

Joy, Fellowship, Excitement!
40-years jubilee!



Bulletin 2

25mannakorten 2013

Middle distance – World Ranking Event
Sunday the 13th of October in Brunna, Upplands Bro

Information

Web site: www.25manna.nu
Inquiries: info@25mannakorten.se or tel +46 708 207 567
At the event venue: The information tent

Special PMs exist for Traffic/Parking and Accommodation, see www.25manna.nu.

EVENT INFORMATION

Event venue

Brunna, Kungsängen in Upplands-Bro County about 30 km northwest central Stockholm.

Parking

Follow sign posts from exit 150 on E18. Distance P – event venue 800-2500m, pushchair friendly route.
Fee 20 SEK car, 100 SEK bus.

Public transport

Commuter trains from Stockholm Central Station to Kungsängen station, then bus 557 to Marknadsstigen. Distance bus stop – event venue 700m. Alternatively walk from the train station to the event venue – 3 km.

Rented SI-cards

Hired SI-cards are to be collected at the information tent. Lost SI-cards will be charged 600 SEK.

Clothing

Full body cover is required (short sleeves are allowed) according to SOFT rules.

Start lists

Will be presented October 10th at Eventor and at <http://www.25manna.nu/> and at the assembly on the competition day.

Cancellation

Cancellation in the elite classes shall be notified before Saturday October 12th 11 pm to aterbud@tabyok.se Later cancellations to Martin Carlsson tel no +46 733-357008.
Cancellation on the competition day before 08.30 am to the Secretariat.

Insertion of runners from waiting list

Will take place at the information tent on the competition day. The call-over takes place at 8.30 am.
Runners from the waiting list must be present in person or the vacancy place goes to the next runner.

Martin Carlsson tel no +46 733-357008 is responsible for the insertion process, and IOF Event Advisor appoints runners to the waiting list.

Entry

All Classes



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Late entry: At the latest October 8th 11.59 pm. through Eventor.

eventor.orientering.se/Events/Show/4529

Runners entering late will be allotted together with others.

WRE Classes

Allotment will take place after closing of Late Entry. Five vacancy starts will be included. Runners on waiting list to the main elite classes will be appointed by the IOF Event Advisor.

Open Classes:

Direct entry at the event between 8.45 – 11.30 am. Free start time between 09.00 – 12.00 am

Entry fees

Up and until 16: 60 SEK

Adults: 110 SEK

Elite: 160 SEK.

Late entry: 50% increased fee.

Rental SI-cards: 50SEK.

Competitors who don't return the card will be charged 600 SEK.

- Swedish clubs will be invoiced after the competition.
- Competitors from clubs abroad shall pay all fees at time of entry to:
Täby OK
Bankgiro: 474-0122
BIC: SWEDSESS
IBAN: SE6080000832799142973651. Please write name and club when paying.
Payment to be at Täby OK's account October 10th at the latest or runner will not have the right to start.
- Direct entry will be invoiced to clubs registered with the Swedish federation SOFT, or paid at the event in cash.

Start

First start at 09.30.

Introduction classes and open classes have free start time between 09.00 – 12.00 am

Start 1

Orange/white taping 600 m. **NB: Opposite direction than Start 2**

Classes: All elite classes, H16, D16, H18-H85, D18-D85, ÖM7, ÖM8

Start 2

Orange/blue taping 1800 m. **NB: Opposite direction than Start 1**

Classes: D10, D12, D12 Kort, D14, D14 Kort, D16 Kort, H10, H12, H12 Kort, H14, H14 Kort, H16 Kort, learning, U1, U2, ÖM1, ÖM3, ÖM5

Classes and course lengths

Learning and follow up classes		Elite		Adult			
Class	Length	Class	Length	Class	Length	Class	Length
Insk	1,6	D18E	3,5	D18	3,5	H18	3,6



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U1	2,0	D20E	3,9	D20	3,5	H20	3,6
U2	2,3	D21E2	4,4	D21	3,5	H21	4,6
Youth		H18E	4,2	D35	3,5	H35	4,5
Class	Length	H20E	4,6	D40	3,5	H40	4,2
D10	2,0	H21E2	4,9	D45	2,9	H45	4,2
D12 Kort	2,1	H21E3	5,0	4,6	2,9	H50	3,9
D12	2,6			5,3	3,3	H55	3,6
D14 Kort	2,4	Open courses		D60	2,5	H60	3,4
D14	3,0			D65	2,5	H65	2,9
D16 Kort	3,0	Class	Length	D70	2,2	H70	2,8
D16	3,4	ÖM1	2,3	D75	2,0	H75	2,8
H10	2,1	ÖM3	2,7	D80	2,0	H80	2,2
H12 Kort	2,0	ÖM5	3,6	D85	2,0	H85	2,2
H12	2,4	ÖM7	2,8				
H14 Kort	2,6	ÖM8	4,6				
H14	3,0	WRE		Course lengths in km			
H16 Kort	3,0	H21E	5,3	Technical difficulty in accordance with SOFT's recommendations			
H16	3,4	D21E	4,8				

Appointment to elite classes according to SOFT regulations, except for D21E och H21E.

Appointment to WRE classes according to IOF WRE regulations. Runners not merited for the WRE classes, will be transferred from WRE to E2 or E3 respectively which will be allotted equally. The allocation is decided by SOFT in consultation with the competition organisation.

WRE

Only GPS units without display or audible feedback is allowed.

D21E Expected winning time is 30 minutes, total climb 95 meter, 20 controls. Control descriptions 6*16 cm

H21E Expected winning time is 28 minutes, total climb 105 m, 23 controls. Control descriptions 6*17 cm.

Excluded classes

In the case of too few entries, classes can be excluded and the runners moved to another class. Information will be given at the assembly on the competition day and in the starting list.

Extra clothes

Will be transported from Start 2 to the assembly.

Race bibs

To be collected at the start.

H21E: 1-99	H20E: 201-299	H18E: 401-499
D21E: 101-199	D20E: 301-399	D18E: 501-599

Map

The map scale is 1:10 000, but for HD60 and older the map scale is 1:7 500. The contour interval is 2,5m. The map is revised in 2013. Courses and control descriptions are printed in violet colour on the map, and separate sheets at the starting line.



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Shadow maps

Black and white shadow maps available for introduction classes.

Happy and sad smilies

There are happy and sad smilies along the course for the introduction class (Insk).

Terrain description

Terrain type: Woodland with mostly old spruce and some deciduous forest. There is an area where there was a fire many years ago. In this area there is dense forest and small marshes between the hill tops, which are open and can have a lot of details on them.

A small number of bigger and smaller paths, trails and a small road occurs in the area.

Height variation: For the most part moderate height variation and detailed terrain, mixed with some low, open ridges.

Runnability: Mostly good runnability. Areas with forest which was felled several years ago occur, where runnability is not affected. In part of the area there was a fire several years ago, making the area very interesting from an orienteering point of view. In the fire area there are fine stretches of open ridges mixed with very dense, deciduous forest. In the northern part of the fire area the forest was felled about one year ago and there are small trees on the ground and wooden stumps sticking up reducing runnability. In the same area there are stretches which are easier to run on, which should be utilized by the competitors. We ask the runners to be careful in the felled area to avoid injuries!

Please also see terrain description and test map at www.25manna.nu

Tip offs from the Planners

Runnability is well represented on the map, including the fire area southeast of the event venue, where yellow colour indicates very runnable and open terrain. Usually this terrain is found on top of the ridges. Different nuances of green colour represent young, dense forest which can be difficult to pass through. These areas are generally found in between the ridges. Green stripes represent areas where felling took place fairly recently and where small trees lie on the ground together with dense under growth giving severely restricted runnability. Please note that there may be new tracks in the woods from the relay 25mannastafetten the day before.

Electronic punching system – SportIdent

If a SI-unit is not working use the conventional punching and punch in the square marked R on the map. Remember to download the SI-card at the finish also if you have retired from the course.

Course time limit

Two hours.

Complaints, protests and appeals

Appeals are submitted at the secretariat and reports on violation of competition rules shall be left there. Protests on the decisions of the competition's organisation shall be submitted in writing as soon as possible but at the latest 2 h after the competition is finished.

The competition is finished two hours after last starting time.



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Prizes

Prizes will be awarded in HD10 – HD16 and in the elite classes in accordance with information given at the result board.

Prizes to all in the intro classes at the finish.

Taping

On all maps there is a track printed in violet print. In the terrain this track is taped with red and white taping.

Forbidden areas

Forbidden areas are marked with a red screen on the map and private land indicated with olive green on the map.

North and east of the assembly blue and yellow taping indicates forbidden area. Runners and audience - please respect all tapings

Competition rules

Swedish Orienteering Federation (SOFT) rules for foot orienteering competition. For WRE classes Competition rules for IOF Foot orienteering events as well.



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SERVICES

Shower and toilets

A warm outdoor shower is located at the southern part of the event venue. Toilets are to be found south of the sports sales tent, as well as in the changeover area, and at the showers. Toilets are to be found at start 2, but NOT at start 1.

WRE

A tent for changing and keeping clothes for WRE participants without a club tent of their own is available.

First aid

A first aid centre, with a doctor, is located just behind the finish area.

Observation of wildlife

All observation of wildlife shall be reported to personnel at the Information tent.

Radio

The speaker sound will be broadcast over the FM band at 107,9 MHz.

Results

During the competition preliminary results will be posted. Final results will be available on Eventor and at the competition webpage: www.25manna.nu.

Child care

Open between 8.30 am and 2.00 pm – for children between three and eight. 50 SEK per child. Special PMs exist for Child care on Eventor.

String course ("Miniknat")

String course ("Miniknat") is located at the west side of the event venue with starts between the hours 9.30 am and 1 pm. The fee is 20 SEK per participant. Included in the fee is a prize which each participant receives when they finish.

Catering

A well assorted café and grill is located on the northern side of the event venue, close to the finish area. Creditcards are accepted.

Money change

At the information tent it will be possible to change from EUR to SEK (to a limited extent).

Sports sales

Jobber Sports have a well-stocked assortment of sports equipment at the event venue.



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COMPETITION ORGANISATION

Organisers

My Rönnols, Täby OK, tel +46 708 207 567
Lars Rönnols, Täby OK

Course Planner

Robert Johansson, Täby OK

Event Controller

Claes Andersson, Snättringe SK

Course Controller

Lars Håkan Sandvik, Attunda OK

IOF Event Advisor

Lasse Forsberg, StOF

Media Contact

Roland Hellberg, Täby OK ,
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Welcome to the 25manna Weekend 2013!

