



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 #4
English

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Welcome to 10MILA in Finspång

As project managers, we would like to welcome all participants, team leaders and other visitors to 10MILA in Finspång.

We are now in the final sprint with all the preparations for the competition weekend. More than 400 officials and partners are eagerly waiting to open the gates to Grosvad Arena – our competition center. There, we offer a fantastic 10MILA arena with close and convenient facilities that provide great conditions for an enjoyable event.

It is especially fun to note that the number of registered teams is large and increasing compared to recent years.

Welcome to the Super Weekend in Östergötland!

Henrik Peterson och Janne Berggren
Project Managers 10MILA 2025



August Mollén, OK Denseln, is aiming high at 10MILA in Finspång!



Upplev Finspång!

- Historia, natur och äventyr väntar

Välkommen till Finspång, en plats där kulturarv möter natursköna upplevelser! Njut av bad, paddling och fiske i någon av våra 368 sjöar, eller ge dig ut på äventyr i den vackra naturen. Avsluta dagen på ett mysigt café eller avnjut en god måltid på någon av våra restauranger.

Några platser du inte får missa

Rejmyre Här hittar du glasbruk, hantverksby och glasmuseum, samt restauranger och café.

Häfla Hammarsmedja Upplev unik bruksmiljö från 1600-talet.

S:ta Maria Kyrka Besök den välbevarade medeltidskyrkan med fantastiska takmålningar i Risinge.

Finspångs slott Besök ett ståtligt 1600-talsslott med vackra omgivningar.

Lantbruksmuseet i Ljusfallshammar Upplev landsbygden som den var förr. Ett utflyktsmål för hela familjen!

Arena Grosvad Här hittar du bad, gym och aktiviteter för hela familjen.

Kulturhuset i Finspång Ta med hela familjen på biovisningar, dans och konstutställning.

Finspångs bibliotek Ta del av många spännande aktiviteter, eller koppla av med en bra bok.

**LÄS MER
HÄR!**

finspang.se

Elite couple: “We met at O-Ringen in Finspång”

National team couple Emma Bjessmo and Tim Robertson are aiming high on home soil.

-We’ve never won 10MILA, so that goal is somewhere in our heads, says New Zealander Tim Robertson, who competes for Finnish orienteering club Koovee.

The circle is complete, you could say. O-Ringen in Kolmården 2019 was the starting point for Emma Bjessmo and Tim Robertson’s relationship.

-It was the first time we really met. Fittingly enough, at the Finspångsetappen at Grosvad Arena, Emma notes with a smile.

Six years later, they are married and live together in a house just outside Norrköping. 29-year-old Emma, who moved from Stockholm, works as a doctor in the city, and New Zealander Tim, has a BA in business.

We met the couple at a café in central Norrköping at the end of February. It is the middle of the pre-season but things are chaotic for both of them. Emma, who had a tough 2024 due to her type 1 diabetes diagnosis, now has back problems and has had to pause running for a couple of weeks. Tim, who recently had knee surgery, has to take it even easier.

-I will be away for about eight weeks. But the idea is that 10MILA will be my first race, he says.

Tim left his homeland in 2015 and moved to the other side of the world to focus on orienteering and study. He has lived in both Norway and Austria, but since 2021, has called Sweden ‘home’. He competes for a top Finnish team, Koovee from Tampere.

-We have won Jukola twice and come second and third in 10MILA. We have had the same team for many years now and of course would like to win 10MILA one day. But it’s really hard, there are so many good teams and you have to succeed with ten runners, says Tim, who usually runs the first leg.

He speaks fluent Swedish after only a couple of years here. He has had a successful career winning two Junior world champs titles and a World Championship silver and bronze as a senior, all in sprint.

Are you New Zealand’s most successful orienteer?

So far, haha, but it’s a small sport back home, says Tim.

His life partner Emma Bjessmo competes for IFK Lidingö, which won 10MILA in 2010, and since then the club has achieved



Tim Robertson and Emma Bjessmo have high hopes for their clubs at 10MILA in Finspång

many top 10 finishes. Emma has been part of the national team for many years and competed in both the European Championships and the World Championships. This year, however, she has been demoted from the A-team to the development team.

The big explanation is that in March 2024 she was diagnosed with diabetes 1, which shook up her whole life – not least as an elite orienteer.

-It was tough last year. A lot changed and I had a hard time recovering. It is clear that I am a competitive person and my goal is to run both the European Championships, the World Championships and the World Cup, but the most important thing this year is to compete and have fun again. If I succeed in that, the results will come, she says.

How are you feeling today with the disease?

-Much better. I have found a better balance now. How my body reacts in competition is completely different than how it reacts in training due to adrenaline, cortisol and stress. So it's been a steep learning curve.

IFK Lidingö and Emma Bjessmo are also aiming high in Finspång.

-I have come fourth with the team at 10MILA and I think we have a great chance of placing in the top five now. We don't quite have the numbers for something to go wrong, but if everyone is healthy and fit at the startline then we could go a long way.



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.

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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, fiket 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

coop

**10
MILA**

Time schedule 10MILA 2025

Friday 2 May

12:00-20:00	Carpark opening hours
13:00-19:00	Start and finish open courses
13:00-20:00	Competition center open (Team packets available for pickup and purchase of open courses)
13:30-20:00	Showers open
18:00-19:00	10MILA TV interviews with Per Forsberg and guests. Found at www.tiomila.se

Saturday 3 May

09:00	Parking opens
10:00-19:00	Start and finish open courses
10:00-20:00	10MILA Arena opens. Competition center opens (Team packets available for pickup and purchase of open courses)
10:00	Showers open
13:45-14:15	Check in Youth relay
14:00	10MILA TV broadcast starts
14:00	Opening ceremony
14:30	Start Youth relay
14:32	Start Partner relay
Approx. 16:00	Finish youth relay
16:45-17:15	Check in Men's relay
Approx. 16:50	Prizegiving Youth relay
16:50	Mapboard/Changeover closes for youth relay
17:00	Restart Youth relay
17:30	Start Men's relay
Approx. 19:56	Finish of leading mens team after leg 3
20:45-21:15	Check in Women's relay
20:52	Estimated sunset
21:30	Start Women's relay
22:50	Chasing start Men's relay (leading team)
Approx. 23:13	Finish of leading women's team after 2 legs
23:50	"Wavestart" Men's relay



Time schedule 10MILA 2025

Sunday 4 May

04:50	Estimated sunrise
05:45	Chasing start Women's relay (leading team)
Approx. 06:12	Finish Men's relay
06:45	"Wavestart" Women's relay
09:00-12:00	Buy/start open courses. SI download in the competition center untill 14:00
Approx. 09:32	Finish Women's relay
10:25	Mapboard/changeover closes for Men's relay
10:30	Restart Men's relay
10:55	Mapboard/changeover closes for Women's relay
11:00	Restart Women's relay
Approx. 11:02	Prizegiving ceremony for the Men's and Women's competitions including closing ceremony
12:00-14:00	Competition centre open for map distribution
14:00	Finish closes
15:00	Showers/Toilets close
16:00	Parking closes

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 PM 10MILA 2025 i 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 city 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 O-Ringen have also been arranged at the Grosvad Arena in 2019.

The entire competition can be followed on the big screen while experiencing the atmosphere in the arena. 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 have various service functions. Food serving, showers and sports shops will be indoors.

Grosvad Arena will also have a dropoff 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 can be found in the separate traffic PM.

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

Event Centre

The event centre is located in the grandstand building (see arena map) and is open:

- Friday 2 May: 13:00-20:00
- Saturday 3 May: 10:00-20:00
- Sunday 4 May: 09:00-14:00



In the Event Centre:

- Club bags with number tags, team leader cards (giving access to the changeover area) and any rented SI-tags are collected here before the competition. Rental SI-tags are returned by club to the competition office after the competition.
- All club fees must be paid to the organizer before the club bag is handed out. If payment has been made after the last payment date, a receipt for payment must be presented when the club bag is collected. Payment on site can be made with Swish or with the most common credit/debit cards.
- Late team changes are made here. In case of urgent team changes that need to be made outside the competition office's opening hours, please refer to the finish and the red exit/check-out.
- Here, competition maps are distributed by team upon submission of the team leader card after the competition.
- Open courses are sold here and read-out takes place here after the open course has been completed.

TEAM LINE-UP

For all relays, team line-ups with names must be registered in Eventor no later than **Saturday, May 3, at 10:00am**. SI numbers should not be entered because these are registered to each runner when checking in to the start and changeover area. Team changes can be made in the competition office. In the event of urgent team changes that need to be made outside the competition office's opening hours, please refer to the finish and red exit/check-out up until 1 hour before the start of each leg.

INFORMATION CENTRE AT THE ARENA

The information centre is located centrally in the arena next to the finish line (see Arena Map) and is open Friday 2 May, 3:00 PM-7:00 PM, Saturday 3 May, 11:00 AM-10:00 PM, Sunday 4 May, 8:00 AM-2:00 PM. At the information centre you can submit and request lost/found items.

General information about the competition and accommodation is also provided here.

COMPOSITE TEAMS, NON AFFILIATED TEAMS AND RUNNER'S BANK

We allow composite teams according to the Swedish Orienteering Federations (SOFT's) competition rules. We also allow teams that are not affiliated with SOFT. If such a team includes runners who are members of an association affiliated with SOFT, this runner must have permission from their association to participate in that team.

The runner's bank can be found at: www.10mila.se under Competition/Running bank. There, runners can apply for teams and teams can apply for runners!



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

HOLMEN

Arena Map, Arena Grosvad



Preliminary PM 10MILA 2025 i Finspång

COURSE LENGTHS/START AND CHANGEOVER TIMES

The Youth Relay

- Start Saturday, May 3 at 14:30
- Finish Saturday, May 3 at approximately 16:00
- Mass start, Saturday, May 3 at 17:00
- The course lengths include 380 meters of marked routes for all legs except leg 1 which has 570 meters of marked route

- Runners **up to DH-16** are allowed to participate
- At least two legs must be run entirely by girls
- It is permitted to start with **two runners on legs 2 and 3**, the runner who reaches the changeover first sends out the runner for the next leg
- **Leg 4 must be run by a girl**

Leg	Course Length	Climb	Est. winning time	Start	Finish	Forking	Difficulty	Map Size
1	3,8-3,9 km	105 m	23 min	14:30	14:53	Forked	Orange	A4
2	3,6-3,7 km	105 m	22 min	14:53	15:15	Forked	Orange	A4
3	2,8 km	75 m	18 min	15:15	15:33	Straight	Yellow	A4
4	4,3-4,4 km	110 m	27 min	15:33	16:00	Forked	Orange	A4

The Men's Relay

- Start, Saturday 3 May at 17:30.
- Finish of leading team after the first three legs, Saturday 3 May at approximately 19:56.
- Chasing start of leading men's team, Saturday 3 May at 22:50.
- Wave start, Saturday 3 May at 23:50.

- Finish, Sunday 4 May at approximately 06:12.
- Mass start, Sunday 4 May at 10:30.
- The course lengths include 450 meters of marked routes for all legs except leg 1, which has 690 meters of marked route.
- *= Map flip, 2 times per leg.

Leg	Course length	Climb	Est. winning time	Start	Finish	Forking	Day/Night	Refreshments	Map size
1	8,9 km	310 m	51 min	17:30	18:21	Forked	Day	Yes	A3
2	7,7 km	265 m	46 min	18:21	19:07	Forked	Day	Yes	A3
3	8,2 km	285 m	49 min	19:07	19:56	Forked	Day	Yes	A3
4	16,3 km	460 m	96 min	22:50	00:26	Straight	Night	Yes	A3+*
5	6,8 km	220 m	41 min	00:26	01:07	Forked	Night	Yes	A3
6	6,8 km	245 m	41 min	01:07	01:48	Forked	Night	Yes	A3
7	5,8 km	210 m	35 min	01:48	02:23	Forked	Night	Yes	A3
8	11,8 km	415 m	69 min	02:23	03:32	Straight	Night	Yes	A3+
9	13,9 km	450 m	78 min	03:32	04:50	Forked	Night/dawn	Yes	A3+*
10	15,1 km	470 m	82 min	04:50	06:12	Forked	Dawn/day	Yes	A3+*

The Women's relay

- Start, Saturday, May 3 at approximately 21:30.
- Finish of leading team after the first two legs, Saturday, May 3 at approximately 23:13.
- Chasing start of the leading women's team, Sunday, May 4 at 05:45.

- Wave start Sunday, May 4 at 06:45.
- Finish, Sunday, May 4 at approximately 09:32.
- Mass start, Sunday, May 4 at 11:00.
- The course lengths include 450 meters of marked route for all legs except leg 1 which has 690 meters of marked route.

Leg	Course length	Climb	Est. winning time	Start	Finish	Forking	Day/Night	Refreshments	Map size
1	7,7 km	290 m	54 min	21:30	22:24	Forked	Dusk/night	Yes	A3
2	6,6 km	260 m	49 min	22:24	23:13	Forked	Night	Yes	A3
3	12,6 km	375 m	90 min	05:45	07:15	Straight	Day	Yes	A3+
4	5,1 km	175 m	35 min	07:15	07:50	Forked	Day	Yes	A3
5	7,1 km	235 m	49 min	07:50	08:39	Forked	Day	Yes	A3
6	8,3 km	305 m	53 min	08:39	09:32	Forked	Day	Yes	A3

Preliminary PM 10MILA 2025 i Finspång

STAFETTLIGAN (RELAY LEAGUE)

The men's and women's relays are included as race 3 of the Swedish relay league.

REGISTRATION

Registration is open in Eventor. The last possible day for late registration is Monday, April 21. Registration will only be completed after the respective fees have been received by the organiser.

Registration fees, **late registration until April 21**

- Youth relay: 1,035 SEK
- Men's relay: 12,000 SEK
- Women's relay: 7,200 SEK

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 team.

TEAM MANAGER

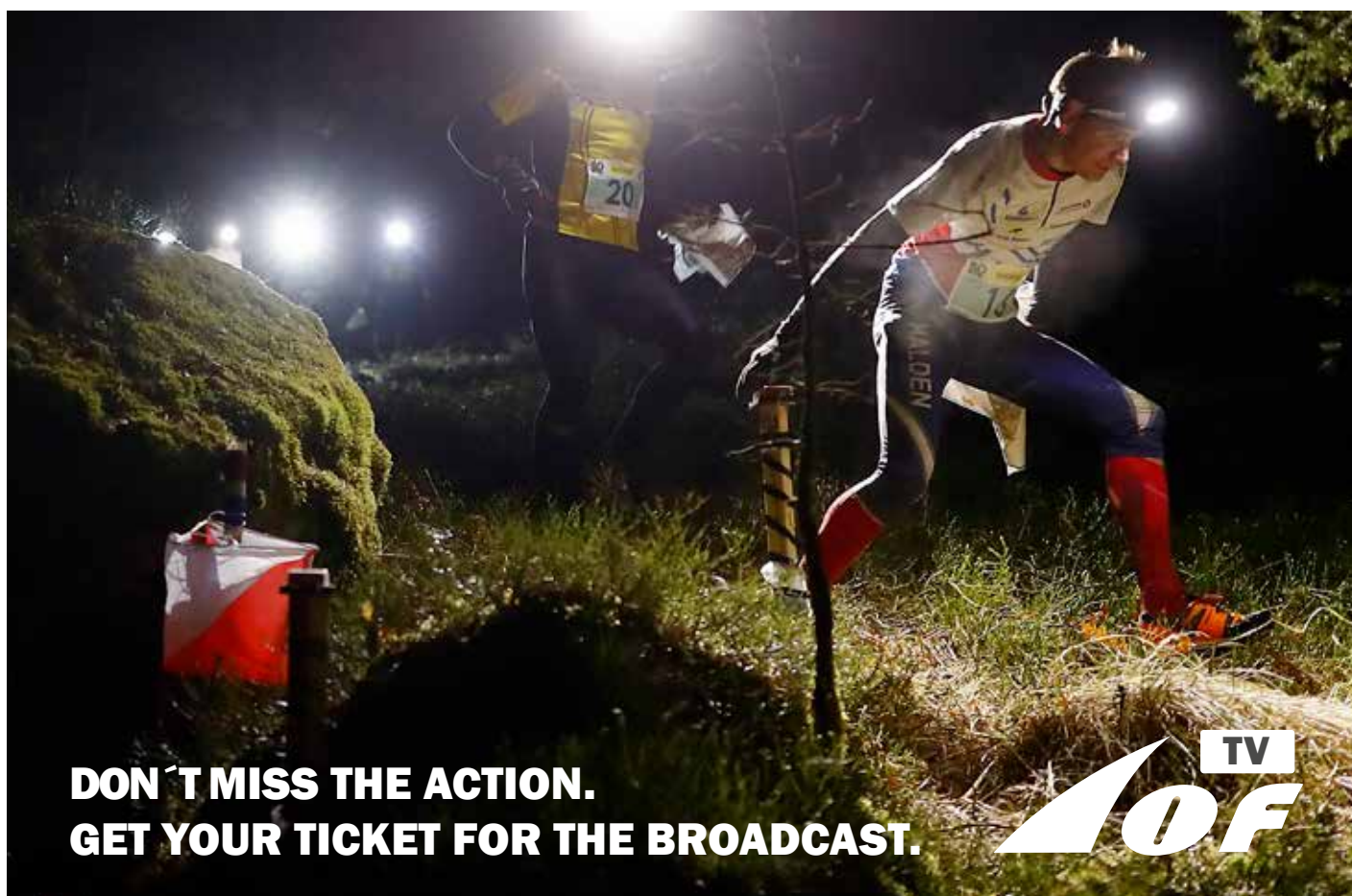
Each team has the option of having a team manager, team manager's can use their manager card, to access the changeover area during each relay. Team manager cards can be found in the club bag.

STARTNUMBERS

Start numbers for the 150 best teams in the Women's & Men's races and the 100 best teams in the Youth races are based on team placings from 10MILA 2024. Vacant numbers among these will be filled by the organiser. For other teams, the starting number is randomly drawn. See Eventor for the start list.

NUMBER BIBS

The number bibs must be visible in full, throughout the entire distance. Bring your own safety pins. The barcode on the race number must be undamaged/unfolded for scanning at the entrance to the start and changeover area. Number series: **Men's 301-699, Women's 1-299, Youth 701-999.**



Preliminary PM 10MILA 2025 i Finspång

TERRAIN DESCRIPTION

The competition area is largely in the same terrain that was used at 10MILA 2010 and O-Ringen 2019. Close to the arena, there are open areas and a dense trail network, while the longer courses will meet wilderness like forest. In recent years, a lot has happened within the competition area, including felling due to a spruce bark beetle infestation.

TERRAIN 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 marshes 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.

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.

Control descriptions are printed on the map. The code number is also next to the control ring. Radio/TV controls are not listed on the control description. **Emergency number 076-563 02 21** (to first aid in the arena) is printed on the map.

Out of bounds areas with a solid line on the map are marked with **blue/yellow tape** in the terrain. Out of bounds areas with a dashed line on the map are marked with hanging blue/yellow tape.

Unclear paths have been marked with white tape, affecting mainly the youth relay. There are some reflector paths in the terrain which are only shown on the map if they meet the map standard for paths.



Vi förändrar spelreglerna

Hydro är ett ledande företag inom aluminium och förnybar energi som strävar efter en mer hållbar framtid. Genom att utveckla naturresurser till innovativa och effektiva lösningar vill vi bidra till mer hållbara samhällen. Vi vet att vår framgång går hand i hand med samhällena omkring oss. Därför arbetar vi ansvarsfullt, främjar lokal företagsutveckling och investerar i utbildning. Genom en rättvis omställning, ansvarsfulla inköp och starka partnerskap skapar vi en framtid där både människor och företag kan blomstra.

Preliminary PM 10MILA 2025 i Finsspång

CONTROLS

The controls are marked with an orange/white kite and, for night controls, also with a reflector. Each control has at least two punching units (SI unit). The code number of the control is indicated on each SI unit. The height of the controls is approximately 60-70 cm. Check the code number carefully, the controls are close to each other in some areas. Some controls are manned.



PUNCHING SYSTEM

SportIdent (SI) is used as the control unit in all relays. Air+ (touchfree) is activated. It is possible to punch 'normally' with a Sport Ident that doesn't support Air+ (touchfree).

- The maximum number of controls on a leg is 24. It is the runners responsibility to use a Sport Ident that can hold enough punches.
- The same SI card may only be used on one leg, regardless of the relay.
- When punching, it is the runner's responsibility to ensure that the light & sound signal is received from the control unit, which then confirms that the punch is made. If this does not happen, punch at the adjacent control unit.
- Battery checks for SIAC (touchfree) can be made at check-in.

REFRESHMENT

Water and UMARA sports drink are offered at the refreshment controls marked on the map.



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UMARA

Preliminary PM 10MILA 2025 i Finspång

SUNRISE AND SUNSET

Sunset at 8:52 PM Saturday, May 3.

Sunrise at 4:50 AM Sunday, May 4.

GPS TRACKING

GPS tracking is used on all legs of the Women's and Men's Relay. It is mandatory for runners in selected teams to wear the organiser's GPS devices, otherwise the team will be disqualified immediately. Which teams will wear GPS devices will be published in Eventor and displayed at check-in.

Teams that must wear GPS devices can be changed during the respective relay, updates are announced by the speaker and displayed at check-in.

GPS devices including vests are collected at the check-in to the changeover area no later than 20 minutes before the estimated start/changeover. GPS device and vest are returned immediately after the finish and SI download.

Unreturned GPS devices and vests will be invoiced to the club for 1 800 SEK.



**DON'T MISS THE ACTION.
GET YOUR TICKET FOR
THE BROADCAST.**

Vårt ansvar

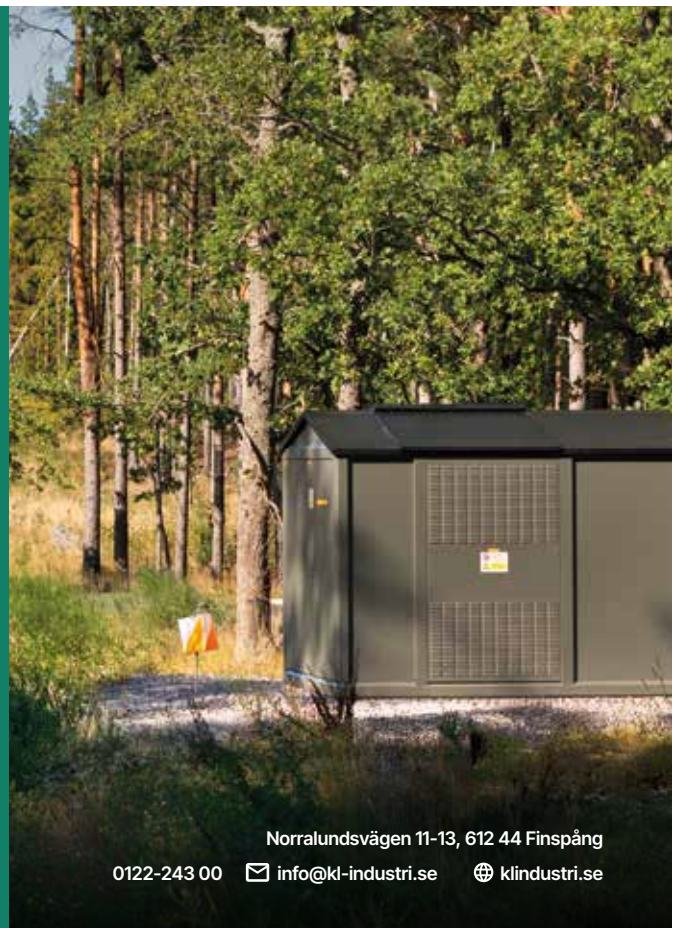
Energi för framtiden

På KL Industri skapar vi mer än bara nätstationer – vi bygger framtidens elförsörjning och bidrar till ett hållbart samhälle. Våra produkter är noggrant designade för att möta de växande kraven på elförbrukning och hållbarhet, samtidigt som vi likt en orienterare tar oss fram med respekt för naturen och säkerställer att vår närvaro blir en naturlig del av det svenska landskapet.

Vi minskar vår miljöpåverkan genom smart produktion och optimerade transporter. På KL Industri går innovation, samhällsnytta och hållbar utveckling hand i hand – vill du vara med och forma framtiden?

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MORE ELECTRIC GROUP



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0122-243 00

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🌐 klindustri.se

Preliminary PM 10MILA 2025 i Finspång

START AND CHECK-IN

Check-in for all runners takes place at the entrance to the changeover area, see arena map, the runner is responsible for clearing the SI card before check-in. At check-in, the SI card is linked to the runner, leg and start number by scanning the barcode on the race number. After check-in, the runner may not leave the start and changeover area.

Check-in for leg 1 on all relays, must be done as follows. The lane to the start area, from the check-in, opens 15 minutes before the start. Runners must be lined up at the number corresponding to the team's starting number no later than 5 minutes before the start. The distance between check-in and the starting point is 200 metres. Follow the instructions of the speaker.

Relay	Start time	Check in Time
Youth Relay	14:30	13:45-14:15
Men's Relay	17:30	16:45-17:15
Women's Relay	21:30	20:45-21:15

CHANGEOVER

Before the changeover, only the runners of the next leg and the team leader are allowed in the changeover area. Toilets, and screens with pre-warmed teams are located in the changeover area. Jackets can be handed over by the respective team.

LANE 1 AND LANE 2

There are two lanes on the finish chute, signs indicate which lane the incoming runners should use.

- Lane 1: Leaders and finishing lane. This lane, which is on the runners left, is for the leading teams to enter the changeover and all teams on their final leg. **Follow the signs!**
- Lane 2: Changeover lane. This lane, which is on the runners right, is for the non leading teams to enter the changeover. **Follow the signs!**

NB! All runners must punch the finish immediately after the finish line. Failure to punch the finish before the changeover will result in disqualification.

After the finish line, the runner hands over their map to an official and proceeds to the map board, where the next leg's map is taken and handed over to the next leg's runner. The runners are responsible for ensuring that the correct map is taken and handed over when changing.

If a map is missing when changing, a new map is retrieved from the map box, located at the end of the map board.

TURN NIGHT INTO DAY



Ignite är en enastående pannlampa som förvandlar natt till dag. Med sina 8 kraftfulla LED-ljus och 10 000 lumen levererar den ofattbart mycket ljus, samtidigt som den har en elegant och intuitiv design. Ignite är designad för nattorientering och traillopning som kräver mycket ljus och komfort.

www.silvasweden.com

SILVA

Preliminary PM 10MILA 2025 i Finspång

MAP BOARD

Take the correct map from the map board. If your map is missing, run to the "map box", (see sketch below) to get a new competition map. No time compensation is given. If you happen to take the wrong map, hand it over immediately to an official.

827 701	Map board Youth Relay	952 826	← Incoming runners
475 301	Map board Men's Relay	648 474	
151 1	Map board Women's Relay	300 150	

↓

Change over

House

Map box

YOUTH RELAY CHANGEOVER

Change over 1: Runners on leg 1 take the plastic sleeve (containing two maps) marked Str. 2 (Leg 2.) from the map board. The runner hands over these two maps to the outgoing runners, who start at the same time. The empty plastic sleeve is handed to an official on the way to the starting point. If only one runner runs leg 2, the remaining map is also left to the official on the way to the starting point.

Change over 2: The first runner in the team to arrive at the changeover on leg 2, takes the plastic sleeve (containing two maps) marked Str. 3 (Leg 3.) from the map board. The runner hands over these two maps to the outgoing runner/runners who start at the same time. The empty plastic sleeve is left with the official on the way to the starting point. If only one runner runs leg 3, the remaining map is also left with the official on the way to the starting point.

- If the team has two runners on leg 2 and/or leg 3, if the runner who comes to the exchange sees that the map board says Str. 4, or that there are no maps remaining, this means that the exchange has already taken place. The runner should proceed directly to the download area.
- If the first runner to reach the finish line (if the team has two runners on the course) has mispunched, the team will be disqualified, even if the other runner has completed the course correctly.

Sl-pinne
Kompass
Deffhållare
Prickig korv-macka
Spirit 9 OLX™

Orientering kräver inte mycket utrustning men vissa saker är värda att investera i. Nu släpper vi 2025 års version av Tove Alexanderssons vinnarsko **Spirit 9 OLX™**.

Samma oslagbara grepp, stabilitet och löpkänsla – men med en helt ny förstärkt ovandel för ännu bättre slitstyrka.



ICEBUG®



Preliminary PM 10MILA 2025 i Finspång

FINISH

There are two lanes on the finish chute, **the last leg runners should use lane 1**, located on the runners left.

The final control is placed directly after the finish line. In the case of a photo finish, the jury will look at which team crosses the finishing line first, not which team punches the finish control first.

CHASING START AND WAVE START

- Chasing start is for teams that are **less than 60 minutes behind** the first team to finish before the break.
- Wavestart is for teams that are **60 minutes or more behind** the first team to finish before the break.

The call-up and starting point for runners participating in chasing start or wave start, is located inside the check-in area and in front of the big screen, see arena map. The chasing start list and wave start lists will be published <http://online.10mila.se>

CHASING START

The first chasing start takes place during the men's relay at 22:50 and in the women's relay at 05:45. Runners participating in the chasing start must be checked in and on site at the chasing start no later than ten minutes before their start time. The following then occurs:

- The team's start number is called out, (in Swedish and English) five minutes before the current start time and the runner then enters the starting pen. For runners who are not on site at the call, the start time cannot be guaranteed.
- The runner's headlamp must be turned off in the starting pen and may only be turned on after the start.
- At the start line, a screen displays; team name, start number and name of runner who will start within the next two minutes. The screen also shows the number of seconds left until the start for each runner.
- An official holds a hand on the runner's shoulder until their start time. The runner starts when the official removes his/her hand
- The race map is picked up by the runner a few meters after the start line.
- The runner follows the chute to the starting point.
- Runners who arrive late to the start are directed by the start staff to the "late start" pen.

WAVE START

The wave start takes place during the men's relay at 23:50 and during the women's relay at 06:45. Runners in the wave start must be checked in and in place no later than ten minutes before the start. The following will then take place:

- Five minutes before the wave start, the runners are welcomed to the starting point.
- There is no ranking system for the runners at the starting point.
- The runner is given the competition map by an official, but is not allowed to look at the map until after the start signal.
- The runner follows the chute to the starting point.
- Runners who arrive late to the start should contact the start staff at the wave start. For teams participating in the wave start, the final placing is determined by total race time. A team participating in the wave start may pass a team participating in the pursuit start.

RESTART

Applies to teams that have legs left to run when the finish line closes for changeover. These teams start together regardless of how many legs the teams have left to complete. Teams that have stopped for any reason also participate in the restart. Teams that start in the restart cannot pass teams in the results list that have not restarted or that restarted on a later leg.

- The restart in the Youth Relay will take place on Saturday, at 17:00, the changeover closes at 16:50.
- The restart in the Men's Relay will take place on Sunday, at 10:30, the changeover closes at 10:25.
- The restart in the Women's Relay will take place on Sunday at 11:00, the changeover closes at 10:55.

The restart will take place from the changeover/map board.

Runners who will participate in the restart must be checked in and in the changeover area no later than 10 minutes before the restart. The map board is closed during the time between the changeover being closed and the restart.

Teams in the restart can only pass teams that have restarted on the same leg. Runners in teams that have retired or been disqualified have the opportunity to run their respective leg in the restart. Check-in and start procedure is the same as for other teams in the restart.

**DON'T MISS THE ACTION.
GET YOUR TICKET FOR THE BROADCAST.**



Preliminary PM 10MILA 2025 i Finspång

MISPUNCHED TEAMS

Teams that have mispunched at the download station will, if necessary, then go to the red exit (at check-out) for an appeal.

- Mispunched teams may continue to race, based on the possibility of protesting against the disqualification. A written protest must be submitted to the red exit no later than 30 minutes after the decision on disqualification. If no protest is submitted, the team will continue to compete outside the competition on the remaining stages.
- If a protest is submitted, the team will continue to compete while awaiting the decision of the competition jury. If the jury clears the team, the team will continue to compete. If the jury upholds the disqualification, the team can continue to compete outside the competition on the remaining stages.
- If the disqualification affects leading teams, the disqualified team will be held at the map board at the next changeover for 30 minutes after the leading team has changed. This is so that the disqualified team will not affect the outcome of the competition.

FIRST AID

In the event of an emergency, call 112. First aid, including defibrillators, is available at the arena (see arena map) from Saturday 2:30 PM to Sunday 3:00 PM.

All refreshment stations and checkpoints are equipped with first aid. The emergency number **076-563 02 21** (for first aid at the arena) is printed on the map.

REPORTING WILDLIFE

Observations of wildlife in the competition area are reported at check-out/red exit.

RUNNERS WHO HAVE STOPPED

Runners who have stopped the competition **must** pass the check-out to have their SI tag read. Otherwise, the runner will be interpreted as "still in the forest", which may mean a search, etc.



Stolt samarbetspartner och leverantör till 10MILA i Finspång 2025

Ramirent levererar inte bara till byggarbetsplatsen, vi levererar även till evenemang runt om i Sverige. Vi ser bland annat till att du kan ladda telefonen på campingen och levererar trafikavspärrningar så du kan röra dig säkert i såväl trafik som i skog och mark.

Läs mer om oss på www.ramirent.se



RAMIRENT
A LOXAM Company

Preliminary PM 10MILA 2025 i Finspång

SHOWERS AND TOILETS

See arena map. The showers are open:

- Friday, May 2, 1:30 PM-8:00 PM
- Saturday, May 3, 10:00 AM - Sunday, May 4, 3:00 PM

10MILA WEB TV AND ARENA PRODUCTION

See separate information on page 22.

FOOD AND SPORTS STORES

See separate information on page 23.

PRIZE CEREMONIES

The first 10 teams in each relay will receive prizes. Prize-giving will take place at the following times:

- Youth relay: Saturday at 16:50.
- Men's and Women's relay: Sunday at 11:02 in connection with the closing ceremony.

The top 10 teams should gather at the stage for the prize-giving, no later than 10 minutes before each prize giving.

MAP DISTRIBUTION AND RETURN OF RENTED SI-CARD

Maps for all legs will be distributed at the competition office on Sunday, May 4, between 12:00-14:00. Maps can be picked up upon submission of a team leader card. Rented Sport Idents must be submitted to the competition office by teams no later than the time of map distribution. Sport Idents that are not returned will be invoiced at 1000 SEK/tag.

RESULTS

Leg times/results are presented online continuously at:

<http://online.10mila.se/>

ORDER & TIDINESS

Respect the barriers and follow the instructions of the officials. The following applies:

- No studded shoes indoors.
- Club tents may only be set up at the wind shelters/club tents. No tests may be pegged to the ground on the artificial turf field.
- It is not allowed to fly drones over the arena and/or competition area without permission from the media production.
- No litter on the ground, use the arena's recycling stations.

COMPETITION RULES

SOFT's competition rules and regulations alongside rules from this PM apply. It is the responsibility of the competitors to be familiar with both the competition rules and regulations and information found in the PM.

CLOTHING

It is the runner's responsibility to ensure that the clothing is

correct according to SOFT's competition rules. Spiked shoes are not allowed, shoes with metal studs are allowed.

INSURANCE

All runners participate at their own risk. Runners who are members of a SOFT affiliated club have a basic protection. Runners who are not members of a SOFT-affiliated organisation are asked to review their insurance coverage.

OPEN COURSES

Open courses will be offered:

- Friday, May 2nd, 1:00 PM-7:00 PM
- Saturday, May 3rd, 10:00 AM-7:00 PM
- Sunday, May 4th, 9:00 AM-12:00 PM

The courses are in a separate area, adjacent to the arena. Sales of Open courses are at the competition office in the grandstand building. More information in Eventor.

COMPETITION MANAGEMENT

Project Managers

Henrik Peterson och Jan Berggren

Marketing and Communication

Mats Rosander och Björn Persson

Finance

Ebba Hedegård och Anneli Borg

Arena

Magnus Hedegård och Björn Axelsson

Accommodation

Sofia Westerberg och Henrik Ljungemyr

Event Directors

Karin Engvall och Björn Karlsson

Course Setting Team

Anton Tynong och Rickard Börjesson (Women- and Men Relay)

Maria Nordwall och Bengt Schwartz (Youth Relay and Open Courses)

Event Coach

Christer Nordström, Tiomila Association

Course Coaches

Anders Hallmén och Per-Ove Melinder, Tiomila Association

Event Controller

Göran Brattgård, Tjalve OK

Preliminary PM 10MILA 2025 i Finspång

JURY

Youth Relay

Boo Nordin, SOL Tranås
Per Larsson, Västerviks OK
Daniel Håkansson, OK Gränsen

Men's Relay

Vivianne Lindstam, SOL Tranås
Carina Bergander, Eksjö SOK
Thomas Almqvist, Västerviks OK

Women's Relay

Sven-Åke Karlsson, IKHP Huskvarna
Lotta Sundblad, Eksjö SOK
Johan Stark, Västerviks OK

Convener

Christer Nordström, Tiomila Association

Information about the different training packages can be found on our order page via 10MILA's website:

<https://tiomila.se/2025/traning/>

The first week of April we will release two brand new training packages. One in the area north of the embargo competition area. It is a great area with old forest and large flat rocky areas. One the course setter, Anton Tynong, is responsible for this training package.

The other new training area is in Tolskepp where the another of 10MILA's course setters for the women's and men's relay, Rickard Börjesson, offers technical courses.

If you want to use previous trainings, check the opening hours for each area, they are planned alongside our partners - landowners and hunters.

Do you have any questions about the training packages or do you want help planning an upcoming training camp? Welcome to contact us at:

traning2025@tiomila.se

TRAINING FOR 10MILA IN FINSPÅNG 2025

There are several training packages available around Finspång. Long distance, forked relay training or orienteering intervals, choose what best suits your preparations for 10MILA. See separate information on pages 30-31.

Redo att hjälpa till i energiomställningen?

Vi förstärker energisystemet och du tar ett nytt kliv i din egen utveckling.

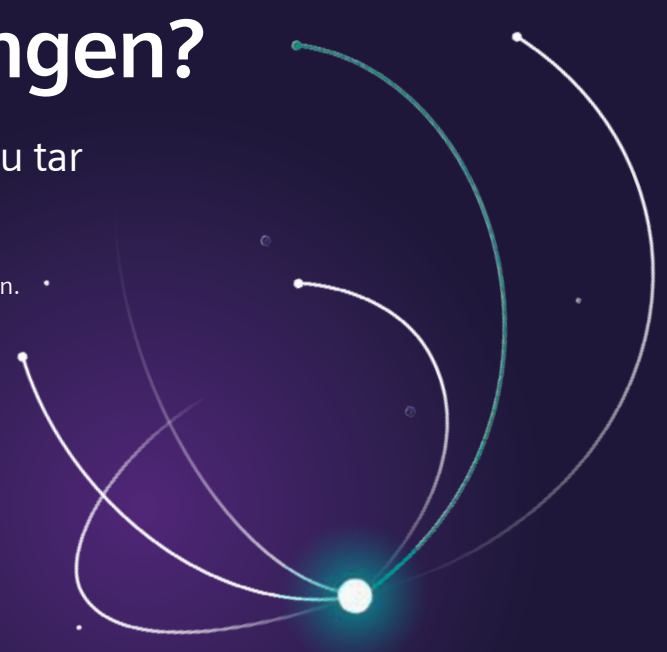
Hos oss handlar varje dag om att förändra energibranschen. **Steg för steg** tar vi oss dit. Är du redo att kliva fram?

LET'S MAKE TOMORROW DIFFERENT TODAY



Bli en del av vårt team
siemens-energy.com

SIEMENS
energy



Preliminary PM 10MILA 2025 i Finspång

10MILA WEB TV

For those of you who are unable to attend the competition venue, we recommend 10MILA's web TV broadcasts. We offer broadcasts in Swedish, English and Finnish.

10MILA WEB TV IN SWEDISH

Friday, May 2 – Preshow

Between 6:00 PM and 7:00 PM, there will be a talk and interviews with Per Forsberg and guests ahead of the 10MILA weekend.

Free broadcast.

Saturday 3 May to Sunday 4 May – 10MILA - Relays

The broadcast starts at 14:00 on Saturday and runs for just over 24 hours. Follow the exciting relays announced by Per Forsberg who, together with the expert commentators, ensures that you have the full experience of every leg from start to finish.

You will be able to see the runners inside the arena, at controls in the forest and also along their routes where our running cameras give you the opportunity to keep up with the action live. The top teams will also be followed with GPS, which provides comprehensive coverage during all legs.

Running cameras and GPS tracking are used in the women's and men's relays. Information on how to purchase the broadcast is published on www.tiomila.se

10MILA WEB TV IN ENGLISH AND FINNISH

In cooperation with the International Orienteering Federation (IOF), we also offer the broadcast in English and Finnish. Information on how to purchase the broadcast can be found on IOF-TV: <https://tv.orienteeing.sport>

PAYMENT INFORMATION

Payment from abroad/cross-border payment

Bank: Swedbank

IBAN: SE48 8000 0848 0681 4688 5390

BIC/SWIFT: SWEDSESS

Currency: SEK

Payee: Föreningen 10MILA 2025 Östergötland

Payee's address:

c/o Mats Rosander, Kapplandsv. 8, 612 34 Finspång

Please provide invoice number when paying.

Any payment/invoice questions should be addressed to:
ekonomi2025@10mila.se

CASHLESS DURING THE COMPETITION DAYS

Please note that it will **not** be possible to pay with cash during the event itself!

The payment solutions offered are Swish and debit cards.

Also note that it may be a good idea not to rely entirely on Swish, but to also bring a debit card, if the network connection becomes overloaded and Swish does not work.



**DON'T MISS THE ACTION.
GET YOUR TICKET FOR THE BROADCAST.**



Preliminary PM 10MILA 2025 i Finspång

FOOD & DRINKS

The Coop restaurant is located inside the ice rink where warm food is served. The Coop kiosk is located outside the arena next to the audience area.

There are also food trucks at the arena. Wild kebab and crispy pizza from Leksandsbröd. Food tickets for crispy pizza are sold at the Coop kiosk and then collected from the food truck.

- Food tickets are sold at the ice rink next to the Coop restaurant
- **NOTE!** 10MILA is a cashless event, so all payments are made by card or Swish

"COOP-RESTAURANGEN"

Saturday 12:00-22:00

Sunday 10:00-14:00

Menu:

- Pasta bolognese
- Chicken stew and rice
- Vegetarian sauce and pasta

"COOP-KIOSKEN"

Saturday 10:00-24:00

Sunday 00:00-14:30

Menu:

- Hamburgers
- Sausages
- Soups
- Coffee and sandwiches
- Kiosk goods

FOODTRUCKS

"Viltkebaben"

Saturday 11:00-22:00

Sunday 08:00-14:00

- "Viltkebaben" is paid for in the food truck.

"Knäckeppizzan"

Saturday 11:00-24:00

Sunday 00:00-14:00

- **NOTE!** Food tickets for Knäckeppizzan are sold at the "COOP-kiosken" and will be picked up at the food truck.

SPORTS SHOP

At PölderSport you will find everything you need for orienteering! You will also be able to take advantage of exclusive offers on trail shoes, running shoes, clothing and much, much more! You will find Pölder Sport inside the ice hall.

Opening hours:

Friday 16:00-20:00

Saturday 10:00-00:30

Sunday 06:00-13:00



Organising clubs



Finspångs SOK



OK Kolmården



OK Denseln

www.10mila.se

SUPERHELGEN

Östergötland 1-4 maj 2025



**Swedish
League**

Torsdag 1/5

SWEDISH LEAGUE #3 OCH WRE

Medel och publiktävling,
sydost om Linköping

Arrangör: Linköpings OK

Info: Eventor

Frågor: SL2025@lok.se

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



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

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

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.

FULLY BOOKED!!!

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 on page 32).
- Accommodation on hard surfaces in Arena Öst in Finspång, (see ad on page 27).
- 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

PM ACCOMMODATION, FOOD, TRAFFIC AND PARKING

Additional information will be published in separate PMs on 10MILA's website 1-2 weeks before the event.



	Accommodation Options	Available	Distance to arena
A	Accommodation on hard surface, rented per place	Wednesday 30/4-Sunday 4/5	200 - 2500m
B	Accommodation in sports hall, rented per 6 x 3m	Thursday 1/5 Sunday 4/5	Next to Arena Grosvad
C	Accommodation tent, 6 x 3m, with floor and heating	Friday 2/5-Sunday 4/5	200 - 500m
D	Space for personal tent, 6 x 6m	Wednesday 30/4-Sunday 4/5	200 - 500m
E	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
A	330 SEK	440 SEK	550 SEK	660 SEK
B	4 000 SEK	5 000 SEK	6 000 SEK	
C	7 500 SEK	8 200 SEK		
D	500 SEK	600 SEK	700 SEK	800 SEK
E	500 SEK	600 SEK	700 SEK	800 SEK

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

- 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 övernattniing i sovsalen i padelhallen på Arena Öst i Finspång? I lokalerna finns tillgång till toalett, dusch och en obemannad 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/hokning-av-sovsal-10-mila

Läs mer på arenaost.se

hej@arenaost.se

Följ oss på



Stolt samarbetspartner

▶ 10MILA i Finspång 2025



Swedbank



The Head Coach's 10MILA memory: "Alone in the Dark"

Sweden's National Head Coach, Håkan Carlsson, has his own funny memories of 10MILA, but nowadays he is just a spectator.

- A very important competition for all our associations, he states.

Our partner, The Swedish Church, opened their doors at Mariagården in Finspång and offered us soup and a chat.

There was a full line-up at 10MILA's second partner lunch. Christer Nordström from the Tiomila Association gave a quick summary of the classic race's impressive development over the past 80 years. From a local perspective, Mats Rosander and Björn Persson from the organising staff, reported on the current situation with two months to go. The representatives from Finspång Municipality, Johan Persson (municipal director) and Niclas Westerdahl (head of Sports and Facilities) could only applaud the solid work that is now entering the final sprint.

-I'm very impressed by the entire organisation. This means a lot to Finspång, says Johan Persson.

One person who is used to running is Swedish national team runner August Mollén. The 25-year-old from Norrköping

won the silver medal at the World Championship in knock out sprint in 2022 and is an anchor for OK Denseln, one of the three organizing clubs. Denseln is chasing behind the top teams and August has full control over the clubs historic results and their chances this year.

-The club was formed 75 years ago and the best placing so far is third place, 60 years ago. We have a really strong team now and I hope we can be back in the top ten this year, he says.

The national team manager and national team captain Håkan Carlsson was also on site in Finspång. He spoke about his dual mission, focusing on Swedish orienteering's breadth as well as ranking highest in the top level, and could see that he is on track with this goal.

Even though 10MILA has no real impact on the various selections for the World Championship, European Cham-



Håkan Carlsson, August Mollén, Mats Rosander and the host of the partner meeting, vicar Pär Österlund.

pionship and World Cups, it is clearly a Swedish relay that the national team captain will have a very close eye on.

-For most clubs, this is the most important competition of the whole year in Sweden and it will be great fun to follow, he says.

Håkan Carlsson ended his own sporting career when he became a senior and took over as a leader. But he has his own memories from running 10MILA.

- I ran "Long night" when 10MILA was held in Kolmården (2004). I was in a nice group with a lot of company. But a branch flicked the Sport Ident off my finger. I looked for five minutes before I found it, by then I was all alone and had to run along the coastline at Bråviken. But it still went better than I had thought. I had expected to be out for 3.5 hours but finished at around 2.45. So when I reached the finish line my teammate was sitting on the toilet.

-This is the runner's side of 10MILA, he notes with a laugh.

In addition to the municipality and several local companies, the Swedish Church in Finspång is also collaborating and supporting 10MILA.

-It's fantastic to be part of this competition. The overall goal of



"The Long Night" is the most historical leg of 10MILA.

the church is to be involved in and contribute to better living in Finspång. This is an extraordinary opportunity.

We will have tents set up and be on site for children and young people, says vicar Pär Österlund.

-Maybe there will be communion too? suggests Björn Persson, who led the conversation at lunch.

-Haha. That's a great idea that we'll have to think about.



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

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:

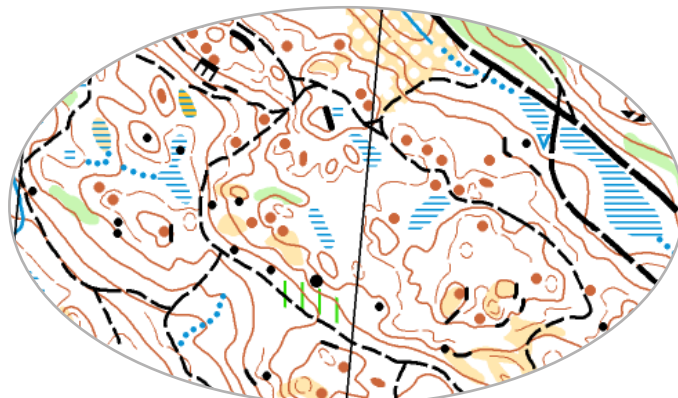
<https://tiomila.se/2025/traning/>

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



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-Äskemålen relay training
9. Tolskepp-Granlund relay training
10. Tolskepp-Hundekulla technique training
11. Lillskiren relay training

Finish. 10MILA 2025, Arena Grosvad

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

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

OK Kolmården's Clubhouse

Lillsjöstugan

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

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

evakarinj@telia.com



Lillsjöstugan, OK Kolmården

Lotorp Hostel & Café

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

Contakt: +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



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

Sov gott.

Sluta leta!

Här kan du bo på hotell i Norrköping.

visit.norrkoping.se/overnatta

Upplev
Norrköping

PRESS INVITATION

The invitation has been sent to the media according to SOFT's address register and is also available on 10MILA's website. Accreditation is carried out according to instructions. Accommodation options are available at hotels in Norrköping and can be found at:

visit.norrkoping.se/overnatta

Regarding further information,
please contact:

media2025@10mila.se

Please follow us at 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.

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)

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