

# MIDLAND SKI CLUB NEWS

OCTOBER 2016

## MSC Christmas Event Friday 25 Nov at 7.30pm

Meal at Jojolapa Nepalese Restaurant, in our own private room so we can talk, eat, drink and be merry, without loud music!!!

Price for club members is £15 - this includes a glass of wine, starter and main course for the special set menu as per their website. Non-members are also welcome at a price of £25.

Nepalese food is a blend between Indian and Chinese food, but plain chicken/fish dishes can be requested for those who do not like spicy/Asian food, and of course there are vegetarian alternatives: please contact me to discuss any requests.

Jojolapa is in Birmingham city centre, at 55-59 Newhall St, B3 3RB which is a few minutes walk from New St Station for those using public transport. The restaurant food is highly recommended, but a big advantage for us is the private room to socialise.

Given the busy time of year we need to confirm numbers by Friday 28th October, so we need your bookings very quickly.

Please join us for the evening: email Catherine Frankenburg at

[cfrankenburg@hotmail.com](mailto:cfrankenburg@hotmail.com) how many places you want **by next Friday - 28th October** - so get your skates (or skis!) on to confirm this superb value evening!



You also need to pay, preferably by online banking to MSC (sort code 08-92-99; Account No 65362479 with the reference of your surname and number of people you are booking or alternatively send a cheque made out to Midland Ski Club to

Catherine at 6 Tamworth Rd, Sutton Coldfield B75 6 DG).

If you want further details please contact me by email or on 0121 681 3611 as soon as possible.

## Diary

**Tuesdays @ 6.00pm:** Young Racer Development Coaching

**Tuesdays @ 6.00pm:** Recreational 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  
*Coaching contact:*

Roger Crombleholme 07736 821147

**6th Nov: Chill Factor® Training Day**

Bryan Arnott 07578 428864

**11th Nov: Winter Race League**

Ackers (also 9th Dec, 13th Jan, 3rd Feb)

Shaun Hemming [s.hemming494@btinternet.com](mailto:s.hemming494@btinternet.com)

**25th Nov Christmas Meal, Jojolapa, Birmingham**

Catherine Frankenburg 0121 681 3611



MSC racer Ollie Weeks topped off his brilliant summer race season by being voted **Young Sportsperson of the Year** at the 2016 Coventry & Warwickshire Sports Awards held recently at the Ricoh Arena. Well done Ollie!



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

### Provisional Timetable

05:30 - 6.00	Registration/Ski hire
6:00 - 6.35	Open practice
7.00 - 8:45	Timed Runs (3 runs, best 2 count)
8.45-9.00	Prizegiving

Individual competition open to Schools and Club Skiers.

### Age categories

U10, U12, U14, U16, U20, Open Age

Age as at 31st December 2016

Medals for all age groups male and female

### Dates:

November—Friday 11th

December— Friday 9th

January— Friday 13th

February— Friday 3th



Name: \_\_\_\_\_

Age Group: 10/12/14/16/20/Open Gender: M F

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

School/Club \_\_\_\_\_

Email: \_\_\_\_\_

Contact Number: \_\_\_\_\_

School or Club: \_\_\_\_\_

Signed: \_\_\_\_\_ Parent/Carer \_\_\_\_\_

Race	Entry (✓)	Fee
November		
December		
January		
February		
	Total	£

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.

### Rules:

#### Equipment and clothing

Ski, 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 bungees 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 a shirt and trousers.

#### Helmet Regulations:

**All helmets used by skiers must be approved for racing and tubing.**

#### 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 before 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 Acker.

Closing Date for entries: Friday before race date.



# Pre-season Chill Factor<sup>e</sup> Training

We are inviting all members to start the 2017 winter season with an on-snow coaching session at the Chill Factor<sup>e</sup>, Manchester on Sunday November 6<sup>th</sup>. This session is open to all members and is a golden opportunity for any Training Week and Family Holiday week participants to meet with instructors and discuss their goals and objectives.

Cost of the day is £47 including slope fee, coaching, and equipment hire if needed. Meet at 9.30am ready for at 10am start on the snow. There will be two coaching sessions from 10 to 12 and then after lunch from 1 to 3pm. There will be further opportunities to free ski later.

Chill Factor<sup>e</sup> is considered best of the UK indoor slopes, with a long wide slope and a separate beginners slope.

Chill Factor<sup>e</sup> is just off M60 J10 - head up the M6 to J21a, turn off onto the M62 towards Manchester, and then when you get to the M60 head south for and as you go over the bridge you'll see it off to the left: leave at the next junction and keep turning left until you arrive.

Note that **IT IS COLD** inside: so make sure you have your thermals and winter outdoor gear with you, although you can hire clothing at an extra charge. Book using the form below.



## Cfe Training Day Booking

**To:** Roger Crombleholme, 7 St. Modwena Way, Penkridge, Staffordshire ST19 5ST

Please can I book \_\_\_\_ places on the Chill Factor training day on 6th November.

I enclose a cheque payable to **Midland Ski Club** for £47 per person, total: £ \_\_\_\_\_

Contact name: \_\_\_\_\_

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

Attendees: \_\_\_\_\_



# FAMILY TRAINING WEEK 2016/17 - Update!

If you've not yet booked onto the Family Training Week in Pila, Italy, over New Year, then there is still time. And we've got a new option for you.

Coaching is available from Wednesday 28th December 2016 through to Saturday 7th January 2017.

Choose your own dates to come out, coaching costs at club rates per person of £25 per day or £140 for 6 days or £250 for all 12 days.

This is a self-organised trip so you will have to book your own transport, accommodation, lift passes, insurance etc. However INTERSKI have made us an offer in their hotel The Lodge.

For example, assuming an arrival date: between 27 and 30 December 2016

Resort & Hotel: Aosta/Pila 3\* The Lodge, Half board plus hot snack lunch on the mountain

£659 per person (shared room) including - 6 day lift pass, comprehensive winter sports insurance, transfers from the hotel to ski hire one transfer for the group in the morning and one transfer back in the evening each day. Extras: Equipment Hire Prestige Ski Hire (Adults) £25 per week; transfers between GENEVA or TURIN AIRPORT and Hotel: £40 per person, one way or £80 return.

Interski have been in the Aosta Valley in NW Italy for 32 years, and have built up unrivalled knowledge, relationships and resort facilities.

Speak to Roger on 07736821147 or email him at [coach@midlandski.org.uk](mailto:coach@midlandski.org.uk).



**interiski**  
**THE LODGE HOTEL**  
CORSO IVREA 112, 11100 AOSTA, ITALY  
T: +39 0165 41485

August 2016

**THE LODGE HOTEL**

Formerly known as the Hotel Au Coin Vert, The Lodge is one of our most popular hotels and is located on the edge of Aosta, though still within walking distance of the centre. It is only a short 5 minute coach journey to the Pila gondola. Run by the charming Alberta, the hotel is traditional in style but has all the modern amenities you would expect of a 3\* hotel.

Rooms are for 2, 3 or 4 and all have private facilities. The hotel has a satellite TV room, two meeting rooms, a games room (including table tennis), a garden with basketball and volleyball area, a bar, an excellent restaurant and a lift. The hotel can accommodate 68 passengers, but this can be increased to a maximum of 84 on request.

**HOTEL FACILITIES**

- ✓ Games room
- ✓ Hotel safe deposit
- ✓ 5 minutes by coach to ski hire
- ✓ 10 minutes walk to town centre
- ✓ Free WiFi in the meeting room on the ground floor

INTERSKI, 8 ACORN BUSINESS PARK, COMMERCIAL GATE, MANSFIELD N618 1EX  
T: 01823 468333 E: [EMAIL@INTERSKI.CO.UK](mailto:EMAIL@INTERSKI.CO.UK) W: [WWW.INTERSKI.CO.UK](http://WWW.INTERSKI.CO.UK)

ABTA  
BASIS PARTNER  
ATOMIC

## Gloucester Summer Race League

October 8th saw the final event in the Gloucester Summer Race League. The entry was down to under 100, around two thirds of normal, but it was still a good day of racing to finish the series. Everyone should be commended for their efforts in the team championship, and results particularly of note on the day were Adam Orzel, 1st U9; Eva Hogan, 2nd U14, Charlie Deem, 4th U12 and 7th overall; Matthew Vickers, 4th U18.

In the afternoon, 3 of our racers, the 2 Matthews and Eva, were in the same group of 4, so couldn't help but take points off each other. However the team ended up with a creditable 197 points.

This was not quite enough to move us up from our 4th place, and we finished the series with 1089 points, not far behind Gloucester A on 1113. Winners were

Western Counties with runners-up Cardiff Uni.

Over the summer, 52 racers have taken part in one or more of the races, and we have built up our participation to nearly 3 full teams. 3 years ago, we only entered one team, so this shows the increasing depth in our club, both of aspiring national racers, and of those who just really enjoy racing at this level!

I have been team manager for 3 years now and intend passing on the reins next year, though I hope I'll always be there to support and race. I'd like to thank all those who have volunteered for all the little and not so little duties on the day that made it all happen.



# Welsh Walking Weekend 30th Sep-2nd October

We changed the format for this year and stayed at the George Borrow hotel in Ponterwyd for our weekend of walking and dining. It is very much a family run hotel, the accommodation was reasonable and breakfasts were good. Most of us tried the menu on Friday evening and found it to be very acceptable. Service was a bit hectic as they clearly are not used to a group of 15 mostly wanting to eat together. However, they coped.

Saturday was forecast to be wet. And so it was. But everyone got out and did something. Mike led a long walk taking in Devils Bridge where those that wished could cut the walk in half. An intrepid group then carried on for the whole route. A few people did the long route around the waterfalls at Devil's Bridge and the steam train to Aberystwyth while for some it was just the train ride.



A walker's view of the train. Mike's group followed a path alongside for a while.

We had an agreed price for our 3 course prebooked meal for the evening get together and the landlady and staff did us proud.



Summit of Plynlimon

Sunday dawned fine and cloudless and nearly everyone joined Mike to walk up Plynlimon.



Source of the Severn



Source of the Wye



A few had to get on the road so ended their day here but the rest continued to the source of the

Severn which is marked by a large oak post as shown and to the source of the Wye - which just emerges unmade in a trickle in a steep hollow. What a fantastic day and another 12 mile walk for the majority!

And for next year? If you have any thoughts about going somewhere in particular or know of good accommodation for about 16-20 people in a good walking/activity area get in touch with either Mike or me.

## Membership Renewal

Many thanks to those who have renewed their membership, and a reminder to those who have not that it is now overdue!

Please check your email and post for a renewal form or instructions, or just go to [midlandski.uk/renewal](http://midlandski.uk/renewal) to renew online. For any queries please email [gerry@elgy.org.uk](mailto:gerry@elgy.org.uk).

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!

# ESSkiA NATIONAL FINALS TEAM & OPEN EVENT 2016

Paul Lawrence

The ESSkiA finals held at Norwich over the weekend of the 8 & 9 October saw teams from Kingsley School and Solihull competing against schools from all around England after qualifying from the regional heats held at Gloucester in September.

In the Girls Team Events on Saturday the Kingsley U14 team of **Hannah Dennison, Emma Lawton, Lucy Sainsbury & Lorenza Chapman** finish 4<sup>th</sup> in their age group beating the Solihull U14 team of **Ella Giles, Bella James & Aimee O'Malley** who finished 5<sup>th</sup> with only three racers.

While Saturday was a team event with no individual placings, a special mention must go to **Ella Giles** who was the second fastest girl overall on the day. A great achievement.



The Solihull Boys team of **Tom Lawrence, Dan Giles, James Shakeshaft & Fraser Blackhurst** who were the quickest team overall in qualifying from Gloucester were competing in the U19 Boys event, this with a team comprising 12, 13, 15 & 17 year old racers. To their distinction they put in a tremendous

performance in finishing 3<sup>rd</sup> in the age group and third overall on the day. **Tom Lawrence** the overall fourth fastest boy on the day.

The Open event on Sunday which is also the qualifying race for the British Schools Finals to be held at Gloucester in November saw the Kingsley Girls Team of **Freya Eaton, Fliiss Pace, Hannah Dennison & Emma Lawton** finish in 9<sup>th</sup> place, qualifying for the British Finals.

The Solihull Girls team of **Ella Giles, Bella James & Aimee O'Malley** finished in 14<sup>th</sup> place, one place outside automatic qualification to the finals.

**Ella Giles** had another great days racing which saw her finish on the podium in third place taking the scalps of a number of older and far more experienced racers.

The Solihull Boys Team of **Tom Lawrence, Dan Giles, James Shakeshaft & Fraser Blackhurst** had a mixed day, finishing 10<sup>th</sup> overall out of 19 teams but were hampered by 2 dsq's which effected their overall time, however some great racing on the day. They are still hoping to have done enough to qualify for the British.

All except one of the racers named above are active MSC members which can only bode well for the future of the club racing.



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