



EXTREME MAN[®]
NAGYATÁD
Az út maga a cél

eXtremeMan Nagyatád 2026.

Long-distance triathlon competition

National Championship

Friendship Series

Race information

The aim of the competition:

Organizing a classic, long-distance triathlon competition with a 36-year tradition.

Date:

August 9, 2026

Start: 7:31:40 All individuals (men and women together)

Relays: 7:31:40 / 8:50

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

Chair of the organizing committee: Dr. Gyula Herr

Race director: József Szliczki

Computer data processing: EvoChip Hungary Sportszolgáltató Kft.

Technical supervisor: to be appointed

Head race judge: to be appointed

Speaker: Attila Péter and Dávid Herr

Race distance:

The classic distance is 226 km.

3.8 km swim, 180 km bike, 42.2 km run

Start and finish:

start: Gyékényes, Kotró strand (<https://goo.gl/maps/LEo2v4Wrj5G2vk6e6>)

race center and finish: Nagyatád, eXtremeMan tér
(<https://goo.gl/maps/h8kNpYPTxgYDu2Fb9>)

Schedule:

August 7 (Friday)

5:00 p.m. - 9:00 p.m. - Race Office open at the Race Center

August 8 (Saturday)

8:00 a.m. - 8:00 p.m. - Race Office open at the Race Center

9:00 a.m. "Just Run and Smile" running race for women only

10:00 a.m. eXtremeManó running race - children's races

August 9 (Sunday)

6:00 a.m. - 7:15 a.m. bike check-in (individual)

7:15 a.m. - 8:15 a.m. bike check-in (relay)

6:30 - 7:20 - swimming check-in (individual and non-prize relay teams)

From 8:40 - swimming check-in (prize relay teams)

Start: 7:31:40 all individuals (men and women together)

Relays: 7:31:40 / 8:50

August 10 (Monday)

10:00 Announcement of results - Nagyatád Sports Hall

Route:

Swimming:

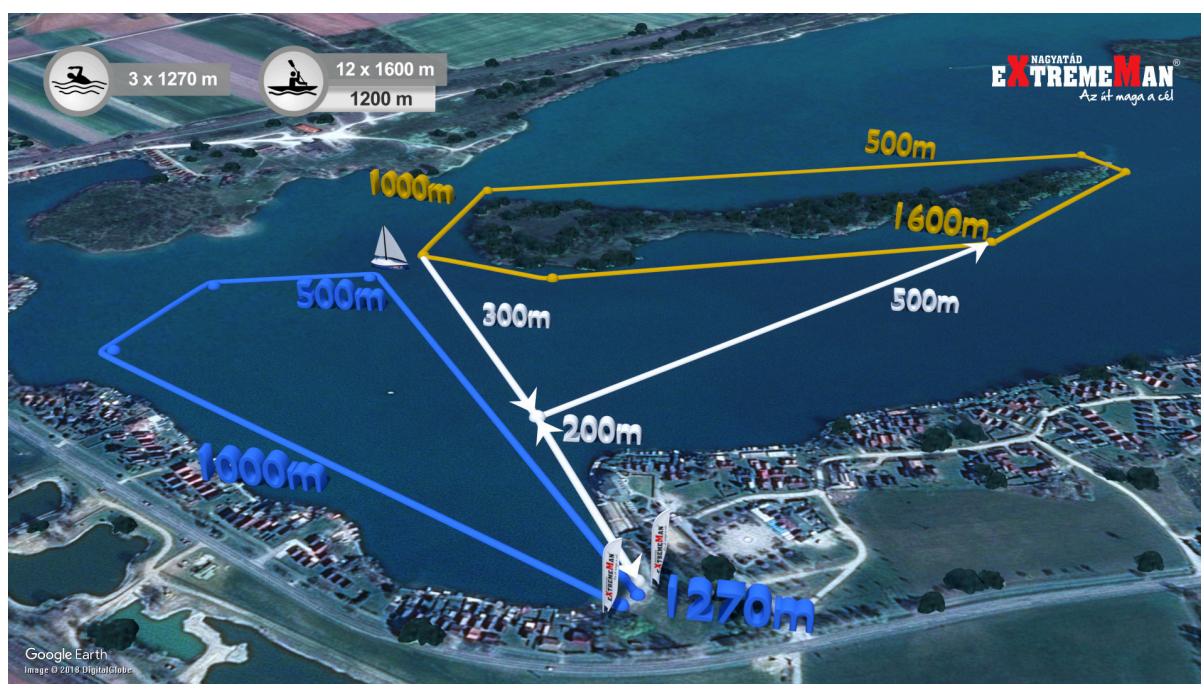
Gyékényes – in the mine lake.

Start: running into the water from the shore. The race consists of three 1270 m laps.

After completing the first and second laps, competitors must exit the water and then run approximately 10 meters on land before starting the next lap of swimming.

Neoprene suits are permitted in water colder than 24 degrees Celsius.

The official water temperature will be measured one hour before the start. Expected water temperature: 21-25 C°



Bicycle:

Gyékényes-Nagyatád introductory "big circle" - 52 km

Gyékényes mine lake - Porrogszentkirály - Csurgó (Csokonai hill) - Berzence (Turul hill) on road 681 - Nagyatád - Tarany connecting road - Tarany (turning point) – Nagyatád (eXtremeMan square). The introductory section is approx. 52 km long, with good to moderate quality asphalt and FULL ROAD CLOSURE.

Elevation difference: 280 m

The small circle - 32 km

The eXtremeMan square - on road 681, turning point after Hókamalom - Tarany connecting road - Tarany 4 x 32 km "small circles" with the ENTIRE COURSE CLOSED, on road 681 on medium quality asphalt,

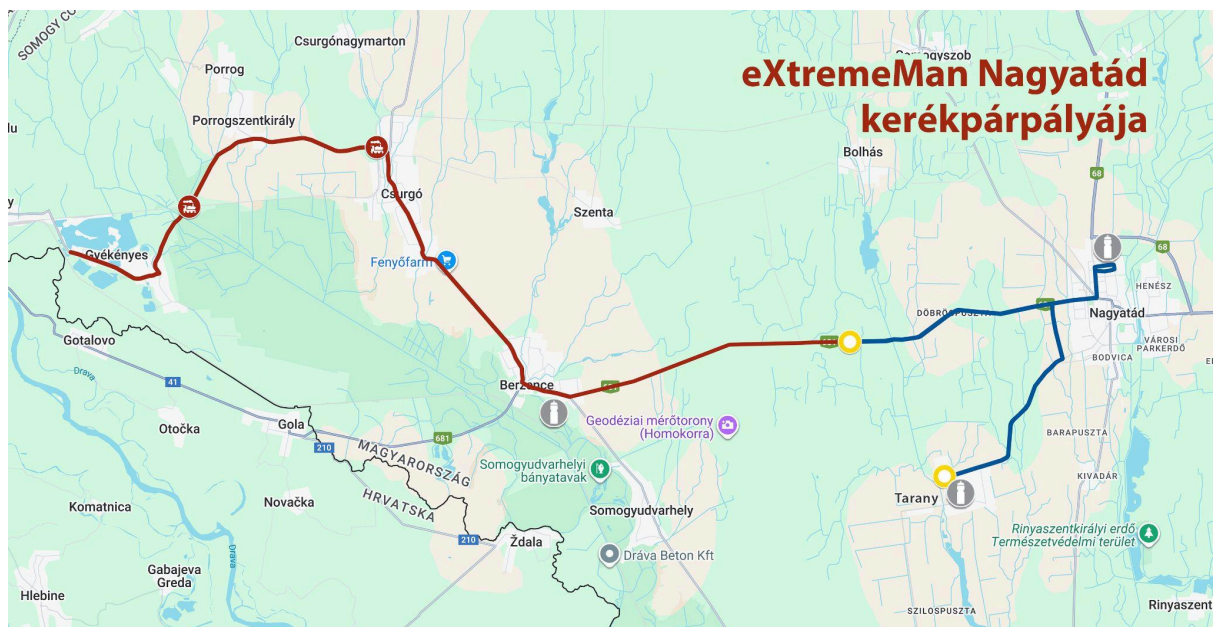
and excellent quality asphalt on the Tarany road.

Elevation difference: 240 m (4 x 60 m).

The race course crosses two railroad crossings, time credit is possible.

Traffic rules must be observed during cycling.

Drafting is not allowed.



Running:

Competition center – Nagyatád city center – Competition center

5250 m course

The running course is closed to traffic and marked out on high-quality asphalt and artificial turf.

Elevation difference: negligible. Followers are not allowed during the race.

Individual refreshments are available along Zrínyi Street.

Time limit:

Individuals:

To start cycling: 2 hours 20 minutes

To complete the large circuit (60 km): 5:00 hours

To start the last "small circuit": 9:00 hours

To start running: 10 hours 30 minutes

Start of the 4th lap of running: 12 hours 35 minutes

Start of the 7th lap of running: 14 hours 40 minutes

Start of the 8th lap of running: 15 hours 30 minutes

Closing of the course at midnight

Relays:

Restart at 11:00 (if the swimmer does not finish)

at 4:30 p.m., the last lap can start on a bike

at 6:00 p.m., restart (if the cyclist does not finish)

track closes at midnight

Participants:

Only competitors born in 2006 or earlier are eligible to participate in the competition.

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:

Not during swimming.

On the bike: in Berzence (25 km) and Nagyatád

High5 isotonic drink, High5 bar or gel, half a banana, water

Water and half a banana at the turnaround point in Tarany.

Running: water, salt tablets, High5 isogels, biscuits, Coca-Cola, watermelon

Awards:

Medals for the top three finishers in each category.

Rules:

General Rules of Participation

If the competition doctors deem the competitor unfit to continue the competition, the competitor must withdraw from the competition at the request of the chief referee and hand in their race number.

Only competitors with a valid competition license may participate in the 2026 eXtremeMan Nagyatád individual competition.

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, running, cycling for your family or teammates on this day! Read the race information!