



quantum
nicosia
marathon



INVITATION to PARTICIPATE

International Marathon & Half Marathon “Quantum Nicosia Marathon 2023”

SUNDAY

10.12.23

Additional races

Stelios Kyriakides 7,7 miles (12,4 km),

Individual 5 km

Corporate 5 km

Quantum sMile Run, 1 mile (1.609m)

Organising Committee
Quantum Nicosia Marathon

Organiser &
Exclusive Sponsor



Athanasios
KTORIDES
FOUNDATION

Under the auspices



Δήμος Λευκωσίας
Nicosia Municipality

First Ambassador

EuroAsia
interconnector



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Marathon | Half Marathon | "Stelios Kyriakides" 7,7 Mile Run | 5K Individual & Corporate Run | Quantum sMile Run

INVITATION TO PARTICIPATE ANNOUNCEMENT

The Athanasios Ktorides Foundation, with the support of the Municipality of Nicosia, announces and organises in the framework of the city's celebration of sports the

Quantum Nicosia Marathon 2023

Nicosia Marathon & Half Marathon

On the same day, the following races will also be held:

Stelios Kyriakides 7,7 miles (12,4 km),

Individual 5 km

Corporate 5 km

Quantum sMile Run, 1 mile (1.609m)

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





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Marathon | Half Marathon | “Stelios Kyriakides” 7,7 Mile Run | 5K Individual & Corporate Run | Quantum sMile Run

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.

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

2.2 Half Marathon :

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 Avenue | Larnaca Avenue and UCY Roundabout | Larnaca Avenue | 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

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 |





Marathon | Half Marathon | “Stelios Kyriakides” 7,7 Mile Run | 5K Individual & Corporate Run | Quantum sMile Run

St Hilarion Street | BATA Roundabout | St Hilarion Street | **TURNAROUND** on St Hilarion street, before getting to the square and Christou Samara Street | St Hilarion 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: 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

2.4 Individual 5K Run:

Start Time: 10:30

START: Mikis Theodorakis Street (Museum Street) - Nicosia Municipal Theatre

ROUTE: Museum Street | Markos Drakos Square | Egypt Avenue | Omerou Avenue | Lord Byron Avenue | Griva Digheni Avenue | *Before the Griva Digheni Avenue and St Prokopios Street Junction* | **TURNAROUND** | *Heading towards the Finish Line* | Griva Digheni Avenue | Lord Byron Avenue | 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

2.5 Corporate 5K Run:

Start Time: 10:32

START: Mikis Theodorakis Street (Museum Street) - Nicosia Municipal Theatre

ROUTE: Museum Street | Markos Drakos Square | Egypt Avenue | Omerou Avenue | Lord Byron Avenue | Griva Digheni Avenue | *Before the Griva Digheni Avenue and St Prokopios Street Junction* | **TURNAROUND** | *Heading towards the Finish Line* | Griva Digheni Avenue | Lord Byron Avenue | 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

2.6 Quantum sMile Run (1,609μ.)

Start Time: 12:00

START: Mikis Theodorakis Street (Museum Street) - Nicosia Municipal Theatre

ROUTE: Museum Street | Markos Drakos Square | Egypt Avenue | Omerou Avenue | Lord Byron Avenue | **TURNAROUND** at the EUROPEAN UNION HOUSE *Heading towards the Finish Line* | Lord Byron Avenue | Museum Street | Finish Line.

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

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.

In the 5km category of the Corporate race, the first three companies will be awarded based on the ranking - evaluation of the results of the 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 are **only** done online through the organization's website. The electronic (online) registration-participation declarations will be completed on **Friday, December 1 at 24:00**.

Registrations will also take place **in person** at the **Registration Center** on **Friday 8 and Saturday 9 December**, subject to availability.

For registrations - declarations of participation until **Friday, November 17, 2023, 24:00**, it will be possible to write a personalized message or name, on the participation number (Bib Number) and receive it at the participant's address **via Courier, for residents within the Republic of Cyprus**.



The participants who will register - declare participation in an event of the organization, from **18 November** and until the day of the completion of registration **1.12.2023**, will be able to receive their participation material (Bib Number, T-Shirt, etc.) , **via Courier** or from the **Registration Center** that will operate on **Friday 8 and Saturday 9 December 2023**, at the **Archaeological Museum of Nicosia**, between **10:00 - 18:00** and on **Sunday 10 December** from **06:00** and 1 hour before each competition.

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

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:

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

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. Individual 5K Run - **€5,00**
5. Corporate 5K Run - **€200** up to 25 entries (regardless of the actual participation number). From 25 entries and over, **€5** per entry.
6. 5. Quantum sMile Run (1.609 m) – **€0** optional contribution (registration is mandatory)



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 5th kilometre.
- Bottled water will be available to participants at the start, finish and every 2.5km after the 5th 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 package)

Friday 8.12.2023 and Saturday 9.12.2023, from 10:00 until 18:00

The Cyprus Museum (Museum Café), 1 Miki Theodoraki (Mouseiou) Avenue, Nicosia

Sunday 10.12.2023, from 06:00 until 11:30

Information desk, Miki Theodoraki (Mouseiou) Avenue, Nicosia

Detailed information about the organisation
and other events can be found on the
official website of the organisation:

www.nicosiamarathon.com

Organising Committee
Quantum Nicosia Marathon