



2025

FINSPÅNG

Challenge - Speed - Thrill
Together

3-4 MAY



Bulletin #1

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Take on this fast and exciting challenge together!

10MILA is a yearly highlight and a big target for almost all orienteering clubs. To train and race together as a team, either with the goal of just participating or to reach as high a position as possible, is the main challenge. At OK Denseln, we are setting the bar high and aim for a top 10 placing at 10MILA in Finspång 2025.

August Mollén, OK Denseln

Welcome to Finspång



FINS P Å N G

**The power of Finspång!
10MILA 2025
- a world class orienteering
adventure!**

2025 will be a year to remember as Finspång proudly organise 10MILA, one of the world's largest orienteering competitions. We look forward to exciting days that will attract around 10,000 competitors and visitors from all over the world to challenge each other in the area's beautiful and challenging forests. Participants at the highest elite level, and competitors young & old, will come together to experience the adventure during the competition days.

Regardless of whether you are an experienced orienteer, a passionate supporter or just curious to experience something new, we welcome you to 10MILA 2025 in Finspång at the Grosvad Arena. Come and experience the excitement and community that an event like 10MILA can offer.

A warm welcome to Finspång!

Wishes

Mats Annerfeldt, chairman of the municipal board

Johan Persson, municipal manager, (right of picture)

Maria Samson, communications manager, (left of picture)



**"An equal 10MILA
for everyone"**

As project manager's, we have the pleasure and privilege to greet participants, team leaders and all others, welcome to 10MILA in Finspång at the Grosvad Arena, from 3-4 May 2025.

Together with landowners and the municipality of Finspång, who wholeheartedly support the event, we strive to offer a world-class 10MILA. We want to challenge you and your teams, to experience the speed and excitement and create unforgettable memories together. The terrain is very rewarding, the arena is very spectator friendly and in following the footsteps of the 2024 relay, we aspire to create a more equal 10MILA for all participants.

Finspång's location in northern Östergötland makes it very easy to get to 10MILA 2025, regardless of whether you arrive by train, bus, car or boat. Welcome!

Henrik Peterson and Janne Berggren

Project Manager's of 10MILA 2025



Organisers



Finspångs SOK

OK Kolmården

OK Kolmården



OK Denseln

www.10mila.se

Stora Tuna OK's recipe for success

This year's 10MILA in Nynäshamn, 4-5 May, culminated in a powerful demonstration of strength from Stora Tuna OK. They were victorious in both the womens and mens relay. The men were superior and finished with a 5 minute and 36 second margin to the runners-up, OK Linné. The women's relay was decided late in the race with Stora Tuna's victory coming after an impressive comeback. After the first two legs, Stora Tuna were eight minutes behind the leaders. However, Tove Alexandersson, the Borlänge team anchor, had no problem closing the gap on the final leg.

To sum up 10MILA 2024 and simultaneously take an early look at the 2025 edition in Finspång (May 3-4), we spoke with Staffan Eriksson and Ingrid Alexandersson, selectors for the Stora Tuna men's and women's teams. Team spirits were high after the successes from the year

On the same track

Both Staffan and Ingrid find themselves on the same track and have the same natural recipe for success.

- We are in the middle of a golden generation right now. Both among the men and the women. It doesn't happen often, but we have been very successful in the last five or six years with Tove in the lead among the women and Emil Svensk among the men. We've been fighting for this for quite some time and of course it was great to see it come to fruition, said Staffan Eriksson.

Ingrid Alexandersson's thoughts were similar.

- We have a strong group that has been together for a long time now. The core is the group of friends born between 1990-92 who believe in both the team and in themselves.

They have learned that they don't have to over perform on their individual legs, but that the whole team performance is what counts. With that understanding and attitude, running the relay is so much easier. A lot of the pressure to perform goes away. They live here (Borlänge), train together and have faith in each other.

The saying 'A chain is as strong as its weakest link' fits well with orienteering relays.

Going by current form

Stora Tuna sensed quite early on that this could be the year to go all the way at 10 MILA. At least halfway. One victory possibly? But two?...no, that would be aiming too high? Or?

- We thought a lot about this year's 10MILA and agreed as a club that 2025 could go well, said Staffan Eriksson.

- We have a good organisation, strong leaders who offer great support with high quality training opportunities at Skräddarbacken in Borlänge. At the same time, it is the individual orienteer who must take responsibility for their performance in the forest. We have a good atmosphere in the team.

Although there is fierce competition and there are always some who are disappointed if they are left out of the team. When I have to decide who will run and which leg, I go by the current form and my own gut feeling.

The victory on the men's side in Nynäshamn formed a nice pattern because it was exactly 60 years since the club's first victory at 10MILA. A young Stora Tuna team, with four 19-year-olds, 'came out of nowhere' and took home the victory in the 1964 edition at Malmahed. When the 60th anniversary of the victory was celebrated recently, seven of the ten members of that winning team were present. It was an unforgettable evening filled with laughter and bright memories.

Equal? Of course!

That the 2024 10MILA was launched as an "equal 10MILA" was obvious because the women's race now, finally, includes night legs. This helps improve the overall participant experience at 10MILA. But they started on a cautious side with six legs in the women's race from 2024-2026. Two night legs followed by four day legs. Letting the new format scare away participants and teams is the last thing organisers want to do. This is also the case in Finspång 2025.

- No problems for us, said Ingrid Alexandersson.

We have many in the team who like to run night legs. We are ahead in our preparations and already agree on which runners are best suited for certain legs. We constantly have open discussions within the team about how we should do it. We spend more time and energy on that than travelling and training in the upcoming competition areas.

Both Ingrid Alexandersson and Staffan Eriksson are quite careful with their thoughts about the 2025 10MILA in Finspång. There are no mentions of any victories, not yet.

- We have the goal of our runners performing stable races. Setting higher goals than that is difficult because we don't know how our opponents will run. If we feel that each runner has had



Stora Tuna's coaches, Ingrid Alexandersson and Staffan Eriksson.

a stable performance, we will be satisfied. Regardless of whether it is enough to win or not, Ingrid Alexandersson assured.

Staffan Eriksson, on the men's side, talked about optimising the orienteering and minimising mistakes in the terrain.

- You can never go out in advance and say you will win. However, you can be clear that you are aiming for a top position, he said.

That attitude should be enough to strike fear into the rest of the starting field. Everyone remembers how it went for Stora Tuna last spring in Nynäshamn.



Happy Tuna women on their way towards a historic victory at 10MILA.



Stora Tuna's men's team in their gold hats after the victory at 10MILA 2024.

Evaluation of 10MILA in Nynäshamn 2024

- 10MILA is supposed to be a tough, challenging and partly dark/night orienteering competition where all competitors from young to old, beginners to elite, complete the same relay.
- The breaks between the women's and men's finish and the chasing start will be adjusted
- The relay leg lengths will become more varied
- The length of the competition weekend will be slightly adjusted, shortening the span of the women's relay and extending the distances for the men

10MILA, a tough and challenging competition

10MILA is supposed to be a tough, challenging and partly dark/night orienteering competition where all competitors from young to old, beginners to elite, complete the same relay. Historically, the men's 10MILA relay has been about 15 minutes longer than the women's.

As part of the Swedish Orienteering Federation's new rule regarding equal competition, women and men should have the same course winning times. This year the idea was to attempt to meet somewhere in the middle, with winning times averaging 50-55 minutes per leg. The evaluation sent out to participants showed that many men believed that the distances this year had become too short, while the women had a positive reaction to their slightly longer leg distances.

This is something the 10MILA association has noted and adjustments to the winning times will be introduced to the relay legs in Finspång. The name '10MILA' itself has a historic meaning with the name referring to a certain length, the Swedish phrase for 100km. For the 2025 edition of 10MILA, the average time per leg will be slightly increased so that the combined length of the men's relay will once again be 100km, a symbolic figure that has shown to be important to many.

The breaks between the women's and men's relay will be adjusted

The breaks between the finish of the women's night legs and the men's chasing start and between the finish of the men's relay and the women's chasing start, will be reduced. There will also be a smaller overlap between the two relays. Reducing the time between will allow for the men's relay to include more night orienteering, and for the women's relay to not continue as long on Sunday. Both outcomes were desired by the participants and can be implemented easily without any major changes to the new competition structure.

The leg lengths will have more variability

The length of each leg will be more varied with the hope that there will be a suitable leg for everyone, both short or long, throughout the relay.

The total length of the 10Mila event will be slightly reduced

Sunday was experienced by many to be too lengthy at this year's event. As the breaks between the different parts of the women's and men's relays are reduced in 2025, the length of the competition in total will be slightly reduced. In addition, the women's mass start will be slightly earlier in order to shorten Sunday's program further.

Summary

The survey concluded that the majority of participants accepted (are positive or neutral) the changes made to the 2024 10MILA relay.



The historic start of the first women's night leg at 10MILA 2024.

Finspång 2025

1000 teams to start

After 10MILA 2010 and two Oringen stages in 2019, two big events in the recent past which were very successfully organised. When Finspångs SOK, OK Kolmården and OK Denseln, received the request to hold 10MILA in 2025, there was no need for hesitation. "Yes!" was the quick reply.

Now the organising team are relatively far along in the preparations and Mats Rosander, responsible for marketing and communication, feels that the event is beginning to take shape. As experienced organisers, we know what to expect from an event like 10MILA. We also know that the forests around the Grosvad Arena are of a high standard, perfectly suited for the world's toughest orienteering competition.

The pandemic made it difficult for forest sports competition organisers. The 2021 10MILA in Valdemarsvik had to be cancelled and when the 10MILA association returned with a request for Östergötland to arrange 10MILA in 2025, the offer went to Finspång.

We received an immediate positive response from the municipality, the orienteering clubs involved (OK Kolmården and OK Denseln) and the landowners. Since then, the teamwork has continued. The discussions have been productive and everyone is satisfied with the job.

This year (2024) around 850 teams started in Nynäshamn. In the lead-up to the 2025 relay, the organisers are aiming higher. We will put as much effort as we ever can into getting even more teams to start. We want to be involved and contribute to 10MILA having 1000 teams on the starting line in the future. That's not too much to ask? ... or what do you think?



Mats Rosander

Competition classes

The youth relay
Saturday 3 May



The women's relay
Saturday/Sunday
3-4 May



The men's relay
Saturday/Sunday 3-4
May

We, the organisers of 10MILA 2025 in Finspång, are happy that the change in the competition format was so positively received. Based on the evaluation, we have decided to make some adjustments to the timetable, mainly around tightening the schedule on Sunday for the women's relay. We are on track and look forward to a very good competition.

Good to know

Embargo

The competition area, marked area on the adjacent map (on the right), is embargoed for all training and competition until 10MILA 2025 with the following exception: In winter, it is permitted to ski on prepared ski tracks in the area.

Training package

In Bulletin 2, we will present various training packages for 10MILA 2025. We will also suggest suitable accommodation options for training camps.

Accommodation during the competition

In Bulletin 2, we will present various accommodation options for during the competition weekend.

"Grosvad" Arena

10MILA returns to the Grosvad Arena in Finspång. The last time 10MILA was arranged there was in 2010. Two Oringen stages were also held there in 2019.

The arena backs directly onto the forest so we expect that there will be decisive orienteering all the way to the finish line. The spectator friendly arena will provide a great atmosphere for participants and supporters. There are large grassy areas, an athletics track, ice rink, sports halls, gym and a water park. These will be used by participants & spectators as accommodation and various service areas. The arena itself is perfectly situated between the forest and residential areas. The distance from the arena to Finspång's city centre is approx. 2 km.



The terrain

Moderately hilly terrain with an extensive network of paths and gravel roads crossing the terrain. There are a number of larger marshy areas within the terrain and in the north there are some open hilltops. Runnability is good with a few clear felled areas and sections with denser vegetation. The forest mainly consists of coniferous forest of varying age.



Old maps and relevant areas

Old maps from 10MILA 2010 and Stage 1 and 2 from O-Ringen 2019. There will be training packages in areas with similar terrain. See also map snippet here from the competition terrain.

Head Officials

Project Managers: Henrik Peterson and Jan Berggren.

Event Directors: Karin Engvall and Björn Karlsson.

Marketing and Communication: Björn Persson and Mats Rosander.

Course setters: Rickard Börjesson, Anton Tynong, Maria Nordwall and Bengt Schwartz.

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Participation in multiple events

- It is permitted for women to participate in the women's & men's relay
- It is permitted for men to take part in the men's relay
- It is permitted for women to participate in the men's relay, even after participating in the women's relay
- It is not permitted to participate more than once in the same relay

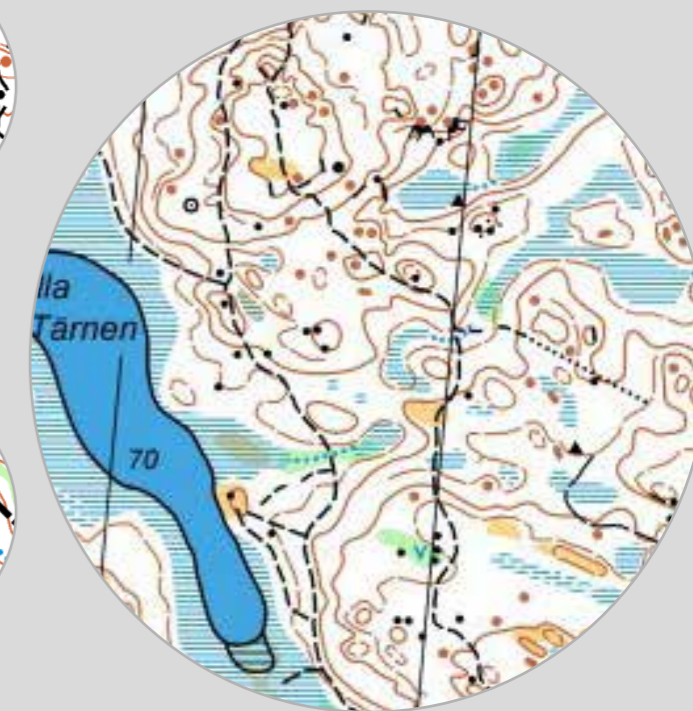
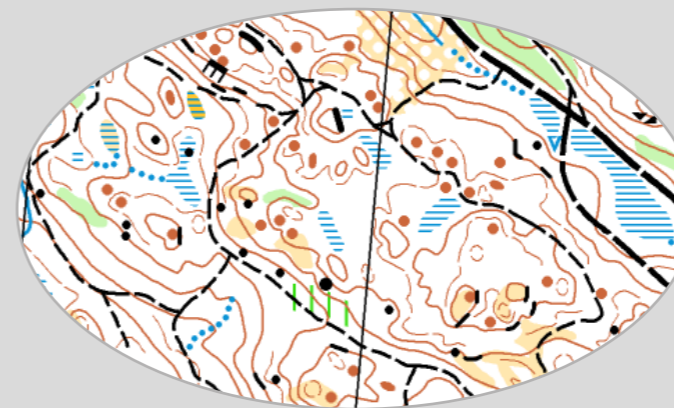
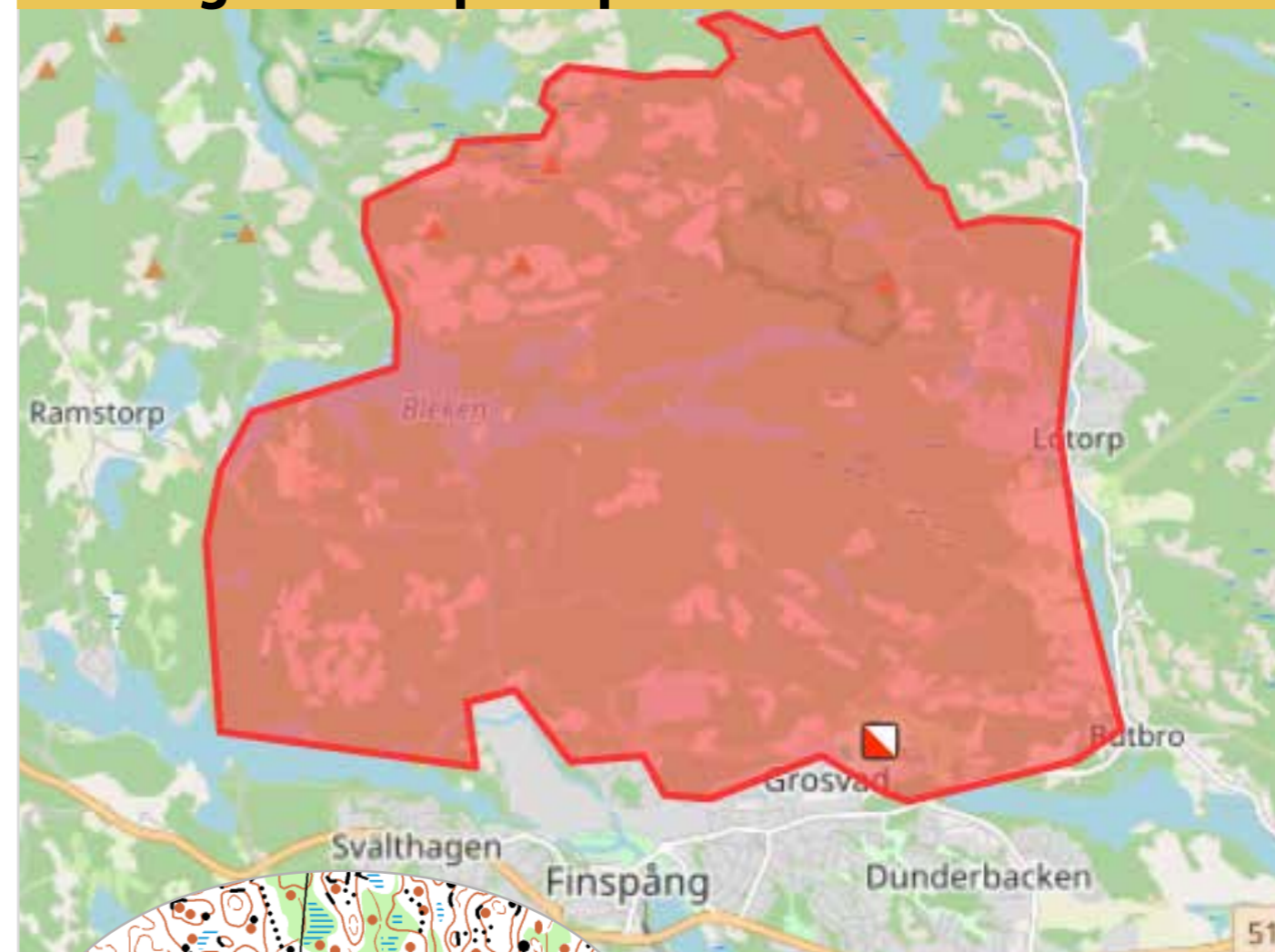
Upcoming Bulletins

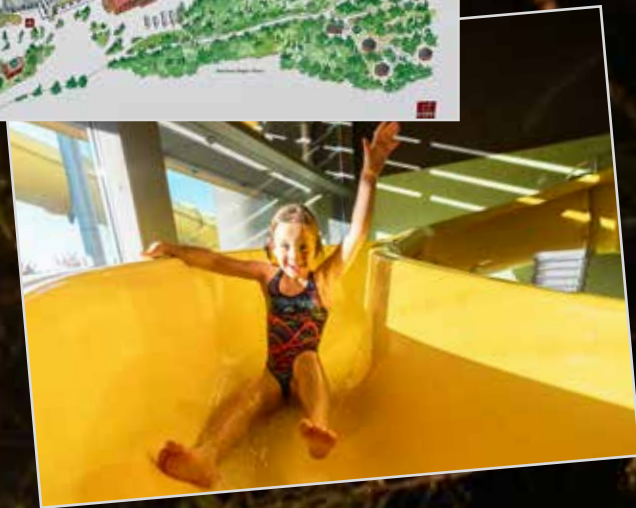
#2 - October 2024

#3 - December 2024

#4 - April 2025

Embargo and map sample





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