



The Gunroom

Good news at last - it's March and as well as better weather we can also look forward to the new season of Lincolnshire CPSA championship shoots which begins on 21st March with English skeet to be held at Nottingham and District Gun Club. Everyone is looking forward to a great new season, understandable when you consider the success of last season.

Words: Felix Bartlett

Top notch Tips from the top

There can be many reasons for rifle inaccuracy but let's not always blame it on the rifle itself or our own poor shooting. The problem could be with the ammunition.

Sometimes different weights of ammunition can play havoc with our shooting. Putting this right is not difficult. As part of your preparation, sort your ammunition by weight and manufacturer. First check that your ammunition all comes from the same batch. If it is from different manufacturers or different batches from the same manufacturer it will make a difference, however slight.

It might be wise to invest in a small set of scales and sort your ammunition by precise weight. It will save you having to stop and think while you are shooting properly so that on a shoot you are using all the same.

Preparation like this might seem boring and a waste of time but it is time well invested as the benefits can often be surprising.

Olympic costs shooting higher

The controversy over the selected venue for shooting events during the 2012 Olympics took a new turn a few weeks ago when British Shooting was told it will have to pay towards its own post-Olympic legacy if it wants to find a permanent home for ranges and electrical equipment used at the shooting venue at Woolwich in 2012.

The governing body, which had originally campaigned for a permanent legacy for the sport by holding the Olympic competition at its headquarters at Bisley, Surrey, has learnt that it will now have to find at least £400,000 if it wants to make long-term use of the temporary facilities that will be erected at the Royal Artillery Barracks otherwise those facilities will simply be torn down.

The figure is based on the Government's estimate of the extra cost of making facilities "relocatable", which it insists is not part of the existing Woolwich

budget. It would also cover the additional cost of purchasing rather than leasing certain pieces of equipment.

But the charge, which could be even greater depending on the amount of equipment to be passed on, has angered some within the sport who point to the permanent, multi-million pound facilities that sports such as cycling, athletics and swimming can look forward to inheriting after the Games.

"They're basically saying that if we want any legacy we've got to pay for it," said Glynn Alger, secretary general of the National Rifle Association and a British Shooting board member.

"They are spending what must now be approaching £60 million at Woolwich and for us to get a legacy we've got to pay money on top of that. That's not a true legacy, is it?"

There were a number of petitions presented to the Government to make Bisley the venue but it seems that all have fallen on deaf ears.

Trigger Freeze -

How hypnosis can help

We have all had the odd occasion when we have had problems pulling the trigger and thought nothing about it. But what happens when this becomes the norm and you just can't pull the trigger every shot?

The mind gets busy, asking the question, 'will I be able to pull the trigger on this next shot?' Then when the trigger freeze happens, you wonder why and hope it is ok for the next shot.

Maybe it is, and you shoot ok for a while, and all seems back to normal, and then it happens again! The more it happens, the worse it becomes, until the 'freeze' is so regular that it has turned into a really big problem.

Well, don't despair, there is a solution.

My explanation of what has happened is this. Imagine an electric cable that has developed a knot in it and you continue to use the appliance that it is attached to, but unfortunately as you use it, the cable overheats and becomes damaged where the knot is. So you keep wriggling the knot and the appliance works intermittently (not recommended for safety reasons).

This is a bit like the electrical message from your brain to your trigger finger, it has got tangled (we don't always know the reason why this happens) and not reaching the point that it should, when it should, and bingo!

You have trigger freeze.

There are different ways of sorting this problem, and I have had much success with shooters of all disciplines, one of whom has had the problem for fifteen years.

I always ask the client to bring their gun with them on the consultation, so I can check the angle of the hand hold and how the finger fits on the trigger.

Very often this is what has caused the start of the problem, and by correcting this area, we can make sure that the electrical knot stays unknotted, once we have unknotted it.

The next step is to check muscle tension in the neck and shoulders, and to bring to the client's awareness just how tight they have become, trying to make sure that they hold the gun tight enough to be able to pull the trigger.

Unfortunately, the tighter the muscles, the less likely they are to work smoothly and instantly.

The next step is to practice dry mounting and swinging through an imaginary target, and pulling the trigger as they pass that target, (I have loads of pellet marks in my kitchen wall!... just joking).

This then tells the unconscious brain that it is ok to pull the trigger, and it doesn't know that there isn't really a target to shoot at.

So, we are already putting into place the recovery and re-programming process for the new way of shooting.

A short hypnosis session ensues to permanently realign the electrical impulse from the brain to the trigger finger, and this completes the re-programming of the subconscious mind, remembering that this is the one that knows how to shoot. I ask the client to shoot a few clays, whilst in the trance state, and then add subliminal suggestions to rebuild their confidence and enjoyment of shooting.

For further information visit www.lesleygoddard.com



Our sights are on *North East Lincolnshire Target Club*

Athriving and much respected and valued shooting club, North East Lincolnshire Target Club of Bradley Village, Grimsby was formed in the 1950s by dedicated target pistol shooters under the name "Grimsby and Cleethorpes Pistol Club". In May 1997 it was decided to change the name of the Club to reflect the multi-disciplinary nature of target sports and to incorporate the name of the then new unitary local authority. The Club is approved by the Home Secretary, Humberside Police and the MoD and is a non-profit making members club affiliated to the National Rifle Association of UK and the Muzzle Loaders Association of Great Britain.

The club operated from a variety of sites, varying from quarries, the local TA HQ, old commercial buildings and even an old air-raid shelter, but made a decision to construct new purpose-built premises in 1992. The project was completed as a 'self-build' exercise between March '93 and May '95 thanks to the sterling efforts of a number of dedicated members. With the exception of the brickwork, plastering, floor screeding and tiling, these few members did all of the work themselves. The site is on a 125 year peppercorn lease from North East Lincolnshire Council and the premises are owned by the club members. Recently the Club signed a Range Affiliation Agreement with Killingholme Full Bore Club which grants access to their outdoor range and them access to the Bradley indoor range.

Within the extensive premises is another indoor range measuring 6 x 30 metres which provides seven bays for airgun shooting. The large, centrally heated, bar and lounge area is ideal for relaxing before and after shooting. Normal Club evenings are Mondays and Thursdays from 7.30pm to 10.30pm and Full Members have access every day.

Membership is open to everyone, but as you would expect for a gun club, careful assessment must be made of potential members. It is a Home Office requirement that every new member must be notified to the Police and the application form includes necessary questions regarding criminal records and mental health. All the details are available from club secretary Steve Davidson on 01469 515265 or by email to club.secretary@ntlworld.com