



Haninge SOK and OK Ravinen invite you to 25manna Middle



Sunday 13th October 2024 at Rudan, Haninge

Competition Arena

Rudans Outdoor Sports Area, Haninge.
GPS-co-ordinates 59.162636, 18.120255

Map

Age classes MW16 -MW40, scale 1:10 000.
All other classes, including Open: scale 1:7 500.
Contour Interval 5m.

Terrain Description for Rudan

Forested with moderate hilliness. Small areas of steep slopes. Generally good runnability but areas of slower runnability and visibility exist. The area is rich in detail and some hills are dissected by many crags. There is a large number of paths in the area, both large and small. Some of the paths are broad and used as ski tracks in

the winter. There are also paths which are used for Mountain-biking. Open field areas are found only next to the arena area. The competition area consists almost entirely of coniferous forest.

Start

The first start is 0900hrs, last start is 1230hrs. When you register you choose your start group: early, middle, late. Starts will be randomised within each start window. U-classes, Beginners and Open classes have free start times between 0900-1200hrs. Elite classes don't choose a start group but have a randomised start list across the entire start window. Elite Classes with more than 90 runners will be split using the Swedish Ranking list. Other classes will be split if there are more than c.200 registered runners.

Classes

Course lengths and difficulty follow SOFT's guidelines:

Age Classes – Women		Age Classes – Men		Open Classes
D10	D35	H10	H35	Novice Kids 2 km
D12	D40	H12	H40	White 2 km
D14	D45	H14	H45	Yellow 2,5 km
D16	D50	H16	H50	Yellow 5 km
D18	D55	H18	H55	Orange 3 km
D20	D60	H20	H60	Blue 3 km
D21	D65	H21	H65	Black 5 km
D18E	D70	H18E	H70	U1
D20E	D75	H20E	H75	U2
D21E	D80	H21E	H80	U3
	D85		H85	U4





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Competition Rules

The Competition follows the Swedish Orienteering Federation (SOFT) Rules.

Final Details (PM)

The PM will be published on 25manna.se and on Swedish Eventor on Sunday before the competition at the latest and also posted up in the arena on race day.

Car-parking and Bus Drop-off

Car-parking is 30 Sek and in designated spaces only by parking officials. Thereafter there is a shuttle bus to a drop off point 1.3km from the Arena at Rudan. Club buses will use the same drop-off. A separate detailed traffic PM will be published before the competition weekend.

Bicycles

Bike parking at the arena, but there is a cycle ban on the way to the arena. Bikes are allowed on the commuter trains (pendeltåg), except you are not allowed to get on/off at Stockholm City central station.

Public transport

Commuter trains or bus to Handen Station. 800m walk from there to the Arena. See www.sl.se for timetables or download the SL App.

Punching System

SPORTident. All versions of SI-cards are allowed.

Note that Touch-Free punching will NOT be enabled. Enter your SI-number when registering if you have one. Anyone entering without an SI-card number will automatically be allocated a rental SI-card. Non-returned SI rental cards will be charged for at a rate of 600 sek.

Entry

Enter via Swedish Eventor. Choose your start group (early, middle or late) in all classes other than Novice Kids, Youth (U)-classes and Open classes. Ordinary entry deadline until end of Sunday 6th October. Late entry deadline end of Wednesday 9th October.

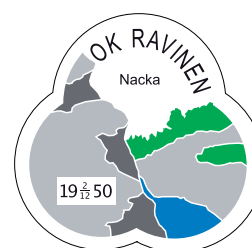
Entry on the day is possible in the arena on Novice Kids, U-classes and Open classes. Entries are open 0830-1130hrs. Free start times between 0900-1200hrs.

Payment

Swedish Clubs will be invoiced after the event has happened. Competitors in Open Classes who are not members of a SOFT registered club pay when registering at the arena (cash, card or Swish). Overseas competitors are very welcome and can pay when entering at the arena by card or cash. Non-SOFT club competitors who are pre-entering are asked to kindly pay in advance using the following instructions below.

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

Note that payment should be in SEK (Swedish Kronor) and any transactions should be paid for by the sender.





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Fees

	Standard Entry to the end of 6th October	Late Entry to the end of Wednesday 9th October	Enter on the Day (EOD) at the Arenan
Competition Class Elite	240 kr	300 kr	Not possible
Competition Class Adult	180 kr	240 kr	Not possible
Competition Class Youth (-16)	90 kr	120 kr	Not possible
Open class Adult	180 kr	240 kr	230 kr
Open Class Youth (-16)	90 kr	120 kr	120 kr
SI-card rental (per person)	60 kr	70 kr	70 kr

Children's String Course and Creche

Children's String Course and Creche will be available in the Arena. Please pre-register for the creche via Eventor. Nursery Trained personal for the creche cannot be guaranteed.

Showers

Warm outdoor showers.

Food

In the Arena you will find a variety of well-stocked food tents with warm food, sandwiches, fruit, sweets, cold and warm drinks, etc.

Sports Shop

Pölder Sport AB will be present with a wide variety of items for sale in the Arena.

First Aid

Available in the Arena.

Competition Leaders

Ola Käberg, OK Ravinen
Susanne Hartley, Haninge SOK
Peter Haglund, Haninge SOK

Planner

Jacob Lindstam, OK Ravinen

Competition Controller

To be confirmed by the 25manna Association

Course Controller

Lars Greilert

Informations

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

Questions: info@25manna.se

Changes to the above may occur. All changes

will be announced on: <https://www.25manna.se/>

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

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

Organising Clubs Haninge SOK & OK Ravinen warmly welcome you to the 25manna Middle

