



## Personal data

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Date of birth: 12.05.1971 (Sainte Adresse – 76 – F)  
Nationality: French  
Family: Married, one boy (11)  
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Profession: Specialist System Competitiveness (technical & financial) – TETRA PAK (Lund)

Languages: French, English, German, Swedish and soon Spanish  
Passion: **Trail running**

## My runner “career”

I have been running at a “good amateur level” for about 25 years more than 500 competitions (mainly in F, D and Sweden): After about 15 years with focus on road running (5K to marathon), I spent the last 10 years training and competing on trail running. The last 3-5 years my focus is on ultra trail with the ambition to finish Diagonale des Fous in 2017 and UTMB in 2018.

I have been member of a French club: ASPTT Nancy and 3 Swedish running clubs: FK Studenterna, Björnstorps IF and today Genarps IF.

## Laurent & ITRA: motivation & ambitions

I am not only a passionate trail runner but I like to participate and impact the trail running development both at a local (organisation of guided trainings, of a trail running competition and section leader of the Tetra Pak running section), national (ITRA runner representative for Sweden since 04/2016) and international levels (contact with international organisations and runners, member of the ITRA quality commission).

I started one year ago my assignment for ITRA as national runner representative. During this year I have been discussing trail running and ITRA involvement with the Swedish federation (SFIF) and its committee (KUL), promoting trail running in Sweden, answered questions from organisers and runners from all Sweden and develop together with [trailrunningsweden.com](http://trailrunningsweden.com) the first national trail ranking.

I would like to increase my involvement in Trail Running at an international level contributing with both my ideas, my engagement, my experience and my competences to further develop the sport. **For that I need your vote ☺.**

## My top competences

- Analytic and structured thinking and acting
- Proven leadership capabilities and professional stakeholder management
- Intuitive, creative and focused on delivery