



Race Information

"Coops are Fit" Charity Aquathlon 11.7.2015

There will be a briefing on the race day at 5:45pm.

General

"Coops are Fit" is a short distance Aquathlon sponsored by the Central Cooperative Bank in order to celebrate International Cooperative Day for the first time in Cyprus in an effort to increase awareness of the cooperative movement, values and ideas.

The location is Paphos (Poseidonos Avenue) and the distances for individuals and teams are 500m swim and then 4Km run with a finish at Paphos Castle. Distances suit all fitness levels and the emphasis is on having fun.

At the finish a reception is offered by the Central Cooperative Bank.

The total earnings will go to [Margarita Liasidou Foundation](#).

Directions

The event will start at Mbania area, Poseidonos Avenue, Paphos.

Race bag pick-up

The registration is located at the transition area from 4:00pm until 5:00pm. You are advised to arrive at the transition area not later than 5:00pm. Pick-up your race bag and proceed to the Transition Area. The TA will open at 04:00 and it will be accessible only to athletes participating with an access wrist band.

All the personal belongings of each athlete have to be in the individual bins provided at the specified spot at the transition area.

Safety

- Referring to the expected temperatures, we recommend the use of sunscreen lotion throughout the race and headgear on the run course. Also take plenty of fluids. If you feel that you cannot continue please stop racing immediately.
- If in any case you stop competing please let an official know as soon as possible.
- The TA must be kept tidy at all times.

The Swim

The water temperature will be measured one hour before the start of the race and it will be announced. Wetsuit use will be optional.

The start format is a mass start within the water.

The swim course is triangular and it consists of one lap around all three buoys leaving them to your right.

The Run

The run consists of one lap.

There is one water station available to all athletes competing at the far end of the run course.

The finish line is at the Paphos Castle.

Medical support

During the race, first aid personnel will be available at the TA. Every competitor is advised to have an own individual insurance which covers medical treatment in case of serious injury or illness as well as a possible stay in a hospital.

Winner's awards

The first 3 male and 3 female triathletes of the Overall classification as well as the first three teams will receive a total of 1050€ in prizes.

The first three male and three female participants of each age group will receive a trophy during the Prize Awarding Ceremony.

The awards ceremony will start at 7:30pm.

Lost and found

Please collect your bike and your personal belongings at the check-out time. Personal belongings which are left in the TA, have to be picked up till 8:30.

[Race Course](#)