



The RAK Half Marathon 2012 Media Guide

Welcome to the RAK Half Marathon 2012!

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 or 050 347 64 24 between 9am-12pm **before** Race Day or visit the Media Center near the main stage.

Pre-Race Press Conference: Race Village, Thursday 16 February, 02.00pm

Media Center Opens: 5am Friday 17 February

Index

I- Introduction

Word from Colonel Nasser Mradad.....	2
Media Center	3
Race Facts	4

II- The RAK Half Marathon 2011

Elite Focus	5
The Elite Field - Men	7
The Elite Field – Women	9
Prizes & Awards	11
2010 Top Half-Marathon Performances – Men	13
2010 Top Half-Marathon Performances – Women	14

III- The Race in its 5th Edition

Word from Mr. Aaref Al Haranki.....	15
Premier Timing	16

IV- The Course & Weather

Course Map	17
The Course	18
Medical Services, Distance Markers, Drinking Stations, & Toilets	19
Weather Conditions	20

V- Facts & Figures

Runners by nationality, country & by category.....	21
All about the web	24

VI- Sponsors & Partners

Information and contact details of our Sponsors & Partners	25
Radio & Television Coverage	31



The RAK Half Marathon 2012 Media Guide

Word from Colonel Nasser Mradad ***Chairman of the Executive Organizing Committee***

As Chairman of the Executive Organizing Committee it is my pleasure to welcome you to Ras Al Khaimah and to the 6th edition of the RAK Half Marathon.

I would like to begin by acknowledging and appreciating the event's Patron, His Highness Sheikh Saud Bin Saqr Al Qasimi, Ruler of Ras Al Khaimah whose support has been unwavering from the very outset of the first edition. We are all, organizers, residents and runners alike, grateful for Sheikh Saud's vision and generous patronage extended to the RAK Half Marathon and our most recent accolade is testament to the belief in the event extended by His Highness.

The records set during the first 5 years have been, without question, impressive but in Year 6 we have now reached what is perhaps the pinnacle of road racing achievements; the IAAF Gold Label. Having become the first ever race in the Middle East to be awarded an IAAF Label (Silver 2009-2011) we are justly proud of the path we have taken in improving the event year after year and to now having our efforts recognized by the world governing body of athletics, the IAAF in such a manner. With only 6 other half marathons around the world boasting IAAF Gold Label standards, the RAK Half Marathon has indeed joined a very exclusive running club and we welcome you all to be a part of it!

The achievements made over the past few years in helping this race to reach the high caliber, internationally-recognized event that it has become are very much a collective effort and we appreciate the support of our sponsors, partners, volunteers and participants, and are thankful for your ongoing dedication and enthusiasm.

Once again we have an impressive line-up of elite runners heading to the start line and we wish them and all the other thousands of runners much luck and hope that the 2012 RAK Half Marathon will be remembered for their outstanding accomplishments.

Having established a strong reputation for making our race a leading destination for those runners looking for a quality and memorable experience we hope that you will enjoy the hospitality of this Emirate and that you will also reach your goals on race day.

From all of us on the Executive Organizing Committee, we wish each one of you the very best. We know you will find the RAK Half Marathon a truly enjoyable and unforgettable experience!

Nasser Mradad
Chairman



The RAK Half Marathon 2012 Media Guide

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 issued at the Media Centre and is required by all Media personnel.

OPENING HOURS

On Race Day, Friday 17 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

07.00 RAK Half Marathon

Team Relay Challenge

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) 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 5th 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 2nd place with a time still ranked, 5 years later as 17th 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 9th and 10th 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 3rd 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 4th, 7th, 8th and 9th 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 10th 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!



2011

The highlight of the 5th edition of the race was without a doubt Mary Keitany (KEN) setting a new world record (ratified) at 1:05:50, 35 seconds faster than the previous record held by Lornah Kiplagat since 2007. She also set a 20Km World Record on route and finished over 3 minutes ahead of Dire Tune (ETH) who came in 2nd in 1:08:52.

The top 3 runners in the men's race all finished under 60 minutes, lead by Deriba Merga (ETH) who claimed his first RAK victory in 59:25.

RAK Half Marathon History Highlights

4 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

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

Patrick Makau holds 3 of the top 10 fastest course times

Women:

Half Marathon World Record by Mary Keitany in 2011

2 of the top 10 All-Time fastest times at 20km

5 of the top 20 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

Geoffrey Mutai [59:30] (born October 7th, 1981) from Kenya has run the fastest marathon ever in Boston 2011

- Winner of New York Marathon 2011 (Course Record)
- Winner of Bogota Half Marathon 2011
- Winner of Boston Marathon 2011 (World Best time)
- Winner of RAK Half Marathon 2010

Tsegaye Kebede [59:35] (born January 15th, 1987) is an Ethiopian Marathon runner and Olympic Medalist

- Winner of London Marathon 2010
- Winner of Bogota Half Marathon 2011
- Winner of Fukuoka Marathon 2009 and 2008
- Bronze Medal in World Marathon Championships, Berlin 2009
- Winner of Paris Marathon 2008
- Bronze Medal in the 2008 Olympic Games (Marathon)

Wilson Kipsang Kiprotich [58:59] (born March 15th, 1982) from Kenya has previously taken 2nd place in RAK in 2009

- Winner of Frankfurt Marathon 2011 and 2010
- Winner of Zwolle Half Marathon (Holland) 2011
- Winner of Karnten Half Marathon (Austria) 2011

Benard Kipyego [59:10] (born July 16th, 1986) from Kenya.

- 2nd Place in RAK Half Marathon 2011
- 2nd Place in Paris Marathon 2011
- Silver Medal at the World Half Marathon Championships 2009
- Winner of Berlin Half Marathon 2009

Wilson Chebet [59:15] (born July 12th, 1985) from Kenya.

- Winner of Rotterdam Marathon 2011
- Winner of Amsterdam Marathon 2011

Feyisa Lilesa [59:22] (born February 1st, 1990) from Ethiopia

- Winner of Houston Half Marathon 2012
- Winner of Xiamen International Marathon 2010
- Winner of Dublin Marathon 2009
- Bronze Medal at the World Marathon Championships, Daegu 2011



The RAK Half Marathon 2012 Media Guide

Lelisa Desisa [59:30] (born January 14th, 1990) from Ethiopia has won all 3 half marathons that he's run in 2011!

- Half Marathon Gold Medalist All-Africa Games 2011
- Winner of City-Pier-City Half Marathon (Holland) 2011
- Winner of Delhi Half Marathon 2011
- Winner of Ottawa 10K 2010

Azmeraw Bekele [59:39] (born January 22nd, 1986) from Ethiopia

Kiplimo Kimutai [59:44] (born December 10th, 1981) from Kenya came 2nd in the 2009 Great North Run

Joseph Maregu [59:45] (born November 22nd, 1977) is Kenyan

- Winner of Olomouc Half Marathon 2010
- Winner of Paris Half Marathon 2007
- Winner of Lille Half Marathon 2006

Titus Masai [59:51] (born October 9th 1989) from Kenya

Fabiano Joseph [59:56] (born December 24th, 1985) is a former World Half Marathon Champion from Tanzania

Levy Matebo Omari [60:06] (born November 3rd, 1989) is Kenyan

- Winner of Nice Half Marathon 2011
- Winner of Barcelona Marathon 2011

Dennis Kipruto Koech [61:30] (born January 22nd, 1994) is our youngest Elite Runner from Kenya

Nicholas Kemboi [61:07] (born November 25th 1983) from Qatar is the 4th fastest man of all time at 10,000 meters

Philip Langat [61:56] (born April 23rd 1990) from Kenya

Sulti Gure Timbre from Ethiopia



THE ELITE FIELD – WOMEN

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

Mary Keitany [65:50] (born January 18th, 1982) from Kenya is the Half Marathon World Record holder, set last year in Ras Al Khaimah

- Winner of London Marathon 2011
- Winner of RAK Half Marathon 2011 (WR)
- 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

Caroline Cheptanui Kilel [68:16] (born March 21st, 1981) is Kenyan

- Winner of Boston Marathon 2011
- Winner of Great Scottish Run 2010
- Winner of Frankfurt Marathon 2010

Hilda Kibet [68:40] (born March 27th, 1981) from The Netherlands.

- 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

Feysa Tadese [68:48] (born November 19th, 1988) from Ethiopia

- Winner of 10Km de Marseille 2011
- Winner of Rabat Half Marathon 2011

Aniko Kalovics [68:58] (born May 13th, 1977) is the holder of multiple Hungarian National Records

- Winner of Cannes 10K 2010
- Winner of Bern 10M 2010
- Winner of Venice Marathon 2008
- Winner of Italian Marathon 2007 and 2006
- Bronze medal at the 2003 European Cross Country Championships



The RAK Half Marathon 2012 Media Guide

Georgina Rono [69:08] (born August 20th, 1988) from Kenya

- Winner of Eindhoven Marathon 2011 (CR)
- Winner of Hanover Marathon 2011

Gladys Cherono [69:26] (born May 12th, 1983) from Kenya is the recent winner of Zhuhai Half Marathon in China, December 2011

Rose Chelimo [69:45] (born July 12th, 1989) from Kenya

Serena Burla [70:08] (born September 27th 1982) is an American Long Distance runner

- 2nd Place USA Half Marathon Championships 2011 and 2010
- 2nd Place New York Mini 10K 2009

Frehiwot Goshu [73:24] (born June 28th 1990) from Ethiopia is the winner of the 2011 Madrid Half Marathon



The RAK Half Marathon 2012 Media Guide

PRIZES & AWARDS

The Ras Al Khaimah Half Marathon 2012 will feature over 1800,000 USD in cash prizes!

Half Marathon - Open Category – List A

Position	Men	Women
1	\$15,000	\$15,000
2	\$10,000	\$10,000
3	\$7,000	\$7,000
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	\$2,000	\$2,000
2	\$1,500	\$1,500
3	\$750	\$750
CR*	\$500	\$500

Special prizes for UAE National participants - List D

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



Special prize for Fastest Relay Team – List E

Position	Team Relay
1	\$2,000
2	\$1,500
3	\$750
CR*	\$500

Inter-School Team Relay Challenge – List F

Position	Team Relay
1	\$2,000
2	\$1,000
3	\$500

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 17.02.1967; Masters Women=born on or before 17.02.1972)

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.



The RAK Half Marathon 2012 Media Guide

2011 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
58:30	Zersenay Tadese	ERI	8/2/1982	1	Lisboa	20/03/2011
58:46	Mathew Kipkoech Kisorio	KEN	16/05/1989	1	Philadelphia, PA	18/09/2011
58:48	Sammy Kirop Kitwara	KEN	26/11/1986	2	Philadelphia, PA	18/09/2011
59:25	Deriba Merga	ETH	26/10/1980	1	Ras Al Khaimah	18/02/2011
59:30	Philemon Kimeli Limo	KEN	2/8/1985	1	Praha	2/4/2011
59:30	Zersenay Tadese			1	Porto	18/09/2011
59:30	Lelisa Desisa	ETH	14/01/1990	1	New Delhi	27/11/2011
59:31	Geoffrey Kipsang	KEN	28/11/1992	2	New Delhi	27/11/2011
59:37	Lelisa Desisa			1	Den Haag	13/03/2011
59:39	Azmeraw Bekele	ETH	22/01/1986	2	Den Haag	13/03/2011
59:40	Peter Cheruiyot Kirui	KEN	2/1/1988	3	Den Haag	13/03/2011
59:42	Ayele Abshero	ETH	28/12/1990	4	Den Haag	13/03/2011
59:42	Dino Sefir	ETH	28/05/1988	1	Vitry-sur-Seine	3/4/2011
59:43	Tujuba Megersa	ETH	15/10/1987	2	Vitry-sur-Seine	3/4/2011
59:44	Lucas Kimeli Rotich	KEN	16/04/1990	5	Den Haag	13/03/2011
59:45	Bernard Kiprop Kipyego	KEN	16/07/1986	2	Ras Al Khaimah	18/02/2011
59:45	John Nzau Mwangangi	KEN	1/11/1990	1	Valencia	23/10/2011
59:47	Kenneth Kiprop Kipkemoi	KEN	2/8/1984	2	Valencia	23/10/2011
59:52	Leonard Kipkoech Langat	KEN	7/8/1990	3	Ras Al Khaimah	18/02/2011
59:58	Tujuba Megersa			1	Ostia	27/02/2011

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



The RAK Half Marathon 2012 Media Guide

2011 TOP HALF-MARATHON PERFORMANCES

WOMEN

The female world record is 1:05:50, set by Mary Keitany of Kenya on February 18th, 2011, in Ras Al Khaimah, UAE.

Time	Athlete	Nat	Birth	Pos	Venue	Date
1:05:50	Mary Jepkosgei Keitany	KEN	18/01/1982	1	Ras Al Khaimah	18/02/2011
1:07:04	Lucy Wangui Kabuu	KEN	24/03/1984	1	New Delhi	27/11/2011
1:07:08	Sharon Jemutai Cherop	KEN	16/03/1984	2	New Delhi	27/11/2011
1:07:11	Kimberley Smith	NZL	19/11/1981	1	Philadelphia, PA	18/09/2011
1:07:21	Aselefech Mergia	ETH	23/01/1985	3	New Delhi	27/11/2011
1:07:27	Beleynesh Oljira	ETH	26/06/1990	4	New Delhi	27/11/2011
1:07:28	Werknesh Kidane	ETH	7/1/1981	2	Philadelphia, PA	18/09/2011
1:07:33	Lydia Cheromei	KEN	11/5/1977	1	Praha	2/4/2011
1:07:36	Kimberley Smith			1	New Orleans, LA	13/02/2011
1:07:54	Mary Jepkosgei Keitany			1	Lisboa	25/09/2011
1:07:56	Mary Jepkosgei Keitany				New York City, NY	6/11/2011
1:08:02	Florence Jebet Kiplagat	KEN	27/02/1987	1	Klagenfurt	21/08/2011
1:08:07	Sarah Chepchirchir	KEN	27/07/1984	1	Vitry-sur-Seine	3/4/2011
1:08:21	Valentine Jepkorir Kipketer	KEN	5/1/1993	1	Lille	3/9/2011
1:08:22	Flomena Chepchirchir	KEN	1/12/1981	1	Zwolle	18/06/2011
1:08:27	Nadia Ejjafini	ITA	8/11/1977	1	Cremona	16/10/2011
1:08:28	Aberu Kebede	ETH	12/9/1989	1	Lisboa	20/03/2011
1:08:30	Peninah Jerop Arusei	KEN	23/02/1979	1	Paris	6/3/2011
1:08:32	Philes Moora Ongori	KEN	19/07/1986	2	Paris	6/3/2011
1:08:33	Ana Dulce Félix	POR	23/10/1982	2	Lisboa	20/03/2011

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



Word from Mr. Aaref Al Haranki

General Coordinator

The staging of the RAK Half Marathon comes about from our belief in the importance of investing in tourism and recreation as one of the options for Ras Al Khaimah in particular and the United Arab Emirates in general to push further economic growth and diversify the production base in our national economy, as well as showcasing the touristic assets that our Emirate boasts.

Ras Al Khaimah, with its natural beauty, historic heritage and pleasant climate, is equipped to become a promising destination for tourists from all parts of the world and efforts are continuing to identify investment opportunities in this sector and to promote the Emirate as a travel destination. It is with great joy and pleasure that the RAK Half Marathon is organized and attracts international elite runners and visitors from across the country and abroad who come to participate in or watch this international event.

I am very pleased with this wonderful race and grateful that Ras Al Khaimah has all the components that allow it to succeed in the organization of such events. I am also truly pleased by the presence of all the people; whether Emiratis, residents or visitors, who attend and take part in this half marathon.

The RAK Half Marathon is a sporting event that gathers more and more interest year after year and will hopefully continue to be a highly reputed race that catches the interest of the sports and tourism communities everywhere! We believe we must encourage all sporting activity and make the RAK Half Marathon a source of experiences and ideas that will help us excel in other possible ventures because sporting events like this, staged on such an international level, give the entire country its position on the international sporting map.

Yours in Sport,

Aaref Al Haranki

General Coordinator



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

Website: www.premiertiming.com



COURSE MAP

To view the Course Map, please log on to the Official Race Website; www.rakmarathon.org



THE COURSE

Record Breaking Course!

In 2011 the RAK Half Marathon, once again, made running history when Mary Keitany broke the world record, taking no less than 35 seconds off Lornah Kiplagat's previous world record. On route she also broke the 20Km World Record! The men's race also had impressive results with Deriba Merga running the 2nd fastest half marathon time in 2011 (at the time of going to print). Five of the top ten fastest times in 2011 for men over 20Km were all set in Ras Al Khaimah!

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

Date	High	Low	Wind Speed	Precipitation
Feb 17, 2009	26°C	14°C	5 – 10 km/h	none
Feb 17, 2010	28°C	12°C	7 – 15 km/h	none
Feb 17, 2011	28°C	13°C	5 – 12 km/h	none
Feb 17, 2012	26°C	14°C	7 – 14 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.



The RAK Half Marathon 2012 Media Guide

RUNNERS BY NATIONALITY

The RAK Half Marathon 2012 welcomes 88 different nationalities to the Start Line

Nationality	Percentage
British	31.5
Indian	8.5
South African	7.25
American	7.1
Canadian	4.2
Filipino	4.2
Australian	4.1
Irish	3.6
German	2.7
Emirati	2.45
New Zealander	2.23
French	2.15
Dutch	1.5
Lebanese	1.3
Pakistani	1.19
Belgian	1.1
Egyptian	0.84
Kuwaiti	0.77
Spanish	0.73
Ethiopian	0.63
Danish	0.61
Sri Lankan	0.58
Finnish	0.57
Italian	0.57
Jordanian	0.54
Kenyan	0.5
Saudi Arabian	0.46
Syrian	0.42
Moroccan	0.38
Swedish	0.38
Nepalese	0.34
Malaysian	0.3
Mexican	0.3
Japanese	0.27
Palestinian	0.27
Russian	0.27
Swiss	0.27

Austrian	0.23
Brazilian	0.23
Norwegian	0.23
Polish	0.23
Algerian	0.19
Greek	0.19
Hungarian	0.19
Serbian	0.19
Omani	0.16
Turkish	0.16
Portuguese	0.15
Venezuelan	0.15
Argentinean	0.12
Croatian	0.12
Czech	0.12
Luxemburgeoi	0.12
Singaporean	0.12
Bangladeshi	0.11
Iraqi	0.11
Maltese	0.11
Afghani	0.08
Bahraini	0.08
Bulgarian	0.08
Colombian	0.08
Iranian	0.08
Slovak	0.08
Icelandic	0.07
Moldovan	0.07
Nigerian	0.07
Romanian	0.07
Sudanese	0.07
Tunisian	0.07
Zimbabwean	0.07
Indonesian	0.05
Namibian	0.05
Azerbaijani	0.04
Burmese	0.04

Cameroonian	0.04
Cypriot	0.04
Djiboutian	0.04
Fijian	0.04
Guinean	0.04
Latvian	0.04
Lithuanian	0.04
Slovenian	0.04
Somali	0.04
Tanzanian	0.04
Thai	0.04
Ugandan	0.04
Yemeni	0.04
Trinidadian	0.03
Total	100



RUNNERS BY CITY (UAE/INTERNATIONAL)

City	Percentage
Abu Dhabi	16.45
Ajman	0.04
Al Ain	1.86
Dubai	57.62
Fujairah	0.27
Ras Al Khaimah	11.28
Sharjah	2.2
International*	10.28

* International runners this year came from: Kuwait, Qatar, Saudi Arabia, United Kingdom, Germany, Oman, USA, Bahrain, Belgium, South Africa, Ireland, Norway, Canada, India, France, Afghanistan, Ethiopia, Jordan, Kazakhstan, Kenya, Sweden, Spain, Brazil, Netherlands, Kuwait, Hungary, Denmark, Australia, Italy, Turkey, Finland, Czech Republic, Russia, Poland and Tanzania



RUNNERS BY CATEGORY

	MALE	FEMALE	TOTAL
Half Marathon	1,553	882	2,435
Team Relay Challenge	377	203	580
Total	1,930	1,085	3,015

OLDEST RUNNERS

Oldest male runner: Chris Coleman, British, Abu Dhabi Resident, aged 65.
Bib number 2149

Oldest female runner: Bonnie Milne, Canadian, Ras Al Khaimah Resident, aged 62.
Bib number 752

YOUNGEST RUNNERS

Youngest male runner: Mohamed Nafis Ahmed, Indian, resident in Fujairah, aged 11.
Bib number 5215 (Team Angel Appeal)

Youngest female runner: Christine Husni, American, from Dubai, aged 13.
Bib number 5013 (Team Heliozid)



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 120,500 visits from 150 different countries (representing 84 different languages). On an average month the website records 8,109 pages being viewed whilst logging an average visit duration (time each user spends on the website) of 3:14 minutes.

Whilst you may be thinking less than 4 minutes isn't so much, Google Analytics rates it as being 36.44% 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@sagrport.com

General Information: info@sagrport.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
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ADIDAS – OFFICIAL OUTFITTER

adidas, a global leader in running and sportswear technology, is the official outfitter of the RAK Half Marathon 2012. With over 60 years of sporting heritage and running expertise, adidas will be providing all participants, marathon officials and volunteers with commemorative adidas apparel.

The partnership between adidas and the RAK Half Marathon is an integral part of adidas' commitment to running in the region as well as a commitment to providing runners with superior performance products that make them faster and better at their sport.

adidas also launched a new range of technical running shoes that cater to veteran marathon runners as well as those who are participating in their first competitive race. The new running shoes were designed based on the different needs of runners around the world. The products all provide different variations of comfort, lightweight and stability, making it easier for runners to choose their ideal running shoe based on their individual running styles and needs.

The new Supernova Glide 4 includes FORMOTION™ technology, a freely moving de-coupled heel system, which helps the shoe adapt to every individual running style. Comparable to the functionality of an airplane's landing gear, it adjusts to the running surface to cushion the landing and assist the runner's take-off with every stride.

The adizero adios 2 is an ultra-light shoe designed to make runners faster. The shoe is quickly becoming the preferred shoe for record-breaking marathon runners. In September 2011, the adizero adios 2 finished first at the Berlin Marathon on the feet of Patrick Makau, and improving the world marathon record to 2:03:38h.

The adiSTAR Ride 4 offers an improved running experience to the runner who seeks highest comfort, grip and durability during workout.

The new adidas Response Stability and Response Cushion are a part of the adidas Response range, which present better ground adaptability than any of its predecessors.

The new Running collection from adidas is available at all adidas Sport Performance stores and selected retailers across the GCC.



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:

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UPS

Founded in 1907 as a messenger company in the United States, UPS has grown into a \$49.5 billion corporation by focusing on enabling commerce around the world. Today, UPS is a global company with one of the most recognized and admired brands in the world. UPS has become the world's largest package delivery company and a leading global provider of specialized transportation and logistics services.

Every day, UPS manages the flow of goods, funds and information for its customers in more than 220 countries and territories worldwide. In 2010, UPS delivered an average of 15.6 million packages and documents per day worldwide, or a total of 3.94 billion packages.

Our vision for the future is to synchronize the world of commerce, addressing the complexities of our customers' supply chain needs.

Our goal is to develop business solutions that create value and competitive advantages for our customers, enabling them to achieve supply chain efficiencies, better customer service for their customers and improved cash flows.

The company can be found on the Web at ups.com and its corporate blog can be found at blog.ups.com."

Contact Details:

Online: www.ups.com

Blog: blog.ups.com

Join us on facebook: www.facebook.com/ups

Follow us on twitter: www.twitter.com/UPS



OUTDOOR UAE

Pending...



RADIO & TELEVISION COVERAGE

The RAK Half Marathon is now in its sixth 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 nearly 3,000 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 several world class performances culminating in last year's World Half Marathon Record by Mary Keitany. 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 19th 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.