

CYMAN

MOUFLON

Welcome to Mouflon CyMan Extreme Triathlon

The Mouflon Cyman Extreme Triathlon aims to be the ultimate endurance challenge in Cyprus, offering a dynamic combination of swimming, cycling, and running. But it is not just that. It is set in the scenic Limassol and Troodos countryside, and it promises stunning landscapes and plenty of support to get you to the finish line.

- **Safe sea swim at Ayios Tychonas**
(*sailing* center *Agios* Tychonas)
- **Picturesque countryside cycle & run routes**
- **Transition Areas with all necessary facilities**
- **Official race T-shirt, swim cap, hut for all finishers**
- **Official Finishers Medal for all entrants**
- **Electronic Chip Timing**



Briefing Topics

Briefing is mandatory on Friday 31/10/25 at 17:00

Synergy Conference Center

- Race day program
- What's in your bag
- Race description
- Cut off times
- Weather and Safety
- Medical Support & Emergency
- Rules
- Support
- Disqualification Reasons
- Support
- Awards



Race Day Program

Sunday 1st December

5:00 – 5:45am Bike check-in, Transition area –
sailing center Agios Tychonas

6:00am Race start

2:00pm Awards ceremony



Items in your bag

- ✓ Event tracker hut
- ✓ Swim Cap (1)
- ✓ Sticker with race number for the bike and bags (1)
- ✓ Ankle Timing Chip (1)
- ✓ Bib number with Timing Chip (1) (no race belt provided, bring your own)
- ✓ Wristband with emergency contacts
- ✓ Race Technical T-Shirt
- ✓ 2 bags which can be used (it's not mandatory) for depositing swimming and running personal items. They will be transported to the run start (second transition).
- ✓ Various items offered by sponsors

Race Description

Start

The start is from sailing center Agios Tychonas.

. Start Time is 6am.

Swim

1.9Km in the clear waters of Ayios Tychonas coast. At this time of the year, the water temperature is ranged between 20° and 25°. Wetsuits are optional.

Swim Course



Race Description

Bike

81Km with approximately 2960m of elevation gain. Starting at sea level at Ayios Tychonas leads the way to Limassol countryside through Mouttagiaka and Germasosia. The climb starts as soon as the 4.5Km reaching several peaks

460m at Km 11 just before Mathikoloni

677m at Km 27 kalo chorio

980m at Km 49 kato Platres

1031m at Km 57 Ayios Demitrios

1399m at Km 67 Prodomos

1402m at km 72 Kokkini Viewpoint which is the highest point of the course.

And descending to 1092m at the finish of the bike course.

Bike Course



Race Description

Run

A total ascent of about 700m starts and finishes at Platres Arena sports complex.

It consists of 2 loops of about 10.5Km each.

Each loop is leading to Kato Platres –Phini where it turns right and follows the road to Pano Platres – exits again onto F825 to repeat the loop.

Run Course



Cut-off Times

Cut-off times are imposed to protect the athletes.

Swim: Athletes will have 1hr 15 minutes to complete the swim. Athletes who take longer than 1hr 15 minutes to complete the swim will not be eligible to continue with the race and will be considered as DNF.

Cycle: 8 hours after the start. Athletes who take longer than 8 hours to complete the swim and bike will not be eligible to continue the race and will be considered as DNF. In such case they must inform the organisers.

Run: 10 hours after the start. Athletes who take longer than 10 hours to complete the swim, bike and run can continue to race but will not have any support and will do so under their own responsibility. They will not be eligible for age group awards.



Weather and Safety

- In case of hazardous weather conditions that could put the athletes' safety in danger, the swim may be shortened or canceled.
- The use of the wetsuits is mandatory.



Weather and Safety

- It is mandatory during the race for all athletes to wear a helmet always whilst in contact with their bikes.
- Ride your bike on the left-hand side of the road.
- The roads are open to traffic. Please obey the traffic rules.
- If you feel that you cannot continue, we advise you to stop racing and contact the organisers.
- If in any case, you stop competing please let an official know as soon as possible.



Weather and Safety

- The race director has the discretion to stop athletes at any time if they believe that they are no longer able to carry on with the race.
- During the bike and run courses, athletes can bring along a mobile phone, to be used only in case of emergency while stopping at the side of the road



Medical Support

- During the race, first aid personnel will be available in the entire course.
- Every competitor is strongly advised to have a personal health insurance to cover any medical expenses in case of accident or illness during the race.
- **Emergency contacts:**
 - Sofokleous George: 99497339
 - Efstathiou Demetris: 99377280



Rules

The Ankle chip must be worn during the entire race. It cannot be under the wetsuit and must be clearly visible at the exit of T1.

The race number (bib) cannot be worn during the swim.

The Bib number must be clearly visible at rear during the bike course and in the front during the run course.

Bikes must be in good condition and work properly. Disk brakes are allowed.

The helmet must be approved with the CE mark.

Bike replacement is not permitted during the race.

The roads will be open to traffic and athletes must follow the traffic regulations.

Ride your bike on the left-hand side of the road.



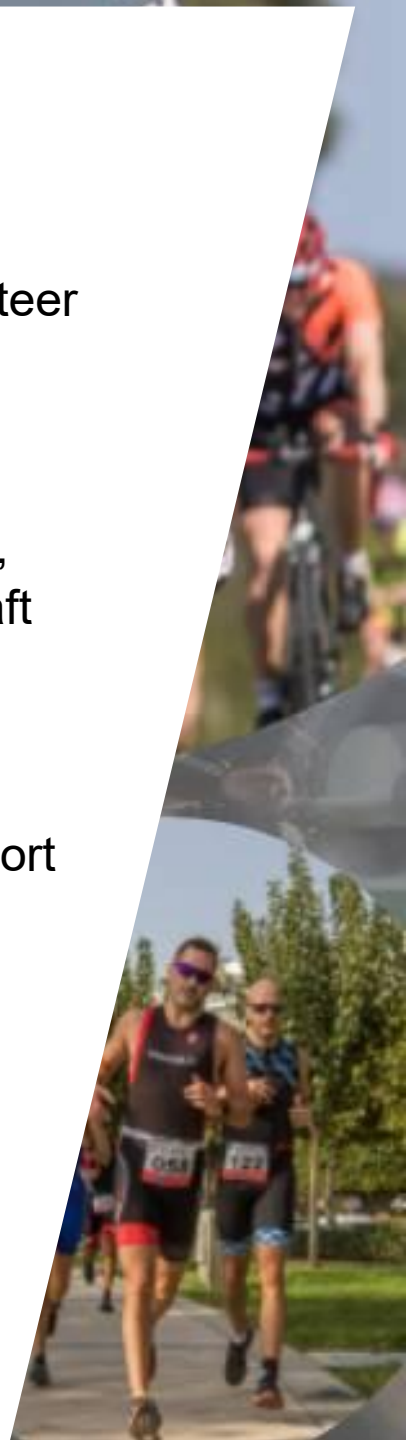
Athlete Support Volunteers

Athletes are allowed to have their own volunteer team. Support volunteer teams should consist of at least one person, who must be able to communicate with the organization.

They will have to be able to reach their athlete during the bike course, but they cannot obstruct normal traffic. Athletes are not allowed to draft behind the support car (min distance 35m).

Any assistance provided to the athlete must be done when the car is parked outside the road and with the four flashing lights on. The support team is not allowed to give assistance when the car is in motion (this means disqualification of the athlete).

Athletes are not allowed to sit in the support car, even if the car is stopped (this means disqualification of the athlete).



Disqualification Reasons

- Violating traffic regulations
- Not riding on the left-hand side of the road
- Drafting behind another athlete, motorcycle or car
- Receiving support by non authorised person
- Receiving support while the support car is in motion
- Sitting in the support car
- Use of phone or headphones while on the bike



Feed Stations

Bike Course

- Gerasa 21Km
- Trimiklini 39Km
- Distrato Finiou 49Km
- Prodromos 67Km

Run Course

- ?

Provisions

- | | |
|----------------|----------------------------------|
| • Water | • Seasonal fruits |
| • Electrolytes | • Fini Delights,
dried fruits |
| • Gels | • Water bottle |
| • Crackers | |



Awards

- Competitors will receive their finisher medal at the finish line.
- Overall 1st, 2nd, 3rd will be awarded, Men – Women - Teams
- Prizes will be awarded only to the athletes who will attend at the awards ceremony.

