

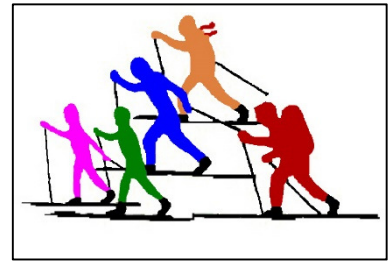
# HUNTLY NORDIC SKI CLUB

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## NEWSLETTER No. 49

April 2016

**END of SEASON ISSUE**



**Clash snow days 2015/16 = 57 (19 good, 29 marginal)**

### Editorial

*Fifty-seven skiing days in the Clash this winter compared to 59 last year but only 19 of those days could be called good skiing days, compared to 28 last year. So the final report card says adequate but could do better. However the season wasn't a write-off, it never is when we are able to hold a race on the trails & the period from mid-February into the beginning of March gave an almost continuous spell of good skiing.*

*Congratulations to a team of Steve & Gregor Young, Oliver & Fergus Newman, Brodie Murray & Jack Nicholls who joined forces to claim the Golden Boot. They completed their loop on the 21<sup>st</sup> Nov 2015.*

*2015 was a particularly noteworthy year for British Nordic Skiing bookended by a couple of tremendous race results. In January 2015 Andrew Musgrave became the first British Nordic skier to take the top spot in a World Cup event when he set the fastest time in a stage of the Tour de Ski. (see Newsletter 47). Then in December 2015 Andrew Young became the first British skier to win a medal in a World Cup race by coming 3<sup>rd</sup> in the sprints at Toblach.*

*Some of you may have read Duncan Gibb's interview in the Snowsport Scotland Newsletter ([www.snowsportscotland.org](http://www.snowsportscotland.org)) where he talks about his step up into the senior ranks of the British Team. At the other end of the spectrum his mum, Lynsey, describes her tentative steps into cross-country skiing. I would it inspires others to give skiing a go, it really is an activity for all abilities. Colin Miller describes a gentle tour into the Cairngorms where you can really get the wilderness experience. And Magnus Jeffries describes his experiences on attending a BASI Nordic course, Magnus has put these skills to great use with the Huntly JDS. So with thanks to those authors for contributing to a varied newsletter.*

### NEWS FROM THE FOREST

A pre-season construction party, under guidance of Steve Young, constructed wooden shutters for the Hytti. Two & a half sides are now protected by shutters & in particularly bad weather tarpaulins can be fitted to the remaining openings making the place quite snug. It is very important for us to have a sheltered area, especially when we have the JDS or school groups in the forest. The shutters will be removed to give a more open shelter for the summer.

Ian Cooper also displayed clever handiwork over the summer by constructing a 2m long pulk out of a car roof box & some old skis.

A major issue that arose this winter was the repairs to the main trail through the forest. There has been a lot of timber extraction over the past couple of years & the main roads through the forest were in a poor state. The repairs got left to the last moment & a rush job was done. Large rocks were used as fill with no finer material to bed them in. This meant that without a least 30cm of snow the main trail from Classic Start to Highland Fling could not be groomed properly & great care had to be taken when skiing on it most days. Added to this the Normans Way-Herringbone Hill loop was not repaired & deep ruts meant it was impractical to drive the snowmobile over it. Although it was skiable some days this is the first season I've never skied Herringbone Hill. A major priority is for these trails to be properly repaired in time for next winter.

The Forestry Commission redeemed themselves by doing their usual good job strimming/grass cutting the trails. This really improves the snowholding especially in years of thinner snow cover such as this one. A short cut grassy trail only need a couple of inches of snow to be skiable. And keeping the vegetation short reduces the speed of melting.

The other big news is that work has started on a possible by-pass route to Leids Leap. The Forestry have opened up an overgrown trail (Wildcat Cat Alley to those who know it) near the mobile mast. It looks like we could then pick a route through the trees down to the A941 at Cabrach Corner. The route needs to be levelled & widened to 4-5m so that it is possible to groom the trail with snowmobile & roller. But before this happens I need to source funding for the work –



I'm working on it. If this by-pass route is practical & fulfils our skiing requirements, then it should reduce the ongoing problems with vehicles accessing the mobile mast for maintenance & wrecking the skiing. Fingers crossed we might have a long term solution.

### **HUNTLY OPEN CHAMPIONSHIPS Sat 28<sup>th</sup> February, 2016.**

A spell of warmer weather thinned the snow cover, raising a little bit of concern as to whether the races the following weekend would be able to go ahead. But enough of the base held & a top up midweek gave the green light. On the Saturday three sections of trail were patched making good use of the club pulk. The team of Dave Horsley, Nick May, Colin Miller, Gareth Smith & Peter Thorn worked relentlessly moving snow. Actually Nick wasn't part of the original work party but made the mistake of skiing past & before he could finish asking what we were up to he got handed a shovel. As the Sun set & the temperatures fell, the team were optimistic it would hold.



Claire Newman

On the Sunday we were treated to no wind & glorious sunshine. The trails were firm & fast but softened as the day went on. There was a choice of four courses for the 52 skiers who made the start line. Due to the state of the main track we were unable to use our usual route, so the senior race was two laps of the 4.6km course. On the plus side this meant everyone had two descents of a fast-ish Leids Leap. A one lap 4.6km was raced by U14 & a 2.5km figure-8 loop was mostly for skiers U12 but also included some less experienced U14s. I had planned for everyone to start at the same time on the Biathlon Range as I thought it would be amusing to watch 50 odd skiers heading for the narrow chicane exit to the range. The starters sensibly gave a 60 second gap to each race but even so there was plenty of chaos at the exit.



Duncan Gibb leads  
Oliver Newman & Jack Nicholls



Madeleine Cruickshank &  
Fergus Newman meet The Cliff!!!

The seniors led off on the two-lap 9.2km course. Mostly climbing for the first 2 km to the mobile mast on Leids Leap. You were then rewarded with a fast, windy descent of Leids Leap, always a bit more tricky when you are puffed after a hard climb. The men's race was close fought, with the eventual winner, Duncan Gibb, trailing a little after the first lap. Some of the skiers thought the Clasindarroch hills trifling & chose to go waxless, double-poling up the hills but Duncan chose to wax & this proved a wise decision as he overhauled the leaders to win in a time of 35min 11sec. He was followed fairly closely by Jack Nicholls (1<sup>st</sup> U18), Oliver Newman (U18) & Fergus Newman (U18). Arne Bohle was first male vet home in a very respectable 39min 31sec. Zander Bohle was 1<sup>st</sup> U16 not that far behind his dad (42:01). The ladies race was won by Susan Massie, who retains the Clashindarroch Quaich. Her time of 53min 02sec kept her clear of Claire who just failed to break the hour barrier (60min 07sec).



James Slimon (U14) of the Highland Nordic Ski Club set the fastest time of 22min 08sec over the one-lap 4.6km course. In 2<sup>nd</sup> place was Sam Griffin (U14) who has just joined the JDS this winter, but he isn't a novice having lived in Norway for a few years. First Huntly Club skier, home in 3<sup>rd</sup> place, was Liam Troup in 26min 02sec. Lily Sierakowski (U14) led the U14 girls home in a time of 26min 40sec. In 5<sup>th</sup> place overall & 1<sup>st</sup> U12 was David Massie.

Fastest time overall & 1<sup>st</sup> girl was Elspeth Cruickshank (U10) who stormed around the 2.5km loop in 15min 57sec. She was followed home by 1<sup>st</sup> boy Rasmus Ipsen (U10) in a time of 16min 26sec. For many of the kids this was their first race. Like the longer courses the first half of the race was all up hill, up Range Way-Deer Track. And all had to cope with the steep drop-off of The Cliff.

The final race of the day was the 375m novice chase for the youngest & less confident skiers. For several it was their first time on snow. Samantha Robson (U10) was first around the loop of the Range & Penalty Loop in 3min 01sec. Just a few seconds behind came George Richards (U10), 3min 05sec. Youngest skier of the day was five-year old Astrid Ipsen who completed the loop in a very determined 7min 44sec, followed by her Dad who just about kept up with her.

Skiers, helpers and spectators had a great day and went home happy as the snow started to disappear slowly from the lowest trails. We probably would not have been able to race on the Monday.



Poul attempts to keep up with Astrid

### **A CLASH VIRGIN** by Lynsey Gibb

I've been a member of HNSC for quite a few years now. I've always thought of myself as the, don't laugh, silent member of the family. We joined the club as a family to support the boys, but I had NO intention of doing any kind of exercise myself, I know my limitations and that means not strapping two planks to my feet and certainly not getting cold and wet and trudging around in the dark. In my eyes, Thursday evenings were for doing the shopping, walking the dog and most importantly, putting the kettle on so the skiers could all have a nice cup of tea and a biscuit; I like feeding people, it makes me happy. Unfortunately I tend to feed myself as well as everyone else and this extra biscuit or so has started playing havoc with my waistline. Something had to change. I realised it was rather daft to come to a facility where exercise was taken yet all I did was complain about my ever expanding girth. I found myself eating my words and with ridiculously narrow planks on my feet began shuffling around the track on a Thursday night. My technique obviously needs work and I don't go very fast but I'm out there and I'm moving. Graham and I have always found the Club members to be very welcoming and supportive and this has helped us to feel at home amongst friends, as the boys tear round the track. We have benefited from words of encouragement or indeed a one to one tutorial to help us ski better.

After a few weeks I was persuaded that a bit of time on the downhill slope might be helpful, I found this rather terrifying and suffered a good few bruises but over time I've worked myself up to completing the full length of the hill, Duncan even shouted a compliment to me this week which was lovely and rather unexpected. I'm not up to Graham's standard, he's grinning like daft thing as he practices his snow ploughs and "stem turns" that Jason Williamson taught him, you might even think we're enjoying ourselves!

Thursday nights have now expanded to Friday mornings as I've joined Elizabeth Massie's Coffee and Ski, it's often tough to get myself sorted in the morning when it's cold and damp but Elizabeth has been excellent with us all and our diverse group have definitely improved.

Duncan always says I need to get out of my comfort zone, this often ends badly; crying at the top of a scramble net at GoApe (though by the end I wanted to go round again), near hysteria on the swivelly boat ride at Legoland, (we both thought he was going to have to slap me to calm me down) and more relevantly, snivelling after a very unpleasant first introduction to snow at the Clash some 5 or so years ago when my madly enthusiastic son thought he would share his new found passion by taking us down "Deer track". With this in mind, it was with some trepidation that I agreed to venture up to the forest.

It's always amazing to watch all the JDS participants confidently coping with corners, slopes, hills and generally moving on two ski's, so after I'd gone back and forward at the biathlon range, the time came to head out along the tracks. Graham is a very patient man and has been really helpful in instructing me on snow, he never shows his exasperation and puts me at my ease whilst giving me a gentle nudge in the right direction. When Elizabeth took the "Coffee and Ski" group up to the forest the first time, Graham was able to come along too and as a result, benefited from a wee tour lead by Claire Newman. On our second Friday, Elizabeth took us up Shortcut, along the Haute Route and down Highland fling, I did find this quite a challenge but at times when all was silent and I looked at the scene unfolding around me I finally understood the enthusiasm with which everyone speaks of XC. Gravity had a habit of asserting its self on some of the down hills but I decided to help it out at times by carefully lowering myself to the ground rather than waiting for it to jump up to meet me. I made slow progress but indeed progress is still what it's all about, that and having fun. I was rather exhilarated to finish our tour which had taken me to new heights in more ways than one.

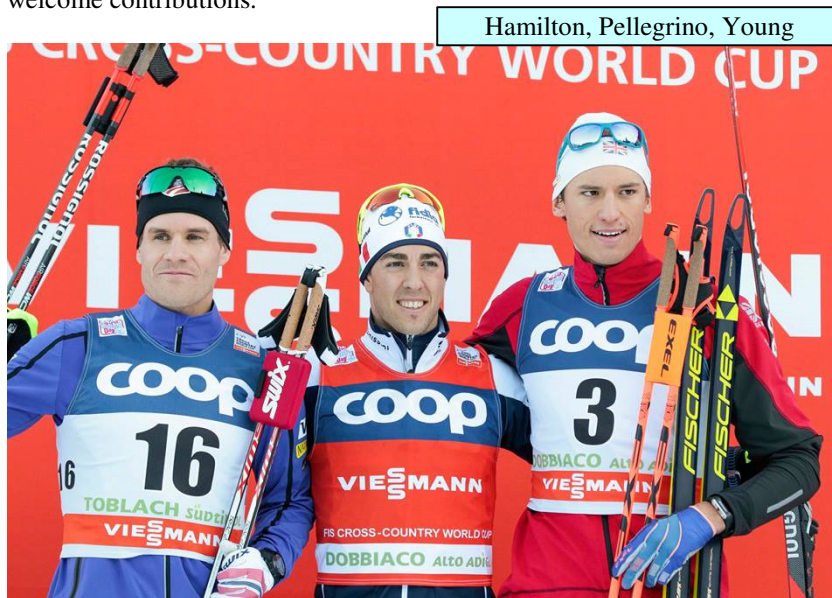
One of the things that's often said to the athletes is that it's really important to have as much snow time as possible, I can't say I had appreciated this as much as I did once I'd had a few trips up to the Clash. Yes, my abilities meant that I felt the snow was too fast (when it was probably really too slow) and my lack of control had me tense with nerves and as a result much more prone to falling flat, but I can now see that there really is no comparison between the mats and the real stuff. It was lovely to go out to the forest one Monday afternoon with Claire and Duncan, the sun was shining, the air was crisp and I had a great time supported by the two of them while Claire's dog Marnie ran back and forward, checking we were all still in sight and that I was surviving.

It seems awful to be complaining about the coming of spring but I was rather enjoying the learning experience that skiing on snow brought me, ah well, I've got a good while to practice my technique, strengthen my core, and get myself in shape for the next cold snap so that I can tackle "Deer track" with a smile on my face.

## **INTERNATIONAL RACE NEWS**

### **Highlights of Huntly skiers on International Duty.**

As usual this is just a brief roundup of events involving Huntly skiers overseas. With so many club skiers away over the winter it is very difficult to keep track of all that is happening. If I've missed important news, apologies. As always I welcome contributions.



The season got off to a tremendous start in December when Andrew Young finished 4<sup>th</sup> fastest in the Davos World Cup Sprints Prologue. He then progressed from the quarters into the semis but just failed making into the final and ended up finishing 9<sup>th</sup>. A top ten for a British skier. The following weekend at Toblach Sprints in Italy, the British ski fans waited in anticipation to see if Youngy's Davos result was a fluke – it wasn't. Andrew set the third fastest time in the prologue, then dominated his quarter & semi-finals. He wasn't overawed by the final and made his bid for victory at the midpoint but was overtaken by Pellegrino (Italy) and Hamilton (USA) in the final steep climb and wasn't able

to overhaul them in the finishing strait. His punch to the air as he finished was no doubt echoed by numerous British fans around the World. In coming third Andrew became the first British skier to win a medal in a World Cup event. Controversy surrounded Andrew Y's next sprint on Stage One of the Tour de Ski at Lenzerheide, Switzerland. He set the second fastest time of the day in the qualification & look on track for another spectacular result. Unfortunately in his quarter-final he didn't see a very poorly placed guy rope that secured an advertising hoarding, fortunately his arm hit it before his neck but it caused an abrupt stop at high speed. He came away from it without serious injury, but it could have been worse. The profuse apologies from the organisers were no real compensation.

Three Huntly skiers were involved in World Cup events this season. Callum Smith managed to find time out from his university studies to attend the mini-tour at Lahti, Finland & the sprints at Lenzerheide, Switzerland. The two Andrews had a long, busy World Cup season, which took them from Scandinavia, through the Alps & ended up in Canada. Andrew Musgrave had several top 20 World Cup finishes & also found time to come 4<sup>th</sup> in the Skiathlon at the Norwegian Championships as well as a 7<sup>th</sup> place in the 15km classic. His season was maybe a little erratic by his high standards but there were enough top results to maintain his potential of medalling at a World event. Muzzy finished his season by coming 9<sup>th</sup> (2hrs 29min 28sec) at the 54km Birkebeiner Loppet which, needless to say, is the best ever finish by a Brit. I must add that also racing was another Huntly skier, Frank Kelly, who finished in 5784<sup>th</sup> place (394 in his age category) in a time of 5hrs 10min 5sec – well done Frank.

Andrew Young completed his season by staying out in Canada to relax & take part in the crazy Red Bull Nordix event where four skiers using skinny skis race head-to-head on a downhill course with bumps, jumps & uphill. I never thought I would see Youngy snowplough in a race but it did look very steep to me. You will find videos on Facebook.

Final World Cup standings:

Musgrave: Overall = 43<sup>rd</sup>, Distance = 31<sup>st</sup>, Sprint = 67<sup>th</sup>

Young: Overall = 46<sup>th</sup>, Distance = u/a, Sprint = 17<sup>th</sup>

(It should also be noted Young is ranked 10<sup>th</sup> in the World in the FIS List Sprint Rankings).

Lynne Gray & Duncan Gibb both competed at the World Junior Championships at Rasnov in Romania. With no snow & temperatures of +20°C the organisers did a tremendous job putting on any races, but a full programme of races were run on trucked in snow. Needless to say snow conditions were poor with debris mixed in. Duncan was pleased to get back to decent snow in the Clash.

Huntly juniors Brodie Murray, Oliver & Fergus Newman & Jack Nicholls raced in FIS races in Sweden, Austria & Germany.

## **SKI CENTRE NEWS**

Some good news - the old, tired ENKA (black) striding lanes are being replaced with some new classic mat made by an Italian company called Società Italiana TecnoSpazzole – an interesting company that mainly manufacture brushes, and ski matting it seems. This mat has been used successfully by the Gouda Langlauf center in the Netherlands:

[www.goudalanglaufen.nl](http://www.goudalanglaufen.nl). It should be noted that this project was initiated by the club & it is great to see that Aberdeenshire Council are investing in the Centre. For the time-being only three lanes are laid, the fourth will be put down once the flood defence works are completed this summer (see below).



If you've been down to the Centre lately you will have seen large amounts of tree felling along the Meadows up to the Ski Centre. This is part of the major Deveron River flood defence works for Huntly. The bit that directly affects the Centre is the 1.7m berm that will run west from the Centre along the river. A footpath will be placed on top of this berm & there is a requirement to build a sloped access directly from the rollerski track. A small corner of the rollerski track will be regraded & will mean a closure of this corner for a short period. The contractors will work around our events to minimise disruption. It is also planned that a ~1m berm will be built along the edge of the artificial track to link with the existing berm. We asked for this to direct the full force of flood waters past the track. We feared the new flood defences could cause a more forceful flood pulse over the track.

## **ABOVE THE TIMBERLINE** *by Colin Miller*

This could have been entitled "Guinea Fowl in Cromdale" or "A Manitou in Rhynie", but that's another story. Although the Mountain Tour of 19th March was cancelled, I was tempted by the settled weather to head for the Cairngorms anyway. At 9.30am, in hill fog, the Cas car park was already almost full, but it was encouraging to see a handful of ski tourists among the throng.

After completing a route card at the Ranger base, I clumped down the steel staircase onto the Northern Corries path. The eagerly anticipated outward journey, more or less following the path westwards towards Lurchers Gully, proved to be a disappointing plod across wet moorland with only an occasional snow patch on which to plant the skis. Then Lurchers appeared, full of snow extending down into the moor in a narrow ribbon and upwards in the cloud in a wider band flanked by chevrons of wide snow at a reasonable angle. On firm and deep spring snow, with enough give on the surface to allow comfortable progress, it was a simple matter to skin upwards for several hundred feet, interspersed with regular pauses to admire the non-existent view. Eventually, with the easing angle suggesting the top of the gully

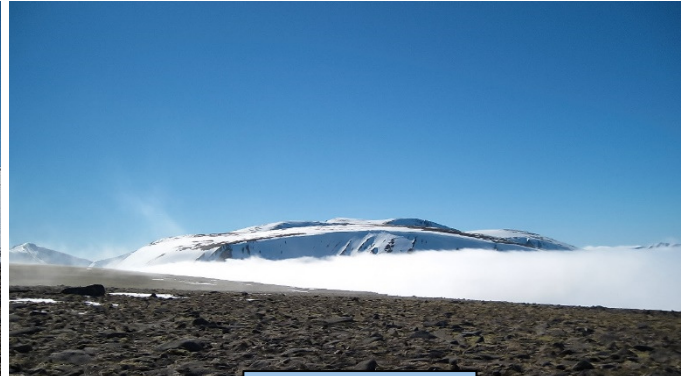


to be near at hand, I diverged up the slopes to the right, with the aim of reaching Creag an Leth-choinn (Lurchers Crag). The snow-free plateau offered an opportunity for lunch, lured on by a hint of sun penetrating the cloud.

With almost no wind, lunch was not too shivery an affair, and fully restored I bent over to re-pack the rucksac. Then it happened. The lights came on and above was a deep blue sky with the glens full of cloud and the incomparable panorama of the Cairngorms in springtime to left and right. Ahead, to the right of the plunging cliffs of Coire an Lochain, a massive snowfield rose towards Cairn Lochain with hillwalkers insect-like making their way uphill, leaving pigeon holes of sunlit steps in the snow. Over to the right rose Braeriach, white beyond a cloud-filled Lairig Ghru, with Cairntoul peeping into view to the south. The camera gave me two shots before the battery expired. It was time to head down into the mirk.



Northern Corries



Braeriach

It would be tempting to recount a full-frontal descent of Lurchers with immaculately executed parallel turns rounded off with a triumphant diagonal schuss out onto the hillside. I shall leave that for others. Suffice to say that my own unique hybrid of repeated snowplough and stem turns gave a most satisfying descent, making full use of the extensive snowfields on the eastern slopes of the gully to enable wide descending traverses in and out of the gully itself. Thank goodness this precious touring resource was left untouched by the threatened expansion of the downhill ski area in the 1980s!

There were twin bonuses to the return journey. Firstly, the cloud layer had thinned and lifted allowing clear visibility across the middle and lower slopes. Secondly, although the snowfields east of Lurchers faded out after a short time, it was only a few minutes' walk to the next offering. This turned out to be the start of an interconnected collection of snow wreaths around the skirts of the Fiacail of Coire an t-Sneachda. Looping up and down the morainic slopes, with only a few grasshopping breaks here and there, it made for thoroughly entertaining progress all the way back to the Allt Coire an t-Sneachda, a short plod back to the Day Lodge, sign off the route card, and enjoy the drive home.

The snowfields around the mouths of the corries repay endless exploration, with something to entertain those of any skill level. All this is readily accessible from the Cas car park and not too heavily dependent upon perfect weather conditions. And there are more ambitious options available too. All in all, and given more generous snow cover, this is a route well worth considering for a future HNSC mountain tour.

#### Equipment notes

In case anyone's thinking of new gear for touring, here are my experiences from the

several trips now completed with the same equipment. I invested a couple of years ago in Salomon XADV 89 GRIP\* non-wax skis, with metal edges, paired with Salomon XADV 8 boots.

Other skis and boots are available (!) but the product literature turned out to be spot-on. The skis turn when you want them to, which was a novel experience compared with the

rockhoppers I generally use at Clashindarroch, and needless to say is a distinct safety advantage on the hill. The skis do have a tendency to fly away sideways at the slightest opportunity, possible because of their width, but a more conscious effort at edging counteracts this. Although I've had to add pads to the ineffectual plastic flaps which are meant to protect one's shins from the metal tag on the zip, the boots are comfortable and supportive. Most importantly, they have good cleated rubber soles allowing relatively easy bog and boulder trotting when necessary. Boots and skis are united by Salomon's "SNS XA MANUAL" bindings which rely on the usual bar-under-the-toe arrangement. These can be a bit fiddly to put the boot into, and it's sometimes necessary to blow snow etc out of the slot, but all in all the ski/boot/binding combination has worked well. Oh, and I nearly forgot to mention the skins. These were a gift which first saw the light of day on a Norwegian trip in the late 1940s, with canvas straps and (presumably) real sealskin bases. Due to loving storage, and after a bit of re-stitching, they have worked a treat although I'm intending to add a further



strap, near the back of the binding, to discourage them from displacing sideways on cross slopes. Nonetheless, they've fully justified my benefactor's hope that they would be put to good use rather than be stuck in a museum.

\* Link to a video describing the Salomon X-Adventure series of skis: <https://www.youtube.com/watch?v=Q1M5f6mjsac> & another one on the XADV boots <https://www.youtube.com/watch?v=n5a4BbauGfk>

## **BASI Level 1 Nordic Instructor Course** *by Magnus Jeffrey*

In December 2015 the British Association of Snowsports Instructors (BASI) held a Level 1 course for aspiring Nordic instructors. It was held in Sjusjoen, Norway, and so I bid farewell to a decidedly green and un-wintery Scotland and jetted across the North Sea to the snow.

There were ten people on the course, and we quickly got to know each other; living in the same hut out in the woods meant that there was no other option! There was a mix of backgrounds and experience, but generally everyone was a full or part-time outdoor instructor, or involved in club training. Several were experienced instructors in other BASI disciplines. The three International Mountain Leaders that lived in Chamonix drew envious comments from the rest of us.



The course/assessment was five days and covered Classic and Skate, both from a personal performance aspect and teaching ability. Due to the experience of the group, there was less focus on teaching and a lot more time on personal performance. Skate 1 was something we paid special attention to; the seemingly endless hill reps ensured everyone slept well at night! Downhill techniques were looked at as well, but the focus for the Level 1 was very much on a strong braking and turning plough. Much to everyone's relief we were not tested on our skinny ski telemarking!



Our trainer for the week was Ewen Martin, and he did a fantastic job of developing the group and delivering an interesting and engaging week. Video analysis was used to great effect and, as always, peer feedback played an important role. After on-snow training during the day, we would return to the hut for discussions on theory, equipment, and Nordic history. The coffee machine was in constant demand as weary skiers (sometimes) struggled to keep their eyes open after coming in from the cold.

If you were lucky there was then a chance to do some stretching and relax. However, there was a hut full of hungry skiers to feed, so we paired up and took turns to do the cooking. Culinary experts were paired with the novice chefs to ensure the food was edible, and the group wasn't crippled with food poisoning. We made it to the end of the week without any issues!

And so by the Friday we had a 90% pass rate, and 10 happy but tired skiers. Everyone was given a development plan and specific areas to focus on if they wanted to work towards their Level 2. The general consensus seemed to be that most would try for the next level. However, irrespective of whether or not someone wanted to continue on the instructor scheme, the course provided really valuable technical training and experience to develop personal technique. Everyone had improved significantly over the five days, and I would recommend the course to any competent skiers looking to develop.

In order to validate the Level 1 course I needed 35 hours teaching/shadowing experience. I therefore returned to Norway in January and teamed up with Nordic Challenge for a week. This organisation is based in Gala (just north west of Ringebu, on the Oslo to Trondheim line) from January to March, and I shadowed their team for a week. We were training three Formula 3 racing drivers, who were complete novices but needed some off-season training away from the race track.

Over the course of the week we taught them both Nordic techniques, as well as navigation and basic winter safety skills. On their final day we held a Patrols Race which incorporated all aspects of training they had covered during the week. Suffice to say both 'recruits' and instructors were very tired by the end, but the training was a real success and the drivers clearly gained a lot from it.



From Gala I went to Venebu, which is on the other side of the valley and on the southern tip of the Rondane National Park. I did a further three days shadowing here. We were working with a very different type of client, and the focus was more on basic mountain tours than track skiing. So although the pace was more sedate than with the racing drivers, we managed to get some fantastic skiing done and see the Norwegian mountains in all their winter finery. The mix of shadowing experiences between Gala and Venebu were invaluable, and should hopefully provide a strong foundation for a possible attempt at the Level 2 course next season. I think there will have to be a few Skate 1 roller-ski hill sessions before then as well...!

### New Members

Welcome to Angela Conroy & also Gillian Esson.

### A few reminders.

- Huntly rollerski race dates:  
Sat 28<sup>th</sup> May – Huntly Sprints.  
Sun 29<sup>th</sup> May – Clash Hill Climb.  
Sat 10<sup>th</sup> Sep Huntly Champs.  
Sun 11<sup>th</sup> Sep – 3-Lap Challenge & Team Sprints.
- Sat 4<sup>th</sup> June – The Ming Summer Endurance Event – bike/run.

CLUB SPONSORS:



A technical problem!



The Clash 17<sup>th</sup> March 2016  
“The Glace de Clash”



The Clash 6<sup>th</sup> March 2016

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