

The World's best club will win!



INVITATION

25manna 2014



Relay - Saturday 11th October at Rudan, Haninge

Information

Website: www.25manna.nu

Questions: info@25manna.nu

Competition Arena

Rudan in Haninge Kommun
approximately 25 km south of Central
Stockholm.

Start and expected Finish

Mass start 0900hrs and the winning
team is expected in the Finish around
1415. Mini-mass start 1600hrs.

Women/Men alternate

The principle is that men and women
take turns to run the first leg. So this
year, the Women start.

Map

Scale 1:10 000, revised 2014. Contour
Interval 4 m.

Terrain Description

Forest terrain, moderately hilly. Some
small areas with steep slopes.

Generally good runnability but there
are areas with lower runnability and
visibility. The area is detail rich and
some hills are broken up and covered
with crags. There are a large number
of paths and tracks in the area of
varying size. Some tracks are broad
and used as XC Ski tracks in the winter
(if there is snow!). Some tracks are
also used by Mountain Bikes.

Open/cultivated land only occurs next
to the arena. The competition area is
almost entirely made up of coniferous
forest.

You can follow the planners work at
<http://klart.blogg.se/category/banlaggartankar.html>.

Preliminary course lengths and line-up

Leg	Runner	Length km	Difficulty	Restrictions:
1	1	5,1	Blue	Women only
2	1	6,8	Blue	None
3	4	3,8	Red	Women only
4	4	2,8	White	No D19-39 or H15-54
5	4	5,7	Blue	None
6	4	4,6	Red	No H17-39
7	4	4,8	Red	None
23	1	3,8	Orange	No D19-34 or H15-49
24	1	5,0	Blue	Women only
25	1	8,2	Blue	None

The above course lengths include approx. 300m taped route to the start point.

A team should consist of a maximum of 9 H21-39's and at least 7 women. Of those
women, at least one should be –D14/D45- and at least one –D18/D35-. In addition,
each team must have at least one DH16 or younger.



The World's best club wins!



Final Details

Will be published about 3 weeks before the competition.

Car-, Bus- and Caravan Parking

Only in designated places, 1000 - 4000m from the Arena. Directions - see Final Details. Due to vehicle parking being up to 4km away from the arena, we recommend taking the commuter train (pendeltåg) to Handen (7 stops from Central Stockholm). Commuter parking is available at Farsta and Älvsjö stations. (3 and 4 stops towards Stockholm) More info for caravans will be in the final details.

Public Transport - SL

Commuter Train (Pendeltåg) from Stockholm Central towards Västerhaninge, alighting at Handen (approx 500 m walk to Arena). See www.reseplanerare.sl.se for journey information.

Registration and confirmation

Registration via Eventor:

<http://eventor.orientering.se/Events/Show/7504>

Registration is open from 1st June and must reach us by 1st September at the latest.

Instructions for team declarations will be in the Final Details.

Sportident

SI-numbers should be declared when registering. When you go to run, you will check into the changeover pen by getting your number bib barcode scanned and connected to your SI pin.

NOTE: *SI-pins must only be used ONCE during the competition.*

Non-returned rental SI pins will incur a 600sek fee. Please secure to your wrist with string!

Late Entry

From 1st September to 1 October at a higher price - see below.

Mixed Club Teams

Is your team struggling to fill a full team of 25? Register a Combined Team with another club and experience the atmosphere of 25manna! Combined teams according to SOFT:s rules (Swedish Federation) are welcome.

Accommodation

We will offer accommodation on a hard floor with breakfast in a school with approx. 600m walk to the Arena. Places are limited. Bookings done in combination with team registration; see Accommodation Final details. Further info and questions on accommodation can be sent to logi@25manna.nu.

Anmälningavgifter

Ordinary registration fee	3600 SEK/team	Parking fee of 400 SEK included (car/bus)
Registration fee after 1st Sept 2014	5200 SEK/team	Parking fee of 400 SEK included (car/bus)
Wind Tent Fee	350 SEK/pitch	Area 5 x 5 m
SI-pin rental	50 SEK/each	SI-pin type 6
Non-returned SI pins	600	



The World's best club wins!



	SEK/each	
Accommodation on hard floor, adult, including breakfast.	150 SEK/night	Register by 29th September at the latest. Breakfast included.
Accommodation on hard floor, Child born 2002 or later.	130 SEK/night	Register by 29th September at the latest. Breakfast included.

Payment of Fees

Payment	<p>Payment of all fees should be made by 16th September 2014 at the latest.</p> <p>Enter reference with payment in the following format: Club, type of fee.</p> <p>Fees for late entry should be paid immediately after registration.</p> <p>Questions regarding payment: lars-arne.eriksson@comhem.se</p> <p>Payment must have been made before Club Packets can be handed out.</p>
From Sweden	<p>Plusgiro 879142-8</p> <p>Haninge SOK</p>
From other countries	<p>IBAN SE859500 0099 6042 0879 1428</p> <p>BIC-code (SWIFT-address) NDEASESS</p> <p>Payment receiver:</p> <p>Haninge SOK</p> <p>Bank: Nordea Bank AB, 105 71 Stockholm</p>

Entry on the Day Courses

Open courses with course lengths between 2.5 - 7.5 km and various technical difficulties will be offered from the Arena. Course lengths and grading according to SOFTs rules.

Fees DH16 & younger, 60 SEK, others 110 SEK.

Registration is open between 08:30-12:30 and free start times between 09:15-13:00.

Please pre-register via Eventor (Motionsorientering-25manna) to make it easier for both competitors and organisers.

String Course

There will be a String course in the Arena with starts 09:30-14:00. 20 SEK per competitor. Included in the fee is the map and a prize every competitor

gets at the finish. (You are allowed to run as many laps as you want. One map and one prize is included in the fee.)

Showers

Warm showers by the Arena - outdoors.

Services

Well stocked and varied food sales with grill. Menu and prices will be put up on the website.

This year too, clubs will be able to pre-order food packets (via Eventor). Sport Equipment sales by Jobber Sport. First Aid with Doctor.

Competition Leaders

Olof Hernander, Ola Kåberg



The World's best club wins!



Planner

Lasse Greilert, Haninge SOK

Controller

Lars Forsberg, OK Ravinen

Welcome to 25manna 2014!

