
BIRKEBEINER BULLETIN



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Official newsletter of the Birkebeiner Nordic Ski Club

PO Box 192 Mount Beauty Victoria 3699

Telephone: (03) 57544323

Website: <http://birkebeiner.org.au>

Editor's email address blittle@netspace.net.au

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President

5754 4606

Vice President

5754 4541

Secretary

5754 4323

Treasurer

5754 4606

Newsletter Editor &

Membership Secretary

57544174

Social Secretary

5754 1341

Committee Members

Tony Crapper	0419324572	acra@bigpond.net.au
Bob Flower	5754 4469	flower.bob@bigpond.com
Ian Franzke	5754 1281	ianfranzke@hotmail.com
Jim Gargan	5754 1785	gargan@internode.on.net
Ronice Goebel	5754 4910	ronice.goebel@gmail.com
Elaine Thomas	57544185	ethomas@parks.vic.gov.au

Helen L'Huillier

helenlhu@bigpond.com

Allan Marsland

allan.marsland@gmail.com

Trish Cross

trishacross@bigpond.com

Paul L'Huillier

paullhuillier@bigpond.com

Bill Little

blittle@netspace.net.au

Kerry Lucas

km.lucas@bigpond.com

Editor's Ravings

The mid-season dinner has come and gone and was a fabulous success. There is a report on page 2, complete with many photographs. The Australian Sprint and Distance Championships were held on the weekend and were a great success also. Results and photographs are further in this issue as is a thank you for all who assisted in their running and success.

We are to run the Rocky Valley Rush, snow permitting, on the 18th of August. If you are able to assist please contact Paul L'Huillier on 5754 4606 or paullhuillier@bigpond.com.

Welcome back to our President and Treasurer. Helen and Paul L'Huillier have just returned from a seven week 4x4 tag-along tour in the Kimberley and thereabouts. Special thanks to Trish Cross for looking after the finances in Paul's absence, and to vice-president Allan Marsland, for taking the helm in Helen's absence.

Working Bees and Volunteers

There are two working bees organised:

- (1) to prepare the Hoppet bibs (apply the timing chip stickers) and
- (2) to pack the race bags.

1. Friday 9th August at 10 a.m. at the auditorium (next to the Mt Beauty Visitor Information Centre) We need about 18 - 20 people for up to two hours.

2. Thursday 15th August at 10 a.m. at the auditorium (next to the Mt Beauty Visitor Information Centre) We need about 20 or more people for as long as it takes. The more hands the less work.

These working bees are always social outings, and morning tea (and chocolates) are provided, so if you can afford an hour or two, please let Helen know at <info@hoppet.com.au> or leave a message on 5754 1045.

A volunteer is needed to stamp Worldloppet passports at the Hoppet Presentation Party at the Country Club in Mt Beauty from about 7pm to 9 pm on Saturday 24th Aug.
Also volunteers to help with pasting the results onto the display boards to go to the Country Club. Where? In the meeting room at the Auditorium from 5 - 6 p.m. on Saturday 24th Aug. Please contact Helen at <info@hoppet.com.au> or leave a message on 5754 1045.

“HOPPET HELPERS”

Volunteer Workforce for the 2013 Kangaroo Hoppet

Many members contribute to this major event for the Australian XC community which is also part of the International series of Worldloppet events. Opportunities exist to help at the Hoppet Shop, Presentation Night and various preparatory activities. Here are some opportunities to make a contribution to this great event on Wednesday 21st, Friday 23rd August and on the day of the event Saturday 24th August. Assistance with transport and Resort Entry may be available on Wednesday and Friday. For more information about any job contact Jim Gargan at hoppethelper@internode.on.net or phone 0357541785 or 0390241436 and leave a message

“Hoppet Helpers” required on Wednesday 21st August.

Delivery of equipment to Nordic Bowl and Drink Station sites. Meet at 10am at the ‘Green Shed’ below Windy Corner.

“Hoppet Helpers” required on Friday 23rd August.

Setting up the start/finish area in the Falls Creek Nordic Bowl. Meet at the Nordic Bowl from 9:30am. to 3pm.

Drink Station Set-up. Friday at a time to be arranged.

“Hoppet Helpers” required on Saturday 24th August

Before the event

Finish setting up the start/finish area in the Falls Creek Nordic Bowl. Meet at 7:30am in the Bowl and work through to 9.00 am (race start time).

During the event

Start Marshals From 8:45am to 9:50am.

Finish Marshals All or part of 2 basic shifts. 9:50 – 12:30 and 12:30 – 4.

BNSC members who have skied in the Joey Hoppet or the Australian Birkebeiner are encouraged to volunteer for the second shift starting at 12.30 pm

Course Marshals All or part of 8:30am to 4pm. At various location on the course.

After the event

Start Area Pack-up After the Half Way cutoff time. Usually 1pm.

Finish Area Pack-up From 3pm. till everything is put away.

BNSC members who have competed in one of the events are encouraged to volunteer for the pack-up. The more volunteers the quicker the task and the sooner we can all pack head down the mountain for the presentations and celebrations in Mt Beauty.

If you are able to volunteer some time for any of these jobs please reply with your name(s) and preferred contact details as per the attached table and return by email to hoppethelper@internode.on.net

OR

Ring Jim on 03 5754 1785 or 03 9024 1436 and leave a message.

Help with transport and Resort Entry for Wednesday or Friday available on request.

For more information about any job contact Jim Gargan at hoppethelper@internode.on.net or phone 0357541785 or 0390241436 and leave a message.

Volunteers will be provided with more information about their specific job.

Jim Gargan

hoppethelper@internode.on.net

Volunteer Coordinator

Kangaroo Hoppet Race Committee



2013 KANGAROO HOPPET SHOP

Don't forget to visit the Kangaroo Hoppet shop to check out this year's souvenirs.

Ladies' T-shirts in Hot Pink and Royal

Men's T-shirts in Maroon and Navy

Waxing Aprons

New design Buffs

Souvenir Hand Towels

The Hoppet Dozen – a selection of red and white local wines

Hoppet Ski holders

Clearance items

The shop is open from Friday, 16th August from 4 – 6pm;

17th, 18th, 19th, 20th, 21st, 22nd from 2 – 6pm; Friday, 23rd 10am – midnight;

Saturday (Race Day) 6.30- 8.30am and 2 – 6pm and Sunday, 25th 9am – 3pm

Our loyal band of volunteer shop assistants looks forward to seeing you.

BNSC Social Set

2013 Mid Season Dinner at Roi's



Kerry, Linda and Liz



Bill, Ken, Tony and Jim C



John, Gael and Frank



Michelle, Jenny F, Meg and Marg



Allan, Doug, Rene and Conrad



Gerry and Jenny van der Ploeg and Bob

BNSC Social Set

2013 Mid Season Dinner at Roi's



Anna, Michal and Graeme



Jeanette, Dermot, Viktor (our 2013 overseas coach) and Jim G



Rhonda, Ric and Sue



Brian and Russ

Presentation



Jim Crebbin was one of the inaugural members of the original Bush Search and Rescue, affiliated with Birkebeiner Nordic Ski Club. In recognition of his long and dedicated commitment to the BSAR and his mentoring and guidance to following BS&R members, Bob Flower, presented Jim with an Award at the dinner.

Appointment of National Coaching Director

The Ski & Snowboard Australia Cross Country Committee is pleased to announce the recent appointment of Allison Stoddart as Cross Country Skiing National Coaching Director.

Allison has a Bachelor Degree in Sports Coaching and is in the process of completing her Australian Cross Country Skiing Level 2 Coaching qualification. Over the past 13 years she has worked as a cross country ski coach at all levels of the sport, including most recently as one of the coaches of the Victorian Junior Squad and as a member of the coaching staff for the 2013 World Championship and World Junior Championship. Earlier this year Allison was the recipient of the Participation and Sport Development Award at the Australian Ski & Snowboard Awards.

As National Coaching Director Allison's primary roles are to manage the cross country skiing coach development pathway and to overseeing the coach education system. Allison has already been involved with ensuring that all courses are up to date under the National Coaching Accreditation Scheme (NCAS). A new initiative in the pipeline is the establishment of a high performance coaching experience program, including the opportunity for up and coming coaches to attend National Team training camps and potentially assist on international tours. SSA is also in the process of developing a new coach accreditation and membership system.

"Being involved in cross country skiing has had a really positive impact in my life," said Allison recently at the National Team training camp at Falls Creek. There is a lot of positive energy surrounding the development of cross country skiing in Australia at the moment and I'm looking forward to continue to be a part of it."

Information on upcoming coach education and experience opportunities will be published on the www.ausxc.com website as details become available.



Allison in Davos, chatting with Wally. No doubt coaching techniques would have been discussed.

Photo courtesy of Finn Marsland

Australian Sprint Championship - Open Women Finals**1.0km Freestyle, Falls Creek, July 27, 2013**

Rank	Class	Name	YoB	State	Club	
1	WO	Esther Bottomley	1983	VIC	BNSC	A-Final
2	WO	Jessica Yeaton	1991	USA		A-Final
3	WO	Chisa Obayashi	1984	JPN	Madshus Japan	A-Final
4	WU20	Anna Trnka	1994	VIC	BNSC	A-Final
5	WO	Aimee Watson	1987	NSW	Cooma Ski Club	Semi-Finals
6	WO	Ashleigh Spittle	1993	VIC	BNSC	Semi-Finals
7	WU20	Casey Wright	1994	VIC	BNSC	Semi-Finals
8	WU20	Katerina Paul	1996	VIC		Semi-Finals
9	WU20	Xanthea Dewez	1995	VIC	Wang	1/4 Finals
10	WO	Ellie Phillips	1992	VIC	BNSC	1/4 Finals
11	WU20	Eloise Hesse	1994	VIC	Vic Squad / Ivanhoe	1/4 Finals
12	WU20	Sabrina Howell	1997	NSW	NSW XC	1/4 Finals
13	WO	Sarah Slattery	1988	NSW		1/4 Finals
14	WU20	Stella Ajani	1997	VIC	Victorian Junior XC Ski Tea	1/4 Finals
15	WU20	Alecia Phillips	1996	VIC		1/4 Finals
16	WU20	Kate Hesse	1997	VIC	Vic Squad / Ivanhoe	1/4 Finals
17	WU20	Tess Noble	1995	NSW	NSW XC	Rank Final
18	WU20	Veronique Price	1997	VIC		Rank Final
19	WO	Belinda Phillips	1972	VIC		Rank Final
20	WU20	Catherine Lobbe	1997	VIC		Rank Final
21	WU20	Rachael Pescod	1997	VIC	Vic squad	Rank Final
22	WU20	Sarah Hodge	1997	VIC	Wang	Rank Final
23	WU20	Rebecca Joyce	1996	VIC		Rank Final
24	WU20	Victoria Adams	1996	VIC	Vic Junior Team	Rank Final
25	WU20	Ella Jackson	1997	VIC	MLC	Rank Final
26	WU20	Ruth Healy-McFarlane	1996	VIC	BNSC	Rank Final

Australian Sprint Championship - U16 Junior Women - Final Results**800m Freestyle, Falls Creek, July 27, 2013**

Rank	Class	Name	YoB	State	Club	
1	WU16	Darcie Morton	1999	NSW	NSWXC	A-Final
2	WU16	Emma Pollard	1998	VIC	BNSC	A-Final
3	WU16	Olivia Jeffrey	1998	VIC	BNSC	A-Final
4	WU16	Gabbie Hawkins	1998	NSW		A-Final
5	WU16	Freya Clarke	2000	VIC		Semi-Finals
6	WU16	Tessa Pascoe	1998	VIC	BNSC	Semi-Finals
7	WU16	Hayley Adams	2000	VIC	Team Gwinneer	Semi-Finals
8	WU16	Katerina Trnka	1999	VIC	BNSC	Semi-Finals
9	WU16	Meg Watkins	2001	NSW	NSWXC	1/4 Finals
10	WU16	Georgia Pescod	1999	VIC	IGGS	1/4 Finals
11	WU16	Lola Timewell	2001	NSW		1/4 Finals
12	WU16	Genevieve Perrignon	2000	VIC	Ivanhoe	1/4 Finals

Australian Sprint Championship - Open Men - Finals**1.0km Freestyle, Falls Creek, July 27, 2013**

Rank	Class	Name	YoB	State	Club	
1	MO	Victor Gustafsson	1990	SWE	IFK Mora	A-Final
2	MO	Phillip Bellingham	1991	VIC	BNSC	A-Final
3	MO	Callum Watson	1989	NSW	Cooma Ski Club	A-Final
4	MO	Alasdair Tutt	1993	VIC	BNSC	A-Final
5	MO	Jackson Bursill	1993	ACT		Semi-Finals
6	MO	Andrew Mock	1982	VIC	Team Wombat	Semi-Finals
7	MO	Paul Kovacs	1990	VIC	BNSC	Semi-Finals
8	MU20	Damon Morton	1996	NSW	NSWXC	Semi-Finals
9	MO	Cameron Morton	1974	NSW	NSWXC	1/4 Finals
10	MO	Nick Montgomery	1993	VIC	BNSC	1/4 Finals
11	MU20	Alex Gibson	1994	NSW		1/4 Finals
12	MO	Mark Raymond	1979	VIC	Bullfight Ski Club	1/4 Finals
13	MO	Robert Jones	1991	VIC		1/4 Finals
14	MO	Peter Malcolm	1983	VIC		1/4 Finals
15	MU20	Matthew Bull	1998	NSW	NSWXC	1/4 Finals
16	MU20	Abe Wright	1996	VIC	BNSC	1/4 Finals
17	MO	Andrew Kovacs	1988	VIC	BNSC	Rank Finals
18	MO	Cameron Dickinson	1980	VIC	Wangaratta Ski Club	Rank Finals
19	MU20	Hugh Pollard	1997	VIC	BNSC	Rank Finals
20	MU20	Lachlan Thomas	1995	VIC	Wangaratta Ski Club	Rank Finals
21	MU20	Robbie Catto-Smith	1994	VIC		Rank Finals

Australian Sprint Championship - U16 Junior Men Finals**800m, Falls Creek, July 27, 2013**

Rank	Class	Name	YoB	State	Club	
1	MU16	Finlay Clarke	1998	VIC		A-Final
3	MU16	Seve De Campo	1998	VIC	SCV	A-Final
7	MU16	Will Neuhaus	1999	NSW	NSWXC	A-Final
4	MU16	Oliver Adams	1998	VIC	Vic Junior Team	A-Final
2	MU16	Jarrah Forrer	2000	VIC	BNSC	Semi-Finals
5	MU16	Declan Burke	2001	NSW	NSW	Semi-Finals
8	MU16	Nicholas Blackwell	1999	VIC	BNSC	Semi-Finals
6	MU16	Matthew Wright	2000	NSW		Semi-Finals
9	MU16	William Middlemiss	2000	VIC	BNSC	1/4 Finals
10	MU16	Cameron Phillips	1998	VIC	BNSC	1/4 Finals
11	MU16	Tommi Silvester	2003	VIC	BNSC	1/4 Finals

Welcome to new or returned members

Natasha Brennan (Coleman) and family, Michael Amelie, and Ciaran from Canberra.

Claire Taylor and family, James, Suniya, and Mackinlay from Tawonga South.

Lisa Bowring and family, Russell, Claire and Callum from Tawonga South.

Himali Collins from Alexandra. Samuel Stone from Woodstock West. Eja Collins from Alexandra.

Loki Wasley from Buxton. Max Stavar and family, Fiona, Rahn and Kai from Buckland. Christijana

Holmes from Bendigo. Fiona Spring and family, Jonathon Jayden, Isaac and Eli from Kew. Mal and

Lyndon Lee from Tawonga South. Linda Griffiths-Brown and family, David and Amelie from Mount

Beauty. Robert Jones from Melbourne. Penelope Goebel and Emily Meek from Mount Beauty. Sarah

Black from Bright. Lars Paulsen and family, Mikka, Yannick, and Gil Paulsen from Bright. John and

Michelle Kent from Bright. Anthony Thomas from Tawonga South. Nicole McCasker from East Albu-

ry. Kate Dahl and family, Stephen, Sophie, Luke and Ciara from Albury.

If you run into any of these new members please make them welcome.

Australian Distance Championships Falls Creek July 28th 2013

2.5km

m

1.	10 1.	MU14	Matthew Wright		0:11:29.55
2.	9 2.	MU14	Jarrah Forrer	BNSC	0:11:32.58
3.	7 3.	MU14	Declan Burke	NSW	0:12:24.10
4.	8 4.	MU14	William Middlemiss	BNSC	0:12:47.48
5.	4 1.	MU12	Lucas Duffy		0:15:22.51
6.	6 2.	MU12	Tommi Silvester	BNSC	0:16:09.12
7.	5 3.	MU12	Ash Forrer	BNSC	0:18:08.79

w

1.	18 1.	WU14	Hayley Adams	Team Gwinnear	0:12:50.08
2.	19 2.	WU14	Meg Watkins		0:12:53.15
3.	15 3.	WU14	Lola Timewell		0:13:18.97
4.	11 4.	WU14	Maysen Duffy		0:13:22.11
5.	16 5.	WU14	Genevieve Perrignon	IGGS	0:13:41.42
6.	17 6.	WU14	Freya Clarke		0:13:48.19
7.	13 7.	WU14	Hannah Price		0:14:26.36
8.	14 1.	WU12	Acacia Benne Keeble	BNSC	0:15:37.40
9.	12 2.	WU12	India Zwar		0:17:40.25

5km

m

1.	30 1.	MU16	Matthew Bull	NSWXC	0:18:56.80
2.	24 2.	MU16	Finlay Clarke		0:19:53.48
3.	25 3.	MU16	Seve De Campo	SCV	0:22:04.31
4.	29 4.	MU16	Oliver Adams	Vic Junior Team	0:23:52.73
5.	28 5.	MU16	Nicholas Blackwell	BNSC	0:24:09.63
6.	26 6.	MU16	Will Neuhaus	NSWXC	0:25:48.76
7.	27 7.	MU16	Cameron Phillips		0:28:37.04
8.	23 8.	MU16	Marvin Smith		0:29:05.23

w

1.	62 1.	WU40	Esther Bottomley	BNSC	0:17:40.16
2.	65 1.	WU30	Chisa Obayashi	Madshus Japan	0:17:59.14
3.	64 1.	WU23	Jessica Yeaton		0:18:21.14
4.	60 1.	WU20	Xanthea Dewez	WSC	0:18:28.53
5.	63 2.	WU30	Aimee Watson	Cooma	0:18:30.12
6.	61 2.	WU20	Anna Trnka	BNSC	0:18:36.66
7.	59 3.	WU20	Casey Wright	BNSC	0:19:28.52
8.	58 2.	WU23	Ashleigh Spittle	BNSC	0:19:54.63
9.	57 3.	WU23	Ellie Phillips	BNSC	0:19:58.25
10.	55 1.	WU18	Katerina Paul		0:20:38.86
11.	42 3.	WU30	Sarah Slattery		0:21:21.75
12.	52 2.	WU18	Sabrina Howell	NSW XC	0:22:11.85
13.	35 1.	WU16	Emma Pollard	BNSC	0:22:49.66
14.	45 3.	WU18	Stella Ajani	Vic Junior Team	0:22:53.35
15.	38 2.	WU16	Olivia Jeffrey	BNSC	0:22:56.51
16.	53 4.	WU20	Tess Noble	NSW XC	0:23:00.54
17.	40 1.	WU50	Belinda Phillips		0:23:28.27
18.	44 4.	WU18	Catherine Lobbe		0:23:29.00
19.	39 3.	WU16	Darcie Morton	NSWXC	0:23:47.74

20.	48 5.	WU18	Kate Hesse	Vic Squad / Ivanhoe	0:24:07.06
21.	120 6.	WU18	Veronique Price		0:24:22.75
22.	54 5.	WU20	Eloise Hesse	Vic Squad / Ivanhoe	0:24:39.09
23.	47 7.	WU18	Ella Jackson	MLC	0:24:54.58
24.	56 8.	WU18	Alecia Phillips		0:24:57.07
25.	43 1.	WU60	Ronice Goebel	BNSC	0:25:08.53
26.	33 4.	WU16	Gabby Hawkins		0:25:09.10
27.	46 9.	WU18	Ruth Healy-McFarlane	BNSC	0:25:55.85
28.	41 6.	WU20	Rebecca Joyce		0:26:09.09
29.	50 10.	WU18	Rachael Pescod	Vic squad	0:26:12.73
30.	51 11.	WU18	Victoria Adams		0:27:32.99
31.	36 5.	WU16	Georgia Pescod	IGGS	0:28:09.27
32.	49 12.	WU18	Sarah Hodge	Wang	0:28:11.43
33.	34 6.	WU16	Tessa Pascoe	BNSC	0:29:54.37
34.	37 7.	WU16	Katerina Trnka	BNSC	0:30:51.37

10km

m

1.	105 1.	MU30	Callum Watson	Cooma	0:31:54.86
2.	106 2.	MU30	Victor Gustaffson		0:32:17.88
3.	104 1.	MU23	Phillip Bellingham	BNSC	0:32:25.27
4.	107 3.	MU30	Valerio Leccardi		0:32:46.72
5.	103 4.	MU30	Paul Kovacs	BNSC	0:33:22.94
6.	95 1.	MU40	Cameron Morton	NSWXC	0:35:09.90
7.	102 2.	MU23	Nick Montgomery	BNSC	0:35:26.39
8.	99 1.	MU18	Damon Morton	NSWXC	0:35:36.72
9.	100 3.	MU23	Jackson Bursill		0:36:51.65
10.	93 2.	MU40	Mark Raymond	Bullfight Ski Club	0:36:52.46
11.	101 4.	MU23	Alasdair Tutt	BNSC	0:37:18.62
12.	96 1.	MU50	Ben Derrick	Wang	0:37:40.60
13.	84 5.	MU23	Robert Jones		0:38:33.88
14.	81 3.	MU40	Peter Malcolm		0:39:33.10
15.	97 1.	MU20	Alex Gibson		0:40:04.88
16.	89 2.	MU18	Abe Wright	BNSC	0:41:46.26
17.	92 2.	MU20	Robbie Catto-Smith		0:41:56.29
18.	90 3.	MU18	Hugh Pollard	BNSC	0:42:26.72
19.	91 3.	MU20	Lachlan Thomas	Wangaratta Ski Club	0:43:49.04
20.	85 1.	MU70	Andrew Walker	BNSC	0:48:03.46
21.	88 1.	MU60	Robert Dunn	BNSC	0:48:12.79
22.	87 2.	MU70	Bob Flower	BNSC	0:49:43.49
23.	86 3.	MU70	Len Budge	HGA	0:51:41.03
24.	80 2.	MU60	Stephen Cimperu		0:56:21.75



Open Women's 5km podium
Aimee Watson, Jessica Yeaton, Esther Bottomley,
Xanthea Dewez



Open Men's 10km podium
Phillip Bellingham, Callum Watson, Victor Gustaffson,
Paul Kovacs



Women's Under 20 5km podium
Anna Trnka, Xanthea Dewez, Casey Wright



Men's Under 20 podium
Robbie Catto-Smith, Alex Gibson, Lachlan Thomas



Australian Women's Sprint Podium
L-R: Aimee Watson, Anna Trnka, Jessica Yeaton (USA), Esther Bottomley, Chisa Obayashi

RACE VOLUNTEERS -

A big thank you to everyone who volunteered last weekend at the National Championships. There were so many people who put up their hands, and considering the forecast, it was a mighty effort. From those out battling the winds on Sunday, to those being entertained in the bowl, (thanks to our announcers), it made for a well run race for the athletes.

Thank you for giving up your time to help,
Graeme on behalf of the Race Committee

Club Calendar

August

Sat 10 11:00am	Junior Joey #2 Nordic Bowl	Falls Creek		
Sun 18 10:30am	RV Rush/Sun Valley Ramble (15/7.5km) (F)@	Falls Creek	Race Secretary	03 5754 1045
Sun 18 12:00pm	Snowgum Wodonga Mini Series #3 (C)	Falls Creek		
Sat 24 9:30am	Kangaroo Hoppet (F) 42km CC/FIS @	Falls Creek	Race Secretary	03 5754 1045
9:40am	Australian Birkebeiner (F) 21km @			
9:50am	Joey Hoppet (F) 7km @			

September

Sun 1 11:00am	Snowgum Wodonga Mini Series #4 (CF)	Falls Creek
	Junior Joey #3-Family Fun Day	

Adult Instruction Sessions

BEGINNER (in conjunction with Junior Joey program) Classic and/or skate.
Saturday 10th August. Meet in the Nordic Bowl 11am.

INTERMEDIATE Skate

Wednesday 7th August. Club House 1:30pm-3pm.

Saturday 10th August. Nordic Bowl 1:30pm-3pm.

Jim Gargan will take bookings for places at gargan@internode.on.net