



DAVID AND CLAUDIA HARDING
FOUNDATION

Bethany Widdup
Season 2015/16

Update: 5



Since my last report half way through January time seems to have flown by. In the past month I have raced regularly, had a small break in the UK (for travel insurance purposes) and had a good block of training.



Following on from my positive performances in the Rieteralm GS I had a few days training and then headed back to race in Rieteralm again for two more GS races. I decided to go back there as I knew the hill from skiing there before and I was hoping to carry my confidence across and gain some momentum with my GS skiing. On the first day of the races unfortunately I crashed out on the second run as a result of taking the wrong line over a blind roll, a tactical mistake. Making sure that I was to learn from my mistake the previous day I just tried to ski the straightest line (I normally take too round a line therefore is often slower) however I knew that on a flat hill the only way to be fast would be to ski straight and aggressively. I put two good runs together which resulted in me having a 15th place finish and a new personal best of 51.98 which I was really pleased with. This with my next best score of 53.04 gave me new ranking points of 52.51. This was a huge step for me both in terms of points and how I actually skied. Its good to see that although GS is not my preferred discipline the hard work is actually paying off.





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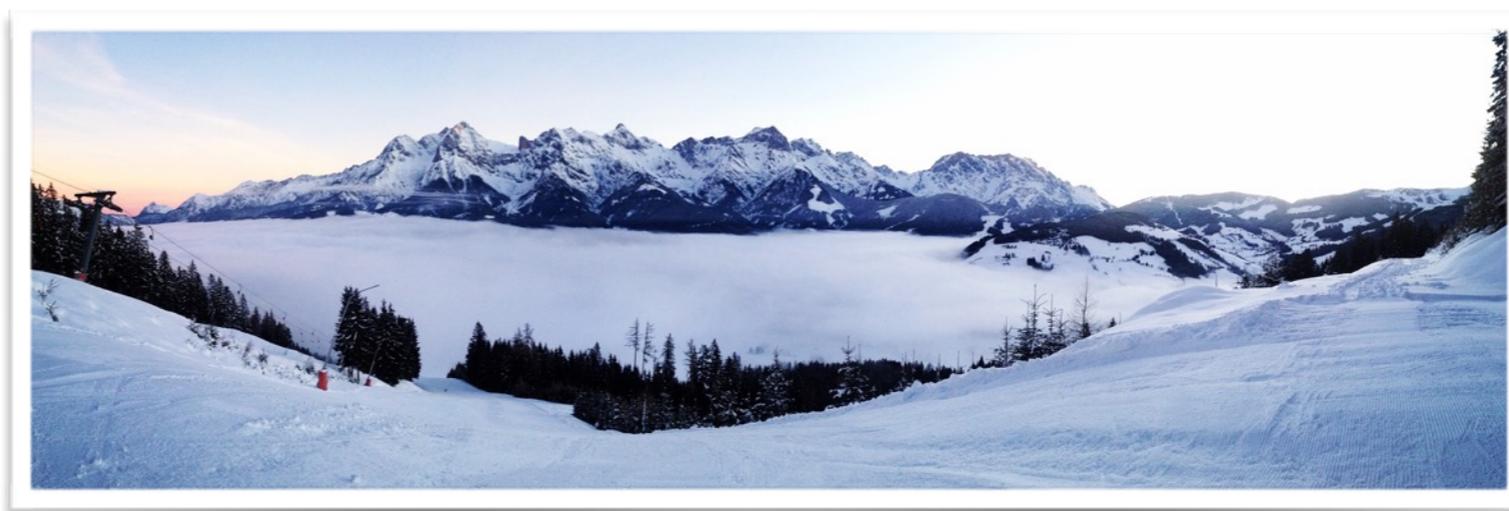
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Following on from Rieteralm we travelled to Champéry, Switzerland for the Welsh Championships. On both days I skied a really good first run to put me in second place going into the second run. Unfortunately I was unable to convert the skiing from the first run into the second for the GS resulting in a DNF and the second day in the slalom I took too tight a line and therefore straddled the gate which resulted in a disqualification. Although I didn't have the results to back up my skiing sometimes in skiing that is the way it is, it was important to take the positive that I was skiing well and forget about the mistakes.



To finish of January I travelled to Geotschen, Germany which isn't actually too far from our base in Austria, for two slaloms. Due to the lull in the World and Europa Cup programs this meant that quite a few of the top girls came to this race. I will always accept this as a challenge and enjoy benchmarking myself against the better girls in the sport and see how close I am to them. The race organisers decided to run two races in one day which meant that I had plenty of opportunities.





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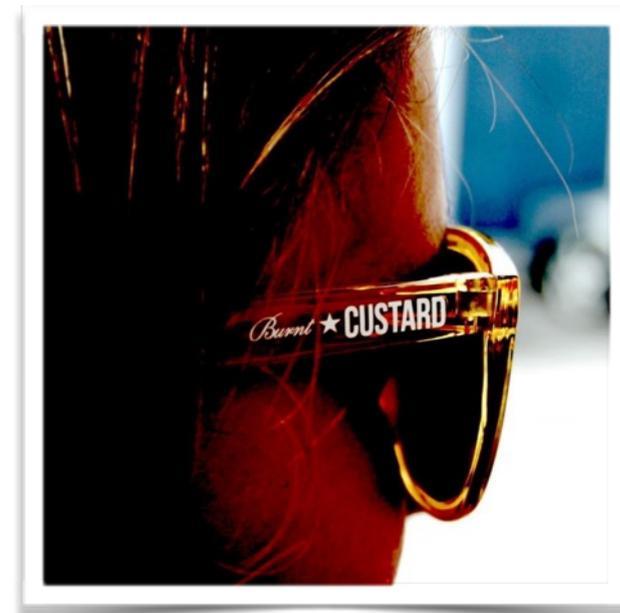
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The weather brought back some of my childhood memories from skiing dry slope in the wind and torrential rain on a Tuesday night on Pendle Hill. It was certainly a day for storm jackets and making sure that the goggles weren't steaming up for my race run. In terms of skiing and performance I skied some of the best slalom that I have ever skied in the words of my coach. This was a huge positive for me as I had been struggling to gather things together in Slalom. Following on from these races I then took a weekend break in the UK. Looking back on the month of January it has been my most enjoyable and productive month of my season so far. I am very happy with how I skied and I look forward to building on from that.



After the short break at home I then returned back out to Austria and I have decided to not race in this period as I wanted a solid block of training. Sometimes by travelling around to races you loose too many days with travel and tiredness so I thought for me the most beneficial thing would be to stay at the base and train both on the hill and physically off the hill, to get some strength back. I have two more days of the training block before I travel over to Bormio, Italy on Saturday for the English Alpine Championships. This is always an event I look forward to and I have set some aims and targets this year so I will be hoping to achieve these.





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The training in the past few days has been going well, I have been working on a similar thing in both slalom and giant slalom of really ensuring that I am putting power into the turn to generate as much speed out of each turn that I can. I am looking forward to racing again to see if the training has worked and things are moving in the right direction.

The National Championships are from the 14th-18th February. I will send an update out after the races to let you know how I got on.

