

## Race Information

### WQF World Championship Race Long Distance World Cup Race

WQF

Gyékényes, Nagyatád  
Hungary



05.08.2023

Version: 24.05.2023

### 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](mailto:petiatti@gmail.com)
- +36 30 6452794
- [www.extrememan.hu/gyekenyes](http://www.extrememan.hu/gyekenyes)

### 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 – 7:15                                           | Gyékényes, Kotró Lake |
| - Race Briefing (in English): | Saturday 7:00                                                  | Gyékényes, Kotró Lake |
| - Race Start:                 | Saturday 7:30                                                  | Gyékényes, Kotró Lake |
| - Cutoff Time:                | end of swimming: 2:20; end of kayak: 4:45 end of bicycle: 8:15 |                       |
| - Check-OUT:                  | Saturday 18:00                                                 | Race Center Nagyatád  |
| - Ceremony:                   | Saturday 19:00                                                 | Race Center Nagyatád  |

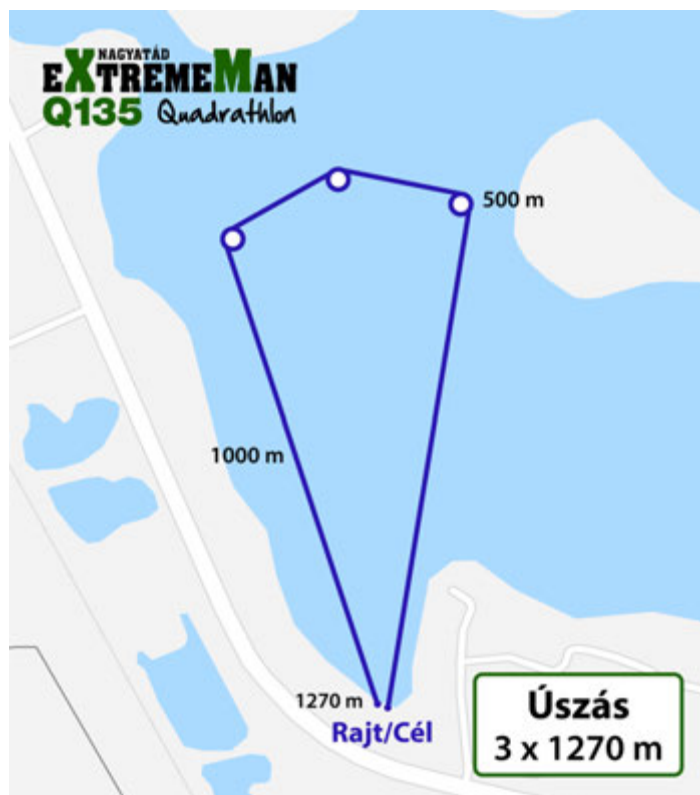
## Registration

- 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

- Swimming in Kótró Lake 3 x 1270 m laps counterclockwise. (After swim put Neopren and swimming goggles into the bag with your number in transition! – it will be collected and transported to Nagyatád race center)
- Kayak: on Kótró Lake, 10 x 2 km laps counterclockwise (around the island and around the sailing boat at the western turning point!)
- Cycling on the roads from Gyékényes to Nagyatád, 92 km on partly closed roads.
- Running (Running shoes has to be 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!

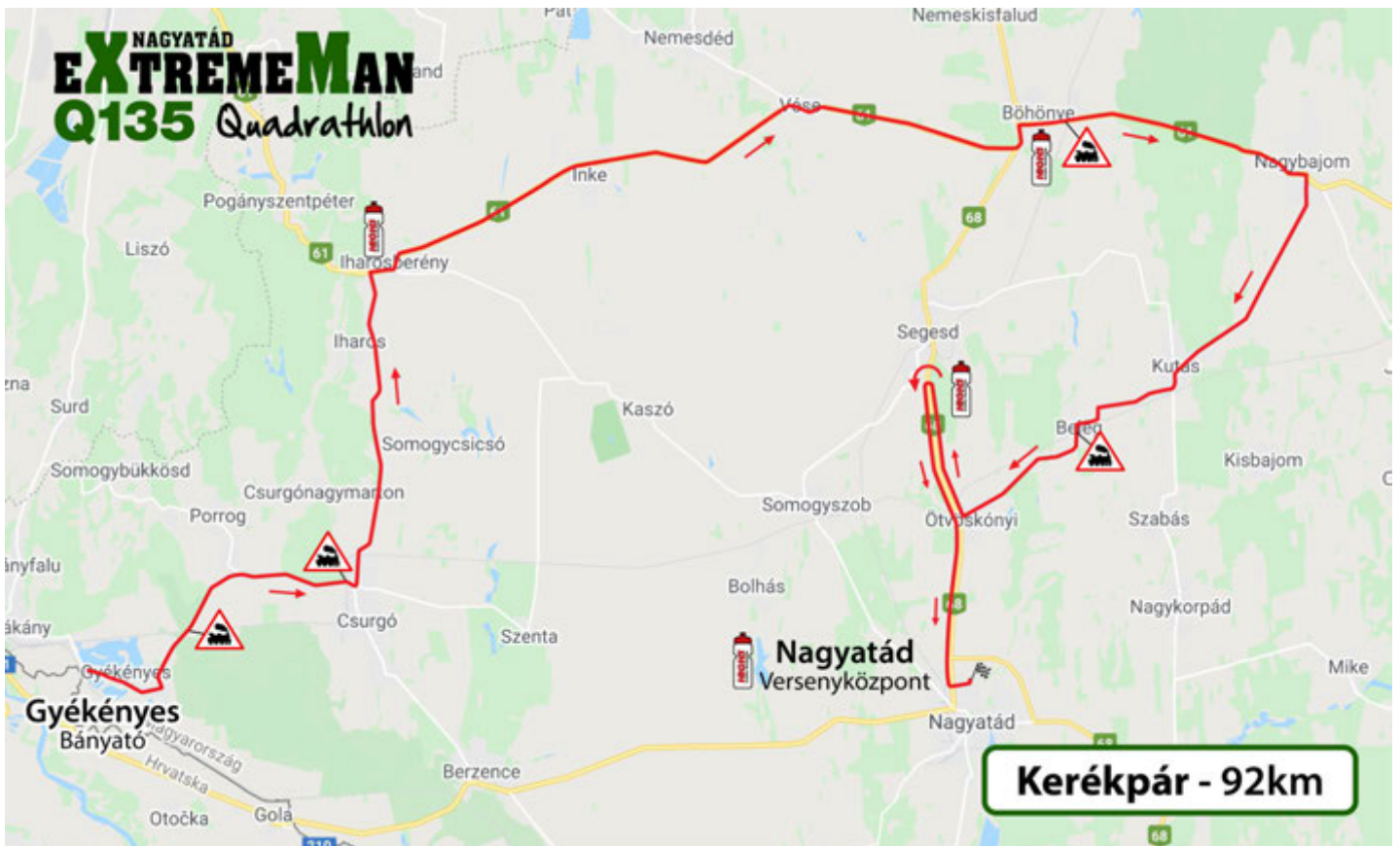
Swimming course:



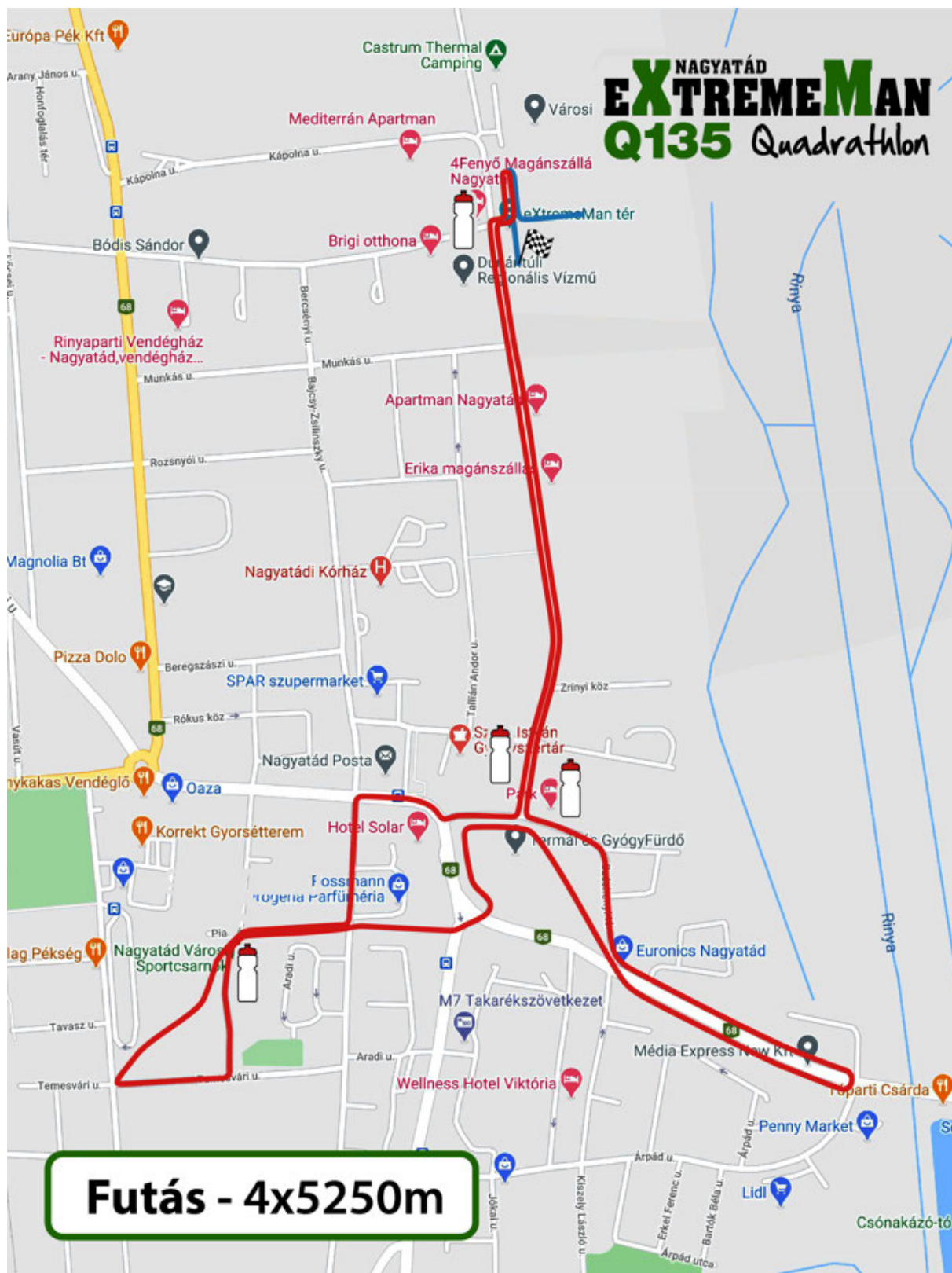
Kajak Course:



Bike course:



Running course:



## Refreshment

Refreshment after swim, after kayak, on the bike route, in the race center Nagyatád, on the running course.

## Rules

- The race is under the rules of the WQF: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>
- Abstract:
  - No-Drafting at the bike
  - Helm must close at the bike
  - no crossing of the middle line at the bike
  - no race-number under the wetsuit
  - not to throw anything away
  - 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.