

# Time Trial

## Friday 28<sup>th</sup> April 2017

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### 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

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

### Race Pack Collection

The race pack collection will take place on the morning of the event from 5.00-5.45am. Bibs and timing chips are to be collected from 5:00 am at the venue on the morning of the race.

If you have a yellow championship chip please wear it, if not, you will be given a timing chip with your bib. All white chips must be returned after the event.

**No chip = no time and possible exclusion from prizes**

### Race Briefing

There will be no pre-race briefing.

### Race Timings

The 10km race will start at 6:00 am.  
The 5km race will start at 6:05 am.

### Toilet / Changing Facilities

There are no changing facilities.  
Toilet facilities are available.

### Water

There is one water station on the course placed near the start/finish area. Water will be in small plastic cups on the course and bottles at the end.

## Course (also see map at the end)

The 5km race is two laps of the Hamdan Sports Complex in a clockwise direction. The start is 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 is 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 warm.

Please watch out for runners around you.

Throughout the event the course will be patrolled by marshals on bicycles and there will be marshals on the course - please call for help if required.

There will be an **ambulance and medical cover at the event.**

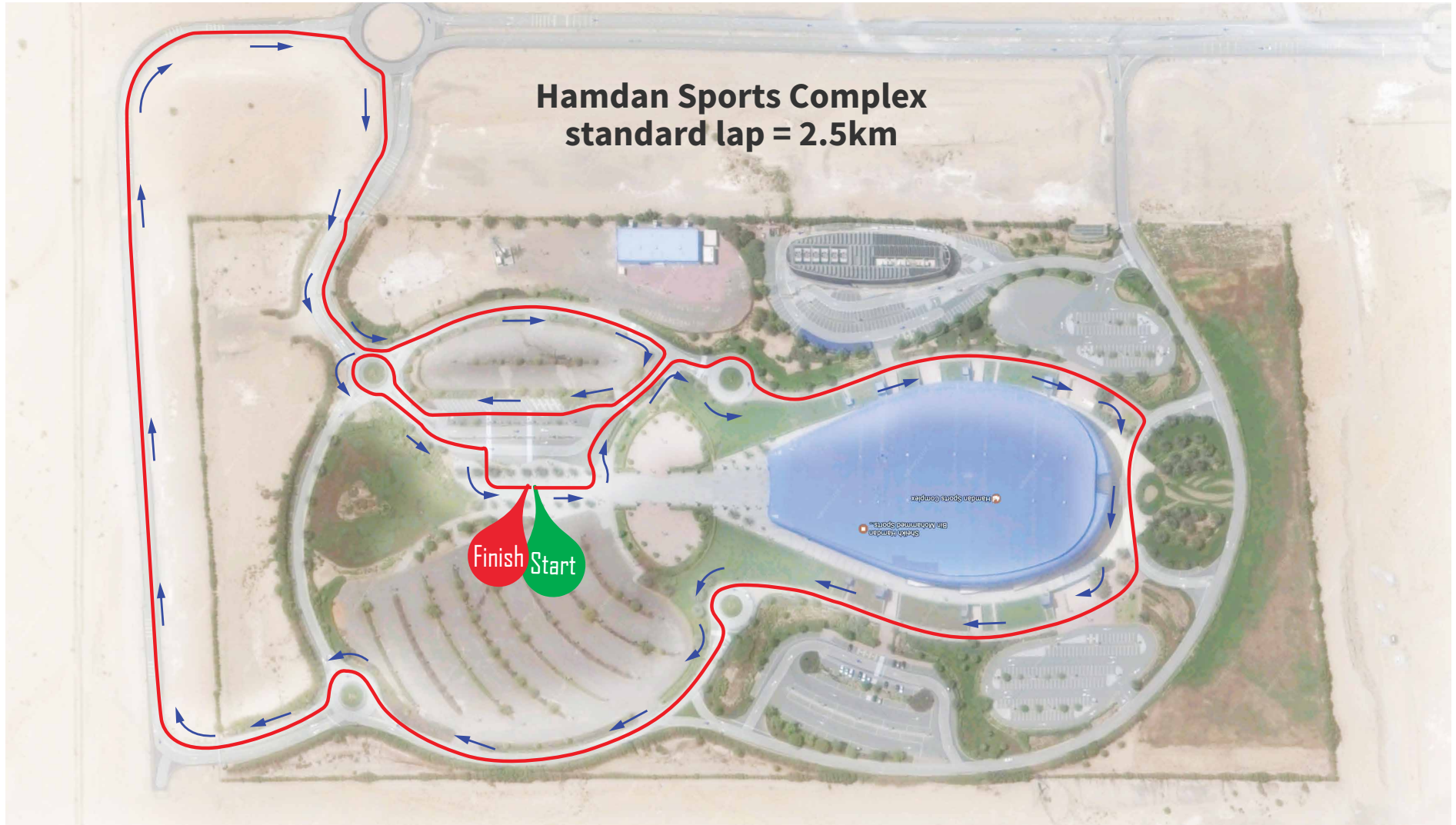
## Results / Medals / Goody Bags

Results will be posted on the Hopasports web site at: <https://www.hopasports.com/>

All runners will receive a medal and a goody bag including a complimentary breakfast voucher, a t-shirt and a discount voucher to visit the Saucony shop from the Saucony tent.

UpandRunning will be there to provide physiotherapy treatment before and after the run.

Supported by



10KM Race - 2.5KM LOOP X 4

5KM Race - 2.5KM LOOP X 2