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Story Headline: Reece Howden claims gold at Lillehammer 2016 in the Men's Freestyle Skiing Ski Cross for Canada

Event: Lillehammer 2016 Winter Youth Olympic Games
Date: 15 February
Place: Hafjell, Norway

SHOT LOG & Transcripts of sound-bytes:

Shot of the start gate with the finalists waiting to start

Shot from behind the start gate

Reece Howden and the finalists coming over the first jump and first part of the course

Reece Howden coming down the course

Aerial shot of Reece Howden and the finalists coming down the course

Shot of Reece Howden taking the lead as a competitor falls over

Reece Howden coming over a jump and down the course

Wide of Reece Howden crossing the finish line and celebrating

Reece Howden taking to the podium

Spectator waving a Canadian flag

Wide of Reece Howden getting his gold medal

Close up of Reece Howden getting his gold medal
Reece Howden on the podium

Close up of Reece Howden holding up his gold medal on the podium

Wide of podium during Canadian national anthem

Close up of Reece Howden during national anthem

Wide of flags being raised

Wide of podium during the Canadian national anthem

Close up of Reece Howden during the national anthem

Close up of Canadian flag being raised

SOUNDBYTE: Reece Howden, Men’s Freestyle Skiing Ski Cross champion, Lillehammer 2016 (English Language)
Answer: “It was so cool, I was just like speechless and I just felt very proud, definitely.”

Question: What was the hardest part of getting that gold medal today?
Answer: “Just trying to stay focused at a big world class event like this – it’s easy to lose focus with all the cameras and all the people watching so I was just focusing on the run and being the fastest run down the course.

Question: What did you think of the competition? Was it really hard at some parts of the competition?
Answer: “Definitely there was some really good guys here, and some didn’t make it into the Big Final but that’s Ski Cross and I just felt like I had the best day for sure.”

Question: Did you give yourself any advice or rituals before starting today?
Answer: “when I get into the gate I just try and get tunnel vision looking down the start and focus up and be the first one to that first gate.”

Question: What do you think you’ve learnt from being here at the Youth Olympic Games and coming first?
Answer: “Well, I’ve learned a lot about what it’s like going to an Olympic event and now I know what it’s like to win it’s an awesome feeling.”
End.