



People are not lazy. They simply have impotent goals - that is, goals that do not inspire them.

*Tony Robbins*



## WTSF Newsletter May 2017

### Commonwealth Games Wales Sports Forum April 2017

- Introduction to team
- Information update

### Meet the Wales GC2018 managerial Team

- Nicola Phillips Chef de Mission
- Gerwyn Owen General Team Manager - Performance (Deputy CDM)
- Ashleigh Crowter General Team Manager - Communications
- Gareth Jones Chief Medical Officer
- Sian Knott Head Physiotherapist Senior HQ Team
- Cathy Williams General Team Manager - Operations
- Cath Shearer Sports Science co-ordination/performance support

### Mission

1. To be the best prepared Welsh Commonwealth Games Team for a Commonwealth Games overseas
2. To inspire through our performance

- **Travel** UK to Australia London Dubai Sydney, Brisbane :
- **Entry to Australia** via Brisbane.
- **Operations. Prep Camps. Anti-Doping.**
- **Athletes Village. Leisure wear (Canterbury). KIT.**
- **Parade wear & Competition kit.**
- **ATHLETE SUPPORT.**
- **ACCREDITATION.**
- **Ticketing.**
- **Telecommunications.**
- **Local Travel Brisbane – Gold Coast.**
- **Welsh Centre**

### April Newsletter from Gold Coast – link



GC2018 CGA  
Newsletter - April Edit

### CSF Information

Currently the published programme is the only information available on the CSF/CG Test Event to be held in Brisbane November 2017.



YOG CSF and OSF  
Championships 2017 I

## British Shooting Information GBR selections to date

### Munich Air Gun January

**Coral Kennerley** Women's Air Pistol

### New Delhi World Cup February

**Ben Llewelin,** Men's Skeet

**Sarah Wixey,** Women's Trap

**Mike Wixey,** Men's Trap

**Sarah and Mike Wixey,**

Also, competed in the New Trap pairs event

### Dortmund ISAS March

**Sian Corish** Women's 10m R, 3x20 and Prone.

**Richie Lay** Junior Men's 10m Rifle

### Acapulco World Cup March

**Sarah Wixey,** Women's Trap.

**Ben Llewelin,** Men's Skeet

### Berlin IWK April

**Richie Lay** Junior Men 10m, 3x40 & Prone

### Cyprus World Cup April

**Ben Llewelin,** Men's Skeet

**Elena Allen** Women's Skeet

**Sarah Wixey,** Women's Trap

**Mike Wixey,** Men's Trap

### Munich World Cup May

**Coral Kennerley** Women's Air pistol

**Emily Shawyer** Women's Air Pistol

Over the last few weeks our athletes have been busy in training and competition

- Shotgun athletes –

Several training days and competitions at the excellent shotgun facilities at Griffin Lloyd and South Wales 2000. March and April is the beginning of a busy time for shotgun disciplines with selections for both domestic international and GB teams.

Ben Llewelin top scored the Welsh OSK selection in Telpyn with a a score of 120/125 and followed this the week after at the first GB selection and UK Championships in Bisley where he top scored qualification with 124/125 setting a new British record. He went on to win the final by a convincing margin to head the ranking points

At the same event Elena Allen made a welcome return after a sabbatical following Rio 2016 to take runner up place in the UK Championships

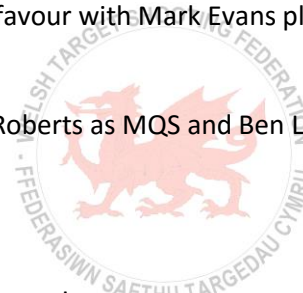
The following week saw the trap discipline arrive in droves at Griffin Lloyd for their UK championships. Sarah Wixey took maximum points from the selection after a thrilling final with Abbey Ling.

Young Katie Cowell has regained form and took Gold medal at the recent OT Welsh selection in SW2000. The men's qualification was topped by 15-year-old Lewis Owen with a fantastic 118/125. The gold silver stage of the final was a repeat of the previous shoot but the result this time going in Scott Morgan's favour with Mark Evans placed silver and Marc Potts bronze.

World cup representation in India was Mike and Sarah Wixey with Georgina Roberts as MQS and Ben Llewelin in Skeet

Sarah also attended Acapulco World Cup

Sarah Wixey and Mike Wixey competing in Cyprus World Cup later this week



- **Rifle & Pistol athletes –**

At Gibraltar, Hannover, Dortmund, North Wales Airgun, Long Ashton Bristol, Scottish Airgun open. USA Spring selection trials, Bisley.

- **Fullbore athletes –**

Have just started competition season

Robert Oxford winning the first major event of the Season “Army Open” at Bisley over all the Queens Prize distances

### **ParaTrap update May 2017**

GB selections are underway, the cut off for GB team consideration scores has been extended a month to the 1st of July.

Details of the first IPC Para Trap World Cup released here: <https://www.paralympic.org/shooting/2017-world-cup/lonato>

The standard in GB has stepped up a gear with some fantastic scores going in. Currently two Welsh shooters in the running for a place in the seated category. Mat Goodwin and Anthony Evans. Still waiting for the definitive rules and classifications from the IPC.

Mat Goodwin won the DSG/Edgar brother Olympic trap challenge cup (seated) for the third time at Nuthampstead with a 93x100, which was good enough for 3rd overall in the able bodied against some very well known trap shooters.

At the first GB OT selection/ UK championships at Griffin Lloyd Mat recovered from a shaky start to win the Gold medal in the seated category.



Mat Goodwin

### **Judges Corner**

Following the publication online of the 2017 ISSF Rulebook, it should be noted that there is now a version 1.1 that can be downloaded from the ISSF Website. This new version has a few necessary amendments.

Paul Gumn has returned from running a successful ISSF Judges Course for Rifle & Pistol in Jakarta, Indonesia. Following ISCH in May, he will be travelling to Bhutan in the eastern Himalayas, to run a Rifle Judges Course.

ISSF 2017 rule book [http://www.issf-sports.org/theissf/rules/english\\_rulebook.ashx](http://www.issf-sports.org/theissf/rules/english_rulebook.ashx)

Amendments and Interpretations [http://www.issf-sports.org/theissf/rules/amendments\\_interpretation.ashx](http://www.issf-sports.org/theissf/rules/amendments_interpretation.ashx)

John Dallimore.

WTSF  Performance Director

