



25MANNA LIDA BOTKYRKA 2023



FOTO: MOA GUSTAFSSON

FINAL DETAILS 25MANNA RELAY

Saturday, October 7th 2023 at Lida Friluftsgård, Botkyrka

Competition arena

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

African swine fever

Please read the following important information, [African Swine Fever Guidelines](#), to minimize the risk of African swine fever spreading further within Sweden.

Directions to the Arena

See a separate document Transport Final Details.
The parking fee is included in the entry fee.

Team line-up

Registration of the team lineup is mandatory and must be registered in Eventor no later than Friday, October 6 at 18:00, otherwise a fee of SEK 500 will be charged. NOTE! Without a team lineup, permission to start is not given, i.e. no number bibs are handed out.

Later changes in the team line-up due to illness or injury must be made via the team change form no later than 08:30 on the day of the competition in order to be registered for the competition. We do not accept team changes via email. The team change form is in the team envelope and must be submitted to Participant Services (Deltagarservice).



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Necessary changes during the race can then be reported throughout the race day and submitted directly to the “Red Exit” (Röd utgång) located at the starting line. It is important that this is done for a correct final result.

Team envelope

Team envelopes containing number bibs, team leader cards, change form and any rental SI cards can be picked up from Participant Services (Deltagarservice) at the arena from 07:00 on the day of the competition. All fees must be paid in advance for the team envelope to be issued. Safety pins for the number bibs are not included - remember to bring your own.

NOTE! If the fees are not paid, permission to start is not given, i.e. no team envelope is handed out.

Unfortunately, there has been a printing error in the emergency number printed on the number bibs. The correct emergency number is **076-606 15 45** and goes to First Aid at the arena. The correct number is printed on the maps.

MAP AND TERRAIN

Map

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

Course printing

The course and control descriptions are printed in purple on the map. The code number is also printed on the map next to the control sequence number, e.g. 4-109 for control 4. On the back of the map, the team number and leg are printed. An emergency telephone number is also printed on the map.



Terrain description

The area is characterized by woodland with hilly

areas and older spruce forest in between. A continuous network of paths and exercise tracks crosses the area. The amount of detail is mostly typical for the Stockholm area, but there are some very detailed areas.

The terrain is mostly moderately hilly with some steeper and more hilly sections. Mainly good to very good runnability in the pine forest with bare rock areas, worse runnability in a few smaller areas of dense/thinned forest.

Non-standard map features

-  Remnants of a charcoal kiln
-  Car wreck, advertising banner

Taped paths

In the terrain there are unclear paths that are marked with white tapes.

Mountain bike tracks

In the terrain, there are mountain bike tracks that contain wooden structures (small bridges, ramps, etc.). These tracks are marked as paths, and the wooden structures are not marked on the map.

Forbidden areas

There are a few forbidden areas in the terrain that are marked on the map. Forbidden areas drawn with a solid boundary line are also marked in terrain with a continuous blue/yellow tape.

In the terrain there is an impassable marsh marked on the map (black contour line around the marsh), which can be dangerous to cross. This is marked with blue-yellow tapes in the terrain, but is not marked with a violet grid on the map.

COMPETITION RULES

The Swedish Orienteering Federation's competition rules and competition final details apply.



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Competition method

Mass start on leg 1. Legs 1 and 2 are run by one runner per team and leg. On legs 3-7, four runners per team and leg. Legs 23-25 are run by one runner per team and leg. The runner on leg 23 may not start until all four runners on leg 7 have come in for changeover (see further under the heading Changeover).

Start and estimated finish

Mass start at 09:00. The winning team is expected to finish at about 14:30. Restart for leg 25 at 16:10 and for other legs at 16:15. Leg 24 is then shortened.

Legs and team composition

This year, the first leg is open to everyone and the last leg is for women. A 25manna team must consist of the following:

At least 9 men of which at least one M16 or younger

At least 9 women of which at least one W16 or younger

Max 8 M21 and max 8 W21 runners

Leg	Difficulty	Course length in km ¹	Running time (min)	Start time for the lead	Forking	Number of runners	Allowed for
1	Blue	7,9	39	09:00	Yes	1	All
2	Blue	5,2	32	09:39	Yes	1	Ladies
3	Orange	4,1	28	10:11	Yes	4 parallel runners	-M16/M50-, Women
4	White	2,8	16	10:39	Yes	4 parallel runners	-M14/M60-, -W18/W45-.
5	Blue	6,6	38	10:55	Yes	4 parallel runners	All
6	Blue	4,8	33	11:33	Yes	4 parallel runners	Ladies
7	Red	5,5	30	12:06	Yes	4 parallel runners	All
23	Orange	4,2	26	12:36	No	1	-M16/M55-, -W20/W40-.
24	Blue	9,2 ²	46	13:02	No	1	All
25	Blue	6,4	38	13:48	No	1	Ladies

(1) The course lengths include 800 m taped route.

(2) Leg 24 runs 6.5 km in the restart.



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Sponsors

Big thank you to the competitions sponsors.

Leg	Sponsor
1	Botkyrka kommun 
2	O-ringen 2024 Smålandskusten 
3	Lida Friluftsgård 
4	Pölder Sport 
5	Tiomila 2024 
6	Ullmax 
7	Umara 
23	Biltema 
24	Lumonite 
25	Botkyrka kommun 

COMPETITION INSTRUCTIONS

Number bibs

All runners must wear a bib. It must be worn visibly on the chest and must not be folded. Own safety pins should be brought along. It is important that runners use the bib that corresponds to their place in the submitted team line-up.

Team leaders

One team leader per team has access to the

changeover area on presentation of the team leader card in the team envelope. Team leaders enter via a separate lane at check-in.

Sportident (SI) and check-in

All versions of the SI card are allowed. However, please note that the Air function will not be turned on in the devices. The SI number does not need to be indicated in the entry, instead the number of the SI card will be linked to the runner at the entrance to the changeover area. Each SI card may be used only once during the race. If a rental SI card is not returned, the club will be charged 600 SEK.

Controls and punching

Each control has at least two punching units. In some areas the controls are very close together. Check the control number carefully before punching. The punch is made when the control unit shows a red light and beeps. It is the runner's responsibility to check that the punch has been registered. If any unit does not work, the runner must punch in another unit at the control. A missed punch means disqualification, even if there are witnesses that the runner was at the control. Take it easy and be careful at each control. Experience shows that it is easy to perceive and hear another runner's punch as your own! Look for the light signal.

INAUGURATION

Inauguration of the 25manna Lida, Botkyrka takes place around 08:30 at the ceremony site.

START

The mass start for the first leg is at 09:00. Runners must be in the starting area no later than 08:45. The start is in a different place than the changeover area, but it is still very important that **all runners pass the check-in**, which is adjacent to the changeover area for registration before the



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start, where the SI card is linked to the number bib via a barcode. The runners are then guided to a lane down to the start.

Arrive in good time to avoid queuing. About 5 minutes before the start, the runners are released to the numbered start points. Two minutes before the start, the maps are handed out. You are not allowed to look at the map before the start signal. There is no punching at the starting point.

It is the runner's own responsibility to check-in – this applies to all legs!

CHANGEOVER

Changeover punch

In the run-in to the finish, the runner runs into a designated lane. There will be two lanes that will be re-signed during the race so that the teams in the lead always run in one lane (Botkyrka lane) and earlier legs in the other lane (Lida lane). At the finish line there is changeover punching that must be done for all legs except 25th (see Finish). After punching, the map is handed to the officials.

It will be possible for outgoing runners to see the last control from the changeover area.

Map pick up and changeover

At the map board, the incoming runner picks up the topmost map marked with the team's number and leg. The map is handed to the next team member at the changeover fence. Outgoing runners check that they have received the correct map (team number and leg). It is the runner's responsibility to take the right map!

Changeover leg 2 to leg 3

The second leg runner shall take four maps and hand them over to one of the third leg runners. To reduce congestion at the changeover fence, third leg runners are allowed to distribute the maps within the team in the upper part of the warm-up area on their way to the start point. Due

to lack of space, you are not allowed to wait for maps at the start point. Sign "Competition area" ("Tävlingssområde") indicates the last place where maps can be distributed amongst runners.

Change from leg 3 to leg 4 (also applies to change from leg 4/5/6 to leg 5/6/7).

When the first runner on leg 3 comes in for the changeover, the runner takes the topmost map for leg 4 and hands it to the first runner on leg 4, and so on for the other runners on leg 3 until all leg 4 runners have received a map.

Take the right map

Be sure to take the right map! This is especially important e.g. when the 1st runner from leg 4 comes into the changeover before the last runner on leg 3 has come in. The leg 4 runner should in that case NOT take the first available map on the map board, (which would be the last leg 4 map) but should take the first leg 5 map.

Changeover from leg 7 to leg 23

When leg 7 comes in for the changeover, the first three runners to arrive take the topmost coloured "blank maps" and hand it to the runner on leg 23. The runner on leg 23 is finally given the real map by the team's last runner on leg 7. The leg 23 runner gives the three blank maps to the official on the way to the starting point.

Closing of the changeover

The changeover closes at 16:00. Runners who have not changed over by then will participate in the restart.

Wrong map

Teams that take another team's map are disqualified. The affected team will receive a new map from the official at the end of the map board but will not receive any time compensation.



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Always check that the map's team number and leg are correct! **It is the runners' responsibility to changeover with the correct map.**

Important:

Arrive at the check-in in good time.

Punch the changeover control at the finish line.

Take the right map and waych out for crossing runners.

FINISH LINE

Finish line leg 25

To facilitate the possibility of sprint finish battles, the first 25 teams will punch the finish control after the finish line. The crossing of the finish line determines the position of the teams and the runners will then punch the finish in the same order as they crossed the finish line. In the event of a dispute, the referee will decide. Teams placed after top 25 will punch the finish line as normal.

Finish closing time

All competitors must finish no later than 18.00, when the finish line closes.

AFTER CHANGEOVER AND FINISH

Download

After the changeover/finish, runners are encouraged to proceed to the download without delay. This is important in order to get current result lists as quickly as possible. It is the runner's responsibility that the SI card is downloaded! Even runners who have retired/timed out must pass the download area at the finish for registration.

Wildlife observations

Runners who observe wildlife should report this

to the wildlife reporting ("Viltrapport") located near the download area.

Mispunch, red exit and disqualification

If an incoming runner is registered as mispunched at download, they are referred to the "Red exit" ("Röd utgång") to confirm the reason. If the runner has indeed mispunched or broken competition rules then the team is disqualified. The runner will be provided with an information sheet confirming disqualification and the reason why. If the team wishes to protest, the team leader must complain to the "Red Exit" within 30 minutes of the time given on the information sheet and then submit a written protest to "Red Exit" within a further 60 minutes. Protests about the competition organiser's decision can be made to the competition jury. Teams who have mispunched may continue to run the race as long as they are at least 30 minutes behind the leading team. Otherwise, in consultation with the team leader, they will be held at changeover until 30 minutes have passed. The holding back of teams is put into effect when the protest time has elapsed and any potential protest has not been approved.

RESTART

The changeover closes at 16:00. For those runners who have not started by then, a restart for runners on leg 25 will be organized at 16:10 and then a second restart for runners on the other legs at 16:15. For runners on leg 25, the restart takes place from the map board. For runners on leg 24, the restart with a shortened course takes place at a separate place at the changeover area. For other legs, the restart takes place at the map board..

Runners from incomplete or disqualified teams may also participate in the restart. All runners in the restart must go through the check-in to empty, check and connect their SI cards to their number bib. Due to the risk of congestion, runners are asked to be at the check-in in good time, no later



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than 16:00, before the restart and to follow the instructions of the start officials.

COMPETITION SERVICES

Results service and Livelox

Preliminary results are presented continuously during the competition (www.25manna.se/liveresultat/) and final results will be uploaded to the Eventor page after the competition. After the competition, maps with courses will be available on Livelox, where you can upload your own route.

Mobile internet and Public Wi-Fi

Telia will strengthen its mobile network at the arena during the 25manna weekend. There will also be attempts to build a public wifi in selected parts of the arena called "25manna-Public". However, its capacity and coverage are uncertain.

Speaker service and radio broadcasting of speaker sound

During the competition there is a 25manna speaker team with Ola Jodal, Mårten Frenelius and Niina Frölid in the arena and forest speakers at controls in the forest. The speaker sound is also broadcast on the radio on frequency 88.4 MHz. We also broadcast the speaker sound on the internet, links can be found in Eventor and on 25manna's website.

Map return

After the restart, the maps are handed out per team upon presentation of a team leader card at Participant Services (Deltagarservice). Teams that have rented SI cards must return them for the whole club together, this is a requirement for map return. Also remember SI cards used by the restart runners. Lost SI cards are charged 600 SEK to the club.

Award ceremony

Prize giving will take place at the ceremony site immediately after the restarts, at approximately 16:15. The winning team receives a trophy. Teams 1-3 receive a team plaque and prize and a 25manna plaque for all team members. Teams 4-10 receive a team plaque and a 25manna plaque for all team members. Teams 11-25 receive a team plaque.

Individual entry on day courses

Individual courses with varying levels of technical difficulty are available. See separate document "Final Details Open Courses".

Löparbank

On www.25manna.se it is possible to network to match runners who have no team to run in with teams that have spare spots. Runners and clubs make the contact themselves. Make sure to provide the following information when posting:

Looking for runner/Available runner

Leg (for clubs: for which leg do you have a vacant spot, for runners: leg of interest)

Age/Class (e.g. M16 or W21)

Contact info like phone number or email

NOTE! To write a comment and show your interest, make sure to do so on the Swedish version of the page, otherwise your comment will not show up.

Press

For the best possible service, media representatives wishing to follow the competition on site should register at info@25manna.se by Tuesday, October 3. Any questions should be sent to the same e-mail address. See also Press on 25manna.se.



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OTHER SERVICES

Wind shelters/club tents

Wind shelters/club tents may only be set up in designated and pre-booked locations. Overview and allocation of sites will be published.

Garbage collection

Containers for garbage are available at the arena. Each club is also allocated garbage bags + cable ties together with the pick-up of team envelopes. Leave used garbage bags well tied in the designated place at the wind shelter areas.

Drinking water

Water dispensers for filling up bottles are available, see arena map (Arenakarta).

Shower

Warm showers are located above the slalom hill, about 250 m from the finish (path north of the run in - see arena map).

Toilets

Toilets are located within the arena and wind shelter areas (see arena map). A small number are also located inside the changeover area and in the showers.

First aid

First aid is available in the arena next to the Participant Service (Deltagarservice). A defibrillator is available at First Aid and at the finish line. Emergency phone 076-606 15 45. If medical care is needed, refer to the nearest hospital, Karolinska University Hospital, Huddinge.

Sports sales

Pölder Sport offers a large and well-stocked sports shop at the arena. Opening hours: Saturday 07:30 - 17:00, Sunday 07:30 - 15:00.

Visit their website polder.se already now to take advantage of current offers.

Catering

The catering is located in a large tent at the center of the arena near the finish. We offer three different hot meals, sausages, several different sandwiches, sweets, fruit, hot and cold drinks and much more! Several vegetarian and non-vegetarian options are available. For hot food, you queue at the entrance as last year and you can then buy other things available inside the catering tent. If you only want to buy coffee / sandwiches / sweets, you go directly into the catering tent through a separate entrance for that. We accept cards, Swish and cash. Lida Vårdshus with its catering is also adjacent to the arena.

Children's course and babysitting

Children's course and babysitting services are available at the arena from 9:00 till 14:00. No pre-registration necessary. We accept cash and Swish.

Children's course costs 20 SEK. Same start and finish both days, but different courses. Prizes for everyone!

Babysitting costs 30 SEK. Located indoors. All children who are used to being left to a babysitter are welcome. Diapers are not an obstacle but bring some of your own in the right size for your child.

Lost and found

If you find a lost item, please return it to the Competitors Service tent (Deltagarservice). Here lost items can be recovered against a description of the item. After the competition has ended, inquiries about lost items can be sent to info@25manna.se. Primarily, items will be brought to upcoming competitions.



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AccroPark Höghöjdsbana (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](#).

Lida Sports Church

The church of outdoor life! Beautifully situated on the slope towards the lake is Lida sports church. The church is open during the 25manna weekend, where you can in peace and quiet get a moment of reflection.

Competition jury

Lisa Andersson, Ärla IF, 076-836 4176

Göran Larsson, Sala OK, 070-306 4707

Ulf Rask, IFK Mora OK, 070-375 5899

Lennart Strandberg, Skogslöparna, 070-231 53 88

Magnus Södervall, IK Gandvik, 079-077 8234

Information

Website: 25manna.se

Questions about accommodation:
boende@25manna.se

Other questions: info@25manna.se

Main officials

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

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

**Welcome to 25manna Lida Botkyrka 2023 from the organizing clubs.
TULLINGE SK AND IFK TUMBA SOK**



25manna2023



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