

ALL YOU NEED TO KNOW ABOUT THE PERFORMANCE RUN [View this email in your browser](#)



## All You Need to Know!

Friday 28th September 2018



### Race Timings

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

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

The 2.5km Family Fun Run will start at 6:25 am.

### Race Briefing

There will be no pre-race briefing.

### Results / Medals / T-shirts

Results will be posted on the Hopasports web site at: [www.hopasports.com/](http://www.hopasports.com/)

All runners will receive a medal, complimentary breakfast voucher, and a t-shirt from Skechers.

The first three finishers of each race will receive a prize from Skechers.

### The Route

Click here for the [map](#)

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

The 10km race is four laps of the Hamdan Sports Complex clockwise direction.

The 2.5km Family Fun Run is one lap of the 2.5km course.

The start for all the runs is on the main track approximately 200m down from the main entrance of the Hamdan Sports Complex.

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.**



### Directions to the Venue

The Hamdan Sports Complex is located on Emirates Road, Exit 611, opposite Global Village. Click [here](#) for location.

### 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.

### Toilet / Changing Facilities

There are no changing facilities. Toilet facilities are available.

### Race Pack Collection

Bibs and timing chips are to be collected from 5.00am at the venue on the morning of the race. Collection closes at 5.45am.

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**

### Water

There are three MonViso water stations on the course placed near the start/finish area. Water will be in small paper cups on the course and bottles at the end.

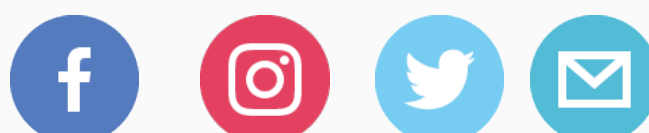
### Heat / Conditions

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.

### Medical

Ambulance and medical cover will be present at the event. If you need any assistance please contact a marshal on the course or the Information Desk in the Race Village.

<b>Title Sponsor</b> 	<b>Official Water</b> 	<b>Organisers</b> 	<b>Official Venue</b> 
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