

Time Trial Run

Friday 24th February 2017

Race Instructions

Many thanks for your entry. Please take the time to read through these instructions carefully as there will be no pre-race briefing at the event.

Directions to the Venue

The Hamdan Sports Complex is located on Emirates Road, Exit 611, opposite Global Village.

Parking

There is sufficient car parking available within walking distance from the start / finish. Kindly refer to the map on where to park.

Race Pack Collection

The race pack collection will take place on the morning of the event from 5.30-6.30am. BIBs and timing chips are to be collected from 5:30am at the venue on the morning of the race.

Automated Timing

The race will be timed with MyLaps ChampionChip by Sports Timing Services. If you own a personal yellow chip please bring it, if not, you will be given a white rental timing chip. All white chips must be returned after the event. The chip needs to be worn around the ankle.

No chip = no time and possible exclusion from awards

Race Briefing

There will be no pre-race briefing.

Race Timings

The 10km race will start at 7:00 am.
The 5km race will start at 7:05 am.

Toilet / Changing Facilities

There are no changing facilities.
Toilet facilities are available.

Water

There are four water stations on the course placed near the start/finish area.

Course (also see map at the end)

The race course length has been officially measured and accredited by the IAAF-AIMS.

The 5km race is two laps of the Hamdan Sports Complex in a clockwise direction. The start and finish on the main track approximately 200m down from the main entrance to the centre.

The 10km race is four laps of the Hamdan Sports Complex clockwise direction. The start and finish are on the main track approximately 200m down from the main entrance to the centre.

The barriers are placed to measure a 2.5km loop exactly. The full course follows the walking track or the road. Do not cut corners on the bends.

The Finish Line

After crossing the finish line, please move to the right and exit through the barriers as advised by the marshals. **Breakfast will be served.**

Heat / Conditions

Conditions are expected to be cool.

Please watch out for runners around you.

Throughout the event the course will be patrolled by marshals - please call for help if required. There will be an **ambulance and medical cover at the event.**

Awards Ceremony / Results / Medals / Goody Bags

There will be an awards ceremony for age and gender category winners 30 minutes after the race has finished.

Results will be published on www.hopasports.com

All runners will receive a medal and a goody bag including a complimentary breakfast voucher, a Saucony running vest, and a Saucony discount voucher from the Saucony canape tent.

Supported by



10KM Race - 2.5KM LOOP X 4

5KM Race - 2.5KM LOOP X 2