

LADIES SKI CLUB

Annual Bulletin 2022



100 Years of LSC

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Trip Round the NW Passage

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Chemmy on Motherhood

"I vowed never to lose myself when I became a parent" a special article re-printed from Brood Magazine on becoming a working mother in the ski industry.

The History of the Olympics

In 1921 the IOC decided that winter sports should have their own games and the first Winter Olympics saw the light of day in 1924 at Chamonix, France.

Imposter Syndrome

A story of how one lady's diagnosis with cancer led her to find a group of like minded souls in the form of the Ladies Ski Club.

World Cup Appeal

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HELLO AND WELCOME

It's our first year editing the bulletin so we'd like to thank Jane Fawkes for passing on the baton and doing such an amazing job over the past years. We can only hope that we will adequately fill her shoes moving forwards.

Good News! Skiing is back and many of us will have re-discovered our ski legs and what a fantastic year for skiing it's been! GB won its first ever Alpine World Cup Gold alongside slalom skier, and Ladies Ski Club's very own, Charlie Guest recording Britain's best World Cup result by a female skier in 33 years.

What is less good, and you will see more on this as well as a plea for support, is the fact that Team GB's funding has now been cut. This is devastating after the best year British skiing has ever had. Please read on for the full article.

In other news, Chemmy Alcott gave a fantastic interview to Brood magazine which we have been lucky enough to be given permission to re-print. It's incredible to see how she manages her career with being a parent, something which will chime with a number of us ladies. We also have inspirational stories about how a diagnosis with cancer lead one lady to find The LSC and a magical journey around the Arctic North West Passage.

**Emma Burberry, Gayle Parsons,
Shell Thomas-Quaile & Kirsty Crawford
Editorial Team**



Charlie Guest's second run in Are that lead her to finish 16th which is a new best for the Ladies Ski Club athlete.



LSC PRESIDENT'S REPORT '22

It was wonderful to get back on skis again for the AICC in March. John and I drove across France with a brief stop in Flaine to collect skis, left there in March 2020 following our quick departure when France and the world were shutting down after the miraculously timed LSC hosting of the AICC. With skis on board we crossed the mountains to Montreux and admired the beauty of the lake and some engaging sculptures with a spectacular sunset behind.

We arrived in Wengen just in time to greet the victorious Olympian, Ryan Regez, returning home from Beijing to a fanfare of music played by the local band and cow bell ringers. The Wengen ski school formed an arch of ski sticks for him to walk through from the train, and we all threw roses at him. It was a spectacular greeting and welcome!

It was so good to be among friends again, back on skis and enjoying the slopes of the Jungfrau. The DHO were generous hosts and Liz Moore had planned a great AICC event. We had four LSC teams racing and to cap an excellent week our Ladies over 60 team was victorious - winning gold against strong competition.

On our first day, Joanna, Annette, Caroline and I went over to Murren to check out various venues for our Centenary celebrations next January 23rd 2023 – you can see more details about these celebratory events on other pages in the Bulletin. Unfortunately, poor Caroline got to the top of the first chair, had an awkward fall and broke her wrist which sadly put paid to her racing. She however was a huge support to all the Ladies so it was great that she stayed and enjoyed the week too.

As this will be my last report as President, I want to thank everyone who has helped me through my journey, particularly Catherine Shelley. She had only just stepped into the role of secretary after the death of Ros Humphrey - who had had a lifetime of racing knowledge and experience, as well as all the records. We gradually explored the club, and its past Minutes, and worked out ways of moving forward with a much more inclusive reach into all snow sports. The Club has moved into the modern age of social media, raised our image amongst the skiing community, and created a far broader and fairer system for awarding funds to our athletes.

Younger members are now more involved in the running of their club and their input is invaluable on a project by project basis. I hope that the competitors we are helping now will move on and support others following in their footsteps: maybe getting involved with the schoolgirls' races in Milton Keynes or out in Flaine, or by being part of the awards team.

Jane Fawkes, what can I say, what an amazing job you have done with the LSC Bulletin over so many, many years. You have tirelessly collected the news, articles and edited and made the Bulletin so enjoyable. Thank you from us all. Below is a photo from the first walk I attended in 2005 hosted by Anne Taylor. Jane is in the picture as are many of our illustrious ladies!

It has been an honour to be President of The Ladies' Ski Club for what will be five years and I would like to thank everyone who has helped the club and myself during this time. I'm looking forward to celebrating the centenary year with you all!

Pene Cairns

TREASURER'S REPORT '22

Thankfully the ski season 21/22, from an initial rocky start, improved to be more of a normal winter and hopefully many of you were able to ski for the first time in two years too. The Ladies Ski Club was fully represented at the AICC in Wengen in March 2022 and it is hard to believe that the last event was hosted by us in Flaine in 2020.

There was a surplus in running the club of £3,699 and we also received donations of £1,418. The expenditure this year was similar to last year, £2,341 and again there was no cost for hosting the AGM. It was a pleasure to see so many people attending the Zoom version, but the club benefits from the camaraderie of the occasional get together and we will have an option for a hybrid meeting this year and would love to see as many people in person as possible.

The balance sheet shows that we have £43,113 in the bank, a reduction of £6,290 due to the high level of awards £16,600 paid to our athletes for the Olympic year. There is an increase in stock of £600 due to the purchase of Panda Optic LSC caps. They arrived after the year end and are selling like hotcakes. We have other items of branded clothing and cat suits for sale. The catsuits are

also available for hire and for AICC this year raised £250.

It is very much part of the Committee's plan, that the LSC can be generous again this winter. The arrangement for online applications by aspiring racers, will be in its third year this autumn and has significantly improved the way that awards are claimed and made. We also have two funds, Penny Mabey and LSC from which we continue to make additional awards. Looking to the future there is a need to continue fund raising and we are welcome to ideas please.

We hosted our second schoolgirls indoor racing championships (BSIR) on 12th September 2021 and made a surplus of £1,054, which is being reinvested in a third event to be held on 11th in September 2022.

I would like to thank in advance Jackie Stephenson who has volunteered to 'examine' the accounts for me; it is very kind of her to fit them into her busy schedule.

I look forward to seeing you at this year's AGM, hopefully in person.

Marguerite Nice



Jasmin Taylor on the Podium at the World Cup in Kravavec, Slovenia.

LSC DIRECTORS

2021-22

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DATES FOR THE DIARY

22/23

November '22

Mon 7 LSC AGM, White Haus, London*

January '23

Wed 18 - Sat 21 Inferno races, Mürren

Sun 22 – Wed 25 LSC centenary celebrations*, Mürren
Mon: Ladies 1920s costume Slalom Race & Celebratory 100th Birthday Reception, Tourist Office
Tue: Brunch, Piz Gloria restaurant, Shilthorn summit & Members' Commemorative Dinner, Eiger Hotel

Sun 29 - Wed 1 Feb British Schoolgirls' Races including LSC Championship Race*, Flaine

February

Thur 9 - Fri 17
English Alpine Championships, Bormio

March

Thur 9 - Sat 11
AICC, Cortina d'Ampezzo

26 Mar - 4 Apr
British Ski Championships
Seniors and Juniors

June

Sun 25
LSC annual walk & picnic*,
Sevenoaks

September

Sun 10 British Schoolgirls' Indoor Races*, Milton Keynes

Fri 22 LSC 100 Year Celebration Gala Dinner*, Royal Thames Yacht Club, Knightsbridge

*Events organised by the Ladies' Ski Club

HATCHES & MATCHES

Shell Quaille, one of our Committee members and a key member of our BSR team, has had a busy 2022! She gave birth to Oscar Michael Deric Thomas-Quaille in June followed by her wedding on the 28th August.



Eirin Hope Jane Hanlon was born in June 2020 to **Tamsen Hanlon** (née McGarry) and her husband Matthew Hanlon. First grandchild for long standing member Jane McGarry and a niece for Kirsten McGarry.

Lucy Hobby an esteemed member of the AICC racing team recently became a grandmother. Her daughter Lotti and husband gave birth to their firstborn on the 15th August.



Eloise Greenhalgh and Bradley Meeson were married in September this year. Eloise is daughter of a former committee member Roberta Greenhalgh.

JOAN RAYNSFORD

1920 - 2022



Joan died on her birthday, 18th November last year, aged 101. Daughter of Wavell Wakefield (1st Baron Wakefield of Kendal), Conservative politician, who had played rugby for England, and his wife Rowena, nee Lewis. Joan married Captain Antony Raynsford, RN, in 1944 and accompanied him on his postings after the Second World War to Greece, South Africa and Malta. They had two children, Richard and Julia.

Joan was a keen skier, joined the LSC in 1951 and was President 1968-72. My first memory of her was on the Ski Club of Great Britain Rep's course in Davos in 1968, exhorting everyone to enjoy the powder! At the time I had never skied powder, having spent all my time racing. With the assistance of my mother's old Head skis and Joan's encouragement, I started to get the hang of the powder - the love of which continues to keep me skiing.

Joan had spent many holidays in Engleberg with her parents and sisters, Sheila (Hensman, LSC President 1987-90) and Ruth. After the war the family set up the Harlequin Ski Club in Engleberg, enabling them to host the British Ski Championships and the Junior Championships were held there in 1951. Wavell encouraged all his daughters to race and Joan raced in the Arlberg Kandahar on at least one occasion.

She joined the SCGB Winter Arrangements Committee in the late 1950's, eventually becoming Chairman. The story goes that, with high expectations of the reps, she sometimes gave poor reports when she happened to call in at their resort. This led to the setting up of the Reps Course, over which she presided for several years with Michael de Pret Roose. She went on to become SCGB Chairman and later President and in 1975 she was awarded the Pery Medal. She was also involved with the National Ski Federation of Great Britain (now GB Snowsport) and the organisation of the Lowlanders Ski Championships for many years.

When Jill Coke (LSC President 2008-11) left her job as Secretary to the Winter Arrangements Committee to get married, Joan rang me up to suggest that I apply for the job. I went on to work at the SCGB for three years under Joan's Chairmanship in what had to be one of the best jobs in the world. This led to my involvement with the organisation of British ski racing and my work as a British Technical Delegate for nearly thirty years.

I'm not the only person whose skiing life was to be influenced by Joan. Michael Pettifer reports that when he was repping in Sauze d'Oulx in 1971 he was involved in an avalanche in which the guide, Jack Ganalie, head of the ski school died taking a Ski Club group which Michael had organised to Sestriere.

Michael was only 19! He said that Joan was 'a rock at the time with massive support'. As many LSC members will know, Michael has been a rock in the ski insurance world to many of us.

Joan was Chairman of the Kandahar when her sister, Sheila, was President of the DHO. Sheila always enjoyed the fact that this was one job which Joan never did!

After her father died Joan became Chairman of the family business in the Lake District and was very involved in the development of tourism in the area over her thirty years in the chair. She was also active in politics and rose to become chairman of the Greater London Conservative Women's Organisation for which service she was awarded an OBE.

Joan's daughter, Julia Boyd, told me that Joan had spent time in Germany in 1938. Her father had arranged for her to have a VIP ticket for the England v Germany football match. Adolf Hitler stood at the entrance to the stand greeting all the arriving guests. At 101 years old, Joan was therefore possibly the last person to be able to claim the dubious distinction of having shaken hands with Hitler.

Joan spent her last years in a care home outside Northampton, not far from the Raynsford family home, Milton Malsor Manor. I visited her there a few years ago and we spent a happy afternoon reminiscing. Her recall of events thirty years earlier was perfect. Her interest and enthusiasm were undiminished.

100 YEARS OF THE LADIES SKI CLUB

On 23 January 2023 the Ladies Ski Club celebrates its 100th anniversary, and the Club is planning to celebrate with a number of commemorative events throughout 2022/23.

On the anniversary date itself, in the beautiful Swiss resort of Murren where the club was founded, there will be a 1920s costumed **Slalom Race** which will be open to all ladies. This will be followed by a **Celebratory 100th Birthday Reception** hosted by the Club at the Murren Tourist Office; attended by members, supporters and many special guests who have had an important role in the Club's history.

A **Commemorative Dinner** at The Eiger Hotel and a **Brunch** at the Piz Gloria revolving restaurant at the summit of the Schilthorn are amongst other events for members, taking place in Murren that week.

Later in the year there will be a Black Tie **Gala Dinner**, on Friday 22 September 2023, at the Royal Thames Yacht Club, Knightsbridge, when invited guests and speakers will include some of our highly distinguished members including current and former ski racers.

In addition to the special celebratory events, there will be commemorative activities linked to the regular annual events that we run:

There will be a special Championship Race at the **British Schoolgirls' Races** in January in Flaine, (also Anne Taylor's last year as 'organiser in chief'); and there will be some special highlights at the **British Schoolgirls' Indoor Races** at Snozone, Milton Keynes in September 2023. Schools from throughout the UK can apply to participate in both sets of races.

DID YOU KNOW.....?

- The Ladies' Ski Club is the oldest women's ski club in the world.

- The Club has been a trailblazer in women's competitive snow sports. Early members included the leading 'ski runners' of the time, and that tradition continues, with most of our top female snow sports athletes being members.

- The first Ladies' Ski Club President, Lady Denman, was active in the promotion of women's suffrage. She also founded the National Federation of Women's Institutes, was the first Chair of the Family Planning Association and during WWII was Director of the Women's Land Army.

- The second LSC President, Dame Katherine Furse, founded Furse "rest station" in France during WWI, which became a haven for British troops, and she subsequently led the first Voluntary Aid Detachment (VAD) to be sent to France. She created the Women's Royal Naval Service (WRNS), and was director of the World Association of Girl Guides and Girl Scouts.

- 2021 saw the Club award almost £17,000 to 15 LSC athletes, across a range of disciplines, including alpine skiing, snowboarding, telemarking, free skiing and Paralympic events. 4 recipients represented GB at the Beijing Olympics.

A TRIP ROUND THE NORTH WEST PASSAGE

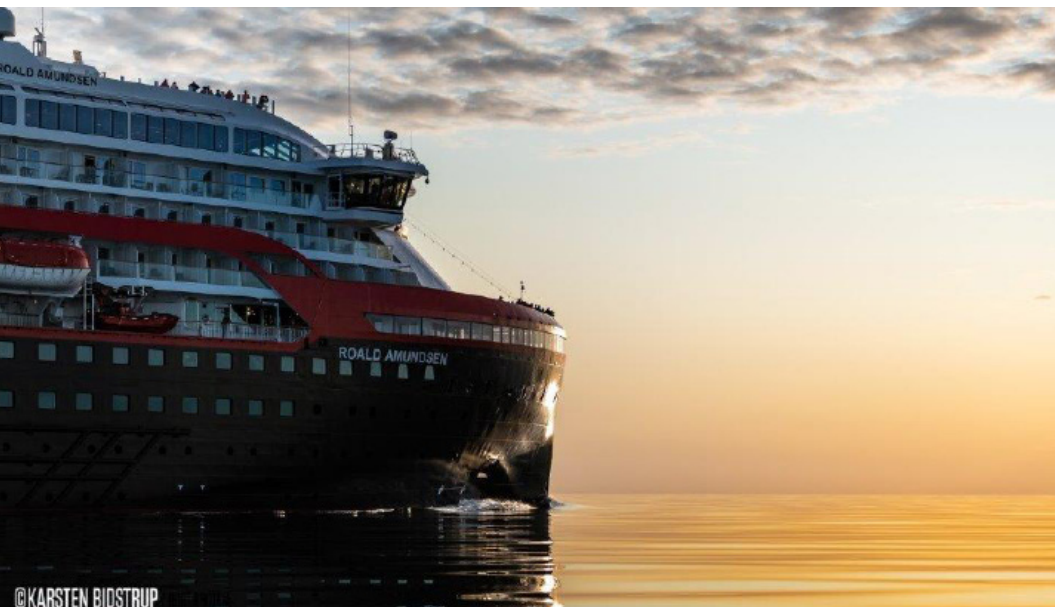
By Ingie Christophersen

In 2006 I translated, from the Norwegian, the definite biography of Roald Amundsen by Tor Bomann Larsen. Not a nice man, Amundsen, and in 1910 he tricked Robert Falcon Scott into thinking that he was off to the North Pole rather than the South Pole. During preparations for the North Pole, he learned that it had supposedly been conquered, in 1908 and 1909. (The claims of the two Americans Cook and Peary, have subsequently been discredited), Amundsen always wanted to be first, not for him second place, and in 1906 he was first round the Northwest Passage, the seaway from the North Atlantic to the North Pacific by way of Greenland, Canada and Alaska – the holy grail of arctic exploration - in his 70 ft sloop Gjøa.

In 2018 the first boat carrying tourists traversed the Northwest Passage and my ship, The Roald Amundsen, a hybrid luxury cruise liner of 459

ft., was the second tourist ship to complete the passage, a trip lasting 24 days. But oh! what has climate change done to the Arctic! Where were the ice-bound straits, the towering ice bergs and gleaming glaciers, the Arctic animals? We saw glimpses of what once was but is no more. It was wonderful but also deeply depressing.

The Northwest Passage, finding a way round the Americas without having to pass round Cape Horn, had been, for four hundred years, every explorer's dream. In 1847 Admiral Franklin set out with two well-equipped ships and an experienced crew. The Victualling Commissioners were Fortnum and Mason! In the Officers Mess they drank vintage brandy and smoked Havana cigars after dinner, there was a well-stocked library and all the luxuries of home life. Franklin no doubt wore his Admiral's cocked hat! The ships sailed up the west coast of Greenland, turned south around the top





of Canada, eventually became ice-bound and settled down to over-winter. This was expected - when summer returned the next year they would thaw out of their wintry grave and continue the quest for the open lead that would eventually guide them out into the Pacific. They lived in a sort of Victorian bubble; an impregnable bubble capable of melting the ice that surrounded them, or so they thought.

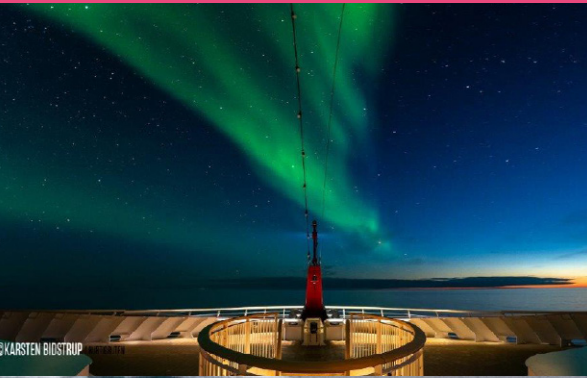
The summer, however, never arrived and the men settled down for a second winter, snowed in and surrounded by ice and nothing much else – except Inuit. One by one the men succumbed to scurvy and lead poisoning, caused by faulty tins - this was the beginning of preserved food. The crew, realising they were in trouble, loaded a small skiff with food and equipment and tried to manhandle it over the ice and snow. What on earth did they need tables and deck chairs for? Inuit were there – bartering took place for

goods against Inuit women - but the British Empire struggled on in uniforms and silly clothing, no doubt even maintaining the class and officer-and-other-ranks divisions. Had they had skis, had they trusted the Inuit to guide them, had they learnt from the Inuit how to fish, hunt, survive, they could have walked out of the whole nightmare. Instead they returned to the ships and one by one succumbed to the horrors of the Arctic wastes. Cannibalism has even been suggested.

And then Amundsen arrived in 1906. He too spent two winters overwintering, but with a sneaky view of being the first to the South Pole he learnt as much as he could from the Inuit about dogsledding and survival.

The Inuit shoot seal and eat the whole carcass – a seal can sometimes feed an entire community. But silly and ill-informed groups of people, erroneously thinking they are doing the seals good (Paul





McCartney patting crying seal pups). Seal pups always cry, to wash the salt out of their eyes) ban the Inuit from selling coats, boots, slippers, made from sealskin. The seal is dead, it has been eaten, but oh no, we do not buy sealskin products. If the Inuit starves because he has no cash to buy fuel for his skidoo - the seal is more important. This sort of thinking makes my blood boil, or freeze, and we all need to think carefully before we march in parades to save the seal or join other badly informed animal protection groups.

The EU regulation banning the sale of seal skin does not apply to products resulting from traditional hunting by the Inuit people, but that paragraph is in very small print at the bottom of the EU directive and it suits animal rights people to ignore it. Far more fun to march in parade and be seen to be animal friendly!

Through the Bering Strait to Nome in Northern Alaska where I drank in Sin City Pub and felt like a real gold digger's moll! Nome is famous for its annual dogsledding race – mush, mush, which actually is the French word marche!

In 1925, when the temperatures were around -30°C , the town of Nome was affected by diphtheria. The diphtheria vaccine was not available in Nome, they ran out of available stocks, so a telegram was sent to find out where they could obtain more. The closest was in the city of Anchorage, 537 miles away. Huskies to the rescue! Balto the dog, commemorated in a statue in Central Park, New York, was the hero who brought antibiotics to the town and saved it from the diphtheria epidemic.

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Chemmy Alcott with son Locki travel the world together.

“I VOWED NEVER TO LOOSE MYSELF WHEN I BECAME A PARENT”

- Chemmy Alcott article featured in Brood Magazine

Inspirational Mum of two, and BBC Ski Sunday Presenter, Chemmy Alcott, went down in history as being the first British Ski racer to win a world cup run, and she is widely regarded as one of Britain's greatest ever skiers. Chemmy is no stranger to adversity having broken 49 bones in her life, and still returning to the slopes against all odds, so it's no wonder that when she was offered her dream job as BBC Ski Sunday feature presenter at the same time that she was due to give birth to her first child that she chose to take on the challenge of both roles; returning to work only two weeks after giving birth!

Alongside her successful career as a BBC sports presenter, Chemmy is an inspirational speaker and also runs her own business – CDC Performance – with her husband, 25 Time British Champion Dougie Crawford, providing world class ski coaching and experiences. We had the pleasure of sitting down with Chemmy at her lovely family home that she shares with Dougie and their two boys, Locki 5 and Cooper 3, to discuss how she does it all, and why maintaining her own identity is so important to her.

You returned to work very quickly after having both your boys, did you always plan to return to work so quickly and was it important to you that you kept your own identity outside of being a mum?

"I think I was quite lucky as a lot of my friends had kids before me, so I saw them really change through parenthood and lose themselves, and so I vowed to never let that happen to me when I became a parent. But I then went completely the other way, as both my babies were born in the January, and I went back to work skiing only two weeks after, with both babies. In fact, our first labour was really complicated, and they said



Locki in his HEAD World Cup Rebels onsie.



Chemmy returning to work at the English Champs in Bormio.

'Look this isn't going great...' with my reply being, 'Don't even think about a c-section, because I've got to ski in two weeks - I've got to work!' Maybe I felt more pressure being female, but I was about to start my dream job at the BBC doing Ski Sunday, and I remember thinking, 'I can't give up this role. I don't want them to give this job to anyone else, this is my job! I'm going to make it happen!' So, when they initially offered me the job my naive plan was, I'm going have the baby, I'm going to go straight back to work, Dougie's amazing at supporting me so we can do this! Although it was crazy, it was just epic, because people just lose themselves so much and it can be so hard to find yourself again, but I never got the chance to stop being me. Actually, in skiing they say that if you've skied your whole life and then you become a parent, but then you don't ski for 5 years then you'll never ski again! It's because the fear of being responsible for someone else and the danger of the sport just crushes you so much that you never allow yourself to have that play time again. I hoped that wouldn't happen to me though, although looking back I think it's pretty mad that I was skiing only a few weeks after having a baby, but I was really fortunate in how my body held up.

It was also quite empowering returning to work so quickly. I remember when Cooper was born and two weeks later, we were at the World Championships, and I was working, interviewing the guy who had just won the World Champs downhill. It was a great interview, and when we finished the interview, the producer said 'Woah, that was epic! You're on a buzz!' And I replied 'Yeah, I am, and do you know what?' and he was like 'What?', and I put my hand in my bra and I had one of those silent Elvie pumps on and I had made almost half a litre of milk whilst I was doing this interview! Throughout the whole interview I knew I was doing that, I knew I was smashing new motherhood and it just made me feel amazing, I was firing on all cylinders, and no one knew!

You're throwing yourself in at the deep end, and it's hard but you just feel this overwhelming sense of achievement. But I remember going back to work that first time and I was so sleep deprived, and as an athlete I had this massive superstition that I needed 9 hours sleep a night but then suddenly you become a parent and that is just completely unrealistic! Then obviously two weeks after having Locki I was given this script, I'd barely slept, and I remember questioning myself 'I can't even remember my own name! How am I going to remember this script!' But somehow, I did it, and I think you've got to keep challenging yourself and that's what helps you to keep being your very best self. I think that's how we've been able to maintain this mental crazy lifestyle because we never stepped away from it."



You spoke briefly about feeling the pressure about being a female and not wanting to lose your dream job role, but was that the only reason that you felt so determined to maintain, being you?

"I mean there was definitely the element of proving people wrong, because a lot of people said I couldn't do it. And all my career when I had multiple injuries – when I broke my leg and neck – people said she won't be able to come back, and it was always a motivating factor to me. It shouldn't be but you've got to look at it one way or another and it either pushes you down and the pressure is too much, or you go 'Hey, I'll show you!' and it was kind of the same with parenthood.

I just feel like if you can do those first few years of being a parent and not lose your own identity, then you will come out of parenthood incredibly strong and incredibly grateful for your kids. At times you can miss the old life that you used to have prior to having kids, you might have single friends and you see them going out and at times you can resent that, but if you stick to still being you and defining who you are away from being a parent, then in the long run it's just magnificent!"

Did you experience any parent guilt with returning to work so soon and maintaining your own identity?

"Oh yes, the other side of it is certainly that, I suffer horrendously from parent guilt, I've suffered from that since becoming a mum, and I used to not want to admit to having a nanny because even though I was back at work after two weeks I didn't want to admit to having help. But my mum is no longer around, and my dad is unable to help, and Dougie's parents live in Scotland, so there was no other option really, but for some reason I wanted people to think that we were doing it alone. I think it had always been drilled into me that you were ridiculously well off if you had a nanny, and you were judged for it. It took me a couple of years of people saying, 'God it's amazing what you're doing', before I could say, 'well yes, it is amazing, but I have got help too and that's why I can do it!' And I realised I needed to be open about it."

You've obviously been a topflight athlete and you've been a mum for over 5 years now, which role would you say is harder?

"Definitely parenthood! Being a parent can be unbelievably hard! Being an athlete is very easy, it's very simple, your goal is yourself – it's me, me, me, me. Whereas being a parent is ever evolving, it's ever challenging, your child is constantly changing and trying to define who they are, and you have to change with them. I fight the urge to read a lot of books about parenting and how to talk to your kids, because I think ultimately you learn through your mistakes. I feel like I've already made mistakes that I felt were a good idea at the time and then as they get older you realise that it maybe wasn't the best approach. For 8 years during my career as a ski racer, when I had the opportunity to win and I was healthy, I chose to underperform, because I had this horrendous fear of failure and I couldn't manage everyone else's expectations of me being this very talented athlete, so I chose to perform at 80% and I kept 20% in my back pocket to self-validate why I wasn't winning. So, I never took risks, and I was never the best that I could be, and it was good on the world stage, but it was never my best and it was a very unsatisfactory way to live; so, when I became a parent, I was like, 'Right, I'm going to let them charge! And be 100% and make mistakes.' So now I've created two absolute nutters who don't have any fear of failure and who don't have a fear of making mistakes."

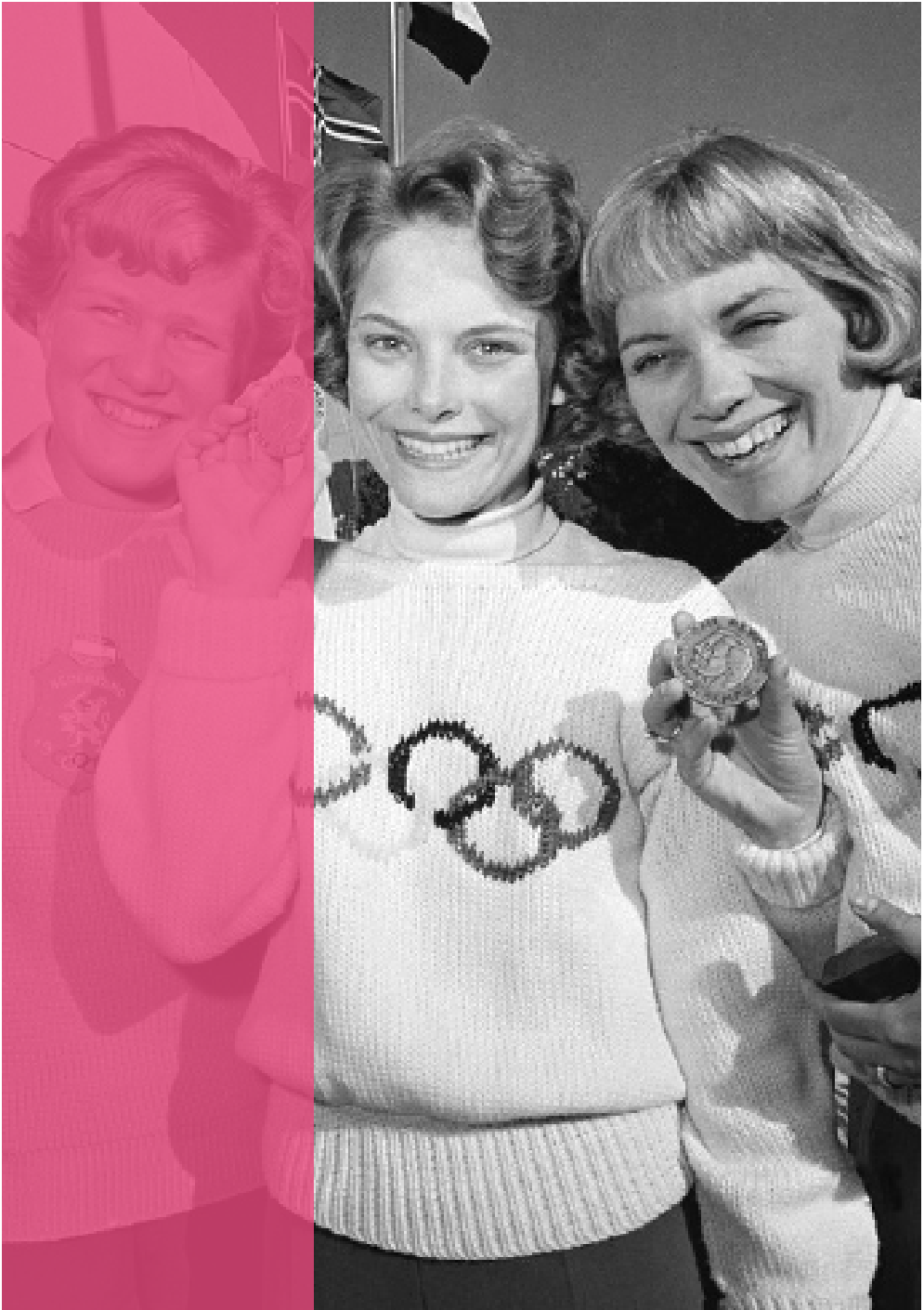
When your second came along, you and Dougie were obviously running your business and you were presenting how did you find the shift from one to two children?

"Well, you think one's hard but then you have two and it's just another level of hard! I always wanted three but no, we are done at two!" She laughs "Because we're just about managing! We're like the swans on the lake they look like they've got everything together, but their feet are going like crazy to get upstream! I do think I'm a much better parent second time around though."



You spoke about having to deal with horrendous Mum guilt, what tips would you give for working through that?

"Yes, mum guilt is really hard, when you're at work you feel like you should be with your kids, and when you're with your kids you feel like you should be at work! So, what I did, as I'm really good at goal setting, so for the 5 hours I was at work I would set my goals as to what I want to achieve whilst I'm at work and I'm at work properly then, focused and head down. Then when I'm at home that phone goes to the side, and I am present. I find that is the best way, because I see a lot of people trying to do it all at the same time, but if you're only giving 50% of yourself then everything is going to start suffering. So, you know, you go into your work guns blazing – be there, be present make an impact. Then go home and enjoy quality time with your family. Because the kids notice it when you are distracted, because when I fall foul of my own rules, they'll say 'Mummy, you're not here!'"



Carol Heiss of United States in the Olympic women's figure skating in Squaw Valley, California, on February 21, 1960. Left is Sjoukje Dijkstra of the Netherlands who finished second, and on the right is Barbara Roles of USA who took third.

A HISTORY OF THE WINTER OLYMPICS

From a Norwegian Perspective

By Ingrid Christophersen - written after the Sochi Olympics

In 1921 the IOC decided that winter sports should have their own games - figure skating and ice hockey had already featured as Olympic events at some Summer Olympics - and the first Winter Olympics saw the light of day in 1924 at Chamonix, France.

The IOC also decided that the Winter Games should be celebrated every four years in the same year as their summer counterpart. This tradition was upheld until the 1992 Games in Albertville France, when it was felt that the Winter Olympics needed their own space and status, and so, beginning with the 1994 Games in Lillehammer, the Winter Olympics were held every four year, two years after each Summer Olympics.

February 1924, International Sports Week, Chamonix, was later recognised as the first Winter Olympic Games. 17 nations took part, men only (bar 8 female figure skaters), Nordic events only, 18km cross country, 50km cross country, ski jumping and Nordic combination, plus skating and ice-hockey.

The newly established Soviet Union was absent but the emerging countries resulting from the Treaty of Versailles such as Estonia, Lithuania, Czechoslovakia and Yugoslavia were all present. Germany had not been invited. Representing the rest of the world outside Europe were USA and Canada. These winter games were

a battle between nations rather than individuals. Skiing had mostly been for domestic use, now it was playing a part on the world scene. Although it would be an exaggeration to say the eyes of the world were focused on Chamonix - too much was going on elsewhere - Lenin in Russia and Wilson in America had both recently passed away.

The opening ceremony took place in the centre of Chamonix, in front of the mairie and the small stone church. The Olympians, representing 17 nations, marched through the town in ten minutes, preceded by the band of the chasseur alpine, and into the Olympic stadium, or the skating rink. The countries parade alphabetically, France bringing up the rear. In front of each nation an athlete carried a spear - probably some sort of reference to the Greek Olympics - from which hung a name plate indicating the country, garlanded in a laurel wreath. He was followed by athletes carrying skis over their shoulders or skates in their hands. The august inhabitants of Chamonix - about 3000 in those days - were satisfied to watch the proceedings from their windows. There were about 1000 spectators in the skating arena, most of them visitors.

Little Sonja Henie, 11 years old at the time, arrived in Chamonix under her own steam and at her own expense - and caused a sensation. Her entry into the

arena was the start of a truly dazzling and stunning sporting career. Three times Olympic champion, ten times World Champion, followed by a star-spangled movie career. In Chamonix however she came 8th out of 8.

Gold, silver and bronze medals went exclusively to Norway, with the exception of one bronze each to Finland and USA. (The USA bronze medal for jumping, the only American jumping medal to date, but as the competitor was called Anders Haugen there is no doubt about his parentage – just one more Norwegian who had gone west). So very nearly a clean sweep for the land of the cradle of skiing – the land of eternal snow.

This was the age of the amateur. The cross-country skier trained in the evening, after work, often with the top of a fir tree tied round his waist, trailing in the snow, to enhance resistance, often with a head lamp to light his way. They were lumberjacks, farmers, trappers even. Training was wading through deep, untracked snow to logging areas, to inspect snares, to elk and hare hunting. The skiers were distinctively dressed in plus-fours and home-knitted ear-warmers. (We called the plus-fours apple knickers when I was little, because you could carry a pound of apples round the knees!)

The fifty kilometres was first out of the cross-country competitions. A Norwegian lady, wife of the chef de mission, had hatched an ingenious plan: refreshment stands sighted at strategic points in the terrain. The boys were fed chocolate from Norway, bread baked a la Norvège and eggs from Norwegian hens – no wonder the sustenance and the encouragement from pretty Norwegian girls – imported from Grenoble for the occasion – resulted in such overwhelming superiority.

The telegraph was young and expensive. Important or favourable results might reach the newspapers at the same time as descriptions of the opening ceremony, one sent by letter the other by telegraph. Electronic transmission was not even a twinkle in anyone's eye.

Fast forward and pause at the 1952 Olympics – and my first Olympic memory. How little Norway, emerging from 5 years of German occupation, could host such an event defies imagination. But it was all run on a shoestring and my father was the commentator in three languages – multi-tasking – and we had tickets to most events, including the figure skating and ski jumping at Holmenkollen. With the hope that our unique world may live in peace and toleration yet, Norway wishes the friends of winter sports a hearty welcome to the 6th Winter Games in Oslo. Thus sounded the opening speech.

A new hotel had been built for the press and dignitaries, along with three dormitories to house athletes and coaches. The Games attracted 694 athletes representing 30 countries, who participated in four sports and 22 events. Japan and Germany made their returns to the winter Olympic competition, after being forced to miss the 1948 Games in the aftermath of World War II. Germany was represented solely by West German athletes because East Germany declined to compete as part of a unified team. At first Norway was reluctant to welcome German athletes and others considered Nazi sympathisers, but eventually they agreed to allow German and



Russia's Ljubov Kozyreva wins the women's 10 kilometer cross-country ski, Olympic Games, at Cortina, Italy, on January 28, 1956.

Japanese athletes to compete. The Norwegian speed skater Finn Hodt was left out of the Norwegian speed skating team because he had collaborated with the Nazis during the war. Portugal and New Zealand made their Olympic debuts, and for the first time women were allowed to compete in cross-country skiing. The 1952 Winter Games were the first to be held in a nation's capital. The Soviet Union sent no athletes to Oslo, despite being recognised by the IOC.

The opening ceremony was held in Bislett Stadium on 15 February. King George VI of Great Britain had died on 6 February 1952, eight days before the start of the Games. As a result, all national flags were flown at half-mast, and Princess Ragnhild opened the games in place of her grandfather, King Haakon VII, who was in London attending the funeral. This was the first time an Olympic Games had been declared open by a woman. After the parade of the nations the Olympic flame was lit. The torch had been lit in the hearth of Morgedal House, birthplace of skiing pioneer Sondre Nordheim. The torch relay lasted two days and took place entirely on skis. At the opening ceremony the final torchbearer, Eigil Nansen, grandson of Fridtjof Nansen, received the Olympic torch and skied to a flight of steps where he removed his skis, ascended and lit the flame.

There were three alpine events on the Olympic programme: slalom, giant slalom (which was making its Olympic debut) and downhill. Both men and women competed in the three events, held at Norefjell and Rødkleiva. Austrian skiers dominated the competition, winning seven out of a possible 18 medals. Greek slalom skier Antoin Miliordos fell 18 times on his run and crossed the finish line backwards. During the downhill at Norefjell – and do not imagine that every inch of the course was surveyed by CCTV and TV as is the case today – an American skier got caught up in some spruce and in his words, 'it took me several maddening seconds to untangle myself and continue'. At the closing ceremony 40 children dressed in national costumes performed an ice dance, the lights were extinguished, and

a 20-minute fireworks display lit up the night sky. Now fast forward to Sochi. I have a DVD of the highlights and the words that spring to mind are: awe-inspiring, breath-taking, overwhelming.

A total of 98 events in 15 winter sport disciplines were held during the Games. A number of new competitions were added, including biathlon mixed relay, women's ski-jumping, mixed-team skating, mixed-team luge, half-pipe skiing, ski and snowboard slopestyle and snowboard parallel slalom. The torch relay lasted 123 days, and covered 64,000 kilometers (40,000 miles). In September 2013, the Olympic torch was lit in Ancient Olympia, beginning a seven-day journey across Greece and on into Russia. The relay started in Moscow before visiting 83 Russian cities and arriving at Sochi on the day of the opening ceremony, 7 February 2014, the longest relay in Olympic history. The torch travelled to the North Pole in a nuclear-powered ice-breaker and into space, to the International Space Station in a spacecraft adorned with Olympic-themed regalia, including the Games emblem. Russian cosmonauts, Oleg Kotov and Sergey Ryazansky waved the torch on a spacewalk outside the ISS. It returned to earth five days later, and was then taken to Europe's highest mountain, Mount Elbrus, and to the depths of Siberia's Lake Baikal.

A record 88 nations qualified to compete. Seven nations, Malta, Paraguay, East Timor, Togo, Tonga and Zimbabwe made their Winter Olympics debut. But enough of statistics. The sophistication, the state-of-the-art technology, the entire spectacle was quite simply overpowering. To sit at home and know, the moment the athlete crossed the finish line what his or her time was, and in which position he or she classified, defies comprehension. Every hard-fought cross-country race, every spill on the alpine pistes, every 100th of a second down the skeleton run, or slow-motion twist on the half-pipe: ecstasy, elation, triumph, tears, defeat, hugs, flag-waving, fair-play, sportsmanship. It was there for the world to see from the comfort of one's own sitting-room.



at the seventh Winter

“OH DEAR, I THOUGHT, IMPOSTER SYNDROME KICKING IN”

*Every cloud has a silver lining. Finding the Ladies Ski Club through my diagnosis with cancer.
- Catherine Bellsham-Revell*

Skiing has always been for me a source of joy. I first put on skis when I was six years old. Tears immediately followed, but by the end of that first week, despite the gallic bellows of “Madame Horrible” an ESF monster of the old school, as we failed to understand or do what she wanted, my sister and I were smitten and I cried again when the skis had to come off.

In June 2019, I was diagnosed with ovarian cancer. It’s a nasty one and the treatment is pretty invasive, lots of surgery was followed with six rounds of chemotherapy. Time spent in recovery from surgery and contemplating the different outlook on life that a cancer diagnosis brings led to me spending too much time on Instagram. I found the wonderful Dame Deborah James, who was an amazing source of positivity and hope, but I also found the story of Max Parrot, a snowboarder who had been diagnosed with Hodgkins Lymphoma in January 2019 and was currently undergoing a six month course of chemo, but was still at times being able to snowboard in the mountains. Well, I thought, if he can do it...

Following Max’s example as best I could whilst being confined to South London, I headed off to Chelski. The instructors were brilliant with me - some days, just after chemo, I wasn’t much good and did a lot of flopping – but just before my next chemo, I was almost back to my old self.

One of the instructors at Chelski mentioned to me that Chemmy Alcott ran adults’ training camps, specifically – women only ones – teaching them how to race. I had to say I thought this was bizarre – wasn’t that for my kids? but it stuck in my head as I finished my treatment. I managed to get a ski

holiday in before the covid pandemic, but then the world completely changed. But the thought of a ladies’ ski training camp was firmly embedded.

So I signed up for Chemmy’s course in November of 2021. I’d done a bit of internet stalking on the other attendees (justified, I thought, as I was going on my own) so I’d found out that the Ladies Ski Club were coming en masse to the course, but had been a bit perturbed when Caroline Simonds sent a message to the WhatsApp group asking whether people were taking catsuits...

Oh dear, I thought, imposter syndrome kicking in. These people wear catsuits! I don’t even know what to wear under a catsuit or even how on earth you go to the loo when catsuits are involved. Also, isn’t it freezing?? On the plus side though, despite being fiendishly excellent skiers who I thought would laugh at me, they were extremely friendly on the WhatsApp group, offering to bring a catsuit for me. I didn’t ask them the loo question at that time though.

I cautiously approached a group of ladies of a certain age and immediately found myself swept up by this fantastic group. It was like being back on the school ski trip or the heady days of my ski season. No arguing with offspring about sunscreen or attendance at ski school. These women ski hard and are partial to an alarming green drink in the Apres bar, but some of them are the same age as my Dad. It was a complete revelation.

We had a brilliant few days with excellent training from our coaches in GS and slalom although the weather was a bit of a challenge; it was unbelievably bitter on that high glacier above

Saas Fee with those creaky old T-bars. Glad Caroline had decided not to bring the catsuits, so I could wear three ski jackets. One day the Swiss Ski schools' instructor candidates sat sheltering in the lift station drinking out of thermos flasks but we battled on through the -25°C blizzard.

However, frostnipped nose aside, when the ladies asked me to ski with them at the AICC I didn't hesitate, despite being made aware that we would be racing on the Lauberhorn, where even the best in the world have to have an exhausted lie down at the end.

And so on to Wengen in March which by comparison to Saas Fee was blissfully warm. Along with very friendly welcome drinks at the DHO and vast amounts of cheese in a fondue hut, we had time for some excellent free-skiing and some training runs directly opposite the North face of the Eiger. We also managed a couple of attempts on some gates on the top part of the Lauberhorn, finishing before the Hundschopf, which I was pleased to note would be where the race would also end. Thankfully.

And then it was time to don the catsuit and head up to Kleine Scheidegg on a trainload of racers...

Over the next couple of days we did two GS runs, one crazy team night slalom and a Super

G. The runs were open before the racing for very confusing course inspections – luckily my start number was high enough that there were some helpful ruts in the snow by the time I had my turn. The Ladies Ski Club team were very visible in the gorgeous pink and blue catsuits and it was an education watching the racers – some who were amazing and to my untrained eye wouldn't have looked out of place in the World cup and others were doing slower, yet beautifully stylish turns through the gates.

I was racing in the 18-45 category. This was where most of those who wouldn't have looked out of place in the World Cup appeared to be racing. With a start number of 65 I went into the iconic Lauberhorn start hut amongst lots of young Swiss racers wearing what appeared to be the same kit as Beat Feuz wears (albeit in a ladies' cut) which was a slightly crazy moment. I did have to ask Maud, who was starting us, to give the person behind me a bit more time as I was genuinely worried about being overtaken – but the absolute pleasure of being able to go as fast as you can down the mountain (give or take a few gates) was just incredible. The photos of the race show that I've just got a great big grin on my face. So now I've found a new angle to my skiing and met some absolutely wonderful women I want to ski with for many decades to come.



Skiing the Lauberhorn World Cup run in Wengen at the AICC in a Ladies Ski Club catsuit.

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A BIG THANK YOU TO LSC

It's been nearly 3 years since I joined the Ladies Ski Club to participate in the AICC races in Flaine 2020, still not sure I knew what I was getting myself into when I said yes to Anna!! I can't believe where the time has gone but of course it's mainly been lockdown and online!!

As we all know, our races were the last ones across the whole of the French Alps in 2020 and as we all left Flaine it felt like the world shut down. I went back to my home which is only 30 mins from Flaine and wondered how on earth I would be able to carry on my work as a Pilates teacher. It didn't take me long to figure out that I needed to get online and I thought to myself, hey I have just met a whole host of amazing, crazy women who love hurtling down the slopes, maybe they would like to do some online Pilates classes to keep their minds and bodies fit.

So I sent out a message to the AICC crew and overnight I suddenly had 12 new clients and I must say thanks to all of you for making those online classes such an amazing experience. The classes were a chance for us all to get together, have some fun and see some friendly faces. Marguerite even managed to log in from her quarantine hotel in Hong Kong. Being online made it easier for me to continue to support Lucy at her races across Europe. I taught a couple of my classes from Elaine's apartment in Meribel whilst watching Lucy's final FIS race of the season in '21. Needless to say as the months went by and lockdown eased, life took over for some and a few stopped coming, but I have to say a huge thank you to the LSC ladies for helping me realise that I could still run my business despite what was going on in the world.

Since then my online Pilates classes are still a regular fixture on a few of your calendars. I have opened my studio where I teach all of my online and in person classes, my popular Get Fit for Skiing online course is in its third year and is starting at the end of October – of course LSC members get a discount but be quick spaces are running out! I would love to welcome more of you to my online Pilates community so if you're interested in learning more please do not hesitate to contact me. Here are just a few comments about my classes from a few names you may recognise:

"I really enjoyed the class and feel it's helping me with mobility, it seemed like you were actually pushing us more and it felt great!"
- Gayle

"Thank you. That was excellent! I feel stretched and energised. I'm looking forward to doing it all again next week."
- Maud

"I have enjoyed the sessions and will continue to do so and thank you for joining the Ladies Ski Club and becoming such an integral member."
- Marguerite

"Thank you so much for last night's session. It was most enjoyable and I am sure very good for us. I'd like to compliment you on the excellence of your teaching – it is good to know that you are telling us what to watch out for and giving us feedback which is what makes it so useful!"
- Annette

By Karen Jackman



Charlie Guest, photo by @pierahudson



Jasmin Taylor photo by @PRIMOŽ KATRAŠNIK and FIS Telemar



Maisie Potter



2022 SEASON HIGHLIGHTS

In a round-up of key highlights from the 2021/22 season, many of our funded athletes have had some amazing results.

Four of our funded athletes made the Olympic Squad in Beijing – Charlie Guest and Alex Tilley in Alpine, Millie Knight in the Paralympics Slalom, and Kirsty Muir in Free Ski.



OLYMPIC SQUAD

Charlie took 21st place in the Slalom and Alex came 22nd in the GS event. Partially sighted skier, Millie Knight, won a stunning bronze medal in the Paralympic Downhill and was just pipped to another medal coming 4th in the Super G. And 17 year old Kirsty took an outstanding 5th place in the women's Big Air.



WORLD CUP

British No 1 telemark skier and LSC funded athlete Jaz Taylor finished the season ranked 2nd in the World after 7 consecutive FIS Telemark World Cup podiums.

FIS SQUAD

And some of the younger girls had some great results, giving us an insight into our future senior stars. Charlotte Holmes, Giselle Gorringe and Sophie Foster were outstanding in the National Championships, with promising results also this season from Lucy Jackman, Isla Ward, Amy Stokoe and Candice Bomberg.



Maisie Potter

I had a season of two halves, whereby the first half started back in November in China for the Olympic Snowboard test event, which was an awesome opportunity. In December, I finished 21st place at a World Cup in Italy out of a strong field of riders, only 0.19 of a second off finals (top 16). This was my best result this season from a personal point of view. I also raced World Cups in Austria and for the first time, I raced in Russia, which was really cool. However, after this despite being offered an Olympic spot, it was declined due to not meeting GBS criteria. This brings me to the second half of the season, where I took it a bit easier. I qualified 5th at a European Cup, which felt great especially as qualifying and timed runs hasn't been my strength. Finally, to finish off the season in good spirit, I decided to ride for myself again pressure-free. I went to Mammoth in California for a few weeks and worked on my riding and confidence, which was so fun!



Giselle Gorringe

2021/22 was a season of firsts! It was my first FIS season without COVID restrictions or COVID-induced premature endings: my first season not shared with school and exams. I got to do my first downhill on a WC piste (some of it on my face), as well as my first NORAM, and US and Canadian races. I won my first FIS race and podiumed 5 times over the season. I was able to improve my points across four of the five disciplines. I faced some personal challenges along the way, some disappointments too, but was proud to win the title of British Super G champion, and the John Ritblat trophy at my first FIS British Champs in Tignes; a trophy previously won by my coach Chemmy Alcott. Massive thanks to the Ladies Ski club for all their help and everyone else who helped me get there especially Chemmy, Dougie and the team.



Charlie Guest on the last day of the '21 season in Reiteralm, Austria with coach Simo Calissano on the left.

“MY FIRST TIME GOING THROUGH AN INJURY AND REHAB PROVED HARDER THAN I THOUGHT IT WAS GOING TO BE.”

- CHARLOTTE HOLMES

As my first season of FIS racing has come to an end and I've returned home and to school, the normality of most teenagers, I've had a chance to reflect on my slightly hectic winter season. From the very start of pre-season training in early summer the season ahead looked like it could be a fun one as I joined my new teammates, Alex Tilley, Darcie Mead and Lois Jackson for the first team camps on the European glaciers. Most of the summer was spent adjusting to the new longer length of the FIS skis matched with a high volume of technical work as well as a gruelling fitness programme which was needed to prepare us for the season ahead.

My race season kicked off early December with three slalom races in Northern Italy. With starting bibs in the 100s and skiing ruts which seemed bigger than I am, I skied well in sections, which now proved to be my best slalom results of the season. The remainder of December was split between training and starting races in GS and speed, including a set of speed races on our home slope Reiteralm. Flying home from Milan after racing in the Ambition FIS races concluded my first month racing with my first set of FIS points on the board.

A short five day break for Christmas was spent at home with the family, training began again just before the new year. Unfortunately after a day of GS training, I took a hit which resulted with a grade3 tear of my right knee MCL. Hearing that I'll be out for nine weeks in the middle of my season was a huge mental setback for me, not just physical. My first time going through an injury and rehab proved harder than I thought it was going to be. Luckily, I have an amazing group of older girls around me who not only pushed me on the hill, but more importantly gave endless support throughout my rehab period having all sustained major injuries themselves.

With two weeks until the start of the British Championships we were unsure if racing in the speed

events would be a good idea having only completed seven days of training, we had needed to split these days across all four disciplines. It's now safe to say that I'm happy with the decision that we made as we headed to Tignes with plans to compete in every race. My first speed race away from my home hill was pretty scary, especially running bib 1 in the downhill race. I gave it my best, perhaps running it too straight in sections, managing to come away with the NJC Super G title and 2nd in the NC Downhill alongside the U18 titles. The technical events that followed were tough after the three days of speed and the weather came in to increase the difficulty. Fighting in the ruts and bumps, neither GS or SL was easy but finishing my first GS runs within the top 30 allowed me to have a clean track to attack the second runs which were competitive with the older girls.

The slaloms races were the races where I lacked the most during the week as fatigue kicked in along with poor technical skiing, this resulting in a few disappointing results but I managed to come away with both U18 titles in both the technical events. The week ended on a high with Team Evolution winning the Academy trophy, teammate Lois Jackson winning the Overall National Title and I took the Overall National Junior Title and U18 Overall. The season came to a close with a set of GS and SL races run by Team Evolution in Reiteralm which despite the warm conditions and slushy snow was overridden with music, sunshine, a BBQ and my family which made this my favourite race of the season. With the race season complete, the last week was spent free skiing, snowboarding and completing our charity run for the Save The Children Ukraine Charity where I ran 26km as part of the marathon distance my team ran. My season would not have been possible without the support of the Ladies Ski Club, not just financially but the constant kindness and support that was really needed through rehab and return to snow, thank you. I can't wait to see what the next season now has to offer.

“DURING THE SURGERY THEY FRACTURED THE BOTTOM OF MY TIBIA AND INTO MY ANKLE JOINT.”

- DARCIE MEAD

As I'm sure most of you already know I had a very challenging season, breaking my leg three times in the season I never quite was able to build up the momentum needed to show my best skiing. I had a brilliant preseason in Switzerland where my timings in training were showing I was fast and able to compete against the top girls.

Following on from a tricky season my surgeon and I made the difficult decision to undergo what would be my fifth and final surgery on my left leg to remove the metal rod in my tibia. The surgery was challenging and complicated due to how long the rod had been in my leg, strong bone had grown through the holes making it difficult to remove.

After a painful few weeks following surgery I was able to return more to normal life and really knuckle down on my rehab. I gave everything to improving my fitness in the 12 weeks. I performed well in some preseason fitness testing considering all I'd been through.

Unfortunately it's just come to light as I've been experiencing some pain in my ankle that actually during the surgery they fractured the bottom of my tibia and into my ankle joint.

Although this has set me back somewhat, my return to snow set for the end of this month (July '22) is continuing to look promising and I'm so excited to get back on my skis.

I've been through a hell of a lot during my ski racing career more than the average person! But I for sure don't let it get me down and I'm ready to show the world what I'm made of this season!

Thank you so much to all of you at the Ladies Ski Club for your ongoing belief and support in me, it's not been easy but knowing so many people believe in me keeps me going. I really hope to bring some great results to the table this coming season!



Charlotte Holmes



MILLIE KNIGHT PARALYMPIAN

After returning from my fourth concussion, training was slow, and we had a lot of work to catch up on, with very little hope for any medals. The season's first races proved this, and I had to knuckle down. After Christmas, Brett and I competed at the World Championships, winning a bronze and a gold medal. We then completed more World Cup races in Sweden, winning the SuperG race and the overall SuperG globe. This, however, didn't change our mindset or our prospects for the Games; we knew we still had a long way to go, with some very tough competition. The Paralympics were incredible; winning a bronze in the Downhill was our most special medal. I had a crash at the beginning of Beijing where I damaged my LCL in my knee (which I continued to ski through). Because I did this, I then damaged my Fibular. This is taking a while to recover from, but I should be back on snow in a couple of weeks!

Favourite race: The Beijing Downhill was undoubtedly the most enjoyable race as the course was so technical and full of so many different features.

Personal achievement: Winning a Paralympic Bronze medal after so many setbacks, with injury. Overcoming fear and rebuilding my confidence enough to not only compete in the Downhill but to win a medal was something quite special.

Best result: Becoming World Champion again, this time in the Super Combined.



Millie at the Beijing Winter Paralympics 2022



Sarah Woodward

The season for me was very mixed (as sports always are). Pre Christmas I never really got into the rhythm of racing and everything was feeling like a big challenge. In the races that followed Christmas I found my footing a little more and managed to have a few results whilst racing in Bormio in Giant Slalom and skied to my points. During the same set of races in Bormio, I managed to ski some of my best slalom here and despite the results and points not being great, I was still exceptionally pleased with consistency and pace of the race runs. I was also lucky enough to attend my first World Junior Champs (in Panorama, Canada), having been injured the past couple of years and therefore missing the event, I was pretty happy to have finally made it - plus a major bonus getting to go to Canada for my first time! Unfortunately my trip was cut short due to a crash in the downhill, which resulted in a knee injury and surgery. The next few months will all be about the rehab but looking forward to being able to ski again hopefully by the start of next year. A big big thank you to LSC for the generous funding which allows me to continue doing what I love most!

JASMIN TAYLOR

TELEMARCK

The preseason kicked off in usual style on glaciers in Hintertux (Austria) before moving to Les Houches (France) for the winter season. Training was going well, as in Telemark we have three elements to contend with - the giant slalom, jump and skating. It is rare that all three are exactly where you want them to be, but I found myself feeling quite strong before Christmas. Then I contracted covid and this took a lot out of me, so when I did return to training I suffered a real lack of energy which I couldn't seem to shift, and as a result wasn't feeling best prepared to compete and that is never good for confidence.

The first races were in France and Switzerland, I managed one World Cup podium in this block but finished up feeling disappointed because I knew I was not performing at my best. The tour then moved on to Norway, again, I fell short of the podium and frustration was mounting, partly due to great results (1st) in the FIS Cup races both before the French and Norwegian World Cups (where most of my competitors are present). At this point I really started to scratch my head, the fatigue of covid had lifted but still I felt I was in a rut.

At this point I felt all the decisions I made were based around whether or not it would be good for my performance, and yes, I really mean all decisions. In short, doing what I think will earn my good results rather than trusting my gut or simply doing something I would like to do and I was burning out.

Once we returned from Norway, I got in my car and drove myself to Marseille (south of France) and spent 24 hours discovering a new place. This totally shifted my perspective, just doing something for yourself at times can give you so much energy and address the balance in life again. I won the very next event on my home slope in Les Houches, a really special moment



for me and probably my season highlight as my Dad was there, my teammates, friends and training buddies. The tour then travelled to Switzerland and finally Slovenia for the final races. Following that initial win, I stayed on the podium for 7 consecutive races and earned a new world ranking of second position, my best ever. If you had asked me how I was feeling mid season I doubt I would have believed such an end to the season could have been possible.

Just a huge thank you to the Ladies Ski Club for all their support over the years, it means so much and makes it all possible.

Favourite Race: The World Cup at home in Les Houches, France.

Best Result: A World Cup win and 7 consecutive podiums to finish the season, ending up 2nd in the world ranking.

Personal Achievement: The way I turned things around mid season has felt like a real triumph personally, and a strong life lesson going forwards.



Emma Peters - Ski Cross

My season was a pretty crazy one. I had a lot of major changes to where and who I was training with and ultimately gambled on a new set up in the Olympic year. I started my pre season training with the Czech Ski Cross team in late May and followed their training plan thereafter. This opportunity allowed me to enhance my strengths and spend time developing my weaknesses with Tomek, my new coach. It was a strong woman's team and we could all capitalise on and push each other.

From October I felt so confident heading into the Olympic test event in November as we were starting to ramp up training in full ski cross courses in Stelvio, Italy. Unfortunately, my injury plagued season began on that camp. I shattered my hand after crashing off a jump and hitting the ice. It couldn't be worse timing but I was determined that it wasn't going to effect my season too much. I battled to come back from that injury swiftly in order to start the second World Cup in the calendar in Arosa and use the pre Christmas events as the training that I had missed due to the hand injury.

January comes round and I was ready to rock and had my best result at the first Nakiska World Cup placing 19th. Unfortunately, in the second race, I had a severe crash in the one training run down the track before the race run. My airbag back protector did not deploy and I fractured 10 vertebrae and 3 fractures around the knee. This was my season ending injury and devastatingly, my ticket out of the Olympics.

It was physically and mentally awful, however, firstly, it is a risk we take to compete and push our limits. Secondly, despite the lack of races and results due to the injuries being so early in the season, I was at my happiest I have been in years during pre season and I really made huge steps towards my long term goals. As I look back on my season, I am drawing on the positives, the changes I made for the better and to continue to build on my plan to battle back from my worst injury to date so that I can continue to defy odds and show the world what us Brits can do!





Thea Fenwick - Freestyle

This season actually started in summer 2021, when I started glacier training in Switzerland with the aim of qualifying for the World University Games, scheduled for December 2021. Unfortunately, the event was cancelled due to the Omicron variant, which was bitterly disappointing.

My season restarted in February, when I packed up my car and drove out to Austria to spend the rest of the season with Why Ain't You Jibbin', a full-time training facility for freestyle athletes.

My goal for the season was to regain a lot of the tricks that I could do before knee surgery and Covid put my career on hold for three years. I was also aiming to start working towards my career goal of becoming a coach for freestyle athletes.

I had to fight a lot of psychological demons but by the end March I was back to jumping on the pro line and getting my big spins back. By the end of the season, I felt competition ready, so I

competed in the Stubai Europa Cup Premium. It was the first large scale competition I have done since before Covid. Competing against Olympic and World Cup level women was daunting, but I put down two clean runs and just missed out on the podium with 4th place. This was a very proud moment because I worked very hard this season and it all paid off with this result. It also stands me in great stead for the World University Games in Lake Placid next winter.

My other great achievement this season was completing over 250 hours of ski instructing/coaching as well as my BASI Ski Level 2. This was a tough course, as I had to take two days out to attend the Europa Cup competition, but I passed and am now working toward my Level 3.

It was a season that started low and ended on a high, with a successful return to high level competition and achieving a crucial stepping stone in my coaching career.



AN APPEAL FROM MEMBERS OF THE ALPINE WORLD CUP SQUAD

Adapted from the original article on GB Snowsport

On Thursday 4 August, GB Snowsport announced that UK Sport have decided to remove Great Britain's record-breaking Team from World Class Programme funding.

This decision means that the GB Team are looking at collectively finding £800k by the end of September to allow them to carry on training and keep their careers alive. Preparations for the 2022/23 World Cup tour and World Championships in Meribel-Courchevel, France in February 2023 are already underway with real medal potential which has been demonstrated over the last 12 months.

The British Alpine ski team is producing historic results. Therefore, it would have surprised no one if their budget had considerably increased. Generally, improved performance attracts additional resources. Unfortunately, the opposite has happened. Additionally, the successful Europa Cup programme has become a casualty and will not continue during the 2022/23 season.

CHARLIE GUEST HIGHLIGHTS: "With the depth and talent within British Alpine skiing at an all-time high, it's extremely disappointing that UK sport have decided to remove this funding, for us now and future Alpine winners from GB."

Sadly, these results are not taken into consideration by UK Sport, who have chosen to focus purely on World Championship and Olympic results in a cycle that has been dominated by a global pandemic. A small fund has been ringfenced for Dave Ryding but will not be enough to cover coaching. This is a 'now or never' moment for all of the athletes involved in the Alpine programme.

IN A QUOTE FROM DAVE RYDING: "We have all gone out there onto the World stage and consistently delivered record results over the last 12 months. This is the first time in British history that this number of athletes have achieved top 30 placings in a World Cup season, and we believe this is a trend that is set to continue. We have more than enough potential to be topping podiums for the next 8 years. It was a Brit that ran the first ever slalom race, and 100 years on, we are winning. Now is British Skiing's time!"

How to Show Support

Search online for the GB Alpine Team 'GoFundMe' Campaign
Sponsor directly via Paul.Traynor@gbsnowsport.com

AICC RACES IN WENGEN

MARCH 2022

Hosted by The DHO

With superb snow conditions, glorious weather and the generous hospitality of the Downhill Only Club, a very happy time was had by all at the Annual Inter Club Championships in Wengen in March.

The Ladies' Ski Club fielded four teams across all age categories, and the Ladies (Over 60s) A team, comprising Marguerite Nice, Sheridan Killwick, Claire Byam-Cook and Gayle Parsons, were victorious in their event, winning a gold medal for the first time ever at the AICC and prompting much celebration on the final night!

We welcomed three new participants, all racing in the U45s, Catherine Bellsham Revell, Rhianna and Tara Shaw, who skied valiantly in this toughest of all categories.

Although the actual race event took place over just two days, most of the Ladies were there for the week and enjoyed spectacular conditions and two mornings of race training in addition to numerous social events. Those who stayed at the historic Falken Hotel were treated to live piano music after dinner and the warm hospitality of this charming family run hotel.

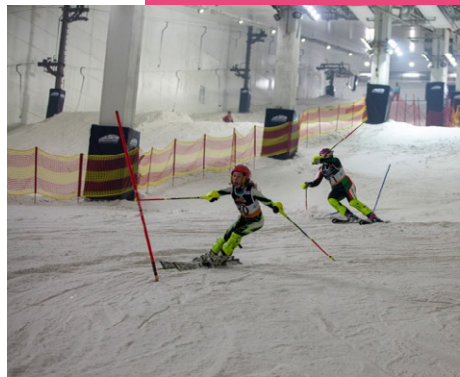


BRITISH SCHOOLGIRLS' INDOOR RACES 2022

SnoZone Milton Keynes

Due to the earlier publication date of the bulletin this year we have been unable to include a race report for the 2022 races. The races were held on Sunday 11th September 2022. Full results and the race report are on our website at: www.ladiesskiclub.org/british-schoolgirls-indoor-races

We look forward to welcoming schools back to our 2023 races in September 2023 – details will be posted on our website: www.ladiesskiclub.org



BRITISH SCHOOLGIRLS' ALPINE RACES

Flaine, France

Sadly we had to cancel the 2022 races given the pandemic but we are looking forward to being back in 2023!

Training day: Sunday 29th January 2023.

Race days: Monday 30th & Tuesday 31st January 2023.

As part of our Centenary Celebrations we are also planning to run an LSC Championship Race on Sunday 29th January 2023 in Flaine. ESF will be running the races but adults accompanying the schoolgirls will be asked to volunteer for gate keeping duties.

Further details at www.britishschoolgirlsraces.co.uk



ANNUAL WALK & PICNIC

On a hot sunny Saturday in August, 11 ladies and 4 brave men gathered at Gayle Parsons' beautiful Georgian townhouse in Stamford, Lincs. We were undeterred by yet another scorching day during the hottest summer on record, but hats and sun cream were the order of the day.

A short walk through the centre of the charming ancient market town of Stamford brought us to the gates of Burghley Park, seat of the Cecil family since William Cecil, Lord High Treasurer to Queen Elizabeth 1, established the house and grounds in the mid 1500s. The Cecils acquired the title of Marquess of Exeter, which continues. Part of the impressive Tudor Mansion is still occupied by a female member

of the Cecil family and the rest of the estate is a visitor attraction and venue for many events. Perhaps best known for the annual Burghley Horse Trials held every September.

After about 20 mins we reached the Garden of Surprises and the Sculpture Garden, both well worth a visit. The Garden of Surprises is filled with quirky water features and beautifully planted. The Sculpture Garden has both a permanent and temporary collection. It is extensive and again beautifully executed. Undulating terrain with stunning plants, ancient trees and cleverly positioned interesting sculptures. We sat down for our picnic in the shade of a giant tree and close to the old ice house, a substantial domed structure with a six



metre deep ice store. The Cecils were clearly into ice cream....A sign explained that ice was historically gathered from the estate's own lakes in the winter. Hard to imagine the lake freezing over nowadays.

After the picnic, we set off for the Bottle Lodge gates, traversing more of the wonderful parkland, re-landscaped by Capability Brown in the late 18th century, with lakes, majestic trees and the impressive Grade 1 listed Lion Bridge, fully restored in recent years.

At the gate, we split into two groups. Most people decided to take the shorter route back to Gayle's, where scrumptious cakes and ice cream were waiting, and a few set off on a longer walk via Wothorpe and Easton on the Hill. The shorter route returned to Stamford from a different direction, passing the famous former coaching inn, the George Hotel and back to Gayle's via the meadows down in the Welland valley.

The longer walk took us through very dry corn fields and along woodland paths, first to Wothorpe, where the partly ruined Wothorpe Towers was a striking sight. This was a former outpost/guesthouse belonging to Burghley House but is now privately owned and sadly not open to the public. It took about 1 hour to reach Easton on the Hill, a very pretty village with golden stone-built houses, by which time the pub proved irresistible. Copious beer and water was consumed under the shade of a garden gazebo. Nicely refreshed, our step was sprightly for the last 30 mins or so back to Stamford through tinder-dry fields, over a railway line and finally the water meadows.

Tea and cake back at Gayle's was a very congenial end to a lovely day. Huge thanks to Gayle and her partner Steve for their wonderful hospitality.

By Kate Thurman

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THE NORTH DOWNS RUN

By Catherine Shelley

Having secured my place in the Jungfrau Marathon this year, I entered a few long races as part of my training.

One was the 30km North Downs Run which is described as “a challenging multi-terrain event (a mixture of road, trail and fell) using undulating paths and established tracks and lanes over the beautiful North Downs, threading through woodlands, fields and parkland”. For the last few years it has been used by the British Masters Athletics Federation (BMAF) for its annual Multi-Terrain Championships; as a BMAF member I entered the Championships.

The race started at the Gravesend Cyclo Park, a couple of minutes’ drive from the busy A2 which didn’t quite feel as if we were in the wilds of the North Downs. A short lap around the cycle park and then we headed out, crossed the A2 and suddenly were in the countryside on the promised trails. It was a hot day but it was beautiful run, more undulating than steep hills, passing through fields of wheat, barley and peas, apple orchards, a vineyard and villages with gorgeous old cottages; on the way back I even saw an oast house – definitely Kent!

The run is organised by the local running club, so it is very much a “runners’ run”; this meant lots of friendly marshals (many earning their free place in next year’s race) who understand the benefit of encouragement and can empathise when things get tough. There were five water stops; local beer was even on offer at one stop (but I declined!).

Those of us running in the BMAF championships had an extra number on our back designating our 5 year age band. I didn’t see many and convinced myself they were all ahead – after all it was just a training run for me. At about half-way I spotted a fellow W55 ahead, I kept her in my sight for a while but then thought I’d lost her; as we approached the last water station I saw her and realised I was gaining on her. I gradually pulled

up and as I overtook she congratulated me; she kept me on my toes for the last 5 km as I was determined not to let her catch me!

Great relief when I suddenly heard the sound of traffic as that meant less than 2 km to go. The final kilometre was a gradual uphill grass verge which seemed to go on forever, but I finally got to the top and enjoyed 100m of downhill to sprint over the finish line. My time was in the range I had hoped and I had kept ahead of my rival! At the finish there were medals, water, bananas, a finisher’s t-shirt and amazing home-made cakes which the local Brownies were handing out – perfect recovery food!

The prize giving covered the main run and then the BMAF championships. When it came to my age group, I didn’t hear the time of the 3rd place runner, so was astounded when I heard my name for the silver medal – an unexpected but very satisfying end to a lovely training run in the Kent countryside!



Chemmy Alcott had a serious knee injury in 2016 and now uses the **ski~mojo** to help her rehabilitation and performance on the slopes.

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A DAY IN THE LIFE OF GLEN SHEE SKI PATROLLERS

Early last March I received an unexpected invitation from Helly Hansen to join a press trip going to Glenshee in the Cairngorms, ironically a place I had never previously skied. The idea was to follow Glenshee Ski Patrollers and observe them at work. Helly Hansen are a huge supporters of ski patrollers and supply all their red ski outfits – and the reason for the press trip.

They also arranged for all four ski journalists to receive by post a new ski outfit to be worn on the press trip. However, mine never arrived and I ended up packing my own ski suit instead although after an emergency call HH PR, an outfit was hurriedly grabbed from one of their clothes rails and dispatched to Glenshee with one of the PRs accompanying us on the trip. Travel arrangements had been made for me to fly from Heathrow to Edinburgh where I was to be met by a driver called Graham who was to take me to Dalmunzie Castle, a two hour journey and where we were staying. As instructed, on arrival at the airport, I

called Graham's mobile as I headed for the baggage collection area.

Our conversation went something like this. "Hello, this is April, I've arrived and about to pick up luggage". To which Graham replied, "Have you been to Edinburgh airport before", "No, not for at least twenty years."

"Well," he said, "a lot has changed since then. Go to the Collection Point outside the terminal and call me back" which I duly did and to make sure I was in the right place I asked an official-looking gentleman dressed in dark blue who told me I was in the right place. Reaching for my mobile, I re-dialed Graham's number and at the same time a mobile started ringing belonging to the person I had just spoken to. Quizzically I looked over at him until suddenly the penny dropped, this was Graham, my driver and simultaneously we burst out laughing. It goes without saying that the journey was both amusing and entertaining.



April Tod facing the elements out on the hill.

Once checked into the hotel, I went straight to my large tastefully furnished room to unpack and change for dinner and there lying on the four poster bed was the promised brand new navy blue ski suit which thankfully fitted perfectly. Half an hour later and I was in the hotel bar meeting up with the rest of the group, most of whom I already knew, enjoying a much needed drink before being ushered into a mahogany walled private dining room with a large open stone fireplace full of brightly burning logs and where our delicious Scottish-themed dinner was served.

A 7 am early morning start beckoned and duly kitted out in our new Helly Hansen gear we assembled outside the hotel where a mini bus picked up us and drove us for about twenty minutes to Glenshee. First we collected our skis, boots and helmets from the local ski hire shop before meeting up with four Glenshee Ski Patrollers, including head ski patroller Jim Wood, who gave a small speech about the roles of ski patrollers including the 'sweeping' runs and how accidents on slopes are handled.

We then peeled off with two ski patrollers, Will and Chris, who accompanied us up a couple of lifts and we followed as they skied down a couple of runs 'sweeping' slopes before they opened to the public. Now and again we stopped and watch them place red sticks crossed on places where potential hazards could be found and closed runs that were deemed to be dangerous.

Glenshee is the UK's premier ski centre with the largest lift system – 22 in all, serving 36 trails across

three valleys and four mountains, offering the most extensive skiing and snowboarding in Scotland with terrains reaching 3,504 feet. There are lots of varied and interesting runs, some easy, some surprisingly steep, but thankfully a heavy snowfall a few days prior to our arrival leaving most runs in fairly good condition.

The only drawback was the weather. Visibility was poor which meant skiing needed a lot more focus but it felt really good to be on skis again after a three year hiatus. I was somewhat surprised how easy it was to fall back into the sport with little or no difficulty. After a quick self-service lunch we were again escorted up the mountain but this time to a different area to experience first hand a mock ski accident.

After skiing for about ten minutes we came across our 'mock' victim lying in the snow with a supposedly broken leg. Here the group of ski patrollers demonstrated how they handle these types of ski accidents. First making the victim comfortable, then placing the injured leg into wooden supports before carefully placing him on a plastic sheet with handles that was lifted onto the awaiting blood wagon. We then followed the blood wagon all the way down to the village and watched the injured victim being carried into the Patrol Centre where he was laid out on to a bed and attended by a local doctor.

I have a lot of admiration for these guys, most of whom are volunteers but all enjoy their work immensely.

By April Todd



The Glenshee Ski Patrol Team outside the hut.

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Black gilet: £35

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Cap, designed by Panda Optics: £12 or 2 for £20





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Ladies Ski Club has partnered with several top brands to bring you some generous discounts. Details and special LSC codes are available on the Ladiesskiclub.org/members-area

PANDA OPTICS is a leading UK sports eyewear brand, offering 20% off all items online including sale and clearance items.

www.pandaoptics.co.uk



SNOW FINEL, the luxury merino wool skiwear brand have teamed up with our very own Chemmy Alcott, who is their proud brand ambassador. They are offering us 15% off all items on their website.

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INSPIRE Health & Wellbeing offer online pilates classes live from the French Alps and access to recorded sessions to use whenever you need. LSC members benefit from a 10% discount on monthly membership packages.

www.inspirewellbeing.fr/



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www.skimojo.com



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www.skiracing.co.uk



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www.pistepro.com



LSC MEMBERS

Title	First Name	Last Name	Maiden name	Joined
Mrs	Rosanne	Adam		1974
Mrs	Jenny	Alban Davies		1999
Mrs	Chimene	Alcott-Crawford OBE	Alcott	1997
Mrs	Lesley	Alexander		2013
Miss	Jessica	Anderson		2014
Miss	Taryn	Archbold		2019
Mrs	Margaret	Arnison		2006
Miss	Arabella	Ashfield		2003
Mrs	Stephanie	Ashton		2020
Mrs	Natalie	Baldwin		2013
Mrs	Torunn	Banks		2010
Miss	Honor	Bartlett		2021
Mrs	Joanna	Bell		2005
Mrs	Catherine	Bellsham-Revell		2021
Miss	Alex	Berrill		1988
Miss	Katya	Bingle-Williams		2018
Miss	Lucy	Bingle-Williams		2018
Mrs	Katie	Birch	Greenhalgh	2001
Miss	Chloe	Bird		2018
Mrs	Johanna	Bird	Holmes	1986
Mrs	Helen	Black		2007
Miss	Elena	Blaikie		2021
Miss	Georgia	Blaikie		2021
Miss	Candice	Bomberg		2021
Mrs	Claudia	Boyagis	de Reya	1950
Ms	Paula	Boyagis		1974
Mrs	Angela	Bray		2000
Miss	Helena	Bray		2003
Mrs	Tessa	Brooksbank	Whittome	1965
Miss	Cara	Brown		2014
Ms	Caro	Brown		2011
Miss	Beverly	Brown		2013
Mrs	Louise	Brown		2016
Mrs	Mhairi	Brown		2019
Miss	Abigail	Bruce		2016
Mrs	Heather	Bruce		2017
Mrs	Gilda	Buckwell		1973
Miss	Jacqueline	Bullen		2006
Mrs	Leasa	Bullock		2015
Mrs	Emma	Burberry	Fletcher	2016
Mrs	Sue	Burns		2009
Miss	Jazmine	Butcher		2013
Ms	Stephanie	Butcher		2019
Miss	Molly	Butler		2020
Mrs	Clare	Byam-Cook	Hall Hall	2016
Mrs	Melanie	Byrom	Palmer	1989
Mrs	Penelope	Cairns		2005

Title	First Name	Last Name	Maiden name	Joined
Mrs	Jane	Campbell Morrison M.B.E.		2016
Mrs	Sarah	Campbell-Woodward		2009
Ms	Suzi	Capey		2018
Miss	Naila	Cardwell		2018
Mrs	Emma	Carrick-Smith		1992
Dr	Joanna	Chetwood	Whelan	2010
Miss	Ingrid	Christhersen MBE		1996
Mrs	Pip	Clough		2010
Mrs	Jill	Coke	Paterson	1970
Ms	Pamela	Collington		2016
Miss	Sissi	Compton		2018
Mrs	Karen	Conde		2016
Ms	Nikki	Cooper		2019
Mrs	Catherine	Cosby		2019
Mrs	Kirsty	Crawford	Hope	2014
Mrs	Jo	Daly	Gibbs	1959
Miss	Shana	Danenbergsens		2016
Miss	Daisi	Daniels		2019
Mrs	Claire	Davenport		2018
Mrs	Elaine	Davies	Kent	2011
Mrs	Elizabeth	Davis		2006
Mrs	Margaret	Davis		2002
Mrs	Gillian	Dawson	Crowther	1993
Miss	Eve	de Haan		2007
Mrs	Lyvie	de Haan		2007
Mrs	Teresa	Dent		2020
Miss	Kirsty	Dixon		2006
Mrs	Suzanne	Dixon		2007
Mrs	Anna-Silvia	Dooley	Fattorini	1991
Mrs	Sarah	Edmonds		1974
Miss	Alexa	Elliff		2019
Miss	Rosemary	Ellis		2022
Ms	Justine	Elmendorff		2015
Mrs	Janine	Erdal	O'Connor	2002
Miss	Stephanie	Espinosa		2008
Mrs	Dina	Essayan	Guinness	1951
Mrs	Jane	Fairclough	Burton	1993
Miss	Sega	Fairweather		2005
Dr	Linda	Fawke		2004
Mrs	Jane	Fawkes	Monro	2004
Miss	Thea	Fenwick		2020
Ms	Sarah	Ferguson		2012
Ms	Bunny	Field		1963
Miss	Samantha	Filsell		2019
Mrs	Louise	Fitzroy-Stone		2019
Miss	Olivia	Foster		2020
Miss	Sophie	Foster		2020
Miss	Kelly-Marie	Gallagher		2011
Miss	Elizabeth	Garrett		1985
Mrs	Laura	Gates		2019
Mrs	Gillian	Gilyead	Stordy	2005
Lady	Shane	Gisborough	Newton	1990

Title	First Name	Last Name	Maiden name	Joined
Mrs	Olivia	Gordon		1990
Miss	Giselle	Gorringe		2020
Mrs	Ingrid	Grant		1988
Mrs	Joanna	Grebert	Fawkes	2006
Miss	Eloise	Greenhalgh		2006
Mrs	Roberta	Greenhalgh		2006
Mrs	Anna	Griffin	Lees-Jones	1986
Mrs	Hilary	Griffin	Head	1988
Miss	Charlotte	Guest		2008
Mrs	Barbara	Gunz		1999
Mrs	Yolanda	Guthrie	Carslaw	2019
Mrs	Tamsen	Hanlon	McGarry	1997
Mrs	Tirion	Hannaforde		2018
Ms	Sarah	Hannibal		2010
Mrs	Clare	Hantrais		2004
Mrs	Jane	Harvey		2012
Miss	Kirsty	Hatcher		2007
Mrs	Gillian	Head		1994
Miss	Katrina	Head		1999
Miss	Anna	Henderson	Berry	2014
Mrs	Claire	Hensman		1988
Ms	Katharine	Henson		2017
Mrs	Helen	Hinton		2016
Mrs	Sarah	Hirst-Malin		2016
Dr	Lucinda	Hobby		2005
Miss	Tamsin	Holme	Cairns	2019
Miss	Charlotte	Holmes		2021
Mrs	Cobi	Holmes		1987
Mrs	Anne-Marie	Houghton		2015
Miss	Louise	Houssemayne du Boulay		2002
Mrs	Kate	Huckin		2021
Ms	Annette	Hughes		2011
Mrs	Ursula	Inglis-Jones		2018
Mrs	Maud	Instone	Illingworth	1965
Miss	Sally	Ireland		1966
Countess	Clare	Iveagh		2017
Mrs	Karen	Jackman		2019
Miss	Lucy	Jackman		2020
Miss	Lois	Jackson		2020
Mrs	Sue	Jackson		2017
Mrs	Sue	Jenkins		2003
Miss	Emily	Jones		2008
Mrs	Helen	Jones		2017
Dr	Pauline	Jones		2000
Dr	Vanda	Joss		2010
Miss	Lucy	Joye		2021
Capt	Jennifer	Kehoe MBE		2016
Miss	Rebecca	Kelleher	Nice	2016
Mrs	Georgina	Kellen		2005
Mrs	A	Kennard	Archer	1964
Miss	Sheridan	Killwick		2009
Ms	Adrienne	Kirk		2019

Title	First Name	Last Name	Maiden name	Joined
Miss	Millie	Knight		2017
Mrs	Carol	Krosnar		2019
Miss	Julie	Lancaster		1989
Mrs	Lucinda	Langton	Hensman	1996
Mrs	Genevieve	Lawson		2022
Mrs	Fiona	Leach	Easdale	1972
Mrs	Fenella	Lees	Balme	1973
Mrs	Belinda	Lehrell	Hargreave	1989
Dr	Margaret	Leigh		1984
Mrs	Virginia	Letcher		1992
Mrs	Kerry	Lewis		2020
Ms	Sarah	Lewis OBE		2004
Mrs	Rose	Lewis		2009
Lady	Di	Lewthwaite	Tomkinson	1960
Ms	Juli	Llndskog		2020
Mrs	Heather	Mackenzie		1987
Mrs	Margaret	Mander-Howells	Mander	2007
Mrs	Debbie	Manns		2012
Mrs	Caroline	Marriage	Williams	1973
Mrs	Susan	McArthur		2019
Mrs	Robina	McCann	Shaw	2002
Mrs	Jane	McGarry		1997
Dr	Kirsten	McGarry		2000
Miss	Alice	McLeish		2019
Mrs	Tara	McLeish		2018
Miss	Eilidh	McLeod		2007
Miss	Darcie	Mead		2011
Mrs	Sue	Mead		2013
Mrs	Lynn	Mill	Sharp	2003
Mrs	Joanna	Milner-Percy	Percy	1993
Mrs	Sue	Moncrieff	Martin	1959
Mrs	Elizabeth	Moore		1998
Mrs	Sarah	More-Molyneux		2005
Mrs	Carolyn	Morgan		2002
Mrs	Karen	Morgan OBE DL		1991
Mrs	Georgina	Morris		2007
Miss	Kirsty	Muir		2020
Mrs	Kirsty	Mullens	Buchanan	2011
Miss	Susan	Murrin		2007
Miss	Georgina	Nelson		2015
Ms	Lael	Nelson		2010
Mrs	Marguerite	Nice	Scanlan	2001
Mrs	Pamela	Nicholson	Robb	2005
Mrs	Andrea	O'Donnell		2007
Mrs	Janet	Ord	Lawson	1970
Mrs	Jane	Organ	Whelan	2010
Miss	Stephanie	Ovenden		2004
Mrs	Edwina	Palmer		2002
Miss	Honor	Palmer-Tomkinson		2018
Miss	India	Palmer-Tomkinson		2018
Mrs	Jo	Parmenter		2006
Mrs	Gayle	Parsons		2013

Title	First Name	Last Name	Maiden name	Joined
Mrs	Diane	Paterson		1994
Miss	Emma	Peters		2013
Mrs	Diana	Pettifer	Graham	1986
Miss	Amanda	Pirie		1997
Dr	Tessa	Pirie		1998
Mrs	Emma	Pitt	Lewthwaite	1990
Miss	Elena	Pocock		2010
Miss	Emily	Pocock		2010
Mrs	Karen	Pocock		2008
Miss	Maisie	Potter		2020
Miss	Shanon	Potter		2021
Miss	Claudette	Povey		2020
Miss	Elsa	Powell-Dooley		2022
Miss	Bonnie	Price		2021
Mrs	Barbara	Pringle		2008
Mrs	Rachel	Pringle	Hardcastle	1991
Miss	Michelle	Quaile		2011
Miss	Jenna	Reid		2019
Mrs	Nikki	Reid		2007
Mrs	Paula	Rice		2007
Mrs	Sarah	Richardson		2010
Ms	Gillian	Rifkin		1998
Lady	Jill	Ritblat		2006
Miss	Claire	Robb		2002
Mrs	Anne	Robertson		2018
Mrs	Christine	Robinson		2022
Mrs	Sarah	Robinson	Myles	1982
Dr	Judy	Rorison		2002
Mrs	Muriel	Ryding		2005
Miss	Corinne	Sarjeant		2019
Miss	Emily	Sarsfield		2009
Miss	Sasha	Sassoon		2007
Ms	Fiona	Scott-Evans		2017
Ms	Anne	Seaman	Freund	2012
Miss	Annabel	Seel		2006
Mrs	Carolyn	Seel		2004
Mrs	Rachel	Sharratt	Thursfield	1996
Mrs	Julia	Shaw		2008
Miss	Rhiana	Shaw		2021
Mis	Tara	Shaw		2021
Ms	Catherine	Shelley		2015
Dr	Judith	Shelley		2016
Dr	Jennifer	Shute MBE		1995
Miss	Susannah	Shute		1997
Mrs	Alexandra	Sibun		2002
Mrs	Caroline	Simonds		2006
Miss	Francesca	Simonds		2007
Miss	Alannah	Smillie		2020
Mrs	Gina	Sopwith	Hathorn	1961
Miss	Lally	St Maur		2003
Mrs	Vivien	Stern		2017
Mrs	Shirley	Stevens		1992

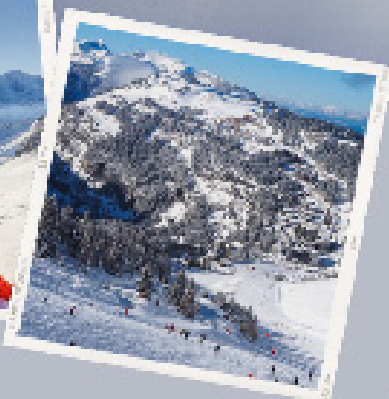
Title	First Name	Last Name	Maiden name	Joined
Miss	Liz	Stevenson		2008
Miss	Ella	Still		2013
Miss	Amy	Stokoe		2021
Miss	Jennifer	Stott		1967
Miss	Caroline	Stuart-Taylor		1996
Miss	Serena	Stubbs		2019
Miss	Helena	Sykes		2018
Ms	Barbara	Syme		2019
Miss	Alice	Taylor		2014
Mrs	Anne	Taylor		1997
Mrs	Catherine	Taylor		2009
Miss	Jasmin	Taylor		2012
Mrs	Sarah	Tennent		1989
Miss	Louise	Thomas		2004
Ms	Kate	Thurman		2016
Miss	Alexandra	Tilley		2008
Mrs	Judith	Tilley		2010
Mrs	Sandra	Tipping		2007
Ms	April	Tod		2018
Mrs	Megan	Trayner		2009
Mrs	Lou-Lou	Troup	Rendall	2009
Mrs	Belinda	Tuke		2014
Mrs	Mary-Claire	Tweedy	Lewthwaite	1990
Mrs	Lesley	van de Wiel		2007
Mrs	Serena	von der Heyde		2013
Mrs	Sara	Walduck		1991
Miss	Erin	Ward		2021
Miss	Isla	Ward		2020
Miss	Olivia	Ward		2016
Miss	Ella	Weeks		2021
Mrs	Nicola	Weeks		2021
HRH	Sophie	Countess of Wessex	Rhys-Jones	2006
Miss	Laura	Westmacott		2005
Mrs	Louise	Westmacott		2005
Mrs	Kay	Whelan		2004
Ms	Margaret	White		2018
Miss	Aimee	Wickes		2014
Mrs	Nicola	Wickes	Le Clair	2011
Mrs	Alexandra	Wilde	Jubb	1997
Mrs	Jacqueline	Wilkey		2013
Ms	Elizabeth	Williams		2018
Mrs	Jane	Willis		2007
Mrs	Leigh	Winter		2019
Ms	M	Winter		2011
Mrs	Julia	Woods		2012
Mrs	Maxine	Woodward		2019
Miss	Sarah	Woodward		2019
Mrs	Anne	Wright		2020
Mrs	Caroline	Wyld		2001
Miss	Rachel	Wyd		2007

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