

## Alpen Cup 1.



Tosh, Lachlan and myself packed and set off for Bled, Slovenia. On the way we had to make a stop in Klagenfurt, Austria to change our Vehicle's from our BMW X1 to Reno Scenic. The reason behind this is having such a high priced car there is a possibility that it could get stripped for parts then parts being sold on the black market.

Our new car has way more room, compared to the BMW perfect for one coach and two athletes. Back on the road to Bled, we finally arrived to our destination. Getting to the place we were staying at for the weekend, we unpacked our gear and put our ski gear on ready to go for an afternoon training session. As we were leaving Bled driving up to Pokljuka, it was raining... not looking like it would change to snow, but lucky enough just before we arrived to Pokljuka it began snowing. We finally get onto the tracks finding ourselves skiing on sheet ice and puddles of water. It had been raining for two days previous to our arrival. But the heavens opened up with fresh snow just in time.

Sprint race day one. Getting up the range on the Saturday morning, looking very average, we hear that during the night it had been raining up on the course. Which has now made a tough course, and very hard course with ice every couple hundred meter's. Have been through material control, and zeroing rifles in, time to warm up and prepare for this very dodgy 10km course of 4x2.5km (having to ski to loops of the 2.5km loop before my first shooting) I'm about to race my heart out for. I'm waiting in the start shoot ready to go. Off I go! Out of the start shoot and on the course skiing the best of my ability, thinking of skiing this course as technical as I can. Whilst on the course my skies are running great! Skiing very well pushing over those hills, giving it my all. Coming in to the range for my first shoot looking at my HR 193, perfect! I can shoot at the high HR. I get down on the mat and set up for prone. Shooting clean!



That's what I needed. Back on the course having my mindset very positive I ski a little faster on my next lap around. I come in again for the second and last time of shooting for standing at a HR of 194, shooting only 1 penalty. So I make my way into the penalty to do my 1 penalty. Now on the course for my last time. Flat nappy!! Skiing the course as fast as I possibly can, giving it every ounce of strength, I come into the finish spent!

Results: Dyllan Harmer 13<sup>th</sup> 30:20.5 +3:28.3 P-0 S-1 11.4% behind the average top three.

Winner: Fabian Horl AUT 26:52.2 P-0 S-2

Day two of the Alpen Cup races. Another 10km sprint. Today is a perfect day, clear blue skies. The only downside was the cold. Dipping down to a nippy -11 for the race. Today the course is perfect for me. No ice what so ever. This is going to be a good race! Finishing zeroing and going through martial control, back out to prepare and warm up for this race. Out I go! On the course my skies are running perfect. I skied my first 2.5km loop without anyone passing me, keeping in mind that the next guy behind my was only 20seconds behind me. Now coming in for my first shoot having a HR of 192, still being able to shoot well, shooting clean! Out on the course passing all of the other guys ahead of me, them having to do penalty loops. Me skiing faster again on my 3<sup>rd</sup> lap, in for shooting for the last time. I set up for standing. I miss 2, not so good but not to worry. As I finish my penalties loops I get out onto the track for the very last time. I ski the hardest I possibly can. Pushing over every hill with all my strength. Coming into the finish stuffed!



Results: Dyllan Harmer 11<sup>th</sup>  
29:53.7 +3:24.6 P-0 S-2 11.9%  
behind the average top three.  
Winner: Benjamin Plaickner ITA  
26:29.1 P-1 S-0

At the end of this weekend I am very happy with my results. Considering the athlete's I was racing against are medalists at World Youth and Junior Championships. So some of the best athlete's from Austria, Italy, Slovenia and Switzerland were my competitors throughout the weekend, and to only be 11% behind, I think is a very good gauge of were I'm at in this point of the session.

Written By  
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