

SPORTS IN KENYA: FACTS & FIGURES

ATHLETICS

NATIONAL RELEVANCE: More than anything else, Kenya is renowned for its track and field athletes. Since the 1960s, Kenya has produced more world class athletes, world record holders and Olympic medalists in long distance running than any other country.

HISTORY: Kenya's history in athletics goes back to 1951, when the Kenya Amateur Athletics Association was formed. At the Olympics in Rome in 1964, long distance runner Wilson Kiprugut Chuma became the first Kenyan ever to win an Olympic medal. At the Olympics in Mexico in 1968, Naphatali Temu became Kenya's first Olympic gold medalist.

STADIUMS & MAIN VENUES: Moi International Sports Centre, Nairobi City Stadium, Nyayo National Stadium

MAIN EVENTS: Jomo Kenyatta memorial meeting in 1979, Nairobi Marathon,

ATHLETES: Kipchoge Keino was the first Kenyan athlete to appear on the Cover of "Sports Illustrated"

ORGANIZATION: Athletic Kenya (AK)

RANKING: Kenya is 38th in the overall Olympic ranking and a number of Kenyan athletes hold World Records.

FEMALE: Susan Sirma became the first Kenyan woman to win an Olympic medal, Kenyan female athletes won several marathons and street races.

WEB: athleticskenya.com, kenyarunners.com



CRICKET

NATIONAL RELEVANCE: In team sports, Kenya has many victories in cricket. Cricket is rated second to athletics. Perhaps cricket like no other sport in the country has brought to Nairobi, some of the best in the sport.

HISTORY: Cricket was brought to Kenya by European settlers. In 1951, Kenya commenced in international cricket competitions and has been an ICC member since 1981. Kenya's greatest success was, advancing to the semifinals of the World Cup in South Africa in 2003. After a severe crisis, the team is now on a rebuilding process and attended the 2007 World Cup.

IMPORTANT MATCHES: The first match to be recorded which was against Tanzania in 1951 and the semifinal at the 2003 Cricket World Cup.

STADIUMS & MAIN VENUES: Gymkhana Club on Forest Road in Nairobi is the centre for cricketers in Kenya.

MAIN EVENTS: Nairobi hosted the Champions Trophy in 2000 and co-hosted the World Cup in 2003.

ATHLETES: Steve Tikolo, Tom Tikolo, Maurice Odumbe, Kennedy Otieno and Hitesh Modi.

ORGANIZATION: Cricket Kenya

RANKING: Lg ICC ODI Championship 12th

FEMALE: National female cricket team since 2006

WEB: cricketkenya.com, crickinfo.com



RUGBY

NATIONAL RELEVANCE: Rugby is among Kenya's three most popular sports but Kenya continues to lag light years behind the top rugby playing Nations. This is mainly due to the lack of a professional league in the country. Rugby in Kenya is played almost exclusively by indigenous players and mostly played in Nairobi, only handful of teams coming from outside the capital.

HISTORY: Rugby was introduced into Kenya at the beginning of the 20th century by British settlers: Indeed, before the 1970s rugby in Kenya was played mainly by people of European origin. The 1980s saw a significant rise in the popularity of the sport in Nairobi while in the 1990s there has been an explosion in the popularity countrywide.

CLUBS: Harlequins Rugby club, Mombasa Sports Club, Kenya Exiles

IMPORTANT MATCHES: 2001 world 7 series, never qualified for the World Cup

STADIUMS & MAIN VENUES: RFUEA Grounds

ATHLETES: Edward Rombo

ORGANIZATION: Kenya Rugby Football Union (KRFU)

WORLD RANKING: 42nd in IRB World rankings

FEMALE: The "Safari Sevens" in 2004 was the first time that a ladies competition was included in the schedule.

WEB: kenyarfu.com



FOOTBALL

NATIONAL RELEVANCE: The most popular sport in the country is soccer. The popularity of the game cuts across ethnic and class lines. However Kenya cannot be classified as a "Football crazy" nation.

HISTORY: Football was introduced to Kenya by Westerners at the beginning of the 20th century. In 1960, the Kenya Football Federation was formed. The National Team was banned twice (2004 & 2006) by the FIFA due to government interferences.

CLUBS: Mathare United based in the Mathare slums of Nairobi. The club was formed in 1994 as a professional outfit of the Mathare Youth Sports Association (MYSA). Other Clubs: AFC Leopards, Gor Mahia and Tusker FC.

IMPORTANT MATCHES: Won the CECAFA Cup 5 times and qualified for the World Cup in 1974.

STADIUMS & MAIN VENUES: Nyayo, City, Kasarani and Moi International Sports Centre

PLAYERS: Joe Kadenge, Joe Masiga, Musa Otieno.

ORGANIZATION: In 1960, the Kenya Football Federation (KFF) was formed

WORLD RANKING: 115th on current world FIFA ranking

FEMALE: Recently a female league has been set up

WEB: kenyafotball.com



GOLF

NATIONAL RELEVANCE: Golf is a popular and fast growing sport on the African continent, particularly in Kenya. The country is profiting financially from golf tourism.

HISTORY: The early European settlers set up a legacy of beautiful and distinctive courses. In the years following independence, the people cast away the notion that golf was for rich outsiders and embraced the game with great enthusiasm.

STADIUMS & MAIN VENUES: Muthaiga Golf Club, Karen Country Club, 53 golf clubs around the country.

MAIN EVENTS: Kenya Open Golf Championship is the oldest Championship on the African Leg of the P.G.A European Challenge Tour. It has been held at the Muthaiga Golf Club since 1967.

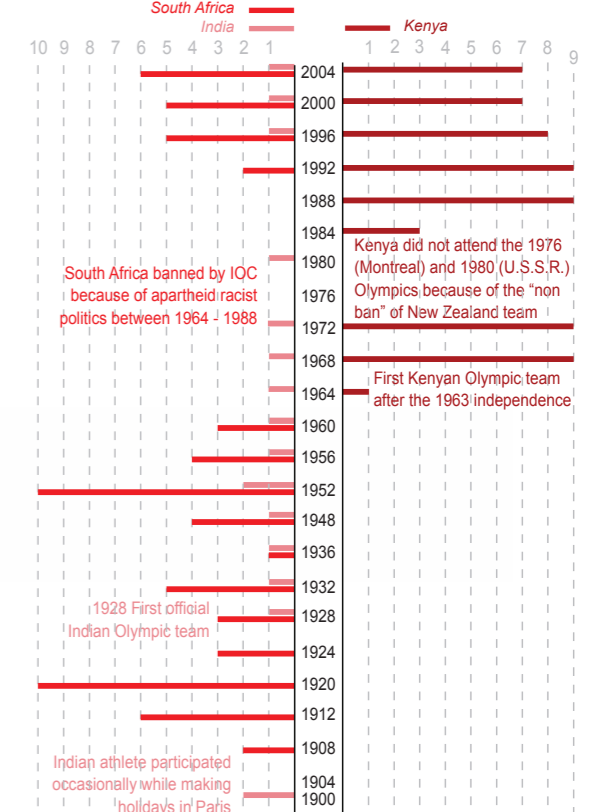
PLAYERS: Jacob Okello, (world ranking 919). Rose Naliaka is the only female Kenyan professional on the tour.

ORGANIZATION: The Kenyan Golf Union (KGU) was set up in 1928 as the national representative in Kenya of all golfing clubs.

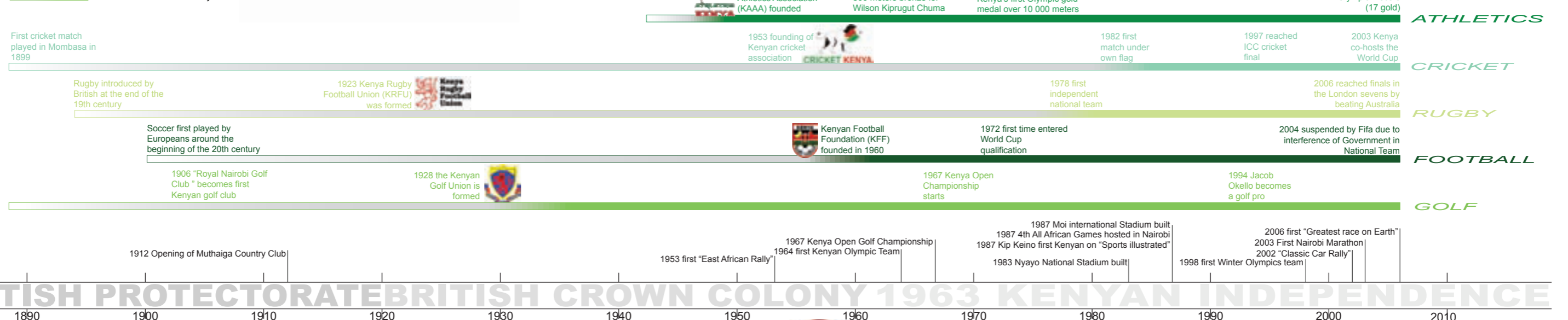
FEMALE: Rose Naliaka, the only female golf professional in Kenya initiated the "drive for dreams" foundation, she aspires to improve conditions for girls in her community by using the game of golf to teach how to transfer values like responsibility, self-respect, confidence and sportsmanship from the golf course to everyday life.



Comparison of attendance and total number of Olympic medals per event between Kenya, South Africa and India from the point of first participation until today



Timeline for main sports and events in Kenya
Formation of national identity



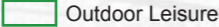
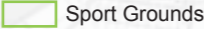
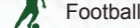

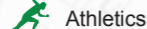
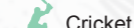

BRITISH PROTECTORATE BRITISH CROWN COLONY 1963 KENYAN INDEPENDENCE



SPORT & LEISURE IN NAIROBI

There are a wide variety of parks and recreational activities in Nairobi. The most spectacular, Nairobi National Park, is located just five miles south from the city center and is probably the most visited game park in East Africa, it provides the special opportunity to view the wildlife of Africa silhouetted against the Nairobi skyline. Uhuru Park and Uhuru Gardens are located along Uhuru Highway and are large urban green spaces. The Nairobi Arboretum, located near Nairobi University, provides a restful setting for a walk. City Park, located two miles north of the city center, is a well-preserved remnant of the woodlands that covered the area before the construction of the railway. City Park features well-kept lawns, gardens of rare plants, playgrounds, and sports fields. Attending horse races at Ngong Racecourse is a popular weekend activity. Nairobi has a vibrant nightlife with a variety of bars, clubs, restaurants as well as casinos and cinemas. These are mainly grouped around the city centre, River Road and the woodlands.

Kenya's favourable climate is ideal for sports and recreation all year round. Kenya has a strong reputation for sports, and Nairobi is the center of the sporting scene. In particular, Kenya is well known for its world-class runners, which makes athletics the major sport. Kenyan runners exploded onto the international scene during the 1968 Mexico City Olympic Games when three distance runners won gold medals. Surprisingly enough Kenya did also take part at the 1998 Winter Olympics in Nagano, although the national representative finished last place. Other sports gaining popularity in the nation's capital are rugby, cricket, and football. These games, previously the domain of Nairobi's settler and Asian communities, are becoming popular among Africans. Kenya's teams have done well in international competitions. For the country's affluent, golf is a popular sport. There are a number of well-maintained country clubs in Nairobi that offer good golfing facilities. One of the biggest sporting events is the Kenya Safari Rally, which starts and finishes in Nairobi and the Nairobi Marathon.

- T13** Theatres & Cinemas
- N14** Nightclubs
- C1** Casinos
- B16** Bars
- R42** Restaurants
- S10** Shopping
-  Outdoor Leisure
-  Sport Grounds
-  Football
-  Golf
-  Athletics
-  Cricket
-  Rugby



Karen Country Club
Nairobi National Park

N1

RESTAURANTS

- R1 Blue Nile
- R2 Chic Joint
- R3 FK Restaurant
- R4 Hong Kong Restaurant
- R5 Kengeles
- R6 Nyama Choma Place
- R7 Plaza Cafe
- R8 Uchumi
- R9 Alan Bobbes Bistro
- R10 Beneve Coffee House
- R11 Cafe 21
- R12 California Cookies
- R13 Dancing Spoon Cafe
- R14 Etouch Food Court
- R15 Fiesta Restaurant
- R16 Malindi Dishes
- R17 Nakumatt Downtown
- R18 Nyama Chora Stalls
- R19 Panda Chinese restaurant
- R20 Pasara Cafe
- R21 Porterhouse Restaurant
- R22 Restaurant Akasha
- R23 Seasons Restaurant
- R24 Supreme Restaurant
- R25 Taj
- R26 Tamarind restaurant
- R27 Tanager Restaurant
- R28 Trattoria
- R29 Tropez
- R30 Uchumi
- R31 Zeep
- R32 Addis Abeba Restaurant
- R33 Bangkok Chinese Restaurant
- R34 China Jiangsu restaurant
- R35 Chowpati
- R36 Furosato Restaurant
- R37 Hanndi Restaurant
- R38 Hidden Agenda
- R39 Sarit Centre Food Court
- R40 Siam Thai
- R41 Taverna
- R42 Uchumi
- R43 Urban Oasis
- R44 Azalea
- R45 Red Sea
- R46 Ngong Hill
- R47 Motherland Inn
- R48 Casablanca
- R49 Cedars

THEATRES & CINEMAS

- T1 Cameo Cinema
- T2 Casino Cinema
- T3 Kenya Cinema
- T4 Kenya National Theatre
- T5 Liberty Cinema
- T6 Nairobi Cinema
- T7 Nu Metro Prestige Plaza
- T8 Nu Metro The Junction
- T9 Odeon Cinema
- T10 Phoenix Cinema
- T11 The Godown
- T12 Twentieth century Cinema
- T13 Fox Cineplex Sarit

NIGHT CLUBS

- N1 Carnivore
- N2 Choices
- N3 Doce The Club
- N4 Florida 2000
- N5 Klub House 1
- N6 Klub House 2
- N7 Tropicana
- N8 Wheels
- N9 Club Soundd
- N10 Green Corner
- N11 Monte Carlo Club
- N12 New Florida
- N13 Nynza House Club
- N14 Symmers
- N15 Pavement

CASINO

- C1 International Casino

SHOPPING

- S1 Barclay Plaza
- S2 Hurlingham Shopping Centre
- S3 City Market
- S4 Gallery Watatu
- S5 Maasai Market
- S6 Sarit Centre
- S7 The Mall
- S8 Trianle Curios Market
- S9 Uchumi Market
- S10 Yaya Centre