



Invitation to

25manna relay 2011

Saturday October 8th at Almnäs, Södertälje

Information:

Website: www.25manna.nu

Questions: info@25manna.nu

Event location:

Almnäs south-west of Södertälje approximately 45 km south of Stockholm city. Leave high-way E20 at traffic junction Nykvarn, exit 140. Head north, sign-posted 25manna and then east-wards for 3,5 km. Turn right and go south-wards for approximately 2 km to the event centre.

Terrain description:

The terrain elevation is small to modest. The terrain is mostly fast running mixed with areas holding plenty of detail features. All the longer legs reach into an area of wilderness character with quite a few marsh and exposed rocks but few paths. All other legs will go in pine/coniferous forest with a complex network of paths and some cultivated areas.

Map:

Scale 1:10000, revised 2011. Equidistance 5 m.

Start and calculated finish:

The mass start at 9.00 am and the winning team is expected to finish at 2.30 pm.

The mass re-start will be at 3.45 pm.

Preliminary course lengths (km) and team composition:

Leg	Runners	Leg length	Difficulty	Right to participate on each leg:
1	1	7.2	Blue	All
2	1	7.2	Blue	All
3	4	4.4	Red	Women
4	4	2.7	White	Neither W19-39 nor M15-54
5	4	6.8	Blue	All
6	4	4.6	Red	Not M17-39
7	4	5.4	Red	All
23	1	4.0	Orange	Neither W19-34 nor M15-49
24	1	8.6	Blue	All
25	1	6.3	Blue	Woman

The course length includes approximately 400 m of taped route to the starting point and from the last control point to the finish line. For teams participating in the re-start, leg 24 is then shortened to 6.4 km.

The team is allowed to use a maximum of 9 men M21-39 and must include at least 7 women. Out of those women, at least one must be -W14/W45- and one must be -W18/W35-. Additionally, the team must also have at least one MW16 or younger.

PM:

A PM with calculated leg times and exact distance around the competition centre will be published on the website at least 3 weeks before the competition.

Car parking:

At assigned place, a maximum of 1400 m from the event centre. When approaching the event centre you will get instructions on exact parking lot.

Bus parking:

Buses are divided into the following two categories:

- A. Buses which stay and parks at the event centre during the day. These buses shall have a sign in the front window with the text *Stannar/Staying*. The parking place for these buses is approximately 300 m from the competition centre.
- B. Buses which only drop of the passenger and leaves the event centre during the day. The drop of place for these buses is approximately 300 m from the competition centre.

Public transport:

Commuter train from Stockholm central to Södertälje central. Take local bus 780 from Södertälje central to Nykvarn (Sandtorp). Get off the bus at bus stop Almnäs fork (Almnäs vägskäl), walk approximately 1500 m along a taped route.

Entries and confirmation:

Entries are made on-line at website www.25manna.nu. Web entries can be made between the 1 of June and the **1 of September** at ordinary entry fee.

The registration will be confirmed by email and can also be checked in the entry register on the website. Instructions on how to hand over your team line-up will be included within the PM.

Note: Team envelopes will only be handed over at the competition centre, but requires the entry fee to be paid.

Sportident electronic punching:

The number on your own SI-cards must be given with the entry. Rental of SI-cards is offered on the website but can only be made for whole teams. Rental fees of SI-cards type 5 or type 6 can be found below.

Note: Since there is a limit number of SI-cards type 6 for rental, it is first come first served.

Late entry:

Registration of a late entry can made until the 1 of October on the website at an extended entry fee, see below.

Does your club have problem making a full team? Register then a team in combination with another club according to SOFT's rules and experience the atmosphere of the 25manna relay.

Accommodation:

We offer accommodation on hard surface and breakfast service at Rosenborg school and Colin LeClair high-school and Igelsta high-school in Södertälje. Booking can be made with the entry on the website, see Logi-PM. Information and questions on accommodation will be handled via logi@25manna.nu.

We also have an Agreement with Park hotel in Södertälje which give a heavily reduced price for participants in the 25-manna competition, see logi-PM lodging hotel. Booking can be done directly with the Hotel by phone. +46-8-55026504/05, where "25-manna" must be stated.

Entry fees:

Ordinary entry fee	3100 SEK/team	Parking fee 350 SEK included (car/bus)
Entry fee after 1 September 2011	4100 SEK/team	Parking fee 350 SEK included (car/bus)
Wind shelter fee	250 SEK/spot	Area 5x5 m
Rent of SI-cards	750 SEK/team 1200 SEK/team	Team package of SI-cards type 5. Team package of SI-cards type 6.
Accommodation on hard surface	80 SEK/night 110 SEK/night	For bookings made until 1 September. For bookings made after 1 September.
Breakfast	60 SEK/breakfast	The booking is made with the entry.

Payment of fees:

Payment	Payment of all type of fees shall be made at the latest 10 September 2011 Make also a note at the payment stating: Club, type of fee
From Sweden	Plusgiro: 55 51 22-1 (OK Södertörn)
All other countries	IBAN: SE52 9500 0099 6034 0555 1221 SWIFT/BIC: NDEASESS Payee: OK Södertörn

Colour coded courses:

ÖM1 (white), ÖM4 (yellow), ÖM5 (orange), ÖM7 (blue) and ÖM8 (black) will be available at the competition centre. Course length and difficulties are according to SOFT's standard. Entry fees up to MW16, 60 SEK, all others 100 SEK.

Advance entry is available via Eventor until Sunday the 2nd of October.

Entries on the day can be made between 8.30 am - 0.30 pm with free start between 9.00 am – 1.00 pm.

Children's mini course:

Situated max 200 m from the competition centre with start between 9.30 am -2.00 pm. Entry fee 30 SEK. The entry fee includes a medal and something to drink, which is received after the finish line.

Showers:

Warm showers outdoors, max 200 m from the competition centre.

Services:

Well-stocked catering with food and grill. Extensive OL-sport shop. Medical services staffed with doctors and nurses.

Event co-ordinator: Claes Andersson, Roger Larsson

Course planner: Ulf Eskilsson, Per Franzén, Anders Jacobsson

Event adviser: Ola Kåberg

Course Control: Göran Nilsson, Rune Rådeström

Stay over-night and participate in the largest one-day individual competition in Sweden at the same arena

Welcome to a 25manna weekend 2011!

