

The world's best club wins!



EXTRA

Final Details

25manna 2014



Saturday 11 October at Rudan, Haninge

Information

Website: www.25manna.nu
Questions: info@25manna.nu
At the Arena: Please go to the Information Tent

RACE INFO

Forking method

Legs 1 and 2 are forked with each other. Legs 3, 4, 5, 6 and 7 consist of 4 different courses per leg. Within the leg, all 4 courses have the same technical difficulty and length. Controls which are common for all 4 courses on the same leg can occur. Legs 23, 24 and 25 are unforked.

Preliminary course lengths and leg composition

Leg	Runner	Length km	Difficulty	Change over	Leg time	Forked?	Who can compete?:
1	1	5,0-5,1	Blue	9.36	36	Yes	Women
2	1	6,8-6,9	Blue	10.16	40	Yes	All
3	4	3,8-3,9	Red	10.43	27	Yes	Women
4	4	2,7-2,9	White	11.00	17	Yes	No W19-39, M15-54
5	4	5,7-5,8	Blue	11.35	35	Yes	All
6	4	4,7-4,8	Red	12.03	28	Yes	No M17-39
7	4	4,8-4,9	Red	12.32	29	Yes	All
23	1	3,8	Orange	12.56	23	No	No W19-34, M15-49
24	1	5,1	Blue	13.31	35	No	Women
25	1	8,2	Blue	14.19	48	No	All

Teams which mini-mass start on leg 25 get a shorter course of 6.9 km.

Team Composition

In the above course lengths, approximately 300 metres of taped route to the start point is included.

Each team must contain a maximum of 9 x M21-39 and at least 7 women must be included. Of those women, at least one must be W14-/W45+ and a further female must be W18-/W35+. Additionally, at least one W / M16 or younger must be in the team.

Moving Forest Commentator

During legs 1, 2, 24 and 25, it is hoped that a commentator will be moving about the forest commenting on the leaders during parts of these legs.



To minimise the risk of disturbance for individual runners and any effect on the race in progress, the commentator will try to keep some distance from the runners.

Runners Exit Lane in the Changeover Area

To enable runners to exit the changeover after they have been touched by their incoming runner and received their map, a runners exit lane has been marked on the ground. It is important to NOT stand in this lane please. We want to make it easy and fair for runners, upon getting their map, to get to the start point as quickly as they want to. The runners exit lane will be c. 2-4 metres behind the map board.

Good Luck!