

PERSONAL DETAILS

Name: Mark Raymond

Residence: Alexandra
Mt Beauty (Winter Australia)
Obertilliach (Winter training base AUT)

Contact details: (Mob) 0407 834 320
(E-mail) xcray9@hotmail.com

Date of birth: 2nd May, 1979

Height: 180cm

Ski Club: Bullfight Ski Club
Team Lake Mountain

Coaches: **Kevin Boote** (Strength & Conditioning)
Paul Connor (Australian Biathlon Team Coach)
Finn Marsland (Ski Technique & Conditioning)

Sports Psychology: Anthony Klaarica

Wax Technician: Hannes Oberlacher (Austria)
Toko Service Team

Goals Vancouver 2010 Winter Olympic Games Biathlon

Major Sponsors: Reddrops Foodworks, Alexandra
Lake Mountain Alpine Resort

Equipment sponsors:

Skis	Fischer Skis
Ski tuning	Pullins Ski Tuning, Mansfield
Boots	Salomon
Wax & equipment	Marysville Ski Centre
Sun Glasses	Rudy Project
Ski Poles	Leki
Ski wax & clothing	Toko
Ski gloves	Roeckl
Socks	Xsock
Clothing & shoes	Adidas
Heart Rate Monitor	Polar
Ammunition	Lapua



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Mark Raymond
Citius, Altius, Fortius

Rifle:

Make	Anschütz Fortner bolt action
Calibre	.22
Sights	Open peep sight
Stock	Custom self-made Carbon fibre
Weight	3.9kg

Occupations:

Military, reserve soldier.
Professional Athlete
Outdoor Educator, climbing and high ropes
Bicycle Mechanic

Hobbies and interests:

Mountain Biking
Telemark Skiing
Rock climbing
Mountaineering
Sport engineering
Travelling

Career Highlight:**Biathlon:**

Member of National Biathlon Team 2000 -2009
Member of Australian World Cup Team 2002 - 2009

World Championship Team 2004 Oberhof, Germany
World Championship Team 2005 Hochfilzen, Austria
World Championship Team 2007 Antholz, Italy
World Championship Team 2008 Ostersund, Sweden
World Championship Team 2009 Pyoeng Chang, Sth Korea

1st 2008 "A" grade National Sprint & Distance Championships
1st 2008 "A" grade Victorian Sprint Championships
1st 2006 "A" grade National Sprint Championships
1st 2004 "A" grade National Distance Championships
2nd 2004 "A" grade National Sprint Championships
2nd 2003 "A" grade National Sprint Championships
2nd 2003 "A" grade Victorian Sprint & Distance Championship

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1st 2002 "A" grade National Sprint Championships
1st 2002 "A" grade Pursuit Championships
2nd 2002 "A" grade Victorian Sprint & Distance
Championship
2nd 2001 "A" grade National Championships Sprint
1st 2000 "A" grade National Championships Distance

Cross Country (XC):

Member of National XC Senior Ski Team 2002-09
Member of National XC Senior "A" Team 2005-09

**World Championships Team 2009 Liberec, Czech
Republic (50km Freestyle event)**

1st 2005 Australian National 30km Classic
2nd 2005 Australian National 10km Skate
2nd 2005 Australian National 10km Classic
3rd 2005 Australian National 15km Skate
6th 2005 Australian Hoppet (World Loppet Series)
3rd 2004 National 15km Classic
4th 2003 National 30km Freestyle
5th 2003 National 10km Freestyle
7th 2002 Australian Hoppet (World Loppet Series)
2002 Qualified for National Australian Senior XC Team
5th 2001 Australian Hoppet (World Loppet Series)

Other achievements:

2007 Member of successful Mt Shivling(6543m)
Mountaineering Expedition. Indian Himalayas.

Competed in "Hardest ski race in the world" the Arctic
Circle Race, a 160km expedition style ski race across the
wilderness of Greenland in 2009.

History:

Mark started cross country (XC) skiing while he was at
Alexandra Secondary College, where he completed his
Secondary education. He began competing in Biathlon
soon after and competed as a junior in both XC skiing
and Biathlon.

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Mark continued training and competing in both sports during his studies at R.M.I.T in Melbourne.

In 2002 Mark first represented Australia at World Cup level in Biathlon. Since this time he has been a fulltime athlete competing on the biathlon World Cup circuit.

Mark has represented Australia at five Biathlon World Championships since 2004.

In 2009 Mark achieved a position on the Nordic Ski World Championship team giving him the opportunity to compete in two World Championship events in the same year.

Training venues:

Off season (Australia):

During the Australian winter Mark is based at Mt Beauty, training at Falls Creek Resort. Mark also ski trains at Lake Mountain which is the closest training venue to his home town of Alexandra NE Victoria.

In season (Europe):

Mark has based himself in the small alpine village of Obertilliach in Austria. This location is central to many of the race venues, offers reliable snow and has excellent training facilities.

Outlook for 2010:

Mark will compete in the domestic season in both XC skiing and Biathlon before heading to Europe. He plans to train with the British Biathlon Team in Germany from October, before the Biathlon World Cup season begins in late November 2009. Mark will join the World Cup circuit in Sweden and plans to continue on until the 2010 Winter Olympic Games in February. After the Olympic period and competition season, Mark hopes take more active involvement in climbing and mountaineering, beginning with a proposed climb of Mt Aspiring in New Zealand.

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