



# RACE MANUAL

29-31 MAR  
2024

THE  
GREATEST  
AMATEUR  
ROAD CYCLING  
RACE  
IN CYPRUS



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## 1. THE EVENT

The Cyprus Gran Fondo 2024 sounds like an incredible event for both professional and amateur road cyclists alike! With its 3-day format taking place amidst the breathtaking landscapes of Cyprus during the last weekend of March, participants are in for a memorable experience. The opportunity to ride alongside fellow enthusiasts, tackle challenging mountain climbs, and soak in the beauty of Cyprus' natural surroundings creates an atmosphere of camaraderie and adventure. This event not only celebrates the joy of cycling but also offers a chance to unwind and enjoy the relaxed ambiance of Cyprus, making it a must-attend for passionate cyclists seeking both challenge and enjoyment.

## 2. THE STORY

The evolution of the Cyprus Gran Fondo into one of the premier cycling events for amateurs is truly remarkable. Its inclusion in the UCI Gran Fondo World Series, alongside other prestigious cycling events, speaks volumes about its stature and popularity within the cycling community. As one of the 24 biggest cycling events recognized by the UCI, and with the opportunity to act as a qualifier for the world amateur championship, the Cyprus Gran Fondo offers participants a chance to compete at the highest level and earn their spot in the Gran Fondo World Championship. This recognition further solidifies Cyprus' position as a top destination for cycling enthusiasts and underscores the event's significance on the global stage.

## 3. THE COURSE

The Cyprus Gran Fondo course offers a thrilling and diverse experience over three days. Starting by the Mediterranean coast, cyclists will tackle challenging mountain climbs and pass through traditional villages, immersing themselves in Cyprus' natural beauty and rich culture. Each day promises a unique adventure, making it an unforgettable experience for participants.

## 4. QUALIFICATION TO THE UCI GRAN FONDO WCH

Participation in each UGFWS event grants entry rights to the UCI Gran Fondo World Championships. The top 25% of athletes in each Age Category at the end of the race will earn guaranteed entry to the World Championships, competing for the World Champion title. Additionally, the top three riders in each Age Category automatically qualify for the World Championships, regardless of the number of starters in their age group. Riders must complete the race to qualify. The 25% qualification is based on the number of starters, not finishers. Winners of the slots will be announced on the UCI Gran Fondo World Series website and contacted via email.

On the first day, participants have the opportunity to qualify for the Individual Time Trial World Championships, while the following two days provide separate chances in each stage to qualify for the Road Race World Championships. Riders with UCI points are not eligible to qualify.

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## STAGE 1

**Individual Time Trial:** Qualification for ALL Age Groups

**Road Race:** No Qualification

On Stage 1, riders racing the Individual Time Trial will have the opportunity to qualify to the ITT World Championships. There is NO Qualification for the riders participating in the Road Race

## STAGE 2

**GRAN FONDO Race:** Qualification for Age Groups of Men 19-59 and Women 19-49.

**MEDIO FONDO Race:** Qualification for Age Groups of Men 60+ and Women 50+.

On Stage 2 **the first 25% athletes of each age category** will be qualified to the Road Race World Championships. Men 19-59 and Women 19-49 are qualifying through their classification in the GRAN Fondo Race while Men 60+ and Women 50+ are qualifying through their classification in the MEDIO Fondo race.

## STAGE 3

**GRAN FONDO Race:** Qualification for Age Groups of Men 19-59 and Women 19-49.

**MEDIO FONDO Race:** Qualification for Age Groups of Men 60+ and Women 50+.

On Stage 3 **the first 25% athletes of each age category** will be qualified to the Road Race World Championships. Men 19-59 and Women 19-49 are qualifying through their classification in the GRAN Fondo Race while Men 60+ and Women 50+ are qualifying through their classification in the MEDIO Fondo race.

You can find all the information regarding the UGFWS Qualification regulations [HERE](#).

## 5. MEDALS AND AWARD CEREMONIES

### DAY 1

The top 3 riders of each Age Category in the Individual Time Trial race will be awarded with the Qualification medal and the winner with the Qualification jersey. The top 3 riders of each age category on the Road Race will be awarded with a race medal.

### DAY 2 & DAY 3

The top 3 riders of each Age Category as will be awarded with the Qualification medal and the winner with the Qualification jersey. The top 3 riders of each age category in the SPORTIVE Group will be awarded with a race medal.

### QUALIFICATION AND FINISHERS' MEDALS

All riders who qualify for the UCI Gran Fondo World Championships will receive a qualification medal at the award ceremony after each stage. All participants of the Cyprus Gran Fondo will receive a finisher's medal at the finish line of Stage 3.

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## GENERAL CLASSIFICATION

The **Overall Winner in the Men and Women Classification** (no matter the Age Category) will be awarded with the yellow jersey after the end of each stage.

The **top 3 riders in the Men Overall and Women Overall Classification** (no matter the Age Category) will be Awarded with Trophies at the end of Stage 3.

There will be no General Classification awards for each Age Group.

## 6. TEAM CLASSIFICATION

There are 3 team classifications - MEN, WOMEN and MIXED Team Classification. To be eligible the team needs to be between 3-8 riders of Men 16-59 and Women 16-49 that have raced the Individual Time Trial on Day 1 and the Gran Fondo Distance on Days 2 & 3.

The Team Ranking is calculated based on the **TOTAL TIME of the 3 stages** (i.e. General Classification Time) of the top 3 riders of the team.

**Rider A:** Time of Stage 1 (ITT) + Time of Stage 2 + Time of Stage 3

**Rider B:** Time of Stage 1 (ITT) + Time of Stage 2 + Time of Stage 3

**Rider C:** Time of Stage 1 (ITT) + Time of Stage 2 + Time of Stage 3

In the mixed classification, the time of at least one man and one women needs to be included in the calculation of the team total time.

If a member does not start or does not finish on of the stages, they are excluded from the general classification and therefore from the team classification.

The top 3 men, women and mixed teams will be awarded with general classification medals, and the overall winning team with a blue jersey.

## 7. AGE CATEGORIES

- Junior Men/Women 16-18
- Men/Women 19-34
- Men/Women 35-39
- Men/Women 40-44
- Men/Women 45-49
- Men/Women 50-54
- Men/Women 55-59
- Men/Women 60-64
- Men/Women 65-69
- Men/Women 70-74
- Men/Women 75+

## 8. RACE WITHDRAWAL

If an athlete withdraws during the course of the race, is responsible for informing the Race Office at +35799743753 or +35799758575

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## 9. REGISTRATIONS & SIDE EVENTS

### 25.03 | MONDAY

14:00-17:00 Number Pick Up at [Activate Cyprus offices in Tochni](#)

10:00-15:00 [Recon Camp - Stage 2](#) - start at the Pafos Castle

### 26.03 | TUESDAY

10:00-15:00 [Recon Camp - Stage 3](#) - start at the Pafos Castle

### 27.03 | WEDNESDAY

10:00-13:00 Number Pick Up in Pafos at [En Plo Gallery](#)

14:00-17:00 Number Pick Up in Pafos at [En Plo Gallery](#)

10:00-15:00 [Recon Camp - Stage 1](#) - start at the Pafos Castle

### 28.03 | THURSDAY

09:00-14:45 Number Pick Up in Pafos at [En Plo Gallery](#)

15:00 Race Briefing at the [Attikon Multicultural Space](#)

16:00 Welcoming drinks at the [Attikon Multicultural Space](#)

## 10. RACE PROGRAM

### 29.03 | FRIDAY | STAGE 1

08:15 Start of Stage 1 for the **Road Race** [Sportive] / Start Area at [Pafos Castle](#)

11:30 Start of Stage 1 for the **Individual Time Trial Race\*** / Start at Nikoklia Village

\*Final Start List with starting times will be announced the night before.

\*Riders must be present at the start line 15 mins before their starting time.

18:00 Award ceremony for Stage 1 at Annabelle Ballroom, Annabelle Hotel

### SAT 30<sup>th</sup> March – Stage 2

09:00 Start of Stage 2 for the GRAN FONDO / Start Area at [Pafos Castle](#)

09:02 Start of Stage 2 for the MEDIO FONDO / Start Area at [Pafos Castle](#)

18:00 Award ceremony for Stage 2 at Annabelle Ballroom, Annabelle Hotel

### SUN 31<sup>st</sup> March – Stage 3

08:00 Start of Stage 3 for the GRAN FONDO / Start Area at [Pafos Castle](#)

08:02 Start of Stage 3 for the MEDIO FONDO / Start Area at [Pafos Castle](#)

15:00 Light meal and award ceremony for Stage 3 and General Classification at [Pafos Castle](#)  
(subject to change according to weather conditions)

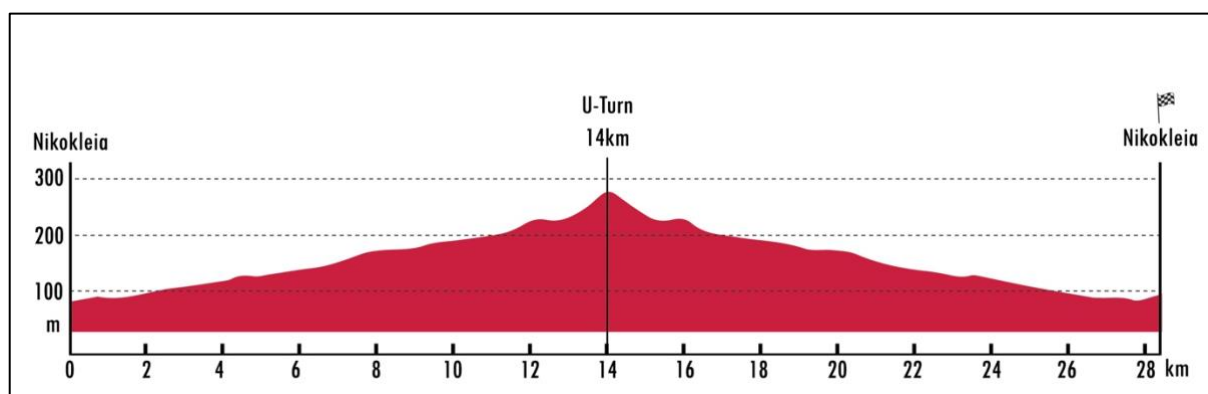
## 11. CHARITY

Cyprus Gran Fondo will be raising funds to support the Larnaca Anti Drug Association. The Larnaca Anti-Drug Association is a non-governmental voluntary association which has been in operation both in the city and the wider area of Larnaca since 1990. It is the oldest organization of this type in Cyprus dealing with prevention.

## 12. THE COURSES

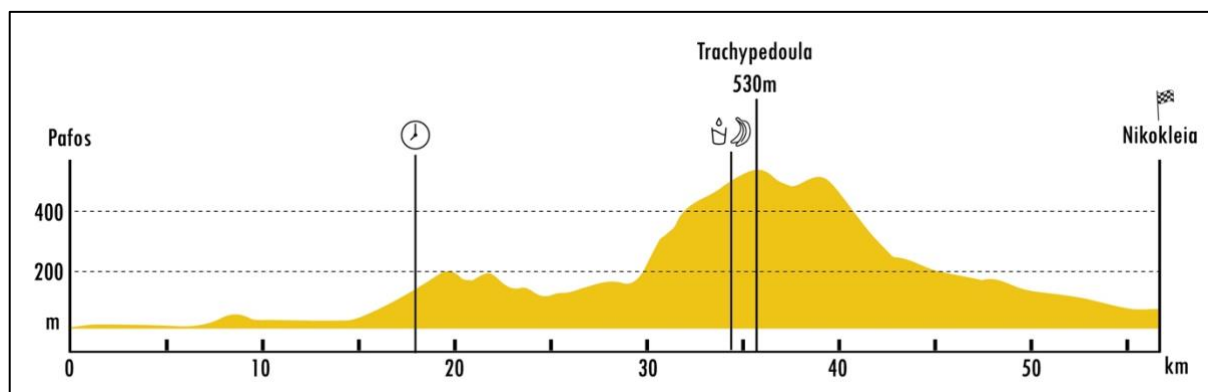
More details and maps of the routes can be found in our website. Any changes or updates will be posted in the event website and on our Facebook page

### STAGE 1 - Individual Time Trial



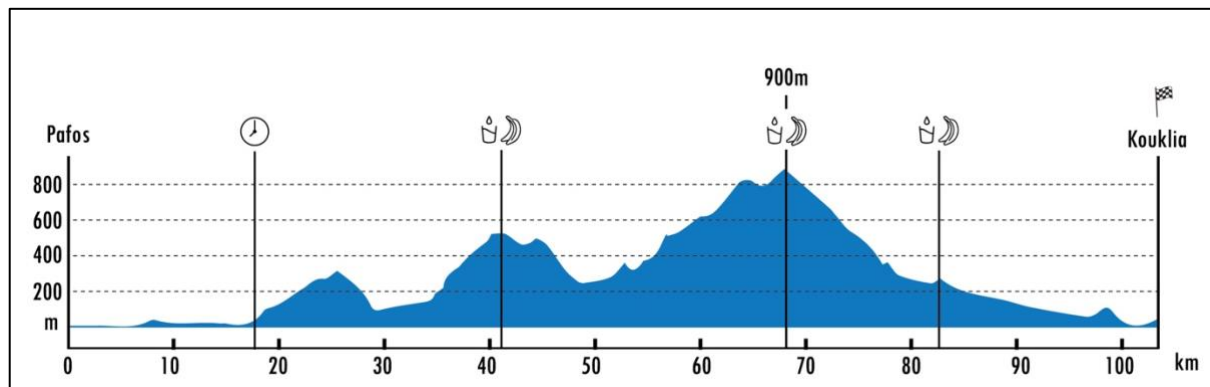
Route: Nikoklia – Pratsio – Nikoklia  
 Distance: 28.6km  
 Ascent: +260m  
 Course: [View HERE](#)  
 GPX File: [Download HERE](#)

### STAGE 1 - Road Race



Route: Pafos – Achelia – Timi – Anarita – Nata – Trachypedoula – Agios Georgios – Mamonía – Nikokleia  
 Distance: 57km  
 Ascent: +800m  
 Timed Section: 39km: from Anarita (18km) to Nikokleia (57km)  
 Feed Zones: 34.5km  
 Course: [View HERE](#)  
 GPX File: [Download HERE](#)

## STAGE 2 – Gran Fondo: MEN 16-59, WOMEN 16-49



**Route:** Pafos – Nikokleia – Choletria – Nata – Trachypedoula – Kidasi – Arsos – Ag.Nikolaos – Praitori – Kidasi – Mamonia – Nikoklia – Kouklia

**Distance:** 103km

**Ascent:** +1880m

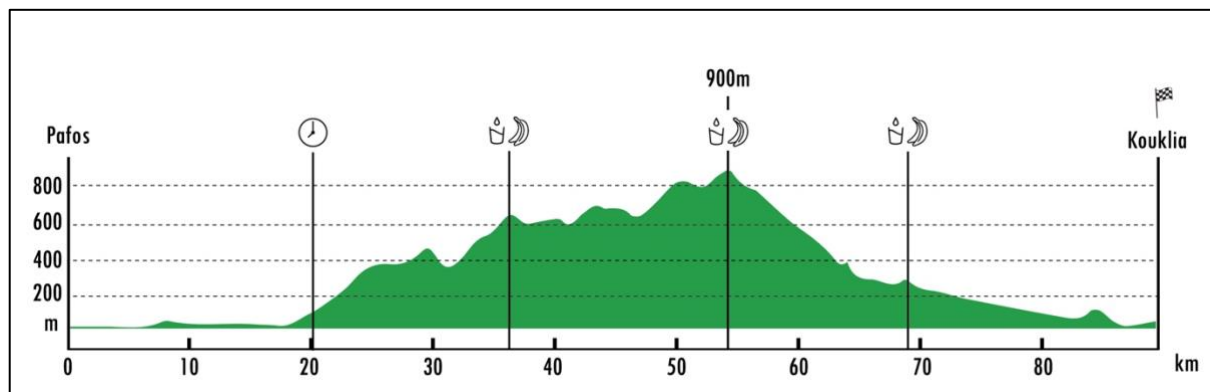
**Timed Section:** 85km: from Nikoklia (18km) to Kouklia (103km)

**Feed Zones:** 41.6km, 68km and 82km

**Course:** [View HERE](#)

**GPX File:** [Download HERE](#)

## STAGE 2 – Medio Fondo: MEN 60+, WOMEN 50+



**Route:** Pafos – Kouklia – Dora – Malia – Arsos – Ag. Nikolaos – Kedares – Ag. Georgios – Mamonia – Nikoklia – Kouklia

**Distance:** 89.3km

**Ascent:** +1470m

**Timed Section:** 69.3km: from Kouklia (20km) to Kouklia (89.3km)

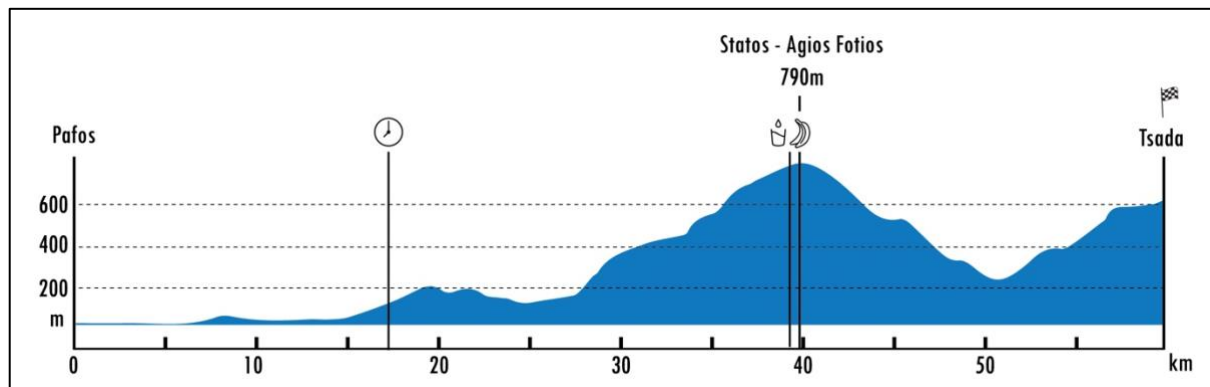
**Feed Zones:** 37km, 54.5km and 68.8km

**Course:** [View HERE](#)

**GPX File:** [Download HERE](#)



### STAGE 3 – Gran Fondo: MEN 16-59, WOMEN 16-49



**Route:** Pafos – Achelia – Timi – Anarita – Nata – Amargeti – Stalos-Agios Fotios – Choulou – Lemona – Letymou – Kallepia – Tsada

**Distance:** 59.2km

**Ascent:** +1390m

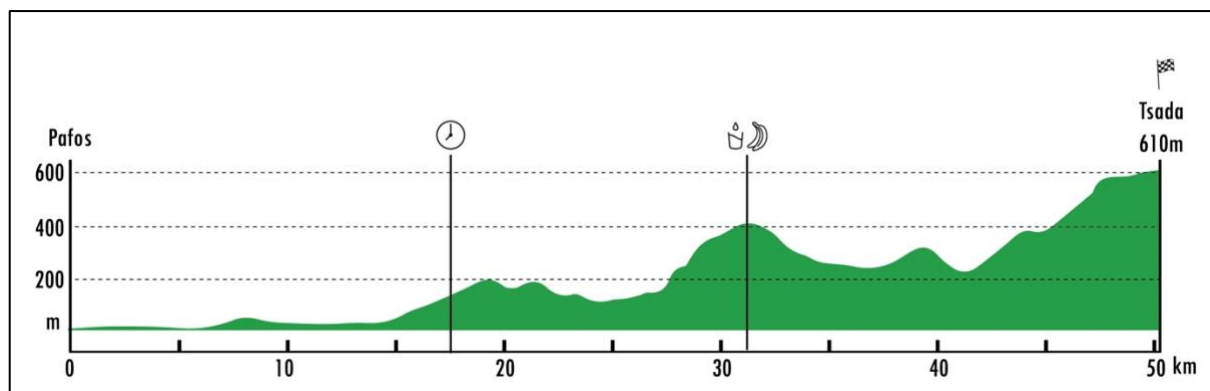
**Timed Section:** 42.2km: from Anarita (17km) to Tsada (59.2km)

**Feed Zones:** 39.3km

**Course:** [View HERE](#)

**GPX File:** [Download HERE](#)

### STAGE 3 – Medio Fondo: MEN 60+, WOMEN 50+



**Route:** Pafos – Achelia – Timi – Anarita – Nata – Amargeti – Choulou – Lemona – Letymou – Kallepia – Tsada

**Distance:** 50.6km Ascent: +1090m

**Timed Section:** 33.6km: from Anarita (17km) to Tsada (50.6km)

**Feed Zones:** 33km

**Course:** [View HERE](#)

**GPX File:** [Download HERE](#)

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### 13. TIMING CHIPS

During race bag collection you will receive your individual **timing chip**. The timing chips should be secured with cable ties on the lower part of the fork of the bike.

**The details of a credit/debit card will be required as safety deposit for the chip.** You will be responsible to return it at the finish line of Stage 3 or sooner if you will take part only in Stages 1 and 2. In case that the chip is not returned immediately after your race is finished we will proceed with a charge of €100 to your credit card.

### 14. RACE NUMBERS

During race bag collection you will also receive your race numbers: a bib number and a bike plate. The bib number should be secured with safety pins on the lower back of your jersey. Riders of the Gran Fondo Distance must secure the bike plate below the saddle while riders of the Medio Fondo Distance must secure the bike plate on the handlebar. **Make sure that ALL number are visible to the race organisers.**

### 15. SIGNING AND MARSHALLING

The route will be signed and it is your obligation to know and follow the route. Signing of the courses will be marked by Arrows on the asphalt as well as signs posted on the side of the road will show the race Course. Marshals will be available to guide the cyclists in key locations. Where there are no marshals please follow the signs. Riding outside the route will result in a penalty. There will also be signs for the distance remaining to the Finish Line as follows: 50km, 40km, 30km, 20km, 10km, 5km, 1km, 500m, 300m, 100m.

### 16. MOTORBIKE MARSHALS

The "MOTOLIFE Tours" team is supporting the tour for 8 years now. Riding along the cyclists with their Harley Davidsons not only keeps a high level of safety for the cyclists, but also gives a different "color" to the race! Help them so they can help us have a safe race

### 17. MEDICAL SUPPORT

An ambulance and doctor will follow the race. In case of emergency contact the organisers providing your name, your bib number and location (distance from start or name of nearby village).

The nearest hospital in the Paphos General Hospital. Telephone: 26803100

Google Maps link [HERE](#)

### 18. NEUTRAL SERVICE

There will be neutral service along the race route in cars carrying spare tubes, pumps, and tools.

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## 19. TRAFFIC RULES

In Cyprus traffic drives on the left. The entire bike course is open to ordinary traffic. There will be motorbikes, service/organisers cars as well as safety personnel to guide the athletes to follow the route. They will also ensure that the athletes follow all the traffic and race rules.

The following violations may lead to time penalties and/or disqualification:

- Violating traffic regulations (the highway code)
- Obstructing traffic by not holding to the left side.
- Dangerous driving
- Use of headsets or mobile phones while on the bike
- Drafting on a motor vehicle
- Passing the commissaire's car without permission

## 20. ROAD SAFETY

The entire bike course is open to ordinary traffic. The traffic will be regulated by the police and marshals along the route. Riders are required to follow the traffic regulations during the warm-up and the race. Any guidance from the police and the marshals along the route simple provide ease of passage and greater safety for the riders and the drivers

## 21. ROAD RACE RULES

### Types of Bicycle

Only road bikes allowed according to the UCI regulations, without handlebar extensions.

### Support Cars & Personnel

Support cars will be allowed for riders in teams of six (6) riders. The support cars must follow the rules and obey any indications by the race officials. Riders of teams with support cars that do not follow the rules will be penalized with time penalties.

- Support vehicles must all the time be behind the commissaires' car unless the commissaire allows any cars to pass!
- All support personnel must attend the race briefing (date and time TBA).
- The support team must be able to communicate with the race organisers in English or Greek
- The support vehicle must abide by traffic regulations and posted speed limits and never drive directly behind or in front of a cyclist, as this could cause dangerous situations
- All support cars must follow the instructions of the marshals to guide them to the car park before the finish line. No support car is allowed at the finish line. Support cars must exit the race route at the designated area before the finish line.
- Passing of riders who are competing must always be done following all safety measures and traffic rules.

- Support vehicles must be registered before the race at [info@activatecyprus.com](mailto:info@activatecyprus.com) stating the name of the driver, license plate and phone number. Support drivers must pick up their support car stickers during Race Number collection and stick one on the front and on the back windshield of their car.

**Never put yourself and others in danger for any reason!**

## Feeding Zones

There will be enough Feeding Zones along the race courses. They are set up in every stage and they are signed. They will also be mentioned in the maps of the event. At all feed zones there will be water to fill up your water bottles, fruits (bananas and oranges) and carbohydrates to put in your water.

## Feeding and Technical Support

- Feeding can only be provided only near the designated feed zone areas. Feeding from the support car is strictly prohibited. Support cars must park the car safely and with all four wheels outside the road line and provide feeding to their athletes at the designated feed zones or near the feed zones, (100 meters before or after), at a location where there is clear visibility for the athletes and also for other traffic passing from the route.
- We strongly recommend that personnel that will take care of the team's feeding at the feeding stations, should use a different route that the race route. Overpassing the riders during the race to reach the feeding stations cannot be guaranteed.
- There will be neutral service cars to provide technical support for the athletes (spare tubes, pump and tools) or any other technical assistance that might be needed during the race. The personnel in the neutral service cars will try to fix a technical issue if it does not require that amount of time that will disturb the smooth supervision of the race
- Technical support is allowed on the entire route (except last 3km). Support cars that need to provide technical assistance must park the car safely and with all four wheels outside the road line.

## Police Escort

There will be police escorting the riders along the route. Please obey instructions and follow the rules.

## Neutral and Timed Start

From the Start point in Pafos Castle there will be a neutral / controlled start of all the riders. The official (timed) start of the race will be given at:

- Stage 1 – Road Race: 18km
- Stage 2 – Gran Fondo: 18km | Medio Fondo: 20km
- Stage 3 – Gran Fondo: 17km | Medio Fondo: 17km

All Riders must follow the leading car during the non-timed sections. Nobody is allowed to pass the leading car.



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## 22. INDIVIDUAL TIME-TRIAL RULES

### Types of Bicycle

Only road and time trial bikes are allowed according to the UCI regulations. Handlebar extensions are allowed.

### Support Cars

NO support cars will be allowed at the Individual Time Trial.

### Start of the race

- Riders must be present at the start line at least 15 min before their starting time for bike check
- The start will be given from a standstill
- The start of each rider will be given by the Start Commissaire in coordination with the timing team.

### During the race

- If a rider is "caught" by another rider, he can neither ahead ride nor follow the rider who catches (and passes) him, taking advantage of the vacuum created.
- The rider who "catches" another rider, must keep a distance of at least 2 meters, on the side of him. After a kilometer, the rider "caught" must continue the race riding at least 25 meters away (behind) the other rider.
- Assistance between riders is prohibited.

## 23. USEFUL CONTACTS

Emergency Number	199/112
Cyprus Joint Coordination Center	1441
Larnaca International Airport	(+357) 24816418
Pafos International Airport	(+357) 26422833
Pafos General Hospital	(+357) 26803100
Cyprus Deputy Ministry of Tourism	(+357) 22691100

### Organising Committee

Michalis Hadjioannou (Director)	(+357) 99694900
Eleni Savvidou (Hospitality/Registrations)	(+357) 99743753