

# Marion Salmon-Thomas, Ice Mamma.

*"I gave birth twice in a year: once to my child, and once to a new climber. Eight months after giving birth, I won my first World Cup."*



Marion Thomas Salmon (30) is an elite ice climber. After making her mark in regional, national and international climbing competitions, she discovered her true calling on ice. With a rare blend of technique, strength and precision, she has claimed numerous international podiums. As a member of the national French team and the Simond Avant Garde Team since 2017, Marion stands out as an athlete with a singular profile. She is a high-level competitor - but not only.

Alongside her sporting career, Marion works as an engineer in the Performance and Sustainable Development team at Danone. She has always refused to choose between her professional ambition and her athletic performance.

*"I need that balance to perform at my best and to feel whole", she says.*

Over the last 8 months, Marion has added a new dimension to her life: motherhood. Through meticulous planning, boundless energy and contagious enthusiasm, she is able to balance her family life, demanding training and professional responsibilities - she is living proof that bold lines can be carved both on ice and in life.

## Motherhood: a positive transformation

In 2025, Marion became French champion... while four months pregnant. A powerful symbol that speaks volumes about the kind of athlete and woman she is. In 2026, just a few months after giving birth to her son, she returned to competition with renewed maturity - immediately reclaiming her spot at the very top. She is the current leader of the 2026 World Cup following her win in South Korea and her third place in Saas-Fee, Switzerland. Two stages remain before the end of February, but Marion is already shaping the season. Through her results, but above all through what she is experiencing: a deeply personal transformation, a profound shift in the way she approaches her life as an athlete. All driven by motherhood.

Ice is her element and in many ways, it mirrors her journey. It lives, shifts, and constantly changes. Water freezes, forming fragile columns, stalactites, or ice cigars. Sometimes it turns into sorbet ice, shaped by changes in temperature. Always in motion. Never the same. Marion follows the same rhythm. She evolves, reinvents herself and finds a new balance between elite sport, professional life and motherhood. Like ice, she adapts, absorbs change, and turns it into strength.



*"Becoming a mother has changed the way I climb: a sense of urgency appeared. I understood what it meant to no longer be the main character, to carry new responsibilities and to make decisions that truly mattered. All of this has helped me move more naturally from thinking to taking action.*

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\_ MARION SALMON-THOMAS

## Ice climbing

Ice climbing is a winter sport typically practiced on single-pitch routes, on natural or artificial structures combining ice and rock. Climbers use crampons and ice tools, protecting themselves in frozen sections with ice screws. The discipline is practiced on natural sites across several Alpine valleys - including Freissinières, Aiguilles in the Queyras and La Grave in the Écrins - as well as on artificial structures such as Champagny-en-Vanoise.

In the early 2000s, the development of artificial climbing structures and high-performance equipment led to the birth of a real competitive circuit. The 2000-2001 season marked the creation of the Ice World Cup, the first international circuit dedicated to this demanding and spectacular discipline. Recognized as a high-performance sport by the French Ministry of Sports since 2022, ice climbing is overseen by the FFCAM (French Federation of Alpine and Mountain Clubs), which has been granted the official sporting delegation. A major milestone now lies ahead: potential inclusion in the 2030 Olympic Games.





## A film project

With the support of Simond, Marion chose to spend the winter season producing a 26-minute documentary which will be released in the fall of 2026. The film explores her intimate journey through motherhood and her return to elite competition, and aims to help shift perceptions around motherhood and high-level performance. Director Enzo Besson follows Marion across different environments: on World stages, but also in her everyday life, alongside those who support her: her physical coach, her mental coach, her midwife and her husband.

*"In the film, ice becomes a living metaphor for a body in transformation. It forms, it breaks, yields, resists, just like the experience of pregnancy, childbirth, and finding your way back to yourself. High-level sport has taken me to an extreme level of precision and demand. With this film, I also wanted to move toward something more accessible, more sensitive and more human. This is a universal subject, yet one that is rarely told - and not visible enough - in the world of sport."*

\_ MARION SALMON-THOMAS



**Lives in the Grenoble metropolitan area**



**2021: Industrial Engineering degree,  
Grenoble INP**



**2026: French Champion and European Vice  
Champion**



**2024: 3rd overall, Ice Climbing World Cup  
circuit**



**Three-time French Champion**



**Around fifteen international podium finishes,  
including seven World Cup podiums**



**2021-2023: Danone - Supply Planning  
Manager. Since 2023: Danone -  
Performance, Growth and Sustainable  
Development Manager. First part-time elite  
athlete position within the company**

## About La Plagne

The current La Plagne Elite team brings together 18 top-level athletes under contract. Instantly recognizable in their signature red beanies, they represent the spirit of La Plagne across more than seven disciplines, helping shine the spotlight on La Plagne on global scale. They carry a proud tradition of champions, a legacy that keeps on building momentum year after year.

Alongside the Ladevant brothers and Virgile Devin, Marion Salmon-Thomas is a standout ambassador for ice climbing. Together, they train on the iconic ice tower in Champagny-en-Vanoise, a world-class venue and official stop on the Ice Climbing World Cup circuit, with their eyes firmly set on the 2025 World Championships.



## IWC 2026

4 stages

January 10–11 – Cheongsong, South Korea: 1st place

January 23–24 – Saas-Fee, Switzerland: 3rd place:

February 21–22 – Longmont, Colorado, USA

February 27–28 – Edmonton, Canada

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# About Simond

Founded in Chamonix in 1860, Simond has been designing mountain gear for over 160 years. The brand specializes in mountaineering, climbing, trekking and backcountry skiing with deep-rooted expertise in metal craftsmanship. Since joining the Decathlon group in 2008, Simond has continued to design and manufacture all of its metal products such as ice axes, crampons and carabiners in its Chamonix factory. Today, Simond's design teams focus on durability, safety and long-term performance, creating technical gear for committed mountain use.



[SIMOND.COM](https://www.simond.com)

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