

INVITATION

Middle distance with elite classes

Saturday 9 April

Location	Halsbråten, Kolmården. Longitude 16,367161, Latitude 58,730385. Direction from E4, Strömsfors junction 126, and Stavsjö junction 127.	Class	Km
		Elite	
		W21E	5.0
		W20E	4.1
		W18E	4.1
		M21E	5.6
		M20E	4.4
		M18E	4.4
		Adult	
		W18	3.6
		W20	3.6
		W21	3.5
		W35	3.4
		W40	3.4
		W45	3.4
		W50	3.2
		W55	3.2
		W60	2.8
		W65	2.8
		W70	2.8
		W75	2.4
		W80	2.4
		W85	2.4
		M18	3.6
		M20	3.6
		M21	4.6
		M35	4.6
		M40	3.9
		M45	3.8
		M50	3.6
		M55	3.5
		M60	3.5
		M65	3.3
		M70	3.3
		M75	3.3
		M80	2.8
		M85	2.4
		Youth	
		W10	2.2
		W12K	2.2
		W12	2.6
		W14K	2.6
		W14	2.7
		W16K	2.7
		W16	3.5
		M10	2.2
Registration	Via Eventor. Registration closes Sunday 3 April. Foreign runners register via email to kolmardsmedeln@gmail.com. Late entry until Wednesday 6 April (subject to additional late entry surcharge 50%). Maximum 60 competitors in the elite classes. Limited entry on the day to the beginners classes (ordinary entry fee) and youth classes (additional late entry surcharge 50 %).		
Entry-on-the-day courses	Entry on the day to the open classes (ordinary entry fee).		
Entry fee	Youth up to 16 years 70 SEK, elite classes 170 SEK, remaining classes 120 SEK. An invoice is sent to Swedish clubs after the competition. Foreign runners pay to bank giro account 660-6859 IBAN: SE5880000848069231525339 no later than 6 April. Swift/BIC: SWEDSESS. Bank address: Swedbank 105 34 STOCKHOLM		
Map	Halsbråten. 1:10 000, 1:7 500 for MW50 and older, contour interval 5 m, in large part newly surveyed 2014 and resurveyed 2015 by Andreas Franzon and Thomas Persson. Digital print, certified by SOFT.		
Terrain	Mixed forest, a few paths. Moderate climb with elements of open pine-covered rocky ground and detailed areas. Mostly good to very good runability.		
Start	From 11.00 hours onwards. Late entries start before that hour, except in the elite classes, where the late entry will be drawn into the start list. Beginners and open classes (Insk, U and ÖM) free start time 11.00 – 13.00 hours. Shadowing is allowed in Insk, U and ÖM1 classes before your run (not for competitors in ranking classes and youth classes). Walking distance to start for all classes is 1500 m, mostly on road and trail.		
Electronic punching	Sportident. Runners not providing an SI- number with their registration will be assigned a hired SI-card (fee 30 SEK). SI-cards for hire are available on the day for entry-on-the-day courses.		

Parking In designated areas up to 1500 m from assembly area. Car parking charge 20 SEK.

Showers Hot showers outdoors next to assembly.

Catering Catering will be available.

Sport traders

Letro Sport will have a wide range of goods.

Children activities

Miniknat between 10.00 and 13.00 hours. Fee 20 SEK/participant.
Child care available.

Accommodation

We have a number of suggestions on accommodation, see our website www.kolmardsdubbeln.se/logi/.

Main officials

Competition managers

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Press officer

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M12K	2.2
M12	2.6
M14K	2.6
M14	2.8
M16K	2.8
M16	3.5
Beginners	
Insk	1.8
U1	2.3
U2	2.2
Open	
ÖM1	2.2
ÖM3	2.6
ÖM5	3.7
ÖM7	3.1
ÖM8	4.8
ÖM10	3.8

Welcome!