



25-manna middle distance

Sunday October 10th 2004

In an excellent orienteering terrain,
 both for elite and beginners.

Information:

www.tsk.a.se

25mannakorten@tsk.a.se or

Event director: Rikard Imark +46 (0)8 778 23 19.

Press: Pia-Lena Karlsson-Putkonen +46 (0)8 778 38 19.

Accommodation: www.25manna.nu

Classes:

Elite and other main classes (D=Women, H=Men), open classes (Ö). Follow up classes (U), Learning class (Inskolning). In both the U and Inskolning classes a skilled follower is allowed. Lengths and difficulties according to recommendations of the Swedish orienteering federation (SOFT – www.orientering.se). Classes may be merged together depending on the number of entries, in accordance with recommendations of the SOFT. Length of courses:

Class	Length km	Class	Length km	Class	Length km
D21 E	3,9	D18	3,3	H20	4,3
H21 E	5,0	D16	3,0	H18	3,9
D20 E	3,5	D14	3,0	H16	3,5
H20 E	4,5	D12	2,6	H14	3,0
D18 E	3,3	D10	2,0	H12	2,6
H18 E	4,0	H85	2,4	H10	2,0
D75	2,2	H80	2,4	Inskolning	2,0
D70	2,2	H75	2,4	U1	2,0
D65	2,2	H70	2,6	U2	2,0
D60	2,2	H65	2,6	U3	2,6
D55	2,2	H60	3,2	U4	3,0
D50	3,2	H55	3,4	Ö1	2,0
D45	3,2	H50	3,4	Ö2	2,6
D40	3,4	H45	3,9	Ö4	3,0
D35	3,4	H40	3,9	Ö5	4,3
D21	3,9	H35	4,3	Ö7	3,2
D20	3,3	H21	5,0	Ö8	5,0

**Competition Centre
 Where to go:**

The same as used by 25-manna 2004. Rudan, Haninge approx. 25 km south of Stockholm C. Commuter trains to Haninge Centrum and then a 500 m walk. For those of you coming by car or bus there will be signs and guiding from the route 73, between Stockholm and Nynäshamn and from the route 259 between Huddinge and Haninge.

Parking:

Only in assigned places. Follow on site instructions from parking guides. Distance from P to the competition centre will be between 500 and 2000 m.

- Start:** From 10 am. Competition centre – start; 800 m. Late entries may start before 10 am.
- Map:** Rudan, revised 2004. Scale 1:10.000, contour interval 4 m.
- Terrain:** Topography with a lot of small details. Slightly hilly and in some parts a lot of small steepes. In some parts also an extensive path network. Mostly easy passable vegetation and ground.
- Entry:** For Swedish clubs through the “Klubben Online” on the web. Non Swedish clubs makes their entry by sending an email to 25mannakorten@tsk.a.se. Specify country, club, class, names, and SI-card numbers in the email. **September 27th at the latest**. Late entries will be charged 50 % extra. Final late entry on Wednesday October the 6th at 21.00 pm, or by phone; +46 (0)8 778 08 78, between 19 – 21 hours pm. If the SI-card numbers are not enclosed with the entry the competitors will be assigned and charged for rental SI-cards.
- Open classes:** Entry at the competition centre between 09.00 – 11.30 am. Start between 10.00 – 12.00 am.
- Entry fees:** According to recommendations of the Swedish orienteering federation (SOFT). Elite SEK 120, adults SEK 80, youths up till the age of 16, SEK 35. Swedish clubs will be invoiced. Non Swedish clubs will need to pay cash at the competition centre on the competition day. Open classes competitors may pay cash on the competition day. Runners from clubs not registered as Swedish orienteering clubs has to pay cash at the competition day.
- Punching system:** SportIdent. Rental cards SEK 20. Non returned cards at the competition day will be charged SEK 250.
- Competition info, start lists and results:** www.tsk.a.se
- Service:** Food and refreshments, warm water showers, kinder garten, mini orienteering with prizes for small kids (called miniknat at the competition centre), first aid and sales of sports equipment by Jober sport.
- Main organisers:**
Event director: Rikard Imark
Event organising controller: Bengt Johansson, IFK Tumba OK
Courses: Kennet Olander
Course controller: Kerstin Ohlsson, Haninge SOK

Welcome to a middle distance orienteering in a wonderful terrain!