



## Invitation

# Sørlandsgaloppen 2025

The 60th in the series!

We have the pleasure of inviting O-friends to four great days of O-races in the immediate vicinity of Blindleia. We want these to be days of vacation, meeting up with old and new friends, beach life, exploring events in Southern Norway and not least some challenging competitions!

Birkenes IL, IL Høvdingen, IL Vindbjart, Kristiansand OK, Oddersjaa SSK, OK Sør og Søgne & Sogndalen OK, welcome everyone to Sørlandsgaloppen 2025, that takes place in the areas of Kristiansand and Høvåg!

3. juli



We congratulate Oddersjaa SSK on its 150th anniversary and anniversary race!

**Arena** is in the beautiful Gravane park at the entrance to Odderøya, in the middle of Kristiansand city center.

**Parking:** public parking throughout the city center, public transport into the city center is recommended

4-6.juli



**The arena** is at Høvåg primary school, from E-18 west, exit no. 91 in Rona and from E-18 east, exit 88 Brønningsmyr (Lillesand). From both sides to Indre Årsnes.

**Parking:** at/near the arena, 200-1000m to walk, there may be different distances on different days.

**O-camp:** Skottevik holiday centre, but reference is also made to all nearby campsites and other accommodations.

Ordinary classes

D9-10, D11-12, D13-14, D15-16, D17-20, D21-, D35-, D40-, D45-, D50-, D55-, D60-, D65-, D70-, D75-, D80-, D85-,

H9-10, H11-12, H13-14, H15-16, H17-20, H21-, H35-, H40-, H45-, H50-, H55-, H60-, H65-, H70-, H75-, H80-, H85-



## Open classes

N1-åpen, N2-åpen 10-16, N2-åpen 17-, C-åpen 10-16, C-åpen 17-, B-åpen 10-16, B-åpen 17-, AK-åpen, AL-åpen, AM-åpen

Course length: See [www.soerlandsgaloppen.no](http://www.soerlandsgaloppen.no)

Ordinary classes (from 11 year) have starting time. Open classes and D/H9-10 has a free starting time.

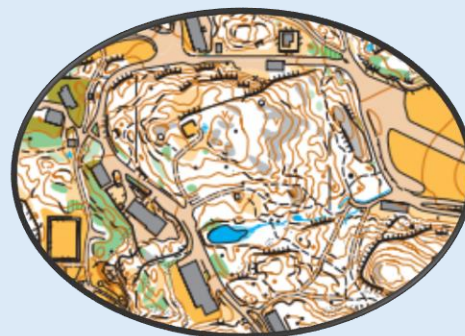
## 3.July - SPRINT

The sprint will take place on Odderøya and Kristiansand city center. Here there will be running both in the forest and in the city!

Hand in hand with the daily holiday atmosphere that is in Kristiansand that day. There is some forest terrain and some urban terrain.

Map: Odderøya, sprint map 1: 4000, released june 2025  
Vision and redrawing: Sundsdal kart og friluftsliv

Free start from kl. 17.00 for open classes, ordinary start from kl. 18.00. Distance to start ca. 100m

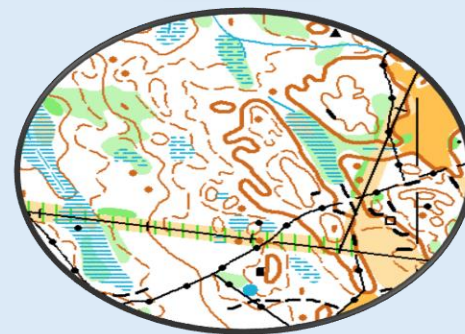


## 4.July - Middle distance

Arena: Høvåg skole

Kart: Åmland, revidert 2025 av Vidar G. Ydse      Scale: 1:7500

Free start from kl. 14:00 for open classes, ordinary start from kl. 15.00. Distance to start ca. 500 meter

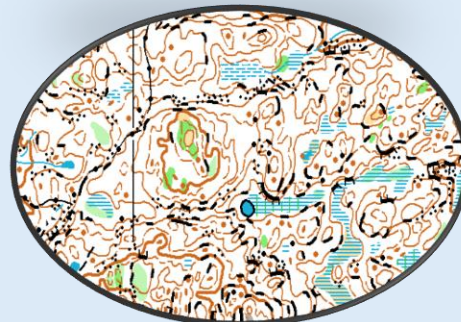


## 5.July - Long distance

Arena: Høvåg school

Kart: Eidjord/Hæstad», revidert 2025 av Vidar G. Ydse  
Scale: 1:7500

Free start from kl. 10:00 for open classes, ordinary start from kl. 11.00. Distance to start ca. 1000 meter





6.July - Middle distance

Arena: Høvåg skole

Kart: Hæstad, revidert 2025 av Vidar G. Ydse.

Scale: 1:7500

Free start from kl. 10:00 for open classes, ordinary start from kl. 11.00. Distance to start: ca. 500 meter



### Registration

Registration is done in Eventor, see Eventor for further information. Registration deadline: 20. th of June.

Late entry until 30. June, after that it is only possible to register in open classes.

The club gets a 5% discount on the registration fee if the club signs up over 100 runners.

### Entry fee

Entry fee	Ordinary classes	Open classes
t.o.m. 12 year	120,- pr race	120,- pr race
13-16 year	120,- pr race	120,- pr race
17+ year	230,- pr race	180,- pr race

### Payment

Norwegian clubs are invoiced afterwards.

Foreign clubs pay the starting fee when registering through the payment service Stripe.

### Timing and Punch Control

Timing is done with EMIT runner tags. Runners who have not provided their own tag when registering, will be assigned a rental tag by the organizer. Cost of rental tag: Fee NOK 50,- per race. Non-returned rental tags will be invoiced with NOK 700,-.



### Prizes

Classes	Daly prizes	Overall
N1-open	To everyone right after the finish	None
N2-open 10-16		
D/H9-10		
C-open 10-16		
B-open 10-16		
D/H11-12	To everyone right after the finish Extra prize for 3 best runners on days 1-4	None
D/H13-14	To the 3 best runners day 1-4	1/3
D/H15-16		
D/H17-20	To vinner day 1-4	1/8
D/H21-		
Other A-classes	None	1/8
Other open classes	None	None

### Overall prizes

The overall prize is based on 3 out of 4 races. The best races count.

### Sales

Food and kiosk goods will be sold at the arena every day.

There will be sales of sports products from partners every day.

### Medical

There are medical facilities at both arena Gravane park and arena Høvåg school.

### Children's parking and «Småtroll»

Children's parking is available right next to the arena. The offer is free, but it is assumed that the service is only used when the parents are running and other childcare is not available.

PS. There is NO children's park on the sprint, Thursday.

Småtroll trail is offered every day. It costs NOK 30 to participate. Prizes for everyone.



#### Events Committee

Svein Roar Jonsmyr, Birkenes IL, leder  
Erik Hodne, Oddersjaa SSK  
Fred Arne Sivertsen, Kristiansand OK  
Frank Solås, Søgne og Sogndalen OK  
Nils Gjelsten, IL Høvdingen  
Kjell Arne Håland, OK Sør  
Torunn Stølen, IL Vindbjart

#### Course planners

Jon Bjørgum, Kristiansand OK  
Eirik Martens Svendsen, Kristiansand OK  
Holger Hott, Kristiansand OK  
Svein Wigemyr, Oddersjaa SSK

#### Technical Delegate

AOK oppnevner TD

#### Website/SoMe

[Soerlandsgaloppen.no](http://Soerlandsgaloppen.no)

[Facebook](#)

#### Organizing clubs

