

***In order to succeed,  
We must first believe that we can.***

**Nikos Kazantzakis**



**WTSF Newsletter February 2016**

**Elena Allen on BBC Sport Wales**



Article on Elena was broadcast Friday 5<sup>th</sup> February

BBC iPlayer (Elena is 12mins into the programme)

<http://www.bbc.co.uk/iplayer/episode/b06zh6hd/sport-wales-05022016>

**British Shooting Target Sprint Event July 2016**

As reported in the last newsletter, meetings with ELEY and British Shooting these are on-going.

<http://www.issf-sports.org/news.ashx?newsid=1951>

International rules for Target Sprint

<http://www.issf-sports.org/getfile.aspx?mod=docf&pane=1&inst=290&file=ISSF Rules - ISSF Target Sprint - Edition 2016.pdf>

All the provisional events and dates are:

(Please note as these are test events some are by invitation only)

1. **Cheltenham College**, Glos – Thursday 17<sup>th</sup> March
2. **Leweston School**, Dorset – Wednesday 27<sup>th</sup> April
3. **Lincoln Castle Academy** – Lincolnshire – Wednesday 18<sup>th</sup> May
4. **Dalby Forest**, North Yorkshire – Saturday 11th June
5. **Leisure Live**, Surrey – Saturday 9<sup>th</sup> July
6. **Rugeley Shooting Club**, Staffordshire – Saturday 16th July
7. **Cardiff** – Welsh Shooting Association – Saturday 30th July  
Including October 2015 National Scout Championships Target Sprint finalists



**National Final – Cardiff – Sunday 31<sup>st</sup> July**

**Insurance for international travel.**

Important note to athlete's/coaches etc. travelling abroad.

During a training camp/competition one of our athletes was hospitalised.

- Just a note to the shooters who travel abroad, with circumstances that happened we cannot stress enough the importance of good travel insurance to cover all eventualities. The athlete was thankfully in possession of such a policy and the stay in a private hospital was covered by this.
- **If you are not already in possession of such a policy then please obtain one as soon as possible.**
- If not sure please contact your coach or [team.manager@wtsf.org.uk](mailto:team.manager@wtsf.org.uk)

## TIME LINE on Commonwealth Games

### **Gold Coast Operational Timeline**

- 2016
  - ❖ Gold Coast Selection standards agreed
  - ❖ Sports nominate Performance lead/coach to work with CGCW office for Gold Coast



Belmont Range at Brisbane (Gold Coast)

- 2017
  - ❖ Gold Coast athlete 'qualification' period starts January
  - ❖ Queens Baton Relay –September
  - ❖ Kit fitting end of September
  - ❖ Team Manager/Lead Coach training Gold Coast October/November
  - ❖ Nomination of athletes and team officials- by first week December
  - ❖ Selection Panel meeting second week December
  - ❖ NGB informed of selections
- 2018
  - ❖ Team announcements –(workshop with PR leads and ATOM)
  - ❖ Team Days
  - ❖ Team departs
  - ❖ Opening Ceremony April 4th

### **Transition to Durban 2022**

- Glasgow 2014 was the last 'free for all' Games where countries could enter most events and numbers were 'unlimited'
- Commonwealth Games is moving towards entry by performance ranking for Durban 2022
- Transition from now until 2022
- Gold Coast 2018 will see limits on overall team size. Team sports (already ranking only) Weightlifting and 7 Para-sports will have quotas
- Durban 2022 all sports, individual and team, will have quotas and selection will be on performance only. Athletes will win quota slots for their country
- CGCW will work with all sports to start the transition -mind-set and preparation, starting today.

### **Performance Standards**

- Transition to 2022 quota and limit on Team size plus desire from CGCW and sports to improve performance
- CGCW Board agreed to raise the nomination standard to Top 6
- CGCW will select all team officials –Sports nominate, CGCW selects
- Office will work with each sport in defining standard and how the move to quotas for 2022 will impact sports

### **CSF (ED) 23-25<sup>th</sup> September 2016**

Martin Watkins (Chair) has assembled a committee to oversee and manage the competition they are:

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| ❖ Martin Watkins Chair                | ❖ Paul Gray Fullbore            |
| ❖ Paul Donovan Finance                | ❖ Alan Green Air gun            |
| ❖ Paul Gumn Judges and admin          | ❖ Angie Oliver Shotgun          |
| ❖ John Dallimore Performance Director | ❖ Lyn Pritchard Smallbore Rifle |

A CSF(ed) participation form has been sent out to all the European Commonwealth Countries and entries will be judged on the returns from the participating countries.

### **Venues, CSF (ED) 23-25<sup>th</sup> September 2016**

Fullbore.	Bisley (Welsh Open) 27-28 <sup>th</sup> Aug	10 mtr	Sport Wales National Centre
Shot Gun.	South Wales 2000	50mtr	Tondu Target Shooting Club

## **2016 World Cup/ European Championship/ Selections.**

2016 Selections have not been made other than the European Air Gun Championships Gyor Hungary Feb 2016  
Mike Bamsey has been selected and is competing on February 27<sup>th</sup>.

### **Shotgun training**

- January is normally a quiet month for shotgun, but with the inclusion of the Malaga Grand Prix into the calendar, training starts early for a change. This year saw entries top 225 for the GP and there were notable successes from the Welsh shooters.
- Mike Wixey lying 3rd overnight and finally finishing 9th by count back, 2 targets away from the final is testament to his professionalism and training regime.
- Other successes were 14 year old Lewis Owen 6th in junior category, first in colts in his first major GP.
- Georgina Roberts took gold in the junior ladies category.
- Maverick Sherman and Marc Potts also picked up some class awards.
- Star of the GP was Katie Cowell who, overnight was only 2 targets behind the leader, 2015 world champion Fatima Galvez, a mediocre final round costing her a podium place.
  
- Also in action was Ben Llewellyn at the Miami cup in Florida, finishing 1 target off a final 6 placing against some stiff American competition.
  
- The academy has gone from strength to strength as can be shown by the results at the Malaga GP. The winners for supported places at the Cyprus GP were announced at the last session, not an easy job separating them, and there were obviously some disappointed faces, but I am sure this will spur them on to bigger and better things.  
The 3 winners were Katie Cowell, Marc Potts and Maverick Sherman. Congratulations to all the academy members on their achievements.
- Plans are well underway for the Cyprus GP with our agents busy on the case with flights and hotels. Future training camps are also in hand.

### **Fullbore**

Reported the recent weather is not good for long range shooting and fullbore squad are now training indoors on Scatt ready for the spring competitions.

### **Rifle and Pistol news**

Air Rifle and Pistol development competed first weekend of February in The Netherlands.

Results here.

<http://www.intershoot.nl/content/results-2016>

### **Disability matters.**

Update from Matt Goodwin with latest re Para Clay/IPC shooting:

Luca at FITAV had a meeting in Rome Jan. 16 with IPC Shooting. FITAV released its final draft proposal for classification and technical rules. IPC Shooting shall begin, starting from May, a consultation round among the shooting community and will ask for feedback. These documents shall then be considered as ready to be enforced and their official release will be jointly with the 2017 issuing of the new technical rules. In end October/beginning of Nov. 2016 Italy shall host another international Para-clay shooting event. IPC shall organize at the same time an international training course for classifiers.

### **Judges Corner.**

- In March, WTSF will host an ISSF Rifle Judging course at SWNC run by ISSF committee members David Goodfellow and Paul Gumn, <http://www.issf-sports.org/competitions/venue.ashx?cshipid=2361> This course is already proved popular and is over subscribed.
- Paul has just returned from New Delhi, having been Chairman of the Rifle Jury at the Asia Olympic Qualifying Competition.

### **Bio corner**

#### **Coral Kennerley Air Pistol**

Coral was born in Kenya and moved to Llanddeiniol a small village near Aberystwyth at the age of 3 months. She went to Ysgol Feithrin (nursery) and Ysgol Myfenydd primary school in Llanrhystud where she learnt to speak fluent Welsh, and continued with Welsh medium education in secondary school at Ysgol Gyfun Penweddig in Aberystwyth. Coral's first introduction to shooting was through the Pony Club Tetrathlon, which is shooting, swimming, running and horse riding. Scoring 1000 (maximum score) at a number of Tetrathlon competitions including at the National Championships, her shooting progressed from pony club shooting to ISSF 10m shooting at the age of 11, where her personal coach John Kelman encouraged her to take up shooting as an individual sport.



Coral's first time representing Wales was in 2006 at the 6 Nations competition in Belgium at the age of 12. Following this, Coral represented GB for the first time in 2010 at the age of 15 at the European Championships in Norway. Having represented GB for 6 years, Coral has competed in 5 European Championships, 2 World Championships and

numerous World Cups. Coral finished 13th at the Fort Benning World Cup in the USA in 2014. A notable achievement was in 2013, at the Australian Youth Olympic Festival where she won a silver medal in the 10m air pistol. More recently, representing Wales at the Commonwealth Games in Glasgow, Coral made final in the 10m air pistol and finished 6th.

In 2013 Coral began studying Mechanical Engineering at Cardiff University, which helped her shooting tremendously as she was only a walk away from the World Class facilities including the newly built air range and access to all the sport science support at Sport Wales National Centre. Coral has represented Cardiff University and the British Universities team at the World University Shooting Championships in Abu Dhabi in 2014 where she made finals for both 10m air pistol, finishing 5th and 25m sport pistol finishing 8th. She's also represented at the World University Games in Gwangju in 2015 in both events. During her first 2 years at University, she was awarded 'Fresher of the Year' and 'Sportswoman of the Year' by Cardiff Universities Athletic Union. Coral also represents the University at Swimming and Water polo and has been on the committee for 2 years. She was also part of the 'This BUCS girl can' campaign. Coral is now continuing to study at Cardiff University and does the majority of her training at Sport Wales National Centre working alongside the sport science team to develop new approaches to training for the sport, as well as travelling to and from Carmarthen for training with personal coach, John Kelman.

Wm. John Dallimore.

WTSF  Performance Director

