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MILA

**Nynäshamn
2024**

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Nynäshamn

4-5 May 2024

Bulletin – #1 /2023



Welcome back!

As event manager, it is my pleasure and privilege to welcome participants, team leaders and everyone else back to our Tiomila event in Nynäshamn and Kvarnängen arena on 3 – 5 May 2024.

Now the owner clubs in the Tiomila association will have the opportunity to once again organise a Tiomila event in Nynäshamn. The positive response we received from everyone who participated in 2018 meant that we didn't hesitate for a second when we were given the opportunity to return to the Kvarnängen arena.

In partnership with the landowners and Nynäshamn Municipality, as our dedicated event supporters, we will be hosting a top-tier Tiomila with a number of new event features.

In partnership with Nynäshamn, we are preparing to host a memorable event for all our participants and visitors on 3 – 5 May 2024.

Just like in 2018, we will be offering varied terrain with excellent orienteering value, an arena boasting the highest standard of comfort, and taking the first step towards introducing a more gender equal Tiomila.

Just like last time, getting to Tiomila 2024 will be very easy, whether you're coming by train, bus, car or boat.

See you there!

Christer Nordström/Event Manager



Terrain and Arena

Welcome back to Nynäshamn and the Kvarnängen arena! All of us who attended in 2018 know the excellent event setup that awaits our competitors and spectators alike.

With terrain that delivers on its promise! We offer the best of Södertörn, a wilderness-type terrain, proximity to the archipelago and coast, demanding elevations and plenty of complex contouring. Naturally, our junior participants will be able to enjoy the thrill of less demanding, age-appropriate terrain.

We offer a compact arena with a big screen and various accommodation options as well as wind shelters/tent pitches at the arena. And likewise, all the various service amenities are located indoors. We're happy to reassure our visitors that Nynäshamn is easily reached by commuter shuttle train followed by a walk to the arena. The buses drop off & pick up passengers at the arena, and those of you arriving by car can park on the hardened surfaces.

Tiomila 2024 – an equal relay

An equal Tiomila is an orienteering event where men **and** women run at night.

An equal Tiomila is an event where women **and** men have equal race time based on the number of legs.

An equal Tiomila is an event that spurs the orienteering clubs to diversify their activities for both women **and** men.

An equal Tiomila is an event that focuses on reversing the downward trend of fewer orienteers, both men and women, *signing up for the event*. And all of this without sacrificing the thrill and challenges of the race!

Hosting the women's and men's relay at the same time of day holds both opportunities and challenges. In order to give both of the relay races the attention they deserve, following our consultation with parties concerned, including media production, we decided that the aim should be to keep the relays as separate as possible timewise. That will allow us to give both relays equal focus and improve the opportunities for both TV coverage and the arena commentator to follow teams further down on the leaderboard. As we want a daylight finish line, for both of the relays the solution is for the women's and men's relay to alternate over the almost day-long Tiomila, from the afternoon through the night until late morning.

Night orienteering for women

The time has come for women too to experience one of Tiomila's signature races – headlight orienteering in the dark of the forest at night. One concern surrounding this change, however, has been the limited participation of women in night-time competitions. As Tiomila 2024 hosts and organisers, we take that concern seriously, but we also see it from the general perspective of the declining interest from men in night orienteering. The hope is that our new programme with chasing/staggered starts will be a game-changer to boost participation.

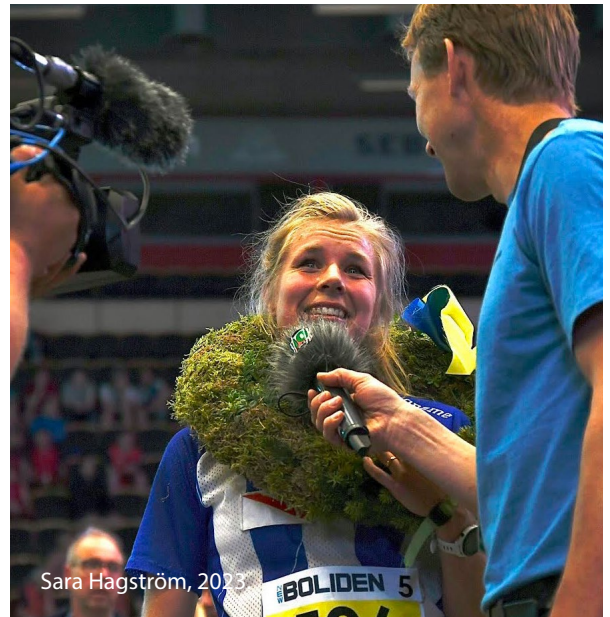
We want to maintain the profile of the many headlights setting off in the dark, which means that the women will start at dusk. This will mean that the last



Start of the Women's Relay, 2023.



Leg 2 Junior Relay; 2023.



Sara Hagström, 2023.

teams on the initial night legs cross the finish line before midnight. Our hope is that this soft start to the women's relay will attract more women orienteers than it deters.

The women's chasing start will be when dawn becomes morning, and kicks off with the "long day", and one hour later, we will have a staggered start for a few teams hopefully. The winning team should then reach the finish line about 2 hours after the men.

Start for the men's event in daylight

For the men, Tiomila starts with three day-legs on the Saturday afternoon. Next up, we have a break of a few hours before it's on with the headlights and time for the chasing start when the runners launch into the long night. One hour after the lead team on leg four and then the majority of the teams have had their chasing start, we have the staggered start for the remaining teams. This will hopefully involve a hundred teams or so setting off together for the long night. In the company of other teams, they will now have the chance to re-experience the relay race spirit again, without, as in the past, having to run most of the long night solo for as much as 150 minutes. This leg is usually run by the elite in approx. 90 minutes, and typically in company. Although this aspect of the "long night" is rarely mentioned, we are

aware that this has been a barrier for many prospective teams. Tiomila is now set to be a more enjoyable competition for everyone.

With this change, the elite teams get six night legs, and then the number for the next teams goes down to three. The final leg will be run entirely in daylight.

Fewer teams for restart

With this new programme, our aim was to also resolve the problem of too many teams having to restart at the end of the competition. All too often, more than two thirds of the teams have to finish as an individual race with no relaying. The aim is to reduce this to one third at most.

Still a tough challenge

Tiomila will continue to be a challenging event for the elite clubs. A competition with high technical quality to place it among the most prestigious an orienteer can win. Tiomila will also be a more fun and accessible competition for the many teams battling it out further down the leaderboard!

The Junior Relay will keep its popular format, but now starting in the middle of the day.

Preliminary invitation

In Bulletin #2 due out in October, we will be presenting the preliminary invitation announcing the start times, leg lengths, estimated leg & changeover times, the timing of the chasing and staggered starts plus the restart, and, of course, the estimated finishing times.

If you have any thoughts, points of view or ideas about Tiomila 2024 – an Equal Relay, please don't hesitate to email us at: info2024@Tiomila.se



Rules and tips!

Participation in multiple relays

- Girls are permitted to run the Women's & Men's Relays.
- Boys are permitted to run the Men's Relays.
- Women are permitted to run the Men's Relay after running the Women's Relay.
- Competing in the same relay event multiple times is not permitted.

Training package

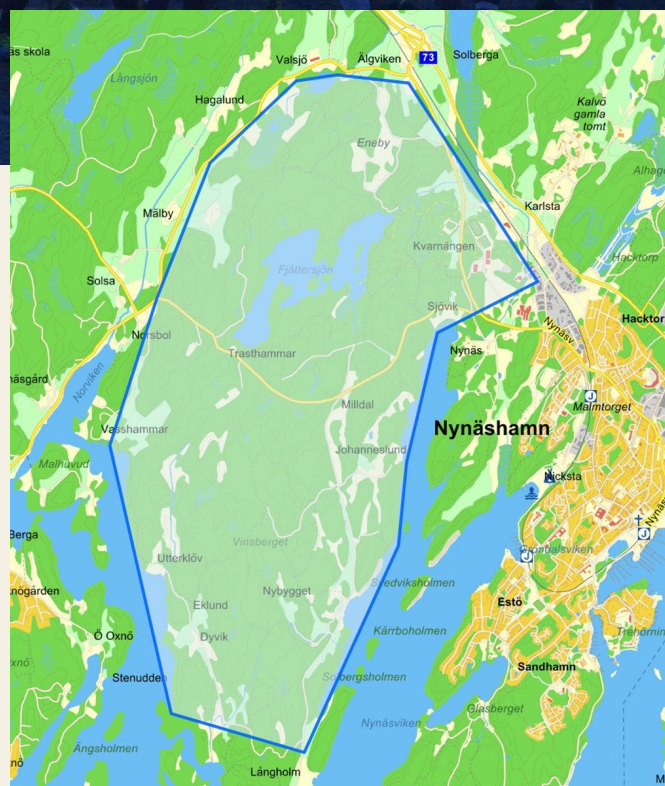
In Bulletin #2, we will be offering several different training packages at Södertörn in the build-up to Tiomila 2024. For this, we will also be recommending suitable accommodation options nearby. In the week before Tiomila 2024, we will be offering more basic training races, with open starting time in the most relevant terrain we can offer before Tiomila 2024.

Accommodation

In Bulletin #2, we will be offering various accommodation options to tie in with Tiomila 2024, some at the arena and others within walking distance of central Nynäshamn.

Upcoming Bulletins

- #2 – October 2023
- #3 – December 2023
- #4 – April 2024



Embargoed area

The marked area in the above map is the competition area and is embargoed for all training and racing until Tiomila 2024 has finished.

Principal event officials

Event Manager: Christer Nordström
Responsible Course Planner: Fredrik Hedin, IFK Enskede.
Contact: info2024@Tiomila.se

Organising associations

Tiomila 2024 is organised by the Tiomila association's owner clubs: Attunda OK, Bromma-Vällingby SOK, IFK Enskede, OK Älvsjö-Örby, Skarpnäcks OL, Skogs-luffarnas OK, SoIK Hellas, Sundbybergs IK& Tullinge SK.

NYNÄSHAMN

– where sea and life meet!

Welcome back to Nynäshamn! We are pleased and proud to once again welcome the Tiomila relay event to Nynäshamn, and this time in a new format, a gender equal Tiomila for a more enjoyable, accessible competition.

The Nynäshamn countryside offers both demanding terrain with high technical quality and more accessible ground giving everyone the chance to achieve success no matter which relay you choose to run. And with the arena at Kvarnängen, close to everything, the event conditions are truly excellent, says Petra Kålbäck, trade and labour market officer of Nynäshamn Municipality.

In Nynäshamn, you are close to the important things in life. You can combine a safe small town setting with the possibilities of a major city. Seaside areas and a beautiful cultural landscape give you the opportunity to find accommodation close to the archipelago, an unobstructed horizon and thrilling outdoor and countryside experiences. As an orienteer you will be able to make the most of diverse training areas around Södertörn.

Well served by transport infrastructure: the commuter rail service and motorway give you access to all that the Swedish capital, Stockholm, has to offer. Discover Nynäshamn – where sea and life meet.





NTNUI winner of the Tiomila Relay, 2023.



◀ IFK Göteborg
Elsie Hördegårdh
storms to victory in
the Junior Relay, 2023.

IFK Göteborg winner
of the Women's
Relay, 2023. ▶



Welcome to
Nynäshamn
and Tiomila
4-5 May 2024!

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MILA
Nynäshamn
2024

Nynäshamns
kommun

Graphic design: Lotta Klöverbäck