



25 MANNA

LIDA BOTKYRKA 2023



FOTO: ULF LUNDIN

FINAL DETAILS

25MANNA MIDDLE

Sunday 8th October 2023 at the arena Lida Friluftsgård, Botkyrka

Competition arena

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

African swine fever

Please take note of the following important information, [African swine fever guidelines](#), to minimise the risk of further spread of African swine fever in Sweden.

Getting to the Arena

See separate "Transport Final Details" (PM Trafik). Parking fee 30 SEK.
To be paid via Swish 123 180 78 82.

Start time

First start at 9:00, last start at 12:00. Children's (U-classes), induction (Inskolning) class and open classes have free start times between 9:00 and 12:00. There are two starts.

Runners in U-classes, induction class and open classes have a starting punch. The device should give a sound and light signal. Punching the start is the confirmation that you have started. **It is the runner's own responsibility to punch the start.** There are two starting points at start 2, follow your class's start tape and you will come to the right starting point. Pre-registered runners in U-classes, induction classes and open classes who do not need to change/rent an SI card or change course can go directly to the start from the arena.



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Start	Klasser	Directions to the start	
Start 1	W21E, M21E1, M21E2, W20E, M20E, W18E, M18E1, M18E2 W18, M18, W20, M20, W21, M21-1, M21-2, W35, M35, W40, M40	Follow orange/white tapes 2000 m from the arena.	Approximately 1000 m of the route is on a small and sometimes rocky path with an ascent of about 45 metres. Admire the view of Lake Getaren at the highest point. Otherwise flat and easily accessible.
Start 2	W10, M10, W12, M12, W14, M14, W16, M16 W45, M45-1, M45-2, W50, M50-1, M50-2, W55, M55, W60, M60, W65, M65, W70, M70, W75, M75, W80, M80, W85, M85 Induction, U1, U2, U3, U4 Very easy 2 km, Easy 2,5 km, Medium 3 km, Difficult 3 km, Easy 5 km, Difficult 5 km	Follow orange/blue tapes 1700 m from the arena.	

Number bibs

Classes HD16 and HD18-21E have number bibs. You pick up the number bib yourself at the start. Bring your own safety pins.

Elite class selection and seeding

If there are more than 90 entries in elite classes, the class is divided into Elite 1 and Elite 2. Selection for Elite 1 is then done with the help of Sweden's and the World ranking lists. Junior runners who do not have a Swedish ranking and are not included in the World ranking, but want to run Elite 1, need to send an email to asa.marsell@gmail.com no later than 3 October, stating relevant merits, then a decision is made on whether the runner can be offered a place in Elite 1 or not.

The starting field in the elite classes will be seeded so that runners who are highest in the ranking list start in the same starting group in each class.

Cancellations in Elite classes

In case you must cancel your entry, please notify us at asa.marsell@gmail.com as soon as possible and no matter how close to the competition it is. This is so that the the audience, media and announcer are aware. To be able to allow reserves into Elite 1, cancellations must be submitted no later than 07:00 on the morning of the competition day.

Reserves for elite classes

Reserve list for Elite 1 class in only made in the junior classes. The reserve list is published on Eventor.



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The final startlist is decided at the arena at the Red exit ("Röd utgång") at 08:00 on the morning of the competition day. A call will be made to runners that are offered a start time in Elite 1. Runners who are not on site at the time cannot claim a reserve place, regardless of the reason for the absence. Runners may, however, have a representative to answer the call.

MAP AND TERRAIN

Map

Contour interval 5 metres, digital printing. Drawn: 2020 - 2022 by Fredrik Ahnlén and Mats Käll according to ISOM 2017. Revised 2023. Age classes W/M16-W/M40, scale 1:10 000. Other classes including open classes, scale 1:7 500.

Course printing and control descriptions

The course and control description are printed in purple colour on the map. An emergency telephone number is also printed on the map. Control descriptions will be available both loose and printed on the map.

Terrain description

The area consists of forest with both detailed and non-detailed elevated sections consisting of runnable rocky terrain with good visibility. The visibility and accessibility is not as good between the elevated parts. The longer courses go through larger areas with reduced runnability. The hilliness is slight to moderate and there is a steep slope in the area. The area is generally devoid of paths, except for the area closest to the arena, where there are plenty of marked trails.

Non-standard map features

- ▲ Remnants of a charcoal kiln

Taped paths

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

Pits

There are a small number of water-filled pits in the competition area. Magnetic iron ore in the pits can cause compass errors in close proximity to the pits. Where the organiser has assessed that there is a risk of falling, the pits have been marked with continuous blue/yellow tapes in the terrain but not shown on the map.

Forbidden areas

There are some forbidden areas in the terrain which are marked on the map. Forbidden areas with a solid boundary line are marked with a continuous blue/yellow tape in the forest.

Most classes will be affected by an impassable fence, which is partially destroyed. For safety reasons, as the fence contains sharp metal parts, the fence is forbidden to pass and is marked on the map with a purple solid line and with blue/yellow tapes on the fence. There are plenty of gaps in the fence that are allowed to be used, these are marked on the map as passageways.

Controls

The controls are close to each other. Be sure to take the right control and to take the controls in the right order.

Map completion

Map completions are set up at the starts.

COMPETITION RULES AND INSTRUCTIONS

Competition rules

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



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Classes and course lengths

Course lengths and difficulty levels according to SOFT recommendations.

Age groups women		Age groups men		Open classes	
W21E	5,3 km	M21E1	6,2 km	Induction	2,0 km
		M21E2	5,5 km	U1	2,0 km
W20E	4,3 km	M20E	4,9 km	U2	2,0 km
W18E	4,0 km	M18E1	4,5 km	U3	2,0 km
W18E-2	3,9 km	M18E2	4,0 km	U4	3,1 km
W10	1,9 km	M10	1,9 km	Very easy 2km	2,0 km
W12	2,4 km	M12	2,4 km	Easy 2.5km	2,4 km
W14	3,1 km	M14	3,1 km	Easy 5km	4,8 km
W16	3,4 km	M16	3,5 km	Medium difficulty 3km	3,0 km
W18	3,2 km	M18	3,4 km	Difficult 3km	3,1 km
W20	3,6 km	M20	3,6 km	Difficult 5km	5,0 km
W21	4,0 km	M21-1	4,8 km		
		M21-2	4,8 km		
W35	3,8 km	M35	4,4 km		
W40	3,7 km	M40	4,2 km		
W45	3,2 km	M45-1	4,0 km		
		M45-2	4,1 km		
W50	3,5 km	M50.1	3,7 km		
		M50-2	3,7 km		
W55	3,3 km	M55	3,7 km		
W60	3,2 km	M60	3,4 km		
W65	3,2 km	M65	3,2 km		
W70	3,2 km	M70	3,2 km		
W75	2,4 km	M75	3,0 km		
W80	2,2 km	M80	2,6 km		
W85	2,2 km	M85	2,2 km		

Maximum time

The maximum time is 120 minutes for all classes.

Punching system

Sportident. All versions of the SI card are allowed. However, please note that the Air function will not be switched on in the devices. SI number must be stated in the registration. A rental SI is assigned to runners without a registered SI number. Lost SI cards will be charged 600 SEK. Rental SIs can be picked up at Participant Services ("Deltagarservice").

In case of a change of SI card, a form is available to fill and hand in at the Red Exit ("Röd utgång").

Wildlife sightings

Runners who observe wildlife must report this to the wildlife report ("Viltrapporten") located at the finish line.

Fees

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

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

Unreturned rental SI cards will be charged 600 SEK.

Payment

Swedish clubs will be invoiced afterwards. Participants in open classes who are not members of a SOFT-registered club pay when registering at the arena (cash, card or Swish). Foreign participants who enter on the day, pay during registration at the arena (cash or card). For pre-entered foreign participants, the registration fee is paid in advance according to the instructions below.

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 kronor (SEK) and that any transaction fees are paid by the person that is entering.

COMPETITION SERVICES

Warm up clothes

There will be regular transport of warm up clothes from both starts to the arena, next to the bike parking area.

Results service and Livelox

Preliminary results are presented continuously during the competition www.25manna.se/liveresultat/ and the complete list of results on Eventor after the competition. After the competition, maps with courses will be available on Livelox, where you can upload your own route.



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Mobile internet and public WiFi

Telia will reinforce its mobile network in the arena during the 25manna weekend. There will also be an attempt to set up a public WiFi in selected parts of the arena called "25manna-Public". However, its capacity and coverage is uncertain.

Speaker service

The competition will be commented on site by the 25manna speaker team with Ola Jodal, Mårten Frendelius and Niina Frölid. 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.

Award ceremony

All participants in the induction, U-classes and W/M10 receive a prize directly at the finish line. Prize ceremony for classes W/M10-16 (10 prizes/class) and W/M18-21E (3 prizes/class). The award ceremony takes place at the ceremony site as below:

HD10: at about 12:00

HD12-14: at about 12:40

HD16 and HD18-21E: at about 12:55

Prizes that are not collected in the youth classes will be taken to DalaDubbeln, where they can be collected at Tullinge SK's wind shelter.

Open classes with entry on day

Entry on day can be made on the day of the competition for Induction class, U-classes and Open classes at a registration tent at the arena. Registration is open from 8:30 to 11:30. Free start times between 9:00 - 12:00.

Pre-entry for all classes is possible until Wednesday 4 October.

OTHER SERVICES

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 (pathnorth of the run in - see arena map).

Toilets

Toilets are located in the arena and wind shelter areas (see arena map). A small number are also available in the showers and at start 2 Runners on their way to start 1 will pass start 2 about 300 meters before start 1.

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 now to take part of current offers.

Catering

The service is located in a large tent in the centre of the arena near the finish. We offer three different hot dishes, sausages, several different sandwiches, sweets, fruit, hot and cold drinks



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and much more! Several vegetarian and non-vegetarian options are available. As last year, you queue at the entrance when buying hot food and then you can supplement by buying everything else that is inside the tent. If you only want to buy coffee, sandwiches or 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.

Recovered and lost items

Lost and found items are handed in at the Participant Service ("Deltagarservice"). There, lost items can be returned against a description. After the competition has ended, requests for lost items can be made to info@25manna.se. In the first instance, items will be taken to future

competitions.

AccroPark Höghöjdsbana (Tree top rope course)

Take the opportunity to book an adventure 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! Lida Sports Church is beautifully situated on the slope towards the lake. The church is open during the 25manna weekend, where you can have a moment of reflection and contemplation in peace and quiet.

Competition jury

Helene Eklund, Gotlands Bro, 073-676 67 46

Åsa Gindemo, Ärla IF, 070-303 36 74

Anna Hansson, SOK Viljan, 070-644 34 67

Sören Maarup, Strängnäs Malmby OL, +45 31 51 42 87

Lennart Strandberg, Skogslöparna, 070-231 53 88

Information

Website: 25manna.se

Questions about accommodation: boende@25manna.se

Other questions: info@25manna.se



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Main officials

Competition management	Lennart Agén och Robert Lidström, Tullinge SK
Competition management	Conny Axelsson, IFK Tumba SOK
Course setter	Andreas Hultqvist, Tullinge SK
Course setter	Anders Käll, IFK Tumba SOK
Competition controller	Henrik Skoglund, Södertälje Nykvarn Orientering/SOFT
Course controller	Per Forsgren, Mälarhöjden IK

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

Welcome to 25manna Lida Botkyrka 2023 from the organising clubs.

TULLINGE SK AND IFK TUMBA SOK



25manna2023



25manna Lida Botkyrka



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