

Olympic Team Norway



Team and Media Guide



Norwegian Olympic Committee



Photo: MORTEN ØRGGVOLD/Dei kongelige hoff

H.M. King Harald V
H.M. Queen Sonja

Area (total):

Norway	385.155 km ²
- Svalbard	61.020 km ²
- Jan Mayen	377 km ²
Norway (not incl. Svalbard and Jan Mayen)	323.758 km ²
Bouvet Island	49 km ²
Peter Island	156 km ²
Queen Maud Land	

Population (06.07.2012) 5.021.154

Main cities (01.11.2011)

Oslo	599.230
Bergen	260.392
Trondheim	173.486
Stavanger	126.021
Kristiansand	82.394
Fredrikstad	74.579
Tromsø	68.239
Sandnes	66.245
Drammen	63.582
Sarpsborg	52.805

Life expectancy: Men: 79 years – Women: 83 years

Length of common frontiers: 2.542 km

- Sweden	1.619 km
- Finland	727 km
- Russia	196 km
- Shortest distance north/south	1.752 km
- Length of the continental coastline	21.465 km
- Not incl. Fjords and bays	2.650 km
Greatest width of the country	430 km
Least width of the country	6,3 km

Largest lake: Mjøsa	362 km ²
Longest river: Glomma	600 km
Highest waterfall: Skykkjedalsfossen	300 m
Highest mountain: Galdhøpiggen	2.469 m
Largest glacier: Jostedalsgreen	487 km ²
Longest fjord: Sognefjorden	204 km

Prime Minister: Jens Stoltenberg

Monetary unit:

NOK (Krone)..... 05.07.12: 1 GBP = 9.38 NOK – 1 EUR = 7.48 NOK

On a mandate from the Norwegian Olympic Committee (NOK) and Confederation of Sports (NIF) has been given the operative responsibility for all top sports in the country. In close co-operations with the sports federations, the NOK instigates and co-ordinates several activities to facilitate the athletic development.

The initiative was taken after the Olympic Games in 1984, as a project on a trial basis. It was made permanent in 1988, and in 1990 the responsibility was formally given to the NOK. At the core of the Norwegian Top Sports Programme, stands the reliance of the athlete and his or her coach. All other activities are seen as a support of this. Another central issue is to learn from each other experiences across traditional barriers between the different sports. The cross training has proven beneficial to those who have tried it.

In preparation for the 2012 Olympics, coaches and officials of the Olympic Team have been going through a training programme. When the athletes are training, why should not the rest of the Olympic Team train as well? The purpose of this is to prepare the support organisation, and to familiarise the whole team with the aims and objectives of the Norwegian Top Sports Programme.

The Olympic Team is organised under the Chef de Mission. He exercises his authority through his Team Directors and administrative personnel for administrative matters. The health team and the team of press attachés are organised under the Chef de Mission.

Being a small country, it is easy for Norway to establish an Olympic Team where everybody knows each other. That helps create secure and supportive surroundings for those who are to perform in the Olympic competition.



Media Guide of the Norwegian Olympic Team in London 2012 is published by the Norwegian Olympic Committee to assist the national and international media representatives.

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Prepress and printed by:
 Møklegaards Trykkeri AS
Fredrikstad – Norway

Abbreviations:
OG: Olympic Games
WCh: World Championship
ECh: European Championship
WC: World Cup
NCh: National Championship
WR: World Record



NORWEGIAN VIKINGS RETURN TO LONDON!



London calling! Being Norwegian and travelling to London to take part in the Olympic Games is almost like travelling back into our history. Norway's links with the United Kingdom and London are rich in tradition, and have deep roots with regards to the Viking times, and our royal family. We know that Norwegian Vikings laid waste to London in the 7th century, and then settled there. We're invading London again now with a different set of values, but still with a strong desire to leave our historic mark behind. Over the years, many Norwegian teams at international level have been branded "Attacking Vikings" - a reputation we are happy to bear in our efforts to perform at our best in London.

The late Norwegian author and radio star Richard Hermann (1919-2010) wrote several books on London, one of which he entitled "The city of my delight". London is undoubtedly a city which can offer almost everything, and we hope that the Norwegian team will spread happiness and generate pride when we represent Norway and the flag in the country we historically have been closely linked to. We will show ourselves and everyone else that we are well prepared. We know that everyone in the team will do their best for themselves and for the team.

In addition to their overall performance, the team will be measured against the expectations of the people back home. We are determined to be realistic, and agree that 5-7 Olympic medals is the right target to go for.

The run-up to these games has been different to anything we've seen before, as we lost our idol and medal hope, Alexander Dale Oen on 1 May this year. That was an incredibly sad spring, and a period when preparations were in their final phase for the games in London. We can choose to turn that into something positive for the team during the games, by remembering that our loss brought us closer together and made us stronger as a team, and that Alexander's spirit is with us when we are out there competing, and we can follow his eternal encouragement: "Push harder!"

As mentioned above, London is a city with a close relationship to Norway thanks to history and relationships between our royal families. What's more, the short distance between our countries means that there are lots of Norwegians making the trip. We're not Viking raiders any more, but we do want to show the Brits and everyone else that we can fight. Fight with the team spirit we have created in each sport, and with the togetherness we have built up through team gatherings, when good relationships and sharing know-how and experience have been vital.

Let's push, let the games begin!

Jarle Aambø
Tops Sports Manager
Norwegian Olympic Committee

Norway has participated in the Olympic Games since year 1900 (Paris)

Summer Games:

1900 Paris	8 athletes		1 silver	2 bronze
1906 Athens	26 athletes	2 gold	1 silver	
1908 London	58 athletes	2 gold	3 silver	3 bronze
1912 Stockholm	191 athletes	4 gold	1 silver	5 bronze
1920 Antwerp	190 athletes	13 gold	8 silver	9 bronze
1924 Paris	62 athletes	5 gold	2 silver	3 bronze
1928 Amsterdam	51 athletes	1 gold	2 silver	1 bronze
1932 Los Angeles	5 athletes	-	no medals	
1936 Berlin	72 athletes	1 gold	3 silver	2 bronze
1948 London	79 athletes	1 gold	3 silver	3 bronze
1952 Helsinki	105 athletes	3 gold	2 silver	
1956 Melbourne	18 athletes	1 gold		2 bronze
1960 Roma	42 athletes	1 gold		
1964 Tokyo	26 athletes	-	no medals	
1968 Mexico	47 athletes	1 gold	1 silver	
1972 Munich	116 athletes	2 gold	1 silver	1 bronze
1976 Montreal	64 athletes	1 gold	1 silver	
1984 Los Angeles	107 athletes		1 silver	2 bronze
1988 Seoul	71 athletes	2 gold	3 silver	
1992 Barcelona	95 athletes	2 gold	4 silver	1 bronze
1996 Atlanta	98 athletes	2 gold	2 silver	3 bronze
2000 Sydney	96 athletes	4 gold	3 silver	3 bronze
2004 Athens	50 athletes	5 gold		1 bronze
2008 Beijing	91 athletes	3 gold	5 silver	1 bronze

Total number of medals in Summer Games: 145 (56 gold, 47 silver, 42 bronze)

Winter Games:

1924 Chamonix	14 athletes	4 gold	7 silver	6 bronze
1928 St. Moritz	28 athletes	6 gold	4 silver	5 bronze
1932 Lake Placid	19 athletes	3 gold	4 silver	3 bronze
1936 Garmisch Partenkirchen	30 athletes	7 gold	5 silver	3 bronze
1948 St. Moritz	49 athletes	4 gold	3 silver	3 bronze
1952 Oslo	76 athletes	7 gold	3 silver	6 bronze
1956 Cortina	43 athletes	2 gold	1 silver	1 bronze
1960 Squaw Valley	29 athletes	3 gold	3 silver	
1964 Innsbruck	57 athletes	3 gold	6 silver	6 bronze
1968 Grenoble	65 athletes	6 gold	6 silver	2 bronze
1972 Sapporo	69 athletes	2 gold	5 silver	5 bronze
1976 Innsbruck	88 athletes	3 gold	3 silver	1 bronze
1980 Lake Placid	66 athletes	1 gold	3 silver	6 bronze
1984 Sarajevo	64 athletes	3 gold	2 silver	4 bronze
1988 Calgary	66 athletes		3 silver	2 bronze
1992 Albertville	83 athletes	9 gold	6 silver	5 bronze
1994 Lillehammer	94 athletes	10 gold	11 silver	5 bronze
1998 Nagano	84 athletes	10 gold	10 silver	5 bronze
2002 Salt Lake	82 athletes	13 gold	5 silver	7 bronze
2006 Turin	74 athletes	2 gold	8 silver	9 bronze
2010 Vancouver	100 athletes	9 gold	8 silver	6 bronze

Total number of medals in Winter Games: 303 (107 gold, 106 silver, 90 bronze)

NORWEGIAN GOLD MEDAL WINNERS summer games

Athens 1896

Norway didn't participate

Paris 1900

No gold medals

St. Louis 1904

Norway didn't participate

Athens 1906

Gudbrand G. Skatteboe.....Shooting free rifle
20 men team.....Gymnastic

London 1908

Albert Helgerud.....Shooting free rifle
6 men team.....Shooting free rifle team

Stockholm 1912

"Magda IX", Johan Anker w/crew.....Sailing 12 m
"Taifun", Thoralf Glad w/crew.....Sailing 8 m
24 men team.....Gymnastic II team
Ferdinand Bie.....Athletics

Berlin 1916

Cancelled

Antwerp 1920

"Heira II", Johan Friele w/crew.....Sailing 12 m new
"Atalanta", Henrik Østervold w/crew.....Sailing 12 m old
"Mosk", Chr. Archer Arentz w/crew.....Sailing 10 m new
"Eleda", Erik Herseth w/crew.....Sailing 10 m old
"Sildra", Magnus Konow w/crew.....Sailing 8 m new
"Irene", August Ringvold w/crew.....Sailing 8 m old
"Jo", Andreas B. Brecke w/crew.....Sailing 6 m new
Helge Løvland.....Athletics heptathlon
Otto M. Olsen.....Shooting single shot deer
Ole A. Lilloe-Olsen.....Shooting double shot deer
5 men team.....Shooting single shot team
5 men team.....Shooting double shot team
Otto M. Olsen.....Shooting army rifle

Paris 1924

Ole A. Lilloe-Olsen.....Shooting double shot deer
4 men team.....Shooting single shot team
Otto von Porat.....Boxing heavyweight
"Bera", August Ringvold w/crew.....Sailing 8 m
"Elisabeth V", Eugen Lunde w/crew.....Sailing 6 m

Amsterdam 1928

„Norna", Johan Anker, Crownprince Olav,
Erik Anker, Haakon P. Bryhn.....Sailing 6 m

Los Angeles 1932

No medals

NORWEGIAN GOLD MEDAL WINNERS summer games

Berlin 1936

Willy Røgeberg.....Shooting miniature rifle

1940-1944

No Olympic Games

London 1948

"Pan", Thor Thorvaldsen, Hakon Barfod, Sigve Lie.....Sailing Drake

Helsinki 1952

"Pan", Thor Thorvaldsen, Hakon Barfod, Sigve Lie.....Sailing Drake
John H. Larsen.....Shooting running deer
Erling Kongshaug.....Shooting miniature rifle

Melbourne 1956

Egil Danielsen.....Athletics javelin

Rome 1960

"Sirene", Peder Lunde Jr, Bjørn Bergvall.....Sailing Flying Dutchman

Tokyo 1964

No medals

Mexico City 1968

Steinar Amundsen, Tore Berger,
Jan Johansen, Egil Søby.....Kayak K-4 1000 m

Munich 1972

Knut Knudsen.....Cycling 4000 m track
Leif Jensen.....Weightlifting light heavyweight

Montreal 1976

Alf and Frank Hansen.....Rowing double sculls

Moscow 1980

Norway didn't participate

Los Angeles 1984

No gold medals

Seoul 1988

Jon Rønningen.....Wrestling 52 kg
Tor Heiestad.....Shooting quarry

Barcelona 1992

Jon Rønningen.....Wrestling 52 kg
Linda Andersen.....Sailing Europe

Atlanta 1996

Knut Holmann.....Kayak K-1 1000 m
Vebjørn Rodal.....Athletics 800 m

NORWEGIAN GOLD MEDAL WINNERS summer games

Sydney 2000

Knut Holmann	Kayak K-1 1000 m
Knut Holmann	Kayak K-1 500 m
Trine Hattestad	Athletics javelin
Norway	Football women

Athens 2004

Andreas Torkildsen	Athletics javelin
Eirik Verås Larsen	Kayak K-1 1000 m
Gunn-Rita Dahle	Mountain Bike
Olaf Tufte	Rowing single sculls
Siren Sundby	Sailing – Europe

Beijing 2008

Olaf Tufte	Rowing single sculls
Andreas Torkildsen	Athletics javelin
Norway	Handball women



NORWEGIAN GOLD MEDAL WINNERS winter games

Chamonix 1924

Thorleif Haug	Cross-country 18 km
Thorleif Haug	Cross-country 50 km
Thorleif Haug	Nordic combined
Jacob Tullin Thams	Ski-jumping

St. Moritz 1928

Johan Grøttumsbråten	Cross-country 18 km
Johan Grøttumsbråten	Nordic combined
Alf Andersen	Ski-jumping
Bernt Evensen	Speed skating 500 m
Ivar Ballangerud	Speed skating 5000 m
Sonja Henie	Figure skating

Lake Placid 1932

Johan Grøttumsbråten	Nordic combined
Birger Ruud	Ski-jumping
Sonja Henie	Figure skating

Garmisch-Partenkirchen 1936

Oddbjørn Hagen	Nordic combined
Birger Ruud	Ski jumping
Ivar Ballangerud	Speed skating 500 m
Charles Mathiesen	Speed skating 1500 m
Ivar Ballangerud	Speed skating 5000 m
Ivar Ballangerud	Speed skating 10000 m
Sonja Henie	Figure Skating

St. Mortiz 1948

Petter Hugsted	Ski jumping
Finn Helgesen	Speed skating 500 m
Sverre Farstad	Speed skating 1500 m
Reidar Liaklev	Speed skating 5000 m

Oslo 1952

Hallgeir Brenden	Cross-country 18 km
Simon Slåttvik	Nordic combined
Arnfinn Bergmann	Ski jumping
Stein Eriksen	Alpine skiing Giant slalom
Hjalmar Andersen	Speed skating 1500 m
Hjalmar Andersen	Speed skating 5000 m
Hjalmar Andersen	Speed skating 10000 m

Cortina 1956

Hallgeir Brenden	Cross-country 18 km
Sverre Stenersen	Nordic combined

Squaw Valley 1960

Håkon Brusveen	Cross-country 15 km
Roald Aas	Speed skating 1500 m
Knut Johannessen	Speed Skating 10000 m

NORWEGIAN GOLD MEDAL WINNERS winter games

Innsbruck 1964

Tormod Knudsen.....	Nordic combined
Toralf Engan.....	Ski jumping (STOR BAKKE)
Knut Johannessen.....	Speed skating 5000 m

Grenoble 1968

Harald Grønningen.....	Cross-country 15 km
Ole Ellefsæter.....	Cross-country 50 km
Norway (Odd Martinsen, Pål Tyldum, Harald Grønningen, Ole Ellefsæter).....	Cross-country 4x10 km relay
Norway (Inger Aufles, Babben Engen Damon, Berit Mørdre).....	Cross-country 3x5 km relay
Fred Anton Maier.....	Speed skating 5000 m
Magnar Solberg.....	Biathlon

Sapporo 1972

Pål Tyldum.....	Cross-country 50 km
Magnar Solberg.....	Biathlon

Innsbruck 1976

Ivar Formo.....	Cross-country 50 km
Jan Egil Storholt.....	Speed skating 1500 m
Sten Stensen.....	Speed skating 5000 m

Lake Placid 1980

Björg Eva Jensen.....	Speed skating 3000 m
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Sarajevo 1984

Norway (Inger Helene Nybråten, Anne Jahren, Brit Pettersen, Berit Aunli).....	Cross-country 4x5 km relay
Tom Sandberg.....	Nordic combined
Eirik Kvalfoss.....	Biathlon 10 km

Calgary 1988

No gold medals

Albertville 1992

Kjetil André Aamodt.....	Alpine skiing Super-G
Finn Christian Jagge.....	Alpine skiing Slalom
Bjørn Dæhlie.....	Cross-country 50 km Free
Vegard Ulvang.....	Cross-country 30 km Classical
Vegard Ulvang.....	Cross-country 10 km Classical
Bjørn Dæhlie.....	Cross-country 15 km Free mass start
Norway (Terje Langli, Vegard Ulvang, Kristen Skjeldal, Bjørn Dæhlie).....	Cross-country 4x10 km relay
Johan Olav Koss.....	Speed skating 1500 m
Geir Karlstad.....	Speed skating 5000 m

Lillehammer 1994

Bjørn Dæhlie.....	Cross-country 10 km Classical
Bjørn Dæhlie.....	Cross-country 15 km Free mass start
Thomas Alsgaard.....	Cross-country 30 km Free
Fred Børre Lundberg.....	Nordic combined
Espen Bredesen.....	Ski jumping K90
Lasse Kjus.....	Alpine skiing Combination

NORWEGIAN GOLD MEDAL WINNERS winter games

Stine Lise Hattestad.....	Freestyle skiing Moguls
Johan Olav Koss.....	Speed skating 1500 m
Johan Olav Koss.....	Speed skating 5000 m
Johan Olav Koss.....	Speed skating 10000 m

Nagano 1998

Bjørn Dæhlie.....	Cross-country 10 km Classical
Thomas Alsgaard.....	Cross-country 15 km Free mass start
Bjørn Dæhlie.....	Cross-country 50 km Free
Norway (Sture Sivertsen, Erling Jevne, Bjørn Dæhlie, Thomas Alsgaard).....	Cross-country 4 x 10 km Relay
Bjarte Engen Vik.....	Nordic combined
Norway (Halldor Skard jr, Kenneth Braaten, Bjarte Engen Vik, Fred Børre Lundberg).....	Nordic combined Team
Hans-Petter Buraas.....	Alpine skiing Slalom
Ådne Søndrål.....	Speed skating 1500 m
Halvard Hanevold.....	Biathlon 20 km individual
Ole Einar Bjørndalen.....	Biathlon 10 km individual

Salt Lake 2002

Kjetil Andre Aamodt.....	Alpine skiing Combination
Kjetil Andre Aamodt.....	Alpine skiing Super-G
Ole Einar Bjørndalen.....	Biathlon 10 km
Ole Einar Bjørndalen.....	Biathlon 12,5 km pursuit
Ole Einar Bjørndalen.....	Biathlon 20 km
Norway (Frøde Andresen, Ole Einar Bjørndalen, Egil Gjelland, Halvard Hanevold).....	Biathlon 4 x 7,5 km relay
Frøde Estil.....	Cross-country 10 km pursuit
Thomas Alsgaard.....	Cross-country 10 km pursuit
Bente Skari.....	Cross-country 10 km
Tor Arne Hetland.....	Cross-country sprint 1,5 km
Norway (Thomas Alsgaard, Anders Aukland, Frøde Estil, Kristen Skjeldal).....	Cross-country 4 x 10 km relay
Norway (Pål Trulsen, Lars Vågberg, Flemming Davanger, Bent Ånund Ramsfjell, Torger Nergaard).....	Curling men
Kari Traa.....	Freestyle moguls

Torino 2006


























Kjetil Andre Aamodt.....	Alpine skiing Super-G
Lars Bystøl.....	Ski jumping K 90

Vancouver 2010

Aksel Lund Svindal.....	Alpine skiing Super-G
Tora Berger.....	Biathlon 15 km
Emil Hegle Svendsen.....	Biathlon 20 km
Norway (Halvard Hanevold, Tarjei Bø, Emil Hegle Svendsen, Ole Einar Bjørndalen).....	Biathlon 4 x 7,5 km relay
Marit Bjørgen.....	Cross-country Sprint 1,5 km
Marit Bjørgen.....	Cross-country 15 km Pursuit (7,5 km C + 7,5 km F)
Petter Northug.....	Cross-country 50 km
Norway (Petter Northug, Øystein Pettersen).....	Cross-country Team Sprint
Norway (Vibeke Skofterud, Therese Johaug, Kristin Stormer Steira, Marit Bjørgen).....	Cross-country 4 x 5 km relay

Medals Distribution Beijing 2008

302 events

Nation:		Gold:	Silver	Bronze	Total
1. China (CHN)		51	21	28	100
2. United States (USA)		36	38	36	110
3. Russia (RUS)		23	21	28	72
4. Great Britain (GBR)		19	13	15	47
5. Germany (GER)		16	10	15	41
6. Australia (AUS)		14	15	17	46
7. Korea (KOR)		13	10	8	31
8. Japan (JPN)		9	6	10	25
9. Italy (ITA)		8	10	10	28
10. France (FRA)		7	16	17	40
11. Ukraine (UKR)		7	5	15	27
12. Nederland (NED)		7	5	4	16
13. Jamaica (JAM)		6	3	2	11
14. Spain (ESP)		5	10	3	18
15. Kenya (KEN)		5	5	4	14
16. Belarus (BLR)		4	5	10	19
17. Romania (ROU)		4	1	3	8
18. Ethiopia (ETH)		4	1	2	7
19. Canada (CAN)		3	9	6	18
20. Polen (POL)		3	6	1	10
21. Norway (NOR)		3	5	2	10
22. Czech Republic (CZE)		3	3	0	6
28. Denmark (DEN)		2	2	3	7
37. Finland (FIN)		1	1	1	3
50. Sweden (SWE)		0	3	0	3

Note:

302 events – 72 nations won at least one medal
 204 NOC – 10.942 athletes (4.637 women/6.305 men)
 100.000 volunteers (70.000 Olympic Games, 30.000 Paralympic Games)
 24.562 accredited media representatives representing 159 countries

NORWEGIAN OLYMPIC AND PARALYMPIC COMMITTEE and confederation of sports

FEDERATION PRESIDENTS



Rognlien, Børre
 Born: 26.12.44 – Hurdal
 Residence: Oslo
 President NOC
 President Norwegian Olympic
 and Paralympic Committee and
 Confederation of Sports



Andersen, Inge
 Born: 22.05.64 – Bergen
 Residence: Vetre
 General Secretary NOC
 General Secretary Norwegian Olympic
 and Paralympic Committee and
 Confederation of Sports



Heiberg, Gerhard
 Born: 24.03.39 – Oslo
 Residence: Oslo
 IOC Member
 President Lillehammer Olympic
 Organizing Committee (1989-1994)
 President Lillehammer Paralympic
 Organizing Committee (1989-1994)



Skyttesæter, Jan Roger
 Born: 08.04.56 – Rælingen
 Residence: Rælingen
 Norwegian Archery Association



Hansen, Svein-Arne
 Born: 06.05.46 – Eidskog
 Residence: Oslo
 Norwegian Amateur Athletic
 Association



Wålånd, Trond
 Born: 23.04.70 – Kristiansand
 Residence: Kristiansand
 Norwegian Badminton Association

NORWEGIAN OLYMPIC AND PARALYMPIC COMMITTEE
and confederation of sports



Aanstad, Ann-Kristin
Born: 23.08.66 – Oslo
Residence: Larvik
Norwegian Canoe Association



Cao, Junjie
Born: 25.07.77 – Shanghai, CHN
Residence: Oslo
Norwegian Fencing Federation



Larsen, Peter L.
Born: 27.12.66 – Ålesund
Residence: Ålesund
Norwegian Sailing Federation



Bondevik, Stein-Gunnar
Born: 01.09.67 – Finnsnes
Residence: Tromsø
Norwegian Volleyball Federation



Tidemann Hansen, Harald
Born: 30.07.56 – Skien
Residence: Skien
Norwegian Cycling Federation



Johannessen, Karl-Arne
Born: 30.06.52 – Bergen
Residence: Oslo
Norwegian Handball Federation



Berg Knutsen, Jan Tore
Born: 21.04.1936 – Oslo
Residence: Oslo
Norwegian Shooting Association



Holmen, Tom
Born: 01.07.67 – Oslo
Residence: Kolbotn
Norwegian Wrestling Federation



Owren, Per Anders
Born: 12.11.46 – Lillehammer
Residence: Asker
Norwegian Equestrian Federation



Storm, Erling
Born: 21.07.52 – Oslo
Residence: Oslo
Norwegian Rowing Federation



Eknes, Per Rune
Born: 11.12.62 – Bergen
Residence: Asker
Norwegian Swimming Federation

CHEF DE MISSION



Aambø, Jarle
Born: 26.03.60 – Tingvoll
Residence: Fjellhamar
Chef de Mission
 Director/Manager of Elite Sport Programme
 5th as Chef de Mission
 7th as Team Official
 Three OG as coach alpine skiing (1988, 1992, 1994)



Myrmael, Marit
Born: 20.01.54 – Trondheim
Residence: Oslo
Ass. Chef de Mission
 11th OG as Team Official
 Athlete cross-country skiing Olympic Games 1976-1980-1984

STAFF



Bahr, Ingrid
Born: 23.06.63 – Førde

Residence: Oslo
Adm. Personnel
 3rd OG as Team Official



Lium, Guro
Born: 04.12.74 – Oslo
Residence: Oslo
Adm. Personnel (Administration)
 3rd OG as Team Official



Århus, Kjetil
Born: 28.12.70 – Bergen
Residence: Bergen
Adm. Personnel (IT and Transportation)
 6th OG as Team Official

COACHES



Breivik, Marit
Born: 10.04.55 – Levanger
Residence: Oslo
Coach – Beach Volleyball, Handball
 2nd OG as Coach

3 OG as Head Coach in handball women
 140 matches national team as player, national coach 1994 – 2009: 1 OG gold Medal, 1 WCh gold, 4 ECh gold medal.



Gjelsvik, Roger
Born: 21.09.68 – Bergen
Residence: Bergen
Coach – Canoe
 3rd OG as Team Official
 Former athlete in the national team in race walk.



Haugland, Hanne
Born: 14.12.67 – Oslo
Residence: Oslo
Coach – Athletics, Badminton
 1st OG as Coach
 Former athlete in the national team in high jumping – from 1983 – 2000. Gold in the World Championship in high jumping in 1997.



Jørgensen, Michael
Born: 05.01.53 – Randers, DEN
Residence: Hordvik, Bergen
Coach – Archery, Fencing, Sailing, Shooting, Wrestling
 4th OG as Team Official



Kvålsvoll, Atle
Born: 10.04.62 – Trondheim
Residence: Trondheim
Coach – Cycling
 6th OG as Team Official
 Former professional cyclist – Road Race. Won the overall victory for teams in Tour de France 1990 with Greg Lemond as individual winner. Athlete in Los Angeles OG 84.



Staff, Hanne
Born: 03.02.72 – Oslo
Residence: Nittedal
Coach – Athletics
 1st OG as Coach
 Former athlete in the national team in orienteering – until 2004. 4 gold in the World Championship between 1997 and 2004.



Øvrebø, Tore
Born: 25.08.65 – Stavanger
Residence: Oslo
Coach – Equestrian, Rowing,
 Swimming
 5th OG as Team Official
 Former rower. OG competitor 1988.

SECURITY



Vik, Kjell Georg
Born: 12.10.66 – Ullensaker
Residence: Oslo
Security
 1st OG as Team Official

MEDICAL OFFICERS



Rønsen, Ola
Born: 24.02.56 – Sørumsand
Residence: Skedsmokorset
MD, Chief Medical Officer
 7th OG as MD, Medical Officer



Flørenes, Tonje W.
Born: 11.03.78 – Oslo
Residence: Oslo
MD, Chief Medical Officer
 3rd OG as MD, Medical Officer



Moen, Ellen
Born: 17.10.76 – Bærum
Residence: Oslo
MD, Medical Officer
 1st OG as Medical Staff



Sand, Ola
Born: 10.05.55 – Oslo
Residence: Bekkelaget
MD, Medical Officer
 2nd OG as MD, Medical Officer



Ørn, Stein
Born: 19.06.68 – Stavanger
Residence: Stavanger
MD, Medical Officer
 1st OG as MD, Medical Officer



Knudsen, Harald Christian
Born: 27.09.63 – Moss
Residence: Stavanger
Sports psychology, MD Medical Officer
 Beach Volleyball, Handball
 1st OG as MD, Medical Officer,
 Sports psychology



Fredriksen, Hilde
Born: 31.03.60 – Oslo
Residence: Oslo
Physiotherapist
 5th OG as Physiotherapist



Berge, Daniel
Born: 15.12.81 – Tønsberg
Residence: Horten
Physiotherapist – Rowing
 1st OG as Physiotherapist



Clarsen, Benjamin
Born: 22.06.78 – Brisbane, AUS
Residence: Oslo
Physiotherapist – Cycling
 1st OG as Physiotherapist



Eliasson, Klas
Born: 23.01.63 – Trollhättan, SWE
Residence: Oslo
Physiotherapist – Athletics
 1st OG as Physiotherapist



Iversen, Erik
Born: 01.10.69 – Oslo
Residence: Oslo
Physiotherapist – Sailing
 1st OG as Physiotherapist



Kjølholt, Christer
Born: 20.05.68 – Oslo
Residence: Bergen
Physiotherapist – Swimming
 1st OG as Physiotherapist



Leitao, Maria Øgreid
Born: 15.03.78 – Stavanger
Residence: Stavanger
Physiotherapist
 3rd OG as Physiotherapist



Meinseth, Marius
Born: 18.07.74 – Drammen
Residence: Lier
Physiotherapist – Canoe
 2nd OG as Physiotherapist



Røstad, Vibeke
Born: 27.02.79 – Trondheim
Residence: Oslo
Physiotherapist – Athletics
 2nd OG as Physiotherapist



Sølleisvik, Janne Oppheim
Born: 01.10.71 – Rosendal
Residence: Kvinnerød
Osteopath – Handball
 1st OG as Osteopath

SPORTS PSYCHOLOGIST



Abrahamsen, Frank
Born: 18.12.73 – Tønsberg
Residence: Oslo
Sports Psychologist
 3rd OG as Sports Psychologist



Tjætt-Foxell, Britt
Born: 17.02.48 – Stavanger
Residence: London
Sports Psychologist
 4th OG as Sports Psychologist

SPORTS PHYSIOLOGIST



Hem, Erlend
Born: 08.05.60 – Oslo
Residence: Oslo
Sports Physiologist
 6th OG as Sports Physiologist



Olsson, Bjørn V.
Born: 12.01.60 – Spånga, SWE
Residence: Oslo
Masseur – Handball
 1st OG as Masseur



Wrobel, Oliver
Born: 21.03.73 – Schwabisch Hall, GER
Residence: Freiburg, GER
Masseur – Mountain Bike
 1st OG as Masseur

NUTRITIONIST



Helle, Christine
Born: 29.03.65 – Bærum
Residence: Oslo
Nutritionist
 5th OG as Nutritionist



Solbakken, Elisabeth
Born: 21.03.79 – Lillehammer
Residence: Oslo
Sports Physiologist
 2nd OG as Sports Physiologist

CHEF



Johansen, Ståle
Born: 09.06.72 – Elverum
Residence: Lom
Chef
 3rd OG as Team Official



Skogvoll, Trond
Born: 26.07.68 – Narvik
Residence: Mandal
Chef
 7th OG as Team Official

PRESS ATTACHÉS



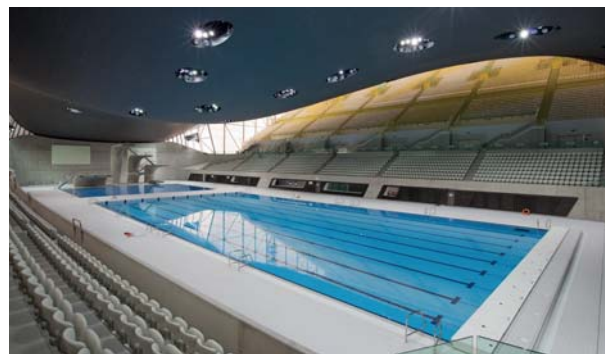
Lea, Halvor
Born: 24.07.65 – Stavanger
Residence: Oslo
Chief Press Attaché
 Athletics, Handball, Rowing, Sailing
 7th OG as Press Attaché
Mobile: in GB: 7808 252 388



Eide, Gro
Born: 21.10.63 – Trondheim
Residence: Trondheim
Press Attaché
 Archery, Beach Volleyball, Cycling,
 Fencing, Wrestling
 8th OG as Press Attaché
Mobile: in GB: 7808 252 390



Bjørnland, Lars Otto
Born: 14.11.54 – Sarpsborg
Residence: Sarpsborg
Press Attaché
 Badminton, Canoe, Equestrian,
 Shooting, Swimming
 9th OG as Press Attaché
Mobile: in GB: 7808 252 389



AQUATICS CENTRE

Sport: Diving (DV), Modern Pentathlon (MP) Swimming, Swimming (SW), Synchronised Swimming (SY), Paralympic Swimming (SW) – **Type:** New, part temporary, part permanent – **Seats in 2012:** 17,500 for Swimming and Synchronised Swimming, up to 17,500 for Diving – **Journey time from Olympic Village:** 10 minutes

The Aquatics Centre will be the 'gateway' to the Olympic Park, with more than two-thirds of spectators expected to enter via a vast bridge that runs alongside the venue. The venue will have two 50m swimming pools and a 25m diving pool.

EUROPEAN CHAMPIONS TO DEFEND NORWEGIAN HONOUR

The 25th of May 2012 turned out to be an historic day for Norwegian swimming. Both Sara Nordenstam and Ingvild Snildal won Gold medals at the European Championships in Debrecen. With these efforts Norway's two Olympic swimming hopes honoured their close friend and training buddy Alexander Dale Oen who died unexpectedly during a training camp in Arizona, USA, 1st of May 2012. Alexander was a young but already historical swimmer and become the World Champion in the 100 m breaststroke in Shanghai 2011. His Silver medal at the Beijing Olympics 2008, is Norway's first Olympic medal in swimming ever.

Sara Nordenstam's won the European Gold medal in the 200 m breaststroke where four years earlier she won the Olympic Bronze medal in Beijing at the same distance. Ingvild Snildal secured her Gold medal in the European Championship in her favourite distance, the 100 m butter-

fly, but her best performance to date was her bronze medal in the 50 m World Championships in Rome 2009. 20-year-old Lavrans Solli will be Norway's newcomer at the London Olympics in the 100 m backstroke.

The Norwegian Swimming Federation was founded in 1910, but the first significant medal was achieved in 1978 when Lene Jenssen won a Silver medal in the World Championship in the 100 m freestyle. Irene Dalby won the first European Championship medal ever in the 800 m freestyle in 1989 and then in 1991 she became the European Champion in both the 400 m and the 800 m freestyle.

The Norwegian Swimming Federation numbers 55.000 members and 250 clubs. There are 1000 pools in Norway, but unfortunately too few 50-meter pools.

For more information, log on at:
www.svømming.no



Løvberg, Petter
Born: 31.07.79 – Vadsø
Residence: Oslo
Head Coach
 3rd OG as Head Coach



Jenssen, Flemming Skov
Born: 28.09.58 – Trondheim
Residence: Bergen
Coach
 1st OG as Coach



Lilleåsen, Joacim
Born: 16.03.73 – Fredrikstad
Residence: Oslo
Coach
 1st OG as Coach

MEN



SOLLI, LAVRANS

Club: Bergen Svømme Club
Born: 21.02.92 – Oslo
Residence: Bergen
Height: 1,84m
Civil Status: Single
Hobby: Fly fishing
Favourite music: Marillion
Favourite film: Top Gun
Favourite food: Fish
Greatest sport moment: Qualifying for the Olympic Games 2012
Languages spoken: Norwegian, English

Previous results:

WCh: 10: 20th 100 m Backstroke
ECh: 12: 7th 50 m Backstroke, 9th 100 m Backstroke
NCh: 20 Gold medals
Other: 10: 3rd Youth Olympic Games

Personal records:

50 m Backstroke: 25.28
 100 m Backstroke: 54.83

WOMEN



NORDENSTAM, SARA

Club: Lambertseter Swim Club
Born: 28.02.83 – Lycksele, SWE
Residence: Oslo
Height: 169cm
Civil Status: Single
Occupation: Pro Swimmer
Hobbies: Painting, hiking, skiing, music and movies.
Favourite music: Rock. Big MUSE fan!
Favourite film: Braveheart is still number one!
Favourite book genre: Fantasy, Crime and historical fiction.
Favourite food: Mexican
Greatest sport moment: My own Bronze medal at the 2008 Olympics in Beijing.
Sport idol: Alpine skier Kjetil André Aamodt
Languages spoken: Norwegian, English and some German

Previous results:

OG: 08: Bronze medal 200 m Breaststroke (European Record)
WCh: 01: 11th 09: 19th 11: 21st
ECh: 10: 2nd 200 m Breaststroke 12: 1st 200 m Breaststroke
WC: 01: 1st 400 m Individual Medley 02: 1st 400 m Individual Medley
NCh: 43 National championship tittels 1996-2012

Others:

ECh Jr: 98: Two Silver medals

Personal records:

400 m Individual Medley: 4.40.28
 200 m Individual Medley: 2.15.13
 100 m Breaststroke: 1.09.19
 200 m Breaststroke: 2.23.02



SNILDAL, INGVLID

Club: Asker Svømmeklubb
Born: 25.08.88 – Oslo
Residence: Asker
Height: 176 cm
Civil Status: Single
Occupation: Swimmer
Favourite music: Florence + the Machine
Favourite film: Lord of the rings
Favourite book genre: Crime
Favourite food: Indian
Greatest sport moment: World Championship in Rome 2009
Languages spoken: Norwegian and English

Previous results:

OG: 08: 33rd 200 m Butterfly 37th 100 m Butterfly
WCh: 09: 3rd 50 m Butterfly 7th 100 m Butterfly
ECh: 10: 6th 50 m Backstroke, 6th 100 m Backstroke, 7th 50 m Butterfly 12: 1st 100 m Butterfly, 3rd 50 m Butterfly, 11th 200 m Butterfly
NCh: 43 Gold medals, 2 His Majesty the King Harald's Cup (Kongepokaler), 75 National records

Personal records:

100 m Butterfly: 56.90
 200 m Butterfly: 2.11.47
 200 m Individual Medley: 2.15.77



DIVING



Johnson, Frank
Born: 04.04.50 – Tønsberg
Residence: Sandnes
Head Coach – Diving
1st OG as Head Coach
Referee in OG 96 Atlanta

MEN

**GISMERVIK NORDAL,
AMUND**

Club: Pingvin Stupeklubb
Born: 24.01.91 – Stavanger
Residence: Stavanger
Height: 183 cm
Civil Status: Single
Occupation: Last 6 months just training
Hobbies: Guitar, relaxing
Favourite music: Country
Favourite film: Inglorious bastards
Favourite book genre: Crime
Favourite food: Italian
Greatest sport moment: 10th place in WCh Shanghai 2011
Sport idol: Dimitri Sautin
Languages spoken: Norwegian, English

Previous results:

WCh: 11: 10th
ECh: 12: 12th
NCh: 12 Gold medals (10 individual and 2 synchronised)
Personal record: 449 p. 10 m Platform

**LORD'S CRICKET GROUND**

Sport: Archery (AR) – Type: Existing, with some temporary seating –
Seats in 2012: 5,000 – **Journey time from Olympic Village:** 45 minutes

Lord's Cricket Ground is an existing venue that will require temporary overlay for Games-time competition. The competition field of play and the warm-up area will be constructed on the famous cricketing turf. The ranking round will occur on the Nursery Ground adjacent to the main arena.

NESTENG BOWS FOR SHOOTING HIS SECOND OG

Norway has never made it to a medal in archery at the Olympic Games. Even though the 17 year old Martinus Grov almost made it by reaching the semi-finals head to head in Barcelona in 1992, the boy from Førde was defeated by 110 points to his 107 against Sebastian Flute. French Flute made it all the way to the Olympic gold medal.

Fourth place was still a sensation and for a brief moment Norwegian archery was "a talk of the town". And at that particular time 17-year-old Martinus Grov was to create an earthquake in international archery. Four years later, the adventure ended in the eight final in the Atlanta Olympics and a not so good place in the Sydney Games.

In the Sydney Olympics 21 year old Bård Nesteng was the

Norwegian archery team's youngest man who made it to place 30. Now 12 years later Bård, representing the archery club of Fredrikstad, is back to fight for Norway's archery honor in London. In the World Championship in 2011 Bård made it to the seventh place, so he is ready and eager to fight. On the women's side, Norway is unfortunately not represented in London.

In Norway, the very first archery association was founded 1930 (Oslo Archers). But archery was practiced earlier, including by the Boy's Archery Brigades of Bergen. Eventually the Norwegian Archery Federation was founded 1948.

For more information, log on at:
www.bueskyting.no

**Humlekjær, Jan-Erik****Born:** 03.09.46 – Fredrikstad**Residence:** Fredrikstad**Coach**

Archer, multiple national champion,
OG participant 1972 and 1975
National team coach 1987–2000,
2008–12

4th OG as Coach**MEN****Nesteng, Bård Magnus****Club:** Fredrikstad bueskyttere**Born:** 14.05.79 – Fredrikstad**Residence:** Slevik**Height:** 184cm**Civil Status:** Single**Occupation:** Electro technician**Hobbies:** Archery, hunting, outdoor life**Favourite music:** Rock & pop, listening
to almost everything**Favourite film:** "Pulp Fiction"**Sport idol:** Eddie Edwards**Languages spoken:** Norwegian, English**Previous results:****OG: 00:** 30/Individual, 10/Team**WCh: 95:** 82/Ind. **97:** 46/Ind. 2/Team**99:** 46/Ind. 8/Team **03:** 63/Ind.**05:** 63/Ind. **07:** 52/Ind. **09:** 34/Ind.**11:** 7/Ind.**ECh: 06:** 10/Ind. **ECh Jr:** 1/Ind.**NCh:** 6 indoor, 8 outdoor 1 field**Personal record:****Fita1440:** 1331p**Fita720:** 675p**OLYMPIC STADIUM****Sport:** Athletics (AT), Paralympic Athletics (AT), Ceremonies – **Type:** New, permanent – **Seats in 2012:** 80,000 – **Journey time from Olympic Village:** 7 minutes

The Olympic Stadium will have a capacity of 80,000 during the Games; 25,000 permanent seats in its permanent lower tier and a lightweight steel and concrete upper tier holding a further 55,000 spectators. A 20-metre-high 'wrap' will encircle the Stadium's upper tier. Its innovative design means the upper tier can be dismantled after the Games.

CAN ANDREAS THORKILDSEN WIN THE TRIPLE?

The big issue for Norwegian athletics in the run-up to the London games is whether javelin thrower Andreas Thorkildsen can win his third Olympic gold in a row? Thorkildsen has already become the only Norwegian with two Olympic golds for athletics, and London gives him the chance to increase his tally to three. His Olympic dream started in Athens in 2004, when he made a sensational debut at the age of 22 to win his first Olympic gold medal. In Beijing four years later, he lived up to expectations and defended his title by setting a new Olympic record of 90.57 m. In London, he has the chance to complete his triple.

Since the last Olympics, Thorkildsen has won his first World Championship gold (Berlin 2009), his second European Championships gold (Barcelona 2010), and his third silver medal at the World Championships

(Daegu 2011). He currently holds a total of eight championship medals, five of them gold. The young German Matthias de Zordo pipped Thorkildsen for the gold medal in Daegu, and tough competition for gold is expected in London, with Thorkildsen, de Zordo and the Czech Vesely amongst the favourites.

Sprinters Jaysuma Saidy Ndure and Ezinne Okparaebo are also medal contenders in addition to Thorkildsen. Ndure was fourth in the 200 metres during the World Championships in Daegu, whilst Okparaebo is still a relative newcomer.

The Norwegian Athletics Federation was established in 1896, and has 80,000 members in 864 groups and clubs. It's the seventh biggest federation in Norway.

For more information, log on at:
www.friidrett.no



Nilsen, Ronny
Born: 07.05.71 – Bergen
Residence: Oslo
Head Coach
 1st OG as Head Coach
 Former javelin thrower, competed in Athens Olympics 2004.
 Personal best: 84.73 m



Martinsen, Åsmund
Born: 21.04.72 – Oslo
Residence: Fjerdingby
Team coach/javelin
 3rd OG as Team Coach
 Personal trainer for javelin-thrower Andreas Thorkildsen:
 OG 04; 1st, OG 08: 1st.
 One Gold medal in WCh, 3 Silver.
 2 ECh 2 Gold medals.



Hansen, Knut Jæger
Born: 10.04.59 – Mosjøen

Residence: Oslo
Coach
 3rd OG. As Physiotherapist in OG 1996 and 2000



Vukicevic, Petar
Born: 07.08.56 – Beograd, Serbia
Residence: Oslo
Coach
 2nd OG as Coach
 Former athletics athlete representing former Yugoslavia.
 Competed in OG 1980 in 110 m hurdles



Alnes, Leif Olav
Born: 29.01.57 – Øre
Residence: Nittedal
Coach, sprint
 5th OG as coach



Askeland, Erling
Born: 30.08.55 – Utåker

Residence: Etne
Personal coach marathon
 2nd OG as Coach



Brynemo, Nils Einar
Born: 07.01.47 – Kragerø
Residence: Kragerø
Coach
 1st OG as Coach



Hollup, Roger
Born: 15.05.59 – Bindal
Residence: Trondheim
Coach
 1st OG as Coach



Ingebrigtsen, Gjert Arne
Born: 12.01.66 – Båtsfjord
Residence: Sandnes
Coach
 1st OG as Coach



Knaplund, Trond
Born: 12.05.60 – Oslo
Residence: Roa
Coach

Former national athlete in athletics and bobsleigh
 Former national coach Jamaican bobsleigh federation 199-2002
 National coach sprint, hurdles, relay.
 1st OG as Coach



Plätzer, Stephan
Born: 12.09.66 – Oldenburg, GER
Residence: Søfteland
Coach
 4th OG as Coach



Renstrøm, Reidun
Born: 07.05.58 – Kristiansand
Residence: Søgne
Coach
 1st OG as Coach



Udelhoven, Lukas
Born: 22.01.67 – Berlin, GER
Residence: Kristiansand
Coach
 2nd OG as Coach



Winsnes, Alexander
Born: 17.02.44 – Leipzig, GER
Residence: Rådal
Strength and mental coach
 1st OG as Coach
 Physiologist and coach for various sports at Olympiatoppen. Taekwondo, athletics, fencing. Assoc. prof. Bergen University College. Exercise physiology. Author in different textbooks, strength training, endurance training. Writing a book on biomechanics.



Conwright, Kaaron Duvall
Born: 08.08.76 – California, USA
Residence: Pasadena, California, USA
Personal Coach sprint
 1st OG as Coach

MEN



BUTA, URIGE

Club: Haugesund IL
Born: 28.11.78 – Ambo, Etiopia
Residence: Haugesund
Height: 180 cm
Civil Status: Married and has a son 13 months old
Occupation: At the moment full occupied runner
Hobbies: To be out in the nature
Favourite film: The Black Diamond
Favourite book genre: Biographies
Favourite food: Lamb meat with rice
Greatest sport moment: My own: 2nd in Hamburg marathon 2010 (2.09.27). In general: Usain Bolt 200m in Beijing 2008
Sport idol: Haile Gebreselassie
Languages spoken: Oromo, Amharish, English and Norwegian

Previous results:
WCh 11: 32 (marathon)
NCh: 12
Personal best: 3000 m: 8.05.11, 5000 m: 13.58.50, 10000 m: 29.20.58, 10 km road: 28.24, ½ marathon: 61.48, marathon: 2.09.27



HENRIKSEN, EIVIND

Club: IK Tjalve
Born: 14.09.90 – Oslo
Residence: Oslo
Height: 191 cm
Civil Status: Single
Occupation: Student
Favourite music: AC/DC
Favourite film: Pulp Fiction
Favourite food: Mexican
Greatest sport moment: Mona Holms Nordic record throw
Sport idol: Koji Murofushi
Languages spoken: Norwegian, English

Previous results:
WCh 11: 24/hammer (71.27 m)
ECh 10: 22/hammer (69.98 m)
NCh: 5
ECh jr 09: 4/hammer
Personal best: Hammer: 75.57 m, discus: 53.16 m



INGEBRIGTSEN, HENRIK

Club: Sandnes IL
Born: 24.02.91 – Stavanger
Residence: Sandnes
Height: 180 cm
Civil Status: Single
Occupation: Student
Hobbies: Movies, cars



Favourite music: Eminem, O.A.R., AC/DC
Favourite film: The Gladiator
Favourite food: Kebab, hamburger
Sport idol: Steven Prefontaine
Languages spoken: Norwegian, English

Previous results:
ECh 10: 13/1500 m
NCh: 2
Personal best: 800 m: 1.50.84 (outdoors), 1.49.62 (indoors), 1500 m: 3.36.39 (outdoors), 3.44.00 (indoors), 3000 m: 7.58.18



SAIDY NDURE, JAYSUMA

Club: IL BUL
Born: 01.01.84 – Bakau, Gambia
Residence: Los Angeles/Blystadlia
Height: 192 cm
Civil Status: Unmarried
Occupation: Athlete
Hobbies: Watching soccer, basketball and volleyball
Favourite music: Rap, hip hop and reggae

Previous results:
OG 04: Heats/100 m, heats/200 m,
OG 08: 14 round 2/100 m, 14 round 2 /200 m (DNS semi)
WCh 03: Round 1/100 m, **WCh 05:** Semi/200 m, **WCh 09:** semi/100 m
WCh 11: Semi/100 m, 4/200 m
AfrCh 04: 3/100 m
ECh 10: 6/100 m, 5/200 m, 10/4x100 m
Personal best: 100 m: 9.99, 200 m: 19.89, 400 m: 48.71

**NYMARK, TROND**

Club: TIF Viking
Born: 28.12.76 – Bergen
Residence: Bergen
Height: 180 cm
Civil Status: Married
Occupation: Athlete
Hobbies: Food, cars, music
Favourite music: Metallica
Favourite film: The Gladiator
Favourite book genre: Historic fiction (Bernhard Cornwell etc.)
Favourite food: Whale
Greatest sport moment: Silver 50 km, WCh Berlin 2009
Sport idol: Olaf Tufte
Languages spoken: Norwegian, English, German, Spanish

Previous results:
OG 04: 13/50 km,
OG 08: DNF/50 km
WCh 03: 8/50 km, **WCh 05:** 4/50 km, **WCh 07:** 8/50 km,
WCh 09: 2/50 km,
WCh 11: 17/50 km
ECh 02: 5/50 km, **ECh 06:** 4/50 km
NCh: 18
WC 06: 2/50 km, **WC 08:** 3/50 km
EC 07: 2/50 km
Personal best: 50 km: 3.41.16 (NR)

**THORKILDSEN, ANDREAS**

Club: Kristiansand IF
Born: 01.04.82 – Kristiansand
Residence: Oslo
Height: 190 cm
Civil Status: Unmarried
Occupation: Athlete
Favourite music: Dubstep
Favourite film: The other guys
Favourite food: Taco
Languages spoken: Norwegian, English

Previous results:
OG 04: 1/javelin, **OG 08:** 1/javelin
WCh 05: 2/javelin, **WCh 07:** 2/javelin,
WCh 09: 1/javelin, **WCh 11:** 2/javelin
ECh 06: 1/javelin, **ECh 10:** 1/javelin
Personal Best: Javelin: 91.59 m

**TYSSE, ERIK**

Club: Norna Salhus
Born: 04.12.80 – Bergen
Residence: Os
Height: 190 cm
Civil Status: Married
Occupation: Electrician
Hobbies: Movies, books, computer
Favourite music: Pop, rock
Favourite film: The Shawshank Redemption
Favourite book genre: Thriller, action
Favourite food: Something with chicken or fish
Greatest sport moment: Vebjørn Rodal 800 m gold Atlanta 1996
Sport idol: Jefferson Pérez
Languages spoken: Norwegian, English, German

Previous results:
OG 08: 5/50 km

**WOMEN:****ANGELSEN, TONJE**

Club: Trondheim Friidrett
Born: 17.01.90 – Trondheim
Residence: Trondheim
Height: 179 cm
Civil Status: Single
Occupation: High jumper
Hobbies: Friends, school, music
Favourite music: Pop
Favourite film: The Notebook, Hangover
Favourite food: Mexican, Indian
Greatest sport moment: Alexander Dale Oen winning gold in WCh 2011
Sport idol: Alexander Dale Oen
Languages spoken: Norwegian, English
Comments: "The sky is the limit!"

Previous results:
ECh U23: 4/high jump
Personal best: High jump: 1.92 m (outdoors), 1.93 m (indoors)

**BJERKELI GRØVDAL, KAROLINE**

Club: SK Vidar
Born: 14.06.90 – Ålesund
Residence: Oslo
Height: 170 cm
Civil Status: In a relationship



Occupation: Student
Hobbies: Fashion, hiking, travelling
Favourite music: All kind of music
Favourite film: Million Dollar Baby
Favourite book genre: Books by Cecilia Samartín
Favourite food: My mother's gulasch, taco and chicken
Greatest sport moment: 2x jr ECh-gold in Novi Sad 2009 (5000 m og 3000m steeplechase) and ECh gold cross country-running, Dublin
Sport idol: Grete Waitz
Languages spoken: Norwegian, English and some French
Comments: Awarded "Rising star 2009" by EAA

Previous results:
WCh 07: Round 1/3000 m steeplechase), **WCh 09:** Round 1/3000 m steeplechase
WCh jr 06: 5/3000 m steeplechase
ECh 10: 11/5000 m
ECh jr. 06: 3/cross country running,
ECh jr 07: 1/3000 m steeplechase,
ECh jr. 09: 1/5000 m, 1/3000 m steeplechase, 1/cross country running
Personal best:
 1500 m: 4,15, 3000 m: 9,03, 3000 m steeplechase: 9,33, 2000m steeplechase: 6,19, 5000 m: 15,25, 10 000m: 31,29

**MARCUSSEN IDA**

Club: I.K. Våg
Born: 01.11.87 – Kristiansand
Residence: Kristiansand
Height: 173 cm
Civil Status: Single
Occupation: (Hept)athlete
Hobbies: Travelling, nature, music, sports
Favourite music: Pop, R&B
Favourite film: Ronja Røverdatter

Favourite book genre: Crime, fantasy, history
Favourite food: Homemade
Greatest sport moment: Osaka 2007, European record by Carolina Klüft
Sport idol: Carolina Klüft, Roman Šebrle
Languages spoken: Norwegian, English, German

Previous results:
OG 08: 21 (6015p)/heptathlon
WCh jr 06: 2 (6020p)/heptathlon
WCh 07: 11 (6226p)/heptathlon
ECh 12: 9 (6073p)/heptathlon
Personal best:
 6226/Heptathlon/Osaka 2007:
 (14.16 – 1.68 – 13.00 – 24.59 – 6.47 – 51.02 – 2:13.69),

**MÅKESTAD BOVIM, INGVILL**

Club: Gular
Born: 07.08.81 – Odda
Residence: Oslo
Height: 172 cm
Civil Status: Married
Occupation: Athlete, nutrition clinical
Hobbies: Food
Favourite food: Sushi, Italian pizza
Greatest sport moment: Daego WCh 2011
Sport idol: Grete Waitz
Languages spoken: Norwegian, English, German

Previous results:
WCh 11: 6/1500 m
Personal best: 800 m: 1.59.82, 1500 m: 4.02.20

**OKPARAEBE, EZINNE**

Club: BUL
Born: 03.03.88 – Imo, Nigeria
Residence: Oslo
Height: 164 cm
Civil Status: Unmarried
Occupation: Athlete, student
Favourite film: The pursuit of happiness
Favourite book genre: Novels
Favourite food: Tikka masala, sushi
Greatest sport moment: Olympics, Beijing 2008
Languages spoken: English, Norwegian, Igbo, French

Previous results:
OG 08: Quarterfinal/100 m
ECh 09: 2/60 m (indoors), **ECh 10:** 4/100 m (outdoors),
ECh 11: 3/60 m (indoors)
Personal best: 100 m: 11.16, 200 m: 23,30, 60 m: 7.17

**RENSTRØM, MARGRETHE**

Club: IK Tjalve
Born: 21.03.85 – Kristiansand
Residence: Oslo
Height: 178 cm
Civil Status: Single
Occupation: Physiotherapist
Hobbies: Cycling, climbing, fashion

Favourite music: John Olav Nilsen og gjengen, Fjorden Baby, Lars Vaular
Favourite film: Stranger than paradise (Jim Jarmusch)
Favourite book genre: "The stranger" by Albert Camus and "Novels" by Kjell Askildsen
Favourite food: Dette di pollo (made by my sister)
Languages spoken: Norwegian

Previous results:
ECh 10: 12/long jump (6.68 m)
YOG: 1/longjump (6.15 m)
NCh: 7
Personal best: Long jump: 6.68 m

**VUKICEVIC, CHRISTINA**

Club: Ski IL
Born: 18.06.87 – Drøbak
Residence: Oslo
Height: 177 cm
Civil Status: Cohabit
Occupation: Athlete
Hobbies: Stine & Stine
Favourite music: Metallica, Slipknot
Favourite book genre: Crime
Favourite food: Sushi
Languages spoken: Norwegian, Serbian, English, soon Russian...

Previous results:
OG 08: 1st round/100 m hurdles
WCh 07: 1st round/100 m hurdles
WCh 09: Semifinal/100 m hurdles
ECh 10: 4/100 m hurdles (outdoors),
ECh 11: 3/60 m hurdles
NCh: 7
Personal best: 100 m hurdles: 12.74, 60 m hurdles: 7.83



WEMBLEY ARENA

Sport: Badminton (BD), Gymnastics Rhythmic (GR) - **Type:** Existing - **Seats in 2012:** 6,000 - **Journey time from Olympic Village:** 60 minutes

Little will need to be done to prepare the venue to host sport competition during the Games. The Badminton World Championships will take place at the venue in August 2011, acting as a Test Event. A total of 6,000 spectators will be able to enjoy the action during the Badminton and Rhythmic Gymnastics events.

NORWAY'S THIRD PLAYER BOUND FOR THE OLYMPICS

Sara Blengsliv Kværnø, a member of the Grong Badminton Club, has been selected to represent Norway at the Olympic Games. This is the first time Norway has been represented by a female badminton player at the Olympics, and Sara is only the third Norwegian to do so. The last time was when Jim Ronny Andersen competed in the Athens games in 2004. He was knocked out in the final round of the qualifying heats, and reached 9th place overall.

Sara celebrates her 30th birthday during the London games, and plans to turn full-time professional after finishing her studies in Oslo. Her trainer is Salim Samion from Malaysia, who is the Norwegian team trainer, and played on Malaysia's national team between 1997 and 2004.

The first Norwegian Olympics qualifier was Hans Sperre jr. from Sande-

fjord, who had the historical honour of playing in the very first badminton match ever at the Olympics. This landmark event took place at the Olympic Games in Barcelona in 1992. Unfortunately, he lost and was knocked out of the tournament in the first round. Hans dominated Norwegian badminton in the late 1980s and throughout the 1990s. He won no less than 15 'King's Trophies' and was rated one of the top 30 players in the world.

The Norwegian Badminton Association was founded in 1938, and has around 5,000 members in approximately 120 clubs all over the country. The sport is experiencing rapid growth in the 13-19 age group, particularly amongst girls.

For more information, log on at:
www.badminton.no



WOMEN



Samion, Salim
Born: 22.06.81 – Perak, MAS (Malaysia)
Residence: Oslo
Head Coach
1st OG as Head Coach
1997 – 2004: Played for the Malaysian Nation Team



KVÆRNØ, SARA BLENGSLI

Club: Grong Badminton Club
Born: 28.07.82 – Namsos
Residence: Oslo
Height: 172 cm
Civil Status: Engaged
Occupation: Badminton player
Hobbies: Cocking, reading, playing the piano
Favourite music: Depends on my mood; pop, rock, country, opera, classical music
Favourite film: Fried green tomatoes
Favourite book genre: Criminals
Favourite food: Fish
Greatest sport moment: Winning the nationals at home soil in 2008
Sport idol: Marit Bjørgen, Norwegian cross country skier
Languages spoken: Norwegian, English, German
NCh: 7 in ladies singles - 4 in ladies doubles - 1 in mixed doubles - 2 in the team event - 7 His Majesty King Harld's Cup (Kongepokaler)
Others: 3rd at Romania International 2012, 3rd at Iceland International 2011, 3rd place at Iceland International 2009, 5th at Iran International 2012



HORSE GUARDS PARADE

Sport: Beach Volleyball (BV) - **Type:** Temporary - **Seats in 2012:** 15,000 - **Journey time from Olympic Village:** 30 minutes

Beach Volleyball will take place on the Prime Minister's doorstep. Horse Guards Parade dates from 1745 and takes its name from the soldiers who have provided protection for the monarch since the restoration of the monarchy in 1660.

The parade ground lies at the heart of London's ceremonial life, and hosts the Trooping the Colour event that takes place on the Queen's official birthday each year.

MEN ONLY TO REPRESENT NORWAY IN THE SAND

For the London Olympics one Norwegian Beach Volley team is ready to fight for Norway's honor in the sand. Representing the men Tarjei Skarlund is competing in his second Olympics together with his new companion since the Olympic Games in Beijing – Martin Spinnangr. Martin now participates in his first Olympics.

Even though Beach Volley has been played at Californian beaches and in Hawaii since the 1920's the sport is relatively new in Norway. The first official tournament in the world was played in California in 1947, but it was played unofficially in Europe as early as in the 1930's.

FIVB – The International Volleyball Federation - included Beach Volley in their program and in 1987 they

arranged the first official World Championships in Beach Volleyball at Ipanema Beach in Rio de Janeiro.

Norway became a leading beach volleyball nation starting in the 1990's. In 1995 Jan Kvalheim and Bjørn Maaseide became World Champions after having won the World Series. They also won the European Championship in 1994.

In 1996 beach volleyball was included in the Olympic program and Norway is proud to have been represented in all the Olympics up to date.

For more information, log on at:
www.volleyball.no



MEN



Grydland, Jon
Born: 12.11.74 – Asker
Residence: Oslo
Head Coach
4th OG as Head Coach
Former Player National team



Engvik, Martin
Born: 02.07.78 – Oslo
Residence: Oslo
Coach
2nd OG as Coach
Former Player National team



Skarlund, Kristine Wiig
Born: 28.05.78 – Skudeneshavn
Residence: Stavanger
Statistics & Video analyst
1st OG as Statistics & Video analyst
Former Player National team



SKARLUND, TARJEI VIKEN

Club: Randaberg IL
Born: 06.11.78 – Ålesund
Residence: Stavanger
Height: 191 cm
Civil Status: Married
Occupation: Professional Beach Volleyball player
Hobbies: Producing music, singing, film editing
Favourite music: Rock
Favourite film: Once (2006)
Favourite book genre: None
Favourite food: Homemade specialities
Greatest sport moment: First podium – silver medal on home court, GS Stavanger 2010
Sport idol: Kjetil André Aamodt
Languages spoken: Norwegian, English

Previous results:
OG 08: 19
WCh 09: 17
ECh 12: 3

**SPINNANGR, MARTIN****Club:** Farsund IL**Born:** 05.05.87 – Farsund**Residence:** Stavanger**Height:** 197 cm**Civil Status:** Cohabitee with Eline Landsnes**Occupation:** Professional Beach Volleyball player**Hobbies:** Movies, reading, sport, friends, family**Favourite music:** Disturbed, Volbeat, Breaking Benjamin**Favourite film:** The Lord of the rings movies**Greatest sport moment:** Semifinal grand slam 2010 in Stavanger**Sport idol:** Micheal Jordan, Roger Federer**Languages spoken:** Norwegian, English**Previous results:****WCh 09:** 17**ECh 12:** 3**NCh 10:** 1**ETON DORNEY****Sport:** Rowing (RO), Canoe Sprint (CS), Paralympic Rowing (RO) - **Type:** Existing - **Seats in 2012:** 20,000 - **Journey time from Olympic Village:** 90 minutes

Near Windsor approximately 25 miles west of London, this existing venue near Windsor is a 2,200m, eight-lane rowing course with a separate return lane constructed to international standards. It is set in a 400-acre park with a nature conservation area. In 2006, it hosted the Rowing World Championships, with high praise from both competitors and spectators.

VETERAN AND ROOKIE CANOEING FOR NORWAY

Eirik Verås Larsen won the Olympic Gold medal in K1 1000 m and the Bronze medal in the K2 1000 m in Canoeing in the Olympic Games in Athens 2004. In Beijing 2008 he won the Bronze medal in the K1 1000 m being Norway's only participant. 36-year-old Eirik is now competing in his 4th Olympic Games where he will participate in the K1 1000 m. In London 2012 he is bringing his 25-year-old wife Mira as an Olympic participant as well. Mira Verås Larsen will compete in the K1 500 m in London.

It wasn't obvious what the future would bring for Eirik after the Olympics in Beijing. For the veteran canoeist this is his life and the question was whether he would retire professionally or give it another four years to compete in London. Eventually he chose to continue, but this will definitely be his last Olympics.

His wife Mira will nevertheless put all her efforts into competing with the canoe after the London Olympics, but with her husband safe on dry land.

Norwegian canoeing has achieved 5 Olympic Gold medals in addition to 16 Gold medals in World Championships. It all started with the historic Gold medal won by Steinar Amundsen, Egil Søyby, Tore Berger and Jan Johansen in 1000 m at the Olympic Games in Mexico City 1968.

The Norwegian Canoe Association was founded in 1943 and has 16.000 members within 100 clubs all over the country.

For more information, log on at:
www.padling.no



Selvik, Tom
Born: 16.05.70 – Bergen
Residence: Drammen
Head Coach
 2nd OG as Coach



Ivarsen, Morten
Born: 19.11.66 – Bergen
Residence: Fana
Coach
 3rd OG as Coach

MEN



LARSEN, EIRIK VERÅS

Club: Flekkefjord Kajakklubb
Born: 26.03.76 – Flekkefjord
Residence: Lysaker
Height: 185 cm
Civil Status: Married

Hobbies: Hunting
Favourite film: Hamilton
Favourite book genre: Fantasy
Favourite food: Salmon
Greatest sport moment: Olympic Gold 2004
Sport idol: Cathy Freeman
Languages spoken: Norwegian, English

Previous results:

OG: 00: 9/K2 1000 m **04:** 1/K1 1000 m,
 3/K2 1000 m, 4/K1 500 m
08: 2/K1 1000 m, 4/K1 500 m
WCh: 5 Gold medals
ECh: 7 Gold Medals

WOMEN



VERÅS LARSEN, MIRA

Club: Strand kajakkklubb
Born: 17.04.87 – Bærum
Residence: Lysker
Height: 179 cm
Civil Status: Married
Occupation: Student
Hobbies: Hunting, reading, coffee
Favourite book genre: Historical roman
Favourite food: Game
Greatest sport moment: European Olympic qualifiers. Men K1 1000m Athens 2004
Sport idol: Eirik Verås Larsen
Languages spoken: Norwegian, English
Comments:

Previous results:

WCh: 11: 9/K1 200 m relay
ECh: 12: 5/K1500 m B-final
NCh: 3 Gold medals Senior, 2 Gold medals Junior, approx. 20 Gold medals Team
WC: 12: 2/K1 1000 m
Personal records:
 K1 500m: 1:55
 K1 200m: 43 sec.



THE MALL

Sport: Road Cycling (RC) - **Type:** Public roads in London -
Journey time from Olympic Village: 45 minutes

The Road Races will begin on The Mall in central London. From here, the riders will head south-west through the city, crossing the River Thames at Putney Bridge and continuing out through Richmond Park, Bushy Park and past Hampton Court Palace. The Surrey section of the course incorporates several circuits of a loop around Box Hill (nine for the men's Road Race, two for the women's equivalent), before the riders head north through Leatherhead, Esher, Kings-upon-Thames and Richmond Park, over Putney Bridge.



HADLEIGH FARM, ESSEX

Sport: Cycling - Mountain Bike (CM) - **Type:** Temporary - **Seats in 2012:** 3,000 - **Journey time from Olympic Village:** 60 minutes

The Mountain Bike course will be prepared with temporary grandstands, seating up to 3,000 people, and temporary facilities will be built in the lead up to the Games in 2012. Construction of the course has started and an invitational competition in July 2011 gave athletes the chance to compete on the course prior to the Games.

**NORWAY WILL FIGHT FOR A LONGED MEDAL IN CYCLING**

Gunn-Rita Dahle Flesjå's gold medal in Mountain Bike in Athens 2004 was the first female medal in Norwegian Olympic history of cycling. Technical problems during the competition in the Beijing Games forced her to quit the mountain bike competition, but now the 39 year old mother is back in track ready to fight again in the London Olympics being the reigning European Champion.

On the men's side Knut Knutsen won his gold medal in 4000m individual pursuits on the velodrome in Munich in 1972. In addition Dag Otto Lauritzen won the Olympic bronze medal in road race in Los Angeles in 1984. Norway is now ready to fight for their men's cycling honor again.

Since the Olympic Games in Athens in 2004, Norwegian cyclists have achieved great

international victories. In Tour the France Thor Hushovd won ten stage victories and in 2010 he won the World Championship. 25 year old Edvald Boasson Hagen is ready for his second Olympic Games also having Tour de France stage victories in his legs. The mens team with Thor Hushovd, Edvald Boasson Hagen, Lars Petter Nordhaug, who also competed in Beijing and Olympic newcomer Alexander Kristoff are all ready to fight for a longed Norwegian medal in London.

On the female side 21 year old Olympic rookie Emilie Moberg is looking forward to attend the women's road race with excitement and guts.

For more information, log on at:
www.sykling.no



Kjærgaard, Steffen
Born: 24.05.73 – Tønsberg
Residence: Nøtterøy
Head Coach
2nd OG as Head Coach
Olympic Athlete 1992.
Participated twice in
Tour de France and six times
in WCh's.



Flesjå, Kenneth
Born: 10.09.78 – Sandnes
Residence: Sandnes
Coach Mountain Bike
3rd OG as Coach Mountain Bike
National Team Road Cycling
Junior U-23



Meyer, Kirkland
Born: 19.07.66 – Minneapolis, USA
Residence: Oslo
Mechanics Road Race
1st OG as Mechanics



Tiede, Ralf
Born: 05.01.65 – Schwäbisch Gmünd, GER
Residence: Heubach, GER
Mechanics Mountain Bike
2nd OG as Mechanics

MEN

HUSHOVD, THOR
Club: BMC Racing Team
Born: 18.01.78 – Grimstad
Residence: Monaco

Height: 183 cm
Civil Status: Married
Occupation: Cyclist
Hobbies: Skiing, hunting
Favourite music: All
Favourite film: Moneyball
Favourite book genre: Crime
Favourite food: Thai
Greatest sport moment: Winning the World Championship in 2010
Sport idol: Cross Country Skier Bjørn Dæhlie
Languages spoken: Norwegian, English, French

Previous results:
OG 00: 7/Time Trial, DNF/RR
OG 04: 32/Time Trial, DNF/RR
WCh 98: 1/U23, WCh 10: 1
ECh 10: 16/U2
NCh: 4 times Champion
Tour de France: 10 stage victories

**HAGEN, EDVALD BOASSON**

Club: Lillehammer CK / Sky ProCycling
Born: 17.05.87 – Lillehammer
Residence: Norge
Height: 181 cm
Civil Status: Single
Occupation: Cyclist
Hobbies: Photo, gadgets
Favourite book genre: Don't read books
Favourite food: Most food
Greatest sport moment: Winning two stages in the Tour de France 2011
Sport idol: Do not have any idols
Languages spoken: Norwegian, English

Previous results:
OG 08: 71/RR
WCh'06: 5/U23 Time Trial, 9/U23



RR, **WCh 07:** 6/U23 Time Trial
WCh 11: 8
NCh 12: 1, **NCh:** 5 Time Trial victories
Tour de France 11: 1/6th stage,
 1/17th stage **Giro d'Italia 11:** 1/7th
 stage
 Ranked as the world's best U23-
 cyclist at UCI Europe Tour-07

**KRISTOFF, ALEXANDER**

Club: Team Katusha, Stavanger SK
Born: 05.07.87 – Oslo
Residence: Stavanger
Height: 182cm
Civil Status: Cohabitee
Occupation: Cyclist
Hobbies: Not too much time to that
 with 7 months old baby
Favourite music: Interphase,
 Dr. Feelgood
Favourite film: Hangover
Favourite food: Pizza
Greatest sport moment: Thor
 Hushovd winning the WCh in 2010
Sport idol: Mario Cipolini
Languages spoken: Norwegian, English

Previous results:

NCh 07: 1/RR, **NCh 11:** 1/RR. In total
 15 NCh medals

Other:

3 Daage de Panne 12: 1/3rd stage
Giro d'Italia: 2/13th stage

**NORDHAUG, LARS
PETTER**

Club: Team Sky
Born: 14.05.84 – Tønsberg
Residence: Nøtterøy
Height: 176 cm
Civil Status: Engaged
Hobbies: Cross Country Skiing
Favourite music: Everything
Favourite film: Band of Brothers
Favourite book genre: Documentary
 drama
Favourite food: Italian
Greatest sport moment: First pro
 victory, Trofeo Deija. Mallorca
Sport idol: Bjørn Dæhlie
Languages spoken: Norwegian, English

Previous results:

OG 08: DNF/RR
WCh 01: 2/MTB
NCh 06: 1 **NCh 12:** 2

**WOMEN****FLESJÅ, GUNN-RITA
DAHLE**

Club: Multivan Merida Biking Team /
 Sola Cycleklubb
Born: 10.02.73 – Stavanger
Residence: Sandnes
Height: 173 cm
Civil Status: Married, one child
Occupation: Professional Mountain
 Biker
Hobbies: Reading, writing
Favourite music: Rock & Pop
Favourite film: Forrest Gump
Favourite book genre: Crime, history
Favourite food: Italian
Greatest sport moment: European
 and World Champion 2002, Olympic
 Champion 2004, European Champion
 2011
Languages spoken: Norwegian, English

Previous results:

OG 04: 1, **OG 08:** DNF
WCh 98: 2/XC, **WCh 02:** 1/XC,
WCh 04: 1/XC, 1/XCM,
WCh 05: 1/XC, 1/XCM,
WCh 06: 1/XC, 1/XCM,
WCh 08: 1/XC.
ECh 98: 2/XC, **ECh 02:** 1/XC,
 2/XCM, **ECh 03:** 1/XC, 2/XCM,
ECh 04: 1/XC, **ECh 05:** 1/XC,
ECh 06: 2/XC, 1/XCM,
ECh 08: 3/XC, **ECh 09:** 1/XC,
ECh 10: 2/XC, **ECh 11:** 1/XC.

**MOBERG, EMILIE**

Club: Halden CK / Hitec Products
 Mistral Home Cycling Team
Born: 12.07.91 – Fredrikstad
Residence: Oslo
Height: 159 cm
Civil Status: Boyfriend
Occupation: Student
Hobbies: Cooking, Reading, Sports
Favourite music: Pop
Favourite film: Pirates of the
 Caribbean
Favourite book genre: Crime – Jo
 Nesbø
Favourite food: Home made pizza
Greatest sport moment: My first UCI
 victory in 2011
Sport idol: Cross Country Skier Marit
 Bjørgen
Languages spoken: Norwegian,
 English, a bit French

Previous results:

ECh 10: 16/U2
NCh 10: 2/RR **NCh 11:** 1/Criterium
Other:
Tour d'Ardeche 11: 1/1st stage
 UCI 2.2,
Tour d'Trophee d'Or 11: 1/4th stage
 UCI 2.2
Tour of Zhoushan 12: 1/4th stage
 UCI 2.2,
Tour of Zhoushan 12: 1/overall
 UCI 2.2,
Tour of Zhoushan 12: 3/2nd stage
 UCI 2.2,
Cholet Pays de Loire Dames 12:
 3/UCI 1.2



GREENWICH PARK

Sport: Equestrian (EQ), Modern Pentathlon (MP) Riding and Running/Shooting, Paralympic Equestrian (EQ) - **Type:** Temporary - **Seats in 2012:** 23,000 (jumping, dressage) - **Journey time from Olympic Village:** 25 minutes

Dating back to 1433, spectacular Greenwich Park is London's oldest Royal Park and a World Heritage site. It is home to Greenwich Mean Time and has a Longitude of 0, which means competitors will have the unique experience of jumping over the Meridian Line.

FIRST NORWEGIAN DRESSAGE RIDER FOR 56 YEARS

For the first time since 1956 (equestrian competitions arranged in Stockholm because of quarantine in Melbourne) a Norwegian dressage rider has been selected to represent Norway at the Olympic Games. Siril Helljesen (32) is from the Follo Equestrian Sport Club, and rides her horse Dorina. In 1956, Else Christophersen was the best Norwegian with a 13th place, whilst the team achieved 7th.

Equipage has achieved a long list of excellent results at international competitions over the last 18 months. Siril was the first Norwegian rider ever to take part in the World Cup finals in dressage back in April, and reached an admirable 12th place even though some things could have gone better. Her biggest sports moment was in Stockholm in December last year, when she achieved a second place in the World Cup. Siril rides for top British trainer Paul

Fielder, and has spent much of her time before the games training in England.

The Norwegian Equestrian Federation (NRYF) covers seven different disciplines: dressage, driving, endurance, eventing, show jumping and vaulting, including para equestrian dressage and driving and Icelandic ponies. Each has its own committee, whilst Icelandic ponies have their own federation.

Show jumping is easily the biggest discipline. Out of all licensed riders, 80% take part in show jumping competitions. The number of members in NRYF has doubled since 1997, and passed the 40,000 mark in 2005. There are around 42,000 members now. Riding in general - and competitions in particular - is still growing.

For more information, log on at:
www.rytter.no



WOMEN



Fielder, Paul:
Born: 25.04.52 - Acle, GBR
Residence: Norwich, GBR
Head Coach
1st OG as Coach



Torsvik, Silje
Born: 02.10.90 - Haugesund
Residence: Bergen
Groom
1st OG as Groom



HELLJESEN, SIRIL

Club: Follo Hestesportklubb
Born: 14.10.79 - Oslo
Residence: Vinterbro, by Oslo
Height: 170 cm
Civil Status: Single
Occupation: Dressage rider, trainer
Hobbies: Horses (riding), good films, social time with friends
Favourite music: House, charts, pop (modern music)
Favourite film: Holiday, Gladiator etc
Greatest sport moment: 2nd place World Cup Stockholm Dec 2011, 1st Hickstead Grand Prix 2011, World Cup Finals 2012, 3rd Grand Prix Rotterdam 2012.
Sport idol: Get inspiration from many different people who's good at what they do
Languages spoken: Norwegian, English, German, some French

Previous results:
ECh: 1 3th in Grand Prix European Championship Dressage 2011
NCh: 08: 1 Team 10: 1 Team
Personal record: 76% in Grand Prix kür



ExCeL LONDON

Sport: Boxing (BX), Fencing (FE), Judo (JU), Table Tennis (TT), Taekwondo (TK), Weightlifting (WL), Wrestling (WR), Boccia (BO), Paralympic Table Tennis (TT), Paralympic Judo (JU), Paralympic Powerlifting (PO), Volleyball (Sitting)(VS), Wheelchair Fencing (WF) – **Seats in 2012:** Arena 1: 6,000, Arena 2: 10,000, Arena 3: 8,000, Arena 4: 10,000, Arena 5: 6,000 – **Journey time from Olympic Village:** 25 minutes

ExCeL is the Games' largest competition venue and will be divided into five halls, accommodating up to 40,000 spectators in total.

NORWAY AGAIN TO BE REPRESENTED IN CONSECUTIVE GAMES

In the London Olympic Games 25 years old Bartosz Piasecki will represent Norway in Fencing. But when Sturla Torkildsen competed in the Beijing Olympics in 2008 it was 24 years since Norway last entered male fencers in the Olympics. This was in 1984 in Los Angeles.

Fencing is a modern sport. It hones one's ability to concentrate, one's sense of balance and one's strategic abilities; it also provides plenty of exercise. In modern sports fencing there are three branches: epee, foil and sabre. All three are based on their respective historical weapons.

The epee's triangular blade is 90 cm long, with a total weight of 750 grams; it is slightly spring-loaded at the tip. It has to be thrust

with a force of 750 grams. The blade's triangular shape traces its history to the rapier's roots as a duelling weapon, and is used to attach the cable going from the tip to the parrying plate (the cup).

Points are won by striking one's opponent with the tip anywhere on the body. Points are accumulated whether the hit is on the foot, the underarm, or right over the heart.

The object is simply to get in the first hit. It is possible for the fencers to hit simultaneously; if it happens, both fencers receive points, and they work just as hard to avoid being hit by their opponent as they do to make a hit.

For more information, log on at:
www.fekting.no



MEN



Piasecki, Mariusz Romuald
Born: 26.09.58 – Olesnica, POL
Residence: Oslo
Head Coach
3rd OG as Head Coach
National fencer in Poland from 1976-1988.



PIASECKI, BARTOSZ

Club: Bygdø Fekteklubb
Born: 09.12.86 – Tczew, POL
Residence: Oslo
Height: 196 cm
Civil Status: Single
Occupation: Athlete/Student
Hobbies: Sport
Favourite music: Red Hot Chili Peppers
Favourite film: Angels & Demons
Favourite book genre: Crime
Favourite food: Pasta
Greatest sport moment: OG 2012
Sport idol: Pavel Kolobkov
Languages spoken: Norwegian, Polish, English

Previous results:
ECh 09: 3/U23



HANDBALL ARENA

Sport: Handball (HB) preliminaries, Modern Pentathlon (MP) Fencing, Goalball (GB) –
Type: New, permanent – **Seats in 2012:** Up to 7,000 – **Journey time from Olympic Village:** 5 minutes

The Handball Arena in the west of the Park will feature more than 3,000sq m of external copper cladding – mostly recycled – to give it a distinctive appearance that will develop a rich natural colour as it ages.

A FAIRY STORY – WITH LADIES IN THE STARRING ROLES

Norwegian ladies handball is world class. The team bound for London are the reigning Olympic, World and European champions making them favourites for the gold in London, but the team and its trainers are highly focused with an official target of competing for medals in all competitions.

That's the way it's been since their major breakthrough in 1986, when the Norwegian handball ladies won their first international medal – a bronze – in the World Championships. Since then, Norway has won no less than 19 championship medals in ladies handball – one gold, two silver and a bronze at the Olympics, three silver and three bronze at the World Championships and two silver and a bronze at the European championships.

Ladies dominate the sport in Norway, with nearly 70% of the

108,000 members of the federation being female. The ladies were also the first to break through on the international stage when the first official international match was played between the ladies teams of Norway and Sweden in 1946. That was at the Bislett Stadium, which is now the arena for the Diamond League Bislett Games, and which was used as the skating rink for the Oslo Winter Olympics in 1952. No less than 10,000 spectators watched that first international match.

The management of the Norwegian national team is a colourful combination of Nordic skill and expertise, as the head coach Thorir Hergeirsson is from Iceland, whilst assistant coaches Mia Høgdahl and Mats Olsson are from Sweden.

For more information, log on at:
www.handball.no



Hergeirsson, Thorir

Born: 27.04.64 – Selfoss, ICE

Residence: Klepp

Head Coach

2nd OG as Coach

As head coach: WCh 09: 3rd,

ECh 10: 1st, WCh 11: 1st

As cotrainer: OG 08: 1st,

WCh: 2 x 2nd, ECh 3 x 1st



Hermansson Høgdahl, Mia

Born: 06.05.65 – Gothenburg, SWE

Residence: Trondheim

Coach

1st OG as Coach, 1 OG as Video

Analyst

As a handball player:

216 national matches/1091 goals for Sweden

ECh-winner 1993

Winner Champions League 1994,

1995

World all star team: 1987, 1991,

1994

Valued Worlds best player 1994

As coach for Norway: WCh 09: 3rd,

ECh 10: 1st, WCh 11: 1st



Olsson, Mats

Born: 12.01.60 – Spånga – SWE

Residence: Santander – ESP

Goalkeeper coach

2nd OG as Coach

4 OG as player: OG 84: 5th, OG 88:

5th, OG 92: 2nd, OG 96: 2nd

296 national games as a player: 1

WCh gold, 1 WCh silver, 2 WCh

bronze, 1 ECh gold. Winner of

European Champions league, Cup

Winners Cup and EHF Cup.

2 times elected best goalkeeper in the

tournament, OG 1996 and WCh

1997.

1 OG as Goalkeeper Coach

(OG 08: 1st).

7 years as Head coach for Portugal's

Men's team.



Halvorsen, Wenche Stensrud

Born: 26.04.54 – Fredrikstad

Residence: Fredrikstad

Analyzing Team

3rd OG as Video Analyst

Analyzing team since 1995.

91 matches as player on the national

team. 10 years national coach junior

and youth.



Krøger, Henning
Born: 04.02.54 – Bergen
Residence: Askøy
Analyzing Team
 1st OG as Vide Analyst



Ingels, Grethe
Born: 31.07.53 – Trondheim
Residence: Oslo
Team administrator
 1st OG as Team Official
 14 years as handball player on top national level. National champion and league champion. 3 years in junior national team. Board member NHF for 12 years, 4 as Vice President

WOMEN

**GRIMSBØ, KARI AALVIK**

Club: Team Esbjerg
Born: 04.01.85 – Bergen
Residence: Esbjerg
Height: 180 cm
Civil Status: Married
Occupation: Handball player, photographer
Favourite music: U2, Coldplay, Muse, Amy Macdonald, Lissie
Favourite film: Slumdog millionaire, ARN
Favourite book genre: Crime and history
Favourite food: Homemade food
Sport idol: Sarah Reinertsen
Languages spoken: Norwegian, English
Previous results:
 OG 08: 1
 WCh 07: 2 WCh 09: 3
 WCh 11: 1
 Ech 06: 1 Ech 10: 1

**HARALDSEN, KATRINE LUNDE**

Club: Győr Audi ETO KC
Born: 30.03.80 – Kristiansand



Residence: Győr, Hungary
Height: 180 cm
Civil Status: Married
Occupation: Handball player
Greatest sport moment: Winning Olympic gold in Beijing
Languages spoken: Norwegian, English
Comments:
 Winner of Champions League twice, winner of Danish League three times, winner of Danish Championship twice, winner of Hungarian League once, winner of Hungarian Championship once.
Previous results:
 OG 08: 1
 WCh 11: 1 WCh 09: 3
 WCh 07: 2
 Ech 10: 1 Ech 08: 1 Ech 06: 1
 Ech 04: 1 Ech 02: 2

**ALSTAD, IDA**

Club: Byåsen Håndball Elite
Born: 13.06.85 – Trondheim
Residence: Trondheim
Height: 172 cm
Civil Status: In a relationship
Occupation: Handball player, student
Hobbies: Handball, volleyball, skiing, movies
Favourite music: Roxette
Favourite food: Sushi, pizza
Greatest sport moment: World champions 2011
Languages spoken: Norwegian, Swedish, Danish, German, English
Previous results:

WCh 11: 1 WCh 09: 3
 Ech 10: 1
 NCh: 1

**LØKE, HEIDI**

Club: Győr Audi Eto
Born: 12.12.82 – Tønsberg
Residence: Győr, Hungary
Height: 173
Occupation: Handball player
Hobbies: Relaxing and playing with my son, Alexander
Greatest sport moment: Gold in Ech 10, WCh 11 and Champions League 11 (with LHK)
Languages spoken: Norwegian, English, German
Comments:
 Valued "Worlds best handball player 2011"
Previous results:
 WCh 09: 3 WCh 11: 1
 Ech 08: 1 Ech 10: 1
 ChL 11: 1
 NCh: 3

**NØSTVOLD, TONJE**

Club: Byåsen Håndball Elite
Born: 07.05.85 – Stavanger



Residence: Trondheim
Height: 178
Civil Status: Unmarried
Occupation: Handball player
Hobbies: Family, Friends, my dog
Favourite music: All genres
Favourite film: The Notebook
Favourite book genre: Crime
Favourite food: Taco
Greatest sport moment: Winning gold WCh 2011
Languages spoken: Norwegian, English
Previous results:
 OG 08: 1
 WCh 11: 1 WCh 09: 3
 WCh 07: 2
 Ech 10: 1 Ech 08: 1 Ech 06: 1
 NCh: 1



8

BREIVANG, KAROLINE DYHRE

Club: Larvik HK
Born: 10.05.80 - Oslo
Residence: Larvik
Height: 172 cm
Civil Status: In a relationship
Occupation: Handball player
Hobbies: Friends, relaxing, baking
Favourite music: RnB, popular music on Itunes, all kinds of music
Favourite book genre: Crime
Favourite food: Steak and taco
Greatest sport moment: Gold OG 2008, Gold Champions League 2010/2011, Gold WCh 2011
Languages spoken: Norwegian, English

Previous results:
 OG 08: 1
 WCh 11: 1 WCh 09: 3
 WCh 07: 2
 Ech 10: 1 Ech 08: 1 Ech 06: 1
 Ech 04: 1
 ChL 11: 1
 NCh: 6
 NL: 7



9

LUNDE BORGENSEN, KRISTINE

Born: 30.03.80 - Kristiansand
Residence: Kristiansand
Height: 183
Civil Status: Married
Occupation: Handball player
Hobbies: My son, books and friends
Favourite music: Like everything
Favourite book genre: Crime
Languages spoken: Norwegian, English
Previous results:
 OG 08: 1
 WCh 01: 2 WCh 09: 3
 WCh 11: 1
 Ech 04: 1 Ech 06: 1 Ech 08: 1
Other: Two times winner of Champions League, three times winner of Danish National Championships, two times winner of Danish cup.



11

JOHANSEN, KARI METTE

Club: Larvik HK
Born: 11.01.79 - Fredrikstad
Residence: Sandefjord
Height: 172 cm
Civil Status: In a relationship
Occupation: Student, teacher, handball player
Hobbies: Shopping, friends, family
Favourite music: RnB
Favourite book genre: Crime
Favourite food: Taco
Greatest sport moment: Gold medals OG Beijing 2008 and WCh Brazil 2011
Languages spoken: Norwegian, English
Previous results:
 OG 08: 1
 WCh 11: 1 WCh 09: 3
 WCh 07: 2
 Ech 10: 1 Ech 08: 1 Ech 06: 1
 Ech 04: 1
 ChL 11: 1



13

MALM FRAFJORD, MARIT

Club: Viborg HK
Born: 25.11.85 - Tromsø

Residence: Viborg, Denmark
Civil Status: Single
Occupation: Handball player, student
Favourite music: Jack Johnson, Biffy Clyro, Rihanna, like almost everything
Favourite film: The Notebook
Favourite book genre: Crime and books written by Ken Follet
Favourite food: Sushi, fish
Greatest sport moment: Olympic gold in Beijing, 2008
Sport idol: Bjarte Myrhol, Tobias Karlsson
Languages spoken: Norwegian, English
Previous results:
 OG 08: 1
 WCh 07: 2 WCh 09: 3
 WCh 11: 1
 Ech 06: 1 Ech 08: 1 Ech 10: 1



17

SULLAND, LINN JØRUM

Club: Larvik HK
Born: 15.07.84 - Oslo
Residence: Larvik
Height: 178 cm
Civil Status: Cohabit
Occupation: Student, Handball player
Hobbies: Friends, family, fun
Favourite book genre: Crime
Languages spoken: Norwegian, English
Comments:
 Silver medal in European Championship, beach
Previous results:



WCh 11: 1 WCh 07: 2
ECh 10: 1 ECh 05: 1
ChL 11: 1
NCh: 3



18

KOREN, LINN-KRISTIN RIEGELHUTH

Club: Larvik HK
Born: 01.08.84 – Akershus
Residence: Sandefjord
Height: 175 cm
Civil Status: Married
Occupation: Handball player,
Nurse, Student
Hobbies: Family, friends
Favourite music: Party music,
listens to everything
Languages spoken: Norwegian,
English, German
Previous results:
OG 08: 1
WCh 11: 1 WCh 09: 3
WCh 07: 2
ECh 10: 1 ECh 08: 1 ECh 06: 1
ECh 04: 1
WCh jr 03: 3



21

SNORROEGGEN, GØRIL

Club: Team Esbjerg
Born: 15.02.85 – Trondheim
Residence: Esbjerg, Denmark
Height: 177 cm
Civil Status: In a relationship
Occupation: Handball player,
student
Hobbies: Knitting, cooking, baking
Favourite book genre: Ken Follett
Favourite food: Sushi, steak
Greatest sport moment: Olympic
gold, Beijing 2008
Sport idol: Nikola Karabatic
Languages spoken: Norwegian,
English
Previous results:
OG 08: 1
WCh 07: 2 WCh 11: 1
ECh 04: 1 ECh 06: 1
NCh 1



22

KURTOVIC, AMANDA

Club: Larvik HK
Residence: Sandefjord
Height: 175 cm
Civil Status: Single
Occupation: Handball player



Hobbies: Family, friends, handball
Favourite music: RnB
Favourite film: Pearl Harbour
Favourite book genre: Crime
Favourite food: Taco
Greatest sport moment: Winning
gold WCh Brazil 2011
Sport idol: Ivano Balic, Andrea
Penezic, Zlatan Ibrahimovic
Languages spoken: Norwegian,
Swedish, English
Comments: Gold medal ECh jr,
Hungary
Previous results:
WCh 11: 1
NCh: 2



23

HERREM, CAMILLA

Club: Byåsen Håndball Elite
Born: 08.10.86 – Sola
Residence: Trondheim
Height: 169 cm
Civil Status: Engaged
Occupation: Student, Handball
player
Hobbies: Friends, family
Favourite music: Michael Jackson
Favourite film: Ace Ventura, The
Gladiator
Favourite book genre: Crime
Favourite food: Steak
Greatest sport moment: Gold
medal ECh 2008 and 2010,
WCh bronze 2009 and WCh gold
2011
Sport idol: Lionel Messi, Usain
Bolt, David Beckham
Languages spoken: Norwegian,
Swedish, Danish, English

Comments: "Have the courage to
be yourself!"
All star team WCh 2009/best
left wing
Previous results:
WCh 11: 1 WCh 09: 3
ECh 10: 1 ECh 08: 1

RESERVE



3

NÆSS, KAROLINE

Club: Stabæk
Born: 24.07.87 – Oslo
Residence: Oslo
Height: 179 cm
Civil Status: In a relationship
Occupation: Student, Handball
player
Hobbies: Sports, travelling
Favourite music: John Mayer,
Gavin DeGraw
Favourite film: Warrior
Favourite book genre: Crime
Favourite food: Everything
Greatest sport moment: Still to
come...
Languages spoken: Norwegian,
English

**ETON DORNEY**

Sport: Rowing (RO), Canoe Sprint (CS), Paralympic Rowing (RO) - **Type:** Existing - **Seats in 2012:** 20,000 - **Journey time from Olympic Village:** 90 minutes

Near Windsor approximately 25 miles west of London, this existing venue near Windsor is a 2,200m, eight-lane rowing course with a separate return lane constructed to international standards. It is set in a 400-acre park with a nature conservation area. In 2006, it hosted the Rowing World Championships, with high praise from both competitors and spectators.

TUFTE DREAMING ABOUT ANOTHER (GOLD) MEDAL...

The big question before London, is if the Norwegian top rower, Olaf Tufte, is capable to find back to his old shape and pace. He has the chance to win his third consecutive gold medal in summer-olympics. But the four last years has been a bumpy road, and Tufte has not won an international medal since the gold medal in Beijing.

He is known as an athlete who knows how to prepare for the big events, so there is still hope for another Tufte-medal in London. Tufte got married just after Beijing, and with two children, working as a farmer, and training for another Olympic medal, he is a busy man.

Norway has a long tradition of winning Olympic medals in rowing. Norwegian rowers have won OL medals in every game since 1972 (with the exception of 1980, when Norway didn't participate on account of a

boycott). Norway has 15 Olympic medals in rowing, the three finest achievements being the gold won by brothers Alf and Frank Hansen in doubles culls in Montreal and Olaf Tufte's two gold medals won in the singles culls in 2004 and 2008. Of 15 Olympic medals, three were gold, six were silver and six were bronze. The first time Norway won any medals in rowing was in 1912 in Stockholm, when we took bronze in coxed fours (Christiania Rowing Club) and coxed fours jugriggers (Ormsund Roklub).

The Norwegian Rowing Federation, which celebrated its 100th anniversary in 2000, is one of Norway's oldest special federations. There are about 3,600 registered members spread throughout 52 clubs in the Federation.

For more information, log on at:
www.rowing.no

**MEN****Hassing, Carsten****Born:** 18.01.67 – Gladsaxe, DEN**Residence:** Moss**Head Coach**

6th OG

Former Olympic athlete

**TUFTE, OLAF KARL****Club:** Horten Roklubb**Born:** 27.04.76 - Tønsberg**Residence:** Tufte Gård, Nykirke**Height:** 193 cm**Civil Status:** Married**Occupation:** Farmer, rower**Hobbies:** Motocross, farming, timber sport**Favourite music:** Garth Brooks, AC/DC**Favourite film:** Any Given Sunday**Favourite book genre:** Harry Hole**Favourite food:** Traditional home made**Greatest sport moment:** Olympics, Beijing 2008**Sport idol:** Sir Steve Redgrave**Languages spoken:** Norwegian, English, Swedish**Previous results:****OG 96:** 8/M4-, **OG 00:** 2/M2x,**OG 04:** 1/M1x, **OG 08:** 1/M1x**WCh 99:** 3/M2X, **WCh 01:** 1/M1X,**WCh 02:** 3/M1X, **WCh 05:** 2/M1X,**WCh 06:** 4/M1X, **WCh 07:** 3/M1X,**WCh 09:** 6/M1X **WCh 10:** 4/M1X,**WCh 11:** 6/M1X**Verburg, Esther****Born:** 22.01.69 – Zaandam, NED**Residence:** Oslo**Assistant coach and team manager**

Former athlete with 13 NCh. Sports physiologist

**BORCH, KJETIL**

Club: Horten Roklubb
Born: 14.02.90 - Tønsberg
Residence: Horten
Height: 193 cm
Civil Status: In a relationship
Occupation: Student
Hobbies: Guitar
Favourite music: Foo Fighters, Big Bang
Favourite film: Saving private Ryan, The Gladiator
Favourite food: Traditional home made, pancakes
Languages spoken: English, Norwegian

Previous results:
WCh 10: 4/M2X, **WCh 11:** 8/M2X
NCh: 8
Personal best: 1MX/06.58, 2MX/06.10

**HOFF, NILS
JAKOB SKULSTAD**

Club: Fana Roklubb
Born: 05.02.85 - Bergen
Residence: Oslo
Height: 199 cm
Civil Status: In a relationship
Occupation: Student
Hobbies: Music, outdoor activities
Favourite music: Trance, house, rock, jazz, classical

Favourite film: The Gladiator
Favourite book genre: Arn
Favourite food: Meatballs in brown sauce
Greatest sport moment: First time qualifying for the jr. National team
Sport idol: Alexander Dale Oen
Languages spoken: Norwegian, English, German

Previous results:
WCh 07: M2X/20,
WCh 09: M2X/13, **WCh 10:** M2X/4,
WCh 11: M2X/8

**BRUN, KRISTOFFER**

Club: Bergens Roklubb
Born: 07.04.88 - Bergen
Residence: Oslo
Height: 176 cm
Civil Status: In a relationship
Hobbies: Outdoor activities
Favourite music: All kind of music
Favourite film: The Gladiator
Favourite book genre: Crime
Favourite food: Pizza, traditional homemade food
Greatest sport moment: Olaf Tufte winning Olympic gold in Beijing 2008
Sport idol: Edvald Boasson Hagen
Languages spoken: Norwegian

Previous results:
WCh 10: LM2X/10, **WCh 11:** LM1X/7

**STRANDLI, ARE**

Club: Stavanger Roklub
Born: 18.08.88 - Stavanger
Residence: Oslo
Height: 182 cm
Civil Status: In a relationship
Occupation: Student/economics
Hobbies: Hunting, fishing, music, stock trading
Favourite music: Punk rock, (Weezer, The Offspring)
Favourite film: The Fighter
Favourite book genre: Crime
Favourite food: Seafood, Asian
Greatest sport moment: First podium in World Cup
Languages spoken: Norwegian, English, German

Previous results:
WCh 11: LM2X/9
NCh: 4

**WEYMOUTH AND PORTLAND**

Sport: Sailing (SA), Paralympic Sailing (SA) – **Type:** Existing – **Journey time from Olympic Village:** 250 minutes (3 h 10 min)

On the south coast of England, the Weymouth and Portland National Sailing Academy has already hosted numerous international sailing events, including the 2006 ISAF World Youth Championships attended by more than 60 nations.

The Sailing venue was the first venue for 2012 where new construction was completed. A new slipway, 70 moorings and associated facilities have been built to enhance the venue.

SAILING – A PROUD NORWEGIAN OLYMPIC HISTORY

Sailing has been Norway's "show-case sports" in the Olympic games down through the years. Norway has won a total of 16 gold medals. It has also won 11 silver and three bronze medals. Perhaps the best known Norwegian gold medal in sailing was the one that his majesty, King Olav, won in his Olympics debut in 1928 in the 6 metre class. The then crown prince, who later became King Olav, was dubbed "the Sailor King" in Norway.

Norwegian Olympic sailing history is also replete with fine family traditions. In 1912, four Norwegian brothers won the OL gold in the 12 metre class. Ole, Henrik, Kristian and Jan Østervold sat in the same boat. The Norwegian Lunde family has also left its mark in Norwegian sailing history, with four generations representing Norway in the Olympics.

The last was Jeanette Lunde, who sailed 470 in Sydney in 2000 (and also competed for Norway in alpine skiing in The Olympic Games). Her father, Peder Lunde jr., won the Olympic gold in Flying Dutchman in 1960, and the silver in the Star class in 1968. Jeanette's grandfather Peder and grandmother Vibeke took the silver in the 5.5 metre class in 1952, while great-grandfather Eugen became Olympic champion in the 6 metre class in 1924.

The Norwegian Sailing Federation has about 20,000 members distributed throughout 117 clubs. The most popular and famous Norwegian regatta is "Færder regatta," which attracts about 1,000 boats and 4,000 participants each spring.

For more information, log on at:
www.seiling.no



Guttormsen, Espen
Born: 31.05.68 – Oslo
Residence: Moss
Sports Chief
5th OG as coach



Strahovnik, Luka
Born: 02.02.84 – Ljubljana, SLO
Residence: Ljubljana
Coach
2nd OG as coach



Guttormsen, Thomas
Born: 20.08.69 – Lørenskog
Coach
Residence: Moss
3rd OG as coach



Haug, Jacob
Born: 31.07.84 – Bærum
Residence: Bærum
Coach
1st OG as Coach
Previous sailor until 2001, then coach at different levels.



Beyer, Brett
Born: 26.7.66 – Sydney, AUS
Residence: Sydney, AUS
Coach/Physical trainer
4th OG
8 World Championships gold in Laser Masters



MEN

**MELLEBY, EIVIND**

Club: KNS
Born: 19.04.72 – Oslo
Residence: Oslo
Height: 178 cm
Civil Status: Married
Occupation: Yachtsman
Hobbies: Golf, skiing
Favourite music: "Klovner i Kamp"
Favourite film: Pulp Fiction
Favourite food: Fish
Sport idol: Torben Grael
Languages spoken: Norwegian, English

Previous results:

WCh 95: 3 (laser), **WCh 09:** 3 (Melges)

ECh 94: 2 (laser), **ECh 08:** 3 (Star),

ECh 12: 3 (Star)

NCh: 4

Comments:

ISAF World Cup Overall 2010 1st place

Volvo Ocean Race 2008–09, Ericsson 3, 4th place.

Current ISAF Ranking Star 1

**MØRLAND PEDERSEN, PETTER**

Club: KNS
Born: 07.06.84 – Arendal
Residence: Oslo
Height: 191 cm
Civil Status: Single
Occupation: Athlete
Hobbies: Frisbee, golf
Favourite music: Rock, Metallica, Foo Fighters, pop
Favourite film: Forrest Gump
Favourite book genre: Crime
Favourite food: Lutefisk and sheep's head (traditional Norwegian dishes)
Greatest sport moment: Qualifying for the Olympics
Languages spoken: Norwegian, English, German

Previous results:

WCh 10: 2 (5.5m), **WCh 11:** 6 (star)

ECh 08: 3 (star), **ECh 12:** 3 (star)

NCh: 3

WC 10: 1 (overall)

**RUTH, KRISTIAN**

Club: Asker Seilforening
Born: 23.07.85 – Asker
Residence: Asker
Height: 179.5 cm



WOMEN

**ENGER EIDE, MARTHE**

Club: Bærum Seilforening
Born: 17.11.89 – Bærum
Residence: Bærum
Height: 170 cm
Civil Status: In a relationship
Occupation: Sailor
Hobbies: Alpine skiing, snowboarding, climbing, wakeboard, mountain hiking
Favourite music: BigBang, Kaizers Orchestra, CC Cowboys
Favourite film: Ps. I love you
Favourite book genre: Novels
Favourite food: Taco
Sport idol: I admire a lot of great athletes
Languages spoken: Norwegian, English, German

Previous results:

WCh 08: 5 (Single handed dinghy)

Civil Status: In a relationship
Occupation: Sailor
Hobbies: Frisbee, golf
Favourite music: 80's and 90's
Favourite film: The Gladiator
Favourite book genre: Everything
Favourite food: Lamb schank
Greatest sport moment: Is yet to come...
Sport idol: Ole Einar Bjørndalen and Marit Bjørgen
Languages spoken: Norwegian, English, German

Previous results:

OG 08: 10 (laser)

WCh 12: 18 (laser)

NCh: 6

**WANG-HANSEN, SEBASTIAN**

Club: KNS
Born: 06.06.88 – Tønsberg
Residence: Husøy
Height: 185 cm
Occupation: Windsurfer
Hobbies: Mountain biking, sailing, skiing, volleyball
Favourite film: The Gladiator
Greatest sport moment: Meda Irace World cup in Miami, finished 3rd overall
Languages spoken: Norwegian, English

Previous results:

WCh 11: 33 (RS:X)

ECh 12: 17 (RS:X)

WC 11/12: 1 (overall)

**STÅLSTRØM, JANNICKE****Club:** Horten SF**Born:** 07.09.69 – Horten**Residence:** Norway**Height:** 169 cm**Civil Status:** In a relationship with a hot hunk from Australia**Occupation:** Sport/teaching**Hobbies:** Eating, drinking, having fun, windsurf and live the life**Favourite music:** Hard core and jazz**Favourite film:** Glee**Favourite book genre:** Cooking books and history**Favourite food:** Everything and good wine**Greatest sport moment:** When I looped with my WSF, and all my podium walkings. When I finished Trondheim– Oslo on a bike (560 km) as 15 year old. My first/last WC–victory 1994/2007**Sport idol:** Grandfather and great great grandfather. Norwegian Champs and World champs in ice skating and biking**Languages spoken:** Norwegian, English**Previous results:**

OG 04: 11, OG 08: 14

**THE ROYAL ARTILLERY BARRACKS****Sport:** Shooting (SH), Paralympic Shooting (SH), Paralympic Archery (AR) – **Type:** Temporary – **Seats in 2012:** 7,500 – **Journey time from Olympic Village:** 25 minutes

On the edge of Woolwich Common, the existing Barracks date back to 1776.

Four temporary indoor ranges for Pistol and Rifle Shooting will be built together with outdoor shotgun ranges for Trap and Skeet events. Temporary spectator grandstands will be provided at each shooting range. The Barracks will also be home to Paralympic Archery and Shooting.

POWERFUL NORWEGIAN SQUAD AT THE SHOOTING RANGE

With a total of five rifle shooters and one skeet shooter Norway has an exciting squad at the London Olympics 2012. 42 year old Tore Brovold will hope to go one better than his Silver medal at the last Olympics in Beijing 2008, where he lost the Gold medal in a shoot-off. Are Hansen ended as number 19 in the 10 m Air Rifle in Beijing. It will be interesting to follow 18-year-old Malin Westerheim who is the youngest performer in the Norwegian Olympic team. During the Pre-Olympics in London in April, she made it to 5th place in the 10 m Air Rifle.

The greatest Norwegian Olympic shooter was G. G. Skattebø who in 1906 won three Gold medals at the Anniversary Games in free rifle, standing, and prone, and overall in three positions. In addition he won the Silver with his team. Skattebø participated in the Golden Team in 1908 and won

Team Silver in 1912 and then returned in 1920 to win Silver with his team. In total he won 7 Olympic medals. It should also be mentioned that Ole Lilleboe–Olsen won 5 Gold medals in different deer shooting events and that Albert Helgerud won 8 medals in total, with a Gold medal in free rifle in 1908 as his best.

It is with optimism and hope that the Norwegian Shooting team travels to London and their goal is to win Olympic medals in both rifle and skeet. The team has managed to get six quota places for the London Olympics, which is quite impressive for such a small nation.

The Norwegian Shooting Association was founded in 1946 and has 27.000 members.

For more information, log on at:
www.skyting.no



Kjøll, Trond
Born: 13.03.53 – Modum
Residence: Jevnaker
Coach – Rifle
 5th OG as Coach
 Former athlete in OG in shooting.
 World record holder shooting 300 m standard rifle 30x20 (589p – Boden in 1995). Former national shooting coach in biathlon.



Moen, Per Bjørnar
Born: 10.05.50 – Moss
Residence: Oslo
Coach – Skeet
 5th OG as Coach
 He has been an active skeet shooter with his best WCh placement in 1982 – 7th place. He is ISSF Judge Class A and ISSF certified Sports Shooting Coach Class A and teacher at ISSF Sport Skeet Academy.

MEN

**BAKKEN, OLE MAGNUS**

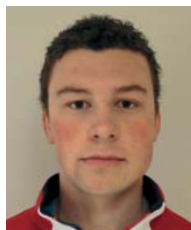
Club: Stange sportsskytter
Born: 28.04.88 – Hamar
Residence: Romedal
Height: 193 cm
Civil Status: Single
Occupation: Student
Hobbies: GO-kart
Favourite music: Nothing special
Favourite film: Action
Favourite book genre: "Luftens ørner"
Favourite food: Homemade pizza
Greatest sport moment: There is too many
Sport idol: Ole Einar Bjørndalen and Petter Northug
Languages spoken: Norwegian, English

Previous results:
WCh: 10: 2nd 50 m Rifle 3 positions Team, 12th 50 m Rifle 3 positions
ECh: 10: 2nd 10 m Air Team, 8th 10 m Air
11: 1st 50 m Rifle 3 positions Team, 8th 10 m Air, 10th 50 m Rifle Prone, 10th 50 m Rifle 3 positions
WC: 09: 1st 50 m Rifle 3 positions, 3rd 10 m Air, 3rd 50 m Rifle 3 positions
NCh: 2 individual Senior titles, 11 individual Junior titles
Personal records:
 60 x 10 m Air: 599
 60 x 50 m Rifle Prone 599
 50 m Rifle 3 positions: 3x40 1184

**BREKNE, ODD ARNE**

Club: Østre Romeriket MSL
Born: 01.09.84 – Farsund
Residence: Lyngdal
Height: 182 cm
Civil Status: Single
Hobby: Hunting
Languages spoken: Norwegian, English

Previous results:
WC: 12: 6th 50 m Rifle Prone
NCh: 10: Gold 50 m Rifle Prone 11: Gold 50 m Rifle Prone
 1 His Majesty King Harald's Cup (Kongepokal)
Personal record:
 50 m Rifle Prone: 600

**BRYHN, OLE-KRISTIAN**

Club: Vestre Bærum Salongskytterlag
Born: 01.05.89 – Drammen
Residence: Røyken
Height: 189 cm
Civil Status: Single
Occupation: Athlete
Hobbies: Sport, fishing
Favourite music: No special
Favourite film: No special
Favourite book genre: Sports books
Favourite food: Taco
Greatest sport moment: Michael



Phelps with 8 Gold medals in Beijing 2008
Sport idol: Petter Northug
Languages spoken: Norwegian, English

Previous results:
WHC: 10: 2nd 3x40 50 m, 2nd 3x20 300 m, 3rd 3x40 300 m
Military WHC 11: 1st 3x20 300 m, 3rd 3x20 Rapid fire 300 m
WC: 11: 1st 3x40 50 m (World Cup Final), 3rd 3x40 50 m, 3rd 3x40 50 m
ECh Jr: 07: 2nd 3x40 50 m
08: 2nd 3x40 50 m, 3rd 60 prone 50 m
09: 1st 3x40 50 m, 2nd 3x40 300m, 3rd 3x40 50m
Personal records:
 50 m Rifle 3 positions: 1181
 50 m 60 Rifle prone: 599
 10 m Air: 599

**HANSEN, ARE**

Club: Krapfoss Sportskytterlag
Born: 16.01.82 – Fredrikstad
Residence: Moss
Height: 179cm
Civil Status: Engaged
Occupation: Building engineer
Hobbies: Shooting and sport
Favourite music: Rock
Favourite film: Pulp Fiction
Favourite book genre: Crime
Favourite food: From the grill
Greatest sport moment: Ski jump of Harald Rønneberg in Holmekollen
Sport idol: Kristoffer Sannvoll
Languages spoken: Norwegian, English

Previous results:
OG: 08: 19th 10 m Air
WCh: 10: 19th 10 m Air
ECh: 05: 2nd 10 m Air
08: 1st 10 m Air
NCh: 1st in 2005, 08, 09, 11 and 12

**Personal Records:**

10m Air: 600
50m Rifle Prone: 599
50m Rifle 3 positions: 1189

WOMAN**WESTERHEIM, MALIN****Club:** Krapfoss Sportsskytterlag**Born:** 10.11.93 – Fredrikstad**Residence:** Moss**Height:** 180 cm**Hobbies:** Reading books and music**Favourite music:** The Fray and Thriving Ivory**Favourite book genre:** Drama, criminal novels and love stories**Greatest sport moment:** 5th in the pre-Olympics/WC in London 2012**Languages spoken:** Norwegian, English and some German**Previous results:****OG Youth:** 11: 11th 10 m Air**WCh:** 10: 75th 10 m Air**ECh Jr:** 10: 3rd 10 m Air 11: 9th 50m Rifle 3 positions smallbore**NCh:** 4 Gold medals in 10 m Air, 2 Gold medals in 50 m Rifle 3 positions smallbore**Others:**5th in Pre-Olympics London 2012, 10m Air**Personal records:**

10m Air: 397

50m Rifle 3 positions small bore: 586

SKEET**BROVOLD, TORE****Club:** Østlandske Sportsskytter**Born:** 12.06.70 – Hamar**Residence:** Stange**Height:** 175 cm**Civil Status:** Not married**Occupation:** Database Administrator**Hobbies:** Shooting, hunting**Greatest sport moment:** Olympic Silver Medal Beijing 2008.**Languages spoken:** Norwegian, English.**Previous results:****OG:** 08: 2 **WCh:** 06: 3 11: 2**ECh:** 08: 1 09: 1 **WC Final:** 2 gold,1 silver, 1 bronze **WC:** 3 gold, 3 silver, 3 bronze **NCh:** 22 individual Gold Medals**His Majesty King Harald's Cup:** 3**Personal Records:**

2 x WR: 150 (125 + 25) in ECh 2008 and 2009

**ExCel LONDON**

Sport: Boxing (BX), Fencing (FE), Judo (JU), Table Tennis (TT), Taekwondo (TK), Weightlifting (WL), Wrestling (WR), Boccia (BO), Paralympic Table Tennis (TT), Paralympic Judo (JU), Paralympic Powerlifting (PO), Volleyball (Sitting)(VS), Wheelchair Fencing (WF) – **Seats in 2012:** Arena 1: 6,000, Arena 2: 10,000, Arena 3: 8,000, Arena 4: 10,000, Arena 5: 6,000 – **Journey time from Olympic Village:** 25 minutes

ExCel is the Games' largest competition venue and will be divided into five halls, accommodating up to 40,000 spectators in total.

WRESTLING WITH TRADITIONS FROM FATHER TO SON

Wrestling is a sport by long traditions in Norway. Carl Nordbeck used to be a circus wrestler for many years, fighting many tough matches against the Dane, Beck-Olsen. In 1908, Nordbeck joined Ørnulf Athletics Club as a coach, and the club arranged Norway's first amateur event in 1909. The club also had the honor of arranging the very first Norwegian Athletics Championships in April, 1910. The Norwegian Athletics Federation was founded in 1913. Eventually the Athletics Federation changed its name to The Norwegian Wrestling Federation in 1920, when boxing and weightlifting became separate federations.

Norway's best known wrestler is Jon Rønningen, who achieved two Olympic gold medals, one in Seoul 1988 and one in Barcelona 1992.

Stig-André Berge is again representing Norway in the Olympic Games in the class 60 kilos. His first Olympic appearance was in Beijing in the same weight class.

28 year old Berge is a self-confident wrestler who prepares targeted and focused and also in many different ways for the games – for example also by Para shooting. Ever since he was a little boy, an Olympic medal has been his goal. Both his father and brother were wrestlers who both are Norwegian champions, but retired as 19-year-olds. Former Olympic Champion Jon Rønningen's son, Thomas, will be present in London as Stig-André Berge's sparring partner.

For more information, log on at:
www.bryting.no

**Brekke, Morten****Born:** 30.11.57 – Porsgrunn**Residence:** Porsgrunn**Head Coach**1st OG as Head Coach

Participated in the OG 1984 and 1988, several WCh & ECh as an athlete.

**Rønningen, Thomas Andresen****Born:** 23.05.86 – Oslo**Residence:** Oppegård**Sparring Partner**1st OG as Sparring Partner

Five NCh victories Greek-Roman.

1st place Grand Prix Champion.

Two NordicCh victories.

1st place Dave Shultz Memorial.**MEN****BERGE STIG-ANDRE****Club:** Oslo Bryteklubb**Born:** 20.07.83 – Oslo**Residence:** Oslo**Height:** 166 cm**Civil Status:** Cohabitee**Occupation:** Sports Manager NTG

Wrestling

Hobbies: Sports, Golf**Favourite music:** Everything**Favourite film:** Rocky 4, Warrior**Favourite book genre:** American

Psycho

Favourite food: Mexican**Greatest sport moment:** OG Gold

1988 Jon Rønningen. OG Gold 1992

Jon Rønningen

Sport idol: Jon Rønningen,

Michael Phelps

Languages spoken: Norwegian,

English, German

Previous results:**OG 08:** Lost first match**WCh 09:** 8**WC finals 10:** 3**ECh 07:** 2**NCh:** 15 victoriesGrand Prix 1st place eight times.

17.MAI-TOG: May 17th is Norway's National Day, and celebrates the adoption of the Constitution on the same date in 1814. May 17th is a major event in Norway, and almost all Norwegians take part in the celebrations. All Norwegian school-children take part in Constitution Day parades, all of them dressed in their own local version of the national costume or their Sunday best. The forest of Norwegian flags leaves little doubt it's Norway's Constitution day that's being celebrated. Tourists from all over the world stream into Oslo to see the Children's Parade.

BINDERS: A small twist of metal wire – better known to you as a paper clip. Invented by the Norwegian Johan Vaaler in 1899. In use world-wide.

BRUNOST: A sweet, brown cheese made from cow's milk and/or goat's milk. Originally made in the mountain dairy farms, it's now found on most Norwegian breakfast tables, and is used by hundreds of thousands of people daily as a filling for their lunch-time sandwiches. More than a quarter of all cheese eaten in Norway is Brunost!

BUNAD: National costume with it's origins in peasant clothing. The various regions and districts in Norway have their own versions, and the designs indicate family or geographical ties. Almost everyone who has one wears their 'Bunad' on May 17th, Constitution Day.

HARALD HÅRFAGRE: According to the history books Harald Fairhair was the first King over a united Norway. (Approx. 865-933). The Viking Chieftain who united Norway at the Battle of Håfrsford near Stavanger in around 885. It is claimed that all those who have claimed the throne of Norway since are descendants of Harald Fairhair. Fairhair named Eirik Blodøks – the famous Eirik The Red – as his heir to the Throne of Norway.

HARDINGFELE: A uniquely Norwegian form of violin or fiddle with eight strings, four above and four under. The Harding Fiddle dates from around 1650, and quickly spread throughout the Norwegian valleys, gaining popularity as a folk music instrument. The fiddle can be tuned in 30 different ways.

LOFOT-FISKET: An annual fisheries event from February to April for Cod and Spring Cod in the Vestfjord at Lofoten in the County of Nordland. The Vestfjord has been the most stable spawning grounds for Spring Cod for time beyond memory, and has therefore been a winter fairy tale for fishermen for more centuries than the history books can count. The Lofot Fisheries are the basis for a number of both small and large fishing boats along the coastline of Norway

LUSEKOFTE: A knitted pullover with its origins in Setesdalen in Norway. Mainly used by men since the mid-1800's. The pullover is usually "Sheep-wool-black" with a white pattern. The pattern is the "lice". Around 1920, tourists began to notice this uniquely Norwegian garment, and since then it has been one of the popular purchases made by tourists in Norway.

MIDNATTSOL: Norway is often called «The Land of the Midnight Sun». The Midnight Sun literally means that the sun never dips under the horizon, as is the case in Northern Norway during a period in the summer. There is daylight for a full 24 hours and the sun never sets. This phenomena attracts many tourist to Norway's Northern Regions. In strong contrast is the winter darkness, where the sun never shows her face, and the days are as dark as the nights.

OSTEHØVEL: A Norwegian invention in use all over the world. A tool for slicing cheese, invented by the furniture-maker Thor Bjørklund from the Olympic Town of Lillehammer. He patented the cheese slicer in 1925 and started production in 1927. Since then, his cheese slicer has enjoyed world-wide success that we Norwegians are proud of!

SMALAHOVE: A traditional Norwegian dish originating from the villages and hamlets of the West Country. 'Smale' is a dialect word for sheep, and "Smalahove" means sheep's head. The head is singed and/or smoked prior to boiling before being served with boiled potatoes and mashed swede. Not all Norwegian's find the dish so very appealing, with the sheep staring up at you from your plate...

THOR HEYERDAHL: Norwegian ethnographer and zoologist, who has carried out much research into the origins of the peoples of Polynesia. Heyerdahl believed that Polynesia was settled by peoples from America and not from south-east Asia as was the common theory at the time. To prove that American Indians could have sailed the Pacific he carried through the famous Kon-Tiki expedition in 1947. The film of the expedition was awarded the Oscar for best documentary in 1951. Heyerdahl is also famous for the Ra, Ra II and Tigris expeditions.

TRAN: Norwegian health drink based on liver-oil from mainly cod or saithe. 'Tran', or cod- liver oil, was traditionally used both as lamp-oil and as nature's medicine against a number of debilitating illnesses. Nowadays, its is highly valued due to its high percentage of non-saturated fatty acids. Many Norwegians start their day with a dessert spoon of cod-liver oil to keep healthy and in good form. Not very popular with the kids due to its somewhat special flavour....

TØRRFISK: Fisk that is not salted, but dried naturally in the wind- you may have met it as Stockfish or Bacalao. Dried either on special frames or direct on the rocks. Smells VERY strong, Is re-hydrated prior to cooking. One of the oldest fish products in Norway and has been of great importance to the coastal regions. Exported in great quantities to among other countries Portugal - Bacalao.



VIKINGSKIP: Norwegian/Nordic vessel from the Viking Era and early middle ages. The ships were used by the Vikings in both war and peace, in the latter as trading vessels. The Vikings were Nordic traders who carried out both trading missions and raids in West and Eastern Europe between 800-1050. The best known Viking Ships, The Gokstad, Tune and Oseberg can all be seen at the Viking Ship Museum at Bygdøy in Oslo.

HOW TO PRONOUNCE IT:

17.mai-tog:	Sitt-enda mei tawg
Binders:	Bin-durs
Brunost:	Broon oost
Bunad:	Buu nadd
Harald Hårfagre:	Harald haw-fargra
Hardingfele:	Harding fea-la
Lofot-fisket:	Loaf-fott fiska
Lusekofte:	Loose a kofffta
Midnattsol:	Mid natt sool
Ostehøvel:	Oost-a hoevell
Smalahove:	Smahla-hovva
Thor Heyerdahl:	Tor Hei-a-dal
Tran:	Trahn
Tørrfisk:	Toerr-fis
Vikingskip:	Veeking ship

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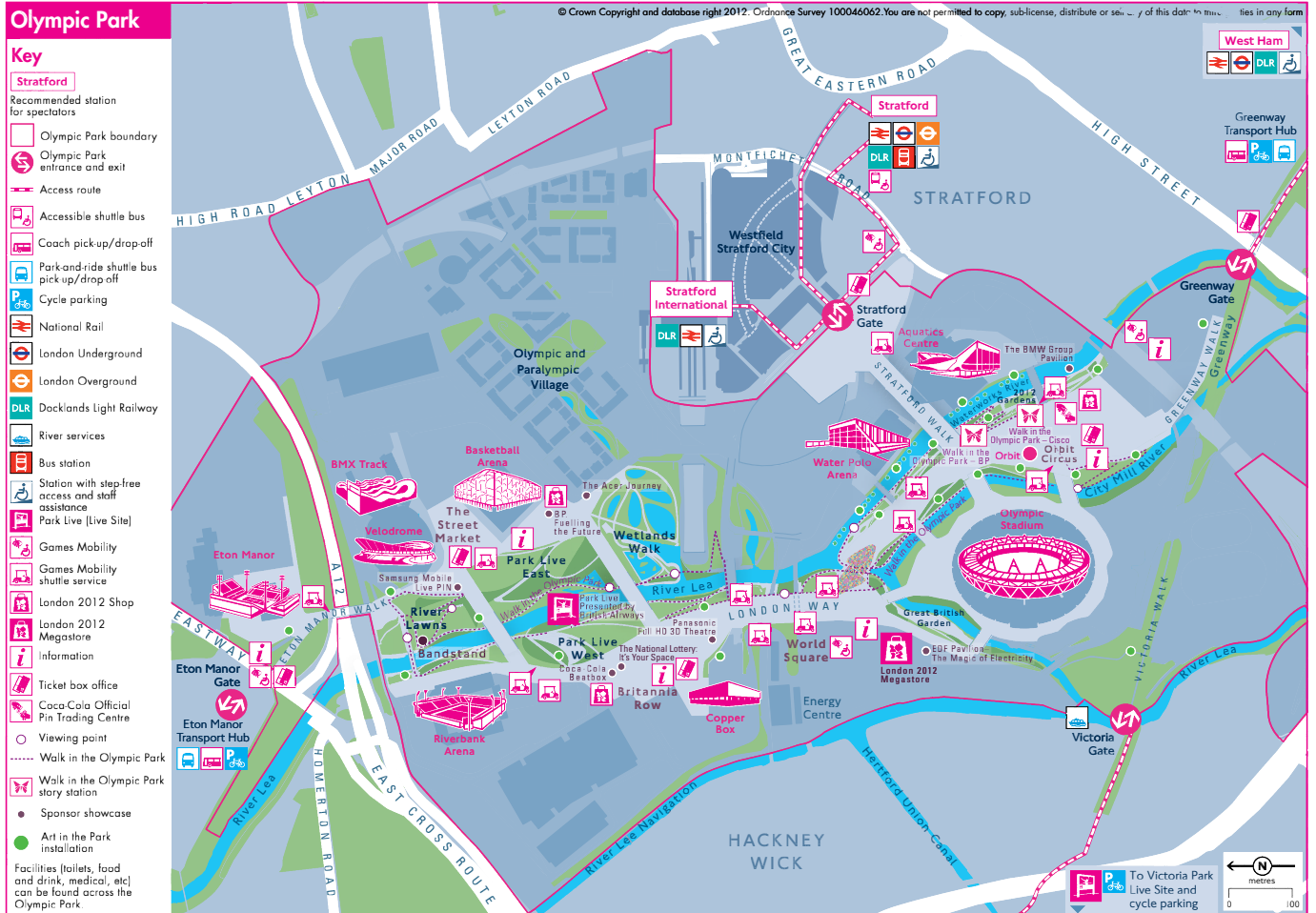
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