



2020
UPPLANDS-BRO
75-årsjubileum

1-3 MAJ

INVITATION TO TIOMILA'S OPEN COURSES IN UPPLANDS-BRO ON 1-3 MAY 2020

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.

Open courses are held on Friday 1 May and Saturday 2 May. The courses are in the same area as Tiomila's Jubilee Competition.

ARENA

- Tranbygge, Upplands-Bro municipality
- Directions from the E18 between Stockholm and Enköping, interchange 150, Brunna. (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.

REGISTRATION

Opening hours for registration

Friday 17.00 – 19.30

Saturday 09.00 – 16.00

Registration is done at the arena.

NOTE! No pre-registration.

Entry fee: youth SEK 70 (ages 16 and under), adults (age 17 and above) SEK 130. Entry fees for the open courses are billed after the event for runners who are affiliated with Swedish clubs. Others pay on-site when registering by card, SWISH or cash in SEK.

START

Friday 17.30 – 20.00 and Saturday 09.30 - 16.30.

Finish closes 19.00 on Saturday.

Start method for the open courses is start punching.

The start is separated from the arena.

FINISH/READ-OFF

Finish punching for separate finish approximately 100 metres from the entrance to the arena. Reading off of tags takes place inside the arena at registration. Reading off will be closed from Friday 22:00 to Saturday 09:30.

Reading off closes Saturday 19.00

Maximum time: 2.5 hours

COURSES

ÖM1 - White

ÖM3 - Yellow

ÖM5 - Orange

ÖM6 - Red

ÖM7 - Blue

ÖM8 - Black

ÖM9 - Black

MAP

The map was revised in 2019.

ÖM 1-8 scale 1:7,500, contour interval 2.5 m.

ÖM 9 scale 1:10,000.

TERRAIN DESCRIPTION

Moderately hilly forest terrain. Mostly very good runability but there are a number of green areas where runability 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 off-road vehicles have driven on many trails/roads.

COURSE PLANNERS

Jan Bojling och Annika Svensson, Solna OK

PUNCHING SYSTEM

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

Rental Sportident SEK 50. Lost item is charged at SEK 400.

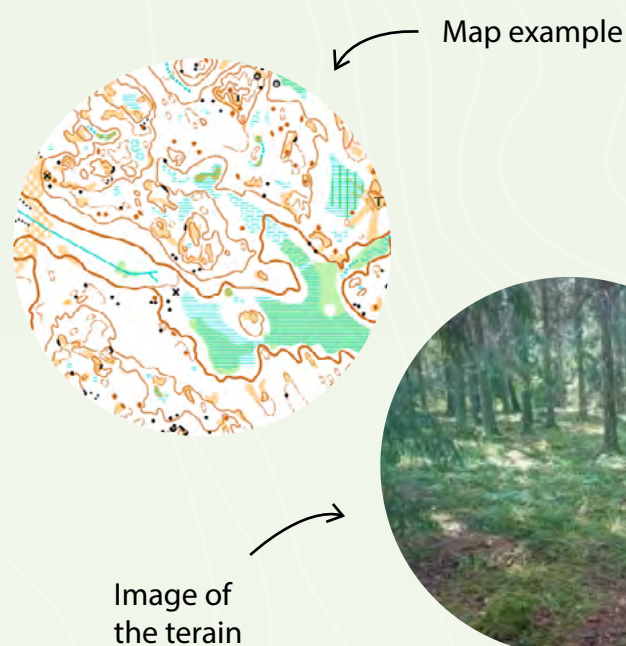
SERVICES AT THE ARENA

For open courses Friday, see invitation Jubilee Competition

For open courses Saturday, see invitation Tiomilakavlarna

PARKING

Car parking at the designated location, 1,000–2,000 metres to the arena. Bus parking: see information in the Tiomilakavlarna invitation.



CONTACT

info2020@10mila.se

tavlingsledare2020@10mila.se



In collaboration with



FÖRSVARSMAKTEN



Upplands-Bro
KOMMUNEN SOM GER PLATS

