

Issue 56
Autumn '22



TRACKS

The Newsletter for Midland Ski Club Members

**Putting the FUN
in to Fundamentals**

Artificial Race Circuit 2022

MSC members travel to all corners of the UK

More than just skiing
Club members explore Warwickshire countryside

A day in the life of a ski photographer

Welcome to Tracks from the Editor

Contact: news@midlandski.uk



Whilst you might think the summer is a quiet time for Midland skiers – think again! With lovely walks in beautiful weather to our annual Club National race at Swadlincote, members have been as busy as ever. The Inter - regional competition at Swadlincote was a hotly-contested day of highs and lows – for those of you who weren't there, keep reading to find out whether CESA retained the trophy.

Julie Jones - Editor of MSC Tracks

Introducing our Race Managers

Interested in racing? Want help planning what to do or a bit of on-slope guidance on the day? Speak to one of our Race Managers whose job it is to supplement the advice of our coaches in helping plan your races.



Race Manager for ESSkiA
and fun races:
Andre Tchakhotine



Race Manager for Club
Nationals/GBRs:
Les Jones

Your club needs YOU!



We can't run our races without support from our skiers and their families, but we understand that volunteering to be a course official can be daunting. There are various roles involved in running a race, from handing out and collecting bibs, acting as a gate judge on the slope, to marshalling the racers at the top and bottom of the slope. If you are interested in getting involved and would like to understand more, please speak to Di, Dave or one of our race managers and they will happily explain what is involved and arrange for you to shadow one of our experienced volunteers at a race.

Dates for your diary

MSC Club Championships

Friday 4 November 2022

at Stoke Ski Centre

For details on how to enter email

Di Fennell @ lesleyh@blueyonder.co.uk

Winter Race League

at Ackers, Birmingham

Friday 18 November 2022

Friday 9 December 2022

Friday 13 January 2023

Friday 10 February 2023

Friday 10 March 2023

For details on how the format works or to enter all races email Di Fennell @ lesleyh@blueyonder.co.uk



MSC Club National Race

Saturday 2nd July - Swadlincote



Thank you to everyone who helped out at our Club National race on 2 July at Swadlincote. It was a true team effort, involving club members in organising, officiating, catering, forerunning, course-setting, clearing up, coaching and, not to forget, racing!

Full results are available on GBSki, the highlights of which include:



Females

U10

3rd – Beatrice
4th - Loretta

U12

4th – Hattie
8th – Jasmine
10th – Delphine
11th – Olivia
13th - Samia

U14

2nd – Sacha
5th - Kitty
8th - Carys
10th – Marnie
11th – Jessica
12th – Olivia

U16

5th – Georgia
10th – Lucy

U18

5th – Elena

U21

3rd – Hannah

Masters (F)

1st – Claudette
2nd – Louisa
3rd – Joss
4th – Eleanor

Male

U10

1st – Huw
3rd - Elliot

U12

4th – Nicholas
5th – Hugh
7th – Veer
9th – Fenton
13th – Jon
14th - Vanya

U14

6th – Tommy
11th – Cameron
12th – Archie
13th - Arjan

U16

9th – Bob
11th – Reece
16th - Harrison

U18

3rd – Charlie
8th – Jonathan

Masters (M)

5th - Stephen

Amazing representation from the club across all age categories, well done everyone!

Come along to our stand at the National Snow Show on 15-16 October 2022 at the NEC in Birmingham. It's a great opportunity to catch up with club members, buy a few goodies, as well as listening to some of the fantastic speakers including Anna Turney, Keme Nzerem, Chemmy Alcott, Eddie 'The Eagle' Edwards, Mollie Hughes and Tim Warwood.

If you're able to spare a couple of hours to help us on the stand, Jeff would love to hear from you! Contact him via news@midlandski.uk



THE NATIONAL
**SNOW
SHOW**

23 - 24 October 2021
NEC Birmingham

**"THE MOUNTAINS
ARE OURS"**

Alpine Race Training Week - update

By Roger Crombleholme

Thank you to those of you who have expressed an initial interest in training with the club in the Alps this winter. We are looking at options at the moment, including Austria, so please can those families who are interested contact Roger as soon as possible on 07736 821 147 or email roger@wiredforideas.com so that plans can be progressed.

This is a fantastic opportunity for racers to improve their skiing on snow and compete in early snow races.

Provisional dates are the period 28 December 2022 through to 8 January 2023.



The perfect Christmas Gift!

Refresh your wardrobe ready for the winter by treating yourselves to Midland Ski Club clothing. Follow this link: <https://2and2print.co.uk/midland-ski-club/>

ORDER NOW FOR PRE-CHRISTMAS DELIVERY

Ski FUNdamentals

by Maureen Crombleholme

Who on earth would choose to go back to skiing on a dry ski slope after 15 years? Me!



I wasn't sure if this was a crazy idea or just plain stupid! All I knew was that my confidence in my skiing ability had taken a real battering when I was crashed into from behind by a snowboarder resulting in a shoulder injury. Two years on, it is fixed, and ski holidays are on the cards again after Covid. Time to do something radical!

Late 2021, I went to a few of Dave's Friday sessions at the Ackers and then the alternate Thursday FUNdamentals sessions started. (Working on things like balance and movement patterns to improve co-ordination and ski efficiency).

Clem was the first coach and Emma stepped in as Clem prepared for a new knee. They both provided one to one feedback and exercises based on each skier's experience and what they needed to focus on.

For me it was getting out of the bad habits I'd used to try and protect my shoulder and to help me get confidence back in my abilities. I'll admit I was nervous of the dry slope and scared to show how my skiing skills had deteriorated, but I needn't have worried. Both Clem and Emma understood and made sure that the exercises they gave us were suited to whatever we needed to work on and they were fun, if a bit weird at times! They got us back to the fundamentals of skiing and then built on these.

For anyone unsure about dry slope skiing, the FUNdamentals sessions are a great opportunity to help get yourself ski fit for next season and improve your skills so that when you get on snow, it all seems so much easier.

Non-MSc club members can have a couple of taster sessions before they need to join the club, so please recommend the sessions.

If you know of families that ski who would like to prepare for their next ski holiday together, the FUNdamentals session is for all ages, as long as they are able to turn and can use the lift. (Beginners can book lessons with the Ackers).

Are there parents of racers out there who would like to improve and get ski fit? Could you find time to come to the Ackers for 2 hours every other Thursday from September? We are very lucky in MSC, we have some fantastic coaches and they aren't just there for racers. They get lots of enjoyment out of seeing us all improve.

I'm looking forward to FUNdamentals starting again in September and I will certainly be as ready as I can be when I head for the snow slopes this winter.

Thank you Clem and Emma (and not forgetting my other half). You have certainly helped me rebuild confidence in my skiing abilities again. I can't put it all down to using a pair of Ollie Weeks' old race skis!

Ski Fundamentals restarted on Thursday 15 September 2022, 6-8pm, at Ackers, and will be held every fortnight thereafter.

To book visit eola booking system via midlandski.uk

Inter-Regional Championships

Sunday 7th August 2022 - Swadlincote

With alarms set for the crack of dawn, gazebos began appearing slope-side with fast succession ready for the excited regional teams to assemble. A Welsh flag draped in a bush provided a great photo opportunity, and the MSC club gazebo provided welcome shade on what was to become a very warm day.

This was to be a special day. Teams of minis were invited to race for the first time, and our region, CESA, assembled three quality stubbie teams. For the older skiers, stepping out of the shadows of the trophy-winning CESA 'A' team of 2021, this was a day to come together as a region and form new friendships.

The beauty of this competition is that it is a team race. Ski racing is too often concerned with how one racer fares against another on an individual level. But the Inter-Regional is different; and it brings out something different in each racer. Some struggle to cope with the responsibility and pressure of their team needing them to do a fast run, yet for others, this responsibility ignites a fire in the belly that brings out the best in them. For our six CESA teams, it was definitely the latter.

I'm not going to write about individual performances because this was a team event, but from our forerunner who is too young to race yet but raring to get involved, to our over 40s parents who pulled on their CESA jersey with pride, to the three team managers who herded, motivated and commiserated, to the officials who melted under the sun, to the spectating families who cheered themselves hoarse, and to the race organisers who put in so much work behind the scenes, every individual effort made this an amazing team performance from CESA and the three clubs.

Competition on the day was very strong, and whilst we had some relatively new racers competing against national champions, all CESA skiers did themselves proud and gave 100% to their team. CESA 'A' progressed through to the semi-finals and took a well-deserved third place on the podium. Given it was a relatively junior team, and considering the opposition, this was an amazing achievement and shows that the future of skiing coming through the region is stronger than ever.



Well done to CESA 'A'

Isaac, Jonathan, Elena, Lucy, Robert, Joe and Charlie, not forgetting Team Manager Roger!

Artificial Race Circuit 2022

Les Jones rounds up the year so far

In 2022, the artificial race season is back to full strength with races starting back in April in Wales. Throughout the season so far, we have had 44 Midland Ski Club racers represent the club in 41 nationally seeded events across Scotland, Wales and England. With 12 events being run in indoor snow centres, and 29 on dry slopes.

Across the events, we have had racers achieve 48 age category wins and 139 podiums – with 2 overall race wins and 14 overall top 3 finishes. As a club we have had skiers across all age categories, with 12 racers representing Midland for the first time this year.

As a club we have had some outstanding performances across both the indoor and outdoor GBR race series, achieving a brilliant 3rd across both disciplines – and for the Club National race series, being run once again for the first time since the Covid lockdowns, we have achieved a brilliant 2nd place as a club.

This year there were also two team-based duals events, the inter-regional at Swadlincote and the Inter-club at Chatham, both of which allowed for U10/U12 stubbie teams for the first time. The duals events are a great addition to our calendar of races, with the competitors loving the head-to-head nature of racing in parallel down the slopes. For the Inter-regional, we had strong representation within the CESA region teams from the club, across the 3 gates teams and 3 minis teams, with the CESA A team achieving a great 3rd place. For the Inter-Club, we were able to field 2 gates teams and a mini team – with the young U12 skiers achieving a brilliant 4th place against very stiff competition.

In summary, the artificial race season is drawing to a close with only a handful of events left, but there have been some phenomenal performances from the racers representing the club this year, with numerous personal best performances across the board.

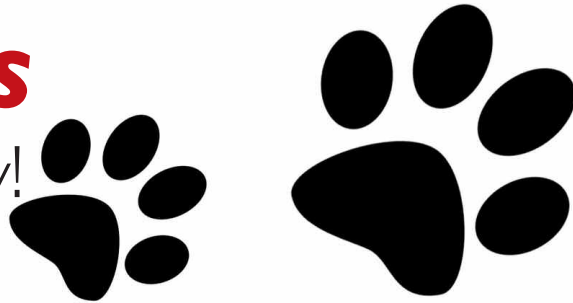
So from myself and the club – thank you to everyone who had raced for MSC this year – we really appreciate the work you put into training, and the determination and resilience shown on race weekends.

Thank you.



Midland Ski Dogs

This edition's poster girl is Riley!



Riley is 3 years old and a huge fan of skiing. She grew up in St. Moritz in the Swiss alps before moving to the UK. Despite this, she is actually Welsh which is her mum's way of trying to get on the Welsh ski team. Riley is the best good girl in the whole wide world and loves to play fetch, do tricks and wag. She trains for agility twice a week and also goes swimming at every opportunity. Riley has been known to try and drop her ball down the luge at Swad for a bit of extra fun!

Riley likes to watch the racers and run along with mum whilst she's skiing if she can. Although she is the most beautiful girl in the world, Riley likes her space and can often be found sunbathing and enjoying some alone time!

You can follow Riley's antics on Instagram @riley.the.collie. Lots of licks and wags to you all!



If you would like your pooch to be featured in the next newsletter, please send in a photo and a few details to news@midlandski.uk.

ESSKIA senior squad training camp by Elena B

In April 2022, I went to an ESSKIA camp in Austria with 40 other skiers who were selected for the English Schools squad. I was selected based on my performance at the Norwich English Schools finals where I was the fastest female in the U16 category.



There were a lot of great things about this trip. I was very happy with the fact Joe Feiven was there coaching because he knows my skiing technique and knows what I need to work on already. The people there also created a comfortable atmosphere, and I had a lot of fun with the other racers, especially my bunk mates. I learned that a big part of skiing is mental. At some points at the time I was away I was thinking 'I can't do this course' because it was new and challenging; as soon as the coaches gave me, after every run, one thing to work on, it made it much easier to improve my technique. After 10.30am, the quality of the snow wasn't great due to late season warm weather but the coaches ensured we were up early to get as much training in as possible before the snow became slush.



Elena pictured with the ESSKIA Squad in Austria

I would love to go again, although maybe at a different time in the year! I also would like to have the opportunity to be selected into the ISF Winter Games which is hosted in 2023 in Turkey. I have applied as I qualify for selection having raced at the ESSKIA finals and also been selected for the squad and attended the camp, but I know that selection will be tough - there are only 5 girls chosen from the U18 category and many of these are already racing in FIS.

A day in the life of a ski photographer.

And how did I get started in it.

By Stuart Brown – Stuart Brown Photography Report by Amelia Trenchard

It's a hectic business ski racing. Early starts, late finishes in the car parks of purple palaces servicing skis. Many miles driven and huge amounts of kit to hump around.

So, what happens when you start to mix a passion for photography into the mix? Well, it gets even busier!! Endless hours at race camps with George meant that I started taking lots and I mean lots of photographs of him and his friends at the camps. I started doing this a few years earlier with him at gymnastics competitions and all the parents were really happy with the pictures and said I should sell them. Looking back at them now they really weren't good enough to sell, but were a great starting point for me to learn.

Roll the clock forward and the dreaded C word happened, and I was able to spend lots of time learning more about my photography and upgraded my equipment to have a setup that was more suitable for sports photography.

As things started to open back up and training camps started again, I decided to sell the pictures from the camps to athletes and their parents. This was a fantastic success and really made sense as I

was there and would be taking photos anyway, so I may as well earn something from it. These pictures were obviously starting to attract attention as Academies were asking if they could use them for their social media and I was asked By Racer Ready to work alongside them shooting the races for the summer 2021 season. I had previously been asked about a possible hook up for Alpine races the winter



before by them. This was fantastic. One thing led to another and by the end of the summer races I was doing this for myself as Stuart Brown Photography.

So, what does a day look like when you are the official photographer for a race or race weekend? It's very similar to that of a racer or supporting parent at a race weekend. You are up early to get to the slope. I am studying the course as it is set and take note during inspection just like the racers. Why do I pay so much attention to this? Simple, it is to try and work out where the best shots will be. My approach to race photography is a little different as I like to tell the story as much as possible and not just to capture that perfect shot for use on Instagram or Facebook.

How many pictures do I take per race? This will very much depend on the number of racers and what format the race is. Is it 2 or 3 runs? Roughly I will take around 20-30 shots per skier that can be used for them per race. There are always some that end up in the bin, but the more you do it the less there are of these. Some of my early races I had almost a 50%



keep rate. As so many were out of focus and unusable. For example, the Llandudno GBR weekend at the end of April, beginning of May I took I took over 10000 photos and the GBR indoor weekend at Chill Factore the following weekend I took around 12000 photos. It's an awful lot of pictures to sort, but the system I use means that only people who enquire about them will have their pictures processed. That keeps the work down for me and makes it as efficient as possible.

What else do I need to consider? Firstly, I need to be accredited with Snowsport England. This means that I have to agree to certain conditions of use of photographs, how I display them, doing safeguarding training and generally not showing the sport or its participants in a bad light or to the detriment of the sport.

So, what's in the bag? I have my main camera, a Canon 7D mkii paired with a Canon 70-200mm f/2.8 L USM lens. This combination gives me enough zoom to get close to the



action a body that shoots at 10 frames per second, is weather sealed. Very important in the British weather and on snow. Good autofocus and tracking. The lens is fast and with high quality glass helps ensure sharp pictures and with the wide aperture a shallow depth of field that means I can isolate the subject and have a creamy foreground and background. This all adds to the optimal result for a sports photographer. Did I say it was weather sealed? So important, especially at Pendle!!

The rest of the bag contains a backup body. A Canon 7D, both the bodies have battery grips on them to allow them to run from 2 batteries. A Sigma 17-50mm f/2.8 OS lens, ideal for wider shots and landscapes. A Canon x1.4 mkii extender, which means I can turn the 70-200mm lens into a 98-280mm equivalent lens. This certainly means I have plenty of reach for what I want. I always carry another 5 spare batteries, battery chargers and USB battery charger, mini tripod, hot shoe mount to allow



me to put my mobile phone on the top of the camera. This means I can film video whilst tracking and taking pictures with the camera. External flash, lots of memory cards, memory card readers, converter to allow card reader to go straight into my phone, cloths, hi viz waistcoat, hi viz jacket (the infamous lollipop man coat), rain covers for the camera, rain covers for the bag, note pad and pens, external hard drive and a few other bits and bobs that come in handy.

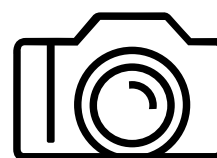
Hopefully I'll keep snapping you all out there whilst racing.

Stuart Brown

PHOTOGRAPHY

www.instagram.com/stuart_brown_photography

www.facebook.com/stuartbrownskiphotography



Thursday morning social skiing at the Snowdome

By Gillian Pickard



One of the disadvantages of living in the Midlands is the lack of skiable mountains, or even hills anywhere near enough to be reached on a regular basis within our own borders. The pandemic's restrictions have drastically impacted on our skiing for two seasons now and those of us not keen on plastic have been deprived of our sport on the white stuff. How to keep the skills honed and the muscles toned for our eventual return to Alpine skiing?

Over the past months a regular group of skiers from the Midland Ski Club have met up informally at the Snowdome in Tamworth. The MSC has no official presence there, the club is our link. Some have skied recreationally whilst others have joined the over 50's coaching session that the Snowdome run bi-weekly. It has proved a popular choice and although I advertise one date per month to meet, ski and socialise, most people opt to come more often.

The next few sessions earmarked for a social ski at the Snowdome are: -
Thursday 13th October 10:00-13:00
Thursday 10th November 10:00 - 13:00
Thursday 8th December 10:00 - 13:00

Please book directly with the Snowdome

The details of the sessions can be found using this link: -

<https://www.snowdome.co.uk/ski-snowboard/lift-pass-sessions/lift-passes/>

Choose 'Coaching, then Over 50's Club' or 'Discount Sessions', then 'Morning Club' if you want recreational ski only. Being a member of the Snowdome gives you a reduced price and if you intend to come regularly, I recommend joining – you very quickly get your money back and more.

Prices are: - Adults

Over 50's Morning Club - £45.00 (£31.50 member) (includes tea/coffee)

Recreational Morning Club - £39.00 (£27.30 member)

Normal skiwear is necessary, **helmets are compulsory**. Boots, skis and helmet hire are included in the price or bring your own. If you use their skis ask for the best, newest ones! Remember to bring a mask or buff. There are small lockers available in the changing area to store your stuff whilst on the slope. These require a 20p piece which is non-refundable.

Some of us stop for lunch in the Alpine Bar afterwards.

I do hope you will come along and be part of the regular group. If you let me know you are coming and I/we will look out for you!

Gillian Pickard



Do you need skis servicing?

Adventuruss Ski Servicing

As a racer myself, I will take great pride in servicing your skis. Whether you train/race on snow or dry slopes I have all the necessary equipment to make sure your skis and snowboards are operating to the highest possible level so that you can perform at your highest possible level.

It's very important to have your skis serviced to allow your skis to perform but also stay in perfect condition. This means that you never have to worry about your equipment for your next day of racing.

As I have no expensive overheads I am able to offer very competitive pricing as follows:

Hot Wax – £10

Edge - £10

Edge, Wax, Side Wall and Base File/full service – £25

Free Collection and Delivery within 15 miles of Lichfield

For all enquiries please email info@adventuruss.co.uk

10% of all prices will be donated to The Ellie Soutter Foundation

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Supporting

The **Ellie Soutter**  **Foundation**

Members go potty for new training night and venue



From Monday 3rd October, MSC will be training at the fantastic facility at Stoke-on-Trent Ski Centre, by the superb MSC coaching staff.

Just a hop, skip and a jump up the M6 - Training will run from 6.30pm, giving members additional time to make the journey.

Just follow this link to book on <https://eola.co/w/1107/activities>

We hope all members will support this new initiative.



John Arnold Training Week 14th January 2023

We are looking forward to hitting the slopes in mid January to hone our skills for the forthcoming season. We have 4 coaches and 42 skiers booked so far and 3 people on the reserve shortlist.

Our venue of Niererau in the Juwel ski area of the Tyrol offers plenty of skiing with a good variety of pistes.

With a full days skiing with instructors over 6 days participants raise their skiing to another level of ability.

If you are a MIDLAND SKI CLUB MEMBER and wish to be added to the reserve list please feel free to contact me on 07578428864 or email bryanarnott@gmail.com.



GB
SNOWSPORT

**Amber Fennell selected for
2022-23 GB Freestyle Squad**



Congratulations to Amber who has been selected for the GB Freestyle Snowboard Slopestyle & Big Air squad.

Read more here <https://gbsnowsport.com/new-names-join-familiar-faces-in-2022-23-freestyle-squad/>



Meet the Coach

In this issue we find out more about Josef Feiven



How long have you coached with the club? 4 Years

How old were you when you first skied? 11

Where did you learn to ski?

Ackers and Pila 1st time on snow

Favourite UK dry slope?

Stoke or Pontypool

Favourite snow resort?

Flaine and Aosta Valley

What skis do you use?

Dynastar Speed Omeglass WC FIS SL

Best ever race result

Winning the GBR Series Indoor Senior Male, and in an individual race 2nd Senior Male in the British Outdoor Championships.

Biggest crash

I have had lots of near misses in dual slalom racing at Gloucester and Stoke, but the biggest crash in terms of injuries would have been when I broke my thumb training before a session I was supposed to be coaching and insisting I stay to coach. Not very spectacular though ...



Ski idol

Marcel Hirscher - The way he could recover from mistakes in his run and generate more speed and time from these was incredible.

Why do you love skiing?

Racing in the UK it would be the friends and people at each of the races. It is such a sociable and friendly scene that it is something to look forward to of a weekend in the summer. In terms of skiing overall, it would be the adrenaline rush and thrill of flying down the mountain at speed, trying to get two bits of wood to turn exactly how you want them to.



How do you spend your time when not skiing?

Working has seemed to consume all of my time recently including the time I used to spend skiing. When either working or skiing I spend lots of time listening to music and also playing it.

Tell us something about you that might surprise us?

Before taking up ski racing at 18, I spent many years racing a bike across the UK. There are lots of similarities between the two sports biomechanically and this has definitely helped me on my ski racing journey. I'm still involved in the sport but decided it was much less effort to be a commissaire (official) than it was to race.

Can you give us one tip for aspiring skiers?

Focus on yourself when skiing/racing rather than where you are after a run or the result of your race. It's too easy to compare ourselves to everyone else and skiing is an individual sport. We can only control our run, and focussing on going out and skiing the best we can is a much better mindset than going out to be faster than other people. You could ski the best you ever have and someone may just be faster on that day - that isn't something that should detract from your run or make you feel disappointed as it isn't always about the end result.

Fun in Finland – David Beech

In February of this year I ventured off to Finland with my son James. Why Finland? Well it was something different and I was very keen to have the chance to see the aurora borealis. The skiing? Well my expectations were not set too high, reading up the terrain was hilly rather than mountainous and with limited mileage, James was going to be snowboarding and I was going to be on a set of twin tips so I could just go and play, and possibly get a snowboard if there wasn't much to go at. This was more about James and I having some time together as like everyone else we were not able to take a family holiday the previous year.

As the holiday approached, we did of course look at the weather forecasts and saw that there hadn't been any snow for quite a while and there wasn't any due whilst we were there, oh dear!

When we arrived in Kittila airport and got on our connection to Levi we noticed the big difference between this and our experience of going to a resort in the Alps, where you tend to look out for snow on the way and especially as you head up to the resort. Here the white stuff was everywhere, admittedly we were only 15 minutes from Levi but this set us on our way with big smiles!

We were staying at the Crazy Reindeer Hotel, the room was really nice with a basic equipped kitchen area and an ensuite sauna - lush! The facilities of the hotel were really good and the food was fabulous. The hotel was a short distance from the "front pistes", this is one of the four main areas of Levi, along with the Northeast, Southeast and South pistes. The first day saw us go off to explore, James was very nervous about tackling the lifts with his board (this was his first time boarding in resort) - and we have all seen the entertainment a new boarder can give the lift queue, but this he managed with aplomb. We were extremely pleased with the terrain and conditions, the only time that we had to queue was at lunch time at the world

cup gondola which linked back to all other areas, all other lifts were really clear. We made sure we avoided it at that time for the rest of the holiday.

Initially we spent some time exploring the pistes but it wasn't long until we noticed that there were quite a lot of trees between the pistes that had untracked snow - time to play. Considering they hadn't had snow for some time the conditions were exceptional and there was so much fun to be had.



We went to South Park which is a fantastic floodlight park with some features to keep the pros entertained, thankfully there were a variety of challenges so we had our share of fun there too. There was also a junior south park (maybe an oxymoron given the cartoon) in the same area that provided a wave track and some easier features to get started on, at the bottom of these pistes was a mini park and on the front slopes there is a fun park for the small ones.

A few days in we were skiing through the trees at the bottom of the large, but closed, free ski area that covers a fair portion of the piste map. Well this was where we were having a ball so we decided to go onto the top of the free ski area and have a look, this was really exposed and the conditions were quite gnarly with proper windswept boilerplate with exposed rocks. Well, go big or go home, so off we trot. It wasn't long before the boilerplate gave way to some excellent snow and better yet we noticed that to the right it was completely untracked - Jackpot! The free ski area was our home for a couple of days, open areas that offered up deep

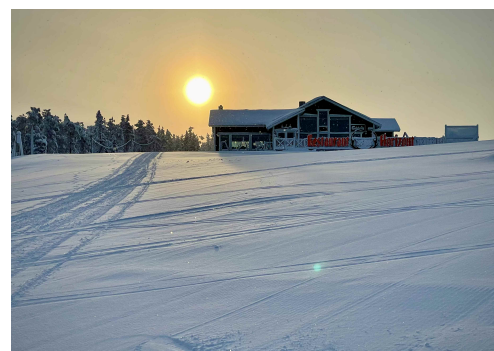
powder and plenty of trees to navigate all round.

After this I think James was somewhat broken and decided to take a day off to rest, in fairness I think that it is harder work on a board. I spent all morning skiing the unpisted G2 world cup Levi black, surprisingly quiet and then went to practise skiing switch. James did join me for lunch, food on the slopes is reasonably priced, Finland is meant to be very expensive but in fairness that seems to mainly be with regard to alcohol. Eating out in the town was also reasonable with some really nice restaurants, James and I were both in full agreement that the reindeer burgers were by far the best burgers we had ever had.

We did take an afternoon off to visit the ice village at Lainio, created anew each year by a team of ice sculptors, with a different theme, it was space this year and it was quite something to see, you can stay at the ice hotel but we passed on that! There are many other excursions on offer too.

We didn't see the Northern Lights but that really doesn't matter, our holiday to Finland was amazing. Some of the scenery is breathtakingly beautiful. Would I recommend Finland? Completely and unreservedly. I definitely want to go back again and may even get to see the lights next time...or the time after that!

A note of thanks to Terina and Chris who convinced me that it was worth going to Finland when I was considering it, "you will enjoy it" they said - and how right they were!



Support the Club co-Chair doing the Great North Run

On Sunday 11th September I did the Great North Run in aid of Alzheimer's Research UK. This charity means a lot to me as my mother suffers from dementia, which is such a cruel disease. Their mission is to bring about the first life changing dementia treatment by 2025, a very noble aspiration indeed and I am hoping to contribute in a very small way towards supporting this.

Should you wish to donate to this appeal it really would be greatly appreciated. The link is given below;

https://www.justgiving.com/fundraising/David-Beech12?utm_source=copyLink&utm_medium=fundraising&utm_content=David-Beech12&utm_campaign=pfp-share&utm_term=6ffc921140a94545ae2fb62d85de20ed

Or email me on dabhand13@gmail.com

Many thanks

David Beech



social scene more than just a ski club

By Catherine Frankenburg

Tuesday 18 October

Walk in North Warwickshire area with a pub stop, details to be confirmed depending on numbers, led by Yvonne and Graham Gossage. Please contact Yvonne Gossage (yvonne.gossage@outlook.com) for details.

Saturday 19 November

Walk in the Henley-in-Arden area led by Jill and Peter Seamen, details to be confirmed depending on numbers. Please email Jill and Peter for details (pj@seamen.plus.com)

Thursday 29 December

Post Christmas Walk in the south Cannock Chase or Over Whitacre area, with a pub afterwards, all ages are welcome. Details to be confirmed depending on numbers. Led by Catherine Frankenburg and Clem Chakki.

Please contact Catherine for details (cfrankenburg@hotmail.com)

A walk in North Warwickshire with a bit of history along the way

Yvonne Gossange reports...

On Thursday, 21st July, Graham and I were joined at Hartshill Green, N. Warwickshire, by Catherine Frankenburg, Fran Mercer, Gill and Steve Pickard, Paul Smith and Chris Stradling for a walk of around 8 miles. Clem had accompanied Catherine but was unable to walk with us owing to his recent knee replacement. It



was good to see him though and he joined us after the walk at the Malt Shovel where an excellent meal was enjoyed by all who were able to stay.

Unexpectedly, drizzle started on our journey to Hartshill and by the time we set off we were in proper rain after a dry spell, though fortunately everyone was prepared. I was appreciative of the loan of a pair of socks having forgotten mine - thank you Gill!

Initially, we set off along the Quarryman's Walk, a route walked by miners from the local quarries where excavation has taken place for hundreds of years, some quarries being long-since abandoned and full of water. We were very close to the urban environment and soon crossed a main road out of Nuneaton to take a path through one of the

local green spaces, Windmill Hill Nature Reserve, which led down to Springwood Haven Marina and the canal.

We followed the Coventry canal as it wound its way peacefully through the countryside, interest also provided by ducks and boats. Easy walking on a good path enabled us to chat and as the weather brightened we were able to discard our rainwear. A storyboard beside the path suggested that we were close to the site of Boudicca's last battle with the Romans in AD 61 on the Roman Watling Street, now the A5. A map identified the site and battle layout.

Before leaving the canal, we stopped for a welcome break and refreshments.



From the canal, we walked up through fields to reach Purley Park, an area of extensive woodland, before emerging to cross a road and join a more recently constructed path high above a working quarry. It was fascinating to glimpse the large pool of bright blue, mineral-rich water through the trees that have grown quickly from saplings and now annoyingly obscure much of



the view, and then further on the working quarry itself came into view.

Leaving the quarry behind, we were soon in Hartshill Hayes Country Park where the landscape opened out in front of us from our elevated position. A great spot to rest on a bench, have a drink, and take in the extensive view. However, our table at the Malt Shovel was calling us, where Clem was also waiting patiently, so reluctantly though refreshed we left the lovely setting to walk through the country park.

We were soon back at our cars to change our footwear and make our way to the Malt Shovel after having said our goodbyes to Paul and Fran who were unable to join us there. Thank you to our skiing friends who joined us on this walk in our local area.



What Do Skiers Do When They're Not Skiing?

Gillian Pickard explains more

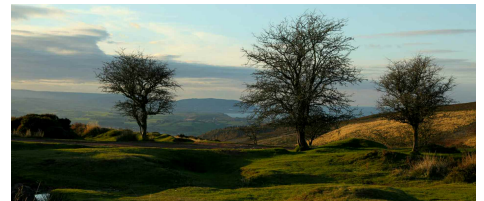
Back in the MSC's past an end of season trip used to be held. The skis are put away (waiting for the first flurries of snow the following winter) and it was an opportunity to enjoy the UK's countryside, going up and down hills by our own steam.

We are in the process of planning a trip to end the 22/23 season in an area the club has yet to explore.

We have identified The Premier Inn at Minehead, Somerset as an ideal base to explore a wealth of walks and outdoor activities. We plan to build on the very successful "Alternative Walking Week" which came about when we had to defer the John Arnold Training Week last January. The format of individually booking in to a Travel Lodge gave everyone the flexibility to stay for a duration that suited their individual needs. This Inn has a Brewers Fare adjacent to it where a good breakfast can be enjoyed, a supermarket for any packed lunch supplies and plenty of dining establishments nearby. The local steam railway station offers another option for accessing some of the more linear walks, plus plenty of interesting places to visit if the weather is unkind.

There are plenty of different areas to be explored but here is a flavour of just a couple:

The Quantocks - Characterised by deep wooded valleys or "combes", open heath land and rich flora and fauna, the Quantocks are ideal for walking, cycling and horse-riding. Such is their special quality; this area was the first in the country to be designated an Area of Outstanding Natural Beauty in 1956.



Exmoor - Within its 267 square miles Exmoor National Park contains an amazing variety of landscapes that provide inspiration and enjoyment to visitors and residents alike. Large areas of open moorland provide a sense of remoteness, wildness and tranquillity rare in southern Britain, while spectacular coastal views, deep wooded valleys, high sea cliffs and fast flowing streams all combine to form a rich and distinct mosaic.



Trip Date: Monday 8th until Friday 12th May 2023; **Duration:** 4 nights Mon- Thurs

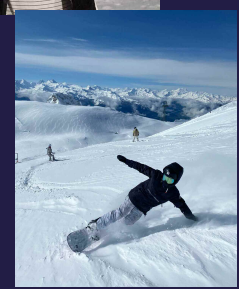
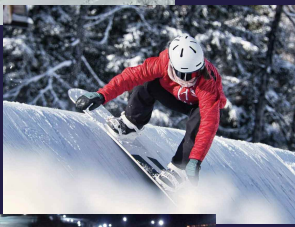
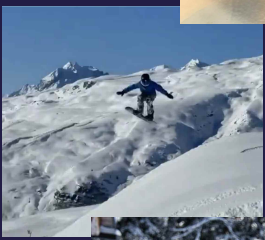
To Join the Trip: You can make your own booking at: - Website: premierinn.com

Address: Seaward Way, Minehead, TA24 6DF; Phone: (0333) 234 6516

Let me know that you're booked in, we will set up a WhatsApp group for easier communication.

Gillian Pickard





Following the tragic death of Team GB athlete Ellie Soutter on her 18th birthday, her family has committed to continue fundraising in her memory. We support upcoming young winter sports athletes, both financially and mentally, to help them fulfil their potential and achieve their dreams.

Please help us to help our young winter sports athletes

Supporting talented young winter sports athletes through funding initiatives and coaching them through the pressures of professional competition.

We have created different corporate funding packages for all budgets, offering promotional opportunities to businesses. You can make a real difference to a talented young winter sports athlete

VISIT OUR WEBSITE

www.theelliesoutter.foundation

TO MAKE A DONATION VISIT:
www.gofundme.com/f/riding2win

media@theelliesoutter.foundation

If you have any news stories or photos to contribute, please send them to news@midlandski.uk