



YEA R B O O K
2025

**FLTRI
YEARBOOK**

2025

www.fltri.lu

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cooperation of the FLTRI board

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TABLE OF CONTENT

INTRODUCTION

THE FEDERATION 2025

NATIONAL CHAMPIONSHIPS

SHARED EXPERIENCE WITH...

FLTRI LABELS

DISCUSSION WITH...

ET & WT COMPETITIONS

MIDDLE & LONG DISTANCE

A WORD WITH...

THE CLUB ON THE RISE

FLTRI MEMBERS



The beginning of any new Olympic cycle is for most elite athletes and coaches the moment to reflect on past achievements and to set new goals and strategies for the upcoming four years. While our athletes seized the opportunity to venture into uncharted territory, by practicing new distances or start double career projects, the board of Luxembourg Triathlon managed to implement strategic structural reforms. As a matter of fact, thanks to the financial support of the Ministry of Sports, the federation advanced towards greater professionalism by hiring a new administrative director at the beginning of this year.

At the club level, ongoing efforts to enhance youth development have indeed reached new heights. This progress is especially noticeable among smaller clubs, where initiatives have broadened access for aspiring youth athletes. Young triathletes seeking suitable training venues are no longer restricted to just a few "traditional" triathlon hotspots. Thanks to these improvements, regions that were previously considered triathlon "deserts"—such as North Western

Luxembourg—now offer coaching and training opportunities, ensuring that youth development is supported across the entire country.

The federation has seen a significant increase in demand for LUXQF3 coaching qualifications. This year, a record number of aspiring coaches registered for the qualification, reflecting the growing interest and expansion of coaching opportunities within Luxembourg Triathlon.

New initiatives are underway to expand racing opportunities for youth athletes. In collaboration with local clubs, Luxembourg Triathlon plans to launch a new league specifically for youth athletes, starting in 2026. This project aims to further support and develop young talent across the country

In terms of sports results, 2025 didn't disappoint either. Among our elite athletes, Jeanne Lehair distinguished herself in 2025 by consistently delivered exceptional performances throughout the season, securing victories in the Super Tri Series, a WTCS stage in Yokohama, and several other major world class races

At the season end Olympic Distance Triathlon World Championships, final held in Wollongong, AUS, two of our elite athletes, Lucas Cambresy and Jeanne Lehair managed to finish in the top 10 in their race resp; their ranking. Our junior athletes followed suit by placing two male athletes in the top 25 at the same world championships. Unfortunately, a crash at the end of the bike segment prevented our junior girl to finish in the top 5.

Long and short distance athlete, Gregor Payet, managed a real breakthrough this year by winning his first Half Ironman race and by ending his season in 10th position at 70.3 World Championships in Marbella.

Beyond the world stage, our youth athletes had a solid showing at the European Championships held in Kitzbühl, and more than a dozen athletes competed in the French Championships Jeune.

The CSN club has once again secured the club championship trophy, achieving this honour for the second consecutive year. This remarkable accomplishment is a testament to the strength and effectiveness of their youth development

programme, which continues to produce outstanding results.

Congratulations goes out to all the athletes and coaches who have contributed to making this season a successful one. While winning and sport results are important achievements, maintaining good health should always remain your top priority though.

President
Christian Krombach



THE FEDERATION 2025

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Michael Kunde
Directeur Administratif
National



Lina Russo

"For me, the worlds champs have been divided into two goals:

First, to ensure the complete medical care of the athletes, on the other side of the globe. We were going to have to be in anticipation and not reaction.

"In high-level sport, the physiotherapist who reacts has already lost. The one who anticipates performs."

NATIONAL TEAM PHYSIOTHERAPISTS

The other part of my job was to lend a hand to Thomas and Cyril in the psychological support of the troops:

Personalized emotional management, team cohesion, stress regulation in times of high pressure ;).

It is important to me to point out that the "team mindset" was once again excellent, despite the importance of the competition.

"I was asked to go to Australia to take care of the bodies of the best triathletes in the country. I was also asked to take care of souls. I did both, and I loved it."

Nicolas Lepinois



Arnaud Van Den
Berghe



Nicolas Lepinois

TECHNICAL STAFF



Thomas Andreos
National Technical
Director



Cyrille Eple
National Coach



Vladimir Zic
National Coach



Thierry Kohn
National Team
Assistant Coach



Sally Dickes
National Team
Assistant Coach



Marc Plata
National Team
Assistant Coach



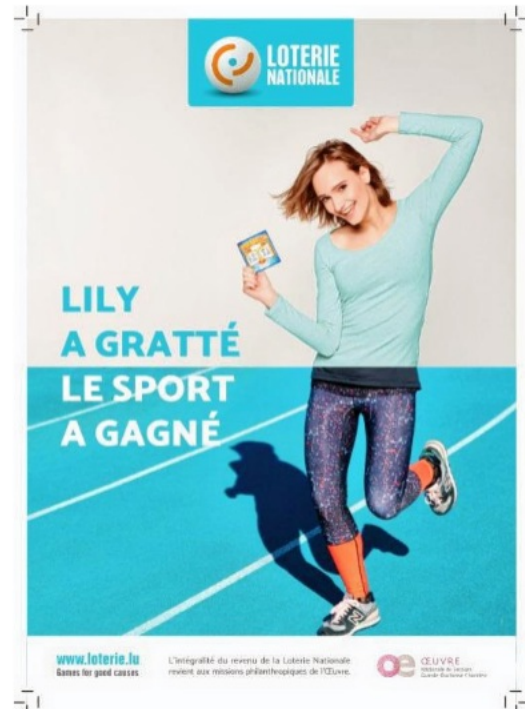
Charel Trierweiler
National Team
Assistant Coach

As a swim coach for the FLTRI, I adopt an active pedagogy where each swimmer tries to understand what he's doing and how to adjust his gesture to progress. Technique remains the heart of my work: coordination, automatism and efficiency of movement.

Relaxation and breathing are the two pillars of this approach. A relaxed swim glides better, consumes less energy and leaves the body available to produce speed. Controlled breathing stabilizes the swimmer, balances the movement and optimizes the effort.

This technical-breathing-relaxation combination allows each triathlete to swim with greater ease, reduce energy expenditure and express their full potential, in training and in competition.

Marc Plata



CADRES FLTRI 2025

A

B

C

Cadre Espoir Triathlon

Linda Krombach
Théo Marti

Tim Goergen
Tom Heyart
Eva Krombach
Pol Stoffel
Sebastian ZIEKMAN

Manon Schiltz

Cadre Triathlon Sprint et Standard

Lucas Cambresy
Aurélien Carré
Eva Daniels
David Lang
Jeanne Lehair
Gregor Payet
Stefan Zachaus

Mara Krombach

Cadre Triathlon Longue Distance

Stefan Zachaus



CADRES ELITE 2025

Cadre COSL

Eva Daniels
Jeanne Lehair
Gregor Payet
Stefan Zachaeus

Linda Krombach (promotion)
David Lang (promotion)

SSEA

Section des sportifs d'élite de l'armée

Gregor Payet
Stefan Zachaeus





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TRIATHLETES AT SPORTLYCEE 2024-2025

Tim Goergen
Stella Heyart
Tom Heyart
Eva Krombach
Linda Krombach
Mara Krombach
Sarah Mousel
Charel Schiltz
Manon Schiltz
Pol Stoffel
Jan Steiner
Tim Steiner
Lou Van den Bossche
June Weis
Sebastian Ziekman



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Big Thanks to all our
sponsors and partners



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ZURCHER & ASSOCIÉS
Agence Principale d'Assurances



FLTRI CALENDAR 2025

- 12.01 FLTRI Indoor Aquathlon - Loterie Nationale
- 26.01 20. Minett X-Duathlon
- 27.04 Musel Triathlon Grevenmacher
- 11.05 7. Duathlon Junglinster - Agence Steve Greisch FOYER
- 15.06 4. Eislek X-Duathlon
- 05.07 39. FOYER Triathlon International Echternach
- 13.07 Ironman 70.3 Luxembourg
- 23.08 Wämper Triathlon
- 20.09 Aquathlon Team X3M Snooze
- 12.10 Agora Red Rock Challenge X-Duathlon



LUXEMBOURG
TRIATHLON



INDOOR AQUATHLON 11.01.2026



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ZÜRCHER & ASSOCIÉS
FACHFÜR STRATEGISCHES MANAGEMENT

WILWERT

©dupuis 1952

G-art

TRAINING PEAKS



RESPIRE
CLIQUEZ POUR EN SAVOIR PLUS

LUXEMBOURG
LET'S MAKE IT HAPPEN

Z3R00



FLTRI

NATIONAL CHAMPIONSHIPS

MIDDLE DISTANCE TRIATHLON

LUXEMBOURG WOMEN

1. Anne REISER
2. Sophie MARGUE
3. Laura GROBER

LUXEMBOURG MEN

1. Moris BRUST
2. Adrien ROSSIGNON
3. Leo DISWISCOUR

AGE GROUPE CHAMPIONS

- F25. Anne REISER
F30. Laura GROBER
F35. Sophie MARGUE
F40. Catherine LORANG
F45. Zina DEAMER

- M18. Karim MOUSSAID
M25. Moris BRUST
M30. Adrien ROSSIGNON
M35. Daniel RECKINGER
M40. Steve WEILER
M45. Claude BERG
M50. Thierry MAJERUS
M55. Samuel HIGUERA
M60. Serge KREMER



STANDARD DISTANCE TRIATHLON

LUXEMBOURG WOMEN

1. Anne HILGER
2. Daniele FLAMMANG
3. Lena LOFFLER

FLTRI CHAMPION WOMEN

Haitske OVERBEEK

YOUTH A GIRLS

Amy FELLER

YOUTH B GIRLS

Julia KNAPIK

YOUTH C GIRLS

Lyel HEVER

LUXEMBOURG MEN

1. Théo MARTI
2. Pol STOFFEL
3. Mike HEUSCHLING

JUNIOR MEN

Pol STOFFEL

YOUTH A BOYS

Nils HENDRIKS

YOUTH B BOYS

Paul MOOG

YOUTH C BOYS

Jaques ENGEL

AGE GROUPE CHAMPIONS

F25. Anne HILGER

F55. Daniele FLAMMANG

M18. Théo MARTI

M25. Mike HEUSCHLING

M30. Raoul GRUN

M35. Tom SCHMIT

M40. Bruno BRUGGEMANN

M45. Jean Marc MAURON

M50. Steve FELLER

M55. Bernard PIRET

M65. René LIENERS



SPRINT DISTANCE TRIATHLON

LUXEMBOURG WOMEN

1. Linda KROMBACH
2. Eva DANIELS
3. Anne HILGER

JUNIOR WOMEN

Linda KROMBACH

LUXEMBOURG MEN

1. David LANG
2. Sebastian ZIEKMAN
3. Aurélien CARRE

JUNIOR MEN

PoI STOFFEL



AGE GROUPE CHAMPIONS

- F18. Linda KROMBACH
F25. Anne HILGER
F55. Sheila SCHEUER

- M18. David LANG
M25. Mike HEUSCHLING
M35. David KLEIN
M40. Duc FEHR
M45. Gavin HODGSON
M50. Steeve CARRE
M55. Christian LAPLUME
M65. René LIENERS



DUATHLON STANDARD

LUXEMBOURG WOMEN

1. Anne REISER

LUXEMBOURG MEN

1. Tim DIEDERICH
2. Moris BRUST
3. Adrien ROSSIGNON

JUNIOR WOMEN

Linda KROMBACH

YOUTH A GIRLS

June WEIS

YOUTH B GIRLS

Manon SCHILTZ

YOUTH C GIRLS

Maxine LIBENS THEIN

JUNIOR MEN

Pol STOFFEL

YOUTH A BOYS

Sebastian ZIEKMAN

YOUTH B BOYS

Felix FOLMER

YOUTH C BOYS

Jacques ENGEL

AGE GROUPE CHAMPIONS

F25. Anne REISER

M25. Moris BRUST
M30. Adrien ROSSIGNON
M35. Tim DIEDERICH
M40. Tom SCHARFE
M45. Jean Marc MAURON
M55. Bernard PIRET
M60. René MAJERUS



CROSS DUATHLON



YOUTH A GIRLS

Amy FELLER

YOUTH B GIRLS

Manon SCHILTZ

YOUTH C GIRLS

Nora SIMON

LUXEMBOURG MEN

1. Pol FLESCHE
2. Nicolas TOUTSCH
3. Mike HEUSCHLING

JUNIOR MEN

Gilles BERG

YOUTH A BOYS

Emile VANOLST

YOUTH B BOYS

Tim STEINER

YOUTH C BOYS

Raphael SCHARFE



AGE GROUPE CHAMPIONS

M18. Gilles BERG
M25. Mike HEUSCHLING
M30. Patrick ZEPP
M35. Nicolas TOUTSCH
M40. Pol FLESCHE
M45. Jean Marc MAURON
M50. Steve FELLER
M55. Vadim SOROKIN

PARATRIATHLON

Joe KURT



AQUATHLON

LUXEMBOURG WOMEN

1. Jeanne LEHAIR
2. Linda KROMBACH
3. June WEIS

JUNIOR WOMEN

Linda KROMBACH

YOUTH A GIRLS

June WEIS

YOUTH B GIRLS

Manon SCHILTZ

YOUTH C GIRLS

Maxine LIBENS THEIN

LUXEMBOURG MEN

1. David LANG
2. Sebastian ZIEKMAN
3. Rémi HIRSCHAUER

JUNIOR MEN

Rémi HIRSCHAUER

YOUTH A BOYS

Sebastian ZIEKMAN

YOUTH B BOYS

Tim STEINER

YOUTH C BOYS

Emil GOERGEN

AGE GROUPE CHAMPIONS

F18. Linda KROMBACH

F25. Jeanne LEHAIR

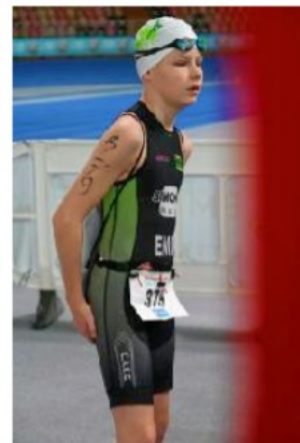
M18. David LANG

M25. Mike HEUSCHLING

M30. Patrick ZEPP

M40. Tom SCHARFE

M45. Marc GOERGEN



SHARED EXPERIENCE WITH...

René LIENERS

Sports career

42 years of triathlon, 40 Olympic distance championships from 1984 to 2025 (no championship in 2020 and 2021). At the elite level, I took part in two European Championships in 1988 (Venice) and 1993 (Echternach). I was three times champion (70.3), twice vice-champion (duathlon, 70.3) and twice third (DO). My best times are 2:02 on the Olympic distance (without drafting) and 4:15 on the mid-distance. In the age-groupers, 33 championship titles since 1999 and a total of 43 podiums.

Coaching career

Coach at the CAB since 1995 (the first club that offered triathlon training for young people) with a maximum of 7 sessions per week between 2002-2003.

9 athletes were part of the national cadre from 2006 to 2018, winning 18 championship titles and 40 podiums in the elite category. My son Yannick's international career lasted 20 years and he participated in 15 European

and World Championships. He also participated in the Bundesliga championship. He was 11 times national champion and in all 24 times on the podium. He finished 4th at the European Junior Championships in duathlon, 27. at the World Championships in Budapest and 27. at the Junior World Championships in Hamburg. He competed in the 2010 European Elite Triathlon Championship (DO) in Athlone, Ireland. My daughter Sandra has been 3 times champion of Luxembourg and has made 7 elite podium places.

Officiating career

Member of the CAB committee since 1996, member of the national triathlon committee from 1997 to 2003, founding member of the fitri in 2003, member of the board of directors of the fitri from 2003-2008

Organizer

CAB races
22 Belvaux/Ehlerange Duathlon from

1996 to 2018 (1st edition 1987)

The CAB was the first club to organise races for young people (1989), I have been organising races for young people since 1996

21 X-Duathlon Belvaux 2004-2025

When did you start triathlon?

In 1984, I competed in every Olympic distance triathlon championship. I have been involved in all the organisations of the Trilux in Echternach and the Celtic in Weiswampach

Why did you start triathlon?

It was a gamble with my two brothers-in-law, for the first two editions I didn't have a bike and I had to borrow a half-race bike

Sport, and more particularly triathlon for the Lieners, is it a family affair?

When I started coaching the young people of the CAB, my children, Yannick who played football and Sandra who played the piano, took part in some training sessions and as it was a nice group they stayed. In 1998 I organized triathlon training for

the under 14s and they were immediately part of the group

What is your relationship with the CAB club?

Faber Lucien, the founder of the CAB, also lived in Ehlerange and he had already been offering me to join the club for some time. But the idea of creating a triathlon section with training for young people caught me

René Lieners



Time and Security

Temps de présence

Temps de production

Alarmes

Contrôle d'accès

Vidéo-surveillance



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FLTRI LABELS

LADIES FOR TRIATHLON

2 étoiles



YOUTH FOR TRIATHLON

3 étoiles



2 étoiles



1 étoile



DISCUSSION WITH...

Sam PETERS

When did you start triathlon?

I did my 1st triathlon in 1999 - it was the discovery triathlon in Echternach. I participated in high school for LASEL

Why did you start triathlon?

I started triathlon because it's a complete sport, you have to perform in the 3 disciplines, it's a sport that is practiced mainly outside, in nature, it's never monotonous

Sport, and more specifically triathlon, is a family affair

Not at all, my father was a footballer and my mother was a horseback rider. On the other hand, my great-cousin, Patrick Heuschling, practiced triathlon. In the meantime my brother has started triathlon; he did his 1st middle distance in June

What are your best memories in triathlon?

1st junior national champion title in 2002 in Mussbach, 1st long distance 2012 in Klagenfurt. In fact, there are too many good memories in lux triathlon to list them all. In 2018, I crossed the finish line of Ironman Frankfurt hand in hand with my wife

Tell us a little about this 2025 season, is it really the last time we will see you at the start of a triathlon

Definitely not :) On the other hand, I have changed my mind. I put less pressure on myself, I practice my favorite sport out of passion and not out of obligation, I don't do long distances anymore because it takes way too long and it's difficult to reconcile work, family life and sport

Will you stay in Luxembourg sport and in triathlon? What are your plans for the future? Coach?

I have coaching projects: I'm going to do training in order to be able to supervise athletes

Sam Peters

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pour votre santé
pour votre confort
pour votre performance



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à votre pratique et à votre niveau
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à votre historique médicale

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ET & WT COMPETITIONS

EUROPE TRIATHLON CHAMPIONSHIPS ISTANBUL

ELITE MEN

13. Lucas CAMBRESY



EUROPE TRIATHLON CHAMPIONSHIPS MELILLA

U23 MEN

10. David LANG

JUNIOR WOMEN

11. Linda KROMBACH

JUNIOR MEN

16. Remi HIRSCHAUER

60. Pol STOFFEL



ELITE WOMEN

24. Eva DANIELS

ELITE MEN

22. Gregor PAYET



EUROPE TRIATHLON YOUTH FESTIVAL KITZBÜHEL

GIRLS

51. Manon SCHILTZ

BOYS

15. Sebastian ZIEKMAN

30. Emile VANOLST

50. Tim GOERGEN



WORLD TRIATHLON CHAMPIONSHIPS WOLLONGONG

ELITE WOMEN

21. Jeanne LEHAIR



ELITE MEN

42. Gregor PAYET

U23 MEN

10. Lucas CAMBRESY

JUNIOR MEN

19. Sebastian ZIEKMAN

28. Remi HIRSCHAUER



My first experience at the World Championships was just incredible. Travelling halfway around the world to discover Australia for two weeks, with this great team and great atmosphere, is something I will never forget.

The race went pretty well and I gained a lot of experience... as well as a lot of desire for the future.

Sebastian Ziekman



EUROPE TRIATHLON JUNIOR CUP CHISINAU

JUNIOR MEN

1. Sebastian ZIEKMAN

2. Tom HEYART



The victory in Chişinău was a small form of revenge for me after missing several races because of stupid mistakes. It was a way to show that I was still in shape and ready for the big championships.

Sebastian Ziekman



BLED

JUNIOR MEN

28. Charel SCHILTZ

My first experience in the Junior European Cup was very positive.

This competition has motivated me to continue to progress and aim even higher for the next races.

Charel Schiltz



WORLD TRIATHLON SERIES

Gregor PAYET

- 15. WTCS KARLOVY VARY
- 42. WTCS FINALS WOLLONGONG

- 80. FINAL OVERALL RANKING

Jeanne LEHAIR

- 7. WTCS ABU DHABI
- 1. WTCS YOKOHAMA
- 7. WTCS ALGERO
- 7. WTCS HAMBOURG
- 2. WTCS FREJUS FRENCH RIVIERA
- 4. KARLOVY VARY
- 21. WTCS FINALS WOLLONGONG

- 6. FINAL OVERALL RANKING

David LANG

- 31. WTCS FREJUS FRENCH RIVIERA

- 156. FINAL OVERALL RANKING

Eva DANIELS

- 16. WTCS KARLOVY VARY

- 81. FINAL OVERALL RANKING

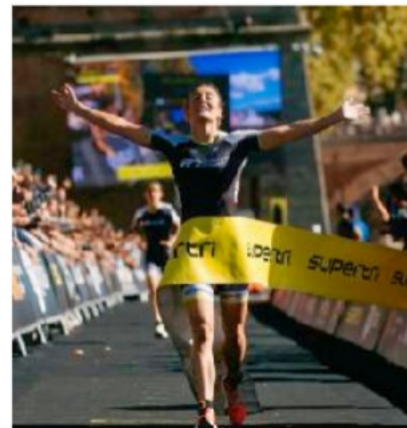


SUPER LEAGUE TRIATHLON

Jeanne LEHAIR

- 5. TORONTO
- 1. CHICAGO
- 1. JERSEY
- 1. TOULOUSE

- 1. FINAL OVERALL RANKING



MIDDLE & LONG DISTANCE

Gregor PAYET

2. Ironman 70.3 Zell am See

1. XL Gerardmer

10. 70.3 World championships Marbella



 **WILWERT**

depuis 1952



A WORD WITH...

Marc DHOOGHE, ETU PRESIDENT

A Luxembourger at the head of the ETU, it's a great first time

Indeed. To my knowledge, before me there were Michel Knepper and Eugène Kraus who were part of the ETU Board of Directors, but this must be the first time that a Luxembourger has become President of an international triathlon body. Moreover, and in general, I believe that the number of Luxembourgers who are active in European or world sports federations is very limited.

In my opinion, it is important for a small country like Luxembourg to be present at international level. I'm not the only one: there is also our Vice-President Tania Hoffmann who is a member of the World Triathlon Tribunal, and until recently our Board member Hendrik Fehr was in charge of the Audit Committee of Europe Triathlon.

As President of Europe Triathlon, I am also a member of the World Triathlon Board of Directors. So I'm present at

all levels, except the club level.

Is it a big challenge? We don't really know how a European federation works? What are the differences with a national federation or a club?

The European federation brings together 48 national federations. Of the five continental triathlon federations, it is the one that repeatedly sends the most participants to the Olympic Games. Although our continent has a great disparity between its most and least developed federations, our European federation remains the most developed of all, at the global level.

The most important challenge for the European federation is therefore to maintain this position, and therefore one of our main missions is precisely to implement our continuous development, whether for our federations, our athletes, our coaches or our officials. All these areas of development are of a capital nature.

On the other hand, our second main mission is to promote and maintain a calendar of international races at all levels in Europe, from Youth to Elite, including paratriathletes, and of course to organise all our Championships. Without races, there are no points. Without points, no participation in the Olympic Games. With the agreement in principle between World Triathlon and PTO, the architecture of international competitions in our sport will change very considerably from 2027 onwards. There will be a consolidation in this direction in the years to come, and a continent like Europe will have to find solutions to maintain its rank, and to allow our athletes not to have to travel the globe to be able to collect points.

At a higher level, triathlon, like almost any other sport, will have to prove its added value in order to continue to be part of the core sports of the Olympics. Until Brisbane 2032, everything is guaranteed. After that, nothing is certain. The IOC is facing a decrease in interest in a lot of Olympic disciplines, and we are looking for new disciplines that can be of interest to future generations. So we can't rest on our laurels!

So an ETU president is on all fronts of European triathlon? What exactly does it consist of?

As President, I am responsible for defining the policy and strategy of Europe Triathlon, together with my Board of Directors. In addition, I am also CEO and therefore also ultimately responsible for the day-to-day management, and the coordination of operations together with our 4 employees.

In addition to this, I am personally present at many of our events, as well as from time to time participating in conferences, workshops, festivities or others.

The function is therefore much more than just representative. It is clear that you have to like to travel to fulfill this function, and that you have to be very available. This role would be difficult to combine with another job!

You took great pleasure in your missions at the FLTRI. Do you have the same relationship with the ETU? Or can we talk about "pleasure" at the FLTRI and "work" at the ETU?

One cannot reason too much in terms of "work" if one wants to occupy such

a position. The role is voluntary and unpaid, and this has advantages and disadvantages. I think that, in general, it's good like that.

So basically you need a good dose of passion, otherwise it's not worth embarking on a 4-year term. The pleasure lies in the achievement of certain objectives, or in the impact that my commitment can have on the future of our sport, whether in Luxembourg, in Europe or at the global level. I've always been aware of the importance of contributing, no matter if it's as President, or as a volunteer at a competition on Sunday. Without the voluntary contributions of many people, our sport could not survive. And I am convinced that everyone can contribute, at their own level.

Do you have time left for your hobbies? For a little practice? Will you ever see you again at the start of a triathlon?

One thing is certain: I will not be seen again at the start of a triathlon! At least not in a wetsuit or swimsuit. I did my last Ironman in Kona in 2022; I couldn't have dreamed of a more beautiful climax. Triathlon has taken me to five continents, I've done

everything I wanted to do and I have no regrets about quitting. Neither is my back!

However, I found a new passion in golf, which is as addictive and captivating as triathlon, and much more athletic and competitive than you might think.

Marc Dhooghe



THE CLUB ON THE RISE...

CSN, by Romain SIMON

The CSN is the club on the rise. This year you win all the trophies in the Tour and Challenge classification. Can you give us your recipe for this success?

Our success is based above all on a united collective. Coaches and board members move forward together, in a climate of respect. Each coach has the freedom to flourish, while remaining aligned with the club's vision. We also make sure that each child finds his or her place: whether he or she practices triathlon as a hobby or in competition, with a lot or little ambition, everyone receives the same attention and consideration.

What do you think are the strengths of the CSN?

The CSN is distinguished by the momentum of its youth, the dynamic that drives each training session. Everyone is considered with the same attention, whatever their level, supported by a solid and benevolent club that promotes the development and progress of all.

Our strength is also based on the valuable commitment of parents, who supervise, give their time and volunteer at our events. Their involvement allows us to carry out all our organisations and to keep alive a dynamic, demanding... and resolutely human.

The club has an excellent relationship with the federation's coaches, which encourages some of our youngsters to join the framework and set ambitious goals.

The club has a special link with the Wiltz swimming club and the Diekirch cycling club. This collaboration allows some of our most ambitious young people to progress and live valuable experiences, such as swimming or cycling competitions. We warmly thank these clubs for their support.

You focus on the young public. How is this investment organised on a daily basis?

At CSN, our priority is for each young person to progress, to enjoy themselves and to naturally find their



place. Thus, the club offers swimming sessions divided into four levels, once or twice a week. In addition, there is running training, focused on endurance and technique. Finally, two sessions of Bike and Run, mountain biking or road biking are offered depending on the level and objectives of each young person.

What are the club's next objectives in terms of development and/or internal organisation for the future?

The club wants to strengthen its youth sector by encouraging its members to get an education as coach and supervise young people. We also want to improve our sports organisation by putting in place clear and well-structured processes.

In the medium term, the club plans to strengthen its adult triathlon section in order to facilitate the transition of young people and to support the continuation of their sport.

How do you see potential improvements for the next few years?

The club anticipates a development limit for its youth section around 2026, in line with its infrastructure and management capacities.

Romain Simon



FLTRI MEMBERS



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