

«6th RADISSON BLU LARNAKA INTERNATIONAL MARATHON» ON SUNDAY, 19 NOVEMBER 2023

Eleven Blue Events, responsible for the Event's organization in cooperation with the Municipality of Larnaka and under the approval of the Cyprus Amateur Athletic Association, is announcing the Sports Event: «6th Radisson Blu Larnaka International Marathon» taking place on Sunday, 19 November 2023.

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:

1.1 DATE OF RACE

Sunday, November 19, 2023

1.2. START-FINISH

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

Road Races of 10km, 5km & 1km start from the delimited area in front of Europe Square (2nd Arch)

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

1.3. RACES

1.3.1. Marathon / 42,195 meters

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

Time: 7:00 a.m.

Description of Race:

The race route of the Radisson Blu International Larnaka Marathon is flat and fast, passing by the main landmarks of the city of Larnaka. The perfect setting for runners to reach and break their PBs! The start line of the Marathon race is located at Foinikoudes, in front of the Town Hall of Larnaka. From the start line, the runners will head east and at the end of Foinikoudes, turn right and continue their way reaching the Nautical Club of Larnaka, where the first turning point of the race is located. The runners will then head west towards the city center of Larnaka, through Makariou Avenue, and across Zinonos Kitieos, passing from the picturesque city center and the historic church of St. Lazarus.

After reaching St. Lazarus church, the runners will pass through the Turkish Cypriot neighborhood and end up at Piale Pasa, one of the most scenic coastal roads of Larnaka. The runners will then turn left and run through Athenon Avenue and continue their journey until the Nautical Club of Larnaka, where they will reach the second turning point of the race. The runners will then head west following the same direction to the city center of Larnaka until they reach Piale Pasa Avenue, where they will turn right. The runners will head west across to Artemidos avenue and continue their way across the famous Salt Lake of Larnaka, until they reach the mosque of Hala Sultan Teke, where the third turning point of the race is located.

The runners will then head towards the roundabout of Larnaka Airport until they reach the final turning point of the race. Finally, the runners will head east and return to the coastal avenue of Piale Pasa, pass by the Medieval castle of the city, and finish the race at Foinikoudes, right in front of the Larnaka Town Hall.

1.3.2. Half-Marathon Race / 21.097 meters

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

Time: 7:05 a.m

Description of Race:

The Half Marathon race of the Radisson Blu Larnaka International Marathon features a flat and fast route, the perfect setting for runners to reach and break their PBs!

The start line of the Half Marathon race is located at Foinikoudes in front of the Town Hall of Larnaka. From the start line, the runners will head east and at the end of Foinikoudes they will turn right and continue their way reaching the Nautical Club of Larnaka, where the first turning point of the race is located.

The runners will then head west towards the city center of Larnaka, through Makariou Avenue, and across Zinonos Kitieos, passing by the picturesque city center and the historic church of St. Lazarus. After reaching St. Lazarus church, the runners will pass through the Turkish Cypriot neighborhood and end up at Piale Pasa, one of the most scenic coastal avenues of Larnaka. The runners will turn right, then head west to Artemidos Avenue and continue their journey across the famous Salt Lake of Larnaka until they reach the mosque of Hala Sultan Teke, where the second turning point of the race is located.

The runners will then head east and return to the coastal avenue of Piale Pasa, pass by the Medieval castle of the city, and finish the race at Foinikoudes, right in front of the Larnaka Town Hall.

1.3.3. 10 KM Road Race

Starting Point: In front of Europe Square, Foinikoudes Beach, 2nd Starting Arch

Time: 10:00 a.m.

Description of Race:

The start line of the 10 km race is located next to the Europe square, at Foinikoudes and the runners are heading east. At the end of Foinikoudes, the runners will turn right towards Makariou Avenue.

Then, the runners will continue their journey within the eastern part of the city until they reach the Nautical Club of Larnaka, where the turning point of the race is located. The runners will then head west to the city of Larnaka, through Makariou Avenue and across Zinonos Kitieos, passing from the picturesque city center and the historic church of St. Lazarus.

After reaching St. Lazarus church, the runners will pass through the Turkish Cypriot neighborhood and end up at Piale Pasa, one of the most scenic coastal avenues of Larnaka. Runners will then turn left and head east, passing by the Medieval castle and finish the race at Foinikoudes, in front of the Larnaka Town Hall.

1.3.4. 5 KM Road Race

Starting Point: In front of Europe Square, Foinikoudes Beach, 2nd Starting Arch

Time: 11:00 a.m.

Description of Race:

The most popular race of the event is the 5 km Individual and Corporate race, and the start line is located next to the Europe square, in Foinikoudes. From the start line the runners head east and at the end of Foinikoudes they turn right towards Makariou Avenue. The runners continue their race until they reach the 1st km, where the turning point of the race is located. The runners will then head west towards the city centre of Larnaka, through Makariou Avenue and across Zinonos Kitieos, passing from the picturesque city center and the historic church of Saint Lazaros.

After reaching Saint Lazaros church, runners will pass through the Turkish Cypriot neighborhoods and reach Piale Pasa, one of the most picturesque coastal avenues of Larnaka. Runners will then turn left and head east, passing from the Medieval castle and finish the race at Foinikoudes, right in front of the Larnaka Municipality.

1.3.5. 5 KM Corporate Race

Starting Point: In front of Europe Square, Foinikoudes Beach, 2nd Starting Arch

Time: 11:45 a.m.

Description of Race:

The most popular race of the event is the 5 km Individual and Corporate race, and the start line is located next to the Europe square, in Foinikoudes. From the start line the runners head east and at the end of Foinikoudes they turn right towards Makariou Avenue. The runners continue their race until they reach the 1st km, where the turning point of the race is located. The runners will then head west towards the city center of Larnaka, through Makariou Avenue and across Zinonos Kitieos, passing from the picturesque city center and the historic church of Saint Lazaros.

After reaching Saint Lazaros church, runners will pass through the Turkish Cypriot neighborhoods and reach Piale Pasa, one of the most picturesque coastal avenues of Larnaka. Runners will then turn left and head east, passing from the Medieval castle and finish the race at Foinikoudes, right in front of the Larnaka Municipality.

1.3.5. McDonalds™ Kids Race 1km

Starting Point: In front of Europe Square, Foinikoudes Beach, 2nd Starting Arch

Time: 12:45 p.m.

Description of Race:

The start line of the 1Km race, the favorite race for kids, is located at the coastal road of Foinikoudes, next to Europe Square. The runners will head east towards the junction of Athinon and Makariou Avenue, then turn left and continue their journey across Zinonos Kitieos street. The runners will then turn left at the Kosma Lisioti Street and head to the finish line, right in front of the Larnaka Town Hall.

1.3.6. Fun Race 1 KM for Adults

Starting Point: In front of Europe Square, Foinikoudes Beach, 2nd Starting Arch

Time: 12:45 p.m.

Description of Race:

The start line of the 1Km race is located at the coastal road of Foinikoudes, next to Europe Square. The runners will head east towards the junction of Athinon and Makariou Avenue, then turn left and continue their journey across Zinonos Kitieos Street. The runners will then turn left at the Kosma Lisioti street and head to the finish line, right in front of the Larnaka Town Hall.

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

2. 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 years of age.

For participation in the McDonalds™ Kids Race 1km individuals should have completed 4 years of age and no more than 17.

For participation in the Fun Race 1km individuals should have completed 18 years of age.

3. RULES OF CONDUCT

The Road Races of the Larnaka Marathon are approved by the Cyprus Amateur Athletic Association (CAAA), a member of the IAAF (International Association of Athletic Federations) and are conducted in accordance with the Articles and Provisions of the Regulations "Competition Rules" of IAAF and CAAA as they were applied from 15/12/2021.

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

4. APPLICATIONS | REGISTRATIONS

4.1. Applications

Participants can apply until Monday, November 13, except for applications regarding the corporate race which will be accepted until November 10, 2023.

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.

4.2 Ways to Register

You can participate by registering online at the following link: www.larnakamarathon.com

**REGISTRATION FOR THE MCDONALDS KIDS RACE 1KM IS NECESSARY EVEN IF ITS FREE.
CHILDREN UNDER THE AGE OF 6 WILL BE REQUIRED TO BE ACCOMPANIED BY
THEIR PARENT.**

5. Distinctions

Trophies and medals are awarded to the first three winners of the Men and Women overall ranking. This includes every road race, excluding the 1km fun run.

A commemorative medal 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

6. Ways to register

The ways of registration and the participation fee for the registration to the event are listed in detail on 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 registration in the specified
www.larnakamarathon.com | +357 7700 0010 | info@larnakamarathon.com

timeframe, then please contact us at +357 77000010 or at info@larnakamarathon.com

RADISSON BLU LARNAKA INTERNATIONAL MARATHON			
PARTICIPATION			
PARTICIPATION PROVISIONS	RACES	TECHNICAL T-shirt	PRICE
<ul style="list-style-type: none"> • Number (BIB Number) • Electronic Timing* • Results • Participation Diploma • Photos of Race • Finisher Medal • Backpack • Route Services • Health Coverage 	MARATHON	YES	60€
	HALF - MARATHON	YES	50€
	10 KM	YES	40€
	5KM INDIVIDUAL	YES	30€
	5KM CORPORATE 4 – 10 MEMBERS	NO	150€
	5KM CORPORATE 11 – 40 MEMBERS	NO	300€
	FUN RACE 1KM	YES	15€
	MC DONALD'S™ KIDS RACE 1 KM	YES	FREE
*Timing is only conducted for the races of Marathon, Half-Marathon Road, 10km road race and 5km.			

PARTICIPATION CANCELLATIONS ARE NOT ACCEPTED

7. 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 organizers 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 undergo a medical examination and particularly those over 35 years of age a cardiovascular test.

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.

8. 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 2.5km mark after the 5th km.
- In addition, isotonic drinks are available to participants at the start, the finish as well as every 5km after the 10th km.
- Runners of all individual races can provide their own drinks at our refueling stations. All runner's personal beverages must be delivered to our registration center on Saturday, November 18, 6:00 pm, and must indicate the participant's BIB and the KM placement for each beverage.

9. MILEAGE INDICATIONS

There will be a mileage indication for the Marathon and Half Marathon race routes.

10. TIME LIMIT TO COMPLETE RACES

The end time limit for the Marathon is 6 hours from the scheduled start time, 7:00 (runners must have completed the Marathon by 13:00).

For the Half-Marathon race, the time limit is 3 hours from the scheduled start time, 7:05 (runners must have completed the Half-Marathon by 10:05)

For the 10km road race, the time limit is 1:30 hours from the scheduled start time, 10:00 (runners must have completed the 10km race by 11:30).

For the 5km road race the time limit is 1 hour from the scheduled start time, 11:00 (runners must have completed the 5km race by 12:00)

11. ELECTRONIC TIMING

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

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: start and finish. Also, the runners will have intermediate times and checkpoints along the route and at extreme points (inversions, in Dhekelia at the 5th and 17th km, at the starting carpet at the 12th km, on the Teke Road at the 27.5th km and in Dromolaxia at the 32nd 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)
- 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.

12. 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 10 KM – 5 KM

In case the age limit of the race is under 15 years old then the age groups are categorized 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**

12. SAFEKEEPING OF PERSONAL BELONGINGS

For runners of the Marathon, Half Marathon, 10km & 5km races 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 center.

13. REGISTRATION CENTER

Location: Multi-functional Center for Social Activities and Welfare of Larnaka Municipality

Working Days & Hours	
Thursday 16 November 2023	10:00 – 19:30
Friday 17 November 2023	10:00 – 19:30
Saturday 18 November 2023	10:00 - 18:00
Sunday 19 November 2023	05:00 – 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 Center.

On the race day, Sunday November 19, 2023, from 5:00 and until the end of the race the Registration Center will be open for the receipt of bib 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