

This year consists of the following competitions:

16.-17.7	Uddevalla, SWE	5 <sup>th</sup> Nordic Junior Championships Combined Events
31.7	Århus, DEN	16 <sup>th</sup> Nordic Marathon Championships
6.8	Helsinki, FIN	11 <sup>th</sup> Nordic Race Walking Championships Long Distances
6.-7.8	Helsinki, FIN	11 <sup>th</sup> Nordic Race Walking Championships
12.-13.8	Odense, DEN	12 <sup>th</sup> Nordic Junior Race Walking Match
13.-14.8	Helsingborg, SWE	28 <sup>th</sup> Nordic Junior Match

Nordic Junior Championships Combined Events

Rimnersvallen, Uddevalla, SWE 16-17 Jul

Men

U21 Decathlon			
16-17 Jul			
1	<b>Henrik Petersen</b>	<b>DEN</b>	<b>6.928</b>
2	<b>Tor Skotaam</b>	<b>NOR</b>	<b>6.896</b>
3	<b>Miro Zalar</b>	<b>SWE</b>	<b>6.892</b>
4	Mikkel Sørensen	DEN	6.673
5	Hans Sjögren	SWE	6.623
6	Johan Eklund	SWE	6.514
7	Keijo Alaspää	FIN	6.268
8	Haakon Hellenes	NOR	6.219

9 Jan-Erik Romar, FIN 6.219. Henning Hofstad, NOR DNF  
Extra: Øystein Gulbrandsen, NOR 6.473

1	11.5	6.68	11.53	2.00	52.7	15.8	35.20	3.80	58.36	4:40.5
2	11.6	6.44	13.27	1.88	52.3	15.8	41.64	3.70	52.56	4:42.3
3	11.2	6.61	11.49	1.97	53.6	16.7	35.46	4.90	51.04	5:02.6
4	11.5	6.92	11.40	1.91	51.9	15.8	34.74	3.30	47.16	4:33.6
5	11.4	6.45	11.48	1.79	52.6	16.2	37.70	3.70	52.68	4:41.8
6	11.5	6.39	12.12	1.91	53.3	16.3	35.50	3.50	52.66	4:56.1
7	11.6	6.43	11.50	1.82	54.0	17.3	31.54	3.60	57.52	4:57.0
8	11.8	6.23	11.87	1.73	53.0	16.7	35.34	3.50	44.08	4:34.5
9	11.2	6.84	12.98	1.88	51.5	14.7	NM	3.90	36.30	4:56.6
	11.4	6.96	11.07	1.82	55.8	NM	32.90	3.80	NM	DNS
E	11.2	6.75	12.45	1.82	51.9	16.1	27.46	3.80	49.14	5:07.1

U19 Decathlon			
16-17 Jul			
1	<b>Martin Nilsson</b>	<b>SWE</b>	<b>7.205</b>
2	<b>Gudmund Olsen</b>	<b>NOR</b>	<b>6.919</b>
3	<b>Timo Kuusisto</b>	<b>FIN</b>	<b>6.838</b>
4	Bo Johansson	SWE	6.571
5	Kjell Nilsson	SWE	6.528
6	Jens Pedersen	DEN	6.498
7	Ásgeir þ. Eiriksson	ISL	6.406
8	Petter Hesselberg	NOR	6.326

9 Kalle Ristola, FIN 6.273, 10 Mogens Maltby, DEN 6.239, 11 Vidar Stenbeck, NOR 6.126, 12 Þorsteinn Þórsson, ISL 6.112, 13 Óskar Thorarensen, ISL 5.857

1	11.1	6.35	14.51	1.85	36.5	15.2	41.48	4.30	48.90	3:02.1
2	11.8	6.46	13.94	1.79	37.9	16.2	48.56	3.70	57.22	2:59.0
3	11.6	6.15	11.50	1.94	37.0	15.8	31.66	4.80	43.98	2:47.9
4	11.8	6.40	13.19	1.88	37.9	16.9	39.48	3.00	57.44	2:52.9
5	11.4	6.29	13.94	1.85	36.7	15.7	44.34	3.10	42.10	3:16.5
6	11.5	6.27	12.92	1.67	37.1	15.5	38.40	3.40	55.50	3:07.8
7	12.3	5.57	14.86	1.79	40.0	16.7	42.80	3.70	53.56	2:55.0
8	11.6	6.32	9.78	1.82	36.2	14.8	31.70	3.40	35.26	2:46.2
9	11.6	6.38	13.56	1.76	39.8	17.1	37.56	3.20	55.84	3:06.6
10	12.5	5.93	12.65	1.79	38.9	16.3	36.64	3.20	62.42	2:56.3
11	11.6	6.45	12.86	1.76	38.7	15.7	36.08	3.30	27.90	2:54.6
12	12.4	5.77	13.67	1.88	39.5	16.6	39.00	3.20	43.12	2:55.5
13	11.8	6.23	12.60	1.61	38.0	17.5	39.66	3.20	46.68	3:09.1

Women

U19 Pentathlon			
16-17 Jul			
1	<b>Randi Nilsen</b>	<b>NOR</b>	<b>3.815</b>
2	<b>Åsa Svernlind</b>	<b>SWE</b>	<b>3.759</b>
3	<b>Dorthe Klein</b>	<b>DEN</b>	<b>3.696</b>
4	Satu Jääskäläinen	FIN	3.602
5	Tellervo Pakarinen	FIN	3.593
6	Birgitte Kristensen	DEN	3.497
7	Carita Hagberg	SWE	3.371

8 Christina Sundberg SWE 3.227

1	14.7	9.67	5.41	1.70	2:22.6
2	14.9	9.71	5.51	1.70	2:27.5
3	15.6	9.37	5.56	1.67	2:23.1
4	14.7	9.97	5.32	1.55	2:27.5
5	15.4	10.40	5.49	1.61	2:33.4
6	16.3	10.05	5.35	1.79	2:46.7
7	16.5	10.58	5.13	1.52	2:28.5
8	16.7	7.62	5.49	1.67	2:43.8

U17 Pentathlon

16-17 Jul			
1	<b>Susanne Lorentzon</b>	<b>SWE</b>	<b>3.859</b>
2	<b>Tuija Helander</b>	<b>FIN</b>	<b>3.695</b>
3	<b>Annica Sjösten</b>	<b>SWE</b>	<b>3.681</b>
4	Ann-Sofie Stener	SWE	3.530
5	Unni Heimli	NOR	3.420
6	Anne Brit Skjæveland	NOR	3.419
7	Tiina Tuononen	FIN	3.376
8	Hanne Søndergaard	DEN	3.323

9 Lilli Søndergaard, DEN 3.202, Päivi Hyvönen, FIN DNF

1	14.3	8.83	1.70	5.95	2:28.1
2	14.2	7.49	1.64	5.69	2:24.4
3	14.1	9.63	1.55	5.39	2:26.3
4	15.0	8.07	1.67	5.66	2:37.3
5	15.4	7.95	1.61	5.10	2:25.1
6	15.2	7.76	1.67	5.37	2:37.3
7	16.2	9.18	1.61	5.32	2:34.7
8	14.9	9.60	1.52	5.27	2:46.0
9	15.2	6.92	1.58	4.78	2:29.4
	15.2	10.26	1.67		

Nordic Marathon Championships

Århus, DEN 31 Jul

Men

Marathon			
1	<b>Jan Fjærestad</b>	<b>NOR</b>	<b>2:20:35.2</b>
2	<b>Lars Enkvist</b>	<b>SWE</b>	<b>2:20:35.6</b>
3	<b>Henry Olsen</b>	<b>NOR</b>	<b>2:21:03.2</b>
4	Bjarne Brøndum	DEN	2:23:15.2
5	Thorbjørn A. Larsen	NOR	2:23:53.8
6	Vilho Paajanen	FIN	2:24:51.4
7	Hans Jonsson	SWE	2:25:23.6
8	Kjell Åge Gotvassli	NOR	2:26:38.8

9 Kari Saarela, FIN 2:27:39.2, 10 Lars Overskov, DEN 2:30:05.0, 11 Bjarne Jansson, FIN 2:38:18.0, Seppo Helenius, FIN DNF, Jørgen Hein, DEN DNF, Hannu Partanen, FIN DNF, Arne Mogensfelt, DEN DNF

Nordic Race Walking Championships Long distances

Helsinki, FIN 6 Aug

Men

Senior			
6 Aug 50km			
1	<b>Seppo Immonen</b>	<b>FIN</b>	<b>4:22:37.2</b>
2	<b>Matti Katila</b>	<b>FIN</b>	<b>4:33:32.4</b>
3	<b>Max Sjöholm</b>	<b>SWE</b>	<b>4:37:26.4</b>
4	Matti Holmén	FIN	4:40:12.0
5	Juha Savinainen	FIN	5:06:50.2

Paavo Pohjolainen, FIN DNF, Bo Fransson, SWE DNF

Nordic Race Walking Championships

Helsinki, FIN 6-7 Aug

Men

<i>Senior</i>			
	7 Aug	20km	
1	<b>Reima Salonen</b>	<b>FIN</b>	<b>1:32:04.0</b>
2	<b>Bo Gustafsson</b>	<b>SWE</b>	<b>1:32:22.0</b>
3	<b>Owe Hemmingsson</b>	<b>SWE</b>	<b>1:33:54.6</b>
4	Lennart Lundgren	SWE	1:38:39.2
5	Knut Arne Strømøy	NOR	1:39:37.6
6	Lasse Ala-Pietilä	FIN	1:40:54.2
7	Eino Haapala	FIN	1:48:05.0

Immo Rintala, FIN DNF

<i>U20</i>			
	6 Aug	10km	
1	<b>Erling Andersen</b>	<b>NOR</b>	<b>46:35.0</b>
2	<b>Alf Brandt</b>	<b>SWE</b>	<b>47:31.0</b>
3	<b>Tore Strømøy</b>	<b>NOR</b>	<b>48:25.0</b>
4	Per Möller	SWE	48:42.0
5	Lennart Johansson	SWE	49:24.0
6	Lars Nielsen	DEN	51:32.0
7	Petri Mäkelä	FIN	59:01.0
8	Kari Linnasaari	FIN	61:15.0

Extra: Jean-Marie Chollet, FRA 54:36.0

Women

<i>Senior</i>			
	7 Aug	5km	
1	<b>Siw Gustavsson</b>	<b>SWE</b>	<b>23:59.0</b>
2	<b>Britt Homqvist</b>	<b>SWE</b>	<b>24:07.0</b>
3	<b>Thorill Gylder</b>	<b>NOR</b>	<b>24:09.0</b>
4	Margareta Simu	SWE	24:23.0
5	Frøydis Hilsen	NOR	25:28.0
6	Ann-Marie Larsson	SWE	25:52.0
7	Mia Kjølberg	NOR	26:02.0
8	Sirkka Haataja	FIN	26:22.0

9 Kari Møller, DEN 26:35.0, 10 Laila Nielsen, DEN 28:36.0, 11 Ulla Kristiansen, DEN 29:04.0.

Extra: Patricia Quesnel, FRA 31:55.0

<i>U20</i>			
	6 Aug	5km	
1	<b>Frøydis Hilsen</b>	<b>NOR</b>	<b>24:59.8</b>
2	<b>Monika Karlsson</b>	<b>SWE</b>	<b>25:17.6</b>
3	<b>Mia Kjølberg</b>	<b>NOR</b>	<b>25:29.4</b>
4	Eva Karlsson	SWE	25:50.8
5	Sirkka Haataja	FIN	26:14.2
6	Berit Karlsson	SWE	26:43.2
7	Charlotte Hansen	DEN	27:36.0
8	Tina Thomsen	DEN	28:07.5

9 Annette Andersen, DEN 28:51.0, 10 Jeannette Hansen, DEN 28:51.0, 11 Vivi Ovesen, DEN 29:17.0.

Extra: Danielle Bedez, FRA 30:25.0, Evelynne Routel, FRA 30:56.0

Nordic Junior Race Walking Match

Odense, DEN 12-13 Aug

Events on second day on road due to heavy rain.

Men

<i>U20</i>			
	12 Aug	10km	
1	<b>Lars Ove Moen</b>	<b>NOR</b>	<b>46:35.3</b>
2	<b>Jan Staaf</b>	<b>SWE</b>	<b>47:11.0</b>
3	<b>Per Möller</b>	<b>SWE</b>	<b>48:21.0</b>
4	Arne Olsson	SWE	49:02.0
5	Tommy Tindlund	NOR	51:31.0
6	Aksel V. Bendtsen	DEN	52:14.0
7	Odd Haldgeir Larsen	NOR	52:15.0
8	Steen Jensen	DEN	55:33.0

9 Jan Madsen, DEN 59:51.0

<i>U18</i>			
	13 Aug	5km	
1	<b>Erling Andersen</b>	<b>NOR</b>	<b>22:08.9</b>
2	<b>Lennart Johansson</b>	<b>SWE</b>	<b>22:32.0</b>

3	<b>Tore Strømøy</b>	<b>NOR</b>	<b>22:57.0</b>
4	Lars Nielsen	DEN	23:20.0
5	Stig Bergström	SWE	23:36.0
6	Leif Blomkvist	SWE	25:12.0
7	Dag Andersen	NOR	25:45.0
8	Jan Kristiansen	DEN	26:06.0

9 Tommy Bingesbøll, DEN 26:12.0

<i>U16</i>			
	12 Aug	3000m	
1	<b>Jan Staaf</b>	<b>SWE</b>	<b>13:21.8</b>
2	<b>Mikael Sandaeus</b>	<b>SWE</b>	<b>13:44.0</b>
3	<b>Ulf Karlsson</b>	<b>SWE</b>	<b>14:12.0</b>
4	Dag Ove Sæle	NOR	14:22.0
5	Roy Johansen	NOR	14:25.0
6	Ole amund Gjersvik	NOR	14:51.0
7	Jan Kristiansen	DEN	15:27.0
8	Tommy Bingesbøll	DEN	15:30.0

9 Ivan Jensen, DEN 16:24.0

<i>U14</i>			
	12 Aug	3000m	
1	<b>Peter Danielsson</b>	<b>SWE</b>	<b>14:52.7</b>
2	<b>Johnny March</b>	<b>SWE</b>	<b>14:54.0</b>
3	<b>Bjørn Rundsveen</b>	<b>NOR</b>	<b>14:56.0</b>
4	Mikael Bergdahl	SWE	14:57.0
5	David Lillefosse	NOR	15:28.0
6	Torkild Bingesbøll	DEN	15:37.0
7	Brian Nielsen	DEN	16:15.0
8	Fritz Iversen	DEN	16:55.0

Arild Tveit, NOR DQ

Women

<i>U19</i>			
	13 Aug	5km	
1	<b>Monika Karlsson</b>	<b>SWE</b>	<b>24:40</b>
2	<b>Frøydis Hilsen</b>	<b>NOR</b>	<b>25:04</b>
3	<b>Mia Kjølberg</b>	<b>NOR</b>	<b>25:08</b>
4	Karin Persson	SWE	26:31
5	Elsa Karlsson	SWE	26:33
6	Laila Nielsen	DEN	26:44
7	Ulla Kristiansen	DEN	27:50
8	Annette Andersen	DEN	28:38

9 Kjersti Hilsen, NOR 28:48

<i>U17</i>			
	13 Aug	5km	
1	<b>Britt-Mari Carlsson</b>	<b>SWE</b>	<b>25:04</b>
2	<b>Eva Karlsson</b>	<b>SWE</b>	<b>25:35</b>
3	<b>Berit Karlsson</b>	<b>SWE</b>	<b>26:03</b>
4	Berit Flåmo	NOR	26:17
5	Gunn Ingrid Sæle	NOR	26:36
6	Charlotte Hansen	DEN	26:40
7	Tina Thomsen	DEN	27:58
8	Jeannette Hansen	DEN	28:02

9 Heidi Madsen, NOR 28:20

<i>U15</i>			
	12 Aug	3000m	
1	<b>Monica Kanne</b>	<b>NOR</b>	<b>15:06.0</b>
2	<b>Lena Lindberg</b>	<b>SWE</b>	<b>15:16.0</b>
=3	<b>Charlotte Hansen</b>	<b>DEN</b>	<b>15:18.0</b>
=3	<b>Helen Isaksson</b>	<b>SWE</b>	<b>15:18.0</b>
5	Gisela Ivansson	SWE	16:00.0
6	Janicke Gjelsvik	NOR	16:18.0
7	Line Viken	NOR	16:24.0
8	Vivi Ovesen	DEN	16:39.0

9 Gitte Jacobsen, DEN 17:09.0

<i>U13</i>			
	12 Aug	2000m	
1	<b>Ann-Iren Guttulsrød</b>	<b>NOR</b>	<b>10:07.0</b>
2	<b>Jeannette Hansen</b>	<b>DEN</b>	<b>10:11.0</b>
3	<b>Lisbeth Aalvik</b>	<b>NOR</b>	<b>10:16.0</b>
4	May Lisbeth Larsen	NOR	10:31.0
5	Karin Birgersson	SWE	10:37.0

6	Berit Nielsen	DEN	10:46.0
7	Linda Hansen	DEN	10:58.0
8	Silvia Isaksson	SWE	11:09.0

9 Veronica Öqvist, SWE 11:36.0

U21/U17	Nation	Total	Ungdom	Nation	Total
	SWE	84		SWE	83,5
	NOR	66		NOR	67
	DEN	34		DEN	32,5

### Nordic Junior Match (FIN-NOR-SWE only)

Hedens IP, Helsingborg, SWE 13-14 Aug

#### Men

<b>100 m</b>			13 Aug	+1,5
1	Jukka Sulalampi	FIN	10.94	
2	Ingemar Jönsson	SWE	11.04	
3	Odd Erik Kristiansen	NOR	11.14	
4	Lars Olin	SWE	11.21	
5	Ari Viitala	FIN	11.24	
6	Leif Olav Alnes	NOR	11.51	

<b>200 m</b>			14 Aug	-0,2
1	Jukka Sulalampi	FIN	21.80	
2	Bo Johansson	SWE	22.27	
3	Odd Erik Kristiansen	NOR	22.31	
4	Per Bäck	SWE	22.41	
5	Jan E. Lervik	NOR	22.46	
6	Esa Merikallio	FIN	36.00	

<b>400 m</b>			13 Aug	
1	Jaakko Kemola	FIN	48.0	
2	Claes Berlin	SWE	48.1	
3	Esa Merikallio	FIN	48.5	
4	Jan Axelsson	SWE	48.5	
5	Ola Eiken	NOR	49.6	
6	Per Erik Bernts	NOR	50.6	

<b>800 m</b>				
1	Per Øystein Saksvik	NOR	1:52.88	
2	Bo Breigan	NOR	1:52.89	
3	Henry Majander	FIN	1:53.48	
4	Kari Näppä	FIN	1:53.50	
5	Lars Isaksson	SWE	1:53.81	
6	Jörgen Wallin	SWE	1:54.17	

<b>1500 m</b>				
1	Lars Ericsson	SWE	3:53.70	
2	Vesa Laukkanen	FIN	3:57.22	
3	Kåre Birger Hagen	NOR	3:57.50	
4	Lasse Mikkelsen	FIN	3:57.57	
5	Peter Billing	SWE	3:57.72	
6	Torstein Brox	NOR	4:09.55	

<b>5000 m</b>				
1	Bo Orrsvenden	SWE	14:46.36	
2	Harri Kirvesniemi	FIN	14:49.06	
3	Per Øystein Saksvik	NOR	14:51.06	
4	Jon Arild Tellevik	NOR	14:52.93	
5	Markku Kantola	FIN	15:02.64	
6	Hans Nilsson	SWE	15:11.84	

<b>110 m hurdles</b>			13 Aug	+0,1
1	Jan Erik Romar	FIN	14.99	
2	Juhani Kosunen	FIN	15.14	
3	Åke Rosenius	SWE	15.19	
4	Olaf Johansen	NOR	15.26	

5	Björn Wilhelmsson	SWE	15.43
6	Einar Hernes	NOR	15.56

#### **400m hurdles**

		14 Aug	
1	Christer Gullstrand	SWE	52.86
2	Kenneth Pettersson	SWE	52.96
3	Bo Breigan	NOR	53.14
4	Ove Blomfelt	FIN	53.62
5	Petter Hesselberg	NOR	53.65
6	Ari Viitala	FIN	53.66

#### **2000m steeplechase**

		13 Aug	
1	Jan Gunnarsson	SWE	5:38.7
2	Pertti Miettinen	FIN	5:38.9
3	Anders Carlsson	SWE	5:42.7
4	Tore Venås	NOR	5:45.0
5	Arne Rikstad	NOR	5:46.6
6	Teuvo Karvonen	FIN	5:51.4

#### **High jump**

1	Terje Totland	NOR	2.18
2	Finn Georg Kristoffersen	NOR	2.10
3	Jari Simola	FIN	2.07
4	Jari Laitinen	FIN	2.01
5	Kjell Fröberg	SWE	2.01
6	Stefan Karlsson	SWE	1.98

#### **Pole vault**

1	Attila Puskas	SWE	4.80
2	Miro Zalar	SWE	4.80
3	Kimmo Pallonen	FIN	4.50
4	Helge Haapakoski	FIN	4.50
5	Henning Hofstad	NOR	4.20
	Håkon Hellenes	NOR	NM

#### **Long jump**

1	Johan Brink	SWE	7.13
2	Esa Jokinen	FIN	7.02
3	Ulf Persson	SWE	6.97
4	Hannu Puhakka	FIN	6.95
5	Henning Hofstad	NOR	6.90
6	Oddvar Kufaaas	NOR	6.82

#### **Triple jump**

1	Hannu Puhakka	FIN	15.72
2	Johan Brink	SWE	15.50
3	Jari Vähä-Ojala	FIN	14.76
4	Finn Pedersen	NOR	14.45
5	Jan Carlsson	SWE	13.96
6	Björn Gausland	NOR	13.91

#### **Shot put**

1	Ole Haugom	NOR	17.49
2	Heikki Vanhanen	FIN	17.42
3	Kari Westerlund	FIN	16.91
4	Anders Jönsson	SWE	16.52
5	Stefan Fernholm	SWE	16.29
6	Jan Aaserud	NOR	15.55

#### **Discus throw**

1	Roger Axelsson	SWE	50.32
2	Uno Vesterlund	SWE	50.14
3	Yrjö Majamaa	FIN	49.58
4	Ole Haugom	NOR	49.54
5	Dag Thomassen	NOR	46.14

6	Juha-Pekka Anttila	FIN	45.60
	<b>Hammer throw</b>		7,26kg
1	Esa Paasonen	FIN	64.42
2	Jouni Olkkonen	FIN	62.22
3	Richard Olsen	NOR	61.88
4	Alf Kristiansson	SWE	51.78
5	Thomas Lindell	SWE	51.60
6	Jan Tore Sandås	NOR	51.46

	<b>Javelin throw</b>		
1	Arto Härkönen	FIN	77.90
2	Per Erling Olsen	NOR	72.70
3	Ari Mursu	FIN	70.58
4	Olavi Kolehmainen	SWE	67.48
5	Claes Gyltman	SWE	64.64
6	Geir Gunnerud	NOR	61.00

	<b>4x100m</b>		
1	SWE	42.19	(Björn Wilhelmsson, Stefan Gustafsson, Per Bäck, Ingemar Jönsson)
2	FIN	42.21	(Ari Viitala, Jukka Sulalampi, Kimmo Lindeman, Jan-Erik Ahlfors)
	NOR	DQ	(Leif Olav Alnes, Odd Erik Kristiansen, Holger Sylvester Jensen, Petter Bogsti) *

\* Running order may be different.

	<b>4x400m</b>		
1	SWE	3:16.69	(Claes Berlin, Bo Johansson, Kenneth Pettersson, Jan Axelsson)
2	FIN	3:18.91	(Ari Viitala, Olavi Aalo-aho, Ove Blomfelt, Esa Jokinen)
3	NOR	3:21.26	(Per Erik Bernts, Knut Øverberg, Ola Eiken, Roald Holten)

Points Men	Nation	Total
	FIN	150
	SWE	147
	NOR	100