This year consists of the following competitions:		
26.6	Stockholm, SWE	1st Nordic 10000m Challenge Women
30.6	Gävle, SWE	1st Nordic 10000m Challenge Men
2.8	Södertälje, SWE	32nd Nordic Junior Race Walking Match
2.-3.8	Hvidovre, DEN	25th Nordic Junior Championships Combined Events
23.-24.8	Huddinge, SWE	47th Nordic Junior Match U21
2.11	Helsinki, FIN	1st 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 Finnery 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	**Elina 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 Þórarinsson**	**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	Nils 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 Þórarinsson	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 Þórarinsson**	**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 Kykyri	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 Gærtner	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	Dariuz Slowik	DEN	14.55
8	Jan E. Gustavsen	NOR	14.04

Discus throw 24 Aug

1	Dariuz 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	Dariuz 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, Jacon Wallø Hansen, Stefan Schmidt) **
3	**ISL**	**42.17**	(Sveinn Þórarinsson, Ólafur Traustason, Aron Luðviksson, Arnar Már Vilhjálmsson)**
4	NOR	42.41	(Bjarte Holmelid, Thomas Mellin-Olsen, Erik Kringeland, Jan Christian Torvestad)
5	SWE	1:50.6*	(Mikael Ahl, Christofer Ohlsson, Lenny Martinez, Fredrik Persson)**

*Hand timed, could originaly been DQ'ed ** Running order could be different

	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 Þórarinsson, Rafn Árnasson, Olau Thomassen) **
4	FIN	3:20.51	(Pasi Teini, Kimmo Haapasalo, Teemu Kangas, Niklas Roraius) **

** Running order could be different

Points Men	Nation	Total
	FIN	230
	SWE	183
	NOR	160
	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	**Eeveliina 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 Níelsdóttir	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 Løftesnes**	**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	**Þórey 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

	Long jump		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

	Triple jump		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

	Shot put		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

	Discus throw		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

	Hammer throw		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

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

	4x100 m relay	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, Gudný Eyþórsdóttir, Silja Úlfarsdóttir, Sigurlaug Níelsdóttir) **

** Rekkefølgen kan være en annen.

	4x400 m relay	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	(Gudný Eyþórsdóttir, Sofie Abildtrup, Silja Úlfarsdóttir, Dina Danekilde)

** Rekkefølgen kan være en annen.

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

Nordic Cross Country Championships

Helsinki, FIN — 2 Nov

Men

	Senior		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)

	U21		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 Pentillä, 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 Ahnsström)
3 DEN 33p (Torben Koue, Lars Robrandt, Michael René Møller)

Women

	Senior		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)

	U20	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 Myllikoski)
2 SWE 16p (Jessica Carlberg, Martina Barkmann, Susanna Wiström)
3 DEN 36p (Laila Laursen, Louise Mørch, Louise Brasen)