



# TRA NEWS

June 2019

# We've Expanded Our Product Range

Since 2012 Target Ammunition Pty Ltd has been offering you, 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.

In response to our members, Target Ammunition now offers a select range of ammunition and air pellets from RWS, together with Lapua and SK ammunition to our member bodies, providing you, the club member with 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)

## Welcome to the June 2019 TRA E-Mag.

Much has happened between the February and this June Issue with this issue being delayed until after the NZL Nationals, then our National Championships and the current European Tour by some of our members and the AGM, etc all so we can bring you updates on those events.

For those who follow Facebook and the Internet some of this may be old hat, however we know many of you prefer the magazine format and we trust this issue will be worthy of a read. If your club or State is doing something of interest or running a competition, why not write up an article and send it in so we can let the rest of the World know what's happening in your neck of the woods.

Maybe you have a question you need answered; it could be on the rules, technical or coaching issues etc. This could form a Q & A page.

The Target Rifle Australia Ltd AGM was held on Saturday 18th May with 4 new board members being elected following the retirements of Glenn Braybon (Chair) and Jim Brown. West Australian moved a vote of thanks and I am sure we all thank both of them for their years of valuable service to the sport.

Interestingly the number of people, I have spoken with, across our sport of smallbore and air rifle who ask what's happening, are unaware, are critical about some aspect or other, concerns me greatly and rather than go into why, the magazine will have a link in the Index column that will take you to the last Board meeting report starting this issue.

Sport for all is a repeat of the Target Sprint article from last month as a number of people commented they hadn't seen it. And yes I know they could find it at <https://tra.org.au/media/back-issues/>

Pleasing to note that the issue of Queensland Target Sports membership has been resolved, with all members affiliating with TRA Ltd. Thanks to all involved.

**Our cover this month is to celebrate the recent performances by our own Dane Sampson in 3 position rifle (3x40) shot in Czech Republic competition. The article on P13 does not cover all of his events but is indicative of what it takes.**

**1188 from 1200. Simply the Best.**

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Reports from Board meetings are posted on the web at

[2019 Reports from Directors Meeting](#)

If something is happening in your area that you think is worth coverage please send story to the office

Want to suggest an article then please let us know

## **President's Report to the 2019 AGM**

*It is very pleasing to see that six people have nominated for four directors' positions on the Target Rifle Australia Ltd board. This will be the second time that there will be an actual election for positions since the structure of TRA changed to a company limited by guarantee. I wish all the nominees all the best in their ventures whether they are elected to the board or not.*

*In the past year ammunition sales have remained steady, but the sales are now only to you our member bodies, which along with bank interest from our savings, capitation fees and the Nationals competitor fees makes up the income for TRA. Please don't forget, that Target Ammunition can not only supply Eley but also RWS Products as well.*

*Although income has been limited compared to the previous years, the Board has been able to finalise the details for co-funding the A4G project with Shooting Australia on a dollar for dollar basis. WASRA was successful in getting a CSI grant along with a grant from TRA which will enable them to build an Air Rifle Range at the Whiteman Park Range in Perth.*

*This year a Prone Team consisting of six people went to New Zealand to compete in a biennial team match at the NZ Nationals at the beginning of the year. The team and individuals were very successful in their venture with some good feedback and ongoing reports from the team manager throughout the time they were away. Once again TRA is helping with some funding for the Benchrest Team that is going to South Africa to compete in the WRABF World Championships in August this year.*

*Throughout the year our international shooters have once again done us proud getting some very good results in the Junior World Cup, World Championships, Youth Olympic Games, World Cups, and especially our World Shooting Para Sports (WSPS) athletes bringing home a Silver Medal from the WSPS World Championships and two Gold and one Bronze medal from WSPS World Cups.*

*The Nationals this year were to be held in WA but due to circumstances beyond the control of WASRA and TRA the board had to make some very hasty decisions which resulted in the National being held in Sydney at SISC, although numbers were down a bit, all who attended enjoyed themselves.*

*In closing I would like to thank the Directors and the Executive Officer of TRA for their willingness to help and assist during the past year, as I have not been able to make it to some meetings and events due to work commitments. Also, thanks to the members of the various committees and working groups for their work and contributions during the year. I would also thank the many volunteers in our sport whether they are at club, state or national level for the work that they have done or in the administration our member bodies.*

**Glen Braybon**  
**President**

# Target Rifle Australia Prone Team New Zealand Outdoor National Championships 2019

Written by David Wright –Team Manager

## BACKGROUND

In early October 2018 Target Rifle Australia announced it would be sending a junior and senior prone team to New Zealand in February 2019 to compete at the Target Shooting New Zealand Outdoor National Championships in Christchurch, due to the lack of opportunity of prone shooters in Australia obtaining international shooting experience.

On the 24<sup>th</sup> and 25<sup>th</sup> November 2018, selection trials were conducted to select the shooters. TRA had designs of sending a three person junior team and a four person senior team, with both teams to include at least one female member.

With the selection trials concluded, the selected team was Quinn Rashford - junior, and Susie Smith, Andrew Sevelj, Daniel Croatto and David Clifton - seniors, with Maris Taylor being first reserve.

Unfortunately Quinn was the only junior in attendance, and had to withdraw from the team so he could attend the Australian Defence Force Academy. With his withdrawal, and with no other junior shooters, the senior team was extended to five members, and Maris was elevated to full team member.

## NEW ZEALAND OUTDOOR NATIONAL CHAMPONSHIPS

The Championships, 50m small bore, were held over five days from Tuesday 19<sup>th</sup> to Saturday 23<sup>rd</sup> February, with practice and equipment check on Monday 18<sup>th</sup>. There was no air rifle included in these championships as the 10m range wasn't suitable for a National Championships.

The New Zealand program accommodates all the individual competitions before the team events commence. Tuesday, Day 1, started with the 3 position competition and final in the morning before the start of the prone competitions in the afternoon. The first prone match was the 60 shot badge match. Day 2 saw the start of the 120 shot graded championships. Over the course of the day there were six details shot, each details was a group of shooters from the same grade, A-D grade respectively with A and B returning again later in the afternoon to finish out the day.

Day 3 started with the Woman's National Championships followed by two elimination details for the men's championships, with the top 10 from each detail progressing to the qualification match the following day. The day concluded with the second details of the C and D graded matches.

Friday, Day 4, began with the men's qualification match followed by the NZ Men's Championships Final, the last event in the individual program. The afternoon saw the start of the team events, commencing with the North Island v South Island teams match.

Australia was asked if we wanted to shoot this match also, as the West Island, maybe tongue-in-cheek, but we declined. This was followed up with the Australia v New Zealand teams match.



Cont next page

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Day 5, the final day of The Championships, started with the New Zealand Slazenger and Wakefield teams matches, followed by the NZ Women's and Junior teams match for those not included in the Slazenger team, then the last match on the Championships calendar, the Association teams match, a light hearted coached team event. Commencing at 5.30pm was the presentation dinner at the nearby Russley Golf Club.

### THE EVENT

There were a total of 67 entrants into the 2019 competition. The Championships were conducted with great precision and efficiency. Paper targets were used in target changing machines and the association conducting the Championships were able to access scanners so that decimal scoring was possible. At the conclusion of each shooting detail, a number of staff went into the target changer room to remove the fired targets and prepare the machines for the next squad.

The weather for the week was excellent, with fine warm days. The wind lived up to expectation, blowing from every direction, catching out everyone on more than one occasion. Friday morning following the men's qualification match, a southerly wind hit the range with winds averaging 48 km/h and gusting to over 60 km/h according to bureau reports, making for a very interesting final.

The Australian Team left the range for a couple of hours to get away and have lunch and when we returned for the



Australia v New Zealand Teams match, the conditions had returned to 'normal'.

Benchrest shooting was also catered for in the championships in conjunction with the prone events, with 13 entrants. A perusal of the past three years results show now more than 10 bench shooters in those championships.

### THE AUSTRALIAN PERFORMANCES

The Australian Team experienced success in every event contested, individually and as a team. The performance list is as follows;

***Badge Match - Gold, Andrew Sevelj and Silver, Maris Taylor***

***Graded Match - Silver, Andrew Sevelj***

***Women's Championship - Bronze, Susie Smith***

***Men's Qualification – 1st, David Wright***

***Men's Championship - Bronze, David Wright***

***Australia v New Zealand Teams Match - Australia 1<sup>st</sup>***

***Association Teams Match - Australia 1<sup>st</sup>, New South Wales 3<sup>rd</sup>***

***(With the make-up of the Australian team, we were able to field one team called NSW, as an association, making us eligible to win the Associations Teams Trophy)***

***I would like to note that all four men in the Australian Team, and myself, made it into the men's prone final. The results were;***

***David Wright 3<sup>rd</sup>, Daniel Croatto 4<sup>th</sup>, Andrew Sevelj 6<sup>th</sup>, David Clifton 7<sup>th</sup>, Maris Taylor 8<sup>th</sup>.***

## SUMMARY

The Championships were great success for Target Shooting New Zealand and the TRA Australian Prone Team. TSNZ work hard to have their individual competition separate to their team events. This serves a couple of purposes. First, the shooters are there to shoot, so the program is full of matches to accommodate this. Second, Target Shooting New Zealand places great importance on team shooting. This was particularly apparent at the presentation dinner where it is expected and expressed that all attendees are to wear their National Team uniform or a black blazer. If a shooter makes their first national team in the Slazenger or Wakefield Teams Matches, they are presented with their National Team Pocket, a great honour.



For the Australians, the men's program had them firing 404 competition shots plus sighters, and the women's program saw Susie fire 320 competition shots plus sighters. These figures included shooting of both teams matches.

The New Zealand shooters fired another 2 x 60 shot teams matches above what the Australians fired, and this does not include the shots fired in the 3 position event at the beginning of the Championships.

Because of this, I must thank Target Shooting New Zealand for accommodating us in programming the Australia v New Zealand teams match.

## CONCLUSION

On behalf of the 5 member of the Target Rifle Australia Prone Team and myself, I would like to thank Target Rifle Australia for their initiative to send a prone team to the 2019 Target Shooting New Zealand Outdoor National Championships.

I would also like to thank Target Shooting New Zealand for their hospitality and the New Zealand shooters for the friendship and rivalry. In addition I would like to make special mention to Sarah Black, Jackie Lindsay, Allison Fursdon, Adam Pottinger, Hamish Henderson and Bruce Marchant for their assistance throughout competition and the planning process helping us to get there.



Dear Shooting Friends, The German Shooting Sport Federation and the Organizing Committee are pleased to invite you to participate in the **1<sup>st</sup> World Masters Shooting Sport Championship Rifle/Pistol/Shotgun** which will take place from September 08 -15 2019 at the Shooting Center in Suhl, Germany.

Enclosed herewith please find the General Information, Preliminary Competition Schedule and Registration Forms which are also available on the website of the German Shooting Sport Federation [www.dsb.de](http://www.dsb.de).

All participations are asked to complete the registration forms and buy their entries over our booking system.

We hope to welcome a lot of Masters Athletes and making the World Masters Shooting Sport Championship 2019 a successful competition. Final Entries 8th August 2019 <https://www.dsb.de/schiesssport/kalender/details/world-masters-shooting-sport-championship-2115/>



## The 2019 TRA National Championship



Originally planned for Perth, the event was shifted to Sydney following some unexpected issues which were out of our control. Unfortunately a number of people had booked to compete in Perth, mainly from across the ditch, were caught by this resulting in a lack of internationals at the event.

The Internationals were represented by the two Czech Republic team members Gabriela Vognarova and Lucie Brazdova and Kiwi Graeme Vallance.

The shortened program of events ran smoothly and whilst the numbers were down, due to the change of venue, competition was strong. Jim Brown had volunteered to run side events and indeed the Skins event was fun to watch; look forward to greater numbers next time article from Jim elsewhere in the magazine.

The Board of TRA Ltd, thank the volunteers for their work in ensuring the Nationals provided a fair competition for all the competitors.

### Winners List

#### TRA 10m Air Rifle Open

Qualification and Finals - Michael Davis VIC; Junior –Michael Davis, VIC; Veteran— Ming Xiang, NSW; Team - VIC  
Air Rifle Supported 10m—Chris Karamoshos, VIC

ISSF 10m Air Rifle Women Qualification and Finals— Gabriela Vognarova, CZE

ISSF 10m Air Rifle Men Qualification and Finals— Alex Hoberg, SA

ISSF 50m Rifle Men Prone— James Daly ,VIC; JnrM— Adam Beale, NSW

ISSF 50m Rifle Women Prone –Robyn Ridley, NSW; JnrW— Savanna Stey, QLD

50m Rifle Prone Teams— Womens, NSW; Jnrs—- NSW

50m Rifle 3 Position Qualification Open— Dane Sampson, QLD; Junior— Michael Davis, VIC;

ISSF 50m Rifle 3 Position Men Qualification and Finals—Dane Sampson, QLD;

ISSF 50m Rifle 3 Position Men Qualification and Finals— Gabriela Vognarova, CZE

50m Rifle 3 Position Open team— NSW

50m Benchrest Champion and Veterans— Peter Armstrong, NSW

50m Benchrest Champion Junior—Mike Selmes, NSW

50m Benchrest State Team— NSW

Jim Smith Aggregate— James Daly, VIC

Jim Smith Junior— Adam Beale, NSW

Jim Smith Veteran— Maris Taylor, NSW

Full Results are on the [TRA website front page](#).



A good showing despite the change in venue and schedule, Many thanks to all who came to enjoy the TRA National Championship.

As may be seen entries in Prone and Benchrest Cl.3 were on equal footing with 31 each; truly a sport for all.

Thanks go to Owen for the National photos taken on his trusty phone, much appreciated. These will all be uploaded to the web over the next couple of weeks.





### 50m Rifle 3P Open

1. Dane Sampson
2. Gabriela Vognarova
3. Lucie Brazdova
4. Robyn Ridley
5. Jack Rossiter
6. Michael Davis
7. Maria Rebling
8. Savannah Stey



### 10m Air Men Finals

1. Alex Hoberg
2. Jack Rossiter
3. Dane Sampson



### Benchrest Grades

1. Maureen Edwards
2. Graeme Vallance
3. Robert Gunner

## Prone Skins at the TRA Nationals

At our recent Nationals we had a new fun event to occupy ourselves before the finger food on the Sunday of the Jim Smith Match. So what is Prone skins anyway?

It is an event which is shot in 10 shot strings with shooters eliminated at the end of each string. On this occasion the entry fee was \$5 per shooter and we had 12 nominations. Sadly, Daniel Croatto had to withdraw prior to the start but he generously left his entry fee in the pool. All entry fees were divided up to give the winner \$30, \$20 to second and \$10 to third. Each 10 shot string is independent of any previous one.

After a draw for positions, shooters had 3 minutes for sighters, followed by 5 minutes to fire their first 10 shot string. After this string we eliminated down to 8 shooters and then fired another 10 shot string and ended up with the top 4 shooters.

One of the features of this type of competition is the ability of the spectators to get involved with any pertinent comments that might add to the occasion. There were also a few great comments from the shooters themselves while shooting the match.

Our final four shooters were Ivan and Wayne Kelly, along with Maris Taylor and David Wright. It was great to see the Kelly boys going head to head but the early and convincing leader was David Wright, and many good judges including myself thought he had it won after 5 shots. However the shooting Gods are unpredictable. We don't know if it was an annoying fly, an itch that David couldn't scratch, or an undetected cross fire from Maris, but an 8 brought David back to the field with only a few shots left. In an atmosphere of high tension, the final shots were fired and after the smoke cleared Maris won by 0.1 from David with a consistent Wayne Kelly winning the battle of the brothers over Ivan.



David Wright

Maris Taylor

Jim Brown Instigator

Peter Kelly

Gordon deGroen RO

A likely looking bunch Ed

## 10m 3P Air Rifle

Originally put forward by former Board member Jim Brown as a means of attracting new shooters and indeed as a means of low cost competition for all, the Board adopted this and included this in a recent draft board meeting minutes circulated to all States in the Board Summary in October 2018 and further in the January 2019 summary. In discussing this there was interest and further planning is underway. It can be contested in two rifle classes as in ISSF type air rifle or a no frills unit whilst Matches are 3x10 shot and 3x20 for more experienced.

10m 3P Air rifle remains popular in Europe and USA and would make an excellent additional match for all members and newcomers at a reasonable cost.

It can even be shot on simple paper target set-ups.  
Paper targets on pole.



Or electronics mounted on pole and adjustable stops



Three-Position Air Rifle shooting is the most popular junior rifle program in the USA. Its massive participation base includes more than 2,000 JROTC high school programs, hundreds of clubs. An estimated 250,000 to 300,000 (not to mention Europe) youth participate annually in three-position air rifle programs, with many of them engaging in some form of organized competitive shooting.

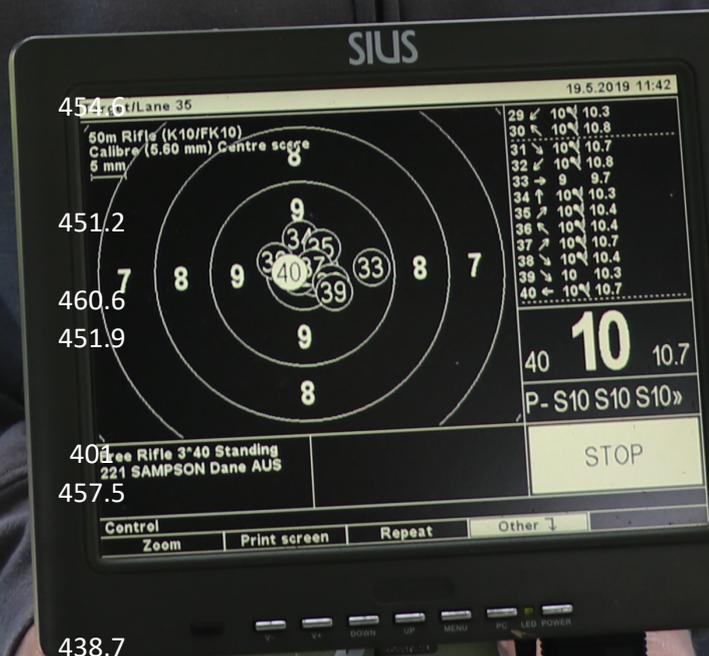
Above photo is of Kristen Hemphill 17yrs old setting a new USA record of 200 –19X.

Stay tuned for more on this exciting event.

The summary paper included a budget to promote the program.

# A 3P Journey with Dane Sampson

|      | Place | Event                   | Entry | Qual. Score | X count   | Finals |
|------|-------|-------------------------|-------|-------------|-----------|--------|
| 2009 | 9     | TRA Nationals SA        |       | 1082        | 22        |        |
| 2010 | 6     | TRA Nationals NSW       |       | 1111        | 38        |        |
| 2011 | 1     | TRA Nationals VIC       |       | 1145        | 36        |        |
| 2011 | 3     | OCH SYDNEY 2011         |       | 1136        |           |        |
| 2011 | 57    | WC MUNICH 2011          |       | 1158        |           |        |
| 2012 | 1     | TRA Nationals           |       | 1139        | 36        |        |
| 2012 | 72    | WC MUNICH 2012          |       | 1149        |           |        |
| 2012 | 37    | OG LONDON 2012          |       | 1151        |           |        |
| 2013 | 1     | TRA Nationals           |       | 1144        | 42        | 449.2  |
| 2013 | 1     | OCH SYDNEY 2013         |       | 1154        |           | 448    |
| 2014 | 1     | TRA Nationals           |       | 1147        |           |        |
| 2014 | 45    | WC FORT BENNING 2014    |       | 1142        |           |        |
| 2014 | 48    | WCH GRANADA 2014        |       | 1159        |           |        |
| 2014 | 40    | WC MUNICH 2014          |       | 1161        |           |        |
| 2015 | 1     | TRA Nationals           |       | 1159        | 45        |        |
| 2015 | 1     | OCH SYDNEY 2015         |       | 1154        |           | 444.8  |
| 2016 | 1     | TRA Nationals           |       | 1159        | 43        | 451.9  |
| 2016 | 30    | WC BANGKOK 2016         |       | 1142        |           |        |
| 2016 | 50    | WC RIO DE JANEIRO 2016  |       | 1147        |           |        |
| 2016 | 20    | OG RIO DE JANEIRO 2016  |       | 1161        |           |        |
| 2017 | 1     | TRA Nationals           |       | 1159        | 43        |        |
| 2017 | 22    | WC NEW DELHI 2017       |       | 1141        |           |        |
| 2017 | 38    | WC GABALA 2017          |       | 1161        |           |        |
| 2017 | 1     | OCH GOLD COAST 2017     |       | 1162        |           |        |
| 2017 | 32    | WC MUNICH 2017          |       | 1167        |           |        |
| 2017 | 1     | Queensland State Champs |       | 1167        | 58        | 460.6  |
| 2018 | 1     | TRA Nationals           |       | 1154        | 44        | 451.9  |
| 2018 | 73    | WC CHANGWON 2018        |       | 1148        |           |        |
| 2018 | 64    | WC MUNICH 2018          |       | 1163        |           |        |
| 2018 | 8     | WCH CHANGWON 2018       |       | 1177        |           |        |
| 2019 | 1     | TRA Nationals           |       | 1160        | 47        | 457.5  |
| 2019 | 37    | WC NEW DELHI 2019       |       | 1164        |           |        |
| 2019 |       | WC BEIJING 2019         | E     | 1167        | 56        |        |
| 2019 | 10    | WC BEIJING 2019         | Q     | 1170        | 64        |        |
| 2019 | 4     | GP Liberation Plzen     | Q     | 1177        | 61        | 438.7  |
| 2019 | 1     | ISCH Hanover            | Q     | 1177        | 61        | 458.1  |
| 2019 | 1     | Czech Republic          |       | <b>1188</b> | <b>74</b> |        |
| 2019 |       | WC Munich 2019          | E     | 1176        | 47        |        |
| 2019 | 28    | WC Munich 2019          | Q     | 1174        | 57        |        |



# TARGET RIFLE AUSTRALIA LTD SUMMARY OF DIRECTORS MEETING March 2019

1. **Attendance:** All directors and executive officer present
2. **TRA Ltd Life Membership Nomination:** Correspondence has been received from Queensland Target Sports nominating Rod Sampson for Life Membership of TRA Ltd. Currently TRA Ltd has no policy or procedure concerning Life Memberships. Directors resolved to defer the decision until an appropriate policy is formulated and circulated to member organisations.
3. **Correspondence to NSW SARAI re 2019 National Championships:** A letter of thanks to NSW SARAI for hosting the 2019 National Championships at short notice was approved and sent to NSW SARAI on 26/03/2019.
4. **WRABF World Championships Entry Fees:** Australian team entry fees were finalised and paid via international EFT on (19/02/2019) in the amount of (\$ 5510.19).
5. **Finance Committee Report and Recommendations:** Quotations were received from 3 x investment companies for provision of annual investment planning and advice services. Average cost quoted was between \$4000 and \$6000 per annum. The finance committee's recommendation was to defer any decision until after the Annual General Meeting and notify the investment companies of this decision.

A report from the finance committee was tabled concerning investment strategies and recommendations on how TRA Ltd accumulated funds could be used to benefit member bodies, affiliated clubs and members. Directors discussed the recommendations and resolved to formulate a policy concerning TRA Ltd Funding Programs prior to distribution to member organisations.

6. **TRA Term Deposits:** The TRA Ltd investment term deposits have been renewed for a period of 4 months at interest rates of 2.4% and 2.35% respectively.
7. **TRA Ltd Capitation Fees - 2021 - 2022:** Directors approved a motion that capitation fees for 2021 and 2022 remain the same as the capitation fees set for 2020. i.e.:

| <b>Full Year</b>      |           | <b>Half-Year</b> |          |
|-----------------------|-----------|------------------|----------|
| Full Member           | \$ 62.00  | Full Member      | \$ 31.00 |
| Junior                | \$ 45.00  | Junior           | \$ 23.00 |
| Family*               | \$ 124.00 | Family*          | \$ 62.00 |
| Concession            | \$ 45.00  | Concession       | \$ 23.00 |
| Non-Shooter           | \$ 20.00  | Non-Shooter      | \$ 10.00 |
| Sub-Junior            | \$ 28.00  | Sub-Junior       | \$ 14.00 |
| Provisional           | \$ 30.00  |                  |          |
| School Program Member | \$ 10.00  |                  |          |

Member organisations will be notified by formal correspondence as soon as practically possible.

8. **Treasurer's Annual Honorarium:** Directors approved a motion to award the treasurer an annual honorarium of \$1200 per annum as a means of compensation for the day to day maintenance and preparation of the accounts for the end of year financial statements for the organisation.
9. **TRA Funding Commitment to WASRA: Directors** ratified the circular resolution of 20th March 2019 that as a result of WASRA's successful application for funding under the Sport Australia Community Sport Infrastructure Grant Scheme, (application CS1026312018 Whiteman Park Smallbore Air Rifle Range Upgrade), TRA Ltd. will provide a dollar for dollar co-investment in the project to a maximum amount of \$20,000.
10. 2019 TRA Ltd AGM

Notice of the 2019 AGM was forwarded to all Member Organisations, Directors and Elected Director candidates on 15th March 2019 as per the requirements of the constitution and ASIC regulations. Six (6) nominations for the 4 x Elected Director positions available at the AGM were received by the deadline of 8th

March. Nominees are: Mr Rodney Sampson, Mr Anton Wurfel, Mrs Susan Lott, Mr Peter Robinson, Mr David Wright and Mrs Robyn Ridley.

The following special and / or ordinary resolutions were received by the deadline of 8th March to be considered at the AGM:

*“That TRA board invest a similar financial commitment of \$23,000 each year over 5 years to assist Member Organizations in a National Coaching program as they do for the Pre A4G program.”*

**11. TRA Strategic Plan and Action Plans:** No feedback has been received concerning action plans to date.

**12. TRA Committee Charter Updates:** Updated charters for the Technical and Coaching Committees were tabled. Directors approved the draft charters for distribution to member organisations and uploading to TRA websites when finalised.

**13. Induction of new directors:** Directors discussed developing an induction process and procedure for new directors of the company. Currently incoming directors are sent a director’s consent document, ASIC guide for directors of companies, strategic plan and minutes of at least two previous board meetings.

**14. 2019 National Championships progress report:** NSW SARAI President Dennis Claxton and Secretary Sandra Maranik of NSW SARAI were welcomed to the meeting. Directors formally thanked NSW SARAI for taking on the 2019 National Championships at very short notice. NSW SARAI provided an update concerning the preparations for the 2019 National Championships. At the time of the meeting NSW SARAI advised that 55 entries (109 match entries) including 1 x Athlete with a disability had been received and that exact timings and schedule will only be available after entries close in April.

**15. 2019 National Championships Ammunition Sponsorship:** Eley has offered 1 x case of Tenex and 1 x case of Match as ammunition sponsorship for the 2019 National Championships in accordance with previous years. This ammunition has been sourced and TRA treasurer, Rod Sampson will take the ammunition to NSW for the event. Directors accepted the sponsorship and resolved to send a formal letter of thanks to Eley for their continued support.

**16. National Championships Perpetual Trophies:** All perpetual trophies are now located at the Centenary Heights “Office”. 2019 award plaques have been delivered to the 2019 National Championships organising committee.

**17. TRA Prone Team to New Zealand – report:** A report from Team Manager, David Wright was circulated with meeting documentation. Directors discussed the report and feedback received. Directors resolved to send letters of thanks to each of the team members and manager commenting on how the team fared and how they represented the organisation. A selection process and procedure need to be finalised for the continuance of this project. Directors pass a motion that TRA send a team to the NZ Nationals in 2021 and that a selection policy and procedure for the selection of the team be formulated. The Executive Officer will liaise with TSNZ concerning the team in 2021 and how to incorporate the TRA Ltd team into the TSNZ National Championships.

**18. 2020 National Championships:** Directors discussed the 2020 National Championships with President and Secretary of NSW SARAI. NSW SARAI indicated a willingness to host the event..

**19. TRA 2019 Postal Competitions:** Cheryl Knight and Peter Robinson agreed to coordinate the 2019 Warren Potent and Junior Postal Series competitions as in previous years. The executive officer has assumed the coordination of the Graham Lawler postal series for 2019 in accordance with the board’s decision of the last meeting. The 2019 TRA Ltd 3-P postal competition is still to be finalised at this stage.

**20. TRA 2021 National Championships:** Formal correspondence has been received from TRV indicating that TRV will host the 2021 TRA Ltd National Championships. The executive officer will continue to liaise with TRV in relation to this matter until a Technical Delegate has been appointed for the event.

**21. Australian Supplementary Rules Revision: Draft updated** TRA Ltd Supplementary Rules have been received and are to be distributed to the TRA Technical Committee for comment, feedback and recommendations prior to ratification by the Board at the next board meeting.

**22. Appointment of Technical Director for 2020 National Championships:** Directors discussed the appointment of the Technical Director for the 2020 National Championships and resolved to approach A. Maranik with the proviso that an assistant TD is also appointed for A. Maranik to mentor during the event.

**23. Pre-A4G Squad Progress Report:** A report on the coaching camp conducted at the end of 2018 has been received however no further communication has been received from Shooting Australia and the first PPMG meeting for 2019 has not taken place to date. Directors resolved to contact SA expressing the board's concern about the ongoing development of the program and that continuance of TRA funding is conditional on achieving Key Performance Indicators for the program.

**24. Member Recognition Keyring Project:** To date, 28 keyrings have been ordered by members – so far all have been issued free of charge as all orders have been from members with more than 25 years membership. Directors approved a motion that the board retain 10 x keyrings for presentations at the national level and following the conclusion of the keyring project at the end of June 2019 and the remaining keyrings be dispersed among member organisations to use for special presentations as they fit.

**25. TRA Website:** Directors resolved that the calendar function be dropped in favour of an events page listing National Events (National Championships) and links to State Association and Shooting Australia event pages. Directors discussed the future management, updating and maintenance of the website including subcontracting the maintenance and resolved to wait until after the AGM to ascertain whether any incoming directors would be willing to take on this role.

**26. TRA E-Magazine:** The February issue of the magazine was uploaded to the TRA website in late January and circulated to member organisations via email on 30/1/2019. The next issue would be ready for publication after the 2019 National Championships. Directors discussed the ongoing publication of the TRA E-Magazine and sourcing a new editor and resolved to wait until after the AGM to ascertain whether any incoming directors would be willing to take on this role.

**27. Rimfire Bench Rest Working Group Progress Report:** Sonja Frost and Glen Seaman have been appointed to the working group which now has 2 x representatives each from Qld, NSW and VIC. The group has prepared a document pertaining to a Rimfire Bench Rest Factory Class in addition to current classes of rifle recognised by the WRABF. The working group has also developed a Team Uniform Policy for WRABF teams. Another face to face meeting of the working group will be conducted as soon as practically possible. Team logistics for the WRABF World Championships South Africa are still being finalised. Shirt, sand and ammunition orders are being finalised with the organising committee. The WRABF has advised that permits are required for .22LR and members need to finalise their paperwork for importation procedures individually.

**28. Shooting Australia:** The next Shooting Australia Members Forum is scheduled for May (date to be confirmed but likely 10th). Directors noted the resignation of Shooting Australia CEO – Damien Marangon and resolved to send a letter on behalf of TRA Ltd wishing him well for the future and to request a copy of the position description and recruitment process for the appointment of a new CEO.

**29. Board Retirements:** Directors noted the retirement of Glenn Braybon at the conclusion of the 2019 AGM and formally thanked him for his service to the board over the last 8 years and the last year as President / Chairman and wished him all the best for the future.

Directors also formally thanked Jim Brown for his service to the board as a director over the last 7 years and wished him all the best for the future.

**30. Next Meeting:** The next directors meeting will be determined after the 18th May AGM. A tentative date of 6th / 7th July was discussed with the venue to be determined following the election for directors at the Annual General Meeting.

**31. Corporate Timelines:** Corporate timelines for 2018-2019 appear overleaf.

| Corporate Timelines for 2018 - 2019               |                                  |   |                               |
|---|----------------------------------|---|-------------------------------|
| End Of Year Financial Statements                  |                                  | Corporate Matters   |                               |
| Event   | Date                             | Event   | Date                          |
| Stock Take  | 31 <sup>st</sup> December 2018   | Preliminary Notice of AGM, Special Resolutions and Director nominations to Members                      | 1 <sup>st</sup> February 2019 |
| Figures to MHW to prepare Statutory accounts      | By 31 <sup>st</sup> January 2019 | Last day for receipt of Elected Director nominations, Special and Ordinary Resolutions                  | 8 <sup>th</sup> March 2019    |
| Final accounts prepared (by MHW)                  | By 1 <sup>st</sup> March 2019    |   |                               |
| Directors approve Accounts by circular resolution | By 8 <sup>th</sup> March 2019    | Despatch of final agenda for AGM and all related documents (including end of year financial statements) | 15 <sup>th</sup> March 2019   |
| <b>AGM - 18<sup>th</sup> May 2019</b>             |                                  |   |                               |



*Owen Oliver Secretary and former President of West Australia on receipt of an award for service over many, many, years of service. Congratulations Owen*

As a quick note to the above photo, the intention was to also present Tricia Van Nus with an award for her service over the many years and her ongoing service primarily in the coaching both practical and documentation roles.

Tricia was awarded at the AGM and sadly no photo.

The awards comprised of a framed certificate of thanks and a boxed pen; the pen comprised of a wooden barrel, complete with bolt action and TRA logo engraved into the wood.

To those presented, congratulations and thank you.

## 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 years of membership on the reverse. The ring is 35mm in diameter.

Costs are \$10.00 for the key ring

\$4.00 for engraving as shown

Plus \$9.00 Pack & post

Front Side



\*Back Side



***The first 100 Keyrings, ordered before December 30th, this year will include free engraving.***

If ordering by email address to: [execofficer@tra.org.au](mailto:execofficer@tra.org.au)

Please include your Name, mailing address, club you currently belong to and the year you started. Payment may be made directly to TRA Ltd (details below)

Payment to BSB: 034-182

Account No; 234750

Account Name: Target Rifle Australia Ltd

Please add your name in remarks column

**Note:** The office will need to coordinate with the States to confirm membership period and that having a Key-ring stating "member since XXXX" is NOT proof of current membership for the purpose of entering events.

## Jack Astley

compiled by Jim Brown TRA Director

It has been interesting to see how long some of our members have been involved in our sport and continue to enjoy themselves at the range. There have been a few people who have guessed at who may be our longest serving member but at this stage there is only one person who we know who joined in 1947.

This person is Jack Astley who shoots with the Manly Club in NSW. Ken Asquith has been around nearly as long having joined in 1948.

Here are a few of Jack's memories of his early years in shooting.

"I remember joining the Manly club in July 1948, when they were still shooting at a 25 yard range in Quirk Road Manly Vale. My father was the secretary of the club at the time and he insisted that I go to the club with him, to get me out of the house.



JACK ASTLEY 1953

I was able to use an old lever action rifle and I scored 50 points on my first try. I think I was hooked from that first time. My next score was 74, but it was four years before I was able to score a 100. I can't remember having been coached at any time and I used two or three different club rifles before I got my own BSA 12/15 rifle. Then came a BSA Martini International Mark II in 1954. I used this rifle for many years, and travelled to many states to shoot in the Australian Championship at Easter each year. My best result was a win in the Australian Championship at the Belmont Range in Brisbane in 1961. I had to return home before the Championship finished so I didn't know that I had won until I was home and received my prize. It was a Walther Standard rifle.

My first score with this rifle was a 199. Not bad eh? Cheers Jack

## Expressions of Interest Editor, Target Rifle Australia Ltd E-Magazine

Previously distributed/advertised 5th November 2018

Target Rifle Australia Ltd is seeking expressions of interest from members to fill the role of Editor of the Target Rifle Australia E-Magazine. This is a voluntary role.

The TRA E-Magazine is an important means of communication to all TRA Ltd Members.

It is anticipated that the editor will be required to compile 6 x issues of the E-magazine each year in February, April, June, August, October and December with deadlines for publication at beginning of previous month (i.e. January, March, May, July, September and November).

Potential candidates should possess knowledge, skills and experience in sourcing content (e.g. articles, results etc.), writing, desktop publishing, editing and graphic design.

Members interested in the role are requested to forward an expression of interest together with a brief resume including examples showcasing their skills and abilities.

Expressions of interest should be forwarded no later than 5pm AEST on Friday 4th January 2019 to:

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

Further information can be obtained from the Executive Officer as per the contact details.



Presented to Rod Sampson by Glenn Braybon and to be hung in the new Brisbane International Shooting Centre precinct. (Robyn said there is no room at home).

The framed shirt is signed by the entire Australian Team to the Gold Coast Commonwealth Games .

# Rimfire Bench Rest 2019 World Championship Update

## 5th-15 August

The Members traveling to South Africa for the World Championship are listed below. Individual entries are those who intended to compete in the Grand Prix which was to run in conjunction with the Championship.

Unfortunately the Grand Prix was cancelled through lack of entries without notice (and after airfares had been purchased) so those affected will compete as individuals.

|                                | Air LV            | Heavy Air         | Intl Sporter      | Light RF          | Heavy RF          |
|--------------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <b>Team Members</b>            |                   |                   |                   |                   |                   |
| 1                              | Bill Simmons      | Bill Simmons      | Glenn Seaman      | John Patzwald     | Michael Blacklock |
| 2                              | Joy Harrison      | Joy Harrison      | John Patzwald     | Bill Simmons      | John Patzwald     |
| 3                              | Don Powell        | Bill Collaros     | Richard Lightfoot | Darren Morgan     | Norm Bardell      |
| 4                              | John Patzwald     | Glenn Seaman      | Bill Collaros     | Norm Bardell      | Glenn Seaman      |
| 5                              | Bill Collaros     | John Patzwald     | Bill Simmons      | Bill Collaros     | Roy Muller        |
| 6                              | Glenn Seaman      | Roy Muller        | Sonia Frost       | Michael Blacklock | Darren Morgan     |
| 7                              | Richard Lightfoot | Don Powell        | Darren Morgan     | Don Powell        | Don Powell        |
| 8                              | Marise Macorra    | Richard Lightfoot | Mike Selmes       | Marley Blacklock  | Sonia Frost       |
| 9                              | Sonia Frost       | Marise Macorra    | Roy Muller        | Glenn Seaman      | Bill Simmons      |
| <b>Junior Team Members</b>     |                   |                   |                   |                   |                   |
| 10                             | Mike Selmes       | Mike Selmes       | Mike Selmes       | Marley Blacklock  | Marley Blacklock  |
| 11                             | Mark Selmes       | Mark Selmes       | Mark Selmes       | Mike Selmes       | Mike Selmes       |
| 12                             | Marley Blacklock  | Marley Blacklock  | Marley Blacklock  | Mark Selmes       | Mark Selmes       |
| <b>Additional Team Members</b> |                   |                   |                   |                   |                   |
| 13                             | Roy Muller        | Sonia Frost       | Marise Macorra    | Mike Selmes       | Joy Harrison      |
| 14                             |                   |                   | Joy Harrison      | Pete Selmes       | Pete Selmes       |
| 15                             |                   |                   |                   | Roy Muller        | Bill Collaros     |
| <b>Individual Entries</b>      |                   |                   |                   |                   |                   |
|                                | Leo Maccora       | Leo Maccora       | Leo Maccora       | Joy Harrison      |                   |
|                                |                   |                   | Norm Bardell      |                   |                   |

*Notes: The unfortunate withdrawal of Brett Wilson from the competition in three events, (namely International Sporter, RFLV and RFHV) sees the following changes, Int. Sport....Roy Muller moving into 9th position; RF LV .....Glenn Seaman moving into 9th position; RF HV.....Bill Simmons moving into 9th position.*

The venue will be the Krokodilspuit Wapens Range which is in close proximity to the accommodation.. We wish them well. Range web address is <https://khss.co.za/wp/>

We will post results as they come to hand on the TRA Facebook and website <https://tra.org.au>

The Benchrest committee has again been actively seeking sponsorship to support Uniforms, etc and a list of these are on the back cover.





## TARGET RIFLE AUSTRALIA

### 2019 Air Rifle and Rimfire Benchrest Nationals

The 2019 Nationals will be held in Brisbane from the 13<sup>th</sup> – 17<sup>th</sup> November as per the program below.

This is the First Team Selection Shoot for the Australian Team to the European and World Cup Championships Plzen Czech Republic in 2021.

13<sup>th</sup> November: Range Open 1000 for delivery of firearms to the armoury.

14<sup>th</sup> November: Practice day / Scrutineering: 0900- 1600 Air Rifle and Rimfire. BBQ Function commencing at 1800.

15<sup>th</sup> November: Day 1 Scrutineering 0700 – 0830      0835 Competitors Briefing

0900: 25m - LV Air Rifle Championship - Target No1, Target 2 and Target 3

Day 1 1300: 25m - HV Air Rifle Championship - Target 1, Target 2 and Target 3

16<sup>th</sup> November: Day 2 0900: 50m - Int. Sporter Rimfire Championship - Target 1, Target 2 and Target 3

Day 2 1300: 50M - LV Rimfire Championship Target 1, Target 2 and Target 3 and Function commencing at 1830.

17<sup>th</sup> November: Day 3 0900: 50m - HV Rimfire Championship Target 1 Target 2 and Target 3

Day 3 Presentations to take place 60 minutes after the last card of the last relay protest period has ended.

***Nominations: Form attached with nominations closing on the 1<sup>st</sup> November 2019, please advise sharing arrangements (fire arms, flags, rests etc) at time on nomination, each competitor is to complete a nomination form..***

**Entry Fee:** \$ 35:00 per competition day

\$15:00 per competition day juniors under 18

Practice day \$15.00 includes 3 targets.

Juniors must produce their minors licence/ permit and all competitors must demonstrate TRA membership when signing in.

**Please e-mail nominations to: [hornetsrbaclub@outlook.com](mailto:hornetsrbaclub@outlook.com)**

***WRABF Rules will apply to all Championship events, Rule book available on the [WRABF website](#)***

**TIME LIMITS** Championship Events will be three match (target) events. All matches –will be will be 25 scoring shots with unlimited sighter's with a match time of 20 minutes per card, with time calls at 10 minutes, 2 minutes and 30 seconds. Apart from crossfire's or emergency ceasefire there shall be no exception to the requirement for all competitions to complete their match within the 20 minute timeframe allowed. For subsequent relays – Not less than 20 minutes shall be allowed between the end of one match of an event and the start of the same relay in the next match. This is at the discretion of the Range Officer if all competitors are ready at the firing line.

**Bench Draw:** The bench draw will be conducted by the Hornets Committee on the following basis: All names, details and benches will be randomly drawn from the ballot receptacles ( 3) in the following order, Competitor, Relay, Bench. This process will be used for all events i.e. new event new bench draw.

**Bench Rotation:** A 15 bench rotation will be in effect for all events.

**Catering:** Canteen will be open from 0930 on practice day, and open for breakfast from 0600 on each of the competition days, morning tea, lunch and afternoon tea etc.

**Target Rifle Australia Air Rifle and Rimfire Nationals**  
**14 – 17<sup>th</sup> November 2019 at the Brisbane International Shooting Centre.**

**NOMINATION FORM**

|                    |  |        |  |
|--------------------|--|--------|--|
| Name:              |  | Club:  |  |
| Contact No:        |  | Email: |  |
| TRA Membership No. |  | DOB    |  |

Please complete the following for matches you wish to enter.

| Event                |                 | Cost     | Yes | No | Sharing, Rifles<br>Flags, Etc | Who with |
|----------------------|-----------------|----------|-----|----|-------------------------------|----------|
| Nomination           | Fee             | \$ 10:00 |     |    |                               |          |
| 14 <sup>th</sup> Nov | Practice        | \$ 15:00 |     |    |                               |          |
|                      |                 |          |     |    |                               |          |
| 15 <sup>th</sup> Nov | Light Air       | \$ 35:00 |     |    |                               |          |
| 15 <sup>th</sup> Nov | Heavy Air       | \$ 35:00 |     |    |                               |          |
|                      |                 |          |     |    |                               |          |
| 16 <sup>th</sup> Nov | Sporter         |          |     |    |                               |          |
| 16 <sup>th</sup> Nov | Light           | \$ 35:00 |     |    |                               |          |
| 16 <sup>th</sup> Nov | Dinner 3 course | \$ 20:00 |     |    |                               |          |
|                      |                 |          |     |    |                               |          |
| 17 <sup>th</sup> Nov | Heavy           | \$ 35:00 |     |    |                               |          |
|                      | <b>TOTAL</b>    |          |     |    |                               |          |

All entries (emailed, scanned or posted) MUST include all information on the entry form

E-Mail entries to [hornetsrbaclub@outlook.com](mailto:hornetsrbaclub@outlook.com)

Posted entries to be sent to: **Hornets: PO Box 1124 Springwood 4127**

**Pre-payment appreciated:** Payment by Direct Debit: **Hornets Rimfire and Air Rifle Benchrest Club Inc.**

**Heritage Bank: BSB: 638 – 070 Account Number 1369 3123 (Please state name)**

Enquiries: Michael 0444 596 524 – Ben 0414 871 242- Annie 0421 411 491 or [hornetsrbaclub@outlook.com](mailto:hornetsrbaclub@outlook.com)

**Location:** The Brisbane International Shooting Centre is located on the Belmont Shooting Complex, 1485 Old Cleveland Road Belmont Brisbane 4153.

**Accommodation:** Accommodation/ Camping is available on the Range as per attached Flyer, all accommodation has been pre-booked for this Championship please advise the staff you are attending the 2019 TRA Air Rifle and Benchrest Nationals.

**Armoury:** The onsite armoury will be opened at 0700 each morning, persons wishing to stay on after the Nationals can store rifles and equipment in the armoury while you see the wonders Brisbane has to offer.

Please advise Michael prior to the event if you wish to go exploring



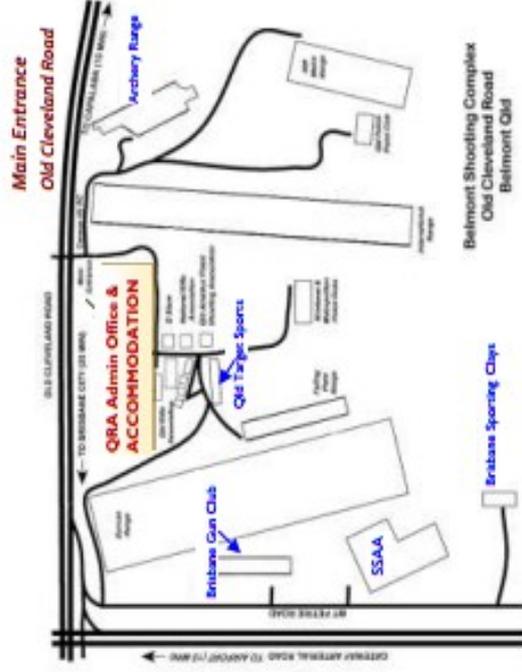
# Accommodation and Camping



## QUEENSLAND RIFLE ASSOCIATION

**Belmont Shooting Complex**  
1485 Old Cleveland Road  
Belmont Qld 4153  
PO Box 38 Carina Qld 4152  
Phone: 07 3398 4309  
Mon-Fri 8.30am - 4.30pm  
Fax: 07 3395 2777  
E-mail: [qra@qldrifle.com](mailto:qra@qldrifle.com) [www.qldrifle.com](http://www.qldrifle.com)

## QUEENSLAND RIFLE ASSOCIATION 1485 Old Cleveland Road, Belmont Qld



BBQ Area



Bunk rooms have bunk beds, fans and a fridge.  
• Large Bunk Rooms accommodate 4 people/room.  
• Small Bunk Rooms accommodate 3 people/room.

## QRA Accommodation / Camping

Short term accommodation, caravan & camping areas.

- ◆ Available for QRA Members
- ◆ Those attending events on the Belmont Shooting Complex, or organised competitions
- ◆ Gas BBQ facilities on site.
- ◆ Coin operated washers and dryers.

## QRA Café and Bar Function Centre



### Guests Welcome

(Hours may vary)

Saturday: 10.00am - 2.00pm and 4.00pm - 7.30 pm

Sunday: 8.00am - 2.00pm

~Extended hours during major events~

~Available for functions~

~Catering available for groups~

# ACHIEVING YOUR GOALS

by Tricia Van Nus

© 2006 TRA. .

## SET GOALS (and OBJECTIVES)

Goal setting is the art that makes everything else possible. It adds aim to energy, focuses effort and, for some, structures time. Surveys show that people who plan ahead are much more successful over the long term than those who plunge in without knowing where they're going or how they'll get there. You wouldn't take a long road trip without a map, so it makes good sense to have a compass (and road map) for your fitness objectives.

### Goals Should Be Smart

**S = Specific.** Saying, "I'll go to training," is not a specific goal. I have a clearer picture when I write, "Next week I will train at 6:30pm Monday, Wednesday, and 7.30pm on Friday." Or perhaps the specific elements to be trained... "this week is trigger week"

**M = Measurable.** Set goals that are measurable in quality or quantity and keep records of sessions or workouts achieved or increases in heart rate reserve. These are powerful and motivating tools to assuring a new habit becomes a long-term behavior. Many folks find they're more committed to measurable goals if they report to a friend or colleague willing to help monitor their progress.

**A = Attainable.** In the enthusiasm of the moment we often make promises that are difficult to keep when enthusiasm wanes. If you're looking for a magic bullet the chances are, you'll end up shooting yourself in the foot. Realizing that change doesn't happen overnight will help you set realistic goals you can achieve. It's the SMALL changes that are the key to permanent change.

**R = Realistic.** Goals should be reflective of your values and compatible with your lifestyle.

If not, they can be the source of distress. Success is about learning how to customize your activities to find the right fit for you. For example, if you don't enjoy working out with others it's unrealistic to join an aerobic exercise class.

**T = Timely.** It's not smart to plan too many changes at once-it's too threatening to your internal sense of balance. Before you begin, be certain you can identify other areas of your life that might be stressful and prevent you from "doing what you want to do". For example, although a workout can be an important stress reducer if it makes your schedule more unmanageable you may have to postpone a new weight training program or fitness class until it's more in keeping with a balanced lifestyle.

### Write Down Your Goals

It's important to put your goals in writing. Written goals are a tangible sign of a promise that you intend to keep. They can remind you of that promise when time is short or if other priorities become pressing. Written goals will also help you track your progress, make your accomplishments more obvious and help you identify problem areas that need more attention.

### Identify Supporters And Saboteurs

Some of us can be the lone ranger, but most people need coaches, cheerleaders and people whose belief in and support of us reminds us of our commitment to change. The friendship and support of others will make it easier for you pass through the sometimes difficult transition from old to new behaviors. Identify the people who will nurture you and help you maintain your well-being, as well as those who don't see your point of view.

## Plan for the Unexpected

Lack of time is the most frequently mentioned reason for discontinuing a training program. Life is filled with surprises so include strategies that assure you will make time for maintaining your commitment in the face of changing schedules, unexpected mini-crisis and external forces like long meetings, extra traffic, changes in employment.

## Affirm Your Behavior

Affirmations are powerful. Many people find that repeating certain sayings to themselves helps them accept things. They discover they are programming their sub-conscious to new beliefs. Affirmations should be positive such as "I am," "I have" as opposed to "I would like" or "I will try". Remind yourself daily, "I am a talented person making changes in my lifestyle so I can live in the most successful way."

## Reward Your Success

Set up a reward system so you can reward yourself for changed behaviors. Each of us have different values for measuring success. Yours should be structured to satisfy you, not others. That reward should make you hum from head to toe! Good examples include extra time for yourself with a favorite book, a manicure or pedicure, a trip with a special friend or relative or a movie or play that stimulates your mind.

Negotiating the path to new behaviors can be fulfilling and rewarding if we can hang in there for the weeks to months necessary to make new behaviors lifestyle habits. Then you are ready to actualize new potentials.

## Go out and shoot and have fun

This Article was prepared and published by Tricia Van Nus in April 2006

**Whilst on coaching and indeed Dane's 3P** the following start to a light hearted series from Yvonne arrived after a morning's coaching and shooting

### **Three position shooting for geriatrics**

*When you have finally got yourself to the Range, now you must get set up for your first position. In this instance we are starting with Kneeling which is not for the faint hearted. Your willing (or even unwilling) assistant – your long-suffering wife, or a suitably pliant grandchild, has already brought your gear to the firing point.*

*First, you prop your walking stick next to anything that you can reach easily and quickly in case you need it. Then you position your footstool – you know the upholstered one you put your gammy foot up on while you watch the TeeV at night; after which you carefully and gently kneel on it – only one knee you dummy!*

*OK, once you have got your balance while holding your walking stick in a strategic position in case you overbalance, you can then get your assistant to hand you your rifle – don't forget the breech flag now. Oops, you had forgotten how heavy the dang thing was, now you will need a stool under your backside too, where's that grandchild gone?*

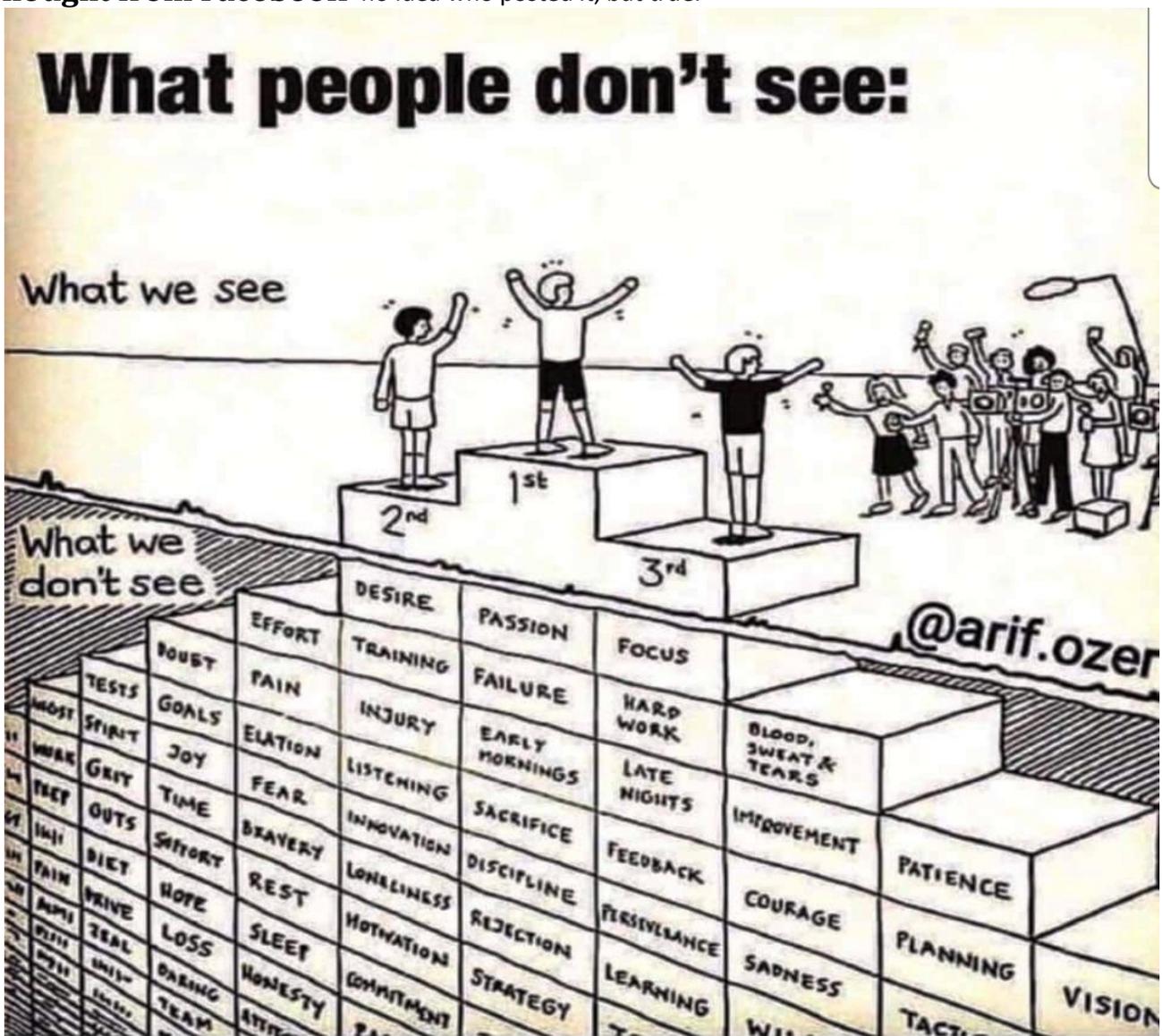
*Now for the card table to rest your elbow on, only one elbow you dummy!*

*Excellent, nearly ready. But wait....where's the bolt and the ammo? Oh, there it is, hiding right next to you.*

*Well done, you are now in the Kneeling position.... For geriatrics. Next time we will talk about setting up for Prone, or perhaps Standing, both equally challenging for geriatrics, and others.*

**Yvonne's musings**

Thought from Facebook no idea who posted it, but true.



## Target Sprint – A Sport for All. Richard Toye

Target Sprint is an exciting combination of air rifle target shooting and middle distance running that requires participants to develop accurate rifle shooting skills and physical fitness.



Target Sprint participants are assigned to relays and begin each relay with a mass start and a fixed distance run. At the end of the first run, they stop at a 10-meter air rifle shooting range where they must shoot at and hit five knockdown targets from the standing position.

The best athletes do this in a shorter period of time and start their second running stage as soon as all targets are down. More than five shots are often required, but that adds to the shooting time.

At the end of the second run, participants must shoot another five targets before beginning the third and final running stage.

The winner is the person who completes the three running stages and two shooting stages first.

The emphasis in Sport for All athletes is, however, not on winning, but on participating to develop the fitness and skill needed to complete the competition. Target Sprint participants are normally divided into categories according to age and gender.

Target Sprint contests can be organized anywhere a safe air rifle range and a 400 meter running course can be set up. The air rifle targets are simple, mechanical biathlon-type targets. The low-cost, single shot 4.5mm air rifles used are safe, accurate and easy to learn how to fire accurately.

Target Sprint is a challenging 'fire and ice' combination of physically exhausting runs and fast-moving target shooting that is made more difficult by loss of breath and a racing heartbeat. Everyone who completes a Target Sprint event goes home with a real sense of accomplishment.

Target Sprint is a discipline covered under the auspices of Target Rifle Australia Ltd. however the discipline is only in its infancy at this point in time. Target Rifle Australia Ltd conducted a Target Sprint at the 2018 National Championships in Brisbane as a demonstration event and it proved popular.

The TRA Ltd. Board is currently examining the option of making this event a permanent part of the National Championships for the future. You can view a short video of the 2018 Nationals event here: <https://www.facebook.com/131293723593702/videos/1936723556384034/>

Some of our State Associations including Queensland Target Sports and Target Rifle South Australia have trialled the event in recent years and are examining the feasibility of conducting state level competitions that usually form part of the respective State Championships.

At the club level, Target Sprint is also only in its infancy at this stage, however the TRA Board is examining ways and means to promote and develop this event throughout our member bodies and affiliated clubs and to support our clubs and State Associations to develop a pathway for our members to compete at all levels including the international level (currently Target Sprint is an ISSF World Championship Event).



Anyone interested in finding out more about Target Sprint and other ISSF Sport for All initiatives such as Supported Rest Shooting and Three-Position Air Rifle Sport for Juniors, can view the rules and details here: [https://www.issf-sports.org/theissf/rules/sports\\_for\\_all.ashx](https://www.issf-sports.org/theissf/rules/sports_for_all.ashx)

## **WRABF World Championship Team Sponsors**

**Huntsman Tuners**

**Casconsult**

**Safari Arms**

**Catalyst Legal**

**Lowey Products**

**Potter Firearms**

**Cleaning and Caretaking group**

**NIOA**

**Queensland Target Sports (QTS)**

**Queensland Rifle Association Site Users**

**Maddco Barrels**

**Qld Sport and Recreation**

**Qantas**

**Bunnings Queensland**

**Top Shot Gunsmithing**

**Blainey's Bits**

**BRT Shooting Supplies**

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**Maccora Motors**

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