

APPROVED BY
“Courage to be the First” Corporate Fund
Executive Director,



/S.N.

Kazybayeva

25 December 2023

Running Competition
“Almaty Half Marathon 2024”
OFFICIAL REGULATIONS

Almaty
2023

1. OBJECTIVES OF THE COMPETITION

The Almaty Half Marathon 2024 (hereinafter – the Competition) is an annual running competition with a main distance of 21 km 975 m and associated distances of 10 km, a 10-km Nordic Walking, a 21 km 975-m Ekiden Relay. A city festival for sports and race fans, in which every resident and guest of Almaty can take part.

Competition Objectives:

- popularization of running and Nordic Walking;
- preparation of runners for international marathon competitions;
- formation of a healthy nation;
- development of mass sports;
- popularization of a healthy lifestyle among residents and guests of Almaty;
- discouraging bad habits (smoking);
- sports support and development among children with special needs.

2. MANAGING ORGANIZER OF THE COMPETITION

2.1. “Courage to be the First” Corporate Fund provides general management of the Competition.

2.2. Arrangements for preparing and holding the Competition are the responsibility of the Organizing Committee of “Courage to be the First” Corporate Fund (hereinafter – the Organizing Committee).

3. TIME AND VENUE OF THE COMPETITION

3.1. Day and time of the Competition: 21 April 2024, from 05:30 till 13:30.

3.2. Venue of the Competition: Almaty

Start line for all distances: the First President Park (Al-Farabi Ave., Dulati St. corner)

Finish for all distances: Central Stadium (Abay Ave.)

4. COMPETITION DISTANCES AND AGE CATEGORIES

4.1. The Competition Program includes the following distances:

- 21 km 975-m Half Marathon;
- 10-km Distance Race;
- 10-km Nordic Walking;
- 21 km 975-m Ekiden (team relay, 4 members in a team);

4.2. Age categories of the Competition:

4.2.1. Age categories of the Half Marathon (21 km 975 m):

- 18-24 years old;
- 25-29 years old;
- 30-39 years old;
- 40-49 years old;
- 50-59 years old;
- 60-69 years old;
- 70+ years old.

4.2.2. Age categories of the 10-km Distance Race:

- 15-24 years old;
- 25-29 years old;
- 30-39 years old;
- 40-49 years old;
- 50-59 years old;
- 60-69 years old;
- 70+ years old.