



RADISSON BLU
LARNAKA
INTERNATIONAL
MARATHON

One Step, One Dream

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The Company Event Specialists, responsible for Race and Events organization in cooperation with the Municipality of Larnaka and under the approval of the Cyprus Amateur Athletic Association is announcing the 3rd Sports Event:

<<Radison Blu Larnaka International Marathon>> On Sunday, November 17 2019

The races will take place in a public road and include: Marathon & Half Marathon Race, 10km Road Race, 5km Road Race and 1km Road Race.

The Event will be held according to the following terms:

1.DATE OF RACE

Sunday, November 17, 2019

2.START-FINISH

1.DATE OF RACE

Sunday, November 17, 2019

2.START-FINISH

Marathon and Semi-Marathon routes start from the delimited area in front of the Town Hall, Phinikoudes Beach. (1st Start Arc, /Finish Arc)

Road Races of 10km, 5km & 1km start from the delimited area in front of the Town Hall, Phinikoudes Beach (2nd Arc)

All races finish in the delimited area in front of the Town Hall, Phinikoudes Beach. (1st Arc/Finish Arc)

3.RACES

3.1 Marathon /42,195 metres

Starting Point: In front of the Town Hall Building, Phinikoudes Beach

Time: 8:00a.m

Description of Race: Marathon Road route consists of two rounds (2 Loops).

The main road axes of the route are: Starting from Athinon Avenue (coastal road of Phinikoudes - in front of the Town Hall building), head towards the Larnaka Marina.

At the junction of Athinon Avenue with Archbishop Makarios III Avenue, the runners turn left to Zenonos Kitieos Street until its junction with K. Lysiotis Street. They then continue their course by turning right on Nicolaou Roussou Street until its junction with P. Valsamakis Street. Turn right to P. Valsamaki Street and immediately left on Mehmet Ali Street. They run along Mehmed Ali Street and at the junction with Oum Haram street change track to the left and run through Oum Haram Street until its crossing with Pontos Street. At Pontos Street the runners turn left to the beautiful coastline of Piale Pasha Avenue towards Makenzy.

The runners continue on Piale Pasha Avenue taking the right traffic stream towards the Larnaka International Airport, until the junction of Piale Pasha Avenue with Artemidos Avenue, where they turn left to continue their course on Artemidos Avenue taking the right traffic stream.

The route continues for about 3 km. on Artemidos Avenue, passes by the Old Airport roundabout, passes through the unique beauty that is the Salt Lake of Larnaka and at the crossroad of Artemidos Avenue and Teke Road, turns right directed towards the Mosque of Hala Sultan Teke.

Runners make a U turn in front of the Hala Sulttan Teke Muslim Mosque in the 7.5 km of the route and now taking the opposite track on the Teke Road are again directed towards the end

of Teke road to the right to continue towards Artemidos Avenue and towards the next roundabout of the Control Tower.

The route continues on Artemidos Avenue and at the exit of Dromolaxias roundabout follows the right route to the Dromolaxia-Airport street towards the crossroad with Timiou Prodromou Avenue where it follows a right course towards E316 for about 2km until its junction to the Ezekia Papaioannou Street.

Runners make a U turn in the 12.5 km of the route and specifically 60 m after the intersection of E316 with Ezekia Papaioannou Street and now taking the opposite direction run along E316, at Dromolaxia roundabout, and get on Artemidos Avenue. Runners continue on Artemidos Avenue, towards the Old Airport roundabout, turn right at the traffic lights of Artemidos intersection with Tassos Mitsopoulos Avenue, pass by the coastal Avenue of Piale Pasha, from the Larnaka Castle and via Athinon Avenue reach the front of the Town Hall building completing and finishing the first round.

Finish: Runners complete the first of the two rounds of the Marathon and continue for the second. With the second repetition of the above described route and the completion of the 2nd round (loop) and while running through Athinon Avenue, on Phinikoudes Beach (for the second time) finish in front of the Town Hall building.

3.2 Half-Marathon Race /21.097 metres

Starting Point: In front of the Town Hall Building, Phinikoudes Beach

Time: 8:00a.m

Description of Race: Half –Marathon race route consists of 1 round (1 loop).

The main road axes of the route are: Starting from Athinon Avenue (coastal road of Phinikoudes - in front of the Town Hall building), head towards the Larnaka Marina.

At the junction of Athinon Avenue with Archbishop Makarios III Avenue, the runners turn left to Zenonos Kitieos Street until its junction with K. Lysiotis Street. They then continue their course by turning right on Nicolaou Roussou Street until its junction with P. Valsamakis Street. Turn right to P. Valsamaki Street and immediately left on Mehmet Ali Street. They run along Mehmed Ali Street and at the junction with Oum Haram street change track to the left and run through Oum Haram Street until its crossing with Pontos Street. At Pontos Street the runners turn left to the beautiful coastline of Piale Pasha Avenue towards Makenzy.

The runners continue on Piale Pasha Avenue taking the right traffic stream towards the Larnaka International Airport, until the junction of Piale Pasha Avenue with Artemidos Avenue, where they turn left to continue their course on Artemidos Avenue taking the right traffic stream.

The route continues for about 3 km. on Artemidos Avenue, passes by the Old Airport roundabout, passes through the unique beauty that is the Salt Lake of Larnaka and at the Artemidos Avenue and Teke Road crossroad, turns right directed towards the Mosque of Hula Sultan Teke.

Runners turn around in front of the Hala Soultan Teke Muslim Mosque in the 7.5 km of the route and now taking the opposite track on the Teke Road are again directed towards the end of Teke road to the right to continue towards Artemidos Avenue and towards the next roundabout of the Control Tower.

The route continues on Artemidos Avenue and at the exit of Dromolaxias roundabout follows the right route towards the crossroad with Timiou Prodromou Avenue where it follows a right course towards E316 for about 2km until its junction to the Ezekia Papaioannou Street.

Runners turn around in the 12.5 km of the route and specifically 60 m after the intersection of E316 with Ezekia Papaioannou Street and now taking the opposite course run along E316, at Dromolaxia roundabout, and get on Artemidos Avenue again, on the right traffic stream but

on the left lane next to the dividing strip. Runners continue on Artemidos Avenue, pass by the coastal avenue of Piale Pasha, from the Larnaka Castle and via Athinon Avenue reach the front of the Town Hall building completing and finishing the Half-Marathon.

Finish: After completing the above described route (1 loop) and while running through Athinon Avenue, on Phinikoudes Beach runners finish in front of the Town Hall building.

3.3 10 KM Road Race

Starting Point: In front of the Town Hall Building, Phinikoudes Beach

Time: 10:30 a.m.

Description of Race: 10 km road route consists of one round (1 loop). The main road axes of the 10Km Road Race route are: Starting from Athinon Avenue (coastal road of Phinikoudes - in front of the Town Hall building), head towards the Larnaka Marina.

At the junction of Athinon Avenue with Archbishop Makarios III Avenue, the runners turn left to Zenonos Kitieos Street until its junction with K. Lysiotis Street. They then continue their course by turning right on Nicolaou Roussou Street until its junction with P. Valsamakis Street. Turn right to P. Valsamaki Street and immediately left on Mehmet Ali Street. They run along Mehmed Ali Street and at the junction with Oum Haram street change track to the left and run through Oum Haram Street until its crossing with Pontos Street. At Pontos Street the runners turn left to the beautiful coastline of Piale Pasha Avenue towards Makenzy.

The runners continue on Piale Pasha Avenue taking the right traffic stream towards the Larnaka International Airport, until the junction of Piale Pasha Avenue with Artemidos Avenue, where they turn left to continue their course on Artemidos Avenue taking the right traffic stream.

The route continues for about 3 km. on Artemidos Avenue, passes by the Old Airport roundabout, passes through the unique beauty that is the Salt Lake of Larnaka and at the Artemidos Avenue and Teke Road crossroad, turns right directed towards the Mosque of Hula Sultan Teke.

The runners continue on Piale Pasha street taking the right traffic stream towards the Larnaka International Airport until they reach the junction of Tassos Mitsopoulos Avenue with Artemidos Avenue where they turn left to continue their course on Artemidos Avenue on the right traffic stream. The route continues on Artemidos Avenue passing through the unique beauty that is the Larnaka Salt Lake. Runners make a U turn in the 5th km of the route at the Old Airport roundabout and now taking the opposite track run along Artemidos Avenue, reach the traffic lights of Artemidos Avenue and Tassos Mitsopoulos junction and turn right. Runners continue on Artemidos Avenue, pass by the coastal avenue of Piale Pasha, from the Larnaka Castle and via Athinon Avenue reach the front of the Town Hall building completing and finishing the 10km race.

Finish: After completing the above described route (1 loop) and while running through Athinon Avenue, on Phinikoudes Beach runners finish in front of the Town Hall building.

3.4. 5KM Road Race & 5KM Corporate Race

Starting Point: In front of the Town Hall Building, Phinikoudes Beach- 2nd Starting Arc

Time: 11:45 a.m. & 11:50 a.m

Description of Race: The main road axes of the of the 5km Road Race are: Starting from Athinon Avenue (coastal road of Phinikoudes - in front of the Town Hall building), head towards the Larnaka Marina.

At the junction of Athinon Avenue with Archbishop Makarios III Avenue, the runners turn left to Zenonos Kitieos Street until its junction with K. Lysiotis Street. They then continue their course by turning right on Nicolaou Roussou Street until its junction with P. Valsamakis Street. Turn right to P. Valsamaki Street and immediately left on Mehmet Ali Street. They run

along Mehmed Ali Street and at the junction with Oum Haram street change track to the left and run through Oum Haram Street until its crossing with Pontos Street. At Pontos Street the runners turn left to the beautiful coastline of Piale Pasha Avenue towards Makenzy. Runners make a U turn in the 2.5 km of the route on the Pale Pasha Avenue. Runners continue in the opposite now direction, on Pale Pashia Avenue taking the right traffic stream towards the Larnaka Town Hall. From the Larnaka Castle and via Athinon Avenue reach the front of the Town Hall building they completing and finishing the 5km race.

Finish: After completing the above described route (1 loop) and while running through Athinon Avenue, on Phinikoudes Beach runners finish in front of the Town Hall building.

Start blocks: The 5km & 5km Corporate road race will take place in two different Wave Starts.

Wave Start:

11:45-1st Start Block-Individual Participations & VIP's

11:50-2nd Start Block-Corporate/Team Participations

3.5 McDonalds™ Kids Race 1km & RMHC® Fun Race 1km

Starting Point: In front of the Town Hall Building, Phinikoudes Beach- 2nd Starting Arc

Time: 13:00

Description of Race: The 1000m route includes the roads: Starting from Athinon Avenue (coastal road of Phinikoudes - in front of the Town Hall building), head towards the Larnaka Marina.

At the junction of Athinon Avenue with Archbishop Makarios III Avenue, the runners turn left at Zenonos Kiteios Street until its junction with K. Lysiotis Street. They turn left to the K. Lisioti Street, turn left and via Athinon Avenue in front of the Town Hall building, complete the 1km race and finish.

Finish: After completing the above described route (1 loop) and while running through Athinon Avenue, on Phinikoudes Beach runners finish in front of the Town Hall building.

- ✓ McDonalds™ Kids Race 1km is addressed to all children from the age group 4-17 years old and is free of charge.
- ✓ Road Race RMHC® Fun Race 1km is addressed to all adults and also the parents of the children participating in the McDonalds™ Kids Race who want to participate in the joy and celebration of the Larnaka Marathon
- ✓ Part of the proceeds from the RMHC® Fun Race 1000m will be given to RMHC, a charitable organization which helps thousands of families of children with serious health problems.

Detailed information and a map of the route can be found on the official site of the Event: www.larnakamarathon.com

4. RIGHT TO PARTICIPATE

For someone to participate in the Marathon or Half- Marathon race they must have completed 18 years of age while in the 10km Road Race they must have completed 15 years of age. To participate to the 5km road Race they must have completed 12 year of age.

Regarding McDonalds™ Kids Race 1km & RMHC® Fun Race 1km runners of all ages can participate as of paragraph 3.5.

IN THE MCDONALDS KIDS RACE IT IS PROHIBITED FOR CHILDREN TO PARTICIPATE WITH BIKES, SCOOTERS, ROLLER SKATES ETC

5. RULES OF CONDUCT

The Road Races of the Larnaka Marathon are approved by the the Cyprus Amateur Athletic Association (CAAA), member of IAAF (International Association of Athletic Federations) and are conducted in accordance to the Articles and Provisions of the Regulations “Competition Rules” of IAAF and CAAA as they were applied from 1/11/2017.

NOTE: What is not explicitly mentioned in the paragraphs of the present notice is subject to the regulations of IAAF, CAAA and AIMS, while the Articles with all their Provisions, which govern the Public Road Events are automatically and universally enforced.

Particular attention must be paid in compliance to the Rules of Articles 144, 145 & 240, according to which, among other rules, specific actions are seen as aid and are consequently NOT ALLOWED.

Enforced Automatically and Universally are the provisions of:

Article 144-Aid to Athletes

Article 145-Disqualification of Competitor

Article 240- Road Races on Public Road

Article 144.(2) Athlete- a contestant who gives or receives assistance during a race will receive a warning from the Judge or Registrar and will be informed that if repeated, they will be disqualified from the particular race. If an Athlete is disqualified from a race all of his performance in the race up to that moment, will be considered invalid.

Note: In cases under Article 144.3(a)-“pacing” disqualification can be done without warning.

Article 144.3(a) Pacing guidance is not permitted by people who do not participate in the same race, from athletes who are missing one round or are about to be overlapped by one round or by any kind of mechanic device guided or not by a person (except those that are allowed according to Article 144.4(d).

Article 240.8(e)

The athlete –contestant who accepts or gets himself a refreshment or water from a point other than the official stations, except where this is given for medical reasons by the judges of the event or under their supervision, or gets a drink from another athlete or another person, should, if this is their first misconduct, receive a warning from the Judge-Registrar usually with the display of a yellow card. If they resume for a second time to the same misconduct, then the Judge/Registrar will disqualify the athlete-competitor by showing him a red card or flag. In this case the athlete leaves the race immediately.

6. APPLICATIONS | REGISTRATIONS

6.1 Applications

Participants can apply up to Monday November 11, except for applications regarding the corporate race which will be up to November 8, 2019.

According to availability, registrations can also be made to the Registration Centre.

Availability will be determined by notice from the Technical Committee of the Race.

6.2 Ways to Register

You can apply to participate by:

- a. On line registration on: www.Larnakamarathon.net
- b. Sending the printed statement: by email info@arnakamarathon.com and to any other points indicated in the announcement of the Organisation Committee.

REGISTRATION FOR THE MCDONALDS KIDS RACE 1000M IS NECESSARY EVEN IF ITS FREE

7. Distinctions

- Cups with specially designed metals are awarded to the first three winners of the Men and Women overall ranking. This includes every road race, excluding the 1km road race.
- A commemorative metal will be given to all runners that finish including the 1km road race.
- Each runner will be able to download a participation certificate electronically via the website www.larnakamarathon.com.

8. Participation Cost | Ways of Payment

8.1 Ways of Payment

- On-line with credit card via the website www.larnakamarathon.com.
- Immediately after submitting your application and payment you will receive an email verifying your registration.
- If you do not receive a confirmation email of your registration in the specified timeframe then please contact us at +357 70000183 or at info@larnakamarathon.com.

PARTICIPATION CANCELLATIONS ARE NOT ACCEPTED

**RADISSON BLU LARNAKA INTERNATIONAL MARATHON
RIGHT OF REGISTRATION-PARTICIPATION**

PARTICIPATION FACILITIES	MARATHON ROAD		HALF MARATHON ROAD		5KM ROAD RACE				1000M ROAD RACE		
	Early bird	Regular	Early bird	Regular	Individual Early Bird	Individual Regular	Corporate 4 – 10 persons	Corporate 11 – 40 persons	Mc Donald's™ Kids Race*	RMHC® Fun Race	RMHC® Fun Race Regular
<ul style="list-style-type: none"> • Number (BIB Number) • Electronic timing* • Results • Participation Diploma • Photos of Race • Termination Metal • Backpack • Services (massage) • Route Services • Metal Engraving (optional) • Health Coverage 	30€	60€	25€	50€	20€	40€	150€	300€	Free	10€	20€
• T-Shirt Technical Larnaka Marathon	?	?	?	?	?	?	-	-	?	?	?

* Timing is only conducted for the races of Marathon, Half-Marathon Road, 10km road race and 5km.

** Free Registration for *Mc Donald's™ Kids Race* concerns ages 4 to 17

9. HEALTH COVERAGE

During the race personnel from the Medical Service, Rescue Teams and First Aid will be in the start-finish area but also in selected points of the route to address any urgent medical emergencies providing first aid assistance.

In every case all the competitors compete at their own sole responsibility. The organisers are not responsible for anything that happens to any competitor during any race of the Event that is in relation to HEALTH issues that arise during the race due to a lack of preventive medical control.

It is recommended that all competitors have recently undergone a medical examination and particularly those over 35 years of age a cardiac control.

The organizers will not be required to receive medical certificates as all participants compete at their own sole responsibility and minors under the responsibility of their guardians by signing the relevant Declaration that is included in the printed or electronic registration statement for each race of the Event.

10. SUPPORT STATIONS

Support stations will be available for runners along the Marathon route, starting from the 5th km.

Bottled water will be available to the participants at the start, finish and every 5km mark after the 10th km.

After the 5th km - and every 5km- there's a possibility of providing personal drinks and supplements to the participants from people accompanying them, as long as they declare their status and which athletes will they cater to by email to info@Larnakamarathon.com not later than Wednesday November 13.

11. MILEAGE INDICATIONS

In every kilometre of the race route of the Marathon, Semi-Marathon, 10km road race, there will be a mileage distance indication. Also in every kilometre of the 5km race there will be a mileage distance indication.

12. TIME LIMIT TO COMPLETE RACES

The end time limit for the Marathon is 6 hours from the scheduled start time, 8:00 (runners must have completed the Marathon by 14:00).

Attention: Competitors in the Marathon should have completed the first round of the race at 3 hours (11:00).

For the Half-Marathon race, the time limit is 3 hours from the scheduled start time, 8:00 (runners must have completed the Half-Marathon by 11:00)

For the 10km road race, the time limit is 1:30 hours (runners must have completed the 10km race by 12:00).

For the 5km road race the time limit is 1 hour (runners must have completed the 5km race by 12:45-12:50).

13. ELECTRONIC TIMING

Electronic timing for all races of the event (excluding the 1000m race) and publication of the results has been undertaken by an official timing company. For this reason, all runners in the Marathon and Half Marathon race, 10km and 5 km race will have to carry the Bib Timing tag they received along with their attendance number form the Centre of Subscriptions.

CAAA JUDGES WILL BE ON THE ROUTE FOR ADDITIONAL CHECKS

Electronic control and timing carpets to record the intermediate times will be

- For the Marathon Road: start and finish. Also, the runners will have intermediate times and checkpoints along the route and at extreme points (inversions, on Teke Road 7,5 km - 28,5 km & Dromolaxia road axis E 316 in 12.5 km - 33.5 km).
- For the Half Marathon: start and finish. Also, the runners will have intermediate times and checkpoints along the route and at extreme points (inversions, on Teke Road 7,5 km & Dromolaxia road axis E 316 at 12,5 km).

14. RESULTS

Unofficial results are announced on the internet after the races have ended. Objections may be submitted within five calendar days from the day of posting the informal results in the Events website.

Official results are announced within ten working days from the day of the race.

15. Age Groups

A. MARATHON-HALF MARATHON

< 35 (younger than 35)

35 – 39

40 – 44

45 – 49

50 – 54

55 – 59

60 – 64

65 – 69

70 – 74

> 75 (older than 75)

B. Age Groups 10km-5km

In case the age limit of the race is under 15 years old then the age groups are categorised as follows:

< 15 (younger than 15)

15 – 18

19 – 34

35 – 39

40 – 44

- 45 – 49
- 50 – 54
- 55 – 59
- 60 – 64
- 65 – 69
- 70 – 74
- > 75 (older than 75)

THE FIRST THREE THAT FINISH FROM EVERY AGE GROUP SHALL RECEIVE HONORARY DIPLOMAS

16. SAFEKEEPING OF PERSONAL BELONGINGS

Runners of the Marathon, Half Marathon, 10km & 5km there will be a special safekeeping area for dry clothes. Runners will drop their personal belongings to the specially made safekeeping space within the Backpack of the Event, with their participation paper number stuck on it which they will receive from the Registration centre.

17. REGISTRATION CENTRE

Location: Larnaka House of Art and Literature-Vasileos Pavlou Square (former Ottoman Bank Building)

Working Days & Hours	
Wednesday November 13 2019	10:00 - 20:00
Thursday November 14 2019	08:00 - 20:00
Friday November 15 2019	08:00 - 20:00
Saturday November 16 2019	08:00 - 18:00
Sunday November 17 2019	06:00 – until the end of the race

Competitors are required to receive their Registration number, their timing Bib Tag (only for the Marathon Half Marathon, 10km and 5km races) as well as the rest of the material of the Event from the Registration Centre.

At the day of the race, Sunday November 17, 2019, from 6:00 and until the end of the race the Secretariat of the Event will be in charge of receiving membership numbers and event material for those competitors that will move on the same day, one hour before each race, and to also provide any information the participant needs.

On behalf of the Technical Committee



Executive Director