

OK Ravinen and Haninge SOK

Invite you to

25manna-Middle with Elitserien Final

Sunday the 11th October 2009, Elite Competition with the following classes

H21E	H85	H50	H17-20	D85	D50	D17-20	U1	INSK
H20E	H80	H45	H16	D80	D45	D16	U2	Ö1
H18E	H75	H40	H14	D75	D40	D14	U3	Ö2
	H70	H35	H12	D70	D35	D12	U4	Ö4
D21E	H65	H21	H10	D65	D21	D10		Ö5
D20E	H60	H20		D60	D20			Ö7
D18E	H55	H18		D55	D18			Ö8

Course lengths and technical difficulty in accordance with SOFT:s recommendations.

Information info@25manna.nu. PM, start lists and results will be published on www.25manna.nu

Competition Arena Åby Fields in Västerhaninge, about 25 km south of central Stockholm

Directions: OL Signs from Main Road nr. 73 and Regional Road nr. 259.

Public Transport: Commuter Train ('Pendeltåg') to Västerhaninge station. From here it is c. 2,5 km walk.

Registration Latest by Wednesday 30th September, kl. 23.59. Via Klubben Online or in exceptional circumstances via E-mall 25manna-korten@25manna.nu. The organisers may cancel or combine classes if too few people register for certain courses, according to SOFT's rules. HD20E and HD18E are limited to 60 starters per class. Non qualifying competitors will be placed on HD20/HD18 as appropriate.

Elitserien Registration to the Elitserien is done separately. Non-qualifying runners will be moved to the ordinary elite class.

Late Entry Latest by 8pm Tuesday 6th October, via Klubben Online or in exceptional circumstances via E-mall 25manna-korten@25manna.nu.

Entry on the Day: Register at the Competition Arena from 08:30 – 11:00. Starts 09:00 – 12:00. Fees: up to HD16 = 50 SEK, adult 90 SEK. SportIdent cards are available for hire.

Fees Juniors up to 16 years old: 50SEK, adults 90SEK, elite 130SEK. Late entry incurs plus 50% increase. Hired SI-cards are 25SEK. Non-returned hired SI-cards will be debited 300SEK. Swedish clubs will be invoiced after the event. Foreign clubs pay all fees when registering via BIC/SWIFT: NDEASESS, IBAN: SE85 9500 0099 6042 0879 1428 Nordea Bank AB
Entry on the day/direct courses can be paid for in cash upon registering or invoiced if the runner is a member of a SOFT-registered club.

Parking Parking in Jordbro industrial area. Walking distance: Parking – Competition arena is 500-2000m.

Competition type Middle distance, maximum time - 2 hours.

Start First start 09.00. Max 1500 metres away. Junior classes, Beginners and Open classes can start when they wish between 09.00- 12.00.

Start method Individual start every minute.

Punching system SportIdent. Enter your SI-card number when registering. SI-cards are also available for hire. If you give no SI-Card number you will be given a hire SI-card.

Map: Scale 1:10.000, updated 2009. Contour interval: 4 m. Digitally printed on a colour printer.

Terrain type: All courses go into forest with many large and small paths. There are a few forest vehicle/extraction lanes and power lines. There are also very small amounts of cultivated land.

Hilliness: Moderately hilly. Some of the edges of the upper parts of the hills and very detailed. There are only a few very steep areas but these are relatively detail poor.

Runnability: Good. The vegetation consists mostly of pine/coniferous forest of varying ages.

Prizes Prizes to the leaders in the Junior and Elite classes. No prizes for the other adult classes.

Services A well stocked food tents will be available.

Competition Leader: Ola Kåberg , 070-323 66 95

Planner: Anders Bøgevig, 070-423 10 51

Controller: Bengt Johansson



Welcome!

