

BRITISH MASTERS CROSS COUNTRY SKI ASSOCIATION

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2026 "Looking backwards and forwards" edition

"It was much more fun being 20 in the 70s than being 70 in the 20s" Anon
"How long does a chicken last in the fridge? I put one in mine and it was dead by the morning" Anon

Masters World Championships, Sappada 2026



Our newest MWC medallist, Jennifer Sweeting (R),
10 km free



Scoring her best when not winning a medal,
Kelley Hanniver (L) and rivals



Completing her Masters debut, Louise Makin (C) at the end of the
20 km free

We feature our three lady competitors from the MWC Sappada 2026, but read on for details of others!

Editorial

Another year passed, another year closer to death, oh woe and destruction and ... hang on a minute, turn off the TV news and what a great year it has been, culminating in a hugely successful Masters World Championships in Sappada, north-eastern Italy which, while it lacked a little on the 'associated administrative provisions' side of things, more than made up for it with one of the best tracks ever seen at a Masters. You can read all about the exploits of the British Team in Sappada a little later on; their highs, their lows and yet another medal for Britain, later in this Newsletter. While the performance of the Elite British Cross Country Ski Team has been outstanding over many recent years, mentioning just Andrew Musgrave and James Clugnet finishing fifth in the Men's Team Sprint and Andy's stunning sixth place in the Men's 50 km classic, in difficult waxing conditions, at the recent Winter Olympics just down the road from the Masters in Milan-Cortina, and Joe Davies' astonishing sixth place up the climb of the Alp Cermis, one of the toughest races and the last stage of the Tour de Ski back in January, as recent examples amongst many others over recent years, it remains true that Masters racing remains the only ski discipline in which Britain has won World Championship medals (*thank you, fans, on behalf of our members, not me personally. Ed*).

The next MWC will be Tromsø, Norway, from the 26th February to the 4th March 2027. More details will appear in the Autumn Newsletter and on the website (www.bmccsa.org.uk) in due course. However, I am planning a pre-MWC trip to Tromsø just to try out the tracks and get the lay of the land. Likely dates are either side of the LRNSC trip to Beitostolen or Lillehammer scheduled for the 13th to 20th December. So the Tromsø trip would be either in the week beginning Monday 7th December (likely) or Monday 20th December (less likely). If you're interested in joining me, please feel free to get into contact.

On a much less savoury note, I have recently returned from a short trip to Seefeld for a weekend's skiing with Christian Wendel, to coach him in preparation for him taking part in the Arctic Circle Race in Greenland at the end of March. The trip was great, with reasonable snow (according to Peter Moysey the best in the Tirol) and nice weather, and conditions much better compared with when the Masters were there a few years ago. Great, that is, until almost the end of the trip, when I turned up at check-in for my Lufthansa flight back to Heathrow, where I was told that I had to pay €80 for my skis. What? The skis had flown out free of charge, as is normal on Lufthansa, so why weren't they free on the way home? The reason given was that I had a 'light' Lufthansa fare, which does not include hold luggage. Again what? Did these nitwits think that I was fully aware of this and had decided to ignore it? Of course not.

Until the check-in man mentioned it, I had not the slightest idea of the limitation and am certain that I was not made aware of it at the time of booking. The message, though, dear readers is that if you find yourself wanting to fly with Lufthansa on a ski trip in the future, check your purchase *very* carefully so as not to get caught in the same way that I was caught. That said, it's somewhat unclear how you might make that check. You might think "£133.35 for a return from London to Munich sounds extraordinarily cheap so ski transport is obviously not included" but, to me at least, this price seems quite high. You might check your flight ticket where, clearly, it would say "Economy Light" fare so you would be warned. Immediately after the unsavoury incident, I checked my own ticket and it says the same in *both* directions! The outbound flight said "No hold baggage" but the skis went free; the inbound flight said "No hold baggage" but they didn't. Alternatively, you could decide not to fly with Lufthansa at all – that'll teach them.

Finally, for 2026 there will be a major shake-up of roller ski racing in Britain. As you can read later, the British Roller Ski Series, which has run since 2004, has been suspended because of a lack of participation. Regional series will continue as before, which means no change for the Scottish and Northern Roll Series, and an extension to the Southern Roll Series, but the British Series will be replaced by two individual British Championship events in July and October. In addition, courtesy of BMCCSA member Roger Homyer, a new Ultra-veteran (70+) age category and trophies have been added to the British Championship events. I hope to see many of you at one or both of these new events, as well as at other roller ski races and, in the meantime, I hope that you enjoy this Newsletter.

Adam

New members

Jess Lawro: Hi everyone! My name is Jess, a Brit from Cheltenham, Gloucestershire currently residing in Bend, Oregon, USA. How did I end up here you ask?! *(No, sorry, this won't to. If a 'you' is asking, the question has to be "How did you end up here?". Glad we sorted that out. Ed)* Well, long story short, I met my Belgian husband while we were both working at a summer camp in the San Juan Islands in Washington State and, after doing some bouncing around between Europe and the USA, we ended up in Bend where some of his family also lives. Sport has always been a big part of my life, predominately horse riding and athletics growing up, heavily focussing on athletics during my time at the University of Birmingham. It wasn't until I visited Bend for the first time in 2011 that I found the mountains, and the rest as they say is history.

Over the years of visiting Bend, living in the French Alps and then moving to Bend in 2016, my relationship with the mountains was snowboarding and trail running. However, in 2018 I decided I wanted to enter a race here in Bend, a big event called the Pole Pedal Paddle which starts on the mountain and ends in town by downhill ski or snowboard, Nordic ski- bike- run- paddle- sprint, so I needed to learn to skate ski!

I feel so fortunate to have found skate skiing as, although it regularly makes me feel like my heart is beating out my chest, I found such joy and peace on the trails. Over the years I have continued to develop my skate skiing and just love getting out on the trails by myself or with friends and family in both a casual fashion and a more training-for-an-event focussed ski. I now have a 2 year old daughter and a 3 month old son and skate skiing continues to be a way for me to be able to sneak away and connect with the mountains and right now, work on getting some fitness back!

Aspirations for the future are to stay fit and healthy so I can continue to work on my skating technique to maybe be able to represent my country at a Masters event one day, and so I can continue to do the activities I love by myself, with friends and with my family.

Here is a picture of me and my daughter out for a ski:



British Roller Ski Series 2025 wrap-up

We left you in suspenders in the last BMCCSA Newsletter, because the BRSS had not quite finished. So, here, we bring you fully up-to-date with the results of the last two Series races, together with overall Series standings.

The two final races took place at the excellent Cyclopark venue at Gravesend, Kent, because of the closure of the Redbridge circuit in east London for repair, with a 3 km free technique sprint on Saturday followed by a 9 km free technique event on Sunday. I've removed the results of racers under the age of 18.

British Series Race 12, Saturday 25th October, 2 km free technique sprint, Gravesend					
Senior, veteran and super veteran categories, male and female					
Pos.	Name	Club	Category	Time	Position
1	Jack White	BBU	Senior male	2:45.0	1st senior male

British Series Race 13, Sunday 26th October, 9 km free technique mass start, Gravesend					
Senior, veteran and super-veteran, male and female					
Pos.	Name	Club	Category	Time	Position
1	Sergey Zahkarov	U/A	V40+ male	24:37.5	1st V40+ male
2	Jack White	BBU	Senior male	25:27.7	1st senior male
3	Marcus de Freitas	U/A	V40+ male	26:52.1	2nd V40+ male

It's difficult to write much other than to congratulate Jack for his hard-won Saturday triumph, and all three of the participants on Sunday. In fact, had it not been for the Morrison clan from Scotland who are cleaning up many of the younger age groups, and a few other young racers from the Fife club, the event would have been rather miserable. I accept that Gravesend is a little out of the way for some people, although it's a great circuit to race on, but it seems that we aren't somehow appealing to those who would otherwise do roller ski races.

So this brings us to the overall standings for 2025 (overleaf). You can see the full age category results on <https://www.bmccsa.org.uk/rules> (yes, the page name is wrong but it does take you to the right page!) although the Top Three in each adult category are as follow. Congratulations go to all adult overall category winners, and it's good to see, as indeed it should be, that most winners are BMCCSA members:

Male Senior Top Three		
Name	Club	Points
Gregor Fijalkowski	CBNSC/BM	250
William Hodgson	RAF	203
Martin Watkins	WBNSC/BM	195

Female Senior Top Three		
Name	Club	Points
Beata Nowok	CBNSC/BM	235
Hannah McHugh	Fife	195
Amy Hill	???	100=
Mary Wray	LRNSC/BM	100=

Male Veteran 40+ Top Three		
Name	Club	Points
Martin Watkins	WBNSC/BM	200
Steve Perry	RAF	185
Ruari Campbell	Huntly	169

Female Veteran 40+ Top Three		
Name	Club	Points
Beata Nowok	CBNSC/BM	250
Mary Wray	LRNSC/BM	100
Hazel Thomson	Fife	90

Male Super Veteran 60+ Top Three		
Name	Club	Points
Martin Watkins	WBNSC/BM	200
Adam Pinney	LRNSC/BM	140
David Horsley	Huntly	134

Female Super Veteran 60+ Top Three		
Name	Club	Points
Mary Wray	LRNSC/BM	100
Megan Campbell	LRNSC	50
Glennis Dore	LRNSC/BM	45

British Series 2025, Senior male overall					British Series 2024, Senior female overall			
Pos.	Name	Club	Category	Points	Name	Club	Category	Points
1	Gregor Fijalkowski	CBNSC/BM	Senior	250	Beata Nowok	CBNSC/BM	V40+	235
2	William Hodgson	RAF	Senior	203	Hannah McHugh	Fife	Senior	195
3	Martin Watkins	WBNSC/BM	SV60+	195	Amy Hill	???	Senior	100
4	Jack White	BBU	Senior	172	Mary Wray	LRNSC/BM	SV60+	100
5	Jack Somerset	Huntly	Senior	166	Megan Campbell	LRNSC	SV60+	45
6	Dale Nuttall	RAF	Senior	159	Hazel Thomson	Fife	V40+	42
7	Steve Perry	RAF	V40+	155	Malgorzata Ives	HNSC	V40+	42
8	Ruari Campbell	Huntly	V40+	141	Glennis Dore	LRNSC/BM	SV60+	42
9	Jordan Andrews	Hyde Park	Senior	132	Hannah Watt	RAF	Senior	40
10	Adam Pinney	LRNSC/BM	SV60+	116				
11	David Horsley	Huntly	SV60+	109				
12	Tom Harvey	RAF	Senior	105				
13	Logan Duncan	Huntly	Senior	90				
14=	Gerard Evans	LRNSC/BM	SV60+	84				
14=	Dominic MacAleese	RAF	Senior	84				
14=	Martin Roscoe	Y. Dales/BM	SV60+	84				
14=	Peter Thomson	Fife	Senior	84				
18	Kieran Jarret	RAF	V40+	80				
19	Radek Berka	U/A	V40+	79				
20	Geoff Hibberd	Y. Dales	V40+	78				
21	Russ Williams	RAF	V40+	77				
22	Simon Bate	Huntly/BM	V40+	76				
23	David Palmer	LRNSC	V40+	71				
24	Grant Huxford	RAF	V40+	70				
25	Anders Soderback	LRNSC	SV60+	68				
26=	Ethan Clarke	Y. Dales	Senior	50				
26=	Aleix Pubill	LRNSC	Senior	50				
26=	Sergey Zahkarov	U/A	V40+	50				
29=	Andy Goodwin	RAF	V40+	45				
29=	Oliver Hill	WBNSC	Senior	45				
29=	Zander Bohle	U/A	Senior	45				
29=	Jason James	RAF	Senior	45				
33	Marcus de Freitas	U/A	V40+	42				
24=	Michael Smith	Lakeland	V40+	39				
24=	Szymon Orłowski	LRNSC	Senior	39				
36	Roger Homyer	Huntly/BM	SV60+	38				
37=	Tony Jannetta	Huntly	SV60+	37				
37=	Chris Chamberlain	LRNSC	V40+	37				
39	Keith Thomason	Fife	V40+	36				
40	Chris Richards	LRNSC/BM	SV60+	35				
41	Sandro Magrini	LRNSC	SV60+	33				
42=	Sam Clark	LRNSC	Novice	32				
42=	Oliver Tidswell	RAF	Senior	32				

We lost exactly 5 senior males and 5 senior females compared to last year, so numbers have been relatively stable even if well down on previous years. Now read on to learn what's new for 2026, with the first races coming up quite soon.

GB Roller Ski Racing – Changes and Calendar 2026

The British Roller Ski Series has been losing participants for some years, and especially in the last few years. Peak participation, 192, was in 2008 but recent years have seen 2023 120, 2024 92 and 2025 94. In addition, in 2025 only 16 people raced in both Scotland and England. There were two Series events which, sadly, attracted very few participants, meaning a financial loss for their organisers. Finally, except for Scotland where all Scottish Series races are also BRSS races, in the north and south of England, there was a significant number of skiers who raced regional races but did not compete in BRSS races even when these were nearby.

As a result of the above, the BRSS Working Group, made up of all organising clubs, BBU, the RAF and others concerned with British Roller Ski racing, meeting in November, came to the following conclusion. The BRSS should be suspended for some years until interest in roller skiing in general picks up again and, instead, should be replaced by one or more one-off British Championship events. The three regional Series (Scottish, Northern Roll and an expanded Southern Roll), and the BBU Series, would continue unchanged. During the meeting, the idea of two British Championship events was developed, a Distance Championship and a Sprint Championship, to be organised in 2026 by the BBU and which should, in future years, alternate between Scotland and England.

The British Distance Championship will, for 2026, take place over a weekend, allowing travel on Friday evening or early Saturday morning, and will involve, on Saturday 25th July in the morning, a classic time trial. This will be followed, on Sunday 26th July, by a free technique pursuit, the fastest skiers from the classic time trial going off first, others starting depending on their time-trial result, with British Champions being those who cross the line first at the end of the pursuit. The perpetual trophies, previously used for the BRSS, will be used for the new Distance Championship but will continue to be held for just one year. This year, though, to recognise the marked fall-off in general sporting performance between the age of 60 and 70, a new 70+, Ultra-veteran, category will be added, with trophies kindly provided by Roger Homyer.

The British Sprint Championship will be held at Redbridge on Saturday 24th October, involving a time trial followed by knock-out heats; each skier therefore racing at least twice. This will be followed, on Sunday 25th October, by the new British Biathlon championship. All British Championship events (as well as other BBU events) have various biathlon races included, so it's possible to spend a whole weekend at them.

The whole idea behind these changes is hopefully to bring together both serious racers and fun racers at the same event, with the weekend format allowing skiers to get together on Saturday evening.

Here are the event contacts and websites (where they exist) and, overleaf, there's the calendar itself. Remember, too, that the three regional Series will run as in previous years. If you want to follow the Series, all details and results are on the British Masters website, www.bmccsa.org.uk/brss-home.

CONTACTS AND WEBSITES

LRNSC and Southern Roll Series, Adam Pinney, aapinney@ntlworld.com; <http://londonnordic.org.uk/roller-ski-racing/>

Huntly, Peter Thorn, huntlynordicsc@yahoo.co.uk; <https://www.nordicski.co.uk/>

Fife Roller Ski Club, Hazel Thomson, fiferollerski@gmail.com; <https://www.facebook.com/FifeRollerSki/>

Lakeland and Northern Roll Series, Mike Smith, pillarsmilnthorpe@gmail.com; <https://www.lakelandxcski.com/>

CBNSC, Naomi Dargie, cairngormbiathlonnordicskiclub@outlook.com

YDCCSC, Angela Clarke, info@ydcsc.org.uk / Martin Appleby m.appleby451@btinternet.com

MCCSC, Alastair Brown, sno_lodjur@btinternet.com

Tyneside Loipers, Alan Mitcham, alanmitcham5@gmail.com

BBU, Carl Carrier/Elizabeth Winfield, development@britishbiathlon.com / info@britishbiathlonrollerski.co.uk

DATE	EVENT	SERIES	VENUE	ORGANISER	NOTES
Sunday 29 March	3 km time trial challenge – CT	Southern 1	Hayes	LRNSC	Starts at 12:30. Any classic rollers with rubber wheels and ratchet.
Sunday 12 April	12 km time trial challenge – CT	Southern 2	Hayes	LRNSC	Starts at 12:30. Any classic rollers with rubber wheels and ratchet (6/3 km junior/novice races).
Sunday 10 May	3 km time trial challenge – FT	Southern 3	Hayes	LRNSC	Starts at 15:30. Any roller skis in accordance with FIS Rules excluding 'rockets' (fast racing rollers).
Saturday 16 May	Sprint race – FT	–	Swindon	BBU	Starts about 12:00. Approx. 1 km, Marwe 610s with US6 wheels or no faster.
	Laser Biathlon – FT	BBU			Starts about 17:00. Age-related distances. Marwe 610s with US6 wheels or no faster.
Sunday 17 May	Distance – FT	–			Starts at 10:00. Free technique with US6 wheels or no faster. Also 3 km running laser biathlon race 13:00.
Saturday 30 May	Huntly Sprints – FT	Scottish 1	Huntly	Huntly	Starts at 10:00. Race will be combined time of two time-trials. K.O. sprints in the afternoon. Organiser will supply Marwe roller skis.
Sunday 31 May	Clashindarroch Hill Climb – CT	Scottish 2	Rhynie A941		Start time TBC. Minimum age 11. Classic roller ski type TBC. 8.05/4.85 km climbs.
Saturday 13 June	TBC	Scottish 3	Fife	Fife	Details TBC.
Sunday 14 June	2-hour mass start challenge – FT	Southern 4	Hayes	LRNSC	Starts at 10:00. Any rollers in accordance with FIS Rules. Furthest distance in two hours wins.
Saturday 30 May	Yorkshire Dales 1 hour – FT	Northern 1	Leeds	YDCCSC	Starts at 13:00. Any rollers. Furthest distance in one-hour wins.
Saturday 20 June	1 hour – FT	Northern 2	Preston	MCCSC	Starts at 14:15. Any rollers. Half hour option available.
Saturday 20 June	Sprint race – FT	–	Leeds	BBU	Starts about 12:00. Approx. 1 km, Marwe 610s with US6 wheels or no faster.
	Laser Biathlon – FT	BBU			Starts about 17:00. Age-related distances. Marwe 610s with US6 wheels or no faster.
Sunday 21 June	Distance – FT	–			Starts at 10:00. Free technique with US6 wheels or no faster. Also 3 km running laser biathlon race 13:00.
Sunday 28 June	12 km mass start challenge – FT	Southern 5	Hayes	LRNSC	Starts at 16:30. Any roller skis in accordance with FIS Rules excluding 'rockets' (6/3 km junior/novice races).
Sunday 5 July	Lancaster 1 hour – FT	Northern 3	Lancaster	Lakeland	Starts at 14:00. Any rollers, furthest distance in one-hour wins.
Saturday 25 July	British Champs distance – CT Race #1 – Time trial	British Championship	Fife Cycle Park	BBU	Starts about 10:00. British Championship classic distance time trial, Swenor Alutechs with No. 2 wheels or no faster. BBU FT distance, Marwe 610s with US6 wheels or no faster.
	Laser Biathlon – FT	BBU			Starts about 15:00. Age-related distances. Marwe 610s with US6 wheels or no faster.
Sunday 26 July	British Champs distance – FT Race #2 - Pursuit	British Championship			Starts about 10:00. Also 5 km skate biathlon race. British Championship FT distance pursuit, Marwe 610s with US6 wheels or no faster. 3 km running laser biathlon race about 13:00.
Sunday 16 August	Hartlepool sprint + 1 hour – CT	Northern 4	Hartlepool	Tyneside	750 m sprints, 11:00, 1 hour race 12:30, furthest distance in one-hour wins. Any classic rollers with ratchet.
Sun. 6 September	3 km mass start challenge – FT	Southern 6	Hayes	LRNSC	Starts at 15:30. Any roller skis in accordance with FIS Rules excluding 'rockets' (fast racing rollers).
Sat. 12 September	Huntly 3.5/5.4/7.1 km – FT	Scottish 4	Huntly	Huntly	Registration from 09:00, races start at 10:00. Relays follow main races. Marwe roller skis provided by organisers.
Sun. 13 Sept.	Cairngorm Hill Climb – FT	Scottish 5	Glenmore Lodge	CBNSC	Start time TBC. Distance/roller type TBC.
Sunday 4 October	London 2 x 3 km relays – CT	Southern 7	Hayes	LRNSC	Starts at 12:30. Teams of two, ability handicap. Any classic rollers with rubber wheels and ratchet.
Sun. 18 October	3 km mass start challenge – FT	Southern 8	Hayes	LRNSC	Starts at 12:30. Any roller skis in accordance with FIS Rules excluding 'rockets' (fast racing rollers).
Saturday 24 October	Sprint race – FT British Champs sprint	British Championship	Redbridge	BBU	Starts about 12:00. Approx. 1 km, Marwe 610s with US6 wheels or no faster.
	Laser Biathlon – FT British Champs biathlon	British Championship			Starts about 17:00. Age-related distances. Marwe 610s with US6 wheels or no faster.
Sun. 25 October	Distance race – FT	–			Starts at 10:00. Free technique with US6 wheels or no faster. Also 3 km running laser biathlon race 13:00.
Sun. 1 November	3 km mass start challenge – CT	Southern 9	Hayes	LRNSC	Starts at 12:30. Any classic rollers with rubber wheels and ratchet.

Masters World Championships, Sappada, January-February 2026

811 eager athletes had signed up for the 2026 Masters World Championships in Sappada, north-eastern Italy which, if you want to know roughly where this is, go half way between Toblach/Dobbiaco and Obertilliach, turn south and it's just down there. 811 is not a fantastic number for a Masters in the Alps, but it was better than some previous events and was made up, in order of numbers by:

USA	134	Poland	31	Estonia	5
Italy	115	Sweden	29	Spain	2
Germany	72	Australia	24	Kazakhstan	2
Finland	71	Czechia	26	Denmark	2
France	57	Ukraine	23	Romania	1
Austria	52	Slovakia	23	Slovenia	1
Switzerland	44	Great Britain	8	Japan	1
Canada	39	Netherlands	7		
Norway	36	Latvia	6		

It's perhaps surprising that USA was ahead of local Italy (but the word was that a lot of Americans wanted to leave the US and, for them, this is both a racing and a cultural trip), good to see Finland with a lot more racers than in the past (and they looked very smart in their team gear), excellent that Australia had so many, and actually quite good for us, because it put us ahead of all the 'non-snow' countries (and Estonia!).

Lauro was the first to arrive, having been in Sappada since Saturday before the event, while I arrived on the Tuesday. The following day, Wednesday, there was a lot of new snow falling and temperatures varying between -4 °C and -1 °C. Good-oh, Rode stick wax working well in the morning and again in the afternoon, by which time the tracks were very full of snow. And what of the tracks? We had been told in advance that there had only been enough snow to prepare 5 and 7.5 km tracks, so let's go on a tour of the 7.5 km circuit.

From the start the tracks went roughly east, with about 200 metres of gentle climb before turning through roughly 180° to the first steep climb, a short one of perhaps 30 metres length. A little flat section and we were onto the first drop, a steepish but fairly short affair turning slightly to the right, before a fast run under the bridge which we will return to very shortly. A turn to the right and the second significant climb of about the same length as the first (the first 'technical zone'), followed by a loop of a few hundred metres before we dropped back down over the bridge (told you!) which, with the speed from the descent needed only a few poles strokes to crest. Another fairly fast descent and round back towards the start area where, after a turn, we headed down the steepest and fastest hill to the river. Not tricky as such, but some care needed for the slight turn at the bottom before we scooted left and right over the bridge.

Another short turning climb and a gentle drop to a 180° corner, a bit more climbing and then a fastish drop into the trees with a turn to the left which was just about do-able in the tracks and, really, that was the end of the 'technical' part of the track, after no more than 2.5 km! The rest of the track comprised a series of loops in the meadows punctuated by short climbs and one steep but short downhill, with only one further significant climb of about 75 metres (where the second 'technical zone' occurred). My thoughts on Whatserp at the end of the day were "Thank goodness we'd done all that work on the Skierg" because, after the first 2.5 km or so of technical stuff, this was very much a roller skier's circuit but, nonetheless, an enjoyable one! That evening we walked just down the hill (our AirBNB apartment was ideally situated at no more than 10 minutes walk from the stadium) for a very reasonably-priced pizza.

The following day we met up with Kelley; Peter M., Louise and Chris arrived in town as well, with Peter D. rolling in mid-afternoon. Temperatures were around zero for much of the day, so stick wax of the first day was not working well in the morning; skin skis in the afternoon were a little better. The tracks a lot faster, without all the new snow of the previous day, but this added no additional technical challenges.

Day 3, Friday, uh-oh, temperature between -1 °C and +2 °C, with the tracks very glazed. More in hope than expectation I stuck (*Wrong verb. Ed*) with stick wax but, early morning, this hardly worked at all. Lauro bravely continued to try various stick waxes, ending up on red/silver, while I changed to Guru Extreme klister (-2 °C to +8 °C) which worked well at lunch time. Stick waxes in general, though, were confined to the bottom of the wax box from this day onwards; it was klister! There was a little confusion over where the refreshment tent was, and queues to collect race bibs, but these were fairly quickly resolved and the goody bag was actually good, containing both chocolate bars (two) and cheese. And so as not to keep you wondering, the refreshment tent was at about 200 metres from the start, just beside the waxing areas in a nicely-heated building beside it.

At home in the Pinney/Franzese apartment, there was a lot of stress on Friday evening, particularly about temperatures and therefore grip wax for the following morning's classic races. Some forecasts were predicting -10 °C, others a little warmer, but there was general agreement that temperatures would rise rapidly between 08:00 and 10:00, to be at or above zero by 11:00, i.e. right throughout the time of our race. They were wrong! Temperatures for the classic races were around -5 °C, meaning cold hands for me throughout the whole race. But Rode klister -6 °C to +6 °C worked well for me, while Peter D. complained of slipping, as did Peter M. on a slightly different mixture. James and Jennifer opted for skin skis which were perhaps not optimum on very fast tracks in the morning, indicated by the fact that the winners in the younger (M01-M06) age categories in the morning's classic races were about 5 minutes faster over 20 km than the skaters in the afternoon races.

There were some fears at the end of the race of disqualification for Lauro, who actually went to the scorers to report *himself* for missing the start markers of the second technical zone and doing kick-double-pole through it, and for Jamie (skating on corners) but all was well. This was Jennifer's first-ever race at the Masters so, by definition, it was her best-ever score! I was reasonably happy with the number of people I beat, but less happy with my percentage, while pride of place in this first race went to Peter M. with the best performance of 31.8 %, albeit a little down on his performance over the same distance from Pillerseetaal of 13.3 % back in 2014.

In the results below, speeds are calculated on the actual course lengths rather than the race distance, i.e. 7.5 km = 7.33 km and 5 km = 4.92 km

Medium distance classic technique, Saturday 31st January

Men's M01-M06 20 km

Fastest	Piotr Skowron	POL	M01	46:25.0	25.4 km/h		
5)	James Sweeting	GBR	M01	1.10:43.0	16.7 km/h	52.4 %	(5 starters)

Ladies F01-F08 15 km

Fastest	Alina Prochazkova	SVK	F03	42:43.6	20.6 km/h		
1)	Isabel Schowber	GER	F01	46:01.1	19.2 km/h		
5)	Jennifer Sweeting	GBR	F01	1.11:08.1	12.4 km/h	54.6 %	(5 starters)

Men's M07-M08 15 km

Fastest	Gian Jorger	CH	M07	38:12.6	23.1 km/h		
32)	Peter Moysey	GBR	M07	50:21.5	17.5 km/h	31.8 %	
38)	Peter Drew	GBR	M07	56:13.3	15.6 km/h	47.2 %	(43 starters)
1)	Knut Beck Engebretsen	NOR	M08	40:05.1	21.9 km/h		
38)	Adam Pinney	GBR	M08	57:31.2	15.3 km/h	43.4 %	(46 starters)
1)	Gaefan Beaulieu	CAN	M09	44:23.6	19.8 km/h		
24)	Lauro Franzese	GBR	M09	1.01:37.8	14.3 km/h	38.7 %	(34 starters)



Dr. Pinney, of no fixed ability, waiting for his hands to warm up again at the end of 15 km. Notice the lovely blue sky!

The weather much warmer and sunny for the afternoon's skate race, with Kelley and Louise (making her Masters debut) taking part. The track was, consequently, softer and more cut up (there were rumours that Louise also cut up Kelley, although it could have been the other way around but, because these can't be confirmed, we won't mention them here). Louise was enthused after her race, despite a fall on the downhill corner into the woods while, for Kelley, this was her best percentage performance since winning medals in Beitostolen back in 2019.



James happy at the end of his first race and racing under a new (married) name of Sweeting (previously Cairns)

Medium distance free technique, Saturday 31st January

Ladies F01-F09 15 km

Fastest	Erica Ohearn	USA	F03	37:57.0	23.2 km/h		
1)	Renate Forstner	GER	F04	41:15.1	21.3 km/h		
6)	Kelley Haniver	GBR	F04	46:20.6	19.0 km/h	12.4 %	(7 starters)
1)	Sirpa Paakkonen	FIN	F08	44:57.4	19.5 km/h		
8)	Louise Makin	GBR	F08	55:19.9	15.9 km/h	23.1 %	(15 starters)

Not much time to recover before the following day's, Sunday's, short distance races! It was -8 °C at the classic start so I mixed Swix carbon klister (-8 °C to -1 °C) with the Guru klister and, although the grip was not quite as good as the day before, I was happy. The 5 km track avoided many of the short herring bone climbs and the second long climb of the day before, so grip was perhaps not quite as crucial. Jamie (who'd entered the medium distance classic and both short-distance races) withdrew from the short classic race to give himself a better chance in the afternoon's skate race, while Lauro also withdrew to save his energy for the final, long classic race.

For Peter D., this race represented an improvement compared to the previous day and I, while initially disappointed to not get below the 30 % mark, was happier when I compiled the Best of All Time result and discovered that 33 % was my 9th best from a total of 59, a little down on my best of 28 % in the same race in Autrans back in 2009 but quite a lot better than recent performances. In fact, 10 km classic seems to be my best event, with three of my four best results coming in it. We were all put to shame, though, by Kelley, who scored both the best percentage (albeit her worst of the event) and the fastest race time.

Short distance classic technique, Sunday 1st February

Ladies F01-F08 10 km

Fastest	Niina Virtanen	FIN	F01	26:16.0	22.1 km/h		
4)	Jennifer Sweeting	GBR	F01	42:24.5	13.9 km/h	61.4 %	(4 starters)
1)	Catrin Ingvarsson	SWE	F04	28:15.2	20.9 km/h		
6)	Kelley Haniver	GBR	F04	33:19.0	17.7 km/h	17.9 %	(7 starters)

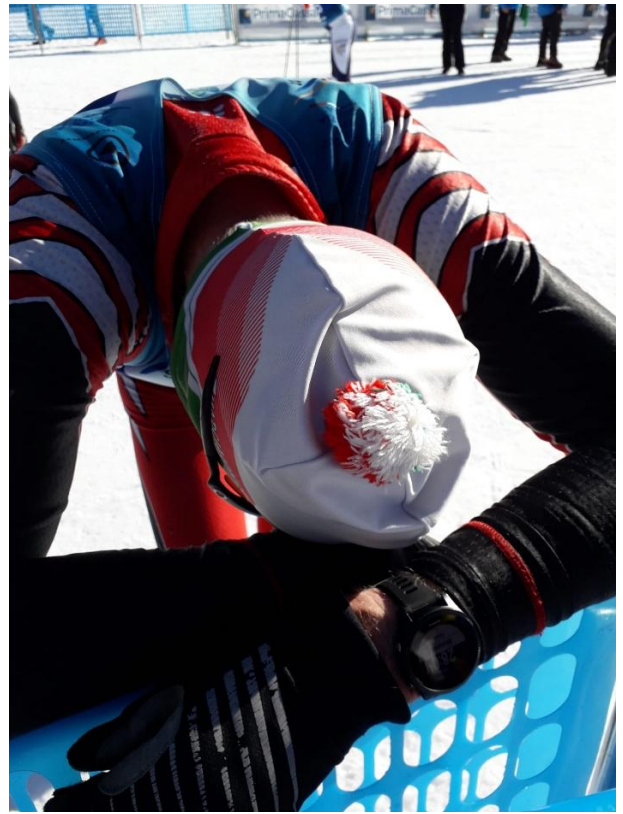
Men's M01-M09 10 km

Fastest	Piotr Skowron	POL	M01	23:26.3	25.2 km/h		
	James Sweeting	GBR	M01	DNS			(3 starters)
1)	Gian Jorger	CH	M07	23:32.0	25.1 km/h		
38)	Peter Drew	GBR	M07	33:53.5	17.4 km/h	44.1 %	(42 starters)
1)	Daniele Vuerich	ITA	M08	26:42.6	22.1 km/h		
26)	Adam Pinney	GBR	M08	35:32.6	16.6 km/h	33.1 %	(31 starters)
1)	Gaefan Beaulieu	CAN	M09	27:38.1	21.4 km/h		
	Lauro Franzese	GBR	M09	DNS			(29 starters)

Once again, the temperature in the afternoon was much warmer as the sun came around the mountain, +2.3 °C according to the weather forecast but almost certainly a lot warmer in the full sun. Peter M., sadly, chose the wrong lane at the start and had two people fall right in front of him, which put him further down the field than he should have been but this was, nonetheless, his best race of the event, 17.9 %, only a little down on his best-ever Masters performance of 14.0 % in Kuopio a century ago (1996), when the short races were 15 km and he was racing for New Zealand. Ironically, his race speed in Sappada was *faster* than it had been in Kuopio (21.6 km/h compared to 20.7 km/h), this possibly reflecting better track preparation and/or better skis. Peter had had quite a serious fall a few days before coming to Sappada and was in pain. We didn't know it at the time, but X-rays subsequently revealed broken vertebrae so, overall, not a bad effort!



Peter M. climbs the first short hill, with the cameraman (AAP) unable to get his arse in gear in time for a head on shot



And here at the finish. Now, broken back or not, we wonder whether, if he trained a bit harder, he wouldn't get this puffed out 😊!

Jennifer initially came to the start to find that she was the only one in her category, but the other two joined her just before the gun. Both she and Louise had difficulty going into the wood, Jennifer going off the tracks in the wood where it was slushy, while Louise fell in much the same place as in her first race but, despite this, was able to find a sprint for an extra place right at the finish. This was, though, her least-good percentage of the whole event. There was, though, triumph for Jennifer; with only three people in her class, a medal was guaranteed as long as she finished, which she duly did, to add a bronze to Great Britain's impressive medal tally from MWCs! The whole team went to watch her collect her medal that evening, before heading into town for a celebratory meal.

Short distance free technique, Sunday 1st February

Ladies F01-F09 10 km

Fastest	Alena Prochazkova	SLO	F03	23:37.8	25.0 km/h		
1)	Anna Engel	USA	F01	25:51.8	22.8 km/h		
3)	Jannifer Sweeting	GBR	F01	42:05.9	14.0 km/h	62.8 %	(3 starters)
1)	Sirpa Paakkonen	FIN	F08	27:57.7	21.1 km/h		
11)	Louise Makin	GBR	F08	35:48.6	16.5 km/h	28.2 %	(18 starters)

Men's M01-M09 10 km

Fastest	Piotr Skowron	POL	M01	21:08.6	27.9 km/h		
5)	James Sweeting	GBR	M01	30:00.3	19.7 km/h	42.0 %	(5 starters)
1)	Nicola Celon	ITA	M07	23:12.3	25.4 km/h		
36)	Peter Moysey	GBR	M07	27:20.9	21.6 km/h	17.9 %	(61 starters)



"Where's everybody else?" says Jennifer at the start



And here posing in the waxing bay



Louise, happy after her sprint finish



Much of the GBR team, L-R Peter M., Peter D., Kelley, Louise, Chris (I think), Jennifer and James

The following day, Monday, was the rest day. There was heavy snow all day, maybe adding another 25 cm, with temperatures of +2 °C. Lauro tried all kinds of stick wax but nothing worked and he eventually went for full glide wax to test out double-poling for the long classic race. I decided to try skating the 7.5 km track but, deep in snow, that was hard work! There was a fun activity in the evening, with many former elite stars of Italian cross-country skiing being interviewed in the refreshment tent, including videos of their performances and with the whole relay team (Maurilio De Zolt, Marco Albarello, Giorgio Vanzetta and Silvio Fauner) which had famously beaten Norway at the Lillehammer Winter Olympics in 1994. In a very close finish, Silvio Fauner, president of the Sappada Organising Committee, beat Bjorn Daehlie by just 0.4 seconds. These, you might remember, were the Olympics which followed the controversy between figure skaters Tonya Harding and Nancy Kerrigan, where friends of the former assaulted Nancy with a baseball bat, only for Harding to have a disastrous performance, finishing nowhere, while the previous favourite Kerrigan took the silver medal. They'd promised refreshments and, although food was on offer, there were long queues for it, so it was back to the pizzeria for Lauro and me, where we also met Kelley and Peter D.



Tuesday was Relay Day but with no one wanting to race for Britain, it turned into a second rest day, nice! The relays weren't held in Sappada itself but, rather, a little up the road in Forni Avoltri (joint host town). Reports in the Team Captains' meeting that evening were that a lot of skiers had had difficulty with the grip waxing for the classic legs (further adding to the anxiety amongst the British classicist skiers in advance of Thursday's race!), with several opting for no grip wax whatsoever. Sadly, too, four teams (i.e. 16 skiers) had to be disqualified for taking the wrong track. I can't really comment, having not seen the venue at Forni Avoltri but, while I fully accept that it's up to racers to know the correct tracks, given that no one had raced there before the relays, would it have been so difficult for the organisers to put a few marshals at key points on the track? The Italian relay team from Lillehammer were scheduled to race but, probably because they had nothing to prove, I don't think that any of them did.

Wednesday, long skate race day, Kelley and Louise racing. Louise was, once again, was extremely happy with her race, she doesn't fall but just missed out in a race-long battle with the Italian ahead of her. She was, though, concerned by how quickly overtaking skiers cut in, and she commented on slow tracks after all the new, wet snow which became heavier at lunchtime with a temperature of +3 °C all day and, perhaps interestingly (if you're interested by this sort of thing), she recorded *exactly* the same percentage as her first race. From the smiles she wore all week, though, she will be back (and has already booked accommodation for Tromsø), and she is also trying to encourage more Brits to take part. She and partner Chris are looking into Team Kit for next year; let's see whether we can look as posh as the Finnish team! Kelley reported being very happy with her race and finished only a few percentage points outside her best performance of the event. Now there remained only the long-distance classic race but, before we got to that, there was still a lot of waxing panic to be had in the Pinney/Franzese camp!



A good idea of the far-from-ideal conditions for the long skate race! This is not anyone we know

Long distance free technique, Wednesday 4th February

Ladies F01-F07 30 km

Fastest Erica Ohearn	USA	F03	1.23:34.2	21.0 km/h		
1) Jindriska Zemanoka	CZ	F04	1.27:56.7	20.0 km/h		
7) Kelley Haniver	GBR	F04	1.39:39.8	17.7 km/h	13.3 %	(8 starters)

Ladies F07-F08 20 km

Fastest Kaija Pyoriainen	FIN	F07	57:16.5	20.6 km/h		
1) Sirpa Paakkonen	FIN	F08	59:12.6	19.9 km/h		
12) Louise Makin	GBR	F08	1.12:53.8	16.2 km/h	23.1 %	(16 starters)

Someone possibly had too much time on their hands, but the two photos below appeared on Whatserp, purporting to show how Kelley deals with her rivals:



"Let me extend the kind hand of friendship"



"Gotcha, you ***!"**

Final race, Thursday, 30 km classic. The heavy, wet snow of the previous day continued until about 04:00, with the tracks groomed for the last time at 08:15 but this leaving the base of the classic track still icy. The weather forecast suggested about -1 °C at 07:00 while the same forecast one hour later suggested positive temperatures for the rest of the day. The temperature when we started was around +2/+3 °C (and about +5 °C at the end), so I stayed with my Guru klister (-2 °C to +8 °C), Lauro opted for a -2 °C to +5 °C klister with universal klister added underfoot while Peter D. chose skins. Peter M. was scheduled to race, too, but the X-ray results had confirmed the back problems so, wisely, he decided against making the long drive in the heavy snow. Shortly before the race started I tried my skins but these seemed no better than klister, and the track was slower than earlier races. Bizarrely, while my grip was acceptable throughout the race, the skis were actually better when diagonal striding, especially up hills, than when kick-double-poling on the flat. Luckily, with the temperature rising quickly, I removed two top layers just before race start (and ditched my hat after one lap), and this was the first race of the event where my hands were warm throughout!

Lauro had a somewhat eventful race, going down onto one knee five times, this usually as a result of being knocked down by over-takers pulling in in the same way as noted by Louise and which I also experienced. Lauro slowly picked off most of the pack ahead of him and, close to the finish, he had to sprint from about 60 metres behind to beat Jiri Kralovec by 6 seconds. His 31.5 % was his best-ever Masters performance, surpassing his 33.0 % in the 20 km classic from Seefeld in 2023, and his 14th place put him exactly half way through his field, no mean achievement. As it happens, the whole team went down at some stage; I fell in a stupid little trip, tired, just a few metres before the finish, while Peter fell once and, although the tracks were well-prepared and stayed in good condition throughout the race, I wasn't confident enough to stay in the tracks for the left-hand turn going into the trees without a surreptitious half-snowplough. Unusually (I don't think that I've ever had this before), I believe that we were all lapped by the winners in our age categories on our third of four laps. Strangely, the M07 (60-65 year old) winner was faster than all other age classes and, sadly (and a little inexplicably, given the good conditions), the number of DNSs probably spoilt the number of people we each beat; there were 10 in Peter's class, 11 in mine and 10 in Lauro's.



Lauro on his way to his best-ever Masters performance, 30 km classic



Peter D., happy but perhaps regretting the decision to use skins, about to drop to the river

Long distance classic technique, Thursday 5th February

Men's M01-M09 30 km

Fastest	Gian Jorger	CH	M07	1.23:57.4	21.0 km/h	
29)	Peter Drew	GBR	M07	2.11:51.4	13.3 km/h	57.1 %
	Peter Moysey	GBR	M07	DNS		

(34 starters)

1)	Knut Beck Engebretsen	NOR	M08	1.26:34.2	20.3 km/h		
25)	Adam Pinney	GBR	M08	2.07:15.6	13.8 km/h	47.0 %	(29 starters)
1)	Jaromir Simunek	CZ	M09	1.35:26.5	18.4 km/h		
14)	Lauro Franzese	GBR	M09	2.05:32.0	14.0 km/h	31.5 %	(28 starters)

Before the banquet, there was the small matter of the Skiing Ashes, our annual battle with Australia. With the Australian team three times bigger than ours, and with them having a gold medallist, I'm afraid to report that, as the following table shows, this year we were thrashed!

Australia			Great Britain		
Name	Race	%	Name	Race	%
Alina McMaster	15 km F, F06	0.0	Kelley Haniver	20 km F, F04	12.4
Jane Scheer	30 km F, F06	6.7	Peter Moysey	10 km F, M07	17.9
Tom Landon Smith	10 km C, M06	6.7	Louise Makin	15 km F, F08	23.1
Kevin Tory	20 km F, M06	10.8	Lauro Franzese	30 km C, M09	31.5
Total		24.2	Total		84.9

Compared to last year, when Australia was on 104.3 % and we were on 154.3 % (but with five racers scoring instead of just four this year), we improved our mean score from 31 % to 21 % per person, but the Aussies improved even more, from 21 % to just 6 %. Although we had a friendly drink in their hotel, the win rate now stands at two to them, one to us. So we need to do better to even things up next year!

We were a little depleted for the closing banquet; Jennifer and James had left on Sunday, Peter M. was out injured and Peter D. also left after his race and went on to contract shingles, not very nice. But, apart from having to wait quite a long time for our food, as they went through not just the classic presentation but also the skate winners postponed from the previous day, this was a good banquet with the food, when it did come, being good.



The closing banquet, L-R: Kelley, Adam, Lauro, Chris and Louise

So, in summary, most people I spoke to were extremely happy with Sappada overall. Everything to do with the racing, especially the tracks, was fantastic, but there were a few concerns about the associated administration (e.g. big problems booking accommodation and long queues at the Race Office). But while Seefeld three years ago did a lot of damage to the Masters causes, the three events since then: Vuokatti, Klosters and now Sappada, have done a lot to restore things. This, I'm confident, will continue in Tromsø! Let's finish our reporting from Sappada with a few random photos:



The main Sappada organisers. With a population of just 1 400, 2 % were involved in the event!



Jennifer larks about for the camera but, as a medal-winner, we'll forgive her!



Part of the British team (second right table) in earnest discussion after the 30 km skate race



The view from our window on one of the snowy days. The gap from roof to gutter disappeared for a while!



The view up from the start, with the first sharp downhill to the left

Sugar in sport – curse and blessing!

From Datasport, March 2026

While some athletes avoid carbohydrates during exercise out of fear of insulin resistance, others try to consume more than 120 grams per hour. This article discusses which approaches influence performance and what scientific research has to say.

Discussions about carbohydrate intake during sport are currently quite heated. As a result, some athletes avoid carbohydrates completely during intense exercise because they fear insulin resistance and weight gain, while others attempt to consume up to 120 grams per hour or even more in extreme cases. Both approaches can have significant consequences; in the first case, performance suffers during activities lasting longer than 60 minutes, and in the second case the risk of bloating and diarrhoea increases. There is, though, no convincing scientific evidence showing that a consistently high intake of carbohydrates or sugar during training or competition is inherently harmful to health, provided the intake matches the body's energy requirements.

The aim should therefore be to consume carbohydrates wisely and consciously in order to benefit from their advantages while avoiding the drawbacks. In principle, it is important to distinguish between sugar intake during sport and general sugar consumption in everyday life. While the former can be considered beneficial, there are several points to keep in mind when it comes to overall sugar intake:

- the World Health Organization (WHO) recommends that no more than ten per cent of daily calorie intake should come from sugar,
- sugar only becomes problematic when it is consumed in excessive amounts overall,
- naturally occurring sugars, such as those found in fruit, are not an issue,
- if you feel like having something sweet, enjoy it in moderation. Strict bans and overly rigid dietary rules increase the release of the stress hormone cortisol, which can lead to various negative long-term health effects,
- avoid highly processed foods, as they usually contain not only sugar but also other ingredients that may be harmful to health.

Sugar can improve performance

Studies show that a marathon is completed on average four minutes faster when runners consume sugary sports drinks during the race rather than only water. The reason is that sugar can help delay fatigue by providing quickly available energy for both muscles and the nervous system. This intake is not only useful for the marathon distance, but already beneficial from about one hour of race duration, as sugar supports both the muscles and nervous system.

For optimal performance, 60 to 90 grams of sugar per hour are recommended. For longer distances, even higher amounts may be possible due to the lower intensity. To ensure proper absorption, a combination of glucose or maltodextrin and fructose is necessary. To avoid digestive issues during competition, this intake should always be practised in training beforehand.

Sugar during exercise influences how much you eat afterwards

Further studies show that consuming carbohydrates during exercise leads to a lower calorie intake afterwards. The fear that sugary sports drinks and gels lead to weight gain is therefore unfounded. Instead, they should be used strategically at the end of particularly long or intense sessions to initiate recovery and help prevent strong hunger cravings.



However, not every training session requires a high carbohydrate intake. Targeted training sessions with little or no carbohydrates can also be beneficial and help improve metabolic flexibility, the body's ability to switch quickly and efficiently between fat and carbohydrate metabolism.

Nutrition for active senior men and women

Joëlle Flück. Datasport, September 2025

Physical decline in old age is a reality, but it can be delayed with a varied diet tailored to individual needs. Protein is particularly important and here are some of the best tips.

In the coming years, the percentage of people over 60 will increase significantly, reaching an estimated 25 % by 2050. This will not only pose major challenges for the pension system but also put additional strain on the healthcare system. A healthy lifestyle can at least soften the negative aspects of ageing, and alongside sufficient physical activity, nutrition is a crucial factor to keep in mind. As science has shown in numerous studies, the Mediterranean diet is the eating pattern with the most positive effects on human health.

The characteristic basic elements of the Mediterranean diet include the regular use of olive oil as the main source of fats and oils, herbs and spices such as thyme, rosemary, coriander, sage, fennel, caraway, oregano and basil, generous amounts of fresh vegetables such as tomatoes, aubergines, peppers and courgettes, daily dairy products such as yogurt and cheese, regular fish and seafood, moderate red meat, whole grains whenever possible for bread, pasta and rice, and fresh fruit as daily desserts.

Nutrition for seniors should in principle be nutrient-rich and balanced, with a focus on protein, vitamins and minerals such as vitamin D and B12, ideally distributed across several small meals throughout the day. Equally important is sufficient fluid intake with water and herbal teas.

Basic diet plus “muscle fuel”

A central factor for independent ageing (and for sports) is functional muscles. In addition to regular training stimuli, this requires optimised protein intake, which should not only begin at an advanced age. Research still debates exactly when muscle loss begins in humans but signs can already be seen from around age 40, and it definitely starts by age 50. Nutrition, however, has a gap, because specific recommendations for older adults generally exist only for people aged 60 or even 65 and above.

What is certain is that adequate protein is crucial for maintaining muscle, and therefore protein requirements increase with age. To maintain optimally functioning muscles, both in sports and generally from age 50 onwards, about 1.5 grams of high-quality protein per kilogram of body weight per day are needed. The still often-cited 0.8 grams in official recommendations are too low for active seniors. These were derived as minimal amounts without considering optimal muscle or protein function.

From age 50 onwards, around 30 grams of protein per main meal are required. A 60-kilogram woman can therefore spread the necessary 90 grams of protein over three main meals of 30 grams each. Those who are heavier and need more total protein can either add it in snacks or increase the protein content of their main meals.



Animal or plant protein sources?

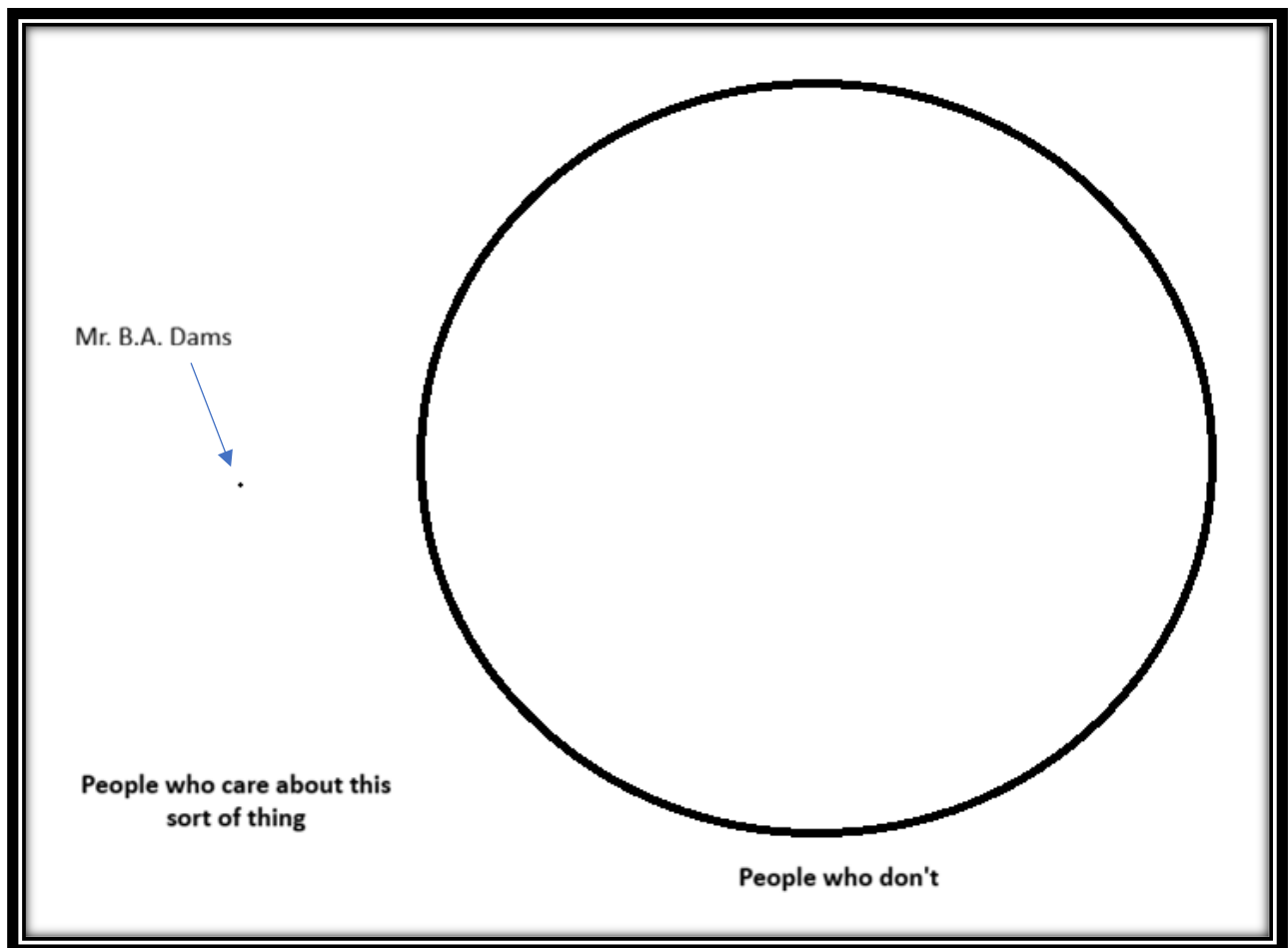
In the era of climate debate and the corresponding criticism of meat and dairy production, the discussion around protein also has a sensitive aspect. Plant protein has lower digestibility, a lower content of certain essential amino acids, and in some cases a much higher proportion of non-protein content. To achieve the same effect as animal protein, one needs to consume up to twice as much plant protein. With animal protein, the total amount of food remains more manageable, making it easier to control unwanted weight gain. And milk proteins conveniently provide decent amounts of calcium, which bones are very grateful for.

The conclusion for all active “50-plus” individuals is that a protein-rich, Mediterranean-style diet is the best choice, even if you’re not on vacation. With sufficient protein and optimal support for well-functioning muscles, there’s nothing standing in the way of successful ageing.

And finally ... Venn shall ve zree meet again?

It's always nice to receive viewer feedback on this humble little Newsletter, so it was a complete pleasure to receive a missive from a Mr. B.A. Dams of Glasgow opining that the two pie charts we presented in the last edition were not pie charts after all but, instead, Venn diagrams. Well, Mr. Dams, I'm afraid that I'm not 100 % convinced by this, because the definition of a Venn diagram is "a visual tool using overlapping circles to illustrate relationships, similarities, and differences between sets or concepts, the overlapping region (intersection) indicates commonalities" while a pie chart is "a circular statistical graphic divided into slices to illustrate numerical proportions of a whole, with each slice's arc length proportional to the quantity it represents". Now, it is true that Venn diagrams do not have to have overlapping circles but it is equally true that pie charts do not have to have more than one slice in them. The charts we presented had no overlapping circles, making it somewhat less likely that there were Venn diagrams but, instead, there were statistical graphics containing albeit only one slice each, thereby illustrating that each concept portrayed represented 100 % of the content of that graphic (100 % pork pie in the case of the pork pie chart).

Leaving these philosophical discussions to one side for a moment, we now present one other chart, and it is up to you, dear listener, to call it what you will:



Enjoy your summer, hope to see you at a roller ski race or two this year and see you in Tromsø in 2027.