

Race Information

WQF World Championship Race Middle Distance WQF World Cup Race

Tiszafüred
Hungary

10.09.2023



Version: 24.05.2023

Distance

1,5k Swim – 40k Cycle – 9k Kayak – 10k run

Organizer

- Sri Chinmoy Marathon Team
- Hagyó László, Kávai Csaba
- info@srichinmoyversenyek.hu kavai.csaba@gmail.com
- +36 707028105, +36 707028117
- <https://hu.srichinmoyraces.org>

Race location

- Tiszafüred, Free beach, Harbor Boulevard
- Lat: 47.625185, Lon: 20.736710

Categories

- Solo (Age Groups after WQF Rules)
- Awards: medals for 1-3 places in every category

Timetable

- | | | |
|-------------------------------|---------------|-------------------------|
| - Pick up Race Numbers: | from 9.30 | Race Center at the Lake |
| - Check-IN: | 10:00 - 10:45 | Race Center at the Lake |
| - Race Briefing (in English): | 10:45 | Race Center at the Lake |
| - Race Start: | 11:00 | In the Lake |
| - Check-OUT: | 15:00 | Race Center at the Lake |
| - Ceremony: | 16:00 | Race Center at the Lake |

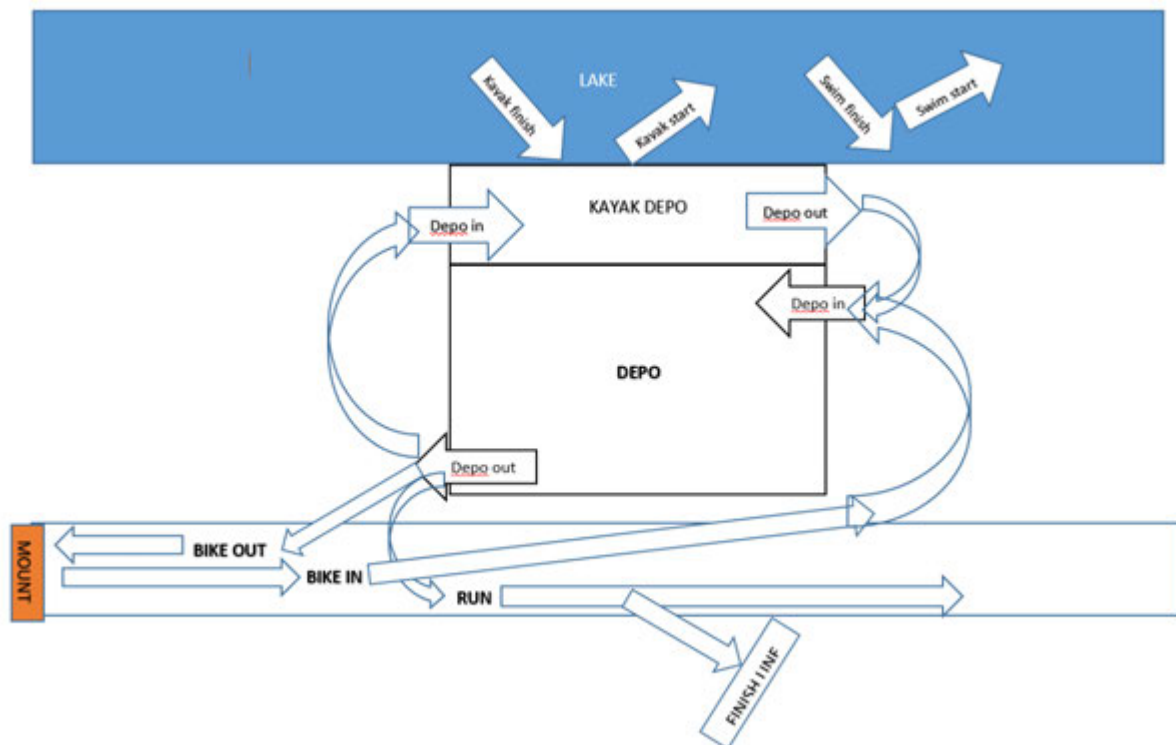
Registration

- All Categories (IBAN: HU67 10700622 45314807 51100005 / BIC (SWIFT): CIBHHUHB)
until 31.07.: 17,000 HUF
until 21.08: 20,000 HUF
until 04.09 (without T-shirt): 23,000 HUF
on-site (without T-shirt): 30,000 HUF
- Late/on site registration: In this case, the entry does not contain any gift items.
- Registration page:
<https://scmtmarathon.appspot.com/public/nevezes.html?id=5700730149142528>
- Starting list:
<https://scmtmarathon.appspot.com/public/nevezok-listaja.html?id=5700730149142528>
- Results after the race: <http://korido.hu/>
- 2000 HUF caution for the Chip payable in cash at the registration

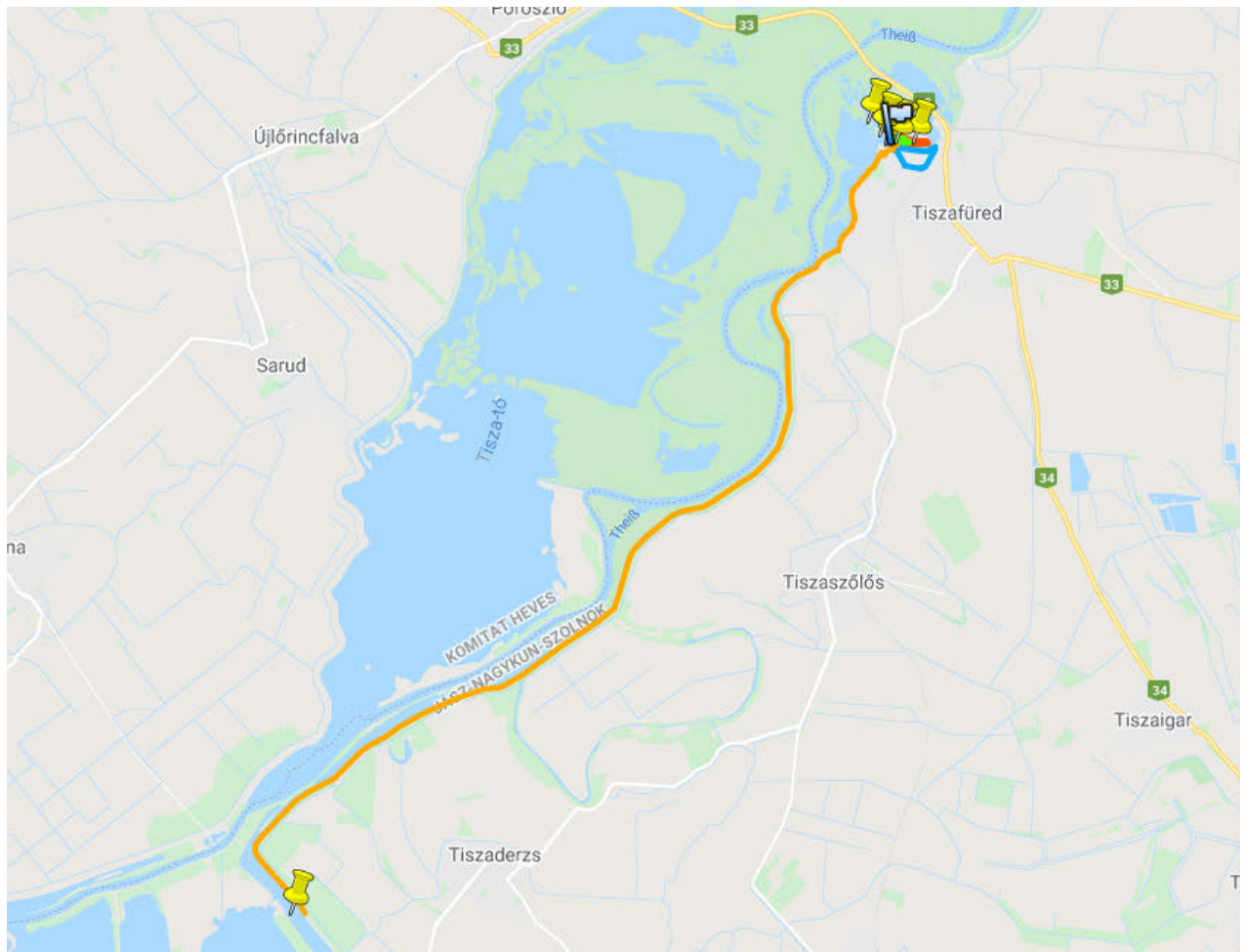
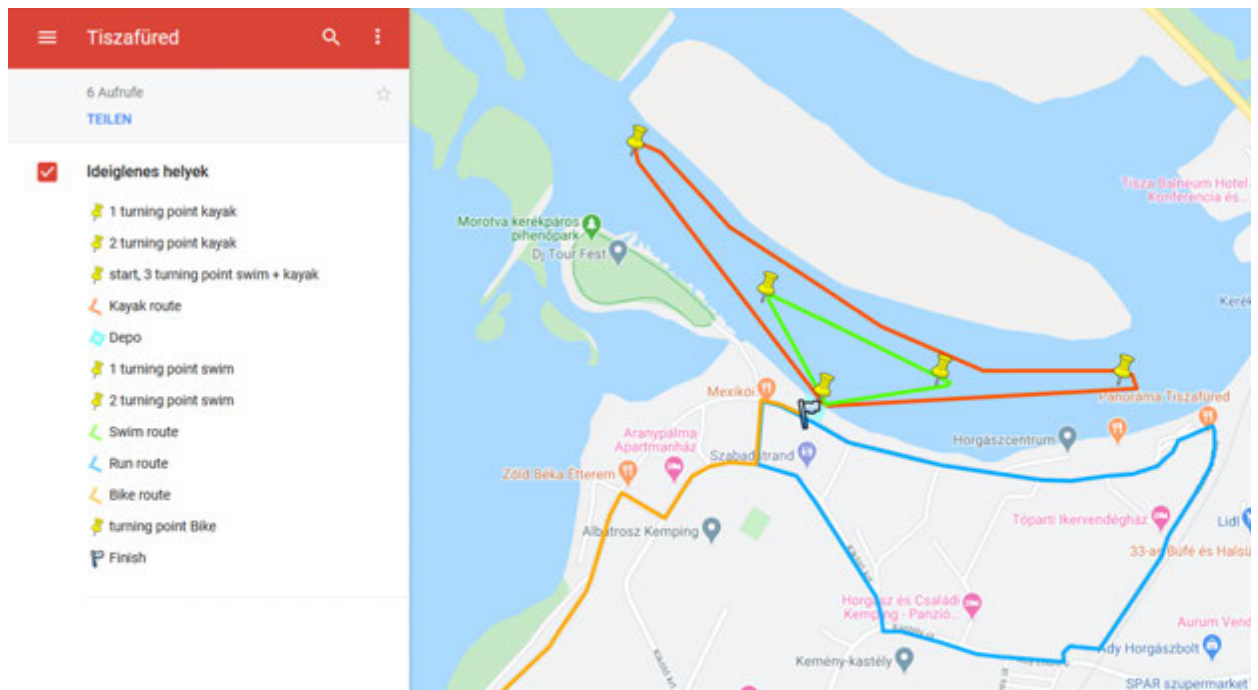
Maps

- Swimming in Tisza Lake 2 laps counterclockwise
- Cycling on the roads on Tisza dam, 1 laps on partly closed good surface flat roads
- Kayak: on Tisza Lake, 6x1,5 km laps counterclockwise
- Running on the lakeside roads, partly asphalt partly good quality trail road on a 5x2 km laps (flat)

Transition:



Overview:



Details: https://drive.google.com/open?id=1UBF7kZbIschH87ORCFiA378b_GggtbEC6&usp=gmail

Refreshment

In the Transition. At the end of every lap on the running course. In the Finish.

Time limits

50 minutes to start cycling

2 hours 30 minutes to start kayaking

4 hours to start running

5 hours 15 minutes to finish running

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)

Rental

- Kayaks can be rented out from the local kayak Club:
- Located 1 km from the venue
- Contact: Tibor Virág (kajakvirag@gmail.com, +36 202589554),
- Price: 30 EUR/day, payment in cash

Others

- The race is organised together with a middle distance triathlon race. Start is separated from the triathlon.
- Near the racecourse, there are more campsites. At the race centre restaurants, toilet, washbasin, cold water shower.