



## **Army Winter Sports Association (AWSA)**

Army & British Biathlon Union Office  
HQ 160 (Wales) Brigade  
The Barracks, Brecon, LD3 7EA

Telephone (Civil): 01874 730562

Fax (Civil): 01874 730049

Email (Civil): [info@britishbiathlon.com](mailto:info@britishbiathlon.com)

Our Reference: 3423 Gen

Date: 10 March 2007

***1070 days to the Olympic Winter Games  
Vancouver 2010***

See Distribution

### **GBR BIATHLON DEVELOPMENT COURSES**

#### **THE NATIONAL DEVELOPMENT SQUAD (NDS) - COURSE JOINING INSTRUCTION 2007**

1. **Introduction.** At the British Biathlon Championships (Exercise RUCKSACK) this year, the British Biathlon Union (BBU) selected a number of promising Junior and Youth athletes for further development. The BBU is responsible for the World Cup and the European Cup teams as well as the National Development Squad (NDS). In the last 3 years, 7 athletes from NDS have been promoted to the GBR senior squads. The primary BBU development focus is the 2014 Olympic Winter Games (OWG) so the NDS remains key to the future success of GBR Biathlon. However, the World Junior and / or European Championships 2008 should be within the grasp of the top students; 3 of the NDS 2006 competed in the 2007 European Championships!

2. **Courses.** The athletes listed in ranking order at Annex A have been nominated as NDS, and now have an opportunity to attend summer training camps in Scotland during 2007. The list is potentially over-subscribed, but some athletes will be committed operationally, however, in the event of high uptake, athletes of lower priority may be placed on a reserve list. The top NDS athletes, based on assessed potential at the early camps, will be invited to take part in full time summer training and will be re-assessed monthly in terms of performance, commitment, further potential and other factors.

a. **Dates.** All courses will be conducted at East Grange Biathlon Centre (EGBC), an excellent facility located close to RAF Kinloss, Moray, Scotland. Full details of EGBC are to be found on the EGBC link on the BBU website ([www.britishbiathlon.com](http://www.britishbiathlon.com)). Summer training courses are planned as follows:

(1) 16 - 27 Apr 07.

(2) 14 - 26 May 07.

(3) 18 - 29 Jun 07.



Patron: HRH The Duke of Kent KG GCMG GCVO ADC  
President: General Sir Richard Dannatt KCB CBE MC ADC  
Gen

Head Office:  
Clayton Barracks, Aldershot, GU11 2BG



- b. Availability. Units are requested to confirm the availability of athletes for each course, **and in particular for Course 1** (see Para 6 below). A consolidated attendance list will be promulgated by civilian e-mail and will be published on the BBU website.
3. Administration.
- a. Course Fees. NDS 07 courses are subsidised by the BBU and other sponsors; however, each student must pay £50.00 per week towards the course fees. Receipts will be issued and all students are encouraged to ask Units for support.
- b. Travel. Students are to make their own travel arrangements under respective unit budgets. Civilian cars are permitted and the nearest train station is Forres. The nearest airports are Inverness and Aberdeen with current return fares being very reasonable, for example, to Inverness from Heathrow £ 90 (Bmi), Gatwick £ 50 (easyJet), £ 115 (BA), Bristol £ 50 (easyJet) and Belfast £ 130 (flybe).
- c. Accommodation. Accommodation is earmarked at RAF Kinloss, unless operational duties require the rooms, in which case alternative military arrangements will be promulgated in advance. Either way, normal rationing arrangements in the Junior Ranks mess hall will apply.
- d. Arrival / Departure. **In addition to Para 6 below** students are to contact the NDS Coach, Hldr Banes, (Tel: 07963 667805, Email: scottybanes@yahoo.com) with their arrival time and mode of transport. They are to report to the Guardroom RAF Kinloss, and will be directed to the arrival briefing at the RAF Biathlon Centre. The courses disperse on Fridays, no later than lunchtime.
- e. Firearms Documentation. UK based students bringing a rifle to the course must carry a CO's Authorisation. The following documentation is also acceptable: Personal (UK or European) Firearms Certificate or a Loan Certificate from an Approved Rifle Club. Overseas-based students should travel with the CO's Authorisation and a NATO Travel Order (F Mov 220) or European Firearms Certificate. The course is run on a MoD F904/5-certificated biathlon range, which also adheres to *civilian firearms regulations*.
- f. Discipline. Courses are run for the ABU/BBU by the EGBC, but the host administrative unit is effectively RAF Kinloss. The Course Director is Sqn Ldr (Retd) Seaton RAF (BASI Teacher, BSSF XC Coach Grade IV, BBU RCO Examiner) who will be assisted by the NDS Coach plus other coaches as required. Although uniform is not worn, high standards of discipline and personal conduct are expected. All students will be under the Command and Control of the Course Director. Any behaviour that could affect good relations with either the civilian community or RAF Kinloss, and hence the future of such courses, will result in instant RTU.
4. Equipment. Historically, personal equipment organisation has been poorly executed, with individuals arriving ill-equipped to seize this training and coaching opportunity. It is important that athletes recognise immediately that they are no longer tied to their Regimental Team's apron strings, and that they must turn up at courses already armed with the "right tools for the job".
- a. Mandatory Specialist Kit. Students must bring their own ski boots, ski poles (road tips can be purchased on the course at £6 per set), gloves; high quality outdoor sports shoes and clothing as outlined at Para d. below.



Patron: HRH The Duke of Kent KG GCMG GCVO ADC  
President: General Sir Richard Dannatt KCB CBE MC ADC  
Gen

Head Office:  
Clayton Barracks, Aldershot, GU11 2BG



- b. Roller Skis. Roller skis are vital and highly valuable assets. Units must place great emphasis on this, and endeavour to send their students with their own or Unit roller skis. Marwe "Skating" complete with bindings can be purchased at EGBC for £170. RMA Sports ([www.biathlonsport.com](http://www.biathlonsport.com)), the official BBU supplier, sells Pro-Ski roller skis for approx the same price. Alternatively, limited hire is available at EGBC through the RAF Biathlon Union at £ 8 per week. The hire price reflects the high costs of purchase and maintenance.
- c. Ammo. Ammo will be provided by the BBU. Students are not to travel with ammo unless cleared in advance with the Course Director.
- d. Clothing. Only civilian clothes are required. Sports clothing will be worn most of the time. It is recommended that up to 3 changes of sports clothing per day (two outdoor/one indoor) are required and note that laundry/drying facilities are available. Students also need the following: outdoor high-visibility vest, small rucksack, drinking system/water bottles for rucksack, training logbook, notebooks, writing materials, cross-country ski gloves (2 pairs), lightweight waterproof clothing, ski hat and any other personal clothing/items required for a the 2-week duration.
- e. Rifles. Ideally, students should bring their own rifles (or UK Land / BFG pool) in line with Para 3e above; rifles can be hired at the EGBC at £ 8 per course / £ 15 per month.
- f. Last-minute Fixes. Students must bring the contact details for their Unit staff responsible for their participation on the courses, so that admin and kit problems can be addressed prior to training commencing.

5. Selection Policy 2007-08. It is possible that the top NDS athletes will be offered on-snow training with the European Cup Squad during autumn 2007, or even "promoted" to that squad during the summer. In mid November selection races open to any British athlete will be held. Details will be published later on the BBU web site, together with the Selection Policy 2007 - 08.

6. Contact Details. The AWSA / BBU Office on this letter head is usually unmanned with phones on divert. **All future information will be sent by civilian e-mail**, as there will be no further hard copy paperwork. Students must therefore have access to a civilian e-mail account as we only fax in extreme circumstances. **Attendance (or otherwise) for Course 01/07 is to be confirmed by Units by 05 Apr 07 to all e-mail addresses as follows:**

info@britishbiathlon.com (Lt Col (Retd) Goodson)  
wjlaurence@hotmail.com (Lt Col Laurence)  
gordonseaton@ukonline.co.uk (SqN Ldr (Retd) Seaton)

**The civilian Email address of both the Unit & student is to be included – even if they can not attend Course 1. The mobile tel # of students attending is also to be included! Please also list name / decorations etc of CO.**

**It is vital that the 05 Apr 07 deadline is adhered to as accommodation during the course periods is at a premium, so book early to guarantee a bed!**



Patron: HRH The Duke of Kent KG GCMG GCVO ADC  
President: General Sir Richard Dannatt KCB CBE MC ADC  
Gen

Head Office:  
Clayton Barracks, Aldershot, GU11 2BG



7. Biathlon Instructor and Coach Courses. Personal development is an underlying principle of full-time summer training, and athletes will be engaged in training to enhance both their athletic and personal effectiveness. Some NDS athletes will also get the opportunity to bid for a place on the HQ Land sponsored BBU Biathlon Instructor & RCO Course, planned for Sep 07 at EGBC. Students will therefore arrive back in Unit Teams ready to provide high-quality support to their Team Captains.

8. Course Ethos. The aim is to provide athletes with challenging and progressive biathlon training. A programme of professional athleticism will be delivered; however, the onus for improvement is very much upon the athlete based upon belief, desire and attitude. The goal is the OWG 2014 and our intent is to help all to achieve that, but it will not have escaped either students or their units that a considerable personal career and financial sacrifice is required in order to perform in the OWG and WC / EC arenas.

9. Appreciation. **The AWSA / ABU / BBU are immensely grateful to Commanding Officers** for the support they give to their Unit Teams, but in particular to those potential GBR athletes released to attend ABU / BBU Courses. It is not always easy to thank you in person, but we hope you will accept this "round robin" as an interim measure.

10. Summary. All NDS athletes must be fully focused and willing to invest considerable energy, time, finance, resources and commitment to achieve Team GBR Biathlon selection. The students attending these courses are the "biathletes of the future" and should note these "goals":

23 Jan – 08 Feb 08	Army & British Championships Hochfilzen AUT / Ruhpolding GER
26 Jan - 02 Feb 08	World Junior Championships, Ruhpolding GER
Feb 2008	European Championships, Nove Mesto CZE
08 Feb -17 Feb 08	World Championships, Ostersund SWE
06 – 15 Feb 09	World Championships, Pyeongchang KOR
12 Feb - 28 Feb 10	XXI Olympic Winter Games, Vancouver CAN
<b>Feb 2014</b>	<b>XXII Olympic Winter Games tba</b>



MJH Goodson  
Lt Col (Retd)  
For Chairman Nordic AWSA

Annex: A. GBR Biathlon - National Development Squad (NDS) 2007.

Distribution:

Action:

All athletes listed in Annex A

Info:

Unit Second-in-Command's of all athletes listed at Annex A **(Please note Para 6 above!)**



Patron: HRH The Duke of Kent KG GCMG GCVO ADC  
President: General Sir Richard Dannatt KCB CBE MC ADC  
Gen

Head Office:  
Clayton Barracks, Aldershot, GU11 2BG



Info (Email):

AWSA - Director Nordic (Maj Gen CC Brown), Chairman (Maj Gen RAMS Melvin), Chairman Nordic (Brig JA McIntosh), Secretary (Lt Col (Retd) Allen)

BBU - Chairman, Technical Director, Development Director, WC Team Coach, EC Team Coach, Development Coach

EGBC - Sqn Ldr (Retd) Seaton



Patron: HRH The Duke of Kent KG GCMG GCVO ADC  
President: General Sir Richard Dannatt KCB CBE MC ADC  
Gen

Head Office:  
Clayton Barracks, Aldershot, GU11 2BG



Annex A to  
AWSA 3423 Gen  
Dated 10 Mar 07

## **GBR BIATHLON – NATIONAL DEVELOPMENT SQUAD (NDS) 2007**

In ranking order: (S = Senior, J = Junior, Y = Youth, N = Novice)

### **Men:**

Tpr James Heal (S)	2 RTR
Gnr Gavin Forest (S)	16 Regt RA
Gnr Jamie Defty (J)	4 Regt RA
LCpl Dave Lamb (S)	17 P & M Regt RLC
Pte Mathew Haslam (Y)	1 LSR RLC
ATpr Lewis Hogbin (J)	1 Regt AAC
Lt Stuart Rutledge (JN)	1 LSR RLC
Hldr Adam Cruickshank (Y)	4 Scots
Gnr Ryan Solon (YN)	1 RHA
Lt Arthur Pugh (SN)	2 LSR RLC
Tpr Simon Mussel (S)	2 RTR
Spr Nick Curtis (JN)	28 Engr Regt
Hldr Gary Cruickshank (Y)	4 Scots
Tpr Mark Varndell (JN)	QRH
LCpl Ben Woolley (JN)	17 P & M Regt RLC
Pte Luke Brier (JN)	2 LSR RLC
Tpr Deane Clarke (YN)	9/12 L
Tpr Jack Warburton (YN)	1 RTR
Spr Fergie Ferguson (JN)	35 Engr Regt

### **Women:**

Capt Anna Barker (S)	AGC *
2Lt Alanda Scott (S)	28 Engr Regt
Lt Sarah Hadley (S)	AGC *
Bdr Leah Coxon (S)	16 Regt RA
Gnr Caroline Hart (J)	12 Regt RA
Fg Off Anna Bacon (S)	RAF +
LCpl Amanda Lightfoot (JN)	AGC *

\* All distr for AGC via Lt Hadley – please ensure we get individual Unit addresses in your reply to Para 6

+ Email Distr via Sqn Ldr Seaton



Patron: HRH The Duke of Kent KG GCMG GCVO ADC  
President: General Sir Richard Dannatt KCB CBE MC ADC  
Gen

Head Office:  
Clayton Barracks, Aldershot, GU11 2BG

