

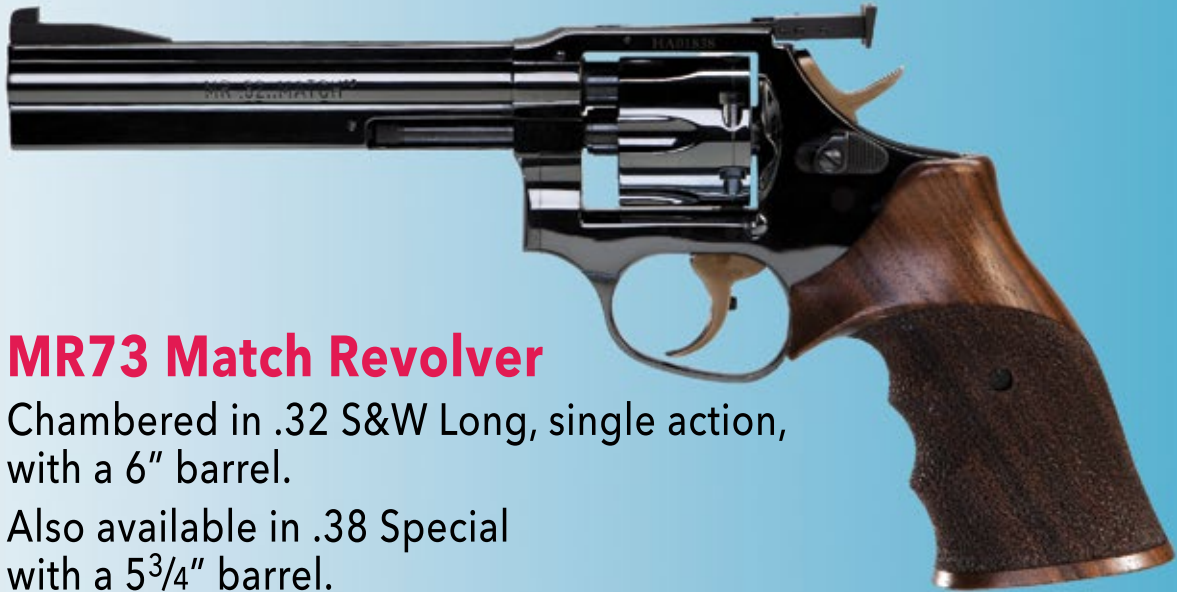
AUSTRALIAN pistol SHOOTERS BULLETIN

DECEMBER 2018

Olivia Erickson takes on the world

Olivia Erickson took on the world at the 2018 Summer Youth Olympic Games held in Buenos Aires, Argentina from 6th to 18th October 2018. Olivia was the only Pistol Athlete who competed for Australia at the Games and had a great result in the 10m Women's Air Pistol event. Congratulations to our youngest Olympian.





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MR73 Sport Revolver

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AUSTRALIAN pistol SHOOTERS BULLETIN

Australian Pistol Shooters Bulletin

December 2018
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of the shooting sports and
the development of personal
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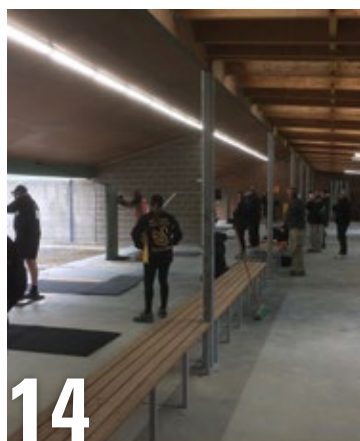
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The Management Committee, Executive and staff of Pistol Australia would like to wish all
members, stakeholders, friends and sport target pistol shooters, a happy and safe festive
season, and a happy new year.

We look forward to seeing you in 2019.



From the President

RAY ANDREWS OAM

During 2019 there will be two World Championships contested in Australia. The first is the WA1500 Association (PPC) Championships to be conducted on the new range at Hill Top NSW. The range is a new facility being built on an existing range at Hill Top by the NSW Government and will be operated by SISC. Hill Top is in the southern highlands National Park and is near Mittagong. See photos in this issue.

The Championships will run from 7–14 September 2019.

The other championship is the World Shooting Para Sport World Championships which will be held at SISC from 9 – 19 October 2019. This is the major championships for our WSPS athletes and it is possible there will be around 300 athletes attending from all countries around the world. This event is conducted by Shooting Australia and events are Rifle, Pistol and Shotgun Trap.

Not to be out done Pistol Australia will also be hosting the Action Pistol World Championships in 2020. The event will be hosted by PSQ and held at the Toowoomba Pistol Club around end September 2020 and as lead up the PSQ State Championships will be held before the World Championships.

I'm looking forward to the 2019 PA/ISSF National Championships at Easter. The reason being that to a great many of our members it will be the first time they will compete at the Yarra Pistol Club range. The last Nationals at Yarra was in 1997

22 years ago. They have recently completed major changes (with government funding) to the 50m ranges and now have the turning targets on rails for the main PA matches (WA1500 and Service Pistol).

The range had a good workout in late October when Yarra hosted the Action Pistol National Championships and all worked well.

Another item from the past is that we recently received an email from the NRA indicating they would like to try and revive the old Mayleigh Cup Match. We used to shoot this postal match back in the 70's at the National Championships. It was a postal match mainly between the USA, Canada, Australia, Great Britain and South Africa but the last time we contested it was in 1981 at the Nationals at Blacktown. It's shot over 50 yds./mts on the 50m Black Powder target (Mayleigh Cup Target) (NRA Standard Slow Fire Target) using a .22 auto or revolver with a min 2lb trigger and consist 3 series of 10 shots each series shot in 10min. Anyone could enter and an elimination match was shot first and then the top 12 would shoot the match with the top 10 being the team with two reserves. The match was discontinued after 1981 because it was too time consuming and it became impossible to include it in the Easter program in future years. Australia won the match in 1975.

At the recent Shooting Australia Awards of Excellence our Elena Galiabovitch was the winner of the prestigious Ashley Adams Athlete of the Year Award which is presented to the best and fairest athlete of the calendar year. Elena had a great year with Silver in 25m Pistol Women and Bronze in 10m Air Pistol Women at the Commonwealth Games and a brilliant Gold in 25m Pistol Women at the 2018 ISSF Changwon World Cup. Elena is also the 2018 National Champion in both 25m Pistol Women and 10m Air Pistol Women

Congratulations to Olivia Erickson for her selection in the 2018 Australian Team for the Youth Olympic Games in Buenos Aires Argentina and her great result in the 10m Air Pistol event.

I take this opportunity to wish you all a very happy Xmas and a safe New Year and I may see you on a range somewhere in 2019.

May all your shots be 10's. ♦



^ Elena Galiabovitch, Ashley Adams Athlete of the Year Award winner

From the National Referee Council

BY SHARON REYNOLDS, NRC DIRECTOR

Following the Executive meeting in October there have been a couple of changes to the Service Match rules to allow more flexibility regarding ammunition.

However, the club management is the final point of decision on what ammunition may or may not be used on its ranges. So long as the ammunition meets any criteria in the rules the rest is up to the club. At any PA supervised competition the Jury will support the club management on this issue.

Service Matches

Rules S/4.2.7.2, SU/4.2.7.2 & S25/.2.7.2 have been changed as follows

"All projectiles used must comply with local range approved conditions and club regulations"

The printed rule book will not be amended until a further print run is required. The downloadable version has been updated.

In other news the Organising Committee for the WA1500 World Championships to be held at the Hilltop NSW range in 2019 is now in full swing. The NRC is represented by Brian Johnson as he has a broad knowledge of this discipline.

Unfortunately the WA1500 Association does not approve of anyone placing a handgun on the ground in order to safely move from prone to kneeling. Consequently, anyone who cannot safely perform this move must petition the WA1500 Association (through PA) in terms of rule 13.1.

Some time ago I raised the issue, on behalf of the ISSF, of experimenting with a single target rapid fire match based on the CISM match. The intention was that this be shot using a .22 Standard Pistol. Some people read it to mean we would possibly adopt the CISM event which is shot with a CF pistol and has different timings – I apologise for not being clear enough. However, it has been brought to my

attention that at least one state is restricted to currently approved matches – obviously, if your state or local regulations preclude you from trying new matches then that is the end of it!

For anyone planning to attend the PA/ISSF Nationals at the Yarra PC next year you will notice some changes to the jury composition. There will be two Judge Bs invited to work on the jury in order to broaden their experience. In addition there will be a dedicated discipline juries (i.e. Black Powder, Service/WA1500 and ISSF) with the NRC Director as the overall Jury Chairman. There will also be a change of personnel between the PA matches and the ISSF matches – this year will be only one change but if successful it is something I hope to expand in future. The aim is to give as many judges as possible exposure to our top competitions as members of a jury. This is in line with the recent decision to allow discipline specific Judge A qualifications.

The new Judge C qualification is underway with judge Cs appointed in Victoria and Northern Territory. The aim of this qualification is to provide an entry level to the judging system. Training is by mentoring and on range work. This is not a club judge – we do not need that. It is hopefully a way of updating and simplifying the process of training Judge Bs.

Finally, I wish everyone a very happy Christmas and a happy healthy and successful year in 2019. ♦

National Pistol Development Coach Report

JOSEPH KAPITANOF

My motto: *'Everyone has potential'*

Personal coaching mission statement: *'Empower people through knowledge, self-belief and encouragement to discover their maximum potential through growth mindset'*

Hi PA Shooting community I am honoured to have been chosen as the Pistol Australia's National Pistol Development Coach. I take this appointment and responsibility very serious and I believe that with the cooperation of all the stakeholders involved we will genuinely make progress in creating Australia's future Shooting Stars.

I come from a competitive shooting and coaching background. I have competed in both regional, state, national and International events. The events I mainly competed in were 10m Air Pistol, 50m Pistol (sad for me to see it removed from Olympic program by ISSF) and played with Centre Fire, a little Black Powder and Silhouette both Field and 200m.

In my last professional field I had been working as Personal Fitness Trainer for nearly 20 years and some of you may have seen me conducting State and National Seminars and workshops in Exercise and Fitness for Performance in Pistol Shooting. This has been a passion and pursuit of mine, introducing physical training for the Pistol shooting athletes of Australia, for the last 15 plus years. I am hoping to bring all my passed professional experience and expertise to my newly appointed position as Pistol Australia's National Pistol Development Coach.

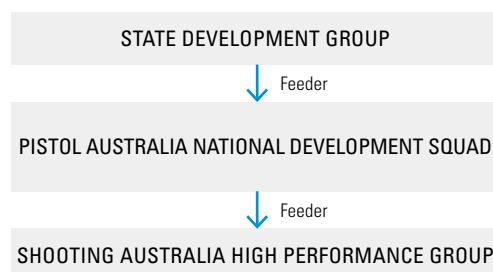
With respect to coaching, I began as my Club's Coach in the mid 80's and have been coaching ever since. I began a professional Pistol Coaching business some years ago and the beneficiaries of that program resulted in getting on the podium at Commonwealth Games. I have recently completed an International level C coaching course run by the ISSF and I am looking forward to sharing the added knowledge gained from overseas in the National Coaching Development Program that we have planned to begin in 2019. A brief outline of the Development Program we have been working on since my appointment follows on.

Shooting Athlete Development

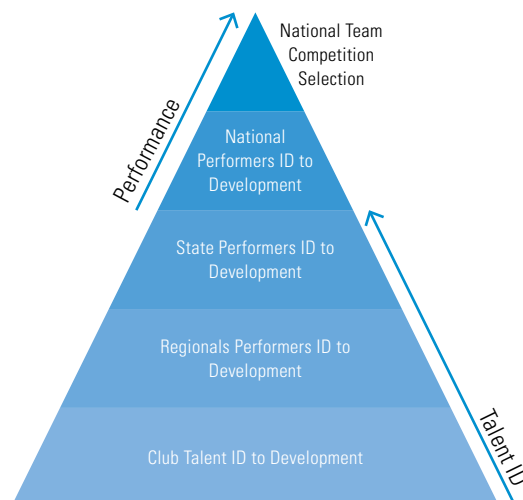
The purpose of the Pistol Australia National Development Squad is to provide a program that is a pathway for developing PA members to achieve their potential and gain entry into the Shooting Australia's High Performance Squad and development program. The PA development program also provides a means for these developing shooting athletes to compete internationally representing Pistol Australia as part of an Australian Team.

The objectives of the PA National Development Program will be achieved by nurturing the talented Pistol Australia members toward achievement of their shooting goals. We will do this by developing their technical, physical, and psychological skills to be able to potentially succeed at international target pistol shooting competition(s). The selection process is guided and determined by those individual who show they have the work ethic to training and commitment to pursue the sport at the elite level.

The Pistol Australia Development Program pathway to lead into being part of the National Development Squad is described below:



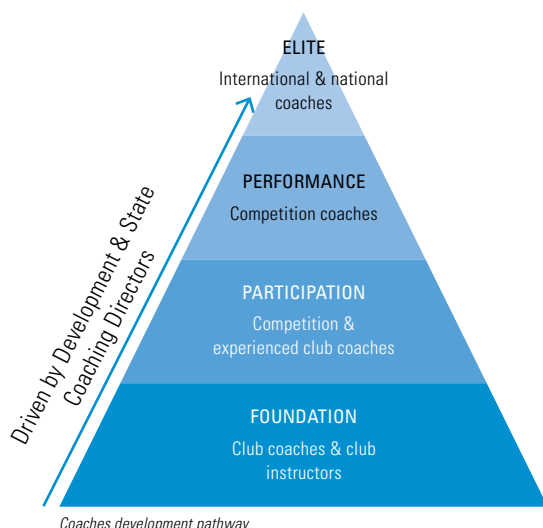
This relates to the individual shooting athlete with respects to their performance and talent pathway from grass roots as follows:



Shooting Athlete talent ID and performance development pathway

Coaches Development

To produce future Australian Shooting Stars we need talented, enthusiastic and active coaches. The PA National Development Program has also a plan to develop our nation's coaches. Their pathway to gain accreditation is already established by the National Coaching Council. The National Development Program will be working closely with the NCC in development of coaches skills. This will be done by applying Coaching Methodology to on the line coaching with development athletes. This pathway is not dissimilar to that of the shooters seen below:



I look forward to seeing and working with you all around the country,

Joseph Kapitanof

PA National Pistol Development Coach

Shot Release Put Simply

Now we know this has never happened to YOU!

You're standing on the firing line and the shots just won't break. You're holding OK but the trigger finger doesn't seem to work and the more you try, the longer you hold and finally.....BANG! Where the @\$%^ did that go?

You scope the target and "find" the stray shot and say "That's ok, I held too long, so it's a bad shot". It is almost a relief that the shot has finally gone.... somewhere at least on the target.

The next shot you attempt to fire becomes even more hesitant because you may shoot another "badly" so you become extra careful to hold very still and wait till the sights are exactly under the black at the exact position to fire a good shot.

Whilst you are getting things set up, your trigger finger hasn't moved and you start to wonder when the shot will break, if ever? Oh crap.....it happened again! "That's ok, I held too long, so it's a bad shot". A familiar scenario?

Left unchecked, the shooter may find it very difficult to "re-learn" how to simply fire a shot. It can become a long term fault if nothing is done to rectify the problem. Let's break things down into a "reality" check. You can hold rather well, I guess most of you could hold the "9" ring at 25metres. That means the amount of movement (wobble) you have with the sights aligned. Your area of hold...

Fire a shot whilst holding in "your area of hold" (if the sights are aligned), that shot would register in "that" area on the target. Pretty simple analogy! What seems to be the problem? If you hold the sights in alignment somewhere under the black and then just press the trigger straight back (smoothly), the shot should be in that area.

Let's watch two shooters fire one shot each. Shooter "A" over holds and eventually makes the shot break in desperation. Shooter "B" has the same wobble area as the first but just allows the sights to "move" around in the wobble area and simply presses the trigger as smooth as possible. The result on the target is the same. What we are looking at is the long term effect of both A & B both mentally and physically being a better shooter.

Shooter "A's" approach may, or will, cause long term grief and frustration. Shooter "B's" approach will teach him/her to accept their wobble area and just keep pressing. The long term benefit of just holding and having a straight back press, far outweighs the frustration of having a suspected trigger problem.

If this sounds like your problem, just try it for a few shots and simply hold the sights in alignment and as soon as you see them aligned in your area, just make a "conscious" effort to press the trigger directly to the rear, smoothly. Total thought may be on trigger press to the slight detriment of sight alignment. We spoke before that you probably can comfortably hold well inside the 9 ring so trust yourself and just press...

Be sure to follow through on sights and into overload on the trigger. By overload, we mean continue pressing after the shot has broken. Sometimes we just don't trust ourselves to simply say, "I'm getting nowhere doing it this way, just hold and press"! What have you got to lose?

Published courtesy of Allan Lozsan

Awarding Acknowledging Volunteers

Annually Pistol Shooting Queensland (PSQ), with the assistance of Queensland Government Funding, invites two members from every Member Club to participate in our Annual Club Conference. Clubs come from as far as Mount Isa in the north-west, Cairns in the north and Blackall to the west, and everywhere in between.

In November 2018 we had well over half of the clubs affiliated with PSQ and Pistol Australia in attendance. As a standard item on our program, Qld Police Services – Weapons Licensing visited the group to present their annual update and provide the clubs an opportunity to ask questions directly, and as usual this was a very informative session for all.

Besides the other topics we have the opportunity to share knowledge and information amongst our clubs.

Pistol Shooting Queensland also had the honour of presenting two PSQ Volunteer of the Year 'All-Rounder' Awards. We congratulate Graham Wood from Metropolitan Pistol Club PSQ Division and Mark Strain from the Mount Isa Pistol Club.

Graham's nomination was submitted in recognition of his tireless work at the club. Graham is the Club Captain and devotes an average of five days a week to club maintenance and member support. No job is too big or too small for Graham's attention and his strong work ethic has left his mark on all Metropolitan PC projects over the past six years. Graham is an inspiration to all who know him and his legacy is the facilities that are enjoyed by all club members.

Mark's nomination was submitted in recognition of the many roles he takes on as a club volunteer: Mark has taken on the following roles at the Mt Isa Pistol Club: Club Secretary; attending the club through the week; maintaining club

equipment; running ranges; encouraging new members and welcoming visitors; helping in the maintenance of the club's facilities; writing successful grant applications; promoting inter-club competition in the area and organising the Great Western Games at the club in 2017 and again in 2019. His support of the club's regular 'Come and Try' days helps introduce many to our sport.

Dedicated volunteers make our clubs what they are and we congratulate and thank them all. ♦



^ Mark Strain, Mount Isa Pistol Club



^ Graham Wood, Metropolitan Pistol Club PSQ Division



^ 2019 Pistol Australia Action Pistol National Team

2019 National Team News

2019 Team Managers Announced

Action Pistol

Major Event: Bianchi Cup, Columbia, Missouri, USA –

May 2019

Nick Barnard

Metallic Silhouette

Major Event: AETSM Championships and World Cup, France

July 2019

Judy Harding

WA1500

Major Event: 2019 World Championships, Hill Top, NSW, Australia –

September 2019

Lindsay Jones

2019 Pistol Australia Action Pistol National Team Announcement

Pistol Australia is pleased to advise that the 2019 Pistol Australia Action Pistol National Team is as follows (in alphabetical order)

Men

- Mark Blake (VAPA)
- Brett Foster (PSQ)
- Craig Ginger (NSWAPA)
- Nigel Gordon (PSQ)

Women

- Cherie Blake (VAPA)
- Team Manager
- Nick Barnard (PNT)

2019 WA1500 World Championships, Australia



The 2019 WA1500 World Championships will be held at the new NSW Government multi-million-dollar range at Hill Top, NSW near Mittagong. The event will be hosted by NSWAPA and PA on the range that is managed by SISC.

The event will run from the registration day on Saturday 7 September to Sunday 14 September 2019 when a gala presentation night will be held at Eling Forest Winery at Sutton Forest.

The schedule for the event is as follows:

- 7 September 2019 – Registration Day
- 8–10 September 2019 – Practise
- 11–14 September 2019 – Competition

The organising committee reports that both planning for the event and construction of the site are ahead of schedule.

Further information will be available in the new year on the event website www.2019wa1500worldchampionships.com.au



Some Tips on Shooting Better Silhouette Scores

BY RICHARD BLAYDEN

As a youngster in the 50's I loved to watch the old cowboy movies and always imagined being a "crack shot" with one of those revolvers they always touted – but had limited opportunities to shoot anything but a cheap air-gun in the UK. Much later in life and living in South Africa I read an article on handgun metallic silhouette shooting and thought "that's the sport for me" and ventured into my initial ownership of "real guns".

On arriving in Australia in '85 I was delighted to find a SSAA Silhouette range nearby so joined up and that's where the bug bit deeply. A few years later I moved to Sydney, joined a PA affiliated club and learned a lot from the other shooters there. I made my first representation in the NSW Pistol team at the 1994 PA Nationals.

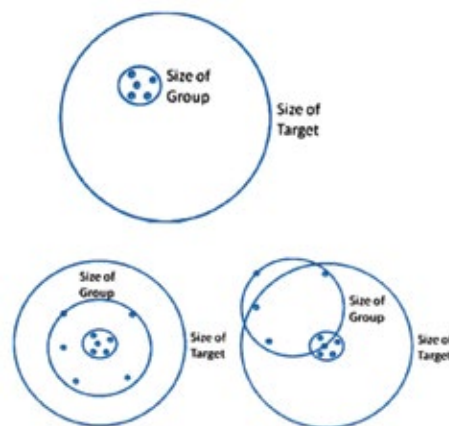
Since then I have represented Australia successfully in the Oceania Games, the IMSSU European Championships, the IMSSU World Championships and the NRA Nationals in the USA. On moving back to Brisbane in '99 I became a member of the Queensland Pistol Team for several years before giving away the 'serious competition stuff in 2004. Since then I have shot regularly at club, interstate and national competitions and continue to do so for the fun, friendship and the thrill of still shooting international grade scores.

Along the road I have learned much about the physical and mental challenges of handgun metallic silhouette shooting and have pleasure in sharing those experiences in the form of these coaching tips for other shooters hoping to follow a similar path. So here goes, first some tips on basic technique coupled with some indication on what's going on inside the head of an international shooter whilst he or she is shooting what seems to be an effortless 40 x 40.

These basic tips are followed by two further articles on "*Tips for Shooting in the Creedmore Position*" and "*The Art of Spotting for Handgun Metallic Silhouette*".

Basic Technique

Ever wondered why you can shoot some great shots but still not achieve consistent high scores – or even 40's?. This may help – I hope so, because if you can shoot 20% of the targets with near centre hits then you already have some elements of the technique required – you just need to polish and maintain that technique for all 40 targets. As with all other forms of shooting, the first step is to understand where variation in shot by shot performance comes from.



Firstly we have variation in your gun / ammo combination's ability to shoot tight groups. If the gun's group is much smaller than the target then no problem other than to adjust your sight setting (elevation and windage) to centre the group on the target. Work on your ammo to get the best possible performance from your gun.

Next we have the group size set by your own ability to repeat and maintain an effective sight picture and pull the trigger smoothly **without imparting any movement on the gun** (don't 'snatch' the trigger!). If we add the two group sizes together we can see how we start to miss the target. Variations in wind speed and light conditions can make the situation more difficult.

Most guns with the right ammo will shoot group sizes that are considerably smaller than the size of the silhouette targets – except perhaps in the ½ size unlimited matches. The biggest challenge is to learn how to minimize your own impact on group size by sharpening up your shooting process – and confidence is one of the key drivers of a good shooting process.

Indicative Graph of "Confidence" versus Performance



Unfortunately, it's very easy to slip out of "the zone". Loss of confidence induces worry making it harder and harder to "pull the trigger" during which time you're trying not to breath, your eyes become tired (lack of oxygen), your hands and arms begin to shake, your sight picture deteriorates and your level of worry (lack of confidence) increases, etc. and your shot misses the target!

Over-confidence breeds lack of care and concentration and leads to silly mistakes – so does over-dosing on coffee or too much partying the night before!

Your best sight picture (and steadiest hand) in freestyle usually occurs within the first few seconds after engaging the target, so the optimum time to pull the trigger is somewhere between 6 and 12 seconds after commencing sight alignment on the target (faster for standing – 4 to 8 seconds because you have a less stable base when standing). So how do you build the confidence to pull the trigger that quickly?

Building Confidence

Building confidence starts at the re-loading bench! Take care with your re-loading to ensure the best possible quality of ammunition to ensure required performance and reliability, and to eliminate doubt at the firing line. You are probably going to travel quite a few kilometres and spend a fair amount of cash each time you go to a major competition, so why not invest a bit more time in ensuring that your ammo is all the best before you go! If using a tight (bench rest) chambered gun (e.g. Freedom Arms / BF) it can pay to cycle all your newly made rounds through the chamber to make sure there are no tight-fit cases that are going to get jammed and upset you on the firing line. Take the utmost care of course because you don't want any shots going off at the reloading bench-bolt actions need the most care because they 'cock' automatically on closing (you may be able adjust the sear screw to 'heavy trigger' to reduce risk of accidental discharge else do it at the range).

Other things you can do to help maintain confidence on the shooting line include:

- Keep your ammo clean at all times (from the reloading bench to

and especially on the firing line) so that you don't pick up dirt/dust that may cause it to jam in the chamber or damage the gun.

- Give your guns some TLC- Tight (all screws / sight fittings are tight – especially check all 'body screws' on revolvers), Lubricated (remove excess lube / oil from the barrel before firing) and Clean (remove all dirt from working parts and fouling from the barrel) to ensure everything functions effectively during the match. Check your hammer spring stiffness regularly (especially for Thompson Contenders) and replace as required.
- Before you go to the firing line, make sure that you have all necessary sight settings, screw-drivers, ammo, timer, ear-muffs, shooting glasses and aperture adjusted properly, water bottle. Take only what's necessary and don't cram the shooting bag full of needless junk.
- When your match starts, sighters are important. Try to get 'perfect shots' on all four sighter targets and have your spotter record where they hit (or missed). You will need this information during the match to make minor adjustments in sight settings if necessary- and to do that confidently you need to be confident that you made 'perfect' sighter shots (sight picture, control and trigger pull).
- When you shoot the chooks – try to shoot your best possible group. Although chooks should be the easiest targets to knock down, having shot each one 'dead centre' builds your confidence in the gun's grouping ability and in your own ability to shoot it well – but don't get overconfident! Do the same in the pigs and you will be building your confidence to do the same on the turkeys and then the rams!
- Think about executing a perfect process 'perfectly' and the results will be good – don't think about the result else you will be looking at the target to see it fall (a good way to miss it) rather than watching your sight picture 'right through the trigger pull'.
- To shoot 5 targets in 2 minutes you have 24 seconds per target. Try to get the first shot away 10 to 15 seconds after the "fire" command and then work to a tempo of 20 seconds per shot thereafter. This will ensure that if you do get a jam or a misfire, you have 20 to 30 seconds of spare time for sight adjustments or to reload so you can make all 5 shots confidently and effectively.
- Have a timer in your kit and use it – always! A timer will only cost you around \$20 and that is probably the best investment you can make to improve your scores because, when you lose track of time, your mind will start to play all sorts of tricks on you – most likely causing you to panic and miss targets unnecessarily. Even though it is only 2 minutes, you must manage your time well to get good scores – ask your spotter to watch the time and prompt you if you are taking too long on a shot.
- Don't load your gun on the "load" command and get ready (in your shooting position) to shoot immediately you will be hanging

in there getting a stiff neck, sore arms and tired eyes too soon. Revolvers take a bit longer to load, but for single shot pistols it can be better to wait until there are only 10 to 15 seconds to go to the “fire” command and invest the waiting time in breathing and stretching the neck to ensure you are relaxed and your eyes are well oxygenated. Refer Article #2, “Tips for Shooting in the Creedmore Position”.

- Be prepared for extreme temperatures:
 - On very hot days have a small sponge-bag and wet flannel in your kit. A quick wipe of the face, neck, hands and forearms between details can be wonderfully refreshing and help stop sweat running into your eyes or dripping on your glasses- both of which can ruin your sight picture.
 - On very cold days, put your shooting glasses on well before you start shooting so they can warm to body temperature. If you put them on cold and immediately lie down to start shooting they can fog up with your warm breath and ruin your sight picture.
 - Also on cold days, ‘rug up’ and keep warm! If you are too hot it is easy to take off a layer (jacket) of clothing, if you get chilled and your core temperature drops it can take 20 or 30 minutes to warm through again – during which time your body will be in ‘survival’ mode and will steal your concentration and you will miss targets because of the discomfort.
- Your spotter should be helping you to maintain your confidence by giving immediate feedback on each shot so that you know the result as soon as possible after letting it go – this helps eliminate the your desire to look at the target when you should be focusing on executing the shooting process. When you are the spotter, make all communications calm and positive to reinforce confidence. Refer Article #3, “The Art of Spotting for Metallic Silhouette”.

Maintaining Focus and Control

Maintaining confidence is one critical issue – the other is to maintain focus and control of our own shooting process- and that often means blocking out all distractions from outside of your shooting bay, and from inside your own head – which you will undoubtedly experience the first time you make it into the State Team or enter an Interstate or Nationals competition on your own accord.

1. Pulling the trigger without imparting any movement on the gun.

If this is an issue, in your normal shooting position, try dry-firing on some spent cases or dummy rounds and make sure you can pull the trigger with zero movement in the sight picture - if the gun moves during your trigger pull you have a problem and need to work on it. A good method is to make 20 dummy rounds and mix in 5 live ‘full house’ rounds - then load your gun without looking at the ammo’ (or have someone load it for you) and then try shooting them. You will have a 1-in-5 chance of the round actually going off and you will feel ‘stupid’ when the gun jerks or recoils when the hammer goes ‘click’ instead of bang. If you can master the zero imparted movement during your trigger pull, then, even when the shot takes you by surprise with a loud ‘bang’ and associated recoil you will be pleasantly surprised at how accurate the shot was.

Get used to and don’t pre-empt the recoil. The gun isn’t going anywhere and shouldn’t be hurting you if you are holding it properly – e.g. firmly but not too tightly or loosely. If the recoil is too much then back-off the loads a bit - 200 meter rams these days are set to topple relatively easily compared to when silhouette first started and ‘full-house’ loads are generally not necessary. All the other targets can be knocked down consistently with surprisingly light loads!

It helps here to appreciate the four general zones of awareness and thinking (see diagram below).

A good shooter will have grown the ability to block out all external distractions of other people shooting, talking and generally mucking around behind the shooting line – but not at the expense of missing the range officer’s commands (the spotter can help here by repeating the range commands).

A good shooter will also have learned how to block out any internal thoughts about “OMG – everybody’s watching me”, and “oh hell, what if I muck this up and the whole team loses out”. These are negative internal thoughts, they are mostly imaginary and they must not be allowed to enter your mind during the match.

Once a good basic technique is attained and appropriate quality control is applied to all aspects of reloading and match preparation – then the game becomes 99% mental. I can well remember coming off the line in major competitions having shot an apparently “easy” 40 and feeling like I had just run a marathon – not because of the physical effort, but because of the mental effort and focus required to do that routinely and consistently.

Putting all this together is called ‘Match Discipline’ – apply it diligently and you’ll soon be gaining momentum on the improvement trail.

Most importantly, have fun along the road and enjoy it.





^ Chris and Graeme Banfield

News from Tasmania

Tasmania is alive and well in the WA1500 and Service Matches, and working very hard to be strong in the ISSF matches as well. Being ably coached by Chris and Graeme Banfield, the State Service Team has performed successfully at PA Nationals in the past few years.

The ISSF Team is in its infancy at the moment, but a small band of dedicated shooters – mainly women – with a lot of encouragement and coaching, are determined to make their mark at National Level in the future.

Chris began shooting at a very early age when he accompanied his Dad Graeme to Van Diemen Pistol Club on most weekends. Graeme has always been a competitive shooter and still manages to keep the young ones on their toes. Always there to do his best to win one for himself, he torments them into working hard to beat him, and keep him out of contention for the “team.”

As Chris grew bigger and stronger, he dabbled in Metallic Silhouette becoming the National Junior Champion in 2005. Graeme still holds State Records in Tasmania for Big Bore Silhouette, mostly shot on beautiful Bruny Island up the side of a mountain.

After returning to Van Diemen Pistol Club in about 2007 Graeme and Chris concentrated on the Service Matches and became involved in putting together a strong Service Team to compete at National level. In recent years we have been lucky to have a few young men, who were keen to show us what they could do and under the direction of Chris and Graeme began to shape up into a very strong team that was ready to take on the best our country has to offer. These young guys are really keen to reach the top and eventually to challenge for a place in the WA1500 Australian Team to compete in World Championships. There is a lot of jostling for position going on at all matches, with each one striving to keep their positions in the State Team.

Chris has gone on to represent Australia at the World Championships in Germany in 2017 and at the European Championships in 2018. As part of his qualifying for selection in the Australian Team, he has competed this year at the Victorian State Titles where he claimed the State Championship for both WA1500 Matches and a new Victorian State Record. He also competed in the South Australian State titles, and once again was very successful becoming the SA State Champion for both WA1500 matches.

Chris spends much of his spare time on the press and training, as well as attending all Tasmanian Open shoots and club shoots. He is a talented coach, and can often be found assisting someone else on the range when he is supposed to be doing his own live fire training and practice.

Chris and Graeme are also very instrumental, in the training and encouragement of our prospective ISSF State Team members to compete at a higher level, with the hope that we can put together a strong cohesive team that will hopefully go on in the future to be as successful as our Tasmanian Service Team at National level in the future.

Kath Redpath

Tasmanian State Team Manager



30th Pistol Australia Action Pistol National Championships

23–27 October 2018, Hosted by VAPA & the Yarra Pistol Club

BY BOB MADDOCKS, MATCH DIRECTOR

It has been over 17 years but the Pistol Australia Nationals are back in Victoria. Over five days 42 of the best competitors from around Australia descended on the newly constructed ranges at Yarra PC to compete in the 30th Pistol Australia Action Pistol National Championships. The weather was great, the facilities excellent, volunteers, competitors and officials worked hard to make this a memorable event.

All were impressed with the openness, size of the ranges and the fact they were

undercover. It is a credit to all the members of Yarra PC for the hard work and effort they have put in over the past couple of years, there were many comments about getting their friends to come here next time we hold the event.

After speeches from Ray Andrews (Pres. PA), Craig Parke (Pres. Yarra) and Bob Maddocks (Pres. VAPA) the honour of opening the Nationals was handed over to Clive Whelan. Clive is not only a Life Member of Yarra, Life Member of VAPA, Ex Vice President of PA but he was the person responsible in 1988 for bring into and setting up Action Pistol and Service Pistol in Australia, you would say he is the proud father of this event in Australia.

For the uninitiated Action Pistol is broken up into two main events Metallic Sight and Open and each event broken down again to 4 stages Practical, Barricade, Falling Plate and Mover. There are 48 rounds shot per stage so the total score is 1920 (192X). The event calls for competitors to shoot left and right of barricades, standing and prone positions, using

both left and right hand and targets moving across the range over a distance of 60 feet in 6 secs with distances ranging from 10yds to 50yds and times between 3 and 15 secs. On top of that shooters have to start standing with their hands shoulder high and remember how many shots on each target, no easy feat. If you have never seen this event do yourself a favour go to the next open and have a look but remember your earmuffs as it is very very loud.

The scores were high and two Australian records were broken, both by Nigel Gordon of Queensland with a score of 1908 (130x) in Metallic Sight and 3826 (297x) in Iron Man. Victoria did not come away empty handed either with the Victoria Team of Zeljko Cvetnic, Mark Blake and Dickie Siebert taking second place in the Open event, Mark Blake 3rd overall in Metallic Sight (1850 -126x) and Iron Man (3764 - 293x), Cherie Blake was 2nd overall in Open (1916- 161x) and 1st in both Female Open & Metallic Sight divisions (1916 – 161x & 1811 – 96x respectively) For a full rundown of scores and winners go the PA website, Results- National Championships – Action Pistol

The event ended on Saturday night with the Presentation Dinner held at the Yarra PC clubrooms. Nigel needed a carry bag to take home his prizes with Cherie and Mark Blake bantering over who was above who in the rankings. There is a tradition I believe called the “The Skirt Award “that goes to the male shooter who is placed below the top female shooter has to wear a shirt, that award went to Craig Steadman. The tables were set out in black and gold

with the PA backdrop behind the dais, the food was supplied by Hot Rod Roast and everyone had a great time with Ray Andrews thanking both VAPA and Yarra for putting on a great event.

No event on this scale can be done by one person. It started 7 months ago with the sub-committee of Steve Hedger, Lisa Leticq, Colleen Kassirov, John Kelly, Damien Morris, Sharron Reynolds, Bob Lester and myself. To Steve who organised volunteers and repairs, Lisa compiling the entry form, John for infrastructure and who I spent 8 hrs waiting at Yarra for the delivery of the new flag poles, Damien for organising all new signage and stationary. A special thank you to Colleen who did a tremendous amount of work designing the polo shirts, badges, obtaining items for the competitors bags and organising, setting up and decorating the tables for the presentation dinner which ended the event on a high note. Thank you to Craig, Zeljko, Don, Alan and Geoff the Action Match shooters at Yarra who did a great job setting up the range back in August for the State Titles and helped iron out the bugs for the Nationals. Geoff Horton for the squadding and taking over as organising secretary at the last minute, he spent all his time in the scoring area with Sharon and Bob. Not an easy place to be when you see the scores shot and there is no backing targets to rely on.

Thank you to Sharon Reynolds and Bob Lester for their knowledge and experience that guided us along the way and to the VAPA executive who help in medal preparations, engraving of medals and Roger who correlated and printed of the competitors booklets within 24hrs.

To people like Alex and Liz Ligeti who walked for miles over the 4 days delivering targets from the range to the scoring shed, Ian Shannon who helped set the ranges with Bob Lester, Alan Howard from MDPC helping out on the ranges. To the ladies who manned the kitchen to feed the competitors well done, but a special thank you to Di Horton (Yarra) who manned the kitchen for 4 days and ably assisted by Sue Howard (MDPC) without these two ladies we would have gone hungry. To all the other members of Yarra PC who volunteered over the 5 days you are a credit to your club and to the association.

Lastly I want to thank the competitors, both at the State Tiles and now the Nationals, your support of each other, pitching in and basically running the event along with having a good time on the range is a credit to your sport and to shooting in general.

I look forward to seeing every back in Victoria when we hold the next Nationals.



2018 National Top Ten

The Bulletin Top Ten is a compilation of the top ten competition scores recorded by Pistol Australia members during a calendar year. Regular updates are posted on the PA website at www.pistol.org.au. This document reflects available scores collated by the PA Top Ten Coordinator. To ensure scores are included in future published listings, please send official results to Jenny Gregory, email gregorys@netspeed.com.au.

50M PISTOL					
National Record: QR David MOORE, NSW 565 (Nationals, Canberra, 1998) FR Dan REPACHOLI, NSW 228.3 (Nationals, Cessnock, NSW, 2017)					
Rank	Name	State	Score	Competition	Date
1	Dan Repacholi	NSW	547	Nationals Brisbane	Jun-18
2	Anthony Ralph	NSW	544	Nationals Brisbane	Jun-18
	Kristy Gillman	VIC	544	Nationals Brisbane	Jun-18
	Bailey Groves	WA	544	WA State Champs	Sep-18
5	Garry Heinrich	SA	542	Noarlunga	May-18
6	Leo Caratti	WA	540	WPIPC	Jul-18
7	Damian Dowling	NSW	539	Scenic Rim Issf	Jul-18
8	Bruce Quick	NSW	536	Vic State Yarra	Mar-18
9	Scott Anderson	WA	534	WA State Champs	Sep-18
10	David Moore	NSW	533	NSW State Titles	Oct-18
	Kerry Bell	NSW	533	Dubbo	Sep-18

SHOOTING PARA SPORT 50M PISTOL					
National Record: QR Steve McCORMACK, NSW 521 (Nationals 2012) FR: Chris PITT (QLD) 213.7 (Nationals, Cessnock, 2017)					
Rank	Name	State	Score	Competition	Date
1	Rohan Daw	WA	513	Nationals Brisbane	Jun-18
2	Chris Pitt	QLD	480	Nationals Brisbane	Jun-18
3	Chris Pryor	WA	480	WPIPC	Jul-18

25M RAPID FIRE					
National Record: QR David J. CHAPMAN, SA 580 (Nationals, Perth, WA, 2016) FR Sergei EVGLEVSKI, VIC 29 Hits (Nationals, Cessnock NSW, 2017)					
Rank	Name	State	Score	Competition	Date
1	Sergei Evglevski	VIC	584	Uni Games Malaysia	Mar-18
2	Thomas Ashmore	ACT	574	NSW State Titles	Oct-18
3	Bailey Groves	WA	572	WPIPC	Jul-18
	Scott Anderson	WA	572	WPIPC	Jul-18
5	David Chapman	SA	566	Commonwealth Games	Apr-18
6	Bruce Favell	NSW	562	Nationals Brisbane	Jun-18
7	Mike Giustiniano	WA	561	CFPC	Feb-18
8	Lucas Finken	VIC	558	Castlemaine	Feb-18
9	Christian Boyle	VIC	556	Misc	May-18
10	Gary Mullens	VIC	554	Misc	May-18
	Kerry Bell	NSW	554	ACT ISSF Champs	Nov-18

25M STANDARD PISTOL					
National Record: Bruce QUICK, VIC, 580 (Shepparton, 1999)					
Rank	Name	State	Score	Competition	Date
1	David Chapman	SA	567	Nationals Brisbane	Jun-18
2	Scott Anderson	WA	566	WPIPC	Jul-18
3	Bailey Groves	WA	563	WA State Champs	Sep-18
4	Jason Markowski	SA	559	Noarlunga	May-18
5	Nathan Blackburn	NSW	558	NSW State	Oct-18
6	Sergei Evglevski	VIC	557	Nationals Brisbane	Jun-18
	Bruce Quick	NSW	557	Vic State Yarra	Mar-18
	Graeme Nicholls	WA	557	WA State Champs	Sep-18
9	Bruce Favell	QLD	555	Warwick	Feb-18
	Gary Mullens	VIC	555	Castlemaine	Feb-18
	Anthony Ralph	NSW	555	Dubbo	Sep-18
	Thomas Ashmore	ACT	555	ACT ISSF Champs	Nov-18

25M CENTRE FIRE					
National Record: Phillip ADAMS, NSW, 588 (Canberra, 1989)					
Rank	Name	State	Score	Competition	Date
1	Kerry Bell	NSW	581	CLDPC	Oct-18
2	Scott Anderson	WA	576	CFPC	Feb-18
	Bruce Quick	VIC	576	Ballarat	Oct-18
4	Mike Giustiniano	WA	575	Nationals Brisbane	Jun-18
5	Bailey Groves	WA	572	WA State Champs	Sep-18
6	Gary Mullens	VIC	569	Misc	May-18
	Lucas Finken	VIC	569	Misc	May-18
	Leo Caratti	WA	569	WA State Champs	Sep-18
9	David Chapman	SA	567	Nationals Brisbane	Jun-18
10	Thomas Ashmore	ACT	566	ACT ISSF Champs	Nov-18
	Anthony Ralph	NSW	566	Ballarat	Oct-18

PARA SHOOTING SPORT 25M PISTOL MIXED					
National Record: QR: Rohan DAW (WA) 556, Nationals Cessnock 2017 FR: Chris PITT (QLD) 24 Hits (Nationals Cessnock 2017)					
Rank	Name	State	Score	Competition	Date
1	Chris Pitt	QLD	562	Nationals Brisbane	Jun-18
2	Steve Guy	NSW	551	Nationals Brisbane	Jun-18
3	Rohan Daw	WA	549	WPIPC	Jul-18
4	Chris Pryor	WA	527	Nationals Brisbane	Jun-18
5	Shannon Haskett	WA	505	WPIPC	Jul-18
6	Robert Knibbs	VIC	483	NSW State Titles	Oct-18
7	Ruth Rennick	VIC	427	NSW State Titles	Oct-18
8	Kevin Schuberg	QLD	417	Nationals Brisbane	Jun-18

25M PISTOL WOMEN					
National Record: QR Lalita YAUHLEUSKAYA, VIC 588 (Nationals, Hobart, 2002), FR Elena GALIABOVITCH, VIC 30 hits (Nationals, Cessnock 2017)					
Rank	Name	State	Score	Competition	Date
1	Elena Galiabovitch	VIC	583	WC Changwon	Apr-18
2	Civon Smith	QLD	577	Old Cup	Feb-18
3	Lalita Yauhleyskaya	VIC	576	Nationals Brisbane	Jun-18
4	Lara Cowling	NSW	572	CLDPC	Oct-18
5	Olivia Erickson	NSW	570	SA Open	Nov-18
6	Alison Heinrich	SA	568	SA Open	Nov-18
7	Marianne Austin	VIC	565	Nationals Brisbane	Jun-18
	Kristy Gillman	VIC	565	Castlemaine	Feb-18
9	Linda Ryan	VIC	564	Nationals Brisbane	Jun-18
	Hayley Chapman	SA	564	Nationals Brisbane	Jun-18

10M AIR PISTOL					
National Record: QR David MOORE, NSW, 585 (ACT State Titles, 2005) FR Dan REPACHOLI, NSW 237.5 (Nationals, Cessnock, 2017)					
Rank	Name	State	Score	Competition	Date
1	Bailey Groves	WA	580	WA State Champs	Sep-18
2	Daniel Repacholi	NSW	574	Nationals Brisbane	Jun-18
	Kerry Bell	NSW	574	Dubbo	Sep-18
4	Sergei Evglevski	VIC	572	Melton	Feb-18
5	Garry Heinrich	SA	571	Noarlunga	May-18
6	Damian Dowling	NSW	570	Nationals Brisbane	Jun-18
	Scott Anderson	WA	560	SA Open	Nov-18
8	Nathan Blackburn	NSW	569	CLDPC	Oct-18
	Anthony Ralph	NSW	569	Yackandandah	Oct-18
10	Jason Faulkner	QLD	566	Metro Australia Day	Jan-18

2018 National Top Ten

(continued)



PARA SHOOTING SPORT 10M AIR MEN

National Record: QR: James NOMARHAS (ACT) 556 (Nationals 2010)

FR: Chris PITT (QLD) 225.0, Nationals Cessnock 2017

Rank	Name	State	Score	Competition	Date
1	Chris Pitt	QLD	551	Nationals Brisbane	Jun-18
2	Rohan Daw	WA	540	Nationals Brisbane	Jun-18
	Chris Pryor	WA	540	CFPC	Feb-18
	Kane Fleeton	NSW	503	NSW State Titles	Oct-18

10M AIR PISTOL WOMEN 60 SHOTS

National Record: QR Dina ASPINDIYAROVA VIC, 390 (Australia Cup July 2006 Melbourne)

FR Elena GALIABOVITCH, VIC 234.7 (Nationals, Cessnock, 2017)

Rank	Name	State	Score	Competition	Date
1	Dina Aspandiyarova	QLD	572	Scenic RIM ISSF	Jul-18
2	Lalita Yauhleyskaya	VIC	567	Nationals Brisbane	Jun-18
3	Alison Heinrich	SA	566	Meyton Cup Ger	Jan-18
	Olivia Erickson	NSW	566	ACT ISSF Champs	Nov-18
	Civon Smith	QLD	566	Yackandandah	Oct-18
6	Lara Cowling	NSW	565	NSW State Titles	Oct-18
7	Elena Galiabovitch	VIC	563	Nationals Brisbane	Jun-18
8	Kristy Gillman	VIC	560	Ballarat	Apr-18
9	Annemarie Forder	QLD	559	Nationals Brisbane	Jun-18
10	Hayley Chapman	SA	555	SA Open	Nov-18

10M AIR PISTOL WOMEN 40 SHOTS

National Record: QR Dina ASPINDIYAROVA VIC, 390 (Australia Cup July 2006 Melbourne)

FR Elena GALIABOVITCH, VIC 234.7 (Nationals, Cessnock, 2017)

Rank	Name	State	Score	Competition	Date
1	Dina Aspandiyarova	QLD	383	Metro Australia Day	Jan-18
2	Lalita Yauhleyskaya	VIC	380	Melton	Feb-18
	Kristy Gillman	VIC	380	Castlemaine	Feb-18
4	Alison Heinrich	SA	377	Maitland	Mar-18
	Elena Galiabovitch	VIC	377	Melton	Feb-18
6	Linda Ryan	VIC	374	Vic State Yarra	Mar-18
7	Sascha Kroopin	NSW	372	Vic State Yarra	Mar-18
	Chloe Sewell	VIC	372	Vic State Yarra	Mar-18
9	Radhika Khurana	VIC	370	Misc	May-18
	Robyn Birch	QLD	370	Toowoomba	May-18

25M PISTOL JUNIOR

National Record: Daniel REPACHOLI, VIC, 582 (Sydney, 2000)

Rank	Name	State	Score	Competition	Date
1	Olivia Erickson	NSW	567	Newcastle	Aug-18
2	Hans Hummer	QLD	566	Nationals Brisbane	Jun-18
3	Brendan Attard	NSW	562	NSW State Titles	Oct-18
4	Corey Martin	NSW	558	Nationals Brisbane	Jun-18
5	Rubina Dhillon	QLD	554	Scenic RIM ISSF	Jul-18
6	Leo Greening	QLD	552	Nationals Brisbane	Jun-18
7	Michael Bouchard	QLD	544	Nationals Brisbane	Jun-18
8	Brendan Attard	NSW	538	Tri State Juniors	Sep-18
9	Doug Russell	SA	535	Nationals Brisbane	Jun-18
10	Brooke Williams	SA	527	Nationals Brisbane	Jun-18

10M AIR PISTOL JUNIOR WOMEN 60 SHOTS

National Record: Olivia ERICKSON, NSW, 550 (Brisbane 2018)

Rank	Name	State	Score	Competition	Date
1	Olivia Erickson	NSW	555	Newcastle	Aug-18
2	Gwendolyn Liang	WA	553	WA State Champs	Sep-18
3	Chloe Sewell	VIC	543	Tri State Juniors	Sep-18
4	Brooke Williams	SA	539	Nationals Brisbane	Jun-18
5	Sascha Kroopin	NSW	537	Nationals Brisbane	Jun-18
	Rubina Dhillon	QLD	537	Scenic Rim Issf	Jul-18
7	Talia Healy	VIC	535	Tri State Juniors	Sep-18
8	Megan Magrath	VIC	531	Nationals Brisbane	Jun-18
	Isabella Burton	NSW	531	ACT ISSF Champs	Nov-18
10	Sierra Contreras	QLD	523	Nationals Brisbane	Jun-18

10M AIR PISTOL JUNIOR WOMEN 40 SHOTS

National Record: Annemarie FORDER, QLD, 385 (Brisbane, 1998)

Rank	Name	State	Score	Competition	Date
1	Chloe Sewell	VIC	372	Vic State Yarra	Mar-18
2	Rubina Dhillon	QLD	350	Metro Australia Day	Jan-18
	Megan Magrath	VIC	350	Ballarat	Apr-18
4	Ellie Rudder	NSW	347	Hubertus	Mar-18
5	Holly Huang	NSW	337	Hubertus	Mar-18
6	Isabella Burton	ACT	322	Hubertus	Mar-18
7	Amy Mcgrath	VIC	321	Ballarat	Apr-18
8	Erin Blachford	VIC	320	Ballarat	Apr-18
9	Eve Fetherstonhaugh	VIC	300	Ballarat	Apr-18
10	Shafaq Ansari	QLD	296	Toowoomba	May-18

10M AIR PISTOL JUNIOR MEN

National Record: Greg SCHULTZ, SA, 575 (Melbourne, 1996)

Rank	Name	State	Score	Competition	Date
1	Michael Bouchard	QLD	564	Nationals Brisbane	Jun-18
2	Hans Hummer	QLD	561	Toowoomba	May-18
3	Leo Greening	QLD	559	Nationals Brisbane	Jun-18
4	Corey Martin	NSW	556	Nationals Brisbane	Jun-18
5	Tyson Hughes	SA	555	Tri State Juniors	Sep-18
6	Brody Wons	VIC	544	Castlemaine	Feb-18
7	Doug Russell	SA	543	Tri State Juniors	Sep-18
8	Nicholas Ashmore	ACT	541	ACT ISSF Champs	Nov-18
9	Charlie Bielefeld	NSW	539	NSW State Titles	Oct-18
10	Doug Russell	SA	535	Noarlunga	May-18

25 SERVICE PISTOL

National Record: Peter KNOWLTON, QLD, 641 (Brisbane 2010)

Rank	Name	State	Score	Competition	Date
1	Dean Brus	NSW	644	Tas State	Feb-18
2	Chris Banfield	TAS	640	Tas State	Feb-18
3	Roy Facey	QLD	639	Cairns Marathon	Jul-18
4	Peter Knowlton	QLD	636	Cairns Marathon	Jul-18
5	Jamie Longbottom	QLD	634	Cairns	Feb-18
	Peter Brus	NSW	634	Narrabri	Jul-18
7	Andrew Plank	TAS	633	TPA Champs	Jul-18
8	Paul Jensen	VIC	632	Nationals	Mar-18
9	Thomas Di Giglio	SA	637	Mildura	Jul-18
10	Grahame Keys	NSW	634	NSW State	Sep-18

2018 National Top Ten

(continued)

SERVICE PISTOL

National Record: Dean BRUS (NSW) 884 (Nationals, Adelaide, 2015)

Rank	Name	State	Score	Competition	Date
1	Dean Brus	NSW	884	Cairns Marathon	Jul-18
2	Peter Brus	NSW	882	Cairns Marathon	Jul-18
3	Bruce Mathiou	QLD	871	Warwick	Feb-18
	Ray Sloey	NSW	871	NSW State	Sep-18
5	Jamie Longbottom	QLD	870	Cairns	Feb-18
6	Peter Knowlton	QLD	866	Cairns	Feb-18
	Linda Jekel	WA	866	Kalamunda	Sep-18
8	Martin O'Brien	NSW	865	Orange	Apr-18
9	Chris Banfield	TAS	864	Tas State	Feb-18
10	John Nosworthy	NSW	863	Gulgong	Feb-18
	Martin O'Brien	NSW	863	NSW State	Sep-18

SERVICE UNRESTRICTED

National Record: Harry THOMAS, QLD, 896 (Hobart, 2002)

Rank	Name	State	Score	Competition	Date
1	Dean Brus	NSW	893	Tas State	Feb-18
2	Peter Brus	NSW	892	Tas State	Feb-18
3	Tom Di Giglio	SA	890	Mildura	Jul-18
4	Chris Banfield	TAS	887	Tas State	Feb-18
5	Linda Jekel	WA	884	Nationals Perth	Mar-18
6	Marnie Jones	NSW	882	Gulgong	Feb-18
	Jeremy Kozak	WA	882	Pt Bouvard	Apr-18
	Peter Knowlton	QLD	882	Cairns Marathon	Jul-18
	Jamie Longbottom	QLD	882	Cairns Marathon	Jul-18
10	Davey Oates	NSW	880	Gulgong	Feb-18
	Martin O'Brien	NSW	880	Gulgong	Feb-18

WORLD ASSOCIATION 1500 REVOLVER

National Record: Jamie LONGBOTTOM, QLD, 1489 90X (Nationals, Perth, 2016)

Rank	Name	State	Score	Competition	Date
1	Dean Brus	NSW	1494 98	ACT State Champs	Feb-18
2	Chris Banfield	TAS	1492 110	TPA Open VDPC	Apr-18
3	Jamie Longbottom	QLD	1490 92	Cairns Marathon	Jul-18
4	Peter Brus	NSW	1489 106	Orange	Feb-18
5	Davey Oates	NSW	1488 95	ACT State Champs	Sep-18
6	Andrew Plank	TAS	1486 98	TPA 6000	Jul-18
7	Don Pollard	NSW	1483 107	Narrabri	Jul-18
8	Linda Jekel	WA	1481 83	Pt Bouvard	Feb-18
9	Gareth Hassall	SA	1480 90	Nationals	Apr-18
10	Jeremy Kozak	WA	1479 89	CFPC Open	Nov-18

WORLD ASSOCIATION 1500 PISTOL

National Record: Donnal POLLARD, NSW, 1482 89X (Nationals, Adelaide, 2011)

Rank	Name	State	Score	Competition	Date
1	Davey Oates	NSW	1490 101	Narrabri	Jul-18
2	Chris Banfield	TAS	1487 100	Tas State	Feb-18
3	Dean Brus	NSW	1486 84	Act State Champs	Sep-18
4	Peter Brus	NSW	1480 98	Gulgong	Feb-18
5	Leo Caratti	WA	1478 71	Pt Bouvard	Feb-18
6	Peter Knowlton	QLD	1477 89	Cairns	Feb-18
7	Andrew Plank	TAS	1477 84	TPA 6000	Jul-18
8	Jamie Longbottom	QLD	1476 83	Cairns	Feb-18
9	Gareth Hassall	SA	1472 81	Nationals	Mar-18
10	Jeremy Kozak	WA	1470 67	Pt Bouvard	Jul-18

BLACK POWDER 25M

National Record: David MOORE, NSW 386 (Cessnock, 2004)

Rank	Name	State	Score	Competition	Date
1	Rodd Lavell	ACT	370	ACT BP Champs	Apr-18
	Les Moncrieff	VIC	370	Mid Murray	Jun-18
3	Jeremy Kozak	WA	369	CFPC	May-18
4	Wayne Davis	VIC	368	Mid Murray	Jun-18
	Ray Gray	NSW	368	CMPC BP Champs	Aug-18
6	Max Wray	WA	367	Nationals	Mar-18
	John Sammartino	VIC	367	Dubbo	May-18
8	Steve Blackburn	NSW	363	Cessnock	Feb-18
	David Hastie	VIC	361	Ballarat	Oct-18
10	Brian Subkey	NSW	359	Cessnock	Feb-18

BLACK POWDER 50M

National Record: David MOORE, NSW, 380 (Brisbane, 1998)

Rank	Name	State	Score	Competition	Date
1	David Moore	NSW	357	ACT BP Champs	Apr-18
2	Leo Caratti	WA	355	Nationals	Mar-18
3	Brian Subkey	NSW	354	Cessnock	Feb-18
	Max Wray	WA	354	CFPC	May-18
	Les Moncrieff	VIC	354	Mid Murray	Jun-18
6	Mike Knapp	WA	352	CFPC	May-18
7	Rodd Lavell	ACT	350	Cessnock	Feb-18
8	Karen Clarke	NT	348	Nationals	Mar-18
9	Ray Gray	NSW	347	CMPC BP Champs	Aug-18
10	Andrew Miller	VIC	345	Nationals	Mar-18
	Don Boundy	NSW	345	Cessnock	Feb-18
	Wayne Davis	VIC	345	Mid Murray	Jun-18

ACTION PISTOL

National Record: Darryl CARNICELLI (W.A.) 1920 172X, (Darwin 2008)

Rank	Name	State	Score	Competition	Date
1	Mark Blake	VIC	1920 172	Bianchi Cup	May-18
2	Nigel Gordon	QLD	1920 168	Len Luke Memorial	Jul-18
3	Zeljko Cvetnic	VIC	1918 158	Yarra	May-18
4	Steve Schrader	NSW	1916 170	Blacktown Open	Apr-18
5	Craig Ginger	NSW	1916 165	Vic State	Sep-18
6	Ray Penney	QLD	1916 161	Len Luke Memorial	Jul-18
7	Craig Steadman	QLD	1916 161	Nationals	Oct-18
8	Cherie Blake	VIC	1916 161	Nationals	Oct-18
9	Anita Mackiewicz	VIC	1916 158	Ballarat	May-18
10	Richard Siebert	VIC	1916 156	Vic State	Sep-18

ACTION PISTOL METALLIC SIGHT

National Record: Ivan REHLICKI (VIC) 1906 132X, Perth 2011

Rank	Name	State	Score	Competition	Date
1	Nigel Gordon	QLD	1908 130	Nationals	Oct-18
2	Craig Ginger	NSW	1896 119	Nationals	Oct-18
3	Mark Blake	VIC	1876 128	Vic State	Sep-18
4	Jon Twiselton	WA	1855 104	Broome	May-18
5	Chris Mathiou	QLD	1849 110	Nationals	Oct-18
6	Steve Schrader	NSW	1847 126	Nationals	Oct-18
7	Brett Foster	QLD	1840 104	Nationals	Oct-18
8	Osca Carnicelli	WA	1826 110	Nationals	Oct-18
9	Brenton Hayes	SA	1812 94	Vic State	Sep-18
10	Cherie Blake	VIC	1811 96	Nationals	Oct-18

2018 National Top Ten

(continued)



METALLIC SILHOUETTE BIG BORE											
Production			Revolver			Standing			Unlimited		
1	Glen Anderson	40 (6)	1	Mick Arden	40 (2)	1	Glen Anderson	34	1	Kim Emery	39 (2)
	Scott Dawson	40 (4)		Tim Anderson	40	2	Matt Seears	33 (2)		Glen Anderson	39
	David Dewsbury	40 (3)		Kim Emery	40	3	Kim Emery	31		Tim Anderson	39
	Kim Emery	40 (3)		Cheyne Fischer	40	4	Michael Arden	29		Mick Arden	39
	Cheyne Fischer	40 (3)		Matt Seears	40		Brian Marsden	29		Matt Seears	39
	Matt Seears	40 (3)		Philip Williams	40	6	Tim Anderson	28	6	Jason Anderson	38
	Mick Arden	40 (2)	7	Glen Anderson	39 (2)		David Dewsbury	28	7	David Dewsbury	37 (2)
	Jake Davey	40 (2)		Russell Mowles	39 (2)		Diarmid Saunders	28		Scott Dawson	37
	Tim Davey	40 (2)		Jason Anderson	39	9	Scott Dawson	27	9	Russell Mowles	36
	Tim Anderson	40		Richard Blayden	39		Judy Harding	27		Chris Taylor	36
	John Harding	40		Scott Dawson	39		Philip Williams	27			
	Keith Rigby	40		David Dewsbury	39						
	Philip Williams	40		Keith Rigby	39						

METALLIC SILHOUETTE SMALL BORE											
Production			Revolver			Standing			Unlimited		
1	Scott Dawson	40 (4)	1	Michael Arden	40	1	Bruce Dunbar	34	1	Matt Seears	39
	Glen Anderson	40 (3)		Scott Dawson	40	2	Glen Anderson	32	2	Kim Emery	38
	Matt Seears	40 (2)	3	Kim Emery	39 (2)	3	Scott Dawson	31	3	Scott Dawson	37 (2)
	David Dewsbury	40		Glen Anderson	39		Matt Seears	31		John Harding	37 (2)
	Cheyne Fischer	40		Richard Brown	39		Iain Yule	31		Kirsten Jackes	37 (2)
	Russell Mowles	40		David Dewsbury	39	6	Jim Hanfling	29		Glen Anderson	37
	Iain Yule	40		Diarmid Saunders	39		Melinda Mullen	29	7	Russell Mowles	36
8	Kim Emery	39 (4)	8	Tim Anderson	38 (2)	8	Kim Emery	28 (2)	8	Iain Yule	35 (3)
	Tim Anderson	39 (2)		Cheyne Fischer	38		Glen Anderson	28	9	Tim Anderson	34
	John Harding	39 (2)		Bruce Dunbar	38		Tim Anderson	28		David Dewsbury	34
	Michael Arden	39		Kirsten Jackes	38		Judy Harding	28		Cheyne Fischer	34
	Bruce Dunbar	39									
	Judy Harding	39									
	Kirsten Jackes	39									
	Lou Forner	39									

METALLIC SILHOUETTE FIELD PISTOL					
Production			Production Any Sight		
1	Matt Seears	35 (2)	1	Glen Anderson	37
2	Michael Arden	34	2	Kim Emery	36
	Iain Yule	34	3	Bruce Dunbar	34
4	Scott Dawson	32	4	Greg Dawson	33
5	Glen Anderson	31 (2)		Matt Seears	33
	David Dewsbury	31	6	Scott Dawson	32
	Kim Emery	31		Melinda Mullen	32
8	Jim Hanfling	28		Iain Yule	32
	John Harding	28	9	Terry Anderson	31
	Peter Kennington	28	10	Tim Anderson	30
				Michael Arden	30
				David Dewsbury	30
				Diarmid Saunders	30

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Searching for the Flow Zone

BY TONY ANDERSON

'Being in the zone' or 'with the flow', is associated with high achievement in many fields of human endeavour including athletic performance such as target shooting. The originator of the concept of 'flow' identified the heightened and energised focus experienced when in this state (Csikszentmihalyi, 2004).

According to Katwala, (2016), being in the 'flow zone' is 'just positive energy, a good feeling, your whole body is involved, nothing else seems to matter, mood can be elevated, movement seems to be automatic, outside conscious control and very fast. Since 'flow' has the potential to enhance performance outcomes, possibly at the required time (peaking) it has attracted scientific interest. The question posed here is could an understanding of the attributes of the 'flow zone' be used to refine an approach to competitive shooting? Triple Olympian David Moore, speaking of the 'flow zone', said: 'You cannot switch it on at will and if you think about it, it's gone' (2018). That 'flow' cannot be switched on is supported by Katwala (2016). Sue Guy described being in the 'flow zone': 'you shoot a ten, then another, then several more and it seems effortless' but she added 'it does not last' (2018). While winning a State Championship, Dick Willis reported feeling beside himself; a spectator (2018). My experience of the 'flow zone' reflected a number of the attributes of the 'flow'. There was a challenge; it was a shoot-off for the Rapid fire Bronze Medal in a National Championship. I was under pressure; it was the final four second series. I was pushing the boundaries of my ability and remember urging myself to concentrate; all these are requirements for 'flow' according to (Katwala, 2016). There was a sense of calm as I shot the series. Time seemed suspended. It was like watching a movie of a perfect four second series being completed without conscious effort. I put the gun down thinking there was nothing I could have done to improve the sequence; a possible.

Research interest in 'flow'

'Flow' results from facing a challenge with clear goals; a challenge which requires pushing the boundaries of existing skills, with an achievable gap between the two. A condition for 'flow' is that the required skills must be able to performed automatically (Katwala, 2016). Driven by total energised immersion in the task, 'flow' moves concentration to its highest level, pulling attention into the 'now'. This deep concentration shifts neuro control of the task to an automatic level, clearing away conscious control. The shift to automatic control results in increased speed of movement (Katwala, 2016). 'Flow' causes the brain's processing system to kick up a gear giving you a kind of hypersensitivity (Katwala, 2016). Among other things, this will heighten visual attention and speed up the processing of information and pattern recognition (Katwala, 2016), These will improve aiming and timing. 'Flow' is said to



involve creative problem solving. There is a sense of control over the situation. Factors that increase the likelihood of entering the flow state include motivation to perform well; a strong focus, an optimal psychological arousal state which includes controlling the heart rate; having done the training; experienced competition; and having confidence (Cotterill, 2018:68). Katwala (2016:174) describes the four stage chemical basis for 'flow'. In Stage One the body prepares to boost mental focus, alertness, and to raise the heart rate. The chemical basis here involves release of stress hormones; cortisol, adrenaline and norepinephrine which increases arousal, emotional control and attention in the brain and the neurotransmitter Cont. The brain has a 'hundred billion neurones, each with a thousand or more synaptic connections (to pass messages along neurone pathways) (Sacks, 2017:173). Bringing the astonishing powers of the human brain to bear on a challenging task with a narrow focus has consequences. The conscious level which operates during 'flow', can fashion a perception of time which is elastic and can be compressed or expanded. Sacks (2017) gives an example of the brain manipulating time by capturing a moment of perception as a slice of time: a baseball pitch can be perceived to be 'almost immobile in the air'. Since time moves on and the registration of it in the brain is always after the fact, trying to pick the perfect moment to fire the shot is risky. For precision shooting, it is better, after committing to the shot to have it occur within a half to two seconds. This has to be faster in rapid fire. When concentration on the task reaches virtually total, energised

immersion, the inner voice of doubt can become switched off due to insufficient attention being available to be conscious of the sense of self; so that the body disappears (Katwala, 2016). For a skill to become automatic it is processed by the conscious parts of the brain before progressing to automatic control and carried out without conscious decision (Katwala, 2016:154). However, when someone who can perform the skills automatically, starts to think consciously about doing them, the pre-frontal cortex of the brain, important in learning new skills, seizes control, making movements slow and less fluent. This can unravel skills already possessed (Cotterill, 2017). Overthinking is suspected as causing choking or 'paralysis by analysis'. 'Get your head out of it' says (Katwala, 2016:149). He suggests that overthinking can be reduced by squeezing a rubber ball in the non-shooting left hand. I would add, alternatively, give yourself less time to think by working out how to fire earlier. The dangers of overthinking should not be taken to weaken the power of 'self talk' to focus training and match performance on what counts. Nor does it weaken the use of mental practice and the power of visualisation which is a characteristic of successful performers (Cotterill, 2018). These serve the important functions of building and focussing awareness and, probably, the release of the same neurotransmitters in the brain which stimulate 'flow'. The brain can initiate muscle movement several hundred milliseconds before it registers in the conscious mind. (1 second = 1000 milliseconds). A sprinter in the 'flow zone' could be three metres down the track before becoming aware that the race has started (Sacks, 2017:38). This means that the feedback loop mechanism can be activated automatically (Ramachandran, 2011). This mechanism describes the brain's process when sending signals to the muscles. Cont. creativity (Kotler, 2014:66). In 'flow', dopamine, along with norepinephrine boosts the brain's ability to recognise patterns, heightens the senses and helps to stay focussed on a task (Katwala, 2016: 175). Also Alpha waves, favourable to 'flow' due to their calming influence, need to be present (Katwala, 2016). These chemicals may be present anyway during good shooting. The second stage of the flow cycle is the shift 'out of conscious awareness and into automatic processing', although conscious awareness remains (Sacks (2017). Cotterill (2018) suggests that conscious awareness addresses strategic aspects of performance while the automatic mode covers movement. The end of the second phase, according to (Katwala, 2016), is accompanied by a body wide release of nitric oxide that rids the body of stress hormones and begins a calming state 'to signal the start of flow'. The third stage is 'flow' a tranquil feeling created by endorphins. The final stage sees the release of serotonin associated with a "happy afterglow (Katwala, 2016:175).

The signals go out from the spinal cord but simultaneously, the brain retains a copy of these instructions. In other words, the brain prepares to readapt, if needed (Sigman, 2015:116). It is possible, in the heightened state of 'flow' that when, say, a set of instructions

to move the arm and hand are correctly executed -- no error signals detected - the brain remains in a conscious monitoring role but not a controlling one. Sigman (2017), argues that consciousness 'has the ability to edit, modify or censure actions'; a somewhat limited view of consciousness. If there is no need to edit, modify or censure actions, then response time should be faster. The brain takes error seriously 'as an involuntary response (outside consciousness) which occurs about 50 milliseconds after we make a mistake' and our awareness of it 'comes between 100 and 500 milliseconds later' (Katwala, 2016:296). This suggests that training should seek to systematically remove errors in the performance of the skills critical for success; since errors disturb 'flow'. Since the brain can detect the optimal time to make the shot before we know it, training should give the capability to capitalise on that moment. To achieve that, the Commonwealth Games Gold Medallist, Pat Murray (2013), trained to start to fire the shot before the sights settled in the aiming area and to know, from pressure already applied to the trigger, when the shot was ready to go. What do you see when you see the sights? Research has found that expert basketballers looked at the target of their throw, the rim of the basket, far longer than did novices. Borrowing from this, one way to increase concentration before the shot or sequence, could be to gaze intently at the target while mentally running through what you are about to do. Visualising the perfect outcome has been found to be a valuable tool in improving athletic performance (Katwala, 2016) and should include mental rehearsal of the feel of a perfect trigger release. The technique of merging mental practise of the shot seamlessly into the actual shot, a conscious process, should move from conscious to automatic control of the process of sighting, trigger release and follow-through. Visualisation can shorten reaction time by focussing on what is essential to a successful outcome. Building anticipation, based on correct technique, can shorten reaction time through muscular positioning (Katwala, 2016:10). Experts spend more time than novices looking at what counts for a successful outcome, a phenomenon referred to as "quiet eye" a quiet phase observed just before trigger action of expert shooters compared to novices. It reflects a 'drop in neural activity as experts are about to activate the trigger and is believed to result from different regions of the brain stopping communicating with each other (Katwala, 2016: 170).

The finding that the brain can initiate muscle movement several hundred milliseconds before it registers in the conscious mind, mentioned previously, is a possible reason why it is difficult to consciously enter the 'flow zone'. The first step could be outside our conscious control.

Training The importance of training for the actual performance, not just for the acquisition of skills alone was stressed by Cotterill (2018). Kotler, (2016:116) suggests practising for a situation requiring high level output by using a challenge set just above our existing skill levels so as to be achievable but not disturbing,

such as, by making the challenge four percent greater than current skill levels. The other criterion for 'flow' attaining total immersion in the task, highlights the importance of learning to concentrate deeply and calmly, e.g. using relaxation and breathing techniques. Deciding to begin concentrating as sights are settling into the aiming area is too late. There have been attempts to shorten the time needed for skills mastery by using computers and simulations to train the brain. Katwala (2016:64) advises, correctly, that brain training should zero in on the key mental attributes required for the sport and, could be added, fitting yourself to them and training to perform the event, not just to acquire skills. At the end of a training session, Katwala, (2016) advises performing the complete sequence of actions being learned, making the actions as similar to the actual event as possible and done in the same time frame. This is to capitalise on the boost (neural plasticity) given by training to changing the brain's neurone pathways. Exclusion can be used consciously to remove distractions before the match. Have a routine to engage such as seeing the sights in the aiming area and re-coiling as a perfect shot is released or use 'self-talk' to substitute positive thoughts for negative ones, or practice wrapping yourself in a kind of mental cocoon as you load and prepare for the shot or series. Cotterill (2018) suggests that 'self-talk improves the execution of movement. Having clear goals are said to be essential for entry into the 'flow zone'. Effective goals are specific, measurable, action-related, realistic and timetabled (Cotterill, 2018). Goals which are based on a skills analysis of what is critical for you to succeed in a particular task, enable the brain to learn how a successful outcome looks and feels by reading the messages received from thousands of proprioceptors; body sensors. Conclusion 'Flow' is defined by achieving successful outcomes. However, with target shooting, statistical fluctuation is always present. The bullet could have been fired with the aim in the nine ring but due to the grouping capability of the pistol, the shot might land in the ten ring.

Also, the wobble pattern of the shooter could have been flicking into and out of the ten ring but, over several shots, by chance, they landed favourably. It is not necessary to be in the 'flow zone' to shoot well but concentrating on the task is essential. Evidence shows that characteristics of the 'flow zone' linked to high level athletic performance, match those associated with high achievement in target shooting. The approach to competition shooting, given below, is based on research into the 'flow zone'. First, it is suggested, begin the process of making key skills automatic by doing a skills analysis of how best to fit yourself to the skills required to successfully compete in the match. Then encapsulate this in a checklist, written or held in the mind, to help build awareness and focus concentration when setting up for the shot or series. Strip the checklist down to the minimum, necessary elements so as to avoid the danger of overthinking the shot or series. Practice until you can flow through it almost without thinking. Train to shoot in a relaxed state but with heightened concentration and visual awareness; aiming to achieve total immersion in the task as you would be if in the 'flow zone'. Train against a challenge either real, as in competition, or manufactured during practice. Train to make key actions automatic, selectively in the beginning, e.g. linking trigger action to aiming to follow-through, in a smooth flowing process. Get your conscious brain out of it. The overall training and preparation strategy is to make as many of the actions of preparation and shot production as automatic as possible. Leave the bulk of conscious brain work to post match evaluation but correct technical errors during the match, as they emerge, revealed by calling the shots.

References Books consulted: Csikszentmihalyi. www.tedtalks.com., personal communication). Cotterill. S., (2018). The psychology of performance. Routledge. Oxon. Katwala, A. (2016). The athletic brain. Simon and Schuster, UK. Koehler, S., (2014) The rise of superman, Amazon Publishing, NY. Ramachandran, V.S., The tell tale brain. W.W.Norton & Co, NY. Sacks, O. (2017) The river of consciousness. Alfred Knopf. NY. Sigman, M. (2015) The secret life of the mind. William Collins. G.B. The remaining references relate to personal communications. Sub-note on FLOW (courtesy of Wikipedia) In positive psychology, flow, also known colloquially as being in the zone, is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by complete absorption in what one does, and a resulting loss in one's sense of space and time.



PISTOL AUSTRALIA INC.

23rd METALLIC SILHOUETTE 100m SMALL BORE & FIELD PISTOL NATIONAL CHAMPIONSHIPS

01 March – 03 March 2019

Hosted by Pistol Shooting Queensland Ltd
Conducted by Toogoolawah Pistol Club Inc
476 Biarra Road, Toogoolawah Q 4313



Entries Close 08 February 2019

ENTRIES TO: Pistol Shooting Queensland Ltd Ph: 07 3395 1322
P.O. Box 306 Email: admin@pistolshootingqld.org.au
CARINA QLD 4152

MATCH DIRECTOR: John Harding
ORGANISING SECRETARY: Judy Harding Phone: 07 3208 4489 / 0428 136 527 Email: jnharding@bigpond.com

OPENING CEREMONY:

The Opening Ceremony will be held at the end of competition on Friday 01 March 2019. This will include a Meet and Greet style meal (hot hors d'oeuvres + 2 dishes with mash & fried rice) and some drinks.

LICENSING OF PISTOLS:

All visiting shooters to QLD with current target pistol licences in their own State have reciprocal rights while competing in QLD. Permits or licences will be checked.

CATERING:

Full canteen facilities will be available on Friday, Saturday and Sunday.

ACCOMMODATION:

See attached sheet for Hotel, Motel, Caravan park type accommodation
Camping on range is available @ \$10.00 per person for the shoot

AWARDS:

Pistol Australia will provide the following awards:

i. Perpetual Trophies:

Top Gun in each category.
Four Match Small Bore Aggregate in Open, Women's and Junior Individual and Team events.
Two Match Field Pistol Aggregate in Open, Women's and Junior Individual and Teams events.

ii. Plaques:

1st, 2nd and 3rd in Four Match Aggregate Small Bore Open, Women's and Junior events.
1st, 2nd and 3rd in Two Match Aggregate Field Pistol Open, Women's and Junior events.
1st, 2nd and 3rd in each category.

iii. Brassards:

1st to 10th in each category.

iv. Team Medals:

1st, 2nd and 3rd Four Match Aggregate Small Bore Open, Women's and Junior events.
1st, 2nd and 3rd Two Match Aggregate Field Pistol Open, Women's and Junior events.

GRADE TROPHIES:

The Toogoolawah Pistol Club will provide grade trophies for the top three (3) places in each grade.

PRACTICE: The range will be open for practice from 9.00am – 3.00pm on Thursday 28 February 2019.

CONDITIONS OF ENTRY:

1. All resident Australian competitors must be a current financial member of Pistol Australia
2. The Championships will be held over 3 days under IMSSU Rules as adopted by Pistol Australia. Persons entering more than four (4) matches must be available for the 3 days.

3. All entries with accompanying fees must be received by 08 February 2019. The signing of the entry form by the competitor and the club official is a declaration attesting to the correctness of the information contained in the entry form.
4. Gun Checks will be supervised by the Jury and will commence at 4.00pm on Practice Day, Thursday 28 February 2019 and also one (1) hour prior to competition on other days.
5. All Competitors should be graded and grading cards will be requested at Registration.
6. Shooters should be ready at least 10 minutes before their squadded relay.
7. Shooting will commence at 8.00am each day unless otherwise notified.
8. Shooters or their spotters will be required to stand and paint the targets
9. Qualified or suitably experienced persons will accept range duties where indicated on their squadding detail.
10. Each State / Territory is eligible to enter the following teams:
 - (a) Two (2) person Four Match Aggregate for Small Bore in Open, Women's & Junior categories.
 - (b) Two (2) person Two Match Aggregate for Field Pistol in Open, Women's & Junior categories.
11. Tied scores will be determined in the following manner:
 - (a) First to third place in each category decided by shoot-off if scores are equal;
 - (b) Four Match and Two Match Individual and Team Aggregates decided by reverse count back i.e. total number of rams, then total number of turkeys etc. If scores are still equal the tie will be broken by a shoot-off of five (5) shots per category;
 - (c) Ties for first, second and third places in grades will be decided by reverse count and then by shoot-off if still equal;
 - (d) Shoot-off sequence will be Standing, Revolver, Production and Unlimited. The sequence for Field Pistol will be Production Sight and Production Any Sight. Where a competitor is involved in more than one shoot-off in the same category, the first score will count for both shoot-offs.
 - (e) Shoot-off targets will be as follows:
 - i. Small Bore Standing – 3/8 scale pigs at 75m
 - ii. Field Pistol Production – 1/2 scale chickens at 50m
 - iii. Field Pistol Any Sights – 1/2 scale turkeys at 100m
 - iv. Production and Revolver – 3/8 scale turkey, pig, chicken, pig, turkey at 100m.
 - v. Unlimited – 1/5 scale pig, turkey, ram, turkey, pig at 100m.
 - iv. Shoot offs will be in five shot strings and will be exhaustive.
12. The competition will be conducted using the relay system and only the daily start time will be given.



PISTOL AUSTRALIA INC.
23rd METALLIC SILHOUETTE
100m SMALL BORE & FIELD PISTOL
NATIONAL CHAMPIONSHIPS

01 March – 03 March 2019
ENTRY FORM



Full Name (Please print).....

Address (Please Print).....

.....**State:**.....**P/Code**.....

Phone: (Home)(Mobile).....

Email:.....**Club:**.....

I wish to enter the following Categories; (Please mark [X] against the matches that you wish to enter)

X	Category	Grade	Cost
	Production		\$12.00
	Revolver		\$12.00
	Standing		\$12.00
	Unlimited		\$12.00
	FP - PS		\$12.00
	FP - PAS		\$12.00

DATE OF BIRTH:/...../.....(**Juniors Only**)

FEES: Pistol Australia Inc Registration fee @ \$27.50 Adult / \$16.50 Junior: \$.....

Total Number of Matches x \$12.00 per match: \$.....

Opening Ceremony Meet n Greet x \$25.00 per person: \$.....

Camping x \$10.00 per person: \$.....

Total amount payable: \$.....

Do you want back to back squadding YES / NO **Spotter**.....

ENTRIES: Closing Date for entries is **08 February 2019**. Late entries may be accepted subject to space availability. Entries will not be accepted without payment. Cheques payable to **Pistol Shooting Queensland (in full please)** OR **Direct Deposit to: Suncorp, Acc name - Pistol Shooting Queensland Ltd. BSB 484 799 Acc number 030402362 MS + surname as reference**

PERSONAL DECLARATION

I (Print name in full).....declare that I am a fully financial member of Pistol Australia Inc as defined by Pistol Australia. I understand the conditions of entry and agree to abide by them.

Signed:.....Date:/...../.....

CLUB CERTIFICATON:

I certify that is a financial member of the
..... Pistol Club, which is affiliated with Pistol Australia Inc.

ALICE SPRINGS MASTERS GAMES

The Alice Springs Masters Games are held in Alice Springs every two years during October, this year from 13 – 20 October.

The idea of the Masters Games originated in the early 80's when the then Australian Sports Commission suggested the idea of a Masters sport with an underlying belief that every participant is a champion in his or her own right as long as the physical and mental attributes for each stage of life have been maintained at their optimum levels.

The Northern Territory Government immediately embraced the idea, seeing potential opportunities for economic and social developments. In 1986 the first Masters Games event in Australia was held at Alice Springs. The 1986 Alice Springs Masters Games (then called the Central Australian Masters Games) became only the second event of this kind anywhere in the World.

It is a major event on the Alice Springs calendar with some 5,000 participants/athletes arriving to compete or officiate in 36 sports. Pistol shooting has always been on the program of sports since inception and always conducted at the Alice Springs Pistol Club.

The events contested at the Games are all the events shot at the combined PA/ISSF National Championships for men and women but the good thing about the Masters Games is that you compete



against others in your age group for both men and women.

Age groups for men and women are the same: 35 – 44, 45 – 54, 55 – 64, 65 – 74 and 75 +. Medals awarded are Gold, Silver and Bronze in each age group men and women.

We have been fortunate that every year the Games Ambassador Dawn Fraser AC, MBE has always attended one of the medal presentation ceremonies at the range and this year was no exception. I had the opportunity to present Dawn with one of Pistol Australia's 60 year badges at the end of medal presentations.

If you like your pistol shooting and want to spend a week in Alice Springs shooting the events you like in your own age group I suggest you mark 10 – 17 October 2020 in your calendar. It's also a great drive to Alice regardless of which direction you travel.

It's a great week and you will enjoy it.

Ray Andrews

Pistol Australia 2019 Calendar

EVENT	WHERE	DATE
2019 Metallic Silhouette Small Bore and Field Pistol National Championships	Toogoolawah Pistol Club, Queensland	1-3 March 2019
2019 ISSF/PA National Championships	Yarra Pistol Club, Victoria	12-21 April 2019
2019 Metallic Silhouette Big Bore National Championships	SSPC, ACT	TBA
2019 WA1500 World Championships	Hill Top, NSW	11-14 September 2019
2019 Action Pistol National Championships	Toowoomba, Queensland	TBA October 2019
2019 IMSSU Oceania Championships	Tokoroa Shooting Sports Complex, Tokoroa, New Zealand	19-21 October 2019

PROGRAM OF EVENTS

Fri	12 April	Practice
Sat	13 April	WA 1500 Pistol Black Powder 50 Metre Opening Ceremony
Sun	14 April	WA 1500 Revolver
Mon	15 April	Service Pistol Black Powder 25 Metre
Tue	16 April	Service Unrestricted
Wed	17 April	Service Pistol 25 Yards Service, WA1500 & Black Powder Presentation Dinner
Thu	18 April	50 Metre Pistol & WSPS 25 Metre Pistol Women, Junior & WSPS 10M Air Pistol (M, W J, WSPS) Final (WSPS depending on Entries)
Fri	19 April	Rapid Fire Pistol 10m Air Pistol (M,W,J, WSPS) depending on Entries Final Women's Final (WSPS)
\Sat	20 April	25M Centre Fire 10m Air Pistol Men & WSPS 10m Air Pistol Junior Men Final (WSPS depending on Entries)
Sun	21 April	25m Standard Pistol Presentation Dinner

PRESENTATION DINNER

Service Pistol & Black Powder Dinner
 Catered Roast Dinner at the Range
 Wednesday 17 April 2019 at 6.30pm

Presentation Dinner
 The Grand on Princes
 2251 Princes Hwy Mulgrave
 Sunday 21 April 2019 at 6.00pm for 6.30pm

Entries close Friday, 1 March 2019

ENTRIES AND ENQUIRIES TO:

Neil Stewart
 Organising Secretary
 PO Box 2193
 Melton South, Vic 3338
 Email: nationals19@bigpond.com

GENERAL INFORMATION

Location

The Yarra Pistol Club is located at 830 Wellington Road, Lysterfield, Victoria

Accommodation

Accommodation is available at Rowville International Hotel, 1233 Stud Road, Rowville. <http://www.rowvilleinternational.com.au> Ph: (03) 9764 5050. Quote "Nationals when booking for 10% discount. Visit www.visitvictoria.com for other accommodation in the area and tourist information. As a condition of our Lease, Camping is NOT permitted on the range.

Catering at the range

Breakfast, light meals and snacks will be available each day.

Armoury

An armoury will be available at the range.

CONDITIONS OF ENTRY

- All resident Australian competitors must be current financial members of Pistol Australia and possess a current membership card from their affiliated state body.
- Pistol licences/permits and PA holster proficiency cards must be submitted for checking at Equipment Control.
- ISSF and Pistol Australia Rules will be followed as closely as is practicable.
- Entries close Friday 1st March 2019. Late entries may be accepted at the discretion of the Organising Committee. All nominations with accompanying fees must be received no later than Friday 1st March 2019. The signing of the entry form by the competitor and the club official is a declaration attesting to the correctness of the information contained in the entry form.
- Entries without full payment will not be accepted.
- Phone entries will not be accepted.
- Provisional State team entries must be received by the closing date of March 1st, 2019.
- All competitors, officials, spectators must wear appropriate eye and ear protection and enclosed footwear while on any range.
- Competitors may not wear tank tops, garments with loose fitting necks or camouflage clothing.
- Firearms and gun boxes must not be left unattended anywhere on the facilities of Yarra Pistol Club.

- Handguns and competitors equipment (gun cases, bags etc) are not permitted in the club rooms at anytime.
- All ties for ISSF matches without Finals will be broken by X count.
- The visitor's book, one of which will be situated in the clubhouse and another on the shop counter of the foyer must be signed by all competitors, officials and visitors each day. For Victorian shooters an LRD attendance sheet will be made available next to gun check. Please fill in for all your matches.
- Yarra Pistol club is a SMOKE FREE club, including Carpark area as with grounds and all ranges and enclosed areas. Smoking is only permitted in the Designated Smoking Area at the rear of the clubrooms where a table, chair and ashtrays provided. It is your responsibility to ensure all butts are completely extinguished prior to leaving the area.
- Full metal-jacketed (FMJ's) and or Electroplated ammunition is not allowed on any Yarra Pistol club range under any circumstance.
- Firearms may only be uncased and cased at the shooting line and only at the direction of the Range Officer. Exposed firearms are not permitted behind the firing line. Safe areas are available on ranges 1-2, 3-4 and within the gun check area. These areas are to be used for any handling of uncased firearms. No ammunition is permitted in any Safe area.
- No competitor is allowed to remain in their bay on ranges 5 to 8 when range staff are downrange.
- All mobile phones and pagers must be turned OFF or set to VIBRATE only, before entering any ranges.
- Alcohol may only be consumed at the conclusion of the competitors program for the day and is restricted to the clubrooms and grassed area directly outside of clubrooms. Alcohol is not permitted on any range at any time. BYO alcohol is not permitted at any time.
- Yarra Pistol club is under constant video surveillance.
- Children under 12 must be supervised at all times.
- IMPORTANT NOTE: By entering this competition, you acknowledge that all results will be published on the VAPA, PA, YPC websites and facebook pages. You also acknowledge that video and your photograph may be taken during the competition and may be published on the Yarra Pistol Club, VAPA, SA or PA website/s and facebook page

ENTRY FORM

(Please print all details)

Entries close Friday, 1st March 2019

ENTRY FORMS SENT BY EMAIL WILL ONLY BE ACCEPTED IN PDF FORMAT!

Surname:			First Name			Male <input type="checkbox"/>	Female <input type="checkbox"/>
Address:							
Suburb:			State:		Postcode:		
Phone:	H:		W:		M:		
Email:							
Home Club					D.O.B: (Juniors only)		
Handgun Licence Number			Expiry Date				

MATCH DETAILS

Match	Open ¹	Junior ¹	WSPS	Certified Score ²	Match	Open ¹	Certified Score ²
25m Standard Pistol					Service Pistol		
25 Rapid Fire					Service Pistol Unrestricted		
50m Pistol					25yd Service Pistol		
25m Centre Fire					25m Black Powder		
10m Air Men					50m Black Powder		
25m Pistol ³					WA 1500 Revolver		
10m Air Women					WA1500 Pistol		

Note:

- Place an 'X' against the matches you wish to enter. Juniors may enter both open and junior matches where applicable, they will shoot once, their score being used to determine results in both the open and junior match.
- A certified highest score shot in the last 12 months is required for each match you wish to enter to enable squadding out if entries exceed range capacity.
- Only women may enter the open division of 25m Pistol.

VOLUNTEERS

Competitors will be squadded to assist with range duties. Please indicate your preferences:

Range Officer: ☐ ISSF ☐ Black Powder ☐ Service Matches ☐ WA1500

☐ Register Keeper ☐ Target/Changer/Patcher ☐ Caller

62nd ISSF & PA NATIONAL CHAMPIONSHIPS

12 – 21 April, 2019

SUMMARY OF FEES DUE

Registration Fee	Adult \$27.50 Junior \$16.50	\$ \$
Match Entry Fees	matches @ \$20.00 each	\$
Service/WA1500/BP Dinner	tickets @ \$50.00 each	\$
Main Presentation Dinner	tickets @ \$70.00 each	\$
Polo Shirts	shirts @ \$50.00 each	\$
Size(s) you require: Men's Women's		
	TOTAL AMOUNT PAYABLE	\$

All fees are inclusive of GST

Cheques / Money Orders must be made payable to **"Yarra Pistol Club Inc"**

Direct Deposit: BSB: 083-004 Acct: 20-365-3511

Account Name: Yarra Pistol Club

Lodgement Reference: Surname & Initial

Receipt No: (issued at time of EFT transaction)

Date:

(or attach copy of the receipt to the entry form; OR send an email with details to nationals19@bigpond.com)

PERSONAL DECLARATION

I,

(Name)

declare that I am a fully paid Financial member of Pistol Australia Inc. I understand the Conditions of Entry and agree to abide by them.

.....
(Signature)

.....
(Date)

CLUB DECLARATION

I certify that,

(Name)

is a member of the

(Club)

and that he/she is a current financial member of Pistol Australia, and that the scores that have been submitted are true and correct.

(Name of Authorised Club Representative)

.....
(Signature of Authorised Club Representative)

.....
(Date)

ENTRIES AND ENQUIRIES TO:

Neil Stewart

Organising Secretary

PO Box 2193

Melton South, Vic 3338

Email: nationals19@bigpond.com