

Subject: Memorable 2018 Cyprus International 4-day Challenge



Dear Running Friends,

The **14th Cyprus International 4-Day Challenge** is for another year an unforgettable memory for runners and organizers, as the 330 participants that took part finished a most challenging, tough, but enjoyable race! Runners of all levels and ages from the UK, Germany, Holland, Belgium, Switzerland, USA, Italy, Scotland, Austria, Hungary, Portugal, Norway, Mexico, Russia, Israel, Czech Republic, Ukraine, Poland, Estonia, Cameroon & Cyprus, ran for 4 days "from one view point to the next" to complete all 4 picturesque stages:

- DAY 1** - Coral Beach 6K Time Trial
- DAY 2** - AKAMAS 11K Hill Run in the Nature Reserve Park
- DAY 3** - AKAMAS Multiterrain 1/2 Marathon
- DAY 4** - 10K Paphos City Run

Highlights of the event were the routes of the **11k Hill Run** on day 2 & the **Half Marathon Multiterrain Run** on day 3, both of which took place in the AKAMAS Nature reserve.

- The 1/2 marathon started from Neo Chorio Village Square, finished on the Beach of Toxeftra and **took runners on one of the most scenic & spectacular routes of our island**, if not of Europe.
- The 11k Hill Run, started close by Toxeftra Beach, finished by the beautiful village square / church of Pano Arodes, and took runners on a climb where **steep ascends took turns with short, sharp descents**, through alternating landscapes, including a forest, a moonscape like valley and vineyards!!!

Overall male winner of the Cyprus challenge was Nicholas Dalmasso from France with a time of 02:51:03. Overall Female winner with good performance finishing all 4 races was Lauren Draper from the UK with a total time of 03.25.53. In the Team Event where many of our individual running friends form random teams and compete against each other, the winning male/mixed team was the 'Lightning 1 with participants Kieran White, Matthew Allen, Jamie Arkle and Chris Moss from the UK with a total time of 09.20.28. The winning Female Team was 'Lightning Fast 1 with a total time of 11:01:23 with participants Emily Louise Hutchinson, Emily Brown, Nathalie Brown and Sasha Perfect.

A Full results list can be found on <https://resultsbase.net/event/4731/results>

The end of the 4 days, found runners, accompanying persons & organizers, enjoying the party atmosphere and dancing the night away during the **Gala Dinner**, where all awards were given out.

We would like to thank all runners and accompanying persons for joining us in this year's event and looking forward to seeing you all next year!!!

If you wish to purchase **photos** of the event please visit

<https://www.onlinepictureproof.com/fotolarko?fbclid=IwAR0H75ZWmopwzA8ZcJOuScyz376I2Nsvet4VsheCte1IID7JVRWEMJT7dTE> (click on 'view and order photos')

Photos can be downloaded free of charge. A charge to apply when ordering printed photos

DVD of the event can be ordered at info@arena.com.cy at a charge of EURO.14.00 (including postage).

You can keep up to date with Arena Sports and the Cyprus International 4 Day challenge through our social media at the following links:

<https://www.facebook.com/Arena-Sports-344503492281946/>

<https://www.facebook.com/Cyprus-International-4-Day-Challenge-488580045290/?ref=hl>

<https://www.facebook.com/arena.cyprus/>

Follow us on Instagram at @arenasportscyprus

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Special offers for 2019 - valid for bookings received by 01 April 2019

10% Discount on registration fees

Free sea view upgrade at Coral Beach Hotel (booked through Organisers and Approved Agents)

Challenging Yours,

The Cyprus International 4-day Challenge Organising Committee

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