

## LATE WINTER 2010



*Nobuko Fukuda (JAP) and Bettina Gruber (SWI) cross skis and fall as they compete in the Women's Cross-Country Team Sprint semi-finals during the recent Vancouver 2010 Winter Olympics*

**Send your news/articles/photos! Email: [lrnscnews@aim.com](mailto:lrnscnews@aim.com)**

**DEADLINE FOR NEXT ISSUE:  
MAY 21<sup>st</sup> 2010**

**Club website: [www.londonnordic.org.uk](http://www.londonnordic.org.uk)**

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## ED'S LINES

Firstly, **Apologies** to one and all for the lengthy gap since the last issue. I had planned to have the first 2010 Newsletter out in mid-to-late January. Unfortunately, several "technical" problems occurred – the major one being the loss of my laptop in a burglary. Then, by the time I was equipped with a replacement, it seemed to make sense to wait a bit longer so's to give members a chance to write up their on-snow trips.

**CLUB TRIPS:** Once again, this winter's outings (to Ramsau in early January, and the "double" to Oberammergau (Germany)/St Johann in Tyrol (Austria) have proved a resounding success - thanks to their value for money in terms of skiing, top-class coaching and apres-ski entertainment and general bonhomie! So, on your behalf I'll proffer a big thank-you to those involved in organising them, and also to Peter Moysey and Sorin Milas for their patience and ability to provide quality coaching to a wide range of abilities. Members' reports on these trips can be found further on in this Newsletter.

**Congratulations** to Club member **Karolina Bicova**, who followed up a 3<sup>rd</sup> place in the Jizerska Padesatka's 30 km FT race (on 8.1.10) with a win in the 25 km CT race two days later. She beat the next woman by nearly 2 minutes, finishing in 1.29:49.3 (and coming in just 17mins behind the men's winner).

**WINTER OLYMPICS, VANCOUVER: 12<sup>th</sup>-28<sup>th</sup> FEBRUARY 2010:** At the time of writing (end Feb. / beginning of March), the able-bodied Olympics have just ended (for Medals and Event details, see the later pages of this Newsletter). Team GB's only medal was the Gold won by Amy Williams in the Skeleton /Tea-Tray-Hurling event. Nevertheless, this was a step up from the solitary Silver won by Shelley Rudman in the same event in Torino in 2006, which itself was one better than the Bronze in the same event in Salt Lake City in 2002 (where we also won a Gold in the Synchronised Floor Sweeping - or Curling as some like to call it...). The Bath student's gold means that UK Sport will believe that the £2.1 million invested in that sport over the past Olympic cycle was money well spent. Whether they will feel the same about the £1.1 million (*How many d\*\*n brushes do they need??!! -ed.*) given to the misfiring curlers is more debatable. The women's bobsleigh team came into the Games as current world champions, although they arrived after a troubled build-up, with Nicola Minichiello's bad eye and Gillian Cooke's split bodysuit, and things went from bad to worse when a crash on their third run ended their medal hopes.

There is no doubt that our Winter Olympians are hampered by a lack of mountains, facilities and funding (for example: Ed Drake, who finished 27th in the men's downhill, received only £6,000 annual funding - but had to pay £3,500 to his now defunct governing body for the honour of being on the team!). However, on a more positive note, there were eight personal bests and seven top-ten finishes from a team of 52 – there were 3 young cross-country skiers. Below is the bulk (*edited for reasons of space -ed.*) of the report by **Roy Young**, the Head Coach of the British Nordic Development (BND) Squad:

**" Encouraging return to Olympic competition for GB Cross-country skiing:** The first Cross-country British Olympians since 1994 can reflect on a job well done. The statistics are impressive. The standard way of measuring performance in Cross Country is by comparison of the percent behind the winner of the race. When this is done the young 2010 team produced the best men's performance, as well as the 3<sup>rd</sup> and 15<sup>th</sup> best of all time. It was also the 4<sup>th</sup> best women performance. This is something to be proud off and to build on. There will be a legacy that spreads further than the 3 athletes who made it here.

The selection criteria were tough. They were set in negotiation with the British Olympic Association (BOA) with the intention of having the athletes stretched to reach the targets. They were set at 2 levels. The higher level (A criteria) allowed skiers meeting this to race at all Olympic races. The lower level (B criteria) was more attainable, but harder than those set by FIS, and allowed the athlete to race 1 event. To select more than 1 male and 1 female, Britain needed to have 2 men or 2 women to be skiing better than the A criteria and for one of them to be in the top 300 in the world. The criteria were based on the average of the FIS points for the best five races over an 18 month period.

No Male British skier had reached the targets set for the B criteria since the Lillehammer Olympics in '94.

As the selection races got underway it soon became evident that Andrew Musgrave (19) was racing so well that he put himself in the top 300 of the World. The early part of the 2009/10 season showed all athletes skiing well (and Scandinavian coaches praising our whole team). However it was with some World Class skiing at Hochfilzen, Oberwiesenthal and Marbach that emphasised how competitive the team can be and left 3 men within the A criteria and 1 woman within the B. This in itself was an outstanding achievement. For 16

years no British skiers had been below 100 FIS points and now there were THREE; no British Woman been below 120 for even longer. Unfortunately the limit of 3 places meant that selection had to exclude one A-group qualified male athlete, Callum Smith – (*however, Callum did compete in the FIS Junior/U23 Champs – see below ed.*). The selected team members are young but there was no doubt that they are the best British skiers for a generation. The standard of skiing they showed was world class and not just by age group. That Britain, a developing nation which is not able to run a FIS race, had won the right to have 3 people at the Olympics is a great success.



**Fiona Hughes** (19) skied her best skate race ever in the 10km and although finishing 68<sup>th</sup>, produced the 4<sup>th</sup> best women's result of all time (only Ros Coats in '84 and Francis Lutkins in both her races of '72 have done better).

**Andrew Musgrave** produced the best result ever for a British Country Skier. Finishing 55<sup>th</sup> in the 15km, at 8.73% behind the winner he is the closest that any British skier has come to the winner, the first Britain to have been within 10% of the winner and so is truly World Class. His pursuit result was the 3<sup>rd</sup> closest a British skier has ever come to the winner. 18yr-old **Andrew Young's** (*pictured left*) 74<sup>th</sup> place 15km was still the 15<sup>th</sup> best ski of any British race - only six British skiers have ever done better in terms of percent behind the winner. The classic sprint was amazing, to come in as well as he did after falling showed he can be competitive in this field. .

Despite not being able to finish the Team Sprint because of a team member's illness, Andrew Musgrave emphasised his world class

with a stunning 2<sup>nd</sup> leg – a British skier was the fastest person over the 2<sup>nd</sup> 1.6km in an Olympic field. So all our skiers had at least one amazing race and even when not amazing they raced at the high standard they had set themselves. The legacy begins now. Not just for the 3 skiers who showed great maturity throughout and have the experience to take us towards Sochi. To race at higher and higher levels needs more and more support and the athletes have shown that they can race with the best. The athletes need the support of all within British Cross-Country skiing in order to capitalise on the fantastic success of 2010. These Olympics may have ended, but 2014 now needs targeting. There are opportunities created with this young group and now is the time for everyone to move forward and support these excellent skiers to the hilt. "

The **10<sup>TH</sup> WINTER PARALYMPICS** will start in Vancouver and surrounding areas on 12<sup>th</sup> March and last for two weeks. The GB Paralympics team will comprise of 12 athletes: five, who will make up the Wheelchair Curling team, and seven alpine skiers (plus one guide for a visually impaired athlete).

Meanwhile, in Russia, President Dmitri Medvedev has called on his country's Winter Sports officials to "have the courage to step down" following the, for them, poor tally of "just" 15 medals (3 Golds, 5 Silvers and 7 Bronze) - Russia's worst ever result in a Winter Olympics - and no doubt the more irksome, given China's success in winning two more golds than them! And a few days later – they did!

## **FIS NEWS**

After 10 days and 8 Stages, the 4th edition of the **Viesmann FIS Tour de Ski 2010** ended in early January. **Lukas Bauer** (in 4:13:11) of the Czech Republic who won the Men's Tour for the second time since 2008, stormed up the last climb and beat off by over a minute the challenges from Norway's Olympic Gold Medallist Petter Northug (4:14:27) and Switzerland's Dario Cologna (4:14:43) - whilst German athletes were absent from the podium for the first time in the Tour history (their best finisher being Rene Sommerfeld, who finished 6<sup>th</sup>). In the Women's Tour, in a thrilling finish which went down to the wire of the last stage, Poland's **Justinya Kowalczyk** (2:37:55) narrowly held off Slovenia's Petra Madjic (2:38:14), with Italy's Areanna Follis coming in third (2:39:07). Once again, the importance of the Tour in the season's World Cup competition is

shown by the fact that five of the above names are repeated below in the overall standings; the missing name, Areanna Follis, is currently in overall fourth, and 3<sup>rd</sup> placed Saarinen finished 4<sup>th</sup> in the Tour!

### CURRENT OVERALL [WORLD CUP STANDINGS - MEN](#)

1. [NORTHUG Petter jr.](#) NOR 1060pts 2. [BAUER Lukas](#) CZE 888pts 3. [COLOGNA Dario](#) SWI 735pts

### CURRENT OVERALL [WORLD CUP STANDINGS - WOMEN](#)

1. [KOWALCZYK Justyna](#) POL 1696pts 2. [MAJDIC Petra](#) SLO 1191pts 3. [SAARINEN Aino-Kaisa](#) FIN 910pts

### FIS Nordic Junior World Ski Championship -- U 23 Cross Country World Championships 2010

Congratulations to Fiona Hughes, Andrew Musgrave, William Newman, Simon Platt, Callum Smith, Alexander Standen and Sarah Young (hope I haven't missed anyone out!) who all competed at the above championships held in the last week of January in Hinterzarten, in Germany's Black Forest. Whilst all the podium places went to their better funded counterparts from the traditionally strong on snow nations, nevertheless they gained invaluable experience. Andrew Musgrave achieved the group's best result with an 18<sup>th</sup> place (out of a field of 81 finishers) in the 10km Pursuit. We can only wonder if, with just a tenth of the funding thrown at Curling (see above), these youngsters could have a great chance of representing their country and achieving good results at the next Winter Olympics in Sochi, Russia in 2014...



*In near-blizzard conditions, Callum Smith (bib 44, 2<sup>nd</sup> left) powers round a bend in the 10km Pursuit*

**CHINA:** Cross-country skiing seems to be going from strength to strength in the People's Republic (although they did not have any athletes in the recent Olympics' cross-country events - but I'm sure this will have changed come 2014). In the **Tour de Ski China** (comprising of 3 stages: on 28<sup>th</sup> and 29<sup>th</sup> December 2009 and 2<sup>nd</sup> January 2010), Sweden claimed a double victory when Adam Johansson and Therese Svensson became the overall winners of the Men's and Women's Tour. After taking a 3<sup>rd</sup> position in the first Stage (a 5.7km "long" sprint) and winning the 1.35km "short" sprint of the second Stage (both of which took place in *Xiwuqi*), Johansson could afford to be placed 26<sup>th</sup> in the final "*Vasaloppet China 50km*" stage (more details below) in *Changchun* and still become the overall winner ahead of countryman Gustav Hall (who came in 5<sup>th</sup>

and was the only foreigner in the top 10 in the Vasaloppet China). 3rd in the overall standings was Kjetil Dammen Hagvedt NOR (in 4<sup>th</sup> came last year's overall winner Anders Hoegberg SWE).

Therese Svensson made a great performance in her 3<sup>rd</sup> time in China, taking 2<sup>nd</sup> on both the first (3.8km) and second (1.3km) sprint days, followed by a 3<sup>rd</sup> place in the Vasaloppet China; she claimed the overall victory just ahead of Hanna Seppas SWE. Therese and Hanna's total scores were both 180, but since Therese's overall placements were somewhat better than Hanna's, she got to earn an extra 20.000 RMB for the Tour victory. 3<sup>rd</sup> after Svensson and Seppas were the Chinese Guo Liping and Zhang Zheng. Not being able to participate in the third Stage of Vasaloppet China, sprint winner Anna Simberg could not claim a 4<sup>th</sup> placement in the overall tour that would otherwise have been hers.

The **8<sup>th</sup> Vasaloppet China** started on a very chilly morning on the 2<sup>nd</sup> January in about -20 degrees and was won 2h 28m 53s later by Chinese elite skier XIA Wan, just 6 seconds ahead of ZHANG Yu and 17s ahead of BIAN Wenyu in 3<sup>rd</sup>. This is the first time the race has had a male winner in the 50km class! All four top positions were actually taken by Chinese skiers with the best foreigner being Sweden's Gustav Hall in 5<sup>th</sup>.



*Skiers at the start of the 8<sup>th</sup> Vasaloppet China (and 3<sup>rd</sup> Stage in the FIS Tour de China)*

Winner of the women's 50km was SUN Bo who came in at 2:47:34, less than 20mins behind the men's winner. Only two women competitors - Cecilia Hedin from Sweden and Sarah Van Dyke of the USA - were not elite skiers taking part in the Tour de Ski China. The two of them showed great spirit with Cecilia taking 13<sup>th</sup> in 3h 49m 56s min and Sarah, who was determined to finish, in 15<sup>th</sup> (the last finisher) in 4h 44min.

The chilly weather unfortunately saw many people not being able to complete the race, but some who did were the skiers who are members of the *Vasa Veterans Club*, a club for those who have raced the Swedish Vasaloppet 30 or more times. The veteran who did best today was Per Ake Akesson who came 40<sup>th</sup> in the 50km race on the time 4hours, 2min and 39sec. Toughest though, was 37 time Vasa veteran Sonny Eriksson who held out in the cold for 5h 23min, coming in 55<sup>th</sup> and last place in the men's. Having fun in the tracks were also the about 400 mostly local people who took part in Vasa Fun Ski, going a modest 2km around in the forest of Jingyuetan Park. There was also a well-attended children's race.

# "You call that work...? I don't think so!"

*By Mary Wray*

That was the response I got from putting a few pictures on my Facebook page after a day's off-track skiing near **Kvitavatn** in the Norwegian mountains. It's exactly what I would have said a few years ago from the warmth of my desk job! Now I'm lucky enough to have turned my hobby into a season's work - but is it really as idyllic as it sounds?

## **Highs and lows**

Yes, it's a great job, but like any other it has its highs and lows – but for me the former far outweigh the latter, as can be seen by the fact that I am now working my third season at Kvitavatn for Exodus.

It's a treat to have lots of time on snow but the real rewards come from seeing people enjoy their hard-earned holidays. It's particularly gratifying to help people master skiing for the first time, to help them change from shufflers to skiers, and to see their delight in learning something new and discovering the scenic area.

On a day when it's –20C with a northerly breeze, or it snows heavily all day long, staying indoors looks very attractive, but it's not an option - clients expect to ski every day! You have to dress for the weather and find the most lenient route in the conditions. The hours are long, the pay's low and just very occasionally you get an awkward client – but that description could be applied to many jobs!

## **A typical week?**

Goes something like this: you meet clients at the airport, accompany them to their destination, then plan and lead them on ski tours every day according to the grade of the holiday/ability of the clients. In some centres clients may have a free day when you might accompany them on alternative activities. You're with them for breakfast, lunch and dinner, plus some evenings.

Put like that it might sound a bit tedious - but the sheer variety of people you meet, and the skiing routes that change daily according to the weather and snow conditions, mean that you never get bored.

## **How many hats do you wear?**

I jotted down some of the roles a holiday leader has to play (in no particular order):

- Facilitator – this is fundamental, you're there to help people get the most out of their holiday.
- Ski instructor – we have groups from complete beginners to those who have skied for many years carefully ingraining their bad habits along the way – both need to be tackled to ensure a group moves along at a homogenous speed and that expectations are met.
- Wax technician – you don't have to wax everyone's skis but you're expected to advise the correct wax for the conditions. Sometimes you get it wrong! Sometimes it's tricky pointing out to a client who has liberally waxed their skis that their technique is somewhat lacking, witness the fact that they are the only one in the group slipping.
- Navigator – we mix track and off track skiing at Kvitavatn, so being able to read a map and guide people around the wooded knolls, marshy valleys and open mountains is essential. There's over 80km of signed tracks, but some are quite challenging for beginners so usually they find a combination is easier. And most people find it's fun to leave the tracks and follow a fox trail down the hill and into the woods festooned with snow, or to explore the silent wilderness.
- Photographer – taking pictures of the group through the week to show makes for a fun final evening.
- Trail breaker – you have to be prepared to lead the way through deep soft snow up and downhill, and expect an occasional client to take a turn at the front for five minutes before they comment that it's hard work and slot back in behind you!
- Entertainer – devising a quiz can liven things up...as does misjudging the depth of soft snow at the bottom of a slope and joining the clients in creating snowholes.
- Ambassador - aka the company rep who has to sort out problems. Luckily we don't get that many, and we always try to nip them in the bud first.
- Coach – helping people to realise their own skiing potential and that of their holiday is one of the better parts of the job.

- First aider – fortunately this role is rarely needed...
- Health and Safety expert – beginning with simple advice like 'those ski tips are sharp, mind the person next to you' and 'avoid that hollow, it's a stream bed'; you constantly assess the environment in relation to clients' skiing abilities to ensure that they have a safe holiday.
- Team worker – for most of the season two of us work at Kvitavatn, so we share such things as the morning warm-up, post-ski stretching, and evening activities; knowledge is shared and sympathy offered if needed after a hard day.
- Planner – you need to take all the variables into account: weather, snow conditions, temperature, client skiing skills, fitness/tiredness, track or off track routes, time required, as well as plan 6 different days' skiing – easy enough on a sunny week, but more of a challenge when several days of snow are forecast. At other centres you also need to juggle bus or train times and café closing days.
- Manager – a 'must' to fit in all the other roles and ensure you also have a few moments to recharge your own batteries and stay in touch with home.

### **And what else does it take?**

It helps to like people and the outdoors; to be patient, reliable, flexible, positive, self-reliant, occasionally assertive and most importantly, to have a sense of humour!

[NOTE: Exodus runs trips to Kvitavatn throughout the season, with the final departure on 4 April 2010 – for further details visit their website at: "[www.exodus.co.uk](http://www.exodus.co.uk)"]



*Skiing at Kvitavatn*

# Hampshire/Surrey Training Group

Down here in the country we have already started our informal rollerski practice sessions and looking forward to the Club's programme of instruction courses (see Calendar of Events on the last page), in preparation for next winter's trips on snow!

Sessions usually start around 2pm. We try to give equal time to both classical and skating, and for those who rollerskied with us regularly last year, the improvements have been very noticeable. Recently we have concentrated on length of glide and are now introducing speed work into the programme. No times taken, but we are all breathing heavily after and finding parts of our lungs we didn't know we had!!

Luckily 4pm is tea time, so it is cakes and tea as usual at chez Field followed by the kitchen table being cleared of crumbs and used as a workbench to attach bindings, shorten poles and sharpen tips!

Anybody wishing to take part in a very friendly group with no pressure - but with a structured programme leading to physical and technical improvement - then please contact us. Any standard welcomed. Equipment (skis, boots and poles) available for hire at a small charge.

Contact **Hilary** or **Paddy** on 01252 626339 or e-mail: [paddyfield@ski-nordic.co.uk](mailto:paddyfield@ski-nordic.co.uk)

## MEMBERSHIP SUBSCRIPTIONS 2010

Membership of LRNSC needs to be renewed annually in January

**Why renew?** Membership provides a number of benefits including Snowsport England insurance cover at Club events (you cannot take part in club training or race events without it); quarterly newsletter and email updates so you know what's happening in the Club; a varied, year-round programme of activities in and around London including: rollerskiing, training and occasional social events, plus the opportunity to join informal Club on-snow cross-country ski trips at value-for-money prices .

**How much does it cost?** Annual membership fees are:

- Individual - £15.00
- Youth [up to 18 years at 31 December ] - £5.00
- Family - £20.00 [includes all children under the age of 18 at 31 December in the year of joining, or in full-time education]

If you are a new member who joined in October, November or December 2009 your membership will run until the 31st December 2010.

**How can I pay?**

By Standing order (forms available on request from the membership secretary:  
*Carol.Larkin@zen.co.uk*)

By sending a cheque made payable to LRNSC to:

Membership Secretary  
25 Shacklewell Street  
Bethnal Green  
London E2 7EG

**New for 2010:** we now have a Paypal facility available via the website ([www.londonnordic.org.uk](http://www.londonnordic.org.uk))

## WORLDLOPPET GENERAL SECRETARY VISITS LONDON

Friday 4 December 2009 was a red letter day for the London Region Nordic Ski Club (LRNSC) when they were honoured to welcome **Angelo Corradini**, General Secretary of Worldloppet, to their annual dinner. In his talk, Angelo spoke of the continuing growth and success of Worldloppet and also brought his listeners up to date with the preparations for the 2013 Nordic World Ski Championships, which will take place in the Val di Fiemme.

The London club was founded in 1981 and has grown steadily over the years to its present level of 200 members. Many of these take part in marathon races, and the Club numbers amongst its members 23 Worldloppet Masters - some of them multiple Masters - and two Global Worldloppet skiers. Many of the Club's Worldloppet passport holders attended the dinner - all of whom, no doubt, will be seeking to complete their gold or silver medals in the coming winters.



*from left to right:* **Paddy Field** (chairman of the LRNSC), **Angelo Corradini** and **Hilary Field**, (LRNSC Treasurer and five-times Worldloppet Master).

# Snowsport England request for information

## For the Attention of All Members

The LRNSC is affiliated to Snowsport England (SSE) the governing body for snowsports in the UK.

From 2010 SSE are asking all affiliated clubs to record the ethnicity of their members. Information that members provide about their ethnicity will be held by the LRNSC membership secretary in a separate database and will only be provided to SSE as part of a consolidated return that gives information for the club as a whole.

SSE are also inviting you to provide them with details of your e-mail address if you would like to receive news and details of events directly from SSE. SSE will not share your information with third parties but may e-mail with details of offers available through SSE.

I would be grateful if you would complete the attached form and post it to me, or you can complete it online at "<http://www.londonnordic.org.uk/snowsport-england/>"

Name (s).....

I am happy for Snowsport England to contact me via the following e-mail address:

.....

I do not wish to provide Snowsport England with an e-mail address [ ]

### **Ethnicity:**

|                 |     |                       |     |
|-----------------|-----|-----------------------|-----|
| White           | [ ] | Indian                | [ ] |
| Black African   | [ ] | Asian Other           | [ ] |
| Black Caribbean | [ ] | Chinese               | [ ] |
| Black Other     | [ ] | Other Ethnic minority | [ ] |
| Bangladeshi     | [ ] | Prefer not to state   | [ ] |
| Pakistani       | [ ] |                       |     |

Please complete and return to:

**Membership Secretary, 25 Shacklewell Street, Bethnal Green, London E2 7EG**

LRNSC is a member of Snowsport England (SSE), the governing body for English snowsports. This means that our activities are fully insured, as are our instructors who are also CRB checked. Mary Wray who many of you will know from attending training events, is our representative on the SSE Nordic Sub-Committee.

# Ski-Rocking Around the Clock in Ramsau!

*By Therasa Paul*

A blood-thirsty, baying crowd waited impatiently for the first to fall as six of our group's bravest souls decided to come down the hard packed ice of the downhill ski slope on their cross-country skis!

Soren came in first, followed by Peter Moysey. We watched with bated breath as Peter gingerly picked his way between the snowboards and Kamikasi downhill skiers - his bum stuck out in a way that would make the other Peter Moysey shout: "stick your bottom in!"

The crowd cheered and boed and waited....

Chris and Ben followed then Gareth and Dominic who took the chicken run, much to the dismay of the crowd. The rest of us (some 20+) drifted gently down from Filzmoos - in the safety of the cable car. This was the third day of the London Region Nordic Ski Club trip to **Ramsau**, Austria, by the Dachstein glacier at the beginning of January, where we had some excellent cross-country ski training. Up on the top of **Filzmoos** (c.1600m), we had all enjoyed some undulating skiing, inspired by spectacular views across the surrounding mountain ranges, followed by lunch surrounded by goshawks, boars, marmots and all sorts of other animals (dead ones, unfortunately) in the cable-car station restaurant.



The week began with classic and skating drills in Ramsau's Langlauf Zentrum stadium on Monday, under the watchful eyes of Peter and Soren, who worked us hard enough so that we deserved our delicious fare at the **Pension Hoffelner** run by expats Rob and Joanna. On Tuesday we skied up the valley and had lunch outside as it was a balmy, sunny -7°C! In the evening Peter held an initiation waxing session for those new to the sport. I'm not sure what went on, but I do hope he doesn't mention his "blue extra" fetish ever again!

On Thursday we had the chance to be film stars as Soren filmed us attempting our skating techniques – one skate, two skate, marathon skate, speed skating and coming up hills with no poles. Ric Abbot gave a fine

performance for the latter with his impression of Bambi on Ice. Probably one of the most exciting parts of the day for me was the chance to chase Chris on skis! Chris told me he has only been skiing for three years but he has chosen his skiing carefully, ensuring it consists of plenty of skilled instruction such as was available this week and as a result he went like lightning. A pack of us chased him long and hard and I only managed to catch him when the top came off his pole.

In the afternoon we were in for a treat because Peter had brought along his laser guns, giving us the opportunity to try the shooting part of biathlon. Split into four teams we became very competitive, but in a fun way I should add. The two winning teams were then allowed to compete indoors after dinner, but I have to admit I haven't seen this style of biathlon on Eurosport – men kissing me (with apples), people getting stuck under chairs and others positioning themselves across a row of bent-over bodies to shoot (*yeah, that's their excuse anyway...-ed.*)



One to one tuition was on offer on Friday enabling us all to focus on any grey areas in our skiing. For me it was a chance to skate up hills without grunting like a pig on heat. In those ten minutes Soren showed me how to push my weight down on one pole in offset skating - and it really worked! Things became a bit competitive on Saturday when we had our own organised fun races (although the trip was originally planned to finish with participation in the local Dachsteiner Volkslauf, this was re-scheduled by the organisers during the year - but we weren't going to let that spoil our fun!). The first was a 3km classic race with a mass start. Some of the younger men shot off double-poling furiously to grab the single track. Others took a more leisurely approach.

I managed to hold hubby Tim off for most of the course, but he overtook me with some furious double-poling at the finish. I could see him out of the corner of my eye, but had no more power to give (but just wait until next year when I'll have done some serious bicep and tricep training!).

Tim's one second win meant a handicap in the following 3km skating race, which enabled me to do a lot better. Some of the snow was a little powdery making the going tough, but I was fairly pleased - as I think were most people. During the week we had the advantage, in my opinion, of two of the best coaches you could wish for. Peter and Soren inspired us, pushed us, and showed us how to ski more efficiently and with better style so that we stopped looking like the usual British skier and more like our European counterparts who of course have the benefit of more access to snow.

They were both available to give advice all day and all evening. In addition Peter ran his usual yoga/pilates sessions before breakfast - a popular session for many, hangovers permitting!



*On the Heights of Filzmoos (photos by Peter Merriman)*

# Brochure Conditions in the Engadin

by Gerard Ollier

This was our 9<sup>th</sup> trip to the Engadin, having first gone there with Waymark. We rented a flat in **St Moritz Bad**, a very convenient place to gain access to the valley and Pontresina. The numerous and frequent buses and the regular train service make every part of the Engadin very accessible, and offer maximum flexibility in planning a day trip. The buses and train do run to timetable and you never need to catch a cold waiting for them. Over the years, we have known a couple of bad seasons, but otherwise the snow has normally been good. This year it was exceptionally good. There was plenty of fresh snow, and with the very cold weather it stayed that way. My only regret is to have given up wax skis when I broke my last pair. I then decided to go for fish-scales in order to be better adapted to changing day conditions. Ever since then, of course, the snow has been much more reliable and ideal for waxing! It was the case this year. I shortened the kick area on my fish-scales by rubbing down and filling the dents with repair candle graphite. It has worked well. However, it is more difficult to do a "hockey stop" with fish-scales than with a waxing ski, as the fish-scales tend to stop you just when you want a controlled slide. Sometimes, when you gather just too much speed on steep terrain, a hockey stop is just the thing to do. It spares you getting locked into a snowplough for too long. Parallel turns are really not on with fish-scales. You stand a good chance of tumbling over. However, since extreme terrain is relatively rare, the fish-scales slow you down nicely in the track, and is effective one foot in, one foot out, or snowploughing. My classic skis will no doubt come into their own again quite soon as it is unlikely that these

magnificent winter conditions will recur.



It is often said that the Engadin is too flat to provide lively skiing. It is true that there are large flat areas, but they are in magnificent scenery. If you don't fancy ambling along on skis while admiring the landscape, you can always go skating, put a bit of speed on and cover the miles. A bus will be there waiting for you wherever you end up. Not all is flat though. The track from St Moritz-Bad to Pontresina is far from flat and offers good diversity. Pontresina down to Celerina gives you a long descent, and the tracks of Celerina and Samedan offer you gentle terrain to practice in beautiful scenery. The S-Chanf to Zernez route is certainly very

diverse, challenging if you want to maintain speed with pronounced ups and downs, and offers wonderful views. Between Chamues-ch and S-Chanf there are sustained ascents and descents. The valleys of Bever, Roseg and Flex will give you plenty of opportunity to practice your uphill skills and the thrill of track speed on the way back. The Flex valley is particularly challenging and only the strongest could do this at training speed.

Last but not least, the sunshine is often there to greet you. All in all, the Engadin will give you plenty of scope to burn energy. A recent article in *New Scientist* pointed out that cross-country skiing uphill has the highest metabolic equivalence (MET). This is the measure used to gauge the intensity of exercise. Moderate activity is between 3 and 6 MET. Uphill cross-country skiing is between 16 and 17 MET, the highest of the quoted activities. The least energetic activity, by the way, is sex. It is much less, even, than hoovering! It is perhaps disappointing that such a well liked activity (*yes, I like hoovering... -ed.*) should pay such poor dividends. So you can see, it's much better to put your pants on and go skiing than it is to take them off - though the enjoyment to be derived from it is a matter of personal evaluation... You can find more information about the intensity of different activities by looking at *the Compendium of Physical Activity* ([bit.ly/8BZaUf](http://bit.ly/8BZaUf)).

# CLASSICAL RENAISSANCE

by Paddy Field

For the past twenty years or so, the Skating techniques have been very strong in cross-country skiing, but now it seems that the Classical techniques are making a strong comeback and enjoying a new popularity.

Although there was no specific point when Skating suddenly evolved, its genesis is generally regarded as dating back to 1985, when FIS accepted the 'new' techniques as equal partners with the age-old Classical techniques. For a time, Skating looked likely to take over the sport; the smaller nations, particularly those which relied on rollerskiing to develop their athletes, as well as the North American countries, saw Skating as a means to get on even terms with the Scandinavian nations. Here, it seemed, was the opportunity for everybody to begin again from a common starting point. There appeared to be no reason why Norway and Sweden should be any better than the USA or even the Netherlands, who had a great tradition of skating on ice. So Skating blossomed - and nowhere was this more evident than in the long distance popular races. Marcialonga, la Transjurassienne, Dolomitenlauf, the American Birkebeiner, the Engadin Skimarathon and many other races all went over to the new style. An attempt was made to sustain the Classical techniques through the introduction of the "World Classic Grand Prix", which included such races as the Marxa Beret and the Pustertaler Ski Marathon, but this failed as these races found that public pressure took them over into the skating camp.

Now more than 20 years have gone by and the indications are that the Classical techniques are strongly on the comeback trail. First to take the plunge was Marcialonga a few years ago. Going back to its roots, Italy's foremost long-distance race decided to revert to Classical and immediately saw their numbers rise dramatically, to the point where their limit is now reached several months before the event. Other races soon felt the need to respond to the public demand for Classical races: la Transjurassienne introduced a 'Classical Day' on the Saturday, the American Birkebeiner had to cut a completely new and separate Classical trail to cater for demand. Meanwhile the number of competitors in the great classical races has continued to grow, whilst support for the major skating races has at best stood still. The biggest growth has been seen at Norway's Birkebeinerrennet, which at one time appeared to have lost its appeal, but which has almost doubled its numbers over the past five years, while Jizerska Padesatka, Bieg Piastow, the Tartu Maraton, all classical races, are seeing year on year growth. The classical giant, Vasaloppet, simply gets bigger and bigger. Concurrently, the four races which have consistent difficulty in meeting their Worldloppet targets are all skating races: Dolomitenlauf, Kangaroo Hoppet, Gatineau Loppet and Sapporo Ski Marathon.

In the latest developments, two more well-established skating races have gone back to their roots. Dobbiaco-Cortina will this year once again be run in its original classical technique, while La Sgambeda has not gone quite as far, but is introducing a Classical Half Marathon into its programme. Many of the major popular races now cover a whole weekend, with Classical and Skating races on separate days.

How far will this trend go? Since an estimated 65% of our sport is carried out in the classical techniques (a staggering 75% of Worldloppet's 100,000+ competitors take part in the classical races), it could be that the top of the pyramid has not yet been reached. More and more races could revert to their origins, as financial constraints lead them to serve the needs of the greatest possible number of their potential participants.

As Club members who have been on our courses will know, we have always started by teaching classic, believing it to be not only the fundamental basis of cross-country skiing, but also the essential precursor to perfect skating technique. If the trend back towards the classical techniques continues, this philosophy will have increasing relevance in the future.

*[ED's note: My own personal experience seems to mirror the above article's general conclusions. Having been a dedicated skater for many years, I have found myself drawn towards Classical races in the last 2-3 years. Why? I think it's a case of Skating being a victim of its own success. The skating tracks just can't cope and provide enough room for overtaking with the thousands of participants that now do these races - leading to horrendous bottlenecks at times, especially in the early stages before racers have "spread out" (unless you're good enough, or lucky enough, to get a start in the first wave). I find there are hardly ever any "bottlenecks" in CT races - as two Classical tracks can easily fit in the space required by one skater, making overtaking easier. Also, there's a lot less frustration and gnashing of teeth - for me anyway! - caused by others skiing over your skis and poles (always a problem in Skating events, especially at the start!)]*

# CLASSICAL GAFF

By Greg Bell

As I hadn't been able to get time off work in January to join the Club's Ramsau trip, I was determined to use my 5 days scheduled winter leave to try and join the next organised trip in February. Having already been to Oberammergau in Germany and skied the Koenig Ludwig Lauf a couple of times, I thought I'd give that a miss and aim for the 2<sup>nd</sup> week of the two-week trip, which would be in **St Johann in Tyrol**, Austria (at around 600-700m) at the foot of the **Wilder Kaiser** mountain range and an area I had never visited), and ski the 38<sup>th</sup> edition of the **Koasalauf** at the end of the week (one of the races in the Euroloppet series).

I got my annual leave agreed - though it meant I would be arriving on the Tuesday (9<sup>th</sup> Feb.), the rest of the group having arrived a day earlier after leaving Oberammergau. I checked the Koasalauf race website. Like a lot of World- and Euroloppet nowadays, they had separate days for Classic and Skate/Free with long and short options. I had originally intended to do the full 50km Classic on the Saturday and then the short option (25km) Skate the following day. But there was only €5 difference between the prices and no discount for doing two races. This meant paying €40 and €35 respectively, ie. over £70 at the current poor exchange rate – a bit too much to pay for a few hours endurance training (which is how I view these races). So I decided to just go for the 50km Classic and booked online accordingly. Plus, this also meant I need only take one set of skis and one pair of boots with me, and only some glide wax (as my classics are fish-scales), thus keeping my ski-bag relatively light and easier to schlepp around.

Right, now to check out Austrian train times and book my flights. St Johann in Tyrol (important not to confuse it with all the other St Johann's in Austria!) is relatively easily reachable by train from Munich, Salzburg and Innsbruck (at a current cost of around 38, 24 and 20 euros one-way respectively). I won't bore you with the details of my to-ing and fro-ing between various Airlines' and OBB (Austrian trains) websites, matching up arrival and departure times - but the most convenient option (and cheapest) for me turned out to be using Easyjet: flying out from Gatwick to Salzburg (the 9am-ish departure meant I didn't have to get up at the crack of dawn, and I could also use the tube from home) and returning to London from Innsbruck at around 5pm (which meant I could have a leisurely, late breakfast at the hotel). For comparison purposes, I'll do a breakdown of the charges that the websites quoted for an *online* booking (BA's was for Gatwick-Salzburg and back; Ryanair's: Stansted-Salzburg and back):

|                           | <b>EASYJET</b>                      | <b>BA</b>               | <b>RYANAIR</b>       |
|---------------------------|-------------------------------------|-------------------------|----------------------|
| FLIGHT OUT                | £31                                 |                         | £19                  |
| FLIGHT RTN                | £24                                 |                         | £27                  |
| <b>TOTAL FLIGHTS</b>      | <b>£55</b>                          | <b>£117</b>             | <b>£46</b>           |
| BAGGAGE (OUT & RTN):      |                                     |                         |                      |
| 1 x CASE                  | £18 (£9 per flight)                 | £0                      | £30 (£15 per flight) |
| 1 x SKIBAG                | £37 (£18 <sup>.50</sup> per flight) | £28 (per booking)       | £80 (£40 per flight) |
| <b>TOTAL BAGGAGE</b>      | <b>£55</b>                          | <b>£28</b>              | <b>£110</b>          |
| PAYMENT BY CREDIT CARD    | £8                                  | £5 (£4 <sup>.50</sup> ) | £10                  |
| OTHER (Online check-in)   | £0                                  | £0                      | £10 (£5 per flight)  |
| OTHER ("Admin.")          | £0                                  | £0                      | £10 (£5 per flight)  |
| <b>TOTAL EXTRAS</b>       | <b>£8</b>                           | <b>£5</b>               | <b>£30</b>           |
| <b>TOTAL OVERALL COST</b> | <b>£118</b>                         | <b>£150</b>             | <b>£186</b>          |

So Easyjet came out some £30 cheaper than BA [whose hapless management surely shot themselves in the foot when they took the, to my mind, disastrous step recently of introducing additional baggage charges, thus further reducing their price competitiveness against the so-called "budget" airlines. For as the above shows, without their new second-bag charge, they'd have been virtually the same as Easyjet – even cheaper if you take into account BA still offers a free sandwich and tea/coffee/soft drink]. And almost £70 cheaper than Ryanair – for despite the latter's basic flight price being the lowest, all the "extras", especially baggage, added

a whopping **£140** (and that's with booking their cheapest flights, ie. an extremely early outward - which would've meant a further £15-20 taxi fare added on top).

The journey out went incredibly smoothly. From getting on the tube at Wood Green, London to getting off the train at St Johann in Tyrol, Austria - everything (tube, plane, buses, trains) ran to time with no delays and no rushing, which put me in a very relaxed mood – but then... my good luck continued! Because as I exited the station to go get a taxi to the hotel, who's car should I run out in front of than Amanda and Dominic Luck's, who were on their way back with baby Zara from a trip to the supermarket. That not only saved me a taxi fare, but probably also a lot of time as our hotel's address placed it in the village of Kirchdorf, whereas it was actually in the even smaller hamlet of Gasteig, so who knows if the taxi driver would have had to drive round and round trying to find it! So I arrived in good time for the customary pre-dinner dentures (*geddit?? "A pair of teeth"?? Oh never mind...*) - a choice of wine and beer plus snacks - in Paddy & Hilary's room, where I met Bernard McCarthy, the only other member to be doing the full two-week trip (Gareth Buffet would join us on the Friday). They were all looking rather tired, having just had a long day having skied some 25km of the race course – much longer than intended (and this was after doing the Koenig Ludwig races on Sunday and some skiing after the journey from Germany on Monday). The group felt this was due to incorrectly placed distance markers – a feeling which was borne out to be correct when confirmed by a race officials' meeting a couple of days before the first race (the short-race option became 28km instead of its originally publicised 25km).



The next morning (Wednesday) we agreed to set out at 9.30, so after breakfast I went to get my classic boots out of the drying room (where I'd put them the previous evening to warm up) and unzipped my ski bag to get my skis out...only to discover that I'd somehow contrived to bring my skating ones along. *D'oh!!!* Fortunately, the others in the group were very generous. Dominic let me use his Classics that day and then Paddy lent me his super-troopers for the rest of the week, including for the race on Saturday.

It was generally cloudy throughout the week, with little sunshine, but there was plenty of snow. We drove to nearby **Hochfilzen**, which has a good langlauf and biathlon centre (it regularly hosts Biathlon World Cup events). We had an easy ski on a relatively flat loop for an hour or so, a gentle start for me and a good "active rest" for the others. We came across club member and coach Alan Eason, who was leading a separate group. We had a long lunch, then most of the others needed a well-earned rest (plus Hilary's chest cold was

gathering steam, as was baby Zara's), so it was just me and Dominic who sallied forth and did another loop, it was just about an hour's worth of skiing, some 10km, but a bit more strenuous than the morning's as this loop had more ups and downs plus we were fighting against a strong headwind on the way back.

Our cheap and cheerful hotel was B&B only, which left us a choice of where to go for our evening meals and as we had two cars (which were a necessity given our location off the beaten track) so we could venture out to the surrounding villages. We usually met up with Rick and Sue, who were regular visitors to the area and so knew all the best eateries. There was a good choice, including a nice Pizzeria – I don't think anyone was displeased with the quality of the food. But the one thing we did all find really distasteful was the cigarette smoke - it was terrible! I suppose we've become used to No-Smoking in Public places in the UK, so the effect was magnified. So-called "No Smoking" areas were not separate, so you still ended up breathing in loads of fumes, negating in a few minutes the effects of all the clean mountain air breathed in during the day whilst out skiing. And there was no respite back at the hotel as the owners smoked, and later in the week a crowd of downhillers arrived who also all smoked! I was really surprised as Austria seems to promote itself as a healthy holiday destination. In fact, doing this write-up has reminded me email the local and regional tourist offices to make a strong complaint (I'll let you know in the next issue of any reply I get!). Poor Hilary suffered badly, as having developed a bad chest cold, the smoky atmosphere made it much worse and brought on lengthy coughing fits – very inconsiderate of her, as it meant I often missed the punchlines of Paddy's jokes...



*Amanda Luck double-poling uphill*

On Thursday we all had a long morning skiing down the Erpfendorf valley (part of the race course if I remember correctly), a very pleasant run, gently undulating and the sun even managed to poke through the clouds every now and then! On Friday, Amanda, Bernard, Dominic (carrying baby Zara on his back!), Paddy and myself went to a nearby set of tracks that Dominic had found and which would have led, had we done the whole run, up and up the Kaiserbachtal (I think! Sorry, wasn't taking notes) towards the Griesner Alm at 1024m. But we didn't do it all as it was a bit of a slog uphill, and we were all looking to save our energies for the races next day. So we stopped at the Fischbach Alm and then whizzed back down to the car park. In the afternoon we went to collect our race numbers. Then back to the hotel to get waxing. There was no danger of suffering adverse effects from wax fumes as our wax-room was well ventilated – well, it was out in the open!

Which did mean you worked fast so as to stave off the cold and get back into the warm ASAP! Dominic then went to pick Gareth up from the station. We had the usual drinkie-winkies, then set off for some carbo-loading, which for the men seemed to mean knocking back the local lagers before the locals could get a look-in! (not me though, I kept to a saintly fruit juice and/or soft-drink...plus the odd Campari). We tried to estimate our finishing times. I thought I should be able to manage an average of 5-minute kilometers, which would mean a race time of 250mins or 4h 10m.

Saturday (Classic race day): We'd arranged an earlier than normal breakfast and we all got to the Start area at the Koasastadion in St Johann in good time. Amanda (mothering duties), Hilary (illness) and Gareth (just in for the 50km skate next day) weren't racing. Dominic and myself were doing the 2-loop 50km (Dominic would also be doing the 50km Skate!), Paddy and Bernard the 28km – both races starting together. In the car park we met Alan Eason and Peter Moysey, who were looking to give the elite racers a run for their money (see the results table below). There were under 400 starters (there'd be almost twice as many for the FT race on Sunday), which meant there wasn't the usual crush and scrambling round to find a space in the tracks in the pens. The weather was fine and not too chilly (-4ish possibly?).



*Hilary Field taking dose of that well-known chesty cough remedy: Apple Strudel and Cream (and Wine)*

I was hoping to be able to make use of my gym workouts by double-poling most of the race, which proved to be the case. Unfortunately, due to poor diagonal technique and poor waxing, I soon lost grip going uphill and so lost lots of time, getting re-overtaken by those I had double-poled past with ease. So although my finish time was almost spot-on with what I'd estimated at dinner the previous evening, I was still disappointed as I reckon that if I'd been able to ski uphill properly, I could've knocked around a further 20mins off at least. Alan

Eason had a fantastic race, coming in 20<sup>th</sup> and beating Peter Moysey (for the first time?). Dominic also had a great result getting a top 100 place and only just behind Michael May, a member of the British Nordic Development Squad. His two sisters, from the Huntly club, were pleased with their marathon effort. I remember double-poling past them in the last 10km, but didn't realise they were GBers. I was tired but nothing like as tired as I'd have been if skating. Nevertheless, I was glad I hadn't signed up for any of the races on Sunday, and wondered how Dominic was feeling, knowing he had it all to do again the next day!

Sunday (Skate/FT race day): Dominic and Gareth were the only ones from our group racing. The rest of us drove up to a point about 200m after the start, and waited for the racers to come. It was a great sight to see the mass of skiers approaching in the distance, here the rhythmic "swishing" of their skis and then see them all charge past, the variety of ski outfits creating a swirling mass of colours. We saw Dominic (in a good position not too far behind the pacemakers) and Gareth go past, then headed further out to be half-way down the first big descent. There was a good selection of skiing downhill styles: poles sticking out, skis sticking out, bums sticking out. We waited and waited for Dominic, then eventually saw him coming down – with one pole! Apparently he had snapped one on the way up. This would put a dent in his hopes for a good time as it was a while before he was able to get a replacement (which I believe was lent to him by a kindly onlooker who skied to catch him up), though he then had to contend with poles of different length, not to mention the previous day's efforts still being "in his legs", so that his eventual finish time was an heroic effort. Gareth also had a strong run, beating two members of Italy's "A Team"!

So, to finish I'd say I probably would be happy to return to the area. Our hotel (the Bauernhof Vordermittern) was maybe a bit too basic for my tastes, but it was very cheap at 22euros a night – so you get what you pay for. It did have a good drying room on the ground floor: You could leave anything soaking wet in there overnight (boots, gloves, clothing, babies, etc.) and they'd be bone dry by the morning! More important a consideration, though, for others may be its relatively remote location – you would definitely need to have/hire a car. But it seemed we were led astray by the local tourist office who offered it as one of the last hotels with spare rooms left – as we saw many hotels with "Zimmer Frei" (ie. Rooms to Let) notices in the windows, as we drove hither and thither. I'd be happy to do the race again, the course wasn't too difficult, with only the one longish uphill and descent soon after the Start - and for a Euroloppet race the number of participants isn't excessive, especially on the Classic day. However, there is the d—n smoking! I'd certainly want to find a non-smoking hotel next time, or get an apartment and live on take-aways!



*Paddy, Bernard, Gareth and Dominic taking their pre-race carbo-loading VERY seriously*

**38<sup>th</sup> Koasalauf Race Results** (full results at: "[www.koasalauf.at/](http://www.koasalauf.at/)")**50km Classic 13.2.10**

|                              | <b>Time</b> | <b>km/h</b> | <b>min/km</b> |
|------------------------------|-------------|-------------|---------------|
| 1. Schnurrer Manuel GER 1986 | 2:16:04,87  | 22.05       | 2:43          |
| 2. Sutter Martin AUT 1980    | 2:16:07,54  | 22.04       | 2:43          |
| 3. Sutter Stefan AUT 1982    | 2:16:08,64  | 22.04       | 2:43          |

**LRNSC MEMBERS/GB Skiers:**

|                                  |            |       |      |                       |
|----------------------------------|------------|-------|------|-----------------------|
| 20. <b>Eason Alan</b> 1970       | 2:42:35,89 | 18.45 | 3:15 |                       |
| 43. <b>Moysey Peter</b> NZL 1963 | 2:59:25,17 | 16.72 | 3:35 | (but honorary GB'er!) |
| 99. May Michael 1991             | 3:35:30,83 | 13.92 | 4:19 |                       |
| 100. <b>Luck Dominic</b> 1971    | 3:36:20,66 | 13.87 | 4:20 |                       |
| 123. <b>Bell Gregory</b> 1958    | 4:11:45,13 | 11.92 | 5:02 |                       |
| 128. May Deborah 1991            | 4:15:35,15 | 11.74 | 5:07 |                       |
| 129. May Rachel 1990             | 4:15:35,35 | 11.74 | 5:07 |                       |
| 139. Hardy Oliver 1985           | 4:22:16,16 | 11.44 | 5:15 |                       |
| 150. Hosking Nigel 1954          | 4:50:36,24 | 10.32 | 5:49 | 168 finishers         |

**28km Classic**

|                                   |            |       |      |               |
|-----------------------------------|------------|-------|------|---------------|
| 1. Varis Kari FIN 1983            | 1:17:49,35 | 21.59 | 2:47 |               |
| 153. <b>Field Paddy</b> 1934      | 2:36:00,23 | 10.77 | 5:34 |               |
| 155. Murray Helen 1961            | 2:37:40,95 | 10.66 | 5:38 |               |
| 173. <b>McCarthy Bernard</b> 1946 | 2:56:20,14 | 9.53  | 6:18 | 202 finishers |

**50km Free Technique 14.2.10**

|                                 |            |       |      |               |
|---------------------------------|------------|-------|------|---------------|
| 1. Eberharter Michael AUT 1983  | 2:04:11,57 | 24.16 | 2:29 |               |
| 2. Novotny Viktor CZE 1982      | 2:04:14,10 | 24.15 | 2:29 |               |
| 3. Florinett Andrea SUI 1979    | 2:04:15,13 | 24.14 | 2:29 |               |
| 29. Lamb David 1982             | 2:11:51,81 | 22.75 | 2:38 |               |
| 270. Wilson Andrew 1990         | 2:55:30,10 | 17.09 | 3:31 |               |
| 301. Donnelly Chris 1956        | 3:00:25,21 | 16.63 | 3:37 |               |
| 303. Baker John 1962            | 3:00:48,3  | 16.59 | 3:37 |               |
| 355. <b>Luck Dominic</b> 1971   | 3:16:56,31 | 15.23 | 3:56 |               |
| 364. Russell Simon 1974         | 3:21:25,64 | 14.89 | 4:02 |               |
| 384. <b>Buffett Gareth</b> 1949 | 3:37:27,62 | 13.80 | 4:21 | 408 finishers |

**28km Free Technique**

|                                |            |       |      |               |
|--------------------------------|------------|-------|------|---------------|
| 1. Dengg Günther AUT 1973      | 1:10:48,48 | 23.73 | 2:32 |               |
| 239. Whithield-Jones Paul 1981 | 1:55:25,97 | 14.56 | 4:07 |               |
| 283. Murray Helen 1961         | 2:04:44,59 | 13.47 | 4:27 | 328 finishers |



*FT Skiers on the long downhill – note variety of postures*

## PRIZE COMPETITION!

### Want to be a published writer or photographer?

Then why not flex your creative talents by entering our competition. At the very least you'll be sharing your best skiing moments of the season with other members. There'll be a **prize of a £10.00 M&S voucher** for the winners, plus runner's-up prizes of a £5.00 M&S voucher, in each of the following 3 categories:

1. Best article for the newsletter
2. Best article for the website
3. Best digital photograph [for web or print]

All winners will be published in the relevant media.

#### The theme

For all 3 categories the theme will be, '**my best skiing moments of the season**'. You could, for instance, write about a stunning location, your first - or your fiftieth - racing experience, a personal skiing achievement, a fun group holiday or the sheer novelty of skiing in your local park. You could take a descriptive, factual or humorous approach – whatever works well for your story. Similarly we're looking for photos that sum up why you enjoyed cross country skiing this season. It could be a landscape, people, an event or... the choice is yours!

The winners will those articles or photographs that, in the opinion of the judges (*Paddy Field*, LRNSC Chair, *Greg Bell*, Newsletter Editor and *Mary Wray*, Website Manager) best prompt the feeling: 'I want to go there/do that/see that!'

#### A few tips

- Articles for the web should be succinct, divided into short paragraphs with sub headings; remember people have a shorter attention span when they're reading on screen.
- Newsletter articles can take a more conventional approach but still need to engage the reader, so get a friend or partner to read your piece and give you feedback before submitting.
- Website readers expect links to relevant websites [eg. tourist offices] within the text so they can find out more if they wish, so do include these. For print, this sort of info. is usually found at the end of the article.
- For either article, if in doubt edit it out!
- Photographs should be sharp, either portrait or landscape. They may be cropped from the original image but should not be overly enhanced – don't spend hours with Photoshop.

#### The rules

- **Competition closing date is 30 April 2010.**
- The competition is open to LRNSC members, who may enter as many articles and/or photos as they wish.
- Articles should be single-spaced. Maximum words: 1,000 for the newsletter, 700 words for the website.
- Photographs should be no larger than larger than 800 x 600 pixels.
- All submissions should be emailed as attachments to "*lrnscmw@aol.com*" with "**Competition 1**" in the subject line accompanied by the entrant's name and address.
- The judges' opinion will be final and winners' names will be published by 31st May on the Club website. Winning entries will be published as soon as possible thereafter according to publishing deadlines.
- LRNSC reserves the right to use other entries in the newsletter or on the website – the entrant will be credited. Submissions may be edited or cropped.
- No submissions will be returned so please retain copies of your work.

So why not have a go? If you have any questions please email: [lrnscmw@aol.com](mailto:lrnscmw@aol.com)

# LRNSC Roller Ski Courses 2010

## Are you a 1★, 2★★ or 3★★★ skier?

You can be assessed for a Snowsport England Nordic Proficiency Award – it's a measure of your rollerskiing achievements against a range of national criteria. You need to register for the Proficiency Award Scheme and assessment when you book your LRNSC rollerski course.

## How will you be assessed?

You'll be observed during the course, and asked to demonstrate specific skills and answer a few questions about your skiing knowledge. You'll then receive your score and, if you've achieved the required number of points at your chosen level, a certificate confirming this.

At 1\* and 2\* you need to achieve 60% of points on the compulsory elements, whilst at 3\* you need to achieve 60% of the total points for roller skiing. Depending on your skills, you may need to attend more than one course – you'll get feedback so you know where to focus your efforts. This will almost certainly be the case if you are a complete beginner, when you need to learn the techniques then build competence and confidence.

## About Snowsport England Proficiency Awards

These have recently been updated and comprise:

- 1★ covering basic techniques to get beginners ski-ing comfortably and safely.
- 2★ introducing the range of of cross country skills, including basic skating, with emphasis on on control and effectiveness for novice skiers.
- 3★ is aimed at intermediate skiers and covers classic and all skating techniques.
- 4★ and 5★ are for advanced and expert skiers – you'll need to contact Snowsport England [[www.snowsportengland.org.uk](http://www.snowsportengland.org.uk)] to find out where this level of assessment can be taken.

## What does registration and assessment cost?

- a) £10 a one-off fee to join the scheme covering assessment of all stars and all surfaces, or
- b) £5 for assessment at any two star levels on any surface within a two-year period

## When can you be assessed?

At the LRNSC roller ski courses on 9 May at Redbridge Cycling Centre and on 24 October 2010 at Hillingdon Cycle Circuit.

So make 2010 the year you learn to roller ski or improve your technique! It's fun, great for fitness and helps develop balance, co-ordination and rhythm. All courses will be based on the new **Snowsport England Proficiency Award Scheme** so that you can measure your progress and work towards achieving a 1\*, 2\* or 3\* Award. Our Snowsport England qualified LRNSC instructors will run the sessions.

At each session we will have groups for:

- complete beginners – the focus will be on classic technique with a brief introduction to skating
- learn to skate
- improvers – we'll work on classic and skating techniques, so you'll need equipment for both techniques or combi rollerskis.

Advance booking is essential. LRNSC has a range of equipment for hire that is generally suitable for adults and teenagers but does not have children's' size equipment.

## THE COURSE SCHEDULE

| Date              | Time        | Location   | Other info                                     |
|-------------------|-------------|--|--|
| 25 April          | 1000 -1530  | Hillingdon Cycle Circuit, Springfield Road, Hayes, Middlesex UB4 0LT |  |
| 9 May*            | 1000 - 1430 | Redbridge Cycling Centre<br>Forest Road, Hainault, Ilford, IG6 3HP   | Snowsport England Proficiency Award assessment |
| 6 June*           | 1000 - 1430 | Hillingdon Cycle Circuit   |  |
| 26 September*     | 1000 - 1430 | Hillingdon Cycle Circuit   |  |
| 24 October        | 1000 - 1530 | Hillingdon Cycle Circuit   | Snowsport England Proficiency Award assessment |
| 21 November [tbc] | 1000 - 1530 | Hillingdon Cycle Circuit   | Ski waxing demonstration                       |

[\* A race will also be held after these courses – see Racing and Events Calendar pages for details. It's entirely optional for course participants - but you may like to test your skills or just watch and support the racers].

### PRICES – ALL COURSES

| <b>MEMBERS</b> [LRNSC & other SSE clubs] | Price per session<br>£ | Spring Saver<br><i>book any 2 spring sessions before 11 April</i><br>£ | Spring Saver<br><i>book all 3 spring sessions before 11 April</i><br>£ |
|--|------------------------|--|--|
| Tuition & equipment hire                 | 25                     | 45   | 65   |
| Tuition only                             | 15                     | 25   | 35   |

| <b>NON MEMBERS</b>       | Price per session<br>£ | Spring Saver<br><i>book any 2 spring sessions before 11 April</i><br>£ | Spring Saver<br><i>book all 3 spring sessions before 11 April</i><br>£ |
|--------------------------|------------------------|--|--|
| Tuition & equipment hire | 35                     | 65   | 90   |
| Tuition only             | 25                     |  |  |

### Snowsport England Proficiency Awards registration and assessment:

Add your choice to your course fee

- £10 a one-off fee to join the scheme covering assessment of all stars and all surfaces, or
- £5 for assessment at any two star levels on any surface.

For both options you'll receive your SSE scorecard and, when you achieve the required number of points at your chosen level, a certificate. If you are a complete beginner you will need several sessions to reach the standard required for the 1 Star Award - as in other sports you learn the techniques then practice to become competent and confident.

### WHAT TO BRING

Gloves and, if you have them, cycle helmet, knee/elbow protectors; rollerskis, poles & boots if you have them

### WHAT TO WEAR

Leisure or sports clothing – breathable layers are best but if you're a beginner don't wear your best kit in case you fall.

### REFRESHMENTS AVAILABLE?

Hillingdon Cycle Centre: drinks available from the adjacent Goals centre & bring your own packed lunch/water or purchase on day from nearby Sainsburys.

Redbridge Cycle Centre: bring your own drinks and refreshments.

### WHAT TO DO NEXT

Book using the form on the next page, or book online at "[www.londonnordic.org.uk](http://www.londonnordic.org.uk)"

LRNSC Organiser: Mary Wray

# LRNSC Rollerski Courses 2010 - Booking Form

*[or book online at [www.londonnordic.org.uk](http://www.londonnordic.org.uk)]*

## Name 1:

Address

Email

Phone

I understand that rollerski-ing is a sport, which carries inherent risk of injury, and I take part in this course at my own risk.

Signed \_\_\_\_\_ Date \_\_\_\_\_

## Name 2

Address

Email

Phone

I understand that rollerski-ing is a sport, which carries inherent risk of injury, and I take part in this course at my own risk.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please reserve me a place[s] on the following – **please circle your choices:**

|                          | MEMBERS<br>[LRNSC & other SSE clubs] |                    |                      | NON MEMBERS            |                    |                      |
|--------------------------|--------------------------------------|--------------------|----------------------|------------------------|--------------------|----------------------|
|                          | 25 April<br>Hillingdon               | 9 May<br>Redbridge | 6 June<br>Hillingdon | 25 April<br>Hillingdon | 9 May<br>Redbridge | 6 June<br>Hillingdon |
| Tuition & equipment hire | £25                                  | £25                | £25                  | £35                    | £35                | £35                  |
| Tuition only             | £15                                  | £15                | £15                  | £25                    | £25                | £25                  |

*continued over...*

|  | <b>MEMBERS</b><br>[LRNSC & other SSE clubs]  | <b>NON MEMBERS</b>   |
|--|--|--|
| <b>Spring Saver</b><br><i>book any 2 spring sessions before 11 April</i> | <u>Circle your choices:</u><br>25 April / 9 May / 6 June<br>£45 (with equipment hire)<br>£25 (tuition only)  | <u>Circle your choice:</u><br>25 April / 9 May / 6 June<br>£65 (with equipment hire) |
| <b>Spring Saver</b><br><i>book all 3 spring sessions before 11 April</i> | £65 (with equipment hire)<br>£35 (tuition only)  | £90 (with equipment hire)  |
| <b>Snowsport England Proficiency Awards registration and assessment</b>  |  |  |
| <b>Add your choice to your course fee</b>                                | <input type="checkbox"/> £10 a one-off fee to join the scheme covering assessment of all stars and all surfaces, or<br><input type="checkbox"/> £5 for any two star levels on any surface. |  |

I enclose my cheque for £ \_\_\_\_\_ made out to LRNSC

| <i>Please complete the following</i>   | <b>Name 1</b>  | <b>Name 2</b> |
|--|--|---------------|
| <b>Equipment hire</b><br><b>Boots</b> – what size?   |  |               |
| <b>Which group would you like to join? Please tick</b>   |  |               |
| <input type="checkbox"/> Complete beginner [never roller skied, may have cross-country skied before]             | We'll focus on classic technique and include an introduction to skating.                                 |               |
| <input type="checkbox"/> Learn to skate [have roller skied or cross country skied before, or have roller bladed] | Skating  |               |
| <input type="checkbox"/> Improver, competent roller-skier who wants to improve classic & skating technique       | We'll cover classic and skating techniques – participants should bring/hire equipment suitable for both. |               |
| <b>Ski Club?</b><br>If you're member of another SSE ski club please tell us which one.                           |  |               |

**Please send your completed form to:**

Mary Wray, Flat A, 48 Shakespeare Road, London W3 6SJ, enclosing your cheque  
or book online at "[www.londonnordic.org.uk](http://www.londonnordic.org.uk)"

# Christopher Richardson's RACING PAGE

I haven't had much information yet from members as to what they have been getting up to with racing on snow. Personally I'm about to embark on a new project: the Euroloppet. I've just got my passport (a bargain at 39 Euro with 2 free gifts!) and am off to do two of them on successive weekends - the Transjurassienne and the Gsiesertal Lauf. I've done the Transjurassienne a few times but never managed to do it in a respectable time. I've always had an excuse, such as I was a beginner, or that it poured with rain for the whole 76km! Conditions look quite promising this year, so there may not be any excuses this time. The Gsiesertal is in the Dolomites, one of my favourite ski destinations so I am looking forward a lot to that. As with most of these events you can do a classic race on the Saturday and a skating race on the Sunday. It's always a dilemma whether to hope that one's diminishing powers of recovery are capable of doing a good race on both days, or whether just to concentrate on one.

It might seem a bit early while we are in the middle of the snow season to be looking forward to the rollerski year, but hopefully 2010 will give us lots to look forward to. In no particular order we have the following:

## **New Clubhouse at Hayes** (see illustration on next page)

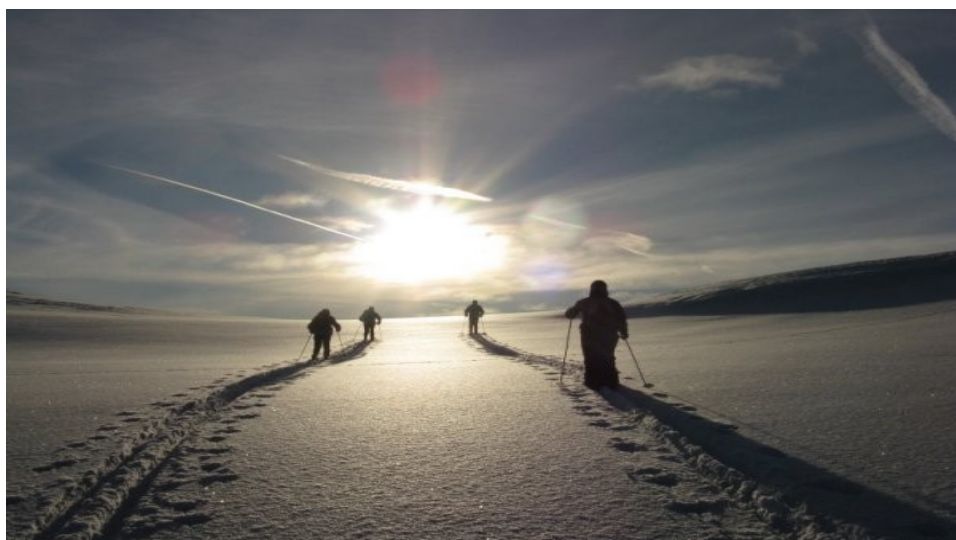
The long awaited replacement for the old portakabins is starting on site in February. It should be finished in time for most of our rollerskiing events. For those who have not been following this development, it will be a proper facility such as most sports take for granted, with a clubroom big enough for 70 odd people (*odd? Are you calling our members ODD??? Ok, fair enough... - ed.*), a separate classroom, changing, toilets, kitchen and storage. The best feature is its location right next to the track - so on bad weather days, officials such as yours truly can watch the skiers on the track in the comfort of the clubhouse with a nice hot drink in their hand! Of course, it will be also be really useful for demos and talks, video analysis etc. (suggestions welcome!)

## **Transponder Timing**

Our own set up is now in our possession, thanks to a generous grant from Sport England and teaming up with another circuit user: Westerley Cycling Club, whose timetable fits ours very well, as they will use it for midweek events. Those who participated in the 4 Hour event last October will recall how the kit we borrowed from the LVRC captured over a thousand laps with no problem. All we have to do now is work out how to set it up in time for the first race in May. Anyone who has tried to accurately log laps for more than a dozen skiers at a time will know how easy it is to miss one. They always travel in bunches rather than helpfully spacing themselves out. The Transponder reader doesn't mind if they all cross the line together!

**Redbridge Cycle Circuit (Hog Hill)** To give the Hayes clubhouse the best chance of being ready for us, we are holding our first race of 2010 at the new cycle circuit on the far side of London. This was built to replace Eastway Cycle Circuit, which now lies under the Olympic Stadium. It was built with Olympic money, so it is pretty state of the art. It has several circuits, one pancake flat, another with a big hill. We have the whole circuit for the day so will be able to have coaching on the flat for those who are not keen on the hill, as well as a race incorporating the hill. Having done several laps on the large circuit with the hill, I can guarantee a challenging event for those who like that sort of thing.

To find out more about the venue, look up "<http://www.hoghill.co.uk>"







WEST



EAST

**MATERIALS**

- Roof: Single ply membrane
- Walls: weatherboarding, natural finish
- Columns: galvanized steel
- Windows, doors, fascia etc: natural finish timber



SOUTH



NORTH



**PLANNING**

REVISION BY DATE REVISION BY DATE

|   |                        |                          |   |
|---|------------------------|--------------------------|---|
| <b>HILLINGDON OUTDOOR TRACK</b>         |                        | JOB NO. <b>3718</b>      |   |
| FOR HILLINGDON CYCLE SOCIETY USER GROUP |                        | DRAWING NO. <b>PL008</b> |   |
| <b>CLUB HOUSE ELEVATIONS</b>            |                        |                          | SCALE: <b>1:1000</b>  |
| DATE: <b>AUG 09</b>                     | DRAWN BY: <b>CA/TK</b> | CHECKED BY: <b>CA</b>    | REV: <b>01</b>  |
| <b>ACANTHUS LW ARCHITECTS</b>           |                        |                          | 100 BURNLEY ROAD, BURNLEY, LANCASHIRE, LANCASHIRE, LANCASHIRE, LANCASHIRE |

# LONDON REGION NORDIC SKI CLUB

## 2010 Rollerski Race Entry Form

The London Series will consist of the following races. Races are generally combined with courses (except No.3 and No.5) and course participants are encouraged to race as well.

This year, for **Race No 1** we are trying the **Hog Hill Cycle Circuit** in **Redbridge IG6 3HP**. All other events will be held at **Hillingdon Cycle Circuit, Springfield Rd, Hayes UB4 OLP**.

A short distance option will be available for all races. Races will be transponder timed.

Unless stated otherwise, any FIS compliant skis may be used, including fast racing skis.

Entry fee in advance is **£6** (apart from race No 1 - **£10**)

Entry fee on the day is **£10** (apart from race No 1 - **£15**) to members of SSE affiliated clubs.


*Please note, non-members of SSE affiliated clubs must enter in advance and pay a £5 insurance supplement)*

| <b>ENTRY FORM</b>   |                        |  |                  |
|---|------------------------|--|------------------|
| Name  |                        |  |                  |
| Address   |                        |  |                  |
| Phone no  |                        |  |                  |
| Email   |                        |  |                  |
| Please indicate your choice of races:   |                        |  |                  |
| <b>Race No</b>  | <b>Date &amp; Time</b> | <b>Format</b>                                | <b>Entry Fee</b> |
| 1   | 9 May 3.00pm           | 15k FT<br><b>NB. slow training skis only</b> | £10 in advance   |
| 2   | 6 June 3.00pm          | 30/42k FT                                    | £6 in advance    |
| <b>3 (GB Race No 5)</b>   | 17 July 2.00pm         | 1Hr FT                                       | £6 in advance    |
| 4   | 26 Sept 3.00pm         | Team Sprints FT                              | £6 in advance    |
| 5   | 10 Oct 1.00pm          | 4 Hour FT                                    | £6 in advance    |
| <b>Total entry fee:</b>   |                        |  |                  |
| I agree to observe the race rules and wear a helmet and eye protection at all times on the track. I also understand that rollerski racing carries an inherent risk of injury and I take part at my own risk |                        |  |                  |
| Signed  |                        | Date   |                  |
| Please return to Christopher Richards, 16 The Butts, Brentford TW8 8BL<br>"sch.richards@o2.co.uk" or enter online on the club website "www.londonnordic.org.uk"   |                        |  |                  |

# VANCOUVER 2010 Olympics: FINAL MEDALS TABLES

**Countries**                      **GOLD SILVER BRONZE TOTAL**

**ALL EVENTS (in order of Total Medals won):**

|   |           |          |          |           |
|---|-----------|----------|----------|-----------|
|  United States          | 9         | 15       | 13       | <b>37</b> |
|  Germany                | 10        | 13       | 7        | 30        |
|  Canada                 | <b>14</b> | 7        | 5        | 26        |
|  Norway                 | 9         | 8        | 6        | 23        |
|  Austria                | 4         | 6        | 6        | 16        |
|  Russia                 | 3         | 5        | 7        | 15        |
|  South Korea            | 6         | 6        | 2        | 14        |
|  China                  | 5         | 2        | 4        | 11        |
|  Sweden                 | 5         | 2        | 4        | 11        |
|  France                 | 2         | 3        | 6        | 11        |
|  Switzerland            | 6         | 0        | 3        | 9         |
|  Netherlands            | 4         | 1        | 3        | 8         |
|  Czech Republic       | 2         | 0        | 4        | 6         |
|  Poland               | 1         | 3        | 2        | 6         |
|  Italy                | 1         | 1        | 3        | 5         |
|  Japan                | 0         | 3        | 2        | 5         |
|  Finland              | 0         | 1        | 4        | 5         |
|  Australia            | 2         | 1        | 0        | 3         |
|  Belarus              | 1         | 1        | 1        | 3         |
|  Slovakia             | 1         | 1        | 1        | 3         |
|  Croatia              | 0         | 2        | 1        | 3         |
|  Slovenia             | 0         | 2        | 1        | 3         |
|  Latvia               | 0         | 2        | 0        | 2         |
|  <b>Great Britain</b> | <b>1</b>  | <b>0</b> | <b>0</b> | <b>1</b>  |
|  Estonia              | 0         | 1        | 0        | 1         |
|  Kazakhstan           | 0         | 1        | 0        | 1         |



Slovenian cross-country skier **PETRA MAJDIC** and Canadian figure skater JOANNIE ROCHETTE were named the joint recipients of the *Vancouver 2010 Terry Fox Award*, named after a legendary young amputee runner, who three decades ago undertook an ambitious cross-country run to find a cure for cancer.











The award, created in late 2009 by the Fox family and the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games (VANOC), is in honour of athlete(s) who embody the same values that Fox did: who are the epitome of determination in motion, who push on no matter what the pain or obstacles in their path and who inspired Canada and the world by displaying humility and selflessness in their treatment of others both on and off the field of play at the Olympic Winter Games.

"Few people have touched the soul of this great nation like Terry Fox did on his Marathon of Hope in 1980. In honour of his spirit we created this award with the Fox family — one which we're proud to present today to Petra and Joannie," said VANOC CEO John Furlong. "Petra showed true grit when she picked herself up and stayed on to compete in the women's sprint classic after sustaining an injury while warming up on the course. She performed in pain knowing her country and family were counting on her to win Slovenia's first medal at the Games — and she did with a bronze medal finish."

“Joannie also touched all of us this week with her determination to push on and compete here at Canada’s Games even as she struggled with the painful sudden loss of her mother, Thérèse. There wasn’t a dry eye in the house when she took to the ice on Tuesday after her mother’s death. We all held our breath and willed her on as she gave a remarkable, dignified performance — one that helped her earn bronze. Her grief, determination and her grace have touched all of us. Both women are an inspiration to all of us and have provided us with unforgettable performances at the 2010 Olympic Winter Games,” continued Furlong.

Both women have a long list of athletic achievements to their credit excelling in national and international competition. MAJDIC is also the first Slovenian cross-country skier to win a medal at an Olympic Games..

### **BIATHLON EVENTS:**

|  |            |   |   |   |          |
|--|------------|---|---|---|----------|
|  | Norway     | 3 | 2 | 0 | <b>5</b> |
|  | Germany    | 2 | 1 | 2 | <b>5</b> |
|  | Russia     | 2 | 1 | 1 | <b>4</b> |
|  | France     | 1 | 2 | 3 | <b>6</b> |
|  | Slovakia   | 1 | 1 | 1 | <b>3</b> |
|  | Sweden     | 1 | 0 | 0 | <b>1</b> |
|  | Austria    | 0 | 2 | 0 | <b>2</b> |
|  | Belarus    | 0 | 1 | 1 | <b>2</b> |
|  | Kazakhstan | 0 | 1 | 0 | <b>1</b> |
|  | Croatia    | 0 | 0 | 1 | <b>1</b> |



### **EVENT RESULTS (G = Gold, S = Silver, B + Bronze)**

#### **13/2 Women's 7.5km Sprint**

**G** KUZMINA Anastazia SVK **19:55<sup>6</sup>**    **S** NEUNER Magdalena GER **19:57<sup>1</sup>**    **B** DORIN Marie FRA **20:06<sup>5</sup>**

#### **16/2 Women's 10km Pursuit**

**G** NEUNER Magdalena GER **30:16<sup>0</sup>**    **S** KUZMINA Anastazia SVK **+12.3s**    **B** BRUNET Marie Laure FRA **+28.3s**

#### **18/2 Women's 15km Individual**

**G** BERGER Tora NOR **40:52<sup>8</sup>**    **S** KHRUSTALEVA Elena KZK **41:13<sup>5</sup>**    **B** DOMRACHEVA Darya BLR **41:21<sup>0</sup>**

#### **21/2 Women's 12.5km Mass Start**

**G** NEUNER Magdalena GER **35:19<sup>6</sup>**    **S** ZAITSEVA Olga RUS **+5.5s**    **B** HAUSWALD Simone GER **+7.3s**

#### **23/2 Women's 4 x 6km Relay**

**G** RUSSIA **1:09:36<sup>3</sup>** (SLEPTSOVA Svetlan, BOGALIY-TITOVETS Anna, MEDVEDTSEVA Olga, ZAITSEVA Olga)  
**S** FRANCE **1:10:09<sup>1</sup>** (BRUNET Marie Laure, BECAERT Sylvie, DORIN Marie, BAILLY Sandrine)  
**B** GERMANY **1:10:13<sup>4</sup>** (WILHELM Kati, HAUSWALD Simone, BECK Martina, HENKEL Andrea)

#### **14/2 Men's 10km sprint**

**G** JAY Vincent FRA **24:07<sup>8</sup>**    **S** SVENDSEN Emil Hegle NOR **24:20<sup>0</sup>**    **B** FAK Jakov CRO **24:21<sup>8</sup>**

#### **16/2 Men's 12.5km Pursuit**

**G** FERRY Bjorn SWE **33:38<sup>4</sup>** **S** SUMANN Christoph AUT **+16.5 s**    **B** JAY Vincent FRA **+28.2s**

#### **18/2 Men's 20km Individual**

**G** SVENDSEN Emil Hegle NOR **48:22<sup>5</sup>**    **S-TIED:** BJOERNDALEN Ole Einar NOR / NOVIKOV Sergey BLR both at **48:32<sup>0</sup>**












#### **21/2 Men's 15km Mass Start**

**G** USTYUGOV Evgeny RUS **35:35<sup>7</sup>**    **S** FOURCADE Martin FRA **+10.5s**    **B** HURAJT Pavol SVK **+16.6s**

#### **26/2 Men's 4 x 7.5km Relay**

**G** NORWAY **1:21:38<sup>1</sup>** (HANEVOLD Halvard, BOE Tarjei, SVENDSEN Emil Hegle, BJOERNDALEN Ole Einar)  
**S** AUSTRIA **1:22:16<sup>7</sup>** (EDER Simon, MESOTITSCH Daniel, LANDERTINGER Dominik, SUMANN Christoph)  
**B** RUSSIA **1:22:16<sup>9</sup>** (TCHEREZOV Ivan, SHIPULIN Anton, TCHOUDOV Maxim, USTYUGOV Evgeny)

**CROSS-COUNTRY SKIING EVENTS:**

|  |                |   |   |   |          |
|--|----------------|---|---|---|----------|
|  | Norway         | 5 | 2 | 2 | <b>9</b> |
|  | Sweden         | 3 | 2 | 2 | <b>7</b> |
|  | Germany        | 1 | 4 | 0 | <b>5</b> |
|  | Russia         | 1 | 1 | 2 | <b>4</b> |
|  | Poland         | 1 | 1 | 1 | <b>3</b> |
|  | Switzerland    | 1 | 0 | 0 | <b>1</b> |
|  | Estonia        | 0 | 1 | 0 | <b>1</b> |
|  | Italy          | 0 | 1 | 0 | <b>1</b> |
|  | Czech Republic | 0 | 0 | 2 | <b>2</b> |
|  | Finland        | 0 | 0 | 2 | <b>2</b> |
|  | Slovenia       | 0 | 0 | 1 | <b>1</b> |

**EVENT RESULTS:****15/2 Women's 10km FT Individual**

**G** KALLA Charlotte *SWE* **24:58<sup>4</sup>** **S** SMIGUN-VAEHI Kristina *EST* **25:05<sup>0</sup>** **B** BJOERGEN Marit *NOR* **25:14<sup>3</sup>**

**17/2 Women's Individual CT Sprint 1.4km**

**G** BJOERGEN Marit *NOR* **2** KOWALCZYK Justyna *POL* **3** MAJDIC Petra *SLO*

**19/2 Women's 15km Pursuit (7.5km CT + 7.5km FT)**

**G** BJOERGEN Marit *NOR* **39:58<sup>1</sup>** **S** HAAG Anna *SWE* **40:07<sup>0</sup>** **B** KOWALCZYK Justyna *POL* **40:07<sup>4</sup>**

**22/2 Women's 2xTeam FT Sprint (1.4km)**

**G** GERMANY **18:03<sup>7</sup>** (SACHENBACHER-STEHLER Evi, NYSTAD Claudia)

**S** SWEDEN **18:04<sup>3</sup>** (KALLA Charlotte, HAAG Anna)

**B** RUSSIA **18:07<sup>7</sup>** (KHAZOVA Irina, KOROSTELEVA Natalia)

**25/2 Women's 4x5km Relay (2 laps CT followed by 2 laps FT)**

**G** NORWAY **55:19<sup>5</sup>** (CT: SKOFTERUD Vibeke, JOHAUG Therese FT: STEIRA Kristin Stoermer, BJOERGEN Marit)

**S** GERMANY **55:44<sup>1</sup>** (CT: ZELLER Katrin, SACHENBACHER-STEHLER Evi, FT: GOSSNER Miriam, NYSTAD Claudia)

**B** FINLAND **55:49<sup>9</sup>** (CT: MURANEN Pirjo, KUITUNEN Virpi FT: ROPONEN Riitta-Liisa, SAARINEN Aino- Kaisa)

**27/2 Women's 30km CT Mass Start**

**G** KOWALCZYK Justyna *POL* **1:30:33<sup>7</sup>** **S** BJOERGEN Marit *NOR* **1:30:34<sup>0</sup>**

**B** SAARINEN Aino-Kaisa *SWE* **1:31:38<sup>7</sup>**

**Justyna Kowalczyk** of Poland won the ladies' 30km Classic Mass Start in a time of 1:30:33h. In the finish she edged out **Marit Bjoergen** by a few centimeters. **Aino Kaisa Saarinen** of Finland claimed Bronze medal, finishing 1:05min behind the winner. Marit Bjoergen attacked at 25.0 km and created a gap. Justyna Kowalczyk managed to close it and for the last kilometers the two were skiing together. After the last downhill Kowalczyk tried to attack, but Bjoergen was able to catch up. After the last curve they were fighting head to head. Justyna Kowalczyk had a bit more left at the finish and just edged forward to capture Gold.

Kowalczyk completed with this victory her Games medal set and took the first ever gold in Cross-Country skiing at the Olympic Winter Games for a Polish female athlete. "I think the fact that I won the first gold for a Cross-Country skier from Poland is very important. It is also only the second Gold medal in the history of Poland too [in Olympic Winter Games competition]. I think everyone will be like,



'Wow'. During the race, the Norwegian girls made an attack at kilometer 20. I like a fast race and they animated to make the race fast. On the last kilometers I didn't think so much, only fight, fight, fight!" said the winner after the race.

Marit Bjoergen, who earned her 5th medal, also completed her medal set. "To go home with five medals feels really good. Today Justyna was just stronger. I knew it would be tough as the track was not fast - these conditions made the 30 km really hard."

Aino Kaisa Saarinen, who won the only individual medal for Finland so far in Cross-Country at this Games, was really satisfied with her performance: "I'm happy with the bronze medal. It was a hard fight, but I made a plan. Three times I changed the skis [*the maximum number of changes allowed by the rules - ed.*]. I saved the last change for the last five kilometres because I knew I had to have a good glide there. We knew, and we have seen in this competition, when you come into the stadium you have to have good glide!"

### **15/2 Men's 15km FT Individual**

**G** COLOGNA Dario *SWI* **33:36** **S** PILLER COTTREER Pietro *ITA* **34:00** **B** BAUER Lukas *CZE* **34:12**

### **17/2 Men's Individual CT Sprint 1.6km**

**G** KRIUKOV Nikita *RUS* **S** PANZHINSKIY Alexander *RUS* **B** NORTHUG Petter *NOR*

### **20/2 Men's 30km Pursuit (15km CT + 15km FT)**

**G** HELLNER Marcus *SWE* **1:15:11**<sup>4</sup> **S** ANGERER Tobias *GER* **1:15:13**<sup>53</sup> **B** OLSSON Johan *SWE* **1:15:14**<sup>2</sup>

### **22/2 Men's 2xTeam FT Sprint (1.6km)**

**G** NORWAY **19:01**<sup>0</sup> (PETTERSEN Oeystein, NORTHUG Petter)

**S** GERMANY **19:02**<sup>3</sup> (TSCHARNKE Tim, TEICHMANN Axel)

**B** RUSSIA **19:02**<sup>5</sup> (MORILOV Nikolay, PETUKHOV Alexey)

### **24/2 Men's 4x10km Relay (2 laps CT followed by 2 laps FT)**

**G** SWEDEN **1:45:05** (CT: RICHARDSSON Daniel, OLSSON Johan FT: SOEDERGREN Anders, HELLNER Marcus)

**S** NORWAY **1:45:21** (CT: JOHNSRUD SUNDBY Martin, HJELMESET Odd-Bjoern FT: BERGER Lars, NORTHUG Petter)

**B** CZECH REPUBLIC **1:45:22** (CT: JAKS Martin, BAUER Lukas FT: MAGAL Jiri, KOUKAL Martin)

### **28/2 Men's 50km CT Mass Start**

**G** NORTHUG Petter *NOR* **2:05:35** **S** TEICHMANN Axel *GER* **2:05:35.8** **B** OLSSON Johan *SWE* **2:05:36.5**

## MEMBERS' NOTICES



### FOR SALE

Nordic Track Classic Pro exerciser Model No NTXC80180. The unit has a Console which monitors Time, Speed, Distance, Calories and pulse. An instructional video. A copy of the "User's Manual. A complete Ski Care Kit.

I am looking for £100 for the complete package with the buyer collecting from my home which is near Tring. Bernard Warden, email "[user@bwarden.freeserve.co.uk](mailto:user@bwarden.freeserve.co.uk)"

**FOR SALE:** Two pairs of leather touring boots, made by Garmont. Women's size 38 (size 5 UK) and Men's size 44 (size 9<sup>1/2</sup> UK). Have only been used for a one week holiday in Norway over 10 years ago and kept in their box ever since, so are as good as new. Also two sets of metal-edged touring skis. Rottefella bindings are attached and are designed to go with the Garmont boots. My husbands are made by Asnes Sondre Telemark with Telemark Quick Step Base 210cm long. Mine are Asnes Soft MT2 190 cm. Both have fish-scale bases. There is also a ski bag and 2 pairs of poles.

Hope we can find a good home for them and some else can get some pleasure out of them. Sadly, its unlikely that we will have the opportunity to go cross country skiing again due to health problems. It was a wonderful experience but skiing is no longer an option. It has been suggested to me that the boots may be worth about £70 each but any reasonable offer will be considered. Email Anne Kell at: "[the.kells@talk21.com](mailto:the.kells@talk21.com)"

**Aj's Cycle Workshop:** Cytech qualified, friendly service, top quality parts, specialist bike builds wheel building, hydraulic brake servicing, full race preparation  
email: "[ajcycles@live.com](mailto:ajcycles@live.com)", or phone 07903 817665  
website: "[www.ajcycles.webs.com](http://www.ajcycles.webs.com)"

## Is Ski Waxing Dangerous For Your Health?

In response to recent Norwegian TV, radio, and newspaper commentary, **Swix Sport** has responded to the subject of whether the process of applying ski-waxes can pose a health risk. I reprint below an abridged version (with my italics/bold for emphasis) of their Press Release. The basic advice seems to be: try to wax in an adequately ventilated room; avoid using harmful solvents to clean bases; wear a mask if using mechanical brushes or any other procedure that creates a lot of dust (all DIY stores sell a range - I always wear one when hoovering!!); do not use a naked flame (and that would include NO SMOKING whilst applying waxes); ALWAYS read the wax makers instructions - especially with regard to maximum temperatures.

“ Concerns over the health effect of ski-waxes is focused mostly on the high-volume users of ski-wax such as ski-factory and national team service technicians, coaches, and *avid racers who prepare their own skis*. It should be noted that this type of person is spending many hours, often in confined spaces, and that waxes from a number of manufacturers are used. Since the 1980's there has been considerable documentation presented in medical journals related to the potential hazards of working in the wax cabins. These studies coincided with the introduction of using **pure perfluorocarbons** as ski-wax. Also, at about this time, cross-country skiing first started seeing full-time service technicians (as had already been the case in alpine skiing for many years). The following comments are limited to just Swix products.

A common set of EU rules regulate the classification and labelling of dangerous chemicals. All Swix products are up-to-date regarding these regulations. When Swix introduced CERA F (a pure per-fluorocarbon ski-wax) in 1987/88, tests were made following standardized medical methods of analysis done by independent institutes in order to classify the product. There were examinations of oral toxicity and skin irritation using ISO-standard methods. The conclusions were unanimous that CERA F could be classified as NON TOXIC and NON IRRITANT. The Equipment Committee under The International Ski Federation (FIS) also wanted to perform their own examination of CERA F and to investigate all potential health hazards involved in the process of ski waxing. Studies were done at Kassel University, Lehrstuhl für Physikalische Chemie. These also concluded that CERA F could be considered as NON TOXIC and NON IRRITANT, as long as the product was not overheated. It was found that CERA F and related fluorine material could breakdown into poisonous gases, among them perfluoro-isobutylene, when temperatures exceeded 400-500°C. ***This means that the product must not be exposed to any type of open flame.*** From the introduction of CERA F, Swix has explicitly declared this warning on the labels, instructions, and in waxing manuals and catalogues, even setting a lower application limit of 300°C, so as to be on the safe side. It should be noted that modern polyethylene ski bases are permanently damaged above 170°C anyway.

The FIS Equipment Committee also made a recommendation for sufficient ventilation in waxing cabins. The composition of CERA F has never been kept secret. For those who want detailed information about the production process, it can be found in the "Chemistry and Industry Journal", August 4, 1986, pages 522-527.

When it comes to traditional **petroleum-based** glide wax products, no toxicity is documented. Studies have not identified any poisonous gases, but do append explicit warnings related to industrial hygiene remedial actions. Professional service technicians staying unprotected many hours a day, working in poorly ventilated cabins may well start to feel uncomfortable. This is solely an industrial hygiene problem, mainly caused by air-borne wax particles, that have probably become more pronounced of late due to the extensive use of mechanical roto-brushes during base preparation. Dust problems are commonly solved in other industries, and must be solved in the same professional manner in the ski and snowboard industry.

Another problem that can exist in waxing cabins is the use of **wax-remover solvents**. From time to time Swix has recognized different types of solvents being used as wax removers, often with good results, but unfortunately with a risk to health. These products are mostly based on "high aromatic" hydrocarbons. Swix does not produce or sell these types of wax removers. To date Swix has two wax removers: BASE CLEANER ("low aromatic") and CITRUS SOLVENT (delta-limonene) - both labelled according to existing regulations. Anyone bothered by the smell of wax removers should consider it a reminder to have adequate ventilation.

In connection with large races, it should be possible to influence race organizers to supply wax cabins of adequate size, good ventilation, and with safe electrical sockets. Suppliers of wax and base preparation products must provide appropriate product information to guard against misuse of the products. And professional service people must take responsibility for their own protection to avoid open flames (cigarettes fall into this category!), harmful solvents for wax removal, and wax dust from brushing bases. "

# 2010 EVENTS CALENDAR

| DATE | EVENT | LOCATION | CONTACT |
|------|-------|----------|---------|
|------|-------|----------|---------|

## LRNSC EVENTS:

|                   |  |          |   |
|-------------------|--|----------|---|
| Sun 25 APR        | Rollerski Instruction Course 10.00-15.30   | Hayes    | <i>Mary Wray</i>                                  |
| Sun 9 MAY         | Rollerski Instruction Course 10.00-14.00<br>& <u>LRNSC Race 1</u> (15km FT) 15.00      | Hog Hill | <i>Mary Wray</i><br><i>Christopher</i>            |
| <i>Richardson</i> |  |          |   |
| Sun 6 JUN         | Rollerski Instruction Course 10.00-14.00<br>& <u>LRNSC Race 2</u> (30/42km FT) 15.00   | Hayes    | <i>Mary Wray</i><br><i>Christopher Richardson</i> |
| Sat 17 JUL        | <u>LRNSC Race 3 / GB5</u> (1hr FT) 14.00 & <b>AGM</b>                                  | Hayes    | <i>Christopher</i>                                |
| <i>Richardson</i> |  |          |   |
| Sun 26 SEP        | Rollerski Instruction Course 10.00-14.00<br>& <u>LRNSC Race 4</u> (Team Sprints) 15.00 | Hayes    | <i>Mary Wray</i><br><i>Christopher</i>            |
| <i>Richardson</i> |  |          |   |
| Sun 10 OCT        | <u>LRNSC Race 5</u> (4hr event) 13.00  | Hayes    | <i>Christopher</i>                                |
| <i>Richardson</i> |  |          |   |
| Sun 24 OCT        | Rollerski Instruction Course 10.00-14.00   | Hayes    | <i>Mary Wray</i>                                  |
| Sun 21 NOV (tbc)  | Rollerski Instruction Course & Waxing demo 10.00-1530                                  | Hayes    | <i>Mary Wray</i>                                  |

For updated info. visit the club website at: "[www.londonnordic.org.uk](http://www.londonnordic.org.uk)"

## OTHER CLUBS' / ORGANISATIONS' EVENTS – PROVISIONAL CALENDAR

(for fuller details/updated info. visit the SSE website at "[www.snowsportengland.org.uk](http://www.snowsportengland.org.uk)")

|             |              |  |                    |              |
|-------------|--------------|--|--------------------|--------------|
| Sat 29 May  | GB1?/ SCOT 1 | Huntly Sprints FT                        | Huntly             | HNSC         |
| Sun 30 May  | GB1?/ SCOT 2 | Clashindarroch Hill Climb CT             | Huntly/Rhynie A941 | HNSC         |
| Sat 12 June | GB2 / SCOT 3 | 3.2km (10 lap) FT                        | Glenmore           | CBNSC        |
| Sun 13 June | GB3 / SCOT 4 | Cairngorm Hill Climb FT                  | Cairngorm Ski Road | CBNSC        |
| Sat 26 June | GB4          | 10km CT                                  | Hetton Lyons       | SSE/A.Pinney |
| Sat 7 Aug   | GB6          | 5 km pursuit (7.5 km CT, 7.5 km FT)      | Hayes              | SSE/A.Pinney |
| Sat 14 Aug  | GB7?         | 1 Hour Race - FT                         | Salt Ayre          | LCCSC        |
| Sat 28 Aug  | GB8          | 15km FT                                  | Hetton Lyons       | SSE/A.Pinney |
| Sat 11 Sept | GB9 / SCOT 5 | 7km FT                                   | Huntly             | HNSC         |
| Sun 12 Sept | SCOT 6       | Cairngorm Hill Climb CT                  | Cairngorm Ski Road | HIGHLAND     |
| Sat 2 Oct   | GB10?        | Lancaster Sprints (2 laps CT, 2 laps FT) | Salt Ayre          | LCCSC        |
| Sun 24 Oct  | GB11         | 9/6/3km FT                               | Castle Coombe      | WBN          |

**Contacts:** names in Italics are Committee Members - contact details can be found on p.2

**NOTES:** \* All start times are approximate and subject to amendment \* "tbc" – to be confirmed;  
\* There will generally be a shorter distance option available at LRNSC races

**HAYES** = Hillindon Cycle Circuit, Hayes Middlesex **HOG HILL** = Hog Hill Cycle Track, Redbidge  
(Location details can generally be found on course and race booking forms, or the club website)

**CT** = Classic technique. **FT** = Free technique.

## CLUB ABBREVIATIONS ("CCSC" = Cross-Country Ski Club):

LCCSC – Lakeland ([www.lakelandxcski.org.uk](http://www.lakelandxcski.org.uk)); MCCSC – Manchester ([www.mccsc.org.uk](http://www.mccsc.org.uk));  
WBN – Wessex Biathlon & Nordic ([www.wessexbiathlon.org](http://www.wessexbiathlon.org)); HNSC – Huntly Nordic ([www.nordicski.co.uk](http://www.nordicski.co.uk))  
CBNSC - Cairngorm Biathlon & Nordic ([www.cbnsco.uk](http://www.cbnsco.uk)); YDCCSC – Yorkshire Dales ([www.ydccsc.org.uk](http://www.ydccsc.org.uk));

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