



Training PM

Skurugata Eksjö

TRAINING PACKAGE #8



Active	Controls are out 7 March – 30 April 2026
Courses	1) Long: 8 km forked courses with restart options for OL intervals. 2) Short: 5 km forked courses with restart options for OL intervals. 3) Orange: 4 km, straight course.
Controls	Marked with small flags or reflective stakes.
Livelox	Courses available on Livelox (password printed on map).
Map	Skurugata Scale 1:10 000 (Orange course 1:7 500) Contour interval 5 m Drawn by P-O Derebrant who also draws the 10MILA map. Revised by P-O Derebrant 2025/2026.
Map owner	Eksjö SOK
Terrain	Skurugata nature reserve. Moderately to steeply undulating terrain. Alternating between open terrain with good visibility and areas of dense vegetation with reduced visibility and runnability.
Directions/ Parking	Skurugata 57°42'05.3"N 15°05'14.8"E
Course setters	Josh Beech and Simon Nilsson, Eksjö SOK
Contact	Simon Nilsson, simon.stefan.nilsson@gmail.com +46 72 142 74 94

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.



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