

This year consists of the following competitions:

26.6	Stockholm, SWE	1 st Nordic 10000m Challenge Women
30.6	Gävle, SWE	1 st Nordic 10000m Challenge Men
2.8	Södertälje, SWE	32 nd Nordic Junior Race Walking Match
2.-3.8	Hvidovre, DEN	25 th Nordic Junior Championships Combined Events
23.-24.8	Huddinge, SWE	47 th Nordic Junior Match U21
2.11	Helsinki, FIN	1 st Nordic Cross Country Championships

Nordic 10000 m Challenge Women

Stockholm Stadion, Stockholm, SWE 26 Jun

Senior		26 Jun
1	Ann Bettner	SWE 34:07.71
2	Annika Nyberger	SWE 34:54.04
3	Marie Söderström	SWE 35:01.57
4	Tiina Viitanen	FIN 35:27.20

Anja Jørgensen DEN DNF

Extra: Megumi Tanaka JPN 31:55.11, Iris Biba GER 31:55.97, Atsuko Mongaki JPN 32:29.98, Hiroko Namura JPN 33:15.95, Silvia Somaggio ITA DNF, Grace Chebet KEN DNF

Nordic 10000 m Challenge Men

Gunder Hägg Stadion, Gävle, SWE 30 Jun

Senior		30 Jun
1	Pasi Mattila	FIN 28:57.95
2	Knut Hegvold	NOR 29:30.44
3	Juuso Rainio	FIN 29:33.77
4	Klaus Hansen	DEN 29:47.03
5	Mustapha Nadour	SWE 30:26.75
6	Lars Axelsson	SWE 30:36.00
7	Per-Åke Sandström	SWE 31:32.52

Idris Ibrahim SWE DNF, Anders Szalkai SWE DNF, Christer Malm SWE DNF, Harri Hänninen, FIN DNF.

Extra: Toshinari Takaoka JPN 28:25.29, Conan Finney IRL 28:33.98, Katsumo Kawazaki JPN 28:36.55, Noroaki Igrarashi JPN 28:40.09, Kokadu Kawamoto JPN 28:45.35, Yuichi Tajiri JPN 28:52.89, Hisayuki Okawa JPN 29:27.42, Pavel Loskutov EST 29:28.24, Barnabas Barmao KEN DNF, Zachariah Gwandu TAN DNF

Nordic Junior Race Walking Match

Södertälje, SWE 2 Aug

Men

U21		2 Aug	10000m
1	Pekka Matilainen	FIN 46:37.5	
2	Snorre Bang Utaker	NOR 48:22.7	
3	Christian Trellevik	NOR 48:22.8	
4	Karsten Godtfredsen	DEN 49:17.9	
5	Marko Hämäläinen	FIN 59:27.6	
6	Arto Matilainen	FIN 50:27.6	
7	Magnus Johansson	SWE 54:48.1	
8	Jonas Dahlöf	SWE 57:54.3	

Jesper Møller-Thomsen, DEN DNF

U18 2 Aug 5000m

1	Viktor Jansson	SWE 22:20.1
2	Erik Tysse	NOR 22:35.3
3	Andreas Gustafsson	SWE 23:00.8
4	Eero Turpeinen	FIN 23:11.7
5	Mauri Viitamaa	FIN 23:48.7
6	Henning Havsgård	NOR 24:01.9
7	Markus Helldán	FIN 26:02.0
8	Karl Henrik Kristiansen	NOR 27:07.1

U16 2 Aug 3000m

1	Markku Hämäläinen	FIN 13:40.6
2	John-Christian Scheie	NOR 13:57.9
3	Marcus Gustafsson	SWE 14:31.9

4	Christian Laursen	DEN	14:34.3
5	Thomas Ølness	NOR	14:50.1
6	Ludvig Jansson	SWE	14:52.6
7	Pekka Vuori	FIN	15:12.3
8	Sigbjørn Sandberg	NOR	15:32.6

9 Linus Jaehnke, SWE 15:36.7, 10 Bjørn Vestergaard, DEN 18:18.8, Jani Ranta-Pere, FIN DQ

Women

U21 2 Aug 5000m

1	Eliina Risto	FIN 23:44.8
2	Elin Cesilie Loftesnes	NOR 24:05.3
3	Magdalena Jacobsson	SWE 24:38.6
4	Monica Svensson	SWE 24:56.5
5	Jonna Voronkoff	FIN 25:37.4
6	Annu-Marja Aunola	FIN 25:47.9
7	Anna Fallén	SWE 28:21.1
8	Mailen Lund	NOR 28:45.5

9 Maria Hansen, DEN 33:24.8

U18 2 Aug 5000m

1	Krista Ranta-Pere	FIN 24:22.8
2	Anne Haaland Simonsen	NOR 24:38.6
3	Tiina Muinonen	FIN 26:05.6
4	Benedikte Bergli	NOR 26:24.5
5	Jutta Voronkoff	FIN 27:52.9
6	Sandra Eriksson	SWE 29:00.8
7	Ramina Lindblom	SWE 29:19.3
8	Stina Jonsson	SWE 30:07.3

U16 2 Aug 3000m

1	Riikka Schultz	FIN 15:20.1
2	Sofia Andersson	SWE 15:55.4
3	Suvi Päällysaho	FIN 16:03.7
4	Tiina Kokkonen	FIN 16:09.6
5	Johanna Ellefsen Rostad	NOR 16:35.6
6	Karen Gunnes	NOR 16:40.9
7	Anna Nilsson	SWE 16:46.5
8	Maria Nilsson	SWE 16:46.5

9 Benedikte Barra Kvinge, NOR 17:47.1

U21/U18	Nation	Total	Ungdom	Nation	Total
	FIN	50		FIN	26
	NOR	45		NOR	20
	SWE	38		SWE	19
	DEN	7		DEN	16

Nordic Junior Championships Combined Events

Hvidovre, DEN 2-3 Aug

Men

U23 Decathlon 2-3 Aug

1	Espen Strindeberg	NOR 7.175
2	Andrus Klaar	SWE 6.881
3	Teemu Heino	FIN 6.527

(100m, Long jump, Shot put 7,26kg, High jump, 400m, 110 hurdles 106,7cm, Discus 2kg, Pole vault, Javelin throw 800g, 1500m)

1	11.66	6.86	12.67	1.91	52.52	15.04	37.48	4.50	52.94	4:28.89
	+0,9	+0,8					+0,7			
2	11.37	7.07	12.65	1.97	50.35	15.87	34.60	4.00	43.22	4:46.32

+0,9 +0,1 +0,7
 3 11.50 6.71 11.48 1.73 52.36 14.88 35.54 4.00 45.14 4:52.84
 +0,9 +1,4 +0,7

U21 Decathlon		2-3 Aug
1 Jari Olli	FIN	7.088
2 Jukka Väkeväinen	FIN	6.807
3 Niklas Rorarius	FIN	6.683
4 Fredrik Bäckström	SWE	6.637
5 Niklas Kleebinder	SWE	6.546
6 Kim Jensen	DEN	6.256
7 Erik Drange Tønnessen	NOR	4.332
Vegar Sellæg	NOR	DNF

(100m, Long jump, Shot put 7,257kg, High jump, 400m, 100m hurdles 106,7cm, Discus 2kg, Pole vault, Javelin throw 800g, 1500m)

1 11.33 7.18 11.65 2.00 52.28 15.24 37.42 4.70 48.88 5:07.48
 +0,3 -0,2 +0,1
 2 11.72 6.70 10.78 2.00 51.74 16.02 34.42 4.20 52.26 4:35.59
 +0,3 -0,4 +0,4
 3 11.01 6.98 11.82 1.82 51.43 15.98 31.84 4.10 52.10 5:05.89
 +0,3 +1,5 +0,1
 5 11.90 6.53 12.71 1.91 52.82 16.20 39.48 3.80 47.38 4:47.37
 +0,3 +0,4 +0,4
 6 11.67 6.35 9.85 1.85 52.83 16.10 33.94 3.90 50.04 4:54.04
 +0,3 +0,5 +0,4
 7 11.64 5.80 11.65 NM DNF 16.61 30.88 NM 50.38 4:31.05
 +0,3 -0,3 +0,1
 DNF NM 13.14 1.88 DNF DNF 39.20 DNS

U19 Decathlon		2-3 Aug
1 Mika Rajala	FIN	6.934
2 Jaako Ojaniemi	FIN	6.723
3 Sveinn Þórarinnsson	ISL	6.511
4 Sigurður Karlsson	ISL	6.396
5 Andreas Wulff	SWE	6.145
6 Henrik Baker	DEN	6.011
Erik Svensson	SWE	DNF
Henrik Balkander	SWE	DNF

(110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 300m, 100m, Long jump, Shot put 5kg, High jump, 1000m)

U17 Nonathlon		2-3 Aug
1 Håkan Jedhammer	SWE	5.945
2 Johan Wiklund	SWE	5.906
3 Sampo Leskelä	FIN	5.714
4 Niils Pettersson	SWE	5.646
5 Mikkel Løvgren	DEN	4.689
Jussi Välimäki	FIN	DNF

Women

U23 Heptathlon		2-3 Aug
1 Annu Montell	FIN	5.420
2 Rannveig Kvalvik	NOR	5.223

(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw, 800m)

U21 Heptathlon		2-3 Aug
1 Katja Ripatti	FIN	5.316
2 Malin Svensson	SWE	4.922
3 Eli Therese Sommerfeldt	NOR	4.558
Kathrine Nielsen	DEN	DNF

1 15.56 1.61 13.81 26.09 5.84 47.92 2:36.92
 2 15.30 1.67 9.88 25.72 5.33 35.18 2:26.99
 3 15.74 1.52 11.28 28.26 5.17 39.98 2:31.75

U19 Heptathlon		2-3 Aug
1 Andrea Guertsen	SWE	5.364
2 Niina Kelo	FIN	5.340
3 Marika Langenoja	FIN	4.932

4 Alice Bergström	SWE	4.705
5 Salla Käppi	FIN	4.636
6 Marie Rosengren	SWE	4.070

(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw 600g, 800m)

1 15.00 1.61 11.35 24.40 5.77 30.52 2:11.12
 2 14.75 1.64 14.05 26.80 5.28 49.74 2:32.32
 5 16.44 1.59 11.00 27.39 5.08 46.44 2:36.38
 -1,0 +3,4 +3,4

U17 Heptathlon		2-3 Aug
1 Sanna Saarman	FIN	5.347
2 Susanna Kallur	SWE	4.672
3 Jenny Jansson	SWE	4.606
4 Anette Ekeberg	SWE	4.506

Nordic Junior Match

Huddinge, SWE 23-24 Aug

Men

100 m		23 Aug	Ikke målt
1 Christofer Ohlsson	SWE	10.72	
2 Kim Meller	FIN	10.75	
3 Lenny Martinez	SWE	10.79	
4 Thomas Mellin-Olsen	NOR	10.80	
5 Erik Kringeland	NOR	10.91	
6 Ari Vuori	FIN	11.05	
7 Arnar Már Vilhjálmsson	ISL	10.53	
Benjamin Hecht	DEN	DQ	

200 m		24 aug	+2,33
1 Benjamin Hecht	DEN	21.33	
2 Erik Kringeland	NOR	21.46	
3 Kim Meller	FIN	21.46	
4 Mikael Ahl	SWE	21.50	
5 Thomas Mellin-Olsen	NOR	21.61	
6 Tero Virjanen	FIN	21.91	
7 Klas Ringdahl	SWE	22.04	
8 Árnar Mar Vilhjálmsson	ISL	22.68	

400 m		23 Aug	
1 Ruben Norlin	SWE	48.08	
2 Tommi Hartonen	FIN	48.23	
3 Klas Ringdahl	SWE	48.41	
4 Roald Bergheim	NOR	48.65	
5 Jonas Jacobsen	DEN	48.74	
6 Stefan Schmidt	DEN	48.79	
7 Pasi Teini	FIN	49.48	
8 Jan Christian Torvestad	NOR	50.04	

800 m		23 aug	
1 Kjetil Hodnekvam	NOR	1:52.41	
2 Fredrik Kjellberg	SWE	1:52.90	
3 Antti Vasala	FIN	1:52.98	
4 Fredrik Karlsson	SWE	1:54.01	
5 Jon Are Sundland	NOR	1:54.13	
6 Tatu Hyttinen	FIN	1:54.90	
7 Mikkel H. Jensen	DEN	1:55.40	
8 Björn Margeirsson	ISL	1:56.12	

1500 m		24 Aug	
1 Kjetil Hodnekvam	NOR	3:55.06	
2 Anders Rockas	FIN	3:56.26	
3 Frewengel Habtom	SWE	3:57.17	
4 Ari Sarja	FIN	3:57.49	
5 Fredrik Kjellberg	SWE	3:58.73	

6	Vegard Imsland	NOR	4:00.27
7	Jeppe Thomsen	DEN	4:01.86
8	Sveinn Margeirsson	ISL	4:09.13

5000 m

24 Aug

1	Jussi Utriainen	FIN	14:50.66
2	Janne Holmén	FIN	14:53.82
3	Kjetil Ramstad	NOR	15:33.60
4	Iver K. Arnesen	NOR	15:38.68
5	Michael R. Møller	DEN	15:43.95
6	Tobias Lundvall	SWE	15:45.54
7	Marcus Ståhlberg	SWE	16:20.31

110 m hurdles

23 aug

-1,0

1	Henrik Ögren	SWE	14.45
2	Joni Mylluntaus	FIN	14.73
3	Joachim Blaschke	SWE	14.89
4	Sveinn Þórarinnsson	ISL	15.33
5	Vegar Sellæg	NOR	15.46
6	Maciek Musial	NOR	15.50
7	Pekka Koskinen	FIN	15.54
8	Jacob Wallø	DEN	15.94

400 m hurdles

24 Aug

1	Atle McAdam	NOR	51.51
2	Sveinn Þórarinnsson	ISL	52.38
3	Kimmo Haapasalo	FIN	52.48
4	Andreas Jungerup	SWE	54.56
5	Ukko Finning	FIN	54.77
6	Crister Göransson	SWE	54.82
7	Roald Bergheim	NOR	54.88
8	Olau Thomason	DEN	55.50

3000 m steeplechase

23 aug

1	Iver K. Arnesen	NOR	9:18.96
2	Miika Jäntti	FIN	9:24.31
3	Sveinn Margeirsson	ISL	9:24.57
4	Petri Kyryri	FIN	9:28.51
5	Jonas Henriksson	SWE	9:35.20
6	Per Jacobsen	SWE	9:40.40
7	Håvard Askeland	NOR	9:40.45
8	Lars Rohbrandt	DEN	9:47.92

10000 m Walk

24 Aug

1	Pekka Matilainen	FIN	46:18.67
2	Erik Tysse	NOR	48:24.07
3	Timo Viljanen	FIN	50:44.61
4	Magnus Johansson	SWE	55:14.36
	Snorre Utaker	NOR	DNF

High jump

24 Aug

1	Jorma Mähönen	FIN	2.15
2	Yannick Tregaro	SWE	2.15
3	Vegard A. Hansen	NOR	2.13
4	Sauli Niemi	FIN	2.09
5	Martin Gärtner	DEN	2.06
6	Ronny Hansson	SWE	2.03
7	Tomas Fritsvold	NOR	1.99

Pole vault

23 aug

1	Patrik Kristiansson	SWE	5.27
2	Sauli Hoikka	FIN	5.17
3	Henrik Hallberbo	SWE	5.07
=4	Jonne Willman	FIN	4.72
=4	Øystein Kamperud	NOR	4.72
=4	Thor Torp	DEN	4.72

7	Stein J. Myrvang	NOR	4.42
8	Casper Lindemann	DEN	4.22

Long jump

23 Aug

1	Robert Strandvall	FIN	7.51
2	Niklas Rorarius	FIN	7.33
3	Fredrik Bäckström	SWE	7.11
4	Vegar Sellæg	NOR	6.99
5	Martin Jansson	SWE	6.96
6	John Steffen	DEN	6.86
7	Bjarte Holmelid	NOR	6.84
8	Sigurður Karlsson	ISL	6.73

Triple jump

24 Aug

1	Christian S. Thomassen	NOR	15.30
2	Joni Paimilainen	FIN	14.97
3	Marko Siurua	FIN	14.81
4	Sebastian Hukari	SWE	14.68
5	Mathias Frykholm	SWE	14.67
6	Lars Eric Sæther	NOR	14.64
7	Casper Lindemann	DEN	14.20
8	Örvar Olafsson	ISL	14.02

Shot put

23 Aug

1	Jarkko Haukijärvi	FIN	18.01
2	Gjøran Sørli	NOR	16.83
3	Mikko Rönkö	FIN	16.70
4	Anders Holmström	SWE	16.62
5	Martin Grahn	SWE	16.28
6	Joachim B. Olsen	DEN	15.89
7	Dariusz Slowik	DEN	14.55
8	Jan E. Gustavsen	NOR	14.04

Discus throw

24 Aug

1	Dariusz Slowik	DEN	52.74
2	Stefan Kulla	FIN	52.10
3	Gjøran Sørli	NOR	51.68
4	Joachim B. Olsen	DEN	51.66
5	Anders Holmström	SWE	49.86
6	Mikko Rönkkö	FIN	49.50
7	Fredrik Östlin	SWE	47.28
8	Trond A. Ohnstad	NOR	45.26

Hammer throw

24 Aug

1	Mikko Dannbäck	FIN	68.62
2	Samu-Petri Simo	FIN	68.08
3	Jim Olsson	SWE	61.86
4	Troben Wolf	DEN	59.12
5	Svante Söderlund	SWE	56.64
6	Sindre Mathisen	NOR	52.82
7	Dariusz Slowik	DEN	52.20

Javelin throw

23 aug

1	Ville Räsänen	FIN	72.94
2	Teemu Pasanen	FIN	70.44
3	Torben Wolf	DEN	68.26
4	Sigmar Wilhjalmsson	ISL	66.24
5	Patrik Andersson	SWE	65.54
6	Jens Larsson	SWE	63.14
7	Geir Dahl	NOR	59.40
8	Vegar Sellæg	NOR	48.18

4x100 m relay

23 Aug

1	FIN	40.91	(Ari Vuorio, Ville Laine, Henrik Grönqvist, Kim Meller)
---	------------	--------------	---

2	DEN	41.61	(Jonas Jacobsen, Benjamin Hecht, Jacou Wallø Hansen, Stefan Schmidt) **
3	ISL	42.17	(Sveinn Þórarinnsson, Ólafur Traustason, Aron Luðvíksson, Arnar Már Vilhjálmsson)**
4	NOR	42.41	(Bjarne Holmelid, Thomas Mellin-Olsen, Erik Kringeland, Jan Christian Torvestad)
5	SWE	1:50.6*	(Mikael Ahl, Christofer Ohlsson, Lenny Martinez, Fredrik Persson)**

*Manuell tid, kan ha vært diskvalifisert ** Rekkefølgen kan være en annen

4x400 m relay		24 Aug	
1	SWE	3:13.56	(Fredrik Karlsson, Andreas Jungerup, Klas Ringdahl, Ruben Norlin) **
2	NOR	3:13.98	(Jan Christian Torvestad, Roald Bergheim, Atle McAdam, Jon Are Sundland)
3	DEN/ISL	3:16.52	(Jonas Jacobsen, Sveinn Þórarinnsson, Rafn Árnasson, Olau Thomassen) **
4	FIN	3:20.51	(Pasi Teini, Kimmo Haapasalo, Teemu Kangas, Niklas Roraius) **

** Rekkefølgen kan være en annen

Points Men	Nation	Total
	FIN	230
	SWE	182
	NOR	161
	DEN/ISL	111

Women

100 m		23 Aug	+1,97
1	Annika Amundin	SWE	11.84
2	Cecilie Ringvold	NOR	12.10
3	Michala Blum	DEN	12.16
4	Pernilla Allvin	SWE	12.17
5	Mari Kiminkinen	FIN	12.18
6	Camilla Wirén	FIN	12.21
7	Guðný Eyþórsdóttir	ISL	12.27
8	Inger Elisabeth Tørre	NOR	12.60

200 m		24 Aug	+1,23
1	Annika Amundin	SWE	23.98
2	Cecilie Ringvold	NOR	24.53
3	Frida Näsman	SWE	24.70
4	Camilla Wirén	FIN	24.77
5	Mari Kiminkinen	FIN	24.80
6	Michala Blum	DEN	24.88
7	Silja Úlfarsdóttir	ISL	25.65
8	Inger Elisabeth Tørre	NOR	25.96

400 m		23 Aug	
1	Frida Näsman	SWE	55.34
2	Nadja Petersen	SWE	55.64
3	Kristin Roset	NOR	55.72
4	Sofie Abildtrup	DEN	56.39
5	Milla Keelo	FIN	56.53
6	Lise M. Jensen	NOR	57.15
7	Johanna Aholainen	FIN	57.31
8	Silja Úlfarsdóttir	ISL	58.79

800 m		24 Aug	
1	Ingvill Måkestad	NOR	2:07.12
2	Tytti Reho	FIN	2:08.48
3	Helena Nilsson	SWE	2:09.05
4	Irina Koistinen	FIN	2:11.52
5	Kristin Ahlepil	SWE	2:12.92
6	Kristin Roset	NOR	2:13.87
7	Camilla Madsen	DEN	2:17.72

1500 m		23 aug	
1	Tytti Reho	FIN	4:27.13

2	Irina Koistinen	FIN	4:27.23
3	Kristin Ahlepil	SWE	4:29.36
4	Jenny Framme	SWE	4:30.38
5	Petrine Holm	DEN	4:32.01
6	Hilde Askeland	NOR	4:32.05
7	Susanne Wigene	NOR	4:36.96
8	Laila Laursen	DEN	4:37.88

3000 m		24 Aug	
1	Jenny Framme	SWE	9:35.36
2	Susanne Wigene	NOR	9:46.37
3	Hilde Askeland	NOR	9:50.96
4	Laila Laursen	DEN	9:57.61
5	Tuija Huoman	FIN	10:04.75
6	Sandra Gerhardsson	SWE	10:08.03
7	Sanna Halttunen	FIN	10:19.47

100 m hurdles		23 aug	+0,5
1	Johanna Halkoaho	FIN	13.58
2	Eveliina Peltola	FIN	13.84
3	Anna Pettersson	SWE	14.05
4	Carola Jansson	SWE	14.36
5	Heidi Trollsås	NOR	14.97
6	Hildegunn Holten	NOR	15.24
7	Mette Svarer	DEN	15.46
8	Guðbjörg L. Bragadóttir	ISL	15.51

400 m hurdles		24 Aug	
1	Nadja Petersen	SWE	60.45
2	Lise M. Jensen	NOR	60.68
3	Heidi Trollsås	NOR	61.21
4	Maria Eriksson	SWE	61.62
5	Dina Danekilde	DEN	61.76
6	Kati Karhula	FIN	62.44
7	Johanna Leppänen	FIN	65.65
8	Sigurlaug Nielsdóttir	ISL	66.27

5000 m walk		24 Aug	
1	Anne Haaland Simonsen	NOR	24:05.13
2	Monica Svensson	SWE	24:19.59
3	Elin Cesilie Løftenes	NOR	24:41.04
4	Jonna Voronkoff	FIN	26:36.99
5	Anna Löwgren	SWE	30:06.66
	Elina Risto	FIN	DQ

High jump		24 Aug	
1	Emilie Färdigh	SWE	1.88
2	Jaana Kumpumäki	FIN	1.78
3	Guðbjörg L. Bragadóttir	ISL	1.69
4	Malin Svensson	SWE	1.69
5	Päivi Helevä	FIN	1.69
6	Mona Andreassen	NOR	1.69
7	Lene Joakimsen	NOR	1.60
8	Katherine Nielsen	DEN	1.60

Pole vault		23 aug	
1	Teija Saari	FIN	3.82
2	Pórey Edda Elísdóttir	ISL	3.52
3	Birgitta Ivanoff	FIN	3.52
4	Charlotte Granlund	NOR	3.17
5	Sandra Ribba	SWE	2.82
6	Charlotte Marstrander	NOR	2.67
7	Linnéa Eriksson	SWE	2.67

<i>Long jump</i>			
		24 Aug	
1	Katja Ripatti	FIN	5.96
2	Nina Saarman	FIN	5.87
3	Pernilla Allvin	SWE	5.70
4	Sara Mentzer	SWE	5.66
5	Guðný Eyþórsdóttir	ISL	5.59
6	Trine F. Madsen	DEN	5.55
7	Turid A. Teigen	NOR	5.50
8	Margit Katrine Strand	NOR	5.35

<i>Triple jump</i>			
		23 aug	
1	Marie Åhlander	SWE	13.06
2	Hanna Pennanen	FIN	12.95
3	Jessica Hartikainen	FIN	12.27
4	Malin Larsson	SWE	12.09
5	Liv B. Hæg	NOR	12.07
6	Helga Eggertsdóttir	ISL	11.31
7	Margit Katrine Strand	NOR	10.98

<i>Shot put</i>			
		24 Aug	
1	Catarina Andersson	SWE	14.46
2	Riita Pelli	FIN	13.67
3	Karin Jansson	SWE	13.67
4	Katja Tenhonen	FIN	13.66
5	Grethe Kleggetveit	NOR	11.99
6	Vivi Rekdal	NOR	11.18
7	Anja Smollerup	DEN	11.17
8	Signe Bech	DEN	10.16

<i>Discus throw</i>			
		23 aug	
1	Katja Tenhonen	FIN	52.08
2	Anita Hietalahti	FIN	48.48
3	Karin Vikne	NOR	46.94
4	Catarina Andersson	SWE	46.64
5	Ellinor Storbjörk	SWE	39.42
6	Vivi Rekdal	NOR	38.18
7	Anja Smollerup	DEN	34.26
8	Guðleif Harðardóttir	ISL	33.40

<i>Hammer throw</i>			
		23 aug	
1	Katja Raitio	FIN	50.42
2	Maria Airaksinen	FIN	48.52
3	Catarina Andersson	SWE	43.86
4	Tonje Antonsen	NOR	42.40
5	Anja Smollerup	DEN	39.72
6	Annika Källén	SWE	39.14
7	Guðleif Harðardóttir	ISL	36.84
8	Gro L. Hennestad	NOR	27.20

<i>Javelin throw</i>			
		24 Aug	
1	Veera Oksanen	FIN	56.16
2	Laila Bergskås	NOR	52.56
3	Catarina Andersson	SWE	48.64
4	Bodil Hjelmset	NOR	48.04
5	Haldóra Jónasdóttir	ISL	46.08
6	Katja Ripatti	FIN	45.22
7	Jennie Niesel	SWE	44.98
8	Signe Bech	DEN	38.82

<i>4x100 m relay</i>			
		23 aug	
1	SWE	46.40	(Maria Eriksson, Madeleine Andersson, Pernilla Allvin, Annika Amundin) **
2	FIN	46.90	(Camilla Wirén, Johanna Halkoaho, Riika Anias, Mari Kiminkinen)

3	DEN	47.40	(Sofie Abildtrup, Mette Svarrer, Helle Langer, Michala Bluhm) **
4	NOR	48.33	(Heidi Trollsås, Cecilie Ringvold, Thale H. Grimstad, Inger Elisabeth Tørre)
5	ISL	48.61	(Helga Sif Róbertsdóttir, Guðný Eyþórsdóttir, Silja Úlfarsdóttir, Sigurlaug Nielsdóttir) **

** Rekkefølgen kan være en annen.

<i>4x400 m relay</i>			
		24 Aug	
1	NOR	3:47.26	(Lise M. Jensen, Ingvill Måkestad, Thale H. Grimstad, Kristin Roset)
2	SWE	3:47.52	(Helena Nilsson, Frida Näsman, Jenny Sjöström, Nadja Petersen) **
3	FIN	3:50.43	(Kari Karhula, Linda Kalander, Johanna Aholainen, Milla Kelo)
4	DEN/ISL	3:50.68	(Guðný Eyþórsdóttir, Sofie Abildtrup, Silja Úlfarsdóttir, Dina Danekilde)

** Rekkefølgen kan være en annen.

Points Women	Nation	Total
	FIN	201
	SWE	212
	NOR	154
	DEN/ISL	84

Nordic Cross Country Championships

Helsinki, FIN 2 Nov

Men

<i>Senior</i>		2 nov.	9 km
1	Carsten Jørgensen	DEN	26:50
2	Claes Nyberg	SWE	26:52
3	Dennis Jensen	DEN	26:55
4	Kåre Sørensen	DEN	27:10
5	Pasi Mattila	FIN	27:16
6	Brian Jensen	DEN	27:17
7	Klaus-Peter Hansen	DEN	27:18
8	Santtu Mäkinen	FIN	27:31

9 Jukka Savonheimo, FIN 27:35, 10 Tore Bye, NOR 27:37, 11 Jonny Jönsson, SWE 27:40, 12 Arvid Levinsson, SWE 27:42, 13 Geir Glasø, NOR 27:47, 14 Göran Axelsson, SWE 27:50, 15 Ludvig Edman, SWE 27:56, 16 Nils Engevik, NOR 27:59, 17 Jim Svenøy, NOR 28:01, 18 Jussi Virtanen, FIN 28:03, 19 Toni Paunonen, FIN 29:34, 20 Pekka Rantakari, FIN 29:39

Teams:

1 DEN 14p (Carsten Jørgensen, Dennis Jensen, Kåre Sørensen, Brian Jensen)
 2 SWE 39p (Claes Nyberg, Jonny Jönsson, Arvid Levinsson, Göran Axelsson)
 3 FIN 40p (Pasi Mattila, Santtu Mäkinen, Jukka Savonheimo, Jussi Virtanen)
 4 NOR 56p (Tore Bye, Geir Glasø, Nils Engevik, Jim Svenøy)

<i>U21</i>		2 nov.	6 km
1	Jussi Utriainen	FIN	18:00
2	Iver Kristian Arnesen	NOR	18:17
3	Mustafa Mohamed	SWE	18:17
4	Kjetil Ramstad	NOR	18:19
5	Jari Matinlauri	FIN	18:50
6	Sveinn Margeirsson	ISL	18:59
7	Torben Koue	DEN	19:00
8	Turo Inkiläinen	FIN	19:02

9 Henrik Skoog, SWE 19:05, 10 Tommi Penttillä, FIN 19:17, 11 Matti Pakarainen, FIN 19:22, 12 Lars Robrandt, DEN 19:23, 13 Henrik Ahnström, SWE 19:35, 14 Michael René Møller, DEN 19:36, 15 Erik Petersen, SWE 20:10

Teams:

1 FIN 14p (Jussi Utriainen, Jari Matinlauri, Turo Inkiläinen)
 2 SWE 25p (Mustaf Mohamed, Henrik Skoog, Henrik Ahnström)
 3 DEN 33p (Torben Koue, Lars Robrandt, Michael René Møller)

Women

<i>Senior</i>		2 nov.	4,5 km
1	Annemari Sandell	FIN	14:31
2	Sara Wedlund	SWE	14:56
3	Annemette Jensen	DEN	15:04
4	Anja Jørgensen	DEN	15:07
5	Dorte Vibjerg	DEN	15:14
6	Jenny Framme	SWE	15:27

7	Anne Martikainen	SWE	15:38
8	Marjo Venäläinen	FIN	15:40
9 Marie Söderström, SWE 15:42, 10 Maija Kukkohovi, FIN 15:45, 11 Ann Bettner, SWE 15:46, 12 Pia Martikainen, SWE 15:52, 13 Jaana Ahonen, FIN 16:14			
Teams:			
1 DEN 12p (Annemette Jensen, Anja Jørgensen, Dorte Vibjerg)			
2 SWE 15p (Sara Wedlund, Jenny Framme, Anne Martikainen)			
3 FIN 19p (Annemari Sandell, Marjo Venäläinen; Maija Kukkohovi)			
	<i>U20</i>	2 nov.	4,5 km
1	Susanne Wigene	NOR	15:09
2	Irina Kostinen	FIN	15:16
3	Jessica Carlberg	SWE	15:26
4	Tuula Laitinen	FIN	15:31
5	Minna Myllykoski	FIN	15:45

6	Martina Barkmann	SWE	15:53
7	Susanna Wiström	SWE	15:58
8	Johanna Raja-Aho	FIN	16:00
9 Lena Nilsson, SWE 16:14, 10 Mari Järvenpää, FIN 16:18, 11 Laila Laursen, DEN 16:49, 12 Louise Mørch, DEN 17:02, 13 Louise Brasen, DEN 17:32			
Teams:			
1 FIN 11p (Irina Koistinen, Tuula Laitine, Minna Myllykoski)			
2 SWE 16p (Jessica Carlberg, Martina Barkmann, Susanna Wiström)			
3 DEN 36p (Laila Laursen, Louise Mørch, Louise Brasen)			