

# تحدي السمرية 2024

## AL SAMRIYA CHALLENGE 2024



3<sup>rd</sup> May 2024



4:30 pm



Al Samriya Estate

Mini Kids - 800M Race



Juniors - 10 min Race



Adults - 90 min / 60 min / 30 min Race



T-shirt



Finisher  
Medals



Top 3 Trophies

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QatarSportsforAllFederation



@qasportsforall



تابعونا على:

#الرياضة\_حياة

## RACE INFORMATION PACK

# BIB & T-SHIRT COLLECTION

## LOCATIONS:

### FORTITUDE QATAR

Dareen Tower, Al Sham St, Doha, Qatar  
THURSDAY 2 MAY 2024: 4PM – 8PM

### DIRECTIONS

### AL SAMRIYA ESTATE

FRIDAY 3 MAY 2024: 2:30PM – 5:00PM

### DIRECTIONS

Please collect your T-shirt & race bib on Thursday to ensure you receive the correct T-shirt size. Sizes are on first-come, first-serve basis. Thank you!

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# RACE LOCATION



## GETTING TO AL SAMRIYA ESTATE

The entrance to the parking lot is behind the White Majlis. The start line is 50m from the parking lot beside the mosque.

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# COURSE MAP



## COURSE

The course is a 3.2K loop. Runners can complete as many loops as possible within the stipulated time.

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# COURSE & START TIMES

## START TIMES:

- 90-min Race: 4:00 PM.
- 60-min Race: 4:05 PM.
- 30-min Race: 4:30 PM.
- 10-min Race: 5:15 PM.
- 800M Race: 5:40 PM.

## COURSE:

- 90-min / 60-min / 30-min & 10-min races will be run on the 3.2K looped course.
- 800M: One loop of 400M out and back.

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# COURSE & START TIMES

## COURSE DESCRIPTION:

Majority (85%) of the running path is on the tarmac road and is at least 10-15m wide, and would be sufficient to accommodate all runners. The remaining course is on a hard-packed gravel path. Please stay on the main (wide) running path throughout the race.

Please ensure that your bib number is unobstructed at all times, especially at the completion of loops so that the chip timing mats can record your passings.

All races will start and end at the same location.

## AID STATIONS:

There will be 2 aid stations on the course.

- Start / Finish: Water
- 1.5K: Water

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# FACILITIES

## **WASHROOMS:**

Washrooms are located near the start line.

## **MEDICAL:**

Medical staff will be beside the start line.

## **FINISH LINE:**

As you approach the finish line, please ensure that your bib is visible so that your time is accurately recorded.

Medals will be presented to all the finishers.

Please do not lose your bib; NO BIB - NO MEDAL.

## **PRIZE DISTRIBUTION CEREMONY:**

Prize distribution ceremony will take place beside the Start / Finish line around 5:50 PM.

Awards for Top 3 Male / Female in all categories.

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# RACE RULES

## MANDATORY KIT:

- Shorts / leggings & half sleeve T-Shirt
- Running shoes.

## OPTIONAL KIT:

- Running cap.
- Sunscreen / eyewear.

## RUNNING ETIQUETTE:

- The race number must be worn visibly and facing forward.
- The runner must complete the marked course on foot under their own power. Shortcuts are not permitted.
- No Littering! All litter must be carried to the next water station where it can be disposed of.
- No outside support is allowed along the race course. Support crews are not permitted to run with or pace runners, especially in junior races.
- Any tampering with course marking or other actions that are deemed against a fair and sporting spirit is unacceptable and will result in disqualification.

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# AWARD CATEGORIES

## AWARDS:

- 90-Min Race: (All) - Top 3 Male in Open and Masters
- 90-Min Race: (All) - Top 3 Female in Open and Masters
- 90-Min Race: (Qatari) - Top 3 Male in Open and Masters
- 60-Min Race: (All) - Top 3 Male in Open and Masters
- 60-Min Race: (All) - Top 3 Female in Open and Masters
- 60-Min Race: (Qatari) - Top 3 Male in Open and Masters
- 60-Min Race: (Qatari) - Top 3 Female in Open
- 30-Min Race: (All) - Top 3 Male in Open and Masters
- 30-Min Race: (All) - Top 3 Female in Open and Masters
- 30-Min Race: (Qatari) - Top 3 Male in Open and Masters
- 30-Min Race: (Qatari) - Top 3 Female in Open and Masters
- 10-Min Race: (All) – Top 3 Male Primary
- 10-Min Race: (All) – Top 3 Female Primary
- 10-Min Race: (All) – Top 3 Male Secondary
- 10-Min Race: (All) – Top 3 Female Secondary
- 10-Min Race: (All) – Top 3 Male Intermediate
- 10-Min Race: (All) – Top 3 Female Intermediate
- 800M Race: (All) – Top 3 Mini Kids Male
- 800M Race: (All) – Top 3 Mini Kids Female

There will be no duplication of awards. If a Qatari runner finishes in the Top 3 overall, then he / she will not be eligible for an award in the Qatari category.

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# A FEW IMPORTANT REMINDERS

- Podium finish is decided from the staggered gun start. There is no net time allowed for a podium finish.
- Our staff and volunteers will be strategically positioned around the course to guide and monitor runners as it would help us resolve any potential issues or missed time recordings.
- Please do not litter on the course. Kindly dispose of all the empty water bottles in bins along the course. We have been instructed by Al Samriya Estate management to keep the premises clean at all times. Any complaint from their staff can potentially lead to cancellation of future events.

## CONTACT US:

Email: [grs@z-adventures.org](mailto:grs@z-adventures.org)

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# RACE SPONSORS



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