



Training PM

Tallbacken Aneby

TRAINING PACKAGE #4



Active	Controls are out 1 March –30 April 2026
Courses	One 8 km course with forked controls (5 forking options). Can be shortened to 4 or 6 km Orange course .
Controls	Mini flags with reflective stakes underneath
Livelox	Courses available on Livelox (password printed on map).
Map	Furulid Scale 1:10 000 (Orange course 1:7 500) Contour interval 5 m Drawn and revised by P-O Derebrandt (who draws the 10MILA map)
Map owner	SOK Aneby
Directions	<u>SOK Aneby club house, Jularpsvägen 6, Aneby</u>
Terrain description	Slope terrain with many paths, partly hilly. Predominantly open pine forest offering good runnability.
Changing/ showers	In our club house. Get in touch, and we will open.
Other	Depending on when training takes place, there may be ski tracks near the club cottage. If so, running/treading in prepared ski tracks is prohibited.
Course setter	Bo Henriksson bhn.anaby@gmail.com +46 73 318 62 94
Contact	Ola Gustafsson ola.gustafsson.anaby@gmail.com +46 73 910 39 10

To order the training package, please fill in the form on our website <https://tiomila.se/en/2026/training/>

For questions regarding your order, send an email to traning2026@10mila.se or call +46 73 838 56 20.

As the person placing the order, please provide the following details: **Your club, Name, Email address** to which the map file should be sent, **Billing address** including an email address for invoicing, **The number of copies** of each map you plan to print.

We charge SEK 80 per planned printout. Once order is received, we will send the map(s) as PDF files by email, together with the course information (PM).

Please also specify the dates and times you intend to use the courses. If your plans change after you have ordered the maps, you must inform us via traning2026@10mila.se.

This applies to both the number of printouts and the planned time of use.