



- Shooting
- Cross-country Skiing
- Fitness
- Coaching
- Dry land training
- Development
- Health
- Local & overseas news
- Juniors

INSIDE THIS ISSUE:

From the Editor	2
From the Executive Officer	2
News	3
Naval victory by Ian "Wal" Waller	4
Snow at Hotham	5
Thoughts on training diary content By Kim Frazer	6
Personal race evaluation form	8
Coaching accreditation	9
Overseas selection	10
National XC results	12
Hoppet results	13
Calendar	14

Snow today, gone tomorrow—or not!

It's come late but it has lasted! The snow was big for the last major snow event for most biathletes, namely the Kangaroo Hoppet on the last Saturday in August.

Biathletes started in all 3 events, details are listed later in this bulletin.

It was especially pleasing to see Alex Almoukov interviewed on the SnowShow the following Friday — when was the last time Australian biathlon featured on prime time television?

Despite the white stuff still being around, Australian Biathlon is about to recommence the

Summer Biathlon series of events.

Summer Biathlon runs October-December, and will recommence in March 2011.

Many biathletes are planning on taking part in both biathlon and XC events during the Northern

Hemisphere Winter.

A list of those known to be heading to cooler climes is included.



Whiskey Flat
24 Sept 10

School-aged biathletes shine at XC events in 2010

During the 2010 season, biathletes of all ages took part in a range of XC events, from the Bullfight Charge at Lake Mountain, to the National XC events at Falls Creek. National XC Falls Creek results are listed later in this newsletter,

The most popular event for school-aged biathletes was the XC Interschools series at both

state and national levels.

Congratulations to the following students who attended the National Interschools Competition on 9 September:

ACT: Hamish Roberts

NSW: Jackson Bursill, Gabi Cigana, Lucy Glanville, Lachlan Porter;

VIC: Jeremy Flanagan, Tim Flanagan, Aislinn Kildea, Pat Prostamo, Aaron Rupasinghe, Gregory Toole, Alisdair Tutt.

Interschools results may be found at:

www.interschools.org.au

From the Editor

In the last two years, the number of regularly-participating biathletes has effectively doubled.

That means that within the ABA membership, there is a wide range of experience in the sport, from the knowledgeable Veterans to the complete newbies.

We are endeavoring to make the range of articles as wide as possible, to ensure that there is something for every-

one in each edition of *Australian Biathlon News*.

Once again we have Kim Frazer contributing her thoughts on training diary content; her shooting articles are a great way for biathletes to gain another insight into shooting technique. A 'classic' biathlon personal race evaluation form is also enclosed.

The Navy whopped the Air Force and Army at Defence Forces Week this year, as Ian

"Wal" Waller reports.

Please let us know if there is a topic you would like to see included in *Australian Biathlon News*, and especially so if you have something to contribute.

Hope your winter has been a good one, see you all at a Summer Biathlon event soon.

Emma Flanagan

From the Executive Officer



I have recently returned from St Petersburg, Russia, following the IBU Congress.

Many matters were discussed, including the need for a recategorisation of biathlon events because believe it or not biathlon worldwide has become too popular.

As a result, there have been changes to the selection policy for various IBU events.

The Australian biathlon selection policy has in turn been updated, parts are included elsewhere in this newsletter.

I am collecting expressions of interest for Australian coaches and athletes alike for IBU Cups, Open European Championships and the Youth Junior World Championships.

Three student biathletes are considering attending the University Games in Turkey early 2011.

Also exciting is the prospect of Masters (ie over 35 age group) events in Finland 24-27 February 2011.

All applications should be submitted to the ABA Committee electronically via me.

If interested in any of the above, please contact me for further details, if you have not already received them.

I also visited Melbourne International Shooting Club last weekend, to further discuss biathlon target installation and future biathlon training events there.

Many thanks to all the friends, family and businesses who have supported biathlon this winter season, you are all much appreciated.

Special thanks must go to our three groomers at Whiskey Flat.

Greg, Nigel and Noel do a fantastic job, without their hard work our events could not happen.

The AGM is on at Wodonga on Saturday 16 November.

This will be a good opportunity for everyone to meet up and make their priorities for biathlon known.

Come along and stay for a casual lunch afterwards. Family, friends including children are welcome.

I look forward to seeing as many of you on the day as possible.

Paul Connor

"There have been changes to the selection policies for various IBU events"

Who visited Australian Biathlon this season?



Australian Biathlon members are always pleased to welcome family, friends and visitors to our events.

To the end of September, the following people had visited an event at Whiskey Flat:

Greg, Andrew and John came to the Come and Try weekend in June; Greg has since joined the ABA and participated as a novice at the Victorian Championships, supported by his parents **Craig and Angela**.

Gael Dias-Omonte visited from Grenoble, France and participated as a novice at both the Colin and

Alice Paul Commemorative Weekend and the Victorian Championships.

Mark, Christine, Julia and William Faragher came to the C & A Paul Weekend, with Julia taking part as a novice.

The Colin and Alice Paul Commemorative Weekend saw a large number of **family and friends of biathlon** visit, while the Defence Forces week was very well attended, especially by numerous **Defence Force Personnel** taking part in biathlon for the first time.

Father and son **Jonathon and Fred Smithers** had a go at the range during the July school holidays.

ABC journalists James Bennett and Thom Cookes were pleased to check out biathlon, while they were at Hotham making a documentary.

Phil, Daphne and Olivia Thomson made the trip over the Tasman from New Zealand, with Olivia taking part in both competition weekends.

Groomer Nigel sent his sister **Fiona** and her husband **Ian**, along with children **Christina, Joshua and Bill**, over to Whiskey Flat in the September school holidays. They were all pleased to have a shoot, especially Fiona, who shot clean.

The same day, downhiller **Andrew Rushton** thought the slopes were too poor for alpine activities, and was out on touring skis when he happened upon the Whiskey Flat range, he also enjoyed having a go.

Going overseas

Coach **Nick Almoukov** is already in Russia, having attended the IBU Congress. He has been joined by son **Alex Almoukov**



for training until the end of November, then doing World Cup in Ostersund, Sweden. Alex will be competing in World Cups, European Championships, World Juniors Champs & IBU World Champs, returning Downunder in April.

Coach **Cameron Morton** is planning another juniors trip to Canmore, Canada in December/January. Keen and aspiring biath-

letes are welcome.

Several **Victorian** biathletes are planning on going to various European destinations, including Antholz, Italy, and Obertilliach, Austria, for some fun and races.

Three university student biathletes are considering attending the **University Games** at Erzurum, Turkey early in 2011.

Victory for Navy Biathlon by Ian "Wal" Waller



The Navy showed the Army & Air Force how it's done

"It's always great to come back to Mt Hotham every year"

The Navy Nordic Skiing and Biathlon team broke a 21 year drought by winning the Australian Defence Forces Nordic Skiing and Biathlon championships held at Mt Hotham 1 – 13 Aug.

The team was boosted by a swag of talented newcomers, who proved too strong for the Army and RAAF.

As the team manager, I was very excited by the outcome.

This outcome is due to years of hard work, where we have focused on developing the sport at the grass roots level. We are now in a position where we can take the skills developed for the combined disciplines of small bore marksmanship and skiing, to a new level in the Navy team.

It's always great to come back to Mt Hotham every year and utilise the wonderful facilities that the Australian Biathlon Association has to offer.

We always have a few civilian Biathletes that train during the two weeks that we are on the mountain. This provides a win-win situation; civilians can get extra training and races under their belt with the Defence Forces, while Service men and women can be inspired and learn from the professionals.

Most promising novice team member and strong performer in all Open Women's races, Lisa Russell, said she had never experienced the challenge of skiing and shooting in the one event,

"Growing up in Tawonga, I

was lucky that I could ski as a kid, adding shooting makes it interesting, I definitely hope I can represent Navy again – I want to do my part in keeping those trophies with Navy!"

A Navy team of 26 personnel took part in this year's event, with over half not having experienced Cross Country Skiing or Biathlon before.

All personnel loved the sport and, subject to operational commitments, have vowed to return in future years.

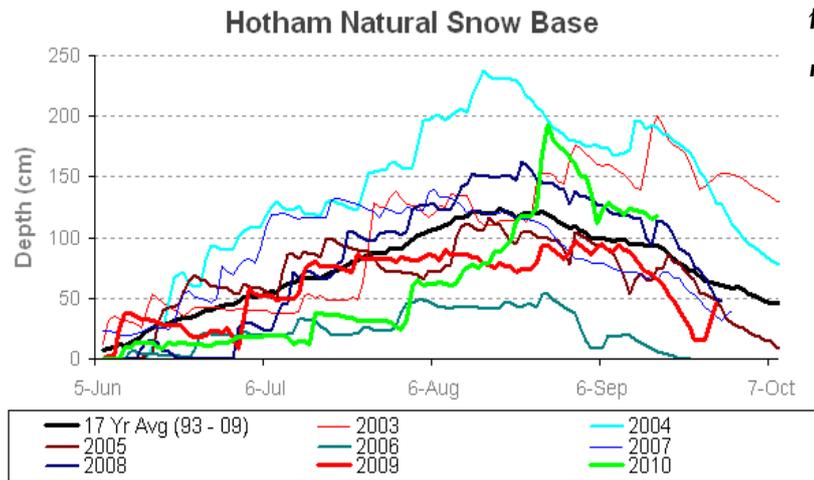
When does it snow at Hotham?

The short answer is, never often enough!

Here is the 17 year data from Mt Hotham website, showing both the natural snow base and the accumulated snow falls.

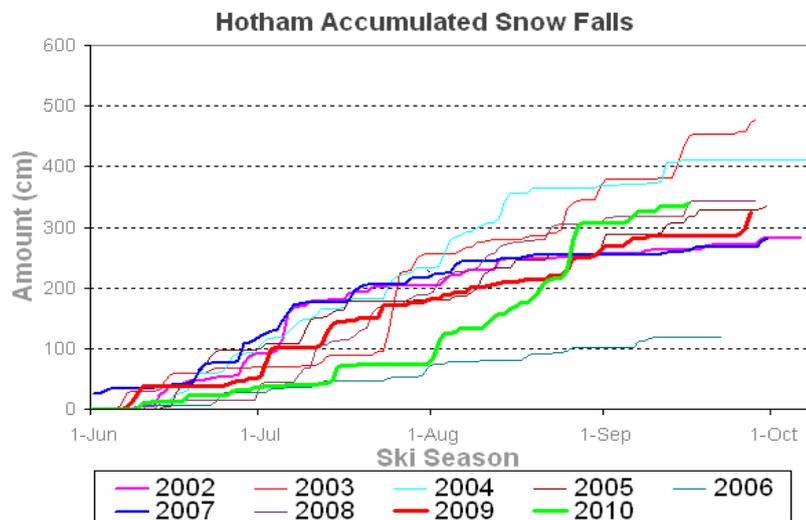
It shows that the second weekend in July is usually reliable for competition-ready snow levels, ie with a natural base of 50 cm plus.

“August is the premier snow month”



August is the premier snow month.

Early September is surprisingly reliable in terms of quantity of snow.



Thoughts on training diary content by Kim Frazer



Last month I wrote about keeping a training diary and the overall structure of the diary.

This month I'd like to give you an idea of what a page in your training diary might look like.

The idea is that you use the diary from week to week and year to year to improve your

performance and not repeat the same mistakes time and time again.

Keeping a diary is an evolving process and not everyone keeps a great diary from day one.

You will get better at figuring out what to write down as long as you start writing in your diary regularly.

Kim Frazer is a small-bore rifle shooter and Vice-President of the Melbourne International Shooting Club (MISC).

Kim has represented Australia at the Olympic Games, and four Commonwealth Games where she has won three gold medals.

“Before you compete you should consider and discuss two key elements with your coach—goal for match and match plan”

Match Diary Page:

Before you compete – it might be several weeks before the match, you should consider & discuss two key elements with your coach & write them down.

Goal for Match: This could be a results goal (e.g. to beat my score from last year by xx) or a technical goal (e.g. to maintain a smooth trigger release on each shot).

Match plan: This is how you plan to tackle this match; for example ski each circuit of the course in xx split times, etc.

After you compete, record:

- Did you achieve your goal—give yourself a big tick, if you did.

- Your result—be specific & include detail on each section of the shooting & each section of the skiing.

- Your thoughts on how you performed. What went well; what didn't go well; what might you need to work on for your training.

- Any comments you have about the course (for example, if it was windy, were there sections of the course that were more difficult because of that) - put this information in the Venue section for this venue.

- Any comments you have

about your own physical condition that may have contributed to your performance.

For example, if you were sore from training or had an illness during the lead-up week, write this down. It is not an excuse for your performance if it was bad, but just information about how you were on the day.

- Any comments you have about your own mental condition that may have contributed to your performance. For example you may have been less focused than normal, because your mind was on a test you have to take at school that you were worried about.

- What equipment you used (eg ammunition type; wax type, etc). Was there anything that didn't work as you expected?

- Record anything else you think might be useful to remember.

Training Diary Page



Are you trying to improve your trigger technique, experiment with sighting, practice breath/shot release or what?

Just like when you go for a run you might say you want to do 5km in xx minutes, so with shooting you should have some goal.

Before you start training, review what you want to achieve in this session.

You may want to work on a few things in a session for a little time on each. Write a training goal for this session.

“Before you start training, review what you want to achieve in this session”

At training, write down what the conditions are like (e.g. very windy, hot, wet, whatever).

Write down what ammunition you used.

Write down how you felt on the day (for example if you are recovering from a heavy weights training session, then your muscles might have slight tremors that could affect your shooting hold).

During training record your per-

formance as you go.

For example if you have decided you are going to practice trigger release for 20 shots; then after each shot use a pin board (or the empty shells) to indicate whether the release was good or bad, and at the end of the 20 shots, take a break and write down your result.

How many shots was your trigger release good. 50%? This then creates a result that you can try to improve on next time.

At the end of training, write down what you plan to work on at your next training session, e.g. Work on a smooth transition between shots on each target.

Quoted ... on learning a sport ...

“The best and fastest way to learn a sport is to watch and imitate a champion”

-Jean-Claude Killy,
Alpine Skier



PERSONAL RACE EVALUATION FORM—for use after each race and adding to your training diary

Date: _____ Where race held: _____ Distance: _____

Event Name: _____

Your Time: _____ Place: _____

Winner (name & time) _____

% Behind scoring base $\frac{(\text{My time in seconds} - \text{average time for top 3 racers})}{\text{Average time for top 3 racers}}$ eg. $\frac{720 - 600}{600} = 20\%$

Temperature and Snow conditions: _____

Waxes Used: Glide wax: _____ Grip Wax: _____

Ammunition Used: _____

Zeroing conditions: _____

PRE RACE

1. Describe the week of training prior to this race:
2. How did you sleep the night before the race?
3. How did you feel physically before the race?
4. How did you feel mentally before the race?
5. Describe your pre-race warm up:
6. Evaluate your overall pre – race preparation as you stepped into the start:

IN RACE

7. How did you feel physically /mentally for the first few kilometres?
8. How did you feel physically/mentally in the middle kilometres?
9. How did you feel mentally/physically in the last kilometres?

What did you do well in the race? Refer to Race Plan.

Where did you lose time during the race?

How did you feel at the end of the race? (Before checking results)

POST RACE

What aspects can you improve?

Describe your plan to make these improvements:

What important points did you learn from this race and will aim to repeat again?

- 1
- 2
- 3

Score your Race out of 10:

Editor's note: Thanks to Bob Cranage for supplying this form sample

Australian Sport Commission—coaching accreditation

The Australian Sports Commission is the body through which Australian Biathlon coaches are accredited.

Below are excerpts from the ASC website:

<http://www.ausport.gov.au/participating/coaches/education>

Accreditation

Becoming a coach is an important step in ensuring that you are providing a quality service to the participants you are working with. The National Officiating Accreditation Scheme is Australia's system of training and accrediting officials, which more than 70 sports participate in.

It is recommended all coaches become accredited through the National Coaching Accreditation Scheme (NCAS). The NCAS is an initiative of the Australian Sports Commission (ASC) and is a progressive coach education program of-

fering courses at various levels with over 70 sports participating. NCAS training programs include the following components:

1-coaching general principles – generic principles of coaching and athletic performance that apply to all sports. Coaching general principles may be included in specific training, or they can be completed separately.

2-sport-specific – skills, techniques, strategies and approaches to the particular sport

NCAS coaches receive a range of benefits, including discounts on various workshops and publications.

Contact your national or state sporting organisation for information on how to become an accredited coach.

If you have any further queries, please contact the Australian Sports Commission's Sports Coach and Official Section on email: coaching@ausport.gov.au or telephone: 02 6214 1522.



Recognition of prior learning

People who wish to complete an accreditation through the NCAS may apply to their national sporting organisation for Recognition of Prior Learning or Current Competence (RPL/RCC).

Recognition can be given for all or part of an accreditation, through a process of comparing the candidate's skills against the required competencies of the particular accreditation program.

If you require further information, or would like to apply for RPL/RCC, contact your national or state sporting organisation.

Re-accreditation

The length of time an accreditation with the NCAS is current, is determined by the sport, for each level.

NCAS coaches are required to stay up to date, and re-accredit before the expiry of their current accreditation. The process of updating helps to ensure:

1. accredited coaches are actively coaching
2. coaches stay abreast of rule changes, safety requirements and technique changes in their sport
3. there is an up-to-date register of active coaches in Australia.

If you would like further information about updating your accreditation, or your accreditation has expired and you wish to re-accredit, contact your National Sporting Organisation

Australian Biathlon Overseas Selection Policy

Below are excerpts—full details are on the ABA website www.biathlon.asn.au
IBU Cup, Youth & Junior World Championship and Open European Championships

Selection Policy 2010-2012

As of the 2010 IBU Congress rulings (9 Sept 2010) and previous adoptions by resolution of the AVBA Committee.

1. Eligibility for selection

To be selected for entry into IBU Cup, Youth & Junior World Championship and Open European Championships each athlete must have signed the AVBA Team Agreement.

2. Making of nominations

Each athlete, 15 years of age and older (youth onwards) who wishes to be considered for entry into the above IBU sanctioned events must have firstly satisfied any current AVBA criteria and then provide written notice to the Executive Officer of the ABA by 30 September in the year preceding the relevant IBU events. Athletes who have not demonstrated their capacity and proficiency in carrying a rifle in a biathlon distance event must do so prior to any final selection. This proficiency can be demonstrated through training events or competitions in club races within Europe or North America.

This requirement will be withdrawn at the earliest opportunity when Legislation within Victoria is amended to enable all class of competitors to carry a rifle for the purpose of Biathlon events.

1. Selection Criteria

Sprint and Individual events at IBU Cups, YJWCH, OECH

The AVBA will those Nominated Athletes for participation subject to one the following two criteria listed below.

Must have raced at the Biathlon Championships events (both Sprint & Distance) in Australia prior to the respective IBU race season and achieved a result within 10% of the overall winner of the collective race grouping in one sprint and one distance event in Juniors category (U21) or seniors.

(NOT a Youth category. Youth categories must have one result in 50% of the field at the Youth/Junior World Championships and approval from IBU officials to be allowed to represent country at IBU Cup. (excludes any athletes result who already has a current IBU WC Qualification ranking)

and

Raced a Championship Cross Country Distance race in the skate discipline (State or National Title events) and recorded a result within 10% of the winner of their respective age group they have raced.

or

Have raced at a Regional Cup or Continental cup in the Northern Hemisphere and finished within 10% of the average of the top three finishers for their age group, Open (for OECH), Junior (U21) or Youth (U18) category. The athlete must nominate to the ABA Committee which race they intend to use for this selection standard.

Youth are unable to participate in IBU Cup events unless they attain a result in the top 50% of the previous years YJWCH (as result of IBU Ruling , Congress Sept 2010)

Sprint and individual events at World Cup and World Championships (WC, & WCH)

As of 9 September 2010, rule 1.4.4.2 & 1.4.4.3 of the IBU Event and Competition Rules provides that:

1.4.4.2 World Championships (WCH)

To gain the right to participate in WCH events a competitor must fulfil one of the following criteria during the current or previous season (2010-11 season or 2009-10 season)

One results at an IBU Cup, OECH, WC or OWG in the sprint or individual that is a max 15% behind the average time of the top three competitors, or

One placing in the top half at the JWCH (not youth).

1.4.4.3 World Cup (WC)

The World Cup season consists of three trimesters generally made up of three WC events usually WC1-3, WC4-6 & WC7-9.

To gain the right to participate in WC events a competitor must fulfil one of the following criteria during the current or preceding trimester,

One result at an IBU Cup, OECH, WCH or OWG in the sprint or individual that is a **max 15%** behind the average time of the top three competitors, or One placing in the top half at the JWCH (not youth).

Mens and Womens Sprint & Individual 20%.

For participation at OWG this requirement must be reached twice in the current and/or in the last season before the event..

This rule is subject to change by the IBU from time to time and is not within the control of the AVBA.

In the event that the number of Nominated Athletes exceeds the number of start places available to Australia in a particular event, the AVBA will enter the highest ranked Nominated Athletes, determined as follows:

In order to be considered for ranking a **Nominated Athlete must have completed at least two Selection Races.**

Nominated Athletes will be ranked by taking the average of each Nominated Athlete's best two percentage results behind the winner in Selection Races and listing them from lowest average percentage to highest average percentage.

A Nominated Athlete may achieve their best two percentage results behind the winner in any type of event.

In the event that **two Nominated Athletes have the same average percentage:**

the athlete with the best third percentage result behind the winner in a Selection Race will be ranked higher than the other athlete;

in the event that one athlete who shares the same average percentage has not completed a third Selection Race ("**First Athlete**") and the other athlete who shares the same average percentage has completed a third Selection Race ("**Second Athlete**"), the Second Athlete will be ranked above the First Athlete; and

in the event that both athletes who share the same average percentage have not completed a third Selection Race, the athlete with the lowest shooting percentage will be ranked above the other athlete. An athlete's shooting percentage is calculated by dividing the athlete's total number of penalties in both events by the total number of shots permitted in both events and multiplying the result by 100.

In the event that a Nominated Athlete withdraws from selection by notice in writing to the Executive Officer of the AVBA, that athlete will be withdrawn from the rankings and all athletes ranked below will be moved up one place.

Selection Races will be determined as follows:

before each Australian competition season the AVBA will deem at least four Australian biathlon events to be Selection Races;

In the event that less than four events deemed to be Selection Races are held in the current competition season, the AVBA may:

hold one or more further events and deem those events to be Selection Races; or

deem one or more Regional Cups to be Selection Races.

The AVBA has sole and absolute discretion to deem events to be Selection Races.

3. Selection

The AVBA has sole and absolute discretion to determine whether athletes have met the requirements of this Selection Policy.

4. No extenuating circumstances

For the purposes of determining whether an athlete has met the requirements of this Selection Policy, the AVBA will not have regard to any extenuating circumstances.

5. Amendments

The AVBA may amend this Selection Policy at any time.

National XC results 21&22 August, Falls Creek

Class - MUI6 Under 16 Men - 5km Classic

- 1 Kaye Benjamin 54 VIC 22:23.1 0.00
- 2 Porter Lachlan 50 NSW 22:26.2 0.23
- 3 Gibson Alexander 52 VIC 23:07.0 3.27
- 4 Sloan Mitchell 49 NSW 25:06.9 12.20
- 5 Catto-Smith Robert 53 VIC 25:52.4 15.58
- 6 Trnka Michal 51 VIC 26:26.6 18.13
- 7 Thomas Lachlan 56 VIC 28:00.8 25.14

Class - MUI8 Under 18 Men - 10km Classic

- 1 Ha Tae-Bok 150 KOR 34:30.7 -
- 2 Tutt Alasdair 139 VIC 38:40.0 0.00
- 3 Bursill Jackson 137 NSW 41:58.2 8.54
- 4 Montgomery Nick 135 VIC 45:28.4 17.60
- 5 Pollock Mark 136 NSW 48:01.1 24.19

Class - MU50 Under 50 Men - 10km Classic

- 1 Bridgford Lindsay 131 VIC 40:37.2 0.00
- 2 Cimpoeu Stephen 129 VIC 51:33.2 26.92

Class—Junior Men 5 km Freestyle

- | Place | Surname | Bib | Class | State | Time | % | |
|-------|---------------------|---------|-------|-------|----------|----------|-------|
| 1 | Morton | Damon | 59 | VIC | 14:53.90 | 0.00 | |
| 2 | Roberts | Hamish | 56 | ACT | 15:46.00 | 5.83 | |
| 3 | Kaye Benjamin | 63 | MUI6 | VIC | 16:11.30 | 8.66 | |
| 4 | Porter | Lachlan | 55 | MUI6 | NSW | 17:04.60 | 14.62 |
| 5 | Sloan Mitchell | 58 | MUI6 | NSW | 17:13.20 | 15.58 | |
| 6 | Gibson Alexander | 60 | MUI6 | VIC | 17:53.70 | 20.12 | |
| 7 | Catto-Smith Robert | 54 | MUI6 | VIC | 19:44.00 | 32.45 | |
| 8 | Thomas Lachlan | 62 | MUI6 | VIC | 19:52.10 | 33.36 | |
| 9 | Trnka Michal (Misa) | 57 | MUI6 | VIC | 19:56.20 | 33.82 | |

Class—Men 15km Freestyle

- | Place | Surname | Bib | Class | State | Time | % |
|-------|--------------------|-----|-------|-------|------------|--------|
| 1 | Sim Ben | 190 | MU25 | NSW | 38:29.60 | 0 |
| 2 | Kuzzy Garrrott | 189 | MU30 | USA | 38:50.90 | 0.92 |
| 3 | Watson Callum | 187 | MU25 | NSW | 39:10.40 | 1.77 |
| 4 | Darlington Chris | 186 | MU30 | NSW | 41:13.80 | 7.11 |
| 5 | Park Seong-Beom | 182 | MU25 | KOR | 41:28.90 | 7.76 |
| 6 | Watson Ewan | 178 | MU25 | NSW | 41:59.80 | 9.1 |
| 7 | Van der Ploeg Mark | 180 | MU25 | VIC | 42:06.50 | 9.39 |
| 8 | Miller Bobby | 173 | MU30 | USA | 42:30.00 | 10.41 |
| 9 | Kim Jeong-Min | 185 | MU25 | KOR | 42:46.90 | 11.14 |
| 10 | Grimmer Nicholas | 174 | MU30 | VIC | 43:01.10 | 11.76 |
| 11 | Derrick Ben | 169 | MU40 | VIC | 43:09.40 | 12.11 |
| 12 | Ha Tae-Bok | 184 | MUI8 | KOR | 43:51.00 | 13.92 |
| 13 | Spiller Leon | 176 | MU40 | VIC | 43:54.90 | 14.09 |
| 14 | Kim Hak-Jin | 183 | MU20 | KOR | 44:59.80 | 16.9 |
| 15 | Bellingham Phillip | 175 | MU20 | VIC | 46:02.00 | 19.59 |
| 16 | Jones Robert | 154 | MU20 | VIC | 46:50.30 | 21.68 |
| 17 | Rook Colby | 157 | MU20 | ACT | 47:27.60 | 23.3 |
| 18 | Franzke Ian | 166 | MU40 | VIC | 47:37.20 | 23.71 |
| 19 | Hwang Jun-Ho | 177 | MU20 | KOR | 47:54.80 | 24.47 |
| 20 | Montgomery Nick | 165 | MUI8 | VIC | 47:59.90 | 24.7 |
| 21 | Bridgford Lindsay | 168 | MU50 | VIC | 48:38.30 | 26.36 |
| 22 | Tutt Alasdair | 170 | MUI8 | VIC | 49:03.00 | 27.43 |
| 23 | Hunt David | 167 | MU40 | VIC | 49:14.30 | 27.92 |
| 24 | Dickinson Cameron | 192 | MU30 | VIC | 49:37.40 | 28.92 |
| 25 | Pollock Mark | 163 | MUI8 | NSW | 50:57.00 | 32.36 |
| 26 | Kovacs Paul | 156 | MU20 | VIC | 51:47.40 | 34.54 |
| 27 | Harmer Dyllan | 164 | MUI8 | VIC | 51:51.40 | 34.72 |
| 28 | Bursill Jackson | 171 | MUI8 | NSW | 52:05.10 | 35.31 |
| 29 | Sloan Alastair | 161 | MU50 | NSW | 56:14.10 | 46.09 |
| 30 | Walker Andrew | 160 | MU60 | VIC | 59:05.50 | 53.51 |
| 31 | Cimpoeu Stephen | 159 | MU50 | VIC | 1:00:16.70 | 56.6 |
| 32 | Budge Len | 158 | MU60 | VIC | 1:00:03.01 | 63.71 |
| 33 | Bennett James | 152 | MU30 | VIC | 1:03:10.20 | 64.11 |
| 34 | Bourke Michael | 153 | MU60 | VIC | 1:04:44.00 | 68.17 |
| 35 | Baraniak Andrew | 155 | MU40 | VIC | 1:35:01.90 | 146.88 |

Class - WUI6 Under 16 Women - 5km Classic

- 1 Han Da-Som 82 KOR 21:26.7 -
- 2 Cigana Gabriella 75 NSW 21:43.8 0.00
- 3 Trnka Anna 73 VIC 22:19.4 2.74
- 4 Wright Casey 68 VIC 23:21.2 7.47
- 5 Harvey Meredith 65 NSW 24:57.5 14.86
- 6 Cooper Hedda 63 25:21.9 16.73
- 7 Pascoe Tilly 67 VIC 26:16.3 20.91

Class - WUI8 Under 18 Women - 5km Classic

- 1 Lee Eun-Kyung 85 KOR 19:42.9 -
- 2 Choi Shin-Ae 83 KOR 21:16.0 -
- 3 Spittle Ashleigh 74 VIC 21:50.3 0.00
- 4 Blanch Imogen 64 VIC 24:12.1 10.83
- 5 Phillips Ellie 70 VIC 25:54.8 18.66
- 6 Pascoe Penny 71 VIC 26:46.3 22.59
- 7 Meagher Lucca 69 VIC 28:15.8 29.43
- 8 Lloyd Jones Alex 72 VIC 28:22.8 29.96

Class—Junior Women—5 km Freestyle

- | Place | Surname | Bib | Class | State | Time | % |
|-------|------------------|-----|-------|-------|----------|-------|
| 1 | Cigana Gabriella | 69 | WUI6 | NSW | 16:49.90 | 0.00 |
| 2 | Trnka Anna | 71 | WUI6 | VIC | 17:45.30 | 5.49 |
| 3 | Harvey Meredith | 68 | WUI6 | NSW | 19:18.00 | 14.66 |
| 4 | Pascoe Tilly | 72 | WUI6 | VIC | 20:22.20 | 21.02 |
| 5 | Dewez Xanthea | 66 | WUI6 | VIC | 20:31.20 | 21.91 |
| 6 | Pollock Megan | 70 | WUI6 | NSW | 21:43.30 | 29.05 |
| 7 | Wright Casey | 73 | WUI6 | VIC | 22:43.10 | 34.97 |

Class—Womens 10km Freestyle

- | Place | Surname | Bib | Class | State | Time | % |
|-------|-------------------|-----|-------|----------|----------|-------|
| 1 | Watson Aimee | 114 | WU25 | NSW | 29:46.40 | 0.00 |
| 2 | Bottomley Esther | 113 | WU30 | VIC | 30:56.90 | 3.95 |
| 3 | Glanville Lucy | 108 | NSW | 32:13.80 | 8.25 | |
| 4 | Lee Eun-Kyung | 112 | WUI8 | KOR | 32:40.10 | 9.73 |
| 5 | Ju Hye-Ri | 111 | WU20 | KOR | 33:12.90 | 11.56 |
| 6 | Phillips Belinda | 107 | WU40 | VIC | 33:43.70 | 13.29 |
| 7 | Grimmer Lescinska | 106 | WU30 | VIC | 33:54.50 | 13.89 |
| 8 | Merritt Georgia | 105 | WU25 | VIC | 34:40.80 | 16.48 |
| 9 | Choi Shin-Ae | 110 | WUI8 | KOR | 35:00.70 | 17.6 |
| 10 | Slattery Sarah | 104 | WU25 | NSW | 36:28.80 | 22.53 |
| 11 | Han Da-Som | 119 | WUI8 | KOR | 36:49.50 | 23.69 |
| 12 | Blanch Imogen | 93 | WUI8 | VIC | 37:44.10 | 26.74 |
| 13 | Spittle Ashleigh | 103 | WUI8 | VIC | 39:41.70 | 33.32 |
| 14 | Hamilton Alice | 98 | WU30 | VIC | 39:59.00 | 34.29 |
| 15 | Goebel Ronice | 97 | WU60 | VIC | 40:14.10 | 35.14 |
| 16 | Dunn Irene | 91 | WU50 | SA | 40:16.10 | 35.25 |
| 17 | Pascoe Penny | 101 | WUI8 | VIC | 42:23.30 | 42.37 |
| 18 | Keefe Alex | 92 | WUI8 | VIC | 46:28.80 | 56.12 |
| 19 | Phillips Ellie | 102 | WUI8 | VIC | 46:50.30 | 57.32 |
| 20 | Meagher Lucca | 100 | WUI8 | VIC | 49:26.50 | 66.06 |
| 21 | Angus Di | 96 | WU50 | VIC | 50:07.10 | 68.34 |
| 22 | Lloyd Jones Alex | 99 | WUI8 | VIC | 50:54.30 | 70.98 |

Full results for all Australian XC events may be found at:
<http://lausxc.com>

Hoppet weekend results

42 km Hoppet – 21 km Birkebeiner – 7 km Joey - full results at www.hoppet.com.au

Over 30 past and present biathletes took part in the Southern Hemisphere's only World Loppet event in this, the 20th Hoppet year.

Most of the juniors "roped in" a parent, while many past biathletes took part with a son/daughter.

Prize for the largest family group goes to the Cranage/Cullen contingent, with 3 generations and 11 participants.

Several biathletes were fortunate enough to meet OWG Vancouver 2010 Gold and Silver Medal biathlete Anastasiya Kuzmina, who was spending several weeks at Falls Creek XC training with her husband Daniel Kuzmin.

Surname	First name	Class	Event	Time/Result
Alexander	Matt	M50	H	2:28:03
Almoukov	Alex	M18	H	1:43:14 2 nd
Almoukov	Nick	M45	B	1:00:35
Bridgford	Lindsay	M45	H	2:06:04
Cigana	Gabriella	W14	J	20:35 1 st woman
Connor	Mick	M45	H	2:08:06
Cranage	Bob	M65	B	1:26:25
Cranage	Peter	M40	J	1:31:34
Cullen	Lynn	W35	J	1:31:36
Cullen	Paul	M35	J	1:31:37
Dunn	Irene	W40	H	2:23:28
Flanagan	Jeremy	M14	J	23:24
Glanville	Lucy	W14	B	1:03:23 1 st woman
Harmer	Dyllan	M16	B	1:02:41
Herd	David	M55	J	43:25
Jortikka	Lauri	M65	H	3:58:47
Keenan	Mick	M55	J	49:45
Kuzmin (ISR)	Daniel	M30	H	1:56:55
Kuzmina (SVK)	Anastasiya	W25	H	1:56:55
Lewis	Alexander	M14	J	22:35
Lewis	Garry	M40	H	2:35:18
Lloyd-Jones	Alex	W16	J	27:51
McConville	Chloe	W20	H	2:21:09
Meehan	Steve	M45	H	3:49:53
Morton	Damon	M12	J	18:34 2 nd
Paul	Andrew	M45	H	2:14:31
Paul	Greg	M45	H	2:18:21
Paul	Sandra	W45	B	1:20:34
Porter	Lachlan	M14	J	20:25
Prudden	Terry	M50	B	1:41:51
Raymond	Mark	M30	B	56:46 1 st
Rim	Kerryn	W45	H	2:23:12
Roberts	Hamish	M12	J	18:57 3 rd
Trnka	Anna	W14	J	1:12:34
Tutt	Alasdair	M16	J	18:04 1 st
Zaharias	Zac	M50	H	2:31:43

Australian Biathlon Association

CONTACTING THE ASSOCIATION

If you would like more information about anything to do with the Australian Biathlon Association, please get in touch with our Executive Officer who is always happy to help.

Executive Officer / National Coaching Coordinator:

Paul Connor

0413 189 958

(03) 59 683 880

aus_biathlon@bigpond.com.au

www.biathlon.asn.au

Deadline for next issue of Australian Biathlon News — please email articles to the editor by 23 October 10:

flanagahome@netspace.net.au

Australian Biathlon pins and t-shirts

Visit the ABA website www.biathlon.asn.au

and click on the Merchandise tab



2010 June—December Calendar of Events—at Whiskey Flat unless noted otherwise

June

- Sat 5 & Sun 6
Summer Biathlon, Wangaratta
- Sat 12 & Sun 13
Snow Season Opening Weekend
Come & Try both days
- Thu 24-Mon 28 inclusive
National training camp, Mt Hotham

July

- Sat 11 & Sun 12
Colin & Alice Paul Commemorative Race Weekend
- Sat 24 (Distance) & Sun 25 (Sprint)
Victorian Championships

August

- Sat 7 (Distance) & Sun 8 (Sprints)
National Championships
- Mon 9-Fri 13 inclusive
Aust Defence Forces week
ABA members welcome to participate
- Sat 14 & Sun 15
Races cancelled
Cadet Championships deferred to 2011
- Sun 21 & Sun 22
Fun Sprints—zeroing 10.00 am—events 11.00 am

Meetings

- No committee meetings scheduled
- AGM Saturday 20 November 2010-Wodonga

October

- Sat 2—Summer Biathlon-zeroing 10.00 am
Wangaratta Small Bore Rifle Club, College Street, rear HP Barr Reserve, Wangaratta

November

- Sat 6—Summer Biathlon, as above
- Sat 20—AGM 10.30 am O'Mailes Hotel, 34—36 High Street Wodonga

December

- Saturday 4—Summer Biathlon, as above

2011

March

- Saturday 5—Summer biathlon-TBC

For winter and summer events, zeroing is from 9.00 am, events start 10.00 am, unless otherwise advised.

Whiskey Flat is 3 km east of Hotham on the road to Dinner Plain.

Please check the ABA website for the most up to date information:

www.biathlon.asn.au