



Speed Ski Gliding Camp

Provisional information

Background

The GB Speed Ski team are running a camp to help GBR athletes get the most speed out of their skis. Under the watchful eyes of Millar Reid, GB Speed Ski coach, ex-team racer and previous record holder we will help you to wring every last km/h of pace out of your skis, and take you faster than you've ever gone before. This would be of huge benefit to Alpine racers in Super-G and Downhill who want to increase their raw pace.

You'll be able to get tips from the rest of the GB team, including Jan Farrell who won the SDH world cup this year.

The camp will be on the new speed track in Andorra for a training week in preparation for the World Championships at the end of February. It's a wide open space, very safe to train in and custom designed for speed skiing. Andorra have even built a new ramp for the World Championships which we will be testing in January.



Highlights of the 2014 World Cup race and coverage of the track can be seen here:

<http://www.youtube.com/watch?v=ZA7o3q8A6lQ>

About GBR Speed Skiing

There are 2 classes in Speed Skiing:



SDH using standard Downhill Kit and 215cm skis



S1 using specially developed rubber suits, fairings and helmets and 240cm skis

Britain has a great record in Speed Skiing having held the overall world record in 1987 with Graham Wilkie, coach Millar Reid held the indoor record for many years, in SDH the team have had 3 racers in the top 8 (including the winner) at a FIS World Cup race and we have the current World Cup winner Jan Farrell.

The team consists of 8 racers and a coach, Millar Reid:

- Jan Farrell – SDH World Cup winner [based in Spain]
- Elliott Capper - Ranked 24th in S1 [based in Canada]
- Marc Poncin – Ranked 14th in SDH [based in UK]
- Benja Hedley [based in UK]
- Tom Horn [based in Italy]
- Yannick Green [based in UK]
- Nigel Brockton [based in Canada]
- Colin Urquhart [based in USA]

TRAINING DETAILS

Location

GRANDVALIRA, Andorra

Dates

12th – 16th January 2015

Accommodation

Details for accommodation are available [here](#)

Options include shared apartments and hotels with racer discounts. Once we have numbers of racers we can organise a group booking

Flights & Transfers:

Guidance from Andorra <http://www.pasdelacasa-andorra.com/holidays.php>

Requirements

- Aged over 18
- Adequate insurance – details to be confirmed
- Downhill skis (lower speed runs may be possible on modern SG skis)
- Catsuits
- Kite-marked back protector
- FIS approved alpine speed event helmet.

Cost

Millar and GB Speed Ski will be giving their time for free to help other GB skiers, so you just need to cover lift pass and accommodation.

Next Steps

If you would like to register interest please email Millar Reid at ScotsSpeed@aol.com before 1st December 2014.

For more information on Speed Skiing you can watch Graham Bell's attempt to hit 200km/h on High Altitude on the BBC website here: <http://tinyurl.com/SpeedSki>