

BULLETIN

VERSION 1: 260424

10Mila 2026



Overview

This bulletin describes the practicalities around 10Mila 2026. It contains information and instructions for each runner.

A pre-team is travelling already Friday to have an opportunity to train and get acquainted with the terrain. The team is staying in rented houses that we will use the full weekend. The majority of runners and leaders are travelling Saturday.

Teams

We have the following Snättringe teams;

- 4 youth teams
 - Team 1: Number 1030
 - Team 2: Number 1049
 - Team 3: Number 1106
 - Team 4: Number 1206
- 2 women teams
 - Team 1: 563
 - Team 2: 669
- 3 men teams
 - Team 1: 32
 - Team 2: 237
 - Team 3: 246

Can we beat the results from 2025?

- Youth: 49
- Women: 63
- Men: 32



Team leaders – youth

Anders Hedman – team 1

David Hector – team 2

Henrik Norell – team 3

Elin Svensson – team 4 and coordinator

Gustav Hedin – change-over area

Team leaders – women and men

Elisabeth Hector – main contact and arena services

Mia Starenus - coordinator of arena activities

Per Kallhauge – team leader in change-over area (only men team)

Martin Johnsson – team leader in change-over area (only women team)

Lars Lindbom – team leader (only women team)

Jörgen Hector – logistics, time control + team leader in change-over area (only men team)

Competition

Read the race bulletin!

[Bulletin-4-ENG.pdf](#)

SIAC and touch free will be used so if you don't have, try to borrow a SIAC SI card for your race.

Runners running more than one relay will need a second SI card. You can bring a second SI card yourself or borrow a club SI card for one of the relays (non touchfree). The team leaders will have them at the arena. Please note that the men's relay leg 4, 9 and 10 need an SI-card that can store more than 30 punches.

Number bibs will be distributed at the arena in our club-tent.

Female and male runners should bring a spare compass in the pocket and a spare headlamp of good quality if running during the night. The club will bring a spare lamp to be used in case of acute problems.

Arena

We have two club tent at the arena, located at B223-224.

Runners are self-depending for food, snack before race and recovery food. Don't forget to bring a gel for the competition. However, during female and male relays, snacks, sandwiches, yoghurt and some warm drinks will be available in the club tent.

Expected starting times

Youth

All runners and team leaders in the youth relay meet at our tent at the arena at 13.00. The relay starts at 14:30. If you are late, report to Elin Svensson, 0730-980873.

Female and male

The scheme below is showing expected starting time for women and men. This is only an approximation with the purpose of giving guidance. Runners need to keep track of the team, check times versus expectation and recalculate expected start time.

The scheme is based on standard running speed and does not place expectations on individual runners; some will be faster, others will use more time.

		Leading team	SSK Team 1	SSK Team 2
Leg	Length	Expected start time	Expected start time	Expected start time
1	8,2	21:30	21:30	21:30
2	6,4	22:28	22:33	22:47
3	13,0	05:00	05:10	05:40
4	5,6	06:24	06:44	07:46
5	7,5	07:00	07:30	08:37
6	8,0	07:48	08:28	09:48

		Leading team	SSK Team 1	SSK Team 2	SSK Team 3
	Length	Expected start time	Expected start time	Expected start time	Expected start time
1	9,8	17:30	17:30	17:30	17:30
2	9,5	18:21	18:25	18:39	18:50
3	9,3	19:07	19:15	19:39	19:59
4	16,0	23:00	23:10	23:36	00:00
5	6,7	00:26	00:46	01:43	02:27
6	6,8	01:07	01:32	02:36	03:28
7	5,7	01:42	02:12	03:29	04:29
8	12,2	02:17	02:52	04:14	05:21
9	13,4	03:26	04:11	05:46	07:07
10	14,4	04:44	05:39	07:34	09:12

Sunset is 21:44 and sunrise 04:37.

Reporting to team leader (female and men)

Make sure Elisabeth have your contact details, phone, messenger or whatsapp. Send a message to confirm your way of communicating on Friday!

Saturday runners

1. Report to Elisabeth at the club tent at least one hour before your race.

Night runners and Sunday runners

1. Latest Friday:
Tell Elisabeth your wake up time.
2. When you wake up:
Write a message to Elisabeth to confirm that you are awake.
3. On arrival to arena:
Report to Elisabeth in the club tent.

If you fail to report your wake up, Elisabeth will call you. Keep the phone close.

Contact details Elisabeth: 073 73 11 978 or Messenger.

Transport

From Huddinge to Tranås

Please check your details and act if something is not matching your plan. It could be that you have arranged your own transport or that timing is not suiting you. Easiest is if you can swap with someone else. Please contact Jörgen Hector, 0737077516, to inform about changes or if you have request for changes. It is particularly important that drivers accept the role.

Drivers are to communicate with passengers to agree on time for departure and other details.

The schedule may need to be changed with short notice in case of further team changes or unexpected events.

Flavio	Poltéra	A	Friday
Mattias	Kallhauge	A	Friday
Peleg	Mitzafon	A	Friday
Simon	Hector	A - driver	Friday
Yoav	Shalev	B	Friday
Frida	Hector	B	Friday
Brais	Piñeiro	B	Friday
Rihards	Krūmiņš	B - driver	Friday
Thea	Gelius	C	Friday
Jesper	Lidmar	C	Friday
Thomas	Laraia	C	Friday
Stefan	Svensson Gelius	C - driver	Friday
Kristina	Tedhamre	Pick up Tranås	Friday
Olivier	Blanc- Tranchant	Own arr.	Friday
Chloé	Haberkorn	Own arr.	Friday
Sixten	Eneqvist	D	Saturday morning
Gustav	Eneqvist	D	Saturday morning
Truls	Ågren	D	Saturday morning
David	Hector	D - driver	Saturday morning
Vide	Hrastinski	E	Saturday morning
Harry	Norell	E	Saturday morning
Isak	Wimmer	E	Saturday morning
Filip	Wimmer	E	Saturday morning
Henrik	Norell	E - driver	Saturday morning
Elisabeth	Hector	F	To be decided
Mia	Starenius	F	To be decided
Per	Kallhauge	F	To be decided
Jörgen	Hector	F - driver	To be decided
Hugo	Abel	G	Saturday
Oskar	Forsberg	G	Saturday
John	Wolgast	G	Saturday
Martin	Johnsson	G - driver	Saturday
Fredrik	Boström	H	Saturday
Moa	Wijkmark	H	Saturday
Axel	Nyman	H	Saturday
Emma	Lähdekorpi	H - driver	Saturday
Algot	Sjöstrand	I	Saturday morning
Titti	Sjöstrand	I	Saturday morning
Hedda	Sjöstrand	I	Saturday morning

Elin	Svensson	I - driver	Saturday morning
Rebecka	Pannagel	J	Saturday morning
Vanja	Remen	J	Saturday morning
Elinnor	Starenius	J	Saturday morning
Anja	Hedin	J	Saturday morning
Gustav	Hedin	J - Driver	Saturday morning
Patrik	Äppelgran	K	Saturday afternoon
Martin	Norrbom	K - driver	Saturday afternoon
Elsa	Lundqvist	L	Saturday morning
Albin	Hainke	L	Saturday morning
Hedda	Tunblad	L	Saturday morning
Isak	Gelius	L	Saturday morning
Lars	Lindbom	L - driver	Saturday morning
Johan	Stenström	Own arr.	Saturday afternoon
Tess	Rylander	Own arr.	
Kerstin	Christie	Own arr.	
Anders	Hedman	Own arr.	
Karin	Hedman	Own arr.	
Jekabs	Janovs	Own arr.	
Jim	Christie	Own arr.	
Noel	Hedman	Own arr.	
Elvin	Hedman	Own arr.	
Alma	Lugnfors	Own arr.	
Agnes	Kjellstorp	Own arr.	
Mira	Vejedal	Pick up Tranås	

From Tranås to Huddinge

The schedule below is showing time to leave but not precise car. We will define split into cars as people are ready to go and tasks are fulfilled. Please keep tight communication with leaders at the arena.

Gustav	Eneqvist	After youth relay Car Elin Car Gustav	
Titti	Sjöstrand		
Hedda	Sjöstrand		
Elin	Svensson		
Rebecka	Pannagel		
Elinnor	Starenius		
Anja	Hedin		
Gustav	Hedin		
Brais	Piñeiro		Late Saturday
David	Hector		Car David
Oskar	Forsberg	Sunday Car Simon (4 seats) Car Rihards (5 seats) Car Stefan (5 seats) Car Henrik (5 seats) Car Jörgen (5 seats) Car Emma (4 seats) Car Norrbom (5 seats) Car Lars (5 seats) Haninge car (1 seat)	
Flavio	Poltéra		
Mattias	Kallhauge		
Peleg	Mitzafon		
Simon	Hector		
Yoav	Shalev		
Frida	Hector		
Rihards	Krūmiņš		
Thea	Gelius		
Jesper	Lidmar		
Thomas	Laraia		
Stefan	Svensson Gelius		
Kristina	Tedhamre		
Sixten	Eneqvist		
Truls	Ågren		
Vide	Hrastinski		
Harry	Norell		
Isak	Wimmer		
Filip	Wimmer		
Henrik	Norell		
Elisabeth	Hector		
Mia	Starenius		
Per	Kallhauge		
Jörgen	Hector		
Hugo	Abel		
John	Wolgast		
Fredrik	Boström		
Moa	Wijkmark		
Axel	Nyman		
Emma	Lähdekorpi		
Algot	Sjöstrand		
Vanja	Remen		
Patrik	Äppelgran		
Martin	Norrbom		
Elsa	Lundqvist		
Albin	Hainke		
Hedda	Tunblad		
Isak	Gelius		
Lars	Lindbom		
Johan	Stenström		
Olivier	Blanc-Tranchant	Own arrangement	
Chloé	Haberkorn	Own arrangement	
Martin	Johnsson	Own arrangement	
Tess	Rylander	Own arrangement	
Kerstin	Christie	Own arrangement	
Anders	Hedman	Own arrangement	
Karin	Hedman	Own arrangement	
Jekabs	Janovs	Own arrangement	
Jim	Christie	Own arrangement	
Noel	Hedman	Own arrangement	
Elvin	Hedman	Own arrangement	
Alma	Lugnfors	Own arrangement	
Agnes	Kjellstorp	Own arrangement	
Mira	Vejedal	Own arrangement	

Sleeping

Friday-Saturday

Pre-team participants are suggested to split between the two available houses.

1. House A. Dämsängsgatan 1.
2. House B. Dämsängsgatan 5.

Flavio	Poltéra	House A bed
Mattias	Kallhauge	House B bed
Peleg	Mitzafon	House A bed
Simon	Hector	House A bed
Yoav	Shalev	House B bed
Frida	Hector	House A bed
Rihards	Krūmiņš	House B bed
Brais	Piñeiro	House B bed
Thea	Gelius	House A bed
Jesper	Lidmar	House B bed
Thomas	Laraia	House B bed
Stefan	Svensson Gelius	House B bed
Kristina	Tedhamre	House B bed

Saturday-Sunday

Pre-camp runners stay in same houses as first night.

The following persons can also join the houses but may also stay in Idrottshuset, if preferred. As runners run during different times, beds should be available but please bring a mattress and sleeping bag nonetheless.

- Mira
- Jekabs
- Isak
- John
- Moa
- Elsa

A detailed scheme will be set up at the houses.

All others are to sleep in Idrottshuset, on walking distance. We have 6 places in area G and 6 places in area H, please assure to split in best possible way. Bring mattress and sleeping bag. We have booked 12 places and it will not at any time be more persons sleeping. It is however more than 12 individuals using the sleeping facilities and it is therefore advised to keep the belongings off the sleeping area. Please keep the bag in the car, the club-tent or elsewhere when not sleeping before and after running).

Official bulletin for hard surface sleeping: [10mila-Guide-till-boendelokaler-Idrottshuset.pdf](#)

Costs

Everyone that travels in a club car will pay a share of the travel costs. The club will send an invoice. Drivers will be compensated.

Behaviour

We represent Snättringe SK during the full weekend. This means that we act responsible and with respect to others. We cheer for each other, and we dress in club clothes.