



Community Race Athlete Guide

31 January - 01 February 2026



Headline Partner



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Welcome to Abu Dhabi!



Welcome to Challenge Sir Bani Yas 2026, the Middle East's first long distance triathlon and one of the region's most distinctive endurance events. Held under the patronage of His Highness Sheikh Hamdan Bin Zayed Al Nahyan, Ruler's Representative in the Al Dhafra Region, this event returns to Sir Bani Yas Island following the highly successful inaugural edition.

Challenge Sir Bani Yas has quickly established itself as a benchmark for world class endurance sport, combining elite competition, exceptional organisation, and a truly unique destination. Set within one of the UAE's most remarkable natural environments, the race offers athletes an experience that goes far beyond the course itself.

At ADNEC Group, we are proud to support and deliver events that reflect Abu Dhabi's ambition to be a global hub for major sporting experiences. We commend every athlete taking on this challenge and thank you for being part of an event that celebrates resilience, ambition, and the pursuit of excellence. We wish you every success and an unforgettable race weekend on Sir Bani Yas Island.

Humaid Matar Al Dhaheri

Group CEO of ADNEC Group

It is a pleasure to welcome you to Challenge Sir Bani Yas 2026 as the event returns to Sir Bani Yas Island for its second edition. Following the success of the inaugural race, this unique triathlon continues to grow in stature and appeal, attracting athletes from across the region and around the world.

Sir Bani Yas Island, one of Abu Dhabi's largest islands and most important nature reserves, provides an extraordinary setting for sport, adventure, and community participation. The event programme features a wide range of races, including professional, age group, and community competitions, ensuring opportunities for athletes of all ages and abilities to be part of the Challenge Sir Bani Yas experience.

At Abu Dhabi Sports Council, we remain committed to developing a diverse and inclusive sporting calendar that encourages participation, inspires performance, and supports healthy and active lifestyles. Challenge Sir Bani Yas reflects these values and showcases Abu Dhabi's ability to host distinctive, high quality international sporting events.

I wish all participants the very best of luck and hope you enjoy a memorable and rewarding race weekend.

H.E. Aref Hamad Al Awani

Secretary General, Abu Dhabi Sports Council

Welcome!



A MECON Company



Dear Athletes,

We are delighted to be back with you at the spectacular Challenge Sir Bani Yas!

I'd like to acknowledge the continued support and patronage of His Highness Sheikh Hamdan Bin Zayed Al Nahyan, Rulers Representative in Al Dhafra Region which has enabled us to lead the way in delivering a ground-breaking event format, not only a first for the region, but a first for the world. Once again, Challenge Sir Bani Yas will make triathlon history, this year with the all-inclusive race village and floating hotel onboard the cruise ship – there's no other athlete experience like it!

Thanks to the vision and hard work of the ADNEC team, along with the support of the Abu Dhabi Sports Council, it is an honour to return to such a unique and stunning location. Following the success of last year's event, it's no surprise to see a record pro field, the largest ever in Challenge Family history over the middle distance, alongside thousands of age group athletes, all inspired to race on beautiful Sir Bani Yas Island.

Thank you for your passion and commitment to race Challenge Sir Bani Yas and for your trust in Challenge Family. I also express my thanks to the entire Challenge Sir Bani Yas team who have worked so hard to bring this race to you. And special thanks must go to the countless volunteers, local stakeholders, sponsors as well as the local community for their support.

Challenge Family is committed to delivering inclusive and welcoming events around the world. This is especially so here in Abu Dhabi with not only a full triathlon programme, but a host of community events for all ages and abilities. The exceptional Middle Eastern hospitality, the cruise ship experience, the fast course and unique setting all combine to create an unforgettable weekend of sport for all.

I wish you all the very best for your race and see you at the finish line!

Jort Vlam

CEO - Challenge Family

Event Schedule



Wednesday 28 January

TIME	ALL COMMUNITY PARTICIPANTS
11:00 - 21:00	Race Pack Collection for all Community Events at Al Dhannah City Mall

Friday 30 January

TIME	NON CRUISE SHIP PARTICIPANTS	CRUISE SHIP PASSENGERS
08:00 - 09:30		Boarding of Cruise Ship Mina Port Abu Dhabi
10:00		Cruise Ships Departs Abu Dhabi
09:00 - 18:00	Race Village Opens Race Pack Collection & Bike Tech Support	
09:30 - 17:00	Age Group Bike & Run course familiarization	
10:00 - 18:00		Athlete Services: - Race Pack Collection - Pre Event Race Training - Onboard facilities including gym/treadmill / cycling indoor trainers / Bike Tech support / Hyperice Recovery
19:00		Ship arrival at Sir Bani Yas Island
19:00 - 21:00		Race Village and run course orientation, Bike racking (optional)

Saturday 31 January

TIME	ALL COMMUNITY PARTICIPANTS
05:00	Race Village Opens
07:30 - 17:00	Race Pack Collection for all races (Closes 1 hour before your race start)
16:30	Race Start: Community Swimming Races
17:45 - 19:00	Award Ceremony Community and Olympic
19:15	Award Ceremony Triathlon (PRO's & middle-distance age groupers)

Event Schedule



Sunday 1 February

TIME	NON CRUISE SHIP PARTICIPANTS	CRUISE SHIP PASSENGERS
07:30	Race Village Opens	
07:30 - 09:30	Race Pack Collection For Community Races	
09:00	Race Start: Community Cycle Races	
10:00	Race Start: Community Running Races	
11:00 - 12:30	Award Ceremony - Long Distance Triathlon & Community Races	
12:00		Boarding of ship
13:00		Ship Departs Sir Bani Yas Island
15:00	Race Village Closes	
22:00		Ship arrives Mina Port (disembarkation optional)



Event Venue



FREE

Wi-Fi



User Name **SBYVISITORS**

Password **sbycruisebeach**

Competition Breakdown



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Abu Dhabi
Sports Council

CHALLENGE
SIR BANI YAS

Discipline	Race Category	Age Eligibility	Distance		
			Swim	Cycle	Run
Community Events	Side Events				
Open Water Swim	Swim Challenge	6+	200m		
	Swim Challenge	6+	400m		
	Swim Challenge	8+	800m		
	Swim Challenge	12+	1600m		
Cycle	Cycle Challenge (36km flat)	12+		36km	
	Cycle Challenge (65km climb)	16+		65km	
	Cycle Challenge (82km climb)	18+		82km	
Run	Run Challenge (2.5km)	All Ages			2.5km
	Run Challenge (5km)	9+			5km
	Run Challenge (10km)	12+			10km



Transportation

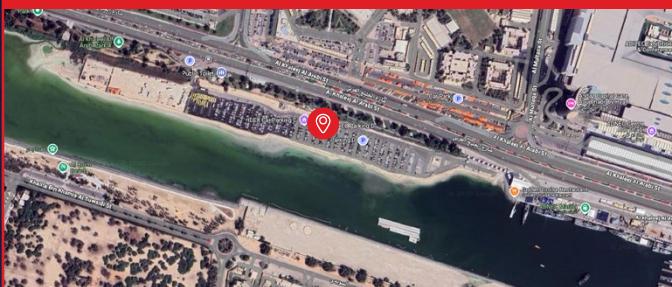


TRANSFERS FROM ADNEC CENTRE ABU DHABI/AL DHANNAH CITY

Pick-up Point:

ADNEC Centre Abu Dhabi, Marina D

https://maps.app.goo.gl/WN3FGSJcVDIDzos58?g_st=iw



Details regarding the shuttle schedule and booking process will be released in the 2nd Edition of your Athlete Guide and on the website.

SELF-DRIVE OPTION

Participants and their supporters can choose to self-drive directly to Al Dhannah City. Free parking will be available, and vehicles can be left safely while you participate in the event.

Al Dhannah City (Mall)

<https://maps.app.goo.gl/q67GQ3UWorMeZ1gk7>



FERRY TRANSFERS

A complimentary ferry service will run between Jebel Dhannah Port and Sir Bani Yas Island from Friday to Sunday, accommodating all athletes and supporters staying off-island.

Ferry duration: 30–45 minutes, depending on the type of ferry.

For those bringing unboxed bicycles, select ferries will have bicycle racks for safe transport.

A complimentary shuttle bus service will operate from ADNEC CENTRE Abu Dhabi to Jebel Dhannah Port. The journey will take approximately 3.5 hours.

Participants staying in Al Dhannah City can use the complimentary shuttle bus from Al Dhannah City Mall to Jebel Dhannah Port. The journey will take approximately 30mins

Please note:

All participants must arrive 30 minutes before departure to ensure a timely transfer.

Bikes will not be allowed on the shuttle service (Boxed or unboxed).

Jebel Dhannah Ferry Port

<https://maps.app.goo.gl/1RbiPc1TcbRoA2do9>



Please note:

You must register to access the Island and transport services via the shared link.

Please plan your travel accordingly and ensure your registration is complete to access the provided services

REGISTRATION FOR FERRY TO ACCESS THE ISLAND IS COMPULSORY

Registration can be completed on arrival at the port.

BIKE HANDLING



If you are planning to bring a bike with you onto any of the transportation options available, please take note of the restrictions that apply to each mode of transport. **Make sure your bike is labelled with your name and mobile number.**

Transport	Boxed Bike	Unboxed Bike
Ferry	Allowed	Allowed
Speed Boat	Not Allowed	Not Allowed
Shuttle Bus	Not Allowed	Not Allowed
Cruise Ship	Allowed	Allowed

Bus Schedule



Three complimentary shuttle routes will operate on a first come first serve basis. Please arrive at least 30 minutes before departure. **Important note that shuttle buses accommodate passengers only, any bikes (boxed or unboxed) will not be accommodated.**

FROM ADNEC MARINA PARKING TO AL DHANNAH PORT*

FRIDAY, 30 JANUARY

BUS	DEPARTURE (ADNEC)	RETURN
1	5:00 AM	3:00 PM
2	8:00 AM	6:00 PM

SATURDAY, 31 JANUARY

BUS	DEPARTURE (ADNEC)	RETURN
1	5:00 AM	6:00 PM
2	7:30 AM	8:30 PM

SUNDAY, 1 FEBRUARY

BUS	DEPARTURE (ADNEC)	RETURN
1	3:00 AM	2:00 PM
2	5:00 AM	4:00 PM

AL DHANNAH CITY LOOP (AL YASH → AL DHANNAH MALL → AL DHANNAH PORT)

BUSES: 1-3	SHUTTLE SERVICE TIME**
Friday, 30 January	5:30 AM – 11:30 PM
Saturday, 31 January	3:30 AM – 12:30 AM (+ 1 day)
Sunday, 1 February	3:30 AM – 5:30 PM

SBY ISLAND PORT TO EVENT RACE VILLAGE*

BUSES: 1-5	SHUTTLE SERVICE TIME**
Friday, 30 January	5:30 AM – 11:00 PM
Saturday, 31 January	4:00 AM – 12:00 AM (+ 1 day)
Sunday, 1 February	5:00 AM – 6:00 PM

* Subject to change.

** Buses available every 20 minutes approximately.

Ferry Schedule



The access to the island will be based on first come first serve basis with check in process and digital boarding pass issued for athletes and spectators.

DEPARTURE TIMES*	
PRE-OPENING - 30/01/2026 - Friday	
↑ From SBY Island	↓ From Al Dhannah Port
6:00 AM	7:00 AM
7:30 AM	8:00 AM
9:00 AM	9:40 AM
10:30 AM	11:30 AM
12:00 PM	12:30 PM
1:30 PM	2:10 PM
3:00 PM	4:00 PM
4:30 PM	5:00 PM
6:00 PM	6:40 PM

DEPARTURE TIMES*	
SHOW DAY - 31/01/2026 Saturday	
↑ From SBY Island	↓ From Al Dhannah Port
4:30 AM	5:10 AM
5:00 AM	5:30 AM
6:30 AM	7:30 AM
8:00 AM	8:40 AM
8:30 AM	9:00 AM
10:00 AM	11:00 AM
11:30 AM	12:10 PM
1:00 PM	1:30 PM
2:30 PM	3:30 PM
4:00 PM	4:40 PM
5:30 PM	6:00 PM
7:00 PM	8:00 PM
8:30 PM	9:10 PM
10:00 PM	10:30 PM
11:30 PM	12:30 AM

SHOW DAY - 01/02/2026 Sunday	
↑ From SBY Island	↓ From Al Dhannah Port
4:00 AM	4:40 AM
4:15 AM	5:15 AM
6:00 AM	6:30 AM
6:30 AM	7:10 AM
7:00 AM	8:00 AM
7:30 AM	8:15 AM
8:00 AM	8:40 AM
8:30 AM	1:00 PM
9:00 AM	1:30 PM
9:30 AM	2:10 PM
2:15 PM	3:15 PM
2:30 PM	3:00 PM
2:45 PM	3:25 PM
3:00 PM	3:30 PM

* The trip duration is approximately one hour. Subject to change.

Speed Boat Schedule



The access to the island will be based on first come first serve basis with check in process and digital boarding pass issued for athletes and spectators.

DEPARTURE TIMES*	
PRE-OPENING - 30/01/2026 - Friday	
↑ From SBY Island	↓ From Al Dhannah Port
7:00 AM	7:30 AM
8:00 AM	9:00 AM
8:30 AM	9:00 AM
9:30 AM	10:00 AM
10:00 AM	10:30 AM
11:00 AM	11:30 AM
11:30 AM	12:00 PM
12:00 PM	1:00 PM
12:30 PM	1:00 PM
1:00 PM	1:30 PM
2:00 PM	2:30 PM
2:30 PM	3:00 PM
3:00 PM	4:00 PM
3:30 PM	4:00 PM
4:00 PM	4:30 PM
5:00 PM	5:30 PM
5:30 PM	6:00 PM
6:00 PM	8:00 PM
7:00 PM	7:30 PM
8:00 PM	8:30 PM
11:00 PM	11:30 PM

DEPARTURE TIMES*	
31/01/2026 Saturday	
↑ From SBY Island	↓ From Al Dhannah Port
5:30 AM	6:00 AM
6:00 AM	6:30 AM
7:00 AM	7:30 AM
7:30 AM	8:00 AM
8:00 AM	9:00 AM
9:00 AM	9:30 AM
9:30 AM	10:00 AM
10:30 AM	11:00 AM
11:00 AM	12:00 PM
12:00 PM	1:00 PM
12:30 PM	1:00 PM
1:30 PM	2:00 PM
2:00 PM	2:30 PM
2:30 PM	3:00 PM
3:00 PM	4:00 PM
3:30 PM	4:00 PM
4:30 PM	5:00 PM

DEPARTURE TIMES*	
31/01/2026 Saturday	
↑ From SBY Island	↓ From Al Dhannah Port
5:00 PM	5:30 PM
6:00 PM	8:00 PM
6:30 PM	7:00 PM
7:30 PM	8:00 PM
8:00 PM	8:30 PM
9:00 PM	9:30 PM
9:30 PM	10:00 PM
10:30 PM	11:00 PM
11:00 PM	11:30 PM

DEPARTURE TIMES*	
01/02/2026 Sunday	
↑ From SBY Island	↓ From Al Dhannah Port
4:30 AM	5:00 AM
5:00 AM	5:30 AM
5:30 AM	6:00 AM
6:30 AM	7:00 AM
7:30 AM	8:00 AM
8:00 AM	9:00 AM
8:30 AM	9:00 AM
10:00 AM	10:30 AM
10:30 AM	11:00 AM
11:00 AM	11:30 AM
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2:00 PM	2:30 PM
3:00 PM	4:00 PM
3:30 PM	4:00 PM
4:00 PM	4:30 PM
4:30 PM	5:00 PM
5:00 PM	5:30 PM
5:30 PM	6:00 PM
6:00 PM	8:00 PM
6:30 PM	7:00 PM
7:00 PM	7:30 PM
7:30 PM	8:00 PM
8:00 PM	8:30 PM
11:00 PM	11:30 PM

* The trip duration is approximately 30 minutes. Subject to change.

Before the Competition

REGISTRATION AND RACE PACK COLLECTION

To take part in Challenge Sir Bani Yas, in the Community Races, you will need to register and collect your race pack before your designated race. Race pack collection will take place at the below locations and times.

Race Pack Collection Point

AL DHANNAH MALL, AL DHANNAH CITY

Date	Opening Times	Race Categories
Wednesday 28 January	11:00 am - 21:00 pm	All (No timing chips)*

*Timing chips to be collected at the registration tent within the Race Village prior to your race.

Al Dhannah City (Mall)

<https://maps.app.goo.gl/q67GQ3UWorMeZ1gk7>



If you have entered online, you will have already agreed to our indemnity form however, you may still be asked to complete an indemnity on site if you have not completed the online indemnity.

Race Pack Collection Point

RACE VILLAGE – SIR BANI YAS ISLAND

Date	Opening Times	Race Categories
Friday 30 January	09:00 am - 18:00 pm	All
Saturday 31 January	07:30 am - 17:00 pm	All except Long Distance (refer to full schedule)
Sunday 1 February	07:30 am - 09:30 am	Community Events Only

Race Village – Sir Bani Yas Island

<https://maps.app.goo.gl/xkvL6apPyimevku9A>



IMPORTANT

When collecting your race pack, please bring a valid photo identification. Without photo ID, you will not be able to collect your race pack and wristband. If you are registering and collecting a race pack on behalf of a friend or family member, you will need to show a copy of their race entry and their ID.

Your Race Pack



Your 2026 Challenge Sir Bani Yas Race Pack will contain the following:



BRANDED SWIM CAP - FOR SWIMMING EVENTS.



RACE ENVELOPE



ATHLETE IDENTIFICATION PACK

(including race number, sticker sheet, and wristband).



EVENT RACE BAG



EVENT T-SHIRT

All athletes will collect their participant T-shirts at Race Pack Collection.

Note: Your Timing Chip

- For Cycling and Swimming Races : Timing Chips are issued to athletes at race pack collection within the Race Village, and need to be handed back on the finish line.

- For the Community Run events, your bib number will contain a timing chip - there is no need for you to collect any additional timing chip.

SWIM CAP

Swimmers will receive a swim cap as part of their race pack. Each category has an individual swim cap colour. You will need to wear your designated swim cap during the swim. Don't forget to check your start time and start in the correct wave.

RACE NUMBER

You must know your race number in order to receive your Race Pack. Your race number will be published on our website when online registration has been closed. Each competitor will receive a unique race number.

BIKE SEAT POST STICKER

Please attach this sticker onto the seat post so that the number is clearly visible from both the left and right sides.

WRISTBAND

Wristbands will act as your access to the race that you have registered for and related areas.

HELMET STICKER

Cyclists will have three helmet stickers, please stick the number to the front, left and right of your helmet for photography purposes.

BAG STICKER

Attach the bag sticker to the strap of your race bag before you leave your bag at the bag drop area. To collect your bag, ensure that you are wearing your wristband with the corresponding number.

Your Race Pack

Continued



TIMING CHIPS

Swimmers and Cyclists, you will collect your timing chip at Race Pack Collection within the Race Village. Your chip will be activated for you by the timing staff and you must wear this particular timing chip provided to you by the race organisers. Before your race, securely fasten your chip around your left ankle and do not remove it during the competition. After your race, please remove your ankle strap with the timing chip from your ankle and hand it to one of the chip collection staff after the finish line.

Important

Timing chips must be handed in at the end of the race before leaving the finish area. You will be charged AED300 for your chip if you fail to return it.

BAG DROP

There will be a bag drop available on race day in the Race Village where you can safely store your bag while you compete.

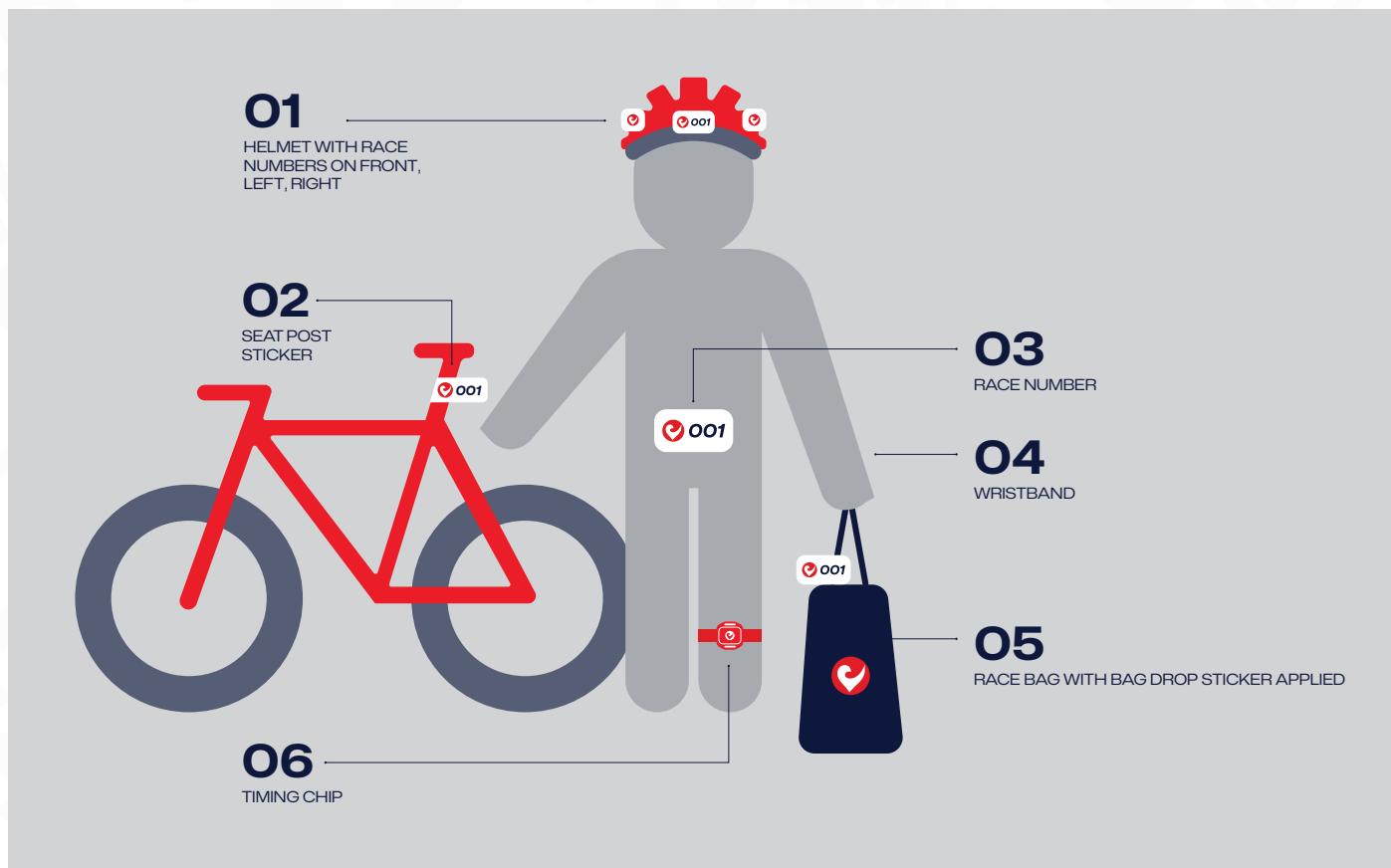
Important

Your race number sticker must be attached to your race bag before you leave it at the bag drop. For the Community Events, the bag drop staff will tag your bag with your corresponding race number on your wristband. To collect your bag, ensure you are wearing your wristband with the corresponding number.

RACE BRIEFING

Please read this guide thoroughly to cover the details around your race preparation.

- Community Swim, Run and Cycle. Your final race briefing will take place on the start line 15 minutes before you start.



Bike Technical Support



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CHALLENGE
SIR BANI YAS



BIKE MECHANIC SERVICES

Our bike technical partner, Wolfi's, will offer bike mechanic support and will be available in the Race Village during athlete check-in on race day.

Date	Venue	Open Times	Task Description
Friday 30 January	Race Village - Transition Zone	09:00 - 18:00	Basic mechanical support
	Cruise ship	10:30 - 18:00	Basic mechanical support
Saturday 31 January	Race Village - Transition Zone	05:30 - 18:00	Basic mechanical support
Sunday 1 February	Race Village - Wolfi's Stand	07:00 - 14:00	Boxing (pre-bookings only) and basic mechanical support

Note – while minor tweaks and repairs will not be charged for, our bike technical partner (Wolfi's) may charge for any repairs they deem fit and all spares including tubes, cables and spokes will be charged for. Bike unboxing and boxing is also a chargeable service. For further details or to book a time slot, please see contact details below.

Event Partner	Location	Phone	Email
Wolfi's	Wolfi's Stand in the Event Race Village	+971 800 965 347	rental-hud@wolfis.ae

Need a Bike for Challenge Sir Bani Yas?

Wolfi's Bike Rental at Al Hudayriyat Island, Abu Dhabi, has you covered!

Gear up for the ultimate triathlon experience at Challenge Sir Bani Yas with a high-quality bike rental from Wolfi's. Enjoy a hassle-free, convenient rental service so you can focus on the race. Your bike will be ready for you at the event. Book your bike today and ride with confidence!

Rental bike collection will be from the Wolfi's stand within the Race Village on Sir Bani Yas Island.

RENT A BIKE

<https://www.challenge-sirbaniyas.com/bike-rental/>



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AL HUDAYRIYAT ISLAND

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The Competition



START TIMES

Final briefings will take place 15 minutes before the start of each wave at the swim start assembly point on Terminal Beach.

Saturday 31 January 2026

Competition	Race Start Time	Estimated End
Community Race - Swim 1600m	16:30	17:15
Community Race - Swim 800m	16:45	17:15
Community Race - Swim 400m	17:00	17:15
Community Race - Swim 200m	17:15	17:30

Sunday 1 February 2026

Competition	Race Start Time	Estimated End
Community Race - Cycle 82km	09:00	12:30
Community Race - Cycle 65km	09:05	11:45
Community Race - Cycle 36km	09:10	11:15
Community Race - Run 10km	10:00	11:30
Community Race - Run 5km	10:10	10:45
Community Race - Run 2.5km	10:15	10:35



WETSUIT USE

The water temperature is taken one hour before the start of each event. Using the below table, the start official will announce whether or not wetsuits will be permitted to be worn during the swim. Notice will be posted at the information centre in the race village, as well as at the swim start.

AGE GROUP

Race Distance	Forbidden	Mandatory
Up to 1500m	22°C and above	15.9°C and below
1501m and longer	24.6°C and above	15.9°C and below

The water temperatures and ambient air temperatures will be monitored in accordance with the World Triathlon competition rules. Final instructions regarding any of the changes due to temperatures will be announced 1 hour before each race start time.

The average race course water temperature for late January at the race venue is 18-22 degrees.

SWIM START

- Each category will be self seeded in a rolling start format to provide all athletes with the best possible start experience.
- The swim start assembly point is located on Terminal Beach which is positioned on the southeast of the island and offers calm waters.
- Please arrive at the swim start 20 minutes before your start wave.
- Please listen to and comply with announcements from staff and officials.
- Technical Officials will call each category forward into the start pens prior to the beginning of the rolling start.
- If you are a strong and competent swimmer, you may wish to place yourself towards the front of the start line up for your category. For those less experienced or nervous, we would suggest placing yourself towards the back of the rolling start for your wave.
- As you reach the water's edge for the start, you will be instructed when to enter the water by the officials.
- Your race time does not start until you cross the start line underneath the start arch, regardless of where you are positioned within the category start.

SWIM COURSE DESCRIPTION

Launch yourself into the turquoise crystal-clear waters of the Arabian Gulf. The swim course loop is positioned on the southeast of the island, protected from swells, and offering calm waters. Average water temperature: 18 - 22 degrees.

- Community Swim = 200m, 400m, 800m or 1600m
- All age group swim courses flow in an anti-clockwise direction.
- All age group swim starts will operate off a rolling start format.
- Lifeguards from our swim safety team will guide you and help if needed.

- If you get into difficulty, lie on your back and raise your arm. A lifeguard will come to your aid and, if necessary, arrange a safety boat to take you out of the water.
- For the Community Swim you will need to run through the finish line on the beach.
- After your swim, wetsuits (if allowed) may only be rolled down as far as your hips until you reach your bike. Wetsuits can be removed completely only when you have reached your bike rack. Please place your wetsuit next to your bike rack in a tidy fashion in your transition box.

BIKE COURSE CUT-OFF TIMES

Race Distance	Distance	Cut-Off Time
Community Cycle	82km	If not started last lap within 2 hours - then cut-off and given a 60km time
Community Cycle	65km	Course Cut-Off 12:30pm
Community Cycle	36km	Course Cut-Off 12:30pm

If you are unable to complete your race within the allocated time frame, you will be asked to leave the course and your result will be listed as DNF (Did Not Finish).

BIKE COURSE DESCRIPTION

Loop of the island ring road circuit. The flat smooth and fast rolling surface of the Island ring road takes you around the entire Island. However, your climbing legs will also be tested as you traverse the inter-connecting roads reaching up to 100m above the sea level, offering you glorious views of the island. All with the added benefit of no traffic to contend with. Average daytime temperature: 24 - 27 degrees. Bike Course rules:

- A clothed upper body is mandatory.
- No personal music devices are permitted.
- The mount line is located shortly after exiting transition.
- The bike loops incorporate public roads on the Island.

- You are responsible for keeping a count of the number of laps yourself. During the race, timing mats on the course will verify whether you have completed the whole lap and the correct number of laps corresponding to their race course.
- Athletes are instructed to ride on the right and overtake on the left-hand side.
- **Bike Mechanic Zones** – the locations of the mechanic zones are indicated on the route maps. This service will be available for athletes on course. It is the athlete's responsibility to carry out all necessary minor repairs.

Nutrition / Aid Stations



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CHALLENGE
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AID STATIONS ON THE BIKE COURSE

On the cycle course, aid stations will provide a variety of hydration depending on which station it is:

- Water
- Stealth electrolyte drinks
- Stealth energy gels
- Bananas & oranges
- Basic mechanical support (limited)
- Medical

Aid Station frequently on the cycle course

- Aid stations are positioned approximately every 15-20kms.

Bringing your own nutrition and hydration:

- If athletes require any specific and personal nutrition and/or hydration, they are encouraged to carry this themselves.

Toilets

- Select Aid stations will have portable toilets available. Check the course map for specific locations.

Steer clear of the deer ring your bell!

Sir Bani Yas wildlife reserve makes up more than half of this incredible island and is home to more than 17,000 free-roaming animals, including Arabian oryx, gazelles, giraffes, hyenas, and cheetahs. Many of the antelope are free roaming on sections of the bike course so please exercise caution and use a bell to pre-warn the antelope of your presence.



YOUR 10 MINUTE FREE “COFFEE STOP”

Where racing meets UAE hospitality

This year, Challenge Sir Bani Yas is introducing something completely new: The Oasis - a first-of-its-kind recovery and refuel zone on the Long and Middle Distance bike course designed to help you pause, reset, and enjoy the race experience a little more.

Whether you're chasing a personal achievement, soaking up the scenery, or simply want a moment to regroup, The Oasis gives you the option to spend up to 10 free minutes refueling - and then head back out feeling refreshed. On entering the zone, your race time will be paused, and will start automatically after 10 minutes or on exit if less than 10 minutes is spent in the Oasis.

Olympic distance athlete are welcome to also stop at the Oasis, but your race time will not be paused.

Because Challenge Sir Bani Yas isn't just a triathlon. It's an experience.

WHAT YOU'LL FIND AT THE OASIS



A welcoming, fast-moving hospitality zone



The flavours athletes crave - think coffee, dates, pastas, sandwiches and much more



A chance to refill bottles, regroup, and reset



Toilet facilities



Space to breathe - and enjoy the moment with fellow athletes

(Traditional gels and sports nutrition will still be available at regular aid stations - The Oasis is something extra.)

FAIR AND STRESS-FREE



The Oasis timing rules ensure it remains fair for all age-group athletes



Live tracking won't reflect the pause, but final results will automatically adjust



The Pros race uninterrupted - The Oasis does not apply to the Pro field

We know it's different. That's the point - Challenge Sir Bani Yas is constantly looking for new ways to elevate the race experience while showcasing the warmth and hospitality of the UAE.

Use it. Skip it. It's your choice. Make it your race.



RUN COURSE DESCRIPTION

A flat coastal run featuring multiple loops through the heart of the race village. With one of the most scenic and distinctive routes, runners are treated to stunning views of the aqua blue Arabian Gulf and rugged natural landscapes, culminating in a breathtaking finish. Average daytime temperature: 24 - 27 degrees.

- While running, race numbers must be worn on your front.
- A clothed upper body is mandatory.
- No personal music devices are permitted.
- After you complete your final lap, enter the finish chute.
- You are responsible for counting the correct number of laps according to your race course. After the race, a timing mat on the run course will verify whether you have completed the correct number of laps. Athletes will be disqualified for not completing the correct number of laps corresponding to your race course.

Race Distance	Distance	Total Race Cut-Off Time
Community Run	10km	No
Community Run	5km	No
Community Run	2.5km	No

Nutrition / Aid Stations



Abu Dhabi
Sports Council



AID STATIONS ON THE RUN COURSE:

Aid stations on the run course will be stocked with a variety of hydration depending on which station it is:

- Water
- Stealth Energy gels
- Sprite and or Coke
- Stealth Electrolytes
- Ice

Aid Station frequently on the run course:

- Aid stations are located approximately every kilometre to keep you hydrated and fuelled throughout the run.

Toilets

- Select Aid stations will have portable toilets available. Check the course map for specific locations.



Course Maps



COMMUNITY CYCLE COURSES



COMMUNITY SWIM COURSES



COMMUNITY RUN COURSE



* Courses are subject to change

MEDALS AND RECOVERY



After the finish line, head to the recovery area where you will receive your finisher medal and refreshments.

TIMING CHIPS



All timing chips must be returned in the finish area immediately after the race. Failure to do so will result in a AED300 fine which will be charged by the Organiser after the event.

BAG COLLECTION



After exiting the athlete recovery zone, you will be able to collect your bag from the bag drop area.

MEDICAL ASSISTANCE



First Aid and Emergency Medical Services will be available during the event – throughout competition times as well as during course familiarisations, to provide any medical attention or emergency transfers by ambulance to a nearby hospital or to the medical centre provided at the event village finish area.

RESULTS



After the competition, provisional results will be available online on the event website shortly after the race. There will be podium awards for the race categories so stick around to congratulate our winners. All finishers will also receive a digital results certificate.

After Your Race

Continued



Saturday 31 January 2026

STAGE AWARD CATEGORIES

Please note that the online results will be displayed by age category for personal records only, and therefore may not match the award categories below.

Organizers reserve the right to adjust awards based on final participation numbers in each category

Community SWIM - 200M	Men			Women		
u8 years	1st	2nd	3rd	1st	2nd	3rd
u10 years	1st	2nd	3rd	1st	2nd	3rd
u12 years	1st	2nd	3rd	1st	2nd	3rd
12+ years(Open)	1st	2nd	3rd	1st	2nd	3rd
Community SWIM - 400M						
u10 years	1st	2nd	3rd	1st	2nd	3rd
u14 years	1st	2nd	3rd	1st	2nd	3rd
u18 years	1st	2nd	3rd	1st	2nd	3rd
18-39 years (Open)	1st	2nd	3rd	1st	2nd	3rd
40+ years (Veterans)	1st	2nd	3rd	1st	2nd	3rd
Community SWIM - 800M						
u10 years	1st	2nd	3rd	1st	2nd	3rd
u14 years	1st	2nd	3rd	1st	2nd	3rd
u18 years	1st	2nd	3rd	1st	2nd	3rd
18-39 years (Open)	1st	2nd	3rd	1st	2nd	3rd
40+ years (Veterans)	1st	2nd	3rd	1st	2nd	3rd
60+ years (Super Veterans)	1st	2nd	3rd	1st	2nd	3rd
Community SWIM - 1600M						
u18 years	1st	2nd	3rd	1st	2nd	3rd
18-23 years	1st	2nd	3rd	1st	2nd	3rd
24-39 years (Open)	1st	2nd	3rd	1st	2nd	3rd
40-49 years (Masters)	1st	2nd	3rd	1st	2nd	3rd
50-59 years (Veterans)	1st	2nd	3rd	1st	2nd	3rd
60+ years (Super Veterans)	1st	2nd	3rd	1st	2nd	3rd

After Your Race

Continued



STAGE AWARD CATEGORIES

Please note that the online results will be displayed by age category for personal records only, and therefore may not match the award categories below.

Organizers reserve the right to adjust awards based on final participation numbers in each category.

Sunday 1 February 2026

Community Run - 2.5KM	Men			Women		
u6 years	1st	2nd	3rd	1st	2nd	3rd
u8 years	1st	2nd	3rd	1st	2nd	3rd
u10 years	1st	2nd	3rd	1st	2nd	3rd
u12 years	1st	2nd	3rd	1st	2nd	3rd
u16 years	1st	2nd	3rd	1st	2nd	3rd
16-59 years (Open)	1st	2nd	3rd	1st	2nd	3rd
60+ (Veterans)	1st	2nd	3rd	1st	2nd	3rd
Community Run - 5KM						
u10 years	1st	2nd	3rd	1st	2nd	3rd
u12 years	1st	2nd	3rd	1st	2nd	3rd
u16 years	1st	2nd	3rd	1st	2nd	3rd
16-39 years (Open)	1st	2nd	3rd	1st	2nd	3rd
40-49 years (Masters)	1st	2nd	3rd	1st	2nd	3rd
50-59 years (Veterans)	1st	2nd	3rd	1st	2nd	3rd
60+ (Super Veterans)	1st	2nd	3rd	1st	2nd	3rd
Community Run - 10KM						
u12 years	1st	2nd	3rd	1st	2nd	3rd
u16 years	1st	2nd	3rd	1st	2nd	3rd
16-39 years (Open)	1st	2nd	3rd	1st	2nd	3rd
40-49 years (Masters)	1st	2nd	3rd	1st	2nd	3rd
50-59 years (Veterans)	1st	2nd	3rd	1st	2nd	3rd
60+ (Super Veterans)	1st	2nd	3rd	1st	2nd	3rd

After Your Race

Continued



STAGE AWARD CATEGORIES

Please note that the online results will be displayed by age category for personal records only, and therefore may not match the award categories below.

Organizers reserve the right to adjust awards based on final participation numbers in each category

Community Cycle - 36KM	Men			Women		
u14 years	1st	2nd	3rd	1st	2nd	3rd
u18 years	1st	2nd	3rd	1st	2nd	3rd
18-23 years	1st	2nd	3rd	1st	2nd	3rd
24-39 years	1st	2nd	3rd	1st	2nd	3rd
40-49 years	1st	2nd	3rd	1st	2nd	3rd
50-59 years	1st	2nd	3rd	1st	2nd	3rd
60+	1st	2nd	3rd	1st	2nd	3rd
Community Cycle - 65KM						
u23 years	1st	2nd	3rd	1st	2nd	3rd
23-39 years	1st	2nd	3rd	1st	2nd	3rd
40-49 years	1st	2nd	3rd	1st	2nd	3rd
50-59 years	1st	2nd	3rd	1st	2nd	3rd
60+	1st	2nd	3rd	1st	2nd	3rd
Community Cycle - 82KM						
u23 years	1st	2nd	3rd	1st	2nd	3rd
23-39 years	1st	2nd	3rd	1st	2nd	3rd
40-49 years	1st	2nd	3rd	1st	2nd	3rd
50-59 years	1st	2nd	3rd	1st	2nd	3rd
60+	1st	2nd	3rd	1st	2nd	3rd



LOST AND FOUND

Any lost and found which has been handed in, can be collected from the Race Village Information Desk.



HEAT ILLNESS

In order to prevent heat illness, please familiarise yourself with the guidelines created by the World Triathlon Medical Committee.

PLEASE NOTE THAT ALL DETAILS INCLUDED IN THIS GUIDE ARE SUBJECT TO CHANGE. A SECOND EDITION OF THE GUIDE WILL BE RELEASED BEFORE THE EVENT.

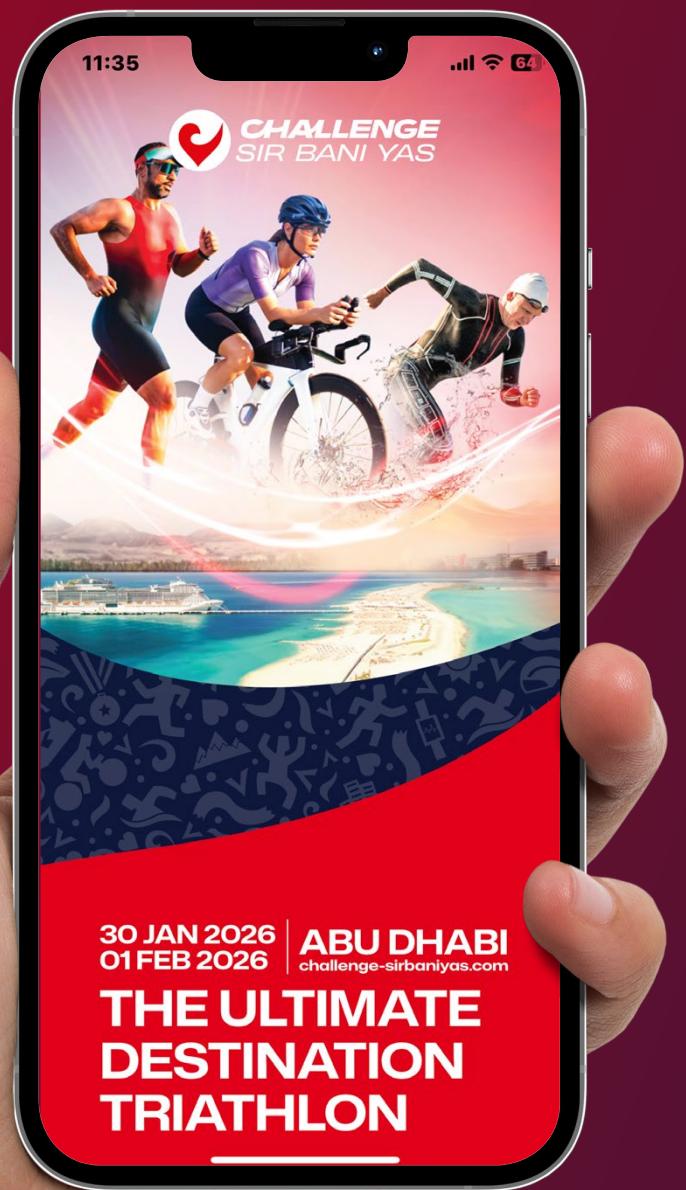


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