

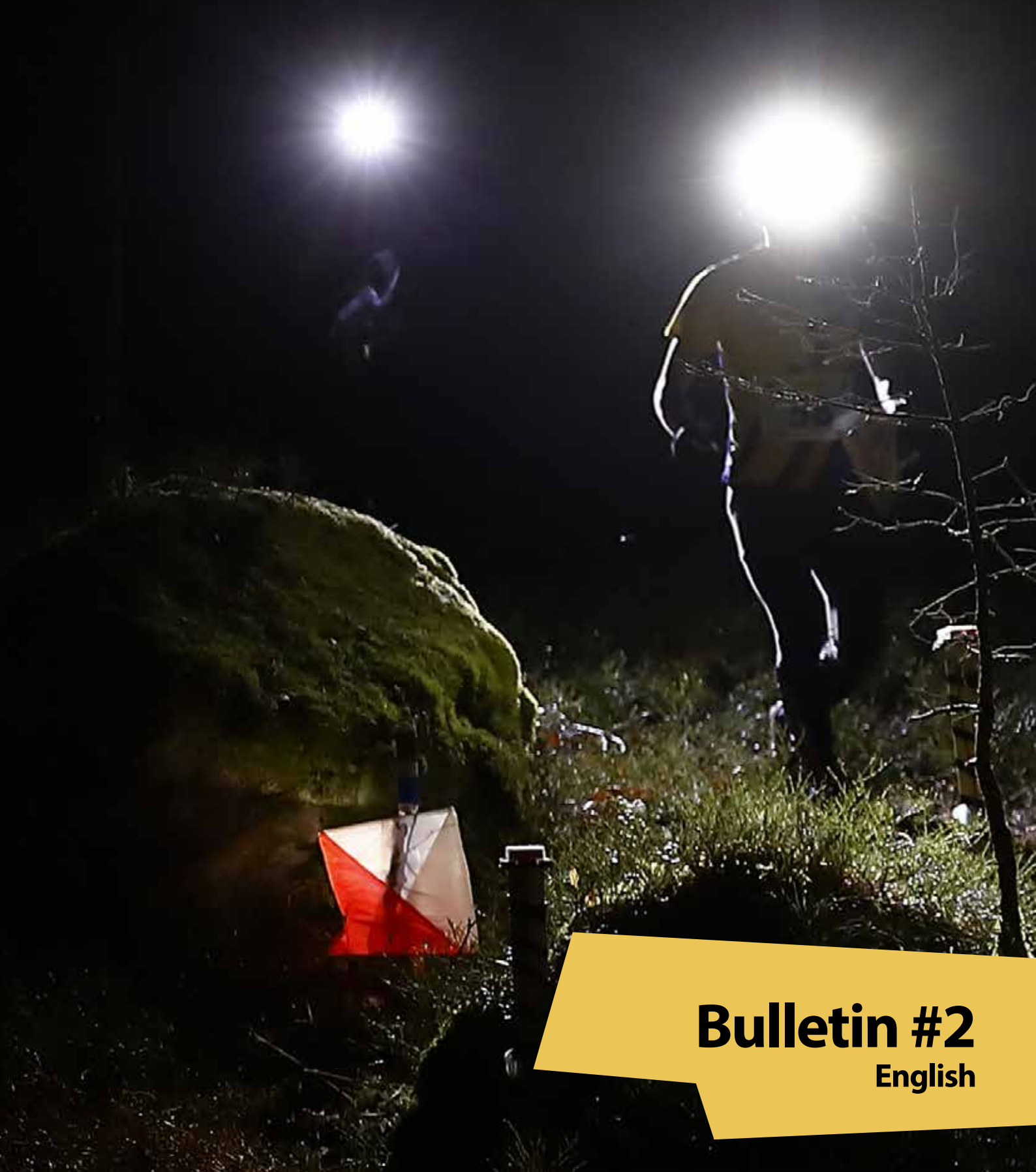


2025

FINSPÅNG

*Challenge - Speed - Thrill
Together*

3-4 MAY



Bulletin #2
English

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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



FINSPÅNG

**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 Denseln

www.10mila.se

We're ready with double event directors

10MILA can be described as Sweden's largest and one of the world's most famous orienteering relays. This spring, orienteers at the highest elite level, and competitors young & old will come from far and wide to the forests surrounding Arena Grosvad in Finspång. As organisers, it is important to be prepared and ready.

This year in Finspång, two event directors were chosen, just in case.

- It's just good to be two. Much more fun too, says half the force, Karin Engvall, in the middle of the preparation work.

She shares the task with Björn Karlsson. Both are experienced event leaders and sharing the workload has proven to be both effective and inspiring.

They're aiming high. The goal for 10MILA 2025 is to attract upwards of a thousand teams. This year's event in Nynäshamn had just over 800 teams on the starting line in the various classes.

- We're doing everything we can to spread information and promote how attractive the competition will be. Maybe we won't reach a thousand teams, but we want to try anyway.

It will be a good competition and it's extra fun to work with a larger event, says Karin Engvall.

Karin herself has experience from 10MILA 2007, when she ran the first leg for her club OK Kolmården. The race went well but there was a surprise waiting for me at the finishing line.

- After downloading, I was brought in for a doping control. I had no reason to be nervous, but I was anyway. Thankfully, it was a scheme by my friends and how my hen night party started. I had no idea! I was thoroughly tricked. But we had a lot of fun, she says.

Karin Engvall also says that she will follow the "experienced Björn Karlsson's" lead, to make things go as smoothly as possible. At the same time, Björn Karlsson believes that it is good and rewarding to work together with others in a large arrangement like this.

- In large events such as this, it is important to keep an eye on the small details and make sure that nothing falls through the cracks. Good communication is essential, but everything is under control at the moment. As the competition gets closer, the workload for each different project will grow more and more, he says.

When it comes to the competition weekend (May 3-4), over 250 people are involved with making 10MILA happen. By this time, Karin Engvall and Björn Karlsson will have spent many hours preparing for the orienteering party at Arena Grosvad. There are challenges along the way.

An equal 10MILA is the new ambition which, among other things, means that both men and women will run night legs and that the overall competition time will be the same. That has not always been the case in the past.

- The trend is clear. There are more participants than ever before. And many women, more than we are used to, who are also interested in running night legs.

The "long night" and the women's "long day" are tough legs. At the same time, they are a truly magnificent experience that many people want to be a part of, says Karin Engvall.



Double event directors: Karin Engvall and Björn Karlsson.

The terrain surrounding Arena Grosvad is moderately hilly and has some very technically demanding elements. There are areas with extensive path networks, which not only provide interesting route choices but also make it suitable for young orienteers and beginners. The forest should provide a challenging mission for all participants.



Event directors Karin Engvall and Björn Karlsson are looking forward to exciting battles in the beautiful Finspång terrain.

SPECIALISTER PÅ SPORT - ÅRET RUNT



ORIENTERING



LÖPNING



LÄNGDSKIDÅKNING

Vi ses på 10MILA 2025!
Tills dess hittar du vårt stora
utbud på polder.se

polder.se
 SPORT
 SPECIALISTER PÅ SPORT - ÅRET RUNT

Preliminary invitation 10MILA 2025

ARENA
 Arena Grosvad, Finspång, 30 km west of Norrköping.

LIGHT CONDITIONS
 Sunset at 20:52, Saturday May 3.
 Sunrise at 04:50, Sunday May 4.

MAP
 Scale 1:10 000 (The Youth relay scale 1:7 500)
 Contour interval 5 metres.
 Map revised by Kalle Engblom and Jerker Boman, 2024
 Cartography: Tord Hederskog, 2019

- PARTICIPATION IN MULTIPLE EVENTS**
- It is permitted for girls who have run the youth relay to participate in the women's relay and the men's relay.
 - It is permitted for boys who have run the youth relay to participate in the men's relay.
 - It is permitted for women who have run the women's relay to participate in the men's relay.
 - It is not permitted for women to first run the men's relay and then the women's relay.
 - It is not permitted to participate more than once in the same relay.

OPEN CLASSES
 Open classes are offered throughout the 10MILA weekend.

PROJECT MANAGERS
 Henrik Peterson och Jan Berggren

COURSE SETTING TEAM
 Anton Tynong och Rickard Börjesson
 (Women's and Men's relay)
 Maria Nordwall och Bengt Schwartz
 (Youth relay and open courses)

COMPETITION CONTROLLER
 Göran Brattgård, Tjalve OK

COURSE CONTROLLER
 Per Fröberg och Göran Brattgård, Tjalve OK

INFORMATION
 Email your questions to: info2025@10mila.se



THE YOUTH RELAY
 Start: Saturday May 3 at approximately 2:30 p.m.
 Finish: Saturday May 3 at approximately 4:00 p.m.

Leg	Leg length	Forking	Difficulty
1	4,1 km	Yes	Orange
2	3,7 km	Yes	Orange
3	2,7 km	No	Yellow
4	4,3 km	Yes	Orange

At least two legs must be run by girls.
 It is permitted to start with two runners on the legs 2 and 3, the runner who reaches the changeover first Can tag the next leg's runner/runners.

THE MEN'S RELAY
 Start: Saturday May 3 at approximately 17:30.
 Chasing Start: Saturday May 3 approximately 22:50.
 (Leading men's team)
 Finish: Sunday May 3 at approximately 06:05.

Leg	Leg length	Forking	Other
1	8,8 km	Yes	Day
2	7,5 km	Yes	Day
3	8,3 km	Yes	Day
4	16,2 km	No	Night
5	6,5 km	Yes	Night
6	5,9 km	Yes	Night
7	6,9 km	Yes	Night
8	11,5 km	No	Night
9	14,0 km	Yes	Night/dawn
10	14,5 km	Yes	Dawn/day

THE WOMEN'S RELAY
 Start: Saturday May 3 at approximately 21:30.
 Chasing Start: Sunday May 4 at approximately 05:45.
 (Leading women's team)
 Finish: Sunday May 4 at approximately 09:45

Leg	Leg length	Forking	Notes
1	7,8 km	Yes	Dusk/night
2	6,9 km	Yes	Night
3	12,5 km	No	Day
4	5,3 km	Yes	Day
5	7,5 km	Yes	Day
6	8,4 km	Yes	Day

NOTE THAT LEG LENGTH AND START TIMES FOR ALL RELAYS ARE PRELIMINARY AND MAY BE ADJUSTED.
 Bulletin 3 will contain; exact start times for each relay, estimated leg changeover times, timing for chasing/wave starts and mass starts, predicted leg times, entry fees, entry dates and additional services.

Embargo



Embargoed area
 The marked area on the adjacent map is the competition area and embargoed for all training/competition until 10MILA 2025 with the following exceptions; In winter, it is permitted to ski on prepared ski tracks within the area. It's also allowed to be in the area inside the fence of Arena Grosvad.

Arena Grosvad
 10MILA returns to the Arena Grosvad in Finspång. The last time 10MILA was arranged there was in 2010. Two O-Ringen 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 and 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.



The mission: Provide 10,000 people with beds

All host cities have their own advantages and disadvantages. Finspång is close to ideal, with easy transport between the city centre and the competition area at Arena Grosvad, a stone's throw away. The vast majority will stay in a close proximity to where the event is happening. Around 10,000 people are expected to attend the 10MILA weekend on May 3-4, including those who won't be heading out into the forest.

This mission is a big task

A major challenge is to ensure that all visitors find accommodation. Here, Sofia Westerberg and Henrik Ljungemyr from OK Kolmården are playing key roles. They are responsible for accommodation for the entire 10MILA event and have the task of ensuring that everyone can have a roof over their head and sleep reasonably comfortably. It is extremely important to be prepared in advance and to arrange all the details.

-Around New Year it will be possible to book accommodation via Eventor, but before then we have to make sure that all accommodation options are available, says Sofia.

Hard surface in sports halls and schools

Such a large crowd cannot all be accommodated in hotels around Finspång. The Grosvad Arena itself will accommodate the majority, where there will be sleeping spaces available on hard surfaces inside the sport

halls and in the Grosvad School. In addition, there will be a temporary camping village in the area with space for caravans, mobile homes and tents - either large event tents or for your own personal tents.

Rental of houses and apartments

- We will also urge the residents of Finspång to rent out rooms or houses during the competition weekend, points out Henrik Ljungemyr.

Orienteering is often a shared family affair. When it comes to Sofia Westerberg or Henrik Ljungemyr it's no exception.

Sofia started skiing for Åby SOK (which in 2010 merged with Krokek's OK and formed OK Kolmården) at just six years of age.

- Now I sit on the club board with both my husband and our three adult children who are active in the club.

Henrik, whose main task in the club is to arrange ski tracks in the winter, got involved in orienteering as an adult.

- It was thanks to my children that I started. In 2004, I followed my neighbour to a competition to help empty the toilets for a couple of hours in the middle of the night. I had no idea what kind of event it was, but it was apparently 10MILA then too! He says and laughs.

20 years later, he has advanced from the dirty job, to a completely different role as the competition is once again held in Östergötland.

Accommodation options under 10MILA in Finspång

- Sports hall next to the arena
- Other schools 0.5km - 3km from the arena
- Large tent with floor and heating
- Tent sites for personal tents
- Caravan/motorhome sites

Bookings open in Eventor together with the publication of Bulletin #3 (December 20, 2024).

Contact: boende2025@10mila.se

Call for accommodation in Finspång

We have asked all residents in Finspångs to post their offers on the following pages:
Airbnb, Stugknuten, Blocket, Marketplace etc.

FS
En resa genom tid och rum

VÄLKOMMEN TILL FINSPÅNGS SLOTT!

Vi erbjuder **20 rum** som är individuellt inredda efter milstolpar från Finspångs historia. Välj mellan 11 enkelrum, 6 dubbelrum och 3 sviter. Gästflygel är beläget endast 5 min med bil från **Arena Grosvad**.

Vid bokning av samtliga rum på Gästflygeln erhåller ni 20% fre-sön, 15% för en natt.

0122-815 04
FINSPONGHOUSE.SE@SIEMENS-ENERGY.COM
WWW.FINSPONGSSLOTT.SE



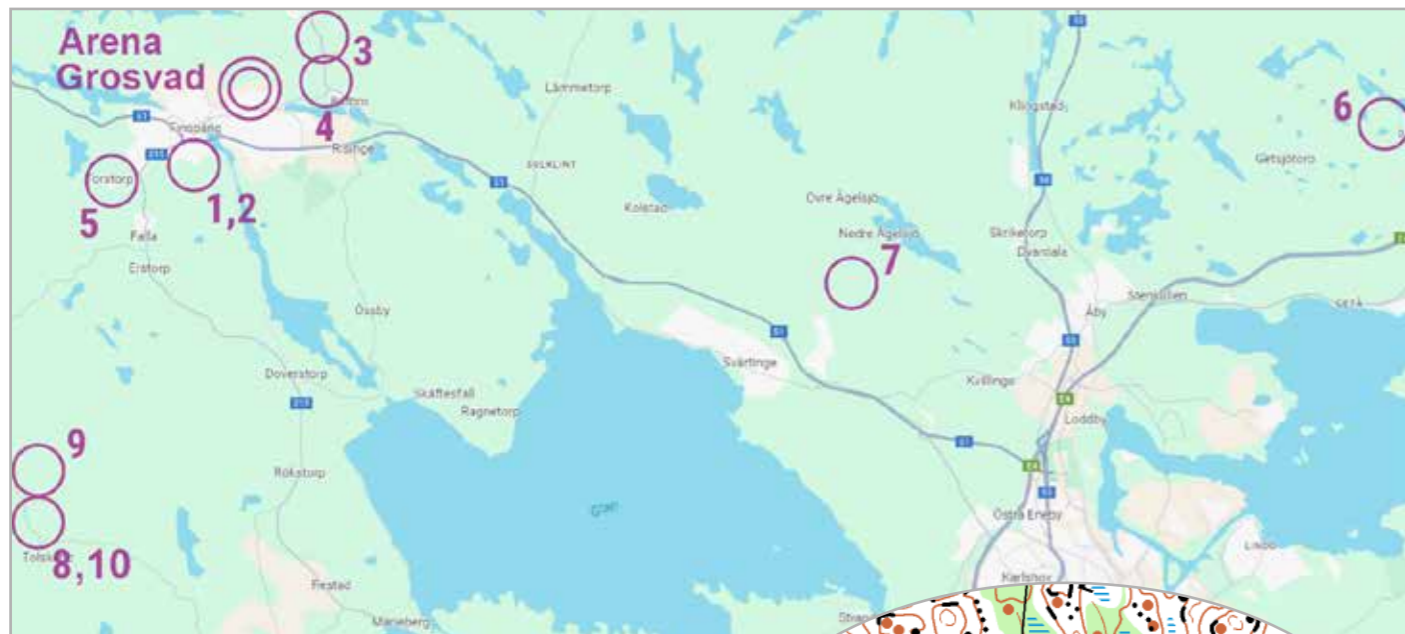
Henrik Ljungemyr and Sofia Westerberg have the task of ensuring that everyone can have a roof over their head.

Sov gott.

visit.norrkoping.se/overnatta

Upplev
Norrköping

Training areas and map examples



Training for 10MILA 2025 in Finspång

There are several different training packages to choose from in and around Finspång. The first are available from November 1, 2024. Long distance courses, forked relay training or O-intervals, choose what suits your preparation for 10MILA best!

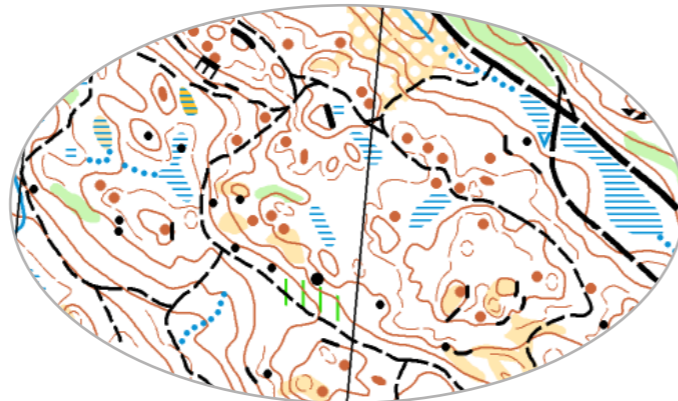
Information about the various training packages is on our orders page, which can be found via the 10MILA's website: <https://tiomila.se/2025/traning/>

Questions

Do you have any questions regarding the training packages or do you need help planning an upcoming training camp? You're welcome to contact us at: traning2025@10mila.se

Other important contact information

ledning2025@tiomila.se
info2025@tiomila.se
traning2025@tiomila.se



Training package

1. Course Nyhem
2. Long-distance course Nyhem/Fäskogen
3. Long-distance course Yxviken
4. Course Lotorp
5. Permanent controls Torstorp
6. Lilla Älgsjön long distance

7. Orienteering intervals Lilla Bergsätter
 8. Tolskepp-Åskemålen relay training
 9. Tolskepp-Granlund relay training
 10. Tolskepp-Hundekulla technique training
- More training sessions are available as needed/ requested
 Finish. 10 MILA 2025, Arena Grosvad

Recommended accommodation for training camps

Finspångs SOK's Clubhouse

Torstorps motionscentral
<https://www.finspangssok.se/sida/86611/klubbhus>
 Kontakt: Lena Rosander, +46 72 350 74 37
lenarosander@hotmail.com

OK Denseln's Clubhouse

Mårängens Camping
<https://www.denseln.se/klubbstugan/klubbstugan.php>
 Kontakt: Thomas Lilja, +46 72 734 72 81
thomas.a.lilja@gmail.com

OK Kolmården's Clubhouse

Lillsjöstugan
<https://okkolmarden.com/foreningen/klubbstugor/lillsjostugan>
 Kontakt: Eva Karin Jönsson, +46 70 882 46 37
evakarinj@telia.com



Lillsjöstugan, OK Kolmården

Lotorp Hostel & Café

<https://www.lotorpsvandrarhem.com/>
 Kontakt: +46 73 397 10 70
lotorpvandrarhem@telia.com

Cottages at Finspång's Golf Club

<https://finspangsgk.se/gast/bokningsvillkor-stugbyn/>
 +46 122 139 40
info@finspangsgk.se



Finspång's Golf Club



Finspång's Castle

Finspång's Castle, The Guest Wing

<https://www.finspangsslott.se/hotell/>
 +46 122 815 04

Hotel Allé Finspång

<https://www.allehotellet.se/>
 +46 122 16 111, +46 76 778 64 00
info@allehotellet.se



Hotel Allé, Finspång

Selected hotels in Norrköping

Go to Visit Norrköping for more information. Here you will find many good hotel options.
<https://visit.norrkoping.se/overnatta/temasidor/hotell-i-city>



Finspångs OK's Clubhouse



Besök vår hemsida för aktuell lunch- och fikameny!

Coop Finspång är redo för 10MILA!

10MILA-orienterare - välkomna till oss på Coop i Finspång.

Vi är mycket glada att ha blivit en partner till 10MILA i Finspång 2025. Vi kommer att tillsammans med arrangören ansvar både serveringen i lunchrestaurangen i ishallen och kiosker ute på Grosvad Arena. Även under perioden med träningsläger är ni alla välkomna till oss för att handla, äta och fika.

Frukostbuffén, lunchbuffén, fikat och allt för mathandlingen hittar ni hos oss – alltid till et bra pris.

Coop Restaurang

- Här erbjuds lunchbuffé med tre rätter och en vegetariskt rätt varje vardag mellan 11.00-14.00.
- Dessutom serverar vi varje vardag en stor frukostbuffé med lyxiga bakverk samt både varmt och kallt.

Coop Café

- Slå dig ner och njut av en god fikastund med hembakat bröd eller en enklare lunch.
- Vi har öppet mån-fre 08.00-18.00, lör 08.00-16.00 och sön 10.00-15.00.

ÖPPETTIDER BUTIKER

Stora Coop
 Alla dagar
 08.00-20.00

Bergslagshallen
 Mån-Fre 06.00-22.00
 Lör-Sön 08.00-22.00

Östermalmshallen
 Alla dagar:
 08.00-22.00

Rejmyre
 Mån-Fre 09.00-19.00
 Lör 10.00-17.00
 Sön 12.00-17.00

Mer info: coopfinspang.se



Vi finns till för dig - varje dag

Varmt välkommen till Finspång! Finspångs kommun ansvarar för en stor del av samhällsservicen som förskolor, skolor, bibliotek och äldreomsorg. Kommunen ser även till att vatten, avlopp och gator fungerar. Vårt uppdrag är att se till att livet för de som lever och jobbar i Finspång fungerar alla dagar, året om.

Kontakta Finspångs kommun

På Finspångs kommuns webbplats hittar du information, blanketter och e-tjänster som kan behövas när du ska komma på plats i din nya vardag. Kanske söker du nytt jobb? Du hittar våra lediga tjänster på finspang.se.

Du kan alltid höra av dig om du har frågor. Följ oss gärna i sociala medier för att få information om vad som händer i Finspång.

Läs mer på finspang.se



Besöksadress: Bergslagsvägen 13-15 | Telefon: 0122-850 00

E-post: kommun@finspang.se

Facebook: [@finspangskommun](https://www.facebook.com/finspangskommun) | Instagram: [@finspangskommun](https://www.instagram.com/finspangskommun)

Bulletins 10MILA 2025 in Finspång:

- Bulletin #1, published September 25
- Bulletin #2, October 25
- Bulletin #3, December 20
- Bulletin #4, approximately a month before 10MILA



2025

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