

Enter directly via Internet with online payment

Category	Start time	Length	Entry fee:	
			Before 30/06	Before 25/08
M30 Men (minimum 17 years)	12.30	30 km	SEK 495 (55€)	SEK 595 (66€)
K30 Women (minimum 17 years)	12.30	30 km	SEK 495 (55€)	SEK 595 (66€)
MK15 Motion Men/Women	11.00	15 km	SEK 330 (37€)	SEK 410 (46€)
P17 Boys born 1992 and later	09.30	10 km	SEK 200 (22€)	SEK 270 (30€)
P19 Boys born 1990 and later	09.30	10 km	SEK 200 (22€)	SEK 270 (30€)
M22 Men born 1987 and later	10.30	15 km	SEK 330 (37€)	SEK 410 (46€)
M50 Men born 1959 and earlier	10.40	15 km	SEK 330 (37€)	SEK 410 (46€)
M60 Men born 1949 and earlier	10.10	10 km	SEK 250 (28€)	SEK 340 (38€)
M70 Men born 1939 and earlier	10.10	10 km	SEK 250 (28€)	SEK 340 (38€)
F17 Girls born 1992 and later	09.35	4 km	SEK 200 (22€)	SEK 270 (30€)
F19 Girls born 1990 and later	09.35	4 km	SEK 200 (22€)	SEK 270 (30€)
K22 Women born 1987 and later	09.50	10 km	SEK 250 (28€)	SEK 340 (38€)
K50 Women born 1959 and earlier	09.50	10 km	SEK 250 (28€)	SEK 340 (38€)
K60 Women born 1949 and earlier	09.50	10 km	SEK 250 (28€)	SEK 340 (38€)
K70 Women born 1939 and earlier	09.50	10 km	SEK 250 (28€)	SEK 340 (38€)

Category	Start time	Distance
P15 Boys born 1994	09:10	6 km
P14 Boys born 1995	09:30	6 km
P13 Boys born 1996	10:10	3 km
P12 Boys born 1997	10:30	3 km
P11 Boys born 1998	11:00	1,7 km
P10 Boys born 1999	11:20	1,7 km
P9 Boys born 2000	11:40	1,7 km
P8 Boys born 2001	12:00	1,7 km
P7 Boys born 2002	12:20	1,7 km

Category	Start time	Distance
F15 Girls born 1994	09:50	3 km
F14 Girls born 1995	10:00	3 km
F13 Girls born 1996	10:20	3 km
F12 Girls born 1997	10:40	3 km
F11 Girls born 1998	11:10	1,7 km
F10 Girls born 1999	11:30	1,7 km
F9 Girls born 2000	11:50	1,7 km
F8 Girls born 2001	12:10	1,7 km
F7 Girls born 2002	12:30	1,7 km

Entry fee before 30/06 SEK 115 (€13)
Entry fee before 25/08 SEK 140 (€15,50)

Category	Start time	Distance
LT10		
Women all ages	13.30	10 km
Entry fee before 30/06	SEK 260 (29€)	
Entry fee before 25/08	SEK 360 (40€)	

Category	Start time	Distance
Knatteloppet		
Children born 03 or later.	12.40	1,7 km
Lilla Lidingöjoggen		
Youth born 93-97.	13.10	3 km
Entry fee before 30/06	SEK 110 (€12)	
Entry fee before 25/08	SEK 130 (€14,50)	

Lidingö relay
For elite teams, corporate teams and groups of friends.
Four legs 4+4+2+2 km.
Categories:
1. Men's class • 2. Ladies class • 3. Mixed class
(mixed: at least one woman or one man in the team.)

Address: LIDINGÖLOPPET • BOX 10057
SE-181 10 LIDINGÖ SWEDEN
Tel No: +46 8 765 2615 • Fax No: +46 8 765 88 37
E-mail: info@lidingoloppet.se

Bank: Swift address: Swedess, Föreningsparbanken • acc. no: SE648000083279-994722444-1.
Postgiro: Pay via Eurogiro or SWIFT to our account number 4259504-1 with Postgirot Bank AB
(publ) S-105 06 Stockholm, Sweden. SWIFT address: PGSI SESS

LIDINGÖLOPPET

25-27 September 2009

Welcome to the island of cross-country running!

Lidingöloppet is without a doubt a challenge for most people irrespective of which distance you choose to run. Whether you want to improve your time from last year, run faster than your neighbor, take your first steps in jogging or even try the Lilla Lidingöloppet for the first time, our 44 years' experience tells us that this could be your biggest challenge yet.

Welcome to Lidingöloppet 2009, autumn's great challenge. The main categories are 30 km for men and 10 km for women, but there are categories for all ages and many different distances. You can find more information at www.lidingoloppet.se

Saturday 26 september

Lidingöloppet - the world's largest cross-country race, with classes for everyone from juniors to veterans and distances from 4 to 30 km.

Friday 25 september

Lidingö Stavgång - come and try out Nordic walking! Here you get to walk the beautiful 10 km course or even the fantastic 4 km course.

Lidingöstafetten - is an easy to run cross-country relay race for corporate teams and groups of friends.

Sunday 27 september

Lidingö Tjejlopp - a 10 km women's race. This is the official competition race for women.

Lilla Lidingöloppet - for children aged 7-15 years.

Lilla Lidingöjoggen - for youth aged 12-16 years.
Knatteloppet - for children aged 4-6 years.
No times are recorded

All races during one weekend!

SPONSORS:



www.lidingoloppet.se

Enter for the world's largest cross-country race now!

Entry

You can enter directly via www.lidingoloppet.se. Choose which race you want to run, fill in all the details. Payment is done via a safe connection to our bank.

- Credit card (Visa/ Master card)
- Bank transfer
- Cheque or payment order

It is important that you make an Internet entry application beforehand. Here you will be given a control code which you must enter together with your name and telephone number with your payment.

If you do not have access to the Internet, send an international cheque or payment order made out with the

correct amount (see the table) to Lidingöloppet: Swift address:

Swedess, account no.
SE648000083279-994722444-1

At the same time send a fax, letter or e-mail message to Lidingöloppet stating clearly:

- category and race
- first name, surname, date of birth
- address, email
- telephone number
- any race merits /previous Lidingölopp

Please enclose a copy of your receipt of payment. Remember that you will not be accepted until the fee has been paid. Note that the entry fee is reduced up until 30 June and the final entry date is 25 August.

After this you can only enter on the day of the competition. By sending in your entry to us you accept and acknowledge

that your name will be published in start and result lists and on the Internet, and that you will abide by the rules of the competition. If you do not want your name displayed please contact us.

Travel to Stockholm

Lidingö is situated 10km from the center of Stockholm with easy transport via underground and free busses to Lidingöloppet. Make the most of your stay while you are here, we have conveniently placed Lidingöloppet on Saturday so you can see the attractions around Stockholm on Sunday but don't forget that Lidingöloppet has something for the whole family.

Running and Tourism Stockholm has much to offer in connection with your visit to the capital of Sweden.

For more information on accommodation visit our web page www.lidingoloppet.se

Entry for elite athletes

Elite entries are to be marked "Elite Entry", and submitted to Lidingöloppet by 1 September 2009.

Elite athletes do not have to pay an entry fee, but to qualify as elite you must finish in the top 40 for both the M30 and the Lidingö Tjejlopp 10km, as well as the top 5 for the K30.

Subject to availability of rooms, Lidingöloppet offers accommodation and breakfast for 2 nights for the top elite athletes. For more information about travel and accommodation, contact Martin Psilander at elit@lidingoloppet.se

Prizes

Men 30 km

1. 30,000 SEK
2. 20,000 SEK
3. 12,000 SEK
4. 8,000 SEK
5. 5,000 SEK
6. 3,000 SEK

Best Nordic citizen 5,000 SEK

Two sprint prizes of 3,000 SEK (Must finish in the top 20)

Team competition

Men's 30km Team competition: Best times of 5 runners from the same club. Floating trophy: a statue by Carl Milles. After winning the trophy 5 times, you keep it. Instituted 2001.

Women 10 km, Lidingö Tjejlopp

1. 20,000 SEK
2. 15,000 SEK
3. 10,000 SEK
4. 8,000 SEK
5. 5,000 SEK
6. 3,000 SEK

One sprint prize of 2,000 SEK (Must finish in the top 20)

Women 30 km

1. 5,000 SEK as well as Lidingöloppets honour prize.
2. 3,000 SEK
3. 1,000 SEK

Team competition

Women's 10km Team competition: Best times of 3 runners from the same club. Floating trophy: a statue by Carl Milles. After winning the trophy 5 times, you keep it. Instituted 2004.

