OK, answering my own question...

The DDS descriptor for the file shows the Zonal Wind field defined as :-

```
    ARRAY:
      Float32 zonal_wnd[time = 1][lvl = 70][lat = 746][lon = 1088];
    MAPS:
      Float64 time[time = 1];
      Float32 lvl[lvl = 70];
      Float32 lat[lat = 746];
      Float32 lon[lon = 1088];
  } zonal_wnd;
```

However to read that data you need the following command :-

 ncdf_varget, file_id, zw_id, zonal_wind, COUNT = [391,391,1,1], OFFSET = [428,191,0,0]

Who would have thought?

Another grey hair and another lesson learnt...

Andrew