



# Training PM

## Strånna Tranås

### TRAINING PACKAGE #3



Active	Controls are out 1 March –19 April 2026
Courses	<p>1) OL intervals 4x2 km, 16 forking options          OL intervals 5 km, 4 forking options</p> <p>2) Relay training 7.8 km, 8 forking options          Relay training 5.3 km, 4 forking options</p> <p>3) Orange course 4.1 km          Course 1 and course 2 share some controls</p>
Controls	Marked with a reflective stake and red/white tape and control code. No punching units.
Livelox	Courses available on Livelox (password printed on map).
Map	<p>Lake Strånna Scale 1:10 000 (Orange course 1:7 500)          Contour interval 5 m          Drawn 2019 by P-O Derebrant, who draws the 10MILA map.          Active forestry operations are ongoing in the area, resulting in several new clear-felled areas. These have been updated on the map; however, no further revisions have been made. Consequently, some old clearings, green areas and paths may have changed slightly. The power line shown on the map has been partly dismantled.</p>
Map owner	SOL Tranås
Terrain description	<p>Moderately hilly, with some hilltops featuring steeper slopes.          The forest is mainly coniferous, often pine on the higher ground with generally good runnability and visibility. Some stony areas occur, as is typical around Tranås. One area with buildings and horse paddocks is marked as out of bounds..</p>
Directions	From road 32 at the north entrance to Tranås, drive towards town centre. In the roundabout west of the railroad (by Lidl), turn North toward <a href="#">Mårdsmålen</a> (handelsträdgård).
Parking	By garden centre <a href="#">Mårdsmålen</a> . Please, park far down by the gate to make way for customers to the garden centre.
Start & finish	Near Mårdsmålen, marked with red/white tape
Course setter	Anders Johansson <a href="mailto:anders@anjokonsult.se">anders@anjokonsult.se</a> +46 70 555 80 81

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](mailto: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](mailto:traning2026@10mila.se).

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



**2026**  
**TRANÅS**  
**2-3 MAJ**

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