



THE BOG

ONDIRI WETLAND NEWSLETTER; Kenya's only Highland Quacking Bog

Fourth quarter Issue

ONDIRI WETLAND CONSERVATION RUN 2023

Ondiri Wetland Conservation Run is the biggest conservation event in Kiambu County. The run whose entered its second edition on 28th of January is an annual event that was begun in January 2022. Its aim is to create awareness on the importance of Ondiri Wetland not only as the source of water for the residents of Kikuyu but also as the kidneys of Kikuyu Constituency.

Wetlands sequesters 30% of the atmospheric carbon and Ondiri being an urban ecosystem plays a very significant role.

The event is organized by Friends of Ondiri Wetland and other partners with Ondiri being the main coordinator.

In 2022 Ondiri Wetland hosted the national event of World Wetlands Day and one of the buildup activities for event was the conservation run. The management of Friends of Ondiri wetland Kenya (FOWK) decided to make it a national event as they explored more sustainable ways of creating conservation awareness for Ondiri Wetland.

The 2023 run was however a watershed event because it was saddled with the launch of Ondiri Wetland Management plan which was fully funded by National Environment Management Authority (NEMA).



Eng. Festus Ng'eno, Principal Secretary Ministry of Environment, Climate Change and Forestry was the Chief Guest for the 2nd Edition of Ondiri Wetland Conservation Run 2023. He also run for 10 kilometers.



The day is finally here, time pick up our T-shirts and running numbers.



That smile reveals the great anticipation for the run



Smiles all round. Doing something for a cause is deeply satisfying...and nothing beats conserving the unique Ondiri Wetland.



Blue: Pssst! This music is gonna get you all revved up!!!
 Purple: Damn, that's some good stuff!!! Lets do this!!!!



Maria does her bit prepping the runners. Thanks for the water donations by the way. That's the spirit we all need.



A family affair...that's the spirit



Your participation made this a success. Thank you for turning up!



MIB: Men in Blue



Kikuyu SCPC show them how it's done!



Squats...feel that pinch? It's good for you.



This doesn't look new to her



It's the hamstrings that'll be doing the running get them all warmed up and elastic.



The man himself Eng. Festus Ng'eno Principal Secretary Ministry of Environment Climate Change & Forestry warms up for the 10km event.



And we're off



The pack at the front fight it out



It was all about the run. Focused Kake presses on...he doesn't know it yet but with the leading pack he clinches 7th position in the 10km run.



Let's nduthis!



What a stride!



The Elites



The PS gives a thumbs up in this exhausting undertaking.



A nice stroll will still do the trick



No looking back



Stiff competition here



The Alliance High School home stretch...Ur almost there guys!



Professor revels in his success. Great job mzee!



A strong sprint, a strong finish



Punching the air in victory



Runner 1646 contemplates his achievement. Well done sir.



Recognition for achieving top positions with a trophy from Eng. Festus Ng'eno himself.



The joy of receiving an award



Mr. Kogi patron of the Environment Club at Alliance High School receives a trophy on the behalf of the school



The top 100 all receive medals



Eng. Festus Ng'eno on wetlands and conservation



Mr. David Wakogi Co-ordinator Friends of Ondiri Wetland Kenya emphasizes on the significance of this event and wetlands conservation.





The Ondiri Wetland Management Plan 2022-2027 is officially launched. Time to put it into action.



This has been a long time coming



Thank you Alliance High School. Your conservation efforts will go a long way.

Friends of Ondiri Wetland Kenya

For Queries
Call: +254207868132

ONDIRI WETLAND RUN

2nd Edition

DATE: January 28TH 2023
TIME: 7:00AM

Starting point: Ondiri Wetland Information Center

Official Sponsors

STUDIO FIXE LUMEN

nema

NEXTGEN

LifeCare

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Our sponsors, none of this would have been achieved without you. We can never take it for granted. Friends of Ondiri Wetland Kenya
THANKS YOU

