

This year consists of the following competitions:

8.-9.8	Fredrikstad, NOR	21 <sup>st</sup> Nordic Junior Match
28.8	Sollentuna, SWE	13 <sup>th</sup> Nordic Marathon Championships
28.-29.8	Sollentuna, SWE	12 <sup>th</sup> Nordic Championships Combined Events
26.9	Fredrikstad, NOR	5 <sup>th</sup> Nordic Junior Race Walking Match

Nordic Junior Match (FIN-NOR-SWE only)

Lisleby, Fredrikstad, NOR 8-9 Aug

Men

<b>100 m</b>				+2,6
1	Audun Garshol	NOR	10.4	
2	Per-Olof Sjöberg	SWE	10.5	
3	Terje Hellesylt	NOR	10.6	
4	Antti Rajamäki	FIN	10.8	
5	Tuomo Salonen	FIN	10.9	
	Thorsten Johansson	SWE	DQ	
<b>200 m</b>				+3,5
1	Per-Olof Sjöberg	SWE	21.1	
2	Øivind Røst	NOR	21.3	
3	Terje Hellesylt	NOR	21.7	
4	Markku Lax	FIN	21.9	
5	Christer Gustafsson	SWE	21.9	
6	Raimo Nieminen	FIN	22.0	
<b>400 m</b>				
1	Kent Öhman	SWE	49.8	
2	Kaj Widbom	FIN	49.8	
3	Svein Eikrem	NOR	50.1	
4	Rolf Rosenvold	NOR	50.2	
5	Juhani Iso-Kouvola	FIN	50.8	
6	Thomas Olsson	SWE	51.8	
<b>800 m</b>				
1	Nils-Erik Emilsson	SWE	1:52.8	
2	Kaj Genberg	FIN	1:53.2	
3	Hans Christian Høegh	NOR	1:53.6	
4	Svein Eikrem	NOR	1:53.9	
5	Stellan Lundqvist	SWE	1:55.4	
6	Aki Laurila	FIN	1:56.6	
<b>1500 m</b>				
1	Knut Kvalheim	NOR	3:48.4	
2	Nils-Erik Emilsson	SWE	3:51.0	
3	Raimo Kivinen	FIN	3:51.7	
4	Svein Berg	NOR	3:52.5	
5	Paavo Keskitalo	FIN	3:53.4	
6	Stefan Nilsson	SWE	3:55.8	
<b>5000 m</b>				
1	Knut Kvalheim	NOR	14:33.6	
2	Esko Lipsonen	FIN	14:36.4	
3	Stefan Johansson	SWE	15:05.8	
4	Matti Salonen	FIN	15:08.4	
5	Dag Anmarkrud	NOR	15:21.6	
6	Christer Bertilson	SWE	15:35.4	
<b>110 m hurdles</b>				+4,4
1	Arvid Dahm	NOR	14.6	
2	Thomas Bergqvist	SWE	14.7	
3	Gunnar Bohgard	SWE	15.0	
4	Juha Tammelin	FIN	15.1	
5	Ole Audun Rostad	NOR	15.3	
6	Raimo Alanen	FIN	15.9	

400m hurdles

1	Kent Öhman	SWE	53.5
2	Thomas Bergqvist	SWE	54.7
3	Timo Viljakainen	FIN	55.3
4	Henry Nilsson	FIN	55.7
5	Svein Kolsrud	NOR	55.7
6	Hans Christian Høegh	NOR	59.3

2000m steeplechase

1	Sverker Svensson	SWE	5:47.2
2	Reijo Raitio	FIN	5:48.4
3	Juhani Huthinen	FIN	5:53.4
4	Lennart Söderström	SWE	5:55.8
5	Odd Johan Litsheim	NOR	6:02.0
6	Arnulf Eek	NOR	6:07.8

High jump

1	Rune Almén	NOR	2.03
2	Torbjörn Larsson	SWE	2.03
3	Johannes Lahti	FIN	1.95
4	Veijo Myllyselkä	FIN	1.90
5	Rolf Omar Olsen	NOR	1.90
6	Per Erling Eide	NOR	1.85

Pole vault

1	Ingemar Jernberg	SWE	4.50
2	Ari Harjula	FIN	4.40
3	Jukka Peltomäki	FIN	4.30
4	Göran Svanström	SWE	4.30
5	Wilhelm Sorteberg	NOR	4.00
6	Reidar Aarskog	NOR	3.60

Long jump

1	Dag Birkeland	NOR	7.41 +4,2
2	Helge Sæther	NOR	7.20 +3,0
3	Markku Lax	FIN	7.12w
4	Reijo Viitakoski	FIN	6.97w
5	Ulf Borg	SWE	6.83
6	Tapio Koivumaa	SWE	6.68

Triple jump

1	Rune Wiborg	NOR	15.35
2	Per-Owe Smiding	SWE	14.90w
3	Tapio Koivumaa	SWE	14.81w
4	Sigurd Langeland	NOR	14.39
5	Heikki Palomäki	FIN	14.38
6	Reijo Viitakoski	FIN	14.38

Shot put

1	Hans Höglund	SWE	16.18
2	Jukka Tapio	FIN	16.05
3	Hans Almström	SWE	15.54
4	Reijo Ståhlberg	FIN	15.35
5	Dag Johansen	NOR	15.13
6	Svein Austenå	NOR	14.43

Discus throw

1	Rolf Øidvin	NOR	52.82
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2	Knut Hjeltnes	NOR	49.39
3	Christer Högrelius	SWE	46.94
4	Unto Selin	FIN	46.86
5	Markku Tuokko	FIN	45.88
6	Hans Almström	SWE	41.92

### Hammer throw 7,26kg

1	Harri Huhtala	FIN	54.66
2	Heikki Kangas	FIN	52.86
3	Lars M. Ulvund	NOR	45.98
4	Bengt Åkerström	SWE	44.46
5	Christer Höglund	SWE	41.26
6	Asbjørn Aanonsen	NOR	40.46

### Javelin throw

1	Jorma Jaakola	FIN	78.74
2	Bjørn Grimnes	NOR	74.98
3	Aimo Puska	FIN	73.94
4	Per-Eric Smiding	SWE	73.36
5	Jan-Olof Damgren	SWE	69.56
6	Odd Bjørn Ur	NOR	59.52

### 4x100m

1	NOR	41.4	(Johannes Krohn, Terje Hellesylt, Audun Garshol, Øivind Røst)
2	SWE	42.2	(Christer Gustafsson, Thorsten Johansson, Per-Olof Sjöberg, Martin Hjelm)
3	FIN	43.1	(Hans Vuori, Risto Nieminen, Raimo Nieminen, Antti Rajamäki)

### 4x400m

1	FIN	3:20.5	(Kaj Widbom, Juhani Iso-Kouvola, Seppo Heyhä, Max Nyman)
2	SWE	3:20.6	(Per-Olof Sjöberg, Lars-Göran Johannesson, Thomas Bergqvist, Kent Öhman)
3	NOR	3:20.9	(Rolf Rosenvold, Gudbrand Johannessen, Svein Kolsrud, Audun Garshol)

Points	Men	Nation	Total
		SWE	139
		NOR	128
		FIN	124

## Nordic Marathon Championships

Sollentuna, SWE 28 Aug

### Men

1	Ulf Håkansson	SWE	2:29:42
2	Kalle Hakkarainen	FIN	2:29:53
3	Tenho Salakka	FIN	2:30:18
4	Terho Mietinen	FIN	2:37:38
5	Mogens Findal	DEN	2:41:54
6	Walter Berggren	SWE	2:52:04
7	Rolf Nawrocki	DEN	2:52:47

Extra: Pentti Rummakko, FIN 2:29:34, Gerhard Skånell, SWE 2:40:48

## Nordic Championships Combined Events

Sollentuna, SWE 28-29 Aug

### Men

Senior		28-29 Aug	
1	<b>Lennart Hedmark</b>	<b>SWE</b>	<b>7.782</b>
2	<b>Steen Smidt-Jensen</b>	<b>DEN</b>	<b>7.692</b>
3	<b>Jorma Vesala</b>	<b>FIN</b>	<b>7.336</b>
4	Jesper Tørring	DEN	7.134
5	Flemming Johansen	DEN	6.989
6	Hannu Kyösola	FIN	6.804
7	Ulf Karlsson	SWE	6.762
8	Ivar Bredholt	NOR	6.570

Markku Juhola, FIN DNF

1	11.3	7.24	14.26	1.86	50.4	14.6	44.20	4.30	69.50	4:44.1
2	11.0	6.81	13.60	2.03	49.9	14.4	44.18	4.20	49.72	4:36.6
3	11.3	7.00	13.28	1.98	49.6	15.6	35.74	4.40	44.94	4:31.7
4	11.0	7.59	10.11	1.98	48.8	14.7	30.60	4.50	40.02	4:55.9
5	11.2	6.74	11.80	1.89	52.5	15.9	36.56	4.60	52.80	4:57.2
6	11.3	6.90	13.04	1.75	50.8	15.7	38.62	3.00	64.24	4:57.0
8	11.2	6.66	11.89	1.75	51.6	16.5	31.38	4.10	44.94	4:43.9
	11.2	7.22	14.10	1.86	55.7	DNS				

### U21

28-29 Aug

1	<b>Jorma Lappalainen</b>	<b>FIN</b>	<b>6.674</b>
2	<b>Tapio Koivumaa</b>	<b>SWE</b>	<b>6.522</b>
3	<b>Per Ovesen</b>	<b>DEN</b>	<b>6.454</b>
4	Teijo Pynnönen	FIN	6.447
5	Christer Lythell	SWE	6.308
6	Peter Johansson	DEN	6.244
7	Elías Sveinsson	ISL	6.131

1	11.5	6.56	11.42	1.89	52.6	16.5	35.02	4.10	51.42	4:48.5
3	11.5	6.43	12.93	1.75	52.0	16.9	36.70	3.50	49.42	4:49.1
4	12.2	6.47	11.85	1.75	53.1	16.2	31.64	4.00	52.54	4:30.5
6	11.8	6.39	10.38	1.95	55.1	16.2	31.18	3.90	50.92	5:05.8

## Women

### Senior

28-29 Aug

1	<b>Alice Wiese</b>	<b>DEN</b>	<b>4.365</b>
2	<b>Brit Johansson</b>	<b>SWE</b>	<b>4.336</b>
3	<b>Birgitta Larsson</b>	<b>SWE</b>	<b>4.329</b>
4	Sidsel Kjellås	NOR	4.302
5	Vuokko Leppämäki	FIN	4.221
6	Pirkko Helenius	FIN	4.217
7	Inga Ladegård	DEN	4.184
8	Pia Lund	DEN	4.184

9 Hannele Harju, FIN 4.152, 10 Anneli Olsson, SWE 4.059, 11 Reidun Corneliusen, NOR 3.845

1	15.3	11.21	1.60	5.38	25.4
3	15.3	9.34	1.57	5.83	25.1
4	14.8	10.51	1.54	5.34	25.4
10	15.4	7.24	1.54	5.79	25.6

### U21

28-29 Aug

1	<b>Ingela Arvidsson</b>	<b>SWE</b>	<b>4.466</b>
2	<b>Margit Hansen</b>	<b>DEN</b>	<b>4.046</b>
3	<b>Marie-Louise Olsson</b>	<b>SWE</b>	<b>3.944</b>
4	Outi Meismaa	FIN	3.792

1	14.5	9.80	1.67	5.25	24.7
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## Nordic Junior Race Walking Match

Lisleby, Fredrikstad, NOR 26 Sep

### Men

U20		26 Sep		10000m	
1	<b>Owe Hemmingsson</b>	<b>SWE</b>	<b>46:19.0</b>		
2	<b>Kjell-Ivar Martinsen</b>	<b>NOR</b>	<b>47:55.0</b>		
3	<b>Lennart Lundgren</b>	<b>SWE</b>	<b>48:23.0</b>		
4	Mogens Petersen	DEN	48:31.0		
5	Tomas Glans	SWE	48:35.0		
6	Ingvar Johansson	SWE	49:51.0		
7	Kåre Sandvik	NOR	50:33.0		
8	Tore Tauler	NOR	51:01.0		

9 Lennart Juul, DEN 51:46.0

U18		26 Sep		5000m	
1	<b>Arne Nilsson</b>	<b>SWE</b>	<b>23:05.0</b>		
2	<b>Göran Carlstedt</b>	<b>SWE</b>	<b>23:23.0</b>		
3	<b>Bo Gustafsson</b>	<b>SWE</b>	<b>24:01.0</b>		
4	Helge Sandvik	NOR	24:16.0		
5	Dag Gaassand	NOR	24:16.2		

6	Hans Göran Östlund	SWE	24:51.0
7	Jann-Ragnar Hansen	NOR	25:30.0
8	Claus Christiansen	DEN	26:11.0

9 Trond Persson, NOR 26:15.0, 10 Grett Dahl, DEN 26:42.0, 11 Torben Jacobsen, DEN 36:50.0

#### Women

	<i>U20</i>	26 Sep	5000m
1	<b>Thorhild Sarpebakken</b>	<b>NOR</b>	<b>25:46.1</b>
2	<b>Elisabeth Olsson</b>	<b>SWE</b>	<b>26:02.0</b>
3	<b>Margareta Simu</b>	<b>SWE</b>	<b>26:09.0</b>
4	Margareta Olsson	SWE	26:15.0
5	Laila Jensen	NOR	26:35.0
6	Berit Jönsson	SWE	26:41.0
7	Gerd Gylder	NOR	27:22.0
8	Bente Thomsen	DEN	28:23.0

9 Ida Skærlund, DEN 28:47.0, 10 Ellen-Maria Thomsen, DEN 29:18.0, 11 Bente Karin Larsen, NOR 30:40.0

Nation	Total
SWE	68
NOR	45
DEN	21

