



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



RACE INFORMATION PACK

FRIDAY 7 FEBRUARY 2025
SEALINE, QATAR



RACE LOCATION & BIB COLLECTION

RACE LOCATION:

Mawater Sand Dune (Sealine), QATAR - [DIRECTIONS](#)

PARKING:

Parking will be beside the start line.

FINISH LINE:

AL MAJLIS RESORT, SEALINE – [DIRECTIONS](#)

BIB COLLECTION DATES & TIMES:

DATE: Wed 5 Feb & Thu 6 Feb 2025: 5 PM – 8 PM

LOCATION: QATAR CYCLISTS OFFICE, GATE 8,
LUSAIL MULTIPURPOSE HALL.

[DIRECTIONS](#)

There will be no bib collection on race morning at Sealine.



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RACE LOCATION

GETTING TO THE START LINE:

- Drive to the start area at Mawater Sand Dune. While 4x4 vehicles are recommended, the road is now suitable for non-4x4 vehicles as well. Please exercise caution when driving on the desert road.

Arrive at least 1 hour before your start time.



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RACE ESSENTIALS FOR BIKE & DUATHLON

BEFORE LEAVING HOME:

Before you leave home, please ensure that you have the following items with you:

MTB:

- Bike & Helmet
- Full Water Bottles
- Spare inner tube/hand pump/tyre levers/repair kit/tools
- Cycling Shoes
- Race number plate attached to the bike.

General:

Change of clothing after the race.

DUATHLON:

Bag with running shoes and other equipment which you require for your run, to be dropped off in the morning at the DUATHLON desk beside the start line.



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BAG DROP & BIKE TRANSPORTATION

BAG DROP:

A bag drop will be available near the start line from 5:30 AM. To collect your bag after your ride, you must present your race number—no number, no bag. Bag collection at the finish line will be open from 9:30 AM to 12:30 PM.

NOTE: Duathlon has a separate bag drop beside the start line.

BIKE PARK AND TRANSPORT:

A bike park area will be available at the finish line, where you can leave your bike or request it to be delivered to the open area adjacent to [PADEL IN](#). Please ensure your bike number remains on your bike. The Bike Park will be operational from 10:00 AM to 1:00 PM.

TRANSPORT BACK FROM FINISH TO START LINE:

The 4x4 buses will drive from the finish line and stop near the start line. Bikes will be transported to the designated bike area next to [PADEL IN](#). You can collect your bike from there.

While every effort will be made to ensure your bike remains undamaged, Qatar Cyclists cannot be held responsible for any potential damage.



MTB / DUATHLON COURSE & START TIMES

START TIMES & LOCATION:

- MTB Adults: 6:30 AM. (Mawater Sand Dune)
- DUATHLON Adults: 6:30 AM. (Mawater Sand Dune)

COURSE:

- MB course: Point-to-point 34K.
- Duathlon course: 34K MTB & 6K Run.

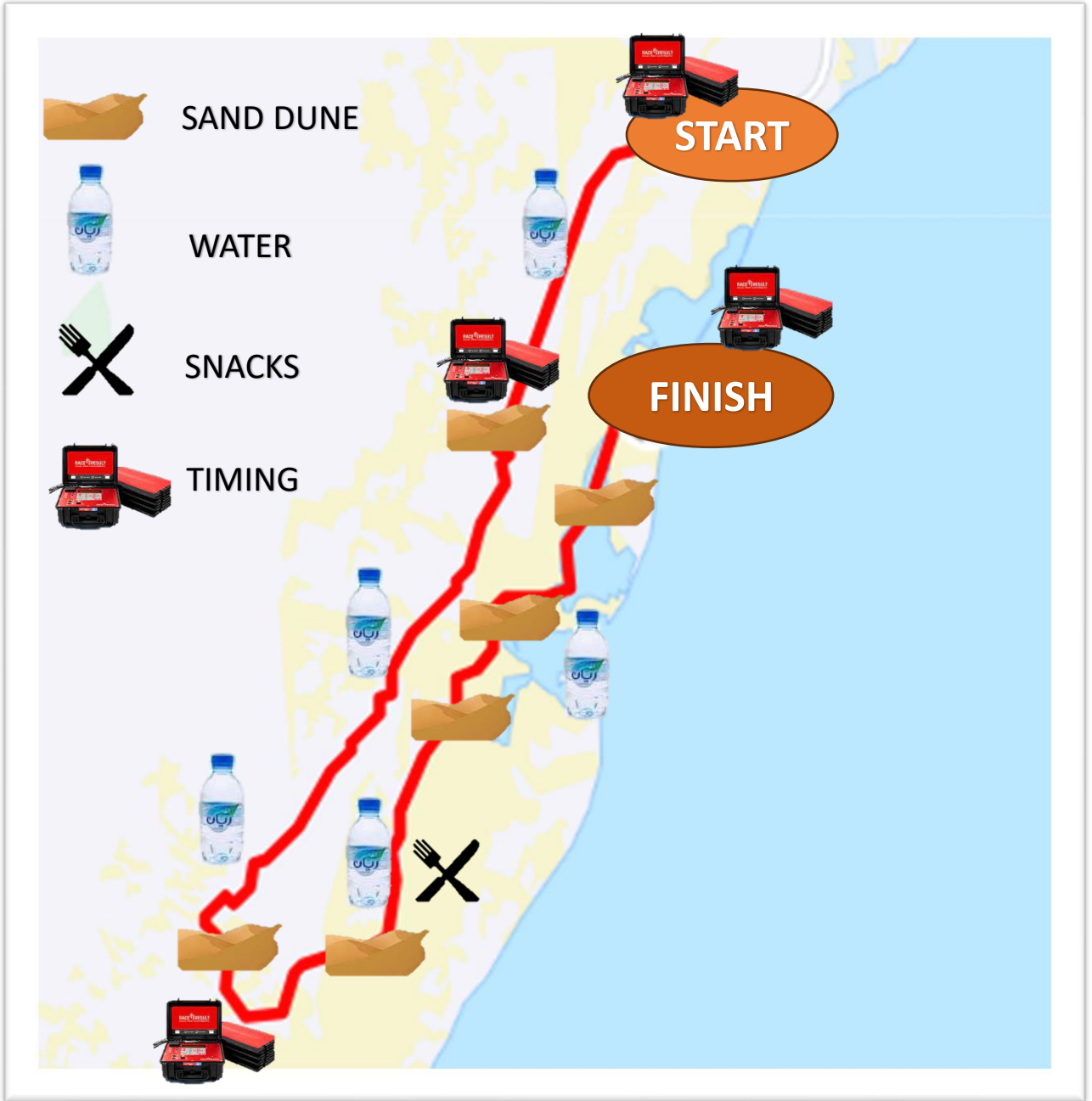


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MTB & DUATHLON COURSE

MTB: 34K – RUN 6K



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TRAIL RUN COURSE & START TIMES

START TIMES:

- 21.1K Adults: 6:35 AM. (Mawater Sand Dune)
- 10K Adults: 6:35 AM. (Mawater Sand Dune)

COURSE:

- 21.1K: Point-to-point course.
- 10K: Point-to-point course.



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21K RUN COURSE

RUN 21K



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10K RUN COURSE

RUN 10K



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COURSE DESCRIPTION

COURSE DESCRIPTION:

The running and MTB courses follow desert tracks, featuring a mix of hard-packed trails and sand dunes. The wide paths provide ample space for all runners and cyclists. A team of volunteers will be stationed along the course to guide athletes.

For safety reasons, MTB & Duathlon races will start 5 minutes before the running event.

Please ensure that your bib number is unobstructed at all times, so that the chip timing mats can record your passings.



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COURSE DESCRIPTION

FOLLOW THE CORRECT FLAGS:

The route is marked with RED flags for all competitors, while BLUE flags indicate sections designated only for runners and not followed by cyclists.

Police and support vehicles will be available along the route; however, the desert will remain open to traffic. Cyclists are responsible for riding safely to minimize the risk of accidents, and dangerous riding will not be permitted.

Stay safe, take care, and most importantly—have FUN!



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OTHER DETAILS

WASHROOMS:

Washrooms are located near the start line and at the finish line.

MEDICAL:

4 ambulances will be monitoring the participants along the route.

FINISH LINE:

As you approach the finish line, please ensure that your bib is visible so that your time is accurately recorded.

Medals will be presented to all the finishers.

Please do not lose your bib; NO BIB - NO MEDAL.

PRIZE DISTRIBUTION CEREMONY:

The prize distribution ceremony and will take place inside the Al Majlis resort at 10 AM.

Awards for Top 3 Male / Female in all categories.



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AWARD CATEGORIES

MTB AWARDS:

- MTB Open Male (18-39)
- MTB Open Female (18-39)
- MTB Veterans Male (40+)
- MTB Veterans Female (40+)
- MTB Open Qatari Male (18-39)
- MTB Open Qatari Female (18+)
- MTB Veterans Qatari Male (40+)
- FATBIKE Open Male (18+)

* Cash awards will not be duplicated. For example, if a rider wins the Qatari Male Open category and also places on the podium in the Male Open category, they will receive only one cash prize.



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AWARD CATEGORIES

DUATHLON AWARDS:

- DUATHLON Open Male (18-39)
- DUATHLON Open Female (18-39)
- DUATHLON Veteran Male (40+)
- DUATHLON Veteran Female (40+)
- DUATHLON Open Qatari Male (18-39)
- DUATHLON Veterans Qatari Male (40+)

* Cash awards will not be duplicated. For example, if an athlete wins the Qatari Male Open category and also places on the podium in the Male Open category, they will receive only one cash prize.



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AWARD CATEGORIES

TRAIL RUN AWARDS:

- RUN 21K Open Male (18-39)
- RUN 21K Open Female (18-39)
- RUN 21K Veterans Male (40+)
- RUN 21K Veterans Female (40+)
- RUN 21K Open Qatari Male (18-39)
- RUN 21K Open Qatari Female (18+)
- RUN 21K Veterans Qatari Male (40+)
- RUN 10K Open Male (18-39)
- RUN 10K Open Female (18-39)
- RUN 10K Veterans Male (40+)
- RUN 10K Veterans Female (40+)
- RUN 10K Open Qatari Male (18-39)
- RUN 10K Open Qatari Female (18+)
- RUN 10K Veterans Qatari Male (40+)

* Cash awards will not be duplicated. For example, if a runner wins the Qatari Male Open category and also places on the podium in the Male Open category, they will receive only one cash prize.



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MTB RACE RULES

MTB RACE:

- For MTB, race number plate must be tied to the front of the handle bar.
- Riders must complete the entire distance of the race and the responsibility for following the official course lies with the rider.
- A rider is not permitted to take any shortcuts or to omit a circuit or take other advantage of a similar nature against opponents.
- A rider must act in a polite manner at all times and permit any faster rider to overtake without obstructing.
- A rider not wearing a helmet at any stage of the race will be removed from the course immediately. All helmets must comply with international standards.
- Appropriate riding attire, including a shirt, must be worn at all times.
- Eye protection is strongly recommended.
- It is recommended that fully-enclosed footwear be worn.
- 500ml water bottle or hydration pack is mandatory.
- Sunscreen.
- A fully-charged mobile phone.



DUATHLON RACE RULES

DUATHLON RACE:

- Duathlon participants will wear the race bib on their jersey.
- At the finish line at Al Majlis Resort, Duathlon runners will park their bikes in the designated area before proceeding to the 6K circular running course around the resort. The run finish line will be the same as the MTB finish line.
- Riders must complete the entire distance of the race and the responsibility for following the official course lies with the rider.
- A rider is not permitted to take any shortcuts or to omit a circuit or take other advantage of a similar nature against opponents.
- A rider must act in a polite manner at all times and permit any faster rider to overtake without obstructing.
- A rider not wearing a helmet at any stage of the race will be removed from the course immediately. All helmets must comply with international standards.
- Appropriate riding attire, including a shirt, must be worn at all times.
- Eye protection is strongly recommended.
- It is recommended that fully-enclosed footwear be worn.
- 500ml water bottle or hydration pack is mandatory.



MTB / DUATHLON RACE RULES

MTB EQUIPMENT:

- The bike must be powered by human power alone. No E-MTB allowed. It is forbidden to use metal screws or spikes in the tyres of the bicycle.
- The rider must know about the maintenance of a bike and all repairs must be performed by individual racers as no riders will be provided any repairing facilities.

BEHAVIOUR OF PARTICIPANTS:

- A rider will not engage in any action for the purpose of obstructing another rider such as pushing or pulling by the jersey or saddle.
- No rider will cut across the line of another rider without sufficient lead to avoid the risk of a fall.
- A dismounted rider may finish a race pushing, pulling or carrying his bike but without assistance.
- A rider must not use offensive or abusive language, act in an anti-sporting manner, be disrespectful to the officials or ignore the race regulations.
- A rider must accept the decision of the official if he / she is disqualified from the race for not following the guidelines.



TRAIL RUNNING RULES

MANDATORY KIT:

- Shorts & T-Shirt.
- Running cap.
- Trail running shoes.
- Sunscreen and eyewear.
- Fully-charged mobile phone.

TRAIL RUNNING ETIQUETTE:

- The race number must be worn visibly and facing forward.
- The runner must complete the marked course on foot under their own power. Shortcuts are not permitted.
- No Littering! All litter must be carried to the next water station where it can be disposed of.
- No outside support is allowed along the race course. Support crews are not permitted to run with or pace runners.
- Any tampering with course marking or other actions that are deemed against a fair and sporting spirit is unacceptable and will result in disqualification.



A FEW IMPORTANT REMINDERS

EMERGENCY NUMBERS

Please save these numbers on your mobile:

MEDICAL EMERGENCY:

+974 7444 3335

*Accidents / Medical attention

EVENT OPERATIONS:

Abdul Fattah Alsaadi: +974 5555 7793

Mohammed Al Jaidi: +974 7444 3335

Mohammed Saber: +974 5094 3475

CONTACT US:

Email: grs@z-adventures.org

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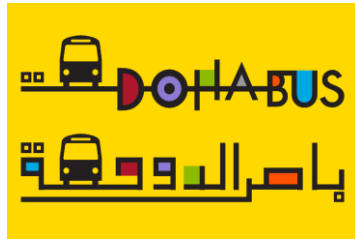


QP - SASOL joint venture

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