
الترا ماراثون قطر
من الشرق إلى الغرب
2026
QATAR EAST TO WEST
ULTRA
ATHLETE BRIEFING
FRIDAY 27 NOVEMBER 2026
90 km point to point
Sheraton Park, Doha → Dukhan Beach
Solo and Team Relay

THE RACE

RACE AT A GLANCE

90 KM

POINT TO POINT

Sheraton Park, Doha → Dukhan Beach

5:00 AM

START

Solo runners and first-leg team runners

15 HOURS

TIME LIMIT

The finish line closes at 8:00 PM

5 + 5

STATIONS

5 main stations and 5 water stations

BEFORE RACE DAY

RACE PACK COLLECTION

WHEN + WHERE

Lusail Sports Arena

Wed 25 Nov · 2:00 – 10:00 PM
All participants (Qatar-residents and international participants)

Thu 26 Nov · 2:00 – 6:00 PM
International participants only

No pack collection on race day. No exceptions.

WHAT TO BRING

Your QID (residents) or passport (international), and your confirmation email or SMS.

Collecting for someone else? Bring a copy of their ID and their confirmation. One team member can collect for the whole team.

Check your details before you leave. Report errors at the desk on the spot.

FRIDAY 27 NOVEMBER · SHERATON PARK

RACE MORNING

3:30

SOLO BAG DROP OPENS

Bag drop runs 3:30 – 4:45 AM, Solo Runners only

4:00

TEAM CHIP COLLECTION

Teams collect their Team Chip, 4:00 – 4:45 AM

4:45

START AREA CLOSES

Bag drop and chip collection close for line-up

5:00

RACE START

Solo Runners and first-leg team runners together



Podium contenders line up at the front. Later-leg team runners go straight to their exchange station. The start mat is removed once the last runner crosses: no late starts.

CUT-OFF TIMES

Cross each timing mat before its cut-off. Miss one and your race ends at that station.

Point	km	Cut-off
Start · Sheraton Park	0	5:00 AM start
Main Station 1	10.7	6:40 AM
Water Station 1	20.7	
Main Station 2	33.2	10:15 AM
Water Station 2	40.2	
Main Station 3 · drop bags	48.1	1:00 PM
Water Station 3	55.1	
Main Station 4	62.4	3:30 PM
Water Station 4	69.4	
Main Station 5	77.0	6:00 PM
Water Station 5	83.0	
Finish · Dukhan Beach	90.0	8:00 PM

TAP TO OPEN IN GOOGLE MAPS

STATION LOCATIONS

Start · Sheraton Park	0 km	5:00 AM start	Open map →
Main Station 1	10.7 km	Cut-off 6:40 AM	Open map →
Main Station 2	33.2 km	Cut-off 10:15 AM	Open map →
Main Station 3 · drop bags	48.1 km	Cut-off 1:00 PM	Open map →
Main Station 4	62.4 km	Cut-off 3:30 PM	Open map →
Main Station 5	77.0 km	Cut-off 6:00 PM	Open map →
Finish · Dukhan Beach	90 km	Closes 8:00 PM	Open map →

Crews: park in the marked crew parking and walk in. No vehicles inside station areas.



THE COURSE

WHAT'S UNDER YOUR FEET

≈ 90 KM

ALMOST ALL ROAD

Roads stay open to traffic all day

600 M

OFF-ROAD

One short off-road stretch - no off-road shoes needed

≈ 280 M

TOTAL CLIMB

Elevation gain over the whole course

6 KM

UNLIT AFTER STATION 5

Night kit is mandatory from 4:30 PM

Open the race course map →

Toilets at the start, the finish and all 5 main stations.

ON COURSE

AID STATIONS

MAIN STATIONS 1–5

Water, juices, soft drinks, fruit, nuts, mini chocolate bars, chips.

Timing mat, medical cover, team exchange zone and toilets.

WATER STATIONS

One between each pair of main stations.

Water only.

BRING YOUR OWN

Gels, electrolytes and any specific nutrition you need.

Crews park outside the stations zones.

ON COURSE

BAGS + TRANSPORT

DROP BAG · SOLO ONLY

One bag per runner, with the official tag attached. Untagged bags are refused.

Hand in: the start, 3:30 – 4:45 AM
Station 3: until 1:00 PM
Finish: from 2:00 PM

Bags are left at the owner's risk.

TRANSPORT

1:00 PM bus from Station 3 to the start
8:00 PM bus from the finish to the start

A sweeper bus follows the last runner and picks up anyone who stops.

There is no transport to Doha during the day.

KIT + SAFETY

MANDATORY KIT

01 Race BIB worn on the front, fully visible, on your outermost layer (over a jacket or vest at night).

02 Mobile phone, charged, with the race emergency numbers saved.

03 A way to carry at least 500 ml of fluid: bottle, soft flask, belt or pack.

04 From 4:30 PM: headlamp switched on, plus a red rear light or reflective vest or bands worn on the outside.

05 Headphones: open-ear or a single earbud only. You must hear traffic, vehicles and marshals at all times.



KIT + SAFETY

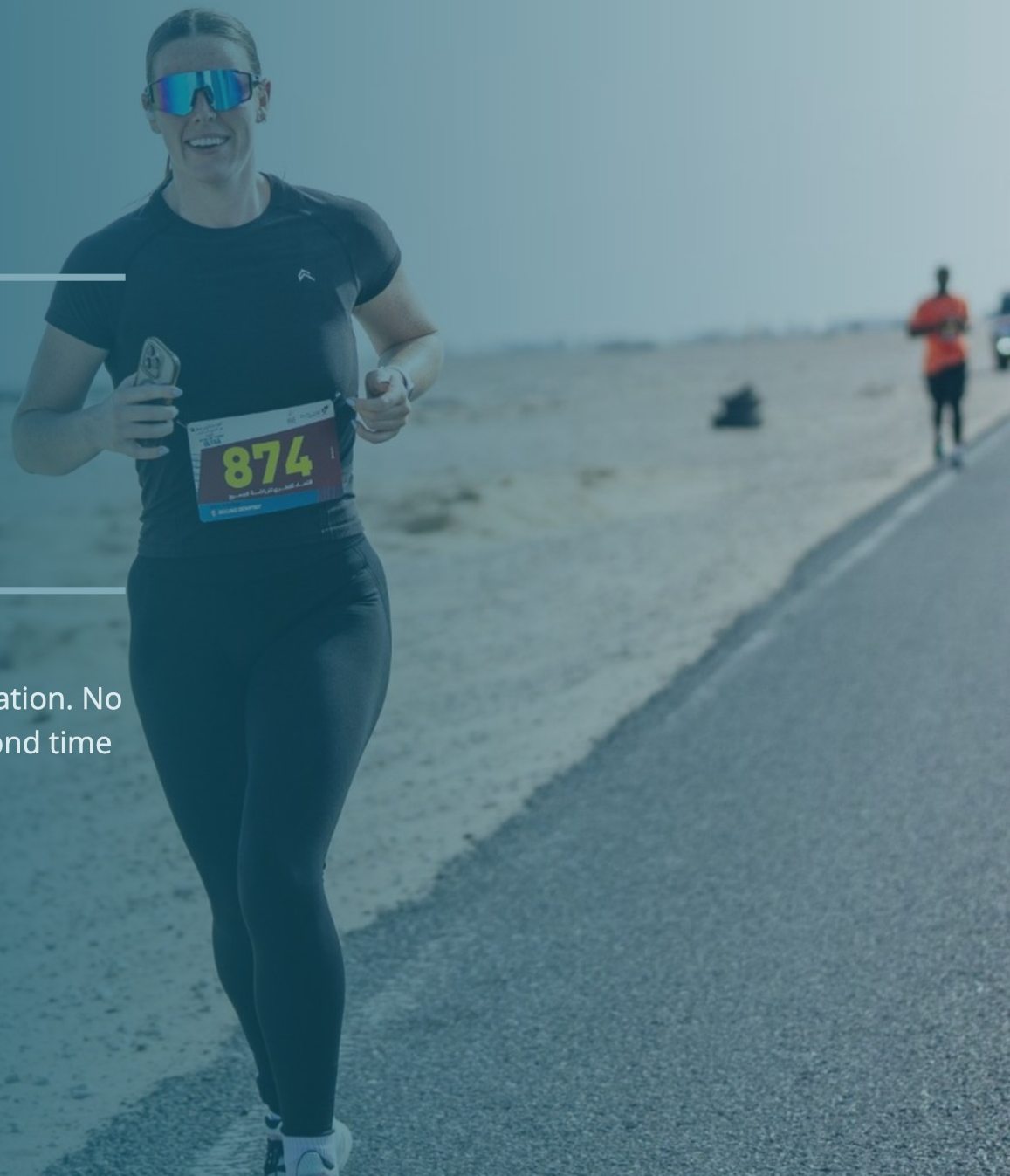
RECOMMENDED KIT

WORTH BRINGING

- Tested shoes + a spare pair
- Spare shirts, socks, towel
- Sunscreen, sunglasses, cap
- Anti-chafe lubricant
- Light jacket for the evening
- Warm clothes for the finish
- A power bank
- Your own gels and food

KIT CHECKS

Officials may check mandatory kit at pack collection, the start or any main station. No night kit after 4:30 PM: held until you have it, plus 15 minutes penalty. A second time is DQ.



KIT + SAFETY

ROADS ARE OPEN TO TRAFFIC

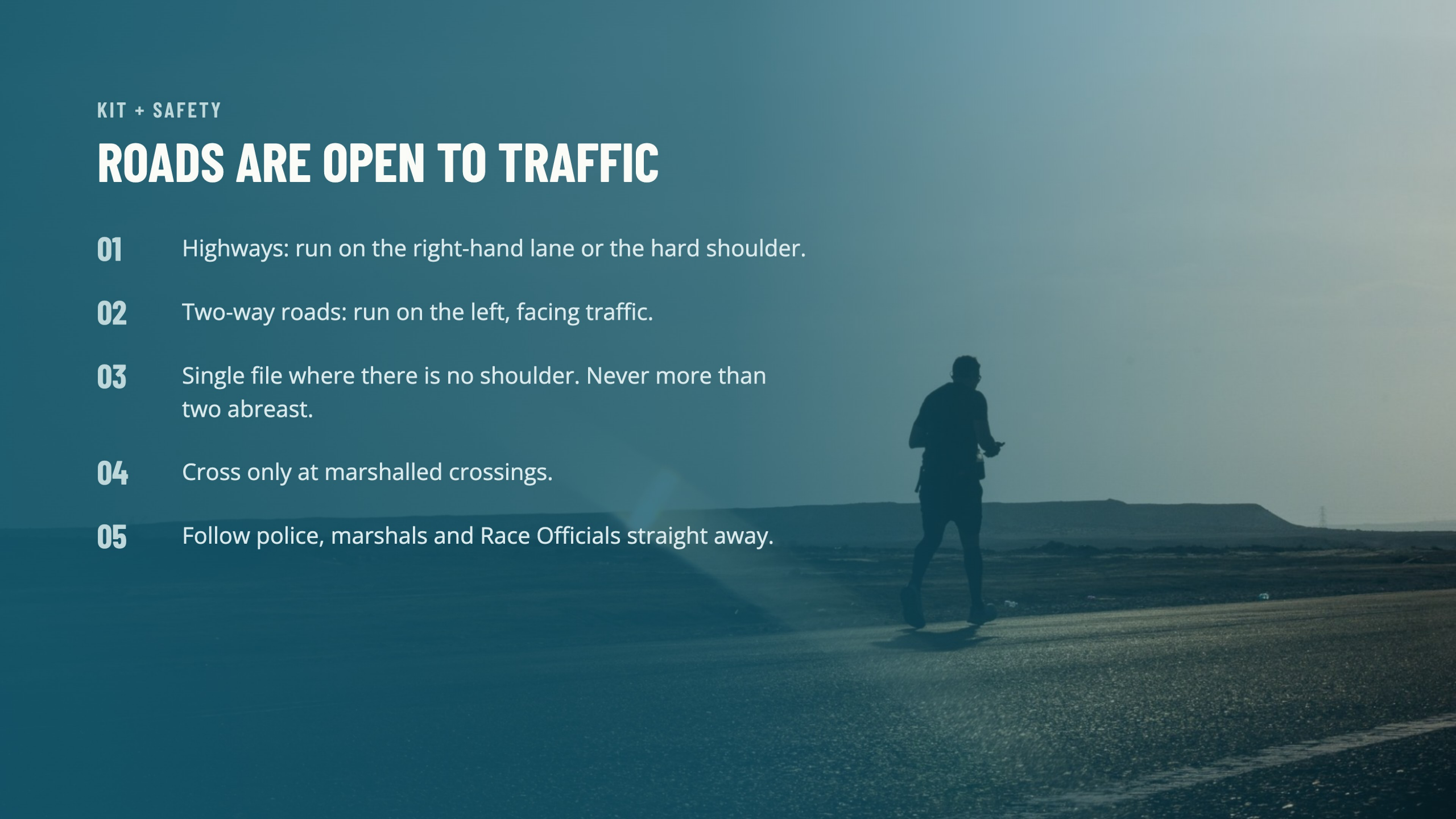
01 Highways: run on the right-hand lane or the hard shoulder.

02 Two-way roads: run on the left, facing traffic.

03 Single file where there is no shoulder. Never more than two abreast.

04 Cross only at marshalled crossings.

05 Follow police, marshals and Race Officials straight away.



TEAMS

TEAM RELAY

2–6

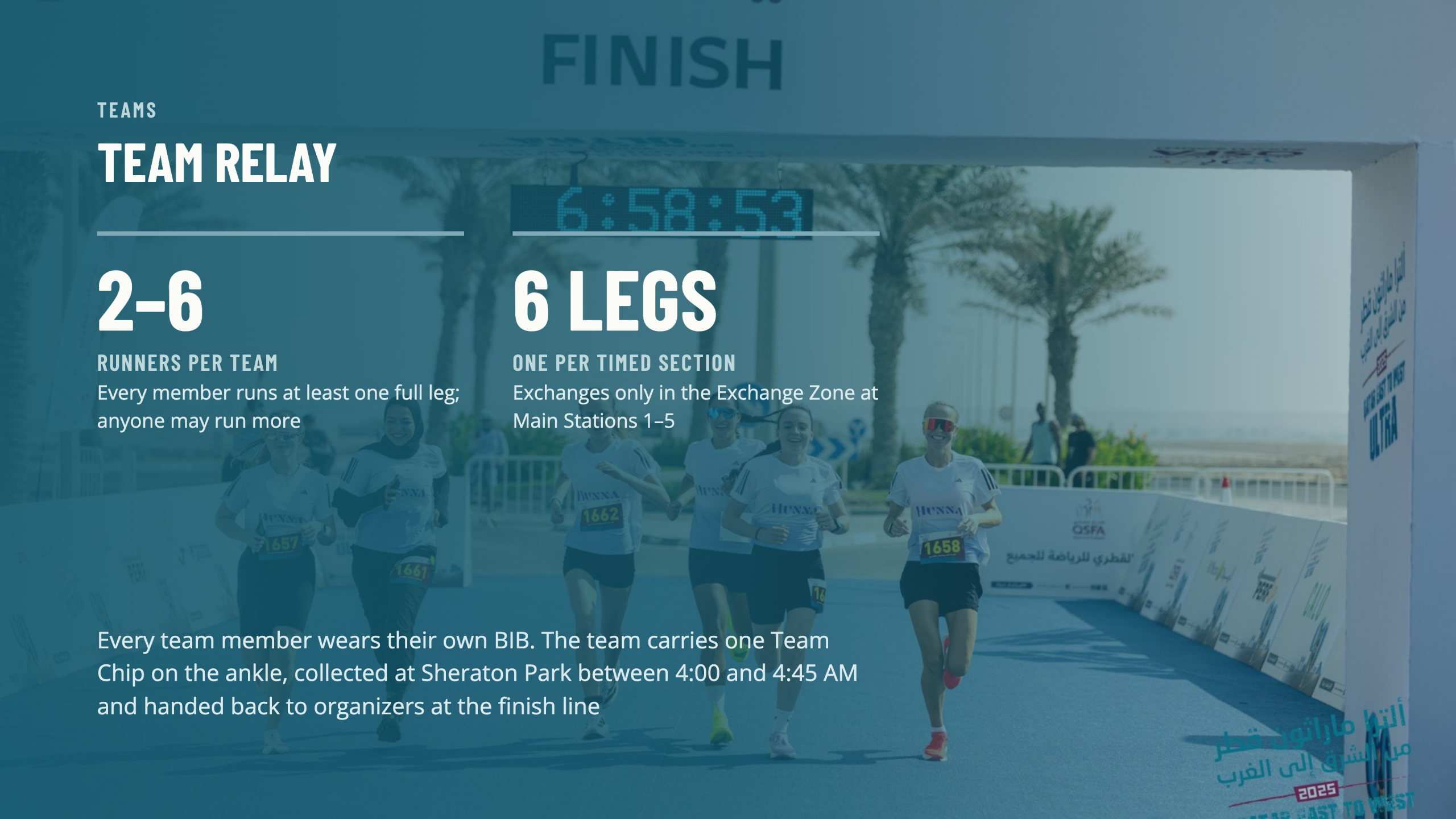
RUNNERS PER TEAM

Every member runs at least one full leg; anyone may run more

6 LEGS

ONE PER TIMED SECTION

Exchanges only in the Exchange Zone at Main Stations 1–5



Every team member wears their own BIB. The team carries one Team Chip on the ankle, collected at Sheraton Park between 4:00 and 4:45 AM and handed back to organizers at the finish line

TEAM RELAY

HOW EXCHANGES WORK

Leg	From – to	km
1	Start – S1	10.7
2	S1 – S2	22.5
3	S2 – S3	14.9
4	S3 – S4	14.3
5	S4 – S5	14.6
6	S5 – Finish	13.0

01 Cross the timing mat first, then hand over the Team Chip in the Exchange Zone. The next runner starts only with the chip.

02 If the Active Runner misses a cut-off, the whole team is withdrawn.

03 Lost the Team Chip? Tell the nearest station captain at once.

04 Team members may join for the last 500 m and cross the finish together.

SUPPORT CREWS

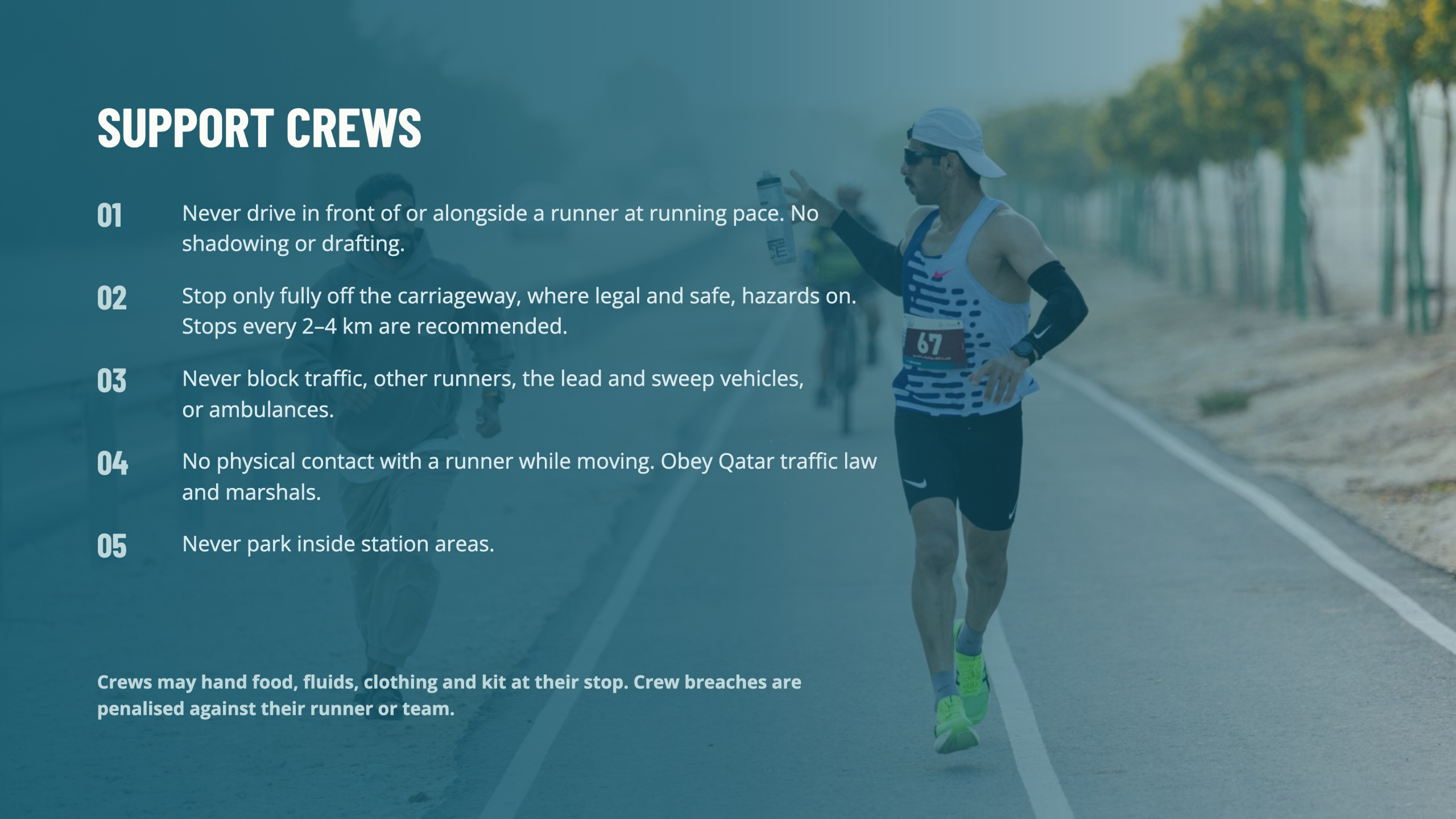
01 Never drive in front of or alongside a runner at running pace. No shadowing or drafting.

02 Stop only fully off the carriageway, where legal and safe, hazards on. Stops every 2–4 km are recommended.

03 Never block traffic, other runners, the lead and sweep vehicles, or ambulances.

04 No physical contact with a runner while moving. Obey Qatar traffic law and marshals.

05 Never park inside station areas.



Crews may hand food, fluids, clothing and kit at their stop. Crew breaches are penalised against their runner or team.

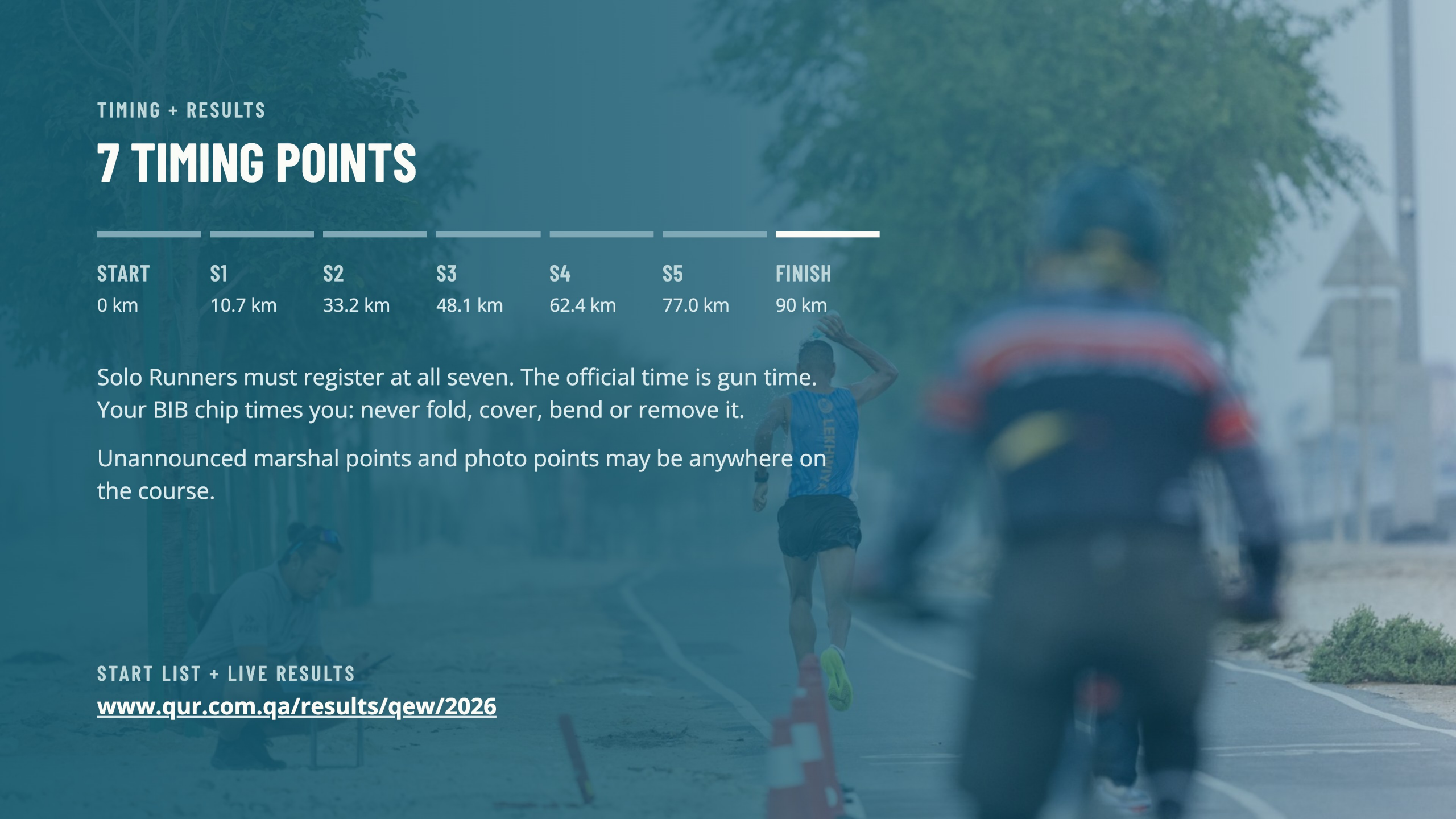
TIMING + RESULTS

7 TIMING POINTS

START	S1	S2	S3	S4	S5	FINISH
0 km	10.7 km	33.2 km	48.1 km	62.4 km	77.0 km	90 km

Solo Runners must register at all seven. The official time is gun time. Your BIB chip times you: never fold, cover, bend or remove it.

Unannounced marshal points and photo points may be anywhere on the course.



START LIST + LIVE RESULTS

www.qur.com.qa/results/qew/2026

TOP 3 MEN + TOP 3 WOMEN IN EACH CATEGORY

CATEGORIES + AWARDS

OVERALL

Solo Overall · Male / Female
Solo 40+ · Male / Female
Team Overall · all-male / all-female

AL-ADAAM

Solo Al-Adaam Overall · Male / Female
Solo Al-Adaam 40+ · Male / Female
Team Al-Adaam · all-male / all-female

Age is your age on 31 December 2026.
Al-Adaam: Qatari citizens; a team qualifies only if every member is Qatari.

Overall podium finishers leave their sub-categories and the next runner moves up.
Mixed teams are timed but not eligible for team prizes.

FAIR PLAY

TIME PENALTIES

Breach	1st	2nd	Further
Littering (runner or crew)	Warning	+10 min	DQ
BIB not visible, folded or covered	Warning	+5 min	+10 min
Headphones breach	Warning	+5 min	+10 min
Unsafe road position, or more than two abreast	Warning	+10 min	Removed
No night kit after 4:30 PM	Held + 15 min	DQ	–
Crew vehicle in front, alongside or drafting	+10 min	+20 min	DQ
Crew stopping on the road or blocking traffic	Warning	+15 min	DQ

Penalties are added to the final time. You are told at the next main station or at the finish.

INSTANT DISQUALIFICATION

Shortcutting or using any vehicle
plus a ban of up to 3 editions

Solo runner missing a timing point that can’t be verified

Continuing after a cut-off or after being withdrawn

Exchange outside the zone, or an early start by the outgoing runner

Refusing an official or medical instruction

Aggression or abuse towards anyone
possible ban

SAVE THESE NUMBERS BEFORE RACE DAY

IN AN EMERGENCY

999

CALL FIRST

THEN THE RACE EMERGENCY LINE

+974 3372 1474

+974 7409 0741

HMC ambulances are along the course and medics are at every main station. See a runner in serious distress? Help them and alert an official or call 999.

TELL US BEFORE YOU LEAVE THE COURSE

IF YOU STOP

01 Tell a Race Official at the nearest station, or call a race emergency number. Never leave the course without telling us.

02 Once you get into any vehicle (crew car, sweeper bus, ambulance), your race is over. You cannot rejoin.

03 Miss a cut-off and you are stopped at that station. Carrying on after a cut-off or withdrawal means DQ.

04 Medics and the Race Director may withdraw any runner. Their decision is final.

05 Carry any personal medication you need.

DUKHAN BEACH · FINISH CLOSES 8:00 PM

AT THE FINISH

FINISHER REWARDS

A medal for everyone who finishes within 15 hours. Solo finishers also get the black finisher shirt.

RACE-DAY PROTESTS

Race Jury desk at the finish, within 30 minutes of finishing or of the result being posted. Provisional results may change after review.

PODIUM CHECKS

ID, Race Age and (for Al-Adaam) nationality are checked against QID or passport. Podium runners may be asked for their GPS file within 24 hours.



THE DAY AFTER

PRIZE CEREMONY

SAT 28 NOV

LUSAIL SPORTS ARENA

Results become final and awards are presented

CAN'T ATTEND?

Send a proxy, approved by the Organiser in advance.

BEFORE ANY AWARD

ID, Race Age and (for Al-Adaam) nationality are checked against QID or passport.



ON THE COURSE AND OFF IT

Respect the culture

01 Wear a top at all times.

02 Respect farms, private land and residents. No toilet stops near homes, farms or other runners.

03 Leave stations, crew stops and the finish as clean as you found them. Rubbish goes in the station bins.

04 Treat volunteers, officials, runners, crews and the public with respect.

05 In case of sandstorm or fog, the race may be paused, shortened or re-routed. Follow official instructions straight away.

QATAR EAST TO WEST ULTRA 2026

BY

الاتحاد القطري
QSFA
للرياضة للجميع

QUR
QATAR ULTRA RUNNERS

PARTNERS

212

CALO

974

QATAR
CALENDAR

SEE YOU AT THE START

PROTESTS AFTER RACE DAY

info@qur.qa by Fri 27 Nov, 11:59 PM

PRIZE CEREMONY

Sat 28 Nov · Lusail Sports Arena

LIVE RESULTS

qur.com.qa/results/qew/2026

FULL RULES

www.qur.com.qa



SAVE THIS PAGE

RACE DAY AT A GLANCE

TIMES · FRI 27 NOV

3:30 AM Solo bag drop opens
4:00 AM Team chip collection
4:45 AM Start area closes
5:00 AM Race start, Sheraton Park
4:30 PM Night kit on
8:00 PM Finish closes, Dukhan Beach

CUT-OFFS

S1 10.7 km · 6:40 AM
S2 33.2 km · 10:15 AM
S3 48.1 km · 1:00 PM
S4 62.4 km · 3:30 PM
S5 77.0 km · 6:00 PM

EMERGENCY

999 call first
+974 3372 1474 race line 1
+974 7409 0741 race line 2

BAGS + BUSES

Drop bag: Station 3 until 1:00 PM, then the finish from 2:00 PM
1:00 PM bus, Station 3 → start
8:00 PM bus, finish → start
No transport to Doha during the day

LINKS

Race course map
Start list + live results
Full race rules
Station maps: Start · S1 · S2 · S3 · S4 · S5 · Finish

AFTER THE RACE

Protests: Race Jury desk at the finish within 30 min, or info@qur.qa by Fri 27 Nov, 11:59 PM
Prize ceremony: Sat 28 Nov, Lusail Sports Arena