



**ADNOC**  
**ABU DHABI**  
**MARATHON**

— 14 DECEMBER 2024 —

**PUSH BEYOND YOUR  
LIMITS**



**MARATHON**

**MARATHON RELAY**

**10KM / 5KM / 2.5KM**



Abu Dhabi  
Sports Council



tadweer  
group

**VISIT: [AbuDhabiMarathon.com](http://AbuDhabiMarathon.com)**

# ENERGY FOR LIFE



At ADNOC, we are committed to helping our community embrace a more active lifestyle. Through the ADNOC Abu Dhabi Marathon, we are engaging our community to drive participation, unlock potential and realize ambitions, supporting the UAE's growth and promoting healthier living.

Learn more



@adnocgroup

Empowering Lives

Powering Possible

Advancing Net Zero

## THANK YOU TO OUR SPONSORS

TITLE SPONSOR



ORGANISED BY



PRIMARY SPONSORS



OFFICIAL PARTNERS



OFFICIAL SUPPLIERS



OFFICIAL FILIPINO NEWSPAPER PARTNER



# ATHLETE INFORMATION



# RACEPACK COLLECTION

We are busy preparing your race packs and you will soon have your ADNOC Abu Dhabi Marathon Nike t-shirt and running bib.

If you have paid for race pack delivery, race packs will be sent out between the 1st and 10th December.

If you have opted to collect your race pack from a Nike store, the pack will be waiting for you, in your selected store during the mall opening hours from 6th to 8th December.

**All other race packs can be collected from the event village between 3:00pm and 10:00pm from 10th-13th December.**

To collect your race pack, you will need to bring ID and your race entry confirmation.



# EVENT VILLAGE

The Event Village will be open from 10th-13th December from 3:00pm-10:00pm and on the 14th December (race day) from 5:00 am - 2:00 pm. Competitors and supporters are welcome to collect their race packs, join the main stage activities, visit our sponsors and enjoy family entertainment and good food.



# THERE IS NO RACEPACK COLLECTION ON 14<sup>TH</sup> DECEMBER!

# RACE WEEK PROGRAMME

## Tuesday 10th December

Event Village: ADNOC HQ  
South Plaza

3:00pm-10:00pm  
Entertainment Every Hour  
Race Pack Collection  
Sponsor Activations  
Food Stands

## Wednesday 11th December

Event Village: ADNOC HQ  
South Plaza

3:00pm-10:00pm  
Entertainment Every Hour  
Race Pack Collection  
Sponsor Activations  
Food Stands

## Thursday 12th December

Event Village: ADNOC HQ  
South Plaza

3:00pm-10:00pm  
Entertainment Every Hour  
Race Pack Collection  
Sponsor Activations  
Food Stands

## Friday 13th December

Event Village: ADNOC HQ  
South Plaza

3:00pm-10:00pm  
Entertainment Every Hour  
Race Pack Collection  
Sponsor Activations  
Food Stands



# RACE WEEK PROGRAMME

## 14<sup>TH</sup> DECEMBER

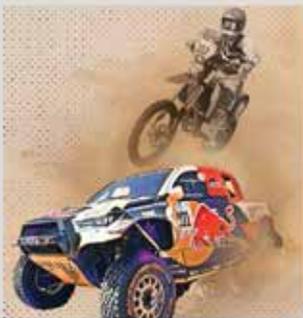


## Weather

The average temperature on 14th December in Abu Dhabi at 06:00am is 16 degrees.

- 3:30am** Parking open
- 5:00am** Race village open
- 4:30am** Bag drop open (for marathon, relay and 10km runners only)
- 6:00am** Marathon and marathon relay start
- 6:30am** 10km race start
- 8:45am** 2.5km race start
- 8:45am** Elite awards ceremony
- 9:30am** 5km race start
- 11:00am** Age group awards ceremony
- 12:15pm** Marathon cut off





# STARTING INSTRUCTIONS

All participants will be given a race bib number. To access the start area, you must show your bib which displays your unique number and start area on the front.

The race bib is strictly personal and cannot be altered in any way (cut, folded etc). If you transfer your race bib to another person, you will both be disqualified, and your time not registered.

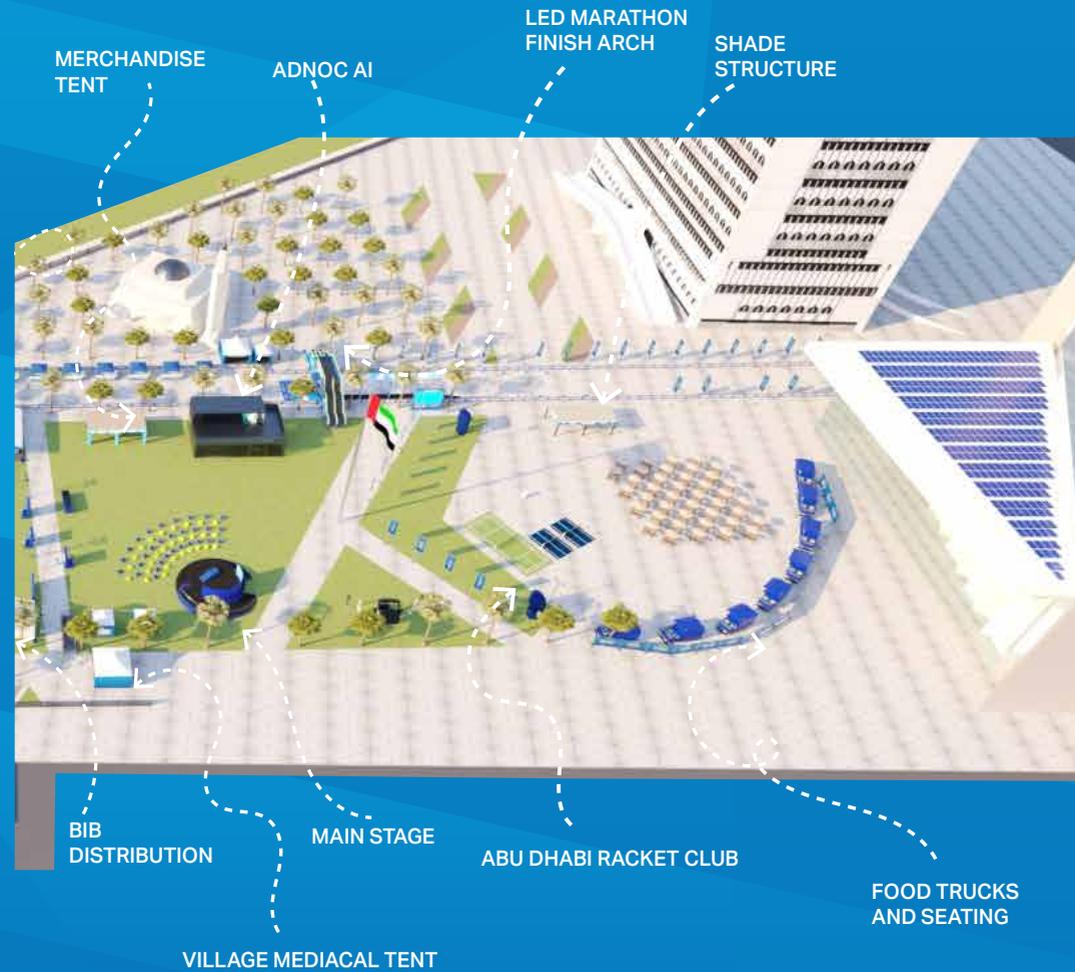
The race bib must be applied visibly onto the front of the running shirt (using the pins provided).

You will be able to access the start areas from 05:00am. The entrance to the allocated start corrals will be supervised by volunteers who will check your bib to verify that you are entering the sector assigned to you based on your estimated finish time. Latecomers will be asked to start at the back of the group.

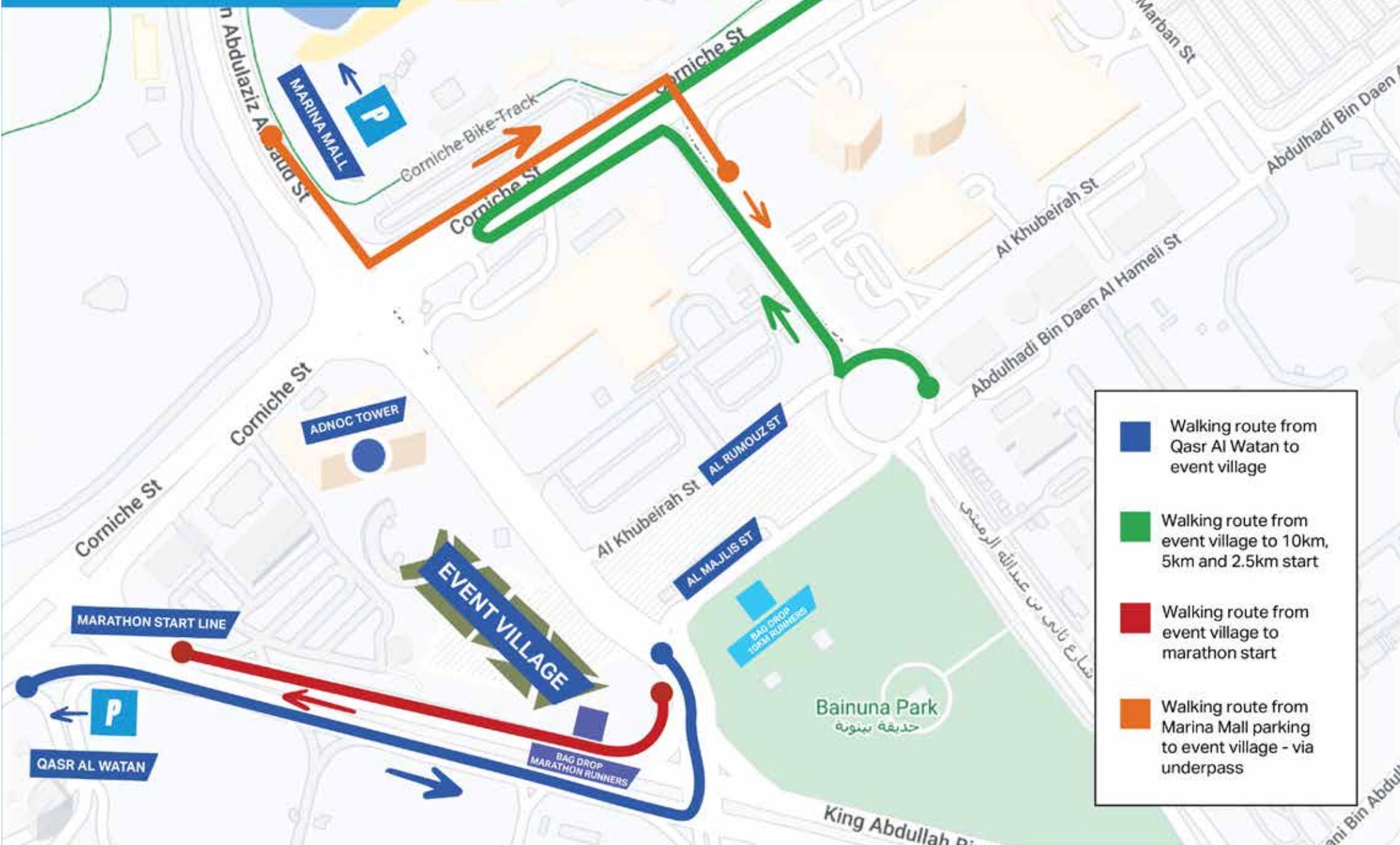
A gun will signal the start of the race. Wheelchair and elite runners will start first. As each wave ahead of you starts, you will move forward to the start line. Your timing chip will not start to record your time until you pass over the start line.



# VILLAGE MAP



# EVENT VILLAGE AND START LINES



-  Walking route from Qasr Al Watan to event village
-  Walking route from event village to 10km, 5km and 2.5km start
-  Walking route from event village to marathon start
-  Walking route from Marina Mall parking to event village - via underpass

# FALAH

Look out for Falah on the race route. He will be there to cheer you on!





# MARATHON AND MARATHON

# RELAY START



Car Parks are approximately 10 minutes walk to the start line.



# START TIME: 06:00AM

- The start line for the marathon and marathon relay is on King Abdullah Bin Abdulaziz Al Saud St behind ADNOC HQ Tower. Finish point: ADNOC HQ South Plaza.
- All runners have been assigned a starting corral to prevent crowding. Your bib will show your allocated corral, and each will be clearly marked close to the start.



Your bib number  
Your name and country flag (if you entered before 31st October)

A QR code to help you find your start location. Scan this code for directions.

The start wave that has been assigned to you based on your predicted finish time.

The bag drop zone where you can check in the bag with your personal clothing. The tag should be removed and attached to the bag

# MARATHON RELAY RUNNERS

**START TIME: 06:00AM**

## RELAY TEAMS ARE MADE UP OF 2 RUNNERS.

Runner A will complete 22KM and will start from the main start line with the other marathon distance runners.

Runner B will complete 20KM and will start at the 22KM mark at the roundabout on Saif Ghobash Street.

Runner B will drive to Zayed Sports City and park in the designated area. We suggest you arrive by 06:00am. You will then be directed to the relay handover point by our Marshalls and wait for runner A to arrive. A bag drop facility will be available at the handover point.

On completing 22KM, runner A will hand the team bib to runner B at the relay handover point on Saif Ghobash Street.

Runner A will collect their medal from the hand over point.

Shuttle buses will take runner A's back to the event village. Shuttle buses will leave when full from 07:30 and the last bus will leave at 09:00.

Runner B will collect their medal from the finish line.

Shuttle buses will take runner B's from the bus stop outside the Intercontinental Hotel to the parking at Zayed Sports City once the event is finished. Buses will leave once full between 9:30am and 1pm.

All relay teams will be sent an email outlining these plans with the confirmed meeting points.

## TEAM BIB WITH TIMING CHIP EXAMPLE:



## TEAM BIB WITH TIMING CHIP EXAMPLE:



The bag drop zone where you can check in the bag with your personal clothing. The tag should be removed and attached to the bag



A QR code to help you find your start location. Scan this code for directions.

Marathon Relay Handover Point

**DON'T WASTE YOUR ENERGY.**  
 RUN IN PEGASUS.

كن عضوًا عبر [Nike.ae](https://www.nike.ae) واكتشف مزايًا وفعاليات لا تُفوت.







# REFRESHMENT STATIONS

Along the route, there will be refreshment stations approximately every 3-4 kilometers, where you will find restrooms, Al Ain water stations and fruits such as bananas and oranges by Barakat. Gu energy gels will also be available at intervals on the route.

Hydration Drinks by Vitamin Well will be available at the finish line.

**MEDICAL:** Medical support will be available at strategic points throughout the course and at the start and finish lines.

**DROPPING OUT:** Athletes with an injury or who want to leave the race will be picked up by the "support bus" following the last runners.

# BAG DROP



A bag drop facility will be provided for all participants running in the marathon, relay and 10KM distances. You can only use the official race bag that was given to you by the organisers.

The bag must be marked using the tag provided on the bottom of your bib. You need to tear the strip off your bib and attach it to the bag strap. When you collect your bag, you will be asked to show your bib as proof of ownership.

Clothes and personal items should be placed loose inside the bag to facilitate security checks. .

Do not leave valuables in the bag. The organisers, any partners or sponsors will not be held liable for any theft or loss of belongings.

Refreshment points will be available at the following KM points:



- 3.8KM
- 6.3KM
- 8.4KM
- 11.7KM
- 16.2KM
- 19.2KM
- 22.3KM
- 25.3KM
- 27.2KM
- 29.1KM
- 31.6KM
- 35KM
- 37.6KM
- 39.7KM



# 10KM ROUTE

- Refreshment Point
- Medical Support



## START TIME: 06:30AM

The 10KM race will start opposite Khalidiya Parking Lot in front of Nation Towers on the Corniche and conclude on King Salman Bin Abdulaziz Al Saud Street (next to the event village).

**REFRESHMENT STATIONS:** Water will be available at the 5KM point and at the finish.



Car Parks are approximately 10 minutes walk to the start line



Your bib number  
Your name and country flag (if you entered before 31st October)

A QR code to help you find your start location. Scan this code for directions.

The bag drop zone where you can check in the bag with your personal clothing. The tag should be removed and attached to the bag

# 2.5KM - RUN TOGETHER



Car Parks are approximately 10 minutes walk to the start line

## START TIME: 08:45AM

The 2.5KM-RUN TOGETHER race will start opposite Khalidiya Parking Lot in front of Nation Towers on the Corniche and conclude on King Salman Bin Abdulaziz Al Saud Street (next to the event village).

**REFRESHMENT STATIONS:** Water will be available at the finish.



Your bib number  
Your name and country flag (if you entered before 31st October)

A QR code to help you find your start location. Scan this code for directions.

# 5KM ROUTE

-  Refreshment Point
-  Medical Support



## START TIME: 09:30AM

The 5KM race will start opposite Khalidiya Parking Lot in front of Nation Towers on the Corniche and conclude on King Salman Bin Abdulaziz Al Saud Street (next to the event village).

**REFRESHMENT STATIONS:** Water will be available at the halfway point and at the finish.



Your bib number  
Your name and country flag (if you entered before 31st October)

A QR code to help you find your start location.  
Scan this code for directions.





## Explore confidently with Daman Emergency Travel Insurance

Whether you're visiting the UAE or exploring the world, we have insurance plans with a wide range of protection options just in case you need emergency medical attention.

For inbound  
choose our  
Ziyarah plans



For outbound  
choose our  
Alami plans



damanhealth.ae



# TIMEKEEPING

Your timing chip is on your race bib. You must wear the bib throughout the race until you cross the finish line.

Each athlete will be timed from the start, at the finish and at 5KM points in between.

For each athlete the following times will be calculated:

**Gun time**-from the starters gunshot to crossing the finish line

**Net time**-from passing the start line to crossing the finish line



# FINISH

After crossing the finish line, athletes will find:

- 1-Finisher's medal
- 2-Refreshment stations
- 3-Bag collection
- 4-Access to the event village and entertainment

# RESULTS AND CERTIFICATES

Final results will be available on our website:  
[www.adnocabudhabimarathon.com](http://www.adnocabudhabimarathon.com)

You will be able to download your finishers certificate and race photos from the result page.



# VITAMIN WELL

# RICH IN FUNCTION. LOW IN CALORIES.



## MEDALS

Participants in all events will be awarded a unique ADNOC Abu Dhabi Marathon 2024 finisher medals.



# PARKING AND TRANSPORT ON

# 14TH DECEMBER 2024

## MARATHON AND RELAY PARKING, BAG DROP AND START LINE



The Corniche Street will not be accessible on 14 December. There will be no access to the Marathon via this route.

Parking is limited and we therefore strongly advise you consider the following options:

### **Carpooling**

**Taxi.** Anyone wishing to access the event by taxi will be dropped at Nation Towers near to The InterContinental Abu Dhabi Hotel

**Shuttle Bus from Dubai (Marathon, Relay and 10KM runners only) Participants in these races will receive an email with details**

### **PARKING ALL PARTICIPANTS:**

Parking is available in the following car parks. Allocation is on a first come, first served basis. We do not guarantee a dedicated sport for each participant.

Marina Mall Car Park-10 mins walk to Event Village

Qasr Al Watan Car Park-10 mins walk to Event Village

We suggest you arrive at least 1 hour before your scheduled start time. Please allow extra time for your journey and we ask for your patience and cooperation.

## 10KM, 5KM AND 2.5KM PARKING AND START LINE



# PRIZE MONEY

Winners are only eligible for 1 prize per participant



## MARATHON ELITES

	MALE (USD)	FEMALE (USD)
1 <sup>ST</sup>	USD 50.000,00	USD 50.000,00
2 <sup>ND</sup>	USD 20.000,00	USD 20.000,00
3 <sup>RD</sup>	USD 10.000,00	USD 10.000,00
4 <sup>TH</sup>	USD 6.000,00	USD 6.000,00
5 <sup>TH</sup>	USD 3.000,00	USD 3.000,00
6 <sup>TH</sup>	USD 2.500,00	USD 2.500,00
7 <sup>TH</sup>	USD 2.000,00	USD 2.000,00
8 <sup>TH</sup>	USD 1.500,00	USD 1.500,00
9 <sup>TH</sup>	USD 1.000,00	USD 1.000,00
10 <sup>TH</sup>	USD 500,00	USD 500,00
<b>TOTAL</b>	<b>USD 96.500,00</b>	<b>USD 96.500,00</b>

## MARATHON WHEEL CHAIR

	MALE (USD)	FEMALE (USD)
1 <sup>ST</sup>	USD 1.400,00	USD 1.400,00
2 <sup>ND</sup>	USD 1.050,00	USD 1.050,00
3 <sup>RD</sup>	USD 700,00	USD 700,00
<b>TOTAL</b>	<b>USD 3.150,00</b>	<b>USD 3.150,00</b>

## MARATHON AGE GROUP

		MALE (USD)	FEMALE (USD)
18-30	1 <sup>ST</sup>	USD 500,00	USD 500,00
	2 <sup>ND</sup>	USD 300,00	USD 300,00
	3 <sup>RD</sup>	USD 250,00	USD 250,00
31-40	1 <sup>ST</sup>	USD 500,00	USD 500,00
	2 <sup>ND</sup>	USD 300,00	USD 300,00
	3 <sup>RD</sup>	USD 250,00	USD 250,00
41-50	1 <sup>ST</sup>	USD 500,00	USD 500,00
	2 <sup>ND</sup>	USD 300,00	USD 300,00
	3 <sup>RD</sup>	USD 250,00	USD 250,00
51-60	1 <sup>ST</sup>	USD 500,00	USD 500,00
	2 <sup>ND</sup>	USD 300,00	USD 300,00
	3 <sup>RD</sup>	USD 250,00	USD 250,00
61+	1 <sup>ST</sup>	USD 500,00	USD 500,00
	2 <sup>ND</sup>	USD 300,00	USD 300,00
	3 <sup>RD</sup>	USD 250,00	USD 250,00
	<b>TOTAL</b>	<b>USD 5,250</b>	<b>USD 5,250</b>

## BONUS

	MALE (USD)		FEMALE (USD)	
1 <sup>ST</sup>	USD 30.000,00	2H04'40"	USD 30.000,00	2H19"15"
2 <sup>ND</sup>	USD 5.000,00	2H05'40"	USD 5.000,00	2H20"41"
3 <sup>RD</sup>	USD 5.000,00	2H06'40"	USD 5.000,00	2H21"41"
<b>TOTAL</b>	<b>USD 40.000,00</b>		<b>USD 40.000,00</b>	

### 10KM

	MALE (USD)	FEMALE (USD)
1 <sup>ST</sup>	USD 1,000,00	USD 1,000,00
2 <sup>ND</sup>	USD 900,00	USD 900,00
3 <sup>RD</sup>	USD 800,00	USD 800,00
4 <sup>TH</sup>	USD 700,00	USD 700,00
5 <sup>TH</sup>	USD 600,00	USD 600,00
6 <sup>TH</sup>	USD 500,00	USD 500,00
7 <sup>TH</sup>	USD 400,00	USD 400,00
8 <sup>TH</sup>	USD 300,00	USD 300,00
9 <sup>TH</sup>	USD 200,00	USD 200,00
10 <sup>TH</sup>	USD 100,00	USD 100,00
<b>TOTAL</b>	<b>USD 5,500,00</b>	<b>USD 5,500,00</b>



### 10KM WHEELCHAIR

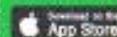
	MALE (USD)	FEMALE (USD)
1 <sup>ST</sup>	USD 500,00	USD 500,00
2 <sup>ND</sup>	USD 350,00	USD 350,00
3 <sup>RD</sup>	USD 250,00	USD 250,00
<b>TOTAL</b>	<b>USD 1,100,00</b>	<b>USD 1,100,00</b>



# JUICED DAILY



Download the Barakat App



f X barakatme

barakatfresh.ae

# WORLD RECORDS

## Men

Kelvin Kiptum - 2:00:35  
Kenya  
Chicago Marathon  
October 8, 2023

## Women

Ruth Chepngetich - 2:09:57  
Kenya  
Chicago Marathon  
13 October 2024

## Wheelchair Men

Marcel Hug - 1:17:47  
Switzerland  
Oita City Japan Marathon  
21 November 2021

## Wheelchair Women

Catherine Debrunner - 1:34:16  
Switzerland  
Berlin, Germany Marathon  
24 September 2023



CHOOSE  
QUALITY



CHOOSE  
AL AIN