

**eXtremeManQ104**  
**World Long Distance Championships**  
**World Cup race**  
**Race information**

**The aim of the competition:**

A long distance race for Quadrathlon fans.

To give triathlon and kayak enthusiasts the opportunity to compete in a new sport for them, in the form of individual and relay races.

**Date:**

10th of August, 2025

The competition is organised by eXtremeMan Kft. ([extrememan@extrememan.hu](mailto:extrememan@extrememan.hu))

Organising Committee Chairman: Dr. Gyula Herr

Competition Director: József Szliczki

Computer data processing: eVoChip Hungary Kft.

Technical Supervisor: in progress...

Chief Referee: in progress...

Programme manager: Péter Attila

**Distance of the race:**

total: 103,7 km

103.7 km - 2600m swimming, 20 km kayaking, 60 km cycling and 21.1 km running

**Start and finish:**

start: Gyékényes, beach <https://goo.gl/maps/LEo2v4Wrj5G2vk6e6>

Racecenter and finish: Nagyatád <https://goo.gl/maps/h8kNpYPTxgYDu2Fb9>

**Schedule:**

8 August (Friday)

17:00 - 21:00 - the Race Office is open in the Race Centre

9 August (Saturday)

8:00 - 20:00 - Race Office open at the Race Centre

9:00 "Just Run and Smile" race for women only

10:00 eXtremeMano race - children's races

### **10 August (Sunday)**

6:00 - 7:15 bike basketing (individual)

7:15 - 8:15 am bike snowboarding (relay)

6:30 - 7:20 - swim check-in (individual and non-awarded relays)

8:40 - from swim check-in (award winning relay)

start: 7:31:40 for all individuals (men and women together) triathlon and quadrathlon too

relays: 7:20 / 8:50 triathlon

11 August (Monday)

10:00 announcement of results - Nagyatád Sports Hall

### **Route:**

**Swimming:** in Gyékényesen - in the mine.

Start: by running from the shore into the water. The course consists of two 1270 m laps.

After completing the first and second laps, the competitors must come out of the water, then run on land for about 10 metres to start the next lap of the swim.

Neoprene suits are allowed in water colder than 24 degrees.

Official water temperature one hour before the start. Expected water temperature: 21-25 C°.

### **Kayaking:**

12 circuits around the island, each circuit 1600 m long + kayaking in and out

### **Bicycle:**

big circle - 60 km

Gyékényes mine - Porrogszentkirály - Csurgó - Berzence - Somogyudvarhely (translator) - Berzence - road 681 - Nagyatád - Tarany crossing - Tarany - Nagyatád (eXtremeMan square)

On good to medium quality asphalt for the approx. 60 km of the introductory section, with FULL CLOSURE.

The track crosses two railway level crossings, time credit is possible.

The rules of the Highway Code must be observed when cycling.

Distance 120m (big lap) + 60m (small lap)

No drafting allowed.

### Running:

Race Centre - City centre of Nagyatád - Race Centre

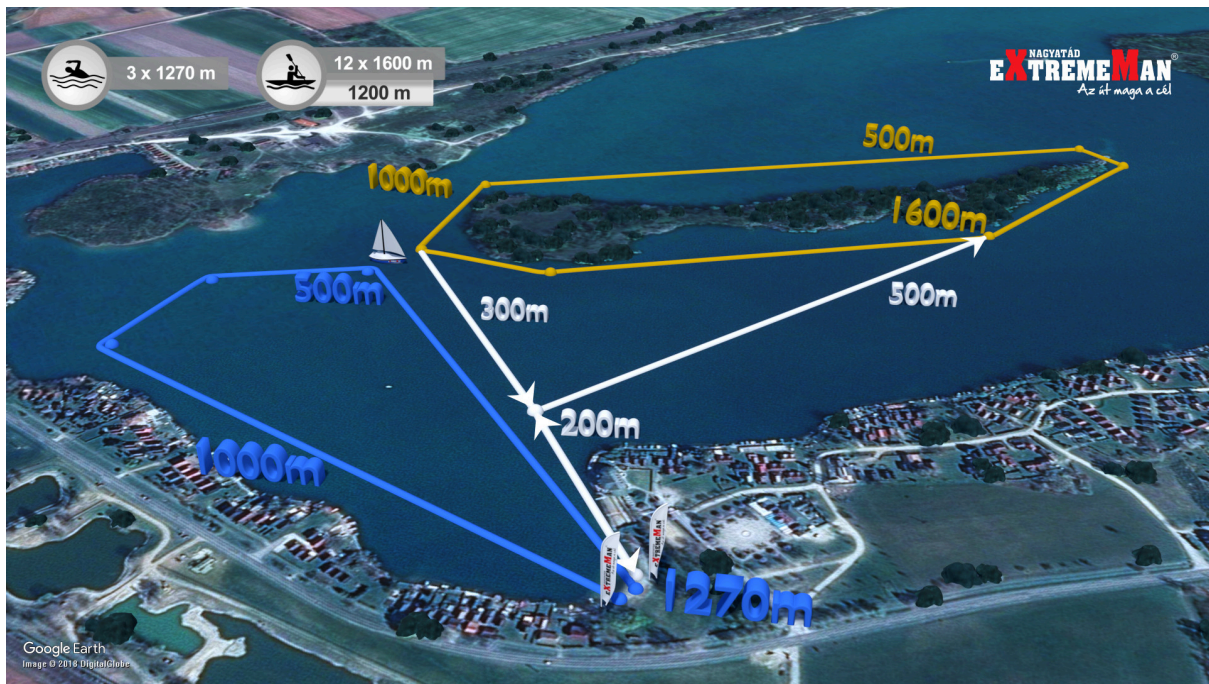
5250 m course

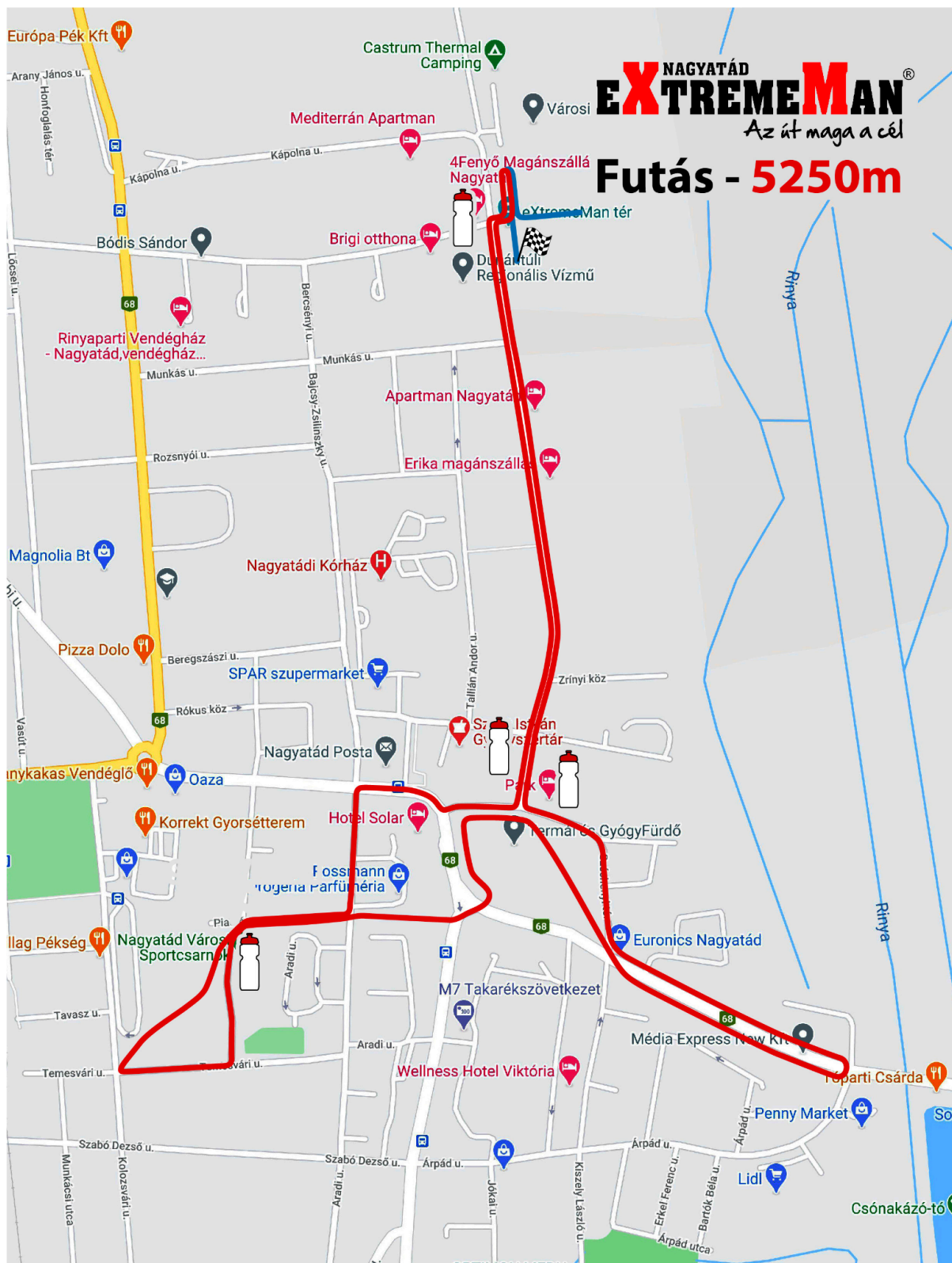
The run is on a closed course, on good quality asphalt or artificial turf.

Level difference: negligible. No following of competitors during the race.

Individual refreshments are available along Zrínyi Street.

Track:





**NAGYATÁD**  
**EXTREMAN®**  
Az út maga a cél  
**Futás - 5250m**

Limit time:

swimming limit time 1:30 hours to start the kayak

kayak limit time 3:30 hours to start the bike

bike limit time 7:00 hours to start running

## Participants:

Individual competition is open to women and men aged 2007 and over who have paid the entry fee and accepted the competition rules and conditions.

Categories:

Absolute 1-3 Women, Men - Elite, Master, U23, Senior

Relay - Absolute 1-3 Women - Male/Female

## Entry:

The entry fee includes all the services that we encourage everyone to use during the race (some of which are compulsory for proper racing): the start number, chip, etiquette, refreshment station services, medal and finish pack (for immediate refreshment), medical care if needed.

You can choose additional products and enter other races at the same time with a great discount. Our additional products will only be added to the list in the future (e.g. Finisher T-shirt, canteen, swim cap).

In the top left-hand corner of the entry form, you will find detailed information on the entry and cancellation fees. In the top right-hand corner, you will find information about the current entry fee and the price of the additional products you have chosen, the discounts available and how to use your current account balance. This will determine the amount to be paid. If you cannot find a discount, please check the reason before you pay. Unfortunately, we cannot make any changes afterwards.

The entry fee can only be paid by credit card. The instructions on the screen will guide you to a successful registration.

If you are unsuccessful, you simply have to re-enter. There is nothing more to do with a previous failed entry. (You will be unsuccessful if you click the back button, close your browser prematurely, try to pay with the wrong card or have insufficient funds on your card.)

Only successful entries will be entered in the **entry list**, no further action will be taken for unsuccessful entries.

The **Home** interface can be accessed by clicking on the username in the drop-down list. Here you will find a table with the name of each of your tournament names (left column) and the name and number of products associated with them (right column), together with their order IDs. The races in the right column are races that you have purchased at a discount in

connection with the entry of another race. Green check marks successful entries or product purchases, red lines and strikethrough indicate failed or cancelled items.

Orders placed can be viewed in detail in the **My Orders** section. The green colour indicates successful orders.

If you enter a tournament and enter one or more other tournaments at a discounted price within the same order, or buy other additional products, these will be recorded as one order under the name of the main (base) tournament. The order ID is located in the bottom left corner of the window. Clicking on the window will also display the transaction line items. It is worth knowing when you enter that cancellations can only be made from the main name window and all related products and related race names will be cancelled. The cancellation fee shown here applies to the entire cancellation.

For any tournament you have previously entered, you can later buy an additional product, including other tournament entries at a discounted rate. Just click on the Entry section for the relevant competition and choose from the products. The system recognises that you have already entered that particular competition, so it does not charge you separately for the entry fee, only for the product you tick. If your order is successful, a new green window will appear in the My Orders section. Its name will be Order Addendum and the blue button in the middle will show which main order (base order) it is linked to. The Order Addendum cannot be cancelled separately.

#### **Cancellation:**

The deadline for cancelling entries and the cost of handling them will be indicated on the entry form for each event, and can be viewed in the My Orders section after registration.

In case of cancellation, there are 2 options to choose from. The entry fee can be refunded or credited to the account and used for the next entry. In the latter case, the handling fee is lower.

To cancel, click on the cancellation option of your choice in the My Orders tab and select the appropriate race.

Attention! In the event of a cancellation, any additional products and tournament entries purchased for a particular tournament will also be cancelled, whether purchased at the same time or later. The cancellation fee shown applies to the entire cancellation.

In the event of a successful cancellation, the items will be crossed out in the Home interface.

We cannot accept cancellations after the deadline.

Timing:

With chip.

Refreshment:

Not in swimming.

On bike: in Odorheiu Secuiesc (25km) and in Nagyatád

High5 isotonic drink, High5 bar or gel, halved banana, water

Water and halved banana at the bike turnaround in Tarany.

Run: water, salt tablet, High5 drink gel, biscuit, Coca-Cola, melon

### Awarding:

Absolute 1-3 women, men - Elite, Master, U23, Senior

Relay- Absolute 1-3 women- men/mixed

### Rules:

The competition will be governed by the rules of the World Quadrathlon Federation (WQF). All participants are asked to abide by these rules.

The rules are available at the following link:

<https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>

### Others:

- If you have any questions, please email: [zsofiapeter@extrememan.hu](mailto:zsofiapeter@extrememan.hu)
- We will take pictures and videos during the competition and use them after the competition.
- We reserve the right to make changes!