

**10**  
**MILA**

**Nynäshamn  
2024**

**Registration  
is open in  
Eventor.**

[www.eventor.se](http://www.eventor.se)

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**Nynäshamn**

4-5 may 2024

Bulletin – #3 /2024



# Welcome to Nynäshamn och Kvarnängens IP!

Together with Nynäshamn municipality, we are pleased to welcome competitors, spectators, other visitors and partners to Tiomila 2024 in Nynäshamn, 4–5 May.

We have taken the experiences from 2018 with us and we will make every effort to ensure that the event is just as exciting and that we can award the best teams in each class.

The competitions start in the early afternoon with the Tiomila Youth relay, but already on Friday there is the possibility to run the Open classes.

Our goal is good courses in challenging terrain, good food at the arena and accommodation at or near the arena. Major changes have been made to the competition set-up for 2024, in order to achieve a more equal set-up.

In addition, the goal has been to get a tighter competition, this we hope to achieve through both the chasing start in the men's and women's class and through the wave start where we give the teams that are further back in the field the opportunity to get more of a relay feeling further into the competition.

Once again, welcome to Nynäshamn and Kvarnängens IP on 4-5 May 2024 wishes the clubs of Tiomilaföreningen and Nynäshamns OK.

*Christer Nordström, Competition Director*

## Espeen Suunta prepares for Tiomila 2024 in Nynäshamn



Finnish club Espoon Suunta from Espoo, near Helsinki, won the 2018 Tiomila Youth Relay, and that victory made them hungry for more.

– We will return to Tiomila in 2024," says Liisa Raasakka, the club's spokesperson. The planning and preparations for 2024 have been going on for a long time. The winter training programme in preparation for the spring season is planned to include cross-country skiing, strength training and various indoor activities. Maintaining and preserving team spirit and club feeling for the members at home and also the club's international runners living outside Finland is an important part of the plan. A joint training trip to Tenerife is also included in the preparations. All with a focus on succeeding at Tiomila, among other things.

*Espeen Suunta's thoughts on 10mila news on page 6* ➤

## Danish Søllerød OK towards Tiomila in Nynäshamn

Søllerød has participated with great enthusiasm in almost every Tiomila in the last ten years. However, Skellefteå was a bit too far away. Now we are preparing and looking forward to coming back to Nynäshamn. We also look forward to testing the new concept. Søllerød OK is Zealand's largest orienteering club, and we started running Tiomila to give our many youth and young senior runners an experience early in the spring. It is also a common goal, during the dark training months to train for. Now some senior runners are also involved, and the new concept with several short legs makes it attractive for a larger part of the club. Usually we have one or two teams per class.

Last time we were in Nynäshamn, Søllerød OK came 103rd in the Tiomila relay. We would like to improve that this year. For our youth teams, the big goal is to experience the relay. Being there throughout the weekend and feeling the atmosphere provides memories and friends for life. Unfortunately, we do not have competitions of this size in Denmark.



Photo: Peter Holgersson

The first weekend in May is still some way off and the more detailed objectives per team are still pending. We are also planning a training weekend in Sweden in the early spring.

We are very much looking forward to coming back to Nynäshamn. Last time it was a fantastic event and difficult courses.

**SØLLERØD ORIENTERINGSKLUB**

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Våra pannlampor genomsyras av våra värdeord som är **Kvalité, Användarvänlighet** och **Prestanda**. Vi lägger stort fokus på att lampan inte bara ska lysa starkt när den tänds eller kort stund efter, utan vi utvecklar lampor som håller hög ljusprestanda konstant, detta är möjligt tack vare vårt fina ljuslaboratorium som kan ses på bilden nedan.



**5 ÅRS GARANTI**



# Invitation to TIOMILA: 4 – 5 May 2024 in Nynäshamn

## Assembly/Arena

Kvarnängens Idrottsplats, Nynäshamn, 60 km south of Stockholm. Directions from road 73 just north of Nynäshamn. Distance from parking to arena about 1,500 metres. Bus drop-off/loading about 700 metres from the arena.

It is easy to take public transport to the arena. You can take the commuter train (lines 42 & 43) to Nynäs-gård, from there it is about 1500 metres to the arena.

See train times at [www.sl.se](http://www.sl.se)

## Start times and course lengths

See more information elsewhere in Bulletin 3.

## Participation in several relays

Girls who have run the Youth relay are allowed to participate in the Women's relay and Men's relay.

Boys who have run the Youth relay are allowed to participate in the Men's relay.

Women who have run the Women's relay are allowed to participate in the Men's relay.

It is NOT permitted for women to run the Men's relay first and then the Women's relay.

It is NOT allowed to participate in the same relay several times.

## Combined teams and runner's bank

Combination teams are allowed according to SOFT's competition rules. Runner's bank will be available on [www.tiomila.se](http://www.tiomila.se) where runners and teams/clubs register their interest.

## Map and terrain description

Offset printed map at a scale of 1:10 000, except for the Youth relay which is at a scale of 1:7 500. Contour interval of 5 metres. The map was revised in 2023 by mapper Roger Åsberg.

### Payment from within Sweden

**Bank:** Swedbank

**Payee:** Tullinge SK

**Address of the payee:** Båtstigen 13, 146 40 Tullinge, Sweden

**Bankgiro:** 5893-5792

*Indicate the invoice number when paying.*

### Foreign payments

**Bank:** Swedbank

**Payee:** Tullinge SK

**Currency:** SEK

**IBAN:** SE69 8000 0832 7998 3054 0044

**BIC/SWIFT:** SWEDSESS

*Indicate the invoice number when paying.*

The terrain description can be found elsewhere in Bulletin #3 under the heading "What to expect in the forest".

## Punching system

SportIdent is used in all three relays. All versions of the SI card can be used. However, touch free/air will not be activated.

The same SI card may NOT be used in several relays.

## Sunrise & sunset in Nynäshamn

The sun sets on Saturday 4 May, at 20:48.

The sun rises on Sunday 5 May at 04:40.

## Arena

Tiomila is best experienced on site, at Kvarnängens IP. We offer a spectator-friendly hard surface arena with good opportunities to follow both incoming and outgoing runners. And of course big screens where the entire race can be followed from the front row. Catering, shower etc. indoors! Also sports sales by Pölder Sport.

## Entries

Entry is now open in [Eventor](https://eventor.com).

Regular entries must be completed by Sunday 3rd March. Late entries, with two different cut-off dates, ends on Monday 1st April and Sunday 21st April.

Entries/bookings are registered only after the respective fees have been received by the organiser.

## Lodging and accommodation

We offer a variety of accommodation options, both in and around the arena. For registration and costs, see more info elsewhere in Bulletin 3.

### Main officials

**Competition director:** Christer Nordström, OK Älvsjö- Örby.

**Arena:** Mats Zackrisson, OK Älvsjö- Örby.

**Course setting:** Fredrik Hedin, Ulf Persson, Anders Björklund, Jan Frödin, Nils Forsberg-Rundström & Stefan Henriksson, IFK Enskede.

**Press/Marketing:** Lennart Agén, Tullinge SK.

**Administration/IT:** Samuel Henriksson, Skarpnäcks OL.

**Finances:** Ingemar Larsson, Tullinge SK.

**Competition support:** Stefan Nordström, Tiomila Association.  
**Course support:** Anders Hallmén & Per Ove Melinder, Tiomila Association.

**Competition controller:** Anette Önerud, OK Ravinen.

**Course controllers:** Lars Forsberg, OK Ravinen & Andreas Hjertson, OK Linné.

### Upplysningar

Mejla dina frågor till: [info2024@10mila.se](mailto:info2024@10mila.se)



## Registration fees and other fees

<b>Registration fees 2024</b> All fees are stated in Swedish kronor (SEK)	<b>Regular</b> (by 3 March)	<b>Late registration 1</b> (by 1 April)	<b>Late registration 2</b> (by 21 April)
Youth relay	690	1,035	1,380
Women's relay	3,540	5,310	7,080
Men's relay	5,900	8,850	11,800
<b>Övriga avgifter</b>			
Hire SI card	50/per card	50/per card	50/per card
Space for wind shelters	600	900	900
Sleeping tent 6x3 m with floor and heating, 1 night	7,200	7,800	8,400
Sleeping tent 6x3 m with floor and heating, 2 nights	7,800	8,400	9,000
Accommodation in sports hall next to the stadium, 6x3 m 1 night	4,000	5,000	5,000
Accommodation in sports hall next to the stadium, 6x3 m 2 nights	5,500	6,000	6,000
Accommodation on hard surface, 1.5-3.0 km from the stadium 1 night/person	300	400	450
Accommodation on hard surface, 1.5-3.0 km from the stadium 2 nights/person	400	500	600
Canopy tent, 5x5 m without floor	6,000	6,800	7,600
Canopy tent, 5x5 m with floor	9,800	10,600	11,400
Gas heating for the canopy tent, 1 tube	2,400	2,700	3,000
Space for own tent, 6x6 m	500	700	800
Space for caravan/motorhome	500	700	800

### Open courses during Tiomila

Open courses will be offered on Friday 13.00-19.00, Saturday 09.00-19.00 and Sunday 09.00-12.00.

The courses are located in a separate area adjacent to the arena.

Registration takes place at the arena, only entry on the day available, no pre-registration. Map: Alhagen, scale 1:7 500 for all courses except Difficult 2 which has 1:10 000. Contour interval 5 metres. The type of terrain is the same as for Tiomila.

#### The following courses are offered:

Class	Course length	Level
Very easy	2.0 km	White
Easy	2.5 km	Yellow
Medium 1	3.0 km	Orange
Medium 2	4.5 km	Orange
Difficult 1	3.0 km	Blue
Difficult 2	5.5 km	Black

### Media production / 10MILA TV

We continue to develop 10MILA TV for those who cannot be at the arena. We can promise an exciting and packed broadcast that starts with the Youth relay and then carries on throughout the Tiomila day and night.

There will also be studio talks, analyses, pre-talks and interviews of both expected and unexpected guests. 10 MILA TV will be offered in both Swedish and English.

More information and how to purchase the broadcast pass will be available in Bulletin 4.

### Press and media

We welcome press and media to Tiomila 2024 Nynäshamn.

Contact [media2024@10mila.se](mailto:media2024@10mila.se) for accreditation.



Photo: Peter Holgersson

*Continued from page 2*

## Espoon Suunta – thoughts on the new Tiomila 2024 format

Liisa tells us that the club's ladies, both juniors and seniors, welcome the novelty of orienteering in the dark and that the club's ladies are looking forward to the night legs with joy and excitement. Some even think that there could be more than 2 legs in the dark, as the first leg will probably start at dusk.

The introduction of chasing starts in both the men's and women's classes is a controversial issue and there are questions about how this will affect the competition. Some see risks that the pause in the race could create unfair conditions between the teams when the competition restarts at night, after a break of a few hours, and they do not want the atmosphere to disappear in the new arrangement with a break and subsequent chasing start.

– However, we don't want to be unnecessarily skeptical and we want to give these changes a chance," says Liisa.

In addition, we believe that changes in the leg lengths for women and men make the races more dynamic and open up opportunities to set up the teams differently, taking into account the strengths and weaknesses of the runners.

### A boost for the club

The victory in the Youth relay in 2018 was a boost for the club and has continued to encourage us to participate in other relays for young people, such as the Youth Tiomila and the Youth Jukola, where we have recently won 2 years in a row, says Liisa. The club atmosphere and the results in the relays have contributed to new members in the club.

The focus and goals of youth activities are to have fun and offer positive experiences for as many kids as possible. Before Tiomila 2018, no performance targets were set by either the competitors themselves or the leaders.

– We knew when we won in 2018 and we know now that we have the potential for good results," says Liisa. In women's and men's relays, we are more motivated to talk about performance targets for the teams. Participation in relays is important, especially Jukola and Tiomila. As the spring season approaches, we will set the targets.

– However, the goal of having fun and everyone enjoying the fight is the main goal, regardless of whether we achieve the results or not," Liisa concludes.

Map example

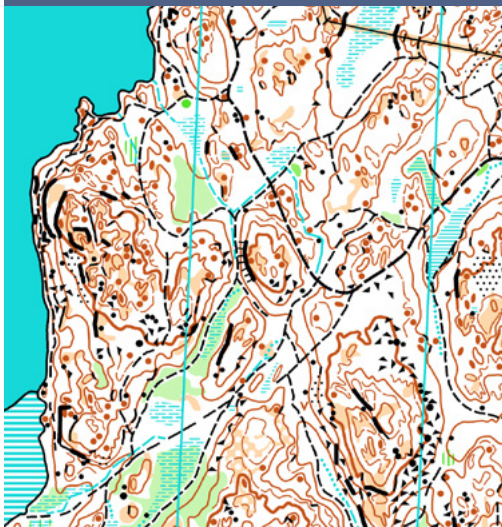


Photo: Peter Höglsson

# What is waiting in the forest?

## What to expect at Tiomila 2024

2018 was a demanding and difficult race and we, course planners, are convinced that it will be the same in 2024 even though the course lengths are slightly shorter than in 2018.

In the course setting work, we have tried to find new angles and opportunities to utilise the competition area differently than in 2018 and thus create new challenges for the competitors. Even though we have divided the different relays between us course planners, we have discussed a lot and done some of the work together.

A big novelty is the women's night legs, where we have worked hard to plan a good night orienteering course.

With a chasing and wave start after two and three legs in the women's and men's races respectively, the race will be compressed and teams further down the results list will be able to keep up for more legs.

## Terrain type

The competition area is largely the same as when Tiomila was last organised in Nynäshamn. A lot has happened in the area, including logging. At the same time, it is fairly untouched and the wilderness feel has been reinforced in many parts.

## Terrängtyp

The competition area is bordered by some major roads and the sea, with Lake Fjättern as a central part. The area was largely formed during the last ice age. There are a number of substantially hilly sections where the terrain has a wilderness character with many steep slopes and detailed contours and many boulders.

In the southern part of the map it is mostly flat with more or less overgrown cultivated land between the hill sections. In this section, two large wetlands have been created, partly to increase the diversity of species in the area.

A small number of roads and paths are scattered throughout the entire competition area. In the area closest to the arena, where the youth relay takes place, paths are more frequent, but with a clear wilderness feel. Smaller marshlands and swamp forest occur throughout the competition area, which mainly consists of mixed forest.

## Hilliness

The competition area has moderately to strongly hilly terrain with distinct contours and many slopes. Between the hills, there is often relatively flat, continuous, old, cultivated land that is partly overgrown or replaced by other vegetation.

## Runnability

Runnability is mainly good, but there are some limitations. There are areas of rocky terrain where many of the slopes have a large number of big and small stones. There are a small number of green areas and some areas with windfalls. Some of the area has been felled, which in some cases limits runnability but in others makes it more runnable.

In general, visibility is good but there are areas where visibility is limited. However, in May, the vegetation has not yet started to grow properly.

## Preliminary course lengths and start times

### The Youth relay: Saturday 4 May

Start time: 14.00

Finish: approx. 15.30

Restart: approx. 16.30

Boys and girls up to M/W-16 can participate in the Youth relay. At least two legs must be run entirely by girls. On legs 2 and 3, two runners may participate in each leg. Leg 4 is open to both girls and boys.

Leg	Length (km)	Forking	Climb (m)	Difficulty
1	4.5	Yes	150	Orange
2	4.1	Yes	120	Orange
3	3.1	No	70	Yellow
4	4.6	Yes	140	Orange

### The Men's relay: Saturday 4 May – Sunday 5 May

Start time: 17:15

Finish after leg 3: approx. 19.00

Chasing start: 23.30

Wave start: 00:30

Finish: approx. 06:20

Restart: approx. 10:45

Leg	Length (km)	Forking	Climb (m)	Difficulty
1	7.9	Yes	270	Day
2	7.3	Yes	260	Day
3	6.0	Yes	210	Day
4	14.4	No	455	Night
5	5.9	Yes	190	Night
6	6.4	Yes	190	Night
7	7.6	Yes	250	Night
8	8.0	No	270	Night/dawn
9	10.6	Yes	390	Dawn/day
10	12.8	Yes	460	Day

### The Women's relay: Saturday 4 – Sunday 5 May

Start time: 21:15

Finish after leg 2: approx. 23:00

Chasing start: 07:00

Wave start: 08:00

Finish: approx. 10:20

Restart: approx. 12:00

Leg	Length (km)	Forking	Climb (m)	Difficulty
1	7.8	Yes	220	Twil/night
2	5.6	Yes	150	Night
3	10.1	No	320	Day
4	5.5	Yes	170	Day
5	6.0	Yes	180	Day
6	7.3	Yes	240	Day

## Map example

Revised in 2023 by Roger Åsberg who drew the map in 2017.



### What do chasing start, wave start and restart mean?

**Chasing start:** When the competition resumes after the break, those teams that are less than 60 minutes behind the leading team at the finish before the break participate in the chasing start. The teams start with the same time difference between them as when they reached the finish line before the break.

**Wave start:** When the competition resumes after the break, those teams that are more than 60 minutes behind the leading team at the finish before the break will start in the wave start. These teams start at the same time (mass start), 60 minutes after the leading team after the break.

**Restart:** This applies to teams that have legs left to run when the finish closes for the restart. These teams start together (mass start) regardless of how many legs the teams have left to complete. Even teams that have dropped out of the competition for any reason can participate in the restart.

Teams that start in the wave start can pass teams that started in the chasing start in the results list, the total competition time determines the final position for the team.

Teams that start in the restart cannot pass (in the results list) teams that did not restart or that restarted on a later leg.



# NYNÄSHAMN – DÄR HAVET OCH LIVET MÖTS!

Vi är glada att välkomna dig till 10-mila och Nynäshamn. Du har framför dig en fantastisk tävling med utmanande terräng och natur. Kvarnängens IP blir samlingsplatsen med nära till det mesta. Bra att planera ditt boende redan nu.

När du är här, upptäck fördelarna med att bo i Nynäshamn. Kombinera småstadens trygghet med närhet till storstadens möjligheter. Här erbjuds havsnära boenden och ett aktivt liv. Bra kommunikationer ger också tillgång till hela Stockholms utbud. Upptäck Nynäshamn, där havet och livet möts.

[nynashamn.se/uppleva](http://nynashamn.se/uppleva)



# NYNÄSHAMN



ilovenynashamn



# New training area in Nynäshamn from January 2024

**Course lengths:** 7 km, 5 km, Forked courses.

**Meeting point/parking:** Björsta, parking at Nynäshamn brukshundklubb.

Detailed information on maps and courses, Mats Fröberg Nynäshamns OK, (matsfroberg@gmail.com)

Order detailed training information and maps for all areas: [www.hellasorientering.se](http://www.hellasorientering.se)

Training areas opened in Q4, 2023, areas 1– 4 remain open January – May 2024.



## 1. Kvarnsjön - Ådran

1:10 000 / 5 m

Open from 1 September

## 2. Linneberg

1:10 000 / 4 m

Open from 1 September

## 3. Svartbäcken

1:10 000 / 4 m

Open from 16 October

## 4. Mörtsjön

1:10 000 / 4 m

Open from 16 October

## 5. Lövhagen

1:10 000 / 2,5 m

Detailed information and opening dates will be published 1–15 Feb.

## 6. Långsjön

1:10 000 / 2,5 m

Open from 1 January 2024

**For information on Nynäshamn, areas 5 and 6, please contact:**

[matsfroberg@gmail.com](mailto:matsfroberg@gmail.com)





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Photo: Göran Panholtdsson



Photo: Peter Holgersson

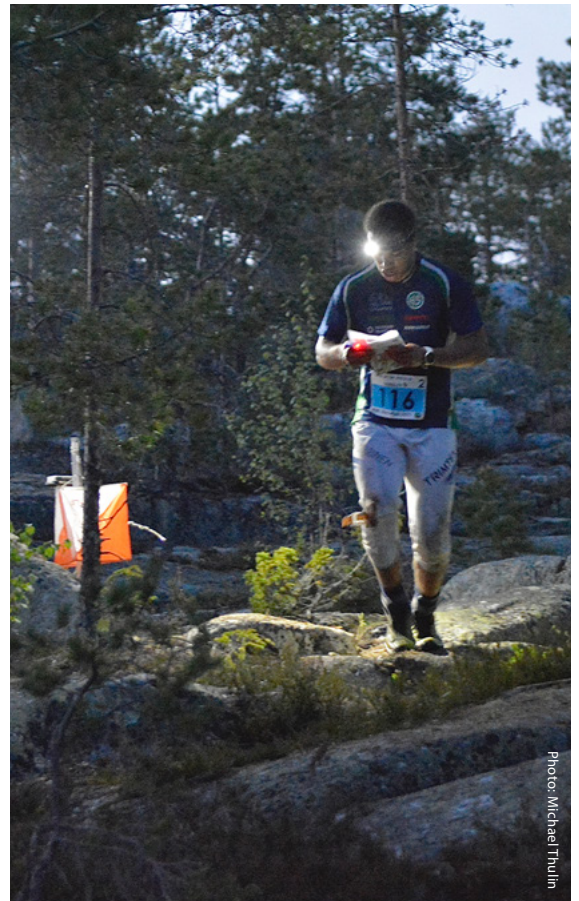


Photo: Michael Thulin



# Equality – a competition rule

At the 2018 Meeting of Swedish Orienteering Associations a decision was made to instruct the Board to formulate a supplement to the competition rules for the 2020 meeting on the requirement for equal competition organisation.



The purpose of an equal competition organisation is primarily to ensure that competitors get to race under equal terms and that competitions are designed in such a way as to prevent discrimination. The competition rules state that the purpose of the regulations is to create fair and equal competitions.

This means, for example, but is not limited to, that competitions should strive to have an equal competition organisation and be designed equally in terms of classes, course layout, competition area, arena service and other relevant conditions.

All elements contribute to the participant's experience but may have different levels of importance and status depending on how the event is profiled. The elements that are of decisive importance for the status of the event

or that contribute to the profile of the event (e.g. time, type of terrain, elements of the course layout) must be equally designed. If, for some reason, the competition layout differs between the main classes and other classes, the layout between women's and men's classes within the same age range must still be equally designed.

The starting point for relays is that there should be an equal number of legs for women and men of the same age. Major changes to existing relays may be needed and may take time, which means that during a transition period things may look different. For events where major changes are required, there should be a clear goal and an action plan for how and when the goal will be achieved.

If night orienteering is crucial to the status of the competition and/or contributes to the profile of the competition, all main classes shall be offered night orienteering.



Tiomila 2024 is one of the competitions in the Swedish Orienteering Federation's newly established Relay League.

The purpose of the Relay League is to promote and shape Sweden's club teams at junior and senior level.

The 2024 Relay League consists of seven rounds where the overall result is determined by the best results from a predetermined number of rounds. Tiomila and the final race give double points in the league.



## BECOME TIOMILAPARTNER!

Tiomila 2024 offers partnerships to increase communication and visibility.

Photo: WOAS

Exposure at the arena, bibs and big screen.  
**10,000 visitors!**

Contact: Lennart Agén, [lennart@agen.se](mailto:lennart@agen.se)

### Welcome to Tiomila 2024 from the clubs of the Tiomila Association (Tiomilaföreningen):

Attunda OK, Bromma-Vällingby SOK, IFK Enskede, Hellas OK, OK Älvsjö-Örby, Skarpnäcks OL, Skogsluffarnas OK, Sundbybergs IK, Tullinge SK and Nynäshamns OK.

Read more on  
Tiomila's website:



Nynäshamns  
kommun

### Upcoming Bulletins

No 4 – April 2024



[www.10mila.se](http://www.10mila.se)

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