

HUNTLY NORDIC SKI CLUB

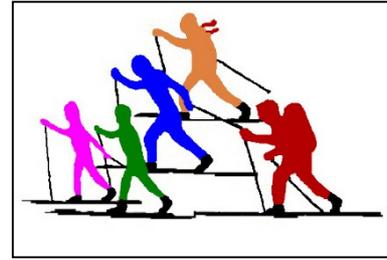
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NEWSLETTER No. 50

October 2016

PRE-SEASON ISSUE



Clash snow days 2016/17 = 0

Editorial

The Club has been spending money this summer and added 25 pairs of Marwe 610 rollerskis to our stock along with a complete set of spare race wheels. It has been decided to move to 610s for next year's Huntly rollerski races. The barrel rollerskis will still be available of those who prefer their stability but I recommend you have a try on the 610s.

There are rumours this is going to be a snowy winter, I know that is said every year, but the long-range forecasts have got to be right sometime, haven't they? So, when the snow comes get out on your skis and have fun – there should be a new trail in the Clash to explore.

After some good contributions for the last newsletter I haven't received any for this one so you will just have to put up with me. But that can be changed for the next Newsletter & I really do welcome receiving your news, your stories. Please send them in. I'm particularly looking forward to reading about our juniors competing this winter, just think of it as extra homework.

NEWS FROM THE FOREST

The Forestry Commission have done a lot of work on the trails this autumn. The best bit of news is that they have repaired the deep ruts on the Herringbone Hill-Norman's Way trails and have also scraped/rolled the main trail through forest. These trails were pretty much unskiable last season. They have also cut back a lot of overhanging vegetation to let in more light, and snow.

Unfortunately, it has not been possible to resolve the issue of vehicles accessing the mobile mast on Leids Hill during winter. When the mast was originally constructed by Orange they agreed not to drive on the trails when there was snow. They have for the last few years required access every 3-6 weeks to service mast & generator & were unwilling to make any other arrangements to solve the problem. In consequence, the Club Committee decided to allocate the £4,000 sponsorship from Vattenfall to the construction of a by-pass route (see map). The trail will wind through the trees and will eventually grass over which will be good for snow-holding. The new owners of the mast, EE, refused to make any contribution to the project. There can be no guarantee that this route will be successful but I did manage to ski it last season. All we need is some snow to test it out.

SUMMER ROLLERSKI RACES

A record number of skiers took part in this year's 10-race **British Rollerski Series** 208 skiers (164 seniors, 54 juniors). Three of the four Junior titles were won by Huntly skiers:

1st Male U18: Jack Nicholls 200pts (winning all five races he entered).

1st Male U14: Logan Duncan 209pts

1st Female U14: Lily Sierakowski 200pts (winning all four races she entered).

The 6-race **Scottish Series** had 104 entries (53 seniors, 51 juniors). Huntly category winners were:

1st Male Vet: Dave Horsley 104pts.

1st Male U18: Jack Nicholls 200pts (Oliver Newman prevented Jack getting a clean sweep of 6 wins).

1st Male U12 (& overall U14 winner): Logan Duncan.

Lynne Gray won all three races she entered & won the U18 Ladies title while Lily Sierakowski won all four races she entered to be U14 girls winner.



Lily Sierakowski & Logan Duncan
GB Series winners.

Jack Nicholls (195pts) & Lily Sierakowski (200pts) won the **Huntly Series 2016**.

HUNTLY ROLLERSKI SPRINTS Sat 28th May 2016.

A record field of 64 skiers took part in the Sprints which, in the sunshine, resulted in some of the closest & most exciting set of races – dead-heats & photo finishes.

Numbers were boosted by 12 novice juniors proving the worth of our Sunday Morning & After-School kids programmes – so well done to the club coaches involved. The novice girl's 655m time trial winner was Rebecca Whyte (U10) from CBNSC while Ewan Musgrave (U12) won the novice boy's race. Special mention should be made of Huntly members Fiona Stewart & Linsey Gibb who had their own battle for the novice vet ladies title. Fiona won out in a time of 4:37 from Linsey (5:05) but what was most impressive was their fiercely fought finish – the video of Linsey falling over the finish line & breaking her pole in the process is worth watching on the club's Facebook page.



Susan Massie squeezes past
The Army's Bronwyn Metcalfe.

Duncan Gibb won the senior men's 655m/1135m combined time trial in a time of 4:06 but was closely pushed by Aberdeen based Norwegian Mats Håpnæs (4:09). As always, Huntly's U18 men caused trouble when the trio of Jack Nicholls, Fergus & Oliver Newman had a three-way tie for first place (4:14) – I believe they are still fighting over the single trophy. And just one second behind was Brodie Murray. Cameron Cruickshank was first U16 followed by Peter Gibb. Samantha Grist (Army) retained her senior ladies sprint title ahead of Sarah Young (Huntly). In third place overall and 1st U18 lady was Lynne Gray (Huntly).

David Massie came 3rd in the U14 boy's race behind Andrew Dare & Hamish Henderson (CBNSC). Lily Sierakowski had a storming race to take the U14 girls title & set the 9th fastest aggregate ladies' time. New club member Zoe McKen put in a good performance to come 2nd in the U12 girl's category, racing for the first time in the longer combined time trial.

The afternoon knock-out sprints produced the usual thrilling & entertaining racing over a 750m course with a succession of close finishes. After battling through the heats, the men's final of Mats Håpnæs, Ben Woolley & Oliver Newman, ended with all three credited with the same finish time of 1min 43sec (new course record). Ben was clearly in third place. At first it looked like Mats had won but a late lunge by Oliver Newman put this in doubt and after much deliberation, including looking at photos & video, it was not possible to split the two and a tie was declared. The ladies' final was won a little more comfortably in 2min 05sec, also a course record, by Samantha Grist from Sarah Young and Kate Lane.



Oliver Newman's late lunge.

The men's 750m Plate Knock-out competition was won by Army skier Chris Stewart & the Novice 300m KO sprints won by Rebecca Whyte & Ewan Musgrave. Fiona Stewart manage to pick up a bronze medal in the female novice final.

CLASHINDARROCH HILL CLIMB Sun 29th May 2016.

The good weather held for the Sunday. Mats Håpnæs was not prepared to share first place again & won the men's 8.05km climb in a fast time of 24:32 ahead of Jack Nicholls in 24:37, which is an U18 men's best time. Cameron Cruickshank was 1st U16 in 32:39. Mishap of the day went to Gregor Young who set off on the long climb only to return a few minutes later carrying



Gregor Young making
a rapid pit stop.

a broken ski. And to his great credit he carried on! After an F1 style ski change he set off again only to be overtaken by a succession of Porsches out on a Sunday drive.

Fiona Crossley (CBNSC) once again displayed her hill climbing prowess, winning the ladies race in a time of 36:40.

Lily Sierakowski won the U14 girl's 4.85km climb in a time 29:53 while David Massie was 1st U12 boy in 33:05. New club members Fiona Stewart & Jane Bleakley made their Clash hill climb debuts & completed the 4.85km course in times of 43:00 & 46:51 which wasn't bad going seeing they had only taken up rollerskiing six months earlier.



Peter Gibb – winner of the most colourful shorts..



Jack Nicholls setting a new U18 best time.



A strong finish by the Newmans.



CAIRNGORM RACES & BRITISH CHAMPIONSHIPS Sat 18th June 2016.

The morning Glenmore Time Trials were followed by the Cairngorm Hill Climb in the early evening. Because the Hill Climb was this year's British Championships a large field of skiers took part. The Men's Senior title was won by Duncan Gibb who was made to work hard to take it. Jack Nicholls & Lynne Gray won the U18 titles while Logan Duncan & Elspeth Cruickshank won the Novice U14 Hill Climb races.

HUNTLY ROLLERSKI CHAMPIONSHIPS Sat 10th Sept 2016.

In senior fields, made up predominantly of Army Biathlon Development Squad skiers, both the Men's & Ladies' 7.1km races were won comfortably by Gareth Griffin & Samantha Grist. First Huntly male skier home was Arne Bohle. There were no Huntly skiers in the 8.05km Ladies race.

Jack Nicholls won the U18 Men's 5.1km race while Brodie Murray & Oliver Newman dead-heated for 2nd place. Cameron Cruickshank was 1st U16 home. Joanna Crane from Cairngorm took an uncontested U18 Girl's title. Brothers James & Michael Slimon from Highland Nordic took the first two places the U14 Boy's 3.7km while in 3rd place, first U12 came Huntly's Logan Duncan. Jakob Ipsen (U12) deserves a special mention as he stepped up from the novice ranks to race for the first time over the technically challenging hill course. Lily Sierakowski was impressive in winning the U14 Girl's race ahead of Elspeth (U10) & Madeleine Cruickshank (U14).

A large field of 10 junior skiers took part in the 1.8km Novice race. Ben Calder won the Boy's race by one second from Kieren Forth (both Huntly) with Rebecca Whyte (Cairngorm), who fought back from a fall at the start to finish just two seconds behind Kieren to win the Girl's race.



1st U16, Cameron Cruickshank



Jakob Ipsen confidently negotiates the hill.

A Huntly team of Brodie Murray, Fergus & Oliver Newman & Jack Nicholls were uncatchable in the Men's relay while a combined Huntly/Cairngorm Junior Ladies relay team comprising Lily Sierakowski, Elspeth Cruickshank, Jo Crane & Rebecca Whyte gave a strong challenge to the Army Ladies.



The Mass start Novice race.

Oliver Newman & Brodie Murray.

3-LAP CHALLENGE & TEAM SPRINTS Sun 11th Sept 2016.

Only 10 skiers turned up for this year's Challenge & Team Sprints. In perfect conditions Oliver Newman set a new course record of 3min 8sec for the 1302m 3-Lap Challenge. In fact, the first three skiers were all inside the old course record. Lily Sierakowski was first Lady. Several club members took some delight in pointing out that U14 Lily beat the Club Secretary Peter Thorn.*

*NOTE: I would like to point out that we actually tied for 7th place overall but for some reason the timekeepers said this equated to a win for Lily.

The ten skiers were then put into seeded pairs for the Team Sprints. A vote was taken & it was decided to have a single five team final which was won by the pairing of Brodie Murray & Peter Thomson.

SKI CENTRE NEWS

The first three new striding lanes have been laid and the fourth one will be put down once the flood defence works are completed. The lanes work very well and have good glide. It is possible to do all three classic techniques: diagonal stride, step double-pole & double-pole.

The Deveron flood defence works start in October and will reach the Ski Centre by January. A short section of rollerski track will be dug up and the construction of the berm alongside the artificial track will probably impact on Centre activities. Inconvenient in the short term, there is a chance it may prevent flood damage of the track in the future.

REVIEW OF JENEX V2 AERO 150S ROLLERSKIS.



Normally you would want an expert to write reviews on equipment. I'm no expert but sometimes it can be helpful to hear the opinion of a less proficient skier who struggles to cope with rollerskis that often have a mind of their own. Plus I'm struggling to think of anything else to pad out this newsletter (another hint for more articles). I bought my Jenex V2's from a member who had decided to retire from rollerskiing (sensible guy).

These are skate rollerskis made with aluminium bodies & large 150mm pneumatic tyres. Mine have the optional extras of speed reducers & a brake on one ski. The total weight with bindings comes in at 2.8kg significantly heavier than normal rollerskis at 1.8-2kg. The pneumatic tyres counteract the high vibration experienced on metal body rollerskis with hard wheels, in fact they give the smoothest ride I've ever experienced on rollerskis. One drawback to having pneumatic tyres instead of hard wheels is the higher lateral slip, or sideways movement, of the tyre as you corner. This can make you feel unstable (or more unstable) as you corner, bit of a sideways rolling motion. I had an interesting first descent of the hill at the Ski Centre until I got used to it. You must keep the tyres fully inflated (90psi).

If you think the large tyres will allow unfettered access to rough tracks you will be disappointed. The V2's are great on rough tarmac. It is possible to skate on flat, well prepared forest tracks without too much loose or deep gravel but potholes, wheel ruts and softer surfaces can make skating problematic, at least for someone of my skill level. But I have

found you can double-pole which leads me to believe a ratcheted wheel would be very helpful on sections of track where you cannot really skate. And this is something I may try.

The speed reducers are effective & these allied with the brake allow you to descend steep hills. I have managed to ski down the steep Suie Hill near Clatt with little difficulty. The speed reducers can be applied while rolling by crouching down and operating the large U-shape handles, you need to take care & practise this. The speed reducers can also be used to add training resistance if you are so inclined. The brake is operated by moving the brake leg forward into a telemark-like position, your calf pushes the brake onto the wheel. Easiest to see on a Youtube video:

<https://www.youtube.com/watch?v=7SIAP7mmyY4> The brake doesn't give instant stopping but if you read the road ahead, make use of the speed reducers I reckon you can get down most hills in the Huntly area safely. I have been using the rollerskis over the summer & I have been able to do some long tours (25km+) over the quiet Aberdeenshire roads, skiing over the roughest of tarmac & without having to remove skis for descents. At the Ski Centre I would use hard wheel rollerskis & V2s are probably not the best things to use for technique training but for long tours they are great & these have proved to be one of my better buys.

A potential problem is flats so it would be sensible to carry a spare inner tube & a tool to remove – not an easy task. I have had some bolts loosen & now carry an allen-key just in case.

New Members.

A lot of new members have joined the club over the summer, welcome to them all:

Jane Bleakley.

Carol, Kevin, Duncan & Zoe McKen

Sarah Dunn, Jonathon Musgrave & Ewan Musgrave.

Patrick, Duggie, Ellen & Lauren Lowe.

Patrick, Victoria, Boudicca & Ryan Farrell.

Catrin Jeans & Fraser Macdonald.

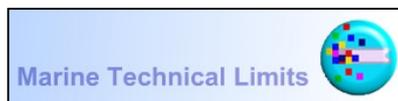
A few reminders.

Membership subscriptions are now due. You all should have received a reminder. Please try to pay as soon as possible, preferably before the end of the year. If you don't plan to re-join please let me know so I don't keep bothering you with reminders.

The AGM is on Thurs 24th Nov, 7:30pm at the Ski Centre.

Sun 18th Dec: Winter Ming & Mince Pie Party

CLUB SPONSORS:



Gregor Young powers past a line of Porphes.

Correspondence to: Peter Thorn
West Craighton Cottage,
Kennethmont,
Huntly, Aberdeenshire
AB54 4QP
Email: huntlynordicsc@yahoo.co.uk