

# BULLETIN #2



Foto: Göran Johansson

**Recharge Your batteries  
– we meet in Tranås!**

**May 2-3 • 2026**

**10**  
**MILA**  
**TRANÅS 2026**



**TRANÅS  
KOMMUN**

- **INVITATION** - here are the routes
- **ARENA** - here will the party be held
- **ACCOMMODATION**  
- book your place in time



# WELCOME TO BREDSTORP Arena 10MILA 2026



– Here we are in the heart of the 10MILA arena at Bredstorp! Competition director Sven-Åke Karlsson and arena manager Christer “Kide” Bengtsson have taken their seats in the large parking lot at Bredstorp.

Bredstorp is Tranås municipality’s large leisure area with an ice rink, football pitches, bandy pitches, tennis and badminton halls and much more.

**May 2-3, 2026 it will be transformed into  
Arena 10MILA!**

– We have all the conditions to create a really good arena, says “Kide” Bengtsson. The finish and transition area will be on the gravel pitch with large areas for spectators to follow everything that is happening. There will also be a kiosk here throughout the competition day. Inside the ice rink there will be a restaurant, sports sales, an exhibition and a well-stocked kiosk here too.

**See you at Bredstorp in May 2026! Welcome!**





## SPECIALISTER PÅ SPORT - ÅRET RUNT



**ORIENTERING**



**LÖPNING**



**LÄNGDSKIDÅKNING**

**Vi ses på 10MILA 2026!**

**Till dess hittar du vårt stora  
utbud på [polder.se](https://polder.se)**

**//polder.se**  
SPORT

SPECIALISTER PÅ SPORT - ÅRET RUNT



## NATURE IS TRANÅS'S LARGEST ARENA

**Tranås is the place where nature is always close. Here, by the sparkling waters of Lake Sommen and among the deep forests of Småland, there are endless opportunities for activity, tranquility and experiences.**

**Now that we are hosting 10MILA 2026, we would like to share all this with you who come here.**

– We are happy to show off our fine municipality to all the orienteers who come to Tranås. Nature and outdoor life are very rich in Tranås, so we are happy to share that with you, says Annsofie Sarenäs, project manager from Tranås municipality.

### An outdoor municipality

Nature is our biggest arena. Around Tranås, hiking trails, light trails and cycle paths wind through the Illern nature reserve, Örsbäckens forest and the Stoe-ryd area. Here you can run, cycle or walk in varied terrain all year round. For those who want more speed, a seven-kilometer mountain bike trail awaits that takes you straight through the reserve.

Lake Sommen, with its archipelago and clear waters, adds another dimension to outdoor life. There are swimming areas for a refreshing dip, paddle trails for leisurely trips and the opportunity to discover the lake from the classic steamboat S/S Boxholm II.

In winter, the forests become ski trails and the lakes become ice rinks, which means that Tranås always invites you to be active regardless of the season.

Here, outdoor life is not something you do on the side, but a part of life. The forests, trails and lake are always close by and give both orienteers and other visitors the opportunity to find their own way in nature.

### That's why 10MILA fits so well in Tranås

To be able to arrange 10MILA is both an honor and a chance to showcase Tranås' strengths. Nature is a natural part of our identity, but also the cooperation, consideration and community that permeates the event. Here, the municipality, associations, business and non-profit forces come together to create something that is not just a competition, but also a folk festival.

The association plays a crucial role in the collaboration. It is a cornerstone of our society and creates com-



Nature is our arena. Either you encounter it on a hiking trail in Romanås or in one of our nature reserves.

Lake Sommen is of course a magnet all year round. A frosty autumn day with a stop at a shelter next to the mirror-like lake provides magical experiences.



commitment and meeting places for people of all ages. We believe in the power of non-profit work and value the role associations play in strengthening the community and contributing to an active life for all ages. Thanks to these efforts, sports, culture and social activities are strong in Tranås.

It is the interaction between nature, associations and the commitment of the residents that makes an event of the size of 10MILA possible here. As a visitor, you will therefore encounter not only an exciting competition, but also a place characterized by warmth, community and pride.

## TOGETHER WE ARE TRANÅS

Hosting 10MILA is an opportunity for us to share Tranås with all of you who come here.

We look forward to you experiencing our place and meeting the community that makes Tranås special.

We do this together – with open arms and with great joy in welcoming you here.



## COMPETITION INFORMATION

### ARENA

Arena Bredstorp, Tranås.

### LIGHTING CONDITIONS

Sunset at 20:49, Saturday 2 May.

Sunrise at 05:03, Sunday 3 May.

### MAP

Scale 1:10,000 for Men's and Women's races.

Scale 1:7,500 for Youth races.

Equidistance 5 meters.

Map newly drawn in 2024-2025 by P-O Derebrant.

Older maps of the area are available.

### PARTICIPATION IN MULTIPLE RELAYS

- Girls who have run Youth races are allowed to participate in Women's and Men's races.
- Boys who have run Youth races are allowed to participate in Men's races.
- Ladies who have run Women's races are allowed to participate in Men's races.
- It is not permitted for women to run the Men's course first and then the Women's course.
- It is not permitted to participate more than once in the same course.

### OPEN CLASSES

Open classes are offered from Friday morning and throughout the entire Tiomila day.



### REGISTRATION

Competition registration, booking of tent sites, accommodation and other services are done via Eventor, which will open on November 1, 2025.

### COMPETITION MANAGEMENT

Sven-Åke Karlsson, Anders Johansson, Boo Nordin.

### COURSE LAYING TEAM

Stefan Djurstedt Men's course

Jacob Lindstam Women's course

Magnus Svensson Youth course, Open classes

### COURSE CONTROLLER

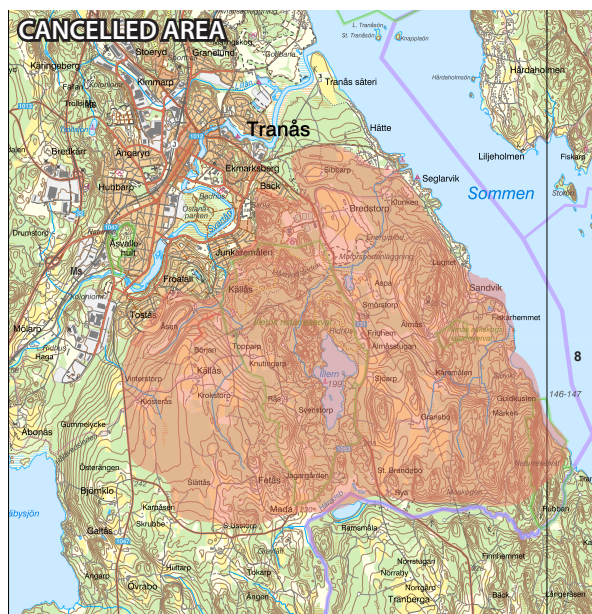
Joakim Karmetun, OK Njudung

### MAP CONTROLLER

Stefan Larsson, OK Njudung

### INFORMATION

Email your questions to: [info2026@10mila.se](mailto:info2026@10mila.se)



The track laying team from left, Magnus Svensson, Stefan Djurstedt and Jacob Lindstam.

## PRELIMINARY INVITATION CLASSES AND COURSE LENGTHS

### The Youth Relay Saturday 2 May

Start: 14:30

Finish: 16:15

- In The Youth Relay, young people up to and including DH-16 are allowed to participate.
- At least two legs must be run entirely by girls, meaning all runners on these legs must be girls.
- On legs 2 and 3, two runners may participate in parallel (doubling).
- Leg 4 is open to both girls and boys.

Leg	Length	Run time	Forking	Difficulty
1	4,2 km	26 min	Yes	Orange
2	4,2 km	26 min	Yes	Orange
3	2,7 km	16 min	No	Yellow
4	5,1 km	31 min	Yes	Orange

### The Men's Relay Saturday-Sunday May 2-3

Start: 17:30

Chasing start leg 4: 23:00

Finish: 05:45

Leg	Length	Run time	Forking	Others
1	9,7 km	51 min	Yes	Day
2	9,4 km	50 min	Yes	Day
3	9,2 km	49 min	Yes	Day
4	15,3 km	82 min	No	Night
5	6,7 km	36 min	Yes	Night
6	6,8 km	36 min	Yes	Night
7	5,6 km	30 min	Yes	Night
8	12,5 km	66 min	No	Night
9	13,4 km	71 min	Yes	Night-dawn
10	14,7 km	78 min	Yes	Dawn-day



### The Women's Relay Saturday-Sunday May 2-3

Start: 21:30

Chasing start leg 3: 05:30

Finish: 09:15

Leg	Length	Run time	Forking	Others
1	8,4 km	59 min	Yes	Dawn-Night
2	6,0 km	42 min	Yes	Night
3	13,8 km	88 min	No	Day
4	6,0 km	38 min	Yes	Day
5	7,5 km	48 min	No	Day
6	8,6 km	53 min	No	Day



*Times and course lengths are preliminary.  
Details may be adjusted up until the competition.*

# Training opportunities for 10MILA

We offer several different training opportunities for 10MILA in Tranås May 2026.

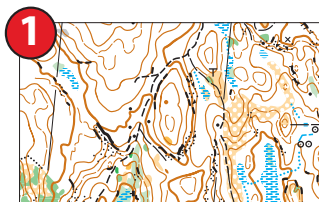
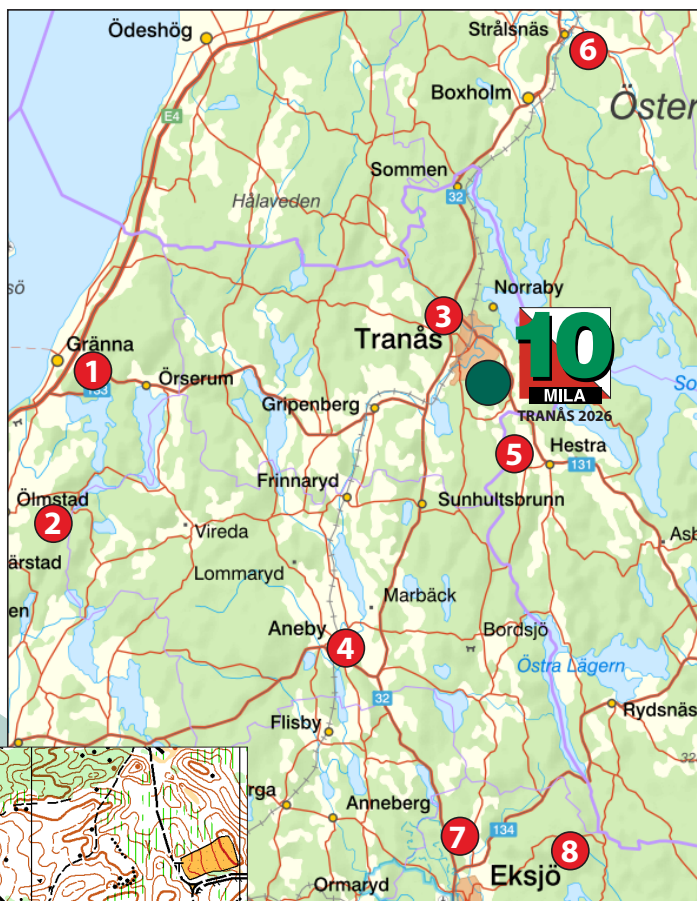
The first training packages are available from 1 Nov, others will not open until spring. Details about the training maps can be read on the 10MILA website under the heading Training. There you can see which types of courses can be used, as well as contact persons.

**Note that training package 5, Helgaklint, is only available the weekend of 21-23 Nov.**

[www.tiomila.se/2026/traning](http://www.tiomila.se/2026/traning)

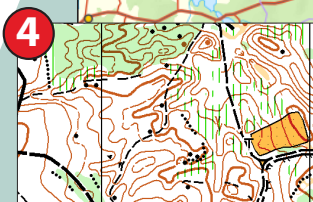
Ordering is done via email to:  
[traning2026@10mila.se](mailto:traning2026@10mila.se)

We have agreements with landowners/hunting teams about the times specified for each training area. Training without our permission at other times is not permitted as it may damage our relationships with landowners/hunting teams, which may make it difficult for the clubs to use the maps themselves in the future.



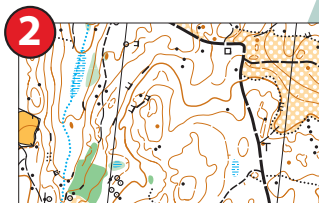
**GRÄNNA**

Open from Nov 1.



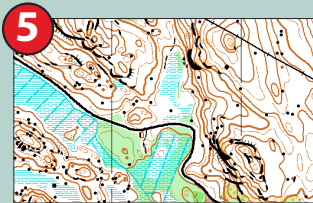
**TALLBACKEN, Aneby**

Open Nov 1-30.



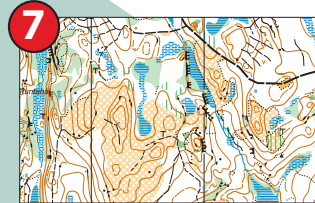
**ÖLMSTAD**

Open from Nov 1.



**HELGAKLINT, Hestra**

Open only Nov 21-23.



**DRUNTAHÅL, Eksjö**

Open spring 2026.



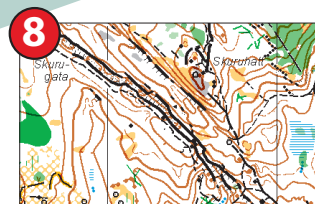
**STRÅNNA, Tranås**

Open Nov 1-30.



**ÅSBO, Boxholm**

Open spring 2026.



**SKURUGATA, Eksjö**

Open spring 2026.

# Weighing up when it pays to run around hilly and rough areas

– The ambition is that it will be moderately steep but still pose real challenges for the teams.

That says Stefan Djurstedt, one of three in the course-laying team for 10MILA 2026. Stefan is joined in the team by Magnus Svensson and Jacob Lindstam.

Stefan's role is the main responsibility for the men's relay.

– I hope that the route selection stages will have an impact and opportunities for teams to take their own initiatives. At the same time, I hope that there will be a tight race with several teams that have a chance well into the competition.

Stefan Djurstedt is an experienced course-layer. The 56-year-old, with Eksjö SOK as his club address, has laid both 10MILA and O-Ringen before.

– At 10MILA 2014 in Eksjö, I had the main responsibility for the women's and youth's relays. In O-Ringen 2009, I was responsible for one stage.

In addition, he has countless course-laying assignments. The latest is the Göta-land Championships in Eksjö this year.

## What can runners expect from 10MILA 2026?

– In general, you can see that there are a bit too many paths when you study the map, Stefan analyzes. At the same time, this is very good terrain for night orienteering. Both men and women will notice this. Large parts of the competition area are a very frequented recreational area, the Illern Reserve, a nature reserve for active outdoor activities.

– There is great variation in the terrain. In the western part, there are parts of easy-to-run pine forests mixed with rougher areas with rocky terrain. It is always important to make trade-offs when it is the straight-on or around-the-road route that pays off the most.

– There are also more bland sections, which opens up for longer running distances. Lake Illern is loca-



Stefan Djurstedt, an experienced track builder with the ambition to create rolling tracks where teams are given the opportunity to take their own path-choice initiatives.

ted in the middle of the map and controls a lot of the course layout.

This is the third year with the same concept for 10MILA and after that there will be a major evaluation. In the men's relay, it involves three evening and twilight stages before a break. Then a restart with chasing start at the long night, a straight stage, just over 15 km. Then follow three shorter stages of a medium distance character. Here, quite a lot of checks await in the terrain with lots of paths. The stages may certainly look easy, but the hilly terrain can really take its toll, both physically and orienteering-wise, Stefan believes.

The Småland relay has been held in the terrain on a couple of occasions, most recently in 2010. This gives a good idea of how fast it will go.

– I expect an average speed in the men's relay of 5.20 per kilometer over all ten stages.



Junkaremålsskolan  
opened in 2024.



Granelundsskolan  
opened in 2025.

# Book Your accommodation

## 1500 seats available on hard surface

During 10MILA we offer a total of around 1500 accommodation places on hard ground. For this purpose, two new schools are used – Junkaremålsskolan (opened in 2024) and Granelundsskolan (opened in 2025) – but also several sports halls and gyms around the municipality. All facilities are of a good standard and are located

close to the competition area or with easy transport connections. Together they create a comprehensive solution where we can welcome many guests in a safe and comfortable way.

***Accommodation bookings will open soon, see the website and Eventor.***



## Hitta boende – 10MILA Tranås 2026

Are you looking for accommodation other than on hard ground? Find alternatives on Facebook with the headline ***Hitta boende – 10Mila Tranås 2026***. Here, residents of Tranås and the surrounding area can advertise cottages, apartments and rooms available for rent for the weekend and make contact with guests looking for specific accommodations.

# Mitt i naturen. Nära allt.

Tranås är platsen för dig som vill ha naturen som granne och rörelsen som livsstil. Här finns leder, skogar och vatten för både träning och avkoppling – året om. Här möts småstadens närhet, naturens frihet och goda förbindelser till resten av landet.



*Här börjar ditt nästa kapitel.  
Skanna QR-koden och upptäck  
våra lediga tomter.*



**TRANÅS**  
KOMMUN



*Twelve clubs – together we organize 10MILA 2026*

