



نصف ماراثون أم القيوين
UMM AL QUWAIN HALF MARATHON

Umm Al Quwain Half Marathon

More than just a race .. an unforgettable experience

ATHLETE'S GUIDEBOOK

11 JANUARY 2026



EtihadW^{AT}
الاتحاد للماء والكهرباء

ديyar
DEYAÄR

مجموعة فاتحة
FALA GROUP

START TIME

21 KM ELITE	6:30AM
10 KM ELITE	6:35AM
21 KM	6:45AM
10 KM	8:00AM
5 KM	8:30AM
1 MILE	8:45AM

RACE PACK COLLECTION

Dubai

Thursday, Friday - 8,9 Jan 2026
From 12PM – 7PM
Revolution Cycles Dubai, Motor City

[CLICK HERE](#)

Umm Al Quwain

Saturday 10 Jan 2026
From 12PM – 7PM
Marathon Village

[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 Infront of the Vida Beach Resort, Umm Al Quwain.

[CLICK HERE](#)

BAGGAGE DROP

- Baggage drop facilities are available near the Start and Finisharea.
- 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: 5.00 am - Bag drop close: 10.00 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 and Google Maps for directions, as they are updated with road closures and live traffic conditions.

[CLICK HERE](#)



ROUTE MAPS

21KM ROUTE



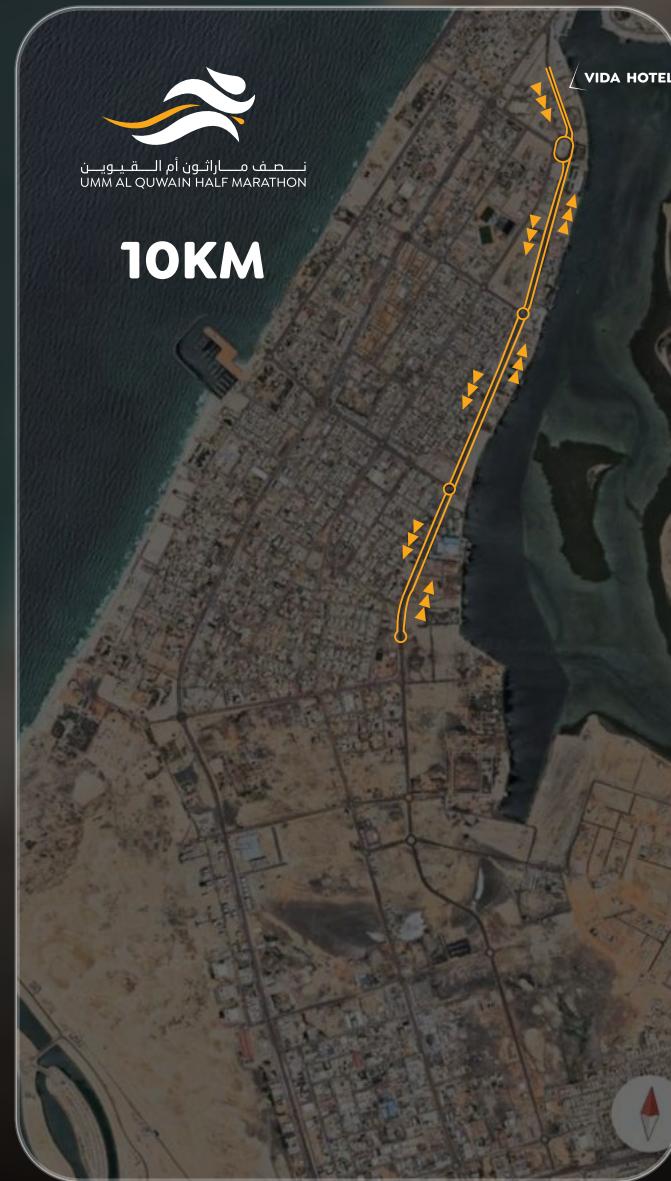
- Entrants in the 21km Elite Race must be able to complete the full distance in 2 hours and 45 minutes as per age category.
- Entrants in the 21km Race must be able to complete the full distance in 3 hours.



10KM ROUTE



- 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

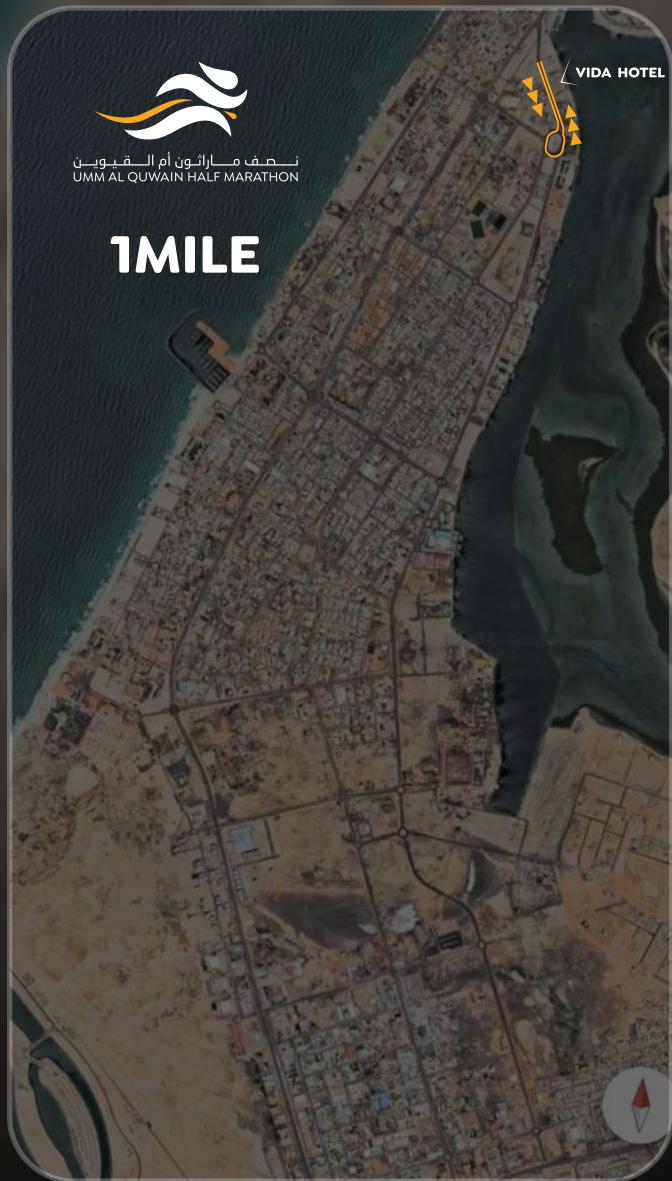
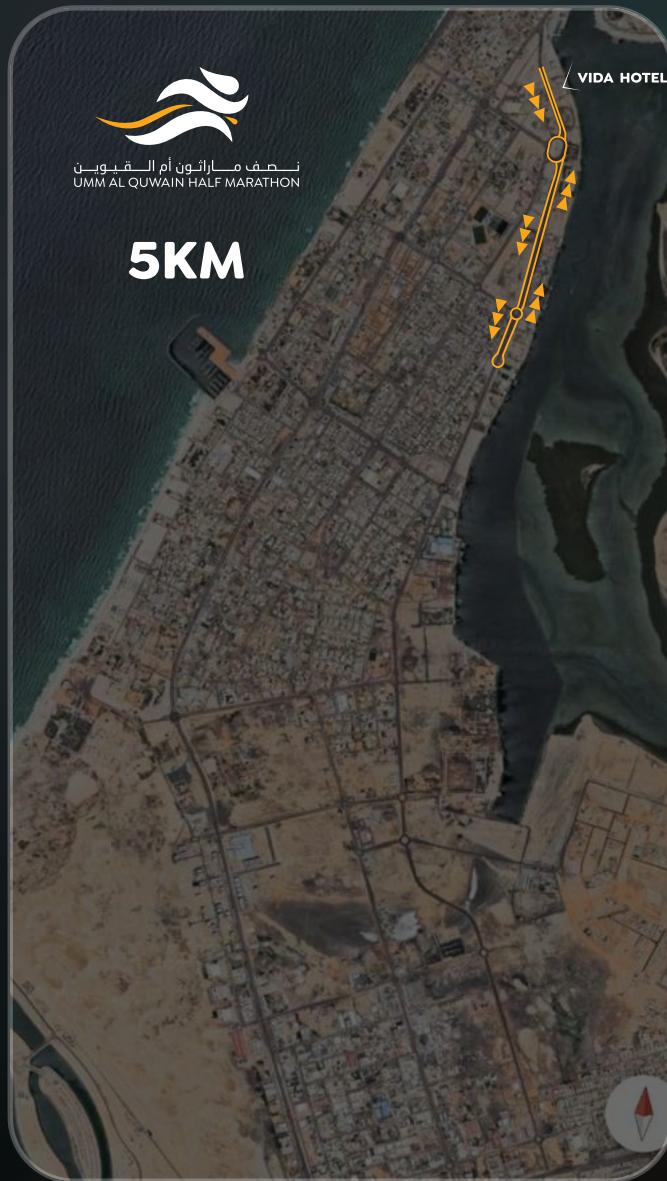
5KM

8:30AM

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

1MILE

8:45AM



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
- Ice
- Fruits

TOILETS

Will be available at the Start/Finish area

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



RACE PACK & POST RACE



AWARDS & PRIZE MONEY

The award ceremony will start at **10:30 AM**.

Prizes are awarded according to the following categories and distances, with age group categories applied to all races.

MEN & WOMEN 21KM ELITE	 1 ST PLACE	8,000 ₧
	 2 ND PLACE	6,000 ₧
	 3 RD PLACE	3,000 ₧
MEN & WOMEN 10KM ELITE	 1 ST PLACE	5,000 ₧
	 2 ND PLACE	2,500 ₧
	 3 RD PLACE	1,000 ₧
MEN & WOMEN 5KM RACE	 1 ST PLACE	1,500 ₧
	 2 ND PLACE	1,000 ₧
	 3 RD PLACE	500 ₧
MEN & WOMEN 1MILE RACE	 1 ST PLACE	1,000 ₧
	 2 ND PLACE	500 ₧
	 3 RD PLACE	250 ₧

FASTEAST EMIRATI RUNNER

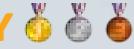
MEN & WOMEN 21 KM RACE	 1 ST PLACE	6,000 ₧
	 2 ND PLACE	4,000 ₧
	 3 RD PLACE	2,000 ₧
MEN & WOMEN 10 & 5KM RACE	 1 ST PLACE	1,500 ₧
	 2 ND PLACE	1,000 ₧
	 3 RD PLACE	500 ₧
MEN & WOMEN 1MILE RACE	 1 ST PLACE	1,000 ₧
	 2 ND PLACE	500 ₧
	 3 RD PLACE	250 ₧

AGE GROUPS

The top 3 runners (male and female) in each age group and for each approved distance will be awarded.

Winners of the general races (eligible for prize money) are also considered winners within their age groups.

TOP 3 MALE & FEMALE IN AGE CATEGORY



5-8 YRS 1MILE

9-13 YRS 1MILE | 5KM

14-17 YRS 1MILE | 5KM | 10KM

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



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 info@uaqhalfmarathon.ae.
- No further changes or requests will be accepted once the results are marked as ‘Final’.

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.

WEATHER FORECAST PREDICTIONS

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

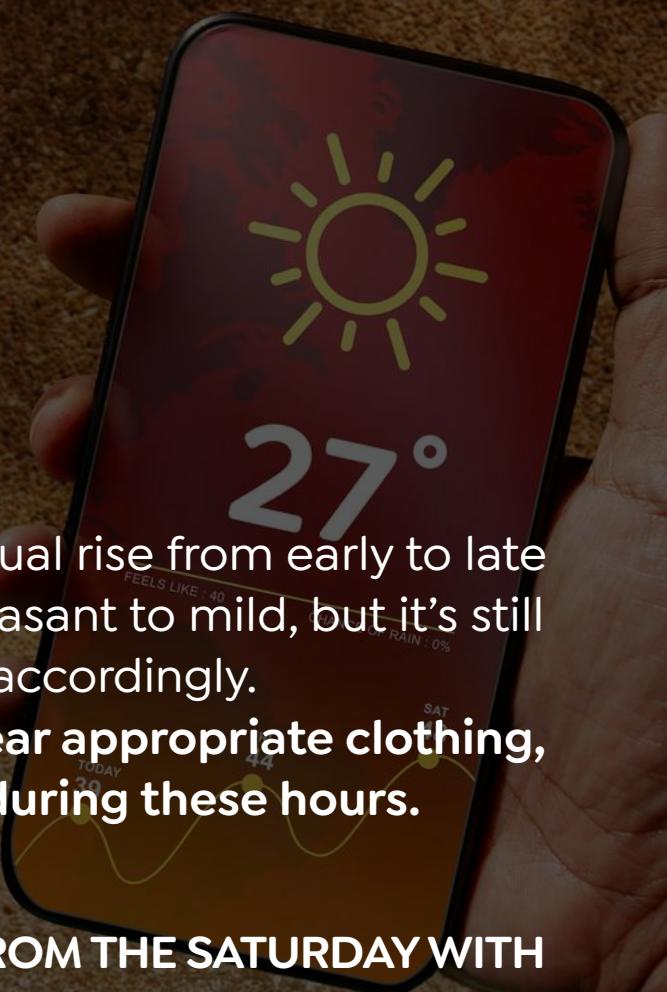
- 4:00 AM: +/- 14°C
- 5:00 AM: +/- 15°C
- 6:00 AM: +/- 16°C
- 7:00 AM: +/- 17°C
- 8:00 AM: +/- 18°C
- 9:00 AM: +/- 19°C
- 10:00 AM: +/- 20°C
- 11:00 AM: +/- 20°C

AVERAGE HUMIDITY: 42%

These temperatures indicate a gradual rise from early to late morning. Conditions will remain pleasant to mild, but it's still advisable to plan outdoor activities accordingly.

Remember to stay comfortable, wear appropriate clothing, 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



الوكلة الوطنية لمكافحة المنشطات

UAE NADA

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 11 JAN 2026,
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

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



GOVERNMENT OF UMM ALQUWAIN

دائرة السياحة والآثار
DEPARTMENT OF TOURISM AND ARCHAEOLOGY

SPONSORS



SUPPORTERS



وزارة الصحة ووقاية المجتمع
MINISTRY OF HEALTH & PREVENTION



الإمارات العربية المتحدة
الإمارات العربية المتحدة
وزارة المواريثات
الإمارات العربية المتحدة - أم القيوين



Umm Al Quwain Police G.H.Q.



دائرة نادرة أم القيوين
DEPARTMENT OF UMM AL QUWAIN MUNICIPALITY



أم القيوين الذكية
SMART UMM AL QUWAIN



مستشفى أم القيوين
Umm Al Quwain Hospital



THANK YOU

The Journey is Yours—Enjoy it!

