

eXtremeManQ61.5
World Middle Distance Championships
Quadrathlon Hungarian Cup
Gyékényes 2025
Race information

The aim of the competition:

To promote the Quadrathlon sport at Lake Gyékényes.

Organising the Quadrathlon World Championships.

Providing triathlon and kayak enthusiasts with the opportunity to compete in a new sport for them, in individual competition.

A welcoming village with Gyékényes accommodation and catering facilities, as well as Gyékényes gifts and activities!

Date:

18th of May, 2025

The competition is organised by eXtremeMan Kft. (extrememan@extrememan.hu)

Organising Committee Chairman: Dr. Gyula Herr

Competition Director: Péter Zsófia

Computer data processing: eVoChip Hungary Kft.

Technical Supervisor: Gyula Csizmadia

Chief Referee: Viktória Böröczi

Programme manager: Herr Dávid

Distance of the race:

61.5 km,

Swimming: 1500 m; Cycling: 40 km; Kayaking: 10 km, Running: 10 km

Start and finish:

Gyékényes, beach <https://maps.app.goo.gl/XQuPQgfVL8wFponM6>

Schedule:

From 9:30am registration, chip check, pick up of race numbers

The Race Office is located next to the CÉL gate on the grassy area of the open beach.

10:30 - 11:35 bike DEPO open, bike check in

11:30 Ceremonial opening

11:35 bike check in over, check in at the swim check in area

swim check in will be set up in the area before the start

11:35 warm up in the water

11:45 swim warm up over, all competitors behind the start line on the beach

11:50 eXtremeManQ61. 5 RAJT

12:30 eXtremeMan51.5 RAJT

12:35 eXtremeMan51.5- Try the triathlon RAJT

12:38 eXtremeMan25.75 RAJT

12:40 eXtremeMan25. 75- Try the triathlon RAJT

14:00 TIME LIMIT to start the third lap of the bike ride

15:00 TIME LIMIT to start the run

15:45 TIME LIMIT to start the last lap of the run

approx: 16:00 RESULT ANNOUNCEMENT at CEL gate

DEPO opens at approx: 15:15 (last cyclist arrives)

Route:

Swimming in the lake, on a triangular course, 2 x 750m.

Cycling on a four-loop course with the roads completely closed. No paddling allowed.

Kayaking in the lake 10 km - 6 island circuits

Running on asphalt on a four-lap course.

Track:



swimming:



EXTREMEMAN
Q61.5 Gyékényes
Quadrathlon

Kerékpár - 4 x 10km

Kayaking:



Running:



DEPO



Limit time:

no time limit

Participants:

In individual competition: women and men over 16 years of age,

By paying the entry fee, they accept the rules of the competition.

You may only litter in the designated zones!

Crossing the halfway line during the bike is prohibited!

Categories (minimum 3 participants)

Youths: 16-17 years (YOB 2008-2009)

Juniors: 18-19 years (YOB 2006-2007)

U23: 20-22 years (YOB 2003-2005)

Elite: 23-39 years (YOB 1986-2002)

Masters 40: 40-49 years (YOB 1976-1985)

Masters 50: 50-59 years (YOB 1966-1975)

Masters 60: 60-69 years (YOB 1956-1965)

Senior 70: 70-79 years (YOB 1946-1955)

Senior 80: 80- years (YOB -1945)

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:

With High5 products and NaturAqua mineral water.

At DEPO, you can fill your canteen with a High5 Energy Source / ZERO blend.

During the run, there is a refreshment option every lap: you can pick up High5 Isogel, which you can use with Natur Aqua mineral water.

Awarding:

Medals and gifts from the sponsors for the 1st to 3rd place winners (per age group, provided that at least 3 participants take part)

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
- We will take pictures and videos during the competition and use them after the competition.
- We reserve the right to make changes!

