



#### **IMPRESSUM**

This yearbook was made possible through a cooperation of the FLTRI board

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#### FLTRI YEARBOOK

2019

#### **IMPRESSUM**

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Any pre-Olympic year is, for any sports federation, a very exciting period as it is decisive in getting athletes qualified for the Olympic Games. The year **2019** sets itself apart from any of the other four pre-Olympic years of our still young federation. Never have we had the chance to support not one or two, but no less than three Olympic hopefuls as Bob, Stefan and Gregor are all in contention to grasp the one and probably only qualifying slot that might eventually be attributed to our federation.

Longing for Olympic participation is certainly one of our important missions, however, it comes at a relatively high cost. As a federation, we try to enable our athletes the best possible chances to qualify by providing them coaching support not only at home but also at most of their qualifying races all over the world.

FLTRI junior and youth athletes have

had strong showings at both Bundesliga races and the French Championships. Here, sticking out was certainly Aurélien Carré's Vice National Champion title in the Savoie Region.

In the Para-Olympic category, Joe Kurt has been able to earn important ITU points, thus putting him in good position to qualify for Tokyo 2020. Beyond Joe's athletic achievements, through the means of sport, he and his coach stand out as stellar examples of integration. Dan Hendriks, his coach and mentor, makes sure that Joe is not training in a dedicated Para Division, he wants his athlete to practise alongside regular athletes thus creating great synergies!

Furthermore, age group athletes have also shown impressive results with many podium finishes at Olympic Distance, 70.3 and full Ironman races. Four FLTRI athletes have

achieved exceptional results at IM races and were able to qualify for the world-famous Triathlon Long Distance World Triathlon Championships in Hawaii, the pinnacle of every long-distance triathlete's career.

In addition, the triathlon race calendar has evolved quite a bit in 2019 with two more major races being added. The addition of the Gulf Junglinster Duathlon event at the beginning of May has been a large success in terms of participation numbers and quality of the elite field. Furthermore, the first edition of the X-Terra event at the beginning of September in Rosport has attracted many of the best cross amateur and professionals from the Greater Region.

The 6th edition of the Ironman 70.3 in Remich had a record participation number with 2500 registered athletes and the upcoming 2020 edition seems to attract even more athletes

considering that the race was sold out earlier than ever before. This is certainly proof that the Luxembourg 70.3 Ironman event has established itself as one of the key races in the European Ironman racing calendar.

Looking ahead to 2020, we all hope to have at least one athlete representing Luxembourg at the Tokyo Games. Locally, in order to promote athletes' participation at national championships, we will simplify the registration process which has been very cumbersome and complicated in the past thus discouraging many athletes to participate.

To all of you, I wish you a healthy 2020 season and plenty of luck reaching your goal, be it at your international or national season highlights!

Christian Krombach
President











### THE FEDERATION 2019

#### BOARD MEMBERS



CHRISTIAN KROMBACH President



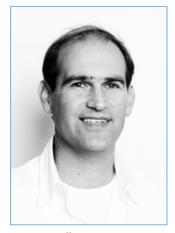
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**SOPHIE MARGUE** 

#### ADMINISTRATION



DORIS MICHELS-RIPP

## COACHES



**CYRILLE EPLE**National Coach



**THOMAS ANDREOS**National Coach



**DANIEL HENDRIKS**Joe Kurt's Para Triathlon
Coach



**CHAREL TRIERWEILER**National Team Assistant Coach



THIERRY KOHN
National Team Assistant Coach



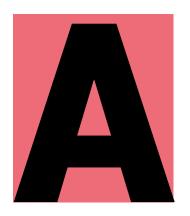
**JOSIANE RIES**National Youth Team
Assistant Coach



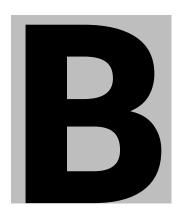
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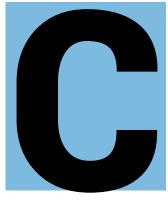
#### CADRES FLTRI 2019



Oliver GORGES SD
Olivier GODART LD
Bob HALLER SD
Philippe LAMBERTY LD
Gregor PAYET SD
Stefan ZACHÄUS SD



**Dani PAPI** DU



Jerôme EWEN LD
Haitske OVERBEEK LD
Claude LUCAS LD
Eric WAGNER SD
Pia WILTGEN SD

Joe KURT



Eva DANIËLS



Tom CARRÉ Sophie HERMES

## **Cadre promotion**

**Cadre paratriathlon** 

Sarah PIECH
Laura HRIC
Kristina BARRET HAYES
Leo WEISHAAR
Jasmin ANDERSEN
Mara KROMBACH
Luca SEIDEL
Ben SMALLBONE

Finn SCHILTZ
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Alex KERRENS
Gwen NOTHUM
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Lou VAN DEN BOSSCH
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Oliver GORGES



7ACHÄUS

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Gregor PAYET



Eva DANIËLS

#### • SECTION DES SPORTIFS D'ELITE DE L'ARMEE



**Oliver GORGES** since 2018

**Bob HALLER** since 2013

**Stefan ZACHÄUS** since 2017

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#### • TRIATHLETES AT SPORTLYCÉE

#### 2018/2019

Eva DANIELS

Sophie HERMES

Noémie RIES

Lou VAN DEN BOSSCHE

Kristina BARRET HAYES

Léo WEISHAAR

Jasmin ANDERSEN

Ben SMALLBONE

Luca SEIDEL

Gwen NOTHUM

Finn SCHILTZ

#### 2019/2020

Kristina BARRET HAYES

Eva DÄNIELS

Tom HEYART

Mara KROMBACH

Linda KROMBACH

Sarah MOUSEL

Gwen NOTHUM

Noémie RIES

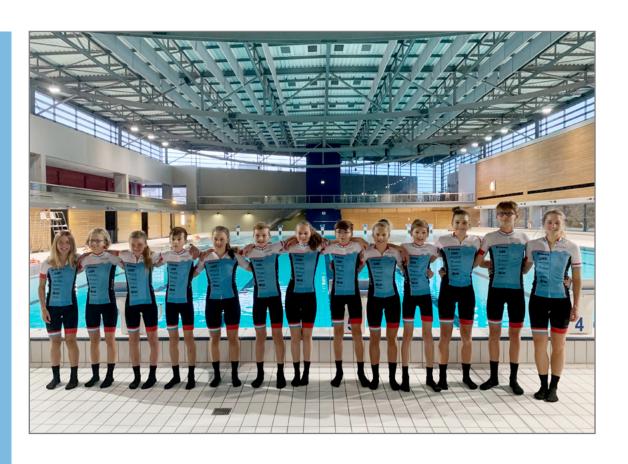
Finn SCHILTZ

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Poli STOFFEL

Lou VAN DEN BOSSCHE

Leo WEISHAAR



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**Big thanks** to all our sponsors and partners





























#### • FLTRI CALENDAR 2019

| FLTRI Indoor Aquathlon   | 20.01.2019      | FLTRI                         |
|--|-----------------|-------------------------------|
| Assemblée Générale FLTRI   | 15.03.2019      | FLTRI                         |
| CAB Cross-Duathlon<br>National Cross-Duathlon Championships                                | 03.03.2019      | CAB                           |
| <b>Duathlon Junglinster</b> National Duathlon Championships                                | 05.05.2019      | X3M                           |
| CAEG Musel-Triathlon   | 19.05.2019      | CAEG                          |
| Ironkids   | 14.06.2019      | Ironman Luxembourg & FLTRI    |
| Ironman 70.3 Luxembourg Région Moselle<br>National Middle Distance Triathlon Championships | 16.06.2019      | Ironman Luxembourg & FLTRI    |
| SURE to SURE Swim  | 29.06.2019      | Privé                         |
| <b>Triathlon Echternach</b> National Sprint Distance Triathlon Championships               | 0507.07.2018    | Trilux                        |
| Challenge Open Water   | 13.07.2019      | Swimming Luxembourg           |
| Springwater Triathlon Rosport  | 20-21.07.2019   | Trispeed & Performance Club   |
| <b>Triathlon Weiswampach</b> National Short DistanceTriathlon Championships                | 1718.08.2019    | CELTIC                        |
| XTERRA Luxembourg  | 31.0801.09.2019 | XTERRA Luxembourg             |
| Red Rock Challenge Crossduathlon   | 1213.10.2019    | CAB & Red Rock Challenge asbl |
| FLTRI Awards 2019 & Athletes evening   | 30.11.2019      | FLTRI                         |



# NATIONAL CHAMPIONSHIPS

#### INDOOR AQUATHLON

#### **ELITE WOMEN**

**1** DANIËLS Eva TRILUX

#### **ELITE MEN**

PAYET Gregor Team Snooze
 ZACHÄUS Stefan Team Snooze
 GORGES Oliver X3M

#### **PARATRIATHLON PTS4**

**1** KURT Joé Trispeed







#### CROSS DUATHLON

| ELITE WOMEN |  |                             | YOUTH B BOYS      |  |                                  |
|-------------|--|-----------------------------|-------------------|--|----------------------------------|
| 1<br>2<br>3 | COLJON Carmen<br>WILTGEN Pia<br>LICKER Martine         | CELTIC<br>CAD<br>Trispeed   | 1<br>2<br>3       | LANG David<br>CARRE Aurélien<br>SEIDEL Luca          | Trispeed<br>Trispeed<br>X3M      |
| ELITE MEN   |  |                             | YOUTH C GII       | RLS  |                                  |
| 1<br>2<br>3 | BERNARD Christopher<br>EWEN Jérôme<br>LUCAS Claude     | X3M<br>Team Snooze<br>X3M   | 1<br>2<br>3       | NOTHUM Gwen<br>PIECH Sarah<br>MOUSEL Sarah           | Trispeed<br>Trispeed<br>Trispeed |
| PARADUATH   | ILON PTS4  |                             | YOUTH C BO        | oys  |                                  |
| 1           | KURT Joé   | Trispeed                    | 1<br>2<br>3       | MEYLENDER Rick<br>SCHILTZ Finn<br>LANG Yannis        | Trispeed<br>X3M<br>Trispeed      |
| YOUTH A GII | RLS  |                             |                   | Entre Farmie   | тореса                           |
| 1           | HAU Sarah  | CAEG                        | AGE GROUP         | CHAMPIONS  |                                  |
| YOUTH A BO  | oys  |                             | M18<br>M35<br>M40 | MATHAY Dylan<br>GAUDRON Jean-Luc<br>BERG Claude      | CAEG<br>CAB<br>CAB               |
| 1           | CARRE Tom  | Trispeed                    | M50<br>M55<br>M60 | LAPLUME Christian<br>LONGO Francesco<br>LIENERS René | Trispeed<br>CELTIC<br>CAB        |
| YOUTH B GII | RLS  |                             | M65               | SCHNEIDER Jean-Claude                                | TRILUX                           |
| 1<br>2<br>3 | ANDERSEN Jasmin<br>BIVER Lou<br>BARRETT-HAYES Kristina | Trispeed<br>Trispeed<br>CSL |                   |  |                                  |

### Études posturales dynamiques pour cyclistes et triathlètes



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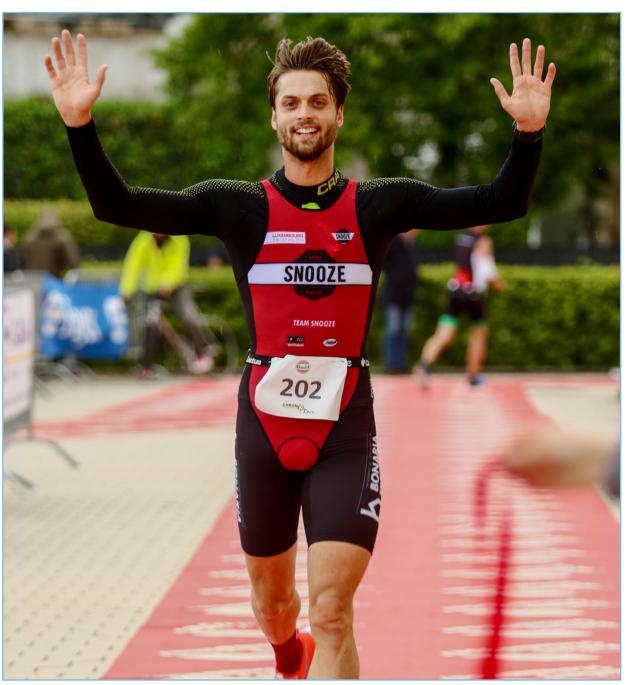
10% de remise sur présentation de la licence FLTRI (sauf matériel)

#### DUATHLON

| ELITE WOMEN YOUTH B BOYS |   |                                   |   |  |  |
|--------------------------|---|-----------------------------------|---|--|--|
| 1<br>2<br>3              | EGILSDOTTIR Runa<br>DZIADEK Anja<br>ESCHETTE Sonny  | Trilux<br>Trilux<br>X3M           | 1<br>2<br>3                                   | CARRÉ Aurélien<br>LANG David<br>SMALLBONE Benjamin   | Trispeed<br>Trispeed<br>X3M                                      |
| ELITE MEN                |   |                                   | YOUTH C GII                                   | RI S   |  |
| 1<br>2<br>3              | PAYET Gregor<br>EWEN Jérôme<br>LIENERS Yannick      | Team Snooze<br>Team Snooze<br>CAB | 1<br>2<br>3                                   | NOTHUM Gwen<br>MOUSEL Sarah<br>PIECH Sarah   | Trispeed<br>Trispeed<br>Trispeed                                 |
| JUNIOR BOYS              |   | YOUTH C BO                        | DYS   |  |  |
| 1                        | GRANDJEAN Dorian                                    | Trispeed                          | 1 2   | LANG Yannis<br>STOFFEL Pol   | Trispeed<br>CAD  |
| YOUTH A BO               | YS  |                                   | 3   | MEYLENDER Rick   | Trispeed   |
| 1<br>2                   | CARRÉ Tom<br>LAPLUME Metti                          | Trispeed<br>Trispeed              | AGE GROUP                                     | CHAMPIONS  |  |
| YOUTH B GII              | RLS   |                                   | F50   | ZENNER Martine   | Trispeed   |
| 1<br>2<br>3              | KROMBACH Mara<br>RIES Noémie<br>VAN DEN BOSSCHE Lou | CSL<br>X3M<br>CAPA                | M30<br>M35<br>M40<br>M50<br>M55<br>M60<br>M65 | RAACH Jeff<br>KOCH Yves<br>KORNELIS Stefan<br>KIEFFER Alain<br>ARMANO Mario<br>LIENERS René<br>SCHNEIDER Jean-Claude | Hirondelle S.<br>X3M<br>CELTIC<br>CAB<br>Trilux<br>CAB<br>Trilux |







#### • TRIATHLON MIDDLE DISTANCE

#### **ELITE WOMEN**

| 1 | MARGUE Sophie    | CAEG     |
|---|------------------|----------|
| 2 | DZIADEK Anja     | Trispeed |
| 3 | FLAMMANG Danièle | X3M      |

#### **ELITE MEN**

| 1 | LUCAS Claude      | ХЗМ |
|---|-------------------|-----|
| 2 | PAPI Dani         | X3M |
| 3 | WEYLAND Christian | X3M |

#### **AGE GROUP CHAMPIONS**

| F35<br>F45<br>F50                                    | FIORESE Laure<br>JAFFKE Annette<br>SCHWARTZ Josiane   | CAD<br>CAEG<br>CAEG                            |
|--|---|--|
| M18<br>M30<br>M35<br>M40<br>M45<br>M50<br>M55<br>M60 | WEIS Luc<br>SCHMIT Tom<br>KOCH Yves<br>BERG Claude<br>MAJERUS Thierry<br>KIEFFER Alain<br>DAMME Roger<br>MICHEL Edouard | Hirondelle S. CAEG X3M CAB CAB CAB CAB CAB CAB |
| M65  | SCHNEIDER Jean-Claude   | Trilux   |











#### • TRIATHLON STANDARD DISTANCE

| ELITE WOME   | N   |                         |  |
|--------------|---|-------------------------|--|
| 1<br>2<br>3  | JAFFKE Annette<br>MARGUE Sophie<br>FLAMMANG Danièle | CAEG<br>CAEG<br>X3M     |  |
| ELITE MEN    |   |                         |  |
| 1<br>2<br>3  | LAMBERTY Philippe<br>LUCAS Claude<br>MATHAY Dylan   | X3M<br>X3M<br>FLTRI     |  |
| JUNIOR BOY   | S   |                         |  |
| 1            | GRANDJEAN Dorian                                    | Trispeed                |  |
| YOUTH B GIR  | LS  |                         |  |
| 1<br>2<br>3  | KROMBACH Mara<br>VAN DEN BOSSCHE Lou<br>HIM Julia   | CSL<br>CAPA<br>Trispeed |  |
| YOUTH B BOYS |   |                         |  |
| 1<br>2<br>3  | LANG David<br>SMALLBONE Benjamin<br>SEIDEL Luca     | Trispeed<br>X3M<br>X3M  |  |

#### **YOUTH C GIRLS**

| 1 | KROMBACH Linda | CSL      |
|---|----------------|----------|
| 2 | MOUSEL Sarah   | Trispeed |

#### YOUTH C BOYS

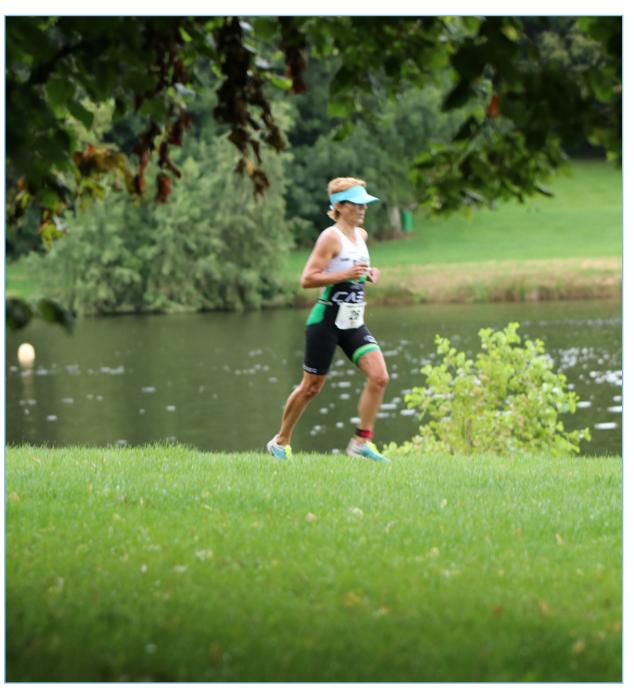
| <b>1</b> LANG Yannis | Trispeed |
|----------------------|----------|
|----------------------|----------|

#### **AGE GROUP CHAMPIONS**

| F40<br>F50 | WEICHERDING Claudine<br>SCHWARTZ Josiane | Trilux<br>CAEG |
|------------|--|----------------|
| M18        | GRANDJEAN Dorian                         | Trispeed       |
| M30        | PETERS Sam                               | X3M            |
| M35        | PADERHUBER Oliver                        | CAB            |
| M40        | SCHEER Pascal                            | CAPA           |
| M45        | FELLER Steve                             | FLTRI          |
| M50        | LAPLUME Christian                        | Trispeed       |
| M60        | LIENERS René                             | CAB            |
| M65        | SCHNEIDER Jean-Claude                    | Trilux         |







Photos: Guillaume Stéphane (I.), Conny Ziegler (r.)

#### TRIATHLON SPRINT DISTANCE

#### **ELITE MEN**

1 LIENERS Yannick CAB2 MATHAY Dylan FLTRI

#### **PARATRIATHLON**

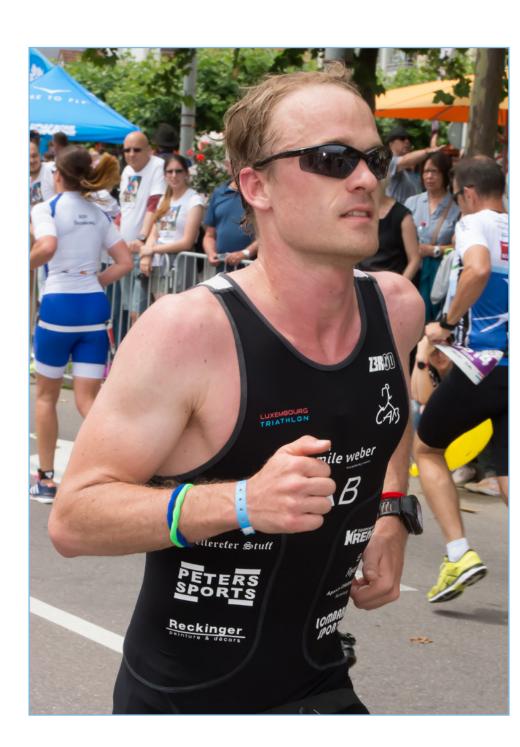
1 KURT Joé Trispeed

#### **YOUTH A BOYS**

1 CARRE Tom Trispeed 2 BOENTGES Kevin Trispeed

#### **AGE GROUP CHAMPIONS**

F50 WAGNER Evelyne X3M **KOCH Yves** X3M M35 M40 SCHEER Pascal CAPA Trilux M45 **MOLTER Roland** M50 LAPLUME Christian Trispeed M60 LIENERS René CAB





# 08 & 09 AUGUST 2020



ROSPORT

LUXEMBOURG TRIATHLON





## CLAUDE LUCAS

# When did you start triathlon and what was your motivation to start?

I started doing triathlons in 2008. I have always had a competitive spirit and loved taking part in a variety of sports events. I decided to start with triathlons because a friend of mine, Christopher Bernard, encouraged me to try it.

#### What are your aims in the sport?

First of all, I want to lead a healthy lifestyle. I like to improve myself day by day and push my body to its limits.

# What are your biggest achievements so far?

My biggest achievements so far are my national title over the half Ironman distance in Remich this year and my third place age group finish at the Ironman Zürich in a time of 9:09 hours.

# Out of the three disciplines which one is your favourite? Which one is your favourite training session?

Hmmm, that is a hard question to answer since I kind of love all three of them. However, cycling and running are my favourites. My favourite training sessions are brick sessions with hard intervals.

#### How many hours a week do you train?

My average per week is about 12 hours. However, some weeks consist of over 20 hours of training but others have less than 5 hours of training.

# If you didn't do triathlon, what sport would you do?

I think trail-running and mountainbiking, but if I had to pick an unrelated sport I would pick volleyball.

#### How do you make a living?

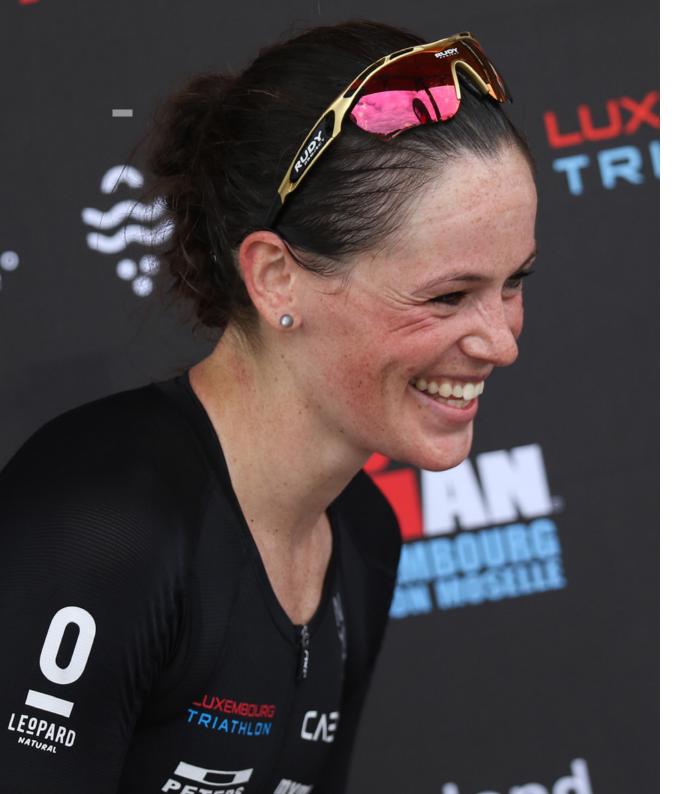
I work in a private family business.

# Favourite food? Is nutrition something you pay attention too?

I love food, especially desserts, so I definitely need to pay more attention to my nutrition.

Any other hobbies except for triathlon? I love all kinds of sports and eating.





## SOPHIE MARGUE

# When did you start triathlon and what was your motivation to start?

I did my first cycling race when I was 6 years old (1996) after discovering an ad for cycling races in a magazine for kids. At the age of 10, I joined a running club to have some female companions during training. When I was 14 years old, my father told me that there is actually a sport where I could unite both sports (duathlon) and that I could add swimming to become a triathlete.

#### What are your aims in the sport?

Over the years, my aims in the sport changed a lot. My biggest aim is always to have fun, enjoy it and improve. I'm always trying to find new challenges - this can be a national champion title over the half-distance, a very hard and long cycling race, or one day complete a full distance.

# What are your biggest achievements so far?

I had a few very good results as a junior athlete at ETU European Cups. My biggest achievements as an "Elite" athlete are my 3 national champion titles over the last 3 years.





## OLIVER GORGES

# When did you start triathlon and what was your motivation to start?

I started triathlon quite early, at the age of ten, but I carried on playing football alongside triathlon at the beginning. I started the sport because I wanted to try something different and not only play football like many of my friends, so triathlon was an interesting option.

#### What are your aims in the sport?

My main goal is the 2024 Olympic Games in Paris. It is not only one of my goals but my biggest dream to qualify for the Games.

# What are your biggest achievements so far?

Currently, I am positioned in the Top 200 in the World rankings. Furthermore, I was able to win my first Continental Cup in Accra, Ghana in June where I had the honour to sing our national anthem. In 2016, I became the vice Junior European champion in aquathlon.

# Out of the three disciplines which one is your favourite? Which one is your favourite training session?

That is a very hard question to answer, I like swimming and running equally. During the winter, I prefer swimming where I like long sessions in the pool to build

my endurance for the season. During the summer, however, I prefer running. My favourite sessions are faster ones where you put in the work but are still able to talk to your training partners.

# If you didn't do triathlon, what sports would you do?

I think I would have continued to play football.

#### How many hours a week do you train?

This varies throughout the season. During the winter, I train for 25 to 28 hours per week. Once the season kicks off my week consists of 23 to 25 hours of training going down to about 12 to 16 the week before a race.

#### How do you make a living?

I am a member of the Luxembourgish Army and their Section Sportif Elite de l'Armée since 2018.

# Favourite food? Is nutrition something you pay attention too?

Nutrition is very important to me, especially because it enhances performance. I believe there is no better meal than my mother's spaghetti bolognaise.

#### Any other hobbies except for triathlon?

No, I am a very boring person and only think about triathlon. No, jokes aside, I really like planes and love to have drinks with friends.





## JOSIANE RIES

# When did you start triathlon and what was your motivation to start?

I started competing in triathlons about 20 years ago. Before that, I ran a few marathons and, because of some injuries, I tried cycling and swimming. A friend of mine actually encouraged me to try triathlons because he kept on talking about them. I signed up for my first triathlon in Remerschen and ended up becoming first woman without a licence and from then onwards, I could not stop.

#### What are your aims in the sport?

My aims are to stay fit and healthy but also to share my passion with younger and older athletes.

# What are your biggest achievements so far?

It would be great to qualify for Hawaii but I think that will remain a dream. Personally, my most important race was the 2017 Ironman in Nice. It was not my best race but the one I would like to remember most because it was the most difficult race I had done so far.

# Out of the three disciplines which one is your favourite? Which one is your favourite training session?

I love swimming the most but I also en-

joy riding my bike. My favourite training session is intervals on the bike followed by a short run off the bike. However, I also enjoy taking in my surroundings when I go on long training rides.

#### How many hours a week do you train?

The amount of time I invest into my training sessions depends on my main race of the season and whether I prepare a middle or a full distance triathlon. During the winter, I train between 8 and 10 hours per week. In the summer leading up to a race, I train between 17 and 20 hours.

# If you didn't do triathlon, what sports would you do?

If I had not started with triathlon, I would still be running or I would have returned to playing handball.

#### How do you make a living?

I am a primary school teacher.

# Favourite food? Is nutrition something you pay attention too?

My favourite food is vegetables, potatoes and cheese. Unfortunately, I do not pay enough attention to what I am eating because I do not have enough time. However, I have recently started to try and cover all the important food groups with my meals. I am aware that I could pay more attention to my nutrition and

because of this, I finished a nutritionist course and I am currently qualifying to become a nutritionist for athletes.

Any other hobbies except for triathlon? Something I really like to do is work in my vegetable patch. I can switch off and I actually know where my food comes from afterwards.





#### DORIS MICHELS-RIPP

Let us introduce our most valuable team member... Doris

We have asked her to present herself and cannot wait for you to meet the person behind all the mails and phone calls!

I am 55 years old, married to Arno and we have three children together. My family is very important to me. I am from Gilsdorf and have never moved away. I started working at the FLTRI on the 1st March 2013. I had no idea about triathlon, I had no clue what an aquathlon was, nor did I know any athletes and was very surprised when I got the job after my application. My first few weeks were not the easiest, I had to jump into the deep end but I loved the challenge. I had the trust from the board and really wanted to do a good job!

What I like about my job is that it is diverse, and I can work autonomously, sometimes even from home. However, what I do not like to do is writing reports from the board meetings. It does not look like it, but it is a lot of work!

My hobbies are making music and singing. I started playing the clarinet when

I was 8 years old. Furthermore, I have been singing in our church choir since 1982 where I sing alto. A lot of people no longer care for the church and its traditions, but they are very important to me. When I was 11, I had some lessons from our organ player and I still play the organ at times. When it comes to music, it is like in sports, you have to put in some effort on a regular basis to practise.

In addition to music, I really love hiking. In 2015, my husband and I started hiking through Luxembourg to discover our beautiful country. Where our triathletes are running on the trails in the Mellerdall, that is where we prefer to spend our time hiking.

I love cooking and, above all, baking. Every weekend, I need to make some time for baking otherwise I feel like there is something missing. (That said I should really bake a cake for our next board meeting;)).

As you can see, sports are not my favourite pastime, but I do go running or swimming at least once a week and I need this to feel good and fit. However, doing a triathlon would never ever be an option as I am too scared to ride a bike in a race. I am not a good cyclist; it is enough to go on small tourist rides du-





# LUCAS







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## BOB HALLER

#### **MONDAY**

- **7.40** getting up.
- 8.00 easy run.
  8 18 km flat, preferably starting from

the training centre Jamor to the Ponte de 25 Abril and back. Focusing on the sunrise makes one forget everything else.

- Breakfast.
- 10.30 easy bike ride.
   60 80 km easy, riding to Cascais and over to the mountains of Sintra.
- · Lunch and resting.
- 17.00 swim training.
   First fast and intense training session of the week.
- Back home.

From time to time, I stop in Carcavelos on the beach and enjoy the last few minutes of the sunset in the car.

Back at home, I cook, do the cleaning and washing up and prepare for the next day. Sometimes I study or watch television.

• 23.00 turning off the lights.



# YOUTH & KIDS

## OUR YOUNGSTERS

Youth development is one of our key pillars in the federation. Kids and youth group sessions are one of the clubs' missions but the FLTRI tries to support its clubs in this mission by offering events that contribute to reuniting young licensed athletes in their enjoyment of the sport.

Throughout the 2019 season, 4 events were organised:

Winter camp 2nd - 4th January
23 participants
Discovery training session for the aquathlon
18th January
20 participants
Talent Day 31st March
37 participants
Summer Camp 5th - 9th August
17 participants

The objective of these events is to reunite young athletes in good spirit to create a positive mindset around the values of our sport. Furthermore, it is a good way to spot and accompany tomorrow's champions.





























# • NOÉMIE RIES







First name: Noémie
Surname: Ries
Age: 15
Age group: Youth A

Height: Youth A
Club: Youth A
X3M

Coach : Cyrille Eple School : Sportlycée

#### Favourite discipline in training

Cycling

#### Favourite discipline during the race

Cycling

#### **Favourite race**

Semi-final French national championships

#### **Goals 2020**

Final French national championships triathlon and aquathlon

#### Long term goals

Hawaii

#### Long-distance racing?

Yes, one day.

#### Triathlon for me is

Everything. I enjoy it so much and enjoy racing and I like the variation that the sport offers.

# Amount of training sessions during a perfectly hard week

9 (18hours)

## IRONKIDS

#### **YOUTH A GIRLS**

**1** JANUS Olivia

**2** STOCKREISER Sarah

#### **YOUTH A BOYS**

**1** BOENTGES Kevin

#### **YOUTH B GIRLS**

1 KROMBACH Mara2 PRIN Vaheana3 HAAG Nora

#### YOUTH B BOYS

SMALLBONE Ben
 RAGOT Merlin
 SEIDEL Luca

#### **YOUTH C GIRLS**

1 KROMBACH Linda
2 BERENS Catherine
3 BOUWMEISTER Philine

#### YOUTH C BOYS

MULLER PierreMIEL KerianPRIN Tehiva

#### **KIDS A GIRLS**

BOUWMEISTER Annebelle
 KROMBACH Eva
 BOUWMEISTER Yveline

#### KIDS A BOYS

SMALLBONE HarryMIEL ElliottHEISE Robin

#### **KIDS B GIRLS**

1 BARTHEL Emma2 PIECH Leah3 BOUWMEISTER Julianne

#### **KIDS B BOYS**

1 CARRENO Adonis
2 CANELIS Pietejan
3 FERNANDEZ Tristen

#### **BAMBINI GIRLS**

**1** LIBENS-THEIN Maxine

2 RAHUEL Léa3 DELOOZ Alexia

#### **BAMBINI BOYS**

1 ILYUKHIN Filip2 VERBEKE Levi

**3** CONKRIGHT David















# NATIONAL RACES

## SPRINGWATER TRIATHLON

| I | UVERBEEK Haitske |
|---|------------------|
| 2 | CHRETIEN Sophie  |
| 3 | FLAMMANG DANIÈLE |

#### **Scratch MEN**

| 1 | GLOCKSHUBER Bastian |
|---|---------------------|
| 2 | SCHAFFELD Timo      |
| 3 | KÖNIG Johannes      |

#### **Scratch WOMEN Promo Sprint**

| I | WULIER Anny          |
|---|----------------------|
| 2 | KIRKPATRICK Jane     |
| 3 | WEICHERDING Claudine |

#### **Scratch MEN Promo Sprint**

| IER Nicolas |
|-------------|
| R Joshua    |
| R Carsten   |
|             |

#### **YOUTH B GIRLS**

| 1 | NEY Saskia      |
|---|-----------------|
| 2 | ANDERSEN Jasmin |
| 3 | HIM Julia       |

#### YOUTH B BOYS

| 1 | LANG David        |
|---|-------------------|
| 2 | SMALLBONE Benamin |
| 3 | SEIDEL Luca       |

#### YOUTH C GIRLS

| 1 | KROMBACH Linda   |
|---|------------------|
| 2 | BERENS Catherine |
| 3 | MOUSEL Sarah     |

#### YOUTH C BOYS

| 1 | STOFFEL Poli |
|---|--------------|
| 2 | MOOG Mathis  |
| 3 | LANG Yannis  |

#### **KIDS A GIRLS**

1 KROMBACH Eva
2 BOUWMEISTER Yfke
3 SCHMITZ Misha

#### **KIDS A BOYS**

HENDRIKS Nils
 SMALLBONE Harry
 VANOLSRT Emile

#### **KIDS B GIRLS**

SCHILTZ Manon

**2** BOUWMEISTER Julianne

3 PIECH Leah

#### **KIDS B BOYS**

SCHMITZ Yelisey
MOOG Paul
HODGSON Sebastien

# Time and Security

Temps de présence Temps de production

Alarmes

Contrôle d'accès

Vidéo-surveillance



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## TRIATHLON ECHTERNACH

#### **Scratch WOMEN**

1 LEHAIR Jeanne
2 KURIACKOVA Ivana
3 OVERBEEK Haitske

#### **Scratch MEN**

SAYER Thomas
 MAGNIEN Dylan
 NOEL Raphael

#### **JUNIORS / YOUTH A GIRLS**

BARBERON MarieHAU SaraFRIPPIAT Lory

#### **JUNIORS / YOUTH A BOYS**

1 CARRE Tom2 BOENTGES Kevin3 LAPLUME Metti

#### **YOUTH B GIRLS**

1 KROMBACH Mara2 VAN DEN BOSSCHE Lou3 BIVER Lou

#### YOUTH B BOYS

1 CARRE Aurélien2 SMALLBONE Benjamin3 WEISHAAR Leo

#### **YOUTH C GIRLS**

NOTHUM GwenKROMBACH LindaPIECH Sarah

#### YOUTH C BOYS

MOOG MathisSTOFFEL PoliLANG Yannis

#### **KIDS A GIRLS**

| 1 | KROMBACH Eva                 |
|---|------------------------------|
| 2 | BOUWMEISTER Yfke             |
| 3 | <b>BOUWMEISTER Annabelle</b> |

#### KIDS A BOYS

| 1 | SMALLBONE Harry |
|---|-----------------|
| 2 | SCHILTZ Harry   |
| 3 | HENDRIKS Nils   |

#### **KIDS B GIRLS**

| 1 | SCHILTZ Manon        |
|---|----------------------|
| 2 | PIECH Leah           |
| 3 | BOUWMEISTER Julianne |

#### **KIDS B BOYS**

| 1 | MOOG Paull      |
|---|-----------------|
| 2 | SCHMITZ Yelisey |
| 3 | HILBERT Charel  |

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## TRIATHLON WEISWAMPACH

#### **Scratch WOMEN Promo Sprint**

1 VAN DER MOST Sophie

2 TAHAY Elise3 LAHAIJE Kim

#### **Scratch MEN Promo Sprint**

1 HIJMAN Koen2 MULLER Ben3 VAN BRAGT Jock

#### **JUNIORS / YOUTH A GIRLS**

1 HIJMAN Marije2 DEQUAE Nele3 FUITE Willemijne

#### **JUNIORS / YOUTH A BOYS**

VANDEBROEK AntoineCUIJPERS JesseDE JONG Syb

#### YOUTH B GIRLS

D'OTHEE Juliette JanneKROMBACH MaraMAES Laura

#### YOUTH B BOYS

1 CANNAERTS Thibaut
2 HAEVERANS Tuur
3 GAY Pierre-Louis

#### YOUTH C GIRLS

NOTHUM GwenKROMBACH LindaDUPONT Shannah

#### YOUTH C BOYS

CANNAERTS DriesSMOLDERS JensBEFAYT Anton

#### **Scratch WOMEN Promo Duathlon**

1 VANDECASTEELE Marie2 BRAUN Vanessa3 JACOB Florence

#### **Scratch MEN Promo Duathlon**

1 KROON Rody2 VOOGT Jaimy3 VAN DER SMISSEN Armand

## SURE TO SURE SWIMRUN

#### **Scratch WOMEN Short Route**

1 KiviCoca2 Girls' day out3 The Kills

#### **Scratch MEN Short Route**

1 Friday Bikers2 Tri-paupiette

3 Les CouZ / Team Philippe

#### **Scratch MIXED Short Route**

Like father, like daughter
TTF (ecoswimrun.be)
Team Blobfish

#### **Scratch WOMEN Long Route**

**1** KR-ACTION

#### **Scratch MEN Long Route**

| 1 | Midlon       |
|---|--------------|
| 2 | C'choouette  |
| 3 | UEM Sports 2 |

#### **Scratch MIXED Long Route**

Belgian ForceIronKouKouTeam Rocket

## RED ROCK CHALLENGE

#### Scratch WOMEN

LAMBERTY Stéphanie
 FELLER Camille
 JACOB Florence

#### **Scratch MEN**

DIJKSHOORN WouterMONNET VivienRIOS Jonathan

## XTERRA LUXEMBOURG

#### **Scratch WOMEN Full**

1 KARÁSKOVÁ ERBENOVÁ Helena

PATIES Alizée

ORCHARD Elizabeth

#### **Scratch MEN Full**

LUXEM Yeray

SERRIERES Arthur

ROTH Jens

#### **Scratch WOMEN Sprint**

1 VERDONCK Christine

DUMONT Lyson

VANDELLE Nathalie

#### **Scratch MEN Sprint**

DEMARCIN Théo

DOUWEN Rob

COPPENS Aaron

#### **Scratch WOMEN SuperSprint**

ZINCK Madeline

2 VA N DER JAGT Jessica

GERMAIN Amélie

#### Scratch MEN SuperSprint

KODRUN Louis

HAEVERANS Tuur

MASSONNATA ntoine

#### **KIDS GIRLS**

WEBER Eléa

DE RAEDEMAEKER Alexe

WILESMITH Katie

#### **KIDS BOYS**

VANHAELEN Gilles

BUFFET Kevin

QUENTIN Andre

#### **MINIKIDS GIRLS**

VANDENBUSSCHE Julie

VANDENBUSSCHE Emie

DAUTUN Johanna

#### **MINIKIDS BOYS**

1 WEBER Noé

ODILLE Louis

WILESMITH Billy

## FLORIAN BADOUX -XTERRA PROJECT MANAGER

# Dear Florian, could you please introduce yourself in a few words?

I started cross triathlon about ten years ago when I discovered XTERRA racing. A physical education teacher I converted into organizing sports events. Today, I organize four triathlons, XTERRA Belgium, XTERRA Luxembourg, Ironlakes Triathlon and the Triathlon International Haute Meuse. As an objective, my organization aims to develop the triathlon sport but also to work together with different municipalities to promote the regions in which these events take place. Triathlon, specifically cross triathlon, is a discipline which proves ideal to combine sports and tourism.

# Could you tell us a bit about Xterra and what an athlete needs to expect from these races?

Originating in the US, XTERRA has spread globally over the last 20 years. In 2020, 34 races are scheduled in addition to the world championships that are taking place in Hawaii at the end of October. Here, the best athletes qualified over the said 34 races race for the world title.

# This year was the first edition of the Xterra Luxembourg. How do you judge the success of this race?

We are satisfied when it comes to the first edition of our race in Luxembourg. Rosport is an ideal spot to accommodate such a race. The trails around the Mullerthal have delighted the participants. The event wants to have a familial touch with children's races as well as adult beginners' races and we propose different formats over the weekend. For this year's edition we had 620 athletes present.

# How did Luxembourgish athletes react to the race? Were there a lot of Luxembourgish participants?

In total, there were 47 Luxembourgers who took part, including Isabelle Klein, a regular on the XTERRA circuit. Cross triathlon is a discipline that was missing on the FLTRI race calendar and still needs more recognition. The next event we hope to welcome even more athletes from the region, specifically youngsters and beginners.

# How can we improve on this year's edition? Where do you see the future of Xterra Luxembourg?

XTERRA Luxembourg has a bright future ahead, I am sure of it. Situated at the borders of great triathlon nations, it is easily accessible to our neighbours. The context of the race has already persuaded the athletes that took part this year. Furthermore, the fact that we have changed the event date should attract even more participants, as in 2020, the event will take place on the 8th and 9th August.









# ETU Triathlon European Championships Valencia

#### **U23 WOMEN**

29 Eva Daniëls

#### **PTS4 MEN**

4 Joe KURT

 ETU Triathlon European Championships Weert

#### **ELITE MEN**

33 Stefan ZACHÄUS49 Bob HALLER



# ITU Duathlon World Championships Pontevedra

#### **JUNIOR WOMEN**

4 Eva DANIËLS

# ITU Aquathlon World Championships Pontevedra

JUNIOR WOMEN

2 Eva DANIËLS

5 Eva DANIËLS

U23 MEN ELITE MEN

4 Oliver GORGES 18 Oliver GORGES



# Doha World Beach Games

#### **ELITE WOMEN**

9 Eva DANIËLS

#### **ELITE MEN**

17 Oliver GORGES

#### 2x2 MIXED RELAY

9 Eva DANIËLS - Oliver GORGES



# • ITU Triathlon Grand Final Lausanne

#### PTS4 MEN

12 Joe KURT





# Encore un blog? Let's

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# CISM MILITARY WORLD CHAMPIONSHIPS

#### **ELITE**

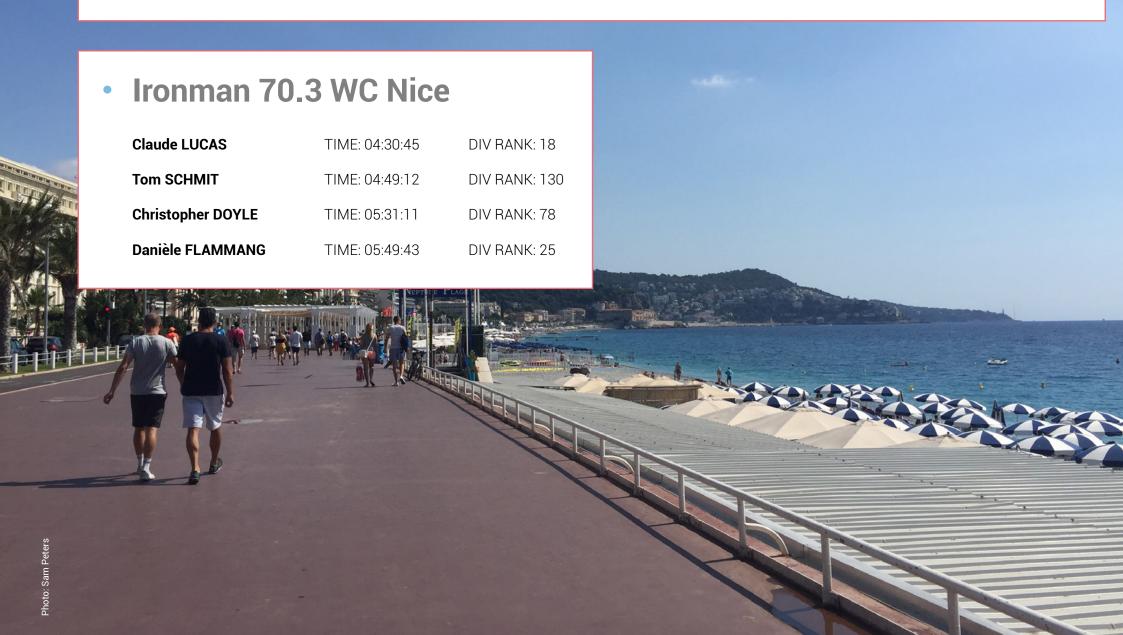
4 Stefan ZACHÄUS39 Oliver GORGES73 Fabien KIEFFER







# MIDDLE & LONG DISTANCE WC









# THE PIONEER



#### RITA KROMBACH

I qualified for Hawaii three times in Zurich but only went to Hawaii twice in 1997 and 2002. It is a superb experience and I think that every long-distance athlete should have participated in this race although personally, I have always struggled with the damp climate and had to walk the last bit of the marathon. Hence, I really recommend people to acclimatise beforehand for three weeks.

The atmosphere, the sea and swimming with fish and turtles are like a dream. I liked the bike course but the marathon on the hot soil in the lava desert is tough. It was great to have my son Christian in the race with me in 1997, we were a nice little group of Luxembourgish athletes along with Dan Dethier, our best athlete, and Claude Ketter. In 1997, I came 12th in my AG. However, in 2002, I did not have such a good race but I managed to finish.

What I already started to dislike in 2002 was the commercialisation of the race. Triathlon has evolved so much over the years. At the beginning, in the 80ies a lot of athletes were still swimming breast-stroke and drafting was legal. It was all about having fun and there were no real experts in the sport.

I have to admit that I did not even watch the last championships, but it is always impressive to see the level of athletes out there nowadays, especially considering former Olympic champions who change to long distance racing.

Just one last advice for our younger athletes; always remember that the sport should be all about fun. Sport plays an important role in our lives, but you should always stay modest and think about those people who are not as lucky and cannot take part in our wonderful sport.



After Rita Krombach the second Luxembourgish lady, Daniele
Flammang, has qualified
for Hawaii this year!
Congratulations Daniele!

# TOURS & CHALLENGES

#### **FLTRI TOUR**

| FLTRI Indoor Aquathlon           | 20.01.2019      |
|----------------------------------|-----------------|
| CAB Cross-Duathlon               | 03.03.2019      |
| Duathlon Junglinster             | 05.05.2019      |
| CAEG Musel-Triathlon             | 19.05.2019      |
| Ironkids                         | 14.06.2019      |
| Triathlon Echternach             | 0507.07.2018    |
| Springwater Triathlon Rosport    | 20-21.07.2019   |
| Triathlon Weiswampach            | 1718.08.2019    |
| XTERRA Luxembourg                | 31.0801.09.2019 |
| Red Rock Challenge Crossduathlon | 1213.10.2019    |

#### **DUATHLON CHALLENGE**

CAB Cross-Duathlon03.03.2019Duathlon Junglinster05.05.2019Red Rock Challenge Crossduathlon12.-13.10.2019



#### **YUPPI KIDS TOUR**

| FLTRI Indoor Aquathlon | 20.01.2019   |
|------------------------|--------------|
| CAB Cross-Duathlon     | 03.03.2019   |
| Duathlon Junglinster   | 05.05.2019   |
| CAEG Musel-Triathlon   | 19.05.2019   |
| Ironkids               | 14.06.2019   |
| Triathlon Echternach   | 0507.07.2018 |
| Triathlon Weiswampach  | 1718.08.2019 |



| 20.01.2019    |
|---------------|
| 03.03.2019    |
| 05.05.2019    |
| 19.05.2019    |
| 14.06.2019    |
| 0507.07.2018  |
| 20-21.07.2019 |
| 1718.08.2019  |
|               |





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**JO SMALLBONE** 4th Place



VIVIANE SLONIEWICZ 5th Place



**SAM PETERS** 6th Place



**CHRISTOPHER DOYLE** 7th Place



**RENE LIENERS** 8th Place



**SANDRA LIENERS** 9th Place



**YANNICK LIENERS** 10th Place



**JEHAN DOSSIN** 11th Place

# SPECIAL AWARDS

#### Volunteer of the year 2018

We have asked Pascal Duhautpas, president of the X3M Triathlon club, to say a few words about our volunteer of the year, and X3M club member, **Carlo Feltes**.

Carlo is the person doing everything in and for our club. He organises our kids and adult training sessions as the team manager. He takes part in every meeting and is present during all the coaching sessions. Furthermore, he is always reachable in case there are any questions regarding triathlon. In addition, he completed his coaching license this year and was a volunteer at the COSL Spillfest. We believe that there is no one else in our small triathlon community who is as engaged and exerts as much motivation as he does.



PREMIUM FRENCH TRIATHLON BRAND



VISIT OUR WEBSITE WWW.Z3ROD.COM

# SPECIAL THANKS

#### Technical officials

Controlling uniforms, checking bicycles and helmets, helping younger athletes to run in the right direction... These are all tasks of our referees during a triathlon competition. They are making sure that the competition rules are fulfilled, and their main concern is to make sure that the safety of every athlete is guaranteed.

Our referee team is composed of 14 referees who were present at 12 competitions this year. The biggest moment was surely the Ironman 70.3 in Remich. In total, 35 referees from 4 countries helped to make sure that this event was a great success from the referees' perspective.

We want to thank all our referees who helped at one of our competitions this year. You are an important part of the triathlon sport. For the next season, we wish you nice moments and great memories during the competitions.

Referee of the year: Marc Claes















#### • FLTRI Speakers 2019

For a few years now **Jeannot** and **Josiane Antinori** have been an invaluable help at our aquathlon event as speakers. We would like to thank them for their help and involvement!



#### Photographers

**VIVIANE SLONIEWICZ** 

ITU & ETU races

**YANN HELLERS** 

IM 70.3 Remich

**SOPHIE MARGUE** 

Aquathlon Editor Yearbook Photography (misc.) **ITU MEDIA** 

ITU races

**JEFF GLODEN** 

Duathlon Junglinster

**INGO KUTSCHE** 

Iron Kids

GUILLAUME STEPHANE CONNY ZIEGLER

Wämper Triathlon







# • FLTRI MEMBERS



























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