

## **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 5<sup>th</sup> km.

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

After the 5<sup>th</sup> 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](mailto: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).