

Individual medium and medium short Swimrun contest, PM:

Time: Start time 10:00 am 19 Juni 2016. Waterproof map in A4 that is easy to fold is obtained in advance on the site. Review of track and rules takes place 9:45. Registration during 09:00 - 09:40 am.

Start and finish: Brotorp (Skogsluffarnas club house between Bagarmossen and Skarpnäck against Älta, see map at right). You can run or bike to Brotorp, take the Stockholm Subway to Skarpnäck and walk 10-15 minutes or go by car. We have some 10 parking places at the clubhouse. Entrance from Skarpnäck (via the garden center) where there are many more parking spaces. Changing rooms, showers and sauna are available at Brotorp.

Track: The controls are taken in specific order and you should follow the line of the track on the map, but there is nothing really must. The run takes place mostly on running tracks that are easy to follow and we have direction arrows in all track changes from 2016 as well as 200m signs to swim. You swim in the two lakes "Ältasjön" and "Flaten". From 2016 you can chose to run one lap or two laps. One lap is as follows (in meter):

1800 Run

358 Swim

8 Run (on a very small island...)

184 Swim

2763 Run

156 Swim

2016 Run

448 Swim

1812 Run

361 Swim

8 Run

184 Swim

910 Run

1 lap is 11,2 km, of which running 9,5 km and swim 1,7 km

2 laps makes 21,9 km, of which running 18,5 km and swim 3,5 km

Competition categories: From 2016 you can use swim-tools or not. You compete with others that made the same choice.

Materials: We use SPORTident (SI) system to register you to take all the checks and to provide access control and time. That way you get split times for all running as well as swimming. We have materials to fasten them around your armwrist for the aquatic sake.

Wetsuit is preferred if not too hot. In the no-tool category, no swim aids are allowed during the swimming event that increase the speed. In the category "swim tools allowed" you can use paddles, Dolme, flippers, extra floating material etc. Goggles are of course ok, and if you want someone to have a lifejacket as collateral, then yes go ahead. Everyone should have a swimming cap so you can be seen at the swim, bring your own! We have dozens for lending.

You must bring with you all the material yourself during the whole competition from start to finish, no dealing or outsourced package. Thus, you can swim with (orienteering) shoes on and run with wetsuit on, or take on and off and transport, or just pull down the upper part when you run, you can choose yourself. Please bring any liquid belt / backpack / waist pack and additional energy for the tour that goes to swim with.

Liquid-Depots: Yes, one at the southwestern part of Älta lake that passes twice. There you can have refreshment like water, gel pouch + banana half and chips. Then there's water to drink at the toilets at Flatenbadet, and of course you can use the toilets!

Security: You participate at your own risk and can cancel whenever you want, but have to come back (or dial) to Brotorp or the race director due to security. As security, we will have at least one kayak at Älta Lake.

We can take care of the small amount necessary valuables at the start that instance. keys and phone, but leave most of it at home.

Cost: 300 SEK for both one lap and two laps. Registration and payment is done via this website. Includes loans of sportident for timing and possible. swimming cap if needed. At the finish, you get water / juice, coffee, sandwiches and hot dogs + small snack buffet so you can handle yourself home. Subsidized to 100 SEK for club members. The surplus goes to Skogsluffarnas youth activities that we care about.

Miscellaneous: Results are posted on this website on the day of completion of the competition. You will receive a receipt printing directly at the finish with split times.

Course setter: Magnus Falkenström and Jan Stridh, Skogsluffarnas OK.

Race Director: Jan Stridh, Skogsluffarnas OK

Email us with comments and suggestions for improvement.

Registration: Will be opened 2016-01-01. Registration closes one week prior the

competition. After that, e-mailing interest for direct notification to info@50turen.se that becomes elevated charge (400). Cards or cash at the direct payments.