

Nordic  
Cross Country Championships



# Program

Reykjavík, November 9, 2013



**Reykjavíkurborg**

## Welcome

On behalf of Icelandic Athletics it is both a pleasure and honour to welcome our Nordic guests for the first Nordic Cross Country Championships held in Reykjavík. This competition has a long tradition within the Nordic Athletic Community and staging this event now in Reykjavik reflects the growing interest in cross country and long distance running in Iceland.

It is our hope that our guests enjoy both good competition and friendly atmosphere during their brief stay in the city of Reykjavík.

Jónas Egilsson, President

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## Timetable

The start time of races will be as follows:

- 13:00 Start junior Women 4.5 km
- 13:35 Start junior Men 6.0 km
- 14:10 Start senior Women 7.5 km
- 15:00 Start senior Men 9.0 km

## Technical meeting

The meeting will be held in the Youth Hostel at 10:00 hrs on Saturday, followed by an inspection of the course.

## Local Organising Committee

Meeting Director..... Burkni Helgason  
Chief Judge..... Þorsteinn Þorsteinsson, FRI Technical Comm. Chairman  
Results ..... Friðrik Þór Óskarsson  
Logistics & Accommodation ..... Stefán Halldórsson  
Host ..... Icelandic Athletic Federation  
Jónas Egilsson, President  
Engjavegi 6, IS 104 Reykjavik  
Tel. 354-514-4040, [fri@fri.is](mailto:fri@fri.is) - +354 897-1863

## List of Participants by Country

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### **Denmark**

1930 Maria Larsen  
1931 Alberte Kjær Pedersen  
1932 Josephine Thestrup  
1933 Louise Rode  
1934 Line Kalstrup Schulz  
1935 Louise Høj Jensen  
1936 Jakob Dybdal Abrahamsen  
1937 Mikkel Dahl-Jessen  
1938 Anders Lund Hansen  
1939 Jacob Simonsen  
1940 Joachim Weel Rosbo  
1941 Louise Kunø  
1942 Simone Glad  
1943 Louise Langelund Batting  
1944 Louise Laursen  
1945 Nanna Bagger  
1946 Abdi Hakin Ulad  
1947 Michael Nielsen  
1948 Johan Damkjær  
1949 Jesper Faurschou  
1950 Peter Glans

### **Sweden**

1951 Sara Lahti  
1952 Isabel Brauer  
1953 Linn Söderholm  
1954 Vidar Johansson  
1955 William Levay  
1956 Andreas Johansson  
1957 Charlotta Fougberg  
1958 Elin Borglund  
1959 Cecilia Kleist  
1960 Mikael Ekvall  
1961 David Nilsson  
1962 Andreas Åhwall  
1963 Lars Södergard

### **Norway**

1964 Heidi Mårtensson  
1965 Live Solheimdal  
1966 Elisabeth Angell Bergh  
1967 Magnus Sirnes Hjellum  
1968 Erik Udø Pedersen  
1969 Kristian Tjørnhom  
1970 Gustav Iden  
1971 Inger Liv Bjerkrem Nilsen  
1972 Hilde Aasheim  
1973 Anne Kristine Nevin  
1974 Ørjan Grønnevig

1975 Marius Vedvik  
1976 Eirik Gramstad  
1977 Johan Bugge  
1978 Audun Nordtveit

### **Finland**

1979 Oona Kettunen  
1980 Minttu Hukka  
1981 Johanna Matintalo  
1982 Saara Nikander  
1983 Emma Hyypä

### **Faroe Islands**

1984 Valborg Heinesen

### **Iceland**

1985 Aníta Hinriksdóttir, 1996,  
1986 Helga Guðný Elíasdóttir, 1994,  
1987 María Birkisdóttir, 1995,  
1988 Andrea Kolbeinsdóttir, 1999,  
1989 Málfríður Anna Eiríksdóttir, 1997.  
1990 Ingvar Hjartarson, 1994,  
1991 Sæmundur Ólafsson, 1995,  
1992 Þór Daníel Hólm, 1996  
1993 Davíð Erik Mollberg, 1994,  
1994 Bjarki Freyr Rúnarsson, 1994.  
1995 Arndís Ýr Hafþórsdóttir, 1988,  
1996 Íris Anna Skúladóttir, 1989,  
1997 Fríða Rún Þórðardóttir, 1971,  
1998 María Kristín Gröndal, 1980,  
1999 Ebba Særún Brynjarsdóttir, 1982.  
2000 Kári Steinn Karlsson, 1986,  
2001 Þorbergur Ingi Jónsson, 1982,  
2002 Ármann Eydal Albertsson, 1981,  
2003 Arnar Pétursson, 1993,  
2004 Björn Margeirsson, 1979.

## List of Participants by Age Groups and Starting Time

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### **Women Juniors – Start Time 13:00**

1930 Maria Larsen  
1931 Alberte Kjær Pedersen  
1932 Josephine Thestrup  
1933 Louise Rode  
1934 Line Kalstrup Schulz  
1935 Louise Høj Jensen  
1951 Sara Lahti  
1952 Isabel Brauer  
1953 Linn Söderholm  
1964 Heidi Mårtensson  
1965 Live Solheimdal  
1966 Elisabeth Angell Bergh  
1979 Oona Kettunen  
1980 Minttu Hukka  
1981 Johanna Matintalo  
1982 Saara Nikander  
1983 Emma Hyypä  
1985 Aníta Hinriksdóttir  
1986 Helga Guðný Elíasdóttir  
1987 María Birkisdóttir  
1988 Andrea Kolbeinsdóttir  
1989 Málfríður Anna Eiríksdóttir

### **Men Juniors – Start Time 13:35**

1936 Jakob Dybdal Abrahamsen  
1937 Mikkel Dahl-Jessen  
1938 Anders Lund Hansen  
1939 Jacob Simonsen  
1940 Joachim Weel Rosbo  
1954 Vidar Johansson  
1955 William Levay  
1956 Andreas Johansson  
1967 Magnus Sirnes Hjellum  
1968 Erik Udø Pedersen  
1969 Kristian Tjørnholm  
1970 Gustav Iden  
1990 Ingvar Hjartarson  
1991 Sæmundur Ólafsson  
1992 Þór Daníel Hólm  
1993 Davíð Erik Mollberg  
1994 Bjarki Freyr Rúnarsson

### **Women Seniors – Start Time 14:10**

1941 Louise Kunø  
1942 Simone Glad  
1943 Louise Langelund Batting  
1944 Louise Laursen  
1945 Nanna Bagger  
1957 Charlotta Fougberg  
1958 Elin Borglund  
1959 Cecilia Kleist  
1971 Inger Liv Bjerkrem Nilsen  
1972 Hilde Aasheim  
1973 Anne Kristine Nevin  
1984 Valborg Heinesen  
1995 Arndís Ýr Hafþórsdóttir  
1996 Íris Anna Skúladóttir  
1997 Fríða Rún Þórðardóttir  
1998 María Kristín Gröndal  
1999 Ebba Særún Brynjarsdóttir

### **Men Seniors – Start Time 15:00**

1946 Abdi Hakin Ulad  
1947 Michael Nielsen  
1948 Johan Damkjær  
1949 Jesper Faurshou  
1950 Peter Glans  
1960 Mikael Ekvall  
1961 David Nilsson  
1962 Andreas Åhwall  
1963 Lars Södergard  
1974 Ørjan Grønnevig  
1975 Marius Vedvik  
1976 Eirik Gramstad  
1977 Johan Bugge  
1978 Audun Nordtveit  
2000 Kári Steinn Karlsson  
2001 Þorbergur Ingi Jónsson  
2002 Ármann Eydal Albertsson  
2003 Arnar Pétursson  
2004 Björn Margeirsson

## Medal Ceremonies

The Medal Ceremonies will take place in the Conference Room 7<sup>th</sup> floor at the Cabin Hotel at 18:00 hours. All participants will be invited. Dinner follows.

## Transport

The tickets will be available at the Fly-Bus ticket booth in the arrivals hall at Keflavik Airport (go to right after clearing customs). The staff have a list of all names. The Fly-Bus will take you to the Reykjavik Bus Terminal, where some passengers may have to switch buses to be taken to their hotel. You will be informed by the bus driver on arrival at the terminal whether you stay on the bus to be taken to the Hotel Cabin or change to another bus.

Return transportation to Keflavik airport will be provided by Fly-Bus. Team leaders must book pick-up from the hotel at the hotel reception desk on Saturday.

Should there be a name change in your group, please send an e-mail to [fri@fri.is](mailto:fri@fri.is) so the Fly-Bus and hotel can be informed.

## Meals included in team package

Please note that the first meal in the accommodation package will be the evening meal (buffet dinner) at the Hotel Cabin cafeteria. The staff will have a list of all names, no vouchers needed. Should teams arriving early in the afternoon want a meal or refreshments the hotel cafeteria is open all day (11:30-21:00) and there are several restaurants and fast-food outlets on the same street as the hotel.

- Breakfast is served between 7:00 and 10:00.
- Lunch on Saturday will be provided at the competition site, from 12:30 until all athletes have left.
- Dinner Saturday will be served in the conference room on the 7th floor, starting at 18:30, after the medals ceremony.

The last meal in the package is breakfast on Sunday morning.

## Swimming and

All athletes are invited after the competition to bathe in *Laugardalur Swimming Pool*. Vouchers will be included for all participants in the team envelope. It includes also hot spas, sauna and much more. More information here: <http://reykjavik.is/stadir/laugardalslaug>

## Area

The map shows the locations of the hotel, competition area and swimming pool within the Laugardalur area in Reykjavík:



The hotel is situated around 900m from the competition venue. All team members will get free tickets for the swimming pool. We strongly recommend going there after competing to warm up and relax in the hot tubs.

## Competition venue

The competition area is a camping site and small park in *Laugardalur*. The course itself is 1.5 km long and consists of grass, mud and packed gravel paths. There are numerous turns, a few tight spots and around 12m of elevation gain per lap.

As the weather can be quite unpredictable in Reykjavík, participants should bring clothing and footwear suitable for all situations.



