

**10**  
**MILA**

**Nynäshamn  
2024**

**Preliminary  
competition  
details**

published on Eventor  
no later than 26 April

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**Nynäshamn**

4-5 maj 2024

Bulletin – #4 /2024



Photo: Peter Holgersson

# Tiomila 2024 – almost back to pre-pandemic participation levels

There are 849 teams registered at the 2<sup>nd</sup> entry deadline, which means more than 6 300 runners. More precisely, 268 teams in the Youth relay, 274 in the Women's relay and 311 in the Men's relay. And there will be a few more before the 3<sup>rd</sup> and final entry deadline, which is on 21 April.

There is more of everything compared to Tiomila 2022 (Örebro). More youth teams, more men's teams and more women. And if we compare with before the pandemic, Tiomila 2018 (Nynäshamn), the number of ladies is back at the same level, only 190 fewer men, and about 400 fewer youth entered! This, together with teams from 13 countries, guarantees a great event in Nynäshamn during the Tiomila weekend.

Our strong belief that the "new Tiomila" has found the right way with the start of the Tiomila weekend a little later on Saturday, initial night legs in the Women's relay and slightly shorter legs in the Men's relay, is confirmed by the number of registered teams, which greatly pleases us. But it also obliges us, as organisers and we will do our utmost to make sure that both runners and supporters leave Tiomila this year with a smile on their faces.

But of course during this year's Tiomila we will be listening with big ears to be able to improve the Tiomila weekend further. Nothing is so good that it can't get better, and when the world changes, Tiomila must keep up and change to continue to be an orienteering festival for all orienteers.

Now with only a week left until the start, I remind everyone to read the Final Details, published on Eventor no later than Friday 26 April. Especially how chasing, wave & restart works. Here we want everyone to do the right thing. And to those who can't be there in Nynäshamn I just say - buy the TV broadcast, it will be 24 hours of orienteering candy!

Welcome to the "new Tiomila" 4-5 May!

*Christer Nordström, Competition Director*

## Welcome back!



As one of the most challenging orienteering events and Sweden's largest orienteering relay, we are happy and proud to once again welcome Tiomila to Nynäshamn municipality. An equal competition in tough and decisive terrain provides the best conditions for a successful competition, which is also the 77th in the order.

We really look forward to welcoming all participants and visitors to Nynäshamn – where the sea and life meet.

*Marcus Svinhufvud,  
Chairman of Nynäshamn City Council.*



## How much night will there be?

Tiomila 2024 in Nynäshamn offers a completely new setup of the Tiomila weekend. Many people are probably wondering how the race will look for the teams that are not in the lead through the race. In order to increase knowledge and facilitate the clubs' planning, we here present the competition management's assessment of how the competition will develop for the entire starting field. Our calculation and planning is based on the results from the recent Tiomila races, with a particular emphasis on the 2018 times in Nynäshamn.

### The Men's relay

The leaders' time after leg 3 of the men's race is estimated at 125 minutes. Within half an hour after that, more than 100 teams will have finished and after one hour more than 200 teams. If we assume that more than 300 men's teams participate, the wave start is expected to involve about 100 teams. Teams that participate in the wave start are teams that by the end of the race are estimated to be five hours or more behind the winning team.

We estimate that it will be dawn for the leading teams on leg 8, teams around 100th place on leg 7 and teams around 200th place on leg 6. For teams that are further back, the sun will start to rise on leg 5.

When the men's changeover closes, we estimate that well over 200 teams have gone out on leg 10, compared to 91 teams last time in Nynäshamn.

This is partly an effect of the wave start but also that the race time per leg has been reduced from an average of 64 minutes in the last eight years to 54 minutes in this year's race.

### The Women's relay

Starting at 21.30, the first two legs of the women's race will be run completely in the dark.

The leaders' time after leg 2 is estimated at 88 minutes. Within half an hour thereafter, half of the teams should be at the finish and after one hour 90 percent of the teams. Here we want to make a reservation that the spread can be somewhat larger depending on how decisive the start in the dark is.

Teams participating in the wave start are teams that are estimated to be 3 hours or more behind the winning team by the end of the race.

Even in the women's race, we estimate that over 200 teams will be able to go out on the last leg before the changeover closes. Compared to previous years, there will be no major difference. The wave start makes it easier for the teams at the end of the race to keep up, but at the same time the women's race has become tougher.

*Welcome to Tiomila 2024 in Nynäshamn.  
The organisers of the Tiomila 2024 competition,  
as well as the owners of the Tiomila Association.*

# 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.

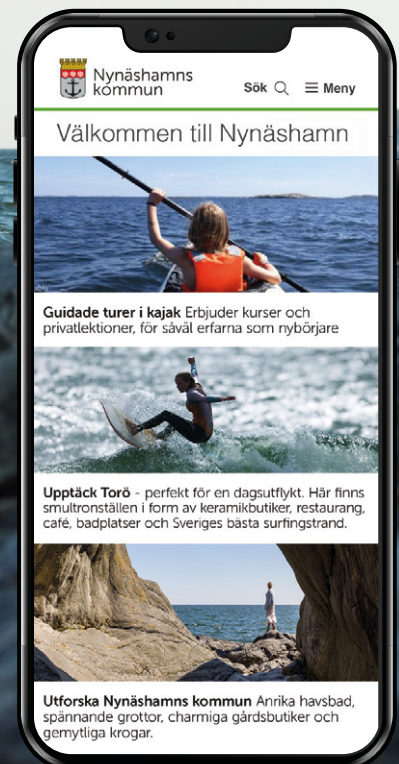
[nynashamn.se/uppleva](http://nynashamn.se/uppleva)



# NYNÄSHAMN



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# Programme for Tiomila 2024

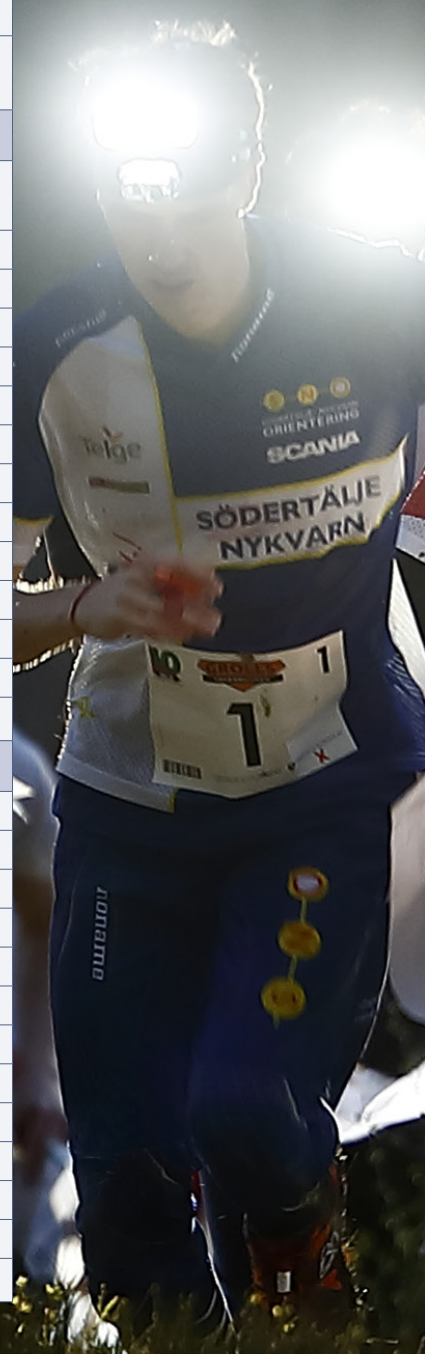
Friday 3 May 2024	
13.00–19.00	Open courses from the arena
18.00–19.00	Tiomila TV with talks, interviews and more with Per Forsberg and guests. Free of charge via <a href="http://www.tiomila.se">www.tiomila.se</a>
Saturday 4 May 2024	
10.00	Tiomila arena opens, including the Info Centre (collection of team envelopes) and Open courses.
14.00	TiomilaTV starts broadcasting (see more info elsewhere in Bulletin 4).
14.00	Opening ceremony
14.30	Start of the Youth relay
15.18	Leading teams in the Youth relay expected to changeover after leg 2
16.03	Winning team in the Youth relay estimated to finish
16.50	Award ceremony for the Youth relay
17.15	Restart of the Youth relay
17.30	Start of the Men's relay
19.35	Leading teams in the Men's relay expected to changeover after leg 3
20.48	Sunset
21.30	Start of the Women's relay
22.59	Leading teams in the Women's relay expected to changeover after leg 2
23.30	Leading team in the Men's relay begins chasing start, leg 4 / Long night
Sunday 5 May 2024	
00.30	Wave start in the Men's relay, leg 4 / Long night
01.00	Leading team in the Men's relay expected to changeover after leg 4
03.13	Leading team in the Men's relay expected to changeover after leg 7
04.40	Sunrise
06.31	The winning team in the Men's relay is expected to finish.
07.00	Leading team in the Women's relay begins chasing start, leg 3 / Long day
08.00	Wave start in the Women's relay, leg 3 / Long day
08.12	Leading teams in the Women's relay are expected to changeover after leg 3.
10.20	The winning team in the Women's relay is expected to finish.
11.00	Restart of the Men's relay
11.02	Award ceremony in the Women's & Men's relay and Closing Ceremony.
12.00	Restart of the women's competition
14.30	Finish is closed

## Sporting goods sales. Food & drink. Barbecue. Coffee...

You will never go hungry during the Tiomila weekend.  
Similarly, Pölder Sport is open (in the ice rink) with lots of good offers.

	Fredag	Lördag	Söndag
Pölder Sport	16.00–19.00	10.00–00.30	06.00–14.00
Cafeteria Ishallen	16.00–19.00	–	–
Matsservering Ishallen	–	12.00–22.00	10.00–14.00
Kiosk Arenan	–	10.00–24.00	00.00–14.30
<i>Food trucks</i>			
Viltkebaben	15.00–19.00	11.00–22.00	08.00–14.00
Laxtösen	–	11.00–22.00	08.00–14.00
Fru Jennys Gofika	–	11.00–20.00	06.00–14.00

More information can be found in the Food&Drink Final Details published on Eventor.



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



## Rules for chasing start, wave start and restart

When the race resumes after the break in the Men's and Women's relay, the runners start based on the result at the finish before the break.

**The chasing starts** are for those teams that are less than 60 minutes behind the first team to finish before the break. The leading teams begin the chasing start at 23.30 in the Men's relay and at 07.00 in the Women's relay.

**The wave starts** are at 00.30 in the Men's relay and at 08.00 in the Women's relay for those teams that are 60 minutes or more behind the leading team at the finish before the break.

For teams participating in the wave start, the final placement is determined by total race time. A team participating in the wave start can pass a team participating in the chasing start.

**Restart:** Men's teams that have not been able to changeover on leg 10 by 10.55 am will be referred to the restart at 11.00 am to run the remaining legs; Women's teams that have not been able to changeover on leg 6 by 11.55 am will be referred to the restart at 12.00 pm for the remaining legs.

Teams participating in the restart can only influence the final position against teams that have restarted on the same leg.

## Rules for teams withdrawn from the competition

There will be several opportunities for withdrawn teams to continue the race out of competition, more detailed information on this will be provided in the competition Final Details.

## Procedures at each start

For further information on starting procedures etc., please refer to the Competition Final Details.

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## Tiomila veterans – in a double sense!

Tiomila turns 80 this year and this year's edition is number 77. Here we share with you two real Tiomila veterans who have run more than 40 Tiomilas. What drives them to keep running even more Tiomilas? And was it better in the past?

Here Carina Johansson and Micke Wehlin share their best and worst Tiomila memories and much more. Carina has done 41 Tiomilas and Micke has 43 on his CV. And there will be more after this year's Tiomila.

### What is so special about Tiomila?

*Carina:* The adventure of the mythical relay that I have heard about since I was a child. The togetherness with the team, meeting all the friends from other clubs. That it's the first big competition after a long winter.

*Micke:* For me, Tiomila has been an important motivation booster during winter training. Especially as a junior and young senior.

The year was 1972 and I was 10 years old and by chance I saw the Tiomila finish on TV and my club (Norrköpings AIS) finished 150 metres behind the winning team in second place. That was my first memory of Tiomila. It left its mark. During my youth, we went all the way up to Stockholm and ran a youth competition on the Saturday before the Tiomila and in the afternoon/evening we watched the start and followed the competition for a few more legs before travelling home. Already then I got the feeling that Tiomila is something special. Everything was big and there were so many people there running hard. And not least the speaker's voice. I still

get a wonderful feeling when I hear old Tiomila clips on Youtube from the 70s and 80s where you hear the speaker.

### Your best Tiomila memory?

*Carina:* The first Tiomila in Tyresta village, I was 13 and very nervous. It went well but I don't remember much of the orienteering, I know that I ran and ran. It was an incredibly great moment to be part of the team for OK Skogsmårdarna. Then in 1983 in Skeppsta when I was part of Hagaby's team that came 8th, that was also important for me.

*Micke:* Among many good memories. 1984. My club Norrköpings AIS made a fantastic effort and were 23<sup>rd</sup>. Everyone except one in the team were uplifted.

### Your worst Tiomila memory?

*Carina:* In Södertälje 1990 on the first leg when I got lost on my way to the first control, it was not fun for me or my team, IFK Tumba.

*Micke:* 1984. I was the worst runner in the team (long night). It still stings.

### Which legs have you run the most times? Why?

*Carina:* I have run all the different legs, I seem to like the first and last ones best, as they are the most crucial.

*Micke:* I have run mostly night legs, including 5 long nights. As a stable night runner, it was an obvious choice. I have run all legs except the first leg. It is a goal for the future.

*Cont. on next page* ►

### What was your best leg position and the team's position?

*Carina:* Best team placement was 8<sup>th</sup> with Hagaby, also had the best leg position there.

*Micke:* I have probably won a few legs over the years. I have won the whole race 5 times and been on the podium another 5 times.

### Was it better in the past?

*Carina:* No, I don't think the competition was better before, even though I was better then. It's good to have a big screen, TV production and GPS tracking, so that more people can follow along. Even though the forest radio has always been magical. Also it's good to try new approaches with night leg and several legs for the ladies to make it more equal.

*Micke:* Well, most things are better now. The only thing I can think of that was better before, was that there were more runners who were able to run longer distances.

### Expectations for this year's Tiomila?

*Carina:* That the competitions will be tough and fair and that everyone will experience the adventure.

*Micke:* I am looking forward to running this year. I like the terrain. When the race was in Nynäshamn last time, I ran the last leg and got to enjoy a long run in the beautiful terrain.

### Your expectations for yourself and your team's performance this year?

*Carina:* My club has many talented young people who I hope will do good races, for myself I hope to be part of a team and do a good race for Tumba Mälarhöjden OK.

*Micke:* I'm looking forward to enjoying the atmosphere in the forest and the arena and feeling the tingle in my stomach before the start.

This year we are running in a joint team with Fin-spångs SOK and the goal is to avoid the second restart.

### What does Tiomila mean to you and your club?

*Carina:* Tiomila is a unifying force for the club and a sure sign that the season is finally underway. A motivator to train in the dark winter. The team leaders and coaches are also an important factor for team spirit.

*Micke:* When I ran in Södertälje, Tiomila was the most important orienteering event of the year. Much of the training in the winter was focused on Tiomila. Winning Tiomila is probably one of the biggest things a club can do in Sweden. Even when I was a junior, Tiomila was the obvious topic of conversation in the sauna after the many training sessions during the winter.

I remember that we made new team line ups every time there in the sauna. Tiomila has made many training sessions much easier to carry out.

### How do you think Tiomila should continue to evolve to stay relevant?

*Carina:* It is good with the news that has come this year, it is important to follow up how it is experienced by the runners so that as many teams as possible come and run.

*Micke:* It is important to find a balance so that both the elite and the general public are attracted to Tiomila.

### Has your Tiomila involvement rubbed off on your child(ren)?

*Carina:* Yes to 50 per cent, the oldest daughter is participating this year as many times before with her club Centrum OK.

*Micke:* Yes, both children have run many times.

If there is anyone out there who has more Tiomilas on their CV than Carina and Micke and is running this year as well, email us at [info@tiomila.se](mailto:info@tiomila.se) and tell us!

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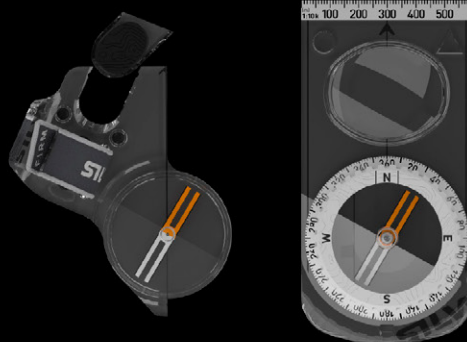
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[www.silvasweden.com](https://www.silvasweden.com)

## Tiomila WebTV

If you are unable to attend the event, you can follow Tiomila 2024 live via Tiomila's web TV broadcasts from Nynäshamn. We offer broadcasts in Swedish, English and Finnish.

### Tiomila web TV in Swedish

#### Friday 3 May – Tiomila warm up

Between 18.00-19.00 there are talks, interviews and more with Per Forsberg and guests before the Tiomila weekend. Free broadcast via Tiomila's website or Facebook.

#### Saturday 4 May – Sunday 5 May – The Tiomila relays

The broadcast starts at 14:00 on Saturday and runs for roughly 24 hours until Sunday at 14:00.

The Youth relay, start at 14.30

The Men's relay, start at 17.30

The Women's relay, start at 21.30

**24 hours of orienteering candy** with a focus on the relays. Of course, analyses, comments and interviews from the arena. Per Forsberg leads the broadcast and Sara Hagström is the expert commentator for most of the broadcast. In addition to a number of both fixed cameras and "running cameramen" on all legs, there will be GPS tracking of the leading teams. However, no GPS tracking in the Youth Relay. Fixed cameras at the finish and in the forest also provide the opportunity to follow your own club's team.

**This year, an ad-free web TV broadcast is offered at a cost of SEK 259.** Information on how to purchase the broadcast will be published on [www.tiomila.se](http://www.tiomila.se) no later than 16 April. The broadcast in Swedish costs SEK 259.



### Tiomila web TV in English and Finnish

In cooperation with the International Orienteering Federation (IOF), we also offer the broadcast in English or Finnish from the Tiomila relays, Saturday 4 May–Sunday 5 May. English commentators on site are Katherine Bett and Jonas Merz. Finnish commentators are Timo Saarinen and Riina Kuseelo.

Information on how to purchase the broadcast in English and Finnish and the price is available on IOF TV: <https://tv.orienteeing.sport>.

## New training area in Nynäshamn

Don't miss out on training sessions in the weeks and days before Tiomila in race-like terrain around Nynäshamn, which are open for booking until 5th May. Training area "Lövhagen" has courses designed by Tiomila's course setter Fredrik Hedin and the same map maker who drew this year's Tiomila map.

Training maps and information is booked via [tiomila.se/2024/traning](http://tiomila.se/2024/traning).



# Arena map for Tiomila 2024

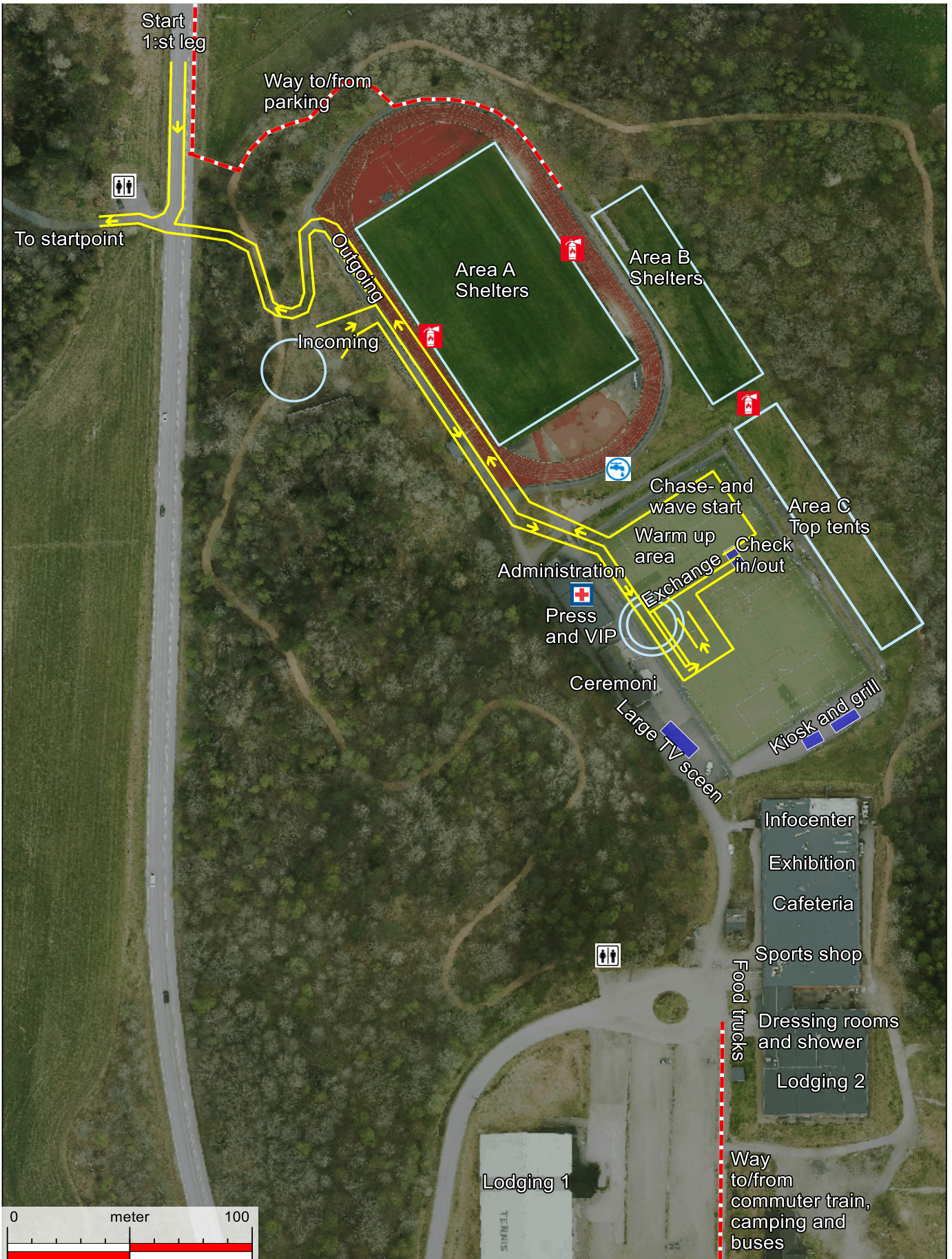


Photo: Peter Holgersson



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Tiomila's website:

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