

NSW Juniors Achieve Some Great Results in Canmore

NSW and NSWIS Cross Country & Biathlon Coach, Cameron Morton is travelling with NSW Junior Biathletes, Damon Morton, Lachlan Porter, Hamish Roberts and Lucy Glanville in BC Canada over the December and January holiday period. The team is based in Silver Star with 6 other NSWXC skiers and has been training since arriving in Canada in early December. On the weekend of 19/20 December the biathletes travelled to Canmore from their Silver Star base to compete in the Calforex Cup competition. Some most impressive results were achieved.

Damon and Lachlan competed in the Junior Boys category and skied a 3.75km Sprint event and a 6km Individual event shooting PP and PPPP respectively. The Junior Boys category was the largest of all the races held over the weekend with 23 competitors. The boys did not carry their rifle but had it put on the mat by their coach. Both boys were nervous and this showed in their first P shooting attempt. However, there was much improved results in the 2nd P shooting with Damon achieving a 4/5 result in his 2nd shoot. Combined with good quality skiing, Damon finished 2nd in the event and earned a silver medal. Lachlan finished 14th but would have finished 6th if he hadn't mis-calculated his penalty loops, thereby earning himself a 2 minute penalty.

By the time Sunday had come, Lachlan had steadied himself to achieve the 2nd highest shooting result of the race (11/20) and combined with some solid skiing finished 2nd in the Individual event also earning himself a silver medal. Despite not shooting as well on the Sunday, Damon still shot well enough to ski to a 4th place result. Both boys learnt a lot from the racing including the importance of steadying themselves as they come in to the range to shoot.

Lucy Glanville also competed on the weekend and acquitted herself well. Lucy skied up in the Youth Category (17-18yrs) and skied against 11 Canadian girls who had been competing in Biathlon competitions for 3-4years. A number of these girls are aiming to qualify for the Canadian Team to compete at the World Juniors in Sweden with the winner of Lucy's events considered a potential top 10 finisher in the Youth Category at World Juniors and perhaps a podium possibility.

Lucy skied in the 6km Sprint race and the 7.5km Individual Race. Similar to the boys, Lucy was nervous for her first race, but managed to finish 8th despite shooting 3/10. However, the important statistic for Lucy was her % behind the top 3 finishers, which was an impressive 8.1%. And behind the No 1 finisher, she was just on 10% or 2.17.6min behind.

Lucy again started out nervously in the 7.5km Individual race, but had a fantastic 2nd half, shooting 8/10, including clean on her 2nd prone shooting. On her last 1.25km ski loop, Lucy kept up with the Canadian No 1 biathlete. Lucy's ski time in this race was the 6th fastest.

The 3 biathletes acquitted themselves well over the weekend of racing and are now back in SilverStar continuing to train each morning at the Sovereign Lake range which has been made available everyday to the Team. There is one more biathlon race coming up in BC, which while being more low key than the weekend races in Canmore, will nevertheless provide good training and competition and a measure for race improvement.

Cameron Morton
NSWXC & Biathlon Coach and NSWIS XC Coach

With the NSWXC and Biathlon Junior Team in Silver Star, BC, Canada.