

# MIDLAND SKI CLUB NEWS

OCTOBER 2014

## AUTUMN SOCIALS

17th September saw the first social event of the new winter season when Lockwoods of Leamington gave a very interesting talk and demo on ski technology, including of course the new ROCKERS which are being used on everything from powder to race piste.

The programme continues on 15th October, when Snow & Rock will be coming along to talk about (and probably demonstrating) boot footing.

Then on 12th November, when our own Mike Thomas will be presenting and talking about Cycling Across British Columbia.

All meetings are held at **Hollyfields Sport and Conference Centre**, Woodacre Road, Erdington - this is just off the Tyburn Road leading out of Birmingham, accessible from either J5 or J6 of the M6. For sat-nav users the postcode is B24 OJT.

The evening starts at 7.30pm when there will be a free buffet provided, followed by the talk.

## Christmas Party

Hollyfields is also the location of this year's Christmas Party, which will be held on Friday 28th November, from 7pm until late.

## Vision Express sponsors MSC

The Harborne Branch of Vision Express, which is run by MSC member Ben Vallat, has very kindly sponsored the club this year. This has paid for the lovely new Race Bibs which you will have seen at the MSC Club National Race and at the Inter-regional Schools Race at Gloucester recently.

The Harborne branch of Vision Express specialises in eyewear for sports, including skiing, so get along there next time you need anything and thank them for their great support.

**vision express**  
Harborne

**Specialist Sports Eyewear Store**  
Glasses and goggles for many sports  
Special offers for MSC Members

144 High Street Harborne, B17 9NP  
0121 428 4835 Private car park at rear

## Diary

**Tuesdays @ 6.00pm**

Young Racer Development Coaching

**Tuesdays @ 7.30pm**

Race Development Coaching

**Thursdays @ 6.00pm**

Young Racer Performance Coaching

**Thursdays @ 7.30pm**

Race Performance Training

**Fridays @ 6/6.30/7.30pm**

Skier Improvement Coaching

**Fridays @ 7.30pm**

Adult Recreational Coaching

*For all coaching contact:*

Roger Crombleholme 07736 821147

Guy Hornsby 07768 253515

**Gloucester Summer Race League:**

Final race: 18th October

**Autumn Socials:**

15th Oct: Boot Fitting

12th Nov: Cycling Across BC

28th Nov: **Christmas Party**

All at Hollyfields, Woodacre Road, Erdington. Catherine Frankenburg - 0121 681 3611

**Winter Race Series, Ackers:**

14th Nov, 12th Dec, 9th Jan, 6th Feb  
Shaun Hemming.

[S.hemming494@btinternet.com](mailto:S.hemming494@btinternet.com)

YE OLDE  
**SARACEN'S  
HEAD**

PUB & DINING

**Balsall Street, Balsall Common**

**MIDLAND SKI CLUB SPECIAL:**

**25% off** all food on bill.

No limit to party size. Drinks excluded.

Offer redeemable upon proof of

membership of MSC or show this

newsletter!

*Excludes  
December.*



# A baker's dozen for Harry!

By taking the male title at this year's Ipswich Club National, Harry Hornsby took his tally of overall position wins (in GBR-seeded races) to the grand total of 13. In so doing, he racked up his 35<sup>th</sup> overall position podium to go along with his numerous age group honours



Harry's highlights include victories in the 2012 British Championships and the 2010 Welsh Championships and selection for the England (Artificial Surface) Squad every year since 2008.

And a few words from Harry. 'I'm very proud to have represented the Midland Ski Club since I started racing in 2004 and to have received such great support from my coaches. The camaraderie with my team mates has been fantastic and I would say to anyone thinking of joining the Club ... just do it!'

## Training Week - Pila

The January 2015 MSC Training Week to Pila is now **full**.

## Keeping you upto date

Many people use email to keep in touch, and Midland Ski Club is no different. We regularly use email to communicate with and between members so you are kept up to date with what is happening.

We use **googlegroups** to do this. Any email sent to [midlandskiclub@googlegroups.com](mailto:midlandskiclub@googlegroups.com) is automatically forwarded to all members - assuming you are signed up for this service.

If you don't currently get googlegroups emails and would like to, send a request to [admin@midlandski.org.uk](mailto:admin@midlandski.org.uk) and we'll add you. You can also do this if you want these to go to additional addresses too - this is especially useful for family members where you can get each individual to get a copy in their own mailbox.

But don't worry - we'll never share your email with anyone and all messages are moderated before being forwarded to stop any misuse. And of course you can unsubscribe at any time.

## National Selections

Congratulations to the following MSC athletes who have been selected for national duty:

**Welsh Race Squad:** Adam Lee, Jack Rigby

**England Alpine Squad:** Oliver Weeks

**English Artificial Squad:** Harry Hornsby

## 50th Anniversary Dinner

Midland Ski Club is **50 years old** next year. A celebration dinner will be held on Saturday 9th May 2015 at St John's Hotel, Solihull. Tickets and further details should be included in the next newsletter, but reserve the date in your diary now.

## Family Easter in Tignes?

Easter 2015 will see the British Ski Championships in Tignes, France. We know some members will be there for the races, but others in may also be interested in meeting up and skiing.

It is unlikely that MSC coaches will be available to offer race coaching and support, but we could arrange informal groups for those not racing to explore the area - this may be especially appropriate to families where some race and others do not.

There should be plenty of accommodation available at that time of year, from self-catering shoe-boxes through catered chalets to top hotels. Self-drive is easy, or you can fly to Geneva and take the scheduled transfer coaches.

If you may be interested, talk to Rob Weeks, either at the slope or via email at [robwks7@gmail.com](mailto:robwks7@gmail.com).



## Colour or Black&White?

Are you reading this in **colour**? Or is it in boring Black & White?

If you got this newsletter by post, then you'll only be seeing B&W. Do you know you can get it in **colour** too via the MSC website? Go to [www.midlandski.uk/news](http://www.midlandski.uk/news) to download this and previous newsletters in glorious **colour**.

If you'd like to receive an email notification when newsletters are published, then send a short email to the address on the front of this newsletter.

# Club Holiday: Alpe d'Huez - 7th-14th March 2015

For the 2015 Club holiday we will be staying at the Chalet Hotel Les Cimes in Alpe d'Huez. This is an Inghams run hotel a short walk to the centre of the resort. You can find details in the Inghams brochure. We will be on a half board basis, with afternoon tea each day but one staff have one night off where we will need to make alternative arrangements.

Les Cimes is said to be a comfortable hotel and all bedrooms have been recently refurbished. The bedrooms all have en suite facilities and many have a south-facing balcony. They are all well equipped and all have flat screen TV, safe and hairdryer. It has a sunny, south-facing position, close to the ski lifts with views of the surrounding mountains especially from the sun terrace and the balconies.

The hotel's dining room has views of the Oisans valley. There is also a bar and lounge with fireplace and it is here where pre-dinner canapés and apéritifs are served. You can also relax here after dinner with coffee etc.

The centre of the resort is just 5 minutes' walk away including a selection of après-ski bars and restaurants. Here you will find the the resort indoor/outdoor swimming pool and ice rink, entry to which is included with the lift pass.

The nearest ski lift is the Grand Sure chairlift which goes direct to the Signal and this is just a minute's walk away. You can also ski back to this point at the end of the day.

The resort of Alpe d'Huez itself is 1860m with the highest lift to Pic Blanc at 3320m. It is an extensive area (south facing) but with a good number of lifts.

If you have not joined a club holiday before now please be reassured that we do all we can to make sure you are included, that you have a group to ski with and that you're not left alone wondering who to talk to.

We are flying with Monarch from Birmingham to Geneva. Flight times are provisional

7 March depart Birmingham at 0920 to arrive Geneva at 12.20

14 March depart Geneva 18.55 to arrive Birmingham at 19.55

The base cost of the holiday is £630

Deposit £150 per person. Balance will be due early December

The cost of area lift passes is yet to be confirmed. Provisionally they are Adult £209 and Senior £169

Again to be confirmed, it looks as though those over 75 may get a free lift pass.

Similarly I don't have a fixed price for ski hire but advanced are usually about £100 and intermediate about £75. We will be given a discount by the travel agent.

Any questions then contact me at [dianahorth@virginmedia.com](mailto:dianahorth@virginmedia.com) or 01889 800706 or 07806 777049.

*The holiday is sold under the terms and conditions of Hotelplan Ltd (Inghams) and full details can be found in their ski brochure 2014/15.*



## CLUB HOLIDAY 2015 - BOOKING FORM

To: Diana Horth, 23 Lockside View, Rugeley, Staffs WS15 1NJ

Please book me \_\_\_ place(s) on the club holiday to Alpe d'Huez from 7th-14th March 2015. I enclose a cheque payable to Midland Ski Club for £150 per person as a NON-REFUNDABLE deposit and I undertake to pay the balance in early December.

I have a current (or will obtain) European Health Insurance Card - do check the expiry date. I have a full passport valid for the dates concerned.

Name(s) (as per passport) \_\_\_\_\_

Nationality \_\_\_\_\_

Passport number \_\_\_\_\_

Passport date of issue & date of expiry \_\_\_\_\_

Issuing office \_\_\_\_\_

Country of residence \_\_\_\_\_

Date of birth \_\_\_\_\_

Contact Address: \_\_\_\_\_

Phone & email: \_\_\_\_\_

Ski carriage? £35 yes/no \_\_\_\_\_ number of ski bags \_\_\_\_\_

Lift Pass Adult (£209) \_\_\_\_\_ Senior (£169) \_\_\_\_\_

Ski Hire Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_ Boots? **Y/N**

Special Dietary needs \_\_\_\_\_

I would like to share with \_\_\_\_\_

# 25th High Altitude Training Weekend

We wanted the High Altitude Weekend to be special to celebrate 25 years, and it certainly worked out that way in beautiful Coniston where we made the most of some fabulous weather for 3 days. Accommodation was at Low House which belongs to the Midland Association of Mountaineers; very comfortable, and has a great kitchen/dining area.

On the Friday we walked easily up to the delightful Tarn Howes where the water lilies were at their best, and beyond these lakes we had fine views of the Langdale Pikes. From here we dropped down to Yew Tree Tarn for a picnic lunch, then climbed up onto Holme Fell for superb views. Our route back followed part of the Cumbria Way, and back at base we demolished a fair amount of the 25th birthday cake.

You can't go to Coniston without visiting Coniston Old Man, and our Saturday route there was one of my favourite Lake District walks via Goats Water. Cloud made for atmospheric summit views of Coniston Water, and from here we had a mile high level walk across to Swirl How which also afforded some splendid views of the Central Lakeland Fells.

It was an arduous descent back to base, but we were amused by a wedding party walking up to the hills for photos in fine wedding attire complete with high heels and glasses of wine. Finally back in Coniston we were soon refreshed with a pint in The Sun.

Saturday night's meal was a team effort with thanks to our local member Jane who saved my Moroccan lamb dish by sending me to the local Spar for some hot chilli to give it some Moroccan umph. On a glorious Sunday we had a linear walk on the Cumbria Way; starting beyond the southern end of Coniston Water, and walking over the quiet Blawith Fells, before the route joined a lakeside path back to Coniston. T

Thanks to everyone who helped make this a wonderful long weekend; it was great to see Diana walking well, and 'young' Joyce enjoying the hills. I did say that after 25 years I had done my time (blimey you only get 13 for murder!) but I have had my arm twisted and we are on the look-out for a base to walk in The Peak District next year; maybe in the comfort of a hotel!!

## MSC Club Championship

The MSC Club Championship will be held on Saturday 6th December. Full details will be announced on the MSC website as soon as available.

Come along and join in this celebration of racing within MSC.

## Telford Schools Race

The CESA Schools race will be held on the evening of Friday 17th October at Telford Ski Slope. Full details and an entry form can be downloaded from the CESA website at [www.cesnowsports.org.uk](http://www.cesnowsports.org.uk).



## Helmet Rule Changes

Racers (and parents!) should be aware of a number of changes to rules on helmets which have been specified by FIS and will be adopted for British seeded races both Alpine and Artificial.

The key changes are as follows:

**A) Nothing** is allowed to be attached or stuck onto helmets unless carried out in the factory as part of the original manufacture. So no labels, no stickers, no camera mounts, no visors, no spoilers, no peaks, nothing. Currently our understand is that this **will** be enforced in British races from the forthcoming winter season

**B) Helmets** used for GS, SG or DH must comply with **EN1077:2007 Class A**. Such helmets must either have a FIS sticker on them or be labelled as Class A. (Class **B** helmets may still be used for Slalom.) Any helmet without a hard covering over the ears can only conform to Class B. If a helmet is not labelled with a class, then you should assume it is Class B. Class A helmets also have to withstand a higher "drop test" - 75cm rather than 37.5cm. The UK rules currently that a final decision on enforced of this rule from this winter will be taken in November.



# Midland Ski Club

## Winter Race Series

*Open to Schools and Club Skiers*

At Ackers Adventure, Golden Hillock Road, Birmingham, B11 2PY

Cost: £10 per Race or £30 for all Four

(MSC Members £5 per race or £15 for all Four)

### Provisional Timetable

5:30 - 6.00	Registration/Ski hire
5:45 - 6.30	Open practice
7.00 - 8:45	Timed Runs (3 runs, best 2 to count)
8.45 - 9.00	Prizegiving

**Individual competition open to Schools and Club Skiers.**

**Age categories:** U8, U10, U12, U14, U16, U18, Open

Age as at 31st August 2014

**Medals for all age groups male and female**

**Overall Schools Awards**



**Dates:**

**November: Friday 14th**

**December: Friday 12th**

**January: Friday 9th**

**February: Friday 6th**

**Name:**

**Date of Birth:** / /

**Age Group:** U8/10/12/14/16/18/Open **Gender:** M F

**Address:**

**School/Club**

**Email:**

**Contact Number:**

**School or Club:**

**Signed:**

**Parent/Carer**

Race	Entry (✓)	Fee
November		
December		
January		
February		
	<b>Total</b>	<b>£</b>

Acceptance of entry to this race will be deemed to relieve the Sponsors, Organisers, Midland Ski Club, its Officers, members, voluntary helpers and all others associated with the race of any liability for injury, loss or damage of any kind due to negligence or otherwise.

Please make cheques payable to "Midland Ski Club".

**Rules:**

#### Equipment and clothing

Skis, boots and poles are available for hire from Ackers Adventure and the cost is included in the race entry fee. Skiers may use their own skis and/or boots and ski poles, however ski poles **MUST** have bungs on to prevent damage to the slope. The use of ski blades is not permitted.

Long sleeves, gloves and long trousers must be worn at all times, and there must be no gap in clothing between shirt and trousers.

#### Helmet Regulations:

Ski Helmets must be worn by all competitors for racing and training.

#### Photography

It is expected that photographs may be taken of skiers at the event and these may be included on the Midland Ski Club or the Ackers Adventure websites (no names). **If any skier may not be photographed please include this information on the entry form.**

Race Referee decision is final in all disputes.

**Entries should be sent to: Shaun Hemming, 2 Node Hill, Studley, Warwickshire. B807RR**

**Email: s.hemming494@btinternet.com or see me at The Ackers.**

**Closing Date for entries: Friday before race date.**