

HALTERO-CLUB TRAMELAN

WEBSITE

<https://www.halteroclubtramelan.com>

54th CHALLENGE "210"

INTERNATIONAL TOURNAMENT OF TRAMELAN



YANNICK TSCHAN, SUISSE, WINNER 2025



LEA-MARIE ANTONIO, FRA, WINNER 2025

**October 30-31, 2026
Salle de La Marelle
2720 Tramelan**

Dear sports friend,

Once again, the Tramelan Weightlifting Club will do everything possible to organize the 54th edition of the "210" challenge. It is with great pleasure that the organizing committee invites you to take part in this event, so that we can share some great sporting moments together. You will find here all the information you need to register.

Categories' specification

POUSSIN (U10)	born in 2016 and after	
MINIME (U13)	born in 2015, 2014, 2013	
SCHOOLBOY (U15)	born in 2012, 2011	
YOUTH (U17)	born in 2010, 2009	
JUNIOR (U20)	born in 2008, 2007, 2006	
SENIOR	born in 2005 or before	
VETERAN 1	born in 1991 or before, until 1976 (50 years and younger)	
VETERAN 2	born in 1975 or before (over 51 years)	
NATIONAL	for athletes lifting more than 210 kg on the '210' system	
INTERNATIONAL	for athletes lifting more than 270kg in the '210' system, or who have participated in international competitions or are members of the tournament's national teams.	
POUSSIN (U10)	born in 2016 and after	
FEMALE MINIME (U13)	born in 2015, 2014, 2013	
FEMALE SCHOOLBOY (U15)	born in 2012, 2011	
FEMALE YOUTH (U17)	born in 2010, 2009	
FEMALE JUNIOR (U20)	born in 2008, 2007, 2006	
FEMALE SENIOR	born in 2005 or before	
FEMALE VETERAN 1	born in 1991 or before, until 1976 (50 years and younger)	
FEMALE VETERAN 2	born in 1975 or before (over 51 years)	
FEMALE NATIONAL	for athletes lifting more than 150 kg on the '210' system	
FEMALE INTERNATIONAL	for athletes lifting more than 175kg in the '210' system, or who have participated in international competitions or are members of the tournament's national teams.	
TEAMS	MEN	FEMALE
	POUSIN, MINIME, SCHOOLBOY, YOUTH, JUNIOR, SENIOR, VETERAN	POUSSIN, MINIME, SCHOOLBOY, YOUTH, JUNIOR, SENIOR, VETERAN, ELITE
	TEAM "210" (CHALLENGE "210") (can be mixed)	
INSCRIPTION FEES Gratis for the teams	Pro athlete	CHF 30.-
	Pro athlete (Up to 15 years old)	CHF 25.-
For the registration to be considered valid, the payment must be made into the bank account no later than September 30, 2026 (registration deadline). After this date, registration will be considered definitive and will not be refunded in the case of non-participation. If the "Final Entry" registration deadline (September 30, 2026) is exceeded, the registration fee will be doubled		
Payment shall be made exclusively in Swiss francs (CHF). Any charges incorrectly billed to Haltéro-Club Tramelan will be re-invoiced to the participating club.		

Bank details for payment

Registration fees must be paid before the close of registration (30.9.2026)
to IBAN account: CH08 0079 0042 3929 1617 9 or outside Switzerland with BIC KBBECH22XXX to the Berner Kantonalbank by bank transfer.

Bank clearing number (CB):	790
BIC (code SWIFT) BCBE :	KBBECH22XXX
Name/address of beneficiary bank :	BCBE, Place Fédérale 8, 3001, Berne, Suisse
Beneficiary's account number:	CH08 0079 0042 3929 1617 9
Beneficiary's name :	Haltéro-club Tramelan, Case postale 50 2720 Tramelan
Payment details :	Inscription / Registration Challenge "210" 2026

By law:

The classifications will be established in connection with the total of the kilos obtained by the lifter after addition or subtraction of the handicap, as follows:

a) For a lifter bodyweight lower than 70 kg :

The difference of the bodyweight with 70 kg will be added 2 times to the Olympic total of the lifted kilos.

b) For a lifter bodyweight upper than 70 kg:

The difference of the bodyweight with 70 kg will be withdrawn 2 times to the Olympic total of the lifted kilos.

Team rules

- 1) Each team is composed of 3 athletes without substitute.
- 2) The composition of each team will be made before the 1st athlete weighing of each team.
- 3) In case of equality, the lightest team will be the winner.

A classification by **clubs** will be established. The "210 total" of each club member will be considered (no lifters number limit) and the rewards will be distributed as follows:

After addition of all the members points,

The best club : Frs 400.- 2nd : Frs 200.- 3rd: Frs 100.-

Possibilitie of placing itself in dormitories or rooms of hosts

To get information please call tourist Office

Tél. +41 (0)32 494 53 43, info@gctourisme.ch

Hotel	Outdistance competition	Price of the rooms with breakfast		Phone
		Simple	Double	
CIP	1 min by foot	Frs. 100.-	Frs. 140.-	+41 (0)32 486 06 06
La Clef Les Reussilles	30 min by foot	Frs. 124.-	Frs. 178.-	+41 (0)32 487 49 80
Hôtel Garni Les Reussilles	5 min by car	Frs. 65.-	Frs. 110.-	+41 (0)32 487 67 67

Subject to modification

A detailed program will be sent to clubs 1 to 2 weeks before the competition.

INSCRIPTION TO: s-lauper@bluewin.ch or Haltéro-club Tramelan, Case postale 50, 2720 Tramelan

CONTACT POINT :

E.MAIL : info.halteroclubtramelan@gmail.com

Final Entry deadline : September 30, 2026

PODIUM 2025

Catégorie	Prénom_Nom	Club	PC	Biathlon	Pts "210"
INTERNATIONAL	Yannick TSCHAN	BARBELL CLUB BIENNE SEELAND	94,25	330,00	281,50
	Steve BESTMAN	LONDON LIFTERS	91,66	320,00	276,68
	Emmanuel LEPAUL	CLUB HALTÉROPHILE LUXOVIEN	77,77	286,00	270,46
NATIONAL	Titouan VERLOES	PTL WEIGHTLIFTING GENEVA	70,55	254,00	252,90
	Leonardo BUCCI	WEIGHTLIFTING NORTHWEST	93,95	295,00	247,10
	John MULLER	CLUB HALTÉROPHILE LUXOVIEN	81,45	268,00	245,10
SENIOR	Alexandre FORFER	CLUB HALTÉROPHILE LA CHAUX-DE-FONDS	78,4	225,00	208,20
	D'Elia MICHAEL	SAN MARINO WEIGHTLIFTING FEDERATION	73,15	212,00	205,70
	Hernan LAVANCHY	CLHM LAUSANNE	69,04	202,00	203,92
VETERAN 1	Björn HERTRAMPF	VEREINIGUNG DER ZÜRCHER GEWICHTHEBER	88,75	276,00	238,50
	Tom SCHWANDER	WEIGHTLIFTING NORTHWEST	90,5	264,00	223,00
	Dany TERMIGNONE	SHP MOUTIER	81,45	245,00	222,10
VETERAN 2	Dimitri LAB	SHP MOUTIER	76,71	185,00	171,58
	Jean CANESTRIER	A.S. MONACO	73,13	166,00	159,74
	Christophe JACOT	CLUB HALTÉROPHILE LA CHAUX-DE-FONDS	77,37	157,00	142,26
JUNIOR (U20)	Antoine MARY	CLUB HALTÉROPHILE LUXOVIEN	80,09	268,00	247,82
	Romain DA SILVA	LIGUE AUVERGNE RHÔNE ALPES	85,75	274,00	242,50
	Botond MOLNÁR	BUDAPEST WEIGHTLIFTING FEDERATION	61,22	211,00	228,56
ECOLIER (U15)	Nathan MIFSUD	MALTA	60,81	198,00	216,38
	Ismaël IAFRATE	LIGUE AUVERGNE RHÔNE ALPES	66,21	204,00	211,58
	Szymon PERA	TV MNGEN	71,47	200,00	197,06
CADET (U17)	Fabio BRAUNBART	TSV TUTTLINGEN	87,64	266,00	230,72
	Samuel GERINGER	BARBELL CLUB BIENNE SEELAND	59,52	195,00	215,96
	Amine LAMLICHE	TEAM AFHMA FRANCONVILLE	78,56	224,00	206,88
MINIME (U13)	Petr KASA	TJ ROTAS ROTAVA	45,84	127,00	175,32
	Mattias MIFSUD	MALTA	39,2	76,00	137,60
	Joel KRAMER	KSV LÖRRACH	30,38	55,00	134,24
F INTERNATIONAL	Léa Marie ANTONIO	CLUB HALTÉROPHILE LUXOVIEN	67,25	192,00	197,50
	Laila MIARELLI	WEIGHTLIFTING NORTHWEST	63,65	166,00	178,70
	Emma TRUJILLO	CLHM LAUSANNE	62,05	162,00	177,90
F NATIONAL	Pauline DEPENWEILER	SHP MOUTIER	73,1	187,00	180,80
	Victoria ARMSTRONG	LIGUE AUVERGNE RHÔNE ALPES	67,13	175,00	180,74
	Rahel GÜNTERT	WEIGHTLIFTING NORTHWEST	64,03	160,00	171,94
F SENIOR	Monika LE-MINH	WEIGHTLIFTING NORTHWEST	49,35	120,00	161,30
	Pauline ROULET	CLUB HALTÉROPHILE LA CHAUX-DE-FONDS	64,2	146,00	157,60
	Laura CARTOLANO	SOCIÉTÉ ATHLÉTIQUE MONTMARTROISE	55,2	126,00	155,60
F VETERAN 1	Lisa KARP	VEREINIGUNG DER ZÜRCHER GEWICHTHEBER	61,1	156,00	173,80
	Claudia RODRIGUEZ	CLHM LAUSANNE	60,7	138,00	156,60
	Stefanie GALLE	GEWICHTHEBER KLUB DER SPORTFREUNDEN	59,75	134,00	154,50
F VETERAN 2	Sandra MÜLLER-JENNINGS	BARBELL CLUB BIENNE SEELAND	57,52	116,00	140,96
F JUNIOR (U20)	Justine MOREL-BIRON	LIGUE AUVERGNE RHÔNE ALPES	52,15	137,00	172,70
	Anja LEUENBERGER	BARBELL CLUB BIENNE SEELAND	64,05	152,00	163,90
	Kaya CURMI INGUANEZ	MALTA	51,55	126,00	162,90
F CADET (U17)	Aaliyah GATT	MALTA	66,45	165,00	172,10
	Jade RICHEVAUX	TEAM AFHMA FRANCONVILLE	55,35	122,00	151,30
	Eva BAYKOV SVIATOKA	TEAM AFHMA FRANCONVILLE	54,2	115,00	146,60
F ECOLIER (U15)	Mia BRAUNBART	TSV TUTTLINGEN	67,7	151,00	155,60
	Asya HORVATH	LIGUE AUVERGNE RHÔNE ALPES	61,15	134,00	151,70
	Ona LARRAYA COMI	WLC 1700	56,5	118,00	145,00
F MINIME (U13)	Ema DURIC	CLUB HALTÉROPHILE LUXOVIEN	52,45	126,00	161,10
	Luna LITZLER	BARBELL CLUB BIENNE SEELAND	43,55	90,00	142,90
	Liliana MACHTOVÁ	TJ ROTAS ROTAVA	50,05	102,00	141,90