

RACE GUIDE

DOHA MARATHON BY OOREDOO



DOHA
MARATHON
BY ooredoo



WELCOME TO THE DOHA MARATHON BY OOREDOO 2026!

We are delighted to welcome you to the 14th edition of this landmark event, which continues to set new standards for marathon excellence in the region and beyond.

With **20,000 runners** representing **160 nationalities**, and **2,200 international participants travelling from abroad**, this year's race is a powerful celebration of athletic achievement, community spirit, and Qatar's vibrant sporting culture.

The 2026 edition introduces several key enhancements designed to elevate the experience for every participant. Among them is the Blue Fun Run, launched in partnership with the Autism Parents Platform and supported by autism organisations across Doha, offering an inclusive, dedicated race experience for children with autism.

Additional features include Race Category Zones, grouping runners by expected pace to ensure a smoother, safer start; enhanced finisher medals, inspired by Doha's skyline, and available with optional name and official time engraving at Marathon Village.

This year's edition is honoured by the presence of **Richard Whitehead MBE**, a globally celebrated Paralympic champion and endurance athlete whose remarkable achievements and advocacy embody the spirit of resilience, inclusion, and excellence that the Doha Marathon by Ooredoo stands for.

It is further distinguished by the participation of **Tamirat Tola**, an Olympic marathon champion and world-class distance runner whose historic victories reflect the highest level of excellence in global marathon racing.

As a World Athletics Gold Label race for the third consecutive year and ranked among the top 25 marathons worldwide, the Doha Marathon by Ooredoo continues to grow in scale, prestige, and impact.

We wish you the very best for an inspiring and unforgettable race.

Sabah Rabiah Al Kuwari,
Vice Chairman of the Doha Marathon
by Ooredoo Committee

GET THE LATEST RACE NEWS

For all the latest news and updates, check out our dedicated marathon site at:
<https://dohamarathonooredoo.com/en/>



KIT COLLECTION

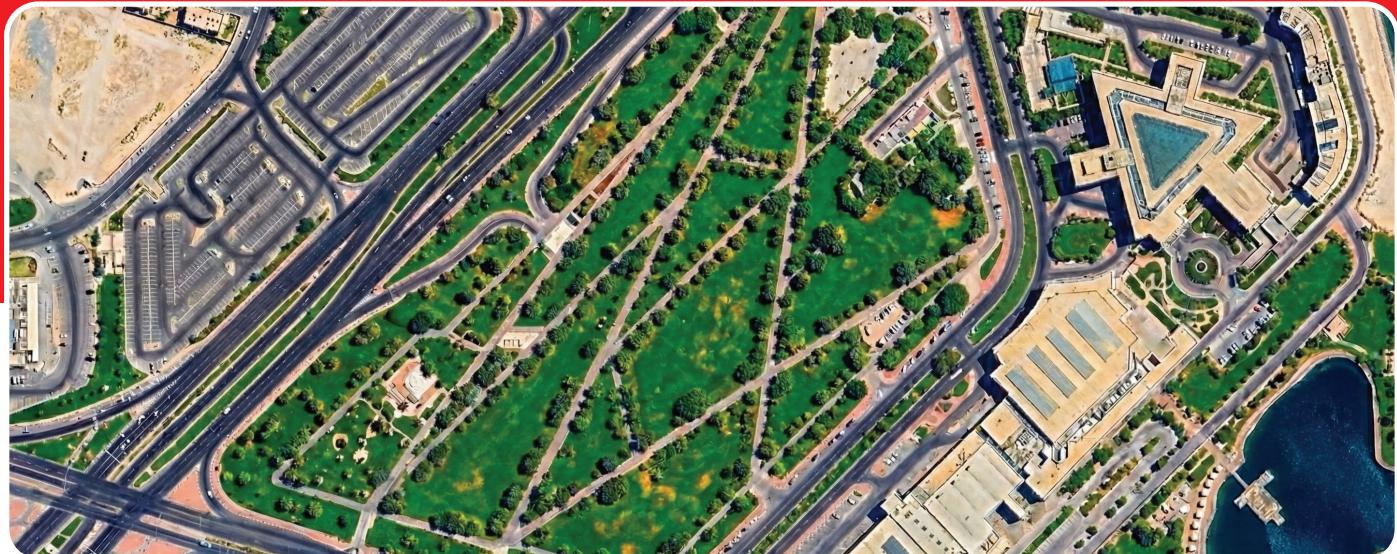
DETAILS

Ensure you're prepared for race day by collecting your kit on the designated dates. Remember, kits will not be distributed on race day, so mark your calendar and come prepared!

COLLECTION DATES AND TIMES

- Tuesday, 13 January 2026, 3:00 PM – 9:00 PM
- Wednesday, 14 January 2026, 3:00 PM – 9:00 PM
- Thursday, 15 January 2026, 3:00 PM – 9:00 PM

LOCATION: HOTEL PARK



WHAT'S INCLUDED IN YOUR KIT

- A runner's bag with a T-shirt
- Your bib number with a timing chip

WHAT TO BRING TO CLAIM YOUR KIT

- Your email confirmation
- QID or passport

AUTHORISING SOMEONE TO COLLECT ON YOUR BEHALF:

If you cannot attend in person, you may nominate someone to pick up your bib number. The person you nominate must have the following items with them:

- A signed letter from you authorising them to collect the kit.
- A printed copy of your bib pick-up email.
- A photocopy of your QID or passport.
- Their own QID or passport photocopy for records.

BIB INFORMATION & RULES

- Your bib number belongs to you.
- Bib numbers are non-transferable/non-exchangeable.
- Duplicate bibs, including the source bib number, will be disqualified.
- Clearly display your bib number for timing accuracy.
- Do not alter, fold, cover, or duplicate your bib number.
- Write your medical and emergency contact information on the back of your bib.
- Do not go backwards on the race route at any time.
- Do not cross the finish line twice.

KIDS' FUN RUN

Thursday, 15 January 2026

Join us for the exciting Kids' Fun Run on Thursday, 15 January, where young athletes will showcase their energy and enthusiasm. The race will be conducted in waves, with a 15-minute gap between each wave to ensure a smooth and enjoyable experience for all participants.

	Blue Fun Run	Kids Fun Run		
Categories	Autism Race	(4-6 Years)	(7-8)	(9-10 Years)
Time	3:00 PM	3:30 PM	3:45 PM	4:00 PM

MAP AND LOCATION



Kids' Fun Run meeting point - Village Area going down to the Fountain Area

TIPS FOR PARENTS

1. Arrive Early

Please arrive at least 45 minutes before your child's race wave.

2. Follow Instructions

Carefully follow the guidelines provided by the organisers.

3. Stay in Designated Areas

Cheer from spectator zones to avoid overcrowding at the start/finish line.

4. Hydrate Your Child

Ensure your child is well-hydrated.

5. Safety Matters

Remind your child to follow the race officials' guidance for a safe and enjoyable event for all.

6. Celebrate Participation

Focus on having fun and celebrating your child's effort.



RACE ROUTE MAPS



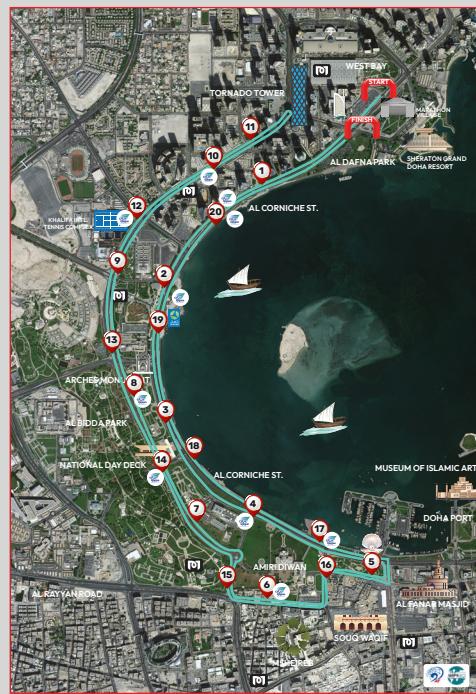
42 KM

DOHA MARATHON
BY ooredoo*



LEGEND
OOREDOO MARATHON ROUTE
DISTANCE
MEDICAL CENTRES
WATER STATION
ELITE DRINK STATION

RUN YOUR
OWN RACE



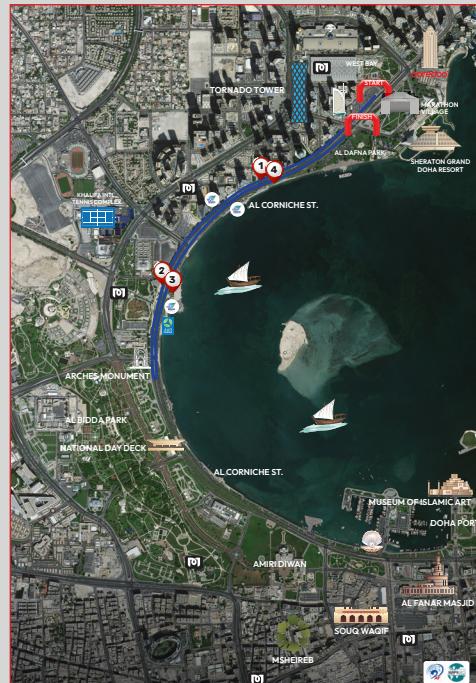
21 KM

DOHA MARATHON
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LEGEND
OOREDOO MARATHON ROUTE
DISTANCE
MEDICAL CENTRES
WATER STATION

RUN YOUR
OWN RACE



10 KM

DOHA MARATHON
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LEGEND
OOREDOO MARATHON ROUTE
DISTANCE
MEDICAL CENTRES
WATER STATION

RUN YOUR
OWN RACE

5 KM

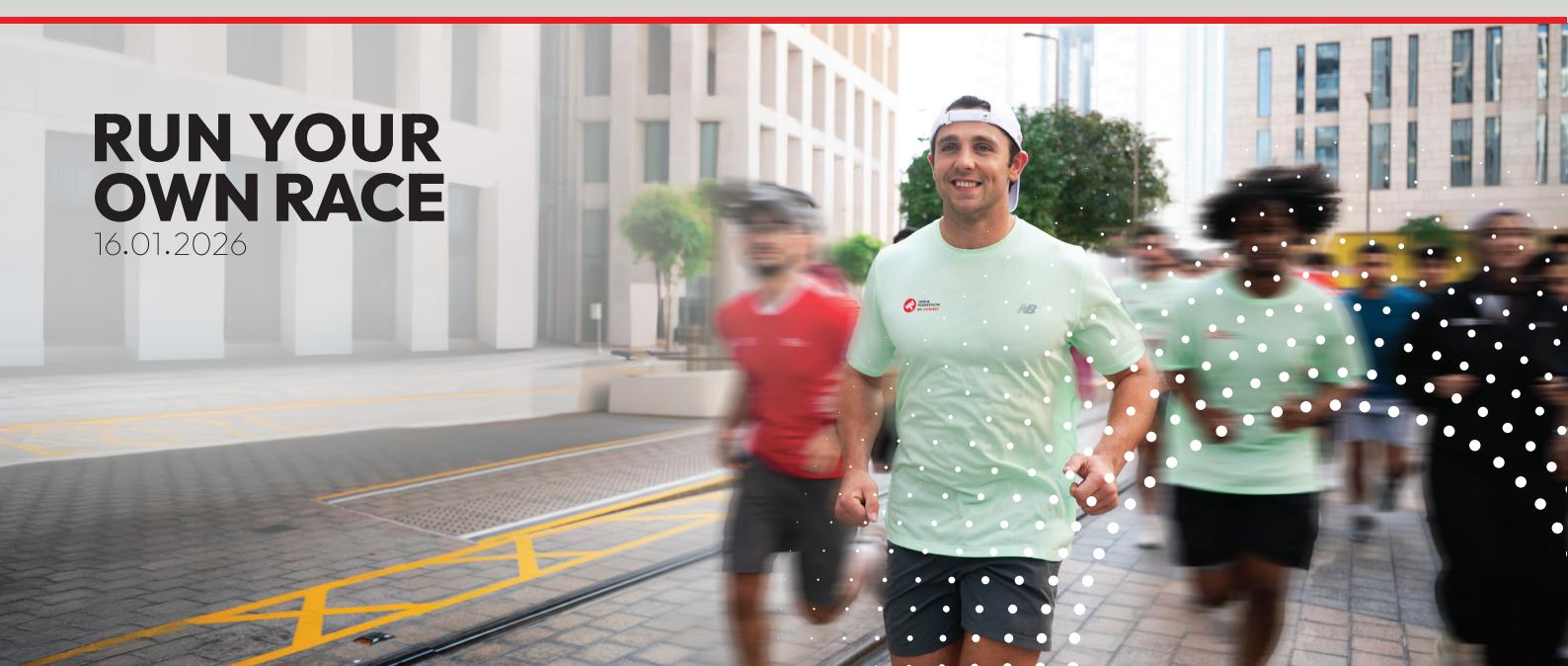
DOHA MARATHON
BY ooredoo*



LEGEND
OOREDOO MARATHON ROUTE
DISTANCE
MEDICAL CENTRES
WATER STATION

RUN YOUR
OWN RACE

**RUN YOUR
OWN RACE**
16.01.2026



RACE SCHEDULE

Race Category	BIB Color	Line Up	Start Line	Cut Off Time
42 KM Marathon		5:00 AM	6:00 AM	12:30 PM
21 KM Half Marathon		6:20 AM	7:20 AM	12:30 PM
10 KM Race		7:20 AM	8:20 AM	11:30 AM
5 KM Race		8:20 AM	9:20 AM	11:00 AM

START LINE ZONE

All participants will be organised into Start Line **Zones A, B, C, or D** based on their expected finish times. Each runner's assigned zone will be clearly displayed on their bib number, and participants must enter only their designated zone to ensure a smooth, fair, and efficient start.

ZONES OVERVIEW

42 KM, 21 KM & 10 KM Races

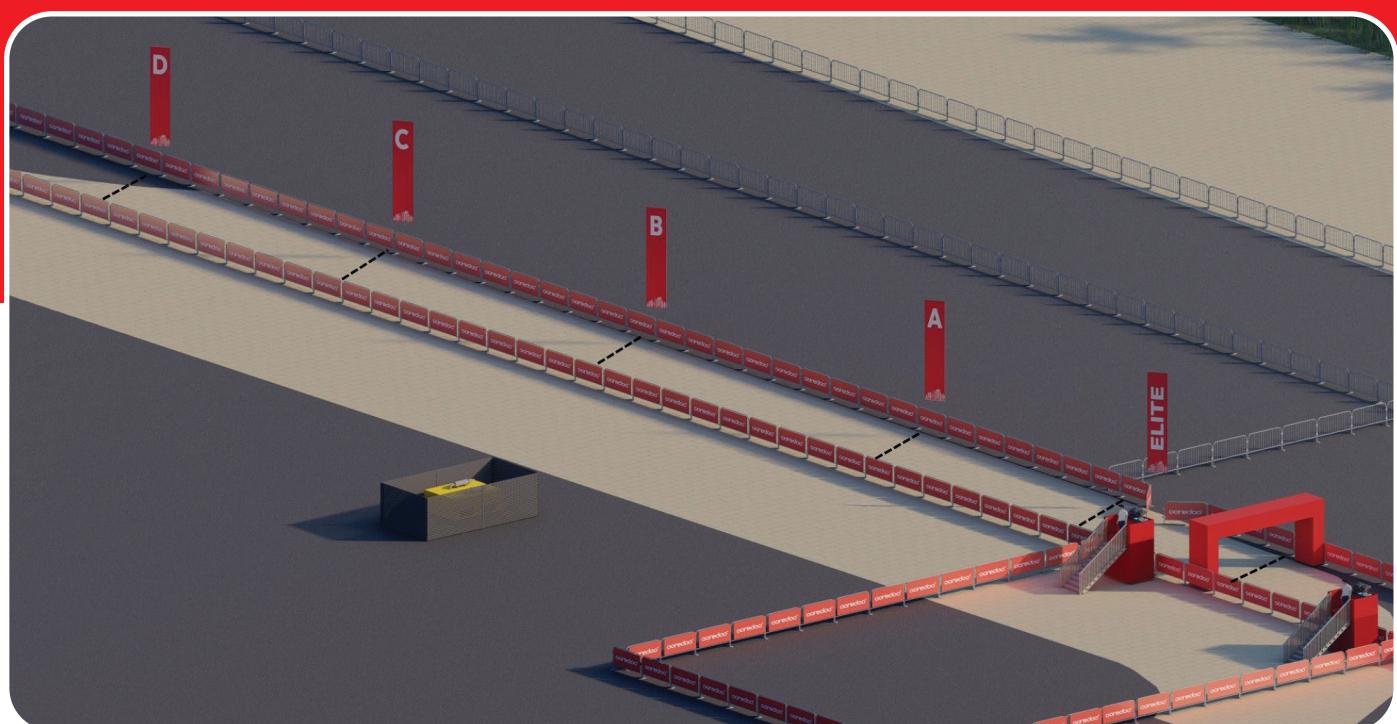
- All gates will have one single start. Runners will be positioned by gate, Gate D is the farthest from the start line.
- Gates are divided by expected finish times, allowing runners to line up in an orderly manner and ensuring a safe, well-paced start.

5 KM Race

- To reduce congestion, the 5 KM race will have scheduled gate openings at 5-minute intervals:

- Gate A: 9:20 AM
- Gate B: 9:25 AM
- Gate C: 9:30 AM
- Gate D: 9:35 AM

Participants are kindly asked to follow their assigned gate and timing to help ensure a safe and enjoyable race experience for everyone.



HOW TO ARRIVE ON RACE DAY AND WHERE TO PARK



Designated Parking Areas:

<https://youtu.be/uTKx5plpE7U>

BAGGAGE STORAGE INFORMATION

Store your belongings safely on race day with our convenient baggage service.

Location: Same tent as was used for your kit collection

Opening Hours: 5:00 AM – 1:00 PM

IMPORTANT REMINDERS:

- Avoid placing valuables in your bag(s).
- Doha Marathon by Ooredoo is not responsible for any lost or stolen items on race day.

RACE DAY TIPS: STAY HYDRATED, PROTECTED, AND STRONG!

1. Protect Yourself from the Sun: Apply sunscreen to shield your skin.
2. Stay Hydrated: Drink water and electrolytes before and during the event.
3. Run at Your Comfort Level: Adjust your pace as needed to avoid overexertion.

A MEDAL OF HONOUR

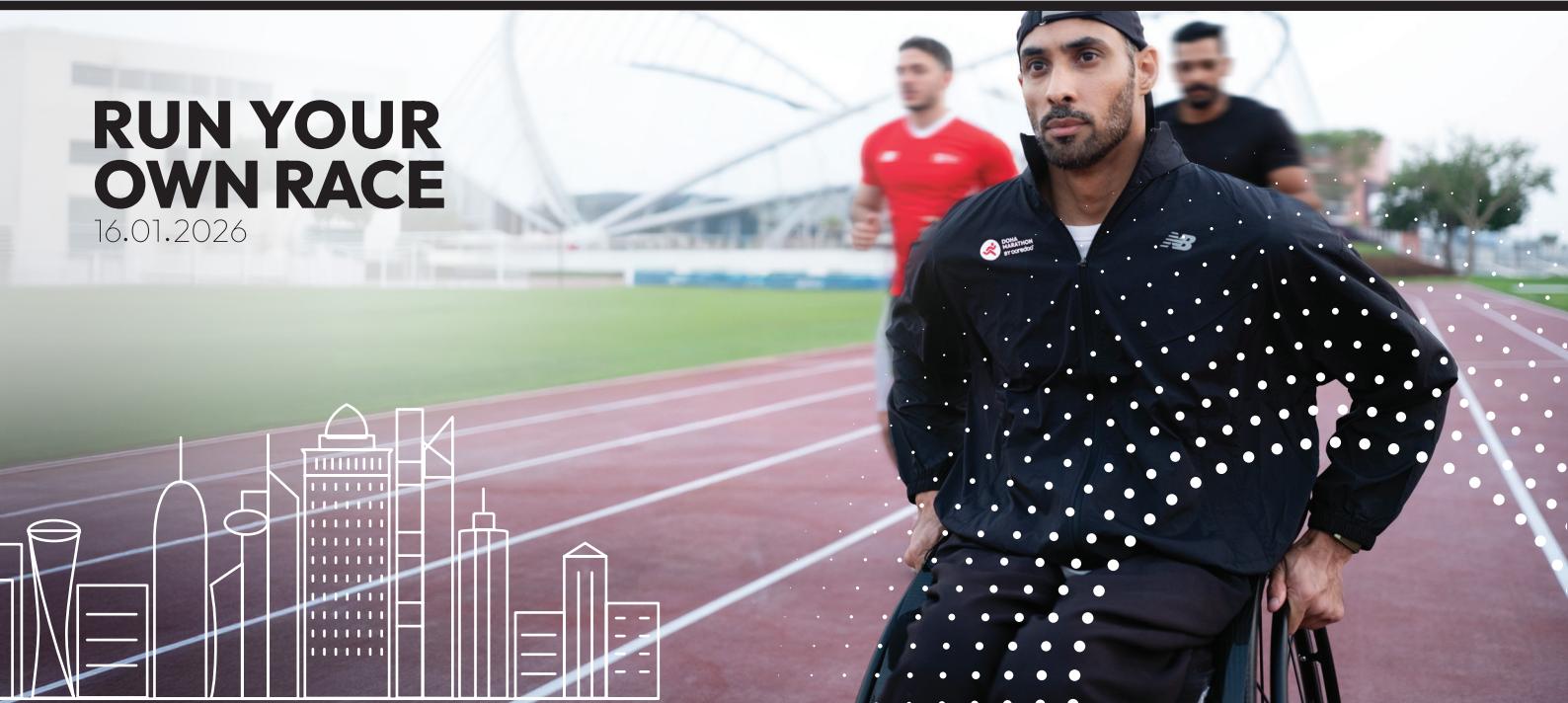
Celebrate your incredible achievement with the exclusive 2026 Doha Marathon Medal. Inspired by Qatar's Doha Skyline, this stunning keepsake symbolises your dedication, perseverance, and the spirit of the race.

MEDAL ENGRAVING

Medal engraving is available exclusively for participants who pre-purchased the service during online registration. After finishing the race and collecting your medal, proceed to the Medal Engraving Booth, where our team will verify your pre-purchase using your bib number and engrave your name and official chip time on the spot. **On-site purchases are not available, and only official timing results will be accepted.**

RUN YOUR OWN RACE

16.01.2026



PRIZE DETAILS AND CEREMONIES

Honouring achievements of outstanding athletes in **Full Marathon (overall and Al Ad'aam categories)** and **Half-Marathon (overall and Al Ad'aam categories)** with exciting prizes and special ceremonies. Here's what's in store for race winners and participants.

RACE DAY CEREMONY LOCATION AND TIME

- Date:** Friday, 16 January 2026
- Location:** Main Stage, Race Village
- Time:** 10:30 AM

Prize Breakdown by Category

Full Marathon: Overall & Al Ad'aam Categories

Category	1st Place (QAR)	2nd Place (QAR)	3rd Place (QAR)
Marathon Overall - Men	30,000	20,000	15,000
Marathon Overall - Women	30,000	20,000	15,000
Marathon Overall - Qatari Men	25,000	15,000	12,000
Marathon Overall - Qatari Women	25,000	15,000	12,000

Half Marathon: Overall & Al Ad'aam Categories

Category	1st Place (QAR)	2nd Place (QAR)	3rd Place (QAR)
Half Marathon Overall - Men	17,000	13,000	10,000
Half Marathon Overall - Women	17,000	13,000	10,000
Half Marathon Overall - Qatari Men	13,000	10,000	8,000
Half Marathon Overall - Qatari Women	13,000	10,000	8,000

GALA DINNER CEREMONY

- Date:** Saturday, 17 January 2026

Category	1st Place (QAR)	2nd Place (QAR)	3rd Place (QAR)
10 Km Overall - Men	10,000	8,000	6,000
10 Km Overall - Women	10,000	8,000	6,000
10 Km Overall - Qatari Men	8,000	6,000	4,000
10 Km Overall - Qatari Women	8,000	6,000	4,000
Category	1st Place (QAR)	2nd Place (QAR)	3rd Place (QAR)
5 Km Overall - Men	6,000	5,000	4,000
5 Km Overall - Women	6,000	5,000	4,000
5 Km Overall - Qatari Men	5,000	4,000	3,000
5 Km Overall - Qatari Women	5,000	4,000	3,000

PRIZE DETAILS AND CEREMONIES

MASTERS

Marathon Masters Open

1st Men	10,000
1st Women	10,000

Marathon Masters Qatari

1st Men	7,500
1st Women	7,500

Half Marathon Masters Open

1st Men	7,500
1st Women	7,500

Half Marathon Masters Qatari

1st Men	5,000
1st Women	5,000

10K Masters Open

1st Men	5,000
1st Women	5,000

10K Masters Qatari

1st Men	3,000
1st Women	3,000

5K Masters Open

1st Men	3,000
1st Women	3,000

5K Masters Qatari

1st Men	2,500
1st Women	2,500

Category	Age Group	Top 3 (Male & Female)
Marathon	18-39 (AG)	Men & Women
Marathon	40-49 (AG)	Men & Women
Marathon	50-59 (AG)	Men & Women
Marathon	60+ (AG)	Men & Women
Half Marathon	Under 18	Boys & Girls
Half Marathon	18-39 (AG)	Men & Women
Half Marathon	40-49 (AG)	Men & Women
Half Marathon	50-59 (AG)	Men & Women
Half Marathon	60+ (AG)	Men & Women
10 Km	Under 18	Boys & Girls
10 Km	18-39 (AG)	Men & Women
10 Km	40-49 (AG)	Men & Women
10 Km	50-59 (AG)	Men & Women
10 Km	60+ (AG)	Men & Women
5 Km	12-13 (AG)	Boys & Girls
5 Km	14-15 (AG)	Boys & Girls
5 Km	16-17 (AG)	Boys & Girls
5 Km	18-39 (AG)	Men & Women
5 Km	40-49 (AG)	Men & Women
5 Km	50-59 (AG)	Men & Women
5 Km	60+ (AG)	Men & Women

ENTERTAINMENT SCHEDULE

A vibrant line-up of live performances, cultural showcases, and interactive experiences will bring the Marathon Village and race routes to life, creating an energetic atmosphere for runners, families, and spectators throughout the event.

KIT COLLECTION will offer a lively cultural experience featuring Yemeni, Indian, Moroccan, Egyptian, African, and Iraqi bands (two per culture), alongside a Falcon and Henna station, BMX freestyle shows, live jazz performances, and on-stage sessions.

THE MARATHON VILLAGE will be energised with on-stage Dabkeh performances and interactive flash mobs, creating a festive atmosphere for spectators and participants.



KIDS RACE ACTIVITIES will include a roaming parade with stilt walkers, a bubbles show, and interactive kids' workshops designed for fun and engagement.

AT THE START LINE, a marching parade will set the tone, supported by MC Omar Sharhan and DJ Meero. A brass band will lead the 21 KM, 10 KM, and 5 KM races, while the 42 KM marathon will feature the Amiri Band.

THE FINISH LINE experience will be hosted by MC Salman with music from DJ Edrian, amplified by Kenyan and Ethiopian fan groups cheering runners home.

ALONG THE RACE COURSE, runners will be motivated by sponsor activation stations from New Balance and UDC, supported by cheering stations, including four Fit Island zones, one H.O.G. team station, two Red Bull stations, and cultural cheering groups representing Yemeni, Indian, Moroccan, Egyptian, African, and Iraqi communities.

EMBASSY CHEERING STATIONS

The Embassies of Morocco, Ethiopia, and Kenya will host dedicated cheering stations positioned near the finish line, creating a high-energy and motivating atmosphere for elite runners in the final stretch of the race. Friends, families, and supporters are welcome to join these cheering zones, contributing to a powerful sense of community, celebration, and shared pride on race day.

WATCH THE MARATHON LIVE

Family and friends can watch you run live on our exclusive broadcaster Al Kass Sports channel.



NUTRITION TIPS FOR PEAK PERFORMANCE

RUN YOUR OWN RACE

16.01.2026



MARATHON TIPS FROM KOREAN MEDICAL CENTER'S DIETITIAN:

So, you're probably wondering what you should be eating in preparation for the Doha Marathon by Ooredoo.

TWO TO THREE DAYS BEFORE:

Increase your carbohydrates intake, such as rice, bread, and pasta, along with your proteins and healthy fats to fuel your muscles for the day of the race.

MORNING OF THE RACE:

You should have a light breakfast like oatmeal and fruit or banana with peanut butter to sustain you throughout the marathon.

For a more personalised programme and nutrition tips, you can book the Ooredoo Marathon package exclusively at KMC.



SUPPORT ON THE GROUND CYCLISTS:

24 Cyclists

6 Cyclists / Race

3 Leading Males / 3 Leading Females

TASKS: Making sure that runners are respecting the following:

- Changing Bibs:** Any bib changing between two runners disqualifies both runners. Any runner giving his/her bib to any other person from outside the course is subject to disqualification. Running without a bib, a shirt, or shoes is a disqualifying violation.
- Taking Shortcuts:** Taking shortcuts, regardless of how minimal, is forbidden.
- Drinks:** Accepting any drink or food not coming from the official course stations.
- Pacing:** Any pacing done by a person on a moving vehicle (car, motorcycle, bike, rollers) is a violation. This is especially forbidden when it comes from agents or coaches.
- Pushing:** A runner pushing or conveying any other runner is forbidden.
- Riding:** Riding any vehicle, even for a brief moment, is also forbidden.
- Interfering:** Deliberately obstructing or interfering with other competitors.



LEAD CARS:

2 lead cars

1 leading the 1st Male Runner

1 leading the 1st Female Runner

TASKS: Lead cars help ensure the marathon is fair, safe, accurately timed, and professionally run.

LEAD CARS ARE USED AS:

- Course Guidance & Navigation
- Pace Reference / Clocks
- Safety Buffer
- Race Control & Communication
- Media Coverage
- Rule Enforcement Support

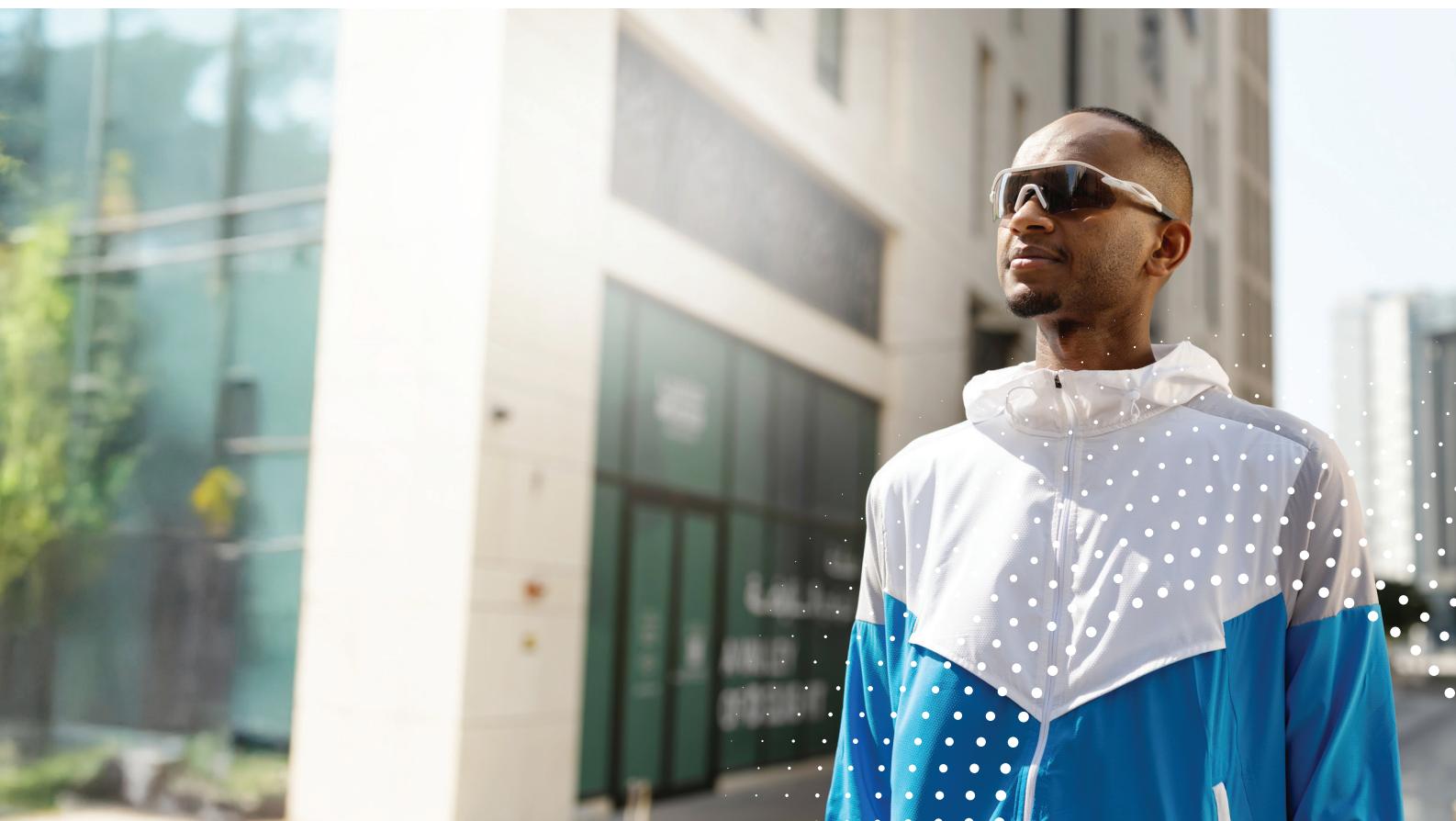
SAFETY WAVES / HARLEY OWNERS GROUP (H.O.G.)

Harley Davidson members from H.O.G. will perform the safety wave. This wave starts at 6:15 AM to ensure that the roads are closed and all obstacles are cleared. Their departure signals the start of our event and provides enhanced security control throughout the course.

TRANSPORTATION OF FATIGUE PARTICIPANTS:

- 10 four-seat golf carts
- 2 Hiace vans

These vehicles are used as sweep cars to collect participants who can't finish their races for various reasons. Dates and fruits will be available to help runners recover.



INSPIRING ACHIEVEMENTS: EVENT AND WORLD RECORDS

	Event Record	World Record
Female	Meseret BELETE 2:20:45	Ruth Chepngetich 2:09:56 (Chicago 2024)
Male	Mohcin OUTALHA 2:06:49	Kelvin Kiptum 2:00:35 (Chicago 2023)

RICHARD WHITEHEAD MBE

KEY ATHLETES



Richard Whitehead MBE is a globally renowned Paralympic sprint champion and double-leg amputee whose world records, marathon achievements, and advocacy make him one of sport's most inspirational figures.

- 2 x Paralympic Gold Medallist 200m, 2012 London, UK and 2016 Rio de Janeiro, Brazil
- 2011 IPC World Championships in Christchurch, New Zealand: 200m gold.
- 2020 Paralympic Games, Tokyo, Japan: T61 200m silver
- 2019 World Para Athletics Championships, Dubai, UAE: T61 200m silver
- 2017 World Para Athletics Championships, London, UK: T42 200m gold and T42 100m bronze
- Competed in over 100 Marathons
- Multiple Para World Record Holder in his classification
- Ran 40 marathons in 40 days, becoming the first double leg amputee to run the length of the country.
- LA 2028 Paralympic pathway



TAMIRAT TOLA

KEY ATHLETES



Tamirat Tola is a world-class distance runner and Olympic marathon champion whose career spans track, cross-country, and road racing, defined by record-breaking results and historic victories on the global stage.

- Olympic Gold Medalist Men's Marathon, Paris 2024 (Olympic record: 2:06:26)
- World Champion – Marathon, 2022 World Athletics Championships (2:05:36, championship record)
- New York City Marathon Champion: 2023 (course record: 2:04:58)
- Silver Medalist: Marathon, 2017 World Athletics Championships (London)
- Olympic Bronze Medalist: 10,000 m, Rio 2016
- Marathon Personal Best: 2:03:39 (Amsterdam Marathon, 2021)
- First Ethiopian man to win Olympic marathon gold in 24 years
- Notably added to the Paris 2024 Olympic team as a late replacement, going on to secure gold



ELITE MEN RUNNERS PARTICIPATING

Athlete Name	Bib Name	Country	PB	Label Status
MEN				
Tamirat TOLA	TOLA	ETH	2:03:39	Platinum
Sammy Kitwara	KITWARA	KEN	2:04:28	Gold
Nicholas Kirwa	KIRWA	KEN	2:05:01	Gold
Oqbe Kibrom Ruesom	RUESOM	ERI	2:05:37	Gold
Asefa Boki	BOKI	ETH	2:05:40	Platinum
Ashenafi Moges	MOGES	ETH	2:06:12	Gold
Balew Yihunle I	YIHUNLE	ETH	2:06:22	Gold
Ayachew Bantie	BANTIE	ETH	2:06:23	Elite
Mulugeta Debasu	DEBASU	ETH	2:06:36	Elite
Desalegn Girma	GIRMA	ETH	2:06:52	Gold
Boki Diriba	DIRIBA	ETH	2:07:13	Elite
Dinkalem Ayele	AYELE	ETH	2:07:53	Elite
Mengistie Tadesse	TADESSE	ETH	2:08:04	Elite
Wbet Gebrheat Muruts	MURUTS	ETH	Debut	Elite

PACE ATHLETES

Guta Abiyote	PACE 1	ETH
Silah Mitei	PACE 2	KEN
Demeke Kasaw	PACE 3	ETH
Desta Gebrehiwot	PACE 4	ETH
Haftamu Gebresilase	PACE 5	ETH

Athlete Name	Bib Name	Country	PB	Label Status
WOMEN				
Tigist Girma	T.GIRMA	ETH	2:18:52	Gold
Muluhabt Tsega	TSEGA	ETH	2:22:21	Gold
Sentayehu Lewetegn	LEWETEGN	ETH	2:22:36	Elite
Tigist Gezahagn	GEZAHAGN	ETH	2:22:47	Gold
Amana Mursi Kipyatich	KIPYATICH	KEN	2:23:45	Elite
Asimarech Naga	NAGA	ETH	2:24:13	Gold
Ayantu Kumela	KUMELA	ETH	2:24:29	Elite
Aamelmal Tagel	TAGEL	ETH	2:24:38	Gold
Roman Gidey	GIDEY	ETH	2:25:22	Gold
Alemtsehay Mekuria	MEKURIA	ETH	2:26:49	Elite

PACE ATHLETES (Male)

Guta Abiyote	PACE 1	ETH
Silah Mitei	PACE 2	KEN
Demeke Kasaw	PACE 3	ETH
Desta Gebrehiwot	PACE 4	ETH

CELEBRATE THE CHAMPIONS:

LIVE RESULTS AND RANKINGS

Keep track of your race progress and final rankings in real time:

<https://www.dohamarathonooredoo.com/2026-results>

RACE DAY PHOTOS

Capture the excitement of your run with professional photos from Sportograf.

Kids: <https://www.sportograf.com/en/event/20924>

Adult: <https://www.sportograf.com/en/event/20921>

PERSONALISED FINISH LINE VIDEO

Celebrate your achievement with a customised finish line video that highlights your big moment!

It will be shared with you after the race.

EMERGENCY CONTACT INFORMATION

For any assistance on race day, contact our dedicated emergency hotline at

 **999**

JOIN THE COMMUNITY ONLINE

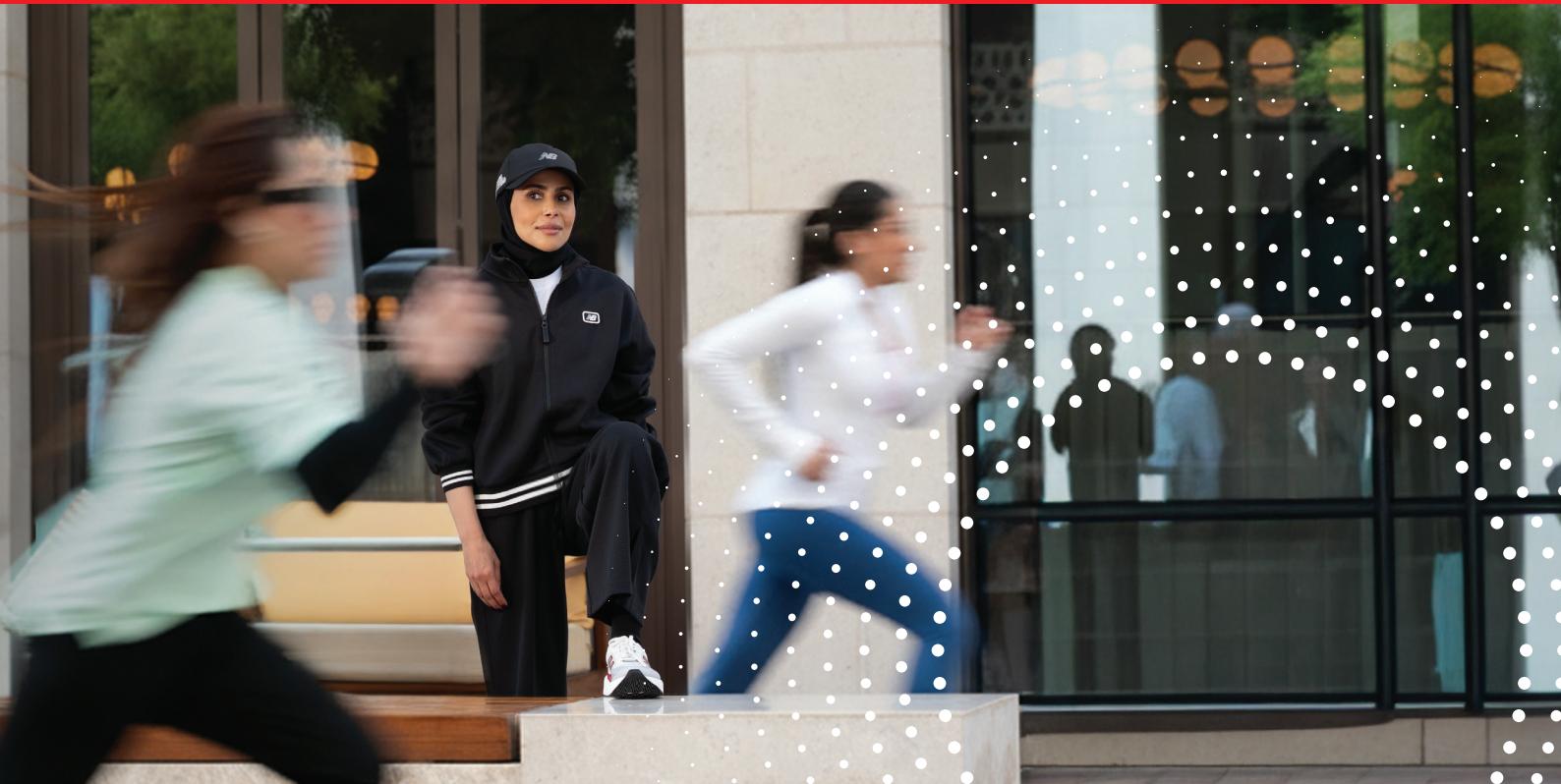
Stay engaged and share your marathon journey with us on social media. Follow, tag, and use our official hashtag!

 **Snapchat:** Ooredoo Qatar

 **Instagram:** ooredoomarathon

 **Facebook:** ooredoomarathon

 **Official Hashtag:** DohaMarathonByOoredoo



RECHARGE AFTER THE RACE



run·of·the·mill

TOBY'S ESTATE
— COFFEE ROASTERS —

oop ICE CREAMERY

MEDERI
THE ART OF SELF CARE

OH
MAT
CHA



MYLK

Diet Market

LIMITLESS
RECOVERY
RECOVERY MADE LIMITLESS

agai
Vibes

EARTH.
ORGANIC COFFEE BAR.

athletic
EDGE

مزعّة بيتي
MAZRAAT BEITI

leaf & roll
Your day in freshness.

42
CAFÉ
FORTY TWO
COFFEE CO

EVERGREEN
ORGANICS

RUN YOUR OWN RACE

16.01.2026



CELEBRATING THE CHAMPIONS BEHIND THE SCENES

Our Sponsors!

A heartfelt thank you to our sponsors who make this event possible:

الراعي البلاتيني
Platinum Sponsor



آل عبدالغني موتورز
Al Abdulghani
Motors

الشريك المصربي للتنقل
Exclusive Mobility Partner

الداعم الرسمي
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new balance

الشريك الرسمي للأحذية والملابس الرياضية
Official Sport footwear and Apparel partner

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الراعي الفضي
Silver Sponsor



الشركاء الداعمين
Supporting Partners



الناقل الرسمي
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SEE YOU NEXT YEAR
ON 15.1.2027!

