



CRETE MARATHON

PROCLAMATION-INVITATION TO PARTICIPATE IN THE 8TH MARATHON OF CRETE

Dedicated to the memory of Blessed Metropolitan Irineos Galanakis

Sunday, April 14, 2024

The **Crete Marathon** is a cultural and, above all, sports event that has been held in Chania since 2016. It is the only Green Marathon in Greece and is included in the official program of sports events (calendar) of S.E.G.A.S. It is dedicated to Blessed Metropolitan Irineos Galanakis, who developed an important religious, humanitarian and social work in Crete, while the 10 km Road Race is dedicated to Captain Kostas Iliakis, who gave his life defending the Greek airspace. For the 8th Crete Marathon, the 5 km Road Race is dedicated to the composer Mikis Theodorakis and the 2.5 km Road Race is part of the Olympic Values. The Crete Marathon includes a variety of parallel cultural events and culminates with the Games:

Marathon Race (42,195m)

10 km, 5 km & 2.5 km

It is organized by the **Chania Health Runners Association (S.D.Y.H.)**, with co-organizers of the O.T.A. the Regional Unit of Chania, with the support of E.A.S. S.E.G.A.S. of Crete, of E.A.K. of Chania, the Primary and Secondary Education of Chania, the Chania Traffic Police, the Orthodox Academy of Crete, the Hoteliers' Union, the Chamber of Commerce and Industry (E.B.E.), the Medical Association of Chania, and is under the auspices of the Region of Crete, SEGAS , of EOT, AIMS and E.O.S.L.M.A.-Y.

The Technical Committee invites you to participate in the events

and races of the 8th Crete Marathon on

Sunday, April 14, 2024

Races on public roads include:

- **Marathon Race** (42,195 m.), dedicated to Blessed **Metropolitan Ireneos Galanakis**.
- **10 km Road Race**, dedicated to the memory of the hero **Captain Kostas Iliakis**.
- **5 km Road Race** - dynamic walking, dedicated to the music composer **Mikis Theodorakis**.
- **2.5 km Road Race** – dynamic walking included in the **Olympic Values**.

Friday 12-4-2024 and Saturday 13-4-2024 the following events will take place:

Friday, April 12, 2024

- Collection of the Wreath for the awarding of the athletes from the Ancient Olive Tree of the village Vouvesin the Municipality of Platanias.

Saturday, April 13, 2024

- Torch Relay from the Municipalities ending at the Orthodox Academy of Crete (Kolymbari), in memory of the Blessed Metropolitan Ireneos Galanakis.

Saturday, April 13, 2024

- Opening ceremony of the 8th Crete Marathon.

Conditions of holding the matches

1. DATE OF RACES

Sunday, April 14, 2024

2. START - FINISH

In the 8th Crete Marathon, the new attractive routes (for a record) of all events have been designed with the aim of providing better and safer service to the runners on the one hand and highlighting cultural elements of the region and the city of Chania on the other hand, and have a starting and ending point at the **National Sports Center (E.A.K.)**.

The Marathon, the 10 km and 5 km are certified by the **AIMS**.



3. DETAILS OF COMPETITIONS

3.1 Marathon Race

Dedicated to Blessed **Metropolitan Ireneos Galanakis**

Start Time: 07:30



Description of the route: Start from Elev. Venizelou (outside the main entrance of the Chania stadium) - HatzimichalisGiannari (Market) - Halidon - Kountourioti (old port) - Talos square - Akti Kanari - Akti Papanikoli - Monis Gonias - Kon/nou Palaiologos - Selino - Georgiakakidon - Kladisos junction - Old National Road – Maleme - **U-turn** 200 m. before the junction of Tavronitis – Old National Road – Kalamaki – Strati Pantelaki – Ag. Apostolon (north of the park) – ChrysiAkti – Daskalogianni – junction Chrysis Aktis – Old National Road – junction Kladisos - Kissamos – Skalidi – HatzimichalisGiannari (Market) – Elev. Venizelou – Chania National Stadium (Elena Venizelou) – **Finish** (100 m.).

3.2 Road Race 10 km.

Dedicated to the hero **Captain Kostas Iliakis**.

Start Time: 08:00



Description of the route: : Start from Elev. Venizelou (outside the main entrance of the Chania stadium) - HatzimichalisGiannari (Market) - Halidon - Kountourioti (old port) - Talos square - Akti Kanari - Akti Papanikoli - Monis Gonia - Kon/nou Palaiologos - Selino - Georgiakakidon - Kladisos junction - Old National Road - Golden Coast junction - Daskalogianni - **U-turn** (Golden Coast terminus) - Daskalogianni - Golden Coast junction - Old National Road - Kladisos junction - Kissamos - Skalidi - HatzimichalisGiannari (Agora) - Elev. Venizelou – Chania National Stadium (Elena Venizelou) – **Finish** (100 m.).

3.3 Road Race 5 km.

Dedicated to the music composer **Mikis Theodorakis**.

Start Time: 09:00



Description of the route: Start from Elev. Venizelou (outside the main entrance of the Chania stadium) - HatzimichalisGiannari (Market) - Halidon - Kountourioti (old port) - Talo square - Akti Kanari - Akti Papanikoli - Monis Gonia - Kon/nou Palaiologos - Selinou - **U-turn** (at 130 m .) – Selinou – Monis Gonias - Kissamos – Skalidi – HatzimichalisGiannari (Agora) – Elev. Venizelou – Chania National Stadium (Elena Venizelou) – **Finish** (100 m.).

3.4 Road Race 2.5 km

Included in the **Olympic Values**.

Start Time: 12:00



Description of the Route: Start from Elev. Venizelou (outside the main entrance of the Chania stadium) - HatzimichalisGiannari (Market) - Skalidi - Piraeus - Patriarchou Gerasimos - MeletiouMetaxakis - Skalidi - HatzimihaliGiannari (Market) - Elev. Venizelou – Chania National Stadium (Elena Venizelou) – **Finish** (100 m.).

Detailed information and maps with the routes can also be found on the official website of the Organization: www.crete-marathon.gr

4. REGULATIONS OF COMPETITIONS

The Road Races organized by the Crete Marathon have the approval of S.E.G.A.S., a member of WA, and are conducted in accordance with the Articles and Provisions of the "Competition Rules" of WA of the Association of International Marathons and Distance Races (A.I.M.S.) and his S.E.G.A.S. 2020-21.

NOTE: Anything not expressly stated in this document is subject to the WA Regulations of A.I.M.S. and of S.E.G.A.S., while at the same time the Articles with all their Provisions, which govern the Competitions

on Public Roads, are automatically and universally put into effect. (www.segas.gr, www.iaaf.org/about-iaaf/documents/rules-regulations)

Particular attention needs to be paid to complying with the regulations of the following articles (Ch. 1, Articles 6 – 7 & Ch. 7, Article 55), according to which specific actions are considered as assistance and are therefore NOT ALLOWED:

The provisions are automatically and universally enforced of:

Volume C - Chapter 1

Article 6 – Aid to Athletes

Article 7 – Cancellation of a competitor

Volume C - Chapter 7

Article 55 – Road Races on Public Roads

Basic provisions to be observed:

Article 6.2 Any athlete who provides or accepts assistance within the playing area during a competition (including those provided for in Articles 17.14, 17.15, 54.10 and 55.8 of the Technical Regulations) will receive a warning from the Superintendent and will be informed that, if this is repeated, will be excluded from the specific competition Note: In the cases covered by Article 6.3.1 of the Technical Regulations, the cancellation may be made without warning.

Article 6.3.1. Pacing by persons not participating in the same race, by athletes who are one lap short or about to be overtaken by one lap, or by any type of mechanical device (except those permitted under Article 6.4) is not permitted .4 of the Technical Regulations).

Article 55.8.8. The athlete who accepts (from another) or takes refreshment or water himself from a point other than the official stations, except in cases where this is given for medical reasons by the referees of the match or under their supervision, or takes the refreshment of another athlete, should, if this is his first offence, receive a warning from the Superintendent as a rule by showing a yellow card. If he commits the same offense a second time, the Referee will disqualify the athlete, usually by showing a red card. In this case the athlete will immediately withdraw from the competition. Note: An athlete will be able to receive from another athlete or give to another athlete refreshments, water or sponges, provided that he carries them from the start or has collected or received them at one of the official stations. However, any continued support by an athlete to one or more other athletes in this way may be considered unfair assistance, and may result in a warning or disqualification as described above.

5. RIGHT TO PARTICIPATE

► **Each runner has the right to register and participate in ONE race only.**

The runners who will participate in each race must have been born as follows:

- For the **Marathon** Road, people born from **2006 and older**.
- For the **10 km** Road Race born from **2009 and older**.

- For the **5 km** Road Race born from **2012 and older**.
- Runners of all ages can participate in the **2.5 km** Road Race with the following conditions: born in **2017 and older**. Children under the **age of 2018, 2019, etc. can also normally participate, but they MUST be accompanied by adults**.
- **High school and small high school** students can participate in the **5 km** race in an organized manner.
- The **2.5 km** race can also be organized by **elementary school** students.

- For **students**, when registering for the position: "**Association or Club**", put the school they belong to.

- For individual or group school registrations for underage runners born in 2006 and younger, a responsible declaration must be sent by gov.gr, parent or guardian (with text available on the registration website), by e-mail at **chaniarunners@gmail.com** with SUBJECT: the name of the participant, the school and the race of his/her choice (e.g. Papadakis Giannis, 1st GEL Chania, 5 km or 2.5 km). In the following days the participant will receive an e-mail confirming his registration.

All runners must run in **full sports clothing**.

6. AWARDS - PRIZES

6.1 Prizes

- **Heavy Cups** are awarded to the **first three** overall **Men's and Women's winners** of each road race (**Marathon, 10 km and 5 km**).
- **Cups** are awarded to the **first three Men** and the **first three Women**, in the following Marathon categories: **(18-29), (30-39), (40-49), (50-59), (60-69), (70+)**.
- **Cash prizes** will be given to the **first winner** and the first winner of the Road Marathon (**700 euros**), the **second winner** and the second winner of the Road Marathon (**500 euros**), the third winner and the **third winner** of the Road Marathon (**300 euros**).
- **Gift vouchers** (purchase in kind) will be given to the first winner and the **first** winner of the **10 km and 5 km (300 euros)**, the second winner and the **second** winner of the **10 km and 5 km (200 euros)**, the third winner and to the **third** winner of **10 km and 5 km (100 euros)**.
- **Cups** are awarded to the **first three Boys** and the **first three Girls of Lyceums** of **5 km** born in the years **(2006-2007-2008)**.
- **Cups** are awarded to the **first three Boys** and the **first three Girls of High Schools** of **5 km** born in the years **(2009-2010-2011)**.
- **Cups** are awarded to the **first three Boys** and to the **first three Girls of Elementary School** of **2.5 km**, born in the years **(2012-2013-2014)**.
- **All runners** who finish will be awarded a commemorative **medal** of the Event.

- Participants who will finish in the road race of their choice will have the possibility to print their participation certificate through a special application on the website of the Organization www.crete-marathon.gr



6.2 Special Awards

By decision of the Technical Committee, special prizes will be awarded in the following distinctions:

- Special award to the first male and female disabled athlete of the Marathon.
- Special award to the first athlete and the first athlete with disabilities, of the 10 km Road Race.
- Special award to the first three (3) athletes with disabilities, of the 5 km Road Race.

(Running athletes have priority for awarding the disabled)

- Special Mass Entry Awards (most team entry based on number of team members finishing)
 - At the Marathon
 - In the 10 km Road Race.
 - In the 5 km Road Race.
- Special prize for the most mass participation (most group participation of a school in a second session) based on the number of school members who finished, in the 5 km Road Race.
- Special award for the most mass participation (most group participation of a school of a first edition) based on the number of school members who finished, in the 2.5 km Road Race.
- From all matches after the awards, there will be a raffle for gift vouchers for those present (based on the number of entries).

6.3 Benefits

a. Benefits per participation:

1. Participation number (BIB Number).
2. Printed information material.

3. Certificate of participation.
4. Commemorative finishing medal.
5. Match photos.
6. Men's-Women's 10 km, 5 km and 2.5 km event T-Shirt with sleeve, for the Marathon (42,195 m.) Men - Women with sleeve or sleeveless.
7. Organizer bag.
8. Organization rucksack in the enhanced package in all races.
9. Electronic timing.
10. Online results for all runners.

b. Additional benefits:

For those who register for the Marathon Games, the 10 km, 5 km and 2.5 km races, there will be special discounts and offers regarding means of transportation, accommodation, dining, entertainment, culture which will be announced regularly time intervals on the website of the Organization **www.crete-marathon.gr**.

7. DECLARATION OF PARTICIPATION – METHODS OF REGISTRATION – TYPES OF REGISTRATION

7.1 Declarations of Participation

Participation declarations for all races must be submitted by **Friday, April 5, 2024**, with online registration at the following address: www.crete-marathon.gr

NO REGISTRATIONS WILL BE MADE in the period from 6-4-2024 to 11-4-2024, before the games or on the day of the games. Limited registrations will take place exclusively at the Registration Center on its operating days (12-13/4/2024) and if there are places available.

7.2 Types of Registration

Registrations are divided into:

- a. Individual**, which are made by individuals. Individual registrations of minors are made by their parent or guardian.
- b. Teams**, which include **six (6)** runners or more. Group registrations refer to the registration of a group of at least six (6) runners, who belong to the same club/team and can participate in any event of their choice.

Group registrations are for sports clubs, running clubs, gyms, companies, schools, private and public organizations, travel agencies, families and even simple groups of people who wish to participate as a group.

During group registration, he/she who creates the Group and declares it electronically through the Organization's website is defined as Group Leader. The Team Leader represents it in various matters of communication with the organizers and can participate as a runner-member himself.

For more information about group registrations, please call 6945587822.

c. Free child registrations

It only concerns the organized registration of students (e.g. per school) and not their individual (per person) participation in the 5 km and 2.5 km races).

Registration for the 5 km and 2.5 km Road Races:

The registration and responsible declaration of parents or guardians for the 5 km and 2.5 km Road Races are necessary even in the case that it is provided free of charge for children – students.

8. PARTICIPATION COST

The entry fee (in euros) for the registration of each runner per race is shown in the table below. choice in the participation amount!

TYPE OF PARTICIPATION	MARATHON RACE	ROAD RACE 10KM	ROAD RACE 5KM	ROAD RACE 2,5KM
REGISTRATION FEE PER ENTRY UNTIL FEBRUARY 29, 2024				
INDIVIDUAL	25	13	10	8
TEAMS-RUNNERS' ASSOCIATIONS-STUDENTS/UNEMPLOYED DISABLED	20	10	8	6
CHILDREN	-----	-----	0	0
REGISTRATION FEE PER ENTRY FROM MARCH 1, 2024				
INDIVIDUAL	30	15	12	10
TEAMS-RUNNERS' ASSOCIATIONS-STUDENTS/UNEMPLOYED DISABLED	25	12	10	8
CHILDREN	-----	-----	0	0

Enhanced package with additional provision of an **organization backpack** for all matches and for all types of participation, at an additional cost of seven **(7) euros**.

The **free children's** participation only concerns the organized registration of students (e.g. per school) and includes the provision of a T-Shirt and bag of the organization.

☒ Declarations of participation until Friday, April 5, 2024.

8.1 Payment Methods

- **On-line** payment through the website: **www.crete-marathon.gr**. it must be done electronically (payment by card) during your registration and before its completion, otherwise it is considered invalid.

In order for the reduced cost registration of a participant in a race to be considered valid, the necessary supporting documents must be sent, within 3 days from the day of submission of the participation application by e-mail to chaniarunners@gmail.com with SUBJECT: the name of the participant and the race of his choice (e.g. Papadakis, 5 km). In the following days the participant will receive an e-mail confirming his registration.

ATTENTION: Possible additional charges & bank charges, when paying by credit card, ARE BURGABLE TO THE PARTICIPANT. A registration corresponding to a payment of a lower participation amount than the predetermined amount will be cancelled.

If the participant does not receive confirmation of registration to the e-mail they have indicated in a short period of time, they must contact the Technical Committee at chaniarunners@gmail.com

Registrations will be made during the operation of the Registration Center with the personal registration of the participant (payment by cash only), on Friday 12 and Saturday 13 April 2024 if there are registration places available. The Registration Center will operate at the National Stadium of Chania (Andrea Papandreou 59, Chania).

8.2 Cancellation Policy

For the cancellation of participation in the Crete Marathon 2024, the following apply:

- a. In case of cancellation of participation by the runner by February 29, 2024, the price of his participation will be refunded, excluding bank charges.
- b. In case of cancellation of participation by the runner after March 1, 2024, the price of his participation will not be refunded.
- c. In case of cancellation of the match due to the responsibility of the organizer or due to special reasons, it will be set off with the next event or the participation fee will be refunded in full.

9. Social Dividend

A sum of money (social dividend) will be allocated to support the special schools of the prefecture of Chania, from part of the registration amount of the runners and from the voluntary offer from the primary and secondary school children.

10. HEALTH COVERAGE:

In any case, all participants take part in the competitions at their own risk. The organizers bear no responsibility for anything that happens to participants of all road races of the Organization regarding HEALTH issues during the race, which are due to a lack of preventive medical control.

It is essential that all participants have recently undergone a medical examination and, in particular, have undergone a cardiac check-up. The organizers will not request medical certificates for each participant, because all participants compete under their own responsibility and minors under the responsibility of their parents or guardians, by signing the relevant responsible declaration, which is included in the printed or electronic Registration Statement for each competition of the Organization. Disabled runners who need an escort during the race must provide their own escort. During each race, Medical Services and First Aid personnel will be present at the start and finish areas as well as at selected points along the routes to deal with any medical emergency by providing First Aid.

11. STORAGE OF RACE CLOTHING

Runners will be given the opportunity to hand in their individual clothing before the start of the race in which they are participating and collect it after their finish at the **National Stadium of Chania**.

(Andrea Papandreou 59, Chania).

12. SUPPORT STATIONS

Bottled water will be available to all race runners at the start, finish, and every 2.5km.

Along the Marathon route there will be support stations for the runners, every 2.5 km.

Isotonic drinks will be available to runners at the start, finish and every 2.5 km, more bars at 7.5 – 17.5 – 25 – 35 km, bananas at 12.5 – 20 – 30 – 37, 5 km, gel and cola type product at 20 – 32.5 km, and sponges at 10 – 17.5 – 32.5 – 40 km.

Also, there will be the possibility of providing personal drinks and supplements by persons accompanying the runners every 5 km, from the 5th km onwards.

13. KILOMETER INDICATIONS:

In every kilometer of the Marathon routes, the 10 km and the 5 km. there will be an indication of mileage.

14. TIME LIMIT FOR MATCHES

The finish time limit for the **Marathon Road** is six hours (**6:00'**) from the scheduled start time of 7:30 (runners must have completed the Marathon by 1:30 p.m.).

For the **10 km Road Race** the time limit is one and a half hours (**1:30**) from the scheduled start time of 8:00 (runners must have completed the 10 km Race by 09:30).

For the **5 km Road Race** the time limit is one hour **(1:00)** from the scheduled start time of 9:00 (runners must have completed the 5 km Race by 10:00).

For the **2.5 km Road Race** the time limit is 50 minutes **(50')** from the scheduled start time of 12:00 (runners must have completed the 2.5 km Race by 12:50)

15.1 Electronic Timing

The electronic timing of all the races of the Event, as well as the publication of the results, has been undertaken by a certified timing company. For this reason, all participating runners in the Marathon, 10 km, 5 km and 2.5 km Races should bring the timing chip that they will receive together with their participation number from the Registration Center. Electronic control and timing mats for recording intermediate times will be available:

For the Marathon Road: at the start, at the finish and at 21.1km. Also, runners will have intermediate times and checkpoints along the course and at its extreme points.

For the 10 km, 5 km and 2.5 km Road Races: at the start and finish and at the extreme points of the course.



15.2 Results

For all Road Races of the Crete Marathon Organization in which there is official electronic timing, the Articles and Provisions of the Regulations of the W.A., the A.I.M.S. and of S.E.G.A.S.

The announcement of the results will be made on the website of the Organization www.crete-marathon.gr after the end of the races. Any objections can be submitted within five (5) calendar days from the day the results are posted.

The announcement of the official results will be made on the website of the organization within ten (10) working days from the day of the games.

If an athlete is disqualified from an event due to the violation of an article of the regulations in force, in the official results he is not ranked, but only listed with a simultaneous reference to the article that was violated (Article 145.1).

16. DOCUMENT CENTER

Venue: National Stadium of Chania (Andrea Papandreou 59, Chania).

Days and Hours of Operation:

Friday 12 and Saturday 13 April 2024 from 10:00 to 20:00.

Participants must receive their participation number and timing chip, as well as the rest of the Event materials, exclusively from the Registration Center.

17. EVENTS

During the period leading up to the day of the games, various events of a cultural, social and ecological nature will be held, which will be announced on the website of the Organization.

18. AWARDS

11:00 In the first three of the Marathon, of 10 km and 5 km.

13:30 In all other categories.

Chania, 30 – 10 – 2024

The Technical Committee

TECHNICAL DIRECTOR: Manos Gryfakis

MEMBERS: (alphabetically)

Angela Arkalaki

Nancy Georgaraki

Manos Linarakis

Eleni Polychronaki

Vana Tzagaraki

Emmanuel Charalambakis

Michael Choulakis

SPECIAL ADVISOR: Mitropapas Konstantinos