

Birkebeiner News

August 2023



Birkebeiner Nordic Ski Club

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— *News is published online as it comes to hand* —

The ski season is well underway with lots happening; racing, lessons, clinics, skiing, and more skiing. All this and more in this month's Bulletin. Pictured right, a busy bluebird day in the Nordic Bowl.



Above photo courtesy of @hollowell.photo & Falls Creek Resort.

For these and more please go to

<https://falls-creek.smugmug.com/Stakeholder-Galleries/2023/Falls-Creek-XC>



Take advantage of those bluebird days to get out on the High Plains. Pictured left the view looking toward Feathertop from the summit of Mt Jim.

And it's 30 years of Ski De Femme! Coming the 12th of August, it is a fun event for women to get started XC skiing or improve their skills. To find out more, read on....



30 YEARS OF SKI DE FEMME

In 1993 the International Ski Federation (FIS) and the Australian Sports Commission Towards Gender Equity Program funded two Swedish female XC ski racers and a coach to come to Victoria and NSW to expose Australian girls and women to elite cross-country skiing through clinics, seminars, and race participation.



Visiting Swedish skiers Charlotta Palmgren (left) and Pernilla Grahn (right) with Birkie Junior Jenny Smith (center).

Their visit inspired the first Ski De Femme in 1994 and BNSC has proudly run it every year since (except during Covid). With average participant numbers each year over 100, that makes thousands of girls and women who have had fun and learned some new skills on cross-country skis.

The event is run by volunteers and entry is free. Clinics are available for both novice and intermediate XC skiers in a choice of classic or skating techniques. Equipment can be hired from YMCA Falls Creek Cross Country at Windy Corner prior to the clinic.

Following the ski race there will be tea and scones, and a raffle. Many local businesses have kindly donated some great spot prizes.

The list of Ski De Femme sponsors includes:

The YMCA	Falls Creek Resort
Bright Brewery	Windy Corner Café
Sassy Road	Tawonga Baker
Gather & Harvest	Mt Beauty Bakery
Silverseed Jewellery	Wildflower Pilates

Please be sure to register to assist us with catering numbers. Click or tap on the registration link in the poster below.

Birkebeiner Nordic Ski Club presents

Ski De Femme

2023



Saturday 12th August 2023

A community cross-country ski event for women at Falls Creek
Free coaching clinics - classic and skating

Start: 10am Meet in the Nordic Bowl
12pm 1km, 2km and 3km fun ski events

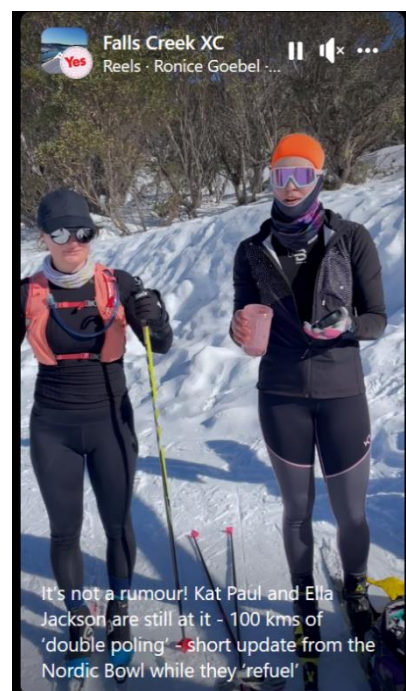
NO FEES: GREAT SPOT PRIZES TO BE WON!
BEGINNERS WELCOME

INFO: Ronice Goebel 0409 332 642 or secretary@birkebeiner.org.au

REGISTRATION: <https://www.alpinetiming.com.au/registrations/rg430/>



Check out Ronice's video interview to be inspired by some more fast & female.



2023 BNSC RACE COMMITMENTS

Sunday 23rd July 10.30am Birkie Classic 2.5/5/10km (C)

Saturday 12th August 10am Ski De Femme 1/2.5/5km

Sunday 13th Aug 10:30am Rocky Valley Rush 22.5/15/7.5km (F)

Saturday 19th Aug 9:30am AUS Open Sprint Champs (F)

Sunday 20th Aug 10:00am AUS Open Champs 10/10km (C)

Saturday 24th August 9:30am Kangaroo Hoppet 42/21/7km (F)

2023 XC Race Calendar

BNSC PRESENTS 2023 ROCKY VALLEY RUSH

With new addition of a 22.5km distance, perfect Hoppet prep!

Date: Sunday 13 August

Where: Falls Creek

Courses: Freestyle with 22.5km, 15km, 7.5km options

Bib Pickup: from 9.00am in the Nordic Bowl

Start: 10.30 am start in the Nordic Bowl

FULL DETAILS & RACE ENTRY

2023 HOTHAM TO DINNER PLAIN PUB TO PUB

Date: Saturday 5 August

Course: Mt Hotham to Dinner Plain, 12km, Freestyle

Start: 11.30 am at The General

Details: <https://www.skiandpedal.au/pubtopub>

HOPPET VOLUNTEERS NEEDED



More info, race registration & volunteering can be found:

HOPPET WEBSITE

LOOKING BACK

1ST BIRKIE - SEPTEMBER 1979

The first Australian Birkebeiner Ski Race was run nearly 35 years ago, in 1979. The course was 25km skied in the classical style with skiers carrying a 5kg pack representing the crown prince. To read more on this and other ski history go to:

LOOKING BACK



SNOW AUSTRALIA CROSS COUNTRY UPDATE JULY 2023

FINN MARSLAND - XC PROGRAM DIRECTOR

THIS UPDATE INCLUDES:

VIC JUNIOR CHAMPIONSHIP REPORT

NSW/ACT CHAMPIONSHIPS

YOUTH OLYMPIC GAMES NOMINATIONS

COACH TECHNIQUE WORKSHOP

COACHING COURSES AVAILABLE

TAP HERE FOR FULL UPDATE

PARA NORDIC GUIDE TRAINING

Disabled Winter Sport Australia (DWA) is the national sporting organisation for adaptive snow sports in Australia. In 2022 DWA, in partnership with Paralympics Australia, Snow Australia and Biathlon Australia, established Australia's first Para Nordic Program.

As part of this program DWA are running Para Nordic Guide training this Sunday 30th July and Monday 1st August at Falls Creek. If you would like to become a DWA volunteer and guide people with a disability in XC skiing here is the link to becoming a DWA Guide:

DWA INFO

VIC JUNIOR XC CHAMPIONSHIPS 2023

The Victorian Junior Cross Country Ski Championships were held at Falls Creek the weekend of 15-16 July with a classic sprint on the Saturday and a freestyle distance on the Sunday.

For a full report please click

VIC XC CHAMPS



Distance Results

U20 Female 7.5km

1st Place: Maddie Hooker
2nd Place: Hannah Gray*
3rd Place: Laura Finch

U20 Male 7.5km

1st Place: Jayden Spring*
2nd Place: Boris Stanish
3rd Place: Jack Lowman

U18 Female 7.5km

1st Place: Rosie Franzke*
2nd Place: Olivia Schubert
3rd Place: Fiona Finch

U18 Male 7.5km

1st Place: Clancy Merrick Harvey*
2nd Place: Matthew Wilby*
3rd Place: Toby Foreman

U16 Female 5km

1st Place: Caitlin Humphries
2nd Place: Ebony Harridge
3rd Place: Chloe Blake

U16 Male 5km

1st Place: Liam Cullen-Croke*
2nd Place: Eli Spring*

U14 Female 2.5km

1st Place: Carmen Cullen-Croke*
2nd Place: Jade Findlay
3rd Place: Eloise Spinks

U14 Male 2.5km

1st Place: Hamish Retchford*

U12 Female 1.5km

1st Place: Bethany Franzke*
2nd Place: Eva Stilton

U12 Male 1.5km

1st Place: Austin Moszczynski
2nd Place: Mitchell Hunt*

U10 Male 1.0km

1st Place: Angus Skilton

Sprint Results

U18/U20 Female

1st Place: Maddie Hooker
2nd Place: Olivia Schubert (U18)
3rd Place: Rosie Franzke (U18)*

U18/U20 Male

1st Place: Jayden Spring*
2nd Place: Boris Stanish
3rd Place: Clancy Merrick Harvey (U18)*

U16 Female

1st Place: Caitlin Humphries
2nd Place: Chloe Blake
3rd Place: Ebony Harridge

U14/U16 Male

1st Place: Eli Spring*
2nd Place: Liam Cullen-Croke*
3rd Place: Hamish Retchford (U14)*

U14 Female

1st Place: Eloise Spinks
2nd Place: Carmen Cullen-Croke*
3rd Place: Jade Findlay

U10/U12 Male

1st Place: Austin Moszczynski
2nd Place: Angus Skilton (U10)
3rd Place: Mitchell Hunt*

U12 Female

1st Place: Bethany Franzke*
2nd Place: Eva Stilton

*BNSC Members



Photos courtesy of @hollowell.photo & Falls Creek Resort. For these and more please go to <https://falls-creek.smugmug.com/Stakeholder-Galleries/2023/Falls-Creek-XC>

WELCOME NEW MEMBERS!

To date we have 19 new members, and it is not too late to join or renew your membership!

Say hello to:

Bronnie Walsh	Jess White	Sam Svarc
Michael Sherry	Yvonne Honey	The French Family:
Alasdair Macdonald	Angus Russell	Lillian, Rebekah, Robert
Sebastian Crumpler	Fiona Carnes	& Zachary
Daniel Seymour	Florence Roberts	The Hunt-Smith Family:
		Julia, Julian & Marcus

MEMBERSHIP

BIRKIE BITS BY NORDIC NELLIE



♦ **Mid-Season Dinner** at Roi's was held the 20th July with over 30 people enjoying delicious main courses and sweets. Two awards were presented during the evening: the 2022 Birkie Award, which went to Peter Smith, and the BSAR Certificate of Appreciation, awarded to Bill Little.

♦ **Peter Smith awarded** the 2022 Birkie Award for his contributions to the Club. For many years he assisted with Junior Development Camp and junior activities. He was Clubhouse Manager from 2018-2022. He has been the Skidoo steward and involved with Race Hut communications. He has been a member of the Race committee and volunteered on numerous race days. Thank you Pete for all your efforts!



Peter Smith receiving the 2022 Birkie Award from Club VP, Mish Forrer.



♦ **Bill Little awarded** the certificate of appreciation from Bushwalking Victoria for his many years of service assisting the organisation with Search and Rescue. Congratulations Bill!

Bill Little receiving the Bushwalking Victoria Certificate of Appreciation from Warren (Sheepy) Saunders.

♦ **Birkie Classic** was held 23rd July 2023 under blue skies. A chilly start made for some challenging kick waxing, but competitors tested their mettle and skills. Many racers enjoyed the variation in the usual race course (as part of Panorama Loop was under water), which sent skiers up Pretty Valley Road to Aitkens and back along Pipeline.

RESULTS (*BNSC Members)

10k Male

Lauro BRAENDLI	24:27.42
Charles HIAM*	27:37.31
Clancy MERRICK HARVEY*	29:33.32

10k Female

Katerina PAUL*	28:52.76
Fabiana WIESER	29:42.51
Ella JACKSON*	30:47.76

5k Male

Tim RETCHFORD*	14:46.40
Hamish RETCHFORD*	20:25.47
Kolby PETERS*	29:22.30

5k Female

Hannah GRAY*	18:04.04
Ebony HARRIDGE	20:20.98

2.5k Male

Mitchell HUNT*	10:27.21
Oliver BREWERGRAY*	11:53.54
Andrew PETERS*	19:48.12

2.5k Female

Belinda PHILLIPS*	10:32.06
Deilia MURRAY	12:51.83
Pia WUNDERLICH*	19:48.16



BNSC Member Kat Paul double poling her way to 3rd overall.

BIRKIE BITS CONTINUED



♦ Birkie Classic Presentations



XCSAV UPDATE & FC LAKESIDE DEVELOPMENT

The planning permit application for the re-development of the ANARE Shed at Falls Creek has been re-advertised with a range of changes, however, the impacts to cross country skiing are not addressed in the revised application. Clearing of the Bogong High Plains Road to the ANARE Shed in winter continues to be considered by ARV/FCRM.

Now is your opportunity to lodge an objection, if you have not done so, or to lodge another if you have additional objections to the new documentation submitted in the ANARE planning permit. If you have already submitted an objection, it still stands and will be considered in the planning approval process.

Go to savefallscreekxc.org for further details and resources on how you can get involved.

You can read the latest update from the President of XCSAV

[HERE](#)

To read the Club's position click

[HERE](#)

♦ **Ella Jackson & Kat Paul** double pole 100k in a day. If Ronice's interview of Club members Ella & Kat's 100k adventure intrigued you, find out more about it in:

[100K IN A DAY](#)

2022/23 Committee

President – Ewen Silvester
Vice President – Michelle Forrer
Secretary – Ronice Goebel
Treasurer – Jeanette McLaren

Ordinary Committee Members

- Allan Marsland
- Andrew Hall
- Michel Trnka
- Paul Gray
- Stephanie Germancheva
- Warren Sanders
- Kate Prest

Volunteer Positions:

Membership Secretary – *Stephanie Germancheva*
 Race Secretary – *Marg Jowitt*
 Race Hut Manager – *Brian Keeble*
 Website Administrator – *Paul L'Huillier*
 Bulletin Editor & Social Secretary – *Mary Hall*
 Ski de Femme Co-ordinator – *Ronice Goebel*
 Clubhouse Manager & BSAR Vic Delegate – *Warren Sanders*
 Junior Committee – *Paul Gray*



Secretary Ronice

