



MALL OF ENGOMI

Race Manual

www.triathloncy.com

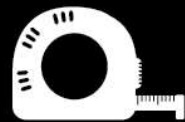
DUATHLON



23/04/23



07:30



5k Run/20k Bike/2.5k Run

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TRIATHLONCY.COM TEAM

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TRIATHLONCY.COM TEAM



S.A.S Sports Events Organizers, has developed over years into a leading sports event management company.

Our race organization and management services include everything from course design and location-finding through to chip timing and on the day race management.

Our portfolio of races ranges from small community events to larger events organized on behalf of clubs, community groups, local authorities and charities.

With S.A.S Sports Events Organizers you just save the date of your event, everything else is our job

Custom Timing Solutions is Cyprus leading RFID Timing Provider for all types of Sports Events.

From large scale international events to smaller local events Custom Timing delivers top quality timing services tailored to the needs of each organizer.

If you want to organise a Triathlon, Running, Cycling, Open Water Swimming, Trail running, Obstacle race or any other sport event on any terrain just get in touch with Custom Timing Solutions to have peace of mind and focus only on your event preparations



RACE DAY PROGRAM DUATHLON 2023

06:00 Transition area opens for athletes

07:00 Transition area close and secure - entrance only for athletes
with bib number.

07:30 Start of the Men CY.TRI.FED

07:45 Start of Women CY.TRI.FED

08:00 Start of the Open Category + Teams Race

09:15 Start of the Kids CY.TRI.FED Race

10:15 Awards Ceremony

10:45 End of the Race



REGULATIONS DUATHLON 2023

CY.TRI.FED ATHLETES ONLY

Duathlon Championship Race Sprint Distance

5km Run, 20km Bike, 2.5 Km Run

16+ years old

Drafting is allowed

TT, Tri bikes and Road Bikes with bar NOT allowed

Time Trial helmets are prohibited

Water bottles if placed behind the saddle are prohibited

It is forbidden to draft off a different gender athlete

It is forbidden to draft off an athlete being in a different category

It is forbidden to draft off an athlete being in a different lap

Athletes must bring their own running race number belt

Valid CSO Health Card is mandatory* only for Elite athletes



SERVICES

Bib numbers

Electronic Timing

Digital maps and GPX files

Medical assistance before during and after the race

All Roads will be closed for traffic

Route signage and safety

Water and electrolyte station on the Course

Fruits and refreshments at the finish line

Finishers medals

ROUTES



RUN DUATHLON 2023 X 2 Loops -5km X 1 Loop 2.5km

<https://www.plotaroute.com/route/2146439>

<https://www.plotaroute.com/route/2146435>

BICYCLE DUATHLON 2023 X 5 Loops

<https://www.plotaroute.com/route/2146434>





Spot 1 Run route
Entrance -Exit to
Klimos Potamos Run Path



Run Route

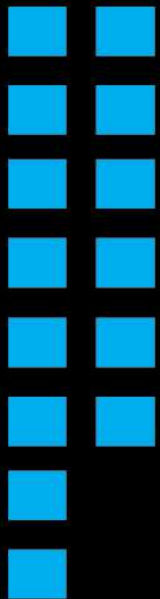
**RUN DUATHLON 2023 X 2 Loops -5km
X 1 Loop 2.5km**

Spot 2
End of Klimos Potamos

Run route direction

Run route direction

**RUN DUATHLON 2023 X 2 Loops -5km
X 1 Loop 2.5km**



Spot 3
Uturn no 1

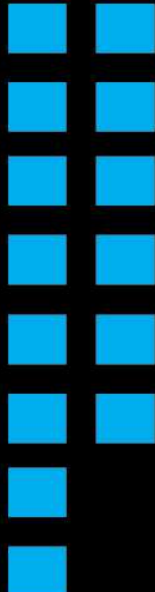
U turn

Run route direction

Run route direction

**RUN DUATHLON 2023 X 2 Loops -5km
X 1 Loop 2.5km**





Spot 4,5,6
Crosswalk

Road Closed

Road Closed

Run route direction

Run route direction

**RUN DUATHLON 2023 X 2 Loops -5km
X 1 Loop 2.5km**





Spot 7
U turn No 2

Run route direction

Run route direction

**RUN DUATHLON 2023 X 2 Loops -5km
X 1 Loop 2.5km**

1	2
3	4
5	6
7	8
9	10
11	12
13	
15	

BICYCLE DUATHLON 2023 X 5 Loops

Spot 1 Bicycle Route

Entrance to transition from Running 5km

Exit from transmission to Running 2.5km



BICYCLE DUATHLON 2023 X 5 Loops

Spot 2

Mount Line and route direction



cycling route direction

begin cycling here

mount line

transition ends here

cycling route direction

BICYCLE DUATHLON 2023 X 5 Loops

Spot 3

Watch out only the right lane is for cyclists

Parallel direction with cars



BICYCLE DUATHLON 2023 X 5 Loops

Spot 4

Exit to Griva Digeni Avenue



cycling route direction

cars direction



BICYCLE DUATHLON 2023 X 5 Loops

Spot 5
Dual Cycling route



Cars direction

cycling route direction



BICYCLE DUATHLON 2023 X 5 Loops

Spot 6
SOS !!! slow down
Speed bumps

cycling route direction

cycling route direction



BICYCLE DUATHLON 2023 X 5 Loops

Spot 7
U turn

cycling route direction

cycling route direction

DR GEORGE
ΚΕΝΤΡΑ ΑΚΟΗΣ
ΑΚΟΥΣΤΙΚΑ ΒΑΡΗΚΟ
77 77 65 00

BICYCLE DUATHLON 2023 X 5 Loops

Spot 8

Turn Left from the pedestrian crossing
NOT from the traffic lights



BICYCLE DUATHLON 2023 X 5 Loops

Spot 9

Dismount line

Enter to transition from cycling

route for loops

cycling ends here

dismount line

transition begins here





AWARDS & CATEGORIES

Duathlon CY.TRI.FED Championship Categories

First Three Male :16+ yrs

First Three Female :16+ yrs

First Three Male Youth: 11-15 yrs

First Three Female Youth: 11-15 yrs

Duathlon Open Categories

First Three Male : 16-39 yrs

First Three Female : 16-39 yrs

First Three Male Masters : 40+ yrs

First Three Female Masters : 40+ yrs

First Three Teams Overall



Have a Good Race

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