



S.M.R.C.
1901



V.S.B.R.C.U.
1954



V.S.B.R.A.
1961



V.S.B.A.R.A.
1988



T.R.V.
1996



T.R.V.
2017

NEWSLETTER

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TRV STATE CHAMPIONSHIPS 2024

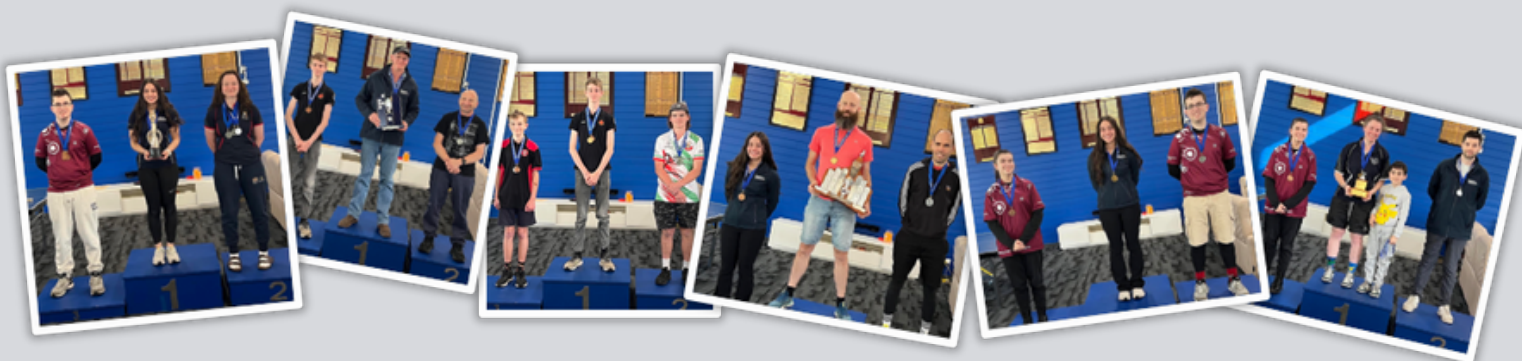
The 2024 Target Rifle Victoria State Championships took place at the Melbourne International Shooting Club on the weekend of May 4th and 5th, 2024.

This event was endorsed by Shooting Australia as a Tier 1 event and served as the final rifle selection match for the Junior World Championships.

We had good participation in most disciplines.

The weekend saw some outstanding shooting, particularly from the junior shooters.

Our Juniors set 10 new State Records.



New State Records

3 Position (3x20) Senior Open	Olivia Cartwright	575.21
3 Position (3x20) Senior Female	Olivia Cartwright	575.21
3 Position (3x20) Junior Open	Olivia Cartwright	575.21
3 Position (3x20) Junior Female	Olivia Cartwright	575.21
50m Prone Sub Junior Open	Darcee Young	584.3
50m Prone Sub Junior Female	Darcee Young	584.3
10m Air Rifle Junior Female	Olivia Cartwright	622.7
10m Air Rifle Sub Junior Open	Teeshita Ponipireddy	605.9
10m Air Rifle Sub Junior Female	Teeshita Ponipireddy	605.9
50m Benchrest Sub Junior Male	Alexandra Andrew	631.1



TRV STATE CHAMPIONSHIPS 2024 CONTINUED....

2024 State Champions

10m Air Rifle	State Champion	Elise Collier
	State Champion Junior	Olivia Cartwright
	State Champion Sub Junior	Teeshita Ponipireddy
10m Supported Air Rifle	State Champion	Val McCready
	State Champion Veteran	Val McCready
50m Prone	State Champion	James Daly
	State Champion Junior	Olivia Cartwright
	State Champion Sub Junior	Darcee Young
	State Champion Veteran	Claudio Romeo
50m 3 Position	State Champion	Olivia Cartwright
	State Champion Junior	Olivia Cartwright
50m Benchrest	State Champion	David Garrett
	State Champion Junior	Alexandra Andrew
	State Champion Sub Junior	Alexandra Andrew
	State Champion Veteran	John Hannigan

A full set of results can be found here:

<http://www.trv.org.au/results/2024/2024-StateChampsPart1Results.pdf>

Junior World Championships select standings can be found here:

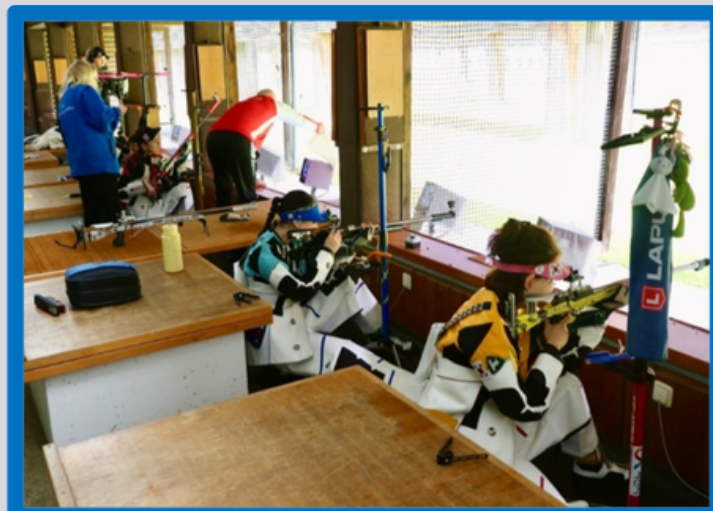
https://shootingaustralia.org/wp-content/uploads/2024/06/Selection-Rifle_2024_Junior-WCH-Peru_v16June2024.pdf

ATHLETE INSIGHT

My First World Cup

by Olivia Cartwright

After the selection events for the 2024 Olympics in Sydney and Adelaide, I secured the top spot in the women's 50m 3 Position event. This achievement earned me a place in the ISSF World Cup in Munich, my first ISSF World Cup. I was excited yet apprehensive, as this would be the most significant competition I had ever faced. In preparation, I dedicated many hours to training while juggling my academic and work responsibilities. Upon arrival, I spent considerable time practicing on the range, adapting to the new setup, particularly the prone position, which is shot on a fold-out table something I was not accustomed to doing.



Shooting alongside many accomplished athletes, including Olympians and those preparing for the upcoming Games, was a great experience. I was particularly excited to compete with individuals whose shooting journeys I have long admired. I was very nervous heading into the competition, especially after seeing the results from the air rifle event, where a score of 630.0 only achieved 26th place in the women's qualification and 23rd in the men's. I ended the competition with a personal best score of 576 with 22 Xs and was particularly pleased with my standing series of 193. Although this wasn't quite enough to advance to the qualification round, I was pleased with my performance. The day was quite windy, requiring me to carefully watch and adjust for the wind and manage my time effectively to avoid running out of it.

FRANKSTON PENINSULA TARGET RIFLE CLUB

We recently had the pleasure of showing our local State Member of Parliament, Paul Mercurio around the club. Paul used to be a pistol target shooter when he lived in Sydney and was very curious to come along and see what we do at our club. He was very interested to find out that we have been at our current location since 1971 as he had driven past on many occasions and had no idea that there was actually a rifle club here.

This was also a great opportunity to show Paul and one of his assistants, Lukas what we do and was quite impressed with the facilities hidden behind the clubroom walls as they did not expect to see the 50m range once we ventured out there. Paul was very interested in the recent installation of the Megalink Electronic Target system that was implemented with the help of gaining the government grant from Round 5 of the Shooting Sports Facility Program.

Both Paul and Lukas were up for some shooting so they both tried out their skills on the 10m Range with Support Air Rifle and then ventured out to the 50m range where they shot Prone, supported on the bench but still assuming a similar position whilst sitting. Paul did not seem to have lost any skills as he quickly found his mojo, whilst Lukas, who have never fired let alone held a firearm before certainly impressed our Club Captain Dean with great grouping on the 50m target.

They stayed for nearly an hour and half as well as discussions around our membership, other disciplines that we shoot at the club, different competitions that members participate in and even a mention of TRV and what we are trying to achieve in the way of a State Range.



Now we have all 16 bays of the 50m range set up which makes running a competition so much easier, prior to this we had six bays wired up for the Megalinks as well as the ability of running the full 16 bays with TRV's Meyton system which incorporated the cabling being 'hard wired'. On top of this we also now have the complete Air Rifle Range (7 Bays) equipped with the Megalink system which reduces consumables as these are all 3d-4 Laser type units. It is also possible now to sit in the clubrooms and have an idea what is happening out on the ranges with a shot-by-shot display on the screens.

FRANKSTON PENINSULA TARGET RIFLE CLUB CONTINUED...

With TRV's introduction of 20m Prone Electronic Pennant series this year, this has also given us the opportunity to set up a couple of units on our 20m range so that we can participate the competition for 2024 of which we have submitted two teams for.

This year we also celebrated our 70th Anniversary having started as a 20m range next to the Frankston Railway Station just like how the origins of many Melbourne Metro clubs began around this time. We have around 70 members at present ranging from 13 years old through to a youthful 87 years of age and encourage many members to try out and participate in different competitions whether they be Pennants, Postals or shoulder to shoulder events. There are many who regularly travel to support other TRV clubs and their events that they hold and always enjoy the social aspects after a day of competition has finished.

We are also looking forward to being the host range for Target Rifle Victoria's Inaugural RBA State Titles with five events on the program over the weekend at 25m & 50m.

For those of you who facebook, be sure to check out our page and give

HOUSE KEEPING

Here's a little bit of housekeeping. If you do that old thing called 'writing cheques' to TRV, please write the full name of Target Rifle Victoria on the payee line.

It becomes very complicated to lodge or cash cheques that only TRV; the bank will no longer accept TRV, so please clearly specify the actual name "Target Rifle Victoria".

In the same vein, when our clubs or members make a deposit into a bank or banking agency, please email treasurer@trv.org.au with a quick note explaining what the deposit is for. Sometimes, a deposit is made without indicating who it is from and what it is for. This makes it very difficult to reconcile bank accounts.

TRV RBA STATE CHAMPIONSHIPS 2024

The inaugural TRV State Championships for RBA took place at the Frankston range on the 22nd and 23rd of June. There were five matches in total, with two weight classes of Air Rifle and three of Rimfire.

During an RBA match, all competitors shoot their first 25 shot card before moving to the second relay. After that, they shoot the third and final card. This allows all competitors to experience different range conditions and locations throughout the day, creating a more varied and engaging experience.

One of the benefits of this format is the social aspect. Since everyone competes across the day, there is more opportunity for conversation and camaraderie among participants. There were six competitors for light air rifle with Annette Rowe winning with a score of 738.34 from Marise Maccora and Richard Lightfoot. Darcie George won the Junior Medal.

Annette won the heavy air rifle competition with a score of 730.17, followed by Dennis Peacock and Brian Kent-Hughes. Meanwhile, Darcie George emerged as the Junior champion once again.

Moving on to the first rimfire class, International Sporter, Annette secured another victory with a score of 747.48. Kai Matczak came in second, and Scott Kiddle finished third. Kai also claimed the junior championship title. Notably, Scott achieved a perfect score of 250 with 19 X for the second card of the match.

Fourteen competitors participated in the light rimfire match on Sunday morning. David Garrett clinched the victory with a score of 747.47, just one point ahead of Scott Kiddle. Henry Lieng secured the third position, while Darcie George won the Junior championship. During this match, David, Scott, and Marise each shot a perfect 250.

In the heavy rimfire match that afternoon, David Garrett emerged victorious once again, scoring 747.54. Richard Lightfoot secured the second position with a score of 747.49, and Darcie George finished third with 747.46. In a remarkable display of skill, six competitors achieved a perfect score of 250 in this match - two by Wayne Bastin and one each by David Garrett, Richard Lightfoot, Darcie George, Richard Andrew, and Henry Lieng. Darcie also claimed the Junior champion title, with Alex Andrew and Kai Matczak following close behind.

A Gold medal was also presented for each of the aggregates.

Air Rifle	Annette Rowe
Rimfire	Scott Kiddle
Grand Aggregate	Annette Rowe

I would like to express my sincere appreciation to the members of Frankston for their excellent presentation, catering, and support over the weekend. I would also like to extend my gratitude to the Range staff and the scoring team, including Richard George, Shane Langford, Bob Langford, John Hopkins, Ken Hart, Wayne Bastin, and David Garrett. Events like these wouldn't be possible without the invaluable assistance of dedicated members like them. You can view photos from the event on the Frankston Facebook page. I encourage you to take a look and consider joining us next year.

Dennis Peacock

COACHING

Jack Bale has been appointed our ISSF State Coach and is residing in Melbourne and doing the majority of his coaching from MISC.

TRV welcomes Jack, and TRV members can contact him via the state coach TRV email as shown on the website under admin. Clubs can contact Jack if they wish to organise any form of prone, air or 3P coaching.

A copy of Jack's resume to be found at the end of this newsletter.

TRV CLOTHING

TRV now has branded clothing available. If you wish to purchase any items please eMail secretary@trv.org.au with details of the items you want and the size.

Women's Sizes: 8, 10, 12, 14, 16, 18, 20, 22

Men's Sizes: S, M, L XL, 2XL, 3XL, 4XL, 5XL



Jacket	\$90.00
Vest	\$75.00
Beanie	\$20.00
Polo Shirt	\$45.00

CLASSIFIEDS

A junior shooter in the Port Fairy club is seeking to purchase a shooting mat. Please contact Julie Holcombe president@trv.org.au if you have one available.

Trevor Pearsell recently returned to Smallbore after a long absence. His TRV No is 34884. He wishes to advise all Victorian clubs that he is looking to purchase an Anschutz Prone Smallbore rifle. He previously had an 1811 which he now regrets letting go. Even big bore members may have a Smallbore rifle gathering spiderwebs somewhere. I appreciate any assistance you can provide. Cheers Trevor Pearsell trevor.pearsell@gmail.com

CONTACTS

TRV Council email contacts

President	- Julie Holcombe	president@trv.org.au
Vice President	- John Hopkins	vicepresident@trv.org.au
Secretary	- Janey Preston	secretary@trv.org.au
Treasurer	- Alison Caruana-Smith	treasurer@trv.org.au
Councillor	- Paul Allison	councillor1@trv.org.au
Councillor	-	councillor2@trv.org.au
Councillor	- Jim Hocking	councillor3@trv.org.au
Councillor	- Lindsay Robbins	councillor4@trv.org.au



JB

JACK HARRY BALE

PHD CANDIDATE & RIFLE SHOOTING COACH

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OBJECTIVES

I am a PhD student at La Trobe University interested in Ecological Dynamics Framework and its application to shooting in general. I am uniquely positioned to do this with a sports science background and extensive experience as an ISSF rifle shooter.

I shot for Great Britain at European Championships, World Cups, and the World Championships. I am actively applying my shooting knowledge by coaching ISSF rifle athletes in Australia, from athletes just starting to those aiming for success on the world stage.

SKILLS

- Biomechanics
- Ecological Dynamics
- Skill Acquisition
- Vicon
- MATLAB
- Coaching
- Physiology
- Strength and Conditioning
- Sports Psychology
- JASP – Statistics

EDUCATION

PHD – BIOMECHANICS • MAR 2023 - ONGOING • LA TROBE UNIVERSITY

- Impacts of task constraints on combat shooting performance through the lens of the Ecological Dynamics Framework.

MASTER OF SCIENCE – STRENGTH AND CONDITIONING • SEPT 2021 – OCT 2022 • NORTHUMBRIA UNIVERSITY (DISTINCTION, GRADE: 78%)

- Applied Strength and Conditioning – Followed the UKSCA practical coaching assessment (Module grade: 68%)
- Physiology of Strength and Conditioning – Working with a national category two cyclist, performing physiology testing and training advice. (Module grade: 64.4%)
- Research Processes – Preparation for my MSc dissertation. Research design and ethical considerations. (Module grade: 96%)
- High-Performance Coaching – Present a UKSCA-style case study and defend decision-making, presentation on a field hockey team. (Module grade: 65%)
- Contemporary Issues – Lab report on potentiation effects of different warm-up modalities (Module grade: 75%)
- Professional Practice – Developing a formal coaching philosophy of practice and gaining work experience. (Module grade: 68%)
- Dissertation - The Construct Validity and Reliability of the Scatt MX2 Opto-electric Training Aid in Elite and National Level ISSF Air Rifle Shooters. (Module grade: 88%)
- I am actively helping PhD students and lecturers with their data collection. This has been focused on Transcranial Direct Current Stimulation (tDCS), Transcranial Magnetic Stimulation (TMS), and Electromyography (EMG).

BACHELOR OF SCIENCE (HONOURS) • 2014 - 2016 • CARDIFF METROPOLITAN UNIVERSITY

- SECOND CLASS FIRST DIVISION
- Specialising in Biomechanics: Dissertation – Case study: Variability of an elite rifle shooter. I worked closely with my dissertation tutor Prof. Gareth Irwin using nonlinear dynamics and joint coupling to demonstrate the high level of movement variability in an elite athlete at the moment of taking a shot.
- Other modules included strength and conditioning, performance physiology, performance psychology, and coaching

TEAM GB

I competed for Team GB for four years in ISSF rifle shooting. I competed at World Cups, European Championships, and World Championships. I had multiple British records at this time and numerous international medals. I was British n.1 for 2+ years in Air Rifle shooting and was part of the world-class program in the GB Academy program.

- EMG
- TMS
- Force plate data collection.
- Eye Tracking
- Periodisation
- LinkedIn Recruiter
- Microsoft Office

I trained full-time, whether dry firing, SCATT, or live firing. This also involved strength and conditioning, specifically for rifle shooting. I have experience working with physiotherapists, university psychologists, and British Shooting psychologists. After 14 years of shooting, I have a vast knowledge of shooting drills and training methods built up from experience with a great range of top-level international coaches across Europe. I also aided the GB Junior team with specific strength and conditioning techniques to help them improve physically and reduce injuries. These included presentations highlighting the underpinnings of strength and conditioning and what would benefit rifle shooters according to the scientific literature. This also involved knowing the potential negative impacts of strength training on an athlete's technical shooting sessions.

WORK EXPERIENCE

RECOMMENDATIONS

Please view my LinkedIn for recommendations from previous clients.

CERTIFICATES

- Range office Certificate NSRA – 2022
- Club Instructor NSRA – 2022
- MATLAB Fundamentals Math Works – 2023

PUBLICATIONS

Bate, J.H., Wilkinson, M. Validity and reliability of an opto-electric training system in elite and national level ISSF air rifle shooters. *Sports Eng* 26, 27 (2023).

<https://doi.org/10.1007/s12283-023-00422-8>

SPORT SCIENTIST • PRO SPORTS LAB • JAN 2023 – MAR 2023

My role is to lead the delivery of Physical Performance Testing and research for athletes attending or associated with Pro Sport Lab and support the delivery of Training and Treatments to the wider program. This included individual sporting athletes, endurance athletes, and even creating bespoke S&C programmes for Red Bull Racing employees.

SENIOR RECRUITMENT CONSULTANT • NIGEL FRANK INTERNATIONAL • SEPTEMBER 2018 – OCTOBER 2021

My role was to recruit Microsoft professionals for our clients in Norway. I specialised in Azure and .NET recruitment. I dealt with the entire 360 recruitment process. This role required me to speak with Norwegian clients and candidates daily, adapting quickly to their culture and etiquette.

Achievements:

- Team Norway won the best team in the whole of EMEA. We hit the highest percentage of our target compared to any team in Europe.
- In my first 6 Months of Business Development, I had already acquired ten new clients.

I was the most senior member of Team Norway's Azure team, becoming the go-to person for questions related to this technology.

VOLUNTEER EXPERIENCE OR LEADERSHIP

STRENGTH AND CONDITIONING • GB TALENT SQUAD • 2018

My role was to screen the athletes and create tailored gym programs to help them in areas they were weak in and reduce the adverse effects of strength and conditioning on technical training. This included educating the junior athletes on the need for strength and conditioning.

I used fundamental movements screening which would highlight weaknesses. From this, a training program could address specific areas of weakness.

This also included educating the athletes, of varying gym ages, from total inexperience to moderate experience, on how to complete the programs. It was vital to demonstrate the movements and give them key focuses and safety advice, so they do not get injured. This all had to be done with no gym equipment to hand.

STRENGTH AND CONDITIONING INTERN • CARDIFF METROPOLITAN
UNIVERSITY RUGBY UNION • AUGUST – OCTOBER 2016

- Help the lead strength and conditioning coaches set up and run sessions for the rugby first team and aid other sports teams throughout the off-season.
- Working with and coordinating teams of over 40 high-performance athletes.
- Fitness testing and running large-scale sessions with very few coaches.
- Working in a fast-paced environment and working with multiple sports daily.
- Looking after the athlete's safety, whether equipment, fatigue, or technique