



AJMAN



## Amina Hospitals Half Marathon - Ajman

نصف ماراثون مستشفيات أمينة - عجمان



FRIDAY 27\12\2019



*Endurance*  
SPORTS SERVICES



VisitAjman



Ajman- Al Zorah Marina 1

# RACE BRIEFING



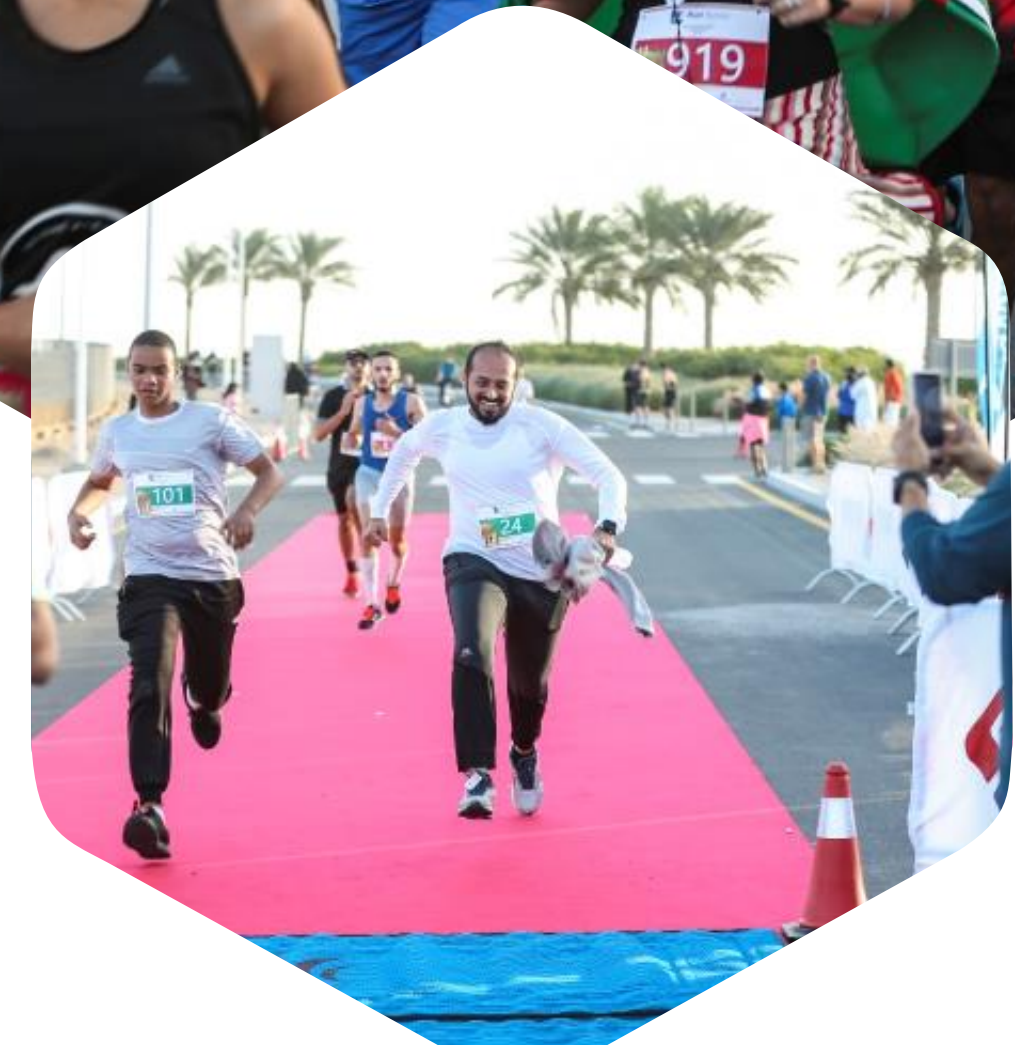
# Amina Hospitals Half Marathon-Ajman



*Endurance*  
SPORTS SERVICES

**For the first time in Ajman, a half marathon race will be held to suit beginner and more advanced athletes. This is a great race course to achieve your personal best time! The run is open to people of all fitness abilities. In addition to the 21.1km you will also have the opportunity to get your finishers medal by completing an alternate 10 km, 5km or 2.5 km race.**

**What are you waiting for? Register now to join in the fun and remember to bring along your family and friends for support!**



VisitAjman

AJMAN

# Amina Hospitals Half Marathon-Ajman



*Endurance*  
SPORTS SERVICES

Race Pack Pick-Up

Announced soon



VisitAjman

## Race Number, Bracelet, and Race Pack

- Your Race Number are essential components of your race experience. You will use it to enter the Start Line Zone, and the Finish Line Zone. You will use your Race Number to give in your **bag at the Baggage Claim at the Start Line Zone** and then collect it from the **Baggage Claim at the Finish Line Zone**.
- Your Race Number must be worn on the front of your T-shirt and must be clearly visible at all times.
- Your Race Pack will include:
  - Official race number **with timing chip attached ( NOT FOLD your timing chip )**
  - 4 pins to attach the race number .
  - Official T-shirt



## Spectators

- The event wouldn't be the same without friends, family, and spectators cheering on the runners!
- Please note that spectators will **not be allowed** on the main run course, are not permitted to cross the finish line with runners, and will not be allowed into the Start Line Zone.

## Race Course

- The Ajman Half Marathon takes you along the Al Zorah Nature Reserve in Ajman. All four races will remain completely in the streets off Al Zorah and the 21km race extends out of Al Zorah and back again.
- The Race Course is easy, and flat.



## Running Conduct

- Runners must complete the entire prescribed distance for their race within the cut-off time of three hours. All races begin at 7:00 am and end at 10:00 am.
- Runners are permitted to wear earphones while running.



## Toilets

- Portable toilets will be found at both the Start Line Zone & the Finish Line Zone,



## First Aid/Ambulance

- Ambulances will be stationed at the Finish Line Zone and at 3 major points throughout the course, ready to assist runners in need at any time. There will also be First Aid kits at every station along the way and medical personnel available at major crossing points to help with any medical problems that may occur. Mobile event organizers on the course will be monitoring the progress of all runners and will be ready to respond with First Aid if needed.

## Nutrition

- Nutrition will be provided to all runners on the course and at the Finish Line, but it is recommended that all runners plan their nutrition strategy in advance and make sure they have everything that they need ready for race day.
- Available nutrition will include:
  - Water (in small plastic bottles)
  - Electrolyte Sports Drink
  - Bananas
- Nutrition and Water Stations will be spread out regularly across the course, roughly every 2.5K.



**Endurance**  
SPORTS SERVICES



- The race is complete once you cross the Finish Line. Your photo will be taken directly after crossing the finish line. Afterwards, you will have access to emergency First Aid and water and will collect your race medal. You are asked to move quickly so as to make room for the other runners as they cross the Finish Line and so as not to ruin anyone's photo finish. Please note that you will not be permitted to wait at the Finish Line for your friends and family to cross the Finish Line together.
- **Once you arrive at the Finish Line Zone, you will be able to:**
  - Help yourself to drinks such as water and an Electrolyte Sports Drink
  - Visit the Medical tent for any medical problems
  - Head to the Spectator Zone to see your friends and family
  - Take fun photos and pictures at the Finish Line installed there
  - Attend the Closing Ceremony at the Stage, where the winners will be announced
  - collect your belongings from the Baggage Claim.





## TIMING

- All runners (21K, 10K, & 5K and 2.5K) will be timed using the My Laps Timing System by Endurance Timing. The electronic timing chip will be fastened to the race BiB. Final results will be posted online and organized via overall ranking and age groups.
- Every runner's time will begin by gunshot, so faster runners must be allowed in front and slower runners at the back.

## Ranking & Medals

- Every Amina Hospitals Half Marathon-Ajman participant (21K, 10K, & 5K and 2.5K ) will receives a finisher's medal upon completion of their race. Rankings will be organized in overall and age group categories.
- certificates will be available online. Overall winners of open / Emirati (top three males and top three females for each distance) will receive special prizes for 21km race only. other distances overall winners and age group winners will receive a special medal on the stage.



## Prize value

دائرة التنمية السياحية  
Department of Tourism Development

مستشفى أمينة  
amina HOSPITAL  
A part of Anglo Arabain Healthcare

**Ajman**

Ajman Hospitals Half Marathon - Ajman  
نصف ماراثون مستشفيات أمينة - عجمان

**Prize value**      **قيمة الجوائز المالية**

**22.000 AED**

| Category                | Distance  | Prize Value | Arabic Description            |
|-------------------------|-----------|-------------|-------------------------------|
| Half Marathon           | 21.1km    |             | نصف ماراثون                   |
| Open category (M/F):    |           |             | الفئة المفتوحة (رجال/سيدات):  |
| First place             | 5.000 AED |             | المركز الأول                  |
| Second place            | 2.000 AED |             | المركز الثاني                 |
| Third place             | 1.000 AED |             | المركز الثالث                 |
| Emirati category (M/F): |           |             | فئة الإماراتيين (رجال/سيدات): |
| First place             | 1.500 AED |             | المركز الأول                  |
| Second place            | 1.000 AED |             | المركز الثاني                 |
| Third place             | 500 AED   |             | المركز الثالث                 |

Ajman Hospitals Half Marathon - Ajman

نصف ماراثون مستشفيات أمينة - عجمان

21km

10km

5km

2.5km

FRIDAY 27 DEC 2019

Endurance  
SPORTS SERVICES

endurance\_ss    enduranceSS

endurance\_ss    www.eevents.ae/w

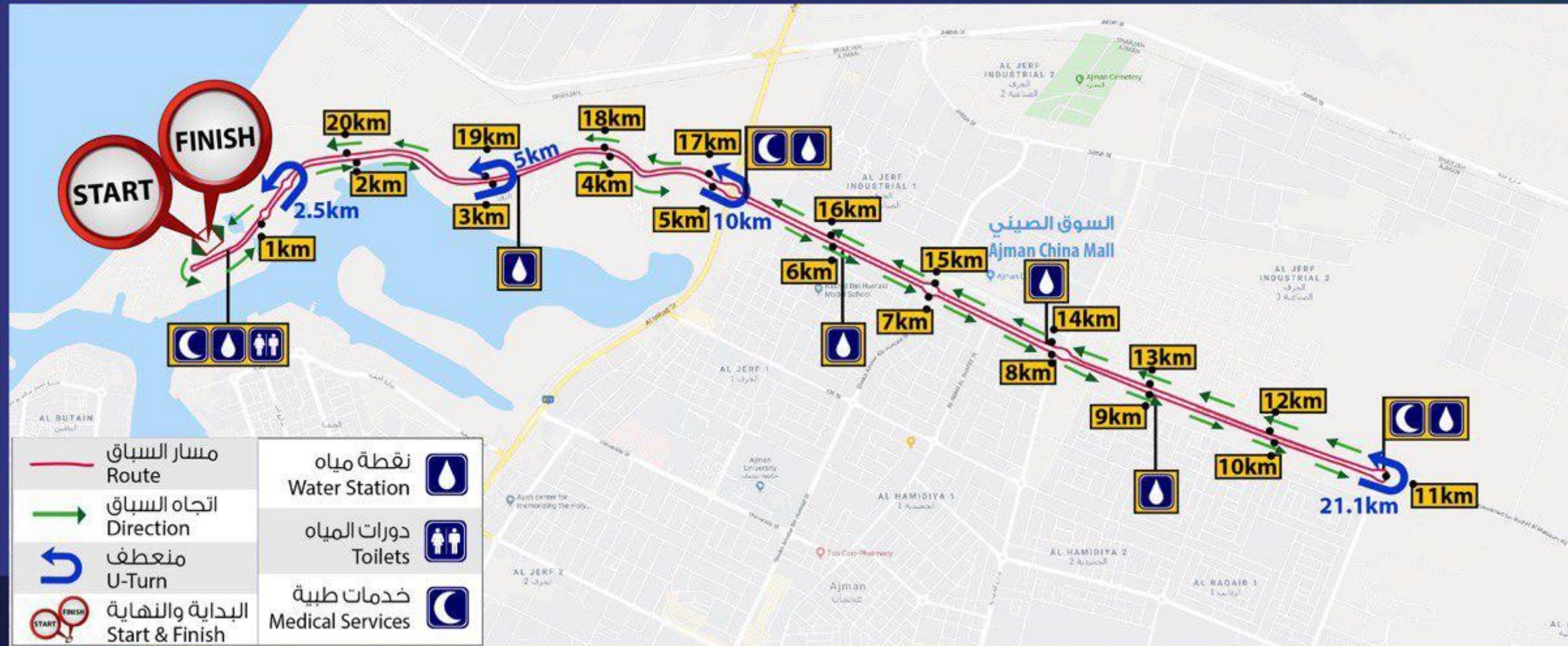




### Amina Hospitals Half Marathon - Ajman

نصف ماراثون مستشفيات أمينة - عجمان

مستشفى أمينة  
amina HOSPITAL  
A part of Anglo Arabian Healthcare



FRIDAY  
27 DEC  
2019



## EVENT SCHEDULE RACE DAY

- 06:40AM Race Briefing (Arabic) (English)
- 07:00AM RACE START 21.1 K
- 07:10AM RACE START 10 K
- 07:20AM RACE START 5 K
- 07:30AM RACE START 2.5 K
- 10:00AM Final Cut-Off Time
- 10:00AM Awards Ceremony



# Thank You

## Contact



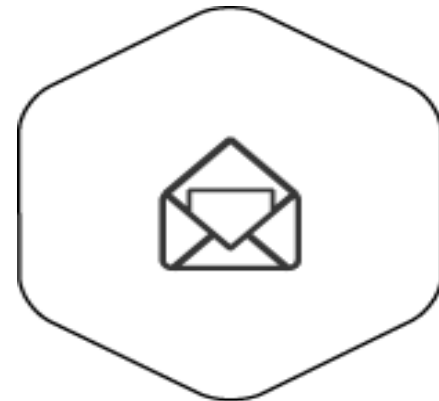
[www.eevets.ae](http://www.eevets.ae)

Facebook:EnduranceSS

Instagram:endurance\_ss

Twittir:endurance\_ss

#ajmanHM



Endurance.sports.services

@gmail.com



0505299221



*Endurance*  
SPORTS SERVICES