



**NEWSLETTER**

Athletic Event for the Cyprus Independence Day  
**Wednesday 1<sup>st</sup> October 2014**  
**Strovolos Athletic Center (Strovolos)**

**Event Schedule**

**3.45pm Registration**  
**4.30pm Road Race(800m for kids)**  
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**5.30pm Artistic Events (Rythmic Gmnastics, Zumba, Taekwondo)**  
**6.00pm 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 years old)  
Veterans (60-69 years old)  
Veterans (70 years and above)
- e) WOMEN: 20- 34 years old  
over 35 years old

### **Road Race Course**

**Strovolos Athletic Center- Koritsas Street- Acropolis Avenue- Iosif X'Iosif Avenue- Pericleous Street- Strovolos Avenue- Athalassis Avenue- 28<sup>th</sup> October Street- Koritsas Street- Strovolos Athletic Center**

### **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.

### **Diplomas:**

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

### **PRESENTS:**

**All participants will receive a commemorative T-Shirt.**

### **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 or through the web-site [www.runclub.com.cy](http://www.runclub.com.cy). For any information please contact Mr Christos Euripidou (Cyprus Health Runners Club), tel 99410730, Mr Socratis Socratous (Club "Pericles Demetriou [www.periclis.com.cy](http://www.periclis.com.cy)) tel 99411411 or Strovolos Municipality at the phone 22318358.

### **ARTISTIC EVENTS**

The artistic program includes Rhythmic Gymnastics Program, Zumba and Taekwondo in collaboration with the Open School of Municipality of Strovolos.

