

IMPRESSUM

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

Text Paule KREMER Christian KROMBACH Cyrille EPLE Phillipp MÜLLER

Layout Sophie MARGUE

FLTRI YEARBOOK

2019

www.fltri.lu

IMPRESSUM

INTRODUCTION	2
THE FEDERATION 2019	4
NATIONAL CHAMPIONSHIPS	18
LET'S MEET	32
A DAY WITH	42
YOUTH & KIDS	44
NATIONAL RACES	50
ETU & ITU COMPETITIONS	58
MIDDLE & LONG DISTANCE WC	68
THE PIONEER	72
TOURS & CHALLENGES	74
YOUR RACING MOMENTS	78
SPECIAL AWARDS	80
SPECIAL THANKS	82
FLTRI MEMBERS	86



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

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

FLTRI junior and youth athletes have

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

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

Furthermore, age group athletes have also shown impressive results with many podium finishes at Olympic Distance, 70.3 and full Ironman races. Four FLTRI athletes have achieved exceptional results at IM races and were able to qualify for the world-famous Triathlon Long

Distance World Triathlon Championships in Hawaii, the pinnacle of every long-distance triathlete's career.

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

The 6th edition of the Ironman 70.3 in Remich had a record participation number with 2500 registered athletes and the upcoming 2020 edition seems to attract even more athletes considering that the race was sold out earlier than ever before. This is certainly proof that the Luxembourg 70.3 Ironman event has established itself as one of the key races in the European Ironman racing calendar.

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

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

> Christian Krombach President









LE GOUVERNEMENT DU GRAND-DUCHÉ DE LUXEMBOURG Ministère des Sports

• THE FEDERATION 2019

BOARD MEMBERS



CHRISTIAN KROMBACH President



MICHAEL KUNDE Secretary General



MARTIN BÄUMLER



CHRISTIAN SEIDEL



EUGÈNE KRAUS Vice-President



ANTOINE DE GROOTE



MARC D'HOOGE Treasurer



PAULE KREMER

ADMINISTRATION



DORIS MICHELS-RIPP



HENDRIK FEHR

PHILIPP MÜLLER



SOPHIE MARGUE

COACHES



CYRILLE EPLE National Coach



THOMAS ANDREOS National Coach



DANIEL HENDRIKS Joe Kurt's Para Triathlon Coach



CHAREL TRIERWEILER National Team Assistant Coach



THIERRY KOHN National Team Assistant Coach



JOSIANE RIES National Youth Team Assistant Coach



Stay informed and like our official facebook page! facebook.com/fltriathlon

CADRES FLTRI 2019



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



Dani PAPI

DU



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

Joe KURT

SD

SD



Eva DANIËLS



Tom CARRÉ Sophie HERMES

Cadre promotion

Cadre paratriathlon

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



RESULTS START HERE



Whether you want to finish first or simply cross the finish line, TrainingPeaks will help you along your journey. With TrainingPeaks you can quickly upload training data, view workouts, add notes and make informed decisions all in one integrated web, mobile and desktop solution.

Results Start Here.

TRAININGPEAKS[™]

• CADRES COSL 2019



Bob HALLER



Gregor PAYET



Stefan ZACHÄUS





Eva DANIËLS

• SECTION DES SPORTIFS D'ELITE DE L'ARMEE



Oliver GORGES since 2018

Bob HALLER since 2013 Stefan ZACHÄUS since 2017

WE LOVE 🛇 TRIATHLON



www.rtl.lu | www.5minutes.lu | www.today.lu

FM 88.9 | FM 92.5

🖵 . 💽 🎧 f 🎽

sportswear designer

Réalisez votre propre design!

sublimation	broderie	impression sérigraphique	flocage
Lëtzebuergerstrooss 4		tel. : +352 37 10 90	mail : info@g-art.lu
L-5752 Frisange		fax : +352 263 743 90	site : www.g-art.lu

2018/2019	2019/2020
Eva DANIELS	Kristina BARRET HAYES
Sophie HERMES	Eva DÄNIELS
Noémie RIES	Tom HEYART
Lou VAN DEN BOSSCHE	Mara KROMBACH
Kristina BARRET HAYES	Linda KROMBACH
Léo WEISHAAR	Sarah MOUSEL
Jasmin ANDERSEN	Gwen NOTHUM
Ben SMALLBONE	Noémie RIES
Luca SEIDEL	Finn SCHILTZ
Gwen NOTHUM	Luca SEIDEL
Finn SCHILTZ	Poli STOFFEL
	Lou VAN DEN BOSSCHE
	Leo WEISHAAR







Bâloise



Source and the second s





SPONSORS

LET'S MAKE IT HAPPEN













• FLTRI CALENDAR 2019

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

SAVE THE DATE 19.01.2020

AQUATHLON

17

NATIONAL CHAMPIONSHIPS

INDOOR AQUATHLON

ELITE WOMEN

ELITE MEN

1	PAYET Gregor
2	ZACHÄUS Stefan
3	GORGES Oliver

Team Snooze Team Snooze X3M

PARATRIATHLON PTS4

1 KURT Joé

Trispeed









CROSS DUATHLON

ELITE WOM	EN		YOUTH B BOYS		
1 2 3	COLJON Carmen WILTGEN Pia LICKER Martine	CELTIC CAD Trispeed	1 2 3	LANG David CARRE Aurélien SEIDEL Luca	Trispeed Trispeed X3M
ELITE MEN			YOUTH C G	IRLS	
1 2 3	BERNARD Christopher EWEN Jérôme LUCAS Claude	X3M Team Snooze X3M	1 2 3	NOTHUM Gwen PIECH Sarah MOUSEL Sarah	Trispeed Trispeed Trispeed
PARADUATI	HLON PTS4		YOUTH C B	OYS	
1	KURT Joé	Trispeed	1 2 3	MEYLENDER Rick SCHILTZ Finn LANG Yannis	Trispeed X3M Trispeed
YOUTH A G	IRLS		0		mopeed
1	HAU Sarah	CAEG	AGE GROUF	P CHAMPIONS	
YOUTH A B	OYS CARRE Tom	Trispeed	M18 M35 M40 M50	MATHAY Dylan GAUDRON Jean-Luc BERG Claude LAPLUME Christian	CAEG CAB CAB Trispeed
YOUTH B G	IRLS		M55 M60 M65	LONGO Francesco LIENERS René SCHNEIDER Jean-Claude	CELTIC CAB TRILUX
1 2 3	ANDERSEN Jasmin BIVER Lou BARRETT-HAYES Kristina	Trispeed Trispeed CSL			

Études posturales dynamiques pour cyclistes et triathlètes



Mettez tous les atouts de votre côté

Ayez la certitude de choisir le vélo qui vous convient et d'avoir sur votre vélo une position adaptée

à votre morphologie et à votre souplesse à votre pratique et à votre niveau à vos ambitions et à vos projets

par Patrick GUILLAUME

1, Rue Abbé Georges Kayser L-8390 Nospelt

Web: www.bikefit.lu

Mail: info@bikefit.lu

Tél: 26 10 20 21

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

• DUATHLON

ELITE WOMEN

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







• TRIATHLON MIDDLE DISTANCE

ELITE WOMEN

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

ELITE MEN

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

AGE GROUP CHAMPIONS

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











R

WWW.IRONMAN.COM/LUXEMBOURG70.3

FACEBOOK.COM/IRONMAN70.3LUXEMBOURG

IRONNAN 70.3[®] LUXEMBOURG REGION MOSELLE

14. JUNI 2020 LUXEMBOURG - REMICH



VISIT

miselerland moselle luxembourgeoise°

13.05.2020

SCHWIMMBAD, REMICH

INFOS UNTER:

WWW.IRONMAN.COM/LUXEMBOURG70.3/SIDE EVENTS

PUN

LUXEMBOURG - REGION MOSELLE

• TRIATHLON STANDARD DISTANCE

ELITE WOMEN

YOUTH C GIRLS

1 2 3	JAFFKE Annette MARGUE Sophie FLAMMANG Danièle	CAEG CAEG X3M	1 2	KROMBACH Linda MOUSEL Sarah	CSL Trispeed
			YOUTH C BOYS		
ELITE MEN 1 2	LAMBERTY Philippe LUCAS Claude	X3M X3M	1	LANG Yannis	Trispeed
3	MATHAY Dylan	FLTRI	AGE GROUP CHAMPIONS		
JUNIOR BO	YS		F40 F50	WEICHERDING Claudine SCHWARTZ Josiane	Trilux CAEG
1	GRANDJEAN Dorian	Trispeed	M18 M30 M35	GRANDJEAN Dorian PETERS Sam PADERHUBER Oliver	Trispeed X3M CAB
YOUTH B GIRLS			M40 M45	SCHEER Pascal FELLER Steve	CAPA FLTRI
1 2 3	KROMBACH Mara VAN DEN BOSSCHE Lou HIM Julia	CSL CAPA Trispeed	M45 M50 M60 M65	LAPLUME Christian LIENERS René SCHNEIDER Jean-Claude	Trispeed CAB Trilux

YOUTH B BOYS

1	LANG David	Trispeed
2	SMALLBONE Benjamin	ХЗМ
3	SEIDEL Luca	ХЗМ







• TRIATHLON SPRINT DISTANCE

ELITE MEN

1 2	LIENERS Yannick MATHAY Dylan	CAB FLTRI
PARATRIATHL	ON	
1	KURT Joé	Trispeed
YOUTH A BOY	S	
1 2	CARRE Tom BOENTGES Kevin	Trispeed Trispeed
AGE GROUP C	HAMPIONS	
F50	WAGNER Evelyne	X3M
M35 M40 M45 M50 M60	KOCH Yves SCHEER Pascal MOLTER Roland LAPLUME Christian LIENERS René	X3M CAPA Trilux Trispeed CAB



08 & 09 AUGUST 2020

XTELLA.



FULL - SPRINT - KIDS - MINI KIDS

Q ROSPORT

www.xterra-luxembourg.lu





#XTERRA PLANET
• LET'S MEET...

1

68

-

ARO

GIR GIR

CLAUDE LUCAS

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

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

What are your aims in the sport?

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

What are your biggest achievements so far?

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

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

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

How many hours a week do you train?

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

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

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

How do you make a living?

I work in a private family business.

Favourite food? Is nutrition something you pay attention too?

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

Any other hobbies except for triathlon?

I love all kinds of sports and eating.





• SOPHIE MARGUE

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

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

What are your aims in the sport?

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

What are your biggest achievements so far?

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

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

Triathlon is amazing because you don't have to choose only one sport ;) But if I had to pick one, I think it would be cycling.

Favourite training session? Definitely long rides in the mountains!

How many hours a week do you train?

It depends on the amount of work/jobs I've got on my schedule and this varies a lot from week to week. In general it's something between 10 and 17 hours.

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

Maybe badminton, but I'm really bad at everything that doesn't include swimming, cycling or running...

How do you make a living?

I work as a freelance photographer.

Favourite food? Is nutrition something you pay attention too?

Crêpes! I try to pay attention to what is on my plate, but I'm not a nutritional expert and I often don't have time (or the will) to think through everything I'm going to eat. And my main problem is that I love desserts and pâtisserie way too much! Any other hobbies except for triathlon? My job - photography - is also my biggest hobby. Furthermore, I love to go to the cinema, meet friends and family or bake a cake.



OLIVER GORGES

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

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

What are your aims in the sport?

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

What are your biggest achievements so far?

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

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

That is a very hard question to answer, I like swimming and running equally. During the winter, I prefer swimming where I like long sessions in the pool to build my endurance for the season. During the summer, however, I prefer running. My favourite sessions are faster ones where you put in the work but are still able to talk to your training partners.

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

I think I would have continued to play football.

How many hours a week do you train?

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

How do you make a living?

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

Favourite food? Is nutrition something you pay attention too?

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

Any other hobbies except for triathlon?

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





• JOSIANE RIES

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

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

What are your aims in the sport?

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

What are your biggest achievements so far?

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

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

I love swimming the most but I also en-

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

How many hours a week do you train?

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

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

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

How do you make a living?

I am a primary school teacher.

Favourite food? Is nutrition something you pay attention too?

My favourite food is vegetables, potatoes and cheese. Unfortunately, I do not pay enough attention to what I am eating because I do not have enough time. However, I have recently started to try and cover all the important food groups with my meals. I am aware that I could pay more attention to my nutrition and because of this, I finished a nutritionist course and I am currently qualifying to become a nutritionist for athletes.

Any other hobbies except for triathlon?

Something I really like to do is work in my vegetable patch. I can switch off and I actually know where my food comes from afterwards.





DORIS MICHELS-RIPP

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

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

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

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

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

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

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

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













SERVICE APRÈS-VENTE

Al Schmelz | B.P. 12 L-8401 Steinfort Tél. : 39 70 83-1 | mail@lucas.lu | www.lucas.lu



HUUB

• A DAY WITH...

251

ALLE LUX **O**_

APTEC HOLLAUS AUT ABIOS

GBR

hotos: Wiane

• BOB HALLER

MONDAY

- 7.40 getting up.
- 8.00 easy run.
 8 18 km flat, preferably starting from the training centre Jamor to the Ponte de 25 Abril and back. Focusing on the sunrise makes one forget everything else.
- Breakfast.
- 10.30 easy bike ride.
 60 80 km easy, riding to Cascais and over to the mountains of Sintra.
- Lunch and resting.
- **17.00** swim training. First fast and intense training session of the week.
- Back home.
 From time to time, I stop in Carcavelos on the beach and enjoy the last few minutes of the sunset in the car.
 Back at home, I cook, do the cleaning and washing up and prepare for the next day. Sometimes I study or watch television.
- **23.00** turning off the lights.



• YOUTH & KIDS

OUR YOUNGSTERS

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

Throughout the 2019 season, 4 events were organised :

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

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





















Sold Barrier

V Cactus

Gart

C HANGUE

ABâloise

OLOTERIE MATIONALE





First name :	Noémie
Surname :	Ries
Age :	15
Age group :	Youth A
Height :	1,58m
Club :	X3M
Coach :	Cyrille Eple
School :	Sportlycée

Favourite discipline in training Cycling Favourite discipline during the race Cycling Favourite race Semi-final French national championships Goals 2020 Final French national championships triathlon and aquathlon Long term goals Hawaii Long-distance racing? Yes, one day. Triathlon for me is Everything. I enjoy it so much and enjoy racing and I like the variation that the sport offers. Amount of training sessions during a perfectly hard week 9 (18hours)

• **IRONKIDS**

YOUTH A GIRLS

1 2	JANUS Olivia STOCKREISER Sarah	
YOUTH A BO	YS	
1	BOENTGES Kevin	
YOUTH B GIF	RLS	
1 2 3	KROMBACH Mara PRIN Vaheana HAAG Nora	
YOUTH B BOYS		
1 2 3	SMALLBONE Ben RAGOT Merlin SEIDEL Luca	
YOUTH C GIRLS		
-		

1	KROMBACH Linda
-	

- 2 BERENS Catherine
- **3** BOUWMEISTER Philine

YOUTH C BOYS

1	MULLER Pierre
2	MIEL Kerian
3	PRIN Tehiva

KIDS A GIRLS

1	BOUWMEISTER Annebelle
2	KROMBACH Eva
3	BOUWMEISTER Yveline

KIDS A BOYS

1	SMALLBONE Harry
2	MIEL Elliott
3	HEISE Robin

KIDS B GIRLS

1	BARTHEL Emma
•	

- 2 PIECH Leah
- **3** BOUWMEISTER Julianne

KIDS B BOYS

1	CARRENO Adonis
2	CANELIS Pietejan
3	FERNANDEZ Tristen

BAMBINI GIRLS

1	LIBENS-THEIN Maxine
2	RAHUEL Léa
3	DELOOZ Alexia

BAMBINI BOYS

1	ILYUKHIN Filip
2	VERBEKE Levi
3	CONKRIGHT David















• NATIONAL RACES

SPRINGWATER TRIATHLON

Scratch WOMEN

1	OVERBEEK Haitske
2	CHRETIEN Sophie
3	FLAMMANG DANIÈLE

Scratch MEN

1	GLOCKSHUBER Bastian
2	SCHAFFELD Timo
3	KÖNIG Johannes

Scratch WOMEN Promo Sprint

1	WOLTER Anny
2	KIRKPATRICK Jane
3	WEICHERDING Claudine

Scratch MEN Promo Sprint

1	KRÄMER Nicolas
2	PETER Joshua
3	MEYER Carsten

YOUTH B GIRLS

1	NEY Saskia
2	ANDERSEN Jasmin
3	HIM Julia

YOUTH B BOYS

1	LANG David
2	SMALLBONE Benamin
3	SEIDEL Luca

YOUTH C GIRLS

1	KROMBACH Linda
2	BERENS Catherine

2BERENS Catherin3MOUSEL Sarah

WOOSEE Salah

YOUTH C BOYS

1	STOFFEL Poli
2	MOOG Mathis
3	LANG Yannis

KIDS A GIRLS

1	KROMBACH Eva
2	BOUWMEISTER Yfke
3	SCHMITZ Misha

KIDS A BOYS

1	HENDRIKS Nils
2	SMALLBONE Harry
3	VANOLSRT Emile

KIDS B GIRLS

1	SCHILTZ Manon
2	BOUWMEISTER Julianne
3	PIECH Leah

KIDS B BOYS

1	SCHMITZ Yelisey
2	MOOG Paul

3 HODGSON Sebastien

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

• TRIATHLON ECHTERNACH

Scratch WOMEN

1	LEHAIR Jeanne
2	KURIACKOVA Ivana
3	OVERBEEK Haitske

Scratch MEN

1	SAYER Thomas
2	MAGNIEN Dylan
3	NOEL Raphael

JUNIORS / YOUTH A GIRLS

1	BARBERON Marie
2	HAU Sara
3	FRIPPIAT Lory

JUNIORS / YOUTH A BOYS

1	CARRE Tom
2	BOENTGES Kevin
3	LAPLUME Metti

YOUTH B GIRLS

1	KROMBACH Mara
2	VAN DEN BOSSCHE Lou
3	BIVER Lou

YOUTH B BOYS

1	CARRE Aurélien
2	SMALLBONE Benjamin
3	WEISHAAR Leo

YOUTH C GIRLS

1	NOTHUM Gwen
2	KROMBACH Linda
3	PIECH Sarah

YOUTH C BOYS

1	MOOG Mathis
2	STOFFEL Poli
3	LANG Yannis

KIDS A GIRLS

1	KROMBACH Eva
2	BOUWMEISTER Yfke
3	BOUWMEISTER Annabelle

KIDS A BOYS

1	SMALLBONE Harry
2	SCHILTZ Harry
3	HENDRIKS Nils

KIDS B GIRLS

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

KIDS B BOYS

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

www.studio-land.lu

32, rue Edmond Reuter | L-5326 Contern



TRIATHLON WEISWAMPACH

Scratch WOMEN Promo Sprint

1	VAN DER MOST Sophie
2	TAHAY Elise
•	

3 LAHAIJE Kim

Scratch MEN Promo Sprint

1	HIJMAN Koen
2	MULLER Ben
3	VAN BRAGT Jock

JUNIORS / YOUTH A GIRLS

1	HIJMAN Marije
2	DEQUAE Nele
3	FUITE Willemijne

JUNIORS / YOUTH A BOYS

1	VANDEBROEK Antoine
2	CUIJPERS Jesse
3	DE JONG Syb

YOUTH B GIRLS

1	D'OTHEE Juliette Janne
-	

- 2 KROMBACH Mara
- 3 MAES Laura

YOUTH B BOYS

1	CANNAERTS Thibaut
2	HAEVERANS Tuur
3	GAY Pierre-Louis

YOUTH C GIRLS

1	NOTHUM Gwen
2	KROMBACH Linda
3	DUPONT Shannah

YOUTH C BOYS

1	CANNAERTS Dries
2	SMOLDERS Jens
3	BEFAYT Anton

Scratch WOMEN Promo Duathlon

1	VANDECASTEELE Marie
2	BRAUN Vanessa
3	JACOB Florence

Scratch MEN Promo Duathlon

1	KROON Rody
2	VOOGT Jaimy
3	VAN DER SMISSEN Armand

• SURE TO SURE SWIMRUN

Scratch WOMEN Short Route

1	KiviCoca
2	Girls' day out
3	The Kills

Scratch MIXED Long Route

1	Belgian Force
2	IronKouKou
3	Team Rocket

Scratch MEN Short Route

1	Friday Bikers	
2	Tri-paupiette	
-		– 1 – 1

3 Les CouZ / Team Philippe

Scratch MIXED Short Route

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

Scratch WOMEN Long Route

1 KR-ACTION

Scratch MEN Long Route

1	Midlon
2	C'choouette
3	UEM Sports 2

• RED ROCK CHALLENGE

Scratch WOMEN

- 1 LAMBERTY Stéphanie
- **2** FELLER Camille
- **3** JACOB Florence

Scratch MEN

1	DIJKSHOORN Wouter
2	MONNET Vivien

3 RIOS Jonathan

• XTERRA LUXEMBOURG

GERMAIN Amélie

Scratch WOMEN Full		
1	KARÁSKOVÁ ERBENOVÁ Helena	
2	PATIES Alizée	
3	ORCHARD Elizabeth	
Scratch MEN	Full	
1	LUXEM Yeray	
2	SERRIERES Arthur	
3	ROTH Jens	
Scratch WOM	EN Sprint	
1	VERDONCK Christine	
2	DUMONT Lyson	
3	VANDELLE Nathalie	
Scratch MEN	Sprint	
1	DEMARCIN Théo	
2	DOUWEN Rob	
3	COPPENS Aaron	
Scratch WOM	EN SuperSprint	
1	ZINCK Madeline	
2	VA N DER JAGT Jessica	

Scratch MEN SuperSprint

1	KODRUN Louis
2	HAEVERANS Tuur
3	MASSONNATA ntoine

KIDS GIRLS

1	WEBER Eléa
2	DE RAEDEMAEKER Alexe
3	WILESMITH Katie

KIDS BOYS

1	VANHAELEN Gilles
2	BUFFET Kevin
3	QUENTIN Andre

MINIKIDS GIRLS

1	VANDENBUSSCHE Julie
2	VANDENBUSSCHE Emie
3	DAUTUN Johanna

MINIKIDS BOYS

1	WEBER Noé
2	ODILLE Louis
3	WILESMITH Billy

3

FLORIAN BADOUX -XTERRA PROJECT MANAGER

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

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

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

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

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

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

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

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

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

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



• ETU & ITU COMPETITIONS



BOB HALLER

ITU World Ranking	126
ITU Individual Olympic	94
Qualification Ranking	
Continental Ranking	71

STEFAN ZACHÄUS

ITU World Ranking	79
World Triathlon Series Ranking	48
ITU Individual Olympic	66
Qualification Ranking	
Continental Ranking	44

GREGOR PAYET

ITU World Ranking	88
World Triathlon Series Ranking	88
ITU Individual Olympic	76
Qualification Ranking	
Continental Ranking	49

EVA DANIËLS

Continental Cup Ranking	152
Continental Junior Ranking	64

OLIVER GORGES

ITU World Ranking	174
Continental Ranking	92

JOE KURT

Paratriathlon Ranking

10



ITU World Triathlon Olympic Qualification Event

152

BAHRAIN BROWNLER No.

15

DDE

ELITE MEN

- Gregor PAYET Stefan ZACHÄUS 41
- 45

• ETU Triathlon European Championships Valencia

U23 WOMEN

29 Eva Daniëls

PTS4 MEN

- 4 Joe KURT
- ETU Triathlon European Championships Weert

ELITE MEN

- 33 Stefan ZACHÄUS
- 49 Bob HALLER



 ITU Duathlon World Championships Pontevedra

JUNIOR WOMEN

4 Eva DANIËLS

• ITU Aquathlon World Championships Pontevedra

JUNIOR WOMEN			ELITE WOMEN
2	Eva DANIËLS	5	Eva DANIËLS
U23 MEN		ELITI	E MEN
4	Oliver GORGES	18	Oliver GORGES



Doha World Beach Games

ELITE WOMEN

9 Eva DANIËLS

ELITE MEN

17 Oliver GORGES

2x2 MIXED RELAY

9 Eva DANIËLS - Oliver GORGES



• ITU Triathlon Grand Final Lausanne

PTS4 MEN

12 Joe KURT





Encore un blog? Let's

Notre équipe **mycactus.lu** se donne corps et âme pour vous donner envie d'explorer le monde des tendances culinaires. Inspirez-vous en découvrant des produits originaux et divertissants, explorez de nouvelles recettes, apprenez comment préserver les ressources de notre planète et découvrez les coulisses de Cactus... Let's talk "food" **another** way

Curious? Hedonist? This blog **is for you!**











Find inspiration by discovering fun and unusual produce, explore new and creative recipes, learn how you can help preserve the resources of our planet and take a look at Cactus backstage...

mycactus.lu

CISM MILITARY WORLD CHAMPIONSHIPS

ELITE

- 4 Stefan ZACHÄUS
- 39 Oliver GORGES
- 73 Fabien KIEFFER







ÉTÉ comme HIVER, vos plus belles vacances sont chez Emile Weber!


MIDDLE & LONG DISTANCE WC

• Ironman 70.3 WC Nice

Claude LUCAS	TIME: 04:30:45	DIV RANK: 18
Tom SCHMIT	TIME: 04:49:12	DIV RANK: 130
Christopher DOYLE	TIME: 05:31:11	DIV RANK: 78
Danièle FLAMMANG	TIME: 05:49:43	DIV RANK: 25

• Ironman WC Hawaii

Olivier GODART	TIME: 09:00:24	DIV RANK: 3 OVERALL: 69
Dani PAPI	TIME: 10:04:22	DIV RANK: 96
Thierry DONDLINGER	TIME: 10:12:17	DIV RANK: 123
Haitske OVERBEEK	TIME: 10:56:17	DIV RANK: 20

1 1 1



• ITU Powerman Long Distance WC

Dan GARCIA	TIME: 07:45:41	DIV RANK:	3
Mario ARMANO	TIME: 08:20:51	DIV RANK:	5
Runa EGILSDOTTIR	TIME: 09:04:59	DIV RAN:	4

• ETU Short Distance Duathlon EC

Christopher DOYLE

TIME: 02:00:46

DIV RANK: 1



V Cactus

DUATHLON

• THE PIONEER



RITA KROMBACH

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

The atmosphere, the sea and swimming with fish and turtles are like a dream. I liked the bike course but the marathon on the hot soil in the lava desert is tough. It was great to have my son Christian in the race with me in 1997, we were a nice little group of Luxembourgish athletes along with Dan Dethier, our best athlete, and Claude Ketter. In 1997, I came 12th in my AG. However, in 2002, I did not have such a good race but I managed to finish. What I already started to dislike in 2002 was the commercialisation of the race. Triathlon has evolved so much over the years. At the beginning, in the 80ies a lot of athletes were still swimming breaststroke and drafting was legal. It was all about having fun and there were no real experts in the sport.

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

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

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

LUXEMBOURG

No Non

• TOURS & CHALLENGES

FLTRI TOUR

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

DUATHLON CHALLENGE

CAB Cross-Duathlon	03.03.2019
Duathlon Junglinster	05.05.2019
Red Rock Challenge Crossduathlon	1213.10.2019



YUPPI KIDS TOUR

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

REGULUX YOUTH TOUR



FLTRI Indoor Aquathlon	20.01.2019
CAB Cross-Duathlon	03.03.2019
Duathlon Junglinster	05.05.2019
CAEG Musel-Triathlon	19.05.2019
Ironkids	14.06.2019
Triathlon Echternach	0507.07.2018
Springwater Triathlon Rosport	20-21.07.2019
Triathlon Weiswampach	1718.08.2019

OSUDGAZ

Le choix intelligent, pour aujourd'hui et pour demain.

SUDGAZ S.A. | 150, rue Jean-Pierre Michels | L-4243 Esch-sur-Alzette

sudgaz.lu



NEW ADDRESS

85-87, Grand-Rue L-1661 Luxembourg T. 46 71 31 www.sigelux.lu

RENT TO THE FULL EXTENT. SELL AND FEEL WELL.

OVER 40 YEARS OF EXPERIENCE IN SELLING AND RENTING PROPERTIES MAKES SIGELUX YOUR PERFECT PARTNER IN REAL ESTATE.



YOUR RACING MOMENTS



NICOLA MALLARDI 1st Place



CLAUDE LUCAS 2nd Place



BOB HALLER 3rd Place



JO SMALLBONE 4th Place



VIVIANE SLONIEWICZ 5th Place



SAM PETERS 6th Place



CHRISTOPHER DOYLE 7th Place



RENE LIENERS 8th Place



SANDRA LIENERS 9th Place



YANNICK LIENERS 10th Place



JEHAN DOSSIN 11th Place

• SPECIAL AWARDS

• Volunteer of the year 2018

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

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





• SPECIAL THANKS

Technical officials

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

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

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





• FLTRI Speakers 2019

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



Photographers

85

VIVIANE SLONIEWICZ ITU & ETU races ITU MEDIA ITU races

YANN HELLERS IM 70.3 Remich **JEFF GLODEN** Duathlon Junglinster

SOPHIE MARGUE Aquathlon Editor Yearbook Photography (misc.) **INGO KUTSCHE** Iron Kids

GUILLAUME STEPHANE CONNY ZIEGLER Wämper Triathlon

RINOW

Triathlon & Endurance Sports Coaching

www.trinow.lu

dhoogemcoach@gmail.com +352 621 214 006



The sweat experts



• FLTRI MEMBERS









CLUB ATHLETIQUE

schuttrange **Uelo club i nirondelle**





MARTIN BÄUMLER IMMOBILIER SARL

33, rue Victor Hugo
L-1750 Luxembourg
www.isb.lu
www.martin.lu

info@isb.lu
+352 621 26 2009

SB



FLTRI Yearbook 2019 www.fltri.lu

