



2020
UPPLANDS-BRO
75-årsjubileum

1-3 MAJ

Invitation to 10MILA in Upplands-Bro 1 – 3 May 2020

WELCOME TO THE SEVENTY-FIFTH EDITION OF 10MILA!

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

In connection with 10MILA 2020, a national Jubilee Competition will be held on the afternoon of Friday 1 May 2020. This is followed by the 10MILA relays on Saturday 2 May and Sunday 3 May. See separate invitation for the Jubilee Competition and open courses.

ARENA

- Tranbygge, Upplands-Bro municipality
- Directions from the E18 between Stockholm and Enköping, interchange 150, Brunnå. (N 59°29.769' E 17° 44.658')

PUBLIC TRANSPORT

From Kungsängen railway station, bus 558 goes to Håtuna church; get off at the Tranbygge stop. For timetables, see www.sl.se

CLASSES

YOUTH RELAY

- Start Saturday 10.30
- Preliminary finish 12.00
- Restart about 13.45
- Age up to and including 16. At least two legs must be completely entirely by girls. It is permitted to have two runners for legs 2 and 3.

Leg	Distance	Course	Color
Leg 1	3.5 km	Forked	Orange
Leg 2	3.5 km	Forked	Orange
Leg 3	2.8 km	Straight	Yellow
Leg 4	4.0 km	Forked	Orange

*Course distances are preliminary. The course distance includes the in/outbound loop of approx. 1,000 metres.

DAMKAVLEN

- Start Saturday 13.30
- Preliminary finish 17.30
- Restart about 19.00

Leg	Distance	Course
Leg 1	7.0 km	Forked
Leg 2	7.0 km	Forked
Leg 3	10.1 km	Straight
Leg 4	5.6 km	Forked
Leg 5	9.4 km	Forked

*Course distances are preliminary. The course distance includes the in/outbound loop of approx. 1,000 metres.

TIOMILAKAVLEN

- Start Saturday 22.00
- Preliminary finish Sunday 08.00
- Restart about 10:00 in two rounds

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

*Course distances are preliminary. The course distance includes the in/outbound loop of approx. 1,000 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 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 not permitted to participate twice in the same relay, this also applies to temporary scratch teams.
- It is permitted to run the open courses both before and after participation in the 10MILA.

TERRAIN DESCRIPTION

The competition area is a military training ground. The grounds are characterised by the military area, with many roads, trails and motorcycle tracks. The area consists of two forest sections which are 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. The whole area has good to very good runability.

MAP

- Scale 1:10,000, 2.5 m contour interval.
- ISOM 2017. The western part of the map was drawn in 2019 by Nils-Göran Olsson, Marie Åsberg and Roger Åsberg. The eastern part was revised in 2019 by Marie Åsberg and Roger Åsberg.
- The control descriptions are printed on the map. The code number is also printed on the map next to the respective control number. For example. 7-143
- Local map symbols: x Low hunting tower

RIGHT TO PARTICIPATE

We also allow teams that are not affiliated to SOFT to compete, for example, companies, veterans' teams, etc. If any such team includes members who are registered with a SOFT-affiliated club, they must have permission from their club to compete.

COMBINATION TEAMS AND RELAY FORUM

If you cannot raise your own teams within the club, scratch combination teams can be raised according to SOFT's rules. There will be a relay forum on www.10mila.se where runners can find teams and teams can find runners.

REGISTRATION

Anmälan till Registration for the relays opens on 1 December 2019 and must be done via Eventor no later than 23.59 on Monday 3 February 2020. After this, late registration applies; see table below. This applies to team registration, hire of SI tokens and accommodation (accommodation tents, top tents, wind protection sites, caravan and motorhome pitches as well as tent pitches).

Please note that the registration fee and services must be paid for before the registration ladders stop date in order for the price to be valid. Late payment or non-payment means that the registration is treated as a late registration. Don't forget to inform the person who handles the payments at the club about this.

LATE REGISTRATION

Registrations and payments received between 4 February and 2 March 2020 count as late registrations with a 50 per cent increase to the entry fee.

Registrations and payments received between 3 March and 20 April 2020 mean a 100 per cent increase. Any later registration is only subject to available space.

Fees for relays and services (Swedish kronor/SEK)

Fees	Registration no later than 3 Feb 2020	Late registration (+50%) no later than 2 Mar 2020	Late registration (+100%) no later than 20 April 2020	Registration on site
Youth Relay**	625	900	1,250	...*
Women's Relay	2,650	3,975	5,300	...*
Tiomilakavlen [100 Kilometre Relay]	5,300	7,950	10,600	...*
Sportident (10-pack)	330	350	...*	...*
Sportident (5-pack)	165	175	...*	...*
Sportident (single)	50	50	...*	...*
Wind protection site 5x5m	570	855	1,140*	1,140*
Accommodation tent 3x6m, 10 pers, heated with floor 1 night. State number of sections and nights	5,600	8,000	8,000*	8,000*
Accommodation tent 3x6m, 10 pers, heated with floor 2 nights. State number of sections	6,800	10,000	10,000*	10,000*
Top tent 5x5m without floor	6,700	7,700	7,700*	7,700*
Top tent 5x5m with floor	8,700	9,700	9,700*	9,700*
Bench set	300	300	300*	300*
Gas heater, 1 gas tube	2,100	2,100	2,100*	2,100*
Extra gas tube	1,000	1,000	1 000*	1 000*
Place for campervan or caravan	570	855	1,140*	1,140*
Place for own tent 6x6m	570	855	1,140*	1,140*
Web TV (Friday 19.00 - Sunday 12.00) Booked via www.10mila.se				175

* Can be booked if there are places/products left

** No extra cost when doubling runners on legs 2 and 3 in Youth Relay



Map example

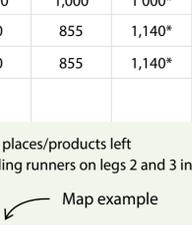


Image of the terrain



CONTACT
info@10mila.se
tavlingsledare@10mila.se



TEAM LINE-UP/CHANGE

Team line-up shall be notified via Eventor no later than Friday 1 May at 21.00 for all relays (also applies to extra runners on legs 2 and 3 in Youth Relay).

After 21.00 on Friday 1 May, team changes can be notified to the competition office until one hour before each start if there are approved reasons. Team changes must then be justified in writing and will be approved or rejected by the organiser.

PUNCHING SYSTEM

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

PAYMENT

Payment in Sweden

Payment recipient: Attunda OK, 10MILA 2020
Plusgiro: 63 66 57 - 9
State club name when paying

Payment from abroad

Payment recipient: Attunda OK, 10MILA 2020
Currency: SEK. Payment is only accepted in Swedish currency.
IBAN: SE57 9500 0099 6026 0636 6579
BIC/Swift: NDEASESS
Bank: Nordea.
State club name when paying

The fees must be paid before the club can pick up team envelopes. If payment has been made after 20 April 2020, the club must show a receipt for the payment when collecting the team envelope.

TRAINING PACKAGE

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

THE ARENA

10MILA 2020 in Upplands-Bro is best experienced on site at the arena. This year we have divided the arena into an upper and lower part. In the upper part we have gathered all the services and all exhibitors. In the lower part, all competition activity takes place. A fine hill from the upper arena creates a natural grandstand. Entry into the arena from Friday at 12.00

ACCOMMODATION

We offer accommodation from Friday at 12:00 to Sunday at 14.00. See the various options below. Accommodation, tents and tent sites are booked in connection with registration. Breakfast is on sale in the arena.

ACCOMMODATION TENT

Tent connected to the arena with floor and heating (the heating system can cause some noise) in sections of 3x6m, with up to 10 people per section. Booked as one or more sections for one or two nights. The tents are located just outside the entrance to the arena.

CAMPERVAN, CARAVAN, OWN TENT

Pitches are located 250 to 500 metres from the stadium. Each pitch is 6x6 metres. State the number of pitches in the reservation.

TOP TENT

Top tents will be available in both the upper and lower arenas. The size is 5x5 metres. The top tents in the upper arena will be close to services but do not have a direct view of the lower arena and the big screen. The top tents in the lower arena will stand by the wind protection along the run-up. State which area when booking. Floors, heating (gas tube) and bench sets are booked separately in Eventor. Electricity is not available and the tents are not intended for overnight stays.

WIND PROTECTION SITES

Sites are located near the run-up and the pen for outgoing runners. The sites are 5x5 metres. State the number of sites when booking. The wind protection sites are not intended for overnight accommodation. This is because of fire protection.

HARD SURFACE

We are working on finding accommodation on hard surfaces; for information to see www.10mila.se

Accommodation, tents and wind protection sites are booked in connection with registration in Eventor. For fees, see under the heading Fees.

Questions about accommodation may be sent by e-mail to logi2020@10mila.se.

PARKING

Car parking at the designated location, 1,000–2,000 metres to the arena. No parking fee. Clubs wishing to have parking space for their own buses notify this in advance by e-mail trafik2020@10mila.se. No fee for bus parking.

Boarding and alighting take place adjacent to the arena before the buses park about 5 km from the arena. Be quick and follow the instructions of the officials.

SERVICES AT THE ARENA

FOOD

Hot food and breakfast will be available in the upper arena. In the lower arena there will also be coffee and light refreshments. Information on what is available and opening hours will be published in the memo and on www.10mila.se closer to the competition.

SHOWERS

Hot showers outdoors will be available 13.00 – 21.00 on Friday 1 May and from 09.00 on Saturday morning until the arena closes at 14.00 on Sunday. A sauna will be available from Saturday afternoon until the arena closes on Sunday.

WIFI

Free WiFi in the arena.

SPORTS SALES

The orienteering specialist -www.olspecialisten.com - is responsible for sports sales at the stadium.

FIRST AID

Will be in the arena.

We do not offer babysitting, but a fun mini-course for kids will be available on Saturday evening between the finish of the women's relay and the start of the Tiomilakavlen.

10MILA WEB TV

The whole 10MILA 2020 will be broadcast on web TV. The broadcast starts on Friday evening with talk and interviews with the favourite teams etc. Book the broadcast via the website 10mila.se and follow the competition at home via computer or mobile. Price SEK 175.

PRESS/MEDIA

Press accreditation registration and other requests are made by e-mail: media2020@10mila.se by Wednesday 29 April. Press information can be found on www.10mila.se under the "press" tab.

MER INFORMATION

For further information, news about the competition etc., follow us on www.10mila.se, Facebook and Instagram. A memo with further information for contestants, leaders and the public will be published on the website well in advance of the competition weekend.

MAIN OFFICIALS

Competition management	Lena Buhre	Attunda OK	tavlingsledare2020@10mila.se
Competition management	Ingegerd Carlsson	Sundbybergs IK	tavlingsledare2020@10mila.se
Competition management	Lars Gerhardsson	Attunda OK	tavlingsledare2020@10mila.se
Competition management	Malin Kvarnefalk	Järfälla OK	tavlingsledare2020@10mila.se
Competition controller	Helena Dominique	OK Enen	
Course planners Tiomilakavlen	Ulf Radler and Lars Palmqvist	Järfälla OK	
Course planners Women's Relay	Sven Hedman and Stig Löfgren	Attunda OK	
Course planners Youth Relay	Lars Malm	Attunda OK	
Course controller	Per-Ove Melinder	Tullinge SK	
Communication	Cecilia Westström	Sundbybergs IK	info2020@10mila.se
Finance	Per Knutas	Attunda OK	ekonomi2020@10mila.se
Accommodation	Cecilia Wendt	Sundbybergs IK	logi2020@10mila.se
Event Coach	Stefan Gustafsson	Tiomilaföreningen	styrelsen@10mila.se
Event Coach	Erika Carlinger	Tiomilaföreningen	styrelsen@10mila.se
Marketing	Göran Andersson		marknad2020@10mila.se
Traffic	Tomas Borg	Sundbybergs IK	trafik2020@10mila.se



In collaboration with

