



مارينا
P&O
MARINAS



Queen Elizabeth 2
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SKECHERS
PERFORMANCE



MINA RASHID MARINA RUN

10km, 5km, 3km
Mina Rashid Marina

RACE BRIEFING

MINA RASHID MARINA RUN

INTRODUCTION

Thank you for joining us for this season's Mina Rashid Marina Run.

The following pages outline all the important information you need to know on race day.

A reminder to all runners that this is a community-based event focusing on allowing individuals, families, clubs and groups of runners to experience a race environment in a social yet competitive atmosphere. Good luck to you all!

Follow us on Social Media @SuperSportsEvents



MINA RASHID MARINA RUN

DIRECTIONS

**** NEW LOCATION** - [Click on this link.](#)

- Mina Rashid Marina

PARKING

- Free parking in and around start/finish area.

RACE DAY PROGRAM

- Be checked in at least 20 minutes before the start of the race. There is NO Registration on the day.

06h45: Race Check In Opens

07h15: Race Check In Closes for all distances

07h30: 10km Race Starts

07h35: 5km Race Starts

07h37: 3km Race Starts

Prize Giving

08h15: 3 & 5km Prize Giving

08h30: 10km Prize Giving

09h30: Cut off time for all races

THERE IS NO BAG DROP!



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RACE PACK COLLECTION

- Race pack collection is on the morning of the race at Race Check In which opens at 6.45am.
- Race numbers will be emailed to all runners and will also be on show at Race Check In on the morning of the race. Once you know your race number, proceed directly to your respective Bib collection desk and collect your Bib # with timing chip attached.
- Please check that all your data which is printed on the label of the race pack envelope is correct. This includes your name, age category, gender and distance and in the event of there being any errors, please let our Check In staff know so we can change it for you, so you have the correct result when finishing the race.
- You must have checked in and received your timing chip 20 minutes before your race start.
- Once you have done that, head to the Race Village and wait for the race briefing from our Race Director - Warren.



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RACE BIBS

- Bibs must be worn on your upper body with the number facing outward.
- Once finished racing, hand your race bib in at the T-Shirt stand and collect your free shirt.
- Safety pins are in the envelope.

TIMING CHIP

- Timing chip is attached to the back of your race bib.
- Ensure your bib has 1 timing chip stuck to the back and if not, please see Super Sports staff on the day to issue you with a new bib.
- **DO NOT REMOVE THE CHIP FROM THE BIB.**
- **IF YOU RUN WITH NO BIB - YOU WILL RECEIVE NO TIME AND NO RESULT!**



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RACE DISTANCES & AGE GROUPS

- Age Groups are calculated as per your age on race day. Male and Female categories for all age groups.

10km

0 - 18 years | 19 - 29 years | 30 - 39 years | 40 - 49 years | 50 years+

5km

0 - 12 years | 13 - 18 years | 19 - 29 years | 30 - 39 years | 40 - 49 years | 50 years+

3km

0 - 8 years | 9 - 12 years | 13 - 18 years | 19 years+



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RACE RULES

- Keep to the right-hand side of the road at all time - run in an anticlockwise direction.
- 10km = 2 laps of respective course
- 5km = 1 lap of respective course
- 3km = 1 lap of respective course
- You must have your run number visible on the front of your upper body or race clothing and keep it visible at all times when on the run course.
- Your upper body must be covered at all times on the run portion of the race.
- Shoes are compulsory.
- No form of locomotion other than running, walking or crawling is allowed.
- Parents wishing to run with their children - aged 8 years and under - may do so free of charge but will not receive a race time or position, nor medal, shirt or any of the give away.



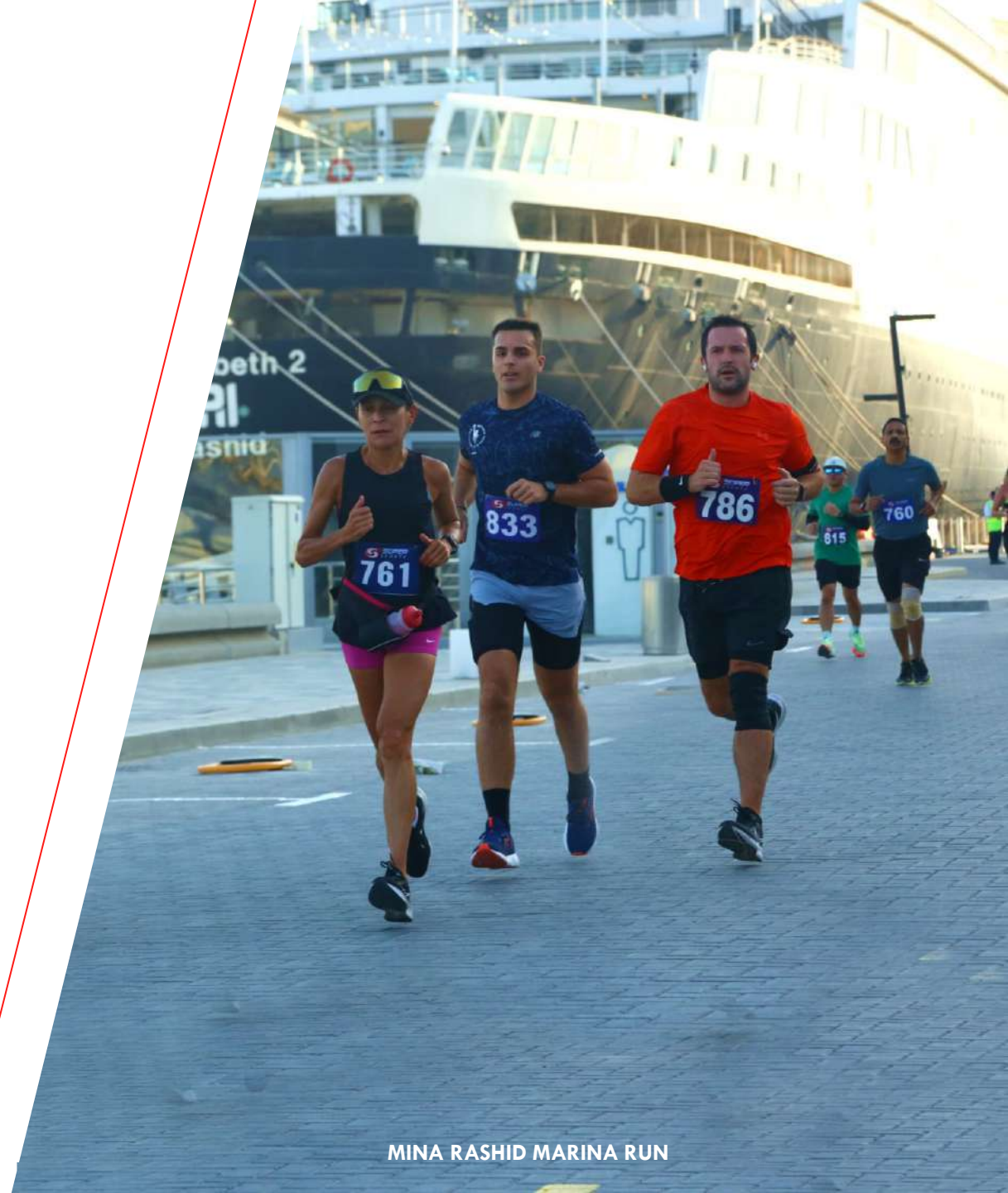
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START PROCEDURES

- Please wait outside the start area till your distance is called to the start line.
- Runners to self-seed themselves with faster runners near the front and more social runners toward the back.
- If you start with the wrong distance, you will not receive a time for the race eg: if you entered the 5km and you start with the 10km no start time will be recorded.
- Gun times will be used for this race so everybody will have the same start time irrespective of where you start from in the start area.

END OF RACE PROCEDURES

- When crossing the finish line, please keep moving through the finish chute then you will receive your finishers medal
- Scan the QR codes to see your result.
- Hand your race number with timing chip in at the T-Shirt stand and collect your free shirt.
- You will receive your complimentary snack and fruit juice at the T-Shirt stand



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PRIZE GIVING

- Trophies and vouchers will be awarded to the top 3 male and females for the respective distances.
- Medals will be awarded to the top 3 male and females for the respective distance age groups.
- Overall winners will not be included in age group prizes so we can spread the prizes out amongst more people.

RACE RESULTS

- Please scan the QR codes in the Race Village to view your result once you have finished running.
- Full results will be on the Super Sports website as soon as possible, [click here](#).

PHOTOS

- When you see the cameramen, remember to give them a smile or a thumbs up, especially when you cross the finish line.
- Photos can be found on your results page by clicking on the CAMERA icon and then doing a bib or selfie search.
- Photos will be available 6 hours after the race has finished.



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- **FINISHERS MEDAL** When crossing the finish line, please keep moving through the finish chute then you will receive your finishers medal.
- **COMPLIMENTARY SNACK & DRINK** You will receive a complimentary snack and fruit juice at the T-shirt stand.
- **REFRESHMENTS / WATER STATIONS** There are 2 self-service water stations on course and 1 at the finish line. Fruits at the finish line sponsored by Kibsons.
- **AMBULANCE** and paramedic services will be on site and in the event of any athletes being in trouble, please inform the closest race marshal to call for assistance.



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