

Midland Ski Club News

December 2018

From the Chair Gerry Elgy

Best Wishes to all for the Holiday period and for 2019, and here's hoping for the best snow for all those heading off skiing this season.



Club Secretary

A big thank you to Diana Horth who has served as Secretary for many years. Moving to the SW means this is no longer practicable. We extend a very warm welcome to Paul Johnson who has agreed to take on this role.

MSC Club National 2019

We will be returning to Stoke on May 18th 2019, with a Telford CN on the Sunday.

New Members A warm welcome to our new members, all 35 of them:

George Harrison; Kade Quakenbush; John Hackett; Grace Arand; Emily Heelis; Dan, Hannah and Ottie James; Alex and Holly Margree; Kate, Nick, Alice and Imogen Sibly; Lily Tyler; Scarlett Milner; Miki Wigley; Phoebe Wallwork-Wilson; Isy Williams; Gayle Southall; Delilah Jennings-Hulme; Oliver Burtenshaw; John and Alice Gallagher; Stephen, Laura, Eleanor and Anna Whitmarsh; Amelie and Toby Haslehurst, Emma and Alex Trust, Becky Frall, Chris and Joe Pearce.

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Diary

Training times at Ackers Adventure, social events and holidays

Roger Crombleholme 07736 821147

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 & taster day/follow up

Thursdays @ 7.30pm: Race Performance Training

Fridays @ 6/6.30/7.30pm: Skier Improvement Coaching

Fridays @ 7.30pm Adult Recreational Coaching

Thursdays @ 6pm Taster sessions, Dec 13, also in 2019 – Jan 24, Feb 14, Mar 21, Apr 11

MSC club races (Fridays)

30/11/18 Winter race league 1
14/12/18 Winter race league 2
18/01/19 Winter race league 3
08/02/19 Winter race league 4
01/03/19 Winter race league 5

10/03/19 MSC Schools' race

Telford Winter Races (Fridays)

11/1/19, 8/3/19

Club Holidays

29/12/18 – 05/01/19 Family Training week
05/01/2018 – 10/01/19 Additional training days (if required)
11/01/19 – 19/01/19 Early season training week (Pila)
02/03/19-09/03/19 Club Holiday (Mayrhofen)

Social Evenings: Wednesdays at Hollyfields

January 30 Cycling Adventures and detours on the Lands End to John O Groats trip **Bob Tinley**

February 13 Ski Touring in Lapland with a £7 sledge and lots of Gaffer tape **Bill Thomson**

March - still being confirmed

April 3 Encounters of a third kind while cycling across the USA

All dates are from 7.15 at Hollyfields Centre, Woodacre Rd, Birmingham B24 0JT.

Membership Campaign

Our Ackers 'taster' sessions are ongoing with the next one on Dec 13th and the first 4 in 2019 already planned. They are slowly starting to pay off with new members joining this month.

You can see more details at

www.midlandski.uk

<https://www.goskigoboard.org.uk/directory/midland-ski-club>

<https://www.facebook.com/midlandskiclubmsc/>

Continuing publicity for these events is really appreciated.

If you haven't already renewed, here is a reminder! You may renew on line or by post. Please contact Membership Secretary John Elgy, john@elgy.org.uk or via address on renewal letter, with any queries.

Aldi Sale

Aldi have a sale of ski stuff starting on 25th Nov.

Good for things like goggles (£7.99) socks (£2.99) etc.

<https://www.aldi.co.uk/specialbuys/about-our-specialbuys/skiing>

Can order on line if there is not a shop near you.

New register at Ackers Adventure

All skiers training with Midland Ski Club either as a pay as you ski or as a contract skier must sign in at the desk on arrival. A new card reader is available for easier payment.

Christmas Get Together - Wednesday 28 November with hot mulled wine and mince pies! Gerry Elgy

Various old skiing films were shown while members caught up on all things skiing and enjoyed a buffet with mince pies and mulled wine. This was hot at one point in the evening! Fixing the 'heated' tureen is a must for next year when I anticipate we'll repeat this very enjoyable evening, which included an MSC film from 1992 with Roger sporting a moustache!

Increase in Ackers training charges

The numbers training on all our Ackers training session have been falling for some time and since our costs are fixed we have been losing money on this, one of our main activities. Regretfully we have to raise the rates charged to a contract rate of £50 per month and £19 for pay as you ski per session (reduced to £16 for early Friday and full time students and over 65s on a Friday. These took effect from December 1st 2018.

Social Programme Talks, walks and other activities related to Skiing at Hollyfields Sports Club – organised by *Catherine Frankenburg* cfrankenburg@hotmail.com

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New Club Secretary

After many years as the Midland Ski Club Secretary Diana Horth is moving to the South West and will be leaving the position. Until the next AGM when the post will be up for election Paul Johnson has agreed to act as secretary. Paul has excellent credentials for the post for as well as being an accomplished skier Paul attends our holidays, trains frequently at the Ackers and is a dry slope racer. All members will have a chance to meet him.

John Walsh

Members of a certain era will be sad to learn that John Walsh passed away on November 24th. John was a very active member of the club in the past; supporting the holidays, helping to arrange evening meetings, and always to be seen on MSC social occasions. John's funeral will be at St James' Church, Harvington (Nr Evesham) on Wednesday 19th December at 1.30pm and then to Redditch Crematorium at 2.45.

High Altitude Training Camp Oct -- -- John Elgy

It has been a tradition of Midland Ski Club to hold an annual training weekend during the autumn to prepare us for the rigours of skiing in the rarefied air of the Alps in the winter.

This year the camp was held in Derbyshire with a base camp (the Newton Grange Hotel) at 240m and rose to the oxygen deprived altitude of 300m on Froggatt Edge. Being exceedingly unfit I decided to accompany my wife (our esteemed chairman) on this expedition. It was clear from the outset that this was not going to be a relaxed jaunt when we were faced with stairs to our bedroom and a stiff walk to Paul's car to be driven to the ---- pub for dinner.

Mike Thomas had clearly planned the itinerary well. The first day was a walk from Baslow through a bit of the grounds of Chatsworth House, under Gardom Edge, along Froggatt edge to the Grouse pub for lunch then back along the Derwent river to Baslow. This is a tough bunch of walkers and they take no prisoners.

They left me in a café at Calver when it was clear I was holding them back and they might miss their dinner at the hotel (a recovery vehicle was sent)

The next day was another excellent walk up the Tissington trail and across down a bit of Dovedale and across to Alstonefield for lunch. Sadly the pub which had once been a decent hikers pubs was now a "Gastro pub" and didn't serve sandwiches and was rather expensive for drinks.

Another pleasant stroll bought us with lovely views to back our hotel and back home.



High Altitude Training camp



On Froggatt Edge

Skiing in Hakuba and Nozawa Onsen (Japan) A Talk by Catherine Frankenburg and Clem Chakki

They went to the Japanese Alps, about 3 hours NW from Tokyo for an Off Piste trip. Apart from the perils of trying all the local food, often with no western description, just pictures (battered squid suckers were the worst), and the bewilderment of an array of different Japanese toilets with few western instructions, they had plentiful deep powder, and huge Off Piste areas were available to them, some of it through trees. Although not as much of the champagne powder as they had hoped as they were told that the Japanese Alps have the most challenging off piste skiing, but that the best and lightest powder is further north on Hokkaido island.

They had an array of photos showing the lifts with no safety bar and no footrests, the lack of lift queues, some interesting shots of the mountain restaurants with vending machines to buy your ticket for food, and loads of skiing between deciduous trees which apparently grow at higher altitudes than the coniferous trees there. The second resort (Nozawa Onsen) was more traditional as it was a thermal spring town, and there were more traditional buildings They gave a personalised but an informative talk of their adventures in the Orient.

The final of the Gloucester Summer Race League 13/10/2018 - Dave Beech, Team Manager

The final meeting of the Gloucester Summer Race League on Saturday 13th October proved to be a very enjoyable day for all of our racers. The course was challenging for the less experienced but we were very lucky with the weather as it stayed dry and warm, if windy!

9 Kingsley girls participated including Lorenza Chapman, a member of The Kingsley U16 team who were recently crowned English Schools Champions, she skied her fastest time ever on a very difficult course, recording a time of 23.38 seconds. 3 young girls from The Kingsley Prep School, Emily Heelis, Imogen Sibly and Alexandra Margree, participated in the GSRL for the first time. They found the course very confusing but they really enjoyed the experience and cannot wait to compete at the Ackers in the WRL in November. All 9 girls had a great day and together with their parents they wish to thank both David Beech and MSC for organising the team.

Josef Feiven was our fastest racer on the day, he managed a fantastic run clocked at 18.33 seconds which placed him in overall 6th. Phil Wigfield was our top scorer with 25 combined points and Matthew Treuge gave a very impressive performance in only his second recent race with a time of 21.05 seconds and overall 21st.

Congratulations to Paul Johnson who enjoyed his debut, he managed to record a time of 36.34 seconds and also his first duals victory. Gerry Elgy, Matthew Treuge & Phil Wigfield managed to get maximum points in the afternoon winning all of their duals.



Special thanks go to Bec Hampson who was finish judge on our behalf, this was greatly appreciated, as were the efforts of Alan Edwards organising the racers, bibs etc. with his usual efficiency and Paul Treuge's assistance with getting kit packed away and down the hill!

On a personal note I would like to thank all of those who have raced with us at the summer race league this season and to all of the parents who have supported the racers and volunteered for duties when required. There are some very talented racers at the Midland Ski Club performing at various levels and it is great for us at Gloucester to see the progress of the young racers of the future!

Club Championships 9-11-2018 John Elgy

It looked as if it was going to be a very wet club championships on Friday 9/11/2018. It started raining in the morning then got heavier as the day progressed. Nevertheless 38 skiers had entered the club championships (9 under 12 and 29 over) and most turned up, some all the way from Cardiff.

By the time the racing started the rain had eased considerably but enough moisture remained on the slope to ensure it ran smoothly and quickly. Roger set an excellent course – good enough to allow us poor racers to get down OK but testing enough that the faster racers struggled sometimes to make the gates. The full results are on the club website. The competition for the fastest racer on the night was a good battle between Ethan Hemming, Phil Wigfield and Fraser Blackhurst, with 1.57 seconds separating them. The best single time down was by Ethan at 8.26 seconds. As a comparison the slowest runs were twice that.

It is good that we get a good range of skiers entering and everyone enjoying themselves. For a number of years, the number of adults entering the club championships has been dropping but this year saw a resurgence with 6 entrants including the club chairman, the acting secretary and the membership secretary. Healthy clubs have a full range of ages taking part

The event was exceedingly well run, with lots of helpers. It is difficult to thank everyone, especially since most of the organisers quietly get on with their jobs. However I cannot let any report on the race go by without mentioning Jenni Fennell, Dave Lee, Alan Edwards, Neil Jackson, Jane Lee, Richard Newbould and of course Gill Weeks for organising the refreshments.

British Schools Dry Slope Championships 18/11/2018 to 19/11/2018 Alan Edwards

Pupils from The Kingsley School and Solihull School have competed in both the English Schools Championships in Norwich in October and The British Schools Championships in Edinburgh in November.

The highlight was The Kingsley Girls U16 Team of Lorenza Chapman, Hannah Dennison, Emma Lawton and Lucy Sainsbury being crowned English Champions.

The Solihull girls team of Ella Giles, Bella James, Abi Crampton and Queta Taylor finished an excellent fourth.

Congratulations to Ella Giles who was the fastest female on the slope of **any age group**. In the U16's Hannah Dennison was 6th, Emma Lawton 9th and Bella James 13th.

The Solihull U19 boys team of George Daly, Fraser Blackhurst, Dan Giles and Harvey Blackhurst finished 5th with Fraser placed 22nd and Dan 26th in the individual rankings.

In the Open Aged Championships, The Kingsley Team with Cecilia Goldwin replacing Lorenza finished 7th and the Solihull female team finished 8th. In the male section Solihull boys finished 7th. As a result of these excellent placing all 3 teams qualified for The 50th Anniversay British School Ski Championships in Edinburgh in November.

On the extremely challenging Hillend slope, The Kingsley Team finished 9th and the Solihull female team 13th out of the 25 top school ski teams in Britain. Both of these teams were the joint youngest on the slope. This bodes really well for even greater success in the future.

In the individual rankings, Ella Giles should be congratulated on finishing 2nd fastest female on the slope behind Jemma Clark from George Watson's College, who are based in Edinburgh and train on the Hillend slope. Bella James achieved an excellent 26th place closely followed by Emma Lawton 28th and Lucy Sainsbury 36th.

The Solihull male team in which James Shakeshaft replaced Harvey Blackhurst, James recorded an excellent first run.

Unfortunately Dan Giles injured himself in practice and due to other disqualifications the team was not classified.

Letter from Margaret Smith

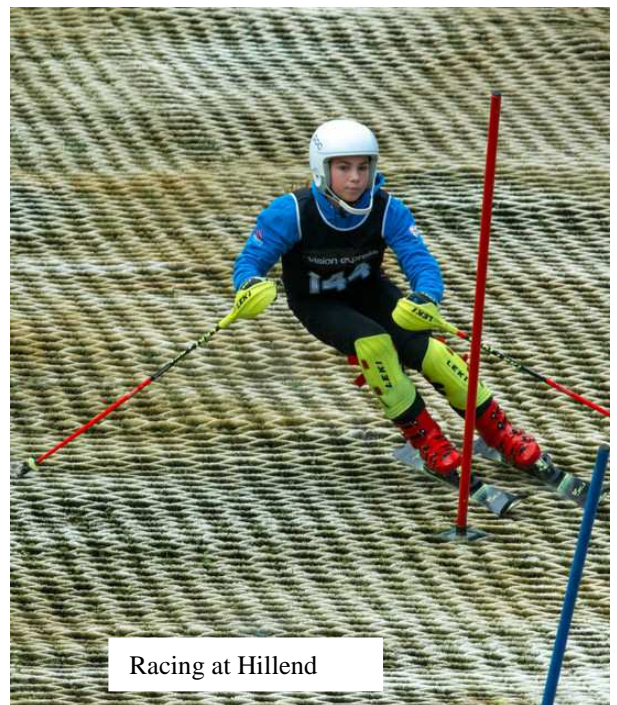
I feel I have to say a few words to thank everyone for their kind thoughts and messages, and thank you to all those who managed to get to the funeral. I know it was quite a distance for many of you. Bunny began to show signs of memory loss about two years ago and he was diagnosed with mild dementia. What was frightening was the speed at which it developed until he was unable to walk without help, his speech went and his ability to communicate. I was with him when he died in hospital – I doubt if he knew I was there.

Anyhow, enough of the sad bit. I try to concentrate on the many good times we had with all the friends we have made over the years. I think the Midland ski club was probably the best establishment we ever joined. The other day I was looking at some of the photos we have taken and smiling at the memories.

Lastly but certainly not least I would like to thank those responsible for making me a life member. I'm sure I haven't done anything to deserve it except marrying Bunny 59 years ago – gosh was it that long?

Anyway it is a great honour and I shall try to get along to some of the social occasions. I don't drive so much now due to my eyesight suffering from 'old age' like the rest of my body – I don't recommend it!

Once again thank you all and keep skiing.



Racing at Hillend

Midland skiers do well at English School Ski Championships in Norwich 6/10/18 -- Alan Edwards

The Kingsley School U16 Ski Team of Lorenza Chapman, Hannah Dennison, Emma Lawton and Lucy Sainsbury enjoyed outstanding success at The English Schools Ski Championships in Norwich on Saturday 6th October. Skiing slalom against very strong opposition from schools who had qualified by performing well in the six Regional Qualifying races in September, **they were crowned Champions for 2018**. Individually Hannah was second and Emma third fastest U16 racer on the slope.

On Sunday 7th October on the same slope The Kingsley School Open Aged Team in which Cecilia Goldwin replaced Lorenza Chapman from the U16 Team, finished 7th against teams who were much older than The Kingsley girls. However, their performance was good enough for the team to qualify for The 50th Anniversary of The British School's Championships which will be held at Hillend, Edinburgh on Sunday 18th November. The team will be competing on snow in The British Schoolgirls Championships in Flaine, France in January 2019.

The skiers from Solihull School also performed very well and qualified for the British championships at Hillend



Kingsley School Open Age Groups team



Kingsley School under 16 Age Groups team

Getting fit for Skiing

Our head coach, Roger Crombleholme, presented a talk with exercises at Hollyfields Sports Club on 19 Sept. The talk was entirely about the fitness required for skiing and described exercises that we could do in our own living room rather than visit the gym.

He split the exercises into what he termed the stable and unstable worlds with work on wobble boards and jumping from marker to marker in various patterns. All this should strengthen our core, increased leg speed and improve our balance on skis.

