



FEBRUARY 2019

# TRA Magazine



2019 TRA NATIONALS ENTRY



*AHV Team Selection Awards for 2019 WRABF World Championship*

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Cover photo from the 2018 TRA Rimfire and Air Benchrest Nationals held in Melbourne.

L-R; Bill Simmons, Joy Harrison, Bill Collaros, Glenn Seaman, John Patzwald, Don Powell, Roy Muller, Richard Lightfoot and Marise Maccora...photos supplied by Neil Digweed.

**NEWS NEWS NEWS**



South Australia is hosting the Masters Games clicking on the above logo/link will take you to TRSA's information page with links to entry forms etc.

## 2018 RBA Benchrest Championships, 30 November – 2 December 2018

By lunchtime on the Thursday, the majority of competitors were well into practice for the air rifle events scheduled for the following day. I'm sure out of state people arrived at the Melbourne International Shooting Centre with no other expectations other than the weather would be all over the shop and the wind would be up to its normal tricks. Bill Simmons arrived in the morning complete with the rifles and equipment for the 9 strong Queensland contingent. Thankfully he drives a Dodge RAM however if the Team was to get any larger, he'd be better off taking one of his companies B Doubles for a drive.

The start of the Air Light Varmint on Friday morning, was as everyone expected. Cool/cold (from a Qlder's perspective) variable winds made the 25m match a tricky proposition for some. Limited to 800fps, those 8.4gn pellets seem to have a mind of their own in those conditions. At the end of 3 cards (75 shot) the match, Bill Simmons had shown everyone how it was done edging out the local character, Leo Maccora, by just 4 points.



After lunch, the competitors lined up for the Air Heavy Varmint. With the rifle's energy levels increased for the heavy class, there is an expectation the scores will be a little higher as the heavier/faster pellets handle the conditions better. Unfortunately, the conditions worsened and the scores were down on the morning scores, but Bill Simmons made the best of it to take out both the matches and the Air 2 Gun.

Saturday morning was the International Sporter discipline, the first of the 50m rimfire events. For a change, the weather was quite warm but the wind was still there. The top 5 places were separated by just 6 points, about a third of the spread in the air rifle events. Glenn Seaman from West Wyalong just kept his nose in front of Norm Bardell by 2 points with Brett Wilson from Orange back 1 point into third.

Rimfire Light Varmint was shot after lunch. The top 5 margin blew out to 12 points as a result of the deteriorating conditions. Brett managed to stay 2 points ahead of Bill Simmons to take the win. 2 rimfire events with 2 different winners. No single competitor dominance in these events, like Bill did in the air events, but he did finish well up in the placings.

30 shooters lined up on a cool Sunday morning for the last match of the Championship in anticipation of completing it before lunch and the onset of the conditions experienced over the past two days.



Rimfire Heavy Varmint is the most contested event on the program and regarded by the majority of competitors as the premier event, due to the high standard and closeness of the competition. Winning this event over 3 cards with 75 scoring shots with a margin of less than 3 is becoming the norm. After the last shot was fired, the top 5 were separated by just 5 points and the winner just 1 point in front of second place.

And just to make the results even more outstanding, the winner was a 15 year old junior. Caden Bardell managed to improve his 3<sup>rd</sup> placing in last year's event to be the top of the woodpile. After the scores were posted, his father was overheard asking him if he understood the significance of what he had just done. He replied "Yea dad, I beat you!!" Indeed he did, but with Norm finishing just 5 points behind in 4<sup>th</sup> place, it's obvious he's had a good coach.

30 minutes after the protest period ended, the presentations commenced. After awarding the individual medals, the competitors who qualified for the Australian Team to the 2019 WRABF World Championships were awarded qualification certificates. For the first time, these awards were presented in recognition of the competitor's achievement in gaining selection over the two year selection process. This year the TRA Benchrest Working Group changed the selection criteria to cater for the additional places offered by the host club. Still based on their 2018 and 2019 performances, the team for each discipline is chosen from those who performed best in that discipline. In addition to the 9 senior team places, the working group made a commitment to include a junior team of 3 from the additional 7 places. The 2019 team qualifiers now include 3 father/son combinations which will be a memorable experience for all of them.



There were a number of exceptional performances over the selection events. Young Michael Selmes managed to finish up in the senior team for Rimfire Light Varmint as did Caden for the Rimfire Heavy Varmint. John Patzwald gets the consistency award for qualifying in every one of the 5 teams. John is probably the most experienced shooter on the team. He's a successful shooter in TRA benchrest, RBA benchrest, prone rifle and prone silhouette. He's represented his country on a number of occasions and recently returned from the Pacific Regional Championships in Nelson, organised by SSAA, with 4 silver medals.

Congratulations to all who participated over the three days and in particular to those who qualified for the team. Representing your country on the world stage is the pinnacle of your shooting career. Thanks also to the people from the club and the TRV members who assisted throughout the event.

The 2019 Championships will be held in Brisbane at the Jim Smith Range. Re-built for the 2018 Commonwealth Games, it is a fantastic venue with a lot to offer the shooter. We've even got some wind like Melbourne, however in November expect the conditions to be a little warmer and the wind a little kinder. Onsite accommodation has been reserved, so if you are considering coming perhaps you should make a booking ASAP with the QRA Belmont office.

If you've not tried TRA benchrest or RBA in particular, why not give it your best shot and have a go. If you do not know anyone who can help, contact the TRA Exec Officer and he'll direct your enquiry to someone on the sub-committee.

And the good thing about benchrest, is that when your finished shooting, standing up is just plain easy.

Full results on the [TRA web](#) under results. More photos over page



# Profiles—Keigan Williams

## 1. Keigan - you surprised a number of people with your results at the 2018 TRA Nationals in Brisbane. How did that success feel to you?

I wish that I could say that it was part of a well executed long term plan, but I honestly can't, not really. I entered the 2018 TRA National competition with the goal to perform well, enjoy the experience, but mostly to gain experience in the TRA disciplines.

Before the Nationals I had never competed in a full TRA 3P match or in a TRA Air rifle match. I'd been training the bits of course, but as there are no 3P or Air Rifle competitions in WA, the Nationals was the first time I had put the training together.

I had been training and competing in WA in prone for approximately a year and training in 3P with peep sights from the beginning of 2018. I had also only received my air rifle about 3 months before Nationals, so I had limited time to train with that rifle.

All I had planned to do, was the best that I possibly could at the shoot, and although I trained hard under the guidance of my coach, Tricia Van Nus, I knew that I still had a very long way to go, but I'd do what I could at the time, on the day.

To do as well as I did was a very big surprise, not only for me but also my support group. I had watched 3P finals on YouTube many times, but never thought that I would be in that situation. I can honestly say that I was rather terrified. I owe a big thank you to my fellow competitors, especially Dane Sampson, who was shooting next to me in the final of the 3X40 3P competition.

Dane knew that I had never competed in this competition before and have never been exposed to the procedure of a finals match. He took me under his wing and told me to just follow his lead and stay on track with him and I would be fine. He did not have to do this, and I am very thankful for his guidance. Winning the Bronze medal in that match was an amazing experience.

## 2. You have come from, and had success previously in SSAA competitions - is there any difference in the approach to competition between the two groups of shooters

Personally I have found that it has been a big change. Shooting with peep sights and learning to aim off were the biggest challenges in the change to TRA. Competing in SSAA is not as formal as TRA, although the competitors take great pride in the sport and spend many hours training and travelling to competitions.

The athletes in both groups are very encouraging and supportive, and have helped me in growing in my shooting. SSAA was a learning experience and has helped me to build my skills to a certain level, however to continue growing in my shooting career and to meet my goals I needed to make the move to TRA.

During the 2018 TRA Nationals in Brisbane, I was privileged to meet and compete against some of the top TRA athletes and coaches in Australia and witnessing their dedication and high level of expertise encouraged me to strive to reach that level and to train as much as I can to get there.

The holistic approach to the sport, including not only the physical, but also nutrition and mental aspects (which is fascinating), and Tricia has guided me throughout. The change has been a great experience and I will continue to compete in TRA and hopefully achieve my dreams.



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**3. Favourite food:** BBQ Pork ribs, Cucumber and Watermelon

**Favourite colour:** Lime green

**Best movie:** The fast and furious series

**Favourite shooting discipline:** ISSF - TRA 3Position 3x40

**Favourite shooting moment for 2018:** There are 3 highlights in 2018 that I will never forget and cherish.

Shooting in the final of the 3P match at the nationals and surprising my parents, my coach Tricia, and especially myself with a bronze medal.

Being the inaugural winner of the Target sprint at 2018 TRA Nationals

Shooting a perfect score (200.20) in the 10m air rifle prone at the 2018 WA SSAA Air rifle State Championships and breaking the Open and Junior Australian records.

#### **4. When did you first start shooting - and what disciplines**

I grew up shooting in South Africa as fun, it is a large part of the culture. My Uncle and Grandfather, both called Jan Terblanche (Jr and Sr), taught me how to shoot from age 5. After moving to Australia in 2008 (I was six at the time) I got into swimming and rugby union and was swimming over 15 hours a week. However, I suffered a knee injury in rugby and had to take a year off both sports.

During this time my parents and I went down to Port Bouvard Rifle and Pistol club where I met Mr Adrian Williams in 2014. He took me under his wing and coached me in SSAA target shooting. This is where I started my shooting experience in Australia. I started shooting Field rifle, 3P scoped, Precision and 3P Scoped Air Rifle and later, around 2015, I started shooting NRA 3P scoped. Adrian was very helpful and knew what he was talking about.

#### **5. Why make the move to the Olympic disciplines**

I believe that every athlete's goal is to represent their country in their chosen sport. I was privileged enough to represent Australia during the 2016 SSAA Pacific Regional Shooting Competition in Canberra and this was an amazing experience, but my biggest dream is to represent Australia at an Oceania, World Cup, Commonwealth Games or Olympic Games.

I have a goal of taking my shooting as far as I can and the next step in my career was moving across to the TRA disciplines, and shooting with and learning from the best shooters and coaches in Australia. I knew that shooting the TRA styles was the only option for me to possibly achieve my dreams so that's why I made the major move.

#### **6. Do you have a "pre match" routine - and will you share it**

Pre-Pre competition, I will increase my training as much as possible to be optimally prepared for the competition. Going into Nationals I trained more than I had ever done for about 3-4 weeks beforehand. I did a large variety of training exercises with Tricia.

When not actually on the range, we discussed many elements of the mental side of competition and talked about the best goals for the shoot, and how to make them reality. I also had a shooting process which we had practised before all shots (breathing and thoughts), which I still use today but have changed slightly since Nationals.

As a competitive swimmer, I always had a "pre race" routine and I still follow the same routine today. I would have a high carbohydrate, low fat meal the night before a match and a healthy high energy snack like a banana before the match. I make sure that I hydrate adequately with electrolytes and water.

Pre competition. Before the match, I will listen to music and concentrate on reducing my heart rate and clearing my mind of rubbish. Concentrating on breathing is important. As a swimmer, it was important to plan a race strategy, but in shooting, every shot must be your best and that is my competition strategy – stay calm, on task and do what needs to be done.

I am a Christian, and saying a silent prayer is always part of my "pre match" routine, and it certainly works for me.

## 7. What's next in shooting for Keigan Williams

I would like to continue growing in my shooting. I know that I still have a lot to learn and I have a long way to go. I am chasing my dream of shooting my way into the High Performance Squad of Shooting Australia and to shoot for Australia in the Oceania Champs, a World Cup, building to the Commonwealth Games and then the Olympics.

Balancing being in Year 12 in 2019 and training optimally will be challenging, but not unmanageable. Currently my major aims for my shooting for the next year is to learn as much as I can and improve my scores in all TRA disciplines (with Tricia's guidance), and to continue training and shooting at a wide range of events in Australia.....and getting into the Australian Oceania Team.

*If you have a profile on someone you think should be up in light or maybe one day will be please send it in to TRA at [execofficer@tra.org.au](mailto:execofficer@tra.org.au)*

### New Merchandise

The TRA Board has struck a run of **Keyrings** which can be ordered through the office using the form below. As shown they have the logo on one side with your name and Year of achieving membership on the reverse. The ring is 35mm in diameter. This unit is free to all those whom have 25 years of membership.

**We know there are many who meet this criteria and who have not yet claimed theirs, so don't be bashful ..ask your club secretary.**

**Or speak to Jim Brown or one of the other Directors at the Nationals**



## TRA Selection Trial – New Zealand Nationals 2019

The weather leading up to the Selection weekend on the 24/25 November was a real concern with very strong winds loaded with red dust that caused havoc in a large part of NSW. At various stages the airport was closed and flights were unable to land or depart. With some shooters travelling from interstate this could have been a disaster.

However the weather cleared and the shooters were greeted with a fairly typical day at SISC on Saturday, with Sunday even better. So a good weekend of competition shooting was able to occur.

Sadly numbers particularly in the Junior section and the women's consisted of only one participant. But they were quality shooters. Junior Shooter Quinn Rashford from Queensland impressed a lot of people with his performances. He achieved the selection score of 575 in his first match and improved each time he shot. Consequently he was an automatic selection and many believe he has a bright future in our sport.

Susie Smith was the lone female shooter and she worked hard during the weekend to achieve selection and did. Obviously the large amount of experience that she has in all levels of competition stood by her.

So the numbers in the Junior and Women's categories made the contest more about exceeding selection scores than shoulder to shoulder competition, but the men had a real contest on their hands. The clear winner was Andrew Sevelj, who dominated the scoreboard in each match and richly deserved selection with scores of 589, 590 and 592 with a lot of high value 10's meaning his decimal scores were also impressive.

Daniel Croatto made a late charge to finish just ahead of David Clifton and Maris Taylor finishing 4<sup>th</sup>.

As the team consisted of the first 3 male competitors, Maris was the designated reserve for the team. There were other performances worthy of note from those who failed to make the team with a number of people remarking that they had achieved a personal score.



Therefore at the conclusion of the selection trail the team consisted of: Andrew Sevelj, Daniel Croatto, David Clifton and Susie Smith with Maris Taylor the reserve shooter in the senior team. Quinn Rashford was the lone junior selected.

As some of us may remember life as an 18 year old is exciting, challenging and sometimes unpredictable.

Quinn had to withdraw from the team only a few days after the selection trial due to accepting a scholarship to attend ADFA (Australian Defence Force Academy) in Canberra. This is a great opportunity, too good to pass up and we wish Quinn all the best for the future. He intends to continue shooting in Canberra and may be selected in another team in the future.

Maris Taylor then came into the team and after the selection process was completed for the Team Manager David Wright was appointed to that position.

The question may be asked why send a team to the New Zealand Nationals and is this just a one off.

Firstly, there has been an alarming decline in the number of opportunities for prone shooters to represent Australia in recent times and they are the majority of our shooters competing in the ISSF disciplines.

The TRA Board has therefore decided to offer this group of shooters a reason to continue to push their skills and abilities by providing an opportunity to represent TRA Internationally. Also our friends across the Tasman have been sending shooters to our Nationals for many years and they are very happy for us to be reciprocating in some form.



Sending a team to the New Zealand Nationals is not a one off but will be part of an ongoing commitment to be evaluated each year. Members who wish to suggest any modifications or improvements that could be made to the process to select the team for the 2020 New Zealand Nationals are invited to email Jim Brown at [jimbrowntra@aapt.net.au](mailto:jimbrowntra@aapt.net.au)

Our thanks to Dennis Claxton (NSW President), the NSW members along with the management and staff at Sydney International Shooting Centre for their assistance.

**Jim Brown**

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# We've Expanded Our Range!

Since 2012 Target Ammunition Pty Ltd has been offering the members of Target Rifle Australia Ltd access to quality ammunition at a reasonable price through TRA's Member Bodies—the State Associations that do so much to help grow and develop our sport.



Eley 22LR ammunition products remain an integral and important part of our product range, and we're pleased to announce that Eley Tenex air pellets will be available in Australia from January 2019.



## Also Available



Target Ammunition now offers a select range of RWS ammunition and air pellets together with Lapua and SK ammunition to our member bodies, so that all our members have access to a wider variety of quality ammunition at a reasonable price.

## Talk to your State Association today!

Or Contact: Target Ammunition Pty Ltd (ABN 15 152 308 177)

Ph: 0447 447 055

Email: [execofficer@tra.org.au](mailto:execofficer@tra.org.au)

## December Camp

With open minds and full of energy, 25 Juniors came to Adelaide in December 2018 to attend the National Junior Training Camp. The plan was to have a great time, make new friends, and learn a bit more about how to shoot a **10!**

Over the four days, everyone participated in the workshops, training sessions and discussions. We enjoyed a daily stretching session and a daily Pilates workshop to get our bodies ready for shooting and moving again after shooting each day.

These sessions reinforced the importance of stretching and why shooters need to build strength in the core muscles.



Thanks to Peppa Hann who ran the Pilates classes, and Matt Ransom (Physiotherapist) who previously prepared the stretch/strength program that we used.

Hopefully this is something that will continue to be used by the juniors when they get back to their home clubs.

*Continued over page*

We also had a great interactive workshop to develop and understand psychological skills – in particular, concentration. Under the direction of Sports Psychologist Geof Boylan-Marsland we had a lot of fun noticing some of the distractions that get in the way of good shooting, and then practising what we can do to concentrate better on shooting. The coaches happily provided lots of distraction while the juniors practiced concentrating on their breathing or something else they identified helped them. We had some great conversations during this session and many insightful comments were made.

Nutrition is important – particularly with young people, so we engaged the assistance from Elaine Bo, Nutritionist from Victorian Institute of Sport to advise us of healthy snacks and lunches. She arranged the yoghurt and muesli bars we had for snacks and gave great ideas for healthy lunch. Thank you so much to Shae Berry from Shooting Australia who arranged lunch each day – many rumbling bellies were always so grateful to see her.

Another exciting aspect of this camp was the interest we had from Coaches and past/current athletes (who are also Coaches) to join the camp and share so much of their knowledge and experience.

Thank you to:-

Warren Potent	Tricia Van Nus
Andrew Sevelj	Suzy Smith
Emma Woodroofe	James Daly
Michael Nicholas	Tamsyn Henry
Neil Davis	Alan Henderson

We had an informative large group discussion where the coaches (in particular Warren, James, Suzy and Tricia) shared their experiences in competitions, how they approached competitions, the importance of keeping a diary, and goal setting – from small goals of what to do in training to the bigger goals of going to a State Championships.

Each of the four days, we had two shooting training sessions and the Coaches watched over the juniors and provided advice and information to help them make some positive changes or better understand what they are doing. The coaching team was fantastic, and I thank them sincerely for their involvement.



We had a couple of training camp competitions in prone and air rifle and tried our luck with the new mixed pairs air rifle final format. This gave everyone the opportunity to put into practice some of the things they had learned over the camp.

There was a bit of down time too, at the accommodation everyone enjoyed the recreation room where they could play pool, chess or table tennis, or sit and talk. It was great to see new friendships being formed.

This camp was jointly run by Target Rifle Australia and Shooting Australia, and we are very grateful to have had this opportunity to offer a camp like this. It was fun and informative, and a few personal bests were included for good measure.

**Carrie Quigley**  
Rifle National Talent Coach  
Shooting Australia



Photos courtesy of Tricia Van Nus





## Target Rifle Australia Ltd. Logo Design Competition

Target Rifle Australia Ltd is searching for a crisp, new logo that clearly identifies the organisation and our members.

The new logo will feature on all TRA Ltd National Championship Medals as from 1st January 2020 and will be used in all TRA corporate correspondence, promotional and marketing activities.

### Are you up for The Challenge?

Design the next Target Rifle Australia Ltd Logo and you could win 5000 rounds of Eley Edge!

#### Design Brief:

##### *The new TRA Ltd Logo*

1. Must include the words "Target Rifle Australia Ltd."
2. Should be reflective of the ethos, aims and objectives of TRA Ltd.
3. Designs should be submitted in Full Colour, High Contrast Grey Scale and Monochrome (Line Art) high resolution graphics formats



#### Submissions:

All design submissions should be forwarded in the first instance to:

The Executive Officer, Target Rifle Australia Limited, PO Box 11144 Centenary Heights, QLD 4350 or by email: [execofficer@tra.org.au](mailto:execofficer@tra.org.au)

**Deadline for Submission: Friday, 29<sup>th</sup> March 2019**

## The advantage of being in a wheelchair

Is there any? On the shooting range, some might say 'yes'. However, that is far from the truth.

Let me tell you about my friend Ashley Adams.



Ashley was a wild young man, and to the end of his life he remained much the same. In fact, going hell for leather was his hallmark and, in the end, this brought about his downfall on a 4WD motorbike on his cattle station near Blackall in central west Queensland. We visited his station on several occasions and followed him around on our 4WD bike and could not keep up with him.

In his late twenties he rode horses and also rode his motorbike in races – as always, full pelt. His accident occurred when he rode his motorbike in a race with an injured ankle acquired when he was tossed off a horse. He came off his bike on a turn and told me that when he woke up he knew he had broken his back and would never walk again. Always full of humour, he told me that when news of his accident got out, two of his girlfriends turned up at his bedside in hospital – neither knew about the other of course. The story goes that he had to give both of them the flick because they had known him before he broke his back.

But, I digress. The lesion was high up in the upper part of his spine which meant that he would spend the rest of his life in a wheelchair. In other words, absolutely no feeling below a point just under your armpits.

What does it mean to have that kind of injury? It means a huge number of difficulties just living from day to day. Every time you go into a shop, note whether there are steps or not and think about what that means for someone in a wheelchair. Think about trying to turn a wheelchair around in a public loo (unless you have a colostomy bag which many do). What about the bank; what about buses; what about medical centres; what about your home? There have been many improvements over latter years, but it is still very difficult in places just to get around.

Back to shooting. Shooting in the standing position requires good core strength, good balance, fine muscle co-ordination and a heap of other things. For someone like Ashley, there is no core strength, there is no muscle co-ordination below the break in the spine, you can't feel your feet or even know where they are without looking at them. In addition, there is the problem of spasm which is an ever-present condition for many wheelchair bound athletes.

It mystifies me how accomplished and how dedicated and determined disabled athletes are to overcome the obstacles they face, and they have my admiration for how they live their lives, remain positive and excel in their chosen sport.

For those of you who think they might have an advantage shooting from a wheelchair – try it, but remember that you can feel every part of your body and compensate for any sway or other movement by the slightest contraction of a muscle – the wheelies can't.

One thing Ashley said to me, which has always stuck in my mind, is that shooting from a wheelchair as a spinal injured person was like **sitting on a bowl of jelly**. Think about it.

*Yvonne Hill*



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Shooting has been on the Paralympic programme since the [Toronto 1976 Paralympic Games](#) and today is practiced in **more than 65 countries**.

For more information click on the logo above or goto <https://www.paralympic.org/>

## What is Shooting Para Sport?

Shooting is the ultimate test of **accuracy and control** and in [shooting Para sport](#) events, athletes with physical impairments compete in both **rifle** and **pistol** events.

In this precision sport, athletes use focus and controlled breathing to reduce their heart rates and improve stability and high performance. This ability to steady hand and mind to deliver a sequence of shots requires well-developed powers of concentration and emotional control. Athletes compete in events from distances of **10m, 25m and 50m** in **men's, women's and mixed competition events**.

Of the **12 Paralympic shooting events**, six are open to both women and men, three are open to women only and three are open to men only.

The sport is governed by the [IPC](#) and coordinated by the World Shooting Para Sport [Sport Technical Committee and Management team](#). The sport follows rules of the [International Shooting Sport Federation \(ISSF\)](#) in conjunction with its own [World Shooting Para Sport Technical Rules and Regulations](#), which take into account considerations for Para athletes in shooting sport.

Shooting has been on the Paralympic programme since the [Toronto 1976 Paralympic Games](#) and today is practiced in **more than 65 countries**.

In 2010 the IPC and the ISSF signed a **Memorandum of Understanding** to cooperate and work together in developing shooting sport; the agreement covers several areas including management, promotion of competitions and events, knowledge exchange, and education of technical officials.

In 2016, the sport was renamed and rebranded from [IPC Shooting](#) to Shooting Para Sport. The International Federation has been renamed World Shooting Para Sport.

World Shooting Para Sport is also working to develop new discipline or events in the sport for inclusion in the sport programme, including: [Para Clay Target Shooting](#) and [Visually Impaired \(VI\) Shooting](#).

### Classification terms

**SH1 (Rifle):** athletes in this sport class have an impairment in the lower limb(s). SH1 Rifle athletes are able to support the full weight of the rifle, and compete either in a standing or sitting position (from a wheelchair or shooting chair).

**SH2 (Rifle):** athletes in this sport class have an impairment in the upper limb(s) which prevents them from supporting the full weight of the rifle. Athletes therefore use a spring-mounted stand which helps to support the weight of the rifle; however the athlete must fully stabilise, guide and control the rifle in the aiming process. Depending on their impairment, some athletes in this class may also require an assistant to load the rifle. Many SH2 athletes also have an impairment in the lower limb(s) and so compete in a sitting position either from a wheelchair or shooting chair.

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# **Australian Smallbore and Air Rifle National Championships 2019**

**Hosted by**



**New South Wales  
Smallbore & Air Rifle  
Association Inc.**

**April 17<sup>th</sup> to April 22<sup>nd</sup>  
2019**

**At  
Sydney International Shooting Centre  
Elizabeth Drive, CECIL PARK NSW**



**To All Competitors**

**First, the Board of TRA Ltd wishes to apologise to all members and intending visitors/entrants for the late change in venue from Perth to Sydney.**

**The Board discussed the detailed documents received from the WASRA committee at length at its most recent meeting, of 19-20 January, confirming that the action taken was the only alternative; issuing the following abbreviated statement from WASRA.**

*WASRA is extremely sorry to all TRA Members and New Zealanders for the massive disruption and financial impacts caused by an unexpected relocation of the 2019 TRA National Championships from Perth to Sydney over Easter.*

*WASRA had been working very closely with the TRA Tech Delegate, who had shown a lot of confidence in us being able to deliver everything needed to have a successful Nationals. Our tight works program was on track. A 50m range upgrade to install Meyton electronic targets was well advanced. A new indoor range has additional network cabling installed and firing point benches built. It would have been ready for commissioning of borrowed QTS Meyton air rifle targets*

*The cause for cancellation of the TRA National Championships in Perth was a totally unexpected issue in getting the essential Range Safety Certificate for a new indoor range issued by WA Police (WAPOL).*

TRA Ltd and WASRA hopes everyone affected by this decision will understand it was made in the interests of all .

**The Chairman of the TRA Board, Mr Glenn Braybon, extends a warm welcome to all attending the Nationals and hopes all competitors, officials, volunteers and visitors continue in the time honoured tradition of fierce but friendly competition whilst enjoying the opportunity to renew or develop friendships.**

## PROGRAM

Wednesday 17<sup>th</sup>

Training at own cost 0900hrs – 1600hrs

Thursday 18<sup>th</sup>

**3x40 3 Position Championship Men and Women + Final**

In conjunction:

Open, Junior & Veteran Championship.  
Open State Teams & Junior State Teams.  
Graded 3 x 40 Championships (if enough entries)

**WSPS R7: 3X40 Men SH1**

**WSPS R8: 3X40 Women SH1**

Friday 19<sup>th</sup>

**ISSF Air Rifle Men and Women Championship**

Women Championship 60 Shots & Final  
Men Championship 60 Shots & Final  
Junior Champion 60 Shots

**WSPS R1 10m Air Rifle Standing Men SH1**

**WSPS R2 10m Air Rifle Standing Woman SH1**

**WSPS R4 10m Air Rifle Standing Mixed SH2**

Saturday 20<sup>th</sup>

**ISSF Prone Men & Women**

Men's Champion  
Women's Champion  
Junior Men  
Junior Women  
Junior Champion

**WSPS R6: 50m Rifle Prone Mixed SH1 (60 shots)**

**WSPS R9: 50m Rifle Prone Mixed SH2 (60 shots)**

**AIR RIFLE Open Championship 60 shots + Open Final**

In conjunction:

State Teams  
Champion of State Champions  
Graded Championships (If enough entries)

**WSPS R3 10m Air Rifle Prone Mixed SH1**

**WSPS R5 10m Air Rifle Prone Mixed SH2**

**SUPPORTED Air Rifle Open Championship 60 shots**

Sunday 21<sup>st</sup>

**Jim Smith 50m Open Prone (1st 60 Shots)**

In conjunction:  
Selection of Slazenger Team  
Selection of Lord Wakefield Cup Team

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**Benchrest Championships (1<sup>st</sup> 60 Shots)**

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**Get together function  
after the finish of competition for the day**

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Monday 22<sup>nd</sup>

**Jim Smith 50m Open Prone (2nd 60 Shots)**

In conjunction:

Open Championship (120 Shots)  
Veteran Championship (120 Shots)  
Slazenger Team Match  
Lord Wakefield Cup Match  
Graded Championship (120 Shots)

**State Team Matches 50m (shot in conjunction with open match 2<sup>nd</sup> 60 shots)**

Open State Team 50m Prone Match  
Women State Team 50m Prone Match  
Junior State Team 50m Prone Match  
50m Champion of State's Champions Prone Match

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**Benchrest Championships (2nd 60 Shots)**

In conjunction:

Veteran Championship (120 Shots)  
Junior Championship (120 Shots)  
Open State Teams (60 shots 2<sup>nd</sup> day)

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## GENERAL INFORMATION

**Venue;** SYDNEY INTERNATIONAL SHOOTING CENTRE. CECIL PARK.

Range is in Range Rd turning left off Elizabeth Drive, traveling from Liverpool, between Wallgrove Rd and Mamre Rd.

**Entries** close **3 April 2019** at the address on the entry form. Final squad numbers will be determined at that time. The organizers may accept late entries, but only to the number of squads determined at close of entries on the 3 April. A Fee of \$50.00 per match will be payable for late entries.

**Trophies and Medals** Medals and certificates will be presented as stated on the program.

**Grading. If you do not put a grade you won't be entered in the graded competitions.**

**Please note the changes as approved.**

<b>50m Prone:</b>		<b>TRA Bench Rest:</b>		<b>AR60:</b>	
Master	593 & above	Master	597 & above	Master	590 & above
A-Grade	580- 592	A-Grade	595 – 596	A-Grade	575 - 589
B-Grade	566 – 579	B-Grade	585 – 594	B-Grade	550 – 574
C-Grade	545 – 565	C-Grade	577 - 584	C-Grade	510 - 549
D-Grade	< 545	D-Grade	< 577	D-Grade	< 510

<b>AR40:</b>		<b>3 x 40:</b>		<b>3 x 20:</b>	
Master	395 & above	Master	1160 & above	Master	570 & above
A-Grade	370 – 394	A-Grade	1140 – 1159	A-Grade	550 - 569
B-Grade	350 – 369	B-Grade	1060 – 1139	B-Grade	530 - 549
C-Grade	310 - 349	C-Grade	1030 - 1059	C-Grade	500 - 529
D-Grade	<310	D-Grade	<1030	D-Grade	<500

### **Firearms Licences and storage.**

NSW recognises licences issued in the other States for the purposes of entering a competition. When transporting the rifle, it should be kept out of sight.

**Storage when in Sydney; having a firearm stolen from an unattended motor vehicle, caravan or motel room is a serious offence.**

**It is advisable to store the rifles in the armory at the shooting center.**

### **Age categories;**

Junior must be under 21 years on December 31<sup>st</sup> 2019.  
Under 18 years must be under 18 years on December 31<sup>st</sup> 2019  
Under 16 years must be under 16 years on December 31<sup>st</sup> 2019  
Veteran must be over the age of 60 years on December 31<sup>st</sup> 2019.

### **Targets and shooting times;**

All event will be shot on electronic targets, the time limits will be as in the rule book. If in doubt, ask.

For the Jim Smith Match time limits will be 75 minutes per relay including sighters.

### **Mats;**

The competitions will be shot on mats provided by the organizers at SISC.

**UNDER 18:** Due to NSW firearms legislation all competitors under 18 must have a junior licence or permit issued in their own state. If they do not have such a permit/licence they can shoot on a P650 form but must have a parent with them.

## ACCOMMODATION

### CARAVAN and TOURIST PARKS

#### **South of the Range**

Poplar Caravan Park, 21 Macarthur Rd Camden, 02 4658 0485

#### **North of the Range**

Vinyard-A-Vina Van Village. 217 Commercial Rd. Vinyard 02 9627 1847

#### **East of the range**

Bass Hill Tourist Park, 713 Hume Highway. 02 9724 9670

#### **West of the range**

Emu Plains; Nepean River Caravan Park. Mackellar St. 02 4735 4425.

### MOTELS

#### **South of the range**

Narellan Motor Inn, Cnr Northern Rd & Camden Valley Way 02 4646 1044.

Crown Hotel Motel, 187 Argyle St. Camden, 02 4655 2200

Camden Valley Inn, Old Hume Hwy Camden 02 4655 8413

ibis budget 3 Rennie Rd. Campbelltown 02 4628 7340

Colonial Moter Inn, 20 Queen St, Campbelltown 02 4625 2345

Rydges 15 Old Menangle Rd, Campbelltown 02 4645 0500

The Hermatage, 5 Grange Rd, Campbelltown 02 4628 1144

#### **East of the range**

Casula – Comfort Inn Hunts Liverpool, The Crossroads. 02 9601 5088

Ibis Budget Casula 437 Hume Highway 02 9822 2777

Lansvale Motor Inn 161 Hume Highway. 02 9727 5255

Quest, 39 Scott Street, Liverpool 02 8738 0800

Mecure, 424-458 Hoxton Park Rd, Liverpool 02 8777 0600

Best Western, 667 Hume Hwy, Casula 02 9822 5807

Jolly Knight Motel, 568 Hume Hwy, Casula 02 9602 6399

#### **North of the range**

\*Holiday Inn Rooty Hill, 02 9832 3888.

There are many more motels in the area.

# Sydney international shooting centre Elizabeth Drive, Cecil Hills, Sydney, NSW

[Using Google Map?](#)



ENTRY FORM National Championships 2019 Sydney

Surname	Gender (M/F)
First Name	
StreetAddress	Post code
City	Country
Phone	Fax
Email	DoB
Club and State	

<i>Finger Food Get Together</i>	<i>Cost</i>	<i>Number</i>	<i>Total</i>
Adult / Child	\$10.00		

TOTAL PAYABLE	\$
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**ONLINE ENTRIES AVAILABLE HERE**

ENTRIES TO BE SENT TO  
 PO BOX 3191 AUSTRAL NSW 2179  
 OR  
 EMAIL [sandra95@ozemail.com.au](mailto:sandra95@ozemail.com.au)  
 OR  
 call Sandy 0412 642 900

Any New Zealanders  
Please contact me ASAP so  
I can send you and invitation letter.

<u>TRA &amp; ISSF Events</u>	Grade	Entry Fee (\$AUS)	Total
<u>3X40 Free Rifle (120shots) Open Championship + Final</u>		\$45.00	
Air Rifle Open Championship (60 Shots) + Open Final		\$45.00	
ISSF Air Rifle Women (60 shots) + Final		\$45.00	
ISSF Air Rifle Men (60 shots) + Final		\$45.00	
Jim Smith Championship (2x50m) (120 Shots) (2 days)		\$60.00	
Benchrest Championship (120 Shots) (2 days)		\$60.00	
Air Rifle Supported		\$45.00	
ISSF 50m Prone (60 Shots)		\$45.00	
		TOTAL	

<u>WSPS Events</u>	SH1	SH2	Entry Fee (\$AUS)	Total
3X40 Championships 120			\$45.00	
Air Rifle Standing			\$45.00	
Air Rifle Prone (60 Shots)			\$45.00	
50 Meters Prone (60 Shots)			\$45.00	
			TOTAL	

22.01.2019

## Interview with ISSF President Vladimir Lisin

The interview was published on the Italian magazine Armi e Tiro by Massimiliano Naldoni: <https://www.armietiro.it/lisin-la-issf-che-voglio-10391>.

**Shooting is a sport with great tradition and history (even Pierre De Coubertin was a shooter). What are going to do in the next years to safeguard the great tradition of shooting sport?**

In order to be popular and keep the tradition, any sport should be interesting to the viewer. Undoubtedly, shooting sport is interesting for those who is already shooting. But it is wrong to limit ourselves by staying within a group of shooters from shooting clubs only - we must strive to expand audience, be attractive and spectacular to young people as well.

**In the last two years laser in shooting and other shooting simulation were object of a harsh traditional shooting?**

**Speaking without prejudice: laser could be the right way to make shooting more popular or even to save shooting in the future?** I am negative about it, as well as about any substitutes imitating the original – it's like non-alcoholic beer and silicone.

**Are you going to recover the dispute. Do you think that sooner or later laser and simulation will replace e lost shotgun disciplines like Double Trap and the other cancelled disciplines in Rifle and Pistol?**

My attempts to revive these disciplines in Europe have shown that gender equality is still unattainable, and in some disciplines the number of participants is falling. However, they can be restored only by those who not only use the word "want", but also come up with how to do it. I'm ready to assist.

**Shooting of the future needs young people and growing countries? What's your position on this subject? How shooting sport can be attractive for young people nowadays?**

I have formed the ISSF Development Fund with a budget of more than \$ 10 million for 4 years, which for the most part will work on the implementation of these tasks.

**In the new ISSF there are few Italians, but Italy has a great tradition of excellence in shooting, both on the point of Olympic medals and athletes and on the point of organization and industry. What could be the role of Italy in the ISSF of the future?**



### **Interview with ISSF President Vladimir Lisin (continued)**

In Italy there's the world's best cluster for the production of sports weapons. And I suppose the Italian industry can join not only to increase the Fund created by me, but also to make a great contribution to its development - in Europe at least.

**China, India, Brazil, even Russia (that, of course, you know well): we are talking of the biggest countries in the world, we are talking of countries with growing economies and huge population. And we are talking of countries that hosted WCH and WC in shooting. But shooting has really grown and is really growing in these countries? That's what I mean: are there really lots of shooters in China, India, Brazil, Russia?**

According to my information, there are about 6 thousand people participating in the National Championship of India. In China - not less. In Russia the population is 10 times less, and the amount of shooters is about 10 times less as well. But I am sure they win not by number, but by skill.

**In your opinion, in nowadays world, tight connection between sport shooting and hunting is a brake for expansion of shooting? Or is it a benefit?**

If we imagine that hunting will be banned all over the world, then after some time in Europe or, for example, in Africa, there will be a collapse within the animal world. The animal world requires both preservation and balance. Civilized hunting and sport shooting are two related processes. Some shooters can like hunting, some hunters, by contrast, do not like sport shooting. But these are two communities respecting each other definitely.

**When did you discover shooting in your life and where did you shoot for the first time? And what's your favorite discipline in shooting?**

I started sport shooting at the age of 12. It was in Siberia. We shot in half-open shooting ranges. However we were allowed to do it only up to 25 degrees below zero. First I practiced rifle shooting, and in adulthood I started Shotgun. Regarding favorite events - the question is not quite correct, because it's the same as trying to choose a favorite child in a family.

**Is there a non-Olympic discipline of shooting that you would turn at once in a Olympic one?**

If I could I would include in the Olympic Games another 10-15 shooting events (besides existing). But I want to remind you that the decision of inclusion into the Olympic program is made by the IOC together with the Organizing Committees of the host countries. It depends on popularity. And, as you might know, the number of participants in the Olympics is limited in all sports, otherwise the Games would last for months.

Written by [Massimiliano Naldoni](#)

The interview was published on the Italian magazine Armi e Tiro by Massimiliano Naldoni: <https://www.armietiro.it/lisin-la-issf-che-voglio-10391>.