



# 2025

## FINSPÅNG

Challenge - Speed - Thrill  
Together

3-4 MAY

### SUPER WEEKEND

Östergötland 1-4 May 2025

Thurs 1 May	Swedish League Linköping
Fri 2 May	Vadstenasprinten
Fri 2 May	Linköping Indoor
Sat-Sun	10MILA Finspång
3-4 May	

## Bulletin #3

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



F I N S 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 to the superweekend in Östergötland!

*Henrik Peterson and Janne Berggren  
Project Manager's of 10MILA 2025*



## Organisers



Finspångs SOK



OK Kolmården



OK Denseln

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

## A coordinated team of friends behind the courses

The course setters Anton Tynong and Rickard Börjesson will try to challenge the elite runners in a fair way.

- The goal is to make a course that you yourself would like to run, says Rickard.

The course setters Anton Tynong and Rickard Börjesson will try to challenge the elite runners in a fair way.

-The goal is to make a course that you yourself would like to run, says Rickard.

It's a quick climb from the start/finish area at Grosvad Arena, straight up into the forest. There we're on embargoed ground - at least for the 10 MILA competitors.

However, the course setters of the men's and women's relay, Anton Tynong and Rickard Börjesson, have spent most of their free time since last spring specifically in these 20-25 square kilometers.

-We have walked, run and scanned every single meter here, says Rickard as we reach the top of the slope and have a nice view below.

Both Anton Tynong (35) and Rickard Börjesson (34) have moved to Finspång. Originally from Gävle and Borås respectively. The two parents of small children are friends and has a more modest background.

Rickard is an experienced course setter, setting courses for, among other things, O-Ringen in Borås 2015, while Anton has a more modest background.

-I'm a rookie and would hardly have jumped at this opportunity if Rickard wasn't there too. The biggest competition I've set before this was the school district champs in Gästrikland, he says and laughs.

Between 180 and 200 controls will be placed in the forest. When we met the duo at the start of November, most of the markings in the forest has been done.

-Posts marking control sites must be in place before winter. When the fieldwork in the forest is finished, most of the work will be at home on the computer, says Rickard.

-Next week we will have test runners, running the various courses. Then some adjustments may be made, depending on the route choices they have made, Anton adds.



Anton Tynong and Rickard Börjesson wonder if the courses are difficult enough

## Have you calculated how many hours it's taken?

-It's been said that it takes a total of 1,500 hours to set the courses for 10MILA, but that includes the entire team. I actually think we spend more time than that. But as I said, we are not alone in this. There are course setters in the youth classes as well and then we work together with the competition management and the course controllers. Plus we have test runners who check our courses.

-As we both have small children, there are many late nights at the computer. We are grateful that our partners are so supportive and let us keep this going, Rickard notes with a smile.

Anton Tynong and Rickard Börjesson are perfectionists and take pride in making sure it will be as good, challenging and decisive as possible.

-You want to create as fair courses as possible, and one that you would like to run yourself. I like the technical aspect of orienteering, and believe that there should be a variety of short and long distance legs, route choices and technical orienteering. Our task as course setters is really to challenge the orienteers. Everyone will run through the same terrain with the map, but we have to make sure that there are few mistakes along the way, says Rickard.

On May 3-4, Anton Tynong and Rickard Börjesson will receive exciting feedback for how well they have succeeded with their year's work.



**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

# Sov gott.

## Sluta leta!

Här kan du bo på hotell i Norrköping.

[visit.norrkoping.se/overnatta](http://visit.norrkoping.se/overnatta)

Upplev  
Norrköping

# Invitation 10MILA 2025 in Finspång

## ARENA

10MILA returns to the Grosvad Arena in Finspång, 30 km west of Norrköping. Directions will be given from road 51, just east of Finspång. The distance from the arena to Finspång's center is about 2 km.

10MILA is best experienced on site, at the Grosvad Arena. A crowd-friendly arena with the possibility to follow both incoming and outgoing runners. The last time 10Mila was arranged here was in 2010. Two stages of the O-Ringen have also been arranged at the Grosvad Arena in 2019. The arena is beautifully situated between the forest and residential area and we expect there to be decisive orienteering all the way to the finish line.

The entire competition can be followed on the big screen while experiencing the atmosphere in the arena. The arena itself has everything you could want to create a pleasant and comfortable event for the participants and spectators. There are large grass areas, an athletics track, ice rink, sports halls, gym and water park. These will be used for participants and spectators, as accommodation facilities and various service functions. Food serving, showers and sports shops will be indoors.

Grosvad Arena will also have a drop zone adjacent to the arena. There is an opportunity to drop off club tents and the equipment needed for 10MILA. More practical information about the drop zone and which times apply will be in Bulletin #4.

- Distance from parking-arena 2100 meters.
- Bus drop off/drop zone, 50 meters from the arena.



## CLASSES

### YOUTH RELAY

Leg	Leg length	Forking	Climb	Difficulty
1	3,9 km	Yes	105	Orange
2	3,6 km	Yes	105	Orange
3	2,7 km	No	75	Yellow
4	4,3 km	Yes	110	Orange

- Start Saturday 3 May at 14:30
- Finish Saturday 3 May around 16:00
- Restart Saturday 3 May at 17:00

In the youth relay, runners up to D/H-16 can participate. At least two legs must be run by girls. It is allowed to start with two runners on legs 2 and 3, the runner who reaches the changeover first sends out the runner/runners of the following leg. Leg 4 must be run by a girl.

### MEN'S RELAY

Leg	Leg length	Forking	Climb	Day/night
1	8,8 km	Yes	260	Day
2	7,5 km	Yes	220	Day
3	8,3 km	Yes	250	Day
4	16,2 km	No	490	Night
5	6,5 km	Yes	200	Night
6	5,9 km	Yes	180	Night
7	6,9 km	Yes	210	Night
8	11,5 km	No	340	Night
9	14,0 km	Yes	420	Night/dawn
10	14,5 km	Yes	435	Dawn/day

- Start Saturday 3 May at 17:30
- Finish Leading team after three legs, Saturday 3 May at approximately 16:00
- Chase start Leading men's team, Saturday 3 May at 22:50
- Wave start Saturday 3 May at 23:50
- Finish Sunday 4 May around 06:05
- Restart Sunday 4 May at 10:30

### WOMEN'S RELAY

Leg	Leg length	Forking	Climb	Day/night
1	7,8 km	Yes	230	Dusk/night
2	6,9 km	Yes	210	Night
3	12,5 km	No	370	Day
4	5,3 km	Yes	160	Day
5	7,5 km	Yes	220	Day
6	8,4 km	Yes	250	Day

- Start Saturday, 3 May at approximately 21.30
- Finish Leading team after two legs, Saturday 3 May at around 23:10
- Chasing start Leading women's team, Sunday 4 May at 05:45
- Wave start Sunday 4 May at 06:45
- Finish Sunday 4 May around 09:45
- Restart Sunday 4 May at 11:00



## TILLSAMMANS PÅ HEMMAPLAN

Som orienterare känner du skogen väl. Skogen är även vår hemmaplan. Här bidrar vi till ett bättre klimat genom att vårda växande skogar och skörda dem när de är mogna för att producera fossilfria träprodukter. Här erbjuder vi jobb som ger gemenskap och kompetensutveckling. Här skapar vi utrymme för jakt, fiske, promenader och givetvis orientering.

Vi är måna om att vara goda grannar. Genom lokala samarbeten är vi med och stöder en aktiv fritid för både dagens och morgondagens medarbetare. På så sätt skapar vi en hållbar framtid – tillsammans.

Varmt välkommen hem till oss i maj.

[holmen.com](http://holmen.com)

# HOLMEN

# Arena map, Arena Grosvad





## Invitation 10MILA 2025 in Finspång

### NOTE THAT LEG LENGTHS AND START TIMES FOR ALL RELAYS ARE PRELIMINARY AND CAN BE ADJUSTED

In Bulletin #4, we will present the schedule for the entire 10MILA weekend with start times for each relay, estimated leg changeover times, times for chasing start, wave start and restart as well as estimated times for the finish in each relay.

### THE "RELAY LEAGUE" (Stafettligan)

The Men's and the Women's Relay are competition 3 in the Swedish Relay League.

### LIGHT CONDITIONS

The sun sets at 20:52 Saturday, 3 May.

The sun rises at 04:50 Sunday, 4 May.

### WHAT'S WAITING IN THE FOREST?

#### MAP

Holmenskogen, digitally printed map from SOFT certified printer. Scale 1:10 000, (except for the youth relay, which has a scale of 1:7 500). Contour interval, 5 meters. The map was drawn in 2019 by Tord Hederskog and revised in 2024 by Kalle Engblom and Jerker Boman.

### TERRAIN DESCRIPTION

The competition area includes classic terrain used for both 10MILA 2010 and O-Ringen 2019. Close to the arena, there is an open area with a dense trail network. The longer courses will meet wilderness-like forests. In recent years, a lot has happened within the competition area, including felling as a result of spruce bark beetle attacks.

### FOREST AND TOPOGRAPHY

Largely coniferous forest, mostly consisting of open pine forest with good visibility. Close to the arena, there is a dense trail network and the forest varies in age. The longer courses will reach areas of wilderness where trails are less common. There are valleys of varying sizes and a number of detailed slopes. The elevation in the competition area can be described as small to moderate. There are occasional steeper climbs of around 25–50 meters in height.

### RUNNABILITY

Runnability is mostly very good, but the majority of courses will pass through areas with denser vegetation where runnability is limited. In a number of smaller areas, there are many fallen trees lying close together as a result of spruce bark beetle attacks. These are drawn on the map as very difficult to pass. In some areas, there are open hilltops that offer very good visibility and higher running speeds.

### PUNCHING SYSTEM

SportIdent is used in all three relays. The same SI card may NOT be used in several relays. Sport Idents can be hired at registration.

### THIS IS HOW 10MILA WORKS

- 10MILA starts with the Youth Relay on Saturday afternoon.
- Then the Men's Relay takes over, with three day legs before there is a break for a few hours, waiting for the chasing start to commence.
- The Women's Relay starts with two night legs as dusk becomes night, before a break in their competition.
- The Men's Relay restarts with a chasing start on leg four (the long night) and one hour after the leading team has started, it is time for the wave start with the remaining teams.
- The Women's chasing start takes place at dawn with leg 3 (the long day) and an hour later it is time for the wave start.
- Towards the end of the competition, there is a restart in the Men's and Women's Relay for all remaining teams whose previous leg runners have not yet reached the finish.

### PARTICIPATION IN MULTIPLE RELAYS

- 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.



# Invitation 10MILA 2025 in Finspång

## COMPOSITE TEAMS AND RUNNER'S BANK

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

## WHAT DOES CHASING START, WAVE START AND RESTART MEAN?

**Chasing start:** When the competition resumes after the break, the teams that were 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, the teams that were 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.

## ENTRIES

Registration is now open in Eventor. Ordinary registration must take place no later than **Monday, March 3**. Late entries can be made till **Monday 31 March** and **Monday 21 April** respectively. Entries/bookings are only registered after the respective fees have been received by the organizer.

## REGISTRATION FEES AND OTHER FEES

Entry fee 2025 All fees are stated in Swedish kronor (SEK)	Regular (deadline 3/3)	Late registration 1 (deadline 31/3)	Late registration 2 (deadline 21/4)
Youth relay	690	690	1 035
Women's relay	3 600	5 400	7 200
Men's relay	6 000	9 000	12 000
<b>Other fees</b>			
Sport Ident hire	75	75	75
Space for team tent	620	930	930
Canopy tent 5x5m, without floor	6 200	7 000	7 800
Canopy tent 5x5m, with floor	10 000	10 800	11 600
Gas heater for canopy tent. (price per heater)	2 500	2 800	3 100

Prices for different accommodation options, see page 14.

## COMPETITION RULES

SOFT's competition rules and regulations apply. It is the competitors' responsibility to be aware of the competition rules and regulations.

## INSURANCE

All runners participate at their own risk. Runners who are members of an association connected to SOFT thereby have basic protection. Runners who are not members of an association affiliated to SOFT are asked to review their personal insurance cover.

## EMBARGO

See information on page 13.

## OPEN COURSES

Open courses will be available:

- Friday, 2 May between 13:00-19:00
- Saturday, 3 May between 10:00-19:00
- Sunday, 4 May between 09:00-12:00

The courses are in a separate area, adjacent to the 10mila arena. Registration and payment are made at the arena, no pre-registration. Timing and punching system with SportIdent.

**Map:** Holmenskogen, scale 1:7,500 for all courses except Black (Svart) 7.0 which has a scale of 1:10,000. Contour interval 5 meters. The type of terrain is the same as 10MILA.

**Fees:** DH-16, 75 SEK  
 DH17-, 130 SEK

## THE FOLLOWING COURSES ARE OFFERED

Classes	Course length	Difficulty
Vit 2.0	2,2 km	Very easy
Yellow 2.5	2,5 km	Easy
Orange 3.0	2,8 km	Medium
Orange 4.5	4,5 km	Medium
Blue 3.0	3,3 km	Difficult
Black 4.5	4,5 km	Difficult
Black 7.0	7,1 km	Difficult



## Invitation 10MILA 2025 in Finspång

### EVENT ORGANISATION

#### Project Leaders

Henrik Peterson and Jan Berggren

#### Marketing and communication

Mats Rosander and Björn Persson

#### Economy

Ebba Hedegård and Anneli Borg

#### Arena

Magnus Hedegård and Björn Axelsson

#### Accommodation

Sofia Westerberg and Henrik Ljungemyr

#### Event Directors

Karin Engvall and Björn Karlsson

#### Course setting team

Anton Tynong and Rickard Börjesson (Men's and Women's Relay)  
Maria Nordwall and Bengt Schwartz (Youth Relay and Open Courses)

#### Competition coach

Christer Nordström, Tiomila association

#### Course coaches

Anders Hallmén and Per-Ove Melinder, Tiomila association

#### Competition controller

Göran Brattgård, Tjalve OK

### Course controllers

Per Fröberg och Göran Brattgård, Tjalve OK and Oleksandr Starov, OK Denseln

### CONTACT

#### Information:

[info2025@10mila.se](mailto:info2025@10mila.se)

#### Leaders:

[ledning2025@10mila.se](mailto:ledning2025@10mila.se)

#### Training:

[training2025@10mila.se](mailto:training2025@10mila.se)

#### Accommodation::

[boende2025@10mila.se](mailto:boende2025@10mila.se)

### MEDIA PRODUCTION / 10MILA TV

We continue to develop 10MILA TV for those who cannot make it to the arena. We promise an exciting and packed broadcast that starts with youth relay and then continues throughout the entire 10MILA day/night.

There will also be studio talks, analysis, previews and interviews with both expected and unexpected guests. 10MILA TV will be offered in both Swedish and English.

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

### TRAINING FOR 10MILA IN FINSPÅNG 2025

There are several different training packages in and around Finspång to choose from. Long distance, forked relay training's or orienteering intervals, choose what best suits your preparations for 10MILA.

Read more about the training packages and accommodation on pages 18-19.



# SUPERHELGEN

## Östergötland 1-4 maj 2025



### SWEDISH LEAGUE #3 OCH WRE

Medel och publiktävling,  
sydost om Linköping

Arrangör: Linköpings OK  
Info: Eventor  
Frågor: SL2025@lok.se



Swedish  
League

Torsdag 1/5



Fredag 2/5

### LINKÖPING INDOOR

Eftermiddagstävling inne i Linköping

Arrangör: Linköpings OK  
Info: Eventor  
Frågor: SL2025@lok.se



2025  
FINSPÅNG  
Utmaning-Fart-Spänning  
Tillsammans

3-4 MAJ



### VADSTENA-SPRINTEN

Sprinttävling i anrika Vadstena  
med arenan ett stenkast från  
Vadstena Slott

Arrangör: Boxholms OK  
Info: Eventor  
Frågor:  
boxholmsok@gmail.com



Fredag 2/5

*SUPERHELGEN börjar med Swedish League i Linköping och avslutas med 10MILA i Finspång.*

*I samband med alla tävlingarna erbjuder 10MILA boendepaket.*

*Se mer info på sidan 14 i Bulletin #3.*

## Embargo



### Embargo

The marked area according to the map on this page is the competition area and is embargoed for all training and competition until 10MILA 2025 with the following exceptions. In winter, skiing is permitted on prepared ski trails in the area. It is permitted to be in the area inside the fence at the Grosvad Arena.



## Accommodation Wednesday 30 April - Sunday 4 May

There are many excellent accommodation options nearby the Grosvad Arena in Finspång (within 2500m)

See below for information on accommodation options, available days and price list.

### HARD GROUND

A wide range of accommodation facilities are offered here, such as in nearby schools, sports halls, assembly halls etc.

Places are allocated in the order of which applications are received. Clubs that have placed bookings will be kept together as much as possible in suitably sized school halls or other premises.

### ACCOMMODATION IN SPORT'S HALL

Hard ground areas (6 x 3 m) are available in the Aluceum sport's hall right next to the Grosvad Arena.

### TENT SITES

Tent sites for personal tents or hired tents with access to water and toilets are located on grass areas close to the Grosvad Arena.

### SITES FOR CARAVAN OR MOTORHOME

Sites with access to water and toilets are also available close to the Grosvad Arena.

### BOOKING

All bookings for the accommodation options above are made via Eventor.

### OTHER ACCOMMODATION ALTERNATIVES

In addition to the organiser's offer, there are additional accommodation options:

- Hotel accommodation in Norrköping, (see ad in Bulletin #3)
- Accommodation on hard surfaces in Arena Öst in Finspång, (see ad in Bulletin #3)
- Houses and apartments. Finspång locals have been encouraged to post rental offers on the following pages:  
**Airbnb, Stugknuten, Blocket, Stugsommar and/or Marketplace**

Contact: [boende2025@10mila.se](mailto:boende2025@10mila.se)



	Accommodation Options	Available	Distance to arena
<b>A</b>	Accommodation on hard surface, rented per place	Wednesday 30/4-Sunday 4/5	200 - 2500m
<b>B</b>	Accommodation in sports hall, rented per 6 x 3m	Thursday 1/5-Sunday 4/5	Next to Arena Grosvad
<b>C</b>	Accommodation tent, 6 x 3m, with floor and heating	Friday 2/5-Sunday 4/5	200 - 500m
<b>D</b>	Space for personal tent, 6 x 6m	Wednesday 30/4-Sunday 4/5	200 - 500m
<b>E</b>	Space for a caravan or motorhome	Wednesday 30/4-Sunday 4/5	200 - 500m

	Price 1 night	Price 2 nights	Price 3 nights	Price 4 nights
<b>A</b>	330 SEK	440 SEK	550 SEK	660 SEK
<b>B</b>	4 000 SEK	5 000 SEK	6 000 SEK	
<b>C</b>	7 500 SEK	8 200 SEK		
<b>D</b>	500 SEK	600 SEK	700 SEK	800 SEK
<b>E</b>	500 SEK	600 SEK	700 SEK	800 SEK

**NOTE!** Regular price according to table, until 3/3 2025

- Between 4/3-31/3 2025: +20% on regular price
- Between 1/4-21/4 2025: +40% on regular price

PRISVÄRT, ENKELT & NÄRHET TILL ARENA GROSVAD

## BEKVÄMT BOENDE I ARENA ÖST PADELHALL.

Vill du under 10-MILA Finspång 2025 boka övernattnig i sovsalen i padelhallen på Arena Öst i Finspång? I lokalerna finns tillgång till toalett, dusch och en obemmanad kiosk. Eller vill du hellre bo i vår fina lounge med fullutrustat kök?

Från  
**300 SEK\***  
/natt

\*Gäller bokning av två nätter



## LÄS MER OCH BOKA!



[arenaost.se/bokning-av-sovsal-10-mila](https://arenaost.se/bokning-av-sovsal-10-mila)

Läs mer på [arenaost.se](https://arenaost.se)

[hej@arenaost.se](mailto:hej@arenaost.se)



Följ oss på



## Stolt samarbetspartner

▶ 10MILA i Finspång 2025



Swedbank 

## Trondheim students aim high

Stora Tuna OK won both the women's and men's relay in Nynäshamn. NTNUI's dream is to repeat Stora Tuna's success from 10MILA in 2024.

- It won't be easy, but it can be done, says Anders Vestöl.

The Norwegian university club from Trondheim, whose full name is the Norwegian University of Science and Technology Sports Association, will be found in Finspång. In traditional student spirit, they usually brighten up 10MILA with their happy and crazy orchestra.

They will come with large representation of six men's teams and six women's teams.

- We are the best in Norway, says Anders Vestöl with a big smile on his face.

The largest, anyway. The figures vary, but there are between 10,000 and 20,000 (!) members. The successful orienteering section has 200 runners, including Swede Oskar Edvardsson from Järfälla OK and Finn Anu Tuomisto.

For obvious reasons, the club does not have any youth teams, but there are not many older orienteers either.

- The oldest is 28-29 years old and there is a lot of turnover

with students arriving and leaving. Compared to when we won in 2023, there are only six of us left in the first team, says 23-year-old Anders, who both runs in the top team and is part of the sports leadership.

Although it is a cocky goal to take the double, the capacity is there. NTNUI's men won 10MILA as recently as 2023, and in 2024 the men came fourth and the women ninth.

- There is tough competition and a lot has to go right. But if we have a good day, it can be done, says Anders, who was one of 13 NTNUI runners at the pre-camp in November, staying overnight at Lotorps Hostel & Café just outside Finspång.



NTNUI's dream is to repeat Stora Tuna's success from the last 10MILA.



## How was it to win in 2023?

- Very, very good, haha. It was in Skellefteå at the time and there was still some snow left in the terrain. That was a bit of an advantage for us from Trondheim.

25-year-old national team runner Ane Dyrkorn would love to win in Finspång, but she is setting the expectations a little lower.

- The ladies have finished fifth at best. If we were to get on the podium I would be very happy, she says during a short break of her physics studies at the hostel.

## How are you finding the terrain in Finspång?

- It's not completely new to me. I participated in O-Ringen 2019 (with nearby Kolmården as a base) even though I was a little injured. It feels like a good mix of Norwegian and Swedish terrain here, Ane answers.

The student gang from Trondheim made the most of their time in Sweden. On the way to Lotorp, they did two sessions at Idre and once in Finspång, they ran six training sessions before returning to Norway.

The organising clubs OK Kolmården and OK Denseln joined one night orienteering session and raced with NTNUI on Saturday.



Ane Dyrkorn and Anders Vestøl see the possibility of the "double".

- I think we'll do well against them, says Anders Vestøl before the small training competition.

The first weekend in May will provide much tougher competition as the entire Nordic elite clubs will fight against each other.

## SPECIALISTER PÅ SPORT - ÅRET RUNT



**ORIENTERING**



**LÖPNING**



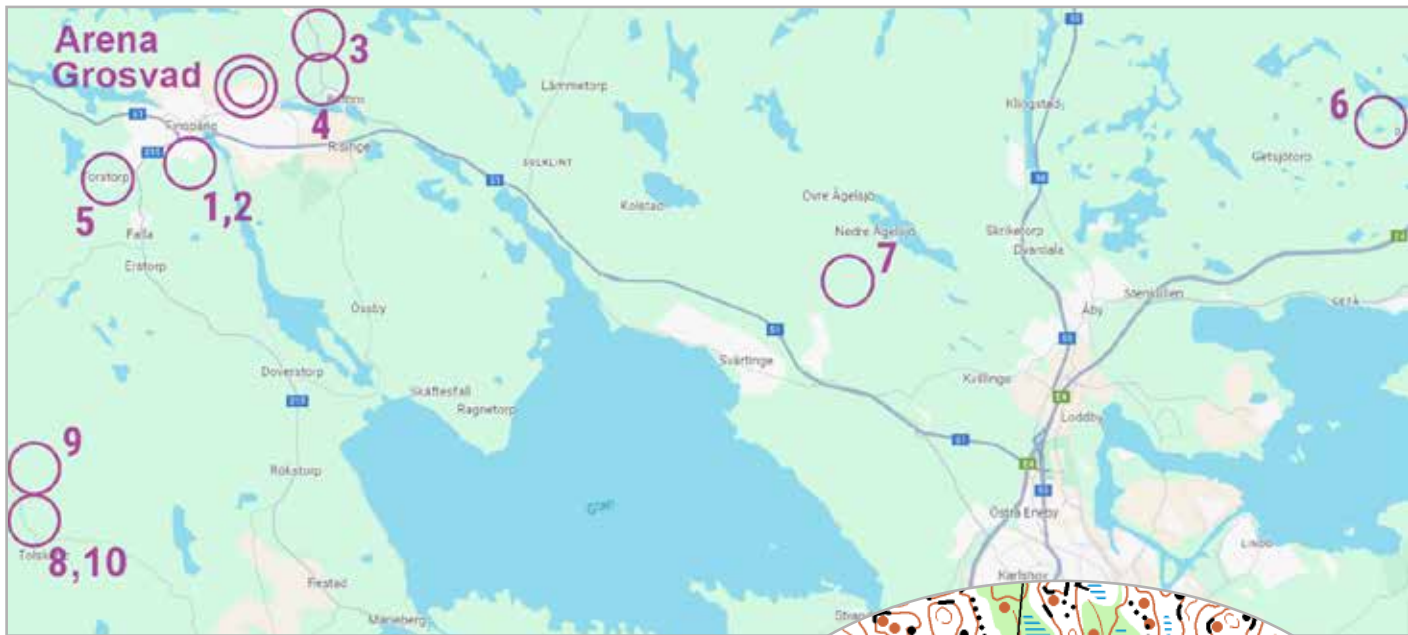
**LÄNGDSKIDÅKNING**

**Vi ses på 10MILA 2025!  
Tills dess hittar du vårt stora  
utbud på [polder.se](https://polder.se)**

**// polder.se**  
SPORT

SPECIALISTER PÅ SPORT - ÅRET RUNT

# Training areas and map examples



**Welcome to training for 10MILA in Finspång 2025**

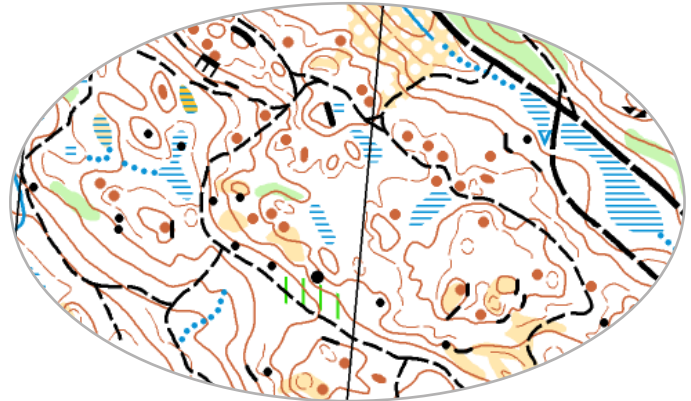
There are several different training packages in and around Finspång to choose from. Long distance, forked relay training's or orienteering intervals, choose what best suits your preparations for 10MILA.

Information about the different training packages can be found on our order page which you can find via 10MILA's website: <https://tiomila.se/2025/traning/>

Starting from January 1, 2025, some areas will be updated with new courses. If you want to use previous trainings, please check the training dates/times for each area, they have been agreed upon with partners - landowners and hunters.

Do you have any questions about the training packages or do you want help planning an upcoming training camp?

Feel free to contact us at: [traning2025@tiomila.se](mailto:traning2025@tiomila.se)



- |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Training package</b></p> <ul style="list-style-type: none"> <li>1. Course Nyhem</li> <li>2. Long-distance course Nyhem/Fäskogen</li> <li>3. Long-distance course Yxviken</li> <li>4. Course Lotorp</li> <li>5. Permanent controls Torstorp</li> <li>6. Lilla Älgsjön long distance</li> </ul> | <ul style="list-style-type: none"> <li>7. Orienteering intervals Lilla Bergsätter</li> <li>8. Tolskepp-Äskemålen relay training</li> <li>9. Tolskepp-Granlund relay training</li> <li>10. Tolskepp-Hundekulla technique training</li> </ul> <p>More training sessions are available as needed/<br/>             requested</p> <p><b>Finish.</b> 10MILA 2025, Arena Grosvad</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Recommended accommodation for training camps

### Finspångs SOK's Clubhouse

Torstorps motionscentral

<https://www.finspangssok.se/sida/86611/klubbhus>

Contakt: Lena Rosander, +46 72 350 74 37

[lenarosander@hotmail.com](mailto:lenarosander@hotmail.com)

### OK Denseln's Clubhouse

Mårängens Camping

<https://www.denseln.se/klubbstugan/klubbstugan.php>

Contakt: Thomas Lilja, +46 72 734 72 81

[thomas.a.lilja@gmail.com](mailto:thomas.a.lilja@gmail.com)

### OK Kolmården's Clubhouse

Lillsjöstugan

<https://okkolmarden.com/foreningen/klubbstugor/lillsjostugan>

Contakt: Eva Karin Jönsson, +46 70 882 46 37

[evakarinj@telia.com](mailto:evakarinj@telia.com)



Lillsjöstugan, OK Kolmården

### Lotorp Hostel & Café

<https://www.lotorpsvandrarnhem.com/>

Contakt: +46 73 397 10 70

[lotorpvandrarnhem@telia.com](mailto:lotorpvandrarnhem@telia.com)

### Cottages at Finspång's Golf Club

<https://finspangsgk.se/gast/bokningsvillkor-stugbyn/>

+46 122 139 40

[info@finspangsgk.se](mailto: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](mailto: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

## Malungs OK: "Killing several birds with one stone"

Malungs OK has already tested their accommodation and what it's like to run in the Finspång forests. – We're killing several birds with one stone by being here, says team leader Jimmy Birklin. Being careless with the details is hardly in the nature of an orienteer. One way to come as prepared as possible for a major competition is to test everything in advance.

### Three course setters are responsible for the training packages

- We have three course setters responsible for the training packages and we hope to have clubs here so that they can get a feel for the terrain. Our club OK Kolmården also does this before other big competitions such as 10MILA, says Yrsa Røjgård, who is one of those responsible for the training packages for 10MILA.

- Sometimes you can also go to Swedish champs relevant terrain to prepare better, continues Yrsa.

- There are about 10 different training packages to choose from around Finspång and in Norrköping municipality. Malungs OK travelled south for a long weekend of 10MILA training. With accommodation in Torstorp's motionscentral, which is also Finspång's SOK clubhouse, there are several newly laid courses with in running distance, in similar terrain to the one that will be used during the 10MILA weekend on May 3-4, says Yrsa Røjgård.

- It's different from what we're used to at home. Here there are more steep ups and downs, while it tends to be more undulating in our terrains. But most of our runners have been here before so it's nothing new. It's more to repeat for memory's sake, describes team manager Jimmy Birklin.

### Very valuable to visit the 10MILA terrain

The days in Finspång are valuable in several other ways.

- Most people are finished with their recovery period so it acts like a kickoff for the next season. We will talk about goals and what we will focus on for next year including camps and competitions.

- What we know is that 10MILA will be prioritized, it's such a classic and prestigious event in every way. So it's good to be here now, says Jimmy.



Malung will have around 30 runners at 10MILA, about half of whom were at the pre-camp in Finspång in November.

## Malungs OK will have teams in all categories

Malung will have around 30 runners competing at 10MILA, of which about half were at the pre-camp in Finspång in November.

- In 2025, I think we will have two men's teams, one or two women's teams and probably also a youth team.

## What does this weekend schedule look like?

- There will be a varied schedule with six training sessions including night training for both women and men. We will also run a 3000m test on the running track at Grosvad, a sprint orienteering in town and on Sunday we have a long run on the trails here in the forest next door.

## It doesn't exactly sound like you will be taking part in Finspång's nightlife this weekend?

- Haha. No, we will run night orienteering instead. But on the first night we were late enough to help close the COOP, says Jimmy Briklin.

That also counts.



Malung OK:s Jimmy Birklin and 10MILA:s Yrsa Røjgård in conversation.



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 ett 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

Östermalmshallen  
Alla dagar:  
08.00-22.00

Bergslagshallen  
Mån-Fre 06.00-22.00  
Lör-Sön 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](http://coopfinspang.se)

coop

10  
MILA



**Finspångs församling**  
- stolt *partner* till 10MILA i Finspång



**Svenska kyrkan**

Finspångs församling

Där människor möter människor  
- för *det goda livet* i Finspång

[www.svenskakyrkan.se/finspang](http://www.svenskakyrkan.se/finspang)



**Bulletins 10MILA 2025 in Finspång:**

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

**Follow us on social media**



@10MILA



@tiomilakavlen



## 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](http://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](http://finspang.se)



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

E-post: [kommun@finspang.se](mailto:kommun@finspang.se)

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

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