

THE HAJAR ULTRA 110KM

Technical Guide



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سباق همم للجري الجبلي
HIMAM TRAIL RUN RACE
NOVEMBER 2023



Technical Details

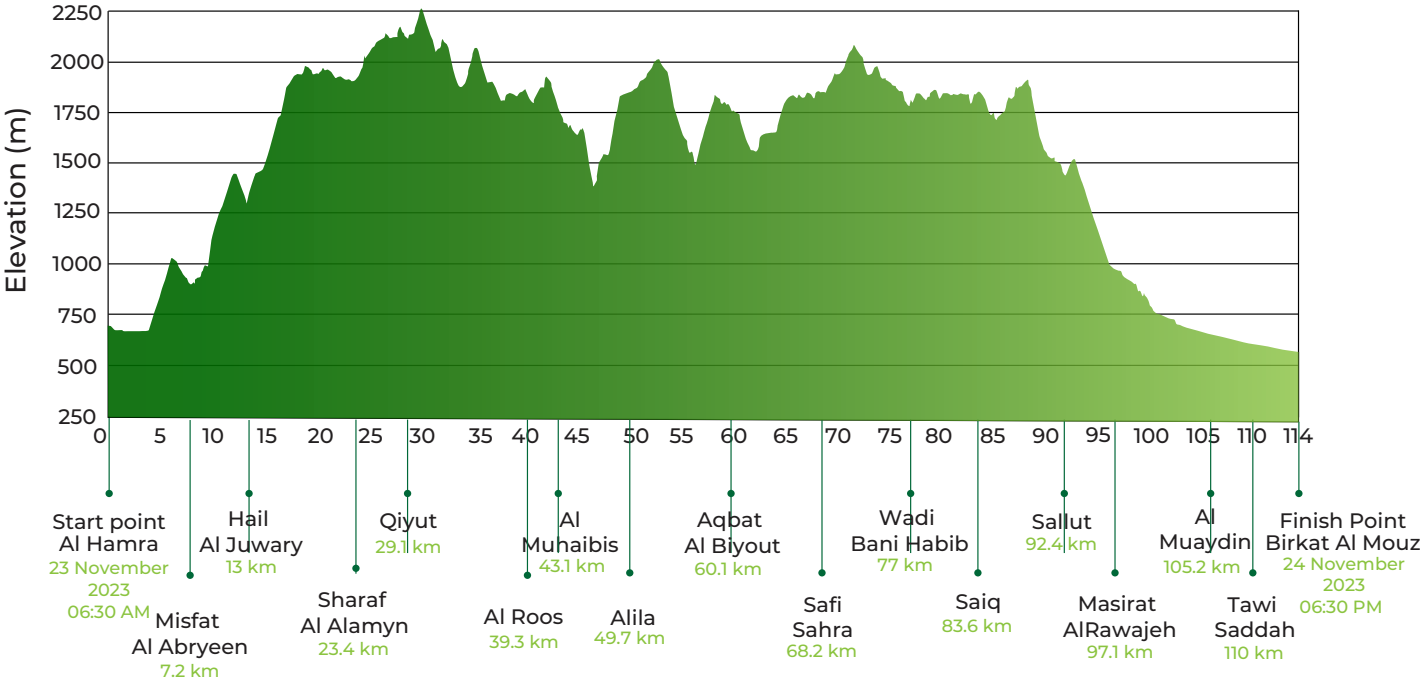


Start
Al Hamra
23 November 2023, 6:30 AM















































Finish
Birkat Al Mouz
24 November 2023, 6:30 PM

Elevation Profile



Checkpoints

Checkpoints	Altitude (M)	Inter-Distance (KM)	Distance	Accumulative elevation gain (M)	Accumulative elevation loss (M)	Cut off time	Services
Start: Al Hamra	650	-	-	-	-	-	
Misfat Al Abryeen	930	7.2	7.2	400	120		
Hail Al Juwary	1370	6.2	13	1030	310		 
Sharaf Al Alamyn	1980	10.4	23.4	1810	480	7:30 hours 2:00 pm	   
Qiyut	2230	6	29.1	2160	580		  
Al Roos	1910	10.2	39.3	2620	1360		
Al Muhaibis	1830	3.8	43.1	2790	1610		  
Alila	1920	6.6	49.7	3470	2200	16:30 hours 11 pm	   
Aqbat Al Biyout	1920	10.4	60.1	4140	2870		  
Safi Sahra	1900	8.1	68.2	4490	3240		  
Wadi Bani Habib	1860	8.8	77	4830	3620	25 hours 7:30 am	  
Saiq	1890	6.6	83.6	4990	3750		 
Sallut	1490	8.8	92.4	5270	4430	03:30 hours 1:00 PM	   
Masirat AlRawajeh	1130	4.7	97.1	5420	4940		 
Al Muaydin	730	8.1	105.2	5670	5590		 
Tawi Saddah	620	4.8	110	5690	5720		 
Birkat Al Mouz	580	4	114	5700	5770	36 hours 6:30 PM	   



Snacks



Food



Water



Soup



Rest Room

Mandatory Kit

The availability of personal kit will be checked in the same day of the Race Pack Collection and receiving the bib numbers. Runners must be responsible for keeping the mandatory kits with them from the start to the end of the race.



Running backpack



Passport / residence card



Trail running shoes



Mobile phone



Supply of water of 2 Liters



Saharan cap to protect from sun



Food reserve



First aid



Head torch with spare batteries



Wind breaker and water-proof jacket



Survival blanket



Gloves



Warm clothes



Beanie hat



Whistle



Portable cup

Optional Kit



Sunglasses



GPS watch



Trekking poles



Sun cream



Contingency cash money

Rules & Regulations



Short-cutting the route: Subject to organizers decision



Missing item(s) off the mandatory equipment list: 1 hour penalty



Refusal to have mandatory equipment checked:
Disqualification



Not assisting a person in difficulty:
1 hour penalty



Discarding waste:
30 minute penalty



Cheating: Disqualification
- subject to organizer decision



Assistance outside of authorized zones:
1 hour penalty



Lack of respect for others: Subject to organizers decision



Lack of visible race-bib: 15 minute penalty



Departure from a checkpoint after time limit: Disqualification



Use of poles not carried from the race start: 1 hour penalty



No passage through a check point: 30 minute penalty

Travel Guide



Flights and Visa:

The easiest way to travel to Oman is by air. You can fly to Muscat International Airport, which is the largest airport in Oman. There are direct flights to Muscat from major cities around the world.

- You may check Oman Air's [official website](#) to see the direct flights on offer and to enjoy hospitable services.
- A tourist visa is required to enter Oman. Check the local customs website [here](#) to see which tourist visa is suitable for your country of origin. Some visas can be obtained upon arrival.
- Vaccination: Currently there is no process required for COVID vaccination, but you may have your vaccination certificate on your mobile phone ready in case you are asked to present.



Connectivity:

Oman has a reliable and affordable mobile network, and it's easy to purchase a SIM card on arrival at the airport. Most hotels and restaurants offer free Wi-Fi.

Local SIM providers:

- Omantel
- Ooredoo
- Vodafone



Taxi and Mobility:

Driving cars is the dominant mode of transportation in Oman while public bus transport is most efficient in the capital city of Muscat. In the airport, you may choose to rent a car to drive at ease, hire a car with a tour guide, or utilize local taxi services for short distance commute. You may opt for pre-booking before arrival for a smoother experience.

- OTAXI: Use OTAXI, a mobile app for short journeys.



Culture and Customs:

Oman is a conservative Muslim country, and it is important to be mindful of local customs and traditions. It is important to dress modestly when in public places.

As a general guideline, attire should be loose-fitting, long-sleeved tops and pants that cover the arms and legs. While running, you may opt for breathable options to avoid excessively revealing clothing. If you are attending the prizegiving ceremony, is scheduled on Saturday 25 November 2023 at 4 PM, the dress code is smart casual as among the attendees are local representatives and officials.



Currency:

The official currency in Oman is Omani Rial (OMR). ATM machines are within reach but it's best to carry some cash, especially when you're traveling outside main cities. Many shops and restaurants accept credit cards, but it's always a good idea to have cash on hand. ATMs can be located through Google Map easily.



Weather:

November in Oman is the perfect time for trail running with comfortable temperatures and cooler weather at higher elevations, such as the Al Hajar mountain range, where the event will take place. Ensure that you are prepared with appropriate clothing and gear.



Accommodation:

You will receive preferred hotel options by the race organization. However, if you prefer to look for accommodation options that are close to the race location, you may search for a hotel or serviced apartments. The locations of the race are multiple, with Al Hamra being the start of the 110KM distance, Imti in Izki being the start of the 55KM distance and Birkat Al Mouz being the start for 20KM and the finish for all distances

Prizes



Female Runners

800 oMR Champion

700 oMR 2nd Place

600 oMR 3rd Place



Male Runners

800 oMR Champion

700 oMR 2nd Place

600 oMR 3rd Place

4th – 10th runner ups will be rewarded with prizes.

All runners crossing the finish line will receive a finisher medal.

The prize giving will take place at the race village in Birkat Al Mouz on 25 of November at 4 PM.

Winning runners will be awarded for their efforts.

Attendance is open for all. The ceremony will be attended by some of Oman's VIP delegates and promises to be the perfect way to celebrate the athletes.

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