

Bulletin 4 with **updates and changes** for second week

FIVE + FIVE CYPRUS 2016



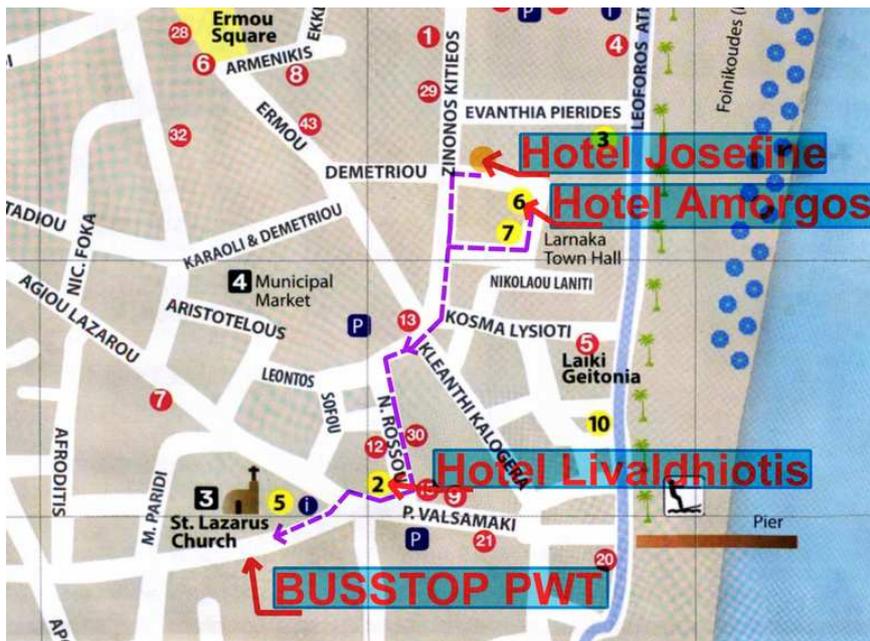
Partners:



TRANSPORTATION TO EVENTS:

BUS START PLACE:

Larnaca, Fanairomenis street (behind Saint Lazarus church, 160 meters from hotel Livadhiotis). GPS Coordinates: **34°54'40.5"N 33°38'05.4"E**



Second week;

1st stage: Monday 10.Oct. Mathiatis Forest, middle distance forest, **OBS! First start 15.30h, Bus departure from Larnaca to stage 1: 13,45h**

2nd stage: Tuesday 11.Oct. Nicosia Old Town (same map, different courses) sprint, First start 10.30h , Bus departure from Larnaca to stage 2: 08,45h

3rd stage: Tuesday 11.Oct. Athalassa Forest Park, middle (new part, different from 1st week) First start 15.30h , Bus departure from Nicosia to stage 3: 14,00h

4th stage: Wednesday 12.Oct. Lefkara Village, sprint, First start 10.30h, **Bus departure from Larnaca to stage 4: 09,00h**

5th stage: Thursday 13.Oct. Cape Gkreco Forest (Connos) , middle distance, First start 10.30h, Bus departure from Larnaca to stage 5: 08,45h

Overview map with marked locations of stages in second week:



Event centre

**The event centre is in Amorgos Boutique Hotel, 11 Mitsi Street, Larnaca 6307, Cyprus.
Opening hours in Amorgos Boutique Hotel:**

Saturday, 9th October 2016: 09:00-10:00, 18:00-19:00

Sunday, 10th October 2016: 09:00-10:00 , 18:00-19:00

(For those not picking their start bib etc in event office we will also bring to the events)

PUNCHING System: Sport Ident electronic punching system will be in use.

All maps are A4 size, and will be protected in plastic bags.

Additional control descriptions you will be able to find at the start.

From the finish to the start it will be marked road.

Kids course will not be marked in the terrain with stripes.

Courses data for the 1st stage is available in event center and at the web page as well, and for the rest of the week, it will be published at the 1st stage in arena.

COMPETITION CLASSES :

M12, M14, M16, M21, M40, M50, M60, M65, M70, M75,

W14, W21, W40, W50, W60, W65, W70, W75, W80,

Open short (good for beginners, men and women in same class),

Open Long (men and women in same class)

Kids course

START LIST:

Start list you can find at event center, event arena as well as at the web site.

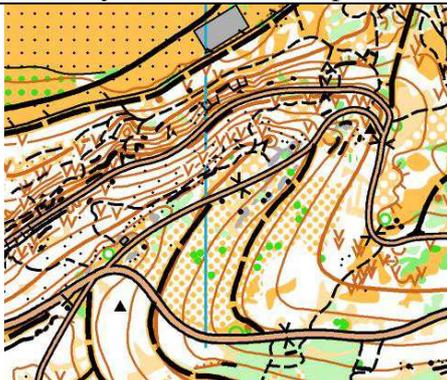
Please check start list and let us know if corrections are needed!

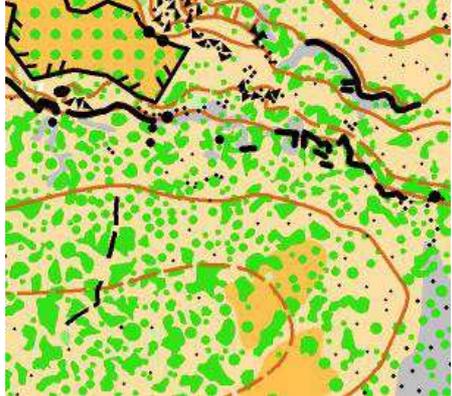
TRAINING MAP:

In event center and arenas you can buy training map, which is city Park situated in Larnaca, at the bank of Salt Lake, walking distance from our hotels. We put out red and white stripes instead of control flags, so you can visit any time you wish during the week.

TERRAIN DESCRIPTION / MAPS / GPS LOCATIONS:

SECOND WEEK, 10th to 13th October 2016

Terrain description	MAP SAMPLES	Locations
<p>1stage Mathiatis forest Middle distance Much open areas but still very interesting because of the detailed areas. Quite hilly. Normally very dry area -hard ground. Good to use orienteering-shoes with or without spikes. Jogging shoes can also be used but can be a bit slippery.</p>	 <p>Scale 1:7500, e=5m, January 2015, revised September 2016.</p>	<p>Parking 34°57'28.5"N 33°20'48.5"E Finish 200 meters on east from parking.</p>
<p>2nd stage Nicosia old town Sprint distance Very interesting old town with a mix of small narrow and bigger streets, passages etc Traffic will not be stoped, but its not too busy. Best to use jogging-shoes or sprint-o-shoes like Innov8.</p>	 <p>Scale 1:4000, e=2,5m,sprint norm, January 2015, revised Sept. 2016</p>	<p>OBS! New GPS Coordinates Parking bus 35°10'13.5"N 33°22'08.9"E Parking cars 35°10'09.2"N 33°21'49.0"E Quarantine 35°10'17.0"N 33°22'12.3"E Bastion Podocatoro with Monument of Liberty (close by will be start and finish)</p>
<p>3rd stage Athalassa forest park Middle distance National forest park near by Nicosia. Forest with open areas and good network of paths and roads for running and riding a bike. Good for any type of orienteering shoes.</p>	 <p>Scale 1:7500, e=5m, January 2015 revised in September 2016</p>	<p>Parking 35°07'30.3"N 33°23'03.3"E Finish 120 meters south east from parking</p>

<p>4th stage Lefkara village Sprint distance</p> <p>Tourist village with many small streets, paths and passages. Almost no traffic.</p>	 <p>Scale 1:3000, e=2,5m, January 2015, revised in September 2016</p>	<p>OBS! NEW INFO</p> <p>Bus parking: 34°52'04.2"N 33°18'24.1"E</p> <p>Car parking: 34°52'08.9"N 33°18'18.7"E</p> <p>Finish and start: Use only marked road to the finish (400 meters from the car parking)!</p>
<p>5th stage Cape Gkreco Middle distance</p> <p>Coast forest and open areas with some parts easy to run and some more green and rocky. Detailed and interesting orienteering where you have to use your skills!</p> <p>Orienteering shoes like dobb recomanded.</p>	 <p>Scale 1:7500, e=5m, January 2015 revised in September 2016</p>	<p>Bus parking: 34°59'01.6"N 34°03'59.4"E</p> <p>Car parking (limited capacity): 34°58'59.5"N 34°04'09.1"E</p> <p>Finish at the Conos beach: 100 meters on north from car parking</p>

PRIZES:

Prizes will be awarded for the winners at each stage, as well as for the total result for the 3 best.

OTHER USEFUL INFORMATION:

Transport from Larnaca airport to Larnaca hotels is not included in our package, but is very close and takes about 15 minutes and costs around 15eur with taxi.

Driving side is on left in Cyprus. Currency in Cyprus = Euro

Easy to take out in ATM-machines. In many places also VISA/Mastercard works well.

Electric plug in in Cyprus is different. Sometimes is good to have with you your adapter plug in, as well as some extension cables if you have more devices to charge, because sometimes might happened that in the rooms is just one electricity plug in, and at the reception not enough adapters to borrow.

Competitors taking part at their own risk. You need to have your own insurance covering all risks.

See you soon.

WELCOME TO CYPRUS!