



Athanasios  
**KTORIDES**  
FOUNDATION

**11.12.2022**  
A day of social contribution



■ quantum ■  
**NICOSIA**  
marathon

## INVITATION TO PARTICIPATE

International Marathon  
Half Marathon  
“Quantum  
Nicosia Marathon 2022”

**11.12.2022**

Additional races of  
7.7 miles, 5K and 1 mile  
(1.609μ)

Organising Committee  
Quantum Nicosia Marathon



Οργάνωση:



Athanasios  
**KTORIDES**  
FOUNDATION

Υπό την αιγίδα:



Δήμος Λευκωσίας  
Nicosia Municipality

Πρώτος Πρεσβευτής:

**EuroAsia**<sup>®</sup>  
interconnector

## INVITATION TO PARTICIPATE

The **Athanasios Ktorides Foundation**, with the support of the **Municipality of Nicosia**, announces and organises the charitable "**Nicosia International Marathon - Half Marathon**" "**Quantum Nicosia Marathon**" in the framework of the city's celebration of sports.

On the same day, at the same time, the "**Stelios Kyriakides**" **7.7miles (12.4km), 5km & 1mile (1,609m) Race** will also be held.

The details of the races are as follows:

### 1. COMPETITION DATE:

**Sunday, 11 December 2022**

### 2. RACE DETAILS:

#### 2.1 Marathon:

Start Time: **07:00**

**START:** Mikis Theodorakis Street (Museum Street) - Nicosia Municipal Theater

**ROUTE:** Museum Street | Markos Drakos Square | Paphos Street | Rigenis Street | Costakis Pantelides Street | Constantinos Palaiologos Street | Nikiforos Fokas Street | Athinas Street | King George II Street | Spyros Christodoulou Street | Christakis Christofides Street | Aegaio Street | Archbishop Makarios III Street | St. Hilarion's Street | Bata Square | St. Hilarion's Street | Andrea Zakou Street | SOPAZ Square | Famagusta Street | Larnaca Avenue | Turn right towards UCY Campus' Energy Hub | route to UCY Campus Junction | Athalassa Avenue towards Geri Settlement | Entrance of Geri Settlement | Turnaround at the intersection of Athalassa Avenue and Archbishop Makariou III | Athalassa Avenue heading towards Athalassa National Park | Left turn Nikandrou Papadima Avenue | Kalamon Avenue | K022 Street | Entrance to the Athalassa National Forest Park | Route within the park | exit from the Athalassa park in the small parking lot on Athalassa Avenue | Turn left at the junction of St. George to street E101 | Road B1 to Nicosia Hospital | turnaround before the junction of Vergina Ave. and Limassol Ave. | on course back to the UCY Campus | B1 Road | E101 Road |

**RETURN ROUTE TO THE FINISH LINE** Athalassas Avenue | UCY Campus' Energy Hub | Turn right at the Campus Energy Hub | Larnaca Ave | Famagusta Street | SOPAZ Square | Andreas Zakou Street | Saint Hilarion Street | Bata Square | Saint Hilarion

Street | Archbishop Makarios III Street | Aegaio Street | Christakis Christofides Street | Spyros Christodoulou Street | King George II Street | Athena Street | Nikiforos Foka Street | Constantinos Palaiologos Street | Kostakis Pantelides Street | Rigenis Street | Paphos Street | Markos Drakos Square | Kinyras Street | Nehru Street | Museum Street.

Detailed information and a map with the route can be found on the official site of the event: [www.nicosiamarathon.com](http://www.nicosiamarathon.com)

## 2.2 Half Marathon Road:

Start Time: **07:15**

**START:** Mikis Theodorakis Street (Museum Street) - Nicosia Municipal Theater

**Route:** Museum Street | Markos Drakos Square Paphos Street | Rigenis Street | Costakis Pantelides Street | Constantinos Palaiologos Street | Nikiforos Foka Street | Athinas Street | King George II St | Spyros Christodoulou St; | Christakis Christofides Street | Aegaio Street | Archbishop Makarios III St; | St Hilarion Street | Bata Square | St Hilarion Street | Andreas Zakos Street | Sopaz Square | Famagusta Street | Larnaca Ave. | Larnaca Ave and UCY Roundabout | Larnaca Ave. | Turnaround at the UCY Roundabout towards Larnaca Ave.

RETURN ROUTE TO THE FINISH LINE: Larnaca Ave. | Larnaca Ave. | Famagusta Street | Sopaz Square | Andreas Zakou Street | St. Hilarion St. | Bata Square | St. Hilarion Street | Archbishop Makarios III Street | Aigeo Street | Christakis Christofides Street | Spyros Christodoulou Street | King George II Street | Athinas Street | Nikiforos Foka Street | Constantinos Palaiologos Street | Costakis Pantelides Street | Rigenis Street | Paphos Street | Markos Drakos Street | Kinyras Street | Nehrou Street | Museum Street.

**Finish:** Mikis Theodorakis Street (Museum Street) – Nicosia Municipal Theatre

Detailed information and a map with the route can be found on the official site of the event: [www.nicosiamarathon.com](http://www.nicosiamarathon.com)

## 2.3 Stelios Kyriakides Race 7.7 miles (12.4 km.):

Start Time: **07:30**

**START:** Mikis Theodorakis Street (Museum Street) - Nicosia Municipal Theater

**Route:** Museum Street | Markos Drakos Street | Paphos Street | Rigenis Street | Costakis Pantelides Street | Constantinos Palaiologos Street | Nikiforos Foka Street | Athinas Street | King George II Street | Spyros Christodoulou Street | Christakis Christofides Street | Aegaio Street | Archbishop Makarios III Street | TURNAROUND | Junction of Archbishop Makarios Street & Larissis Street & Archangelos Michael Street | Archbishop Makarios III Street | Aegaio Street | Christakis Christofides Street | Spyros Christodoulou Street | King George II Street | Athinas Street | Nikiforos Foka Street | Constantinos Palaiologos Street | Costakis Pantelides Street | Rigenis Street |

Paphos Street | Markos Drakos Street | Kinyras Street | Nehrou Street | Museum Street.

**FINISH:** Museum Street- Nicosia Municipal Theatre.

Detailed information and a map with the route can be found on the official site of the event: [www.nicosiamarathon.com](http://www.nicosiamarathon.com)

## 2.4 5K Run:

Start Time: **10:30**

**Start:** Mikis Theodorakis Street (Museum Street) - Nicosia Municipal Theatre

**Route:** Museum Street | Markos Drakos Square | Kinyras Street | Nehrou Street | Lord Byron Avenue | Griva Digheni Avenue | Before the Griva Digheni Avenue and St Prokopios Street Junction | TURNAROUND | In front of the GYM Boxing & Fitness | Heading towards the Finish Line | Griva Digheni Avenue | Lord Byron Avenue | Museum Street | Finish.

**Finish Line:** Museum Street- Nicosia Municipal Theatre.

Detailed information and a map with the route can be found on the official site of the event: [www.nicosiamarathon.com](http://www.nicosiamarathon.com)

## 2.5 Quantum sMile Run (1,609μ.)

Start Time: **11:45**

**Start:** Mikis Theodorakis Street (Museum Street) - Nicosia Municipal Theatre

**Route:** Museum Street | Markos Drakos Square | Kinyras Street | Nehrou Street | Lord Byron Avenue | TURNAROUND at the Labour Ministry | Heading towards the Finish Line | Lord Byron Avenue | Museum Street | Finish Line.

**Finish Line:** Museum Street- Nicosia Municipal Theatre

Detailed information and a map with the route can be found on the official site of the event: [www.nicosiamarathon.com](http://www.nicosiamarathon.com)

## 3. Eligibility

In order to participate in the Marathon or Half Marathon Road, one must be at least 18 years of age.

To participate in the 7.7 miles (12.4 km) Race one must be at least 16 years of age.

For the 5K Run, participants must be at least 12 years old.

The 1mile (1,609m) race is open to runners of all ages, as well as their families.

## 4. DISTINCTIONS - AWARDS

Prizes (medal and diploma) will be awarded to the first three overall Men's and Women's winners of each road race (Marathon, Half Marathon, 7.7miles and 5km).

A cup is awarded only to the first male and female athlete of each race.

All participating runners who cross the finish line will be given a commemorative medal. After the race, all participants will be able to receive their participation certificate for all categories electronically through the organisation's website.

## 5. PARTICIPATION – REGISTRATION METHODS

### 5.1 Participation applications

In the case of a change in epidemiological data and restrictions, the event will take place on a public road in accordance with the protocols approved by the Health Ministry and the Education and Sport Ministry.

The races organised by the Quantum Nicosia Marathon are held in accordance with the Articles and Provisions of the "Book of Competition Rules" of World Athletics and KOEAS (Amateur Athletic Association of Cyprus), as they apply from 01.01.2022.

**NOTE: That which is not expressly mentioned in the paragraphs of this Declaration is subject to the Regulations of World Athletics and KOEAS, while at the same time the Articles with all their Provisions, which govern the Competitions on Public Roads, are automatically and universally enforced.**

Registrations can only be carried out online through the organisation's website. The deadline for the online registrations is Friday, December 2 at 24:00.

Runners who send in their participation declaration by Friday 18 November 24:00, will have the opportunity to have a personalised message or their name printed on their Bib Number. They will also receive their Bibs via courier between 28 November to 5 December.

The participants who register for any event of the organisation, from November 19 and until the last day of registrations (2.12.2022), will be able to receive their participation material (Bib Number, T-Shirt, etc.), exclusively from the Registration Centre, which will operate on Friday 9 and Saturday 10 December 2022 at the Nicosia Municipal Theatre, between the hours 10:00 - 18:00.

The participation material for underaged runners will be handed to their parents or legal guardians upon presentation of identification.

### 5.2 Ways to register

Registration is required for all races and can be carried out through online through the official website of the Organisation: [www.nicosiamarathon.com](http://www.nicosiamarathon.com)

**NOTE:** There will be no registration on the race day for the Marathon, Half-Marathon, 7.7miles and 5km runs, which will be electronically timed.

The Secretariat of the organisation on the day of the event will only be accepting registrations ONLY for the 1 mile (1,609m) race, if there is availability.

## 6. PARTICIPATION FEES

All proceeds collected from participants' registrations, as well as other additional contributions, will be awarded by decision of the Organising Committee to the following non-profit institutions, as requested in the registration form submitted through the official website of the organisation.

The participation cost for each race is indicated below, with participation fees going to the institution of the participant's choice, noted in the registration form and paid with a credit or debit card.

### The list of charitable foundations to be awarded the proceeds:

- Little heroes
- The Association of Parents and Friends of Children with heart Disease
- Pancyprian Autistic Association
- Municipal Multicultural Nicosia Centre
- Cyprus Association of Mothers and Relatives of National Guardsmen
- Alkinoos Artemiou Foundation

### Participation fee for each race

1. Marathon– **€10,00**
2. Half Marathon – **€10,00**
3. Stelios Kyriakides 7.7 miles (12,4 Km) – **€7,70**
4. 5K Run– **€5,00**
5. Quantum 1 sMile Run (1.609 Km) – optional contribution (registration is mandatory)

## 8. HEALTH COVERAGE

**In any case, all runners participate at their own risk.** The organisers bear no responsibility for anything that may happen to the participants of all races of the Organization regarding HEALTH issues during the race due to a lack of a medical check.

**It is recommended that all runners have had a recent medical check-up, while those over the age of 35 are advised to have a diagnostic cardiac physical examination.**

The organisers will not be requesting medical certificates from participants, as all runners will be competing under their own responsibility and minors under the responsibility of their guardians who will be called to sign the relevant Declaration of Responsibility which is included in the electronic Registration Statement for each competition of the Organisation.

During the race, Medical Services and First Aiders will be at the start-finish area and at selected points along the route to deal with any emergency incident by providing First Aid.

## 9. SUPPORT STATIONS

- Support stations for runners of the Marathon and Half Marathon will be available after the 5<sup>th</sup> kilometre.
- Bottled water will be available to participants at the start, finish and every 2.5km after the 5<sup>th</sup> km
- In addition, isotonic drinks will be available to the participants at the start, finish and every 5km after the 10th km. Energy drinks will be provided at runners' support stations after the 20th km.
- Support stations will be located along the 7.7miles race route offering water and isotonic drinks.
- A support station will be placed along the 5K run route providing runners with water.

## 10. DISTANCE INDICATORS

There will be distance indicators placed every 2 kilometres along each route.

## 11. TIME LIMIT FOR RACES

The time limit for the Marathon race is six hours (6) from the scheduled start time at 07:00. Runners must complete the race by 13:00.

The time limit for completing the Half Marathon is three (3) hours from the scheduled start time at 7:15, (runners must have completed the Half Marathon by 10:15).

For the 7.7mile (12.4km) run the time limit is set to one hour and forty-five minutes (1.45'), (runners must have completed the 7.7mile race by 09:15).

For the 5km run the time limit is one (1) hour. Runners must complete the 5km run by 11:30am.

## 12. ELECTRONIC TIMING – RESULTS

### 12.1 Electronic timing

The task of electronically timing all the races of the Event as well as the publication of the results has been undertaken by an official timing company. Participating runners must wear their entry Bib number, which has an embedded timing chip, in order for their performance to be timed and recorded in the results.

Electronic control and timing mats, for recording intermediate times, will be placed:

- For the Marathon: at the start, finish and turnarounds at the 15th km – 25th km as well as at intermediate control points.
- For the Half Marathon: at the start, the finish and the turnaround at the 10.125th km as well as at intermediate control points.
- For the 7.7 mile (12.4 km) road race: at the start and finish and at the turning points of the course at the 3.7 km and 10 km.

- For the 5 km race: At the start and at the finish.

## 12.2 RESULTS

The results will be unofficially announced online immediately after the completion of each race. Any objections can be submitted within five calendar days from the day the unofficial results are posted on the organization's website.

The official results will be announced following the five day period allowed for objections.

If a runner is disqualified from an event for violating an article of the regulations in force, the offender will not be ranked in the official results. Instead, the Article that was violated will be mentioned next to the runner's name (Article 145.1).

## 13. REGISTRATION AND INFORMATION CENTRE (receiving participation materials)

Place: **Nicosia Municipal Theatre**

Operating days and hours: **Friday 9.12.2022 and Saturday 10.12.2022 from 10:00 until 18:00.**

On the day of the event, **Sunday 11.12.2022, from 06:00 until 12:00.**

Detailed information about the organisation and other events can be found on the official website of the organisation: [www.nicosiamarathon.com](http://www.nicosiamarathon.com)

*Organising Committee  
Quantum Nicosia Marathon*

