



# **Ndakaini** **HALF MARATHON** *Run For Water, Run For Life*



**6TH OCTOBER 2018**

All proceeds will go towards the conservation of the  
Ndakaini Dam catchment area



### **HISTORY OF THE EVENT**

The event started in 2004 under the auspices of the Ndakaini Dam Environmental Conservation Association (NDEKA)

### **MISSION STATEMENT**

The mission of NDEKA is to support sustainable supply of safe water to the Ndakaini Dam through conservation to the catchment area and the empowerment of local community to develop viable social economic enterprises associated with the dam.

### **FACTS**

Dams's highest level:  
2041m above sea level

#### **Capacity:**

70, 000, 000m<sup>3</sup> (Cubic metres)

#### **Deepest end:**

60 metres

#### **Surface area:**

3Km<sup>2</sup> (Square kilometres)

#### **Owners:**

Nairobi Water & Sewerage Co.

#### **Highest point:**

2070 metres

The 21 Km half marathon goes around the Ndakaini Dam.

## 2016 WINNERS

### 21KM MEN

NAME	TIME
KIPNGENO PATRICK	01:07:18
KIPKEMBOI ROBERT	01:07:34
SHADRACK KIPLAGAT	01:07:43

### 21KM WOMEN

NAME	TIME
DELVINE MERINGOR	01:16:44
NANCY KIMAIYO	01:17:31
GLADYS OTERO	01:18:16

### 10 KM MEN

NAME	TIME
PETER NJOROGE	00:30:54
JOHN ELIMLIM	00:30:55
CORNELIOUS KOSGEI	00:31:04

### 10 KM WOMEN

NAME	TIME
JOSPHINE WANJIKU	00:36:08
LYDIA NYANSIKERA	00:36:32
Margaret WAMAHIGA	00:37:16



## CATEGORIES:

Half Marathon :	21 Km
Road Race :	10 Km
Corporate race (team of 5-10pax)*:	10 Km
Children's Race :	5 Km
Adults' Race :	5 Km

## REGISTRATION FEES: Registration

Participant	Fee	Deadline
Elite	1,500	30th Sept 2018
Amateur	1,000	30th Sept 2018
<i>(not eligible for Prize Money)</i>		
Corporate Race	100,000	(Maximum 10pax)

### \*FOR ONLINE REGISTRATION:

visit: <http://ndakaini.co.ke/>

\*Race materials (Race Number/Tshirts for participants who register online will be ready for collection from 10th September – 30th September 2018, at the selected collection centres.

## RACE INFORMATION:

21 KM Race	Report Time: 7:30 am Start Time: 8:00 am
10 KM Race	Report Time: 9:30 am Start Time: 10:00 am
5KM Race	Report Time: 10:15 am Start Time: 11:00 am



## PRIZE MONEY

### 21 KM MEN & WOMEN

- |                   |                  |
|-------------------|------------------|
| 1. Kshs. 300, 000 | 6. Kshs.30, 000  |
| 2. Kshs. 150, 000 | 7. Kshs.25, 000  |
| 3. Kshs. 105, 000 | 8. Kshs. 15, 000 |
| 4. Kshs. 75, 000  | 9. Kshs. 12, 000 |
| 5. Kshs. 52, 000  | 10. Kshs. 7, 500 |

### 10 KM MEN & WOMEN

- |                  |                  |
|------------------|------------------|
| 1. Kshs. 45, 000 | 6. Kshs. 8, 250  |
| 2. Kshs. 22, 500 | 7. Kshs. 6, 750  |
| 3. Kshs. 15, 000 | 8. Kshs. 5, 250  |
| 4. Kshs. 12, 000 | 9. Kshs. 3, 750  |
| 5. Kshs. 9, 750  | 10. Kshs. 2, 250 |

### 5KM CHILDREN

- |            |              |
|------------|--------------|
| 1. Voucher | Kshs. 7, 500 |
| 2. Voucher | Kshs. 6, 000 |
| 3. Voucher | Kshs. 5, 250 |
| 4. Voucher | Kshs. 4, 500 |
| 5. Voucher | Kshs. 3, 750 |

## REGISTRATION CENTRES

- Parklands Sports Club (for Members)
- IMG Offices
- Nairobi Sports House
- Ndakaini Shopping Centre



## EVENT PROGRAMME & AWARD CEREMONY

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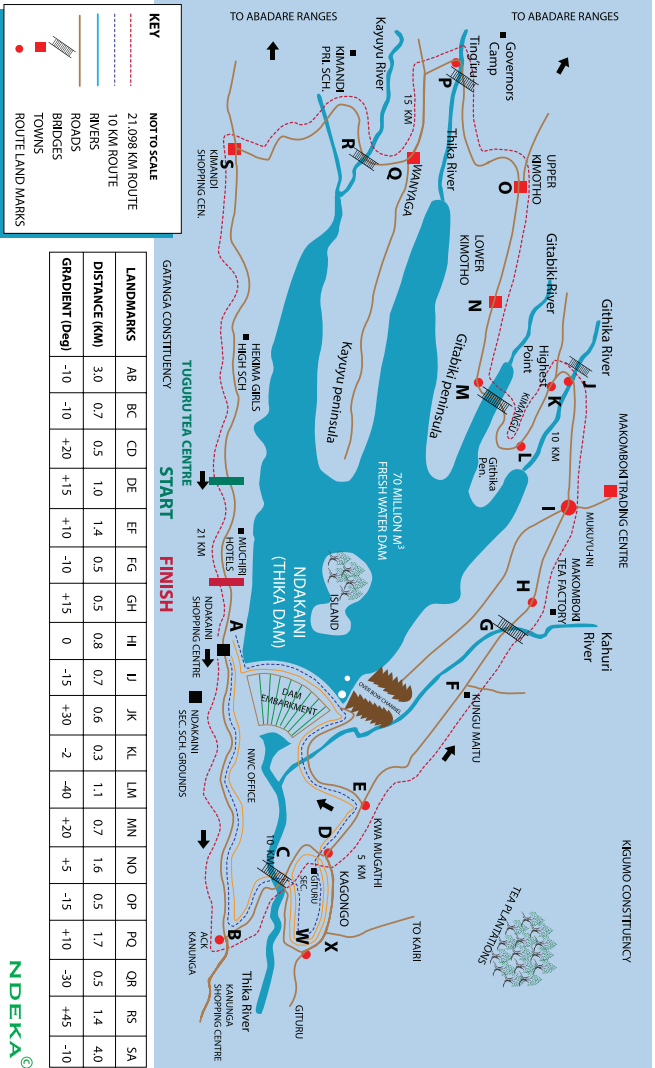
- 6.00am** Arrival of athletes & guests
- 7.30am** 21 km call time
- 8.00am** Start of 21 km race
- 9.30am** 10 km call time
- 10.00am** Start of 10 km race
- 10.30am** 21 km award ceremony for positions 4 – 10
- 10.45am** 5km call time
- 11.00am** Start of 5km Fun & Children's Race
- 11.10am** Start of formal proceedings
- 11.15pm** Ekiden award ceremony for positions 4 – 10
- 11.20pm** 10 km award ceremony for positions 4 – 10
- 11.30pm** 5km award ceremony for positions 4 – 10

## NATIONAL ANTHEM

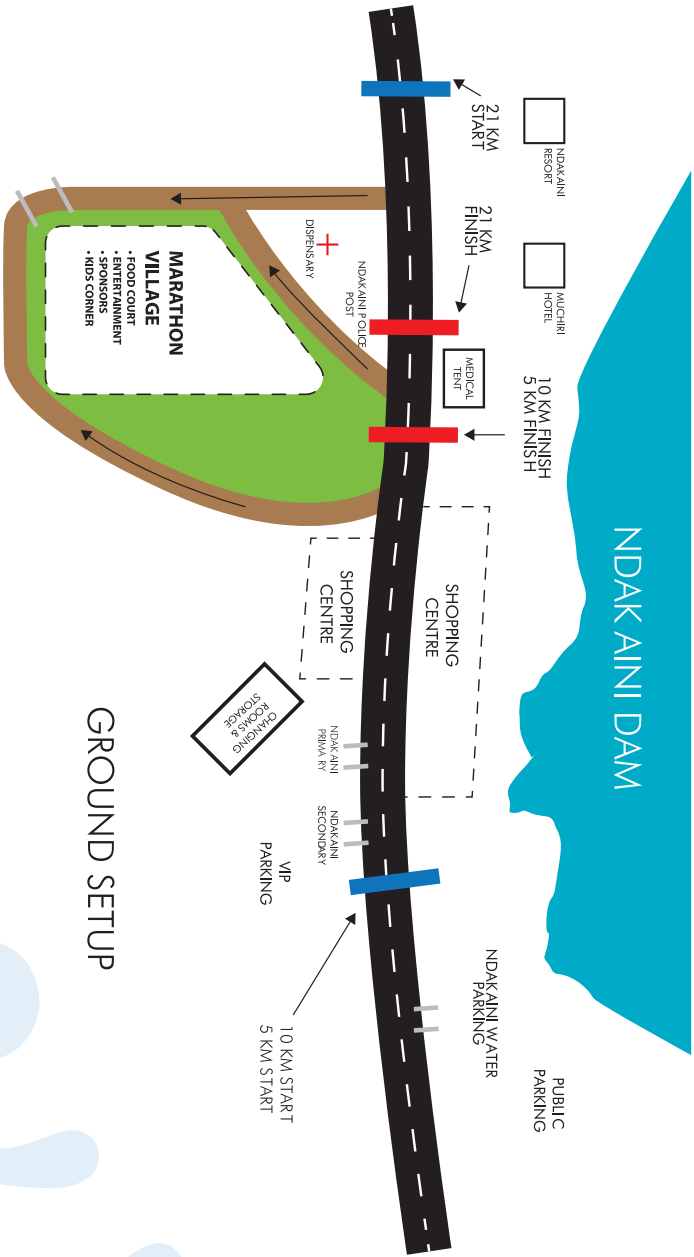
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- 11.35pm** Welcomes remarks – Chairman NDEKA
- 11.40pm** Ekiden award ceremony for positions 1 – 3
- 11.50pm** Speech – xxxxxxxxxxxxxxxx
- 12.00pm** 5km Award Ceremony 1 – 3
- 12.10pm** Remarks – Athletics Kenya President
- 12.20pm** 10 km award ceremony for positions 1 – 3
- 12.30pm** Key note speech – Guest of Honour
- 12.40pm** 21km award ceremony for positions 1 – 3
- 1.00pm** Entertainment

# NDAKAINI ROUTE MAP



# GROUND SET UP MAP



GROUND SETUP





## RULES & REGULATIONS

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1. Participants must have trained for the event.
2. Participants must be medically fit, certified by a doctor and coach.
3. First aid will be provided but the organizer will not be liable for any injuries arising from participation.
4. Athlete should make his/her own arrangements for transport, meals and accommodation.
5. Entry fee, once paid, is not refundable if the athlete is late, withdraws, is disqualified from running or if the event is cancelled.
6. Participants must be 18 years of age and above for the 21 KM race and over 14 years for the 10 KM race.
7. The organizers retain the right to use photographs for promotion.
8. Participants must abide by the rules and regulations of IAAF/ Athletics Kenya.
9. The athletes will use their own running kits but the Race Number and t-shirts/Vests will be provided.
10. For the 21KM and 10KM Races, the Race Number has a timing chip affixed to the back. DO NOT BEND OR STORE RACE NUMBER NEXT TO PHONE (This interferes with programming).
11. The Race Number must be attached to the assigned participant for the duration of the Race.
12. The organizer will not be responsible for any inaccurate results due to improper treatment of the Race Number.
13. The athlete must hand over the running bib after the race.



## KEY CONTACTS

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**OVERALL EVENT MANAGER:**

Wendy Wakhusama: 0708984656

**REGISTRATION MANAGER:**

Charles Wambugu: 0708984773

**FIRST AID:**

Wendy Wakhusama: 0708984656

**HYDRATION COORDINATOR:**

James Kamau: 0708984774

**HOW TO GET TO NDAKAINI DAM**

Ndakaini is located to the west of Thika Town. To get there from Nairobi, take the Super Highway until Exit to BLUE POSTS HOTEL - 36 kms from Muthaiga Police Station.

Exit LEFT at BLUE POSTS HOTEL immediately after crossing River Chania and continue to GATANGA (18km) then turn RIGHT. This Road will take you directly to NDAKAINI DAM (18 km).

