



25MANNA

LIDA BOTKYRKA 2023



PHOTO: ULF LUNDIN

Tullinge SK and IFK Tumba SOK invite you to

25MANNA MIDDLE DISTANCE

Sunday, October 8th 2023 at Lida Friluftsgård, Botkyrka

Competition arena

Lida Friluftsgård, Tullinge, in Botkyrka municipality, GPS coordinates 59.16230, 17.87881

Terrain description

The area has moderately hilly terrain with mostly good accessibility. The longer courses go through an area consisting of a ridge with steep slopes and recently felled forest. Easy-to-run gravel areas are interspersed with smaller areas with reduced runability shown on the map. The area generally has few trails apart from the area closest to the arena where there are plenty of marked trails.

Map

Contour interval 5 m, digital print. Drawn: 2020-2022 by Fredrik Ahnlén and Mats Käll according to ISOM 2017. Revised 2023. Classes DH16-DH40, scale 1:10 000. Other classes including the open classes, scale 1:7 500.

Start

First start at 9:00, latest start at 12:00. When registering, enter the starting group of your choice between time intervals 9-10, 10-11 or 11-12. Children's (U classes), Induction (Inskolning) class and open classes have free start times between 9:00 -12:00. Elite classes do not choose



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a starting group but have a drawn start list. Elite classes with more than 90 entries will be divided based on ranking. Other classes are divided if there are more than 180 entered.

Classes

Course length and degree of difficulty according to SOFT's recommendations:

Women's age classes		Men's age classes		Open classes
W10	W35	M10	M35	Induction 2 km
W12	W40	M12	M40	Very easy 2 km
W14	W45	M14	M45	Easy 2,5 km
W16	W50	M16	M50	Easy 5 km
W18	W55	M18	M55	Moderate difficulty 3 km
W20	W60	M20	M60	Difficult 3 km
W21	W65	M21	M65	Difficult 5 km
W18E	W70	M18E	M70	U1
W20E	W75	M20E	M75	U2
W21E	W80	M21E	M80	U3
	W85		M85	U4

Public Transport

Take the commuter train to Tullinge station and then bus 721 to Lida Friluftsgård. Check the schedule at www.sl.se. Discussions are ongoing with the transport provider about expanding the service.

Cycling

Take the commuter train to Tumba or Tullinge station and then cycle around 7 km on small roads and gravel paths.

Own bus drop-off

Bus drop-off and pick-up for those arriving with their own buses will be immediately next to the arena. The buses will then be parked on a hardened surface about 10 km from the arena.

Car parking

Main car parking is 1000 meters from the arena, and there are two satellite parking lots with 10-15 minutes of shuttle bus transport to and from the arena. The extent of their use will depend on the weather.

Entries

Registration takes place via Eventor. Select your starting group in all classes except Induction(Inskolning), Children's (U-classes) and open classes.

Regular registration period until Sunday 1 October at 23:59.

Late entries until Wednesday 4 October at 23:59 for an increased fee.

Direct registration can be done on the day of the



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competition for open classes and U-classes at the Arena. Registration at 8:30-11:30. Free start times between 9:00-12:00.

Punching system

Sportident. All versions of SI-cards are allowed. Please note that SI-Air functionality will not be activated in the units. Enter your SI number when entering. Runners without an entered SI number will be assigned a hire SI card. A lost SI card will be charged 600 SEK.

Competition rules

The Swedish Orienteering Federation rules and the competition final details apply.

Final details

The final details will be published on 25manna.se and on Eventor at the latest on Sunday before the race.

Fees

	Regular fee until Sun, Oct 1st	Late entries until Wed, Oct 4th	Entry on day at the arena 8:30-11:30
Elite	300 SEK	350 SEK	Not possible
Adults	270 SEK	300 SEK	Not possible
Youth (16 and under)	120 SEK	140 SEK	Not possible
Open class adults	270 SEK	300 SEK	300 SEK
Open class youth (16 and under)	120 SEK	120 SEK	120 SEK
SI card hire (per person)	60 SEK	70 SEK	70 SEK

25manna 2023 Lida has received an exemption approval for increased fees.

Payments

Swedish clubs are invoiced afterwards. Participants in open classes who are not members of a SOFT-registered club pay in connection with registration at the arena (cash, card or Swish).

Foreign participants that apply via Eventor, must pay in advance of the race, according to the instructions below. Those foreign participants that enter on the day, pay at the arena (cash or card).

Payment info from abroad	
IBAN	SE03 9500 0099 6026 0411 4047
BIC	NDEASESS
Payee	25manna Tullinge Tumba
Bank and adress	Nordea Bank Abp, Filial i Sverige, Stockholm

Please note that payment must be made in Swedish crowns (SEK) and that any transaction fees are paid by the person that is entering.

Children's course and babysitting

Children's course and babysitting services are offered at the arena. No pre-registration necessary. Children's course costs 20 SEK and babysitting 30 SEK.

Showers

Hot showers will be available at the arena.

Catering

Hot food, sandwiches, fruit, sweets, cold and hot drinks, etc available at the arena. Catering will also be available at Lida Vårdshus directly adjacent to the arena.



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Traders

Pölder Sport will be in attendance with a large selection of sports equipment.

AccroPark Tree top rope course

Take the opportunity to book an adventure up in the treetops! There are several courses with different levels to choose from, suitable for all ages! Book your place [here](#).

Contacts

Website: 25manna.se

Questions about accommodation:
boende@25manna.se

Other questions: info@25manna.se

Main officials

Competition management	Lennart Agen and Robert Lidström, Tullinge SK
Competition management	Conny Axelsson, IFK Tumba SOK
Course setter 1	Andreas Hultqvist, Tullinge SK
Course setter 2	Anders Käll, IFK Tumba SOK
Competition controller	Henrik Skoglund, Södertälje Nykvarn Orientering/SOFT
Course controller	Per Forsgren, Mälarhöjden IK

Subject to change. All changes published on 25manna.se



25manna2023



25manna Lida Botkyrka



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BOTKYRKA KOMMUN

LIDA

**UPPLEV
BOTKYRKA**



BILTEMA

polder.se
SPORT
SPECIALISTER PÅ SPORT - ÅRET RUNT

LUMONITE

Ullmax
EN MENINGSFULL FRITID FÖR ALLA

U
UMARA

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NYNÄSHAMN 2024



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