

This year consists of the following competitions:

28.6	Kongsvinger, NOR	12 th Nordic Marathon Championships
28.-29.6	Kongsvinger, NOR	11 th Nordic Championships Combined Events
28.-29.6	Kongsvinger, NOR	1 st Nordic Junior Championships Combined Events
2.-3.8	Taivassalo, FIN	7 th Nordic Race Walking Championships
2.-3.8	Taivassalo, FIN	7 th Nordic Race Walking Championships Long Distances
9.-10.8	Mariehamn, FIN	20 th Nordic Junior Match
13.9	Odense, DEN	4 th Nordic Junior Race Walking Match

Nordic Marathon Championships

Kongsvinger, NOR 28 Jun

Men

1	Pentti Rummakko	FIN	2:21:49
2	Kalle Hakkarainen	FIN	2:23:27
3	Ensio Tanninen	FIN	2:23:32
4	Raimo Tikka	FIN	2:25:25
5	Erik Östbye	SWE	2:26:11
6	Henry Nilsson	SWE	2:28:01
7	Johnny Pedersen	NOR	2:28:45
8	Leif Strandberg	SWE	2:30:30

9 Trygve Sommerfeldt, NOR 2:38:13, 10 Walter Berggren, SWE 2:38:22

Nordic Championships Combined Events

Kongsvinger, NOR 28-29 Jun

Men

<i>Senior</i>		28-29 Jun	
1	Lennart Hedmark	SWE	7.288
2	Hannu Kyösola	FIN	7.171
3	Flemming Johansen	DEN	6.996
4	Jesper Tørring	DEN	6.712
5	Arild Bredholt	NOR	6.490
6	Ivar Bredholt	NOR	6.415
7	Veikko Mäkelä	FIN	6.403
8	Steen Smidt-Jensen	DEN	6.467

9 Juhani Jouniola, SWE 6.306, 10 Per Arne Strindeberg, NOR 5.991, Markku Juhola, FIN DNF

1	11.3	6.86	13.72	1.76	50.1	14.8	40.64	4.20	63.40	5:05.0
2	11.2	7.04	13.12	1.76	50.2	15.3	37.32	3.50	62.72	4:34.4
3	11.3	6.28	12.16	1.79	51.4	16.3	37.34	4.30	53.10	4:38.6
4	11.2	6.95	9.94	1.91	50.6	15.0	31.08	4.50	36.58	4:58.6
5	11.6	6.63	11.58	1.82	53.6	16.6	33.96	4.00	45.12	4:38.8
6	11.5	6.60	11.44	1.64	51.9	17.0	33.18	4.00	49.36	4:37.6
7	12.0	6.35	10.54	1.88	55.6	16.0	34.44	4.60	46.42	4:52.5
8	11.2	6.72	13.14	1.94	51.2	15.6	40.14	NM	51.12	4:44.8
9	11.3	6.28	12.16	1.79	51.4	15.8	33.94	2.80	48.96	4:49.5
10	11.7	6.80	10.90	1.79	50.9	15.5	NM	3.30	48.02	4:29.9
	11.2	DNS								

Women

<i>Senior</i>		28-29 Jun	
1	Nina Fahnøe	DEN	4.529
2	Britt Johansson	SWE	4.427
3	Annelise Damm Olesen	DEN	4.419
4	Sirkka Norrlund	FIN	4.362
5	Pirkko Heikkilä	FIN	4.085
6	Kirsten Onsberg	DEN	4.041
7	Maj-Britt Patriksson	SWE	3.985
8	Reidun Corneliussen	NOR	3.925

1	14.5	11.04	1.58	5.88	25.6
2	14.9	12.90	1.52	5.47	25.8

Nordic Junior Championships Combined Events

Kongsvinger, NOR 28-29 Jun

Men

<i>U21</i>		28-29 Jun	
1	Markku Kemiläinen	FIN	6.688
2	Jorma Lappalainen	FIN	6.494
3	Per Ovesen	DEN	6.342
4	Sven Jørgensen	DEN	6.265
5	Raimo Pihl	SWE	6.189
6	Wilhelm Sorteberg	NOR	6.035
7	Jan Albrigtsen	NOR	5.704
8	Elías Sveinsson	ISL	5.644

9 Tapio Koivumaa, FIN 5.555

1	11.5	6.58	10.88	1.88	52.4	16.7	36.74	4.20	49.58	4:44.0
2	11.7	6.87	11.24	1.82	52.1	17.3	32.08	4.10	47.06	4:41.9
3	11.3	5.98	11.68	1.67	52.2	16.4	38.08	3.50	49.82	4:44.4
4	11.4	6.49	11.16	1.70	51.3	16.2	31.95	3.00	51.84	4:39.0
5	11.6	6.36	12.12	1.70	53.3	17.9	32.28	3.00	58.56	4:48.8
6	12.0	6.05	10.82	1.79	54.8	16.1	28.92	4.00	47.04	4:52.0
7	12.0	6.24	12.08	1.79	55.4	20.3	30.34	2.80	52.90	4:35.6

Women

<i>U21</i>		28-29 Aug	
1	Anne Lise Wærness	NOR	4.049
2	Ingela Arvidsson	SWE	3.997
3	Pirkko Helenius	FIN	3.924
4	Margit Hansen	DEN	3.810
5	Christina Egebo	SWE	3.751
6	Sissel Langballe	NOR	3.672
7	Marianne Jørgensen	DEN	3.428

1	16.9	9.70	1.70	5.28	26.8
6	17.3	11.50	1.59	4.90	28.9

Nordic Race Walking Championships

Taivassalo, FIN 2-3 Aug

Men

<i>Senior</i>		2-3 Aug		20km
1	Stefan Ingvarsson	SWE	1:41:44	
2	Daniel Björkgren	SWE	1:47:12	
3	Georg Davidsson	SWE	1:47:30	
4	Helge Abrahamsen	NOR	1:49:16	
5	Paavo Pohjalainen	FIN	1:50:28	
6	Odd Landehagen	NOR	1:51:09	
7	Kåre Moen	SWE	1:53:44	
8	Kjell Lund	NOR	1:55:18	

9 Max Myrsky, FIN 1:59:22, 10 Pauli Honkkanen, FIN 2:00:01

<i>U20</i>		2-3 Aug		10000m
1	Owe Hemmingsson	SWE	48:19.2	
2	Christer Forsström	SWE	49:11.0	
3	Hans Tenggren	SWE	49:23.0	
4	Lennart Lundgren	SWE	50:11.0	
5	Jan Rolstad	NOR	50:58.0	
6	Gunnar Lindholm	SWE	52:05.0	

7	Lennart Jonsson	SWE	52:10.0
8	Ingvar Johansson	SWE	53:00.0

9 Roger Borlund, SWE 55:04.0, 10 Göran Carlstedt, SWE 55:14.0, 11 Alf Nilsson, SWE 55:16.0, 12 Terje Bostad, NOR 55:48.0, 13 Roland Ekström, SWE 56:37.0, 14 Tore Tauler, NOR 57:35.0, 15 Asko Launto, FIN 58:25.0, 16 Kennet Nykvist, SWE 59:27.0, 17 Pekka Pynnönen, FIN 61:35.0

Women

<i>Senior</i>			
		2-3 Aug	5000m
1	Eivor Johansson	SWE	26:04.8
2	Irma Hansson	SWE	27:08.6
3	Anna-Lisa Bertilsson	SWE	27:30.4
4	Margareta Olsson	SWE	28:18.0
5	Karin Møller	DEN	29:10.4
6	Gerd Kullander	SWE	29:15.2
7	Dagny Beijer	SWE	30:18.0
8	Gunilla Jansson	SWE	31:08.4

9 Riitta Lahtinen, FIN 32:17.4

<i>U20</i>			
		2-3 Aug	5000m
1	Lene Ankersen	DEN	26:30.0
2	Siv Thureson	SWE	26:36.0
3	Thorhild Sarpebakken	NOR	26:44.0
4	Elisabeth Olsson	SWE	27:12.0
5	Margareta Olson	SWE	27:57.0
6	Ellen-Maria Thomsen	DEN	28:11.0
7	Solveig Kristensen	DEN	28:16.0
8	Berit Jönsson	SWE	28:44.0

9 Bente Thomsen, DEN 28:49.0, 10 Gerd Linde, SWE 30:14.0, 11 Evy Kullander, SWE 31:00.0

Nordic Race Walking Championships Long distances

Taivassalo, FIN 2-3 Aug

Men

<i>Senior</i>			
		2-3 Aug	50km
1	Örjan Andersson	SWE	4:52:07
2	Kurt Ohlander	SWE	4:56:49
3	Max Sjöholm	SWE	5:04:15
4	Tore Brustad	NOR	5:13:45
5	Paavo Saira	FIN	5:14:57
6	Paavo Pohjalainen	FIN	5:15:09

Nordic Junior Match (FIN-NOR-SWE only)

Mariehamn, FIN 9-10 Aug

Men

<i>100 m</i>			
1	Ulf Hedén	SWE	10.9
2	Heikki Mettomäki	FIN	11.0
3	Per-Olof Sjöberg	SWE	11.2
4	Audun Garshol	NOR	11.2
5	Juhani Saastamoinen	FIN	11.3
	Johannes Krohn	NOR	DNF

<i>200 m</i>			
1	Michael Fredriksson	SWE	22.2
2	Øivind Røst	NOR	22.4
3	Lars Gustafsson	SWE	22.6
4	Terje Hellesylt	NOR	22.7
5	Juha Salmi	FIN	22.9
6	Stig Lönnqvist	FIN	23.1

<i>400 m</i>			
1	Lars Gustafsson	SWE	48.0
2	Markku Aalto	FIN	48.1
3	Staffan Nilsson	SWE	48.2
4	Hans Kristian Sætrum	NOR	49.2
5	Kaj Widbom	FIN	49.8
6	Jan Hedenstad	NOR	68.4

800 m

1	Nils-Erik Emilsson	SWE	1:53.5
2	Markku Aalto	FIN	1:53.5
3	Christian Fredrik Eriksen	NOR	1:55.2
4	Karl Anders Holthe	NOR	1:55.6
5	Matti Akseli	FIN	1:56.1
6	Lars-Göran Johannesson	SWE	2:01.0

1500 m

1	Leif Egefur	SWE	3:50.5
2	Christian Fredrik Eriksen	NOR	3:50.6
3	Sverker Svensson	SWE	3:50.9
4	Lasse Myllyaho	FIN	3:51.2
5	Per Halle	NOR	3:52.2
6	Esko Lipsonen	FIN	3:53.1

5000 m

1	Lasse Virén	FIN	14:09.4
2	Per Halle	NOR	14:25.8
3	Åge Overhalden	NOR	14:36.2
4	Tapio Kantanen	FIN	14:43.4
5	Gunnar Holm	SWE	15:19.2
6	Lennart Söderström	SWE	15:32.8

110 m hurdles

1	Thomas Bergqvist	SWE	15.3
2	Ole Audun Rostad	NOR	15.3
3	Gunnar Boghard	SWE	15.8
4	Pauli Pursiainen	FIN	15.9
5	Mauri Ranne	FIN	15.9
6	Jon Fjeld	NOR	16.1

400m hurdles

1	Pentti Turpeinen	FIN	54.8
2	Kent Öhman	SWE	55.3
3	Tommy Jägenstedt	SWE	55.3
4	Jon Fjeld	NOR	56.0
5	Ole Audun Rostad	NOR	56.4
6	Erkki Laitinen	FIN	57.9

2000m steeplechase

1	Pekka Päivärinta	FIN	5:46.8
2	Ove Wästholt	SWE	5:49.8
3	Rauno Hamunen	FIN	5:51.0
4	Ronnie Staaf	SWE	5:51.8
5	Sveinulv Ueland	NOR	5:56.0
6	Odd Johan Litsheim	NOR	6:27.0

High jump

1	Ingemar Nyman	SWE	2.03
2	Staffan Pettersson	SWE	2.03
3	Matti Vainio	FIN	1.94
4	Jaakko Virtanen	FIN	1.90
5	Per Erling Eide	NOR	1.90
6	Leif Roar Falkum	NOR	1.90

Pole vault

1	Ingemar Jernberg	SWE	4.60
2	Peter Olson	SWE	4.55
3	Jukka Peltomäki	FIN	4.50
4	Wilhelm Sorteberg	NOR	4.30
5	Raimo Eskola	FIN	4.20
6	Einar Johan Svendgård	NOR	3.80

Long jump

1	Finn Bendixen	NOR	7.26
2	Helge Sæther	NOR	7.13
3	Jorma Hirsimäki	FIN	7.12
4	Vesa Vähäsarja	FIN	7.07
5	Bo Linghagen	SWE	6.76
6	Ulf Borg	SWE	6.74

Triple jump

1	Juhani Mäki-Maunus	FIN	15.08
2	Rune Wiborg	NOR	15.05
3	Finn Bendixen	NOR	14.97
4	Markku Koskiranta	FIN	16.61
5	Tapio Koivumaa	SWE	14.27
6	Håkan Gustafsson	SWE	13.89

Shot put

1	Antti Jouppila	FIN	15.63
2	Jukka Tapio	FIN	15.62
3	Hans Almström	SWE	14.93
4	Øyvind Fjellidalen	NOR	14.56
5	Per Helge Iversen	NOR	14.35
6	Bo Lindström	SWE	13.87

Discus throw

1	Antti Jouppila	FIN	54.16
2	Bengt Jansson	SWE	48.26
3	Jorma Viitanen	FIN	46.74
4	Rolf Øidvin	NOR	46.58
5	Knut Hjeltnes	NOR	46.26
6	Bo Lindström	SWE	45.60

Hammer throw

			7,26kg
1	Matti Järvensivu	FIN	54.68
2	Tarmo Salmenniemi	FIN	51.26
3	Per Kåre Bale	NOR	48.48
4	Robert Nilsson	SWE	45.66
5	Bengt Åkerström	SWE	44.84
6	Lars Magnus Ulvund	NOR	40.58

Javelin throw

1	Mauri Auvinen	FIN	69.70
2	Jorma Jaakola	FIN	66.02
3	Jerker Jansson	SWE	65.85
4	Raimo Pihl	SWE	65.54
5	Terje Mæhlum	NOR	65.36
6	Tor Aronsen	NOR	56.78

4x100m

1	FIN	42.1	(Juhani Saastamoinen, Matii Tynkkynen, Juha Salmi, Heikki Mettomäki)
2	SWE	42.2	(Michael Fredriksson, Lars Sjöberg, Per-Olof Sjöberg, Ulf Hedén)
3	NOR	42.4	(Øyvind Røst, Terje Hellesylt, Bjørn Moe, Audun Garshol)

4x400m

1	SWE	3:15.1	(Michael Fredriksson, Christer Bergström, Staffan Nilsson, Lars Gustafsson)
2	NOR	3:21.4	(Terje Hellesylt, Hans Kristian Sætrum, Audun Garshol, Øyvind Røst)
3	FIN	3:33.4	(Pentti Turpeinen, Markku Aalto, Erkki Laitinen, Kaj Widbom)

Points Men	Nation	Total
	FIN	145
	SWE	144
	NOR	102

Nordic Junior Race Walking Match

Odense, DEN 13 Sep

Men

	U20	13 Sep	10000m
1	Hans Tenggren	SWE	48:51.0
2	Owe Hemmingsson	SWE	49:08.0
3	Christer Forsström	SWE	50:16.6
4	Gunnar Lindholm	SWE	51:17.2
5	Mogens Petersen	DEN	52:23.0
6	Jan Rolstad	NOR	52:57.9
7	Tore Tauler	NOR	53:47.0
8	Kai P. Thomsen	DEN	54:22.2

9 Terje Bostad, NOR 55:08.7, 10 Jens Krogsgaard, DEN 55:34.0, 11 Peter Christiansen, DEN 56:14.0

U18

		13 Sep	5000m
1	Lennart Lundgren	SWE	23:44.2
2	Jörgen Helgesson	SWE	25:03.6
3	Kjell Ivar Martinsen	NOR	25:43.0
4	Göran Carlstedt	SWE	26:06.0
5	Hans Enström	SWE	26:37.1
6	Kåre Sandvik	NOR	26:58.8
7	Jann-Ragnar Hansen	NOR	27:42.9
8	Torben Jørgensen	DEN	28:51.9

9 Lennart Juul, DEN 29:24.6, 10 Claus Christiansen, DEN 30:44.3

Women

	U21	13 Sep	5000m
1	Lene Ankersen	DEN	26:49.0
2	Siv Thuresson	SWE	26:54.6
3	Thorhild Sarpebakken	NOR	27:01.8
4	Elisabeth Olsson	SWE	27:24.2
5	Berit Jönsson	SWE	27:53.4
6	Ellen-Maria Thomsen	DEN	28:29.8
7	Margareta Olsson	SWE	28:43.0
8	Solveig Kristensen	DEN	29:06.2

9 Eva Jensen, NOR 29:36.0, 10 Lilly Andersen, DEN 30:34.8, 11 Gerd Gylder, NOR 30:36.0

Nation	Total
SWE	68
NOR	37
DEN	33

