



Suunnistus- MÄNKIJÄ 7-8 2026



TuMe's first team featured Yannick (left), Danny, Hesa, Jossu, Aksu, Russe and Uldis.

Two Places Higher, But More Was Within Reach

TuMe's first team finished 11th at Jukola, improving by two places compared to last year. However, the team had the potential to finish even higher, with a top-10 result well within reach.

Suunnistuspöytäkirja is the newsletter of the orienteering club Turun Metsästäjät, 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.



The photo captures the moment when Uldis pulls away from both Koovee's Kivikas and OK Ravinen's Bergman on the finishing straight. Jukola photos: Kimmo Hirvonen and TuMe's own photographers.

Every Team Reached the Finish

Yannick summed up the team's feelings after Jukola in an Instagram post:

"We improved by two places compared to last year, but the result still left us with mixed feelings. Our ambitions are higher, and our focus has already turned to Jukola 2027 in Vuokatti."

Despite those mixed emotions, the club delivered a strong overall performance. TuMe's first team finished 11th and the second team 30th. All seven TuMe teams completed the relay successfully, while the women's Venla team also reached the finish with a solid performance.

For the first time in the 2020s, every TuMe team that started Jukola or the Venla Relay completed the race. As this marked the club's 50th participation in Jukola, it provides an excellent foundation for the years ahead.



Uldis has been TuMe's reliable anchor runner in both major relays this season.



First-team runner Jossu reached the changeover from the fourth leg just ahead of third-team runner Manu, who was arriving from the third leg.

Coach Taini's Summary: **Consistently Good, But Not Quite Enough**

We performed consistently well throughout the relay and came very close to finishing in the top six, perhaps even higher.

The problem was that "quite good" wasn't enough. We made too many small mistakes and ended up in the wrong forkings a few times. Although we recovered quickly each time, those errors were enough to lose contact with the leading teams.

We recorded only one top-10 leg performance, which shows that we lacked the sharpness needed to challenge for the very top. One or two outstanding individual performances could have lifted us into the highest positions, but the easier and safer route to success is simply to stay clean throughout the relay.

In Tiomila we recorded five top-10 leg times, which explains why we were much closer to the front there.

Our second team also came very close to an excellent result. The overall performance was remarkably consistent, highlighted by a few truly outstanding individual legs.



Racing on his home terrain, Lari delivered an outstanding opening leg and reached the first changeover a few seconds ahead of Yannick.



Aksu (right), who ran the fifth leg, was the team's only runner to record a top-10 leg time. In the photo, he is waiting for the prize ceremony together with Jossu and Danny.



An exhausted Samu at the changeover after his demanding third leg. Manu hands over to Scotsa after the third leg.



Some of TuMe's Ukrainian athletes over the years: Russe (left), Oleksandr Kratov, who represented TuMe at Jukola from 2006 to 2008, and Vyacheslav Mukhidinov, who competed for the club from 2005 to 2011. Also pictured is Ukrainian orienteer Olena Babych.

Both Russe and Kratov achieved eighth-place finishes at Jukola while representing TuMe. Kratov and Mukhidinov were also members of TuMe's team that finished fifth at Tiomila in 2008.

≡ **Kymen Sanomat**

Kymen Sanomat

Kotkassa on enemmän väestönsuojapaikkoja kuin asukkaita

Sivut 2--4

Hämäläinen Lari Takanen ja pyhtääläinen Rasmus Töyrylä kilpailevat viikonloppuna Kotka-Jukolassa. Molemmat ovat mukana kovissa joukkueissa. He kertovat, että Jukolan viesti on kauden tärkeimpiä kitoja, vaikka kilpailu seurapaikoista on tiukkaa.

KUVA: LASSI KALIN

Metabolic or other risk factors



Patu brings the fifth team to the changeover after the fourth leg. Although the forest terrain absorbed most of the rain, this year's Jukola camp was wetter than usual.

11 Turun Metsänkävijät (13)					8:15:28		30 Turun Metsänkävijät 2 (47)					8:35:24	
1 Yannick Michiels		1:22:02	26.	1:22:02	26.	1 Lari Takanen		1:21:58	24.	1:21:58	24.		
2 Daniil D-B Kashin		1:06:38	11.	2:28:40	6.	2 Marek Minar		1:13:36	57.	2:35:34	44.		
3 Samu Heiska		1:29:07	16.	3:57:48	10.	3 Rihards R. Krumins		1:31:14	21.	4:06:49	29.		
4 Johan Ek-Larsson		46:02	23.	4:43:50	9.	4 Tapani Koskenoja		46:15	26.	4:53:05	26.		
5 Akseli Virtanen		46:29	9.	5:30:19	8.	5 Fricis Spektors		47:14	15.	5:40:20	16.		
6 Ruslan Glebov		1:09:35	18.	6:39:55	10.	6 Edgars Bertuks		1:13:01	38.	6:53:21	28.		
7 Uldis Upitis		1:35:33	31.	8:15:28	11.	7 Matiss S-J Saulite		1:42:02	56.	8:35:24	30.		
133 Turun Metsänkävijät 3 (92)					10:08:46		235 Turun Metsänkävijät 4 (508)					11:18:15	
1 Øystein Kvaal Österbo		1:38:50	321.	1:38:50	321	1 Max Millner		1:50:07	480.	1:50:07	480.		
2 Esa Huttunen		1:16:37	92.	2:55:28	143	2 Sami Kääriäinen		1:40:55	383.	3:31:02	393.		
3 Manu Mutka		1:48:43	145.	4:44:11	138	3 Vesa Arki		2:02:19	332.	5:33:21	347.		
4 Scott Fraser		47:46	50.	5:31:57	108	4 Toni Rannikko		1:02:03	325.	6:35:25	314.		
5 Jussi Suna		56:49	118.	6:28:47	107	5 Riku Levälehto		1:07:08	294.	7:42:33	292.		
6 Sakari Holmroos		1:38:28	281.	8:07:16	125	6 Tuomas Peltola		1:32:34	206.	9:15:07	256.		
7 Erling D. Sommerfeldt		2:01:30	251.	10:08:46	133	7 Taneli Korpinen		2:03:08	257.	11:18:15	235.		
556 Turun Metsänkävijät 6 (473)					13:16:12		1005Turun Metsänkävijät 5 (796)					15:27:53	
1 Olli Salo		1:50:59	511.	1:50:59	511.	1 Harri Poutiainen		1:45:43	416.	1:45:43	416.		
2 Valtteri Vainio		1:45:37	485.	3:36:36	453.	2 Marko Orell		2:08:07	1013.	3:53:50	681.		
3 Lauri Vainio		2:32:06	950.	6:08:43	594.	3 Timo Lainema		2:51:10	1295.	6:45:00	865.		
4 Petteri Hirvonen		1:33:23	1251.	7:42:06	681.	4 Rauli Helkkula		1:30:17	1189.	8:15:17	897.		
5 Karoliina Hirvonen		1:32:02	928.	9:14:08	696.	5 Timo Alhoke		1:36:41	1030.	9:51:59	894.		
6 Eveliina Hirvonen		1:36:06	235.	10:50:15	571.	6 Kimmo Jalonen		3:07:07	1547.	12:59:06	1109.		
7 Eetu Hirvonen		2:25:56	699.	13:16:12	556.	7 Piia Randell		2:28:47	747.	15:27:53	1005.		
1062Turun Metsänkävijät 7 (1397)					15:41:12		920 Turun Metsänkävijät (961)					7:10:01	
1 Ben Millner		2:09:17	931.	2:09:17	931.	1 Saija Mutka		1:23:38	679.	1:23:38	679.		
2 Jouni Vidqvist		2:22:10	1263.	4:31:28	1088.	2 Eija Sulavuori		2:18:48	1233.	3:42:26	1042.		
3 Mauri Hämäläinen		3:09:01	1493.	7:40:29	1276.	3 Oxana Tenhunen		1:18:39	672.	5:01:05	889.		
4 Hannu Arki		1:21:14	920.	9:01:44	1205.	4 Sari Wilhelmiina Vepsäläinen		2:08:56	1050.	7:10:01	920.		
5 Lauri Kangas		1:47:28	1246.	10:49:12	1201.								
6 Vilho Gröndahl		2:27:57	1249.	13:17:09	1190.								
7 Petri Nurminen		2:24:02	662.	15:41:12	1062.								



Samu flies down the finishing chute after his leg, with Russe and Uldis waiting to greet him at the changeover. Photo: Ökö.

Strong Comeback Earns Another Podium Finish

Despite a difficult start, TuMe fought back brilliantly to finish third in the latest Finnish Relay League race in Sotkamo, securing their second podium finish of the season.

Uldis encountered problems on a couple of consecutive controls on the opening leg, and the team's deficit to the leaders grew to almost six minutes. At the first changeover, TuMe was in 15th place.

The course proved demanding for many teams. For example, Helsingin Suunnistajat reached the changeover more than two minutes behind TuMe's first team and one minute behind TuMe's second team, where Sale ran the opening leg.

Russe launched the comeback on the second leg with the second-fastest split of the day, lifting TuMe to fifth place. On the anchor leg, Hesa continued the charge and brought the team home in third. He recorded the third-fastest anchor-leg time, finishing only 40 seconds behind Topi Syrjäläinen and Eetu Savolainen. Over the second and third legs, TuMe lost only around 30 seconds to the leading team.



The seconds keep ticking away – but there's still no sign of Heiska.



The TuMe trio on the podium.

TuMe's second team also enjoyed an impressive finish. After changing over in 18th and 16th place, Aksu's excellent anchor leg lifted the team to ninth overall. He recorded the fifth-fastest anchor-leg time, while Jossu ran the second leg.

The club's third team, featuring the experienced trio of Ökö, Manu and Juppu, also produced a solid performance to finish in 20th place.



Aksu covered the finishing chute six seconds faster than Hesa.



Manu welcomes anchor runner Juppu with a hug at the finish. Photos: Marko Kantaneva and Ökö.



Russe calls the shots, with Kirmula hanging on behind. Photos: Touho Häkkinen and KRV 2026.

Russe Pushed Kirmula All the Way

After three stages, Miikka Kirmula looked firmly on course for overall victory at Kainuu Orienteering Week. Although Russe had posted the fastest time on Stage 3, he approached the chasing start with realistic expectations, admitting that Kirmula had been in a class of his own throughout the week.

The final stage, however, turned into a thrilling battle. Russe quickly erased Kirmula's three-minute lead, and the pair ran together for almost the entire 10-kilometre course.

The race was decided only on the fast, running-oriented closing section, where Kirmula managed to pull away from the 2019 Kainuu Orienteering Week winner. At the finish, the margin between the two was just 24 seconds.

A total of 11 TuMe athletes competed in the elite and age-group classes at Kainuu Orienteering Week. In the elite class, Samu finished fourth, Sale seventh and Ökö 13th, while Uldis and Manu also competed. In the M65 class, Simo claimed victory in one of the stages.





Russe Wins Two New Fans

Ten-year-old Siiri and seven-year-old Helmi Poutiainen enjoyed Kainuu Orienteering Week at their own pace, completing the Family course each day.

After winning Stage 3, Russe received a prize bag filled with bread and pastries. Apparently, not all of it fitted into his nutrition plan before the chasing start the next day. The girls, however, were more than happy to help, and Russe came away with two new fans.

The fun didn't end when Orienteering Week was over. Back at the holiday cottage, the sisters created their own maps and organised the Rinnetuulia Orienteering Days – with Poutsä reportedly among the competitors.

Jossu Finishes 14th at Fin5

Jossu placed 14th and Aksu 21st at the Fin5 Orienteering Week in Salla.

Around ten TuMe orienteers took part in the event, including juniors Eero Lempainen (M18E), Johannes Lempainen (M16) and Otto Lempainen (M12TR).

Jossu ready to start another stage of the Orienteering Week. Photo: Arto Tuuha.



Vesa on his way to victory, while Lergo powers towards silver. Photos: Vakka-Rasti and Jarmo Jokila.

Five Regional Championship Medals

TuMe collected five medals at the regional championships held in the Vakka-Suomi area on the last weekend of July.

Vesa Arki claimed the middle-distance regional title in the M35 class, while Taneli Korpinen won gold in M40. Oxana Tenhunen took bronze in W50, and Lergo added a silver medal in M65. Masa Salonen served as the event director.

The following day, Hannu, Tippi and Ralle won silver in the M70 class at the Regional Championship Patrol Orienteering event.

Victories at O-Ringen



Russe finished third in Stage 2 of the highly competitive elite class at O-Ringen. He later admitted that he had benefited from running behind stage winner Viktor Svensk. Likewise, runner-up Gustav Bergman (left) raced together with Emil Svensk, who finished fourth. Russe's hopes of a high overall placing, however, ended with a disqualification in the sprint stage. Sale went on to finish an excellent 20th overall at O-Ringen. Photo: Tero Marjamäki.



Juha won the elite class in Trail Orienteering at O-Ringen. Along with the flowers, he received a cheque for SEK 5,000. Pinja Mäkinen finished second, while Italy's Aaron Gaio placed third.



Yannick leads the Knock-Out Sprint semi-final, followed by Isac von Krusenstierna and Aaro Aho.

Yannick Impresses with Outstanding Knock-Out Sprint Performance

Yannick finished seventh in the Knock-Out Sprint and 11th in the Sprint at the WOC. Fisur was the first athlete to miss out on qualification for the Sprint final, and in the Knock-Out Sprint he also narrowly failed to advance from the quarter-final. In the relay, Fisur's Latvian team placed 18th.

After the Knock-Out Sprint, Yannick wrote on Instagram that he had felt in great form throughout the competition and delivered two strong races in both the quarter-final and the semi-final.

"It's frustrating to miss out on the final by just half a second after such a tight finish."

Although Yannick had led the pack for most of the semi-final, Isac von Krusenstierna and Math Perrin edged ahead in the final sprint to the finish. The quality of his performance was highlighted by the fact that his semi-final was by far the fastest of the three heats on the highly technical course.

"It was still the best-ever result by a Belgian athlete in a World Orienteering Championships Knock-Out Sprint, as well as my personal best. I'm proud that I'm still able to perform at the highest level when it matters most."

After the Sprint, Yannick described the courses as extremely demanding, with hot conditions and fierce competition.

"Like many others, I didn't manage a clean race and made two bigger mistakes that cost me valuable time. It's disappointing to miss out on a better result, but it's encouraging to know that I'm still capable of fighting for the top positions."



Rogainers Timo, Marko and Joni looking just a little nervous before the start. Notice the TuMe heat jerseys representing three different decades of the club's history.

24 Hours in the Heat

Without having learned much from last year, we once again headed to a major rogaining championship – the European Championships in the Czech Republic on 27–28 June 2026, competing in the Super Veterans category. In reality, however, our route took us through the mountain forests on the Polish side of the border much more than in the Czech Republic.

As race weekend approached, the weather forecast became increasingly intimidating. The temperature graph looked like a perfect bell curve, peaking exactly on race weekend. And that's exactly what happened. At the Saturday start, the temperature was around 35°C, and when we finished on Sunday it was almost the same. After the race we continued to Prague, where it was 40°C, and somewhere else in the Czech Republic an all-time national temperature record of 41.5°C was set that very day. Looking back, it's remarkable that none of the three of us suffered heat stroke – we have no idea how the other competitors fared. The only upside of the weather was that we never once had to put on extra clothing during the race. Even during the night the temperature stayed around 24–25°C.

Timo had wisely kept the bargain Chinese floral sun hat he had bought for just a couple of euros last year, and once again it proved to be an outstanding piece of racing equipment. Joni opted for a classic British Empire-style desert hat, while Marko relied on his grandfather's old agricultural co-op baseball cap. All three choices worked well, although Marko's neck was bright red by the finish.

The race map was at a scale of 1:50,000, which took some getting used to. For the first time in our rogaining careers, we gave up on finding a control early in the race after spending 15 minutes searching unsuccessfully through thick vegetation. Later, after checking the GPS track, we estimated that our navigator Tenhunen had actually passed within about 20 metres of the control. That mistake cost us one place in the final standings, although fortunately not a medal.

One remarkable feature of the event was that there wasn't a single official water station anywhere on the course. It is difficult to understand why the organisers failed to address this during the final week despite the extreme weather forecast. Their official advice was simply: "Drink from the streams – they are all safe." The problem was that many of those streams had already dried up. In the heat and drought, water was often unavailable for long stretches.

Fortunately, we had prepared by carrying nearly three litres of drinks each from the start. Even that wasn't enough. At one point we knocked on the door of a farmhouse, where a kind Polish grandmother gave us two 1.5-litre bottles of water and refused to accept any payment. Dziękuję!

The lack of water even led to conversations like this. Joni: "You can't drink from that – there are frogs swimming in it." Marko: "Go ahead. Frogs don't swim in dirty water." Over the 24 hours, each of us probably drank somewhere between 10 and 12 litres of fluid.

Overall, the event organisation felt rather rushed, and we repeatedly compared it with the excellent 2025 World Championships. The map was apparently an old Czech Championship map that had not been updated for 16 years. Many paths had become roads, others had disappeared completely, locating mapped ditches often required a vivid imagination, and many areas marked as open land had turned into young forest.



When the mapped paths don't exist, the "building" turns out to be two rickety hay sheds, and the mapped ditch has vanished completely, this is what you get. These two navigation blunders cost us 15 and 25 minutes, respectively.

Normally that wouldn't matter too much, but when controls were placed at features that could no longer be reliably identified, navigation sometimes became little more than educated guesswork. For us this resulted in four mistakes of more than ten minutes each. Judging by the GPS tracking, however, that was actually fairly normal and perhaps even below average.

We had learned something from last year's mountain climbing adventures and deliberately planned a route with as little climbing as possible. That meant fewer points per kilometre, but it also saved a tremendous amount of energy. The strategy worked perfectly for us. This time we managed to keep going all the way to the finish, even though the last few hours were more of a shuffle than a run.

The effectiveness of the strategy is illustrated by comparing ourselves with *Lupus Furiosus*, the Finnish team that won silver in the Veterans category. They covered only about 20% more distance than we did (110 km versus 91 km), but climbed 82% more vertically (4,000 metres versus 2,200 metres). Naturally, they also collected far more points – 72% more than we did. The strongest teams can keep climbing even in extreme heat.

Looking back, we realised that a bronze medal in the Super Veterans category would probably have been achievable even without running at all – provided we had maintained our walking speed during the final hours instead of slowing down as much as we did.

Remarkably, covering 91 kilometres caused very few physical problems. For Marko and me, the only real complaint afterwards was our little toes, which had turned into something resembling pieces of ginger despite careful taping. Even our backsides escaped without soreness.

Although these 24-hour rogaines are unforgettable experiences – especially in retrospect – Marko and I agreed that this was probably our last full-distance rogaining event for at least a few years. Then again, perhaps the suffering will be forgotten in a couple of weeks. Joni, however, is already looking for a teammate for next year's World Championships in Australia. Volunteers are welcome!

We also heard a rumour that Finland has applied to host the 2029 World Rogaining Championships. If that's true, we'll probably have no choice but to stand on the start line once again for a home World Championship.

Timo Lainema