

## **World Junior/Youth Biathlon Championships Torsby, Sweden**

### **Report No 1 – Thursday 28<sup>th</sup> January 2010**

Racing commenced yesterday for our 3 Australian Juniors, Giles Richardson, Alex Almoukov and Lucy Glanville who are representing Australia here in Torsby.

Prior to the commencement of racing, our athletes had been busy with 2 days of training (since joining up on Sunday evening) under the watchful eye of Australian Coach, Nick Almoukov.

Giles Richardson was the 1<sup>st</sup> racer for Australia in the Youth Men Individual 12.5km category on Wednesday 27<sup>th</sup> January. The weather for Giles was overcast but no snow. Giles started in the 1<sup>st</sup> Group and was Bib No 22. Giles shot well, missing only 3/20 and was one of the best shooters in the race. Giles skiing was a little slower than he would have liked and he commented that he had felt his lack of ski training which had been caused by his HSC studies in 2009. Giles finished 79<sup>th</sup> overall.

Alex Almoukov raced next in the Junior Men Individual 15km race. Alex was still recovering from a nasty cold caught at the end of the World Cup races in Ruhpolding which had already impacted on his racing in the Antholz World Cup. Alex started at No 43 in the 2<sup>nd</sup> group as the forecast had been for snow overnight. In an unfortunate turn of events for Alex after about 20 racers into the race, it started to snow heavily and the course became difficult and soft, with wax conditions obviously changing and impacting on the speed of the skis.

Alex however, skiing a little slower than full capacity due to both the volume of snow on the course and his own health situation, shot well for his first three shoots, missing only 1/15. However, the 4<sup>th</sup> shoot result was something Alex had never done before in competition and he shot only 1/5. At the end of the race, Alex finished 47<sup>th</sup>.

Lucy Glanville raced today in her first major Biathlon race. Lucy raced in the Female Youth 10km Individual race and was 1 of only 10 1994 birth year girls competing in the race. There were some strong positives for Lucy from the race and some lessons learnt. Lucy's ski time was fast and she was the 25<sup>th</sup> placed racer on ski time. In a race of mainly girls born in 1991 and 1992, this was a great result for Lucy. Her prone shooting was good, shooting 8/10 but her standing shooting is an area which needs focus and Nick will be working with Lucy on this tomorrow in training. Lucy also had the unfortunate experience of cross-firing on her 1<sup>st</sup> standing shooting, earning her 5 penalties. However, she has assured us all upon being told after the race what she had done, that it will never happen again!! Overall Lucy finished 69<sup>th</sup>.

Our 3 racers are now focusing on the Sprint races on Saturday, when all 3 race on the same day – it will be a very busy day for Coach Nick Almoukov. The Sprint race results will be interesting given this is more a race for skiers than shooters, whereas in the Individual Race, shooting is crucial given the 1min penalty earned for each shot missed.

That's all for now and we will send Report No 2 after the Sprint Races on Saturday.

Nick Almoukov and Toni Hulme  
With the Australian Junior/Youth Biathlon Team in Torsby