



BROTHERS IN ARMS ACT 2

RACE REPORT

Ironman 70.3 World Championship
ITU World Triathlon Grand Final Cozumel
Challenge Almere

PRO TIPS

What about beginning Yoga ?

MATERIAL

The decline of the Eurobike ?
Material test Tri Suit Torpedo by Skinit



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MAGAZINE

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Almost 30 million views ! Images in all the TVs!...An image or a result in triathlon has never raised dust like that before. Not even the Olympic Games. The image of Alistair Brownlee carrying his younger brother Jonathan, victim of a fainting until the finish line on the WTS of Cozumel went viral.

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


J. Gómez Noya

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CHOOSES R5B DONNA.*

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

fi'zi:kWomen

MONDIAUX 70.3



Reed and Lawrence



new Ironman 70.3 world champion



Byron Bay based pro Tim Reed made Australia proud today as he took the IRONMAN 70.3 World Championship victory on home turf. The last time an Australian won this event was when Craig Alexander won the Nevada edition in 2011. Over the past few years as the event has taken place in Canada and Austria, it has seen an era of domination by European athletes.

Press release Jennifer Ward/
Ironman

Paul Philips©Competitive-images

Local favorite celebrates his first IRONMAN 70.3 World Championship win

MONDIAUX 70.3

Morning conditions were perfect for the pros and 3000 age-group athletes, who enjoyed calm waters and a wetsuit-legal swim. Australian former ITU athlete Josh Amberger lead the 1.9 km ocean swim along Mooloolaba beach, leaving the rest of the pro men close to 100 meters behind by the time he ran onto the perfect sand beach. The chase group contained veteran Craig Alexander, Terenzo Bozzone, Sam Appleton, Brent



McMahon, Tim Don, and Tim Reed.

Amberger managed to hold off the rest of the field until just before the halfway point of the bike, when Dreitz and Kienle let their strength start to show. When the men turned into the hillier sections including the steep Upper Rosemount Rd., the stronger riders were able to put some time into the field. It was here where Kienle began to stretch the men out through the first hinterland loop; Maurice Clavel and Dreitz provided him some company at the front of the race periodically, and Tyler Butterfield making an impressive surge late on the bike. Pre-race favorite Lionel Sanders

had too large a swim deficit to make up, and rode the bike largely solo.

Kienle set out onto the run where he'd continue to dominate, as the strong runners behind him found their legs and some of the uber bikers faded. Tim Reed used a consistent and strong performance on the bike to set himself up for the run, where he truly shines. Only 10 seconds back out of T2, it didn't take him long to make his way into the top three.

Related: Lawrence Makes Victory Look "Too Easy" in Australia



From that moment, it was a battle between the 2013 IRONMAN 70.3 World Champion German and the home town favorite. The two were never more than 20 meters from each other and ended up swapping the lead six times.



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MONDIAUX 70.3

«Someone like Sebi is someone I've looked up to for many years,» Reed said after the race. «Even to be running alongside him was a buzz in itself.»

Reed crossed the finish line in 3:44:14, just two seconds ahead of Kienle. «I thought I was going to smash him on the hill, but then over the top—he was really over the top,» Kienle said.

Ruedi Wild put in a consistent day to finish third, and Bozzone and Appleton rounded out the top five in fourth and fifth. Lionel Sanders ran the fastest run on the day (1:10:34) to move up to ninth, and veteran triathlete Craig Alexander held on in impressive form to take tenth.

Reed adds this victory to an impressive year so far. He set the fastest run and a course record in his IRONMAN debut at IRONMAN Australia in May, and won the IRONMAN 70.3 Asia Pacific Championship in Cebu last month. Reed has 10 IRONMAN 70.3 victories and 21 podiums to his credit in the last five years. He will head to Kona in just two weeks to contest the IRONMAN World Championship, along with today's other top five finishers, Kienle, Wild, and Bozzone.

At the finish line, the father of two said that winning a world championship was something he only dreamed of. «You work so hard, for so many years, to have an opportunity like that. I gave everything



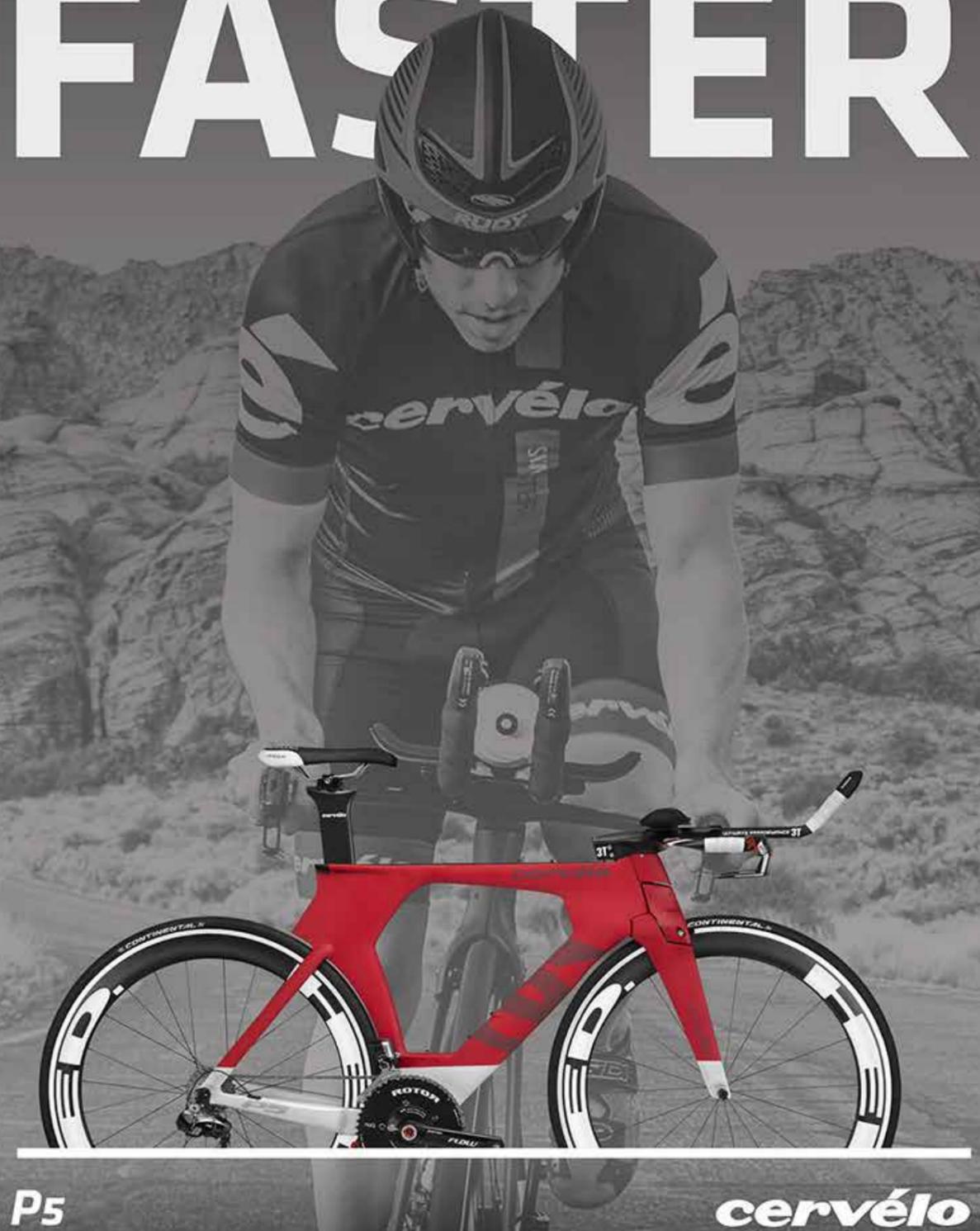
I could. Kudos to Sebi, he broke me about four times in that race. But I kept holding on somehow, and it worked out, thanks to this amazing crowd.» He also thanked his wife, Monica, for her many sacrifices and support.

Lawrence Makes Victory Look «Too Easy» in Australia

While the 26-year-old UK pro Holly Lawrence was expected to be a fierce contender at today's IRONMAN 70.3 World



SIMPLY FASTER



P5

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Championship, her complete dominance on the day was delightfully surprising to watch. On a perfect day on the Sunshine Coast, Lawrence capped off an extremely successful year of racing with her signature gutsy style.

Lauren Brandon led the women out of the water onto Mooloolaba Beach, with Holly Lawrence hot on her heels just 30 seconds back. Behind the lead women, Annabel Luxford,



Leanda Cave, Daniela Ryf, and Caroline Steffen followed just over a minute back. Two-time winner Hauschildt hoped to be under three minutes down out of the 1.9 km swim, but she was closer to four minutes behind Brandon.

Out onto the bike, Brandon managed to hold onto her lead until the first hill, when Lawrence used the opportunity to pull ahead. By the halfway point, a chase pack including

Steffen, Cave, and Kaye, had allowed Lawrence to pad her lead by three minutes. Heather Wurtele put in time into the women all day to come off the bike in third.

Related: Reed Raises Aussie Flag on Home Coast
Lawrence's 1:21 run was enough to hold off the hard-charging Hauschildt, who used her impressive 1:18 half marathon to run her way into second. Wurtele pushed into the final place on the podium, while defending champion Daniela Ryf fought hard for fourth despite tired legs. The Sunshine Coast-based Steffen, who made this race her major aim this year, was impressive in fifth.

An elated Lawrence didn't have much to say at the finish line, other than a candid, «I'm a frickin' world champion!» uttered through a wide smile.

«Racing at home was amazing. The crowd was fantastic, and they were all cheering my name,» Hauschildt said.





Top 10 males :

1. Tim Reed	AUS	00:22:53	02:06:12	01:11:03	03:44:14
2. Sebastian Kienle	DEU	00:24:14	02:04:45	01:11:18	03:44:15
3. Ruedi Wild	CHE	00:22:47	02:06:28	01:11:07	03:44:40
4. Terenzo Bozzone	NZL	00:22:44	02:06:20	01:12:44	03:45:52
5. Sam Appleton	AUS	00:22:40	02:06:23	01:12:51	03:46:02
6. Nicholas Kastelein	AUS	00:22:43	02:06:41	01:12:46	03:46:21
7. Tim Don	GBR	00:22:51	02:06:37	01:12:57	03:46:32
8. Maurice Clavel	DEU	00:22:53	02:06:18	01:13:39	03:46:47
9. Lionel Sanders	CAN	00:25:41	02:06:42	01:10:34	03:47:14
10. Craig Alexander	AUS	00:22:49	02:06:39	01:14:03	03:47:28



Top 10 females :

1. Holly Lawrence	GBR	00:23:24	02:19:28	01:21:48	04:09:12
2. Melissa Hauschildt	AUS	00:26:46	02:21:06	01:18:43	04:11:09
3. Heather Wurtele	CAN	00:25:05	02:22:26	01:21:38	04:13:36
4. Daniela Ryf	CHE	00:24:12	02:23:47	01:21:19	04:14:09
5. Caroline Steffen	CHE	00:24:13	02:23:09	01:25:10	04:17:16
6. Annabel Luxford	AUS	00:24:11	02:23:44	01:24:58	04:17:26
7. Laura Philipp	DEU	00:27:16	02:24:46	01:21:00	04:17:40
8. Alicia Kaye	USA	00:24:17	02:23:31	01:25:35	04:17:53
9. Radka Vodickova	CZE	00:24:10	02:26:51	01:22:37	04:18:17
10. Magali Tisseyre	CAN	00:24:16	02:23:49	01:25:36	04:18:19



Triathlon in Tunisia :

a growing sport...



© jpAmet/SME

The second edition of the Staf-Kerlennah Islands Triathlon 2016 which took place in Tunisia confirmed the interest of the Tunisians for this sport and the attraction of European triathletes for this destination. Later, the organizers hope that Tunisia will become a triathlon hub in Africa.

The triathlon took place at the beginning of August in an atmosphere of vacation... Children opened the ball and after them adults discovered triathlon with a sprint distance. The day after, serious things began with an olympic distance and the victory of a French, William Mennesson. IM European champion under 24, he participated for the first time to a Tunisian event. The Kerkennah triathlon was for him a preparation for the IM World Championships which will take place on October 9th in Hawaii.

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This event is supposed to grow in the next years and wants to progressively develop means worthy of big events. For the first time in Tunisia, a triathlon was timed thanks to a system of electronic chip «Race Result». The ambition of this event is clearly explained : to make Tunisia the unavoidable African Tunisian triathlon hub.



An event which already mobilizes a lot of local volunteers but also partners (SOPAL, Winox, Alwen International, Tunisie Télécom and the Tunisian national tourist office).

Regarding the organization, it's not a dry run! Sport Mediterranean Event also organizes the Marathon des Oliviers of Sfax, the Yasmin-Hammamet International triathlon and the Carthage Race International marathon.



Female winner :

1. Ibtissem Harrabi
(TUN) 2:35:59

Top 3 males :

1. William Mennesson
(FRA) 1:49:41
2. Mohamed Aziz Ben Ferjeni
(TUN) 1:57:44
3. Anwar Addkam
(LIB) 2:11:09

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Jan Raphael and Camille Deligny

*win Challenge
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Getty Images et Tije Vlam

Jan Raphael lived up to our expectations today: with impressive show of strength, he won the 2016 edition of Challenge Almere-Amsterdam. After a decent swim he got away from the rest of the field on the bike and increased his lead further and further. Camille Deligny won the women's race. After finishing third last year, she now took gold in a very exciting race.

Supreme achievement of Raphael

Raphael had a decent swim by being in the lead group of five, but took the lead immediately after getting on the bike. Checked though determined, he was able to create a distance between himself and the rest of the field with the German Christian Otto, Polish Marek Jaskolka and Youri Severin in the first chase pack.



After about 90 km, they were joined by a second larger chase group, consisting of Erik-Simon Strijk, Dirk Wijnalda, Scottish Graeme Stewart and others. Wijnalda, who performed very well on the swim course, had a comfortable position in this chase pack of 9 and could prepare for his marathon, usually his best part of the race. After the 180km bike leg, Raphael reached the Transition Area with a convenient 12 minute advantage. By running a fast pace the first two rounds, he wanted to strengthen his position, so he told us afterwards. His pace was so promising that he was on track to break the course record of Jan van de Marel (7u 57) dated from 1999, but he eventually finished a great 8.03.43. Dirk Wijnalda started the marathon in second position, which he was able to retain. With an outstanding 2.49.59 run Wijnalda even made up



some time on Raphael, but he turned out to be out of reach. Polish Marek Jaskolka overtook Erik-Simon Strijk in the last kilometers of the race and took the bronze. Strijk finished fourth, Diederik Scheltinga fifth, which made them number 2 and 3 in the Dutch Championship race.



Weerd needs to dig deep

The women's race turned out as a turbulent battle for the gold. As expected, Mirjam Weerd took several minutes on the swim, but was not able to follow a very strong Camille Deligny on the bike leg. The two women entered the Transition Area with more than a 20 minute lead. Last years winner Kathrin Walther had already lost precious time and would get out the race after the bike leg. Deligny, who finished third last year, started the marathon in leading position, but halfway, Weerd caught up on her. They seemed to start taking turns, but at 28km Weerd got in trouble. She lost several minutes and even seemed to miss the podium, due to an unleashed Simona Krivankova. Krivankova had company of Erica

Csomor (HUN), and the three women got into a heavy battle for second and third spot. But Weerd was able to dig deep. She finished second and thanked the cheering crowd while being very emotional. Simona Krivankova took the bronze with an outstanding marathon, which made her make up the almost 20 minute backlog on Weerd.





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CHALLENGE



Top 10 males

1. Jan Raphael	GER	08:03:43	5. Diederik Scheltinga	NED	08:26:13
2. Dirk Wijnalda	NED	08:14:48	6. Peter Seidel	GER	08:32:04
3. Marek Jaskolka	POL	08:23:48	7. Graeme Stewart	GBR	08:32:29
4. Erik-simon Strijk	NED	08:24:46	8. Pascal Ramali Mörfelden-walldorf	GER	08:35:12
			9. Till Schramm Köln	GER	08:43:57



Top 5 females

1. Camille Deligny	FRA	09:18:15
2. Mirjam Weerd	NED	09:20:59
3. Simona Krivankova	CZE	09:24:48
4. Erika Csomor	HUN	09:27:58
5. Julia Mai	GER	09:45:06



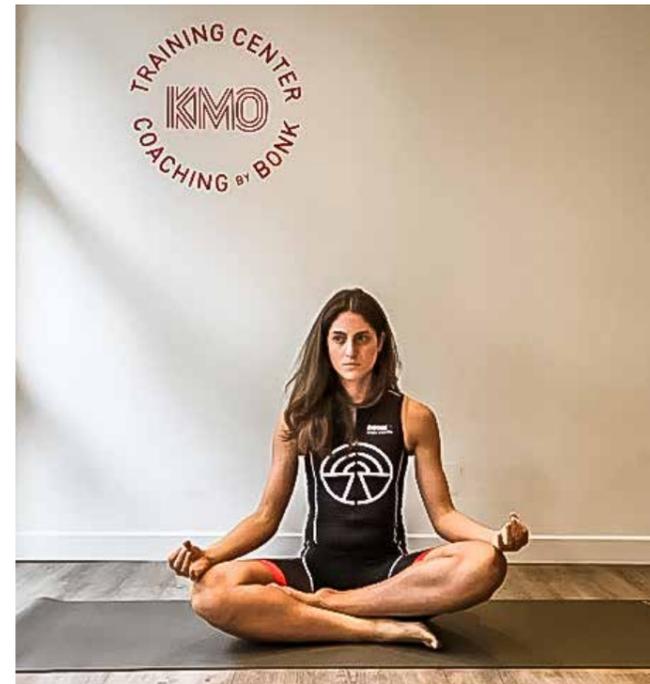
What about beginning Yoga ?



10 minutes of yoga after each bike ride. We advise you to keep each posture during two minutes. It is important to focus on your breath, slow and profound to allow a full relaxation of your muscles. Inspiration and expiration must be done through the nose.

Posture 1: Easy (Sukhasana)

With your back straightened, sit down on your buttocks, spreading your knees on the sides, shoulders released. This posture allows to open your hips.



Posture 2: Related angle (Baddha Konasana)

Sit on the ground, legs extended in front of you, back straight (Dandasana posture) and knees bent while expiring and with your foot soles together as close as possible to your perineum. Knees lowered until your legs are parallel to the ground. Comfortably sit with your open hips and your perineum in direct contact with the ground.



The regular practice of yoga allows to improve your endurance, your mental strength and to make your muscles more flexible.

Having a flexible swim stroke, keeping an aerodynamic posture on your bike and extend your stride when you run are three dimensions that a triathlete is looking for.

This month, BONK interested in the benefits of Yoga to meet the cyclist needs with the collaboration of Charlotte, triathlete at BONK and yoga teacher at Kilomètre zéro.

In permanent position of flexion, bent on the handlebar, the latter seeks several times some muscles and under-uses the others. Hips are the core movement for the cyclist. If the core is low, the higher body must compensate, and it can lead to back pains.

The cyclist must maintain a posture where hips, thighs, knees and ankles must all be on the same line pointing straight ahead in order to avoid misbalances. If these parts of the body lag behind, cyclists risk to damage ligaments and tendons, and the development of muscular groups in a non-uniform way.

Yoga is the perfect complement for cycling because it allows to acquire flexibility to compensate and realign the body posture.

This month, the advice of BONK would be to initiate a practice of

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Posture 3: Pigeon (Eka Pada Rajakapotasana)

Your right leg up in an inspiration, extended until your heel, in the position of the Dog with three legs : the height of your legs don't matter, as long as your toes look towards the shin.

Posture 4: Crescent moon (Anjaneyasana)

In an inspiration, your knee up as much as possible, your right leg extended, while keeping your trunk vertical and your shoulders low.



Posture 5 : Upside down dog (Adho Mukha Svanasana)

In posture of the Table : on all fours, your hands under your shoulders or slightly ahead, your knees under your hips. Pushing on the palms of the hands and the buttocks looking at the sky and backwards. The spine elongated in order to keep the length from the top of the head to the coccyx.



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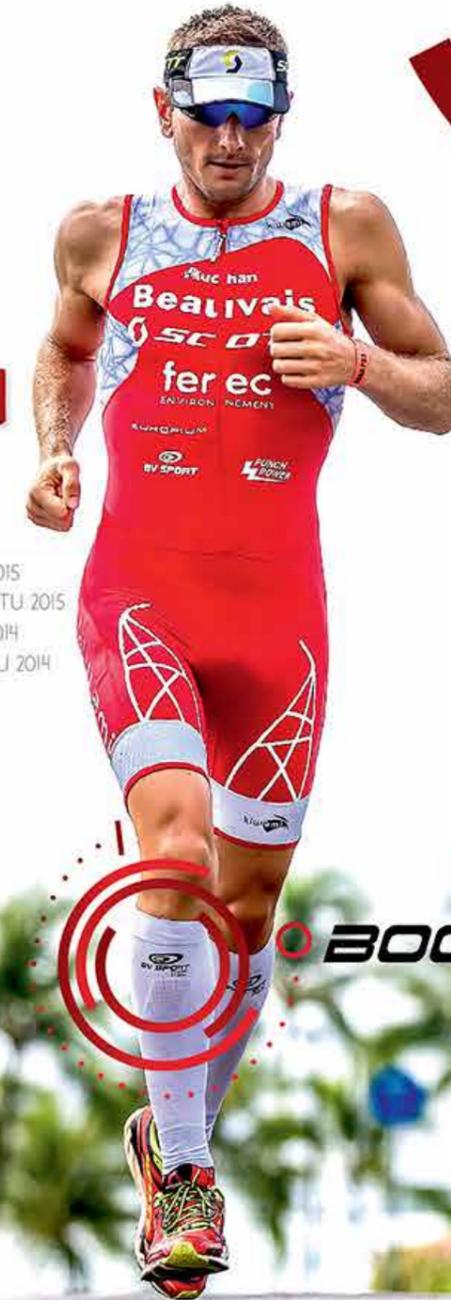
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The decline of the Eurobike ?



Eurobike is a bit like Christmas before the time for a triathlete... Well, it used to be !?

Specialized, Trek and Cervelo, the three most represented brands on the last Hawaii Ironman... were simply absent during this Eurobike. And I don't talk about Pinarello, Daccordi, Casati, Ciocc, Scapin... all the Italian brands prefer to focus on the Cosmobike in Verona in September. So finally, Eurobike becomes a salon very centered on the German production and where triathlon represents a (very) small niche. The fact that triathlon is a niche isn't a surprise, but I have a hard time believing that the «gravel bike» would represent a bigger marketplace !?

Because this year, it has to be said that the trend is Gravel ! All the brands have competed of imagination to present their nicest models. It's obviously the occasion also for wheels manufacturers to highlight their disk models, such as Alchemist which even only offers disk models in its range. In fact, road models seem sad compared to the very colorful Gravel declinations! The Gravel category even has now its stars with the Open U.P and 3T Exploro, both designed by Gerard Vroomen (Cervelo creator).

And what about triathlon ? Well it was a bit absent in this salon...

The Parlee TTiR was the only real novelty presented in the Eurobike with a nice triathlon frame-set for disk braking. The frame had an effect on us and we are looking forwards to testing it!

Regarding the wheels, large rims are still the tendency, to fully take advantage of the 25/28mm tires. Enve offers for example new disk models : the 4.5 and 5.6 Disc.

TT helmets are also popular and novelties are to expect for 2017, like Rudy Project with a very complete range or Smith Optic.

Hopefully, the salon keeps all its promises regarding accessories or bike clothes ! Clothes brands battle and offer very colorful collections. Neon is very trendy!

Finally, this small article rather shows our mood, presenting you our global feeling during these two days at the Eurobike. However, we wanted to present you our favorites during this Eurobike, so here are our TRIMAX Awards for 2016 !

TRIMAX award of the only real triathlon novelty : the Parlee TTiR



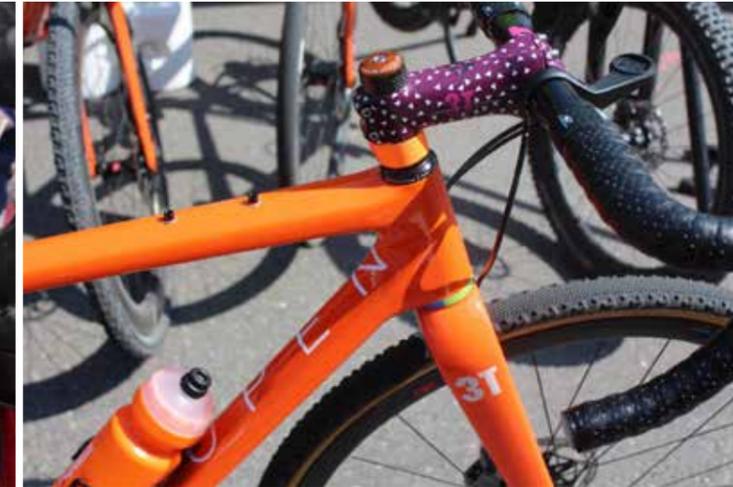
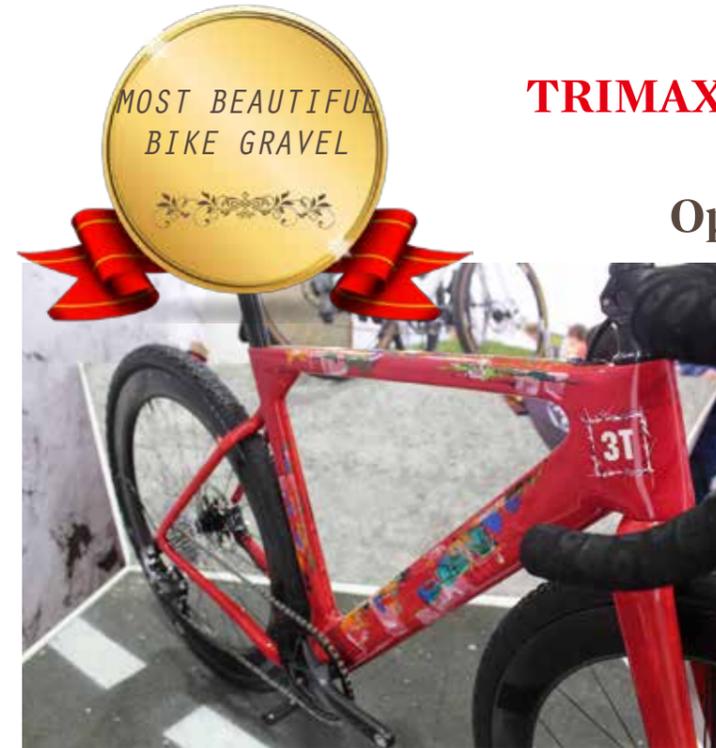
TRIMAX award of the on-board bike concept and technology : Argon18



TRIMAX award of the best women bike :
Canyon et Liv



TRIMAX award of the most beautiful
Gravel bike :
Open U.P. et 3T Exploro



TRIMAX award of the fastest triathlon
bike :
the Canyon used by Frodeno for his record



TRIMAX award of
the most beautiful
Cyclocross :
Cannondale SuperX



TRIMAX award of the most beautiful
painting : the «surprise me» by Speevagen
tied with Ritte Ace.



TRIMAX award of the most beautiful range for Christmas : the RIO collection by Smith Optic



TRIMAX award of the triathlete accessory : Rotor and its new carbon chain-wheels



TRIMAX award of the most beautiful bar-tape : Supacaz



TRIMAX award du of the German favorite stand : Lightweight



TRIMAX award of the Italian class : the beautiful stand Bianchi



TRIMAX award of the most neon collection : POC and you won't be afraid anymore to come home late !



TRIMAX award of the most beautiful stand : Adidas et Mavic



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Technical characteristics :

In the water, the Torpedo offers an advanced hydrodynamics thanks to «welded» stitches on all the zones of streams. Moreover, the waterproof benefits from a teflon coating to foster the slide. These characteristics place the Torpedo among the best «pure» swimsuits of the market.

But the advantage is that you will keep your Torpedo once outside the water.

This double use is possible thanks to the fabric used, at a time elastic, light and breathable. You feel it in the liberty of movement and no feeling of tightness. The Torpedo doesn't disturb when you are in an aerodynamic position on your bike. Also note that the back zipper is very convenient because it is easy to lower on the run when it's very hot.

However, even if the Torpedo is advised to be used for all the distances, it doesn't have a real chamois leather but a light protection. So it prefers at this level the performance to the comfort. Moreover, you don't have pocket, so you should use it for short distance races.

The Torpedo also uses the technology Coldblack® which ensures a temperature contained in the fiber during the heat exposure, despite the black color !

Obviously the Torpedo is both ITU and WTC-approved.

With this product, Skinfit wanted to show out all its know-how... The result is conclusive !

This month, we had the pleasure to test the new Trisuit Torpedo by Skinfit. With the Torpedo, the ambitious triathlete offers himself a performing swimsuit and a high-end trisuit.

It was designed to be indeed performing in and out of the water. It is possible thanks to a work on the materials, using an extremely water-repellant, light, compact and breathable fiber!

The Torpedo will become your second skin during races provided you choose your size correctly.



Under test :



First finding, it's easy and quick to put on. The Torpedo is well tailored and it offers a good compression without being oppressive. Those who have already tried some swimskins will understand !

Moreover the look is really nice and in the end the only thing we want is to dive in the water !

Once in the water, feelings are good (and I don't talk about the pace yet)! As with most of the other swimskins, we can feel a better sliding thanks to the water stream on the water-repellant fiber. You only have to take it off to immediately realize it.

Regarding the pace, I could indeed feel an improvement when I swam in the pool... But I couldn't quantify it. To be honest, the fact to wear the Torpedo also had the power to give me some additional motivation... Which could explain it.

Something important is that during my one-hour session, I didn't feel any friction without even using special products to protect against it.

Out of the water, on the bike or while running, the Torpedo is like a trisuit, the only difference is that you will feel lighter ! It also seems more breathable than a classical trisuit, but the test was done in September so it was not so hot anymore.



Likewise, we couldn't really judge the effect of the Coldblack technology because it was not hot enough.

Finally, the Torpedo seems to apply to the triathlete who wants a performing product and rather for short distances. It can obviously be used on an Ironman (when the wetsuit is not allowed) but the athlete will have to review his logistic... On the contrary he will take advantage of a product with which he will win precious seconds.



MATERIAL TESTING

Why would you buy a Torpedo ?



- You race short distances and you are looking for a Trisuit targeting performance.
- You are looking for every single second off.
- You don't want to cumulate two purchases : a swimsuit and a trisuit.



What can make you reluctant ?



The price (399€) up to the quality.
You only do Ironman where the wetsuit is allowed.



OUR HEROES

from
RIO



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- 190 gr**
- 24 Vents**
- Magnetic loop**
- £92,16 €**

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