

Summer Downunder & snow somewhere far, far away ...

Australia's leading international biathlete **Alex Almoukov** and father/coach **Nick** were the first overseas for the 2010/11 Northern Hemisphere winter. Alex had his highest ever placing, coming 33rd (0+0) out of 141 finishers in the Sprint event at IBU Cup 4 on 9 January.

In December, Nick sent an email which describes the luck which comes with the draw an athlete has in a race: "Alex had an unlucky group, as there was heavy snow when his group started, he could not see anything."

Dyllan Harmer and **Hamish Roberts** attended the IBU Junior Development Camp in Martell, Italy with coach **Irene Dunn**. Irene reported "it was a really enjoyable, stimulating, and at times challenging experience, especially due to the cold weather. The two boys found it enjoyable despite the physical workload, and the environment made for relaxed, pleasant interaction with others." Hamish wrote "The camp was

great. The snow was good, the skiing was tough, but fun, and it was soooooooooooooo good to shoot in a proper biathlon stadium - 30 lanes, fully automated! We watched the mens and women's Norwegian IBU Cup team train - they are really good."

Hamish McLean wrote "Like **Giles Richardson** and **Neil Burbidge**, I'll spend the summer training in the cooler parts of each day as the three of us prepare to tackle the Uni Games in Erzurum, Turkey.

In January we will be meeting at Hotham/Whiskey Flat/ Dinner Plain for a fortnight of altitude training under the

Snow-free zone— Whiskey Flat January work party ... Neil Burbidge & Neil Richardson

guidance of **Bob Cranage**, our Games coach and manager.

On Jan 23rd we're flying to Istanbul where the organising committee will fly us and the

rest of the Australian Games contingent (including **Mark Raymond**) to the host city of Erzurum, which sits at 1900m.

Luckily the biathlon course is around 1750m, which means the training at Hotham should minimise the effect of racing at such heights.

After the two weeks of competition, Giles and Neil are flying home, Bob (and Raymes) will come home via Munich and I'll head to Istanbul for a few days



of sights and shopping before returning for the start of the 2011 Uni year. I'm sure the team will have plenty of photos and stories to share once we get back."

Coach **Cameron Morton** wrote from Canmore, Canada "Lucy Glanville, **Daniel Walker** and **Damon** and **Darcie Morton** had their first races on the 11th/12th December in the Norams and Calforex Cup 1 in Canmore, Alberta, Canada. All achieved their personal bests."

Angela Cigana wrote from Obertilliach, Austria, "Hamish Roberts, **Lachlan Porter** and **Gabriella Cigana** have been based here for just over a week now. We have engaged several Austrian biathlon coaches to assist with training. The positive feedback provided by Hannes, despite his limited English, cannot be measured. They mainly work on one shot drills, with or without skis and shooting under elevated heart rates. The positive moral and support for each other between the athletes and coach, exceeds our expectations for this camp so far."

Dryland training preparation at Whiskey Flat

On January 7 **Bob Cranage** wrote "I spent the day with the guys on Wednesday, They have settled into Greg P's flat and, with help from Neil Richardson with bush cutter and mower over the weekend, the range is suitable for training (they can now see targets in the prone position).

After their months of study and exams, all have some catching up to do with fitness and shooting. They have a "final 5 weeks training program" to challenge them and hopefully will bring them into peak form for the events in Turkey.

They are all enthusiastic and look forward to being the first

Australian Biathletes to represent their country at the 2011 World Uni Games.

When I return to Hotham next week I am hoping to see improvements in all aspects of their training and receive written information re Personal Race Plans, Overall Team goals

for the Trip as well as personal goals. resting heart rates etc etc .

Looking forward to being able to assist three fine young Aussie Biathletes achieve PBs and share with them a unique experience in Turkey."

Australian biathletes are due to take part in the following International Biathlon Union events: **Winter Universiade** (Erzurum, Turkey) from 27 January, **World Youth/Junior Championships** (Nove Mesto, Czech Republic) from 27 January