



2020
UPPLANDS-BRO
75-årsjubileum

1-3 MAJ

Preliminary invitation to 10MILA at Upplands-Bro 1st – 3rd May 2020

WELCOME TO THE SEVENTY-FIFTH EDITION OF 10MILA!

On behalf of Föreningen Tiomilakavlen (The Tiomila Relay Association), we welcome you to the orienteering competitions that will take place at Livgardet's training grounds in Tranbygge, Upplands-Bro Municipality, about 30 kms northwest of Stockholm.

ARENA

- Tranbygge, Upplands-Bro municipality
- GPS coordinates: 59.5494083, 17.7366570

PUBLIC TRANSPORT

From Kungsängen commuter rail station, take SL bus 558 goes towards Hätuna church, get off at the Tranbygge stop. For timetables, see www.sl.se

CLASSES

YOUTH RELAY

- Start Saturday 10.30
- Finish 12.30 (preliminary)
- Age up to 16 years. At least two legs must be completely ran by girls. It is permitted to have two runners for legs 2 and 3.

Leg 1	Forking	Orange	3.5
Leg 2	Forking	Orange	3.5
Leg 3	Straight	Gul	2.8
Leg 4	Forking	Orange	4.0

*The course distances are preliminary. The course distance includes the in/outbound loop of approx. 1000 metres.

DAMKAVLEN

- Start Saturday 13.30
- Finish 17.30 (preliminary)

Leg 1	Forking	7.0
Leg 2	Forking	7.0
Leg 3	Straight	10.1
Leg 4	Forking	5.6
Leg 5	Forking	9.4

*The course distances are preliminary. The course distance includes the in/outbound loop of approx. 1000 metres.

10MILA-KAVLEN

- Start Saturday 22.00
- Finish Sunday 08.00 (preliminary)

Leg 1	Forking	11.0	Night
Leg 2	Forking	10.0	Night
Leg 3	Forking	7.6	Night
Leg 4	Forking	9.3	Night
Leg 5	Straight	17.4	Night
Leg 6	Forking	8.7	Night/Dawn
Leg 7	Forking	9.3	Dawn/Day
Leg 8	Forking	11.0	Day
Leg 9	Forking	12.5	Day
Leg 10	Forking	14.3	Day

*The course distances are preliminary. The course distance includes the in/outbound loop of approx. 1000 metres.

PARTICIPATION IN SEVERAL RELAYS

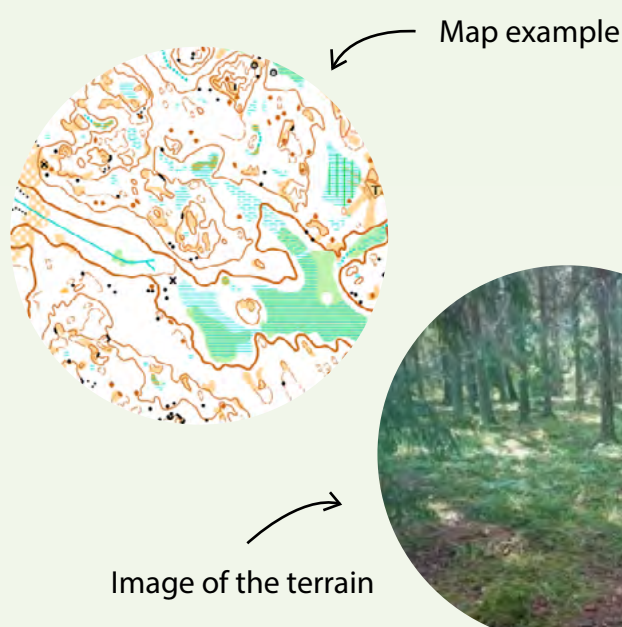
- Girls who have run the youth relay are permitted to participate in the women's and/or in the 10MILA relay. Boys who have run in the youth relay are permitted to participate in the 10MILA relay.
- Women, who have also run on Saturday, may participate in the 10MILA relay.
- It is forbidden to participate twice in the same relay, this also applies to temporary combined/company teams.
- It is permitted to run the open courses both before and after participation in the relays.

TERRAIN DESCRIPTION

The competition area is a military training ground. The grounds are characterized by the military area, with a significant number of roads, trails and motorcycle tracks. The area consists of two forest sections separated by a valley with meadow and a continuous water course running through it. The slopes towards the valley are the hilliest parts of the area. The western part consists of mixed small hilly forests with a number of marshes and clearings. There are some tracks and roads in the area. The area's eastern part is essentially quite flat pine forest with many open rock outcrops and many small marshes. Good to very good runability characterizes the entire area.

MAP

- Scale 1:10000, 2.5 m contour interval.
- ISOM 2017. The western part of the map was drawn in 2019 by Nils-Göran Olsson, Roger Åsberg and Marie Åsberg. The eastern part was revised in 2019 by Marie Åsberg and Roger Åsberg.
- The control descriptions are printed on the map. The control code is also printed on the map next to the respective control number. For example. 7-143
- Local map symbols: x Low hunting tower



COMBINATION TEAMS AND RELAY FORUM

If you cannot enter your own teams within the club, combination teams can be entered according to SOFT's rules. There will be a "runners bank" forum, "kavlebanken", on www.10mila.se where runners can find teams and teams can find runners.

10MILA JUBILEE COMPETITION

The 10MILA weekend begins on Friday 1st May with the Jubilee Competition held in Lerberga forest. The competition area is not used for Tiomila but is immediately adjacent to the 10MILA arena. All classes will use the same finish as the relays.

TERRAIN DESCRIPTION

Moderately hilly forest terrain. Mostly very good runability but there are a number of green areas where running will be impaired. The area is traversed by larger trails and roads as well as by a large power line. The competition area is a military training ground and therefore many trails/roads are used by off-road vehicles.

The competition is long distance with the following classes:

D21, H21, D21 Short, H21 Short, D20, H20, D18, H18, D17-20 Short, H17-20 Short, D16, H16, D16 Short, H16 Short, D14, H14, D14 Short, H14 Short, D12, H12, D12 Short, H12 Short, D10, H10, D35, H35, D40, H40, D45, H45, D50, H50, D55, H55, D60, H60, D65, H65, D70, H70, D75, H75, D80, H80, D85, H85, D90, H90

INSK, U1, U2, U3, U4

Open 1, Open 2, Open 3, Open 4, Open 5, Open 6, Open 7, Open 8, Open 9

Course distances and difficulty levels according to SOFT competition rules.

Free start 13.00 – 16.00. Finish closes 18.00.

Note! Classes DH12, DH14, DH16 and their short classes are part of Stockholm's Youth Prizes (Ungdomspriser-UP) and will have set start times with the first start at 13:00.

10MILA OPEN COURSES

Open courses are organised for Friday 1st May and Saturday 2nd May. Registration at the arena. Note! No pre-registration. Start and finish are separate to the arena and the courses are in the same area as the 10MILA Jubilee Competition.

Opening hours for registration open courses

Friday 17.00 – 21.00

Saturday 09.00 – 16.00

Start times open courses

Friday 18.00 to Saturday 17.00. The finish closes 18.00 Saturday. Start method for the open courses is start punching.

Finish/check-out open courses

Finish punching for separate finish approximately 100 metres from the entrance to the arena. Sportident check-out takes place inside the arena of 10MILA at registration. Check-out will be closed from Friday 21:00 to Saturday 09:00
Reading off closes Saturday 19.00

We offer seven different courses

- ÖM1 – White
- ÖM3 – Yellow
- ÖM5 – Orange
- ÖM6 – Red
- ÖM7 – Blue
- ÖM8 – Black
- ÖM9 – Black

Map open courses

The map was revised in 2019. Scale of 1:10 000, contour interval 5 m. The ÖM7 class map is also offered in 1:7 500.

REGISTRATION

Registration for the relays and the Jubilee Competition is done thru Eventor. Registration opens 1st December.

PUNCHING SYSTEM

Sportident is used as the punching system during the whole 10MILA weekend.

TRAINING PACKAGE

Various training packages are available up to and with the competition. Information and booking at www.10mila.se

SERVICE

ACCOMMODATION

We can offer several different accommodation options, see www.10mila.se

TRANSPORT

There will be a shuttle bus that runs between the arena, accommodations and, if possible, also to the railway station.

CONTACT DETAILS

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In collaboration with



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