



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



سلسلة سباقات الرياضة للجميع الرمضانية للجري QRS Ramadan Challenge 2024

10km | 5km | 2.5km | 800m

📍 | Al Shaqab Area



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RACE INFORMATION PACK

BIB COLLECTION

LOCATION:

TICKETING OFFICE

AL SHAQAB MAIN ENTRANCE

DIRECTIONS

BIB COLLECTION DATES & TIMES:

- RACE 1: Thursday 21 March 2024: 8:15 PM onwards
- RACE 2: Thursday 28 March 2024: 8:15 PM onwards
- RACE 3: Saturday 30 March 2024: 8:15 PM onwards
- RACE 4: Wednesday 03 April 2025: 8:15 PM onwards

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Prime
PREMIUM QUALITY TAILOR

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Perfumes

QSS
AL-SHERANI

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Natural Water

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RACE LOCATION



GETTING TO AL SHAQAB

The entrance to the parking lot is from AL SHAQAB STREET, Gate 7.
The start line is 50m from the parking lot behind the ticketing office.

DIRECTIONS

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COURSE MAP



COURSE

The course is 2.5K loop.

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COURSE & START TIMES

START TIMES:

- 800M Mini-Kids (Age 3-6): 8:50 PM.
- 2.5K Juniors (Age 7-16): 9:00 PM.
- 10K Adults (Age 17+): 9:30 PM.
- 5K Adults (Age 17+): 9:30 PM.
- 2.5K Adults (Age 17+): 9:30 PM.

NEW COURSE:

- 10K: Four loops of 2.5K
- 5K: Two loops of 2.5K
- 2.5K: One loop of 2.5K
- 800M: One loop of 400M out and back.

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COURSE & START TIMES

COURSE DESCRIPTION:

The running path on the brick 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 2 aid stations on the course.

- Start / Finish: Water
- 1.25K: Water

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FACILITIES

WASHROOMS:

Washrooms are located near the start line.

MEDICAL:

Medical staff will be beside the start line. Ambulance station is 3 minutes drive from the arena and will be placed on standby.

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 10:30 PM.

Awards for Top 3 Male / Female in all categories.

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RACE RULES

MANDATORY KIT:

- Shorts / leggings & half sleeve 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.

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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 2.5K 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 2.5K run.
- Top 3 M/F Intermediate (13-16) in 2.5K run.
- Top 3 M/F Secondary (10-12) in 2.5K run.
- Top 3 M/F Primary (7-9) in 2.5K run.
- Top 3 M/F Mini-Kids (3-6) in 800M run.

SERIES AWARDS:

Male and female series winners will receive prizes which will be presented after the 4th race.

- Open M/F (17-39): 1st, 2nd & 3rd Place
- Masters M/F (40+): 1st, 2nd & 3rd Place
- Intermediate M/F (13-16): 1st, 2nd & 3rd Place
- Secondary M/F (10-12): 1st, 2nd & 3rd Place
- Primary M/F (7-9): 1st, 2nd & 3rd Place
- Mini-Kids M/F (3-6): 1st, 2nd & 3rd Place

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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 Shaqab management to keep the premises clean at all times. Any complaint from their staff can potentially lead to cancellation of future events.

CONTACT US:

Email: grs@z-adventures.org

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