

CURRICULUM VITAE



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Working experience:

1999- Romerikes Blad (one of the biggest regional newspapers in Norway);
freelance/substitute, editor on the newsdesk, duty officer on the newsdesk,
temporary editor of news, journalist covering criminal matters and sports.

Substitute in the sport editorial summer/autum 2002-05. Editor of sports
summer 2002-2005. Responsible for the youth magazine 2002-2003. Substitute
as journalist for criminal matters 2005-2006. Fully employed journalist with
responsibility for criminal matters from May 2006-2008. Responsible for the
pre-season football magazine 2006, 2008 and 2009. Fully employed sport
journalist from October 2008-. Substitute for the editor of sports 2009-.
Member of a group working with digitalization of the newspaper 2014-2015.
Football-commentator, studio-/expertwork in web-tv productions 2013-.

Education:

2004- Several courses about journalism and management
2002-2004 Education in Journalism, Oslo Metropolitan University
2000-2001 Army duty, responsibility for sport and physical training in the Kings Guard.
1998-1999 Examen philosophicum and Examen facultatum; University of Oslo.
1995-1998 High School, specialization in sports; Rælingen videregående skole

Experience in Handball and other sports:

2020- Responsible for the International referees and education of the Top League-
referees in the Norwegian Handball Federation.
2018- PRC Lecturer in the International Handball Federation. Have held lecturers in
several countries and at the IHF Live Online Symposium (2020 and 2021).
Responsible for the refereeing part of the IHF-USA-project 2020-.
2017- Technical delegate for the International Handball Federation.
2017- Official nominated as Lecturer for referees in the European Handball
Federation, have been at YRP- and Candidate courses.
1999- Referee observer and Technical delegate at International-, National- and
Regional level. Technical delegate (from 2011) in the Norwegian Handball

	Federation, delegate in the European Handball Federation 2012-, lecturer for referees in the European Handball Federation 2014- (officially nominated in 2017). Nominated for Junior Ech (2015), Youth Wch (2017 and 2018), Junior Wch (2019), Womens Wch (2017 and 2019), Mens Super Globe (2018 and 2019), Mens Wch (2019 and 2021) and The Olympic Games (2020/2021). Approx 40 matches in Champions League, Women and Men.
2011-2012	Leader of the top talent group (YRP-group) for referees in the Norwegian Handball Federation.
2013-2016	Handball referee, division-referee (level four) 1996, top league-referee 2000, in the Young referee project (YRP) in the European Handball Federation 2000, continental referee 2004, international referee 2006. Ech-final Youth 2006, Wch-final junior 2008, semi-final Womens Euro 2008. Two European cup-finals, Womens Wch 2009, approx. 30 matches in Champions League.
1992-2011	Coach for YAC (girls and boys 15-18 years old) in Fjellhammer IL and Lörenskog HK.
1996-2008	Project manager in the Regional refereeing commission (Akershus) with responsibility for development of talents.
2001-2004	Board member and Vice president of Fjellhammer IL, sporting director. Womens team promoted from second- to first league. Mens team from third league to second league.
1999-2001	Played handball in Fjellhammer IL, and regional “national team”. Goalkeeper.
1987-1999	Played football in Fjellhamar FK and Strømmen IF, and regional team. Goalkeeper.
1985-1997	

Others:

- Unmarried, no children
- Languages: English (fluent) og German (decent).
- Good knowledge of computers and systems for video-analysis
- Golf-player (hcp. 2,0)