

ألترا ماراثون قطر
من الشرق إلى الغرب

2023

QATAR EAST TO WEST
ULTRA

QATAR

EAST TO WEST

ULTRA 2023

OFFICIAL ATHLETES GUIDE



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





WELCOME TO THE QATAR EAST TO WEST ULTRA 2023






We are thrilled to have you join us for the sixth edition of this extraordinary race.

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

EVENT SCHEDULE








Pre-Race

 **Wednesday**
December 13TH, 2023

 TIME	 DESCRIPTION	 LOCATION
02:00 PM - 08:00 PM	RACE PACK COLLECTION	LUSAIL MULTIPURPOSE HALL 
06:30 PM - 07:30 PM	RACE BRIEF MEETING	LUSAIL MULTIPURPOSE HALL 

Race Day

 **Friday**
December 15TH, 2023

 TIME	 DESCRIPTION	 LOCATION
03:30 - 04:30 AM	BAG DROP-OFF (INDIVIDUAL RUNNERS ONLY)	SHERATON PARK 
05:00 AM	RACE START	SHERATON PARK 
01:00 PM	STATION 3 CUTOFF TIME. (48 KM FROM THE START LINE)	3RD AID STATION 
08:00 PM	FINISH LINE CUTOFF TIME (DUKHAN BEACH)	FINISH LINE 



Race Pack Collection Information

Athletes must bring proof of identification along with their confirmation SMS or email (printed out or on a mobile phone), in order to collect their race pack.

Collection for another athlete's race number requires their entry confirmation SMS or email, and proof of identification for both parties.

BIB number collection is NOT available on race day.

Race pack includes your BIB number with an attached timing chip, bag tag, safety pins, and race t-shirt

BIB numbers must be prominently displayed on the front of the t-shirt throughout the race.

Race organisers will be available at the BIB collection to address any athlete queries.



Team Relay

Team leaders or members can collect BIB numbers for the entire team.

Team member collection requires presenting copies of team members' QIDs or passports.



TIMING



Individuals

- Timing chips are integrated into BIB numbers; no ankle timing chips are used.
- BIB numbers must be prominently displayed on the front of the t-shirt throughout the race.
- Seven official timing checkpoints, including start, 5 main aid stations, and finish line.
- Runners must cross all timing checkpoints; failure results in automatic disqualification.



Teams

- Similar to individuals, timing chips are integrated into BIB numbers.
- Each team member receives their own BIB number with a timing chip, so team members DO NOT need to hand over or exchange timing chips or BIB numbers
- Teams can change runners only at the five main aid stations; changing between stations results in disqualification.
- Any team member who starts any given segment of the race must also finish it
- All six segments of the race must be completed by at least one team member to be considered a finisher.
- 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 (TEAMS ONLY)

Team members can change runners only at the five main aid stations.

Starting a segment necessitates finishing it.

Teams changing runners between 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 and cross the finish line together.





Bag drop-off (INDIVIDUAL RUNNERS ONLY)

Bag drop-off is available at the start line area starting from 3:30 am till 4:45 am

Bags must have a tag number attached. No bags will be accepted without a tag

Only one bag accepted per runner

Athletes will only have access to the bags at two points:

- The 3rd aid station (about 48 km from the start line), bags will leave the 3rd aid station at 1pm heading to the finish line 
- At the finish line after 2pm

Bags are left at the runner's own risk; organisers are not responsible for theft, loss, or damage

Please make sure you hand your bags only at the designated bag drop off areas and not to any other volunteers or officials on the course.



Support

SUPPORT VEHICLES ARE ALLOWED UNDER THE FOLLOWING CONDITIONS:

A support vehicle **MUST NOT** be driving 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

Penalties will be communicated on spot to the racers or at the finish line

RULES

FOR QATAR EAST TO WEST ULTRA

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 or course marshals will not be tolerated and will put you at risk of disqualification

For athletes safety, run on the right lane of the road when running on a highway and on the left side of the road when running on two-way roads

Littering is prohibited. Any athlete accused of intentionally littering will 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 lead race official car will precede the first group of runners, while another will follow the last runner at all times.

Road signs, course marshals, police cars, and official vehicles will be strategically positioned along the course to guide and ensure the safety of participants.

The race predominantly covers on-road terrain, with a brief 600m off-road stretch between the 3rd and 4th aid stations, suitable for all types of running shoes.

The course is notably flat, featuring a total elevation gain of 280m.

The initial 6km after the 5th aid station (Cuban hospital – 77 km from the start line) lacks street lighting.

Participants arriving after sunset must have a fully charged headlight.

Roads will remain open during the race; participants are urged to be vigilant regarding traffic and adhere to race organisers' instructions.

Toilet facilities are available at the start and finish lines, as well as at stations 3 ,2 ,1, and 5. Please note that station 4 does not have toilet facilities.

Find QEW 2023 race course [here](#) 

CUT-OFF TIME

- There are two cut-off time points: the first at the 3rd main aid station and the second at the finish line
- The cut-off time for the third aid station (48 km point) is 1 pm (8 hours from the start time).
- The finish line cut-off time is at 8 pm (15 hours from the start time).
- Runners who do not reach the 3rd station or finish line by the respective cut-off times will be picked up by an official car with no exceptions. They will be transported to the nearest aid station or the finish line.
- Race organisers retain the right to remove athletes from the course if it becomes apparent they cannot meet the cut-off time.

TRANSPORTATION

- One bus will depart from the 3rd aid station to the start line at 1 pm.
- Another bus will leave the finish line for the start line at 8 pm.
- A dedicated bus will follow the last runner throughout the race. Runners opting to exit the race can board this bus if they wish to. The bus will maintain the pace of the last runner.
- Transportation back to Doha during the day is not provided. Runners are encouraged to arrange their own transportation if they decide to withdraw before reaching the finish line.
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AID STATIONS

THE FIVE MAIN AID STATIONS WILL OFFER

water, soft drinks, juices, fresh fruits (banana and apples), nuts, mini chocolate bars, and chips.

SMALL WATER STATIONS,

providing water only, are located between the five main aid stations.

MEDICAL SUPPORT

Safety is our top priority. Ambulances from Hamad Medical Center will be on standby to provide necessary medical support.

In case of emergency, call the race organisers whose numbers are listed at the end of the document

DROPPING OUT

Participants opting to withdraw from the race must promptly inform a race official or a volunteer

RESULTS

Live results updates can be accessed www.eastwest.run

Complaints about race results will be accepted for 30 min after crossing the finish line

Complaints should be submitted to the race timing officials at the finish line area

FINISH LINE AND PRIZES CEREMONY

Prize ceremony will take place on the race day at the finish line area upon the arrival of all the top finishers of all the race categories

KIT LIST AND RECOMMENDATIONS:

- Vaseline or any other lubricant to mitigate friction
- 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 organisers to access your location in case of any emergency
- Portable charger for your phone, sports watch, etc.
- Warm clothes and breathable footwear for the finish line

GENERAL INFORMATION:

Runner's family and friends are encouraged to provide support, but please keep in mind that we do not want to cause any interruption to the traffic flow.

We advise that supporting cars wait every 4-2 km until the runners reach them, then they can move forward

In case of any injury or emergency, please call one of the the following numbers:

☎ +974 3372 1474

☎ +974 7409 0741

☎ +974 6646 7847

IMPORTANT LINKS

[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



THANK YOU

once again for being a cherished member of our racing family. We eagerly anticipate your presence on race day. As you embark on this extraordinary journey, remember to savour every step, wear a smile, and fully immerse yourself in the experience. This event is more than just a run; it's a celebration of your dedication and spirit. We look forward to celebrating your achievements at the finish line. Best of luck!

Yours

Qatar East to West Ultra Team

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FOLLOW THE EVENT

 [QSFA INSTAGRAM](#)

 [QUR INSTAGRAM](#)

 [QEW 2023 RESULTS PAGE](#)


QATAR ULTRA RUNNERS


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وزارة الرياضة والشباب
Ministry of Sports and Youth
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sound mind, sound body


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Al Meera  الميرة