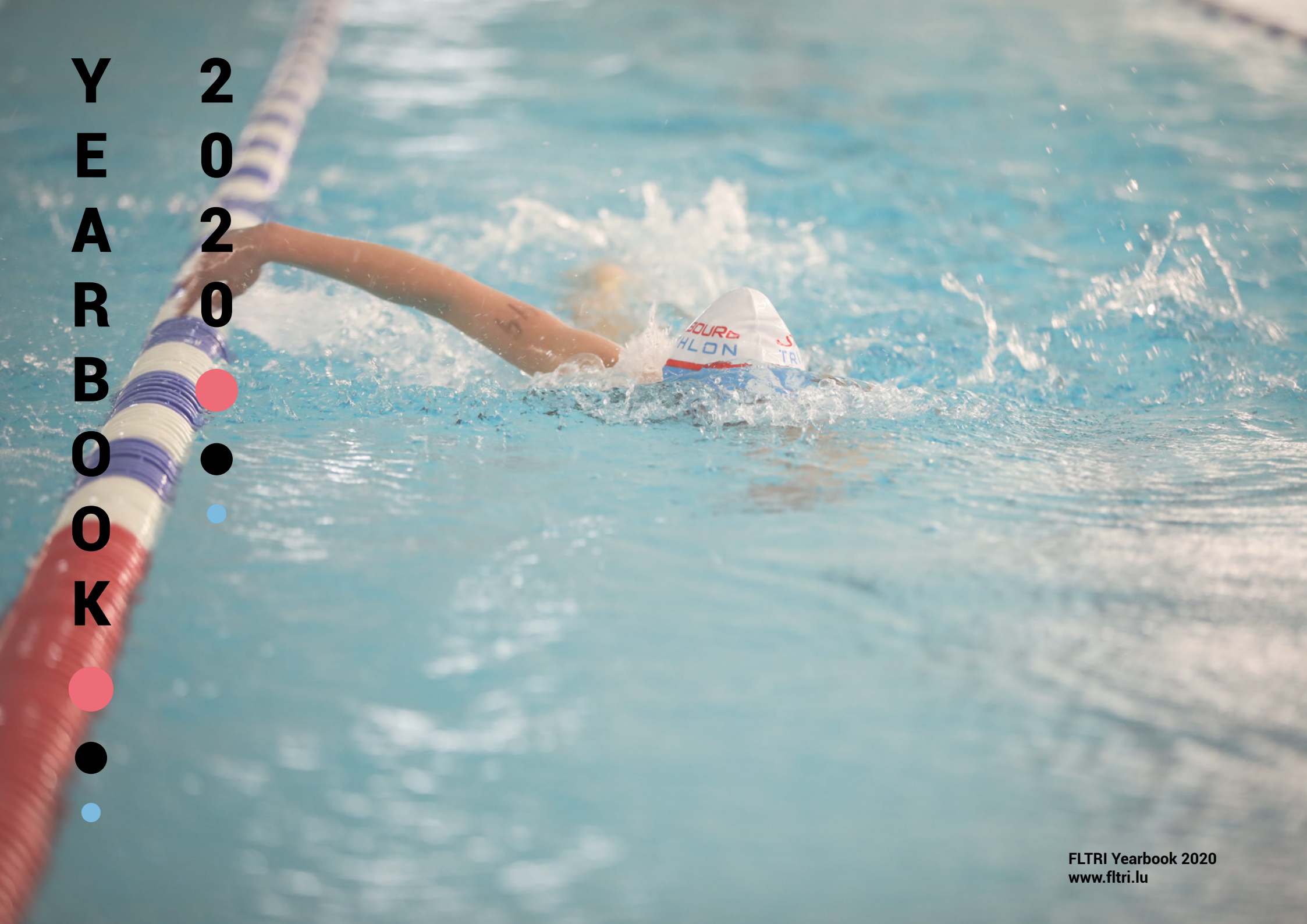


Y E A R B O O K

2 0 2 0



IMPRINT

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

Text Paule KREMER
 Christian KROMBACH
 Cyrille EPLE

Layout Sophie MARGUE

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2020, a year that was supposed to be a triathlon highlight with the Olympic Games only occurring every four years, ended up being the most disappointing and most challenging year the triathlon community has ever experienced. Due to local and international restrictions related to the pandemic, triathlon practice but also competition has been reduced to an absolute minimum since March of this year.

Fortunately enough, Luxembourg was less impacted by COVID-19 lockdown measures than other countries. Except for indoor swimming, athletes in Luxembourg could always practise triathlon outside when complying with certain rules, unlike in neighbouring countries. Hence, like home schooling, distance coaching enabled many coaches to stay connected with their young athletes so that they could keep up with their regular schedule during the whole pandemic.

The postponement of the Olympic Games to 2021, the cancellation of

the Luxembourg 70.3 Ironman and the Echternach and Weiswampach triathlons have been a disaster for the respective organisers, clubs and foremost for all the qualified or registered athletes. Athletes, like artists are desperate for a stage to showcase their talent and to measure themselves against others. Without competitions, most athletes lack motivation and fail to seek for higher goals and settle for less.

Luckily, our new member club Karibu managed to organise two competitions in the midst of the pandemic! In September and October this year, under the relentless impulse of Jhemp Ernzen, Karibu dared to fight against all odds and by complying with strict new sanitary measures, the club was able to put up two challenging and innovative races: Lëntster Lycée International School Cross Triathlon and Duathlon Junglinster! Both races counted as national championships.

While these two races in Junglinster had to comply with strict COVID-19

restrictions, it was paramount that a certain level of normality was enabled through those competitions during the pandemic. For that reason, the FLTRI was supporting the local club Karibu to organise these two new innovative and challenging races. The federation keeps on emphasising to keep on practising and competing by complying with the internal COVID-19 restrictions.

Our elite athletes Bob Haller and Stefan Zachaeus had the opportunity to participate at the Triathlon World Championships in Hamburg, in September of this year. Here Stefan finished in a strong 30th position despite limited training possibilities. FLTRI Junior and Youth athletes have had strong showings at the French Triathlon Championships in August and September of this year. Age Group athlete, Olivier Godart, has had very impressive results with no less than two top ten rankings (overall including pros) at long distance races in Austria and Slovakia.

Looking ahead, prospects are still

pretty good to have at least one athlete representing Luxembourg at the Tokyo Games. We are all desperately waiting for the moment when regular sports practice will be possible again, but we must all be aware that the pre-COVID-19 conditions will probably never return. Therefore, it will be everyone's responsibility and challenge to accept the new post COVID-19 era when practising triathlon.

At the same time, I would like to encourage everyone to keep up the spirit and motivation because the prospects of a vaccine is becoming more and more real and triathlon, unlike any other sport, can be practised almost anywhere anytime regardless any upcoming new Covid restrictions.

Christian Krombach
President



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DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère des Sports

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TANIA HOFFMANN

• COACHES



THOMAS ANDREOS
National Coach

CYRILLE EPLE
National Coach

Our staff has been growing over the past few years and we are happy to confirm that everyone has found his or her place within our coaching team. Everyone contributes through their assistance in the development of our youth as well as our elite athletes. A big thank you to our assistant coaches who fully invest themselves in order to alleviate Cyrilles' and Thomas' coaching.



SALLY DICKES
National Team Assistant Coach

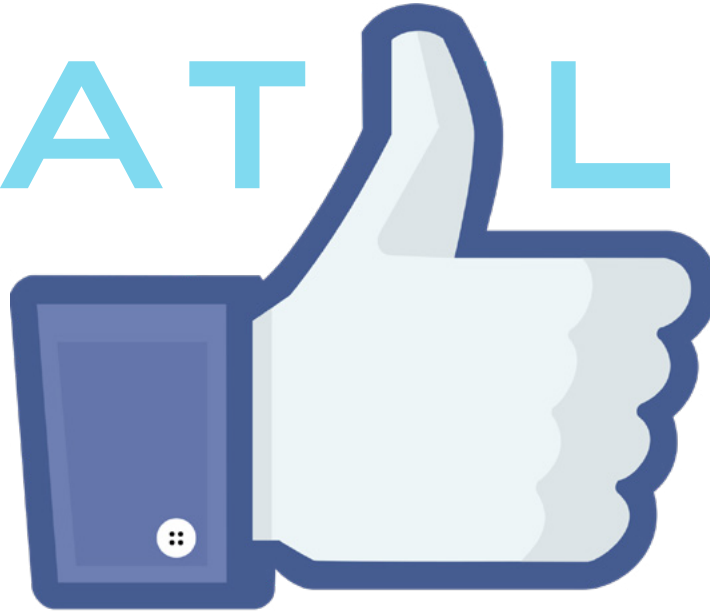


THIERRY KOHN
National Team Assistant Coach



JOSIANE RIES
National Youth Team Assistant Coach

LUXEMBOURG TRIATHLON



Stay informed and like our official social media pages!

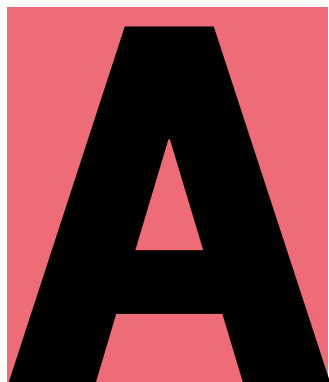


Instagram

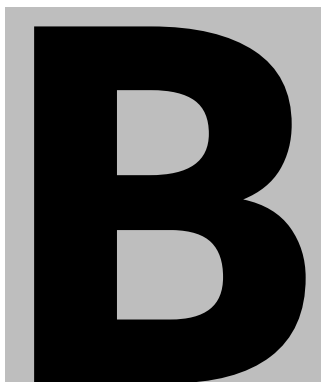


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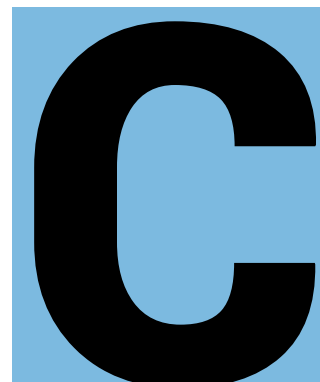
- CADRES FLTRI 2020



Jérôme EWEN DU
 Oliver GORGES SD
 Bob HALLER SD
 Gregor PAYET SD
 Stefan ZACHÄUS SD



Olivier GODART LD
 Claude LUCAS LD



Dany PAPI LD



Eva DANIËLS



Tom CARRÉ
 Aurélien CARRÉ



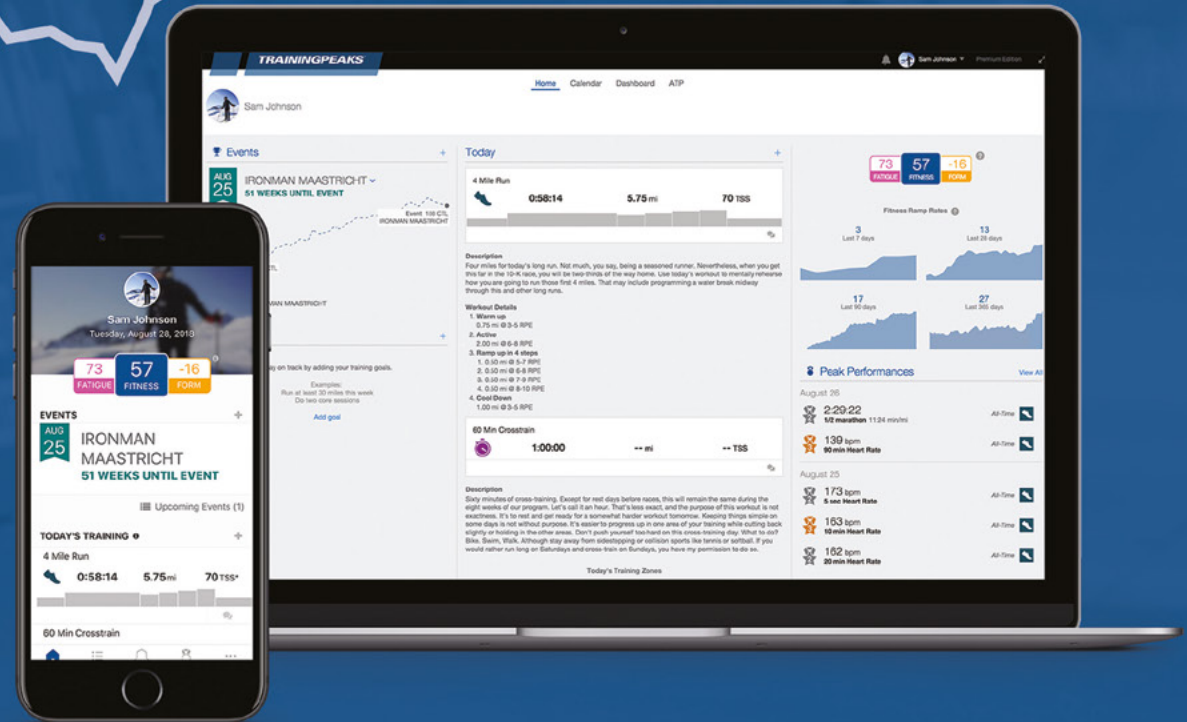
Joe KURT



Catherine BERENS
 Tom HEYART
 Linda KROMBACH
 Mara KROMBACH
 David LANG
 Sarah MOUSEL

Gwen NOTHUM
 Sarah PIECH
 Noémie RIES
 Finn SCHILTZ
 Ben SMALLBONE
 Lou VAN DEN BOSSCHE

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- CADRES COSL 2020



Bob HALLER



Gregor PAYET



Stefan ZACHÄUS



Oliver GORGES



Eva DANIÉLS

- 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

2019/2020

Kristina BARRET HAYES

Eva DÄNIELS

Tom HEYART

Mara KROMBACH

Linda KROMBACH

Sarah MOUSEL

Gwen NOTHUM

Noémie RIES

Finn SCHILTZ

Luca SEIDEL

Poli STOFFEL

Lou VAN DEN BOSSCHE

Leo WEISHAAR

2019/2020

Eva DÄNIELS

Stella HEYART

Tom HEYART

Mara KROMBACH

Linda KROMBACH

Sarah MOUSEL

Gwen NOTHUM

Noémie RIES

Charel SCHILTZ

Finn SCHILTZ

Poli STOFFEL

Lou VAN DEN BOSSCHE

Leo WEISHAAR



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• FLTRI CALENDAR 2020

FLTRI Indoor Aquathlon National Aquathlon Championships	19.01.2020	FLTRI
CAB Cross-Duathlon National Cross-Duathlon Championships	26.01.2020	CAB
Assemblée Générale FLTRI	12.06.2020	FLTRI
Challenge Open Water	18.07.2019	Swimming Luxembourg
Lënster Lycée International School Cross Triathlon National Cross Triathlon Championships	26.09.2020	Karibu & Lënster Lycée International School
Red Rock Challenge special COVID edition	10.10.2020	CAB & Red Rock Challenge asbl
Duathlon Junglinster National Duathlon Championships	18.10.2019	Karibu

AQUATHLON 2021

SAVE THE DATE

14.03.2021



• NATIONAL CHAMPIONSHIPS

• INDOOR AQUATHLON

LUXEMBOURG WOMEN

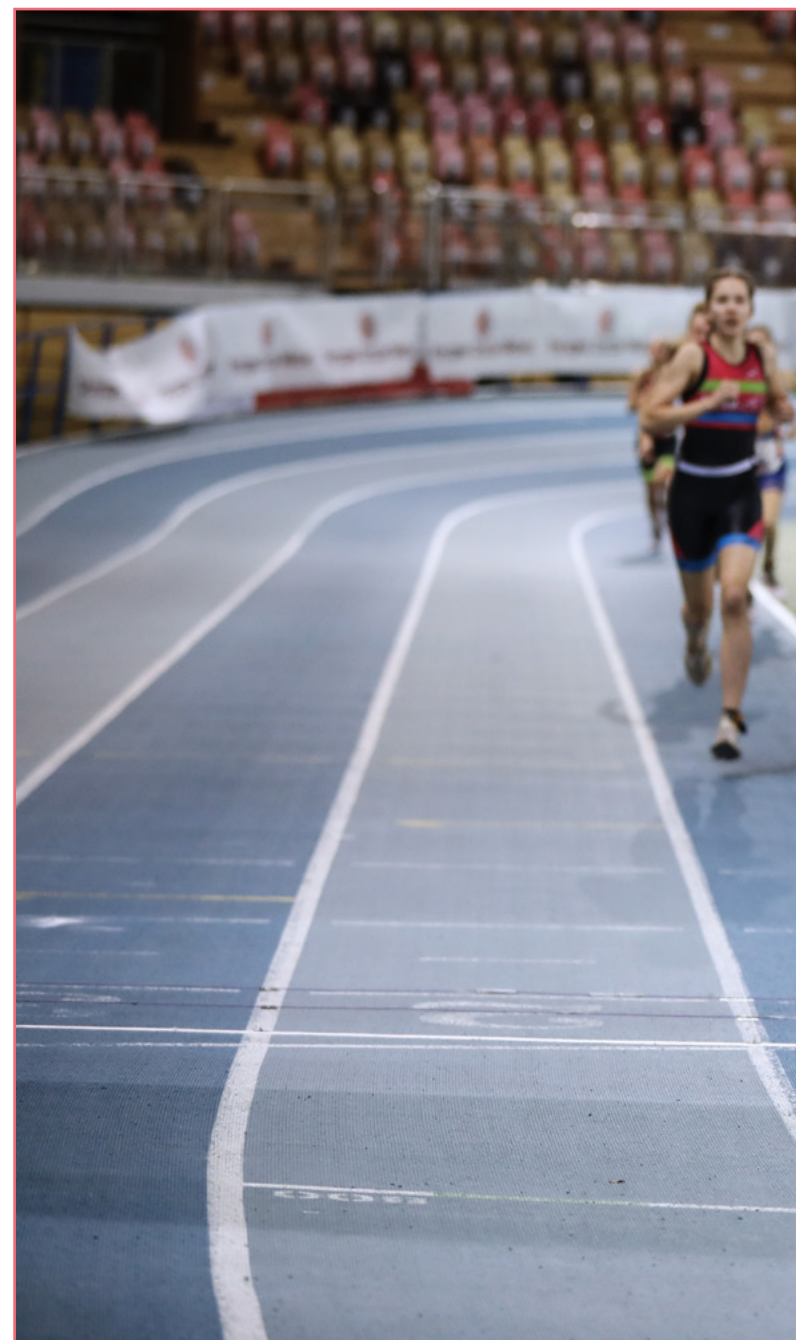
1	DANIËLS Eva	TRILUX
2	KROMBACH Mara	Trispeed
3	NOTHUM Gwen	Trispeed

LUXEMBOURG MEN

1	CAMBRÉSY Lucas	TRILUX
2	CARRE Aurélien	Trispeed
3	LANG David	Trispeed

AGE GROUP CHAMPIONS

F18	DANIËLS Eva	TRILUX
M18	CAMBRÉSY Lucas	TRILUX
M50	LAPLUME Christian	Trispeed
M55	ORIGER Yves	X3M









• CROSS DUATHLON

LUXEMBOURG WOMEN

1	LIENERS Sandra	CAB
2	COLJON Carmen	CELTIC

LUXEMBOURG MEN

1	REICHLING Laurent	CAB
2	LIENERS Yannick	CAB
3	FLESCH Pol	Trispeed

JUNIOR MEN

1	CARRE Tom	Trispeed
----------	-----------	----------

YOUTH A BOYS

1	CARRE Aurélien	Trispeed
2	LAPLUME Metti	Trispeed

YOUTH B GIRLS

1	NOTHUM Gwen	Trispeed
2	BUCCIARELLI Camille	Trispeed
3	PIECH Sarah	Trispeed

YOUTH B BOYS

1	LANG David	Trispeed
2	SEIDEL Luca	X3M
3	MEYLENDER Rick	Trispeed

YOUTH C GIRLS

1	MOUSEL Sarah	X3M
2	BERENS Catherine	Trispeed
3	HEYART Stella	CAEG

YOUTH C BOYS

1	LANG Yannis	Trispeed
2	HEYART Tom	CAEG
3	SCHILTZ Charel	CAEG

AGE GROUP CHAMPIONS

F25	COLJON Carmen	CELTIC
F30	LIENERS Sandra	CAB
M18	CARRE Tom	Trispeed
M25	REICHLING Laurent	CAB
M30	LIENERS Yannick	CAB
M35	SCHARFE Tom	Trispeed
M40	TANSON Pierre	Hirondelle S.
M45	PIRENNE Christophe	CAD
M50	LAPLUME Christian	Trispeed
M55	LONGO Francesco	CELTIC
M60	LIENERS René	CAB

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Mail: info@bikefit.lu

Tél: 26 10 20 21

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• CROSS-TRIATHLON

LUXEMBOURG WOMEN

1	NOTHUM Gwen	Trispeed
2	BUCCIARELLI Camille	Trispeed
3	PIECH Sarah	Trispeed

LUXEMBOURG MEN

1	HALLER Bob	X3M
2	EWEN Jerome	Snooze
3	LANG DAVID	Trispeed

YOUTH A GIRLS

1	RIES Noémie	X3M
----------	-------------	-----

YOUTH B GIRLS

1	NOTHUM Gwen	Trispeed
2	BUCCIARELLI Camille	Trispeed
3	PIECH Sarah	Trispeed

YOUTH B BOYS

1	LANG David	Trispeed
2	STOFFEL Pol	CAD
3	WEISHAAR Leo	X3M

YOUTH C GIRLS

1	KROMBACH Linda	CSL
2	MOUSEL Sarah	X3M
3	BERENS Catherine	Trispeed

YOUTH C BOYS

1	HEYART Tom	CAEG
2	SCHILTZ Charel	CAEG
3	BUCCIARELLI Rémi	Trispeed

AGE GROUP CHAMPIONS

M25	HALLER Bob	X3M
M30	EWEN Jérôme	Snooze

The logo for SUDGAZ, featuring a stylized flame icon to the left of the word "SUDGAZ" in a bold, white, sans-serif font, all contained within a dark blue rectangular box.

SUDGAZ

A photograph of a woman and a young child sitting on a shaggy, light-colored rug in front of a large window. The woman, wearing a light-colored sweater and blue jeans, is leaning forward and smiling at the child. The child, wearing a red long-sleeved shirt and blue pants, is reaching up towards the woman's face. The window behind them shows a bright, sunny day with buildings visible outside. A white radiator is visible below the rug.

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et pour demain.**

• DUATHLON

LUXEMBOURG WOMEN

1	MORES Jackie	X3M
2	EGILSDOTTIR Runa	TRILUX
3	DANIËLS Eva	TRILUX

LUXEMBOURG MEN

1	HALLER Bob	X3M
2	EWEN Jerome	Snooze
3	ROSSIGNON Adrien	TRILUX

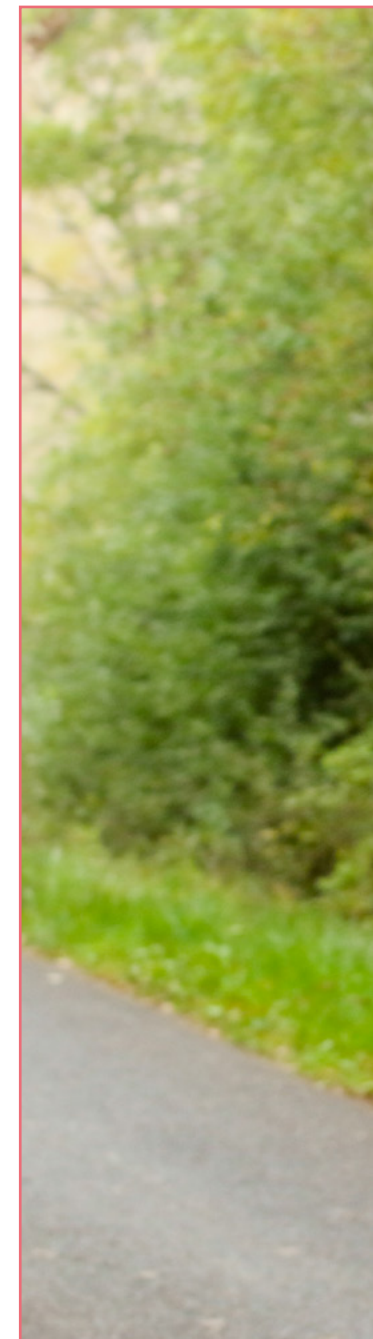
JUNIOR BOYS

1	BISSENER Pol	KARIBU
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AGE GROUP CHAMPIONS

F18	DANIËLS Eva	TRILUX
F35	MORES Jackie	X3M
F40	EGILSDOTTIR Runa	TRILUX

M18	JUNCK Alex	TRILUX
M25	HALLER Bob	X3M
M30	EWEN Jerome	Snooze
M35	CLAES Wouter	CSN
M40	PAPI Dani	CAB
M45	MAJERUS Thierry	CAB
M50	HIM Georges	Trispeed
M55	ARMANO Mario	TRILUX
M60	LIENERS René	CAB





• LET'S MEET...



• BOB HALLER

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

I started doing triathlon in 2005 thanks to Romain Schlechter, who back then introduced me to this sport through running races and duathlon.

I had no real motivation to start triathlon other than being young, full of energy and wanting to try out many different sporting disciplines. However, triathlon was the one sticking at the end.

What are your aims in the sport?

My aims have always been to be one of the best which is a very difficult aim and luck has not always been on my side over the last years. Now, my biggest aim will remain the Olympic Games, now I am focusing on Tokyo 2021 and, after that, I want to go to the 2024 Olympics in Paris.

What are your biggest achievements so far?

My biggest achievements have been becoming Aquathlon Junior World Champion and 3rd at Duathlon Junior World Champs both in 2012. At the U23 World Champs, I finished 17th in 2014 and 11th in 2015. During Elite World Cups I realized a few top 10 results with the

best position being 8th at 2019 Cagliari (ITA) World Cup. However, the best race in itself was the New Plymouth (NZL) World Cup in 2016 where a few months before the Olympics I finished 9th beating many Olympian athletes, even two top 10 and two top 15 athletes at the RIO Olympics.

How many hours a week do you train?

Currently, we are working in 3-week blocks, meaning there are two weeks of hard work and one easy week while keeping the speed up. As I am now only five weeks into training, the harder weeks are around 28 hours of training and the easy weeks around ten. Those hours will increase during each block to reach 30-32 hours during hard, and 23 to 25 hours during easy weeks.

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

I would play soccer or basketball if I was from Luxembourg. American Football if from the USA, Rugby if I was South African or from an Oceanian country.

Favourite food? Is nutrition something you pay attention to?

I pay a lot of attention to my nutrition, but, on the other hand, since I love eating as well, it often becomes a mental battle.

My favorite food is difficult to define as I really love a lot of different kitchens and recipes but anything involving pasta is top. I also love sweets and chocolate ;)

How do you make a living?

I am an employee of the Luxembourgish Military, as an Elite Sports Athlete.

How did you manage to keep your swim form during confinement? How hard was it for you to get back into your pre-quarantine-shape?

I simply did not because seven weeks without a pool was the reality for me. I tried to keep some water feeling in a 10m pool in my neighborhood, which was better than nothing.

Other than that, I tried to keep up with swimming movements and exercises on dry land.

It was not hard because we had time, so there was no pressure to be in shape fast. The only problem I faced was that 2 weeks into lockdown, I suffered a hip injury which slowed down my progress a lot.

How did you manage to stay motivated despite there being no competitions?

To have no races did not bother me at all. It took a lot of pressure from me and gave me the chance to focus on training and getting stronger.



• GWEN NOTHUM

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

I started training for triathlon since I entered the Sportlycée in 7eme. Before, my main sport was swimming and I did triathlon alongside. However, the swim federation, did not accept me so I joined the triathlon federation. Today I believe that this was a great opportunity because I am so happy doing triathlon and I do not think I would be as happy as a swimmer. So, a big thank you to the FLTRI .

What are your aims in the sport?

My biggest aim is to participate in the Olympics. Short-term goals are being able to qualify for the French championships again and continuing to train and improve until then.

What are your biggest achievements so far?

I do not have one major achievement. My best race was the 2020 French Championships.

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

That is hard to answer, I love all three

disciplines. Sometimes, I would rather go for a run than a bike ride and the other way around. Same goes for the training session itself. However, I really like to push myself. The feeling during a hard session is just difficult to describe and it is tricky to remember the feeling afterwards. You are just looking forward to the last few meters or seconds of each series. Afterwards, you are looking forward to the next hard session again.

How many hours a week do you train?

Between 8 and 15 hours a week, it depends.

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

I can not really tell but I am happy to do triathlon because it is the sport that makes me happy. Without triathlon, I would probably look for another discipline because I need to stay active.

Favourite food? Is nutrition something you pay attention too?

I love all kinds of food but cheese fondue is my favourite. I try to have a varied diet and I love trying all kinds of new food.

How did you manage to keep your swim form during confinement? How hard was it for you to get back into

your pre-quarantine-shape?

I was able to train with a tether in our swimming pool. My coach uploaded swim, run and bike sessions on our Trainingpeaks. So, during confinement I ran and biked a lot because I was not able to swim as much. Hence, I improved in both disciplines and was able to keep my shape. Being able to swim a bit helped me to gain back my water feeling.

How did you manage to stay motivated despite there being no competitions?

My biggest problem was not there being any races but that I could not swim properly, and I really wanted to train in a group again. I missed racing but I did not let that demotivate me because I know that I am not training for today or tomorrow but to reach long-term goals.





• OLIVIER GODART

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

I started triathlon in May 2010 in Dubai. To this day, I do not have a specific motivation, I guess it was fate.

What are your aims in the sport?

My aim is to be very best possible version of myself and share my experiences with those that come after me.

What are your biggest achievements so far?

I am lucky enough to have won 80+ competitions over the 10 years I have been in the sport. Winning is always nice and that is why every win feels the same. However, my recent 2 IM performances (8.19.00 and 8.08.0) a couple of weeks ago, Ironman South Africa, New Zealand, my podium in Kona, TriYas wins, Luxembourg national champs, as well as the Middle East regional IM 70.3 wins and other 70.3 wins worldwide stand out.

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

I love them all. Unless you do not, you will not be good at triathlon. I love all training sessions whether big or small.

How many hours a week do you train?

For my recent IM performances this summer, I trained for around 40h per week for an extended period, normally I train around 30h per week.

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

Golf, NASCAR, Snowboarding, Skateboarding, Tennis, American Football.

How do you make a living?

I am an entrepreneur and own several businesses.

Favourite food? Is nutrition something you pay attention too?

My favourite food is vegetables, Muesli, peanut butter, sparkling water, eggs, parmesan, feta and cottage cheese.

Any other hobbies except for triathlon?

Reading about history, travelling with my wife, reading geographical maps, learning dialects and languages.

How did you manage to keep your swim form during confinement? How hard was it for you to get back into your pre-quarantine-shape?

I kept my swim shape through various swim strength exercises which I am continuing to this day. I did a lot of dry swimming and through my personal contacts with hotel managers in the UAE, I had the possibility to swim in



their pools.

I never lost any swim shape but only got stronger due to the strength exercises. I would even say that I progressed during that period.

How did you manage to stay motivated despite there being no competitions?

I love triathlon and if you love something you do not give up easily. Besides, with the competitions I had chosen, I was very sure that they were going ahead. Therefore, I never faced any motivational issues. In general, I think that we should be happy that we are healthy as triathlon is not the top priority right now. I have a gracious, thankful and appreciative attitude and that helps putting things into perspective.



• SALLY DICKES

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

In 2016, I passed the entrance test to become a sports teacher and prepared the swimming part with the SCR. Despite having passed the entrance test, I wanted to finish the swimming season and my fellow swimmers Sophie, Yannick and Paule motivated me to participate in a sprint triathlon. As a basketball player, and with minimal weekly swim training, my preparation was not the best and I finished second to last but that motivated me to keep going.

The following seasons (from 2017-2019), I continued playing basketball and was doing triathlons during summer and I tried to prepare more efficiently. After twenty-two years of playing basketball, I am now fully committed to triathlon and I want to try different distances.

What are your aims in the sport?

Finishing a 70.3 event with my brother.

What are your biggest achievements so far?

First place at a duathlon in Saarland and a second-place finish here in Luxembourg. Furthermore, I have three top ten finishes

at several Olympic distance races.

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

I do not really prefer one discipline over the other but I like the variation.

How many hours a week do you train?

I train between 10 and 15 hours.

How do you make a living?

I am a physical education teacher.

For how long have you been assisting our coaches at the FLTRI?

Since the 2020/2021 school year.

What's your motivation behind training our young triathletes?

As a physical education teacher, I really enjoy sharing my passion for sport with young people. Doing this in one's own sport is special because I can not only specifically focus on the physical, but also the mental aspect of the sport. Hence, this means dealing with high and lows, showing them what a healthy ambition is, how to be a team player and prepare the body for the effort. Hence, I try preparing them on their path to becoming better triathletes with a pedagogical approach.

Any other hobbies except for triathlon?

It is an enrichment because I am learning

a lot and I am constantly improving. I get a lot of triathlon-specific input from the more experienced coaches and I am learning a lot from the young athletes in terms of practical knowledge, specifically when it comes to my technical skills on the bike ;)



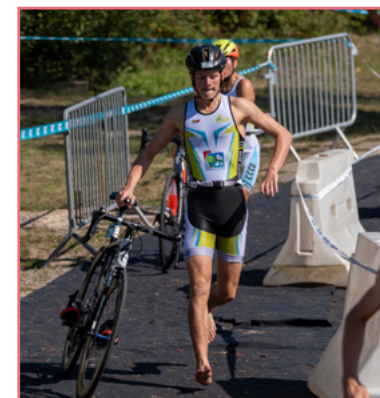
• YOUTH & KIDS

• OUR YOUNGSTERS

How we managed to train with our youth athletes despite the pandemic :

During the lockdown, we managed to follow our young athletes' training over Zoom and Trainingpeaks. Our athletes demonstrated a high level of commitment which we want to underline here. The fruit of these efforts became apparent when a record number of Luxembourgish athletes qualified for the French Championships!

Furthermore, we were able to hold our annual summer camp with 21 young athletes from different clubs from 3rd to 7th August in Remerschen, assisted by Josiane and Thierry. There was a good atmosphere among our youngsters and a nice mix between youth athletes from our national squads as well as our clubs.



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- **DAVID LANG**



First name : David
Surname : Lang
Age : 15
Age group : Youth B
Height : 1,69m
Club : Trispeed
Coach : Dan Hendriks, Dafer Mrad
School : Lycée Josy Barthel Mamer

Favourite discipline in training

Cycling

Favourite discipline during the race

Cycling

Favourite race

Cross Duathlon

Goals 2020

Do more races than in 2020

Long term goals

Always have a lot of fun

Long-distance racing?

Never

Triathlon for me is

- Having fun during training
- Not just train one discipline but train 3 different sports
- Participate in races

Amount of training sessions during a perfectly hard week

8 sessions (12h)

Time and Security

Temps de présence

Temps de production

Alarmes

Contrôle d'accès

Vidéo-surveillance



92, route d'Arlon

L-8311 Capellen

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info@dsk.lu • www.dsk.lu

- **YOUTH FOR TRIATHLON**

During our General assembly, the youth for triathlon label was awarded on 12th June 2020 at the Coque to the following clubs:

Trilux



CAEG



X3M



Trispeed Mamer



We would like to thank the clubs for their invaluable work with our young athletes!



- **COMING SOON...**

We are currently working on a new label 'ladies for triathlon' to promote female participation in triathlon. Stay tuned!



• ETU & ITU COMPETITIONS



BOB HALLER

ITU World Ranking	108
ITU Individual Olympic Qualification Ranking	94
Continental Ranking	61

STEFAN ZACHÄUS

ITU World Ranking	68
World Triathlon Series Ranking	48
ITU Individual Olympic Qualification Ranking	59
Continental Ranking	37

GREGOR PAYET

ITU World Ranking	102
World Triathlon Series Ranking	88
ITU Individual Olympic Qualification Ranking	81
Continental Ranking	58

EVA DANIËLS

ITU World Ranking	492
Continental Cup Ranking	152

OLIVER GORGES

ITU World Ranking	162
Continental Ranking	83

JOE KURT

ITU Paralympic Qualification Ranking	13
Paratriathlon Ranking	11



- **ITU World Cup
Mooloolaba**

ELITE MEN

13	Stefan ZACHÄUS
21	Bob HALLER
31	Gregor PAYET



- ITU World Triathlon Series
Hamburg

ELITE MEN

36 Stefan ZACHÄUS
DNF Bob HALLER



• THE PIONEER



• NANCY KEMP-ARENDT

For the twentieth anniversary of the first Olympic triathlon in Sydney, we talked to our participant Nancy Kemp – Arendt about how she came to the sport of triathlon and her experience of the race in Sydney.

I was the smallest of the family and my brothers (four and six years older) were swimmers. Since I have always imitated them, they took me to swim practise. So, I started swimming aged three and went to training sessions aged four.

Later, when I was in the US in 1988, the swimmers who had to lose weight needed to go running on a regular basis. It quickly became apparent that I was by far the quickest and I really enjoyed being able to talk while doing sports. I specifically liked being outside and enjoying the surroundings.

At university, my best friend who was also on a scholarship for swimmers, once had a friend over who was a pro-

fessional triathlete already at that time. She came swimming with us in the mornings before our classes and while we went to university, she went cycling and in the evenings when we came back either to swim a second time or to study, she went running. I was fascinated! Then, being at La Santa, I took part in a sprint triathlon for fun and nearly managed to beat Sarah Springman, who was the world champion at the time. She came and talked to me after the race to convince me that I had potential and to do triathlon. Hence, I bought a bike and I was sold to triathlon after that.

My training routine varied by quite a lot. I was a professional triathlete for 9 months and 12 days before Sydney which meant that I only trained, slept, and ate. With Brett Sutton as a coach, I literally went through hell despite being used to training a lot ever since I was a child.

I was also used to hard training beforehand having trained with Marc Schubert, American female head coach in swimming from 1987-1989 where the

first session started at four o'clock. However, being a professional triathlete was an entirely different experience and much harder considering I trained three to four times a day.

My race in Sydney was a tactical catastrophe and the chance to get a medal was gone after swimming because we had to swim in a wetsuit despite the elevated temperature. Hence, there were 25 of us getting out of the water because the swimmers did not have any advantage swimming with a wetsuit. Therefore, all the good runners were part of the pack. So, the race was determined between the strong runners who could as well just have raced over the 10 k distance, the result would have been the same. Despite the race being a catastrophe for me because running was my weakest discipline, I really enjoyed the experience because I knew it was not only my last race but also because the atmosphere in Sydney was amazing and it was the first time triathlon was Olympic. The favourites for the race were Australian and the Aus-

tralians are crazy about triathlon, so I had goosebumps throughout the entire race.

Placing tenth was the worst position I could have ended up in but despite this I was happy when the race was over and began to appreciate the entire experience even though I knew more would have been possible, but you can never get the moment back.





● #TRIAGAINST-RACISM

The idea to do my own version of a long course race already came to me during my longer training sessions. With the increasing probability of Ironman Portugal being cancelled, I did not want to train for nothing and told myself that in the worst case, I would organise my own event. To stay motivated and carry through with the idea and the training, I decided to race against racism, an issue I have always been concerned about.

The race itself was the most difficult "race" I have ever done. Mentally it was extremely difficult to stay focused without actual competition especially because I decided not to race for a good finish time.

In addition, I did try out new nutrition on race day which I should have never done since it did not work out that well.

At the end I was just happy to finish and win my very own personal fight against COVID-19.



● KARIBU

We are happy to welcome our newest member Karibu Triathlon Club to the federation and so asked their president to say a few words about his club.

KARIBU Triathlon Club was founded in September 2020 by a group of motivated sports enthusiasts around our president Jhemp Ernzen. This with the aim of bringing local like-minded people together to share their passion for the fantastic sport of triathlon and to encourage all ages and abilities to take part in physical activity. Our main purpose is to promote the triathlon sport in Luxembourg and to welcome new triathletes with open arms, especially

kids and teenagers. (*Karibu* (SUAHELI) means "Welcome"). Our mission is to introduce the youth to the three sports of swimming, cycling, and running to increase their perseverance, which is an important property for their future. Furthermore, we aim to increase youth involvement in triathlon through training in a team atmosphere. We want to support our young athletes developing a passion for endurance sports with the help of experienced and certified instructors. We want to create new opportunities for young people in the area around Junglinster by organising different training sessions as well as competitions.



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Lënster Lycée International School Cross Triathlon	26.09.2020
Red Rock Challenge special COVID edition	10.10.2020
Duathlon Junglinster	18.10.2020

DUATHLON CHALLENGE

CAB Cross-Duathlon	26.01.2020
Red Rock Challenge special COVID edition	10.10.2020
Duathlon Junglinster	18.10.2020



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Duathlon Junglinster	18.10.2020

REGULUX YOUTH TOUR



FLTRI Indoor Aquathlon	19.01.2020
CAB Cross-Duathlon	26.01.2020
Open Water (100 bonus)	18.07.2020
Lënster Lycée International School Cross Triathlon	26.09.2020
Duathlon Junglinster	18.10.2020

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• SPECIAL AWARDS

• Volunteer of the year 2019

Markéta Dolečková joined Trilux in 2016 as an athlete but quickly became essential to the club as a board member and a coach.

In 2018, she helped in the development of the new triathlon website and in the same year she first assisted as a coach in the three disciplines. Assisting was not enough for her and in 2019, she completed her C license in triathlon.

Furthermore, she offers strength and conditioning sessions for Trilux members with her own programmes.

She has become the club's secretary and hence not only organises training sessions but also makes sure the administrative aspect is covered.

Marketa is a very trustworthy and determined person in every thing she does whether this is her own training, coaching and ensuring her role as a secretary.





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• SPECIAL THANKS

• Technical officials

Controlling uniforms, checking bicycles and helmets, guiding adult athletes and helping younger athletes to run in the right direction...These are all tasks of our referees before and during a triathlon competition. The referees make sure that the competition rules are respected while their main concern is to ensure the safety of every athlete.

In 2020 our referee team was less busy than usual as fewer competitions took place. The highlight was probably the FLTRI Indoor Aquathlon in January 2020 when the majority of the FLTRI referees was present to ensure a smooth competition.

We want send a huge „THANK YOU“ to all our referees who helped at the competitions in 2020! You are an integral part of the triathlon sport! For the next season we hope that we can all return to a normal race calendar, and we wish you happy moments and great memories during the races.





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Thank you for all the
years of support!

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