



Världens bästa klubb vinner

Bulletin 2

25manna Flemingsberg

Middle Distance

and Swedish League #9

Sunday 9 October 2022
Arena Visättra Sportcenter, Huddinge

Competition arena

Visättra Sportcenter in Huddinge County, GPS-coordinates 59.216715, 17.966771

Public transport

It's easy to travel with the commuter train to 25manna Flemingsberg!

Travel with the commuter train (pendeltåg) or regional train services to "Flemingsbergs station". From the station you have a short 10-minute walk to the arena. If required, there is a possibility to get help with transport of heavy luggage from the station to the arena.

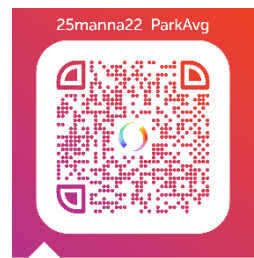
[Plan your journey at sl.se.](#)

For more information, see the 25manna home page at [Public Transport at 25manna.se.](#)

Car Park and Bus Drop-Off

There is only a limited amount of parking available. The main parking is located on a field, which can get soft and muddy in case of rain. Please consider travel by train if at all possible. The distance from the parking to the arena is approx. 2500 m. Parking fee 40 SEK (pay cash at the arena or by Swish 1236674758). 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 see [Traffic information Buses at 25manna.se.](#)



Bicycles and Bicycle Parking

You are welcome to take your bike to 25 manna! It's allowed to bring bikes on the commuter train (Pendeltåg) except that you are not allowed to get on or off with your bike at the Stockholm City station. We'll offer plenty of bike parking space at the arena.

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Start

First start time at 09:00, last start time at 12:00. Open courses (Induction class, Childrens' classes U1-4 and Open classes) choose freely when to start between 09:00 – 13:00. Depending on class, there are two different starts.

| | Classes (D for Women, H for Men) | How to get there |
|----------------|--|---|
| Start 1 | W21, W21-2, M21, M21-2, M21-3, D20E, H20E, D18E, D18E2, H18E, H18E2 D16, H16, D18, H18, D20, H20, D21, H21, H21-2 D35, H35, D40, H40, D45, H45, H45-2, D50, H50, H50-2, D55, H55, D60, H60, D65, H65 | Follow orange/white taped route, 1600 m from the arena along a gravel road. |
| Start 2 | D10, H10, D12, H12, D14, H14, D70, H70, D75, H75, D80, H80, D85, H85 Induction 2 km, Very easy 2 km, Easy 2,5 km, Easy 5 km, Moderate difficulty 3 km, Difficult 3 km, Difficult 5 km U1, U2, U3, U4 | Follow orange/blue taped route 500 m from the arena along a path |

Runners in Open classes (Induction class, Childrens' classes U1-4 and Open) must punch their SI-card at start. The unit flashes a red light and beeps. The punch is confirmation of start. **It's the responsibility of the runner to punch the SI-card to indicate start.** No officials will sign-off runners at start.

Map and terrain

Terrain description

The competition area held is part of the Flemingsbergs nature reserve. This is also a popular recreation area. The area closest to the arena is criss-crossed by several paths, both small and wide, as well as open land. Apart from this, the terrain is mostly "wilderness", despite the close proximity to the city.

The terrain is largely moderately hilly. The longer courses will mostly be in an area with several steep and highly detailed hill sections. The "older" classes, youth and open classes will mostly be in an area with several paths and open land.

The forest is mostly pine and fir. On the rocky hills there are sparse amount of pine trees and the visibility is good. In the valleys the forest is denser and visibility lower. There are areas with fallen trees and those are marked on the map.

Map

Contour interval 5 m, digital print, drawn 2019 by Nils-Göran Olsson and Fredrik Ahnlén, revised 2022.

Age groups DH16-DH40, scale 1:10 000.

All other classes, incl. Open, scale 1:7 500.

Non-standard features



Larger obstacle, fallen tree

Taped paths

There are some unclear paths in the terrain which are marked with white tapes.

Out of bounds

There are several out of bounds areas in the terrain, and those are marked on the map. An out of bounds area shown with a solid line will be marked with blue/yellow tapes in the forest.

Control descriptions

Control descriptions are available separately and printed on the map.

Competition rules

The Swedish Orienteering Federation rules and the competition final details apply.

Course lengths

Course lengths and level of difficulty as recommended by SOFT. For elite runners, see separate bulletin for Swedish League (WRE).

| Age Classes Women | | Age Classes Men | | Open Courses | |
|-------------------|--------|-----------------|--------|--------------------------|--------|
| D10 | 2,0 km | H10 | 2,0 km | Induction 2 km | 1,8 km |
| D12 | 2,6 km | H12 | 2,5 km | Very easy 2 km | 1,9 km |
| D14 | 3,0 km | H14 | 3,0 km | Easy 2,5 km | 2,6 km |
| D16 | 3,5 km | H16 | 3,5 km | Easy 5 km | 4,5 km |
| D18 | 2,9 km | H18 | 3,3 km | Moderate difficulty 3 km | 2,9 km |
| D20 | 3,0 km | H20 | 3,4 km | Difficult 3 km | 2,9 km |
| D21 | 3,5 km | H21 | 4,6 km | Difficult 5 km | 4,8 km |
| D35 | 3,5 km | H21-2 | 4,6 km | U1 | 1,8 km |
| D40 | 3,5 km | H35 | 4,3 km | U2 | 1,9 km |
| D45 | 3,0 km | H40 | 4,2 km | U3 | 2,6 km |
| D50 | 3,0 km | H45 | 4,0 km | U4 | 2,9 km |
| D55 | 2,9 km | H45-2 | 4,1 km | | |
| D60 | 2,5 km | H50 | 3,7 km | | |
| D65 | 2,5 km | H50-2 | 3,6 km | | |
| D70 | 2,5 km | H55 | 3,5 km | | |
| D75 | 2,1 km | H60 | 3,3 km | | |
| D80 | 1,8 km | H65 | 3,0 km | | |
| D85 | 1,8 km | H70 | 3,0 km | | |
| | | H75 | 2,5 km | | |
| | | H80 | 2,0 km | | |
| | | H85 | 1,8 km | | |

Maximum time

Maximum time is 120 minutes, all classes.

Sportident

All versions of SI cards are allowed. Note that the SI Air function will NOT be enabled in the punching units. Pre-registered runners declare SI-card number at entry. Rented SI-card is provided to pre-registered runners that did not register with an SI-card number. Lost or not returned rented SI-card will be charged at 600 SEK. Pick-up of rented SI-cards at the registration/information tent.

In case you want to switch SI-card, please request a change using a form available on Eventor.

Wildlife observation

Runners who spot wildlife (e.g. reindeer or moose) should report these to the wildlife observation tent ("viltrapporten") located next to the download.

Fees and payment

| | Ordinary fee until Sun 2 nd Oct | Late entries 3 rd – 5 th Oct | Onsite 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 rental fee / person | 50 SEK | 50 SEK | 50 SEK |

Swedish clubs will be invoiced after the competition.

Pre-registered foreign runners that have not already paid their fee must pay at the information tent on the day of competition before starting (cash, credit/debit card or Swish).

Runners in Open classes that are not members of a club registered with SOFT, must pay their fee during registration at the arena (cash, credit/debit card or Swish).

Competition service

Items left at start

Jackets / sweaters and other items left at start will regularly be transported back to the arena for pick up at the information tent.

Result service and livelox

Preliminary results are available online during the competition at [liveresultat](#). Final results will be published at Eventor when the competition ends. After the competition, maps and courses will be uploaded to Livelox.

Speaker service

Live reporting from the competition by the 25 manna speaker team Ola Jodal and Mårten Frendelius.

Prize ceremony

All runners in the Induction and U-classes will receive a prize when they finish. Prizes are provided to the top-10 runners in classes HD16, and the top-20 runners in classes HD10-14. Runners can pick up their prize in the VIP tent as soon as classes are closed. Please note, bring your time receipt!

Open courses with registration onsite

Registration is available onsite during the day of competition at the arena for Induction class, U-classes and Open classes.

Registration open 08:30–11:30. Choose freely when to start between 09:00–12:00.

Pre-registration for all classes until Wednesday October 5th.

Service

Artificial grass court:

The finish and food court on the arena are located on an artificial grass surface. **It is prohibited to use club flags pushed into the ground or any other similar implement that can damage the surface.**

Waste

Waste bins are located on the arena. Please recycle and use the designated waste bins.

Food service

The food service is hosted in a large tent opposite the finish. We offer three hot meals, hot dogs, sandwiches, sweets, hot and cold drinks, and lots more! For hot meals, pick your queue before entering the tent. We take credit card, Swish and cash.

Sports trade

Pölder Sport will manage the sports trade at 25manna Flemingsberg. Take a look at their home page polder.se already now, and check out their current offers.



SPECIALISTER PÅ SPORT - ÅRET RUNT

Kids' course (Miniknat) and babysitting

Available at the arena 9.00 – 14.00. No pre-registration – pay cash or by Swish.

Miniknat 20 SEK, same start and finish both days, but different courses. Every runner gets a prize!

Babysitting 30 SEK. Fenced off area and large tent. All children used to be babysit are welcome, any age.

Diaper no problem, but please bring your own at the right size for your child.

Fresh water

Fresh water tap to refill water bottles are located close to the entrance for the grass area.

Showers

Showers for men and women are available at the indoor ice rink

Toilets

Toilets are located outside the entrance to the indoor ice rink and outside of the sports trade.

A few toilets are also located along the road to Start 1, and at Start 1.

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Lost and found

Lost and found items will be at the information tent where they will be returned on description of the item. After the competition, you can contact us about lost items at info@25manna.se. We will take items to the next orienteering competitions.

Main responsibilities

| | |
|-------------------------------|---------------------------------|
| Competition organiser | Mats Bern, Snättringe SK |
| Responsible courses | Per Franzén, OK Södertörn |
| Competition controller | Göran Reinholdsson, Järfälla OK |
| Controller | Rune Rådeström, Snättringe SK |

Disclosures

Home page: 25manna.se

Inquires related to accomodation: boende@25manna.se

Other inquires: info@25manna.se

We reserve the right to make amendmets to this information. All changes will be publicised on 25manna.se

Welcome to 25manna Flemingsberg! Organising clubs:

OK Södertörn and Snättringe SK



Main sponsor

Flemingsberg c/o **Fabege**

and partners



Huddinge



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