

ANNUAL REPORT OF THE NETHERLANDS 2023

As most years we didn't have snow in the Netherlands.

The Dutch Championships took place in Ramsau am Dachstein in Austria in the second week of January with races of 7,5 and 10 km classic and free style. The snow conditions were bad (little snow). Many masters women and men participated in these races. There were 4 master age categories. The long distance classic couldn't be held during the Rennsteig in Oberhof (Germany), because there was not enough snow.

At the end of November there was (as every year) a week cross-country training in Livigno (Italy). Most of the participants of this week (as on the Dutch Championchips) are master cross-country skiers.

Dutch masters participated also in cross country marathons: Dolomitenlauf, Konig-Ludwig-lauf, Marcialonga, Bieg Piastow, Vasaloppet.

Dutch cross country skiers are training on rollerski the whole year; they also went a few times for a snow training to the Snowhall in Oberhof in Germany.

Dutch masters participated in roller ski competitions like in November a classic competition of 11, 14 and 18 km.

Also there were organized a few rollerski tours of about 20, 30 and 50 km.

We had 9 Dutch masters who registrated for the MWC in Seefeld.

Gezina Perkaan,

National Director for the Netherlands