



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

# 25manna Middle Distance



**Sunday 12th October 2025 at Runby Arena, Upplands Väsby**

## Competition Arena

Runby, Upplands Väsby.

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

## Map

A section from Norrkartor's database 2025.

Digitally printed.

Age classes MW16 - MW40 and open have map scale 1:10 000. All other classes, including open classes, have map scale 1:7 500.

## 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 being 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.com) latest Sunday 5th October as well as at the Arena.

## Start

Starts are from 9.00 to approximately 12.30. Start times will be randomly allocated in each age class. When registering please select your preferred start group, *early*, *middle* or *late*. Start times will be allocated within a start group.

Open classes, "U-klasser" (Youth classes) and "Inskolningsklass" (Kid's Beginner's class) have open start times between 09:00 - 12:00.

Elite classes don't choose a start group as start times will be randomly allocated throughout the whole start period. Elite classes with more than 90 entries will be divided based upon their ranking. All other classes will be divided if entries exceed 180.

## Classes

Age class Women/Men			U (Youth) Classes	Open Classes
W/M10	W/M18E	W/M60	U1 (green)	Inskolning 2 km
W/M12	W/M20E	W/M65	U2 (white)	White 2 km
W/M14	W/M21E	W/M70	U3 (yellow)	Yellow 2,5 km
W/M16	W/M35	W/M75	U4 (orange)	Yellow 5 km
W/M18	W/H40	W/M80		Orange 3 km
W/M20	W/M45	W/M85		Blue 1,5 km
W/M21	W/M50	W/M90		Blue 3 km
	W/M55	W/M95		Black 5 km

Course lengths and difficulty are according to SOFT's recommendations for middle distance.



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## Electronic Punching

All versions of SI-Cards can be used.

SportIdent SIAC Air+ (touch free) will be activated. Other SI cards can be used by punching in the usual way. It is possible to hire a SIAC Air+ when entering by not registering a SportIdent number. Any that are lost or not returned will incur a fee of 900kr.

## 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.

## Payment of Fees

Swedish clubs will be invoiced after the competition. Competitors in the open classes who are not a member of a SOFT-registered club need to pay directly at the arena when registering (cash, card or Swish). Foreign competitors need to pay at the arena when registering on the day (cash or card). For pre-entries the fees need to be paid beforehand. Please see the instructions below.

From other countries	IBAN: SE72 8000 0832 7969 4461 7718 BIC: SWEDSESS Account name: 25manna Runby / Waxholms OK
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*Please note that payment should be in Swedish Crowns (SEK) and that any transaction fees need to be paid by the competitor.*

## 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.

## Entries

Entry registration is via [Eventor](https://eventor.com). Choose a start group (early, middle or late) for all classes except Elite, Open, "U-klass" (Youth class) and an "Inskolningsklass" (Kid's Beginner's class). Ordinary entry deadline is Sunday 5th October 23:59.

Late entries for competition classes can be done until Wednesday 8th October 23:59 for a higher entry fee, as shown below. Late entries for open classes can be done until Saturday 11th October 19:00 to reduce queues to registration on the day.

Registration for Open classes and an "Inskolningsklass" (Kid's Beginner's class) is available at the arena on the competition day from 8.30 - 11.30. Open start times between 9.00 - 12.00.



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## Fees and Entry Dates

	<b>Ordinary Fee until Sunday 5th October</b>	<b>Late Entry Fee until Wednesday 8th October</b>	<b>Late Entry Fee until Saturday 11th October 19.00</b>	<b>Entry on the Day at the Arena 08:30-11:30</b>
Competition Class Elite	240 kr	360 kr	Not possible	Not possible
Competition Class Adult	180 kr	270 kr	Not possible	Not possible
Competition Class Youth (-M/W16) *	90 kr	135 kr	Not possible	Not possible
Open Class Adult	180 kr	180 kr	180 kr	270 kr
Open Class Youth (-M/W16)**	90 kr	90 kr	90 kr	90 kr
Sl card hire (per person)	60 kr	70 kr	70 kr	70 kr

\* including U-klass (Youth class)

\*\* including Inskolningsklass (Kid's Beginner's class)

## 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

## Planner

Tobias Liljegren, Väsby OK

## Course Controller

Stefan Sundelius, Järfälla OK  
Per Lind, Järfälla OK

## Competition Controller

Dan Giberg, IFK Tumba OK



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**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. Any changes will be published on [25manna.se](https://25manna.se).

Version: 26-08-2025.

***Järfälla OK, Väsby OK och Waxholms OK welcome  
you all to the 25manna Middle Distance 2025!***



**Follow us on social media!**

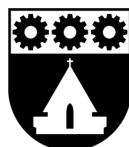


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In collaboration with Upplands Väsby Municipality



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VÄSBY**