

SPECIAL POINTS OF INTEREST:

- TRA APPOINTMENT
- JUNIOR POSTAL GRAND FINAL

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LIBBY KOSMALA—A TRUE CHAMPION



Australian Paralympic Committee President Greg Hartung has paid tribute to Paralympic legends Libby Kosmala and Kieran Modra, who were awarded the President's Medal for Excellence in Sportsmanship at the 2012 Paralympian of the Year Awards.

The prestigious award, which recognises athletes who embody the values of respect, honour, fairness, modesty and integrity, has been awarded only twice before, to wheelchair racer Kurt Fearnley (2008) and alpine skier Toby Kane (2010). Mr Hartung says Kosmala and Modra are both shining examples of sportsmanship in Australia and are deserved winners.

“It is my absolute pleasure to publicly recognise and honour Libby and Kieran’s career achievements. They are two of our most brilliant Paralympians whose individual successes at the Paralympic Games are exceptional and whose service to sport is admirable,” said Mr Hartung.

“Both have been involved in Paralympic sport for a long time and have watched it transform into the pinnacle of elite sport for athletes with a disability. With their years of experience, not only are they outstanding role models to their fellow team members but are outstanding representatives of the Paralympic movement.”

Shooter Libby Kosmala is one of Australia’s most successful ever Paralympians, ranking fifth on the list of Australia’s leading Paralympic medallists, with nine gold and three silver medals. After a career extending over four decades, the 70 year-old continued to win world cup medals and compete at the top of her sport in the lead-up to the 2012 Games.

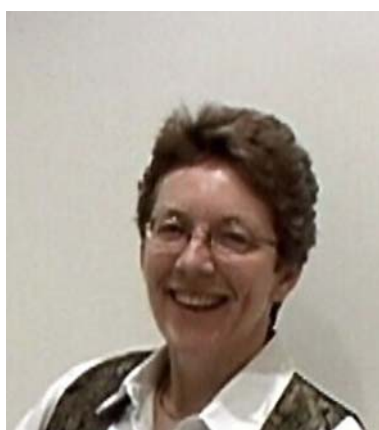
A medal prospect at every eleven Games she attended as an athlete, Kosmala made the final in the 10m air rifle standing in London, an event she won in 1984 with a world record. Her score going into the final in 2012 was 10 points better than the 1984 world record, and just one point behind Australian bronze medallist Natalie Smith.

“Libby is one of those rare people who have managed to combine sporting excellence with a successful family and working life and a quiet, determined quest for equity and recognition for people with a disability,” said Mr Hartung. “That she has been able to do this for more than 40 years is an achievement worthy of recognition through this award.”

Well done Mrs Kosmala—we are proud of you. From everyone in TRA

And another new face within TRA.

We welcome Andrea Wilkinson who has taken the role of Executive Director of Target Rifle Australia. From Andrea....



Hi there everyone

My name is Andrea Wilkinson, and I formally started as the Executive Director of Target Rifle Australia on 1 November 2012. I am excited about the challenge in front of me, although I know that I have a lot to learn about the sport. Hopefully we can all work together to make this new phase in TRA's development a success.

I don't have a shooting background, which I suppose is both good and bad. Bad because I don't come primed with an in-depth knowledge of competitive rifle shooting. Good because I don't have fixed ideas on what the sport is all about, but am keen to learn.

I can claim considerable experience in administration, though. I have had a long career in senior management positions both here and overseas. I was area manager for P&O Nedlloyd (a major container shipping company) in South America, and deputy CEO of another maritime group in the UK. Most recently, I established the Australian operations of a significant Dutch harbour services company. I know the importance of good systems, good communications, and fast follow through on issues as they arise. This knowledge, and the associated skills, are what I intend to bring to TRA.

On a personal note, I am 56, born in New Zealand but have lived in Australia (apart from the stints overseas) for almost 35 years. I have an honours degree in Marine Biology, which I know is not all that relevant to shooting. But then it wasn't relevant to most of my commercial life; we all seem to make interesting career choices from time to time.

I had recently decided that I wanted to wind down my front line industry roles and take on something that really appealed to me. Helping TRA achieve its objectives fits the bill exactly.

I'd like to stress that I am open to advice and comment from all quarters. Obviously, I will be working closely with the Board and on a day-to-day basis with the President, in implementing TRA's plans. But I certainly welcome help and guidance from anyone.

I spoke about good communications; this is a two-way street, so please don't hesitate to email or talk to me about anything of concern whenever the occasion arises.

Cheers

Andrea

Executive Director, Target Rifle Australia Ltd

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WARREN POTENT INTERSTATE POSTAL COMPETITION RESULTS

After Round 5

State	Shot	Won	Draw	Lost	Points	Aggregate
Victoria	5	5	-	0	15	14,671
New South Wales	5	4	-	1	13	14,676
Queensland	5	3	-	2	11	14,539
South Australia	5	2	-	3	9	14,432
West Australia	5	1	-	4	7	14,406
Tasmania	5	0	-	5	5	11,349

Winner

Congratulations Victoria for winning the Teams Section.

TOP 10 INDIVIDUAL IN THE COMPETITION

Name	State	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Total
Andrew Sevelj	WA	596	591	597	585	580	2949
Barry Cowburn	WA	592	587	584	589	589	2941
Chris Lott	VIC	590	589	584	586	588	2937
Maris Taylor	NSW	587	592	588	584	584	2935
Peter Eyers	SA	587	590	581	582	573	2913
Warren Grenness	VIC	589	590	0	595	596	2370
Warren Potent	NSW	0	590	597	588	587	2362
Susie Smith	NSW	585	589	0	588	586	2348
David Wright	NSW	585	588	591	0	583	2347
Michael Jarrad	VIC	589	585	582	0	591	2347

TRA AUSTRALIAN RECORDS

It's always wonderful to report the National records that have been broken over the past eighteen months. These records have been ratified by TRA and are now on the website as official.

Teams 50m Prone

Open	NSW	2362	2011 Victorian Nationals	New Record
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3 x 20

Open	Robyn Ridley	WA	585	Aus Cup 2 2011	New Record
Women	Robyn Ridley	WA	585	Aus Cup 2 2011	New record
Men	Dane Sampson	QLD	579	2011	New Record

3 x 40 Prone

Open	Dane Sampson	QLD	399	2011	Equal Record
Men	Dane Sampson	QLD	399	2011	Equal Record

3 x 40 Agg. International

Men	Dane Sampson	QLD	1171	2012	New Record
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10 m Air Rifle

Junior	John Coombes	NSW	594	Aus Cup 4 2011	New Record
Open	John Coombes	NSW	594	Aus Cup 4 2011	Equal Record
Men	John Coombes	NSW	594	Aus Cup 4 2011	Equal Record
Women	Robyn Ridley	WA	397	Aus Cup 3 2011	New Record

50m Prone

Women	Jennifer Hens	NSW	597	Aus Cup 4 2011	New record
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Dual Range Agg.

Open	Dane Sampson	QLD	1193	2012 Nationals	New Record
Men	Dane Sampson	QLD	1193	2012 Nationals	New Record

Alex Maranik
Chairman Technical Committee

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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: enquiries@targetammunition.com.au
www.targetammunition.com.au



New South Wales Association celebrates 100 years



2012 Is the year New South Wales Smallbore & Air Rifle Association Inc. celebrated it's foundation in 1912 as the NSW Miniature Rifle Association, more of that name later.

Over 60 people attended the celebratory dinner on 30th September at the Gledswood Homestead function centre near Camden. We were privileged to have in attendance a number of special guests including Russel Dove (pictured at left) and Jack Astley who spent much of the evening vying for bragging rights as to who has the longer shooting career.

As part of the Centenary commemoration a special medal was struck for distribution to all registered members together with a Memento certificate.

Memorabilia abounded in the form of issues of "Ten Ring" and similar publications with many seeing if their name appeared on any of the winners lists. Makes you wonder if this can happen in the future now that so much is in electronic format.

Old photographs were abundant and much fun was had trying to work out who was who among the young faces and, sadly putting names to faces of those no longer with us. There was also a slide show running through the evening to trigger yet more memories.

Russel Dove made a very entertaining speech starting with the origins of the term "Miniature Rifle" which derives from the days when the standard issue army rifle was .450 calibre and the .303 which was to succeed it was known as "smallbore rifle". Later the terms were changed so that .303 became fullbore and .22 became smallbore, providing a cheap means of basic marksmanship training.

Russel had many recollections over a lifetime of shooting sports and traced his involvement with the sport back to when he was a baby crawling around a rifle range in country NSW where his father was Superintendent. This in his view, made him the oldest target shooter present but the debate between himself and Jack Astley will continue. Russel's recollections included memories of the old Central range in Sydney and one particular day shooting in pouring rain. He completed his shoot and had spread out his gear in the club house to dry out. Later on he returned to find "some young upstart" using his shooting shirt, which had admittedly seen better days, to clean his own rifle. When challenged, the person replied "Oh, I thought it was just an old rag" and carried on cleaning his rifle. The name of the offender will remain privileged information to those who were there on the night.

Russel is far too modest so speak on his many shooting achievements so Ivan Kelly recounted a story of a match where Russel shot 50 on his sighters and the first 3 diagrams only to drop a point on the final aiming mark. After doing the same on his second target he reasoned there was no point in having sighters—and shot 200 !!.

Thanks Russel for making the night especially memorable, and take care on those motorbikes. Russel has for many years stored the original BSA shield in his shop. This magnificent trophy was for Interstate 25yard shooting so has not been competed for in many years although the name continues as a 20metre competition.

The original BSA Shield on a rare outing



Thanks to Peter Robinson for sharing news of the event.

THINKING DURING A MATCH

thoughts by Tricia Van Nus

THE ATHLETE: You've shot your sighting shots and happy with those, and the Range Official has said the magic word "start".... now to the match shots it is only then that you notice little changes occurring in your tough "ready to go" approach.

What if I will I.... can I....someone's talking back there I'm hungry These little thoughts impose themselves to test your resolve, and give you the opportunity to ask the eternal question.....

What should I think about in a match?.....

Some will say - think about nothing. Easier said than done! What is nothing - a blank board, an empty sky, a black hole? All these get the mind working on the images - nothing suddenly becomes something.

When the shooter is on the line, the mind is the voice of reason - keeping the performance constant and reliable. Some shooters happily talk to themselves to keep them on track, reminding themselves of what they are doing right. Of course the KISS principle applies here - keep it simple.

Trying to analyse each and every action from all angles while shooting, will only divert energy to the analysis and perhaps away from what you are doing.... that is working on the process of firing a good shot. If need be, lock the analyst in the car while you shoot - plenty of time later to let them out.

I offer a suggestion that **"CUE" words or phrases** are useful - words that invoke a positive image. By way of example "my position is rock solid"..... "my sights are crystal clear"..... "each shot I fire is smooth"

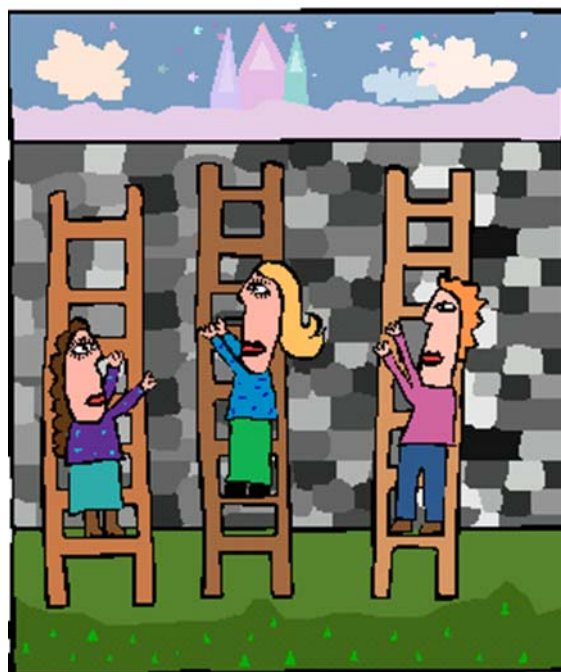
Of course, as is with many things, using cue words or phrases only works if you have trained with this approach. It's also an advantage if you are the kind of person who relates well to these image cues.

Learn about yourself and decide whether you produce your best work after being around people and absorbing their vibrant energy, or whether you prefer to step back a bit and have a quiet time to collect your thoughts just before a match. Don't be afraid to withdraw and get your mind into the "shooting mode"

My recommendation - think about how much you enjoy what you are doing - you have chosen this most exacting of sports. Think about your process - sure and reliable. Here a few other hints... things that you can think about.....

- Have a plan - know what you want to achieve - both short term and in the longer term and then stick by it
- Be concerned and pay attention to those details over which you do have control
- A score is not the only indicator of performance level - it's your process that counts more in the longer term
- Stay working on those parts of your performance that matter - good balance, smooth breathing, solid position, with a reliable trigger release and follow-through
- Do nothing more and nothing less than perform your best shot
- Give yourself a pat on the back when it works, and a slight nudge to get back on track if it slips

You are your own motivation during a match



"To see over the wall (ie outcome), one must first climb the ladder and take each step in order (ie process)"

COACHING TIPS

- Ask athletes to target factors that can be controlled, eg an athlete cannot worry about the result of the competition or the weather because they cannot control it, but they can nominate such things as good position and careful attention to detail.
- Design and implement individual goal-setting plans - both long and short term. The athlete will then have a better idea of the grand picture and where this competition fits into the scheme of things
- Discuss individual goals – every match has a goal
- Learn how and when to best leave the athlete who wants space - be available so they may seek you if required, yet not be "in their face"
- Learn simple key sentences for the talkative athlete - they want to express themselves not just hear a series of statements from you
- Assist the athlete in dealing with both winning and losing, eg when they win they can attribute success to their hard work in training, and their reliable match process. When they lose they should pay tribute to their effort, show a willingness to continue working hard to improve, and look forward to the next opportunity to compete.

Encourage participation in the right spirit.
The rest is up to you - have fun!

CONFIRMED AUSTRALIAN QUALIFYING MATCHES
2015 WRABF World Championship 2015 Brisbane Australia

2013 SEPTEMBER SISC SYDNEY

2014 FEBRUARY MISC MELBOURNE

2015 FEBRUARY JIM SMITH RANGE BRISBANE

(This allows 5 months to get teams organized for World Champs in July/ August)



In all events your best 2 Matches over the 3 years will count for a possible total of 1000 points in each events qualifying. (In other words you can miss one year or drop your worst year of the 3 years if you shoot them all).

Each Class will have 2 targets to the match for each year and 2 classes shot per day each year over 2 days.

7-30am start 7-00pm Finish with 15 Minute Detail Change Overs.

DAY 1: HV- 2 Targets & LV- 2 Targets /

DAY 2: Air LV 2 Targets & International Sporter – 2 Targets.

Matches will be run under WRABF World Rules

Note new events and format for all these Nationals

AISL ATHLETE'S COMMITTEE APPOINTMENT.

Dual Olympian Robyn Ridley from NSW was recently appointed by TRA to the AISL Athlete Committee, after the retirement of Susannah Smith.

The role of the AISL Athlete's Committee is to represent the views of AISL squad members to the AISL board on such issues as:

Doping and Ethical Behaviour education and policy, Eligibility criteria, Athlete Liaison , Attitude seminars, Team planning and facilities, Team Behaviour protocols, Selection issues, By-Laws of the AISL Environmental issues however we can bring forward any issues that athletes feel are important.

One of the things we will be discussing at the December meeting is how the new rules will affect and impact the AISL competitions (and then other competitions within Australia run by TRA or the States), selection and rankings, in particular the new finals systems. If you have any comments about this issue please let me know.

I look forward to representing the views of the athletes at AISL level.

My contact details: robyn.vannus@gmail.com

TRA BOARD MEMBER'S PROFILES.....

PETER ROBINSON—Company Secretary



I started shooting at school in 1964 and continued unbroken ever since with a career in administration at various levels stretching back almost as far. No great claims to fame aside from 4 Gold medals at 3 consecutive World Masters games in the same age group.

Leaving University with a degree in chemistry I searched unsuccessfully for employment and started a new career as an accountant.

In 1981 and with two young children I moved to Australia and ended up staying. I worked with Coopers & Lybrand in various roles including managing several of Australia's biggest share offerings. I "retired" in 2001 but have never stopped working ever since.

I am proud to have been one of the driving forces behind the formation of Target Rifle Australia Ltd. and look forward to continued involvement for a few years to come.



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AISL AUSTRALIA CUP FINAL 2012...

The ACF was held in Sydney at SISC during November and the full results are available on the AISL website <http://www.ausshooting.org/results.html>

MENS 3P



WOMENS 3P



MENS PRONE



MENS AIR RIFLE



WOMENS AIR RIFLE



MENS 3P GP



WOMENS 3P GP



MENS PRONE



WOMENS PRONE



The Aus Cup Final also includes a Grand Prix event in conjunction, as the Aus Cup Final is restricted to those athletes who have finished the year in the top 10 AISL rankings.

Great to see young Alex Clopatofsky take Silver in the Mens 3P Grand Prix.

Also notable performances from Robyn Ridley who equalled her Aus record of 397 in Air Rifle, and took Gold in every women's event.





Paralympian Natalie Smith was also at the ACF shooting both Air Rifle Prone and Standing.

She was happy to share her Paralympic experiences, and show off that fantastic Bronze medal.

TARGET RIFLE AUSTRALIA JUNIOR POSTAL COMPETITION

This winter in great haste, a competition was put together to give Juniors a chance to show their colours in a high level competition. The format was stolen from the football codes with teams shooting against each other once and then in a knockout semi final to decide the final two. This certainly gave an added dimension to the competition.

Teams from Queensland, South Australia, Victoria and New South Wales took part. As some States had difficulty in raising teams some rounds were 3 to a team, others 4 and all reserve scores counted towards the individual aggregate.

And in a turnaround final it was congratulations to Victoria who were the eventual Champions beating front runners Queensland in the Grand Final.

Thanks to the 4 States that took part. With luck there will be more participation next year. Thanks especially to the 4 State team organisers who did a sterling job getting scores in on time. Hopefully another team or two can join in next year to give all juniors something to aspire to.

Peter Robinson

THE GRAND FINAL SCORES

Victoria

Chloe Romanoff 573
Sam Foster 573
Zac Sirianni 578

1724

Reserve

Alex Cameron 570

Queensland

Frederyk Woodhouse 582
Matthew Smith 584
Austin Reed 549

1715

MENTAL MANAGEMENT SYSTEMS



More Obstacles or Opportunities

Ever wonder why some people advance quicker than others? The reasons are many but I would suggest that a great number of fast learning achievers had a huge advantage. They had help. Let's look first at these four phases. They are:

Knowledge Acquisition - We learn something new. There are many ways to acquire knowledge; read a book, listen to a CD or watch a video.

There are two ways to do this; on your own or with the aid of an instructor or coach. Many things we do in life are better done on our own. It is cheaper than involving a live teacher and we can do things at our own speed. I learned how to build my first web site without help. It took me a long time and it was so large it took forever to load but I did it all by myself. In hindsight—a professional would have saved me time and still given me the joy of the achievement!

For many years I mowed my own grass. I rather enjoyed riding the lawn mower until I pulled my back out trying to lift it into the back of my pickup to get it serviced and that cost me thousands of dollars to fix both my back and my mower.

If your time is valuable and everyone's is I think, it might make sense to look at the cost if you do not enlist help. It is often cheaper to hire it done from the beginning.

Application of the Knowledge - Learning is relatively painless but applying knowledge can be dangerous. Have you ever been to a doctor? Almost all of the knowledge about medicine is available online or in the library. Why don't you just look it up yourself and save the cost of the visit? Too risky you say? I agree. I am paying for the experience of the physician. I would not think of doing surgery on myself or on someone I cared about.

Recently my son Troy and I spent a day watching a surgical team perform several operations at the University of Oklahoma School of Medicine. These were senior residents being taught by veteran surgeons. Only after they had carefully watched the masters perform the procedures countless times and only under intense observation were the residents allowed to do the work for the first time.

I believe that if you should always have an expert there in the beginning to get you started correctly. Books, videos and audios are helpful but they cannot take the place of personal instruction.

MENTAL MANAGEMENT SYSTEMS...cont.

You cannot ask a CD a question and get an answer back. Not taking advantage of personalized training could cost you many times more than the cost of taking instruction. With proper instruction you can advance to your goals faster. Go find a good Coach now.

Repetition - You have to put in the hours of repeating what you have learned to do correctly until you develop subconscious skill.

There is no short cut to avoid this if you want to become proficient. Sometimes training with a running mate can not only accelerate the process but it can also make it fun. We tend to work harder when we are held accountable by others.

Confirmation - If you really wish to excel I suggest you work with your coach or instructor several times a month to make certain you are still on course. You need on-going confirmation. One shot training rarely takes you very far.

Remember, you are constantly changing and growing in your skill. As you improve your needs change and perhaps a visit to your instructor could speed along the process.

Conformation may sometimes be accomplished long distance as well. Phone and email consultation is often a cost effective alternative to an in-person lesson. This is specially true in mental skills training as we often do not need to see the client perform to provide consultation and conformation.

The elite tend to take advantage of all four of the phases of skill acquisition.



TARGET RIFLE SOUTH AUSTRALIA

A not for profit organization, all profits from this scheme are returned to the sport to improve facilities and support projects and programs.

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TARGET RIFLE AUSTRALIA LTD. - NATIONAL CHAMPIONSHIPS - 2013

hosted by

QUEENSLAND TARGET SPORTS INC.

AMENDED PROGRAMME NOVEMBER 2012

Jim Smith Range - Belmont - Queensland

25th March - 2nd April - 2013

IMPORTANT INFORMATION

Program Changes – Please read program carefully.

Please note that there have been some important changes to the program previously posted. These changes will allow some events in this program to be A.I.S.L. ranking events.

An **I.S.S.F. Category** has been added to the **3x40 3 Position**, **3x20 3 Position** and the **50 metre Prone Jim Smith Match**.

The **Air Rifle Badge Match** has been replaced by a **40 Shot Air Rifle Match** for Women/Junior Women and a **60 shot Air Rifle Match** for Men/Junior Men.

These are Open Men's & Women's events with I.S.S.F. Category included.
Men's & Women's Championships will be decided on these events

All entrants in the I.S.S.F. Category must comply with I.S.S.F. Rules.
Finals will be conducted for I.S.S.F. Category only in the above mentioned events.

TRA Air Rifle Championship will be decided on Air Rifle Open 60 Shot Match – Final included.

ALL T.R.A. MEDALS WILL BE AWARDED ON OPEN RESULT IN ALL EVENTS WITH THE EXCEPTION OF THE MEN'S & WOMEN'S AIR RIFLE EVENTS.

This information, along with the full program is also available on the TRA website—the link is on the front page.



TARGET RIFLE AUSTRALIA LTD. - NATIONAL CHAMPIONSHIPS - 2013

AMENDED PROGRAMME—NOVEMBER 2012

<u>MONDAY 25th</u>	Practice all Ranges Equipment Control Available	09:00
<u>TUESDAY 26th</u>	3 X 40 Free Rifle Open Championship	08:00
In Conjunction:	Men's Championship / Junior Championship / Veteran Championship Mens ISSF category / Open State Teams & Junior State Teams	
	IPC 3 x 40 Championships	08:00
	3 X 40 Men's Final (Top 8 Men in ISSF category.)	12:00
<u>WEDNESDAY 27th</u>	3 x 20 Sport Rifle Open Championship	08:00
In Conjunction:	Women's Championship / Junior Championship / Veteran Championship Womens ISSF Category / Open State Teams & Junior State Teams	
	IPC 3 x 20 Championships	08:00
	3 X 20 Womens Final (Top 8 Women in ISSF category.)	10:45
	TRA Bench Rest 50m Open & Graded Championship (TRA Rules - Day 1)	12:00
In Conjunction:	Junior Championship / Open State Teams / Junior State Teams	
	Air Rifle Women's 40shots	13:30
	Women's Championship / Junior Women's Championship / Women's ISSF	
	Women's Air Final (top 8 Womens in ISSF category)	15:00
	Air Rifle Men's 60shots	13:30
	Men's Championship / Junior Men's Championship / Men's ISSF	
	Men's Air Final (top 8 Mens in ISSF category)	15:45
<u>THURSDAY 28th</u>	TRA Bench Rest 50m Open & Graded Championship (TRA Rules - Day 2)	08:00
In conjunction:	Junior Championship / Open State Teams / Junior State Teams	
	Bench Rest Demonstration Final (Top 8, 2 day aggregate.)	
	Air Rifle Open & Graded Championship (Includes Final)	09:30
In conjunction:	Veteran Championship / Champion of State Champions Open State Teams & Junior State Teams	
	Air Rifle Open Final (Top 8 regardless of gender.)	11:30
	IPC: Air Rifle Standing Championship	14:00
	IPC Air Rifle Final	16:30
<u>FRIDAY 29th</u>	Jim Smith 50m Open & Graded Prone Championship (1st 60 shots)	08:00
In Conjunction:	Men's ISSF Category / Open Championship Day 1 / Selection of Slazenger Team & Selection Lord Wakefield Cup Team	
	IPC: 50m Prone Championship (60 shots)	
	50m Prone Men's ISSF Final (Top 8 Men in ISSF Category)	

FRIDAY 29th

TRA Annual General Meeting
Shooters Forum

SATURDAY 30th

**Jim Smith 50m Open & Graded Prone Championship
(2nd 60 shots)**

08:00

The ranking system and scores from the 1st 60 shots will be used to determine bay allocation for the second 60 shots.

In Conjunction:

Open Championship	Day 2
Open Championship	(120 shots)
Men's Championship	(120 shots)
Woman's Championship	(120 shots)
Junior Championship	(120 Shots)
Veteran's Championship	(120 shots)
Lord Wakefield Cup / Slazenger Team Match	

IPC Air Rifle Prone Match**14:00****IPC Air Rifle Prone Final****16:00****SUNDAY 31ST**

**Bill Eddy Dual Range Open & Graded Championship
Short Range Match (3 x 20 shots, 20 metres)**

08:00

In Conjunction:

Open Short Range Match
Open Dual Range State Teams
Junior Dual Range State Teams

**Dual Range Bench Rest Demonstration Match
(3 x 20 shots 20 metres)**

12:00

Open / Junior / Graded

MONDAY 1st

**Bill Eddy Dual Range Open & Graded Championship
Long Range Match (1 x 60 shots, 50 metres)**

08:00

In Conjunction:

Open Long Range Match	
Dual Range Open Championship	(120 Shots)
Men's Championship	(120 shots)
Women's Championship	(120 shots)
Junior Championship	(120 Shots)
Veteran's Championship	(120 shots)
Open Dual Range State Teams	

**Dual Range Bench Rest Demonstration Match
(1 x 60 shots, 50 metres)**

12:30

Open / Junior / Graded

TUESDAY 2nd**State Teams Matches 50m****08:00**

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

Presentation Dinner 18:30 (6.30 p.m.)

PROGRAM SUBJECT TO CHANGE DEPENDING ON NUMBER OF ENTRIES



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LG400 Anatomic .177 \$3200

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LG400 Alutec Expert .177 \$2900

LG400 Alutec Competition .177
 (with basic sights) \$2000
 (with insight/out sights) \$2400



AR20 Silver .177 \$1135



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

K1 Glasses
 (includes lens holder,
 cover disc, cased) \$239

READY FOR
 LONDON



KK300 Anatomic .22 \$3995

KK300 Alutec .22 \$2700

TRA NATIONAL CHAMPIONSHIPS - BELMONT QLD - 2013

25th March to 2nd April, 2013 - **ENTRY FORM** - Entries Close 1st March, 2013.

NAME:				DATE OF BIRTH:					
ADDRESS:									
SUBURB:				STATE:			PCODE:		
CLUB/STATE				STATE MEMBERSHIP NO:					
PHONE NO./MOB:				EMAIL:					
EVENTS CATEGORIES - PLEASE TICK BOX ✓									
EVENT	FEE	OPEN	IPC	MAN	WOMAN	JNR	VET	GRADE	TOTAL
3 X 40 3 Position	\$45.00							N/A	
3 x 20 3 Position	\$35.00							N/A	
Air Rifle Badge Match	\$15.00		N/A	N/A	N/A	N/A	N/A	N/A	
Air Rifle Championship	\$40.00		N/A						
IPC Air Rifle Prone	\$40.00	N/A		N/A	N/A	N/A	N/A	N/A	
IPC Air Rifle Standing	\$40.00	N/A		N/A	N/A	N/A	N/A	N/A	
Jim Smith 50m Prone	\$45.00		\$25.00						
Bill Eddy Dual Range	\$45.00		N/A						
TRA Bench Rest 50m	\$45.00		N/A				N/A		
TRA DR Bench Rest	\$45.00		N/A				N/A		
TOTAL									
Last 5 x 50m scores (60 Shots) - Prone - Bench Rest									
Help volunteering:		Yes	No	Preferred Task:					
Presentation Dinner:		No of Adults:		No of Children:					

POST ENTRIES TO: Entries TRA Nationals,
P.O. Box 4133,



Queensland Government

GUMDALE. Q. 4154

or

email:
entries@targetsports.org.au

Payment of entry fees by Cash, Cheque or Direct Debit to:
CBA BSB 064136 - Acc No. 0090 3469 (Please include your name)
Payment also accepted on registration - NO EFTPOS available.

COMPETITION DETAILS & CONDITIONS

Venues

Smallbore, Air Rifle, Bench Rest - All matches will be held on the Jim Smith Range
1485 Old Cleveland Road, Belmont.

Presentation Dinner - QRA Club House.

Entry Conditions

Entries close Friday 1st March, 2013.

Late entries only accepted if bays are available and accompanied by Late Fee of \$10.00 per match.

All entries must compete in Open or IPC category where applicable.

Entry into all other categories or grades is included in Open Entry Fee.

Grades will be as per QTS Gradings. Entry to grades is **not compulsory**. **If you wish enter the graded category**, please supply last 5 x 60 shot scores in appropriate box on entry form.

Appropriate squadding arrangements will only be made to enable sharing of equipment if a suitable note is made on the Entry Form.

Consideration to provide adequate time between squads for contestants in events running concurrently will be made where possible but cannot be guaranteed.

Competition Conditions

The Nationals will be conducted in accordance with ISSF., IPC & TRA Australian Supplementary Rules.

ALL COMPETITORS MUST BE MEMBERS OF TRA OR SIMILAR INTERNATIONAL FEDERATION.

TRA medals will be awarded for Open Category in TRA designated events.

QTS reserves the right to amend the program at any time if necessary.

Current Membership Registration Cards and Shooters Licences must be presented at time of registration.

The Range Register must be signed every day prior to shooting.

The use of breech flags on the Jim Smith Range is compulsory.

Squadding details will be provided at time of registration.

Air Rifle will be shot on single paper targets on TCMs.

All 3 Position, 50m Prone & 50m TRA Bench Rest matches will be shot on electronic targets. 20m matches will be shot on standard TRA 20m paper targets.

Bill Eddy Dual Range Championship will be 60 shots each 20m & 50m.

Women's 50m Championship & Junior 50m Championship will be 120 shots. (2 day total Jim Smith Match)

Shooting mats are available but personal shooting mats will be allowed.

Shooters will need spotting scopes for 20m events.

Extra Demonstration events may be added or substituted depending on available time & entry numbers.

Secure storage for firearms will be available on site.

Juniors Under 21 as at 31st December, 2013. Veteran's 55 & over as at 31st December, 2012.

What the???

Ever walk into a room with some purpose in mind, only to completely forget what that purpose was? Turns out, doors themselves are to blame for these strange memory lapses. Psychologists at the University of Notre Dame(USA) have discovered that passing through a doorway triggers what's known as an event boundary in the mind, separating one set of thoughts and memories from the next. Your brain files away the thoughts you had in the previous room and prepares a blank slate for the new location." See—it's not aging—it's the door!



"Let's see. Coma. Coma. Coma. Coma. Coma. Chameleon."



SALLY

was always self-conscious of the small mole on her face



Rule 1 - keep quiet and say nothing!



TRA NATIONALS 2013—BRISBANE QLD

ACCOMMODATION

Motel, Chalet & Bunk Room accommodation is available on site at the Belmont Complex from \$20.00 per person per day.

Powered & unpowered caravan and camping sites are available (Powered \$15.00, Unpowered \$8.50 per night)

For more information on accommodation available, go to the QRA website www.qldrifle.com
For bookings & enquiries, phone the QRA Office on 07 3398 4309 or email david@qldrifle.com

When placing bookings, please state you are attending the TRA National Championships.

CAR HIRE

Visit www.brisbaneairportcarhire.com.au for the best deals on car hire to suit your needs.

FURTHER INFORMATION OR ENQUIRIES

If you require any further information or have any enquiries, please contact:

Robyn: 07 5426 4416 mob: 0459 195 400

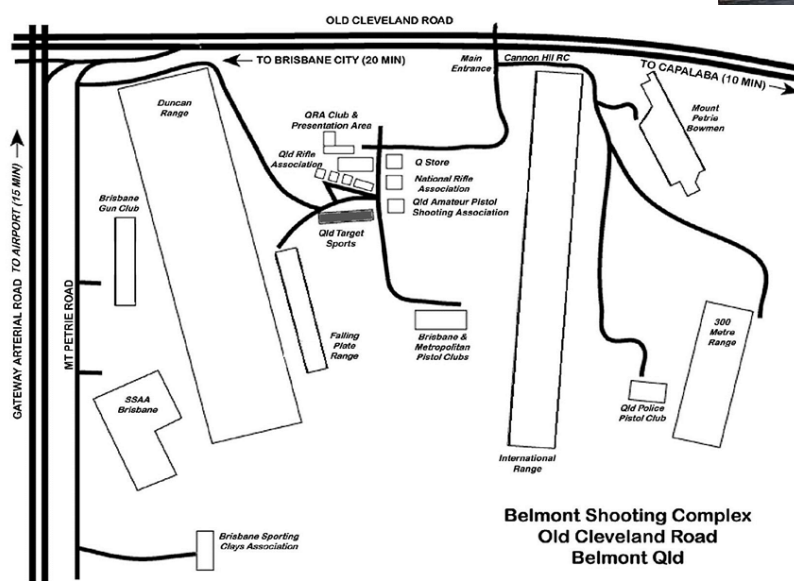
email: entries@targetsports.org.au

Rex: 0402 819 071

Janelle: 07 3823 4277 mob: 0407 351 922

Please contact David on 07 3398 4309 and state that you are attending the TRA Nationals. Accommodation may run out quickly so it is best to book as early as possible.

Further information on the accommodation available, can be seen at <http://www.qldrifle.com/QRAAccommodation.htm>



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

ELEY World Cup 2011 medal tally

2011 ISSF World Cup 1 - SYDNEY

50m Men's 3 x 40 Rifle			
50m Women's 3 x 20 Rifle			
25m Sport Pistol Women			
50m Free Pistol Men			
50m Men's Prone			
25m Rapid-Fire Men's Pistol			

2011 ISSF World Cup 2 - CHANGWON

50m Men's 3 x 40 Rifle			
50m Women's 3 x 20 Rifle			
25m Sport Pistol Women			
50m Free Pistol Men			
50m Men's Prone			
25m Rapid-Fire Men's Pistol			

2011 ISSF World Cup 3 - FORT BENNING

50m Men's 3 x 40 Rifle			
50m Women's 3 x 20 Rifle			
25m Sport Pistol Women			
50m Free Pistol Men			
50m Men's Prone			
25m Rapid-Fire Men's Pistol			

2011 ISSF World Cup 4 - MUNICH

50m Men's 3 x 40 Rifle			
50m Women's 3 x 20 Rifle			
25m Sport Pistol Women			
50m Free Pistol Men			
50m Men's Prone			
25m Rapid-Fire Men's Pistol			

2011 ISSF World Cup Final - WROCLAW

50m Men's 3 x 40 Rifle			
25m Sport Pistol Women			
50m Free Pistol Men			
50m Men's Prone			
25m Rapid-Fire Men's Pistol			

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