



نصف ماراثون أم القيوين
UMM AL QUWAIN HALF MARATHON

UMM AL QUWAIN HALF MARATHON ATHLETE'S GUIDEBOOK

4 MAY 2025

Etihad
الاتحاد للماء والكهرباء

بنك أم القيوين
NBO

غرفة أم القيوين
UAQ Chamber

START TIME

21 KM ELITE	5:30AM
10 KM ELITE	5:35AM
21 KM	5:45AM
10 KM	7:00AM
5 KM	7:30AM
1 MILE	8:30AM

RACE PACK COLLECTION

Dubai	Thursday, Friday - 1st, 2nd May 2025 From 2PM – 7PM Revolution Cycles Dubai, Motor City CLICK HERE
Abu Dhabi	Friday 2nd May 2025 From 2PM – 7PM Abu Dhabi Marine Sports Club CLICK HERE
Umm Al Quwain	Saturday 3rd May 2025 From 2PM – 7PM Vida Beach Resort Umm Al Quwain CLICK HERE

- Collection on behalf of a friend: Please bring their email order confirmation with you.
- No race packs will be available for collection on race day.
- Overseas participants requiring special race pack arrangements must email info@uaqhalfmarathon.ae in advance.

START LOCATION

The Umm Al Quwain Half Marathon will start and finish near the entrance of the **Vida Beach Resort Umm Al Quwain.**

[CLICK HERE](#)



BAGGAGE DROP

- Baggage drop facilities are available near the Start and Finish area.
- It is recommended to leave only essential items and avoid placing valuables.
- The organizers will not be held responsible for any loss or damage to items left in the baggage area.
- Bag drop open: 4.00 am - Bag drop close: 11.00 am

PARKING

- Signs will guide you towards the Parking areas as you enter Umm Al Quwain.
- All Parking is close to the Vida Beach Resort Umm Al Quwain.
- Please use the Waze app for directions, as it is updated with road closures and live traffic conditions.

[CLICK HERE](#)

PRE-BOOKED BUS TRANSPORT

Dubai to Umm Al Quwain

Bus Ready: 1:00 AM - Departure Time: 2:30 AM

Arrival in UAQ: 4:30 AM - Departure UAQ: 11:00 AM

📍 Pick-up Location: BurJuman Mall – Main Entrance

Abu Dhabi to Umm Al Quwain

Bus Ready: 12:00 AM - Departure Time: 1:00 AM

Arrival in UAQ: 4:30 AM - Departure UAQ: 11:00 AM

📍 Between Al Nahyan Stadium & Abu Dhabi Bus Station



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TERMS & CONDITIONS

1. This discount voucher can only be used at **HOKA** retail store at YAS MALL & CITY CENTRE MIRDIF.
2. This discount voucher cannot be used in conjunction with any other offer.
3. Please hand this voucher over the counter to get your 15% discount on full priced items only.
4. This voucher expires on May 30, 2025.

Available at HOKA store: YAS MALL 02 563 1132

CITY CENTRE MIRDIF 04 892 5433

ROUTE MAPS

21KM ROUTE

21KM ELITE	5:30AM
21KM RACE	5:45AM

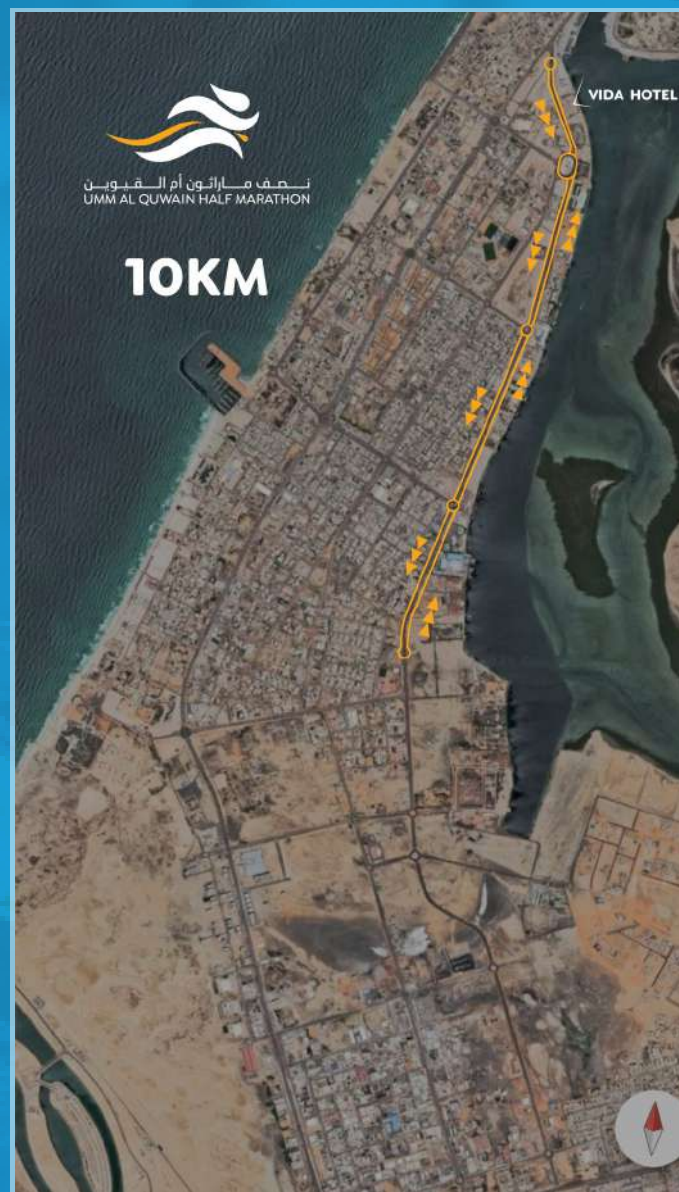
- Entrants in the 21km Elite Race must be able to complete the full distance in 2 hours and 45 minutes as per age category.
- Entrants in the 21km Race must be able to complete the full distance in 3 hours.



10KM ROUTE

10KM ELITE	5:35AM
10KM RACE	7:00AM

- Entrants in the 10km Elite Race must be able to complete the full distance in 1 hour and 30 minutes as per age category.
- Entrants in the 10km Race must be able to complete the full distance in 2 hours.



5KM & 1MILE ROUTE

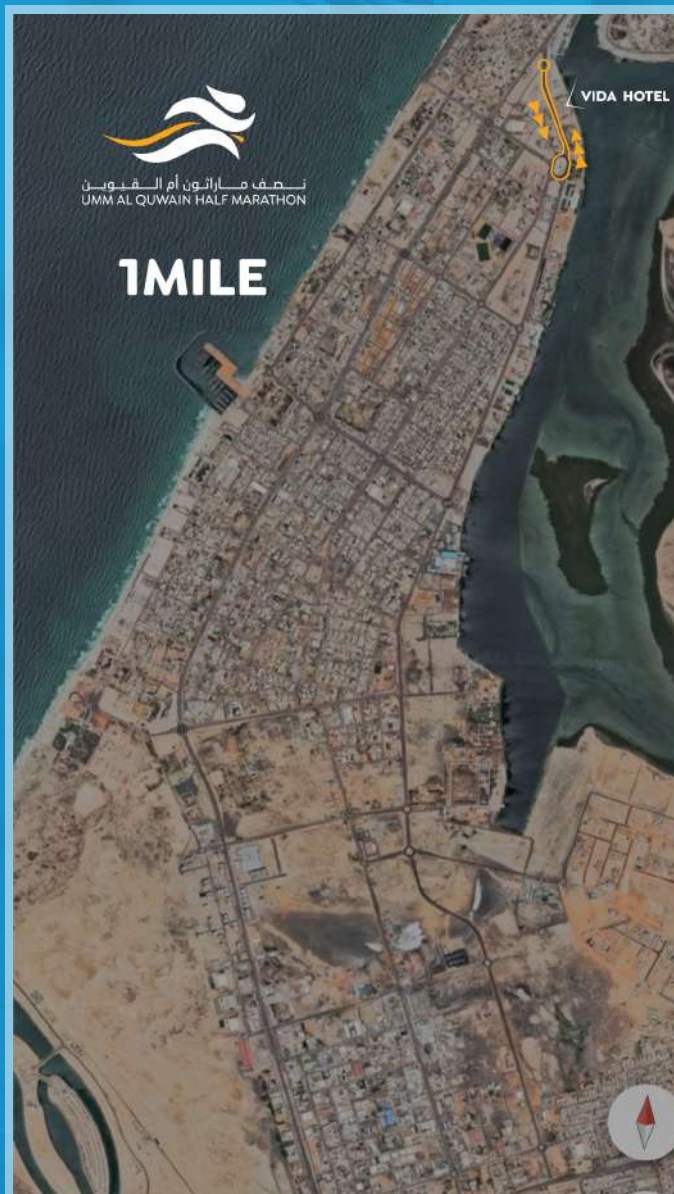
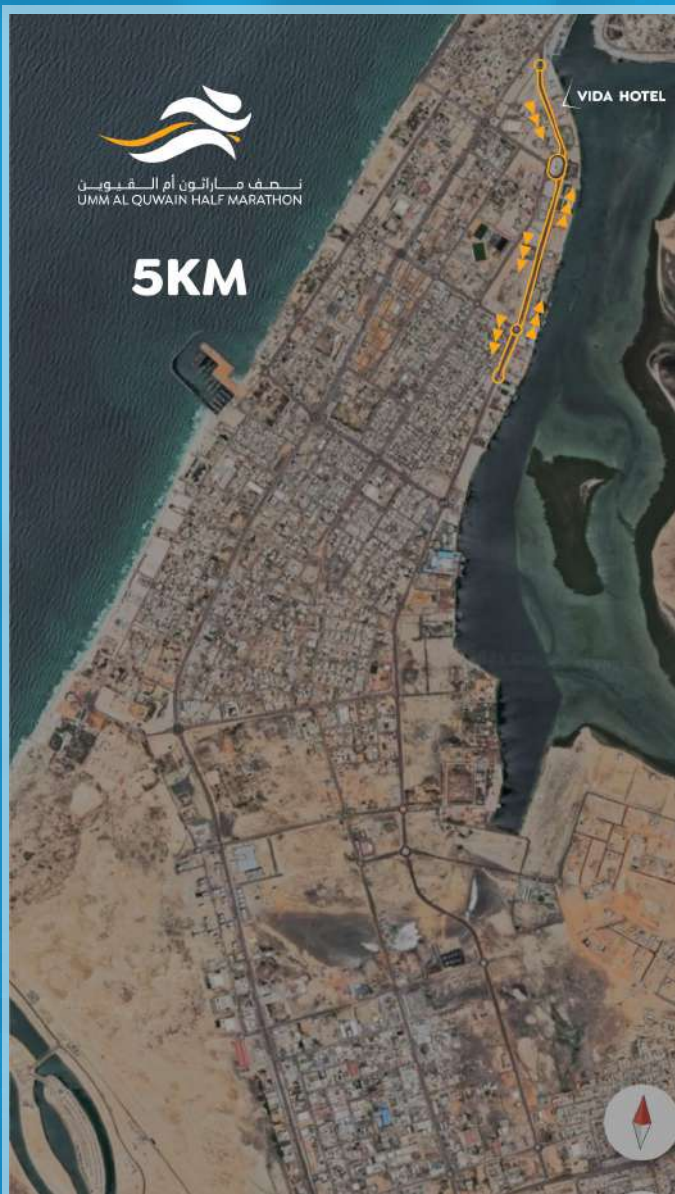
5KM

7:30AM

- Entrants in the 5km Race must be able to complete the full distance in 1 hour and 30 minutes.

1MILE

8:30AM



ATHLETE SUPPORT

HYDRATION AND SUPPORT POINTS:

Water will be available for all runners at the start area.

The water points on the race route are as below:

5km, 10km, 15km & 20km (serving on both sides of the route)

Selected stations will have the following available:

- Water
- SiS Nutrition
- Ice & sponges
- Fruits
- Pocari Sweat

TOILETS:

Will be available at the Start/Finish area and on the route.

MEDICAL:

Medical support will be available at strategic points throughout the course and at the Start/Finish line.

- Ambulances On Course
- Motorbike Paramedics
- Village

EMERGENCY NR: I.C.E +971 56 211 4374



SWEAT FOR SUCCESS

- Replenishes lost ions
- 2.3x faster absorption than water
- Developed in Japan by Otsuka Pharmaceutical Ltd.



**VITAMIN
WELL**

**WE RUN
UMM AL QUWAIN**





ENRICHED WITH VITAMINS AND MINERALS



STAY
HYDRATED

STAY
SUPER



RACE PACK & POST RACE



SEE

different



RUNNIES

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UMM AL
QUWAIN
HALF
MARATHON

MAY 5, 2025



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UAQ15

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AWARDS:

FROM 9:00 AM ONWARDS

AGE CATEGORY FOR ALL RACE DISTANCES

PRIZE MONEY:

21KM ELITE	TOP 3 MALE & FEMALE
21KM EMIRATI	FASTEST MALE & FEMALE
10KM ELITE	TOP 3 MALE & FEMALE

TOP 3 MALE & FEMALE IN AGE CATEGORY

5-8 YRS	1MILE
9-13 YRS	1MILE 5KM
14-17 YRS	1MILE 5KM 10KM
18-99 YRS	1MILE
18-34 YRS	5KM 10KM 10KM ELITE 21KM 21KM ELITE
35-39 YRS	5KM 10KM 10KM ELITE 21KM 21KM ELITE
40-49 YRS	5KM 10KM 10KM ELITE 21KM 21KM ELITE
50-59 YRS	5KM 10KM 10KM ELITE 21KM 21KM ELITE
60-69 YRS	5KM 10KM 10KM ELITE 21KM 21KM ELITE
70-99 YRS	5KM 10KM 10KM ELITE 21KM 21KM ELITE

Overall winners (Prize money eligible) are also the winners in their respective age category.



RESULTS, RANKINGS & CERTIFICATES

RESULTS WILL BE AVAILABLE ON THE WEBSITE:

[CLICK HERE](#)

After the race, you can easily obtain your participation certificate, personalised photos & videos from the results page.

RESULTS FOR ELITE RACES WILL BE BASED ON 'GUN' TIME.

RESULTS FOR NON-ELITE RACES WILL BE BASED ON 'CHIP' TIME.

EXPLANATION:


Gun time refers to the time from the official start signal (the “gun”) to when a runner crosses the finish line—regardless of when they began running. Chip time measures the time from when a runner personally crosses the start line to when they reach the finish.

- You're welcome to submit any queries regarding the preliminary results within 48 hours after the event. Please email them to hopasports@hopatec.com.
- No further changes or requests will be accepted once the results are marked as 'Final'.

FUEL YOUR RUN BEFORE & AFTER THE RACE


PRE-BOOKED PASTA BONANZA

 3 | MAY | 2025
7 PM to 9 PM

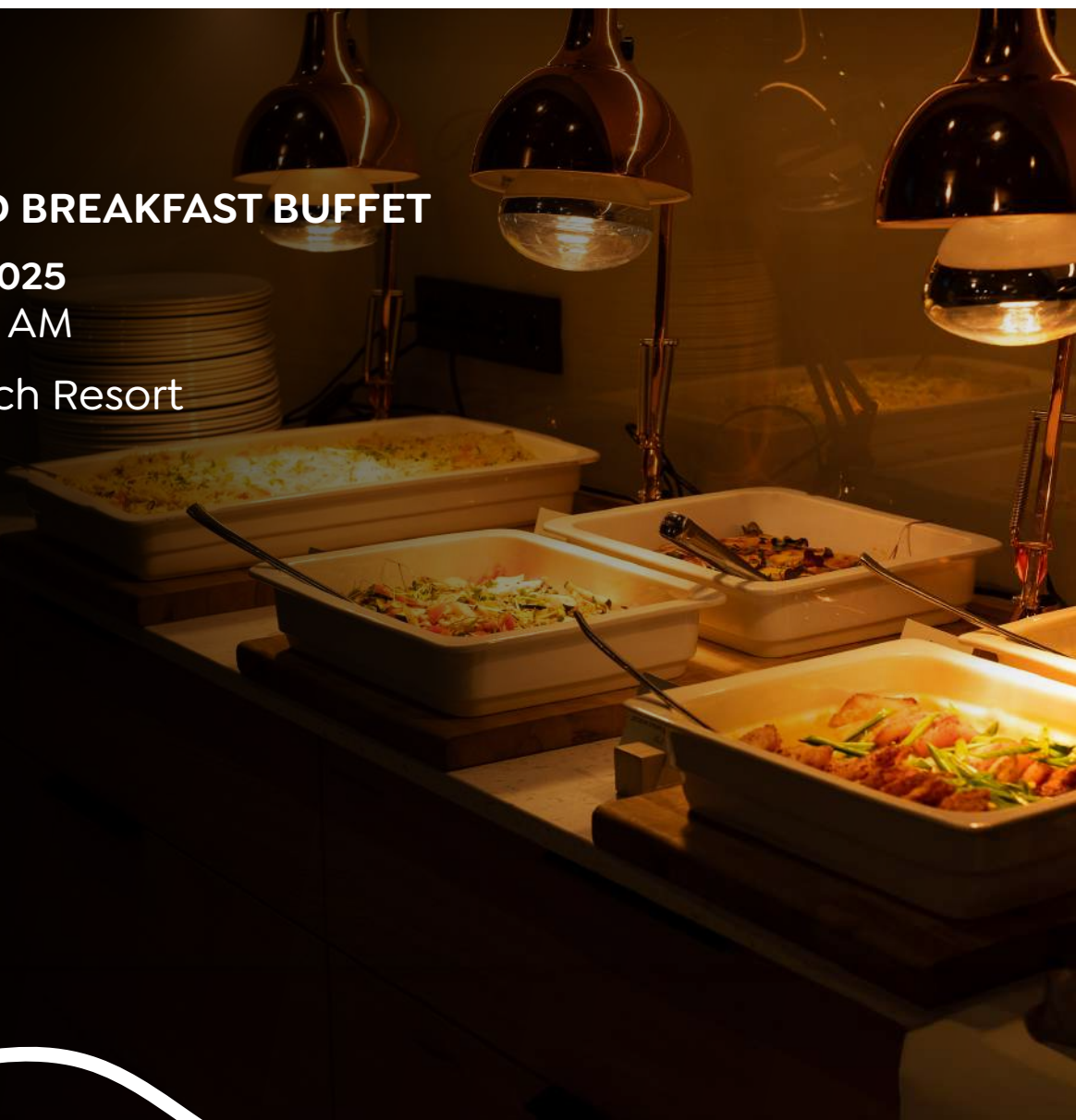
 Vida Beach Resort



PRE-BOOKED BREAKFAST BUFFET

 4 | MAY | 2025
7 AM to 11 AM

 Vida Beach Resort



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SPECTATOR DO'S AND DON'TS

DO's

CHEER LOUDLY & POSITIVELY

Encourage all participants with claps, cheers, and kind words like “You’ve got this!” or “Looking strong!”

STAY BEHIND BARRICADES OR ON SIDEWALKS

Keep a safe distance from the course to avoid obstructing runners and vehicles.

RESPECT RACE OFFICIALS & VOLUNTEERS

Follow instructions from marshals and volunteers – they’re there for safety.

BRING SIGNS AND COWBELLS

Creative signs and fun noise-makers add energy and motivation for the athletes.

PLAN YOUR VIEWING POINTS

Choose a few key areas along the course to watch from and move between them carefully.

PACK ESSENTIALS

Bring water, sunscreen, hats, and snacks – especially if you’ll be out for a while.

SUPPORT ALL RUNNERS

Applaud not just the leaders but everyone, especially those at the back giving it their all.

CAPTURE THE MOMENT, RESPECTFULLY

Take photos and videos, but always watch where you step and stay out of the course.

DON'Ts

DON'T STEP ONTO THE COURSE

Avoid crossing the road or walking into the path of runners – it’s dangerous for both you and them.

DON'T BLOCK SIGNS OR AID STATIONS

These are crucial for the athletes, so steer clear of water stations and mile markers.

DON'T YELL NEGATIVE COMMENTS

This is a celebration of effort – keep the energy positive for all participants.

DON'T BRING PETS INTO CROWDED AREAS

Even the friendliest dogs can cause tripping hazards or get stressed in crowds.

DON'T USE FLASH WHEN PHOTOGRAPHING

Bright lights can distract or blind athletes, especially cyclists or runners during fast turns.

DON'T LEAVE TRASH BEHIND

Help keep the course clean by using bins or taking your rubbish with you.

DON'T BLOCK EMERGENCY ACCESS POINTS

Stay clear of areas reserved for medical teams or event staff.

BLOCK 20

BE FIT
BE FIT
BE FIT
BE FIT

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YOUR MIND & BODY.**

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OUR SERVICES



Open GYM



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Boot Camp Studio

Sat-Thu
06.00 - 24.00

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WEATHER FORECAST PREDICTIONS

In May, Umm Al Quwain experiences rising temperatures as the day progresses. Based on historical climate data, here's an approximate breakdown of morning temperatures:

- 4:00 AM: +/- 27°C
- 5:00 AM: +/- 28°C
- 6:00 AM: +/- 29°C
- 7:00 AM: +/- 30°C
- 8:00 AM: +/- 31°C
- 9:00 AM: +/- 32°C
- 10:00 AM: +/- 33°C
- 11:00 AM: +/- 34°C

AVERAGE HUMIDITY: 42%

These temperatures indicate a steady increase from early morning through late morning. Conditions can become quite hot, so it's advisable to plan outdoor activities accordingly. **Remember to stay hydrated and protect yourself from the sun during these hours.**

IMPORTANT TO START HYDRATING FROM THE SATURDAY WITH NOT ONLY WATER, BUT ELECTROLYTES AS WELL



UAE NADA FOR ELITE RACES



UAE National anti-doping programs consistent with international requirements and UAE sports legislation. The vision is to promote clean and fair sport, and the purpose is to protect the health of athletes by reducing the danger of doping to the minimum.

AT UMM AL QUWAIN HALF MARATHON ON 4 MAY 2025, TESTING WILL BE DONE AS FOLLOW:

- TOP 3 ELITE ATHLETES (MALE & FEMALE) FOR 10KM & 21KM
- RANDOM NUMBER OF ATHLETES FROM TOP 10 FOR 10KM AND 21KM

RUN!

There are
FREE BARS at
the finish line!



Barebells

RACE DAY TIPS AND RUNNING ETIQUETTE

PRE-RACE PREPARATION AND THE STARTING LINE

Do: Pin your number in front

RUNNING ETIQUETTE ON THE COURSE

DON'T: Run more than 2 people wide

Allow space for those around you to move freely in front of you if they need to.

AT AID STATIONS

DON'T: Stop running, grab water at the first table, and start drinking

You will very likely cut people off and cause a traffic jam in doing that. The later tables are usually much less congested.

DO: Walk if you need to

When you need to drink at an aid station, it is easiest to walk through it. Be sure to look behind you before you stop and move over to the aid station. Don't cut anyone off.

Related tip: Squeezing the sides of the cup can make it easier to drink on the run.

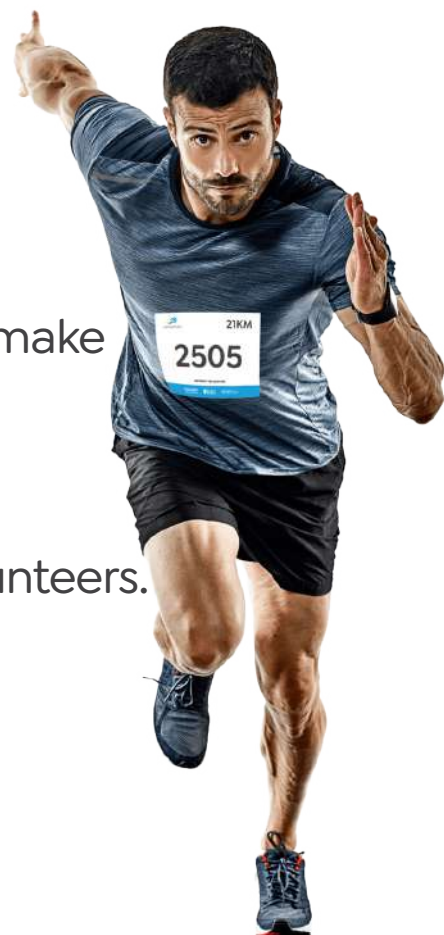
DO: Use the trash cans

Or as close to them as you can get.

It makes the cleanup so much easier for the volunteers.

DO: Thank the volunteers

Always, Always thank the volunteers.



AFTER THE FINISH LINE

DO: Keep Moving

After you cross the finish line, keep moving. Both because it is good for your muscles to keep moving, but it also prevents congestion.

DON'T: Take more than your fair share of the food

Taking one of everything is fine, but no hoarding!

AND OF COURSE

DO: Have fun

DO: Be proud of yourself and your accomplishment

RESPECT SPORTSMANSHIP AND FAIR PLAY



ORGANIZERS



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EMIRATES COUNCIL FOR
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Umm Al Quwain Police G.H.Q.



دائرة بلدية أم القيوين
DEPARTMENT OF UMM AL QUWAIN MUNICIPALITY



أم القيوين الذكية
SMART UMM AL QUWAIN

Barebells

**POCARI
SWEAT**

RUNNIES



**VITAMIN
WELL**



فريق صقور الإمارات التطوعي
Emirate Falcons Volunteer Team

HOKA

SIS
SCIENCE IN SPORT



فريق أم القيوين التطوعي
Umm Al Quwain Volunteer Team

VIDA
HOTELS AND RESORTS

BLOCK20

THANK YOU