



ROCK SOLID WAS ROCKING IN KASTELLORIZO!

More than 160 runners from other parts of Greece, Italy, England, France and of course the local community took part in the first ever international sporting event, the ROCK SOLID trail runs.

Saturday began with a run for the children, 1.3km. Then came the 5km run which took over 70 runners around the picturesque harbour, up the 400 stone steps to the monastery of St George of the Mountain across the top and down to the Mandraki.

Savvas Potsos from Rhodes was the first to cross the line, in 26 minutes.

On Sunday over 50 runners covered the 10km gruelling trail from St Stefanos, and up across the Mounda with breathtaking views of the island and the sea.

Again, Savvas Potsos crossed the line first.

Enzo Monteleone, screenwriter of the Oscar winning "Mediterraneo" has returned to Megisti for the first time since the movie was made and kindly presented the trophies for the first three across the line in the 10km trail run.

ROCK SOLID is the brainchild of Vassilis Kanakaris and Kastellorizean Municipality councillor, Margarita Kannis, originally from Australia.

Already many runners have enquired about the dates for 2023!

A great success for Kastellorizo, as it moves into the world of sports tourism.

Results 5km

Women

1 st	Konstantina Kairidi	39:49
2 nd	Καραμπέρη Σπυριδούλα	40:30
3 rd	Konstantina Kanelli	40:42

Men

1 st	Savvas Potsos	27:56
2 nd	Dimitris Mykoniatis	28:06
3 rd	Konstantinos Hatzigeorgiou	29:15

Results 10km

Women

1.	Konstantina Kanelli	1:11:27
2.	Konstantina Kairidi	1:12:33
3.	Καραμπέρη Σπυριδούλα	1:14:25

Men

1.	Savvas Potsos	00:49:16
2.	Χατζηγεωργίου Κων/νος	00:53:12
3.	Nystazakis Dimitris	00:53:43

* You can see all the results on www.myrace.gr

* More photographs and video on Facebook : @rocksolidIST