

OPAP

23-24.03.19

LIMASSOL MARATHON GSO

ESSENTIAL INFORMATION



ESSENTIAL INFORMATION

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OPAP Limassol Marathon GSO Programme

THU 21/3

Registration Offices

11:00 - 19:00



3rd Cyprus Running Community Forum

19:00 - 21:00

FRI 22/3

Registration Offices

09:00 - 18:00

SAT 23/3

Registration Offices

09:00 - 18:00



5KM Corporate Race

09:00



Andrey and Julia Dashin's Foundation Youth Race

11:00



PETROLINA Energy Day

09:00 - 12:00



Pasta Party

17:00

SUN 24/3

Marathon

07:30

Half Marathon

07:40



10KM Energy Race

08:00

5KM City Race

08:10



After Party

17:00

RACE PROFILES

PRIMETEL 5KM CORPORATE RACE


DATE: SATURDAY 23 MARCH 2019

TIME: 09:00 AM

IMPORTANT NOTICE

The Primetel 5 KM Corporate Race will start at 09:00 am. All teams are encouraged to be at the Start Line at 07:30 am the latest. There will be storage room near the start line at the Ports Authority Parking. The starting point of the Primetel Corporate Race is parallel to Yellow Cafe in Molos. The finishing point of the race is on the seafront road near Anexartisias Str.

The roads on Saturday will be closed from 08:00 am until 11:00 am.

| SATURDAY 23/3 | Gates Open | Gates Close | Race Start Time | Awards Ceremony |
|---|------------|-------------|-----------------|-----------------|
|  | 07:30 AM | 08:45 AM | 09:00 AM | 10:40 AM |

PRIMETEL 5KM CORPORATE RACE



PRIMETEL

5KM CORPORATE RACE



PRIME TEL

PRIMETEL 5KM CORPORATE RACE MAP

- 01 REGISTRATION OFFICES
 - 02 PORTS AUTHORITY PARKING
 - 03 KIDS PLAYGROUND
 - 04 SPONSORS VILLAGE
 - 05 SKATE PARK
 - 06 MOLOS PARKING
 - 07 YELLOW CAFE
 - 08 PIER ONE
 - 09 BAGGAGE ROOM
 - 10 AWARDS CEREMONY
- == CORPORATE ENTRANCE



PRIME TEL
5KM CORPORATE RACE



RACE PROFILES

ANDREY & JULIA DASHIN'S FOUNDATION YOUTH RACE MAP

DATE: SATURDAY 23 MARCH 2019


TIME: 11:00 AM

IMPORTANT NOTICE

The Andrey & Julia Dashin's Foundation Youth Race is a running celebration for your friends! With a purpose of promoting running and fitness to our youngsters, the Andrey & Julia Dashin's Foundation Youth Race will start at 11:00 am. There will be three different waves of runners based on age categories:

1. 6-9 years old
2. 10-13 years old
3. 14-16 years old

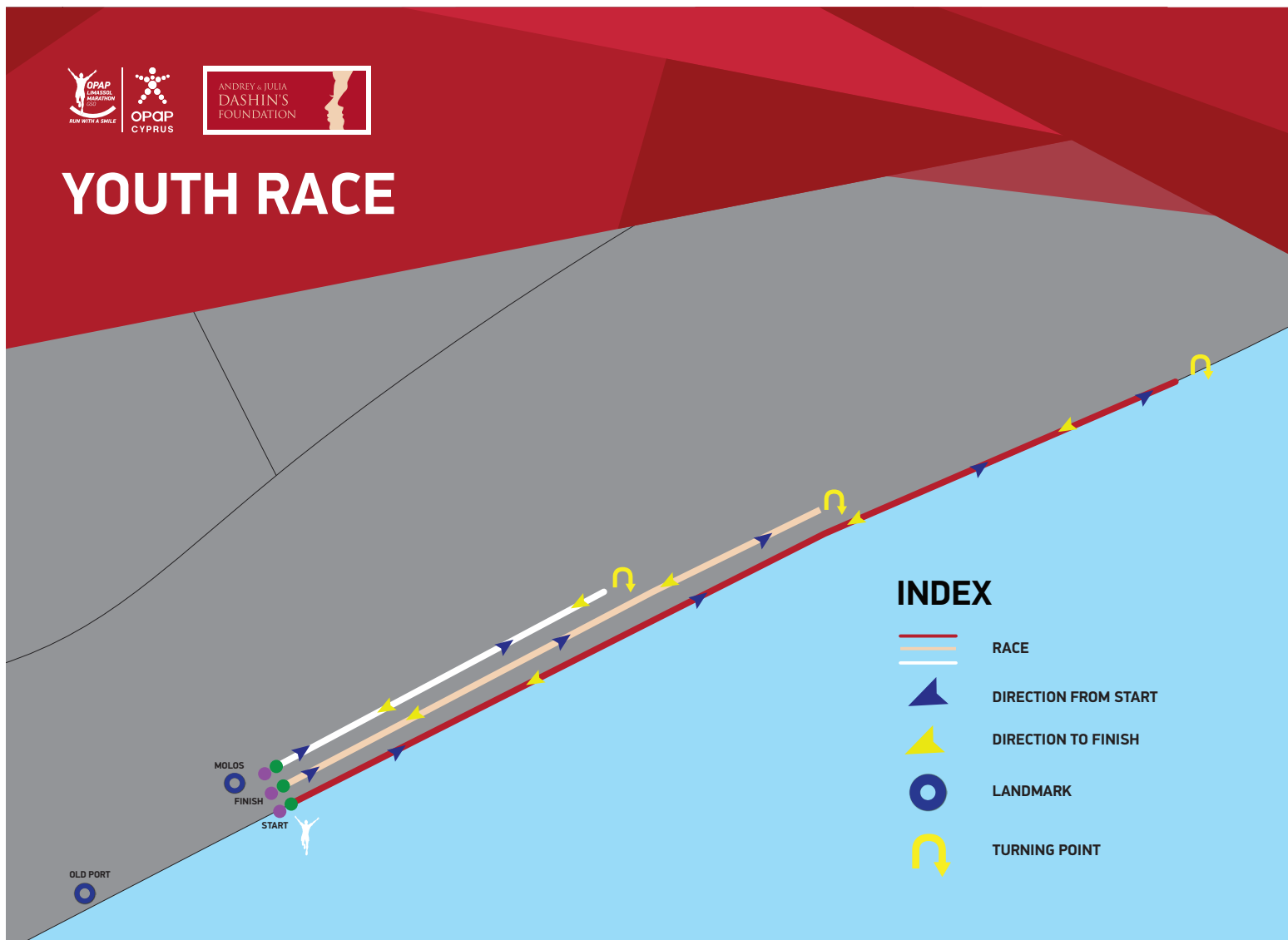
The start and finishing points of the Andrey & Julia Dashin's Foundation Youth Race are located in the Western End of the Molos Park. The race will take place in the Molos Park and no road closures will be established.

| SATURDAY 23/3 | Gates Open | Gates Close | Race Start Time | Awards Ceremony |
|---|------------|-------------|-----------------|-----------------|
|  ANDREY & JULIA DASHIN'S FOUNDATION YOUTH RACE | 10:45 AM | / | 11:00 AM | 12:00 AM |

ANDREY & JULIA DASHIN'S FOUNDATION YOUTH RACE MAP



YOUTH RACE



INDEX

-  RACE
-  DIRECTION FROM START
-  DIRECTION TO FINISH
-  LANDMARK
-  TURNING POINT

RACE PROFILES

MARATHON RACE

DATE: SUNDAY 24 MARCH 2019

TIME: 07:30 AM

IMPORTANT NOTICE

The Marathon Race will start at 07:30 am. Runners are encouraged to be at the Start Line at 06:30 am. The race course features 15 water stations which will contain St. Nicholas Water and SIS Energy Gels, SIS electrolytes, soft drinks and fruits.

Toilets will be available every 2.5 KM starting from the 5th KM. At the end of the race, the runners will receive water, electrolytes, oat biscuits, fruits and their finisher medal. At the finishing area, a massage space will be available providing recovery treatments and powered by ICE POWER.

Runners are allowed an Erdinger beer at the finish line!

The starting and finishing point of the Marathon Race will be the Western End of Molos Park. The race roads will close at 06:30 am and will re-open at 13:30 pm.

The race limit for the Marathon race is 6 hours.

| SUNDAY 24/3 | Gates Open | Gates Close | Race Start Time | Awards Ceremony | Age Categories Ceremony |
|--------------------------------|------------|-------------|-----------------|-------------------|-------------------------|
| 42.195 MARATHON RACE | 06:30 AM | 07:00 AM | 07:30 AM | 10:20 AM MALE | 12:00 PM |
| | | | | 10:40 AM FEMALE | |

MARATHON RACE MAP

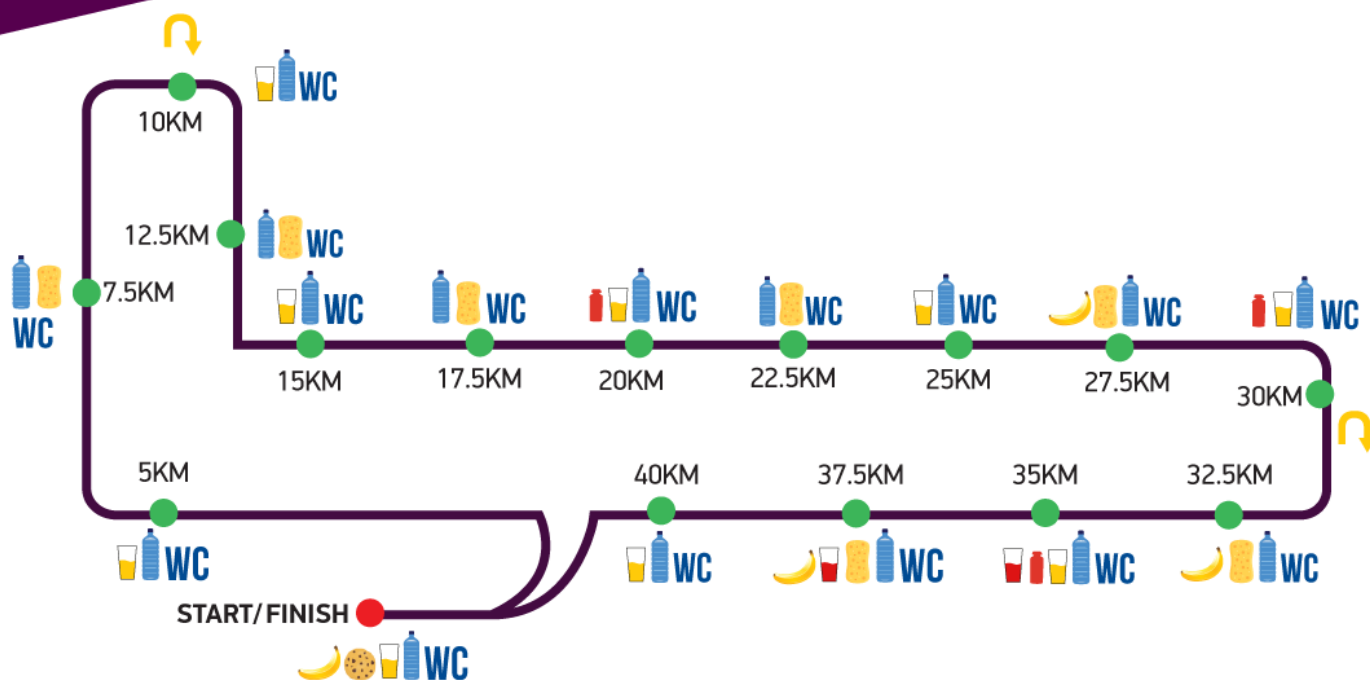


MARATHON



MARATHON RACE MAP

MARATHON RACE



WATER

WC TOILETS

SOFT DRINK

SIS ENERGY GELS

ELECTROLYTES

FRUITS

SPONGES

OAT BISCUITS



RACE PROFILES

HALF MARATHON RACE

DATE: SUNDAY 24 MARCH 2019

TIME: 07:40 AM

IMPORTANT NOTICE


The Half Marathon Race will start at 07:40 am. Runners are encouraged to be at the Start Line at 06:30 am. The race course features 7 water stations which will contain St. Nicholas Water and SIS Energy Gels, SIS electrolytes, soft drinks and fruits.

Toilets will be available near every water station. At the end of the race, the runners will receive water, electrolytes, oat biscuits, fruits and their finisher medal. At the finishing area, a massage space will be available providing recovery treatments and powered by ICE POWER.

Runners are allowed an Erdinger beer at the finish line.

The starting and finishing point of the Half Marathon Race will be the Western End of Molos Park. The race roads will close at 06:30 am and will re-open at 13:30 pm.

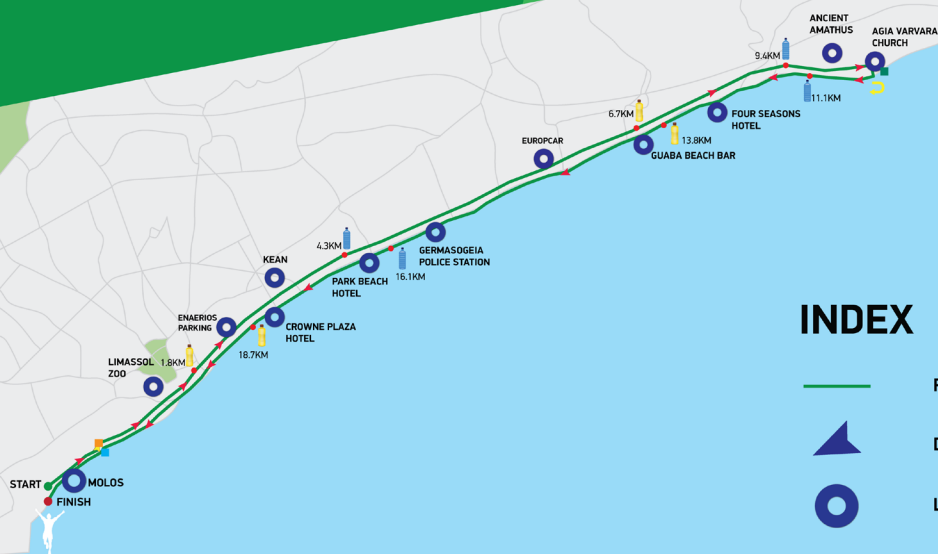
The race limit for the Half Marathon race is 6 hours.

| SUNDAY 24/3 | Gates Open | Gates Close | Race Start Time | Awards Ceremony | Age Categories Ceremony |
|---|------------|-------------|-----------------|-------------------|-------------------------|
|  | 06:30 AM | 07:10 AM | 07:40 AM | 09:30 AM MALE | 11:00 AM |
| | | | | 09:30 AM FEMALE | |

HALF MARATHON RACE MAP



HALF MARATHON



INDEX

- RACE
- DIRECTION
- LANDMARK
- TURNING POINT
- WATER STATION / TOILETS
including water, electrolytes, soft drinks, fruits
- WATER STATION / TOILETS
including water, sponges, fruits, juices



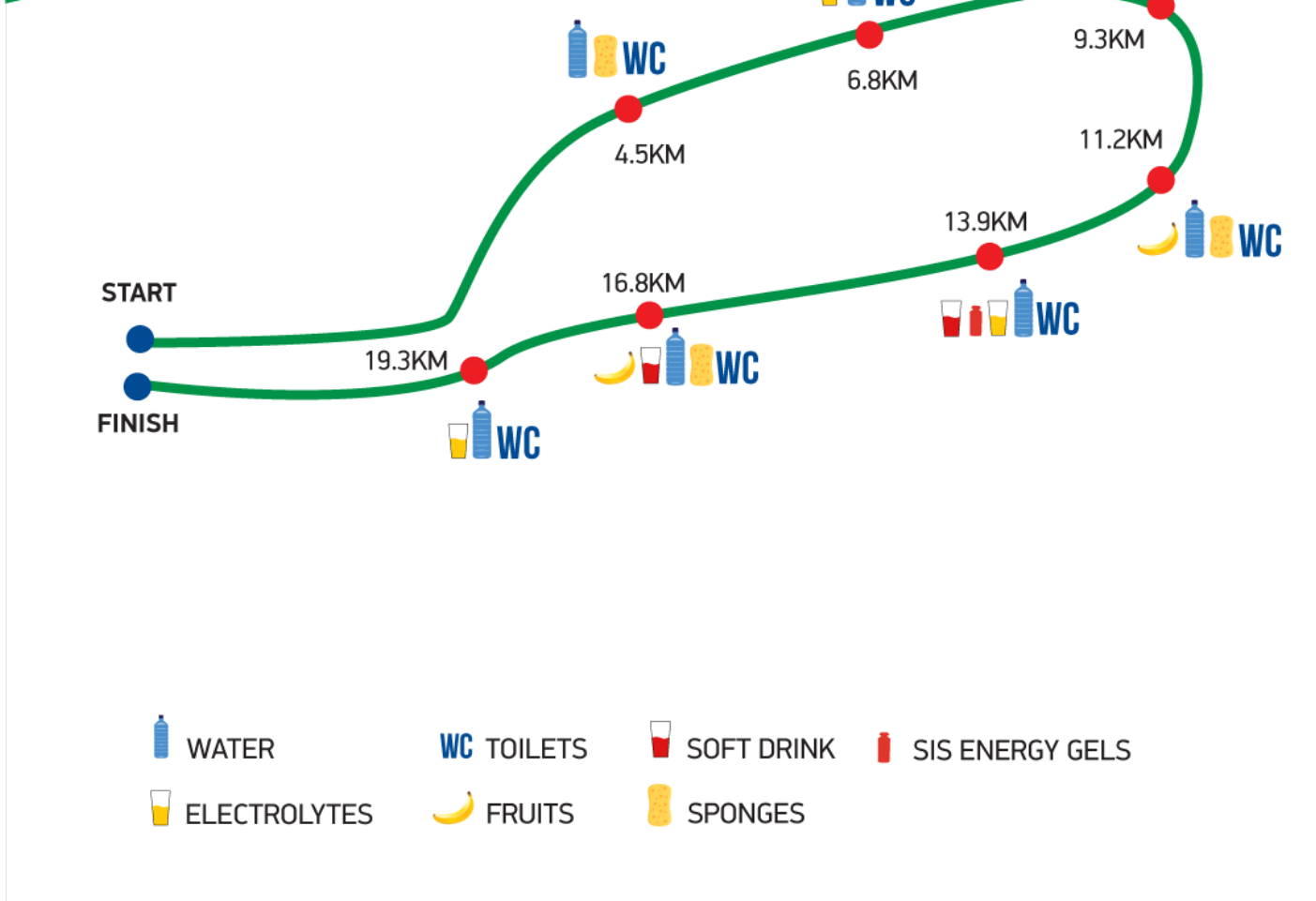
HALF MARATHON RACE MAP

HALF-MARATHON RACE









-  WATER
  TOILETS
  SOFT DRINK
  SIS ENERGY GELS
-  ELECTROLYTES
  FRUITS
  SPONGES



OPAP
CYPRUS

RACE PROFILES

PETROLINA 10 KM ENERGY RACE

DATE: SUNDAY 24 MARCH 2019

TIME: 08:00 AM

IMPORTANT NOTICE


The PETROLINA 10KM Energy Race will start at 08:00 am. Runners are encouraged to be at the Start Line at 07:00 am. The race course features 3 water stations which will contain St. Nicholas Water and SIS Energy Gels, SIS electrolytes, soft drinks and fruits.

Toilets will be available near every water station. At the end of the race, the runners will receive water, electrolytes, fruits, oats biscuits and their finisher medal. At the finishing area, a massage space will be available providing recovery treatments and powered by ICE POWER.

Runners are allowed an Erdinger beer at the finish line.

The starting and finishing point of the PETROLINA 10KM Energy Race will be the Western End of Molos Park. The race roads will close at 06:30 am and will re-open at 13:30 pm.

The race limit for the PETROLINA 10KM Energy Race race is 6 hours.

| SUNDAY 24/3 | Gates Open | Gates Close | Race Start Time | Awards Ceremony | Age Categories Ceremony |
|---|------------|-------------|-----------------|-------------------|-------------------------|
|  | 07:00 AM | 07:30 AM | 08:00 AM | 09:00 AM MALE | 11:00 AM |
| | | | | 09:00 AM FEMALE | |

PETROLINA 10 KM ENERGY RACE



10KM ENERGY RACE



INDEX

— RACE

▲ DIRECTION

○ LANDMARK

↪ TURNING POINT

● WATER STATION / TOILETS
including water, electrolytes, soft drinks, fruits

● WATER STATION / TOILETS
including water, sponges, juices, fruits

PETROLINA 10 KM ENERGY RACE

10KM ENERGY RACE



WATER

WC

TOILETS



SOFT DRINK



ELECTROLYTES



FRUITS



SPONGES



RACE PROFILES

5KM CITY RACE

DATE: SUNDAY 24 MARCH 2019

TIME: 08:10 AM

IMPORTANT NOTICE

The 5 KM City Race will start at 08:10 am. Runners are encouraged to be at the Start Line at 07:00 am. The race course features 1 water station which will contain St. Nicholas Water.

Toilets will be available near the water station. At the end of the race, the runners will receive water, electrolytes, fruits, oats biscuits and their finisher medal. At the finishing area, a massage space will be available providing recovery treatments and powered by ICE POWER.

Runners are allowed an Erdinger beer at the finish line.

The starting and finishing point of the 5KM City Race will be the Western End of Molos Park. The race roads will close at 06:30 am and will re-open at 13:30 pm.

The race limit for the 5KM City race is 6 hours.

| SUNDAY 24/3 | Gates Open | Gates Close | Race Start Time | Awards Ceremony | Age Categories Ceremony |
|------------------|------------|-------------|-----------------|-------------------|-------------------------|
| 5KM CITY RACE | 07:00 AM | 07:40 AM | 08:10 AM | 08:45 AM MALE | 11:00 AM |
| | | | | 08:45 AM FEMALE | |

5KM CITY RACE



5KM CITY RACE



LIMASSOL MARATHON AREA MAP

- 01** REGISTRATION OFFICES
 - 02** PORTS AUTHORITY PARKING
 - 03** KIDS PLAYGROUND
 - 04** SPONSORS VILLAGE
 - 05** SKATE PARK
 - 06** MOLOS PARKING
 - 07** YELLOW CAFE
 - 08** PIER ONE
 - 09** BAGGAGE ROOM
 - 10** AWARDS CEREMONY
 - 11** AGE CATEGORIES CEREMONY
- MARATHON ENTRANCE
 - HALF MARATHON ENTRANCE
 - 5KM / 10KM ENTRANCE

YOU ARE HERE



REGISTRATION OFFICES

THE OPAP LIMASSOL MARATHON GSO Registration Offices will be located at the **OLD PORT SQUARE**. They will operate on Thursday 21.03.19, Friday 22.03.19 and Saturday 23.03.19.

WHERE

Old Port Square

WHEN

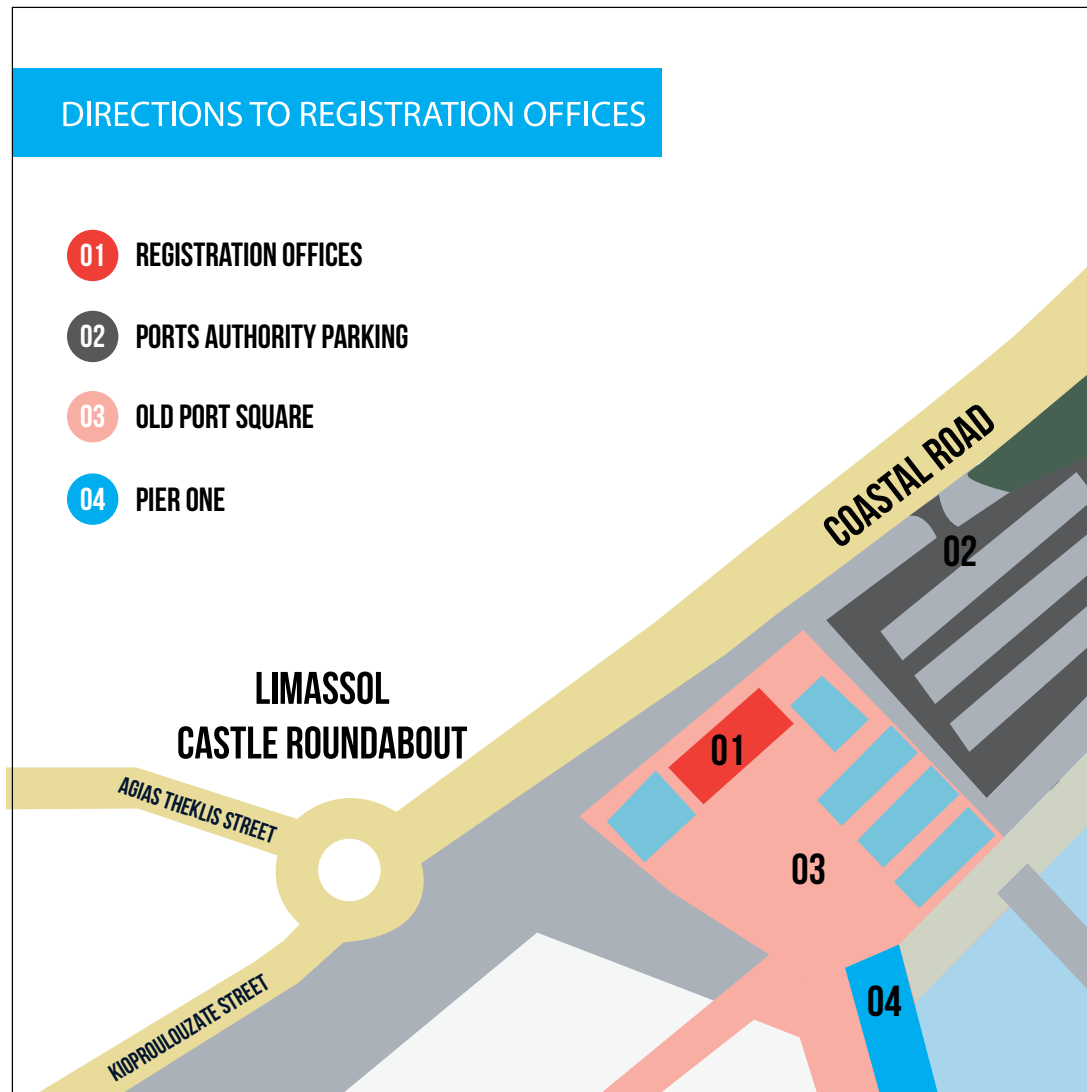
| | |
|----------------|-------------|
| Thursday 21.03 | 11:00-19:00 |
| Friday 22.03 | 09:00-18:00 |
| Saturday 23.03 | 09:00-18:00 |
| Sunday 24.03 | 05:30-06:30 |

WHY

BIB Number collection
Merchandise pick up



REGISTRATION OFFICES



FOR MORE INFORMATION ON THE LOCATION, PLEASE VISIT
www.limassolmarathon.com OR call us at 00357 25 880 100

ROAD CLOSURES

Following the guidelines of AIMS and IAAF, as well as the standards of world renowned mass participation running events, all of our 6 races will be traffic-free. This implies that roads will close earlier to the start time, to ensure a safe and stress - free experience. Please read the following important information:

SATURDAY

On Saturday the 23rd of March, the roads affecting the PrimeTel 5KM Corporate Race will close at 08:00 am. The closure will affect the Limassol coastal road from the height of Anexartisias Street until the height of Crowne Plaza.



ROAD CLOSURES

SUNDAY

On Sunday the 24th of March, the roads affecting the Marathon Race, Half Marathon Race, PETROLINA 10 KM Energy Race and 5 KM City Race will close at 06:30 am. The closure will affect the Limassol coastal road from Asomatos Road until the Elias Beach Hotel Area. Roads will start opening up gradually starting with the western parts at around 09:00 am. All roads will open up until 13:30 pm.



TRANSPORTATION TO START LINE

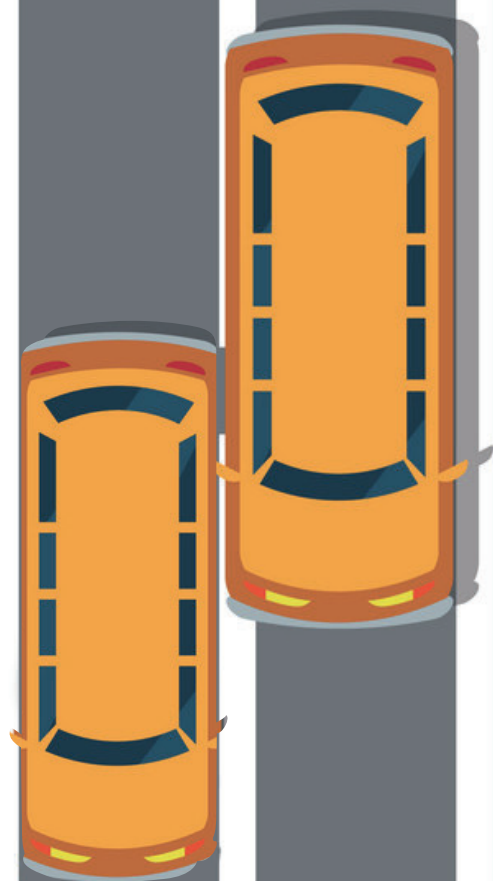


BUS ROUTES

ALONG THE COASTAL ROAD

BUS NUMBER 30

START 05:30, 05:40, 05:50, 06:00, 06:10, 06:20, 06:30



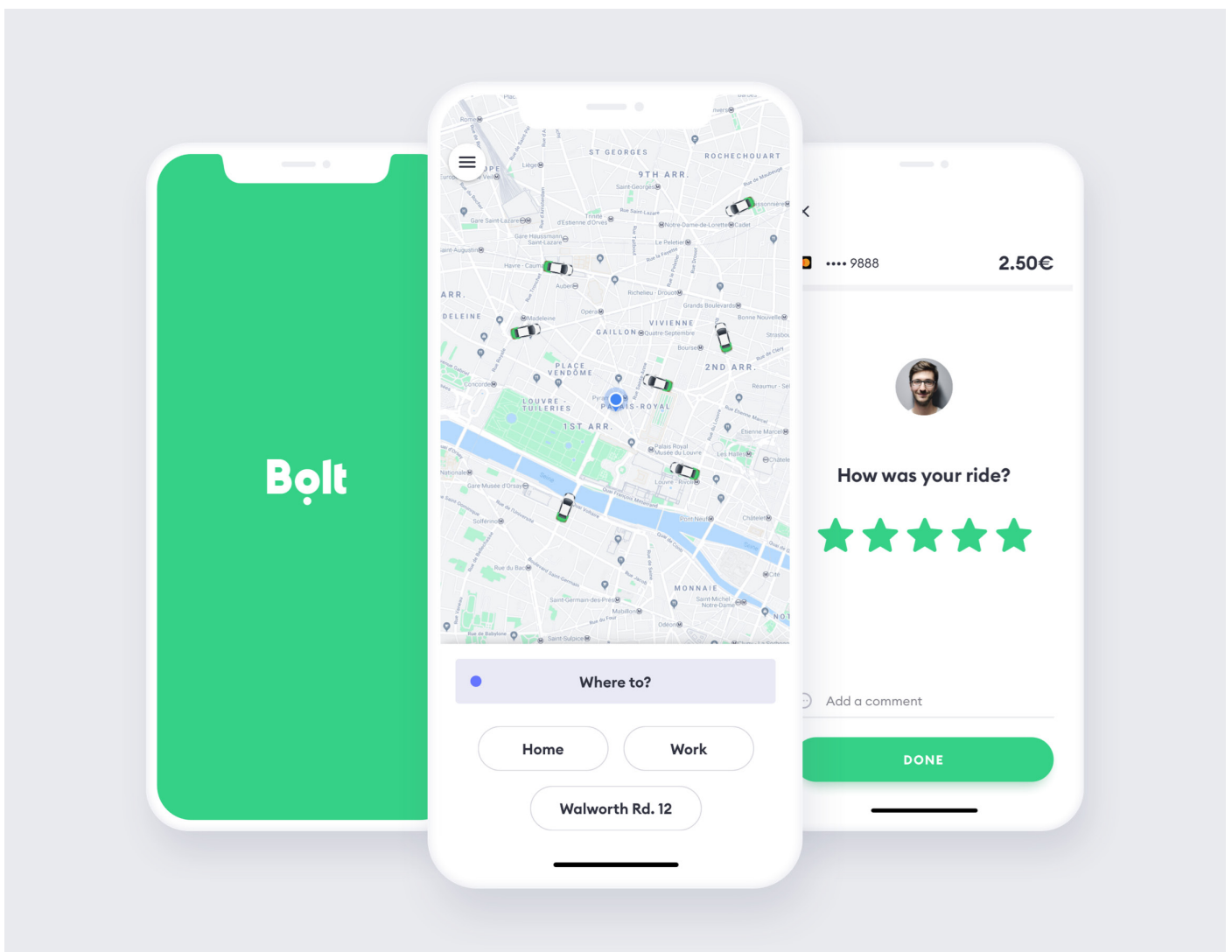
ELIAS BEACH HOTEL
ATLANTICA BAY HOTEL
ANCIENT AMATHOUNTA
AMATHUS HOTEL
FOUR SEASONS HOTEL/MEDITERRANEAN HOTEL
AMATHOUNTOS 2
ARSINOE HOTEL
LIMASSOL SAILING CLUB
AQUARIUS HOTEL
HIGH CHAPARAL
GEORGIU A' -1
ROYAL APOLLONIA HOTEL
GEORGIU A' -2
TSANOTEL / ATLANTICA MIRAMARE HOTEL
PARK BEACH HOTEL
PIZZA HUT
KEAN
DEBENHAMS / CROWN PLAZA
OLYMPIC RESIDENCE
KAPETANIOS ODYSSEIA HOTEL/
KAPETANIOS LIMASSOL HOTEL
MUNICIPAL PARK
CATHOLIC CHURCH
OLD PORT (START LINE)



TRANSPORTATION

DOWNLOAD THE BOLT APPLICATION FROM ANDROID OR IOS AND GET A 10% DISCOUNT ON YOUR TAXI RIDE BY APPLYING THE CODE. THIS IS AN ESCLUSIVE ORDER FOR THE OPAP LIMASSOL MARATHON GSO RUNNERS!

PROMOCODE: [LIMMARATHON2019](#)



WATER STATIONS

THERE ARE 15 WATER STATIONS IN TOTAL COVERING ALL ROUTES OF THE OPAP LIMASSOL MARATHON GSO.

MARATHON RACE

| | |
|---------|--|
| 5 KM | Water, WC, Electrolyses |
| 7.5 KM | Water, WC, Sponges |
| 10 KM | Water, WC, Electrolytes |
| 12.5 KM | Water, WC, Sponges |
| 15 KM | Water, WC, Electrolyses |
| 17.5 KM | Water, WC, Sponges |
| 20 KM | Water, WC, Electrolytes, Energy Gels |
| 22.5 KM | Water, WC, Sponges |
| 25 KM | Water, WC, Electrolytes |
| 27.5 KM | Water, WC, Sponges, Fruit |
| 30 KM | Water, WC, Electrolytes, Energy Gels, Soft drink |
| 32.5 KM | Water, WC, Sponges, Fruit |
| 35 KM | Water, WC, Electrolytes, Energy Gels |
| 37.5 KM | Water, WC, Sponges, Fruit, Soft drink |
| 40 KM | Water, WC, Electrolyses |
| FINISH | Water, WC, Electrolyses, Fruit, Oat Bicuits, Massage station, Beer |

WATER STATIONS

HALF MARATHON RACE


| | |
|---------|---|
| 4.5 KM | Water, WC, Sponges |
| 6.8 KM | Water, WC, Electrolytes |
| 9.3 KM | Water, WC, Sponges, Fruit |
| 11.2 KM | Water, WC, Sponges, Fruit |
| 13.9 KM | Water, WC, Electrolytes, Energy Gels, Soft drinks |
| 16.8 KM | Water, WC, Sponges, Fruit, Soft drinks |
| 19.3 KM | Water, WC, Electrolytes |
| FINISH | Water, WC, Electrolytes, Fruit, Oat Biscuits, Massage Station, Beer |

PETROLINA 10KM ENERGY RACE

| | |
|--------|---|
| 4.5 KM | Water, WC, Sponges |
| 5.7 KM | Water, WC, Sponges, Fruit, Soft drinks |
| 8 KM | Water, WC, Electrolytes |
| FINISH | Water, WC, Electrolytes, Fruit, Oat Biscuits, Massage Station, Beer |

AGE GROUPS

THE FIRST FEMALE AND MALE OF THE 6 AGE GROUP CATEGORIES WILL BE AWARDED IN THE MARATHON, HALF MARATHON, PETROLINA 10 KM ENERGY RACE AND 5 KM CITY RACE

| SUNDAY 24/3 | Age Categories Ceremony |
|---|-------------------------|
| 42¹⁹⁵ MARATHON RACE | 12:00 PM |
| 21¹⁰⁰ HALF MARATHON RACE | 11:00 AM |
|  10KM ENERGY RACE | 11:00 AM |
| 5KM CITY RACE | 11:00 AM |

PARALLEL EVENTS

BOC FORUM

- 19:00** Start of the event
- 19:05** Welcome
- 19:20** Speech by Mr. Savvas Perdios
Deputy Minister of Tourism
- 19:35** Speech by Mr. Tim Kilduff
Executive Director and Founder
of 26.2 Foundation and Ex Boston
Marathon Director
- 19:50** Speech by Mr. Mimis Sofocleous
Director of Limassol Historical
Archives
- 20:40** Honorary Ceremony
- 20:40** End of the event and
Cocktail Party



DATE

21.3.03

TIME

19:00 pm

LOCATION

Tassos Papadopoulos Amphitheatre, CUT



PARALLEL EVENTS

PROGRAM

PETROLINA ENERGY DAY

10:30-10:55

Gritt Cardio

11:00-11:25

Bodycombat

11:30-11:55

Attack

12:00-13:00

PARTY!



ENERGY DAY

WELLNESS | FITNESS | NUTRITION

DATE

23.3.03

TIME

09:00 am

LOCATION

Marathon Village (Molos)



— 23-24.03.19 —



PARALLEL EVENTS



DATE

23.3.03

TIME

17:00 pm

LOCATION

Marathon Village (Molos)



PARALLEL EVENTS



DATE 23.3.03
TIME 13:00 - 15:00 pm
LOCATION Molos Promenade



PARALLEL EVENTS



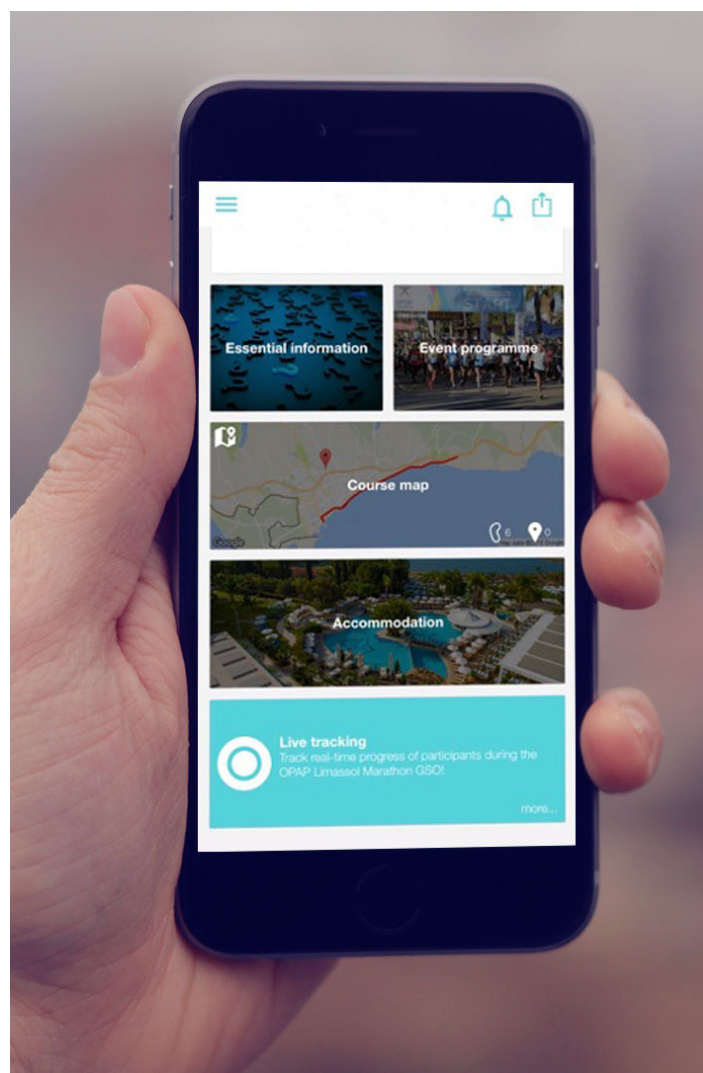
| | |
|----------|------------------|
| DATE | 24.3.03 |
| TIME | 10 am until late |
| LOCATION | Molos Promenade |

DOWNLOAD OUR APP

LIVE TRACKING
COURSE MAP
ESSENTIAL INFO
BUS STOPS

BUS STOPS
RESULTS
NOTIFICATIONS
MERCHANDISE
TAKE A SELFIE

#RUNLIMASSOL
LIMASSOLMARATHON.COM



www.limassolmarathon.com

