



# 25 MANNA

## LIDA BOTKYRKA 2023



PHOTO: ULF LUNDIN

Tullinge SK and IFK Tumba SOK invite you to

## 25MANNA RELAY

Saturday, October 7th 2023 at Lida Friluftsgård, Botkyrka

### Competition arena

Lida Friluftsgård, Tullinge, in Botkyrka municipality. GPS coordinates 59.16230, 17.87881

### Terrain description

Forested area with moderate hills and good accessibility. A continuous network of trails and ski tracks crosses the area. Mostly good runnability with some areas of cleared and dense forest. The area, for the most part, is a nature reserve, characterized by fields of open-rock and older spruce forests. The level of detail is generally normal, but there are very detailed areas as well.

### Map

Legs 3, 4 and 23 have map scale 1:7 500, other legs have scale 1:10 000. Contour interval 5 m. Digital print. Drawn: 2020-2022 by Fredrik Ahnlén and Mats Käll according to ISOM 2017. Revised 2023.

### Start and expected finish time

Mass start at 09:00. The winning team is expected to finish at around 14:30. Restart at 16:00. The second last leg will be shortened for teams in the restart.



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## Legs and team composition

This year the first leg is open to all and the last leg is run by women. Each 25manna team must consist of the following:

At least 9 men of which at least 1 is M16 or younger

At least 9 women of which at least 1 is W16 or younger

Max 8 M21 and max 8 W21 runners

Leg	Difficulty	Leg in km <sup>1</sup>	Gafflad	Allowed for
1	Blue/difficult	7,4	Yes	All
2	Blue/difficult	5,4	Yes	Women
3	Orange/ medium	4,2	Yes	-M16/M50-, Women. 4 parallel runners
4	White/easy	3,0	Yes	-M14/M60-, -W18/W45-. 4 parallel runners
5	Blue/difficult	6,3	Yes	All. 4 parallel runners
6	Blue/difficult	4,8	Yes	Women. 4 parallel runners
7	Red/medium	5,3	Yes	All. 4 parallel runners
23	Orange/ medium	4,0	No	-M16/M55-, -W20/W40-
24	Blue/difficult	8,8 <sup>2</sup>	No	All
25	Blue/difficult	6,4	No	Women

(1) The above distances include 700 - 1000 m of taped route

(2) The second last leg of the restart is 6,7 km



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## Public Transport

Take the commuter train to Tullinge station and then bus 721 to Lida Friluftsgård. Check the schedule at [www.sl.se](http://www.sl.se). Discussions are ongoing with the transport provider about expanding the service.

## Cycling

Take the commuter train to Tumba or Tullinge station and then cycle around 7 km on small roads and gravel paths.

## Own bus drop-off

Bus drop-off and pick-up for those arriving with their own buses will be immediately next to the arena. The buses will then be parked on a hardened surface about 10 km from the arena.

## Car parking

Main car parking is 1000 meters from the arena, and there are two satellite parking lots with 10-15 minutes of shuttle bus transport to and from the arena. The extent of their use will depend on the weather.

## Entries

Regular entries using Eventor until 23:59 on Sunday August 27th. The names of the runners in the team may be submitted later, see final details. Late entries with an increased fee are possible until 23:59 on September 24th.

## Combination teams

If your club finds it hard to get a full team together then combination teams are welcome according to The Swedish Orienteering Federation rules. Combination teams enter via Eventor. See the [guide](#) in the Help & Support-section ("Hjälp och support") on Eventor for instructions on how to enter combination teams.

## Punching system

Sportident. All versions of SI-cards are allowed. Please note that SI-Air functionality will not be activated in the units. SI-numbers are not submitted in Eventor. Instead, SI-numbers are linked to each runner as they go into the changeover area. Each SI-card may only be used once during the competition. SI-cards can be hired when you enter in Eventor. Each unreturned SI-card results in a 600 SEK charge to your club.

## Competition rules

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

## Final details

The final details will be published on 25manna.se and on Eventor at the latest on Sunday before the race.

## Club tents

You can book a pitch for your club tent/wind shelter via Eventor by August 27th at regular price. Late entries with an increased fee are possible.

## Camping

Discussions are ongoing about the possibility of offering a set-up for caravans/campervans. The invitation will be updated as soon as we have more information about camping.

## Accommodation

Accommodation on hard floor, including breakfast, at Riksten's school approx. 5 km walking distance to the arena is offered. Booking takes place via a form, link available in Eventor at the latest when registration opens. Separate information regarding housing is published on 25manna.se and in Eventor. Limited number of places.



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## Fees

	Regular fee until Sun Aug 27th	Late entries 1 until Sun Sep 10th	Late entries 2 until Sun Sep 24th
Participation fee per team (including mandatory parking fee)	8 520 SEK	9 250 SEK	11 400 SEK
SI-card rental (per person)	60 SEK	70 SEK	70 SEK
Club tent pitch (4 x 6 meter)	550 SEK	650 SEK	650 SEK
Hard floor accommodation (including breakfast, per night, per person)	300 SEK	300 SEK	350 SEK

*25manna 2023 Lida has received an exemption approval for increased fees.*

## Payments

Upon registration, an invoice is created for participation fees and any ordered services such as fees for SI-rental, tent pitch and accommodation. Use the invoice reference/number when paying. Payment should be made in 30 days or no later than Friday September 1st when registering within the regular fee period. In case of late registration, payment must be made immediately after registration and must be received by us no later than Friday September 29th.

*Note: Club bags are only handed out to clubs that have paid all entry fees.*

Payment info from abroad	
IBAN	SE03 9500 0099 6026 0411 4047
BIC	NDEASESS
Payee	25manna Tullinge Tumba
Bank and address	Nordea Bank Abp, Filial i Sverige, Stockholm

*Please note that payment must be made in Swedish crowns (SEK) and that any transaction fees are paid by the club that is entering.*



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## Open courses

Open individual courses with different lengths and technical difficulty levels are offered. See separate invitation in Eventor ("Motionsorientering 25manna").

## Children's course and babysitting

Children's course and babysitting services are offered at the arena. No pre-registration necessary. Children's course costs 20 SEK and babysitting 30 SEK.

## Showers

Hot showers will be available at the arena.

## Catering

Hot food, sandwiches, fruit, sweets, cold and hot drinks, etc available at the arena. Catering

will also be available at Lida Vårdshus directly adjacent to the arena.

## Traders

Pölder Sport will be in attendance with a large selection of sports equipment.

## AccroPark Tree top rope course

Take the opportunity to book an adventure up in the treetops! There are several courses with different levels to choose from, suitable for all ages! Book your place [here](#).

## Contacts

Website: [25manna.se](https://25manna.se)

Questions about accomodation:  
[boende@25manna.se](mailto:boende@25manna.se)

Other questions: [info@25manna.se](mailto:info@25manna.se)

## Main officials

<b>Competition management</b>	Lennart Agen and Robert Lidström, Tullinge SK
<b>Competition management</b>	Conny Axelsson, IFK Tumba SOK
<b>Course setter 1</b>	Per-Ove Melinder, Tullinge SK
<b>Course setter 2</b>	Anders Käll, IFK Tumba SOK
<b>Competition controller</b>	Henrik Skoglund, Södertälje Nykvarn Orientering/SOFT
<b>Course controller</b>	Sven Undeland, Södertälje Nykvarn Orientering

Subject to change. All changes published on [25manna.se](https://25manna.se)



25manna2023



25manna Lida Botkyrka



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**BOTKYRKA KOMMUN**

**LIDA**

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