



هيمم للمغامرات  
HIMAM ADVENTURE

Fun Runs  
by Himam

## Organizers



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## Kids Run (12-14 years)

## Kids Run 2KM (7-11 years)



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وزارة التعليم العالي والبحث العلمي



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# 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

Adults Run 10KM



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# 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**  
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# Adults Run 10KM

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>	90 Minutes

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**

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# Prizes

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



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# Numbers Collection

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



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Register Now

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Limited Entries

Registration ends on 30<sup>th</sup> Nov 2022

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