

This year consists of the following competitions:

21.5	Göteborg, SWE	9 th Nordic 10000m Challenge
18.-19.6	Nyköping, SWE	33 th Nordic Junior Championships Combined Events
27.-28.8	Kristiansand, NOR	2 nd Nordic U20 Match & Championships
24.9	Odense, DEN	24 th Nordic Race Walking Championships
8.10	København, DEN	23 th Nordic Race Walking Championships Long distances
12.11	Hamina, FIN	9 th Nordic Cross Country Championships

Nordic 10000 m Challenge

Slottsskogsvallen, Göteborg, SWE 21 May

Men

Senior		21 May	
1	Simo Wannas	FIN	29:16.89
2	Henrik Sandstad	NOR	29:18.07
3	Mårten Boström	FIN	29:19.73
4	Erik Petersson	SWE	29:30.47
5	Ørjan Lunde	NOR	29:33.08
6	Øystein Sylta	NOR	29:58.23
7	Jesper Faurtschou	DEN	30:05.22
8	Fredrik Uhrbom	SWE	30:12.21

9 Konstantin Kutilainen, FIN 30:34.27, 10 Søren Palshøj, DEN 30:50.40, 11 Mats Granström, SWE 31:06.88
 Extra: Vesa Erojärvi, FIN 30:19.53, Alfred Shemweta, SWE 39:39.03, Lars Johansson, SWE 30:42.64, Andreas Carlborg, SWE DNF, Anders Szalkai, SWE DNF, Per Jacobsen, SWE DNF

Women

Senior		21 May	
1	Annemette L. Jensen	DEN	34:20.28
2	Brit-Helen Simmenes	NOR	34:29.56
3	Mira Tuominen	FIN	35:06.13
4	Anneli Fransson	SWE	35:15.13
5	Louise Langelund	DEN	35:24.55
6	Lene K. Duus	DEN	35:29.46
7	Karin Sennvall	SWE	36:01.63
8	Susanna Damm	SWE	36:19.08

Extra: Sidsel H. Rasmussen, DEN 35:08.86, Jenny Johannesson, SWE 35:12.33, Nina T. Sørensen, DEN 35:13.62, Lisa Wiklund, SWE 35:32.90, Hanna Karlsson, SWE DNF, Helena Olofsson, SWE DNF, Karin Schön, SWE DNS

Nordic Junior Championships Combined Events

Rosvalla Stadion, Nyköping, SWE 18-19 Jun

Men

U23 Decathlon		18-19 Jun	
1	Miikka Kelo	FIN	6.122
2	Johnny Ulinder	SWE	6.083
3	Aki Salminen	FIN	5.575

Extra: Mikko Halvari, FIN 7.269, Ove Lindekleiv, NOR 6.805, Rasmus Olofsson, SWE DNF, Joel Thorén, SWE DNF, Joni Ojala, FIN, DNF, Olav Røe, NOR DNF
 (100m, Long jump, Shot put 7,26kg, High jump, 400m, 110 hurdles 106,7cm, Discus 2kg, Pole vault, Javelin throw 800g, 1500m)

1	11.93	6.92	12.22	1.77	51.98	15.65	35.08	NM	57.50	4:40.69
	665	795	620	602	726	773	565	0	700	676
2	12.10	6.36	10.26	1.86	50.41	17.74	29.47	4.23	37.32	4:33.45
	631	666	501	679	796	549	454	682	403	722
3	12.29	6.35	12.78	1.71	54.48	16.86	38.54	NM	51.86	4:53.15
	595	664	654	552	620	639	635	0	616	600

	Long jump	Shot put	Discus throw	Javelin throw
1	6.72	6.81	6.92	11.68
	+2,6	+2,4	+4,3	
2	6.36	X	X	8.44
	+3,3			
3	4.75	X	6.35	12.15
	+2,1		+3,8	

U20 Decathlon

		18-19 Jun
1	Tero Ojala	FIN 7.079*
2	Jonathan Falk	SWE 6.646
3	Juho Mäkipää	FIN 6.572
4	Samuel Lindén	SWE 6.533
5	Björn Barrefors	SWE 6.298
6	Christian Laugesen	DEN 5.858*

Extra: Torbjörn Sörman, SWE 5.933, Sebastian Carlsson, SWE DNF
 (100m, Long jump, Shot put 6kg, High jump, 400m, 100m hurdles 100cm, Discus 1.75kg, Pole vault, Javelin throw 800g, 1500m)

* Ran 110m hurdles together with U23 class and on high hurdles (106,7cm)

1	11.98	6.75	14.32	1.83	51.82	16.88	41.97	4.53	65.27	4:51.86
	655	755	748	653	733	637	705	769	817	607
2	12.00	7.21	14.27	1.77	52.09	15.59	35.77	3.73	47.74	4:52.13
	651	864	745	602	721	780	579	543	555	606
3	12.46	6.53	12.97	1.86	55.66	15.87	37.58	4.23	59.93	4:52.16
	563	704	665	679	573	747	616	682	737	606
4	12.33	6.45	14.47	2.04	51.81	16.37	32.71	3.73	48.94	4:52.56
	588	686	757	840	733	692	518	543	573	603
5	12.19	6.69	12.58	1.80	53.46	15.77	37.20	3.83	45.53	5:01.33
	614	741	642	627	662	759	608	570	523	552
6	12.16	NM	13.33	1.83	51.26	15.79	36.51	3.63	45.15	4:28.33
	620	0	687	653	757	757	594	517	517	756

Wind: 100m: -3,3 110m hurdles: *-1,4, otherwise -2,1

	Long jump	Shot put	Discus throw	Javelin throw
1	6.68	6.75	6.72	13.51
	+3,3	+3,9	+1,4	
2	7.21	X	6.74	14.05
	+2,8		+3,1	
3	6.51	6.40	6.53	12.97
	+2,2	+2,7	+2,3	
4	6.43	6.45	6.36	14.47
	+2,3	+3,4	+1,9	
5	6.69	-	-	X
	+1,3			
6	X	X	X	13.33

U18 Decathlon

		18-19 Jun
1	Lars Vikan Rise	NOR 7.516
2	Stian Andersen	NOR 6.893
3	Josua Gustafsson	SWE 6.776
4	Jesse Jokinen	FIN 6.349
5	Vegard Stokke	NOR 6.272
6	Rasmus Carlsson	SWE 6.024
7	Brynjar Gunnarsson	ISL 5.870
8	Kristoffer Mikkelsen	DEN 5.611

Olof Hjertman, SWE DNF
 Extra: Felix Siljebäck-Larsen, SWE 6.208
 (110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 300m, 100m, Long jump, Shot put 5kg, High jump, 1000m)

1	16.17	46.98	3.93	63.76	36.37	11.98	6.66	16.36	1.95	2:48.23
	714	808	598	795	797	655	734	873	758	784
	-3,4					-1,8	+1,5			
2	15.43	50.62	3.33	49.52	37.39	11.94	6.34	15.20	1.77	2:53.63
	798	883	439	581	736	663	661	802	602	728
	-3,4					-1,8	+1,6			
3	14.80	38.70	4.23	39.73	36.55	11.88	6.14	13.59	1.83	2:55.38
	874	638	682	438	786	675	617	703	653	710
	-3,4					-1,8	+3,9			
4	15.82	36.08	4.03	49.31	38.04	12.16	5.82	12.73	1.74	2:55.06
	753	585	626	578	698	620	548	651	577	713

1	14.26	1.65	11.28	25.80	5.53	46.20	2:30.08	
	942	795	620	815	709	787	692	
		-1,6		0,0	+0,9			
2	15.03	1.71	11.56	26.12	5.65	32.04	2:24.22	
	838	867	632	787	744	515	767	
		-1,6		0,0	+3,1			
3	15.98	1.68	12.88	27.91	5.22	38.64	2:31.31	
	717	830	719	638	620	641	677	
		-1,6		0,0	+2,3			
4	15.29	1.53	11.67	27.09	5.24	27.21	2:27.24	
	804	655	639	704	626	424	728	
		-1,6		0,0	+1,3			
5	15.96	1.41	12.94	27.23	5.19	33.83	2:36.93	
	719	523	723	693	612	549	609	
		-1,6		0,0	+3,1			
6	15.15	1.47	10.46	26.24	4.82	27.12	2:29.59	
	822	588	560	776	511	422	698	
		-2,5		-2,2	+2,0			
7	15.58	1.56	9.68	27.16	5.10	28.49	2:34.50	
	767	689	509	699	587	448	638	
		-2,5		-2,2	+2,9			
8	18.87	1.53	12.25	28.05	5.28	37.32	2:32.60	
	402	655	678	627	637	616	661	
		-2,5		-2,2	+2,1			
9	16.18	1.50	9.85	27.78	5.27	31.62	2:35.31	
	692	621	520	648	578	479	648	
		-2,5		-2,2	+0,4			
10	17.24	1.53	10.41	28.90	5.27	31.62	2:35.31	
	570	655	556	562	634	507	628	
		-2,5		-2,2	+2,4			
	Long jump		Shot put			Javelin throw		
1	5.47	X	5.53	11.38	X	X	37.46	41.82 46.20
	+1,6		+0,9					
2	X	5.65	5.63	11.56	10.59	11.36	32.04	30.18 X
		+3,1	+1,4					
3	4.99	5.22	X	10.21	11.92	12.88	33.91	34.16 38.64
	+1,8	+2,3						
4	4.55	4.48	5.24	10.50	10.25	11.67	X	27.21 24.76
	+1,2	+1,6	+1,3					
5	4.88	5.19	X	12.59	12.53	12.94	33.83	29.79 31.55
	+2,6	+3,1						
6	4.79	4.82	4.79	9.43	10.46	9.53	26.12	X 27.12
	+2,6	+2,0	+2,1					
7	5.10	4.99	5.05	8.76	9.68	9.09	28.49	28.18 27.15
	+2,9	+0,5	+3,2					
8	4.81	5.28	5.10	12.25	11.49	12.05	34.88	37.32 36.90
	+2,5	+2,1	+2,1					
9	4.54	5.07	5.03	9.85	8.68	9.10	29.60	X 30.10
	+0,8	+0,4	+2,6					
10	X	4.91	5.27	10.41	X	X	31.61	31.62 X
		+1,7	+2,4					

Nordic U20 Match & Championships

Kristiansand Stadion, Kristiansand, NOR 27-28 Aug

Men

100 m				27 Aug	-0,8
1	Timo Salonen	FIN	10.69		
2	Teemu Vilén	FIN	10.99		
3	Erik Karlsson	SWE	11.03		
4	Simon Johansson	SWE	11.10		
5	Martin Bolvig	DEN	11.35		
6	Jarle Hollund	NOR	11.35		
7	Magnús Valgeir Gíslason	ISL	11.48		
8	Alexander Hanssen	NOR	11.89		
200 m				28 Aug	-0,3
1	Teemu Vilén	FIN	21.91		
2	Fredrik Johansson	SWE	21.96		
3	Joni Jaako	SWE	22.27		
4	Niko Viiala	FIN	22.28		
5	Espen Ellingsen	NOR	22.67		
6	Sveinn Elías Elíasson	ISL	22.75		
7	Mikkel Klejstrup	DEN	22.82		

8	Espen Wisur	NOR	22.84				
400 m						27. aug	
1	Joni Jaako	SWE	47.32				
2	Fredrik Johansson	SWE	48.03				
3	Andreas Bube	DEN	48.06				
4	Tormod Hjortnæs Larsen	NOR	49.88				
5	Sveinn Elías Elíasson	ISL	49.96				
6	Kristian Magnussen	NOR	50.04				
7	Antero Vaarnamo	FIN	50.55				
8	Jukka Moisio	FIN	51.99				

800 m				28 Aug	
1	Tor Pöllänen	FIN	2:02.74		
2	Riku Marttinen	FIN	2:03.05		
3	Mohammed Bashir	SWE	2:03.65		
4	Jani Hautala	FIN	2:03.82		
5	Rasmus Terp	DEN	2:04.42		
6	Marius Frøvig Schneider	NOR	2:04.77		
7	Stian Mære Trana	NOR	2:05.08		

1500 m				27 Aug	
1	Riku Marttinen	FIN	4:05.33		
2	Mohammed Bashir	SWE	4:05.54		
3	Jani Hautala	FIN	4:06.13		
4	Fredrik Björklund	SWE	4:09.57		
5	Eirik Smidt Sagstuen	NOR	4:10.42		
6	Simen Dybdahl	NOR	4:12.00		
7	Ahmed Khalif	DEN	4:15.87		
	Stefán Guðmundsson	ISL	DNS		

5000 m				27. aug	
1	Tuomas Jokinen	FIN	14:43.71		
2	Jarkko Järvenpää	FIN	14:45.34		
3	Kári Steinn Karlsson	ISL	14:49.71		
4	Thomas Stave Gabrielsen	NOR	14:50.40		
5	Sindre Buraas	NOR	15:11.12		
6	Troels Torp	DEN	15:31.06		
7	David Nilsson	SWE	15:49.62		
8	Oskar Landin	SWE	16:07.17		

110 m hurdles				27 Aug	-2,6
1	Samir Abbassi	FIN	14.46		
2	Jyri Lindén	FIN	14.73		
3	Sebastian Öberg	SWE	15.15		
4	Christian Laugesen	DEN	15.15		
5	Björn Barrefors	SWE	15.37		
6	Lars Vikan Rise	NOR	15.66		
7	Anders Govasmark Lerberg	NOR	15.73		
8	Brynjar Gunnarsson	ISL	16.45		

400 m hurdles				28 Aug	
1	Andreas Bube	DEN	53.58		
2	Ville Vepsä	FIN	54.75		
3	Panu Pasanen	FIN	55.15		
4	Marius Benserud	NOR	55.23		
5	Hans Erik Bragstad Vist	NOR	55.79		
6	Henrik Astfors	SWE	56.08		
7	Brynjar Gunnarsson	ISL	56.16		
8	Tobias Ohlsson	SWE	57.83		

3000 m steeplechase				27 Aug	
1	Joonas Harjamäki	FIN	9:19.23		
2	Erik Scheller	SWE	9:19.24		
3	Fredrik Johansson	SWE	9:25.75		

7 41.86 X 42.69 43.09 X X

<i>Javelin throw</i>		27 aug
1	Mikko Kankaanpää	FIN 70.37
2	Mika Paajanen	FIN 68.23
3	Olof Hansson	SWE 64.88
4	Marcus Hayden	SWE 61.99
5	Fredrik Halvorsen	NOR 50.14
6	Sveinn Elías Elíasson	ISL 49.75
7	Stian Andersen	NOR 47.85
	Christian Pilgaard	DEN DNS

<i>Series</i>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
1	66.36	70.37	X	66.37	X	X
2	X	68.23	63.09	63.63	63.18	X
3	61.17	64.88	X	62.93	62.89	63.70
4	X	57.34	61.99	X	X	X
5	X	50.14	X	X	X	X
6	49.16	X	48.10	49.75	X	X
7	47.10	X	X	X	47.85	X
8						

<i>4x100 m relay</i>		27 aug
1	FIN	40.72
2	SWE	41.43
3	DEN	42.58
4	ISL	43.89
	NOR	DQ

(Teemu Vilén, Niko Viiala, Antti Vainionpää, Timo Salonen)
 (Robert Larsson-Roos, Simon Johansson, Erik Karlsson, Fredrik Johansson)
 Steven Nielsen, Andreas Bube, Martin Bolvig, Mikkel Klejnstrup
 (Brynjar Gunnarson, Magnús Valgeir Gíslason, Sveinn Elíasson, Þorsteinn Ingvarsson)
 (Tormod Hjortnæs Larsen, Espen Wisur, Espen Ellingsen, Jarle Hollund)

<i>4x400 m relay</i>		18. Aug
1	SWE	3:15.72
2	DEN	3:16.23
3	FIN	3:23.70
4	NOR	3:27.46
5	ISL	3:34.20

(Victor Lohr, Joni Jaako, Henrik Astfors, Fredrik Johansson)
 (Rasmus Olsen, Mikkel Klejnstrup, Nicklas Hyde, Andreas Bube)
 (Antero Vaarnamo, Antti Kokkonen, Jukka Moisio, Ville Vepsä)
 (Tormod Hjortnæs Larsen, Marius Frøvig Schneider, Espen Wisur, Kristian Magnusen)
 (Þorsteinn Ingvarsson, Brynjar Gunnarson, Magnús Valgeir Gíslason, Sveinn Elías Elíasson)

Points Men	Nation	Total
	FIN	250
	SWE	208,5
	NOR	113,5
	DEN/ISL	111

Women

<i>100 m</i>		27. aug	-1,9
1	Ezinne Okparaebo	NOR	12.03
2	Elisabeth Slettum	NOR	12.29
3	Evelina Lunner	SWE	12.30
4	Jenni Niittonen	FIN	12.42
5	Maria Teilmann	SWE	12.46
6	Ifeoma Chukwuma	FIN	12.57
7	Helga Margrét Þorsteinsdóttir	ISL	12.76
8	Katrine Mikkelsen	DEN	13.06

<i>200 m</i>		28 Aug	+0,6
1	Elisabeth Slettum	NOR	24.34
2	Ezinne Okparaebo	NOR	24.74
3	Emma Björkmann	SWE	25.03
4	Anna Ek	SWE	25.13
5	Sara Slott Petersen	DEN	25.26
6	Ifeoma Chukwuma	FIN	25.43
7	Johanna Laine	FIN	25.97
8	Linda Björk Lárusdóttir	ISL	27.19

<i>400 m</i>		27 aug	
1	Emma Björkmann	SWE	54.57
2	Sara Slott Petersen	DEN	55.34
3	Stine Tomb	NOR	55.49
4	Karin Storbacka	FIN	56.21
5	Louise Martin	SWE	56.81
6	Christine Næsheim Björkvik	NOR	57.40
7	Katrine Mikkelsen	DEN	58.32
8	Maisa Korri	FIN	58.88

<i>800 m</i>		28 Aug	
1	Frida Flodström	SWE	2:11.81
2	Bodil Have	DEN	2:12.04
3	Viktoria Tegenfeldt	SWE	2:13.01
4	Sara Sajanti	FIN	2:13.99
5	Eeva Sajanti	FIN	2:14.22
6	Ingrid Magnus	NOR	2:14.47
7	Martine Eikemo Borge	NOR	2:15.92

<i>1500 m</i>		27 aug	
1	Frida Flodström	SWE	4:34.52
2	Marten Elden	NOR	4:34.56
3	Saara Skyttä	FIN	4:36.35
4	Ingunn Opsal	NOR	4:37.27
5	Eeva Sajanti	FIN	4:42.75
6	Anna H. Jørgensen	DEN	4:43.77
7	Íris Anna Skúladóttir	ISL	4:44.35
8	Lisa Viltaire	SWE	5:37,66

<i>3000 m</i>		28 Aug	
1	Marte Elden	NOR	9:48.84
2	Ingunn Opsal	NOR	9:50.49
3	Anna H. Jørgensen	DEN	9:56.26
4	Sini Kolehmainen	FIN	10:01.31
5	Íris Anna Skúladóttir	ISL	10:09.97
6	Emma Åkesson	SWE	10:12.91
7	Noora Nissinen	FIN	10:25.57
8	Marie Eriksson	SWE	10:47.57

<i>100 m hurdles</i>		27 aug	-2,1
1	Johanna Sjöström	SWE	14.10
2	Jenni Niittonen	FIN	14.17
3	Marie Hagle	NOR	14.20
4	Camilla Kramar	SWE	14.77
5	Christina Lia	NOR	15.01
6	Linda Björk Lárusdóttir	ISL	16.02
7	Giia Lindström	FIN	26.13

<i>400 m hurdles</i>		28 Aug	
1	Sara Slott Petersen	DEN	58.53
2	Louise Martin	SWE	60.80
3	Stine Tomb	NOR	61.17
4	Christine Næsheim Björkvik	NOR	61.31
5	Riikka Aro	FIN	63.03
6	Charlotte Johansson	SWE	63.12
7	Kaisa Eronen	FIN	63.49
8	Þóra Kristín Pálsdóttir	ISL	66.08

<i>2000 m steeplechase</i>		28 Aug	
1	Saara Skyttä	FIN	6:51.91
2	Kristine Eikrem Engeset	NOR	6:57.03
3	Karoline Bjerkeli Grøvdal	NOR	6:58.68
4	Hanna Hyvönen	FIN	7:09.32
5	Sofia Bernestål	SWE	7:20.53

6	Hanna Jansson	SWE	7:44.00
7	Désirée Culmsée	DEN	7:58.72
3000 m walk 28 Aug			
1	Mia Hovi	FIN	14:50.93
2	Johanna Väliniemi	FIN	15:03.27
3	Emma Nilsson	SWE	15:13.60
4	Camilla Heggøy	NOR	15:28.10
5	Silje Solheim	NOR	15:29.82

High jump 28 Aug			
1	Anna Alexson	SWE	1.75
2	Øyunn Grindem	NOR	1.75
2	Stine Kufaa	NOR	1.75
4	Ebba Ljungmark	SWE	1.70
5	Tiina Haapanen	FIN	1.60
6	Anne Møller	DEN	1.55
6	Dagrún Inga Þorsteinsdóttir	ISL	1.55
8	Jonna Jantunen	FIN	1.50

Series	1.50	1.55	1.60	1.65	1.70	1.75	1.78
1				o	o	o	xxx
2				o	xxo	xxx	
2			o	o	xxo	xxx	
4			xo	xxo	xxx		
5			o	xxx			
6	o	xo	xxx				
6	o	xo	xxx				
8	o	-	xxx				

Pole vault 27 aug			
1	Cathrine Larsåsen	NOR	3.76
2	Isabell Lilja	SWE	3.71
3	Iben Høgh-Pedersen	DEN	3.66
4	Ida Beate Østhus	NOR	3.41
4	Martina Wahnström	SWE	3.41
6	Jessica Westö	FIN	3.31
7	Fanneý Björk Tryggvadóttir	ISL	3.21
	Hannamari Pietilä	FIN	NM

Series	3.01	3.21	3.31	3.41	3.51	3.61	3.66	3.71	3.76	3.81
1			o	-	o	o	-	xxo	o	xxx
2			o	xo	o	o	o	o	x-	xx
3		o	-	o	xo	o	xo	xxx		
4	o	o	o	xxo	xxx					
4		o	o	xxo	xxx					
6		o	o	xxx						
7	o	xo	xxx							

Long jump 28 Aug			
1	Noora Pesola	FIN	6.00
2	Oda Utsi Onstad	NOR	5.97
3	Linda Berntsson	SWE	5.84
4	Elin Andersson	SWE	5.63
5	Maryon P. Strugstad	NOR	5.62
6	Helga Margrét Þorsteinsdóttir	ISL	5.58
7	Elina Palomäki	FIN	5.51
8	Julie Flensburg Madsen	DEN	NM

Series	1	2	3	4	5	6
1	5.80	6.00	5.90	5.99	5.84	5.83
	+0,4	+0,5	-0,2	+1,1	+0,2	-0,7
2	5.77	5.93	5.81	X	X	5.97
	+0,6	+0,2	-0,6			+1,4
3	5,48	5,84	5,64	5,70	X	5,54
	+0,8	+0,6	-0,3	+0,9		+0,7
4	X	X	5,63	5,26	5,16	X
			+0,2	+0,9	+0,6	
5	5,26	5,38	5,59	5,39	5,39	5,62
	+0,5	+0,5	-0,2	-0,3	+0,9	+1,7
6	X	X	5,42	5,54	X	5,58
			+1,1	+0,9		+0,2
7	5,00	5,30	5,30	5,51	5,48	5,36
	+1,0	+0,8	+0,5	+0,7	+0,4	+1,5
8	X	X	X	X	X	X

Triple jump 27 aug						
1	Oda Utsi Onstad	NOR	13.13			
2	Mia Haave	NOR	12.95			
3	Anna Alexson	SWE	12.07			
4	Martina Wahnström	SWE	11.90			
5	Giia Lindström	FIN	11.90			
6	Päivi Kasari	FIN	11.89			
7	Anne Møller	DEN	11.67			

Series	1	2	3	4	5	6
1	12.04	13.13	12.95	-	-	-
	+2,2	+2,0	+1,3			
2	12.95	X	12.62	X	12.59	12.53
	+1,1		-0,4		-1,1	-0,7
3	12.07	X	X	X	X	X
	+1,8					
4	11.79	11.90	X	X	X	X
	+1,3	+0,7				
5	11.56	11.63	X	X	11.90	X
	+1,0	+0,7			-0,3	
6	X	X	11.89	11.83	X	X
			-0,3	-1,1		
7	10.68	11.21	11.67	-	-	-
	+0,5	+1,2	+1,8			

Shot put 28 Aug			
1	Carolina Hjelt	SWE	14.60
2	Johanna Pulkkinen	FIN	13.72
3	Sanna Kämäräinen	FIN	13.43
4	Charlotte Lund Abrahamson	NOR	12.82
5	Anna Wikström	SWE	12.48
6	Ragnheiður Anna Þórsdóttir	ISL	11.12
7	Trine Mulbjerg	DEN	10.85
8	Hilde Nordtveit	NOR	10.40

Series	1	2	3	4	5	6
1	14.44	14.18	14.45	14.05	14.60	14.49
2	13.23	13.24	13.22	13.72	X	12.81
3	12.58	12.59	13.43	X	X	13.01
4	12.82	X	X	12.55	12.79	X
5	11.88	11.92	11.63	12.01	12.48	11.64
6	10.84	11.02	X	11.12	X	10.88
7	10.17	10.53	10.24	10.72	10.74	10.85
8	10.22	10.40	X	X	X	X

Discus throw 27 aug			
1	Sanna Kämäräinen	FIN	49.14
2	Ragnheiður Anna Þórsdóttir	ISL	45.22
3	Jonna Mäkelä	FIN	44.24
4	Anna Wikström	SWE	43.11
5	Carolina Hjelt	SWE	42.60
6	Trude Raad	NOR	41.90
7	Hanna Berge	NOR	37.06
8	Stine Densam	DEN	27.84

Series	1	2	3	4	5	6
1	49.14	X	X	46.59	47.93	X
2	41.82	43.14	41.00	44.11	45.22	X
3	38.19	44.24	X	42.38	41.88	X
4	37.22	38.87	42.32	43.11	X	39.52
5	42.60	42.00	42.18	42.54	42.20	X
6	41.90	X	X	41.73	X	X
7	X	37.06	X	35.11	33.44	37.06
8	X	26.89	27.84	X	X	X

Hammer throw 27 aug			
1	Karoline Pedersen	SWE	57.51
2	Annika Hjelm	SWE	54.15
3	Annika Nurminen	FIN	52.44
4	Lena Solvin	FIN	51.52
5	Trude Raad	NOR	45.14
6	Kristine Gjengedal	NOR	43.01
7	Stine Densam	DEN	35.06

Series	1	2	3	4	5	6
1	50.62	57.20	X	53.75	57.51	56.38
2	54.15	52.74	X	52.28	53.02	52.29
3	50.37	X	52.44	X	X	X
4	50.93	X	X	51.52	X	X

5	41.70	45.14	X	X	42.91	X
6	X	X	42.16	43.01	42.27	X
7	X	X	32.16	X	X	35.06

Javelin throw

28 Aug

1	Milja Lusila	FIN	45.55
2	Johanna Snellmann	FIN	44.34
3	Charlotte Lund Abrahamson	NOR	43.82
4	Tove Beate Dahle	NOR	41.68
5	Anna Boberg	SWE	41.17
6	Michaela Johansson	SWE	35.32
7	Maria L. Jensen	DEN	33.46

Series	1	2	3	4	5	6
1	45.55	42.54	40.66	41.40	40.74	42.52
2	X	43.64	X	44.34	42.27	43.34
3	X	39.22	X	43.82	42.29	42.21
4	41.68	X	40.40	38.77	X	40.54
5	41.17	38.93	39.96	X	36.35	X
6	33.74	X	35.32	35.15	34.95	33.84
7	30.74	X	33.46	X	X	32.31

4x100 m relay

27 aug

1	NOR	46.09	(Ezinne Okparaebo, Elisabeth Slettum, Marie Hagle, Oda Utsi Onstad)
2	SWE	46.55	(Siri Fagerlund, Maria Teilman, Evelina Lunner, Anne Ek)
3	FIN	46.99	(Jenni Niittonen, Ifeoma Chukwuma, Laura Setälä, Noora Pesola)
4	DEN	48.48	(Julie Flensburg Madsen, Sara Slott Petersen, Anne Møller Eskildsen, Kathrine Mikkelsen)
5	ISL	49.92	(Linda Björk Lárusdóttir, Dagrún Inga Þorsteinsdóttir, Þóra Kristín Pálsdóttir, Helga Margrét Þorsteinsdóttir)

4x400 m relay

28 Aug

1	SWE	3:44.24	(Louise Martin, Maria Teilman, Frida Flodström, Emma Björkman)
2	NOR	3:44.64	(Elisabeth Slettum, Christine Næsheim Bjørkvik, Katrine Alfsnes, Stine Tomb)
3	FIN	3:51.44	(Johanna Rossi, Maisa Korri, Emilia Granlund, Karin Storbacka)
4	DEN/ISL	4:05.75	(Þóra Kristín Pálsdóttir, Bodil Have, Dagrún Inga Þorsteinsdóttir, Kathrine Mikkelsen)

Points Women	Nation	Total
	NOR	210,5
	SWE	204,5
	FIN	176
	DEN/ISL	94

Nordic Race Walking Championships

Odense Atletik Stadion, Odense, DEN 24 Sep

Men

Senior	24 Sep	20000m
1	Trond Nymark	NOR 1:27:59.7
2	Bengt Bengtsson	SWE 1:29:50.1
3	Fredrik Svensson	SWE 1:32:54.1
4	Timo Viljanen	FIN 1:34:57.8
5	Christer Svensson	SWE 1:38:51.2
6	Erling Andersen	NOR 1:39:17.6
7	Jacob Sørensen	DEN 1:40:30.0
8	Anders Wahlström	SWE 1:42:51.2
9	Søren Erik Svendsen, DEN 2:00:26.3, Erik Tysse, NOR DNS, Aksel V. Bendtsen, DEN DNS	

U23

24 Sep	20000m	
1	Janne Meriläinen	FIN 1:36:15.9
2	Thomas Ølness	NOR 1:58:06.0
	Ato Ibáñez	SWE DQ

U20

24 Sep	10000m	
1	Heikki Kukkonen	FIN 45:40.0
2	Nillo Halonen	FIN 46:08.2
3	Bjørn Ove Ølness	NOR 50:40.1

4	Daniel Hermansson	SWE	56:56.9
---	-------------------	-----	---------

U18

24 Sep	5000m	
1	Andreas Nielsen	DEN 23:29.1
2	Tuomo Salonen	FIN 24:00.5
3	Casper Hansson	DEN 25:00.4
4	Matias Korpela	FIN 25:05.0
5	Anders Hansson	SWE 26:31.5
6	Pål-Erik Lund	NOR 28:33.8

Women

Senior

24 Sep	10000m	
1	Outi Sillénpää	FIN 50:22.7
2	Susanne Johansson	SWE 53:20.4
3	Sigrun R. Sangvik	NOR 59:35.3

U23

24 Sep	10000m	
1	Marika Ojanperä	FIN 53:30.4
2	Jaana Eskelinen	FIN 54:00.6
3	Emma Nilsson	SWE 55:37.7
4	Madeleine Lindgren	SWE 63:01.0

U20

24 Sep	5000m	
1	Mia Hovi	FIN 25:33.1
2	Kati Penttinen	FIN 25:41.0
3	Mari Olsson	SWE 26:01.7
4	Camilla Heggøy	NOR 28:25.8
5	Alexandra K. Boberg	SWE 32:25.9

Extra: Maria Bengtsson, SWE 35:30.3

U18

24 Sep	5000m	
1	Karoliina Kaasalainen	FIN 25:07.0
2	Anna Karrila	FIN 25:22.6
3	Silje Solheim	NOR 27:56.3
4	Maria Eriksson	SWE 28:55.4
5	Elin Angestav	SWE 29:06.3
6	Marianne Bjelke	NOR 29:17.5

Points	Nation	Total
	FIN	99
	SWE	91
	NOR	60
	DEN	18

Nordic Race Walking Championships Long distances

København, DEN 8 Oct

Men

Senior

8 Oct	50km	
1	Trond Nymark	NOR 3:49:36
2	Fredrik Svensson	SWE 4:08.23
3	Jarkko Kinnunen	FIN 4:10:52
4	Bengt Bengtsson	SWE 4:27:21
5	Timo Viljanen	FIN 4:38:32
6	Christer Svensson	SWE 4:41:35
7	Anders Wahlström	SWE 4:41:42

Women

Senior

8 Oct	20km	
1	Monica Svensson	SWE 1:39:10
2	Anna Karrila	FIN 1:49:38
3	Susanne Johansson	SWE 1:54:58
4	Kerstin B. Malm	SWE 2:04:51
5	Barbro Carlberg-Lindberg	SWE 2:30:38

Nordic Cross Country Championships

Hamina, FIN

12 Nov

Men

<i>Senior</i>		12 Nov	9 km
1	Henrik Ahnström	SWE	27:00
2	Øystein Sylta	NOR	27:06
3	Jussi Utriainen	FIN	27:08
4	Oskar Käck	SWE	27:13
5	Kristian Algers	SWE	27:14
6	Juha Hellstén	FIN	27:22
7	Steen Walter	DEN	27:32
8	Henrik Them Andersen	DEN	27:32

9 Konstantin Kuttilainen, FIN 27:33, 10 Claus Bugge Hansen, DEN 27:41, 11 Simo Wannas, FIN 27:42, 12 Jesper Faurischou, DEN 27:43, 13 Francis Kirwa, FIN 27:44, 14 Lars Johansson, SWE 27:45, 15 Karl Johan Rasmussen, NOR 27:55, 16 Svein Inge Buhaug, NOR 27:57, 17 Mads Jacobsen, DEN 28:00, 18 Henrik Grøseth, NOR 28:03, 19 Fredrik Uhrbom, SWE 28:16, 20 Juho Pirkola, FIN 28:21

Extra: Jarkko Hamberg, FIN 29:41, Jukka Kero, FIN 29:46, Tapani Virtanen, FIN 30:27, Aki Nummela, FIN 31:26, Jani Lakanen, FIN 27:56, Juha Puttonen, FIN 28:06, Arto Ylö-Kotola, FIN 29:05

Teams:

- 1 SWE 24p (Henrik Ahnström, Oskar Käck, Kristian Algers, Lars Johansson)
- 2 FIN 29p (Jussi Utriainen, Juha Hellstén, Konstantin Kuttilainen, Simo Wannas)
- 3 DEN 37p (Steen Walter, Henrik Them Andersen, Claus Bugge Hansen, Jesper Faurischou)
- 4 NOR 51p (Øystein Sylta, Karl Johan Rasmussen, Stein Inge Buhaug, Henrik Grøseth)

<i>U20</i>		11 Nov	6 km
1	Tuomas Jokinen	FIN	18:29
2	Thomas Stave Gabrielsen	NOR	18:30
3	Kári Steinn Karlsson	ISL	18:36
4	Alexander Söderberg	SWE	18:37
5	David Nilsson	SWE	18:54
6	Tobias Lundgren	SWE	19:04
7	Jarkko Anttila	FIN	19:14
8	Sindre Buraas	NOR	19:16

9 Troels Torp, DEN 19:16, 10 Riku Marttinen, FIN 19:21, 11 Thomas Mæland, NOR 19:22, 12 Jarkko Järvenpää, FIN 19:25, 13 Steffen Hejlskov, DEN 19:39, 14 Joonas Harjamäki, FIN 19:41, 15 Erik Scheller, SWE 19:42, 16 Stefan Guðmundsson, ISL 19:48, 17 Carsten Paysen Thillemann, DEN 20:35

Extra: Peiko Solla, 19:10, Miro Laurila, FIN 19:46, Joonas Lehtinen, FIN 20:05, Juuso Metsälä, FIN 20:18, Ossi Peltoniemi, FIN 20:22, Dennis Rehnström, FIN 22:04

Teams:

- 1 SWE 15p (Alexander Söderberg, David Nilsson, Tobias Lundgren)
- 2 FIN 18p (Tuomas Jokinen, Jarkko Anttila, Riko Marttinen)
- 3 NOR 21p (Thomas Stave Gabrielsen, Sindre Buraas, Thomas Mæland)
- 4 DEN 39p (Troels Torp, Steffen Hejlskov, Carsten Paysen Thillemann)

Women

<i>Senior</i>		11 Nov	4,5 km
1	Louise Pii Mørch	DEN	15:37
2	Runa Bostad	NOR	15:38
3	Minna Kauppi	FIN	15:38
4	Brit Helen Simmenes	NOR	15:39
5	Lene Kathrine Duus	DEN	16:00
6	Laila Kærgaard Larsen	DEN	16:02
7	Johanna Kykyri	FIN	16:05
8	Anneli Fransson	SWE	16:07

9 Ingvill Måkestad, NOR 16:10, 10 Eline Lindgren, FIN 16:11, 11 Laura Skyttä, FIN 16:14, 12 Susanna Damm, SWE 16:26, 13 Flo Jonsson, SWE 16:29, 14 Lisa Haglund, SWE 16:40, 15 Minna Nummela, FIN 17:01

Extra: Marika Jänkä, FIN DNF

Teams:

- 1 DEN 12p (Louise Pii Mørch, Lene Kathrine Duus, Laila Kærgaard Laursen)
- 2 NOR 15p (Runa Bostad, Brit Helen Simmenes, Ingvill Måkestad)
- 3 FIN 20p (Minna Kauppi, Johanna Kykyri, Elina Lindgren)
- 4 SWE 33p (Anneli Fransson, Susanna Damm, Flo Jonsson)

<i>U20</i>		11 Nov	4,5 km
1	Ingunn Opsal	NOR	15:26
2	Karoline Bjerkeli Grøvdal	NOR	15:45
3	Anna Holm Jørgensen	DEN	16:13
4	Íris Anna Skúladóttir	ISL	16:28
5	Kristine Eikrem Engeset	NOR	16:29
6	Saara Skyttä	FIN	16:35
7	Sandra Fransson	SWE	16:36
8	Mari Mäki-Torkko	FIN	16:37

9 Therese Sjöström, SWE 16:39, 10 Guro Flatekval, NOR 16:47, 11 Maija Skyttä, FIN 16:56, 12 Maria Bjørn Madsen, DEN 16:57, 13 Jenny Holmroos, SWE 17:07, 14 Christina Lindblom, SWE 17:10, 15 Bodil Møller Have, DEN 17:14, 16 Sini Kolehmainen, FIN 17:17, 17 Tiia Taipale, FIN 17:28, 18 Marianne Ulvestad, NOR 17:55, 19 Hanna Michaelsson, SWE 18:42

Extra: Mirka Laurila, FIN DNF

Teams:

- 1 NOR 8p (Ingunn Opsal, Karoline Bjerkeli Grøvdal, Kristine Eikrem Engeset)
- 2 FIN 25p (Saara Skyttä, Mari Mäki-Torkko, Maija Skyttä)
- 3 SWE 29p (Sandra Fransson, Therese Sjöström, Jenny Holmroos)
- 4 DEN 30p (Anna Holm Jørgensen, Maria Bjørn Madsen, Bodil Møller Have)