



# Suunnistus- MÄNKIJÄ 6 2025



*It was seen on the streaming image, the coach Juha cheered the anchor Uldis, as he ran through in the fifth place keeping the team's position to the end.*

## Samu, Johan and Uldis fifth

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).





*Samu made a great start in Anttola, bringing the first team from the opening leg to the fifth.*



*Sale was the second fastest starter in the club.*



*Uldis was third in the anchors' split.*

*Photos by Marko Kantaneva and Kristiina Martikainen*



**Lari's 30s birthday was celebrated at the Jukola camp**





## **Samu and Russe came back in action with the SM middle**

Samu and Russe had to skip Tiomila due to foot problems, but both took part at the Finnish championships in Outokumpu reaching the A-final. In the final results of the WRE, Russe was 25th and Samu 29th.

In total, there were ten Blacks in the race. Lergo was the only medalist, taking bronze in the H65 category.



**Mikkeli-Jukola info**  
**14.-15.6.2025**

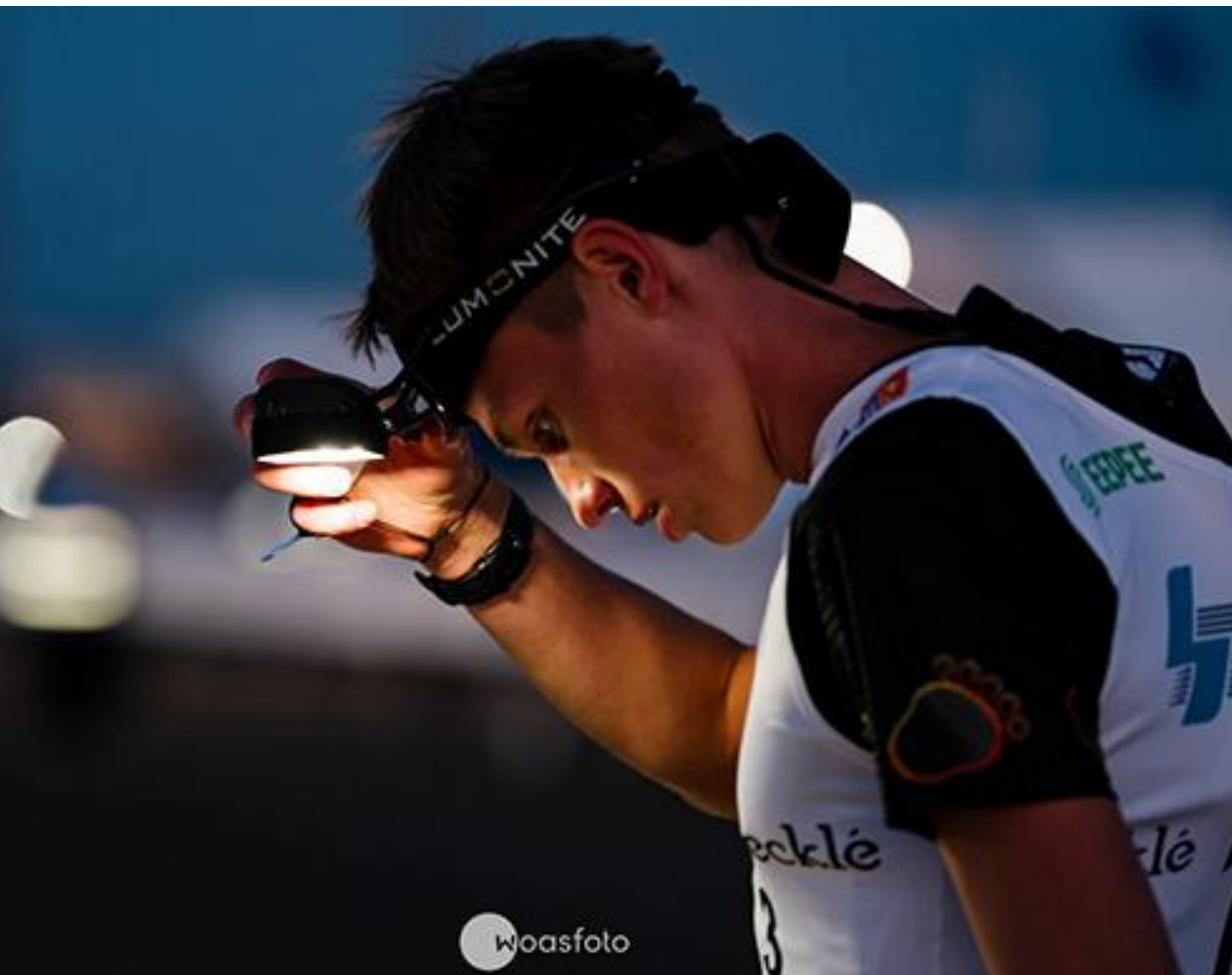
## **Check out the club's Jukola pages**

We have seven teams for Jukola and one for Venla. Everything you need to know about Jukola before you post can be found on the site, traditionally maintained by Hannu:

<https://tume.fi/suunnistajat/jukola/>

Please note of this year's traffic arrangements. Everyone will be transported by bus from the parking areas to the competition centre.

## Introducing Fricis Spektors



### Challenging terrain, maximum fun

**Name, nickname, age, profession, hometown?**

Fricis Spektors, Fisu, 24, Orienteering coach, Porvoo.

**Your orienteering goals for 2025?**

My goals for 2025 are WOC and Jukola. Those are the races where I want to be at my best.

**What are your memories about Tiomila, when you ran a TOP10 leg time?**

In Tiomila, unfortunately, I did not start from the best possible position so I knew that team needs a good performance to still get in the fight for our goal - Top 10 result. I tried to do my best and run a clean performance. I had few small mistakes but no big problems. Afterwards I was quite surprised to see that leg position was so high up the list.

**What are your expectations for Jukola?**

My own expectations - be in the first team and do a stable performance. My spring shape hasn't been as expected so it's time to turn it around just in time for the main goals of the season.

**Where do your best memories come from?**

Best memories comes from some good relay performances with the team - for example Rovaniemi Jukola in 2021 or SM relay in 2022.





### **How much do you train?**

I'm training 2 times every day. Luckily, I can combine my work with heavy training so it makes the life of an athlete easier. But of course it is also demanding, some days when I have more work and I need to squeeze in 2 training sessions.

### **What's it like to be a Latvian orienteer in a Finnish club?**

TuMe has been a familiar club for Latvians for a while already - I was not the first to join the club nor the last one. But as I have been living in Finland already for the past 4 years - training camps and competition trips are basically the only times when I can meet my orienteering friends from Latvia!

### **Your favorite type of terrain?**

Some fast and technical terrains. I don't have any particular ones but the more extreme the more fun!

### **What advice would you give to a recreational orienteer from the club heading to Jukola?**

There is still time to get your fitness up and sharpen your orienteering skills! I would suggest to go to forest at least once a week until Jukola. The more orienteering you do now - the easier it will be during the magical Jukola night!

### **What do you think about Turku (the city)?**

It's a beautiful city, especially during summer. It's always nice to visit the city and go for a run along the Aurajoki.





### **What do you eat when training and racing aren't your main focus?**

At the moment, there are not many days in a year when training is not my main focus. It's a little boring but even in those couple of days I try to eat as healthy as possible. Nutrition is very important part of athlete lives so we have to be careful and put the best possible fuel in the bodies day in and day out.

### **How much do you sleep?**

I sleep an average of 8 hours per night. As we all know, sleep and recovery are super important for everyone but even more so for the athletes.

### **Anything else you'd like to share?**

I would like to give a shoutout to our support team - it is always highly appreciated during the biggest races of the season when there are people who are helping the team and making sure that we can just focus on our races. Thank you!!!