

Fun Runs by Himam



وَذَارَة التَفَافَنُ أَوَالَزْيَاضَ اللَّهُ الشَّيَاتُ







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الاتحــاد العمــاني لألعاب القوب Oman Athletics Association هيئـــة تنميـــة المؤسســات الصغيــــرة والمتوسطـــــة

SMEs Development Authority





### Fun Runs by Himam



Kids Run (12-14 years)

Kids Run 2KM (7-11 years)







## Kids Run 2KM

Age	Date	Start Time	Start/End Location	Cutoff time
7 -11 Years	Saturday 3 <sup>rd</sup> Dec 2022	7:15 AM	<u>Birkat AlMouz, Nizwa</u> <u>Bait Rudaydah</u>	45 Minutes

The route is mostly paved in tarmac road, passing through ancient villages and palm trees plantations

Registration Fees: 1 Omani Rial

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## Kids Run 5KM

Age	Date	Start Time	Start/End Location	Cutoff time
12-14 Years	Saturday 3 <sup>rd</sup> Dec 2022	8:15 AM	<u>Birkat AlMouz, Nizwa</u> <u>Bait Rudaydah</u>	60 Minutes

The route is mostly paved in tarmac road, passing through ancient villages and palm trees plantations

Registration Fees: 3 Omani Rials

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### Adults Run 5KM

وَزَارَةِ النَّفَافَنْ وَالْزِياضَيْنُ

705

Adults Run 10KM





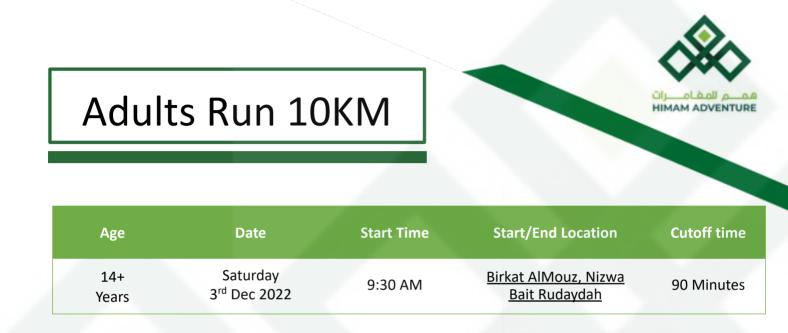
## Adults Run 5KM

Age	Date	Start Time	Start/End Location	Cutoff time
14+ Years	Saturday 3 <sup>rd</sup> Dec 2022	9:30 AM	<u>Birkat AlMouz, Nizwa</u> <u>Bait Rudaydah</u>	60 Minutes

The route is mostly paved in tarmac road, passing through ancient villages and palm trees plantations

Registration Fees: **3** Omani Rials <u>www.himam.om</u>





The route passes through ancient villages and palm trees plantations for about 4KM, then heads to Tawi Sa'da in a mostly flat non-paved trail, reaching a U turn that takes runners back to the village

Registration Fees: 7 Omani Rials www.himam.om





### Prizes

Race	Ranking	Prize	Note
Kids Run 2KM	First 7 -each gender	In-kind prize	All runners crossing
Kids Run 5KM	First 7 -each gender	In-kind prize	the finish line will receive a finisher
Adults Run 5KM	First 7 -each gender	In-kind prize	medal.
Adults Run 10KM	First 7 -each gender	In-kind prize	





The prize giving will take place on 3<sup>rd</sup> Dec 2022 at 11:00 AM at Bait Rudaydah, Birkat AlMouz, Nizwa



# **Numbers** Collection

Location	Date	Start Time	Close Time	Note
	Tue 29 Nov 2022	2:00 PM	9:00 PM	QR code sent to the email should be presented when collecting the T-shirt
Birkat AlMouz,	Wed 30 Nov 2022	2:00 PM	9:00 PM	
Nizwa	Thu 01 Dec 2022	10:00 AM	11:00 PM	
<u>Bait Rudaydah</u>	Fri 02 Dec 2022	7:30 PM	10:00 PM	and the running number
	Sat 03 Dec 2022	6:00 AM	9:00 AM	





**Register** Now

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Limited Entries Registeration ends on 30<sup>th</sup> Nov 2022

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