



Wangui Ikahu advocates for all-inclusive public gyms

Ikahu is a board member of Parklands Sports Club representing the minority

group of those with special needs. She is also a board member of Northern Nomadic Disability Organisation (NONDO), where she is at the forefront of initiating partnership with organisations that advocate, care and support persons living with disabilities. One issue that is close to Ikahu's heart is advocating for all-inclusive public gyms.

"It's good for health and social integration. We are trying to start a conversation that should be more inclusive. When we think about sports and what it can do for all of us, it's the first all-inclusive public gym in Kenya. We are working closely with Special Olympics Kenya, but it's something that we would like all sporting bodies to get involved with." The outcome of having all-inclusive public gyms is that more people will be able to access training facilities.

Jimmy Rayani decries winner takes it all



Jimmy Rayani, former cricket boss, said that the current cricket constitution where the winner-takes-all cannot advance the game in Kenya. "The group which loses in the elections becomes the opposition with an agenda to bring down those who are in office. Those who are in power, want to have it all and stick to power. I propose that we should have our elections from the grassroots level on proportional representation with a system where 'parties' get seats in proportion," he said. Tito Odumbe said if the Sports Act 2013 that is very clear on electoral college and how associations are supposed to be constituted is followed, there is the need to go to counties. "We know that cricket is not played in 47 counties, but we will go to places where we know we can create for cricket to be played. Every county has the potential of playing cricket and they must be given the support that they need," he said. Until such a time as elections in federations are not a matter of winner-takes-all, there are bound to be endless wrangles and court cases.

Paralympian recalls challenges of first race



Henry Wanyoike lost his sight when he was 21 years old. As a young boy, he used to dream that he would be a champion. In the schools competitions, he used to go all the way to the nationals.

After losing his sight, he went to Machakos School for the Blind and his first competition was during the Olympic Day run in Machakos where he won the road race and qualified for the 2000 Sydney Paralympics.

"I brought a gold medal after going through a lot of challenges. My guide suffered from a bout of malaria and by the time of the competition he had not recovered," he observed.

Wanyoike felt bad during the start of the race because other runners were introduced as champions from other competitions, yet he was introduced only by name. Wanyoike told his guide they needed a better introduction, and would only do this using their feet.

"After the seventh lap, I had overlapped all the champions and by the 12th lap I had almost overlapped them again. Some people protested that I was given the wrong classification, so all the champions were forced to go for several tests," he said, adding that he was taken for other checkups.

In the last 50m, Wanyoike was literally dragging his guide while relying on people who were outside the track to guide him who were giving him instructions like, "Keep left ... keep right". They still won the race.

He said president, Daniel Moi called him in Sydney and offered his congratulations and he also had the chance to meet Arnold Schwarzenegger who donated some knitting machines for Machakos School for the Blind."

Since then, Wanyoike has participated in marathons even with sighted runners, with his first half marathon being in Hong Kong where he beat even the sighted people out of 12,000 participants.



KISFF Director Florence Nduta presents a trophy to Japanese Ambassador during an award ceremony on the 1st day of the festival.



Ambassador to Kenya Toshitsugu Uesawa during the awards presentation last day of the event