

11th Green Half Marathon

The Athletic Club of Lefkada “Filandros” in cooperation with the Municipality of Lefkada, the Region of the Ionian Islands, proclaims the 11th Green Half Marathon of 21.097,5m, the Races of 5km and 10km. In addition to these races, it will also take place a 1000m Race for children 6-12 years old. The race is held under the auspices of EAS SEGAS Epeirou (Hellenic Athletics Federation) and the EOSLMA-Y (Hellenic Association of Mass Popular Sports and Ultra Running Clubs).

Date of Event: Saturday 11th of May 2024.

Start – Finish Area: Cultural Center of Lefkada.

Starting Time:

Half Marathon: 20:30 10km: 18:40 5km: 17:30

Start – Finish Area 1000m Races: Indoor Stadium of Lefkada.

Starting Time:

Year of Birth: 2011-2012 Year of Birth: 2013-2014 Year of Birth: 2015-2016

16:00

16:10

16:20

Race Route: The route is flat, made by asphalt and the biggest part of it is surrounded by an environment of high ecological importance protected by NATURA. The route is measured and certified by AIMS (Association of International Marathon and Distance Races), it is going to be shown every 1 km with zero altitude difference. Throughout the whole route there will be the presence of Police and of the Coast Guard for safety reasons.

Regulations: The regulations of IAAF (International Association of Athletics Federations) are applied. Finishing time is 180’ for Half-Marathon, 45’ for the 5km Public Health Race and 80’ for the 10km Race. After the above limits the athletes run on their own responsibility.

In the race of Half Marathon is mandatory every athlete to carry head light during the race.

Registration: On line through web site www.greenhalfmarathon.com.

In order to ensure the participation, every athlete needs to be **register until Friday 19th of April 2024**.

Technical T-Shirt: During the registration, there is the option of ordering the technical t-shirt of the race by paying an extra amount.

Registrations paid till 30/01/2024, the name of the participant it will be stamp on the technical t-shirt.

Participation Pack:

RACE REGISTRATION Basic:

Bib Number
Pasta Party
Finisher Medal

Full:

Basic

+

Technical T-Shirt

21.097,5m:	Individual		20€
	Team	15€	
10000m:	Individual	10€	18€
	Team	8€	15€
5000m:	Individual	10€	13€

**ομαδική
ισχύει για*

*εγγραφή
σύνολο άνω*

των 10 ατόμων.

For the 1000m race, the participation fee is **2€** and include the participation number and the finisher medal.

Transportation: For the participants from Athens and Thessaloniki there is a discount of 50% on the already bus schedules for Lefkada and the participants will be able to use it on the day of receiving their ticket, from 9th to 13th of May 2024, by showing the ID card. It would be better for those who are interested in this discount, to book their bus tickets earlier making a reservation, by calling the local bus stations.

Accommodation: The Registration Committee has already contacted with local hotels and renting rooms and taken a discount for all the participants and visitors. Moreover, for clubs with more than 30 persons, which will reach the island by their way of transportation, there are special prices and for this reason the responsible person of this trip has to contact with the registration office as soon as possible in order to make the reservations on time due to the limited number of rooms.

Charity participation: *Part of the amount that will be gathered from the applications of the 1km race will be given to help financially welfare institutions for which there will be given more information later.*

Awards: There will be an award for the first 3 men and the first 3 women from the general classification in all 3 races. Also, in the Half Marathon Race the first 3 athletes of each age category will be awarded as it is described below. The first 3 men and the first 3 women from the general classification will not be awarded in the age categories. In the Race of 1000m there will be an award for the first 3 boys and girls in all age categories. In every finisher athlete of the 4 races (21.097km, 10km, 5km, 1km), will be given a commemorative medal.

Age Categories 21.097,5m:

MEN

1. 18 – 29 y.o.
2. 30 – 39 y.o.
3. 40 – 49 y.o.

An age category will be shaped if there are at least 6 athletes who participate. On the contrary, the category will be merged with the next one, or the previous one if it is about the last category.

Money Awards and elite athletes: There are in valid money awards only for the first three men and women of the Half Marathon Race according the following list. Prerequisite time winners for the money awards in men it had to be less than 1.18'00'' and women less than 1.30'00''. More specifically:

MEN

1st 500 €

2nd 350 €

3rd 300 €

4th 200 €

5th 150 €

6th 100€

The first three men and women, winners of the 10th Green Half Marathon, are guests of the organization committee, including their accommodation and registration. Also elite athletes in Half

Marathon (men time: <1.15'00'' and women time <1.30'00'') with certified bib time in the year 2023 or 2024, are free of registration charge. ***For both specified athlete categories above mentioned, is prerequisite the in time registration and communication with the organizing committee until 1st of April 2024.***

Special Events: During the parallel events, on Sunday 12/05/2024 it takes place a ***Beach Party*** event in a blue flag sea side beach. Also the day of the race at 12:00-14:00 hour, it take place a free of charge ***Pasta Party*** for all athletes, of which will be given more information with the withdrawal of the participation numbers.

General: The participation numbers will be given at the Cultural Centre of Lefkas (ex Town Hall) the day of the race 09:00-15:00 and the previous day of the race 15:00-21:00. In the Half-Marathon Race, 10km and 5km Races there will be an Electronic Timing.

In almost every 2.5 km throughout the whole route there will be kiosks with water (2nd, 5th, 7.5th, 10th, 13th, 15th, 18th kilometer), while on the 10th kilometer there will be also given an isotonic. The races will take place no matter the weather conditions.

All the runners will run with their own responsibility and they should have been tested recently by a doctor.

The Organization Committee