

Welcome to the RAK Half Marathon 2016!

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 by email media@rakmarathon.org before Race Day or visit the Media Center.

Pre-Race Press Conference: Hilton Hotel Al Marjan Island, Thursday 11 February, 11.00am

Media Center: City Hotel (across from start/finish line), Friday 12 February, 6.00am

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Word from Brigadier (Retired) Nasser Mradad
Chairman of the Executive Organizing Committee

We once more express our deepest appreciation to 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 al Qasimi, the Crown Prince, for their unwavering support for the RAK Half Marathon without which this event would not be the international success that it is today.

For the tenth year, Ras Al Khaimah today is welcoming participants from all over the United Arab Emirates and further afield, many of whom now consider the RAK Half Marathon as a staple in their yearly running calendar.

It is thanks to their continuous support that this event has continued to grow year after year and as we celebrate our tenth anniversary today, we look back at all the achievements that this race has witnessed in these past years. From world records set by some of the world's greatest distance runners to the personal victories of the recreational runners, whether completing their first half marathon or setting a new personal best time after months of training, every runner's experience is now a part of the RAK Half Marathon's history.

On behalf of the Organizing Committee I would also like to thank all of the Partners and Sponsors of the RAK Half Marathon for their essential and valuable support and commitment to this important event in our Emirate's calendar. This especially extends to our friends at Saqr Port, the Presenting Sponsor for their tireless devotion to ensuring every year's event does not just meet expectations, but also exceeds them as well.

We proudly welcome you all to this 10th Anniversary Edition of the RAK Half Marathon and to enjoy all that our emirate has to offer.

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.

Athletic Achievements in RAK

As the highest accredited road race in the Middle East and statistically the fastest half marathon in the world, 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 10th running of this super fast race, we take a look back on the more notable elite performances of the past decade:

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. A decade later, Wanjiru's time is still in the Top 10 all-time fastest half marathon times.

2008

A further 4 sub-60 finish times from the men with the 2007 runner up Patrick Makau taking first place this year, followed very closely 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 (at the time), 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.

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 who finished in a very fast 67:18 picked up a New Ethiopian National Record as well.

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.

2011

Another year sees another 3 men dip under the 60 minute mark, but this was eclipsed by the women's race that saw Kenya's Mary Keitany set a new World Record (ratified) of 1:05:50, entering the RAK Half Marathon in the Guinness Book of World Records. Behind her, a further 5 women finished the race in under 70 minutes!

2012

For the first time in the RAK Half Marathon's history, the winner of the race failed to break the 60 minute mark. In spite of the Elite field boasting no less than nine sub-hour runners, it was relatively unknown Dennis Kimetto who claimed victory in a time of 1:00:40 in his first race outside of his native Kenya (2 years later he would go on to break the Marathon World Record in Berlin).

In the ladies' race, Mary Keitany defended her title and although her time of 1:06:49 was almost one minute slower than her World Record time from the year before, she still managed to keep a margin of more than two minutes between her and the second female finisher!

2013

Making up for the slower finish times of the previous year, 5 men finished in under 60 minutes with 3 of them finishing in under 59 minutes, the most in the same race, and securing the top 3 performances of the year in the world!

The women's race was equally impressive with 4 ladies finishing under 67 minutes, 6 under 68 minutes and 10 under 69 minutes! All but one of the top 6 performances of the year were held in Ras Al Khaimah.

2014

The 8th edition of the RAK Half Marathon saw a world record of another kind as 8 men finished under 60 minutes, the first time this has ever happened in the same race, with a mere 18 seconds between the first and the 8th finisher.

Kenya's Priscah Jeptoo comfortably won the women's race in 1:07:02 (3rd best time that year), well over a minute ahead of the second place finisher. 6 ladies finished in under 69 minutes and 9 under 70 minutes.

2015

Mary Keitany won her third RAK title in a time of 1:06:02, with Ethiopia's Mamitu Daska getting second place just 26 seconds behind. Daska also broke the Ethiopian National record by 28 seconds, held previously by Meseret Hailu that was set also in RAK in 2013.

2016

What to Expect

Once again, some of the fastest runners in the world will be lining up for the start of the RAK Half Marathon and although the final start list is not announced until closer to the date, great racing and fast times are always guaranteed! What also makes the RAK Half Marathon line-up so exciting is that up until the last few kilometers of the race, the outcome is rarely predictable. Except for Mary Keitany's consistently 'comfortable' wins, it is mostly a very close race to the finish and the title could be as easily won by the most decorated athlete of the field or by a novice with no world records to their name. Yet.

THE ELITE FIELD – MEN

- 1 Zersenay TADESE (ERI - 34) PB 58:23 (Lisbon, Mar 2010)**
 World Record Holder for Half Marathon and 20K // World Half Marathon Champion in 2008, 2009 and 2012
Indisputably the world's greatest half marathon runner ever. Has held the World Record (58:23) since March 2010 and broken 60 minutes more often than anyone in history. Fine return to form in Delhi last November with a 59:24 clocking.
- 2 Abraham CHEROBEN (KEN - 23) PB 58:48 (Valencia, Oct 2014)**
 Winner of Valencia Half Marathon in the fastest time in 2015!
The fifth fastest man ever (58:48 win at Valencia, Spain in 2014) is also ultra-consistent; still only 23, he's broken 60 minutes in five of his last six races. While he's never run a full marathon, his speed endurance is not in question and at worst, he'll start in RAK 2016 as joint favourite.
- 3 Stanley BIWOTT (KEN – 29) PB 58:56 (RAK, Feb 2013)**
 Winner of New York Marathon 2015 // 2nd place in London Marathon 2014
2nd in RAK 2013 in his best time (58:56), he is a superb runner at both Half & Full marathon, most recently winning New York (the world's largest marathon) last November. His consistency is enviable and with his 2nd & 4th places in the last two London Marathons, he has strength aplenty.
- 4 Wilson KIPSANG (KEN – 33) PB 58:59 (RAK, Feb 2009)**
 Former marathon World Record holder (2:03.23 at Berlin 2013), he is another who's best time (58:59) came at RAK when he was 2nd in 2009. Also 3rd in RAK in 2012, the year he won the first of his two London titles and took Olympic marathon bronze, his return to RAK, guarantees a fast race!
- 5 Micah KOGO (KEN - 29) PB 59:07 (Great North Run, 2012)**
 The second fastest man ever at 10km on the roads (27:01 in 2009), can boast a superb Half best of 59:07, but he can undoubtedly go faster. He's only tackled the full Marathon over the last three years, but that added strength might yet project this 29 year old in to the sub 59 minute club.
- 7 Leonard KOMON (KEN – 28) PB 59:14 (Berlin, Mar 2014)**
 Able to boast world records at road 10km (26:44 at Utrecht 2010) and 10 Miles (44:27 in 2011), his Half Marathon best of 59:14 can be improved a great deal and RAK 2016 might well be just the place. With fabulous track speed too, he could be the one to upset those with marathon strength.
- 8 Birhanu LEGESE (ETH – 22) PB 59:20 (Delhi, Nov 2015)**
 This powerfully built 22 year old sprung a surprise with his win in Delhi last November (PB of 59:20), outsprinting a stellar field in the Indian capital. Making his Half debut in 2015 did not deter him, as he won his first ever 21km race in Berlin with 59:45. Can he turn back the Kenyans?

- 9 Simon CHEPROT (KEN – 25) PB 59:20 (Ostia Lido, 2013)**
An out-and-out road racer, his best of 59:20 was set in 2013, so three years stronger and wiser should see this still fresh talent go quicker in RAK. He's rarely raced outside of Europe but the warmth and pack-speed of RAK this year, ought to suit him.
- 10 Edwin KIPTOO (KEN – 22) PB 59:26 (Delhi, Nov 2015)**
Yet another youngster (22) who was 4th in RAK last year (60:10) but who is hungry to go much faster this time round. His best ever Half was also a 4th in Delhi in November (59:26), where the early pace was slow. If he can hang on to the pacers in RAK, who knows what he can do.
- 11 Edwin KIPYEGO (KEN – 25) PB 59:30 (Copenhagen, Sep 15)**
Winner of Marseilles – Cassis 20K 2015, Edwin also broke the 60 minute barrier in Copenhagen last year improving his previous best time by more than 30 seconds!
- 12 Nguse AMLOSOM (ERI – 29) PB 59:39 (RAK, Feb 2014)**
Winner of Lisbon Half Marathon last October and boasts 3 sub-60 half marathons including a second place in RAK a couple of years ago.
- 14 Emmanuel BETT (KEN – 30) PB 60:08 (Azpeitia, Mar 2015)**
Emmanuel really came to prominence in 2012 when he finished the year as the world's fastest 10,000m runner. 2015 has seen him excel on the road and in March he set a half marathon PB of 60:08 when winning in Azkoeitia-Azpeitia and also took victory in the Cape Town Run 12k in a time of 33:32, a time which puts him number 2 on the all-time list for that distance.
- 15 Cosmas BIRECH (KEN – 29) PB 60:23 (Lille, Sep 2015)**
A relative new-comer to the road race scene, Cosmas has raced in 6 half marathons in 2015 and finished on the podium in 5 of them!
- 16 Deribe ROBI (ETH – 25) PB 62:42* (Rotterdam, Apr 2014)**
*A prolific marathon runner, Deribe will be making his Half Marathon debut in RAK this year.
half-way marathon time
- 20 David KOGEI (KEN – 29) PB 59:46 (Berlin, Mar 2015)**
- 21 Simion LELEI (KEN – 29) PACER**

THE ELITE FIELD – WOMEN

- 52 Priscah JEPTOO (KEN – 32) PB 66:11 (2.RAK, Feb 2013)**
4th fastest half marathon runner of all time // Silver medal at Olympic Marathon in London 2012 One of the fastest ever with a 65:45 win at the UK's Great North Run 2013 (downhill course), this 31 year old is a "banker", who never runs badly. Indeed, she won RAK 2014 (67:02) but went faster when 2nd the previous year (66:11) behind Lucy Kabuu. With the latter a late pull-out, is the door open again?
- 53 Joyce CHEPKIRUI (KEN – 27) PB 66:19 (Prague, Apr 2014)**
A prolific racer (she ran 11 half marathons in 2010, winning 9 of them!), she has broken 70 minutes nine times and her best of 66:19 in 2014 was yet another win. She also won the Amsterdam Marathon last October (2:24) so has strength, speed & guile; what more is needed to win RAK?
- 54 Gladys CHERONO (KEN – 32) PB 66:38 (Istanbul, Feb 2010)**
Reigning World Half Marathon Champion // World no. 4 in 2015 Third in RAK 2012 in 69:14, she is one of the oldest in the race – and therefore one of the most experienced. Her PB of 66:38 was a win in Istanbul last April, and her win at the Berlin Marathon last September (a PB of 2:19.25) shows she's aging like fine wine. She will be there at the death!
- 55 Cynthia LIMO (KEN – 26) PB 66:41 (Houston, Jan 2016)**
Winner of Delhi Half Marathon 2015 // 5th fastest in 2015 Another with a third place in RAK, this time last year (67:02), she has already gone faster this year with a PB 66:41 in Houston on 17th January. She also won a slowish tactical race in Delhi last November (68:35), so she's clearly in a rich vein of form and that Houston PB might have a short life span!
- 56 Worknesh DEGEFA (ETH – 25) PB 67:14 (Prague, Mar 2015)**
Fourth at RAK last year (70:44), she proceeded to go quicker in four of her five other Halves of 2015, producing a lifetime best in Prague when winning in 67:14 last March. If her timing is better this year, she will place top three in RAK and again, that PB is living on borrowed time.
- 57 Peres JEPCHIRCHIR (KEN – 22) PB 67:17 (Ústí nad Labem, Sep 2015)**
Although RAK 2016 will only be her third ever Half, she's a formidable competitor with a best of 67:17 to win by nearly three minutes in the Czech Republic last September. That alone says she can go a lot faster, so at 22 and as world No.1 for Road 10km in 2015, she's a real danger!
- 59 Wude AYALEW (ETH – 28) PB 67:58 (Delhi, Nov 2009)**
A great track racer of years gone by (30:11 for 10,000m), at 28 she can still improve her Half best of 67:58 set in Delhi 2009. She has never raced RAK before so the perfect conditions which prevail year after year, might project her to a Half best which equates to her best track times.
- 60 Genet YALEW (ETH – 23) PB 68:12 (Valencia, Oct 2015)**
Her excellent track times suggest that this 23 year old can improve markedly on her best of 68:12, set in Valencia last October. The fast pack in RAK drags great performances out of the elite every year and a series of PBs at 5000m, 10,000m & Half Marathon last year, suggest she fits the bill.

- 61** **Rose CHELIMO (KEN – 26)** **PB 68:22 (Lisbon, Mar 2015)**
a Half specialist, she's raced RAK once before, a 7th in 2012 (71:31) but with a best of 68:22 to win in Lisbon last March, she can clearly go a great deal faster. A winner in five of her last eight halves, means she's a real racer and with a quick tempo in RAK, she might benefit from the perfect storm.
- 62** **Gladys CHESIR (KEN – 22)** **PB 68:38 (Delhi, Nov 2015)**
Fastest 10K time in Berlin 2015 // 3rd place in Delh Half Marathon 2015
- 63** **Doris CHANGEYWO (KEN – 31)** **PB 68:49 (Rabat, Apr 2011)**
A former Commonwealth and World Cross Country medallist who is now back to full fitness after the birth of her children. She finished second at the Great Scottish Run in October (running 69:50) and then third at the Great South Run 3 weeks later. At her current rate of progression Doris can be in shape to challenge her half-marathon PB in RAK.
- 64** **Jemima JELAGAT (KEN – 31)** **PB 68:32 (Luanda, Sep 2014)**
4th place in World Marathon Championships Beijing 2015
- 65** **Gulume Tollesa CHALA (ETH – 23)** **PB 69:28 (Yangzhou, Apr 2014)**
Her recent win at the Frankfurt Marathon (October 2015) saw Chala run a personal best by more than 6 minutes! If she can improve her Half Marathon time at a similar rate in RAK we might be in for a surprise!
- 66** **Tadelech BEKELE (ETH – 24)** **PB 68:38 (Valencia, Oct 2013)**

PRIZES & AWARDS

Prize Money

The RAK Half Marathon 2016 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

Special prizes for UAE Resident participants

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

Special prizes for UAE National participants

Position	Men	Women
1	7,500	7,500
2	5,000	5,000
3	2,500	2,500
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.

2015 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
0:59:10	Abraham Naibei CHEROBEN	KEN	1	Valencia, ESP	18-Oct-2015
0:59:14	Bedan Karoki MUCHIRI	KEN	1	København	13-Sep-2015
0:59:20	Stanley Kiplating BIWOTT	KEN	1	Den Haag	08-Mar-2015
0:59:20	Birhanu LEGESE	ETH	1	New Delhi	29-Nov-2015
0:59:21	Mosinet GEREMEW	ETH	2	New Delhi	29-Nov-2015
0:59:24	Zersenay TADESE	ERI	3	New Delhi	29-Nov-2015
0:59:26	Edwin Kiprop KIPTOO	KEN	4	New Delhi	29-Nov-2015
0:59:26	Jonathan Kiplimo MAIYO	KEN	5	New Delhi	29-Nov-2015
0:59:28	Cyprian Kimurgor KOTUT	KEN	2	Den Haag	08-Mar-2015
0:59:28	Alex Oloiptip KORIO	KEN	2	København	13-Sep-2015
0:59:30	Edwin KIPYEGO	KEN	3	København	13-Sep-2015
0:59:32	Mohamed FARAH	GBR	1	Lisboa	22-Mar-2015
0:59:32	Simon CHEPROT	KEN	4	København	13-Sep-2015
0:59:33	Micah Kipkempoi KOGO	KEN	3	Ostia Lido	01-Mar-2015
0:59:35	Edwin Kiprop KIPTOO	KEN	3	Den Haag	08-Mar-2015
0:59:37	Robert Kwemoi CHEMOSIN	KEN	1	Ostia Lido	01-Mar-2015
0:59:38	Geoffrey Kipkorir KIRUI	KEN	6	New Delhi	29-Nov-2015
0:59:39	Simon CHEPROT	KEN	2	Ostia Lido	01-Mar-2015
0:59:43	Geforey KUSURO	KEN	3	Ostia Lido	01-Mar-2015
0:59:45	Birhanu LEGESE	ETH	1	Berlin	29-Mar-2015

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

2015 TOP HALF-MARATHON PERFORMANCES

WOMEN

The female world record is 1:05:09, set by Florene Kiplagat of Kenya on February 15th, 2015, in Barcelona, Spain.

Time	Athlete	Nat	Pos	Venue	Date
1:05:09	Florence Jebet KIPLAGAT	KEN	1	Barcelona	15-Feb-2015
1:06:02	Mary Jepkosgei KEITANY	KEN	1	Ras Al Khaimah	13-Feb-2015
1:06:28	Mamitu DASKA	ETH	2	Ras Al Khaimah	13-Feb-2015
1:06:38	Gladys Cherono KIPRONO	KEN	1	Istanul	26-Apr-2015
1:06:38	Mary Jepkosgei KEITANY	KEN	1	Olomuc	20-Jun-2015
1:07:02	Cynthia Cherotich LIMO	KEN	3	Ras Al Khaimah	13-Feb-2015
1:07:14	Worknesh DEGEFA	ETH	1	Praha	28-Mar-2015
1:07:17	Peris CHEPCHIRCHIR	KEN	1	Usti nad Labem	12-Sep-2015
1:07:31	Netsanet GUDETA	ETH	1	Valencia	18-Oct-2015
1:07:51	Worknesh DEGEFA	ETH	2	Valencia	18-Oct-2015
1:08:08(A)	Georgina RONO	KEN	1	Nairobi	08-Mar-2015
1:08:12	Genet YALEW	ETH	3	Valencia	18-Oct-2015
1:08:13(A)	Mercy Jerotich KIBARUS	KEN	2	Nairobi	08-Mar-2015
1:08:13	Worknesh DEGEFA	ETH	1	Göteborg	23-May-2015
1:08:17	Selly Chepyego KAPITCH	KEN	1	Okayama	23-Dec-2015
1:08:18	Flomena Cheyech PKIACH	KEN	1	Luanda	06-Sep-2015
1:08:21	Yebrgual MELESE	ETH	2	Praha	28-Mar-2015
1:08:21	Rebecca Kangogo CHESIR	KEN	1	Milano	29-Mar-2015
1:08:21	Edna Ngeringwony KIPLAGAT	KEN	1	Glasgow	04-Oct-2015
1:08:22	Rose CHELIMO	KEN	1	Lisboa	22-Mar-2015

(A) - Altitude

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

Word from Captain Aaref Al Haranki

Deputy Chairman of the Executive Organizing Committee and General Coordinator

We are grateful to His Highness Sheikh Saud Bin Saqr Al Qasimi, Ruler of Ras Al Khaimah and His Highness Sheikh Mohammed Bin Saud Al Qasimi, the Crown Prince, for their patronage and support from the beginning of this event ten years ago. The RAK Half Marathon is a sporting event that has gathered more and more interest year after year and continues to do so in 2016. Our appreciation is naturally extended to our Presenting Sponsor Saqr Port for supporting this event for each of the 10 years and who continues to ensure its success.

As the General Coordinator of the Executive Organising Committee, it has been my great privilege to be part of this great event that has taken the name of Ras Al Khaimah around the world and has allowed so many people to witness the glory of our stunning emirate. It is with great pride that I have watched this event grow year after year and become one of the most anticipated events on the global road race calendar.

On its tenth anniversary, the RAK Half Marathon once again welcomes runners from across the globe many of who have discovered Ras Al Khaimah through their participation in previous editions of the race and have been coming back year after year to take part in this premier race and to enjoy the hospitality and majestic natural setting that our emirate has to offer. I also thank all those who participated in this race over the years and extend a special welcome to those who will be taking part for the first time this year.

Aaref Al Haranki

Deputy Chairman and 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

Fastest half marathon course in the world!

In the past nine 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.

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.

WEATHER CONDITIONS ON RACE DAY

Date	High	Low	Wind Speed	Precipitation
Feb 12, 2012	24°C	13°C	9 – 17 km/h	none
Feb 12, 2013	30°C	14°C	6 – 22 km/h	none
Feb 12, 2014	21°C	12°C	9 – 24 km/h	none
Feb 12, 2015	26°C	18°C	6 – 16 km/h	none
Feb 12, 2016	25°C	12°C	8 – 16 km/h	none

Great weather conditions are expected on Friday February 12th, 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 25 degrees, with a slight increase in humidity around 2pm, the race will be well and truly over.

RUNNERS BY NATIONALITY

The RAK Half Marathon 2016 welcomes 98 different nationalities to the Start Line

Nationality	Percentage
Afghani	0.03
Algerian	0.11
American	5.75
Argentinian	0.14
Armenian	0.08
Australian	2.51
Austrian	0.28
Bahraini	0.78
Bangladeshi	0.25
Belarusian	0.03
Belgian	0.75
Brazilian	0.2
British	24.04
Bulgarian	0.11
Canadian	2.62
Chadian	0.03
Chinese	0.47
Colombian	0.25
Comorian	0.06
Croatian	0.08
Cuban	0.03
Cypriot	0.03
Czech	0.11
Danish	0.67
Dutch	1.23
East Timorese	0.03
Ecuadorian	0.03
Egyptian	1.23
Emirati	2
Eritrean	0.06
Estonian	0.03
Ethiopian	0.25
Filipino	11.56
Finnish	0.25
French	2.12

German	2.6
Ghanaian	0.08
Greek	0.28
Hungarian	0.14
Indian	13.85
Indonesian	0.2
Iranian	0.22
Iraqi	0.06
Irish	3.66
Italian	1.42
Japanese	0.22
Jordanian	0.78
Kazakh	0.06
Kenyan	0.89
Korean	0.06
Kuwaiti	0.1
Latvian	0.03
Lebanese	0.87
Libyan	0.06
Lithuanian	0.06
Macedonian	0.03
Madagascan	0.03
Malaysian	0.59
Mauritian	0.03
Mexican	0.2
Moroccan	0.73
Mozambican	0.03
Namibian	0.03
Nepalese	0.89
New Zealander	1.26
Nigerian	0.08
Norwegian	0.47
Omani	0.11
Pakistani	1.42
Palestinian	0.25

Peruvian	0.03
Polish	0.36
Portuguese	0.47
Romanian	0.34
Russian	0.73
Saudi	0.28
Serbian	0.36
Singaporean	0.03
Slovak	0.03
Slovenian	0.03
Somali	0.06
South African	3.71
Spanish	0.81
Sri Lankan	0.73
Sudanese	0.11
Swedish	0.14
Swiss	0.31
Syrian	0.39
Tajikistani	0.03
Thai	0.08
Tunisian	0.14
Turkish	0.28
Ugandan	0.2
Ukrainian	0.08
Venezuelan	0.08
Vietnamese	0.06
Yemeni	0.11
Zimbabwean	0.03
Total	100

RUNNERS BY CITY (UAE/INTERNATIONAL)

City	Percentage
Abu Dhabi	13.82
Ajman	0.51
Al Ain	1.41
Dubai	58.4
Fujairah	1.75
Ras Al Khaimah	12.18
Sharjah	4
Umm Al Quwain	0.23
International*	7.97

- **Most international runners came from: Qatar (23%), Saudi Arabia (9%), United Kingdom (8.8%), Bahrain (8.5%), Oman (6%) and the United States (4.5%)**

RUNNERS BY CATEGORY

	MALE	FEMALE	TOTAL
Half Marathon	1,940	1,032	2,972
Team Relay Challenge	468	140	608
Total	2,408	1,172	3,580

OLDEST RUNNERS

Oldest male runner:

Aksel Lovenholm, Norwegian, from Ulset, aged 74.
Bib number 2988

Oldest female runner:

Jennifer Watson, British, resident in Dubai, aged 68.
Bib number 5004 (Mall Walking Sisters Team 1)

YOUNGEST RUNNERS

Youngest male runner:

Ansgar Van Der Brug, Dutch, resident in Fujairah, aged 11.
Bib number 5112 (Team Angel Appeal 13)

Youngest female runner:

Greta Prodi, Italian, resident in Ras Al Khaimah, aged 11.
Bib number 5019 (Team RAKA Racers)

SPONSORS & PARTNERS

SAQR PORT – Presenting Sponsor

“Delivering Excellence to all our Stakeholders”

Saqr Port – part of the RAK Ports group, has developed into the largest dry bulk port in the MENA region. Annually Saqr Port handles approx. 52 million tonnes of bulk cargo. Saqr Port has a unique geographical position. Located close to the Straits of Hormuz at the entrance to the Arabian Gulf, Saqr is the first major port in the United Arab Emirates.

Saqr Port now brings the latest cargo handling technologies for the import and export of bulk materials. Working to international standards, the Port is fully ISPS compliant. Further, the Port’s Occupational Health and Safety Management System is OHSAS 18001:2007 approved; their Environmental Management System is ISA 14001:2004 approved; and their Quality Management System is ISO 9001:2008 approved.

Adjacent to RAK Maritime City Free Zone, Saqr Port has forged a reputation as a high quality and efficient port, and logistics hub.

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VHF Calling Channel 16 “Saqr Port Authority”

VHF Working Channel 14



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

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”.

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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 - Al Qouz, Sheikh Zayed Road, Jebel Ali and Business Bay (new), Fujairah, Sharjah and Ras Al Khaimah (New – opposite Manar Mall)
Customer Service Toll Free number: 800 4774.

Contact Details:

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