



10TH ALL AFRICA UNIVERSITY GAMES



Location Map

KENYATTA UNIVERSITY LOCATION MAP



MESSAGES	3
GOODWILL MESSAGES	9
BACKGROUND	16
ABOUT THE HOST	17
PARTICIPATING UNIVERSITIES	20
GEARING TO GO	21
COMMISSIONING OF THE SYNTHETIC TRACK	22
SPORTING VENUES	23
ACCOMMODATION SERVICES	25
CATERING SERVICES	26
FACILITIES	27
WELFARE AND ENTERTAINMENT	28
SPONSORS	29



MESSAGES

First Lady of the Republic of Kenya

It gives me great pleasure to see Kenya on the global stage, hosting another major athletics competition. This year, we are proud to host the 10th All Africa University Games.

This is another opportunity to put Kenya on the international map, and is in line with our recognition of the crucial role sport plays in national development by nurturing talent amongst the youth.

I thank the Federation of Africa University Sports (FASU) for recognizing Kenya, and awarding hosting rights for the 10th All Africa University Games to Kenyatta University. We are proud that all necessary arrangements have been put in place to ensure the successful completion of these championships.

As a nation, we celebrate our athletes who have trained hard to participate in events such as these; we are confident that our universities will continue to nurture young men and women who will go on to compete in other international competitions.

I take this opportunity to welcome athletes from universities across the African continent to Kenya.

I wish you success in your races and hope that you will carry lasting memories of the new experiences and relationships that you will make in our country.

I encourage you to enjoy Kenya's rich heritage and diversity and most of all, our Kenyan hospitality.

**HER EXCELLENCY, MARGARET KENYATTA
FIRST LADY OF THE REPUBLIC OF KENYA**



International University Sports Federation (FISU)

Dear friends,

After two years of pandemic, where we had to adapt ourselves to the global sanitary crisis, it seems that we finally see the light at the end of the tunnel and I am very pleased to know that thousands of university student athletes from all over Africa will gather on the East African city of Nairobi, in Kenya for the 10th edition of the FASU Games to be held at Kenyatta University.

On behalf of FISU, I would like to express my sincere gratitude to the Federation of Africa University Sports (FASU) and the Kenya University Sports Federation (KUSF) for holding this event which was originally planned for 2020. Thanks to your efforts, students and universities are ready to compete again and spread the word about the University Sports Movement.

These past years have been problematic and all areas of sports have been impacted, but be assured that the FISU team always tries its best to support its member associations and continental associate members as much as possible.

Please also allow me to wish to all participants in every sport and discipline included in the programme the best of luck. We hope to see you soon at FISU events.

Leonz Eder
FISU Acting President





MESSAGES

Federation of Africa University Sports (FASU)

Like the rest of the sporting world, the 10th FASU Games come at a backdrop of the COVID-19 pandemic, and now with an additional threat of the monkey pox virus. Had conditions been favourable, the games could have been organised in 2021.

Despite the challenges, FASU is grateful to our generous host, Kenyatta University, for their willingness to host the games. Prof Paul K. Wainaina, thank you for your leadership and support. We are also thankful to Kenya University Sport Federation (KUSF) President Mr. Mbaabu Murithi, and the Federation of East Africa University Sports under the leadership of Dr. Simon Munayi, for contributing to getting the games to Kenya. It is always a pleasure to visit the eastern part of our beautiful continent to marvel at the talent of student-athletes. I have no doubt that all the participants will definitely enjoy their stay and your warm hospitality. The investments made in these games will create a lasting legacy for the institution for years to come.

Our students and staff have been looking forward to participate in these games since the 9th edition in Ethiopia. Following the 50-year celebration (our Jubilee) of the organisation last year, 2022 and the next few years will shape our regeneration. Sport is more than just students competing against each other, it brings a variety of benefits to the host institution, host country and host region.

We are looking forward to exciting and entertaining games with a couple of records to be broken. This is where the international journey starts for most of our students, including all our volunteers. None of us should take such opportunities for granted. It is indeed a privilege and pleasure for each one of us to be here.

Nomsa Mahlangu
FASU President



Federation of Eastern Africa University Sports (FEAUS)

Dear Delegations,

Welcome to the beautiful Eastern Africa region of our beautiful continent for the 10th FASU Games. Kenya, and the city of Nairobi is particularly important in the history of these student Games, having hosted the 2nd Edition in 1978, the 7th Edition in 2014 and now the 10th Edition in 2022.

The Games are a celebration of Africa’s diversity and a full indication of our resilience as an African people to soldier on in spite of atrocities within our environment. They also give us an opportunity to promote education and high performance through the dual career system and lobby for positioning of university sports as the best vehicle for institutional development.

The Federation of Eastern Africa University Sports (FEAUS) therefore congratulates FASU, KUSF and our member Kenyatta University for hosting these important Games. Congratulations to every University that has made it here, and may the best teams emerge victorious.

May we all be winners by participating fairly.

Dr. Simon Munayi (PhD)
President
Federation of Eastern Africa University Sports (FEAUS)



Kenya Universities Sports Federation (KUSF)

What a year! Together we have witnessed great moments in FASU’s history. On behalf of the Kenya Universities Sports Federation (KUSF) Executive, Kenya University Sportsmen and Sports-women, I would like to welcome you all to Kenya and, in particular, to Kenyatta University, the birth place of Kenya’s Sports Teachers, Managers and Administrators.

Indeed, Kenya successfully hosted the 7th Edition of FASU Games at the University of Nairobi in the year 2014. This left a bright and memorable legacy for the University of Nairobi as an Institution of higher learning and to Nairobi City dwellers as well. Several Kenyan and other African Universities graced the 2014 championship and the youths who participated in these Games had a great experience. During such great sport events, the youths have an opportunity to interact, compete and socialize through the medium of sport.

As a Federation, we would like, in a very special way, to thank FASU leadership for considering and approving that Kenya hosts this great event again and in particular, also thank Kenyatta University Vice-Chancellor and his team for boldly accepting to take up this noble challenge of hosting this event. By extension KUSF appreciates the role played by the Ministry of Sports, Culture and Heritage in supporting the games not forgetting the Ministry of Education, University Education Section which has equally played a critical role towards realizing a successful event.

We, the KUSF family, enjoys a rich participatory base of Kenya University youths. We look forward to celebrating our youths sport talent together during this 10th Edition of the FASU Games.

Mbaabu Muriithi
President, KUSF





MESSAGES

Vice-Chancellor, Kenyatta University

It is my pleasure to welcome you to Kenyatta University for the 10th Edition of the Federation of Africa University Sports (FASU).

Kenyatta University will be the venue for all sports as well as the Athlete's Village. The games programme includes: Athletics, Badminton, Basketball, Chess, Football, Table Tennis, Tennis, Volleyball, Handball, Swimming, Taekwondo and Karate in both genders. Woodball, Roll Ball, Goalball, Sitting Volleyball and Gurasumo (a Borana Traditional game) will feature as demonstration sports.

The selection of KU to host the 10th Edition of the FASU Games demonstrates the confidence that the sporting world has in our country's and Kenyatta University's capacity to host international sports events. Organizing an event of this nature calls for concerted efforts among the various players. Therefore, I wish to appreciate the efforts of our government particularly the line ministry in charge of sports through the leadership of our Cabinet Secretary Ambassador Amina Mohammed, Kenyatta University Council and management, our dear partners, sportsmen and sportswomen, and all others who are supporting preparations to host this event.

At Kenyatta University, we are ready to host over 2,000 sportsmen and sportswomen from universities in the African continent. We have adequate infrastructure for the sports activities as well as ample accommodation and catering facilities.

Prof. Paul K. Wainaina
Vice-Chancellor



Chairperson, Local Organising Committee

It gives me great pleasure to be associated with the 10th All Africa University Sports being hosted at Kenyatta University. Courtesy of the Vice-Chancellor, I was appointed to chair the local organizing committee. The Committee consists of staff and students of Kenyatta University, and as their Chairman, I wish to observe that they are an immensely motivated and dedicated lot and are committed to delivering on their mandate with distinction.

Throughout the planning period, Kenyatta University has achieved tremendous milestones in readiness for the games. These include acquiring requisite approvals, revising the academic calendar to accommodate the games and achieving meaningful progress in the various action plans.

Kenyatta University through the Local Organizing Committee came up with various sub-committees with specific terms of reference in readiness for the games. Necessary plans were made to ensure that KU as a host meets the requisite standards as set out by Federation of Africa University Sports (FASU).

I wish to acknowledge the cooperation and support of various sports federations, including the Kenya Universities Sports Federation (KUSF) in this championship. I also appreciate the material, financial and technical support we have received from various to assist us in realizing the success of the FASU games.



Prof. Godfrey Mse
Chairperson, Local Organizing Committee



Prof. Vincent Onywera
Alternate Chairperson,
Local Organizing Committee



GOODWILL MESSAGES

Dear friends,

On behalf of the Executive Committee of FISU America and the entire family of university sports on the American continent, we would like to congratulate FASU – Federation of Africa University Sports, for holding the 10th FASU Games.

America and Africa are sister continents with inviolable bonds. Therefore FISU AMÉRICA and FASU must always walk together towards the development of university sport in our continents.

We wish success in the realization of the 10th FASU GAMES and that the flame of university sport warms the hearts of our student athletes and all participants.

My best regards,

Alim Maluf Neto
President
International University Sports Federation
(FISU) America



I am extremely pleased for having an opportunity to greet you and send message of friendship and goodwill on behalf of European University Sport community. During last two years university sport at global, continental and national level faced many challenges. In the most of the countries it was frozen while some others allow practicing of sport in a very limited extend. That is why it so important not giving up and bring students athlete together in order to share universal values of sport: friendship, fair play, inclusivity, integrity.



I appreciate passion, dedication and commitment of our colleagues from FASU and the FASU Games hosts: Kenya University Sports Federation and Kenyatta University of Nairobi. Just 2 months in front of EUSA Games we know how much work and resources organization of such a great event needs.

I appreciate commitment of the FASU Member Countries and their Leaders. Yours and yours delegation presence in Nairobi proves that African University Sport community is strong and united.

I wish to all participants to achieve their goals, to make their dreams true. Some of you will win, some of you will be the second and some of you will be out of the podium... It matters but matters as well to make your best you with respect to the rules which governs your sport, with respect to your opponent, to sport officials and to yourself. If you have done it – you are the true Winner.

Enjoy every minute you stay in Nairobi, enjoy time in and out of the sport venues, meet new friends and come back home happy and proud to be a part of the FASU Family,
We hope to see each other soon at the competition organized under umbrella of FISU,
Good luck,

Adam Roczek



GOODWILL MESSAGES

Asian University Sports Federation

On behalf of Asian University Sport Federation and in my own name, I would like to extend my warmest congratulation on the forthcoming 10th All Africa University Games scheduled to take place at Kenyatta University from 6th-10th June 2022.

This year has seen tremendous challenges caused by the Omicron variant, when many international sport events had to be either cancelled or postponed. But we have been encouraged by the great determination that FASU demonstrated to fellow continental university sports federations, witnessing the 10th All Africa University Games that will be staged under the good leadership of FASU. Even though the pandemic is continuing spreading around the world, we are fully convinced that, with the trailblazing efforts and experience accumulated from last year, this forthcoming Games will be another success, heralding another round of determined efforts to sustain the university sports movement in Africa.

As the dynamic continental federations of FISU, FASU and AUSF have been in a strong tie since its very beginning, whereby the two parties could cooperate and coordinate with each other effectively under the umbrella of FISU, jointly making due contribution to the world university sports movement. In the past few years, we learn from each other, share the experiences and support each other, which benefit the fast and all-round development of university sports on the two continents with the widest spread of landscape and largest populations of students.

This year also marked the 30th Anniversary of AUSF, and a series celebration events will be organised by AUSF. All the FASU friends are welcomed to join us. Looking ahead, I expect to see more collaboration and cooperation between the two parties could be reinforced and enhanced at both continental and international stage. Once again, I wish the upcoming Games a great success. I look forward to seeing you soon in person.

XUE Yanqing
AUSF President



GOODWILL MESSAGES



I write on behalf of Committee of Vice-Chancellors of Nigerian University (CVCNU) to most heartily felicitate with you on the hosting of the 10th Federation of Africa University Sports (FASU) Games from 6th – 10th June, 2022.

Kenyatta University is not just an academic powerhouse but has a very strong sporting pedigree. The University has produced notable national champions in several sports. As you host the FASU Games, and setting a standard for the rest to follow, the CVCNU and Nigerian University Games Association (NUGA) is proud to associate with you and wish you a most eventful game.

I congratulate all the athletes who have made it to the games and all who will be involved. May the best men or women win?

Thank you and please my best wishes for a successful game.

Yakubu A. Ochefu, PhD, FHSN, MNAL
Professor and Secretary-General



This event of the 10th Federation of Africa University Sports (FASU) Games is quite remarkable. Founded in 1971, with the goal of improving sports development in African Universities, it is commendable that successive administrations of FASU have been able to sustain these games up to this 10th edition and would hopefully continue to do so in the years ahead.

As Vice-Chancellor, I realize the importance of sports in youth's development: encouraging healthy competition through the rules of the various sports and in team-sports fostering collaboration. For this reason, my Administration spares no effort in sponsoring sports events in the University. I am glad that our efforts are paying off as is evident from our participation in this 10th FASU Games.

Nnamdi Azikiwe University wishes you a successful 10th FASU Games.

Prof. Charles O. Esimone, FAS, FPSN
Vice-Chancellor



GOODWILL MESSAGES

Busitema University congratulates Kenyatta University upon accepting to host the 10th Edition Federation of Africa Universities Sports (FASU) Games.

We know it is not easy for a University to decide to take on such a big task. From our experience at Busitema University, we saw the pressure in hosting the recently concluded 1st Edition of the Eastern Africa University Women games and Gender Round Table which took place from 15th to 17th April, 2022. We therefore salute Kenyatta University Management and the FASU leadership.

I wish, on behalf of the Busitema University Council, Management, Staff and students, to thank the Government and people of Kenya, in particular Kenyatta University for their support and co-operation in taking on the mantle to host this 10th Edition FASU games. Thank you for allowing our students to interact with each other on the African continent.

Busitema University wishes Kenyatta University and FASU the best games ever. Asante Sana.

Prof. Paul Waako
Busitema University, Uganda



As Great Zimbabwe University, we feel highly honored to be associated with the 10th African Universities Sports Federation games running under the theme 'The Role of University sports as a Vehicle for Institutional Development'.

The games come as a revival of the fainting memories of the so cherished student games due to the Covid-19 pandemic lockdown. As Great Zimbabwe University we have pride in being part of the post Covid-19 pandemic lockdown games. We pledge to render our continued support towards this and forthcoming FASU games editions.

Long live FASU



On behalf of the Council, Management, Staff and Students of the University of Ghana, I extend warm greetings to the sports fraternity of the Federation of African University Sports (FASU) and Kenyatta University, on the occasion of hosting the 10th All African University Games.

The outbreak of the Covid-19 pandemic prevented us from congregating in 2020 to celebrate our gallant sports men and women who are excellently combining sports with academia in the various universities across the continent.

I want to encourage leaders in sports in our universities to use sports as an enabler to promote unity, shape values, establish networks and tolerate one another for peaceful coexistence on our lovely continent. A beautiful journey which started from bilateral relations between the University of Ghana and the University of Ibadan

in 1951 gave birth to the FASU Games. The FASU Games have unearthed a lot of sporting talents over the years. Let us continue to build the next generation of our youth leaders with love and passion, imparting in them the knowledge and experience required to excel in a fast paced and technology driven society.

I implore all to observe the Covid-19 protocols and other health measures put in place by the host University and FASU to ensure the safety of all.

To our student athletes, take advantage of the numerous opportunities that exist to build new friendships, to learn and unlearn, to embrace the spirit of fairness and sportsmanship as you compete for laurels at the 10th All Africa University Games. Eschew all forms of hooliganism and disrespect towards officiating officials and your fellow competitors.

I wish all athletes and universities the very best of success in the Games. May the best athletes and teams be victorious.

Long Live FASU
Long Live Africa

Professor Nana Aba Appiah Amfo
Vice-Chancellor
University of Ghana



GOODWILL MESSAGES



The University of Johannesburg (UJ) wishes to extend a warm message of support to the Federation of Africa University Sports (FASU) for organising the 10th All Africa University Games set for 6 to 10 June 2022.

As our vision states, UJ is an international University of choice, anchored in Africa, dynamically shaping the future. African university sport championships, such as this, in conjunction with good governance and excellence contributes towards achieving this vision. This 10th installation of the All Africa University Games is testament to the success we have already seen in the last few years and speaks to the progress we continue to collectively make in shaping the future of university sports in Africa.

We are committed to supporting this important event, which showcases the vast talent of our youth. UJ has affirmed this commitment through hosting and winning (through our Athletics Club) the 2016 tournament at our facilities here in Johannesburg, as well as our consistent and continuous participation in the championships since then. I am ecstatic that Kenyatta University in Nairobi, Kenya is hosting the All Africa University Games this year. Like UJ, Kenyatta University has been at the fore of placing extremely talented student-athletes on the map in various sporting codes on the continent. Events such as this afford African universities a crucial opportunity to display the pool of available talent in their ranks. In light of this, I am pleased that this year, our University will be sending our Basketball and Athletics teams to compete.

Professor Tshilidzi Marwala
Vice-Chancellor and Principal: University of Johannesburg (UJ)

LAGOS STATE UNIVERSITY

On behalf of the Governing Council, Senate, Staff and Students of Lagos State University, I congratulate the Federation of Africa University Sports. I also congratulate Kenyatta University, Nairobi, Kenya on her selection to host the 10th All African University Games.

Since its commencement in 1974, the Africa University Games has continued to achieve its objectives which include; promotion of friendship through participation of activities among University students in Africa, development of sport facilities in African Universities, and enhancing the development of sports in Africa through contribution of elite athletes from University sport competitions to the national teams.

I sincerely commend the Federation of Africa University Sports (FASU) for ensuring that the competition has not deviated from the objectives for which it was established.

In furtherance to the above, it is my hope that this year's Africa University Games will consolidate on the previous gains of the Sports Event and also culminate in economic, social and environmental benefit of sport tourism for the host University, Kenya and whole of Africa. I am also confident that the 2022 Africa Games will lead to discovery of talents that will do the Continent proud.

Once again, I felicitate with the Federation of Africa University Games (FASU), Kenyatta University (the host University), Kenya (host Country) in particular and Africa in general. I also wish all the participants at the Games a hitch-free outing.

Prof. Ibiyemi Ibilol Olatunji-Bello mni,
Vice Chancellor
Lagos State University



Vice-chancellor Prof. Paul K. Wainaina receives a FASU gift from the President of FASU, Ms Nomsa Mahlangu and Secretary General, Ms Peninnah Kabenge. Looking on are Prof. Vincent Onywera, Registrar (RIO) and Dr. Beatrice Kathungu, Director, Accommodation.

The Federation of Africa University Sports (FASU) awarded Kenyatta University through a competitive process the rights to host the 10th All Africa University games from 6th – 10th June 2022 at the University Main Campus. The FASU games will bring together over 2000 participants from various African Universities.

The All-Africa University Games (FASU Games) is organised once every two years as the flagship event with nine editions having been held (Ghana – 1974, Kenya – 1978, political instability across Africa affected the events until its revival in Nigeria – 2004, South Africa – 2006, Uganda – 2008, Namibia – 2012, Kenya-2014, South Africa 2016 and Ethiopia 2018).

The 10th Edition of the games will be officially opened by the First Lady of the Republic of Kenya Her Excellency Margaret Kenyatta.

Hosting of the 10th Federation of African Universities sports Championship is recognition of Kenya and is yet another opportunity to put Kenya on the international map. This is in line with the crucial role sports plays in overall national development. It is also a signifi-

cant milestone for Kenyatta University whose mandate is teaching, research and service to humanity. The opportunity resonates with the University’s pursuit to nurture sports amongst the youth.

The University’s past experience in hosting similar events as well as presence of requisite facilities and amenities, positioned Kenyatta University well to host the 2022 FASU games. The University has a wide range of sports facilities including fields, courts and synthetic track.

The games programme includes: Athletics, Badminton, Basketball, Chess, Football, Table Tennis, Tennis, Volleyball, Handball, Swimming, Taekwondo and Karate in both genders. Woodball, Roll Ball, Goalball, Sitting Volleyball. In addition, Gurasumo (a Borana Traditional game) will be included for demonstration purposes.

The games will be used to qualify Africa’s representative teams to the FISU University World Cup Soccer 2023 for both men and women to be held in Jinjiang, China.

About the Host

Kenyatta University's Main Campus is set on over 1,000 acres with a pleasant and serene surrounding conducive to academic and intellectual growth.

Kenyatta University is home to some of the world's top scholars, researchers and experts in diverse fields. KU prides herself in providing high quality programmes that attract individuals who wish to be globally competitive. To achieve this, the University has invested heavily in infrastructure and facilities to offer our students the best experience in quality academic programmes under a nurturing environment in which our students learn and grow.

Kenyatta University is one of the leading universities in Kenya judging by the quality of her graduates. KU's aim is not only to maintain this position, but to improve further and attain her vision of becoming a world-class university that is committed to quality and relevance.

What gives graduates of Kenyatta University a cutting-edge over their peers is the University's

emphasis on practical hands-on knowledge and the skills training imparted to her students. Towards this noble end, Kenyatta University has established meaningful links with industrial partners, who guide the University on practical, professional requirements which need to be built into programmes at Kenyatta University.

Kenyatta University has a student population of over 60,000 with a staff capacity of over 3,000, both teaching and non-teaching. The University hosts unique facilities for research and innovation that include the Chandaria Business Innovations and Incubation Centre (CBIIIC) which is an incubation centre for students and the larger community; The Regional African Centre for Transformative and Inclusive Leadership (ACTIL) established through a partnership with UN Women, Kenyatta university Women's Economic Empowerment Hub funded by Bill & Melinda Gates Foundation and the Regional Young African Leaders Initiative (YALI) centre developed in collaboration with USAID and MasterCard Foundation.



Physical Education, Exercise and Sports Science

The Department dates back to the early 1970s when it started as the Department of Physical Education in the then Kenyatta University College, through 1985 when the institution gained full University status. It was the first such department to be established in the East and Central Africa region and is still the leader in preparing physical education teachers and tutors for secondary/high school and Teacher Training Colleges.

Subsequent to increased research and interest in the context worldwide, content in the academic discipline expanded, leading to new knowledge, concepts and theories related to human performance and sports. This has seen the establishment of related courses with distinct specialties such as Exercise and Sports Sciences.

The exercise science programmes in the department prepare experts in preventing and managing people with Hypokinetic and non-communicable conditions such as cardiac heart disease obesity, hypertension (high blood pressure), diabetes, arthritis, low back pain and several forms of cancer, which are becoming the leading health problems in the country and globally. The sports science programmes aim to prepare graduates with competencies to nurture and develop sports talent and improve performance.

In order to enhance the teaching of outdoor education and leadership, the department collaborates with the department of Recreation and Sports Management in the use of the campsite within the University.





Recreation and Sports Management

Sports and recreation is a substantial component of leisure time that makes positive contributions to a person's total wellbeing. Communities that participate in sport and recreation develop strong social bonds, are safer places and the people who live in them are generally healthier and happier than places where physical activity isn't a priority. Sport and recreation builds stronger, healthier, happier and safer communities. Recreational activities help manage stress. It provides a chance to nurture oneself and provides a sense of balance and self-esteem, which can directly reduce anxiety and depression. There is also an increased motivation to learn as it can serve as a laboratory for application of contents learnt in classrooms.

The Recreation and Sports Management programmes in Kenyatta University are housed in the department of Recreation and Sports Management under the School of Hospitality Tourism and Leisure Studies. These programmes are offered from Certificate to PhD Level. These are: - Certificate and Diploma in Sports Administration and Management, Bachelor of Science in Recreation and Sports Management, Post-graduate Diploma in Sports Management, Masters in Recreation and Sports Management and Doctor of Philosophy in Recreation and Sports Management. These programmes aim at developing professionals in sports management, fitness, recreation and leisure administration, event planning, leadership, talent development in sports all with a focus on enhancing community health through physical activity.

The Recreation and Sports Management programmes in Kenyatta University are housed in the department of Recreation and Sports Management under the School of Hospitality Tourism and Leisure Studies.

Participating Universities

No.	Applicant	Quantitative				Individual Entries			
		Athletes		Officials		Athletes		Officials	
		Male	Female	Male	Female	Male	Female	Male	Female
1	Kenyatta University	146	144	18	6	141	130	6	2
2	American university in Cairo	51	50	15	3	51	50	15	3
3	Makerere University	40	36	7	2	51	36	4	2
4	University For Development Studies	27	3	7	0	28	4	6	0
5	University Of Zambia	23	2	6	0	23	2	8	1
6	Kisii University	21	2	1	0	23	1	3	0
7	University Of Ghana, Legon	22	4	11	0	22	4	11	0
8	University Of Johannesburg	21	7	6	3	21	7	6	3
9	Ndejje University	21	19	4	0	19	15	10	2
10	Makerere University Business School	34	15	8	2	18	0	0	0
11	Misr International University	17	27	10	4	17	27	9	5
12	United States International University-Africa	25	25	2	4	17	20	0	0
13	l'Université Gamal Abdel Nasser de Conakry	17	0			17	0	3	0
14	Maseno University	17	11	9	2	16	12	9	2
15	Strathmore University	16	9	2	0	15	9	1	0
16	University Of Education, Winneba	10	9	7	1	10	9	7	1
17	LAGOS STATE UNIVERSITY,OJO	8	7	3		7	3	3	0
18	Tshwane University Of Technology	5	6	3	1	5	6	3	2
19	LEVY MWANAWASA MEDICAL UNIVERSITY-ZAMBIA	5	1	2	1	5	1	2	1
20	Mount Kenya University	5	0	2	0	5	0	2	0
21	Universite Cheikh Anta Diop De Dakar	8	6	4	0	4	4	0	0
22	University Of Mauritius	3	4	1	1	3	4	1	1
23	Great Zimbabwe University	3	2	2	0	3	2	3	0
24	Chinhoyi University Of Technology	3	0	1	0	3	0	1	0
25	Addis Ababa University	2	1	1	0	2	1	1	0
26	Umaru Musa Yar'adua University Katsina	2	0	2	0	2	0	2	0
27	University Of Lagos	2	0	4	1	2	0	1	0
28	Nnamdi Azikiwe University Awka	1	17	4	0	1	18	4	0
29	Botswana University Of Agriculture And Natural Resources	1	1	1	0	1	1	1	0
30	The British University in Egypt	1	1	1	0	1	1	1	0
31	The french university	1	1			1	1	0	0
32	Busitema University	6	6	4	2	1	0	1	1
33	Islamic University In Uganda	1	0	1	0	1	0	0	0
34	Ardhi University	0	1	1	0	0	2	0	0
35	Nigerian Army University Biu	44	14	7	3	0	0	0	0
36	Institut Superieur D'Entrepreneurship Et De Gestion	38	22	10	1	0	0	0	0
37	Nasarawa state university	18	0	6	0	0	0	0	0
38	University Of Zimbabwe	5	5	3	0	0	0	0	0
39	Ahmadu Bello University, Zaria	4	2	2	1	0	0	0	0
40	Botswana Accountancy College	3	1	2	0	0	0	0	0
41	Universite Felix Houphouet Boigny	3	1	2	0	0	0	0	0
42	Université Peleforo Gon Coulibaly	2	0	2	0	0	0	0	0
43	Mulungushi University	1	1	1	0	0	0	0	0
44	Masinde Muliro University Of Science And Technology	1	0			0	0	0	0
45	Boitekanelo College					0	0	0	0
	TOTAL	684	463	185	38	536	370	124	26
		1147		223		906		150	



Gearing to Go!

On 6th February 2020, the Vice-Chancellor of Kenyatta University, Prof. Paul K. Wainaina officially launched the preparations for hosting the 10th All Africa University Games 2020 by commissioning the Local Organizing Committee (LOC), unveiling the Games logo and online registration portal. The Local Organizing Committee entrusted with the arrangements for the Games made all the necessary arrangements for the games with the approval of FASU. A number of teams worked tirelessly to ensure successful achievement of their specific mandates by simply utilizing consistent skill sets that elicit positive results. They believe in themselves and their ability to constantly improve. They set realistic goals, they surround themselves with the right people, and they stay the course through tough times.

To ensure adherence to the set guidelines during the preparations, Kenyatta University received a delegation from FASU on 14th and 15th March 2022. The aim of the visit was to assess the University's preparedness towards hosting the games. During the visit, the delegation conducted a physical tour of all the facilities and observed that the University had the capacity as well as the capability recommended for hosting the games.

Similarly, on 22nd April 2022, a Heads of Delegations Meeting was held virtually to check the levels of preparedness towards hosting the games. A virtual tour of the University's facilities was presented to the members who thereafter expressed satisfaction towards the determined efforts made.



Commissioning of the Synthetic Track



The Cabinet Secretary, Sports, Culture and Heritage, Amb. (Dr.) Amina Mohamed unveil the plaque officially commissioning the new 6 lane synthetic track. She was accompanied by the President of Athletics Kenya Lt. Gen. (Rtd) Jackson Tuwei (right) and Kenyatta University Vice-Chancellor Prof. Paul K. Wainaina (left).

On the 13th May 2022, the newly constructed athletics synthetic track at Kenuatta University was commissioned by the Cabinet Secretary Sports, Culture and Heritage, Amb. (Dr.) Amina Mohamed alongside President of Athletics Kenya Lt. Gen. (Rtd.) Jackson Kiprono Tuwei, and Vice-Chancellor, Prof. Paul K. Wainaina, Kenyatta University.

The Cabinet Secretary was the Chief Guest at the ceremony. Upon her arrival, she was warmly welcomed by former Kenyan world athletes champions who were also invited to witness the event. In her keynote speech, Amb. Amina Mohamed expressed her wish that the University's Synthetic Track serve not only the University itself but also the community around it, especially the youth in sports. She added that she would like the University's athletes to make the entire fraternity of Kenyatta University extremely proud now that they have the much needed resources.

The event was graced to have globally reknowned champion athletes Tegla Loroupe, Douglas Wakiihuri, Catherine Ndereba and other famous Kenyan athletes. Tegla Loroupe was the first African woman to win a major marathon title. She uses sports to promote peace in the country. Douglas Wakiihuri is the personal trainer of the First Lady of Kenya, Mar-

garet Kenyatta and founding Director of Nairobi Sotokoto Safari Half Marathon Limited. He was the first athlete who put Kenya's name on the global athletics arena back in 1987. Catherine Ndereba has been nicknamed 'Catherine the Great' following her impeccable and top-level consistent performance in athletics.

A part from being used during the 10th All Africa University Games, Kenyatta University will also use the synthetic track for major sports events across other Universities, Secondary and Primary Schools as it is the first of its kind. The Deputy Vice-Chancellor (Research, Innovation and Outreach), Prof. Vincent Onywere, in an earlier similar event spoke on how this would be a boost to the local and upcoming athletes in aiding them to nurture their talent as well as prepare for international races.

The benefit shall also be extended to various Sports events that are expected to be held in the coming years. It is indeed a great facility that will promote sports development in the country. The KU athletes were excited to start practicing on the track. They even had a 100 meter race flagged off by the the Cabinet Secretary Sports, Culture and Heritage.

Sporting Venues



“Kenyatta University made the necessary arrangements to upgrade the available sports facilities to the required standards for the games. This includes having adequate spectator terraces and storage space for sports equipment. For training, exercise and physical fitness, the University has in place a well-equipped gymnasium.

Prof. Paul Wainaina, Vice-Chancellor
Kenyatta University





To provide adequate competition and training facilities, the following are in place:

1. Four football pitches
2. 50m long Olympic standard Swimming Pool
3. Tennis courts
4. Two basketball courts
5. Two volleyball courts
6. Netball courts
7. Handball courts
8. Indoor games venues for badminton, chess, karate, table tennis and taekwondo
9. Rollball courts
10. Gurasumo pitch
11. Woodball pitch
12. Goalball pitch
13. Sitting Volleyball court



Sporting Venues



Accommodation Services

The Nyayo Hostels within the University Main Campus will be the Games Village. This is a six-block facility which will provide adequate accommodation to the 2,000 sportsmen and sportswomen. The rooms are furnished with state-of-the-art fixtures and facilities with clean, quality, safe, comfortable, well-lit, ventilated and tiled walkways.

The facility is supplied with reliable fresh water by the Nairobi Water company and backed up by several boreholes and the various water towers. We have installed solar heating to provide warm water in all the shower cubicles. The facility has well-manicured lawns and meeting rooms for use by the sportsmen and sportswomen.

Additional 101 comfortable, spacious, self-contained and with a touch of African style accommodation will be provided at the Kenyatta University Conference Center (KUCC) located within the University. For guests requiring external accommodation, arrangements have been made in conjunction with hotels in Nairobi which include: SafariPark Hotel, Utalii Hotel and Maxland Hotel in Juja.



Games Village



A standard, well-equipped modern kitchen and cold rooms with adequate dining area and staff for provision of meals has already been put in place. It is located within the games village for ease of access by the athletes. Additional catering facilities for officials will be at the Kenyatta University Conference Center (KUCC) located within the University. The menus for the games have been selected. Good nutrition can enhance sporting performance.

Similarly, a well-planned, nutritious diet will meet most of an athlete's vitamin and mineral needs, and provide enough protein to promote muscle growth and repair; especially since they will still be practicing even as the competitions are on-going. Common foods rich in unrefined carbohydrates, like whole grain breads and cereals, should form the basis of the diet from various countries in Africa, with the consideration of the presence of diverse cultures.

At the most basic level, nutrition is important for athletes because it provides a source of energy required to perform the activity. The food we eat impacts on our strength, training, performance and recovery. Not only is the type of food important for sports nutrition but the times we eat throughout the day also has an impact on our performance levels and our bodies ability to recover after exercising. The catering team has understanding and expertise to incorporate all these in order to make the athletes feel comfort-

able and well taken care of.

Meals eaten before and after exercise are the most important in sports nutrition but you should really be careful with everything that you put into your body. As a general rule of thumb athletes should eat about two hours before exercising and this meal should be high in carbohydrates, low in fat and low to moderate in protein. Carbohydrates are the main source of energy that powers your exercise regime and protein is required to aid muscle growth and repair. After exercising they will need to replace the carbohydrates you have lost and you need to ensure proper muscle recovery by including protein in your post training meal.

There will be representation of different cultures via different cuisines. The catering department has a great task of incorporating nutrients and providing a well-rounded diet to the athletes. Imagine the tantalizing seasoning of food when you have sweet, sour, bitter, salty and spicy flavors. Most of the African cuisine luckily doesn't entail imported ingredients since they are mostly composed of locally available crops that can easily be sourced from the (Nairobi) city itself.

The athletes shall be in safe hands as the catering team is well experienced since they have been serving the institution for years.



Facilities

Medical and Anti-doping

Plans are in place to ensure availability of health services, suitable personnel and ambulance services. This will also be done in liaison with the County Medical Services and partner Hospitals as well as the Health Unit faculty available at the institution. There will also be fast responders who will attend to athletes who encounter an accident, so that they can be looked after to salvage their chance in the participation of the competitions.

The Games Village Medical Clinic consists of a waiting bay, consultation rooms, procedure room and pharmacy. The medical clinic shall take care of athletes in case of injuries or urgent medical attention. It is safe and has congenial staff who are always ready to provide the required services in the best manner possible.

The Anti-doping Control Centre consists of a waiting bay, sample collection lavatory, and doping control officer rooms. The center is responsible for managing the anti-doping program, including in-competition and out-of-competition testing, results management processes, drug reference resources, and athlete education for all the athletes. It also helps protect the wellbeing and the health of all persons taking part in the competitions as well as their rights.



Protocol, Hospitality and Ceremonies

KU has provided lounges for VIPs, delegates, athletes, team managers, sponsors and the FASU family. This will be done at the Business and Students' Services Center (BSSC). The opening and closing ceremonies will be held at the sports field arena while the Medal Awards Ceremony will be at the Business and Students' Services Center (BSSC). Necessary protocols in regards to the raising of national flags at the Games Village have been taken into consideration.

The institution has display signs distributed and put up all over campus to serve as a reminder to people and to caution them in case they slug. Additionally, there are enough sanitation points such as sanitizer dispenser points and water points with enough hand soap. The lavatories are up to standard as well.

Ushers shall be distributed evenly within the venue to provide guidance and offer help if need be. They shall welcome guests, participants and spectators to ensure a comfortable stay while at Kenyatta University. The institution has made sure to take the necessary steps to make the event successful and even mitigate unforeseen catastrophes.

Welfare and Entertainment



Church



Mosque



Students Services Centre



Fire Engine

Wi-Fi is available in some proposed sections of the catering and accommodation areas of the Games Village and other designated areas.

Religious services are available through:

- Catholic Church
- Seventh Day Adventist Church
- Protestants Community
- Mosque for Muslims

Genres of Entertainment have been identified for all the days of the games and the process of Sourcing/Vetting for the internal and external providers is ongoing.

Daily Evening Entertainment will take place between 5th and 10th June 2022 at the Dome/ Amphitheatre.

Possible excursion locations have been identified (Kenya Museums, Bomas of Kenya, Carnivore, and Nairobi National Park).

Psycho-Social Support will be provided in the Tents and Counselling rooms at Business Students Services Centre (BSSC).

Nyayo 1 Common Room/Dome/Amphitheatre will serve as the interaction/Leisure venues. Huduma Centre at BSSC 7 will serve as the venue for reporting lost and found items/valuables as well as the Call/Help Centre.

Security

The University has ensured availability of adequate security and safety for all the participants during the games.

To supplement the security services, the University works in liaison with the Kenya Police for provision of additional security personnel. The Games Village has a stand-alone police post for handling all security issues.

Transport

To provide suitable airport transfers and local transport services for teams and various officials, Kenyatta University vehicles will be used.



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FASU Pre-Games International Symposium



**2nd & 3rd
June 2022**

**0800 -
1600 EAT**

Zoom Meeting ID:
820 0969 8051
Passcode: 980628

Theme: The Role of University Sports as a Vehicle for Institutional Development

Chief Guest: Ambassador Simon Nabukwesi,
Principal Secretary,
State Department of University
Education and Research





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