



# MEDIA GUIDE 2017

## Welcome to the RAK Half Marathon 2017!

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](mailto:media@rakmarathon.org) before Race Day or visit the Media Center.

**Pre-Race Press Conference:** Hilton Hotel Al Marjan Island, Thursday 9 February, 11.00am

**Media Center:** Tim Hortons, Corniche Al Qawasim, Friday 10 February, 5.00am

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# MEDIA GUIDE 2017

**Word from H.E. Nasser Mradad**

***Chairman of the Executive Organizing Committee***

As we prepare to host the 11<sup>th</sup> edition of the RAK Half Marathon, we must thank 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 the support they have provided this event, without which we would not have had the continuous success we have witnessed over the last decade.

Over the last 10 years, the RAK Half Marathon has secured its place as one of the most sought after half marathons in the world for both professional athletes who come here to set some of their best results, and amateur runners who travel to Ras Al Khaimah either from the neighbouring emirates or internationally to enjoy both a world class racing experience and the hospitality that Ras Al Khaimah has to offer.

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. We especially thank Saqr Port that have supported this event since its inception and continue to do so year after year.

We welcome you all to the 11<sup>th</sup> edition of our race and hope that you enjoy our new start and finish venue and we wish the best of luck to those of you who will be running the race.

**Nasser Mradad**

Chairman



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## RACE FACTS

### Race Start Times

#### Elite Female Race

06.45 Elite Female Race

#### Half Marathon

07.00 RAK Half Marathon

#### Team Relay Challenge

07.10 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](http://www.rakmarathon.org)) for last minute information and results.



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## RAK Half Marathon 2016 Race Report

Birhanu Legese and Cynthia Limo proved they are the best half marathon runners in the world on current form with two very different but equally enthralling victories at the 10th anniversary edition of the RAK Half Marathon.

For the 22 year old Ethiopian Legese it was a repeat of his sprint finish tactics in Berlin and Delhi last year which once again saw him take a 3rd major victory over 13.1 miles.

Much of the focus before the men's race was on Wilson Kipsang. The former marathon world record holder has twice finished on the podium in RAK and was back ready to assess his shape ahead of his quest for a 3rd London Marathon title in April.

Compatriot Stanley Biwott was also in confident mood ahead of the race after that excellent win over Geoffrey Kamworor in the New York Marathon last October.

The breezy conditions seemed to encourage a steady pace for the opening kilometres (in contrast to the women's race,) and Kipsang made his presence felt at the front early on.

By 15km Kipsang had drifted over half a minute off the pace, eventually finishing 11th in 62.16.

Biwott tried to pull away, perhaps sensing the sprint to come and despite dropping all the others including Eritrea's Nguse Amlosom and Kenya's Abraham Cheroben (3rd and 4th in 60.41,) he couldn't respond to Legese's devastating acceleration over the last 100m.

Cynthia Limo took advantage of excellent pace making in the women's race to pull away from reigning world half marathon champion Gladys Cherono in the final kilometre. Her scorching winning time of 66.04 was a massive personal best and puts her 3rd on the official all time list behind only Florence Kiplagat and Mary Keitany.

The first 6 all broke 67 minutes with 5 recording personal bests, underlining RAK's status as the world's fastest half marathon.

Early on it was 25 year old Ethiopian Worknesh Degefa who looked the most aggressive behind the pacemaker yet a group of 12 passed through 5km in 15.49 right on course for a sub 67 finish. With 47.21 at 15km a group of 7 were still on course for sub 67 and this is where the in form Cynthia Limo started to show her strength.

Limo took 37 seconds off her lifetime best, Gladys Cherono lowered her best by 31 seconds and there was a new Ethiopian national record as 23 year old Genet Yalew came home in third with 1.06.26.

This now means that in the women's record books, 6 of the worlds fastest 10 official times have come here at Ras Al Khaimah.

Proof that "The world's fastest half marathon" has once again lived up to it's bold race slogan. This was indeed a 10th anniversary to savour.

## THE ELITE FIELD – MEN

- 2 Solomon YEGO (KEN – 30) PB 58:44 (1.Rome-Ostia 2016)**  
Fastest in the world in 2016, though the Rome-Ostia course is a point-to-point and so not eligible for records. Despite this, Yego is an admirably consistent Half Marathon specialist; he ran 8 in 2012 and won all three of his 21km races in 2015. In 2016, he tested himself over the full marathon distance for the first time, acquitting himself well with a 2:08 third place performance in Prague.
- 3 Abraham CHEROBEN (KEN – 24) PB 58:48 (1.Valencia 2014)**  
Fourth in the mass sprint finish at RAK last year (60:41), Cheroben was world No.1 in 2014 & 2015 with consecutive wins at the Valencia Half Marathon (58:48 & 59:10). If he chooses to avoid a sprint finish this time around, he could push the pace in to territory only one of his rivals has ever been to.
- 4 Stephen KIBET (KEN – 30) PB 58:54 (1.The Hague 2012)**  
One of only 14 men in history to have run under 59 minutes, Kibet was 5<sup>th</sup> in RAK 2013, but arrives this year as one of the favourites. He's run under the magical one-hour mark no less than six times and that consistency makes him very much one to watch.
- 5 Stanley BIWOTT (KEN – 30) PB 59:36 (2.RAK 2013)**  
Set his best time here in RAK four years ago when runner-up, a position he filled again last year (60:40) in the tactical race that unfolded in the 10<sup>th</sup> edition of RAK. Fiercely competitive and consistent at the full marathon distance, he was 2<sup>nd</sup> in the near world record London Marathon race of April last year, and returns there this coming April, looking to bounce back from a disappointing run in New York last November.
- 8 Bedan KAROKI (KEN – 26) PB 59:14 (1.Copenhagen 2015)**  
The silver medallist at last March's IAAF World Half Marathon Championships, Karoki is a remarkably consistent racer, having won the first four of his six half marathons and broken the hour mark in all but one. A fighting seventh in the Rio Olympic 10,000m (and 5<sup>th</sup> in 2012), he seems perfectly equipped to make the rostrum in his RAK debut, having placed 5<sup>th</sup>, 6<sup>th</sup>, 4<sup>th</sup> & 7<sup>th</sup> in the last four global championship 10,000m finals.
- 9 Daniel WANJIRU (KEN – 24) PB 59:20 (1.Prague 2016)**  
Very consistent 2016 year of racing, including his being ranked 6<sup>th</sup> in the world at Half Marathon, and that came after his 2<sup>nd</sup> place in RAK 2015. Both fast and strong – most impressive win at Amsterdam Marathon in October with 2:05.21.
- 10 Edwin KIPYEGO (KEN – 25) PB 59:30 (3.Copenhagen 2015)**  
Placed 5<sup>th</sup> in the mass sprint finish last year (60:45) but an impressive winner at The Hague (60:27) last March. Very much a Half Marathon specialist, he was "only" 12<sup>th</sup> at the World Half Marathon Champs in a cold & windy Cardiff last March – conditions he won't have to deal with at RAK.

- 11 Nguse AMLOSOM (ERI – 29) PB 59:39 (2.RAK 2014)**  
Set his best time here when in RAK three years ago but he was also 3<sup>rd</sup> last year (60:41); can he complete the set of rostrum positions this year? One of the few road racers who also performs well on the track; he was 9<sup>th</sup> in the Rio Olympic 10,000m – speed which could come in handy in another close finish.
- 12 Adugna TAKELE (ETH – 27) PB 59:40 (3.Prague 2016)**  
A very high calibre performer on both the track and the roads, Takele had been threatening to join the “sub-one hour club” for 2-3 years before his great run in Prague last April. An accomplished performer over the full marathon distance, he possesses a useful blend of speed and strength and could spring a surprise in RAK this year.
- 13 Yigrem DEMELASH (ETH – 22) PB 59:48 (2.Delhi 2016)**  
After a fabulous PB in second place at last November’s Delhi Half, there is great anticipation of what this young English-speaking Ethiopian can manage in RAK 2017. A fierce competitor, he won the Ethiopian Olympic Trials 10,000m last summer before placing a frustrated fourth in the Rio 10,000m. He was fifth at January’s Houston Half Marathon (61:59).
- 14 Augustine CHOGE (KEN – 29) PB 60:01 (3.Delhi 2016)**  
Relatively inexperienced but with huge potential, Choge is a phenomenon, uniquely able to boast world class times on the track at every distance from 800m upwards. His first major international half marathon last November resulted in a promising third place in 60:01 – and he knows he can go much faster.
- 15 Shadrack KIMINING (KEN – 20) PB 60:53 (1.Cardiff 2016)**  
Youngest in the men’s elite field, and won his PB race by over 10 seconds. This is his first big opportunity on the international stage and the youngster looks well equipped to grasp it with both hands.
- 16 Sondre MOEN (NOR – 26) PB 62:19 (6.Nice 2016)**  
The top Norwegian who has steadily improved both on the track in the last 3-4 years and has been chipping away at his best times on the roads as well. He’s now elevated himself to being one of the best in Europe and this RAK race represents a great opportunity for him to take another step forward.
- 17 Gabriel Gerald GEAY (TAN – 21) PB 62:25 (4.Warsaw 2016)**  
A prolific racer in 2016, his schedule included five half marathons – in his first year at the distance – four of which were under 63 minutes. Still a youngster, this RAK race is his first time in a race of this quality though he has often mixed it with many good calibre East African competitors.

## THE ELITE FIELD – WOMEN

- 51 Mary KEITANY (KEN – 35) PB 65:50 (1.RAK 2011 CR)**  
 Already a 3-time winner in RAK (2011, 2012, 2015), this tiny lion-hearted mother, business-woman and fierce racer, set a world record here six years ago and remains the second fastest half marathon runner in history. In fact, Keitany could make a reasonable claim to be one of the greatest distance runners in history, as she's also the second fastest all time at the full Marathon, and is a 3-time New York Marathon winner. She finished fourth at the London Olympics when a few weeks pregnant but was denied a place in Kenya's Rio Olympic team by the bizarre logic of the Kenyan selectors. One of her aims in RAK and throughout 2017, is to prove how wrong they were.
- 52 Peres JEPCHIRCHIR (KEN – 23) PB 66:39 (4.RAK 2016)**  
 The reigning IAAF World Half Marathon Champion after storming to victory in Cardiff last year, only six weeks before that gold, she could manage just fourth place in the cauldron of competition here at RAK, all be it in her best ever time. After that Cardiff win however, this jovial but shy 23 year old embarked on a series of victories at the half marathon distance before closing her year with a slightly tired 5<sup>th</sup> place in Delhi last November. Fully refreshed, she'll look to go several places better than in last year's RAK Half, but it will probably require a personal best to down a field which is arguably stronger than ever before for a women's half marathon.
- 53 Jemima SUMGONG (KEN – 32) PB 66:58 (6.RAK 2016)**  
 The reigning Olympic Marathon Champion, as well as the winner of the 2016 London Marathon, Sumgong's 6<sup>th</sup> in RAK last year was the only loss she suffered in any road race – underlining the difficulty of coming out on top here. But the pattern of her astonishing year of racing, culminating in the ultimate prize in Rio, is being repeated as she runs here to assist the defence of her London title in April. After 4<sup>th</sup> at the last IAAF World Championships in Beijing 2015, she may also be aiming for the Kenyan squad at this coming summer's Worlds, but there will be fewer races ahead tougher than RAK!
- 54 Tirunesh DIBABA (ETH – 31) PB 66:56 (3.Gt North Run 2013)**  
 Known for her devastating kick finish on the track, when heading to one global title after another, as "The Baby Faced Destroyer", Dibaba is coming back to her best at the age of 31, having taken a year out to become a mother in 2014-15 - her son Natan Seleshi was born in March 2015. However, she can rightly claim to be perhaps the greatest distance runner in history, boasting three Olympic golds and ten world titles, including three at 10,000m since 2003. Her road racing experience however, is relatively small and in fact her only three half marathons have all been on non-record eligible courses\*; whatever she does in RAK this year therefore, she is assured of a legal personal best – but of course, it could well be rather special. The Ethiopian Record incidentally, is 66:14 by Worknesh Degefa, in Prague last year.
- 55 Belaynesh OLIJIRA (ETH – 26) PB 67:27 (4.Delhi 2011)**  
 Focusing on track races in 2016, meant Oljira didn't run a Half, but clearly there's big improvement ahead; her best time was set almost six years ago. Her fabulous track speed, combined with 2:24 marathon strength, suggests she's best suited to the Half Marathon. We'll find out in RAK 2017!

- 56 Netsanet GUDETA (ETH – 25) PB 67:31 (1.Valencia 2015)**  
 4<sup>th</sup> & 6<sup>th</sup> respectively at the 2014 & 2016 World Half Marathon Champs, Gudeta also garnered a bronze at the last edition of the World Cross Country Champs in 2015. She also suffered the frustration of placing 4<sup>th</sup> at the Ethiopian 10,000m Trials for the Rio Games. Her Half best was set when winning in Valencia 2015 by a full 20 seconds; there's definitely more to come.
- 57 Helah KIPROP (KEN – 31) PB 67:39 (6.RAK 2013)**  
 The Tokyo Marathon champion last February, Kiprop has fond memories of RAK, having set her best ever half marathon time here four years ago. That win last year in Tokyo was a PB by over two and a half minutes, suggesting this World Championship Marathon silver medallist is a much better runner than in 2013. She rarely finishes outside the top 3, so is a firm rostrum favourite.
- 59 Veronicah NIYARUAI (KEN – 27) PB 67:58 (3.Copenhagen 2016)**  
 A former track star when younger – at 3,000m she was World Youth Champion in 2005 and World Junior Champion in 2006 – Niyaruai comes to RAK fresh from a win at the Houston Half Marathon on 15<sup>th</sup> January in a new personal best, having previously broached new ground in Copenhagen last September. Able to boast world class times on the track over the last 4-5 years, she now appears to be focusing on the roads – and exciting development of someone with lots of experience but now entering her prime.
- 60 Rose CHELIMO (BRN – 27) PB 68:08 (9.RAK 2016)**  
 Although not quick over the shorter distances, Chelimo is a confirmed marathon star, having won Seoul in March last year (2:24.14) and then placed 8<sup>th</sup> in the Rio Olympic Marathon for her adopted Bahrain. This former Kenyan was, prior to Rio, a half marathon specialist, but her strength is her key and she may be one to push the pace if it slackens in the latter stages.
- 61 Joyciline JEPKOSGEI (KEN – 23) PB 69:07 (1.Karlovy Vary 2016)**  
 Grasping her first half marathon race opportunity away from the altitude of Nairobi, Jepkosgei won last May in the Czech Republic, by over two minutes. This huge winning margin suggests she had little opposition, something that will not be a problem in RAK! Setting personal bests with almost every race she contested in 2016, Jepkosgei is one of the most exciting additions to the RAK field and could spring quite a surprise.

**62 Gesa-Felicitas KRAUSE (GER – 24)**

**Debut**

As a world class steeple-chaser on the track – she was crowned European Champion in Amsterdam last summer and then took 6<sup>th</sup> in the Rio Games in another National Record – this young German is perfectly poised to make an impressive debut at Half Marathon here in RAK. Although unable to boast of any road form even at 10km, as a steeple-chase exponent, Krause is a confirmed “toughie” and will undoubtedly give a good account of herself against the best of Africa.

**63 Etagenge WOLDU (ETH – 20)**

**Debut**

Another exciting debutante, having won the tough Paris-Versailles race last September, Woldu is the youngest in the women’s elite field this year in RAK. She does have pedigree however, with a bronze medal at the IAAF World Cross Country Championships of 2015 to her name and would seem to be well equipped to match many of her older rivals here in RAK. The phrase “Baptism of Fire” comes to mind when you see who she’s up against, but there are strong hints she’ll cope well.

**\* When can a record be set – and not set?**

- a) POINT-TO-POINT: the Start & the Finish must be no more than 50% of the race distance apart.  
WHY? This is so that no record can be set when benefitting unfairly from a following wind.
- b) DOWNHILL: over the total distance of the race, there must be no more drop than 1m per kilometre.  
WHY? More downhill than this provides the competitors with an obvious advantage.

The IAAF Rule Book actually says:

Rule 260.21 (b) “The start and finish points of a course, measured along a theoretical straight line between them, shall not be further apart than 50% of the race distance.

Rule 260.21 (c) “The overall decrease in elevation between the start and finish shall not exceed 1:1000, i.e. 1m per km (0.1%).”

As the RAK Half Marathon course starts and finishes at the same point, it does not benefit from either elevation drop or wind directions, therefore it is eligible for records being set.

## PRIZES & AWARDS

### Prize Money

The RAK Half Marathon 2017 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.**

## 2016 TOP HALF-MARATHON PERFORMANCES

### MEN

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

Time	Athlete	Nat	Pos	Venue	Date
0:58:44	Solomon Kirwa YEGO	KEN	1	Ostia Lido	13-Mar-16
0:59:07	James Ndirangu MWANGI	KEN	1	København	18-Sep-16
0:59:10	Geoffrey Kipsang KAMWOROR	KEN	1	Cardiff	26-Mar-16
0:59:12	James Ndirangu MWANGI	KEN	1	Milano	20-Mar-16
0:59:15	Barselius KIPYEGO	KEN	1	Ústí nad Labem	17-Sep-16
0:59:18	Leonard Kipkoech LANGAT	KEN	2	Ostia Lido	13-Mar-16
0:59:20	Daniel Kinyua WANJIRU	KEN	1	Praha	2-Apr-16
0:59:27	Stephen Kosgei KIBET	KEN	1	Valencia, ESP	23-Oct-16
0:59:28	Stephen Kosgei KIBET	KEN	2	København	18-Sep-16
0:59:29	Albert Kipkosgei KANGOGO	KEN	3	København	18-Sep-16
0:59:29	Mustapha EL AZIZ	MAR	2	Valencia, ESP	23-Oct-16
0:59:30	Barselius KIPYEGO	KEN	2	Praha	2-Apr-16
0:59:31	Gilbert MASAI	KEN	4	København	18-Sep-16
0:59:32	Bedan Karoki MUCHIRI	KEN	5	København	18-Sep-16
0:59:32	Edwin Kipsang ROTICH	KEN	3	Valencia, ESP	23-Oct-16
0:59:33	Mourad MAROFIT	MAR	4	Valencia, ESP	23-Oct-16
0:59:35	Richard Kiprop MENGICH	KEN	1	Göteborg	21-May-16
0:59:36	Bedan Karoki MUCHIRI	KEN	2	Cardiff	26-Mar-16
0:59:36	Abraham KIPTUM	KEN	6	København	18-Sep-16
0:59:40	Aduugna TAKELE	ETH	3	Praha	2-Apr-16

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

## 2016 TOP HALF-MARATHON PERFORMANCES

### WOMEN

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

Time	Athlete	Nat	Pos	Venue	Date
1:05:51	Violah JEPCHUMBA	KEN	1	Praha	2-Apr-16
1:06:04	Cynthia Jerotich LIMO	KEN	1	Ras Al Khaimah	12-Feb-16
1:06:07	Gladys Cheroni KIPRONO	KEN	2	Ras Al Khaimah	12-Feb-16
1:06:14	Worknesh DEGEFA	ETH	2	Praha	2-Apr-16
1:06:26	Genet YALEW	ETH	3	Ras Al Khaimah	12-Feb-16
1:06:29	Mary Wacera NGUGI	KEN	1	Houston, TX	17-Jan-16
1:06:39	Peres JEPCHIRCHIR	KEN	4	Ras Al Khaimah	12-Feb-16
1:06:41	Cynthia Jerotich LIMO	KEN	2	Houston, TX	17-Jan-16
1:06:57	Gladys Chesir KIPTAGELAI	KEN	5	Ras Al Khaimah	12-Feb-16
1:06:58	Jemima Jelagat SUMGONG	KEN	6	Ras Al Khaimah	12-Feb-16
1:07:08	Worknesh DEGEFA	ETH	1	Ostia Lido	13-Mar-16
1:07:09	Peres JEPCHIRCHIR	KEN	1	Valencia, ESP	23-Oct-16
1:07:16	Angela Jemesunde TANUI	KEN	2	Ostia Lido	13-Mar-16
1:07:21	Peres JEPCHIRCHIR	KEN	1	Yangzhou	24-Apr-16
1:07:22	Betsy SAINA	KEN	1	Glasgow	2-Oct-16
1:07:24	Peres JEPCHIRCHIR	KEN	1	Ústí nad Labem	17-Sep-16
1:07:31	Magdalene Yeko MASAI	KEN	3	Ostia Lido	13-Mar-16
1:07:31	Peres JEPCHIRCHIR	KEN	1	Cardiff	26-Mar-16
1:07:32	Worknesh DEGEFA	ETH	7	Ras Al Khaimah	12-Feb-16
1:07:34	Cynthia Jerotich LIMO	KEN	2	Cardiff	26-Mar-16

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



# MEDIA GUIDE 2017

**Word from H.E. Aaref Al Haranki**

*Deputy Chairman of the Executive Organizing Committee and General Coordinator*

After 10 years of growing success, we once more express our 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 continued support for this event that has placed the emirate of Ras Al Khaimah on the international athletics map.

The 11<sup>th</sup> edition of the race welcomes many new initiatives, not least the brand-new start and finish venue, overlooking the mangrove forest. The new course will see runners returning to the corniche for the last 5 kilometers where the crowds will have an extra opportunity to cheer the runners in their final stretch of the race, providing some welcome encouragement on their final approach to completing the world's fastest half marathon.

As we have done in the previous 10 years, we once again welcome some of the world's leading runners who continue to return year after year to our race that has rightfully earned the reputation of one of the most competitive races in the world.

We are also pleased, as ever, to welcome the thousands of runners from Ras Al Khaimah itself and the other emirates, as well as those who have travelled from abroad to take part in the race this year. We wish them all the luck and invite them to enjoy their time in Ras Al Khaimah.

**Aaref Al Haranki**

Deputy Chairman and General Coordinator



# MEDIA GUIDE 2017

## **PREMIER TIMING**

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

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

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

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

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

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

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

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

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

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

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

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

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



# MEDIA GUIDE 2017

## COURSE MAP

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



# MEDIA GUIDE 2017

## THE COURSE

**The 11<sup>th</sup> edition of the RAK Half Marathon will have a brand new start and finish venue! The course has been redesigned for this year to start and finish on Al Qawasim Corniche whilst keeping many of the parts of the original record-breaking course to ensure the race remains as fast and flat as ever!**

### **Certification**

The new course was measured and certified by Grade A AIMS/IAAF Measurer Hugh Jones who will also ride in front of 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 on Al Qawasim Corniche, next to the Sheikh Zayed Mosque. The course takes an almost immediate left turn to head towards Al Nahda Street. Runners then turn left to the Al Shuhada roundabout with a gentle curve around to bring runners on to the south side of Khuzam Road (E11) and will continue until and turn right at the Ruler's Palace (approx. 5km) and run along Khuzam Road past the Tower Links Golf Club where they will U-turn (approx. 7.5km) and return along the north side of Khuzam Road, past the Ruler's Palace (9km) and turn right back onto the south side of Khuzam Road (E11) past RAK Mall (approx. 10.5km). Runners will then take a right turn onto Al Muntasir Road before doubling back around the roundabout and turning left at the traffic lights onto Khuzam Road (E11) (approx. 12km). At approximately 14.5km, runners will take a right turn to get back on Al Qawasim Corniche and run all the way down the corniche, under Al Hisn Bridge (approx. 18km) and u-turn on Al Khor Road before heading 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.



# MEDIA GUIDE 2017

## **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.



# MEDIA GUIDE 2017

## WEATHER CONDITIONS ON RACE DAY

Date	High	Low	Wind Speed	Precipitation
Feb 10, 2013	30°C	14°C	6 – 22 km/h	none
Feb 10, 2014	21°C	12°C	9 – 24 km/h	none
Feb 10, 2015	26°C	18°C	6 – 16 km/h	none
Feb 10, 2016	27°C	16°C	8 – 16 km/h	none
Feb 10, 2017	25°C	15°C	4 – 14 km/h	none

Low humidity and mild temperatures are expected on Friday February 10<sup>th</sup> with low speed wind. Temperature should be around 16°C at the start of the race and rising to around 20°C by 9am and 23°C by 11.





# MEDIA GUIDE 2017

## RUNNERS BY CITY (UAE/INTERNATIONAL)

City	Percentage
Abu Dhabi	12.9
Ajman	0.8
Al Ain	1.3
Dubai	59.5
Fujairah	1.75
Ras Al Khaimah	12.5
Sharjah	2.25
Umm Al Quwain	0.5
International*	8.5

- Most international runners came from: Qatar (14%), Bahrain (8.5%), United Kingdom (6%), Oman (5%) and the United States (5%)

## RUNNERS BY CATEGORY

	MALE	FEMALE	TOTAL
Half Marathon	1,861	971	2,832
Team Relay Challenge	358	162	520
<b>Total</b>	<b>2,219</b>	<b>1,133</b>	<b>3,352</b>

### OLDEST RUNNERS

Oldest male runner: Oiva Karppinen, Finnish, resident in Dubai, aged 71.  
Bib number 3370

Oldest female runner: Pam Stewart, British, resident in Dubai, aged 70.  
Bib number 2375

### YOUNGEST RUNNERS

Youngest male runner: Agnivesh Menon, Indian, resident in Fujairah, aged 11.  
Bib number 5041 (Team Angel Appeal 5)

Youngest female runner: Cery Dingle, British, resident in Dubai, aged 11.  
Bib number 5036 (Team DESC1)



# MEDIA GUIDE 2017

## 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. 55 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 is bringing 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.

#### **Contact details:**

Capt. Cliff Brand, Group General Manager

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Email: [cbrand@rakports.ae](mailto:cbrand@rakports.ae)

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Website: [www.rakports.ae](http://www.rakports.ae)

Postal Address: Saqr Port Authority, PO Box 5130, Ras Al Khaimah – UAE

VHF Calling Channel 16 “Saqr Port Authority”

VHF Working Channel 14



# MEDIA GUIDE 2017

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

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

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

### **Vision**

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

### **Mission**

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

### **Sonnenhof Swiss Health**

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

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

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

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

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

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

### **Contact Details:**

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E-mail: [mail@rakhospital.com](mailto:mail@rakhospital.com)



# MEDIA GUIDE 2017

## **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 more than 440,000 people worldwide to make the transportation of 18.3 million packages and documents per day possible.

Since its founding in 1907, UPS has built a legacy as a caring and responsible corporate citizen, supporting programs that provide long-term solutions to community needs. Founded in 1951, The UPS Foundation implemented 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).

### **Middle East Overview:**

UPS has been in the ISMEA region since 1988, with its headquarters in Dubai, United Arab Emirates (UAE). The Indian Subcontinent, Middle East and Africa region is the largest UPS region in terms of geography with over 70 active countries. UPS Gulf LLC (Dubai Branch) is proud to support the RAK Half Marathon as official logistics partner for the 6<sup>th</sup> year.

### **Contact Details:**

Our UAE facilities are conveniently located in Abu Dhabi, Dubai, Sharjah and Ras Al Khaimah and can be contacted via our Toll free number: 800 4774 or +971 4 3391939 from outside the country.

### **Contact Details:**

Online: [www.ups.com/ae](http://www.ups.com/ae)

Corporate blog: [Longitudes.ups.com](http://Longitudes.ups.com)

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