

This year consists of the following competitions:

26.6	Moss, NOR	15 th Nordic Marathon Championships
19.-20.7	Odense, DEN	10 th Nordic Race Walking Championships Long distances
19.-20.7	Odense, DEN	10 th Nordic Race Walking Championships
15.-16.8	Hyvinkää, FIN	26 th Nordic Junior Match
30.-31.8	Porvoo, FIN	3 rd Nordic Junior Championships Combined Events
12.-13.9	Moss, NOR	10 th Nordic Junior Race Walking Match

Nordic Marathon Championships

Moss, NOR 26 Jun

Men

Marathon

1	Reino Paukkonen	FIN	2:21:52
2	Ove Malmquist	SWE	2:22:44
3	Ari-Pekka Gylling	FIN	2:23:34
4	Lars-Erik Staffans	FIN	2:24:27
5	Seppo Laaksamo	FIN	2:26:12
6	Jørn Hein	DEN	2:26:34
7	Bjarne Brøndum	DEN	2:26:47
8	Peter Helmer	DEN	2:32:22

9 Carl Magnus Berg, SWE 2:32:38, 10 Bent Skinbjerg, DEN 2:33:59, 11 Egil Myhre, NOR 2:36:41, 12 Steinar Vinje, NOR 2:43:45

Nordic Race Walking Championships Long distances

Odense, DEN 19-20 Jul

Men

Senior

		19-20 Jul	50km
1	Max Sjöholm	SWE	4:33:23
2	Paavo Pohjolainen	FIN	4:41:00
3	Per Ola Sverre	NOR	4:44:11
4	Ragnar Hofnes	NOR	4:50:36
5	Rolf Jenssen	NOR	4:54:41
6	Niels Klausen	DEN	5:00:27
7	Børge Simonsen	DEN	5:11:35

Leif Christensen, DEN DNF, Svend Åge Nørgård, DEN DNF, Aksel Andersen, DEN DNF, Matti Katila, FIN DNF
Extra: Lothar Nitzsche, FRG 4:59:10

Nordic Race Walking Championships

Odense, DEN 19-20 Jul

Men

Senior

		19-20 Jul	20km
1	Bengt Simonsen	SWE	1:34:44
2	Daniel Björkgren	SWE	1:35:26
3	Roland Karlsson	SWE	1:36:33
4	Seppo Immonen	FIN	1:38:29
5	Kjell Lund	NOR	1:38:39
6	Matti Holmén	FIN	1:39:39
7	Jens Krogsgaard	DEN	1:43:33
8	Jan Rolstad	NOR	1:44:16

Stig Fröberg, FIN DNF, Reima Salonen, FIN DQ
Extra: Gérard Lelièvre, FRA 1:30:14, Jan Ornoch, POL 1:31:17, Godfried de Jonckheere, BEL 1:31:40, Boguslaw Duda, POL 1:32:46, Amos Seddon, GBR 1:33:23, Brian Adams, GBR 1:34:03, Alan Buchanan, GBR 1:38:17, Claus Ahrens, FRG 1:44:51

U20

		19-20 Jul	10km
1	Bengt Simonsen	SWE	44:57
2	Frank Pettersson	SWE	45:19
3	Lennart Methér	SWE	45:57
4	Matti Holmén	FIN	48:37
5	Allan Nyting	DEN	49:06
6	Erling Andersen	NOR	49:06.2
7	Aksel V. Bendtsen	DEN	52:01
8	Stig Bergström	SWE	54.08

9 Lars Nielsen, DEN 55:04, 10 Jan Madsen, DEN 57:23

Women

Senior

		19-20 Jul	5km
1	Margareta Simu	SWE	23:42.4
2	Elisabeth Olsson	SWE	25:08.0
3	Thorill Gylder	NOR	25:34.0
4	Margareta Olsson	SWE	26:03.0
5	Karin Møller	DEN	26:07.0
6	Anne Fröberg	FIN	28:14.0
7	Ida Skærlund	DEN	28:34.0
8	Bente Thomsen	DEN	29:38.0

Extra: Susan Hughes, GBR 30:34.0, Carol Tyson, GBR DNF

U20

		19-20 Jul	5km
1	Siw Gustavsson	SWE	24:23
2	Monika Karlsson	SWE	24:37
3	Thorill Gylder	NOR	24:53
4	Karin Stiberg	SWE	26:25
5	Mia Kjølberg	NOR	26:31
6	Lena Bengtsson	SWE	27:28
7	Laila Nielsen	DEN	27:50
8	Ulla Kristiansen	DEN	28:07

9 Tina Thomsen, DEN 28:21, 10 Marianne Vogt, DEN 29:04

Nordic Junior Match (FIN-NOR-SWE only)

Hyvinkää, FIN 15-16 Aug

Men

100 m

1	Lars Jönsson	SWE	10.8
2	Lars-Arne Ericsson	SWE	10.9
3	Mikael Udd	FIN	10.9
4	Sakari Hyytinen	FIN	11.2
5	Elias Skotvoll	NOR	11.2
6	Widar Bråthen	NOR	11.2

200 m

1	Lars Jönsson	SWE	21.9
2	Lars-Arne Ericsson	SWE	21.9
3	Mikael Udd	FIN	22.2
4	Elias Skotvoll	NOR	22.6
5	Ivar Lødemel	NOR	22.7
6	Markku Pekkala	FIN	22.7

400 m

1	Jaakko Kemola	FIN	47.8
2	Göte Green	SWE	48.6
3	Mats Svensson	SWE	49.1
4	Matti Rusanen	FIN	49.9
5	Ivar Lødemel	NOR	50.0
6	Øivind Hiltveit	NOR	50.8

800 m

1	Juhani Sams	FIN	1:50.4
2	Per Øystein Saksvik	NOR	1:50.8
3	Ari Paunonen	FIN	1:51.2
4	Sjur Agdestein	NOR	1:51.6
5	Ola Vikerfors	SWE	1:52.8

6 Björn Nilsson SWE 2:00.2

1500 m

1 Antti Loikkanen FIN 3:50.1
 2 Per Øystein Saksvik NOR 3:50.3
 3 Eero Kinaret FIN 3:50.7
 4 Christer Magnusson SWE 3:51.0
 5 Lars Ericsson SWE 3:53.2
 6 Roger Øye NOR 4:00.0

5000 m

1 Pär Wallin SWE 14:17.2
 2 Sievert Ahxner SWE 14:20.6
 3 Juhani Holopainen FIN 14:22.2
 4 Risto Pentikäinen FIN 14:32.8
 5 Geir Kvernmo NOR 14:36.0
 6 Knut Røthe NOR 15:15.4

110 m hurdles

1 Arto Bryggare FIN 14.5
 2 Reijo Byman FIN 14.7
 3 Lennart Karlsson SWE 15.2
 4 Björn Wilhelmsson SWE 15.6
 5 Tom Persvold NOR 15.6
 6 Øivind Thorbjørnsen NOR 15.7

400m hurdles

1 Mats Svensson SWE 53.2
 2 Christer Gullstrand SWE 53.4
 3 Harald Gjengedal NOR 55.3
 4 Roy Hedgren NOR 55.3
 5 Sakari Kleimola FIN 55.7
 6 Aaro Pakkanen FIN 56.8

2000m steeplechase

1 Lars Johansson SWE 5:45.4
 2 Christer Ström SWE 5:49.0
 3 Anfin Rosendahl NOR 5:53.8
 4 Geir Skjelstad NOR 6:00.0
 5 Markku Wessman FIN 6:03.4
 6 Vesa Laukkanen FIN 6:05.4

High jump

1 Terje Totland NOR 2.11
 2 Jari Laitinen FIN 2.03
 3 Seppo Peltola FIN 2.03
 4 Lars Löwbeer SWE 2.03
 5 Gunnar Erikssen NOR 2.00
 6 Glenn Älveblad SWE 1.90

Pole vault

1 Roger Thorstensson SWE 4.70
 2 Bertil Reppen NOR 4.60
 3 Kalevi Kyhälä FIN 4.60
 4 Ilkka Pekkala FIN 4.60
 5 Rolf Jonasson SWE 4.20
 Steinar Tessem NOR NM

Long jump

1 Jukka Vastamäki FIN 7.15
 2 Arto Ikonen FIN 7.10
 3 Finn Pedersen NOR 6.99
 4 Gunnar Mossberg SWE 6.96
 5 Tor Broström SWE 6.79
 6 Henning Hofstad NOR 6.53

Triple jump

1 Tor Broström SWE 15.30
 2 Kjell Bårdsen NOR 14.80
 3 Jouko Visuri FIN 14.58
 4 Björn Gausland NOR 14.55
 5 Bengt-Göran Klaar SWE 14.44
 6 Keijo Taskinen FIN 14.35

Shot put

1 Aulis Toivonen FIN 16.73
 2 Jim Liebel SWE 16.16
 3 Ole Haugom NOR 16.07
 4 Ari Salko-Aho FIN 15.75
 5 Reijo Ståhlberg SWE 15.56
 6 Svein Inge Valvik NOR 15.21

Discus throw

1 Svein Inge Valvik NOR 51.08
 2 Ari Huuonen FIN 50.96
 3 Pasi Porola FIN 48.98
 4 Lennart Flyman SWE 48.72
 5 Ole Haugom NOR 45.66
 6 Anders Nilsson SWE 41.36

Hammer throw

7,26kg
 1 Juha Tiainen FIN 63.58
 2 Jostein Aukland NOR 59.10
 3 Anders Hoff NOR 57.20
 4 Anders Gustafsson SWE 55.04
 5 Esa Paasonen FIN 53.30
 6 Steve Samuelsson SWE 48.08

Javelin throw

1 Tom Heieren NOR 73.18
 2 Markku Leinonen FIN 69.60
 3 Pentti Sinersaari FIN 68.04
 4 Ismo Sarlin SWE 67.04
 5 Jan Skoog SWE 62.56
 6 Reidar Lorentzen NOR 60.54

4x100m

1 SWE 42.0 (Jan Axelsson, Lars-Arne Ericsson, Jan Almquist, Lars Jönsson)
 2 FIN 42.4 (Arto Bryggare, Sakari Hyytinen, Markku Pekkala, Mikael Udd)
 NOR DQ (Widar Bräthen, Elias Skotvoll, Jan Petter Lund, Egil Arnesen)

4x400m

1 SWE 3:15.2 (Mats Svensson, Lars Jönsson, Göte Green, Christer Gullstrand)
 2 FIN 3:16.9 (Antti Loikkanen, Jaako Halonen, Matti Rusanen, Jaakko Kemola)
 3 NOR 3:21.2 (Øivind Hiltveit, Harald Bjørnbæk, Roy Hedgren, Ivar Lødemel)

Points	Men	Nation	Total
		FIN	147
		SWE	145
		NOR	105

Nordic Junior Championships Combined Events

Porvoo, FIN 30-31 Aug

Men

	U21 Decathlon	30-31 Aug
1	Karl Anker Jørgensen	DEN 6.892
2	Göran Renberg	SWE 6.891
3	Peder Normann	DEN 6.655

4	Ilpo Paananen	FIN	6.549
5	Lars Fagerlund	SWE	6.469
6	Kimmo Kryssi	FIN	6.440
7	Jarmo Mäkelä	FIN	6.333
8	Jón Sæver þórðarsson	ISL	6.191

1	11.5	6.37	11.63	1.87	52.1	14.9	35.06	4.50	49.74	4:47.2
2	11.7	6.56	13.69	1.84	53.2	16.7	45.12	3.70	64.70	4:59.4
3	11.7	6.33	12.21	1.84	53.0	16.0	38.36	3.70	59.08	4:52.8
4	11.6	6.43	12.16	1.78	53.0	16.2	34.26	3.30	65.30	4:44.8
6	11.6	6.03	12.86	1.75	53.2	15.8	40.12	3.90	52.26	5:20.2
7	11.8	5.96	11.93	1.99	54.7	16.1	37.34	3.60	54.60	5:22.4

U19 Decathlon		30-31 Aug	
1	Thomas Larsson	SWE	7.137
2	Esa Jokinen	FIN	6.784
3	Þráinn Hafsteinsson	ISL	6.623
4	Hans Sjögren	NOR	6.587
5	Keijo Alaspää	FIN	6.477
6	Veijo Vannesluoma	FIN	6.397
7	Henning Hofstad	NOR	6.382
8	Haakon Hellenes	NOR	6.269

9	Kari Mäkitalo, FIN	5.730								
1	11.2	6.69	12.68	1.85	49.8	15.7	36.22	3.80	59.30	4:36.0
2	11.8	6.77	13.61	1.85	50.6	16.5	35.18	3.00	61.16	4:29.9
3	12.0	5.75	14.05	1.85	54.1	16.8	46.62	3.20	62.18	4:37.3
5	11.6	6.43	11.63	1.82	52.2	16.0	34.62	3.50	55.60	4:56.6
6	12.0	5.91	13.05	1.76	54.9	16.8	39.40	4.20	56.72	5:04.1
9	11.9	5.75	13.33	1.79	58.4	16.4	31.54	3.20	55.20	5:36.2

Women

U19 Pentathlon		30-31 Aug	
1	Birgitta Schelske	DEN	3.626
2	Heidi Benserud	NOR	3.574
3	Pirjo Pursiainen	FIN	3.486
4	Lisbeth Larsen	DEN	3.458
5	Marjo Viita	FIN	3.437
6	Tuula Kivi	FIN	3.331
7	Erna Guðmundsdóttir	ISL	3.277
8	Gun Öhman	FIN	3.266

1	15.2	9.42	1.68	5.18	26.6
2	15.1	9.21	1.65	5.11	26.6
3	15.6	10.42	1.56	5.29	27.5
5	15.5	9.53	1.59	4.91	26.7
6	16.4	13.40	1.45	5.06	28.8
8	16.1	10.50	1.40	5.11	26.9

U17 Pentathlon		30-31 Aug	
1	Åsa Svernlung	SWE	3.708
2	Björg Marifjæren	NOR	3.642
3	Tellervo Pakarinen	FIN	3.529
4	Kaisa Alasaari	FIN	3.386
5	Päivi Hiltunen	FIN	3.316
6	Tuula Korte	FIN	3.198

1	12.5	8.97	1.72	5.44	26.5
2	12.3	9.17	1.54	5.57	25.9
3	12.2	9.04	1.57	5.46	27.5
4	12.1	7.69	1.66	4.92	27.8
5	12.7	8.85	1.54	4.80	26.8
6	13.0	9.13	1.51	4.90	28.1

Nordic Junior Race Walking Match

Moss, NOR 12-13 Sep

Men

U20		12 Sep	10km
1	Ronny Nilsson	SWE	46:10.0
2	Sven Blomkvist	SWE	46:10.5

3	Lars Ove Moen	NOR	50:54.0
4	Martin Lingås	NOR	55:19.0
5	Tommy Pedersen	NOR	55:29.0

Arne Olsson, SWE DNF

U18		12 Sep	5km
1	Stefan Sjunnesson	SWE	22:22.0
2	Alf Brandt	SWE	23:30.0
3	Allan Nyring	DEN	24:25.0
4	Øystein Sæther	NOR	25:14.0
5	Tore Strømøy	NOR	25:30.0
6	Aksel V. Bendtsen	DEN	25:49.0

Erling Andersen, NOR DQ, Per Rasmussen, SWE DQ

U16		13 Sep	3000m
1	Erling Andersen	NOR	14:22.0
2	Tore Strømøy	NOR	14:24.0
3	Lennart Johansson	SWE	14:27.0
4	Stig Bergström	SWE	14:36.0
5	Christer Svensson	SWE	14:40.0
6	Lars Nielsen	DEN	14:50.0
7	Bjarne Jensen	DEN	16:25.0
8	Jan Madsen	DEN	16:58.0

9 Hans-Normann Gaassand, NOR 18:39.0

U14		13 Sep	3000m
1	Mikael Sandaeus	SWE	9:48.0
2	Ulf Karlsson	SWE	9:50.0
3	Kai Simonsen	DEN	9:52.0
4	Bjørn Rundsveen	NOR	10:05.0
5	Åke Hedström	SWE	10:07.0
6	Ole Amund Gjersvik	NOR	10:19.0
7	Jan Kristiansen	DEN	10:45.0
8	Dag Ove Sæle	NOR	10:47.0

9 Brian Nielsen, DEN 11:03.0

Women

U19		12 Sep	5km
1	Siw Gustavsson	SWE	25:25.0
2	Thorill Gylder	NOR	25:51.0
3	Ann Jansson	SWE	26:38.0
4	Ylva Lindh	SWE	26:51.0
5	Frøydis Hilsen	NOR	28:04.0
6	Tone Rundsveen	NOR	28:19.0
9			

U17		12 Sep	5km
1	Monika Karlsson	SWE	25:33.0
2	Mia Kjølberg	NOR	26:15.0
3	Karin Stiberg	SWE	27:01.0
4	Irene Jensen	NOR	27:46.0
5	Gunn Ingfrid Sæle	NOR	27:46.0
6	Laila Nielsen	DEN	28:10.0
7	Ulla Kristiansen	DEN	28:25.0
8	Marianne Vogt	DEN	29:24.0

Maria Hellström, SWE DQ

U15		13 Sep	3000m
1	Eva Karlsson	SWE	15:30.0
2	Marina Hermansson	SWE	15:44.0
3	Berit Karlsson	SWE	15:48.0
4	Tina Thomsen	DEN	16:03.0
5	Gunn Ramsjø	NOR	16:41.0
6	Sissel Gunnerød	NOR	17:00.0
7	Ingunn Hagen	NOR	17:15.0
8	Annette Andersen	DEN	17:50.0

9 Maj-Britt Rasmussen, DEN 18:11.0

U13		13 Sep	2000m
1	Monica Kanne	NOR	10:22.0
2	Madeleine Johansson	SWE	10:32.0
3	Karin Persson	SWE	10:36.0

4	Charlotte Hansen	DEN	10:37.0
5	Elsa Karlsson	SWE	10:42.0
6	Pia Sørensen	DEN	10:45.0
7	Ann-Iren Guttulsrød	NOR	11:00.0
8	Janicke Gjelsvik	NOR	11:07.0

9 Hanna Andersen, DEN 11:25.0

U21/U17	Nation	Total	Ungdom	Nation	Total
	SWE	76		SWE	86
	NOR	65		NOR	58
	DEN	20		DEN	40