



# Suunnistus- MÄNKIJÄ 1 2026



Øystein Kvaal  
Østerbø represented  
Norway at the World  
Championships for  
15 consecutive years.

## New strength from Norway

Norwegian double World Championship medalist Øystein Kvaal Østerbø has joined TuMe's strong team. In major relays, he shares the same achievements as our club: second place in both Jukola and Tiomila. On the following pages, you'll find a personal profile of Ökö and his goals with his new club.

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**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. Address is [kari.vainio@tume.fi](mailto:kari.vainio@tume.fi).



## Double master's degree from Trondheim

### Who are you?

Øystein Kvaal Østerbø, from Trondheim, Norway. I lived in Stockholm for six years (2011–2016). I studied at NTNU, where I completed master's degrees in computer technology (geomatics) and economics (finance). I enjoy travelling to new places around the world, and I have competed in orienteering in almost 50 countries so far.

### Your best achievements and memories?

I competed for Norway at the World Championships for 15 consecutive years (2004-2019). My best results are silver medals in the WOC Relay and Sprint Relay in Scotland in 2015, and 4th place individually at WOC in Japan 2005 and Norway 2010. I also finished 3rd overall in the World Cup, including one stage victory, and won bronze medals at the World Games (Middle and Sprint Relay). In the big relays, I finished 2nd with IFK Lidingö at both 10Mila (2014) and Jukola (2014 and 2016). However, my best memories are probably from all the travels to races and training camps in exciting places all over the world.



## TuMe's training camps proved appealing

### **What goals do you have for the year 2026?**

I have struggled with injuries since suffering a disc prolapse in my back three years ago, but last autumn I finally felt that I was back at a decent physical level.

Even though I am getting older, I still try to train twice most days. In recent years my main focus has been sprint orienteering, even if I have not been able to do the physical training needed to run fast on hard surfaces. For 2026, I am motivated to put a stronger focus on forest orienteering and club relays. I plan to run quite a few WRE races and am really looking forward to all the training camps and relays with TuMe.

### **Your favourite type of terrain?**

In the forest, I enjoy detailed and technically demanding terrain with good runnability, and ground that is not too soft or stony. For sprint, I also like technically challenging areas, such as old cities with irregular streets, narrow alleys, and stairs.

### **What brought you to TuMe's activities?**

I have known several TuMe runners for a long time and have always thought it was a legendary club that would be cool to represent. In recent years I have lived in Trondheim while representing Bækkelaget, which has most of its activities focused around daily training in Oslo. Because of that, I only meet most of the runners a few times a year and have not felt very involved in the club.

TuMe's frequent training camps in attractive locations almost every month throughout the year really appeal to me. I plan to attend all training camps and relays this spring, except 10–12 April, when I will be running the Norwegian Championships.



## Tactical knowledge for major relays

### **What do you believe you can offer the club?**

I want to help the club perform well in the big relays, and I believe my experience and tactical knowledge can be valuable for the team. I also have an individual ambition to fight for a spot on the first team at 10Mila and Jukola.

I know the club has many high-level runners, and that it will be very hard for me, especially at Jukola with only seven legs. The relay focus is something I have missed in recent years, with fewer relays during Covid and also less personal focus on relays.

Being part of TuMe and working toward the relays during the winter training camps really motivates me, and I hope I still have the ability to step up and perform at my best when it counts.

### **What do you know about Turku?**

I know Turku well and have been there many times, and I really enjoy the terrain around the city. I have many good memories from different orienteering races in the area.

At the World Cup east of Turku in 2013, I finished 7th overall in the Nordic Tour, which was a great forest result for me. When Jukola was organized near Turku in 2015, we went on several training camps with IFK Lidingö, as it was easy to take the ferry from Stockholm. The team did not succeed at Jukola (after finishing 2nd the year before), but I had the best time on the 5th leg. My most recent visit to Turku was at WMOC in 2024, where I finished 2nd in the sprint, held around the cathedral and the university.



## ***Competition trip to Trofeo Extremadura***

# **Two stage wins for Rale**

At the beginning of December, I headed for the Spanish autonomous region of Extremadura for the third year in a row to take part in the VIII Trofeo Extremadura de Orientación, the Iberian Championships. The event center was in the city of Cáceres. As a group, we rented an Airbnb apartment in the small town of Sierra de Fuentes, about 10 kilometers from the competition city.

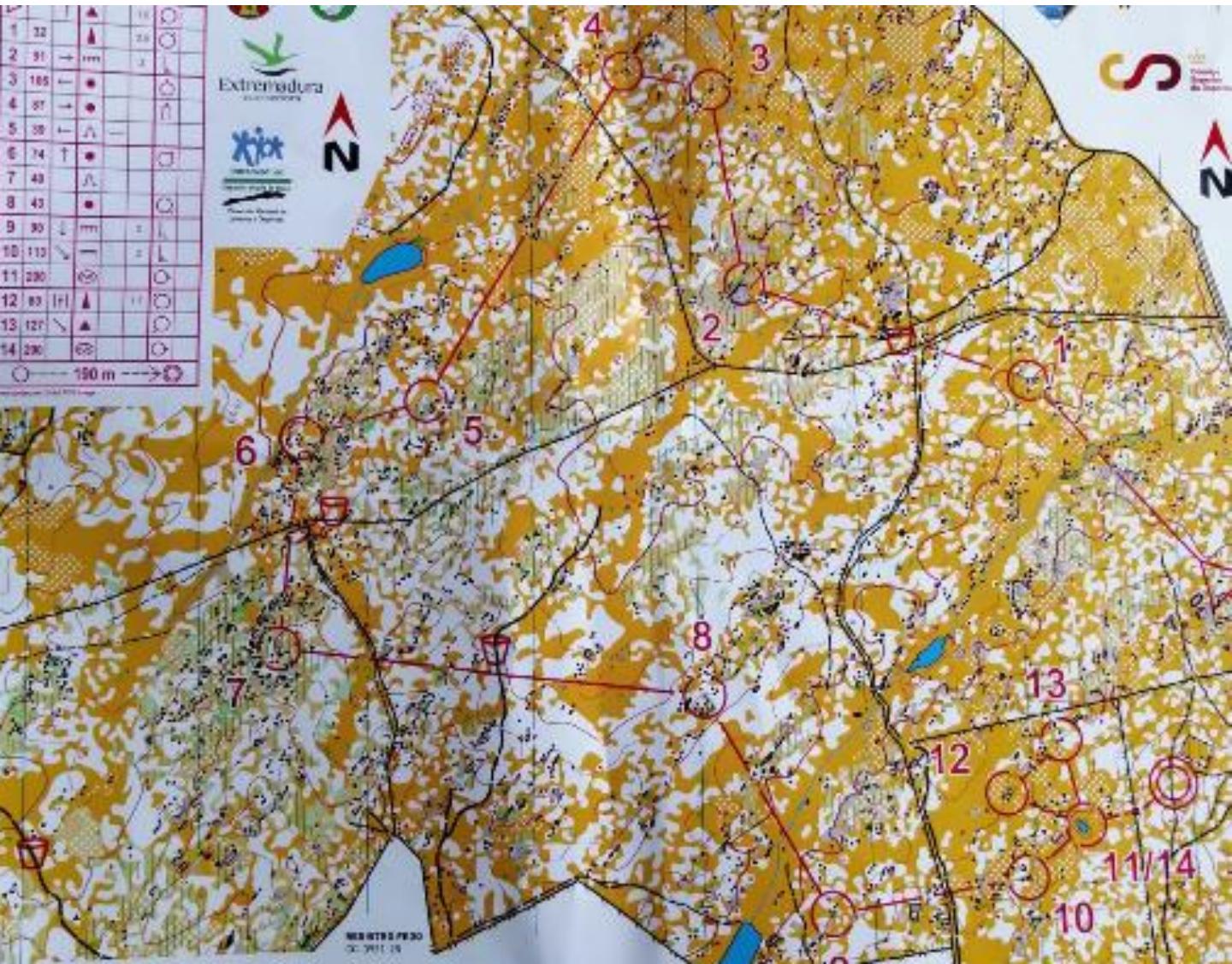
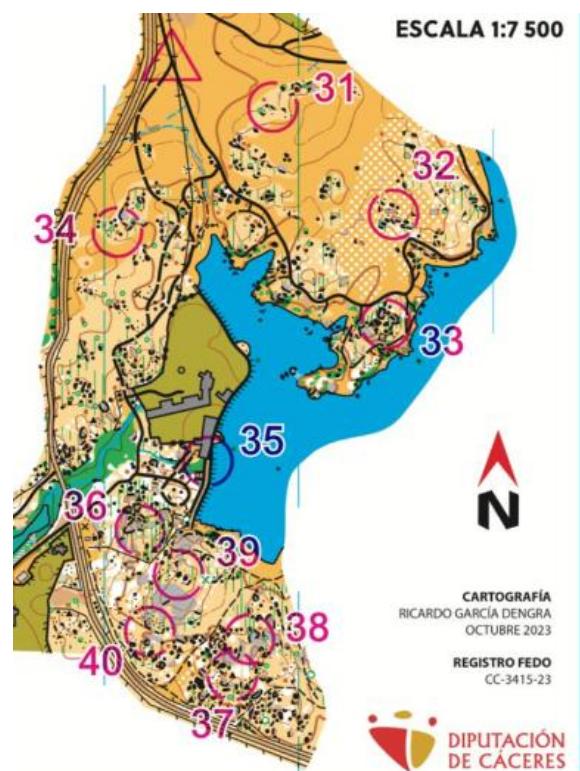
After quite a bit of searching, we finally found the accommodation and retrieved the keys from a lockbox. Getting the door open turned into a major battle, the lock was stiff, so we searched the house for something oil-like to get it working more smoothly. The apartment was cold, so we turned on all the heating we could. The stone floor didn't have time to warm up in a week, and since it's not customary there to have rugs on the floor, indoor shoes would have been useful. As we hadn't brought any, woolen socks thankfully did the job.

The next day, when we went grocery shopping, we were surprised by how crowded the store was. On top of that, our car was bumped in the parking lot, but luckily it was in the same spot that already had a scratch, so we were able to sort it out without any penalty. Only afterwards did we find out that the shops would be closed for the next three days, as Spain was celebrating national holidays.

We didn't buy enough food, but managed to get by thanks to small local shops being open despite the holidays.

At Friday's model event, the weather was a bit rainy but warm. The area wasn't very large, but it gave us a good picture of the terrain. On the other side of the lake we could already see the competition terrain for the second day, which looked somewhat unusual with its large stone slabs.

On the first competition day we woke up to find that the weather was good, cloudy but warm. In this story, warm means over 10 degrees. The drive to the competition arena took about an hour, and we found our way there easily without any signposting, which isn't really used there. You're given the coordinates and then you navigate. The first race was the long distance, and we noted that the terrain was grazing land, meaning it was time to rely on legs and running strength. My own race went completely wrong: I probably tried too hard, and after a good start I began to make mistakes and my running faded.

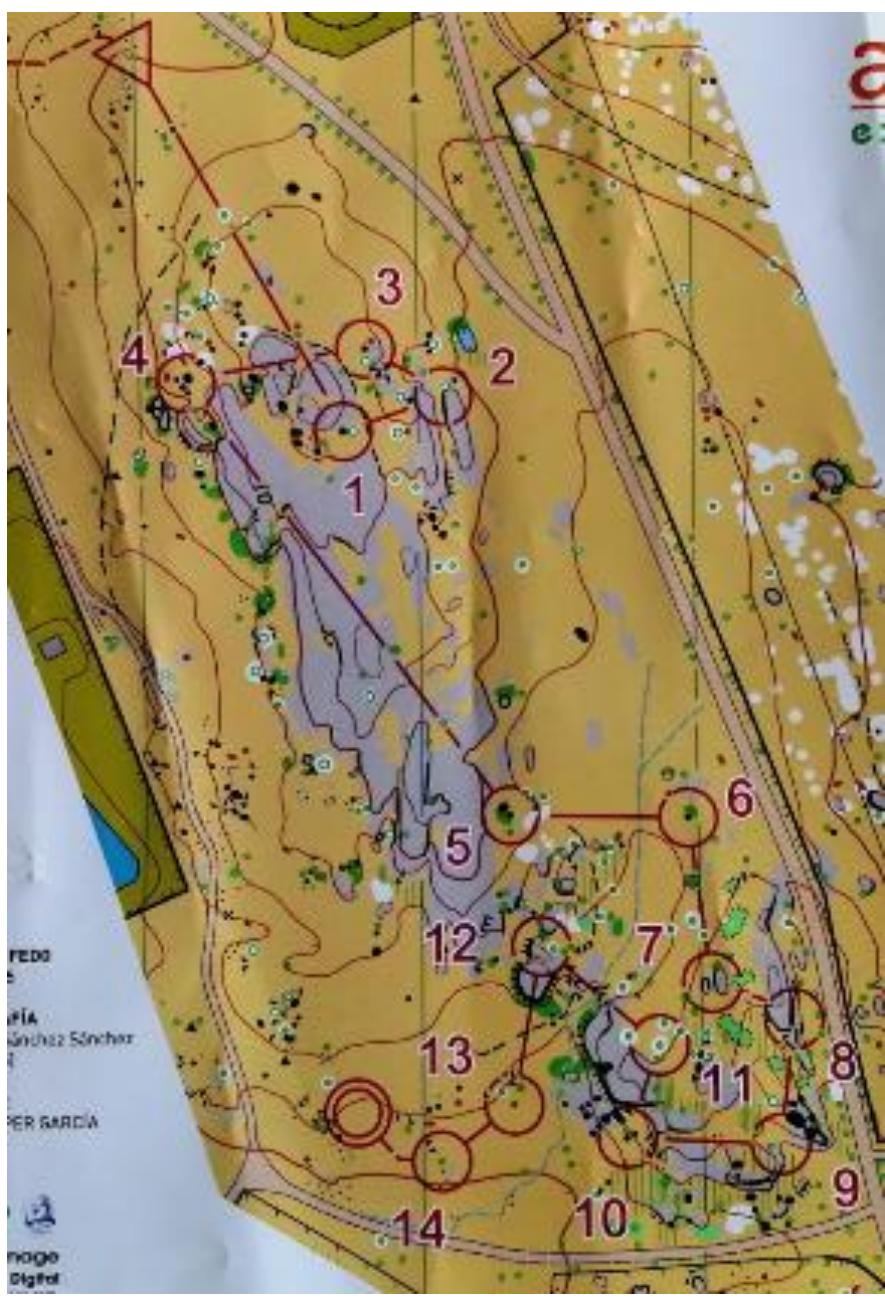
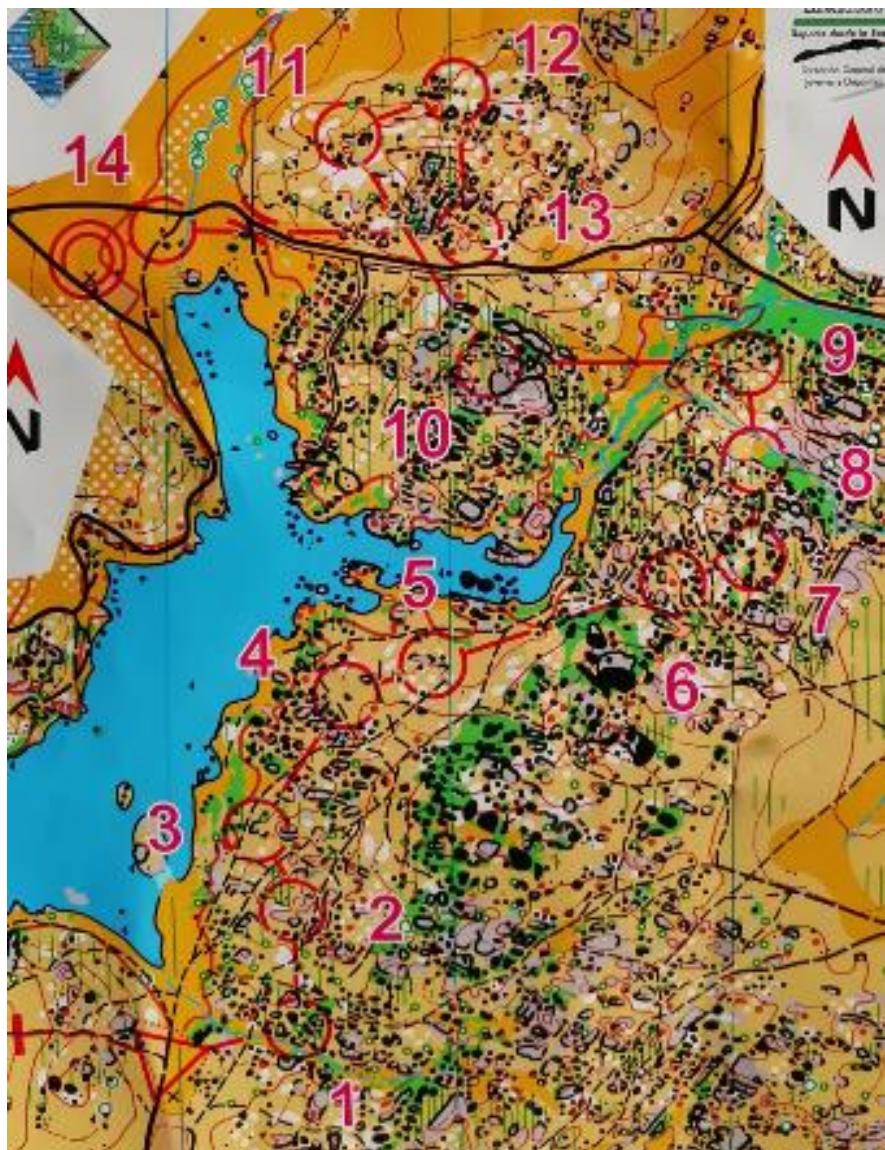


The second competition day included two races: a middle distance in the morning and a forest sprint in the afternoon. This time the competition area was right next to the model event area, and as we had already noted, a challenging race was ahead. I backed off the pace and ran the course without any major mistakes, and won the race.

During the break we went to a nearby village for coffee and a sandwich, and watched biathlon on Arena the women's pursuit, where Suvi started in the lead in Östersund. It was disappointing when the Austrian girl passed her at the end.

After that we returned to the competition arena, where the forest sprint was next. It was held in beautiful terrain and was fast-paced. Burdened by one mistake, I lost a couple of minutes to the leader and finished fourth.

In the overall standings I also moved up to fourth place, even though the first race had gone badly.





On the final competition day, the strain was already starting to be felt in the body, but that was probably the case for everyone. We concluded once again that it would be a demanding race, one that couldn't be solved with speed but with precision. I made a few mistakes, but so did others. I was truly surprised when I also won this race and moved up to third place in the overall standings. The gap to the leader was so small that the mistakes from the first day were now frustrating to think about. The weather improved on the final day, and while waiting for the prize-giving ceremony in the sunshine, it was already warm enough to dig out a T-shirt. In the afternoon we still had time to walk around the old town of Cáceres and see the sights, and in the evening it was time for packing and cleaning. In the morning we drove to Madrid airport, and the journey home began.

**Role**

# The fiftieth time tells the truth

The slogan of the Kotka-Jukola 2026 competition, “*Life from the Forest*,” suits us well. From the forests of Jukola, life and experiences have been sought and gained 49 times before.

How did an orienteering club that year after year hovered near the top of the Jukola Relay grow out of a Scout troop? The beginning did not seem particularly promising. Over the winter and spring, the pages of *Suunnistusmänkijä* aim to shed light on the eras of TuMe’s Jukola journey, starting from nearly 60 years ago.

The starting gun for Turun Metsänkävijät’ Jukola journey thundered on June 3, 1967, on the western edge of the municipality of Halikko, when TuMe’s Pekka “Päkä” Aalto set off to run the relay among 259 teams. Participation had already been considered a couple of years earlier, as it was known that Helsingin Metsänkävijät had taken part in the Jukola Relay a few times before. Juha Sellge, who ran the second leg, recalls that Kari “Kape” Karkola, who had moved from Helsingin Metsänkävijät to the TuMe camp in the early 1960s, was the real driving force behind the idea. Päkä, in turn, was probably the team’s manager and coach. Kape himself ran the third leg, after which the team’s position was 236th out of 250.



*The gateway of the 1967 Jukola in Halikko. Photo: Halikon Hakonistat.*



*Turun Metsäkävijät's first Jukola Relay team in 1967: Pekka Aalto, Juha Sellge, Kari Karkola, Keijo Nyström, Risto Lehtinen, Hannu Toivonen, and Pekka Ahlqvist, who of this group ran his final Jukola in 2015 on the sixth leg of TuMe's seventh team.*

At that time, the legs ran in fairly separate terrain sections. For example, on the second leg the course went deep into the Paimio area. The map was a basic map, and this was the last Jukola run on a black-and-white map. All legs were still so-called “pipe legs,” as no forking was used.

For TuMe, the old truth materialized on the 15-kilometer opening leg: you can only lose there, as after Päkä's 3 h 15 min night effort the team was already an hour and fifteen minutes behind the leaders.

Juha nevertheless kept TuMe in the game by running the team's best kilometer pace (10.30) on the 13.2 km leg. His strong condition came from football and ice hockey fields. Juha is the second of the team's brothers still alive, and he said in late November that it was lonely going at those positions.

Otherwise, memories of the relay have understandably faded, but one thing remained clear: Keijo-Kalevi “Keikku” Nyström was waited for a long time on the fourth leg. At that point the team was second to last, with Suomusjärven Sisu's second team running three minutes ahead.



Excerpt from the 1:25,000 competition map showing the 4.6 km leg between the first and second controls on Juha's second leg. At that time, maps did not yet include control-to-control lines.

On TuMe's fifth leg, Risto "Elmeri" Lehtinen arrived at the next exchange 10 seconds ahead of Suomusjärvi, with the team in 234th place and still second to last.

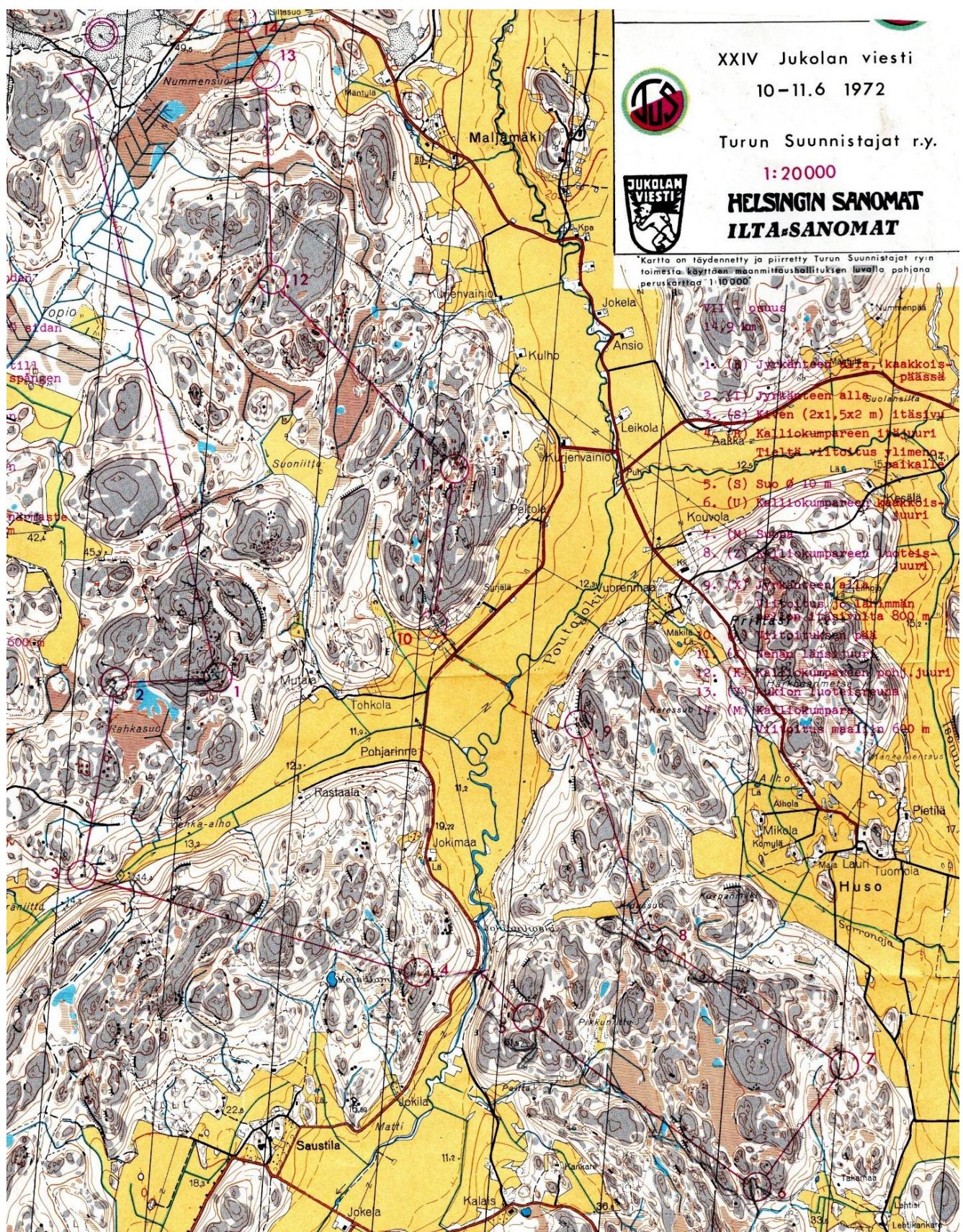
At that time there were no mass starts, and gradually teams dropped out for various reasons. Hannu "Toippa" Toivonen then set off on the sixth leg and completed it with the team's second-fastest kilometer pace. I met Toippa in late November and asked about the feelings of that first Jukola. He recalled how the organizers had set the starting runners' direction 180 degrees opposite to the true direction, and how men who had started off in the wrong direction returned to the start area even after a long time and only then headed toward the first control. Toippa could no longer find his own competition map, but Juha Sellge sent in his map from the second leg, donating it, along with his anchor-leg map from the 1972 Paimio Jukola, to our archives or for display.

When Toippa arrived at the exchange, the team was last in 222nd place, about half an hour behind the team ahead. Suomusjärvi had already dropped out of the results list, as had many other teams. Pekka "Ankka" Ahlqvist set off on the long 15-kilometer anchor leg with the goal of an approved team performance. Having to start alone 6 hours and 45 minutes behind the leader, it was the hottest part of the summer day. A few years ago, Ankka had told Matti Salonen that the race ultimately ended due to dehydration and lack of energy. Toippa, for his part, said he had been eagerly waiting for Ankka to reach the finish that afternoon and he did arrive, but on the organizers' tractor trailer. Thus, the first TuMe Jukola did not produce the result that *Mänkijä* magazine 1/67 had predicted under the headline *Toward Jukola*:

"With an even, reliable team there are very good chances to place in the better half. Unnecessary individual risk-taking must be forgotten, and a couple of minutes sacrificed for accuracy in order to achieve a team result."

The relay was won by Asikkalan Raikas, full of national team athletes, and a total of 214 teams reached the finish.

According to my own memories, the 1967 performance was not particularly celebrated even among ourselves. However, for us who in the early 1970s began to dream of participating in Jukola, that Jukola trip had become a legend and a challenge that had to be accepted.



Excerpt from the 1:20,000 map of the 1972 Paimio Jukola anchor leg, on which TuMe's relay was brought to the Jukola finish for the first time.

Me teimme sen. Juoksimme metsässä, suolla, risuissa, puistoissa, pimeydessä. Ja aurinkokin nousi ja kiipesi yhä ylemmäs taivaankantta, mutta me vain juoksimme. Me väsyimmekin, väsymme uupumiseen asti, mutta me jaksimme. Me jaksimme, koska meillä oli päämääri, jonka olimme päättäneet saavuttaa.

Mänkijöitä oli kaksi joukkueita, kummassakin seitsemän veljestä. Mutta olihan siellä muitakin, lähes puolituhatta joukkueita, eli aluun neljätuhatta kilpailijaa, ja katsojia kaksi kertaa sama määrä. Kullakin veljessarjalla oli taivallettavanaan kahdeksan pitkää peninkulmaa, joilla rasteja keskimäärin kilometrin välein. Aikaa rastin löytämiseen kului parhaille joukkueilla keskimäärin 7 minuuttia, huonoimmilla kaksi kertaa niin paljon. Eri matkaosuuksien pituudet olivat: 13,7; 13,5; 9,4; 7,8; 9,3; 12,5; 14,9 km.

Siellä oli 4000 autoa, pankki, posti ja kenttäraivola, sekä toista satavaanlaisa, jotka rouva maaherra ampui tykillä matkaan. Ja venlat juoksivat ihmisiestä, kaikeksi hirsimuissimmin Pirjo. Hän juoksi lähes kuin Veikko ja Tuomo, jotka metsän mestareina ottivat Lietoon sen, mitä he olivat tulleet hakemaan ja mikä heille kuului.

Jukolan viesti on huipputarheilua parhaimmillaan, eri asia sitten, mitä tarheilua. Ainakin se on melko kaukaan sítä, joka joskus määriteltiin kartan ja kompassin avulla tapahtuvaksi omakontaiskeksi etenemiseksi metsässä. Mutta Jukolan viestiä käytettiin kahdella tasolla, ja sítä toista tasoa edusti mm. Turun Metsänkävijät. Sijamme oli noin 350., sillä teimme kaiken, johon ITSE pystimme.

Kake



Osuus	Juoksija	Sijoitus viestissä	Tulos	Ero	Sijoitus osuudella	Osuus-aika
1	Jussi Salonen	409	2:00:04	+25:21	409/443	2:00:04
2	Kauko Salonen	421 (+12)	4:46:52	+1:30:06	420/443	2:46:46
3	Timo Alhoke	406 (-15)	6:29:23	+1:57:38	378/443	1:42:31
4	Matti Salonen	385 (-21)	7:34:22	+2:09:20	204/443	1:04:59
5	Jorma Eskola	385	9:37:55	+3:12:42	380/443	2:03:33
6	Martti Havia	377 (-8)	11:32:04	+3:51:32	331/443	1:54:09
7	Juha Sellge	353 (-24)	14:15:02	+5:05:14	331/443	2:42:58

Mänkijä 3/1972

The next time we went to Jukola was in 1972 in Paimio, this time with two teams. Competition maps had gained more color since 1967, and in 1972 in Paimio the gray patterns of open rock areas were also introduced.

The first team consisted of us juniors from Päkä's stable on the first five legs, with slightly older runners on the last two. Martti "Möykky" Havia ran sixth and Juha Sellge had the honor of anchoring the first TuMe team all the way to the Jukola finish. The second team included loan runners, which Hyttinen brought the second team from the opening leg to the exchange in 135th place, thanks to which, in the internal competition between the teams, the first team passed the second only on the fifth leg. We finished honorably 5 h and 5 min behind the winning team, Liedon Parma.

From my own race, only the tension and waiting in the exchange pen remain in my memory. I do recall how Juha Mieto came into the exchange in the lead from the first leg, and how he admitted having followed the right "horse" all the way to the last control. Especially memorable is also the performance of Matti "Masa" Salonen, who returned to TuMe's veteran ranks a couple of years ago, on the fourth leg at the age of 16 (kilometer time 8.20). Matti recently reminded us that his time on that leg was actually better than that of the runner on the winning Parma team.

The following year we went to the Jukola with only one team, and with roughly the same lineup as the 1972 first team, only the anchor changed. Toippa Toivonen ran in Juha's place.

That year, forking was used for the first time in the relay, though only on the first three legs. The forking method was borrowed from Sweden: there were three separate but similar courses,

which teams ran in different orders. The courses also had some shared controls. Following was made somewhat more difficult than when everyone ran the same course. Of course, packs still formed in large fields even with this method, but this marked the beginning of the development of forking in major relays.

The opening leg once again proved to be our team's stumbling block, but gradually we climbed in the standings, at best reaching 278th place after Masa's sixth leg. Fifty other teams were behind us at the exchange, and we were "only a little over three hours" behind the leader. This was, relatively speaking, the best position during the race among the first three TuMe Jukolas described here. The anchor of the winning team, Angelniemen Ankkuri's Seppo Väli-Klemelä, had already finished by then. Finishing in the better half remained a distant dream.

In the autumn of 1973, Päkä had arranged for the legendary Veikko "Veko" Kiili from Liedon Parma's Jukola team to speak to us about training for competitive orienteering and its physical demands. Veko himself was known for the fact that the issue was certainly not lack of fitness or speed. Masa Salonen recalled that at some meeting Veko recommended joining "proper" orienteering clubs if one wanted to seriously commit to competitive orienteering. On the other hand, criticism also came from the scouting side, questioning whether club-like sports activity was proper scouting (among other places, in *Mänkijä* magazine). Orienteering club activity had not yet established its position; people only spoke of Päkä's stable. When invitations then came to some of us from orienteering clubs in neighboring municipalities, steps in that direction were taken, which was probably not Päkä's intention when he organized orienteering training for us. In Masa Salonen's case, that leap into the unknown produced excellent results: together with his coach Veikko Kiili, he went on to claim third place at Jukola in 1980 with Liedon Parma's team.

Orienteering activity continued actively among the younger members within TuMe, even though after 1973 it took five years before a new young generation once again raised the TuMe banner in the Jukola tent village in 1979. Since then, Turun Metsänkävijät' colors have been continuously represented in every Jukola Relay.

And victory has been very close. Somehow there is a feeling that the fiftieth time will tell the truth.

**Timo "Tippi" Alhoke**

# January Street-O events

la 03.01.2026 - ke 07.01.2026	12:00 - 19:00	Lieto
la 10.01.2026 - su 11.01.2026	06:00 - 23:59	Kankaanpään kirjasto
ke 14.01.2026	17:30 - 19:00	Hauninen
ke 21.01.2026	17:30 - 19:00	Puistomäki
ke 28.01.2026	17:30 - 19:00	Naantali

## Veterans' southern training camp

The traditional southern training camp of the Ultraoldblacks will be held at the Kemiö cabin from Tuesday to Thursday, January 20–22. The age limit will be applied flexibly. For inquiries and registrations, please contact [kari.vainio@tume.fi](mailto:kari.vainio@tume.fi).



*Photos from last year's January camp.*