

This year consists of the following competitions:

4.2	Turku, FIN	3 <sup>rd</sup> Nordic Indoor Race Walking Championships
8.-9.7	Reykjavik, ISL	6 <sup>th</sup> Nordic Junior Championships Combined Events
22.7	Lyngby, DEN	3 <sup>rd</sup> Nordic Women's Cup
19.-20.8	Raahe, FIN	29 <sup>th</sup> Nordic Junior Match
26.8	Kisa, SWE	13 <sup>th</sup> Nordic Junior Race Walking Match

Nordic Indoor Race Walking Championships

Kupittaa Halli, Turku, FIN 4 Feb

Men

<i>Senior</i>		4 Feb	5000m
1	<b>Reima Salonen</b>	<b>FIN</b>	<b>19:44.8</b>
2	<b>Paavo Pohjolainen</b>	<b>FIN</b>	<b>20:50.3</b>
3	<b>Owe Hemmingsson</b>	<b>SWE</b>	<b>20:55.0</b>
4	Knut Arne Strømøy	NOR	21:05.0
5	Per Rasmussen	SWE	21:15.0
6	Immo Rintala	FIN	21:38.2
7	Lasse Ala-Pietilä	FIN	21:46.2

<i>U20</i>		4 Feb	5000m
1	<b>Erling Andersen</b>	<b>NOR</b>	<b>20:54.5</b>
2	<b>Lars Ove Moen</b>	<b>NOR</b>	<b>22:24.8</b>
3	<b>Tommy Tindlund</b>	<b>NOR</b>	<b>24:41.4</b>

<i>U18</i>		4 Feb	3000m
1	<b>Jan Staaf</b>	<b>SWE</b>	<b>13:35.3</b>
2	<b>Roy Johansen</b>	<b>NOR</b>	<b>13:36.2</b>
3	<b>Lennart Johansson</b>	<b>SWE</b>	<b>13:47.6</b>
4	Mikael Sandaeus	SWE	14:09.4

Women

<i>Senior</i>		4 Feb	3000m
1	<b>Margareta Simu</b>	<b>FIN</b>	<b>13:46.1</b>
2	<b>Thorill Gylder</b>	<b>NOR</b>	<b>13:58.3</b>
3	<b>Frøydis Hilsen</b>	<b>NOR</b>	<b>14:15.0</b>

<i>U20</i>		4 Feb	3000m
1	<b>Britt-Marie Carlsson</b>	<b>SWE</b>	<b>14:37.6</b>
2	<b>Mia Kjølberg</b>	<b>NOR</b>	<b>14:44.6</b>
3	<b>Helena Åström</b>	<b>FIN</b>	<b>17:57.1</b>
4	Riita Pohjolainen	FIN	18:19.3

Nordic Junior Championships Combined Events

Reykjavik, ISL 8-9 Jul

Men

<i>U21 Decathlon</i>		8-9 Jul	
1	<b>Esa Jokinen</b>	<b>FIN</b>	<b>7.240</b>
2	<b>Johan Eklund</b>	<b>SWE</b>	<b>6.846</b>
3	<b>Øystein Gulbrandsen</b>	<b>NOR</b>	<b>6.799</b>
4	Tor Skotaam	NOR	6.770
5	Pétur Pétursson	ISL	6.595

1	11.6	6.78	13.15	1.92	49.4	15.8	33.72	3.90	60.45	4:23.2
2	11.7	6.35	12.69	1.95	52.7	16.1	39.88	3.90	57.05	4:53.3
3	11.4	6.71	13.45	1.83	50.5	15.8	33.98	3.60	50.78	4:48.3
4	11.6	6.54	13.29	1.95	54.5	15.7	43.04	3.10	50.73	4:37.1
5	11.5	6.37	13.91	1.86	51.6	16.3	35.37	3.20	47.96	4:39.8

<i>U19 Decathlon</i>		8-9 Jul	
1	<b>Seppo Havisto</b>	<b>FIN</b>	<b>7.085</b>
2	<b>Kalle Ristola</b>	<b>FIN</b>	<b>6.967</b>
3	<b>Gudmund Olsen</b>	<b>NOR</b>	<b>6.879</b>
4	Þorsteinn Þórsson	ISL	6.775
5	Bo Rasmussen	DEN	6.726

6	Esa Viitasalo	FIN	6.594
7	Peter Ljung	SWE	6.541
8	Vésteinn Hafsteinsson	ISL	6.244

Martin Nilsson, SWE DNF

1	11.6	6.49	15.08	2.08	53.2	16.7	48.95	3.50	49.63	4:47.2
2	11.2	6.67	15.79	1.84	54.0	16.4	47.98	3.40	56.78	5:09.9
3	12.0	6.37	14.50	1.81	52.8	16.5	49.59	3.80	56.63	4:54.9
4	12.0	6.09	13.73	1.99	53.9	15.4	41.14	3.60	53.11	4:46.0
5	11.8	6.06	13.50	1.84	52.6	16.4	43.62	3.50	51.97	4:31.1
6	12.0	6.39	12.77	1.84	53.4	15.7	34.10	3.90	56.05	4:50.4
7	12.1	5.94	14.60	1.78	54.6	16.9	49.25	3.60	59.55	5:08.5
8	12.5	5.77	14.00	1.78	56.0	17.5	48.63	3.30	51.09	4:40.3

Women

<i>U19 Pentathlon</i>		8-9 Jul	
1	<b>Hilde Fredriksen</b>	<b>NOR</b>	<b>4.050</b>
2	<b>Satu Jääskeläinen</b>	<b>FIN</b>	<b>3.777</b>
3	<b>Carita Hagberg</b>	<b>SWE</b>	<b>3.586</b>
4	Birgitte Kristensen	DEN	3.531
5	Dorthe Ebling	DEN	3.455
6	Hanne Søndergaard	DEN	3.360
7	Päivi Hyvönen	FIN	3.246
8	Tiina Tuononen	FIN	3.225

1	14.1	10.44	1.65	5.84	2:17.5
2	14.5	8.80	1.71	5.58	2:26.6
3	15.6	11.15	1.53	5.21	2:23.2
4	16.1	10.99	1.71	5.41	2:45.0
5	15.2	8.79	1.47	5.71	2:28.5
6	15.3	9.07	1.59	5.48	2:51.1
7	16.5	11.18	1.65	4.87	2:53.2
8	15.8	9.68	1.50	5.12	2:40.7

<i>U17 Pentathlon</i>		8-9 Jul	
1	<b>Meike Traxler</b>	<b>SWE</b>	<b>3.632</b>
2	<b>Unni Heimli</b>	<b>NOR</b>	<b>3.594</b>
3	<b>Anne-Sofie Stener</b>	<b>SWE</b>	<b>3.588</b>
4	Lille Søndergaard	DEN	3.350
5	Iris Grönfeldt	ISL	2.817

1	15.9	9.03	1.68	5.38	2:28.8
2	15.3	9.35	1.62	5.20	2:22.7
3	14.9	9.34	1.59	5.56	2:31.7
4	14.6	6.94	1.56	5.01	2:25.2
5	18.8	8.80	1.47	4.93	2:42.9

Nordic Women's Cup

Lyngby, DEN 22 Jul

<i>100 m</i>			
1	Helinä Laihorinne	FIN	11.5
2	Lena Möller	SWE	12.0
3	Eva Paulsen Skardal	NOR	12.1
4	Margit Hansen	DEN	12.4

<i>200 m</i>			
1	Barbro Lindström	FIN	24.5
2	Annika Sjösten	SWE	24.6
3	Lise Wilbek	DEN	25.8
4	Siri Merete Kaldager Øen	NOR	25.8

<b>400 m</b>			
1	Yvonne Hannus	FIN	54.5
2	Birgitta Båga	SWE	55.1
3	Else Karin Systad	NOR	56.5
4	Kirsten Højler	DEN	56.9
<b>800 m</b>			
1	Ann Larsson	SWE	2:04.7
2	Randi Langøigjelten	NOR	2:05.1
3	Sinikka Tyynelä	FIN	2:06.5
4	Tina Krebs	DEN	2:08.7
<b>1500 m</b>			
1	Grethe Waitz	NOR	4:08.1
2	Aila Virkberg	FIN	4:21.0
3	Lis Hjalmarsson	SWE	4:24.3
4	Lene Christensen	DEN	4:47.9
<b>3000 m</b>			
1	Ingrid Christensen	NOR	9:01.3
2	Elina Pulkkinen	FIN	9:16.1
3	Eva Gustafsson	SWE	9:40.9
4	Anette Hansen	DEN	10:08.9
<b>100 m hurdles</b>			
1	Dorthe Rasmussen	DEN	13.7
2	Helena Pihl	SWE	13.9
3	Eija Ristola	FIN	13.9
4	Heidi Benserud	NOR	14.5
<b>400m hurdles</b>			
1	Anne Arén	SWE	59.7
2	Tuuli Heinonen	FIN	60.0
3	Ina Garvik	NOR	61.7
4	Helle Sichlau	DEN	62.8
<b>High jump</b>			
1	Astrid Tveit	NOR	1.83
2	Susanne Sundquist	FIN	1.83
3	Kristine Tännander	SWE	1.83
4	Grith Ejstrup	DEN	1.78
<b>Long jump</b>			
1	Lena Johansson	SWE	6.13
2	Dorthe Rasmussen	DEN	6.11
3	Lena Pykkänen	FIN	6.03
4	Heidi Benserud	NOR	5.87
<b>Shot put</b>			
1	Inger Holter	NOR	14.83
2	Ingrid Wehmonen	SWE	14.40
3	Erja Tulikanto	FIN	14.21
4	Birthe Kofoed	DEN	13.57
<b>Discus throw</b>			
1	Sinikka Salminen	FIN	52.46
2	Jorunn Tangen	NOR	46.47
3	Gun Johansson	SWE	45.69
4	Helle Schou Jeppesen	DEN	45.64
<b>Javelin throw</b>			
1	Åsa Westman	SWE	55.22
2	Anne Gro Harby	NOR	52.63
3	Ritva Metso	FIN	50.14
4	Gerda Munch	DEN	44.97

<b>4x100m</b>			
1	SWE	45.4	(Jeanette Rångeby, Helena Pihl, Annica Sjösten, Lena Möller)
2	FIN	45.8	
3	DEN	47.0	
4	NOR	47.5	(Siri Merete Kaldager Øen, Eva Paulsen Skardal, Torill Bjørgan, Bjørg Marifjæren) *
* Order could be different.			
<b>4x400m</b>			
1	SWE	3:36.6	(Birgitta Båga, Catharina Johansson, Lena Wallin, Anne Arén)
2	FIN	3:40.0	
3	NOR	3:42.8	(Else Karin Systad, Hanne-Keth Qvale, Anne Karine Storsveen, Anne Hemstad) *
4	DEN	3:44.5	
* Order could be different.			
<b>Points Men</b>	<b>Nation</b>	<b>Total</b>	
	SWE	47	
	FIN	44	
	NOR	37	
	DEN	22	

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

### Koivuluoto, Raahе, FIN 19-20 Aug

#### Men

<b>100 m</b>			
1	Dan Orbe	SWE	10.74
2	Jukka Sulalampi	FIN	10.88
3	Odd Erik Kristiansen	NOR	10.93
4	Jan-Erik Ahlfors	FIN	11.01
5	Petter Bogsti	NOR	11.11
6	Anders Prytz	SWE	11.12
<b>200 m</b>			
1	Dan Orbe	SWE	21.60w
2	Jukka Sulalampi	FIN	21.80w
3	Jens Arild Johannessen	NOR	22.03w
4	Odd Erik Kristiansen	NOR	22.27w
5	Jan Axelsson	SWE	22.33w
6	Jan-Erik Ahlfors	FIN	22.57w
<b>400 m</b>			
1	Esa Jokinen	FIN	48.57
2	Trond Langeland	NOR	49.50
3	Mauri Siekkinen	FIN	49.57
4	Kenneth Pettersson	SWE	49.65
5	Bo Johansson	SWE	49.74
6	Per-Erik Bernts	NOR	51.17
<b>800 m</b>			
1	Roald Holten	NOR	1:50.74
2	Ari Paunonen	FIN	1:50.86
3	Joel Heikkinen	SWE	1:53.62
4	Knut Øverberg	NOR	1:54.03
5	Thomas Melander	SWE	1:54.26
6	Esko Huttu	FIN	1:54.75
<b>1500 m</b>			
1	Lars Sörensen	FIN	3:54.82
2	Per Erling Kristoffersen	NOR	3:56.17
3	Sören Lundin	SWE	3:56.85
4	Kåre Birger Hagen	NOR	3:57.64
5	Peter Billing	SWE	3:58.53
6	Kaj Backas	FIN	4:02.86
<b>5000 m</b>			
1	Bo Orrsveden	SWE	14:15.11
2	Vesa Kähkölä	FIN	14:16.35

3	Hans Segerfelt	SWE	14:16.90
4	Mikko Mattila	FIN	14:19.51
5	Arild Nordeide	NOR	14:35.52
6	Bjørn Gausvik	NOR	14:42.96

### 110 m hurdles

			+2,3
1	Einar Hernes	NOR	14.73
2	Petter Hesselberg	NOR	14.89
3	Juhani Kosunen	FIN	14.97
4	Hannu Pärssinen	FIN	14.98
5	Bengt Larsson	SWE	15.05
6	Anders Kärrman	SWE	15.18

### 400m hurdles

1	Kenneth Pettersson	SWE	52.85
2	Juha Paananen	FIN	53.74
3	Petter Hesselberg	NOR	53.93
4	Jouko Hassi	FIN	54.68
5	Einar Hernes	NOR	54.82
6	Per-Erik Högbloom	SWE	56.44

### 2000m steeplechase

1	Anders Carlsson	SWE	5:35.57
2	Vesa Laukkanen	FIN	5:41.25
3	Tommy Ekblom	FIN	5:42.65
4	Jan Gunnarsson	SWE	5:50.41
5	Geir Forsberg	NOR	5:58.01
6	Torstein Brox	NOR	6:12.53

### High jump

1	Seppo Haavisto	FIN	2.07
2	Tor Haugland	NOR	2.04
3	Stefan Karlsson	SWE	2.04
=4	Arne Simonsen	NOR	2.01
=4	Jan-Erik Grundberg	SWE	2.01
6	Ossi Aura	FIN	1.95

### Pole vault

1	Veijo Vannesluoma	FIN	5.26
2	Timo Kuusisto	FIN	5.10
3	Lars-Christer Bergman	SWE	4.90
4	Peter Fröberg	SWE	4.80
5	Inge Vennatrø	NOR	4.00
6	Tom Erik Olsen	NOR	3.60

### Long jump

1	Carl-Johan Lundberg	SWE	7.56
2	Vesa Mäkinen	FIN	7.36
3	Jyrki Lehtinen	FIN	7.33
4	Ulf Persson	SWE	7.23
5	Terje Grime	NOR	6.84
6	Kleng Brekkå	NOR	6.77

### Triple jump

1	Hannu Puhakka	FIN	15.61
2	Olli Pousi	FIN	15.12
3	Olle Nyström	SWE	14.77
4	Bjørn R. Martinsen	NOR	14.45
5	Joakim Brink	SWE	14.20
6	Finn Pedersen	NOR	13.96

### Shot put

1	Heikki Vanhanen	FIN	17.78
2	Olli Kanervisto	FIN	16.82
3	Anders Jönsson	SWE	16.55

4	Lars Danielsson	SWE	15.48
5	Johnny Børresen	NOR	15.38
6	Jan Sagedal	NOR	14.52

### Discus throw

1	Göran Svensson	SWE	51.42
2	Dag Thomassen	NOR	50.34
3	Olli Kanervisto	FIN	46.78
4	Juha-Pekka Anttila	FIN	46.22
5	Torgeir Skogset	NOR	45.58
6	Lars Danielsson	SWE	44.10

### Hammer throw

			7,26kg
1	Richard Olsen	NOR	68.32
2	Esa Paasonen	FIN	61.68
3	Jukka Olkkonen	FIN	61.22
4	Torbjörn Peterson	SWE	58.24
5	Tore Johnsen	NOR	50.80
6	Alf Kristiansson	SWE	49.12

### Javelin throw

1	Arto Härkönen	FIN	82.36
2	Gunnar Höjer	SWE	72.46
3	Reijo Saari	FIN	72.12
4	Per Erling Olsen	NOR	70.12
5	Anders Vestrum	NOR	65.82
6	Anders Andersson	SWE	63.14

### 4x100m

1	SWE	41.72	(Anders Prytz, Per Bäck, Jan Axelsson, Dan Orbe)
2	NOR	41.94	(Jens Arild Johannessen, Odd Erik Kristiansen, Petter Bogsti, Tore Bergan)
3	FIN	42.33	(Jukka Sulalampi, Jan-Erik Ahlfors, Mauno Niskanen, Keijo Ronkainen)

### 4x400m

1	SWE	3:16.52	(Stefan Axelsson, Leif Nyström, Per Bäck, Kenneth Pettersson)
2	NOR	3:17.47	(Trond Langeland, Per Erik Bernts, Knut Øverberg, Roald Holten)
3	FIN	3:19.90	(Mikael Nybondas, Jouko Hassi, Hannu Puroila, Mauri Siekkinen)

Points Men	Nation	Total
	FIN	153
	SWE	128,5
	NOR	106,5

## Nordic Junior Race Walking Match

Kisa IP, Kisa, SWE 26 Aug

### Men

	<b>U20</b>	26 Aug	10000m
1	<b>Erling Andersen</b>	<b>NOR</b>	<b>43:00.0</b>
2	<b>Lars Ove Moen</b>	<b>NOR</b>	<b>45:00.0</b>
3	<b>Tore Strømøy</b>	<b>NOR</b>	<b>46:35.0</b>
4	Roland Westergren	SWE	48:29.0
5	Torbjörn Janse	SWE	49:08.0
6	Lars Nielsen	DEN	51:27.0
7	Per Nielsen	DEN	52:46.0
8	Jan Kristiansen	DEN	54:48.0
<small>Per Möller, SWE DQ</small>			
	<b>U18</b>	26 Aug	5000m
1	<b>Jan Staaf</b>	<b>SWE</b>	<b>22:14.2</b>
2	<b>Lennart Johansson</b>	<b>SWE</b>	<b>22:39.0</b>
3	<b>Mikarl Sandaeus</b>	<b>SWE</b>	<b>22:42.0</b>
4	Petri Mäkelä	FIN	23:12.0
5	Anders Hjelle	NOR	23:48.0

6	Cato Viken	NOR	23:57.0
7	Tor-Ivar Guttulsrød	NOR	25:42.0
8	Jan Madsen	DEN	26:16.0

9 Tommy Bindesbøll, DEN 26:56.0, 10 M. Rasten, FIN 28:23.0, 11 Ivan Jensen, DEN 28:36.0

<b>U16</b>			
	26 Aug	3000m	
1	<b>Roy Johansen</b>	<b>NOR</b>	<b>13:23.0</b>
2	<b>Conny Lundquist</b>	<b>SWE</b>	<b>13:33.0</b>
3	<b>Erik Grinde</b>	<b>SWE</b>	<b>13:41.0</b>
4	Dag Andersen	NOR	13:42.0
5	Esben Aalvik	NOR	13:59.0
6	Peter Danielsson	SWE	14:11.0
7	Petri Kaunistmaa	FIN	15:32.0
8	Fritz Iversen	DEN	15:36.0

9 Brian Nielsen, DEN 15:47.0, 10 Leif Andersen, DEN 16:02.0, 11 M. Santanen, FIN 16:14.0

<b>U14</b>			
	26 Aug	3000m	
=1	<b>Örjan Norell</b>	<b>SWE</b>	<b>15:12.6</b>
=1	<b>Anders Holmberg</b>	<b>SWE</b>	<b>15:12.6</b>
=1	<b>Ola Wikström</b>	<b>SWE</b>	<b>15:12.6</b>
4	Torkild Bindesbøll	DEN	15:18.0
5	Gitle Lunde	NOR	15:56.0
6	Vegard Lunde	NOR	15:58.0
7	Tonny Simonsen	DEN	16:00.0
8	Jimmy Nielsen	DEN	16:23.0

9 Terje Sletta, NOR 16:34.0, 10 E. Hekkarinen, FIN 17:15.0, 11 Lasse Hagman, FIN 17:46.0

## Women

<b>U19</b>			
	26 Aug	5000m	
1	<b>Eva Karlsson</b>	<b>SWE</b>	<b>24:14.2</b>
2	<b>Mia Kjølberg</b>	<b>NOR</b>	<b>24:23.0</b>
3	<b>Marie Melkersson</b>	<b>SWE</b>	<b>26:25.0</b>
4	Laila Nielsen	DEN	26:58.0
5	Karin Persson	SWE	27:10.0
6	Tina Thomsen	DEN	28:13.0
7	Hilde Friis	NOR	28:25.0
8	Ulla Kristiansen	DEN	29:00.0

<b>U17</b>			
	26 Aug	5000m	
1	<b>Britt-Marie Carlsson</b>	<b>SWE</b>	<b>24:41.5</b>
2	<b>Monica Kanne</b>	<b>NOR</b>	<b>25:48.0</b>
3	<b>Berit Karlsson</b>	<b>SWE</b>	<b>26:05.0</b>
4	Rose Marie Bergdahl	SWE	26:46.0
5	Charlotte Hansen	DEN	27:04.0
6	Janicke Gjelsvik	NOR	27:47.0
7	Elisabeth Lie	NOR	28:17.0
8	Vivi Ovesen	DEN	28:26.0

9 B. Spandet, DEN 30:40.0

<b>U15</b>			
	26 Aug	3000m	
1	<b>Ann-Iren Guttulsrød</b>	<b>NOR</b>	<b>14:34.0</b>
2	<b>Line Viken</b>	<b>NOR</b>	<b>14:48.0</b>
3	<b>Inger Westergren</b>	<b>SWE</b>	<b>15:15.0</b>
4	Lisbeth Aalvik	NOR	15:16.0
5	Helen Isaksson	SWE	15:46.0
6	Monica Gunnarsson	SWE	16:04.0
7	Jeanette Hansen	DEN	16:50.0
8	Helena Åström	FIN	16:57.0

9 Hanna Andersen, DEN 17:47.0, 10 Anne Mette Herning, DEN 18:48.0, 11 Tarja Heiskala, FIN 19:52.0, 12 P. Rinne, FIN 20:43.0

<b>U13</b>			
	26 Aug	2000m	
1	<b>Silvia Isaksson</b>	<b>SWE</b>	<b>10:13.6</b>
2	<b>Ragni Jensen</b>	<b>NOR</b>	<b>10:24.0</b>
3	<b>Ulrica Hagberg</b>	<b>SWE</b>	<b>10:30.0</b>
4	Karin Birgersson	SWE	10:44.0
5	Mona Lamo	NOR	11:18.0

6	Bjørg Alise Antonsen	NOR	11:22.0
7	Riita Pohjolainen	FIN	11:56.0
8	Linda Hansen	DEN	12:37.0

9 M. Kohvakka, FIN 13:02.0, 10 Trine Langager, DEN 13:25.0, 11 Tina Thomsen, DEN 13:59.0

<b>U21/U17</b>					
	<b>Nation</b>	<b>Total</b>	<b>Ungdom</b>	<b>Nation</b>	<b>Total</b>
	SWE			SWE	
	NOR			NOR	
	DEN			DEN	