

World's best club wins



Invitation



25mannakorten 2016

Sunday October 9th

Information

Website: www.25manna.se

Inquiries: info@25manna.se

Type of event and classes

Middle distance competition with individual start.

Course lengths according to SOFT's recommendations.

Competition arena

Kungens Kurva approximately 15 km south of Stockholm City.

Start

First start at 9.00. Distance from the Arena max: 2,4km.

Introduction classes and open courses have free starting time between 9.00 – 12.00 am.

Preliminary course lengths

Introduction classes		Elite classes		Adult classes			
Class	Length	Class	Length	Class	Length	Class	Length
Insk	1,5	D21E	4,7	D21	3,6	H21	4,9
U1	2,1	D20E	4,1	D20	3,6	H20	3,6
U2	2,4	D18E	3,7	D18	3,6	H18	3,6
U3	2,7	H21E	5,4	D35	3,6	H35	4,7
U4	3,4	H20E	4,8	D40	3,7	H40	4,3
		H18E	4,1	D45	3,3	H45	4,3
				D50	3,1	H50	3,9
				D55	3,4	H55	3,9
Youth classes		Open courses		D60	2,6	H60	3,8
Class	Length			D65	2,6	H65	3,3
D16	3,7	Class	Length	D70	2,6	H70	3,3
D16 short	3,4	ÖM1	2,4	D75	2,2	H75	3,3
D14	3,4	ÖM3	3,3	D80	2,2	H80	2,5
D14 short	2,7	ÖM5	3,6	D85	2,2	H85	2,2
D12	2,7	ÖM7	3,4				
D12 short	2,1	ÖM8	4,8				
D10	2,1						
H16	3,7						
H16 short	3,4						
H14	3,4						
H14 short	2,7						



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H12	2,7			Length of courses in kilometer. Difficulty according to SOFTs rules.
H12 short	2,1			
H10	2,1			

Terrain

The terrain consists mainly of moderately hilly woodland with easily crossed hills. Some areas are very detailed. The accessibility is mostly high. Parts of the area is flat with limited visibility and accessibility. The area is crossed by numerous paths.

The easiest courses will be in areas with several open fields and paths.

Map

Scale 1:10 000, for DH60- scale 1:7500, newly drawn by Lars Nord 2015-2016, equidistance 5 m. Laser printed.

Memo

The memo will be published on the website in the beginning of September.

Parking

On the assigned parking areas, maximum 3 000 m from the arena. Route guidance in the traffic memo. We have only a limited number of parking spaces. Please use public transportations or car pool if possible.

Buses

The getting off the buses will be close to the arena. The buses will be boarded at the same spot. With reservation for changes.

Public transportations

Subway red line number 13, to Skärholmens C. From there a 2000 m stroller friendly walk. Please refer to www.sl.se for more information and travel suggestions.

Accommodation

We offer accommodation on a hard surface + breakfast in the area close by. Limited number of beds. Reservations are made together with the entry, see Accommodation-memo.

Information and questions about accommodation can be obtained through:

logi@25manna.se. We are also trying to get other alternatives for accommodations. We will publish more information on the website about accommodation alternatives.

Accommodation on hard surface, adult, including breakfast.	160 SEK/night	Reservation must be made September 26th at the latest. Limited number of beds.
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Accommodation on hard surface, youth born -02 or later, including breakfast.	140 SEK/night	Reservation must be made September 26th at the latest. Limited number of beds.
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Entry

Entry via Eventor the 2nd of October at the latest:
<http://eventor.orientering.se/Events/Show/11773>

Late entry until October 5 to an increased fee. Runners entering late will be drawn along with regularly entered.

Open courses

Direct entry at the event between 8:30 – 11:30. Free start time between 9:00 – 12:00 am.

Entry fees

Youth up to 16 years: 70 SEK, adults: 115 SEK, elite: 170 SEK. Late entry: 50% increased fee.
Rental SI-cards: 50 SEK, the club of any competitor who don't return the card will be charged 600 SEK.

- Swedish clubs will be invoiced after the competition.
- Competitors from clubs abroad shall pay all fees at time of entry to:
Snättringe Sportklubb
Please write name and club when paying.
PG 62 23 54-9
IBAN: SE67 9500 0099 6034 0622 3549
BIC: NDEASESS
Payment recipient: Snättringe Sportklubb
- Direct entry will be invoiced clubs registered with the Swedish federation SOFT, or paid at the event in cash.

Clothing

Full body cover is required (short sleeves are allowed) according to SOFT rules.

Punching System

SportIdent. Cards can be rented at the event. If no own SI-card is noted at entry, the event organizer will allocate a rental card.

String Course (“Miniknat”)

Will be offered in close connection to the arena, with start between 09:30-13:00.
20 SEK per participant. The fee includes a price at the finish.

Showers

Warm shower outdoors (men) and indoors (women).



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Service

Well assorted café with food and grill. Menu and prices will be published at the website. This year we have an extended menu with more vegetarian food and a new logistics operation, similar to a supermarket. Get your food and walk to the cashiers, all in an effort to minimize the queues.

There will be sport equipment sales and first aid at the arena.

Organizers

Björn Nyqvist, OK Södertörn och Olle Blomgren OK Södertörn.

Course planner

Per Kallhauge, Snättringe SK

Controller- event

Olof Hernander, Haninge SOK

Controller-courses

Rune Rådeström, Snättringe SK

With reservation for changes. Any changes will be published on the website.

Welcome to 25manna 2016

