



25MANNA

LIDA BOTKYRKA 2023



PHOTO: ULF LUNDIN

Tullinge SK and IFK Tumba SOK invite you to

OPEN COURSES 25MANNA

Saturday 7th October 2023 arena Lida Friluftsgård, Botkyrka

Competition arena

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

Terrain description

Forested area with moderate hills and good accessibility. A continuous network of trails and ski tracks crosses the area. Mostly good runnability with some areas of cleared and dense forest. The area, for the most part, is a nature reserve, characterized by fields of open-rock and older spruce forests. The level of detail is

generally normal, but there are very detailed areas as well.

Map

Contour interval 5 m, digital print. Drawn: 2020-2022 by Fredrik Ahnlén and Mats Käll according to ISOM 2017. Revised 2023.

Map scale 1:10 000 for Difficult 7km course.

Map scale 1:7 500 for the other courses.

Start and Finish

Free start time between 09:00 and 12:00. The



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open classes have their own separate starting place and their own separate finish in the arena. The finish closes at 14:00.

Classes

Open classes	Level
Very easy 2 km	White
Easy 2,5 km	Yellow
Medium 3 km	Orange
Difficult 3 km	Blue
Difficult 5 km	Black
Difficult 7 km	Black

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

Regular entries in Eventor until Sunday 1st October at 23:59.

Late entries in Eventor until Wednesday 4th October at 23:59. After that entry on the day of the competition between 8:30 – 11:30 on site at the Arena.

Punching system

SportIdent. All versions of SI-card are allowed. Please note that SI-Air functionality will not be activated in the units. SI number must be stated when entering in Eventor. Rental SI-cards are assigned to runners without a registered SI number. Runners who register on the day can use their own SI-card or rent one. Fee for rental is SEK 60. The charge for a lost SI-card is SEK 600.

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 entries until Sun 1st Oct	Late entries until Wed 4th Oct	Entry on day at arena 8:30-11:30
Open class adult	270 SEK	300 SEK	330 SEK
Open class youth (up to M/W16)	120 SEK	140 SEK	160 SEK
Hire SI-card (per person)	60 SEK	70 SEK	70 SEK

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



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BOTKYRKA

Payment

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 address	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 runner 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.

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 accomodation: boende@25manna.se

Other questions: info@25manna.se

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



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Main officials

Competition management	Lennart Agen and Robert Lidström, Tullinge SK
Competition management	Conny Axelsson, IFK Tumba SOK
Course setter 1	Per-Ove Melinder, Tullinge SK
Course setter 2	Anders Käll, IFK Tumba SOK
Competition controller	Henrik Skoglund, Södertälje Nykvarn Orientering/SOFT
Course controller	Sven Undeland, Södertälje Nykvarn Orientering



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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

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