



Järfälla OK, Väsby OK and Waxholms OK invite you to the

# 25manna Relay



**Saturday 11th October 2025 at Runby, Upplands Väsby**

## Competition Arena

Runby, Upplands Väsby.

GPS coordinates 59°31'07.1"N 17°52'25.2"E

## Map

A section from Norrkartors database, revised 2025. 1:7500 for legs 3, 4, 6, 7 and 23. 1:10000 for all other legs.

## Terrain

Mainly coniferous forest with a network of paths. Moderately hilly with detailed hilltops. Generally good runnability. Areas of thinning (brashings) with reduced runnability as well as thicker vegetation are marked on the map.

## Competition Rules

The competition is held according to the Swedish Orienteering Federation's (SOFT) rules.

## Final Details

The final details will be published on [25manna.se](https://25manna.se) and on [Eventor](https://eventor.se) latest Sunday 5th October as well as at the Arena.

## Start and Estimated Finishing Time

Mass start at 9.00. The winning team is estimated to finish at approximately 14.30.

Mini-mass start at 16.00. Competitors on legs 24 and 25, who are in the mini mass start, will have a shortened course, as shown in the table below.

In collaboration with Upplands Väsby Municipality



UPPLANDS  
VÄSBY



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## Legs and Team Composition

This year the men will run the first leg and the women the last leg.

### A 25manna team is made up of

- at least 9 men where at least one is M16 or younger.
- at least 9 women where at least one is W16 or younger.
- max 8 M21

| Leg | Difficulty     | Length in KM               | Forking | Number of runners | Who can run?         |
|-----|----------------|----------------------------|---------|-------------------|----------------------|
| 1   | Blue (M/W18-)  | 8                          | Yes     | 1                 | All                  |
| 2   | Blue (M/W18-)  | 6                          | Yes     | 1                 | Women                |
| 3   | Orange (M/W14) | 4                          | Yes     | 4                 | -M16/M50-, Women     |
| 4   | White (M/W10)  | 3                          | Yes     | 4                 | -M14/M60-, -W18/W45- |
| 5   | Blue (M/W18-)  | 6,5                        | Yes     | 4                 | All                  |
| 6   | Blue (M/W18-)  | 5                          | Yes     | 4                 | Women                |
| 7   | Violet (M/W16) | 5                          | Yes     | 4                 | All                  |
| 23  | Orange (M/W14) | 4                          | No      | 1                 | -M16/M55-, -W20/W40- |
| 24  | Blue (M/W18-)  | 8,5<br>(mini-mass start 6) | No      | 1                 | All                  |
| 25  | Blue (M/W18-)  | 6,5<br>(mini-mass start 5) | No      | 1                 | Women                |

Course lengths include a 500m taped route.



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## Combination Teams

Having problems getting a complete team? Combination teams in accordance with SOFT's rules are welcome. These teams can be registered in Eventor. In the entry guide under "Help and Support" on Eventor's first page you can find information about how to register a combined team.

## Electronic Punching

All versions of SI-Cards can be used. The number doesn't need to be registered beforehand but will be connected to the competitor when going into the change-over area.

SportIdent SIAC Air+ (touch free) will be activated. It is possible to hire a SIAC Air+ card when entering. Please note that an SI card can only be used once during the relay competition. Other SI cards can be used by punching in the usual way.

Any that are lost or unreturned will incur a fee of 900kr.

## Club Tent Pitches

Booking a pitch for club tents can be done through Eventor. A pitch is 5x5m. See below for the cost.

## Camping

Camping at the arena is not permitted. Please use official campsites in the local area or the accommodation offered below.

## Accommodation

Hard floor accommodation including breakfast is available within walking distance of the arena. Booking is through Eventor. See the section on fees and deadlines. For more information and questions mail [logi@25manna.se](mailto:logi@25manna.se). More information will be published later in a separate Accommodation Final Details.

## Public Transport

There is a good connection with the commuter train (pendeltåg) to Upplands Väsby station and then a 2km walk to the arena. Between 08.00 - 18.00 there are 6 trains an hour between Stockholm och Upplands Väsby. Outside these times there are 4 trains an hour. See [sl.se](https://sl.se) for the timetable.

## Bicycles

Bicycles can be left by the arena and are not allowed to be taken in. Bicycles can also be taken on the commuter train, with the exception of Stockholm City where you are not allowed on or off the train with a bike.

## Club Buses

Drop off and pick up is roughly a 1 km walk from the arena.

## Cars

Car parking in designated areas roughly 2km from the arena.



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## Entries

Entry registration is via [Eventor](#). Ordinary registration deadline is 31st August 23:59. Team declaration is done later. More information in the final details.

There is an extra fee for late entries as shown in the table below.

## Entry Fees and Deadlines

| Fees until 31st August (Ordinary Fees)         |          |                                       |
|--|----------|---------------------------------------|
| Registration fee, per team                     | 8 520 kr | Parking fee 700 kr included (car/bus) |
| SI-Card hire, per person                       | 60 kr    |                                       |
| Club tent pitch                                | 500 kr   | Area 5x5 m                            |
| Hard floor accommodation, per night and person | 300 kr   | Including breakfast                   |

| Fees until 14th September                       |          |                                       |
|---|----------|---------------------------------------|
| Registration fee, per team                      | 9 250 kr | Parking fee 700 kr included (car/bus) |
| SI-Card hire, per person                        | 70 kr    |                                       |
| Club tent pitch                                 | 650 kr   | Area 5x5 m                            |
| Hard floor accommodation, per night and person* | 300 kr   | Including breakfast                   |

| Fees until 28th September                       |           |                                       |
|---|-----------|---------------------------------------|
| Registration fee, per team                      | 11 000 kr | Parking fee 700 kr included (car/bus) |
| SI-Card hire, per person **                     | 70 kr     |                                       |
| Club tent pitch                                 | 800 kr    | Area 5x5 m                            |
| Hard floor accommodation, per night and person* | 350 kr    | Including breakfast                   |

\* while places remain

\*\* if available





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## Payment of Fees

After entering an invoice is created covering the entry and any services ordered (for example, tent pitches, accommodation, SI-Card hire). Please give the invoice number when paying.

Payment for ordinary entry fees needs to have arrived **latest 12th September**. Payment for late entries needs to be paid immediately and have arrived **latest 7th October**. Give the club and type of fee as a reference.

Club envelopes will only be handed out on the day when all fees have been paid in full.

| Payment information  |  |
|----------------------|--|
| From Sweden          | Bankgiro 559-1268<br>Account name: 25manna Runby / Waxholms OK                                   |
| From other countries | IBAN SE72 8000 0832 7969 4461 7718<br>BIC: SWEDSESS<br>Account name: 25manna Runby / Waxholms OK |

Please note that payment should be in Swedish Crowns (SEK) and that any transaction fees need to be paid by the entering club.

## Entry on the Day/Colour Coded Courses

Entry on the Day/Colour coded courses of various difficulty and length are available. A separate invitation and entry registration can be found under [Motionsorientering 25manna on Eventor](#).





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## Kid's Course

A string course (miniknat) for children is available at the arena. No pre-entry. Prizes for everyone!

## Showers

Warm outdoor showers.

## Food and Drink

A variety of hot food, sandwiches, fruits, sweets, cold and hot drinks will be available for purchase at the arena.

## Sport Shop



Pölder Sport will be present in the arena with a variety of orienteering and sport products for sale.

## First Aid

Can be found in the arena.

## Competition Organisers

Jonathan Alm, Järfälla OK  
Filip Olsson, Väsby OK  
Cia Fochsen, Waxholms OK

## Planners

Krister Gumaelius, Waxholms OK  
Hans Malmberg, Waxholms OK

## Course controller

Anders Hallmén, Attunda OK

## Competition controller

Dan Giberg, IFK Tumba OK

## Contacts

Homepage: [25manna.se](https://25manna.se)  
Accommodation: [logi@25manna.se](mailto:logi@25manna.se)  
Questions: [info@25manna.se](mailto:info@25manna.se)  
Press: [press@25manna.se](mailto:press@25manna.se)

Changes to the above information may occur.  
Invitation version: 20-07-2025.

**Järfälla OK, Väsby OK and Waxholms OK  
welcome you all to 25manna 2025!**



**Follow us on social media!**



@25manna2025



25manna 2025

Photo: Svensk Orientering and @edgarssparans