

SHARJAH LADIES

RUN

جري سيدات الشارقة

11th Edition

INTO THE VIRTUAL UNIVERSE

Your Virtual Universe Guide

Organized by



نادي سيدات الشارقة
Sharjah Ladies Club

Main Sponsor



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GROUP

ShjLadiesClub www.slc.ae

Register through our APP!

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WELCOME ON BOARD, RUNNERS!

To ensure a fun and safe experience, make sure to run through the event guideline.

OUR COSMIC CONTENT



ABOUT SLR



RACE PACK



SLR REGISTRATION



RUN PATH



RUN DISTANCE



SLR AGENDA



AWARDS



SLR RULES & REMINDERS



LOCATE SLR



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ABOUT SHARJAH LADIES RUN

Sharjah Ladies Run is one of our most exciting annual events designed to celebrate women, movement, and the power of community. Inspired by the vision of Her Highness Sheikha Jawaher bint Mohammed Al Qasimi, Chairperson of Sharjah Family and Community Council, the run empowers women to rise, thrive, and make fitness a natural part of everyday life. It's more than a race, it's a moment to unite, recharge, and champion a stronger, healthier future together!



11th Edition

24 Jan 2026 | 6:00 PM - 10:00 PM | Al Seyouh Ladies Park



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Age: 12+ years

Registration Fees: AED 170 (excluding VAT)

Whatsapp: +971 56 177 6543

24
January



RUN DISTANCE TO TRAVEL THROUGH TIME AND SPACE





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AWARDS THAT SHINE BRIGHT

Category

General

Emirati

1st Place

₹ 5,000

₹ 4,000

2nd Place

₹ 4,000

₹ 3,000

3rd Place

₹ 3,000

₹ 2,000





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FOLLOW THE STARS TO REACH YOUR DESTINATION:

Al Seyouh Ladies Park

Scan the QR code or [click here](#) for the map





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SUIT UP FOR THE UNIVERSE:



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100

ECO-ALERT!

Your race pack is proudly made
from recycled materials, because
our future is worth running for.



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COSMIC PATH TO YOUR FINISH LINE

Park Entrance



Start



Finish

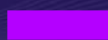
5
Km



1st Round



2nd Round



3rd Round

3
Rounds



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TIMELINE THROUGH THE UNIVERSE

Time	Activities
6:00 PM	Welcome to the future
6:15 PM	Warm up with Fitness 180°
7:00 PM	Run to the future
8:00 PM	Winners' awarding
8:30 PM	Alien Zumba party by Fitness 180°
10:00 PM	Back from the future

**Hydrate, Run, Recycle! Help us reduce plastic waste
by leaving your bottles at our hydration stations.**



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RULES AND REMINDERS FOR A FUTURISTIC NIGHT

Participation Guidelines

- Participants must be at least 12 years old to join.
- Participants will be competing in the event at their own responsibility.
- Only those who have officially registered and are wearing their designated racing bibs and run t-shirts may compete.
- Slower runners are advised to pick spots in the back before starting the race to avoid collisions and injuries.
- Participants may not exchange bib numbers. Offenders will be disqualified from the race.
- To ensure fair competition, participants who have won consecutively in the past two editions will not be eligible for winning in the 11th edition.

Race Restrictions

- Gadgets or devices are not allowed, offenders will be disqualified from the race.
- Photography is strictly prohibited outside dedicated areas to respect privacy.



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RULES AND REMINDERS FOR A FUTURISTIC NIGHT

Venue & Facilities

- The park is dedicated for ladies only. However, as it's located in a residential area, complete privacy cannot be guaranteed.
- Limited number of lockers are available for participants. Event organizers are not responsible for the loss of any valuables.
- Limited parking is available around the park, carpooling is recommended.
- Food and beverages are available for purchase during the event.
- Water stations will be placed along the running track.

Safety, Weather & Media

- Ambulances will be available on-site for emergencies.
- Distances may not be 100% accurate.
- Winning participants agree that photos and videos taken during the awarding will be used for marketing and media purposes. (including social media and TV).
- Decisions of the event director, event referee and organizing committee are final.
- The weather may be cool, we recommend bringing a light jacket to stay warm before and after the run.



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SHARJAH LADIES RUN REGISTRATION

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