



Världens bästa klubb vinner

OK Södertörn and Snättringe SK invites to

25manna Flemingsberg

Middle Distance

and Swedish League #9

Sunday 9th of October 2022

at arena Visättra Sportcenter, Huddinge

Competition arena

Visättra Sportcenter in Huddinge, GPS coordinates 59.216715, 17.966771

Terrain description

Flemingsbergsskogen nature reserve has moderately hilly terrain with mostly good running conditions. There are some steep and highly detailed areas. There are many paths and some open land in the areas closest to the arena. Longer courses will pass through an area with bare rock and very good running conditions. In some parts of the courses occasional fallen trees may worsen the running conditions.

Map

Contour interval 5m. Map creators Nils-Göran Olsson and Fredrik Ahnlén, revised 2022. Certified printer will be used. Age classes DH16-DH40: scale 1:10 000. Other classes including Open classes: scale 1:7 500. Classes with more than 180 entries will be split up.

Start

First start 9.00, last start 12.00. When entering choose start group for time intervals 9-10, 10-11 or 11-12. Children's classes (U1-4), Induction class and Open classes have open start times between 9.00 and 12.00.

Competition rules

Swedish Orienteering Federation (SOFT) competition rules and the final details apply.

Final details

Final details will be published on 25manna.se and on [Eventor](https://eventor.com).

Public transport

Excellent possibilities to travel to the arena by train or bus. Take the commuter train or regional train to Flemingsberg station, then approx 1 km walk. Bus 704 to Visättra or 713 to Visättra Sportcenter, then approx 500 m/300 m walk. Check sl.se for timetables.

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Car parking & Bus drop-off

The number of parking spots are limited, please consider traveling with public transport or fully occupy your car. Walking distance from parking to arena is approx. 2500m. For more information, please visit [Car & Parking at 25manna.se](#). Walking distance from bus drop-off to the arena is approx. 1800m. For more information, please visit [Traffic information Buses at 25manna.se](#)

Classes

Course lengths and difficulty level according to SOFT recommendation. For elite classes, see separate invitation (bulletin) for Swedish League (WRE).

Åldersklasser kvinnor		Åldersklasser män		Öppna klasser
D10	D35	H10	H35	Induction 2 km
D12	D40	H12	H40	Very easy 2 km
D14	D45	H14	H45	Easy 2.5 km
D16	D50	H16	H50	Easy 5 km
D18	D55	H18	H55	Moderate difficulty 3 km
D20	D60	H20	H60	Difficult 3 km
D21	D65	H21	H65	Difficult 5km
	D70		H70	U1
	D75		H75	U2
	D80		H80	U3
	D85		H85	U4

Punch-card system (Sportident)

All versions of Sportident (SI)-cards are allowed. However, please note that the Air function will not be activated on control units. Include your SI-card number when registering. Rental SI-cards will be provided to runners that register without SI-card number. Each unreturned SI-card results in a 600 SEK charge.

Entry and fees

Entries via Eventor. Choose between early, middle or late start in all classes apart from Elite, Induction, Children's classes (U1-4) and Open classes.

Ordinary entries until Sunday 2th October 23.59.

Late entries allowed until Wednesday 5th October 23.59 with an increased fee.

Open classes and U-classes can be entered on the day at the arena. Entries 8:30 – 11:30. Free start times between 9:00 and 12:00.

	Ordinary fees until. Sun 2th Oct	Late entries 3th-5th Oct	Late entries at the arena 8.30-11.30
Competition class Adult	180 SEK	270 SEK	Not possible
Competition class Children (16 and under)	80 SEK	120 SEK	Not possible
Open class Adult	150 SEK	225 SEK	225 SEK
Open class Children (16 and under)	80 SEK	80 SEK	80 SEK
SI-card hire/person	50 SEK	50 SEK	50 SEK

Payment

Swedish clubs will be invoiced after the race. Participants in open classes who are not members of SOFT-registered clubs must pay when they enter at the arena (cash, card or Swish).

Foreign competitors pay on the day at the arena (cash or card). If you pre-register, the entry fee is paid in advance as follows:

Payment information from Sweden	
Plusgiro:	62 23 54-9
Account owner:	25MANNA
Payment information from other countries	
IBAN:	SE67 9500 0099 6034 0622 3549
BIC:	NDEASESS
Payment recipient:	25MANNA
Bank and address:	Nordea, 105 71 STOCKHOLM, SWEDEN

Please note that payment must be made in Swedish Crowns (SEK) and that any transaction fees are paid by the registered club.

Other facilities at the arena

Showers

Hot showers will be available at the arena.

Refreshments

Hot food, salads, sandwiches, fruit, sweets, cold drinks, coffee/tea, etc. will be available at the arena. The menu and prices will be published on 25manna.se during spring and summer and further news about the menu will be presented both on the website and on social media.

Sports traders

Large and well-stocked sports shop at the arena.

Children's string course and Childcare

Children's string course and Childcare are offered at the arena. No pre-entry – pay at the arena (cash or card). Children's string course 20 SEK, Childcare 30 SEK.

Main officials

Competition organiser	Mats Bern, Snättringe SK
Course setter	Per Franzén, OK Södertörn
Competition controller	Göran Reinholdsson, Järfälla OK
Course controller	Rune Rådeström, Snättringe SK

Contact

Website: 25manna.se

Questions about accomodation: boende@25manna.se

Other questions: info@25manna.se

Subject to change. All changes published on 25manna.se.

*Welcome to 25manna Flemingsberg Middle Distance from organising clubs
OK Södertörn and Snättringe SK*



Main sponsor

Flemingsberg c/o **Fabege**

and partners



Huddinge



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