



QATAR

EAST TO WEST ULTRA 2024

OFFICIAL ATHLETES GUIDE





WELCOME TO THE QATAR EAST TO WEST ULTRA 2024

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

Kindly take the time to thoroughly review the details outlined in this guide to ensure you are familiar with the race format, rules, and requirements.

EVENT SCHEDULE

Pre-Race

 **Wednesday**
December 11TH, 2024

 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 13TH, 2024

 TIME	 DESCRIPTION	 LOCATION
03:30 - 04:45 AM	BAG DROP-OFF °INDIVIDUAL RUNNERS ONLY	<u>SHERATON PARK</u> 
04:00 - 04:45 AM	ANKLE TIMING CHIP COLLECTION °TEAMS ONLY	<u>SHERATON PARK</u> 
05:00 AM	RACE START	<u>SHERATON PARK</u> 
01:00 PM	STATION 3 CUTOFF TIME. °48 KM FROM THE START LINE	<u>3RD AID STATION</u> 
08:00 PM	FINISH LINE CUTOFF TIME °DUKHAN BEACH	<u>FINISH LINE</u> 



Race Pack Collection Information

Athletes must present valid identification along with their confirmation SMS or email (either printed or displayed on a mobile device) to collect their race pack.

If collecting a race pack on behalf of another athlete, you must provide their confirmation SMS or email and identification for both parties.

- Please note that BIB number collection will not be available on race day.

The race pack includes your BIB number with an integrated timing chip, bag tag, safety pins and official race t-shirt

BIB numbers must be clearly visible on the front of your t-shirt throughout the race.

Race organizers will be on hand during BIB collection to assist with any questions or concerns.



Team Relay

Team leaders or designated members are permitted to collect BIB numbers on behalf of the entire team.

To do so, they must present copies of all team members' QIDs or passports.



TIMING

Solo racers

- Timing chips are embedded in the BIB numbers; no ankle timing chips are used.
- BIB numbers must be clearly displayed on the front of your t-shirt throughout the race.
- There are seven official timing checkpoints: the start, five main aid stations, and the finish line.
- Missing any timing checkpoint will result in automatic disqualification.

Teams

- Each team member receives their own BIB number with an embedded timing chip.
- Each team will receive one ankle timing chip at the start line on race day. The ankle timing chip must be passed from one team member to the next at designated aid stations, continuing until the final team member completes the race and crosses the finish line.
- Losing the ankle timing chip or failing to cross the finish line with it will result in the disqualification of the entire team.
- Runner exchanges are permitted only at the five main aid stations; switching at other locations will result in disqualification.
- A team member who begins a segment must complete it.
- To be considered a finisher, the team must complete all six segments, with at least one team member running each segment.
- Teams are free to decide which member runs each segment, and there is no requirement to follow the order of BIB numbers.

Transition at the aid stations °TEAMS ONLY

- Team members may only exchange runners at the designated five main aid stations.
- Once a team member starts a segment, they must complete it.
- Teams changing runners between stations will be automatically disqualified.
- A team member starting a segment must wait for the arriving team member before the timing mat, not after it.
- The ankle timing chip exchange must take place after the arriving runner crosses the timing mat.
- If a team member starts his run before the previous team member arrives, the whole team will be automatically disqualified
- Multiple team members are allowed to run together and cross the finish line as a group.






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

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

RULES

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

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 2024 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.

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 an emergency, participants should first call 999, as advised by local health authorities, for the fastest medical support. Once emergency services have been contacted, please also inform the race organizers using the numbers provided at the end of this 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

One 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

A post-race official prize ceremony will be held at the Ministry of Sports and Youth building. Time will be announced later.

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

IMPORTANT CONTACTS

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

ألترا ماراثون قطر
من الشرق إلى الغرب
2024
QATAR EAST TO WEST
ULTRA

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