



# NSW BIATHLON ASSOCIATION

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## Recent Results

### Alex Almoukov

- Achieved 8.9% behind in Ostersund World Cup Sprint
- Placed 67th in Ostersund Sprint - best result ever
- Missed prestigious Pursuit qualification by only 11 seconds
- Has met the IBU/IOC Sochi 2014 Olympic personal qualification standard

### Lucy Glanville

- Achieved 15.7% at the 2nd Sprint race at Idre
- Qualifies for the 2013 World Championships in Czech Republic and IBU Cup Circuit in Trimester 2
- Achieved first of two personal % behind results required for IBU/IOC Sochi 2014 Olympic qualification

### Dyllan Harmer

- Dyllan achieved 19.9% behind at the Individual race in Beitstolen
- Qualified for the 2013 World Championships and IBU Cup Trimester 2.
- Achieved the first of two personal % behind results required for IBU/IOC Sochi 2014 Olympic qualification.

Alex Almoukov at the starting line of the 20km in Ostersund



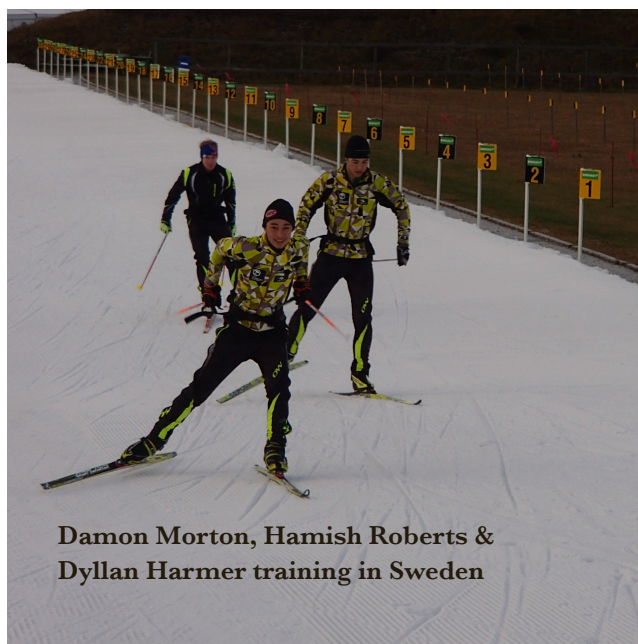
## Latest News

### *Racing begins...*

NSW and Australian Biathletes Alex Almoukov, Dyllan Harmer and Lucy Glanville began racing in Sweden last weekend with great success. All athletes recorded personal bests and achieved the percentage behind results they needed to continue racing in 2nd trimester. Lucy and Dyllan recorded some very accurate shooting - Lucy 9/10 at Idre Sprint and Dyllan 18/20 at Beitstolen Individual, while Alex is now shooting faster - taking only 25-30 seconds for his 5 shots (including preparation and exit) placing him in the top 50 of all shooting times in a race.

### *Training in Sweden...*

NSW Biathlete and Biathlon Junior World Championships qualifier Damon Morton has been busy training hard in Sveg, Sweden, preparing for the start of his race season. He is with his fellow NSW Biathlon team mates; Hamish Roberts and Alex Gibson. The boys are seeking qualifications to Biathlon World Junior Championships in Austria in January 2013, with the ultimate goal of qualifying an Australian Youth Boys Biathlon Relay Team for the first time ever.



Damon Morton, Hamish Roberts & Dyllan Harmer training in Sweden

## Did you know?

Biathlon results are recorded as a % behind the average time of the top 3 finishers in a race. To continue at the World Cup level, an athlete must achieve 15% behind in a Sprint or Individual race in a trimester. For IBU Cup, an athlete must achieve one result of 30% behind.



Boonoona  
Ski Club

Bembooka

HOTHAM

## Helpful Links

[www.nswsnowsports.com.au](http://www.nswsnowsports.com.au)  
(and click on "Biathlon")

Alex Almoukov's blog:  
<http://almoukov.wordpress.com>

To learn more about international biathlon, visit the IBU website:  
[www.biathlonworld.com/eng/](http://www.biathlonworld.com/eng/)

Find us on Facebook



Alex Almoukov racing in the 20km in Ostersund.



Lucy Glanville at Idre



## International Biathlon



World Cup Biathlon racing is one of the most exciting and riveting Winter sports. It's popularity in Europe is 2nd only to Football and Biathletes are sporting superstars on the world stage. Australia has competed in Biathlon at the last two Olympic Games.

This season, watch the World's top Biathletes battle it out to be crowned World Cup winner. Follow the exploits of Martin Forcade (FRA), Emil Hegle Svendsen (NOR) and Anton Shipulin (RUS) and see the newcomers challenge. In the Women's events, follow Tora Berger (NOR), Darya Domracheva (BEL) and the teams from Germany and Russia as they battle to be crowned World Cup Champions. Australia's Alex Almoukov is also in these events and can often be seen on the tracks and at the range.

All the weekly action can be found on [www.biathlonworld.com/eng/](http://www.biathlonworld.com/eng/) and on Eurosport Asia-Pacific [www.au.eurosport.com](http://www.au.eurosport.com) for all the latest programming schedules.

### Australian Sports Foundation Project - NSW Biathlon Towards Olympics 2014 and 2018

NSW Biathlon has set up the NSW Biathlon Towards Olympics 2014 & 2018 to support its athletes who are aiming to represent Australia at Sochi in 2014 and Pyeongchang, Korea in 2018. Donations to this project are tax deductible. For more information, please contact Toni Hulme, President NSW Biathlon [nswbiathlon@hotmail.com](mailto:nswbiathlon@hotmail.com) or 0406 420 380.



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