



Standard Bank

BEFORE RACE

RUN IN BLUE

**EVERYTHING YOU NEED
TO KNOW**

WELCOME TO THE BE MORE RACE 2025

Now in its seventh year, the Be More Race has become more than a tradition. It has become a celebration of unity, health, and transformation. From elite runners to first-timers, from fitness enthusiasts to families, every stride is a contribution to a stronger, more connected Malawi.

This year, we continue our legacy under the theme “Run in Blue” — a call to move with pride, to run as one, and to push further, together. Whether you are chasing a personal best, raising awareness, or simply running for joy, you are part of something greater.

RUN IN BLUE: LEGACY IN MOTION

Blue is not just a colour, it is our colour.

It is the heartbeat of resilience, the mark of our identity, and the banner of our shared pride. This year’s race calls us to move as one, to celebrate the strides we have taken together, and to create a future that keeps running stronger, faster, and united. As part of our commitment to growing talent and lifting the next generation, we are making this year’s CSR donation to athletics. We are igniting dreams, shaping champions, and carrying our community far beyond the finish line.



EVENT DETAILS

Date: Saturday, 16 August 2025

Venue: The Gateway Mall, Lilongwe

START TIMES

21KM Race

06:00AM

10KM Race

06:15AM

**5KM Family
Fun Run**

06:30AM

GUEST OF HONOR

Minister of Youth & Sports
Hon. Uchizi Mkandawire, MP

WHAT TO EXPECT

**BFMORE
RACE**

START

**BFMORE
RACE**

Award Ceremony for 21KM Race

Celebrate excellence as we crown top athletes and recognise those who went the distance.



Food Court

Refuel post-race with a vibrant selection of meals, snacks and drinks from our curated vendors.



Be More Fitness Marketplace

Explore health and wellness offerings including fitness gear.



Free Aerobics Sessions

Join the movement pre- and post-race to stretch, sweat, and smile.



Play Area

A dedicated space for our youngest racers to move, laugh, and play safely.



Vehicle & Renewable Energy Displays

Discover innovations in mobility and sustainability with hands-on experiences.



RUN IN BLUE

BE MORE RACE ROUTES



21 KM ROUTE – THE LEGACY LOOP

A journey through Lilongwe's heart, touching the city's past, present, and future.

Gateway Mall – Start and Finish

Lilongwe's modern meeting place and a hub of shopping, dining, and banking.

Crossroads Roundabout

The heartbeat of the city where roads and people meet every day.

Kenyatta Drive and Mzimba Street Corridor

Malawi's first six-lane urban road project, brought to life with Standard Bank's support for national infrastructure.

Parliament Building

A national symbol of unity and democracy, inspired by the calabash—a vessel of nourishment and community.

KCH Interchange

Linking Parliament, Kamuzu Central Hospital, and the communities that depend on them.

Area 10 and Area 18

Bustling neighbourhoods that showcase Lilongwe's vibrant, everyday life.

Sigerege Presidential Highway Turn

A route often used for ceremonial processions, adding a touch of prestige to the race path.



10 KM ROUTE – THE COMMUNITY SPRINT

A celebration of education, neighbourhood pride, and local connection.

Gateway Mall – Start and Finish

A central point for the city and a place where the blue wave begins.

Crossroads Roundabout

A daily landmark for thousands, now filled with cheering supporters.

Bambino Private School

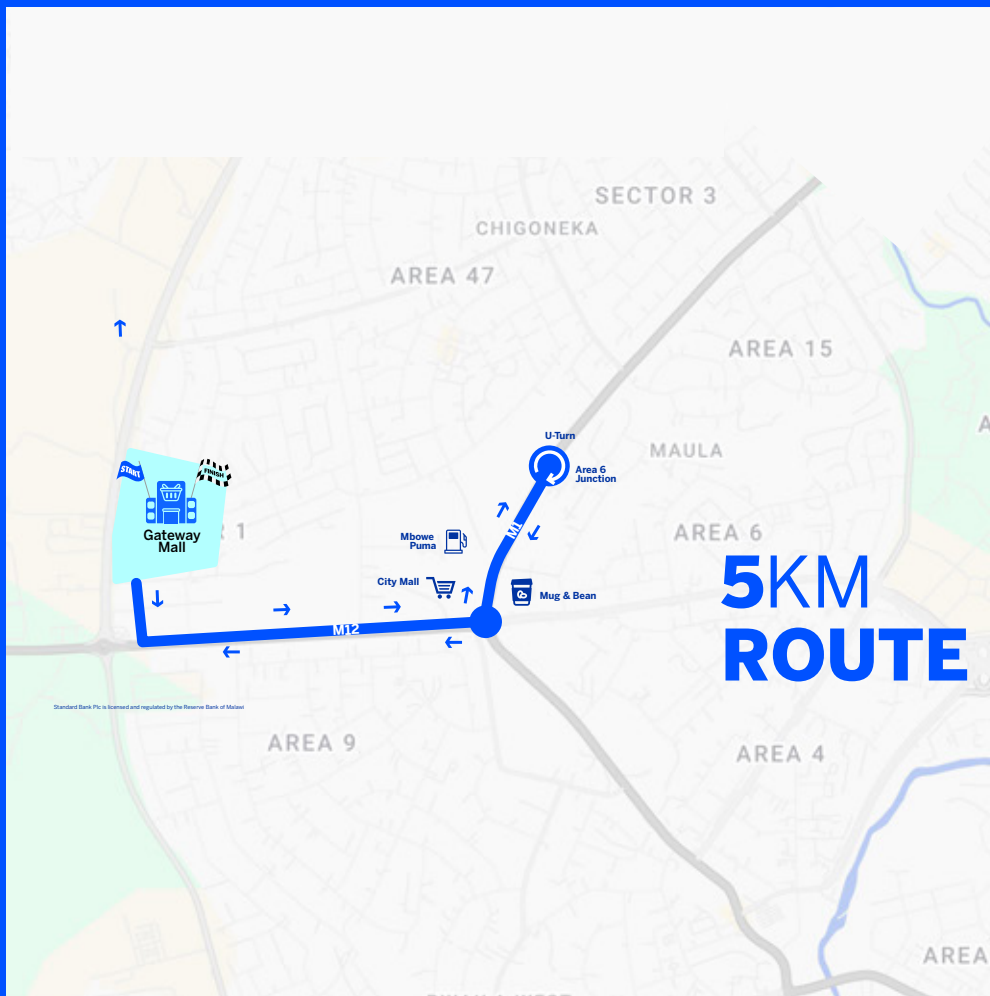
A nod to the power of education in shaping Malawi's future leaders.

Chitukuko Township

A community alive with resilience, small businesses, and neighbourhood spirit.

Area 15 and Area 18

Streets filled with stories, colour, and the determination of everyday Malawians.



5 KM ROUTE – THE FAMILY DASH

Short in distance, big in moments, perfect for first-timers and community runners.

Gateway Mall – Start and Finish

Where family, friends, and runners come together to make memories.

Crossroads Roundabout

A symbol of connection, turning into a sea of blue for race day.

Area 6

Home to government offices and businesses, showcasing Lilongwe's working heartbeat.

Get to know the routes we Run in Blue and the places Standard Bank is proud to connect, invest in, and celebrate.

WEAR THE DIFFERENCE

Other events give you a t-shirt.

We give you an edge.

Quick Highlights

- Ultra-light fabric
- Stretch + flexibility
- Moisture control
- Strategic ventilation
- Seamless comfort
- Elite-grade build

Comfort in every stitch

- **Flat V-stretch collar:** Flexible fit with no neck irritation.
- **Flat seams:** No chafing, no distractions.

This kit is made from high-performance fabric paired with your official race number to connect you to our live race tracking system so every stride you take is followed.



Designed for performance:

- **Lightweight 120gms fabric:** Offers no bulk or drag for maximum freedom when you run.
- **93% Polyester / 7% Spandex:** Stretches with you, dries fast, resists sweat.
- **Quick-dry technology:** Stay dry, cool, and comfortable from start to finish.

Breathable where it matters

- Mesh panels under the arms & along the spine that allows for more airflow and less heat leading to better endurance.



SAFETY & PRECAUTIONS



Indemnity Form

Sign and verify your details when collecting your race number. These details are critical in case of emergencies and will link to next-of-kin information.



Wear Your Race Kit

Your official kit is designed for visibility and safety. Security teams will recognise registered runners more easily with the official gear.



Traffic & Security Management

Police officers and route marshals will be stationed at key crossing points to ensure your safety.



Watering Points

Hydration, First Aid, and restrooms will be available along all routes.



Medical Services







- Ambulances will trail the 10KM and 21KM races.
- First aid will be available at each watering station.
- Two service providers, namely Mwaiwathu Private Hospital and Beyond Bounds Physiotherapy, will be on site.



Child Safety

- Child minders will be stationed at the kids' play area.
- For added safety, parents or guardians are advised to walk or run with their children during the Family Run.

PARTNERS:

VENDORS & EXHIBITORS:



GET IN TOUCH WITH STANDARD BANK

Have questions or need help?

- Scan the QR code to **join our 247 digital channels**
- Chat with **STAN**, our always-on virtual banker on **+265888000247**
- Call **247** for our **Contact Centre** or visit any branch

Banking should never slow you down, just like your run.

Standard Bank is Yours247.

