

| | Slegge | | Kule | | Diskos | | Spyd | | Vektkast | | Total |
|--|----------|-------|----------|-------|----------|-------|----------|-------|----------|-------|-------------|
| | Resultat | Poeng | Resultat | Poeng | Resultat | Poeng | Resultat | Poeng | Resultat | Poeng | |
| Klasse M35 - 39 | 7,26 kg | | 7,26 kg | | 2,00 kg | | 800 g | | 15,88 kg | | |
| 1 Kjetil Reistad Aasen -82 Løten friidrett | 43,82 | 596 | 8,77 | 431 | 25,14 | 377 | 24,22 | 223 | NM | 0 | 1627 |
| Klasse M40 - 44 | 7,26 kg | | 7,26 kg | | 2,00 kg | | 800 g | | 15,88 kg | | |
| 1 Endre Reigstad -74 Fil Aks-77 | 36,98 | 538 | 11,24 | 637 | 26,75 | 454 | 43,22 | 543 | 12,10 | 631 | 2803 |
| 2 Lars-Widar Nygaard -77 Ås IL | 18,86 | 211 | 9,72 | 535 | 31,45 | 556 | 37,64 | 455 | 7,17 | 330 | 2087 |
| 3 Michael Weinberg -74 Kristiansands IF | 16,22 | 165 | 8,88 | 478 | 21,16 | 334 | 34,97 | 413 | 6,57 | 294 | 1684 |
| Klasse M45 - 49 | 7,26 kg | | 7,26 kg | | 2,00 kg | | 800 g | | 15,88 kg | | |
| 1 Tom Arne Helgesen -70 Ik Grane Arendal | 25,90 | 384 | 9,66 | 583 | 32,93 | 658 | 38,06 | 509 | 9,14 | 491 | 2625 |
| 2 Richard S. Ingebretsen -71 Bøler IF | 20,50 | 277 | 8,45 | 495 | 28,10 | 541 | 27,07 | 323 | 7,61 | 391 | 2027 |
| Klasse M50 - 54 | 6,0 kg | | 6,0 kg | | 1,5 kg | | 700 g | | 11,34 kg | | |
| 1 Iver Hytten -66 Tønsberg FIK | 47,18 | 776 | 15,64 | 996 | 51,53 | 926 | 54,75 | 847 | 18,51 | 989 | 4534 |
| 2 Roar Uglem -66 Snøgg friidrett | 27,36 | 390 | 11,76 | 715 | 36,33 | 606 | 23,30 | 280 | 10,53 | 510 | 2501 |
| Klasse M55 - 59 | 6,0 kg | | 6,0 kg | | 1,5 kg | | 700 g | | 11,34 kg | | |
| 1 Birger Søyland -61 FIK Orion | 40,27 | 725 | 11,62 | 775 | 34,77 | 636 | 47,20 | 785 | 15,11 | 848 | 3769 |
| 2 Bjørn Arild Sande -61 Aremark IF | 38,78 | 693 | 9,51 | 611 | 27,26 | 470 | 23,91 | 327 | 13,65 | 753 | 2854 |
| Klasse M60 - 64 | 5,0 kg | | 5,0 kg | | 1,0 kg | | 600 g | | 9,08 kg | | |
| 1 Odd Keilen -53 Rosendal TL | 25,71 | 409 | 11,20 | 727 | 42,28 | 765 | 35,67 | 595 | 12,52 | 624 | 3120 |
| Klasse M65 - 69 | 5,0 kg | | 5,0 kg | | 1,0 kg | | 600 g | | 9,08 kg | | |
| 1 Kjell Adamski -50 Sarpsborg IL | 38,58 | 785 | 11,20 | 804 | 45,46 | 931 | 38,95 | 750 | 13,45 | 735 | 4005 |
| 2 Arild Busterud -48 Løten Friidrett | 54,67 | 1182 | 12,60 | 922 | NM | 0 | 26,30 | 458 | 18,90 | 1086 | 3648 |
| 3 Arne Reigstad -50 Fil Aks-77 | 29,12 | 556 | 9,51 | 664 | 30,26 | 568 | 33,49 | 623 | 11,59 | 616 | 3027 |
| 4 Oddbjørn Bergheim -50 Samhald IL | 24,77 | 452 | 8,86 | 609 | 28,08 | 517 | 35,28 | 664 | 10,66 | 558 | 2800 |
| 5 Hans Petter Villo -51 Tønsberg FIK | 22,78 | 405 | 8,40 | 571 | 27,14 | 496 | 28,06 | 498 | 9,40 | 479 | 2449 |
| 6 Torbjørn Thorland -50 Runar, IL | 25,51 | 470 | 7,77 | 520 | 20,59 | 347 | 18,83 | 291 | 9,07 | 458 | 2086 |

| | | | | | | | | | | | | | |
|------------------------|-------------------------|-------------------------|--------|------|--------|-----|---------|-----|-------|-----|---------|-----|-------------|
| Klasse M70 - 74 | | | 4,0 kg | | 4,0 kg | | 1,0 kg | | 500 g | | 7,26 kg | | |
| 1 | Jostein Myrvang | -46 Larvik Turn & IF | 37,30 | 746 | 9,05 | 581 | 27,23 | 560 | 18,29 | 309 | 15,20 | 869 | 3065 |
| 2 | Jan N. Borgen | -48 Os Turnforening | 29,69 | 563 | 10,32 | 680 | 26,90 | 551 | 26,09 | 498 | 12,76 | 709 | 3001 |
| 3 | Thorleif Brathagen | -44 Heggedal FIK | 28,94 | 545 | 8,84 | 565 | 23,25 | 459 | 25,52 | 484 | 11,81 | 648 | 2701 |
| Klasse M80 - 84 | | | 3,0 kg | | 3,0 kg | | 1,0 kg | | 400 g | | 5,45 kg | | |
| 1 | Kjartan Sjølvberg | -36 Sandefjord T&IF | 32,99 | 868 | 11,10 | 894 | 30,34 | 868 | 24,63 | 612 | 14,08 | 928 | 4170 |
| 2 | Knut Henrik Skramstad | -37 Tønsberg FIK | 30,01 | 776 | 9,44 | 741 | 30,13 | 861 | 27,61 | 705 | 12,70 | 824 | 3907 |
| 3 | Endre Refnes Nesheim | -37 Tyrving IL | 21,58 | 516 | 8,04 | 612 | 22,39 | 600 | 24,36 | 604 | 9,11 | 558 | 2890 |
| Klasse K40 - 44 | | | 4,0 kg | | 4,0 kg | | 1,0 kg | | 600 g | | 9,08 kg | | |
| 1 | Ragna M. Bull | -75 Ski IL Friidrett | 29,79 | 603 | 6,80 | 370 | 21,42 | 348 | 16,92 | 278 | 8,33 | 485 | 2084 |
| Klasse K45 - 49 | | | 4,0 kg | | 4,0 kg | | 1,0 kg | | 600 g | | 9,08 kg | | |
| 1 | Kristine Rogstad | -69 Ås IL | 27,36 | 597 | 8,88 | 569 | 25,01 | 465 | 17,26 | 317 | 8,56 | 559 | 2507 |
| 2 | Jeanette S. Eliassen | -68 Larvik Turn & IF | 21,25 | 429 | 8,72 | 556 | 22,58 | 410 | 23,52 | 464 | 9,06 | 599 | 2458 |
| Klasse K50 - 54 | | | 3,0 kg | | 3,0 kg | | 1,0 kg | | 500 g | | 7,26 kg | | |
| 1 | Anne Merethe Moe Dahlen | -66 Stovnerkameratene | 26,00 | 566 | 7,89 | 526 | 20,28 | 399 | 17,00 | 332 | 9,69 | 581 | 2404 |
| 2 | Ragnhild M. Gulvik | -63 Larvik Turn & IF | NM | 0 | 8,44 | 571 | 20,39 | 402 | 20,61 | 422 | 7,17 | 400 | 1795 |
| Klasse K55 - 59 | | | 3,0 kg | | 3,0 kg | | 1,0 kg | | 500 g | | 7,26 kg | | |
| 1 | Live Båsen | -58 Modum FIK | 32,98 | 846 | 8,71 | 656 | 27,86 | 657 | 27,18 | 655 | 10,38 | 702 | 3516 |
| 2 | Janice Flaathe | -59 GTI friidrettsklubb | 30,73 | 776 | 8,74 | 659 | 26,93 | 631 | 25,31 | 603 | 11,40 | 784 | 3453 |
| 3 | Kate Alnes | -61 GTI friidrettsklubb | 22,18 | 515 | 7,11 | 512 | 17,45 | 372 | 15,52 | 335 | 8,92 | 586 | 2320 |
| Klasse K60 - 64 | | | 3,0 kg | | 3,0 kg | | 1,0 kg | | 500 g | | 5,45 kg | | |
| 1 | Marit Huflåttén | -53 Tønsberg FIK | 28,54 | 795 | 6,65 | 528 | 21,29 | 538 | 20,50 | 534 | 10,70 | 674 | 3069 |
| Klasse K65 - 69 | | | 3,0 kg | | 3,0 kg | | 1,0 kg | | 500 g | | 5,45 kg | | |
| 1 | Grethe Rivenes | -48 Tønsberg FIK | 28,01 | 882 | 8,14 | 761 | 20,61 | 595 | 18,07 | 530 | 11,78 | 840 | 3608 |
| Klasse K75 - 79 | | | 2,0 kg | | 2,0 kg | | 0,75 kg | | 400 g | | 4,0 kg | | |
| 1 | Grethe Maren Myklestad | -42 Florø Turn & IF | 29,59 | 1066 | 7,82 | 815 | 20,09 | 718 | 17,80 | 678 | 10,94 | 817 | 4094 |
| 2 | Elise Marie Wåle | -42 Larvik Turn & IF | 25,07 | 875 | 6,39 | 641 | 14,77 | 497 | 15,78 | 590 | 9,02 | 651 | 3254 |