2. Take a light breakfast 2 to 3 hours before the race e.g. oatmeal, a few slices of bread, or a banana are appropriate. Take what you have practiced in training. Hydrate and take your electrolytes 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 race day some roads might be closed.
5. Do a light dynamic warm-up before the race, an easy run warm-up 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. Those seconds you are trying to gain early in the race will cost you minutes late into the race.
7. DO NOT MISS a water point, hydrate throughout the race, and do not wait to feel thirsty to start hydrating, most races have water points every 5 Km, and taking fluids early will prevent dehydration later in the race.
8. Fuel forward, start taking your fuel, 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.

These training tips have been developed by Coach 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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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	Start Time
Wheelchair Race	21km	5:00 AM	5:30 AM	5:45 AM
Full Marathon	42km	5:00 AM	5:30 AM	6:00AM
Corporate Challenge	10km	7:45 AM	8:15 AM	8:45AM
Half Marathon	21km	6:20 AM	6:40AM	7:20AM
10km Run	10km	7:45 AM	8:15 AM	8:45AM
Family Run	5km	9:00 AM	9:30 AM	10:00AM

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. 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 of 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.

The download instructions are as follows:

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

In case of difficulties please contact the marathon secretariat:

Email: secretariat@nairobimarathon.com | Website: www.nairobimarathon.com | Operating Hours: Monday to Friday 8.00am to 5.00pm

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The power of sports to drive sustainability

What does it mean to be a sustainable marathon?

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

What's next

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

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

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

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

The intention is to develop a common process for identifying, measuring and reporting a set of core KPIs as well as additional event specific KPIs that help to tell the story of Standard Chartered's journey towards hosting the world's most sustainable marathons. This process will provide Standard Chartered with an understanding of the current sustainability performance of the events in comparison with each other and other external comparable events in order to inspire targets and ambitions for future events.



The power of sports to drive sustainability

Our plans to improve sustainability performance vision

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

Natural environment

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

Community and economic impact

We will continue to partner with local charitable organisations to provide benefits to the communities hosting our events. We also aim to develop an approach to understanding the wider economic impacts of our events, from boosting employment, to supporting female-led SMEs, to increase 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 and communicate about sustainability to our stakeholders.



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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.



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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	

42km Route



21km Route



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10km Route

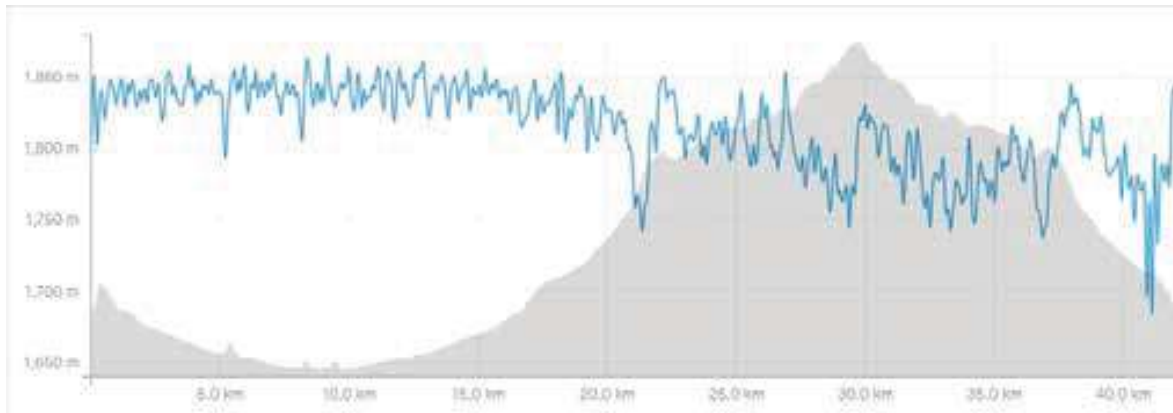


5km Route



Race Profiles

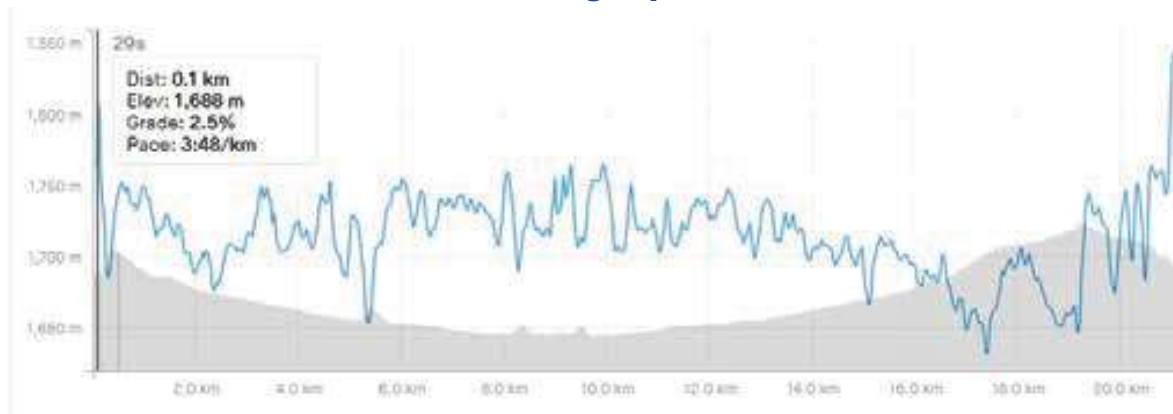
42km elevation graph



10km elevation graph



21km elevation graph



5km elevation graph



Sneakers to *Ruin*

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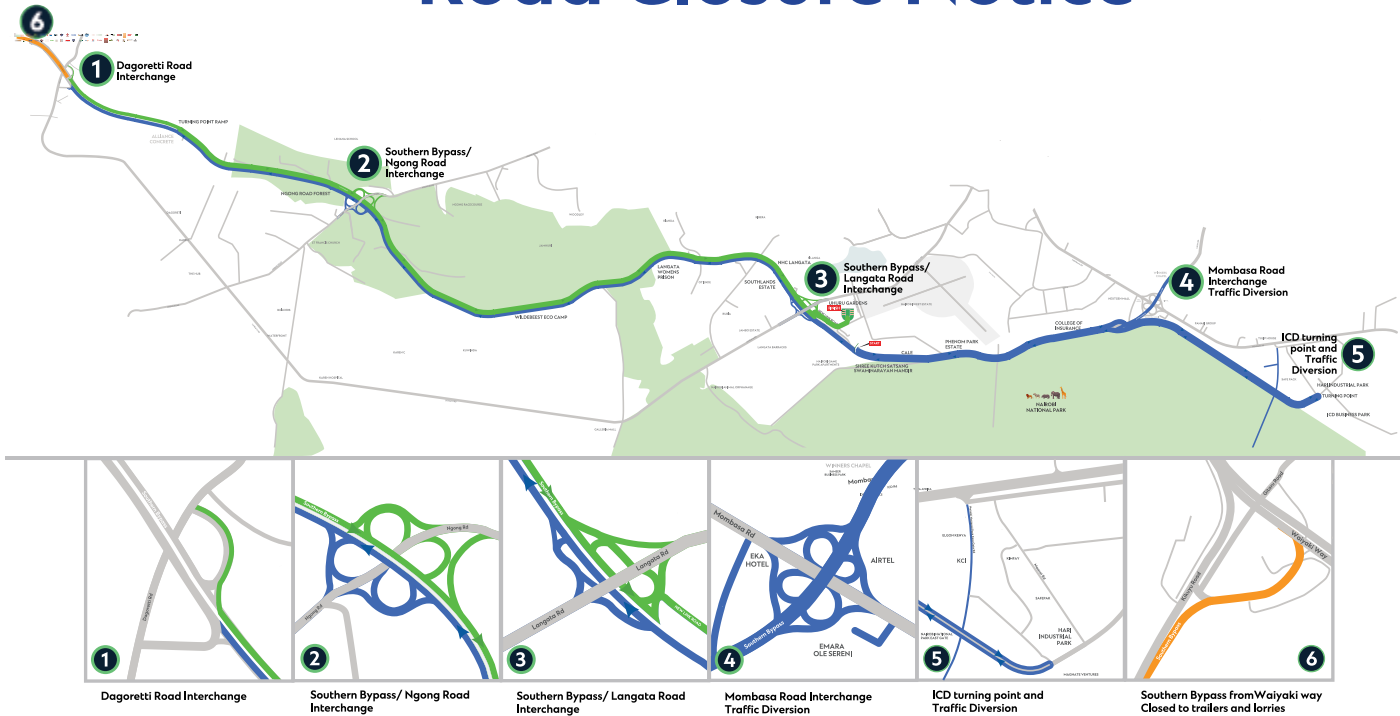
◀ *Bata*



GENUINE TOMY *Tabius*



Road Closure Notice



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

Road Closures and Traffic Diversions

From	To	Accessible Areas 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





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5. Emergency Medical Technician Course (EMT Course)
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7. Advanced Cardiac Life Support Training (ACLS)

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AAR Rescue Training Centre
Transnational Plaza, 3rd Floor Along Mama Ngina Street
Contacts **0709701000**



Healthcare
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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.

Hydration

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 ORS hydration (Salts) commonly known as salts and sugars for hydration on the route and at the village. Take water, fruit, 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 staffed 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 on assessment, 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 bicycles 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 strugglers bus will follow the back markers of each race. The straggler's bus will notify late runners when the roads are to open. After the roads are open (the finish of the event) the Kenya Traffic regulations apply. Any competitor still on the roads after this time is regarded by Kenyan law as a pedestrian.

Drop out

If you are unable to continue the race at any point, move over to the side of the road and wait for the struggler'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, 21km and 10km. There will be kilometer markers at every 5km 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 struggler's bus to the venue.





Appendix 1 - Race Numbers

Men

1001

standard chartered | futuremakers by Standard Chartered

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

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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

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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

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Do not pin below this perforation

5 KM MEN No: 50001

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

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21KM 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

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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

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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

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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

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Do not pin below this perforation

5 KM 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

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Do not pin below this perforation

21KM 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 marshals 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 centres for each race will be clearly identified by signages. To enter any left luggage centre, 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 centre. 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	1,000,000	200,000	200,000	150,000	50,000	50,000	50,000
3	500,000	150,000	150,000	100,000	25,000	25,000	25,000
4	300,000	-	-	-	-	-	-
5	200,000	-	-	-	-	-	-
6	100,000	-	-	-	-	-	-
7	75,000	-	-	-	-	-	-
8	50,000	-	-	-	-	-	-
9	30,000	-	-	-	-	-	-
10	20,000	-	-	-	-	-	-





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

Registration Assistance: Registration@nairobi-marathon.com

General Inquiries: Help@nairobi-marathon.com

Website: www.nairobi-marathon.com

Operating Hours:

Monday To Friday 8.00 Am To 5.00 Pm

Emergency Contact AAR Healthcare

Phone - +254725225225





▶ nairobi-marathon.com ◀