

Epreuve Test
Triathlon et
Para triathlon
2023

Triathlon and
Para triathlon
Test Event
2023



PARIS



Epreuve Test
Triathlon et
Para triathlon
2023

Triathlon and
Para triathlon
Test Event
2023

ISBN 978-99987-736-1-5

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

Photo credits:

Viviane Sloniewicz
Jeff Gloden
Sportfotos.lu
ValWagner

World Triathlon / Wagner Araujo / Tommy Zaferes

FLTRI YEARBOOK

2023

www.fltri.lu

TABLE OF CONTENTS

INTRODUCTION	2
THE FEDERATION 2023	4
NATIONAL CHAMPIONSHIPS	16
LET'S MEET...	30
ET & WT COMPETITIONS	38
MIDDLE & LONG DISTANCE WC	48
SUPERLEAGUE & ARENA GAMES	56
FLTRI MEMBERS	58
TRIATHLON FAMILY	60



The year **2023** certainly stands out as another excellent year for the FLTRI when it comes to results. Indeed, many of our Elite and Youth athletes produced extraordinary performances during this pre Olympic year. A year of major importance for all Olympic prospects, as 2023 is the year when most qualifying points can be earned compared to 2022 and 2024.

With Jeanne Lehair, Luxembourg is indeed well positioned to qualify at least one athlete for the Paris Olympics, as Jeanne finished regularly in the top ten of WTS races. However, it was her historic European Championship title that stands apart from all other performances. In WTS Rankings, Jeanne finished the year 2023 in 8th position, which is outstanding.

Besides Jeanne, there are a few other Elite athletes that showcased excellent results, foremost Gregor who at this moment in time also disposes of high chances to qualify for the Olympics.

Amongst our youth athletes, David Lang was able to produce another stellar performance, finishing in the top 12 at the Junior Triathlon Worlds in Hamburg.

Our Age Group Athletes were also active on the highest level, competing in Duathlon and Triathlon Championships. With Christophe Doyle, we could celebrate one World champion title in the Long Course Duathlon Championships.

Amongst the 7 athletes that competed in the Ironman World Championships this year, the 13th place of Dany Flammang certainly stands out as an excellent result, so does the solid performance of Gary Assel who raced on the same course of Nice within a period of 2 months. As a matter of fact, the city of Nice was for the first time the host city of the Ironman World Championships, a race that has for over 40 years been exclusively carried out in the state of Hawaii.

This year, the number of races in our

race calendar has been on the upswing compared to last year, thus reaching a pre Covid level of Triathlon, Duathlon and Aquathlon events.

In 2023 we were honoured to celebrate the 10th anniversary of the Ironman Remich. For the occasion we could count on a record level of participants with more than 2500 athletes competing along the Mosel River and the Eastern backcountry roads.

The Weiswampach Triathlon event, recently taken over by a new organization committee, underwent major changes. Despite a little drop in the participation number, the quality of the organization lived up to expectations as most competitors experienced very exciting racing.

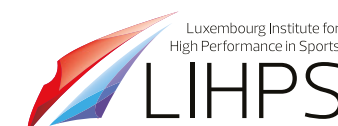
With Celtic Duathlon, one new organization could be added to our calendar and thereby filling up our limited Duathlon offer.

By extending our trainer staff this year, we managed to improve our coaching capacities. Our federal

youth development program could thus take on a record number of youth athletes and consequently 17 FLTRI athletes are currently attending the SportLycee. We thereby come closer to achieve our goal of broadening our youth base.

Christian Krombach

President



• THE FEDERATION 2023

• BOARD MEMBERS



CHRISTIAN KROMBACH
President



MICHAEL KUNDE
Secretary General



TANIA HOFFMANN
Vice President



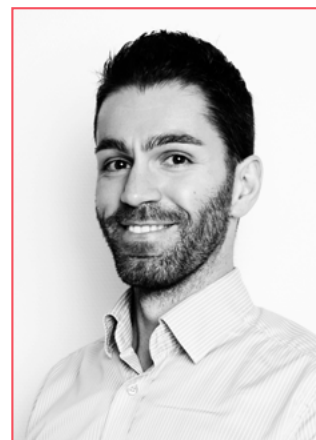
MARC D'HOOGHE
Treasurer, COSL, WT & ET relations



MARTIN BÄUMLER
National Commission for Elite Athletes



TIMON SVOBODA
Age Group Athlete relations, Elite Short and Long Distance relations, Sportlycée relations

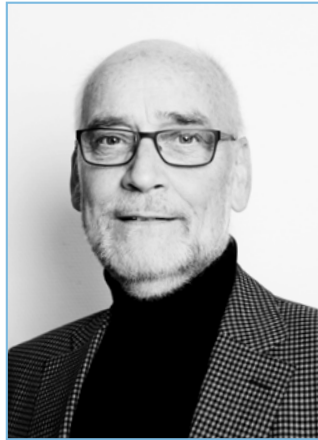


ANTOINE DE GROOTE
Rules and Tours & Challenges



CIARAN MC KAY
Referees

- **ADMINISTRATION**



HENDRIK FEHR



DORIS MICHELS-RIPP

- **MEDICAL STAFF**



ARNAUD VANDEN BERGHE
National Team Physiotherapist



NICOLAS LEPINOIS
National Team Physiotherapist

• COACHES



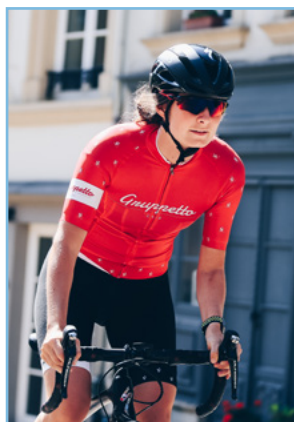
THOMAS ANDREOS
National Technical Director



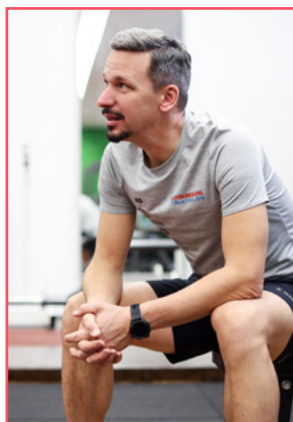
CYRILLE EPLE
National Coach



VLADIMIR ZIC
National Coach Sport Lycée,
Centre de Formation



SALLY DICKES
National Team Assistant Coach



THIERRY KOHN
National Team Assistant Coach



MARC PLATA
National Team Assistant Coach



MARKETA DOLECKTOVA
National Team Assistant Coach

,I recently moved to Luxembourg from Croatia. My education is Masters Degree in Kinesiology (strength and conditioning) and Itu Level 2 coaching certificate.

My first sport was handball than foot- ball which I played untill university. During my studies I discovered triathlon and after a few months of parti- cipating in triathlons my career was decided to be a triathlon coach. After many years working as a club coach and working as a National coach in Croatia Ive decided to develop my ambitions elsewhere.

My job at Filtri started in March, 2023. I am responsible for the releve group of young aspiring athletes.

Together with all my colleagues we are trying to reach the best possib- ble level with our athletes. Main goal is to reach International standard of results without overreaching in training.'

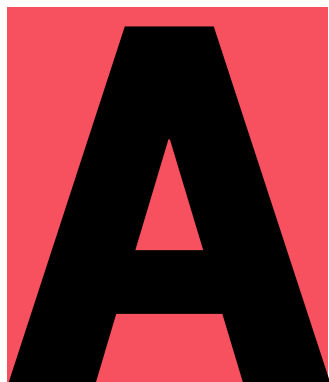
Vladimir ZIC



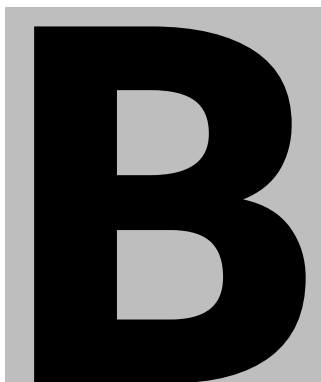
Z3R0D

www.z3rod.com

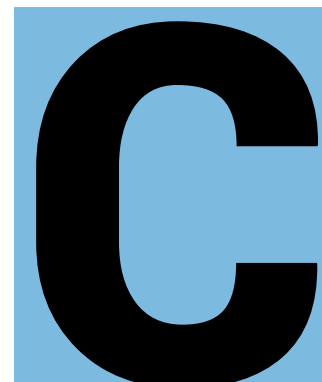
- CADRES FLTRI 2023



Eva DANIËLS SD
 Bob HALLER SD
 Jeanne LEHAIR SD
 Gregor PAYET SD
 Olivier GODART LD
 Stefan ZACHÄUS SD



Adrien ROSSIGNON LD



Anja DZIADEK LD



Lucas CAMBRÉSY



Aurélien CARRÉ
 Mara KROMBACH
 David LANG



Linda KROMBACH
 Gwen NOTHUM
 Pol STOFFEL



Joe KURT



Catherine BERENS
 Guillaume BOCK
 Julianne BOUWMEISTER
 Tim GOERGEN
 Tom HEYART
 Stella HEYART
 Jason KEMMER

Eva KROMBACH
 Paul MOOG
 Sarah MOUSEL
 June NOTHUM
 Enny PHILIPPART
 Sarah PIECH
 Leah PIECH

Elliott RABEAU
 Weronika RYBARCZYK
 Charel SCHILTZ
 Manon SCHILTZ
 Ben SMALLBONE
 Sebastian ZIEKMANN

LILY A GRATTÉ LE SPORT A GAGNÉ



L'intégralité du revenu
de la Loterie Nationale
revient aux missions
philanthropiques de l'Œuvre.

www.loterie.lu
Games for good causes

 **ŒUVRE**
Nationale de Secours
Grande-Duchesse Charlotte

- **CADRES ELITE 2023**

Cadre COSL

Eva DANIËLS
Bob HALLER
Jeanne LEHAIR
Gregor PAYET
Stefan ZACHÄUS

David LANG (cadre promotion)
Mara KROMBACH (cadre promotion)

SSEA

Section des sportifs d'élite de l'armée

Bob HALLER
Gregor PAYET
Stefan ZACHÄUS



The new all-electric ID.3



Consommation moyenne ID.3 (WLTP) : 15,2 kWh /100 km. Émissions CO₂ : 0 g/km. Les valeurs de consommation et d'émission indiquées ont été déterminées selon les méthodes de mesure prescrites par la loi. Pour plus d'informations, voir [volkswagen.lu](https://www.volkswagen.lu) ou contactez votre concessionnaire Volkswagen. Photo non contractuelle. Sous réserve de modifications ou d'erreurs.

[volkswagen.lu](https://www.volkswagen.lu)

- **TRIATHLETES AT SPORTLYCÉE**

Tim GOERGEN

Stella HEYART

Tom HEYART

Eva KROMBACH

Linda KROMBACH

Mara KROMBACH

Sarah MOUSEL

Gwen NOTHUM

Charel SCHILTZ

Manon SCHILTZ

Pol STOFFEL

Lou VAN DEN BOSSCHE

Sebastian ZIEKMAN



- SPONSORS

Big thanks to all our
sponsors and partners



- **FLTRI CALENDAR 2023**

15/01	Aquathlon Luxembourg
28/01	Minett X-Duathlon
23/04	55.0 Duathlon Junglinster
30.04	Duathlon Grevenmacher
17/06	Ironkids Luxembourg
18/06	Ironman 70.3 Luxembourg
02/07	37è FOYER Triathlon International d'Echternach
09/07	Eislek X-Duathlon
20/08	Wämper Triathlon
07/10	Agora Red Rock Challenge
15/10	1. Celtic Duathlon

AQUATHLON 2024

SAVE THE DATE

14.01.2024

**LUXEMBOURG
TRIATHLON**

• NATIONAL CHAMPIONSHIPS

• MIDDLE DISTANCE TRIATHLON

LUXEMBOURG WOMEN

- 1 Sally DICKES
- 2 Danièle FLAMMANG
- 3 Laure FIORESE

LUXEMBOURG MEN

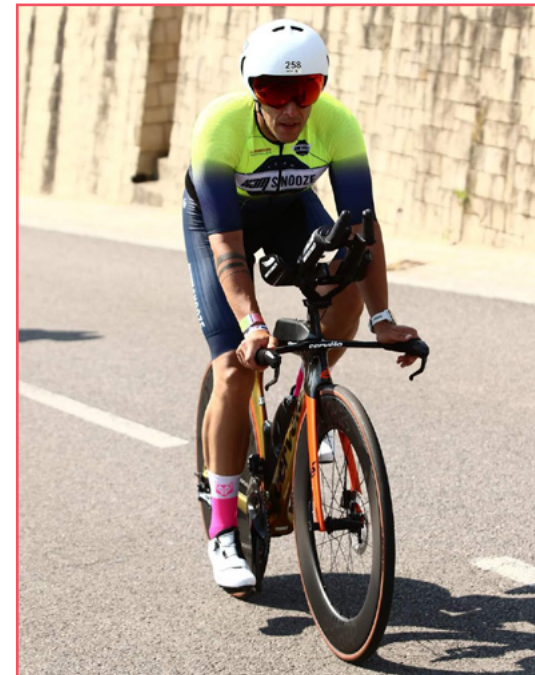
- 1 Tom SCHMIT
- 2 Daniel RECKINGER
- 3 Thierry MAJERUS

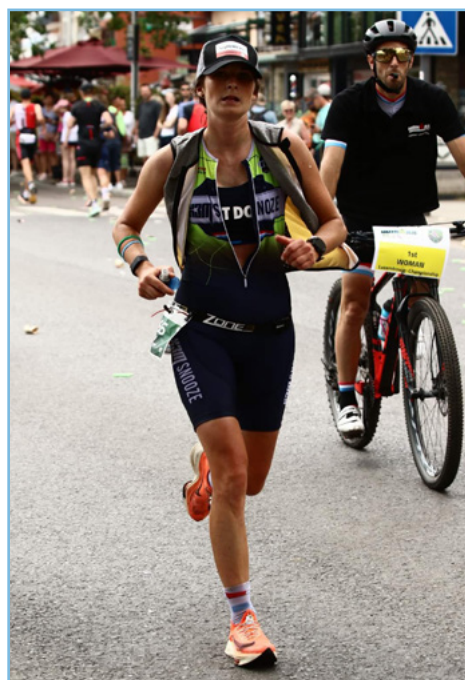
AGE GROUP CHAMPIONS

- | | |
|-----|------------------------|
| F25 | Anne MATHAY |
| F30 | Sally DICKES |
| F40 | Laure FIORESE |
| F50 | Danièle FLAMMANG |
| F55 | Josianne SCHWARTZ-RIES |
| | |
| M18 | Noé FERAGOTTO |
| M25 | Tristan HEARSEY MC KAY |
| M30 | Daniel RECKINGER |
| M35 | Tom SCHMIT |
| M40 | Philippe JACOBY |
| M45 | Claude BERG |
| M50 | Thierry MAJERUS |
| M55 | Jean MODARD |
| M70 | Jean Claude SCHNEIDER |









• SPRINT DISTANCE TRIATHLON

LUXEMBOURG WOMEN

- 1 Anne REISER
- 2 Carmen COLJON
- 3 Catherine SCHWARTZ

LUXEMBOURG MEN

- 1 David LANG
- 2 Lucas CAMBRESY
- 3 Gilles MINY

JUNIOR MEN

David LANG

YOUTH A GIRLS

Linda KROMBACH

YOUTH A BOYS

STOFFEL Pol

YOUTH B GIRLS

June NOTHUM

YOUTH B BOYS

Sebastian ZIEKMANN

YOUTH C GIRLS

Manon SCHILTZ

YOUTH C BOYS

Tim STEINER

PARATRIATHLON

Joé KURT

AGE GROUP CHAMPIONS

- | | |
|-----|------------------|
| F25 | Anne REISER |
| F30 | Carmen COLJON |
| F45 | Christiane LORGE |

- | | |
|-----|-------------------|
| M18 | David LANG |
| M25 | Moris BRUST |
| M30 | Andy LIEGEOIS |
| M35 | Tony VEIGAS |
| M40 | Thierry KOHN |
| M45 | Claude BERG |
| M50 | Tom PEIFFER |
| M55 | Christian LAPLUME |
| M60 | René LIENERS |



• STANDARD DISTANCE TRIATHLON

LUXEMBOURG WOMEN

- 1 Sally DICKES
- 2 Samantha ECKER

LUXEMBOURG FEDERAL WOMEN

- 1 OVERBEEK Haitske

LUXEMBOURG MEN

- 1 Gilles MINY
- 2 Tom CARRE

JUNIOR MEN

Senay OCAKDAN

AGE GROUP CHAMPIONS

F30 Sally DICKES

M18 Gilles MINY

M25 Moris BRUST

M30 Daniel RECKINGER

M35 Yannick LIENERS

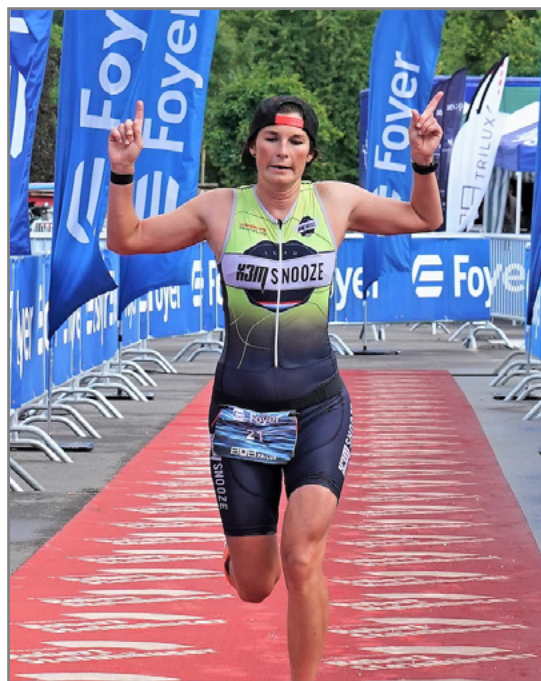
M40 Thierry KOHN

M45 Stefan KORNELIS

M50 Marc FUNCK

M55 Jean MODARD

M60 René LIENERS



• DUATHLON

LUXEMBOURG WOMEN

- 1 Sally DICKES
- 2 Anne MATHAY

LUXEMBOURG MEN

- 1 Bob HALLER
- 2 Gilles MINY
- 3 Adrien ROSSIGNON

JUNIOR WOMEN

Anouk WAGNER

JUNIOR MEN

David LANG

YOUTH A GIRLS

Gwen NOTHUM

YOUTH A BOYS

Pol STOFFEL

YOUTH B GIRLS

Elena LOPES

YOUTH B BOYS

Sebastian ZIEKMANN

YOUTH C GIRLS

Manon SCHILTZ

YOUTH C BOYS

Tim STEINER

AGE GROUP CHAMPIONS

- F25 Anne MATHAY
F30 Sally DICKES

- M18 Gilles MINY
M25 Moris BRUST
M30 Bob HALLER
M35 Yannick LIENERS
M40 Garry ASSEL
M45 Stefan KORNELIS
M50 Thierry MAJERUS
M55 Jean MODARD



• CROSS-DUATHLON

LUXEMBOURG WOMEN

- 1 SANDRA LIENERS
- 2 CARMEN COLJON
- 3 ANOUK FLESCHE

LUXEMBOURG MEN

- 1 David LANG
- 2 Gilles MINY
- 3 Yannick LIENERS

JUNIOR MEN

David LANG

YOUTH A GIRLS

Gwen NOTHUM

YOUTH A BOYS

Tom HEYART

YOUTH B GIRLS

June NOTHUM

YOUTH B BOYS

Sebastian ZIEKMANN

YOUTH C GIRLS

Manon SCHILTZ

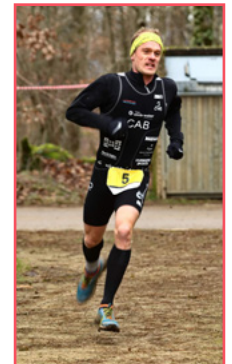
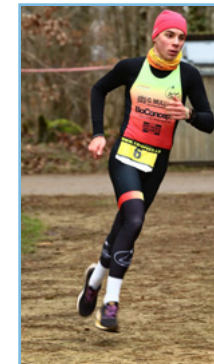
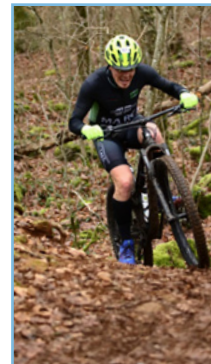
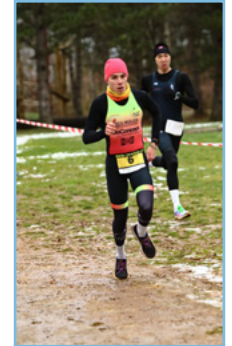
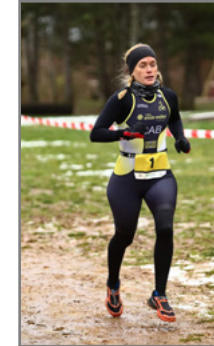
YOUTH C BOYS

Jason KEMMER

AGE GROUP CHAMPIONS

- F25 Anouk FLESCHE
F30 Sandra LIENERS

- M18 David LANG
M25 Moris BRUST
M30 Raoul GRÜN
M35 Yannick LIENERS
M40 Marc GOERGEN
M45 Claude BERG
M50 Marc FUNCK
M55 Christian LAPLUME
M60 René LIENERS



• AQUATHLON

LUXEMBOURG WOMEN

- 1 JEANNE LEHAIR
- 2 EVA DÄNIELS
- 3 LINDA KROMBACH

LUXEMBOURG MEN

- 1 Lucas CAMBRESY
- 2 David LANG
- 3 Bob HALLER

JUNIOR WOMEN

Mara KROMBACH

JUNIOR MEN

David LANG

YOUTH A GIRLS

Linda KROMBACH

YOUTH A BOYS

Pol STOFFEL

YOUTH B GIRLS

Eva KROMBACH

YOUTH B BOYS

Sebastian ZIEKMANN

YOUTH C GIRLS

Julianne BOUWMEISTER

YOUTH C BOYS

Jason KEMMER

AGE GROUP CHAMPIONS

- | | |
|-----|---------------|
| F18 | Eva DÄNIELS |
| F25 | Jeanne LEHAIR |
| F30 | Carmen COLJON |

- | | |
|-----|----------------|
| M18 | Lucas CAMBRESY |
| M30 | Bob HALLER |
| M40 | Marc GOERGEN |
| M55 | Carlo FELTES |





• LET'S MEET...

• LINDA KROMBACH

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

I discovered triathlon when I was part of the 'Kids' category. However, I only started to practice triathlon in a more structured way when I started to go to the Lycée. I chose triathlon because I like the mix of the three disciplines.

What are your goals?

My mid-term goal is to finish better at the next European Youth Championship (5th place last time) and at the World Youth Championship, too, if possible. But I love more the team relay races because one really gets the feeling of team spirit. My long-term goal is to maybe one day participate in the Olympic Games, but above all I want to continue to enjoy to do triathlon or sports in general.

What has been your best result? And the best moment you remember?

The only result that really made me happy and put a huge smile on my face was the French Championship when I finished in 2nd place just behind the French Cross and Triathlon Champion. The best moment was actually the European Championship when we almost grabbed a spot on the podium with the team relay!

How many hours do you train per week?

On average it's about 15 hours per week.

Which one is your favorite discipline?

What is your favorite training session?

At present I don't really have a favorite discipline, but since I was young running always seemed to be the easiest for me, like a natural discipline for me.

What do you do in life?

I am with the Sportlycée since 4 years now and this year I chose the Economics section. This is quite new for me and I am convinced that it will bring me many good things (for my future life).

What is your favorite food? Do you prepare your food yourself?

I love Thai and Mexican food in general but don't have any specific favorite dish. I pay attention to what I eat and it's not really difficult for me to eat healthy food.

What are your hobbies outside of triathlon?

Apart from school and triathlon, I like other sports like alpine ski and cross-country skiing. I also like to go shopping, to draw, and above all to read good books. In addition, I do babysitting and I like going out with my friends...

What would you say to someone who wants to start triathlon?

It depends on the age of the person but I would emphasize that you should focus on the technique in swimming, do trainings in a structured manner, and surround yourself with training partners with a positive spirit.

Do you have a favorite triathlete?

When I started to follow triathlon I only had in mind "famous" Cassandre Beaugrand because she had already participated in the Olympic Games at the age of 19 years. Since then I have come to like several other athletes like Kate Waugh, Flora Duffy and others, but there is no absolute favorite among them.

Is there an anecdote that you would like to share?

At the European Junior Championships in Balikesir, I was super motivated when David passed on the baton to me (in 2nd place overall) just after the vice world champion and with a small lead on the Italian team. This has motivated me much more than any other race I had done before.





• MIXED TEAM RELAY

Perspective from the Elite

What does the team relay mean to you?

Stefan: I am impatiently waiting for the moment to do this with Team Letzebu-erg as I have not yet had the occasion.

Eva: This means a lot to me. I feel honoured to race along with these guys whom I admired when I was a little girl. Bob, Gregor, and Stefan have been "men-tors" for me during my childhood and we have become friends. Racing with them really is unique as they have guided me as athletes and also as friends. And then there is Jeanne. Even if I don't know her as much as I know the guys, it is exciting for me to race with and learn from her. At present, Jeanne is one of the strongest female athletes and I have not yet fully grasped the fact that I actually race with a woman as incredibly strong as her.

Bob: It's a great pleasure and a dream come true to be part of the Mixed Team Relay for Luxembourg. It's a moment I have been waiting for a long time and we can finally do this with the arrival of Jeanne.

Lucas: For me the Team Relay is an excellent opportunity to represent

Luxembourg because we don't only race for ourselves but for the colours of our team.

Gregor: Being part of the Luxembourg mixed relay team brings back old memories, because in my youth there were already Luxembourg teams, but always in the form of three boys. This gives a small nation like Luxembourg the opportunity to show itself on the international stage, to prove itself, but also to gain new experience. In addition, it could also give young Luxembourgers the opportunity to gain positive experience on shorter super sprint distances at an earlier stage.

What motivates you to be part of the team?

Stefan: It's a great opportunity to show our strength as team and to show the world that even if we come from a small country with a small population, we can battle the bigger nations with the right mentality and spirit.

Eva: My biggest motivation is that everyone has the same goal: we win or we lose the race together. Normally, as individual athletes, we focus a lot on ourselves. In a mixed team relay we depend on each other and it's magnificent to see that everyone respects everyone else's personality and wants him or her

to succeed. Even if someone doesn't perform well we don't blame each other. For me this is very important and it gives me the necessary motivation to be at the best level for the team and for myself.

Bob: The feeling of being a team motivates me the most. You don't just do it for yourself like in individual races but to a certain extent we work together.

Lucas: What motivates me most to be part of the team is the actual spirit of the relay. It's a whole different atmosphere compared to an individual race. You race for your friends, with your friends.... for a common goal: your country.

Jeanne: I've always loved relays. So having the opportunity to do one with Luxembourg is great. And since we're just starting out, we should get better as we go along, which is pretty cool.

Gregor: My motivations to advance the team are the experiences you can make in the races as a team but also as an individual. In addition, in the long run it offers new opportunities for a small nation like Luxembourg.

What is the best moment you lived as part of the Luxembourg Relay Team?

Eva: I don't have a preferred moment

with the team because all races we did together have been unique and special in various ways. As an example, our participation in the relay in Krakow was already special and enjoyable because it was our first race. I really appreciated a lot that Lucas came to Poland from Luxembourg to help out because Bob was injured. And I felt grateful for what the other athletes did to help the team. Following this there was the race in Paris (same parcours as for the 2024 Olympic Games) which was very special for the team even if the event was transformed to a duathlon.

Bob: For me the best moment was my first team event at the World Championships in Hamburg. This was a feeling I hadn't felt in a long time. Very proud, nervous, full of émotions and realising that we really had the capacity to battle the best teams...

Lucas: I have two best moments. In Krakow Jeanne passed me the baton in the first place which was just unbelievable, and a huge pressure. Thinking of it still gives me goosebumps. The European Junior Championships in Balikesir was also a favorite moment. I was there as supporter and I was trembling behind the barriers along the course of the race. This was a strong moment, we were in a state of trance.



Jeanne: I enjoyed being up front at the European Games, but I have to say that coming 15th at the Worlds (in Hamburg) for our first real championship with the top teams is a particularly nice memory too.

Gregor: My best memory was when we were able to enter a mixed team relay for the first time ever at the European Games. It was also nice to be part of the team at the World Championships in Hamburg.

Which evolution do you see for the mixed Luxembourgish relay team in the future ?

Stefan: The relay events can be a good starting point for young athletes to gain more experience at international level and to learn from more experienced athletes.

Eva: Evolution comes with experience and the way we understand ourselves as team. We have started to do mixed team events this year and we haven't done many races. This means we still have a lot of progress to make. Sometimes the members of the team changes and so the starting order for the team changes as well. There will be an evolution but first we need to understand all details and we'll take some

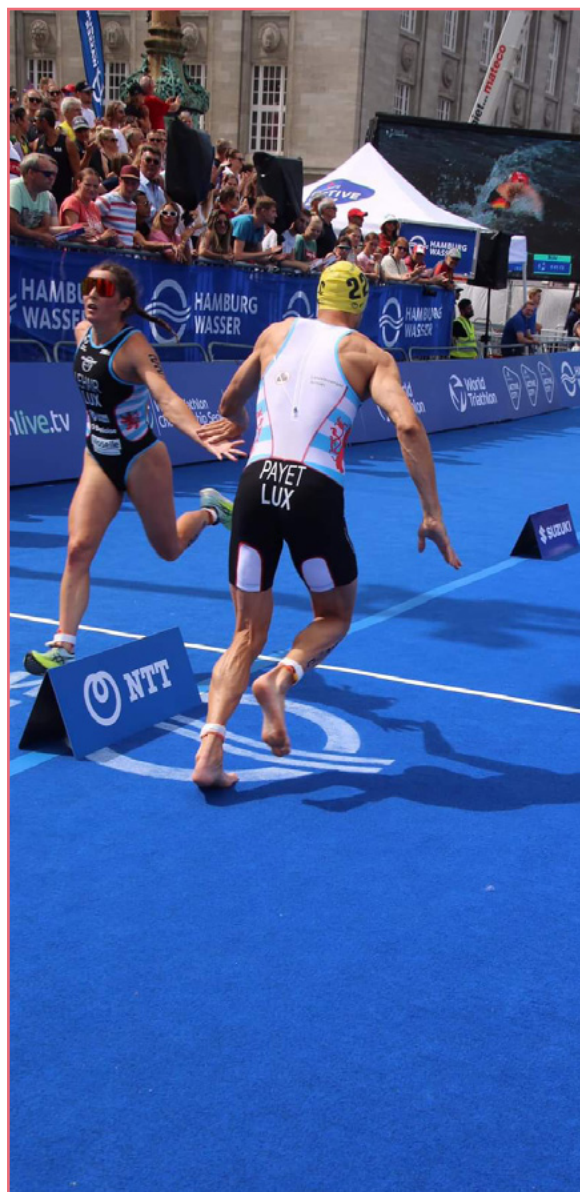
time to adapt. I still believe we can get some good results in the future. I am very optimistic.

Bob: I believe the evolution will be very important and will have a big impact on triathlon in Luxembourg. The young athletes will have done many team relay races and will become the next generation for 2028 and 2032...I am convinced that Luxembourg will be well present and well prepared for the future championships.

Lucas: It will continue. The elite pave the way but the young have shown that the Luxembourgish Team can together be stronger than individually and achieve unexpected results, I hope that Luxembourg will get a relay team to the Olympic Games in Paris and I am sure a team will qualify for Los Angeles 2028.

Jeanne: We'll get better and better, no doubt about it.

Gregor: For the future I think that the Mixed Team Relay can give the young athletes the opportunity to show themselves in international high class races over short super sprint distances, to gain experience and to face new challenges on an international level.



• DAVID LANG

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

I started triathlon at the age of 6 because I loved to have fun with my friends at the club. I started to swim at the Swim School of Trispeed Mamer and running and cycling followed afterwards. I loved all three sports and when you do triathlon you can do all of them and don't have to decide for one of them. At the beginning I participated in a lot of cycling races because there are not so many triathlon competitions here in Luxembourg.

What are your goals?

From a short term point of view my goal for next year is to perform well at the European Championships and World Championships. My long term goal is, of course, to participate in the Olympic Games where I also want to show good performances. At the same time it's also important for me to not lose fun in doing all of this.

What has been your best result? And the best moment you remember?

On paper my best result is the 6th place at the World Championships in Montréal in 2022. But I am also proud of this year's World Championships in

Hamburg where I was good in all three disciplines and finished in 12th place.

At the same time my 5th place in the European Championships this year is equally important to me. My best moment is the 3rd place with the Relay Team (at the European Junior Championships 2023 in Balıkesir) where I raced as third athlete of the team. This gives me hope that we can get some really good performances in relay races in the next years. I also remember great moments of Bundesliga races.

How many hours do you train per week?

On average it's about 17 hours per week during school, but the number can vary before a race or during a training camp.

Which one is your favorite discipline?

What is your favorite training session?

My favorite discipline is cycling because it varies a lot and in the downhill sections you can feel a bit of adrenaline which doesn't really happen in the running or swimming sections unfortunately.

What do you do in life?

I go to Lycée Josy Barthel in Mamer, and will do my 'bac' there but I plan to do it over two years in order to have time for both school and sports.

What is your favorite food? Do you prepare your food yourself?

Like many athletes I like pasta because it's quick to prepare, delicious and it stuffs you up when you're hungry. You can do pasta in many variations when you add vegetables, for example. I watch what I eat as I like healthy food in different variations, and I practically like everything.

What are your hobbies outside of triathlon?

During the week I generally don't have time to do anything next to school and training sessions. I love to spend time with my friends on the weekends when we go to lakes, spend time in the barn of a friend where we have built a dirtbike parcours or we play billard. Generally speaking, I like to spend time with my friends and have fun.

What would you say to someone who wants to start triathlon?

I would say it's worth trying because it's less monotone compared to other sports, and it trains well your body which is not the case with many other sports.

Do you have a favorite triathlete?

My favorite athlete is Hayden Wilde because often he is not leading at the swimming, a bit like me. And I am impressed by his strength in cycling.

Is there an anecdote that you would like to share?

Our motto has been : the more the trip itself goes bad, the better the race will be. This has almost always been true. As example, at the European Junior Championships in Olsztyn, we almost didn't make it to the plane. But the final results were exceptionnally good. It was similar at the European Championships in Balıkesir this year. Instead of a targeted taxi ride of 3 hours it took us 5.5 hours. Despite of this we showed a good race. So even if we didn't always have luck in getting to a place, the luck showed up during the race itself.



• JEAN MODARD

When did you start with triathlon and what motivated you to get started?

I did my first triathlon in Weiswampach in 2008. I always did sports, at first football until I was 38 years old, and military pentathlon (shooting, obstacle running, obstacle swimming, throwing, cross-country running). I was looking for a sport that I could do for many years just for the fun of it. I naturally came to triathlon because swimming is part of it. It's not so much because I love to swim, it's actually rather the opposite and I am not even very good at swimming. But it's the best way to relieve my back. I noticed that when I only run or ride my bike, my back pain comes back a little. So I got a FLTRI licence and have been training with Trispeed Mamer since 2009.

Which one is your favorite distance, short or long?

With age comes rather the long races but not the full Ironman distance as this would require too much training like 15 or 20 hours a week. I do rather half of it. I once did the full long distance at the Ironman Maastricht – for my 50th birthday.

What was your best result? And your best moment?

I think my best result was 4h46 at Ironman 70.3 in Budapest in 2016. My best moment was the first Ironman 70.3. in Remich in 2013. I did it in less than 5 hours and when I crossed the finish line – still in good shape – emotions started to run through me, the feelings were too strong.

Which race is your favorite race?

Without a doubt it's the 70.3 distance because I don't lose too much time in swimming which makes up only about 20% of the total time.....and I am quite ok at swimming straight which limits the distance!

Which one is your favorite discipline? And what is your favorite training session?

My favorite discipline is cycling because it's a lot of fun for me, you can release your legs and do some watts! I already like it when I was younger but never did too much training because it took too much time. For running, one hour of training was already good but for cycling you need to train several hours.

My favorite training session is when you finetune your shape during the preparation for a long distance race including transitions from cycling to running. I like the sensation of running fast for one or two kilometers after a long bike loop.

What do you do in life?

I am a manager in the IT department of an American Bank in Luxembourg. When you are sitting the entire day you need to release energy... Sometimes I can go running during lunchtime and I try to go to work by bike.

Do you want to share any special anecdote ?

I remember a day about 30 years ago when we were coming back from holidays and stopped over in Gerardmer by coincidence. I saw all the athletes who were competing in a strange race which left a big impression on me. I thought they were from outer space! I never thought that I would do the same thing one later day. I raced in Gerardmer in 2021 and climbing up the cote de la Rayee three times in Alpe d'Huez style is crazy!



- YOUTH FOR TRIATHLON

Celtic



Trilux



CAEG



X3M



Trispeed Mamer



www.studio-land.lu

32, rue Edmond Reuter | L-5326 Contern

STUDIO-LAND
BABY, KIDS & JUGEND WELTEN

JSK -15% DE
REMISE
LIVRAISON &
MONTAGE
GRATUIT





steinhauser.lu
LEUDELANGE & INGELDORF



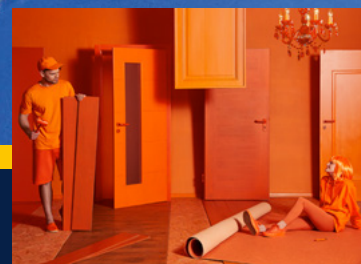
BEAUX-ARTS



PAPIERS PEINTS



PEINTURES & FAÇADES



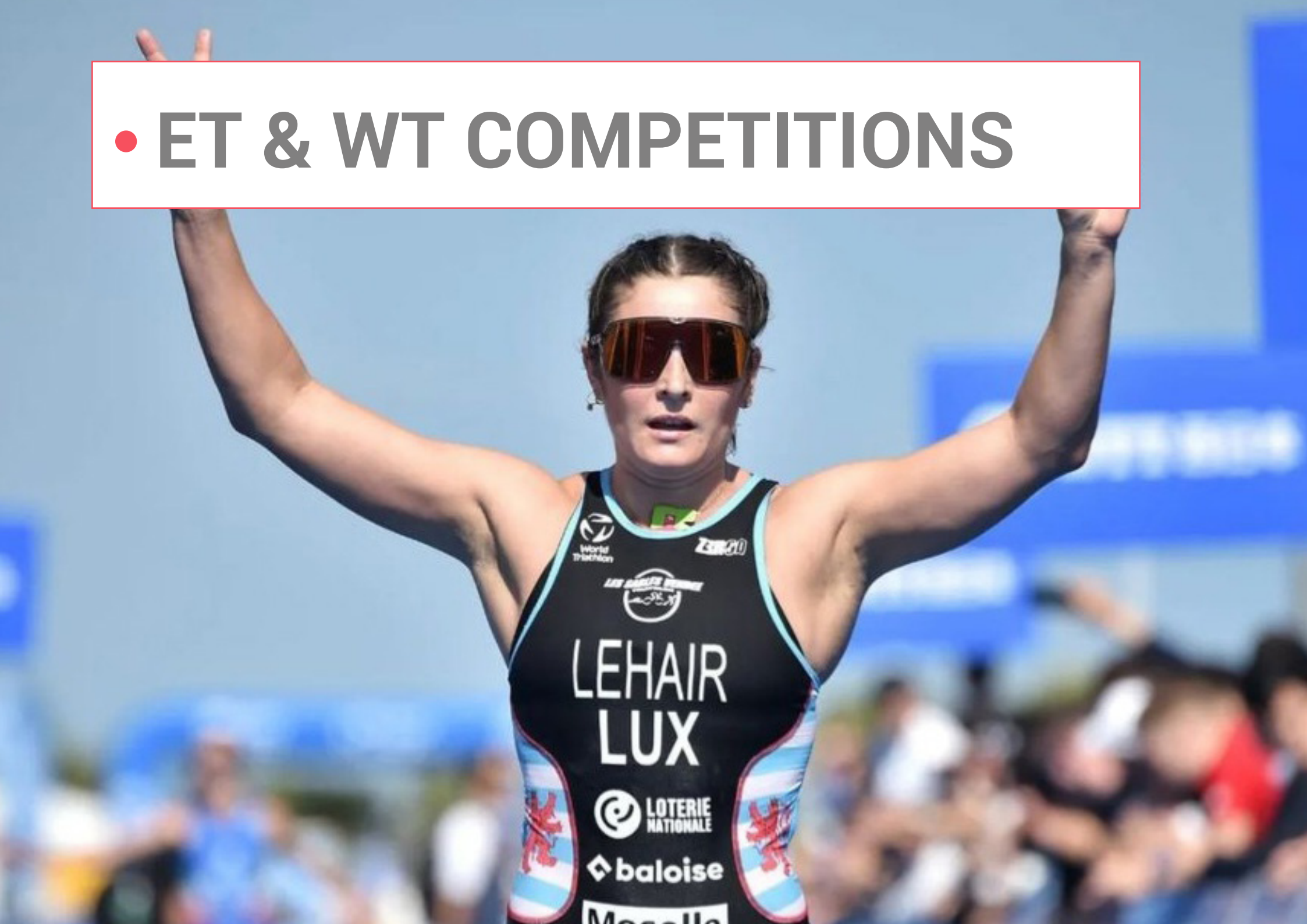
SOLS & TERRASSES



OUTILLAGES & ÉCHELLES



- **ET & WT COMPETITIONS**



- **World Triathlon Rankings**
06/11/2023

Eva DANIELS

WT ranking	173
Olympic ranking	85
Continental ranking	86

Bob HALLER

WT ranking	140
Olympic ranking	125
Continental ranking	76

Jeanne LEHAIR

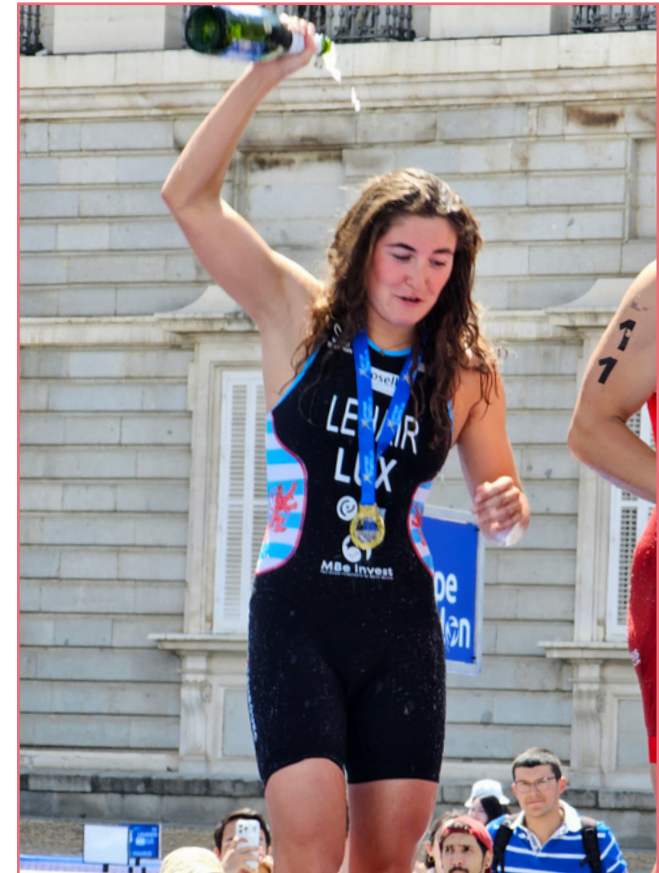
WT ranking	13
Olympic ranking	9
Continental ranking	10

Gregor PAYET

WT ranking	122
Olympic ranking	87
Continental ranking	67

Stefan ZACHAEUS

WT ranking	157
Olympic ranking	121
Continental ranking	85



- **EUROPE TRIATHLON
CHAMPIONSHIPS MADRID**

ELITE WOMEN

1 Jeanne LEHAIR

ELITE MEN

DNF Lucas CAMBRESY

„Madrid was just extraordinary. Apart from the result, my parents were present and it was the first race where I managed to perform well in front of them. It was unforgettable.“

Jeanne Lehair



• EUROPE TRIATHLON YOUTH FESTIVAL BANYOLES

MIXED TEAM RELAY

11 Pol STOFFEL, Linda KROMBACH,
Tom HEYART, Gwen NOTHUM

GIRLS

5 Linda KROMBACH
25 Gwen NOTHUM

BOYS

35 Pol STOFFEL
55 Tom HEYART

,For me, being selected for the national team (it was Tom's first selection) means pride in doing a competition in which I represent Luxembourg. It's a great memory, seeing all the triathletes from other countries was special. And seeing the very high level of my age category is ultra-motivating.'

Tom Heyart



• ET BALIKESIR

U23 MEN

33 Lucas CAMBRESY

JUNIOR MIXED RELAY

DNF David LANG, Linda KROMBACH,
Aurélien CARRE, Gwen NOTHUM

„The atmosphere in the team was great. One very good memory was sharing a room with Lucas (CAMBRESY), we get on really well.’

Pol Stoffel

JUNIOR WOMEN

13 Linda KROMBACH
59 Gwen NOTHUM

JUNIOR MEN

5 David LANG
23 Aurélien CARRE
44 Pol STOFFEL

„What I remember most besides the races themselves is our team. I'm happy to be part of a team with whom I can play cards for hours without it getting boring (that goes for all the rides), who support me through the highs and lows, with whom I can analyze races for hours, who make me laugh and give me a filthy spread to [tease me] and make everyone laugh afterwards. It's little things like that that I'll probably remember for a long time as well as the race results!’”

Gwen Nothum



• WORLD CHAMPIONSHIPS HAMBOURG

ELITE MIXED RELAY

15 Bob HALLER, Jeanne LEHAIR,
Gregor PAYET, Eva DANIELS

JUNIOR WOMEN

21 Gwen NOTHUM
22 Linda KROMBACH

JUNIOR MEN

12 David LANG
30 Aurélien CARRE
55 Poi STOFFEL

,I'll remember one anecdote in particular: it was the day after the junior race, at the time of the elite final. There were a lot of spectators, so to get a good view of the race we went into the elite zone with our junior accreditation (which was a bit forbidden). From there, we were able to watch the elites warming up up up close, and above all we were able to eat free cupcakes, which were delicious!"

Aurélien Carré



• PONTEVEDRA

U23 MEN

46 Lucas CAMBRESY

ELITE WOMEN

13 Jeanne LEHAIR

„From a sporting point of view, triathlon really is a completely mad sport, which means that on this type of event you can rub shoulders with the sacred monsters of our discipline at such close quarters. But there are also unforgettable moments of sharing within the Luxembourg team... in particular those spent remaking the world with Jeanne and Thomas over a good plate of pasta... or the friendly laughter during the filming of Jeanne's Vlog.“

Lucas Cambrésy



• WORLD TRIATHLON SERIES

ABU D'HABI

22 Jeanne LEHAIR
41 Stefan ZACHAEUS

YOKOHAMA

12 Jeanne LEHAIR
41 Stefan ZACHAEUS
DNF Eva DANIELS
DNF Bob HALLER

CAGLIARI

5 Jeanne LEHAIR

MONTREAL

4 Jeanne LEHAIR

HAMBURG

55 Bob HALLER
11 Jeanne LEHAIR

SUNDERLAND

25 Stefan ZACHAEUS

PARIS TEST EVENT

11 Jeanne LEHAIR

Mixed Team Relay
19 Gregor PAYET, Eva DANIELS,
Bob HALLER, Jeanne LEHAIR

,It's a big disappointment personally and I think also as a team. After the great result in Hamburg we were ready to do better, and the news that the swimming part was cancelled [editor's note: the race was turned into a duathlon] shook us up a bit, as the final result didn't suit us.

But being able to take part in the Olympic Games test event made me very proud and happy. A great boost for qualifying for the Paris Olympics.'

Bob Haller

,With the 2024 Olympics in mind, it was very important to be there to really get a feel for the courses, the atmosphere. I've never been to the Olympics and I've heard it's a very stressful atmosphere. Knowing the race site already removes a part of the unknown and will enable me to better manage the other parameters.'

Jeanne Lehair

A close-up photograph of a dog with black and tan fur lying on a light-colored, textured carpet. The dog's head is resting on the carpet, and its eyes are looking directly at the camera. Several dark paw prints are visible on the carpet, leading from the dog towards the left side of the frame. In the top left corner, there are several overlapping squares in shades of yellow and orange.

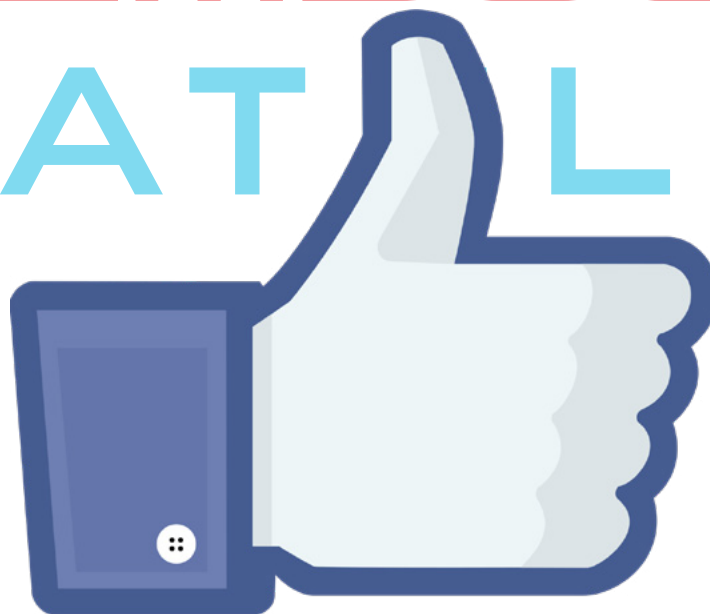
**Je n'ai pas dévoré
le canapé.**

J'ai appris que les os
ont meilleur goût.

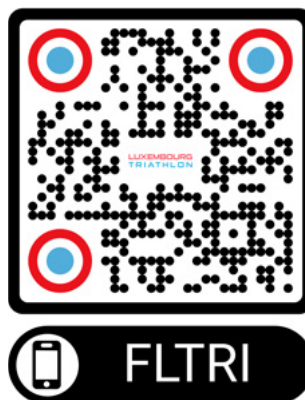
Parfois, ça marche. Parfois, on apprend.
Nous assurons ton amour pour les animaux.

 **baloise**

LUXEMBOURG TRIATHLON



Stay informed and like our official social media pages!



• MIDDLE & LONG DISTANCE WC

• IRONMAN WORLD CHAMPIONSHIPS NICE & KONA

KONA WOMEN

Danièle FLAMMANG	11:08:18	Div Rank 12
Samantha ECKER	11:08:55	Div Rank 77

NICE MEN

Gary ASSEL	10:23:47	Div Rank 23
Thierry MAJERUS	10:43:14	Div Rank 19
Jean François HANNARD	11:03:42	Div Rank 38
Olivier DEPEAUW	11:30:42	Div Rank 135



• GARY ASSEL

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

Oh, I'd have to go back to when I was 15, in 1994, when I lined up for the Promo (500-20-5) as part of the Echternach International Triathlon. At the time, I played basketball 4 or 5 times a week, but I was drawn to a whole range of sports, including skateboarding, which was my real passion, and I also took part in road races at the time. By the age of 10, I'd clocked less than 40 minutes in an official 10 km race, and since then, the virus of constantly pushing my limits has never left me. At the age of 15, I received my first racing bike, and all that remained was to learn the crawl, with no hope at the time of joining a youth triathlon section to perfect my stroke. Having learned snowboarding on my own a few years earlier, I took up the crawl on my own, and my passion for the triple effort was a real driving force in learning to swim the crawl faster so that I could compete in my first triathlon.

What's your favorite distance?

It was in 2011, at the long-distance duathlon world championship in Zofingen (10-150-30), that I got my first taste of the long distance. Before then, I'd been

having fun mainly on short-distance duathlons and occasionally on triathlons of the same format. That year, I took up trail running and quickly discovered that I had what it takes for long-distance and ultra trail running. In 2016, I won my first ultratrail.

Since then, I've continued to enjoy testing myself on multi-hour events.

That's how I decided to do my first Ironman in 2022. To start with a legendary event, my choice fell on the iconic Roth race.

What's your best result?

I'd first like to mention my 24th place overall at the LD Duathlon World Championships in Zofingen in 2011, and then how could I not mention my 31st place overall at the Nice Ironman last June.

What's your favorite event? Why?

Having only raced two Ironman distance courses since my debut in 2022, I have to admit I've fallen for the Nice course, which takes triathletes into the Nice hinterland with its splendid passes known for their vertiginous, technical descents. It's on this type of steep course that I can best express my climbing skills, but above all it's extremely inspiring for me to be able to race on mountain courses that will always remind me of my student days in Grenoble.

What's your favorite discipline?

What's your favorite workout?

I'm particularly fond of running, for its euphoric effect once you're in the flow and forget everything around you. Cycling is different, because you always have to pay attention to what's going on around you on the roads. Open-water swimming has always fascinated me, and I have no regrets about returning to long-distance triathlon after so many years in Ultratrail. I love time trial bike splits, like 4 to 6 times 10 minutes at intensity 3 (above the threshold) and making the 54-tooth plate grind!

What do you do for a living?

I'm a physical education teacher and I'm also involved in promoting physical activity at all ages as well as being a performance optimization consultant.

An anecdote about Nice?

Last June, during my first visit to Nice, I had a great battle on the bike course with former professional cyclist Alexandre Vinokourov, only to win and take the lead on the run. On September 10, for my second visit to Nice, this time in a world championship atmosphere, „Vino“ was able to take his revenge by distancing me this time on the climb to the Col de l'Ècre, and I didn't see him again until the finish.

Tell us about your race?

My preparation for Nice part 2 of the world championship was anything but optimal. As if that wasn't enough, the day before the race, the news broke that neoprene was banned, which partly explains a very average swim, given that it took me almost 8 minutes longer than my performance last June.

The bike went well from start to finish, and my choice of a time trial bike paid off with a clear improvement on the June race, which I had contested on a classic racing bike fitted with a triathlon extender.

The run turned into a real ordeal from km 25 onwards. But I never thought of giving up, knowing that I had to finish this race, whatever the cost, to fulfill my dream of finishing my first Ironman World Championship, and to thank my family along the way, especially my wife, who deserves a lot of the credit for supporting me 100% in all my sporting endeavors. In the end, though, I have to be satisfied with the result given the complicated weeks leading up to this race and the many setbacks during the event.

Any thoughts on Nice instead of Kona this year?

For me personally, Nice deserves to have been chosen as the venue for the Ironman World Championships for years to come,

because the Nice triathlon is a myth on a par with Hawaii and the birthplace of triple effort in Europe. The decision to hold the women's and men's championships every other year in Nice and Hawaii can only be an enrichment for our sport, and it would be wrong to pit these two spots against each other, given that they both offer competitors a highly varied and unique racing experience. As for me, I'm clearly partial to Nice and I've already got my mind made up about my second participation in an Ironman World Championship. I'm secretly dreaming of a world championship title in Nice in class.



• **SAMANTHA ECKER**

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

I started in 2019, through triathlete friends. I quickly developed a taste for training and for the sport(s). My motivation quickly became the search for my best self, testing my limits to find out how far my body is capable of going.

What's your favorite distance?

Last year I really preferred the 70.3 distance. Subsequently, after completing two full distances, I have more and more a preference for longer formats or on 70.3 formats but 'difficult', like the XL de Gérardmer.

I think races with a complicated bike section suit me better, as it allows me to express myself in the discipline where I'm strongest. There's a lot less drafting, because on flatter races drafting is unfortunately often infernal.

What's your best result?

Difficult, my last two seasons were really exceptional, I don't remember many races that went badly. My best result is certainly the title of Luxembourg champion in middle and long distance triathlon in 2022. But my best memory remains my participation in the Ironman 140.6 World Championships in Kona,

Hawaii, last October. After a rather complicated start to the season, taking the start of this legendary race really gave me a thrill. The atmosphere on site was like no other race I'd done before, and it was a truly incredible experience that I won't soon forget. Finishing this race was for me the consecration and reward for all the training, choices and sacrifices I've made over the last few months.

What's your favorite event? Why?

The Gérardmer triathlon, the atmosphere there is exceptional; whether it's in the Poli for the XL or in the Rayée for the DO, you'd think you were on the Tour de France thanks to the spectators who set fire to these two mythical hills. It's also a great end-of-season opportunity to meet up with lots of friends from the surrounding region who are also taking part, not to mention a really top-notch organization and a real mass start in swimming.

Nevertheless, I can't wait to discover the Alpe d'Huez triathlon and the Roth triathlon next year, where those who have already taken part report that the atmosphere is crazy!

What's your favorite discipline? What's your favorite workout?

Without a doubt, cycling. I love riding in different countries and discovering the

scenery on long bike rides. For me, it's the best way to enjoy the environment and see as much as possible.

My favorite training session is a running fartlek session, when I can run according to my feelings and desires, without any pressure of pace or anything else. In my opinion, these sessions are very important for the mind and are still very effective.

What do you do for a living?

After a few years as a barrister, I decided to join the civil service and work as a financial investigator for the police. This job allows me to integrate sport into my daily life.

An anecdote about Kona?

At first, when I knew I was going to be starting an all-women's race, with the men having their world championships in Nice at the beginning of September, I told myself that the island would also be visited mainly by women, whereas in my opinion many women would be traveling alone or accompanied by girlfriends. However, at the check-ins at Frankfurt airport and then at San Francisco airport, I quickly realized that my opinion was wrong. There were at least as many male as female athletes flying their bikes to Kona. Once there, my initial observations proved to be all the more true: there were almost as many

women as men with their time trial bikes on the island... Worse still! I saw several men on trikes with their compression socks and full wheels (which are prohibited for racing in Kona). It looked like a mixed race...

Tell us about your race?

From my point of view, my race went very well. In the weeks leading up to the race I was very scared of the weather and had no idea how my body would react to the conditions, whereas in Europe I often suffer from the heat during races and training sessions. On D-Day I set off without any pressure, with the sole aim of having maximum fun and taking advantage of the opportu-



nity to start in Kona, which is a dream for many triathletes. Despite the fact that the swim was without a wetsuit, it was one of my best swims ever. The bike also went very well, the only worry being to hydrate and cool down at each feed station, which proved a little more complicated, as IRONMAN only provided plastic water bottles that unfortunately didn't fit in my bottle cage. Running was the big unknown, as I didn't know how my body would react to the island's climatic conditions, and during my first complete run in Klagenfurt I had to deal with serious digestive problems.. This time the run went much better, even though I really hit the marathon wall on the way out of Energy Lab, I was accumulating stomach cramps at the same time. After a few kilometers of alternating running and walking, and discovering the source of the cramps (the freezing water at the refreshment stands), I finally managed to run again and was able to finish the race running and smiling. In the end, the day went by so quickly that, looking back, I don't feel like I'd done an eleven-hour race.

Any thoughts on Nice / Kona or Men/Women separated this year?

Not having experienced Kona at the time the two races took place simultaneously, it's difficult to compare. Nevertheless, while this decision is much criticized and

I fully agree that Kona remains the myth that you have to have experienced once, I find the fact of separating the women's race from the men's race a very good Ironman initiative. On the one hand, it gives more visibility to the women's sport, and on the other, it also avoids drafting between men and women on the bike, and in my opinion makes the race much fairer.

Also, I don't think the idea of changing location every other year is so bad, as it allows the cards to be reshuffled depending on the courses.

• DANIELE FLAMMANG

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

After running several marathons in the early 2000s, I was looking for something different... I've always loved swimming - at 15 I was doing synchronized swimming - but I didn't have a bike. During a training course in Cyprus in 2006, I took part in my first sprint triathlon. When I got home, I bought myself a bike and from then on I was ready for triathlon.

What's your favorite distance?

I like the Ironman distances - the more you suffer, the better - but it's very difficult to reconcile work, family and so

on. With the multitude and length of training sessions. Sometimes I feel like I'm doing nothing but working and training...

What's your best result?

I did my best race (Ironman distance) in 2019 in Florida. I won my age category in 10:16 and qualified for the world championship in Kona, Hawaii. It's a race I really enjoy, the people are friendly and the scenery is magnificent. What's more, I love Florida; I've been there several times already, twice for the race but also to spend a nice vacation.

What's your favorite event? Why?

The 70.3 in Remich because it takes place in my country, so I don't have to make a long journey. The night before, you can eat at home and sleep in your own bed... Plus it's a really nice race, you know the profile, your friends and family come to cheer you on...

What's your favorite discipline? What's your favorite workout?

I like all 3, not forgetting the 4th - eating - and the 5th - resting. To be honest, I like swimming less in winter... swimming in cold water when it's cold outside... it's tough... For the workout, my favorite is clearly a long (road) bike ride in good company, preferably in summer and in Provence...



What do you do for a living?

I work in a large sports center - great to be in contact with athletes and trainers all day long."

An anecdote about Kona?

During the Parade of Nations, I was holding a sign with the flag and the name of my country 'Luxembourg'. However, this sign was stuck on a wooden stick on which was written 'Philippines' ... on the photos you can clearly see that I'm trying to hide this inscription. What's more, when we looked at the flag during the parade, the blue seemed a little too dark, and we realized that we were carrying the Dutch flag, whereas the Dutch

were carrying the Luxembourg flag.

Tell us about your race?

During the swim in the turquoise water of the Pacific Ocean, it took me at least 500 m before I could get out of the „bubble“ of girls in silver caps (my age category) and find my rhythm.

At T1 I take a little longer because I want to rinse off the salt water before getting on the bike.

On the bike, I have to admit that there's more exciting racing than pedaling on a highway.

T2 goes by faster, now it's „my“ race! I've been looking forward to this marathon so much! The first few km went as planned, but after about 12 km I started to get terrible stomach cramps ... I couldn't eat any more and was running on coke/water from the half-marathon onwards. The whole race is now in my head! I had a burst of energy for the last 2 km to finish 12th (out of 297) in 11:08:18.

Any thoughts on Nice / Kona or Men/ Women separated this year?

Unfortunately, I didn't know the Kona 'before' where men and women started in the Dig Me Beach mass start and shared the same race. But I think that was part of the Kona myth ...

The IM distance world championships have always been held in Kona, but with

Nice or another destination, it won't be the same...

I'm not of the opinion that women, needed to have their own race' as Ironman proclaims.



Time and Security

Temps de présence

Temps de production

Alarmes

Contrôle d'accès

Vidéo-surveillance



92, route d'Arlon

L-8311 Capellen

Tél: (+352) 49 38 72-1

info@dsk.lu • www.dsk.lu

- **IRONMAN 70.3 WORLD CHAMPIONSHIPS LAHTI**

WOMEN

Samantha ECKER	5:01:00	Div rank 67
Sally DICKES	5:08:33	Div rank 97
Anne BROVEDANI	5:20 17	Div rank 99
Laura FIORESE	5:48:16	Div rank 200
Joëlle THEOBALD-SCHMIT	5:57:30	Div rank 126

MEN

Adrien ROSSIGNON	4:08 53	Div rank 29
Michael IBENDAHL	4:50:02	Div rank 304
Marc THEOBALD	5:10:03	Div rank 26
Ronny STEIL	5:17:47	Div rank 373

• SAMANTHA ECKER

How did it go in Lahti?

The race in Lahti also went very well. After a somewhat chaotic swim, I put in a solid bike followed by one of my best running performances of the distance on a very hilly course that wasn't really in my favor. Fortunately, the weather conditions were very clement, whereas the boys the following day had to deal with rain and freezing wind.

An anecdote from Lahti?

I'd never set foot in a Scandinavian country before. Although I'm fluent in French, English and German, I soon realized that I couldn't get very far with my language skills. Every trip to the supermarket was a huge hurdle, whether it was buying plain water, weighing fruit or buying basic items like a baguette. Everything was written in Finnish and only in Finnish. So, after 10 days, I still couldn't tell the difference between still and sparkling water, but I was saved when someone at the supermarket was helpful enough to show me where the still water was. My first bread roll would have cost me almost 7 Euro, as I was unable to manipulate the machine to weigh the bread correctly and my first baguette, which I thought was a simple baguette, was actually a garlic baguette.

Being a vegetarian, I therefore limited myself to the very basics, while it was even very difficult to distinguish vegetarian products from others.

How did qualifying go for the two races (Lahti and Kona)?

I qualified for Lahti relatively early in the season.

As for qualifying for Kona, I make no secret of the fact that I'd secretly dreamed of going there one day, but certainly not this year. I chose to do my first full Ironman in Klagenfurt because of the beauty of the course. After the race, I was very satisfied with my performance. Nevertheless, Kona wasn't an issue at all, and we had even planned to leave early the next morning. However, my friends and I stayed for the slot allocation meeting, because „you never know“. With more slots now available for women, I could have qualified. So, without much hesitation, I decided to accept and make my dream come true.

Is there a Luxembourg team spirit in Kona and Lahti?

In Lahti, unfortunately not at all. We were two Luxembourgers together, whereas the aim was to qualify together and enjoy a great time there. As for the rest, I didn't even know how many other Luxembourg athletes were there. For example, I saw a girl running with a tri

function from Luxembourg, without knowing who it was, which I find very sad for a small country like ours.

In Kona, on the other hand, the situation was very different, perhaps also due to the fact that the three girls who qualified (Silvia (Spanish nationality but Luxembourg license), Danielle and I) came from the same triathlon club in Luxembourg. So, we had met before the trip to discuss it, we spent several pleasant moments together before and after the race, as well as during the parade of nations. I also had a few messages from athletes who had taken part in previous championships in Kona, either to answer my questions or to give me advice on both the race and sightseeing, which I really appreciated. At that point, I really had the feeling that there's a bit of a team spirit among Luxembourgers in Kona, even if it can't be compared with that of some of the big nations like France or Spain, for example.

• SUPERLEAGUE & ARENA GAMES

• SUPERLEAGUE

JEANNE LEHAIR

Toulouse	1
Neom	3
Overall ranking	2

• ARENA GAMES

Montreal – Canada
Sursee – Switzerland
London – Great Britain

Lucas CAMBRESY	18
Gregor PAYET	12
Eva DANIELS	28

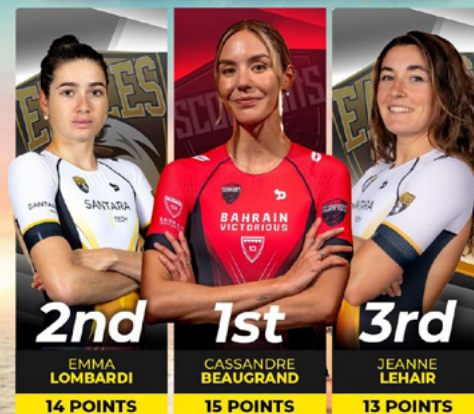


WOMEN'S PODIUM

LONDON



WOMEN'S PODIUM MALIBU



#5YEARSOF SUPERLEAGUE



• FLTRI MEMBERS





Réalisez votre propre design!

sublimation | broderie | impression sérigraphique | flocage

**Lëtzebuergstrooss 4
L-5752 Frisange**

**tel. : +352 37 10 90
fax : +352 263 743 90**

**mail : info@g-art.lu
site : www.g-art.lu**

• TRIATHLON FAMILY

• CARRE FAMILY

Sport and studies at the highest level, Steve, the father, explains.

How did you discover triathlon?

The family's history with triathlon is mostly linked to circumstances. [...] At around 18 months old, the children first ran around on the hockey/gazon fields, then on the soccer pitches, and finally on the athletics track next to the senior team's soccer pitch. As the club offers running, cycling and swimming, we discovered triathlon in discovered triathlon in 2010. The boys, aged 8 and 6 at the time, not only practiced their skills, but also tried their hand at music, athletics, always to meet up with their friends and expend their boundless energy.

Does everyone at home practice triathlon?

In my first triathlon I finished last, accompanied on the last 100 m by my 2 sons, who encouraged me, hand in hand. Naturally, we progressed as a family, assiduously, humbly, with this desire to do well. We took part in the local ra-

ces, and the boys, with their character, quickly won the podiums [...]. School, sport, home, all their roots are in Mamer. The children started with the age groups, then joined the federation group, in the framework national. Internships, competitions, travels have forged their desire over time, quietly, in a sport where the level is constantly improving. I also worked as a volunteer at the CSL for a few years with José Azévédo.

Are the Carré more short-distance or long-distance?

Children and adults have very different running distances. Young people are on intense and short efforts (20-60'). [...] For my part, I participate in the DO, L and XL, Ironman type. Today, my children, 19 and 21 years old, sometimes take the start of a DO, so we're on the right track. Same line, with the same running time, it optimises travel.

Tom and Aurélien are brilliant in terms of sport and studies. What's your recipe?

[...] Tom is studying medicine and Aurélien is starting his second year in engineering school.

They have made the choice to train 30-



40% less than athletes of the same age, so you have to adapt the method to compete. [...] Our role as parents is to mature their decision on a daily basis through exchanges and a lot of love. Luxembourg offers young people these opportunities. The work, the self-sacrifice, the pleasure of putting everything into it. Their hearts, on a daily basis, with the club, the teachers, the educators have been the foundation of their maturity young adulthood. So at home, we talked a lot, thought a lot, laughed a lot to allow them to take it to the next level.

Tom added: [With my brother...] we live together in an apartment in Lille. We get along very well and living together is very

pleasant. We try to arrange the classes, revisions and training as best as possible to share as much training together as possible. It's always easier to do a difficult session with two people than alone. Our training and class locations are very close to our apartment, which allows us to optimize our time during the day.

Is there a parent-child competition? Between the children?

Between the boys, their relationship is quite clear, it is fusional, passionate, symbiotic, benevolent, diverse, full of curiosity about the desires that are sometimes so different from one and the other. One only has to look at their choice, one has chosen the science of life, the other the hard science, and these differences bring them together, nurture them, and enhance them. So on a day-to-day basis, in terms of what the Brownlee brothers have been able to accomplish, all in proportion.

Remembered, I will say that the success of one makes the other want to live, that the blood that flows in their veins will always be more important than anything, that's their strength.

Tom agrees: For me, there is no competition between my brother, my father and me, and there never has been. We are a family first and foremost, and I think that competition should not separate us. Meanwhile, we pull ourselves up in training. In a tough session, it doesn't matter who's in front, whoever is behind has to

try to follow for as long as possible, it's as simple as that.

What do you think about the importance of family support for a young triathlete?

The support of the family is on the same level, it is unwavering, unconditional, we want to see smiles, difficult awakenings, sunny and rainy mornings, and above all encourage them as long as they feel like it."

Tom agrees: Family support and my loved ones (friends, girlfriend) are part of the balance on a daily basis. We can be determined and motivated, sometimes we have doubts and having a supportive entourage is very reassuring.

Do you have a better memory to share with us?

The best memory..., there are many..., the most recent was during the World Championships in Hamburg (*editor's note: during the Junior World Championships*), when Aurélien had a banana when he saw his brother, his parents and his grandparents shouting his „nickname" as the athletes passed to go to the start, 5 minutes before the final, while the others had a very focused face. He knew that his engineering exams were passed, and that he was going to compete against the best junior triathletes in the world in a race, in 5 minutes: a bonus. With all the work done, it was his moment.

Showing such maturity, combining re-

laxation with efficiency, during his first year of higher education, far from home, from high school, at the time of the most important race of the year, gave us a lot of emotions.

For Tom: A lot of highlights. I would say it was my first international race with Luxembourg, in Banyoles in 2018, a qualifying race for the Youth Olympic Games. According to my objectives, I had a great race, my family was there. That was awesome! Then the internship with the FLTRI in Avoriaz in 2019. Everything was there, the training environment, the group, it was magical!

At home, is everyone their idol or a common model?

[...] I won't say that we have an idol, but rather that certain athletes inspire us, three in particular: Martin Fourcade (because he also has a brother, both of them very close) a quiet strength, with extraordinary human, mental and biological qualities; Michael Phelps, because this guy is 'magical', everything seems easy, while he works so hard; and the last one is more of my generation, it's Zizou (*editor's note: Zinedine Zidane*), forever the first, [...] an example of humility, respect for values, and talent that he was able to sublimate in important moments and unite a whole group of stars in the service of the game. Because at the end of the day, it's all a game.

For Tom: I think everyone has their idol. In triathlon my idol would be French,

Pierre Le Corre, for his career that inspires me and the person he is. But in reality, one person who has made me dream since I was a kid is Michael Phelps.

• HALLER FAMILY

A fusional triathlon practice, the gaze of Viviane, the mother.

How many years have you been involved in triathlon in Luxembourg? And more specifically in Bob's support?

That was in 2006/2007 [...]. In the beginning, it was mainly about trips to training and running competitions on weekends. Very quickly I was accompanying him *[editor's note: Bob]* on triathlons, especially in the Benelux and Switzerland. The first race further away was at Mar Menor in Spain, a qualifying race for the Youth Olympic Games in 2009. So 16-17 years.



What do you think about the importance of family support for a top triathlete?

[...] Family or other support is crucial! [With Bob...] I have been involved at all levels of daily life. Both sporty and sporty extras... The most meticulous was the organization of the trips. I'm convinced that a top triathlete can't take care of everything! Training sessions with back and forth, recovery, physiotherapy, mental coach, etc... take up so much space that there is no time left for all the rest. The athlete must also be able to clear his mind. It is impossible to prepare seriously in one's athletic career if an athlete is still taking care of thousands of other things.

You've been around the world. What would be the best venue for triathlon for you?

The best venue in Europe for me I think is Sardinia (Cagliari in Italy). And in the world it would be New Plymouth in New Zealand. The most magical place is Huatulco in Mexico.

What is your best memory?

I have several: 2012 in Auckland at the Aquathlon World Championships and Nancy at the Duathlon World Championships. 2015 in Baku. 2016 in New Plymouth. All competitions in which Bob shone.

You've photographed hundreds of triathletes

at hundreds of competitions. What was the trigger for the photo?

It was in New Plymouth in 2016. Bob had done a 3-week internship with Jamie Turner and his team: Gwen Jorgensen, Charlotte Mc Shane, Kirsten Kasper, Amélie Kretz, Aaron Royle, Tyler Mislawchuk, Ryan Bailey, Mathew Sharpe, etc... I started taking pictures of other triathletes besides Bob. Everyone was excited and wanted to see their picture in action. It was fairly new. This has opened a lot of doors for us all over the world, and on the biggest triathlon events. It was an incredible time.

• GOERGEN FAMILY

Triathlon in all its forms. Marc, the dad, tells us everything.

How many years have you been involved in triathlon in Luxembourg?

Not that long to be honest. It was through my son Tim, who was already practicing Triathlon before, that I came into more concrete contact with the sport, and then, just before the crisis, I found myself infected by the Triathlon virus, which made me an active athlete.

At home, everyone does triathlons?

Almost, my eldest son can resist. For the four of us, we can call ourselves triathletes in our different categories, Tim has joined the FLTRI Training Center of

the Sportlycée, while Emil and Oskar train within our club. For my part, I am also involved in the CAEG committee. My wife also spends a good part of her life organizing and coordinating training and competitions.

Are you longer distance? Short distance?

At the moment, we are taking advantage of competitions that offer races for both age categories and young people, which allows us to experience it all as a family, but we must admit that a long distance will be on the agenda once I have the necessary time to prepare properly.

One of your children is at Sportlycée. How do you experience it at home?

Even if Tim's choice was quickly made for Sportlycée, we can say today that it was the right one. This structure allows young people to flourish in their favourite sport, both the managers of the Sportlycée and those of the Federation do an exemplary job to allow the best supervision and the best assistance.

Is there competition between you? Between the kids?

We tease each other, of course, but it's more to encourage each other, because if one of us competes, the others are always there to support him.

What do you think about the importance of family support for a young triathlete?

I would say that the family support of a young triathlete is not only very important but practically indispensable, given the number and pace of training, but also the equipment needed. But I think that if a young person has made his choice for this sport and is willing to make sacrifices himself, it is absolutely worth supporting him.

Your best memory...

I have already collected some beautiful memories and many more experiences, even for life, but one of the most beautiful was in Almere (Challenge Almere), where we went very early in the morning to the lake, it had just stopped raining, the first athletes came with their backpacks, and the fog lifted little by little. We were starting to see the buoys, with the impressive distance, the atmosphere was rising little by little, and above all, we could feel the adrenaline rising in our whole body.... That's when you realize you're ready for the challenge of the day. It's those moments that are just awesome, where you remember why you train and why you take on these challenges, over and over again. And of course, don't forget the finishes, where we are simply happy to have mastered the challenge.

Does everyone have their idol at home? Or is everyone the same?

At home, everyone has classic idols, Frodeno, Blummenfelt or Ditlev while my son

Tim, also since he has a French license, tends towards young French people like Bergère, Vincent Luis and of course Sam Laidlow.

What motivates children to take part in triathlons? Do they have results objectives?

Tim's main motivation is the sport itself, which pushes him to face his limits, the challenges he faces and has to overcome. As for his objectives, it is always to give his best and above all, in the short term, a place among the Top 10 during the championship of France.

For the two little ones, the motivation is to practice sport and to be proud of what we have produced, I think the most important thing is to have fun.



