



CYPRUS SUNSHINE CUP #1 AFXENTIA 2018

TECHNICAL GUIDE

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1. History of the Race

Afxentia stage race has been organized for the past 20 years. Since 1997 it has been registered as a UCI Race, which makes it one of the oldest, if not the oldest existing stage race in Europe. It is organized in honor of the National hero Grigoris Afxentiou who died in the area of Macheras Forest in 1957, during the 1955 - 1959 freedom struggle.

The race is a useful test for many Elite riders, where they can find high-level competition and top-level courses that will challenge them to a last check of their performance after their winter preparation. Many riders have said that "If you are doing well at the Afxentia Stage race, then you are in for a great season"

The number of participants steadily increased from the first days that it was organized and in 2015 more than 120 Elite riders from 30 countries all over the world stood on the start line! In 2016 more than 140 riders from 27 countries took the start!

Macheras Forest is under the authority of the Cyprus Forestry Department and is one of the most beautiful areas on the island all year round. The entire area has been nominated as a "NATURA 2000" site and as such it is protected. The biggest part of the race takes place in forest roads and singletrack, something that makes it a pure mountain bike race for the riders. In the entire route there is only a few sections on which riders roll on asphalt road. This gives the organizers the freedom to plan for many years ahead to improve the standard of the race and open it to many more participants from the Cycling for All and Masters categories.

The choice of many riders to participate in the Afxentia stage race comes undoubtedly by the uniqueness of the route and the landscape as well as the format of the race. Four days, four stages full of action and a great challenge for performance! Some of the best riders in the world choose the Afxentia stage race to kick start their season. Some of them are Jaroslav Kulhavy, Bart Brentjens, Florian Vogel, Alban Lakata, Marco Aurelio Fontana, Jose Antonio Hermida Ramos, Jolanda Neff, Pauline Ferrand Prevot, Gunn-Rita Dahle Flesjaa, Irina Kalantieva, Annika Langvad, Sabine Spitz, Maxime Marotte, Fabian Giger, Florian Vogel and many more.

At the same time many amateur and masters riders, looking to escape a cold and snowed-out Europe, take the challenge for an early season challenge in world class routes and singletrack!

2. General Info-About Cyprus

On Cyprus racing specialists, touring cyclists and mountain bikers will all find just the right exciting challenges, in a Mediterranean climate with a delightful combination of sea, beaches and mountains

The island which is located on the eastern end of the Mediterranean Sea, has perfect weather for cycling, especially in the months between October and April, when temperatures range between 15°C and 25°C, while annual rainfall is also quite low in comparison to European countries. What's more, unlike other European or Mediterranean countries, the strong headwinds that are a bane to cyclists, here are rare.

But what makes Cyprus stand out as a heaven for cyclists is its compactness. It is like a whole continent condensed into a small island. The third largest island of the Mediterranean, Cyprus, combines attractive beaches with pine-clad peaks, busy modern Europeanized towns and tranquil old stone villages, vineyards, olive groves and ancient ruins. The short distances mean that there are rapid changes of terrain entailing a variety of different road surfaces over short distances.

Within the space of 10 km you can go from rocky to clay and steep to flat, enabling you to experience all surfaces within a short period of time and making the island into one huge mountain bike arena. Bikers can hone their skills on the unique trails of the mountains of Troodos and Macheras or in the Akamas peninsula, riding steep slopes that have been ridden and tested by many world champions. Quiet rural roads, with excellent quality tarmac, well signposted and with limited car traffic add to the attraction. In addition, there are no legal barriers to cycling anywhere on the island except of course on motorways.

3. Rules

The Cyprus Sunshine Cup #1 - AFXENTIA 2018 stage race is organized under the rules of UCI and the Cyprus Cycling Federation and the specific rules mentioned in this guide. The race will be held from the 22nd until the 25th of February inside and around the Macheras forest.

4. Categories:

For the “Afxentia Stage race” the following categories can participate:

- UCI: Women and Men Elite: aged 19+ (born before 1999)
- Non-UCI licensed riders in:
 - Junior Men and Junior Women

Cyprus Sunshine Challenge (for Non-Elite riders in):

- Masters Categories (Stages 1-3)
- Open Categories (Stages 1-3)

Cyprus Sunshine Challenge - Other races:

- National Cup XCO race (only on 24th of February):
 - U15 Boys and Girls,
 - U17 Boys and Girls,
 - Masters 1 (30-39),
 - Masters 2 (40-49),
 - Masters 3 (50+)
- OPEN (Cycling for all Event)

5. Registrations

The participants can register using the following ways:

- Online through the www.cyclingcy.com website.
- Email on info@cyclingcy.com

Online inscription closes on the 15th February 2018.

6. Number pick up

Number pick up of the riders (with distribution of Race number plates and timing chips) can be done only at the Registration office during the following working hours:

20 & 21 February 2018: 10:00 - 13:00 and 13:30 - 16:00

The Team Managers meeting will be held at 17:30pm on 21st February.

The UCI License is kept and returned with the return of the timing chip.

For all riders without a UCI Licence a deposit of €50 will be kept until the return of the chip.

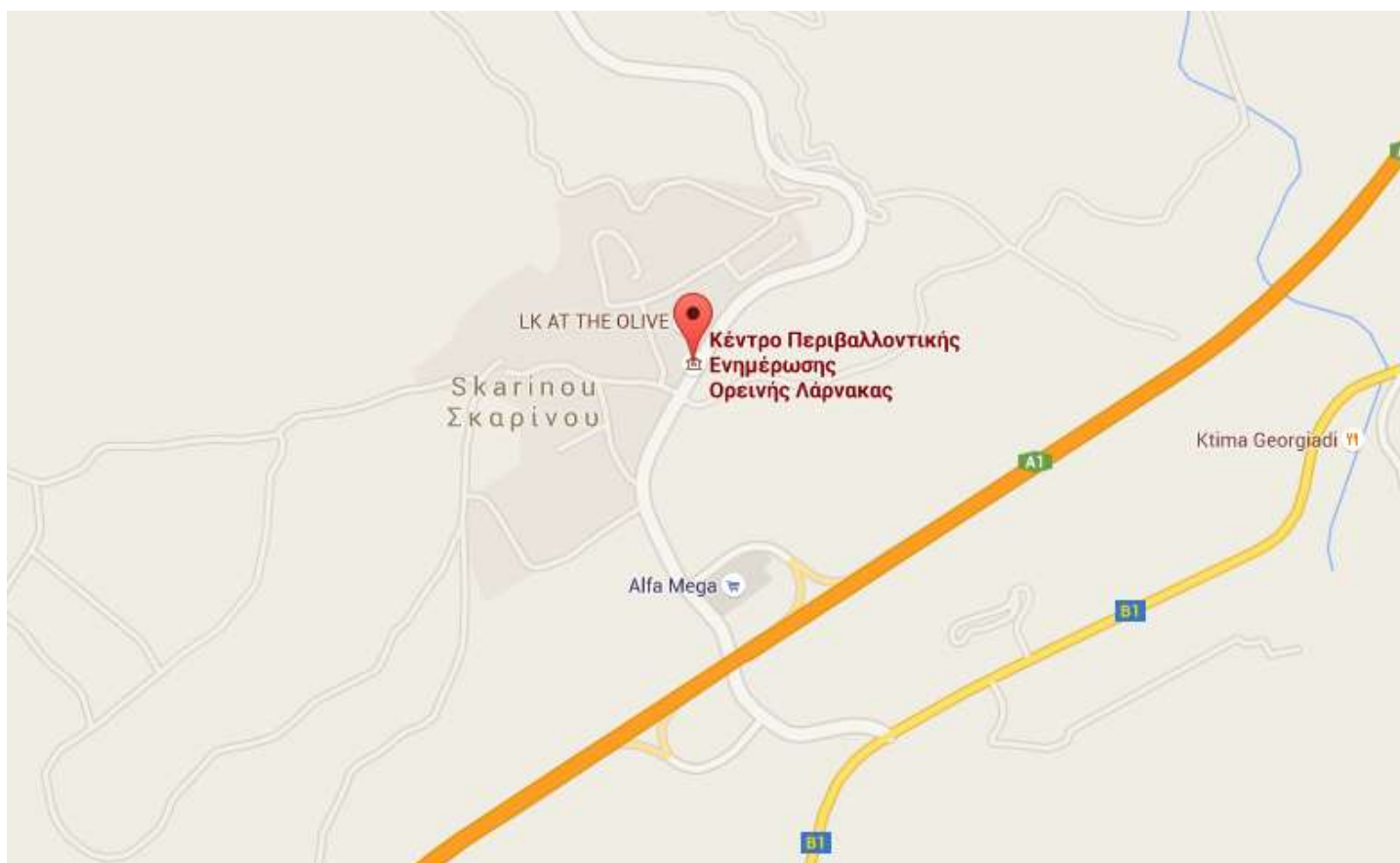
Any rider who will NOT be able to be present for number pick up within the specified registration hours, must notify the organizers in time, who in turn, will inform the Commissaire. Failure to notify will result in penalties at the Commissaires' discretion.

Please note that training will not be authorised without a number plate

Riders who don't return the timing chip after the event will be charged €50 for replacement.

The Registration office will be located in Skarinou Village, at the Environmental Information Center of Larnaka Mountainous Area

For directions on how to get to the registration office please click [here](#) or see below:



[See Location in Google Maps](#)

7. Registration fees

- Registration fee for **UCI** riders: €150 euros per rider for the stage race
- Registration fee for **Junior** riders: €90 per rider for the stage race
- Registration fee for **NON-UCI/Amateur** riders: €185 per rider for the first 3 stages (Stage 1-3)

8. Start List, Start Procedure, Start order

Start List

Elite Men and Women start list for riders registered is drawn as follows: Winner of Last year's Cyprus Sunshine Cup #1- AFXENTIA, Reigning World Champion MTB XCO (Elite and U23), last published UCI individual MTB XCO classification - ranking. Non ranked riders will be placed after the last ranked rider on a first registered basis.

Start Order

Stage 1 (XCT): Riders start in one-minute intervals. Open category riders start first, followed by Masters, Juniors, Elite Women, Elite Men. Starting order according to the Start List (in reverse order).

Stage 2 (XCP): Staging as follows: Race Leader first to be called followed by Reigning World Champion (Elite and U23). Rest of riders are staged based on Stage 1 results.

Stage 3 (XCP): Staging as follows: Race Leader first to be called followed by Reigning World Champion (Elite and U23). Rest of riders are staged based on so far General Classification.

Stage 4 (XCO): Staging as follows: Race Leader first to be called followed by Reigning World Champion (Elite and U23). Rest of riders are staged based on so far General Classification.

Starting Procedure

Stage 1 (XCT):

Start order will be announced at the Team Managers meeting. Riders should be present near the start line 15 minutes before their start time. Riders will be called and should be present in the Staging area (or start preparation area) 5 minutes before their start time. **Riders need to climb to the start area on their bikes. Due to limited space, no cars will be allowed to go to the top of the hill.**

Stage 2 and 3 (XCP) & 4 (XCO):

Riders will be called in the Staging Area 20 minutes before the scheduled start time of the race. Staging will begin 15 minutes before the scheduled start time of the race. Riders will be lined up as described in the Start Order above. Eight riders will be placed on each line (might change by decision of the President of the Commissaires' Panel).

The rider him/herself can decide his/her position on the line. Once the riders are lined up, warm-up (by rollers, turbo trainer etc.) is excluded inside or outside the start area.

The start will be given by the Start Commissaire using the following procedure: Announcements at 3, 2, 1 minutes and 30 seconds before the start, then a final announcement that the start will be given within the next 15 seconds.

The President of the republic of Cyprus or the President of the Republic of Cyprus Parliament and other officials will be invited to give the Start on the last stage and the other three stages. A starting pistol, whistle or horn will be used to give the start.

The Start Commissaire will be in sole control of the public address system from three minutes before the start until the start has been given.

9. Press office

The press office will be located close to the Start / Finish Area of each stage. The press office will be fully equipped for online communication.

Press coverage

The race is covered by the Organizers' Permanent Press officer for all international media in 3 different languages (English, German & Greek). Many other journalists and photographers are invited every year to cover the event for the media in several countries.

To receive the media reports and press releases please contact us on info@cyclingscy.com

TV coverage - Online video reports

The organizers are negotiating the rights of TV broadcasting with the local TV channels and online media platforms. The event is covered with three or more TV cameras and is broadcasted in Cyprus.

A 5-minute highlights video of each day of the Stage race is produced and is broadcasted online through all available media.

10. Technical Assistance

Technical assistance during the race is permitted subject to the conditions below:

Authorized technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame. Bike changes are not permitted and the rider must cross the finishing line with the same handlebar number plate that he / she had at the start.

Technical assistance shall only be given in the feed/technical assistance zones. Spare equipment and tools for repairs must be kept in these zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance. Small items such as an inner tube or a small tool may be handed up from the feed/technical assistance zones.

All people inside the Feed/Technical assistance zone must have on them in a visible place a Feed/Technical Assistance zone pass. People without a pass will be removed from the Feed/Technical Assistance zone. Passes will be handed during the Team Managers' meeting under the supervision of the President of the Commissaires panel (1 pass for every 3 riders for each Feed/Technical Assistance zone)

In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same UCI ELITE MTB team, UCI MTB team or of the same national team (if riders are registered in the race as part of the National team).

Riders may carry tools and spare parts provided that these do not involve any danger to the rider himself or the other competitors.

Any changes to UCI regulations regarding feed/technical assistance will be applied to the above.

For stage 2, 3 and 4, at least two feeders per team needed to cover all feed-zones / tech-zones.

Transportation to feed / tech zones

For the second and third stage (XCP) there will be a leading car for the feed and tech zones. This car will be leaving the start area well in advance in order to reach the Feed and tech Zones. The departure times will be announced in the Managers Meeting.

A 4X4 car might be required to reach some of the tech zones of stages 2 & 3 (XCP).

On stage 4 the feed zones cannot only be reached on foot.

11. Team Managers Meeting

Each team shall designate a Team Manager who shall represent the team during the Cyprus Sunshine Cup #1 - Afxentia 2018 and at the team managers meeting. Any contact with the teams will be made through the team manager. Riders racing without a team can represent themselves or can assign a person to represent them. This must be specified during their registration.

The Team Managers Meeting will take place in Limassol, at the Old Harbor. Click the following link for the map. In case of venue changes they will be announced ahead of time.

Map for the Team Managers meeting

Aim

At the team managers meeting the President of the Commissaires panel and the Organizer will inform the participants on all the latest race information and any last minute changes.

Start Lists and Stage 1 Start Order lists will be announced. Feed/Technical assistance zone passes will be handed out (1 pass for every 3 riders for each Feed/Technical Assistance zone).

In order to be informed about the latest information it is essential for team managers to attend the team managers meeting.

12. Race Clothing

Race Leader, World Champion, Continent Champions and National Champions in MTB XCO, must participate wearing the jersey identifying their title.

National team members must participate wearing their National team jersey.

Race Leader Jerseys will be presented to the Race Leaders (Women and Men Elite) during the awards ceremony after each stage. National, UCI ELITE MTB, and UCI MTB teams are encouraged to provide the organizer in advance with the desired Team and Sponsors logos to ensure that the Race Leader jerseys will be prepared for race day with the correct logos.

13. Schedule

20/2/2018

10:00 -13:00 & 13:30 - 16:00 Number pickup / Late Registrations near the Start / Finish area

21/2/2018

10:00 -13:00 & 13:30 - 16:00 Number pickup /Late Registrations near the Start/Finish area

10:00 - 16:00 Training in **all four courses of the stage race.**

17:00 - 17:30 Technical Meeting

22/2/2018 - Stage 1 - XCT (Time Trial) - Lefkara - Skarinou

10:00 -11:30 Training in the Time trial course

12:30 Start of Juniors and Masters

14:00 Start of Women Elite and Men Elite categories

23/2/2018 - Stage 2 - XCP (Point to Point) - Lefkara - Lefkara

10:00 Award Ceremonies for the TT stage

10:45 Staging All categories

11:00 Neutral Start for Men Elite

11:01 Neutral Start for Women Elite,

11:02 Neutral Start Juniors and Masters

11:15 Official rolling start

13:30 Award Ceremonies for Men and Women Elite

14:30 Award Ceremonies for all other categories

24/2/2018 - Stage 3 - XCP (Point to Point) - Lythrodontas - Lythrodontas

10:40 Staging All categories

11:00 Neutral Start for Men Elite

11:03 Neutral Start for Women Elite,

11:10 Neutral Start Juniors and Masters

11:30 Neutral Start for Cadets U17 and U15

14:30 Award Ceremonies for Men Elite and Women Elite at Lythrodontas village

15:00 Award Ceremonies for Juniors and Masters at Lythrodontas village

25/2/2018 - Stage 4 - XCO (Cross Country Olympic format) - Mantra tou Kampiou

10:15 - Staging, Women Elite & Juniors

10:30 - Start, Women Elite

10:35 – Start Juniors

12:15 - Staging, Men Elite

12:30 - Start, Men Elite

15:00 - Award ceremony, Stage 4 & Overall Stage Race - Lythrodontas Village

14. Ceremonies

Within 15 minutes following the Finish of the top three riders (unless otherwise mentioned in the race program or team managers meeting), the Stage winner, the second and the third placed riders shall be ready for the award ceremony that will be conducted under the supervision of the President of the Commissaires Panel.

Within 20 minutes following the Finish of the top three riders of stages 2,3 and 4 (unless otherwise mentioned in the race program or team managers meeting), the General Classification leaders shall be ready for the award ceremony that will be conducted under the supervision of the President of the Commissaires Panel.

Within 25 minutes following the end of Stage 4 (unless otherwise mentioned in the race program or team managers meeting), the Stage Race winners together with riders placed 2-5 in the final General Classification shall be ready for the award ceremony that will be conducted under the supervision of the President of the Commissaires Panel.

Riders shall appear in racing attire, wearing their Team Racing outfit, until the official ceremony concludes.

World Champion, Continent Champions and National Champions must wear their jersey identifying their title.

15. Prize Money

According to the UCI Financial Obligations (Europe 2):

General Classification:

Class HC prize money one-day race + 50%

Total Prize Money for General Classification MEN ELITE: **€8,920**

Total Prize Money for General Classification WOMEN ELITE: **€8,920**

PLACE	GENERAL CLASSIFICATION MEN & WOMEN ELITE	PER STAGE MEN & WOMEN ELITE
1	1200,00 €	200,00 €
2	960,00 €	160,00 €
3	720,00 €	120,00 €
4	600,00 €	100,00 €
5	480,00 €	80,00 €
6	360,00 €	72,00 €
7	300,00 €	64,00 €
8	240,00 €	56,00 €
9	180,00 €	48,00 €
10	120,00 €	40,00 €

Total Cyprus Sunshine Cup #1 - Afxentia 2018 Prize Money: €17,840.00

16. Maps & Description of the courses

View the maps and the route online and download the GPX track:

<http://www.cyclingcy.com/csc-race-info/csc-technical-guides/afxentia/maps>

17. Contact Information

If you need further information about the Cyprus Sunshine Cup #1 - Afxentia 2018 stage race, please contact the Organizers:

MH Bikin'Cyprus Event Management

Thermopylon 20, Apt 7,

2007, Nicosia, Cyprus

T: +35799694900

info@cyclingcy.com

www.cyclingcy.com



18. Accommodation

Our partner company [Bikin'Cyprus Adventures](http://www.bikinicyprusadventures.com) offers accommodation packages for all participants. You can contact info@bikinicyprusadventures.com for your custom made package or take one of the existing online.



19. How to arrive in Cyprus

Where to land - Airports in Cyprus

The legal ports of entry into the Republic of Cyprus are the airports of Larnaka (Larnaca) and Pafos (Paphos) which are situated in the area under the effective control of the Government of the Republic of Cyprus.

Entry into the territory of the Republic of Cyprus via any other port or airport in which the Government of the Republic does not exercise effective control (Turkish occupied areas) is illegal.

20. Passports and Visas

A passport is required by all travelers entering Cyprus except citizens of the European Union (EU) countries, as well as Switzerland, Iceland, Liechtenstein and Norway who may enter Cyprus with their national identity card, provided there is a photograph.

Visas

A list of countries requiring a Visa to enter Cyprus can be found on the webpage: <http://www.mfa.gov.cy/mfa/mfa2016.nsf/All/0E03E0EE9B9833EAC2258022003F023B?OpenDocument>

21. Team Space booking

The Organizer will provide upon request a Tent (3x3m or 3x6m) for a small fee. All requests for tent bookings must be finalized until the 10th February 2018.

22. Car rental

As in the past seven years, in 2018 we are teaming up once again with Astra, the largest car rental company in Cyprus, to offer the participants of the Cyprus Sunshine Cup series the best car rental options.

Together with ASTRA we offer to the participants of the Cyprus Sunshine Cup series the best car rental options in competitive prices.

For more information, please visit www.cyclingcy.com

24. Hospitals near the venue

Nicosia General Hospital, Latsia

Tel +357 22 60 30 00

Cyprus Emergency Phone: 199/112

LA 35°07'619"

LO 33°22'585"

[See in Google Maps](#)



Larnaka General Hospital

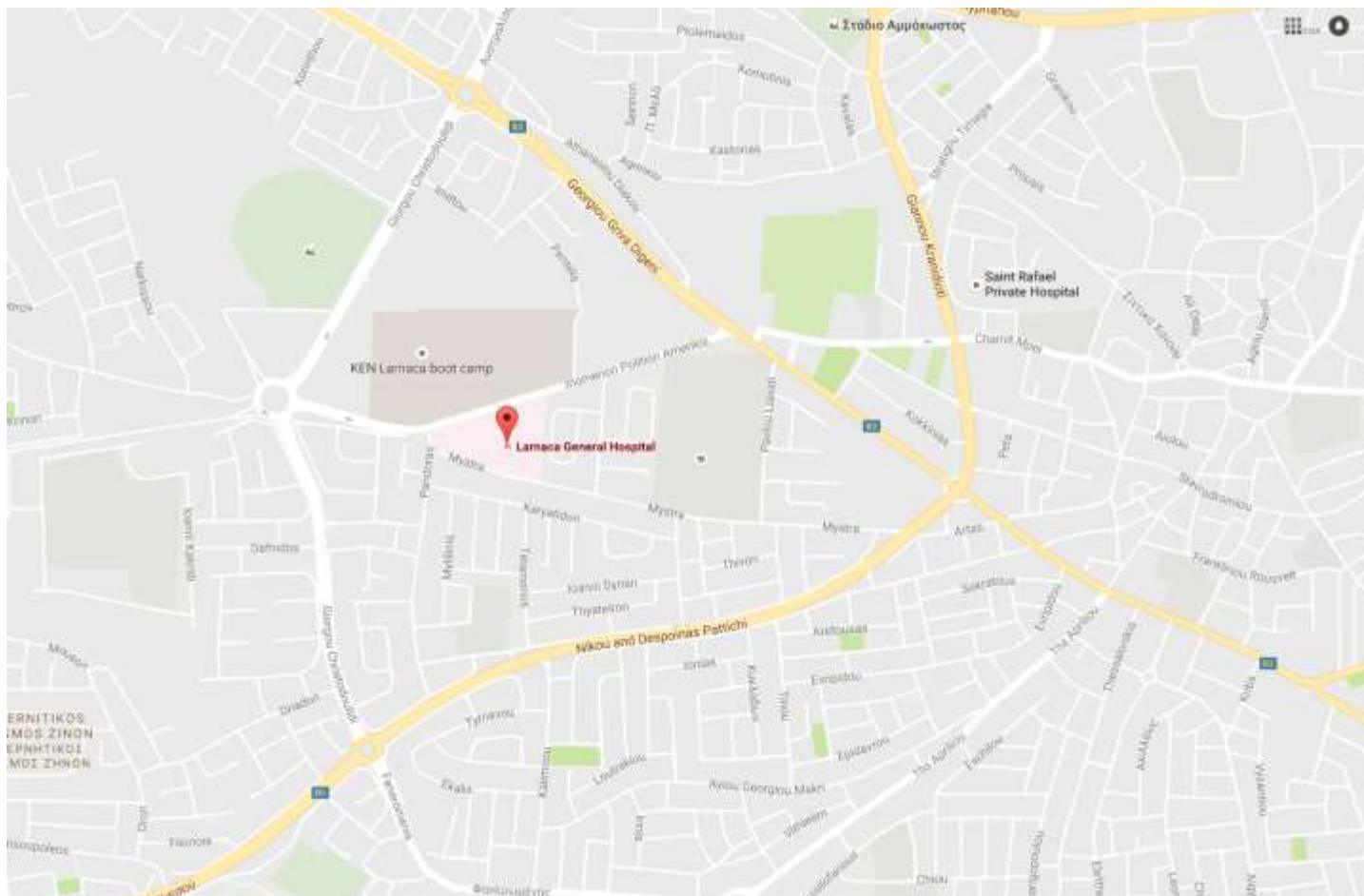
Tel: +357 24-800500 / +357 24-800323

Cyprus Emergency Phone: 199/112

LA 34°55'285"

LO 33°36'270"

[See in Google Maps](#)



25. Organized by



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26. Sponsors



27. Supporters



28. Media Sponsors

