

# Nordic News

November 2000

Issue 19

*New Zealand Cross Country Ski Association Newsletter*

## *The Editors Say...*

What a great ski season! Regular snow falls at The Snow Farm meant all the major ski races were held on a good snow base. Sally Jones brought a team of High School cross country skiers from Lake Tahoe, and this made for some interesting racing between our Juniors and the Americans during Race Week. The Merino Muster 42km race course was changed at the last minute due to inclement weather, although in the end it was fine for the duration of the race.

The 30km race was held after a major snow storm which nearly saw contestants unable to get up the access road. Fortunately the Snow Farm are experts at clearing roads! The Juniors travelled to Australia where the snow conditions were great and they did extremely well in all their races...CONGRATULATIONS!

Unfortunately another poor snow year in the North Island meant that cross country skiing did not happen at Ruapehu. However our President John Burrridge is now living in Taupo and giving cross country skiing a high profile. He is mentoring a group of High School students who have been learning to roller ski and are very keen to get on the snow.

It was great to receive so many positive comments about the last newsletter. We hope we will be able to continue to publish interesting newsletters so keep those contributions coming in. If anyone is planning a trip to the Northern Hemisphere this Christmas we would love to hear about your experiences .... put pen to paper.

*Happy skiing!*

## **Stop Press**

With the announcement that Ruapehu Alpine Lifts , owners of Whakapapa Skifield has bought Turoa Skifield, it is anticipated that there will be a connecting trial between the two skifields. Along with new cross country tracks at Whakapapa this will provide cross country skiers with exciting new terrain!



*Dave Harwood, NZ Nationals*

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# NZCCSA PRESIDENT'S REPORT 1999-2000

The last year has seen considerable progress for the Association in spite of all the frustrations. The initiatives of individuals throughout our small membership have been very encouraging and helped lift us above some of the setbacks.

I make no apology for emphasising the positive and naming those who have just got on with what was needed.

Alastair and Ann Smaill continued to publish the newsletter. It has been invigorated by their efforts and stimulated many of you to contribute. It is aiding the marketing of our sport to others in Snow Sports and making it so much easier to introduce newcomers to our network.

**Snow Sports** and the **Snow Farm** sponsored us into affording our expert Norwegian coach (Odd Lirhus) that has taken our Juniors forward and inspired one or two of our Masters to major improvement just when I had hoped to catch them. Odd has been backed up by Jannike Oyen and Sam Lee. The results from Australia did us all proud and the Juniors and Keri McArthur gave of their very best.

Our Masters Group has been active locally and overseas and may well be running a Southern Hemisphere Championship at the **Snow Farm** next season. The competitive nature of the group is becoming a real engine room for our sport and their efforts included starting the first biathlon competitions for several years. Ernie Maluschnig and Ces Driver are the Wanaka energy but the North Island has its share of determined competitors.

Mary Lee took a great initiative in setting up Rae Moore from Australia to run a Technical Delegate (TD) course. Nine participants took part and shortly afterwards two of them John Grant and Alastair Smaill found themselves in at the deep end running major races. Both of them had crises in their first outings but John was still willing to take on the much more daunting Muster after his calm and confident effort as TD for the Nationals. The effect on the Association with improved understanding by many of us on how to contribute to running a race more effectively should be extremely useful in future. The "leaving it to Mary" syndrome has been buried. Her wisdom fortunately is still willingly available to us.

It is fitting that Mary's knowledge and experience is being harnessed by FIS as she has been invited to join the Ladies committee and already has identified special projects that she will be working on that may well benefit Southern Hemisphere Cross Country skiing.

Sam Lee's sabbatical from serious Cross Country racing was a blow to the National team but he has already started to develop a role as course designer/builder with accolades from all those that skied the Nationals' course this year. The arrival of a young Auckland skier Phil Blackburn, able to challenge Sam, may well entice him back to competition assuming he remains in one piece after playing rugby.

Alastair Smaill and I have been trying to develop the North Island field with some major encouragement from Whakapapa. Snow however has eluded us but a small upper area has been identified and a number of school students have tried skiing in that area for the first time. Roller skiing is now operating in Taupo as well as in Auckland and Wellington.

The loss of funding for the Juniors travelling to Australia was devastating and really emphasises the parlous state of funding in NZ for minority sports. It was especially galling, that the Juniors had been delivering more successes as each year went by. I apologise to all those families and the Snow Farm for not seeing the danger and lobbying our case better.

A major vote of thanks to Linda Pierce our Association secretary who keeps us all operating at minimal cost and continually has to innovate with the problems of a committee spread to the four corners of New Zealand. Medals, certificates, minutes, correspondence, officials all appear with the wave of her magic wand. She even manages to get the family out to ski. Linda and my other committee colleagues do a marvellous job of masking my ineptitude.

Lastly a thank you as always to the **Snow Farm**, and all the staff, who do so much behind the scenes to ensure we have great skiing. We really do not know how lucky we are. The **Snow Farm** is one of New Zealand's special secrets.

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## NZ Cross Country Ski Association Committee 2000-2001

**President:** John Burridge  
**Secretary/Treasurer:** Linda Pierce  
**Newsletter Editors:** Alastair & Ann Smaill  
**Committee:**  
Mary Lee (Waiorau Snow Farm Rep)  
Sam Lee  
Ernie Maluschnig  
Neil Thomson

**Master's Representative:**  
Ces Driver

## **New Zealand Junior Team: Australian Trip Report**

by SAM LEE

On August 23 2000, ten athletes, one Coach, one Manager/Assistant Coach and three parents left for Australia. For the teams, this was just another year, another Hoppet trip, but with a slight difference. We were three days later leaving than usual, and we would be staying an extra week, to be in Falls for the Australian Junior Championships. We would be the largest team from a foreign country to compete in the Juniors.

There was something else different about our trip this year, snow. There was enough snow in Falls Creek for the organisers to run the planned Hoppet course, not a bad snow back-up course. It was the third time in the Hoppet's ten year history that the proper course had been run. But we were not here for the snow, the course or the weather, we were here for the competition that is still sorely missed in New Zealand.

Every year the 3 races (7km, 21km and World Loppet accredited 42km) attract over one thousand people; the biggest race in New Zealand is around the two hundred and fifty to three hundred mark. Although many of these people enter to complete the race, at least 10% are top quality racers on which we can gauge our team's progress. The emphasis in the past had been on competing and attracting skiers into the sport. While this still remains for beginning skiers, for the members of the Junior Team, the emphasis has shifted to getting results.

Arriving on the Thursday, left little time for the team to become sick before the Junior Championships, the most important races of the trip. But it also left little time to recover from the travel and become familiar with the new environment. It had to be enough time. Friday was a day for the team members to relax and preview the course. The first shock came when we saw how much snow the Ausies had, the 3m reports were exaggerated, but there was an average base of just over a metre. While it was wet and soft, it was far better than we had ever seen before.

The team previewed the course and found it to be to their liking. However, the weather was not co-operating, with rumours that the back up course (the one we had raced last year) would be used, as the forecast was for bad weather. We returned to our accommodation at Howmans Gap Alpine Centre, a group accommodation facility capable of accommodating 130 people. It had now filled to its maximum with racers from France, Poland, Finland, a good share of Ausies and the Kiwis to

balance things out. Odd and I worked out the best Wax combination. The difference between a good wax job and a bad one can be up to 20 seconds a kilometre and therefore cause the skier to work at a higher rate. Next it was the teams job to apply the wax, and I provided some expensive finishing touches to the skis.

The morning came and the weather was not fine but not bad either, just a dreary overcast day. The team was quiet before the race. We arrived at the start area with an hour to kill before the start of the 21km. The 42km would go 10 minutes before the 21km, and then the 7km would go 10 minutes later, the 42km being the premier event.

The team all had the best start spots we had ever had, a bad start can put you well back and you use up a lot of unnecessary energy clawing your way past people. But even though we had second row spots for Timmy and Dave racing the 21km, they still found themselves behind a lot of slower and older competitors. They were pretty much starting in 40<sup>th</sup> position. They managed to leave the start area unscathed; a broken pole isn't uncommon. However they spent much of the first 5km working their way past people they should never have been starting behind. Next year will be different for them, as based on this years results they will get a better start spot.

Racing long distances is about experience, experience in preparation, experience in tactics and experience in using feed stations, which more often than not are unreliable. Racing in longer races is a big step from racing shorter distances. Dave placed 20<sup>th</sup>, hopefully this result will allow him to start in the front row next year. The best part about Dave's result was that he was placed 3<sup>rd</sup> in his age group. Timmy however had not predicted the race conditions. Lack of hydration and food, mixed in with the bone chilling wind up on the high plains forced Timmy to drop from the race with dizzy spells and a loss of balance. Later the next week on a training run around the 21km course, Timmy disappeared off into the horizon. When later asked why he took off, he simply replied "to bury some demons", and nothing more was said.

The remaining team members raced in the 7km event. All bar two of our team were on the front row. This made me very hopeful for some top results. When Eli came past me he was in third place with a tight pack right behind him. He was later reeled in by the pack, and finished in 6<sup>th</sup>, with his brother Willis next in 9<sup>th</sup>. The girls raced strongly with Samantha Bondarenko coming home in 8<sup>th</sup> place overall and 4<sup>th</sup> in her age group.

Now the focus moved to the Australian Junior Championships. We had six days to recover, and prepare for the next weekends races. The Juniors would consist of two days of racing. On the final day there would be a relay. We were only able to enter one relay

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team, because of our mix of sexes. There were also rumours of an Interstate snowball fight, which we planned to turn into an international snowball fight, but this was secondary to the races.

Sunday after the Hoppet race was a day for us to move locations. We were to move into a motel in the town of Mt.



*Timmy Mulqueen in the Australian Juniors  
Freestyle, 6th place*

Beauty located at the foot of the mountain. Our current accommodations at Howmans was only 4 km short of Falls Creek, but now we were 30km. We went for a morning ski to loosen up and then it was time to figure out how we were to fit all of our gear into the one van. We had two rental vehicles, but one had left early that morning to take the two development team members, Sophie Taylor and Callum Grant to Melbourne for their flight. One parent also would be leaving with them.

We squashed in and headed down the mountain to our new home for the next eight days. It was roomy enough with the males in two flats and the females in one (there was less of them). Shopping was a mission which we made more arduous by driving one hour to a recommended store only to find it closed. This meant shopping in a place where the food cost the same as the local store near our accommodation.

Monday was a long ski day including skiing the Birkebeiner course. The sun shone through for the first time during our trip. It had snowed, rained and been windy every other day. Tuesday was a day to relax and work on some balance skills, namely landing jumps. We had heard the course would have some steep downhill, and as it turned out we could have done with more jumping training.

Wednesday was a day to escape and forget about skiing

for a couple of hours. This was done by visiting the nearest big town Albury, just inside the NSW border. The kids shopped and went to a movie. This very soon killed most of the day. Thursday it was back to the task at hand. Intervals were needed to bring everyone up to speed for Saturday. It wasn't the nicest day to be out skiing but all ignored the weather and persevered through the intervals.

The next day we previewed the course and looked at some of the more technical downhill. Everyone waxed their skis and we were ready. It was time to take on the Aussies on their home turf.

A sunny day greeted us as well as 20cms of new snow. This was the day everyone had been waiting. On even terms how good were we really? There are no excuses in a interval start race, no old people getting in the way, its just you against the clock. You do occasionally have to pass a slower person, but there's only ever one of them. On such occasions you call "track" and they move out of your way: the slower skier must give way. Everything was ready, the skis were good, it was time for the coaches to get out on the course, and let the skiers do the racing.

The coaches were giving split times for what we believed to be the fastest racers on the day, in relation to our racers. Australia has some very strong junior racers. From the splits we were deducing that all of the team was coming in the top 10, where exactly you can never quite tell when you don't know whom you are taking the splits off. In the end we took 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and 12<sup>th</sup> in the M14 boy's age, MU14 we took 5<sup>th</sup> and the girls took out a 4<sup>th</sup>



*Samantha Bonderencko racing in the relay*

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and a 7<sup>th</sup>. Not bad for the first day, but I felt the team was overall stronger in Classic than Skate.

My sentiments were true for some of the team. Everyone always has a stronger discipline; like some swimmers are better free stylers, and some are better breaststrokers. Half of the team were definitely better classic skiers, and we were about to prove it. That day we took 4<sup>th</sup>, 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 13<sup>th</sup> in the Men's 14, but the telling point for this age group was the Overall Results. The classic results from Timmy and Eli were that much greater than the Aussies who had beaten them in the Skate, that they pushed themselves into 4<sup>th</sup> and 5<sup>th</sup>. Overall, only 4 seconds separating the two of them.

The girls fared a lot better in the classic race, another 4<sup>th</sup> and a 6<sup>th</sup>, with Samantha 5% closer to the winner and Jennifer 10% closer. These results proved we are stronger in classic. Overall, Samantha moved to 4<sup>th</sup> and Jennifer to 6<sup>th</sup>.

Now we only had two events left, the Relay and the interstate snowball fight. For the relay we only had enough for one boy's team. However Samantha managed to sneak into an Australian team. Our boys team consisted of our best four skaters, Dave, Willis, Timmy and Eli, racing in that order. While over all they placed 5<sup>th</sup>, in the under 16 group they placed 2<sup>nd</sup>.

Now all attention was diverted to the snowball fight. We had decided to initially side with the Victorians and to later instigate our plan. We fought and killed the NSW/ACT team, not before switching to our true allegiance, New Zealand. Through a form a SAS Snowballing, attack and retreat, attack and retreat, and despite our small numbers we were able to decidedly weaken the Aussies.

While the Aussies still fought amongst themselves, we were picking them off from the outside and weakening them to the point where we were the only ones left. The KIWIS won the snowball fight.

Now it was to Melbourne, where we would stay in our 5 star accommodation. Well not really, but what other accommodation comes free? So we, like our Olympians (due to our funding being cut this year) would like to thank the Sports Foundation for arranging accommodation at the airport. We would also like to thank the Palmer Family, for so generously offering to put us up in Melbourne. We may call in the future sometime.

While some may say we didn't have amazing results on the course, which is fair, we won no races. What we are going to see next year is a different team. Every single member of the team's motivation level has increased. All want to return to Australia next year, not to just compete, not for the thrill of competition. The team is now training with dedication and drive, because next year we are going to Australia, to win.



*The New Zealand  
Junior Team,  
2000-2001*

# Race Results

## Skier Name Nat. Time Place Age Group

**New Zealand National Championships, Waiorau Snow Farm,**

**Classic, 12.08.2000**

### Men, 10km

Jannike Oeyen	Norway	27.51.80	1st	1st W25
Wade Kavavaugh	USA	30.17.33	2nd	1st M20
Sam Lee	NZL	30.54.92	3rd	2nd M20
Phil Blackburn	NZL	33.11.78	4th	3rd M20
Ces Driver	NZL	33.48.25	5th	1st M45
Graham Jukes	NZL	34.03.89	6th	1st M40
Alastair Smail	NZL	34.33.19	7th	2nd M40
Kousuke	Japan	35.23.25	8th	1st M14
Ernie Maluschnig	NZL	35.38.69	9th	3rd M40
Shin	Japan	36.18.04	10th	1st M16
Suds Sutherland	NZL	44.29.92	11th	4th M40
John Burridge	NZL	56.52.42	12th	1st M55

### Women, 5km

Katie Matthews	USA	17.17.33	1st	1st W20
Keri McArthur	NZL	18.30.65	2nd	2nd W20
Trish Bell	UK	19.22.44	3rd	3rd W20
Mitsue	Japan	20.12.66	4th	1st W16
Whitney Prosor	USA	21.17.56	5th	1st W14
Samantha Banarenko	NZL	21.18.01	6th	2nd W14
Sue Wales	NZL	21.39.22	7th	1st W35
Jennifer Pierce	NZL	21.58.90	8th	3rd W14
Hayla Evans	USA	22.24.51	9th	4th W14
Katie Chaplin	USA	22.34.44	10th	5th W14
Ingrid Wilson	NZL	25.49.20	11th	2nd W16
Penny Isbisher	NZL	30.39.96	12th	1st W18

## Freestyle 13.08.2000

### Men, 15km

Jannike Oeyen	Norway	41.17.10	1st	1st W25
Wade Kavavaugh	USA	43.21.15	2nd	1st M20
Sam Lee	NZL	44.54.52	3rd	2nd M20
Phil Blackburn	NZL	46.38.64	4th	3rd M20
Ces Driver	NZL	47.19.39	5th	1st M45
Graham Jukes	NZL	47.29.73	6th	1st M40
Jimmy Donaldson	NZL	48.30.91	7th	2nd M40
Dave Harwood	NZL	49.40.30	8th	1st MU18
Ernie Maluschnig	NZL	52.12.49	9th	3rd M40
Suds Sutherland	NZL	56.47.37	10th	4th M40
John Burridge	NZL	1.13.47.03	11th	1st M55

### Women, 10km

Katie Matthews	USA	33.40.69	1st	1st W20
Keri McArthur	NZL	34.03.11	2nd	2nd W20
Trish Ball	UK	35.55.41	3rd	3rd W20

## Skier Name Nat. Time Place Age Group

Sue Wales	NZL	39.11.26	4th	1st W35
Louella Lupo	USA	1.01.28.80	5th	1st W50

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## New Zealand Secondary School Championships, Waiorau Snow Farm, 14.08.2000

### Girls Relay

Truckee High	USA	14.06.80	1st	K Chaplin, K Evans, W Prosor
Mt Aspiring College	NZL	15.40.01	1st (NZ)	J Pierce, B Dixon, S Taylor
Queens	NZL	17.00.20	2nd	L Salis, I Wilson, G Salis
Queens	NZL	18.16.16	3rd	N Tolerton, D Young, T Hayes
Waitaki Girls	NZL	18.55.79	4th	S Boderenko, K Hamilton, L Bee
Waitaki Girls	NZL	21.24.29	5th	S Morris, J Morris, T Ashby

### Boys Relay

Nevada Union High	USA	10.44.58	1st	D Mosman, D Adams, P Violett
Mt Aspiring College	NZL	11.17.61	1st (NZ)	T Mulqueen, E Urquart, D Harwood
Mt Aspiring College	NZL	12.24.51	2nd	C Grant, W Urquart, J Shepherd
Mt Aspiring College	NZL	15.11.21	3rd	C Grant, N Stevenson, A Boyd
Kings	NZL	15.33.53	4th	Rodney, T Wilson, Max
Dunstan High	NZL	15.43.72	5th	N Lanham, K Bellringer, A Kwick
Fiordland College	NZL	16.04.20	6th	D Bishop, M Savage, W Dewhurst
Otago Boys	NZL	16.12.20	7th	L Corbet, J Ernslie, T Rutherford
Cromwell College	NZL	16.33.59	8th	B Stuart, T Murphy, T Dunn
Otago Boys	NZL	16.45.01	9th	Y Phua, F Mundie, T Inglis
Otago Boys	NZL	17.36.18	10th	N Park, H Harwood, T Gaul
Cromwell College	NZL	17.53.31	11th	P Glebe, S McNamana, G Knight
Cromwell College	NZL	19.05.69	12th	M Emmitt, D Knight, S Sukdee

### Mixed Relay

Mixed School	NZL	16.44.93	1st	E Vanreenan, H Eason, F Lirhus
Kaikorai/Otago Girls	NZL	18.39.91	2nd	M Grant, D Grant, S McArthur
Cromwell College	NZL	19.04.49	3rd	M Taylor, S Riestener, R Joeelyn
Wakatipu High	NZL	19.16.53	4th	G Hunt, S Wyatt, L Wyatt
Cromwell College	NZL	21.15.36	5th	H Crandle, H Gale, T Whitmore

Skier Name	Classic	Place	Skate	Place	Overall	Place
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### Boys Individual

Dana Mosman (USA)	DNS		8.23.10	1st		
Phil Violett (USA)	DNS		8.33.74	2st		
Dan Adams (USA)	10.31.30	3rd	9.20.06	3rd	19.51.36	3rd
Eli Urquart	10.02.23	1st	8.58.30	1st	19.00.53	1st
Dave Harwood	10.18.20	2nd	9.09.55	2nd	19.28.15	2nd
Jared Shepherd	11.16.06	3rd	10.02.22	3rd	21.18.28	3rd
Nick Stevenson	12.10.32	6th	11.07.01	6th	23.17.33	4th
Nick Lanham	12.25.02	7th	12.33.52	9th	24.58.54	5th
Yun Phua	14.12.39	11th	12.44.27	10th	26.57.06	6th
Alex Boyd	15.38.09	16th	11.44.53	7th	27.23.02	7th
Kerry Bellringer	15.56.26	18th	16.40.00	14th	32.36.26	8th
Tim Inglis	15.16.43	13th	17.22.30	16th	32.39.13	9th
Callum Grant	13.38.29	9th	19.18.00	18th	32.56.29	10th
Max Smith	14.00.47	10th	18.59.19	17th	33.00.06	11th
Bryce Pinder	16.45.18	26th	16.22.08	12th	33.07.26	12th

### Boys Individual

Skier Name	Classic	Place	Skate	Place	Overall	Place
Tony Wilson	16.53.31	28th	16.43.00	15th	33.36.31	13th
Tom Rutherford	17.21.09	29th	16.21.43	13th	33.42.52	14th
Nathan Park	15.58.19	19th	26.40.70	19th	42.38.89	15th
Tim Gaul	16.05.30	20th	26.41.20	20th	42.46.50	16th
Campbell Grant	11.21.26	4th	DNS			
Willis Urquart	11.41.38	5th	DNS			

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Leighton Corbett	13.20.24	8th	DNS	
Brad Stuart	14.55.06	12th	DNS	
Tom Dunn	15.31.43	14th	DNS	
Gareth Knight	15.35.16	15th	DNS	
Henry Eason	15.50.57	17th	DNS	
Peter Glebe	16.09.22	21st	DNS	
Rodney Larson	16.21.52	22nd	DNS	
Warren Dewhurst	16.35.24	23rd	DNS	
Raymond Joeelyn	16.40.24	25th	DNS	
Josh Emslie	16.40.02	24th	DNS	
Fraser Mundie	16.48.05	27th	DNS	
Tim Murphy	17.32.49	30th	DNS	
S. McNamana	17.38.05	31st	DNS	
Matt Emitt	18.20.26	32nd	DNS	
Sala Sukdee	18.21.08	33rd	DNS	
Matt Taylor	18.22.00	34th	DNS	
Simon Wyatt	19.32.40	35th	DNS	
Hayden Gale	20.13.13	36th	DNS	
Mathew Savage	DNS		10.44.28	4th
Andy Kwick	DNS		10.56.24	5th
Dean Bishop	DNS		11.49.02	8th
David Grant	DNS		12.59.04	11th

## Girls Individual

Whitney Prosor (USA)	12.08.15	1st	10.32.54	1st
	22.41.09	1st		
Samantha Bondarenko	12.11.15	1st	10.33.32	1st
	22.44.37	1st		
Jennifer Pierce	12.26.13	2nd	11.02.28	2nd
	23.28.41	2nd		
Ingrid Wilson	14.04.09	3rd	12.36.09	3rd
Sophie Taylor	15.46.35	4th	13.30.50	4th
Laura Salis	16.18.51	5th	14.10.53	6th
Sonya McArthur	16.29.38	6th	14.18.00	8th
Gwylfa Hunt	17.38.40	8th	14.14.00	7th
Laura Wyatt	17.43.46	9th	15.05.50	9th
Gianna Salis	16.59.12	7th	21.42.30	12th
Kayla Evans (USA)	12.30.50	3rd	DNS	
Katie Chaplin (USA)	13.43.00	4th	DNS	
Helen Crandle	21.05.27	10th	DNS	
Sharon Riestener	21.06.27	11th	DNS	
Joanna Morris	23.26.07	12th	DNS	
Tania Ashby	23.26.18	13th	DNS	
Erica Vanreenan	DNS		13.35.30	5th
Shannon Morris	DNS		19.22.18	10th
Michelle Grant	DNS		21.40.50	11th



*Jannike Oyen  
NZ Nationals*



*Sam Lee, NZ Nationals*



## Merino Muster 19 August 2000

### Straggle Muster 7km

#### Skier Name Nat. Time Place Age Group

#### Women

Whitney Prosor	USA	0.23.6.685	1st	1st W14
Samantha Bondarenko	NZL	0.23.7.998	2nd	2nd W14
Kayla Evans	USA	0.26.1.307	3rd	3rd W14
Katie Chaplin	USA	0.26.13.892	4th	1st W16
Julie Grant	NZL	0.29.59.198	5th	1st W18
Rhea Tombropoulos	USA	0.29.59.698	6th	1st W30
Ingrid Wilson	NZL	0.30.32.198	7th	2nd W16
Laura Salis	NZL	0.31.14.198	8th	3rd W16
Shelley Taylor	NZL	0.32.35.198	9th	1st W25
Michelle Grant	NZL	0.32.52.198	10th	2nd W18
Sonya McArthur	NZL	0.32.53.198	11th	4th W16
Anne Nielsen	Denmark	0.32.55.198	12th	1st W45
Anneli Jortikka	Australia	0.37.36.575	13th	2nd W45
Mitten McLean	NZL	0.38.19.198	14th	1st W20
Kathy Deacon	UK	0.38.22.198	15th	1st W40
Gianna Salis	NZL	0.38.37.198	16th	4th W14
Tamsyn Hayes	NZL	0.38.57.394	17th	5th W14
Dorothy Ticknor	USA	0.39.22.525	18th	2nd W30
Gabrielle McKinnon	Australia	0.39.30.268	19th	2nd W25
Ulla McLean	NZL	0.42.17.862	20th	1st W12
Louise Carey	Australia	0.42.59.35	21st	3rd W30
Kyoko Nakamura	Japan	0.43.11.398	22nd	4th W30
Amanda Dunlop	NZL	0.43.22.574	23rd	2nd W40
Lesley Boyd	NZL	0.45.21.674	24th	1st W50
Fran Mathews	NZL	0.47.57.153	25th	3rd W25
Veronica Robb	NZL	0.49.14.946	26th	4th W25
Hannah Preen	NZL	0.49.23.490	27th	2nd W20
Nicola Smart	NZL	0.53.27.198	28th	3rd W20
Jeanie Barnes	NZL	0.55.40.198	29th	1st W35
Rita Thomassen	Norway	0.55.46.198	30th	3rd W45
Veja Johnston	NZL	0.56.50.514	31st	6th W14
Elinor Brown	NZL	0.56.58.162	32nd	7th W14
Janet Chalmers	NZL	1.00.52.459	33rd	4th W45
Emily Deacon	NZL	1.01.46.484	34th	1st W6
Katie Deacon	UK	1.01.46.584	35th	1st W2
Kverstin Vedo	Norway	1.07.29.198	36th	5th W30
Camilla Viken	Norway	1.07.50.198	37th	5th W25
Lucy Bellerby	NZL	1.10.03.283	38th	2nd W35
Gerd Banke	Denmark	1.10.25.198	39th	6th W25
Shelley Joyce	NZL	1.18.11.874	40th	7th W25
Sandy Cooper	NZL	1.25.21.198	41st	5th W45

#### MEN

Dana Mosman	USA	0.18.59.694	1st	1st M16
Phillip Violet	USA	0.22.17.398	2nd	1st M14
Eli Urquhart	NZL	0.22.18.698	3rd	2nd M16
Dave Harwood	NZL	0.22.22.98	4th	3rd M16
Jared Shepherd	NZL	0.22.22.159	5th	2nd M14

#### Skier Name Nat. Time Place Age Group

Timmy Mulqueen	NZL	0.22.42.265	6th	4th M16
Peter Coffey	Australia	0.24.13.84	7th	1st M30

(Continued on page 10)

(Continued from page 9)

Mike Stevens	NZL	0.25.40.689	8th	5th M16
Alexandra Boyd	NZL	0.28.07.568	9th	3rd M14
Sandre Lirhus	Norway	0.30.05.198	10th	1st M10
Rowan Lusher	NZL	0.30.30.198	11th	1st M20
David Grant	NZL	0.30.31.198	12th	4th M14
Mike Phillips	Canada	0.30.41.198	13th	1st M25
John Dale	NZL	0.36.38.960	14th	2nd M30
Hamish Cooper	NZL	0.37.21.500	15th	6th M16
Alastair Blakeley	NZL	0.38.08.221	16th	2nd M10
Andrew Robinson	NZL	0.38.27.198	17th	2nd M25
Richard Boyd	NZL	0.39.22.198	18th	1st M50
John-Paul McLean	NZL	0.39.33.198	19th	3rd M25
Allan Grant	NZL	0.40.19.215	20th	1st M45
Mike Tapper	NZL	0.40.22.698	21st	3rd M30
Travis Blood	NZL	0.40.32.618	22nd	4th M25
Sergio Salis	Italy	0.40.44.270	23rd	2nd M45
Tim Hingeley	Australia	0.40.47.198	24th	4th M30
Dave McLean	NZL	0.41.55.877	25th	2nd M50
Sean Francis	NZL	0.44.00.251	26th	5th M30
Mathew Chalmers	NZL	0.45.25.624	27th	1st M12
Grant Mathews	NZL	0.46.27.798	28th	5th M25
Peter Barron	NZL	0.47.13.10	29th	3rd M45
Kevin Wilson	NZL	0.47.16.98	30th	3rd M50
Robert Spary	UK	0.48.47.28	31st	1st M65
Steve Johnston	Scotland	0.50.7.228	32nd	4th M45
John Howie	Scotland	0.50.50.539	33rd	6th M30
Gilbert Van Reenen	NZL	0.51.4.658	34th	4th M50
Yngve Flognfloth	Norway	0.52.6.363	35th	5th M14
Brook Van Reenen	NZL	0.53.12.379	36th	6th M14
Steinar Lillefloth	Norway	0.53.16.198	37th	2nd M20
Bjorn Sollie	Norway	0.53.16.698	38th	5th M45
Mike Donald	NZL	0.53.30.198	39th	1st M40
Andrew Hingeley	Australia	0.55.37.407	40th	1st M55
Mike Baer	Australia	0.56.17.695	41st	3rd M20
Chris Woodbridge	NZL	0.57.30.624	42nd	4th M20
Cameron Bellerby	NZL	0.59.01.270	43rd	3rd M10
Reece Miller	NZL	0.59.22.869	44th	4th M10
Andrew Strang	NZL	0.59.38.812	45th	5th M20
Richard Pooley	NZL	0.59.38.818	46th	6th M25
Robert Miller	NZL	0.59.54.198	47th	1st M35
Roger Deacon	UK	1.00.46.484	48th	2nd M40
Peter Rhodes	NZL	1.1.1.987	49th	1st M60
Bryan Pooley	NZL	1.2.20.771	50th	5th M50
John Lee	NZL	1.6.2.937	51st	2nd M60
Lachlan Bellerby	NZL	1.10.18.198	52nd	1st M8
Vegard Bakke	Norway	1.18.21.422	53rd	7th M25

## Glanvoc Snow Rake 21km

### Women

Sally Jones	UK	1.16.36.725	1st	1st W35
Keri McArthur	NZL	1.17.16.147	2nd	1st W20
Trish Ball	UK	1.24.58.888	3rd	2nd W20
<b>Skier Name</b>	<b>Nat.</b>	<b>Time</b>	<b>Place</b>	<b>Age Group</b>
Jo Haines	NZL	1.41.48.450	4th	2nd W35
Ania Milewska	Poland	1.43.16.398	5th	1st W25
Jacinda Amey	NZL	1.47.43.194	6th	1st W30
Erica Van Reenan	NZL	2. 4.23.831	7th	1st W16
Janette McDonald	Australia	2.22.37.745	8th	1st W55
Sue Ross	NZL	2.25.27.114	9th	1st W40

(Continued on page 11)

(Continued from page 10)

Mari Skar Manger	Norway	2.50.10.80	10th	3rd W20
Susan Shannon	NZL	3. 5.33.710	11th	3rd W35
Helen Clark	NZL	3.46.51.198	12th	1st W45

## Men

Sam Lee	NZL	1.10.19.698	1st	1st M20
Dan Adams	USA	1.23.27.317	2nd	1st M16
Stan McDonald	Australia	1.25.43.297	3rd	1st M60
Steve Malushnig	NZL	1.27.38.983	4th	1st M35
David Rowe	Australia	1.29.39.160	5th	2nd M35
Gus McAllister	NZL	1.36.56.677	6th	1st M30
John Pawson	NZL	1.37.47.111	7th	1st M40
John Burrridge	NZL	1.40.19.183	8th	2nd M60
Andrew McCullough	Australia	1.44.40.471	9th	1st M70
Eric Schusser	NZL	1.46.34.500	10th	1st M45
Len Harrison	NZL	1.49.38.698	11th	1st M75
Harald Steen	Norway	1.50.57.195	12th	3rd M35
Ben Lee	NZL	1.54.23.198	13th	4th M35
Mikko Murto	Australia	1.57.47.835	14th	1st M25
Robert Tickner	USA	2.13.30.942	15th	2nd M30
Jim Kerse	NZL	2.15.22.498	16th	1st M50
Ray Willett	NZL	2.32.55.588	17th	3rd M60
John Boon	NZL	2.45.27.417	18th	2nd M50
Roger Marshall	NZL	3.27.30.448	19th	1st M65
Peter Davis	NZL	3.46.53.198	20th	3rd M50

## Merino Muster 42km

### Women

Jannike Oyen	Norway	1.54.57.813	1st	1st W30
Katie Mathews	USA	2.18.24.532	2nd	1st W20
Katrin Schirmer	Germany	2.28.59.175	3rd	1st W25
Susan Wales	NZL	2.41.46.906	4th	1st W35
Rachael Barton	NZL	2.53.24.759	5th	2nd W25
Ann Smaill	NZL	3.00.44.767	6th	1st W40
Louella Lupo	USA	3.15.47.698	7th	1st W50

## Men

Wade Kavanaugh	USA	1.58.36.201	1st	1st M20
Odd Lirhus	Norway	1.59.55.662	2nd	1st M40
Brian Pinkerton	USA	2. 1.17.265	3rd	1st M35
Paul Eccleston	Australia	2. 3. 0.877	4th	1st M25
Warren McCourt	Australia	2. 8.29.998	5th	2nd M35
Ces Driver	NZL	2. 9.24.598	6th	1st M45
Jimmy Donaldson	NZL	2. 9.50.98	7th	2nd M40
Ernie Maluschnig	NZL	2.23.42.599	8th	3rd M40
Alastair Smaill	NZL	2.25. 2.85	9th	4th M40
Lauri Jortikka	Australia	2.25.49.89	10th	1st M55

### Skier Name

Skier Name	Nat.	Time	Place	Age Group
Bruce Thomson	NZL	2.34. 2.265	11th	5th M40
David Sutherland	NZL	2.40.32.51	12th	6th M40
Dean Rayner	Canada	2.41.16.65	13th	2nd M25
John Sim	Australia	2.49.41.57	14th	1st M50
David McArthur	NZL	2.51.35.992	15th	2nd M50
Ian Lienert	NZL	2.52.44.522	16th	3rd M50
Sean Wilson	Australia	3. 4.21.490	17th	1st M30
Neil Thomson	NZL	3.10.47.998	18th	2nd M45
Lech Mileski	Poland	3.19.11.198	19th	2nd M55
Seppo Kuusisto	Finland	3.28. 9.198	20th	7th M40

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Vesa Murto	Australia	3.28. 9.648	21st	4th M50
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### NZ 30km National Championship (Classic), Waiorau Snow Farm, 9.9.2000

#### Men

Odd Lirhus	Norway	1.41.08	1st	1st M40
Sam Lee	NZL	1.52.28	2nd	1st M20
Warren McCourt	Aus	2.06.08	3rd	1st M35
Ernie Maluschnig	NZL	2.10.49	4th	2nd M40
Ces Driver	NZL	2.14.44	5th	1st M45
Dave Sutherland	NZL	3.11.23	6th	3rd M40
Jim Kerse	NZL	3.24.30	7th	1st M50

#### Women

Keri McArthur	NZL	2.16.28	1st	1st W20
Rachel Barton	NZL	2.18.16	2nd	1st W25
Sue Wales	NZL	2.25.08	3rd	1st W35

### NZ Junior Championships, Waiorau Snow Farm, 9.9-10.9.2000

Skier Name	Classic	Place	Skate	Place	Overall	Place
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#### M14, 5km

Timmy Mulqueen	0.17.52	1st	0.17.05	3rd	0.34.57	1st
Willis Urquhart	0.19.06	2nd	0.16.52	2nd	0.35.58	2nd
Jared Shepherd	0.19.19	3rd	0.17.34	5th	0.36.53	3rd
Dave Harwood	0.20.34	4th	0.17.18	4th	0.37.52	5th
Eli Urquhart	0.20.59	5th	0.16.46	1st	0.37.45	4th
Alex Boyd	0.26.33	6th	0.23.00	7th	0.49.33	6th
Nick Stevenson	0.29.08	7th	0.21.11	6th	0.50.29	7th

#### W 14, 5km

Samantha Bondarenko	21.09	1st	0.18.43	1st	0.39.52	1st
Jennifer Pierce	0.22.31	2nd	0.21.07	2nd	0.43.38	2nd
Sonja McArthur	0.30.46	3rd	0.23.49	3rd	0.55.35	4th

#### W16, 5km

Ingrid Wilson	0.27.18	1st	0.23.47	1st	0.51.05	3rd
Laura Salis			0.28.18	2nd		
Michelle Grant	0.30.15	2nd	0.29.06	3rd	0.59.21	5th

#### M12, 2.5km

Campbell Grant	0.12.34	1st	0.11.19	1st	0.23.53	1st
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#### WU14, 2.5km

Sophie Taylor	0.20.16	1st	0.14.54	1st	0.35.10	1st
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#### MU12, 2.5km

Callum Grant	0.14.48	1st	0.13.01	1st	0.27.53	2nd
Sandre Lirhus (NOR)	0.15.00	2nd	0.14.03	2nd	0.29.03	3rd
Mathew Chalmers	0.18.18	3rd	0.15.33	3rd	0.33.51	4th
Matthew Soundy	0.22.33	4th				
Andrew Soundry	0.30.45	5th				

### Kangaroo Hoppet, Falls Creek, Victoria 26.08.2000

Skier Name	Nat.	Time	Place	Age Group
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#### MEN 42km

Jimmy Donaldson	GBR	2.28.41.9	34th	8th M35
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#### WOMEN 42km

Louella Lupo	USA	3.47.31.8	34th	2nd W50
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Margaret Bird	NZL	3.54.49.9	37th	2nd W40
Alexandra Kiriakidis	NZL	5.17.36.0	56th	8th W40

### **Australian Birkebeiner, Falls Creek, Victoria 26.08.2000**

#### **MEN 21km**

David Harwood	NZL	1.16.28.1	20th	34d M14
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#### **WOMEN 21KM**

Keri McArthur	NZL	1.20.23.6	4th	1st W20
Denise Pike	NZL	2.16.04.9	75th	7th W45
Jamie Pike	NZL	2.19.12.9	81st	14th W20
Tong Linzi	NZL	3.38.50.6	132nd	9th W50

### **Joey Hoppet, Falls Creek, Victoria 26/08/2000**

#### **Men 7km**

Eli Urquhart	NZL	19.47.5	6th	4th M14
Willis Urquhart	NZL	20.32.5	9th	5th M14
Jared Shepherd	NZL	21.34.1	13th	8th M14
Campbell Grant	NZL	22.30.4	18th	5th M12
Callum Grant	NZL	25.05.8	25th	3rd MU12
Steve Hodgkinson	NZL	2.05.03.9	166th	5th M35

#### **Women 7km**

Samantha Bondarenko	NZL	23.40.5	9th	4th W14
Jennifer Pierce	NZL	25.49.4	13th	6th W14
Sophie Taylor	NZL	33.56.4	34th	10th W12
Vicki Hayward	NZL	57.23.2	89th	4th W40
Harriet Hodgkinson	NZL	2.04.58.8	164th	33rd WU12

### **Australian Junior Championships, Falls Creek, 2-3.9.2000**

#### **Classic M14-15**

<b>Skier Name</b>	<b>Nat.</b>	<b>Time</b>	<b>Place</b>	<b>%</b>
Eli Urquhart	NZL	18.11.4	4th	5.26
Timmy Mulqueen	NZL	18.26.6	5th	6.72
Dave Harwood	NZL	19.31.6	8th	13.00
Jared Shepherd	NZL	20.08.2	9th	16.52
Willis Urquhart	NZL	20.34.9	12th	19.10

<b>Skier Name</b>	<b>Nat.</b>	<b>Time</b>	<b>Place</b>	<b>%</b>
<b>Classic MU14</b>				
Campbell Grant	NZL	10.34.6	5th	18.64

#### **Classic Women 14-15**

Samantha Bondarento	NZL	22.51.2	4th	12.70
Jennifer Pierce	NZL	25.19.3	6th	24.87

#### **Freestyle Men 14-15**

Timmy Mulqueen	NZL	15.20.3	6th	10.72
Eli Urquhart	NZL	15.31.5	7th	12.07
Dave Harwood	NZL	15.53.9	8th	14.76
Willis Urquhart	NZL	16.26.3	9th	19.26

#### **Freestyle MU14**

Campbell grant	NZL	8.17.6	6th	16.57
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#### **Freestyle Women 14**

Samantha Bondarento	NZL	18.44.7	4th	17.10
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Jennifer Pierce	NZL	21.25.0	7th	33.79
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### Combined Results Men 14-15

Eli Urquhart	NZL	33.42.9	4th	8.29
Timmy Mulqueen	NZL	33.46.9	5th	8.50
Dave Harwood	NZL	35.25.5	8th	13.78
Jared Shepherd	NZL	36.39.4	10th	17.73
Willis Urquhart	NZL	37.01.2	11th	18.91

### Combined MU14

Campbell Grant	NZL	18.52.2	5th	17.04
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### Combined Women 14-15

Samantha Bondarento	NZL	41.35.9	4th	14.64
Jennifer Pierce	NZL	46.44.3	6th	28.81

### Women Over 16 - Relay

#### Composite Team

#### Time

Claire Simm, 3.56.9	Leearni Hamilton, 5.00.5	Samantha Bondarento, 4.28.6	6th	13.25.9
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### Men Under 16 - Relay

#### New Zealand 1

Dave Harwood, 2.49.4	Willis Urquhart, 3.03.4	Timmy Mulqueen, 2.57.9	Eli Urquhart, 2.46.9	2nd	11.37.6
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### International Ski Federation Rollerski Races 29.08 - 3.09.2000

#### Rollerski Sprint 200m

Peter Moysey	NZL	24.30	45th/46
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#### Senior Men 9.4km

Peter Moysey	NZL	18.27.5	33rd/46
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#### Senior Men 28.2km

Peter Moysey	NZL	1.13.37.0	33rd/41
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## ***Rollerski Training:***

*Auckland contact: Alastair  
Smaill PH (09)3093551*

*Wanaka contact: Ces Driver  
PH (03)4436635*

*Taupo contact: John Burrridge  
PH (07) 3770179*

### *Future International Events*

- **World Junior Championships**, Poland (January 30 - February 4)
- **Masters World Cup**, Austria, Mariazell (February 28- March 9)
- **Word Championships**, Lahti, Finland (February 15 - 25)

- **Jizerská Padesátka**, Liberec, Czech. Rep., 50km classic (14.01.2001)
- **Dolomitenlauf**, Austria, 60km freestyle (21.01.2001)
- **Marcialonga**, Italy, 70km freestyle (28.01.2001)
- **König-Ludwig-Lauf**, Germany 55km freestyle (03.02.2001)
- **König-Ludwig-Lauf**, Germany 55km classic (04.02.2001)
- **Sapporo International Ski Marathon**, Japan 50km freestyle (11.02.2001)
- **Tartu Marathon**, Estonia 63km freestyle (18.02.2001)
- **Tartu Marathon**, Estonia 63km classic (25.02.2001)
- **Keskinada Loppet**, Quebec, Canada 50km Classic (17.02.2001)
- **Keskinada Loppet**, Quebec, Canada 50km freestyle (18.02.2001)
- **Transjurassienne**, France 76km freestyle (18.02.2001)
- **American Birkebeiner**, Wisconsin, USA 52km freestyle (24.02.2001)
- **Finlandia Hiihto**, Finland 75km classic (10.02.2001)
- **Vasaloppet**, Sweden 90km classic (04.03.2001)  
Oppet Spar (25 & 26.03.2001)
- **Engadin Skimarathon**, Switzerland 42km freestyle (11.03.2001)

- **Birkebeiner Rennet**, Norway, 58km Classic (17.03.2001)
- **Kangaroo Hoppet**, Falls Creek, Australia, 42km freestyle (25.08.01)

- **Winter Olympic Games**, Salt Lake City, Utah, USA
- **Masters World Cup**, Canada - Quebec, Valcartier (24.02. - 3.03.2002)

**For Sale:**

Atomic ATC Classic Skis                      189cm    \$200.00  
Contact Ann Smaill, ph (09) 3093551

Karhu XCD Kinetic, Rottefella 3 pin bindings  
   190cm    \$80.00  
Contact Alastair Smaill, ph (09) 3093 551

*If any members have gear they would like to sell,  
please contact the editors for inclusion in the next  
edition of Nordic News.*

**Anything you would like to see printed in the Nordic News such as Letters to the Editors, Articles, or Reports on your own or other Member's activities, please contact the editors:**

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**Fax (09) 8153230**  
**E-mail: [asmall@arc.govt.nz](mailto:asmall@arc.govt.nz)**



## Keri McArthur W20



**Preferred Skiing Style:** Likes both classic and freestyle, but better at freestyle.

**Aspects to work on:** Overall fitness and up hills.

## Phil Blackburn M20



**Home**

**Town:**

Auckland

**Home Town:** Dunedin

**Current Employment:** Waiorau Snow Farm (winter 2000), Tahoe Donner (Northern winter, 2000/01)

**Previous Trips overseas:** 1996-7 Sweden, three months skiing at the Stockvik Ski Club, 1998-99 Sweden, Sundsvall.

**Equipment Used:** Skis - Atomic, Boots - Solomon, clothing - Bjorn Daehlie, Adidas.

**Best Race Results:** 3x New Zealand Women's Champion, 3rd Fischer Cup USA, Far West Division, 2nd, 1998 Joey Hoppet (7km), 5th, 1999 Australian Birkebeiner, (21km), 4th, 2000 Australian Birkebeiner.

**Favourite Race:** The Great Race, Tahoe

**Dryland Training:** Running (cross country running background), gym.

**Biggest Influence in Skiing:** Mary Lee

**Current Employment:** Duty Manager, Pack 'n Save

**Previous Trips Overseas:** 1998, Forbush Corner, Michigan, 1999, Kangaroo Hoppet.

**Equipment Used:** Skis - Fischer Skates, Madshus Classics, Boots-Solomon. Clothing - Bjorn Daehlie

**Best Race Results:** 4th, 2000 New Zealand National Championships, 31st 1999 Kangaroo Hoppet

**Favourite Race:** Would like to compete in the Vassaloppet

**Dryland Training:** Rollerskiing, biking, rowing

**Biggest Influence in Skiing:** Craig Collins

**Preferred Skiing Style:** Freestyle

**Aspects to work on:** Classic technique

# History Page

The

One of the great New Zealand one day ski tours occurred on 14 September 1985. On that day Gottlieb Braun-Elwert, Daniel Frey and Franz Waibl toured from the Godley Valley near Tekapo, to the Fox Glacier on the West Coast. The tour was remarkable in that it covered 46.7km, climbed 3960m, descended 3560m, crossed four major alpine passes and crossed five of New Zealand's major glaciers.

The tour started at 12.30am at Rankin Hut in the Godley Valley. The team crossed Armadillo Saddle into the Murchison catchment at 6.30am and gained the Tasman Saddle, about half way, at 10.00am. They were rewarded with a view of a cloudless Main Divide south of the saddle, which would give them a chance of success. The next stage to De la Beche corner provided a nice downhill run. The climb up the Rudolf Glacier to Graham Saddle was very hot with snow conditions alternating between ice and soft snow. Graham Saddle is the highest point on the tour at 2670m altitude and is the gateway to the West Coast. The team were three hours behind schedule with only three hours of daylight left, and no prospect of a moon.

route from Graham Saddle crossed the Chamberlain and Davis Snowfields on the Franz Josef Glacier to West Hoe Pass, which was crossed at 5.50pm. The sun was slowly dropping into the Tasman Sea, so it was fortunate that the run down to the tour finish at Chancellor Hut, on Fox Glacier, was all downhill. There was no time to stop, so the team would rest one leg at a time by skiing on one leg. Chancellor Hut was reached at 6.50pm, as it gets completely dark.

Reference: *Symphony on Skis*, Gottlieb Braun-Elwert, NZ Alpine Journal, 1986

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# Training Tips

## Make a Plan

Now that the skiing season is behind us and the summer is looming it is a good time to sit down and plan your training for the next few months and into the next season.

The planning of each training week and month is vital if you want to achieve optimal performance. Many athletes put a lot of effort into training without carefully setting a programme that will bring improvement. If you are going to dedicate considerable time and effort to your training, the least you can do is sit down and plan it.

Here are some tips:

- ⇒ *Set Goals.* Set achievable, realistic goals that cover the next few weeks (short-term goals), the next twelve months (intermediate goals), and your entire sporting career (long-term goals).
- ⇒ *Base, Speed, Peak.* Divide your training into a base phase, a speed phase and a peak phase. The training you do and the timing in each phase is critical. You may need to get some advice. Whole books have been written on this subject.
- ⇒ *Be Specific.* You race how you train. If you train slowly, you race slowly. If you train short, you will only be able to race short distances. Training should simulate how you intend to race. The closer you are to race day, the stronger that simulation should be. Only by applying the principle of specificity will you be able to prepare your body for racing.
- ⇒ *Adaptability.* Training volumes and intensities must be increased gradually. Only then will your body adapt to the increasing demands on it. Remember, adaptation cannot be rushed.
- ⇒ *Flexibility.* Your training plan must be able to cope with unexpected developments at work, at home, and in your physical condition. A good training

programme is a flexible one.

- ⇒ *Keep a Training Log.* Keep a log and monitor every aspect of your training. Continue to refine your training through analysis and planning. Bad performances and workouts can be very beneficial if you learn from them. You will waste less time and perform far better. Avoid the demons of wasted time and wasted efforts.
- ⇒ *Technique.* Don't forget technique. A good technique will make you a faster skier!
- ⇒ The biggest tip of all: *Think before you train.*

## Base Training

The base phase of your training is the foundation of your fitness. If it is not done adequately, then the quality of your speedwork and racing will suffer accordingly. Base training is the longest phase of training lasting as long as six months, although it is often about two to three months. A big base means a better tolerance to training, a faster recovery from training, and the ability to handle more speedwork, which adds up to a higher peak performance.

The base training phase consists almost entirely of high mileage/long duration workouts at a low intensity. These workouts are designed to improve your aerobic ability and muscular endurance. During this phase mileage is gradually increased.

Base can be further broken down into sub-phases; easy, hills and up-tempo. Start off easy, add hills in the middle of the base phase and up-tempo toward the end so that the body will be ready for the speed phase. Small amounts of speedwork (small means small!) can be done during the base phase, especially for more serious athletes.

Remember, base is slow. Training too fast during the base phase won't help to achieve race fitness more quickly and may lead to injury, illness, peaking too soon or over training. Base training is not effective for your racing per se. It merely allows you to cope with the intense speed phase later. The better your speed phase, the better your performance. Base training on its own does not improve performance greatly (unless you race ultra-distance eg the Vasaloppet) but is essential to your later training. Be patient during base and remember the speed phase is the critical zone. Leave your racing mentality at home during the base phase.



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