

# WEEKLY NEWS

*21th  
November*  
**Nº 41**  
**2012**



Richar Blandria Ultra-Trail runner (Venezuela). See page 18.



# SUMMARY



3. AUSTRALIA



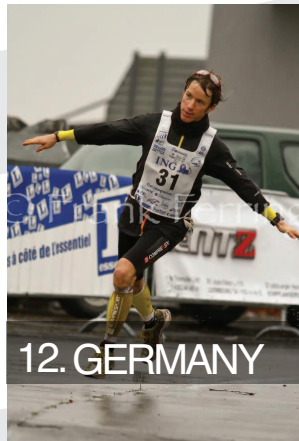
5. CANADA



7. CHILE



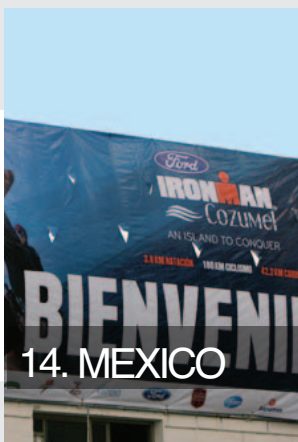
11. ESTONIA



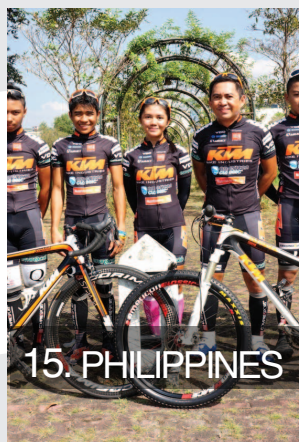
12. GERMANY



13. ITALY



14. MEXICO



15. PHILIPPINES



16. SWITZERLAND



18. VENEZUELA



# THIS WEEK IN AUSTRALIA

Full Socks Tried & Tested in Women's Running Magazine.



**Tried & Tested**

**3** Women's Running readers review three products

**Trigger Point GRID Foam Roller**  
RRP: **\$39.95**  
EACH  
[www.tptherapy.com.au](http://www.tptherapy.com.au)

**Christie McKay, QLD**  
39 years  
Fun runner

The Trigger Point GRID Foam Roller helps with many niggles and injuries and I feel that \$39.95 is a very reasonable price. It is a great compact size so it doesn't take up too much space and can be stored easily. I used it on my iliotibial band and on my quads and with continued, regular use it would get easier. I would recommend it to my running friends as a great therapy tool.

**Jodie Osborne, WA**  
41 years  
Ultra runner

The Foam Roller was easy to use on all large muscle groups with helpful diagrams provided. It was a nice, compact size, which would make it easy to pack in a medium sized suitcase. I will continue to use this product for self-massage and maintenance. Unlike my solid foam roller this looks like it will maintain its shape and is not as torturous to use so I am likely to use it more often for a better effect.

**Alison Roberts, QLD**  
31 years  
Fitness runner

I was super impressed with this roller! The quality of the product and the features it has represents great value for money. It's cheaper than the plain foam roller I already have and the grid massages and relieves sore spots. It comes with large colour instructions and is easy to use. I will definitely use this on a regular basis, and would recommend it to family and friends. It would also make a great Christmas present!

**Sirenna and Rice Snacks**  
RRP: **\$8.79**  
EACH  
[www.sirenna.com.au](http://www.sirenna.com.au)

This is a great size for a quick snack. My favourite flavour is the Spicy Tomato because it's very tasty. Heating it in a microwave for 30-40 seconds is quick and easy. All I can say is it is reasonably priced, healthy snack and I've been recommending it to my colleagues.

**Compressport Full socks with 3D.DOT**  
RRP: **\$59.95**  
A PAIR  
[www.compressport.com.au](http://www.compressport.com.au)

I found the socks to be comfortable from the moment I put them on. While I was running I felt that they kept warmth in my calf muscles. I left them on for a little while after my run and think they helped with recovery. Compared to other compression gear, I think the price is reasonable and would recommend them to others.

These socks were hard to put on like most compression garments, but stayed in place during fast-paced and longer workouts. They were very comfortable to wear on a long run (3 hours) and even to bed. The 3D.DOTs provided good cushioning. They are quite an expensive pair of socks but are comparable in price to other compression garments. I would highly recommend them to my friends as a recovery garment.

After getting over the initial look of these socks, their features won me over. They take some effort to get them on and the compression effect can definitely be felt. During my run, they felt comfortable, however afterwards I did have two big blisters where some of the dots are. They did assist in reducing muscle soreness (no soreness after a 14km cross-country run). I would use these socks on long runs however, not during the warmer months. The price compares well with other compression socks on the market.

46 November/December 2012 [www.womenstrunning.com.au](http://www.womenstrunning.com.au)

Clement working at the City2Sea Expo in Melbourne, Victoria.

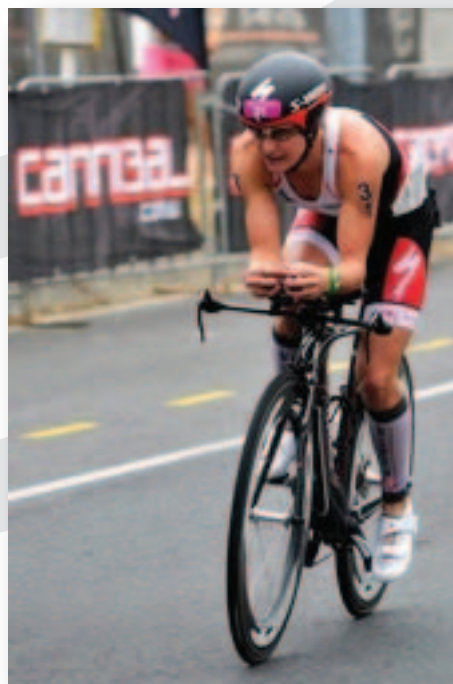


# THIS WEEK IN AUSTRALIA

Natalie van coevorden – Australian U23 Athlete in her uniform and training in the arm and calf sleeves.



Melissa Rollinson finished 7th at Noosa Triathlon after crashing with 7km to go. Mel still ended up with the fastest Cycle Split.







# THIS WEEK IN CANADA

## Fall Classic Run

Cold, wet and windy - the typical fall west coast weather greeted athletes at the Fall Classic Run in Vancouver, BC.





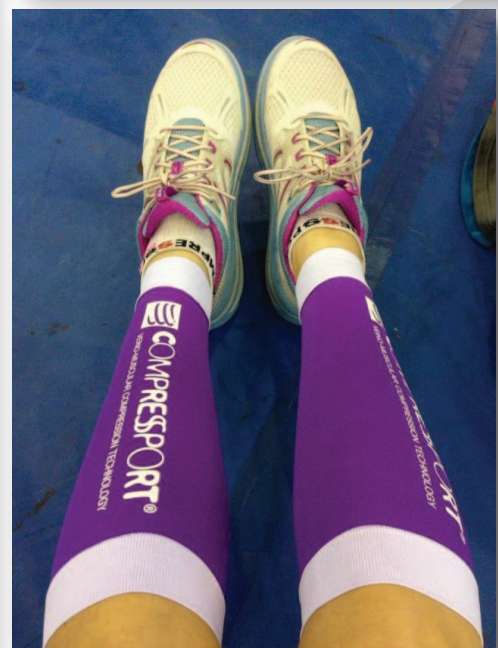


# THIS WEEK IN CANADA

## Fall Classic Run

We had **Nathan Killam** and **Rachel McBride** tearing it up on the beautiful course. **Killam** posted a solid top 10 finish for the half marathon in 1:21:11, and **McBride** would follow up on her Ironman 70.3 Austin win with another win here in the half marathon in 1:26:53, almost a full 2 mins ahead of 2nd place!

Way to end the season!

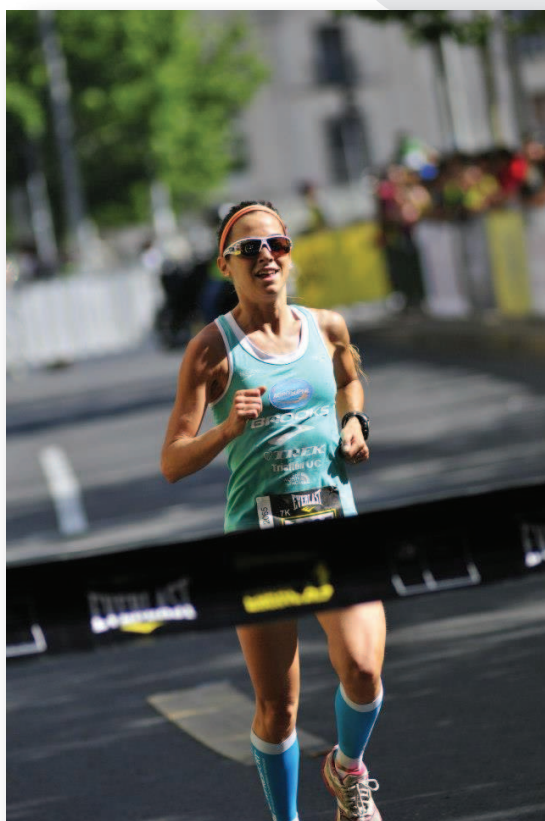




# THIS WEEK IN CHILE

## Everlast Race "Corre x Nosotras"

**Valentina Carvalho** and **Andrea Longueira**, both Compressport triathletes took a clean sweep in the women's podium at Everlast Race "Corre x Nosotras" finishing 1st and 3rd respectively!



Congratulations to both!!!



# THIS WEEK IN CHILE

## MTB Race in "Feria Pro-Tiempo Libre"

**Andrea Longueira** and **Fernanda Castro**, Compressport athletes, participated on Saturday at the MTB Race in "Feria Pro-Tiempo Libre" and they had a great time together!!!

Congratulations Girls!!!





# THIS WEEK IN CHILE

November 17, X-Trail Puchuncaví Race Sponsored by Compressport, among others.



# THIS WEEK IN CHILE

November 17, X-Trail Puchuncaví Race Sponsored by Compressport, among others.

And a lot of people using Compressport!!!!





# THIS WEEK IN ESTONIA

## Pre season ski fair in Tartu.

As winter and ski season is right ahead in Estonia, the first pre season ski fair was organized in Tartu. It was all day of different activities, competitions, work shops etc. Almost all xc ski equipment suppliers were represented.



We were able to introduce Compressport among XC skiers – in Estonia XC skiing is in a status of national sport. Like in previous events – we received a lot of very good feedback and interest in Compressport! We are in the right way!





# THIS WEEK IN GERMANY

Flo win again the Trail Uewersauer in Heiderscheid, Luxembourg

After racing the all summer on the track from 800m to 10000m and running a couple of new PB, **Flo** have decided to try "something new" in autumn, running some of (very) long training session and racing a couple of trails. After his 3rd. place overall and 2 stage victories in St. Wendel by the "Keep on running" trail 1,5 month ago, the Team COMPRESSPORT athlete goes back to Luxembourg to defend his titel from last year. Perfect trail weather, rainy, cold, muddy course for the 50k ultra trail and perfect race for **Flo**, winning again in 3:36:07, crossing the finish line 8 minutes in front of Thierry Hübsch, the new Luxembourg Trail Champion. Good job **Flo** and see you next year again on the trail!



**CREDIT PHOTO Frank Ferring**



# THIS WEEK IN ITALY

## FAMILA BASKET

Compressport Italia is happy to announce the collaboration with FAMILA BASKET!



**FAMILA** is a series A1 Italian team of basket! This year they could win the Italian championship and also have a good result on European championship...



Compressport Italia is really proud to support this team!



# THIS WEEK IN MEXICO

## IM COZUMEL next Sunday : An Island to conquer!

Cozumel, a small island off of the Eastern coast of Mexico's Yucatan Peninsula, is a popular destination for tourists year round.

Visitors from all over the world flock to the beautiful beaches, amazing snorkeling, and relaxing atmosphere.

Cozumel plays host to the Ford IRONMAN Cozumel event every November. The course is known to be flat, fast and very scenic!

This year will once again be an exciting race. Compressport athletes **Trevor Delsaut**, **Jimmy Johnsen** and **Anne Basso** will be competing and looking to score some early points for the KPR 2013!

French Top Age Grouper **Arnaud Bouvier** will also be competing and should secure his 2013 Kona slot.

COMPRESSPORT Mexico will be happy to welcome all the athletes !  
Feel free to come to say Hello...







# THIS WEEK IN PHILIPPINES

Compressport Philippines is proud to sponsor the KTM-Nutrisource Cycling Team!





# THIS WEEK IN SWITZERLAND

## Julien Tarmarcaz in Belgium

The 2012 Swiss Champion **Julien Tarmarcaz** is living now in Belgium for the Cyclocross season. He's getting everyday stronger. This Weekend, he raced with the top riders in the world and ended at the 9th place at the Superprestige Asper Gavere.



**CREDIT PHOTO** Maxime Schmid



# THIS WEEK IN SWITZERLAND

Melanie Annaheim and his friend David won the TransTahitien in the category mixed.

It's a bike&run in which you have to travel the island of Tahiti.

<http://www.melanieannaheim.ch/de/>



Corrida Bulloise with Magalie Di Marco

**Magalie Di Marco** ended 17th at the Corrida Bulloise. A 6 km race, she had a time of 21'14".

<http://magali-dimarco.blogspot.ch/>



# THIS WEEK IN VENEZUELA

## Welcome to Richar Belandria!

He is a Ultra-trail runner and he is also the first Venezuelan to win an Ultra-Trail with map and compass orientation outside of the venezuelan territorie. It was in 2011 in the Copahue Volcano in Argentina.



Recently he ran the Mont Blanch competition! and at the moment he is again training for to compete in Argentina running "La mision in Villa la Angostura"

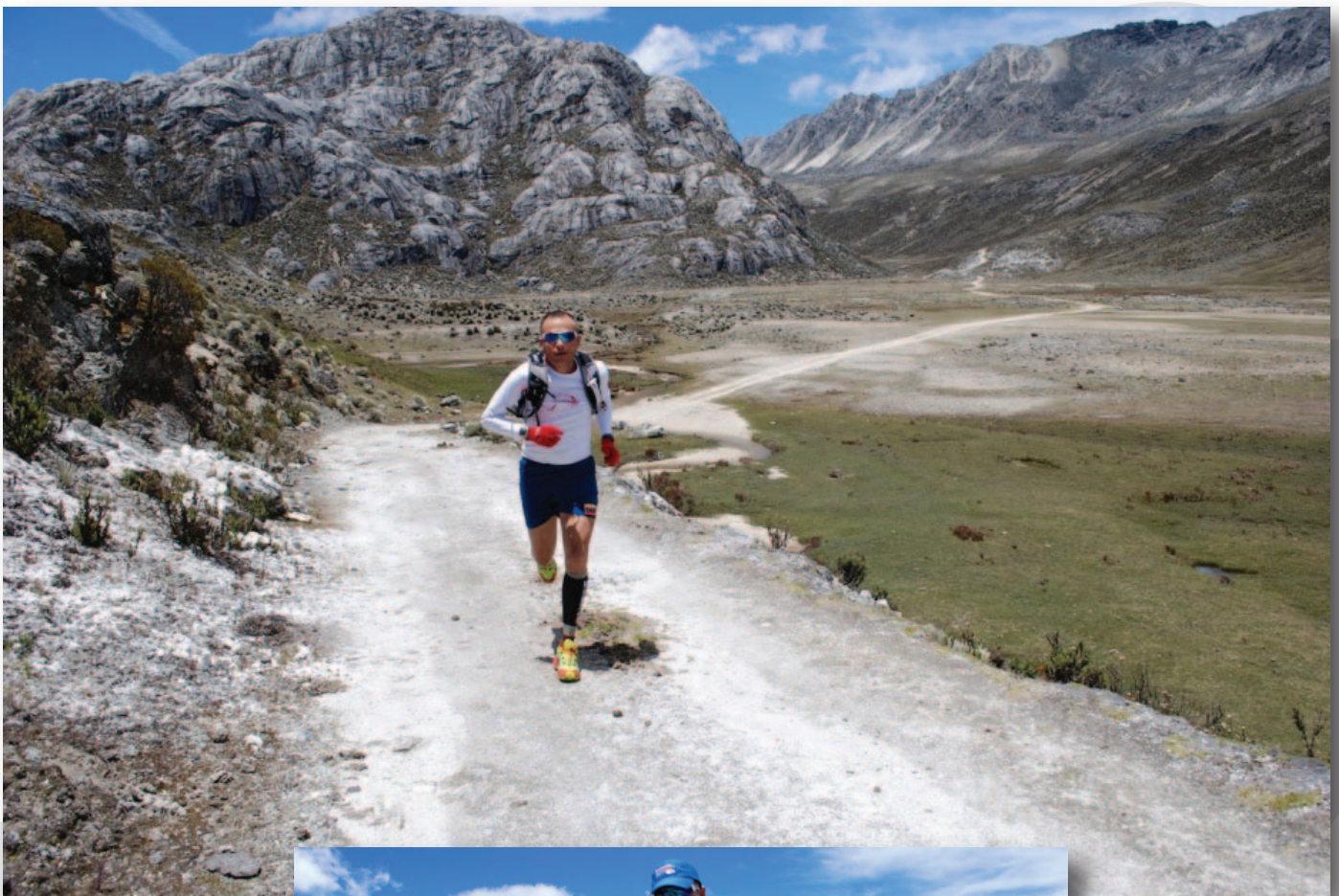
He is being using our products for long time, but now he is part of our Team Compresport Venezuela.



# THIS WEEK IN VENEZUELA

Enjoy and Welcome Richar !!!!!

**Richar** training in the Venezuelan Andes Mountains!





# COMPRESSPORT CALENDAR EVENTS

## *in November 2012*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			01	02	03	04 SPAIN <i>Half Marathon Lleida</i>
05	06	07	08	09 SPAIN <i>LLWE Film "Tundra's Pastors"</i>	10	11 SPAIN <i>Montseny Marathon</i> AUSTRALIA <i>City2Sea Run in Melbourne</i>
12	13	14	15	16	17 SPAIN <i>TH Valencia Marathon / Jean Bouin Race Barcelona Bebobia- San Sebastian Race</i>	18 COLOMBIA <i>Salón de la Bicicleta</i> COLOMBIA <i>Unicef 10 K</i>
19	20	21	22	23 KUWAIT <i>Kirwain Half Marathon</i> AUSTRALIA <i>Shepparton 70.3</i>	24	25 SINGAPORE <i>Swissotel Vertical Marathon 2012</i> <i>Park City Run (Malaysia)</i> MEXICO <i>Cozumel IM</i>
26	27	28	29	30 SINGAPORE <i>Singapore Marathon Expo</i>	1	



Thanks to all of you for sharing your news,  
pictures, results, adventures, and testimonials.

See you next week!



media@compressport.com



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## COMPRESSPORT IN MOTION



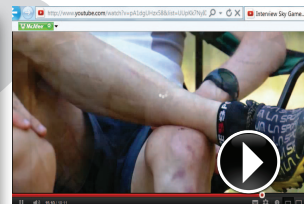
Compressport in TV  
Venezuela



Marathon China



ExpoBIKE 2012



Raul Garcia  
SKY Games 2012



Fernada in Bahia



CrossFit Games 2012



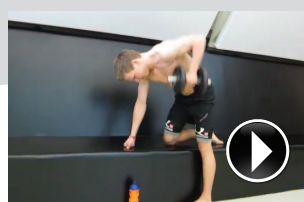
Transvulcania 2012



From The Inside



MK Experience  
Marathon Barcelona



Manuel Sölkner  
Austrian Triathlete



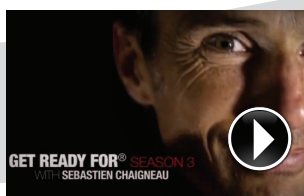
Zurich Marató  
Barcelona 2012



Valencia LD



The North Face®  
Transgrancanaria® 2012



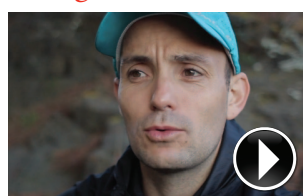
The North Face®  
Transgrancanaria® 2012



Saleta Castro  
previa Valencia



Virginia Berasategui  
Iberdrola Tower



Edu Luque



Enduropole du  
Touquet 2012



Victor del Corral  
Sponsors



Duathlon de la Santa

