

# Chamonix Shorttrack 2000

## Bulletin nr 1

### Training-scedule saturday 29-07-2000

08.00-09.15 Club de Chamonix / Japan

### Training-scedule sunday 30-07-2000

09.00-10.30 Japan / other skaters

10.30-10.45 resurface of the ice

10.45-12.00 Club de Chamonix

### Training-scedule Monday 31-07-2000

07.30-08.50 Zwitserland / Club de Chamonix

09.00-10.20 Japan

10.30-11.50 Belgium / The Netherlands

18.10-19.20 Auodemard / Clubs de France

19.30-20.30 Luxembourg / Chamonix / BEL / NED

20.30-21.15 open training

**Scedule's for the trainingsessions of the rest of the week and all activities will be published at the ice-rink, the entrancehall of the ENSA and in the Wallibi-bar starting at Monday-evening.**

### Tuesday

14.00? uphill running competition Plan-Praz  
(startingpoint at base-station telepherique to Plan-Praz)

### Wednesday

????? Mini-triathlon (swimming, mountainbike/running)  
(all skaters have to bring their skates, helmets, kneepads and skating suits because we want to make a picture for publicity in the local paper.)

### Thursday

10.00 cyclingcompetition Colombiere  
leaving from ENSA at 08.30

### **Attention**

- all trainers must take care of the savety on the ice
- all skaters have to wear helmets, gloves and kneepads
- after morning training-session matrasses have to be taken from the ice by last group
- first group of evening-training-session has to put the matrasses on the ice

# Chamonix Shorttrack 2000

## Bulletin nr 2

### Training-scedule Tuesday 01-08-2000

07.30-08.50	Belgium / The Netherlands
09.00-10.20	Switzerland / Club de Chamonix
10.30-11.50	Japan (matrasses must be taken of the ice)
18.10-19.20	Audemard / Clubs de France
19.30-20.30	Luxembourg / Chamonix
20.30-21.15	Belgium / Netherlands / Switzerland (matrasses can stay on the ice)

### Training-scedule Wednesday 02-08-2000

07.30-08.50	Japan
09.00-10.20	Belgium / Netherlands
10.30-11.50	Switzerland / Club de Chamonix (matrasses must be taken off the ice)
18.10-19.10	Luxembourg / Chamonix
19.15-20.10	Audemard / Clubs de France
20.15-20.45	Belgium / Netherlands / Switzerland (short training/public session) (matrasses must be taken off the ice)

### Training-scedule Thursday 03-08-2000

07.30-08.50	Audemard / Clubs de France
09.00-10.20	Luxembourg / Chamonix
10.30-11.50	Open to all skaters (matrasses must be taken of the ice/attention 2nd group)
18.10-19.10	Japan
19.15-20.15	Chamonix / Belgium
20.20-21.20	Netherlands / Switzerland (matrasses can stay on the ice)

# Chamonix Shorttrack 2000

## Bulletin-2 continue

### Training-scedule Friday 04-08-2000

07.30-08.50	Zwitserland / Club de Chamonix
09.00-10.20	Japan
10.30-11.50	Belgium / The Netherlands (matrasses must be taken off the ice)
18.10-19.10	Belgium / Netherlands / Switzerland
19.15-20.15	Luxembourg / Chamonix
20.20-21.20	Audemard / Clubs de France (matrasses can stay on the ice)

### Training-scedule Samedi 05-08-2000

07.15-08.15	Audemard / Clubs de France /Luxembourg / Chamonix
08.25-09.25	Japan
09.35-10.35	Switzerland / Chamonix
10.45-11.45	Belgium/Netherlands (matrasses must be taken off the ice)
17.30	drawing for the competition at the ice-rink

#### **Attention**

- all trainers must take care of the savety on the ice
- all skaters have to wear helmets, gloves and kneepads
- after morning training-session matrasses have to be taken from the ice by last group
- first group of evening-training-session has to put the matrasses on the ice

# Chamonix Shorttrack 2000

## Bulletin nr 3

### Tuesday: Uphill-running competition Plan-Praz

14.00	all competitors assemble at parking of the Telepherique to Plan Praz
14.20	start of competition
15.45	end of competition
21.30	Award of prizes in the Wallabi-bar in the city-centre.

We need some volunteers for the waterstations. After the competition people can go back by cable-car, walk back downhill, or stay at the top for the rest of the afternoon.

### Wednesday: Mini-triathlon

Because the swimming-pool is not available we can not do the mini-triathlon on Wednesday. It is possible we do a Run-Bike-Run with mountain-bike. All coaches please inform us, at last on theusday before 16.00 hours, if you are interested to do this.

### Thursday: Bike-race on the "Col de la Colombiere"

08.15	assemble at parking of the ENSA
08.30	leave together by car
14.00	back again at parking of ENSA
21.30	Award-presentation in the Wallabi-bar in the city-centre.

We need some extra places in the cars to transport the bikes. If you have places left over in the car for bikes please inform us. There will be a classification for juniors and seniors on race-bike and mountain-bike.

### Samedi: Drawing for competition

17.30	drawing at the icerink.
-------	-------------------------

All coaches must pay the entry-fee of FF 150.00 before the drawing to mr. Yves Deleglise.

### Sunday: lunch after the morning-session of the competition

On Sunday-morning after the competition there is no meal in the ENSA. All skaters (also others than the ENSA-people) can have a lunch in the Wallabi-bar for FF 50.00. All skaters who want the lunch in Wallabi must inform Louise in the Wallabi-bar at last on Friday-evening.

### Closing diner

The closing-diner (Raclette) will be on Sunday-evening after the competition (around 24.00 hr) in the Wallabi-bar. Extra tickets are available for parents at a price of FF 35.00. You can buy the tickets during the Sunday-morning of the competition at the ice-rink.

# Chamonix Shorttrack 2000

## Result uphill-running competiton Plan-Praz

On 01-08-00 the running-competition to Plan Praz was held. De difference in altitude was 1000 meters (from 1000m to 2000m) and the distance to run 3,5 kilometers.

Cl	nr	name		time	cat	BNov	LJun	MJun	Lad	M
1	8	Niels	Kerstholt	00.45.19	NED MS			1		
2	1	Ike	Tomonori	00.46.07	JPN MS					1
3	11	Hutta	Kazuya	00.47.04	JPN MS					2
4	13	Noshitani	Tatsuro	00.47.48	JPN MS					3
5	16	Hotomi	Tadeka	00.49.28	JPN LJ		1			
6	6	Huub v.d.	Wart	00.53.44	NED MJ			2		
7	2	Sakagushi	Kazuhiro	00.56.25	JPN MJ			3		
	14	Ryosuke	Suto	00.56.25	JPN MJ			3		
	10	Peter	Keiser	00.56.25	NED MJ			3		
10	23	Gerome	Gass	00.57.56	FRA MJ			6		
11	5	Peter v.d.	Wart	00.58.36	NED MJ					4
12	19	Haruna	Shinkai	00.59.55	JPN LS				1	
13	3	Ake	Humihiko	01.00.18	JPN MJ			7		
14	20	Mika	Ozawa	01.01.15	JPN LS				2	
15	15	Mariko	Uzuwa	01.01.16	JPN LS				3	
16	12	Yuki	Seno	01.02.56	JPN MJ			8		
17	18	Satomi	Sakai	01.05.06	JPN LS				4	
18	25	Arnoud	Ykema	01.06.39	NED BN	1				
	7	Hendrik	Detz	01.06.39	NED MJ			9		
20	9	Menno	Groenendaal	01.07.24	NED MJ			10		
21	4	Akiro	Omura	01.08.09	JPN MS					5
22	22	Damian	Degeorges	01.08.50	FRA MS			11		
23	21	Yumi	Nakagawa	01.10.32	JPN LJ		2			
	17	Mio	Asakawa	01.10.32	JPN LJ		3			
25	24	Katrine	Gass	01.14.43	FRA DV				V1	
26	26	Mathijs	Ykema	01.23.15	NED MJ			12		
27	27	Arjen	Boerema	01.23.44	NED MJ			13		

# Chamonix Shorttrack 2000

## Bulletin nr 5

### Bike-race competition on the "Colombiere"

Due to a bad weather-forecast, with fog and snow, it will be too dangerous to do the bike-competition on the "Colombiere" on Thursday-morning. So the program has been changed. There will now be held a mountainbike-competition in and around Chamonix.

For the beginning novices and juniors a competition will be held on a not too difficult course. For the higher level juniors and seniors a time-trial-competition will be held on a difficult course.

For both competitions awards will be presented. During the novice/junior-competition there is a warming-up time for the junior/senior-competition.

08.30	assemble with mountainbike on parking-place of ENSA all skaters go together to the start of the competition
09.00	competition for novices/juniors/beginners warming-up time for juniors/seniors-competition
09.45	end of competition for novices/juniors/beginners
10.00	start of competition for juniors/seniors
11.45	end of competition for juniors/seniors

The award of prizes will be on Thursday-evening 21.30 hr in the Wallabi-bar in the city-centre of Chamonix.

We request some parents and coaches to volunteer and help us on the track with guiding, waterstations, first-aid, etc.

Due to this competition there will be no run-bike-run or mini-triathlon on wednesday.

The scedule for the training-sessions on the ice will remain the same as published in bulletin nr 2.

# Chamonix Shorttrack 2000

## Result mountainbike-competition 03-08-2000

### Novices/juniors/beginners

### 1lap/2 laps

Cl	nr	name		time	GN	BN	Gjun/sen	Bjun/sen
	18	Melanie	Chapuis	GN	26.22.70/2lap	1		
	16	Coralie	Chansard	GN	20.15.00/1lap	2		
	15	Lucie	Alvarina	GN	20.32.00/1lap	3		
	13	Arjen	Boerema	BJ	16.11.50/1lap			1
	11	Mathijs	Ykema	BJ	17.11.90/1lap			2
1	14	Freek v.d.	Wart	BN	15.59.80		1	
2	12	Arnoud	Ykema	BN	16.36.90		2	
3	1	Kevin	Lecompere	BN	16.44.30		3	
4	2	David	Sibille Mahy	BN	17.13.40		4	
5	20	Celine	Lecompere	GJ	18.24.00		1	
6	17	Florian	Vouillamoy	BN	22.18.30		5	
7	7	Menno	Groenendaal	BJ	28.38.50			1
8	6	Huub v.d.	Wart	BJ	28.54.00			2
9	10	Kazuya	Hatta	MS	29.39.50			3
10	3	Jerome	Gass	BJ	29.44.30			4
11	29	Tatsuro	Nishitani	MS	29.45.00			5
12	9	Ryosuke	Suto	BJ	29.56.20			6
13	8	Akihiro	Ohmuru	MS	30.13.00			7
14	38	Fumihiko	Kakubari	BJ	32.07.50			8
15	32	Satomi	Sakai	LS	33.56.50		2	
16	40	Tomonori	Ike	MS	34.11.80			9
17	31	Mariko	Uzawa	LS	34.13.10		3	
18	39	Yuki	Seno	BJ	34.26.00			10
19	36	Yumi	Nakagawa	LJ	34.34.30		4	
20	30	Kazuhiro	Sakaguchi	BJ	34.39.50			11
21	37	Hitomi	Takeda	LJ	35.19.50		5	
22	35	Mio	Asakawa	LJ	35.27.90		6	
23	34	Haruna	Shinkai	LS	35.33.50		7	
24	5	Hedrik	Detz	BJ	35.48.30			12
25	33	Mika	Ozawa	LS	35.53.90		8	
	4	Peter	Keiser	BJ	31.50.80	(panne)		
	19	Sandra	Deleglise	LS	20.34.90			

### Seniors 3 laps

1	48	Chantal	Boer		
2	45	Dave	Versteeg		
3	43	Otto den	Braver		
4	47	Peter v.d.	Wart		
5	46	Patrick	Vergeer		
6	42	Stefan	Dams		
7	44	Benny	Bruggemans		
8	50	Carolien	Schalkens		
9	41	Tim v.d.	Velde		
10	52	Bart	Turcksin		
	49	Martin	Joel	(2 tour)	
	51	Pieter	Geijssel	(panne)	