

WEST COAST RUNNERS

OCTOBER 2020 Schedule v1

*** All current precautionary measures against the spread of COVID-19 must be followed ***

DAY	DATE	TIME	DETAILS	DISTANCE	MEETING PLACE
Thu	01/10/20	17.00 <i>*new time*</i>	Sea Caves – runner's own choice e.g. off-road along coast, on-road along Sea Caves Ave	5k-10k	Car park opp. the Sea Caves at end of Sea Caves Ave, Coral Bay
Sat	03/10/20	08.00 <i>*new time*</i> 07.30 6/7/9 am	Lighthouse - coastal path to harbour or beyond. Paved and flat. Distance easily extendable & suitable for all abilities Couch-to-5k : Week 5 <i>Akamas Blossom Trail Running Festival 60k/38k/24k</i>	5k-20k+	Lighthouse Beach car park, Pafos Lighthouse Beach car park <i>Aphrodite Beach Hotel, Latchi</i>
Sun	04/10/20	08.00 09.00	Kouklia – scenic, mostly off road and some hills (~180m elevation gain). Nice downhill finish on road <i>Akamas Blossom 5k Fun Run/Walk (Enter on the day from 07.30)</i>	10k	LIDL on TOTK at 7.30 to car share or direct to Kouklia for 8.00 start <i>Aphrodite Beach Hotel, Latchi</i>
Tue	06/10/20	17.00	Riccós Beach – runner's own choice. Mostly on-road & flat *NEW* <i>Optional speed training session</i>	5k-7k	Car parking opp. Aquamare Hotel, Poseidonos Ave
Wed	07/10/20	07.30	*NEW* Corallia run – flat road run along Sea Caves Avenue. Optional off-road run along coast by shipwreck	5k-10k	Corallia Hotel car park, Coral Bay
Thu	08/10/20	17.00	Sea Caves – as 01/10/20 above	5k-10k	As 01/10/20 above
Sat	10/10/20	08.00 07.30	Lighthouse – as 03/10/20 above Couch-to-5k : Week 6	5k-20k+	As 03/10/20 above Lighthouse Beach car park
Sun	11/10/20	08.00	Baracas Lounge - along coastal path. Mostly paved, some rough off-road	5k-10k	Car park @ Azia & Laura Beach hotels, Chloraka
Tue	13/10/20	17.00	Riccós Beach – runner's own choice. Mostly on-road & flat	5k-7k	Car parking opp. Aquamare Hotel, Poseidonos Ave
Wed	14/10/20	07.30	Coast path from harbour	5k-10k	Kiosk at Paphos Harbour
Thu	15/10/20	17.00	Sea Caves – as 01/10/20 above *NEW* <i>Optional hill training session</i>	5k-10k	As 01/10/20 above
Sat	17/10/20	08.00 07.30	Lighthouse – as 03/10/20 above Couch-to-5k : Week 7	5k-20k+	As 03/10/20 above Lighthouse Beach car park
Sun	18/10/20	08.00	Mavrokolympos Dam – mostly off-road, some hills (~200m elevation gain)	12k	Sea You Beach Bar, Kissonerga
Tue	20/10/20	17.00	Riccós Beach – as 06/10/20 above <i>Optional speed training session</i>	5k-7k	As 06/10/20 above
Wed	21/10/20	07.30	Corallia run – as 07/10/20 above	5k	As 07/10/20 above
Thu	22/10/20	17.00	Sea Caves – as 01/10/20 above	5k-10k	As 01/10/20 above
Sat	24/10/20	08.00 07.30	Lighthouse – as 03/10/20 above Couch-to-5k : Week 8	5k-20k+	As 03/10/20 above Lighthouse Beach car park
Sun	25/10/20	08.00	Challenge Day 2 up to P. Arodes & back down – mostly off-road/ technical trail and hilly (~ 460m-850m elevation gain). Option to turn back at 6k point	12k/22k	EKO garage @ 7.45 to car share or direct to start just after White River for 8.00 start
Tue	27/10/20	17.00	Riccós Beach – as 13/10/20 above	5k-7k	As 13/10/20 above
Wed	28/10/20	07.30	Coast path – as 14/10/20 above	5k-10k	As 14/10/20 above
Thu	29/10/20	17.00	Sea Caves – as 01/10/20 above <i>Optional hill training session</i>	5k-10k	As 01/10/20 above
Sat	31/10/20	08.00 07.30 06.00	Lighthouse – as 03/10/20 above Couch-to-5k : Week 9 <i>O3 OlympusMan triathlon</i>	5k-20k+	As 03/10/20 above Lighthouse Beach car park <i>Paphos to Troodos</i>

Participation is at the runner's own risk and no liability can be assumed by WEST COAST RUNNERS CYPRUS

Due to current pandemic, events may be subject to change at short notice – check with event organiser for latest information

Website: westcoastrunnerscyprus.org

For more information on any of our runs, contact us on Facebook