

# Season review 2024

After the traditional New Year training camp in Finale Ligure and a basic training camp in La Spezia, the 2024 season got off to a relatively late start. March was completely free of competitions, with the first races taking place at the beginning of April in Sesto Calende. The first race took place on the same terrain as the two competitions in March 2023. As in 2023, I won this race too and celebrated a perfect start to the 2024 season. I finished the second competition of the weekend, a rather flat long-distance race, in 3rd place at the same time as Silas. Towards the end of April, selection runs and the performance test with Chrigu Aebersold were on the agenda. The selection runs went very well, I won both the physical selection run with a new personal best time on the Bremer Loop and also won the two extended sprints the following day. I was ready for the big race block in May

After the start of the season was characterized by an unusually low number of competitions, things looked very different from May onwards. The most intensive phase of 2024 began with competitions in the Evian region. There were five races over five days, three of which were world ranking events and the final race was a relay. The competitions were of varying quality: while the first race, a middle distance in a forest with lots of walkers and far too many routes running in opposite directions, was dominated by danger, the subsequent mass start was a cool race, which I finished in second place just behind young senior Simon Hellmüller. The long distance was again very boring, the chosen area was extremely steep and had only a few paths. Some routes were also very dangerous again. The sprint was again top, a sometimes extremely challenging network of trails placed high demands on the map technique, which I was not always able to fulfil. The final relay comprised only two routes. While my teammate Silas had a bit of trouble, I managed a perfect race. I was able to master the many meters of altitude well and set a time that was three minutes faster than the second-fastest course time of the day. So I was able to ride us from 5th intermediate place to victory with a lead of 3.5 minutes.

After a five-day break, the next extended M-Weekend was already on the agenda: Three competitions took place in Prémamanon, including the Swiss Sprint Championships. The terrain was very challenging in terms of riding technique and maps. I didn't manage all the races perfectly, especially in the sprint I made too many mistakes. I finished the long distance as second fastest, again beaten by Simi. I came third in the final chase start.





After a four-day break, it was time to travel to Poland for the European Championships. I travelled with part of the Swiss team by train to Berlin and from there by rental car to Ostroda. So that this report doesn't get too long, I'll refer you to the report on the European Championships on my website: <https://ajaeggi.ch/en/european-championships-in-ostroda-poland/>

After returning from the European Championships, the next competition was just around the corner: the Swiss Middle Distance Championships in Aargau. In an exciting race, I was only beaten by the tireless young senior Simi and local hero Silas and won bronze. But the intensive phase was not over yet. After a weekend off, the World Cup in Latvia, more precisely in Smiltene in the north-east of Latvia, was already on the agenda. Once again, we arrived a little earlier and competed in the southern part of Daugavpils. The sprint in a small city forest was particularly excellent. You could cross practically everywhere very quickly, and the most direct route was almost always the fastest. It felt like you were doing foot orienteering without having to run, it was great! After the exciting competitions and the experience we had gained, we travelled to Smiltene via a training session in Riga. The competitions there were all excellently organized and were very exciting and challenging despite the lack of vertical meters. You can find the report from this World Cup round here: <https://ajaeggi.ch/en/world-cup-in-smiltene/>

After the World Cup in Latvia, the only thing left to do was the O-wrestling before a (short) summer break. I traveled by night train to Oskarshamn in Sweden. Unfortunately, the journey was made a little more difficult by the German and Danish railroads. After countless timetable changes, it became clear that there would be no trains between Hamburg and Copenhagen the whole weekend I was traveling. With a bike, the odyssey of several different regional buses or the Flixbus is unfortunately not possible. I looked for an alternative and found the solution thanks to Swedish help: Gabriella transported my bike directly from the World Cup in Latvia to Oskarshamn to O-Ringen. Many thanks for that! So I was able to travel to Sweden relaxed and with only my luggage, where every train was on time and the journey with Flixbus also went well. The time in Oskarshamn was as good as I had expected. We had a cool campsite, a good atmosphere and exciting competitions in very challenging terrain. My performance was stable and I finished third overall. Dead tired from an intensive week and an even more intensive sixth stage, we returned home by train. For once, there was no MTBO on the program for the next few weeks. I passed the time with tours in the Alps and the Eigerbike, a marathon race in Grindelwald. Unfortunately, I crashed on a descent there. After the technically demanding trail from Bachalpsee, I lost a bit of concentration at an actually easy section and flew face-first onto a rock. I suffered a relatively





deep cut in my lip and broke two corners of my teeth. I was able to finish the race despite the pain and a bloody face. Of course I lost a few places but I was still happy with my race.

At the finish I was able to wash the wound straight away and the race doctor stitched my lip back together (without anesthetic). I was also able to have my teeth repaired before the upcoming altitude training camp in St. Moritz. So I was able to start my preparations for the World Championships freshly repaired and without any restrictions. We were able to prepare perfectly this year with an altitude training camp. We enjoyed perfect training and recovery opportunities.

Read more about the altitude training camp at [suimtbo.ch: https://suimtbo.ch/vorschau-auf-die-wm-in-bulgarien/](https://suimtbo.ch/vorschau-auf-die-wm-in-bulgarien/) (in German) Two MTBOs were held in Switzerland before and after the training camp. The long-distance Swiss Championships in my former home forest around Biberist and Lohn-Ammannsegg were a particular highlight. Hot temperatures, exciting courses and fast legs on my part allowed me to win gold with a five-minute lead.

We also travelled to Bulgaria a little earlier and completed some training sessions at a training camp for the Bulgarian national team. Unfortunately, the planned competitions in Tarnovo were cancelled because the roads were washed away by storms and the terrain was no longer suitable for MTBO. However, we were able to prepare well on the available maps and started the most important and last competition week of the year in good spirits. I managed stable races with a high level of consistency, but without any outliers at the top and the rankings were slightly below my expectations.

I finished three out of four individual races in 15th or 16th place. In the relay, I then managed another very good race on the final stretch and was able to finish with a diploma.

Unfortunately, my joy was short-lived as Flurin told me about his mistake on the first leg soon after I crossed the finish line. So unfortunately the last race ended in great disappointment, which was more than made up for by the bronze medal for the women's team! Read the report of the World Championships on my website:

<https://ajaeggi.ch/en/report-of-the-world-cup-in-2024-in-shumen/>



I am now writing this report because the international season is over for me. Even though there are still two Swiss Cup competitions to come in Switzerland, the season is over for me. Finally, I would just like to thank all my sponsors who have supported me again this year. A big thank you also to the OLG Biberist SO for their valuable support and the organization of the very cool long-distance Swiss Championships!

Thanks a lot to all my sponsors!

