

الترا ماراثون قطر
من الشرق الى الغرب
QATAR EAST TO WEST
ULTRA RUN
2022

Qatar East to West Ultramarathon 2022

ATHLETE GUIDE



وزارة الرياضة والشباب
Ministry of Sports and Youth
دولة قطر • State of Qatar



Welcome to Qatar East to West Ultramarathon 2022 official athlete guide.
We are more excited than ever to welcome you to the fourth edition of QEW Ultramarathon.

Please read the information in this document carefully to familiarise yourself with the race format and rules.

EVENT SCHEDULE

Pre-Race | WEDNESDAY, 4TH JAN 2023

Time	Description	Location
02:00 pm - 08:00 pm	Race Pack Collection	At Lusail multipurpose hall location here

Race Day

Time	Description	Location
03:30 - 04:30 am	Bag Drop-Off (Individual runners only)	At Sheraton park location here
05:00 am	Race Start	At Sheraton park location here
01:00 pm	Station 3 Cutoff Time	3rd Aid Station (48 km from the start line)
08:00 pm	Finish Line Cutoff Time	Finish Line (Dukhan Beach)

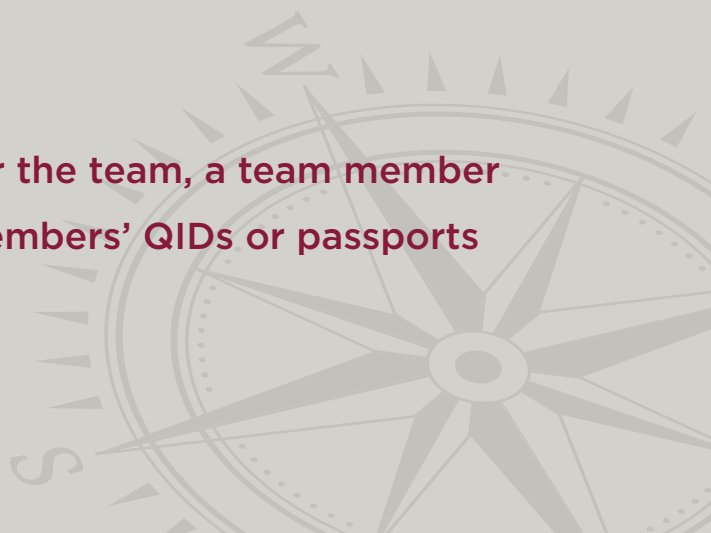


Race Pack collection information:

- Athletes are required to bring proof of identification together with their confirmation SMS or email (printed out or on a mobile phone), in order to collect their race pack
- If you are picking up another athlete's race number, you must present their entry confirmation SMS or email, as well as proof of identification for both yourself and the athlete you are collecting on behalf of
- BIB number collection will NOT be available on race day.
- Your race pack includes your BIB number with an attached timing chip, bag tag, safety pins, and race t-shirt
- Your BIB number must be clearly visible on the front of your t-shirt throughout the whole race
- Race organisers will be at the BIB collection to answer any questions the athletes have

FOR TEAMS:

- Team leader or any team member can collect the BIB numbers for the whole team
- In case of collecting BIB numbers for the team, a team member MUST present copies of the team members' QIDs or passports





Timing:

Individuals:

- Timing chips are built into your BIB number so there are **NO** ankle timing chips. Make sure that you securely and visibly attach your BIB number to your t-shirt and keep it with you throughout the whole race.
- There are **SEVEN** timing check points, (Start line, at the 5 main aid stations and finish line).
- Locations are listed at the end of this document.
- Timing mats will be **on the road** at the five main aid stations.
- Make sure you cross **ALL** the timing check points.
- Runners who fail to cross at least one of the timing check points will **automatically be disqualified.**

Teams:

- Timing chips are built into your BIB number so there are **NO** ankle timing chips. Make sure that you securely and visibly attach your BIB number to your t-shirt and keep it with you throughout the whole race
- Each team member gets their OWN BIB number with their own timing chip, so team members **DO NOT** hand over or exchange timing chips or BIB numbers
- The race is divided into 6 segments that include 5 main aid stations. Team members are **ONLY** allowed to change runners at the five main aid stations. Any team member who starts any given segment of the race must also finish it.

- Teams who change runners between the stations will be automatically disqualified.
- For a team to be considered a finisher, all six segments of the race need to be completed by at least one team member.
- It's up to each team to decide which runner is going to do which segment. Team members do not have to run in the the order of their BIB numbers.

Transition at the aid stations: (Only for teams)

- Team members are **ONLY** allowed to change runners at the five main aid stations. Any team member who starts any given segment of the race must also finish it.
- Teams who change runners between the stations will be automatically disqualified.
- A team members that is starting a segment should wait for the arriving team member before the timing mat and not after it.
- If a team member starts his run before the previous team member arrives, the whole team will be automatically disqualified.
- Two or more team members can run together at any part of the race and can also cross the finish line together.



Bag drop off: (Individual runners only)

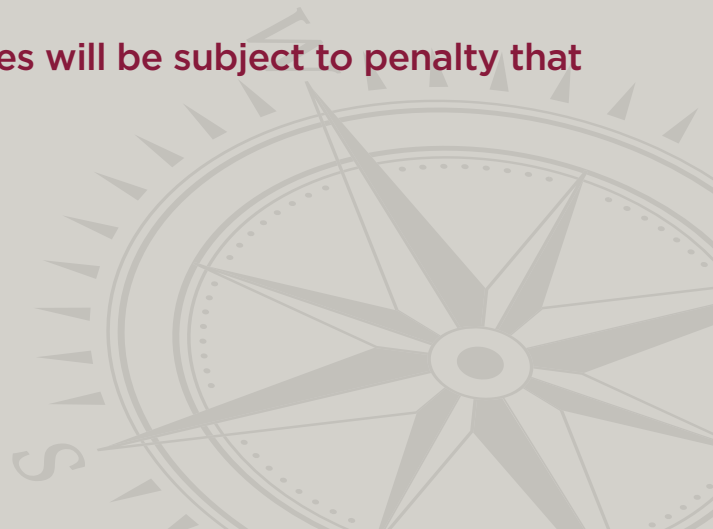
- Bag drop-off will be available at the start line area starting from 3:30am
- Athletes leave their bags with the bag tag number attached to it.
No bags will be accepted without a tag
- Only one bag will be accepted from each runner
- Athletes will only have access to the bags at two points:
 - The 3rd aid station (about 48km from the start line), bags will leave the 3rd aid station at 1pm heading to the finish line
 - At the finish line after 2pm
- Athletes drop their bags at their own risk, race organizers are not responsible for any theft, loss or damage



Support:

Support vehicles are allowed under the following conditions:

- A support vehicle **MUST NOT** be in front of the runner at ANY point of the race.
- Runners are not allowed to be in physical contact with the support vehicles.
This includes but is not limited to being in or on the car.
- Vehicles supporting athletes should not interrupt traffic at any point of the race
- Athletes who fail to meet the previous rules will be subject to penalty that will be decided by the race officials.



Rules for QEW 2022 Ultramarathon:

- Race officials including but not limited to, course marshals, judges and medical team members, have the authority to penalise, disqualify or remove any runner they consider to be acting dangerously, or to be unfit to compete
- Any kind of aggression, verbal or physical, against volunteers, course marshals or any race officials will not be tolerated and will put you at risk of disqualification
- For athletes safety, run on the very right lane of the road when running on a highway and on the left side of the road when running on a two-way road
- Littering is prohibited. Any athlete accused of intentionally littering shall be subject to disciplinary action as follows:
 - First time littering: A warning will be issued
 - Second time littering: Time penalty decided by race officials will be issued
 - Increased time penalty if further littering occurs
- Littering is defined as the act of disposing of waste items anywhere except in a container provided for that purpose. In the context of the race waste items include amongst other things; plastic water sachets, paper cups, bottles, wrappers and containers whether supplied by the organisers or brought to the race by the participants. Littering shall be deemed to be intentional when there is a litter receptacle in the immediate vicinity of where such items are disposed



Route:

- A race official car carrying a timing board will be in front of the first group of runners at all times.
- A race official car will also be behind the last runner at all times.
- Road signs, course marshals, police cars and official cars will be spread out along the course to help guide the runners and ensure their safety.
- The race is completely on-road except a **600m off-road stretch between the 3rd and the 4th aid station** which is totally accessible with any type of running shoes.
- There is **NO** streetlight for the first 6k after the 5th aid station (after the Cuban hospital – 77k from the start line). If you arrive after sunset, fully-charged headlight will be required.
- Roads will not be closed for the race, so please be aware of traffic and try to stick to the furthest right lane of the road and pay attention to race organizers' instructions.
- Toilets are available at the start and the finish line and at stations 1, 2, 3 and 5. (No toilets at station 4)

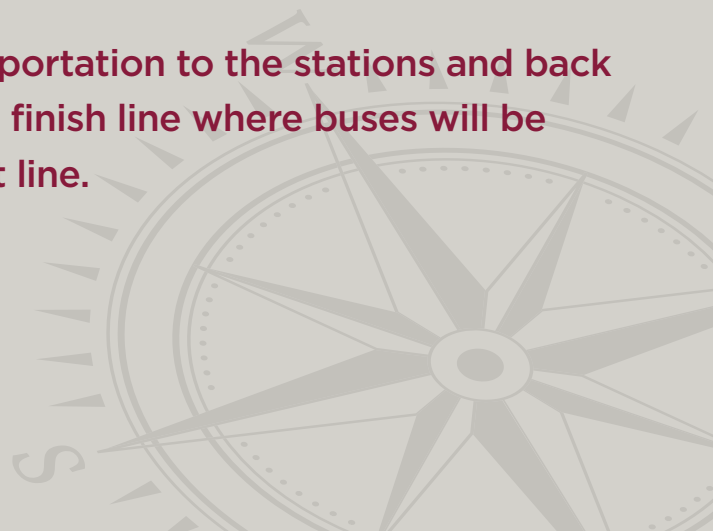


Cut-Off time:

- There are two cut-off time points. The first cut-off time point is at the 3rd main aid station and the second is at the finish line.
- Cut-off time for the third aid station (48 km point) is 1pm (8 hours from the start time).
- Cut-off time for the finish line is at 8pm (15 hours from the start time)
- After the cut-off time, any runners who have not reached the 3rd station / finish line will be picked up by an official car with no exceptions. Runners will then be driven to the nearest aid station or to the finish line.
- Race organisers reserve the right to pull athletes out of the course if it becomes clear to them that these athletes will not be able to meet the cutoff time.

Transportation:

- One bus will leave the 3rd aid station back to the start line at 1pm.
- Other buses will leave the finish line back to the start line at 6pm and 8pm
- Transportation back to Doha during the day is NOT provided. Runners are advised to arrange their own transportation with friends or family should they need to drop out before reaching the finish line.
- Runners who decide to drop out can still rest in the supporting cars until the finish line or until their pickup arrives.
- Relay teams must arrange their own transportation to the stations and back to Doha throughout the day, except at the finish line where buses will be available to drive runners back to the start line.



Aid stations:

The five main aid stations will provide the following:

- Water
- Soft drinks
- Juices
- Fresh fruits (Banana and Apples)
- Nuts
- Mini chocolate bars
- Chips
- Jelly cola

Water stations:

- Small water stations are located between the five main aid stations (locations are listed below)



Medical support:

- Your safety is our number one priority. Ambulances from Hamad Medical Center will be available on the day to provide any needed medical support.
- In case of emergency, call the race organisers whose numbers are listed at the end of the document.

Dropping out:

- It is **MANDATORY** for all runners to inform the organizers if they wish to drop out at any point.

Results:

- Live results updates will be available on www.eastwest.run
- Complaints about race results will be accepted for **30 min** after crossing the finish line

Finish line and prizes ceremony:

- At the finish line, finishers will receive their medals.
- There will be no prize ceremony on the race day, prize ceremony will be held on a later date at Lusail Multipurpose Hall.



Kit list and recommendations:

- Vaseline or any other lubricant to eliminate friction or inflammations
- Proper running shoes and a spare pair of shoes if required
- It is strongly advised not to use new running shoes for the first time on such a long race. Use shoes that you have used before for running and know are comfortable
- Spare shorts, t-shirts, socks, towel, and any other personal items that you might need
- Backpack (or belt) containing fluids to make sure you are properly hydrated at all times
- Sunscreen, Head cover and Sunglasses
- Running jacket in case it gets cold in the evening
- Fully charged headlamp
- Smartphone is mandatory to make it easier for the organizers to access your location in case of any emergency
- Portable charger for your phone, sports watch, etc.
- Tissues, hand sanitizer and masks
- Warm clothes and breathable footwear for the finish line



General information:

- Runners' family and friends' support is welcome, but keep in mind that we do not want to cause any interruption to the traffic flow. We advise that supporting cars wait every 5k until the runners reach them, then they can move on
- In case of any injury or emergency, please call one of the organizers on these numbers:

+974 3372 1474
+974 7409 0741
+974 6646 7847

Important locations:

[Course map](#)

[Start line location](#)

[Main station 1](#)

[Main station 2](#)

[Main station 3](#)

[Main station 4](#)

[Main Station 5](#)

[Finish line location](#)

Water Stations locations:

[Water station 1](#)

[Water station 2](#)

[Water station 3](#)

[Water station 4](#)

[Water station 5](#)

[600m Off-road part](#)



Distances between stations:

	Distances between stations (km)	Distance from the start line (km)
Start line – Main Station 1	10.7	10.7
Main Station 1 – Water station	10	20.7
Water station – Main Station 2	12.5	33.2
Main Station 2 – Water station	7	40.2
Water station – Main Station 3	7.9	48.1
Main Station 3 – Water station	7	55.1
Water station – Main Station 4	7.3	62.4
Main Station 4 – Water station	7	69.4
Water station – Main Station 5	7.6	77
Main Station 5 – Water station	6	83
Water station – Finish line	7	90

***Please note that the mentioned distances are approximate**



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Thank you

again for being part of our big family, we cannot wait to see you on the race day.

Do not forget to enjoy, smile, and fully live the experience, it is more than just a run.



www.qatarultrarunners.com



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QEW 2022 RESULTS PAGE



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