

Press release: 01-092018**Nairobi, 12 September 2018****All good things come to an end.**

I had a wonderful career as an athlete, career which profoundly challenged me and changed me, allowing me to grow and to make positive impact on lives of my family and our community. For this I am truly grateful.

With the age catching up, with persistent patella-tendon injury due to which I was forced to cancel competition in 2017 Boston and Berlin marathons — I know this is the right time to say it is enough, thank you and to move on into coaching, with the goal to develop and guide the next generation of distance runners.

I regret not making Kenyan 2012 Olympic Marathon Team and I regret not emphasizing physio work and strength and conditioning early enough during my career.

For the next chapter, coaching, I am inspired by the triumph over extreme poverty; success in one of the least and, at the same time, the most rewarding professional sports there is; and these several regrets I have. This is good for me, this inspiration I have today will keep me involved, alert and committed to the next generation.

I would like to use this opportunity to remember the late Zane Branson who was instrumental to my career. His kindness, advice, commitment and friendship will live with me forever — Thank you Zane for loving my family and for everything you have done for us.

I would also like to use this opportunity to thank adidas Running and Mr. Spencer Nel for years of fantastic cooperation — It was a privilege to wear 3-stripes and take marathon World Record back to Kenya in one of the best shoes ever made.

I would also like to thank: Berlin Marathon and Mr. Mark Milde - London Marathon and Mr. David Bedford - Frankfurt Marathon, Mr. Jo Schindler and Mr. Christoph Kopp - Rotterdam Marathon and Mr. Mario Kadiks - Fukuoka Marathon and Mr. Wataru Ogushi - Honolulu Marathon, Dr. Jim Barahal and Dr. Jonathan Cross - Boston Marathon and John Hancock's Ms. Mary Kate Shea — Thank you very much for the roles you have played in different parts of my career. Thank you for the each and every opportunity created and for the friendship.

Also, with fondness I will remember my road racing days in New York City, Ras al-Khaimah, Berlin, Hague, Manchester and elsewhere — Many thanks to all organizers for these great opportunities and memories.

Many thanks to Mr. Robert Jongh who came into my life after first serious injuries have occurred. I will always appreciate his expertise as a physiotherapist, time, energy and I



am thankful to Mr. Jongh and his family for hosting me in Holland and for visiting me in Kenya and for working hard on getting me to feel and run better and be pain-free.

To Mr. Carlo Capalbo and the entire RunCzech team — Thank you for everything you have done for me, my family and numerous young athletes from our team whose lives you have changed and continue to change by creating excellent running events in which young athletes can develop and blossom.

In closing, I am looking forward to continuing to work with my sports agency Ikaika Sports on coaching, mentoring and developing young athletes who are, on the roads, on the track and outside of sport going to be role models, especially nowadays when role models are very much needed.

Thank you, God Bless you,

Patrick Makau

Husband and father of four
Former marathoner
Coach in the making

ENDS

For additional information, please do not hesitate to contact:

Davor Savija, Ikaika Sports
phone: +27 76 19 15 183
email: davor@ikaikasports.com
