



Nemzeti
Sportfejlesztési és
Módszertani Intézet



Magyar
Triatlon



EXTREMEMAN

51.5 Gyékényes

Az út maga a cél

eXtremeMan51.5 and eXtremeMan25.75

Gyékényes 2026

Try triathlon distances – the Active Hungary station

Race informations

The aim of the competition:

To organize an excellent triathlon competition next to Hungary's cleanest triathlon swimming course with the help of a hospitable town, where accommodation and catering facilities, as well as gifts and programs await you in Gyékényes!

As an integral part of the "Get ready for Ironman with us" program, a preparatory competition will be held for future participants of eXtremeMan Nagyatád at the start of the original swimming course and cycling course designated in the legendary lake.

For fans of other sports, we will introduce the sport of triathlon and provide competition opportunities for anyone interested in triathlon.

Date:

Saturday, May 2, 2026

Competition organizer: eXtremeMan Kft. (extrememan@extrememan.hu)

Organizing committee chair: Dr. Gyula Herr

Competition director: Zsófia Péter

Computer data processing: eVochip Hungary Kft.

Technical supervisor: Gyula Csizmadia

Head referee: Balázs Csizmadia

Host: Attila Péter

Race distance:

51.5 km, Olympic triathlon distance

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

25.75 km, sprint triathlon distance

Swimming: 0.75 km; Cycling: 20 km; Running: 5 km

Start and finish:

Gyékényes, Kotró, Szabadstrand (<https://maps.app.goo.gl/XQuPQgfVL8wFponM6>)

Schedule:

In all competitions of the eXtremeMan series (in this case, short distance), drafting is prohibited,

as we are preparing for our competitions in Nagyatád.

Those who wish to participate in a drafting competition can do so in the "Try Triathlon Races."

Taking these principles into account, let's modify the schedule as follows:

9:30 a.m. - registration, chip control, collection of race numbers The Race Office is located next to the FINISH gate on the grassy area of the public beach.

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

11:35 a.m. - end of bike check-in, registration at the swim check-in area; the swim check-in will be set up in the area before the start

11:35 a.m. - warm-up in the water

11:40 a.m. - ceremonial opening

11:45 a.m. end of warm-up in the water, all competitors behind the starting line on the shore

11:50 a.m. eXtremeMan51.5 - eXtremeManQ61.5 START

12:35 p.m. eXtremeMan51.5 - Try triathlon START

12:40 eXtremeMan25.75 - Try triathlon START

14:00 TIME LIMIT for starting the third lap of cycling

15:00 TIME LIMIT for starting the run

DEPO opens at approx. 15:15 (when the last cyclist arrives)

15:45 TIME LIMIT for starting the last lap of running

approx. 16:00 ANNOUNCEMENT OF RESULTS at the FINISH gate

Route:

eXtremeMan51.5

Swimming in the lake, on a triangular course, 2 x 750 m. Between the two swimming laps, competitors exit the water and run approximately 20 m on the shore before beginning the second swimming lap.

Cycling on a four-lap course with complete road closure. Drafting is allowed.

Running on asphalt on a four-lap course.

eXtremeMan25.75

Swimming in the lake, on a triangular course, 1 x 750m.

Cycling on a two-lap course with complete road closure. Drafting is allowed.

Running on asphalt on a two-lap course.

Track:



Time limit:

4 hours (none for swimming; 2 hours for starting the third lap of cycling, 3 hours for starting running)

No time limit for the 25.75 distance

Participants:

Individuals over the age of 18 and relay teams over the age of 14 who declare (or are authorized by their parents) that they are prepared and capable of completing the distance and pay the entry fee by the specified deadline. By paying the entry fee, they accept the rules of the competition.

Only those with a valid MTSZ competition license may participate in the 2026 eXtremeMan51.5 Gyékényes individual competition.

25.75

Women and men over the age of 16 who declare that they are prepared and fit to complete the distance and pay the entry fee by the specified deadline. By paying the entry fee, they accept the rules of the competition.

Categories:

eXtremeMan51.5

Individual adult, senior, veteran

women and men, and 3-5 person relay (women, men)

eXtremeMan25.75 Egyéniben 16 év és felette.

Individual women/men (under 40), senior women/men (over 40)

Registration:

The registration fee for the races includes all services that we recommend everyone to use during the race (some of which are mandatory for regular racing): race number, chip, labels, refreshment station services, medal and finisher's package (for immediate refreshment) at the finish line, and medical care if necessary.

You can choose additional products and register for other races at the same time with a large discount. Our additional products will only appear on the list in the future (e.g., water bottle, swimming cap).

Detailed information about the registration and cancellation fees is provided in the upper left corner of the registration form. In the upper right corner, we provide information about the current registration fee and the price of the selected additional products, the available discounts, and the possible use of your current account balance. This is how the amount to be paid is calculated. If you cannot find a discount, please check the reason before paying. Unfortunately, we cannot make changes retroactively.

The entry fee can only be paid by credit card. Follow the instructions on the screen to complete your entry successfully.

If your registration is unsuccessful, simply repeat the process. No further action is required for previous unsuccessful registrations. (Payment will be unsuccessful if you click the back button, close your browser prematurely, attempt to pay with an invalid card, or do not have sufficient funds on your card.)

Only successful registrations will be included in the registration list; no further action is required for unsuccessful registrations.

The Home page can be accessed by clicking on your username in the drop-down list. Here you will find a table listing your individual race registrations (left column) and the names and quantities of the related products (right column) together with the order IDs. The competitions listed in the right-hand column are those that you purchased at a discount in connection with another competition entry. A green check mark indicates successful entries and product purchases, while a red line and strikethrough indicate unsuccessful or canceled items.

Placed orders can be viewed in detail in the **My Orders** section. Green indicates successful orders.

If you register for a competition and, within the same order, register for one or more other competitions at a discounted price or purchase other additional products, these will be recorded as one order under the name of the main competition (basic registration). The order ID is located in the lower left corner of the window. Clicking on the window will also display the transaction items. It is important to note that cancellations can only be made from the basic entry window, and all related products and related race entries will be canceled along with it. The cancellation fee shown here applies to the entire cancellation.

For any competition you have previously entered, you can purchase additional products or other competition entries at a discounted rate at a later date. Just click on the Entry section for the competition and choose from the products. The system will recognize that you have already registered for that competition, so it will not charge you a separate registration fee, only the product you select. If your order is successful, a new green window will appear in the My Orders section. It will be named Order Addition, and the blue button in the middle will show which main order (basic registration) it is linked to. The order supplement cannot be canceled separately.

Cancellation:

The deadline for canceling entries and the associated handling fee are indicated on the entry form for each competition and can be viewed in the My Orders section after registration.

In case of cancellation, you can choose between two options. You can request a refund of the entry fee or have it credited to your account to be used for your next entry. In the latter case, the handling fee is lower.

To cancel, select the appropriate competition in the My Orders tab and click on the selected cancellation option button.

Please note In case of cancellation, all additional products and purchased race entries related to a given race will be canceled, regardless of whether you purchased them at the same time or later. The cancellation fee shown is valid for the entire cancellation.

In case of successful cancellation, the items in question will be crossed out on the Home page.

We cannot accept cancellations after the deadlines have expired.

Timekeeping:

EvoChip timekeeping.

Refreshments:

With High5 products and NaturAqua mineral water.

You can fill your water bottles at DEPO, where we provide High5 Energy Source / ZERO mix.

During the run, you can refresh yourself every lap: you can take High5 Izogel, which you can use with Natur Aqua mineral water.

Awards:

Medals for the top three finishers in each category.

Rules:

General Rules of Participation

Other:

- If you have any questions, please send an email to: zsofiapeter@extrememan.hu
- We will take photos and videos during the competition, which we will use after the competition.
- We reserve the right to make changes!
- Come the night before so you can start the competition well rested. We will help you organize a meaningful program.
- Before the race, we will summarize the important information so that you can prepare for the race conditions and schedule in time. (check it in our website)
- Please note that we also offer shorter distances for your family or teammates on this day! Read the race information!