

HUNTLY NORDIC SKI CLUB

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NEWSLETTER No. 48

November 2015

PRE- SEASON ISSUE



Clash snow days 2015/16 = 0 (0 good, 0 marginal)

Editorial

This summer has seen widespread survival of snow patches on the high tops. There have been some remarkable photographs of these patches & the large snow caves some conceal www.facebook.com/groups/snowpatchesscotland. The season ahead, what are the predictions? We've had a bad winter followed by mediocre one so I think we are due for a good winter. You might shout that isn't a scientific prediction but I would argue it is as good as any. Still, not long to wait – we should soon be getting our first snow & the chance to win the Golden Boot.



Sandy at the Engadin

Over the summer Sandy Thorn stood down as the manager at the Ski Centre after running it for the past 17 years. She has had to cope with her employers, Aberdeenshire Council, as well as deal with a demanding Ski Club. At times a difficult balancing act but she has done a great job. The Council now recognise what a jewel they have in the Ski Centre & can bask in its reflected glory, while the Club has learnt what the rules are – sort of! A productive relationship between Council, Centre & Club is the result. But all that work is behind the scenes. For most of us what we have seen of Sandy is her great ability as a ski instructor & the successful JDS is in great part due to Sandy. However don't worry, Sandy isn't disappearing. She will continue to teach & coach at the Centre & help manage the JDS & it is the teaching she loves not all the bureaucratic admin. But again don't worry a safe pair of hands has taken up the reins, Lena Sierałowska, who although not a skier is a very capable organiser & manager.

ROLLERSKI SEASON 2015

HUNTLY SPRINTS – 30th May 2015



Roy practising what he preaches

With numbers boosted by a large contingent of Army & RAF skiers, the usual strong Cairngorm team & skiers from England, we had 55 competitors for the Sprints. All had to cope with changeable weather conditions from warm sunshine to very heavy rain showers that made the track greasy & the skiing tricky. The rain was so heavy at times short breaks were taken to give both competitors & officials some respite. The Army took top spot in both men's & ladies Flat (655m) & Hill Time Trials (1135m), Ben Woolley & Sam Grist. Jack Nicholls was the fastest Huntly skier in third place (1st U16) & will have been pleased to have finished so close to the top two men. Lynne Gray was the first Huntly Lady home, & first U18. In the Junior categories Jack MacLean won the U14 boy's event while Lily Sierkowski was fastest Huntly Girl in 4th.



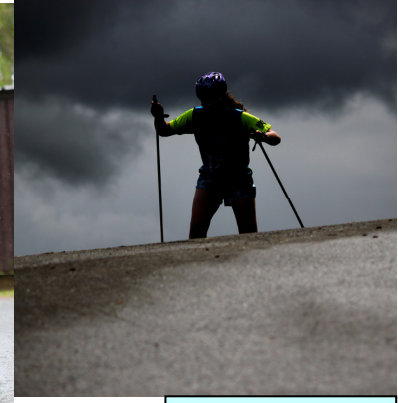
Jack Maclean
Heads off



Gregor Young leads
Army skier Alex Wishart



Cameron Cruickshank



Susan Massie pops
over the hill

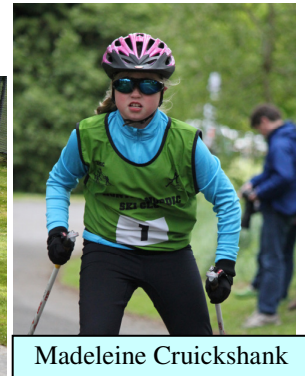
Racing continued in the afternoon & once again we had some dramatic head-to-head races made even more competitive using a shorter 750m course, inner & outer loops. No Huntly skiers made the final of the Men's Elite competition, which was won once again by Ben Woolley ahead of Robert Sircus (CBNSC). However, Lynne Gray & Susan Massie made the final of the Ladies race. Susan had done very well to make the final, having to fight her way through two heats & in the process beat skiers who had faster time trial times. The effort reaching the final meant she didn't enough left in the legs to stay with the pace of Lynne Gray & Sam Grist.



Start of Ladies Final



The Novice -pack



Madeleine Cruickshank

Lynne thought she had the race in the bag after Sam fell but Sam got back onto her feet & ignoring cuts to the knees fought her way back to overhual Lynne. A lesson for all skiers: one, not to give up; two, being decisive when fortune falls your way. The Novice final, over a flat 300m course, was won by Murdo Reid & Madeleine Cruickshank.

CLASHINDARROCH HILL CLIMB – 31st May 2015

The overnight forecast was for storm conditions for Sunday but fortunately this did not materialise & although it was wet to start with, things quickly dried out leaving just a stiff breeze for the skiers to cope with & moan about. The Senior Men's 8.05km race was won in a time of 27min 32sec by Robert Sircus (CBNSC) ahead of Jack Nicholls (U16) & Fergus Newman (U16). Lynne Gray comfortably won the Ladies race in 37min 38sec. Cameron Cruickshank & Lily Sierakowski won the shorter U14 Hill Climb in times of 23min 34sec & 30min 47sec respectively.



Jack Nicholls

Alan Telford had the unheard of comfort of a campervan race office to produce the results in record time. I should also add that some key race organisers were missing for the weekend but Ian Cooper took over as Race Director & Elizabeth Massie as Chief Timekeeper & did a splendid job.



Claire Newman lines up the starters

HUNTLY ROLLERSKI CHAMPIONSHIPS – 5th September 2015.

Our home championships were graced by the presence of one of our Olympians, Callum Smith. It is always good when senior athletes can find time to join us at a club event, it inspires both young & old. Although Callum won the Men's 7.1km by over a minute in a time of 17min 49sec, the wet (yep, wet again) & greasy track prevented him breaking his existing course record of 17min 24sec. Michael May made a rare appearance & demonstrated the fitness gained from rowing at university by coming third behind Robert Sircus (CBNSC). A depleted Ladies field saw Lynne Gray



Aggressive start by Michael May



Flossie Roberts



Callum Smith

comfortably win from two RAF ladies.

Fergus Newman displayed great form to win the U18/U16 5.1km race just three seconds ahead of Jack Nicholls. Susan Massie won the U18/U16 ladies race from Flossie Roberts.

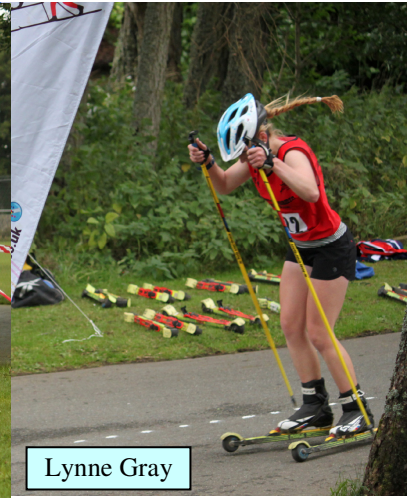
Cameron Cruickshank led home the U14 3.7km boy's race ahead of Jack MacLean. Lily Sierakowski has been training hard & improving all season & this was rewarded with a 2nd place behind Jo Crane (CBNSC) in the girl's race.



Oliver Newman & Zander Bohle
doing a bit of synchronised skiing



Brodie Murray leading
Felix Roberts & Angus Duncan



Lynne Gray

The Novice 1.8km race (3 outer laps) saw a couple of interlopers, in the form of Frank Musgrave (SVet) & Peter Thorn (Vet), both desperate to add some silverware to their rather empty trophy cases. However, the rest of the field had other ideas & left them trailing in their wake. Elspeth Cruickshank (U8) & Ben Calder (U12) going on to win, leaving Frank & Peter to battle for the wooden spoon.



Elspeth Cruickshank



Murdo Reid

David Massie

HUNTLY 3-LAP CHALLENGE & TEAM SPRINTS 16th September 2015.

Although not part of the British Series the 3-Lap Challenge was added to the Scottish Series this year. Despite being a very exciting & competitive event format this event doesn't attract many entrants, only 17 & all from Huntly. And it is free. Things start off with a time trial using inner, middle & outer loops (1302m). Former GB international Alex Standen made a rare racing re-appearance & showed he hasn't lost the knack, coming second to 18 year old Duncan Gibb by just one second. Duncan's time of 13:43 was a new course record. Flossie Roberts gained a little revenge for Saturday's result by winning a competitive ladies race ahead of Susan Massie with Lily Sierakowski not too far behind. Also racing, I use the term loosely, were vets Dave Horsley, Rick Newman, Peter Thorn & Roy Young – all four put on a display that left the other competitors speechless.

Using these time trial results the skiers were put into seeded pairs, fastest with slowest working up & down through the field. The idea of this is to produce equally matched pairs for the Team Sprints, & it sort of works. A short 290m inner loop is used with skiers each skiing three alternate laps with their partner. Two heats of four pairs were followed by an 'A' & 'B' final. The 'A' Final was won by Lily Sierakowski/Alex Standen ahead of Peter Gibb/Cameron Cruickshank who recorded the same time, now there's close. It should be noted that all four vet pairs failed to make the 'A' Final – I'm sure this is telling us something & can only apologise to the unfortunate skiers paired with us.

HUNTLY ROLLERSKI SERIES 2015 – Clashindarroch Cup & Quaich.

This Series is something that has just been started over the past couple of years & is only open to Huntly members. It has added importance in years such as this, when the Clashindarroch Cup & Quaich are not awarded for an on-snow race in the Clash. Members score from all four local races using the points as awarded for the GB & Scot Series. However, for the final 3-Lap Challenge points are awarded ignoring age categories. The reason this is done is because in such a small Series it is quite possible that more than one skier could score a maximum 200 points. This years tables were topped by Jack Nicholls (185pts) from Cameron Cruickshank (180pts) & Susan Massie (185pts) from Lily Sierakowski (179pts). So congratulations to Jack & Susan who were awarded the Clashindarroch Cup & Quaich 2015.

BRITISH ROLLERSKI SERIES 2015.

No senior Huntly athletes made it to the British Championships which was the final event of the 10-race British Series at Hayes on 20th September, 10km FT Time Trial. However, we had representatives in the U18 categories, which were won by Brodie Murray & Lynne Gray.

Huntly skiers topped three of the Junior British Series categories: Jack Nicholls (U18), Lynne Gray (U18) & Cameron Cruickshank (U14). Lily Sierakowski came 4th in the U14 girls age group.

SCOTTISH ROLLERSKI SERIES 2015.

The Scottish Series was increased from 5 to 6 races this season due to the inclusion of the 3-Lap Challenge. Peter Thorn somehow managed to come third in the Senior Men's competition while, far more deservedly, the following juniors won their categories: Jack Nicholls (U16), Duncan Gibb (U18), Lynne Gray (U18), Susan Massie (U16) and Cameron Cruickshank (U14).

NEWS FROM THE FOREST

There has been no significant progress on the conflict over the use of the Leids Leap mobile mast access. I have had some preliminary talks about a by-pass route but these discussions have stalled. It is still a major issue as EE engineers driving up to the mast, when there is snow, wrecks the trails.

TECHNIQUE TIPS

No I'm not going to give advise on improving your skiing technique. I would know the difference from double-dance to Lily's quadrauple quick-step (see photo). I just want to point you in the direction of a cross-country ski technique website. It has some useful videos: <http://crosscountrykitechnique.com>

The Lily quick-step



New Members

Over the summer we have attracted a lot of new members. So welcome to Magnus Jeffrey who has done a lot of ski mountaineering & telemark skiing & was keen to learn to rollerski. The McRae family Ian, Joanne, Anna, Nikki & Glen & the Nymand family Alison, Anders, Asker, Oliver & Nicklas – the children of both families have been involved with the JDS. Lynne Duncan & son Logan & another junior, Murdo Reid, have been regulars rollerskiing this summer but come from an alpine skiing background. Liam Troup is also a member of CBNSC but has joined Huntly to do extra training. And finally, newest member Fiona Stewart who joined at the HNOC Open Day.

The Open Day may yet result in a few more members as well.

A few reminders.

- Send me details of any kit you to sell/give away or kit you need & I will add it to Sale/Wanted lists. Our Ski Sale/Swap evening is Thurs 26th Nov. I will maintain the list until end of year.
- Sat 20 Dec – Winter Ming.
- Sat 2nd Jan – Ski Orienteering.
- Sun 10th Jan – Clash Dash.
- Sat 6th Feb – Secret Clash.
- Sun 28th Feb – HNSC Open Championships.



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