



TEAM GB

MEDIA GUIDE

SOCHI 2014

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SOCHI 2014 OLYMPIC WINTER GAMES TEAM GB MEDIA GUIDE

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Chairman and Chief Executive's Foreword



Welcome to the Sochi 2014 Olympic Winter Games!

This is a team of huge talent and depth, across more disciplines than before, and credit for this is due to the National Governing Bodies, the Home Country Sport Institutes, UK Sport and, most importantly, our winter-sport athletes, coaches and their families. The wonderful progress our athletes have made since Vancouver 2010 is a clear indication that the increase in funding for winter sport, as provided by UK Sport through the National Lottery and Exchequer, has been well-invested and expertly-managed.

For the British Olympic Association, Sochi 2014 is the culmination of seven years of intensive planning and preparation. In 2007, shortly after Sochi was awarded the honour of hosting the 2014 Olympic Winter Games, our internal teams in Games Services, Logistics, Sport and Communications began their work – putting in place the resources and support necessary for Team GB athletes and coaches to perform at their very best on the world's greatest sporting stage.

Throughout our preparations, we have had tremendous cooperation from the Sochi Olympic Organising Committee, and we extend our thanks and best wishes for a successful Games to our friends at Sochi 2014.

Our Team GB Corporate Partners – adidas, BP, Nissan, Proctor & Gamble,

Under the direction of our Chef de Mission, Mike Hay, and his experienced Delegation Leadership Team, we believe Team GB is in prime position to deliver an outstanding performance in Sochi.

DHL, Jet Set Sports and Oliver Brown – have also been crucial in supporting our preparations for Team GB, and for that too we extend our thanks.

We believe these Games can be a catalyst for increased participation in winter sport in the UK – not only in sports where Team GB traditionally excels in the Winter Games, like skeleton and curling,

but in emerging new sports that appeal to young people, like slopestyle skiing and snowboarding.

Under the direction of our Chef de Mission, Mike Hay, and his experienced Delegation Leadership Team, we believe Team GB is in prime position to deliver an outstanding performance in Sochi. Personal bests, new British records, performances that will capture the interest and imagination of our nation.

Thank you for your interest in Team GB and best wishes for a successful 2014 Olympic Winter Games.

Lord Sebastian Coe, KBE
Chair
British Olympic Association

Bill Sweeney
Chief Executive Officer
British Olympic Association

Chef de Mission's Foreword



Our commitment to the 23 women and 33 men who have earned selection to Team GB for the Sochi 2014 Olympic Winter Games is simple: to be the best prepared and best supported British Winter Olympic team in history.

These athletes join a unique club of 636 members who have represented Team GB at a Winter Olympics since 1924 in Chamonix.

It is our aim to ensure Olympic sports continue to progress and deliver the type of exciting performances that will inspire the next generation of athletes to take up these sports. It is therefore a great honour and thrill to lead such a talented team.

What can you expect from Team GB in Sochi? You can expect us to be competitive across a number of events and disciplines, some of them new to the Olympic programme. This is very exciting as you have to go back to the Salt Lake City 2002 and Lillehammer 1994 Winter Olympics to find a Games at which Team GB has won more than one medal – prior to that you are looking at 1948 in St Moritz.

We must, however, not forget that winter sport is very unpredictable and that for approximately 50 per cent of our athletes, these will be their first Olympics. The Olympic environment is very different to a sport specific competition; it can be quite daunting and distracting. So part of my job is to try to make sure the pressures and distractions of the Games don't hinder our potential. As at London 2012, we have

You can expect us to be competitive across a number of events and disciplines, some of them new to the Olympic programme. This is very exciting.

asked all of our athletes to sign up to the five key values of One Team GB: Performance, Responsibility, Unity, Pride and Respect. These values encompass the elements of being professional, and a role model, at all times and underpins everything we do as a team. This is the ethos that every Team GB athlete and support staff is expected to operate under during the Games.

I would like to take this opportunity to thank you, members of the media, for your interest, coverage and support for Olympic winter sport across the UK. Your reporting will inform the nation, while also inspiring future generations to get involved

as participants, coaches or volunteers and contribute to leaving a lasting winter sports legacy from Sochi 2014 in the UK.

For the 56 athletes who have achieved the honour of representing Team GB at Sochi 2014, many years of dedication, sacrifice and relentless preparation will culminate in the biggest, most significant moment of their sporting careers. This is their moment to shine and you, the media, will help bring those moments to life for fans of Team GB across the world.

Mike Hay, Team GB Chef de Mission

About Sochi 2014

In a closely fought 2014 host city election, Sochi narrowly beat off competition from Pyeongchang, which will now stage the next Games in 2018, and Salzburg to bring the Olympics to Russia for the second time.

QUICK FACTS

17 competition days with figure skating, snowboarding and freestyle skiing starting the day before the opening ceremony on February 6

In 1980 Moscow staged the Summer Games with 5,179 athletes from 80 nations participating. Even more countries are expected to travel to Sochi, competing for 294 medals in 15 disciplines, organised as seven Olympic sports, in what will be the first Games staged under new International Olympic Committee president Thomas Bach.

stockpiled more than half-a-million cubic metres of snow. Primarily a summer holiday resort, Sochi welcomes two million visitors every year with many travelling from Moscow, which is just over 1000 miles away.

The Sochi Olympic Torch Relay will culminate at the Opening Ceremony at the Fisht Olympic Stadium on February 7, following a journey of 40,400 miles – making it the longest in Olympic Winter Games history – during which the flame will have been carried by 16,000 torchbearers, with a trip into space among the highlights.

After the Olympic Winter Games, Sochi will host the 2014 Paralympic Winter Games between March 7-16 and will be home to the Russian F1 Grand Prix from 2015. It is also among the host city venues for the 2018 FIFA World Cup.

QUICK FACTS

5,500 Olympic Winter Games athletes and officials

The Sochi 2014 Olympic Winter Games will be one day longer than Vancouver 2010 and more medals will be awarded, with several disciplines making their debut.

The Host City

With a population nearing 400,000, Sochi is considered the longest city in Europe – it stretches approximately 92 miles along the Black Sea – and is a Russian holiday resort in the Krasnodar Krai territory.

QUICK FACTS

85+ countries participating

Sochi will be the warmest city to host an Olympic Winter Games with daytime temperatures averaging 10°C and, while the mountains above the city are much colder, organisers have already

Venues
Sochi organisers have undertaken a substantial building and development programme, with the Games expected to be the most expensive ever staged.

Ice events will be held in a cluster near the Black Sea in the Imeretinskaya Valley while a second hub for skiing and sliding events will be held in the Krasnaya Polyana mountains, 30 miles from the city.

For the first time ever at an Olympic Winter Games, there will be an Olympic Park, with venues for ice hockey, speed skating, short track speed skating, curling and figure skating, all within a

short distance walk from the Fisht Olympic Stadium – the 40,000 capacity venue for the Opening and Closing Ceremonies – the Main Media Centre and Olympic Village.

QUICK FACTS

10,000 media representatives from around the world

The Olympic Park will also be the venue for the Medals Plaza. Medalists will take part in a flower ceremony at their respective venues with their medal ceremony staged later that evening or the following day, depending on the timing of their event.

New Events

In April 2011 what was to be the first of two sets of new events were approved for Sochi 2014. These saw plenty of firsts with a figure skating team event introduced and female ski jumpers allowed their maiden Games appearance.

QUICK FACTS

A total of 12 new events will be contested making it the largest Olympic Winter Games to date

A biathlon mixed relay was also introduced as well as a team relay in luge while freestyle skiing's schedule expanded with the addition of halfpipe for both men and women.

The programme for freestyle skiing got even bigger in July 2011 as the International Olympic Committee added slopestyle – whereby athletes ski down a mountain and perform tricks on rails, quarter-pipes and jumps – for both men and women.

Snowboarding also confirmed slopestyle for both genders and parallel

slalom to add to the parallel giant slalom discipline – which has been at the Games since Salt Lake City 2002 – with the emphasis on the new events being to appeal to a younger audience.

Emblem and slogan

Hot. Cool. Yours. – Sochi's slogan for the 2014 Olympic Winter Games was revealed to coincide with the 500 days to go landmark.

QUICK FACTS

Three billion worldwide television viewers

The logo is the first in Olympic history to include a web address and the Games mascots were decided after a nationwide phone vote.

They include a snowboarding snow leopard, a polar bear and a hare.

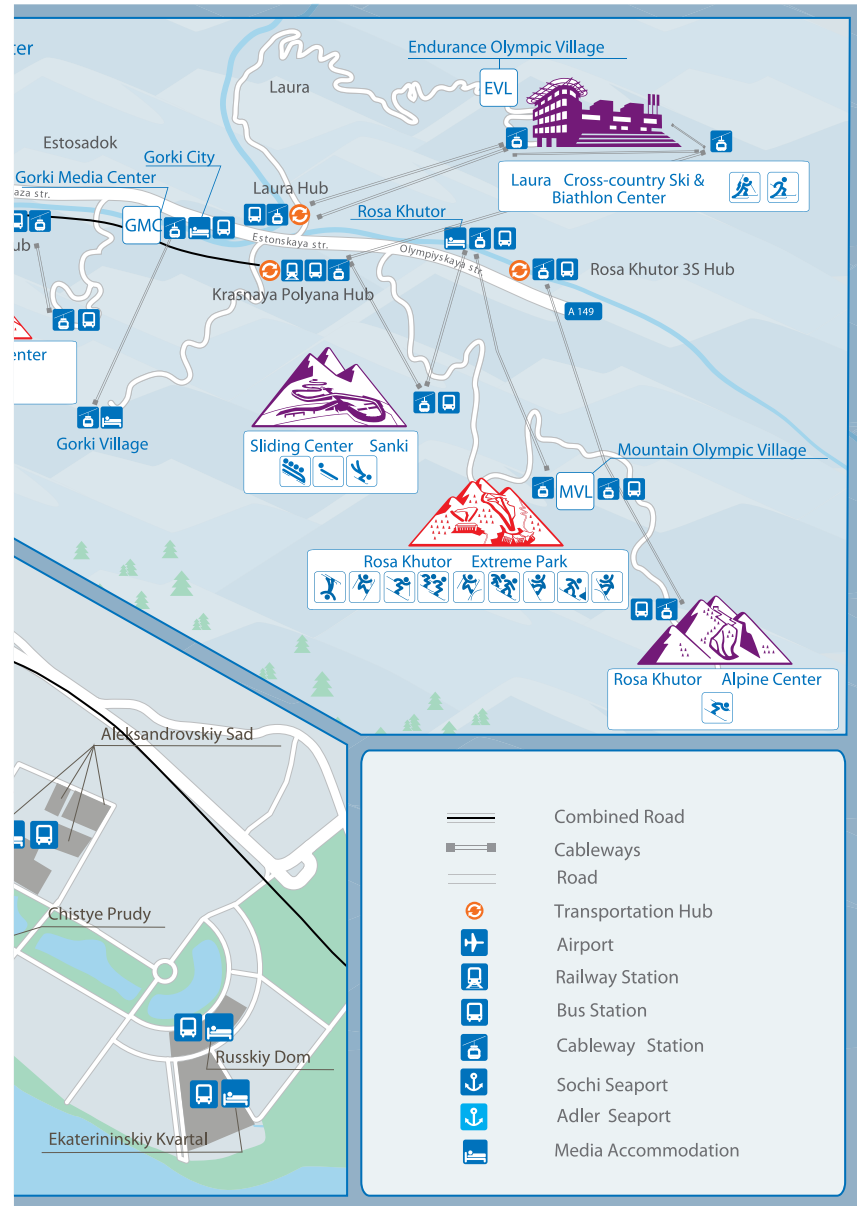
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2014

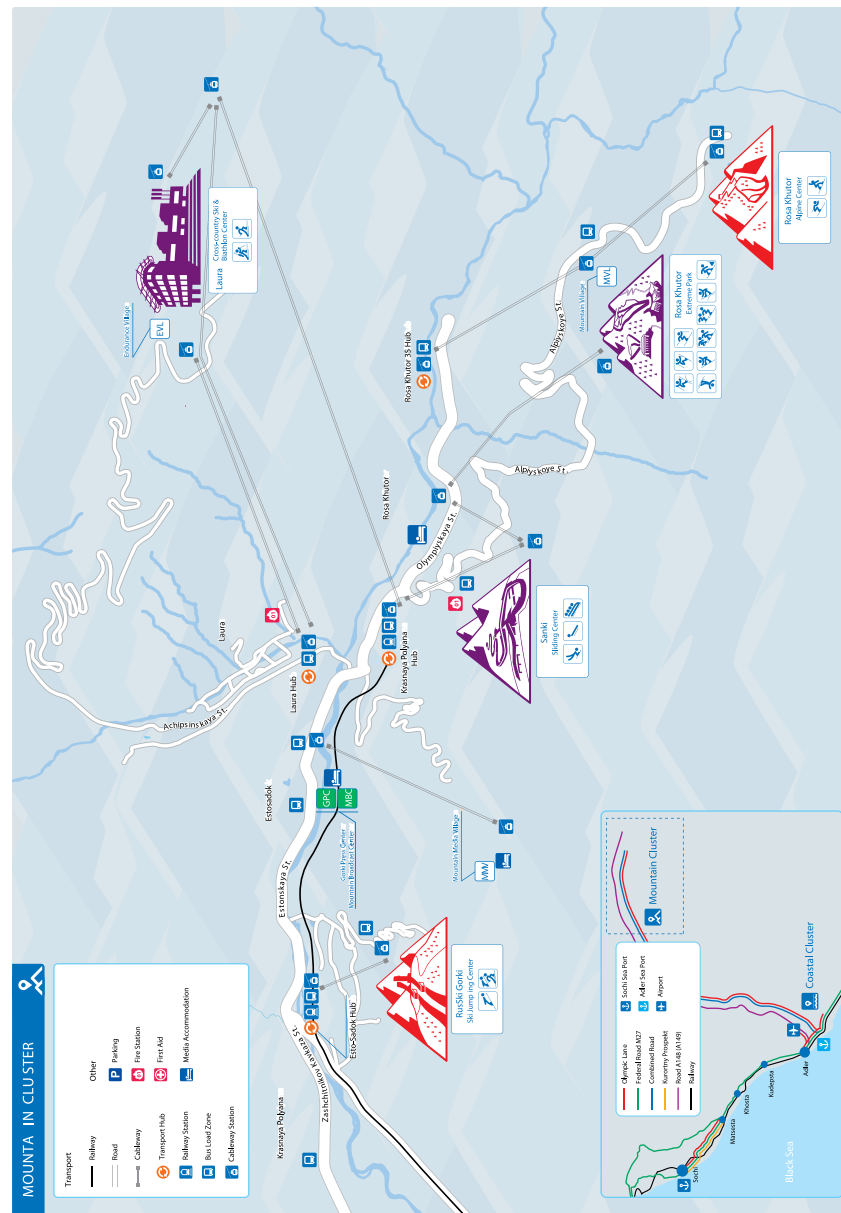
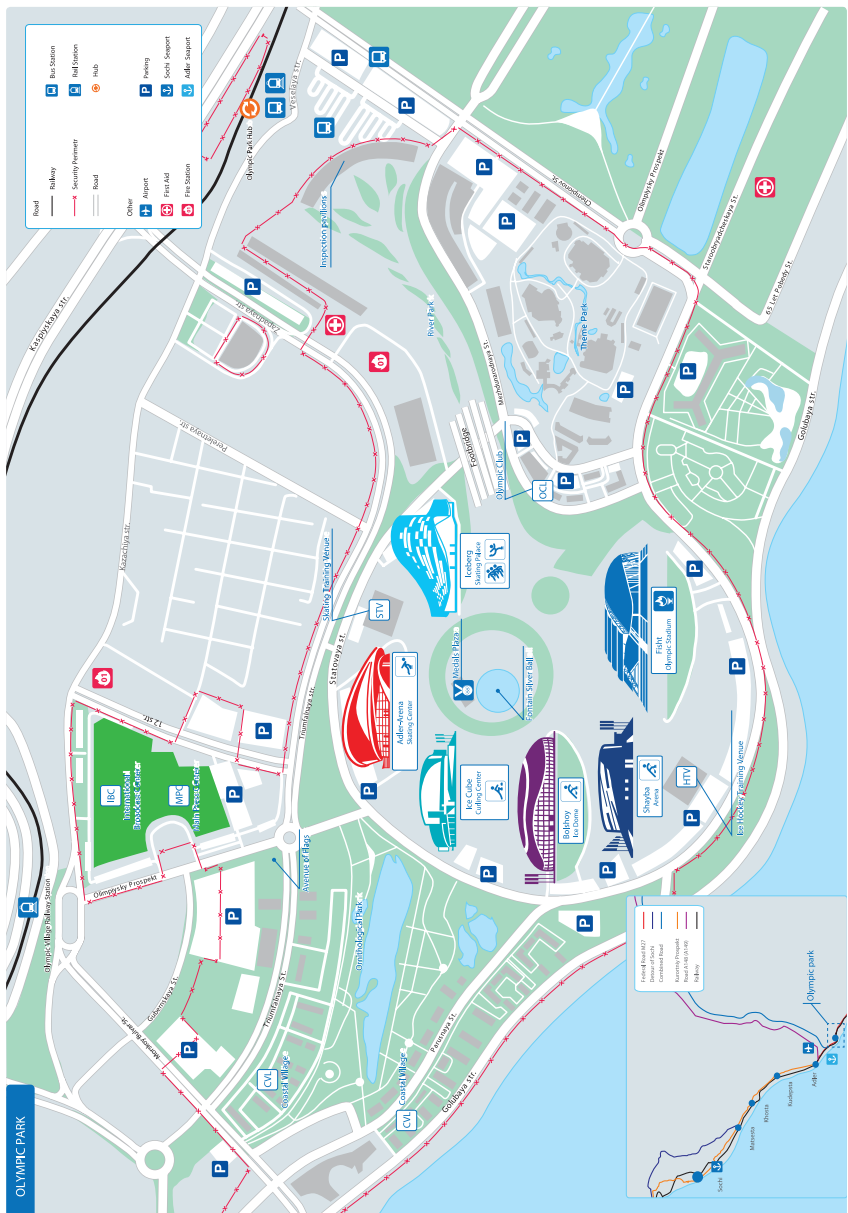


QUICK FACTS

100 million visits worldwide to sochi2014.com







Competition Schedule

= Medal events

	February																		
	T 6	F 7	S 8	S 9	M 10	T 11	W 12	T 13	F 14	S 15	S 16	M 17	T 18	W 19	T 20	F 21	S 22	S 23	
Opening Ceremony																			
Biathlon																			
Bobsleigh Bobsleigh																			
Bobsleigh Skeleton																			
Curling																			
Ice Hockey																			
Luge																			
Skating Figure Skating																			
Skating Short Track Speed Skating																			
Skating Speed Skating																			
Ski & Snowboard Alpine Skiing																			
Ski & Snowboard Cross-Country Skiing																			
Ski & Snowboard Freestyle Skiing																			
Ski & Snowboard Nordic Combined																			
Ski & Snowboard Ski Jumping																			
Ski & Snowboard Snowboarding																			
Closing Ceremony																			

Team GB Press Officers

Communications Foreword

Thank you for your interest in covering the athletes, coaches and delegation personnel who will represent Team GB at the Sochi 2014 Olympic Winter Games. Our Team GB Media Guide has been produced to assist you in your coverage of the UK's Olympic skiers, snowboarders, sliders, skaters and curlers – and we certainly hope you find it helpful.

On this page, you will find a directory that provides full contact details for every member of the Team GB Communications Staff. This group of professionals brings significant Olympic and international-sport experience to their assignments in Sochi and London. Moreover, this team has an

appreciation for the important work done by journalists in bringing the stories of the UK's Olympic athletes to readers and viewers around the world, and we look forward to assisting you in your coverage. Should you have questions or require assistance, please do not hesitate to call upon our team.

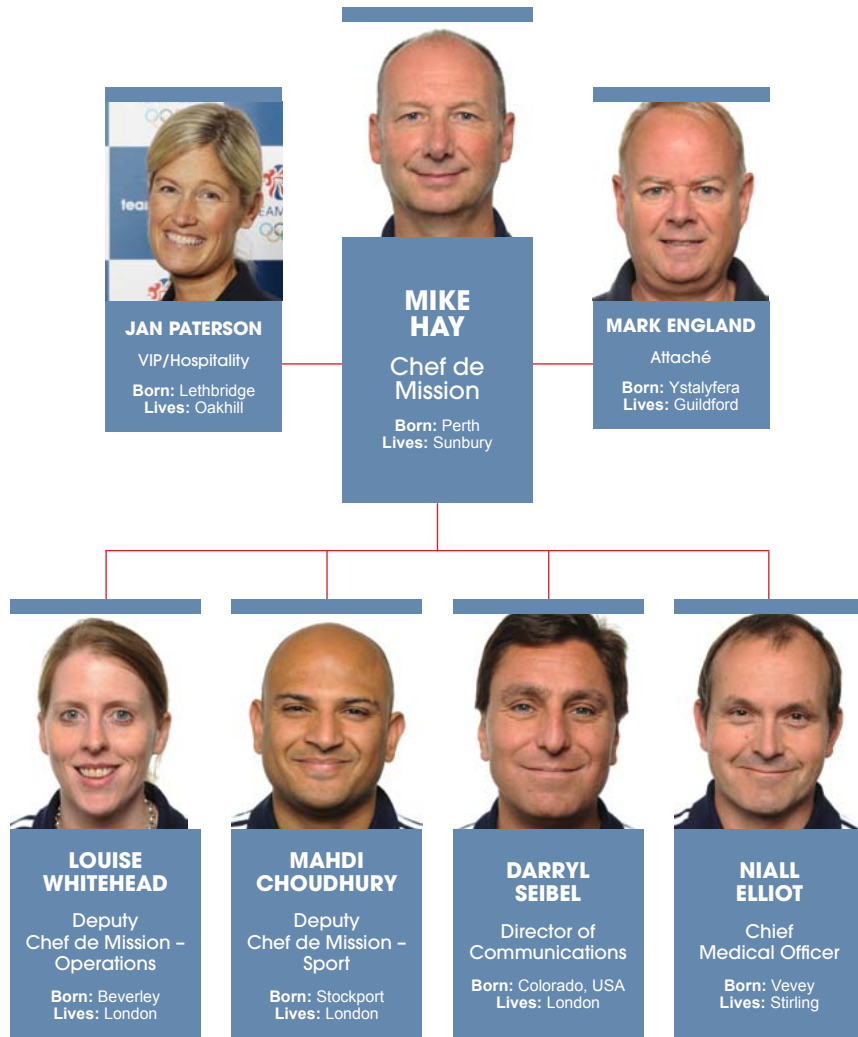
Once again, thank you for your interest in Team GB and best wishes for a successful Games in Sochi!

Darryl Seibel,
Director of Communications
Miriam Wilkens,
Head of Communications

Contact Details

NAME	POSITION	MOBILE	EMAIL	DATES
Sochi				
Darryl Seibel	Director of Communications – Coast	9254031955	Darryl.Seibel@TeamGB.com	Jan 31-Feb 24
Richard Prescott	Chief Press Officer – Mountains	9254031956	Richard.Prescott@TeamGB.com	Feb 7-23
Laura Meech	Multi-Sport Press Officer – Bobsleigh & Skeleton back up	9254031957	Laura.Meech@TeamGB.com	Feb 1-24
Betony Garner	Multi-Sport Press Officer – Ski, Snowboard & Biathlon	9254031955	Betony.Garner@TeamGB.com	Jan 30-Feb 24
Katriona Bush	Multi-Sport Press Officer – Curling	9254031912	Katriona.Bush@TeamGB.com	Feb 1-24
Grace Cullen	Multi-Sport Press Officer – Short Track Speed Skating & Figure Skating	9254031913	Grace.Cullen@TeamGB.com	Jan 30-Feb 24
Louisa O'Riordan	Press Officer – Skeleton	9254031915	Louisa.Oriordan@TeamGB.com	Feb 10-17
London				
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Becky Jenkins	Press Officer	0207 8425763 +447711 383525	Becky.Jenkins@TeamGB.com	

Team GB Leadership



Ambassadors

ROBIN COUSINS

Sport: Figure Skating – Men's
Born: 17.08.1957, Bristol
Lives: Brighton
Games attended: Two (Innsbruck 1976, Lake Placid 1980)
Major achievements: **OG:** gold 1980; 10th 1976. **WCh:** silver 1980; silver 1979; bronze 1978. **ECh:** gold 1980; bronze 1979; bronze 1978; bronze, 1977.



Robin Cousins is one of the most successful British winter sports athletes of all time. His debut at the Olympic Games came at Innsbruck 1976, where he finished tenth.

He then won Olympic men's singles gold at Lake Placid 1980 and is still Britain's most recent individual men's gold medalist at the Winter Games.

He is also a former European champion and a three-time world medalist. He won the world professional title three times before his retirement from competitive skating in 1989.

He also played a crucial part in the lead up to the London 2012 Summer Olympics, working closely with the synchronised swimming team and carrying the Olympic Torch in his home town of Brighton.

He is well known for his role as head judge on ITV's Dancing on Ice and was named BBC Sports Personality of the Year in 1980.



Robin Cousins performs at Lake Placid 1980

AMY WILLIAMS

Sport: Skeleton – Women's
Born: 29.09.1982, Cambridge
Lives: Bath
Games attended: One (Vancouver 2010)



Major achievements: **OG:** gold 2010. **WCh:** silver 2009. **ECh:** bronze 2011.

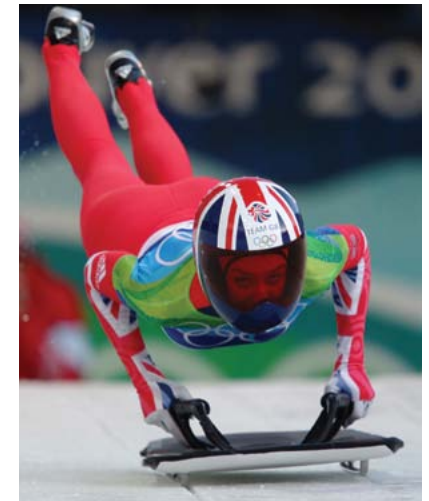
At the Vancouver 2010 Olympic Winter Games skeleton slider Amy Williams became Britain's first individual female gold medalist since figure skater Jeannette Altwegg in 1952.

A former track and field sprinter, Williams, who took up skeleton in 2002, attended Turin 2006 as a reserve and watched on as fellow Brit Shelley Rudman won silver.

In Whistler four years later she twice broke the track record and won gold by more than half-a-second.

Since her retirement in 2012 she has presented the BBC Ski Sunday programme and recently competed in the GB Rally, as a co-driver alongside former F1 driver Tony Jardine.

She was also a Team GB Ambassador at the London 2012 Olympics, a role she will continue at Sochi 2014, and like Robin Cousins two years ago she carried the Olympic Torch.



Amy Williams takes to the Whistler skeleton track

Team GB All-Time Medallists

M = Men W = Women 🏆 = Gold medal 🥈 = Silver medal 🥉 = Bronze medal

YEAR/CITY	EVENT	MEDAL/WINNER
2010 Vancouver	W Skeleton	🏆 Amy Williams
2006 Torino	W Skeleton	🥈 Shelley Rudman
2002 Salt Lake City	W Curling	🏆 Rhona Howie, Deborah Knox, Fiona MacDonald, Janice Rankin, Margaret Morton
	W Skeleton	🥉 Alex Coomber
1998 Nagano	M Bobsleigh Four-man	🥉 Sean Olsson, Dean Ward, Courtney Rumbolt, Paul Attwood
1994 Lillehammer	M/W Figure Skating Ice Dance	🥉 Jayne Torvill, Christopher Dean
	M Short Track Men's 500m	🥉 Nicky Gooch
1984 Sarajevo	M/W Figure Skating Ice Dance	🏆 Jayne Torvill, Christopher Dean
1980 Lake Placid	M Figure Skating	🏆 Robin Cousins
1976 Innsbruck	M Figure Skating	🏆 John Curry
1964 Innsbruck	M Bobsleigh Two-man	🏆 Anthony Nash, Robin Dixon
1952 Oslo	W Figure Skating	🏆 Jeannette Altwegg
1948 St. Moritz	W Figure Skating	🥉 Jeannette Altwegg
	M Skeleton	🥉 John Crammond
1936 Garmisch-Partenkirchen	M Ice Hockey	🏆 Great Britain
	W Figure Skating	🥈 Cecilia Colledge
	M Bobsleigh Four-man	🥉 Frederick McEvoy, James Cardno, Guy Dugdale, Charles Green
1928 St. Moritz	M Skeleton Men's	🥉 David Carnegie
1924 Chamonix	M Curling	🏆 Great Britain
	M Bobsleigh Four-man	🥈 Thomas Arnold, Ralph Broome, Alex Richardson, Rodney Soher
	W Figure Skating	🥉 Ethel Muckelt
1908 London	M Ice Hockey	🥉 Great Britain
	W Figure Skating	🏆 Florence Syers*

* Event was then part of Summer Olympic Games

Vancouver 2010 Medal Table

	GOLD	SILVER	BRONZE	TOTAL
1. Canada	14	7	5	26
2. Germany	10	13	7	30
3. USA	9	15	13	37
4. Norway	9	8	6	23
5. South Korea	6	6	2	14
6. Switzerland	6	0	3	9
7. China	5	2	4	11
7. Sweden	5	2	4	11
9. Austria	4	6	6	16
10. Netherland	4	1	3	8
11. Russia	3	5	7	15
12. France	2	3	6	11
13. Australia	2	1	0	3
14. Czech Republic	2	0	4	6
15. Poland	1	3	2	6
16. Italy	1	1	3	5
17. Belaru	1	1	1	3
17. Slovakia	1	1	1	3
19. Team GB	1	0	0	1
20. Japan	0	3	2	5
21. Croatia	0	2	1	3
21. Slovenia	0	2	1	3
23. Latvia	0	2	0	2
24. Finland	0	1	4	5
25. Estonia	0	1	0	1
25. Kazakhstan	0	1	0	1

Team GB Flagbearers

YEAR	CITY	FLAGBEARER	EVENT
2010	Vancouver	Shelley Rudman	Skeleton
2006	Turin	Rhona Howie	Curling
2002	Salt Lake City	Mike Dixon	Biathlon
1998	Nagano	Mike Dixon	Biathlon
1994	Lillehammer	Mike Dixon	Biathlon
1992	Albertville	Wilf O'Reilly	Speed Skating
1988	Calgary	Nick Phipps	Bobsleigh
1984	Sarajevo	Christopher Dean	Figure Skating
1980	Lake Placid	Jeremy Palmer-Tomkinson	Luge
1976	Innsbruck	John Curry	Figure Skating
1972	Sapporo	Mike Freeman	Bobsleigh
1968	Grenoble	Robin Dixon	Bobsleigh
1964	Innsbruck	Keith Schellenberg	Luge
1960	Squaw Valley	John Moore	Biathlon
1956	Cortina d'Ampezzo	Stuart Parkinson	Bobsleigh
1952	Oslo	John Nicks	Figure Skating
1948	St Moritz	Henry Graham Sharpe	Figure Skating
1936	Garmisch-Partenkirchen	Frederick McEvoy	Bobsleigh
1932	Lake Placid	Mollie Phillips	Figure Skating
1928	St Moritz		
1924	Chamonix	Colin Carruthers	Ice Hockey

Facts & Stats

Youngest athlete:

Katie Summerhayes

Freestyle Skiing – Slopestyle, 18

Oldest athlete:

Kristan Bromley

Skeleton, 41

Tallest athlete:

Stuart Benson

Bobsleigh – Four-man, 1.95m (6ft 5ins)

Shortest athlete:

Penny Coomes

Figure Skating – Ice Dance, 1.52m (5ft)

Previous Medallist:

Shelley Rudman

Skeleton – silver Turin 2006

Athletes with the most Olympic Games experience (Sochi 2014 will be their FOURTH):

Chemmy Alcott

Alpine Skiing – Salt Lake City 2002, Turin 2006, Vancouver 2010

Kristan Bromley

Skeleton – Salt Lake City 2002, Turin 2006, Vancouver 2010

First Team GB medal opportunity:

Billy Morgan

Snowboard – Slopestyle, February 8

Last Team GB medal opportunity:

John Jackson, Stuart Benson, Bruce Tasker, Joel Fearon

Bobsleigh – Four-man, February 23

Other useful info

For the Sochi 2014 Olympic Winter Games Team GB will consist of 56 athletes across five sports – biathlon, bobsleigh, curling, skating and skiing – and ten disciplines – biathlon, bobsleigh, skeleton, curling, figure skating, short track speed skating, alpine skiing, cross-country skiing, freestyle skiing and snowboard.

Team GB Sochi 2014 birthday celebrations:

February 12

Stuart Benson – Bobsleigh, 33

February 21

Andrew Young – Cross-Country Skiing, 22

Dates of interest

February 6

Delegation Leadership Press Conference, Sochi

February 6

Team GB Flag Bearer Announcement, Sochi

February 7

Ones to Watch Press Conference, Sochi

February 24

Homecoming Press Conference, London

Biographies Key

- BCh** – British Championships
- BOA** – British Olympic Association
- ECh** – European Championships
- EinCh** – European Indoor Championships
- ft** – feet
- ins** – inches
- kg** – kilograms
- lbs** – pounds
- m** – metres
- OG** – Olympic Games
- st** – stone
- WC** – World Cup
- WCh** – World Championships
- WJCh** – World Junior Championships
- WU** – Winter Universiade
- XG** – X Games

Biathlon



Biathlon

Introduction

The word biathlon comes from the Greek word 'bi' meaning two and 'athlon' meaning contest with Sochi 2014 set to be the sport's 15th official appearance on the Olympic schedule.



Biathlon has its origins in the ancient hunting practices of northern Europeans and involves athletes combining skiing with shooting.

Athletes ski a pre-determined distance before stopping at a shooting range to fire at five targets. The biathlon rifle is a 5.6mm calibre weapon carried on an athlete's back in a special harness with the barrel pointed up.

Military patrol featured at the very first Olympics at Chamonix 1924 but was a

● It has been a worthwhile journey to get to this point in my sporting career and I will enjoy every minute of the Sochi 2014 Winter Olympics. My goals are to make the top 30 in the world and also compete in the Olympic pursuit race. ●

Amanda Lightfoot

demonstration event at three Olympics thereafter – St Moritz 1928, Garmisch-Partenkirchen 1936 and St Moritz 1948 – before biathlon's debut at Squaw Valley 1960.

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Lee Jackson in the shooting range at Vancouver 2010

The number of events has grown from just the one, the men's individual in 1960, to 11 with women allowed to compete at the Games for the first time at Albertville 1992 and Sochi 2014 marking the first time that a mixed relay event will be contested at the Olympics.

Ole Einar Bjørndalen is the most successful biathlete at the Olympic Winter Games with a total of 11 medals – six gold, four silver and one bronze.

He is the only biathlete to have won every event during the same Games – winning four golds at Salt Lake City 2002 with the mass start not introduced until Turin 2006.

At Vancouver 2010 he surpassed German Uschi Disl's record Olympic biathlon medal haul of nine with gold and silver making him the second most decorated Winter Olympian of all time just one medal away from equalling Norwegian cross-country skier Bjørn Dæhlie's record of 12.

Despite Bjørndalen's successes it is Germany and not Norway who are the most successful biathlon nation at the Olympics while Britain are one of only six countries to have fielded athletes at every Games since the sport's debut at Squaw Valley 1960.

Mike Dixon represented Britain at five Olympic Winter Games in biathlon from Calgary 1988 to Salt Lake City 2002 having switched from cross country skiing after making his debut at Sarajevo 1984.

Team GB 2014

Britain will have one male and one female representative in biathlon at Sochi 2014 – one more than was fielded at Vancouver

WORDS TO LEARN +

PRONE:

The lying down – on your front – shooting position

MAGAZINE:

The part of the rifle that is used to hold the five rounds of ammunition

HARNESS:

Backpack like shoulder straps used for carrying the rifle on an athletes' back

ZEROING:

Time before competition when an athlete shoots at paper targets to adjust the rifle sights for wind and light conditions

2010 and the same number as Turin 2006.

Lee Jackson, Britain's sole biathlete at Vancouver 2010, and Amanda Lightfoot earned the right to represent Team GB in Russia following the opening six World Cup events of the year.

DID YOU KNOW?

When a biathlete hits a target in the shooting range, a different coloured disc flips up to show the hit.

Jackson beat off competition from Kevin Kane and Marcel Laponder to make a second Olympic appearance, going into the World Cup season with the same number of qualifying standards as the former – four.

At Vancouver 2010 Jackson finished 66th in the individual and 55th in the sprint, which qualified him to participate in the pursuit where he was to place 56th.

Jackson's finish of 55th in the sprint was Britain's best performance in biathlon at an Olympics since Jason Sklenar placed 48th in the individual at Salt Lake City 2002.



Leading the biathlon team into the Sochi 2014 Olympic Winter Games will be the highlight of my career. We will do our best to make Britain proud and prove we can be a competitive nation in such an alien sport!

Marc Walker, Team Leader

Meanwhile Lightfoot becomes the first female British biathlete to compete at an Olympic Winter Games since Emma Fowler joined Tom Clemens in doing so at Turin 2006 – and only the second ever.

She held three qualifying standards going into the World Cup season and claimed Britain's best individual finish at the 2013 World Championships, placing 52nd in the pursuit in the Czech Republic.

Competition format

There are five biathlon disciplines at the Olympic Winter Games, which provide 11 medal events: Individual, sprint, pursuit, mass start and relay.

Men and women compete separately in each event but join forces in the mixed relay, which is set to be held for the first time ever at an Olympics at Sochi 2014.

Athletes shoot at targets from 50 metres with target sizes 115mm in diameter for standing and 45mm for prone.

The sprint is a shorter version of the individual event over 10km for men and 7.5km for women. There are just two shooting stages – one prone and one standing – and for every missed target a 150m penalty loop must be undertaken.

DID YOU KNOW?

An athlete's wrist must not touch the ground while they are in the prone - lying on their front - position in the shooting range.

The top 60 finishers of the sprint – both men's and women's – qualify for the pursuit which is also a staggered start dependent on an athlete's time in the sprint.

The sprint winner starts the race followed by each athlete at the same time they trailed them. Covering 12.5km for men and 10km for women, this event reverts back to four shooting stages but with the first two prone and second two standing. Like the sprint, a 150m penalty loop is undertaken for every missed target.

The individual competition is the original and traditional style biathlon race over 20km for men and 15km for women with four shooting lanes. Athletes start at intervals of 30 seconds and chose their own shooting lane.

The first and third shoots are prone while the second and fourth are standing. Every target of the five missed leads to a one-minute penalty.

The mass start covers 15km for men and 12.5km for women with the 30 highest ranked athletes from the previous three events starting together simultaneously and taking their place in the shooting range dependent on their start number.

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Biathlon made its official debut at the Olympic Winter Games in 1960

Athletes line up at the remaining shooting stages dependent on the order in which they arrived at the firing line. The first two are prone and second two standing, with the 150m penalty loop for missed a target still applying.

There are three relay events – a men's 4x7.5km, a women's 2x6km and a mixed, which is split into two with two legs for women and two for men over the distances that they race separately.

Teams are four-strong with each leg involving two shoots – one prone and one standing.

Unlike the individual events each athlete has eight rounds of ammunition for each shooting stage – five in the magazine and three that can be loaded by hand if needed. If unsuccessful after eight rounds, athletes must ski a 150m penalty loop for each target missed.

FACT FILE

VENUE:

Laura Cross Country Ski and Biathlon Center

GOLD MEDALS ON OFFER:

11

DATES:

Saturday February 8 – Saturday February 22

NUMBER OF TEAM GB ATHLETES:

Men: 1 Women: 1

WEBSITES:

BOA: www.teamgb.com/winter-sports/biathlon

Sochi 2014: www.sochi2014.com/en/biathlon

NGB: www.britishbiathlon.com/

TEAM GB BIATHLON AT THE OLYMPIC GAMES

Great Britain are yet to win an Olympic biathlon medal

World Championships 2013 – best individual performance, Amanda Lightfoot, 52nd, women's 10km pursuit

RECENT MAJOR CHAMPIONSHIP WINNERS

M = Men **W** = Women

	OLYMPIC GAMES 2010	WORLD CHAMPIONSHIPS 2013
Individual	M Emil Hegle Svendsen (NOR) W Tora Berger (NOR)	Martin Fourcade (FRA) Tora Berger (NOR)
Sprint	M Vincent Jay (FRA) W Anastasiya Kuzmina (SVK)	Emil Hegle Svendsen (NOR) Olena Pidhrushna (UKR)
Pursuit	M Björn Ferry (SWE) W Magdalena Neuner (GER)	Emil Hegle Svendsen (NOR) Tora Berger (NOR)
Mass Start	M Evgeny Ustyugov (RUS) W Magdalena Neuner (GER)	Tarjei Bø (NOR) Darya Domracheva (BLR)
Relay	M Norway W Russia M/W N/A	Norway Norway Norway

EVENTS SCHEDULE

M = Men's events **W** = Women's events = Medal event

DATE	TIME	EVENT
8 Feb	18:30-20:20	M 10km Sprint
9 Feb	18:30-20:20	W 7.5km Sprint
10 Feb	19:00-20:20	M 12.5km Pursuit
11 Feb	19:00-20:20	W 10km Pursuit
13 Feb	18:00-20:20	M 20km Individual
14 Feb	18:00-20:20	W 15km Individual
16 Feb	19:00-20:20	M 15km Mass Start
17 Feb	19:00-20:20	W 12.5km Mass Start
19 Feb	18:30-20:30	M/W Mixed Relay
21 Feb	18:30-20:30	W 4x6km Relay
22 Feb	18:30-20:40	M 4x7.5km Relay

Great Britain will compete in the men's and women's sprint and individual events with outings in the pursuit and mass start dependent on those results

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LEE JACKSON

Born: 20.04.1980, Stockton-on-Tees
Lives: Stockton-on-Tees
Height: 1.72m (5ft 8ins)
Weight: 70kg (11st)
Games attended: One (Vancouver 2010)



Major achievements: **OG:** 55th (sprint), 56th (pursuit), 66th (individual) 2010. **WCh:** 87th (individual), 106th (sprint) 2013; 88th (sprint), 109th (individual) 2012; 47th (individual), 47th (pursuit), 48th (sprint) 2011.

Lee Jackson was introduced to the sport when, unbeknownst to him, he thought he was going on an alpine ski trip. Instead he learnt to cross-country ski and shoot a biathlon rifle for four months.

Self-coached and based in Italy, he was selected for the British team the following year. He serves in the British Army as a Lance-Corporal with the 2nd Battalion, the Yorkshire Regiment and has two children – daughter, April, and son, Lars.



AMANDA LIGHTFOOT

Born: 30.01.1987, Coventry
Lives: South Shields
Height: 1.72m (5ft 8ins)
Weight: 60kg (9st 5lbs)
Games attended: None



Major achievements: **WCh:** 52nd (pursuit), 53th (sprint), 95th (individual) 2013; 36th (sprint), 43rd (pursuit), 59th (individual) 2012; 34th (individual), 54th (sprint) 2011.

Amanda Lightfoot started skiing through the military in 2006 and began competing internationally in 2008.

She underwent a knee operation in April 2013 and lists Norwegian biathlete and reigning Olympic individual champion Tora Berger as her inspiration.

Left-handed, Lightfoot serves in the Adjutant General's Corps of the Army, supports Sunderland FC and if she was not an elite athlete would be a personal trainer.

@amandabiathlon1

SIMON ALLANSON

Function: Technical Support
Games role: Wax Technician
Born: Leeds
Lives: Normanton



MARC WALKER

Function: Sport Official
Games role: Team Leader
Born: Crawley
Lives: Crawley



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Bobsleigh



Bobsleigh

Introduction

Bobsleigh has been contested at every Olympic Winter Games apart from Squaw Valley 1960, when the prohibitive cost of building a track was ruled out by organisers.

The two-man competition was introduced at Lake Placid 1932 and women made their debut at the Games at Salt Lake City 2002.

Germany are the most successful nation in Olympic history with ten golds, though Switzerland have claimed more medals overall. Great Britain won silver in the four-man event at the inaugural Games

● To represent Team GB for a second time is a great honour. What makes it so special for me is that the official team announcement came exactly six months after a full Achilles repair operation. ●

John Jackson

in Chamonix in 1924 and followed up with bronze 12 years later in Garmisch-

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British No.1 pilot John Jackson at the start

Partenkirchen. Nearly three decades passed before a British athlete returned to the podium when Tony Nash and Robin Dixon won a famous gold at Innsbruck 1964 – their winning margin just 0.12 seconds over the Italian favourites.

Another 30 years passed before Team GB's next success at Nagano 1998, pilot Sean Olsson and crew Dean Ward, Courtney Rumbolt and Paul Attwood securing a share of bronze with France.

Bobsleigh teams include a brakeman and a pilot in the two-man and two-woman events while two crewmen or pushers are added for the four-man race.

From a standing start, the crew pushes the sled in unison up to 50 metres, with speeds in excess of 25mph recorded before the crew loads into the sled.

Athletes need strong nerves and a good sense of balance with pilots trained to develop an eye and touch for steering.

With the start so important, many crew members graduate from track and field because of their speed although five-time Olympic champion rower Sir Steve Redgrave spent two seasons on the British team in the early 1990s.

DID YOU KNOW?

The oldest ever bobsleigh gold medallist was American athlete Jay O'Brien, who topped the podium at Lake Placid 1932 aged 48.

Team GB 2014

Great Britain will field their biggest bobsleigh team at an Olympic Winter Games since Salt Lake City 2002 – when



● I only started competing in bobsleigh 13 months ago, so to come from nothing to being selected to go to Sochi, it's been hard work, but I've made it and I am excited to have been selected to compete for Team GB again. I'm looking forward to competing in Sochi, that's why we do sport! to compete at the highest level and there is no higher level than the Olympic Games. ●

Craig Pickering

FACT FILE +

VENUE:
Sanki Sliding Center

GOLD MEDALS ON OFFER:
3

DATES:
Sunday 16 February-Sunday 23 February

NUMBER OF TEAM GB ATHLETES:
Men: 8 Women: 2

WEBSITES:
BOA: www.teamgb.com/winter-sports/bobsleigh
Sochi 2014: www.sochi2014.com/en/bobsleigh/
NGB: www.bobteamgb.org/

WORDS TO LEARN +

G-FORCE:
Crews are subjected to five G forces when their sled corners a bend at speed

BRAKEMAN:
Sits at the back of the sled and controls the speed by applying the brakes at appropriate times

PUSHERS:
In the four-man, two additional athletes help push the sled and then sit between the pilot and brakeman

RUNNERS:
Two highly-polished steel sliders on which the sled rides. Strict rules govern their maintenance

14 athletes were taken – at Sochi 2014 with a team of ten selected. Great Britain will have two sleds in the four-man event for the first time since Salt Lake City 2002 with pilot John Jackson's GBR1 crew having charted a steady trajectory on the world stage since driving them to 17th at Vancouver 2010.

DID YOU KNOW?
The name bobsled comes from the early racers bobbing their heads up and down in order to increase their speed.

In 2011, Jackson won gold and two bronze medals in the Europa Cup and, along with crew Stuart Benson, Bruce Tasker and Joel Fearon, he finished fifth at last year's World Championships in St Moritz, just 0.07 seconds off a medal.

Jackson made history in the season building up to Sochi 2014 by first claiming World Cup silver in Lake Placid in December for Great Britain's first podium on the circuit since 1997. He then drove the team to European silver in Koenigssee in January with Britain's last four-man podium at the event coming in 1994 when they achieved the same finish.

The second British four-man team will consist of Lamin Deen as pilot and John Baines, Craig Pickering and Ben Simons as his crew. Deen will also compete in the two-man event with Pickering, whose selection ensures that there is yet another bobsleigh athlete selected to have competed at both a Summer and Winter Olympic Games.

Allyn Condon was part of Jackson's crew at Vancouver 2010 and competed at the Sydney 2000 Summer Games while Pickering sprinted at Beijing 2008.

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Paula Walker in action at Vancouver 2010

Meanwhile, Paula Walker has become the first-choice British women's driver after the retirement of Nicola Minichiello, who won the world title in 2009 with Gillian Cooke. Walker finished 11th on her Olympic debut in Vancouver with Kelly Thomas and with Bex Wilson won the world junior title one year later in Park City. Walker and Wilson will team up in Sochi.

Competition format

Bobsleigh events are staged over two days, with two runs staged on each day. The four runs are timed to 0.01 seconds and the fastest total time determines the medallists and finishing positions. If two teams complete the competition in a tie, they are awarded the same place. The starting order for



Craig Pickering, Ben Simons, John Baines and Lamin Deen at the Team GB Kitting Out

the first run is considered crucial, with a definite advantage to being among the first down the track while the ice is still fresh.

World rankings are used to give the top ranked sliders the benefit of an early start number. For the second run, the competitors start in reverse order of their time from the first run. There are two groups: the fastest 20 from the first run

are in the first group, again giving them the benefit of optimum conditions.

In the first group, the slowest competitors go first and the fastest competitor goes last. In the second group, the fastest competitor goes first, i.e. 21st downwards. Strict rules govern the weight of the sled and crew with all equipment carefully inspected by officials before each run.

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RECENT MAJOR CHAMPIONSHIP WINNERS

M = Men W = Women

	OLYMPIC GAMES 2010	WORLD CHAMPIONSHIPS 2013
Two-man	M Andre Lange/ Kevin Kuske (GER)	Francesco Friedrich/ Jannis Backer (GER)
Two-woman	W Kaillie Humphries/ Heather Moyse (CAN)	Kaillie Humphries/ Chelsea Valois (CAN)
Four-man	M USA – Steven Holcomb	Germany – Maximilian Arndt

TEAM GB HERO: TONY NASH & ROBIN DIXON +

Robin Dixon was the heir to Lord Glentoran while driver Tony Nash was a director of a family engineering firm, but together they combined to win Britain's first and only Olympic bobsleigh gold. They showed their promise by winning bronze at the 1963 World Championships and arrived at Innsbruck 1964 in bullish mood, beating the Italian favourites by 0.12 seconds over four runs. Their win was remembered for the sporting gesture of Italian rival Eugenio Monti, who after realising Nash and Dixon had broken a bolt on their sled, gave them one off his. He went on to win bronze and receive the first Pierre de Coubertin medal for sportsmanship. Meanwhile, Nash and Dixon won the world title in 1965 and finished fifth in the defence of their Olympic gold at Grenoble 1968 with Monti taking gold. Both were awarded MBEs to mark their Olympic victory and a curve at the St. Moritz-Celerina Olympic Bobrun is named in their honour.



TEAM GB BOBSLEIGH AT THE OLYMPIC GAMES

Great Britain's last Olympic bobsleigh medal was bronze in the four-man at Nagano 1988



Total at Olympics

World Championships 2013 – best performance, 5th, four-man

EVENTS SCHEDULE

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
16 Feb 20:15-22:55	M Two-man Runs 1&2
17 Feb 18:30-21:00	M 🏅 Two-man Runs 3&4
18 Feb 19:15-21:10	W Two-woman Runs 1&2
19 Feb 20:15-22:20	W 🏅 Two-woman Runs 3&4
22 Feb 20:30-23:05	M Four-man Runs 1&2
23 Feb 13:30-16:05	M 🏅 Four-man Runs 3&4

Great Britain will compete in the two-man, four-man and two-woman events

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JOHN BAINES

Event: GBR2 Four-man
Born: 26.09.1985, Middlesbrough
Lives: Thirsk
Height: 1.89m (6ft 2ins)
Weight: 100kg (15st 7lbs)
Coach: Michael Khmel
Games attended: None

Major achievements: WC (Winterberg): 14th (two-man) 2012.

A former 100m and 200m county champion, John Baines discovered bobsleigh upon joining the Royal Air Force, where he has been given two years support to train for the Olympics.

He has a two-year-old son Harrison and his wife Alexandra is expecting their second child in July.



STUART BENSON

Event: GBR1 Four-man
Born: 12.02.1981, Troon
Lives: Bath
Height: 1.95m (6ft 5ins)
Weight: 103kg (16st 2lbs)
Coach: Dominik Scherrer, Peter Gunn, Michael Khmel
Games attended: None

Major achievements: WCh: 5th (four-man) 2013; 10th (four-man) 2012. Ech: silver (four-man) 2014.

Stuart Benson serves as a corporal and technician in the Royal Air Force and after a promising track and field career, which include success at Inter-Services level, he started his bobsleigh career in 2011.

His nickname is 'Flailing Limb' and he claims his proudest moment to be the day he married his wife Sarah.

@StuBensonGB



LAMIN DEEN

Event: GBR2 Four-man, GBR1 Two-man, Pilot
Born: 17.06.1981, London
Lives: Bath
Height: 1.82m (5ft 11ins)
Weight: 105kg (16st 5lbs)
Coach: Michael Khmel
Games attended: None

Major achievements: WCh: 23rd (four-man), 24th (two-man) 2013; 26th (two-man) 2011.

Scouted while running the 100m at a British Army athletics meet, pilot Lamin Deen hasn't looked back since making his bobsleigh debut in 2007.

He went on to become the army and inter-service champion in 2011 and has risen to the rank of sergeant in the British Army Grenadier Guards, having joined at the age of 16.

@team_deen



JOEL FEARON

Event: GBR1 Four-man
Born: 11.10.1988, Coventry
Lives: Bath
Height: 1.78m (5ft 10ins)
Weight: 90kg (14st 2lbs)
Coach: Michael Khmel
Games attended: None

Major achievements: WCh: 5th (four-man) 2013; 10th (four-man) 2012. Ech: silver (four-man) 2014.

Sprinter Joel Fearon combines his bobsleigh and track and field careers. He was selected for the British team for the 2011 European Indoor Athletics Championships in Paris and made his winter sports debut later that year.

He has since established himself as part of John Jackson's GB1 sled, finishing fifth at last year's World Championships. His 10.10second 100m personal best ranks him 13th on the all-time British list.



JOHN JACKSON

Event: GBR1 Four-man, Pilot
Born: 11.04.1977, Barnard Castle
Lives: Trowbridge
Height: 1.83m (6ft)
Weight: 101kg (15st 9lbs)
Coach: Dominik Scherrer, Peter Gunn, Michael Khmel
Games attended: One (Vancouver 2010)

Major achievements: OG: 17th (four-man), DNF (two-man) 2010. WCh: 5th (four-man), 19th (two-man) 2013; 10th (four-man), DNF (two-man) 2012; 22nd (four-man), 20th (two-man) 2011. Ech: silver (four-man) 2014.

John Jackson enjoyed a breakthrough 2012-13 season, finishing just 0.07 seconds off a medal at the World Championships in St Moritz and ranking fifth at the Olympic test event and World Cup in Sochi.

He built on that success in the build up to Sochi as he claimed Britain's first World Cup medal since Olympic bronze medallist Sean Olsson's bronze in La Plagne in 1997 by winning silver in Lake Placid.

The Royal Marines Commando, a father to three daughters, started in the sport as a brakeman, finishing ninth in the four-man at the 2007 World Championships.

He recovered from a serious Achilles injury to secure his Sochi selection, with medical experts astounded by his recovery. In three words he describes himself as a 'moody Shrek lookalike'.



@JohnJacksonGB



CRAIG PICKERING

Event: GBR2 Four-man, GBR1 Two-man
Born: 16.10.1986, Crawley
Lives: Bath
Height: 1.84m (6ft)
Weight: 84kg (13st 2lbs)
Coach: Michael Khmel
Games attended: One (Beijing 2008)



Major achievements: Bobsleigh WCh: 19th (two-man) 2013.
Athletics OG: DQ (4x100m), 4f (100m) 2008. WCh: bronze (4x100m) 2007. EInCh: silver (60m) 2007.

Craig Pickering made his Olympic debut at the Beijing Summer Games in 2008 in the 100m and as part of the British sprint relay team.

His track and field career highlight was his bronze medal at the 2007 World Championships in Osaka and he has 6.55seconds and 10.14 personal bests for the 60m and 100m respectively. He switched to bobsleigh in 2013 and competed at his first World Championships that year.

@craig100m

BEN SIMONS

Event: GBR2 Four-man
Born: 13.11.1986, Shrewsbury
Lives: Broseley
Height: 1.86m (6ft 1in)
Weight: 90kg (14st 2lbs)
Coach: Michael Khmel
Games attended: None



Major achievements: WCh: 23rd (four-man), 24th (two-man) 2013.

A Welsh international in the 100m and 4x100m, Ben Simons opted to give bobsleigh a go after seeing the Sochi 2014 talent search advertised.

Despite only making his debut in the sport in 2012, Simons can already boast a World Championship outing on his bobsleigh CV, competing in both the two-man and four-man events in St Moritz.

@benthebounce

BRUCE TASKER

Event: GBR1 Four-man
Born: 02.09.1987, Manorbier
Lives: Bath
Height: 1.94m (6ft 4ins)
Weight: 105kg (16st 5lbs)
Coach: Dominik Scherrer, Peter Gunn, Michael Khmel
Games attended: None



Major achievements: WCh: 5th (four-man) 2013; 10th (four-man), DNF (two-man) 2012. 22nd (four-man), 20th (two-man) 2011. ECh: silver (four-man) 2014.

After a successful junior athletics career, in which he was British 400m indoor champion for three straight years, Bruce Tasker made his bobsleigh debut in 2010 after being approached by John Jackson and performance director Gary Anderson.

Nicknamed 'Bigfoot', he is the most experienced member of John Jackson's first choice GBR1 crew.

@Bruce_Bobsleigh

PAULA WALKER

Event: GBR1 Two-woman, Pilot
Born: 23.04.1986, Leicester
Lives: Trowbridge
Height: 1.82m (6ft)
Weight: 92kg (14st 5lbs)
Coach: Peter Gunn, Allyn Condon
Games attended: One (Vancouver 2010)



Major achievements: OG: 11th 2010.
WCh: 14th 2013; 7th, 2012; 13th 2011.
WJCh: gold 2011.

Paula Walker, a corporal in the Royal Signals, became the first GB driver to win the world junior title in 2011 and has established herself as Britain's first-choice senior.

She finished 11th with Kelly Thomas on her Olympic debut at Vancouver 2010 but has enjoyed success since with brake women Bex Wilson and Gillian Cooke.

Her partner is British teammate John Jackson.

@paulawalkerGB

REBEKAH WILSON

Event: GBR1 Two-woman
Born: 17.03.1991, Manchester
Lives: Manchester
Height: 1.58m (5ft 2ins)
Weight: 66kg (10st 4lbs)
Coach: Morris Condon, Allyn Condon
Games attended: None



Major achievements: WCh: 13th 2011.
WJCh: gold 2011.

Rebekah 'Bex' Wilson took last season out in a bid to get into the best physical condition – and it reaped dividends when she impressed at team trials and was selected in the first-choice sled for the opening races of the World Cup season.

Wilson partnered Paula Walker to world junior gold in 2011 and was a promising junior sprinter, who represented Britain at the 2010 World Junior Championships.

@BexGBbobsleigh

'P' ACCREDITED ATHLETES

SARAH ADAMS

Born: 19.10.1987, Leicester
Lives: Leicester
Coach: Michael Khmel



Sarah Adams began her sporting career as a gymnast, with her mother being a gymnastics coach. She then turned to athletics before eventually finding the sport of bobsleigh.

A brakewoman, Adams is a quick learner and became 2012-13 two-woman British champion alongside Victoria Olaoeye by a clear margin of almost four seconds.

ANDREW MATTHEWS

Born: 26.10.1986, Slough
Lives: Langley
Coach: Linford Christie



In 2005 Andrew Matthews was the top-ranked under-23 100m sprinter in the country, boasting a 4x100m gold medal from the European Junior Championships.

And his sprinting background hasn't deserted him, Matthews having being coached by former Olympic 100m champion Linford Christie for four years.

@ShapedNotFaded

GARY ANDERSON

Function: Sport Official
Games role: Team Leader
Born: Watford
Lives: Hemel Hempstead



PETER GUNN

Function: Sport Official
Games role: Coach
Born: Lisburn
Lives: Wick



LEE JOHNSTON

Function: Sport Official
Games role: Coach
Born: Scarborough
Lives: Taunton



MICHAEL KHMEL

Function: Sport Official
Games role: Coach
Born: Charsk, Russia
Lives: Nottingham



RETO MEIER

Function: Technical Support
Games role: Technical Personnel
Born: Zeihen, Switzerland
Lives: Zeihen, Switzerland



JAMES ROCHE

Function: Sport Official
Games role: Technical Personnel
Born: The Pas, Canada
Lives: Woking



DOMINIK SCHERRER

Function: Sport Official
Games role: Coach
Born: Wildhaus-Alt St. Johann, Switzerland
Lives: Auw, Switzerland



ASHLEIGH WALLACE

Function: Sport Official
Games role: Physiotherapist
Born: Bloemfontein, South Africa
Lives: Maidenhead



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Skeleton

Introduction

Skeleton was first part of the Olympic programme when the Games were held in St Moritz, with competitions taking place on the famous Cresta Run in 1928 as the sport made its maiden appearance before returning after a 20-year absence for a second outing as the same venue acted as the host city in 1948.

At St Moritz 1948 the sport was officially known as tobogganing but it was dropped from the schedule thereafter. However, having gained popularity in the 1990s, it returned for Salt Lake City 2002 and has remained on the Games programme ever since.

● Sochi has been my goal for so long that I'm very relieved to have been selected, and excited about the opportunity to represent Team GB at the Winter Olympics. ●●

Dominic Parsons

Skeleton is a form of single-person sled racing but, unlike luge sliders, athletes travel face first with their stomach on the sled and reach speeds of over 80 miles per hour on artificial tracks, also used

for bobsleigh and luge. Athletes must possess razor sharp reflexes and a strong responsive body core that shifts their weight from one side to the other while steering the skeleton.

Great Britain are third on the all-time medal table behind the USA and Canada, winning five medals, including one gold. Since the sport returned to the Games, Britain have always secured a women's podium place with Alex Coomber winning bronze at Salt Lake City 2002, Shelley Rudman securing silver at Turin 2006 and Amy Williams capturing a famous gold four years ago at Vancouver 2010.

Their success continued a tradition established by David Carnegie, who won bronze in 1928, and John Crammond, who took the same colour medal in 1948. No skeleton slider has defended an Olympic title, indeed only one athlete, Switzerland's Gregor Stähli, has won two medals, with bronzes in 2002 and 2006.

Team GB 2014

Great Britain will field a four-strong team at Sochi 2014, the exact same number that competed at the Vancouver 2010 Olympic Winter Games.

Reigning world champion and European silver medallist Shelley Rudman will be looking to upgrade the silver medal she won at Turin 2006 as she makes her third Olympic appearance.

Lizzy Yarnold – a former world bronze medallist – claimed this season's World Cup title, winning four golds and securing a record seven straight podiums to dominate the world rankings. They'll be joined on the



● My whole life I have dreamt about becoming a British Olympian and for the last five years since I took up skeleton, competing at Sochi 2014 has been my primary focus. This

season has been great for my preparation, I am in a good place both physically and mentally. ●●

Lizzy Yarnold

team by Kristan Bromley, a former world champion, who is appearing at his fourth Olympics and looking to improve on his fifth-place finish eight years ago.

Olympic newcomer Dominic Parsons,

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Shelley Rudman with her silver at Turin 2006

the highest ranked British male at the 2013 World Championships and who won bronze at the World Cup opener in Calgary this season, completes the team.

Britain's sliders are looking to continue a tradition of medalling every time skeleton has been staged at the Games and have spent two different training blocks at the Olympic venue in Sochi, including a successful week at the venue in November.

Competition format

Two gold medals are available in Olympic skeleton. Events take place on the same track as the bobsleigh and starts with a running or push phase, after which the athlete dives onto the sled and descends the track. Athletes lie prone, facing downhill, with arms at their sides, steering the skeleton with tiny movements of their body.

A number of timed training runs will be staged before the competition to enable



Kristan Bromley at Vancouver 2010

sliders to familiarise themselves with conditions and the track. In addition, all teams have had allotted training time on the track in the build-up to the Games.

Competition takes two days, with two runs staged on each day for both men and women. The fastest total time determines the winner, with timings made to 0.01 seconds. If two athletes complete the competition in a tie, they are awarded the same place.

The starting order for the first run is considered crucial by sliders, with a definite advantage to being among the first

down the track while the ice is still fresh.

World rankings are used to give the top-ranked sliders the benefit of an early start number, with the order of proceeding runs based on rankings after the previous run. For the second run, the competitors start in reverse order of their time from the first run.

There are two groups: the fastest 20 from the first run are in the first group, giving them the benefit of optimum conditions. In the first group, the slowest competitor goes first and the fastest competitor goes last.

In the second group, the fastest competitor goes first, i.e. 21st down the track to the last competitor in the field. Sled dimensions are governed by the international federation FIBT with a maximum sled weight and maximum weight for sled and athlete strictly enforced.

Sled frames must be made of steel and may not include steering or braking mechanisms.

FACT FILE

VENUE:
Sanki Sliding Center

GOLD MEDALS ON OFFER:
2

DATES:
Thursday February 13 – Saturday February 15

NUMBER OF TEAM GB ATHLETES:
Men: 2 Women: 2

WEBSITES:
BOA: www.teamgb.com/winter-sports/skeleton
Sochi 2014: www.sochi2014.com/en/skeleton
NGB: www.britishskeleton.co.uk/

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WORDS TO LEARN

RUNNERS:

The two round beveled blades on which the skeleton runs, they are polished before every run

LINE:

The best or most efficient route around a track. The high line takes a sled closer to the top edge, while the low line takes a sled closer to the bottom edge

SPEED SUIT:

Athletes wear a close-fitting and aerodynamic suit and cleated shoes that enable them to grip the ice during the crucial push start

DID YOU KNOW?

British Skeleton's chairman Lord Clifton Wrottesley – who finished fourth for Ireland at Salt Lake City 2002 and was the nation's Chef de Mission at Turin 2006 – has won the Cresta Run's prestigious Brabazon Trophy a record 12 times.

TEAM GB SKELETON AT THE OLYMPIC GAMES

	GOLD	SILVER	BRONZE	TOTAL
Salt Lake 2002	0	0	1	1
Turin 2006	0	1	0	1
Vancouver 2010	1	0	0	1
Total at Olympics	1	1	3	5
World Championships 2013	1	0	0	1

TEAM GB HERO: AMY WILLIAMS



Four years ago at Vancouver 2010 Amy Williams MBE became the first British athlete to win an individual Winter Olympic title since Robin Cousins claimed figure skating gold at Lake Placid 1980. Williams attended Turin 2006 as a reserve but announced her medal intentions at the 2009 World Championships, when she claimed silver. She twice broke the Whistler track record at Vancouver 2010 and announced her retirement from the sport in May 2012. She carried the Olympic Torch in the build-up to London 2012 and competed as a co-driver in the 2013 British Rally. Williams is also a Team GB Ambassador and will be in Sochi for the Games.



RECENT MAJOR CHAMPIONSHIP WINNERS

M = Men W = Women

	OLYMPIC GAMES 2010	WORLD CHAMPIONSHIPS 2013
Skeleton	<p>M Jon Montgomery (CAN)</p> <p>W Amy Williams (GBR)</p>	<p>Alexander Tretiakov (RUS)</p> <p>Shelley Rudman (GBR)</p>

EVENTS SCHEDULE

M = Men's events W = Women's events M = Medal event

DATE	EVENT
13 Feb 11:30-13:20	W Runs 1&2
14 Feb 16:30-21:40	M Runs 1&2 W M Runs 3&4
15 Feb 18:45-21:05	M M Runs 3&4

Great Britain will compete in the men's and women's events

KRISTAN BROMLEY

Born: 07.03.1972, Rossendale
Lives: Sheffield
Height: 1.80m (5ft 9ins)
Weight: 77kg (12st 1lb)
Coach: Richard Bromley, Mark Campbell
Games attended: Three (Salt Lake City 2002, Turin 2006, Vancouver 2010)



Major achievements: OG: 6th 2010; 5th 2006; 13th 2002. WCh: gold 2008. WC: gold 2008; gold 2004; bronze 2000. ECh: silver 2009; gold 2008; gold 2005; gold 2004.

Kristan Bromley – nicknamed Dr Ice – made his competitive debut in skeleton in 1996 and has ended every season since ranked British men's number one.

In 2008 he became the first man in history to win the World Championship, European Championship and World Cup titles in the same season, which he claims will never be matched whatever else he achieves in his career.

He also won the overall World Cup title in 2004 and his best finish in three Olympic appearances is his fifth place at Turin 2006.

Bromley's sporting heroes are motocross rider Dave Thorpe – who he admires for 'pushing the boundaries of his sport' – and decathlete Daley Thompson, whose second Olympic gold medal at Los Angeles 1984 is his first Games memory.

He is partner to teammate Shelley Rudman and known for his unchanging two-hour pre-race routine, which he plans down to the exact minute.

He races on sleds designed and produced with his former Richard by their company Bromley Technologies Ltd.

@kristanbromley

DOMINIC PARSONS

Born: 08.09.1987, London
Lives: Bath
Height: 1.85m (6ft 1in)
Weight: 90kg (14st 2lbs)
Coach: Danny Holdcroft
Games attended: None
Major achievements: WCh: 9th 2013.
WJCh: 4th 2009; 4th 2010.



Dominic Parsons was introduced to skeleton by Olympian and IOC member Adam Pengilly during a barbecue in the summer of 2007 and started competing for Great Britain in January the following year.

He has one of the fastest starts in skeleton and was the top ranked British man at last year's World Championships, finishing ninth in St Moritz.

He counts coming back from being twice deselected from the British Skeleton programme as his greatest achievement.

@domparsons

SHELLEY RUDMAN

Born: 23.03.1981, Pewsey
Lives: Sheffield
Height: 1.71m (5ft 7ins)
Weight: 60kg (9st 5lbs)
Coach: Self-coached
Games attended: Two (Turin 2006, Vancouver 2010)



Major achievements: OG: 6th 2010; silver 2006. WCh: gold 2013. WC: bronze 2014; gold 2012; silver 2011; silver 2010; silver 2009. ECh: silver 2014; gold 2011; bronze 2010; gold 2009; silver 2006.

Former track and field hurdler Shelley Rudman was introduced to skeleton in 2002 by university friend and British athlete Greg Kirk and didn't initially make the British development team.

However, after spending time at a self-funded specialist ice school, she finally broke into the squad and showed her promise by winning the Winter Universiade title in 2005.

Rudman prides herself on her ability to quickly learn a track and one year later she arrived at her first Olympics at Turin 2006 hoping to make the top ten and, following some impressive training times, left with a silver medal.

Her victory was greeted with memorable scenes in her home village of Pewsey in Wiltshire, where locals had raised £4,000 to buy her a new sled for the Games.

She is the reigning world champion and claimed her first overall World Cup title in 2012. She was named flagbearer for the British team at the opening ceremony of the Vancouver 2010 Olympics, where she placed sixth.

Rudman took time away from the sport after giving birth to her daughter Ella in 2008.

@ShelleyRudman

LIZZY YARNOLD

Born: 30.10.1988, Maidstone
Lives: Bath
Height: 1.73m (5ft 8ins)
Weight: 70kg (11st)
Coach: Andreas Schmid
Games attended: None



Major achievements: WCh: 4th 2013; bronze 2012. WC: gold 2014; 4th 2013. WJCh: gold 2012.

Spotted by UK Sport in 2008 as part of the Girls4Gold search, Lizzy Yarnold has made an instant impact in skeleton.

Yarnold won world bronze in 2012 and won her first World Cup races in the same season.

This season she has dominated the World Cup circuit, securing seven straight podiums, including four race wins (correct Jan 22nd) to become the most successful British skeleton slider in a single World Cup campaign. Her sled is nicknamed Mervyn and her landlady is reigning Olympic champion Amy Williams.

@TheYarnold

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RACHEL BLACKBURN

Function: Sport Official
Games role: Technical Personnel
Born: Stoke
Lives: Bath



RICHARD BROMLEY

Function: Sport Official
Games role: Coach
Born: Rochford
Lives: Woking



DANNY HOLDCROFT

Function: Sport Official
Games role: Coach
Born: Rossendale
Lives: Sheffield



NIGEL LAUGHTON

Function: Sport Official
Games role: Team Leader
Born: Aldershot
Lives: Box



DAVE MOY

Function: Technical Support
Games role: Technical Personnel
Born: Birmingham
Lives: Fareham



KAY ROBINSON

Function: Sport Official
Games role: Physiotherapist
Born: Stourbridge
Lives: Halesowen



ANDI SCHMID

Function: Sport Official
Games role: Coach
Born: Innsbruck, Austria
Lives: Innsbruck, Austria



CHRIS TYPE

Function: Technical Support
Games role: Technical Personnel
Born: Merthyr Tydfil
Lives: Merthyr Tydfil



MARK WOOD

Function: Sport Official
Games role: Coach
Born: Congleton
Lives: Calgary, Canada



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Curling



Curling

Introduction

Curling formed part of the programme at the very first Winter Olympic Games in Chamonix in 1924 but was not to appear again as a medal event until Nagano in 1998.

It was a demonstration sport at Lake Placid 1932, Calgary 1988 and Albertville 1992 while the results from Chamonix 1924 were not considered official by the IOC until 2006.

Great Britain, playing as the Royal Caledonian Curling Club and skipped by William K. Jackson, took the only gold medal on offer in 1924.

● I'm thrilled and excited to have been chosen to compete for Team GB in Sochi. It's taken many years for me to finally be selected and I can't wait for the Games to start. ●

Tom Brewster

Curling's reintroduction onto the Olympic programme in 1998 saw both men's and women's competitions included and Sochi

2014 will be the sport's fifth successive appearance. Canada are the most successful nation having medalled at every single Games since 1998 – amounting to three gold, three silver and two bronze.

Britain's only other success aside from Chamonix 1924 came at Salt Lake 2002 when Rhona Howie delivered her 'Stone of Destiny' for gold, pushing Switzerland into silver.

Curling's origins date back to 16th century Scotland where games were played during the winter on frozen ponds, lochs and marshes.

Team GB 2014

Eve Muirhead, Vicki Adams, Claire Hamilton and Anna Sloan – currently ranked third in the world – were the first athletes across all sports to be named on the British team for Sochi 2014 on August 28 2013.

The confirmation of the world number two rink of David Murdoch, Tom Brewster, Scott Andrews, Michael Goodfellow and Greg Drummond as the men's team for the Olympics followed just over a month later.

Lauren Gray completed the selection of the British curling teams for Sochi 2014 in early December as she was named as alternate on the women's rink.

Every member selected is from Scotland but, unlike at the World Championships where they compete under the Saltire, at the Olympic Games they form part of Team GB. Both rinks won medals at the 2013 World Championships – Muirhead skipping the women to gold and Murdoch



● This will be my second Olympics and I'm excited – having won the worlds this year we want to continue our winning streak. It's not often we get to compete as Team GB and, as proud as we are to compete for Scotland, it's great to be part of a British team too. ●

Eve Muirhead

the men to bronze for Scotland's sixth successive male global medal. They also won silver and bronze respectively at this season's European Championships.

Only two of those selected have previous Olympic experience with Muirhead and

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David Murdoch, who will make his third Olympic appearance in Sochi, in action

Murdoch acting as skips at Vancouver 2010 and set to resume the mantle in Sochi. For Muirhead, Vancouver represented her Olympic debut at the age of just 19 while Murdoch will be making his third Games appearance in Sochi.

Muirhead boasts four world junior titles – Adams part of the successful rink on three of those occasions while Sloan appeared in two – and skipped Britain to seventh at Vancouver 2010.

Sloan also has her own Games experience of sorts having skipped Team GB to gold at the 2009 European Youth Olympic Winter Festival in Poland – she also led Britain to the 2011 Winter Universiade title.

Meanwhile Murdoch, a two-time world champion and three-time European

champion as a senior, finished fourth on his Olympic debut in 2006, losing to USA in the bronze medal match before placing fifth in Vancouver. That rink disbanded at the end of that Olympic cycle and Murdoch linked up with Brewster in 2012 – the pair having won the 1995 world junior title together with the latter as skip.

Competition format

While a curling team can be five-strong, only four can play at any one time across the roles of skip, third, second and lead with the fifth known as the alternate.

Played on ice, referred to as a sheet, 45.72m long and not more than 5m wide, teams take turns in delivering a 19.96kg granite stone towards a circular target area known as the house.

The aim is to get the stone closest to the centre of the house with games consisting of ten ends – the equivalent to an inning in baseball.

Each team will deliver eight stones per end – two per player. Scoring is determined after all 16 stones have been delivered and only the team with the closest stone to the house are allowed to register a total per end.

Points are scored for stones located in or touching the house closer than those of the opposition.

If the score is tied after ten ends the game goes into extra ends until one side wins.

Brooms or brushes are used to sweep the ice in front of the stone when it is delivered. This reduces friction and prolongs the

DID YOU KNOW?
Stones with handles were introduced in the 1600s and came in all shapes and sizes. Rounded stones, similar to those currently used, appeared in the 19th century.

WORDS TO LEARN +

END:
Way a match is divided. There are ten ends at an Olympics. Extra ends occur if scores are level after ten

HAMMER:
The last stone of the end

HOUSE:
The bullseye at either end of the sheet

RINK:
The name given to a team

STONE:
Or rock. Made of granite and delivered down the sheet

SHEET:
The ice on which the game is played

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Eve Muirhead, Claire Hamilton, Vicki Adams and Anna Sloan

deceleration of the stone as well as straightening its trajectory.

Curlers also wear special shoes with different soles. One sole is made from Teflon to allow a player to glide down the ice on their sliding foot. The other is made from rubber and provides traction.

Ten men's and ten women's teams will contest a round-robin competition in Sochi.

The top four teams then progress to the semi-finals where first play fourth and second play third to decide who contests for gold and for bronze.

If any teams ranked from fifth downwards share the same win-loss record as those in the top four a tie-breaker ensues with the victor sealing their place in the semi-finals.

FACT FILE +

VENUE:
Ice Cube Curling Center

GOLD MEDALS ON OFFER:
2

DATES:
Monday February 10 – Friday February 21

NUMBER OF TEAM GB ATHLETES:
Men: 5 Women: 5

WEBSITES:
BOA: www.teamgb.com/winter-sports/curling
Sochi 2014: www.sochi2014.com/en/curling/
NGB: www.britishcurling.org.uk/

TEAM GB CURLING AT THE OLYMPIC GAMES

	GOLD	SILVER	BRONZE	TOTAL
Salt Lake 2002	1	0	0	1
Turin 2006	0	0	0	0
Vancouver 2010	0	0	0	0
Total at Olympics	2	0	0	2
World Championships 2013	1	0	1	2

TEAM GB HERO: RHONA HOWIE

Rhona Howie claimed Britain's second Olympic curling medal – and first for 78 years – at Salt Lake 2002, delivering gold in dramatic fashion against Switzerland. Howie's 'Stone of Destiny' with the last play of the match secured Britain a 4-3 win and goes down as one of the greatest moments in Team GB Olympic history.

Howie, along with Debbie Knox, Fiona MacDonald and Janice Rankin, became Britain's first Winter Olympic gold medallists since Jayne Torvill and Christopher Dean danced to Bolero at Sarajevo 1984.

Howie was skip at the Turin 2006 Games but was to finish fifth while she is currently the head coach of the women's team with David Hay the specific coach to Team Muirhead.



RECENT MAJOR CHAMPIONSHIP WINNERS

M = Men W = Women

	OLYMPIC GAMES 2010	WORLD CHAMPIONSHIPS 2013
Curling	<p>M Canada – skip Kevin Martin</p> <p>W Sweden – skip Anette Norburg</p>	<p>Sweden – skip Niklas Edin</p> <p>Scotland – skip Eve Muirhead</p>

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EVENTS SCHEDULE

M = Men's events **W** = Women's events **🏆** = Medal event

DATE	TIME	SHEET 1	SHEET 2	SHEET 3	SHEET 4	BYE
10 Feb	09:00	M Rus v GBR	Sui v Swe	Den v Chn	Ger v Can	USA, Nor
	14:00	W Chn v Can	Sui v USA	Swe v GBR	Rus v Den	Kor, Jpn
	19:00	M USA v Nor	Den v Rus	Can v Sui	Swe v GBR	Chn, Ger
11 Feb	09:00	W Sui v Den	Swe v Can	Rus v USA	Kor v Jpn	Chn, GBR
	14:00	M Can v Swe	USA v Chn	GBR v Ger	Nor v Rus	Sui, Den
	19:00	W GBR v USA	Kor v Sui	Den v Jpn	Chn v Rus	Can, Swe
12 Feb	09:00	M Den v USA	Nor v Ger		Chn v Sui	Can, Swe, GBR , Rus
	14:00	W Jpn v Rus	USA v Chn	Kor v Swe	Can v GBR	Sui, Den
	19:00	M Ger v Chn	Sui v GBR	Rus v Can	Den v Swe	USA, Nor
13 Feb	09:00	W	Can v Den	Chn v GBR	Sui v Swe	Rus, USA, Kor, Jpn
	14:00	M Sui v Rus	Can v Den	Nor v Swe	GBR v USA	Chn, Ger
	19:00	W Swe v Den	Rus v Kor	Sui v Can	Jpn v USA	Chn, GBR
14 Feb	09:00	M	Swe v Chn	USA v Ger	Can v Nor	GBR , Rus, Sui, Den
	14:00	W Kor v Chn	GBR v Jpn	USA v Den	Rus v Sui	Can, Swe
	19:00	M GBR v Den	Rus v USA	Chn v Nor	Sui v Ger	Can, Swe
15 Feb	09:00	W Can v Jpn	Chn v Swe		GBR v Kor	Rus, USA, Sui, Den
	14:00	M Swe v Ger	Den v Sui	Can v GBR	Rus v Chn	USA, Nor
	19:00	W USA v Swe	Can v Rus	GBR v Sui	Den v Chn	Kor, Jpn
16 Feb	09:00	M USA v Can	GBR v Nor	Swe v Rus		Sui, Den, Chn, Ger
	14:00	W Den v Kor	Jpn v Sui	Swe v Rus	USA v Can	Chn, GBR
	19:00	M Nor v Sui	Chn v Can	Ger v Den	USA v Swe	GBR , Rus

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EVENTS SCHEDULE continued

M = Men's events **W** = Women's events **🏆** = Medal event

DATE	TIME	SHEET 1	SHEET 2	SHEET 3	SHEET 4	BYE
17 Feb	09:00	W Rus v GBR	Kor v USA	Jpn v Chn		Sui, Den, Can, Swe
	14:00	M Chn v GBR	Ger v Rus	Sui v USA	Nor v Den	Can, Swe
	19:00	W Chn v Sui	Den v GBR	Can v Kor	Swe v Jpn	Rus, USA
18 Feb	09:00	M / W	Tie-breakers (if necessary)			
	14:00	M / W	Tie-breakers (if necessary)			
	19:00	M / W	Tie-breakers (if necessary)			
19 Feb	14:00	W	Semi-final games – 1 v 4, 2 v 3			
	19:00	M	Semi-final games – 1 v 4, 2 v 3			
20 Feb	12:30	W	🏆 Bronze medal game			
	17:30	W	🏆 Gold medal game			
21 Feb	12:30	M	🏆 Bronze medal game			
	17:30	M	🏆 Gold medal game			

Great Britain will compete in the men's and women's events

MEN

SCOTT ANDREWS

Born: 14.06.1989, Prestwick
Lives: Stirling
Height: 1.75m (5ft 9ins)
Weight: 85kg (13st 4lbs)
Club: Galston Haymouth
Games attended: None
Major achievements: **WCh:** bronze 2013; silver 2012; silver 2011. **ECh:** bronze 2013. **WJCh:** silver 2010.



Scott Andrews was introduced to curling aged eight and is the youngest member of the five-strong British men's team selected for Sochi 2014.

He won world junior silver playing as second in Ally Fraser's rink in 2010 and has occupied the same position in the seniors for the past three years.

@Andrews14Scott

TOM BREWSTER

Born: 10.04.1974, Aberdeen
Lives: Aberdeen
Height: 1.80m (5ft 11ins)
Weight: 71kg (11st 2lbs)
Club: Aberdeen
Games attended: None
Major achievements: **WCh:** bronze 2013; silver 2012; silver 2011; bronze 2002. **ECh:** bronze 2013. **WJCh:** gold 1995.



If it wasn't for injury – he broke his leg on two separate occasions – Tom Brewster might not have curled at all having dreamed of becoming a footballer.

The injury prevented him from participating in contact sports however and so, from a family of curlers, he followed in their footsteps.

He is a highly successful skip having led Scotland to world junior gold in 1995 – Sochi teammate David Murdoch acting as alternate on his rink on that occasion.

He won bronze on his senior World Championship debut in 2002 and skipped Scotland to silver in 2011 and 2012.

Brewster juggles his international career with his job as an ice maker at Curl Aberdeen while his mum Cate is the assistant high performance coach at the Scottish Institute of Sport.

@Team_Brewster

GREG DRUMMOND

Born: 03.02.1989, Forfar
Lives: Stirling
Height: 1.71m (5ft 7ins)
Weight: 73kg (11st 5lbs)
Club: Fotheringham
Games attended: None
Major achievements: **WCh:** bronze 2013; silver 2012; silver 2011. **ECh:** bronze 2013.



Greg Drummond has experience of curling at the junior World Championships, the Winter Universiade and the senior World Championships but will make his Olympic debut at Sochi 2014.

It wasn't until he joined Tom Brewster's rink that he enjoyed medal success while he credits Eve Muirhead's father, Gordon, for helping him develop from a junior into a senior.

@gregdrummond

MICHAEL GOODFELLOW

Born: 08.10.1988, Stirling
Lives: Stirling
Height: 1.84m (6ft)
Weight: 88kg (13st 9lbs)
Club: Kilsyth
Games attended: None
Major achievements: **WCh:** bronze 2013; silver 2012; silver 2011. **ECh:** bronze 2013.



Michael Goodfellow is the only member of the men's team to have competed at both the 2009 and 2011 Winter Universiades – finishing seventh and fourth respectively.

He was introduced to curling by a family friend and joined Tom Brewster's rink in 2010, going on to feature in the last three medal-winning World Championship campaigns.

@m_goodfellow88

DAVID MURDOCH

Born: 17.04.1978, Lockerbie
Lives: Stirling
Height: 1.78m (5ft 10ins)
Weight: 84kg (13st 2lbs)
Club: Curl Aberdeen
Games attended: Two (Turin 2006, Vancouver 2010)
Major achievements: **OG:** 5th 2010; 4th 2006. **WCh:** bronze 2013; bronze 2010, gold 2009; silver 2008; gold 2006; silver 2005. **ECh:** bronze 2013; gold 2008; gold 2007; silver 2006; bronze 2005; gold 2003. **WJCh:** silver 1998; gold; 1996; gold 1995.



David Murdoch is the most experienced member of Britain's curling team for Sochi 2014 having been skip at two Olympic Games previously – Turin 2006 and Vancouver 2010.

A two-time world champion and a three-time European champion as a senior, Murdoch finished fourth on his Olympic debut at Turin 2006 and fifth four years later at Vancouver 2010.

His rink lost to USA in the bronze medal match at Turin 2006 while at Vancouver 2010 they lost a tie-breaker to Sweden and therefore missed out on the semi-finals.

Murdoch's rink disbanded after the 2010 Olympic season although he acted as the alternate on David Smith's team that won bronze at the World Championships that year.

A keen cyclist, Murdoch skipped the team to World Championship bronze in 2013 and will take on the same role for a third successive Olympic Games at Sochi 2014.

@DMurdoch17

WOMEN

VICKI ADAMS

Born: 16.11.1989, Edinburgh
Lives: Tullibody
Height: 1.64m (5ft 5ins)
Weight: 69kg (10st 9lbs)
Club: Portpatrick
Games attended: None
Major achievements: **WCh:** gold 2013. **ECh:** silver 2013; silver 2012; gold 2011. **WU:** gold 2011. **WJCh:** gold 2011; gold 2009; gold 2008.



It was only after returning from a year living in Majorca aged nine that Adams discovered curling through her school in Stranraer.

She is the only member of the women's team selected to have enjoyed World Junior Championship success with skip Eve Muirhead in 2008, 2009 and 2011.

Adams shared her World Junior Championship success in 2008 and 2009 with older sister Kay, who played as the alternate on both occasions.

@n16vck

LAUREN GRAY

Born: 03.11.1991, Stirling
Lives: Balforn
Height: 1.75m (5ft 9ins)
Weight: 70kg (11st)
Club: Balforn
Games attended: None
Major achievements: **WCh:** gold 2013. **WU:** gold 2011. **ECh:** silver 2013. **WJCh:** gold 2012.



Lauren Gray was selected as an alternate for the British women's team for Sochi 2014 on the same day she graduated from the University of Glasgow with a 2:1 in English Literature and Politics.

And like skip Eve Muirhead, Vicki Adams and Anna Sloan she has a world junior title to her name – won with Hannah Fleming in Sweden in March 2012 where she played as third.

CLAIRE HAMILTON

Born: 31.01.1989, Lockerbie
Lives: Glasgow
Height: 1.73m (5ft 8ins)
Weight: 66kg (10st 4lbs)
Club: Applegarth & Sibbaldie
Games attended: None
Major achievements: **WCh:** gold 2013. **ECh:** silver 2013; silver 2012; gold 2011. **WU:** gold 2011.



Claire Hamilton played under Anna Sloan and won gold at the 2011 Winter Universiade with the two, as well as Vicki Adams, representing Scotland at the World Championships the same year, where Eve Muirhead was the alternate.

She then joined Team Muirhead and enjoyed immediate success with European gold to cap a fine 2011. She studied pharmacy at the University of Strathclyde and worked as a locum before becoming a full-time athlete.

@claire_hammy

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EVE MUIRHEAD

Born: 22.04.1990, Stirling
Lives: Stirling
Height: 1.73m (5ft 8ins)
Weight: 66kg (10st 4lbs)
Club: Dunkeld
Games attended: One (Vancouver 2010)



Major achievements: **OG:** 7th 2010.
WCh: gold 2013; silver 2010. **ECh:** silver 2013; silver 2012; gold 2011; silver 2010.
WJCh: gold 2011; gold 2009; gold 2008; gold 2007.

Eve Muirhead will skip the British women's rink at her second Olympic Games in Sochi 2014 having led the team that finished seventh at Vancouver 2010 aged just 19.

Curling well and truly runs in the Muirhead family with her father Gordon having competed at the Albertville 1992 Olympic Games and been the alternate on the 1999 Scottish men's World Championship winning rink.

Her younger brother Thomas competed at the inaugural Winter Youth Olympic Games in 2012 and was third on Kyle Smith's rink that won the 2013 world junior title in the Olympic venue in Sochi.

Two weeks later Eve won the senior women's world title with a final throw victory over Sweden, whom they had previously lost to twice at the championships.

The title was Eve's fifth on the world stage having won four junior titles between 2007 and 2011. She has been curling since the age of nine and could have become a professional golfer instead.

@evemuirhead

ANNA SLOAN

Born: 02.05.1991, Lockerbie
Lives: Lockerbie
Height: 1.60m (5ft 3ins)
Weight: 62kg (9st 8lbs)
Club: Hutton
Games attended: None



Major achievements: **WCh:** gold 2013.
ECh: silver 2013; silver 2012; gold 2011; silver 2010. **WU:** gold 2011. **WJCh:** gold 2011; gold 2009.

Anna Sloan is a successful skip in her own right having won gold for Britain at the 2009 European Youth Olympic Winter Festival and the 2011 Winter Universiade.

She was also skip at the 2011 World Championships – her rink, which included Claire Hamilton and Vicki Adams and Eve Muirhead as the alternate, finishing ninth.

She is the youngest member of Britain's curling team for Sochi 2014.

@annasloan1

MAGGIE BUSH

Function: Sport Official
Games role: Physiotherapist
Born: Perth
Lives: Stirling



MISHA BOTTING

Function: Sport Official
Games role: Psychologist
Born: Moscow, Russia
Lives: Glasgow



DAVE CROSBEE

Function: Sport Official
Games role: Team Leader
Born: Sutton-in-Ashfield
Lives: Stirling



SOREN GRAN

Function: Sport Official
Games role: Coach
Born: Nor
Lives: Stirling



DAVID HAY

Function: Sport Official
Games role: Coach
Born: Perth
Lives: Perth



RHONA HOWIE

Function: Sport Official
Games role: Coach
Born: Irvine
Lives: Ayr



KENNY MORE

Function: Sport Official
Games role: Technical Personnel
Born: Dunfermline
Lives: Edinburgh



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Skating

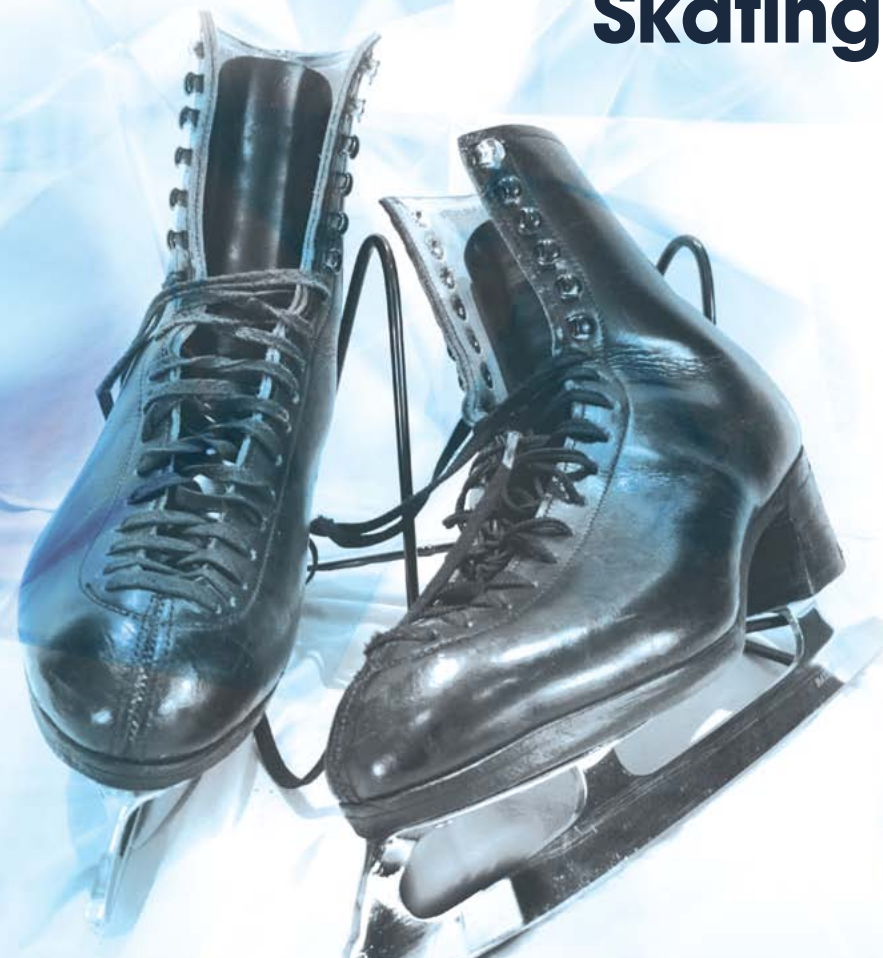


Figure Skating

Introduction

Figure skating is the oldest sport at the Olympic Winter Games having formed part of the Summer programme at London 1908 before featuring again at Antwerp 1920.

The sport was then among the original seven at the very first Olympic Winter Games in Chamonix in 1924 and it has stayed ever since.

Three events were contested for the first 11 editions – men's, ladies and pairs – with ice dance introduced at Innsbruck 1976.



Pairs duo Stacey Kemp and David King during their routine

Sochi 2014 will see the introduction of a team event for the first time ever.

Only Great Britain and the USA have competed in figure skating at every single Olympics where it has featured – including London 1908 and Antwerp 1920 – with America the most successful nation.

Gillis Grafström of Sweden remains the most successful figure skater in Olympic history with four medals between Antwerp 1920 and Lake Placid 1932, including three consecutive golds in the men's singles plus a silver.

Given figure skating's appearance at Antwerp 1920 he is one of only five athletes to have won medals at both the Summer and Winter Olympic Games.

Figure skating at Salt Lake City 2002 was shrouded in controversy following the performances of the Russian and Canadian pairs athletes and subsequently led to a new judging system to create more objectiveness.

Great Britain have a fine pedigree themselves having won 15 Olympic figure skating medals in total – with six coming from London 1908.

Ice dancers Jayne Torvill and Christopher Dean are the last British skaters to medal at the Games having won bronze at Lillehammer 1994, while they are also the last to have won gold, following their historic performance to Bolero at Sarajevo 1984.

Torvill and Dean's gold at Sarajevo 1984 was Britain's third successive figure skating win at the Games with Robin Cousins claiming the men's title at Lake Placid 1980 and John Curry starting it all off by winning the same crown at Innsbruck 1976.

Britain will send six skaters to Sochi 2014 having qualified places in the team, ice dance, pairs and ladies' events.

Team GB 2014

Great Britain will send a team of six figure skaters to the Sochi 2014 Olympic Winter Games – one less than Vancouver 2010.

Five of the six skaters competed at Vancouver 2010 with Matthew Parr set to make his Games debut as Britain compete in the first ever Olympic figure skating team event. He will compete solely in the team event where Team GB will be represented in ice dance by Penny



● Competing for my country at the Olympic Winter Games was one of the best experiences of my life, so to do it again will be amazing. Your first Olympics is often about the experience but we've got high hopes for Sochi and it will be fantastic to share it with Nick and the rest of the team. ●

Penny Coomes

Coomes and Nicholas Buckland, in pairs by Stacey Kemp and David King and in the ladies' event by Jenna McCorkell.

European bronze medallists Coomes and Buckland secured Britain a place in the ice dance competition courtesy of their career-best World Championship finish of 13th

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DID YOU KNOW?

Ice dance is the only figure skating discipline that allows the use of music with vocals.

in March 2013 before later being chosen to represent Team GB. They placed 20th on their Olympic debut at Vancouver 2010 while McCorkell followed them in securing Britain a ladies' place at Sochi 2014 at the 2013 World Championships.

She placed 20th before taking an 11th-career British title and earning selection for her second Olympics, having placed 29th at the Vancouver Games in 2010.

Kemp and King's 15th-place finish at the 2013 World Championships wasn't enough to earn Britain an Olympic pairs place but they didn't miss out at the second chance qualifying event.

They were the best of the non-qualified

WORDS TO LEARN +

CAMEL SPIN:

A spin performed whereby the free leg is extended backwards with the knee held above hip level

LUTZ:

A jump whereby the skater takes off from the back outer edge of one skate, fully rotates and lands on the back outer edge of the other skate

QUADRUPLE:

A jump with four full rotations in the air

TOE LOOP:

A jump whereby the skater takes off from the back outer edge of one skate while moving backwards, spins fully and lands on the back outer edge of the same skate

The Winter Olympics is such a special event and we have put forward a really talented, dedicated and hardworking team of figure skaters to represent Team GB. We would like to wish them all the very best of luck.

Annie Veck, Team GB Figure Skating Team Leader

nations at the Nebelhorn Trophy in September 2013 and were later selected for their second Olympics after placing 16th at Vancouver 2010 where King proposed to Kemp on the day of the closing ceremony.

McCorkell and Coomes and Buckland won their respective British titles at the end of November; the former the 11th of her career and eighth straight while it was the latter's third successive title.

Competition format

Figure skating at the Olympic Winter Games is split into five disciplines – men's, ladies, pairs, ice dance and, new for Sochi 2014, the team.

The scoring in figure skating is subjective with the ISU Judging System currently in operation having replaced the 6.0 system in 2004 following controversy at the Salt Lake City 2002 Games.

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Several officials are involved split into two panels – technical and judging. Judges score the quality of the elements involved in a routine and five program components while a referee judges the competition and runs the event.

For the technical score each move in a skater's program is given a base value with credit given for every element. Jumps, spins and footwork all have an assigned level of difficulty based on a published pre-set criteria.

Judges give a plus or minus grade of execution to each element which is then added or deducted from the base value. This determines a skater's score for each element.

Points from zero to ten are given for the five program components which are: skating skills, transitions, performance, choreography and interpretation.

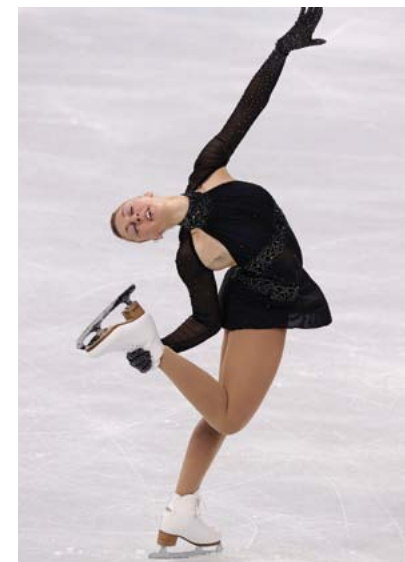
Added together these give the program component score which is then added to the technical score to give a segment score.

At the Olympics the men's, ladies' and pairs events have two segments, the short program and free skate, while in ice dance there are three, compulsory, original and free.

The sum of all the segment scores becomes the total competition score whereby those with the highest are declared the winners.

In the singles events – men's and ladies' – and pairs the first program is the short program which lasts 2:50minutes and includes seven compulsory elements.

The second programme is the free skate, or long program, and lasts 4:00 for ladies



Jenna McCorkell in action

FACT FILE +

VENUE:
Iceberg Skating Palace

GOLD MEDALS ON OFFER:
5

DATES:
Thursday February 6 – Saturday February 22

NUMBER OF TEAM GB ATHLETES:
Men: 3 Women: 3

WEBSITES:
BOA: www.teamgb.com/winter-sports/figure-skating
Sochi 2014: www.sochi2014.com/en/figure-skating/
NGB: www.iceskating.org.uk/

and 4:30 for men and pairs and is worth roughly two thirds of the total competition score.

While in singles athletes compete on their own, in pairs athletes are judged by how much their movements mirror each other.

Ice dance at the Olympics meanwhile consists of a short dance and free dance – with teams scored on their rhythm, musicality, precision and the way they interpret the dance.

Ten nations will contest the team event

in the form of one men's and one ladies representative and one pairs and one ice dance representative.

The singles and pairs athletes skate a short and free program and the ice dancers a short and a free dance with the nation with the best combined total across all four events the winner.

The very nature of a figure skating team event means that the competition will start a day before the opening ceremony, something that has never before happened in the sport at an Olympic Winter Games.

TEAM GB FIGURE SKATING AT THE OLYMPIC GAMES

Great Britain's last Olympic figure skating medal was Jayne Torvill and Christopher Dean's ice dance bronze at Lillehammer 1994



Total at Olympics

5

3

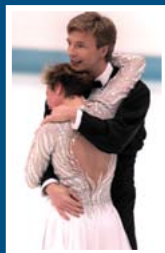
7

15

World Championships 2013 – best performance, Penny Coomes and Nicholas Buckland, 13th ice dance

TEAM GB HEROES: JAYNE TORVILL & CHRISTOPHER DEAN +

Jayne Torvill and Christopher Dean captured British hearts when they danced to Bolero and their way to Olympic gold at Sarajevo 1984. Their success in the ice dance ensured Britain claimed a third successive Olympic figure skating gold medal after wins at Lake Placid 1980 and Innsbruck 1976. However, it remains the last Olympic figure skating gold medal won by Britain, while their bronze ten years later at Lillehammer 1994 is the last podium finish. By starring in the ITV show Dancing on Ice from January 2006, they brought figure skating wider public appeal.



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RECENT MAJOR CHAMPIONSHIP WINNERS

M = Men W = Women

	OLYMPIC GAMES 2010	WORLD CHAMPIONSHIPS 2013
Singles	M / W Evan Lysacek (USA) Kim Yu-Na (KOR)	Patrick Chan (CAN) Kim Yu-Na (KOR)
Pairs	M / W Shen Xue & Zhao Hongbo (CHN)	Tatiana Volosozhar & Maxim Trankov (RUS)
Ice dance	M / W Tessa Virtue & Scott Moir (CAN)	Meryl Davis & Charlie White (USA)
Team	M / W N/A	N/A

EVENTS SCHEDULE

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
6 Feb	19:30-22:55 M / W Team: Men's Short Program
	M / W Team: Pairs Short Program
8 Feb	18:30-23:05 M / W Team: Ice Dance Short Dance
	M / W Team: Ladies' Short Program
	M / W Team: Pairs Free Program
9 Feb	19:00-22:10 M / W Team: Men's Free Program
	M / W Team: Ice Dance Free Dance
	M / W 🏅 Team: Ladies' Free Program
11 Feb	19:00-22:25 M / W Pairs Short Program
12 Feb	19:45-23:00 M / W 🏅 Pairs Free Program
13 Feb	19:00-23:30 M Men's Short Program
14 Feb	19:00-23:35 M 🏅 Men's Free Program
16 Feb	19:00-22:45 M / W Ice Dance Short Dance
17 Feb	19:00-22:35 M / W 🏅 Ice Dance Free Dance
19 Feb	19:00-23:30 W Ladies' Short Program
20 Feb	19:00-23:10 W 🏅 Ladies' Free Program
22 Feb	20:30-23:00 Gala Exhibition

Great Britain will compete in the team, pairs, ice dance and ladies events

NICHOLAS BUCKLAND

Event: Ice dance, Team, partner Penny Coomes
Born: 09.06.1989, Nottingham
Lives: Nottingham
Height: 1.82m (6ft)
Weight: 76kg (12st)
Club: Nottingham
Coach: Evgeny Platov, Philip Askew



Personal Bests:
Combined: 158.69, Short: 63.66, Free: 96.93
Games attended: One (Vancouver 2010)

Major achievements: **OG:** 20th 2010. **WCh:** 13th 2013; 14th 2012; 16th 2011. **ECh:** bronze 2014; 5th 2013; 6th 2012; 14th 2011; 16th 2010. **BCh:** gold 2013; gold 2012; gold 2011.

European bronze medallist Nicholas Buckland predominantly trains in New Jersey in the USA and began skating at the age of just two thanks to his grandparents.

He and ice dance partner Penny Coomes are coached by two-time Olympic ice dance champion Evgeny Platov. Buckland had an operation on his heart three months before Sochi 2014.

@N_Buckland

PENNY COOMES

Event: Ice dance, Team, partner Nicholas Buckland
Born: 06.04.1989, Maidenhead
Lives: Nottingham
Height: 1.52m (5ft)
Weight: 43kg (6st 8lbs)
Club: Nottingham
Coach: Evgeny Platov, Philip Askew



Personal Bests:
Combined: 158.69, Short: 63.66, Free: 96.93
Games attended: One (Vancouver 2010)

Major achievements: **OG:** 20th 2010. **WCh:** 13th 2013; 14th 2012; 16th 2011. **ECh:** bronze 2014; 5th 2013; 6th 2012; 14th 2011; 16th 2010. **BCh:** gold 2013; gold 2012; gold 2011.

Penny Coomes was always pretending to ice skate and trying to copy Jayne Torvill and Christopher Dean by skidding on slippery floors in supermarkets.

She learnt to skate at Slough Ice Arena and made her senior international debut at the Finlandia Trophy in 2009. She won European bronze with Nicholas Buckland in January, Britain's first medal at the event for three years..

@pennycoomes

STACEY KEMP

Event: Pairs, Team, partner David King
Born: 25.07.1988, Leyland
Lives: Bradenton, USA
Height: 1.54m (5ft 1in)
Weight: 43kg (6st 8lbs)
Club: Southwest Florida
Coach: Lyndon Johnston, Alison Smith, Jim Peterson



Personal Bests:
Combined: 146.30, Short: 51.33, Free: 94.97
Games attended: One (Vancouver 2010)

Major achievements: **OG:** 16th 2010. **WCh:** 15th 2013; 19th 2012; 17th 2011; 16th 2010. **ECh:** 13th 2014; 10th 2013; 9th 2012; 8th 2011; 11th 2010. **BCh:** silver 2013; gold 2012; gold 2011; 2010 gold.

Stacey Kemp started figure skating after watching Oksana Baiul win Olympic ladies' gold at Lillehammer 1994 and moved from solo skating to pairs in 2003.

She tore the posterior cruciate ligament in her left knee during the 2012-2013 season, can speak Polish and also designs all of her own skating outfits.

@Kempandking

DAVID KING

Event: Pairs, Team, partner Stacey Kemp
Born: 08.05.1984, Wigton
Lives: Bradenton, USA
Height: 1.84m (6ft)
Weight: 74kg (11st 7lbs)
Club: Southwest Florida
Coach: Lyndon Johnston, Alison Smith, Jim Peterson



Personal Bests:
Combined: 146.30, Short: 51.33, Free: 94.97
Games attended: One (Vancouver 2010)

Major achievements: **OG:** 16th 2010. **WCh:** 15th 2013; 19th 2012; 17th 2011; 16th 2010. **ECh:** 13th 2014; 10th 2013; 9th 2012; 8th 2011; 11th 2010. **BCh:** silver 2013; gold 2012; gold 2011; 2010 gold.

David King started skating aged ten at Dumfries Ice Bowl and cites partner and fiancée Stacey Kemp as the most influential person he knows.

He had a grade two tear of his right ankle in November 2012 and a high ankle sprain in April 2013. He can also speak Polish and supports Blackburn Rovers FC.

@Kempandking

JENNA McCORKELL

Event: Ladies, Team
Born: 15.09.1986, Coleraire
Lives: Ninove, Belgium
Height: 1.65m (5ft 4ins)
Weight: 57kg (9st)
Club: Dundee
Coach: Simon Briggs, Debi Briggs



Personal Bests:
Combined: 150.90, Short: 53.80, Free: 98.78
Games attended: One (Vancouver 2010)

Major achievements: **OG:** 29th 2010. **WCh:** 20th 2013; 14th 2012; 24th 2011; 14th 2010. **ECh:** 24th 2014; 21st 2013; 18th 2012; 14th 2011; 14th 2010. **BCh:** gold 2013; gold 2012; gold 2011; gold 2010.

Jenna McCorkell claimed her 11th British title and eighth in a row late in 2013, almost a year after tearing her adductor.

She splits her time between Belgium and Scotland and understands Flemish fully while speaking the language a little bit.

She is married to two-time European men's singles bronze medallist Kevin van der Perren.



MATTHEW PARR

Event: Team
Born: 01.03.1990, Newcastle
Lives: Dundee
Height: 1.80m (5ft 9ins)
Weight: 75kg (11st 11lbs)
Club: Dundee
Coach: Simon Briggs, Debi Briggs



Personal Bests:
Combined: 133.88, Short: 49.32, Free: 95.22
Games attended: None

Major achievements: **WCh:** 30th 2010. **ECh:** 27th 2014; 27th 2013. **BCh:** gold 2013; gold 2012; silver 2010.

Matthew Parr began skating in Whitley Bay, enjoying a debut year in 2005 and competing at the Australian Youth Olympic Festival two years later in 2007, where he placed fifth.

He won his first senior British title in 2008 and will make his Olympic debut as Britain field a team in the first ever team event at Sochi 2014. If he wasn't an elite athlete he would be involved in his parent's garage door company.

@MattParr

SIMON BRIGGS

Function: Sport Official
Games role: Coach
Born: Sutton-in-Ashfield
Lives: Dundee



LYNDON JOHNSTON

Function: Sport Official
Games role: Coach
Born: Hamiota, Canada
Lives: Sarasota, USA



EVGENY PLATOV

Function: Sport Official
Games role: Coach
Born: Russia
Lives: Freehold, USA



ANNIE VECK

Function: Sport Official
Games role: Team Leader
Born: Durham
Lives: Ballymena



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Short Track Speed Skating

Introduction

Unlike traditional speed skating, short track was only officially recognised by the International Skating Union in 1967 and did not hold a World Championships until 1976. It was to feature at a Winter Olympics for the first time 12 years later at Calgary 1988, initially on the programme as a demonstration event before earning full status at Albertville 1992.

Short track grew as an offshoot from speed skating as mass-start events became more popular and has been out-growing

● This is without doubt the strongest British team we have ever put together, and a number of the selected athletes have opportunities to bring home medals from Sochi. ●

Stuart Horsepool, Team GB Short Track Team Leader

its predecessor in terms of popularity since appearing at the Olympic Games. North American and Asian nations have dominated the sport at the Olympic Games since Albertville 1992 – namely the USA, Canada, South Korea and China.

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Great Britain's Jack Whelbourne in action at Vancouver 2010

Those four nations between them account for 104 of the 120 Olympic medals that have been handed out, with South Korea leading the way with 37 and counting.

China's Wang Meng is the most successful Olympic short track speed skater having won four gold medals – three at Vancouver 2010 and one at Turin 2006 – as well as an additional bronze and silver. American Apolo Anton Ohno is the most decorated short track speed skater with eight medals – two golds, two silvers and four bronzes – spanning three Games.

Meanwhile, Team GB have won one Olympic short track speed skating medal since Albertville 1992, Nicky Gooch claiming bronze in the 500m at Lillehammer 1994.

But perhaps the most famous medallist of all is Australia's Steven Bradbury, who became the first person from a southern hemisphere nation to win a Winter Olympic event at Salt Lake City 2002. Racing in last place in the final of the 1000m on the final lap, Bradbury had simply to avoid the debris to grab gold after all of his rivals crashed out in a pile-up on the final bend.

And it is that fast-paced dramatic action that has kept the sport on its upward curve since its official arrival at the Olympic Winter Games 22 years ago.

Team GB 2014

Britain are an up-and-coming short track speed skating nation and there are genuine medal contenders among the five-strong squad for Sochi 2014. Elise Christie leads the two women selected having come into



● Even though this will be my third Olympics, it feels just as special to be selected to represent Team GB at Sochi. In some ways I'm more excited because I'm part of the strongest ever squad that Team GB has sent to a Winter Olympics. ●

Jon Eley

DID YOU KNOW?

Racing suits need to conform to the natural shape of the body of the skater. Insertion or attachment of forms or devices to create different shape is not permitted.

her own since making her Olympic debut at Vancouver 2010.

She won the individual 1000m World Cup title as part of a fine 2012-13 season, which included World and European Championship medals. Christie became the first British woman to claim a World

Championship medal with bronze in the 1000m. She underlined her podium potential at the recent European Championships in Dresden, winning 1000m gold, taking relay silver and finishing second overall. Gilmartin claimed 1500m bronze at the 2013 European Championships and, with Christie, just missed out on qualifying Britain a women's relay team for Sochi.

Christie is one of three Britons selected to have previous Olympic experience with Jon Eley, who will attend his third Games in Sochi, heading up a trio of men chosen.

Eley is the only member of the squad to have competed at two Games – Turin 2006

and Vancouver 2010 – and, like Christie, is a multiple medallist at World and European Championship level.

He will be joined at an Olympics again by Jack Whelbourne, who made his debut at Vancouver 2010 and is the 2011 European 500m champion, while Richard Shoebridge is set to make his maiden Games appearance and completes the men's team after they too failed to qualify for the relay.

DID YOU KNOW?
Latvia's Haralds Silovs made history at Vancouver 2010 when he became the first man to compete in both short track and long track speed skating at the same Olympics, even competing in both events on the same day.

Competition format

In short track multiple competitor's race around an oval shaped track 111.12m in circumference in an anti-clockwise direction. The rink itself is 60m long and 30m wide, which is the same size as an international standard ice hockey rink.

The Olympic programme was expanded from four events at Albertville 1992 to six at Lillehammer 1994 and then eight from Salt Lake City 2002 onwards.

The individual events are the same for both genders with the 500m, 1000m, 1500m contested in addition to two relays – 5000m for men and 3000m for women.

Racing for all events begins in a mass start and there are no designated lanes so the fast-paced action results in frequent collisions with the first man or woman over the line declared the winner.

However, with no set lanes there are a number of ways that that a racer can be disqualified during the race as they compete for position around each bend.

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Elise Christie will compete at her second Olympics in Sochi

These range from false starts to impeding or blocking an opponent as well as skating off the track although team skating, where competitors from the same country conspire to determine a result, is now not illegal.

The 500m and 1000m events begin with 32 skaters and heats of four with the first two to cross the finish line advancing to the quarter-finals, then semi-finals with the medal race contested by the final four.

The 1500m begins with 36 skaters and heats of six with the first three to cross the finish line advancing to the semi-finals, of which there are three and where the top two in each progress to the final.

The relay events see eight teams of four athletes first divided into two heats of four with the top two advancing to the final.

WORDS TO LEARN

HAND-OFF:

Term for the changeover in relay events. The incoming skater can shove their teammate from behind to get them up to speed quicker

BLADES:

Sharp metal at the bottom of a skater's boot. They measure 40-46cm lengthwise and are bent at an arc to mirror the direction of the turn

Teams agree among themselves the number of laps each athlete should skate but don't have to reveal the specifics to other nations or race officials. The last two laps do however have to be covered by the same person.

TEAM GB SHORT TRACK SPEED SKATING AT THE OLYMPIC GAMES

Great Britain's one and only Olympic short track speed skating medal was Nicky Gooch's 500m bronze at Lillehammer 1994



Total at Olympics

World Championships 2013



TEAM GB HERO: NICKY GOOCH

So far Nicky Gooch is the only Brit to have won an Olympic medal in the sport of short track speed skating. Gooch claimed bronze in the 500m event at Lillehammer 1994 in addition to seventh in the 1000m at the same Games. Overall Gooch competed in four separate Olympic Winter Games, his last coming at Salt Lake City 2002. Gooch now works as the head coach of the British short track team.



RECENT MAJOR CHAMPIONSHIP WINNERS

M = Men W = Women

	OLYMPIC GAMES 2010	WORLD CHAMPIONSHIPS 2013
Overall	M N/A W N/A	Sin Da-Woon (KOR) Wang Meng (CHN)
500m	M Charles Hamelin (CAN) W Wang Meng (CHN)	Liang Wenhao (CHN) Wang Meng (CHN)
1000m	M Lee Jung-Su (KOR) W Wang Meng (CHN)	Sin Da-Woon (KOR) Wang Meng (CHN)
1500m	M Lee Jung-Su (KOR) W Zhou Yang (CHN)	Sin Da-Woon (KOR) Park Seung-Hi (KOR)
3000m	M N/A W N/A	Kim Yun-Jae (KOR) Shim Suk-Hee (KOR)
3000m relay	W China	China
5000m relay	M Canada	Canada

RECORD TIMES

M = Men W = Women

	TIME	HOLDER	PLACE/DATE
500m	OR M 41.397	Francois-Louis Tremblay (CAN)	Vancouver 2010
	WR M 39.937	JR Celski (USA)	Calgary 2012
	OR W 42.985	Wang Meng (CHN)	Vancouver 2010
	WR W 42.609	Wang Meng (CHN)	Beijing 2008
1000m	OR M 1:23.747	Lee Jung-Su (KOR)	Vancouver 2010
	WR M 1:23.007	Kwak Yoon-Gy (KOR)	Calgary 2012
	OR W 1:29.049	Zhou Yang (CHN)	Vancouver 2010
	WR W 1:26.661	Shim Suk Hee (KOR)	Calgary 2012
1500m	OR M 2:10.949	Lee Jung-Su (KOR)	Vancouver 2010
	WR M 2:09.041	Noh Jin-Ky (KOR)	Shanghai 2011
	OR W 2:16.993	Zhou Yang (CHN)	Vancouver 2010
	WR W 2:16.729	Zhou Yang (CHN)	Salt Lake 2008
3000m relay	OR W 4:06.610	China	Vancouver 2010
	WR W 4:06.636	Korea	Shanghai 2012
5000m relay	OR M 6:43.376	Korea	Turin 2006
	WR M 6:30.958	Canada	Calgary 2012

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EVENTS SCHEDULE

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
10 Feb 13:45-16:35	M 🏅 1500m W 500m, 3000m relay: semi-finals
13 Feb 14:00-16:30	M 1000m, 5000m relay: semi-finals W 🏅 500m
15 Feb 14:00-16:55	M 🏅 1000m W 🏅 1500m
18 Feb 13:30-15:30	M 500m W 1000m, 🏅 3000m relay
21 Feb 20:30-23:15	M 🏅 500m, 🏅 5000m relay W 🏅 1000m

Great Britain will compete in the men's and women's 500m, 1000m and 1500m events

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ELISE CHRISTIE

Events: 500m, 1000m, 1500m
Born: 13.08.1990, Livingston
Lives: Nottingham
Height: 1.60m (5ft 3ins)
Weight: 54kg (8st 5lbs)
Games Attended: One (Vancouver 2010)



Major Achievements: OG: 11th (500m), 19th (1000m), 20th (1500m) 2010. WCh: bronze (1000m) 2013. ECh: gold (1000m), silver (overall), silver (relay) 2014; gold (1000m), gold (1500m), silver (overall) 2013; silver (1500m), silver (3000m), overall (bronze) 2010; gold (relay) 2008.

Elise Christie made history in the 2012-13 season as she became the first British woman ever to win an individual medal at the World Championships with bronze in the 1000m.

Christie also became Britain's first short track speed skating World Cup champion at 1000m during that season and won double gold at the European Championships for overall silver.

Starting out in figure skating, she got her first taste of short track speed skating at the age of 12 and at 15 was spotted by the British squad, relocating from Scotland to Nottingham to train full-time.

Christie is one of three Brits selected for Sochi to have Olympic experience and one of three to have skated at Vancouver 2010, where she placed a best of 11th in the 500m.

@Elise_Christie

JON ELEY

Event: 500m, 1000m
Born: 19.08.1984, Solihull
Lives: Nottingham
Height: 1.86m (6ft 1in)
Weight: 79kg (12st 4lbs)
Games attended: Two (Turin 2006, Vancouver 2010)



Major Achievements: OG: 6th (500m), 18th (1000m), 6th (relay) 2010; 5th (500m), 17th (1000m), 13th (1500m) 2006, 15th; WCh: Bronze (relay) 2008. ECh: bronze (500m) 2012; bronze (relay) 2011; silver (500m), bronze (relay) 2010; gold (500m), silver (relay) 2008; bronze (relay) 2007; silver (relay) 2003.

What started out as a career in ice hockey ended up with Jon Eley pursuing short track; he gave the sport a try to improve his ice hockey.

From there he was offered a chance to join the national team and train full-time while he was also a talented cricketer as a youngster, representing Warwickshire's under-16s.

In February 2007 he became the first British short track speed skater to win gold at a World Cup competition, finishing first in the 500m in Heerenveen.

A two-time Olympian, European gold medallist and former world record holder in the relay, Eley is the oldest and most experienced member of Britain's short track team.

Eley just needs an Olympic medal to complete his international set and has finishes of sixth and fifth in his preferred event, the 500m, at the last two Olympics.

@Jonnyboy77

CHARLOTTE GILMARTIN

Event: 500m, 1000m, 1500m
Born: 07.03.1990, Redditch
Lives: Nottingham
Height: 1.63m (5ft 4ins)
Weight: 60kg (9st 5lbs)
Games Attended: None



Major Achievements: ECh: silver (relay) 2014, bronze (1500m) 2013; gold (relay) 2008.

European 1500m bronze medallist Charlotte Gilmartin was spotted at a skating party and made her British debut at the age of 15 as part of the junior team.

She used to play roller hockey for Redditch Rockets and cites Sir Chris Hoy as her inspiration. She lists the 500m as her favourite short track event.

@lott1990

RICHARD SHOEBRIDGE

Event: 1000m
Born: 12.08.1985, Johannesburg, South Africa
Lives: Nottingham
Height: 1.75m (5ft 9ins)
Weight: 75kg (11st 8lbs)
Games attended: None



Major Achievements: ECh: bronze (relay) 2011.

Born and raised in South Africa, Richard Shoebridge moved to Cambridge in Canada aged 11 before travelling across the country and settling in Calgary to study.

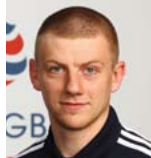
He was talent scouted by GB Short Track in 2010 and made an immediate impact, forming part of Britain's world record breaking relay team in February 2011.

He holds dual citizenship of Canada and Great Britain and was inspired by the performances of British long-distance runner Mo Farah at the London 2012 Olympic Games.

@rshoei

JACK WHELBOURNE

Event: 500m, 1000m, 1500m
Born: 02.08.1991, Nottingham
Lives: Nottingham
Height: 1.76m (5ft 9ins)
Weight: 61kg (9st 6lbs)
Games attended: One (Vancouver 2010)



Major Achievements: **OG:** 6th (relay), 16th (1500m) 2010. **ECh:** silver (500m) 2012; gold (500m), silver (1000m), bronze (relay) 2011; bronze (relay) 2010. **WJCh:** gold (1000m), silver (1500m), silver (1500m super final), bronze (500m), silver (overall) 2011; bronze (1500m) 2010.

Jack Whelbourne made his Olympic debut at Vancouver 2010 after which followed two successful World Junior Championship campaigns, including taking 1000m gold in 2011.

Prior to the 2011 World Junior Championships, Whelbourne underlined his senior potential at the European Championships where he won the 500m title among a haul of three medals.

He has been skating since aged six and his sister Alex Stanley, married to Sochi 2014 teammate Paul Stanley, is also a talented skater, just missing out on the Games.

@speedyboi158

MIKE BROWNLAW

Function: Sport Official
Games role: Physiotherapist
Born: Stockport
Hometown: Nottingham



NICK GOOCH

Function: Sport Official
Games role: Coach
Born: Roehampton
Hometown: Nottingham



STUART HORSEPOOL

Function: Sport Official
Games role: Team Leader
Born: Nottingham
Hometown: Nottingham



SEUNG JAE LEE

Function: Sport Official
Games role: Coach
Born: Daegu, South Korea
Hometown: Nottingham



MIKE ROTHERAM

Function: Sport Official
Games role: Psychologist
Born: Whiston
Lives: Rainhill



Ski & Snowboard



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Alpine Skiing

Introduction

Alpine skiing has been part of the Olympic Winter Games programme since Garmisch-Partenkirchen 1936 and the current ten-event programme was established at Calgary 1988.

Both men and women compete in five disciplines – downhill, slalom, giant slalom, super-giant slalom (Super-G) and super combined – the latter which from Vancouver 2010 consisted of a single run of slalom and downhill.

Austria are Olympic alpine skiing's most successful nation with 31 golds – 13 more than nearest rivals Switzerland – among their 105 podium places.

Downhill events are traditionally known as the blue-riband event of the Winter Games and Germany's Katja Seizinger is the only athlete to ever defend the title.

Norwegian Kjetil André Aamodt has won eight medals – four gold, two silver and two bronze – more than any other alpine skier at the Olympics.

Great Britain have never won an Olympic

medal, though Alain Baxter claimed slalom bronze at Salt Lake City 2002.

He was later stripped of his medal, a decision he failed to overturn despite the strong support of the British Olympic Association and his national governing body.

Gina Hathorn narrowly missed out on a medal when competing for Great Britain at Grenoble 1968, finishing fourth in the women's slalom, just three hundredths of a second outside bronze.

Martin Bell, whose brother Graham competed at five Olympics and is now a commentator for the BBC, finished eighth in the men's downhill at Calgary 1988 but Felicity Field's sixth place in the women's downhill in 1968 remains the best British performance in the discipline.

Team GB 2014

Chemmy Alcott heads up Great Britain's alpine skiing team for Sochi 2014 as she prepares to make her fourth Olympic appearance.

Alcott is looking to improve on her previous best performance, an 11th in the women's downhill at Turin 2006 and the super combined at Vancouver 2010 – the best displays by a British woman since 1972.

Alcott, who finished fifth in ITV's Dancing on Ice in 2012, has seen her career plagued by injuries.

She sustained a double leg fracture during training for a World Cup event in Lake Louise in 2010 and then, after battling

WORDS TO LEARN

CARVING:

A series of clean turns using the edges of skis. Carving turns can vary from tight turns to giant 'S' shaped swoops

PISTE:

French for a groomed course on snow or the groomed portion of a ski area

TUCK:

A tight, forward-lean position used for fast downhill runs. The skier is in a squatting position with the arms tight against the sides and skis parallel

back to fitness, re-broke her leg again last August.

Slalom specialist Dave Ryding will be making his second Olympic appearance in Sochi after ranking 27th four years ago at Vancouver 2010.

Ryding, nicknamed Rocket by teammates, enjoyed a successful 2012-13 campaign, becoming the first British skier ever to win an overall Europa Cup title, alpine skiing's second-tier tour.

Competition format

Ten medals are available in Olympic alpine skiing, with men and women both competing in the same five disciplines.

Slalom ski races have courses that require short tight turns, whereas giant slalom races have courses which are set with more widely spaced turns.

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Chemmy Alcott will make her fourth Olympic appearance at Sochi 2014



● It is a great feeling to be selected to represent Team GB in Sochi, after four years of hard work since the last Olympics I look forward to putting my best skiing out there on the day of the race. A massive thanks to everyone who has supported me along the way, I'm sure it will be a highly successful Olympic Winter Games for Team GB. ●

Dave Ryding

Both are considered technical events and the winner is decided after timings from two runs – held on the same day – are added together.

Downhill and super-giant slalom have few turns, the courses have gates spaced widely apart and skiers often reach over 60mph, hence they are designated as speed events and are decided over a single run.

The combined event is designed to find the best all-round skier with competitors judged over one run of downhill and one run of slalom and their time combined. History shows that the winner is not necessarily the fastest skier in either of the two disciplines.

In downhill and Super-G the start order is determined by a bib draw and points from World Cup events leading up to the Games. Skiers ranked in the top 15 will receive a start number eight to 22, while those ranked between 16 and 30 will receive a start number one to seven or 23 to 30.

DID YOU KNOW?

Briton Jeanette Kessler was a double world medallist and competed in the first-ever women's Olympic alpine skiing event in 1936, finishing eighth. She co-wrote one of the first ski tourism books – *Ski Holidays In The Alps*.

They are followed by the rest of the field, beginning with the skiers with the most World Cup start list points then FIS points. In giant slalom and slalom the first-run start order is determined by a draw, again using World Cup ranking points.

The top seven skiers are randomly assigned start positions one to seven, while those ranked between eight and 15 are randomly allocated the next eight bibs.

The remaining skiers are slotted in the order of their FIS points.

In the second run, the skiers with the fastest 30 times from run one start first, in reverse order. They are followed by the rest of the field i.e. ranked 31 and up.

The rules are the same for men and women, but the courses differ. Downhill is raced over the longest course while slalom is the shortest, with the number of gates ranging between 56 to 70 for men and 46 to 58 for women.

Alpine skiing events are spread evenly across the Olympic programme with reserve days in case of unsuitable weather conditions.

Because of the speeds involved, three training runs are held before downhill events but in other events only a one-hour visual inspection of the course the morning of the race is allowed.

FACT FILE

VENUE:
Rosa Khutor Alpine Center

GOLD MEDALS ON OFFER:
10

DATES:
Sunday February 9 – Saturday February 22

NUMBER OF TEAM GB ATHLETES:
Men: 1 Women: 1

WEBSITES:
BOA: www.teamgb.com/winter-sports/alpine-skiing
Sochi 2014: www.sochi2014.com/en/alpine-skiing
NGB: www.teambss.org.uk/

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RECENT MAJOR CHAMPIONSHIP WINNERS

M = Men W = Women

	OLYMPIC GAMES 2010	WORLD CHAMPIONSHIPS 2013
Downhill	M Didier Défago (SUI) W Lindsey Vonn (USA)	Aksel Lund Svindal (NOR) Marion Rolland (FRA)
Super-G	M Aksel Lund Svindal (NOR) W Andrea Fischbacher (AUT)	Ted Ligety (USA) Tina Maze (SLO)
Giant Slalom	M Carlo Janka (SUI) W Viktoria Rebensburg (GER)	Ted Ligety (USA) Tessa Worley (FRA)
Slalom	M Giuliano Razzoli (ITA) W Maria Höfl-Riesch (GER)	Marcel Hirscher (AUT) Mikaela Shiffrin (USA)
Super Combined	M Bode Miller (USA) W Maria Riesch (GER)	Ted Ligety (USA) Maria Höfl-Riesch (GER)

TEAM GB ALPINE SKIING AT THE OLYMPIC GAMES

Great Britain are yet to win an Olympic alpine skiing medal

World Championships 2013 – best performance, Chemmy Alcott, 24th, women's Super-G

EVENTS SCHEDULE

M = Men's events **W** = Women's events **🏆** = Medal event

DATE	EVENT
9 Feb	11:00-13.10 M 🏆 Downhill
10 Feb	11:00-12.30 W Super Combined run 1
	15:00-16:10 W 🏆 Super Combined run 2
12 Feb	11:00-13.10 W 🏆 Downhill
14 Feb	11:00-12.30 M Super Combined run 1
	15:30-16:40 M 🏆 Super Combined run 2
15 Feb	11:00-13.10 W 🏆 Super-G
16 Feb	11:00-13.10 M 🏆 Super-G
18 Feb	11:00-13.00 W Slalom run 1
	14:30-16:10 W 🏆 Giant Slalom run 2
19 Feb	11:00-13.00 M Giant Slalom run 1
	14:30-16:10 M 🏆 Giant Slalom run 2
21 Feb	16:45-18.00 W Slalom run 1
	20:15-21:25 W 🏆 Slalom run 2
22 Feb	16:45-18.15 M Slalom run 1
	20:15-21:50 M 🏆 Slalom run 2

Great Britain will compete in the men's slalom and women's downhill and Super-G

CHEMMY ALCOTT

Event: Downhill, Super-G
Born: 10.07.1982, Hove
Lives: Hampton Court
Height: 1.69m (5ft 7ins)
Weight: 69kg (10st 9lbs)
Club: Sandown Park
Coach: Stefan Ablplanalp
Games attended: Three (Salt Lake City 2002, Turin 2006, Vancouver 2010)



Major achievements: **OG:** 11th (super combined), 13th (downhill), 20th (Super-G), 27th (slalom) 2010; 11th (downhill), 19th (Super-G), 22nd (giant slalom) 2006; 14th (combined), 28th (Super-G), 30th (giant slalom), 32nd (downhill) 2002.

Chemmy Alcott missed the 2011 season after sustaining a double leg break during the World Cup in Lake Louise as well as the majority of last year's World Championships after a high speed crash in training.

However, she recovered from another leg break last summer to secure selection for her fourth consecutive Olympic Games.

In seven World Championship appearances, Alcott's best performance is 15th place in the downhill in Val d'Isere in 2009 and her best Olympic result remains her 11th in the downhill at Turin 2006, which she matched in the super combined four years later at Vancouver 2010.

She has made the top ten of a World Cup race five times, most recently in the super combined discipline also in Val d'Isere in 2009.

Alcott, who has won over 150 national titles at all age groups, is named after Sophia Loren's character in the film *El Cid*. She started skiing at 18 months old on a family holiday in Flaine, France and first raced at the age of three.

Alcott carried the Olympic torch through Ealing during the build-up to London 2012 and attended the Sydney 2000 Summer Games as a youth ambassador.

She finished fifth in the 2012 series of ITV's *Dancing on Ice* and is engaged to British ski teammate Doug Crawford.

@ChemmySki

DAVE RYDING

Event: Slalom
Born: 05.12.1986, Bretherton
Lives: Bretherton
Height: 1.80m (5ft 11ins)
Weight: 74kg (11st 7lbs)
Club: Kandahar
Coach: Tristan Glasse-Davies
Games attended: One (Vancouver 2010)



Major achievements: **OG:** 27th (slalom), 47th (giant slalom) 2010. **WCh:** 39th (giant slalom) 2011; 41st (giant slalom) 2009.

Dave Ryding started skiing aged six on his local dry ski slope of Pendle and won his first British slalom title in 2008.

Since his 27th-place finish in the slalom at Vancouver 2010, Ryding has risen in the world rankings and became the first British men's skier since Alain Baxter seven years previously to make the second run of a World Cup slalom, finishing 26th in Levi in 2012.

Last season he became the first British skier to win an overall Europa Cup title and further podiums have followed at Europa Cup level this season.

@davevryding

TRISTAN GLASSE-DAVIES

Function: Sport Official
Games role: Coach
Born: Georgetown, USA
Lives: Stirling



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Cross-Country Skiing

Introduction

Cross-country skiing was one of the original sports at the very first Olympic Winter Games at Chamonix 1924, although a women's event did not appear until Oslo 1952.

The sport is part of the Nordic Skiing family, which also includes biathlon, ski jumping and Nordic combined.

Possibly the purest of the four, cross-country is, put simply, a running race held on skis in which competitors propel themselves across the snow using poles and skis.

Due to the fact that every major muscle group is used, it is one of the most difficult endurance sports in the world and requires supreme fitness.

Since Chamonix 1924 the sport has been dominated by Norway who have claimed almost 100 Olympic medals. Neighbours Sweden are next on the all-time medal table.

Great Britain are yet to win a cross-

country skiing medal in any event at an Olympic Winter Games but did have three competitors at Vancouver 2010 – Andrew Musgrave, Andrew Young and Fiona Hughes.

That marked the first time that British representatives had competed in the sport at a Games since Lillehammer 1994 when Dave Belam was the sole GB athlete to enter.

Team GB 2014

Andrew Musgrave and Andrew Young have Olympic experience in their locker already having both competed at Vancouver 2010.

Musgrave placed a best of 51st in the 30km pursuit while Young was a best of 60th in the sprint.

Both Musgrave and Young were still teenagers at the time, in a sport where it is perceived you get better with age, and in the four years since have improved immeasurably.

Currently based in Norway, the two Brits – Musgrave is almost two years older than his teammate Young – have already started to make a fantastic impression in their adopted home country.

Musgrave's career highlight was winning the sprint title at the recent Norwegian Championships, claiming the scalp of a world champion and multiple World Cup winners in the process.

Last season Musgrave also finished an

WORDS TO LEARN +

WAXING:

Comes in two types, either for gliding or for gripping

QUICK CHANGE:

In the pursuit, where skiers move from classic technique and equipment to freestyle

MASS START:

The event where skiers begin all at the same time

● This will be my second Olympics, having also raced at Vancouver 2010, but four years ago I was still very young. Going into Sochi I feel like a much more mature and experienced athlete and I believe what I have learnt over the course of the last four years will help me perform to a much higher level and I cannot wait to get started. ●

Andrew Musgrave

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Andrew Young made his Olympic debut at Vancouver 2010

impressive 11th in the sprint race of the Tour de Ski – cross-country's equivalent of cycling's Tour de France – while during this season's edition he ranked ninth in the 9km freestyle pursuit.

Young meanwhile made an impression at the Norwegian Junior Championships in 2011 where he broke in to the top ten.

Musgrave will be joined on the team by older sister Rosamund, better known as Posy, while there will be a third British male in the form of Callum Smith.

Both will make their Olympic debuts at Sochi 2014.

Competition format

Both men and women will compete in six different events at Sochi 2014 meaning there will be 12 gold medals on offer at the Games.

The events vary in distance from a sprint, roughly a kilometre, to 50km – 30km for the women – and also in discipline with mass-start events and also staggered pursuits.

On top of that there are two different types of cross-country skiing – freestyle and classic.

Freestyle skiing – also called skate skiing – means you generate speed on your skis by using the same motion as you would on roller blades or ice skates. This method is faster but it generally is more difficult to learn.

Classic skiing is essentially walking with a glide between steps. To generate speed, you kick your front foot backwards and propel your other foot forward. This method is slower.

At Sochi 2014 men will compete in a 15km classic, a 30km pursuit – which involves both freestyle and classic – a 50km freestyle, an individual and team sprint and a 4x10km relay.

The women compete in a 10km classic, a 15km pursuit, a 30km freestyle, an individual and team sprint and a 4x5km relay.

DID YOU KNOW?

No athlete has won more medals at an Olympic Winter Games than Norwegian cross-country skier Bjorn Daehlie. Between Albertville 1992 and Nagano 1998, Daehlie won eight golds and 12 medals in all to sit top of the all-time list.

FACT FILE



VENUE:

Laura Cross-Country Ski and Biathlon Center

GOLD MEDALS ON OFFER:

12

DATES:

Saturday February 8 – Sunday February 23

NUMBER OF TEAM GB ATHLETES:

Men: 3 Women: 1

WEBSITES:

BOA: www.teamgb.com/winter-sports/cross-country-skiing
Sochi 2014: www.sochi2014.com/en/cross-country/
NGB: www.britishnordic.org/, www.teamgbss.org.uk



TEAM GB CROSS-COUNTRY SKIING AT THE OLYMPIC GAMES

Great Britain are yet to win an Olympic cross-country skiing medal

World Championships 2013 – best individual performance, Andrew Musgrave 28th, men's 15km freestyle

RECENT MAJOR CHAMPIONSHIP WINNERS

M = Men W = Women

	OLYMPIC GAMES 2010	WORLD CHAMPIONSHIPS 2013
10km freestyle	W Charlotte Kalla (SWE)	Therese Johaug (NOR)
15km freestyle	M Dario Cologna (SUI)	Petter Northug (NOR)
15km pursuit	W Marit Bjoergen (NOR)	Marit Bjoergen (NOR)
30km pursuit	M Marcus Hellner (SWE)	Dario Cologna (SUI)
30km classical	W Justyna Kowalczyk (POL)	Marit Bjoergen (NOR)
50km classical	M Petter Northug (NOR)	Johan Olsson (SWE)
4x5km relay	W Norway	Norway
4x10km relay	M Sweden	Norway
Sprint	M Nikita Kriukov (RUS) W Marit Bjoergen (NOR)	Nikita Kriukov (RUS) Marit Bjoergen (NOR)
Team Sprint	M Norway W Germany	Russia USA

EVENTS SCHEDULE

M = Men's events W = Women's events 🏅 = Medal event

DATE	EVENT
8 Feb	14:00-15:05 W 🏅 15km pursuit
9 Feb	14:00-15:45 M 🏅 30km pursuit
11 Feb	14:00-14:50 M Sprint qualifying
	16:00-17:50 W Sprint qualifying
	M 🏅 Sprint finals
	W 🏅 Sprint finals
13 Feb	14:00-15:40 W 🏅 10km classical
14 Feb	14:00-15:55 M 🏅 15km classical
15 Feb	14:00-15:30 W 🏅 4x5km relay
16 Feb	14:00-16:30 M 🏅 4x10km relay
	13:15-15:00 M Team sprint qualifying
19 Feb	15:45-17:00 W Team sprint qualifying
	M 🏅 Team sprint finals
	W 🏅 Team sprint finals
22 Feb	13:30-15:25 W 🏅 30km mass start freestyle
23 Feb	11:00-13:55 M 🏅 50km mass start freestyle

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ANDREW MUSGRAVE

Born: 06.03.1990, Dorset
Lives: Trondheim, Norway
Height: 1.80m (5ft 11ins)
Weight: 75kg (11st 8lbs)
Club: Huntly Nordic Ski Club
Games attended: One (Vancouver 2010)



Major achievements: **OG:** 51st (30km pursuit), 55th (15km freestyle), 58th (sprint) 2010. **WCh:** 28th (15km freestyle), 41st (50km classical), 38th (30km pursuit) 2013; 59th (50km freestyle), 50th (15km classical), 58th (30km pursuit), 28th (sprint), 15th (4x10km relay), 22nd (team sprint) 2011. **NCh** (Norwegian) gold (sprint) 2014

Born in Dorset, Andrew Musgrave started skiing after his father, who works for an oil company, moved the family to Alaska when he was five. His career highlight is winning this year's Norwegian sprint title, beating a world champion and multiple World Cup winners.

@musgraveandrew

ROSAMUND MUSGRAVE

Born: 28.10.1986, Aberdeenshire
Lives: Oyne
Height: 1.64m (5ft 5ins)
Weight: 64kg (10st)
Club: Huntly Nordic Ski Club
Games attended: None



Major achievements: **WCh:** 61st (10km freestyle), 59th (sprint), 22nd (team sprint) 2013; 50th (mass start), 60th (10km classic), 53rd (15km pursuit), 53rd (sprint), 16th (team sprint) 2011.

After watching her brother Andrew Musgrave compete four years ago in Vancouver, older sister Rosamund Musgrave is all set to make her Olympic bow.

Affectionately known as 'Posy', she learnt to ski in Alaska like her younger brother Andrew while she spends her time away from the slopes training to be a translator.



CALLUM SMITH

Born: 12.10.1992, Inverurie
Lives: Inverurie
Height: 1.80m (5ft 10ins)
Weight: 73kg (11st 5lbs)
Club: Huntly Nordic Ski Club
Games attended: None



Major achievements: **WCh:** 97th (15km freestyle), 69th (30km pursuit), 78th (sprint) 26th (team sprint) 2013; 70th (15km classic), 74th (sprint), 22nd (team sprint) 2011.

Callum Smith took a year out of his chemical engineering degree at the University of Edinburgh in order to focus all his efforts on qualifying for Sochi.

He is set to return to in September to begin his third year.



ANDREW YOUNG

Born: 21.02.1992, Huntly
Lives: Lillehammer, Norway
Height: 1.93m (6ft 4ins)
Weight: 83kg (13st 1lb)
Club: Huntly Nordic Ski Club
Games attended: One (Vancouver 2010)



Major achievements: **OG:** 74th (15km freestyle), 60th (sprint) 2010. **WCh:** 54th (50km classical), 53rd (15km freestyle), 55th (30km pursuit), 45th (sprint) 2013; 61st (sprint), 15th (4x10km relay) 2011.

Son of Team GB head coach Roy Young, skiing was always in the blood for Andrew Young who has impressed since he was a junior. Only 18 years old at 2010 Vancouver where he was joined on the team by Andrew Musgrave, Young is currently training and racing out of Norway.

@andrew_young

BENGT HJORT

Function: Technical Support
Games role: Wax Technician
Born: Tannas, Sweden
Lives: Ljusnedal, Sweden



THOMAS RAMSTEDT

Function: Sport Official
Games role: Coach
Born: Pargas, Finland
Lives: Molpe, Finland



ROY YOUNG

Function: Sport Official
Games role: Team Leader
Born: Aldershot
Lives: Huntly



Freestyle Skiing

Introduction

Freestyle skiing made its official debut at the Olympic Winter Games at Albertville 1992 having previously been a demonstration sport at Calgary 1988 where moguls, aerials and ballet events took place for both genders.

At Albertville 1992 the moguls was upgraded to a medal event although the aerials and ballet events remained as demonstration sports.

It wasn't until Lillehammer 1994 that aerials also became a medal event while the ski ballet competition was dropped from the schedule altogether. It remained that way for three more Games before Vancouver

I am always incredibly proud to represent the Great Britain in everything I do. To be given the opportunity to go to the Winter Olympics to do just that is amazing. Enjoy the show!

James Woods

2010 saw ski cross added to the program taking the total of medal events to six, three for men and three for women.

Freestyle skiing was boosted further when, in April 2011, the IOC approved the

halfpipe event to be added to the Olympic schedule for both men and women and, then in July of the same year, slopestyle was also confirmed on the programme.

That means that as of Sochi 2014 there will be ten gold medals up for grabs for the first time. The dominant nation in freestyle skiing's short Olympic history has been the USA who have claimed five golds and 14 medals in total.

Near-neighbours Canada trail just behind them with four golds and nine total medals while Australia are somewhat surprisingly third with Switzerland the highest ranked European country in the charts in fourth.

Britain have had representation in every Games since Albertville 1992, barring Turin 2006, but are yet to win a medal.

Team GB 2014

Britain have their strongest chance yet of winning an Olympic freestyle skiing medal for the first time ever at Sochi 2014 with a fresh and promising six-strong selected.

James Woods leads the team in Russia having won the overall slopestyle World Cup in pre-Olympic year, while he also claimed World Championship silver and Winter X Games bronze.

That effectively qualified him for Sochi 2014 with Woods part of team manager and head coach Pat Sharples' band of 'fridge kids' – a nickname given by other nations due to many of the British team beginning the sport at indoor ski slopes.

Another slopestyle specialist Katie Summerhayes is a two-time World Cup



I am over the moon about being selected for Team GB and even happier to be picked because it's the first time my sport has been included in the Olympic Winter Games. When I think about competing in

Sochi I feel a little nervous, but at the moment I am just overcome with excitement.

Rowan Cheshire

DID YOU KNOW?

Mogul skiers cover a 230-metre course in about 25 seconds, which equates to roughly four moguls a second.

silver medallist, as well winning bronze at the World Junior Championships and finishing fourth at the senior World Championships in 2013.

All six athletes will be making their Olympic debuts but Summerhayes already has Games experience after competing in halfpipe at the inaugural Winter Youth Olympics in Austria in 2012 where she

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Slopestyle specialist James Woods performs a trick

also carried the British flag at the opening ceremony. She has twice had her right knee reconstructed in the past two years .

Murray Buchan, James Machon, Emma Lonsdale and Rowan Cheshire will all compete in halfpipe as Britain field their biggest ever freestyle skiing squad for an Olympics, beating the five taken to Albertville 1992.

Machon has successfully recovered from a serious knee himself to make the team while Cheshire made history by becoming the first British female ever to win a freestyle skiing halfpipe World Cup gold medal in Calgary at the start of January.

Competition format

Freestyle skiing events include moguls, aerials, halfpipe, slopestyle and ski cross

WORDS TO LEARN

AIR:

Jumping off the snow

CORKED:

When an athlete performs a spin that rotates, not just left or right but up and down as well

GRAB:

Holding onto any part of skis while in air

VERT:

Describes the last part of the halfpipe wall where it reaches vertical to send the rider out to perform a trick and then back into the pipe

SICK:

Word to describe something great or crazy or insane

with a qualification and final round taking place in all. The moguls event is a descent down a slope of bumps while competitors are also required to perform two jumps on their way through the course.

Scores are determined by judges, who assess how well the moguls are navigated and the quality and difficulty of the jumps performed. Speed of descent is also taken into account.

In aerials athletes start by completing two special qualifying ski jumps each. The athletes with the highest combined scores from the two jumps advance to the finals. Scores from the qualifying round do not carry over to the finals however. For each jump, athletes are judged on their technique for jump take off, jump form and landing.

Halfpipe sees athletes compete in a half-cylindrical tube shaped into the snow. Using speed gained on the slope, skiers come up over the rim of the pipe to perform jumps, rotations and other mid-air manoeuvres or tricks. The object is to perform difficult manoeuvres with perfect form and land the run.

The competition format includes qualifying and final rounds, with two runs per athlete in each round and the best score of those rounds used to determine places.

In slopestyle athletes perform on a slope with various types of obstacles – rails, quarter-pipes and jumps – and perform

FACT FILE

VENUE:

Rosa Khutor Extreme Park

GOLD MEDALS ON OFFER:

10

DATES:

Thursday February 6 – Friday February 21

NUMBER OF TEAM GB ATHLETES:

Men: 3 Women: 3

WEBSITES:

BOA: www.teamgb.com/winter-sports/freestyle-skiing

Sochi 2014: www.sochi2014.com/en/freestyle-skiing/

NGB: www.teambss.org.uk/

a variety of tricks to accrue points. There are two runs in each qualifying and final round and the athlete awarded the highest score by the judges from either run in the final wins.

Ski cross is made up of two parts: the qualifying round which is a race against the clock and the final rounds which are mass-start events. In the qualifying round, athletes race individually down a course approximately 1,000 metres long with turns and obstacles.

The athletes with the fastest times are then divided into groups of four and compete to determine who advances to the next round of competition.

The top-two finishers continue to compete, while the losers are eliminated, with four athletes reaching the final round to compete for the medals.

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DID YOU KNOW?

Athletes that compete in aerials do the most difficult gymnastic manoeuvres in any sport. They can twist up to five times and flip up to three times while travelling at 40mph and up to 20 metres into the air.



Katie Summerhayes carries the British flag at the Opening Ceremony of the inaugural Winter Youth Olympics

TEAM GB FREESTYLE SKIING AT THE OLYMPIC GAMES

Great Britain are yet to win an Olympic freestyle skiing medal



World Championships 2013



RECENT MAJOR CHAMPIONSHIP WINNERS

M = Men **W** = Women

	OLYMPIC GAMES 2010	WORLD CHAMPIONSHIPS 2013
Moguls	M Alexandre Bilodeau (CAN) W Hannah Kearney (USA)	Mikael Kingsbury (CAN) Hannah Kearney (USA)
Aerials	M Alexei Grishin (BLR) W Lydia Lassila (AUS)	Qi Guangpu (CHN) Xu Mengtao (CHN)
Halfpipe	M N/A W N/A	David Wise (USA) Virginie Faivre (SUI)
Slopestyle	M N/A W N/A	Tom Wallisch (USA) Kaya Turski (CAN)
Ski cross	M Michael Schmid (SUI) W Ashleigh McIvor (CAN)	Jean-Frederic Chapuis (FRA) Fanny Smith (SUI)



EVENTS SCHEDULE

M = Men's events **W** = Women's events = Medal event

DATE	EVENT
6 Feb	18:00-18:45 W Moguls Qualification
8 Feb	18:00-18:30 22:00-23:35 W Moguls Finals
10 Feb	18:00-19:20 M Moguls Qualification 22:00-23:35 M Moguls Finals
11 Feb	10:00-11:25 W Slopestyle Qualification 13:00-14:05 W Slopestyle Finals
13 Feb	10:15-12:00 M Slopestyle Qualification 13:30-14:40 M Slopestyle Finals
14 Feb	17:45-19:00 W Aerials Qualification 21:30-22:35 W Aerials Finals
17 Feb	17:45-19:00 M Aerials Qualification 21:30-22:35 M Aerials Finals
18 Feb	17:45-19:25 M Halfpipe Qualification 21:30-22:30 M Halfpipe Finals
20 Feb	11:45-12:25 M Ski cross Qualification 13:30-15:00 M Ski cross Finals 18:30-19:45 W Halfpipe Qualification 21:30-22:25 W Halfpipe Finals
21 Feb	11:45-12:25 W Ski cross Qualification 13:30-15:00 W Ski cross Finals



Great Britain will compete in the men's and women's slopestyle and halfpipe

MURRAY BUCHAN

Event: Halfpipe
Born: 02.12.1991, Edinburgh
Lives: Edinburgh
Height: 1.63m (5ft 4ins)
Weight: 64kg (10st 1lb)
Coach: Pat Sharples, Jamie Matthew
Games attended: None
Major achievements: WCh: 18th 2013; 20th 2011.



Murray Buchan started skiing when he was eight and graduated to freestyle aged ten. He played for Boroughmuir Rugby Club before seriously pursuing skiing.

He works in a bar over the summer to fund his winter ambitions and finished 18th at the Sochi World Cup in February 2013, which also acted as the Olympic test event.

@murraybuchan

ROWAN CHESHIRE

Event: Halfpipe
Born: 01.09.1995, Alsager
Lives: Alsager
Height: 1.67m (5ft 6ins)
Weight: 66kg (10st 4lbs)
Coach: Pat Sharples, Jamie Matthew
Games attended: None
Major achievements: WCh: 17th 2013.
WJCh: bronze 2013, WC: gold (Calgary) 2014



Rowan Cheshire wrote her name into the history books in January as she became the first British woman to win halfpipe World Cup gold with her triumph in Calgary.

She also won bronze at the 2013 World Junior Championships in Italy having started her journey to Sochi on the dry ski slope at Stoke Ski Centre when she was 11.

@Rowan_C

EMMA LONSDALE

Event: Halfpipe
Born: 24.04.1984, Settle
Lives: Settle
Height: 1.75m (5ft 8ins)
Weight: 69kg (10st 9lbs)
Coach: Pat Sharples, Jamie Matthew
Club: Kendal
Games attended: None
Major achievements: WCh: 15th 2013; 11th 2011.



Emma Lonsdale has been skiing since the age of two and after competing in alpine for 16 years she switched to freestyle.

She tried her hand at moguls, aerials and ski cross before deciding halfpipe was the sport for her, going on to become a nine-time British champion.



JAMES MACHON

Event: Halfpipe
Born: 23.11.1990, Sheffield
Lives: Hope Valley
Height: 1.76m (5ft 9ins)
Weight: 75kg (11st 8lbs)
Coach: Pat Sharples
Games attended: None
Major achievements: WCh: 18th 2011.



A four-time British champion, the first of which came in 2008, James Machon lists snowboarder Shaun White as his hero.

But it is younger brother Robert – who is on the British development team – who has been most influential in his career to date, the siblings making perfect training partners for one another.

@JamesMachon

KATIE SUMMERHAYES

Event: Slopestyle
Born: 08.10.1995, Sheffield
Lives: Sheffield
Height: 1.71m (5ft 7ins)
Weight: 68kg (10st 7lbs)
Coach: Pat Sharples
Club: Sharks
Games attended: None
Major achievements: WCh: 4th 2013; 11th 2011. WJCh: bronze 2013, WC: silver (Silvaplana) 2013, silver (Gstaad) 2014



Katie Summerhayes carried the British flag at the opening ceremony of the inaugural Winter Youth Olympics in 2012, where she competed in halfpipe, finishing fifth.

She was also 14th in the halfpipe at the 2011 World Championships in addition to her 11th in the slopestyle. She had the anterior cruciate ligament in her right knee reconstructed in March 2012 before having to go through the same procedure again in April 2013.

@summerhayes

JAMES WOODS

Event: Slopestyle
Born: 19.01.1992, Sheffield
Lives: Sheffield
Height: 1.68m (5ft 6ins)
Weight: 67kg (10st 6lbs)
Coach: Pat Sharples
Games attended: None
Major achievements: WCh: silver 2013; 8th 2011. WC: gold 2013.



James Woods is the leader of the British freestyle skiing team having earned great success on the international stage since September 2012 when he claimed World Cup gold in Argentina on only his third appearance on the circuit.

Another gold followed at the Copper Mountain World Cup in January 2013 – those two results enough to give him the overall Crystal Globe for the pre-Olympic season.

But Woods wasn't done there and became Britain's first freestyle skiing World Championship medalist since Richard Cobbing's aerials silver in 1993 with his own silver in 2013 while he also won Winter X Games bronze in the same season. Woods won Britain's first-ever major slopestyle medal with European Winter X Games bronze in March 2011.

Woods was a keen skateboarder and rollerblader before learning to both snowboard and ski at the Sheffield Ski Village, which was burnt down in a fire. He was to specialise in the latter and the freestyle discipline of slopestyle.

@JamesWoodsy

PADDY MORTIMER

Function: Sport Official
Games role: Team Leader
Born: Kendal
Lives: Heswall



ALISON ROBB

Function: Sport Official
Games role: Physiotherapist
Born: Kirkcaldy
Lives: Nethybridge



PAT SHARPLES

Function: Sport Official
Games role: Coach
Born: Bradford
Lives: Lytham St Annes



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Snowboarding



Zoe Gillings in action in snowboard cross on her Olympic debut at Turin 2006

Introduction

Snowboarding is the newest sport at the Olympic Winter Games having not officially appeared until Nagano 1998, where there was just two events for men and women – halfpipe and giant slalom.

Giant slalom – a downhill event similar to giant slalom skiing – only featured at Nagano 1998 though, replaced by parallel giant slalom – a downhill head-to-head race – for Salt Lake City 2002.

At Turin 2006 snowboard cross, whereby athletes tackle a downhill course involving jumps, berms and other obstacles, joined

halfpipe and parallel giant slalom on the Olympic programme.

It remained that way at Vancouver 2010 while at Sochi 2014 the Games programme for snowboarding will be at its biggest with the addition of parallel slalom and slopestyle for both men and women taking the number of events to five.

Parallel slalom is a tighter equivalent of parallel giant slalom while slopestyle requires athletes to perform a series of tricks off jumps, terrain features and rails.

America are the dominant snowboarding

nation at the Olympics and in Shaun White and Seth Wescott they have two of the three most successful athletes at the Games.

Both have two gold medals while Philipp Schoch of Switzerland is the other athlete to have won double gold. White is arguably the greatest snowboarder ever though and has 13 Winter X Games gold medals.

Great Britain are yet to win an Olympic snowboarding medal and didn't have any representation at Nagano 1998. That changed at Salt Lake City 2002 when Lesley McKenna was selected.

She went on to feature at both Turin 2006 and Vancouver 2010 as Britain fielded four athletes at each, while the team for Sochi is the biggest and most promising yet.

Team GB 2014

Britain will send their biggest snowboarding team yet to Sochi 2014, comfortably eclipsing the four that went to Vancouver 2010 with seven athletes selected for the Games.

Remaining from the team that competed at Vancouver 2010 are Zoe Gillings and Ben Kilner, while the introduction of slopestyle to the Games programme boosts Britain's hopes further.

Gillings will make her third Olympic appearance, matching the record number of Lesley McKenna, having finished 15th at Turin 2006 and eighth at Vancouver 2010 in snowboard cross.

Halfpipe specialist Kilner returns for his second Games while two-time Winter X Games slopestyle champion and one-time

I'm absolutely thrilled with the way things have gone this season. After what seems to have been a very quick four years since Vancouver 2010 here I am again. I am absolutely delighted to have made the team again and look forward to putting on a good show for our nation.

Ben Kilner

runner-up Jenny Jones finally gets her chance.

Four years ago Jones won the second of her two X Games titles the month before Vancouver 2010 but with slopestyle not on the programme she didn't compete.

That is all set to change though and she will be joined in the discipline at the Games by Aimee Fuller, Billy Morgan and Jamie Nicholls.

Morgan claimed Britain's best World Championship finish in the pre-Olympic season as he placed fourth, while he also claimed his maiden World Cup podium finish with third at the season closer in Sierra Nevada.

Dom Harington completes the team and will join Kilner on the halfpipe.

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DID YOU KNOW?

Snowboarding wasn't inspired by skiing but by surfing and skateboarding in the USA in the 1960s.

I am delighted to have been selected for my third Winter Olympics. Now is the time for me to use the experience I've gained, ride as fast as I can and try and get onto that podium!

Zoe Gillings

WORDS TO LEARN +

GOOFY:

Riding with the right foot forward

REGULAR:

Riding with the left foot forward

McTWIST:

An inverted aerial where the athlete performs a 540 degree rotational flip

NOSE:

The front end of the snowboard

STOKED:

Another word for excited

DECK:

The flat part at the top of the halfpipe wall. If a rider 'decks out' they have landed on the deck usually resulting in a crash

Competition format

There are five events for men and five events for women at Sochi 2014 producing ten gold medals – halfpipe, snowboard cross, parallel giant slalom, parallel slalom and slopestyle.

In halfpipe athletes compete in a half-cylindrical tube shaped into the snow and, using speed gained on the slope, come up over the rim of the pipe and perform aerial tricks on which they are judged.

Split into three parts, qualification determines who advances straight to the final and who must contest the semi-finals with 12 athletes in total bidding for medals in the final round.

Snowboard cross is held on a course including jumps, bumps, berms and other obstacles and begins with a qualifying round whereby athletes race on their own against the clock.

The 32 fastest athletes are split into groups of four who race in heats against each other with the top two proceeding to the next round until there are four athletes left to contest the final.

Parallel giant slalom involves head-to-head racing but begins with a qualification round where athletes compete on their own against the clock to determine the 16 fastest who advance to the elimination round.

Racing in a knockout format two athletes compete on two, side-by-side courses and switch courses after one run. In run two

the fastest of the two athletes starts first, equivalent to the amount of time they led by, with the first past the post then the winner.

Winners advance from the last 16 to the quarter-finals and then to the semi-finals, where the winners compete in the gold-medal race and the losers the bronze medal race.

Parallel slalom follows the same format although there are more gates and they are placed closer together, demanding racers to be quicker from edge to edge.

Meanwhile, slopestyle is like halfpipe whereby athletes' performances are judged. The more athletes make best use of all the features and jumps, along with producing technically difficult tricks that are executed well and linked together, the higher they will score.

Height gained on jumps is also a factor while a failure to land cleanly can lead to a decrease in score. There are no set rules although new tricks generally score high.

Slopestyle begins with a qualification round from which 22 advance with the top eight progressing straight to the final and a semi-final scheduled to determine a further four for the final, where the athletes with the best scores go last.

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DID YOU KNOW?

Snowboarding legend Shaun White picked up where he left off in the build up to Vancouver 2010 for Sochi 2014 by having a private halfpipe built for him, this time in Australia.



Ben Kilner at Vancouver 2010

FACT FILE +

VENUE:

Rosa Khutor Extreme Park

GOLD MEDALS ON OFFER:

10

DATES:

Thursday February 6 – Saturday February 22

NUMBER OF TEAM GB ATHLETES:

Men: 4 Women: 3

WEBSITES:

BOA: www.teamgb.com/winter-sports/snowboarding

Sochi 2014: www.sochi2014.com/en/snowboard/

NGB: www.teambss.org.uk/

TEAM GB SNOWBOARDING AT THE OLYMPIC GAMES

Great Britain are yet to win an Olympic snowboarding medal

World Championships 2013 – best performance, Billy Morgan, 4th, men's slopestyle

RECENT MAJOR CHAMPIONSHIP WINNERS

M = Men W = Women

	OLYMPIC GAMES 2010	WORLD CHAMPIONSHIPS 2013
Halfpipe	M Shaun White (USA) W Torah Bright (AUS)	Iouri Podladtchikov (SUI) Arielle Gold (USA)
Parallel Giant Slalom	M Jasey-Jay Anderson (CAN) W Nicolien Sauerbreij (NED)	Benjamin Karl (AUT) Isabella Labock (GER)
Snowboard cross	M Seth Wescott (USA) W Maelle Ricker (CAN)	Alex Pullin (AUS) Maelle Ricker (CAN)
Slopestyle	M N/A W N/A	Roope Tonteri (FIN) Spencer O'Brien (CAN)
Parallel Slalom	M N/A W N/A	Rok Marguc (SLO) Ekaterina Tudegesheva (RUS)

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EVENTS SCHEDULE

M = Men's events W = Women's events 🏆 = Medal event

DATE	EVENT
6 Feb	10:10-16:40 M Slopestyle Qualification W Slopestyle Qualification
	8 Feb 09:30-11.10 M Slopestyle Semi-finals 12:45-13:55 M 🏆 Slopestyle Finals
9 Feb	10:30-11.40 W Slopestyle Semi-finals 13:15-14:25 W 🏆 Slopestyle Finals
	11 Feb 14:00-17.05 M Halfpipe Qualification 19:00-20:00 M Halfpipe Semi-finals 21:30-22:35 M 🏆 Halfpipe Finals
12 Feb	14:00-17.05 W Halfpipe Qualification 19:00-20:00 W Halfpipe Semi-finals 21:30-22:35 W 🏆 Halfpipe Finals
	16 Feb 11:00-12:10 W Snowboard Cross Qualification 13:15-14:05 W 🏆 Snowboard Cross Finals
17 Feb	11:00-12:30 M Snowboard Cross Qualification 13:30-14:30 M 🏆 Snowboard Cross Finals
	19 Feb 09:15-11:00 M Parallel Giant Slalom Qualification W Parallel Giant Slalom Qualification 13:00-15:05 M 🏆 Parallel Giant Slalom Finals W 🏆 Parallel Giant Slalom Finals
22 Feb	09:15-11:00 M Parallel Slalom Qualification W Parallel Slalom Qualification 13:15-15:20 M 🏆 Parallel Slalom Finals W 🏆 Parallel Slalom Finals

Great Britain will compete in the men's and women's slopestyle, men's halfpipe and women's snowboard cross

ZOE GILLINGS

Event: Snowboard cross
Born: 14.06.1985, Isle of Man
Lives: Isle of Man
Height: 1.68m (5ft 5ins)
Weight: 65kg (10st 2lbs)
Games attended: Two (Turin 2006, Vancouver 2010)

Major achievements: OG: 8th 2010; 15th 2006. WCh: 10th 2013; 7th 2011. WC: bronze 2012; bronze 2011.

Zoe Gillings becomes Britain's second snowboarder to compete at three Olympic Games following in the tracks of now coach Lesley McKenna, who competed at Salt Lake City 2002 through to Vancouver 2010.

Gillings placed eighth at Vancouver 2010, an improvement on Turin 2006, but suffered an injury in the semi-finals in Canada which severely hampered her chances.

However injuries are something Gillings has regularly overcome – ten months prior to Turin 2006 she was told she wouldn't snowboard again after shattering her left foot.

She has seven World Cup podiums, including one win in Chile in 2004, which is more than any other British snowboarder. She started skiing aged three before copying elder brother Jon by snowboarding when she was ten.

Gillings is from the Isle of Man and runs her own business called Isle of Deals. She can also ride a unicycle and her snowboarding style is regular.

@zoegillings



DOM HARINGTON

Event: Halfpipe
Born: 04.06.1984, Leeds
Lives: London
Height: 1.85m (6ft 1in)
Weight: 80kg (12st 6lbs)
Coach: Hamish McKnight
Games attended: None

Major achievements: WCh: 39th 2013.

Having narrowly missed out on Vancouver 2010 and Turin 2006, Dom Harington will finally make his Olympic debut at Sochi 2014.

He started snowboarding aged 12 after first trying it in Aviemore and placed 39th at the 2013 World Championships despite breaking his wrist in practice.

@DomHarington



AIMEE FULLER

Event: Slopestyle
Born: 21.07.1991, Bromley
Lives: Bangor
Height: 1.60m (5ft 3ins)
Weight: 62kg (9st 8lbs)
Coach: Hamish McKnight
Games attended: None

Major achievements: XG: 8th 2013.

It wasn't until Aimee Fuller was 16 that she seriously pursued snowboarding, first starting on dry slopes in Bromley.

She became the first female to land a double backflip in competition at the Tignes Winter X Games in 2013, where she finished sixth.

She always sleeps in her contest bib the night before a competition and rides regular. Invited to 2014 X Games.

@aimee_fuller



JENNY JONES

Event: Slopestyle
Born: 03.07.1980, Bristol
Lives: Bristol
Height: 1.61m (5ft 3ins)
Weight: 63kg (9st 9lbs)
Coach: Hamish McKnight
Games attended: None

Major achievements: WCh: 6th 2013. XG: silver 2011; gold 2010; gold 2009.

After a career spanning more than a decade, Jenny Jones will finally make her Olympic debut with slopestyle introduced for the first time for Sochi 2014, although she states anything she achieves will be a bonus.

She first started snowboarding aged 17 and has won three medals at the Winter X Games, including two golds in 2009 and 2010. Jones claimed her first World Cup medal in New Zealand in August 2013, winning silver.

If she wasn't an elite snowboarder, she would travel the world surfing. She rides goofy.

@jennyjonesnow



BEN KILNER

Event: Halfpipe
Born: 21.08.1988, Banchory
Lives: Banchory
Height: 1.78m (5ft 8ins)
Weight: 74kg (11st 7lbs)
Club: Cairngorms
Coach: Hamish McKnight
Games attended: One (Vancouver 2010)

Major achievements: OG: 18th 2010. WCh: 16th 2013.

Ben Kilner has been snowboarding since he was nine and will make his second Olympic appearance at Sochi 2014 after placing 18th at Vancouver 2010.

He claimed World Cup bronze prior to his Olympic debut in 2010 and recorded his best-ever World Championship finish by placing 16th in 2013.

He rides regular.

@benkilner



BILLY MORGAN

Event: Slopestyle
Born: 02.04.1989, Southampton
Lives: Southampton
Height: 1.81m (5ft 11ins)
Weight: 72kg (11st 3lbs)
Coach: Hamish McKnight
Games attended: None

Major achievements: WCh: 4th 2013. WC: bronze 2013.

Billy Morgan first stood on a snowboard aged 15 and would be in the navy if he wasn't an elite athlete.

Morgan was Britain's best snowboarder at the World Championships in pre-Olympic year after placing fourth.

He claimed World Cup bronze, his first ever medal in the series, in Sierra Nevada last year and has overcome a serious knee injury to take his place in the team.

@billymorgan89



JAMIE NICHOLLS

Event: Slopestyle
Born: 21.07.1993, Bradford
Lives: Bradford
Height: 1.78m (5ft 8ins)
Weight: 67kg (10st 6lbs)
Coach: Hamish McKnight
Games attended: None

Major achievements: WCh: 14th 2013.

Jamie Nicholls started snowboarding at the age of seven, first attending the Halifax Ski and Snowboard Centre.

Born and raised in Bradford, his debut year came in 2009 and if he wasn't an elite athlete he would be a climber.

@jami nichollsuk



EUAN BAXTER

Function: Sport Official
Games role: Technical Personnel
Born: Inverness
Lives: Aviemore



DAN BRIER

Function: Sport Official
Games role: Coach
Born: York
Lives: Leeds



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HQ Staff

KATRIONA BUSH

Role: Press Officer
Born: Girvan
Lives: Dollar



GRACE CULLEN

Role: Press Officer
Born: Nottingham
Lives: London



JOE DIVALL

Role: Team Support
Born: London
Lives: London



KAY FINCH

Role: Team Support
Born: Welwyn Garden City
Lives: Broxbourne



PAUL FORD

Role: Team Support
Born: Brighton
Lives: Redhill



BETONY GARNER

Role: Press Officer
Born: Nottingham
Lives: Coleford



JENNY GREEN

Role: Team Support
Born: Birkenhead
Lives: London



SIAN KNOTT

Role: HQ Physiotherapist
Born: Carmarthen
Lives: Cardiff



SARAH LAMPLOUGH

Role: Moscow Team Support
Born: Scarborough
Lives: London



DERICK MacLEOD

Role: HQ Medical Officer
Born: Inverness
Lives: Inverness



SOPHIE MASON

Role: VIP & Hospitality Support
Born: London
Lives: London



FIONA MATHER

Role: Chief Physiotherapist
Born: Glasgow
Lives: Currie



LAURA MEECH

Role: Press Officer
Born: Havering
Lives: Upminster



JOE MORGAN

Role: Digital Media Manager
Born: High Wycombe
Lives: High Wycombe



HANNAH OAKES

Role: Team Support
Born: Chertsey
Lives: Woking



MARTIN OAKLEY

Role: Team Support
Born: Chertsey
Lives: Woking



LOUISA O'RIORDAN

Role: Press Officer
Born: London
Lives: London



RICHARD PRESCOTT

Role: Chief Press Officer
Born: Stubbington
Lives: Hampton



ANNIE SCOTT

Role: VIP & Hospitality Support
Born: Northampton
Lives: London



CORINNE SYED

Role: Team Support
Born: Barking
Lives: Ilford



GARY TEDDER

Role: Moscow Team Manager
Born: London
Lives: London



SHAHAB UDDIN

Role: Legal Support
Born: Sylhet, Bangladesh
Lives: London



MICHELLE WEBB

Role: VIP & Hospitality Support
Born: Banbury
Lives: Stratford-upon-Avon



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Jessica Ennis-Hill, javelin; Lizzy Amisbehler, road cyclist; William Sherman, 110m hurdler.

The nation followed their every step. We're right behind their next ones.

Here's to the elite. Those who went the extra mile and chased the dream. Those who showed courage and left nothing behind. Those who never turned back.

We are delighted to continue our support for British athletes as they prepare to make us proud all over again in Sochi 2014 and Rio 2016.

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Innovation that excites

TOGETHER WE'LL LEAVE OUR MARK ON SOCHI 2014

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DELIVERING TEAM GB TO SOCHI 2014 
Official Logistics Partner

14 pallets of air freight will be shipped from Stockport to Sochi post kitting out

4 days to kit out 110 individuals

The female athlete kit package has **111** units of clothing, accessories and toiletries excluding comp wear

191 units of Oliver Brown Formal Wear

188 individuals in Team GB will receive kit

943 units of competition wear

14 different kit categories across Team GB

20,331 units of Adidas, Village and Leisure Wear

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