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Strathcona Nordics host Teck Coast Cups 4 and 5



There was good competition at Teck Coast Cup 4 and 5 at Mount Washington. — Image Credit: PHOTO SUBMITTED



by [Contributed - Comox Valley Record](#)
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The Teck Coast Cups 4 and 5 were held Feb. 13-14 at Mount Washington Alpine Resort, Raven Lodge Nordic Centre.

With Hollyburn, Whistler Nordics, Nordic Racers and Spud Valley joining host club Strathcona Nordics there was plenty of excitement.

Strathcona Nordics posted the most entries and showed especially strong performances in the Midget and Juvenile categories. Visiting clubs held their own, sharing in the medal haul and showing enthusiasm, making for a great event.

Racers and volunteers in Saturday's classic interval start braved tough waxing and racing conditions due to the sticky snow and driving sleet. But, in a testament to the hardiness of cross-country skiers, good results were still achieved.

Over Saturday's classic 7.5km women's race, Freya Wasteneys (SNSC Campbell River athlete based in Vancouver) and Marilyn Atkinson (SNSC Courtenay) posted extremely close times in the Open and Masters women's categories respectively while in the 10km Junior Boys, Tallon Noble (SNSC Courtenay) raced up in the Junior Men's category, posting the fastest time for the classic 10km distance above Masters Men 2 winner Dave Damery (SNSC Courtenay) and Masters Men 3 winner Geoffrey Wasteneys (Nordic Racers Vancouver).

On Sunday, despite rain and fog below, participants enjoyed warmer and clearer weather, albeit tempered by soft snow for the racers, slowing the times for the free technique mass start.

Freya Wasteneys again posted the fastest time by a significant margin over the 7.5km distance for all female categories. In the 10km Masters Men 2 and 3 racers Neil Holm (SNSC Courtenay) Dave Damery (SNSC Courtenay) and Geoffrey Wasteneys (Nordic Racers Vancouver) posted the top three times overall.

In the younger categories, Emmy Stapff (SNSC Campbell River) won the Midget Girls on both Saturday and Sunday while Madeleine Guimond (SNSC Courtenay) won the Junior Girls both days. In the Juvenile Boys, Ross Lamon (SNSC Courtenay) won on Saturday but cooled his engines on Sunday in preparation for his NorAm race in Prince George this upcoming weekend.

Matthew Salmon (SNSC Courtenay) showed fine form and competitive spirit by taking advantage to win the category on the second day after a second place behind Lamon the day before.

A highlight was seeing the happy faces of the Rabbit competitors, many of whom were racing for the first time. Teck participant ribbons, placing ribbons and medals were given to the younger participants while the local club supplied medals to the winners of the older categories.

The weekend's races also provided the opportunity to name the aggregate winner of the Teck Coast Cup Series. Overall winner Hollyburn Ski Club (Vancouver) showed the importance of Rabbit participation and youth development while Strathcona Nordic Ski Club came in second place.

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