



NEWSLETTER

Athletic Event for the Cyprus Independence Day

Saturday 1st October 2016

Strovolos Athletic Center (Strovolos)

Event Schedule

3.45pm Registration

4.30pm Road Race(800m for kids)

4.45pm Road Race

5.45pm Prize awards

Co-organizers:

Club "Pericles Demetriou"
Cyprus Health Runners Club.

A. ANNUAL ROAD RACE **Distance: 5 Km**

Categories

- a) MEN: General category
- b) WOMEN: General category
- c) TEENAGERS (BOYS) max 12 years old (800m)
TEENAGERS (GIRLS) max 12 years old (800m)
TEENAGERS (BOYS) 12-14 years old
TEENAGERS (GIRLS) 12-14 years old
TEENAGERS (BOYS) 15-19 years old
TEENAGERS (GIRLS) 15-19 years old
- d) MEN: 20-29 years old
30-39 years old
40-49 years old
Veterans (50-59 years old)
Veterans (60 years and above)
- e) WOMEN: 20- 29 years old
35- 49 years old
over 50 years old

Road Race Course

Strovolos Athletic Center- Koritsas Street- Agios Demetrios Park- St Mavrommati Street – Kyriakou Matsi Street- Strovolos Avenue- Athalassis Avenue- 28th October Street- Koritsas Street- Strovolos Athletic Center.

Participants will run this race twice

AWARDS:

Prizes will be awarded to the first three male runners and the first three female runners overall and the first three finishers of each category. Even the oldest male and female participants will finish the race.

Diplomas:

Diplomas will be awarded to everyone that will finish the race.

RULES AND INFORMATION:

- The road race will take place under any weather conditions.
- Registrations will take place at the place of the race and via internet.
- The race will take place within the spirit of fair play.
- The runners participate at their own risk.
- Athletes are encouraged to make their own arrangements to have a medical check up.
- The road race will begin at exactly 4.45pm.
- Numbers will be given to all athletes so that the results can be registered. Those numbers must be returned at the end of the race.
- Along the whole way there will be indices which will help the athletes, who are asked to conform and respect what the indices show.
- There will also be a doctor at the place of the race who will give first aid if needed.
- Prize awards will take place at exactly 6.00pm, when the race will officially finish.

In case an athlete cannot be present at the prize awards, then s/he is encouraged to contact the Municipality in order to receive the award.

PARTICIPATION / INFORMATION

Applications for participation must be submitted prior to the race at the athletic center. Also it will be applications at Athletic Center from Friday 16/9. For any information please contact Mr Christos Euripidou (Cyprus Health Runners Club), tel 99410730, Mr Socratis Socratous (Club "Pericles Demetriou www.periclis.com.cy) tel 99411411 or Strovolos Municipality at the phone 22318358.