

IMPRINT

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FLTRI YEARBOOK

2022

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2022 certainly stands out as a year in which every athlete, club and event organiser could refocus on practicing sports respectively organising triathlon events on a normal level.

However, we cannot really talk about a return to normality as many things have changed compared to pre- Covid times since many athletes have, for instance, failed to return to local races and prefered to practice privately rather than with their club members.

I would like to use this opportunity to thank all the clubs and partners who managed to pull off triathlon events despite relatively low participation levels. Hence, the CAB was able to organise another edition of their traditional Cross Duathlon; Karibu, their Junglinster Duathlon; the Musel Triathlon powered by CAEG; the traditional Triathlon Echternach organised by Trilux and the Weiswampach Triathlon put on by Celtic.

However, a special thanks goes out to the CSN who was able to create a new event in the North of Luxembourg with their first edition of the Munshausen Cross Duathlon. Other events like the Rosport Triathlon and the Ironman70.3 Luxembourg have become part of the traditional sports scene, with the latter constituting the backbone of Luxembourg's long distance racing.

A special thanks also goes out to Tun Moureaud who has left the triathlon scene after organising the traditional Weiswampach Triathlon for many years. Tun has indeed, more than anybody else, embodied this event as he was at the helm of the event over the last 25 years.

In terms of athletic results, we could witness many outstanding results in this post Olympic year. Like the years before, the youth athletes were able to compete at the highest international level. The results that stand out are David Lang's 6th place at the Triathlon World Junior Championships in Montreal, Mara Krombach's 1st place at the French National Championships and the 6th place of our National team in the Mixed Relay at the Youth European Championships which was further proof of the depth of the Youth talent pool.

On the elite Level, despite bad luck with injuries and Covid setbacks, a few athletes were able to have exceptional results, namely the 8th and 16th places of Jeanne Lehair and Eva Daniëls at the WTS World Championships in Montreal respectively. On the men's side, Bob Haller and Gregor Payet were able to make good ground in the Olympic rankings, thus getting closer to securing at least one Olympic slot.

We could also witness some very interesting age group results and this year no less than seven athletes were able to qualify for the Ironman Championships in Hawaii. Like the years before, the results of Olivier Godard stood out amongst age group athletes, taking away two wins at the Ironman 70.3 Oman and Ironman 70.3 Kazachstan.

Global climate change is increasingly becoming an issue for local event organisers. For the last few years, the spike in water temperatures has dramatically increased the risk of green algae, which makes triathlon nearly impossible during the second half of the year. In the future, most open water triathlon events will therefore have to take place during the months of May and June.

Despite the many health setbacks of our athletes, I am pretty confident that thanks to the help of the COSL, LIHPS, Coque, Mds, and our sponsors, we will be able to overcome the most important challenges and are on the right path to play a role in the major league of triathlon in the years to come. Securing not one but two or even three Olympic qualifying slots has thus become a realistic mid-term goal for Luxembourg Triathlon.

Wishing all of the athletes best of luck and good health for the next season.

Christian Krombach President









LE GOUVERNEMENT DU GRAND-DUCHÉ DE LUXEMBOURG Ministère des Sports



• THE FEDERATION 2022

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NEW VETSUIT RANGE

ZERRAD

CADRES FLTRI 2022



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



Oliver GORGES

SD





Lucas CAMBRÉSY

Junior

Aurélien CARRÉ Mara KROMBACH



David LANG Gwen NOTHUM Poli STOFFEL

Cadre paratriathlon

Joe KURT

Cadre promotion

Catherine BERENSSarah PIECHTim GOERGENCharel SCHILTZStella HEYARTFinn SCHILTZTom HEYARTBen SMALLBONEEva KROMBACHLou VAN DEN BOSSCHELinda KROMBACHEmma VICENTE SANZSarah MOUSELLeo WEISHAARJune NOTHUMSebastian ZIEKMAN BENITEZ





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

> www.loterie.lu Games for good causes



CADRES ELITE 2022



Oliver GORGES Bob HALLER Gregor PAYET Stefan ZACHÄUS

Eva DANIËLS (cadre promotion) Mara KROMBACH (cadre promotion)



Oliver GORGES Bob HALLER Gregor PAYET Stefan ZACHÄUS



Joe KURT



Energie fir haut and a multi-

Zanter iwwer 120 Joer si mir als Äerdgas Fournisseur a Netzbedreiwer aktiv. Eis Haaptaktivitéit war sécher ëmmer den Äerdgas, mee als verantwortungsvollen Acteur um Lëtzebuerger Energiemaart droe mir eisen Deel zu der Energietransitioun bäi.

An dësem Kontext hu mir zanter 2015 iwwer 4.000 Projete fir Energie anzespuere bei eise Clientë realiséiert. 2018 hu mir de Wandprojet SUDWAND lancéiert, a parallel entwéckelen a bedreiwe mir Fotovoltaikanlage fir lokal gréng Energie ze produzéieren. D'Erweiderung vun dësen Aktivitéite weist datt SUDGAZ sech an engem zukunftsorientéierten Emwandlungsprozess befënnt a fir dee vis-à-vis vun eise Clienten, eise Partner an eisen Aktionären z'ënnermaueren, gëtt SUDGAZ SUDenergie.

Loosst eis zesummen zu der nohalteger Entwécklung bäidroen !

sudenergie.lu

sudgaz set Sudgaz set

• TRIATHLETES AT SPORTLYCÉE

2021/2022	2022/2023	
Tim GEORGEN	Tim GEORGEN	
Stella HEYART	Stella HEYART	
Tom HEYART	Tom HEYART	
Eva KROMBACH	Eva KROMBACH	
Mara KROMBACH	Mara KROMBACH	
Linda KROMBACH	Linda KROMBACH	
Gilles MINY	Sarah MOUSEL	The second se
Sarah MOUSEL	Gwen NOTHUM	
Gwen NOTHUM	Charel SCHILTZ	OLVES
Noémie RIES	Manon SCHILTZ	
Charel SCHILTZ	Poli STOFFEL	— EST. 2012 —
Finn SCHILTZ	Lou VAN DEN BOSSCHE	
Poli STOFFEL	Sebastian ZIEKMAN BENITEZ	
Lou VAN DEN BOSSCHE		

SPONSORS

Big thanks to all our sponsors and partners









LET'S MAKE IT HAPPEN





TRAININGPEAKS[®]





• FLTRI CALENDAR 2022

			FLTRI Tour	Youth Tour	Kids Tour	Duathlon Challenge	FLTRI X Challenge
FLTRI Indoor Aquathlon National Aquathlon Champ.	16.01.2022	FLTRI	х	X	х		
CAB Cross-Duathlon Belvaux National Cross-Duathlon Champ.	30.01.2022	CAB	х	X	x	x	x
Assemblée Générale FLTRI	24.03.2022	FLTRI	x	x	x	x	
Duathlon Junglinster National Duathlon Champ.	24.04.2022	Karibu	x	X	x		
Triathlon Grevenmacher	30.04.2022	CAEG	x	x	x		
Ironman 70.3 Luxembourg National Middle Distance Tri. Champ.	19.06.2022	Ironman	x	X	x		
Foyer Triathlon International d'Echternach National Sprint Distance Tri. Champ.	02.07.2022	Trilux	x	X	x	x	x
Eisleck X-Duathlon Munshausen	10.07.2022	CSN Clervaux	x	x	x		
Springwater Triathlon Rosport	24.07.2022	Performance Club	x	x	x		
Wämper Triathlon National Short DistanceTri. Champ.	2021.08.22	CELTIC	х	X	Kids A	x (75%)	
Agora Red Rock Challenge	08.10.2022	Red Rock	x			x	x

AQUATHLON 2023 SAVE THE DATE 15.01.2023

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LUXEMBOURG

NATIONAL CHAMPIONSHIPS

MIDDLE DISTANCE TRIATHLON

LUXEMBOURG WOMEN

LOWEND			TUDE
1	ECKER Samantha	TEAM X3M SNOOZE	
2	WHITEHOUSE Elisa	TEAM X3M SNOOZE	F30
3	DICKES Sally	TEAM X3M SNOOZE	F35
	,		F55
LUXEMB	OURG MEN		
1	ROSSIGNON Adrien	TEAM X3M SNOOZE	M18
2	LUCAS Claude	TEAM X3M SNOOZE	M25
3	SANTOS Paulo	TEAM X3M SNOOZE	M30
			M35
			M40
			M45
			M50

AGE GROUP CHAMPIONS

ZEM25ROSSIGNON AdrienTEAM X3M SNUZEM30LUCAS ClaudeTEAM X3M SNUM35KOCH YvesTEAM X3M SNUM40BERG ClaudeCABM45DIERICKX JérômeL'Hirondelle ScM50MODARD JeanTrispeedM55LAPLUME ChristianTrispeed	ZE	F30	ECKER Samantha	TEAM X3M SNOC
	ZE	F35	WHITEHOUSE Elisa	TEAM X3M SNOC
	ZE	F55	SCHWARTZ-RIES Josiane	CAEG
M60 ORIGER Yves TEAM X3M SN	ZE	M25 M30 M35 M40 M45 M50	ROSSIGNON Adrien LUCAS Claude KOCH Yves BERG Claude DIERICKX Jérôme MODARD Jean	L'Hirondelle Schu Trispeed















































• SPRINT DISTANCE TRIATHLON

LUXEMBO		Trionand	AGE GRO	UP CHAMPIONS	
1 2 3	NOTHUM Gwen PIECH Sarah VAN DEN BOSSCHE Lou	Trispeed Trispeed SL	F18 M18 M25	VAN DEN BOSSCHE Lou CARRE Aurélien HALLER Bob	SL Trispeed TEAM X3M SNOOZE
LUXEMBO	URG MEN		M30	LIENERS Yannick	CAB
1 2 3	HALLER Bob LANG David CARRE Aurélien	TEAM X3M SNOOZE Trispeed Trispeed	M35 M40 M50 M55	KOCH Yves MARX Steve HAU Claude SCHARTZ Aloyse	TEAM X3M SNOOZE TEAM X3M SNOOZE CAEG TRILUX
JUNIOR W	OMEN		M60	LIENERS René	CAB
1	VAN DEN BOSSCHE Lou	SL			
JUNIOR M 1 2	EN CARRE Aurélien VIGUIER Elyan	Trispeed Trispeed			
YOUTH A					
1 2 3	NOTHUM Gwen VICENTE SANZ Emma PIECH Sarah	Trispeed SL Trispeed			
YOUTH A I	BOYS				
1 2 3	LANG David SMALLBONE Ben STOFFEL Pol	Trispeed TEAM X3M SNOOZE Trispeed			







Bréng Faarf an däi Liewen.

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STANDARD DISTANCE TRIATHLON

_		TEANANONAONOOZE	AGE GROUP	CHAMPIONS	
1 2	ESCHETTE Sonny ECKER Samantha	TEAM X3M SNOOZE TEAM X3M SNOOZE	F30	ECKER Samantha	TEAM X3M SNOOZE
3	SCHWARTZ-RIES Josiane	CAEG	F50 F55	ESCHETTE Sonny SCHWARTZ-RIES Josiane	TEAM X3M SNOOZE CAEG
LUXEMBOU	IRG FEDERAL WOMEN		M18	MINY Gilles	TEAM X3M SNOOZE
1	OVERBEEK Haitske	L'Hirondelle Schutt.	M25	SCHWARTZ Jacques	CAEG
LUXEMBOU			M30 M35	GONDERINGER Eric EWEN Jérôme	TEAM X3M SNOOZE TEAM X3M SNOOZE
1	MINY Gilles	TEAM X3M SNOOZE	M40	DESCAMPS Nicolas	TRILUX
2	EWEN Jérôme	TEAM X3M SNOOZE	M45	MOOG Steve	L'Hirondelle Schutt.
3	FELLMANN Pâris	CSL	M50	MODARD Jean	Trispeed
			M55	KIEFFER Alain	CAB
YOUTH B G			M60	LIENERS René	CAB
1	KROMBACH Linda MOUSEL Sarah	SL TEAM X3M SNOOZE			
2 3	HEYART Stella	CAEG			
•		01120			
YOUTH B B	OYS				
1	HEYART Tom	CAEG			
2	SCHILTZ Charel	CAEG			
3	HENDRIKS Nils	Trispeed			
YOUTH C G	IRLS				
1	NOTHUM June	Trispeed			
2	SCHILTZ Manon	CAEG			
3	WEIS June	Celtic			
YOUTH C B	OYS				

1	GOERGEN Tim	CAEG
2	VANOLST Emile	Trispeed
3	FLEMING Ben	CSL



• DUATHLON

LUXEMBOU 1 2 3	IRG WOMEN DICKES SALLY ECKER Samantha MAJERUS Diane	TEAM X3M SNOOZE TEAM X3M SNOOZE TRILUX	YOUTH C GI 1 2 3	RLS KROMBACH Eva SCHILTZ Manon WEIS June	SL CAEG Celtic
LUXEMBOU 1 2 3 JUNIOR ME 1	PAYET Gregor RECKINGER Daniel SANTOS Paulo	TEAM X3M SNOOZE Celtic TEAM X3M SNOOZE Trispeed	YOUTH C BC 1 2 3	OYS VANOLST Emile GOERGEN Tim FLEMING Ben	Trispeed CAEG CSL
YOUTH A G 1 2 3 YOUTH A B 1 2 3 YOUTH B G 1	KROMBACH Mara VICENTE SANZ Emma PIECH Sarah OYS LANG David STOFFEL Pol MEYERS Tim IRLS KROMBACH Linda	SL SL Trispeed Trispeed TRILUX SL	AGE GROUP F30 F40 M18 M25 M30 M35 M40 M50 M55 M60	CHAMPIONS DICKES SALLY MAJERUS Diane BISSENER Pol PAYET Gregor RECKINGER Daniel FELLER Pierre HODGSON Gavin MAJERUS Thierry KIEFFER Alain ARMANO Mario	TEAM X3M SNOOZE TRILUX Karibu TEAM X3M SNOOZE Celtic CSN TEAM X3M SNOOZE TEAM X3M SNOOZE CAB TRILUX
2 3 YOUTH B B 1 2 3	MOUSEL Sarah HEYART Stella OYS HEYART Tom LANG Yannis SCHILTZ Charel	TEAM X3M SNOOZE CAEG Trispeed CAEG			

CROSS-DUATHLON

LUXEMB	OURG WOMEN		YOUTH C	GIRLS	
1	LIENERS SANDRA	CAB	1	PHILIPPART Enny	Trispeed
			2	NOTHUM June	Trispeed
LUXEMB	OURG MEN		3	SCHILTZ Manon	CAEG
1	FLESCH Pol	Trispeed			
2	LIENERS Yannick	CAB	YOUTH C	BOYS	
3	FELLMANN Pâris	CSL	1	FLEMING Ben	CSL
			2	MOOG Paul	CAEG
JUNIOR N	ИЕМ		3	GOERGEN Tim	CAEG
1	CARRE Aurélien	Trispeed			
YOUTH A					
1	NOTHUM Gwen	Trionand	AGE GRU	UP CHAMPIONS	
1		Trispeed			
2	PIECH Sarah	Trispeed	F30	LIENERS SANDRA	CAB
3	VICENTE SANZ Emma	SL	M18	FELLMANN Pâris	CSL
VOLTU	50%		M25	FLESCH Pol	Trispeed
YOUTH A		- · ·	M30	LIENERS Yannick	CAB
1	LANG David	Trispeed	M35	EWEN Jérôme	TEAM X3M SNOOZE
2	STOFFEL Pol	Trispeed	M40	BERG Claude	CAB
3	OCAKDAN Senay	Celtic	M60	LIENERS René	CAB
YOUTH B	GIRLS				
1	BERENS Catherine	Trispeed			
2	MOUSEL Sarah	TEAM X3M SNOOZE			
3	HEYART Stella	CAEG			
-		-			
	BUAS				

YOUTH B BOYS

1	HEYART Tom	CAEG
2	SCHILTZ Charel	CAEG
3	HENDRIKS Nils	Trispeed

• AQUATHLON

LUXEMBOUI 1 2 3	RG WOMEN KROMBACH Mara NOTHUM Gwen KROMBACH Linda	SL Trispeed SL	YOUTH C GIF 1 2 3	RLS PHILIPPART Enny SCHILTZ Manon BOUWMEISTER Julianne	Trispeed CAEG L'Hirondelle Schut
LUXEMBOUI 1 2 3 JUNIOR MEI 1	HALLER Bob CAMBRESY Lucas LANG David	TEAM X3M SNOOZE TRILUX Trispeed Trispeed	YOUTH C BO 1 2 3	YS GOERGEN Tim HEMMEN Tun KEMMER Jason	CAEG Celtic CAEG
YOUTH A GIU 1 2 3 YOUTH A BC 1 2 3	KROMBACH Mara NOTHUM Gwen PIECH Sarah	SL Trispeed Trispeed Trispeed Trispeed TEAM X3M SNOOZE	AGE GROUP F18 M18 M25	CHAMPIONS HERMES Sophie CAMBRESY Lucas HALLER Bob	CAEG TRILUX TEAM X3M SNOOZE
YOUTH B GI 1 2 3 YOUTH B BC 1 2 3	KROMBACH Linda MOUSEL Sarah BERENS Catherine	SL TEAM X3M SNOOZE Trispeed CAEG Trispeed CAEG			















































• LET'S MEET...

LEHAIR TRI

ZER

JEANNE LEHAIR

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

I did my first triathlon at the age of six, following into my father's footsteps.

What are your aims in the sport?

My objective is to be able to qualify for the Olympic Games and above all, to have a good race there. Why not aim for a top 10 or better J. I would also like to get closer to the podium in the WTCS series.

What are your biggest achievements so far?

That is difficult to say, on an individual level, I managed to place 8th at the WTCS Montreal which was also my first trip with Luxembourg Triathlon ;). I also became the University World Champion in 2018 and I won three European Cups. In the mixed relay, I was European and World champion the same year when I was still running for France, which was cool.

How many hours a week do you train?

Between 25 and 28 hours of training during harder weeks.

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

I think I prefer running but I have learned to appreciate cycling, which enables me to see most of the surroundings. My favourite session is a long tempo run or a long run with a good view.

How do you make a living?

For the moment, I am invested in triathlon full time but later on, I would like to pursue a career in journalism.

Favourite food? Is nutrition something you pay attention to?

Very hard to say but when I go out I love eating Indian food like Chicken Mango or Curry with a cheese Naan. I do pay attention to my nutrition but I do not restrict my food. When I was younger a lot of pressure was put on me in that regard which was very counter productive. Now, I feel way more comfortable with my body and feel more relaxed about the issue.

Any other hobbies except for triathlon?

I love travelling and discovering new landscapes and cultures. I also love going to concerts and festivals.


GILLES MINY

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

I did my first duathlon in October 2021 when two very good friends of mine convinced me to give it a try after I stopped competing in cycling for a few months. At that time, I was already going to swim practice with Cyrille at the Sportlycée once or twice a week. From then onwards I slowly transitioned from cycling to triathlon. I guess I was missing the challenge of high performance sports after having distanced myself from the cycling world. As I was preparing for my A-levels, I decided I would only begin competing in July. My first triathlon was the sprint distance race in Fchternach.

What are your aims in the sport?

At the moment, I find it quite difficult to say what I want to achieve in the future, as my abilities on the short course are going to be determined by my progression in my swim in the coming months and years. Coming from cycling, and having started swimming at 19 only, I don't have the best odds to become a decent swimmer. At the same time, I know that I can perform during 5 hour races, so maybe one day I can try to make the transition to the long course. I also don't want to ruin the joy I found in triathlon which happened to me in cycling. I have a different approach to the sport and I want to keep it that way.

What are your biggest achievements so far?

Of course my biggest achievement in triathlon was my national championship title in Weiswampach in August. For the other 3 triathlons I always missed the podium or got a top 10.

I'm also quite happy to have been able to combine my 1ere and my training this year.

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

Funny enough, swimming is my favourite discipline as of now. Even tough I still suffer most of the time while swimming, I enjoy going to practice and slowly but surely see some progression. For me, swimming has always been one of the hardest sports, so getting better at it is satisfying.

My favourite training sessions are track sessions in a group. I am able to push myself a bit more than if I have to do them alone.

How many hours a week do you train?

The volume of training varies quite a bit but it is usually around 14 to 20 hours a week including strength training and stretching. In a week, I usually have 4 to 5 swims, 3 bike rides, up to 3 runs and strength training twice. The form of my training week is shaped by my university timetable, the sessions in a group and my personal training needs.

How do you make a living?

This October, I started my studies in medicine in Freiburg (GER), so sadly I won't make any money in the near future. With the support of the FLTri and the University of Freiburg, I got the chance to be a university athlete, which means that I am able to combine my studies without compromising my training. Of course, the combination of triathlon and medicine is not the easiest, but I think it is very much doable. I also heard that being a student is nice, so being one for at least 6 years seems fun.

Favourite food? Is nutrition something you pay attention too?

Definitely peanut butter-banana pancakes and every kind of cake. I am also very picky with coffee, I really enjoy an authentic espresso or cappuccino. For the rest, I try to eat enough calories so that I am not in a calorie-deficit too often in order to prevent injuries. Any other hobbies except for triathlon? I like to experiment around with my espresso machine with the goal of making the best espresso I possibly can. Otherwise, I like to play piano since it helps me relax and by learning new pieces I keep my mind busy, sadly, I don't play as often as I would like to do.



• SAMANTHA ECKER

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

In March 2019, thanks to two friends (you can call them that after 3 years) I signed up for Ironman 70.3 Slovenia that following September. At that time, I did not even own a bike and I had not really been to the pool since high school. Actually, I had only been running pretty irregularly without any goals except to switch off from work.

I had done gymnastics before but had no endurance background. I admired people who were able to fit triathlon, work and social activities into their everyday life and told myself that with a bit of discipline I would be able to do the same. After that, everything went very quickly. I bought my first road bike in March 2019 and did my first sprint triathlon in Lebach, Germany. After I finished my first half distance that September, I was flashed and wondered how much I could improve in the three sports.

What are your aims in the sport?

My main goal is to keep having fun doing the sport and to improve without major injuries. Of course, I would be happy to have a top 5/top 10 finish in my age group. In the long run, I want to find out how my body can cope with a long distance triathlon and to be able to qualify for Hawaii, the big dream for many athletes I believe.

What are your biggest achievements so far?

Difficult to say, but I can not really complain about my last two seasons. To win my age group at Remich 70.3 and to qualify for the World Championships in Utah this year was definitely a highlight. Furthermore, to surprisingly win the national title in Remich was the cherry on the cake in my relatively short triathlon career.

How many hours a week do you train?

During the season, between 12 and 18 hours a week. During winter, it is 2-4 hours less just because there are no long bike rides on my training schedule. During training camps, it can however be way more than 20 hours.

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

I think through triathlon, I definitely discovered cycling for me. You can discover so many places quickly and it gives you a sense of freedom. Furthermore, when your body is absolutely cooked, you still move forward on the bike, unlike when that happens to you running. Training-wise I have no favorite session. I am sometimes happy to just be able to do a long run and I curse interval sessions. However, on other days, I am happy to do them because they give me confidence for the races ahead.

How do you make a living?

Unfortunately not with triathlon, so I have a regular 40 hour working week as a financial investigator at the Police.

Favourite food? Is nutrition something you pay attention to?

Salty: Definitely hummus, be it with falafel or hummus with vegetables as a snack. Sweet: Pancakes with Nutella, a classic. Otherwise, I have not been eating meat for a couple of years and very little fish and I pay attention not to eat too much junk food.

Any other hobbies except for triathlon?

I still try to go to the gym on a more or less regular basis, mainly to stay injury free. If time allows, which is not often unfortunately, I like playing tennis or squash with friends because I did play tennis regularly at university. When the weather is bad, or during winter in Luxembourg, I could also cite Netflix binge watching as a hobby, whether that is on the couch or on the home trainer.





AURELIEN CARRE

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

I started triathlon when I was 9 years old. At the beginning, it was just for fun and I didn't like to compete. The one who motivated me was my brother and of course my club Trispeed Mamer. With time, I got the taste for it and today I do it every day.

What are your aims in the sport?

The first goal is to have fun of course. The second one is to achieve the most ambitious goals like going to the Olympic Games, everybody dreams of that.

What are your biggest achievements so far?

Last June, I finished 22nd at the Junior World Championships.

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

ENZ

I like to go running in the forest, where everything is quiet but I still prefer to go ride my bike because most of the time you don't always ride in the same place and you discover new landscapes.

How many hours a week do you train?

On average, 13 hours a week, this can change depending on the schedule. However, this is not enough to be in the top tier. Swimming alone takes a lot of time to improve. Last year, some weeks were not very busy because of my final exams. This year I am taking a study leave and I plan to train between 18 and 20 hours.

How do you make a living?

At the moment I'm a student at the engineering school in Lille so I still don't make a living.

Favourite food? Is nutrition something you pay attention too?

I like pizza but I have to say that I don't eat it often. Of course nutrition is very important, especially before races.

Any other hobbies except for triathlon?

I used to play football in a club, I liked playing football but at some point I had to choose between football and triathlon.







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STUDIO-LAND Baby, Kids & Jugend Welten



• ETU & ITU COMPETITIONS



• World Triathlon Rankings 08/11/2022

Jeanne LEHAIR World Ranking Continental Ranking	46 30
Eva DANIËLS World Ranking Continental Ranking	67 41
Bob HALLER World Ranking Continental Ranking	84 50
Gregor PAYET World Ranking Continental Ranking	94 55
Stefan ZACHÄUS World Ranking Continental Ranking	219 120
Joé KURT Paratriathlon Ranking	29



EUROPE TRIATHLON CHAMPIONSHIPS MUNICH

ELITE WOMEN

40 Jeanne LEHAIR

ELITE MEN

34 Bob HALLER DNF Lucas CAMBRESY

MPIONSHIPS

MUNIC

SIN'S CONTRACTOR STATE

• EUROPE TRIATHLON YOUTH CHAMPIONSHIPS LA BAULE

MIXED RELAY

6 David LANG, Mara KROMBACH, Poli STOFFEL, Gwen NOTHUM

GIRLS

- 15 Gwen NOTHUM
- 30 Linda KROMBACH
- DNF Mara KROMBACH

BOYS

- 12 David LANG
- 45 Ben SMALLBONE
- 46 Poli STOFFEL



• EUROPE TRIATHLON ELITE & JUNIOR CHAMPIONSHIPS OLSZTYN

ELITE	LITE WOMEN JUNIOR MIXED RELAY		DR MIXED RELAY
DNF	Eva DANIËLS	8	David LANG, Mara KROMBACH, Aurélien CARRE, Gwen NOTHUM
ELITE MEN JUNIOR WOMEN			
		JUNIO	DR WOMEN
48	Lucas CAMBRESY	JUNIO	OR WOMEN Gwen NOTHUM

JUNIOR MEN

28	David LANG

39 Aurélien CARRE

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MAURICE JIL LACROIX

CARRE

LUX

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DANIËLS

LUX

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• WORLD TRIATHLON JUNIOR & U23 RELAY CHAMPIONSHIPS MONTREAL

JUNIOR MIXED RELAY

15 David LANG, Gwen NOTHUM, Aurélien CARRE, Mara KROMBACH

JUNIOR WOMEN

Mara KROMBACH
 Gwen NOTHUM

JUNIOR MEN

6 David LANG

22 Aurélien CARRE

• WORLD TRIATHLON U23 **CHAMPIONSHIPS ABU DHABI**

U23 MEN

Lucas CAMBRESY -> qualified for the race end of November 2022



• WORLD TRIATHLON SERIES

YOKOHAMA

ELITE MEN

36Gregor PAYETDNFBob HALLER

MONTREAL

ELITE WOMEN

8 Jeanne LEHAIR 16 Eva DANIELS

ELITE MEN

42 Bob HALLER45 Gregor PAYET

CAGLIARI

ELITE WOMEN

30 Jeanne LEHAIR

BERMUDA

ELITE WOMEN

19 Jeanne LEHAIR

ELITE MEN

30 Gregor PAYET DNF Bob HALLER



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.





Stay informed and like our official social media pages!



ALOHA HAWAII

THIERRY MAJERUS

After I had the chance to qualify for Kona during my first long distance race in 2021 in Lanzarote during the Military Championships, my dream came true! It was a unique experience to be able to start at the birthplace of triathlon. To swim at the Pier in Konaze, to cycle over the Queen Kaahumanu Highway, to run through the infamous Energy Lab and finish on Ali'i Drive, what more do you want as an athlete ?

As a sunshine person, I enjoyed the high temperatures and the humidity, otherwise it would have been difficult to make it through the day! Without greater difficulties, I made it to the finish line in 10 hours and 32 minutes which meant a 63rd position among 575 athletes in my age group (50-54).

The dream is over now but the memories will stay forever. Aloha Hawaii!

BRICE FACHEUX

The swim went well in terms of time. but it was a big battle throughout the 3.8km to find space between the competitors. Once on the bike, I quickly realised that I wasn't having a great day so I had to lower my intensity to save energy for the run. Fortunately, there was a little wind and I was still able to set my best Ironman bike time of 5:20. I ran well the first half of the marathon despite the sweltering heat but then I had patellar tendon pain that forced me to reduce my pace and take reqular breaks to apply ice. The last few kms were a real pain but I tried to keep smiling and enjoy the moment when I crossed the finish line.

Ine the end, I am very happy with my race and my result which has exceeded my expectations.

GEORGES REDING

I had a lot of respect to swim in the open sea but it turned out to be ok and after a lot of choas during the swim, I found my rhythm.

On the bike, I tried not to push too hard towards Hawi and managed to find a decent pace on the way back. I had one small panic moment when I cycled over a bottle at the aid station and only stayed on my bike by pure chance.

On the run, I felt ok but my feet were soaked and painful after 5 km on the run. I focused to fuel as much as possible during the aid stations and cool down because the temperature was rising up to 38 degrees on the tarmac. The first half went fine but from the 35th kilometer onwards, it got very difficult. However, I did not walk once. I am very satisfied with my result and enjoyed the atmosphere on the course.

ANJA DZIADEK

Like for every long distance athlete, it was also my dream to go to Hawaii. However, it always seemed impossible to me because only the best manage to qualify (for women, only one slot per AG). Furthermore, since I work as a teacher, I can not really take time off, plus Kona is very expensive.

When I crossed the finish line in Frankfurt, I could not believe it but I was European Champion in my age group and had qualified for Kona!

After that race, I had actually achieved my personal goals ; a swim under the hour and a good bike split. I thought that was it and I had achieved everything I had wanted to in the sport.

I kept on thinking that I would never make it to Hawaii but thanks to my family and my friends who pushed me to take the slot, I fulfilled my dream. My family and my friends supported me a lot before and during my preparation and I am very grateful for that.

Hawaii was actually one of the best experiences in my life. It was not only the race itself but everything around it. I was lucky to experience my stay with very special people and without them my travels to the Island would have been only half as enjoyable. Our training sessions, preparations for the race and the support during the race made this experience truly beautiful.

The Ironman Kona is very special and I can not really tell why I found the race so extremely difficult. A lot of athletes walked after 2 k on the run, started crying or never even saw the finish line. A lot of people told me that to race well in Hawaii, you need to have experience and that the second time around you usually have a better race. There are some things I would do differently now and therefore I am not done with Kona yet. I need to go back and do things better. :)



ANJA REHLINGER

When I first heard about the race date being announced of the Ironman WC 2022, it was my dream to participate because it should take place on my birthday. Finally, the race was split over two days. I managed to get my slot in Poland in August 2022, one of the last races to qualify for 2022. What a joy, as my boyfriend and many other friends had already been qualified.

So, it was destination Big Island for the first time. Once arrived, with all the bags and the bike, I was impressed by the beauty of this island.Unfortunately a little bit too far from Kona, we did not participate in all the pre-race activities, like the underpants run or the coffee boat every morning.

But time passed quite fast, so here we were, 6th October in the morning, race day. Everything that could possibly go wrong, went wrong. Too late for the start, I had to wait for the next age group to start the swim, I was feeling sick on the bike and the run, and struggled to finish the race. In the end, I was a finisher, but really not satisfied with my time. So, the upside of the story is that I will return again. ;)

MARC D'HOOGE

A first participation in the mythical and unique Ironman World Championship in Kona is always a reward for many years of work, devotion and determination. Just before the swim start, I turned around in the clear blue water, admired the beauty of the island for a brief moment and overlooked the excitement and buzz on the shoreline, and my only thoughts were: this is your day; enjoy it as much as you can; be grateful for being here, together with the world's very best, and be able to compete in the top notch event of the sport you love so much.

The course as such may not be the most beautiful one. It may also not be the hardest one. I confirm: all this is true. But ... it is Kona. There is something magical about it, difficult to describe, but it definitely makes me want to go back. :)

JEROME EWEN

We got to the island a week before the start to acclimatize as much as possible but that was not enough as I later realised. On race day, start at 6:40 in the biggest aguarium in the world and I managed to finish the swim under the hour. On the bike, I lost my nutrition after 14 k and had to improvise. I managed to do that and got myself up to the 12th position. After 175 km, I had to take a five minute penalty for drafting where I could mentally prepare for the run. On the run, I quickly realised that I had two options; stop after 20 k because of a heat stroke, like in Vichy 2019, or run slower. So, I finished after 9h31, slower than anticipated but very happy to hear Mike Reilly's words 'You are an Ironman'.













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• MIDDLE & LONG DISTANCE WC

• Ironman St. George 2022

Marc D'HOOGE

TIME: 15:24:49

19 DIV RANK: 131

Adrien ROSSIGNON

DNF



• The Championship Samorin

Sam PETERS	TIME: 05:13:33	DIV RANK: 32
Thierry MAJERUS	TIME: 04:48:33	DIV RANK: 9

• Powerman Zofingen

Christopher DOYLE	TIME: 08:10:50	DIV RANK: 2
Mario ARMANO	TIME: 08:06:39	DIV RANK: 2

• Ironman Hawaii 2022

Brice FAUCHEUX	TIME: 10:19:13	DIV RANK: 137
Thierry MAJERUS	TIME: 10:32:30	DIV RANK: 63
Anja DZIADEK	TIME: 10:52:58	DIV RANK: 37
Anja REHLINGER	TIME: 11:35:38	DIV RANK: 74
Georges REDING	TIME: 11:35:51	DIV RANK: 414
Marc D'HOOGE	TIME: 13:31:29	DIV RANK: 286

• Ironman 70.3 St. George

Olivier GODART	TIME: 04:07:27	DIV RANK: 3
Adrien ROSSIGNON	TIME: 04:14:30	DIV RANK: 34
Sylvain GEORIS	TIME: 04:26:17	DIV RANK: 58
Eric GONDERINGER	TIME: 04:34:01	DIV RANK: 103
Brice FAUCHEUX	TIME: 04:44:39	DIV RANK: 49
Dylan MATHAY	TIME: 04:53:13	DIV RANK: 224
Antonio JIMENEZ SANCHEZ	TIME: 04:53:44	DIV RANK: 246
Matheus PONTES	TIME: 04:57:11	DIV RANK: 106
Raoul MAYER	TIME: 05:09:18	DIV RANK: 236
Marc THEOBALD	TIME: 05:12:47	DIV RANK: 104
Florence COSSE	TIME: 05:13:04	DIV RANK: 49
Samantha ECKER	TIME: 05:13:46	DIV RANK: 54
Aloyse SCHARTZ	TIME: 05:43:18	DIV RANK: 223
Martina ILIJANIC	TIME: 05:47:03	DIV RANK: 125
Marc D'HOOGE	TIME: 05:50:02	DIV RANK: 239
Jacky PAUCET	TIME: 05:57:31	DIV RANK: 491



SUPERLEAGUE & ARENA GAMES



Over the last couple of years you have probably seen some of our Luxembourgish athletes compete at new event formats like the Super League Triathlon or the Arena Games. Here, we will give you a quick insight into both event formats.

First of all, the Super League Triathlon is usually held during the off-season. They all include the three sports but often under different formats to test athletic ability and further the excitement of the fans.The usually short loops leads to fast and aggressive styles of racing. This also means that the race can be based in a city, giving easy access for spectators and allowing spectators to repeatedly see athletes pass. The current five race formats are:

• **Triple Mix** Three short triathlons are raced but in each triathlon the order of

the disciplines is changed: the first is a traditional swim-bike-run; the second is a run-bike-swim; and the third is a bike-swim-run, with a ten minute break between each stage to rest and reset their equipment ready for the next one.

• Eliminator Three short triathlons are raced but at the end of each triathlon the slowest are removed and do not start the next stage. After the first stage the 15 fastest race again then the top ten from the second stage advance to the third stage where the order over the line is the given order of the Eliminator.

• Enduro Three short triathlons are put into one long swim-bike-run-swimbike-run-swim-bike-run race with the added punishment that last two into transition after each discipline are eliminated. • **Sprint Enduro** The field is split in two by random draw, each half races a short triathlon with the first five from each half advancing along with the two fastest finishers not to automatically qualify. Those who advance race a shorter enduro race consisting of two short triathlons i.e. a swim-bike-runswim-bike-run race.

• **Equalizer** A two-stage race comprising an individual cycling time trial in for the first stage then the second stage a swim-run-swim-bike-run is raced with the stage started pursuit style with the time gaps from the previous time trial.

An athlete can only compete if they have contracts with the league. The world leading athletes are invited to sign contracts whereas additional contracts can be won in qualifier events and others sometimes awarded to local athletes. There is a total of 25 athletes for both the men's and women's competitions. Unlike in the traditional races, athletes do not wear their federation's colours but they all wear the same yellow jersey with the leagues sponsorship. Each jersey is however adorned with the athletes' national flag. Special jerseys are:

- blue fastest swim split from the previous round
- green fastest bike split from the previous round
- red fastest run split from the previous round
- white athletes under 21
- pink overall points lead

Each race consists of several rounds which are all awarded points that count toward their ranking. Furthermore, League points based on the overall placement are awarded. The athlete with the most League points at the end of the season is crowned the overall winner.

Arena Games Triathlon is a form of Super League Triathlon that blends real life racing and virtual racing. The swim

portions of the race take place in an Olympic standard pool, while the bike and run sections take place on the pool deck or pool's surrounding area, using static bikes and self propelled treadmills. The bike and run sections of the race are then brought to life by use of in-your-face cameras, capturing the athlete's reactions and emotions as the race unfolds, and through the training platform Zwift. This includes athletes each having their own race avatar (so that spectators can see the athlete's positions, in relation to each other, on the route selected on Zwift) and real time displays of power output and heartrate data.

At the Arena Games Triathlon, each swim is 200 m, each bike is 4 km, and each run is 1 km. AGT events are competed over heats and a final.The heats see two stages of swim-bike-run, which determine the athletes proceeding to the final. 10 athletes qualify for each event final. The final in competed of a over AGT race format. This means 3 back to back stages of swim, bike, run with minimal rest between each stage. A pursuit style start is adopted for the final stage, and the second stage takes the form reversed triathlon (run, bike, swim).



• FLTRI MEMBERS













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• THE PIONEER



JEANNOT ANTINORI

My sporting career began at the age of 10 when I got a football license at U.S.RÜMELINGEN. Here, I often played with Rene Lieners, through whom I later found my way to triathlon.

One Monday morning in 1984, I was at work during my lunch break reading the newspaper. Here, I read about a sports event called TRIATHLON where some crazy people swam in the rain in the cold Stauséi, then cycled from Lultzhausen to Ell to finish with a 10 kilometer run. One of these people was my friend René, who had participated because he had lost a bet. After the race, I asked him for clarifications and he was visibly enthusiastic about the race and the sport. However, for me, everything seemed too complicated.

In 1985, René was at it again and he was now raving about this sport and motivated me to start. Besides soccer, I had already participated in a few road races but swimming and cycling, I still had to learn.

On 16th September 1985, my first day of training consisted of a 45.5 km bike ride in the morning in 1:50 hours, 1 hour of weight training in the afternoon and a 6,4 km forest run in 31:45. Two months later, I was fully infected with the triathlon virus and I joined the TRIATHLON LUXEMBOURG club.

On 18th May 1986, I entered the big triathlon in AVIGNON. After 8 months of training, I raced the distance which is now known as a 70.3. These are moments you never forget when you are allowed to stand next to Mark Allen , Scott Tinley, Jean Luc Capogna as well as Dirk Aschmoneit. On the day,the rivers L'Isere and Rhone had high water, so they had to open the floodgates and we first had to swim 50 meters against the current before the race was stopped and restarted. Next to me, a young man was sitting in the grass who looked at me and said "c'est quoi cette merde". The young man was no other than Yves Cordier. I finished the race in 5:17 and here, in Avignon in 1988, I was privileged to meet the great Dave Scott.

When it came to triathlons, no distance was too far, no weather too bad. In 1987, I started in Nice at the World Championship over the ³/₄ distance (4/120/32) which no longer exists. It ended in a disaster as I DNF'ed. I reached for the stars but failed. However, in 1988, I made it in 9:17 hours at the same race.

In 1991, I competed in my last triathlon in Luxembourg when I was nicknamed "the living legend" of the Triathlon Luxembourg. Yet so many others deserved this title. I was never one of the top Luxembourg triathletes but Maybe it was my openness and honesty that people appreciated? Or was it because I have never seen anyone as an opponent in triathlon but as a family member?

Me, a legend ? No, but very much a pioneer of this sport in Luxembourg.

Later, an 8-year break from triathlon followed before the virus got me again at the age of 40 and yet again a certain Rene Lieners had a hand in this.

I have never experienced triathlon, no, I have lived triathlon...until this day.



• TECHNICAL OFFICIALS

TECHNICAL WHAT? TECHNICAL OFFICIAL!

Technical Official (TO's) is just the fancy name for the referees and other officials who ensure the safety of athletes and spectators in triathlon and other competitions. They ensure that competitions are held in accordance with the rules and are conducted in the spirit of good sportsmanship and fair play at all times. There are many exotic titles such as Technical delegate, Wheel station, Aid station, Race control office, Protocol, Vehicle control and many more. In Luxembourg, due to the restricted size of our events we generally have a head referee and referees for swim, bike, run and transition depending upon the nature of the competition.

It is not always apparent but TOs do not enjoy issuing penalties. One measure of a good competition is one where no penalties have to be administered. TOs recognise that athletes have invested many hours of training and made many sacrifices to participate in this sport that we all love and feel passionate about. Whether an athlete is chasing a National title, an Age Group podium or performing better than their last race, TOs aim to create a positive race experience for all athletes.

When issuing a penalty it is not the intention of a TO to ruin the experience of race day and leave a bad feeling towards the sport that everyone loves so much. The first instinct of a TO is to prevent an infraction by alerting an athlete about a possible rule violation by giving a verbal warning. TOs try to have a proactive approach ensuring safety and fair play and education at all times. Our philosophy is educate and correct before a violation occurs.

TOK, WHERE'S THE TIK?

TOK or Transfer of Knowledge is a key part of the role of the TOs. TOs try to share knowledge and experience with athletes to explain the logic behind the rules so they do not accidently commit a violation. The love of the sport can lead to strong passions so not every decision from a TO is always appreciated. Athletes that feel they have unfairly received a penalty can of course make an official appeal against the penalty. Before taking the step to lodge an appeal athletes are first invited to discuss with the TO or Head Referee to get a better understanding of why the penalty was given.

TOs will also try to share experiences with the event organiser. After events, the head referee will try to complete a debrief with his/her team and share things that worked really well and things that could be managed differently with the organisers. The head referee is always aware that due to the size of our events and number of volunteers available to deliver them that organisers are not always in a position to do everything.

I KNOW I LEFT IT HERE

Picture it, you are competing in your first IM 70.3 in Remich. You have just



finished the 1.9km swim ready to leave the changing tent and find your bike. But where is it... somewhere in the transition area, along with 2,300 other bikes! Wouldn't it be tempting to somehow make sure your bike stands out so you can easily find it? Some athletes have mastered the art of making their bike position stand out. Unfortunately, marking of positions in transition is forbidden. Marks, towels and objects used for marking purposes will be removed and the athletes will not be notified. So don't do it as you may end up losing time looking for your mark which is no longer there.

LUXEMBOURG TEAM

We have a small but dedicated team of technical officials, without whom we would not be able to organise competitions. 2022 saw a return to a more normal event calendar with 10 events during the sporting year. A huge thanks to all officials who participated, whether in one or many events. Without your support and dedication nothing would be possible.

We are committed to fairness, respect and gender balance We are looking to increase the pool of TOs and better balance our gender mix and hope to organise a Basic Level training in 2023 (4 to 6 hours). If you are interested in joining our TO team and would like to complete a training course then send your interest to juge@fltri.lu and we will inform you once the details of the course have been finalised.

FLTRI Yearbook 2022 www.fltri.lu

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