



Suunnistus- MÄNKIJÄ 8 2025



Sale did a great job in both World Championship races

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.



Russe showed some emotion for the TV camera after the middle. He finished 18th.

Four Blacks at the WOC in Kuopio

22-year-old Sale ran his second World Championships with great success. He placed 31st in the middle final and 23rd in the long distance.

Russe had to withdraw from the long distance due to a foot injury. Uldis, on the other hand, had already recovered from his foot injury and ran in Latvia's relay team together with Edgars.



Aksu placed 11th in the Kainuu. Photos: KRV.



Markku participated in both orienteering weeks.



Simo, Rauli, Mikko and Tatu are waiting for the start of the relay.

About ten took part in Kainuu and Fin 5

Rauli, Markku and Simo completed both orienteering weeks.

There were 10 club members competing in the Kainuu Week and 11 in Fin 5. In addition, some took part in the open classes.

The results lists also include juniors — at least three from the Lempainen family and two from the Poutiainen family.



Marko, Timo and Joni.

Timo Lainema's report from the WRC in Spain, July 5–6

Edu set the courses for three from Turku

First, some explanations: we – Marko, Joni, and I, Timo – started preparing for the World Rogaining Championships well in advance, already in October–November, with Nordic walking. However, the last two-plus months before the competition went completely wrong. Marko and I were constantly ill throughout late spring. For example, I only managed 14 proper training sessions from early April until the competition, of which only four were longer than three hours. All spring long, there was talk about the need for hill training, but it never happened. So the starting point heading into the competition wasn't very optimistic.

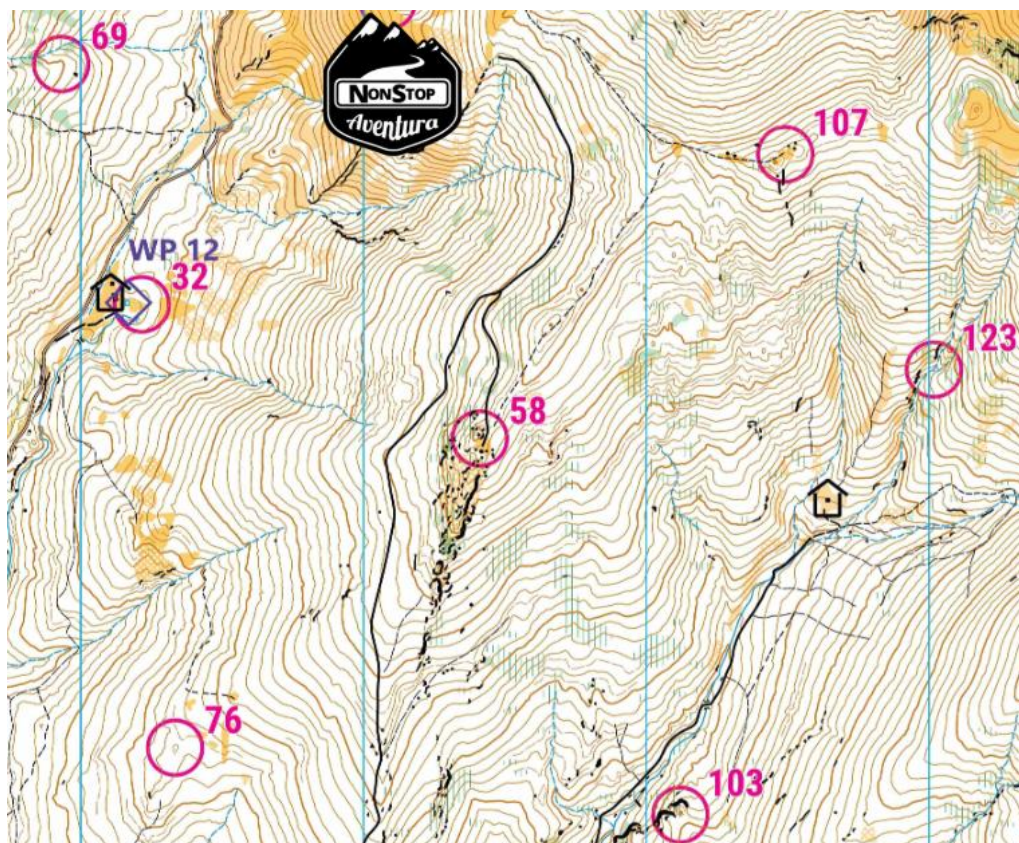
The competition area was located on the southern slopes of the Pyrenees, 270 kilometers north of Madrid. Naturally, we expected significant elevation changes, and we had decided in advance to approach the hills with respect.

The event center sat at an altitude of 1,000 meters, and the two mountains within the map area rose to well over 2,000 meters. The weather forecast for race day looked fairly reasonable — 25°C down in the valley, cloudy, with rain in the afternoon. However, the actual weather turned out quite differently: the sun shone from a cloudless sky all Saturday, and temperatures probably reached around 30°C.

Luckily, we had found wide-brimmed hats at a Chinese thrift store that protected both our faces and necks — especially helpful since the midday sun was nearly directly overhead.

Marko and I took part in our first 24-hour rogaining event back in 2015 in Kiilopää. This was the first time, however, that a race included all three essential rogaining elements: optimal route planning, a true physical challenge, and real navigation difficulty. The latter, in particular, has often been absent — even in World Championships — but this time the course provided proper orienteering.

As an example, the map snippet below shows some of the control points (shared here with permission from the event organizers).

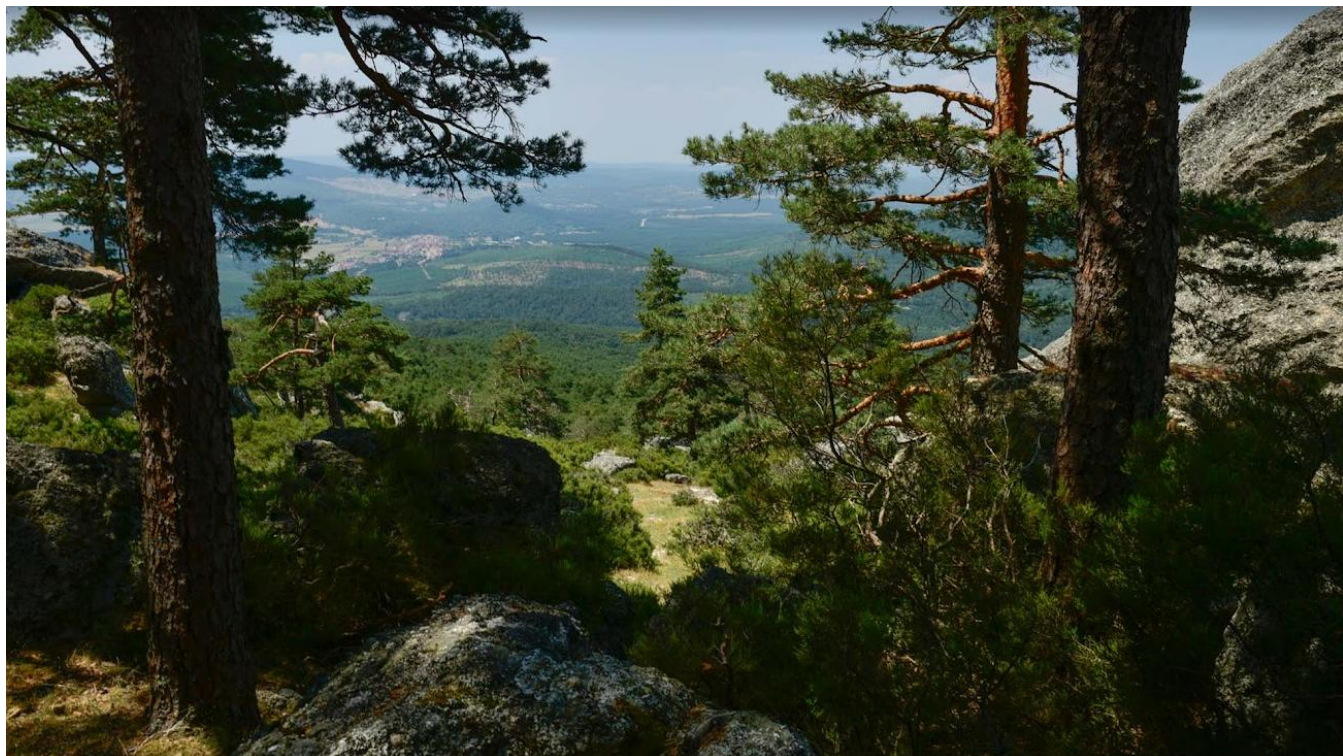


The map and GPS tracks can be found here:

<https://nonstopaventura.tracktherace.com/en/sports-events/orienteering/19th-world-rogaing-championships/race>

The course setter was a certain **Eduardo Gil Marcos** and you could see that the course setter had a top orienteering background. Thank you, Edu, for the excellent course and challenge – that was much appreciated!

Naturally, the navigation challenge wasn't a problem for us — we lost a total of only about 6–8 minutes on two controls, which is a negligible amount in a 24-hour rogaine.



Our plan was to head up rather briskly into the cooler air mass and take care of the hillside controls during the night, trusting that we'd be able to find even the tricky ones in the dark. That's what we set out to do. The first leg took us to the summit of the eastern mountain, though we skipped the steepest slope controls. After five or six hours of climbing in the heat up to 2000 meters, I was pretty much out of fuel and trailing far behind.

However, we had stayed on schedule, and I started to feel better once the sun began to set and we began our descent. We dropped down to 1200 meters to the hash house, and things improved.

We planned to stick to the plan through the night. We made it quite far up the second mountain before making a mistake with the contour lines that drained the rest of our energy: we descended 200 meters to get a crater control and then had to climb back up 250 meters.

Going down, the alarm bells were already ringing, but not loud enough for me to speak up. On the 250-meter climb back up, we had to take 4–5 sitting breaks. And just to reach the lower slope, we still had to cross one more ridge.

The elevation profile below shows the climbs and descents.



After those events and a total ascent of 2900 meters, the game was over – our thighs were shot, and we decided to only pick up a few more controls on the way down. And even though it was downhill, we had to take breaks every now and then. This wasn't exactly what we had hoped for, but not a complete disaster either. Our final placement was 16th out of 37 in the MSV category, even though we left 4.5 hours unused and, for some reason, the points from one 110-point control didn't register on one of the SI sticks. With those extra points, we would've placed 13th.

What did we learn? At least two things: for terrain like this, you really need to train uphill climbs, and you need to be able to read contours all the way through. Of course, it's frustrating that this ended up being yet another so-called learning experience – maybe we'll finally nail it next year at the European Championships in the Czech Republic? From a tourism perspective, though, it was a great experience and left us hungry for the next race.

As Joni put it: “At one point during the race I did start to wonder whether it might have been smarter to book a sunny beach holiday in Spain instead of this ultra-hike in rogaining spirit. But in hindsight, trying to maximize self-challenge was the better choice – and luckily, there's still room for improvement.”

Only 22 Finns participated. One medal did come home, though – Janne Snellman and Manu Humpi won the MV category by a narrow margin over a Spanish team. Janne also medaled in the European Rogaining Championships organized by TuMe in 2023, taking silver in the veterans category.

There was one Swede present, no Norwegians or Danes. It's hard to understand why the international federation isn't doing more to raise awareness of the sport in the Nordic countries.

Text: Timo Lainema

TuMe 100 Orienteering Weekend – Sep 13–14

On Saturday: sprint, TrailO TempO and Scouting triathlon.

On Sunday: PreO competition.

All events will take place in Impivaara, Turku — except for the shooting part of the triathlon, which will be held in Kupittaa.

Everyone is welcome to help with organizing!

To volunteer contact: seppo.lahtinen@lowell.com

or kari.vainio@tume.fi

Breaking news:

Juha a two-time Finnish champion

On Saturday, Juha won the Finnish championship gold in Trail orienteering TempO, and on Sunday, he secured victory in the two-day PreO competition. Both were World Ranking Events, and Juha won both. He was also the Finnish champion in the PreO competition last year.



Juha won both the TempO and the PreO. The other TempO Finnish Championship medals went to the Mäkinen family — Pinja took silver and Vesa bronze. Photo: Tuomo Niskanen.