

## SPECIAL POINTS OF INTEREST:

- All of it!

### INSIDE THIS ISSUE:

TRA NTD NEWS	1
AISL AWARDS	2
SA LOGO	4
HOW TO BE A COACH	7
BENCHREST NEWS	8-9
HOW TO BE A COACH	10
LANNY BASSHAM	12-13
EUROPE SUCCESS	13
GEORGE'S STORY	15
AISL GRAND PRIX	16
LAST BITZ	17-18



**Tricia Van Nus**  
**COACHING EXCELLENCE**  
ABN 59 182786592  
5 AZENUS CRY, ASCOT WA 6104  
Mob 0827446090  
Email: trn599@gmail.com

AUSTRALIA'S NEWEST  
SCATT DEALER.  
SCATT MACHINES & PARTS

## TRA ANNOUNCES

### NATIONAL DEVELOPMENT TEAM PROGRAMME

Target Rifle Australia Limited (TRA) has announced an exciting new programme to assist in the development of our aspiring athletes.

TRA, along with funding support from Shooting Australia, is now able to provide a development pathway for talented athletes. The programme will aim to develop athletes to the point where they become potential candidates for Shooting Australia's High Performance Programme.

The TRA Coaching Committee is pleased to announce a debut eight-person National Development Squad. These people were chosen from among the high quality applications received from all over the country, and according to the published eligibility and selection criteria.

#### 2014 National Development Squad members:

Michael Brown (NSW)	James Daly (VIC)
Alyce Devlin (QLD)	Sam Foster (VIC)
Nicholas Ioakim (SA)	Tamsyn Henry (QLD)
Michael Nicholas (SA)	Andrew Sevelj (WA)

Squad Co-ordinator Tricia Van Nus will oversee the project and ensure that the members receive the support they need to achieve excellence.

It is the TRA's intention to create and train a mentor in each State; this network is now being established and will work in association with existing personal coaches.

This programme is being funded by TRA and Shooting Australia, and we acknowledge with thanks the grant provided by Shooting Australia under their A4G (Aiming for Gold) initiative.

For further information please contact:

Tricia Van Nus, TRA, on [traus@westnet.com.au](mailto:traus@westnet.com.au)

Andrea Wilkinson, TRA, on [andreaw.tra@gmail.com](mailto:andreaw.tra@gmail.com)



On Saturday March 1st, the AISL's 2013 Awards of Excellence were held at the Mecure Liverpool. Over 100 people "dressed to impress" and enjoyed a good meal and lively chatter.

The purpose of the evening was to recognise and thank the numerous volunteers that continuously work for the betterment of the sport.

Those specifically honoured on the night included Paul Golden (Rifle) who has been the Technical Delegate for many AISL competitions. Glennis Lawrence (Shotgun) and Spencer Tweedie (Pistol) were also honoured for similar dedication.

TRA congratulates, and thanks Paul for his effort. We wish him well for his "sabbatical" tour of Europe—including shooting somewhere no doubt!



The **Coach of the Year Award** was new this year, and all disciplines were invited to nominate their Coach of the Year.

Target Rifle Australia's most worthy nominee, and TRA Coach of the Year was Carrie Quigley whose work with young shooters in the Reynella Club was noted. Paul Robinson presented Carrie with her award.

From the applications received, the AISL Coaching Committee then had the arduous task of determining the AISL Coach of the Year.

After much deliberation, the AISL Coach of the Year was awarded to Tracey Grayer from Field & Game. Tracey's work as a local, State and National coach, along with her work in the F&G Coach Education area, was outstanding, and she was a deserved, albeit surprised winner.

**AISL Fellowship Award.** Each year, the opportunity exists for member disciplines to nominate a person that is deemed to have given exceptional service to the sport.

This year, the AISL Fellowship Award was presented by AISL President Catherine Fettell to a very surprised Tricia Van Nus.





## AUSTRALIAN JUNIOR COMMONWEALTH GAMES SQUAD PROGRAM

Another reason to celebrate on the night was the presentation of both the 2013 and 2014 recipients of the Australia Junior Commonwealth Games Squad Program. We congratulate Emma Adams and Jack Rossiter who received certificates to mark their 2014 nomination to the squad.

As the Commonwealth marks 132 days until Glasgow 2014, Australia's shooting stars of the future are the latest to benefit from funding under the AJCGS program.

The program is designed to support the development of junior athletes through international competition experience, with athletes in the rifle, pistol, shotgun and full bore disciplines receiving funding in 2014.

Australian International Shooting Limited CEO Damien Marangon said the support of the Australian Commonwealth Games Association was important in the development of athletes. "This funding has allowed some of our promising young stars to attend events they otherwise might not have been able to attend," Marangon said.

Australian Commonwealth Games Association Chief Executive, Perry Crosswhite AM said, "Through the combination of 'GO GLASGOW' and the Australian Junior Commonwealth Games Squad (AJCGS) funding, our aim is to ensure we not only field the strongest Team in Glasgow in 2014, but that we are also building towards the Gold Coast Games in 2018," said Crosswhite.



Australian International Shooting Limited (AISL) is delighted to announce the launch of our new brand 'Shooting Australia'.

This follows a strategic decision by the AISL Board to align with most other National Sporting Organisations in Australia.

AISL will continue to maintain and use the registered company name for all legal purposes, whilst the new brand 'Shooting Australia' will be the trading name used for all other operational reasons.

The Logo is a confident, professional, contemporary representation of the shooting sports in Australia.

The abbreviation of Shooting Australia (SA) has been used to subtly depict the shooting sports. The letter "S" depicts a shooter in profile, which the white elements allude to dynamism and movement.

The letter "A" depicts a partial trigger guard placed vertically, with a trigger in the centre. Again the white element depicts movement. The colours used are green and gold, which are widely appreciated as the unofficial national sporting colours of Australia.

Have you picked the IPC (wheelchair) influence?













# ELEY<sup>®</sup>

the choice of champions

Brought to you by  
Target Rifle Australia Limited  
All profits stay within the sport

Great pricing

Contact your State Association or local  
Firearms dealer for pricing and supplies

Rifle	Pistol	Semi-Auto	Hunting	Product Name		
•	•			Tenex		Olympic standard, medal winning, premium Quality cartridges used by experienced club shooters and internationals
	•	•		Tenex Pistol		The highest quality cartridge for semi automatic pistols and rifles, featuring a round nose bullet profile.
•	•			Match		Impressive results from a competition cartridge featuring many attributes of Tenex. Amazing value for money and excellent accuracy.
	•	•		Match OSP		Designed to appeal to shooters seeking high quality at a competitive price. Suitable for use in semi automatic pistols and rifles and rapid fire pistols.
	•	•		Match Pistol		Softer round with reliable functioning and high accuracy in all popular pistols. Reduced velocity cartridge.
•	•			Edge		Edge production benefits from tenex technology and introduces key features like the patented flat nose bullet profile to deliver superb accuracy.
•	•			Team		A great value cartridge for rifle shooters which features the same bullet profile and has a similar feel to Tenex.
•	•	•		Club		Accurate and reliable mid-range cartridge used in all disciplines up to 50m range. A consistent winner at club competitions.
•	•			Sport		An affordable general purpose cartridge, which is a great quality entry level round.
			•	Subsonic Hollow		Super accurate and one of the quietest subsonic rounds on the market. A lower velocity hunting cartridge with target shooting accuracy.



Please note this is a simple guide illustrating which ELEY products are suitable for different applications. NB Some of our products may also be appropriate for other applications not shown above. This may depend on how Firearms are set up and maintained.

For information contact:

- [andreaw.tra@gmail.com](mailto:andreaw.tra@gmail.com)
- 0418 261 176 Andrea
- 03 5862 1187 Glen
- 0428 155 109 Rod

# ELEY<sup>®</sup>

the choice of **champions**

[www.eley.co.uk](http://www.eley.co.uk)

## Champions shoot Tenex

Warren Potent, Dane Sampson and Robyn Van Nus  
all won 2012 Olympic quota places at the Oceania  
Games with batch selected **ELEY** Tenex

### Warren Potent

2010 ISSF World Cup Sydney 50m  
Prone Gold Medalist, and equalled  
world record (600+103.7)

2008 Olympic 50m Prone  
Bronze Medalist

The contact details for Target Rifle Australia Ltd

**Email:** [andreaw.tra@gmail.com](mailto:andreaw.tra@gmail.com)  
04180261176



## HOW TO BECOME COACH...

Over the past few years, there has been a positive shift in the way a person can take the next step and become a coach. Some accredited coaches of long standing may tell you that it involves a week-end of sitting in a classroom type situation, and listening to lectures.

Nothing could be further from the truth. The current courses are indeed conducted over a week-end, but the over-riding statement is “show how good a coach you are” There is little to be gained unless a coach is active. The information presented at a course is aimed at helping a person to improve their coach skills, and is very interactive.

### THE ROLE OF THE PRESENTERS & ASSESSORS

There are a number of people in all States that have undergone P&A training, either through the AISL courses that were conducted a few years ago or through relevant training in their workplace, or through local Dept of Sport courses. These are the people that will be presenting the course material and assisting the TRA Coaching Committee to maintain the required standards.

### THE VALUE OF THE P&A WORKSHOPS

There is little point having these wonderful P&As if they do not have an understanding of the material contained in the courses. To that end two workshops just for this purpose have already happened in QLD and WA—both highly successful, and it is planned to have more of these workshops to assist the P&As to understand exactly they will need to do to conduct a course or present a module within a course.

What is planned:

VIC 31 May– 1 June Venue to be advised

SA 5-6 July Venue to be advised

NSW 12-13 Venue to be advised

If you are a Presenter or Assessor, look out for more information

### MULTI-DISCIPLINE APPROACH

It has become very obvious that not all States can always find sufficient people who wish to take up coach training. There is also a minimum number of participants that are required to make the course viable—usually around 10 persons.

The most effective solution to this little dilemma, is for the AISL disciplines to band together and conduct a multi-discipline course. This has proven effectiveness as it increases the numbers to a viable level, and adds a different perspective to the information—makes the group discussion most interesting!

Cont on Page 10



## Target Rifle Australia 2014 RBA Nationals

Melbourne International Shooting Centre

This event was our biggest RBA event yet with over 75 in Heavy Varmint Class, great numbers in all other classes and attracted shooters from all over the country.

Nationals Glory, and more importantly Australian Team Selections were up for grabs.

This was the 2<sup>nd</sup> qualifier of 3 Nationals, for the WRABF World Championships in Brisbane next year. The 3<sup>rd</sup> Qualifier in Brisbane 2015 is already 75 % full 1 year out, such is the excitement leading up to our World Championships.

Melbourne being Melbourne certainly turned on some trying conditions, thus most scores were lower than usual except for the very top shooters who managed to tame the high winds, heat and rain, yes we got it all!

I was very happy to secure Olympic & Commonwealth Games Gold Medalists Russell & Lauryn Mark to present winner's medals, both of which understand

that though Rimfire & Air Rifle Benchrest is not an ISSF Event, it is very popular and has a very organized National and International presence that is continuing to grow.

**Friday** was practice, registration, weigh in and arrival day for most and a casual BBQ was organized to give a very friendly and relaxed start to the championship.



Russell Mark with Junior Winners Michael, Hannah & Emily



At this point I need to thank Richard Lightfoot, Annette Rowe, Brett Wilson and the rest of the assembled helpers who worked so hard to ensure that this huge event ran smoothly and timely.

**Saturday Day 1** was 2 targets of Air Rifle & 2 targets of International Sporter Rimfire

**Sunday Day 2** was 2 targets of Heavy Varmint Rimfire & 2 targets of Light Varmint Rimfire

***We now have a running tally of 3 Teams of 3 + 1 Junior for each of the 4 events over 2 years with the 3<sup>rd</sup> event in Brisbane February next year, shooters can then drop their worst score of the 3 events and Teams will be sorted out in preparation for WRABF World Championships. Certainly exciting times for Rimfire Benchrest Shooters in Australia and the participation reflects that in bucket loads.***

**Regards**  
**Bill Collaros**

WRABF President

Australian RBA Delegate

## Target Rifle South Australia Inc.



132-134 Wingfield Road WINGFIELD SA 5013  
Ph: 08 8347 2488 and speak to Emma or Gary  
Email: [sales@targetriflesa.com](mailto:sales@targetriflesa.com)  
Shop hours are 10.00a.m. - 4.00p.m. Tues — Sats.



MOST RIFLES AND OTHER SHOOTING GEAR

Anschutz, Feinwerkbau, etc etc

Shooting Boots	Rifle spare parts	Cleaning gear
Shooting Gloves	Spotting scopes	Benchrest stands
Shooting underwear	Triggers	Benchrest stocks
Slings	Tuners/ Extensions	Telescopic sights
Handstops	Sights, irises, filters	Books
Shooting Jackets	Buttplates etc	Training accessories
Rifle cases/bags	Weights	
Shooting Glasses		

If you want it—we have probably got it—or could get it in for you. Check out our website on [www.targetriflesa.com](http://www.targetriflesa.com)

ALL PROFITS FROM THE TARGET RIFLE SA STORE GO BACK INTO OUR SPORT.

## HOW TO BECOME COACH...FROM PAGE 7

A successful trial multi-discipline Club Course has been conducted, and it is now hoped that more States will adopt this approach. All the members of the AISL Coaches Committee (that is the discipline National Coaching Directors) are very enthusiastic, as they see the advantages for their discipline. It has been estimated that 80% of the Club and Competition Course material is generic and relevant to all disciplines, with the last 20% being more specific.

It is important to remember that the course is teaching a person how to coach, not teaching them how to shoot! Having said that, I've never conducted a course without someone saying "hadn't thought of that....it will help my shooting as well"

### WHAT'S NEXT AND WHAT'S AVAILABLE

That's easy—Firstly, there is a non-accredited TRA INSTRUCTORS course which take one day of work. The motto is "get them safe, get them shooting" and this course is designed for all club members, assisting them to offer the best introduction to shooting.

The next course is the AISL accredited CLUB COURSE. This is a two day course which includes the generic and specific modules required. There is a practical element required in this course ie completion of 15 hours active coaching.

After 12 months as an active Club Coach, coaches are eligible to attend a COMPETITION COACH COURSE. This is a more in-depth course that explores the areas of coaching to a greater degree. Again this is a full two day course, with a practical element to be completed.

Both the Club and Competition courses can be conducted as multi-discipline courses. Accredited Presenters must oversee these courses. There are Manuals, participant Workbooks and Presenter's information available for these courses.

### HOW TO ACHIEVE ACCREDITATION

To be accredited (or re-accredited if you already hold accreditation) an AISL approved Assessor must view the applicant coach in action, and complete a Assessment/ Observation (or Re-accreditation) form

If you have relevant Presenter/Assessor accreditation (ie through your work) and are interested in adding your name to the AISL list, please contact me on the address below.

For further information on any items in this article, contact Tricia Van Nus on [traus@westnet.com.au](mailto:traus@westnet.com.au)

**FINALLY**—if you want to undertake coach training, then please contact your State Association and register your interest, so that you will be informed when the next course is planned. Please be active—being a coach is a fantastic way of returning to the sport.

Tricia Van Nus



212 Gouger St, Adelaide SA 5000  
 Phone 08 8231 3570  
 Fax 08 8231 5128  
 Mon-Thu 9am-5pm, Fri 9am-8pm,  
 Sat 9am-12pm  
 www.adelaidegunshop.com.au

**Our Aim...  
 Your  
 Accuracy**

**WALTHER**



**LG400 Anatomic .177** **\$3725**

**WALTHER**



**LG400 Alutec Expert .177** **\$3365**



**LG400 Alutec Competition .177**  
 (with basic sights) **\$2445**  
 (with insight/out sights) **\$2875**



**AR20 Silver .177** **\$1250**



**Knobloch**  
 ...the better you see, the better you shoot

**K1 Glasses**

(includes lens holder, cased)  
**\$255**

**WALTHER**



**KK300 Anatomic .22** **\$4660**



**KK300 Alutec .22** **\$3295**



## Are You in the Top 5%? - Consistency



95% of all winning is attained by only 5% of the participants. In this article I will look at the importance of consistency.

Why is McDonald's the largest restaurant chain in the world? They do not make the best hamburgers, they are not the cheapest but if you order Big Mac in Boston it will taste like the one you ordered in Baja. Consistency is the achievement of a level of performance that does not vary greatly in quality over time. Consistency alone will not get you in the top 5% but a lack of it will keep you out.

Achieving consistency is not easy and it is an ongoing challenge for every performer throughout his/her career. We can, however, better understand a thing and master it if we break it down into its elements. I offer three. First you must carefully choose your primary. Next, you must master what you've chosen and finally you must trust what you've mastered. Let's look at these three elements in more detail.

**You must carefully choose your primary.** To achieve consistency you must choose the very best way to do things. Elite shooters have determined a favoured or primary way of performing. For example, you should have a primary way of holding the rifle. The keys here are choosing a primary way and carefully defining it. You cannot hold the firearm the same way every time if you have not defined your primary way of holding it. How tightly do you hold it? Where do you place your forward hand? Where do you place your finger on the trigger? There should be a primary way that you have defined that yields that best results for you.

What about your mental game? Do you have a defined mental game plan? Have you chosen your primary way to think before, during and after the action phase of your sport? Elite performers have carefully defined ways of doing everything they do. Do you? Is it defined? If you know why you have chosen to do something it dramatically increases the likelihood that you will choose to do it consistently.

I suggest that you take time and write down what you have chosen. Take a snapshot of your current form elements, mental elements and course management strategies and put it in your performance journal. You may be surprised that you do not have everything as defined as you might need. Carefully choosing your primary will make the next step easier.

**You must master what you have chosen.** Mastery is a relative term. It might mean different things to different people. The level of mastery I am referring to is to have enough understanding, control and proficiency to be able to execute the process well enough to reach your goals with little conscious effort. To achieve this you must stay with what you have chosen. You cannot be jumping around, experimenting with new things. You will never achieve mastery if you do not train with a process long enough to master it. I have no way of knowing for certain how long it will take you to master a skill but I can give you some indicators that you are close to mastery.

You are getting close to mastery if you do not have to think about doing a skill to be able to do it well. In fact, if you have to think about a skill to perform you are performing it consciously rather than subconsciously.

Here is another indicator to watch for. When you are no longer tempted to try a different way to do something you are nearing mastery. New performers have a lot of doubt about their skill choices. Is this the correct way to perform or should I change? Veterans tend to influence rookies and when they do not agree, confusion is probable.

When you are confused you tend to seek change. Now, do not get me wrong here, I realize that as we grow in knowledge it is sometimes necessary to change our minds but can we at least agree that throwing out what you have brought with you to a competition and searching for something new while you are in the competition is a really bad idea? I emphasise that you do your changing in training not in competitions. Once you leave your last training session agree to stay with what you have chosen. Give it a good try. Remember when you choose to change you may be dropping something superior to what you are picking up.

**You must trust what you have chosen.** Champions who have paid the price to master a proven way to excel do not need to worry about the possibility that they might not perform well. All they need to do is to duplicate what they have mastered. Just trust it! Trust that all of those hours of training will be there when you need them. Remember, if it took you a long time to acquire a skill it will take you a long time to forget how to do it. Trust your training. Now, if you have spent little time in training you may have little to trust. Remember, once you have mastered a skill, you can over-try but you cannot over-trust.

Champions are consistently good at what they are doing because they have carefully chosen a primary way of doing them. The primary is defined and known in advance of the competition. Champions train until the primary is so embedded that it is almost impossible for them to do it any other way. Finally, champions trust instead of try in competitions. This consistency gives them a huge advantage over the competitor who is still searching for his primary, is still performing consciously and trying instead of trusting.



EMMA ADAMS and JACK ROSSITER with proud AISL High Performance Coach Petr Kurka as they celebrate their success in the recent European Air Gun tour.

Both have started the 2014 international season on a very high note, firstly at the Plzen Grand Prix, winning three out of a possible four gold medals in the matches they competed in.

Emma performed very well on the first day of competition, having shot 409.5 (qualification 390) + 99.7. On the second day, Adams dug deep and held her nerve to win the gold medal match on an impressive score of 414.3 + 205.1.

Jack displayed good form to win the first competition with a solid score of 616.1 (qualification 588) + 204.2 which was his best success so far. On the second day of competition, he maintained his dominance in the junior men's air rifle event by winning the gold medal yet again after shooting another solid 614.6 + 203.9. To cap this, at the IWK Match in Munich, Jack shot a record 597 (619.2) which is a new Australian Open and Junior International record.

Visit Competition  
News on our  
website to see who's  
winning GOLD with  
Walther

**WALTHER®**

# LG400

Ahead of its time.



LG400 Anatomic Expert



LG400 Alutec Expert



LG400 Alutec Competition

- **Modular system:**  
Select detailed features to individual requirements.
- **Smooth shooting:**  
EQUALIZER magnetic absorber system, optimized ECO valve technology.
- **Precise shots:**  
INSIGHT-OUT Expert match diopter, unprecedented possibilities for stock setting.
- **Easy loading:**  
Breech with spring-mounted, precise pellet guide. New, ergonomically shaped loading lever.
- **Safety:**  
Loading status indicator, QUICKCLEAN air filter, dry firing trigger.

**FRONTIER** | **ARMS**  
Since 1949

**Exclusive Australian Distributor**  
Call 08 8373 2855 for your nearest stockist  
[www.frontierarms.com.au](http://www.frontierarms.com.au)



## IN HIS OWN WORDS....A MESSAGE FROM GEORGE SHAND.

I have returned from Sydney where I shot as a part of the Australian team at the Oceania Games and the Youth nationals where I shot in the 50 metre prone event.

I flew to Sydney on Friday the 29<sup>th</sup> Nov, departing from Adelaide with 2 other team mates, Nicholas Ioakim and Will Godward. We then drove the mini bus to the hotel that we were to stay in for the next 9 days. Here we met up with the Australian Oceania teams and were given our rooms.

The next three days consisted of training on the 50 metre range where I was given excellent one on one coaching by Petr Kurka which improved my knowledge of the factors and roles that the wind plays in shot placement.

Also my ability to block everything out and just focus on the current shot was greatly improved. I feel that this training was quite valuable to me as it helped with the grouping and scores that I was shooting.

On Tuesday, the 3<sup>rd</sup> Dec, I competed in a team of three in the Oceania games. This means that I shot with Fred Woodhouse and Matthew Smith in my team. Overall we placed second, meaning that we took home the silver medal for Australia. I was very pleased with this finish. I shot a score of 582 and a decimal score of 607.

To get my mind off shooting for a while and for a break I went fishing with my local coach, Cameron Strachan. Here I had a great time doing something a bit different and catching some fish. On Thursday morning I returned to Sydney.

I then trained for 4 hours where I was given some training time with Carrie Quigley, again working on timing of the shot according to the wind. Friday was also used as a training day where I just worked on rhythm. I only trained for an hour as I had a positive mind set and didn't want to change that.

Saturday the 7<sup>th</sup> was the day of the Youth nationals. Here I was shooting as an individual. I shot a score of 579 and a decimal score of 607. I was relatively pleased with my efforts considering I shot three 9.9s, two 9.8s and one 9.7 in my first six shots. This put me into the final in 8<sup>th</sup> position.

The medals were decided on the 60 shot match score which meant that I had repeated the Oceania result and had finished second in my age group and won the silver medal again. Petr gave me lots of tips before the final as I was quite excited. After my first 12 shots I had a lead of 2.9. However after this I shot two 9.1s. This definitely did not help as by the 16<sup>th</sup> shot I had to retire in 4<sup>th</sup> place. I was happy however as I had beaten the other competitor in my under 16 age group that was also shooting in the final.

I really appreciate the support that Target Rifle Australia has given me as it greatly assisted me with costs involved in shooting at the Oceania and Youth nationals. Naracoorte is a long way from the city and even further from Sydney. Getting the opportunity to shoot in these competitions is the only way to improve my scores and it also allows me to shoot with other international shooters which can only help to improve my performance.

I'd like to thank Petr Kurka and Carrie Quigley for their help and their excellent coaching....and for taking us out for dinner and driving us to the shooting centre every day. Thank you very much for your help.

Yours sincerely,  
George Shand

# AISL GRAND PRIX

The first event of 2014 saw many shooters converge on SISC to compete in the AISL International Grand Prix.

Highlights included Warren Potent pair of 598 (raw score) scores in Mens Prone, Dane Sampson's win in the Mens Air Rifle event by 0.1 over Jack Rossiter, Jason Maroney shooting over 630 twice and we saw the return of Robyn Ridley to competition after the birth of her baby girl Quinn.

Mens 3P:	QUAL	FINAL
Dane Sampson	1135.26	442.8
Womens 3P:	QUAL	FINAL
Robyn Ridley	570.18	444.5
Mens Prone:	QUAL	FINAL
Warren Potent	627.1	.....
Warren Potent	624.6	N/F
R6 Mixed Prone:	QUAL	FINAL
Natalie Smith	601.6	N/F
Womens Prone:	QUAL	FINAL
Sally Johnton	620.33	N/F
Womens Air:	QUAL	FINAL
Jennifer Hens	410.1	N/F
Jennifer Hens	408.5	204.2
R2 Womens Air:	QUAL	FINAL
Libby Kosmala	405.6	N/F
R3 Prone Air:	QUAL	FINAL
Ashley Adams	626.9	209.1
R5 Prone Air:	QUAL	FINAL
Jason Maroney	630.8	212.1
Mens Air:	QUAL	FINAL
Dane Sampson	619.0	N/F
Dane Sampson	620.7	204.1

FULL RESULTS ARE AVAILABLE ON THE AISL WEBSITE  
UNDER THE RESULTS TAB <http://www.ausshooting.org>

## LAST BITZ.....



### CONGRATULATIONS...

*While other were working on their shooting at the Aus Cup Final, Robyn & Brett Ridley were welcoming their little girl—Quinn Amelia who was born on Oct 31st.*

*All is well with mother and baby, as many of you saw at the Oceania Championships when Quinn made her first appearance at a rifle range—complete with “little ears” ear muffs.*



*There is also a very strong rumour that a crèche will be the next requirement at SISC (and other ranges), as two more of our women shooters are having babies in 2014.*

*Congratulations to Susie Smith & Drew who are expecting in April, and Sue & Chris Lott who are expecting in June*

### CHECK THE TRA WEBSITE FOR .....

**DETAILS ON THE NEW BENCHREST POSTAL TEAMS EVENT.**

**AN ELEY REPRESENTATIVE WILL BE AT THE TRA NATIONAL CHAMPIONSHIPS IN ADELAIDE**

**THE TWO NEW PROMO ITEMS AVAILABLE FOR YOUR CLUB—A POSTER AND A TWO FOLD BROCHURE. EASY TO PRINT AND USE.**





