

# Daily Mail



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## RACING HEARTS

**NEED** the thrill of competition to get you moving? If the answer is yes, why not take the Cyprus International Four-Day Challenge?

It's four races in four days, competing against amateur athletes from all over the world. You start with an easy four miles on day one, followed by seven miles through wild countryside on day two, a half-marathon, and finally a six-mile race through the streets of Paphos.

Flights, race entry, accommodation and local transport are organised by 209 Events. You need to be fit, but runners in their 70s have taken part.

### **FITNESS LEVEL:** Punishing.

**NEED TO KNOW:** The Cyprus International Four-day Challenge runs from November 25 to 28. Holidays cost from £579 and include B&B in a three-star hotel, flights and transfers. Race fees are an additional £95. 01252 373797, [209events.com](http://209events.com)