

10 MILA | TRANÅS | 2-3 MAJ 2026

BULLETIN #2



Photo: Göran Johansson

**Recharge your batteries
– see you in Tranås!**

2–3 May 2026

10
MILA
TRANÅS 2026



**TRANÅS
KOMMUN**

- **INVITATION** – see the legs
- **ARENA** – where it all happens
- **ACCOMMODATION**
– early booking recommended



WELCOME TO BREDSTORP

Arena 10MILA 2026



–Here we are at the heart of the 10MILA Arena at Bredstorp. Event director Sven-Åke Karlsson and arena manager Christer "Kidde" Bengtsson are in place at the main parking area.

Bredstorp is the community's large recreational area, with facilities for ice hockey, football, bandy, tennis, badminton, and much more.

2–3 May 2026, it transforms into Arena 10MILA.

–We're all set to create an amazing arena! says "Kidde" Bengtsson. The finish and changeover area will be on the gravel field, offering plenty of space for spectators to enjoy the excitement up close. A kiosk will be open throughout the competition. Inside the ice rink, you'll find a restaurant, sports shops, exhibitions – and another well-stocked kiosk ready to serve visitors all day and night long.

Sincerely welcome to Bredstorp in May 2026!





SPECIALISTER PÅ SPORT - ÅRET RUNT



ORIENTERING



LÖPNING



LÄNGDSKIDÅKNING

Vi ses på 10MILA 2026!

**Till dess hittar du vårt stora
utbud på polder.se**

//polder.se
SPORT

SPECIALISTER PÅ SPORT - ÅRET RUNT



Tranås – where nature meets adventure

In Tranås, nature is never far away. Between the shimmering waters of Lake Sommen and the deep forests of Småland, you'll find endless opportunities to explore, relax and experience something new.

As hosts of 10MILA 2026, we're excited to share all of this with you.

In and around Tranås, trails, bike paths, and ski tracks wind through scenic nature reserves – and when it's time to unwind, the lake invites you to swim, paddle, or join a cruise on the classic steamship S/S Boxholm II.

–As hosts of 10MILA 2026, we're proud to share our outdoor paradise with orienteers and visitors from near and far. As you'll see, outdoor life isn't just an activity here – it's a way of life, says Annsofie Sarenäs, Project Manager, Tranås Municipality.

A town built around the outdoors

Nature is our greatest arena. Year round (except this particular weekend, of course), trails, lighted tracks, and cycling paths invite you to run, hike or bike through the Illern Nature Reserve and endless Örsbäcken forests. For now, you can bring a bike and take

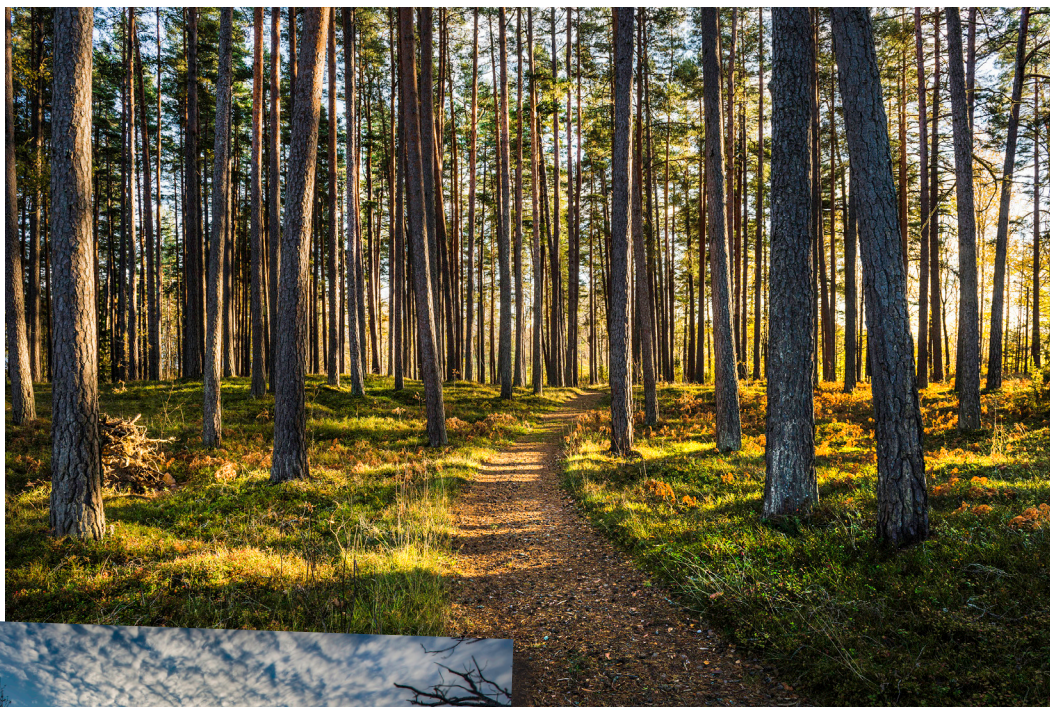
the opportunity to explore the brand new bike park next door to the arena or retreat to the nearby Stoeryd forests. Even better, stay an extra few days, and gather speed along our 7K mountain bike trail that winds through the reserve.

Beyond Bredstorp, Lake Sommen with its archipelago and crystal-clear water adds a special dimension to outdoor life. After the race, you may want to cool down with a refreshing swim, rent a kayak and explore the quiet paddling waters, or discover the lake aboard the classic steamship S/S Boxholm II. Come again this winter, and you'll see forests turned into skitracks and the lake transformed to a gigant skating rink – meaning Tranås invites you to outdoor adventures year round.

Why 10MILA belongs in Tranås

Nature is an essential part of our identity — but so are the collaboration, care, and community spirit that define this event. Here, the municipality, local clubs, businesses, and volunteers come together to create something that's more than just a competition — it's a true celebration.

We believe in the power of community and the spirit of volunteering. The local club life is a cornerstone of our community, fostering engagement and creating meeting places for people of all ages, keeping culture, sports, and social life thriving for all generations.



Here in Tranås, nature is always within reach — whether you're walking the forest trails of Romanäs or exploring one of our many nature reserves.

Lake Sommen is a year-round magnet. Paddle across its mirror-like surface at sunrise in Hätte, or enjoy a crisp autumn day with a break by a windshelter along the calm, glistening shore.

—The combination of nature, community, and local passion makes an event like 10MILA possible here. As a visitor, you'll experience not just an exciting competition, but a place defined by warmth, togetherness, and pride, says Tranås project manager Annsofie Sarenäs.

TOGETHER, WE SHAPE TRANÅS

Being the host of 10MILA is a wonderful opportunity for us to share Tranås with the rest of the world.

We look forward to welcoming you — to experience our town and the sense of community that makes Tranås special.

We're doing this together — with open arms and great joy.



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 relays

Scale 1:7,500 for the Youth relay

Contour interval 5 metres

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 the Youth relay are allowed to participate in Women's and Men's relays.
- Boys who have run the Youth relay are allowed to participate in the Men's relay.
- Ladies who have run the Women's relay are allowed to participate in the Men's relay.
- 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 on the same course.

OPEN CLASSES

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



REGISTRATION

Competition registration, booking of tent sites, accommodation and other services are done via Eventor, starting 1 November 2025.

COMPETITION MANAGEMENT

Sven-Åke Karlsson, Anders Johansson, Boo Nordin.

COURSE SETTING 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



The course setting 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.

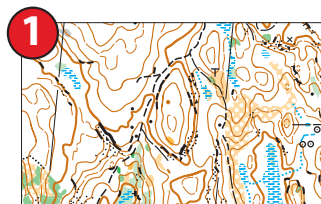
Training opportunities for 10MILA

We offer a variety of training opportunities for 10MILA 2026 in Tranås.

The first training packages are available from 1 Nov 2025, others will not open until spring 2026. For details concerning training maps, see the 10MILA website, heading Training. There you can find the types of courses, as well as contact persons. Note that training package #5, Helgaklint, is available only the weekend of 21-23 Nov. www.tiomila.se/2026/training

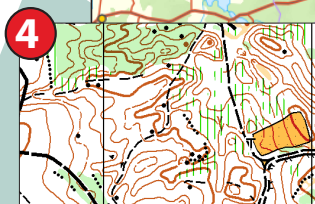
Ordering training packages via email to: traning2026@10mila.se

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, making it difficult for the clubs to use the maps in the future.



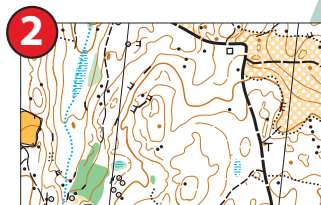
GRÄNNA

Open from 1 Nov 2025.



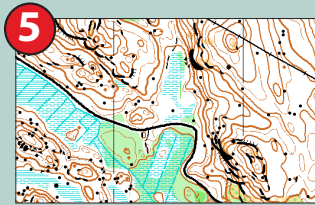
TALLBACKEN, Aneby

Open 1-30 Nov 2025.



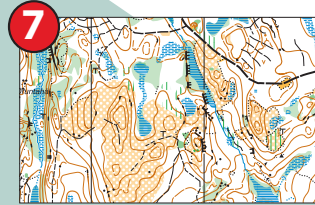
ÖLMSTAD

Open from 1 Nov 2025.



HELGAKLINT, Hestra

Open only 21-23 Nov 2025.



DRUNTHÅÅL, Eksjö

Open spring 2026.



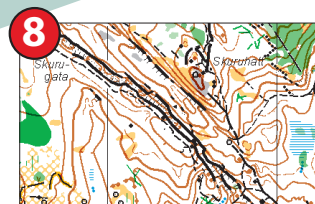
STRÅNNA, Tranås

Open 1-30 Nov 2025.



ÅSBO, Boxholm

Open spring 2026.



SKURUGATA, Eksjö

Open spring 2026.

A trade-off – when it pays off to go around hilly and rough areas

–The ambition is to strike the right balance — sufficiently forked, yet offering proper challenges for the teams.

That's how Stefan Djurstedt, one of the three members of the course-setting team for 10MILA 2026, puts it.

Stefan is joined in the team by Magnus Svensson and Jacob Lindstam. His own responsibility is the men's relay.

–I hope that the route choice legs will make an impact and give teams the opportunity to take their own initiatives. At the same time, I wish for a close relay, with several teams still in contention well into the race, he says.

Djurstedt is an experienced course setter. The 56-year-old, representing Eksjö SOK, has designed courses for both 10MILA and O-Ringen in the past.

–At 10MILA 2014 in Eksjö, I was responsible for the women's and youth relays. For O-Ringen 2009, I was in charge of one stage, he recalls.

Beyond that, he has numerous other course-setting assignments to his name — most recently the regional Götaland Championships in Eksjö earlier this year.

What can the runners expect from 10MILA 2026?

–In general, when studying the map, one might think there are too many paths, Stefan observes. At the same time, this is excellent terrain for night orienteering — both men and women will notice that.

Large parts of the competition area lie within Illern Nature Reserve, a well-visited recreation area designated for outdoor activities.

–There's great variation in the terrain. The western part is partly fast coniferous heath, mixed with rougher, more stony sections. You constantly have to assess whether a direct or around route choice will pay off best, he explains.

–There are also more featureless areas, which allow for longer legs. Lake Illern sits right in the middle of the map and influences the course design quite a bit.



Stefan Djurstedt – a seasoned course setter driven by the ambition to design relays that challenge teams to make bold route choices.

This is the third year running with the same concept for 10MILA, after which a major evaluation will take place.

For the men's relay, the format means three evening and dusk legs before a break, followed by a restart with the long night — a straight leg of just over 15 km.

Then follow three shorter, middle-distance-style legs, with many controls in path-rich terrain.

–The legs might look easy on paper, Stefan says, but the steepness can make things tricky — both physically and technically.

The Småland Relay has been held in this terrain a few times before, most recently in 2010. As a result, the organisers have a good idea of the expected pace.

–I estimate an average speed of about 5:20 per kilometre across all ten legs of the men's relay, concludes Stefan Djurstedt.



Junkaremålsskolan
opened in 2024.



Granelundsskolan
opened in 2025.

Book your accommodation

1500 places available on hard flooring

During 10MILA, we offer a total of around 1,500 accommodation places on hard surfaces. This includes two newly built schools – Junkaremålsskolan (opened in 2024) and Granelundsskolan (opened in 2025) – as well as several sports halls and gymnasiums across the municipality.

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

All facilities are of high standard and located either close to the competition area or with convenient transport connections. Together, they provide a comprehensive accommodation solution, allowing us to welcome many guests in a safe and comfortable way.



Other lodging options

Find alternatives on our Facebook page **Hitta boende – 10Mila Tranås 2026**. Here, residents of Tranås and the surrounding area can post cabins, flats, and rooms available for rent during the event weekend – and get in touch with guests looking for specific types of accommodation.

In the heart of nature. Closer than you think.

Discover Tranås – where nature begins at your doorstep and adventure never feels far away. Here, endless forests, winding trails and sparkling lakes invite you to train, explore and unwind – in every season.

This is where small-town convenience meets the freedom of nature, with great access to the rest of the country.



*Your next chapter starts here.
Scan the QR code to explore
our available building plots.*





Twelve clubs – together, we organize 10MILA 2026

