

BRITISH MASTERS CROSS COUNTRY SKI ASSOCIATION

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2022 "Roll on Seefeld 2023" edition

"When I was growing up, I had a step ladder, after my real ladder left when I was very young" – Anon

Masters World Championships, Canmore 2022; best MWC ever?



Success for GBR – almost perfect, Onion Jack (twice), Silver medal, "Harrisson" the name on the screen; the only thing missing is Laura herself!



Success for BMCCSA – Jack White (Canada) steps up for the first of his three Gold medals in Canmore

Read inside for as complete a report on Canmore as can be expected without being there!

Editorial

Who would have believed, when I sat down to write the last BMCCSA Newsletter that, by the time I sat down to write this one, there would be war in Europe? This has had immediate effects on the Masters; we won't be going to Syktyvkar for the MWC in 2024 as originally planned, and it seems unlikely that we'll be seeing Russian (often the biggest national team) or Byelorussian skiers for a while. Who would have thought, late in 2021, when I was planning my busiest on-snow ski season ever (two weeks training in the Engadine in January, one week training in Seefeld in February, World Masters in Canmore in March and a week coaching for Snowsport England in Norway also in March), that only one of these trips would take place? Covid and Long Covid took care of the first and third, and Brexit (British coaches no longer permitted to coach in Norway) dealt the fatal blow to the fourth. Who would have thought that the British Team for the MWC in Canmore, originally small but beautifully-formed, would eventually be reduced to one, albeit medal-winning, member? Answers to one, some or all of these questions on a postcard, please.

I'd planned the usual, long, Newsletter article about the MWC in Canmore (the MWC is, after all, the reason why BMCCSA exists) recording our trials and tribulations from that event and giving all our results. But it was not to be. We did have a British presence at the event, and BMCCSA was also represented by two of our North America members, so we do have a report from Canmore, which people are describing as the best ever (that's Canmore, not the report!).

With the snow season now nearly over, it's time to look forward to a packed programme of roller skiing over the Spring, Summer and Autumn. Yes, folks, after a two-year absence, the British Roller Ski Series is back, starting at Redbridge, East London, on Sunday 24th April. As I write, there are some details of the Series to be finalised, in particular how many races will count towards the Series, but we're possibly heading towards five races instead of six in the past. You will find the calendar of roller races as it stands at the moment, and I encourage as many of you as possible to enter as many races as you feel up to doing.

For the first time, many Series races (especially those in the south and Leeds) will be using 'same type' roller skis: Swenor Alutech with No. 2 wheels for classic and Marwe 610 with US6 wheels for free technique (or slower). We no longer have the stock of 'matched' Marwe 610s, so 'same type' rollers is the best option for fair racing left available. No. 2 and US6 wheels are the standard wheels which are supplied with these rollers, unless one specifies something different, and many people now have them. So there's a high chance that everyone will be on much the same equipment, and using rollers which their owners are used to using is a further advantage. We will even ensure that we have a few pairs of Alutechs and Marwe 610s available for those who want to race but don't have their own. So, if you're thinking of roller racing, or have raced in the past and want to start again, surely this is the season to do it.

Of course, if you want to dig out those rocket rollers or rocket wheels and whizz around at high speed, there are still options to do so. The Clashindarroch Hill Climb, the Lancaster one-hour race, and possibly the Cairgorm Hill Climb (if it takes place) all allow a free choice of rollers.

Once the roller skiing season is over, it will be time to look forward to the snow season and, in particular, the World Masters in Seefeld in mid-March 2023. I know that I say this every year, but this is surely the year when Great Britain should be able to put forward a large team and to do well. Seefeld is easy and cheap to get to, most of us know the venue and have skied there several times, the tracks are excellent, and there's a wide range of accommodation, ranging from cheap AirBNB apartments up to top-of-the-range hotels, all within walking distance of the tracks. Full details will follow in the September Newsletter but, if you're thinking that Seefeld is for you, please get in contact so that we can start to organise accommodation, etc. I can tell you that I'll be there for a full two weeks (and have already booked an AirBNB place), but don't allow that fact to put you off!

Enjoy the roller skiing season, and I look forward to meeting you at the various race and training meetings this year.

New members

Several new members to welcome this time, as follow, taking membership up to 94:

Polina Onnes: "I spent half of my childhood (as in 6 months a year) cross-country skiing to club level, growing up in Adam P's beloved Syktyvkar in north Russia, but not for many years after that and it was always classic, as skating came about a bit later. Some biathlon – military prep. was part of the school curriculum in the former Soviet Union, so we marched in gas masks, assembled Kalashnikovs timed and blindfolded, etc. I took up roller skiing in the Spring of 2021, – after many years of not skiing since moving to the UK. No, it's not like riding a bike! Nevertheless, my rollers are clocking up a healthy mileage, predominantly along the Cambridge Busway. I had a little coaching with Jordan's gang (Barbara and Marty) and, after that, have been self-coached via any number of internet resources and my helpful husband, a non-skier who tries to coach me based on the laws of physics! Skating is what I've been learning on rollers, a bit more focused post-summer, so the past six months or so. I was due to attend another day course at Dorney, but then my whole family had Covid just when it was coming up. My two children are also developing a taste for all things skiing and I'm looking forward to not having to postpone snow destinations due to Covid.

Outside of skiing, I work for a City consultancy, on their in-house publishing (is roller skiing one word or two?). I also run the girls' section at my local cricket club, which I started a couple of years ago alongside a coach who is a former test cricketer, played for Sri Lanka (aka the groundsman's wife). It's a summer sport that seems to combine well with roller skiing all year round!"

John Mook: "I identified Nordic skiing way back in the late 1980s as the type of skiing that I would love to try. Before that discovery there was just Alpine skiing; not something that I was particularly interested in. I'd watched Ski Sunday on TV and, as spectator sports go, it was a Sunday afternoon highlight (remember how Sunday afternoons were back then – waiting for tea time when shops and bars were closed? Yes, it was definitely a highlight!). Study, work and family, however, became the priority for my time and money. When escaping from those priorities I managed to get up mountains as often as I could, but not on skis.

Moving on to 2018: I was in Norway, and remembering that there was a type of skiing that I'd like to try, I managed a couple of hours shuffling skis under my feet and stopping myself falling over using a couple of poles. I really enjoyed it and was amazed by the skill of the people that whizzed past me. Back in the UK I thought that would be the end of it, for me. Then, a few months later, the notice board at a local sports village drew my attention to the Yorkshire Dales Cross Country Ski Club.

Early in 2019 I went on one of their "Taster Sessions". I enjoyed it and signed up for their five-week starter course (all on roller skis of course). I decided to concentrate on classic and even entered my first race (Manchester Club at Lancaster 4 (something) km in 30 minutes and I fell over twice). Early in 2020 I ordered my own classic roller ski equipment. We all know what happened next!

Towards the middle of 2021 I'd got back to the roller ski level that I'd reached before lockdown. Someone suggested that experience on snow would help, so I signed up for the club holiday.

During my week in Seefeld I had an amazing time on the longer blue routes and even managed part of a red route. For me that's something that I have aimed to do for such a long time – it felt very good! I've identified areas to work on and have been encouraged by how I have transferred skills on to snow (who'd have guessed that skis would slide sideways).

Looking forward, my immediate main aim is skills development with a view to being able to be more competitive. My observation about racing is this: racing just won't work if everyone is a winner, therefore, those keen souls that fill all the other places are just as important! So, I may start by joining those valiant "glass half full" people competing so as not to be last place (again)! After that?? Well, I've joined the British Masters in a more spectator-related role, but who knows?"

John Allen: “I grew up and went to school in South Norfolk, and always liked the idea of being good at sport. The reality was different and, despite being a half-decent fast bowler, I soon decided that if I were to become good at sport it needed to be something that did not involve hitting a ball. At secondary school I started going on the annual alpine ski trips to Switzerland where I discovered a love of being in snowy, mountainous places, and started enjoying the feeling of movement on snow. Even at this time I saw Nordic skiing and decided I would try it “one day”. At the same age I joined the local athletic club where I ran cross country in the winter and 1 500 m in the summer. Neither with any particular success, but I enjoyed the freedom and simplicity of the sport.

At eighteen I joined the Air Force and, as a trainee, running became part of life. Again, I didn’t take it too seriously but enjoyed it a lot. My first posting after training took me to South Wales where a colleague introduced me to road cycling and I quickly became hooked. The next posting was to Germany where there were more opportunities for cycling and I did more and more of it. Also in Germany, I met another colleague who introduced me to mountaineering. This took me back to the snowy mountains, and the RAF gave me lots of chances to practice mountaineering in many parts of the world and in work time. The next posting was to Scotland where my mountaineering really took off, completing expeditions all over the UK, Spain, the Pyrenees, Yosemite and the Alps. Long, hard winter mountaineering routes were my favourite, but I also became a competent summer climber. During the time in Scotland, I continued cycling but as a hobby rather than a serious sport.

After leaving the Air Force in 1999, I took a job where I was going to be less active than previously, and a colleague jokingly suggested I enter the London Marathon to keep up my activity level. I entered and got in so, after nine months of training, I plodded around the 2001 marathon in a little under four and a half hours. This introduced me to long distance running which I have enjoyed ever since and become considerably better at.

In the years that followed I ran and cycled on and off to keep some fitness, until 2015, when I started to take cycling seriously. I began to train with a genuine structure and started to enter club time trials and other events.

In 2007 I finally decided to have a go at Nordic skiing. A package holiday to Finland gave me an introduction and I found it to be every bit as good as I had hoped. For a few years, I took one- and two-week holidays and just enjoyed the skiing. It was not until 2015 that I discovered Yorkshire Dales Cross Country Ski Club and started roller skiing at York. This allowed me some continuity of skiing development for the first time, and I had the opportunity to receive some good coaching.

Following the lifting of the Covid restrictions in Spring 2021, I roller skied pretty seriously, covering about 500 km by the end of that year, alongside the running and cycling I had been doing already. During that time, I developed my technique and also started to train seriously to gain specific ski fitness.

Joining the British Masters seemed a natural move but, as yet, I don’t know whether I will race.”

Mark Black: Mark wrote “I am curiously interested in GB masters cross country skiing events, although have no idea of the standards required. I normally do a couple of skate marathons in France per year and spend the winter season in the Alps in Meribel, doing a mixture of alpine and Nordic skiing.

I am basically 49 years of age, but have no idea what age categories you might have within masters skiing, hence my curiosity. If you have age categories around this then a guide as to what sort of times would be needed to meet any requirements over 42 km and 700 m climbing would be interesting. I just normally do the Marathon du Grand Bec, a lovely marathon near us, not a large crowd, or sometimes the Marathon de Gliere in France, again a small race not like some of the over-subscribed well-known races.

The Grand Bec this year was 40.5 km and Strava tells me 700 m climbing for which I managed 17.8 km/h average and 2 hours 27 minutes. I never seem to get much better but am holding my own as I get older! Being based in France I might be interested in the Austria and Italy Masters events”. I wrote back and, shortly afterwards, received the requisite £20! All new members are warmly welcomed.

British Roller Ski Series – a look back and a brief look forward

What is the British Roller Ski Series?

The British Roller Ski Series was re-established, in its current form, in 2004 by the former Snowsport GB Nordic Executive. It is intended to encourage increased participation in the sport of cross-country skiing or, more specifically, roller skiing, allowing people from all over the UK to race each other over different distances, while offering fair competition open to all standards of skiers and, ultimately, finding the best overall skiers in five different age categories.

These age categories (age on the preceding 31st December) for the Series overall, male and female, are:

- Senior over 18,
- Masters over 40 and over 60,
- Youth 14 to 18,
- Junior Youth under 14.

The youngest Masters age category, 40 (as opposed to 30 for the MWC) was, in principle, chosen to avoid the embarrassing situation (at least for younger skiers) of the Senior categories being won by Masters but, because racers can score in both the Senior and Masters categories, it has often been a Master who has won both or, even, a 60+ racer who has placed in all three age categories!

In the early days, races, at least in England, were often combined with a coaching weekend and the races themselves were fairly low-key events attracting a wide range of abilities. As things developed, more dedicated race events became the norm, they became more 'serious' and, although they grew in the number participating, some of the 'fun racers' no longer entered. 'Fairness' came most into question when 'rocket rollers' started to become popular, at least among the better and faster skiers. Anyone without such rollers stood no chance of ever doing well. This led, at various times, to 'matched roller' races, which helped even up the competition (although how the Huntly Club continuously contrived to supply me with the slowest pair of Marwe rollers in their stock remains a mystery to this day!). With most races these days run on equal and relatively slow rollers, there's no reason for fun racers to stay away.

In most years, the Series has been made up of about 10-11 race events, with 6 counting towards the overall Series but, to score in a maximum of 6, competitors have to race in at least one event in England and one in Scotland. Points are awarded in each age category on the basis of 1st = 50 points, 2nd = 45, 3rd = 42, 4th = 40, 5th = 39 and so on down to 43rd = 1 point.

For some years, there were trophies for first and second places in all adult categories, these being trophies on which the winner's name was engraved each year, the idea being that each trophy became more 'valuable' as names were added to it. We hope to return to these this year. The Bob Lacy Memorial Trophy is also awarded annually to the best male skier over 40 at the British Championship, a race specified as such at the beginning of each year and which moves from venue to venue each year.

Who's won the Series?

I've been through the records and tried to extract the adult winners (all age categories), as far back as I can go, and these are shown below, together with the total number of adults scoring points in the Series. Before 2012, ages weren't always well-recorded so, for earlier years, I've given only Senior and Masters (i.e. 40+) but even this needed some guesswork! The Series did not, of course, take place in 2020 or 2021.

2019					
			Number of participants = 135		
Senior male	Senior female	Male 40+	Female 40+	Male 60+	Female 60+
1) Steve Perry	1) Beata Nowok	1) Steve Perry	1) Beata Nowok	1) Roger Homyer	1) Amanda Richardson
2) Martin Watkins	2) Amanda Richardson	2) Martin Watkins	2) Amanda Richardson	2) Lauro Franzese	2) Arnould Aline
3) Jason James	3) Megan Campbell	3) Dave Horsley	3) Megan Campbell	3) Des Goff	3) Edwina Hill

2018				Number of participants = 111			
Senior male 1) Martin Watkins 2) Steve Perry 3) Richard Vail	Senior female 1) Beata Nowok 2) Amanda Richardson 3) Fern Cates	Male 40+ 1) Martin Watkins 2) Steve Perry 3) Kieren Jarrett	Female 40+ 1) Amanda Richardson 2) Fiona Crossley 3) Katlin Tischhauser	Male 60+ 1) Roger Homyer 2) Peter Gurney 3) Christopher Richards	Female 60+ 1) Amanda Richardson 2) Mary Wray 3) –		
2017							
Number of participants = 138							
Senior male 1) Patrick Rodwell 2) Adam Pinney 3) Carsten Uth	Senior female 1) Holly Rees-Lay 2) Amanda Richardson 3) Stephanie Cook	Male 40+ 1) Adam Pinney 2) Carsten Uth 3) Steve Perry	Female 40+ 1) Amanda Richardson 2) Fiona Crossley 3) Megan Campbell	Male 60+ 1) Roger Homyer 2) Des Goff 3) Martin Appleby	Female 60+ 1) Amanda Richardson 2) Annika Taylor 3) Penny Caldwell		
2016							
Number of participants = 153							
Senior male 1) Jordan Andrews 2) Max Zardini 3) Gareth Griffin	Senior female 1) Stephanie Cook 2) Amanda Richardson 3) Fiona Crossley	Male 40+ 1) Max Zardini 2) Christian Ewald 3) Grzegorz Motyka	Female 40+ 1) Amanda Richardson 2) Fiona Crossley 3) Glennis Dore	Male 60+ 1) Christopher Richards 2) Des Goff 3) Roger Homyer	Female 60+ 1) Amanda Richardson 2) Glennis Dore 3) Penny Caldwell		
2015							
Number of participants = 153							
Senior male 1) Robert Sircus 2) Gergely Somogyi 3) Max Zardini	Senior female 1) Fiona Crossley 2) Amanda Richardson 3) Glennis Dore	Male 40+ 1) Max Zardini 2) Steve Perry 3) Neil Salmons	Female 40+ 1) Fiona Crossley 2) Amanda Richardson 3) Glennis Dore	Male 60+ 1) Christopher Richards 2) Frank Musgrave 3) Des Goff	Female 60+ 1) Amanda Richardson 2) Glennis Dore 3) Penny Caldwell		
2014							
Number of participants = 129							
Senior male 1) Gregor Young 2) Lachlan Cowie 3) Adam Pinney	Senior female 1) Fiona Crossley 2) Amanda Richardson 3) Glennis Dore	Male 40+ 1) Adam Pinney 2) Brian Adams 3) Vimukta Thurlow	Female 40+ 1) Fiona Crossley 2) Amanda Richardson 3) Glennis Dore	Male 60+ 1) Christopher Richards 2) Des Goff 3) John Anderson	Female 60+ 1) Amanda Richardson 2) Glennis Dore 3) Margaret Chalmers		
2013							
Number of participants = 102							
Senior male 1) Dave Horsley 2) Andy Goodwin 3) Scott Slorach	Senior female 1) Fiona Crossley 2) Amanda Richardson 3) Kim Vale	Male 40+ 1) Dave Horsley 2) Stephen Young 3) Alex Bessarab	Female 40+ 1) Fiona Crossley 2) Amanda Richardson 3) Kim Vale	Male 60+ 1) Christopher Richards 2) Des Goff 3) Martin Appleby	Female 60+ 1) Amanda Richardson 2) Penny Caldwell 3) Glennis Dore		
2012							
Number of participants = 83							
Senior male 1) Hector Cowie 2) Frank Kelly 3) Carl Pointer	Senior female 1) Fiona Crossley 2) Katy Homyer 3) Posy Musgrave	Male 40+ 1) Dave Horsley 2) Steve Perry 3) Neil Salmons	Female 40+ 1) Fiona Crossley 2) Amanda Richardson 3) Glennis Dore	Male 60+ 1) Christopher Richards 2) Martin Appleby 3) –	Female 60+ 1) Amanda Richardson 2) Penny Caldwell 3) –		
2011							
Number of participants = 103							
Senior male 1) Callum Irvine 2) Carl Carrier 3) Steve Perry	Senior female 1) Fiona Crossley 2) Wendy McRae 3) Anna Irving	Male 40+ 1) Steve Perry 2) Dave Horsley 3) Adam Pinney	Female 40+ 1) Fiona Crossley 2) Wendy McRae 3) Dagmar Junghanns				
2010							
Number of participants = 113							
Senior male 1) Scott Dixon 2) Mike Dixon 3) Adam Pinney	Senior female 1) Fiona Crossley 2) Wendy McRae 3) Sarah Young	Male 40+ 1) Mike Dixon 2) Adam Pinney 3) David Horsley	Female 40+ 1) Fiona Crossley 2) Wendy McRae 3) Dagmar Junghanns				
2009							
Number of participants = 130							
Senior male 1) Andrej Honczar 2) Mike Dixon 3) Yevgeny Gorbenko	Senior female 1) Fiona Crossley 2) Rachel Buttery 3) Wendy McRae	Male 40+ 1) Mike Dixon 2) Adam Pinney 3) Gerard Evans	Female 40+ 1) Fiona Crossley 2) Wendy McRae 3) Dagmar Junghanns				
2008							
Number of participants = 145							
Senior male 1) Mike Dixon 2) Ivan Gorbenko 3) Alan Shepard	Senior female 1) Fiona Crossley 2) Wendy McRae 3) Barbara Baker	Male 40+ 1) Mike Dixon 2) Alan Shepard 3) Gerard Evans	Female 40+ 1) Fiona Crossley 2) Wendy McRae 3) Barbara Baker				
2007							
Number of participants = 101							
Senior male 1) Mike Dixon 2) Andrew Musgrave 3) Alan Shepard	Senior female 1) Fiona Crossley 2) Wendy McRae 3) Fiona Hughes	Male 40+ 1) Mike Dixon 2) Alan Shepard 3) David Horsley	Female 40+ 1) Fiona Crossley 2) Wendy McRae 3) Ros Brown-Grant				
2006							
Number of participants = 77							
Senior male 1) Mike Dixon 2) Gerard Evans 3) Adam Pinney	Senior female 1) Fiona Crossley 2) Posy Musgrave 3) Karolina Bicova	Male 40+ 1) Mike Dixon 2) Gerard Evans 3) Adam Pinney	Female 40+ 1) Fiona Crossley 2) Wendy McRae 3) Helen Bell				
2005							
Number of participants = 70							
Senior male 1) Patrick Winterton 2) Petr Kuznetsov 3) Mike Dixon	Senior female 1) Fiona Crossley 2) Olwen Thorn 3) Irene Chawko	Male 40+ 1) Patrick Winterton 2) Mike Dixon 3) Adam Pinney	Female 40+ 1) Fiona Crossley 2) Irene Chawko 3) Helen Bell				
2004							
Number of participants = 153							
Senior male 1) Sorin Milas 2) Mike Dixon 3) Three equal	Senior female 1) Fiona Crossley 2) Gillian Sowden 3) Fay Potton	Male 40+ 1) Mike Dixon 2) Brian Adams 3) Adam Pinney	Female 40+ 1) Fiona Crossley 2) Mary Wray 3) Helen Bell				

And what about this year, 2022?

Excellent question, glad you asked. The Roller Ski Series is back in force (calendar overleaf), mostly on matched or ‘same model’ rollers. Rules are much the same (but maybe only 5 races will count overall), so dust off your rollers and let’s see you on the tracks!

GB Roller Ski Race Calendar 2022

DATE	EVENT	GB Series	VENUE	ORGANISER	NOTES
Sun. 24 April	12 km – FT	GB 1	Redbridge	Hyde Park	Starts at 12:30. Marwe 610/620 roller skis with US6 wheels, or slower (6 km junior/novice race).
Sun. 15 May	12 km (8 lap) time trial – FT	GB2	Hayes	LRNSC	Starts at 13:00. Marwe 610/620 roller skis with US6 wheels, or slower (shorter junior/novice race).
Sat. 28 May	Huntly Sprints – FT	GB 3	Huntly	Huntly	GB Series race will be combined time of two time trials. K.O. sprints in the afternoon. Races start 10:00. Organiser will supply Marwe roller skis.
Sun. 29 May	Clashindarroch Hill Climb – CT	GB 4	Rhynie A941	Huntly	Minimum age 11. Any type of classic roller, must have ratchet. 8.05/4.85 km climbs.
Sun. 12 June	15 km mass start – CT	GB 5	Hayes	LRNSC	Starts at 10:00. Swenor Alutech roller skis with No. 2 wheels, or slower (shorter junior/novice race). Starts at 14:30. 2 lap classic Sprints (not British Series), roller skis as above.
Sun. 19 June	15 km mass start – FT . British Championship	GB 6	Leeds	Snowsport England	Starts at 09:30. Marwe 610/620 roller skis with US6 wheels, or slower (3.0 and 7.5 km junior/novice race). Starts at 15:00. 2 lap, 2 x C, 2 x F, club relay (not British Series), Alutech/Marwe 610/620 as above.
Sun. 3 July	24 km (16 lap) mass start – FT	GB 7	Hayes	LRNSC	Starts at 10:00. Marwe 610/620 roller skis with US6 wheels, or slower (shorter junior/novice race) Starts at 15:00. 2 lap, 2 x C, 2 x F, club relay, 2 male, 2 female (not British Series), Alutech/Marwe 610/620 as above.
Sat. 6 Aug.	Fife races, 1.6 / 3.2 / 6.4 / 9.6k mass start – FT	GB 8	Fife Cycle Park	Fife RS Club	Start time TBC. Marwe roller skis provided by organisers.
Sat. 13 Aug.	1 hour – FT		Lancaster	Lakeland	Starts p.m. TBC. Any type of roller ski under FIS rules. Furthest distance in 1 hour wins.
Sun. 4 Sept.	2 x 2 lap (3.0 km) Team Race – CT		Hayes	LRNSC	Starts at 12:00. One male, one female, teams, ability handicap (not British Series), Alutech rollers as above.
Sat. 10 Sept.	3.5/5.4/7.1 km – FT	GB 9	Huntly	Huntly	Registration from 9 a.m., races start at 10:00. Relays follow main races. Marwe roller skis provided by organisers.
Sun. 11 Sept.	Cairngorm Hill Climb or Time Trial – FT	GB 10	Glenmore Lodge	CBNSC	Start TBC. Distance/roller type TBC.
Sun. 18 Sept.	24 km (16 lap) time trial – CT	GB 11	Hayes	LRNSC	Starts at 10:00. Swenor Alutech roller skis with No. 2 wheels, or slower (shorter junior/novice race). Starts at 15:00. 2 lap (3.0 km) free individual sprint (not British Series). Marwe 610/620 roller skis as above.
Sun. 2 Oct.	2 x 2 lap Team Race – FT		Hayes	LRNSC	Starts at 12:00. One male, one female, ability handicap (not British Series). Marwe 610/620 roller skis as above.
VENUES HAYES: Minet Cycle Circuit, Hayes, Middlesex HUNTLY: Huntly Nordic and Outdoor Centre, Aberdeenshire GLENMORE LODGE: Glenmore Roller Ski Track, Aviemore CAIRNGORM: Ski Road, Aviemore FIFE: Fife Cycle Park, Lochgelly, KY5 8AA LEEDS: Brownlee Centre, Bodington Avenue, Leeds, LS16 8NA			CONTACTS AND WEBSITES Hyde Park, Iain Ballentine, iain@rollerski.co.uk ; http://rollerski.co.uk/race.html LRNSC, Adam Pinney, aapinney@ntlworld.com ; http://londonnordic.org.uk/roller-ski-racing/ Huntly, Peter Thorn, huntlynordicsc@yahoo.co.uk ; https://www.nordicski.co.uk/ Snowsport England, Adam Pinney, aapinney@ntlworld.com ; https://www.snowsportengland.org.uk/ Fife Roller Ski Club, Alex Standen, alex@snowsportsotland.org ; https://www.facebook.com/FifeRollerSki/ Lakeland, Mike Smith, pillarsmilnthorpe@gmail.com ; https://www.lakelandxcski.com/ CBNSC, Naomi Dargie, cairngormbiathlonnordicskiclub@outlook.com		

Five reasons to take a training break

By Valentin Belz, DATASPORT, October 2021

A training break gives the body and mind the opportunity to recover and recharge their batteries once a year. Admittedly, it's not that easy finding the right time to take a training break. The autumn runs are currently in full swing, afterwards city runs will continue, and then the cross-country skiing season is ready and waiting again. Those not wanting to forego one or the other will inevitably rush from race to race without ever giving their body and mind the chance to fully recover. And while it is common for top athletes to take a break, this is frequently omitted in the training plans of amateur athletes. In all fairness, it would actually be very easy to do since it doesn't require any additional time. You just need to forego your "normal" training and ensure you don't fill up the extra time with work.

Anyone who puts on running shoes several times a week, gets on a bike or goes swimming, is basically doing a lot of good for their health and an improved performance capability. However, if they do this for months on end without a long break, train intensively on a regular basis, and take part in competitions, then they should recharge their batteries properly once a year and give their body and mind time out.

THE EFFECTS OF A BREAK SPEAK FOR THEMSELVES

1. **A break can bring your hormone levels back into balance.** Training and competitions mean stress, especially when you have to combine them with your work and family life. The body responds with an increased production of stress hormones, which can get out of hand and weaken both your immune system and resilience in the long run.
2. **Your motivation and mental willingness to perform will return.** Your desire to resume your training workload will return during or after the training break at the very latest, and you will be pleased to see that you can organise your intensive units and competitions just as successfully as before.
3. **Passive structures can recover.** While regular training can do you a lot of good, the smallest injuries to the passive musculoskeletal system continue to crop up during training, which are unable to fully heal due to the short breaks between the individual training units. A longer break ensures that these so-called microtrauma injuries can heal completely again and won't lead to a major injury that would require a longer break.
4. **A break will take you to a higher level of performance.** In the short term, a break of several weeks leads to a reduction in performance. However, after a few weeks of specific training, you will regain your previous level of performance because your body has memorised it. And because you return invigorated with new energy and freshly charged batteries, you will even exceed your previous level of performance.

More time brings new perspectives. When you are in your hamster wheel, you have absolutely no opportunity to think about your goals, motivation or training. During the break, it is therefore worthwhile to look back on the past season and think about when you felt good, were in shape, and what you want to achieve and improve next year.

Try and take a training break of at least 3-4 weeks. But you don't need to reduce your training workload to zero if you can't do without your sport. However, avoid exhaustive and intensive training units, choose new forms of movement and, above all, do them according to your mood. Give your mind new food with everyday programmes that have nothing to do with sports for once. And finally, use passive recovery measures to treat yourself to something that you can only dream of during your normal training phase.

With the winter season just finished, and the roller ski season not yet started, now, April, would be the perfect time for that break! Ed.

Masters World Championships, Canmore, March 2022

Once upon a time, the British Team for Canmore was looking small but reasonable, accommodation was booked and training trips planned. But then Omicron Covid intervened and, one by one, the team shrank; people didn't want to spend a long time in a hairy plane, there was a risk of being 'trapped' in Canada if Covid was caught while there or, in my case, Long Covid paid another visit and showed no immediate signs of leaving again in a hurry. So, eventually, our team became Laura Harrisson, making her debut and fully representing Great Britain, Laura's partner Jan Thomas Rossiter representing Ireland and a sort of proxy BMCCSA member by association (he's certainly offered no membership fee whatsoever!), and long-time BMCCSA members Steve Smigiel representing USA and Jack White for Canada. And what a shame it was that we couldn't get more people to Canada, because photos from the event seem to show amazing tracks and conditions and Laura Colnaghi of Italy, who's competed and medalled in many MWCs over the years (she's now competing in the F08, 65-70 year old, category), described it as "The best MWC ever"!

There were other notable absentees: Russia, for the initially bizarre reason that their Covid vaccination (Astra Zenecaski) wasn't recognised by the Canadian authorities and then the small matter of an invasion, and other countries for much the same reasons as for our athletes. So, as the following table shows, the vast majority of entrants came from Canada or USA which, interestingly, seems to support my idea of having annual 'regional' Masters events and a big World Masters every four years:













Canada	511	Austria	8	Ireland	1
USA	88	Denmark	6	Spain	1
Finland	20	Australia	3	Slovenia	1
France	20	Estonia	3	Taipei	1
Norway	19	Italy	2	Unaffiliated	1
Switzerland	12	Sweden	2		
Germany	9	Great Britain	1	TOTAL	708

708 participants is low by modern Masters standards, but is broadly in line with other North American MWCs in the past: 1981, Canada, Morin Height = 104; 1983, USA, Telemark = 650; 1986, USA Lake Placid = 620; 1989, Canada, Quebec = 720; 1992, USA, Anchorage = 712; 1995, Canada, Canmore = 1018; 1998, USA, Lake Placid = 1028; 2002, Canada, Quebec = 979; 2008, USA, McCall = 1219; 2011, Canada, Sovereign Lake = 1125; and 2018, USA, Minneapolis = 746. So typical North American numbers are around 750 but, interestingly, Canmore in 1995, Lake Placid in 1998, McCall in 2008 and Sovereign Lake in 2011 are amongst the highest participation levels of all MWCs. Perhaps interesting to note, too, the very low numbers from Germany, Austria, Italy and Sweden, and no participants from the Czech Republic. Covid-free, Seefeld 2023 has got to be better than this and, in fact, Seefeld 1988 (we've been there twice before) holds the absolute record for participation by miles, at 1 480!



They're off, up the gentle slope out of the stadium

With the event in early March, one might have expected typical early-March European temperatures and conditions, i.e. sunny and well above zero. But one's expectations would have been at least partially disappointed because, as the following table shows, even though it was often sunny, temperatures were always well below zero over night, leading to some chilly mornings and, in fact, back to the sort of temperatures we used to enjoy back in the mid-1990s, especially for the long classic race!

Day	Sun. 4 th March	Sat. 5 th March	Sun. 6 th March	Mon. 7 th March	Wed. 9 th March	Thur. 10 th March	Fri. 11 th March
Event		Medium distance free	Medium distance classic	Short distance classic/free	Relays	Long distance free	Long distance classic
Conditions, day		 30 % chance of flurries	 Clearing	 Snow flurries	 Mainly sunny	 Mainly sunny	 Mainly sunny
Max. temperature		+1 °C	+2 °C	+2 °C	-7 °C	-3 °C	+5 °C
Conditions, night	 30 % chance of flurries	 60 % chance of flurries	 Clear	 60 % chance of flurries	 Partly cloudy	 Periods of snow	
Min. temperature	-10 °C	-10 °C	-3 °C	-11 °C	-12 °C	-14 °C	

With no one on the spot able to provide our normal, detailed, report of the event, we have to rely on Team Captains' Meetings, some random photos (I could find no 'racing' photos of any of our members) and a report from Jack. So shall we start with that?

"As a Canadian Master and part time GBRMSKIASERT%#@&% (I may have gotten some of those symbols/letters wrong) ah, British Masters member, your esteemed leader Adam asked me to do an item on the MWC, He tells me he couldn't make it this year for lack of training because all ski tunnels and snow making equipment in your country shut down due to warming temperatures. I'm so sorry to hear that.

The city of Calgary is where most Masters flights flew into to access Canmore, which is located in the first eastern valley of the Rockies, a series of mountains that run north/south in Alberta and British Columbia. Canmore is not unlike small towns located near the Alps in southern Europe, "it's a little tourist town"!

The Canmore Nordic Centre is a cross country skiers' delight with snow making equipment and hundreds of kilometres of trails with varying degrees of difficulty, or not. This year's MWC took place at the Biathlon Centre which is located a few hundred feet from the main centre. As the site is located in a Provincial Park, the trail system could not be shut down for the races, but no problems arose from this and, in fact, only made it more exciting. The very wide trail system was divided down the middle "half for local recreational skiers and half for racers" making it all the more enjoyable with skiers all along the trails cheering Masters racers on. Every day there were hundreds of skiers taking advantage of the trail system and on weekends that increases to thousands, again a cross-country skier's delight.

As Canada's National Director for seven years in the 90s, I travelled to many MWC events from Russia (now a bad word) to Italy and have marvelled at how small towns come up with enough volunteers to run such an event, but I guess pride in their communities is a large factor. This year's event showed no lack of these smiling volunteers from the parking lots to the race site and everywhere between. Over the years I have made it a point to smile and THANK every volunteer I came across as they make our races possible, please do the same at a future event.

Organization of this MWC was superb with a flow of information sent out on a regular basis starting last autumn and right up to the event itself. All races ran according to schedule except for an hour delay one morning due to cold, but the sun heated things up in that short hour. Medal ceremonies took place each evening outside the Civic centre in downtown Canmore (you will note from the photos, medal winners wearing "Cowboy/Girl hats", these were not "keepers"). Opening ceremonies also took place at this location with the highlight being dancing and drumming performed by local Indigenous peoples, which gave some of us "palefaces" something to ponder as we may just have borrowed some of their lands!

I won't go into any results as these can be accessed on the WMA site but many medals were given out to many people.

A highlight of my trip was seeing and having a few lengthy chats with Canadian legend skier Pierre Harvey, who I first met in 1983 at a World Cup race in Labrador City way back when Gunde Svan and Vladimir Smirnov were favourites. Pierre was always known as a classy gentleman and he has not changed at all, always taking time to talk to anybody, with interest and ever-present smile. His son Alex (another great skier) is now a lawyer in Quebec City.

Anyway Adam, I hope your winters return to normal, and you will be in top form and itching to race at Seefeld in 2023. Enjoy the roller ski season.

Jack”



Jack, left, with former World Cup star for Canada, Pierre Harvey



Laura (GBR) and Jan Thomas (IRE), both medallists

In the following, just to give you an idea of performance levels, I show the winners and last-place finishers of each end of the age groups which do the same distance, e.g. M1 to M6 and F9 to F11, together with BMCCSA results and a few other interesting results.

Middle distance free technique, Saturday 5th March

Men's M01-M06 30 km

Fastest	Joachim Gustafsson	FIN	M03	1.14:42.8	24.1 km/h		
1)	Andre Tremblay	CAN	M01	1.15:28.4	23.8 km/h		
4)	Jan Thomas Rossiter	IRE	M01	1.23:39.7	21.5 km/h	10.7 %	
5)	Jack Maslen	CAN	M01	1.35:18.9	18.9 km/h	26.2 %	(5 starters)
1)	Richard Suddock	USA	M06	1.20:54.6	22.2 km/h		
35)	Marek Dutkiewicz	CAN	M06	1.56:20.6	15.5 km/h	43.8 %	(35 starters)

Men's M07-M09 15 km

Fastest	Barry Makarewicz	USA	M07	38:01.5	23.7 km/h		
50)	Andrew Lyon	CAN	M07	1.02:23.1	14.4 km/h	64.0 %	(50 starters)
1)	Reidar Zapf-Gilje	CAN	M09	45:06.7	20.0 km/h		
28)	Beau Kent	CAN	M09	1.08:30.5	13.1 km/h	51.2 %	(28 starters)

Ladies F01-F08 15 km

Fastest	Alison Arians	USA	F05	40:52.0	22.0 km/h		
1)	Mari Lindstrom	FIN	F01	41:24.8	21.7 km/h		
5)	Carlee Glendenning	CAN	F01	55:33.8	16.2 km/h	34.2 %	(5 starters)
1)	Pat Pierce	CAN	F08	47:26.5	19.0 km/h		
12)	Didi Roberts	USA	F08	1.19:26.8	11.3 km/h	67.5 %	(12 starters)

Men's M10-M11 (no M12s) 10 km

Fastest	Willibald Tschemernjak	AUT	M10	29:43.7	20.2 km/h		
10)	Steve Smigiel	USA	M10	37:02.9	16.2 km/h	24.6 %	
11)	Helgi Halvorsen	CAN	M10	43:18.3	13.9 km/h	45.6 %	(11 starters)
1)	Jack White	CAN	M11	34:36.4	17.3 km/h		
6)	Sam East	USA	M11	44:14.2	13.6 km/h	27.9 %	(6 starters)

Ladies F09-F11 10 km

Fastest	Trina Hostner	USA	F10	32:44.2	18.3 km/h		
1)	Carolyn Tiernan	USA	F09	32:45.4	18.3 km/h		
8)	Kathrine Pizze	CAN	F09	38:58.0	15.4 km/h	19.0 %	(8 starters)
1)	Eva Carlsen	NOR	F11	48:05.5	12.5 km/h		(1 starter)

Before the classic race, it was reported to Team Captains that pole length would be checked visually to correspond to roughly shoulder height, and then with random measurements. Interestingly, people with too-long poles would be allowed to race (not sent back to get different poles), but the height over the legal limit would be recorded and then the Jury would make a decision. People were sent out to rake snow back onto any corners which might become icy, and there was a 'Technical zone' (diagonal stride or herringbone required) on the first steep uphill, although this had to be better marked for the second classic race.



Just about perfect conditions and excellently-prepared tracks in stunning scenery were what people found in Canmore

Middle distance classic technique, Sunday 6th March

Men's M01-M06 30 km

Fastest	Phillip Violett	USA	M02	1.24:29.7	21.3 km/h		
1)	Thomas Steiber	CAN	M01	1.26:07.1	20.9 km/h		
3)	Joel Gervais	CAN	M01	1.39:52.7	18.0 km/h	16.0 %	(3 starters)
1)	Gian Jorger	SUI	M06	1.25:24.3	21.1 km/h		
35)	Glen Cowper	CAN	M06	2.12:21.8	13.6 km/h	55.0 %	(35 starters)

Men's M07-M09 15 km

Fastest	Harry Ala-Lahti	FIN	M07	42:32.9	21.2 km/h		
5)	Pierre Harvey	CAN	M07	46:22.8	19.4 km/h	1.0 %	
22)	Ross Wilson	CAN	M07	1.20:01.6	11.2 km/h	88.1 %	(22 starters)
1)	Reidar Zapf-Gilje	CAN	M09	45:06.7	20.0 km/h		
28)	Beau Kent	CAN	M09	1.08:30.5	13.1 km/h	51.9 %	(28 starters)

Ladies F01-F08 15 km

Fastest	Ivana Novosel	CAN	F02	48:02.8	18.7 km/h		
1)	Cara O'Bryne	CAN	F01	53:35.0	16.8 km/h		
4)	Lisa Loosemore	CAN	F01	1.02:18.9	14.4 km/h	16.3 %	(4 starters)
1)	Marianne Niemi	FIN	F08	51:35.9	17.4 km/h		
15)	Kathi Antolak	USA	F08	1.30:29.2	9.9 km/h	75.3 %	(15 starters)

Men's M10-M12 10 km

Fastest	Alpo Virtanen	FIN	M11	33:02.3	18.2 km/h		
1)	Tapio Ikaheimonen	FIN	M10	35:12.8	17.0 km/h		
14)	Ray Shaw	USA	M10	54:54.0	10.9 km/h	56.0 %	(15 starters)
1)	Tim Carter	USA	M12	41:58.4	14.3 km/h		
4)	Paul Kaald	USA	M12	1.05:50.3	9.1 km/h	56.9 %	(4 starters)



All races were very fast, but it's difficult to judge the overall track difficulty



These people are gliding, but the track looks flat! So conditions must have been fast

Ladies F09-F11 10 km

Fastest	Marie-Louise Svevad	NOR	F10	40:05.6	15.0 km/h		
1)	Ann Hopkinson	USA	F09	41:29.1	14.4 km/h		
8)	Berit Grosvold	NOR	F09	51:16.9	11.7 km/h	23.6 %	(8 starters)
1)	Abett Icks	USA	F11	48:39.1	12.3 km/h		
3)	Patricia Taylor	USA	F11	1.31:34.7	6.6 km/h	88.3 %	(4 starters)



Don't you wish that you'd been there, in conditions like these?

She might have chosen to do only one race, but Laura certainly chose the right one, 10 km classic, for her Masters debut, because it brought her a comfortable silver medal. Let's not discuss how many people were in the race, because this is irrelevant; one can only beat the people who come to the line. But, as I've said in the past, there are medals to be won for British ladies and Laura joins a shortlist of just three other British ladies who've won medals at an MWC or World Winter Masters Games. Having just missed out on a medal in his first, 30 km free, race, Laura's partner Jan Thomas went two places better and won a silver medal in his second race, 10 km classic. It was close, though; just 5.1 seconds slower and it would have been bronze. But this, the first of two medals are, to the best of my knowledge, the first and only medals to have been won for Ireland in a MWC.

Short distance classic technique, Monday 7th March

Men's M01-M09 10 km

Fastest	Phillip Violet	USA	M02	29:46.0	20.2 km/h		
1)	Thomas Steiber	CAN	M01	30:27.9	19.7 km/h		
2)	Jan Thomas Rossiter	IRE	M01	31:53.3	18.8 km/h	4.6 %	
3)	Graham Watts	CAN	M01	31:58.3	18.8 km/h	4.8 %	(3 starters)
1)	Reidar Zapf-Gilje	CAN	M09	34:42.0	17.3 km/h		
17)	Robert Mcnamara	USA	M09	56:18.8	10.7 km/h	62.2 %	(17 starters)

Ladies F01-F08 10 km

Fastest	Mari Lindstrom	FIN	F01	34:06.1	17.6 km/h		
2)	Laura Harrisson	GBR	F01	43:14.1	13.9 km/h	26.8 %	(2 starters)
1)	Pat Pierce	CAN	F08	35:54.0	16.7 km/h		
16)	Kathi Antolak	USA	F08	1.03:42.2	9.4 km/h	77.4 %	(16 starters)

Men's M10-M12 5 km

Fastest	Alpo Virtanen	FIN	M11	16:29.9	18.2 km/h		
1)	Phil Mahoney	USA	M10	16:54.6	17.8 km/h		
17)	Ray Shaw	USA	M10	24:55.3	12.0 km/h	47.3 %	(17 starters)
1)	Anders Porsanger	NOR	M12	21:47.2	13.8 km/h		
2)	Paul Kaald	USA	M12	33:49.6	8.9 km/h	55.2 %	(2 starters)

Ladies F09-F11 5 km

Fastest	Triner Hosmer	USA	F10	17:38.1	17.0 km/h		
1)	Silvia Stettler	CAN	F09	17:50.7	16.8 km/h		
8)	Berit Grosvold	NOR	F09	24:36.1	12.2 km/h	38.0 %	(8 starters)
1)	Abett Icks	USA	F11	23:29.0	12.8 km/h		
4)	Patricia Taylor	USA	F11	44:12.3	6.8 km/h	88.1 %	(4 starters)

Short distance free technique, Monday 7th March

Men's M01-M09 10 km

Fastest	Samy Laubscher	SUI	M02	29:06.3	20.6 km/h		
1)	Andre Tremblay	CAN	M01	31:02.4	19.3 km/h		
3)	Stephen Ferguson	CAN	M01	43:10.8	13.9 km/h	39.0 %	(3 starters)
1)	Einar Vikingstad	NOR	M09	37:38.2	15.9 km/h		
25)	Eric Jansen	USA	M09	1.01:35.4	9.7 km/h	63.6 %	(41 starters)



This could have been you!



Must have been a warm day, as Laura and Jan Thomas wax outside (what's wrong with the hotel room?)

It was business as usual for Jack over the short distance; another day, another gold medal, ho hummmm, move along, nothing to see here! This also proved to be Steve's worse result of the week, both in terms of race speed and percentage of the winner's time.

Ladies F01-F08 10 km

Fastest	Jonna Kuronen	FIN	F04	37:37.1	16.0 km/h		
1)	Maryann Moore	CAN	F01	37:47.1	15.9 km/h		
5)	Lisa Loosemoore	CAN	F01	50:01.8	12.0 km/h	32.4 %	(5 starters)
1)	Rosalyn Singleton	USA	F08	43:20.4	13.8 km/h		
12)	Didi Roberts	USA	F08	1.05:05.2	9.2 km/h	50.2 %	(12 starters)

Men's M10-M12 5 km

Fastest	Willibald Tschemernjak	AUT	M10	18:30.6	16.2 km/h		
9)	Steve Smigiel	USA	M10	24:06.3	12.4 km/h	30.2 %	
11)	Tim Schowalter	USA	M10	27:11.1	11.0 km/h	47.0 %	(11 starters)
1)	Jack White	CAN	M11	21:49.8	13.7 km/h		(5 starters)
1)	Tim Carter	USA	M12	23:51.4	12.6 km/h		
2)	Edelbert Klimmer	AUT	M12	29:01.4	10.3 km/h	21.7 %	(2 starters)

Ladies F09-F11 5 km

Fastest	Patsy Murphy	CAN	F09	21:06.9	14.2 km/h		
7)	Karen Seaward	USA	F09	24:31.1	12.2 km/h	16.3 %	(7 starters)
1)	Eva Carlsen	NOR	F11	26:35.5	11.3 km/h	.	(1 starter)

In these results, I've included Pierre Harvey, not to criticise a former top skier for failing to win in the Masters but only for interest, since many listeners will remember him in his prime.

Thursday, just two races to go, long-distance free technique and classic. It was colder on these days but, despite this, there were very few DNFs and not many DNSs, either. Jack, much as predicted, completed his hat-trick of gold medals, an excellent performance while, for I believe the very first time, Steve came last in his age group! There were some DNSs, though, and his percentage was better than his short race and just a little down on his middle-distance race.

Long distance free technique, Thursday 10th March

Men's M01-M06 45 km

Fastest	Orion Berryman	USA	M03	1.54:56.4	23.5 km/h		
1)	Andre Tremblay	CAN	M01	1.56:19.7	23.2 km/h		
3)	Joel Gervais	CAN	M01	2.34:20.5	17.4 km/h	32.7 %	(3 starters)
1)	Werner Schwar	CAN	M06	2.07:02.7	21.3 km/h		
25)	Rolf Fox	CAN	M06	2.46:44.5	16.2 km/h	31.2 %	(26 starters)

Men's M07-M09 30 km

Fastest	Barry Makarewicz	USA	M07	1.20:58.0	22.2 km/h		
33)	Dean Grove	CAN	M07	2.07:37.6	14.1 km/h	57.7 %	(33 starters)
1)	Einar Vikingstad	CAN	M09	1.31:46.6	19.6 km/h		
18)	Colin Gray	CAN	M09	2.09:30.0	13.9 km/h	41.4 %	(19 starters)

Ladies F01-F08 30 km

Fastest	Jonna Kuronen	FIN	F04	1.25:43.4	21.0 km/h		
1)	Mari Lindstrom	FIN	F01	1.27:31.6	20.6 km/h		
5)	Carlee Glendenning	CAN	F01	1.54:11.2	15.8 km/h	30.5 %	(5 starters)
1)	Laura Colnaghi	ITA	F08	1.45:10.3	17.1 km/h		
7)	Wendy Grater	CAN	F08	2.03:06.2	14.6 km/h	17.0 %	(7 starters)

Men's M10-M11 (no M12s) 15 km

Fastest	Willibald Tschernernjak	AUT	M10	48:19.3	18.7 km/h		
8)	Steve Smigiel	USA	M10	1.00:46.6	14.8 km/h	26.0 %	(8 starters)
1)	Jack White	CAN	M11	56:49.0	15.8 km/h		
5)	Hans-Jurgen Hahn	GER	M11	1.11:53.3	12.5 km/h	26.6 %	(5 starters)

Ladies F09-F11 15 km

Fastest	Carolyn Tiernan	USA	F09	52:05.1	17.3 km/h		
7)	Kathrine Pizzey	CAN	F09	1.06:30.1	13.5 km/h	27.6 %	(7 starters)
1)	Eva Carlsen	NOR	F11	1.35:05.7	9.5 km/h		(1 starter)

Long distance classic technique, Friday 11th March

Men's M01-M06 45 km

Fastest	Phillip Violet	USA	M02	2.09:26.2	20.9 km/h		
1)	Thomas Steiber	CAN	M01	2.13:34.9	20.2 km/h		
5)	Joel Gervais	CAN	M01	2.46:13.2	16.2 km/h	24.4 %	(5 starters)
1)	Gian Jorger	SUI	M06	2.14:10.5	20.1 km/h		
21)	Michel Beaupre	CAN	M06	3.17:34.1	13.7 km/h	47.3 %	(21 starters)

Men's M07-M09 30 km

Fastest	Harry Ala-Lahti	FIN	M07	1.27:24.9	20.6 km/h		
8)	Pierre Harvey	CAN	M07	1.36:55.2	18.6 km/h	10.9 %	
21)	Ross Wilson	CAN	M07	2.01:08.6	14.9 km/h	38.6 %	(23 starters)
1)	Olaf Knai	NOR	M09	1.36:16.5	18.7 km/h		
10)	Ray Dickerson	USA	M09	2.10:03.1	13.8 km/h	35.1 %	(11 starters)

Ladies F01-F08 30 km

Fastest	Chantell Widney	CAN	F03	1.41:19.5	17.8 km/h		
1)	Aleesha Clark	CAN	F01	1.49:31.5	16.4 km/h		(1 starter)
1)	Pat Pierce	CAN	F08	1.44:14.7	17.3 km/h		
11)	Gail Niinimaa	CAN	F08	1.57:56.1	15.3 km/h	13.1 %	(11 starters)

Men's M10-M12 15 km

Fastest	Phil Mahoney	USA	M10	53:20.5	16.9 km/h		
12)	Ken Blatt	USA	M10	1.18:11.7	11.5 km/h	46.6 %	(13 starters)
1)	Tim Carter	USA	M12	1.05:34.7	13.7 km/h		
4)	Bill Hamilton	CAN	M12	1.42:52.6	8.7 km/h	56.8 %	(4 starters)

Ladies F09-F11 15 km

Fastest	Suzanne Corkran	USA	F09	2.04:01.7	7.2 km/h		
7)	Berit Grosvold	NOR	F09	2.23:28.5	6.3 km/h	15.7 %	(8 starters)
1)	Abett Icks	USA	F11	1.16:22.7	11.8 km/h		
2)	Pat Kaald	USA	F11	1.54:46.4	7.8 km/h	50.2 %	(3 starters)



What scenery, what conditions!

What athletes should consider after COVID 19

Ruben Oliver, DATASPORT, 8th December 2020

Corona virus is paralysing the sports world, but are the measures justified? Isn't the COVID infection harmless in the vast majority of cases? Why do professional athletes need to produce a negative test result before every event?

A COVID infection should never be ignored. Firstly, because the chains of infection need to be contained and, secondly, because the long-term effects on young athletes, too, should never be underestimated. For these reasons, no one should take the protective measures lightly, because protection concepts are only as good as their implementation.

And what are the possible risks for otherwise generally healthy competitive athletes? We don't have much experience with this new disease yet, but the infection does not seem to be confined to the lungs alone. Various athletes complain about persistent fatigue and a loss of performance following mild corona virus symptoms, but what is it really about? And is it dangerous?

The virus can infect various organs

Everyone knows that COVID can possibly cause a lung infection. The virus enters the lung tissue via special receptors. Alongside coughing, it can result in pneumonia, which might lead to scarring and functional loss of the lung tissue. Bronchial hyperreactivity can also occur and the virus can affect other organs such as the heart, liver, kidneys and nervous system or cause the formation of thrombi in blood vessels.

The number of studies to date is not huge. A study by the Universitätsmedizin Frankfurt*, involving hospitalised but also less symptomatic patients who had a cardiac MRI done after the COVID symptoms disappeared, surprisingly showed that the heart muscle was infected in 60 out of 100 patients. Another study by the Ohio State University** involving 26 college athletes with mild symptoms confirmed this trend. Blood tests also often show an increase in the same heart values as those for a heart attack. The exact meaning of these findings is still unclear as to whether it will just blow over or lead to a symptomatic heart muscle inflammation in some cases. However, the risk of such inflammations and the subsequent changes in the heart muscle is urging the heart specialists to exercise caution.

In addition to the long-term effects on the heart and lungs, persistent symptoms such as fatigue and reduced performance capability, which last for more than 28 days and are known as the so-called Long Covid syndrome, are currently being investigated. A long-term course is expected for around 10 % of people under 50 and the incidence of long-term effects is expected to be up to 20 % for older people. These symptoms, known as 'chronic fatigue', have so far been known to occur with other viral infections such as Pfeiffer's glandular fever or chronic hepatitis C.

Caution should be exercised when returning to training

Sport & Exercise Medicine Switzerland (SEMS), together with the University Hospital of Zurich and Swiss Olympic, have issued recommendations*** to clarify the situation for athletes before they return to training, which can be summarised as follows. If a competitive athlete is tested positive for COVID, they should observe an absolute sports ban during the 10 days of isolation, even if they do not develop symptoms. They should then undergo a medical check before they start training, during which blood tests and a cardiac current curve (ECG) are carried out when at rest. If lung symptoms persist, a lung X-ray and a lung function test are also required for clarification. In the case of inconspicuous findings, they can gradually increase their training until they are fully fit for the sport. If these tests show signs of disease, a special medical examination is required by a lung or heart specialist. Further imaging examinations, such as computer tomography, cardiac ultrasound or an MRI can then be arranged.

Anyone who has experienced a mild or asymptomatic COVID infection should consider themselves lucky. A 10-day training restriction is a very manageable period of time in relation to the possible long-term consequences.

References:

* Puntmann VO et al. *Outcomes of cardiovascular magnetic resonance imaging in patients recently recovered from coronavirus Disease 2019 (COVID-19)*. JAMA Cardiol. Published online July 27, 2020.

** Rajapal S et al. *Cardiovascular magnetic resonance findings in competitive athletes recovering from COVID-19 infection*. JAMA Cardiol. Published online September 11, 2020.

*** Schmied CM et al. *SARS-CoV-2 Return to training and competition flowcharts* (<https://sems.ch/publikationen/covid-19flow-charts/>).

As an adjunct to this report, I can report that, to my knowledge, a number of BMCSSA members have suffered from Long Covid. In some cases it has taken a long time to recover, and symptoms are broadly the same: no loss in strength, little or no drop in interval training performance, either, but a 10-20 % drop in long steady distance and race pace. Yours truly scrumptious took a long time to recover from a Delta attack over Christmas 2020 and now it came again after most likely catching Omicron (although I never had symptoms or positive tests) on the way to Algeria shortly before Christmas. Although some people have suggested that this is age-related, it seems unlikely, because the fall has been rapid and substantial.

So if any of our listeners have been through the same, and have any advice, please feel free to get in touch!

Forthcoming Masters Championships

As already known, next year (2023) the MWC returns to Seefeld, Austria. There are likely to be many, many people attending this event after so many Europeans (especially those who missed Canmore) won't have had an MWC for three seasons. I hope that GBR will have a large team, too and, in the September Newsletter, I'll be announcing an [early-season training event](#) from [Sunday 4th-Saturday 10th December](#), in conjunction with the London Region Nordic Ski Club. For the MWC in March 2023, we've been warned that accommodation is likely to be very tight, so we've been asked to book early. I'm suggesting a combination of AirBNB places for those happy with self-catering, and hotels. So, if you're interested in the Masters which starts on Saturday 18th March and continues until Friday 24th March, [please let me know, indicating AirBNB or hotel and likely arrival date](#).

A change to the overall programme will be introduced for Seefeld. The middle-distance races (30, 15, 10 km), classic and skate, will both take place on the same day, Sunday 19th March, with classic in the morning and skate in the afternoon, so plan for rather soft conditions in the afternoon! This change effectively takes one whole day off the duration of the MWC.

It may not surprise you to hear that the MWC will not now be going to Syktyvkar, Russia, in 2024, after all. Instead, we will be returning to Vuokatti, Finland, where we had a very successful MWC just a few years ago. So this means two major events in that same season: the World Winter Masters Games in Lombardia, probably in January 2024 and then the MWC in Vuokatti in mid-February; busy, busy, busy!

Finally, for those of you who remember British Week a century ago, for 2025 the MWC will likely be making its way to La Feclaz, France. La Feclaz still needs to prepare its bid, and the bid needs to be accepted, but I would say that there's a good chance that, for the next three years, we'll be staying in Europe for our racing.

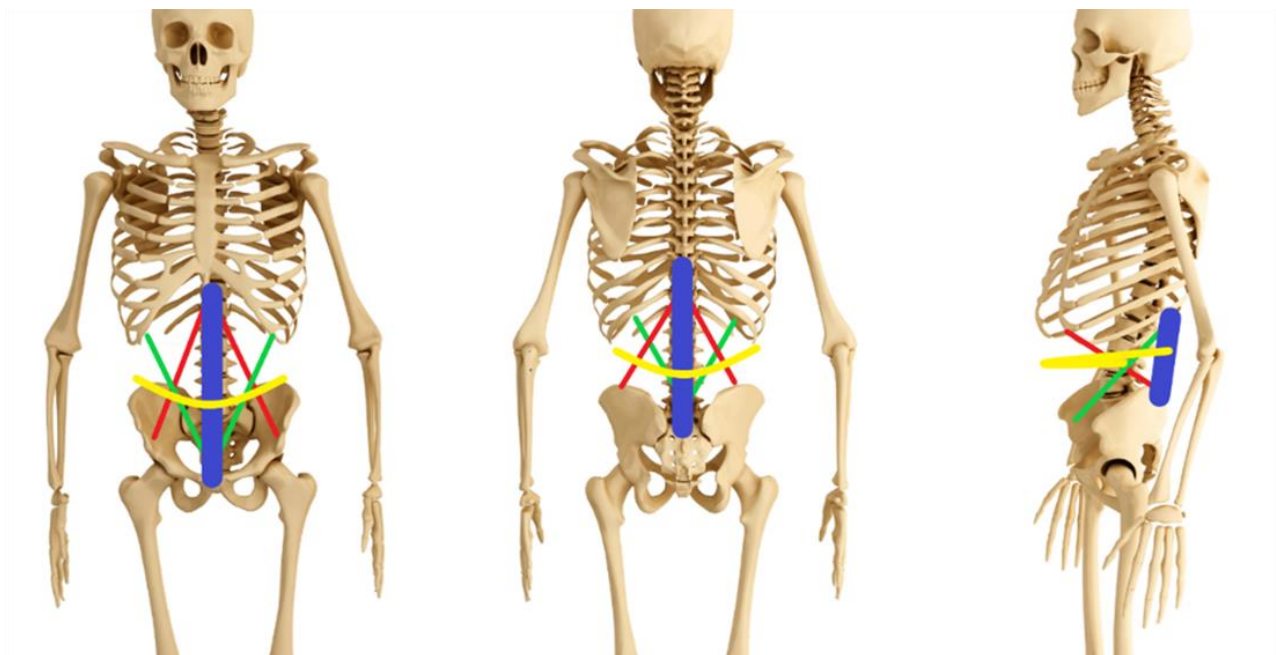
The diagonal core muscle systems make you really strong

ROMAN KOCH, DATASPORT, MARCH 2022

Our core muscle systems are optimally designed for a diverse range of requirements. From tennis players to high jumpers, our core can functionally adapt, which is also absolutely essential. The diagonal muscles also support your straight core muscles.

THE THREE CORE SYSTEMS

The vertical system (blue) comprises the straight abdominal muscles at the front, the long extensor muscle at the back and the square lumbar muscle on the side of the body. The horizontal system (yellow) comprises the transverse abdominal muscles. The diagonal systems are divided into an A- (red) and a V-shaped (green) system, with both systems present in the abdominal and back muscles.



Core muscle systems at a glance

The A and V systems now come into play. Training these muscle systems mainly involves actively rotating the core, but also holding positions with a weight load on one side. Because there is only weight on one side, you improve the rotational holding action in these muscles.

ROTATIONS BRING YOU CLOSER TO YOUR GOAL

The more rotational stability in your core, the less stress on your back. In everyday life, you unconsciously rotate your body a lot, which can potentially overload your back. The best example of this is pushing or pulling a door. Both movements require a one-sided core rotation and sufficient strength in the diagonal systems. If you lack strength, the lower back ends up directly compensating for this. And this hurts sooner or later. Your thoracic spine, however, is built for mobility and rotational strength and can protect your back. The following three exercises strengthen your diagonal core muscles:

THREE EXERCISES TO STRENGTHEN THE DIAGONAL TRUNK MUSCLES

QUADRUPED TO TRIPOD STANCE



Start: Start on your hands and knees. Your knees are directly under your hips and your hands directly under your shoulders. Your knees are hip-width apart and your hands shoulder-width apart. Look down and keep your back straight. Now alternately raise one arm forwards or stretch one leg backwards. Once you've lifted each limb in the air, you've completed one round.

Dosage: 3 sets of 5-8 rounds.

Take note: Your back must not move. Your pelvis must not rotate to the side.

Variation: Instead of adopting the quadruped stance, do the same exercise in the forearm plank or push-up position to increase the leverage.

ROTATIONAL BENDING DOWNWARDS AND STRETCHING UPWARDS



Start: Start standing with your upper body tilted forward. Your back is straight, and your feet are hip-width apart. Your knees are slightly bent. Now bend forwards and rotate sideways. Then lift your upper body back into the stretch and rotate to the other side. The movement comes from your thoracic spine.

Dosage: 3 sets of 10 repetitions per diagonal.

Take note: The movement comes from the thoracic spine. Keep your lower back and pelvis stable. Keep your knees fixed at the same angle.

Variation: Extend your arms in front of your head to increase the leverage.

THE DIAGONAL HOLDS THE BALL



Start: Start by lying on your back. Hold a ball in the air with your arms and legs. Keep your head relaxed on the floor. Now move one leg and the opposite arm in a diagonal line towards the ground. Stop your foot and arm just before they reach the ground and bring them up again. Now switch the diagonal line to the other arm and leg.

Dosage: 3 sets of 20-30 repetitions.

Take note: Always keep your lower back firmly on the ground and tighten your abdominal muscles to prevent a hollow back.

Variation: When the ball is at the top, squeeze it as hard as you can with your opposite arms and legs.

Andrew Musgrave slammed Winter Olympics 50 km decision

Team GB's Andrew Musgrave was scheduled to battle the tough conditions in Beijing 2022 in a bid to medal in the men's 50 km mass start, but the FIS significantly shortened the route due to the poor weather conditions. He took to Twitter to vent his frustration at the decision, that saw the original route almost halved: "It's a (rhymes with ducking) joke!" he tweeted. He went on to finish a very credible 12th place overall, the best British cross-country result by far in an Olympics which was generally somewhat below expectations for all British Snowsport disciplines. The race was cut from 50 to 30 km because it was a bit cold and windy but, as Andy observed, the decision was never going to make it any warmer or less windy! It just seems a shame that, after a challenging year, we didn't get to see his true potential.

What's in a name, and the pursuit of power

By our Moscow correspondent, Vladamir Pinski

It's a very long time since the ski world heard from Vladamir but, with all the unpleasantness going on in Eastern Europe, he felt constrained to write. This is what he says:

"Is little-known fucked of history, all dough if search history of early 20th century Russia, you come across it shore leave, that, at this time in St Petersburg (then Leningrad), Vladimir Pleasant (Vladimir Priyatnyy) and Natalya People (Natalya Lyudi) met, collapsed in love and married. With such names, it obvious to every bodies that they combine and hyphenate, form Mr and Mrs Priyatnyye-Lyudi. All well, early New Year 1952 particularly amorous so, 7th October 1952, Natalya give birth to son, he too named Vladimir Vladimirovich, shortly after proud father.

St Petersburg registrar of births, dough, he been hard of hearing and almost blind and, tragically, recorded surname totalitarianly incorrectly Putin. Laws of Russia so particularly demanding, need that children use recorded surname (errors not admitted), so Vladimir Putin become name. Any bodies with knowledge of Russian language realise that Pu-tin, into English, mean "Shit-pot", and can imagine horrors befalling poor young Vladimir as he growing up: teasing, bullying, jamming-head-in-toilet (or shit pot as tormentors called it, claim this where he belonged).

This problem very more common place in Russia than often believed. Counting again story of poor Sergei Lavrov something I cannot even to bring myself. Him, result of same registrar in St Petersburg, came known as Lavatory-Rover! Imagination terror.

Next time you doing business in smallest room in house, please think on two unfortunate people, and realise not their fault; is names, simples.

But tragic story me make one drrr my cousin distant bean charged of BMCCSA for fart, oo, long. All after, his back in 1988 seizure power in bloodless revulsion (*Shurely shume mishtake. Ed*) and, every since, he rule Association with rod of ink from Polite Bureau in Dun's Table. This one year before Mr Shitpot taked charge of country, and he rain over skiing of United Britain of Great Kingdom Masters continue unchequered ever since. Shitpot obliged by Russian Constitution give up presidency after two terms in 2008, when he served Prime Minister until 2012 and, result of constitutional change, returned to President, and remains so to this day. Worrying parallels there are between Russia and BMCCSA (fact; cousin started trend by university of lateral changing BMCCSA Constitution 2004 give him unchallenger tank holding of power).

All know un challenger tank power create psychological problems in holder: they start believe are invincible. Look at three longest rulers of Europe: Alexander Lukashenko – Belarus, Mr Shitpot – Russia, Dr Pinner. The lastly clear have delusions of power and invincibility; example, on start line of every World Master race he believe he have chance when, really, power of normal citizens (standing round him on start line) ultimately rises up and defeat him. Evenly, at bottom of steep hill, he believe he able to trot ski, unchallenged at high-speed, always to top, all evidence shows, thank to pressure of sanction of gravity imposed upon him by Isaakov Newtonski, he give up and stand puffin like steam drain half way up.

So, shorty, any bodies of you wish launch Co-op against Dr Pinner, has free feel, contact me on postcard. So this is on day when Co-op has a sale on, and all receive Greenshield stamps, this fine.

All together now: 🎵 Da da da, du du du du du, da da da 🎵, Trio, 1982. 🎵 I'm Lenin on a lamp post at da corner of da street 🎵, George Formby, 1937."

Strong core muscles for a healthy back

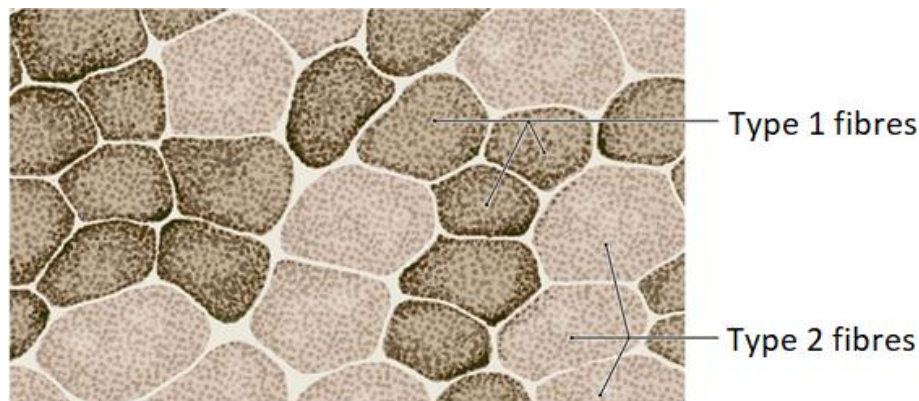
From Datasport February 2022

Winter is the ideal time to get your back into shape. And back here means the entire torso! How can you optimally train your torso and also practice injury prevention? Find out more here:

If you want a healthy back, you need strong core muscles (see the article above). But that alone is not enough. Your training must be functionally and anatomically correct. But let's start from the beginning and look at the core muscles in detail.

THE DISTRIBUTION OF THE TYPES OF MUSCLE FIBRES DETERMINES YOUR TRAINING

Each muscle in the body consists of many different smaller muscle fibres. These, in turn, differ in the way that they work. A rough distinction can be made between Type 1 and Type 2 muscle fibres. Type 1 fibres are slow twitching, red, and fatigue-resistant fibres, whereas Type 2 fibres are fast twitching, rather pale and strong. You can, therefore, basically speak of having more endurance-oriented (Type 1) or more strength-oriented (Type 2) fibres.



However, a single muscle always has a mix of both types of muscle fibres, because most muscles need to have both endurance and strength. The leg muscles, for example, allow you to jog for hours, but also enable you to jump as high as possible. And here comes the crucial factor for your training; the core muscles consist mainly of Type 1 fibres, that is the slow-twitch fibres. Train these muscles with a higher emphasis on endurance. But we are still talking about strength training here, or more precisely, about strength endurance training. Long sets, short breaks, and low resistance. These are the optimal variables for your core strength training. But now to the practical implementation.

ENDURANCE FOR YOUR CORE

As mentioned above, your core muscles need strength endurance training. Here we talk about loads of up to 2 minutes per exercise with very short breaks between the sets. The longer the entire core muscles are stressed without taking a break, the better. Here you combine exercises for the straight and oblique abdominal muscles, the lateral core muscles, and the straight and oblique back muscles.

To start off, we recommend a training variant with 4 exercises (stomach, 1st side, back, and 2nd side), so that all the straight muscles around the torso are used. The easiest way to start is by doing the forearm plank exercise sets. You hold each position for 30 seconds. The changeover between the 4 positions is performed without a break. After a complete round, continue directly with the second and then the third round. The duration is exactly 6 minutes for the entire set. Do this this training 3 times a week. Every week, add exactly 5 seconds to each exercise. This means that your core strength endurance training will be 1 minute longer each week.

“GRILLING” IN WINTER, 30 SECONDS PER SIDE AND THEN TURN

FOREARM PLANK



Start: Start by lying on your stomach. Your feet are hip-width apart and your forearms shoulder-width apart. Look down and keep your back straight. Keep your heels, knees, hips and shoulders in a straight line. Now push your pelvis up and stay in that position.

Dosage: 3 sets of 30 seconds.

Take note: Your buttocks must not be too high or too low. Looking down makes your neck long and stretched, just as it should be.

Variation: Alternately lift your feet 5 cm into the air; but keep your core stable.

SIDE PLANK



Start: Start by lying on your side. Your feet lie on top of each other. Your body is aligned in a straight line and your elbow is directly under your shoulder. Your forearm points away from your body at a 90° angle.

Push your pelvis up high enough to create a line between your heel, knee, hip, and shoulder. Stretch your upper arm to the ceiling so you can draw a line from your lower elbow through your chest to your upper arm. Hold this position again for 30 seconds.

Dosage: 3 sets of 30 seconds.

Take note: Your upper body is likely to roll forward towards the floor. So, keep your chest open and upright. Stretch your upper arm straight up to the ceiling.

Variation: Lift your upper leg and hold it in the air.

REVERSE FOREARM PLANK



Start: Start by lying on your back. Your feet are hip-width apart and your forearms shoulder-width apart but are now backwards on the floor. Look upwards and keep your back straight. Keep your heels, knees, hips, and shoulders in a straight line. Now push your buttocks towards the ceiling. Hold this position again for 30 seconds.

Dosage: 3 sets of 30 seconds.

Take note: Your buttocks must not be too high or too low. Looking upwards here also makes your neck long and stretched, just as it should be.

Variation: Alternately lift your feet 5 cm into the air; but keep your core stable.

Seven-time Olympic medallist Manuela Di Centa values the medals she wins in life

She didn't quite make it onto my "Best lady cross-country skiers of all time" front cover, but there's no doubt that Manuela Di Centa was one of the stars early in my ski career. Now she's threatening a return to racing at the 2024 World Winter Masters Games in Italy. She talked to the event organisers.

For seven-time Olympic cross-country skiing medallist, Manuela Di Centa, the journey started in the middle of the woods on a mountain in Friuli Venezia Giulia Region. "I was 4 years old, and I ran through the snow. My dad prepared a pair of kid's skis for me. Experiencing the snow, I loved the sensation, and right then and there I discovered the beauty of doing something that makes you feel well. Cold and snow, those were the elements where I felt at home. I strongly felt I needed to do something with my passion for these elements, not even imagining winning Olympic Medals. Nevertheless, she was sure she wanted to achieve something in her life, something that would make her feel alive: "This has always been my small secret, to do what I like and to focus on what makes me happy."



Manuela considers herself lucky with her dad, who was a ski teacher and coach, and with her two older brothers, Andrea and Giorgio, who also became an Olympic champion. With their family they enjoyed skiing and being surrounded by snow in the mountains. Practicing sport was part of their daily life: "All three of them accompanied me in this journey, right from the beginning, which led me eventually to winning my Olympic medals." The love for cross-country skiing grew at an early age: "My Dad was my first coach but not the only coach. The first time he gave me the skis he said: "Let's go and play and have fun in the snow!" When you do something you like, it indisputably becomes a part of you."

She experienced, like any professional athlete, the effort, the fatigue, and difficult moments, but she felt fulfilled knowing this was her destiny. She fought to finally arrive on the Olympic podium: "When I look back, I truly see that this was the best medal I could ever imagine." One of the important moments for an athlete in their sports career is when they decide to stop, to take a turn with their life. As a professional athlete they are always focused on giving their best.

In her fifth Olympic Games in Nagano, Manuela decided to stop after the relay. She was 35, had an intense training schedule for competition and, when looking back at her last race, she remembers: "The moment after the finish when I took off my skis it was so symbolic, to know that I would never ski as a professional athlete again and to realise it was the last time wearing a race bib. But I started to compete in another competition, shaping my new life, while continuing to practice sport." She continued to challenge herself, though: "I'm very demanding of myself, and after the Olympic champion career I started a new one. Sports medals are important but more important are the medals that we win in our life."



She explains: "I'm a very curious person and I was wondering; all my life I've planned everything as a training session, and I was very much aware it would not be easy to quit what I did for 35 years. I wanted to give my body what it needed but without pressure or a stopwatch, to feel the free movement the skis gave me and to feel myself free to breathe."

Cross-country skiing is very demanding in terms of resistance and training, so when she stopped, Manuela had a body in very good condition that allowed her to practice ski mountaineering. This passion introduced her to Fabio, who is now her husband. In 2003 they decided to plan a mountain expedition. Fabio, as a high-performance runner, wanted to aim for a speed record and Manuela, as a journalist, would accompany him to report on his challenge.

But the story unfolded in a totally different way. Fabio went for the record but had to stop, not wanting to risk his life. Manuela decided to continue, without any risk, using the oxygen supplies at 7 000 metres: "Finally, I arrived at the top. For me it was a gift, I'm Catholic and I think God helped me to succeed in this mission to make me understand that when someone has success in life, it is just a small thing in the universe. We always need to be reminded of this."



Practicing sport taught Manuela to be respectful of herself and her body. "My passion for sport helps me to focus on my wellness. I make it my priority to respect my mind and body that gave me so much throughout my life. I live a healthy lifestyle and make sure I eat nutritious food. When I can, I enjoy skiing, otherwise I walk without stopwatch just for the pleasure."

She enjoys meeting up with other families during the weekend to practice sport, release stress and in general to take care of her wellbeing. "During the lockdown it was so important to have some physical activity, to walk around, to breathe fresh air and to find a way to pick yourself up again. I am a firm believer that sport breaks down barriers." As Honorary president of the Lombardia 2024 Winter World Masters Games, she will join and compete in the cross-country skiing competitions.

And finally, it's a question of intelligence

I like to think that cross-country skiers are usually fairly smart, intelligent people, but how can we be sure of this? So, inspired by the rejuvenated programme The Leekiest Wink, here are some questions designed to test your intelligence and logical reasoning. Good luck, and you can send me your answers on a postcard, as always.

- 1) Who thinks that microchips are made from teeny, tiny potatoes?
- 2) Who believes that County Down is the popular Channel 4 daytime show adapted for a Chinese audience?
- 3) Who thinks that The King's Speech is what King George VI used to eat when they were in season and he was fed up of apples?
- 4) Who believes that it's working-class ladies who use common sense on dates?
- 5) Who thinks that First Class mail is the best type of chap you can get?
- 6) Who believes that if you buy plane tickets from Air Liquide by mistake, you get driven around Europe in a big tanker lorry?
- 7) Who thinks that tart aux pommes is how Australians refer to an English hooker?
- 8) Who believes that Juno is how you ask someone whether they are aware of the capital of Alaska?
- 9) Who thinks that Mona Lisa is that checkout girl who won't stop complaining?
- 10) Who believes that "One day my prince will come?" was the motto of the Boots Film Processing service?
- 11) Who thinks that e-Harmony is a dating website for people in Yorkshire?
- 12) Who believes that "lean-to" is the sequel to the popular diet and fitness video Lean?
- 13) Who thinks that hair brush is Basil's German cousin?
- 14) Who believes Leeds Rhinos to be part of the job description for a zoo keeper?
- 15) Who thinks that a tutu is a football score?
- 16) Who believes that an IP address is where to find their toilet?
- 17) Who thinks that tartan custard is Scotland's favourite pudding?
- 18) Who believes that argy bargy is short for Argentinian Bargentinian?
- 19) Who thinks that that singular of "biscuits and cheese" is "biscuit and chee"?
- 20) Who believes that "Alone again, naturally" is part of the sales pitch of QuickQuid?
- 21) Who thinks that bowler hats are worn by cricketers?
- 22) Who believes that the Badminton Horse Trials found a lot of horses guilty?
- 23) Who thinks that Ben Elton is a shop where the clothes are always very carefully folded?
- 24) Who believes that "deterred" is what hits the fan, in Germany?
- 25) Who thinks that "kindling" means "reading a book, electronically"?
- 26) Who believes that beech trees are found at the seaside?
- 27) Who thinks that the BMCCSA is the best association, in Britain, for cross country skiers of a certain age? If you answer "I do" to this, then 1) get married and 2) go straight to the top of the class!