



DAVID AND CLAUDIA HARDING  
FOUNDATION

Bethany Widdup  
Season 2015/16

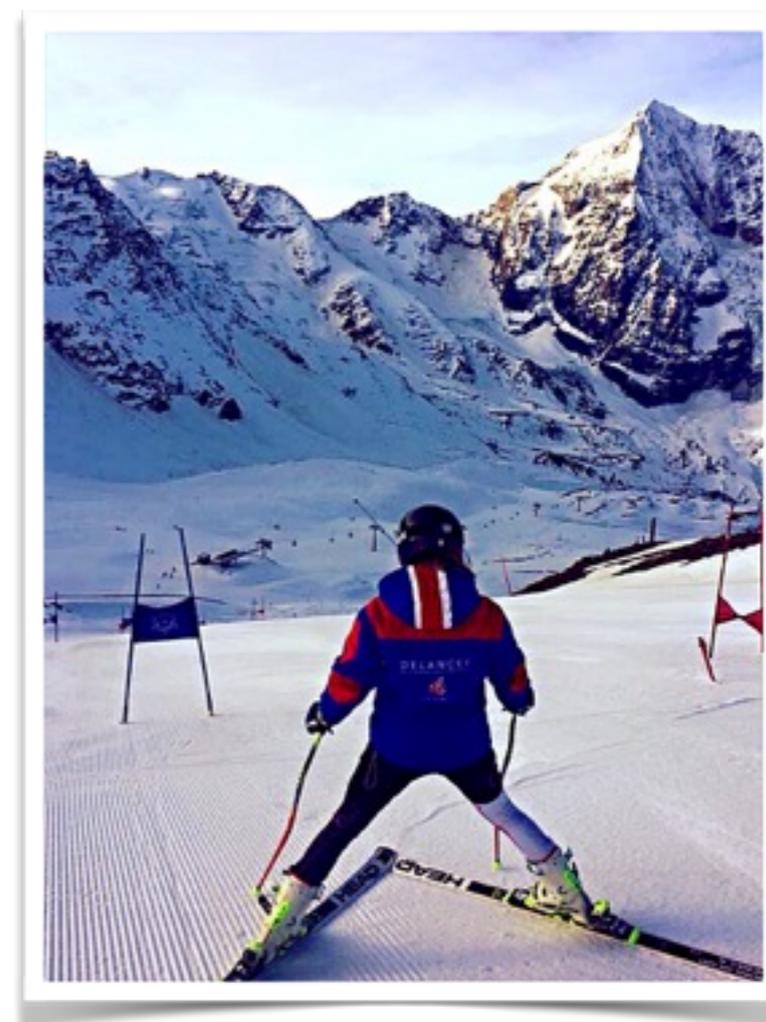
Update:3



Time seems to have gone by very quickly since my last report. For skiers November and December are a busy part of the season and our plans are always changing due to snow conditions. Originally our plan was to spend November in Sweden, however due to poor snow conditions in Scandinavia we decided to stay in Europe and find some snow. Luckily for us we decided to stay in Solda (Italy), although this is not a glacier it is very high up and the people in the ski area have managed to make some man made snow allowing us to train.



The reason that we travel up to Scandinavia is so that we are able to do some early season races but also to train on some man made icy conditions. This is something that doesn't normally happen in Europe until late December and early into the new year. Our plan was to spend November in Italy and Austria. We would travel back to our base in Austria for a few days off skiing so that we could do physical training, rest and also keep the costs down. Since the beginning of November it has been a case of the waiting to see where and when the snow would arrive. Lucky for us the snow has started and the temperatures have dropped significantly (previously being +12 degrees and training today was -25 degree). With the temperatures dropping this means the ski resorts are able to make snow with the snow cannons and know that it will not melt.





DAVID AND CLAUDIA HARDING  
FOUNDATION

# Bethany Widdup

## Season 2015/16

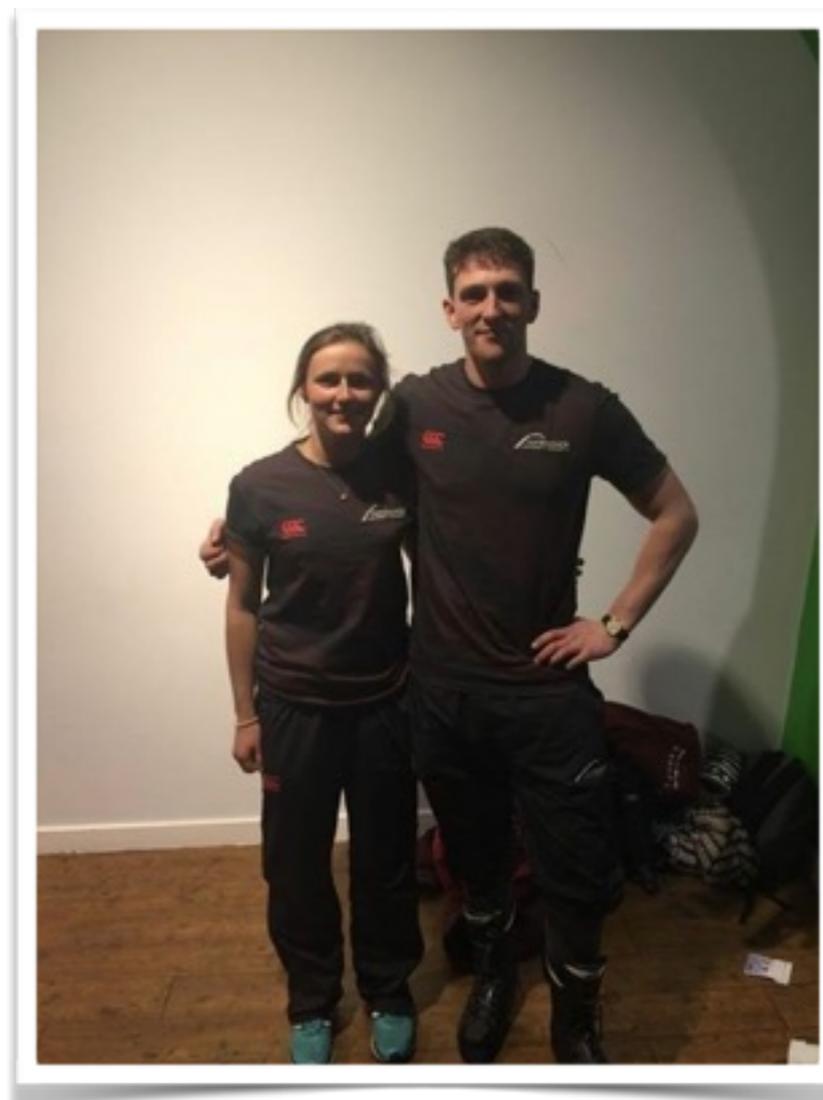
Update:3



For me this block of training has been very hard as this is the area that I really need to work on. The training hills for both slalom and giant slalom have been steep and icy therefore perfect for training harsh conditions. Although it is tough some days I would much rather train hard conditions then I am less likely to be phased when I am racing. As I have mentioned previously in my reports I am have been working on just attacking 100% each run and making recoveries if they are needed. At the end of the day we are not judged on how pretty our skiing looks but whether or not it is fast. I have worked hard on my technique throughout the summer and October so I have a foundation to really build on. I am at the stage at the moment where I have had some good turns,runs and days but it is still not consistent enough at the moment to really be saying that everything is going very well.



It is a well known fact that if you are willing to ski down a mountain as fast as you can, at some point you are going to crash and sometimes it will hurt sometimes not. Unfortunately about a week ago on my first run in slalom I crashed and twisted my knee in what looked and felt like a very painful slow crash. You can see in my pictures the start of my fall and it looks like I am attempting some ballet skills. Initially my knee was very painful resulting in me having to miss a day of training however, I was keen to allow my knee to rest and make sure I hadn't seriously damaged it.





DAVID AND CLAUDIA HARDING  
FOUNDATION

Bethany Widdup  
Season 2015/16

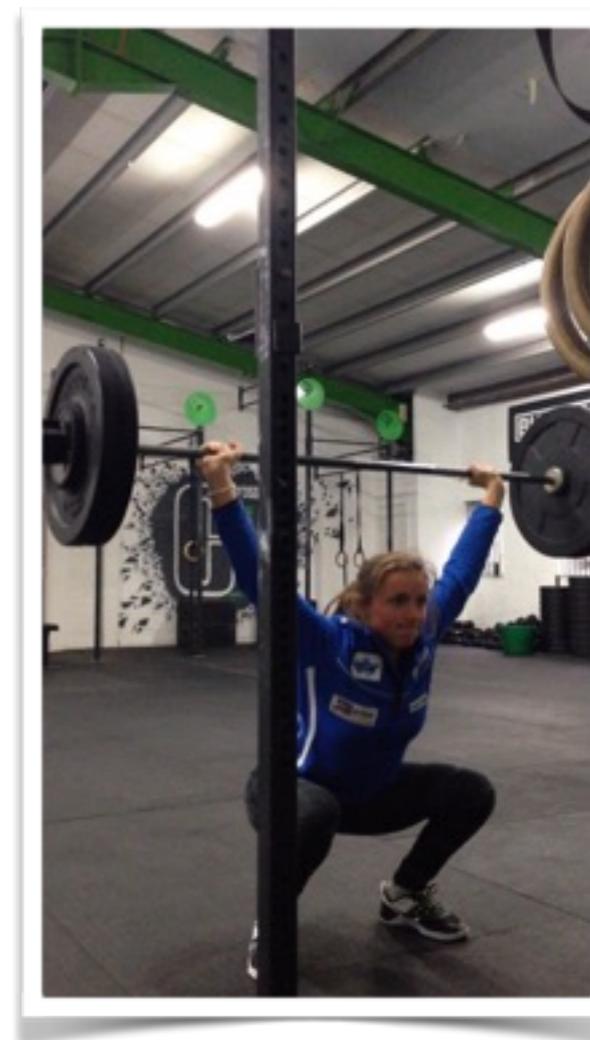
Update: 3



After having it checked I am very pleased to report that nothing serious is wrong with it and it will just be a case of letting it recover naturally, whilst allowing me to carry on skiing. After reviewing the video of my crash with my coaches and physio we are all very surprised but happy that it is nothing serious as I could have quite easily torn my ACL, every skier's worst nightmare. Looking back on my crash I have learnt a few things 1) How important physical training in the summer has been. If I wasn't as strong it could have been a different result and 2) that our bodies are not made of glass and although it is important for me to listen to what my knee is saying I can get back up, brush myself off and start again.



During November I have also traveled back to the UK to race for my university. It has been great to be racing as part of a team, something which in an individual sport you really miss. In the most recent event I managed to win the female race and my team mate also won the male event. We then moved on to the team event, a dual slalom. There are five members in a team and one of these has to be a girl. The team event is always great fun as everyone gets involved and you get a real adrenaline rush in what are effectively relay races. We managed to make it a clean sweep at this event for Northumbria winning the team event to go alongside our individual titles. For me it is nice to be able to give something back to the university for all of the help and support that they give me, allowing me to do my degree alongside my full time skiing.





DAVID AND CLAUDIA HARDING  
FOUNDATION

Bethany Widdup  
Season 2015/16

Update: 3



In terms of what the plans are now, I am currently travelling out to Solda to meet the rest of the team where I will do two GS races there this weekend. After this I have 6 more races made up of 2 slalom and 4 GS. This will then bring me to the middle of December, from then I am unsure of the plans and I am sure they will change numerous times. I will be out training and racing until the 23rd December when I will travel home for a 10 day break at home in the UK for Christmas.

