



Invitation to 25manna

Saturday October 9 in Löt, Vallentuna

Information:

Homepage: www.25manna.nu

Inquiries: info@25manna.nu

Competition site:

Löt, Vallentuna municipality about 50 km north of Stockholms centre.

Signposting from E18, exit 189 at Söderhalls trafikplats towards national highway 280.

Terrain description:

Slightly to moderately hilly with mostly very good passability. Normal to generous richness of detail. The longer courses go through an area with wilderness character and few trails with a large element of bog soil and lichen covered out crops. The remaining courses go through forested areas with trail- and road nets and features of managed land.

Map:

Scale 1:10.000, updated 2010. Equidistance 4 m.

Start and estimated goal passage:

Mass start at 9:00 and winning team is estimated to pass the goal around 14.30

Preliminary course lengths and team composition:

Leg	Nr of runners	Course length in km	Difficulty	Right to participate
1	1	6,4	Blue	All
2	1	6,4	Blue	All
3	4	3,8	Red	Ladies
4	4	3,6	White	Not D19-39, H15-54
5	4	6,0	Blue	All
6	4	4,1	Red	Not H17-39
7	4	4,3	Red	All
23	1	3,3	Orange	Not D19-34, H15-49
24	1	4,7	Blue	Ladies
25	1	8,5	Blue	All

In above mentioned course lengths about 300 meters marked path to start and home-stretch is included.

For restarting teams leg 25 is shortened to 5,6 km.

Teams can include a maximum of 9 H21-39 and at least 7 ladies shall be included. Of the ladies at least one should be -D14/D45- and at least one -D18/D35-. Furthermore must at least one HD-16 or younger be included in the team.

PM:

PM with among other information calculated course times and exact distances around the course will be published on the homepage at the latest 3 weeks before the competition date.

Car parking:

At assigned site, max 2500 m from Competition Centre (CC). Signposting from road E18, exit 189 at/by Söderhalls trafikplats towards national highway 280.

Bus parking:

Embark and disembark at assigned site max 1500 m from CC.

Public transport:

Bus 639 or 676 from Tekniska Högskolan, alternatively bus 625 from Danderyds sjukhus to Söderhalls trafikplats. From there it is about 1500 m marked road / path.

Registration and confirmation:

Register through 25manna.nu It is possible to register from June 1 and should be us at hand by the **latest September 1**. Electronic registrations are confirmed through e-mail and can be checked in the registration index on the home page. Directions for submissions of team line-up will be posted in the PM. **Team envelopes will be distributed only after the registration fee has been paid.**

Sport Ident.

Numbers of own SI-cards must be specified on the registration. Leasing of cards is done teamwise. Fees see below. N.B.! A limited number of the newer cards (6 & 9) will be available, so that normal and fast cards can be mixed in the team bag. First come, first served...

Late registration:

At the latest October 1 at increased fee according to the below.

Does your club have difficulties filling a team? Register a combined team with another club and experience the atmosphere at 25manna! Combined teams according to SOFT's rules are welcome.

Accommodation:

We offer accommodation on hard floor and breakfast in central Vallentuna. Booking is done in connection with registration at www.25manna.nu. Information and inquiries about accommodation are answered via logi@25manna.nu

Preliminary fees:

Ordinary registration fee	3000 SEK/team	Parking-fee 300 SEK included Half price for the clubs fifth team 300 SEK for the clubs sixth team and upwards
Late registration	4000 SEK/team	Parking-fee 300 SEK included
Windbreak fee	250SEK/site	Area 5 x 5 m
Leasing of SI-cards	750 SEK/team 20 SEK/peace	Normal SI-cards, you can use your own Additions for every fast SI-card ordered
Logging on hard floor	75 SEK/night 110 SEK/night	If booked before September 1 If booked after September 1 and as far as space allows
Breakfast	50 SEK/breakfast	Book in connection with registration.

Payment of fees:

Payment:	Payment of all fees shall be made at the latest September 10 2010 . Specify reference at payment in the following format "Club, type of fee"
From Sweden:	Bankgiro 474-0122 alternatively Plusgiro 531212-9
From other countries:	IBAN: SE89 9500 0099 6034 0531 2129SWIFT/BIC: NDEASESS

Open courses:

Ö1, Ö4, Ö5, Ö7 and Ö8 will be offered at the competition site. Course lengths and grades of difficulty according to SOFT's recommendations.

Fees up until HD16 50 SEK, others 90 SEK.

Registration is open between 08.30 – 12.30 and start 09.00-13.00.

Children's Course / Minitoddle:

Max 1000 m from goal with start at 09.30-14.00. 10 SEK per participant.

Shower:

Hot showers outside, max 1000 m from goal.

Service:

Well supplied service with grill. Sport sales. Medical service with a doctor.

Head stewards:

Competition leaders: Patrik Ahlgren, Peter Brunnberg

Course layer: Björn Thoren

Competition controller: Bengt Johansson

Course controller: Lars H Sandvik

Welcome to 25manna 2010!

