



1st CYPRUS INTERNATIONAL ORIENTEERING FESTIVAL

FIVE DAYS - FIVE EVENTS

11th - 15th MARCH 2020
LIMASSOL AREA, CYPRUS

Bulletin #3



1st CYPRUS ORIENTEERING FESTIVAL

Wednesday 11th – Sunday 15th MARCH 2020

Limassol area, CYPRUS



Organiser:

Cyprus Mountaineering, Sports Climbing & Orienteering Federation
Orientaction Club (KOA Registration # 957)
17 Ayios Neofytou Street,
Lakatamia, 2334 Nicosia,
Cyprus.



Event Organisers:

Event Coordinator & Secretary: Ms Diana Bridger
Course Planner: Mr Peter Smith
Course Advisor: Mr Dick Carmichael



Event Centre:

Hylatio Holiday Village, Pissouri, Limassol

Revised Event Programme: (No afternoon tours due to insufficient numbers required).

Tuesday 10 th March 2020	
Until 20:00	Event Centre opens, arrivals & checks in
Wednesday 11 th March 2020	
09:30	Event 1 – Melanda North
18:00-20:00	Event Centre open
Thursday 12 th March 2020	
09:30	Event 2 – Melanda South
18:00-20:00	Event Centre open
Friday 13 th March 2020	
10:00	Event 3 – Lophou Village
18:00-20:00	Event Centre open
19:00-21:00	Fun Pairs “Harris” type event at Hylatio
Saturday 14 th March 2020	
09:30	Event 4 – Kouris Dam area (new map)
18:00-19:00	Event Centre open
19:00	Cyprus Night with Live music and Cypriot Dancing at Hylatio (tickets required)
Sunday 15 th March 2020	
09:00	Event 5 – Kourion
14:00	Prize giving and farewells 🍷

IN ADDITION TO INFORMATION PROVIDED IN BULLETIN #2:

EVENT CENTRE:

The Event Centre will be at Hylatio Holiday Village during the dates 10-15 March 2020. A desk will be manned in the evenings. You can also purchase our event tee shirts and mugs there. Tee shirts will be priced at €18.00, unless you have pre-ordered (€16.00). The mugs will have the MELANDA map on them and will be €7.00 each. Only cash will be accepted.

ART EXHIBITION AND SILENT AUCTION:

Next to our Event Centre desk at Hylatio there will be an exhibition of some original "ORI-ART", painted by our Duty Nurse and Artist in Residence, Christine Venediger. A 'Silent Auction' of these paintings will be held from 10/3/20 till 14/3/20. Please write your bid under the artwork of your choice. The auction will end on the evening of 15/3/20 and the winning bidders may pay for and collect their paintings. All paintings will be suitably and carefully packed for air transport. Some small cards and notelets with prints from these ORI-ART paintings will also be available for purchase at the Event Centre desk.

FUN PAIRS "HARRIS TYPE" NIGHT EVENT AT HYLATIO on FRIDAY 13TH MARCH AT 1900 HRS:

A fun night event will take place in the grounds of the Event Centre at Hylatio on Friday 13th March. This will be in the format of a Harris Type event. Pairs may be made up of any combination: two males, two females, one male & one female, a parent & a child, a husband & a wife etc! Each pair will start together and everyone will have identical maps. There will be six 'spine' controls that must be visited by BOTH members in the pair (but not necessarily together) and another eight controls that need only be visited by one member of the pair. The time of the last member of the pair back at the finish will count as their time. Controls may be visited in any order and it is up to the pair to decide how they work out what is the most efficient way of following the rules, according to their own capabilities. Any missed spine controls = instant disqualification. Any missed other controls = time penalty of five minutes. How you work it out is up to you! It's a bit of fun! There will be prizes for various combinations of winning pairs. **For map printing purposes we need to have your entry before mid-day on 8th March please – just send us an email.** A small entry fee of €4.00 per pair will be charged and will be payable at the Event Centre desk.

CYPRUS NIGHT DINNER WITH LIVE MUSIC AND CYPRIOT DANCING AT HYLATIO ON SATURDAY 14TH MARCH AT 1900 HRS:

Hylatio Holiday Village will host a Cyprus Night dinner with live music and Cypriot dancing performance on Saturday 14th March. Tickets are strictly limited due to seating capacity and are priced at €15.00 per person. The price includes half a carafe of wine per person. Other drinks are at your own cost. Tickets may be purchased at Hylatio reception on a first come first served basis. Please note that there is no extra charge for this Cyprus Night for all those staying at Hylatio on Half Board basis.

EXTENDED EVENT CLASSES:

Under 10 (shadowing permitted),

M/W12, M/W14, M/W16, M/W18, M/W21, M/W21E, M/W35, M/W40, M/W45, M/W50, M/W55, M/W60, M/W65, M/W70, M/W75, M/W80.

PRIZES:

Only the FOUR MIDDLE DISTANCE events will count towards OVERALL prizes. Prizes will be awarded to the overall winner, second and third in each category, after adding the times of those four events together. In lieu of medals, the prizes will be pieces of local ceramic artwork, specially commissioned for the event and made for us by a local artist, Christiana Thrasyvolidou, who has a studio in Limassol.

The Sprint event in Lofou Village will be considered separate and will be sponsored by the Lofou Village Community, who have kindly offered small prizes for the winners of each class only. Prize giving will be after the event at the Village Community Centre, which is the old village primary school, where the start and finish take place.

Please note that competitors who choose not to run in their own age category or class in which they are ineligible, will not be considered for any prizes and will thus compete 'hors concours' in that class.

EMBARGOED AREAS:

The following areas, are considered OUT OF BOUNDS and embargoed for any type of events and or training, including hiking or walking until after the respective events have concluded:

MELANDA and KOURION (CURIOUS) orienteering areas. The area to the South East of Kouris Dam. Likewise, LOPHOU VILLAGE is also considered OUT OF BOUNDS and embargoed for even casual visits before the event and we ask you to respect this out of fair play for all.

TRANSPORT TO AND FROM EVENTS:

Please note that parking is limited at all events and we ask drivers to follow the instructions of the car parking marshals.

Whilst it is possible to walk the 1.5km from the event centre to the start for both the Melanda events on Day One and Day Two, a small shuttle bus will be provided, from Hylatio, for those that do not wish to walk up the hill. The bus will run to the start area only from 0830 hrs till 0945 hrs. There will be no return bus, so please note that those that take the bus **will have to walk back**. To cover the cost of the shuttle bus €5.00 will be charged for both days and this is in addition to any transport paid to and from events for days three, four and five. Please pay at the Event Centre the night before. Only cash is accepted. If you pay the bus attendant, then please ensure you have the correct change.

For those who have already booked transport to and from events for days three, four and five only the coach will leave Hylatio at 0830 hrs each morning and will return after the event.

EQUIPMENT:

Runners are to provide their own compass and **whistle**. We strongly recommend you carry a whistle. Full leg coverage is highly recommended for all four middle distance events. The bushes can be very tough, thorny and spikey, so please choose your route carefully. First aid will be available in the Admin area by the finish each day.

SPORTident electronic timing will be used for all events. Please note that loss of rented SPORTident card will be charged at €40 each. SPORTident Air (SIAC) is not yet available at this event.

UNEVEN AND SLIPPERY GROUND IN LOFOU:

Some of the narrow streets, lanes and paths in Lofou Village are uneven and can be VERY slippery when wet or covered in moss or dew (especially areas in shadow). All due care and attention must be taken to avoid accidents, please. First aid will be available at the Admin area by the start and finish.

LITTER:

Sadly, you will witness that fly tipping appears to be is rife everywhere in Cyprus. The Government has recently appointed over 100 inspectors to curb illegal dumping and hopefully things will improve. It is our aim to leave all areas that we use, cleaner than when we arrived. Thus, please dispose of your litter and rubbish in the rubbish bags provided and help keep the areas clean.

WATER:

There will be sufficient water at all events but we ask you take only what you actually need. We also ask you to bring your own reusable water bottles that you can fill, instead of using plastic or paper cups all the time. The empty plastic bottles and cups only end up in landfills.

AREAS OF SPECIAL ENVIRONMENTAL INTEREST AND LAWS CONCERNING PROTECTION OF FAUNA AND FLORA:

Due to the amount of rainfall this winter, all the areas chosen for this event are lush and green at this time of year. Whilst every effort has been made to avoid areas where rare and endemic plants (including orchids) are growing, we ask you to take great care and respect the environment.

Kourion (Curium) area in particular, is used by special license after weeks of lengthy negotiation. The Kourion (Curium) maps will have some Out Of Bounds areas marked as there are some 'special micro-habitats' out on the ground, which **MUST** be avoided. It is also the bird breeding season and we ask you **NOT** to bring any dogs to the events and to keep noise to minimum. The playing of loud music from radios or speakers is **NOT** permitted at all and we have not been granted permission to have a loud speaker system.

Please note that it is ILLEGAL to pick any wildflowers!

Likewise, crop damage is illegal and punishable with hefty fines and or up to three years imprisonment.

MAPS:

Melanda North and Melanda South: An updated 1:7,500 Melanda Map will be used. The area is open bondu with few obstructions across parallel ridges and three valleys which are crossed by numerous tracks and paths. This area is can be quite physical in places for runners on the advanced courses. A sample of the maps is shown here:



Lophou Village:

The 1:3,000 Lophou village map drawn by Michael Savvides will be used. There are plenty of narrow, twisty village roads and foot paths – some tarmac, some cobbled, some loose surface. Also, some steps and some rough open areas. Competitors are to avoid trespassing on private property and gardens. A sample of an old map is shown here:



Kouris Dam:

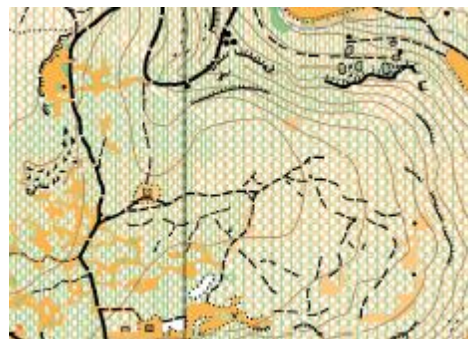
The new **1:10,000** map drawn in 2018/2019 by Peter Smith will be used. **The maps will be 1:7,500, except for the M/W18, M/W21, M/W21E, M35, M40 & M45 courses.** The area is open bondu with few obstructions with some steep slopes and crags in places. A sample of the map is shown here:



Kourion (Curium):

An updated **1:10,000** 'Episkopi East & Curium' map will be used. . **The maps will be 1:7,500, except for the M/W18, M/W21, M/W21E, M35, M40 & M45 courses.**

The ground is mixed bondu, crossed by plenty of tracks and paths. In places though, the bondu is dense and difficult to pass directly through. There are some runnable tracks in the centre of the area and there are some steep-sided spurs to the north. This area is classed 'special environmental interest'. A sample of the map is shown here:



DAY 1 & DAY 2 – MELANDA:

The ADMINISTRATION AREA, FINISH AREA and PARKING for Day 1 and Day 2 will remain the same.

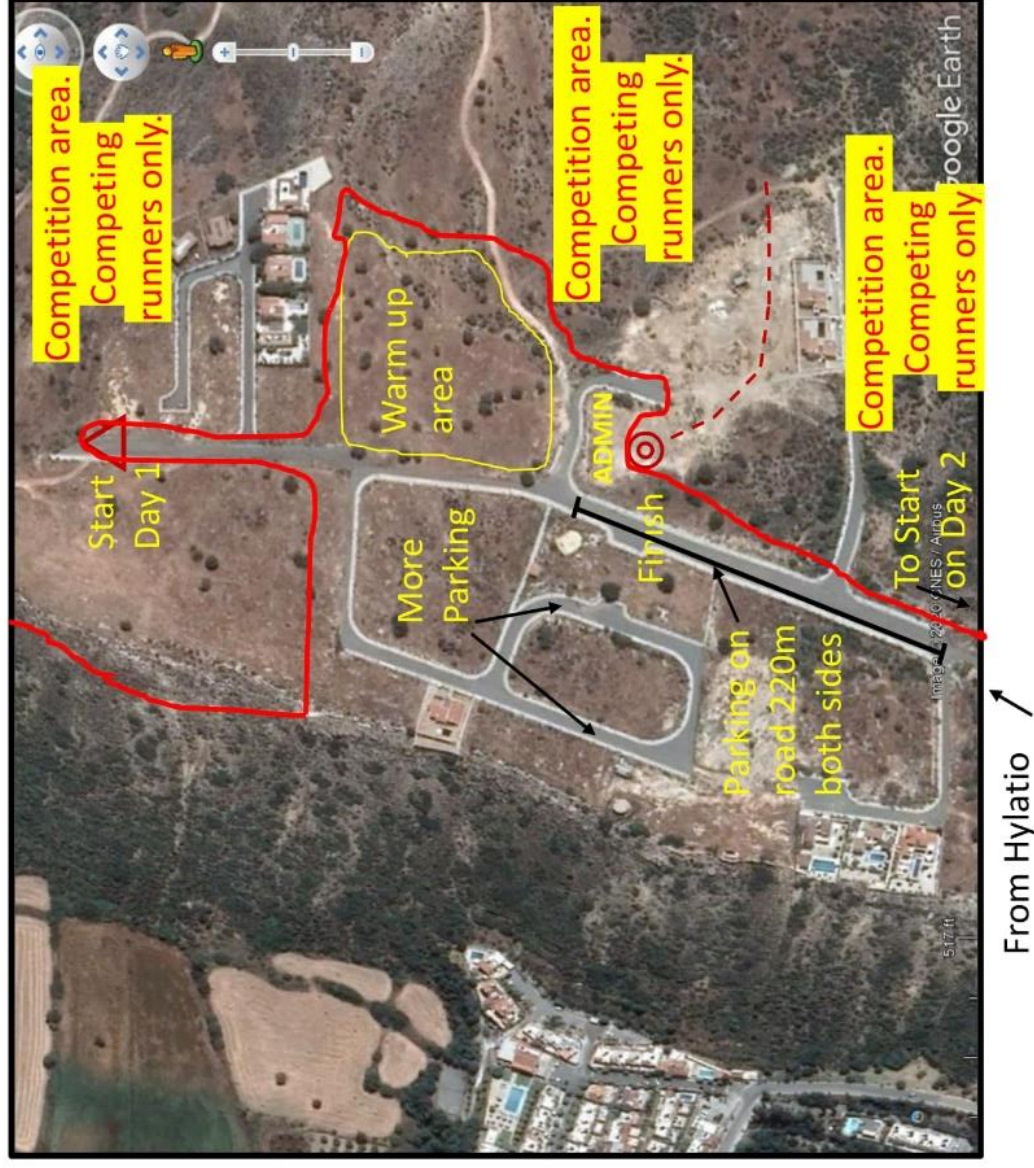
The START on Day 1 will be to the NORTH as shown here.

The START on Day 2 will be 5 minutes down the road to the SOUTH and is not shown on this map.

Parking is limited. Please comply with the parking marshals at all times.

There will be a shuttle bus (€5 for both days) which will take people from Hylatio to the start between 0830 and 0930 hrs each morning. There is no return bus and those taking the bus there will have to walk back.

The Melanda competition area is out of bounds to all, (except for competitor's actual competition time), until after the last runners have finished on Day 2.



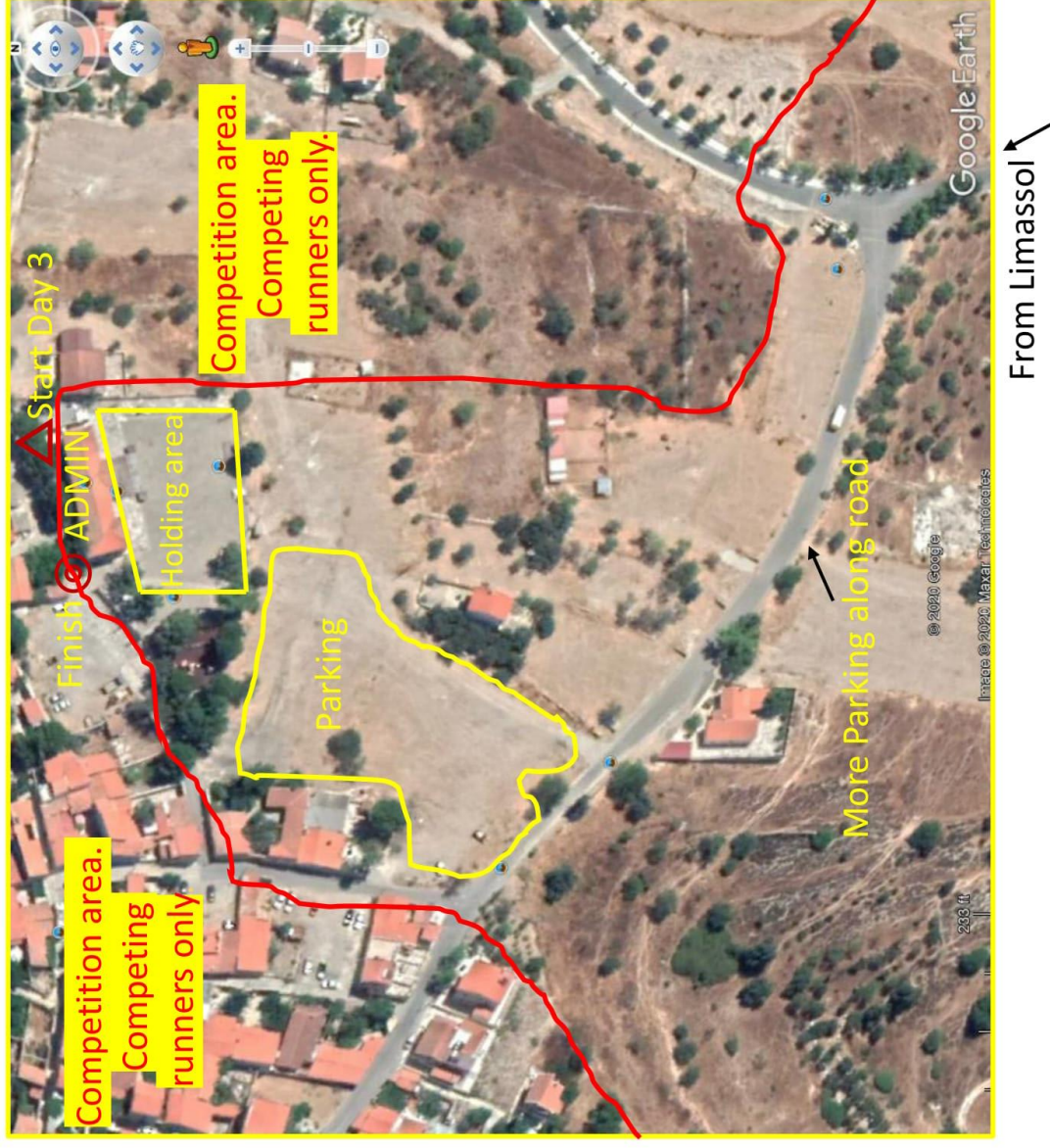
DAY 3 – LOFOU VILLAGE:

The ADMINISTRATION AREA, START and FINISH AREA for Day 3 are by the old village school.

The holding and warm up area is in the school yard. Toilets and drinking water will be available. Other refreshments and snacks will also be available for purchase from a local vendor.

Please refrain from entering the village for visits and lunch until after the last runners have finished.

Parking is limited. Please comply with the parking marshals at all times.

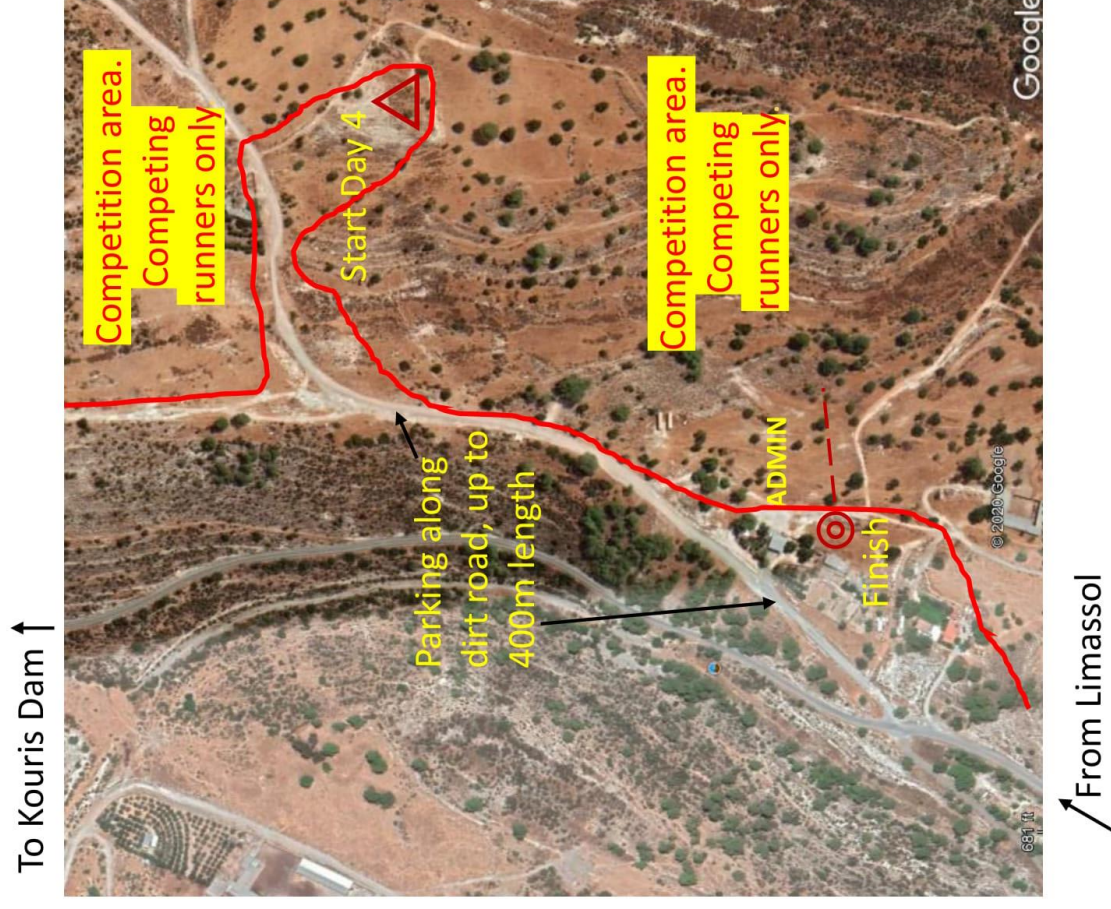


DAY 4 – KOURIS DAM SE:

The ADMINISTRATION AREA, START and FINISH AREA for Day 4 will be just off a dirt track, found on the right hand side, along the tarmac road to Kouris dam, from the Limassol - Paphos highway, behind Ypsonas.

There is parking along 400m of this dirt track. Parking is limited. Please comply with the parking marshals at all times.

The Kouris Dam competition area is out of bounds to all, (except for competitor's actual competition time), until after the last runners have finished.



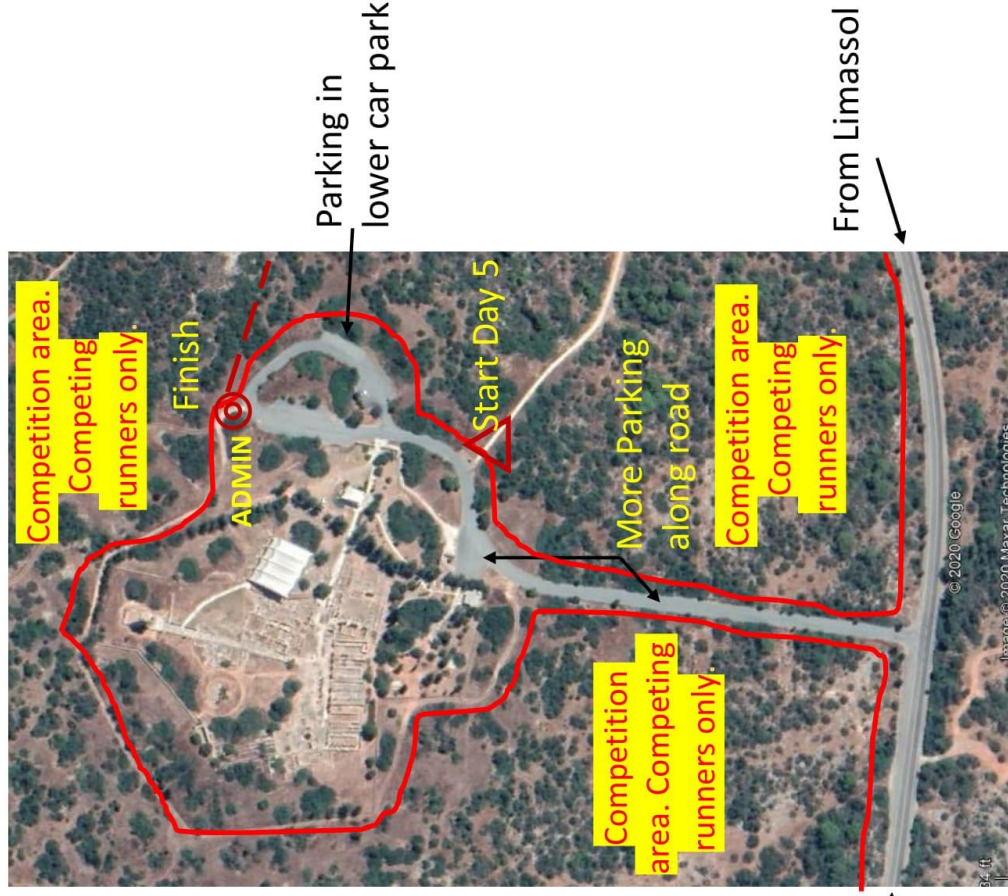
DAY 5 – KOURION (CURIUM) :

The ADMINISTRATION AREA, START and FINISH AREA for Day 5 will be by the archeological site of Apollo Hylates, found just off the old Limassol - Paphos road.

There is parking in the lower car park only (the upper car park must be kept free for visitors to the archeological site). There is more parking along 200m of the access road. Parking is limited however, so please comply with the parking marshals at all times.

The Kourion (Curium) competition area is out of bounds to all, (except for competitor's actual competition time), until after the last runners have finished.

We hope to have prizegiving as soon as possible after the last runners have completed their courses.



IMPORTANT NOTICE:

All participants in the Cyprus Orienteering Festival take part at their own risk and responsibility. Whilst a full risk assessment will be conducted and will be made available, the organisers cannot and will not be held responsible for any accidents or damages that may occur during the event.

FIRST AID & NEAREST HOSPITAL:

A First Aider will be on duty at all events.

A first aid kit and drinking water will be available at the registration, start and/or finish areas of each event.

The nearest Accident & Emergency is Limassol General Hospital, on the North West side of Limassol. Tel 25801100.

https://www.moh.gov.cy/moh/llgh/llgh.nsf/index_en/index_en?OpenDocument

INFORMATION ABOUT CYPRUS:

For information about Cyprus, please visit the following official website:

www.visitcyprus.com

For information about Limassol, please visit the following official website:

<http://www.limassoltourism.com/en/>

WEATHER:

Please note that the weather in March can often be varied and changeable. Please bring appropriate clothing including jackets.

www.cyprus-weather.org

ORGANISER CONTACT DETAILS:**CYPRUS ORIENTEERING FESTIVAL WEB SITE:**

www.cyprusorienteering.com

info@cyprusorienteering.com

Facebook:

fb.me/orienteeringfestivalcyprus

Event Coordinator and contact:

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THE EVENT IS SUPPORTED BY:



See you in Cyprus!