

Race Information

WQF World Championship Race Long Distance WQF World Cup Race

Gyékényes, Nagyatád
Hungary

05.08.2023



Version: 24.07.2023

Distance

3,8k Swim – 20k Kayak - 92k Cycle – 21.1k run

Organizer

- Kaposvár Freetime Association, Nagyatád Triathlon and Leisure Sport Association and Attidas Kft. eXtremeMan Kft.
- Attila Péter
- petiatti@gmail.com
- +36 30 6452794
- <https://www.extrememan.hu/oldals/226>

Race location

- Gyékényes Kotró Lake: Lat: 46.242156, Lon: 16.977904
- Nagyatád (Race center): Lat: 46.237225, Lon: 17.364294

Categories

- Solo (Age Groups after WQF Rules)
- Ladies and Men Relays (mixed teams are classified as men)
- Awards: medals for 1-3 places in every category

Timetable (may be changed)

- | | | |
|-------------------------------|---|-----------------------|
| - Pick up Race Numbers: | Friday 8:00 – 20:00 | Race Center Nagyatád |
| - Run Check-IN Nagyatád | Friday 8:00 – 20:00 | Nagyatád Transition |
| - Bike, Kayak, Swim Check-IN: | Saturday 6:00 – 6:45 | Gyékényes, Kotró Lake |
| - Race Briefing (in English): | Saturday 6:45 | Gyékényes, Kotró Lake |
| - Race Start: | Saturday 7:00 | Gyékényes, Kotró Lake |
| - Cutoff Time: | end of swimming: 2:00; end of kayak: 4:00 end of bike: 8:00 | |
| - Check-OUT: | Saturday 18:00 | Race Center Nagyatád |
| - Ceremony: | Saturday from 17:00 | Race Center Nagyatád |

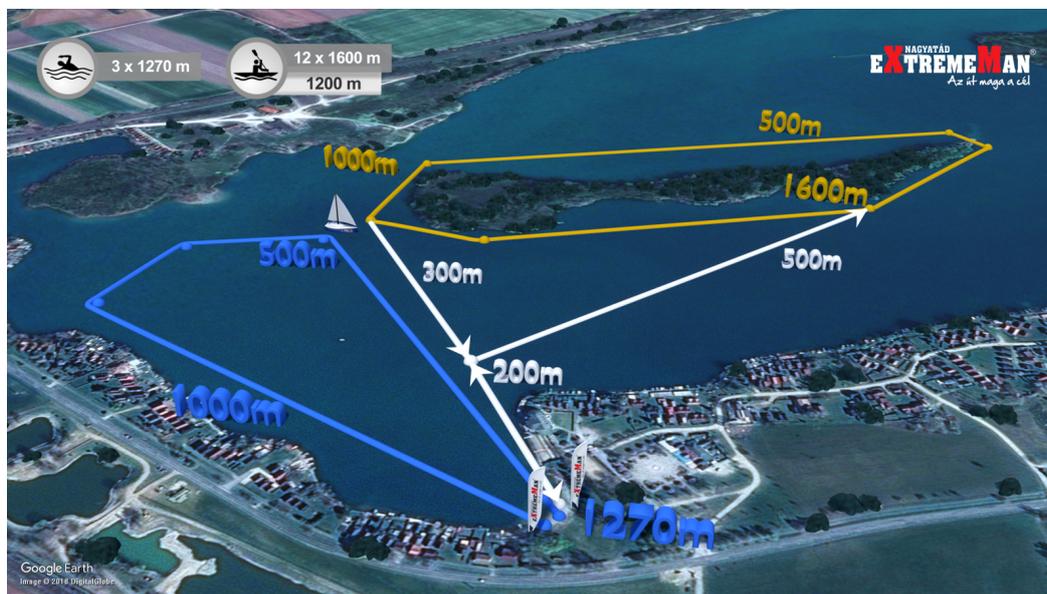
Registration

- Solo Adult, Masters Category
until 31.05. 48,000 HUF; until 30.06. 55,000 HUF; until 28.07. 62.000 HUF
- Solo U23, Senior Category
until 31.05.: 40,000 HUF; until 30.06. 47,000 HUF; until 28.07. 54.000 HUF
- Relay
until 31.05.: 20,000 HUF/person; until 30.06. 25,000 HUF/person; until 28.07. 30.000 HUF/person
- Registration deadline: 28.07. (based on the number of people that are emerging to date, we decide whether we can accept a later/on site entry)
- Late/on site registration: + 10,000 HUF/person will be charged! In this case, the entry does not contain any gift items.
- Registration page: <https://extrememan.nevezo.hu/register>
- Starting list: <https://extrememan.nevezo.hu/nevezesilistas>
- Results after the race: <https://eng.evochip.hu>

Maps

- <https://www.google.com/maps/d/u/0/viewer?mid=1eoX1tYRg4yg6AnUrJMospjqkqv95G6M&ll=46.23552517144901%2C17.37461915952452&z=13>
- Swimming in Kótró Lake 3 x 1270 m laps counterclockwise. Short run after each lap on the beach. (After swim put Neopren and swimming goggles into the bag in transition tent and put the bag into collecting place! – it will be transported to Nagyatád race center)
- Kayak: on Kótró Lake, 12 x 1,6 km laps counterclockwise (around the island) After kayak put your kayak equipment (if you have, except paddles) eg shoes for kayaking or hat, in a bag and put the bag into collecting place!.– it will be transported to Nagyatád race center
- Cycling on the roads from Gyékényes to Nagyatád, 92 km on partly closed roads.
- Running (Running shoes has to be put in a bag and placed in the Nagyatád depo on Friday!) in Nagyatád 4 x 5,25 km (flat)
- Lake can be rather wavy in case of windy weather conditions!

Swimming and kayak course:



Transition Gyékényes:

You always have to go through the changing tent (Öltözősátor)! After the swimming part you have to put your swimming equipment in a bag and put the bag into collecting place!. **Way from the changing tent to the kayak depo is marked with blue arrows.** You have to place the race numbers in the kayak depo and put it on before the kayak start (**during the kayak and bike the race number is on your back during the running in the front**) After the kayak part you have to put your kayak and paddles back into the kayak depo and run on the beach (in the shallow water) to the same chip control point as for swimming end (marked with blue arrows on the map) and than to the changing tent. You have to put your kayak equipment (if you have, except paddles) eg shoes for kayaking or hat, in a bag and put the bag into collecting place!. Both bags will be transported to Nagyatád and you can collect it there after the race (together with the after race bag you have to leave in Nagyatád on Friday or in Gyékényes on Saturday!).

In the bike depo you can only leave your helmet and your bike shoes (fixed on the bike). All other things also the bike shoes if they are not fixed on the bike! have to be placed in the changing tent in the bike bag.



Bike course:

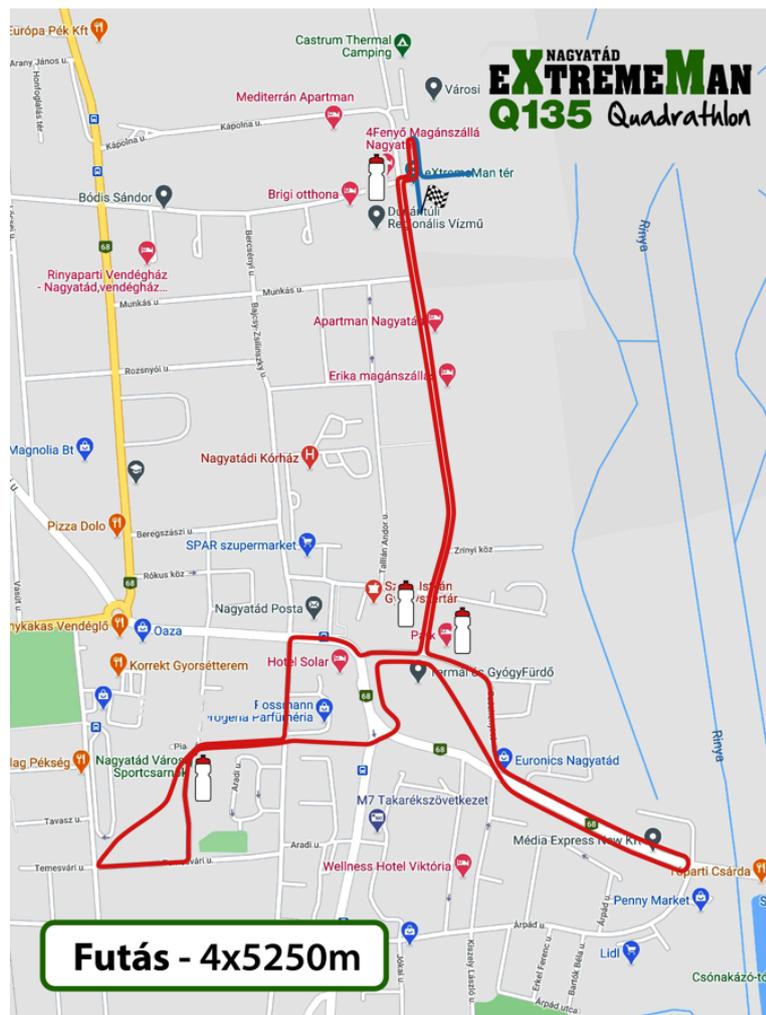


Transition Nagyatád:

If you come by bike be careful and not to go to further rounds (it is for Ironman!) Go directly into the transition zone (Marked with red arrows on the map – turning right at the end of the street!). After disembarking from the bike follow the corridor - until the intermediate bike storage – and place your bike there (your bike is put to the final place by the organisers). Go to the changing tent and collect your run bag. Put your shoes on and continue on the running course (marked with blue arrows on the map).



Running course:



Refreshment

Refreshment after swim, on the sailboat during the kayak course (only water), after kayak, on the bike route (22km, 59km, 80km), in the race centre Nagyatád, on the running course (4 refreshment points each lap).

Rules

- The race is under the rules of the WQF: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>
- Abstract:
 - o No-Drafting at the bike
 - o Helm must close at the bike
 - o no crossing of the middle line at the bike
 - o no race-number under the wetsuit
 - o not to throw anything away
 - o Life jacket can be obligatory (also short term)

Others

- The race is organised together with a long distance triathlon race. Start is separated from the triathlon.
- Individuals and relays start at the same time. Individual competitors can be members of a relay team.
- After the race facilities of Nagyatád Bath can be used free of charge (shower, toilets, pools)
- After the ceremony there is a shuttle bus back to the start in Gyékényes. Please register if you need transport when you collect your start package in Nagyatád.
- You can leave changing clothes/towels in the “after race bag” at the registration or at the start in Gyékényes on the dedicated place – you can collect the bag after the race in Nagyatád and you can change clothes before ceremony starts.
- Kayaks remaining in Gyékényes will be put in a supervised area until you arrive back from Nagyatád.
- CHIP rental fee is 1000 HUF + CHIP Deposit is 2000 HUF. Please have in total 3000 HUF cash at the registration. You will get back the 2000 HUF deposit after the race if you give back your chip
- Race number is needed for check out the bike, kayak and collecting your bags after the race
- ***If you have any questions please ask at the registration in Nagyatád on Friday, because on Saturday there is only a short briefing and limited time in Gyékényes.***