

MIDLAND SKI CLUB NEWS

THE MIDLAND'S LEADING SNOWSPORTS CLUB

JULY 2005

Gloucester Summer Race League

With two rounds (out of the six) completed things are now starting to hot up. The A team currently lies in third place (out of 13 teams) with 467 points: that's 59 points behind the leaders, Slalom Plus A, and just 18 points behind Western Counties in second place. Our B team is in tenth place with 235 points and is closing the gap on Wessex who are 22 points ahead in ninth place. So, it's all still to play for!

This year, injuries, retirements and holidays have all combined to restrict the availability of some of our more experienced racers. But, no fear! Our younger racers have really stepped up a gear (or two in some cases) and are scoring heavily. And, with Stuart Wickson and Sarah Walsh being persuaded to come out of retirement, we've managed to achieve a good balance between young legs and wise heads!

With the group sizes for the U10, U13 and U18 age categories being so large we've struggled in recent times to make much of an impact at this level. But, this is all changing as our junior racers grow in confidence and get quicker and quicker. The increasing number who are now competing on the national race circuit (Sarah Dawes, James Hornsby, Dan Yeomans, Harry Hornsby, Emily Dawes, Chris May, Freddie Meyer, Adam Lee and Olivia Waller) are all applying their experiences of racing at this level with significant effect in the less competitive/pressurised environment of the GSRL. Top-five positions in these highly-competitive age categories are now becoming regular occurrences.

And it's not just the juniors who have been making an impression. The 'old guard' of Mark Hawkins, Roger Crombleholme, Dave Hancock, Rob Weeks, Jerry Crowley, Phil Deller, Sylvie Cringle, Jane Lee and Phil Duffill all continue to score big points. Mark Hawkins, our fastest racer in recent times, now has a serious rival in Adam Beardmore who, this month, achieved his first ever

top-four overall position. And with Stuart Wickson returning to the fold (plus Dan and James pushing hard) the battle for the club's top-spot looks like being a good contest!

A torrential downpour at the May event resulted in the organisers only being able to run two (rather than the usual three) head-to-head races. Therefore, the maximum possible score for an individual was restricted to 26 points. Our top scorers were Dave Hancock (23), Roger Crombleholme (21), Freddie Meyer (21), Mark Hawkins (21), Adam Beardmore (20), Dan Yeomans (20) and Phil Deller (20).

The June event managed to stay dry(!) and, therefore, the maximum possible score was 29 points. Our top scorers were Stuart Wickson (26), James Hornsby (25), Adam Beardmore (24), Jane Lee (24), Dave Hancock (23), Chris May (23), Jerry Crowley (21), Phil Deller (21), Phil Duffill (20) and Amy Parkinson (20).

The race times in the morning's special slalom are used to establish the groupings (of four racers with similar times) for the afternoon's head-to-head races. This does occasionally result in some of our B team racers being drawn against our A team racers. When this happens our 'policy' is to ask the B team member to hold back in order to guarantee an A team victory. I do appreciate just how frustrating this can be and would like to thank everyone who's been in this situation for their continued understanding.

The July and August events are traditionally strong months

PS Full results are available on the MSC Web site at <http://www.midlandski.org.uk/gsr/>

Diary

Mondays @ 7/8pm

Adult Coaching
Alan Parkin 01902 751288

Tuesdays @ 6.30pm

Instructor Training - Roger
Crombleholme 01785 714073

Tuesdays @ 7.30/8pm

Race Coaching - Roger
Crombleholme 01785 714073

Fridays @ 6/6.30pm

Junior Coaching
Sarah Yeomans 0121 449 9198

Fridays @ 8/8.30pm

Adult Coaching - Roger
Crombleholme 01785 714073

!! No Friday Coaching 22nd July-26th Aug!!

14-Jul-05

British Ski Club for the Disabled,
Tamworth
Hilary Cox, 0121 554 9745

23-Jul-05

Summer Race League, Gloucester
Guy Hornsby, 01564 779927

20-Aug-05

Summer Race League, Gloucester
Guy Hornsby, 01564 779927

8-Sep-05

British Ski Club for the Disabled,
Tamworth
Hilary Cox, 0121 554 9745

10-Sep-05

Macmillan Fundraising Day,
Ackers/Stafford
Maureen Crombleholme 01785
714073

for the club so we'll be looking to close the gap on Slalom Plus A and line up yet another close finish come October!

And finally. The social side remains a very important aspect of the GSRL and therefore a big thank you must go to the Dawes family for hosting this month's post-race BBQ. A great time was had by all.

Guy Hornsby, Race Manager

Family Training Week 2005: Mayrhofen

This holiday just grows bigger every time. Forty six of us met up in Mayrhofen for a really good weeks training. The age range is also growing, the youngest member was only 3, I don't know the age of our most senior member, but it was a good multiple of this. As last year we went with Snowcoach- the method of travel for most of us is given away a little in the company name.

We arranged to park our race manager's house, very kind, though someone (me) had put out the wrong house number and one of our party was parked in the wrong drive from quite early in the morning! There was a little concern when the coach hadn't shown up at the correct time, a few phone calls later and we found the driver had been parked for an hour in a road of similar name a few miles away, never mind, thanks to mobile phones we brought him to the correct pick up and all loaded up drove onto Dover, the Tunnel, and Mayrhofen, arriving early on Saturday morning, sorted the ski passes and off we went for a day of spring skiing.

Due to the size of our group we were split over 2 chalets, one had a bar and café on the ground floor, not far to walk after our end of day lubrication, the other a quiet place a short distance away. There was an open invite to a party in the bar on the first night, we all declined, but were not made to feel left out of it by the revellers.



On the Sunday morning we started, some of us a little blearily eyed, 6 days of training in the four groups Roger's race trainers, Rob's mileage team, Alan with "the ladies who lunch" (an unfair title) plus a couple of males to keep him company, Peter had a group who were

looking for the most fun possible.

The week we had chosen had also been picked by the Snowbombing team. This is a major freeride competition and the fun park had been prepared for some serious aerals by boarders and skiers, though watching those grinding on the rails made you just hope their skis were paid for by the sponsors.



I don't think any of our members managed to get filmed for Eurosport or MTV, but these riders were great entertainment. Snowbombing had a slogan of "Piste by day, beats by night" beats could be replaced by another word that sounds similar to piste, but the beat was upheld by the large number of top guest DJs brought in from the UK to entertain the crowds throughout the week. Unfortunately a banner had been draped outside our balcony and those with close access to the bar found it rather too close as once more we were not to be left out of the entertainment, with a few more nights of this to come we ensured the tour operator move us to less involving accommodation, thus surely becoming the clubs first 4 centre holiday.

It being April, when the sun comes out it can get very hot and the snow was visibly receding up the mountain, chased by a beautiful display of flowers, but there was still plenty to keep us working hard- very hard, and whoever said they don't like ice- it is wonderful compared to the alternatives- the heavy stuff got better as we improved our technique, the wet and very brown stuff did not, skiing where waders are advisory was tried- wet boots ensued. One of our group decided the days

weren't hard enough so put the altitude to good effect going out for a run at the end of the day to continue his preparation, altitude training for the London marathon, completed in a creditable sub 4 hours the weekend after our return- well done Kevin, others went "swimming" in the crazy river- or totally lunatic as it was renamed.

The eighth day of skiing brought the fresh snow which had been promised all week, so we could all make fresh tracks and fresher snowballs. This was followed by an end of holiday meal and awards presentation, and a thank you to the coaches, plus one noisy one to me as organiser, our secret weapon for Gloucester this year- come and see it in action.

The holiday was a great success and enjoyed by all, now what about next year...

Nigel Dawes

Rock Ski & Snowboard Helmets

Members are reminded that we can get Ski and Snowboard helmets at very reasonable prices, typically £25 to £30.

Full details, pictures and an order form are available on the MSC website or from Rob Weeks on 01926 470656.



We try to hold a limited stock of the more common helmets, but delivery can be taken up to 8 weeks if we have to order them from the manufacturer.

All helmets are FISU and CE homologated.

Fund Raising Day in Aid of

Saturday
10th
September

Macmillan
cancer relief

Skiathon
Ski Mart
BBQ
Ceilidh

Summer Mondays: Adult Coaching at the Ackers

We will be continuing the coaching sessions on Monday evenings at Ackers all through the summer. The slope is available to us from 7.00 - 9.00 p.m., and coaching normally starts at around 7.30, which enables everyone to get to the slope and get organised. The coaching is free, you just have to pay to use the slope and any equipment which you need. We hope to be able to provide two qualified coaches each evening, although this can sometimes be difficult during the holiday season. The team is led by Luis Lopes, and includes Paul Brown, Clem Chakki, John Dimmock and Mike Woodall

In addition, there may be trainee instructors present at times. The summer is an ideal time to work on your skiing abilities, as the slope is uncrowded, and we can give you a lot of attention which is not always possible in the busy times during the Autumn.

If you have any specific requirement in terms of improving your skiing, whether to correct a perceived weakness or to work towards a particular qualification, we can help you. Just phone Luis on 0121 357 2307, and he will arrange to meet you at the slope, to watch you ski and discuss your aspirations, and will then devise a scheme for you to work through during the summer.

We are convinced that the best way to derive benefit from ski coaching, or any sort of coaching for that matter, is to go to Ackers on a regular basis, and preferably to do most of your skiing with an individual coach. This is the crucial difference between coaching and mere instruction, and our club is particularly well placed to provide real coaching for our members.

To aid this, we intend to hold a session on Monday September 12th., at which you can meet the coaches, and we shall do our best to team you up with someone who you feel that you would like to work with during the Autumn. Please come along, it will not be intimidating, and certainly not any sort of an assessment, we just want to help you to enjoy your skiing more and more.

Alan Parkin

Put this date in your diary now!

As part of a fund raising day for Macmillan Cancer Relief, we would like volunteers of all ages to come along to Ackers for a few hours for:

Sponsored skiathon: starting at 10:15 prompt until 12:15. How many runs can you do in 2 hours? Sponsor forms will be available from the Ackers notice board, or contact Maureen on 01785 714073 or email maureen@ims-lifebalance.com

Ski Mart: come and sell your unwanted ski gear. Fee towards the charity will be 10% of your takings, but feel free to donate more if you like!

Raffle: Donations of Raffle prizes would be greatly received. Please either hand to a committee member, bring along on a club night or bring along something on the day.

Post skiing Barbecue

Maureen & Roger Crombleholme and a couple of friends will then be cycling from Birmingham to Stafford

In the evening, from 7-10pm, there will be a **Ceilidh** of simple Scottish & English at Stafford North End Community Centre, just off the M6 junction 14. Entrance will be a contribution of food to the pool supper and a donation in the charity collection bucket. Please let me know if you are coming along as we need to know numbers.

If you can't join in, please sponsor someone taking part - Maureen, Roger and some friends will be doing ALL the activities back to back so they need plenty of sponsorship to keep them motivated!

More details will unfold and be published in follow-on newsletter, on the web site and on posters at the Ackers, but if you can help in any way, want sponsor forms or would like to add your name to a sponsor list, please contact: Maureen Crombleholme - 01785 714 073 / 07710 511388 or email maureen@imslife-balance.com

WMSA Schools Race

The annual schools race run by the West Midlands Ski Association took place on Sunday, 24th April at the Telford Ski Centre. As in previous years, a number of young racers from the MSC competed on both an individual basis and as part of a school team.

With 110 racers from the West Midlands region taking part, the MSC skiers achieved some great performances and picked up medals in most of the age categories.

Name	Overall	Category
James Hornsby	12 th	5 th U16 Male
Dan Yeomans	13 th	2 nd U14 Male
Freddie Meyer	23 rd	3 rd U12 Male
Sarah Dawes	24 th	3 rd U19 Female
Emily Dawes	28 th	2 nd U14 Female
Harry Hornsby	31 st	6 th U14 Male
Nicholas Phelps	39 th	3 rd U10 Male
Sophia Phelps	46 th	5 th U12 Female
Lucy Deller	48 th	3 rd U10 Female

Many congratulations to all who took part!

Holiday Insurance

Going abroad this Summer? Got your travel insurance yet? No, well, try the club's own agency for a quote. We are cheaper than most of the others as the commission (which all goes to club funds by the way) is kept low for your benefit. Telephone Malcolm on 01676 523505 day or evening for a quote, you may be pleasantly surprised with at the result.

MSC White Mountain Fun Race 2005

The MSC held its first WMSA fun race on Friday 6th May. It was a great night with more than 50 skiers from all age ranges. The race was opened by Nicki Millington as our forerunner- fresh from University championship success, making a best time of 9.73s. All the competitors tried very hard, some being extremely consistent in their times- both runs within 0.02s.

The fastest time of the night went to Mark Hawkins finishing in 9.36s, the full results are shown below.

The rain held off until the end, medals awarded and BBQ had been fully consumed.

Special thanks to West Midlands Special Olympics for their competitors and loan of bibs. The whole event would not have been possible without the help of all the club members who carried out essential jobs- gate judges, starter, BBQ, Bib issue, Timing, Forerunner announcer,

secretary, course setter etc, (and of course the racers) my thanks to all these, without whom it would have been impossible to run such an event. Look forward to next year.

Knowle Run Race 2005

MSC is not just about skiing, we had a good showing at this years Lions club 5 mile run with eight runners out on beautiful sunny day in May. All eight finished in the time they wanted, as well as the roller-blading photographer, well done to all of them.

Wanted

Nick Rowe from Wolverhampton Mountaineering club is looking for a pair of second hand ski boots (size 10 to 11) for a pair of down hill skis. If you can help, email Nick at chyorniyyashchik@yahoo.co.uk

High Altitude Training Weekend

This year's High Altitude Training weekend will be based at Kings Youth Hostel (Dolgellau) where I've made a rent a hostel reservation for the weekend 12/13th November. Full details and booking form will be in the next newsletter.

Mike Thomas