



IFK Mora Orienteringsklubb

Information for 2026

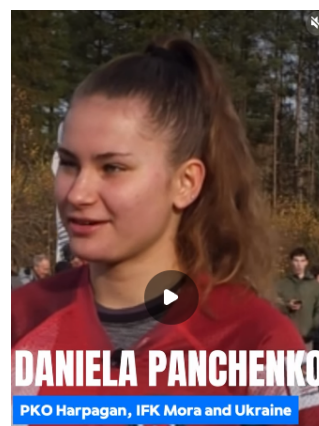
Hello everybody!

As the tradition is, we first welcome new club mates!

They are not totally new as they did a few competitions in the team last year, but it is good with an update!

To women team we welcome junior **Daniela Panchenko**. Daniela run first time already 2022 25-manna with us and now she is back as elite runner. She aims extra for a good JWOC this year. She comes from Ukraine and lives now in Poland. Here is an interview with Daniela:

<https://www.facebook.com/watch/?v=2059280254849155>



We also welcome a first year junior from Mora in **Elvira Buud** coming up from the youth group!



To men team two new names in the club.

Adam Zřídka Veselý show up first time at 25-manna and did a fantastic first leg and maybe is the one who will take over the relay from Roman as first leg runner? We will see in the future

😊 Adam is also boyfriend om Michaela.





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The other one is **Tobias Schulthess** who is good friend of Laurin. Tobias aims extra for the relays as he likes run relay and think it is a good goal for him. Last year he run long night at 10 mila in our 2nd team, but now he aim for first team! He can also speak good norwegian!



We also welcome a first year junior from Mora in **Gustav Eggöy Markhester** coming up from the youth group!





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Homepage

Our homepage is ifkmora.se/ok

Information about IFK Mora elite orienteering you find here:

<https://www.svenskalag.se/ifkmora-ok-orientering/sida/91278/elit>

2026

We will start with a camp in Alicante now in January and after that we have a nice program for the rest of 2025.

[Plan 2026](#)

In Mora we plan to have technique training on Tuesdays combined with the youth/club training. We continue with interval running on wednesdays and of course there is a lot more on the programme.

In the big relays we always try to go with our best teams and it will be an interesting year with strong teams. Maybe the women's team is the strongest in IFK Mora history! Last year Venla performance shows that with a good day we can fight with the best teams in the world.

The club has, as last year, a big common goal and that is 25-manna the 10th of October in Stockholm. 2025 we had 4 teams and aim for 4 teams again.

Try your best to be there if possible, it is important for the club!

Elite Coach

Vojtech Kral continues as an elite coach and works with elite questions together with the elite committee.

Elite committee

Björn Wrahme, Per Holm, Lars Ambrosiusson, Olha Panchenko, Kristian Dahlström, Vojtech Kral and Lena Karlsson Holmer.

Lena will be responsible to have contact with juniors.

Team selections and coaching at relays

If you know someone who is interested in helping with this, please contact Björn.

Women: Björn Wrahme and Vojtech Kral



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Men: Björn Wrahme and Vojtech Kral

IFK MORA OK Elite policy

We have updated the document, "IFK Mora Elite policy". It shows the conditions for 2025. If something is unclear, just ask the elite committee and we can try to help you. We hope and think this will be good help for us all.

Clubs highest priority relays

This is what we prepare for and focus on as a club. We want to run with the best teams and as many teams as possible, so this is what you should run!

- 10-Mila
- Jukola/Venla
- SM forest relay (If you not live in Sweden you are not allowed to participate)
- 25-manna

Other high priority competitions are

- Swedish Championships
- Swedish league
- 10 mila preparations in spring - **Easter in same area as 10-mila with Stigtomta relay included**

IFK MORA OK SM news and SM-reward system

We think it is important that we participate in Swedish championships and do good results there. To encourage this we have some extra bonus!

1. There will be no participation fee on SM.
2. Results in Swedish championships will be rewarded according to the table. This will be as extra money support (träningsbidrag) Olha will be responsible to follow this up.

1	10 000 kr
2	5000 kr
3	3000 kr
4-40 Individual , 4-20 relay	500 kr



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In relay premie is for all runners in the team. For example 3*500 kr for place 16.

Club clothes

The club shop at trimtex will open during march. Information is coming. If it is new sponsors A, B, U23, AJ and BJ group will get a new running shirt.

New runners will get running trousers or tights, running shirt, running socks, warm up jacket and warm up trousers for free.

Elite groups

Decided by the elite committee with help from directions in the elite policy. We continue with a U23 group with the same conditions as B-group to help motivated and good young runners with extra support.

A	Florian				Denisa	Paula	Csilla	
	Attinger				Kralová	Gross	Gardonyi	
B/U 23	Artem	Konstantin	Vojtěch	Adam	Tereza		Michaela	
	Panchenko	Serebryanitski	Král	Zridkavesely	Kosová		Metelková	
	Simon	Laurin	Tobias	Artem				
	K-H	Maurer	Schulthes s	Popov				
C	Simon	Kristian	Roman	Gustav	Maja	Johanka		
	Hodler	Dahlström	Ryapolov	Johnsson	Falk	Šimková		
	Erik	Martin	Zsolt	Raffael				
	Rost	Nilsson	Lenkei	Huber				
	Linus	Jiri						
	Rapp	Kostka						



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D	Oleh	Ola	Charlie	Albin	Magdalena	Sara	Hanna	Emmi
	Ihnatiev	Svahn	Stolth	Gezelius	Škáčová	Hodler	Eriksson	Jokela
	Alfred				Sofie	Yelizaveta	Eva	Evgeniya
	Danielsson				K-H	Ostapenko	H-S	Ryapolova
					Olha	Helene	Sara	
					Panchenko	Söderlund	Kindlund	
Ö	All seniors who are not selected into other groups							
AJ		Ludvig	Gustav		Viktorie	Viktorie	Janka	Daniella
		Eggöy	Eggöy		Vyziblova	Škáčová	Mikes	Panchenko
		Markhester	Markhester					
BJ					Elvira			
					Buud			
ÖJ	All juniors who are not selected into other groups							

Runners from Russia and living there has a complicated situation for travel and to compete abroad. We have decided to not put you into a group, but if it will be possible to come we see what we can do at that time to help you.

In addition to regular support from the club also extra support. You find this information in the "IFK Mora Elite policy"

Extra money support can be used for the club's priority training camps, own camps, orienteering equipment, starting fees or other expenses related to orienteering training. In case of uncertainty, contact Björn Wrahme.

When you want to use your extra money support, **you MUST do like this:**



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Send email **both** to orientering@ifkmora.se and olgapanchenkomora@gmail.com. In the subject line you must write "Camp contribution elite group". Questions about how much money you have left, ask Olha.

Use the expenses form: <http://idrottonline.se/IFKMorasOK-Orientering/Arkiv/Blanketter>

How to enter activities in the base plan?

All activities in the base plan for 2022 organized by the elite committee will be posted in <https://eventor.orientering.se/> - Club - Club Activities. Information about each activity should be there.

How to get expenses back?

To get back expenses you make that club should pay, follow the club's instructions about this. You find it at "2. Ersättningar"

<https://www.svenskalag.se/ifkmora-ok/sida/91259/anvisningar-for-medlemmar>

Fees

Membershsip fee to the club is 100 SEK. You should get an email about this from the club. **It is important to pay this.**

The club has a base rule that we must pay a fee that is 200SEK/night at our activities except for 10mila where we do not have a participation fee and at 25 manna one night is free. This fee includes food, accommodation, trips, maps, and entry fee.

The Elite committee has also decided to have no participation fee at Swedish Championships too.

This can be changed so always check information in the invitation on all camps/competitions.

You find a lot of information about this and other rules here:

<https://www.svenskalag.se/ifkmora-ok/sida/91259/anvisningar-for-medlemmar>

Camp in Mora

We have our newly renovated clubhouse. We have 6 beds there, kitchen, wifi, living room, bathroom, washing machine and TV room just next to the forest.

You can combine a camp with joining our activities here in Mora and help the club with some ordinary club work. Maybe it is time to paint our house in Hemus 😊



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You stay of course for free when you are here. Contact Björn Wrahme if you want to come and he help you to book the house-

Hope to see you here!

Information from club

- - <https://eventor.orientering.se/> - Information about activities and where you enter to camps and competitions
- - www.facebook.com - Group "IFK Mora elite orienteers" - Ongoing info
- - www.ifkmora.se/ok - static info and other current club information

With this we are happy to start up the season and remember to check the elite policy too. It is interesting information for you.

Best regards from the elite committee!