

BULLETIN #4



Foto: Göran Johansson

We meet
in Tranås!
May 2-3

10
MILA
TRANÅS 2026



**TRANÅS
KOMMUN**

HERE WE GO...

All the facts you need
for the 10MILA-weekend

Welcome to Tranås

– small town charm, world-class hosting

On May 2–3, 2026, Tranås welcomes runners, leaders, and visitors to 10MILA at Bredstorp and the Illern Nature Reserve. During the competition weekend, thousands of orienteers and supporters from all over Sweden and several other countries will gather here.

A high-intensity weekend awaits, where the arena stays alive around the clock – but it is also a place where everything is within reach, and where you as a visitor quickly feel like part of the community.

Close to both the competition and the town

In Tranås, distances are short. The close proximity between the arena and the town center makes it easy to combine racing, resting, and exploring. Restaurants, cafés, and shops are all within easy reach in an environment that is simple to navigate.

A welcoming atmosphere

Behind the event lies a strong collaboration between local clubs, volunteers, and local partners. Together, they create a weekend characterized by both high quality and personal hospitality.

During the weekend, the presence of 10MILA will be felt throughout Tranås. The town center



*Pär Thudeen,
Chief Executive
Officer, (CEO)
Municipality of
Tranås*

will be bustling with life, while the competition continues 24/7 at the arena. For those interested, there are plenty of opportunities to experience more of what Tranås has to offer – both nature and town life, all within a comfortable distance.

Pär Thudeen, Chief Executive Officer, Municipality of Tranås:

“Tranås is, and aims to be, a place where people want to live, work, and thrive. Events like this contribute to that goal and are beneficial for us in many ways.”

“The event is covered by radio and TV from several countries, and I hope many will take the chance to experience both the competition and Tranås during the weekend,” Pär concludes.

Whether you are here to compete, support, or simply soak up the atmosphere, you are warmly welcome to Tranås!

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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.*



**TRANÅS
KOMMUN**

Redo för nästa steg?

TUC Yrkeshögskola är en av Sveriges största YH-anordnare. Med utbildningar på flera platser i landet och med ett brett utbud av distansutbildningar är chansen stor att vi har det du letar efter!

Vi ses på Bredstorp!



10MILA PROGRAMME – BREDSTORP ARENA

Friday, May 1st

- 12:00 Parking opens
- 13:00 Registration for Open courses opens at the ice rink entrance
- 13:00 Showers open
- 15:00 Information desk opens (general inquiries, lodging, and lost & found)
- 18:00 10MILA TV – Pre-race show and interviews with Per Forsberg and guests. One hour of build-up, 18:00–19:00. Streamed free of charge at www.tiomila.se
- 19:00 Registration for Open courses close
- 20:00 Finish for Open courses close
- 20:00 Information desk closes
- 20:00 Parking closes



Kolla med
oss

Mountainbike, dans eller orientering?

I Tranås är aktiviteterna en naturlig del av vardagen. Oavsett om du är småbarnsfamilj eller senior finns möjligheterna alltid nära – från natur och motion till kultur, gemenskap och fritid.

Rum för mer *aktivt liv*



LEKSANDS
KNÄCKEBRÖD



**Familjebakat
sedan 1817**

10MILA PROGRAMME – BREDSTORP ARENA

Saturday, May 2nd

- 08:00 Parking opens
- 08:00 Information desk opens (general inquiries, lodging, and lost & found)
- 09:00 Race office opens (pick up team envelopes, rent/pick up SIAC cards for relays, team changes)
- 10:00 Registration for open courses opens at the ice rink entrance
- 10:00 Orienteering labyrinth opens
- 10:00 Showers open
- 11:00 Ice rink restaurant opens
- 12:00 Orienteering shooting opens
- 12:00 Eventor closes for team changes
- 12:00 Race office accepts team changes (fee applies)
- 12:00 The fair in the ice rink opens
- 13:00 First aid opens. Open non-stop until Sunday at 13:00
- 13:45 Check-in for Youth Relay opens
- 14:00 10MILA-TV broadcast begins (Web stream, read more on page xx)
- 14:00 Opening ceremony
- 14:30 Start: Youth Relay
- 16:12 Estimated finish: Youth Relay
- 16:45 Check-in for Men's Relay opens
- 16:45 Prize-giving ceremony: Youth Relay
- 16:50 Transition area closes for Youth Relay ahead of the restart
- 17:00 Restart: Youth Relay
- 17:30 Start: Men's Relay
- 19:00 Registration for Open courses close
- 20:00 Finish for Open courses close
- 20:00 Information desk closes
- 20:07 Estimated finish: Leading team in Men's Relay after leg 3
- 20:30 Final of the orienteering labyrinth

- 20:45 Check-in for Women's Relay opens
- 20:49 Sunset
- 21:30 Start: Women's Relay
- 21:30 Race office closes (Team adjustments and SIAC rentals move to the Red Exit/Röd utgång)
- 22:00 The fair in the ice rink closes
- 23:00 Ice rink restaurant closes
- 23:00 Men's Relay pursuit start (Leading team, leg 4)
- 23:13 Estimated finish: Leading team in Women's Relay after leg 2



**FOLLOW 10MILA
DURING THE NIGHT**

BUY TICKET TO THE WEB-TV
<https://tv.orienteering.sport/>



Miljöanpassad vattenkraft

Som elkund hos oss är du med och bidrar till levande natur och ökad biologisk mångfald.

Läs mer och teckna ditt elavtal på www.tranasenergi.se.

**TRANÅS
ENERGI**

10MILA PROGRAMME – BREDSTORP ARENA

Sunday, May 3rd

- 00:00 Mass start: Men's Relay (teams more than 60 minutes behind the leading team after leg 3)
- 05:00 Women's Relay pursuit start (Leading team, leg 3)
- 05:03 Sunrise
- 06:00 Mass start: Women's Relay (teams more than 60 minutes behind the leading team after leg 2)
- 06:00 Estimated finish: Men's Relay
- 07:00 Information desk opens (general inquiries, lodging, and lost & found)
- 07:00 Ice rink restaurant opens
- 08:00 The fair in the ice rink opens
- 08:38 Estimated finish: Women's Relay
- 09:00 Registration for open courses opens at the ice rink entrance
- 09:05 Transition area closes for Men's Relay ahead of the restart
- 09:15 Restart: Men's Relay
- 10:00 Prize-giving ceremony: Men's and Women's Relays, including closing ceremony
- 10:20 Transition area closes for Women's Relay ahead of the restart
- 10:30 Restart: Women's Relay
- 11:00 Map distribution begins
- 11:00 Ice rink restaurant closes
- 12:00 Registration for Open courses close
- 23:00 Finish for Open courses close
- 12:00 The fair in the ice rink closes
- 13:00 Finish line closes
- 13:00 First aid closes
- 14:00 Showers/toilets close
- 15:00 Parking closes



INOM FÖRSVARSMAKTEN HAR VI TRÄNAT I HUNDRATALS ÅR.

Vid Eksjö garnison tränar och utbildar vi, förutom orientering, personal och krigsförband i unika fältarbetsförmågor inom ramen för nationellt försvar och Nato.



FÖRSVARSMAKTEN



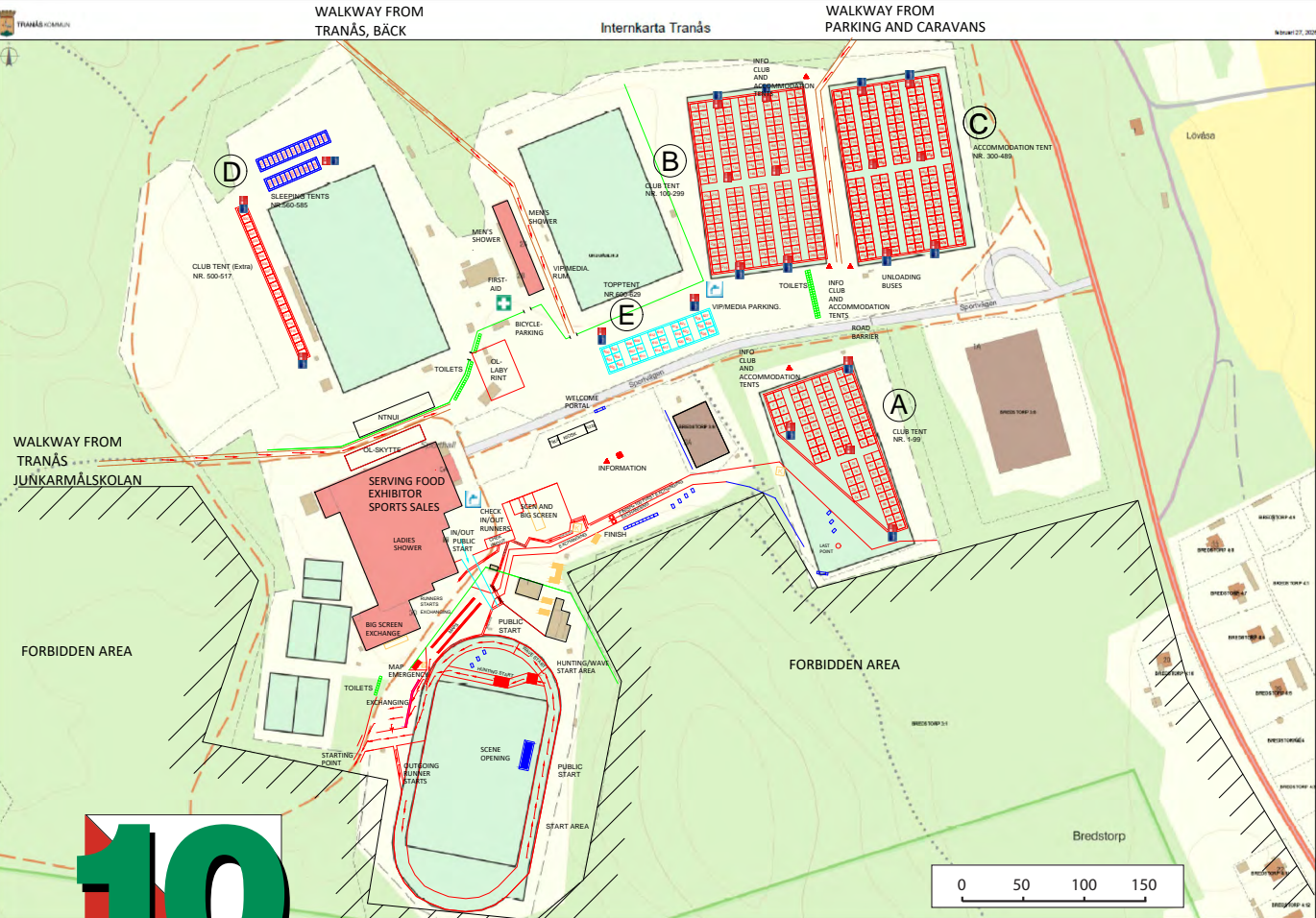
Med hela Småland runt knuten

Eksjö kommun är platsen för dig som uppskattar närheten till allt som är viktigt i livet. Här finns skogar, sjöar, stigar och ett aktivt friluftsliv som en naturlig del av vardagen. Med ett rikt föreningsliv finns alltid något att göra, för både stora och små. Ja, här finns verkligen hela Småland runt knuten.

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10
MILA

TRANÅS 2026

WELCOME TO ARENA BREDSTORP

FOLLOW 10MILA DURING THE NIGHT
BUY TICKET TO THE WEB-TV
<https://tv.orientering.sport/>

Östanåparken – a green oasis in central Tranås

Right in the heart of Tranås lies Östanåparken, often called the “green lungs” of the city. Embraced by the river Svartån, the park offers a peaceful and verdant environment just a stone’s throw from the city center. During the 10MILA weekend, we hope many visitors take the opportunity to discover this little oasis.

Östanåparken is also located close to the hard-floor indoor accommodations offered during the competition weekend, making it the perfect spot for a morning walk, a light jog, or a moment of relaxation between starts.

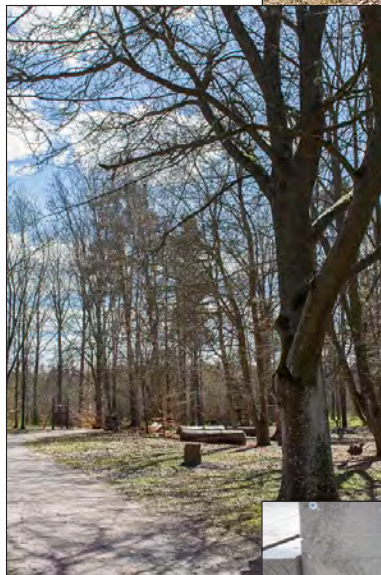
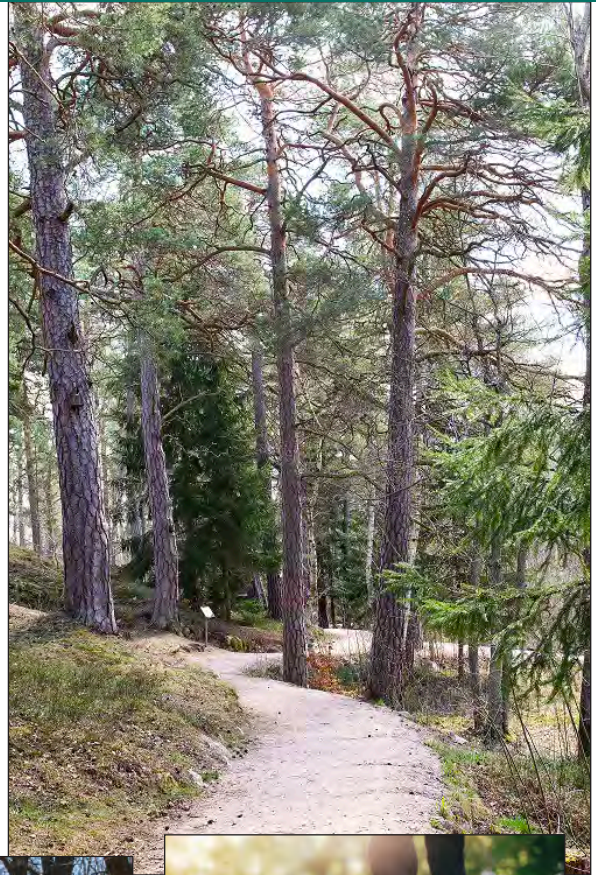
A walk or a gentle run

Illuminated bike paths and small trails wind through the park, making it easy to get around on foot or for a calm run. Nature is always close by here, with birdlife, mixed forests, small hills, and open glades. Along the banks of Svartån, you can also walk on boardwalks that follow the water through the park.

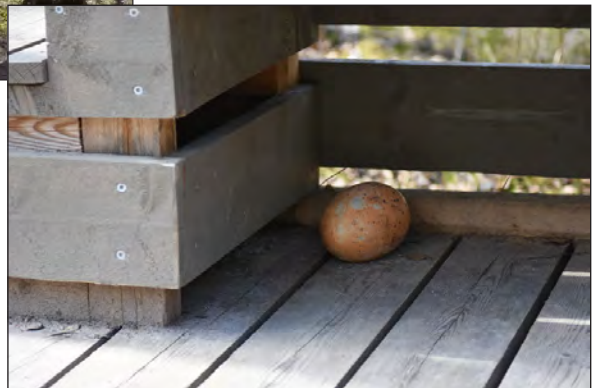
Activities for the whole family

Östanåparken also offers activities for those who want more than just a walk. Here you will find an outdoor gym built from natural materials with several stations for strength training, as well as a disc golf course suitable for both beginners and more experienced players.

For families with children, the park is a popular destination. In “Barnens park” (The Children’s Park), there is a nature playground where children can climb, swing, and play among animal sculptures and other play elements made from



natural materials. Younger visitors can also follow “Barnens naturstig” (The Children’s Nature Trail) and help the slightly confused crane, Grus-Grus, find his lost eggs (see image below).



PRELIMINARY BULLETIN 10MILA 2026

*Final Bulletin will be published
on www.tiomila.se on May 2nd*

ARENA

10MILA 2026 takes place at Arena Bredstorp. Bredstorp Sports Ground is Tranås Municipality's largest multi-sport facility, housing nine different sports both indoors and outdoors.

ARENA EXPERIENCES

10MILA is best experienced on-site at Arena Bredstorp. A spectator-friendly arena creates atmosphere and showcases the drama. Finish line sprints and runners coming in for transitions can be followed live. All the action from the forest can be experienced via the big screen. With GPS tracking, the audience can follow the runners' route choices and decisive moments in the forest during all legs. The arena offers large areas, an ice rink, sports halls, dining areas, and assembly rooms. These will, of course, be used for social gatherings and various service functions for the participants. Catering, showers, and sports sales are located indoors.

TRY-OUT ACTIVITIES

Try-out activities for all ages, such as an orienteering labyrinth and precision orienteering (orienteering shooting), are available throughout Saturday. Open courses with on-site registration are offered Friday-Sunday.

EXHIBITION/EXHIBITORS

Welcome to visit the exhibition inside the ice rink, where our partners will present themselves. 10MILA 2027 Västervik will also be on-site with information about next year's 10MILA.

ARENA PRODUCTION

Big screen with live coverage from the forest on all legs. GPS tracking for the leading teams will also be displayed.

Lead Announcer: Kjell-Erik Kristiansen
Interview Announcer: Mårten Frendelius

SPECIALISTER PÅ SPORT - ÅRET RUNT



ORIENTERING



LÖPNING



LÄNGDSKIDÅKNING

Vi ses på 10MILA 2026!

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

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SPORT

SPECIALISTER PÅ SPORT - ÅRET RUNT

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TRAFFIC AND SIGNPOSTING

Most visitors will arrive in Tranås via Route 32. Take the "Norra infarten" (North Entrance) to Tranås and follow Route 131 towards Österby-mo. From there, follow the signs to Bredstorp Sports Ground and 10MILA.

NOTE! ROADWORKS/DETOUR

It is important to use the North Entrance (Norra infarten) to Tranås. Road surfacing work is ongoing from the South Entrance, which means all traffic is being detoured.

CAR PARKING

Follow directions from Route 131, directly east of the arena.

Distance Parking – Arena: 700 m. Please take care when crossing the main road.

Fee: 100 SEK, no pre-booking required.

(Paid parking fee is valid for the entire weekend).

CARAVANS AND MOTORHOMES

Follow directions from Route 131, directly east of the arena.

Distance Parking – Arena: 700 m.

Fee: 750 SEK, must be pre-booked in Eventor by April 29th.

For those who haven't pre-booked, it is possible to book and pay on-site, subject to availability.

BUSES

Pre-registration is required for buses to ensure a spot in the designated bus parking area. No parking fee for buses. Book via Eventor.

DROP-OFF ZONE

Arena Bredstorp has a drop-off zone adjacent to the arena. Here you can drop off club gear, tents, and other equipment needed for 10MILA.

- Distance Drop-off zone – Arena: 50 m
- Distance Drop-off zone – Parking: 650 m

Från Tranås sedan 1970.

IIVT
VÄRMEPUMPAR

**FÖR ETT SVERIGE
ATT TRO PÅ.**

Simona Mohamsson
Partiledare

Liberalerna

TRY THE OPEN COURSES FRIDAY–SUNDAY MAY 1–3

Registration takes place at the ice rink entrance. No pre-registration required.

Friday, May 1: 13:00–19:00
Saturday, May 2: 10:00–19:00
Sunday, May 3: 09:00–12:00

Registration and read-out take place at the ice rink entrance. No club affiliation is necessary.

The courses are located in a separate area adjacent to the arena. Since the finish is located away from the arena ("remote finish"), read-out takes place at the registration desk in the ice rink entrance after completing the course.

Distance from registration/read-out to start and finish: 700 m

Punching system: SportIdent

SI-card rental: Available for 50 SEK

Classes	Length	Difficulty
Vit 2.0	2,2 km	Very easy
Gul 2.5	2,7 km	Easy
Orange 3.0	3,3 km	Moderate
Orange 4.5	4,5 km	Moderate
Blå 3.0	3,1 km	Difficulty
Svart 4.5	4,6 km	Difficulty
Svart 7.0	7,2 km	Difficulty

Map: Scale 1:7,500 for all courses except Svart 7.0 (1:10,000). Contour interval: 5 meters.

Registration Fees DH-16: 95 SEK
DH17-: 180 SEK
SI-card rental: 50 SEK

Payment: Swedish clubs will be invoiced after the event. Runners without club affiliation and international participants pay on-site.

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CLOTHING AND SHOES FOR ORIENTEERS

- ORIENTEER IN BAGHEERA GEAR!

ORIENTEERING PANTS KNEE JR
Size. 110-160
399 SEK

ORIENTEERING PANTS LONG JR
Size. 120-160
399 SEK

ORIENTEERING PANTS KNEE SR
Size. XS-2XL
449 SEK

ORIENTEERING PANTS LONG SR
Size. XS-2XL
499 SEK

ULTRA JR
Orienteering shoe designed for junior runners, offering high functionality and performance. Size: 32-40
849 SEK

FERAL R1
Metal-studded orienteering shoe for speed and control. Size: 36-47
1199 SEK

CLAW X1
Metal-studded orienteering shoe for maximum grip and confidence. Sizes: 36-47
1499 SEK

BASE TIGHTS
Junior/Women/Men
Our most affordable range, focused on function and accessibility.

RACE TIGHTS LONG ZIP
RACE TIGHTS 3/4
Junior/Women/Men
Developed for those who want the absolute best.

HIGH PERFORMANCE TIGHTS
Junior/Women/Men
For those who want a more premium feel and technical materials.

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COMPETITION OFFICE

The Competition Office is located in the ice rink.

- Open Saturday: 09:00–21:30
- Pick up team envelopes containing bibs, team leader badges (required for access to the transition area), and any rented SIAC cards here.
- Late team changes can be made here after Eventor closes on Saturday at 12:00. A fee of 100 SEK applies for changes made until the office closes at 21:30. After this time, team changes must be made at "Red Exit" (Röd utgång).
- Rented SI-cards must be returned to "Red Exit" after finishing or transitioning.
- All club fees must be paid to the organizer before the team envelope is issued. If payment was made after the deadline, a receipt must be presented. On-site payments can be made via Swish or major credit/debit cards.

INFORMATION TENT AT THE ARENA

The Information Tent is centrally located at the arena, adjacent to the finish line. This is the place for lost and found items. General information regarding the competition and accommodation is also available here.

Opening hours:

- Friday, May 1: 15:00–20:00
- Saturday, May 2: 08:00–20:00
- Sunday, May 3: 07:00–13:00



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YOUTH RELAY

- Start: Saturday at 14:30.
- Finish: Saturday approx. 16:12.
- Restart: Saturday at 17:00.
- Course lengths include 300 m of taped route for all legs, except for Leg 1 which has 470 m.
- Youths up to DH-16 are eligible to participate.
- At least two legs must be run in their entirety by girls.
- It is permitted to start with two runners on Leg 2 and Leg 3; the runner who arrives first at the transition sends out the runner for the next leg.



Leg	Length	Climb	Run time	Start	Finish	Forking	Difficulty	Two runners	Map
1	4,1 km	130 m	26 min	14:30	14:56	Yes	Orange	No	A3
2	4,1 km	130 m	26 min	14:56	15:22	Yes	Orange	Yes	A3
3	3,0 km	90 m	18 min	15:22	15:40	No	Yellow	Yes	A3
4	5,1 km	180 m	32 min	15:40	16:12	Yes	Orange	No	A3

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Orientering kräver inte mycket utrustning men vissa saker är värda att investera i.

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PRELIMINARY BULLETIN 10MILA 2026

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MEN'S RELAY

- Start: Saturday at 17:30.
- Finish (leading team) after three legs: Saturday approx. 20:07.
- Chasing start: Saturday at 23:00 for Leg 4, based on the standings after Leg 3.
- Wave start: Sunday at 00:00 for Leg 4.
- Finish: Sunday approx. 06:00.
- Restart: Sunday at 09:15.
- Course lengths include 530 m of taped route for all legs, except for Leg 1 which has 700 m.



- Road crossings: Follow the fenced corridor from the control across the road until it ends; after that, free orienteering applies.

Leg	Length	Climb	Run time	Start	Finish	Forking	Day/Night	Water	Map
1	9,8 km	300 m	54 min	17:30	18:24	Yes	Day	1	A3+
2	9,5 km	280 m	52 min	18:24	19:16	Yes	Day	1	A3+
3	9,3 km	270 m	51 min	19:16	20:07	Yes	Day	1	A3+
4	16,0 km	450 m	93 min	23:00	00:33	No	Night	3	A3+
5	6,7 km	350 m	37 min	00:33	01:10	Yes	Night	No	A3+
6	6,8 km	350 m	38 min	01:10	01:48	Yes	Night	No	A3+
7	5,7 km	300 m	32 min	01:48	02:20	Yes	Night	No	A3+
8	12,2 km	390 m	70 min	02:20	03:30	No	Night	2	A3+
9	13,4 km	480 m	72 min	03:30	04:42	Yes	Night-dawn	3	A3+
10	14,4 km	460 m	78 min	04:42	06:00	Yes	Dawn-day	3	A3+

TRANÅS

INDUSTRIKABLAG

Member of HP Tronic Group

Tranås Industrikablage är en komplett leverantör av kablage tillverkning

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WOMEN'S RELAY

- Start: Saturday at 21:30.
- Finish (leading team) after two legs: Saturday approx. 23:13.
- Chasing start: Sunday at 05:00 for Leg 3, based on the standings after Leg 2.
- Wave start: Sunday at 06:00 for Leg 3.
- Finish: Sunday approx. 08:38.
- Restart: Sunday at 10:30.
- Course lengths include 530 m of taped route for all legs, except for Leg 1 which has 700 m.



© Rönnöls

- Road crossings: Follow the fenced corridor from the control across the road until it ends; after that, free orienteering applies.

Leg	Length	Climb	Run time	Start	Finish	Forking	Day/Night	Water	Map
1	8,2 km	340 m	58 min	21:30	22:28	Yes	Dawn-night	1	A3+
2	6,4 km	290 m	45 min	22:28	23:13	Yes	Night	1	A3+
3	13,0 km	420 m	84 min	05:00	06:24	No	Day	3	A3+
4	5,6 km	240 m	36 min	06:24	07:00	Yes	Day	No	A3+
5	7,5 km	340 m	48 min	07:00	07:48	Yes	Day	1	A3+
6	8,0 km	310 m	50 min	07:48	08:38	Yes	Day	1	A3+



UPPTÄCK LIVSKVALITETEN I BOXHOLM

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Boxholm - Ligger bra till

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REGISTRATION

Registration is open in Eventor. The final deadline for late entries is Wednesday, April 29th.

Registration fees (including 50% late entry fee) up to April 29th:

- Youth Relay: 1,050 SEK
- Men's Relay: 9,150 SEK
- Women's Relay: 5,490 SEK

TEAM LINE-UP

For all relays, the team line-up with names must be registered in Eventor no later than Saturday at 12:00. SI-card numbers should not be entered, as these are linked to each runner during check-in to the start and transition area. Team changes after 12:00 can be made at the Competition Office until 21:30. After that, changes must be made at "Red Exit" (Röd utgång). Fee: 100 SEK per team.

BIB NUMBERS

Starting numbers for the top 150 teams in the Women's and 10MILA Relays, and the top 100 teams in the Youth Relay, are based on results from 10MILA 2025. Vacant spots among these will be filled by the organizer. For all other teams, starting numbers are drawn at random. See Eventor for the start list.

NUMBER BIBS

The bib must be visible in its entirety throughout the leg; please bring your own safety pins. Safety pins can also be purchased at the Competition Office for 10 SEK per pack of 12. The barcode on the bib must be undamaged for scanning at the entrance to the start and transition area.

Number series:	Men's Relay	1-399
	Women's Relay	501-799
	Youth Relay	1001-1299



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D**

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COMBINATION/TEMPORARY TEAMS

Combination teams are permitted in accordance with the Swedish Orienteering Federation's (SOFT) competition rules.

We also allow temporary teams that are not affiliated with SOFT. If such a team includes runners who are members of a club affiliated with SOFT, those runners must have permission from their club to participate in the temporary team.

THE RELAY LEAGUE (STAFETTLIGAN)

The Men's Relay and the Women's Relay are the third of five rounds in the Swedish Relay League.

Kolmårdskavlen – April 6

O-stafetten, Gothenburg – April 12

10MILA, Tranås – May 2-3

Ronnebykavlen – May 17

Relay League Final, Alfta – June 7

RUNNER BANK

A "Runner Bank" is available at www.tiomila.se under the heading Competition/Runner Bank. This is a platform where runners can find teams and clubs can search for runners.

PARTICIPATION IN MULTIPLE RELAYS

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

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JÖNKÖPING

Bultvägen 7
Tel. 036 - 31 33 40

VAGGERYD

Krokvägen 6
Tel. 0393 - 128 30

VÄRNAMO

Lundbyvägen 19
Tel. 0370 - 104 44

EKSJÖ

Breviksvägen 42
Tel. 0381 - 166 30

NÄSSJÖ

Brånäsvägen 2
Tel. 0380 - 51 14 10

TRANÅS

Åviksvägen 52
Tel. 0140 - 560 02

VETLANDA

Brogårdsgatan 22
Tel. 0383 - 76 14 12

www.hyromaskiner.se

PRELIMINARY BULLETIN 10MILA 2026

*Final Bulletin will be published
on www.tiomila.se on May 2nd*

MAP

Scale 1:10,000 for Men's Relay and Women's Relay. Scale 1:7,500 for Youth Relay.

Contour interval: 5 meters.

The map is newly drawn (2024–2025) by P-O Derebrant.

Older maps of the Illern nature reserve and its surroundings are available for printing on the website: tiomila.se/2026/tavling/gamla-kartor/

Control descriptions are printed on the map. The code number is also shown next to the control circle.

Radio/TV controls are not indicated on the control description.

The emergency number 072-160 80 29 (to First Aid at the arena) is printed on the map.

Out-of-bounds areas marked with a solid line are marked with solid blue/yellow tapes in the terrain.

Out-of-bounds areas marked with a dashed line are marked with hanging blue/yellow tapes.

TERRAIN DESCRIPTION

The Illern map consists of a nature reserve closest to the arena, featuring an outdoor recreation area with many trails, and beyond that, commercial forestry land. The forest mainly consists of spruce and pine. The longer courses will encounter areas with logging, plantations, etc. The longer courses will also pass through larger stands of deciduous forest.

TOPOGRAPHY

The terrain is flat to moderately hilly, with significantly steep eskers closest to the arena.

RUNNABILITY

Runnability is mostly very good, but the longer courses pass through areas with denser vegetation where speed is limited. Much of the ground in the area is stony.



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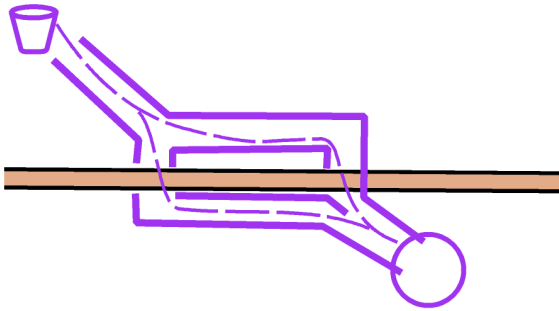
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UMARA

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ROAD CROSSINGS

Men's Relay and Women's Relay cross a road with active traffic. Follow the fenced corridor leading from the control and across the road. Once the corridor ends, free orienteering applies.

Runners cross the road at their own risk.

Officials will direct you to the correct corridor. Vehicles do not have a duty to yield to runners, meaning runners must stop for cars. Traffic speed is reduced to 30 km/h.

WATCH OUT!

Barbed wire and electric fences (not energized) occur in certain areas of the terrain (not marked on the map). Please pass these without causing any damage.

REFRESHMENTS

At the refreshment controls marked on the map, water and UMARA sports drink are provided.

SUNRISE AND SUNSET

Sunset: 20:49, Saturday May 2.

Sunrise: 05:03, Sunday May 3.



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Socialdemokraterna i Jönköpings län

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CONTROLS

Controls are marked with orange-and-white flags, and night controls are also equipped with reflectors. At each control, there are at least two punching units. The control code is indicated on each unit. The height of the control stands is approximately 60–70 cm. Check the code carefully, as controls are placed close together in certain areas. Some controls are manned.

PUNCHING SYSTEM

SportIdent is used for timing and punching.

The system is touch-free (Air+), but traditional punching is also possible for cards that do not support touch-free.

Maximum number of controls on a single leg is 33. It is the runner's responsibility to use an SI-card that can store a sufficient number of punches.

The same SI-card may only be used once during the event, regardless of the relay.

When punching, it is the runner's responsibility to ensure that the light and sound signals are received from the unit or the SI-card, confir-

ming a successful punch. If this does not happen, use the adjacent unit.

Battery check for SIAC cards (touch-free) can be done at the check-in.

GPS TRACKING

GPS tracking is used on all legs in Women's Relay and Men's Relay. It is mandatory for runners in selected teams to carry a GPS tracker; failure to do so will result in immediate disqualification. Teams selected to carry GPS trackers will be listed in Eventor and posted at the check-in.

The selection of teams may change during the relay; updates will be announced by the speaker and posted at the check-in.

GPS trackers and vests must be collected at the check-in area no later than 20 minutes before the estimated start/transition. Trackers and vests must be returned immediately after the finish in connection with the SI-card download.

A fee of 2,500 SEK will be invoiced to the club for any GPS tracker or vest not returned.



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START AND CHECK-IN

Check-in for all runners takes place at the entrance to the transition area (see arena map). Runners are responsible for clearing their SI-cards before check-in.

At check-in, the SI-card is linked to the runner, leg, and start number by scanning the barcode on the bib. After checking in, runners are not permitted to leave the start and transition area.

Check-in for Leg 1 in all relays must follow the schedule below.

The start pen (from check-in) opens 15 minutes before the start. No later than 5 minutes before the start, runners must be positioned at the number corresponding to their team's start number.

The start is located on the running track inside the athletics arena. Leg 1 runners follow the track for half a lap to the chasing start area. Warm-ups can take place on designated parts of the running tracks.

The distance between check-in and the start is 150 meters. Follow the instructions from the start announcer.

Relay	Start Time	Check-in
Youth Relay	14:30	13:45–14:15
Men's Relay	17:30	16:45–17:15
Women's Relay	21:30	20:45–21:15

CHANGE OVER

Only team leaders and runners for the upcoming leg are allowed in the change over area. Toilets, big screens with the arena broadcast, screens showing incoming teams, and split-time terminals are available in the change over area. Warm-up clothes are handled by each team.

There are two lanes in the finish funnel; signs indicate which lane to use.

Lane 1 (Right): Lead and Finish Lane. Leading teams entering for transition and all teams finishing use this lane.

Lane 2 (Left): Transition Lane. All other teams entering for transition use this lane. Follow the signs!

NOTE! All runners must punch the finish unit immediately after the finish line.

After the finish punch, the runner hands their

map to an official and proceeds to the map rack, takes the map for the next leg, and hands it over to the next runner. The runner is responsible for taking and handing over the correct map.

If a map is missing, a new one can be obtained at the "Map Emergency" (Kartakuten) located after the map rack.

MAP RACK

Be careful to take the correct map. If your map is missing, go to "Map Emergency" for a replacement. No time compensation will be given. If you accidentally take the wrong map, hand it to an official immediately.

YOUTH RELAY – CHANGE OVER

Change over 1: Leg 1 runners take the plastic sleeve (containing two maps) marked "Str. 2" from the rack. The runner hands the maps to two outgoing runners, who start simultaneously. Hand the empty sleeve to an official on the way to the start point. If only one person is running Leg 2, hand the extra map to an official.

Change over 2: The first runner from Leg 2 to arrive at the transition takes the sleeve (containing two maps) marked "Str. 3" and hands them to the two outgoing runners. Follow the same procedure for empty sleeves and extra maps as in Transition 1.

Multiple runners: If a team has two runners on a leg and the arriving runner sees that the maps on the rack are already for a later leg (e.g., Str. 4), it means the transition has already occurred. The runner then proceeds directly to check-out.

Disqualification: If the first runner to punch at the finish line (when a team has two runners on a leg) has mispunched, the team will be disqualified even if the second runner punched correctly.

FINISH

All finishing teams must use Lane 1 (right). The finish punch is located immediately after the finish line.

For the top teams, finish judges will determine the placing if necessary; runners then punch in the correct order using units held by officials.

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MEN'S RELAY AND WOMEN'S RELAY CHASING START AND WAVE START

- **Chasing start** is for teams that are less than 60 minutes behind the leading team at the finish before the break (leg 3 for the Men's Relay, leg 2 for the Women's Relay).
- **Wave start** is a mass start for teams that are 60 minutes or more behind the leading team at the finish before the break in the Men's and Women's Relays respectively.
- The chasing start list and wave start list will be published at <http://10mila.se>

CHASING START

- Men's Relay, leg 4, leading team at 23:00
- Women's Relay, leg 3, leading team at 05:00

The call-up and start area for runners participating in the chasing start is on the running track inside the athletics arena. Entrance is via the changeover area, same as for all other legs. Runners then follow the track for half a lap to the chasing start area. Warming up is permitted on designated parts of the running tracks.

Thereafter, the following applies:

- The team's start number is called out, in Swedish and English, five minutes before the scheduled start time, at which point the runner enters the start pen. For runners not present at the call-up, the start time cannot be guaranteed.
- The runner's headlamp must be switched off in the start pen and may only be turned on after the start.
- At the start line, a screen displays: team name, start number, and the name of the runner starting within the next two minutes. The screen also shows a countdown in seconds for each runner.
- An official keeps a hand on the runner's shoulder until the moment of start. The runner starts when the official removes their hand.
- The competition map is collected via self-service a few meters after the start line.
- The runner follows the tapes (marking) to the start point.
- Runners arriving late to the start will be directed by start personnel to the "Late Start" pen.

VÄGVAL!

Vi ger naturen
en röst

Vi lovar inte guld,
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WAVESTART

- **Men's Relay, leg 4, at 00:00**
- **Women's Relay, leg 3, at 06:00**
- The call-up and start area for runners participating in the wave start is on the running track inside the athletics arena. Entrance is via the changeover area, same as for all other legs. Runners then follow the track for half a lap to the start area. Warming up is permitted on designated parts of the running tracks.

Thereafter, the following applies:

- Five minutes before the wave start, runners are welcomed to the start line.
- Runners may position themselves freely in rows at the start line.
- The runner receives the competition map by hand from an official but is not allowed to look at the map until after the start.
- The runner follows the tapes (marking) to the start point.
- Runners arriving late to the start should contact the start personnel at the wave start area.
- For teams participating in the wave start, the final ranking is determined by the total competition time. A team in the wave start can overtake (place higher than) a team participating in the chasing start.

RESTART

Teams that have not passed the changeover before it closes will participate in the restart. These teams start together regardless of how many legs the team has left to complete. Teams that have retired (DNF) for any reason also participate in the restart.

However, teams that retired during legs 1, 2, or 3 of the Men's Relay, or legs 1 and 2 of the Women's Relay, have the opportunity to participate in the wave start on leg 4 and leg 3 respectively. This must be reported to "Röd utgång" (Red Exit) no later than 23:30 for the Men's Relay and 05:30 for the Women's Relay.

- Runners participating in the restart must be checked in and present in the changeover pen at least 10 minutes before the restart. The restart takes place from the map stands.
- Teams starting in the restart cannot overtake teams (in terms of final ranking) that did not restart on the same leg.
- Teams that have retired for any reason and participate in wave or restarts will continue "non-competitively" (hors concours).
- **Youth Relay Restart:** Saturday at 17:00, changeover closes at 16:50.
- **Men's Relay Restart:** Sunday at 09:15, changeover closes at 09:05.
- **Women's Relay Restart:** Sunday at 10:30, changeover closes at 10:20.

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NOT APPROVED TEAMS

- Teams that are not approved at the check-out should, if necessary, proceed to "Röd utgång" (Red Exit, located by the check-out) for investigation.
- A disqualified team may continue to compete based on the possibility of protesting the disqualification. A written protest must be submitted to "Röd utgång" no later than 30 minutes after the decision to disqualify. If no protest is filed, the team continues "non-competitively" on the remaining legs.
 - If a protest is filed, the team continues to compete pending the decision of the race jury. If the jury clears the team, they continue to compete as normal. If the jury upholds the disqualification, the team may continue "non-competitively" on the remaining legs.
 - If the disqualification involves a lead team, the team will be held in the changeover area until 30 minutes after the leaders have changed over. The map for the upcoming leg is then obtained at "Kartakuten".

FIRST AID

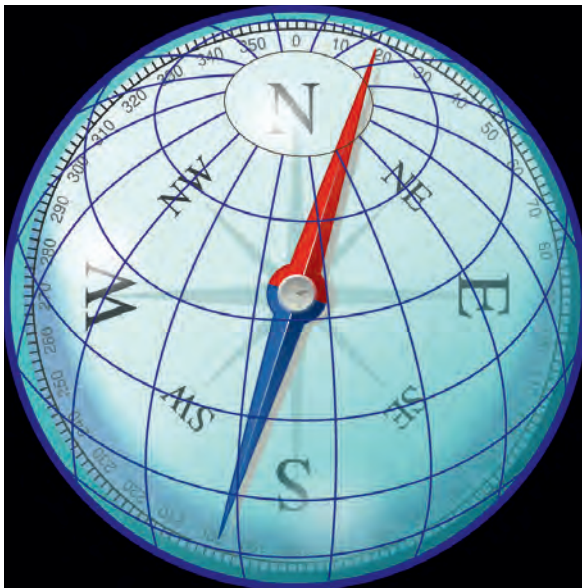
- **In case of emergencies, call 112.**
- First aid, including an automated external defibrillator (AED), is available at the arena (see arena map) from Saturday 13:00 until Sunday 13:00.
- At all refreshment stations, there is a first aid kit for self-service, and control marshals are equipped with basic first aid supplies.
- The emergency number 072-160 80 29 (to the first aid station at the arena) is printed on the map.

WILDLIFE REPORTING

Observations of wildlife in the competition area should be reported at the check-out / "Röd utgång" (Red Exit).

RUNNERS RETIRING FROM THE RACE

Runners who retire (DNF) must pass through the check-out to have their timing chip read. Otherwise, the runner will be considered "still in the forest," which may trigger a search and rescue operation.



Viktigt att välja rätt väg!



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Omsättningen 2025 uppgick till 5 317 MSEK och huvudkontoret ligger i Tranås.

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RETURN OF SIAC CHIPS

Rented chips must be returned to "Röd utgång" (Red Exit) after changeover/finish. Non-returned SIAC chips will be charged 1,000 SEK per chip.

SHOWERS AND TOILETS

See arena map. Showers are open:

- Friday: 13:00–21:00
- Saturday: 10:00 – Sunday: 14:00

NOTE: No shoes allowed inside the shower facilities.

MAP DISTRIBUTION

Competition maps for all relays will be distributed per team upon presentation of the team leader card on Sunday morning, 11:00–14:00.

Map distribution takes place in a room in the southern part of the ice rink/sports hall building (see arena map).

RESULTS

Split times and results are presented continuously online at www.10mila.se

COMPETITION RULES

SOFT's (Swedish Orienteering Federation) competition rules and regulations, as well as this competition information (PM), apply. It is the responsibility of the competitors to be familiar with the rules, regulations, and this PM.

CLOTHING

Full-body clothing is required. It is the runner's responsibility to ensure that their clothing complies with SOFT's competition rules.

INSURANCE

All runners participate at their own risk. Runners who are members of a club affiliated with SOFT have basic insurance coverage through their membership.

Runners who are not members of a SOFT-affiliated club are requested to review their own insurance coverage.

RULES & ORDER

Respect all cordoned-off areas and follow the instructions of race officials. The following applies:

- No metal-studded shoes (doobs) allowed indoors.
- Club banners may only be set up at the wind shelters/club tents.
- Flying drones over the arena and/or competition area is not permitted without authorization from the arena production.
- No littering; please use the arena's recycling stations.



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– Göran Carnander



– en partner för sport, event och arenor.



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PRIZE CEREMONIES

The top ten teams in each relay will receive the 10MILA plaque as well as honorary prizes from Tranås Municipality.

The top three teams in each relay will also receive prizes from Icebug, Bagheera, and Umara.

All finishing teams receive the 10MILA wooden baton directly at the finish line.

The prize ceremonies take place at the following times:

- **Youth Relay:** Saturday at 16:45.
- **Men's Relay / Women's Relay:** Sunday at 10:00.

The top ten teams in each relay must gather at the stage (see arena map) no later than 10 minutes before the ceremony begins.

CLOSING CEREMONY

Held in direct connection to the prize ceremony for the Men's Relay and Women's Relay on Sunday at 10:00. This includes acknowledgments and the handover of 10MILA responsibilities to next year's organizer, 10MILA Västervik 2027.

PAYMENT INFORMATION

Any questions regarding payments or invoices should be directed to: ekonomi2026@10mila.se
Göran Carnander +46 (0)70-647 74 14

CASHLESS

Please note that it will not be possible to pay with cash during the event!

The available payment methods are Swish and credit/debit cards. Note that it is advisable not to rely solely on Swish.

PRESS INVITATION

The invitation has been sent to the media and is available on the 10MILA website:

www.10mila.se/2026/press

Accreditation is handled according to the instructions provided.

For further information, please contact:

Ola Gustafsson, +46 (0)73-910 39 10
info2026@10mila.se

RACE MANAGEMENT

Management Group Sven-Åke Karlsson
Anders Johansson
Boo Nordin

Race Director Sven-Åke Karlsson
Marketing Anders Johansson
Finance Göran Carnander
Arena Christer Bengtsson
Accommodation Boo Nordin
Media Ola Gustafsson
Staff/Volunteers Vivianne Lindstam
Security Mikael Fyhr
IT Håkan Hammarin

Course Setting Team

Men's Relay Stefan Djurstedt
Women's Relay Jacob Lindstam
Youth Relay Magnus Svensson

Race Coach Christer Nordström,
Tiomilaföreningen

Course Coaches Anders Hallmén
Per-Ove Melinder

Course Controllers

Joakim Karmetun, OK Njudung
Johan Knutsson, Boxholms OK

Map Controller

Stefan Larsson, OK Njudung

Technical Delegate

Mats Ljungqvist, Kexholms SK

RACE JURY

Youth Relay / Ungdomskavlen

Lotta Lidman Almqvist Västerviks OK
Björn Alpberg Örebro läns OF
Martin Ljungberg Värmlands OF

Women's Relay / Damkavlen

Per Larsson Västerviks OK
Björn Alpberg Örebro läns OF
Martin Ljungberg Värmlands OF

Men's Relay / Herrkavlen

Thomas Almqvist Västerviks OK
Björn Alpberg Örebro läns OF
Martin Ljungberg Värmlands OF

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FOOD & BEVERAGES

A restaurant serving hot food is located inside the ice rink. Kiosks are available both inside the ice rink and out in the arena area.

• NOTE! 10MILA is a cashless event; all payments must be made by card or Swish.

THE RESTAURANT

Opening Hours: Saturday: 11:00–23:00
Sunday: 07:00–13:00

Menu:

- Pasta bake with chicken
- Hearty Goulash (vegetarian/vegan and gluten-free)
- Salad, bread, and meal drink included

KIOSKS & CRISPHEAD PIZZA VAN

Saturday 11:00 – Sunday 13:00

• NOTE! Tickets for the “Crispbread Pizza” (Knäckepizza) are sold at the kiosk.

Menu:

- Wok
- Hamburgers
- Hot dogs
- Soup
- Coffee, snacks, and sandwiches
- General kiosk goods

PÖLDER SPORT – RETAIL

At Pölder Sport, you will find everything you need for orienteering!

You can also take advantage of exclusive offers on trail shoes, running shoes, clothing, and much more.

You will find Pölder Sport inside the ice rink.

Opening Hours: Friday: 16:00–20:00
Saturday: 10:00–01:30
Sunday: 06:30–13:00

DRINKING WATER

Taps are available at the arena (see arena map). A water tank is also available at the caravan campsite.

MOBILE CHARGING FACILITIES

A number of outlets for mobile phone chargers and similar devices will be available; please see the upcoming bulletin (PM) for details.



**FOLLOW 10MILA
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BUY TICKET TO THE WEB-TV
<https://tv.orienteing.sport/>

ACCOMODATION OPTIONS

Information regarding types of accommodation is available at www.10MILA.se

HARD FLOOR ACCOMODATION

The 10MILA organizers, in collaboration with local sports clubs in Tranås, offer accommodation in schools and sports halls. Only a few spots remain.

TENT CAMPING

Spots for personal tents or rented large group tents, with access to water and toilets, are available on grass areas at or near Arena Bredstorp.

BOOKING

The above accommodations can be booked via Eventor until April 29th (subject to availability). Subsequent bookings can be made on-site at the Information Tent for any remaining spots.

On-site prices during the 10MILA weekend:

Hard floor accommodation:	500 SEK
Tent pitch:	750 SEK
Wind shelter pitch:	975 SEK

CARAVAN & MOTORHOME PARKING

Places with access to water and toilets are available at a designated area in the parking lot near arena. Walking distance: approx. 700 m.

Cost for caravan/motorhome: 750 SEK.

If you have not pre-booked, you can book and pay directly at the parking area (subject to availability).

PM FOR ACCOMMODATION, FOOD, TRAFFIC AND PARKING

Additional information will be published in separate bulletins (PM) on the 10MILA website 1–2 weeks before the event.

Follow 10MILA around the clock via the webcast – available in English, and Finnish

For those unable to attend the competition in person, we recommend 10MILA's webcast. We offer broadcasts in Swedish, English, and Finnish.

10MILA WEB-TV PRE-RACE IN SWEDISH

Friday, May 1st – Pre-race Show

Friday, between 18:00–19:00, Per Forsberg and guests will provide pre-race analysis and interviews ahead of the 10MILA weekend.

Free broadcast. You can find the link at www.10mila.se/2026.

10MILA WEB-TV IN ENGLISH AND FINNISH

Saturday–Sunday – The 10MILA Relays

In collaboration with the International Orienteering Federation (IOF), we offer broadcasts

in English and Finnish. The broadcast starts at 14:00 on Saturday and continues until Sunday morning. Follow the exciting competitions. The top teams will be followed via GPS, providing comprehensive coverage across all legs. Mobile cameras and GPS tracking are used in both the Men's and Women's Relays. 10MILA is produced in three different languages – Swedish, English, and Finnish.

IOF TV is a streaming portal dedicated to showcasing high-quality live broadcasts to orienteering fans around the world.

Ticket to the broadcasting costs 29€
Buy your ticket here: tv.orienteering.sport/



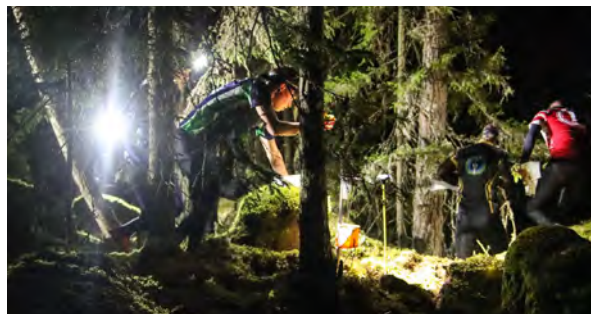
EMBARGOED AREA

The competition terrain marked on the map above is embargoed for all training, competition, and presence in the area for anyone intending to participate in the relays, as well as for team leaders for the 10MILA relays. However, traveling on road 131 through the competition area is permitted.

TRAIN FOR 10MILA IN TRANÅS

There are several different training packages in and around Tranås to choose from. Long distance, forked relay training, or orienteering intervals – choose what best suits your preparations for 10MILA. The training areas are open until May 1st. Information about the various training packages is available on our booking page, which you can find via the 10MILA website: tiomila.se/2026/traning/

Do you have any questions about the training packages or would you like help planning an upcoming training camp? You are welcome to contact us at: traning2026@10mila.se



Set a world record in the maze at Arena Bredstorp

Is it possible to break a world record in orienteering? Until now, it hasn't been possible, but at Tiomila at Bredstorp, world records will be set that can then be challenged across the globe.

– Maze orienteering looks the same all over the world. Starting from Tiomila in Tranås, we will begin recording world record times in the maze, says Göran Andersson, an enthusiastic driver behind the launch of maze orienteering.

At Arena Bredstorp, there is a maze that everyone can try throughout Saturday. You can run the maze multiple times, and there are several different course options available. There will be an official competition course (Maze Race) where



re everyone can qualify for Saturday evening's final, featuring the four fastest times of the day from both the girls' and boys' categories. You are allowed to run multiple times to improve your time.

Facts

- For children, youths and adults. No fee.
- Opening hours: Saturday May 2, between 12:00-20:30.

Have a go at Biathlon Orienteering

Biathlon Orienteering is a combination of orienteering and shooting, and is perfect for those who want a new challenge!

Biathlon Orienteering works, simplified, as biathlon, but with orienteering instead of cross-country skiing.

You don't have the rifle on your back like in biathlon, but it is instead at the shooting range

Have a go on at 10MILA

Run a very short orienteering course. Try to get your heart rate down. Can you then hit all targets? For each missed target you have to run a penalty loop. If you hit all targets you go straight to the finish. Challenge yourself, your club mates or others you know.

The shooting at 10MILA will be with harmless

electronic rifles, with a distance of ten meters to the targets. It corresponds to the biathlon shooting at 50 meters distance.



Facts

- For youths and adults. Age limit from 10 years and older. No fee.
- Opening hours: Saturday May 2, between 12:00-20:30.

Petter's touch on the relay's message

The relay message carried by the runners from start to finish in this year's 10MILA was penned by Petter Karlsson, an award-winning Swedish journalist and author with roots in Tranås.

Petter is renowned for his biographies and stories about colorful personalities. He grew up in Ydre, Östergötland, and began his career at the age of 15 at the local newspaper, Tranås-Posten, followed by 20 years at the national daily Expressen.

Since his literary debut in 1994 with the book *Drömelvan*, he has written over 50 books on a wide range of subjects, from sports and food to history.

He is particularly recognized for his collaborations and biographies of major Swedish icons such as



Petter Karlsson has cleverly captured everything from 10MILA to global politics in the text for this year's relay message.

Zlatan Ibrahimović, Björn Skifs, Sven-Bertil Taube, Lennart Nilsson, Astrid Lindgren, and Sven-Göran 'Svennis' Eriksson.

A blast of the cannon as the stars start 10MILA!

Smålands Karoliner is an association whose motto is: 'Bringing a piece of cultural history to life.'

An essential part of their mission is performing at various events. Smålands Karoliner will be present at 10MILA, and they will certainly make their mark! The starting signal for the Men's Relay and the Youth Relay will be fired with an authentic cannon blast. (The Women's Relay starts in darkness, making a cannon start unsuitable for safety reasons).

Smålands Karoliner perform in period-accurate equipment, aiming to increase knowledge of the Carolean era in Sweden. Their focus is primarily on highlighting the weaponry, gear, and field conditions of that time.



The Carolean artillery, featuring six three-pounder cannons and a mortar, is frequently used for starting signals. Now it is time for 10MILA to be blasted off with a real cannon shot.

Twelve clubs – together, we organize 10MILA 2026



10 MILA
TRANÅS 2026

We thank all our collaborators



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