

December 4, 2021

Salt Lake City, USA

World record for Van der Poel (SWE) as Jackson (USA) excels on home ice in Salt Lake City

[Nils van der Poel](#) still doesn't cease to surprise the international speed skating world. The Swedish endurance machine broke another world record winning the 5000m on the first day of the ISU World Cup in Salt Lake City. Japan dominated the men's 500m, with [Yamato Matsui](#) and [Wataru Morishige](#) taking gold and silver, ahead of World Cup leader [Laurent Dubreuil](#) (CAN).

In the ladies' competition [Erin Jackson](#) (USA) continued her winning ways on home ice, after having started the season with three World Cup wins in four 500m races in Europe. [Irene Schouten](#) (NED) extended her winning streak in the long distance World Cup with gold in the ladies' 3000m.

Van der Poel (SWE) takes gold as Japanese sprinters follow Shimizu's footsteps

Nils van der Poel gained another world record Friday with a win in the 5000m.

"It did not come easy today," Nils van der Poel admitted after completing the 5000m in 6 minutes and 01.56 seconds, 0.30s faster than [Ted-Jan Bloemen](#)'s (CAN) 2017 Salt Lake City world record.

"The race plan was to open below 20s, and do 8.5s (28.5 lap times), and take it down from there. We went for 6:02, that was the schedule," Van der Poel explained, but he had to make amends early on.

"The first 20 meters were sh*tty, so I didn't have the speed for the first 200m," he said. "The first lap is slow due to that, and then I get a little stressed out after 700 meters when I see the 9.1 (29.1 lap time). Then I pulled down 8.1s and I stabilized it, but it did not come easy at all."

After a 10,000m record race last season in Heerenveen, Van der Poel now holds the world record in both long distances. He said there's still something to reach for, however.

"It would be cool to be the first guy to cross the six minutes. That's the coolest limit right now, the 1:40 in the 1500m, and the six minutes in the 5000m."

With gold medals in Poland (5000m) and Stavanger (10,000m) in the first two World Cups of the current season, Van der Poel had shown promising early season form. Before stepping on the fast ice in Salt Lake City, he decided to put in some more training volume, which may have affected him technically, he said.

"If you see the performance from a physical perspective, I reached my maximum, but technically it wasn't the best," Van der Poel said. "The biggest part of it is that I haven't practiced so much speed skating the last two weeks."

"I did cycling mostly. Tuesday, after races in Stavanger, I did a session (speed skating), but since then, I've been skating 13 laps before this competition."

[Patrick Roest](#) (NED) finished second in 6:04.41 and [Davide Ghiotto](#) (ITA) took his career first World Cup podium with bronze in 6:07.27.

Roest was impressed by Van der Poel's performance.

"It's crazy. We know Nils is a very strong guy. He showed it already the whole season — that he's the best skater right now. I'm just happy that I could close the gap a little bit on him," Roest said.

The Dutchman bounced back after poor results in November.

"The first two World Cups, it wasn't that great. I'm happy that I could show my form again. I think I can be faster.

"The last week and a half, I've just been training to reset the body a little bit, and to prepare for the more important races," he said. "And when I look at that, I'm just happy with the race I showed today after so much training. It gives me hope I can do more at the end of the season when it really matters."

In Shimizu's footsteps

Before Van der Poel stunned the crowd with his world record, Japan's [Yamato Matsui](#) and [Wataru Morishige](#) (JPN) followed in the footsteps of 1998 Olympic champion and five-time world champion Hiroyasu Shimizu, known as the emperor of sprint two decades ago.

"He's still an inspiration for us Japanese sprinters nowadays," Matsui said.

Matsui celebrated his career first World Cup victory, while Morishige took his career second World Cup medal after a bronze in Poland last November.

"It's really surprising," Matsui said. The 24-year-old sprinter gave a lot of credit to his teammates.

"After Shimizu quit, Japanese sprinting was absent for a while, but we got the national team back together and we make each other stronger," he said.

World sprint champion [Tatsuya Shinhama](#) (JPN) was Japan's top gun in sprinting over the past couple of years, but he had to settle for sixth place in 34.27s on Friday.

Being a dad makes the difference for Dubreuil

[Laurent Dubreuil](#) (CAN) is the most consistent sprinter this season after landing on the podium in all five World Cup races so far. With a bronze medal in the first of two 500m races in Salt Lake City, the world champion retained his first place in the World Cup ranking.

"Physically we put more emphasis on weight training. More rest actually, so I train less than I used to, which is like a dream come true," Dubreuil said. "To train less and skate faster is the best of both worlds."

"But also, I started getting good when I became a dad. I feel like that takes away some pressure because it puts things in perspective. Before, skating was the most important thing in my life. If skating was bad, I felt bad. If skating was good, I felt good about myself," he said. "But now even if I have a bad race, I don't care too much, because that's not what's most important to me anymore."

Jackson (USA) enjoys home crowd as national records tumble

After starting the season with three World Cup wins in four 500m races in Europe, [Erin Jackson](#) (USA) continued her winning ways on home ice at the third World Cup event in Salt Lake City on

Friday. [Irene Schouten](#) (NED) extended her winning streak in the long distance World Cup with gold in the ladies' 3000m.

Good opener for Jackson

Jackson has had difficulties consistently skating fast openers in the 500m. After coming second with a mediocre opening in the last 500m race two weeks ago in Stavanger, she managed a fast 9.53 second opener in Salt Lake City again.

"This was another good one. Tomorrow, we'll see," Jackson said.

But she doesn't control the openers the way she wants to just yet: "I haven't been here (Salt Lake City) as long as I would like to have been around so far. I'm still just working out a few things."

Jackson's pair-mate [Daria Kachanova](#) (RUS) was the only one who skated faster in the first 100m (9.31s), but she couldn't follow it up with a good lap and finished 10th in 37.26.

Jackson crossed the line in 36.80s, breaking [Heather Bergsma](#)'s US national record by 0.10s.

"It feels great, especially with the home crowd out there. I get a lot of family support," she said. "I was just happy to do a good one for the fans."

[Angelina Golikova](#) (RUS) skated the fastest full lap (26.42s) and was the only other skater to finish under 37 seconds, but she lost too much in the opener to catch up with Jackson, settling for silver in 36.93s.

Kok bounces back after private struggles

[Femke Kok](#) (NED), returning to her normal self, finished in third place. The Dutch prodigy, who won all four 500m races in last season's World Cup bubble, set a Dutch national record in 37.01s.

"I'm really happy that I can show that I still can skate," she said. After the first two World Cups she was listed 10th in the 500m rankings. She said she has been struggling with private issues outside of speed skating.

"I just wasn't in a good place in my head, because there were a lot of things going on. I couldn't focus on the skating.

"Now I can really focus on the skating again, and you can see that it's going better," Kok said. "Sometimes it affects you more than you think."

Apart from Jackson and Kok, Poland's [Andzelika Wójcik](#) (POL, fourth in 37.03s) and [Huang Yu-Ting](#) (TPE, 20th in 38.15) also set national records.

In the World Cup, Jackson increased her lead over second-ranked [Nao Kodaira](#) (JPN), who finished sixth in 37.07s and third-ranked Golikova.

National record for Schouten

In the ladies' 3000m Irene Schouten (NED) also set a Dutch national record, finishing in 3:52.89, just 0.87s short of the world record.

"A second from the world record is still quite a big gap," she said.

The Dutch endurance specialist arrived late in Salt Lake City after focusing on volume bike-training in Spain. She said she struggled to get back on the ice.

"Yesterday, I thought sh*t ... When I got on the ice this morning, trying to pick up a little extra of that ice-feeling, it felt quite alright. But I did not know what my level would be yet."

Although her level was good enough to keep at bay silver medalist [Antoinette de Jong](#) (NED, 3:55.19s) and bronze medalist [Ragne Wiklund](#) (NOR, 3:55.51), Schouten was not completely satisfied with her performance.

"I know this was not the perfect race yet. My opener and my first lap are OK, but then I follow it up with some bad laps."

Schouten did not regret the fact that she had missed out on the chance to skate a world record.

"I'd rather qualify for the Olympics than skate a world record now and finish empty-handed in December," she said.

Silver medalist de Jong was happy to take home her first World Cup medal of the season.

"In Poland and Stavanger I just did not have it yet. I was struggling how to pace my races," she said. "I often start too fast and then get too tired at the end."

"Today, I did not want to do that, but then I skated a 28.6 first lap, which was way too fast. I struggled a bit and had a few misstrokes, but managed to dig in and skate a well-paced race overall."

500m Women

ISU World Cup Speed Skating [Standings 500m Women](#)

1000m Women

ISU World Cup Speed Skating [Standings 1000m Women](#)

1500m Women

ISU World Cup Speed Skating [Standings 1500m Women](#)

3000m Women

ISU World Cup Speed Skating [Standings 3000m Women](#)

Mass Start Women

ISU World Cup Speed Skating [Standings Mass Start Women](#)

Team Pursuit Women

ISU World Cup Team Pursuit Women [Standings Team Pursuit Women](#)

Team Sprint Women
ISU World Cup Team Sprint Women [Standings Team Sprint Women](#)

500m Men
ISU World Cup Speed Skating [Standings 500m Men](#)

1000m Men
ISU World Cup Speed Skating [Standings 1000m Men](#)

1500m Men
ISU World Cup Speed Skating [Standings 1500m Men](#)

5000m Men
ISU World Cup Speed Skating [Standings 5000m Men](#)

Mass Start Men
ISU World Cup Speed Skating [Standings Mass Start Men](#)

Team Pursuit Men
ISU World Cup Team Pursuit Women [Standings Team Pursuit Men](#)

Team Sprint Men
ISU World Cup Team Sprint Women [Standings Team Sprint Men](#)

The event entry quotas for the individual distances will be determined by the [Special Olympic Qualification Classification \(SOQC\)](#) based on results from the different ISU World Cup Speed Skating Competitions and the full details are available in [ISU Communication 2405](#).

For full entry lists and further information regarding the ISU World Cup Speed Skating Series please visit: isu.org/speed-skating. Results are [here](#) and you can follow the discussion on social media by using #SpeedSkating.

Where to Watch

Viewers will be able to watch either via their national broadcaster / channel and for countries where there are no broadcasters, the ISU will offer a live stream on the [Skating ISU YouTube Channel](#). You will find the full list in the [Where to Watch news here](#).

Subscribe to the [ISU Newsletter](#) to receive the latest information and the “[Where to Watch](#)” news. You can also subscribe to the [Skating ISU YouTube Channel](#) to receive notifications when live streams start or new videos are published.

Highlights, clips, interviews, behind the scenes:

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For further information on ISU Speed Skating visit <https://www.isu.org/speed-skating>

ISU World Cup Speed Skating Series 2021/22:

[Tomaszów Mazowiecki \(POL\) – Nov 12 – 14, 2021](#)

[Stavanger \(NOR\) - Nov 19 - Nov 21, 2021](#)

[Salt Lake City \(USA\) - Dec 03 - Dec 05, 2021](#)

[Calgary \(CAN\) – Dec 10 - Dec 12, 2021](#)

[Final – Heerenveen \(NED\) – Mar 12 - Mar 13, 2022](#)

About ISU World Cup Speed Skating Series

The ISU World Cup Speed Skating is a Series of international Speed Skating competitions which takes place annually. The Series started in 1984 and usually consists of six or seven Events including the ISU World Cup Speed Skating Final. However during the Olympic season the Series consists of five Events.

Skaters can earn points at each competition, and the Skater who has the most points on a given distance at the end of the Series is the World Cup winner of that distance. The World Cup Competitions held from November to December serve as qualifying events for entry quotas at the ISU European, World Single Distances, World Sprint and World Allround Speed Skating Championships and during the Olympic season they are Olympic Qualifying Events. A number of World Cup titles are awarded every season; For Men: 500m, 1000m, 1500m, combined 5000m / 10,000m, Mass Start, Team Pursuit and Team Sprint. For Women 500m, 1000m, 1500m, the combined 3000m / 5000m, Mass Start, Team Pursuit and Team Sprint. For further information please visit isu.org/WorldCupSpeedSkating.