

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



الائتلاف القطري
QSEA
للرياضة للجامعة



RUNNING TOWARDS WELLNESS

G-SHOCK



HAYYAN RUN 2024

For A Healthy Heart

RACE INFORMATION PACK

8

MARCH 2024
STARTS @ 7.00 AM



AL JANOUB STADIUM PARK
WUKAIR, QATAR



BIB & T-SHIRT COLLECTION

LOCATION:

CITY GYM BIN OMRAN

Near Tadawi Medical Center, KG Signal,
Al Jazeera Al Arabiya Street,
Bin Omran Area, Doha, Qatar
PH: 3333 0657

DIRECTIONS

COLLECTION DATE & TIME:

- Thursday 7 March 2024: 10:00 AM – 7:00 PM

THERE WILL BE NO BIB COLLECTION ON RACE MORNING

In case you cannot make it for collection, you may request a friend to collect the bib & T-shirt on your behalf. Simply email them the authorization so that they can show it to our staff.

RACE LOCATION

LOCATION:

AL JANOUB STADIUM PARK, WUKAIR



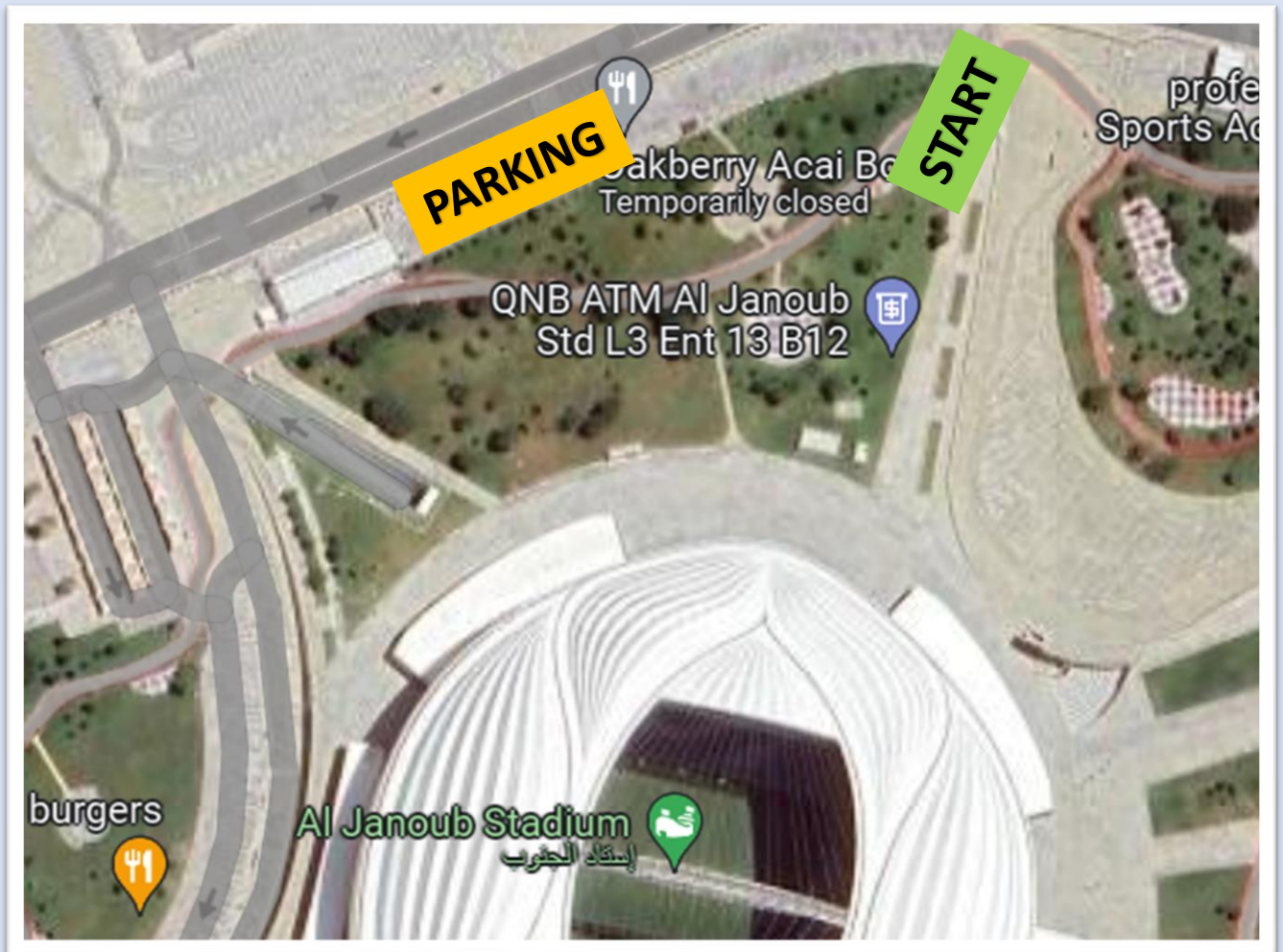
PARKING LOCATION

GETTING TO AL JANOUB STADIUM PARK

The entrance to the parking lot is from Gate 18.

Please park in the open parking lot and then walk inside the park.
The start line will be 50m on the left.

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 initial 1.8K of the running path is on the soft rubberized red running track, whilst the remaining 700m will be on the road. The course is wide enough to accommodate all runners.

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 Janoub Stadium 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: qrs@z-adventures.org