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MAGAZINE n°152



EVENT

Challenge Family
The CHAMPIONSHIP

RACE REPORT

**70.3 Pays d'Aix, IM South Africa
marathon des sables, XTERRA...**

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MAGAZINE

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70.3 Pays d'Aix : This unheard of wild race took place the 1st May. Bertrand Billard win the second time this race



JacVan

The CHAMPIONSHIP...



> More details on :
www.thechampionship2017.com



A few journalists from the whole world were invited on April 20th by the Challenge Family organization in Samorin in Slovakia for the announcement of an event. And until the press conference, the staff cared about maintaining secrecy this announcement. And the time has come...



Challenge Family doesn't lack of resources and after having developed its events throughout the world in places sometimes very heavenly, its director settled a world-class meeting with the best triathletes of the world competing each other: the CHAMPIONSHIP.



The event will take place on July 3rd 2017 on a half distance in this wonderful center X-Bionic in Slovakia which is certainly the best sports center ever seen. A real paradise for the athletes which spreads on more than 100 acres and which allows to practice 27 Olympic sports! Triathletes will be offered for example, during their stay, to train in the indoor 50-meter-swimming-



pool or in the outdoor 25-meter-pool. The whole in a new center where well-being will be the rule.

Challenge offers again a new dimension for this inaugural event. But this wonderful landscape won't be the only attraction because the race will offer a total prize of 150 000€.



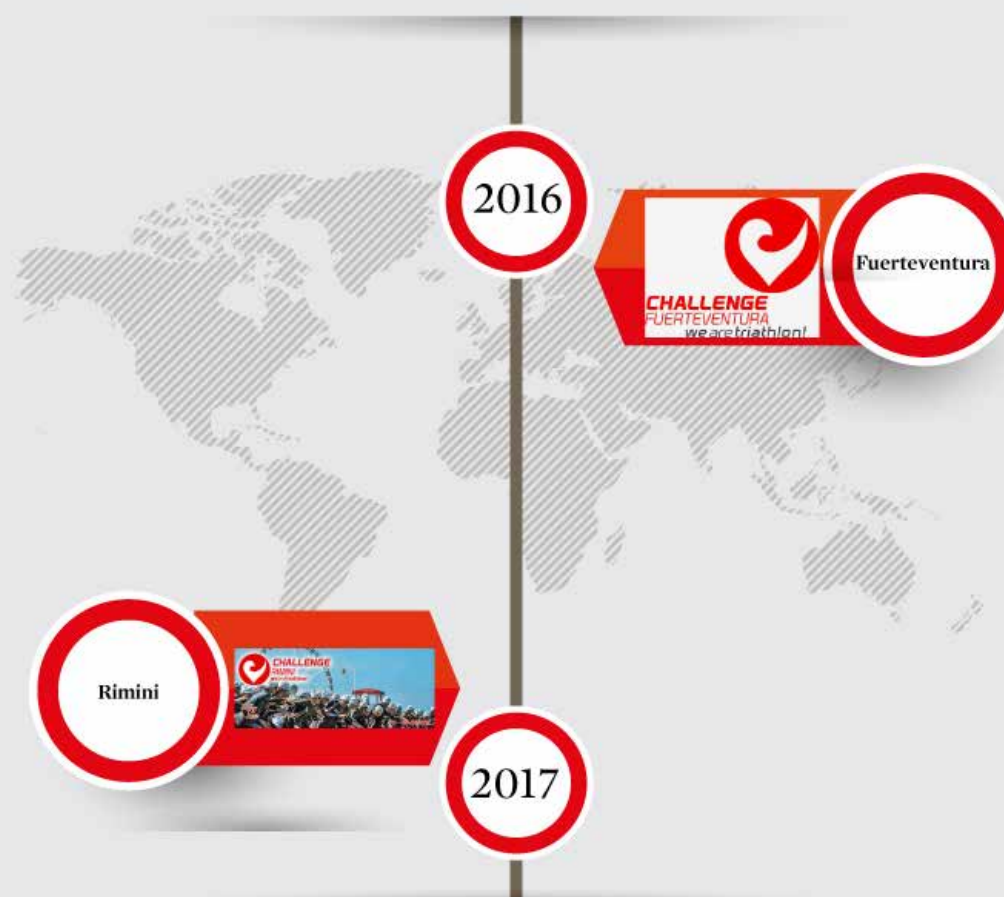
Qualification for the pros



5 premiers hommes et femmes des JO de Rio

Qualification period for 2017

Confirmer leur sélection par leur participation sur un événement Challenge au cours de la période de qualification



To access to this grand final, such as every championship, athletes will have to qualify on one of the races of the Challenge circuit throughout the world.

This race will be the key for the Pros and amateurs looking for a grand final but it won't be exclusively reserved to «challengers». Indeed, other races will be qualifying: the first 5th males and females of the Olympic Games in Rio, the first 3 of the ITU world ranking, the podium of the long distance ITU world championships, the top 5 of the IM world championships in Kona, the top 3 of the 70.3 world championships.

Those who will qualify on an event which doesn't belong to the Challenge circuit will however have to confirm their selection by participating to a Challenge event during the qualifying period which goes from 2016 with Fuerteventura until Rimini in 2017.



«We have the will to surpass our limits, give the best of ourselves. Our goal is to create new standards in triathlon and this Championship will have this function.» announced Zibi Szlufcik, the Challenge Family General Director.

«It's also a way to celebrate the success of our Challenge Family events around a grand final with a system of qualification accessible to every Age groupers as well as professionals.»



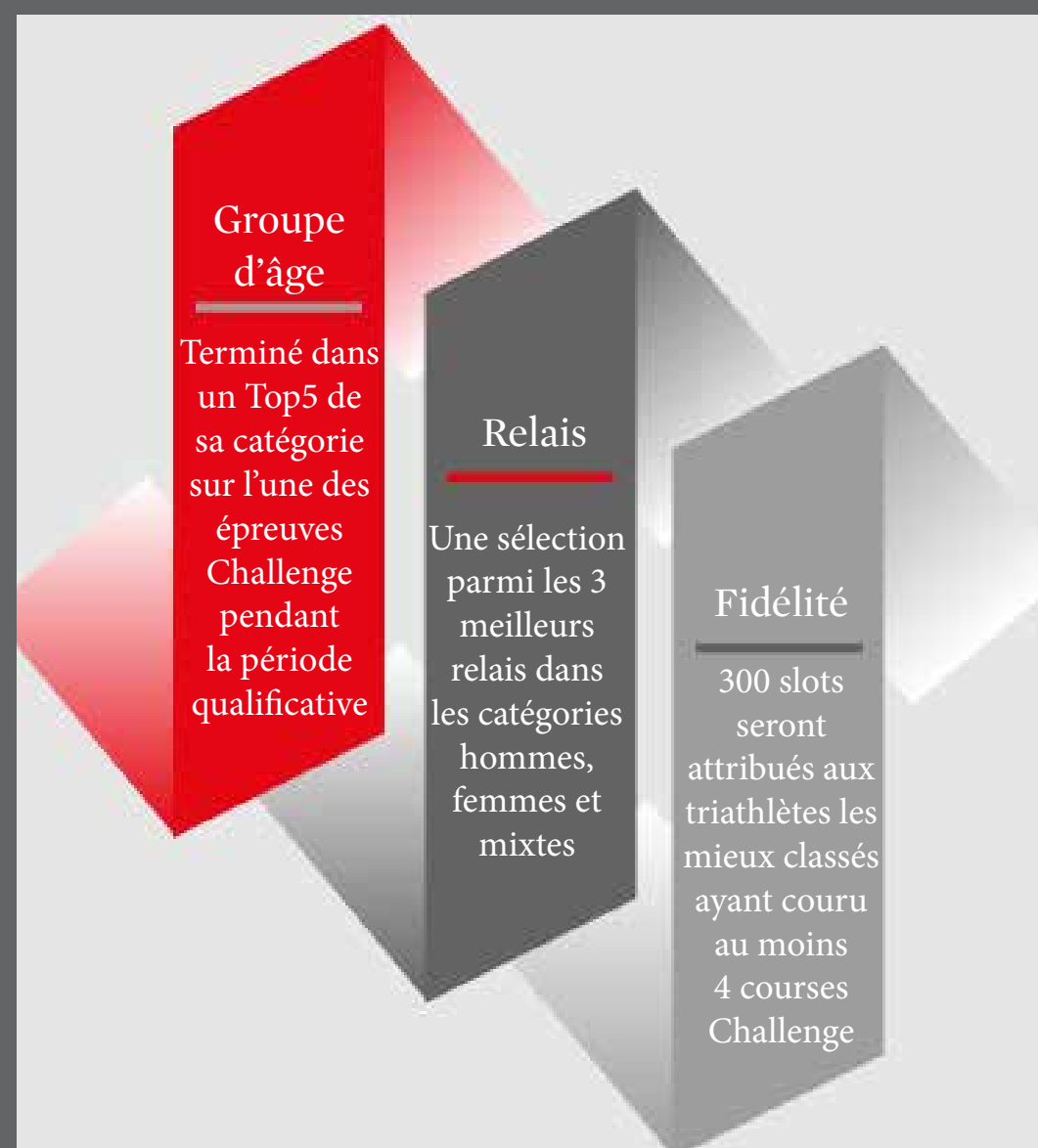
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Qualification for the age groups



To qualify in Age Group, athlete have to finish in a top 5 of their category on one of the Challenge events during the qualifying period. A selection could also be made among the 3 best relays in the categories males, females and mixed.

In order to allow as many people as possible to qualify to this big event, the fidelity of some triathletes will also be rewarded. Then, for the amateurs who didn't achieve to finish in a top 5, 300 slots will be distributed to the best-ranked triathletes who raced at least 4 Challenge races.



Championship 2017



Thus, there are many opportunities to qualify for the first CHAMPIONSHIP which will take place on June 3rd 2017 in Samorin on a half distance format. And for those who would like to have a foretaste of this event, it is possible to participate to the Challenge Samorin which will take place in August on the site of the 2017 grand final.

You should also note that the CHAMPIONSHIP will be held in Samorin in 2017 and 2019. The host city in 2018 will be announced soon.

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70.3 du Pays d'Aix :

An Aix-ceptional edition...



Alexandre Reynaud



Jacvan, Yann Photo et
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The French Bertrand Billard won the 6th edition of the Ironman 70.3 Pays d'Aix in front of the German Maurice Clavel and the Austrian Christian Birngruber. For the females, the Belgian Tine Deckers knocked off the competition. The German Julia Gajer and the British Nikki Bartlett complete the podium. The race was characterized by the removal of the swim part and by a very strong wind on the bike part.

Deprived of the swim part because of exceptional climate conditions in the beginning of May in the region of Aix (wind, 13,5 degrees in the water and 4 degrees in the air), the Lac de Peyrolles took on the appearance of time-trial start. After a raffle, the professional athletes started the race in «Rolling Start» every 20 seconds. The French Cyril Pochon was the first to start. Christian Birngruber was second, followed by David McNamee, Yvan Jarrige, and the regional Bertrand Billard. It's the first time in six editions that the Ironman 70.3 Pays d'Aix had to be a duathlon.

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The swim Rolling Start initially planned for the Age groups started on the bike.

The start, rolling and with the Mistral in the back, was an advantage for the strong cyclists. Thus, quickly, three men broke away thanks to their cycling abilities: Birngruber, Clavel and Billard.



After turning off in Pourrières, the triathletes had to face strong wind gusts. So the vineyards and the Sainte Victoire landscape turned into a wind tunnel but on the other side! The Col de Cengle, main difficulty of the day was once again this year

the justice of the peace. This is precisely at that place that the triathlete from the Triathl'Aix club, Bertrand Billard, did the same as two years ago and started to push hard to realize the best bike split.

On the run, Clavel and Billard confronted each other at distance, but the French didn't give up. The athlete from Aix crossed the line in front of the Paul Cézanne statue in 3h30'32». He wins for the second time there after 2014. The German finishes in 3h32'21». David McNamee tried to come back, but failed at 1» from Birngruber (3h34'21), and despite a half-marathon in 1h10'. «It was special today. The wind was really strong especially at the top of the Col du Cengle. Even if I run quickly, I'm disappointed especially because I'm a swimmer, and it changes everything...», said the Scottish after the finish.



Bertrand Billard commented the race format: «I thought about Bahrain in December where the swim was cancelled and where we started by group of 8 athletes. It was really special. But today with a start every 20 seconds it was legit. All along the bike course, I didn't have any information. I didn't know what was happening behind. I was pushing hard and this is just when I arrived in T2 that I knew I had done the fastest bike split. I stayed focused on myself. It was one of the goals of the season, it's my team's race, I wanted to do well there. I took a lot of pleasure today. I score 500 points today for Hawaii, Nice is coming soon and I really want to validate my slot for Hawaii.



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SIMPLY FASTER

Maurice Clavel commented on his choice to equip his bike of a disk wheel with such a strong wind : «I'm a strong swimmer and I'm used to take advantage and thus without the swim part it was a bit special. I don't know the race very well, I could only see it once with the car. Today with the Mistral, it was dangerous, I was close to falling 3-4 times, it was not very adequate with the disk wheel. My strategy was to break away from the kilometer 70 but I had no energy anymore. It was hard to accelerate to come back at less than 80 seconds. I'm very happy with my performance because it was not easy today.»



In the females race, Tine Deckers rode alone from the start of the bike, and she didn't stop increasing her lead. Never worried about her contenders that she totally outperformed, with no suspense, she won. It bodes well before the IM Nice which she will race at the beginning of June, up for a fifth victory.

«It was a very good day for me, on the bike, I was very strong. According to me, it was a good choice to cancel the swim because the water was really cold, but then

it's harder to measure oneself on the time-trial. After 15 km, I was already alone. There was a lot of wind, I had to pay even more attention. I know that Julia Gajer is strong on the run, thus I had to continue to deepen the gap because we never know what happens behind. I had good feelings, it's encouraging for Nice. It will be hard this year, there will be a strong field, but I feel able to win for the fifth time. I'm confident for the rest of the season.»

P5

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An Aix-traordinary atmosphere

Thanks to the increasing effort of the City Hall of Aix-en-Provence to help the organization of this Ironman, the race was broadcasted in live on a giant screen settled close to the finish on the Rotonde. The males race was followed by two cameras, while a third one was focusing on the females, innovation this year.



On the finish line, spectators could take advantage of the live. The order of the finish was not that of the final ranking (due to the Rolling Start), thus spectators were held in suspense until the confirmation of the French victory.

The Cours Mirabeau was turned into a mountain of the Tour de France. In a 2-meter corridor under the encouragements and applause, the athletes had the privilege to run in the most famous avenue of Aix.



TOP 10 MALES PRO :

1.Billard, Bertrand	(FRA)	+00:00	03:30:32
2.Clavel, Maurice	(GER)	+01:49	03:32:21
3.Birngruber, Christian	(AUT)	+03:49	03:34:21
4.Mcnamee, David	(GBR)	+03:50	03:34:22
5.Ouilleres, Gwenael	(FRA)	+03:53	03:34:25
6.Knossalla, Matthias	(GER)	+04:33	03:35:05
7.Jarrige, Yvan	(FRA)	+04:58	03:35:30
8.Hansen, Thomas	(DEN)	+06:29	03:37:01
9.Guilloux, Arnaud	(FRA)	+07:29	03:38:01
10.Koutny, Philipp	(SUI)	+09:18	03:39:50



All our photos are available on
our online library



<http://www.triathlon-hebdo.com/photos/>

TOP 10 FEMALES PRO :

1.Deckers, Tine	(BEL)	+00:00	03:56:18
2.Gajer, Julia	(GER)	+06:11	04:02:29
3.Bartlett, Nikki	(GBR)	+07:49	04:04:07
4.Morrison, Kimberley	(GBR)	+11:18	04:07:36
5.Stienen, Astrid	(GER)	+12:30	04:08:48
6.Tondeur, Alexandra	(BEL)	+16:04	04:12:22
7.Schink, Lina-Kristin	(GER)	+16:09	04:12:27
8.Gehnboeck, Sylvia	(AUT)	+17:27	04:13:45
9.Fondermann, Rebecca	(GER)	+20:32	04:16:50
10.Lisk, Ricarda	(GER)	+20:33	04:16:51





Back to the images on Cannes international triathlon



Triathlon L

TOP 10 MALES

1	DIEMUNSCH Etienne	03:32:08
2	MOLINARI Giulio	03:32:37
3	RAELERT Andreas	03:33:52
4	LANGE Patrick	03:35:25
5	STEGER Thomas	03:36:30
6	FONTANA Daniel	03:39:51
7	OUIILLERES Gwenael	03:40:52
8	KOUTNY Philipp	03:41:11
9	AERNOUTS Bart	03:43:14
10	BLANCHART Miquel	03:43:58



Giulio Molinari



Bart Aernouts



Etienne Diemunsch vainqueur

Triathlon L

TOP 5 FEMALES

1	CAVE Leanda	04:08:17
2	TONDEUR Alexandra	04:09:42
3	BOUSREZ Céline	04:12:50
4	BERNARDI Marta	04:16:40
5	VESTERBY Michelle	04:23:54



Team relay winner Huub Male

Leanda Cave



The rise of Tanneron



Triathlon M

TOP 5 MALES

1	DUCHAMPT Jean	02:11:54
2	CHANE Maxim	02:12:11
3	GUILHEM Pierre-Antoine	02:13:23
4	DEBARD Théo	02:13:27
5	JACOBI Erwan	02:14:45



Triathlon M

TOP 5 FEMALES

1	MALVALDI Audrey	02:19:00
2	SANTINI Michela	02:30:31
3	ETARD Emi	02:38:05
4	DAHAN Carla	02:39:48
5	COLLIARD Laura	02:40:53



Andi Raelert third

Kyle Buckingham was very brisk walk but the marathon has been very difficult



Hoffman and Lehtonen light up the run *at ironman African championship*



Women's Race

Jodie Swallow (GBR) took the early initiative in the race with an expected strong swim in some choppy water. Annabel Luxford (AUS) entered T1 four minutes back with Dede Griesbauer (GER) in third.

ironman.com

Kaisa Lehtonen (FIN) timed her race to perfection and played to her strength by putting in a strong run while Ben Hoffman ran himself into the lead and held off strong challenges to win at the Standard Bank IRONMAN African Championship.

STORY

Swallow used the early lead to push ahead but Luxford gradually closed the gap and after 120km narrowed the gap to 90 seconds. Swallow then suffered a fall which allowed Luxford the opportunity to take the lead which she held until T2. Swallow carried on and remained in second position until T2 with the gap between first and second over five minutes. Kaisa Lehtonen stayed as close as possible to the leading pair on the bike, entering T2 in third with Lucy Gossage (GBR) and Susie Cheetham (GBR) following.

Luxford headed out onto the run with a valuable time cushion considering the running talent in the chasers. After receiving treatment, Swallow started the run but eventually withdrew before 2km in.

Marko Albert managed to keep his place on the podium



Great victory of Hoffman very strong on the run



Low Diederer has spoken his qualities cyclists to join T2 in first place

Luxford then increased her lead to 8 minutes with strong runners, Lehtonen, Gossage and Cheetham in tow. Lehtonen, Cheetham and Gossage made inroads into Luxford's lead and eventually

all passed her after 13km. Lehtonen held off Cheetham's charge to win her first IRONMAN. Gossage finished third.

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STORY

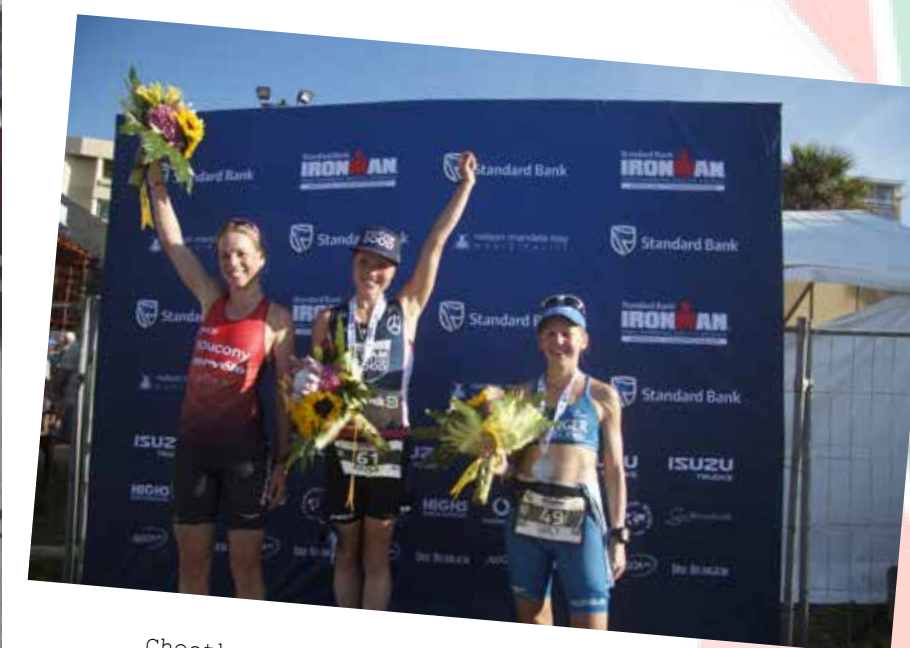
Men's Race

Estonian, Marko Albert was the fastest athlete in the water and was first into T1 followed by Eric Watson (BAH) and Bas Diederer (HOL) in the lead group. A second group of Ben Hoffman (USA), Mark Oude Bennik (HOL), Christian Kramer (GER) Tim Van Berkel (AUS) and Kyle Buckingham (RSA) followed all within seconds of each other.



Annabel Luxford could not hold the lead foot that during the first 13 km

Jodie Swallow took a serious advantage before his bike fal



Cheetham Susie and Lucy Gossage once again on the podium in South Africa

Albert worked hard to open up a two-minute gap together with Bas Diederer (NED) and American Benjamin Collins on the first 45 kilometers. Those guys knew that they had dropped some strong cyclists and runners in the water like the local heroes James Cunnam (51:54) and Matt Trautmann (54:17), Hoffman (52:58), Germany's Boris Stein (54:23) and 2013 champ Ronnie Schildknecht from Switzerland (55:10). While

Collins lost contact to the lead on the second half of the beautiful and flat, but as well windy course, Diederer got off the bike in first place. Albert was only 1:02 behind, Van Berkel reached T2 together with Hoffman and Stein 3:03 down. Kyle Buckingham (RSA) was in a good position, too. He was 3:36 down ahead of Germany's Christian Kramer (+4:11) and Trautmann (+6:19).

STORY

Diederer then led the race on the first of four run laps, but he hit the wall after 13 kilometers and started losing time. Albert took over again from the Dutch while a fast running couple was already in sight : Hoffman and Van Berkel. Those two ran shoulder by shoulder for the first half of the marathon, gaining second by second.

Through 18 kilometers, Hofmann and Van Berkel passed Albert for the lead, and right at the half-way mark the American started to break away from his Australian shadow. “The crowd boomed me away,” said Hoffman talking about a marathon of 2:45:50 and a demonstration of consistency. Van Berkel never gave up in second place, but he couldn’t touch the American leader anyway. “I settled in, and I really felt like being at home,” said Hoffman after the race, “I’m definitely coming back next year.”

Hoffman earned the result of “a hard winter’s work” ahead of Van Berkel and a strong Estonian. Although Trautmann looked like the one to cross the finish line in third place, Albert outsprinted the local hero on the final kilometer.



Kaisa Lehtonen was very impressive on the marathon

Top 5 males

1. Ben Hoffman (USA)	0:52:58	4:29:36	2:45:50
			8:12:37
2. Tim van Berkel (AUS)	0:50:00	4:32:33	2:48:15
			8:14:51
3. Marko Albert (EST)	0:49:37	4:30:53	2:54:19
			8:18:52
4. Matt Trautmann (RSA)	0:54:18	4:31:28	2:49:39
			8:19:25
5. Boris Stein (GER)	0:54:24	4:28:17	2:52:52
			8:19:51

Top 5 Females

1 Kaisa Lehtonen (FIN)	0:58:21	4:59:41	3:02:34
			9:06:50
2 Susie Cheetham (GBR)	0:58:21	5:04:26	3:02:43
			9:09:49
3. Lucy Gossage (GBR)	1:03:20	4:56:10	3:07:36
			9:11:43
4 Asa Lundstroem (SWE)	1:03:30	4:58:18	3:08:33
			9:15:34
5 Annabel Luxford (AUS)	0:56:07	4:49:17	3:37:50
			9:28:32



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The Marathon des Sables seduces triathletes

The 31st edition of the MDS took place on April in the Moroccan Desert, uniting 1200 amateurs looking for thrills. Among them, a lot of triathletes looking for new discoveries... 1200 at the start and 973 at the finish. The MDS is not an easy race at all. Bodies are traumatized and the words limit and surpassing oneself have a strong meaning.

Patrick, the organizer, explains us how this new adventure was born before the organization of the first edition in 1986. It was in 1984, lover of great spaces, he went solo across 350 km in total autonomy in the Sahara desert during 12 days with his 35-kg-bag on the back. It was an crazy adventure but he wanted to share it.



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Two years later, the Marathon des Sables was born with the 23 pioneers of this sports and human adventure. 31 years later, there are 1200 runners including 180 women, 48 nationalities, and an international fame...



Patrick Bauer



Since the first race day, contenders have been welcomed with extremely difficult weather conditions (sandstorm) which made many people give up. «Each stage we have to face abandonments and we think every morning during the briefing about all these competitors who came back to Ouarzazate

prematurely. It's hard... We keep them in mind as if they were with us to make them share the adventure that they couldn't live until the end», explains Patrick. A good example of the solidarity of this event.



REPORT

Over the race days, we have interviewed many triathletes and as for many people, being at the start of the Marathon des Sables is first a challenge. It's not that triathlon didn't give them anymore these sensations but finding a new event to mark the occasion: getting motivated after an injury and a long period of recovery for Elise, running the MDS for his 40th birthday for Stephane, discovering nature for Garry... And as resumed Matteo, the MDS is not a race, it is not a competition but it is an adventure: human and physical... An adventure for yourself. They all suspended during a few months their triathlon preparation to start a specific preparation for ultra-trail : no swimming and cycling anymore. Trainings are based around running, trail and physical preparation.



Elise

If the length of the effort can be comparable to that of an Ironman, the similarities with the world of triathlon stop there! «Indeed, as in triathlon, you need a strong mental to surpass yourself, but here you only go farther with your legs and feet. No swim or bike to diversify your effort. It gives something even more extreme and mentally more difficult», confided Elise.



Cheers the 2800 athletes in Nice
Live the experience IRONMAN in Vichy



REPORT

For Laurent, these parenthesis with triathlon are a source of motivation. 10 years after his first experience, he was once again on the start-line of the MDS under the colors of the Team BONK, a group of triathletes with the slogan «shape your life»...



Nathalie Champion trail



This time, here we are! And Cathy, in tears, almost 60 years old, confided us that when we come back from the MDS, we are not the same person anymore... Rather than long speeches, the images speak for themselves...

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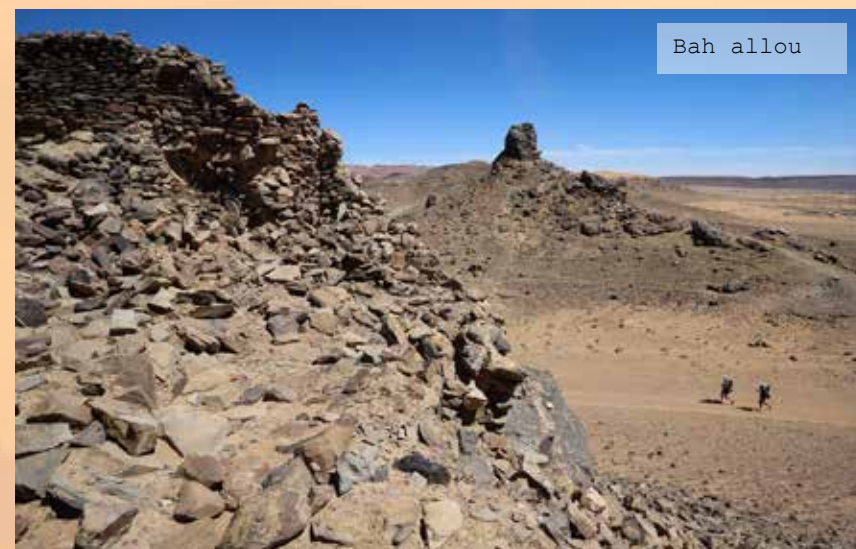
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Stéphane



The European season began in Malte



Alexandra BORRELLY



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The reigning XTERRA European Tour champion Roger Serrano from Spain and the women's tour runner-up from 2015 Brigitta Poor from Hungary got off to a quick start in 2016 by capturing the season-opener at XTERRA Malta this morning.

Malta is a beautiful place to start the 2016 edition of the XTERRA European Tour. The temperature today was around 20°C and the water 17°C, but the strong winds made the conditions a little bit tougher than it looked in the pictures.



The swim was two loops, starting with the tail wind then a 90° turn that made it hard on everyone to go straight. Jens Roth took the lead quickly and started the second loop with 15-seconds on Serrano, followed by new pro Pierre-Antoine Guilhem, age grouper Jean Marc Rimaud from Versailles, and Fabien Combaluzier who brought a big team with him to race here in Malta.

In the women's elite race Diane Lee from the UK (she was 2nd at XTERRA Denmark last year) took the lead on local Maltese Danica Spiteri and Brigitta Poor, with Morgane Riou more than one-minute back.

At the start of the bike Roth had a 30-second lead on Serrano.



Serrano Roger et Roth Jens

"I did a massive block of training this winter, and came here in good shape," said Serrano, who broke a rib a few weeks ago but said he recovered quickly from that and was confident today.

Roth was stronger on the flat sections but Serrano was stronger on the downhills and technical pieces.

"I caught Jens after about 7km on a rocky downhill, then we collaborated a bit. I improved my run this winter, lost some weight, and wanted to start the run with energy," said Serrano. "When I started this race today, compared to last year, I was much more confident in my running ability and wanted to prove that to myself today."



Riou Morgane

Behind Roth and Serrano it was a race for third led by Guilhem, a new pro to XTERRA From the southeast of France, then Maxim Chane, who was making his pro debut but we know him from some great age group performances in Maui. Brice Daubord and Jan Pyott both got flat tires today. While Pyott did not finish as a result, Daubord rode the last few kilometers of the bike on his rim then ran his way to a 9th place finish.

In the women's race Lee took a 30-second lead into the bike section, followed by last year's Malta Champ Brigitta Poor and Spiteri, with Morgane Riou and Alena Stevens more than one-minute back. After the first loop Poor put 2:30 on Riou, and five minutes to the third place rider Lee.

"I was very nervous this morning," said Poor. "It's the first race of the season, and you don't know who did what, so I just pushed as hard as I could. I lost my bottle early on the bike and that added some stress to the day."

Back to the men's race, Serrano led the first 500-meters of the trail run but was only five seconds ahead of Roth. His face and attitude were confident, however, like somebody in control of the race while Roth looked like he was in "all-out" mode.

It was four minutes before Guilhem came by in third, chased by another new pro Hannes Wolper



and Chané in 5th. The top three stayed the same through the finish and Serrano won his first XTERRA after several 2nd place finishes on the tour last year.

“Of course I’m happy because I’ve been trying to get a big win like this for three years, but I also know that Brice had a flat, and Ruben Ruzafa wasn’t here,” said Serrano. “So it’s nice but I know I still have a long way to go.”

It was refreshing to see Serrano analyze his victory in this way, and I know a lot of people are happy for him tonight having got this win.

Roth was also elated with his runner-up showing, saying “it’s perfect, my condition is good and now I will start a big block of technical training on the mountain bike. I’m improving and I’m having a lot of fun.”

Guilhem was happy too, and surprised he did so

well in his first XTERRA. It’ll be fun to follow his season and he’ll probably race next month in Greece as well. Chane finished in fourth, and after the race said “I like these races that are a little bit shorter. I’m really happy, especially to be able to run all the way home and forget my nightmare run from Maui last year.”

We will be watching Chane for many years to come. Peter Lehmann from Germany, another first year pro, had a solid run to finish in 5th. Lots of new guys out here today and I’m not sure if anyone in the top 10 was any older than 25!

Poor

In the women’s race Poor had a big lead on the run, but her boyfriend told her it wasn’t so big so she kept pushing and ultimately finished more than four minutes ahead of Riou. Sandra Koblmueller had a great run to move up from 6th place to third by the finish line, then Golsteyn and Stevens.



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“I’m really happy,” said Poor. “I know I’m not yet at 100%, and clearly the goal is to try to win the Tour. I finished second last year, so I need to move up one more place. I will try to race the whole tour, and give myself the best chance of winning it.”

Riou had a career-best performance in 2nd place, a result of a lot of hard work in the off-season to improve her mountain biking with the Organicoach crew.

Another highlight for the day was seeing David DeSantis finish his 4th race of the 16 he has planned around the world to raise money for the Challenged Athletes Foundation. “That was maybe the best trail running loop I ever did, this place is so beautiful,” he said.

If you’d like to congratulate him by donating \$16 to his fundraising efforts go to: <https://www.gofundme.com/desantis16in2016>.

Nico, Technical Director for Xterra Europe; “I had another great experience in Malta, and was happy to see all these new young and fast athletes. Thanks Nathan, Deidre, Antonello, Ruben... and all the Hellfire crew, who doubled their entries this year!”



Poor Brigitta



Serrano Roger



Fabien Combaluzier

Résultats hommes:		
1.Serrano Roger	ESP	2h16'44
2.Roth Jens	GER	2h17'48
3.Guilhem Pierre-Antoine	FRA	2h22'29
4.Chané Maxime	FRA	2h23'20
5.Lehmann Peter	GER	2h24'35
6.Bartoli Fabrizio	ITA	2h25'04
7.Daubord Brice	FRA	2h28'09
8.Wychera Dominik	AUT	2h28'41
9.Wolpert Hannes	GER	2h28'56
10.Combaluzier Fabien	FRA	2h29'15

Résultats femmes:		
1.Poor Brigitta	HUN	2h40'15
2.Riou Morgane	FRA	2h44'21
3.Koblemueller Sandra	AUT	2h46'51
4.Golstein Maud	NED	2h48'12
5.Stevens Alena	SVK	2h50'55
6.Lee Diane	GBR	2h59'14
7.Nec Lapinova Kristina	SVK	2h59'45
8.Spiteri Danica	MLT	3h00'17

Spirulina,

a popular seaweed!

For many years now, spirulina has become more and more popular especially among the athletes. We must say that this Incas seaweed has many advantages and no disadvantages! A 100% natural, it has a lot of vegetal proteins, beta-carotene and iron, spirulina can also perfectly be recommended to athletes as a food supplement. It also fosters a quicker recovery after a training session or a race and helps to feel full of energy.

Spirulina, the Incas seaweed

If the sales of spirulina have developed a lot lately, its consumption is however very old in some countries. Thus, spirulina was an integral part of the Incas food. This micro-seaweed is certainly one of the micro-organism among the eldest of the world. According to some sources, this cyanobacteria would have existed for more than 3 billion years on earth!

Natural food supplement, its efficiency is not proven scientifically for some of its virtues, spirulina (called this way because of its spiral shape) convinces each year more and more people. These people are looking for different benefits because this seaweed has a lot of advantages. Among athletes, it is particularly appreciated as well.



Jacvan

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Pixabay

Where can we find Spirulina?

This is a seaweed of altitude, we find it close to the Andes, in lakes close to Equator but also in India and in Mexico. Besides it is grown very easily. Thus we also find it in Africa and especially in Chad. This micro-organism could also be a serious asset in the battle against malnutrition especially because of its high content in micronutrients such as proteins.



In what form?

Commercially, spirulina can be found in the form of a dehydrated blue-green powder, filaments, or tablets. With a quite strong sour taste, it is generally advised to people who don't like this taste to take it in tablets.

However, pay attention to where you buy your spirulina. The market has developed for a few years after a bigger and bigger demand. Generally sold in pharmacy or in health food stores, you can also find it on the internet. However, all the spirulinas are not equals. You have to go to referent websites and check the composition.

Its composition and its nutritional benefits

Spirulina is very rich in proteins. The latter are of good quality because it has 8 amino acids which the organism needs to work. We generally cannot find this type of proteins in products of vegetal origin except in micro-seaweeds. These proteins together with these micronutrients allow to reinforce the immune system and would have interesting virtues against cancer according to some studies in addition to its antiviral virtues linked to the stimulation of our immune system.

Spirulina has pigments including chlorophyll. Acting on our red blood cells, it «cleans» our blood. This virtue together with the stimulation of the

immune system then procures a detoxifying effect. Some studies on the radiations have demonstrated that the consumption of spirulina could lower the level of radiations for the exposed patients.

In addition to the unsaturated fats, spirulina has minerals and nutrients : zinc, selenium, manganese, iron, copper, and chromium and all the minerals (calcium, magnesium, sodium, potassium, phosphor).

It also has many vitamins such as vitamin A, E, D, vitamins from the group B including the vitamin B12 very appreciated for all those who don't eat a lot of meat.

"As an elite triathlete, I need the right training and racing gear to reach my full potential."

J. Gómez Noya

CHOSEN BY CHAMPIONS

V800

JAVIER GÓMEZ NOYA SPECIAL EDITION
Includes Universal bike mount + Cadence sensor

Polar V800 is an advanced multisports GPS watch for serious sports enthusiasts and professional athletes who want to reach peak performance.



INTEGRATED GPS
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RUNNING CADENCE
FROM THE WRIST



SWIMMING
METRICS



RECOVERY
STATUS



TRAINING
LOAD

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NUTRITION

It antioxidant action is also very appreciated among athletes. This natural energy concentrate will bring you iron, vitamins (B12) and beta-carotene (25 times more than carrot) which allow a better recovery of your trainings thanks to an optimized muscle oxygenation. Its high iron content and its natural proteins make it an excellent food supplement for vegetarians and athletes.

Its action

Spirulina doesn't have any contraindication and be can consumed by adults or children (adapting the doses). It has positive effects after 1 to 3 weeks in general.



Why is spirulina adapted to athletes?

- Its anti-oxidant action reduces the oxidative stress, then it fosters the post-effort recovery.
- Thanks to its phycocyanin content which is a powerful antioxidant and which represents anti-inflammatory virtues, its consumption allows a better recovery : it limits sorenesses and reduces

the risks of injuries.

- It has an action on endurance and helps the muscular performance.
- Very rich in iron, it efficiently fights against all the risks of deficiency or anemia which affect a lot of athletes.
- Its high vitamins content makes it a natural energetic cocktail.



The TRX



BONK

Shape your life



These training straps have been invented by American special forces, the Navy Seal.

At the beginning, the idea was to hang two strips of parachute to a tree in order to do as much physical exercises as possible in a minimum time and space.

The principle hasn't changed a lot ever since, the TRX is made of two strips adjustable in length. At their extremity, we find from one side a snap hook, which allows to hang the TRX to a fixed point situated between 180 and 200cm from the ground, and from the other side 2 handles for the hand and 2 small strips for the feet.

The TRX looks like gymnastic rings, and it is all the principle. Attached to a fixed point, the strips serve as a «training surface». The TRX associate the effort attached to the suspension of the body weight and the resistance of strips attached to a high point.

It allows a proprioceptive self-awareness of the body, and improves the functional strength. The movements of the kinetic strengths based on the body weight develop the general stability thanks to the reinforcement of the long and profound muscles.

The advantages of the TRX

- Easy to carry, the TRX just weighs 750g.
- Easy to use, you can hang it everywhere as well indoor or outdoor.
- The TRX is self-sufficient, no need to additional strength, the work is done with the body weight.
- The TRX allows to vary the resistance and the difficulty of the exercises by simply changing the body inclination.
- Complete reinforcement thanks to this system of suspension which allows to work in instability,

development and balance and in the meantime muscular strength.

- Exercises without limit.

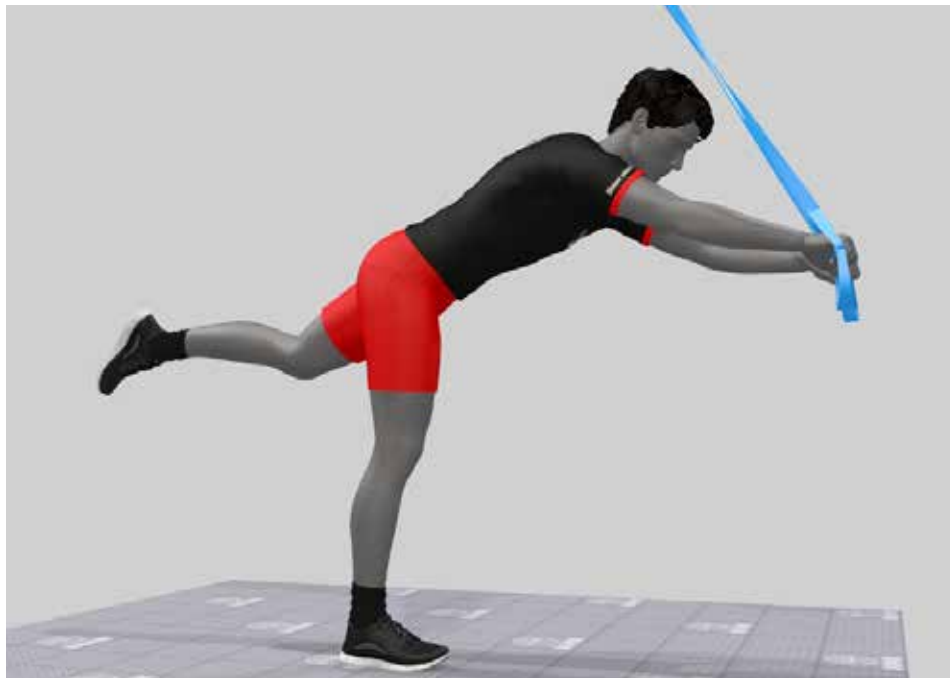
This month, our partner BONK offers adapted exercises for the TRX use.

We stay on the theme of the BONK circuit so 5 minutes, 5 exercises, 1 minute by exercise to repeat as much as you want depending on the level...

Have a good training!



TRX hoover



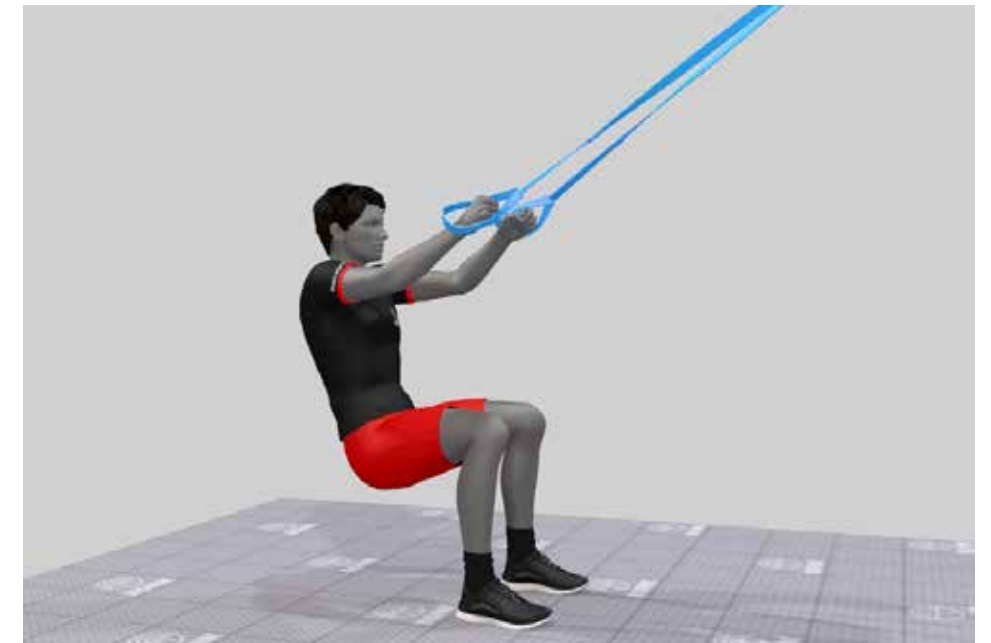
Looking for an alignment and a balance: ankle-knee-hip-shoulder-hand

TRX drawing



Tow the whole body and remain aligned, pressed on the heels.

TRX Squat



Mobile hip - fixed trunk- do not tow on the arms.

TRX Jacknife



Fixed trunk-
mobile hip- bring
your legs under
the stomach,
straight arms
and contracted
abdominals.

TRX Push-ups



Front
imbalance
- discarded
elbows

Air TTE 9.8 by Boardman...

Karl Shaw



Nicolas HEMET



photos Jacvan et Nico HEMET

This month, TrimaX-magazine got interested in the bike brand of the Brownlee brothers, and we were inspired because the bike brand was rewarded the title of bike brand of the year by the British magazine 220 Magazine...

Brand

There is no need to present the man Boardman, Chris Boardman: his yellow jerseys of the Tour, his hour records, his olympic title and his victories on the most prestigious time-trials made him a star a the 90's, a kind of Wiggins but less of a climber of course, but also 29 years earlier. His very publicized tentatives of the hour record especially that with the mythical bikes (Lotus) and more worked positions, made him a reference when we talk about speed on the bike.

However, his brand Boardman Bikes doesn't have yet the same fame. Yet, in this small triathlon world, we can say that the brand was intelligent because it supported Pete Jacobs, winner in 2012 of the IM Hawaii, and the Brownlee brothers, Gold and Bronze medalists in the Olympic Games in London, on the same year. Consequently, in the peloton, the brand is still unknown. But if it keeps innovating, it won't last.

Range



The model that I could try was part of the TTE range (for Time Trial Evolution) which gathers the models intended to lonely effort (TT or triathlon) from Chris offices, in charge of the R&D. This range, even if it was not a white paper (exhaustive

document explaining the testings realized by the brand with details and comparisons with competition) is supposed to have been tested in wind tunnel and then in CFD for maximized aerodynamic results.

Model



In this range, the tested model was the TTE 9.8 (referring to 98, year when Boardman wore for the last time the yellow jersey on the TDF) is just below the range

called Signature. Below, there is the model TTE 9.2 (referring to 92, year of his track Olympic title).



Between these 3 models, the equipment and the wheels are different + the possibility to personalize its colors on the Signature

(which explains the name) but the kit frame+fork+seat-post+cockpit remains the same.

Components



- **Frame** : Boardman Super Aerodynamic TT/Tri Elite engineering T1000/T800 ultralight full UD Carbon
- **Fork** : Boardman AiR/TTE Aero ultralight UD full Carbon ; integrated brakes, intern cables
- **Headset** : FSA integrated
- **Shifters** : Shimano TT/Tri Di2 2 boutons, 11s
- **Front Dérailleur** : Shimano Ultegra FD-6870 Di2, 11s
- **Back Dérailleur** : Shimano Ultegra RD-6870 Di2, 11s
- **Crank** : Shimano Ultegra FC-6800
- **Bottom bracket** : BB386 with Shimano adapter
- **Cassette** : Shimano Ultegra CS-6800, 11s, 11-25
- **Chain** : Shimano Ultegra CN-HG700, 11s
- **Back/front brake calipers** : Tektro TKB131/TRP TTV09-1
- **Brake levers** : Shimano Ultegra Tri Di2 2 boutons, 11s
- **Handlebar** : Boardman Evo Aerodynamic integrated Alloy
- **Aerobars** : Boardman carbon
- **Stem** : Boardman Evo Aerodynamic integrated Alloy
- **Saddle** : ISM Adamo Road
- **Seat-post** : Boardman Aero TTE Carbon (4 positions)
- **Wheels** : Boardman AiR Elite 9 Carbon Clincher
- **Tires** : Vittoria Rubino Pro 700x25c
- **Colors** : Gloss Boardman Black/Platinum
- **Sizes** : XS (49 cm) ; SM (51 cm) ; MD (53 cm) and LG (55 cm)

Frame



The frame is thus a C10 carbon whose design is completely different from the current standards between generic frames and superbikes with an integration of the cockpit at different levels (such as the last Canyon Speedmax or the Scott Plasma 5). Here, the original integration of the stem in a slight rising continuity of the superior tube is the main element of the design (and also the aero

according to the brand) of this frame. This stem in «bull neck» which gives a very aggressive character to the whole continues then in a flat handlebar. This aspect is reinforced by the original shape of the fork with «rounded shoulders» (to integrate the calipers) ; the frame looks very muscular and aerodynamic such as what did its creator in the effort.

PHOTO CREDIT : ANTONIO DEL PINO



OUT THERE WITH YOU

OLYMPIC CHAMPION - ALISTAIR BROWNLEE

OLYMPIC BRONZE - JONNY BROWNLEE

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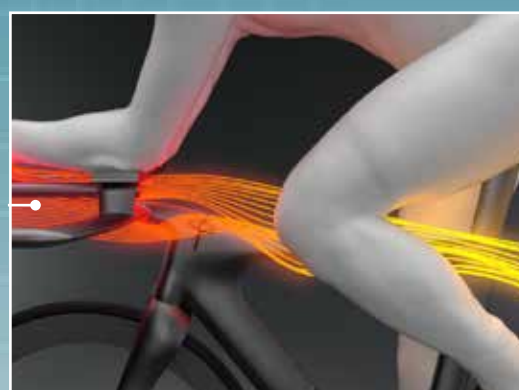
The testing

I tried this frame on 5 rides from 1h to 2h30 for a total of 270km. The sessions were varied.

At first, because of the massive aspect of the fork, the impression of heaviness is present. Then, it changes quite quickly because the whole is rigid and reactive. But above all what is surprising from the first pedaling is the extreme comfort on the aerobars. It comes from the Ces-Gees foams, very comfortable for the forearms. Surprised by this not very common choice, I asked the brand to know if they were only present on this model of testing and the answer was «All our bikes of the range TTE have been delivered with Cee-Gees foams since 2015 after a conversation with Pete Jacobs. For the 2016 range, we have even reduced the foams by 40% which allowed us to win 35 grams and also on the esthetics, to reduce the weight of the cockpit, and to improve the comfort of the foams to be more relaxed.»

We can also estimate that the choice of a 25mm section for the tires contributes to this sensation of filtration of the road vibrations.

Other aspect contributing indirectly to comfort, the possibilities of setting are multiple and allow to find the more ergonomic and/or aerodynamic position, contrary to other brands. This point is however the BASIS of a combo bike/fast cyclist. It is a success here.



Analyse 3



THE PRODUCT ⊕

- ☑ + 250 KCAL / BAR
- ☑ IDEAL DURING SUSTAINED ACTIVITY
- ☑ TASTY FLAVOURS

OVERSTIM.S
SPORTS NUTRITION

MATERIAL TESTING

The braking despite my fears (see below) was efficient without obviously be as powerful as hydraulic or the classical caliper but widely standard for a triathlon bike with integrated brakes.

We can reproach a small lack of rigidity of the stem on restarts or sprints but it is not the first use of this bike. To tell the truth, despite many improvable points, this bike was a real crush. Defects (from my point of view) which make it endearing et reinforce its almost «artwork» aspect.

We cannot finish without speaking about the wheels, also from the Boardman company. The brand also told me about them that it was not a generic version but a selection of 3 components (rim, rays, hub) depending upon their own wind-tunnel tests (impossible to check on a so short test but it's true that the rim-tire junction is very, very well designed and let us feel a good rolling) and 100% handmade in Taiwan. Developed for 3 years and present since this year with this range, they are available separately.

We liked



- The impressive comfort via the choice of Cee-Gee foams
- The derailleurs replaceable since April 2016
- The possibilities of setting allowing to have the SA position
- The reactivity/rigidity of the whole especially the 2 back/front triangles
- The choice of rim heights (80/55mm) for a polyvalent use
- The choice of rim width to adapt to the justified trend of wider sections.
- The matching tire/rim very clean and probably very aero
- The integration of the cables
- The choice Ultegra Di2 for a better value for money
- The choice of a BB386 with adaptor to let as many possible options above all for those who already have their own crank
- Thick stickers on the side that the user can put or not to improve the aero
- The seat-post with 4 holes allowing even for extreme positions not to be too much in front of the saddle and minimize mechanical issues or bad inclinations,
- The choice of an ISM Road saddle which would need to pay attention to the inclination setting to have an idea of the major advantage of these saddles for the aero position
- The choice of tire for more convenience in trainings and repairing during races
- The system of tightening of the seat-post (efficient, accessible and well integrated)
- The not too wide handlebar (40mm)
- Selections of short crank arms (165 for the Xs/S and 170 for the M/L), here again very coherent with current scientific knowledges regarding the ergonomics/aerodynamics.

BB386 with
Shimano
adapter,
aero
seatpost
clamp



Stirrups
side-pull
, stickers
and aero
rim with
perfect
matching
of Rubino
25mm



Front
view,
fork with
integrated
brackets
and aero
stickers



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We liked less



- The system of tightening of the whole stem-handlebar against a fork pivot. Even if it's simple and original, explanations (relative to aerodynamics) justifying the choice of this small mechanism didn't convince me of its final added value compared to a system with a double tightening hidden behind the pivot (as on a Cervelo P5 for example) without breaking the shapes continuity.
- The fact that (as for many other brands, unfortunately) the Di2 controller is buried and needs an operation of unscrewing to control the level of battery, set the back derailleur (problematic above all with the invention of the home-trainer without back wheel where the setting of the cassette can be not identical to that of wheels to ride outside), or reload the battery.
- The lateral drawing of the front caliper which leads to the fact that the left brake pad pushes first the rim to pinch it then against the right pad. As said below, no impact on the braking but it's not mechanically ideal for the longevity of the wheel and the homogenous wear of the pads/braking band.
- The big size of the wheels (almost 150gr heavier than the competition) which represents a disadvantage for the polyvalence of the set-up.
- Massive clamping (it's not very important)
- Maybe a bigger size (4 available) would allow to attract more users.



The small piece which serves to wedge the steerer tube within the bracket



The Di2 buried controller and internal ducts passages

For whom ?



No contraindication neither limits of level (high and low) for this triathlon bike model very well designed globally. However, its global weight and its brake system exclude it from the top lists for very hilly or very mountainous courses (compared to models 15% lighter and/or hydraulic brakes) even if with lighter wheels, it should not obviously be a handicap.

For anything else and thus for a majority of courses, from the triathlon S to the Ironman, this TTE 9.8 must be thought to perform with a very efficient bike and yet very comfortable or with a bike with a unique design and marked by each details of a legend of the lonely effort. As you understood, this testing was a real visual crush first and sensorial then.

Conclusion



When we talked in a previous magazine, about the Vittoria Ikon MTB shoes and its slogan «Italians do it better», we could be tempted here to say «The English do it differently». From the shape of the fork, the stem, the rims to the 4 holes of the seat-post, this TT 9.8 is different from the

standards of production of current triathlon bike production and it was really pleasant. A bit like a Mini Cooper JCW, we could talk about justified reproaches but above all we could fall in love with the provided feelings.

Price and weight



7499 euros

Weight checked by myself: which is rare is that it is much lighter than announced on the catalogue, that is to say 8,95kg in medium size (without pedals neither bottle-cage) against 9,48kg announced.



fizik.com/makingofchampions

**MICHELLE VESTERBY, TRIATHLETE AND GOLD MEDALIST.
CHOOSES R5B DONNA.***

*MICHELLE VESTERBY, TRIATHLETE ET MÉDAILLE D'OR CHOISI FI'ZI:K R5B DONNA.

fi'zi:kWomen