

**Welcome to the RAK Half Marathon 2011!**

There will be lots of runners, media personnel, race crew and spectators taking part on the day so we think that this guide is an excellent means of getting all the race information to you before the starting horn sounds! The online version will be updated as we have new news, a limited number of final updated hard copies will be on hand in the Media Center on Race Day. If you have any questions, please contact the Media Department (preferably by) email [media@rakmarathon.org](mailto:media@rakmarathon.org) or 050 347 64 24 between 9am-12pm **before** Race Day or visit the Media Center near the main stage.

**Pre-Race Press Conference: Al Hamra Fort Hotel, Wednesday 16 February, 10.30am**

**Media Center Opens: 5am Friday 18 February**

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## FROM THE RAK HALF MARATHON - MEDIA DIRECTOR

Dear Media Friends & Associates:

More and more people are talking about Ras Al Khaimah. Many of those are not just talking about the Emirate they are investing here and moving their lives and business here along with loved ones. The free trade zones have become the third-largest recipient of investment in the GCC.

In the past 12 months since the 4th edition of the RAK Half Marathon a number of new luxury hotels, residential complexes and entertainment venues have already opened their doors in the Emirate. An annual race of the magnitude of the Half Marathon which has broken no less than three world records is a perfect marriage of a trend setting Ras Al Khaimah that is part of the economic paradigm moving from West to East.

RAK is marketing itself as one of the premier tourism destinations for potential visitors to the UAE. Several promotional programs are currently underway to brand the UAE as a top global destination and have so far yielded positive results, with increases in the number of visitors, occupancy rates and average stay length. To date, RAK draws the majority of its guests from Europe, with Britain, Germany and Russia showing the most growth.

Higher rents for residential and office space, increasing traffic congestion and generally more stressful working environments in the bigger emirates are all factors why living and doing business in RAK is becoming more appealing.

If you look at the 2010 RAK Half Marathon DVD the sheer magnitude of an event that only had its first edition in 2007 stands out. The aerial shots of RAK show development and the buzz around the marquees at the start and finish is testament of a city that has a forward looking vision.

There are always stories to be told from organizers, volunteers, runners and spectators and the visual first person images are second to none. They also look pretty good on TV!

The Organizing Committee would like to thank all media for giving us your support- please do drop into the Media Centre with questions or comments. Being an IAAF Silver Label Status Race and highest accredited road race in the Middle East we have a lot to live up to- but having your support helps greatly.

Good luck to all the athletes, spectators and volunteers!

Greg Fairlie  
Media Director

## **MEDIA CENTRE**

### **LOCATION**

There will be a Media Centre near the Start and Finish line of the RAK Half Marathon where our team of experienced media personnel will be ready to help and assist journalists. It will be clearly signposted by a 4m high red/white flag signed 'MEDIA' and will be housed in one of the official race cabins. Accreditation will be required to gain access.

### **OPENING HOURS**

On Race Day, Friday 18 February, the Media Centre will be operational from 5am until the end of the proceedings.

### **FACILITIES**

The Media Centre will provide internet, email and photocopy services in addition to full race information and complimentary refreshments for accredited media.

### **ACCREDITATION**

Local and International press **must** be accredited to gain access to areas restricted to non-event personnel and to receive the best possible attention and assistance from the Race Organizers. With the exception of the 200m either side of the Start & Finish line, the course is open for the general public on foot (vehicles of any kind are strictly **not** allowed on the race route and the police and our security team will be reinforcing this restriction). Accreditation can be done in advance through the official event website. The earlier you register, the more we can keep you updated via email with all the latest news regarding the RAK Half Marathon and Premier Marathons events.

### **ACCESS**

For the safety of everyone in attendance and out of respect to the runners, media personnel will NOT be allowed on the middle of the road at the start and finish line. There are designated areas for media personnel which facilitate you gaining access to good photographic shots/camera angles etc. This is an international race and we have regulations to follow, please do assist us in respecting our regulations and the directions of the police, our security personnel and race officials.

### **INTERVIEWS AND MEDIA COVERAGE**

There will be an opportunity for media to do short interviews with the athletes between 6.30am and 6.45am and again after the race. In addition the winners will be available for media interviews after they have completed their anti-doping control tests. The Media Centre will be able to brief journalists on this on Race Day. Please note that select athletes must and will be escorted to the Race Medical Center for anti-dope testing and will only be available **after** this process has been completed.

*A reminder! UAE Nationals and expatriate residents as well as many overseas visitors make up the majority of the running field and in many cases will be running for charity, there are countless interesting stories to tell, please also interview/feature them and not just the winners!*

## RACE FACTS

### Race Start Times

Half Marathon	Team Relay Challenge
07.00 RAK Half Marathon	07.15 Team Relay Challenge

Please be at the Start Area **at least 40 minutes** before the race

### Running Number Identification

Elite Athletes will wear numbers between 1 – 100 on a white background (1-50 reserved for men/51-100 reserved for women).

RAK Half Marathon runners will wear numbers between 101 – 3,000 with a white background behind the number.

Team Relay Challenge Runners – START (0-5km) will wear numbers with a green color band behind the number.

Team Relay Challenge Runners – Changeover A (5-10km) will wear numbers with a blue color band behind the number.

Team Relay Challenge Runners – Changeover B (10-15km) will wear numbers with a pink color band behind the number.

Team Relay Challenge Runners – Changeover C (15km-Finish Line) will wear numbers with an orange color band behind the number.

### The Course

Both the Half Marathon and the Team Relay Challenge races run on the same course.

### Distance Markers

Each kilometer will be clearly marked by an inflatable arch. Al Ain Mineral Water Stations, toilets, medical stations and energy drink stations will be clearly marked.

### Finishers

All finishers will receive a commemorative medal and a race certificate printed with their name and finish time.

### Remember the 5 Golden Rules!

1. Do get to the Start in plenty of time.
2. Do not bring any valuables with you.
3. Wear running gear and shoes that you are well used to – nothing new that will end up hurting you.
4. Do not stop or alter direction suddenly. This applies particularly at the water stations. Do not dive sideways for the first table – go on and steer gently towards one of the other tables which have fewer runners taking water. There will be at least two water tables 10m apart. DRINK OFTEN!
5. Don't forget to check out the Official Race Website ([www.rakmarathon.org](http://www.rakmarathon.org)) for last minute information and results.

## ELITE FOCUS

### The Elite Field – Athletic Achievements in RAK

**As the highest accredited road race in the Middle East, the RAK Half Marathon continuously has a lot to live up to and producing world-class results from the Elite Athletes is one of the main focuses. As we prepare to line up for the 5<sup>th</sup> running of this super fast race, we take a look back on the more notable elite performances of the past four years:**

#### **2007**

Sammy Wanjiru (KEN) sets a new world-best time of 58:53, top 3 men finish under 60 minutes, top eight finish under 61 minutes. Debutant Patrick Makau (KEN) took 2<sup>nd</sup> place with a time still ranked, 5 years later as 17<sup>th</sup> fastest all-time.

#### **2008**

A further 4, sub-60 finish times from the men with the 2007 runner up, Makau taking first place this year followed by Tsegay Kebede (ETH), both finish times landed them 9<sup>th</sup> and 10<sup>th</sup> fastest times that year.

#### **2009**

Repeating the previous year's victory in the men's race, Makau finished in what was to become the fastest time for 2009 and the third fastest all-time finish, bettering Wanjiru's then world-best time of the 2007 race by just a second. Deriba Merga (ETH) who only managed 3<sup>rd</sup> overall helped himself to a New 15km World Record (ratified) en route. A total of 5 men dipped under the hour mark, an increase so far of +1 every year with the next 7 coming home less than a minute later.

For the first time in the event the women produced some worthy results snapping up 4<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> fastest times (world) for the year and saw each of the top ten women breaking the 70 minute mark. To top it off the RAK Half Marathon rewarded Abebu Gelan (ETH) with a New Junior Female World Record (ratified) and the winner Dire Tune (ETH) who finished in a very fast 67:18 picked up a New National Record as well.

Along with 2 new World Records during the race, a total of 13 of the top 20 (men/women) elite finishers recorded Personal Best times in the 2009 edition.

#### **2010**

A further 4 men breaking the 60 minute barrier has seen every edition with at least the top 3 finishing sub-60.

6 of the top 10 fastest 15km times and 7 of the top 10 fastest 20km times for the year were recorded during the race for the ladies that saw debutante Elvan Abeylegesse (TUR) storming through the finish tape to finish in a time of 1:07:07 making that the quickest ever debut and 10<sup>th</sup> fastest all-time finish. At the time of going to press, 3 of the top 4 fastest half marathon times for 2010 were set in Ras Al Khaimah, quite a marked improvement for the ladies from the first two years!

## **RAK Half Marathon History Highlights**

3 World Record Times

Rated (both men's and women's fields) as the most competitive in all distance running (Feb 09)

### **Men:**

3 of the top 5 All-Time fastest times at 15km

3 of the top 5 All-Time fastest times at 20km

2 of the top 5 / 3 of the top 10 All-Time fastest times of the half marathon

Patrick Makau holds 3 of the top 10 fastest course times

### **Women:**

4 of the top 15 All-Time fastest times of the half marathon

Dire Tune and Aselefech Mergia each hold 2 of the top 10 fastest course times

**The RAK Half Marathon...an experience to be lived!**

## THE ELITE FIELD – MEN

Note: Half Marathon Personal Best is indicated in [ ] after the athletes name

**Patrick Makau** [58:52] (born March 2<sup>nd</sup>, 1985) from Kenya won the RAK Half Marathon two years in a row in 2008 and 2009 **BIB # 1**

- Winner of Berlin Marathon 2010
- Winner of Fortis Rotterdam Half Marathon 2008
- Winner of Berlin Half Marathon 2008 and 2007
- Winner of Reading Half Marathon 2008

**Bernard Kipyego** [59:10] (born July 16<sup>th</sup>, 1986) from Kenya won the 2009 Berlin Half Marathon and the Silver Medal in the 2009 World Half Marathon Championships **BIB # 8**

**Deriba Merga** [59:15] (born October 26<sup>th</sup>, 1980) from Ethiopia. **BIB # 2**

- 2<sup>nd</sup> place in Boston Marathon 2010
- Winner of Boston Marathon 2009
- Winner of Houston Marathon 2009
- Winner of New Delhi Half Marathon 2008
- 4<sup>th</sup> place in Beijing Olympic Marathon in 2008

**Wilson Chebet** [59:15] (born July 12<sup>th</sup>, 1985) is a Kenyan Half Marathon runner who also achieved the 2<sup>nd</sup> fastest Marathon debut in Amsterdam in 2010 **BIB # 4**

**John Kiprotich** [59:23] (born March 30<sup>th</sup>, 1989) from Kenya **BIB # 5**

- Winner of Pistoia Half Marathon 2008
- 2<sup>n</sup> place in Udine Half Marathon 2008
- Winner of Turin Half Marathon 2007

**Titus Masai** [59:51] (born October 9<sup>th</sup>, 1989) is Kenyan **BIB # 9**

- Winner of Jakarta Road Race 2010
- 2<sup>nd</sup> place in Udine Half Marathon 2009
- Winner of Nice Half Marathon 2009

**Dickson Marwa** [59:52] (born March 9<sup>th</sup>, 1982) come from Tanzania **BIB # 10**

- 2<sup>nd</sup> place in Prague 10K Road Race 2010
- 2<sup>nd</sup> place in Bologna Half Marathon 2010
- Winner of Prague Tesco 10K 2009

**Getu Feleke** [59:56] (born November 28<sup>th</sup>, 1986) from Ethiopia is the winner of the 2010 Amsterdam Marathon **BIB # 3**

**Leonard Langat** [59:56] (born August 7<sup>th</sup>, 1990) from Kenya is the winner of Remich Half Marathon 2010 **BIB # 7**

**Feyisa Lilesa** [60:33] (born February 1<sup>st</sup>, 1990) is the third fastest Ethiopian runner over the Marathon distance **BIB # 6**

- Winner of Xiamen International Marathon 2010
- Winner of Dublin Marathon 2009

**Hafid Chani** [61:27] (born February 12<sup>th</sup>, 1986) from Morocco **BIB # 12**

- Winner of the 2011 Moroccan Cross Country National Championship
- Winner of the 2010 Zagora International 10K
- Winner of Fes 10K

**Alemayehu Shumye** (born April 6<sup>th</sup>, 1988) is an Ethiopian Marathon runner who won the 2008 Beirut Marathon **BIB # 11**

**Edwin Kipkorir** (born September 3<sup>rd</sup>, 1989) from Kenya **BIB # 13**

**Simon Tonui** (born August 22<sup>nd</sup>, 1978) from Kenya is the winner of the 2009 Bath Half Marathon **BIB # 14**

## THE ELITE FIELD – WOMEN

Note: Half Marathon Personal Best is indicated in [ ] after the athletes name

**Mary Keitany** [66:36] (born January 18<sup>th</sup>, 1982) from Kenya is the World Record holder over 25Km  
**BIB # 51**

- Winner of Lisbon Half Marathon 2010
- Winner of Bupa London 10,000m 2010
- Winner of 25 Km Von Berlin 2010 (WR)
- Winner of New Delhi Half Marathon 2009
- 2009 World Half Marathon Champion

**Mare Dibaba** [67:13] (born October 20, 1989) is the holder of the Ethiopian Half Marathon National Record, set in Ras Al Khaimah in 2010 **BIB # 54**

- 2<sup>nd</sup> place RAK Half Marathon 2010
- 3<sup>rd</sup> place Rome Marathon
- 1<sup>st</sup> place Rabat Half Marathon

**Dire Tune** [67:18] (born June 19, 1985) is the holder of the Ethiopian National Half Marathon record.  
**BIB # 52**

- 2<sup>nd</sup> place in Frankfurt Marathon 2010
- Winner of RAK Marathon 2009
- 2<sup>nd</sup> place in the 2009 Boston Marathon
- World record holder over one hour
- Winner of 2008 Boston Marathon

**Aberu Kebde** [67:39] (born September 12<sup>th</sup> 1986) is Ethiopian and bronze medalist from the World Half Marathon Championships 2009.

- Winner of Berlin Marathon 2010
- Winner of Rotterdam Marathon 2010
- Second Place Dubai Marathon 2010

**Christelle Daunay** [68:34] (born December 5<sup>th</sup>, 1974) is the current French Marathon and Half Marathon Record Holder **BIB # 57**

- 2<sup>nd</sup> place Paris Marathon 2010
- 3<sup>rd</sup> place Paris Marathon 2009 and 2007
- 3<sup>rd</sup> place New York Marathon 2009

**Hilda Kibet** [68:40] (born March 27<sup>th</sup>, 1981) from The Netherlands. **BIB # 53**

- 2008 European Cross Country Champion
- Winner of New York 10K 2008
- 2007 European Cross Country Champion
- Winner of New York Half Marathon 2007
- Winner of Den Haag Marathon 2007

**Agnes Kirop** [68:48] (born September 14<sup>th</sup>, 1979) from Kenya **BIB # 61**

- 3<sup>rd</sup> place in Lisbon Half Marathon 2010
- Winner of Frankfurt Marathon 2009
- Winner of Turin Half Marathon 2009

**Aniko Kalovics** [68:58] (born May 13<sup>th</sup>, 1977) come from Hungary **BIB #55**

- Winner of Venice Marathon 2008
- Winner of Italian Marathon 2007 and 2006
- Bronze medal at the 2003 European Cross Country Championships

**Rose Kosgei** [69:03] (born August 22<sup>nd</sup>, 1981) from Kenya is the winner of Prague Half Marathon 2010 and 2009 **BIB # 58**

**Joyce Chepkirui** [69:25] (born August 20<sup>th</sup>, 1988) from Kenya **BIB # 59**

**Eunice Kales** [69:50] (born December 6<sup>th</sup>, 1984) is Kenyan **BIB # 62**

**Sultan Haydar** (born May 23<sup>rd</sup>, 1987) is Turkish. She's the winner of the 2009 European Cross Country Championships (Women's under-23 race) **BIB # 60**

**PRIZES & AWARDS**

The Ras Al Khaimah Half Marathon 2011 will feature over 250,000 USD in cash prizes!

**Half Marathon - Open Category – List A**

Position	Men	Women
1	\$25,000	\$25,000
2	\$12,000	\$12,000
3	\$9,000	\$9,000
4	\$5,000	\$5,000
5	\$4,000	\$4,000
6	\$3,000	\$3,000
7	\$2,000	\$2,000
8	\$1,500	\$1,500
9	\$1,000	\$1,000
10	\$500	\$500
CR*	\$5,000	\$5,000

**Half Marathon - Masters Category (Men 45+ / Women 40+) - List B**

Position	Men	Women
1	\$1,000	\$1,000
2	\$750	\$750
3	\$500	\$500
CR*	\$500	\$500

**Special prizes for UAE Resident participants - List C**

Position	Men	Women
1	\$3,000	\$3,000
2	\$2,000	\$2,000
3	\$1,000	\$1,000
CR*	\$1,000	\$1,000

**Special prizes for UAE National participants - List D**

Position	Men	Women
1	\$3,000	\$3,000
2	\$2,000	\$2,000
3	\$1,000	\$1,000
NR*	\$1,000	\$1,000

**Special prize for Fastest Relay Team – List E**

Position	Team Relay
1	\$3,000
2	\$2,000
3	\$1,000
CR*	\$1,000

**Inter-School Team Relay Challenge – List F**

Position	Team Relay
1	\$2,500
2	\$1,500
3	\$750

*Half Marathon World Record Bonus – US \$50,000*

*CR\* - Course Record (New)*

*NR\* - National Record (New)*

\*\*To qualify for this prize category you must be a UAE National or have held UAE Nationality for a period of at least 5 years or be a non-UAE national but have valid UAE residency (held for at least 1 year) in the UAE on Race Day.

\* Masters Men = born on or before 18.02.1966; Masters Women=born on or before 18.02.1971)

All prize categories are non-cumulative; multiple prize winners will take the highest single prize.

**To read the full rules, terms and conditions of prize money awards, please refer to the official event website.**

## 2010 TOP HALF-MARATHON PERFORMANCES

## MEN

The current world record is 58:23, set by Zersenay Tadese of Eritrea on 21 March, 2010 in Lisboa, Portugal.

Time	Athlete	Nat	Birth	Pos	Venue	Date
58:23	<b>Zersenay Tadese</b>	ERI	08/02/1982	1	Lisboa	21/03/2010
59:19	<b>Tilahun Regassa</b>	ETH	18/01/1990	1	Abu Dhabi	07/01/2010
59:20	<b>Moses Cheruiyot Mosop</b>	KEN	07/07/1985	1	Milano	21/03/2010
59:34	<b>Sammy Kirop Kitwara</b>	KEN	26/11/1986	2	Abu Dhabi	07/01/2010
59:38	<b>Geoffrey Kiprono Mutai</b>	KEN	07/10/1981	1	New Delhi	21/11/2010
59:39	<b>Silas Kipruto</b>	KEN	26/09/1984	2	Milano	21/03/2010
59:39	<b>Wilson Kiprof</b>	KEN	14/04/1987	1	Lille	04/09/2010
59:39	<b>Lelisa Desisa</b>	ETH	14/01/1990	2	New Delhi	21/11/2010
59:40	<b>Bernard Kiprof Kipyego</b>	KEN	16/07/1986	2	Lille	04/09/2010
59:43	Geoffrey Kiprono Mutai			1	<b>Ras Al Khaimah</b>	19/02/2010
59:47	Sammy Kirop Kitwara			2	Lisboa	21/03/2010
59:48	<b>Martin Irungu Mathathi</b>	KEN	25/12/1985	1	Sendai	09/05/2010
59:49	<b>Tadese Tola</b>	ETH	31/10/1987	2	<b>Ras Al Khaimah</b>	19/02/2010
59:51	<b>Titus Kwemai Masai</b>	KEN	09/10/1989	3	<b>Ras Al Khaimah</b>	19/02/2010
59:51	<b>Patrick Makau Musyoki</b>	KEN	02/03/1985	1	Den Haag	14/03/2010
59:52	<b>Eshetu Wendimu</b>	ETH	03/10/1986	2	Den Haag	14/03/2010
59:52	Silas Kipruto			3	Lille	04/09/2010
59:53	<b>Peter Kamais</b>	KEN	07/11/1976	1	New York, NY	21/03/2010
59:56	<b>Getu Feleke</b>	ETH	28/11/1986	4	<b>Ras Al Khaimah</b>	19/02/2010
59:56	<b>John Nzau Mwangangi</b>	KEN	01/11/1990	3	Den Haag	14/03/2010

All information correct at time of going to press. Source: <http://www.iaaf.org>

**2010 TOP HALF-MARATHON PERFORMANCES****WOMEN**

The female world record is 1:06:25, set by Lornah Kiplagat of the Netherlands on October 14th, 2007, in Udine, Italy.

<b>Time</b>	<b>Athlete</b>	<b>Nat</b>	<b>Birth</b>	<b>Pos</b>	<b>Venue</b>	<b>Date</b>
1:07:07	<b>Elvan Abeylegesse</b>	TUR	11/09/1982	1	<b>Ras Al Khaimah</b>	1:07:07
1:07:13	<b>Mare Dibaba</b>	ETH	20/10/1989	2	<b>Ras Al Khaimah</b>	1:07:13
1:07:14	<b>Mary Jepkosgei Keitany</b>	KEN	18/01/1982	1	Abu Dhabi	1:07:14
1:07:22	<b>Aselefech Mergia</b>	ETH	23/01/1985	3	<b>Ras Al Khaimah</b>	1:07:22
1:07:40	Mary Jepkosgei Keitany				Berlin	1:07:40
1:07:40	<b>Florence Jebet Kiplagat</b>	KEN	27/02/1987	1	Lille	1:07:40
1:07:41	<b>Teyba Erkesso</b>	ETH	30/10/1982	4	<b>Ras Al Khaimah</b>	1:07:41
1:07:45	<b>Meseret Defar</b>	ETH	19/11/1983	1	Philadelphia, PA	1:07:45
1:07:47	<b>Lineth Chepkurui</b>	KEN	23/02/1988	2	Philadelphia, PA	1:07:47
1:07:48	<b>Peninah Jerop Arusei</b>	KEN	23/02/1979	2	Lille	1:07:48
1:07:52	<b>Berhane Adere</b>	ETH	21/07/1973	1	New Orleans, LA	1:07:52
1:07:55	<b>Kimberley Smith</b>	NZL	19/11/1981	2	New Orleans, LA	1:07:55
1:07:58	<b>Dire Tune</b>	ETH	19/06/1985	5	<b>Ras Al Khaimah</b>	1:07:58
1:08:24	Florence Jebet Kiplagat			1	Nanning	1:08:24
1:08:30	<b>Atsede Habtamu</b>	ETH	26/10/1987	6	<b>Ras Al Khaimah</b>	1:08:30
1:08:31	<b>Werknesh Kidane</b>	ETH	07/01/1981	3	Philadelphia, PA	1:08:31
1:08:34	Dire Tune			2	Nanning	1:08:34
1:08:34	<b>Christelle Daunay</b>	FRA	05/12/1974	1	Reims	1:08:34
1:08:35	Aselefech Mergia			1	New Delhi	1:08:35
1:08:36	<b>Wude Ayalew</b>	ETH	04/07/1987	2	New Delhi	1:08:36

All information correct at time of going to press. Source: <http://www.iaaf.org>

## FROM THE RACE DIRECTOR

2011 marks the 5<sup>th</sup> anniversary of the RAK Half Marathon and we have never felt a greater sense of satisfaction and appreciation than when we look back at all of the people and supporters who have contributed to the success of this great event, making it what it is today.

The fact that we have come to be recognized as both a spirited community event as well as an IAAF Silver Label world-class running event is a true testament to our Organizing Committee, volunteers and the dedicated runners who take part in the race year after year. Not only do they give us the opportunity to share their goals, ambition and determination, but their ongoing support and feedback has helped us to continually improve over the past few years.

Looking back to our first year, we can see just how far we've come. We recall the brilliant moment when Kenyan runner Samuel Wanjiru crossed the finish line, breaking the World Record for the half-marathon distance and setting the stage for many other great running moments. Each year we feel the same sense of excitement and anticipation, as we wonder what the Race will bring.

We are also very pleased to share these achievements with our Patron, His Highness Sheikh Saud Bin Saqr Al Qasimi, to whom we are grateful for his enduring support and the support of the people of Ras Al Khaimah. Because of their hospitality and kindness, we are able to stage such a remarkable event and the finest experience for our runners-many of who come from all over the world to take part.

To all of the runners who will take part in this year's race, congratulations and we hope you will reach all your goals towards health, fitness, and Personal Bests on Race Day. My team and I hope you will find the 5<sup>th</sup> edition of our race better than ever. I look forward to welcoming you all at the start line on the day!

Yours in Sport

Nathan Clayton  
Race Director

## PREMIER TIMING

Premier Timing is the Preferred Partner of MYLAPS across the GCC.

The world's leading timing technology for active sports events will once again be timing each and every participant in the RAK Half Marathon. The MYLAPS ChampionChip System is simple, accurate and professional. There is no similar system in the world.

In many sports events people compete, with one another, with themselves and with time. For active sports events the MYLAPS Company (previously known as ChampionChip World) has revolutionized timing. In 1994 the company introduced an automatic timing system, which can not only time the finish but also split and start times. This made net times for every individual athlete possible.

- High-tech and easy to use timing system
- Fast and accurate results for small up to very large events
- Multipurpose utility: the system can be used in many different active sports events
- High level service by providing net times and splits for every individual competitor
- Regional, national and worldwide network of professional timing companies

### **MYLAPS ChampionChip technology...simple, accurate and fast**

The development of the ChampionChip technology started in 1993, initiated by the organization of the Seven Hills Run in Nijmegen, The Netherlands. It was officially introduced at the Berlin Marathon in September 1994. Presently the ChampionChip technology is used in the big city marathons, Ironman triathlons plus thousands of other events around the world, with proven superior performance. The basis for the ChampionChip technology is the radio-frequency identification system (RFID) from Texas Instruments, which is also used for security-locks in cars and admission control in buildings. The success of the ChampionChip technology is achieved through the combination of synchronized multiple antennas, high-tech analog and digital electronics, and dedicated software for live bulk data handling.

#### **Where has the ChampionChip System been used?**

Since its introduction at the 1994 Berlin Marathon, ChampionChip Systems have timed thousands of events around the world, including the major international Marathons in:

- New York • London • Tokyo
- Boston • Berlin • Gold Coast
- Chicago • Paris • Durban
- Los Angeles • Rotterdam • Cape Town
- Honolulu • Moscow • Buenos Aires

Since 1998 ChampionChip has also timed the Ironman Hawaii and many other Ironman events around the world. The system has been used at the famous Broloppet in June 2000, the half marathon between Denmark and Sweden across the new bridge connecting these countries. 79,837 Competitors attended the race; ChampionChip timed all of them.

#### **Premier Timing | Timing Technology for Active Sports**

For timing services please write to [mail@premiertiming.com](mailto:mail@premiertiming.com)

Website: [www.premiertiming.com](http://www.premiertiming.com)

## **COURSE MAP**

**To view the Course Map, please log on to the Official Race Website; [www.rakmarathon.org](http://www.rakmarathon.org)**

## THE COURSE

### Why change a World Record course?

No reason whatsoever, so we haven't! Last year's course was the scene of two world record times and we believe that's good enough reason not to modify it for the 2011 race.

We're aware that there were a few bits of the road surface that could have been better (and hopefully will be for the 2011 race) and there were a few parts that were maybe not as aesthetically pleasing as some others. Whilst Ras Al Khaimah is not blessed with a wide flat tarmac race course to run around in loops, slowing for the chicanes, nor does it have a nice straight road that we could ask runners to run half the course on before they u-turn and run all the way back, we do believe we're better off without such conveniences – after all, our course does currently hold the UAE's only world record in athletics, so we're rightfully proud of that.

### Certification

We were pleased to welcome back Hugh Jones, General Secretary of AIMS and the world's foremost course measurer who has been a frequent visitor to RAK having measured the course (either pre-race or as a validation measurement post-race) every year the event has been held. Having completed and authorized the new course to be not less than 21.0975km, Hugh Jones provided his measurement data to John Kunkeler, another Grade A Measurer certified by AIMS/IAAF who will measure the course again two days prior to the race and again immediately after the race in the case of any record claim. John will also ride in the lead vehicle alongside the elite athletes to ensure the runners do not deviate from the approved measured course.

### Start & Finish

Both events (the Half Marathon and the Team Relay Challenge) will start and finish at the same place just about opposite to the City Hotel and at the end of the Manar Mall car park next to the Carrefour sign and will both follow the same route. Elite athletes will line up first, followed by Competitive Start Runners, Preferred Start Runners and then the Mass Start (everybody else) runners – if you wish to be near the front of your start area please arrive in plenty of time as runners will be lining up from 6.00am.

### The Course

The course will start on and run south along Al Muntasir Road to the first crossroads where it will turn right and run along the edge of the Mangrove Swamp to the Police Officers Club (3.5km) where runners will turn right and run along and past the Sheikh Zayed Mosque along the Al Qawasim Corniche Road. The route will then turn left and head south again down Al Nahda Street (6-7km) and then left to the Al Shuhada Roundabout with a gentle curve around (8km) to bring runners on to the south side of the Mangrove Swamp Road and will continue until and turn right at the Ruler's Palace (11km) and run along Khuzam Road to the Sheikh Abdullah Bin Muhammed Al Qasimi Roundabout (with a large lamp on it) (13.5km). Runners will then run straight (over) the roundabout and continue up to the next roundabout outside RAK Hospital, again run straight (over) to the intersection of Sultan Al Kabeer Road where they will U-turn (15km) and return along the north side of Khuzam Road, past the Ruler's Palace (18km) and turn right back onto the south side of the Mangrove Road to the first crossroads where they will turn left and head back to the Finish Line with a good final sprint (we hope!).

### Aid Stations

Water Stations will be located every 2.5km and Sports Drink Stations (Gatorade) every 5km (see inside cover map for exact locations)

Medical Stations will be positioned every 5km and there will be toilet and shower facilities at the Start & Finish point (Race Car Park), 5km, 10km and 15km points.

## **MEDICAL SERVICES, DISTANCE MARKERS, DRINKING STATIONS, & TOILETS**

### **Medical Aid along the Route**

Medical Stations along the routes are clearly signposted by Red Crescent signposts. If you need help or treatment please proceed to any one of these stations. Fully equipped and manned emergency vehicles and ambulances will be positioned around the course.

### **Distance Markers**

Each kilometer will be clearly marked by an inflatable arch. Water Stations, toilets, medical stations and Sports Drink stations will be clearly marked.

### **Al Ain Mineral Water Stations**

Replacing lost fluid regularly is a must for all runners in any distance. Please make use of our Al Ain Mineral Water stations situated along the course.

Al Ain Mineral Water is offered at 2.5km, 5km, 7.5km, 10km, 12.5km, 15km, 17.5km and 20km marks. There will be a pre and post-hydration station offering Al Ain Mineral Water at the Start and Finish Line.

Each Al Ain Mineral Water Station has at least 2 tables at the side of the road with 10 meters between each one – please do not crowd the first table – if it's busy, move to the next.

**Please discard your empty bottles carefully to the side of the road and not where they will cause a problem to those runners behind you!**

### **Sports Drinks**

There will be Sports Drink (Gatorade) Stations at the 5km, 10km and 15km marks as well as at the Start and Finish Line. Each Sports Drink Station will come AFTER the Water Stations.

**Please discard your empty cups carefully to the side of the road and not where they will cause a problem to those runners behind you!**

### **Toilet Cabins & Showers**

There will be 4 toilet cabins located behind and to the side of the Start & Finish Line (near the Carrefour sign on the Mall) and at least 4 portable toilets at each of the 5km, 10km and 15km points along the course. Showers will also be available for those who wish to use these. Please bring your own shower kits.

**WEATHER CONDITIONS ON RACE DAY**

<b>Date</b>	<b>High</b>	<b>Low</b>	<b>Wind Speed</b>	<b>Precipitation</b>
Feb 18, 2008	30°C	12°C	5 – 17 km/h	none
Feb 18, 2009	26°C	14°C	5 – 10 km/h	none
Feb 18, 2010	28°C	12°C	7 – 15 km/h	none
Feb 18, 2011	28°C	13°C	5 – 12 km/h	none

Great weather conditions are expected on Friday February 18th, with low humidity and mild temperatures well into race day. This year's race starts at 7.00am and by the time it begins to reach the day's maximum temperature around 28 degrees, with a slight increase in humidity around 2pm, the race will be well and truly over.

## RUNNERS BY NATIONALITY

The RAK Half Marathon 2010 welcomes 88 different nationalities to the Start Line

Nationality	Percentage
Algerian	0.15
American	6.73
Argentinean	0.27
Armenian	0.04
Australian	5.11
Austrian	0.31
Bangladeshi	0.15
Belgian	0.58
Belizean	0.04
Bhutanese	0.04
Bolivian	0.04
Brazilian	0.19
British	31.72
Bulgarian	0.19
Burmese	0.04
Cameroonian	0.04
Canadian	3.23
Chilean	0.04
Chinese	1.11
Colombian	0.12
Croatian	0.04
Cypriot	0.04
Czech	0.19
Danish	0.73
Djiboutian	0.04
Dutch	1.35
Egyptian	1.15
Emirati	2.23
Estonian	0.04
Ethiopian	0.46
Fijian	0.04
Filipino	3.65
Finnish	0.46
French	2.58
German	2.08
Ghanaian	0.04
Greek	0.15
Hungarian	0.12
Icelandic	0.04
Indian	8.92

Iranian	0.50
Iraqi	0.08
Irish	3.58
Italian	0.85
Japanese	0.54
Jordanian	0.69
Kenyan	0.42
Korean	0.15
Kuwaiti	0.15
Lebanese	1.54
Lithuanian	0.04
Macedonian	0.04
Malaysian	0.27
Maltese	0.04
Mauritian	0.08
Mexican	0.31
Moroccan	0.42
Namibian	0.04
Nepalese	0.50
New Zealander	2.69
Nicaraguan	0.04
Nigerian	0.08
Norwegian	0.38
Omani	0.58
Pakistani	0.85
Palestinian	0.42
Polish	0.08
Portuguese	0.12
Romanian	0.46
Russian	0.23
Saudi Arabian	0.23
Serbian	0.08
Singaporean	0.12
Slovak	0.08
South African	5.88
Spanish	0.73
Sri Lankan	0.54
Swedish	0.35
Swiss	0.27
Syrian	0.46

Tanzanian	0.04
Thai	0.04
Tunisian	0.08
Turkish	0.19
Uzbekistani	0.04
Venezuelan	0.19
Yemeni	0.04
Zimbabwean	0.04
<b>Total</b>	<b>100</b>

**RUNNERS BY CITY (UAE/INTERNATIONAL)**

<b>City</b>	<b>Percentage</b>
Abu Dhabi	12.88
Ajman	0.08
Al Ain	2.92
Dubai	63.62
Fujairah	0.93
Ras Al Khaimah	9.96
Sharjah	1.98
International*	7.63

\* International runners this year came from: Bangalore, Belfast, Bergen, Boston, Chennai, Cologne, Damascus, Delhi, Doha, Gernsheim, Gold Coast, Graz, Houston, Istanbul, Johannesburg, Juneau, Khobar, Kuwait, London, Maastricht, Manama, Mumbai, Muscat, Paris, Reno, Riyadh, Salt Lake City, San Sebastian, Santiago, Singapore, Sydney, Thessaloniki, Virginia...

**RUNNERS BY CATEGORY**

	<b>MALE</b>	<b>FEMALE</b>	<b>TOTAL</b>
<b>Half Marathon</b>	1,295	754	<b>2,049</b>
<b>Team Relay Challenge</b>	384	168	<b>552</b>
<b>Total</b>	<b>1,679</b>	<b>922</b>	<b>2,601</b>

**OLDEST RUNNERS**

Oldest male runner:

Peter Robinson, British, Abu Dhabi Resident, aged 66.  
Bib number 1707

Oldest female runner:

Natalie Bradford, American, coming from Juneau, Alaska aged 64.  
Bib number 869**YOUNGEST RUNNERS**

Youngest male runner:

Carter Bradford, American, coming from Saudi Arabia, aged 11.  
Bib number 5060 (Team Saudi Aramco Schools / CS Wellness Running)

Youngest female runner:

Christine Husni, American, from Dubai, aged 12.  
Bib number 5013 (Team Heliozid-Oce)

## ALL ABOUT THE WEB

Launched at the end of 2006 shortly before the first edition of the race, the official event website rakmarathon.org has grown and matured with the race and has a key role to play in the event. The site currently boasts a page rank of 5/10 (Google) in just over 4 years putting its popularity at least on a par with the older, more mature multi-million dollar Dubai Marathon website. Having won a UAE Web Awards trophy in just its first year, the website now provides information in 3 languages (English, Arabic & German) and is the portal for over 95% of all the registrations received.

Here are some more facts & figures for rakmarathon.org

Since launching the website has received more than 72,500 visits from 122 different countries (representing 63 different languages). On an average month the website records 6,041 pages being viewed whilst logging an average visit duration (time each user spends on the website) of 3:41 minutes.

Whilst you may be thinking less than 4 minutes isn't so much, Google Analytics rates it as being 39.25% longer than visits on sports sites of a similar size.

## SPONSORS & PARTNERS

SAQR PORT – Presenting Sponsor

### **Saqr Port - The First Port in the Gulf**

Saqr Port was built by order of His Highness Sheikh Saqr Bin Mohammed Al Qasimi, Supreme Council Member and Ruler of Ras Al Khaimah and was opened in 1977. Maintaining the Emirates historical maritime connections, the Government of Ras Al Khaimah Saqr Port Authority is ideally situated closed to the major shipping lines and the Strait of Hormuz.

Saqr Port offers modern facilities for shippers to the UAE and for Transshipment; traffic to other Gulf Countries, India, and Pakistan. The UAE's excellent road network makes overland transshipment throughout the Middle East a realistic possibility for shippers and importers alike. Saqr Port is also the closest Port to Bander Abbas, for transshipment by sea to Iran.

Saqr Port is located at Khour Kuwair, Ras Al Khaimah's modern and fast growing industrial complex. Imports of raw materials that support local industry are efficiently handled and the Port also offers a convenient outlet for manufactured materials from the construction industry which are exported throughout the Middle East.

Contact Details:

**Government of Ras Al Khaimah Saqr Port Authority,  
P.O. BOX: 5130 RAS AL-KHAIMAH – UAE**

**Telephone: Main Office: +971 7 2668444 / Control Tower: +971 7 2668051  
Fax: +971 7 2668533**

**VHF Calling channel 16 "Saqr Port Authority"  
VHF working channel 14**

**Chief Executive Officer : [ceo@saqrport.com](mailto:ceo@saqrport.com)  
General Information: [info@saqrport.com](mailto:info@saqrport.com)**



### **AL AIN MINERAL WATER COMPANY**

Al Ain Mineral Water Company (P.J.S.C.) was established as an initiative of His Highness the Late Sheikh Zayed bin Sultan Al Nahyan.

The manufacturing facility was opened on 5th August 1990 by Sheikh Saeed bin Tahnoon and is situated on Khattam Al Shiklah Road in Al Ain, The Garden City of the UAE. The company already commands the second leading position in the UAE, with a 24% share of the bottled water market.

With pioneering purification techniques, the Company ensures that consumers are assured of the most healthy, natural and fresh water. The Al Ain portfolio includes Pure Natural Bottled water, Al Ain Water+ for kids, flavored water and the 5-gallon water. It has low levels of Total Dissolved Solids and one of the lowest concentrations of sodium on the market.

Our vision is to become the No.1 brand in the UAE water market, building on our established quality, tradition and heritage.

Al Ain Mineral Water Company is also actively involved in promoting bottle recycling and disposal efforts in the UAE.

#### **Contact Details:**

Al Ain Mineral Water Company - Head Office

PO Box 16020, Al Ain,

United Arab Emirates

Tel: +971 3 768 6500

Fax: +971 3 768 6515

## **SAUCONY - OFFICIAL SPORTS PARTNER**

At Saucony, we exist for runners. Runners inspire us, bring us new ideas and force us to be better. They drive our design and engineering. They keep us competitive. They keep us hungry. They keep us honest. Whether it's in a conference room or out on a lunchtime run, we're constantly talking about and arguing about our sport, runners and the products that fuel them. We love our products and we run in everything we make. This focus and passion fuels us as we strive to create the best running shoes and apparel on the planet. We leave work each day knowing we've done everything to make runners' lives just a little bit better. At Saucony, a good day is when we get to run. A great day is when we inspire someone else to run.

Saucony – since 1898

A US sports brand which is very popular for its running category is a leading supplier of performance athletic footwear, apparel and accessories. Saucony manufactures technically advanced products that improve the performance of active sports participants.

Advanced technologies like GRID, the first shoe-based stability and cushioning system; have provided an advantage to athletes of all types. Combined with Saucony's famous fit and feel, technology is why so many serious athletes come back to Saucony again and again.

We've spent years studying the biomechanics of top athletes. Our goal? To develop creatively engineered systems that maximize an athlete's performance in a specific activity, allowing the athlete to focus on the activity instead of his/her equipment. From our studies have come many innovative Saucony concepts. Advanced technologies – like GRID, the first sole-based stability and cushioning system - have provided an advantage to athletes of all types. Combined with Saucony's famous fit and feel, technology is why so many serious athletes come back to Saucony, again and again.

### **Contact Details:**

Orlando Sports  
PO Box 42055, Dubai  
Al Maktoum Street,  
Deira, Dubai, UAE  
Tel: 04 2288876  
Fax: 04 2288874

## **RAK HOSPITAL – OFFICIAL HEALTHCARE PARTNER**

Arabian Healthcare is a 50:50 joint venture company between the Government of Ras Al Khaimah, under the guidance of His Highness Sheikh Saud Bin Saqr Al Qassimi, Member of the Supreme Council and Ruler of Ras Al Khaimah, and ETA Star Healthcare of Dubai.

ETA Star Healthcare has embarked on an ambitious program to supplement existing healthcare facilities in the UAE. The group, which has also set up clinical laboratories in Dubai and is active in the trade of medical/diagnostic/imaging equipments, intends to lead the way in setting up hospitals as well in the U.A.E.

### **Vision**

Positioning Ras Al Khaimah as a premium quality health care destination for the local & regional community with international accreditation standards.

### **Mission**

RAK Hospital aims to provide international quality health care with highly qualified medical staff and skilled nursing care by redefining the standards of excellence in patient care with premium hospitality.

### **Sonnenhof Swiss Health**

Sonnenhof Swiss Health is a well-known, leading healthcare group from Switzerland. Given their high reputation, they were the partner of choice for Arabian Healthcare to manage the operations of RAK Hospital.

Drawing upon the rich Swiss heritage of healthcare and hospitality, Sonnenhof carries a distinct brand and abides by stringent norms in global medical practice. Sonnenhof has received top ranking from WHO for the quality and reliability of its services. It also ranks at the top in measures like life expectancy, access and responsiveness and fairness in financial contribution.

What is the message that RAK Hospital intends to send across when it proudly and prominently displays on its building and in its brochures “managed by Sonnenhof Swiss Health”?

50 years ago 3 Swiss doctors, under the leadership of professor Arnold Kappert, opened a large hospital designed to practice medicine at the highest quality level coupled with premium hospitality. Since its inception, Sonnenhof has added other facilities, introduced the most modern healthcare technologies and has become accredited through several international hospital accrediting bodies.

In summary, the beautiful and ultramodern RAK Hospital infrastructure coupled with the “Managed by Sonnenhof Swiss Health” pledge of “Premium Healthcare, Premium Hospitality” will insure each of our “guests” (you, the patient) receive the utmost in quality care, treatment, and warmth during your stay with us.

We like to say, “We are not a hotel, but you won’t notice it”.

### **Contact Details:**

RAK Hospital, Al Qusaidat  
PO Box 11393, Ras Al Khaimah  
Tel: +971-7-2074444  
Fax: +971-7-2074455  
E-mail: [mail@rakhospital.com](mailto:mail@rakhospital.com)

## **SPORT 360°**

Sport 360° is a 32 to 40 page English daily newspaper and digital medium for all sports fans in the UAE.

Launched in September 2010, Sport 360° provides the very latest information from around the globe on all major events from the cricket fields to the football pitches, from the horseracing tracks to the Formula 1 circuits and from the tennis courts to the golf courses.

It has already also established itself as a partner to many local and regional events in the UAE. Our content partners include the leading sports media companies from around the world. These partnerships give our readers depth of coverage and exclusive content, unmatched by any other publication in the region, thereby making it the ultimate resource for sports.

The Sport 360° brand also reflects the passion and emotions that are inherent to every real sports fan.

Its use of great photography, innovative design and graphics, professional analysis and compelling writing through the best regional and international columnists, makes it a must read for all sports enthusiasts.

The digital brand already includes an interactive website, while Smartphone applications and SMS services will follow.

The web portal provides invaluable information, as well as live results and statistics on all major sports events from around the world.

Interactivity is a key difference between the Sport 360° website and other sports websites.

Blogs, chat rooms and fan clubs will soon enable people in the region to find each other and share ideas, photos, videos and opinions about their favourite teams, players and coaches. An invitation to get involved with the brand, and a doorway to user engagement and debate.

### **Contact Details:**

Subscribe to Sport360: [www.sport360.com/subscribe](http://www.sport360.com/subscribe);

Tel 800 6 360; sms "subscribe" to 6360

Join us on facebook: [www.facebook.com/sport360](http://www.facebook.com/sport360)

Follow us on twitter: [www.twitter.com/Sport\\_360](http://www.twitter.com/Sport_360)

## **MEN'S FITNESS**

Men's Fitness is the Middle East's leading health and fitness title, dedicated to providing the reader with the most exciting and innovative ways of staying in shape. More than just a fitness magazine, it incorporates lifestyle, celebrity, fashion and grooming, providing a punchy and authoritative mix that encourages the reader to fulfill his potential across the board. The magazine reflects the lifestyle of Dubai's urban male population in both content and design, carrying detailed workout plans, vital nutritional information, the latest fashion must-haves and interviews with top athletes and celebrities. Put simply, Men's Fitness is a must-read publication, tailor-made to those in the region determined to achieve their personal best.

Men's Fitness is published by the ITP Group, serving the Middle East's business-to-business, technology and communication markets. The Group's multi-business model also includes internet ventures and online publishing, contract and corporate publishing, event management and digital printing services.

### **Contact Details:**

ITP Publishing Group  
PO Box 500024, Dubai,  
United Arab Emirates  
Tel: +971 4 210 8000  
Fax: +971 4 210 8080  
info@itp.com

## RADIO & TELEVISION COVERAGE

The RAK Half Marathon is now in its fifth year and it has moved forward in leaps and bounds! The race organizers are adamant that the annual event is not about huge numbers of runners taking part but more importantly the experience of a capped 2,500 runners in an event that matches and surpasses international standards.

Journalists often tell us that actually getting out of Dubai, Abu Dhabi or even Sharjah on the morning of the Race might seem like a burden, but once arriving at the start line the atmosphere, excitement and welcome the 'RAK-ites' exude takes over and with the cool calm as the sun rises you realize there is no better place to be on a Friday morning in February.

Media wise the world is now watching RAK. Footage from last year's event ended up on TV stations far and wide. Globally we are asked for images and video especially after the event made headlines with a world breaking time in the inaugural year and then followed that up with two world records last year. Ten Sports- Indian Sub-Continent, Middle East, Indonesia, Hong Kong. Starhub - Singapore. Fox Sports Australia, Sky Sports UK and Ireland. Direct TV- North America, Supers-port - Africa and Showtime - Middle East and North Africa. "World of Athletics" broadcast in over 24 territories. The list goes on.

Regionally once again City 7 TV broadcast on Nilesat 101 will broadcast the race exclusively to a potential audience of 110 million. This free to air station is based in Dubai Media City with a footprint that spans the whole of the Gulf, Middle East and North Africa region.

We can't forget the important part radio has to play in the UAE with so many people who commute. Tuning in Radio 2 will not only bring live Race Day excitement from 5am on 19<sup>th</sup> February but in the lead up essential pre-race information, facts and prizes.

What is great about road races is the lack of hype and hyperbole amongst journalists. What you see is what you get and the anticipation can only be realized once the timing clock starts ticking. For the Elite runners and serious runners that clock has begun already.