

# XNEWS

A magazine from the Axelent Group

No. 4 2019

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- Axelent Safety Group
- Carmaker VinFast
- Ferry Svan makes history
- Customer and supplier visits

**Marjana Gavric**  
*Axelent's Product Coordinator*





» *When summing up the past year, we can look back with pride and conclude that we've created safer industrial environments across the globe.*

**Stefan Axelsson, Export Manager, Axelent AB**

**The darkest time of the year has now cast its shadow over Sweden. It's dark when you wake up, and it's dark again already by three o'clock in the afternoon. Fortunately, we have many happy memories to brighten our day!**

**I was on location in Australia** to follow the solar car race in person. After the finish, we invited customers and solar car race participants to an event at Axelent Australia. Interest in the race in this sun-baked country was generally very high, especially among our customers.

**This past summer, we reinstated the Axelent Safety Group.** Safety has always been close to our hearts and it's great to be involved in the group's activities and projects. This will benefit anyone whose job brings them into contact with hazardous industrial environments. As we strive to protect humans rather than machines, we continually expand our range to be a complete supplier in industrial safety.

**In this issue of X-News,** you can read about two exciting projects of which we're particularly proud. We've delivered safety solutions to Finn-Power, Prima Power's proprietary machine manufacturer. The newly built plant is perhaps the most modern in the Nordic region. We've also acted as safety equipment supplier to the Vietnamese carmaker VinFast for its very first plant, which is especially pleasing for a car buff like me.

**Axelent's assignments** continue to reap rewards, and this year we even made our debut as a **Super Company**. We've also been nominated for a **CMA** (Content Marketing Award) for the second time in the Best B2B Campaign category for our global marketing campaign.

When summing up the past year, we can look back with pride and conclude that we've created safer industrial environments across the globe.

**Welcome to a safe world**

**Stefan Axelsson, Export Manager, Axelent AB**



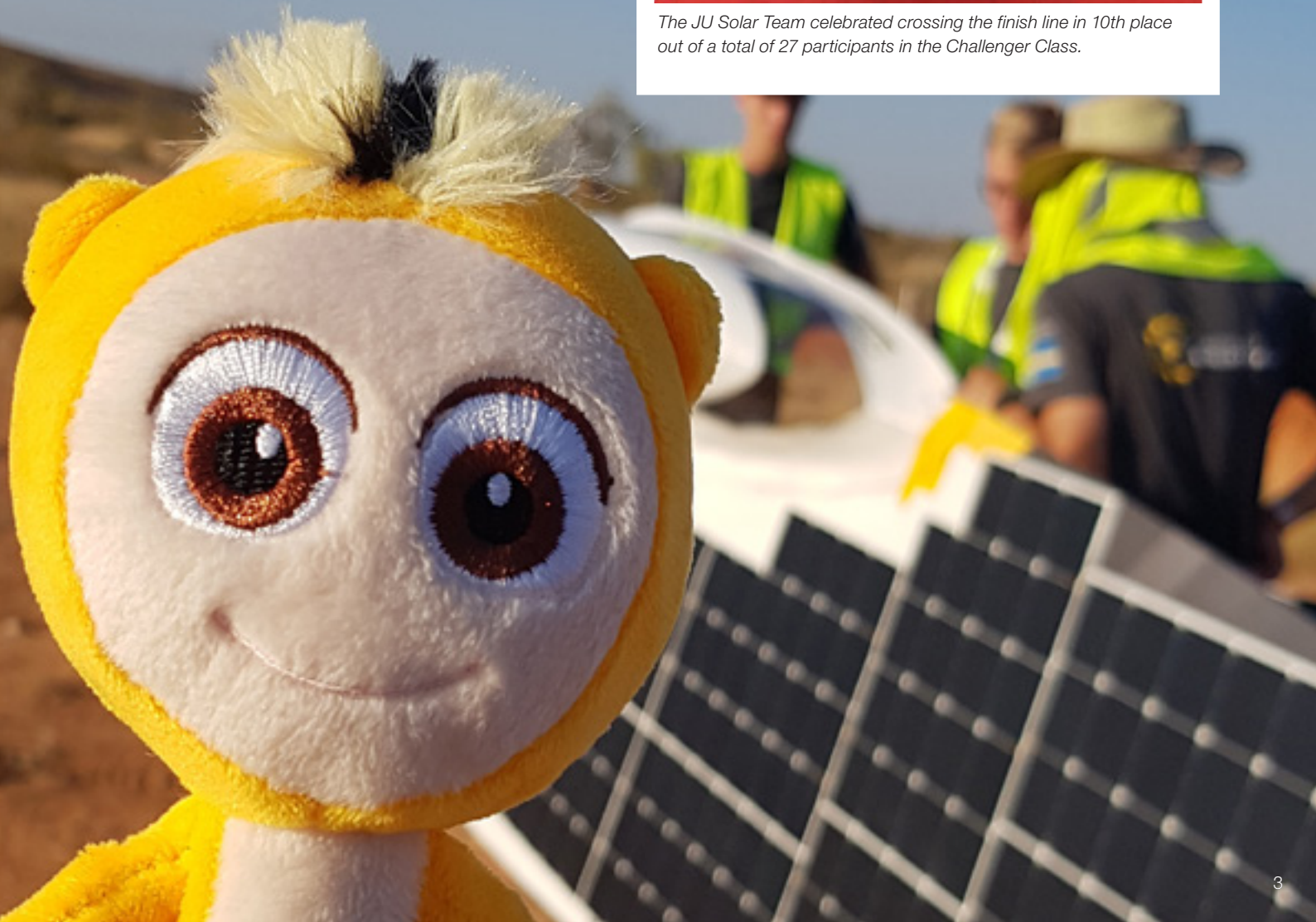
# The solar car has crossed the finish line!

It's now official! The JU Solar Team came in tenth out of a total of twenty-seven participants in the Bridgestone World Solar Challenge 2019. The journey across Australia from Darwin to Adelaide was completed in five days at an average speed of 64.6 km/h.

The total distance covered by the solar cars that made it all the way (11) was 3,019 km. The fastest car in the race had an average speed of exactly 87 km/h, but 300 km before the finish line it literally burned up. So, the competition had its fair share of drama. In fact, more than half (16) never finished – some didn't even cover a single metre because they failed the initial inspection. With all this in mind, tenth place is clearly an impressive feat!



*The JU Solar Team celebrated crossing the finish line in 10th place out of a total of 27 participants in the Challenger Class.*





● Chengdu

Wuhan ●



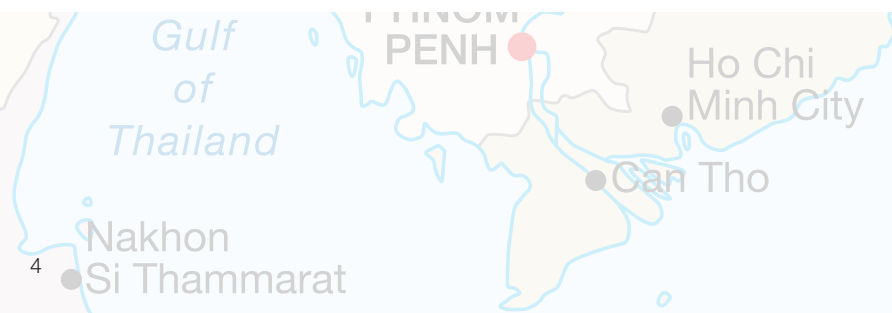
VinFast Lux SA 2.0,  
Paris Motor Show 2018  
Photographer: Alexander Migl



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X-Guard costs a little more than a locally sourced guard system, but the advantages far outweigh the price difference.

– LIU LIANGBO, MANAGER  
AAPICO HITECH TOOLING COMPANY LTD







# Vietnam's first car manufacturer chose safety equipment from Axelent

VinFast is Vietnam's first car manufacturer, with its sights set on worldwide car exports. During the development of the company's two latest models, a decision was made to implement Axelent products to the full at workstations and in procedures.

VinFast was already familiar with Axelent as X-Guard machine guards were being used for a couple of robot cells at the factory.

"One of our Japanese robot partners introduced us to Axelent a few years ago. X-Guard costs a little more than a locally sourced guard system, but the advantages far outweigh the price difference. X-Guard is quite simply outstanding with its high standard and ability to be repurposed in future projects," says Liu Liangbo, a manager at AAPICO Hitech Tooling Company Ltd with responsibility for the installation of the robot cells at the VinFast factory.

VinFast's vision is to create classic car models for a broad consumer base and the company's production target is an annual output of half a million cars as early as 2025. During the manufacture of its latest car models, a sedan and an SUV, VinFast realised there was a need to broaden its partnership with Axelent.

In addition to physical Axelent products, VinFast also decided to implement software solutions such as SnapperWorks in its systems.

"SnapperWorks is an excellent calculation tool. It saves us time and we've been able to export the data to our CAD tools. What's more, by working in 3D, we can now produce much more professional customer presentations. We're extremely pleased," says Liu Liangbo.



Manger Liu Liangbo,  
AAPICO Hitech Tooling  
Company Ltd

## Here's why VinFast chose Axelent as a partner for plant safety.

1. Axelent products have a unique design, with high quality and light constructions.
2. Axelent's speed at bridging cultural gaps between continents and ability to see growth potential in partners.
3. Axelent is an internationally strong brand that stands out from the competition.
4. Axelent's team members are very agreeable and offer help on all levels.

# 4







# Axelent Safety Group

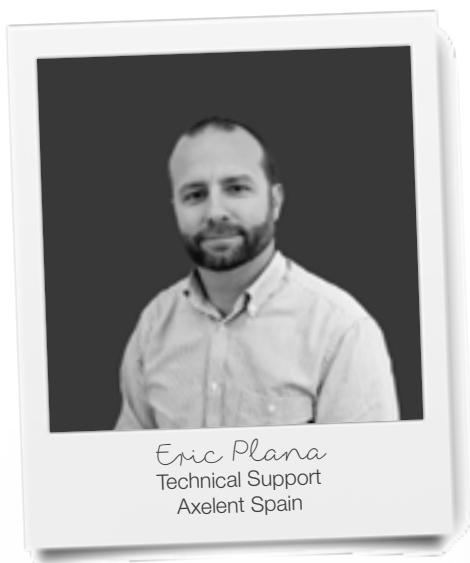
In June 2019, the Axelent Safety Group was reinstated with the aim of strengthening efforts in and raising awareness of machine safety issues at the Axelent Group.



» The group's primary role is to ensure that Axelent has a high level of expertise in machine safety issues.

*Mikael Ström, Axelent AB*





The Axelent Safety Group is headed by Mikael Ström and its members are Sven Toftgård, Axelent AB, Marc Van den Ende, Axelent Benelux, Eric Plana, Axelent Spain, and the external machine safety guru Matthias Schulz.

### Why was the Axelent Safety Group founded?

Ever since its humble beginnings almost thirty years ago, Axelent has remained to the fore in safety issues. Axelent's entire business concept is based on protecting people in industrial environments and Axelent is, for instance, a member of the Committee on Machine Safety (SiS). SiS pursues Sweden's standardisation efforts on behalf of the Swedish government. These standardisations are most often international and in compliance with the Vienna Agreement\*.

"The reinstatement of the Axelent Safety Group was a natural step for us to take," says Mikael Ström, the group's founder and Product Manager at Axelent AB's head office.

### What exactly is the group tasked with?

The group's primary role is to ensure that Axelent has a high level of expertise in machine safety issues. Such knowledge benefits our group and is shared through information and training initiatives.

Our assignments vary in scope. They can entail, for example, updating Axelent's unique Safety Book, responsibility for machine safety texts on our websites or ensuring a general consensus within the group regarding machine safety issues. We also work actively with machine safety training.

We subscribe to standards, and in order to interpret these usually very complex texts, we enlist the help of Matthias Schulz. He's extremely gifted at simplifying matters and

providing documents that 'normal' people can understand. Our Safety Book is a shining example of this.

Another ongoing task for the Safety Group is to simplify the information about our products. One example of this is the 'Switch Selection Guide' that Marc Van den Ende has put together. This is a guide that explains and clarifies which locks and switches can be combined when different safety levels need to be in place.

Naturally, the group's work is also especially important when it comes to Axelent's product range. We always keep the end user of our products in focus, and we continually strive to ensure that our product offering is always relevant and compliant with the established requirements.

### Do you have any questions about the Axelent Safety Group?

If so, contact Mikael Ström at:  
mikael.strom@axelent.se or +46 370 37 34 77

#### Vienna Agreement

The agreement on technical cooperation between the standardisation organisations ISO and CEN (European Committee for Standardization).

#### SiS

Axelent participates in standardisation work in partnership with SiS, the Swedish Institute for Standards.







# Steel wire with a history

Hörle Wire has a history that goes back 102 years. But in February 2018, it all nearly came to an abrupt end. Sections of the 20,000 square metres of factory space burned down. How's the company doing today? We met with HW's CEO and production manager to find out.

Axelent and Hörle Wire have been collaborating for several years. Mutual respect has resulted in a collaboration that Jesper Bundgaard, CEO of HW, prefers to describe as a partnership. This partnership is also one of the reasons why Axelent's products are installed in the company's newly built factory. Both machine guards and collision guards have been installed.

## How do you find collaborating with Axelent?

"Collaborating with Axelent is great. Both companies are in similar positions. We deliver not only to Axelent, but also to other companies in the same industry, just like Axelent buys wire from suppliers other than us," Jesper explains.

Markus Sykora, production manager, interjects:

"When we buy machines, machine guards are often included, but two years ago we bought several kilometres of mesh walls from Axelent and we've been pleased with them. Then we had the fire, which complicated matters.

"When rebuilding the factory, we ordered new machines in a more organised manner than before. Instead of getting machines from several different manufacturers, we decided to use a single supplier to achieve better logistics in terms of both spare parts and service.

We applied the same principle to our choice of machine safety, with the added preference of local presence. Axelent's range makes the company a complete supplier



when it comes to machine guards and interior fitting safety, which was perfectly in line with our new philosophy.”

#### **How has the fire affected you?**

“Well, let’s put it this way. The fire affected all of us in different ways. It’s been a tough chapter for many of us, but now we’re turning over a new leaf and looking to the future,” says Jesper.

“We have a factory that works exceptionally well. Although the new layout has fewer production lines, they’re faster, more modern and more reliable. We’ve also altered the order of the lines, and we now have a more efficient flow through the entire factory,” says Markus.

#### **What do you think of Axelent’s products?**

“First off, it’s great to see an immediate link between our product and the machine guard. Axelent’s mesh walls are, in the best-case scenario, made using our wire, and so seeing our machines extruding wire behind Axelent’s machine guards clearly and perfectly highlights our collaboration. If a visitor asks what our wire can be used for – I can simply rest my hand on the machine guard,” says Jesper contentedly.

“Another favourite is the collision guard fitted to our pillars. We’ve already benefited from them, and we’ve even

replaced damaged parts. Extremely useful and practical! A third favourite is the rounded corners that we’ve chosen for some of our machine guards (X-Guard Contour).”



Hörle Wire AB is part of Hörle Wire Group, which is one of Europe’s leading suppliers of round and flat-rolled wire.

*Hörle Wire offers a wide range of refined steel wire for use in, for example, vehicles and buildings, furniture, store and kitchen interiors, power transmission applications, and the pulp and recycling industries.*

#### **Hörle Wire AB**

Sales: SEK 232 million (2018)

Employees: 38

» [horlewire.com](http://horlewire.com)



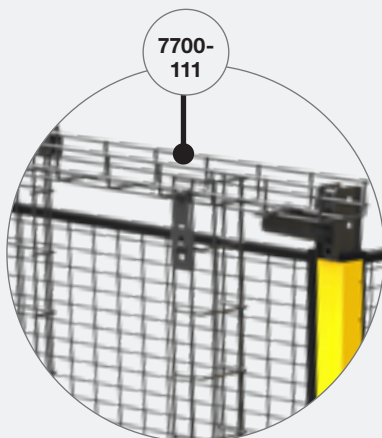


## Daniels tips!

### Vertical bracket 7700-111 for X-Tray for X-Guard

Our new vertical bracket 7700-111 is now in stock! This bracket enables you to easily connect horizontal and vertical cable trays.

The bracket is also available in an electro-galvanised finish for the regular X-Tray range.



The new vertical bracket enables you to easily connect horizontal and vertical cable trays.



The bracket is used together with X1, nut and bolt. These are ordered separately.



See more of our collision guards on Axelent's YouTube channel: [youtube.com/AxelentGroup](https://youtube.com/AxelentGroup)



# Axelent's collision guards for safe industrial environments

Would you like to be able to reduce maintenance costs when a forklift goes astray, resulting in damage to a steel bollard, a concrete floor, the forklift itself and product? Axelent offers a new way of preventing damage in industrial environments.

Axelent's collision guard in shock-absorbing plastic is ingeniously designed to soak up impacts and knocks, thereby concentrating damage to the collision guard itself. The collision guard's plastic casing both conceals and isolates the mounting brackets, and in turn the brackets are protected by rubber and plastic dampers.

The outer polymer components flex and absorb impacts and knocks. This protects the floor from knocks and prevents floor fittings from being ripped out and concrete from being cracked by steel barriers. The fact that the

collision guard remains in good physical condition and aesthetically pleasing for a long time is also a plus. All you need to remember is to conduct routine inspections to check for any damaged plastic parts that need replacing. And to maybe give them a wipe with a damp cloth.

See more at [axelent.com](http://axelent.com) » products » axelent Xtra



**Pillar guard** Adjustable pillar barrier



**Shock-absorbing bollard, low**  
Floor-mounted, shock-absorbing bollard



**Post guard for pallet rack\*** Impact guard for attachment to shelving systems



**Collision barrier for walls and pillars**  
Floor-mounted collision system to protect walls and pillars



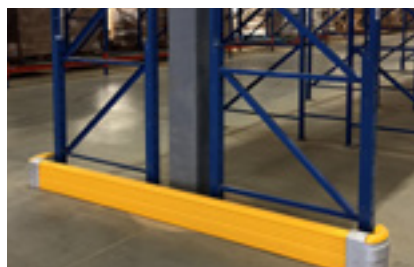
**Pedestrian guardrail** Safety rail to protect pedestrians



**Shock-absorbing post guard**  
Floor-mounted guard for pallet rack



**FlexCore® bollard** Floor-mounted, shock-absorbing bollard



**End guard for pallet rack** Collision barrier to protect shelving system ends



\* The shelf-mounted post guard exceeds the impact absorption requirements of SS-EN 15512.







## Prima Group – Industry Machinery Division

Employees: 1,800  
Number of machines installed: 13,000

Number of production plants: 8  
(Italy, Finland, China, USA)

Number of sales and service offices, globally: 80  
Sales: EUR 467 m (Prima Power Group)  
EUR 161.4 m (Finn-Power Oy)







# Finn-Power moved into new premises

The 20,000 square metres of new, imposing premises almost seem to materialise from the natural surroundings of the Finnish city of Seinäjoki. Nature has also heavily influenced the entire building in terms of its construction. Solar cells and solar panels, together with an efficient heat recycling system, make the building self-sufficient as far as energy is concerned.

Axelent and Finn-Power Oy have been in business together for more than a decade, and when we talk to Jarkko Kettula, head of purchasing for logistics and real estate, he considers our collaboration a partnership.

## **Which products do you buy from Axelent?**

Mostly machine guards (X-Guard), but in conjunction with our newbuild, we also fitted the warehouse section with anti-tip protection (SafeStore).

## **How do you find our collaboration?**

Our collaboration works very well. We don't keep a stock of machine guards here in Seinäjoki. Instead, we order them from Axelent AB in Sweden when needed. And they arrive within a few days.

## **What do you consider important when choosing a supplier?**

We need a partner more than a supplier. A partner who can work *together* with us and advise us when necessary. A partner who we can grow with and who understands how we think and work. Axelent is such a partner.

## **Tell us about the inauguration!**

We held an inauguration at our new premises on 21 March this year, with more than 250 guests present. We moved

both production and our technical centre some 40 km from Kauhava to Seinäjoki. The newly built premises cover 20,000 square metres and comprise an investment of about 20 million euros.

What's more, the inauguration coincided with our 50th anniversary, so we had double the reason to celebrate.

## **What can you tell us about the new facilities?**

If we compare them with our old premises, production capacity has increased by 40 percent thanks to the larger floor space, internal logistics are improved, and we have more modern technology and a higher ceiling.

We number 400 employees, and since we're focused on product development and innovation, twenty percent of the workforce are in R&D.

## **What do you manufacture?**

Finn-Power is part of Prima Power's machinery division. Which in our case means that each year we manufacture and deliver about 450 Prima Power machines to customers around the world.

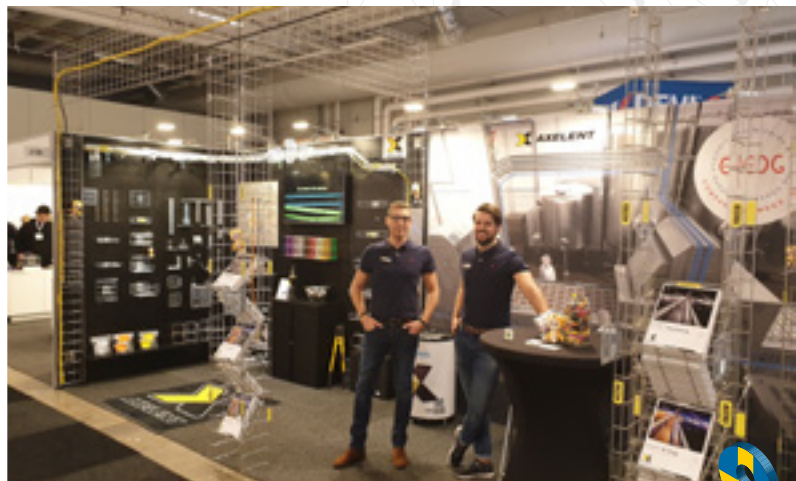


# Trade fair rundown

Axelent attends countless trade fairs every year. Here we present a selection of the fairs that featured Axelent's products this past autumn.



hi Tech & Industry Scandinavia, Herning (DK), 1–3 October.  
Focus on cable trays and machine guards.



Elmässan, Stockholm (SE), 16–17 October.  
Focus on cable trays.



SEPEM, Angers (FR), 8–10 October.  
Focus on machine guards and collision guards.



Motek, Stuttgart (DE), 7–11 October.  
Launch of opposing hinged/sliding doors D57-XXX400A.





*Svens tips!*

## Mount for Euchner MGB2 Classic/Modular for X-Guard now in stock

We're expanding our range of mounting kits for the next generation of Euchner's popular Multifunctional Gate Box, MGB. They're designed to enable emergency handles to be fitted on the inside. The sturdy mounting plate for the handle provides additional protection against unwarranted access.

**The MGB2 has a revamped design**, new and extended functionality, and a modular layout offering flexibility and cost efficiency. The MGB2 offers more than just secure door protection – you can integrate all necessary security door functionality in a single unit.

The MGB2 is suitable for both hinged and sliding doors. In the Modular version, the MGB2 connects to PROFINET/PROFIsafe via a bus module, MBM.

### Mounting kit for X-Guard

T10-36 for hinged door

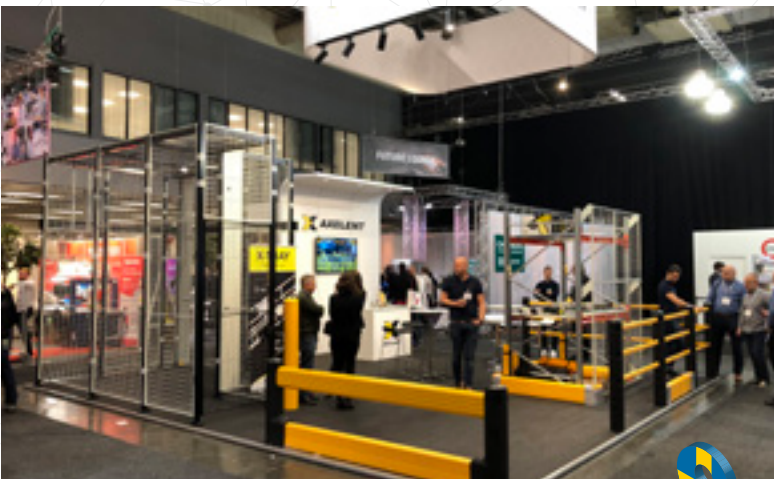
T10-37 for sliding door

### For more information,

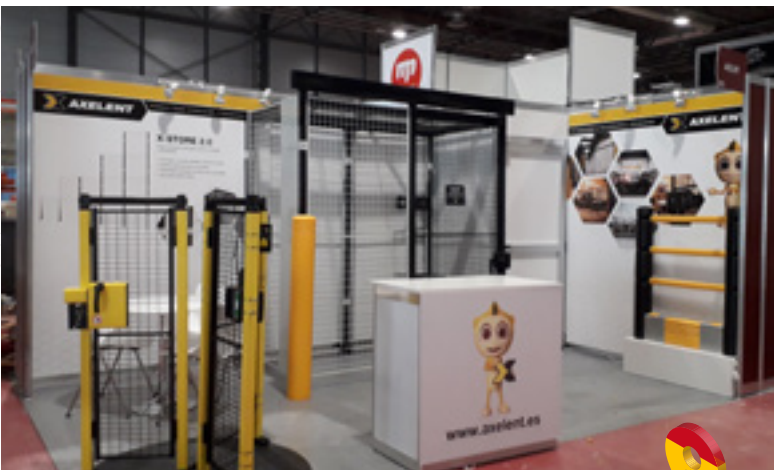
#### contact Axelent's customer service:

Team Yellow (Nordics), [TeamYellow@axelent.se](mailto:TeamYellow@axelent.se)

Team Black (rest of world), [TeamBlack@axelent.se](mailto:TeamBlack@axelent.se)



Transport & Logistik, Gothenburg (SE), 5–6 November.  
Focus on logistics solutions and collision guards.



Logistics, Madrid (ES), 13–14 November.  
Focus on logistics solutions and collision guards.







## 5 quickies

FOR MARJANA GAVRIC

**City or countryside?**

Medium-sized city.

**Active or relaxed?**

Active daytime, relaxed in the evening.

**Eat out or at home?**

At home.

**Favourite place?**

Anywhere with sun and sea.

**Hidden talent?**

I'm good at changing car batteries.

# Marjana – range coordination and development

Marjana Gavric works as a product coordinator at Axelent AB. This is a new position at Axelent, but Marjana has extensive experience of the role.

## What did you do before joining Axelent three months ago?

At university, I studied production management with a focus on technical sales. My education made it a natural step to enter the manufacturing industry, which is a major employer in the area where I live.

For the past five years, I've been working as a Nordic logistics specialist for a well-known international company. My role entailed finding solutions to support the sales organisation, such as planning seasonal campaigns in terms of everything from registering items in the ERP system to planning production and delivery to customers.

## What does your role at Axelent involve?

I work as a product coordinator in the product department. Since the organisation is expanding, it's important to create a workable structure to enable process growth. There's increasingly greater demand for custom solutions, and so it's important to be able to handle them in an effective and professional manner. In order to achieve this, I'll be responsible for various projects in the product department and for documenting processes and procedures.

I'll have overall responsibility for item preparation, as well as for maintaining and updating items in the ERP system. I'll also support my colleagues from the product group in producing material for new product launches or product phaseouts, as well as compile statistics for evaluating our product range.

## What main qualities do you bring to the role of product coordinator?

My previous experience greatly benefits me in my new role at Axelent, which is to devise and establish the entire process in the ERP system – from the initial need for a product through to customer delivery.

My main qualities are that I'm structured, I think visually and I'm used to working on a project basis. Beyond that, I'm not afraid to knock on other people's doors for help.

»» *We offer complete solutions for different industries and we're not locked into our product range.*

**Marjana Gavric, Product Coordinator**

## What does a normal working day entail for you?

A normal day could involve, say, registering special items for customer-specific projects together with all the associated information, such as operations, instructions and prices.

On a weekly basis, I retrieve stock level statistics from the database for our external warehouse and then place an order with the production unit.

I also regularly compile and prepare information for product managers on products to be phased out or launched. I also upload images to the system, update prices and correct product names.

On top of all this, I work on longer-term projects, such as regrouping our item types based on new products.

## Why would you recommend Axelent?

I'd recommend Axelent not only because we're fast and service-minded, but also because we offer world-class products *while* focusing on listening to customers and following market trends. Since we have short decision-making processes, we can act quickly and creatively. We offer complete solutions for different industries and we're not locked into our product range.





# New brochures!

Make sure you have the latest editions of the X-Guard and X-Tray product brochures. Packed with the latest news, they guide you through the jungle of machine guards and cable management systems.

Contact your local sales office for more information.  
The brochures can also be downloaded from Axelent's websites.



## Axelent X-Tray

Axelent's cable tray range, X-Tray, is designed for smart, fast and easy installation. Our cable management system is a premium product that meets the very strictest requirements for cable management, namely IEC 61537.

The X-Tray brochure is available in two versions. The sales brochure summarises the unique advantages of our cable management system and presents Axelent. The technical brochure contains technical information and installation instructions.

### Axelent X-Tray for X-Guard

X-Tray cable trays can be fully integrated with Axelent's X-Guard machine guards. The cable trays are sturdy, practical and easily installed without the need for special tools. All cable trays and fittings have a black galvanised finish to match X-Guard's black panels.

The brochure presents the X-Tray for X-Guard range together with installation instructions.



### Axelent X-Guard

Axelent's X-Guard machine guards are flexible, secure and quickly installed. They fulfil the requirements of the machinery directive regarding fixed guards and comprise a wide range of standard components and accessories.

The X-Guard brochure is available in two versions. The sales brochure presents all the benefits of our machine guards together with a number of global case studies. The technical brochure contains product descriptions and item numbers for the entire X-Guard range. It also covers machine safety standards and risk assessment.





A subsidiary of Axelent Engineering and a company in the Axelent Group

# Hillerstorps Specialmaskiner, 60 years

**The year 2019. Nine robots are at work on an automated production line. They're picking up and assembling seven different components. The end result is a mount for Thule's roof racks. It takes the robots five seconds to complete the task, but it took Hillerstorps Specialmaskiner (HSM) much longer to create the automation solution. Join us on an exciting trip back in time that begins in 1959.**

## Hillerstorps Specialmaskiner, 60 years



Sigvard Larsson is a fourth-generation stonemason. His hands are large and heavy, and it was as a stonemason that his journey once began. He's transformed huge blocks of granite into both beautiful round pillars and staircases. But he got restless each winter when his stonemasonry had to be put on ice, as it were. He started doing repair work within agriculture and industry.

Near Gnosjö in Småland, an area characterised by ingenuity and a special attitude, HSM first saw the light of day in 1959. The company name, however, started out as Hillerstorps Svetsverkstad.

## Winter work stoked an interest in mechanics

"I've always had an interest in mechanical work," says Sigvard, now 86 years old. "But things were different before. In the 1950s, none of what we take for granted today even existed. For example, you weren't allowed to use engines any way you pleased. You were allowed just one agricultural engine per property, with its use regulated. This was part of the repercussions of the Second World War, and it encouraged ingenuity."

## Rumour quickly spread through the village

"The fact that I could do welding work and repairs spread through the village and I got increasingly more work. By 1961, I'd completely given up stonemasonry and was working full time in my new role. I soon bought my first welder and started to work with local companies. It mostly involved simple drills, presses, wire extruders and pipe bending machines, but at this time, the late 1960s, everything relied on ingenuity because there weren't any mass-produced machines or standard components to buy, at least not within our price range. What we had were standard machines



Hillerstorps Specialmaskiner AB is a subsidiary of Axellent Engineering and part of the Axellent Group.

**Hillerstorps Specialmaskiner AB**

Founded: 1959  
Sales: SEK 30 million (2018)  
Employees: 10

» [specialmaskiner.se](http://specialmaskiner.se)

that I was engaged to automate, to transform into specialist machines.”

**The factory rises from the forge**

“The entire Larsson family was involved in my business. My wife, my parents and my sons all helped out, and I’m not exaggerating when I say that my sons Bengt and Håkan grew up in the workshop. However, it wasn’t until they finished secondary school that they were employed by the company. Bengt studied the technical programme and Håkan a workshop-oriented programme that resulted in a professional toolmaker qualification. I myself only had six years of schooling, so the boys knew more than me right from the start,” laughs Sigvard.



“That’s not true,” interjects Bengt, the eldest of his sons. “Dad’s always been curious and smart. What he’s managed to achieve is more impressive than what development has resulted in. Without him, HSM wouldn’t be the company that it is today.”

The farmyard forge soon became too small for the business, despite all the extensions built during the thirty years the company was based there. A decision was made to build new premises. As the first business in the newly established Nyhem industrial estate, the company moved into brand-new premises in early 1988, also changing its name to Hillerstorps Specialmaskiner.

**Automation focus – past, present and future**

A defining characteristic of HSM is an unyielding interest in new technology. The company can most easily be de-

scribed as a pioneer with a strong interest in ground-breaking engineering. It was the first company in Sweden to use linear motors, which are used in eccentric presses, for example. The company’s premises have seen the manufacture of countless specialist machines, and common to all of them is that they’ve been designed to solve a problem.

“Really, we design prototypes that have to be fully functional from day one,” Sigvard explains. “To put it simply, we transfer previous experience to new projects.”



“In the past,” Håkan explains, “Dad could sketch out his ideas on a serviette and Bengt and I would understand what he meant. Once we moved to the new premises, we were able to employ staff, and then sketches on serviettes weren’t an option anymore. We needed to create drawings of the ideas, so we invested about 250,000 Swedish kronor in the first CAD software at the beginning of the 1990s. If we fast-forward a few more years, we started focusing on 4 and 6-axis robots, which are a necessity when constructing specialist machines today.”

**HSM becomes part of Axellent Engineering Group**

Sigvard officially retired back in 2001, at the age of 68. Although he cut back on his day-to-day involvement, he never severed his links to the company, remaining an important sounding board until very recently. Aside from the shift in generations at HSM, other changes have also been made. In 2017, HSM was acquired by Axellent Engineering, making it part of Axellent Engineering Group.





# Ferry Svan makes history in his first world championship!

Three personal records, a Nordic record and a historic seventh place – proof that Svan is a name to be reckoned with in competitive wood chopping.

No Swede has ever been ranked higher in a Timbersports World Championship than Ferry Svan in his first world championship. He was the third best European competitor, with the top four spots going to Australia, the USA, New Zealand and Canada. However, he wasn't entirely satisfied as he was hoping to do better.

We got to speak to Ferry a few weeks after the competition.

## How much do you train for a major competition like the world championship?

I train full time all year round, and I have a clear plan for how to train and what to focus on in order to achieve my goals. Although the last week before a major competition is very quiet ... I don't really train at all, except maybe technique, to get a good feel for things in my body. You can't become a better athlete in the final week just by training. In fact, it can almost do more harm than good. You have to believe in yourself and the fact that you already know what you're doing.

## How do you prepare right before a competition?

I always have a skiing machine with me that I use to warm up before competing, just like in my training. The movement is actually very similar to the underhand chop event.

## How do you unwind?

To unwind after a competition, I usually have a slightly quieter day at home, unpacking and sorting out my equipment. So that it's ready to pack when the next competition comes around!

## What do you eat during competitions?

I bring lunchboxes with normal food to competitions. I can't go without eating for too many hours or else I start to lose focus.

## What's up next?

I'm off to Australia to train with the 2018 world champion Laurence O'Toole throughout January!

## Okay, does that mean that you're geared up for the next world championship to be held in Gothenburg in 2020?

Following the world championship, I'm extremely motivated to perform better than ever this coming season! In fact, I have some ideas and thoughts to achieve much better saw times next season. Thanks to Axelent, I can maximise the development of my equipment.





## RESULT LIST

### WORLD CHAMPIONSHIP

Prague (CZE), 02/11/2019

#	Name	Nation
1.	Brayden Meyer	AUS 
2.	Cassidy Scheer	USA 
3.	Shane Jordan	NZL 
4.	Ben Cumberland	CAN 
5.	Christophe Geissler	SUI 
6.	Michał Dubicki	POL 
7.	Ferry Svan	SWE 

## 5 quickies

FOR FERRY SVAN

### City or countryside?

Countryside. Much better opportunities to train there.

### Active or relaxed?

Depends on my current training phase, but I'm usually active.

### Eat out or at home?

Eat at home. Otherwise I won't be satisfied.

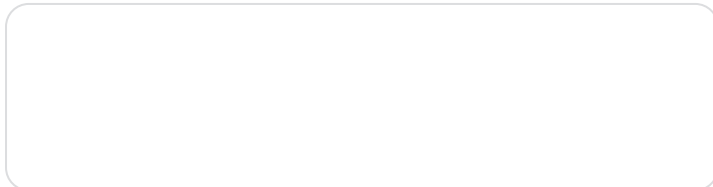
### Favourite place?

Currently the gym.

### Hidden talent?

Trampolining.





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