

SSE/BMCCSA Roller Ski Course and British Series Race

Hayes, London, 9th – 10th August 2008

Just as one successful roller ski event fades into fond memory, another one looms on the horizon, and the SSE/BMCCSA roller ski training weekend at the Minet Cycle Circuit, Springfield Road, Hayes, on Saturday and Sunday 9th – 10th August, will surely be as much fun as the recent event at Hetton Lyons.

This event will start at 13:00 on Saturday and end at about 16:00 on Sunday. Everyone is welcome, from **beginner** through **improvers** to **advanced technique** skier. The event will cater equally for all levels of ability; all skiers can benefit from improving their technique using roller skis, whether tourer, downhiller or budding racer.

This year our coaching team is Mr. Mike Dixon, who has raced at 6 Winter Olympics and numerous World Championships, taking the **advanced technique** group, Dr. Adam Pinney, who has wished that he had gone to 6 Winter Olympics and numerous World Championships, taking the **Intermediate** group, and Gerard Evans (who received rave reviews from Hetton in June) taking the **Improvers** group. All coaches will enable you to hone and perfect your technique in both skating and classic, while motivating you to leave the course with a burning desire to go away and practice what you have learnt. Video analysis will be available.

On Saturday afternoon, starting at 4:00 pm, there will be the sixth race (of 10) of the **British Roller Ski series**, this being a pursuit, 6 laps of classic (rollers will be Start Combis and will be supplied by the organisers) followed by 6 laps of skating on any rollers permitted by FIS rules (total distance 18.6 kms). There will also be another pursuit race for all-comers/juniors, being 2 laps classic followed by 2 laps skate.

Roller skis will also be available for those who do not have them.

No hotel will be booked in advance for this course but there are several hotels in the immediate vicinity of the circuit. We will find a local restaurant and eat together on Saturday evening, although this is not included in the price.

The circuit is off the A312, between the A40 and M4/A4. From the M4, leave at Junction 3 and head north. At the roundabout with Sainsbury's on the left, turn right then take the first right (Springfield Road) at the traffic lights. The entrance to the circuit is about 300 metres on the right.

Further details contact: Adam Pinney, 01582 602995, E-mail: aapinney@tinyworld.co.uk.

ENTRY FORM

SSE/BMCCSA EVENTS 2008

Name : Club :

Address :
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E-mail : Age: :

I would like to take part in the following events:

		Enter amount
Hetton Lyons, 28 th -29 th June	£80	Course closed
Hayes, 9 th -10 th August (booking before 25 th July)	£70*
Hetton Lyons, 6 th -7 th September (booking before 22 nd August)	£70*
Equipment hire (see below)	£10
Less discount (£20 for two events)	
(* £80 if booked later; £35 for Juniors)		
Total (Please make cheques out to SNOWSPORT ENGLAND)	

Equipment hire:

I would like to hire the following, at £5 per day:

Boots, size	
Poles, your height	
Roller skis	

Please return this form, with payment, to:

Adam Pinney, 63 Beale Street, DUNSTABLE, BEDFORDSHIRE, LU6 1LZ