



THE 10MILA TEST FRIDAY 15 MARCH

10MILA 2013 in Stockholm

invites you to

The 10MILA test

District competition with Training classes on
classic 10MILA terrain – 10MILA 2005

10MILA 2013 invites you to take part in the 10MILA Test – two district competitions for competitors who want to prepare for this year's 10MILA!

Both competitions will be run on the same terrain and using the same map as for 10MILA 2005 in Upplands-Bro. In other words, immediately west of the competition terrain for 10MILA 2013.

10MILA 2013 is offering a night competition on Friday 15 March and a day competition on Sunday 17 March. Naturally we're talking long distance here! We have selected five courses from the Youth, Women's and Men's Relays from 10MILA 2005 for each competition.

Take the opportunity to combine the 10MILA Test with training on more maps similar to 10MILA 2013! Further information about the training package, accommodation etc. can be found at www.10mila.se.

Night – Friday 15 March 2013

Class groups	District competition with Training classes, with courses and map from 10MILA 2005.
Classes	ÖM 2 3 km White Straight 1:10 000 10MILA 2005: Youth 2 ÖM 6 5 km Black Straight 1:10 000 10MILA 2005: Women 3 ÖM 9 7 km Black Forked 1:10 000 10MILA 2005: Men 4+6 ÖM 12 10 km Black Forked 1:10 000 10MILA 2005: Men 8+9 ÖM 13 17 km Black Straight 1:15 000 10MILA 2005: Men 5 "Långa Natten"
Open Courses	There is an opportunity to run the same courses as in the competition classes above. Registration opens 7.00 p.m. Free start between 7.30 – 8.30 p.m.
Merging in event of few participants	Classes will <u>not</u> be merged in the event that insufficient numbers register for a particular class.
Cancellation due to snow	If the competition is cancelled due to snow, notification will be published online at www.10mila.se no later than Thursday 14 March.
Stamping system	Sportident. Cards can be rented for SEK 25. Participants who do not return their card will be charged SEK 400.
Registration	Via Eventor by midnight on Sunday 10 March.
Registration fee	Registration fee – HD 16 SEK 50. HD 17 – SEK 90. <i>Same fee for Open Courses.</i> Fees are invoiced after the competition.
Payments from abroad	Attunda OK, BIC: NDEASESS, IBAN SE57 9500 0099 6026 0636 6579
Late entries	Via Eventor, subject to a 50% surcharge, by Wednesday 13 March, 8.00 p.m.
Assembly area	Signposted from exit 150, E18, Brunna (N 59° 29.769' E 17° 44.658') between Stockholm and Enköping, 30 km north-west of Stockholm. From there, signage (screens) approx. 4 km. This is the only approved route to the competition.
Arena	Tillfälligt, Life Guards' military training ground, Upplands-Bro municipality.
Parking	Next to the arena. Max. distance between parking area and arena is 300 metres. Parking is somewhat limited – car share!
Take public transport	Very limited! Bus 557 goes between Kungsängen station and Håtuna church until about 7.00 p.m. Get off at Fornsta stop, then walk approx. 1,500 metres. Check journey times using SL's journey planner: www.sl.se .
Start	From 7.00 p.m. one class at a time, mass start. Competitions start in the arena, after which there is a 400 m string course to starting point (must be passed).
Finish	Separated finish. Distance finish-arena: approx. 1,500 metres (path/road).
Max time	3 hours.
Results	Only printed out when card has been read. Result lists are published at www.10mila.se . The result list is compiled for the forked courses. Forking alternatives for each runner are detailed in the results list.
Map	Scale 1:10 000/1:15 000, equidistance 2.5 metres. The map was drawn by Ulf Bäckström and revised in 2005. Revised in parts between 2005-2009.
Terrain description	Moderately hilly forest terrain. The longest courses also feature some cultural landscape. Mostly very good passability; there are some small areas with reduced runnability. The terrain, which is intersected by main paths and roads, also includes several older and younger clearings.
Services	Basic refreshments – limited selection. NB! No child-minding or miniknat (children's competition) available.
Showers and changing area	Not available! Bring a damp towel for a quick wash.
Toilets	Indoors at the arena.
Competition	Lars Gerhardsson. Attunda OK

Manager	
Course planners	Course planners 10MILA 2005: Anders Stenback and Jan Olsson, Bromma-Vällingby SOK
Course	Course controller 10MILA 2005: Lars Roos, Attunda OK
Controller	
Competition	Per-Arne Forsberg, Tullinge SK
Controller	
Information	10milatestet@gmail.com See also www.10mila.se

Welcome to the 10MILA Test, 15 and 17 March 2013!

10MILA 2013 in Stockholm

www.10mila.se



ANMÄL DIG TILL

10MILA-KLUBBEN

Få erbjudanden från våra partners
och de senaste nyheterna - först!

[KLICKA HÄR](#)

