



وزارة الرياضة والشباب
Ministry of Sports and Youth
دولة قطر - State of Qatar



اليوم الرياضي الوطني
National Sport Day



REVITALIZE YOUR RUN

Qatar Run 5th Edition Is Here!

Gear Up!
Your Qatar Run Kit



Electronic Bib



T-Shirt



Medal



E-Certificate

gulfmadhyamam
THE FIRST INTERNATIONAL MIDDLE EAST NEWS PAPER

PRESENTS

QATAR RUN 2024

5TH EDITION



Naseem
Healthcare



Attractive Gifts
Await Our Victorious
Runners!

FRIDAY 23 FEBRUARY 2024

Al Bidda Park



TICKETS
www.tickets.com

Register Now!

CO SPONSORS



NVBS HOMEWAY Clikon



HAMILTON
ELECTRONICS & HOME APPLIANCES

Chancellor
Be on time Everytime.



EVENT PARTNERS

RACE INFORMATION PACK

BIB & T-SHIRT COLLECTION

Bib & T-Shirt collection will be available from GULF MADHYAMAM office on the following dates and times:

Address:

2nd Floor

GULF MADHYAMAM

MISR INSURANCE BUILDING

NAJMA STREET / C-RING ROAD

DOHA

Please WhatsApp 7057 0635
to request location pin

[GOOGLE MAP](#)

Collection Date & Time: GULF MADHYAMAM OFFICE

WEDNESDAY 21 FEBRUARY: 12:00 PM to 7:00 PM

THURSDAY 22 FEBRUARY: 12:00 PM to 7:00 PM

T-shirt sizes are available on first-come, first-serve basis. Therefore, registrants are strongly advised to collect race swag early to guarantee the correct size.

RACE BIB COLLECTION WILL NOT BE AVAILABLE ON RACE MORNING.

RACE LOCATION

LOCATION:

DOHA EXPO ARCH, AL BIDDA PARK



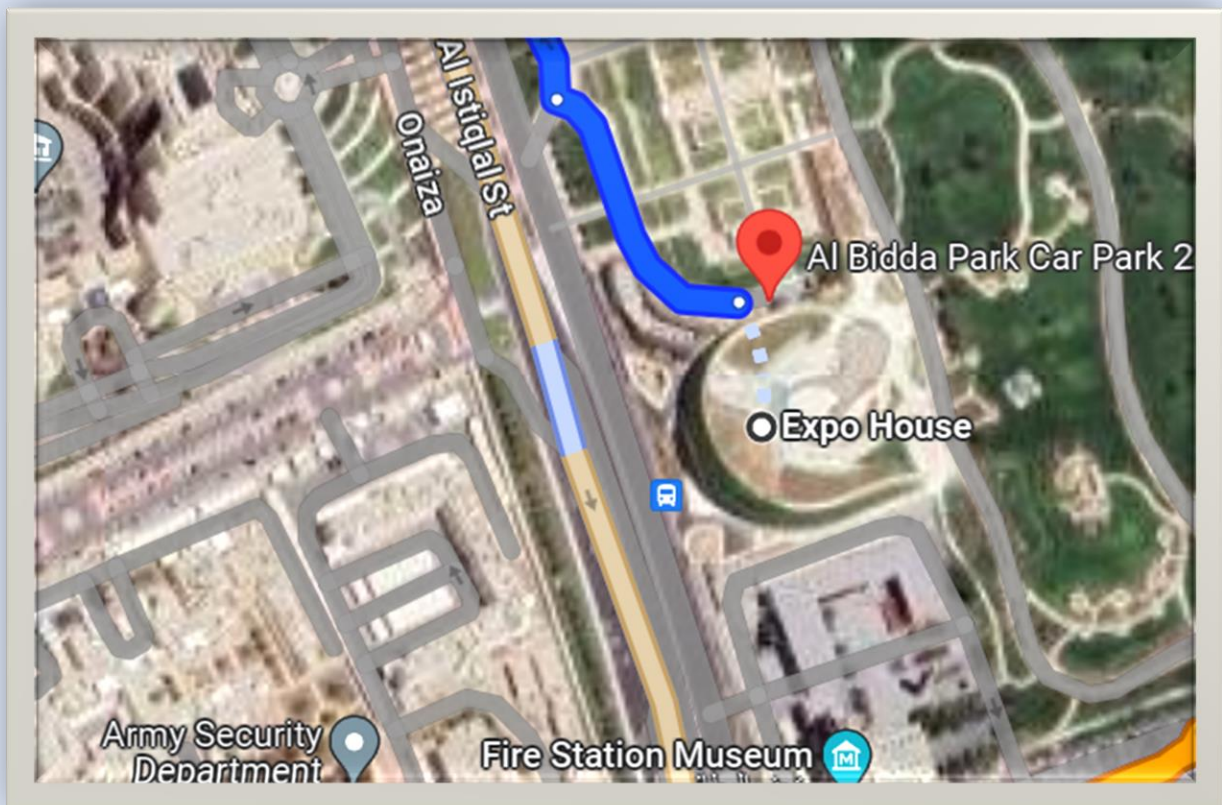
PARKING LOCATION

GETTING TO AL BIDDA PARK

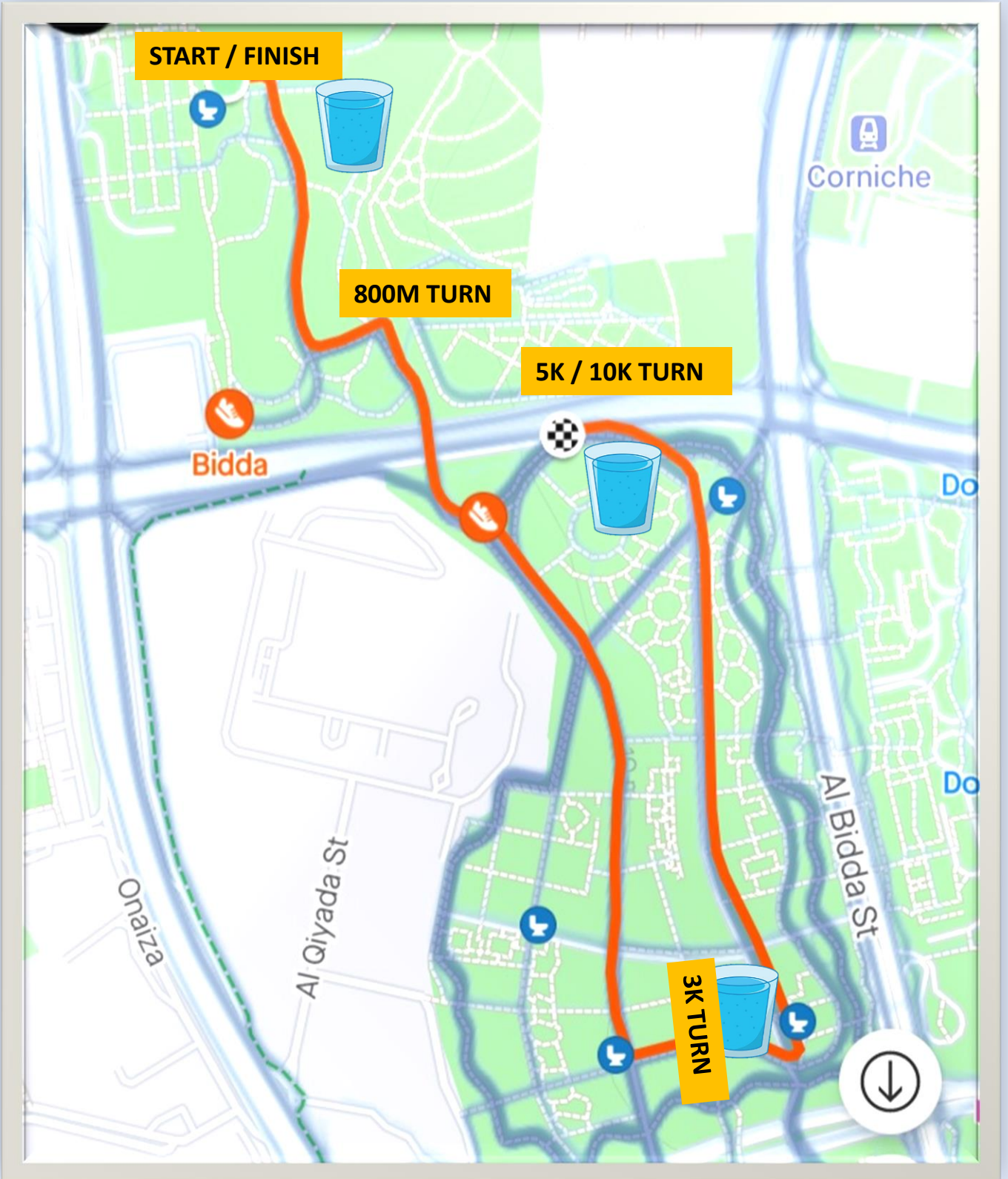
The entrance to the parking lot (CAR PARK 2) is from AL ISTIQLAL STREET, opposite Ministry of Interior building (200m north of Fire Station Museum).

Please park in the underground paid parking. The entrance to the park is from the main expo entrance. Once inside the park, walk down the stairs. Bib collection and start line will be 50m ahead.

DIRECTIONS



COURSE MAP



COURSE & START TIMES

START TIMES:

- 10K Adults: 7:00 AM.
- 5K Adults: 7:00 AM.
- 3K Adults: 7:05 AM.
- 3K Juniors: 7:10 AM.
- 800M Mini-Kids: 8:10 AM.

COURSE:

- 10K: Two loops of 5K (2.5K out and back)
- 5K: One loop of 5K (2.5K out and back)
- 3K: One loop of 3K (1.5K out and back)
- 800M: One loop of 800M (400M out and back)

COURSE & START TIMES

COURSE DESCRIPTION:

The running path on the paved track is at least 10-15m wide and would be sufficient to accommodate all runners. Please stay on the main (wide) running path throughout the race.

Please ensure that your bib number is unobstructed at all times, especially at the completion of loops so that the chip timing mats can record your passings.

All races will start and end at the same location.

AID STATIONS:

There will be 3 aid stations on the course.

- Start / Finish: Water
- 1.5K: Water
- 2.5K: Water

FACILITIES

WASHROOMS:

Washrooms are located near the start line and around the park at various locations.

MEDICAL:

Medical staff and ambulance will be beside the start line.

FINISH LINE:

As you approach the finish line, please ensure that your bib is visible so that your time is accurately recorded.

Medals will be presented to all the finishers.

Please do not lose your bib; NO BIB - NO MEDAL.

PRIZE DISTRIBUTION CEREMONY:

Prize distribution ceremony will take place beside the Start / Finish line around 8:20 AM.

Awards for Top 3 Male / Female in all categories.

RACE RULES

MANDATORY KIT:

- Shorts / leggings & T-Shirt.
- Running shoes.

OPTIONAL KIT:

- Running cap.
- Sunscreen / eyewear.

RUNNING ETIQUETTE:

- The race number must be worn visibly and facing forward.
- The runner must complete the marked course on foot under their own power. Shortcuts are not permitted.
- No Littering! All litter must be carried to the next water station where it can be disposed of.
- No outside support is allowed along the race course. Support crews are not permitted to run with or pace runners, especially in junior races.
- Any tampering with course marking or other actions that are deemed against a fair and sporting spirit is unacceptable and will result in disqualification.

AWARD CATEGORIES

AWARDS:

- Top 3 M/F Open (17-39) in 10K run.
- Top 3 M/F Open (17-39) in 5K run.
- Top 3 M/F Open (17-39) in 3K run.
- Top 3 M/F Masters (Over 40) in 10K run.
- Top 3 M/F Masters (Over 40) in 5K run.
- Top 3 M/F Masters (Over 40) in 3K run.
- Top 3 M/F Intermediate (13-16) in 3K run.
- Top 3 M/F Secondary (10-12) in 3K run.
- Top 3 M/F Primary (7-9) in 3K run.
- Top 3 M/F Mini-Kids (3-6) in 800M run.

A FEW IMPORTANT REMINDERS

- Podium finish is decided from the staggered gun start. There is no net time allowed for a podium finish.
- Our staff and volunteers will be strategically positioned around the course to guide and monitor runners as it would help us resolve any potential issues or missed time recordings.
- Please do not litter on the course. Kindly dispose of all the empty water bottles in bins along the course. We have been instructed by Al Bidda Park management to keep the premises clean at all times. Any complaint from their staff can potentially lead to cancellation of future events.
- **Taking part in the race using another person's bib will result in disqualification.**

CONTACT US:

Email: grs@z-adventures.org