



Wednesday 23 June, 2010

THE STANDARD CHARTERED GREAT CITY RACE TEAMS UP WITH FITNESS FIRST TO PROMOTE THE BENEFITS OF AN ACTIVE WORKFORCE

Standard Chartered Bank and the world's largest health and fitness provider Fitness First have joined forces for The 2010 Standard Chartered Great City Race to promote the benefits of an active and healthy workforce. On the 15 July a sell out field of 6,500 City workers will tackle the 5km course.

This year's field is made up of teams representing approximately 400 companies from banking, accountancy, insurance and media sectors. To help runners with their pre-race preparation Fitness First is providing runners with trial memberships, one to one health and fitness sessions with its personal instructors. On the race day itself Fitness First gym instructors will lead the runners in the popular warm up session in front of the spectacular setting of the Honourable Artillery Company in the City.

Standard Chartered Bank and Fitness First are working together to promote the benefits of an active and healthy workforce. Research recently commissioned by Standard Chartered Bank and The Centre for Workplace Health shows a clear correlation between workplace health and reduced absenteeism, reduced staff turnover, increased productivity, improved communications and greater teamwork.

To maintain good health, it is recommended that everyone should participate in 30 minutes of moderately intensive exercise at least five days per week. The survey revealed that less than 20% of UK businesses actually encourage their employees to take part in sport. Another interesting highlight from this survey is that only 10% of workers awarded themselves the maximum score on job satisfaction – this figure increase to 33% amongst staff who participate in company sponsored team sports.

Phil Thompson, England and Liverpool FC legend and official ambassador for the 2010 Standard Chartered Great City Race, said: *"Having competed on the national and international football stage for nearly 15 years, I've experienced first hand the importance of doing regular exercise to be productive and efficient on a daily basis, whatever your profession. Although my playing days are long over, I still*



find it hugely beneficial to keep fit and am delighted to support an event which encourages City workers to hopefully get out from behind their desks and into a regular exercise regime.”

Richard Holmes, CEO Europe, **Standard Chartered Bank**, commented, *“With a workforce of around 2200 employees located at our global headquarters in London, The Standard Chartered Great City Race represents the perfect platform on which to encourage not only our own employees but also the wider City community to get active in a fun, team environment. I will obviously be practicing what I preach by running in the 5km course!”*

The 2010 Standard Chartered Great City Race also provides a great opportunity to raise funds for worthy causes. The race’s official community partner, Seeing is Believing (SiB), aims to tackle avoidable blindness in marginalized populations across the world and will receive £5 of each £25 race entry fee. All runners are invited to fundraise for SiB. Standard Chartered Bank will reward the individual raising the largest sum for SiB with a trip to Tanzania to see, first hand how the funds are being used. The Bank has also pledged to match all SiB donations pound-for-pound.

-Ends-

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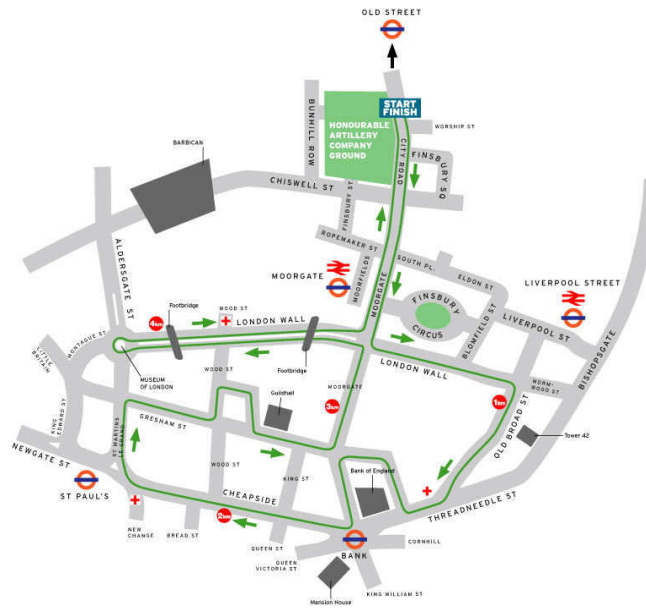
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Race Route Map:



Standard Chartered – leading the way in Asia, Africa and the Middle East

Standard Chartered PLC is a leading international bank, listed on the London and Hong Kong stock exchanges. It has operated for over 150 years in some of the world's most dynamic markets and earns around 90 per cent of its income and profits in Asia, Africa and the Middle East. This geographic focus and commitment to developing deep relationships with clients and customers has driven the Bank's growth in recent years.

With 1700 offices in 70 markets, Standard Chartered offers exciting and challenging international career opportunities for its 75,000 staff. It is committed to building a sustainable business over the long term and is trusted worldwide for upholding high standards of corporate governance, social responsibility, environmental protection and employee diversity. The Bank's heritage and values are expressed in its brand promise, 'Here for good'.

For more information on Standard Chartered, please visit <http://www.standardchartered.com>.



Seeing is Believing

Seeing is Believing (SiB) is a major global public-private initiative to help tackle avoidable blindness and is collaboration between Standard Chartered and the International Agency for Prevention of Blindness (IAPB) (registered charity, No. 1100559) along with its membership body of leading eye-care NGOs.

Started by Standard Chartered staff in 2003 as a way of celebrating the Bank's 150th anniversary, Seeing is Believing has raised over US\$17 million and impacted over 8 million people to date, including over 2.5 million who have benefited from sight restorations. The programme's latest commitment will invest a further US\$20 million by 2014 to provide comprehensive and sustainable eye care services to 20 million people in impoverished urban areas.

For more information, visit www.seeingisbelieving.org.uk

