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10MILA RETURNS TO STOCKHOLM

Right in the middle of the best skiing season in Stockholm, preparations are underway for this year's major sporting weekend: 10MILA 2013. Registration has opened and the organisers are ready to welcome 15,000 orienteers and visitors to the arena at Gällöfsta in Upplands Bro on the first weekend in May.

"Good connections, new features, fun – a competition for all under elite conditions" is the motto for the Swedish sporting classic, 10MILA, which is returning to Stockholm this spring. The competitions will take place on 3-5 May at the Life Guards' military training ground in Upplands Bro municipality, approximately 30 km north-west of Stockholm city. The competition was last held in Stockholm in 2005. Last year it took place in Kvarn in Motala.

Two new competitions

Attunda Orienteering Club in Sollentuna is organising the event, in cooperation with five other Stockholm clubs, and this year the concept has changed slightly.

"We are expanding the range of competitions and adding two new ones: 10MILA-korten and Night Trail Run. The arena has been completed, the courses have been laid, the map is ready! More competitors will get the opportunity to experience that special magical feeling over the 10MILA weekend!" says Secretary General Lars Gerhardsson of 10MILA 2013.

Other new features at the competition include the name change for the "men's relay", which will now be called the 10MILARelay. It has been possible for women to participate in the relay for some time now.

"We're just adapting the name to reality. Orienteering's blue band has been open to all for several years now," says Lars Gerhardsson.

10MILA 2013 is organised by Attunda Orienteering Club in partnership with SOFT and STOF, and the orienteering clubs: Järfälla OK, Bromma-Vällingby SOK, Solna OK, IFK Enskede and Sundbybergs IK, the multisports team Team Polar, as well as Upplands-Bro municipality and the Life Guards.

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