



Haninge SOK and OK Ravinen invite you to **25manna relay**



Saturday 12th October 2024 at Rudan, Haninge

Competition Arena

Rudan's outdoor activity area, Haninge.
GPS-coordinates 59.162636, 18.120255

Map

Scale 1:7 500, contour interval 5m.

Terrain description of Rudan outdoor activity area

Moderately hilly forest. Small areas of steep terrain. Generally good runnability but there are some areas of lower runnability and visibility.

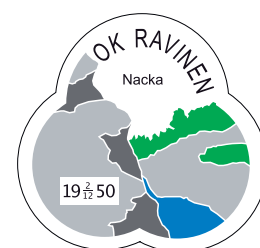
The area is rich in detail and some hills are broken up with many cliffs. There are a large number of paths of all sizes. Some paths are wide and used as ski-tracks in wintertime.

There are even mountain-bike tracks. Fields can be found in the area of the arena. The competition area is almost entirely coniferous forest.

Start and estimated finish

Mass start 0900 hrs and winning team expected to cross the finish line around 1430 hrs.

Mini-mass start 1600 hrs. Leg 25 runners (last leg) may have their leg shortened.





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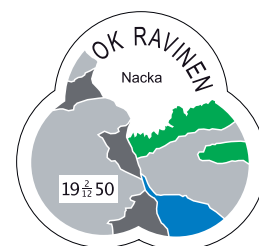
Legs and Team composition

This year the ladies will run first leg and the last leg is open to everyone. A 25person relay team comprises of

- At least 9 men of which 1 must be M16 or younger
- At least 9 women of which 1 must be W16 or younger
- max 8 x M21s

Leg	Difficulty	Length in km	Forking	Number of runners	Who can run?
1	Blue	5	Yes	1	Women
2	Blue	7	Yes	1	All
3	Orange	4	Yes	4	-M16/H50-, Women
4	White	3	Yes	4	-M14/H60-, -W18/D45-
5	Blue	6	Yes	4	All
6	Red	5	Yes	4	Women
7	Red	5	Yes	4	All
23	Orange	4	No	1	-M16/H55-, -W20/D40-
24	Blue	6	No	1	Women
25	Blue	9 (re-start 6)	No	1	All

Courses lengths include 600 – 800m of taped route.





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Competition Rules

This competition is held under the Swedish Orienteering Federation (SOFT) competition rules.

Final Details

The Final Details will be published on 25manna.se and on Eventor by the Sunday before the competition at the latest and posted in the arena on Competition Day.

Car parking and bus drop-off

Car parking in designated locations and then bus c. 1.3km to the arena. Club buses will also use the same bus drop off location. Use this same place for returning to car parks and picking up club buses.

Bicycles

Bicycle parking at the arena but no bicycles on the way there. Please bring a lock. Bicycles are allowed on the commuter trains (Note: no getting on/off at Stockholm City).

Public Transport

Commuter train (Pendeltåg) or bus to Handen Station, then c.800 metre walk on good tracks (pram friendly) but there is a hill to get up to the arena. See sl.se for timetable and ticket information in English.

Entries

Enter the competition via Swedish Eventor. Standard rate entry deadline is on the 1st September 2359 hrs. Team declaration to be done later, the details of how to do this will be in the Final Details.

Late Entry

Until 15th September 2359 hrs with a 50% increased fee. Until 29th September 23.59 hrs +100% fee increase. (Please enter early and save!).

Combination Teams

Is your club having trouble filling a complete team? Combined teams in accordance to SOFT's rules are welcome. Combination teams can be registered in Eventor. In the entry guide under 'Help and Support' on Eventors first page you can find information on registering a Combination Team.

SPORTident

All versions of SI cards are allowed. Note that 'Touch-free' punching will **not** be enabled. You do not need to enter SI numbers when entering. SI card number will be connected to a runner when the runner enters the change-over area. An SI card must only be used **once** during the competition. SI cards can be hired during the entry process. Lost/unreturned SI cards will be charged 600 SEK per card.

Club Tent pitches

Booking a place for club tents/wind shelters is done in Eventor. Each tent pitch is 5x5m. See below for fees and deadlines,

Rent a tent

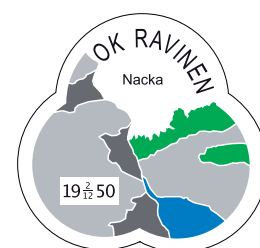
We offer the ability to hire a complete tent (4x4m) already put up. Booking in Eventor. See below for fees and deadlines.

Camping

Camping is not allowed in the arena. Please use official camp sites in the region or stay at the 'hard floor & breakfast' indoor accommodation below.

Accommodation

Hard floor accommodation with breakfast is available within walking distance to the arena. Book through Eventor. See below for fees and deadlines. Information and questions on accommodation: logi@25manna.se.





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Fees and Entry deadlines

Fees up to and including 1st September (Ordinary fees) Entry fee per team	8 520 SEK	Parking fee 700 SEK including (car/bus)
Hire SI-card / person	60 SEK	
Club tent pitch	500 SEK	5x5 meters
Rent a tent 4x4m	7 500 SEK	Including tent pitch
Accommodation on hard floor; per night and person	300 SEK	Incl. breakfast
Fees 2nd – 15th September Entry fee per team	9 250 SEK	Parking fee 700 SEK including (car/bus)
Hire SI-card / person	70 SEK	
Club tent pitch	650 SEK	5x5 meters
Rent a tent 4x4m	9 000 SEK	Including tent pitch
Accommodation on hard floor; per night and person*	300 SEK	Incl. breakfast
Fees 16th – 29th September Entry fee per team	11 000 SEK	Parking fee 700 SEK including (car/bus)
Hire SI-card / person**	70 SEK	
Club tent pitch*	800 SEK	5x5 meters 2
Accommodation on hard floor; per night and person*	350 SEK	Incl. breakfast

* while places remain available

** if available

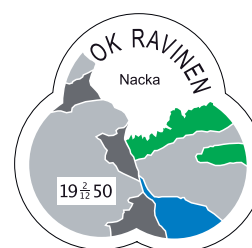
Payment of fees

After entry an invoice is created including any services ordered and fees such as for SI card hire, tent pitches and accommodation. Enter the Invoice number when paying. Payment for ordinary entry fees and fees for other services need to have arrived in our account, as per the payment terms and conditions, **by 12th September at the latest**. Entry fees for late entries should be made immediately and should have arrived in our account **by 8th October at the latest**. Enter club and type of fee as a reference.

Club envelopes will only be handed out when all fees have been paid.

Payment information: From Sweden	Bankgiro 131-2149 Account: HANINGE SOKTÄVLINGSKONTO
From overseas:	IBAN SE 03 6000 0000 0009 9622 8608 BIC: HANDSESS Receiving Account name: HANINGE SOKTÄVLINGSKONTO

Note that payment should be in SEK and any transaction fees are to be paid by the entering club.





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'Enter on the Day' Orienteering

Open EOD courses of various difficulties and lengths are available. See separate invitation for these – will be published soon. It will also be possible to pre-register for these courses as well in Eventor. The competition name will be "Motionsorientering 25manna."

Kids Course

A children's 'Miniknat' course is available in the arena from 0930-1400 hrs. 40 sek fee per competitor.

Showers

Warm outdoor showers.

Food and Drink Sales

In the arena 25manna will be selling a variety of hot food, sandwiches, fruits, sweets, cold and warm drinks, etc.

Sports Shops

Pölder Sport AB will be present in the arena with a variety of O/Sports equipment.

First Aid

In the arena.

Competition Leaders

Ola Kåberg, OK Ravinen, Peter Haglund and Susanne Hartley, Haninge SOK

Planner

Joakim Skärлёn, Haninge SOK

Competition Controller

Announced later by the 25manna Association

Course Controller

Lars Greilert, Haninge SOK

Contacts

Website: <https://www.25manna.se/>

Accommodation: logi@25manna.se

Questions? - info@25manna.se

Changes to the above information may occur.

Any changes will be published on

<https://www.25manna.se/>

Instagram:

<https://www.instagram.com/25manna2024/>

Facebook:

<https://www.facebook.com/25manna>

**Haninge SOK and OK Ravinen welcome
you all to 25manna 2024!**

