

ATHENS
MARATHON
THE AUTHENTIC



opap

Dedicated to the Balkan Champion Gregoris Lambrakis

RACE INFORMATION & MEDICAL ADVICE

Saturday 9 &
Sunday 10
November
2024

ORGANISER



HELLENIC
ATHLETICS

SUPPORTER



CO-ORGANISERS



VENUE SPONSOR



GRAND SPONSOR OF MARATHON



GRAND SPONSORS OF SEGAS



OFFICIAL SPONSORS OF SEGAS



TABLE OF CONTENTS

(AMA stands for «Athens Marathon. The Authentic»)

3	WELCOME BY THE GOVERNMENT
5	WELCOME BY SEGAS & REGION OF ATTICA
7	WELCOME BY THE HELLENIC OLYMPIC COMMITTEE & THE CITIES OF ATHENS AND MARATHON
9	SUMMARY 5-DAY SCHEDULE
10	OPAP MARATHON EXPO 2024
11	THE 2024 AUTHENTIC MARATHON AT A GLANCE
12	TECHNICAL INSTRUCTIONS FOR MARATHON AUTHENIC ROUTE
26	15 TIPS FOR YOUR PARTICIPATION IN THE MARATHON
30	TECHNICAL INSTRUCTIONS 10KM ROAD RACE OPAP
36	TECHNICAL INSTRUCTIONS 5km Road Race STOIXIMAN
44	TECHNICAL INSTRUCTIONS 5km UNIVERSITIES NIGHT RUN OPAP
48	TECHNICAL INSTRUCTIONS KIDS RACE 1.2KM & SPECIAL OLYMPICS HELLAS
50	MEDICAL ADVICE
52	AMA 2024 MEDAL
54	AMA 2024 REGISTRATION KIT
56	THE ENVIROMENTAL ACTION PLAN
58	THE OFFICIAL MOBILE APP
60	VOLUNTEER PROGRAM
62	SEGAS EXECUTIVE BOARD & AMA COMMITTEES
82	STATS & RECORD

WELCOME BY THE GOVERNMENT



**Olga
Kefalogianni**

Minister
of Tourism



**Giannis
Vrotsis**

Deputy Minister
of Culture and
Sports

It is with great pleasure that we welcome all athletes to the 41st Athens Authentic Marathon - an outstanding sporting and cultural event with global significance, which brings special honor to the city of Athens and to the entire nation of Greece.

The Athens Authentic Marathon is more than an endurance race. It is a living symbol of human will, perseverance, and self-transcendence. A challenge that pushes the boundaries of both the human body and spirit.

With over 70,000 runners from 152 countries participating in this year's events, the 41st Athens Authentic Marathon is a grand celebration of the global running movement. The remarkable level of participation underscores the power of sport to unite people and convey a universal message of solidarity and understanding among nations.

Moreover, this global gathering holds a unique place in the cultural heritage and identity of the city of Athens and the wider region of Attica.

Our visiting athletes and guests from around the world will not only compete, but also have the chance to explore a part of Greece steeped in millennia of history. They will encounter world-famous monuments and experience the vibrant lifestyle that defines Athens today.

I am confident that the 41st Athens Authentic Marathon, will provide all participants with a truly unforgettable journey.

I extend my warmest wishes for success and cherished memories to all the athletes - the foremost ambassadors of the values embodied by the Athens Authentic Marathon.

We welcome the participants of the 41st Athens Marathon. The Authentic.

Greece is linked with the arduous route of the Marathon race, which originates from Marathon area and its famous battle.

We are particularly happy that a growing number of runners every year join the race, regardless of gender and age.

We welcome all those who choose to run in this great celebration for Athens and for the running movement worldwide.

The passion, the dedication and the systematic training of the runners comprise the compass for the lifestyle we choose.

«Fair play» is our highest value and our significant historical memory.

I wish each and every participant a good race, as I am confident that the experience of the classic route as well as the side running events will be unique for all.

Congratulations to the Hellenic Athletics Association (SEGAS) for raising the standards higher every year.

Enjoy the unique emotions that Sport offers and live the experience of the Athens Marathon. The Authentic!



CO-ORGANISERS



Dedicated to the Balkan Champion
Gregoris Lambrakis

VENUE SPONSOR



SUPPORTER



GRAND SPONSOR OF MARATHON



GRAND SPONSORS OF SEGAS



OFFICIAL SPONSORS OF SEGAS



STATE PARTNERS



WELCOME BY SEGAS & REGION OF ATTICA



**Sofia
Sakorafa**

President
of SEGAS



**Nikos
Chardalias**

Governor of the
Attica Region

On behalf of the Hellenic Athletics Federation, I welcome you to the 41st Athens Authentic Marathon with great pleasure. Your massive participation is a great boost and motivation for us, and it also certifies the dynamics of Greece's most famous road race, which has become better and better over the years.

The Hellenic Athletics Federation and the Organising Committee thank all participants who visit Greece to cover the most historic 42,195 meters in road running, i.e., the starting point that separates the starting point at Marathon from the finish line at the Panathenaic Stadium. We also thank those who registered to run the 5K and 10K races.

The particularity of the Authentic route is a great challenge for the runners as it requires great amounts of physical and mental strength. Its completion is a lifetime experience for those who will follow in the footsteps of the soldier who brought to the Athenians in 490 BC the message of victory from the battlefield of Marathon.

We invite you to follow this historic path, and convey the message of equality, solidarity, and environmental sensitivity, but above all that of hope for world peace, which is so brutally sacrificed every day on the altar of nationalism and intolerance.

I wish you all to enjoy this journey in the world of the Authentic Marathon and may the moral values and people's hopes for prosperity - as embodied in the great Greek Marathon - prevail.

The "Athens Marathon. The Authentic" is an emblematic sporting as well as cultural event attracting international interest.

It is self-evident that this unique athletic competition, being the largest and most historic internationally, is supported by the Region of Attica in every way and by all means.

In the Region of Attica, we actively promote Sport, through the implementation of major sporting projects, the upgrading of the existing exercise and sport facilities, as well as the creation of new ones. To this end, we make best use of even the last euro from every financial tool available, because, as far as we are concerned, supporting Sport constitutes a strategic choice and a core principle of our policy.

We are well aware that Sport, in addition to physical exercise, teaches principles and values, behaviors and actions, thus contributing to character-building, especially for the young. We therefore welcome the participation. It is with pride and admiration that we witness efforts towards goal achieving, self-transcendence, quest for excellence, always in the context of noble competition, solidarity, mutual respect, fair play. These, principles and values are honored by our athletes as a way of life. These principles and values become as relevant as ever in the current times. The same goes for the timeless meaning of the Marathon, being consistent with a universal demand for peace, for equality and for a better society, free of discrimination and prejudice.

I would like to thank the administration of the Hellenic Athletics Federation (SEGAS). I would also like to extend my personal thanks to its President, Ms Sofia Sakorafa, as well as the Alternate Minister of Sports, Mr Yiannis Vroutsis for our excellent cooperation. For, it is only through synergies between the central government, the local government, the federations and the sports clubs that we will be able to deliver new perspective to Sport, for the improvement of our sports facilities throughout Attica.

In the "Athens Marathon. The Authentic" we primarily honor participation and admire tireless effort. We cordially thank our athletes and runners and welcome them to our Metropolitan Attica on the occasion of the 41st "Athens Marathon. The Authentic" 2024!



CO-ORGANISERS



Dedicated to the Balkan Champion
Gregoris Lambrakis

VENUE SPONSOR



SUPPORTER



GRAND SPONSOR OF MARATHON



SEGAS OFFICIAL PARTNERS



MEDIA SPONSORS



SOCIAL PARTNERS



WELCOME BY THE HELLENIC OLYMPIC COMMITTEE & THE CITIES OF ATHENS AND MARATHON



**Spyros I.
Capralos**

President of the HOC
President of EOC
Member of the IOC

It is with great honor and pride that the Hellenic Olympic Committee participates each year in the great celebration of the Athens Authentic Marathon, by offering the Panathenaic Stadium as the iconic finish line of the race.

This historic venue, which hosted the first Modern Olympic Games in 1896 and served as a venue for Olympic events during the Athens 2004 Games, stands as a symbol of Greece's enduring sporting heritage. Each year, it warmly welcomes runners from around the world, connecting the present with the rich legacy of the past through the Authentic Marathon. The Athens Marathon is more than just a race. It is a multifaceted athletic, touristic, cultural, and social event showcasing the best of Greece. Through its connection to the Panathenaic Stadium, it serves as a powerful reminder to the entire world that the timeless gift of the Olympic Games to humanity originated in ancient Greece.

But beyond its ties with the Olympic Games, the Marathon itself is Greece! It is the most recognizable and widespread sporting event associated with our country, an invaluable national asset of Greece's sports and cultural heritage.

With immense joy, I extend a warm welcome to our international friends and wish all runners the best of luck. I encourage you to embrace this unique experience, to run the classic route, and I am confident that the memories of this extraordinary moment will stay with you for the rest of your life!



**Haris
Doukas**

Mayor - City of
Athens

Friends,
Once again, Athens proudly welcomes runners from all over the world to this historic 42,195-meter course.

Together, we celebrate sports, the joy of participation, the value of inclusion, and international friendship.

Young, old, and even older participants will have the opportunity to experience the excitement offered by a globally significant running event, by alternatively taking part in either the 5km or 10km races, the Uni Night Run, the children's routes, or the Special Olympics Hellas races. Those who do not run can still participate in their own way, by cheering, clapping, and offering strength to the hundreds of runners for the effort they are making.

I am confident that the historic significance of the course and the enthusiastic support from all of us will inspire the athletes, leading to great times and new records! However, it is especially important to remember that victory and defeating an opponent aren't all that matter. Even those who won't be able to finish are winners for trying and surpassing their limits.

Participation in a long-distance race reminds us, above all, that nothing is impossible, and that the true value lies in the effort toward the unattainable.

Good luck to everyone!



**Stergios
Tsirkas**

Mayor of
Marathon

Dear runners, valuable volunteers, friends of the sports ideal, honourable officials, I warmly welcome you to the 41st Authentic Marathon which, as always, starts from Marathon, the place that gave birth to the only Olympic sport with roots in an admirable historical event and not in a sporting tradition.

The Marathon Race pays tribute to the self-sacrifice of a soldier who, although exhausted from the battle against the so-called «invincible» Persian army, ran in full armour the distance from Marathon to the cradle of the Republic, the Assembly of the Parliament, in Athens, to announce "NENIKIAMEN", "WE WON". Just after that, he collapsed inside the sacred hall. Dead, but essentially immortal, eternal advocate for the defence of values and ideas that shaped Western civilization.

All of you who participate in this race, therefore, are not only taking part in the most important running event in the world. You are also taking part in a ritual with high and great symbolism. This is why, for some time now, we have, as a Municipality proposed that the best time on the Authentic Course should be established as the only official World Record for the distance.

Dear friends, Marathon is ready to welcome you safely and in a welcoming spirit, on Saturday at the Tomb of the Marathon Fighters, where the Opening Ceremony will be held, followed by the lighting of the Olympic flame and, of course, on Sunday morning, for the starting point of the great race.

I wish everyone to enjoy, above all, the joy of participating in the 41st Authentic Marathon, but also the unique feeling of finishing, not after a route of 42,195 meters, but after a journey through history.

SUMMARY 5-DAY SCHEDULE

6-10 Νοεμβρίου 2024

WEDNESDAY, 6 NOVEMBER 2024

Tae-Kwon-Do Olympic Venue at Palaio Faliro

13.00'-20.00': AMA Registration Centre & OPAP Marathon EXPO

THURSDAY, 7 NOVEMBER 2024

Tae-Kwon-Do Olympic Venue at Palaio Faliro

10.00'-20.00': AMA Registration Centre & OPAP Marathon EXPO

13.00': Official Opening OPAP Marathon EXPO

13.30'-14.30': Press Conference – Presentation of the Athletes of the Hellenic Marathon National Championships & Elite Athletes

FRIDAY, 8 NOVEMBER 2024

Tae-Kwon-Do Olympic Venue at Palaio Faliro

10.00'-20.00': AMA Registration Centre & OPAP Marathon EXPO

Stavros Niarchos Foundation Cultural Center

10.00 - 18.00: European Running Business Conference

SATURDAY, 9 NOVEMBER 2024

Tae-Kwon-Do Olympic Venue at Palaio Faliro

10.00'-13.00': AMA Registration Centre for 5km Road Race STOIXIMAN & 5km Universities Night Run OPAP

10.00'-19.00': AMA Registration Centre for 10km Road Race OPAP & Marathon Race

10.00'-19.00': OPAP Marathon EXPO

Marathon Town

12.30'-13.15': AMA Opening Ceremony (Marathon Tomb) – Transfer of Flame to the Historic Marathon Start Venue

13.50'-14.10': Lighting of Marathon Flame Cauldron

Athens City Center - Zappeion Megaron - Karaiskaki Square

16.00'-21.00': Sponsors Village (across the Panathenaic Stadium)

Athens City Center - Amalias Ave. (at National Gardens Entrance)

17.00'-20.25': 5km Road Race STOIXIMAN

(It includes: 5km National Road Running Championships – Hellenic Sports Federation of the Deaf)

17:00': Start of the 5km Road Race STOIXIMAN

19:15': Start of the 5km Universities Night Run OPAP

- Starts on Vas. Amalias Ave., in front of Bodosakis Foundation Megaron
- Finishes inside the Panathenaic Stadium

Athens City Center - Panathenaic Stadium

17.14'-17.15': Estimated Finish Time of the 1st 5km STOIXIMAN Runner

19:30'-19:31': Estimated Finish Time of the 1st 5km Universities Night Run Runner OPAP

17.30'-17.45': Medal Awards Ceremony for the Winners of the 5km Road Race STOIXIMAN

19.45'-19.50': Medal Awards Ceremony for the Winners of the 5km Universities Night Run OPAP

SUMMARY 5-DAY SCHEDULE

6-10 Νοεμβρίου 2024

Stavros Niarchos Foundation Cultural Center

10.00'-18.00': European Running Business Conference

SUNDAY, 10 NOVEMBER 2024

Athens City Center - Zappeion Megaron - Karaiskaki Square

08.00'-18.00': Sponsors Village (across the Panathenaic Stadium)

Athens City Center - Amalias Ave. (at National Gardens Entrance)

08.15'-10.20': 10km Road Race OPAP

(It includes: 10km Hellenic National Road Running Championships, 10km National Road Running Championships – Hellenic Sports Federation of the Deaf)

08:15': Start of the 10km Road Race OPAP

- Starts on Vas. Amalias Ave., in front of Bodosakis Foundation Megaron
- Finishes inside the Panathenaic Stadium

Marathon Town – Marathon Start Venue

09.00'-17.45': Marathon Race (42.195m on the Authentic Route)

(It includes: Hellenic National Marathon Race Championships of SEGAS, the Military Marathon Race & National Marathon Race Running Championships – Hellenic Sports Federation of the Deaf)

09:00': Start of the Marathon Race

- Starts at Marathon Town at Marathon Run Historic Start Venue
- Finishes inside the Panathenaic Stadium

Municipalities along the Marathon Course

09.15'-10.20': Kids' Fun Runs

- Races finish 15' before the 1st Marathon runner arrives at each Municipality

Athens City Center - Vas. Sofias Ave. (in front of the Parliament)

10.30'-10.47': Kids' Road Race 1200m

10.37'-10.50': Special Olympics Hellas Run 1200m

- Start on Vas. Sofias Ave. in front of the Parliament
- Finish inside the Panathenaic Stadium

Athens City Center - Panathenaic Stadium

08.46'-08.47': Estimated Finish Time of the 1st 10km OPAP Runner

10.05'-10.15': Medal Awards Ceremony for the Winners of the 10km Road Race OPAP

10.35'-10.37': Estimated Finish Time of the leading Kids Runners

10.42'-10.45': Estimated Finish Time of the leading Special Olympics Hellas Runners

10.45'-10.55': Honorary Awards Ceremony for the Special Olympics Hellas Run 1200m & Honorary Awards Ceremony for the Kids Run 1200m

11.09'-11.12': Estimated Finish Time of the 1st Male Marathon Runner

11.20'-11.29': Estimated Finish Time of the 1st Greek Male Marathon Runner

11.33'-11.45': Estimated Finish Time of the 1st Female Marathon Runner

11.45'-11.50': Estimated Finish Time of the 1st Greek Female Marathon Runner

11.55'-12.30': Medal Awards Ceremony for the Winners of Marathon Race

Medal Awards Ceremony for the Winners of the Hellenic National Marathon Race Championships SEGAS

OPAP MARATHON EXPO 2024

The top international sports exhibition starts with your participation!

November 6-9 | Indoor Stadium of Palaio Faliro (Tae Kwon Do)



The OPAP MARATHON EXPO 2024, the official exhibition of the Athens Authentic Marathon is fully prepared to welcome the global running and athletic community from November 6 to November 9, 2024, at the Indoor Stadium of Palaio Faliro (Tae Kwon Do).

During the four-day event, the entire world of sports and wellness gathers at this unique sports exhibition celebration, one of the top and most popular sports events on an international level. This year's event is expected to break attendance records, as more than 74,000 runners from 152 countries around the world are going to attend the OPAP MARATHON EXPO 2024 to pick up their race kits and take a tour on the world of new products and services from leaders in the sports market.

As part of the highly anticipated sports trade exhibition, the event will host some of the most important brands in athletic and running market (including clothing, footwear, and accessories), sports nutrition, technology products, sports equipment, training services, gyms, and physiotherapy centers. Sports tourism will have a notable presence through the dynamic participation of various Regions across the country. At this premier sports event, athletic clubs and international sports organizations will also be prominently represented. Sports enthusiasts visiting the expo will have the unique opportunity to attend a rich program of parallel activities focused on running and broader athletic themes.

The OPAP MARATHON EXPO is organized by SEGAS and the Region of Attica, with OPAP as the main sponsor and Be Best as the production company.

We look forward to welcoming you to the premier exhibition, the OPAP MARATHON EXPO 2024.

More info: www.marathonexpo.gr

Free entrance

November 6-9 | Indoor Stadium of Palaio Faliro
(Tae Kwon Do)

THE 2024 AUTHENTIC MARATHON AT A GLANCE

Not only a unique race, a memorable 5-day event



Follow us in social media:
Facebook: Athens Marathon. The Authentic,
Twitter: @athensmarathon,
Instagram: athensauthenticmarathon

More information:
www.athensauthenticmarathon.gr

The Athens Marathon is dedicated to the memory of pacifist Grigoris Labrakis and has the unique privilege of following the original marathon route of the first Modern Olympic Games (1896), which is an officially measured 42.195km course, recognized by WA (Worlds Athletics). The 41st edition of the 5-day event uses a number of landmark venues, such as the Historic Marathon Start, the Tomb of Marathon, the Zappeion Megaron, the Panathenaic Stadium, the Athens Concert Hall and the Athens City Hall.

It consists of 5 races of all distances for 72.000 runners travelling to Athens, Attica and Greece from 120 countries, as well as the simultaneous events of the OPAP Marathon EXPO, 5K Universities Run, Kids' Run and the Marathon Flame Ceremonies. Since 1983, the Hellenic Athletics organizes the event, nowadays supported by the Greek National Tourism Organization, Attica Region, Cities of Athens and Marathon and Hellenic Olympic Committee

TECHNICAL INSTRUCTIONS

FOR MARATHON AUTHENTIC ROUTE

GENERAL INFORMATION

The Marathon Race is open to participants **18 years old** (born in 2006) or older. The age of the runners is calculated from the year of birth (not the calendar year).

The Marathon Road Race will start at **9.00am**.

A **time limit of eight (8) hours** has been set for completion of the Marathon.

All finishes will be completed by **17:42'** including the time delay of all consecutive starts.

All runners participate in the race **AT THEIR OWN RISK**. The organizers are not responsible for any issues concerning the health of the participants due to lack of preventive medical check-ups. It is recommended that participants have undergone a recent medical examination before participating in the race. Particular attention should be paid by people who are experiencing any form of heart problems. It is also recommended that all participants, regardless of age, have a full cardiac check up before participating in the race. The organizers will not ask for medical certificates from any athlete, as all participants compete at their own risk.

BEFORE THE RACE

A. TRANSPORTATION OF RUNNERS TO THE STARTING POINT

- Participants will be transported to the starting area by buses from **six (6) different** points in central Athens.
- Departure time: from **05:30' to 06:45'**.
- After 06:45' it is not possible to

transport participants using means of the event's Organizing Committee. **Attention:** the last bus will leave from Syngrou-Fix station at 06:15.

- The transportation is direct and without intermediate stops.

BOARDING POINTS

1. Metro stop Line 2 **"Syngrou-Fix"**, along Syngrou Avenue, boarding from the ascending side (exit "Syngrou"). Attention: The last bus will leave from Syngrou-Fix station at 06:15.
2. Metro stop Line 2 3 **"Syntagma"**
 - a) along Vasilissis Amalias Avenue from the side of the Hellenic Parliament/ Monument of the Unknown Soldier)
 - b) along the length of Georgiou Avenue in front of the Grande Bretagne hotel.
3. Metro stop Line 2 **"Panepistimio"**, along Panepistimiou Avenue on the side of the University.
4. Metro stop Line 3 **"Evangelismos"**, along Vasilissis Sofias Avenue on the ascending side.
5. Metro stop Metro Line 3 **"Katehaki"**, along Mesogeion Avenue from the ascending side towards Ag. Paraskevi.
6. Metro/Train stop **"Omonia"**, along Panepistimiou Avenue and 3 Septemvriou Avenue on Omonia Square.

In order to spread the number of runners at the various boarding points and to better manage the means of transport, it is suggested that runners use all boarding stations.

ATTENTION: In order to avoid inconvenience, the Organizing Committee of the event recommends runners not use their own means of

transport to the Starting Point.

Runners who choose to travel to the starting point using their own means must:

- (a) be at the venue (starting area/ Marathon) at least one hour before the start time of the race, i.e. by 08:00' at the latest, taking into account the distance that the runners will have to walk from the drop-off parking to the starting area (approximately 800m).
- (b) take into account that on the route of the Marathon there will be a traffic ban in both directions of Marathonos Avenue starting at 08:00'.

B. DISEMBARKATION AT THE STARTING AREA - CLOTHING MANAGEMENT

- After disembarking from the buses and after receiving the special nylon poncho from the volunteers of the organization, they must proceed immediately to the starting area.
- Runners are advised to deliver their clothing bag directly to the respective transport vehicles according to their bib number.

CLOTHING BAGS

- The clothing bag is collected together with the bib number and the corresponding sticker number from the Runners' Center & Marathon EXPO.
- The sticker with the runner's bib number must be placed on the bag in a way that it is clearly visible, making it easier for volunteers to return it after the finish.
- Runners must place their required personal belongings and clothing inside. Ideally it should contain only clothing. It must not contain travel documents, money,

TECHNICAL INSTRUCTIONS

FOR MARATHON AUTHENTIC ROUTE

valuables or medicines. SEGAS and the Organizing Committee of the event do not bear any responsibility in case of loss of objects of value.

- The Organizing Committee does not accept any other backpacks, bags etc., except for the special bags that it provides to the runners.
- The bag must be delivered no later than 40 minutes before the first start of the Marathon i.e. by 08:20'
- The bag drop-off will be made to the clothing transport vehicles based on the bib number of each runner. Each vehicle will have a sign on it describing the range of bib numbers.
- The clothing transport vehicles will be located 150 meters in front of the Start Arch (after the start line), to transport the equipment to the finish line.
- After the finish, bags can be picked up by showing the bib number at a predetermined location that will be announced soon.

ATTENTION: Όσοι σάκοι δεν παραλαμβάνονται Bags that are not properly collected after the end of the race will be collected and stored at the Marathon Office of SEGAS for a period of 15 days. After this time the bags and their contents will be discarded.

START OF RACE

STARTING BLOCKS – POSITIONING OF RUNNERS AT THE START

- All runners are positioned in blocks at the starting area. The block is indicated by the bib number of each runner.

- The allocation of runners in blocks is done according to the performance they achieved during the last three years (2022-2024) in a race with a certified route (see here), as registered by them in their entry form and checked by the Marathon Office of SEGAS. Failure to indicate a best finish time or if an incorrect/invalid finish time is stated on the entry form, will result in the automatic allocation of the runners in one of the last blocks.
- Runner warm-up must be completed twenty (20) minutes before the start.
- **Fifteen (15) minutes** before the start all athletes must have taken their place in their respective block.
- **Entry to the blocks is from the back.**
- **Early entry** to the block can ensure a place in the first rows of the block and is essentially a "reward".
- The starting blocks are delineated along the starting line, the stadium ring road and some within the stadium.

STARTING PROCEDURE

- A "**wave start**" system is used
- After the start of each block, the rest of the blocks move gradually until it is their turn to start.
- At the positions of the first two blocks on the start line there are special clothing collection bins located in the center of the two blocks. There the runners can leave their spare and light **clothing**. The Organizing Committee of the event, in cooperation with organizations, will collect this equipment/clothing, which, after sorting, will be donated for a social purpose.
- There are also recycling bins where they can deposit anything that is recyclable (ponchos, bottles, etc.)
- A total of **thirteen (13) consecutive** starts are given (twelve blocks plus a separate one for disabled participants).
- **Athletes starting from blocks to which they are not assigned** are checked electronically and will be automatically disqualified and deleted from the results table.
- The starting time for each block is **indicative** and will be finalized two weeks before the Maratho.



TECHNICAL INSTRUCTIONS

FOR MARATHON AUTHENTIC ROUTE

ROUTE

A. MAPS & ROUTE DESCRIPTION

The **first 200 meters** are downhill and lead to the exit from the facility at the point of departure. The first 4 kilometers are slightly downhill. Runners run on Marathonos Avenue until the 4th km, when they enter onto Marathonomachon Street and the area of the Tomb for the next 2.2 km. The route follows an almost circular course around the Memorial of the Fallen (Tomb) in the Battle of Marathon.

From the 6th to the 10th km (Nea Makri) the route is flat. From the **11th to the 17th km** the route has an uphill slope in parts. A steeply sloping downhill section follows until just before the intersection of Rafina. From the junction onwards the route becomes uphill with the most intense section **until the 20th km**. As runners pass through Pikermi, less and more uphill sections alternate **until the 25th km**, with the most notable being the prolonged uphill section of the 25th km. The section through Pallini, **27th-28th km**, is also uphill. From the area of Gerakas the last and most difficult part of the route starts, the Stavros junction, **30th-31st km**. This intense and prolonged uphill section is followed by a steep downhill section that reaches the square of

Agia Paraskevi. Runners run on Messogeion Avenue passing through the areas of Halandri and Cholargos, where they alternate between flat and downhill sections until the finish. The most characteristic downhill section is the one that starts from the Ministry of National Defence and ends at Katehaki junction, **37.5 km**, where the runners pass under the bridge.

Immediately after Henry Dunant Hospital, runners continue left on Michalakopoulou Avenue, until the traffic light at the intersection of Michalakopoulou & Feidippidou Streets. Then they follow Feidippidou Street on the right until Kifissias junction & Alexandras Ave. **The 39th km** is just around the corner, as the runners go downhill heading left along Vas. Sofias Ave. Runners pass in front of the American Embassy, the Athens Concert Hall and Eleftherias Park, 40th km, where the last rest stop for the runners is located.

At the level of the HILTON Hotel, runners head right towards Syntagma, continuing to follow Vas. Sophias Ave. and passing in front of Evangelismos Hospital and the War Museum.

In the last part of the Marathon, runners head left to Irodou Attikou Street, 41.2 km, passing by the Maximou Mansion, the Presidential Palace and the National Garden. At the level of the statue of Discobolus, runners head

TIME	BLOCK	NUMBER OF PARTICIPANTS
09:00	1°	20 Elite athletes & 280 Panhellenic Championship M/F and 500 performers <3h00
09:02	2°	the next 1500 best performers <3h26
09:05	3°	the next 1600 best performers <3h39
09:08	4°	the next 1700 best performers <3h51
09:11	5°	the next 1700 best performers <4h00
09:14	6°	the next 1700 best performers <4h13
09:17	7°	People with disabilities & the next 1700 best performers <4h27
09:23	8°	the next 1700 best performers <4h32m30s
09:26	9°	the next 1900 performers <5h14 – 6h00
09:30	10°	1900 performers >6h & no performance
09:34	11°	1900 performers >6h & no performance
09:39	12°	1900 performers >6h & no performance
09:42	the last runner crosses the starting grid	
17:42	End of time limit to complete the Race	

greekend*

* end your week like a greek



**GREEK
NATIONAL
TOURISM
ORGANISATION**
www.visitgreece.gr

TECHNICAL INSTRUCTIONS

FOR MARATHON AUTHENTIC ROUTE

towards the Panathenaic Stadium. Only a few meters remain in the Stadium's courtyard until they enter the Stadium and travel the last 170 meters on the rubber mat (tartan). The entrance to the Panathinaiko Stadium and the finish line is on the left side of the Stadium.

B. SERVICES

Health Coverage on the Route

- The Organizing Committee of the event provides health coverage for the race.
- **EKAB (National Emergency Aid Centre)** and rescue teams provide

health coverage.

- **Medical assistance** is provided along the race route at each station.
- Ambulances are scattered in key spots
- An ambulance follows the last runners.
- **Paramedics/ First Aid** Volunteers are present along the entire route of the race providing first aid and communicating with race health officials.
- There are physiotherapists at 3 stations.

SUPPLY STATIONS – WATER SUPPLY

- Along the route 15 supply stations are deployed with supplies described in the table below.
- The personal drinks service is provided only to elite athletes, as well as to athletes of the National Marathon Race Championship.

SERVICES AT START, FINISH AND INTERMEDIATE STATIONS												
EKKINHZH	MED	WC	WATER									TIMING SERVICES
5km	MED	WC	WATER									TIMING SERVICES
7,5km	RES	WC	WATER							SPONGES		
10km	MED	WC & AMEA	WATER	ISOTONIC		ENERGY GEL						TIMING SERVICES
12,5km	RES	WC	WATER							SPONGES		
15km	MED	WC	WATER	ISOTONIC								TIMING SERVICES
17,5km	RES	WC	WATER							SPONGES		
20km	MED	WC & AMEA	WATER	ISOTONIC		ENERGY GEL	BANANAS		SALTY SNAK			
21,1 km												TIMING SERVICES
22,5km	MED	WC	WATER							SPONGES		
25km	MED	WC		ISOTONIC			BANANAS	ENERGY BARS		PHYSIO		TIMING SERVICES
27,5km	MED	WC	WATER							SPONGES		
30km	MED	WC & AMEA	WATER	ISOTONIC	Coca Cola		BANANAS		SALTY SNAK	PHYSIO		TIMING SERVICES
32,5km	MED	WC	WATER							SPONGES		
35km	MED	WC	WATER	ISOTONIC	Coca Cola		BANANAS	ENERGY BARS				TIMING SERVICES
37,5km	MED	WC	WATER							SPONGES		
40km	MED	WC & AMEA	WATER	ISOTONIC	Coca Cola							TIMING SERVICES
FINISH	MED	WC	WATER	ISOTONIC			BANANAS		BEVERAGES			TIMING SERVICES

Venue Sponsor 41st Athens Marathon



www.hoc.gr

THE SYMBOL OF OLYMPIISM IN THE HEART OF ATHENS



PANATHENAIC STADIUM

The Stadium of the first modern Olympic Games

A unique monument, living symbol of the ancient and modern heritage of sport and the Olympic Games.

Visiting hours 08:00 - 17:00



Εκκίνηση Αυθεντικού Authentic Marathon



Εκκίνηση Μαραθωνίου
Marathon Course Start



Διαδρομή Μαραθωνίου
Marathon Course



Παράδοση Ρούχων
Clothing Delivery Point



Πληροφορίες
INFO Kiosk



Τουαλέτες
WC



Στήλη Ιστορικής Εκκίνησης
Historical Starting point



Βωμός
"Φλόγας Μαραθωνίου"

**Cauldron of
"Marathon Flame"**



Χρονομέτρηση
Timing Zone



Σταθμός Νερού
Feed Zone



Αποδυτήρια Αθλητών
Changing Rooms



Ιατρικές Υπηρεσίες
Medical Services



Εργοτάξιο

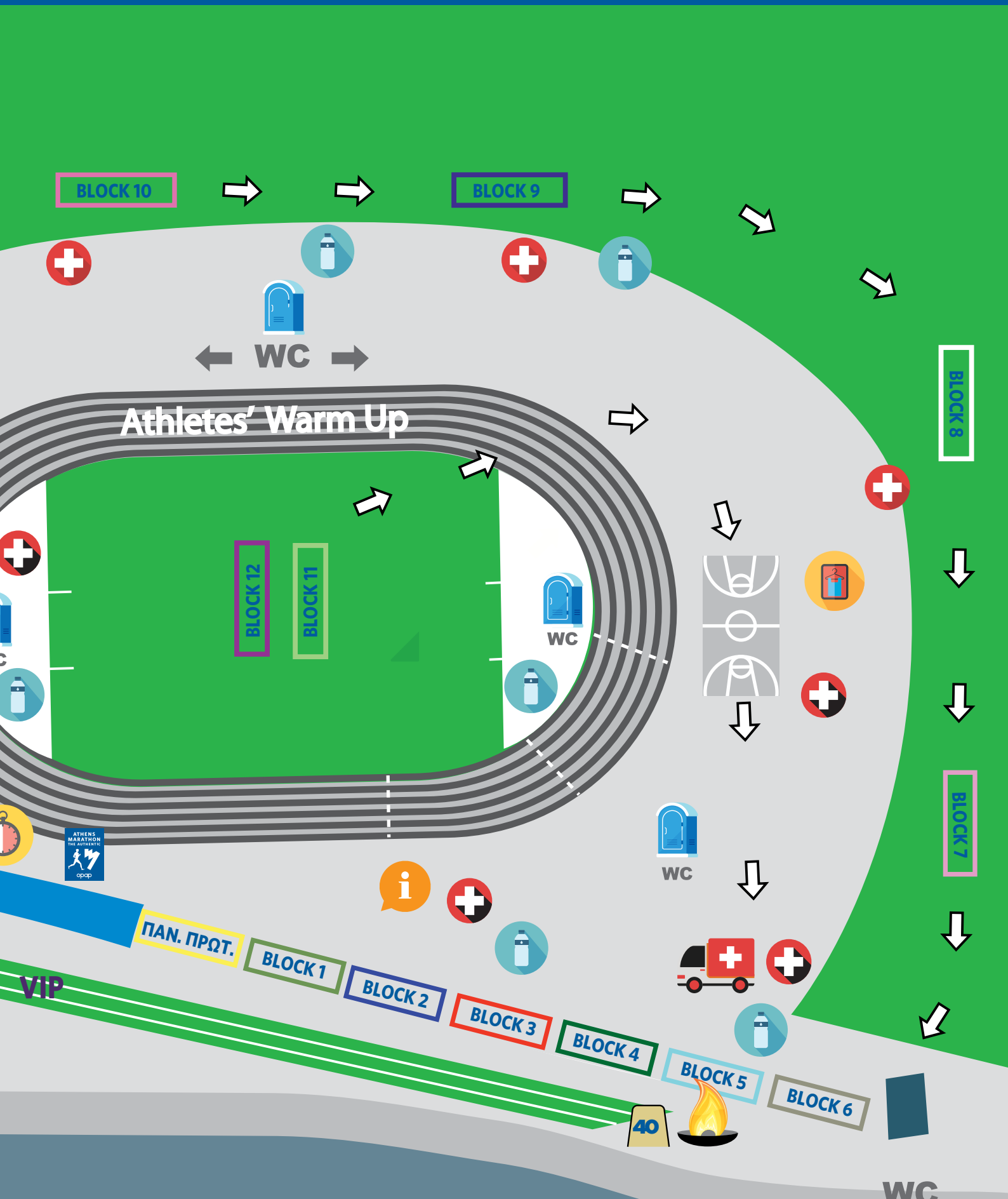


PRESS



Αθηνών Μαραθωνίου Marathon Race Start

ΜΕΓΑΣ ΧΟΡΗΓΟΣ ΜΑΡΑΘΩΝΙΟΥ
GRAND SPONSOR OF MARATHON



TECHNICAL INSTRUCTIONS

FOR MARATHON AUTHENTIC ROUTE

ELECTRONIC TIMEKEEPING

- Runners must **wear their bib** number (with the embedded timing chip) on their chest.
- The bib number **must be visible and not be covered**. Otherwise it is possible that the intermediate times will not be recorded and the athlete will not be included in the results of the race.
- The runner's number with the embedded timing chip is the **athlete's ID** for the specific race.
- If the runner needs assistance, his/ her details will be retrieved from the online platform through their participation number.
- Every **5km and at 21.1km** (i.e. in the middle of the route), there are electronic timing zones to record the intermediate times.
- Any athlete who **does not have an electronic sign at the start, the split timing zones and the finish will not be included** in the official results.

In order to be included in the final results – where their final performance and intermediate times are announced – and to receive a certificate of participation and performance, runners must:

- (a) Validly participate in the race (registration, bib number, etc.)
- (b) Start from the correct block
- (c) Show a time indication in the electronic control zones; and
- (d) Finish within the time limit for completion of the race..

TIMERS

- A vehicle with a digital timer on its roof will precede the first runner

- Timers will also be available at points along the route.
- There is a digital timer at the finish line.

TOILETS – WC

- Chemical toilets are available at the race supply stations.
- At each station there will be four toilets (2 men's – 2 women's) and at 4 stations (10km-20km-30km-40km) one for participants with disabilities.

KILOMETRIC INDICATIONS

- There is an indication at every kilometer of the race route.

COLLECTION OF RUNNERS WHO DROP OUT OF THE RACE

A very important service for runners is their recovery if they have to drop out of the race. At any point along the route, a vehicle will pick them up and take them directly or with a transfer to the finish area.

The last runners are also followed by a bus of the Organizing Committee, which takes those who cannot or do not wish to complete their effort to the finish line.

If a runner drops out, they should head to the nearest supply station or contact an official or volunteer of the Organizing Committee at any point along the route.

If a runner **does not require medical assistance, they can:**

- a) remain at the place where they stopped until they are picked up by a vehicle of the organization that will take them to the finish line
- b) wait for the bus following the last runners, which collects athletes who drop out

- c) head towards the finish line at their own risk.

Any athletes who continue their effort beyond the specified time limit, at any point of the course, must be aware that they do so at their own risk. The Traffic Police will gradually open the race route to traffic, after the last runner has passed through the supply stations within the specified time limit.

REGULATIONS

- The regulations of World Athletics (WA), the Association of International Marathons and Distance Races (AIMS) and the Hellenic Athletics Association (SEGAS) are adhered to.
- Athletes with racing or manual wheelchairs (category H1-5) are not allowed to participate. Due to the nature of the route, the high number of runners, the infrastructure – functions for the simultaneous conduct of multiple races on the same day, both in the city center and along the entire marathon route, the safety of runners with the simultaneous participation of such wheelchairs cannot be guaranteed.
- Use of headphones during the race is allowed at a low volume, so that all runners are aware of their surroundings and are able to hear any announcements made by the Organizing Committee.
- Participation in the race is not permitted without sports clothing.
- Participation of runners accompanied by pets is not permitted, nor is participation with the support of a motorbike or other means, e.g. bicycle, scooter, skates, rollers
- Movement of escorts among athletes, obstruction of their



OFFICIAL SPONSOR OF
THE AUTHENTIC ATHENS
MARATHON



Experience
**short
cycle**
wonder

NEW



USAIN BOLT

THE FASTEST MAN ON EARTH

#FASTJUSTGOTBETTER



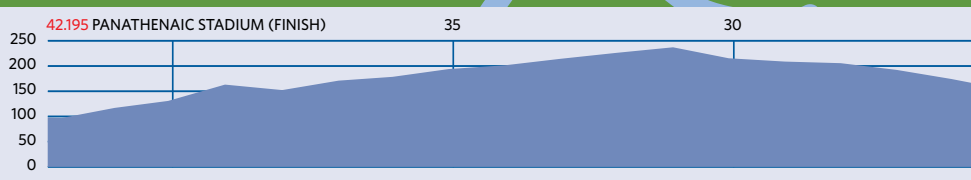
Διαδρομή Αυθεντική Authentic Marathon



- Ιατρικές Υπηρεσίες**
Medical
- Χημική τουαλέτα (ανά 2,5χλμ)**
Toiletes (every 2.5km)
- Χρονομέτρηση**
Timing
- Νερό ΑΥΡΑ (ανά 2,5χλμ)**
AVRA water (every 2.5km)
- Σφουγγάρια**
Sponges
- Ισοτονικό POWERADE**
Isotonic POWERADE
- Coca Cola**
Coca Cola
- Ενεργειακές Μπάρες**
Energy bars
- Μπανάνες DOLE**
DOLE bananas
- Ενεργειακό τζέλ EthicSport**
EthicSport Gel
- Αλμυρό Σνακ**
Salty Snack
- Όλοι οι Σταθμοί Τροφοδοσίας είναι και Σταθμοί Ανακύκλωσης**
All Feed Zones are also Recycling Zones
- Διασώστες**
Rescue Team

ΣΤΑΘΜΟΙ ΜΕΤΡΟ / METRO STATIONS

1. Αεροδρόμιο / Airport
2. Παλλήνη / Pallini
3. Αγ. Παρασκευή / Aghia Paraskevi
4. Νομισματοκοπέιο / Nomismatokopio
5. Χολαργός / Holargos
6. Εθνική Άμυνα / Ethniki Amyna
7. Κατεχάκη / Katehaki
8. Αμπελόκηποι / Ampelokipi
9. Μέγαρο Μουσικής / Megaro Moussikis
10. Ευαγγελισμός / Evangelismos
11. Σύνταγμα / Syntagma
12. Ακρόπολη / Akropolis



Αθηνικού Μαραθωνίου

Marathon Race Route

ΜΕΓΑΣ ΧΟΡΗΓΟΣ ΜΑΡΑΘΩΝΙΟΥ
GRAND SPONSOR OF MARATHON



TECHNICAL INSTRUCTIONS

FOR MARATHON AUTHENTIC ROUTE

movement, failure to show the special permit and non-compliance with the instructions of the Traffic Police and the organizers of the organization will result in the immediate expulsion of offenders from the route and disqualification of accompanied athletes.

- Athletes may not be accompanied by non-motorized or motorized means (e.g., bicycle, motorcycle).

In case of non-compliance with the rules, the race judges and the Organizing Committee officials may exclude athletes and delete them from the results table after the race, after evaluating objections, electronic and visual material.

TIME LIMITS FOR COMPLETION OF THE RACE

Kilometer	Time Limit
5km	10:35
7.5km	11:07
10km	11:37
12.5km	12:04
15km	12:30
17.5km	13:00
20km	13:29
21.1km	13:41
22.5km	13:58
25km	14:26
27.5km	14:54
30km	15:23
32.5km	15:55
35km	16:19
37.5km	16:49
40km	17:16

ACCESS TO THE RACE COURSE – OBSERVING THE MARATHON

All race routes are free of vehicular traffic. Non-participants (spectators, escorts, etc.) do not have the right to circulate in the stream of the road where the athletes are running regardless of means of transport. The lanes next to the ones where the athletes are running remains at the disposal of the Traffic Police, the ambulance and the support vehicles of the event.

Observation of the event's races by spectators, escorts and friends of the runners and their movement is allowed only in the ways indicated on the special maps (Metro, public transport outside the race route).

FINISH LINE

- Runners without a bib number are not allowed to participate in the race and finish. Their entry to the Panathenaic Stadium will be blocked.
- The runners finish by running the last 170 meters on the tartan of Panathenaic Stadium.
- The course to the finish is indicated by judges and volunteers and is marked by cones.

- The athletes finish on the left side of the Stadium.

PROCEDURES AFTER THE FINISH

SERVICES – PICKUP PROCEDURE

- After **finishing** all runners must continue walking towards the exit to avoid crowding and to facilitate the finish of the remaining athletes.
- **Medical assistance**, if needed, will be provided by the medical staff at the finish area.
- The runners receive their **finish medal** and head towards the exit of the Stadium
- Using the special ramp, they reach the stadium's forecourts.
- There they are provided with **water, isotonic drinks, juice and bananas**.
- The runners head to the area where **the vehicles with the clothing** are located to pick up their bags containing their personal belongings.
- Runners can **return to the stadium** stands by following the instructions of the volunteers to watch their teammates finish.
- Only runners who have a bib number and complete the race,



TECHNICAL INSTRUCTIONS

FOR MARATHON AUTHENTIC ROUTE

as well as the members of the Organizing Committee who have the relevant accreditation, will have **access to the stadium's competition area**.

AWARDING OF PRIZES

All runners who **successfully finish** the race are awarded a commemorative medal. Trophies (medal and certificate) are awarded only to the top three of the overall ranking of the Men's and Women's Marathon, as well as to the winners of the National Marathon Race Championship of SEGAS. A Cup is awarded only to the athlete that comes in first in the race.

RESULTS & CERTIFICATES OF PARTICIPATION

During the race there will be continuous information about the results on the event's website. At the end of each race, the official results of runner coming in first are announced immediately.

The unofficial results for all participants will be announced on the event's website after the end of the races, allowing anyone interested to submit a written objection within five (5) calendar days. Once any objections have been recorded, investigated and resolved, the Official Results are posted.

After the announcement of the Official Results and within a few days, the runners included in the results will be able to download their individual Certificates of Participation free of charge, from the website of the official Photo Agency of the event: marathonphotos.live.

PHOTOGRAPHY SERVICES

The Organizing Committee collaborates with the international photo agency Marathon Photos. Participants can purchase personal photos of the race from the website: marathonphotos.live within 48 hours after the end of the event.

TELEVISION COVERAGE

The race will be televised live by ERT.



15 TIPS

FOR YOUR PARTICIPATION IN THE MARATHON

1. Start on time for the boarding point.
2. Make sure you take with you what you need (participation number, bibs, the waterproof jacket (poncho) given to you, dry clothes and everything else that is useful for you)
3. Stick the sticker number on the event's recyclable bag in a way that is clearly visible. Alternately write the number on the bag
4. Use Public Transport and especially the Metro for your transportation.
5. Use the departing buses of the Organizing Committee from the following stations:
 - a. Metro Station (Line 2) «Syngrou-Fix», along Syngrou Avenue - boarding from "Syngrou" exit - last bus to depart at 06.15
 - b. Metro Station (Line 2) «Panepistimio», along Panepistimiou street - boarding from "Panepistimio" exit
 - c. Metro Station (Line 2 & 3) «Syntagma»:
 - d. along Vas. Amalias Avenue - boarding from both sides of the platform
 - e. along Vas. Georgiou – boarding in front of Grand Britania Hotel
 - f. Metro Station (Line 3) «Evangelismos», along Vas. Sofias Avenue
 - g. Metro Station (Line 3) «Katechaki», along Mesogeion Avenue
 - h. ISAP Station «Omonoia», on 3rd Septemvriou Avenue- Omonoia Square
6. Remember that the transportation of the participants to the starting area is done by buses from six (6) different points in the center of Athens and Syntagma is from two points, from 05:30' to 06:45'. After 06:45'. it is not possible the runners to transport with means of transport of the AMA Organizing Committee
7. Board the buses immediately. Listen carefully to the recorded instructions during your transport.
8. After disembarking you will walk to the delivery point of your clothing, to the twelve (12) trucks, one for each starting block.
9. Immediately after you get off the buses you will be given waterproof jackets (ponchos). Wear them if you deem it necessary
10. Immediately deliver your personal bag to the truck corresponding to your participation starting block.
11. Take your place on the starting block on time. The entry of each block will be made from the back point of the block. This will «reward» you to be at the start of your block.
12. Discard your waterproof or light clothing in the special bins.
13. Start at your planned pace. There are pacers to help you.
14. Take care of your nutrition and hydration by taking advantage of the organization's facilities.
15. Seek medical assistance if needed along the route.

A T H E N S






















ATHENS
MARATHON
THE AUTHENTIC



0 9 - 1 0 .  1 1 . 2 0 2 4



Τερματισμός Authentic

- | | | |
|--|--|---|
|  Διαδρομές Αθλητών
Athletes' Courses |  Ασφάλεια
Security |  Διαδρομές Αθλ. Elite
Elites' Courses |
|  Διαδρομές Θεατών
Spectators' Courses |  Έξοδος Δρομέων
Runners Exit |  Ιατρικές Υπηρεσίες
Medical |
|  Μπάρες Ροής Κοινού
Spectators' Barriers |  Σημείο Συνάντησης Δρομέων
Meeting Point |  Χημικές Τουαλέτες
Chemical W.C. |
|  Χώρος Φωτογράφων
Photo Services |  Θέση Κάμερας
Camera Position |  Διέλευση Φιλάθλων
Spectators' Cross |
|  Παραλαβή Μεταλλίου
Commemorative Medal |  Απονομή Μεταλλίων
Medal Ceremony |  Αποδυτήρια Αθλητών
Changing Rooms |
|  Χρονομέτρηση
Timing Zone |  Παράδοση Ρούχων
Clothing Delivery Point |  Παραλαβή Ρούχων
Clothing Collection |
|  Τέντες
Tents | | |



Αυθεντικού Μαραθωνίου

Marathon Race Finish

ΜΕΓΑΣ ΧΟΡΗΓΟΣ ΜΑΡΑΘΩΝΙΟΥ
GRAND SPONSOR OF MARATHON



TECHNICAL INSTRUCTIONS

10KM ROAD RACE OPAP

GENERAL INFORMATION

The 10km Road Race OPAP is open to participants **12 years old** (born in 2012) or older. The age of the runners is calculated from the year of birth (not the calendar year).

The 10km Road Race OPAP will start at **8.15am**.

A **time limit of 90 minutes** (i.e. 1 hour and 30 minutes) has been set for completion of the 10km Road Race.

All finishes will be completed by 10:20' taking into account the time delay of all consecutive starts

All runners participate in the race **AT THEIR OWN RISK**. The organizers are not responsible for any issues concerning the health of the participants due to lack of preventive medical check-ups. It is recommended that participants have undergone a recent medical examination before participating in the race. Particular attention should be paid by people who are experiencing any form of heart problems. It is also recommended that all participants, regardless of age, have a full cardiac check up before participating in the race. The organizers will not ask for medical certificates from any athlete, as all participants compete at their own risk

BEFORE THE RACE

A. TRANSPORTATION OF RUNNERS TO THE STARTING POINT

- Participating runners go to the starting area of the race at their own risk.
- Use the Metro to get to the starting point and avoid transport by car.
- Runners must be at Vas. Amalias Avenue (at the level of Bodossaki Hall), heading to-

wards Syntagma, at least **30 minutes to 1 hour** before the start of the race.

- On Sunday 10 November 2024 there will be a complete traffic ban in the center of Athens **from 6.30am** onwards, especially on Vass. Amalias Ave. from **05:00am**
- Runners can warm up on Vas. Amalias Ave. at the level of Hadrian's Gate, behind the starting area or on the grounds of the Zappeion.
- Warming up in front of the start line will not be allowed.

B. MANAGEMENT OF PERSONAL ITEMS & CLOTHING

Clothing Bags

- The clothing bag is collected together with the bib number and the corresponding sticker number from the Runners' Center & Marathon EXPO.
- The sticker with the runner's participation number must be placed on the bag in a way that it is **clearly visible**, making it easier for volunteers to return it after the finish.
- Runners must place their required personal belongings and clothing inside. Ideally it should contain only clothing. It must not **contain travel documents, money, valuables or medicines**. SEGAS and the Organizing Committee of the event **do not bear any responsibility** in case of loss of objects of value.
- The Organizing Committee does not accept any other backpacks, bags etc., except for the special bags that it provides to the runners.
- The bag must be delivered to the specially designated area within the Alea of Zappeion **no**

later than 30 minutes before the first start of the 10km race, i.e. by 7:45am

- After the finish line, the bags can be collected by showing your bib number at the same place where you handed it in.

Attention: Bags that are not collected after the end of the race will be collected and stored at the Marathon Office of SEGAS for a period of 15 days. After this time the bags and their contents will be discarded.

START OF THE RACE

STARTING BLOCKS – POSITIONING OF RUNNERS AT THE START

- All runners are positioned in blocks at the starting area. The block is indicated by the bib number of each runner.
- The allocation of runners in blocks is based on their performance during the last three years (2022-2024) in a race with a certified route, as registered by them in their registration form and checked by the SEGAS Marathon Office. Failure to indicate a best finish time or if an incorrect/invalid finish time is stated on the entry form, will result in the automatic allocation of the runners in one of the last blocks.
- Runner warm-up must be completed twenty (20) minutes before the start.
- Fifteen (15) minutes before the start all athletes must have taken their place in their respective block.
- Entry to the blocks is from the back.
- Early entry to the block can ensure a place in the first rows of the block and is essentially a

ΤΕΧΝΙΚΕΣ ΟΔΗΓΙΕΣ

ΓΙΑ ΤΟΝ ΑΓΩΝΑ ΔΡΟΜΟΥ 10ΧΛΜ ΟΠΑΠ

“reward”.

- The starting blocks are demarcated along Vas. Amalias Ave. (at the level of Bodossaki Hall), heading towards of Syntagma.

STARTING PROCEDURE

- A “wave start” system is used.
- After the start of each block, the rest of the blocks move gradually until it is their turn to start.
- A total of ten (10) consecutive starts are given with a few minutes between each start.
- Athletes starting from blocks to which they are not assigned are checked electronically and will be automatically disqualified and deleted from the results table.
- The starting time for each block is indicative and will be finalized two weeks before the race.

Time	Start of the 10km Road Race OPAP
08:15	1st block – distinguished athletes & the 1300 best performers <46m
08:17	2nd block – the next 1500 best performers <52m
08:20	3rd block – the next 1500 best performers <54m30s
08:23	4th block – the next 1500 best performers <58m
08:26	5th block – the next 1500 best performers <1h00
08:30	6th block – the next 1500 best performers <1h05
08:34	7th block – next 1500 performers >1h05- no performance
08:38	8th block – next 1500 performers >1h05- no performance
08:42	9th block – next 1500 performers >1h05- no performance
08:46	10th block – next 1500 performers >1h05- no performance

Time	Start of the 10km Road Race OPAP
08:50	the last runner crosses the starting grid
10:20	End of time limit to complete the Race

ROUTE

A. MAP & COURSE DESCRIPTION

The route is as follows: – Amalias Ave, Panepistimiou Str, Char. Trikoupi Str, right Akadimias, left Vas. Sofias Ave, Fidipeidou, left Mesogeion Ave to the Police Academy, turn around (at the traffic light of the Police Academy), Mesogeion Ave, Michalakopoulou Ave, left on Mesogeion Ave, Vas. Sofias Ave (in front of the Hilton), Irodou Attikou, enter the Propylaea of the Panathenaic Stadium – Enter the Panathenaic Stadium and finish running on the tracks of the Stadium on the left side.

B. SERVICES

Health Coverage on the Route

- The Organizing Committee of the event provides health coverage for the race.
- **EKAB** (National Emergency Aid Centre) and rescue teams provide health coverage.
- **Medical assistance** is provided along the race route at each station.
- **Ambulances** are scattered along key spots
- An ambulance follows the last runners.
- Paramedics/ First Aid Volunteers are present along the entire route of the race, providing first aid and communicating with race health officials.
- **Physiotherapists** are present at one station (7.9km).

Supply stations – Water supply

- Bottled water is provided to runners at the start and finish.
- Along the route 2 supply stations (a double water station) are provided at 3.7 and 7.9km.

Electronic Timekeeping

- Runners must **wear their bib number** (with the embedded timing chip) on their chest.
- The bib number **must be visible and not be covered**. Otherwise, it is possible that the intermediate times will not be recorded and the athlete will not be included in the results of the race.
- The runner’s number with the embedded timing chip is **the athlete’s ID** for the specific race.
- If the runner needs assistance, his/ her details will be retrieved from the online platform through their bib number.
- **At the 5th kilometer** there are electronic timing control zones for recording intermediate times.
- Any athlete who **does not have an electronic sign at the start, the split timing zones and the finish will not be included** in the official results.

In order to be included in the final results – where their final performance and intermediate times are announced – and to receive a certificate of participation and performance, runners must:

- Validly participate in the race (valid registration, bib number, etc.)
- Start from the correct block
- Show a time indication in the electronic control zones; and

TECHNICAL INSTRUCTIONS

10KM ROAD RACE OPAP

- d. Finish within the time limit for completion of the race.

Timers

- A vehicle with a digital timer on its roof will precede the first runner.
- Timers will also be available at points along the route.
- There is a digital timer at the finish line.

Toilets – WC

- Chemical toilets are available at the race supply stations.
- At each station there will be four toilets (2 men's – 2 women's) and at one station (7.9km) one for disabled participants.

Kilometric Indications

There is an indication at every kilometer of the race route.

Collection of Runners who Drop Out of the Race

A very important service for runners is their recovery if they have to drop out of the race.

The last runners are followed by a vehicle of the Organizing Committee, which takes those who cannot or do not wish to complete their effort to the finish line.

If a runner drops out, they should head to the nearest supply station or contact an official or volunteer of the Organizing Committee at any point along the route.

If a runner does not require medical assistance, they can:

1. remain at the place where they stopped until they are picked up

by a vehicle of the organization that will take them to the finish line

2. wait for the bus following the last runners, which collects athletes who drop out,
3. head towards the finish line at their own risk.

Any athletes who continue their effort beyond the specified time limit, at any point of the course, must be aware that they do so at their own risk. The Traffic Police will gradually open the race route to traffic, after the last runner has passed through the supply stations within the specified time limit.

REGULATIONS

- The regulations of World Athletics (WA), the Association of International Marathons and Distance Races (AIMS) and the Hellenic Athletics Association (SEGAS) are adhered to.
- Participation of athletes with racing or manual wheelchairs (category H1-5) is permitted provided that they have been registered and that the Organizing Committee is aware of this.
- For this category there is a separate start 5 minutes before the start of the race (1st starting block).
- The values of fair play are intertwined with the values of the races of the Authentic Marathon. This requires mutual understanding and assistance between the runners before, during and after the race, as required by sporting ideals and ethics. Individual runners and groups of runners must respect their teammates and not interfere with each other in their efforts.

- Any runner who does not complete their effort within the specified time (90 minutes), must stop their effort and be transported to the finish line by Organizing Committee officials. For this reason, there are specific transit times from the supply stations (See below "Time limits for completion of the race"). If they decide to continue on their own risk, they must move to the pavement and continue their effort there. This is necessary for the safety of the runners, as after the indicated hours the route of the race is gradually opened to vehicular traffic.

- Use of headphones during the race is allowed at a low volume so that all runners are aware of their surroundings and are able to hear any announcements made by the Organizing Committee.
- Participation in the race is not permitted without sports clothing.
- Participation of runners accompanied by pets is not permitted, nor is participation with the support of a motorbike or other means, e.g. bicycle, scooter, skates, rollers
- Movement of escorts among athletes, obstruction of their movement, failure to show the special permit (accreditation) and non-compliance with the instructions of the Traffic Police and the organizers of the organization will result in the immediate expulsion of offenders from the route and disqualification of accompanied athletes.
- Athletes may not be accompanied by non-motorized or motorized means (e.g., bicycle, motorcycle).

TECHNICAL INSTRUCTIONS

10KM ROAD RACE OPAP

In case of non-compliance with the rules, the race judges and the Organizing Committee officials may exclude athletes and delete them from the results table after the race, after evaluating objections, electronic and visual material.

TIME LIMITS FOR COMPLETION OF THE RACE

kilometer	Time
1st station 3.7km	9:23
Inversion 5.8km	9:42
2nd station 7.9km	10:01

ACCESS TO THE RACE ROUTE – OBSERVING THE 10KM ROAD RACE

All race routes are free of vehicular traffic. Non-participants (spectators, escorts, etc.) do not have the right to circulate in the stream of the road where the athletes are running regardless of means of transport. The lanes next to the ones where the athletes are running remain at the disposal of the Traffic Police, the ambulance and the support vehicles of the event.

Observation of the events' races by spectators, escorts and friends of the runners and their movement is allowed only in the ways indicated on the special maps (Metro, public transport outside the race route).

FINISH LINE

- Runners without a bib number are not allowed to participate in the race and finish. Their entry to the Panathenaic Stadium will be blocked.
- The runners finish by running the last 170 meters on the tartan of Panathenaic Stadium.

- The course to the finish is indicated by judges and volunteers and is marked by cones.
- The athletes finish on the left side of the Stadium.

PROCEDURES AFTER THE FINISH

- After finishing all runners must continue walking towards the exit to avoid crowding and to facilitate the finish of the remaining athletes.
- Medical assistance, if needed, will be provided by the medical staff at the finish area.
- The runners receive their finish medal and head towards the exit of the Stadium
- Using the special ramp, they reach the stadium's forecourts.
- There they are provided with water, juice and bananas.
- The runners head to the area where the vehicles with the clothing are located to pick up their bags containing their personal belongings.
- Runners can return to the stadium stands by following the instructions of the volunteers to watch their teammates finish.
- Only runners who have a bib number and complete the race, as well as the members of the Organizing Committee who have the relevant accreditation, will have access to the stadium's competition area.

AWARDING OF PRIZES

All runners who **successfully finish**

the race are awarded a commemorative medal.

Trophies (medal and certificate) are awarded only to the first three runners in the general classification of the Men's and Women's 10km Road Race OPAP, as well as to the winners of the 10km Hellenic National Road Running Championship. A Cup is awarded only to the athlete that comes in first in the race.

RESULTS & CERTIFICATES OF PARTICIPATION

During the race there will be continuous information about the results on the event's website. At the end of each race, the official results of runner coming in first are announced immediately.

The unofficial results for all participants will be announced on the event's website after the end of the races, allowing anyone interested to submit a written objection within five (5) calendar days. Once any objections have been recorded, investigated and resolved the Official Results are posted.

After the announcement of the Official Results and within a few days, the runners included in the official results, will be able to download their individual Certificates of Participation free of charge, from the website of the official Photo Agency of the event: marathonphotos.live.

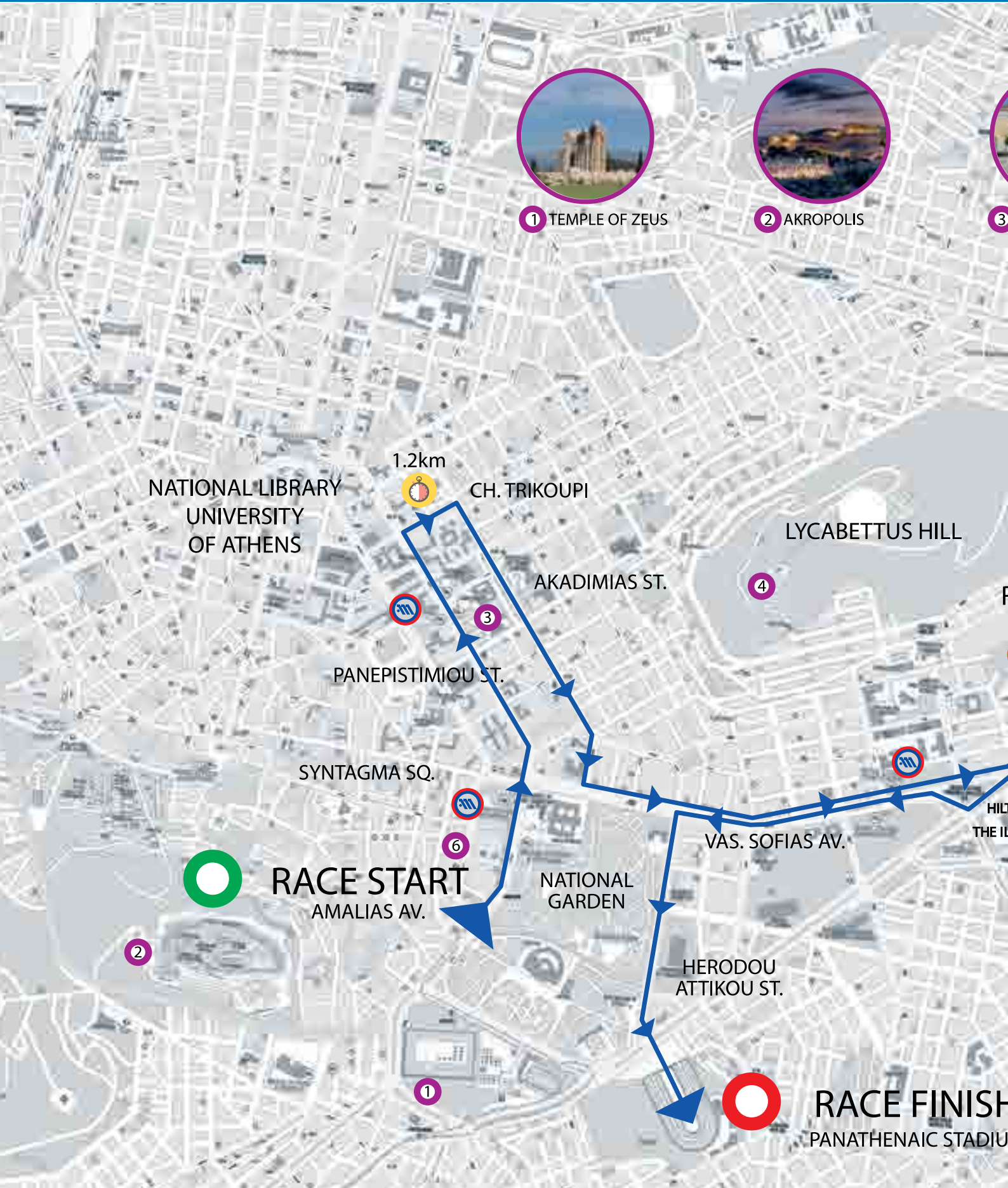
PHOTOGRAPHY SERVICES

The Organizing Committee collaborates with the international photo agency Marathon Photos. Participants can purchase personal photos of the race from the website: marathonphotos.live within 48 hours after the end of the event



ΑΓΩΝΑΣ ΔΡΟΜΟ

10km ROAD



1 TEMPLE OF ZEUS



2 AKROPOLIS



3

1.2km



CH. TRIKOUPI

NATIONAL LIBRARY
UNIVERSITY
OF ATHENS

LYCABETTUS HILL

AKADIMIAS ST.



PANEPISTIMIYOU ST.



SYNTAGMA SQ.



RACE START
AMALIAS AV.

NATIONAL
GARDEN

VAS. SOFIAS AV.

HERODOU
ATTIKOU ST.

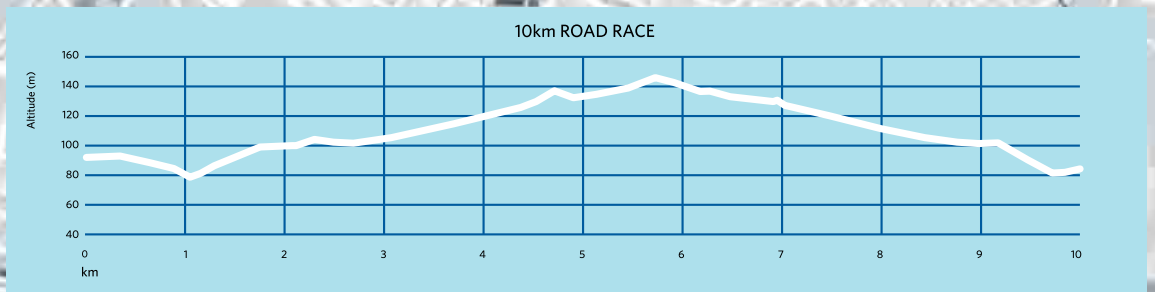
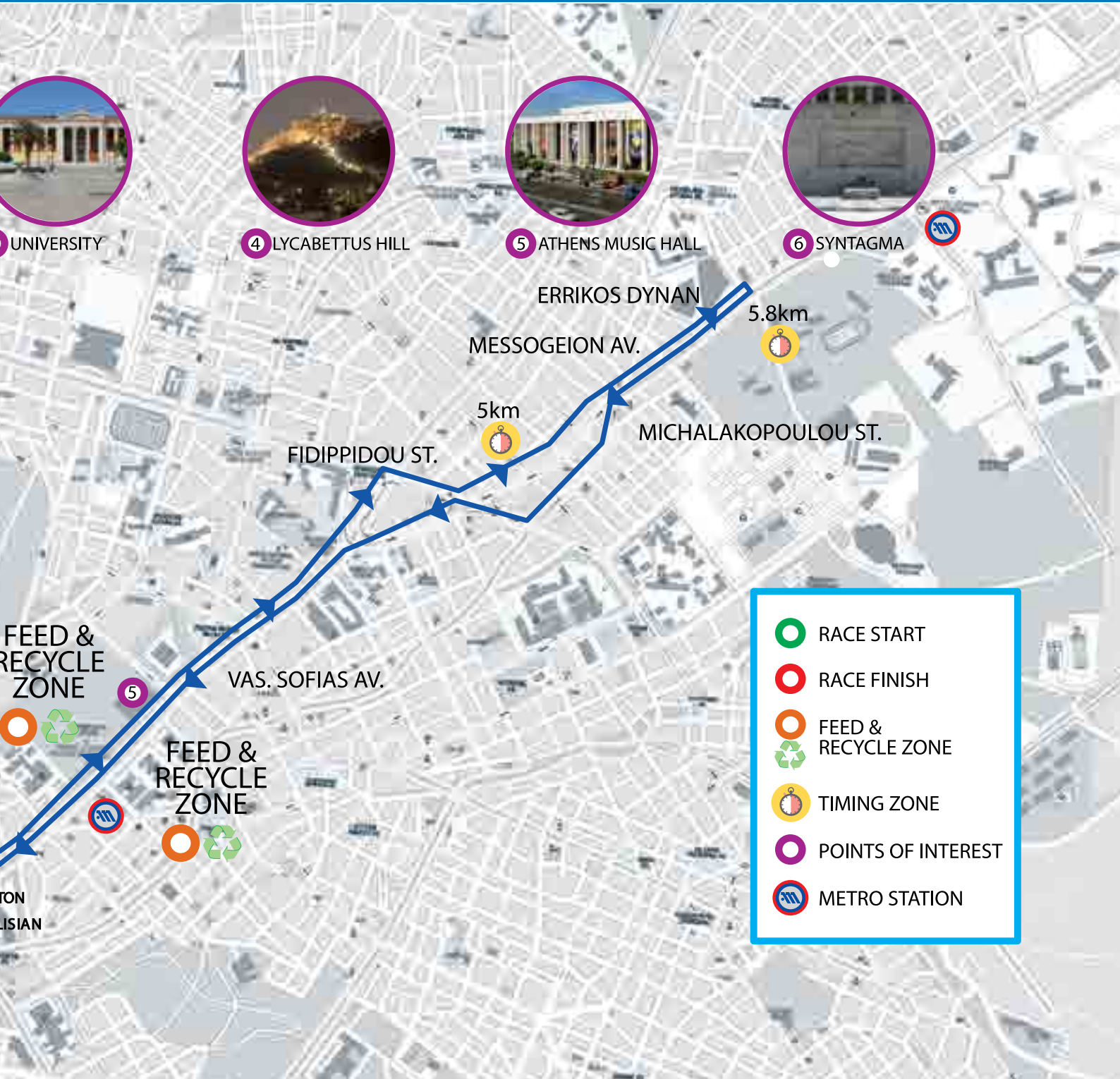


RACE FINISH
PANATHENAIC STADIUM



ΟΥ 10χλμ ΟΠΑΠ

RACE ΟΡΑΡ



TECHNICAL INSTRUCTIONS

5km Road Race STOIXIMAN

GENERAL INFORMATION

The 5km Road Race STOIXIMAN is open to participants 12 years old (born in 2012) or older. The age of the runners is calculated from the year of birth (not the calendar year).

The 5km Road Race STOIXIMAN will start at 17.00.

A time limit of 60 minutes (i.e. 1 hour) has been set for completion of the 5km Road Race STOIXIMAN.

All finishes will be completed by 19:20' including the time delay of all consecutive starts.

All runners participate in the race **AT THEIR OWN RISK**. The organizers are not responsible for any issues concerning the health of the participants due to lack of preventive medical check-ups. It is recommended that participants have undergone a recent medical examination before participating in the race. Particular attention should be paid by people who are experiencing any form of heart problems. It is also recommended that all participants, regardless of age, have a full cardiac check up before participating in the race. The organizers will not ask for medical certificates from any athlete, as all participants compete at their own risk.

BEFORE THE RACE

A. TRANSPORTATION OF RUNNERS TO THE STARTING AREA

- Participating runners go to the starting area of the race at their own risk.
- It is recommended to use the Metro to get to the starting point and to avoid transport by car.
- Runners must be at Vasilisis Amalias Avenue (at the level of Bodossaki Hall), heading

towards Syntagma, at least 30 minutes to 1 hour before the start of the race.

- On Saturday 9 November 2024 there will be a full traffic ban in the center of Athens from 16.00 and especially on Vass. Amalias Ave. from 14:30.
- Runners can warm up on Vas. Amalias Ave. at the level of Hadrian's Gate, behind the starting area or on the grounds of the Zappeion.
- Warming up in front of the start line will not be allowed.

B. MANAGEMENT OF PERSONAL ITEMS & CLOTHINGY

Clothing Bags

- The clothing bag is collected along with the bib number and the corresponding bib number sticker from the Runners' Center & Marathon EXPO.
- The sticker with the runner's bib number must be placed on the bag in a way that it is **clearly visible**, making it easier for volunteers to return it to the right runner after the finish.
- Runners must place their required personal belongings and clothing inside. Ideally it should **contain only clothing**. It must not contain travel documents, money, valuables or medicines. SEGAS and the Organizing Committee of the event do not bear any responsibility in case of loss of valuables.
- The Organizing Committee **does not accept any other backpacks, bags etc.**, except for the special bags that it provides to the runners.
- The bag must be delivered to the specially designed area within the Alea of Zappeion no later than 30 minutes before the first start of the 5km Road Race, i.e. by **16:30**.

- After the finish line, the bags can be collected by showing your bib number at the same place where you handed it in.

Attention: Bags that are not properly collected by participants after the end of the race, will be collected and stored at the Marathon Office of SEGAS for a period of **15 days**. After this time the bags and their contents will be discarded.

START OF RACE

STARTING BLOCKS – POSITIONING OF RUNNERS AT THE START

- All runners are positioned in blocks at the starting area. The block is indicated on the bib number of each runner.
- The distribution of runners in blocks is based on their best finish time during the last three years (2022-2024) in a race with a certified route (see the [here](#)), as registered by them in their registration form and checked by the SEGAS' Marathon Office. Failure to indicate a best finish time or if an incorrect/invalid finish time is stated on the entry form, will result in the automatic allocation of the runners in one of the last blocks.
- Runner warm-up must be completed twenty (20) minutes before the start.
- **Fifteen (15) minutes** before the start all athletes must have taken their place in their respective block.
- **Entry to the blocks is from the back.**
- **Early entry** to the block can ensure a place in the first rows of the block and is essentially a "reward".

TECHNICAL INSTRUCTIONS

5km Road Race STOIXIMAN

- The starting blocks are defined along Vas. Amalias Ave. (at the level of Bodossaki Hall), heading towards of Syntagma.

STARTING PROCEDURE

- A “**wave start**” system is used.
- After the start of each block, the rest of the blocks move gradually until it is their turn to start.
- A total of **seventeen (17) consecutive** starts are given with a few minutes between each start.
- **Athletes starting from blocks to which they are not assigned** are checked electronically and will be automatically disqualified and deleted from the results table.
- The starting time for each block is indicative and will be finalized two weeks before the race.

Time	Start of the 5km Road Race STOIXIMAN
17:00	1st block– distinguished athletes & the 1200 best performers <25m
17:03	2nd block – the next 1400 best performers <30m
17:06	3rd block – the next 1400 best performers <36m
17:10	4th block – next 1500 performers >36m – no best performance
17:15	5th block – next 1500 best performers >36m – no best performance
17:20	6th block – next 1500 best performers >36m – no best performance
17:25	7th block – next 1500 best performers >36m – no best performance
17:30	8th block – next 1500 best performers >36m – no best performance
17:35	9th block – next 1500 best performers >36m – no best performance
17:40	10th block – next 1500 best performers >36m – no best performance
17:45	11th block – next 1500 best performers >36m – no best performance
17:50	12th block – next 1500 best performers >36m – no best performance
17:55	13th block – next 1500 best performers >36m – no best performance
18:00	14th block – next 1500 best performers >36m – no best performance
18:05	15th block – next 1500 best performers >36m – no best performance
18:10	16th block – next 1500 best performers >36m – no best performance
18:15	17th block – next 1500 best performers >36m – no best performance
18:20	The last runner crosses the start line
19:20	End of time limit to complete the Race

TECHNICAL INSTRUCTIONS

5km Road Race STOIXIMAN

ROUTE

A. MAP & ROUTE DESCRIPTION

The route is as follows: – Amalias Ave., Panepistimiou Str., Riga Feraiou Str., right Akademias, left Vas. Sofias Ave., turn around on Vas. Sofias – intersection NIMITS, Vas. Sofias (in front of the Hilton), Irodou Attikou, enter the Propylaea of Panathinaikos Stadium – Enter Panathinaikos Stadium and finish running on the tracks of the Stadium on the left side.

B. SERVICES

Health Coverage on the Route

- The Organizing Committee of the event provides health coverage for the race.
- **EKAB** (National Emergency Aid Centre) and rescue teams provide health coverage.
- **Medical assistance** is provided along the race route at each station.
- **Ambulances** are scattered along key spots
- An ambulance follows the last runners.
- **Paramedics/ First Aid Volunteers** are present along the entire route of the race, providing first aid and communicating with race health officials.

Supply stations – Water supply

- Bottled water is provided to runners at the start and finish.
- There is 1 supply station along the route at 2.8 km.

Electronic timekeeping

- Runners **must wear their bib number** (with the embedded timing chip) on their chest.

- The bib number **must be visible** and not be covered. Otherwise it is possible that the intermediate times will not be recorded and the athlete will not be included in the results of the race.
- The runner's bib number with the embedded timing chip is **the athlete's ID** for the specific race.
- If the runner needs assistance, his/ her details will be retrieved from the online platform through their bib number.
- **At 1,3 and 4th** kilometer, there are electronic timing control zones for recording intermediate times.
- Any athlete who **does not have an electronic sign** at the start, the split timing zones and the finish will not be included in the official results.

In order to be included in the final results – where their final performance and intermediate times are announced – and to receive a certificate of participation and performance, runners must:

1. Validly participate in the race (valid registration, bib number, etc.)
2. Start from the correct block
3. Show a time indication in the electronic control zones; and
4. Finish within the time limit for completion of the race.

Timers

- A vehicle with a digital timer on its roof will precede the first runner
- Timers will also be available at points along the route.
- There is a digital timer at the

finish line.

Toilettes – WC

- Chemical toilets are available at the race supply stations.
- At each station there will be four toilets (2 men's – 2 women's) and one for disabled participants.

Kilometric Indications

There is an indication at every kilometer of the race route.

COLLECTION OF RUNNERS WHO DROP OUT OF THE RACE

A very important service for runners is their recovery if they have to drop out of the race.

The **last runners** are followed by a vehicle of the Organizing Committee, which takes those who cannot or do not wish to complete their effort to the finish line.

If a runner drops out, they should head to the nearest supply station or contact an official or volunteer of the Organizing Committee at any point along the route.

If a **runner does not require** medical assistance, they can:

1. remain at the place where they stopped, until they are picked up by a vehicle of the organization that will take them to the finish line
2. wait for the vehicle following the last runners, which collects athletes who drop out,
3. head towards the finish line at their own risk

Any athletes who continue their effort beyond the specified time limit, at any point of the course, must be aware that they do so at their own risk. The Traffic Police will gradually open the race route to traffic, after the last runner has

passed through the supply stations within the specified time limit.

REGULATIONS

- The regulations of World Athletics (WA), the International Marathons and Distance Races (AIMS) and the Hellenic Athletics Association (SEGAS) are adhered to.
- Participation of athletes **with racing or manual wheelchairs (category H1-5)** is permitted provided that they have been registered and that the Organizing Committee is aware of this.
- For this category there is a separate start 5 minutes before the start of the race (1st starting block).
- The **values of fair play** are intertwined with the values of the races of the Authentic Marathon. This requires mutual understanding and assistance between the runners before, during and after the race, as required by sporting ideals and ethics. Individual runners and groups of runners must respect their teammates and not interfere with each other in their efforts.
- Any runner who does not complete their effort within the specified time (**60 minutes**), must stop their effort and be transported to the finish line by Organizing Committee officials. For this reason there are specific transit times from the supply stations (See below "Time limits for completion of the race"). If they decide to continue on their own risk, they must **move to the pavement** and continue their

effort there. This is necessary for the safety of the runners, as after the indicated hours the route of the race is gradually opened to vehicular traffic.

- Use of headphones during the race is allowed at a low volume, so that all runners are aware of their surroundings and are able to hear any announcements made by the Organizing Committee.
- Participation in the race is not permitted **without sports clothing**.
- Participation of runners accompanied by pets is not permitted, nor is participation with the support of a motorbike or other means, e.g. bicycle, scooter, skates, rollers
- Movement of escorts among athletes, obstruction of their movement, failure to show the special permit and non-compliance with the instructions of the Traffic Police and the organizers of the organization will result in the immediate expulsion of offenders from the route and **disqualification of accompanied athletes**.
- Athletes may not be accompanied by non-motorized or motorized means (e.g., bicycle, motorcycle).

TIME LIMITS FOR COMPLETION OF THE RACE

<u>kilometer</u>	<u>Time</u>
1st station 2.8km	18:53
Inversion 3.05km	18:57

In case of non-compliance with the rules, the race judges and the Organizing Committee officials

may exclude athletes and delete them from the results table after the race, after evaluating objections, electronic and visual material.

ACCESS TO THE RACE ROUTE – OBSERVING THE 5KM ROAD RACE

All race routes are free of vehicular traffic. Non-participants (spectators, escorts, etc.) do not have the right to circulate in the stream of the road where the athletes are running regardless of means of transport. The lanes next to the ones where the athletes are running remains at the disposal of the Traffic Police, the ambulance and the support vehicles of the event.

Observation of the event races by spectators, escorts and friends of the runners and their movement is allowed only in the ways indicated on the special maps (Metro, public transport outside the race route).

FINISH LINE

In case of non-compliance with the rules, the race judges and the Organizing Committee officials may exclude athletes and delete them from the results table after the race, after evaluating objections, electronic and visual material.

Access to the Race Route – Observing the 5km Road Race
All race routes are free of vehicular traffic. Non-participants (spectators, escorts, etc.) do not have the right to circulate in the stream of the road where the athletes are running regardless of means of transport. The lanes next to the ones where the athletes are running remains at the disposal of the Traffic Police, the ambulance

TECHNICAL INSTRUCTIONS

5km Road Race STOIXIMAN

and the support vehicles of the event.

Observation of the event races by spectators, escorts and friends of the runners and their movement is allowed only in the ways indicated on the special maps (Metro, public transport outside the race route).

PROCEDURES AFTER THE FINISH

SERVICES – PICKUP PROCEDURE

- After finishing all runners must continue walking towards the exit to avoid crowding and to facilitate the finish of the remaining athletes.
- **Medical assistance**, if needed, will be provided by the medical staff at the finish area.
- The runners receive their finish medal and head towards the exit of the Stadium.
- Using the special ramp they reach the stadium's forecourts.
- There they are provided with **water, juice and bananas**.
- Runners head to the area where they dropped off their bags to be picked up with their personal

belongings.

- Runners can return to the stadium stands by following the instructions of the volunteers to watch their teammates finish.
- Only runners who have a bib number and complete the race, as well as the members of the Organizing Committee who have the relevant accreditation, will have access **to the stadium's competition area**.

AWARDING OF PRIZES

All runners who successfully finish the race are awarded a commemorative medal.

Trophies (medal and certificate) are awarded only to the first three in the overall ranking of Men and Women of the 5km Road Race STOIXIMAN. A Cup is awarded only to the first athlete of the race.

RESULTS & CERTIFICATES OF PARTICIPATION

During the race there will be continuous information about the

results on the event's website. At the end of each race, the official results of the first runners are announced immediately.

The unofficial results for all participants will be announced on the event's website after the end of the races, allowing anyone interested to submit a written objection within five (5) calendar days. Once any objections have been recorded, investigated and resolved the Official Results are posted.

After the announcement of the Official Results and within a few days, the runners included in the results will be able to download their individual Certificates of Participation free of charge, from the website of the official Photo Agency of the event: marathonphotos.live.

PHOTOGRAPHY SERVICES

The Organizing Committee collaborates with the international photo agency Marathon Photos. Participants can purchase personal photos of the race from the website: marathonphotos.live within 48 hours after the end of the event.



GO

GRAND ESCAPES
START HERE.

GRAND HYATT ATHENS

Located between Athens' historic center and the vibrant Athenian Riviera, Grand Hyatt Athens offers a unique hospitality experience, harmonizing the city's rich history with modern charm.

To book visit [hyatt.com](https://www.hyatt.com)

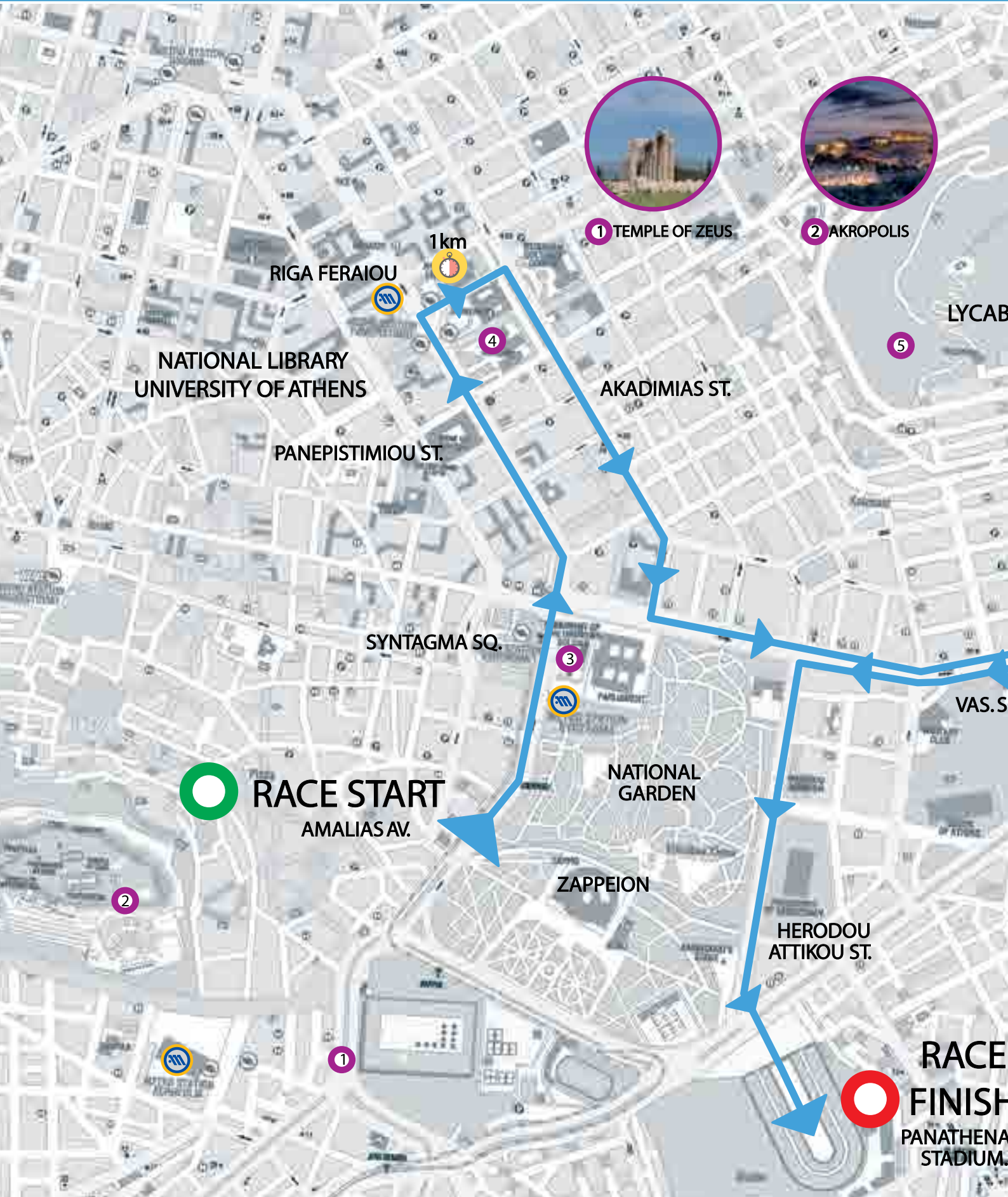
GRAND

GRAND | HYATT™
ATHENS



ΑΓΩΝΑΣ ΔΡΟΜΟ

5km ROAD R



1 TEMPLE OF ZEUS



2 AKROPOLIS

1km

RIGA FERAIOU

4

NATIONAL LIBRARY
UNIVERSITY OF ATHENS

AKADIMIAS ST.

5

LYCAB

PANEPISTIMIOU ST.

SYNTAGMA SQ.

3

 RACE START

AMALIAS AV.

NATIONAL
GARDEN

VAS. S

2

ZAPPEION

HERODOU
ATTIKOU ST.

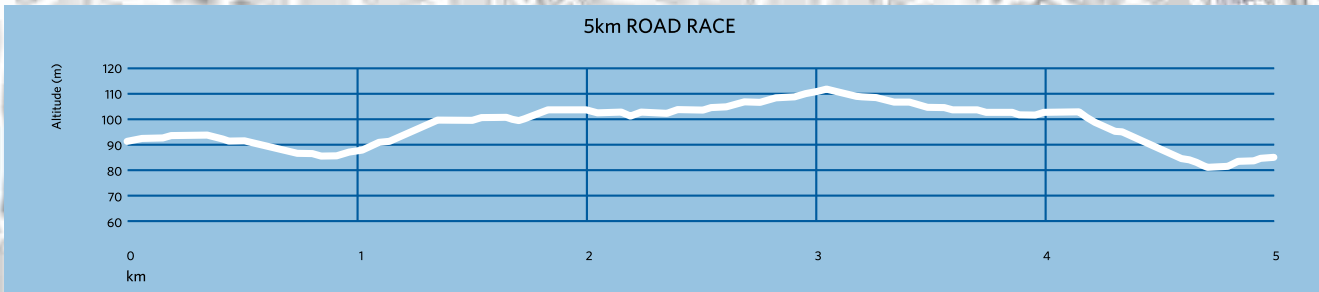
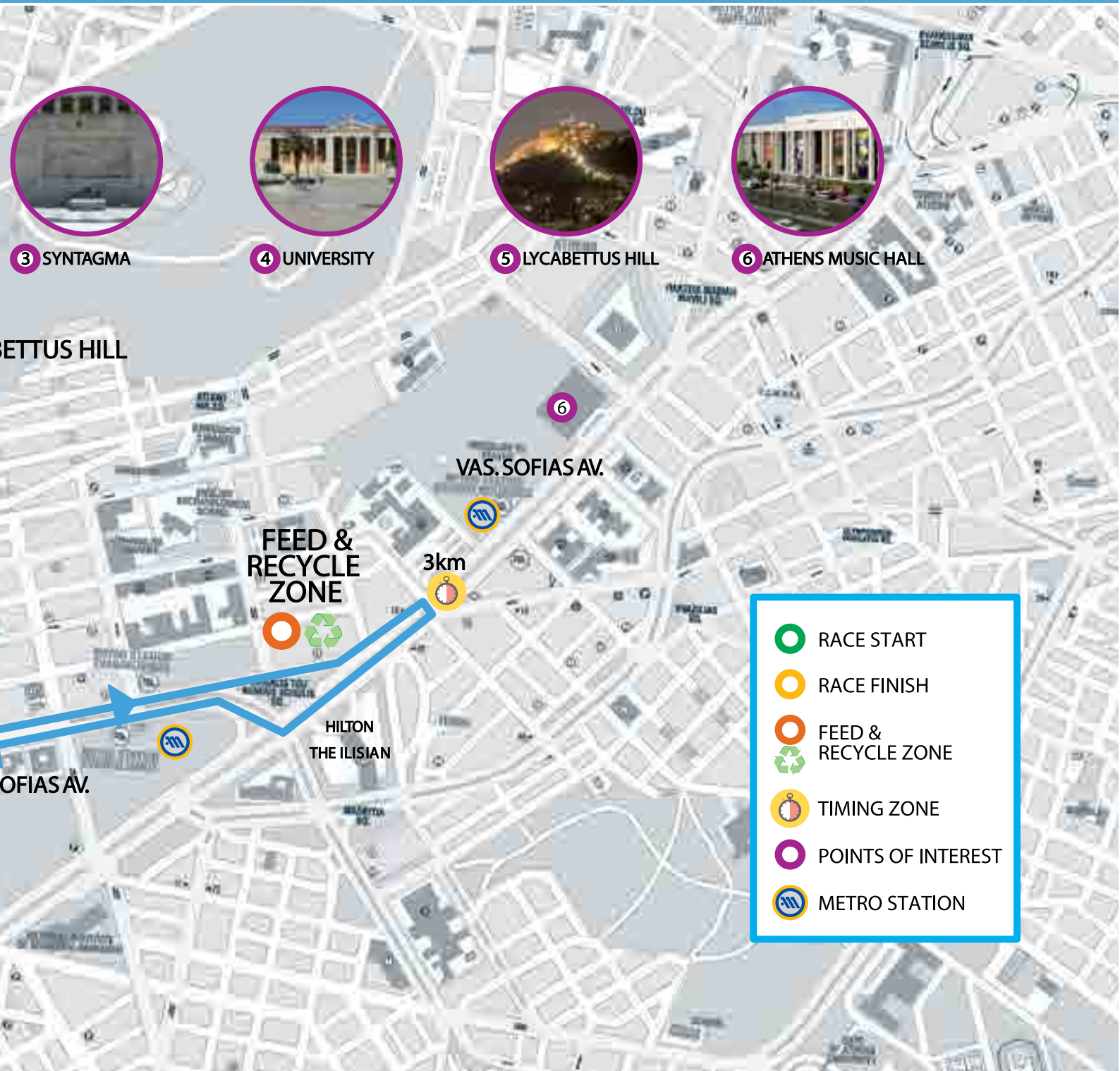
1



RACE
FINISH
PANATHENA
STADIUM.

ΡΟΥ 5χλμ STOIXIMAN

RACE STOIXIMAN



TECHNICAL INSTRUCTIONS

5km UNIVERSITIES NIGHT RUN OPAP

GENERAL INFORMATION

In the 5km Universities Night Run OPAP **all university students and academic teaching staff** who have an academic ID, ISIC card or academic certificate, which will be requested for presentation upon bib number pick-up, are eligible to participate.

Without an academic ID/ certificate, it will NOT be possible to collect the bib number and/or race kit materials.

The 5 km Universities Night Run OPAP will start at 19.15.

For the completion of the 5km Universities Night Run OPAP, a time limit of 60 minutes (i.e. 1 hour) has been set.

All finishes will be completed by 20:25' including the time delay of all consecutive starts.

All runners participate in the race **AT THEIR OWN RISK**. The organizers are not responsible for any issues concerning the health of the participants due to lack of preventive medical check-ups. It is recommended that participants have undergone a recent medical examination before participating in the race. Particular attention should be paid by people who are experiencing any form of heart problems. It is also recommended that all participants, regardless of age, have a full cardiac check up before participating in the race. The organizers will not ask for medical certificates from any athlete, as all participants.

BEFORE THE RACE

A. TRANSPORTATION OF RUNNERS TO THE STARTING POINT

- Participating runners go to the starting area of the race at their own risk.
- Use the Metro to get to the starting point and avoid transport by car.
- Runners must be at Vas. Amalias Ave. (at the level of Bodossaki Hall), heading towards Syntagma, at least 1 hour before the start of the race.
- On Saturday 9 November 2024

there will be a full traffic ban in the center of Athens from 16.00 and especially on Vass. Amalias Ave. from 14:30.

- Runners can warm up on Vas. Amalias Ave. at the level of Hadrian's Gate, behind the starting area or on the grounds of the Zappeion.
- Warming up in front of the start line will not be allowed.

B. MANAGEMENT OF PERSONAL ITEMS & CLOTHING

Clothing Bags

- The clothing bag is collected together with the bib number and the corresponding sticker number from the Runners' Center & Marathon EXPO.
- The sticker with the runner's bib number must be placed on the bag in a way that it is clearly visible, making it easier for volunteers to return it after the finish.
- Runners must place their required personal belongings and clothing inside. Ideally it should contain only clothing. It must not contain travel documents, money, valuables or medicines. SEGAS and the Organizing Committee of the event do not bear any responsibility in case of loss of objects of value.
- The Organizing Committee does not accept any other backpacks, bags etc., except for the special bags that it provides to the runners.
- The bag must be delivered to the specially designated area within the Alea of Zappeion no later than 30 minutes before the first start of the 5km Universities Night Run, i.e. by 18:45'.
- After the finish line, the bags can be collected by showing your bib number at the same place where you handed it in.

Attention: Bags that are not collected after the end of the race will be collected and stored at the Marathon Office of SEGAS for a period of 15 days. After this time the bags and their contents will be discarded.

START OF RACE

STARTING BLOCKS – POSITIONING OF RUNNERS AT THE START

- All runners are positioned in blocks at the starting area. The block is indicated by the bib number of each runner.
- The allocation of runners in blocks is based on their performance during the last three years (2022-2024) in a race with a certified route, as registered by them in their participation form and checked by the SEGAS Marathon Office. Failure to indicate a best finish time or if an incorrect/invalid finish time is stated on the entry form, will result in the automatic allocation of the runners in one of the last blocks.
- Runner warm-up must be completed twenty (20) minutes before the start.
- **Fifteen (15) minutes** before the start all athletes must have taken their place in their respective block.
- **Entry to the blocks is from the back.**
- **Early entry** to the block can ensure a place in the first rows of the block and is essentially a "reward".
- The starting blocks are demarcated along Vas. Amalias Ave. (at the level of Bodossaki Hall), heading towards of Syntagma.

STARTING PROCEDURE

- A "wave start" system is used.
- After the start of each block, the rest of the blocks move gradually until it is their turn to start.
- A total of two (2) consecutive starts are given with a few minutes between each start.
- Athletes starting from blocks to which they are not assigned are checked electronically and will be automatically disqualified and deleted from the results table.
- The starting time for each block is indicative and will be finalized two weeks before the race.

Time	Start of the 5km Universities Night Run OPAP
19:15	1st block – distinguished athletes & the 1200 best performers <25m
19:18	2nd block – the next 1500 best performers <30m
19:21	The last runner crosses the start line
20:25	End of time limit to complete the Race

ROUTE

A. MAP & ROUTE DESCRIPTION

The route is as follows: – Amalias Ave., Panepistimiou Str., Riga Feraiou Str., right Akademias, left Vas. Sofias Ave., turn around on Vas. Sofia – intersection NIMITS, Vas. Sofias (in front of the Hilton), Irodou Attikou, enter the Propylaea of Panathinaikos Stadium – Enter Panathinaikos Stadium and finish running on the tracks of the Stadium on the left side.

B. SERVICES

Health Coverage on the Route

- The Organizing Committee of the event provides health coverage for the race.
- **EKAB (National Emergency Aid Centre)** and rescue teams provide health coverage.
- **Medical assistance** is provided along the race route at each station.
- **Ambulances** are scattered along key spots
- An ambulance follows the last runners.
- **Paramedics/ First Aid** Volunteers are present along the entire route of the race providing first aid and communicating with race health officials.

Electronic timekeeping

- Runners must wear their bib number (with the embedded timing chip) on their chest.
- The bib number must be visible and not be covered. Otherwise it is possible that the intermediate times will not be recorded and the athlete will not be included in the results of the race. Otherwise it is possible that the intermediate times will not be recorded and the athlete will not be included in the results of the race.
- The runner's number with the embedded timing chip is the athlete's ID for the specific race.
- If the runner needs assistance, his/ her details will be retrieved from the online platform through their participation number.
- At 1,3 and 4th km, there are electronic timing control zones for recording intermediate times.
- Any athlete who does not have an electronic sign at the start, the split timing zones and the finish will not be included in the official results.

In order to be included in the final results – where their final performance and intermediate times are announced – and to receive a certificate of participation and performance, runners must:

1. Validly participate in the race (registration, participation number, etc.)
2. Start from the correct block
3. Show a time indication in the electronic control zones; and
4. Finish within the time limit for completion of the race.

Timers

- A vehicle with a digital timer on its roof will precede the first runner
- Timers will also be available at points along the route.
- There is a digital timer at the finish line.

Toilets – WC

- Chemical toilets are available at the race supply stations.
- At each station there will be four toilets (2 men's – 2 women's) and one for disabled participants.

Kilometric Indications

There is an indication at every kilometer of the race route.

Collection of Runners who Drop Out of the Race

A very important service for runners is their recovery if they have to abandon a race. The last runners are followed by a vehicle of the Organizing Committee, which takes those who cannot or do not wish to complete their effort to the finish line.

If a runner drops out, they should head to the nearest supply station or contact an official or volunteer of the Organizing Committee at any point along the route.

If a runner does not require medical assistance, they can:

1. remain at the place where they stopped until they are picked up by a vehicle of the organization that will take them to the finish line,
2. wait for the bus following the last runners, which collects athletes who drop out,
3. head towards the finish line at their own risk.

Any athletes who continue their effort beyond the specified time limit, at any point of the course, must be aware that they do so at their own risk. The Traffic

TECHNICAL INSTRUCTIONS

5km UNIVERSITIES NIGHT RUN OPAP

Police will gradually open the race route to traffic, after the last runner has passed through the supply stations within the specified time limit.

REGULATIONS

- The regulations of World Athletics (WA), the International Marathons and Distance Races (AIMS) and the Hellenic Athletics Association (SEGAS) are adhered to.
- Participation of athletes with **racing or manual wheelchairs (category H1-5) is permitted** provided that they have been registered and that the Organizing Committee is aware of this.
- For this category there is a separate start **5 minutes before** the start of the race (1st starting block).
- The values of **fair play** are intertwined with the values of the races of the Authentic Marathon. This requires mutual understanding and assistance between the runners, before, during and after the race, as required by sporting ideals and ethics. Individual runners and groups of runners must respect their teammates and not interfere with each other in their efforts.
- Any runner who does not complete their effort within the specified time (**60 minutes**), must stop their effort and be transported to the finish line by Organizing Committee officials. For this reason there are specific transit times from the supply stations (See below "Time limits for completion of the race"). If

they decide to continue on their own risk, they must move to the pavement and continue their effort there. This is necessary for the safety of the runners because after the indicated hours the route of the race is gradually opened to vehicular traffic.

- Use of **headphones during** the race is allowed at a low volume, so that all runners are aware of their surroundings and are able to hear any announcements made by the Organizing Committee.
- Participation in the race is **not permitted without sports clothing**.
- Participation of runners accompanied by pets is **not permitted**, nor is participation with the support of a motorbike or other means, e.g. bicycle, scooter, skates, rollers.
- Movement of escorts among athletes, obstruction of their movement, failure to show the special permit and non-compliance with the instructions of the Traffic Police and the organizers of the organization will result in the immediate expulsion of **offenders from the route and disqualification** of accompanied athletes.
- Athletes may **not be** accompanied by non-motorized or motorized means (e.g., bicycle, motorcycle).

In case of non-compliance with the rules, the race judges and the Organizing Committee officials may exclude athletes and delete them from the results table after the race, after evaluating objections, electronic and visual material.

Time Limits for Competition of the Race

<u>kilometer</u>	<u>Time</u>
1st station 2.8km	19:56
Inversion 3.05km	20:00

Access to the Race Route – Observing the 5km Universities Night Run

All race routes are free of vehicular traffic. Non-participants (spectators, escorts, etc.) do not have the right to circulate in the stream of the road where the athletes are running regardless of means of transport. The lanes next to the ones where the athletes are running remains at the disposal of the Traffic Police, the ambulance and the support vehicles of the event.

Observation of the event's races by spectators, escorts and friends of the runners and their movement is allowed only in the ways indicated on the special maps (Metro, public transport outside the race route).

FINISH LINE

- Runners without a bib number are not allowed to participate in the race and finish. Their entry to the Panathenaic Stadium will be blocked.
- The runners finish by running the last 170 meters on the tartan of Panathenaic Stadium.
- The course to the finish is indicated by judges and volunteers and is marked by cones.
- The athletes finish on the left side of the Stadium.

PROCEDURES AFTER FINISHING THE RACE

Services – Pick Up Procedure

- After finishing all runners must continue walking towards the exit to avoid crowding and to facilitate the finish of the remaining athletes.
- Medical assistance, if needed, will be provided by the medical staff at the finish area.
- The runners receive their finish medal and head towards the exit of the Stadium.
- Using the special ramp, they reach the stadium's forecourts.
- There they are provided with water, juice and bananas.
- Runners head to the area where they dropped off their bags to be picked up with their personal belongings.
- Runners can return to the stadium stands by following the

instructions of the volunteers to watch their teammates finish.

- Only runners who have a bib number and complete the race, as well as the members of the Organizing Committee who have the relevant accreditation, will have access to the stadium's competition area.

AWARDING OF PRIZED

All runners who successfully finish the race are awarded a commemorative medal.

Trophies (medal and certificate) are awarded only to the top three finishers of the overall Men's and Women's 5km Universities Night Run OPAP. A Cup is awarded only to the athlete that comes in first in the race.

RESULTS & CERTIFICATES OF PARTICIPATION

During the race there will be continuous information about the results on the event's website. At the end of each race, the official results of the first runners are announced

immediately.

The unofficial results for all participants will be announced on the event's website after the end of the races, allowing anyone interested to submit a written objection within five (5) calendar days. Once any objections have been recorded, investigated and resolved the Official Results are posted.

After the announcement of the Official Results and within a few days, the runners included in the results will be able to download their individual Certificates of Participation free of charge, from the website of the official Photo Agency of the event: marathonphotos.live.

PHOTOGRAPHY SERVICES

The Organizing Committee collaborates with the international photo agency Marathon Photos. Participants can purchase personal photos of the race from the website: marathonphotos.live within 48 hours after the end of the event.



TECHNICAL INSTRUCTIONS

KIDS RACE 1.2KM & SPECIAL OLYMPICS HELLAS

KEY ELEMENTS OF THE RACE

Ages – Categories

The Kids Race is open to **4th, 5th and 6th grade** students of the 2024-2025 school year, specifically children born in **2013, 2014 & 2015**.

START – ROUTE – FINISH

The start will be on Vassilissis Sofias Avenue at the level of the Parliament (Flower Market). The route is along Vassilissis Sofias Ave, Irodou Attikou Street in the direction of the Panathenaic Stadium. The finish will be at the Panathenaic Stadium.

Start of the Race

The start of the race will be at **10.30 – 10.33 – 10.35**, in three different starting blocks (wave start) for grades **6, 5 and 4** respectively.

The start of the **Special Olympics** race will be at 10.38.

BEFORE THE RACE

Bib Number & Certificate of Attendance Collection

Collection of the bib number, as well as the Escort Certificate will take place at the Runners' Center & Marathon EXPO, at the Faliro Indoor Gymnasium (TAE Kwon Do Stadium) from Wednesday, November **6 to Saturday, November 9**.

The above are received by the guardians of participating children upon presentation of their identity card and the child's Birth Certificate or by the designated group leader (upon request if it is a group participation of a school or club).

DAY OF THE RACE

Children Gathering at The Starting Area

On the day of the race, and given that the starting time of the race is set at 10:30, all children who are due to participate should gather the courtyard of Syntagma Square, approximately one hour before the race, i.e. from 09:30 to 10:00. Any child who is not in Syntagma Square by this time will not be eligible to participate in the Race.

DEPARTURE OF ESCORTS

At 10:15, all guardians and escorts of children should leave the assembly area taking with them the clothing of the participating children and head to Panathinaikos Stadium, where the children will finish.

Return of Children to Guardians/ Escorts

To pick up a child, the guardian/escort contacts the Volunteer Leaders who are responsible for the care and protection of children in the designated meeting place. This area is located inside the Stadium in the marble grandstand opposite the Finish line, where the children will be led immediately after finishing and leaving the field.

The Leaders hand over the children to their guardians/escorts only upon presentation of the Escort Certificate received from the Runners' Center together with the participation number. No one may pick up a child from this area without presenting an Escort Certificate.



Bringing healthcare to people everywhere

The Metropolitan Hospital and the HHG Group are running **Project “Pantou” (Everywhere)** offering free medical care to residents in remote areas across Greece. Because for every race we run, health is the foundation for success!



MEDICAL ADVICE

THAT WILL ALLOW YOU A PLEASANT PARTICIPATION IN THE EVENT OF "ATHENS MARATHON. THE AUTHENTIC"

In order to enjoy the unique experience of participating the race of Athens Marathon, the Authentic without putting yourself in danger, you should be healthy and in good physical condition on that day.

NOTICE

The Organizing Committee of the Athens Marathon, the Authentic is extremely glad with the large number of runners that chose to run the race of Athens Marathon, The Authentic. Anyone may participate, even those who suffer from serious medical conditions, but only with their doctor's consent, particularly for the Marathon Race. This is why you should visit your doctor and discuss any medical problems before the start of the event. The same applies to all participants that have not been prepared enough for the race. All participants and especially those you are above 35 years old should have gone through a cardio logical check up before the race. In any case the responsibility for joining the Athens Marathon, the Authentic is entirely up to the runner. What follows, is designed to contribute to a better update regarding your participation in the race, along with achieving the goal of a pleasant and safe race.

Attention: If you have a medical problem that may lead to you having a blackout, such as fits or diabetes, put a cross on the front of your number and write the details, especially your medication, on the reverse of your number.

ILLNESS AND TRAINING

If you have flu, a feverish cold or tummy bug, do not train until you have fully recovered. Then start gently and build up gradually. Do not attempt to catch up on lost mileage after illness or injury - this may cause further damage or illness. If you have had flu over the last month please reconsider your participation in the Athens Marathon, the Authentic.

NOTE: If you cannot run 15 miles comfortably one month before the marathon, you will not manage it in safety or enjoy it. Please do not run on this occasion. You could participate in the 10km or 5km Road Race instead and enjoy finishing in the Panathinaikon Stadium.

THE DAY BEFORE THE RACE

The day before the race, avoid the intense practice and try to get rest from early time. Prepare your necessary personal belongings, that you will be using the race day. The supper

should be light but rich in carbohydrates (bread, pasta, rice, potatoes, etc.). Do not forget to drink a sufficient quantity of water, especially if the day is predicted to be a hot one.

RACE DAY

Get dressed well, accordingly to the weather conditions of the race day. Use lightweight running shoes that you have used before, to avoid any pains and discomfort for your feet.

Have a breakfast few hours before the race start, preferably a light one, by avoiding anything that contains fat.

Leave your home / hotel early enough to be on time for the race start or the Organizing Committee's pick-up points, in order to avoid anything that might create tense to you. Begin the race by being hydrated enough. 250ml of water can be a quantity to achieve this, but no later than 30' before any race start, especially if the day is predicted to be a hot one.

DURING THE RACE

The more you stress yourself in order to finish the race, the more important becomes the need for regular hydration and feeding. Drink regular, but do not overdo it.

Drinking too little can lead to problems, as you need to replace some of the fluid you lose as sweat. Drinking too much can be very dangerous and lead to hyponatraemia, fits and even in some cases death. Drink when you feel the need and do not gulp large volumes of fluids before, during and after the race.

Every athlete has different needs according to his build, his speed and above all the weather as these parameters have an impact on how much you sweat.

Faster runners (under 3h 30) on a warm day may need as much as a liter of fluid per hour (2 pints). Slower runners should need less particularly on a cool day and should not drink more than 500 ml per hour.

Prefer fluids and food that you have already used and tested before. You can trust the products delivered to you in the feeding stations of the Organizing Committee, but in case you can carry any supplies of your choice.



There are frequent water stations. You do not need to drink at each one, just swallow a mouthful of water occasionally. If you like sport drinks you will find them at certain stations.

Run slightly, especially if your level of preparation for the match you are attending is not satisfactory. Follow this advice and it is most likely to meet the requirements of the race without requiring medical assistance. Doctors and Volunteers Rescuers will be along on the way and will be covering all the races in health terms, not just where there are power stations. If you leave the race, head to the nearest station where medical assistance is provided.

AT THE FINISH

Do not stand about getting cold. Keep walking, especially if you feel dizzy, and drink to replace lost liquid. Go to the baggage area as soon as you can, get your kit and change into warm, dry clothing, and then go to the meeting points area. Foil blankets will not stop you from becoming cold.

Keep on drinking slowly and have something to eat. Some runners feel faint even for one and half an hour after finishing the race, often because they have taken insufficient fluid and/or not eaten anything. Again, do not drink excessively. It is preferably to hydrate yourself gradually in the next twenty-four to forty-eight hours after the race. Eat some salty food as well as spacing your drinks- you will not get hyponatraemia and will replace the water salt and glycogen lost in running the Marathon race.

Some runners feel faint more than half an hour after finishing the race, often because they have taken insufficient fluid and/or not eaten anything. Again, do not drink excessively. If for any reason, you feel uncomfortable, dizzy or weakness, please go to the first aid station located in the finish venue.

AMA 2024 MEDAL

by Costas Tsoklis.



A wild olive branch. Raw material for “kotinos”, the humble and precious wreath - prize of the Olympic Games in antiquity, with which Spyros Louis, the first winner of the Marathon Race in 1896 Olympic Games in Athens, was crowned. And it is that branch that Kostas Tsoklis, the internationally acclaimed artist, chose to be the subject of this year’s Athens Authentic Marathon medal and thus created it as such.

The Marathon is an endurance race, a battle that each runner strives to win (against himself) for 42,195 m, until the moment he finishes at Kallimarmaro Stadium. This effort could not be rewarded in a better way than receiving the Kotinos, the olive branch.

Kotinos offered protection from the gods to those who wore it in antiquity and it is nowadays a symbol of peace. As it bears such special significance, it was honorably chosen to crown the winners of the first modern Olympic Games, when the top sporting event of the ancient Greek world was reborn in Athens in 1896. Today, it is the theme of the fifth collective medal, according to the special order which was established by SEGAS, and which is created by a different great Greek artist every year.

«I am glad that this medal (honoured as I am that it bears my name), will be awarded to all those who will try to complete a feat, without having the intention of «winning». As for the message, let it be: No more winners and losers.

“Let us put aside the stopwatches and enjoy the celebration, being inspired by desire, effort, completion. In our time anyway, all messages, either good or bad, come to us electronically in a second” is the message that Costas Tsoklis sends to the thousands of runners of this year’s event. Runners that will have the chance to hang this medal on their chests as a reward for completing their own personal feat when reaching the finish line at the Panathinaiko – Kallimarmaro Stadium



GARMIN®

Official
Timekeeper

TRAIN BRILLIANTLY



FORERUNNER® SERIES

GARMIN.GR

AMA 2024

REGISTRATION KIT

THE TOP-LEVEL SERVICES OF THE EVENT



As part of the registration, runners of the different AMA races are entitled to the following services:

- Bib Number with incorporated timing chip
- Official Race T-shirt
- e-Manual with Technical and Medical

INSTRUCTIONS

- Free Live Tracking App service
- Free Transport to the Marathon Start Area (from Athens)
- Chemical WCs and water at the Start Area
- Chemical WCs and Feed Zones every 2.5Km and at the Finish Area (water, isotonic drinks, juice, energy gel and bananas)
- Medical Assistance and EMS along all courses
- Clothing management
- Accident Insurance during the race by ERGO

INSURANCE

- Finisher's Medal (part of the 2019-2027 series of 8 medals)
- Online Announcement of Results and live results
- Participation Certificate with finish and intermediate times

- Race e-Newsletter throughout the year if the runner chooses so

Depending on the registration level, participants may also receive:

- Backpack
- Free Public Transport Card
- Free entrance or discount for certain Museums
- Face towel

Optional Services:

- Commemorative Personal Photos
- AMA merchandising.

Runners participating in the 5Km Universities Night Run OPAP are entitled to receive all the services mentioned above.

**LET'S
MOVE
THE WORLD
TOGETHER**



ORPHEE BEINOGLOU

Member of
ob|stream

41st

ATHENS MARATHON OFFICIAL PARTNER

WE MOVE THE WORLD FOR OVER 100 YEARS



OB Stream



ob-stream.com

| beinoglou.gr

THE ENVIRONMENTAL ACTION PLAN

One of the biggest challenges of our time is to tackle a climate change that has already taken crisis dimensions.

The EU's response to this challenge is the European Green Deal, which has set the ambitious objective of making Europe the first climate-neutral continent by 2050 and providing the necessary framework, incentives and investment.

The aim is to transform Europe into a modern, resource-efficient and competitive economy with net zero greenhouse gas emissions, through investments from the NextGenerationEU recovery plan and the EU's 7-year budget.

Together with the commitment to a socially just transition, no person and no region are left behind, so as to ensure a fair and healthy society for future generations.

The 41th Athens Authentic Marathon, a collective cultural and sporting action, unites us in this common effort.

The Representation of the European Commission in

Greece works for the first time with SEGAS and contributes to a 'green' race to raise awareness of the importance of the circular economy.

Our actions:

- We make 65,000 bags made of recycled plastic available to runners, with a significant environmental benefit equivalent to saving 12 tonnes of plastic. The bags have been made from used bottles that were collected and recycled.
- In order to help change attitudes and raise awareness of the benefits of recycling, the European Commission Representation in Greece will encourage participants in the 40th Athens Authentic Marathon to leave their worn clothes and shoes, weighing approximately 3 tonnes, in dedicated recycling bins.
- Finally, 4,500 volunteers will ensure that 500,000 water balls for the runners are systematically collected in 400 recycling bins in order to be recycled, thus reducing the Athens Authentic Marathon's environmental footprint.





From eco worrier to eco warrior

Sustainability transformation
from idea to impact

[Deloitte.com/sustainability](https://www.deloitte.com/sustainability)

Deloitte.

THE OFFICIAL MOBILE APP OF THE AUTHENTIC MARATHON

Free Live Tracking of your race

HELLENIC ATHLETICS (SEGAS) continues to offer the mobile application «Athens Authentic Marathon» to all runners that take part in this major running event, held for the 41st time in the city of Athens.

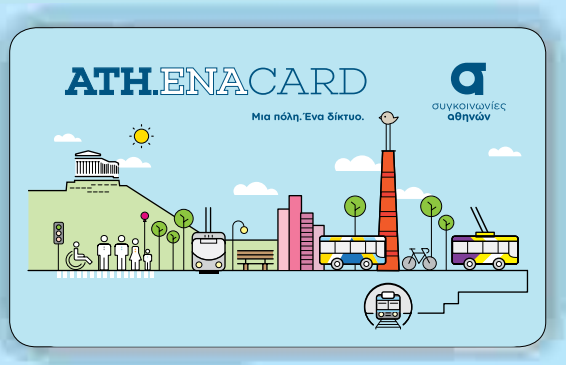
The app is available for free download through Google Play and App Store and you can find it by searching for «**ATHENS MARATHON. THE AUTHENTIC**». Runners and spectators can follow in real time (LiveTracking) the progress of the Athens Marathon races from their mobile, tablet or computer.

The user of the app can simultaneously monitor up to 20 favorite runners of his/her choice, receiving notifications each time the runners pass a checkpoint. Also, there will be live feed about the 10 leading athletes in each race, while runners and users will be able to share their performance with friends on social media, upload selfies with the filters of the race, and find all the necessary information regarding their race at any time!





transport
for athens



RUNNING WITH YOU 365 DAYS A YEAR



FOR FURTHER
INFORMATION ABOUT
ATH.ENA CARD
AND
ATH.ENA TICKET
VISIT

WWW.OASA.GR

VOLUNTEER PROGRAM

OF THE ATHENS MARATHON. THE AUTHENTIC": THE HEART OF SOCIAL RESPONSIBILITY AND SUSTAINABILITY THROUGH TIME"

Our volunteers are the moving power and soul of the events. Every stop, every dot on the race map of each course is populated and certified by our volunteers.

The official social responsibility is chartered through the Volunteering Program which, over the course of the past 5 years, has adopted a new strategy with a wider purpose to "embrace" society and act as a powerful means of positive impact. The Head of the Program, Mrs. Villy Baka states: "The Volunteering Program of Athens Marathon. The Authentic and Athens Half Marathon attracts, selects, trains, supports and coordinates, consistently over the past five years, more than 6,500+ volunteers annually, supporting the continuously increasing needs of the 2 major events.

On a daily basis, we focus on building long term relations of trust, solidarity and mutual respect with private and public entities, while highlighting good practices and being consistent with global community standards, thus enhancing the wider Marathon brand and implementing initiatives at a social and environmental level". **The entire human chain of volunteers is placed along the 42,195 m. of the Marathon course, the 10 km, 5km, children and university races.**

- **Over 200 opportunities available for volunteers. Indicative placements include:** Marathon start, feedzone stations, spectators and runner flows in and out the stadium, crossing-points, spectator services, pick up& delivery of clothing, medals, elite athletes support
- **17 feedzone stations are lead by Volunteers:** 2-3 team leaders per station who have been consistently with us and have exhibited their willingness to contribute to our events, thus being granted the honorary title of the station's volunteer team leader.
- **Every Recycling initiative is implemented by all our volunteers throughout the length of the race course as our mission is to contribute to the minimization of the environmental footprint** (collection of tons

of plastic cups, lids, running shoes and clothing).

The Volunteering Program also supports all other activities that occur in parallel throughout the 20-day preparatory/pre-race period:

- Reception of elite athletes and VIPs at the airport
- Inventory Center, where thousands of goodie bags are prepared
- collection procedure of bib numbers and general public
- Special Events (Marathon Tomb, Symposiums, Award ceremonies)

Over the course of the past 5 years, our contributing volunteering teams have tripled, reaching 100+ active teams annually, which results in the creation of the largest synchronised human chain for positive social impact. Our mission stems from our wish for meaningful contribution to society, whereas the wide range of institutions collaborating with the Volunteering Program include Non-Profit Organisations, Rescue Teams, Paramedics, Environmental Groups, scouts, Universities, Schools, Multinational Corporations in the context of Corporate Social Responsibility (CSR) initiatives, and, of course, the local community. Collaborating volunteering teams have the chance to "be heard" and "touch upon" an audience that is particularly conscious in matters of social solidarity and collaboration, while trying to be in the epicentre of relevant initiatives throughout the course of the preparatory period, as well as during the race days. Nowadays, almost every family or friend group that participate as runners to the events possess at least one member that has participated to either event as a volunteer

We recognise the valuable contribution of the thousands of fellow citizens who, quietly and selflessly, offer generously their time and effort as volunteers. We sincerely thank each and every one as, without your valuable contribution, the smooth and efficient execution of our events would not be possible!





Cyprus
Running, Training & Leisure!

www.visitcyprus.com

SEGAS EXECUTIVE BOARD & AMA COMMITTEES

HELLENIC ATHLETICS FEDERATION

PRESIDENT: SOFIA SAKORAFI

VICE PRESIDENT:

GIORGOS KALANTZIS
KONSTANTINOS KENTERIS
DHMHTRHS CHACHAMIS

GENERAL SECRETARY: GEORGIOS GIATROUDAKIS

TREASURER: IOANNIS LIOUMPAS

DEPUTY TREASURER: IOANNIS PSOMIADIS

A' DEPUTY GENERAL SECRETARY: LOULA KARATZA

B' DEPUTY GENERAL SECRETARY: EUGENIA NIKOLETOPOULOU

CURATOS:VASILIS KARANASSOS

MEMBERS:

LAMPRINI ANASTOPOULOU
XENIA ARGITAKI
KIRIAKI GALANI
VASILIS ZIKAS
TASOULA KELESIDOU
IOANNIS MISTAKIDIS
CHARIS PAPADIAS
IAKOVOS PETSOUHAS
GIORGOS SIMEONIDIS
KOSTAS TRIANTAFILLOS
THANASIS CHASKIS

AMA ORGANIZING COMMITTEE

PRESIDENT: SOFIA SAKORAFI

MEMBERS:

GIORGOS GIATROUDAKIS
IOANNIS LIOUMPAS
KOSTAS TRIANTAFILLOS
IOANNIS MPOLLAS
SOTIRIS KIRANAKOS
KALIPSO DERVOU
GEORGIA GAGIADINOY
MARKOS KALOUDIS
NOTIS PAPOULIAS
ANDREAS GKOGKAS
AGGELOS PROVATAS
DIMITRIS CHALVATZARAS
SPIROS KALOZOOMIS

AMA STATS & RECORD

BEST RESULTS IN THE AUTHENTIC COURSE					
MEN	2:10:37	KANDIE FELIX KIPCHIRCHIR	KEN	9/11/14	32th AMA
WOMEN	2:26:20	NOGUCHI MIZUKI	JPN	22/8/04	O.G.
ATHENS AUTHENTIC MARATHON RECORD					
MEN	2:10:37	KANDIE FELIX KIPCHIRCHIR	KEN	9/11/14	32th AMA
WOMEN	2:31:05	DRAZDAUSKAITE RASA	LTU	30/10/10	78th ACM
WORLD RECORD					
MEN	2:01:39	ELIUD KIPCHOGE	KEN	16/9/18	BERLIN
WOMEN	2:14:04	M _w BRIGID KOSGEI	KEN	13/10/19	CHICAGO
	2:17:01	W _w KEITANI MARY JEPKOSGEI	KEN	23/4/17	LONDON
GREEK BEST PERFORMANCE					
MEN	2:16:49	GELAGUZOS KOSTAS		14/11/21	38th AMA
WOMEN	2:39:10	POLYZOU MARIA		9/8/97	W.CH.
ATHENS AUTHENTIC MARATHON RECORD BY A GREEK ATHLETE					
MEN	2:16:49	GELAGUZOS KOSTAS		14/11/21	38th AMA
WOMEN	2:40:36	KEFALA KONSTANTINA		31/10/10	29th AMA
NATIONAL RECORD					
MEN	2:12:04	ANDRIOPOULOS SPYROS	1/11/88		BERLIN
WOMEN	2:33:40	POLYZOU MARIA	23/8/98		BUDAPEST
10 KM BEST RECORD					
MEN	30:29	TASSIS YIORGOS	GRE	11/11/18	
WOMEN	34:32	MARINAKOU ANASTASIA	GRE	13/11/21	
5 KM BEST RECORD morning					
MEN	14:45	PAPOULIAS CHRISTOS	GRE	14/11/21	
WOMEN	16:40	CHELIMO ROSE	BHR	12/11/17	
5 KM BEST RECORD afternoon					
MEN	15:52	STAMOULIS YIORGOS	GRE	11/11/18	
WOMEN	16:41	STEBARTOVA MOIRA	CZE	11/11/18	

AMA STATS & RECORD

The Athens Marathon Winners (Men)

1st	1983	Fanis Tsimingatos	Greece	2:26:18
2nd	1984	Leon Swinnensoel	South Africa	2:28:53
3rd	1985	Michael Hill	Sweden	2:26:20
4th	1986	Jos Vander Water	Belgium	2:27:22
5th	1987	Kevin Flanagan	South Africa	2:25:14
6th	1988	Fedor Ryzhov	Soviet Union	2:17:33
7th	1989	Jan van Rijnhoven	Netherlands	2:23:19
8th	1990	Johann Engholm	Sweden	2:26:33
9th	1991	Theodoros Fotopoulos	Greece	2:28:18
10th	1992	Christos Dumas	Greece	2:31:15
11th	1993	Nikolaos Pallas	Greece	2:28:12
12th	1994	Christos Dumas	Greece	2:35:00
13th	1995	Nikolaos Pallas	Greece	2:27:27
14th	1996	Nikitas Markakis	Greece	2:33:35
15th	1997	Gerasimos Kokotas	Greece	2:31:47
16th	1998	Nikolaos Pallas	Greece	2:18:38 Greek Record
17th	1999	Masato Yonefusa	Japan	2:18:35
18th	2000	Nikolaos Pallas	Greece	2:20:50
19th	2001	Nash Rōo	Kenya	2:19:26
20th	2002	Mark Saina	Kenya	2:18:19
21st	2003	Zebertayo	Tanzania	2:16:39
22nd	2004	Frederick Cherono	Kenya	2:15:30
23rd	2005	James Saina	Kenya	2:16:05
24th	2006	Henry Tarus	Kenya	2:17:46
25th	2007	Benjamin Kiprotich Korir	Kenya	2:14:40
26th	2008	Paul Lekurua	Kenya	2:12:42
27th	2009	Josephat Kipkirui Ngesich	Kenya	2:13:44
28th	2010	Raymont Bet	Kenya	2:12:40
29th	2011	Abdelkerrim Boubker	Morocco	2:11:40
30th	2012	Raymont Bet	Kenya	2:11:35
31st	2013	Yego Hillary	Kenya	2:13:51
32nd	2014	Felix Kandie	Kenya	2:10:37 World Record
33rd	2015	Heinrichs Merousis	Greece	2:21:22
34th	2016	Isabwani Luka Rotich	Kenya	2:12:48
35th	2017	Samuel Kipsilei	Kenya	2:12:17
36th	2018	Miliji Bramir Kipkorir	Kenya	2:10:56
37th	2019	John Kipkorir Komeni	Kenya	2:16:34
	2020	Covid 19 Pandemic		
38th	2021	Kostas Gelagouzos	Greece	2:16:49 Greek Record

AMA STATS & RECORD

The Athens Marathon Winners (Women)

1st	1983	Melania Bartselis	Greece	3:35.52
2nd	1984	Barbara Bates	USA	2:58.30
3rd	1985	Eryl Davies	Britain	3:04.30
4th	1986	Signe Ward	Norway	3:06.58
5th	1987	Irina Bogacheva	Soviet Union	2:43.37
6th	1988	Magdalini Poulimenou	Greece	2:50.59
7th	1989	Lecie Lewis	USA	2:37.42
8th	1990	Prudence Taylor	New Zealand	2:59.15
9th	1991	Sofia Sotiriadou	Greece	2:59.29
10th	1992	Reiko Hirosewa	Japan	3:05.24
11th	1993	Panagiota Petropoulou	Greece	3:15.56
12th	1994	Keri Siavropoulou	Greece	3:21.53
13th	1995	Panagiota Nikolakopoulou	Greece	2:59.45
14th	1996	Panagiota Petropoulou	Greece	2:56.42
15th	1997	Melissa Hurta	USA	2:54.43
16th	1998	Joy Smith	USA	2:50.52
17th	1999	Tamaki Okuno	Japan	2:46.46
18th	2000	Yekaya Abajizidou	Greece	2:53.00
19th	2001	Sonia Oberer	Germany	2:36.15
20th	2002	Sonya Oberer	Germany	2:37.29
21st	2003	Nadezhda Wierberg	Netherlands	2:43.18
22nd	2004	Alemu Zinash	Ethiopia	2:41.12
23rd	2005	Sisay Measo	Ethiopia	2:38.39
24th	2006	Chikako Goyshi	Japan	2:40.47
25th	2007	Svetlana Ponomarenko	Russia	2:33.19
26th	2008	Mai Tagami	Japan	2:36.58
27th	2009	Akemi Ozeki	Japan	2:39.56
28th	2010	Rasa Drazdauskite	Lithuania	2:31.06 World Record
29th	2011	Efnesbe Melaku Yado	Ethiopia	2:35.25
30th	2012	Yadga Coscolater Chemtai	Kenya	2:40.00
31st	2013	Rotich Nancy Joan	Kenya	2:41.33
32nd	2014	Naomi Mayo	Kenya	2:41.06
33rd	2015	Hagiakari Minoru	Japan	2:52.06
34th	2016	Azzuel Nancy Jebichi	Kenya	2:38.13
35th	2017	Bedaru Hiipa Badane	Ethiopia	2:34.18
36th	2018	Muzaki Selimih	Kenya	2:36.46
37th	2019	Eliftheria Petroulaki	Greece	2:45.50
	2020			
38th	2021	Gloria Privileggio	Greece	2:41.30

AMA STATS & RECORDS

NATIONAL CHAMPIONS AFTER 2000 WINNERS

MEN	2000	Nikos Pollias (OSFP) 2:20.50	(OSFP)	2:20.50	
	2001	Nikos Polias (OSFP) 2:23.57	(OSFP)	2:23.57	
	2002	Vasilis Zambelis	(El Veniz.)	2:20.37	
	2003	Nikos Pollias	(OSFP)	2:23.16	
	2004	Costas Gougousis	(GAS Korisou)	2:27.05	
	2005	Gerasimos Kokotos	(PGS)	2:24.52	
	2006	Giannis Kanellopoulos	(PGS)	2:24.23	
	2007	Giorgos Karavidas		2:23.51	
	2008	Giorgos Karavidas		2:22.18	
	2009	Dimitris Theodorakakos	(OSFP)	2:26.27	
	2010	Michalis Parmakis	(PGS)	2:20.48	
	2011	Dimitris Theodorakakos	(OSFP)	2:24.10	
	2012	Michalis Parmakis	(Triton Chalk)	2:21.56	
	2013	Hristoforos Merousis	(FO Vrontadon)	2:23:59	
	2014	Hristoforos Merousis	(FO Vrontadon)	2:25:15	
	2015	Hristoforos Merousis	(FO Vrontadon)	2:21:22	
	2016	Hristoforos Merousis	(FO Vrontadon)	2:24:58	
	2017	Konstantinos Gelaouzos	(Panathinaikos AO)	2:27.21	
	2018	Konstantinos Gelaouzos	(Panathinaikos AO)	2:21.54	
	2019	Konstantinos Gelaouzos	(Panathinaikos AO)	2:19.02	
	2020	COVID - 19 Pandemic			
	2021	Konstantinos Gelaouzos	(Panathinaikos AO)	2:16.49	
	WOMEN	2000	Vasiliki Sykopeti	(M. Alex. Gian.)	3:04.04
		2001	Georgia Ambatzidou	(XANTH)	2:48.36
2002		Georgia Ambatzidou	(XANTH)	2:47.21	
2003		Georgia Ambatzidou	(XANTH)	2:46.47	
2004		Georgia Ambatzidou	(XANTH)	2:45.27	
2005		Georgia Ambatzidou	(XANTH)	2:42.50	
2006		Eleni Donta	(Iraklis Th.)	2:44.47	
2007		Magda Gazea	(AGE Zak)	2:41.31	
2008		Georgia Ambatzidou	(Vergina)	2:40.53	
2009		Georgia Ambatzidou	(Vergina)	2:44.23	
2010		Konstantina Kefala	(AEK)	2:40.36	
2011		Sofia Riga	(GS El. Venizelos)	2:45.43	
2012		Magda Gazea	(AGE Zakynthou)	2:44.42	
2013		Magda Gazea	(AGE Zakynthou)	2:46:04	
2014		Sofia Riga	(GS El. Venizelos)	2:45.38	
2015		Ourania Rembouli	(GS Neon Lerou)	2:54.32	
2016		Ourania Rembouli	(GS Neon Lerou)	2:49.24	
2017		Ourania Rembouli	(AGS Kameiros)	2:49.06	
2018		Petroulaki Eleftheria	AO Mykonoy	2:46.09	
2019		Petroulaki Eleftheria	AO Mykonoy	2:45.50	
2020		COVID - 19 Pandemic			
2021	Gloria Privileggio	G.S. Glyfadas	2:41.30		

AMA STATS & RECORD

MEN				
1.	2:10.34	EDWIN KIPROP KIPTOO	KEN	12/11/23
2.	2:10.37	FELIX KANDIE	KEN	9/11/14
3.	2:10.55	BALDINI STEFANO	ITA	29/8/04
4.	2:10.56	MISOI BRIMIN KIPKORIR	KEN	11/11/18
5.	2:11.07	ADKOCKS BILL	GBR	6/4/1969
6.	2:11.29	KEFLEZIGHI MEBRAHTOM	USA	29/8/04
7.	2:11.35	BETT RAYMOND KIMUTAI	KEN	11/11/12
8.	2:11.40	BOUBKER ABDELKERIM	MOR	13/11/11
9.	2:11.49	GOMEZ RODOLFO	MEX	7/3/1982
10.	2:12.01	WAKIHURI DOUGLAS	KEN	9/4/95
WOMEN				
1.	2:26.20	NOGUCHI MIZUKI	JPN	22/8/04
2.	2:26.32	NDEREBA CATHERINE	KEN	22/8/04
3.	2:27.20	KASTOR –DROSSIN DEENA	USA	22/8/04
4.	2:28.15	ALEMU ELFENESH	ETH	22/8/04
5.	2:28.44	TOSA REIKO	JPN	22/8/04
6.	2:29.48	SUZUKI HIROMI	JPN	9/8/97
7.	2:31.06	DRAZDAUSKAITE RASA	LTU	30/10/10
8.	2:31.10	CATUNA ANUTA	ROM	9/4/95
9.	2:31.12	MACHADO MANUELA	POR	9/8/97
10.	2:31.15	JEVTIC OLIVERA	SCG	22/08/2004

MEN				
1.	2:16.49	KOSTAS GKELAOUZOS	PANATHINAIKOS	11/11/18
2.	2:17.56	NIKOS POLIAS	OSFP	29/8/04
3.	2:19.55	FANIS TSIMIGKATOS	PANACHAIKI	7/3/82
4.	2:20.37	VASILIS ZAMBELIS	GS EL. VENIZELOS	3/11/02
5.	2:20.48	MICHALIS PARMAKIS	PGS	31/10/10
6.	2:20.58	SPYROS ANDRIOPOULOS	APS PATRAS	9/4/95
7.	2:21.20	MICHALIS KOUSIS	GE AGRINIOU	11/8/79
8.	2:21.22	HRISTOFOROS MEROUSIS	FO VRONTADON	8/11/15
9.	2:21.44	DIMITRIS THEORDORAKAKOS	OSFP	31/10/10
10.	2:21.58	DIMOSTHENIS TRIGKAS	PEIRAIKOS SYND.	9/4/95
WOMEN				
1.	2:39.10	MARIA POLIZOU	PGS	9/8/97
2.	2:40.36	KONSTANTINA KEFALA	AEK	31/10/10
3.	2:40.53	GEORGIA AMPATZIDOU	S VERGINAS	9/11/08
4.	2:41.05	MAGDALINI GAZEA	GE ZAKYNTHOU	9/11/08
5.	2:41.30	GLORIA PRIVILEGGIO	G.S. GLYFADAS	13/11/21
6.	2:44.37	ELENI DONTA	IRAKLIS	6/11/05
7.	2:44.58	MAGDA KARIMALI	GAS ILISOS ATH.	31/10/10
8.	2:45.43	SOFIA RIGA	G.S. EL. VENIZELOS	13/11/11
9.	2:46.01	VASILIKH KONSTANTINOPOULOU		13/11/23
10.	2:46.09	ELEFThERIA PETROULAKI	MYKONOU	11/11/18

STATS - RECORDS 5km

5km Road Race Winners

Year	Winner	Country	Time
2006	Katsaros Nikos	Greece	16.23
2007	Zervakis Ioannis	Greece	16.22
2008	Yelasakis Michalis	Greece	15.41
2009	Merousis Hristoforos	Greece	15.59
2010	Merousis Hristoforos	Greece	15.27
2011	Drosos Konstantinos	Greece	16.10
2012	Nakopoulos Konstantinos	Greece	15.24
2013	Nakopoulos Konstantinos	Greece	15.48
2014	Nakopoulos Konstantinos	Greece	15.26
2015	Kallias Christos	Greece	15.09
2016	Kallias Christos	Greece	14.49
2017	Tassis George - Michail	Greece	14.51
2018	Dimitrakis Andreas	Greece	14.47 Record
2019	Anagnostou Marios	Greece	14.51
2020	COVID Pandemic		
2021	Papoulias Christos	Greece	14.45 Record

Year	Winner	Country	Time
2006	Tsakiri Ioanna	Greece	20.16
2007	Tsirba Maria	Greece	18.18
2008	Rigopoulou Maria	Greece	18.53
2009	Dimaki Deniz	Greece	17.52
2010	Mihailova Valentina	Greece	19.42
2011	Kokaliari Myrto	Greece	20.50
2012	Koini Athina	Greece	17.10
2013	Katerina Berdousi	Greece	17.58
2014	Eleni Theodorakopoulou	Greece	17.39
2015	Anastasia Marianakou	Greece	17.23
2016	Eleftheria Petroulaki	Greece	17.10
2017	Chelimo Rose	Bahrain	16.40 Record
2018	Kiriakopoulou Anthi	Greece	17.28
2019	Marinakou Anastasia	Greece	17.06
2020	COVID Pandemic		
2021	Marinakou Anastasia	Greece	16.40 Record

STATS - RECORDS 10km

10km Road Race Winners

Year	Winner	Country	Time
2004	Poulios Konstantinos	Greece	32.17
2005	Poulios Konstantinos	Greece	31.06
2006	Maginas Dimos	Greece	31.21
2007	Bensallam Mohamed	Morocco	32.13
2008	Windwehr Oliver	France	31.49
2009	Bensellam Mohamed	Morocco	31.24
2010	Kaldis Theodosis	Greece	32.33
2011	Kassahun Jebel	Ethiopia	31.26
2012	Khadiri Amine	Cyprus	31.50
2013	Iadgarov Iskander	Russia	32.28
2014	Gelaouzos Konstantinos	Greece	32.39
2015	Gelaouzos Konstantinos	Greece	32.03
2016	Bountoulis Christos	Greece	31.48
2017	Kallias Christos	Greece	30.50
2018	Tassis George - Michail	Greece	30.29 Record
2019	Tassis George - Michail	Greece	31.50
2020	COVID - 19 Pandemic		
2021	Tassis George - Michail	Greece	30.50

Year	Winner	Country	Time
2004	Nikolopoulou Eleni	Greece	37.55
2005	Nikolopoulou Eleni	Greece	36.37
2006	Gratsiani Paraskevi	Greece	36.32
2007	Pardalou Maria	Greece	36.58
2008	Elmoukin Rkia	Morocco	36.20
2009	Iordanidou Dimitra	Greece	38.19
2010	Astropekaki Kalliopi	Greece	37.24
2011	Astropekaki Kalliopi	Greece	37.53
2012	Karakatsani Anastasia	Greece	35.17
2013	Karakatsani Anastasia	Greece	35.40
2014	Karakatsani Anastasia	Greece	35.28
2015	Karakatsani Anastasia	Greece	34.59 Record
2016	Karakatsani Anastasia	Greece	35.23
2017	Petroulaki Eleftheria	Greece	35.58
2018	Privileggio Gloria	Greece	35.23
2019	Privileggio Gloria	Greece	35.59
2020	COVID - 19 Pandemic		
2021	Marinakou Anastasia	Greece	34.32 Record

** The distance from 1998 to 2003 was shorter than 10 km.

STATS - RECORDS

40th AMA 2023 Winners

MEN			
1st	PANAGIOTIS KARAIKOS	P.G.S.	2.22.37
2nd	CHARALAMPOS PITSOLIS	G.A.S. ILISOS	2.23.34
3rd	KOSTAS STAMOULIS	G.A.S. AGRINIO	2.23.56

WOMEN			
1st	GLORIA PRIBILETZIO	G.S. GLYFADAS	2.43.20
2nd	STMATINA NOULA	N.G.S IRAKLIS	2.46.53
3rd	PANAGIOTA VLACHAKI	G.A.S. ILISOS	2.51.56



