



Media Guide 2015

Welcome to the RAK Half Marathon 2015!

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: Hilton Hotel Al Marjan Island, Thursday 12 February, 11.00am

Media Center: City Hotel (across from start/finish line), Friday 13 February, 6.00am

Index

I- Introduction

Word from Colonel Nasser Mradad.....	2
Race Facts	3

II- The RAK Half Marathon 2014

9 th RAK Half Marathon Faster Than Ever?.....	4
The Elite Field - Men	6
The Elite Field – Women	8
Prizes & Awards	10
2014 Top Half-Marathon Performances – Men	12
2014 Top Half-Marathon Performances – Women	13

III- The Race in its 9th Edition

Word from Mr. Aaref Al Haranki.....	14
Premier Timing	15

IV- The Course & Weather

Course Map	16
The Course	17
Medical Services, Distance Markers, Drinking Stations, & Toilets	18
Weather Conditions	19

V- Facts & Figures

Runners by nationality, country & by category.....	20
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VI- Sponsors & Partners

Information and contact details of our Sponsors & Partners	23
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Media Guide 2015

Word from Brigadier Nasser Mradad
Chairman of the Executive Organizing Committee

On behalf of the Executive Organising Committee, it is my privilege to extend a heartfelt welcome to the athletes competing in the 2105 edition of the RAK Half Marathon.

This year, as in previous years, the Executive Organising Committee is honoured to receive a number of the world's top athletes. The international community's continued participation confirms the RAK Half Marathon's status as the elite, world-class event for which we persevere with presenting each and every year.

As always, we are thankful for the continuous support and encouragement to host such major sporting events by His Highness Sheikh Saud bin Saqr al Qasimi, member of the Supreme Council and Ruler of Ras al Khaimah and His Highness Sheikh Mohammed bin Saud bin Saqr al Qasimi, the Crown Prince.

The effort of the Executive Organising Committee has been both enabled and facilitated by the actions of our close friends and colleagues at Saqr Port, the presenting sponsor of the RAK Half Marathon for the 9th year in a row. Truly this event could not have evolved into its current iconic status without their continued support.

Being the world's fastest half marathon is a feat in itself to achieve; however, remaining so points towards the combined efforts and vision of the leaders of our nation, the sponsors and patrons, the members of the Executive Organising Committee and of course the athletes themselves. To both the international and the locally based competitors we welcome you all to the RAK Half Marathon 2015 and wish you the greatest success in the race.

Nasser Mradad
Chairman



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 – 4,999 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. 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.



9TH RAK HALF MARATHON FASTER THAN EVER?

The question, in the last days before this year's RAK Half Marathon, after eight years of consistent record-breaking and astonishingly fast elite racing, should perhaps not be "Will it be a good day?", but "How great a day will it be?"

Of course from the superb elite field, flown in to blast around the even faster adjusted circuit, to every starter in the mass race, what constitutes "a great day", is quite different. Whether aiming to "get round", set a personal best, or simply celebrate the joy of running on a bright, sunny morning "because it's there", the RAK organisers do all they can to ensure they deliver a quality experience – for everyone.

While that ambition from the hosts doesn't exclude the Elite athletes, the unwaveringly single-minded focus of the "Formula 1" racers from Africa, does separate them from the majority; for them, this is "a job" and nothing but a world-class time, usually finishing in utter exhaustion, will send them home happy. Most super-elite never have and never will experience what most "RAKers" do - the simple pleasure of ambling round with a friend, smiling at the Finish, worry-free, fatigued but relaxed in spirit.

Almost to a man quiet and unassuming out of racing silks, because of the relative poverty of the rural life the vast majority are born in to, running fast at RAK and other world class races, is critical for many of them, indeed "life-changing". So why do they come and who are they this year?

Well firstly because at RAK, they are assured a fast time, and that in turn becomes currency for the coming year, or for some, a boost to their coming Marathon chances. And with then enhanced super-fast circuit, with perfect weather more or less guaranteed and the usual excellent organisation, RAK has proven a happy hunting ground year after year. And that word spreads back in the villages of Kenya's Rift Valley and amongst the huge training groups of Addis Ababa, to the point where this year again, truly world class fields will line up at the front for the ninth edition even though literally dozens have been turned away.

The men's favourite is Kenya's Eliud Kipchoge, who at just 18, became 5,000m world champion in 2003. Almost 12 years later, he is a formidable road racer, with three wins out of his four marathon starts and a half marathon best of 59:25 which is due for serious revision. Last year, only his second at the marathon, he won the prestigious Rotterdam and Chicago marathons and there is little doubt that his best is yet to be seen. For a man so used to winning in fast times, a world record is not a complete impossibility at RAK.

Against him will be a field as strong as any seen at RAK before, including other top Kenyans such as Jonathan Maiyo (PB 59:02), another of vast experience but who has never raced at RAK before; Peter Kirui (59:22), another with world class times from 10,000m to Marathon, who won the Prague Half Marathon last year but he too has never raced on something as



Media Guide 2015

fast as RAK; Cyprian Kotut (59:12) has the best recent form with that time coming in New Delhi last November; and Daniel Wanjiru (59:58) – no relation to the 2007 RAK Champion (and sadly deceased) Sammy Wanjiru – who is only 22 but has shown the capacity to go much faster. For the Ethiopians, Mosinet Geremew is a real danger, coming 3rd in last November's New Delhi Half in 59:11. Throw in 2014 Dubai winner Tsegaye Mekonnen, and there will be an unofficial Kenya v Ethiopia match of titanic proportions.

On the women's side too, there is an abundance of riches – no more so than in the tiny figure of Mary Keitany, the second fastest half marathon runner in history and outstanding favourite to take her third RAK title. It was in 2011 that this (now) mother of two tore around the RAK circuit to set a new world record of 65:50 retaining her title in 2012 (66:49). She later finished fourth in the London Olympic Marathon – when a few weeks pregnant! After taking 2013 out (for obvious reasons!), she returned to racing last year, destroying everyone she met in her three races, most notably winning the New York Marathon in November.

Facing the quiet but lion-hearted Keitany, will be defending RAK champion Priscah Jeptoo, another able to boast astonishing consistency. Second in 2013 (66:11), the same year she won the London and New York Marathons, she won RAK last year in 67:02 by over a minute and will not relinquish her crown without a steely battle. Also look out for late-entrant Elvan Abeylegesse of Turkey, who won RAK 2010 (67:07) and has a stunning array of fast times on the track (former world record at 5,000m) and right up to the marathon. Mix in Ethiopian half marathon record holder Meseret Hailu (66:56), Worknesh Degefa (67:49) and track-racer extraordinaire Wude Ayalew (67:58), and it's clear that for the women too, there is an unprecedented depth to the clash of the two so-proud East African nations. Let battle commence!



Media Guide 2015

THE ELITE FIELD – MEN

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

- 2 Eliud KIPCHOGE (KEN - 30) PB 59:25 (2.Lille, Sep 2012)**
Winner of Rotterdam Marathon 2014 // Winner of Chicago Marathon 2014 // Winner of Hamburg Marathon 2013 // Winner of Barcelona Half Marathon 2013 & 2014 // IAAF World Champion 5,000m 2003 // 6th fastest man in history at Marathon (2:04.05) // 4th fastest man in history at 5,000m.
Eliud Kipchoge could rightly claim to be one of the top 3 or 4 greatest runners in history, such is the range and longevity of his marvelous racing career. After his fabulous track exploits, which included a world title and World/Olympics medals galore, he began to focus on the roads in 2012-13 and the results are clear to see. His half marathon best is due for significant revision – and some believe with his speed at 5,000m and strength at Marathon, a world record is within his capability. Could RAK work its magic for him this year?
- 3 Jonathan MAIYO (KEN – 27) PB 59:02 (Den Haag, Mar 2012)**
Winner Zwolle Half 2014 (61:01) // 8.New Delhi Half 2014 (59:28) // 2nd Eindhoven Marathon 2014 (2:06.47) // 4th Dubai Marathon 2012 (2:04.56).
Though seldom a winner, Maiyo is one of the most consistent racers on the road circuit over the last 6-7 years. From his 21 half international half marathons, he's won only two, but he's broken the one hour mark four times, and the message is very clear – to beat him, you have to run VERY fast.
- 5 Mosinet GEREMEW (ETH – 23) PB 59:11 (3.New Delhi, Nov 2014)**
3rd New Delhi Half 2014 (59:11) // 2. Prague Half 2014 (59:54) // Winner Zhuhai Half 2013 // Winner Des Moines Half 2014.
Since committing to the roads in 2012, Geremew has improved dramatically through 2013-2014, to the point where he was ranked No.5 in the world in 2014. Though he's only run five half marathons, he either wins and/or runs tremendously fast times. Watch this space!
- 8 Peter KIRUI (KEN – 27) PB 59:22 (Prague, Apr 2014)**
Winner Prague Half 2014 (59:22) // 3rd Zaandam 10 Miles 2013 (45:31) // Winner New York Half 2012 (59:39) // Winner of Bogota Half 2012 // 6th Frankfurt Marathon 2011 (2:06.31).
Very strong and very fast, Kirui could spring a surprise at RAK 2015. Although he had a moderate run at the New York Marathon last November, his shorter distance speed in 2014 was superb.
- 9 Mike KIGEN (KEN – 29) PB 59:58 (3.New Delhi, 2011)**
3rd Adana Half 2015 (61:12) // 2nd Great North Half 2014 (60:00) // 3rd Paris Half 2014 (60:44) // 2nd Frankfurt Marathon 2014 (2:06:59 PB).
Another to have served his apprenticeship in the track races of Europe, Kigen's foray on to the roads in 2011 resulted in immediate success with his only sub 60 minute time coming in only his second ever half marathon. But his track pedigree suggests that clearly, on a circuit like RAK, he can go much faster.



Media Guide 2015

- 10 Daniel WANJIRU (KEN – 22) PB 59:58 (3.Prague, Apr 2014)**
3rd Prague Half 2014 (59:58) // Winner Krems Half 2014 (60:38) // 9th RAK Half 2013 (61:10)
// A prolific racer – he ran seven half marathons in 2013 – Wanjiru raced less in 2014 but go faster, and most recently his win in the Austrian city of Krems, was by over one minute. Mark him down as a dark horse in RAK.
- 11 Abera KUMA (ETH – 24) PB 60:19 (2.Birmingham, Oct 2012)**
2nd Great Birmingham Half 2012 (60:19) // 10th Dubai Marathon 2014 (2:09.53) // 3rd Berlin Marathon 2014 (2:05:56).
Though only 24, Kuma has already notched up an enviable series of great track performances including 5th in the 2013 world championships 10,000m. There is good reason to believe he can improve his half marathon best by a very big margin in RAK.
- 12 Edwin KIPTOO (KEN – 27) PB 61:13 (7. Valencia, Oct 2014)**
2nd Tilburg 10 Miles 2014 (45:51) //
Virtually brand new on the international racing scene, Kiptoo should be capable of going well under 60 minutes if his 10 mile best from last September is anything to go by....another to watch.
- 14 Tsegaye MEKONNEN (ETH – 19) PB 61:39 (1.Dubai, Jan 2014)**
Winner Dubai Marathon 2014 (2:04:32) // 5th London Marathon 2014 (2:08.06).
Mekonnen's astonishing win in Dubai last year, while notable as a new world junior record, was even more surprising as it was his debut marathon – and he was just 18 years of age. If his form is good, this very inexperienced young man could be the sensation of the day in RAK.
- 19 Demessew TSEGA (ETH – 26) PB 63:22 (1.St.Denis, Oct 2008)**
Winner Reims Marathon 2011 (2:09.44) // 3rd Rome Marathon 2012 (2:10.47).
Look for this marathon specialist to lop several minutes off his half marathon best. He might just trouble the very best as he runs without the pressure of being a favourite.



Media Guide 2015

THE ELITE FIELD – WOMEN

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

- 51 Priscah JEPTOO (KEN – 30) PB 66:11 (2.RAK, Feb 2013)**
Defending RAK Champion (won last year in 67:02)
2. RAK Half Marathon 2013 (PB)
Winner of London & New York Marathons in 2013
Silver Medalist in Marathon at the 2011 World Championships & 2012 London Olympic Games
No marathon in 2013, so Priscah comes to RAK fresh & ready to strongly defend her title.
- 52 Mary KEITANY (KEN – 32) PB 65:50 (1.RAK, Feb 2011, ex-WR)**
Twice RAK Champion (2011 & 2012) & former World Record holder (RAK 2011)
Winner of London Marathon 2012 (2:18.37) & New York City Marathon 2014 (2:25:07)
Winner of Great North Run 2014 (65:39) & of 2009 World Half Marathon Championships (66:36)
Second fastest half marathon runner ever & No.3 at Marathon. Out in 2013 for her second child, Mary came back in unbeatable form last year & now aims for her third RAK title. Her record at half marathon is unrivalled – she has won her last nine half marathons, going back to late 2007.
- 53 Meseret HAILU (ETH – 24) PB 66:56 (4.RAK, Feb 2013)**
Winner of Amsterdam Marathon 2012 (2:21:09 CR)
World Half Marathon Champion 2012 (68:55)
Holder of the Ethiopian National Record for half marathon after her 4th place at RAK in 2013, Meseret has enormous strength & speed and will provide stout opposition to the other runners.
- 54 Elvan ABEYLEGESSE (TUR – 32) PB 67:07 (1.RAK, Feb 2010)**
Winner of Nice Half Marathon 2014
Double Gold medallist at the 2010 European Championships (5,000 and 10,000m)
Elvan made her half marathon debut in RAK 2010 in the fastest ever debut, she also set the Turkish National Record.
- 55 Philes ONGORI (KEN – 28) PB 67:38 (Birmingham, Nov 2009)**
2. Yakohama Women’s Marathon 2014 (2:26:59)
2. Prague International Marathon 2013 (2:28:53)
2. Berlin Half Marathon 2013 (68:01)
A serial second-placer, Philes is a world-class track runner now specialising on the roads. Third at RAK in 2009 (67:50), Philes is one of the most consistent Kenyan racers and will be hard to beat.



Media Guide 2015

- 56 Worknesh DEGEFA (ETH – 24) PB 67:49 (3.Ostia, Mar 2013)**
Winner of Half Marathons in both Lisbon (68:46) & Gothenberg (70:12) in 2014.
2. Hervis Prague Half Marathon 2013 (68:12)
3. Ostia Half Marathon 2013 (PB)
Only 9th in RAK last year (69:43), Worknesh ran six half marathons last year, displaying enviable consistency in breaking 70 minutes in four of them.
- 57 Wude AYALEW (ETH – 26) PB 67:58 (2.New Delhi, Nov 2009)**
Winner of the Great Ethiopian Run 10K 2014
3. Prague (69:23) & 3. Luanda (68:36) Half Marathons in 2014
World class on track & road for nearly ten years, Wude was a world championships medallist at 10,000m in 2009 and after a quiet 2013, she started rounding in to form in late 2014.
- 58 Mamitu DASKA (ETH – 22) PB 68:07 (4.New Delhi, Nov 2009)**
Winner of Frankfurt Marathon 2011 (PB 2:21.59) & Boston Half Marathon 2014 (68:20 CR)
Arguably the world's top road racer in 2014, with a series of big wins on the roads in the USA. Mamitu displays has the strength of a fast marathoner but specializes at shorter distances.
- 59 Cynthia LIMO (KEN – 25) PB 68:24 (2.Boston, Oct 2014)**
2. Boston Half Marathon 2014 (PB)
5. Delhi Half Marathon 2014
A prolific racer, Cynthia won four of the six "halves" she ran in 2014, and with a personal best just last October, looks to be capable of kicking off her 2015 year with another fast time.
- 61 Josephine CHEPKOECH (KEN – 25) PB 68:53 (Barcelona, Feb 2013)**
Although she only raced three times in 2014, on new year's Josephine won a high class 10km race in Luanda – a sure sign that she'll arrive in RAK ready for a big PB.



Media Guide 2015

PRIZES & AWARDS

Prize Money

The RAK Half Marathon 2015 offers over 1,245,000 AED in cash prizes/bonuses!

Half Marathon - Junior Category (15 to 17)

Position	Men	Women
1	3,500	3,500
2	2,500	2,500
3	2,000	2,000
CR*	2,000	2,000

Half Marathon - Open Category

Position	Men	Women
1	50,000	50,000
2	35,000	35,000
3	25,000	25,000
4	18,000	18,000
5	15,000	15,000
6	10,000	10,000
7	7,500	7,500
8	5,500	5,500
9	3,500	3,500
10	2,000	2,000
CR*	18,000	18,000

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

Position	Men	Women
1	3,500	3,500
2	2,500	2,500
3	2,000	2,000
CR*	2,000	2,000

Half Marathon - Veterans Category (Men 55+ / Women 50+)

Position	Men	Women
1	3,500	3,500
2	2,500	2,500
3	2,000	2,000

CR*	2,000	2,000
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Special prizes for UAE Resident participants

Position	Men	Women
1	7,500	3,500
2	5,000	2,500
3	2,500	2,000
CR*	2,000	2,000

Special prizes for UAE National participants

Position	Men	Women
1	7,500	3,500
2	5,000	2,500
3	2,500	2,000
CR*	2,000	2,000

Special Prizes for Fastest Relay Team

Position	Team Relay
1	7,500
2	5,000
3	2,500

Inter-School Team Relay Challenge

Position	Team Relay
1	7,000
2	4,000
3	2,000

Half Marathon World Record Bonus – 365,000

CR - Course Record*

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

2014 TOP HALF-MARATHON PERFORMANCES
MEN

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

Time	Athlete	Nat	Pos	Venue	Date
0:58:48	Abraham Naibei CHEROBEN	KEN	1	Valencia, ESP	19-Oct-14
0:59:01	Kenneth Kiprop KIPKEMOI	KEN	2	Valencia, ESP	19-Oct-14
0:59:06	Guye ADOLA	ETH	1	New Delhi	23-Nov-14
0:59:07	Geoffrey Kipsang KAMWOROR	KEN	2	New Delhi	23-Nov-14
0:59:08	Geoffrey Kipsang KAMWOROR	KEN	1	København	29-Mar-14
0:59:11	Mosinet GEREMEW	ETH	3	New Delhi	23-Nov-14
0:59:12	Cyprian Kimurgor KOTUT	KEN	4	New Delhi	23-Nov-14
0:59:14	Leonard Patrick KOMON	KEN	1	Berlin	30-Mar-14
0:59:14	Abraham Naibei CHEROBEN	KEN	2	Berlin	30-Mar-14
0:59:18	Stanley Kipleting BIWOTT	KEN	5	New Delhi	23-Nov-14
0:59:21	Samuel TSEGAY	ERI	2	København	29-Mar-14
0:59:21	Guye ADOLA	ETH	3	København	29-Mar-14
0:59:21	Stephen Kosgei KIBET	KEN	6	New Delhi	23-Nov-14
0:59:21	Abraham Naibei CHEROBEN	KEN	7	New Delhi	23-Nov-14
0:59:22	Peter Cheruiyot KIRUI	KEN	1	Praha	5-Apr-14
0:59:23	Bedan Karoki MUCHIRI	KEN	1	Philadelphia, PA	21-Sep-14
0:59:25	Aziz LAHBABI	MAR	1	Ostia	2-Mar-14
0:59:28	Jonathan Kiplimo MAIYO	KEN	8	New Delhi	23-Nov-14
0:59:36	Lelisa DESISA	ETH	1	Ras Al Khaimah	14-Feb-14
0:59:38	Zersenay TADESE	ERI	4	København	29-Mar-14

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

2014 TOP HALF-MARATHON PERFORMANCES
WOMEN

The female world record is 1:05:12, set by Florene Kiplagat of Kenya on February 16th, 2014, in Barcelona, Spain.

Time	Athlete	Nat	Pos	Venue	Date
1:05:12	Florence Jebet KIPLAGAT	KEN	1	Barcelona	16-Feb-14
1:06:18	Joyce CHEPKIRUI	KEN	1	Praha	5-Apr-14
1:07:02	Priscah JEPTOO	KEN	1	Ras Al Khaimah	14-Feb-14
1:07:29	Gladys CHERONO	KEN	1	København	29-Mar-14
1:07:44	Mary Wacera NGUGI	KEN	2	København	29-Mar-14
1:07:52	Selly Chepyego KAPTICH	KEN	3	København	29-Mar-14
1:07:57	Edna Ngeringwony KIPLAGAT	KEN	1	Glasgow	5-Oct-14
1:08:01	Emily Chebet MUGE	KEN	1	Valencia, ESP	19-Oct-14
1:08:13	Flomena Cheyech DANIEL	KEN	2	Ras Al Khaimah	14-Feb-14
1:08:16	Gladys CHERONO	KEN	1	Yangzhou	20-Apr-14
1:08:20	Mamitu DASKA	ETH	1	Boston, MA	12-Oct-14
1:08:24	Cynthia Cherotich LIMO	KEN	2	Boston, MA	12-Oct-14
1:08:28	Emily Chebet MUGE	KEN	2	Praha	5-Apr-14
1:08:31	Guteni SHONE	ETH	3	Ras Al Khaimah	14-Feb-14
1:08:31	Sally Jepkosgei KIPYEGO	KEN	1	New York, NY	16-Mar-14
1:08:31	Eunice Jepkirui KIRWA	BRN	1	Luanda	7-Sep-14
1:08:32	Jemima Jelagat SUMGONG	KEN	2	Luanda	7-Sep-14
1:08:36	Helah KIPROP	KEN	4	Ras Al Khaimah	14-Feb-14
1:08:36	Wude AYALEW	ETH	3	Luanda	7-Sep-14
1:08:37	Lucy Wangui KABUU	KEN	4	København	29-Mar-14

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



Media Guide 2015

Word from Mr. Aaref Al Haranki

General Coordinator

As the General Coordinator of the Executive Organising Committee, it has been my great privilege to once again be involved in delivering the 2015 edition of the RAK Half Marathon. This year, as in previous years, it gives us great satisfaction to welcome athletes from all over the UAE, the Middle East and indeed the world, to compete in the world's fastest half marathon.

As the athlete trains on his physical condition in preparation for the half marathon race, so too does the Executive Organising Committee focus and prepare for this event, ensuring all items are ready and all components completed. It is also appropriate at this stage to acknowledge the exceptional efforts of the innumerable volunteers that tirelessly work together – often for extended periods – to ensure that the delivery of the RAK Half Marathon is held up to the international standards expected of a world class running event.

Aside from the undoubted high level of competition that has now become customarily expected of the RAK Half Marathon, we must also recognise those competitors visiting us from neighbouring emirates and countries. Their continued patronisation of the event has, to a great extent, contributed to the ever advancing development and growth of the RAK Half Marathon, resulting in a fine, high calibre event delivery every year.

We are always grateful to His Highness Sheikh Saud Bin Saqr Al Qasimi, Ruler of Ras Al Khaimah for his continued patronage of the RAK Half Marathon. We are indebted to our presenting sponsor Saqr Port, who again in 2015 whole heartedly supports the RAK Half Marathon, having done so continually since 2007. Also we must not forget our colleagues at Ras Al Khaimah Free Trade Authority, whose assistance has now become one of the backbones of the event.

We now invite each and every person visiting Ras al Khaimah – whether in an official, competitive or supporting role – to enjoy the natural beauty, relish in the traditional hospitality and compete in the world's fastest half marathon – the RAK Half Marathon, 2015.

Yours in Sport,

Aaref Al Haranki

General Coordinator



Media Guide 2015

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



Media Guide 2015

COURSE MAP

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



THE COURSE

Fastest half marathon course in the world!

In the past eight years, the RAK Half Marathon course has established itself as a record breaking fast course that has seen several National and World Records broken, including the Women's Half Marathon World Record by Mary Keitany in 2011. In 2014, a record number of 8 runners broke the one hour mark for the first time ever in the same race while 9 women finished in under 70 minutes!

Certification

After a slight modification to the route, the course was measured and certified by Grade A AIMS/IAAF Measurer Hugh Jones who will also ride in the lead vehicle alongside the elite athletes to ensure the runners do not deviate from the approved measured course. Another Grade A Measurer, John Kunkeler, will re-measure the course two days prior to the race and again immediately after the race in the case of any record claim.

The Course

The course will start and finish at the same place opposite the City Hotel and at the end of the Manar Mall car park (near the Carrefour sign) 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 on the Al Qawasim Corniche road turning around the roundabout under the Al Hisn bridge and returning along the Corniche Road until it turns right on 5B street and then left to head south again down Al Nahda Street (10-11km). Runners then turn left to the Al Shuhada (clock) Roundabout with a gentle curve around 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 (approx. 14.5km) and run along Khuzam Road past the Tower Links Golf Club where they will U-turn (approx. 16.5km) 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.



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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.

Water Stations

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

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 water at the Start and Finish Line.

Each 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.



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WEATHER CONDITIONS ON RACE DAY

Date	High	Low	Wind Speed	Precipitation
Feb 13, 2011	23°C	13°C	10 – 24 km/h	none
Feb 13, 2012	24°C	13°C	9 – 17 km/h	none
Feb 13, 2013	30°C	14°C	6 – 22 km/h	none
Feb 13, 2014	21°C	12°C	9 – 24 km/h	none
Feb 13, 2015	30°C	18°C	6 – 16 km/h	none

Great weather conditions are expected on Friday February 13th, 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 30 degrees, with a slight increase in humidity around 2pm, the race will be well and truly over.



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RUNNERS BY NATIONALITY

The RAK Half Marathon 2015 welcomes 96 different nationalities to the Start Line

Nationality	Percentage
Afghani	0.03
Algerian	0.13
American	6.29
Argentinian	0.16
Armenian	0.17
Australian	3.21
Austrian	0.35
Bahraini	0.41
Bangladeshi	0.38
Belarusian	0.03
Belgian	0.72
Brazilian	0.16
British	25.09
Bulgarian	0.16
Canadian	3.18
Chilean	0.03
Chinese	0.09
Colombian	0.66
Costa Rican	0.03
Croatian	0.06
Cypriot	0.06
Czech	0.19
Danish	0.66
Dominican	0.03
Dutch	1.45
East Timorese	0.03
Ecuadorian	0.03
Egyptian	1.16
Emirati	1.63
Estonian	0.06
Ethiopian	0.6
Filipino	9.49
Finnish	0.31
French	1.89
German	2.42

Ghanaian	0.03
Greek	0.22
Honduran	0.03
Hungarian	0.09
Indian	13.27
Indonesian	0.13
Iranian	0.16
Irish	4.46
Italian	0.91
Japanese	0.31
Jordanian	0.63
Kenyan	1.01
Korean	0.09
Kuwaiti	0.13
Kyrgyzstani	0.09
Lebanese	0.75
Lithuanian	0.03
Luxembourger	0.03
Macedonian	0.03
Madagascan	0.06
Malaysian	0.44
Mauritian	0.03
Mexican	0.06
Moroccan	0.5
Namibian	0.04
Nepalese	0.94
New Zealander	1.57
Nigerian	0.35
Norwegian	0.38
Omani	0.14
Pakistani	1.54
Palestinian	0.41
Polish	0.5
Portuguese	0.38
Puerto Rican	0.03

Romanian	0.31
Russian	0.31
Salvadoran	0.03
Saudi Arabian	0.25
Serbian	0.06
Singaporean	0.13
Slovak	0.09
Slovenian	0.06
Somalian	0.06
South African	4.09
Spanish	0.66
Sri Lankan	0.5
Sudanese	0.13
Swedish	0.44
Swiss	0.22
Syrian	0.42
Thai	0.06
Tunisian	0.09
Turkish	0.38
Ugandan	0.28
Ukrainian	0.06
Urugayan	0.03
Uzbek	0.03
Venezuelan	0.13
Vitenamese	0.03
Zambian	0.03
Total	100



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RUNNERS BY CITY (UAE/INTERNATIONAL)

City	Percentage
Abu Dhabi	13.74
Ajman	0.23
Al Ain	1.38
Dubai	58
Fujairah	1.84
Ras Al Khaimah	15.32
Sharjah	3
International*	6.49

- Most international runners came from: Bahrain, Canada, Germany, Kuwait, Norway, Oman, Saudi Arabia, United Kingdom, United States of America



RUNNERS BY CATEGORY

	MALE	FEMALE	TOTAL
Half Marathon	1,647	850	2,497
Team Relay Challenge	480	204	684
Total	2,127	1,054	3,181

OLDEST RUNNERS

Oldest male runner: Mike Boice, British, from Lewes, aged 72.
Bib number 1103

Oldest female runner: Jo Dun, Canadian, from Springfield Gardens NY, aged 74.
Bib number 1814

YOUNGEST RUNNERS

Youngest male runner: Sanjeev Nair, Indian, resident in Fujairah, aged 11.
Bib number 5122 (Team Angel Appeal 12)

Youngest female runner: Achala Santosh, Indian, from Sharjah, aged 11.
Bib number 5037 (Team Sharjah Buhairah Striders)



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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
General Information: info@saqrport.com**





RAK Free Trade Zone (RAK FTZ) – Presenting Sponsor of the Team Relay Challenge

A gateway to the emerging markets and one of the most cost-effective and business-friendly free zones in the United Arab Emirates (UAE), Ras Al Khaimah Free Trade Zone (RAK FTZ) was established in 2000 to offer aspiring entrepreneurs and international companies custom-made business solutions to enter the lucrative Middle East market.

The first free zone in the emirate of Ras Al Khaimah and one of the fastest-growing free zones in the UAE, RAK FTZ is the investment destination of choice for more than 7,000 companies from 106 countries representing more than 50 industry sectors.

With a reputation for affordability and flexibility, as well as a broad geographical reach, RAK FTZ is ideally positioned for easy access to the established and emerging markets from Europe to Africa, the Middle East and the dynamic Asia.

RAK FTZ Advantages:

- 100% tax exemption with no corporate, income or other taxes
- 100% foreign ownership
- Fixed foreign exchange rate and no restrictions on capital and profit repatriation
- No custom or import duty on re-exported goods
- Flexible labour rules and ability to source employees globally
- Less than an hour from Dubai's logistical centres

Business Friendly Approach

RAK FTZ is the first and only free zone to offer an international network of strategically located promotion and business centres throughout the UAE and internationally with liaison and promotion centres located in Cologne, Germany; Mumbai, India; and Istanbul, Turkey, as well as promotion centres providing marketing, sales and client support, and administrative services for visa and licence applications and renewals at key locations in Abu Dhabi and Dubai.

The free zone provides fast track business set-up procedures with minimum requirements for companies entering the Middle East market. The free zone also offers value-added support services to investors through the Mazeed service portfolio, which caters to the specific needs of the free zone clients, covering IT set-up services, marketing requirements, and procurement and recruitment assistance.

Cost-effective Investment Solutions

RAK FTZ has four specialised parks – Business, Industrial and Technology parks and Academy Zone. The free zone offers a full spectrum of cost-effective facilities for small, medium and large businesses with shared office products for start-up businesses, offices for bigger enterprises, and warehouses and serviced industrial land for those looking to expand their regional and global commercial operations.



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SAUCONY

At Saucony, we exist for runners. Runners inspire us, bring us new ideas, 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.

Contact Details:

Tel: 800(SPORTS)

www.orlandosportsuae.com



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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
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Fax: +971-7-2074455
E-mail: mail@rakhospital.com



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UPS – OFFICIAL LOGISTICS PARTNER

International Profile:

UPS (NYSE:UPS) is a global leader in logistics, offering a broad range of solutions including the transportation of packages and freight; the facilitation of international trade, and the deployment of advanced technology to more efficiently manage the world of business. UPS is the world's largest package delivery company offering an extensive range of services to enable the movement of goods, information and funds across the globe. Headquartered in Atlanta, Georgia, UPS serves more than 220 countries and territories worldwide and employs close to 398,000 people worldwide to make the delivery of 16 million packages per day possible.

The UPS Foundation has developed a multi-sector commitment to address and relieve urgent humanitarian needs worldwide. UPS delivers three key ingredients to these efforts – time (volunteerism), talent (skills and knowledge of UPS employees), and treasure (financial support). In 2013 UPS was recognized as one of America's most community-minded companies through the Civic 50 award.

Middle East Overview:

UPS (UAE) LLC has been operating in the United Arab Emirates since 1995, offering a wide range of Express, Freight and Logistics services to our customers. The UPS Gateway facility at Dubai airport supports regional trade with weekly flights to US, Europe and China.

UPS is committed to streamlining and maximizing the supply chain's full potential by investing in emerging markets enabling customers to achieve their growth potential. By investing extensively across the Middle East and Africa in the past 2 years, UPS has built a network of 50 contract logistics facilities which form part of UPS's reliable global network ready to be tapped into by both local and multi-national companies.

In 2013 UPS expanded to a larger full service contract logistics facility, doubling warehouse capacity. The facility in Dubai is the latest investment to expand UPS's footprint in the UAE, facilitating trade throughout the region to Europe and Asia and contributing to the UAE's role as a regional trade hub.

Contact Details:

Our UAE facilities are conveniently located in Abu Dhabi, Dubai, Fujairah, Sharjah, Ras Al Khaimah and Jebel Ali and can be contacted via our toll free number: 800 4774.

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

UPS news direct, visit pressroom.ups.com



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AL AIN – OFFICIAL WATER PARTNER

Al Ain Food & Beverages P.J.S.C (Formerly Al Ain Mineral Water 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. Al Ain Food & Beverages P.J.S.C is 100% owned by the Abu Dhabi based food and beverage company; Agthia Group P.J.S.C., which is a listed company in Abu Dhabi Securities Market (ADX).

The state-of-the-art, ISO 90001:22000:14000, OHSAS: 18000 certified Al Ain Food & Beverages factory uses fully automated manufacturing processes. The factory is equipped with a modern laboratory that has the latest equipment to test the water and packaging material to ensure that products of the highest quality are manufactured.

Al Ain Food & Beverages values continuous improvement and high quality standards which lead to recognitions by prestigious award giving bodies. In 2013, it is the only FMCG Company that has been honored with an 'Award of Appreciation' from SKEA (Sheik Khalifa Excellence Award). Recently, The Company has also been awarded by the 'Middle East Excellence Awards Institute' for the category of "Middle East Bottled Water Suppliers Excellence Award".

The company produces Al Ain Mineral Water; one of the leading bottled water brands in the UAE that has a strong heritage and tradition where it is the clear number one brand choice amongst consumers.

Al Ain's competitive advantage is driven, and subsequently reinforced, by historically strong consumer perceptions related to its quality, reputation, heritage, and trustworthiness. It is a contemporary and modern brand having broad appeal, acceptance, and loyalty across all segments and nationalities of the UAE's ever changing and diverse demographic landscape.

Al Ain Mineral Water is the preferred choice for major UAE world class institutions like Etihad Airways, Emirates Airlines for their onboard requirements. Leading hotels like Emirates Palace Hotel, Jumeirah Group, Atlantis Hotel, Kempinski Hotels and Raffles Hotel all have made Al Ain Mineral Water their preferred choice.

Al Ain Mineral Water is available in PET bottles and cups; in glass bottles both still and sparkling formats; and in large 5-gallon; home-delivery bottles.



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Adventure HQ

Adventure HQ is the ultimate outdoor adventure superstore and is proudly born and bred in Dubai as an initiative of Sharaf Retail.

Adventure HQ is a dedicated outdoor adventure retail specialist offering equipment for a wide range of active lifestyle pursuits such as: fishing, kayaking, diving, camping, hiking, cycling, off-roading, yoga, fitness, stand up paddling, water sports, active wear, footwear plus plenty more.

Whether you're a first timer, weekend enthusiast or accomplished adventurer, Adventure HQ supplies the widest and most diverse range of equipment and supporting services for your outdoor adventures.

More than just another retail store, Adventure HQ offers a unique retail environment where you can have an adventure while you shop.

Activities include a 'Climbing Pinnacle' and 'Cable Climb' which are designed to challenge your adventurous skills. The store also features a 'Chill Chamber', the coolest place in Dubai for testing gear designed for cold conditions. There is also a 'Discovery Lounge' where you can kick back, relax, read a magazine, tap into the free Wi-Fi and watch all the latest action footage on the big screen.

Adventure HQ offers a dedicated 'Adventure Club' for our customers, by joining The Adventure Club, a free membership, you are rewarded with special offers and exclusive discounts, are the first to hear about our new products and promotions, invited to exclusive events and product demonstrations and receive a birthday present in the month of your birthday.

We also offer a rental program which allows customers to 'try-before-you-buy', where we will deduct the rental price against the purchase price.

Adventure HQ is expanding in 2014 with additional stores opening in Dalma Mall, Abu Dhabi and The Beach at JBR in Dubai. Check our website www.adventurehq.ae for more details.

Live the adventure!!



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OutdoorUAE

OutdoorUAE is the community hub for all adventurers and outdoor people living or visiting the UAE and Middle East. Our monthly magazine (along with its online counterpart, OutdoorUAE.com) focuses on all popular outdoor activities in the UAE and the Middle East. We aim to support, nurture and help grow the ever-increasing outdoor community in the UAE and the Middle East. Here at OutdoorUAE, we get involved in the content and create a genuine feel to the magazine with real life experiences.

The magazine now has more double page spreads, packed with information, a bigger focus on content, imagery and features. It also contains useful day to day information (tips n' tricks!) that keeps our readers craving more. To be closely connected to the community, you will not only find us on Facebook but also at most of the outdoor and sports events in the UAE.

All our efforts are focused to connect people and getting them involved in outdoor activities as well as a healthy and environmental-friendly lifestyle. The adrenaline and fun factor in it always plays a major role.

Facebook: [Facebook.com/OutdoorUAE](https://www.facebook.com/OutdoorUAE)

Twitter: [Twitter.com/OutdoorUAE](https://twitter.com/OutdoorUAE)

Youtube: www.youtube.com/user/OutdoorUAE

Instagram: <http://instagram.com/outdooruae>

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