



# 25 MANNA

## LIDA BOTKYRKA 2023



PHOTO: ULF LUNDIN

Tullinge SK and IFK Tumba SOK invite you to

## 25MANNA MIDDLE DISTANCE

Sunday, October 8th 2023 at Lida Friluftsgård, Botkyrka

### Competition arena

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

### Terrain description

The area has moderately hilly terrain with mostly good accessibility. The longer courses go through an area consisting of a ridge with steep slopes and recently felled forest. Easy-to-run gravel areas are interspersed with smaller areas with reduced runability shown on the map. The area generally has few trails apart from the area closest to the arena where there are plenty of marked trails.

### Map

Contour interval 5 m, digital print. Drawn: 2020-2022 by Fredrik Ahnlén and Mats Käll according to ISOM 2017. Revised 2023. Classes DH16-DH40, scale 1:10 000. Other classes including the open classes, scale 1:7 500.

### Start

First start at 9:00, latest start at 12:00. When registering, enter the starting group of your choice between time intervals 9-10, 10-11 or 11-12. Children's (U classes), Induction (Inskolning) class and open classes have free start times between 9:00-12:00. Elite classes do not choose



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a starting group but have a drawn start list (note: a drawn start list applies regardless, even though it is possible to choose a starting group when registering even for the elite classes). Elite classes with more than 90 entries will be divided based on ranking. Other classes are divided if there are more than 180 entered.

## Classes

Course length and degree of difficulty according to SOFT's recommendations:

| Women's age classes |     | Men's age classes |     | Open classes             |
|---------------------|-----|-------------------|-----|--------------------------|
| W10                 | W35 | M10               | M35 | Induction 2 km           |
| W12                 | W40 | M12               | M40 | Very easy 2 km           |
| W14                 | W45 | M14               | M45 | Easy 2,5 km              |
| W16                 | W50 | M16               | M50 | Easy 5 km                |
| W18                 | W55 | M18               | M55 | Moderate difficulty 3 km |
| W20                 | W60 | M20               | M60 | Difficult 3 km           |
| W21                 | W65 | M21               | M65 | Difficult 5 km           |
| W18E                | W70 | M18E              | M70 | U1                       |
| W20E                | W75 | M20E              | M75 | U2                       |
| W21E                | W80 | M21E              | M80 | U3                       |
|                     | W85 |                   | M85 | U4                       |

## 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

Registration takes place via Eventor. Select your starting group in all classes except Induction(Inskolning), Children's (U-classes) and open classes.

Regular registration period until Sunday 1 October at 23:59.

Late entries until Wednesday 4 October at 23:59 for an increased fee.

Direct registration can be done on the day of the



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competition for open classes and U-classes at the Arena. Registration at 8:30-11:30. Free start times between 9:00-12:00.

## Punching system

Sportident. All versions of SI-cards are allowed. Please note that SI-Air functionality will not be activated in the units. Enter your SI number when entering. Runners without an entered SI number will be assigned a hire SI card. A lost SI card will be charged 600 SEK.

## 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.

## Fees

|                                       | Regular fee<br>until<br>Sun, Oct 1st | Late entries<br>until<br>Wed, Oct 4th | Entry on day<br>at the arena<br>8:30-11:30 |
|---------------------------------------|--------------------------------------|---------------------------------------|--------------------------------------------|
| Elite                                 | 300 SEK                              | 350 SEK                               | Not possible                               |
| Adults                                | 270 SEK                              | 300 SEK                               | Not possible                               |
| Youth (16<br>and under)               | 120 SEK                              | 140 SEK                               | Not possible                               |
| Open class<br>adults                  | 270 SEK                              | 300 SEK                               | 300 SEK                                    |
| Open class<br>youth (16 and<br>under) | 120 SEK                              | 120 SEK                               | 120 SEK                                    |
| SI card hire<br>(per person)          | 60 SEK                               | 70 SEK                                | 70 SEK                                     |

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

## Payments

Swedish clubs are invoiced afterwards. Participants in open classes who are not members of a SOFT-registered club pay in connection with registration at the arena (cash, card or Swish).

Foreign participants that apply via Eventor, must pay in advance of the race, according to the instructions below. Those foreign participants that enter on the day, pay at the arena (cash or card).

| Payment info from abroad |                                              |
|--------------------------|----------------------------------------------|
| IBAN                     | SE03 9500 0099 6026 0411 4047                |
| BIC                      | NDEASESS                                     |
| Payee                    | 25manna Tullinge Tumba                       |
| Bank and adress          | 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 person that is entering.

## 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.



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## 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>        | Andreas Hultqvist, 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>      | Per Forsgren, Mälarhöjden IK                         |

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



25manna2023



25manna Lida Botkyrka



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**BOTKYRKA KOMMUN**

**LIDA**

**UPPLEV  
BOTKYRKA**



**BILTEMA**

**polder.se**  
SPORT  
SPECIALISTER PÅ SPORT - ÅRET RUNT

**LUMENITE**

**Ullmax**  
EN MENINGSFULL FRITID FÖR ALLA

**U**  
UMARA

**10**  
MILA  
NYNÄSHAMN 2024



**TSK**  
1930  
**TULLINGE SK**  
BOTKYRKA