

# Högby IF:s placeringar i SM-tävlingar 1979-2024



Senior=12 bästa

Junior/ungdom=8 bästa

Veteran=3 bästa

Skol-SM=3 bästa

# Högby IF:s placeringar vid SM-tävlingar 1979-2024

Statistik: Calle Nilsson,20241222

Senior = 12 bästa  
Junior/Ungdom = 8 bästa  
Veteran = 3 bästa  
Skol-SM = 3 bästa

- 1 Guld
- 2 Silver
- 3 Brons

|      |                        |           |     |          |    |                           |          |
|------|------------------------|-----------|-----|----------|----|---------------------------|----------|
| 1979 | Terräng-SM, Huskvarna  | 28-29 maj | M   | Lag 4 km | 10 | Carl-G N, Lars P, Sören A | 42.19.9  |
|      | Stora SM, Malmö        | 11-13 aug | M   | 3000m Hi | 4  | Carl-Gustaf Nilsson       | 8.55.88  |
|      | Skol-SM, Stockholm/S   | 14-16 sep | P15 | 3000m    | 1  | Benny Nilsson             | 9.08.57  |
| 1980 | USM, Piteå             | 15-17 aug | P16 | 1500m    | 2  | Benny Nilsson             | 4.06.69  |
|      | Stora SM, Stockholm/S  | 15-17 aug | M   | 3000m Hi | 7  | Carl-Gustaf Nilsson       | 8.59.92  |
|      | Veteran-RM, Göteborg   | 13-14 sep | M40 | Kula     | 3  | Georg Johansson           | 10.70    |
|      |                        |           |     | Slägga   | 2  | Georg Johansson           | 43.66    |
|      |                        |           | M50 | 400m H   | 2  | Sten Medelius             | 1.20.74  |
|      |                        |           | M55 | 400m     | 3  | Frithiof Roslund          | 1.03.03  |
|      |                        |           |     | 3000m Hi | 2  | Frithiof Roslund          | 12.57.0  |
|      |                        |           |     | 400m H   | 2  | Frithiof Roslund          | 1.15.36  |
|      | Skol-SM, Stockholm/S   | 19-21 sep | P16 | 3000m    | 2  | Benny Nilsson             | 8.57.38  |
| 1981 | Stora SM, Skövde       | 7-9 aug   | M   | 3000m Hi | 9  | Carl-Gustaf Nilsson       | 9.05.0   |
|      | Veteran-RM, Västerås   | 4-5 juli  | M35 | 5000m    | 3  | Lars Hansson              | 16.02.42 |
|      |                        |           | M40 | Kula     | 2  | Georg Johansson           | 10.96    |
|      |                        |           |     | Diskus   | 2  | Georg Johansson           | ?        |
|      |                        |           |     | Slägga   | 1  | Georg Johansson           | 42.64    |
|      |                        |           | M50 | Stav     | 3  | Sten Medelius             | 2.20     |
|      |                        |           |     | Tresteg  | 3  | Sten Medelius             | 9.69     |
|      | Skol-SM, Stockholm/S   | 18-20 sep | P18 | 1500m    | 3  | Benny Nilsson             | 4.01.49  |
| 1982 | Stora SM, Piteå        | 13-15 aug | M   | 3000m Hi | 5  | Carl-Gustaf Nilsson       | 9.00.11  |
|      | RM inomhus, Göteborg   | 5-7 feb   | K   | 1500m    | 6  | Katarina Nilsson          | 4.51.54  |
|      |                        |           | P18 | 1500m    | 6  | Benny Nilsson             | 4.02.61  |
|      | Veteran-RM, Oskarshamn | 3-4 juli  | M40 | Kula     | 3  | Georg Johansson           | 11.19    |
|      |                        |           |     | Diskus   | 2  | Georg Johansson           | 34.16    |
|      |                        |           |     | Slägga   | 1  | Georg Johansson           | 40.58    |
|      |                        |           |     | Spjut    | 2  | Georg Johansson           | 37.78    |
|      |                        |           | M50 | 400m     | 1  | Sten Medelius             | 1.00.08  |
|      |                        |           |     | 110m H   | 2  | Sten Medelius             | 21.55    |
|      |                        |           |     | 400m H   | 2  | Sten Medelius             | 1.09.98  |
|      |                        |           | M60 | 400m     | 2  | Frithiof Roslund          | 1.07.05  |
|      |                        |           | M55 | 3000m Hi | 2  | Frithiof Roslund          | 12.35.80 |
|      |                        |           | M60 | 110m H   | 3  | Frithiof Roslund          | 22.0     |

|                                    |             |     |          |    |                              |          |
|------------------------------------|-------------|-----|----------|----|------------------------------|----------|
|                                    |             |     | 400m H   | 2  | Frithiof Roslund             | 1.13.57  |
|                                    |             | K35 | 5000m    | 2  | Mona Andersson               | 22.39.89 |
|                                    |             |     | 5000m    | 3  | Monica Karlsson              | 23.40.2  |
|                                    |             | K45 | 5000m    | 2  | Dagny Andersson              | 23.12.8  |
| <b>JSM, Sollentuna</b>             | 20-22 aug   | P18 | 5000m    | 3  | Benny Nilsson                | 15.16.94 |
| <b>Skol-SM, Stockholm/S</b>        | 17-19 sep   | P18 | 1500m    | 2  | Benny Nilsson                | 4.00.94  |
|                                    |             |     | 5000m    | 1  | Benny Nilsson                | 15.01.6m |
| <b>1983 Stafett-SM, Värnamo</b>    | 11-12 juni  | M   | 4x800m   | 10 | C-G, Benny, Stefan L, Jan R  | 8.05.6   |
|                                    |             | M   | 4x1500m  | 9  | C-G, Benny, Stefan L, Jan R  | 16.13.2  |
| <b>Stora SM, Örebro</b>            | 22-24 juli  | M   | 3000m Hi | 2  | Carl-Gustaf Nilsson          | 8.56.69  |
|                                    |             |     | 5000m    | 11 | Benny Nilsson                | ?        |
| <b>VSM, Malmö</b>                  | 23-24 juli  | M45 | Kula     | 2  | Georg Johansson              | 10.67    |
|                                    |             |     | Diskus   | 2  | Georg Johansson              | 35.42    |
|                                    |             |     | Slägga   | 1  | Georg Johansson              | 40.58    |
|                                    |             |     | Spjut    | 3  | Georg Johansson              | 32.94    |
|                                    |             | M55 | 400m     | 2  | Sten Medelius                | 1.01.22  |
|                                    |             |     | 110m H   | 2  | Sten Medelius                | 23.84    |
|                                    |             |     | 400m H   | 1  | Sten Medelius                | 1.10.71  |
|                                    |             |     | Längd    | 3  | Sten Medelius                | ?        |
|                                    |             |     | Tresteg  | 3  | Sten Medelius                | 9.72     |
| <b>1984 IJSM, Solna</b>            | 10-12 feb   | M22 | 1500m    | 4  | Benny Nilsson                | 3.54.47  |
| <b>ISM, Solna</b>                  | 18-19 feb   | M   | 1500m    | 6  | Benny Nilsson                | 3.55.22  |
|                                    |             | K   | 1500m    | 3  | Katarina Nilsson             | 4.41.01  |
|                                    |             |     | 3000m    | 8  | Katarina Nilsson             | 10.04.75 |
| <b>Terräng-SM, Karlsberg,Sthlm</b> | 28-29 april | M65 | 8 km     | 3  | Gunnar Danelid               | 35.25.7  |
| <b>VSM Femkamp, Karlskrona</b>     | 5 maj       | M55 | Femkamp  | 2  | Sten Medelius                | 2.805p   |
| <b>Stafett-SM, Huddinge</b>        | 9-10 juni   | M   | 4x800m   | 6  | C-G, Benny, Lars P, Stefan L | 7.51.67  |
|                                    |             |     | 4x1500m  | 7  | C-G, Benny, Stefan L, Jan R  | 16.05.88 |
| <b>VSM, Borlänge</b>               | 3-5 aug     | M45 | 110m H   | 2  | Ruedi Bigler                 | 20.13    |
|                                    |             |     | Diskus   | 1  | Georg Johansson              | 32.56    |
|                                    |             |     | Slägga   | 1  | Georg Johansson              | 41.26    |
|                                    |             | M55 | 200m     | 3  | Sten Medelius                | 28.23    |
|                                    |             |     | 400m     | 2  | Sten Medelius                | 1.00.86  |
|                                    |             |     | 110m H   | 2  | Sten Medelius                | 22.71    |
|                                    |             |     | 400m H   | 2  | Sten Medelius                | 1.15.20  |
|                                    |             |     | Längd    | 3  | Sten Medelius                | 4.80     |
|                                    |             |     | Tresteg  | 2  | Sten Medelius                | 9.12     |
|                                    |             | M65 | 400m     | 2  | Gunnar Danelid               | 1.07.13  |
|                                    |             |     | 800m     | 1  | Gunnar Danelid               | 2.27.55  |
|                                    |             |     | 1500m    | 3  | Gunnar Danelid               | 5.16.27  |
|                                    |             |     | 5000m    | 3  | Gunnar Danelid               | 19.12.6  |
|                                    |             |     | 10000m   | 2  | Gunnar Danelid               | 41.22.6  |

|                                  |               |     |          |    |                           |          |
|----------------------------------|---------------|-----|----------|----|---------------------------|----------|
| <b>Stora SM, Växjö</b>           | 24-26 aug     | K   | 1500m    | 10 | Katarina Nilsson          | 4.32.13  |
|                                  |               |     | 3000m    | 7  | Katarina Nilsson          | 9.39.15  |
| <b>Skol-SM, Stockholm/S</b>      | 21-23 sep     | F15 | Höjd     | 1  | Jessica Lindén            | 1.70     |
| <b>SM 5000/10000m, Stockholm</b> | 29 sep        | K   | 5000m    | 5  | Katarina Nilsson          | 16.57.91 |
| <b>1985 IUSM, Falun</b>          | 2-3 feb       | F16 | Höjd     | 2  | Jessica Lindén            | 1.71     |
| <b>IJSM, Solna</b>               | 8-10 feb      | M22 | 1500m    | 1  | Benny Nilsson             | 3.56.59  |
| <b>VSM Femkamp, Nässjö</b>       | 27 maj        | M55 | Femkamp  | 2  | Sten Medelius             | 2.615p   |
| <b>JSM, Eskilstuna</b>           | 26-28 juli    | M22 | 1500m    | 7  | Benny Nilsson             | 3.53.42  |
| <b>USM, Karlskrona</b>           | 26-28 juli    | F16 | Höjd     | 5  | Jessica Lindén            | 1.64     |
| <b>VSM, Huddinge</b>             | 23-25 aug     | M45 | Kula     | 3  | Georg Johansson           | 10.39    |
|                                  |               |     | Diskus   | 1  | Georg Johansson           | 34.72    |
|                                  |               |     | Slägga   | 2  | Georg Johansson           | 39.68    |
|                                  |               | M55 | 110m H   | 3  | Sten Medelius             | 22.21    |
|                                  |               |     | 400m H   | 2  | Sten Medelius             | 1.12.61  |
|                                  |               |     | Längd    | 2  | Sten Medelius             | 4.83     |
|                                  |               | M65 | Tresteg  | 3  | Sten Medelius             | 9.68     |
|                                  |               |     | 400m     | 3  | Gunnar Danelid            | 1.08.12  |
|                                  |               |     | 800m     | 2  | Gunnar Danelid            | 2.33.81  |
|                                  |               |     | 1500m    | 3  | Gunnar Danelid            | 5.07.97  |
| <b>1986 Terräng-SM, Mölndal</b>  | 26-27 april   | M   | Lag 4 km | 8  | Benny N, Stefan L, Pär S. | 39.22.2  |
|                                  |               | M22 | 8 km     | 8  | Benny Nilsson             | 26.04.0  |
| <b>VSM, Kil</b>                  | 11-13 juli    | M45 | Kula     | 1  | Georg Johansson           | 10.12    |
|                                  |               |     | Diskus   | 1  | Georg Johansson           | 33.92    |
|                                  |               |     | Slägga   | 2  | Georg Johansson           | 39.60    |
|                                  |               | M50 | 800m     | 3  | Sven Lundström            | 2.20.70  |
|                                  |               |     | 1500m    | 1  | Sven Lundström            | 5.02.52  |
|                                  |               | M55 | 400m     | 2  | Sten Medelius             | 1.04.12  |
|                                  |               |     | 110m H   | 3  | Sten Medelius             | 22.88    |
|                                  |               |     | 400m H   | 2  | Sten Medelius             | 1.18.16  |
| <b>Stora SM, Karlskrona</b>      | 31 juli-3 aug | K   | 3000m    | 12 | Katarina Nilsson          | 9.52.87  |
|                                  |               |     | 10000m   | 5  | Katarina Nilsson          | 35.27.68 |
| <b>JSM/USM 18, Borås</b>         | 15-17 aug     | M22 | 1500m    | 8  | Benny Nilsson             | 3.56.22  |
|                                  |               | P18 | 2000m Hi | 3  | Per Stjernberg            | 6.03.5   |
| <b>Skol-SM, Stockholm/S</b>      | 21-23 sep     | P18 | 2000m Hi | 1  | Per Stjernberg            | 5.59.26  |
|                                  |               | F18 | Höjd     | 3  | Jessica Lindén            | 1.70     |
| <b>1987 Stora ISM, Solna</b>     | 30 jan-1 feb  | M   | 3000m    | 3  | Benny Nilsson             | 8.30.90  |
| <b>IJSM, Luleå</b>               | 7-8 feb       | F18 | Höjd     | 5  | Jessica Lindén            | 1.70     |
| <b>Stora SM, Gävle</b>           | 30 juli-2 aug | M   | 1500m    | 8  | Benny Nilsson             | 3.50.01  |
|                                  |               |     | 3000m Hi | 9  | Stefan Larsson            | 9.09.14  |
|                                  |               | K   | Höjd     | 7  | Jessica Lindén            | 1.70     |

|                                     |             |        |          |    |                                  |          |
|-------------------------------------|-------------|--------|----------|----|----------------------------------|----------|
| <b>VSM Femkamp, Värnamo</b>         | 9 aug       | M55    | Femkamp  | 3  | Sten Medelius                    | 2.804p   |
| <b>JSM/USM 18, Sollentuna</b>       | 14-16 aug   | F18    | Höjd     | 5  | Jessica Lindén                   | 1.69     |
| <b>VSM, Nyköping</b>                | 21-23 aug   | M35    | 1500m    | 2  | Carl-Gustaf Nilsson              | 4.08.72  |
|                                     |             |        | 5000m    | 1  | Carl-Gustaf Nilsson              | 15.32.8  |
|                                     |             |        | 400m H   | 1  | Carl-Gustaf Nilsson              | 1.01.12  |
|                                     |             |        | 3000m Hi | 1  | Carl-Gustaf Nilsson              | 9.44.51  |
|                                     |             | M45    | Diskus   | 3  | Georg Johansson                  | 34.20    |
|                                     |             |        | Slägga   | 3  | Georg Johansson                  | 41.38    |
|                                     |             | K45    | 800m     | 2  | Anna-Greta Karlsson              | 2.53.98  |
|                                     |             |        | 5000m    | 1  | Anna-Greta Karlsson              | 20.46.64 |
| <b>1988 Terräng-SM, Värnamo</b>     | 23-24 april | K      | 8 km     | 7  | Katarina Nilsson                 | 30.03    |
|                                     |             | K35-50 | Lag 4 km | 3  | Lilian, Christel Karlberg, Dagny | 54.42    |
| <b>Stora SM, Eskilstuna</b>         | 11-14 aug   | K      | 10.000m  | 6  | Katarina Nilsson                 | 35.42.41 |
| <b>JSM, Malmö</b>                   | 19-21 aug   | P18    | 2000m Hi | 4  | Mikael Larsson                   | 6.10.17  |
| <b>VSM, Ljusdal</b>                 | 19-21 aug   | M35    | 800m     | 2  | Carl-Gustaf Nilsson              | 1.58.6m  |
|                                     |             |        | 1500m    | 1  | Carl-Gustaf Nilsson              | 4.06.80  |
|                                     |             |        | 5000m    | 1  | Carl-Gustaf Nilsson              | 15.23.25 |
|                                     |             |        | 400m H   | 1  | Carl-Gustaf Nilsson              | 1.01.80  |
|                                     |             |        | 3000m Hi | 1  | Carl-Gustaf Nilsson              | 9.34.25  |
|                                     |             | M50    | Diskus   | 3  | Georg Johansson                  | 38.94    |
|                                     |             |        | Slägga   | 1  | Georg Johansson                  | 44.84    |
|                                     |             | M60    | 400m     | 2  | Sten Medelius                    | 1.03.64  |
|                                     |             |        | 100m H   | 2  | Sten Medelius                    | 20.96    |
|                                     |             |        | 300m H   | 1  | Sten Medelius                    | 50.90    |
|                                     |             |        | Längd    | 3  | Sten Medelius                    | 4.56     |
|                                     |             | K35    | 800m     | 3  | Inez Svensson                    | 2.52.14  |
|                                     |             |        | 1500m    | 2  | Inez Svensson                    | 5.47.2m  |
|                                     |             |        | 5000m    | 2  | Inez Svensson                    | 21.14.84 |
|                                     |             |        |          |    |                                  |          |
| <b>1989 Terräng-SM, Helsingborg</b> | 22-23 april | K      | 8 km     | 4  | Katarina Nilsson                 | 30.16    |
|                                     |             | K35-50 | Lag 4 km | 2  | Barbro S, Inez S, Dagny A        | 54.53    |
| <b>Stora SM, Borås</b>              | 28-30 juli  | M      | 3000m Hi | 11 | Stefan Larsson                   | 9.28.66  |
|                                     |             | K      | 3000m    | 6  | Katarina Nilsson                 | 9.56.85  |
|                                     |             |        | 10000m   | 4  | Katarina Nilsson                 | 35.19.03 |
| <b>VSM, Malmö</b>                   | 18-20 aug   | M35    | 1500m    | 1  | Carl-Gustaf Nilsson              | 4.17.51  |
|                                     |             |        | 400m H   | 1  | Carl-Gustaf Nilsson              | 1.06.40  |
|                                     |             |        | 3000m Hi | 1  | Carl-Gustaf Nilsson              | 10.19.1m |
|                                     |             | M50    | 100m H   | 3  | Ruedi Bigler                     | 17.0m    |
|                                     |             |        | Diskus   | 2  | Georg Johansson                  | 42.72    |
|                                     |             |        | Slägga   | 3  | Georg Johansson                  | 44.58    |
|                                     |             | M55    | 400m     | 3  | Sven Lundström                   | 1.03.7m  |
|                                     |             | M60    | 400m     | 1  | Sten Medelius                    | 1.03.42  |
|                                     |             |        | 100m H   | 2  | Sten Medelius                    | 18.8m    |

|     |        |   |                     |          |
|-----|--------|---|---------------------|----------|
| M55 | 300m H | 1 | Sten Medelius       | 52.17    |
| M70 | 800m   | 2 | Gunnar Danelid      | 2.41.06  |
|     | 1500m  | 2 | Gunnar Danelid      | 5.31.55  |
|     | 5000m  | 2 | Gunnar Danelid      | 20.34.9m |
| K40 | 100m   | 1 | Barbro Stjernberg   | 14.9m    |
|     | 5000m  | 1 | Barbro Stjernberg   | 19.49.1m |
|     | 5000m  | 2 | Anna-Greta Karlsson | 21.32.6m |
|     | 10000m | 1 | Barbro Stjernberg   | 42.37.79 |
|     | 10000m | 2 | Anna-Greta Karlsson | 46.02.29 |

|                                       |             |        |          |   |                              |       |
|---------------------------------------|-------------|--------|----------|---|------------------------------|-------|
| <b>1990 Terräng-SM, Lidingö/Bosön</b> | 21-22 april | K      | 8 km     | 5 | Katarina Nilsson             | 29.08 |
|                                       |             | K35-50 | Lag 4 km | 2 | Yvonne B, Barbro S, Anna-G K | 51.21 |

|                           |         |   |        |   |                  |          |
|---------------------------|---------|---|--------|---|------------------|----------|
| <b>Stora SM, Karlstad</b> | 3-5 aug | K | 10000m | 6 | Katarina Nilsson | 35.50.75 |
|---------------------------|---------|---|--------|---|------------------|----------|

|                        |           |     |          |   |                     |          |
|------------------------|-----------|-----|----------|---|---------------------|----------|
| <b>VSM, Göteborg/S</b> | 17-19 aug | M35 | 1500m    | 2 | Carl-Gustaf Nilsson | 4.19.84  |
|                        |           |     | 3000m Hi | 1 | Carl-Gustaf Nilsson | 9.49.9m  |
|                        |           |     | 400m H   | 2 | Carl-Gustaf Nilsson | 1.04.43  |
|                        |           | M45 | 3000m Hi | 3 | Arne Håkansson      | 11.11.1m |
|                        |           |     | Kula     | 2 | Åke Svensson        | 12.72    |
|                        |           | M50 | 100m H   | 3 | Ruedi Bigler        | 18.49    |
|                        |           |     | Kula     | 3 | Georg Johansson     | 11.82    |
|                        |           |     | Diskus   | 2 | Georg Johansson     | 40.88    |
|                        |           |     | Slägga   | 2 | Georg Johansson     | 45.12    |
|                        |           | M55 | 800m     | 2 | Sven Lundström      | 2.24.65  |
|                        |           | M60 | 100m H   | 2 | Sten Medelius       | 20.02    |
|                        |           |     | 400m     | 2 | Sten Medelius       | 63.73    |
|                        |           |     | Längd    | 3 | Sten Medelius       | 4.57     |
|                        |           | K50 | 1500m    | 3 | Anna-Greta Karlsson | 5.55.65  |
|                        |           |     | 5000m    | 3 | Anna-Greta Karlsson | 22.13.5m |
|                        |           |     | 10000m   | 2 | Anna-Greta Karlsson | 50.43.5m |

|                          |           |     |        |   |               |       |
|--------------------------|-----------|-----|--------|---|---------------|-------|
| <b>1991 USM, Värnamo</b> | 16-18 aug | F15 | Diskus | 5 | Anna Emilsson | 28.66 |
|--------------------------|-----------|-----|--------|---|---------------|-------|

|                   |           |     |          |   |                |         |
|-------------------|-----------|-----|----------|---|----------------|---------|
| <b>JSM, Växjö</b> | 16-18 aug | M22 | 2000m Hi | 8 | Mikael Larsson | 5.56.26 |
|-------------------|-----------|-----|----------|---|----------------|---------|

|                        |           |     |          |   |                     |          |
|------------------------|-----------|-----|----------|---|---------------------|----------|
| <b>VSM, Simrishamn</b> | 16-18 aug | M35 | 1500m    | 1 | Carl-Gustaf Nilsson | 4.12.69  |
|                        |           |     | 3000m Hi | 1 | Carl-Gustaf Nilsson | 9.58.06  |
|                        |           |     | 400m H   | 2 | Carl-Gustaf Nilsson | 1.05.26  |
|                        |           | M50 | 800m     | 1 | Arne Håkansson      | 2.15.69  |
|                        |           |     | 1500m    | 1 | Arne Håkansson      | 4.31.16  |
|                        |           |     | 100m H   | 3 | Ruedi Bigler        | 19.31    |
|                        |           |     | Kula     | 3 | Georg Johansson     | 11.84    |
|                        |           |     | Diskus   | 3 | Georg Johansson     | 40.12    |
|                        |           |     | Slägga   | 2 | Georg Johansson     | 44.88    |
|                        |           | M60 | 400m     | 1 | Sten Medelius       | 1.03.85  |
|                        |           |     | 800m     | 2 | Sten Medelius       | 2.33.77  |
|                        |           |     | 100m H   | 2 | Sten Medelius       | 19.67    |
|                        |           |     | 300m H   | 1 | Sten Medelius       | 54.44    |
|                        |           | K50 | 5000m    | 2 | Anna-Greta Karlsson | 21.37.27 |
|                        |           |     | 10000m   | 2 | Anna-Greta Karlsson | 45.20.02 |
|                        |           | K55 | 400m     | 2 | Dagny Andersson     | 1.28.28  |
|                        |           |     | 1500m    | 2 | Dagny Andersson     | 6.46.33  |
|                        |           |     | 5000m    | 3 | Dagny Andersson     | 23.19.82 |

|                               |       |     |         |   |               |        |
|-------------------------------|-------|-----|---------|---|---------------|--------|
| <b>VSM Femkamp, Uddevalla</b> | 9 aug | M60 | Femkamp | 1 | Sten Medelius | 3.063e |
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|                                    |             |     |          |   |                      |          |
|------------------------------------|-------------|-----|----------|---|----------------------|----------|
| <b>1992 Terräng-SM, Karlskrona</b> | 25-26 april | P16 | 4 km     | 8 | Stefan Danielsson    | 14.09    |
| <b>VSM, Norrtälje</b>              | 7-9 aug     | M40 | 800m     | 2 | Carl-Gustaf Nilsson  | 2.05.39  |
|                                    |             |     | 1500m    | 2 | Carl-Gustaf Nilsson  | 4.11.28  |
|                                    |             |     | 5000m    | 1 | Carl-Gustaf Nilsson  | 15.34.9  |
|                                    |             |     | 3000m Hi | 1 | Carl-Gustaf Nilsson  | 9.50.25  |
|                                    |             |     | 400m H   | 1 | Carl-Gustaf Nilsson  | 1.03.65  |
|                                    |             | M50 | Diskus   | 2 | Georg Johansson      | 40.86    |
|                                    |             |     | Slägga   | 2 | Georg Johansson      | 39.92    |
|                                    |             | M60 | 200m     | 3 | Sten Medelius        | 28.95    |
|                                    |             |     | 400m     | 1 | Sten Medelius        | 1.02.59  |
|                                    |             |     | 100m H   | 1 | Sten Medelius        | 19.51    |
|                                    |             |     | 300m H   | 1 | Sten Medelius        | 53.79    |
|                                    |             |     | Tresteg  | 2 | Sten Medelius        | 9.38     |
|                                    |             | K35 | 1500m    | 1 | Katarina Nilsson     | 4.56.12  |
|                                    |             |     | 5000m    | 1 | Katarina Nilsson     | 18.04.67 |
|                                    |             |     | Kula     | 2 | Anne-Marie Tornegård | 10.40    |
|                                    |             |     | Diskus   | 3 | Anne-Marie Tornegård | 29.04    |
|                                    |             | K55 | 1500m    | 2 | Dagny Andersson      | 6.54.5m  |
|                                    |             |     | 5000m    | 2 | Dagny Andersson      | 24.43.33 |
| <b>VSM Mångkamp, Högby</b>         | 5 sep       | M55 | Femkamp  | 2 | Sten Medelius        | 2.643e   |
| <b>VSM i Marathon, Örebro</b>      | 5 sep       | K40 | Marathon | 2 | Inez Svensson        | 3.41.51  |
| <b>1993 VSM, Värnamo</b>           | 6-8 aug     | M35 | 3000m Hi | 1 | Carl-Gustaf Nilsson  | 9.57.83  |
|                                    |             | M40 | 800m     | 2 | Carl-Gustaf Nilsson  | 2.03.66  |
|                                    |             |     | 1500m    | 1 | Carl-Gustaf Nilsson  | 4.13.00  |
|                                    |             |     | 5000m    | 1 | Carl-Gustaf Nilsson  | 15.54.34 |
|                                    |             |     | 400m H   | 1 | Carl-Gustaf Nilsson  | 1.03.54  |
|                                    |             | M55 | Diskus   | 2 | Georg Johansson      | 36.34    |
|                                    |             |     | Slägga   | 3 | Georg Johansson      | 41.38    |
|                                    |             | M65 | 400m     | 1 | Sten Medelius        | 1.05.72  |
|                                    |             |     | 100m H   | 2 | Sten Medelius        | 19.94    |
|                                    |             |     | Längd    | 3 | Sten Medelius        | 4.31     |
|                                    |             | K35 | 1500m    | 1 | Katarina Nilsson     | 4.57.87  |
|                                    |             |     | 5000m    | 1 | Katarina Nilsson     | 18.06.97 |
|                                    |             | K55 | 1500m    | 2 | Dagny Andersson      | 7.08.78  |
|                                    |             |     | 5000m    | 2 | Dagny Andersson      | 25.02.22 |
| <b>Skol-SM, Västerås</b>           | 17-19 sep   | P19 | 800m     | 2 | Stefan Danielsson    | 1.55.35  |
| <b>1994 ISM o IUSM, Växjö</b>      | 25-27 feb   | P15 | 1500m    | 8 | Johan Ahlqvist       | 4.33.24  |
| <b>VSM, Lidingö</b>                | 5-7 aug     | M40 | 400m     | 1 | Carl-Gustaf Nilsson  | 55.56    |
|                                    |             |     | 800m     | 1 | Carl-Gustaf Nilsson  | 2.04.02  |
|                                    |             |     | 1500m    | 1 | Carl-Gustaf Nilsson  | 4.09.39  |
|                                    |             |     | 5000m    | 1 | Carl-Gustaf Nilsson  | 15.59.86 |
|                                    |             |     | 3000m Hi | 1 | Carl-Gustaf Nilsson  | 9.54.03  |
|                                    |             |     | 400m H   | 1 | Carl-Gustaf Nilsson  | 62.23    |
|                                    |             | M55 | Kula     | 3 | Georg Johansson      | 10.76    |
|                                    |             |     | Diskus   | 2 | Georg Johansson      | 36.86    |
|                                    |             | M65 | 100m     | 2 | Sten Medelius        | 14.31    |
|                                    |             |     | 200m     | 2 | Sten Medelius        | 28.97    |
|                                    |             |     | 400m     | 1 | Sten Medelius        | 1.08.12  |

|                          |            |     |             |   |                      |          |
|--------------------------|------------|-----|-------------|---|----------------------|----------|
|                          |            |     | 100m H      | 2 | Sten Medelius        | 21.01    |
|                          |            |     | 300m H      | 1 | Sten Medelius        | 53.65    |
|                          |            |     | Längd       | 2 | Sten Medelius        | 4.38     |
|                          |            |     | Tresteg     | 1 | Sten Medelius        | 9.57     |
|                          |            | K35 | Kula        | 1 | Anne-Marie Tornegård | 10.70    |
|                          |            |     | Kula        | 2 | Katarina Nilsson     | 8.54     |
|                          |            |     | Diskus      | 1 | Anne-Marie Tornegård | 26.84    |
|                          |            |     | Diskus      | 2 | Katarina Nilsson     | 22.52    |
|                          |            |     | Slägga      | 1 | Anne-Marie Tornegård | 20.10    |
| JSM, Luleå               | 5-7 aug    | P18 | 800m        | 2 | Stefan Danielsson    | 1.53.39  |
| VSM Mångkamp, Göteborg/S | 3 sep      | M55 | Kastfemkamp | 1 | Georg Johansson      | 3.872    |
|                          |            | M65 | Femkamp     | 1 | Sten Medelius        | 3.149m   |
| 1995 IJSM, Örebro        | 18-19 feb  | M22 | 400m        | 3 | Stefan Danielsson    | 52.39    |
| Terräng-SM, Eksjö        | 22-23 apr  | K35 | 4 km        | 2 | Katarina Nilsson     | 15.27    |
| VSM, Malmö/H             | 16-18 juni | M35 | 800m        | 1 | Stefan Larsson       | 2.04.11  |
|                          |            |     | 1500m       | 1 | Stefan Larsson       | 4.18.60  |
|                          |            |     | 400m H      | 2 | Stefan Larsson       | 1.05.61  |
|                          |            | M40 | 800m        | 3 | Carl-Gustaf Nilsson  | 2.08.5   |
|                          |            |     | 1500m       | 1 | Carl-Gustaf Nilsson  | 4.18.23  |
|                          |            |     | 5000m       | 2 | Carl-Gustaf Nilsson  | 15.54.73 |
|                          |            |     | 3000m Hi    | 1 | Carl-Gustaf Nilsson  | 10.09.74 |
|                          |            |     | 400m H      | 1 | Carl-Gustaf Nilsson  | 1.03.58  |
|                          |            | M55 | Kula        | 1 | Georg Johansson      | 10.39    |
|                          |            |     | Slägga      | 2 | Georg Johansson      | 43.32    |
|                          |            | M65 | 100m        | 2 | Sten Medelius        | 14.22    |
|                          |            |     | 200m        | 1 | Sten Medelius        | 29.16    |
|                          |            |     | 400m        | 1 | Sten Medelius        | 1.08.23  |
|                          |            |     | 100m H      | 1 | Sten Medelius        | 19.76    |
|                          |            |     | 300m H      | 1 | Sten Medelius        | 55.78    |
|                          |            | K35 | Kula        | 1 | Anne-Marie Tornegård | 10.12    |
|                          |            |     | Kula        | 2 | Katarina Nilsson     | 8.63     |
|                          |            |     | Diskus      | 1 | Anne-Marie Tornegård | 24.74    |
|                          |            |     | Diskus      | 3 | Katarina Nilsson     | 20.42    |
|                          |            |     | Slägga      | 1 | Anne-Marie Tornegård | 27.46    |
|                          |            |     | Slägga      | 3 | Katarina Nilsson     | 17.78    |
|                          |            | K55 | 5000m       | 3 | Dagny Andersson      | 25.10.70 |
|                          |            |     | 10000m      | 3 | Anna-Greta Karlsson  | 52.38.4m |
| VSM i Kastmångk,Göteborg | 9 sep      | M55 | Kastfemkamp | 1 | Georg Johansson      | 3.940    |
| 1996 IJSM, Malmö         | 10 feb     | P18 | 1500m       | 7 | Johan Ahlqvist       | 4.29.59  |
| IUSM, Borlänge           | 16-18 feb  | F15 | 1500m       | 2 | Ida Nilsson          | 4.50.2   |
| IVRM, Göteborg           | 23 mars    | M35 | 400m        | 3 | Carl-Gustaf Nilsson  | 57.48    |
|                          |            | M40 | 800m        | 1 | Carl-Gustaf Nilsson  | 2.04.78  |
|                          |            |     | 3000m       | 3 | Carl-Gustaf Nilsson  | 9.17.28  |
|                          |            | M55 | Kula        | 1 | Georg Johansson      | 11.06    |
|                          |            | M65 | 60m         | 2 | Sten Medelius        | 8.95     |
|                          |            |     | 200m        | 2 | Sten Medelius        | 30.07    |

|                             |             |     |             |    |                     |          |
|-----------------------------|-------------|-----|-------------|----|---------------------|----------|
|                             |             |     | 400m        | 2  | Sten Medelius       | 1.13.92  |
|                             |             | K35 | 3000m       | 1  | Katarina Nilsson    | 10.47.65 |
| Terräng-SM, Haninge, Sthlm  | 27-28 april | K40 | 8 km        | 11 | Katarina Nilsson    | 31.15    |
|                             |             | F15 | 4 km        | 3  | Ida Nilsson         | 15.28    |
|                             |             | K40 | 4 km        | 1  | Katarina Nilsson    | 14.47    |
| USM, Ängelholm              | 2-4 aug     | F15 | 2000m       | 2  | Ida Nilsson         | 6.37.35  |
| VSM, Karlstad               | 9-11 aug    | M35 | 800m        | 3  | Stefan Larsson      | 2.06.57  |
|                             |             |     | 1500m       | 3  | Stefan Larsson      | 4.14.18  |
|                             |             | M40 | 400m        | 1  | Carl-Gustaf Nilsson | 55.95    |
|                             |             |     | 800m        | 2  | Carl-Gustaf Nilsson | 2.04.58  |
|                             |             |     | 1500m       | 2  | Carl-Gustaf Nilsson | 4.11.39  |
|                             |             |     | 3000m Hi    | 1  | Carl-Gustaf Nilsson | 10.08.54 |
|                             |             |     | 400m H      | 1  | Carl-Gustaf Nilsson | 1.03.15  |
|                             |             | M55 | Kula        | 2  | Georg Johansson     | 11.25    |
|                             |             |     | Diskus      | 1  | Georg Johansson     | 37.42    |
|                             |             |     | Slägga      | 3  | Georg Johansson     | 43.12    |
|                             |             | M65 | 200m        | 2  | Sten Medelius       | 29.83    |
|                             |             |     | 400m        | 1  | Sten Medelius       | 1.07.36  |
|                             |             |     | 100m H      | 1  | Sten Medelius       | 19.74    |
|                             |             |     | 300m H      | 1  | Sten Medelius       | 54.84    |
|                             |             |     |             |    |                     |          |
|                             |             | K40 | 800m        | 2  | Katarina Nilsson    | 2.34.75  |
|                             |             |     | 1500m       | 2  | Katarina Nilsson    | 5.03.52  |
|                             |             |     | 5000m       | 2  | Katarina Nilsson    | 18.38.63 |
|                             |             | K55 | 5000m       | 3  | Birgit Larsson      | 30.17.08 |
|                             |             | K60 | 100m        | 2  | Dagny Andersson     | 19.13    |
|                             |             |     | 200m        | 2  | Dagny Andersson     | 40.04    |
|                             |             |     | 1500m       | 2  | Dagny Andersson     | 7.26.58  |
|                             |             |     | 5000m       | 2  | Dagny Andersson     | 26.35.76 |
| Stora SM, Karlskrona        | 9-11 aug    | M   | 1500m       | 6  | Peter Åkesson       | 4.00.28  |
| VSM Kastmångk, Göteborg     | 7 sep       | M55 | Kastfemkamp | 1  | Georg Johansson     | 3.594    |
| 1997 IUSM, Malmö            | 15-16 mars  | F16 | 1500m       | 3  | Ida Nilsson         | 4.41.12  |
| IVSM, Göteborg              | 22-23 mars  | M45 | 200m        | 2  | Carl-Gustaf Nilsson | 26.73    |
|                             |             |     | 400m        | 2  | Carl-Gustaf Nilsson | 57.46    |
|                             |             |     | 800m        | 1  | Carl-Gustaf Nilsson | 2.04.57  |
|                             |             |     | 1500m       | 1  | Carl-Gustaf Nilsson | 4.21.46  |
|                             |             |     | 3000m       | 2  | Carl-Gustaf Nilsson | 9.33.16  |
|                             |             | M55 | Kula        | 1  | Georg Johansson     | 10.90    |
|                             |             | K40 | 1500m       | 1  | Katarina Nilsson    | 5.05.94  |
|                             |             |     | 3000m       | 1  | Katarina Nilsson    | 10.41.43 |
| Terräng-SM, G-borg/Slottssk | 26-27 april | F16 | 4 km        | 2  | Ida Nilsson         | 14.16    |
|                             |             | M45 | 8 km        | 2  | Carl-Gustaf Nilsson | 27.08    |
| VSM, Krokomborg             | 27-29 juni  | M35 | 400m H      | 3  | Christer Persson    | 1.23.0m  |
|                             |             |     | Kula        | 2  | Christer Persson    | 7.55     |
|                             |             | M45 | 200m        | 1  | Carl-Gustaf Nilsson | 26.62w   |
|                             |             |     | 400m        | 1  | Carl-Gustaf Nilsson | 56.59    |
|                             |             |     | 800m        | 1  | Carl-Gustaf Nilsson | 2.06.34  |
|                             |             |     | 1500m       | 1  | Carl-Gustaf Nilsson | 4.22.23  |

|                         |             |     |             |   |                                 |          |
|-------------------------|-------------|-----|-------------|---|---------------------------------|----------|
|                         |             |     | 5000m       | 1 | Carl-Gustaf Nilsson             | 15.59.8m |
|                         |             |     | 3000m Hi    | 1 | Carl-Gustaf Nilsson             | 10.17.38 |
|                         |             |     | 400m H      | 1 | Carl-Gustaf Nilsson             | 1.04.15  |
|                         |             | M55 | Kula        | 2 | Georg Johansson                 | 11.17    |
|                         |             |     | Diskus      | 1 | Georg Johansson                 | 38.20    |
|                         |             |     | Slägga      | 1 | Georg Johansson                 | 43.88    |
|                         |             |     | Spjut       | 3 | Georg Johansson                 | 31.16    |
|                         |             | M65 | 200m        | 2 | Sten Medelius                   | 29.57    |
|                         |             |     | 400m        | 1 | Sten Medelius                   | 1.07.51  |
|                         |             |     | 100m H      | 2 | Sten Medelius                   | 19.67    |
|                         |             |     | 300m H      | 1 | Sten Medelius                   | 54.34    |
|                         |             | K35 | 800m        | 2 | Camilla Persson                 | 2.50.53  |
|                         |             |     | 1500m       | 3 | Camilla Persson                 | 5.40.18  |
|                         |             |     | 10000m      | 1 | Katarina Nilsson                | 40.47.45 |
|                         |             | K40 | 800m        | 1 | Katarina Nilsson                | 2.36.08  |
|                         |             |     | 5000m       | 1 | Katarina Nilsson                | 18.51.85 |
|                         |             | K55 | 800m        | 3 | Birgit Larsson                  | 4.12.80  |
| USM, Karlskoga          | 15-17 aug   | F16 | 800m        | 7 | Ida Nilsson                     | 2.19.58  |
|                         |             |     | 2000m       | 1 | Ida Nilsson                     | 6.33.16  |
| Skol-SM, Stockholm/S    | 12-14 sep   | F16 | 1500m       | 3 | Ida Nilsson                     | 4.41.69  |
|                         |             |     | 3000m       | 1 | Ida Nilsson                     | 10.17.14 |
| VSM Kastmångk, Göteborg | 13 sep      | M55 | Kastfemkamp | 1 | Georg Johansson                 | 3.571    |
| 1998 IJSM, Bollnäs      | 7-8 feb     | F18 | 1500m       | 1 | Ida Nilsson                     | 4.37.14  |
| Stora ISM, Eskilstuna   | 13-15 feb   | K   | 800m        | 6 | Johanna Nilsson                 | 2.12.41  |
|                         |             |     | 1500m       | 5 | Ida Nilsson                     | 4.30.10  |
| IUSM, Göteborg          | 14-15 mars  | F15 | 1500m       | 1 | Johanna Nilsson                 | 4.45.61  |
| IVSM, Karlstad          | 21-22 mars  | M60 | Kula        | 2 | Georg Johansson                 | 12.43    |
|                         |             | M70 | 60m         | 3 | Sten Medelius                   | 10.16    |
|                         |             |     | 200m        | 2 | Sten Medelius                   | 31.16    |
|                         |             |     | 60m H       | 2 | Sten Medelius                   | 12.04    |
| Terräng-SM, Norrtälje   | 25-26 april | F18 | 4 km        | 2 | Ida Nilsson                     | 14.23    |
|                         |             | F15 | 4 km        | 1 | Johanna Nilsson                 | 15.01    |
|                         |             | K40 | 4 km        | 2 | Katarina Nilsson                | 16.17    |
| Stafett-SM, Västerås    | 13-14 juni  | K   | 4x800m      | 6 | Johanna N, Ida N, Ida J, Emma S | 9.31.63  |
|                         |             | K22 | 3x800m      | 5 | Ida J, Ida N, Emma S            | 7.16.41  |
| VSM Kastmångk, Huddinge | 27-28 juni  | M60 | Kastfemkamp | 1 | Georg Johansson                 | 4.175    |
| VSM, Högby              | 7-9 aug     | M35 | 5000m       | 1 | Anders Dahlström                | 15.37.92 |
|                         |             |     | 10000m      | 1 | Anders Dahlström                | 32.15.62 |
|                         |             |     | 4x400m      | 3 | Gunnar S, Sten, C-G, Karl-G L.  | 4.30.70  |
|                         |             |     | Kula        | 2 | Christer Persson                | 7.56     |
|                         |             |     | Spjut       | 3 | Christer Persson                | 26.65    |
|                         |             |     | 10000m      | 1 | Magnus Andersson                | 32.58.62 |
|                         |             |     | Diskus      | 2 | Christer Hägnestrand            | 30.81    |
|                         |             | M45 | 400m H      | 1 | Carl-Gustaf Nilsson             | 1.05.74  |
|                         |             | M55 | 10000m      | 2 | Reinhold Brandstedt             | 52.49.23 |

|                                        |           |     |         |   |                                   |          |
|----------------------------------------|-----------|-----|---------|---|-----------------------------------|----------|
|                                        |           | M60 | Kula    | 3 | Georg Johansson                   | 11.80    |
|                                        |           |     | Diskus  | 1 | Georg Johansson                   | 44.49    |
|                                        |           |     | Slägga  | 1 | Georg Johansson                   | 43.95    |
|                                        |           | M70 | 100m    | 2 | Sten Medelius                     | 14.67    |
|                                        |           |     | 200m    | 1 | Sten Medelius                     | 31.81    |
|                                        |           |     | 400m    | 1 | Sten Medelius                     | 1.11.99  |
|                                        |           |     | 80m H   | 2 | Sten Medelius                     | 15.78    |
|                                        |           |     | 300m H  | 1 | Sten Medelius                     | 55.19    |
|                                        |           |     | Tresteg | 1 | Sten Medelius                     | 8.92     |
|                                        |           | K35 | 100m    | 1 | Elisabeth Karlsson                | 14.56    |
|                                        |           |     | 200m    | 1 | Elisabeth Karlsson                | 30.78    |
|                                        |           |     | 10000m  | 2 | Camilla Persson                   | 45.01.7  |
|                                        |           |     | 4x400m  | 1 | Elisabeth,Lilian,Katarina,Anna-G  | 5.59.61  |
|                                        |           |     | 4x400m  | 2 | A-K N, Camilla P, Lea K, Birgit L | 6.42.39  |
|                                        |           |     | Höjd    | 1 | Siv Tornegård                     | 1.40     |
|                                        |           |     | Kula    | 1 | Siv Tornegård                     | 11.14    |
|                                        |           |     | Diskus  | 1 | Siv Tornegård                     | 26.70    |
|                                        |           |     | Diskus  | 2 | Camilla Persson                   | 16.72    |
|                                        |           |     | Slägga  | 2 | Siv Tornegård                     | 19.13    |
|                                        |           | K40 | 1500m   | 2 | Katarina Nilsson                  | 5.19.09  |
|                                        |           |     | 5000m   | 2 | Katarina Nilsson                  | 19.39.72 |
|                                        |           |     | 10000m  | 3 | Katarina Nilsson                  | 43.13.5m |
|                                        |           |     | Höjd    | 1 | Anne-Marie Tornegård              | 1.30     |
|                                        |           |     | Kula    | 1 | Anne-Marie Tornegård              | 10.08    |
|                                        |           |     | Diskus  | 2 | Anne-Marie Tornegård              | 24.55    |
|                                        |           |     | Slägga  | 1 | Anne-Marie Tornegård              | 29.66    |
|                                        |           | K45 | 10000m  | 3 | Anna-Kajsa Nilsson                | 49.06.0m |
|                                        |           |     | Kula    | 2 | Ulla Boding                       | 6.30     |
|                                        |           | K50 | 5000m   | 3 | Lilian Brorsson                   | 22.47.14 |
|                                        |           |     | 10000m  | 2 | Lilian Brorsson                   | 47.24.7  |
|                                        |           | K55 | 5000m   | 2 | Anna-Greta Karlsson               | 27.11.01 |
|                                        |           |     | 5000m   | 3 | Birgit Larsson                    | 29.19.31 |
|                                        |           |     | 10000m  | 2 | Anna-Greta Karlsson               | 57.43.51 |
|                                        |           |     | 10000m  | 3 | Birgit Larsson                    | 65.16.15 |
| <b>JSM, Karlskrona</b>                 | 14-16 aug | K22 | 3000m   | 8 | Emma Skogersson                   | 10.38.41 |
|                                        |           | F18 | 1500m   | 3 | Ida Nilsson                       | 4.34.52  |
|                                        |           |     | 3000m   | 4 | Ida Nilsson                       | 10.09.47 |
| <b>USM, Kalmar</b>                     | 14-16 aug | F15 | 800m    | 2 | Johanna Nilsson                   | 2.15.86  |
|                                        |           |     | 2000m   | 1 | Johanna Nilsson                   | 6.38.04  |
| <b>VSM Femkamp, Högby</b>              | 16 aug    | M35 | Femkamp | 1 | Christer Persson                  | 1.626e   |
| <b>Skol-SM, Stockholm/S</b>            | 11-13 sep | F15 | 800m    | 1 | Johanna Nilsson                   | 2.14.53  |
|                                        |           |     | 2000m   | 1 | Johanna Nilsson                   | 6.37.70  |
| <b>1999 Stora ISM, Stockholm/Sätra</b> | 13-14 feb | K   | 800m    | 5 | Johanna Nilsson                   | 2.13.68  |
|                                        |           |     | 3000m   | 5 | Ida Nilsson                       | 9.50.54  |
| <b>IJSM, Malmö</b>                     | 27-28 feb | F18 | 1500m   | 1 | Ida Nilsson                       | 4.35.09  |
| <b>IUSM, Eskilstuna</b>                | 6-7 mars  | F16 | 1500m   | 1 | Johanna Nilsson                   | 4.38.8   |

|                                |             |     |          |   |                                  |          |
|--------------------------------|-------------|-----|----------|---|----------------------------------|----------|
| <b>Terräng-SM, Värnamo</b>     | 24-25 april | K   | 4 km     | 9 | Ida Nilsson                      | 14.18    |
|                                |             | F18 | 4 km     | 1 | Ida Nilsson                      | 14.02    |
|                                |             | F16 | 4 km     | 1 | Johanna Nilsson                  | 14.06    |
|                                |             | K40 | 4 km     | 3 | Katarina Nilsson                 | 15.18    |
| <b>Stafett-SM, Värnamo</b>     | 12-13 juni  | K   | 4x800m   | 5 | Ida N, Ida J, Johanna N, Emma S. | 9.26.68  |
|                                |             |     | 3x1500m  | 4 | Ida J, Ida N, Johanna N          | 14.17.73 |
| <b>JSM, Sundsvall</b>          | 13-15 aug   | P18 | 800m     | 1 | Martin Svensson                  | 1.53.07  |
|                                |             |     | 5000m    | 4 | Magnus Ohlsson                   | 15.52.01 |
|                                |             | F18 | 1500m    | 1 | Ida Nilsson                      | 4.30.04  |
|                                |             |     | 3000m    | 1 | Ida Nilsson                      | 9.45.87  |
| <b>USM, Härnösand</b>          | 13-15 aug   | F16 | 800m     | 1 | Johanna Nilsson                  | 2.12.22  |
|                                |             |     | 2000m    | 1 | Johanna Nilsson                  | 6.24.50  |
| <b>VSM, Norrtälje</b>          | 20-22 aug   | M45 | 800m     | 1 | Carl-Gustaf Nilsson              | 2.06.01  |
|                                |             |     | 1500m    | 1 | Carl-Gustaf Nilsson              | 4.21.0m  |
|                                |             | M60 | Kula     | 2 | Georg Johansson                  | 11.56    |
|                                |             |     | Diskus   | 1 | Georg Johansson                  | 42.17    |
|                                |             |     | Slägga   | 2 | Georg Johansson                  | 44.01    |
|                                |             |     |          |   |                                  |          |
|                                |             | M70 | 100m     | 1 | Sten Medelius                    | 14.76    |
|                                |             |     | 200m     | 1 | Sten Medelius                    | 30.58w   |
|                                |             |     | 400m     | 1 | Sten Medelius                    | 1.12.56  |
|                                |             |     | 80m H    | 1 | Sten Medelius                    | 16.50    |
|                                |             | K35 | 300m H   | 1 | Sten Medelius                    | 56.49    |
|                                |             |     | Tresteg  | 2 | Sten Medelius                    | 8.46     |
|                                |             |     | Höjd     | 2 | Siv Tornegård                    | 1.30     |
|                                |             |     | Kula     | 2 | Siv Tornegård                    | 9.89     |
|                                |             | K40 | 10000m   | 1 | Katarina Nilsson                 | 40.00.17 |
|                                |             |     | Kula     | 2 | Anne-Marie Tornegård             | 9.71     |
|                                |             |     | Diskus   | 2 | Anne-Marie Tornegård             | 24.78    |
|                                |             |     | Slägga   | 1 | Anne-Marie Tornegård             | 27.60    |
|                                |             | K55 | 1500m    | 3 | Birgit Larsson                   | 8.54.11  |
|                                |             |     | 5000m    | 3 | Birgit Larsson                   | 30.23.18 |
|                                |             |     | 10000m   | 2 | Birgit Larsson                   | 66.04.73 |
| <b>VSM Kastmångk, Göteborg</b> | 12 sep      | M60 | Kastfemk | 1 | Georg Johansson                  | 3.962    |
| <b>Skol-SM, Stockholm/S</b>    | 17-19 sep   | P19 | 800m     | 2 | Martin Svensson                  | 1.54.01  |
|                                |             | F19 | 800m     | 2 | Ida Nilsson                      | 2.13.70  |
|                                |             |     | 1500m    | 1 | Ida Nilsson                      | 4.29.12  |
|                                |             |     | 3000m    | 1 | Ida Nilsson                      | 9.49.33  |
|                                |             | F16 | 800m     | 1 | Johanna Nilsson                  | 2.10.90  |
|                                |             |     | 1500m    | 1 | Johanna Nilsson                  | 4.41.29  |
|                                |             |     | 3000m    | 1 | Johanna Nilsson                  | 9.45.53  |
| <b>2000 Stora ISM, Bollnäs</b> | 5-6 feb     | K   | 800m     | 3 | Johanna Nilsson                  | 2.07.50  |
|                                |             |     | 1500m    | 2 | Johanna Nilsson                  | 4.28.53  |
|                                |             |     | 3000m    | 1 | Ida Nilsson                      | 9.33.60  |
| <b>IJSM, Sättra/Stockholm</b>  | 26-27 feb   | F18 | 400m     | 4 | Johanna Nilsson                  | 59.01    |
|                                |             |     | 1500m    | 1 | Johanna Nilsson                  | 4.45.99  |
| <b>IVSM, Sättra/Stockholm</b>  | 18-19 mars  | K40 | Höjd     | 1 | Siv Tornegård                    | 1.38     |
|                                |             |     | Kula     | 1 | Siv Tornegård                    | 10.24    |

|                         |             |        |             |    |                               |          |
|-------------------------|-------------|--------|-------------|----|-------------------------------|----------|
| Terräng-SM, Borlänge    | 29-30 april | K      | 4 km        | 2  | Ida Nilsson                   | 13.52    |
|                         |             |        | 4 km        | 9  | Johanna Nilsson               | 14.20    |
|                         |             |        | Lag 4 km    | 4  | Ida, Johanna, Katarina        | 44.30    |
|                         |             | K22    | 4 km        | 2  | Ida Nilsson                   | 14.04    |
|                         |             | P18    | 4 km        | 10 | Magnus Ohlsson                | 13.27    |
|                         |             | F18    | 4 km        | 1  | Johanna Nilsson               | 14.40    |
|                         |             | M40    | 8 km        | 1  | Anders Dahlström              | 27.20    |
|                         |             | M45    | 8 km        | 1  | Carl-Gustaf Nilsson           | 27.56    |
|                         |             | M35-55 | Lag 8 km    | 2  | Anders, C-G, Wilko Rieck      | 1.27.22  |
|                         |             | K40    | 4 km        | 3  | Katarina Nilsson              | 15.38    |
| JSM, Västerås           | 11-13 aug   | M22    | 400m        | 5  | Martin Svensson               | 49.34    |
|                         |             | K22    | 1500m       | 2  | Ida Nilsson                   | 4.23.93  |
|                         |             |        | 3000m       | 1  | Ida Nilsson                   | 9.41.75  |
|                         |             | Inoff. | 2000m Hi    | 1  | Ida Nilsson                   | 6.59.06  |
|                         |             | P18    | 1500m       | 7  | Magnus Ohlsson                | 4.12.81  |
|                         |             |        | 5000m       | 6  | Magnus Ohlsson                | 15.35.65 |
|                         |             | F18    | 1500m       | 1  | Johanna Nilsson               | 4.50.63  |
|                         |             |        |             |    |                               |          |
| VSM, Göteborg/S         | 11-13 aug   | M40    | 800m        | 1  | Anders Dahlström              | 2.04.11  |
|                         |             |        | 1500m       | 1  | Anders Dahlström              | 4.11.32  |
|                         |             |        | 5000m       | 1  | Anders Dahlström              | 15.36.4m |
|                         |             |        | 10000m      | 1  | Anders Dahlström              | 32.41.36 |
|                         |             | M60    | Kula        | 2  | Georg Johansson               | 11.61    |
|                         |             |        | Diskus      | 1  | Georg Johansson               | 40.93    |
|                         |             |        | Slägga      | 3  | Georg Johansson               | 41.84    |
|                         |             | K40    | Höjd        | 2  | Siv Tornegård                 | 1.35     |
|                         |             |        | Kula        | 1  | Siv Tornegård                 | 10.37    |
|                         |             |        | Diskus      | 1  | Siv Tornegård                 | 26.55    |
|                         |             |        | Slägga      | 2  | Siv Tornegård                 | 16.97    |
|                         |             |        |             |    |                               |          |
| Stora SM, Uppsala       | 18-20 aug   | K      | 1500m       | 3  | Ida Nilsson                   | 4.29.01  |
| VSM Kastmångk, Nyköping | 10 sep      | M60    | Kastfemkamp | 1  | Georg Johansson               | 3.835    |
| Skol-SM, Stockholm/S    | 16-18 sep   | F18    | 800m        | 2  | Johanna Nilsson               | 2.15.76  |
|                         |             |        | 1500m       | 1  | Johanna Nilsson               | 4.43.73  |
| 2001 IJSM, Eskilstuna   | 10-11 feb   | F18    | 1500m       | 1  | Johanna Nilsson               | 4.38.03  |
| IVSM, Bollnäs           | 10-11 feb   | M60    | Kula        | 3  | Georg Johansson               | 10.98    |
|                         |             |        | Vikt        | 1  | Georg Johansson               | 16.16    |
|                         |             | M70    | 200m        | 2  | Sten Medelius                 | 32.43    |
|                         |             |        | 400m        | 1  | Sten Medelius                 | 1.19.19  |
|                         |             |        | 60m H       | 2  | Sten Medelius                 | 12.23    |
|                         |             |        |             |    |                               |          |
| Stora ISM, Göteborg     | 17 feb      | M      | 3000m       | 9  | Magnus Ohlsson                | 8.37.48  |
| Terräng-SM, Karlskrona  | 28-29 april | M22    | 8 km        | 4  | Magnus Ohlsson                | 26.55    |
|                         |             | K      | 4 km        | 5  | Johanna Nilsson               | 14.13    |
|                         |             | F18    | 4 km        | 1  | Johanna Nilsson               | 14.15    |
|                         |             | M40    | 8 km        | 2  | Anders Dahlström              | 27.18    |
|                         |             | K45    | 4 km        | 1  | Katarina Nilsson              | 16.53    |
|                         |             | K35-50 | Lag 4 km    | 3  | Katarina, Camilla P, Lilian B | 54.43    |
|                         |             |        |             |    |                               |          |

|                          |             |        |             |   |                      |          |
|--------------------------|-------------|--------|-------------|---|----------------------|----------|
| VSM, Huddinge            | 3-5 aug     | M45    | 800m        | 1 | Carl-Gustaf Nilsson  | 2.09.62  |
|                          |             |        | 1500m       | 1 | Carl-Gustaf Nilsson  | 4.33.14  |
|                          |             |        | 5000m       | 3 | Carl-Gustaf Nilsson  | 16.59.79 |
|                          |             | M60    | Diskus      | 1 | Georg Johansson      | 40.61    |
|                          |             |        | Slägga      | 2 | Gerog Johansson      | 43.73    |
|                          |             | K40    | Kula        | 1 | Siv Tornegård        | 10.30    |
|                          |             | K45    | 800m        | 3 | Katarina Nilsson     | 2.39.03  |
|                          |             |        | 1500m       | 1 | Katarina Nilsson     | 5.27.81  |
|                          |             |        | 5000m       | 1 | Katarina Nilsson     | 19.18.46 |
|                          |             |        |             |   |                      |          |
| JSM, Borås               | 10-12 aug   | M22    | 5000m       | 8 | Magnus Ohlsson       | 15.33.86 |
|                          |             | F18    | 1500m       | 1 | Johanna Nilsson      | 4.28.37  |
| Stora SM, Växjö          | 24-26 aug   | M      | 400m        | 5 | Martin Svensson      | 49.25    |
|                          |             | K      | 1500m       | 5 | Johanna Nilsson      | 4.29.88  |
| VSM Kastmångk, Östhammar | 8-9 sep     | M60    | Kastfemkamp | 1 | Georg Johansson      | 3.931    |
| Skol-SM, Stockholm/S     | 14-16 sep   | F18    | 1500m       | 1 | Johanna Nilsson      | 4.34.11  |
|                          |             |        | 3000m       | 1 | Johanna Nilsson      | 9.54.13  |
| 2002 IVSM, Malmö         | 9-10 feb    | M60    | Kula        | 3 | Georg Johansson      | 11.26    |
|                          |             |        | Vikt        | 2 | Georg Johansson      | 15.98    |
| ISM, Malmö               | 16-17 feb   | M      | 3000m       | 6 | Magnus Ohlsson       | 8.40.15  |
| IUSM, Västerås           | 9-10 mars   | P15    | 1000m       | 4 | David Nilsson        | 2.41.20  |
| Terräng-SM, Filipstad    | 27-28 april | K      | 4 km        | 2 | Johanna Nilsson      | 14.30    |
|                          |             | M22    | 6 km        | 8 | Magnus Ohlsson       | 20.09    |
|                          |             | F19    | 4 km        | 1 | Johanna Nilsson      | 14.44    |
|                          |             | P15    | 4 km        | 1 | David Nilsson        | 13.42    |
|                          |             | M40    | 8 km        | 2 | Anders Dahlström     | 27.28    |
|                          |             | M45    | 8 km        | 1 | Magnus Andersson     | 28.13    |
|                          |             | M50    | 8 km        | 3 | Carl-Gustaf Nilsson  | 30.20    |
|                          |             | M35-55 | Lag 8 km    | 1 | Anders,Magnus,Carl-G | 1.26.01  |
|                          |             | K45    | 4 km        | 1 | Katarina Nilsson     | 16.28    |
| VSM Kastfemk, Nyköping   | 16 juni     | M60    | Kastfemkamp | 2 | Georg Johansson      | 3.791    |
| VSM, Sundsvall           | 26-28 juli  | M50    | 1500m       | 1 | Carl-Gustaf Nilsson  | 4.25.44  |
|                          |             |        | 5000m       | 1 | Carl-Gustaf Nilsson  | 17.00.61 |
|                          |             |        | 400m H      | 1 | Carl-Gustaf Nilsson  | 1.09.03  |
|                          |             |        | 3000m Hi    | 1 | Carl-Gustaf Nilsson  | 10.55.76 |
|                          |             | M60    | Diskus      | 2 | Georg Johansson      | 43.10    |
|                          |             |        | Slägga      | 1 | Georg Johansson      | 41.86    |
|                          |             | K45    | 1500m       | 2 | Katarina Nilsson     | 5.22.84  |
|                          |             |        | 5000m       | 1 | Katarina Nilsson     | 19.32.03 |
| JSM, Sollentuna          | 2-4 aug     | K22    | 1500m       | 2 | Ida Nilsson          | 4.28.67  |
|                          |             |        | 2000m Hi    | 1 | Ida Nilsson          | 6.45.03  |
| USM, Huddinge            | 2-4 aug     | P15    | 2000m       | 1 | David Nilsson        | 5.48.57  |
|                          |             |        | 1500m Hi    | 1 | David Nilsson        | 4.31.90  |

|                          |            |     |              |   |                     |          |
|--------------------------|------------|-----|--------------|---|---------------------|----------|
| Stora SM, Gävle          | 16-18 aug  | K   | 5000m        | 3 | Ida Nilsson         | 17.12.40 |
|                          |            |     | 3000m Hi     | 1 | Ida Nilsson         | 10.32.94 |
| VSM halvmarathon, Hemsjö | 8 sep      | M50 | Halvmarathon | 3 | Carl-Gustaf Nilsson | 1.19.34  |
|                          |            | K45 | Halvmarathon | 1 | Katarina Nilsson    | 1.33.24  |
|                          |            | K55 | Halvmarathon | 3 | Lilian Brorsson     | 1.47.30  |
| Skol-SM, Stockholm/S     | 13-15 sep  | P15 | 2000m        | 2 | David Nilsson       | 6.03.45  |
|                          |            |     | 1500m Hi     | 1 | David Nilsson       | 4.35.41  |
| 2003 IVSM, Eskilstuna    | 15-16 feb  | M65 | Vikt         | 1 | Georg Johansson     | 15.90    |
|                          |            | M75 | 60m          | 1 | Sten Medelius       | 9.84     |
|                          |            |     | 200m         | 1 | Sten Medelius       | 34.11    |
|                          |            |     | 400m         | 1 | Sten Medelius       | 1.24.09  |
|                          |            |     | 60m Hä       | 1 | Sten Medelius       | 12.50    |
|                          |            |     | Längd        | 2 | Sten Medelius       | 3.57     |
|                          |            |     | Tresteg      | 1 | Sten Medelius       | 7.75     |
|                          |            |     |              |   |                     |          |
| IUSM, Malmö              | 15-16 mars | P17 | 1500m        | 7 | David Nilsson       | 4.21.06  |
| Terräng-SM, Uddevalla    | 3-4 maj    | P17 | 4 km         | 1 | David Nilsson       | 13.21    |
|                          |            | K45 | 4 km         | 1 | Katarina Nilsson    | 16.18    |
| Stora SM, Norrtälje      | 1-3 aug    | K   | 1500m        | 2 | Johanna Nilsson     | 4.25.52  |
|                          |            |     | 5000m        | 1 | Ida Nilsson         | 16.51.78 |
|                          |            |     | 3000m Hi     | 1 | Ida Nilsson         | 10.14.22 |
| VSM, Eksjö               | 8-10 aug   | M40 | 1500m        | 3 | Ola Slättengren     | 4.25.32  |
|                          |            | M45 | Höjd         | 2 | Stefan Rohde        | 1.58     |
|                          |            | M50 | 400m         | 2 | Carl-Gustaf Nilsson | 1.00.1   |
|                          |            |     | 1500m        | 1 | Carl-Gustaf Nilsson | 4.35.96  |
|                          |            |     | 400m H       | 1 | Carl-Gustaf Nilsson | 1.09.17  |
|                          |            |     | 3000m Hi     | 1 | Carl-Gustaf Nilsson | 11.42.95 |
|                          |            | M65 | Kula         | 3 | Georg Johansson     | 10.32    |
|                          |            |     | Diskus       | 3 | Georg Johansson     | 41.17    |
|                          |            |     | Slägga       | 1 | Georg Johansson     | 40.04    |
|                          |            |     | Vikt         | 1 | Georg Johansson     | 15.15    |
|                          |            | M75 | 100m         | 1 | Sten Medelius       | 15.76    |
|                          |            |     | 200m         | 1 | Sten Medelius       | 32.15    |
|                          |            |     | 400m         | 1 | Sten Medelius       | 1.21.47  |
|                          |            |     | 80m H        | 1 | Sten Medelius       | 18.71    |
|                          |            |     | 300m H       | 1 | Sten Medelius       | 1.00.50  |
|                          |            |     | Längd        | 1 | Sten Medelius       | 3.81     |
|                          |            |     | Tresteg      | 1 | Sten Medelius       | 7.87     |
|                          |            | K35 | Kula         | 2 | Susanne Larsson     | 8.42     |
|                          |            |     | Slägga       | 3 | Susanne Larsson     | 18.17    |
|                          |            | K45 | Kula         | 1 | Katarina Nilsson    | 7.90     |
|                          |            |     | Diskus       | 1 | Katarina Nilsson    | 23.16    |
|                          |            |     | Slägga       | 1 | Katarina Nilsson    | 25.09    |
|                          |            | K55 | 1500m        | 2 | Lilian Brorsson     | 6.34.56  |
|                          |            |     | 5000m        | 3 | Lilian Brorsson     | 22.48.94 |
|                          |            |     | 10000m       | 1 | Lilian Brorsson     | 47.18.07 |
|                          |            | K60 | 1500m        | 2 | Birgit Larsson      | 8.39.94  |
|                          |            |     | 5000m        | 2 | Birgit Larsson      | 32.00.81 |

|                                |              |        |             |   |                           |          |
|--------------------------------|--------------|--------|-------------|---|---------------------------|----------|
| JSM, Vellinge                  | 15-17 aug    | K22    | 1500m       | 3 | Ida Nilsson               | 4.41.35  |
|                                |              | Inoff. | 2000m Hi    | 1 | Ida Nilsson               | 6.45.03  |
| USM, Malmö/H                   | 15-17 aug    | P17    | 3000m       | 3 | David Nilsson             | 9.03.86  |
|                                |              |        | 2000m Hi    | 1 | David Nilsson             | 6.17.32  |
|                                |              | F17    | 1500m Hi    | 7 | Sofia Forsberg            | 6.00.27  |
|                                |              | F15    | 1500m Hi    | 7 | Sara Axelsson             | 5.44.62  |
| Skol-SM, Stockholm/S           | 12-14 sep    | P16    | 1500m       | 2 | David Nilsson             | 4.11.59  |
|                                |              |        | 3000m       | 1 | David Nilsson             | 8.59.49  |
|                                |              |        | 2000m Hi    | 1 | David Nilsson             | 6.14.67  |
| VSM Kastfemk, Bottnaryd        | 13 sep       | M65    | Kastfemkamp | 1 | Georg Johansson           | 3.971    |
| 2004 SM i mångkamp, Karlskrona | 28-29 feb    | P15    | Sjukamp     | 5 | Camilo Karlström          | 5.642e   |
| Terräng-SM, Örebro             | 1-2 maj      | M22    | 6 km        | 3 | Magnus Ohlsson            | 19.49    |
|                                |              | P17    | 4 km        | 1 | David Nilsson             | 12.59    |
|                                |              | F17    | 4 km        | 4 | Sofia Forsberg            | 15.47    |
|                                |              | M50    | 8 km        | 2 | Carl-Gustaf Nilsson       | 30.17    |
|                                |              | K45    | 4 km        | 2 | Katarina Nilsson          | 16.30    |
| Stora SM, Karlstad             | 6-8 aug      | K      | 5000m       | 1 | Ida Nilsson               | 16.42.33 |
|                                |              |        | 3000m Hi    | 1 | Ida Nilsson               | 10.20.75 |
| JSM, Borlänge                  | 13-15 aug    | M22    | 5000m       | 3 | Magnus Ohlsson            | 15.12.27 |
| USM, Falun                     | 13-15 aug    | P15    | 300m        | 2 | Camilio Karlström         | 36.60    |
|                                |              |        | 300m H      | 1 | Camilio Karlström         | 39.55    |
|                                |              |        | 1500m Hi    | 7 | Simon Rohde               | 4.52.63  |
| VSM, Huddinge                  | 20-22 aug    | M65    | Diskus      | 1 | Georg Johansson           | 41.38    |
|                                |              |        | Vikt        | 2 | Georg Johansson           | 16.50    |
| Skol-SM, Gävle                 | 17-19 sep    | P17    | 3000m       | 1 | David Nilsson             | 8.55.59  |
|                                |              |        | 2000m Hi    | 1 | David Nilsson             | 6.15.15  |
|                                |              | P15    | 100m        | 2 | Camilio Karlström         | 11.48    |
|                                |              |        | 300m        | 1 | Camilio Karlström         | 36.69    |
|                                |              |        | 300m H      | 1 | Camilio Karlström         | 40.39    |
| VSM i kastfemk, Bottnaryd      | 25 sep       | M65    | Kastfemkamp | 1 | Georg Johansson           | 3.871    |
| 2005 IVSM, Bollnäs             | 12-13 feb    | M75    | 60m         | 3 | Sten Medelius             | 10.13    |
|                                |              |        | 60m Hä      | 2 | Sten Medelius             | 14.23    |
|                                |              |        | Längd       | 2 | Sten Medelius             | 3.58     |
|                                |              |        | Tresteg     | 3 | Sten Medelius             | 6.75     |
|                                |              |        | Kula        | 2 | Sten Medelius             | 9.09     |
|                                |              |        |             |   |                           |          |
| IJSM o IUSM Göteborg           | 25-27 feb    | P19    | 1500m       | 3 | David Nilsson             | 4.02.56  |
|                                |              | F15    | kula        | 5 | My Finnman                | 11.52    |
| Terräng-SM, Böda Sand          | 30 apr-1 maj | K      | 4 km        | 1 | Ida Nilsson               | 13.23    |
|                                |              |        | 4 km        | 2 | Johanna Nilsson           | 13.36    |
|                                |              |        | Lag 4 km    | 3 | Ida,Johanna,Sofia Asplund | 43.49    |
|                                |              |        | 8 km        | 1 | Ida Nilsson               | 28.32    |

|                         |            |        |             |    |                               |          |
|-------------------------|------------|--------|-------------|----|-------------------------------|----------|
|                         |            | K22    | 4 km        | 1  | Johanna Nilsson               | 14.07    |
|                         |            | P19    | 4 km        | 1  | David Nilsson                 | 12.41    |
|                         |            | M50    | 8 km        | 3  | Carl-Gustaf Nilsson           | 29.50    |
|                         |            | M35-55 | Lag 8 km    | 1  | Sonny, Anders, C-G            | 1.27.03  |
|                         |            | K45    | 4 km        | 2  | Katarina Nilsson              | 16.43    |
|                         |            | K65    | 4 km        | 2  | Birgit Larsson                | 29.02    |
| VSM, Visby              | 4-6 aug    | M65    | Diskus      | 1  | Georg Johansson               | 39.26    |
|                         |            |        | Slägga      | 1  | Georg Johansson               | 40.43    |
|                         |            |        | Vikt        | 1  | Georg Johansson               | 15.80    |
|                         |            | K55    | 5000m       | 2  | Lilian Brorsson               | 22.54.37 |
|                         |            |        | 10000m      | 1  | Lilian Brorsson               | 47.56.43 |
| JSM, Söderhamn          | 12-14 aug  | K22    | 5000m       | 6  | Terese Pettersson             | 19.29.03 |
|                         |            | P19    | 5000m       | 3  | David Nilsson                 | 15.33.49 |
| USM, Hudiksvall         | 12-14 aug  | P15    | Slägga      | 7  | Erik Romberg                  | 43.62    |
|                         |            | F15    | 300m H      | 6  | My Finnman                    | 46.96    |
|                         |            |        | Kula        | 8  | My Finnman                    | 11.48    |
| Stora SM, Helsingborg   | 19-21 aug  | K      | 5000m       | 1  | Ida Nilsson                   | 16.29.01 |
|                         |            |        | 3000m Hi    | 1  | Ida Nilsson                   | 10.02.24 |
| VSM Kastfemk, Huddinge  | 10 sep     | M65    | Kastfemkamp | 1  | Georg Johansson               | 4.039    |
| 2006 IVSM, Karlskrona   | 17-19 feb  | M45    | 800m        | 1  | Anders Dahlström              | 2.08.39  |
|                         |            |        | 1500m       | 1  | Anders Dahlström              | 4.22.37  |
|                         |            |        | 3000m       | 1  | Anders Dahlström              | 9.40.27  |
|                         |            | M50    | 800m        | 1  | Carl-Gustaf Nilsson           | 2.17.61  |
|                         |            |        | 1500m       | 1  | Carl-Gustaf Nilsson           | 4.44.66  |
|                         |            |        | 3000m       | 2  | Carl-Gustaf Nilsson           | 10.17.70 |
|                         |            |        | Höjd        | 2  | Stefan Rohde                  | 1.54     |
|                         |            |        | Längd       | 3  | Stefan Rohde                  | 4.70     |
|                         |            |        | Tresteg     | 3  | Stefan Rohde                  | 10.23    |
|                         |            | M65    | Kula        | 3  | Georg Johansson               | 10.22    |
|                         |            |        | Vikt        | 2  | Georg Johansson               | 15.63    |
|                         |            | M75    | Kula        | 2  | Sten Medelius                 | 9.15     |
|                         |            |        | Vikt        | 2  | Sten Medelius                 | 9.10     |
|                         |            |        | Kula        | 3  | Susanne Larsson               | 8.22     |
|                         |            |        | 1500m       | 2  | Katarina Nilsson              | 5.55.85  |
|                         |            |        | Kula        | 1  | Katarina Nilsson              | 8.67     |
|                         |            |        | 800m        | 3  | Lilian Brorsson               | 3.23.80  |
|                         |            | K55    | 3000m       | 1  | Lilian Brorsson               | 13.53.38 |
|                         |            |        | 1500m       | 1  | Birgit Larsson                | 9.20.25  |
| IUSM, Västerås          | 3-5 mars   | P15    | 1000m       | 1  | Marcus Nilsson                | 2.37.37  |
|                         |            |        | Stav        | 4  | Marcus Nilsson                | 3.59     |
|                         |            |        | Kula        | 5  | Marcus Nilsson                | 14.69    |
| IUSM mångkamp, Nyköping | 11-12 mars | P15    | Sjukamp     | 3  | Marcus Nilsson                | 6.425p   |
| Terräng-SM, Alingsås    | 6-7 maj    | K      | 4 km        | 1  | Ida Nilsson                   | 13.19    |
|                         |            |        | Lag 4 km    | 5  | Ida, Jessica G, Sofia Asplund | 45.51    |
|                         |            |        | 8 km        | 12 | Jessica Gylfe                 | 30.30    |
|                         |            | P19    | 4 km        | 2  | David Nilsson                 | 12.17    |
|                         |            | P15    | 4 km        | 7  | Marcus Nilsson                | 13.51    |

|                                    |           |        |             |   |                              |          |
|------------------------------------|-----------|--------|-------------|---|------------------------------|----------|
|                                    |           |        | Lag 4 km    | 4 | Marcus,Oskar T,Jonathan N    | 44.15    |
|                                    |           | M45    | 8 km        | 1 | Anders Dahlström             | 27.28    |
|                                    |           | M50    | 8 km        | 2 | Carl-Gustaf Nilsson          | 29.25    |
|                                    |           | M35-55 | Lag 8 km    | 1 | Sonny K, Anders D, Carl-G. N | 1.25.04  |
|                                    |           | K50    | 4 km        | 1 | Katarina Nilsson             | 15.56    |
| <b>JSM, Huddinge</b>               | 4-6 aug   | K22    | 5000m       | 5 | Terese Friman                | 19.42.97 |
|                                    |           | P19    | 1500m       | 6 | David Nilsson                | 4.01.23  |
|                                    |           |        | 5000m       | 2 | David Nilsson                | 15.45.44 |
|                                    |           |        | 2000m Hi    | 1 | David Nilsson                | 6.08.41  |
| <b>USM, Nyköping</b>               | 4-6 aug   | P17    | 2000m Hi    | 6 | Simon Rohde                  | 6.44.51  |
|                                    |           |        | Diskus      | 5 | Erik Romberg                 | 43.79    |
|                                    |           |        | Slägga      | 7 | Erik Romberg                 | 50.03    |
|                                    |           | P15    | 800m        | 6 | Marcus Nilsson               | 2.07.56  |
|                                    |           |        | Kula        | 3 | Marcus Nilsson               | 14.95    |
|                                    |           |        | Diskus      | 4 | Marcus Nilsson               | 46.23    |
|                                    |           |        | Spjut       | 4 | Marcus Nilsson               | 51.50    |
| <b>VSM, Söderhamn</b>              | 18-20 aug | M45    | 800m        | 1 | Anders Dahlström             | 2.06.43  |
|                                    |           |        | 1500m       | 1 | Anders Dahlström             | 4.17.58  |
|                                    |           |        | 5000m       | 1 | Anders Dahlström             | 16.06.49 |
|                                    |           |        | 10000m      | 1 | Anders Dahlström             | 33.53.18 |
|                                    |           | M65    | Kula        | 3 | Georg Johansson              | 10.24    |
|                                    |           |        | Diskus      | 1 | Georg Johansson              | 37.95    |
|                                    |           |        | Slägga      | 1 | Georg Johansson              | 38.14    |
|                                    |           |        | Vikt        | 1 | Georg Johansson              | 14.49    |
|                                    |           | K50    | 5000m       | 2 | Katarina Nilsson             | 21.39.30 |
|                                    |           |        | Kula        | 2 | Katarina Nilsson             | 8.21     |
|                                    |           |        | Slägga      | 1 | Katarina Nilsson             | 24.94    |
|                                    |           |        | Vikt        | 1 | Katarina Nilsson             | 9.73     |
|                                    |           | K65    | 200m        | 3 | Birgit Larsson               | 49.19    |
|                                    |           |        | 400m        | 2 | Birgit Larsson               | 2.02.19  |
|                                    |           |        | 800m        | 3 | Birgit Larsson               | 4.51.75  |
| <b>Mångkamp-SM, Falun</b>          | 1-3 sep   | P15    | Ättakamp    | 2 | Marcus Nilsson               | 7.384p   |
| <b>Stafett-SM, Uppsala</b>         | 9-10 sep  | P15    | 3x800m      | 2 | Markus J, Oskar T, Marcus N  | 6.23.24  |
| <b>Skol-SM, Stockholm/S</b>        | 15-17 sep | P15    | 800m        | 1 | Marcus Nilsson               | 2.01.85  |
|                                    |           |        | Kula        | 2 | Marcus Nilsson               | 15.53    |
|                                    |           |        | Spjut       | 2 | Marcus Nilsson               | 56.04    |
| <b>VSM Kastfemk, Eskilstuna</b>    | 23 aep    | M65    | Kastfemkamp | 1 | Georg Johansson              | 3.667p   |
| <b>2007 IUSM mångkamp, Bollnäs</b> | 10-11 feb | P16    | Sjukamp     | 2 | Marcus Nilsson               | 5.480p   |
|                                    |           | P15    | Sjukamp     | 1 | Mattias Olander              | 5.959p   |
| <b>IVSM, Borås</b>                 | 17-18 feb | M65    | Kula        | 3 | Georg Johansson              | 10.34    |
|                                    |           |        | Vikt        | 1 | Georg Johansson              | 13.61    |
| <b>IJSM, Nyköping</b>              | 17-18 feb | M22    | 1500m       | 3 | David Nilsson                | 4.01.99  |
| <b>ISM, Göteborg</b>               | 24-25 feb | M      | 3000m       | 5 | David Nilsson                | 8.39.58  |

|                             |             |     |              |   |                               |          |
|-----------------------------|-------------|-----|--------------|---|-------------------------------|----------|
| IUSM, Malmö                 | 10-11 mars  | P16 | 400m         | 3 | Marcus Nilsson                | 52.83    |
|                             |             |     | 1500m        | 3 | Marcus Nilsson                | 4.13.70  |
|                             |             |     | Kula         | 4 | Marcus Nilsson                | 14.78    |
|                             |             | F16 | Stav         | 6 | Katherine Karlström           | 3.13     |
|                             |             | P15 | 60m          | 3 | Mattias Olander               | 7.28     |
|                             |             |     | Tresteg      | 7 | Mattias Olander               | 12.20    |
|                             |             |     | Kula         | 4 | Mattias Olander               | 14.72    |
| Terräng-SM, Halmstad        | 28-29 april | M   | 12 km        | 5 | Jonas Andersson               | 38.24    |
|                             |             | K   | 4 km         | 4 | Jessica Gylfe                 | 14.11    |
|                             |             |     | 8 km         | 8 | Jessica Gylfe                 | 29.30    |
|                             |             | M22 | 6 km         | 2 | David Nilsson                 | 19.23    |
|                             |             | P16 | 4 km         | 7 | Marcus Nilsson                | 14.04    |
|                             |             | M45 | 8 km         | 2 | Anders Dahlström              | 29.00    |
|                             |             | M55 | 8 km         | 1 | Carl-Gustaf Nilsson           | 31.14    |
|                             |             | Vet | Lag 8 km     | 3 | Sonny, Anders, Carl-G.        | 1.29.10  |
|                             |             | K50 | 4 km         | 1 | Katarina Nilsson              | 16.55    |
|                             |             | K65 | 4 km         | 2 | Lilian Brorsson               | 20.50    |
|                             |             | Vet | Lag 4 km     | 2 | Camilla Pet,Katarina N,Lena T | 51.30    |
| SM i Halvmarathon, Göteborg | 12 maj      | M   | Halvmarathon | 4 | Jonas Andersson               | 1.07.36  |
|                             |             | K   | Halvmarathon | 5 | Jessica Gylfe                 | 1.18.21  |
| VSM Kastfemk, Eksjö         | 28 juli     | M65 | Kastfemk     | 1 | Georg Johansson               | 3.299p   |
|                             |             | M75 | Kastfemk     | 1 | Sten Medelius                 | 2.354p   |
| Mångkamps-SM, Nyköping      | 4-5 aug     | P16 | Tiokamp      | 3 | Marcus Nilsson                | 7.848p   |
|                             |             | P15 | Åttakamp     | 2 | Mattias Olander               | 6.329p   |
| Stora SM, Eskilstuna        | 10-12 aug   | M   | 10000m       | 4 | Jonas Andersson               | 29.44.61 |
|                             |             |     | 3000m Hi     | 9 | David Nilsson                 | 9.44.19  |
| VSM, Värnamo                | 17-19 aug   | M45 | 800m         | 2 | Anders Dahlström              | 2.08.69  |
|                             |             |     | 1500m        | 2 | Anders Dahlström              | 4.22.15  |
|                             |             |     | 5000m        | 1 | Anders Dahlström              | 15.58.86 |
|                             |             |     | 10000m       | 1 | Anders Dahlström              | 33.45.40 |
|                             |             | M50 | 400m         | 3 | Gunnar Schäfer                | 1.01.69  |
|                             |             |     | Tresteg      | 2 | Stefan Rohde                  | 9.96w    |
|                             |             | M55 | 400m         | 2 | Carl-Gustaf Nilsson           | 1.02.77  |
|                             |             |     | 800m         | 2 | Carl-Gustaf Nilsson           | 2.19.84  |
|                             |             |     | 1500m        | 1 | Carl-Gustaf Nilsson           | 4.47.79  |
|                             |             |     | 5000m        | 1 | Carl-Gustaf Nilsson           | 17.32.62 |
|                             |             | M55 | 10000m       | 1 | Carl-Gustaf Nilsson           | 36.59.90 |
|                             |             |     | 400m H       | 1 | Carl-Gustaf Nilsson           | 1.10.72  |
|                             |             |     | 3000m Hi     | 1 | Carl-Gustaf Nilsson           | 12.03.69 |
|                             |             | M65 | Diskus       | 2 | Georg Johansson               | 38.88    |
|                             |             |     | Slägga       | 2 | Georg Johansson               | 35.94    |
|                             |             |     | Vikt         | 2 | Georg Johansson               | 14.54    |
|                             |             | M75 | 200m         | 2 | Sten Medelius                 | 34.84    |
|                             |             |     | 400m         | 1 | Sten Medelius                 | 1.24.50  |
|                             |             |     | 300m H       | 1 | Sten Medelius                 | 1.13.72  |
|                             |             | K35 | 1500m        | 1 | Camilla Peterson              | 5.25.09  |
|                             |             |     | 5000m        | 1 | Camilla Peterson              | 20.07.00 |
|                             |             |     | 10000m       | 1 | Camilla Peterson              | 41.14.68 |
|                             |             | K40 | 400m         | 3 | Marie Johansson               | 1.16.51  |
|                             |             |     | 5000m        | 2 | Marie Johansson               | 21.16.82 |
|                             |             |     | Höjd         | 2 | Susanne Larsson               | 1.12     |

|                            |           |                  |          |       |                            |                  |                |
|----------------------------|-----------|------------------|----------|-------|----------------------------|------------------|----------------|
|                            |           |                  | K50      | 1500m | 2                          | Katarina Nilsson | 5.45.40        |
|                            |           |                  | 5000m    | 2     | Katarina Nilsson           | 21.24.89         |                |
|                            |           |                  | 10000m   | 1     | Katarina Nilsson           | 42.20.82         |                |
|                            |           |                  | Kula     | 3     | Katarina Nilsson           | 7.97             |                |
|                            |           |                  | Diskus   | 3     | Katarina Nilsson           | 20.66            |                |
|                            |           |                  | Slägga   | 2     | Katarina Nilsson           | 27.20            |                |
|                            |           |                  | Vikt     | 1     | Katarina Nilsson           | 9.54             |                |
|                            |           |                  | K60      | 1500m | 3                          | Lilian Brorsson  | 7.07.72        |
|                            |           |                  | 5000m    | 2     | Lilian Brorsson            | 24.13.44         |                |
|                            |           |                  | 10000m   | 2     | Lilian Brorsson            | 48.59.73         |                |
| JSM, Uddevalla             | 24-25 aug | M22              | 5000m    | 4     | David Nilsson              | 15.35.98         |                |
|                            |           | P17              | Diskus   | 1     | Erik Romberg               | 55.83            |                |
| USM, Stenungssund          | 24-25 aug | P16              | 400m     | 3     | Marcus Nilsson             | 52.91            |                |
|                            |           |                  | Kula     | 6     | Marcus Nilsson             | 14.10            |                |
|                            |           |                  | Diskus   | 4     | Marcus Nilsson             | 43.58            |                |
|                            |           | P15              | 100m H   | 7     | Mattias Olander            | 15.47            |                |
|                            |           |                  | Tresteg  | 3     | Mattias Olander            | 13.03w           |                |
|                            |           |                  | Kula     | 2     | Mattias Olander            | 15.56            |                |
|                            |           | F16              | Stav     | 5     | Katherine Karlström        | 3.04             |                |
| Skol-SM, Gävle             | 14-16 sep | P17              | Diskus   | 1     | Erik Romberg               | 53.40            |                |
|                            |           | P16              | 800m     | 3     | Marcus Nilsson             | 2.02.24          |                |
|                            |           |                  | Kula     | 3     | Marcus Nilsson             | 14.38            |                |
|                            |           |                  | Diskus   | 2     | Marcus Nilsson             | 43.15            |                |
|                            |           |                  | Spjut    | 3     | Marcus Nilsson             | 53.61            |                |
|                            |           | P15              | 100m H   | 2     | Mattias Olander            | 13.78            |                |
|                            |           |                  | Längd    | 2     | Mattias Olander            | 6.26w            |                |
|                            |           |                  | Tresteg  | 1     | Mattias Olander            | 13.67w           |                |
|                            |           |                  | Kula     | 3     | Mattias Olander            | 14.99            |                |
| 2008 IVSM, Huddinge        | 9-10 feb  | M70              | Vikt     | 1     | Georg Johansson            | 18.33            |                |
|                            |           | M80              | 60m      | 1     | Sten Medelius              | 10.41            |                |
|                            |           |                  | 200m     | 1     | Sten Medelius              | 36.39            |                |
|                            |           |                  | 400m     | 1     | Sten Medelius              | 1.31.88          |                |
|                            |           |                  | 60m H    | 1     | Sten Medelius              | 13.82            |                |
|                            |           |                  | Längd    | 1     | Sten Medelius              | 3.32             |                |
|                            |           |                  | Vikt     | 2     | Sten Medelius              | 9.45             |                |
|                            |           | IJSM, Eskilstuna | 1-2 mars | P17   | Stav                       | 4                | Marcus Nilsson |
| Kula                       | 2         |                  |          |       | Marcus Nilsson             | 15.55            |                |
| IUSM, Sättra, Stockholm    | 9 mars    | P16              | Tresteg  | 4     | Mattias Olander            | 13.10            |                |
|                            |           |                  | Kula     | 4     | Mattias Olander            | 14.22            |                |
|                            |           | F15              | Höjd     | 1     | Maria Tell                 | 1.65             |                |
| ISM i Mångkamp, Göteborg   | 15 mars   | P17              | Sjukamp  | 2     | Marcus Nilsson             | 5.940p           |                |
| VSM i marathon, Heleneholm | 12 april  | K40              | Marathon | 2     | Marie Johansson            | 3.30.11          |                |
| Terräng-SM, Växjö          | 3-4 maj   | K                | 4 km     | 3     | Ida Nilsson                | 13.34            |                |
|                            |           |                  | 8 km     | 2     | Ida Nilsson                | 28.34            |                |
|                            |           | M40              | 8 km     | 2     | Sonny Karlsson             | 28.13            |                |
|                            |           | M45              | 8 km     | 3     | Anders Dahlström           | 28.08            |                |
|                            |           | M vet            | Lag 8 km | 1     | Johan Swärd, Anders, Sonny | 1.24.28          |                |

|                                   |            |       |             |   |                                  |          |
|-----------------------------------|------------|-------|-------------|---|----------------------------------|----------|
|                                   |            | K60   | 4 km        | 2 | Lilian Brorsson                  | 21.04    |
|                                   |            | K vet | Lag 4 km    | 2 | Katarina N, Camilla Per, Iréne R | 53.16    |
| <b>VSM, Ystad</b>                 | 27-29 juni | M35   | 3000m Hi    | 1 | Johan Swärd                      | 10.24.30 |
|                                   |            | M40   | 1500m       | 2 | Sonny Karlsson                   | 4.31.49  |
|                                   |            |       | 5000m       | 1 | Sonny Karlsson                   | 16.21.66 |
|                                   |            | M50   | Höjd        | 2 | Stefan Rohde                     | 1.54     |
|                                   |            |       | Längd       | 3 | Stefan Rohde                     | 4.43     |
|                                   |            |       | Tresteg     | 1 | Stefan Rohde                     | 10.26    |
|                                   |            | M70   | Diskus      | 1 | Georg Johansson                  | 38.12    |
|                                   |            |       | Slägga      | 1 | Georg Johansson                  | 40.42    |
|                                   |            |       | Vikt        | 1 | Georg Johansson                  | 17.42    |
|                                   |            | K45   | 1500m       | 3 | Camilla Persson                  | 5.49.96  |
|                                   |            |       | 5000m       | 1 | Camilla Persson                  | 21.55.60 |
|                                   |            | K50   | 5000m       | 2 | Katarina Nilsson                 | 21.10.96 |
|                                   |            |       | 10000m      | 2 | Katarina Nilsson                 | 44.04.73 |
|                                   |            |       | 10000m      | 3 | Iréne Rohde                      | 46.16.06 |
|                                   |            |       | Kula        | 1 | Katarina Nilsson                 | 8.49     |
|                                   |            |       | Diskus      | 1 | Katarina Nilsson                 | 19.74    |
|                                   |            |       | Slägga      | 1 | Katarina Nilsson                 | 26.96    |
|                                   |            |       | Vikt        | 1 | Katarina Nilsson                 | 9.25     |
|                                   |            | K60   | 5000m       | 3 | Lilian Brorsson                  | 24.45.80 |
|                                   |            |       | 10000m      | 3 | Lilian Brorsson                  | 51.18.81 |
|                                   |            | K vet | 4x400m      | 2 | Camilla, Katarina, Iréne, Git K  | 5.28.25  |
| <b>JSM, Norrtälje</b>             | 8-10 aug   | P19   | Diskus      | 5 | Erik Romberg                     | 44.48    |
|                                   |            |       | Slägga      | 2 | Erik Romberg                     | 63.69    |
|                                   |            | P17   | 300m H      | 6 | Marcus Nilsson                   | 40.13    |
|                                   |            |       | Kula        | 2 | Marcus Nilsson                   | 15.83    |
|                                   |            |       | Diskus      | 4 | Marcus Nilsson                   | 45.01    |
| <b>USM, Täby</b>                  | 8-10 aug   | P16   | 2000m Hi    | 8 | Linus Dahlström                  | 6.53.24  |
|                                   |            |       | Längd       | 3 | Mattias Olander                  | 6.61     |
|                                   |            |       | Tresteg     | 2 | Mattias Olander                  | 13.93    |
|                                   |            |       | Kula        | 6 | Mattias Olander                  | 13.57    |
|                                   |            | F15   | Höjd        | 6 | Maria Tell                       | 1.58     |
| <b>VSM i Kastmångk, Bottnaryd</b> | 16 aug     | M70   | Kastfemkamp | 1 | Georg Johansson                  | 4.180p   |
|                                   |            | M80   | Kastfemkamp | 2 | Sten Medelius                    | 3.078p   |
|                                   |            | K50   | kastfemkamp | 1 | Katarina Nilsson                 | 2.243p   |
| <b>Mångkamps-SM, Kalmar</b>       | 23-24 aug  | P17   | Tiokamp     | 3 | Marcus Nilsson                   | 8.089p   |
| <b>Skol-SM, Sollentuna</b>        | 12-13 sep  | P17   | 110m H      | 1 | Marcus Nilsson                   | 14.72    |
|                                   |            |       | Kula        | 3 | Marcus Nilsson                   | 14.99    |
| <b>2009 IVSM, Huddinge</b>        | 14-15 feb  | M70   | Kula        | 3 | Georg Johansson                  | 10.66    |
|                                   |            |       | Vikt        | 1 | Georg Johansson                  | 16.34    |
|                                   |            | M80   | 60m         | 1 | Sten Medelius                    | 10.60    |
|                                   |            |       | 200m        | 1 | Sten Medelius                    | 36.60    |
|                                   |            |       | 60m H       | 1 | Sten Medelius                    | 14.00    |
|                                   |            |       | Längd       | 2 | Sten Medelius                    | 3.16     |
|                                   |            |       | Tresteg     | 1 | Sten Medelius                    | 6.91     |
|                                   |            |       | Kula        | 3 | Sten Medelius                    | 9.12     |
|                                   |            |       | Vikt        | 1 | Sten Medelius                    | 10.46    |
|                                   |            | K45   | Kula        | 2 | Siv Tornegård                    | 10.05    |

|                                   |             |      |          |    |                            |          |
|-----------------------------------|-------------|------|----------|----|----------------------------|----------|
|                                   |             | K50  | 1500m    | 3  | Katarina Nilsson           | 5.58.76  |
|                                   |             |      | 3000m    | 2  | Katarina Nilsson           | 12.31.29 |
|                                   |             |      | Kula     | 1  | Katarina Nilsson           | 8.62     |
|                                   |             |      | Vikt     | 1  | Katarina Nilsson           | 9.25     |
|                                   |             |      | Vikt     | 2  | Anne-Marie Tornegård       | 8.88     |
| <b>ISM, Bollnäs</b>               | 1 mars      | M    | Vikt     | 7  | Erik Romberg               | 13.04    |
| <b>IJSM, Göteborg</b>             | 14 mars     | P19  | 60m H    | 4  | Marcus Nilsson             | 8.70     |
|                                   |             | P17  | 60m      | 3  | Mattias Olander            | 7.09     |
| <b>ISM Mångkamp, Västerås</b>     | 14-15 mars  | P19  | Sjukamp  | 1  | Marcus Nilsson             | 5.021p   |
| <b>Terräng-SM, Stockholm</b>      | 25-26 april | K50  | 4 km     | 3  | Katarina Nilsson           | 16.33    |
| <b>VSM Kastfemk, Nyköping</b>     | 7 juni      | M70  | Kastfemk | 1  | Georg Johansson            | 4.064p   |
|                                   |             | M80  | Kastfemk | 1  | Sten Medelius              | 3.055p   |
| <b>Stora SM, Malmö</b>            | 1-3 aug     | M    | 400m H   | 7  | Marcus Nilsson             | 54.79    |
|                                   |             | K    | 5000m    | 2  | Ida Nilsson                | 15.50.62 |
|                                   |             |      | 3000m Hi | 2  | Ida Nilsson                | 9.50.73  |
| <b>JSM, USM 17, Karlskrona</b>    | 14-16 aug   | M22  | 5000m    | 3  | David Nilsson              | 14.56.15 |
|                                   |             |      | 2000m Hi | 3  | David Nilsson              | 6.02.54  |
|                                   |             | P19  | Slägga   | 6  | Erik Romberg               | 58.38    |
|                                   |             | P17  | 100m     | 6  | Mattias Olander            | 11.21w   |
|                                   |             |      | Längd    | 3  | Mattias Olander            | 6.78     |
| <b>VSM, Norrtälje</b>             | 21-23 aug   | M70  | Kula     | 2  | Georg Johansson            | 10.05    |
|                                   |             |      | Diskus   | 1  | Georg Johansson            | 39.00    |
|                                   |             |      | Slägga   | 1  | Georg Johansson            | 41.29    |
|                                   |             |      | Vikt     | 1  | Georg Johansson            | 15.59    |
|                                   |             | M80  | 100m     | 1  | Sten Medelius              | 18.18    |
|                                   |             |      | 200m     | 1  | Sten Medelius              | 39.62    |
|                                   |             |      | Längd    | 2  | Sten Medelius              | 3.04     |
|                                   |             |      | Tresteg  | 1  | Sten Medelius              | 6.56w    |
|                                   |             |      | Diskus   | 3  | Sten Medelius              | 17.72    |
|                                   |             |      | Slägga   | 3  | Sten Medelius              | 20.05    |
|                                   |             |      | Vikt     | 1  | Sten Medelius              | 10.93    |
|                                   |             | K45  | Kula     | 3  | Siv Tornegård              | 9.52     |
| <b>Skol-SM, Västerås</b>          | 11-13 sep   | P18+ | 110m H   | 2  | Marcus Nilsson             | 14.95w   |
|                                   |             |      | 300m H   | 1  | Marcus Nilsson             | 39.09    |
|                                   |             |      | Diskus   | 3  | Erik Romberg               | 45.63    |
|                                   |             | P17  | Längd    | 3  | Mattias Olander            | 6.55     |
| <b>2010 IVSM, Bollnäs</b>         | 13-14 feb   | M65  | 1500m    | 3  | Arne Håkansson             | 5.36.01  |
| <b>IJSM/IUSM 17-22, Malmö</b>     | 20-21 feb   | P19  | 60m H    | 6  | Marcus Nilsson             | 8.34     |
|                                   |             |      | Kula     | 2  | Marcus Nilsson             | 15.34    |
| <b>ISM Mångkamp, Sättra/Sthlm</b> | 6-7 mars    | P19  | Sjukamp  | 1  | Marcus Nilsson             | 5.369p   |
| <b>Terräng-SM, Borås</b>          | 26 april    | M    | 4 km     | 12 | David Nilsson              | 12.15    |
|                                   |             |      | Lag 4 km | 6  | David N, Tomas O, Markus A | 39.41    |
|                                   |             | K    | 4 km     | 3  | Ida Nilsson                | 13.35    |

|                                         |           |        |           |   |                                |          |
|-----------------------------------------|-----------|--------|-----------|---|--------------------------------|----------|
|                                         |           | M50    | 8 km      | 1 | Anders Dahlström               | 28.37    |
|                                         |           | K60    | 4 km      | 3 | Lilian Brorsson                | 22.21    |
| <b>Veteran-SM, Högby</b>                | 6-8 aug   | M35-50 | 4x100m    | 3 | Ola S,Stefan R,Hans T,Sonny K  | 55.11    |
|                                         |           |        | 4x400m    | 1 | Hans T,Anders D,Sonny K, Ola S | 4.07.00  |
|                                         |           | M40    | 400m      | 3 | Ola Slättengren                | 61.11    |
|                                         |           |        | 1500m     | 3 | Ola Slättengren                | 4.42.80  |
|                                         |           | M50    | 400m      | 2 | Hans Tove                      | 61.28    |
|                                         |           |        | 800m      | 1 | Anders Dahlström               | 2.11.1m  |
|                                         |           |        | 1500m     | 2 | Anders Dahlström               | 4.36.69  |
|                                         |           |        | 5000m     | 1 | Anders Dahlström               | 16.40.93 |
|                                         |           |        | 10000m    | 1 | Anders Dahlström               | 34.40.53 |
|                                         |           | M55    | 800m      | 2 | Stefan Rohde                   | 2.43.6m  |
|                                         |           | M65    | 1500m     | 1 | Arne Håkansson                 | 5.40.04  |
|                                         |           |        | 10000m    | 3 | Folke Lundberg                 | 48.31.44 |
|                                         |           | M70    | Diskus    | 1 | Georg Johansson                | 34.56    |
|                                         |           |        | Slägga    | 1 | Georg Johansson                | 39.42    |
|                                         |           |        | Vikt      | 1 | Georg Johansson                | 16.18    |
|                                         |           | K35    | Höjd      | 1 | Marie Fasth                    | 1.48     |
|                                         |           | K45    | 800m      | 2 | Camilla Persson                | 2.49.74  |
|                                         |           |        | 5000m     | 3 | Anita Jönsson                  | 23.21.95 |
|                                         |           |        | 10000m    | 3 | Anita Jönsson                  | 49.03.87 |
|                                         |           |        | Diskus    | 3 | Anneli Egertz                  | 20.59    |
|                                         |           |        | Slägga    | 3 | Susanne Larsson                | 15.18    |
|                                         |           | K50    | Vikt      | 3 | Anne-Marie Tornegård           | 7.77     |
|                                         |           | K60    | 100m      | 3 | Christina Söllscher            | 21.63    |
|                                         |           |        | 5000m     | 3 | Lilian Brorsson                | 25.59.09 |
|                                         |           |        | 10000m    | 2 | Lilian Brorsson                | 53.59.09 |
| <b>JSM, USM 17, Karlstad</b>            | 13-15 aug | M22    | Slägga    | 5 | Erik Romberg                   | 53.10    |
|                                         |           | P19    | 5000m     | 4 | Gustav Milesson                | 15.47.19 |
|                                         |           | P19    | Tresteg   | 2 | Mattias Olander                | 14.64    |
| <b>USM 15-16, Kil</b>                   | 13-15 aug | P16    | 1500m     | 8 | Zef Kolaj                      | 4.58.17  |
|                                         |           |        | Höjd      | 6 | Olle Willsund                  | 1.87     |
|                                         |           | P15    | 800m      | 4 | Ken Slättengren                | 2.02.88  |
| <b>Stora SM, Falun</b>                  | 20-22 aug | M      | 400m häck | 3 | Marcus Nilsson                 | 52.28    |
| <b>SM, JSM, USM i mångkamp Huddinge</b> | 4-5 sep   | M      | Tiokamp   | 2 | Marcus Nilsson                 | 7.006p   |
| <b>Skol-SM, Västerås</b>                | 10-12 sep | P19    | 100m      | 3 | Mattias Olander                | 11.34    |
|                                         |           | P16    | Höjd      | 3 | Olle Willsund                  | 1.85     |
|                                         |           | P15    | 800m      | 3 | Ken Slättengren                | 2.01.81  |
|                                         |           |        | 2000m     | 2 | Ken Slättengren                | 6.17.67  |
| <b>2011 IUSM, IJSM, Sättra/Sthlm</b>    | 19-20 feb | M22    | Vikt      | 2 | Erik Romberg                   | 17.36    |
|                                         |           |        | Kula      | 5 | Marcus Nilsson                 | 12.65    |
|                                         |           | P19    | Kula      | 5 | Mattias Olander                | 13.80    |
|                                         |           | P17    | Höjd      | 4 | Olle Willsund                  | 1.90     |
|                                         |           |        | Längd     | 7 | Olle Willsund                  | 6.00     |
| <b>IUSM, Huddinge/Sthlm</b>             | 19-20 feb | P16    | 1500m     | 4 | Ken Slättengren                | 4.15.22  |
| <b>ISM, Göteborg</b>                    | 27 feb    | M      | Vikt      | 8 | Erik Romberg                   | 17.51    |

|                             |             |         |              |   |                            |          |
|-----------------------------|-------------|---------|--------------|---|----------------------------|----------|
| IVSM, Karlskrona            | 5-6 mars    | M40     | 3000m        | 2 | Sonny Karlsson             | 9.38.51  |
|                             |             | M70     | 1500m        | 1 | Arne Håkansson             | 5.33.28  |
|                             |             |         | 800m         | 2 | Arne Håkansson             | 2.54.11  |
|                             |             | K40     | 3000m        | 2 | Git Karlsson               | 14.25.21 |
|                             |             | K60     | 3000m        | 2 | Lilian Brorsson            | 14.54.27 |
| Terräng-SM, Uppsala         | 16-17 april | M       | 12 km        | 2 | David Nilsson              | 38.55    |
|                             |             | P16     | 4 km         | 7 | Ken Slättengren            | 13.57    |
|                             |             | P19     | 4 km, lag    | 4 | Gustav M, Marcus P, Emil P | 41.04    |
| SM Marathon, Stockholm      | 28 maj      | M       | Marathon     | 2 | David Nilsson              | 2.23.59  |
| VSM, Skellefteå             | 5-7 aug     | M45     | 5000m        | 3 | Pär Wanby                  | 16.52.43 |
|                             |             |         | 10 000m      | 3 | Pär Wanby                  | 35.38.91 |
|                             |             | M70     | 1500m        | 1 | Arne Håkansson             | 5.32.14  |
| JSM 19/22, USM 17, Vellinge | 26-28 aug   | M22     | 110m H       | 5 | Marcus Nilsson             | 15.71    |
|                             |             |         | Stav         | 6 | Marcus Nilsson             | 3.98     |
|                             |             |         | Diskus       | 3 | Marcus Nilsson             | 44.97    |
|                             |             |         | Slägga       | 3 | Erik Romberg               | 57.17    |
|                             |             | P19     | 5000m        | 3 | Gustav Milesson            | 15.16.13 |
|                             |             |         | 110m H       | 5 | Mattias Olander            | 15.52    |
| USM 15-16, Ystad            | 26-28 aug   | P16     | 800m         | 8 | Ken Slättengren            | 2.05.66  |
| Skol-SM, Växjö              | 16-18 sep   | P17     | Höjd         | 2 | Olle Willsund              | 1.82     |
|                             |             |         | 1500m        | 1 | Ken Slättengren            | 4.10.29  |
|                             |             |         | 3000m        | 2 | Ken Slättengren            | 9.29.40  |
|                             |             |         | 2000m Hi     | 2 | Ken Slättengren            | 6.39.40  |
| 2012 IVSM, Huddinge         | 11-12 feb   | M45     | 1500m        | 2 | Sonny Karlsson             | 4.28.76  |
|                             |             |         | 3000m        | 2 | Sonny Karlsson             | 9.31.35  |
|                             |             | M70     | Kula         | 3 | Georg Johansson            | 10.41    |
|                             |             |         | Vikt         | 2 | Georg Johansson            | 14.93    |
| IJSM 19-22, IUSM 17 Bollnäs | 25-26 feb   | P19     | Höjd         | 7 | Olle Willsund              | 1.86     |
|                             |             | P17     | 1500m        | 5 | Ken Slättengren            | 4.20.24  |
| Terräng-SM, Linköping       | 28-29 april | M35     | 8 km         | 3 | Jonas Andersson            | 26.07    |
|                             |             | M45     | 8 km         | 3 | Sonny Karlsson             | 28.25    |
|                             |             | M35/M55 | 8 km,lag     | 1 | Jonas, Tomas Olsson, Sonny | 1.20.51  |
|                             |             | M60     | 4 km         | 2 | Carl-Gustaf Nilsson        | 15.32    |
| VSM Halvmarathon,Stockholm  | 5 maj       | M35     | Halvmarathon | 2 | Tomas Olsson               | 1.12.21  |
| SM Marathon, Stockholm      | 2 juni      | M       | Marathon     | 3 | David Nilsson              | 2.28.53  |
| VSM, Kil                    | 3-5 aug     | M40     | 5000m        | 2 | Sonny Karlsson             | 16.34.54 |
|                             |             |         | 10 000m      | 2 | Sonny Karlsson             | 34.12.20 |
|                             |             | M70     | 800m         | 3 | Arne Håkansson             | 3.06.15  |
|                             |             |         | 2000m Hi     | 1 | Arne Håkansson             | 9.22.31  |
|                             |             |         | Diskus       | 2 | Georg Johansson            | 33.56    |
|                             |             |         | Slägga       | 2 | Georg Johansson            | 36.19    |
|                             |             |         | Vikt         | 2 | Georg Johansson            | 13.43    |
|                             |             | K40     | 800m         | 3 | Git Karlsson               | 3.13.72  |

|                               |           |     |              |    |                     |          |
|-------------------------------|-----------|-----|--------------|----|---------------------|----------|
| JSM 19-22, USM 17, Sollentuna | 10-12 aug | M22 | Slägga       | 4  | Erik Romberg        | 55.34    |
|                               |           | P17 | 800m         | 4  | Ken Slättengren     | 1.59.57  |
|                               |           |     | 2000m Hi     | 1  | Ken Slättengren     | 6.14.25  |
| VSM Kastmångk., Bottnaryd     | 15 sep    | M70 | Kastmångk    | 1  | Georg Johansson     | 3 353p   |
| Skol-SM, Växjö                | 21-23 sep | P17 | 2000m Hi     | 2  | Ken Slättengren     | 6.29.47  |
| 2013 IVSM, Karlskrona         | 9-10 feb  | M35 | 3000m        | 1  | Tomas Olsson        | 9.07.83  |
|                               |           | M60 | 800m         | 1  | Carl-Gustaf Nilsson | 2.28.95  |
|                               |           |     | 1500m        | 3  | Carl-Gustaf Nilsson | 5.06.22  |
|                               |           |     | 3000m        | 1  | Carl-Gustaf Nilsson | 10.54.37 |
|                               |           | M70 | 1500m        | 1  | Arne Håkansson      | 6.17.49  |
|                               |           |     | 3000m        | 3  | Arne Håkansson      | 13.02.99 |
|                               |           | M75 | Kula         | 1  | Georg Johansson     | 9.69     |
|                               |           |     | Vikt         | 1  | Georg Johansson     | 14.41    |
|                               |           | K35 | 1500m        | 2  | Frida Össmar        | 5.28.07  |
|                               |           | K40 | 400m         | 1  | Camilla Lindström   | 1.33.61  |
|                               |           |     | 800m         | 2  | Camilla Lindström   | 3.41.44  |
|                               |           |     | 1500m        | 3  | Camilla Lindström   | 7.41.18  |
| IJSM, IUSM 17, Uddevalla      | 23-24 feb | P19 | 1500m        | 6  | Ken Slättengren     | 4.16.86  |
| SM Halvmarathon<br>Göteborg   | 18 maj    | M   | Halvmarathon | 4  | David Nilsson       | 1.08.06  |
|                               |           |     | Halvmarathon | 12 | Tomas Olsson        | 1.14.54  |
| SM Marathon, Stockholm        | 1 juni    | M   | Marathon     | 4  | David Nilsson       | 2.25.45  |
| VSM Marathon, Löttorp         | 27 juli   | M45 | Marathon     | 2  | Pär Wanby           | 2.59.27  |
|                               |           |     | Marathon     | 3  | Johan Rehberg       | 3.07.14  |
| JSM 19-22, USM 17, Västerås   | 9-11 aug  | P19 | 1500m        | 8  | Ken Slättengren     | 4.01.69  |
|                               |           |     | 2000m Hi     | 4  | Ken Slättengren     | 6.10.86  |
|                               |           |     | Höjd         | 6  | Olle Willsund       | 1.86     |
| VSM, Gävle                    | 16-18 aug | M70 | 1500m        | 1  | Arne Håkansson      | 5.55.54  |
|                               |           | M75 | Diskus       | 2  | Georg Johansson     | 33.77    |
|                               |           |     | Slägga       | 2  | Georg Johansson     | 36.96    |
|                               |           |     | Vikt         | 1  | Georg Johansson     | 14.98    |
| SM, JSM Mångkamp, Kalmar      | 14-15 sep | P19 | Tiokamp      | 5  | Ken Slättengren     | 4 881p   |
| VSM Kastmångkamp, Ystad       | 15 sep    | M75 | Kastfemkamp  | 1  | Georg Johansson     | 3 763 p  |
| Terräng-SM, Falun             | 26-27 okt | M   | 12 km        | 4  | David Nilsson       | 39.37    |
|                               |           | M60 | 4 km         | 2  | Carl-Gustaf Nilsson | 16.48    |
| 2014 IVSM, Huddinge           | 7-9 feb   | M35 | Höjd         | 1  | Peter Össmar        | 1.66     |
|                               |           | M70 | 1500m        | 1  | Arne Håkansson      | 6.20.52  |
|                               |           | K35 | 800m         | 2  | Frida Össmar        | 2.40.74  |
|                               |           |     | 1500m        | 1  | Frida Össmar        | 5.29.73  |
|                               |           |     | Höjd         | 1  | Frida Össmar        | 1.36     |
| IJSM 19-22, Sättra/Sthlm      | 15-16 feb | K22 | Kula         | 6  | Emma Persson        | 8.43     |
|                               |           |     | Vikt         | 8  | Emma Persson        | 9.14     |

|                                      |              |     |              |   |                             |          |
|--------------------------------------|--------------|-----|--------------|---|-----------------------------|----------|
| <b>SM Marathon, Stockholm</b>        | 31 maj       | M   | Marathon     | 2 | David Nilsson               | 2.27.00  |
| <b>VSM Halvmarathon, Kalmar</b>      | 28 juni      | M35 | Halvmarathon | 3 | Claes Hydvall               | 1.20.10  |
|                                      |              | K35 | Halvmarathon | 3 | Lotta Nyberg                | 1.29.46  |
|                                      |              | K55 | Halvmarathon | 1 | Irène Rohde                 | 1.58.05  |
|                                      |              | K65 | Halvmarathon | 2 | Lilian Brorsson             | 1.59.47  |
| <b>SM 10 km, Malmö</b>               | 12 juli      | M   | 10 km        | 4 | David Nilsson               | 29.48    |
|                                      |              | M22 | 10 km        | 5 | Gustav Milesson             | 33.02    |
| <b>VSM, Huddinge</b>                 | 25-27 juli   | M50 | 800m         | 2 | Ola Slättengren             | 2.21.47  |
|                                      |              | M70 | 800m         | 3 | Arne Håkansson              | 3.01.70  |
|                                      |              |     | 1500m        | 1 | Arne Håkansson              | 6.17.57  |
|                                      |              | M75 | Kula         | 1 | Georg Johansson             | 9.24     |
|                                      |              |     | Diskus       | 1 | Georg Johansson             | 31.49    |
|                                      |              |     | Slägga       | 1 | Georg Johansson             | 36.11    |
|                                      |              |     | Vikt         | 1 | Georg Johansson             | 14.77    |
|                                      |              |     |              |   |                             |          |
| <b>SM, Umeå</b>                      | 1-3 aug      | M   | 10 000m      | 4 | David Nilsson               | 29.50.22 |
| <b>JSM 22, USM 17, Gävle</b>         | 8-10 aug     | M22 | 2000m Hi     | 7 | Gustav Milesson             | 6.22.80  |
|                                      |              |     | Tresteg      | 3 | Mattias Olander             | 14.37    |
|                                      |              | P19 | 2000m Hi     | 4 | Ken Slättengren             | 6.23.82  |
| <b>USM 15-16, Söderhamn</b>          | 8-10 aug     | P15 | Höjd         | 5 | Johan Lindqvist             | 1.73     |
|                                      |              | F15 | 800m         | 6 | Julia Samuelsson            | 2.24.20  |
| <b>Terräng-SM, Eskilstuna</b>        | 18-19 okt    | M22 | 8 km, lag    | 4 | Gustav M, Anton R, Oliver W | 1.25.24  |
|                                      |              | M60 | 4 km         | 2 | Carl-Gustaf Nilsson         | 16.12    |
| <b>2015 USM mångkamp, Norrköping</b> | 7-8 februari | F15 | Femkamp      | 1 | Lovisa Karlsson             | 3 736p   |
| <b>ISM, Sättra, Stockholm</b>        | 22 februari  | M   | 1500m        | 5 | David Nilsson               | 3.57,01  |
| <b>IJSM, Göteborg</b>                | 1 mars       | M22 | 1500m        | 6 | Ken Slättengren             | 4.09.15  |
|                                      |              |     | Höjd         | 6 | Olle Willsund               | 1.90     |
| <b>IUSM, Örebro</b>                  | 7-8 mars     | P16 | 60m H        | 5 | Johan Lindqvist             | 9.03     |
|                                      |              | P15 | Kula         | 7 | Simon Strand                | 11.70    |
|                                      |              | F15 | 60m H        | 1 | Lovisa Karlsson             | 8.99     |
|                                      |              |     | Höjd         | 3 | Lovisa Karlsson             | 8.66     |
|                                      |              |     | Längd        | 1 | Lovisa Karlsson             | 5.60     |
|                                      |              |     | Tresteg      | 1 | Lovisa Karlsson             | 11.70    |
|                                      |              |     |              |   |                             |          |
| <b>IVSM, Borås</b>                   | 6-8 mars     | M35 | Höjd         | 3 | Peter Össmar                | 1.70     |
|                                      |              | M50 | 1500m        | 3 | Pär Wanby                   | 4.48.90  |
|                                      |              |     | 3000m        | 3 | Pär Wanby                   | 10.06.51 |
|                                      |              | M55 | 800m         | 1 | Anders Dahlström            | 2.20.19  |
|                                      |              |     | 1500m        | 1 | Anders Dahlström            | 4.52.18  |
|                                      |              |     | 3000m        | 2 | Anders Dahlström            | 10.10.51 |
|                                      |              | M75 | Kula         | 1 | Georg Johansson             | 9.07     |
|                                      |              |     | Vikt         | 1 | Georg Johansson             | 14.26    |
|                                      |              | K35 | 800m         | 1 | Frida Össmar                | 2.26.85  |
|                                      |              |     | 1500m        | 1 | Frida Össmar                | 5.05.50  |
|                                      |              |     | 3000m        | 1 | Frida Össmar                | 11.13.08 |

|                                        |               |       |              |    |                            |          |
|----------------------------------------|---------------|-------|--------------|----|----------------------------|----------|
|                                        |               | K50   | 1500m        | 2  | Anna-Stina Wanby           | 6.03.54  |
|                                        |               |       | 3000m        | 2  | Anna-Stina Wanby           | 12.53.65 |
|                                        |               | K60   | 60m          | 3  | Yvonne Levinovitz          | 11.07    |
|                                        |               |       | 200m         | 3  | Yvonne Levinovitz          | 39.38    |
| <b>VSM halvmarathon, Kungsbacka</b>    | 18 april      | M35   | Halvmarathon | 1  | Tomas Olsson               | 1.13.39  |
| <b>SM halvmarathon, Stockholm</b>      | 9 maj         | K     | Halvmarathon | 6  | Jessica Kihlström          | 1.19.46  |
| <b>VSM, Uddevalla</b>                  | 24-26 juli    | M35   | 5000m        | 3  | Tomas Olsson               | 16.08.88 |
|                                        |               | M75   | Diskus       | 1  | Georg Johansson            | 30.54    |
|                                        |               |       | Slägga       | 1  | Georg Johansson            | 30.79    |
|                                        |               |       | Vikt         | 1  | Georg Johansson            | 12.73    |
| <b>USM 15-16, Karlskrona</b>           | 21-23 augusti | P15   | 2000m        | 1  | Ludvig Bjurelid            | 6.02,50  |
|                                        |               | F16   | 1500m Hi     | 1  | Julia Samuelsson           | 5.04,03  |
|                                        |               | F15   | Höjd         | 6  | Lovisa Karlsson            | 1.60     |
|                                        |               |       | Längd        | 1  | Lovisa Karlsson            | 5.52     |
|                                        |               |       | Tresteg      | 1  | Lovisa Karlsson            | 11.44    |
| <b>JSM, USM 17, Kalmar</b>             | 21-23 augusti | M22   | 2000m Hi     | 3  | Ken Slättengren            | 6.16.11  |
|                                        |               |       | Höjd         | 4  | Olle Willsund              | 1.89     |
|                                        |               | P17   | 1500m        | 8  | Erik Karlsson              | 4.16.28  |
|                                        |               |       | 3000m        | 10 | Erik Karlsson              | 9.21.22  |
|                                        |               | F17   | Kula         | 7  | Elin Vertetics             | 12.43    |
|                                        |               |       | Spjut        | 5  | Elin Vertetics             | 39.49    |
| <b>USM mångkamp, Gävle</b>             | 5-6 september | F15   | Sexkamp      | 1  | Lovisa Karlsson            | 4160p    |
| <b>VSM Kastfemkamp, Huddinge</b>       | 6 sep         | M75   | Kastfemkamp  | 1  | Georg Johansson            | 3097p    |
| <b>Terräng-SM, Uddevalla</b>           | 24-25 okt     | M     | 12 km        | 4  | David Nilsson              | 37.28    |
|                                        |               | M lag | 12 km        | 6  | David N, Gustav M, Anton R | 1.58.53  |
|                                        |               | M22   | 8 km         | 3  | Ken S, Oliver W, Andreas D | 1.26.33  |
|                                        |               | P15   | 4 km         | 2  | Ludvig Bjurelid            | 13.23    |
|                                        |               | M60   | 4 km         | 3  | Carl-Gustaf Nilsson        | 16.09    |
|                                        |               | F19   | 4 km         | 6  | Ellen Persson              | 15.08    |
| <b>2016 IJSM 19-22, IUSM 17, Växjö</b> | 20-21 feb     | M22   | 1500m        | 8  | Ken Slättengren            | 4.18.54  |
|                                        |               |       | Höjd         | 6  | Olle Willsund              | 1.94     |
|                                        |               | F19   | 1500m        | 8  | Ellen Persson              | 5.02.30  |
|                                        |               | P17   | Höjd         | 7  | Johan Lindqvist            | 1.84     |
|                                        |               |       | Kula         | 5  | Johan Lindqvist            | 13.50    |
|                                        |               | F17   | 1500m        | 5  | Julia Samuelsson           | 5.06.18  |
| <b>ISM, Malmö</b>                      | 27-28 feb     | M     | Höjd         | 12 | Olle Willsund              | 1.86     |
| <b>IVSM, Bollnäs</b>                   | 4-6 mars      | M35   | Höjd         | 3  | Peter Össmar               | 1.67     |
|                                        |               | M60   | 400m         | 3  | Carl-Gustaf Nilsson        | 68.22    |
|                                        |               |       | 800m         | 2  | Carl-Gustaf Nilsson        | 2.33.43  |
|                                        |               | K35   | 400m         | 3  | Frida Össmar               | 65.36    |
|                                        |               |       | 1500m        | 2  | Frida Össmar               | 5.08.62  |
|                                        |               |       | 3000m        | 2  | Frida Össmar               | 11.04.01 |
|                                        |               | K50   | 800m         | 1  | Anna-Stina Wanby           | 2.53.65  |
|                                        |               |       | 1500m        | 1  | Anna-Stina Wanby           | 5.53.18  |
|                                        |               |       | 3000m        | 2  | Anna-Stina Wanby           | 12.39.07 |

|                                        |            |     |              |    |                                |          |
|----------------------------------------|------------|-----|--------------|----|--------------------------------|----------|
|                                        |            | K55 | Kula         | 3  | Siv Tornegård                  | 7.86     |
|                                        |            | K60 | Kula         | 2  | Katarina Nilsson               | 7.06     |
|                                        |            |     | Vikt         | 1  | Katarina Nilsson               | 9.45     |
| <b>IUSM 15-16, Uddevalla</b>           | 5-6 mars   | P16 | 1500m        | 3  | Ludvig Bjurelid                | 4.27.25  |
|                                        |            | F16 | Höjd         | 2  | Lovisa Karlsson                | 1.66     |
|                                        |            |     | Längd        | 1  | Lovisa Karlsson                | 5.73     |
|                                        |            |     | Tresteg      | 1  | Lovisa Karlsson                | 11.89    |
| <b>IUSM mångkamp, Göteborg</b>         | 12 mars    | F16 | Femkamp      | 1  | Lovisa Karlsson                | 3 984p   |
| <b>SM Halvmarthon, Göteborg</b>        | 21 maj     | M   | Halvmarathon | 11 | Anton Rehn                     | 1.08.57  |
|                                        |            |     | Halvmarathon | 5  | Ida Nilsson                    | 1.18.22  |
| <b>SM 10 km, Stockholm</b>             | 15 juni    | M   | 10 km        | 3  | David Nilsson                  | 30.09    |
|                                        |            | K   | 10 km        | 3  | Ida Nilsson                    | 35.02    |
| <b>VSM, Bollnäs</b>                    | 22-24 juli | M75 | Diskus       | 1  | Georg Johansson                | 30.93    |
|                                        |            |     | Vikt         | 1  | Georg Johansson                | 12.77    |
|                                        |            |     | Kula         | 2  | Georg Johansson                | 8.67     |
|                                        |            |     | Slägga       | 1  | Georg Johansson                | 36.90    |
|                                        |            |     | Spjut        | 2  | Georg Johansson                | 20.07    |
|                                        |            | K55 | Kula         | 2  | Siv Tornegård                  | 8.38     |
| <b>JSM 19-22, USM 17 Hässleholm</b>    | 5-7 aug    | M22 | Höjd         | 5  | Olle Willsund                  | 1.81     |
|                                        |            | F19 | 3000m        | 3  | Ellen Persson                  | 10.51.33 |
|                                        |            | F17 | 800m         | 5  | Julia Samuelsson               | 2.22.16  |
|                                        |            |     | 1500m        | 5  | Julia Samuelsson               | 4.55.83  |
|                                        |            |     | 1500m Hi     | 2  | Julia Samuelsson               | 5.12.42  |
| <b>USM 15-16, Vellinge</b>             | 5-7 aug    | P19 | 1500m        | 8  | Erik Karlsson                  | 4.22.05  |
|                                        |            | P16 | 800m         | 1  | Omar Ismail                    | 1.59.06  |
|                                        |            |     | 1500m        | 2  | Omar Ismail                    | 4.12.66  |
|                                        |            |     | 3000m        | 1  | Omar Ismail                    | 9.03.01  |
|                                        |            |     | 3000m        | 2  | Ludvig Bjurelid                | 9.04.02  |
|                                        |            |     | 2000m Hi     | 1  | Ludvig Bjurelid                | 6.18.22  |
|                                        |            | P15 | 400m         | 6  | Simon Strand                   | 54.23    |
|                                        |            | F16 | 100m H       | 2  | Lovisa Karlsson                | 14.52    |
|                                        |            |     | Höjd         | 3  | Lovisa Karlsson                | 1.69     |
|                                        |            |     | Längd        | 1  | Lovisa Karlsson                | 5.85     |
|                                        |            |     | Tresteg      | 1  | Lovisa Karlsson                | 11.87    |
| <b>Stora SM, Sollentuna</b>            | 26-28 aug  | M   | 10 000m      | 5  | David Nilsson                  | 29.42.25 |
|                                        |            |     | 110m H       | 6  | Marcus Nilsson                 | 14.67    |
|                                        |            |     | Stav         | 2  | Marcus Nilsson                 | 5.00     |
| <b>VSM Halvmarathon, Hultsfred</b>     | 3 sep      | M50 | Halvmarathon | 2  | Anna-Stina Wanby               | 1.44.30  |
|                                        |            | K60 | Halvmarathon | 3  | Irène Rohde                    | 2.01.06  |
| <b>SM, JSM, USM Mångkamp Falun</b>     | 10-11 sep  | F16 | Sjukamp      | 2  | Lovisa Karlsson                | 4.821p   |
| <b>SM,JSM,USM,VSM terräng Västerås</b> | 22-23 okt  | M   | 12 km        | 3  | David Nilsson                  | 37.50    |
|                                        |            | P16 | 4 km         | 1  | Omar Ismail                    | 13.06    |
|                                        |            |     | 4 km         | 3  | Ludvig Bjurelid                | 13.15    |
|                                        |            |     | 4 km, lag    | 3  | Omar, Ludvig, Simon Carrington | 41.41    |

|     |      |   |                  |       |
|-----|------|---|------------------|-------|
| K22 | 6 km | 8 | Lisa Hedbäck     | 24.55 |
| F19 | 4 km | 3 | Ellen Persson    | 15.04 |
| F17 | 4 km | 6 | Julia Samuelsson | 15.53 |

|                                      |           |     |              |    |                                |          |
|--------------------------------------|-----------|-----|--------------|----|--------------------------------|----------|
| 2017 IVSM, Borås                     | 4-5 feb   | M40 | 1500m        | 3  | Tobias Ingvarsson              | 4.36,35  |
|                                      |           | K50 | 800m         | 2  | Anna-Stina Wanby               | 2.58,39  |
|                                      |           |     | 1500m        | 3  | Anna-Stina Wanby               | 6.00,15  |
|                                      |           |     | 3000m        | 3  | Anna-Stina Wanby               | 12.56,94 |
|                                      |           | K55 | Kula         | 2  | Siv Tornegård                  | 8.31     |
|                                      |           |     | Vikt         | 3  | Siv Tornegård                  | 5.89     |
| ISM i mångkamp, Uddevalla            | 11-12 feb | F17 | Femkamp      | 2  | Lovisa Karlsson                | 2.240p   |
| IJSM, Göteborg                       | 18-19 feb | P17 | 1500m        | 1  | Omar Ismail                    | 4.04,96  |
|                                      |           |     | 1500m        | 3  | Ludvig Bjurelid                | 4.07,40  |
|                                      |           | K22 | 1500m        | 6  | Ellen Persson                  | 4.40,85  |
|                                      |           | F19 | 1500m        | 6  | Julia Samuelsson               | 5.01,99  |
|                                      |           | F17 | Tresteg      | 1  | Lovisa Karlsson                | 12.39    |
|                                      |           |     | Höjd         | 2  | Lovisa Karlsson                | 1.71     |
|                                      |           |     | Längd        | 1  | Lovisa Karlsson                | 5.84     |
|                                      |           |     | 60m H        | 1  | Lovisa Karlsson                | 8,54     |
| ISM, Växjö                           | 25-26 feb | K   | 3000m        | 10 | Ellen Persson                  | 10.05,08 |
|                                      |           |     | Längd        | 8  | Lovisa Karlsson                | 5.79     |
| SM i Halvmarathon, Göteborg          | 20 maj    | M   | Halvmarathon | 9  | Anton Rehn                     | 1.09.39  |
| SM-JSM-USM i stafett, Malmö          | 27-28 maj | P17 | 3x800m       | 4  | Simon C, Ludvig B, Omar Ismail | 6.13,46  |
|                                      |           | M22 | 3x800m       | 3  | Erik K, Ken S, Andreas D       | 6.09,91  |
| SM,JSM22,VSM 10km landsväg Stockholm | 15 juni   | K   | 10km         | 3  | Ida Nilsson                    | 35.43    |
|                                      |           | K35 | 10km         | 1  | Ida Nilsson                    | 35.43    |
|                                      |           | K22 | 10km         | 3  | Ellen Persson                  | 38.03    |
| JSM 19-22, USM 17, Gävle             | 11-13 aug | M22 | 800m         | 8  | Ken Slättengren                | 2.01,87  |
|                                      |           |     | 1500m        | 8  | Ken Slättengren                | 4.04,44  |
|                                      |           | P19 | 5000m        | 7  | Erik Karlsson                  | 16.04,01 |
|                                      |           | P17 | 800m         | 2  | Omar Ismail                    | 1.56,04  |
|                                      |           |     | 1500m        | 1  | Omar Ismail                    | 4.01,50  |
|                                      |           |     | 3000m        | 1  | Omar Ismail                    | 8.58,25  |
|                                      |           |     | 3000m        | 2  | Ludvig Bjurelid                | 9.11,22  |
|                                      |           |     | 2000m Hi     | 1  | Ludvig Bjurelid                | 6.13,94  |
|                                      |           | K22 | 5000m        | 5  | Ellen Persson                  | 17.48,12 |
|                                      |           | F19 | 1500m        | 1  | Julia Samuelsson               | 4.44,42  |
|                                      |           |     | 3000m        | 1  | Julia Samuelsson               | 10.17,52 |
|                                      |           |     | 2000m Hi     | 1  | Julia Samuelsson               | 7.04,77  |
|                                      |           | F17 | 100m H       | 1  | Lovisa Karlsson                | 14.24    |
|                                      |           |     | Höjd         | 2  | Lovisa Karlsson                | 1.69     |
|                                      |           |     | Längd        | 2  | Lovisa Karlsson                | 5.71     |
|                                      |           |     | Tresteg      | 2  | Lovisa Karlsson                | 11.77    |
| USM 15-16, Falun                     | 11-13 aug | P15 | 1500m Hi     | 5  | Anton Hermansson               | 4.51,85  |

|                                      |           |     |          |    |                               |          |
|--------------------------------------|-----------|-----|----------|----|-------------------------------|----------|
| <b>VSM, Karlskrona</b>               | 18-20aug  | M60 | 400m     | 1  | Gunnar Schäfer                | 67,35    |
|                                      |           | M75 | Diskus   | 2  | Georg Johansson               | 26.17    |
|                                      |           |     | Vikt     | 2  | Georg Johansson               | 12.30    |
|                                      |           | K45 | 400m     | 1  | Camilla Lindström             | 1.31,86  |
|                                      |           |     | 400m     | 1  | Malin Lindahl                 | 1.31     |
|                                      |           | K50 | 1500m    | 2  | Anna-Stina Wanby              | 5.52,35  |
|                                      |           |     | 5000m    | 2  | Anna-Stina Wanby              | 22.10,57 |
|                                      |           |     | 10000m   | 2  | Anna-Stina Wanby              | 46.25,57 |
|                                      |           | K55 | Kula     | 3  | Siv Tornegård                 | 7.84     |
|                                      |           | K60 | 1500m    | 2  | Katarina Nilsson              | 6.51,02  |
|                                      |           |     | 5000m    | 2  | Katarina Nilsson              | 23.54,18 |
|                                      |           |     | 10000m   | 2  | Katarina Nilsson              | 51.00,51 |
|                                      |           |     | Kula     | 2  | Katarina Nilsson              | 6.51     |
|                                      |           |     | Diskus   | 2  | Katarina Nilsson              | 17.17    |
|                                      |           |     | Slägga   | 2  | Katarina Nilsson              | 23.21    |
|                                      |           |     | Vikt     | 2  | Katarina Nilsson              | 9.58     |
|                                      |           | K70 | 5000m    | 2  | Lilian Brorsson               | 30.35,19 |
| <b>Stora SM, Helsingborg</b>         | 25-27 aug | M   | Stav     | 3  | Marcus Nilsson                | 4.94     |
|                                      |           |     | Diskus   | 12 | Marcus Nilsson                | 47.52    |
| <b>SM-JSM-USM-VSM, Huddinge</b>      | 28-29 okt | M   | 4km      | 3  | David Nilsson                 | 12.27    |
|                                      |           | P17 | 4km      | 1  | Omar Ismail                   | 13.21    |
|                                      |           |     | 4km      | 5  | Love Carlsson                 | 13.58    |
|                                      |           |     | 4km      | 7  | Ludvig Bjurelid               | 14.10    |
|                                      |           |     | Lag 4km  | 1  | Högby IF (Omar, Love, Ludvig) | 41.29    |
|                                      |           | P15 | 4km      | 4  | Anton Hermansson              | 14.47    |
|                                      |           | M65 | 4km      | 2  | Carl-Gustaf Nilsson           | 17.12    |
|                                      |           | F19 | 4km      | 3  | Julia Samuelsson              | 16.10    |
|                                      |           | K60 | 4km      | 3  | Katarina Nilsson              | 20.46    |
| <b>2018 ISM Mångkamp, Norrköping</b> | 10-11 feb | M   | Sjukamp  | 2  | Marcus Nilsson                | 5866p    |
|                                      |           | F19 | Femkamp  | 2  | Lovisa Karlsson               | 3661p    |
| <b>ISM, Gävle</b>                    | 17-18 feb | M   | Kula     | 10 | Marcus Nilsson                | 15.83    |
|                                      |           |     | Stav     | 3  | Marcus Nilsson                | 5.08     |
| <b>IJSM 19-22, IUSM 17, Uppsala</b>  | 24-25 feb | P19 | 1500m    | 1  | Omar Ismail                   | 4.06.33  |
|                                      |           | F19 | Höjd     | 3  | Lovisa Karlsson               | 1.67     |
|                                      |           |     | Tresteg  | 5  | Lovisa Karlsson               | 11.75    |
|                                      |           |     | 60m H    | 5  | Lovisa Karlsson               | 8.89     |
|                                      |           |     | Längd    | 8  | Lovisa Karlsson               | 5.52     |
| <b>IVSM, Västerås</b>                | 2-4 mars  | M40 | 1500m    | 1  | Tomas Olsson                  | 4.19.43  |
|                                      |           |     | 3000m    | 3  | Tomas Olsson                  | 9.43.55  |
|                                      |           | M50 | 3000m    | 2  | Sonny Karlsson                | 10.04.68 |
|                                      |           | M65 | 3000m    | 3  | Carl-Gustaf Nilsson           | 12.12.88 |
|                                      |           | K55 | Kula     | 2  | Siv Tornegård                 | 8.32     |
|                                      |           | K60 | Kula     | 1  | Anne-Marie Tornegård          | 7.37     |
|                                      |           |     | Kula     | 2  | Katarina Nilsson              | 6.77     |
|                                      |           |     | Vikt     | 1  | Katarina Nilsson              | 9.38     |
| <b>SM Marathon, Stockholm</b>        | 2 juni    | K   | Marathon | 4  | Ellen Persson                 | 2.45.07  |

|                             |         |      |              |   |                                |          |
|-----------------------------|---------|------|--------------|---|--------------------------------|----------|
| SM 10 km, Stockholm         | 14 juni | K    | 10km         | 3 | Ida Nilsson                    | 35.09    |
|                             |         | K35  | 10km         | 2 | Ida Nilsson                    | 35.09    |
|                             |         | K22  | 10km         | 1 | Ellen Persson                  | 37.22    |
|                             |         | M22  | 10km         | 5 | Love Carlsson                  | 33.05    |
|                             |         | M22  | 10km         | 6 | Erik Karlsson                  | 33.06    |
| VSM Halvmarathon, Kalmar    | 30 juni | K40  | Halvmarathon | 2 | Frida Össmar                   | 1.36.07  |
|                             |         | K50  | Halvmarathon | 3 | Anna-Stina Wanby               | 1.42.39  |
|                             |         | K55  | Halvmarathon | 3 | Anita Jönsson                  | 1.48.47  |
|                             |         | K60  | Halvmarathon | 3 | Irène Rohde                    | 2.07.17  |
| JSM 19-22, USM 17, Huddinge | 3 aug   | P19  | 2000m Hi     | 6 | Ludvig Bjurelid                | 6.40.70  |
|                             |         | F19  | 400m         | 8 | Mimmi Andersson                | 61.83    |
|                             |         |      | 3000m        | 2 | Julia Samuelsson               | 10.12.68 |
|                             | 4 aug   | P19  | 1500m        | 1 | Omar Ismail                    | 3.52.60  |
|                             |         | F19  | 1500m        | 2 | Julia Samuelsson               | 4.43.05  |
|                             |         |      | Längd        | 3 | Lovisa Karlsson                | 5.87     |
|                             | 5 aug   | P19  | 5000m        | 1 | Omar Ismail                    | 15.11.56 |
|                             |         |      | 5000m        | 8 | Ludvig Bjurelid                | 16.12.94 |
|                             |         | K22  | 5000m        | 2 | Ellen Persson                  | 17.31.02 |
|                             |         | F19  | 800m         | 7 | Mimmi Andersson                | 2.28.18  |
|                             |         |      | 100m H       | 3 | Lovisa Karlsson                | 14.50    |
|                             |         |      | Tresteg      | 7 | Lovisa Karlsson                | 11.26    |
| USM 15-16, Enskede          | 4 aug   | P16  | 300m H       | 2 | Anton Hermansson               | 39.54    |
|                             | 5 aug   |      | 2000m Hi     | 3 | Anton Hermansson               | 6.46.62  |
| Veteran-SM, Högby           | 10 aug  | M35  | Höjd         | 2 | Peter Össmar                   | 1.64     |
|                             |         | M45  | 4x400m       | 1 | Pär W, Ola S, Sonny K,Magnus G | 4.28.58  |
|                             |         | M 50 | 5000m        | 3 | Sonny Karlsson-67              | 18.12.45 |
|                             |         | M 55 | 800m         | 3 | Ola Slättengren-63             | 2.25.37  |
|                             |         | M 60 | 5000m        | 3 | Johnny Söderstig-55            | 26.48.04 |
|                             |         |      | Diskus       | 3 | Leif Fröling-56                | 37.69    |
|                             |         | M 70 | 5000m        | 3 | Ulf Wickbom-44                 | 26.48.23 |
|                             |         |      | 300m H       | 2 | Ulf Wickbom-44                 | 72.24    |
|                             |         | M 75 | 800m         | 2 | Arne Håkansson-41              | 3.20.46  |
|                             |         | M 80 | Diskus       | 1 | Georg Johansson-38             | 26.55    |
|                             |         |      | Vikt         | 1 | Georg Johansson-38             | 13.92    |
|                             |         | K 50 | 800m         | 3 | Anna-Stina Wanby-64            | 2.51.22  |
|                             |         |      | 5000m        | 3 | Anna-Stina Wanby-64            | 22.00.32 |
|                             |         | K 55 | Vikt         | 3 | Siv Tornegård-60               | 7.02     |
|                             |         | K 60 | 5000m        | 2 | Katarina Nilsson-56            | 26.25.76 |
|                             |         |      | Vikt         | 1 | Katarina Nilsson-56            | 9.31     |
|                             |         |      |              | 3 | Anne-Marie Tornegård-57        | 6.24     |
|                             | 11 aug  | K 70 | 5000m        | 2 | Lilian Brorsson-47             | 32.08.79 |
|                             |         | M 60 | 1500m        | 2 | Johnny Söderstig-55            | 7.07.64  |
|                             |         | M 80 | Kula         | 3 | Georg Johansson-38             | 7.95     |
|                             |         | K 60 | Slägga       | 1 | Katarina Nilsson-56            | 24.14    |
|                             | 12 aug  |      |              | 3 | Anne-Marie Tornegård-57        | 18.16    |
|                             |         | M 50 | 10000m       | 3 | Pär Wanby-64                   | 37.58.36 |
|                             |         | M 70 | 10000m       | 2 | Folke Lundberg-45              | 52.37.99 |
|                             |         | M 80 | Slägga       | 1 | Georg Johansson-38             | 31.22    |
|                             |         | K 50 | 10000m       | 3 | Anna-Stina Wanby-64            | 45.48.17 |

|                                  |                  |        |              |    |                                  |          |
|----------------------------------|------------------|--------|--------------|----|----------------------------------|----------|
| Stora SM, Eskilstuna             | 24 aug           | K      | 10 000m      | 8  | Ellen Persson                    | 36.10,48 |
|                                  | 25 aug           | M      | 1500m        | 6  | Omar Ismail                      | 4.03.00  |
| JSM Mångkamp, Uddevalla          | 8-9 sep          | K      | Sjukamp      | 9  | Lovisa Karlsson                  | 4468p    |
|                                  |                  | F19    | Sjukamp      | 1  | Lovisa Karlsson                  | 4468p    |
| SM, JSM, USM, VSM Terräng Ekerum | 27-28 okt        | M      | 4 km         | 5  | David Nilsson                    | 12.07    |
|                                  |                  |        | 4 km, lag    | 7  | David N, Andreas D, Anton R      | 38.46    |
|                                  |                  |        | 12 km        | 4  | David Nilsson                    | 38.11    |
|                                  |                  |        | 12km, lag    | 5  | David N, Anton R, Mikael B       | 2.02.28  |
|                                  |                  | K      | 4 km         | 5  | Ida Nilsson                      | 14.02    |
|                                  |                  |        | 8 km         | 11 | Ida Nilsson                      | 29.23    |
|                                  |                  | M22    | 8 km         | 8  | Nils Hammaräng Grip              | 27.30    |
|                                  |                  | P19    | 6 km         | 1  | Omar Ismail                      | 19.01    |
|                                  |                  |        | 6 km, lag    | 1  | Omar I, Love C, Ludvig B         | 1.00.01  |
|                                  |                  | F19    | 4 km         | 7  | Julia Samuelsson                 | 15.55    |
|                                  |                  | F15    | 4 km         | 2  | Nelly Össmar                     | 15.41    |
|                                  |                  | M35-55 | 8 km, lag    | 2  | Tobias I, Magnus G, Ola S        | 1.35.47  |
|                                  |                  | K40    | 4 km         | 2  | Frida Össmar                     | 16.22    |
|                                  |                  | K50    | 4 km         | 3  | Anna-Stina Wanby                 | 18.22    |
|                                  |                  | K60    | 4 km         | 2  | Katarina Nilsson                 | 20.54    |
|                                  |                  |        | 4 km         | 3  | Irène Rohde                      | 22.52    |
|                                  |                  | K70    | 4 km         | 2  | Lilian Brorsson                  | 28.22    |
|                                  |                  | K35-75 | 4 km, lag    | 2  | Frida Ö, Anna-Stina W, Camilla L | 55.35    |
| 2019 ISM Mångkamp, Uppsala       | 3 feb            | F19    | Femkamp      | 2  | Lovisa Karlsson                  | 4005p    |
|                                  |                  | K      | Femkamp      | 3  | Lovisa Karlsson                  | 4005p    |
| Stora ISM, Norrköping            | 16 feb           | M      | 1500m, fö    | 2  | David Nilsson                    | 3.56,00  |
|                                  |                  | K      | 3000m        | 12 | Julia Samuelsson                 | 9.58,44  |
|                                  |                  |        | Längd        | 4  | Lovisa Karlsson                  | 6.22     |
|                                  | 17 feb           | M      | 1500m        | 7  | David Nilsson                    | 4.03,87  |
|                                  |                  | K      | 60m häck     | 3  | Lovisa Karlsson                  | 8,37     |
| IJSM 19-22, IUSM 17, Växjö       | 23 feb<br>24 feb |        | Höjd         | 11 | Lovisa Karlsson                  | 1.66     |
|                                  |                  | F19    | Tresteg      | 1  | Lovisa Karlsson                  | 12.36    |
|                                  |                  | P19    | 1500m        | 1  | Omar Ismail                      | 3.58,27  |
|                                  |                  | F19    | 60m häck     | 1  | Lovisa Karlsson                  | 8,40     |
|                                  |                  |        | Längd        | 1  | Lovisa Karlsson                  | 6.04     |
| IVSM, Malmö                      | 1 mars           | M35    | 3000m        | 1  | Christofer Fogel                 | 9.10,16  |
|                                  |                  | M40    | 3000m        | 1  | Tomas Olsson                     | 9.52,93  |
|                                  |                  | K40    | 3000m        | 1  | Frida Össmar                     | 11.03,19 |
|                                  | 2 mars           | M35    | 1500m        | 1  | Christofer Fogel                 | 4.19,80  |
|                                  |                  |        | 1500m        | 3  | Mikael Bäcklund                  | 4.35,15  |
|                                  |                  | M40    | Höjd         | 1  | Peter Össmar                     | 1.67     |
|                                  | 3 mars           | K40    | 1500m        | 1  | Frida Össmar                     | 5.08,01  |
|                                  |                  | M35    | 800m         | 2  | Christofer Fogel                 | 2.06,85  |
|                                  |                  | K40    | 800m         | 3  | Frida Össmar                     | 2.29,85  |
|                                  |                  |        |              |    |                                  |          |
| VSM i Halvmarathon, Skövde       | 13 april         | M35    | Halvmarathon | 1  | Mikael Bäcklund                  | 1.11.32  |
| SM Marathon, Stockholm           | 1 juni           | K      | Marathon     | 6  | Ellen Persson                    | 2.43.57  |

|                                |         |           |           |    |                             |          |
|--------------------------------|---------|-----------|-----------|----|-----------------------------|----------|
| SM 10 km, Stockholm            | 13 juni | M         | 10 km     | 2  | David Nilsson               | 29.31    |
|                                |         | M22       | 10 km     | 2  | Erik Karlsson               | 31.46    |
|                                |         | M35       | 10 km     | 1  | Mikael Bäcklund             | 33.12    |
|                                |         | K22       | 10 km     | 1  | Ellen Persson               | 36.40    |
| JSM 19-22, USM 17, Göteborg    | 9 aug   | K22       | 2000m Hi  | 2  | Julia Samuelsson            | 6.45,84  |
|                                | 10 aug  | P19       | 1500m     | 1  | Omar Ismail                 | 3.53,06  |
|                                |         | K22       | 1500m     | 4  | Julia Samuelsson            | 4.56,99  |
|                                |         | F19       | Höjd      | 3  | Lovisa Karlsson             | 1.65     |
|                                | 11 aug  |           | Längd     | 5  | Lovisa Karlsson             | 5.63     |
|                                |         | M22       | 5000m     | 5  | Erik Karlsson               | 15.02,26 |
|                                |         | P19       | 800m      | 1  | Omar Ismail                 | 1.56,43  |
|                                |         | P17       | 300m H    | 3  | Anton Hermansson            | 39,34    |
|                                |         | K22       | 5000m     | 6  | Ellen Persson               | 17.50,79 |
|                                |         | F19       | 100m H    | 1  | Lovisa Karlsson             | 14,24    |
| USM 15-16, Trollhättan         | 11 aug  | F16       | 1500m Hi  | 3  | Nelly Össmar                | 5.18,40  |
| VSM, Huddinge                  | 16 aug  | M35       | 800m      | 1  | Christofer Fogel            | 2.10,36  |
|                                |         |           | 5000m     | 3  | Christofer Fogel            | 15.54,74 |
|                                |         | K55       | 5000m     | 2  | Anna-Stina Wanby            | 21.32,91 |
|                                |         | K60       | 5000m     | 3  | Katarina Nilsson            | 25.11,75 |
|                                |         |           | Slägga    | 3  | Katarina Nilsson            | 23.67    |
|                                | 17 aug  | M35       | 1500m     | 3  | Christofer Fogel            | 4.25,20  |
|                                |         |           | 3000m Hi  | 1  | Christofer Fogel            | 10.35,59 |
|                                |         | K60       | Diskus    | 3  | Katarina Nilsson            | 17.86    |
|                                |         |           | Vikt      | 3  | Katarina Nilsson            | 9.03     |
|                                | 18 aug  | M35       | 10 000m   | 1  | Mikael Bäcklund             | 33.10,93 |
|                                |         |           | 10 000m   | 2  | Christofer Fogel            | 33.39,07 |
|                                |         | K55       | 10 000m   | 2  | Anna-Stina Wanby            | 45.40,39 |
|                                |         | K60       | 10 000m   | 3  | Katarina Nilsson            | 51.34,44 |
|                                |         |           | Kula      | 2  | Anne-Marie Tornegård        | 6.95     |
|                                |         |           |           |    |                             |          |
| Stora SM, Karlstad             | 30 aug  | M         | 10 000m   | 8  | Erik Karlsson               | 30.24,65 |
|                                | 31 aug  | K         | 3000m Hi  | 2  | Julia Samuelsson            | 10.29,88 |
|                                |         |           | Längd     | 10 | Lovisa Karlsson             | 5.74     |
|                                | 1 sep   | M         | 5000m     | 3  | David Nilsson               | 14.11,26 |
| SM, JSM, USM, VSM Terräng Umeå | 12 okt  | M35       | 8 km      | 2  | Christofer Fogel            | 27.15    |
|                                |         | M40       | 8 km      | 3  | Tomas Olsson                | 29.44    |
|                                |         | M vet lag |           | 2  | Christofer, Tomas, Mikael B | 1.25.37  |
|                                |         | F17       |           | 7  | Nelly Össmar                | 15.32    |
|                                |         | K55       | 8 km      | 2  | Anna-Stina Wanby            | 38.34    |
|                                |         |           | 8 km      | 3  | Camilla Persson             | 42.53    |
|                                |         | K60       | 6 km      | 1  | Katarina Nilsson            | 33.16    |
|                                | 13 okt  | P19       | 6 km      | 3  | Omar Ismail                 | 19.10    |
|                                |         | K22       | 6 km      | 6  | Julia Samuelsson            | 23.16    |
|                                |         |           |           |    |                             |          |
| 2020 ISM Mångkamp, Sollentuna  | 1-2 feb | M         | Sjukamp   | 2  | Marcus Nilsson              | 5653p    |
|                                | 2 feb   | K         | Femkamp   | 2  | Lovisa Karlsson             | 3967p    |
|                                |         | K22       | Femkamp   | 2  | Lovisa Karlsson             | 3967p    |
| ISM, Växjö                     | 23 feb  | M         | 1500m     | 3  | Omar Ismail                 | 3.52,49  |
|                                |         | K         | 60m final | 2  | Lovisa Karlsson             | 8,35     |
|                                |         |           | Längd     | 8  | Lovisa Karlsson             | 6.04     |

|                                     |           |     |           |   |                                  |          |
|-------------------------------------|-----------|-----|-----------|---|----------------------------------|----------|
| IVSM, Malmö                         | 28 feb    | K55 | 3000m     | 3 | Anna-Stina Wanby                 | 12.33,54 |
|                                     | 29 feb    |     | 1500m     | 3 | Anna-Stina Wanby                 | 5.54,61  |
| IJSM 19-22, IUSM 17, Göteborg       | 1 mars    | K22 | 60m final | 1 | Lovisa Karlsson                  | 8,27     |
|                                     |           |     | Längd     | 3 | Lovisa Karlsson                  | 5.92     |
| SM i mångkamp, Ljungby              | 1-2 aug   | M   | Tiokamp   | 2 | Marcus Nilsson                   | 7.574p   |
|                                     |           | K   | Sjukamp   | 2 | Lovisa Karlsson                  | 5.584p   |
|                                     |           | K22 | Sjukamp   | 2 | Lovisa Karlsson                  | 5.584p   |
| Stora SM, Uppsala                   | 14 aug    | M   | 10 000m   | 2 | David Nilsson                    | 29.50,75 |
|                                     | 15 aug    | K   | 3000m Hi  | 3 | Julia Samuelsson                 | 10.26,23 |
|                                     | 16 aug    | K   | 100m H    | 1 | Lovisa Karlsson                  | 13,67    |
| JSM 19-22, USM 17, Linköping        | 22 aug    | K22 | 2000m Hi  | 1 | Julia Samuelsson                 | 6.49,84  |
|                                     |           | F17 | 1500m Hi  | 6 | Nelly Össmar                     | 5.25,54  |
|                                     |           | M22 | 5000m     | 7 | Erik Karlsson                    | 15.54,81 |
|                                     |           | K22 | 5000m     | 3 | Julia Samuelsson                 | 17.38,82 |
| SM, JSM, USM, VSM Terräng Vällingby | 24-25 okt | M22 | 8 km, lag | 3 | Erik K,Nils H G,Lukas Mårtensson | Plats 49 |
| SM 10 km, Anderstorp                | 10 okt    | M   | 10 km     | 3 | David Nilsson                    | 28.49    |
| 2021 ISM Mångkamp, Örebro           | 30-31 jan | M   | Sjukamp   | 2 | Marcus Nilsson                   | 5.714p   |
|                                     |           |     |           | 6 | Rasmus Elfgaard                  | 3.810p   |
| ISM, Malmö                          | 19-21 feb | M   | 60m h     | 6 | Rasmus Elfgaard                  | 8.31     |
|                                     |           |     |           | 7 | Hannes Kvist Wirdmo              | 8.33     |
|                                     |           |     | stav      | 4 | Marcus Nilsson                   | 5.03     |
|                                     |           |     | kula      | 6 | Marcus Nilsson                   | 15.71    |
| SM 10 km, Anderstorp                | 13 juli   | M   | 10 km     | 3 | David Nilsson                    | 29.28    |
| SM,-JSM-USM Mångkamp Ljungby        | 7-8 aug   | M   | Tiokamp   | 3 | Rasmus Elfgaard                  | 7.071p   |
|                                     |           | K   | Sjukamp   | 3 | Lovisa Karlsson                  | 5.047p   |
|                                     |           |     |           | 9 | Frida Bergvall                   | 3.925p   |
| USM 16-17, Norrköping               | 13-15 aug | F17 | Sjukamp   | 1 | Linnéa Svanhall                  | 5.220p   |
|                                     |           |     | 100m H    | 1 | Linnéa Svanhall                  | 13.79w   |
|                                     |           |     | Höjd      | 3 | Linnéa Svanhall                  | 1.72     |
| JSM-USM15, Linköping                | 20-22 aug | M22 | Längd     | 2 | Linnéa Svanhall                  | 5.78w    |
|                                     |           |     |           |   |                                  |          |
|                                     |           |     | 1500m     | 2 | Omar Ismail                      | 3.51.73  |
|                                     |           |     | 5000m     | 1 | Omar Ismail                      | 14.53.45 |
|                                     |           | K22 | 2000m Hi  | 2 | Julia Samuelsson                 | 6.34.85  |
|                                     |           |     | Kula      | 5 | Frida Bergvall                   | 12.41    |
| Veteran-SM, Högby                   | 20-22 aug | P19 | 5000m     | 7 | Isak Hagberg                     | 16.03.31 |
|                                     |           | F19 | 2000m Hi  | 4 | Nelly Össmar                     | 7.19.81  |
|                                     |           | M35 | 10 000m   | 3 | Mikael Bäcklund                  | 36.27.02 |
|                                     |           |     |           |   |                                  |          |
|                                     |           | K35 | Kula      | 2 | Nadja Casadei                    | 10.68    |
|                                     |           |     | Diskus    | 1 | Nadja Casadei                    | 26.77    |
|                                     |           |     | Slägga    | 2 | Nadja Casadei                    | 25.81    |
|                                     |           |     |           |   |                                  |          |
|                                     |           |     | Spjut     | 3 | Nadja Casadei                    | 26.74    |
|                                     |           |     |           |   |                                  |          |
|                                     |           | M40 | 5000m     | 2 | Johan Nordström                  | 16.57.68 |

|                                   |           |     |          |    |                      |          |
|-----------------------------------|-----------|-----|----------|----|----------------------|----------|
|                                   |           |     | Höjd     | 1  | Dennis Stridh        | 1.70     |
|                                   |           | M50 | Slägga   | 1  | Per Karlsson         | 52.39    |
|                                   |           | K55 | 10 000m  | 3  | Anna-Stina Wanby     | 47.55.51 |
|                                   |           |     | Kula     | 3  | Lena Casadei         | 8.77     |
|                                   |           | K60 | Kula     | 1  | Siv Tornegård        | 8.22     |
|                                   |           |     | Diskus   | 2  | Siv Tornegård        | 15.34    |
|                                   |           |     |          | 3  | Anne-Marie Tornegård | 14.43    |
|                                   |           |     | Vikt     | 3  | Anne-Marie Tornegård | 7.44     |
|                                   |           |     | Slägga   | 3  | Anne-Marie Tornegård | 19.52    |
|                                   |           | M65 | 5000m    | 3  | Hans Danelid         | 22.51.99 |
|                                   |           |     | 2000m Hi | 1  | Johnny Söderstig     | 12.05.70 |
|                                   |           | K65 | Kula     | 3  | Katarina Nilsson     | 6.15     |
|                                   |           |     | Diskus   | 2  | Katarina Nilsson     | 14.93    |
|                                   |           |     | Vikt     | 1  | Katarina Nilsson     | 8.37     |
|                                   |           |     | Slägga   | 1  | Katarina Nilsson     | 19.62    |
|                                   |           |     | Spjut    | 2  | Katarina Nilsson     | 11.19    |
| Stora SM, Borås                   | 27-28 aug | M   | 1500m    | 7  | Omar Ismail          | 3.55.87  |
|                                   |           |     | 5000m    | 5  | Omar Ismail          | 14.05.33 |
|                                   |           |     | Stav     | 5  | Marcus Nilsson       | 4.67     |
|                                   |           |     | Kula     | 12 | Rasmus Elfgaard      | 14.18    |
|                                   |           | K   | Spjut    | 12 | Marcus Nilsson       | 54.80    |
|                                   |           |     | 5000m    | 7  | Julia Samuelsson     | 16.47.08 |
|                                   |           |     | 3000m Hi | 5  | Julia Samuelsson     | 10.23.49 |
|                                   |           |     | Kula     | 9  | Frida Bergvall       | 12.57    |
| SM Marathon, Stockholm            | 9 okt     | M   | Marathon | 3  | David Nilsson        | 2.14.33  |
| SM, JSM, USM, VSM Terräng Höganäs | 23-24 okt | M   | Terräng  | 10 | Omar Ismail          | 10.20    |
|                                   |           | M22 | Terräng  | 2  | Omar Ismail          | 24.22    |
|                                   |           | P16 | Terräng  | 4  | Abdirahman Ali       | 11.27    |
|                                   |           | K   | Terräng  | 12 | Amanda Håkansson     | 38.05    |
| 2022 ISM Mångkamp, Örebro         | 5-6 feb   | M   | Sjukamp  | 1  | Marcus Nilsson       | 5.718p   |
|                                   |           |     |          | 2  | Rasmus Elfgaard      | 5.181p   |
|                                   |           | K   | Femkamp  | 1  | Lovisa Karlsson      | 4.244p   |
| ISM, Växjö                        | 25-27 feb | M   | 60m h    | 7  | Rasmus Elfgaard      | 8.46     |
|                                   |           |     | stav     | 2  | Marcus Nilsson       | 5.09     |
|                                   |           |     | kula     | 6  | Marcus Nilsson       | 15.30    |
|                                   |           | K   | 1500m    | 6  | Julia Samuelsson     | 4.32.89  |
|                                   |           |     | 60m H    | 2  | Lovisa Karlsson      | 8.38     |
|                                   |           |     | Längd    | 10 | Lovisa Karlsson      | 5.88     |
|                                   |           |     | Kula     | 12 | Frida Bergvall       | 13.03    |
| USM, Göteborg                     | 12-13 mar | P15 | 200m     | 4  | Edvin Persson        | 24.73    |
|                                   |           |     | 60m H    | 4  | Edvin Persson        | 8.74     |
|                                   |           |     | Längd    | 2  | Edvin Persson        | 6.42     |
|                                   |           |     | Tresteg  | 1  | Edvin Persson        | 13.00    |
|                                   |           | F15 | Stav     | 5  | Tuva Grimheden       | 2.73     |
| USM Mångkamp, Örebro              | 20 mar    | F15 | Femkamp  | 7  | Nathalie Rantzer     | 3.053p   |
| IVSM, Västerås                    | 25-27 mar | K60 | Kula     | 2  | Siv Tornegård        | 7.87     |
|                                   |           | K65 | Kula     | 3  | Anne-Marie Tornegård | 6.62     |
|                                   |           | M75 | Stav     | 2  | Ulf Wickbom          | 2.00     |

|                                                |           |     |              |   |                      |          |
|------------------------------------------------|-----------|-----|--------------|---|----------------------|----------|
| <b>SM Marathon, Stockholm</b>                  | 4 jun     | K   | Marathon     | 1 | Hanna Lindholm       | 2.36.39  |
| <b>SM 10 km, Stockholm</b>                     | 16 jun    | M   | 10 km        | 5 | David Nilsson        | 29.58    |
|                                                |           | K   | 10 km        | 3 | Hanna Lindholm       | 33.30    |
| <b>SM, VSM Halvm, Anderstorp</b>               | 13 jul    | K40 | Halvmarathon | 3 | Anna Hedenfeldt      | 1.35.13  |
| <b>SM, JSM, USM Mångkamp<br/>Västerås</b>      | 23-24 jul | K   | Sjukamp      | 2 | Lovisa Karlsson      | 5.460p   |
|                                                |           |     | Sjukamp      | 4 | Frida Bergvall       | 4.391p   |
|                                                |           | K22 | Sjukamp      | 1 | Lovisa Karlsson      | 5.460p   |
| <b>SM, Norrköping</b>                          | 5-7 aug   | M   | Stav         | 3 | Marcus Nilsson       | 5.17     |
|                                                |           | K   | 1500m        | 8 | Julia Samuelsson     | 4.45.24  |
|                                                |           |     | 3000m Hi     | 4 | Julia Samuelsson     | 10.04.53 |
|                                                |           |     | 100m H       | 6 | Lovisa Karlsson      | 25.14    |
|                                                |           |     | Kula         | 8 | Frida Bergvall       | 13.02    |
| <b>USM 15-16, Uppsala</b>                      | 26-28 aug | P15 | 300m H       | 3 | Edvin Persson        | 41.03    |
|                                                |           |     | Längd        | 1 | Edvin Persson        | 6.57     |
|                                                |           |     | Tresteg      | 1 | Edvin Persson        | 13.03    |
|                                                |           | F15 | 300m H       | 8 | Nathalie Rantzer     | 49.34    |
| <b>VSM, Kalmar</b>                             | 26-28 aug | K35 | Längd        | 1 | Nadja Casadei        | 4.87     |
|                                                |           |     | Diskus       | 1 | Nadja Casadei        | 28.16    |
|                                                |           |     | Spjut        | 3 | Nadja Casadei        | 30.35    |
|                                                |           | M40 | 3000m Hi     | 1 | Simon Westerberg     | 12.03.14 |
|                                                |           | M45 | Höjd         | 2 | Dennis Stridh        | 1.63     |
|                                                |           | M55 | Slägga       | 1 | Per Karlsson         | 53.99    |
|                                                |           | K55 | 10000m       | 2 | Anna-Stina Wanby     | 48.33.48 |
|                                                |           | M60 | 5000m        | 1 | Mikael Davidsson     | 19.54.55 |
|                                                |           | K60 | Kula         | 1 | Siv Tornegård        | 7.91     |
|                                                |           |     | Diskus       | 2 | Siv Tornegård        | 15.49    |
|                                                |           | K65 | Kula         | 3 | Anne-Marie Tornegård | 6.68     |
|                                                |           |     | Diskus       | 2 | Katarina Nilsson     | 16.97    |
|                                                |           |     | Vikt         | 2 | Katarina Nilsson     | 8.21     |
|                                                |           |     | Slägga       | 2 | Katarina Nilsson     | 17.70    |
|                                                |           | M75 | Stav         | 3 | Ulf Wickbom          | 1.90     |
| <b>JSM, USM17, Sollentuna</b>                  | 26-28 aug | K22 | 200m         | 2 | Lovisa Karlsson      | 25.32    |
|                                                |           |     | 100m H       | 1 | Lovisa Karlsson      | 14.03    |
|                                                |           | P19 | 5000m        | 2 | Hugo Unosson         | 16.06.34 |
|                                                |           | P17 | 1500m        | 4 | Abdirahman Ali       | 4.05.82  |
|                                                |           |     | 3000m        | 2 | Abdirahman Ali       | 8.54.20  |
| <b>VSM Marathon, Helsingborg</b>               | 3 sep     | M40 | Marathon     | 2 | Johan Nordström      | 2.46.33  |
| <b>VSM Kastmångkamp,Huddinge</b>               | 18 sep    | K60 | Kastmångk.   | 1 | Siv Tornegård        | 1.850p   |
| <b>SM, JSM, USM, JSM Terräng<br/>Vällingby</b> | 22-23 okt | K   | 10km         | 3 | Hanna Lindholm       | 36.05    |
|                                                |           | M22 | 10km         | 6 | Isak Hagberg         | 34.15    |
|                                                |           | P19 | 6km          | 2 | Hugo Unosson         | 19.03    |
|                                                |           | F19 | 6 km         | 7 | Nelly Össmar         | 23.50    |
|                                                |           | K60 | 4 km         | 2 | Camilla Persson      | 20.22    |
|                                                |           | K65 | 4 km         | 2 | Katarina Nilsson     | 23.10    |
|                                                |           | M70 | 4 km         | 3 | Carl-Gustaf Nilsson  | 20.05    |

|                                       |                                   |         |           |         |                                               |                  |        |
|---------------------------------------|-----------------------------------|---------|-----------|---------|-----------------------------------------------|------------------|--------|
| 2023                                  | ISM, IJSM, IUSM Mångkamp<br>Växjö | 4-5 feb | K         | Femkamp | 2                                             | Lovisa Karlsson  | 4.212p |
|                                       |                                   |         | P16       | Sjukamp | 5                                             | Edvin Persson    | 4.313p |
|                                       |                                   |         | F16       | Femkamp | 8                                             | Nathalie Rantzer | 3.163p |
| ISM, Malmö                            | 17-19 feb                         | M       | Stav      | 3       | Marcus Nilsson                                | 5.15             |        |
|                                       |                                   |         | Kula      | 7       | Marcus Nilsson                                | 15.23            |        |
|                                       |                                   | K       | 1500m     | 7       | Julia Samuelsson                              | 4.38.06          |        |
|                                       |                                   |         | 3000m     | 5       | Julia Samuelsson                              | 9.42.30          |        |
|                                       |                                   |         | 60m H     | 3       | Lovisa Karlsson                               | 8.36             |        |
|                                       |                                   |         | Längd     | 4       | Lovisa Karlsson                               | 6.08             |        |
| IUSM 15-16, Västerås                  | 4-5 mars                          | P16     | Längd     | 1       | Edvin Persson                                 | 6.77             |        |
|                                       |                                   |         | Tresteg   | 1       | Edvin Persson                                 | 13.56            |        |
|                                       |                                   | F16     | 400m      | 4       | Nathalie Rantzer                              | 59.59            |        |
| IVSM, Uppsala                         | 10-12 mars                        | K65     | Kula      | 2       | Anne-Marie Tornegård                          | 6.56             |        |
|                                       |                                   |         | Vikt      | 1       | Anne-Marie Tornegård                          | 6.46             |        |
| SM, JSM, VSM 10 km, Ystad             | 23 april                          | M22     | 10 km     | 4       | Isak Hagberg                                  | 31.46            |        |
|                                       |                                   | K60     |           | 2       | Camilla Persson                               | 47.28            |        |
| SM Marathon, Stockholm                | 3 juni                            | M       | Marathon  | 2       | David Nilsson                                 | 2.18.34          |        |
|                                       |                                   | K       |           | 2       | Hanna Lindholm                                | 2.38.36          |        |
|                                       |                                   |         |           | 10      | Towa Nilsson                                  | 2.51.09          |        |
| SM, Söderhamn                         | 28-30 juli                        | K       | 5000m     | 6       | Julia Samuelsson                              | 16.30.48         |        |
|                                       |                                   |         | 10000m    | 3       | Hanna Lindholm                                | 34.42.86         |        |
|                                       |                                   |         |           | 9       | Towa Nilsson                                  | 36.27.65         |        |
|                                       |                                   |         | 3000m Hi  | 2       | Julia Samuelsson                              | 9.55.79          |        |
|                                       |                                   |         | 100m H    | 6       | Linnéa Svanhall                               | 14.06            |        |
|                                       |                                   |         | Längd     | 10      | Linnéa Svanhall                               | 5.40w            |        |
|                                       |                                   |         | Kula      | 10      | Frida Bergvall                                | 13.13            |        |
|                                       |                                   |         | Sjukamp   | 1       | Lovisa Karlsson                               | 5.846p           |        |
| VSM, Göteborg                         | 4-6 aug                           | M55     | Slägga    | 1       | Per Karlsson                                  | 52.26            |        |
|                                       |                                   | K55     | 5000m     | 3       | Anna-Stina Wanby                              | 23.05.78         |        |
|                                       |                                   |         | 10000m    | 2       | Anna-Stina Wanby                              | 47.33.72         |        |
| JSM, USM 16-17, Helsingborg           | 11-13 aug                         | M22     | 1500m     | 7       | Hugo Unosson                                  | 4.01.26          |        |
|                                       |                                   |         | 5000m     | 5       | Hugo Unosson                                  | 15.08.14         |        |
|                                       |                                   | P16     | Längd     | 1       | Edvin Persson                                 | 7.05             |        |
|                                       |                                   |         | Tresteg   | 1       | Edvin Persson                                 | 13.96w           |        |
|                                       |                                   | F16     | 400m      | 4       | Nathalie Rantzer                              | 1.00.49          |        |
|                                       |                                   |         | 100m H    | 5       | Tuva Grimheden                                | 15.65            |        |
| JSM, USM Mångkamp, Ljungby            | 26-27 aug                         | F19     | Sjukamp   | 1       | Linnéa Svanhall                               | 4.933p           |        |
| VSM Marathon, Göteborg                | 3 sep                             | M40     | Marathon  | 3       | Johan Nordström                               | 2.42.41          |        |
|                                       |                                   | K40     |           | 1       | Hanna Lindholm                                | 2.43.32          |        |
| SM, JSM, USM, JSM Terräng<br>Halmstad | 21-22 okt                         | M       | 4km, lag  | 5       | Högby IF<br>Hugo U,Andreas D,Lukas M,Nils H   | 68p              |        |
|                                       |                                   | M22     | 10km      | 4       | Isak Hagberg                                  | 33.15            |        |
|                                       |                                   |         |           | 5       | Hugo Unosson                                  | 34.18            |        |
|                                       |                                   | M       | 10km, lag | 5       | Högby IF<br>Isak H, Andreas D, Nils H, Hugo U | 62p              |        |
|                                       |                                   | F19     | 6km       | 2       | Towa Nilsson                                  | 22.08            |        |

|      |                                     |           |     |              |         |                    |          |
|------|-------------------------------------|-----------|-----|--------------|---------|--------------------|----------|
| 2024 | ISM, IJSM, IUSM Mångkamp            | 20-21 jan | M   | Sjukamp      | 1       | Marcus Nilsson     | 5.706p   |
|      | Sollentuna                          | 20 jan    | F17 | Femkamp      | 6       | Tuva Grimheden     | 3.211p   |
|      | ISM, Karlstad                       | 17 feb    | M   | Stav         | 6       | Marcus Nilsson     | 4.96     |
|      |                                     | 16 feb    | K   | 3000m        | 5       | Julia Samuelsson   | 9.36.05  |
|      |                                     | 18 feb    |     | 60m H        | 1       | Lovisa Karlsson    | 8.21     |
|      |                                     | 18 feb    |     | Längd        | 1       | Lovisa Karlsson    | 6.55     |
|      | IJSM-IUSM17, Örebro                 | 25 feb    | M22 | 1500m        | 1       | Hugo Unosson       | 3.55.10  |
|      |                                     | 24 feb    | P17 | Tresteg      | 2       | Edvin Persson      | 13.48    |
|      |                                     | 25 feb    | F17 | 400 m        | 8       | Nathalie Rantzer   | 1.00.80  |
|      | IVSM, Varberg                       | 3 mars    | M45 | 800 m        | 3       | Daniel Axelsson    | 2.13.63  |
|      |                                     | 2 mars    |     | 1500 m       | 2       | Daniel Axelsson    | 4.34.83  |
|      |                                     | 3 mars    | M80 | Stav         | 2       | Ulf Wickbom        | 1.70     |
|      | SM-VSM 100km/24 tim, Växjö          | 27-28 apr | K40 | 100 km       | 2       | Anna Hedenfeldt    | 9.28.47  |
|      | SM Marathon, Stockholm              | 1 jun     | M   | Marathon     | 4       | David Nilsson      | 2.22.43  |
|      |                                     |           | K   |              | 3       | Hanna Lindholm     | 2.43.57  |
|      | Friidrotts-SM, Uddevalla            | 30 jun    | M   | 10000m       | 11      | Andreas Davidsson  | 30.10.51 |
|      |                                     | 28 jun    |     | Kula         | 3       | Viktor Gardenkrans | 18.76    |
|      |                                     | 30 jun    | K   | 5000m        | 4       | Julia Samulsson    | 16.19.99 |
|      |                                     |           |     |              | 12      | Towa Nilsson       | 17.15.76 |
|      |                                     | 28 jun    | K   | 10000m       | 4       | Towa Nilsson       | 35.18.77 |
|      |                                     | 28 jun    |     | 3000m Hi     | 3       | Julia Samulsson    | 9.58.33  |
|      |                                     | 29 jun    |     | 100m H       | 1       | Lovisa Karlsson    | 13.14w   |
|      |                                     | 29 jun    |     | Kula         | 10      | Frida Bergvall     | 13.34    |
|      | JSM-USM i Mångkamp, Kil             | 12-13 jul | F17 | Sjukamp      | 3       | Tuva Grimheden     | 4.471p   |
|      | SM, JSM22, VSM 10 km<br>Kalmar      | 24 jul    | M   | 10 km        | 2       | David Nilsson      | 29.19    |
|      |                                     |           | M22 |              | 4       | Hugo Unosson       | 31.09    |
|      |                                     |           |     |              | 5       | Isak Hagberg       | 31.29    |
|      |                                     |           | K22 |              | 4       | Filippa Andersson  | 37.18    |
|      |                                     |           | M35 |              | 1       | David Nilsson      | 29.19    |
|      |                                     |           | M45 |              | 2       | Johan Nordström    | 33.43    |
|      |                                     |           | M60 |              | 2       | Niklas Wikner      | 38.35    |
|      |                                     | K65       | 2   | Iréne Rohde  | 1.02.14 |                    |          |
|      | Veteran-SM, Karlstad                | 2 aug     | M55 | Diskus 1.5   | 3       | Per Karlsson       | 36.42    |
|      |                                     |           |     | Vikt 11.34   | 1       | Per Karlsson       | 18.59    |
|      | JSM-USM15, Sollentuna               | 3 aug     | M22 | 1500m        | 5       | Hugo Unosson       | 3.52.81  |
|      |                                     |           |     | 5000m        | 3       | Hugo Unosson       | 15.04.43 |
|      |                                     |           |     |              | 6       | Isak Hagberg       | 15.26.51 |
|      | USM 16-17, Ljungby                  | 9 aug     | F17 | Höjd         | 6       | Tuva Grimheden     | 1.49     |
|      |                                     |           |     | Spjut        | 7       | Tuva Grimheden     | 32.53    |
|      | SM-VSM Halvmarathon,<br>Stockholm   | 7 sep     | M   | Halvmarathon | 9       | David Nilsson      | 1.07.52  |
|      |                                     |           | M35 |              | 2       | David Nilsson      | 1.07.52  |
|      | VSM Kastfemkamp, Huddinge           | 14 sep    | M55 | Kastfemkamp  | 1       | Per Karlsson       | 3.688p   |
|      | SM-JSM-USM-VSM Terräng<br>Jönköping | 27 okt    | M22 | 10 km        | 7       | Hugo Unosson       | 34.09    |