

10 MILA

Nynäshamn
2024

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Nynäshamn

4-5 may 2024

Bulletin – #2 /2023



Tiomila 2024 – an equal Tiomila

An equal Tiomila is a Tiomila where men and women run at night. An equal Tiomila is a Tiomila where men and women have equal competition time based on the number of legs. An equal Tiomila is a Tiomila that encourages clubs to broaden their activities for both men and women. An equal Tiomila is a Tiomila that must also focus on reversing the downward trend where fewer orienteers, both men and women, are attending the competitions. And to achieve all this without compromising the sporting challenge!

The starting point for the work on the new Tiomila has been to preserve its identity - a relay through the night – while making the competition equal. The night will be divided between men and women. Both races will be given maximum attention. This means that they will alternate continuously throughout the Tiomila Night.

Chasing start, wave start and restart

The new format of Tiomila will start with three legs for men and two legs for women, and then the race restarts a few hours later with a chasing start based on position and time after the initial legs. The men restart with the Long Night and the women with the Long Day, both legs are unforked as before. Teams that are less than about 60 minutes behind the leading team will participate in the chasing start. A little while later, the remaining teams start together in a wave start.

Through the wave start, the teams a little further back in the competition get to experience the relay feeling and also get the opportunity for some "company" during the long night or long day and subsequent legs, which makes the competition more fun for more people. It will lead to more clubs being able to gather runners into teams.

Thanks to the wave start, significantly fewer teams will be forced to restart and can complete the race in the same way as the top teams. In the results list, teams will be ranked by total time regardless of whether they participated in the chase start or the wave start.

More legs and night for the women

It goes without saying that the women's race should also include night legs, and this should have been introduced earlier. Now, finally, the women's Tiomila will also be a unique experience in the Swedish sports scene.

We are convinced that it will stimulate and be a motivator for many women during the winter and spring to be one of the women who run at night for the first time in the history of Tiomila women's relay. And we as the owner clubs of Tiomila are proud to organise the premiere of the new, equal Tiomila.

At the same time, we are aware that many clubs will struggle to put together teams, not because women don't want to run at night, but because there may not be runners available. After listening to the concerns across the country, we have decided to start a little more cautiously than in the original proposal and to offer six



legs in the women's race in 2024-26. Two night legs and then four daytime legs.

Hopefully the new equal Tiomila, with night legs in the women's race, will both increase interest in night orienteering and make more people want to participate.

Chasing start also in the men's competition

The men's race starts with three legs as the afternoon turns to evening. Three intense legs that provide the conditions for the chasing start and the Long Night.

The teams in the lead will need headlamps on four or five of the subsequent legs. The final leg of the race will take place in daylight.

The new, slightly more compact format with slightly shorter legs and a slightly shorter night for the teams at the back and a wave start for more fun and "company" during the following legs makes the race more fun for more people.

The youth relay maintains its popular format

In the youth relay, we do not make any changes to the competition itself, but put a clearer focus on courses and difficulty levels adapted for M/W-14.

The new format of starting a few hours later, now in the afternoon, will ease the logistics for many teams travelling long distances.

Increasing participation

Participation in Tiomila has declined for many years. The fact that the competition is now given a format that makes it easier for many clubs to gather a team, or hopefully several teams, is a prerequisite for Tiomila to continue to be an important gathering place for Swedish orienteering and a window to the outside world. Without breadth, the competition becomes something else. We hope we will reach the goal of increasing the number of participants with a more equal and unique women's

relay and a more accessible men's relay. The new format also allows us to make the men's competition more accessible to the teams that are fighting at the back.

The whole Tiomila day and night will be shorter and more intense. We are now testing all this for three years, 2024-2026, and we will continuously evaluate what was good and what can be improved. So what do you think is important for Tiomila's development? Get in touch with us at: info2024@10mila.se

Michael Thulin, President of the Tiomila Association

The Tiomila Association consists of the following associations, which are also organisers of Tiomila 2024; Attunda OK, Bromma-Vällingby SOK, IFK Enskede OK, Älvsjö-Örby, Skarpnacks OL, Skogsluffarnas OK, SoIK Hellas, Sundbybergs IK & Tullinge SK. Co-organiser: Nynäshamns OK.

Accommodation suggestions for Tiomila 2024, Nynäshamn

Accommodation in Schools, Nynäshamn

Contact: Christer Nordström
nordstromch@hotmail.com

Horsfjärdens Hostel (Vandrarhem)

070 497 12 67
info@horsfjarden.se
www.horsfjarden.se

Skärgårdshotellet

Kaptensgatan 2, 149 31 Nynäshamn
08-520 111 20, info@skargardshotellet.se
www.skargardshotellet.se

Nickstabadet

Nickstabadsvägen 17, 14943 Nynäshamn
08-520 127 80, nickstabadet@firstcamp.se
firstcamp.se/nickstabadet-nynashamn

"The competition area is unique and fairly untouched and the wilderness feel has been enhanced in many ways."



Photo: Olof Eriksson

What is waiting in the forest ...

Tiomila 2018 was an exciting race and we, the course setters, are convinced that it will be the same in 2024, as the course lengths are slightly shorter.

In the course setting work for Tiomila 2024, we have tried to use the competition area a little differently than in 2018 and thus create new challenges for the competitors, and we think we have succeeded in this. Even though we have divided the different relays between us course setters, we have discussed a lot and done some of the work together to create as good a whole as possible.

It has been extra fun to work with the women's night legs, where we have really worked hard to create good night orienteering courses and increase interest in night orienteering among the women.

With a chasing start and subsequent wave start, after two and three legs in the women's and men's races respectively, the competition will be compressed and teams that are not so fast are given the opportunity to keep up for more legs. This will also result in fewer teams in the restart on Sunday morning.

The competition area

The competition area is unique and fairly untouched, and the wilderness-like character has been reinforced in many ways, even though a few clearings have been added. The area was largely formed during the last ice age. There are a number of substantially hilly sections where the terrain has a wilderness character with many steep slopes and detailed contours and many boulders. In the southern part of the map, it is mostly flat with

more or less overgrown cultivated land between the hill sections. In this section, two large wetlands have been constructed partly to increase species diversity in the area.

A small number of roads and paths are scattered throughout the competition area. In the area closest to the arena, where the youth relay takes place, paths occur more frequently, but with a clear wilderness feel. Smaller marshlands and swamp forest occur throughout the competition area, mainly consisting of mixed forest. We will add more details in future bulletins with a little more "inside information" and of course pictures from the terrain.



Preliminary Invitation

Tiomila 2024, 4–5 May Nynäshamn, Sweden

Arena

Kvarnängens IP, Nynäshamn. 60 km south of Stockholm.

Sun set/rise

The sun sets at 20:51 on Saturday 4 May.

The sun rises at 04:40 on Sunday 5 May.

Map

Scale 1:10 000, except for the youth relay which has a scale of 1:7 500. Contour interval 5 metres. The map was revised in 2023 by Roger Åsberg, who was also the mapmaker in 2018.

Participation in several relays

- Girls who have run the youth relay are allowed to participate in the women's relay and men's relay.
- Boys who have run the youth relay are allowed to participate in the men's relay.
- Women who have run the women's relay are allowed to participate in the men's relay.
- It is not allowed for women to run the men's relay first and then the women's relay.
- It is not allowed to participate more than once in the same relay.

Open classes

Open classes are offered throughout the Tiomila day and night.

Competition organisers

Christer Nordström OK Älvsjö Örby

Course setters

Fredrik Hedin (lead)

Ulf Persson, Anders Björklund (men's relay)

Jan Frödin, Nils Forsberg-Rundström (women's relay)

Stefan Henriksson (youth relay)

Competition controller

Anette Önerud, OK Ravinen

Course controllers

Lars Forsberg, OK Ravinen, Andreas Hjertson, OK Linné

Information

Email your questions to: info2024@10mila.se

The Youth relay

Start on Saturday 4 May at approximately 14.00.

Finish on Saturday 4 May at approximately 15.30.

Leg	Length	Forking	Difficulty
1	3.9	Yes	Orange
2	3.9	Yes	Orange
3	3.2	No	Yellow
4	4.3	Yes	Orange

At least two legs must be run entirely by girls.

It is allowed to start with two runners on legs 2 and 3, the runner who arrives first at the exchange sends out the runners of the next leg.

The Men's relay

Start on Saturday 4 May at approximately 17.30.

Finish on Sunday 5 May at approximately 06.30.

Leg	Length	Forking	Difficulty
1	7.6	Yes	Day
2	7.5	Yes	Day
3	6.0	Yes	Day
4	14.0	No	Night
5	5.9	Yes	Night
6	5.9	Yes	Night
7	7.7	Yes	Night
8	7.6	No	Night/dawn
9	9.1	Yes	Dawn/day
10	13.8	Yes	Day

The Women's relay

Start on Saturday 4 May at approximately 21.15.

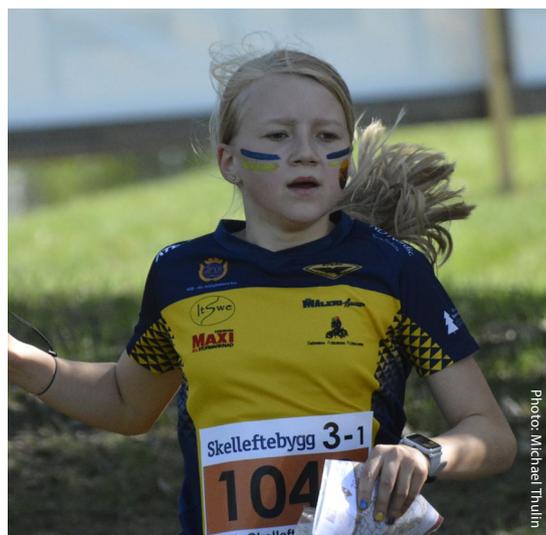
Finish on Sunday 5 May at approximately 09.30.

Leg	Length	Forking	Difficulty
1	7.5	Yes	Twilight/night
2	5.7	Yes	Night
3	9.8	No	Day
4	5.3	Yes	Day
5	5.8	Yes	Day
6	7.6	Yes	Day

Approximately 700 metres of taped route is included in the course lengths on all legs.

Please note that start times for all relays are preliminary and can be adjusted

In Bulletin 3 we will present, among other things, the exact start times for each event, estimated leg changeover times, time for chasing start, wave start and restart, estimated times for the finish in each race, as well as entry fees, entry dates and additional services.



Equality – a competition rule

At the 2018 Meeting of Swedish Orienteering Associations a decision was made to instruct the Board to formulate a supplement to the competition rules for the 2020 meeting on the requirement for equal competition organisation.



The purpose of an equal competition organisation is primarily to ensure that competitors get to race under equal terms and that competitions are designed in such a way as to prevent discrimination. The competition rules state that the purpose of the regulations is to create fair and equal competitions.

This means, for example, but is not limited to, that competitions should strive to have an equal competition organisation and be designed equally in terms of classes, course layout, competition area, arena service and other relevant conditions.

All elements contribute to the participant's experience but may have different levels of importance and status depending on how the event is profiled. The elements that are of decisive importance for the status of the event

or that contribute to the profile of the event (e.g. time, type of terrain, elements of the course layout) must be equally designed. If, for some reason, the competition layout differs between the main classes and other classes, the layout between women's and men's classes within the same age range must still be equally designed.

The starting point for relays is that there should be an equal number of legs for women and men of the same age. Major changes to existing relays may be needed and may take time, which means that during a transition period things may look different. For events where major changes are required, there should be a clear goal and an action plan for how and when the goal will be achieved.

If night orienteering is crucial to the status of the competition and/or contributes to the profile of the competition, all main classes shall be offered night orienteering.



Tiomila 2024 is one of the competitions in the Swedish Orienteering Federation's newly established Relay League.

The purpose of the Relay League is to promote and shape Sweden's club teams at junior and senior level.

The 2024 Relay League consists of seven rounds where the overall result is determined by the best results from a predetermined number of rounds. Tiomila and the final race give double points in the league.

NYNÄSHAMN – DÄR HAVET OCH LIVET MÖTS!

Vi är glada att välkomna dig till 10-mila och Nynäshamn. Du har framför dig en fantastisk tävling med utmanande terräng och natur. Kvarnängens IP blir samlingsplatsen med nära till det mesta. Bra att planera ditt boende redan nu.

När du är här, upptäck fördelarna med att bo i Nynäshamn. Kombinera småstadens trygghet med närhet till storstadens möjligheter. Här erbjuds havsnära boenden och ett aktivt liv. Bra kommunikationer ger också tillgång till hela Stockholms utbud. Upptäck Nynäshamn, där havet och livet möts.

nynashamn.se/uppleva



NYNÄSHAMN



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Tiomila 2024 – Four areas opened for training in Tiomila relevant terrain

Overview of Tiomila's training areas in Södertörn between Stockholm and Nynäshamn.

Details on maps, areas, courses and how to order maps can be found in the link:

www.hellasorientering.se

Welcome to try relevant training areas in inviting Södertörn terrain!

1. Kvarnsjön - Ådran

1:10 000 / 5 m

Open from 1 September

2. Linneberg

1:10 000 / 4 m

Open from 1 September

3. Svartbäcken

1:10 000 / 4 m

Open from 16 October

4. Mörtsjön

1:10 000 / 4 m

Open from 16 October

5. Lövhagen

1:10 000 / 2.5 m

Open from 1 January 2024

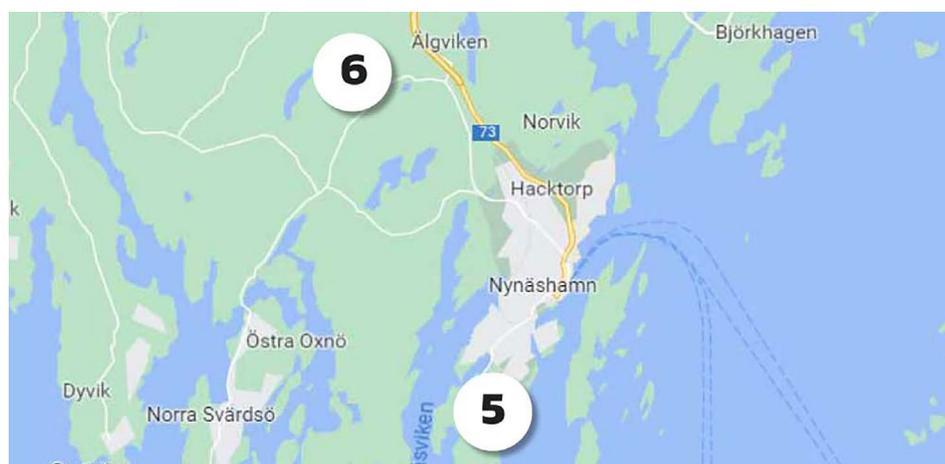
6. Långsjön

1:10 000 / 2.5 m

Open from 1 January 2024

Contact information:

bjorn@julander.net



www.10mila.se



Nynäshamns
kommun

Upcoming Bulletins

No 3 – December 2023

No 4 – April 2024

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