

5 YEARS OF FUN!





29TH OCTOBER 2023 - DIFC

OFFICIAL TITLE PARTNER

Mai Dubai

OFFICIAL VENUE PARTNER

OFFICIAL MEDICAL PARTNER

OFFICIAL PLANT BASED PARTNER



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CARE & MEDICAL CENTRES



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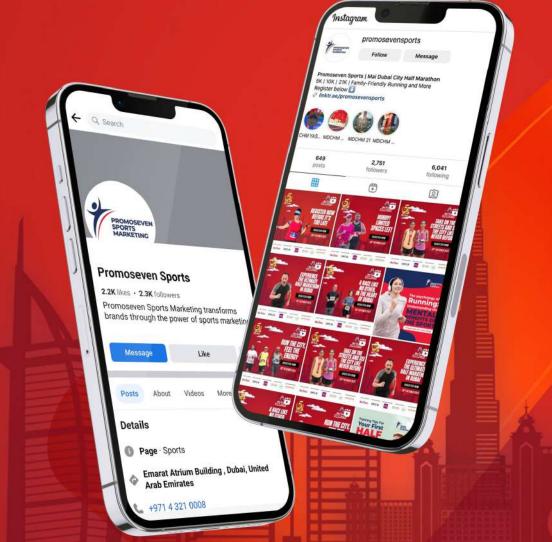
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THANK YOU TO ALL SPINSIRS

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RACE PACK COLLECTION INFORMATION

DATE AND TIMINGS

October 24th: 15:00 - 19:00

October 25th: 12:00 - 19:00

October 26th: 12:00 - 19:00

October 27th: 12:00 - 19:00

RACE PACK COLLECTION LOCATION

Race pack collection will be in Gate Avenue Zone C, the Innovation hub next to the food court on level 1.

<u>Click here</u> for the parking location which is Gate Avenue parking. A friend, relative or colleague is allowed to pick up a race pack on your behalf provided they show your copy of registration.

COLLECTION SCHEDULE

- All runners who have registered before the 22nd of October by 18:00 will have personalized bibs.
- All runners who have registered after the 22nd of October 18:00 will have a standard design bib.

Race pack collection will not be available on the day of the race

KEY INFORMATION START TIMINGS

Please arrive at least 30 minutes before the start of your race

21KM	<i>10KM</i>	5KM
06:15 AM	06:45 AM	07:00 AM

START LOCATION

The Mai Dubai City Marathon will start and finish in front of the Gate Building in the beautiful Dubai International Financial Centre (DIFC)

Click here for the start area location

WEATHER

"We understand that you're eager to know about the weather conditions for the upcoming Mai Dubai City Half Marathon. Rest assured, our dedicated team is diligently monitoring the weather forecasts to ensure your safety and enjoyment during the event. Stay tuned!"

BAGGAGE DROP

We have baggage drop facilities available near the start and finish area. Please note that we recommend only leaving essential items and valuables. The organizers will not be responsible for any loss or damage to items left in the baggage area





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over 18 rehabilitation experts in Medcare Physio & Rehab Centre

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PARKING AND TRANSPORT INFORMATION

CAB DROP OFF POINT

DUE TO THE INCREASE OF PARTICIPANTS THIS YEAR, WE SUGGEST ALL THE RUNNERS COME BY TAXI AND ASK TO GET DROPPED OFF AT EMIRATES TOWERS METRO STATION WHICH IS ABOUT 100M FROM THE START

PARKING

- 21km and 10km Please <u>click here</u> for parking next to Emirates Financial Towers. Please <u>click here</u> for the parking location which is the Gate Avenue parking. Keep in mind that RTA public parking is free on Sunday's so there are other parking opportunities in and around DIFC
- 5km Please <u>click here</u> for the parking location. Ensure you take the exit near the Emirates Towers metro station or Museum of the Future to ensure you arrive on time
- Keep in mind that RTA public parking is free on Sunday's so there are other parking opportunities in and around DIFC

Keep in mind the metro system doesn't operate early on the morning of the race

RACE BIBS







21KM BIB

IOKM BIB

5KM BIB



5 YEAR ANNIVERSARY BIB

This year, as a token of our appreciation, we are thrilled to introduce the "Golden Bib" exclusively for our loyal runners who have joined all our races for the past 5 years. This coveted bib represents your remarkable journey with us and symbolizes the enduring spirit of the half marathon community.

All participants will be given a race bib number which should be attached to the front of your race shirt using the pins provided in the race pack

To access the start area please ensure you are wearing your bib

ROUTE MAP



ALL 21KM DISTANCE RUNNERS MUST COMPLETE THE ADDITIONAL SHORT LOOP ON THEIR FIRST LAP.

ATHLETE SUPPORT

MAI DUBAI WATER POINTS

Mai Dubai Water will be available for all runners at the start area, and on the race route at approx. 3km on the 5km loop and on the lapping lane for runners doing the 21 km and 10km. Water is also provided for all runners after they cross the finish line.

All plastic bottles from the Mai Dubai City Half Marathon will be collected by our waste management partner Averda and recycled at the DGrade Recycling Factory in Abu Dhabi to support a circular economy.

Commitment to Sustainability: Recycling every Bottle

TOILETS

Toilets will be available at the halfway point on the route and at the start/finish line

MEDICAL

Medical support will be available at strategic points throughout the course and at the start/finish line







GOOD FOR YOU!

Source of protein. Protein contributes to the maintenance of muscle mass. A varied, balanced diet and a healthy lifestyle is recommended for good health.



After crossing the finish line, you'll be greeted with:

A stunning Finisher Medal to add to your collection A T-shirt to celebrate your accomplishment Join us for refreshments to recharge and celebrate your success!



AWARD CEREMONY TROPHIES WILL BE PRESENTED TO

TOP 3 MALE AND FEMALE HALF MARATHON RUNNERS

TOP 3 MALE AND FEMALE INKM RUNNERS

TOP 3 MALE AND FEMALE 5KM RUNNERS

TOP 3 MALE AND FEMALE IN AGE CATEGORY FOR ALL THE RACE DISTANCES

10YRS - 15YRS (10KM AND 5KM)
16YRS - 30YRS (21KM, 10KM AND 5KM)
31YRS - 45YRS (21KM, 10KM AND 5KM)
46YRS - 60YRS (21KM, 10KM AND 5KM)
61YRS - 99YRS (21KM, 10KM AND 5KM)

RESULTS, RANKING, CERTIFICATES AND VIDEOS

Results will be available on the website https://www.hopasports.com/en

After the race, you can easily obtain your participation certificate by downloading it from the results page.

Your thrilling race videos will be available for download after the race on the results page.



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5 YEARS OF EXCELLENCE HALL OF FAME 21KM

MOHAMMED MIRA

YEAR

TIME

2020 1:01:45

MINA GOLESTANEHNO

YEAR

2022

TIME

1:27:56

IOKM

DENNIS ONWONGWA

YEAR

TIME

020 0:30:53

CHLOE TIGHE

YEAR

TIME

2021

0:36:52

5KM

GWIDO OKADAPAWO

YEAR

TIME

2022

0:15:27

GILLY GLYNN

YEAR

TIME

2021

0:19:39





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