



Suunnistus- MÄNKIJÄ 10 2026



At the Finnish Relay Championships prize-giving, bronze medals were placed around the necks of Samu, Russe and Fisu, while Danny, Hatman and Jossu received plaques. Photo: Glebban.

Two teams on the podium

Suunnistusmänkijä is the newsletter of the orienteering club Turun Metsänkävijät, which is distributed by email almost on the first Monday of every month. It can be read on the club's website under "Jäsenille". Send announcements, tips, pictures and reports about your competitions, training, trips. The deadline is always at the end of the month. Contact kari.vainio@tume.fi.



Bronze medallists Samu (left), Russe and Fisú. Photos: Timo Mikkola.

Finally a Championship relay medal

Fisú, Russe and Samu won bronze in the Finnish Relay Championships, with silver only a single second away. All three delivered convincing performances from start to finish.

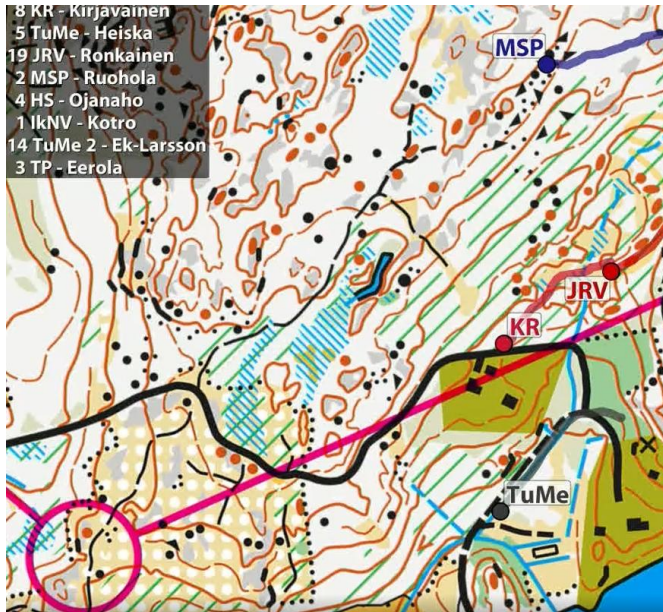


Jossu anchored the second team to the finish.

The second team also produced an excellent performance. Danny, Hatman and Jossu finished eighth and were the best second team in the relay. They were only three minutes behind the winners.



The third team finished 25th. Yannick, Lari and Tappi ran in the team.



Taini's assessment of a successful season

Samu in the driver's seat

Victory was close in the Finnish Relay Championships. Samu was running on fresh legs and with a determined attitude. A successful route choice of his own near the end even opened the door to victory, but the final micro-route choice on the leg led into unexpectedly poor runnability. Samu was excellent on the anchor leg throughout the autumn and was in the driver's seat at the Finnish Championships as well, despite the exceptionally strong field of anchors.

Only Jukola left something to be desired

This was our most successful season for a long time. Four podium finishes in Viestiliiga and a relatively rare Finnish Championship relay medal crowned the season. Tiomila was good as well. Jukola was the only disappointment, as we never managed a fully successful team performance. Even there, however, we were able to field our strongest line-up for the first time in years.

Two strong teams at the end of the season

After Jukola, every relay went extremely well. The last two in particular were very strong performances, with two teams involved in the fight at the front right to the end. Six successful runs in each of those relays.

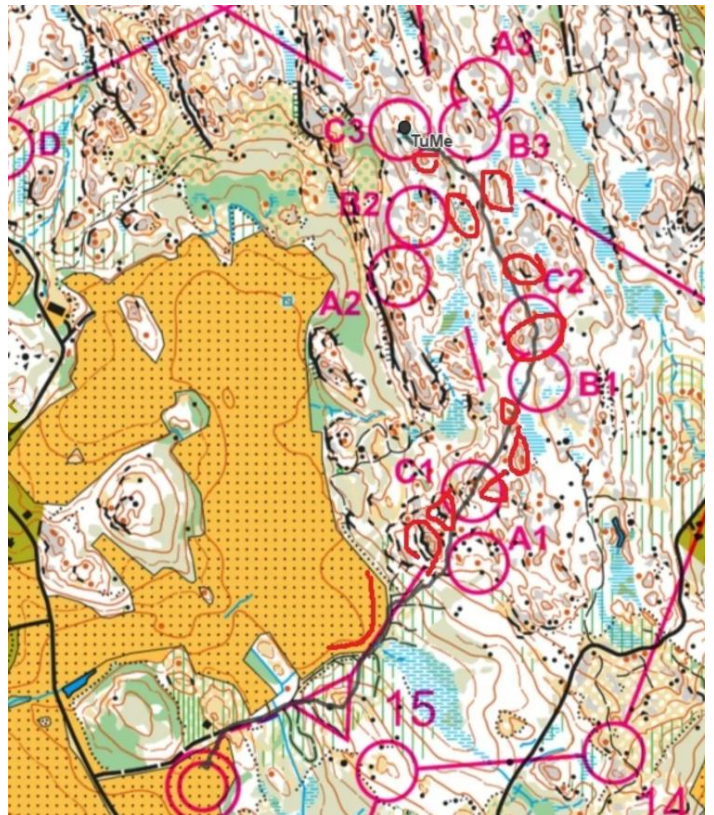
Samu's own analysis of the relay

One of the most important things in the Finnish Championship relay terrain was being able to simplify the map. There was plenty of fine detail at times, and it was not worth trying to observe everything.

The features circled in red are good examples of what was worth looking for on a leg: clear hill shapes, cliff and bare-rock areas, marsh edges, re-entrants, spur ends, and vegetation or open-area boundaries.

At the start, the aim was to make the orienteering as simple as possible straight away. Although the forkings led to different controls, every leg offered clear landforms that could be used while avoiding unnecessary reading of small details. And as usual, a different control often meant a different fastest route choice.

Start-3: On the marked route to the start, I checked the whole course profile and, following the course setter's comments, also checked the criss-crossing course. From the start triangle I went along the edge of the field and climbed onto the control hill, where Aarni (JRV) had already caught me. I left two hilltops on my left and then went through the re-entrant to my own small knoll.



Leaving the control was also essential. The terrain looks similar in many places, so the first priority was the correct direction. On the first ridge, visibility was good enough that the control hill could already be seen from there. From there, the route went between the knolls into my own re-entrant.

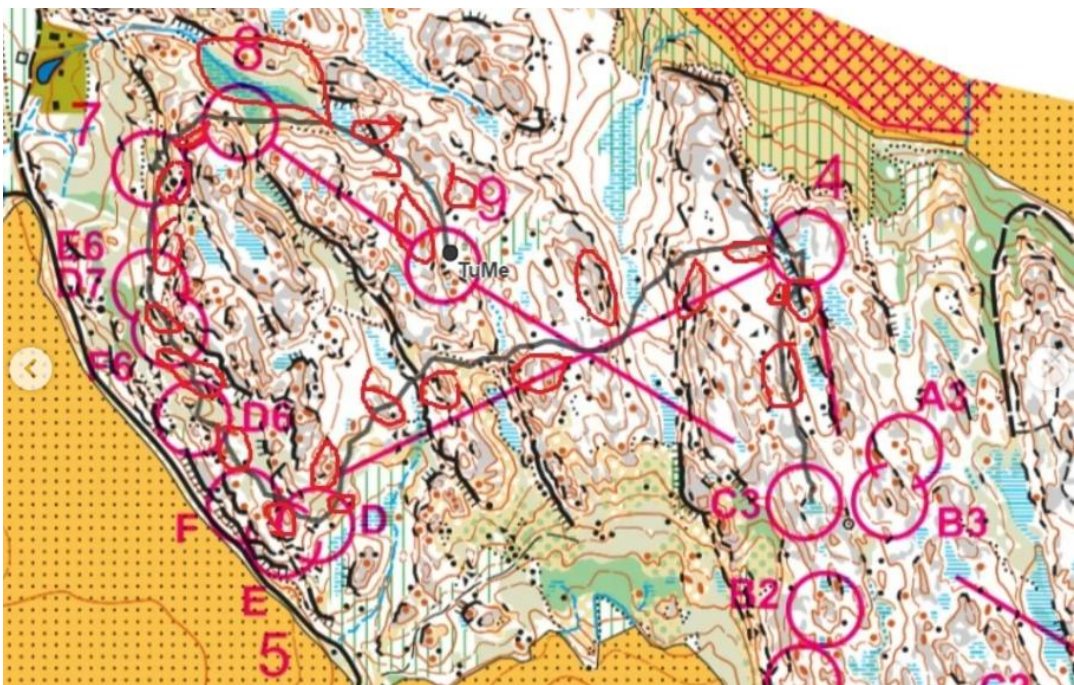
The opening section could be run fairly directly with the compass and by using the larger landforms, but approaching control three required a little more precision in the attack. The boundary marker and the marsh with dense vegetation were ultimately quite clear. Before the control, Mikko (TP) crossed my line and I briefly thought about the possible forkings; the situation seemed fine. From the map, control four looked as though a TV control might be coming.

3-9 (my 10): My attention was focused on the approach to control four. I wanted to climb onto the second hill only shortly before reaching the control. In the end this was easy and quick to execute using the features along the line.

There were more steep features crossing the direction of travel: route choice, plan and execution were therefore important. Even if the route choice is “straight”, progress in this terrain is slow without a precise plan. So the idea was to contour past the hilltops towards the control, and on the final approach the key was to drop onto the yellow area before the control.

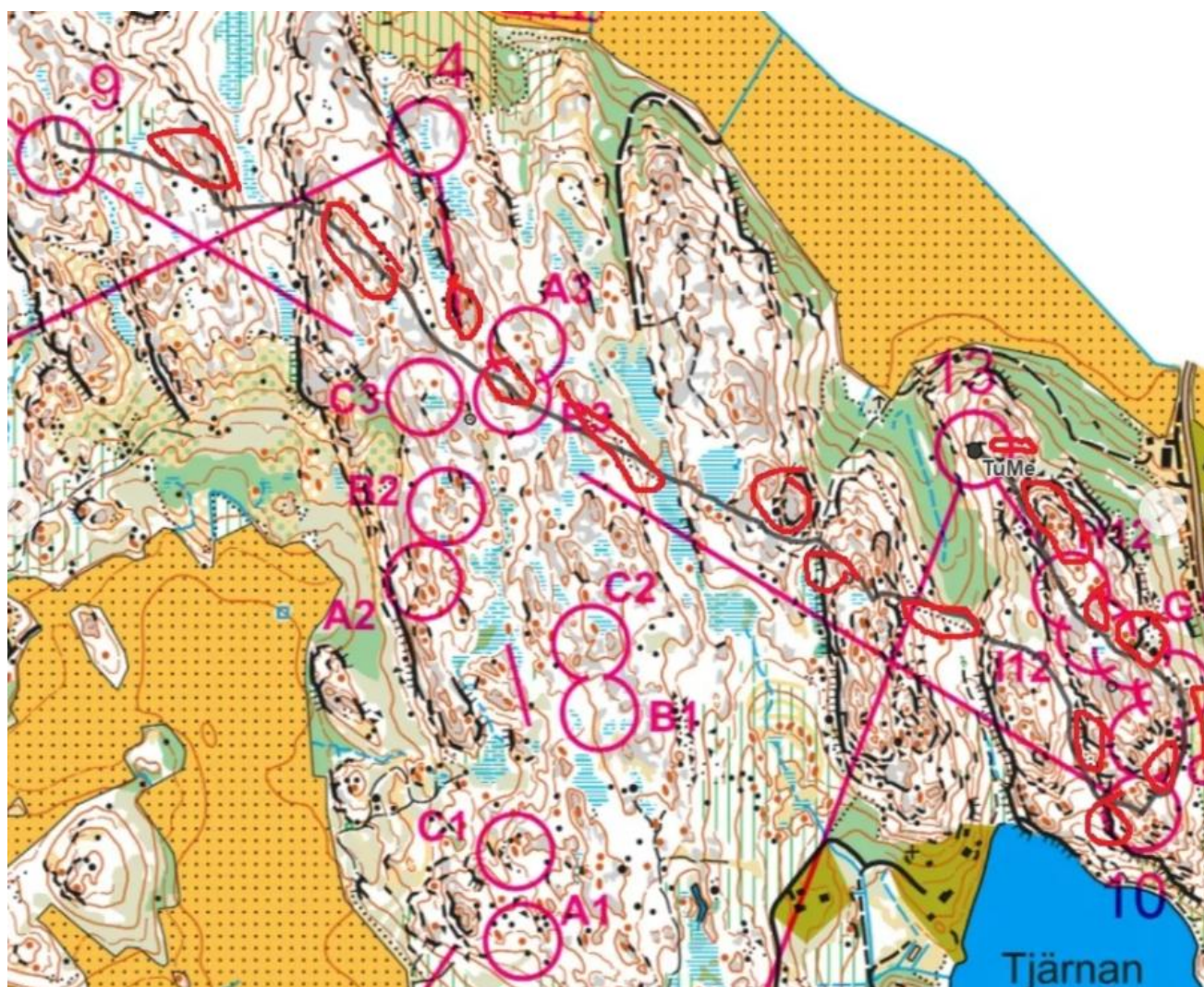
On the detailed slope in the western part, patience does not mean moving slowly; it means knowing all the time what you are looking for next. Here, progress could largely be built around cliffs, distinct knolls and the shape of the slope.

If you start reading every stone and tiny bump, the orienteering quickly becomes muddled. It is also essential to understand your position on the slope: am I high, in the middle, or low down? When leaving a control, the next major feature should already be in mind.



On the approach to control seven in the picture, I made a small safety curve because my position was slightly imprecise and I wanted to see the large boulders, especially as I could not get the boundary clearly enough into my field of view. Before reaching the control it was a relief to see the TP and KR shirts.

The execution to nine was probably bueno. Then both Mikko/TP and Santeri/KR came into view. Seeing Sampa made me a little nervous, but I quickly brought the focus back to my own orienteering.

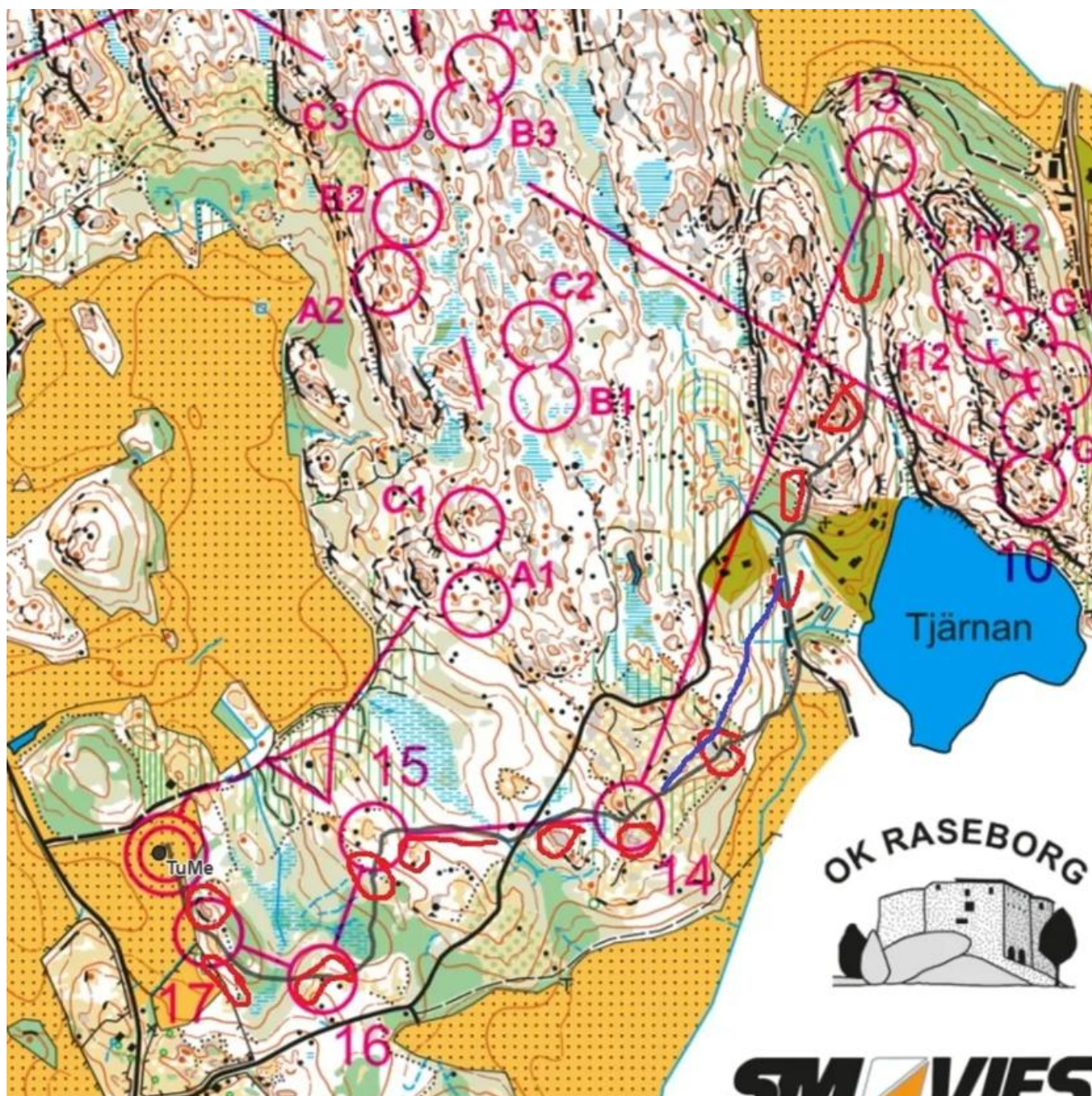


9-10: On the long leg, breaking the leg into sections was especially important. A few clear hills and bare-rock areas at the beginning gave a good direction. Early on, the main thing was to reel in the KR shirt and stay reasonably close to the route I had planned.

The clear boundaries after the middle of the leg made the orienteering even faster. Only when approaching the control did I increase the frequency of map reading. On a leg like this, it should not feel as if you are “reading all the time”, but rather: direction - big feature - direction - next big feature - control approach.

For the control approach I wanted to keep running hard for as long as possible, so I only began the final navigation close to the circle, using the edge of the comb-like cliff. I surprisingly lost quite a lot of time with this choice, so apparently the straighter route had good, clear footing and was easy to execute.

10-13: Next came short legs, so the first priority was the exit direction for my own route choice. A quick look at the cliff, then fast around its right side to the edge of the clearing. From there the I-forking was easy to continue, with the large cliff already visible from farther away. Approaching 13 I was slightly worried about what the ground below the cliff would be like, but it turned out to be pleasant and easy. The control approach followed the cliffs.



13-Finish: After the technical section, I had to dare to shift into a bigger gear again. I had already made my route choice on the way to the start, but when Santeri chose the right-hand option I still had to glance at the map again.

I nevertheless stuck to my own route choice, although I was a little annoyed when I realised the other route contained more firm ground. I had planned to execute the end of the leg along the blue line (the road route at the end never even crossed my mind because I thought it was too S-shaped), but the forest looked really slow at that point.

At the clearing I saw the KR shirt heading to the edge about 30 seconds ahead, with Akseli (MSParma) and Aarni (JRV) coming in just behind to punch. Damn!

In the final section the terrain again allowed faster running, but the direction still had to be maintained. The boys closed the gap completely and the sprint preparations began!

At 15 it was important to climb high enough quickly so that I would not at least overshoot it. From there I went on compass as planned, slightly to the left - although in the end far too much - towards the next hill and the edge of the hill.



Akseli passed me on this leg and I only just managed to punch before Aarni. Then again a tight exit direction towards the next hill and as hard as possible through the green. I briefly got alongside Akseli, but he immediately responded and was ahead again at the second-to-last control.

The finish straight was so short that my own change of rhythm no longer allowed me to produce more speed, and I had to settle for bronze. That still felt good, especially as my individual races have been a little sluggish this season.

This terrain was a good example of the “where and how?” mindset that suits middle distance: before leaving a control, you should know both where you are going next and how you can get there as quickly and safely as possible.

Samu Heiska



Manu passed Maria Rantala on the run-in in 2005.



Glebban, Juppu, Hatman and Edgars on the podium in 2018.

Two previous medals and one taken away

The club’s first medal in the men’s open class at the Finnish Relay Championships was won by Hämpö, Martins, Manu and Loge. They took bronze in Tammisaari in 2005. Silver followed in Rovaniemi in 2018, with Glebban, Hatman, Juppu and Edgars in the team. At every changeover, the quartet was less than a minute behind the leaders.

In Hämeenlinna in 2022, Juppu, Fisur and Samu finished third, but the results were annulled because of a forking error and no rerun was organised.



Glebban back in action after a long break. He ran with Sakke in the fourth open-class team.



Taneli Korpinen ran with Tuomas Peltola and Vesa Arki to finish tenth in M35.



Joni Holmroos (left), Toni Rannikko and Skärde (right) finished 14th in M50. The other M50 team consisted of Poutsä, Pete Nurminen and Loge, finishing 16th.



The M55 team consisted of Joni Tenhunen, Oxana and Simo Uusikartano. They finished 25th



Two teams competed in M70. Rita, Rale and Lergo finished fourth, while Masa (left), Tippi and Hantta (right) were sixth.



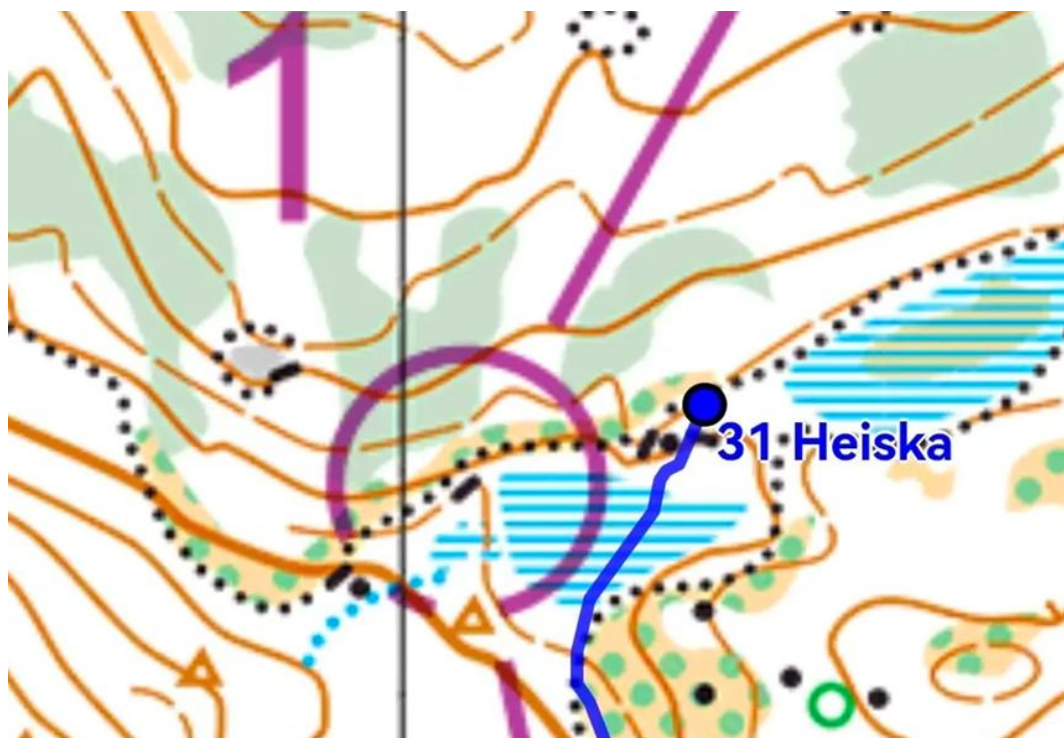
Medallists Lergo and Hatman.

Gold and silver in the Finnish Long

As he did last year, Hatman won the Finnish Long Distance Championship. This time he raced in his own M40 class and did not cause any outrage by tormenting the M35 competitors.

Lergo took silver in M65. In the men's open class, Aksu was the club's best finisher in 33rd place. Samu had worse luck, punching at the wrong cliff already at the first control. His time would have been good enough for 14th place.

A total of 13 TuMe men competed in Posio, four of them reaching the M70 A-final. Tappi, meanwhile, was the fastest runner in the men's B-final.



Two cliff controls were located fairly close to each other in the Long Distance final.



Masa and Rale started one after another but did not rely on teamwork: both qualified for the A-final on their own performances. At the finish they were separated by 20 seconds.



Aksu was 8th in his Long qualification heat. Tippi qualified for the A-final.

TURKU STREET-O 2026-27

04.11. Turun keskusta
11.11. Humikkala, Masku
18.11. Ihala, Raisio
25.11. Iso-Heikkilä - Kirstinpuisto
02.12. Uittamo-Katariina-Ilpoinen
09.12. Raision keskusta
16.12. Raadelma-Runko, Piikkiö
30.12. 2h jossain päin-Turkua
06.01. Tuomiokirkolta
13.01. Lauste-Skanssi

20.01. Kakola-Martti
27.01. Piispanristi
03.02. Naantalin keskusta
10.02. Kupittaa
17.02. Suikkila
24.02. Varissuo
03.03. Impivaara-Runosmäki
10.03. Hirvensalo
17.03. Liedon keskusta
24.03. Koroinen-Räntämäki-Oriketo

Only one month remains until the start of the Turku Street-O season. Have you already signed up to help? There is still time to join by emailing juha.hiirsalmi@gmail.com



Hatman successfully continued where he had left off a week earlier. Samu, meanwhile, produced a much improved performance.

Gold for Hatman, plaque for Samu

Samu earned a plaque at the Finnish Middle Distance Championships by finishing tenth. Hatman, meanwhile, repeated his Long Distance success by winning the M40 class.

Russe and Fisú completed a strong showing by TuMe's men in the open class. Russe was 13th in the WRE race and Fisú 19th. In the Finnish Championship results, where only Finnish competitors count, Fisú was 17th.

A total of 23 TuMe orienteers started the Championships.



Russe and Fisú from the first relay team also performed well in the Middle Distance Championships on the day before the relay.

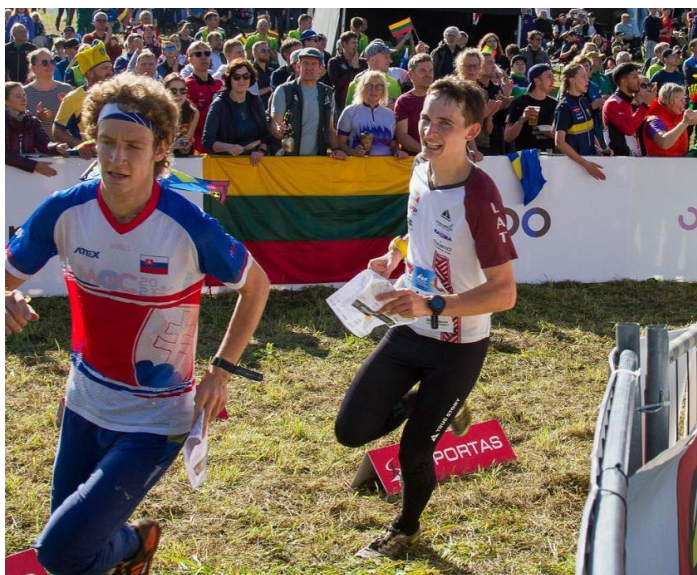


Rale was 23rd in M70 and Poutsa 20th in M50. Photos: Timo Mikkola.

TuMe runners at the EOC in Lithuania



Riku ran the opening leg for Latvia's second relay team. He finished third in the Middle Distance B-final.



Sale at the arena passage. After a good Long Distance race, he qualified for the Middle Distance A-final, finishing 49th.



Russe finished 28th and 29th in the individual races. In the relay he reached the changeover only one minute behind the leaders.



For Edgars, the EOC in Lithuania marked a career milestone: 20 years had passed since his first EOC, held in Otepää, Estonia, in 2006.



Uldis was 25th in the Long and 31st in the Middle. On the relay anchor leg, he lifted Latvia into the top ten.



Edu anchored Spain to 13th place in the relay.

Photos EOC2026/Donatas Lazauskas, Egle Jasiukaityte and Mantas Jusas.

Win in the race, but not for the shirt

For the second time, Yannick came to Finland combining a road race with the opening leg of a Viestiliiga relay. On both occasions, the road race ended in victory. On the Friday evening before the Finnish Relay Championships, he won the Midnight Run. He completed the 10-kilometre course, finishing at Helsinki Senate Square, in 31:07.

The event, run through the Helsinki night for the 15th time, attracted 6,300 participants. The runners' outfits played a major role in the event, but the costume judge did not pay much attention to the TuMe shirt Yannick was wearing.



Sundman&Son took Hatman's roga

Team Sundman&Son won the two-hour class at Lovely Loviisa Rogaining by a clear margin. Behind the team name were the duo Suntila and Mutka. During the two hours they covered 14.8 kilometres while visiting controls. Another TuMe team also took part: TuMe Single, with Jouko Kössi running alone for 10.3 kilometres and finishing sixth. Hatman was responsible for organising Lovely Loviisa.



Piia handled one of the fourth legs in fine style. Photo: P3tja.

Fifth in the Halikko recreational class

5.	548	Turun Metsänkävijät-1	5.38.29	
Os. 1		Harri Poutiainen	37.20	
Os. 2A		Villiam Saarinen		43.41
Os. 2B		Tatu Teriö		47.08
Os. 2C		Joni Holmroos	1.24.28	41.15
Os. 3A		Jussi Salonen		38.21
Os. 3B		Oxana Tenhunen		38.57
Os. 3C		Simo Uusikartano	2.02.18	37.49
Os. 4A		Markku Ritanotko		50.13
Os. 4B		Piia Randell		44.15
Os. 4C		Joni Tenhunen	2.47.10	40.10
Os. 5A		Toni Rannikko		53.46
Os. 5B		Petri Nurminen		1.09.38
Os. 5C		Tuomas Peltola	3.53.52	46.44
Os. 6		Tapani Koskenoja	4.41.12	47.19
Os. 7		Ari Palo	5.38.29	57.17



Petri had a slightly tougher time on the fifth leg.



A bronze medallist showing his style.

Mikko is the club TrailO champion

Juha organised the club's TrailO orienteering competition in Impivaara. There were 28 competitors. The top eight places, led by Teemu Niskanen, went to the real specialists of the discipline. The club medals went to Mikko, Joni and Jussi.

The PreO competition had 40 controls along the Impivaara fitness trail. One control was voided because visibility was slightly challenging and there were two control flags in the terrain close to the correct location. One of them was an extra flag from a school orienteering course.

Club results: 1. Mikko Knuuti 31, 2. Joni Holmroos 29, 3. Jussi Salonen 28, 4. Max Millner 28, 5. Kari Vainio 27, 6. Simo Uusikartano 26, 7. Toni Rannikko 26, 8. Marko Orell 26, 9. Villiam Saarinen 26, 10. Toivo Knuuti 22, 11. Viljo Knuuti 22, 12. Tuomas Peltola 22, 13. Kirsti Knuuti 22, 14. Heikki Knuuti 20, 15. Joona Salminen 20, 16. Veikka Saarinen 19.



Even the experts considered Juha's course demanding.