



**GREAT BRITAIN
RIFLE TEAM
CANADA 2013**

GREAT BRITAIN RIFLE TEAM CANADA 2013

(on a cold and wet March Bisley Training Weekend)



The following were absent on international duty



Nigel Ball



John Deane



Jonny Borland



Jon Underwood



GREAT BRITAIN RIFLE TEAM CANADA 2013

Captain	Chris Fitzpatrick	Ireland	Oxfordshire
Vice-Captain	Chris Hockley	Wales	Oxfordshire
Adjutant	Richard Jeens	Wales	London
Main Coach	Nick Tremlett	England	Berkshire
Team Members	Gary Alexander	Ireland	Tyrone
	Nigel Ball	England	Norfolk
	Andy Barnes	England	Hertfordshire
	Jonny Borland	Scotland	East of Scotland
	David Calvert	Ireland	Ulster
	John Deane	England	Gloucestershire
	Rupert Dix	England	Somerset
	Henryk Golaszewski	Wales **	South Wales
	Alastair Haley	Wales **	Gloucestershire
	Stephen Penrose	England	Essex
	Iain Robertson	Scotland	Oxfordshire
	Mick Silver	England	Oxfordshire
	Jeremy Tuck	England **	Surrey
	Jon Underwood	England	Surrey
	Dominic de Vere	England **	London
	Steph Ward	Wales	Gloucestershire
Reserves	Jack Alexander	Ireland	Tyrone
	Richard Birtwistle	England	Hampshire
	Alastair Brown	England	London
	John Lindsay	England	Essex

**

New Cap





CLARENCE HOUSE

As President of the National Rifle Association, I am delighted that the Great Britain Rifle Teams continue to compete strongly throughout the Commonwealth and beyond. These exchanges do much to cement relationships and understanding between countries, forged through a shared history and culture. Added benefits include the broader personal perspectives which arise from experiences in the international arena and the friendships which grow from a mutual commitment to amateur sport in its purest form.

It gives me great pride to see such a strong team leave these shores, and I have no doubt it will be shown a warm welcome by its Canadian hosts, as well as challenging competition on the ranges. I am particularly pleased to learn that the team has a balance of youth and experience and this will no doubt be a wonderful opportunity for the older shots to pass on their knowledge to the next generation and to ensure that the high standards of the Great Britain Rifle Team are maintained in the future.

I wish the team every possible success and all participants the very best of luck, and look forward to hearing all about the tour on its completion.

Chasely



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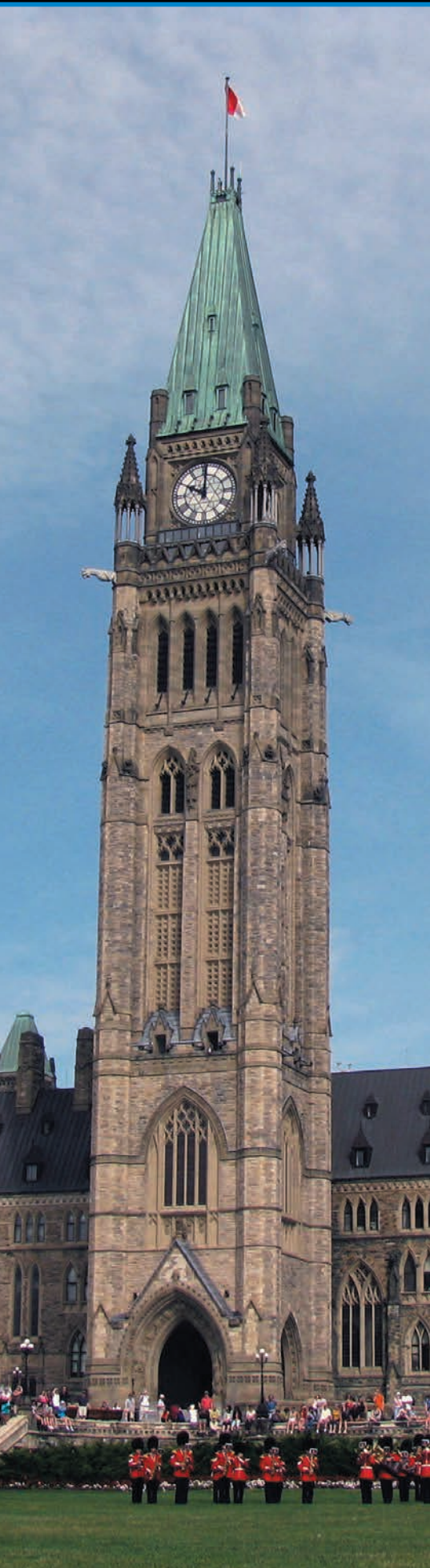
HPS wishes the Great Britain Rifle Team Canada 2013 every success in all their matches!!

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August 2013

Tue 13th		Depart London 1815 for Montreal BA095
Wed 14th		Team preparation & kit check
Thu 15th		Free Day
Fri 16th	am	Practice
	pm	Sierra Canadian Long Range Challenge (800m & 900m) The Ottawa Regiment (800m)
Sat 17th	am	The Gooderham (900m)
	pm	Sierra Canadian Long Range Challenge (900m & 900m) The Army & Navy Veterans (900m)
Sun 18th	am	The Tilton (300m & 600yds)
	pm	The Macdougall (300m & 500yds)
Mon 19th	am	The Norman Beckett (300m) Col John Brick (500yds)
	pm	The Norman Beckett (800m) Col John Brick (600yds)
Tue 20th	am	The Letson (300m & 500yds)
	pm	The Coaches Match (900m) The Letson (600yds) Alexander of Tunis (900m)
Wed 21st	am	The Presidents (300m & 500yds)
	pm	The Presidents (600yds) The Gibson (800m)
Thu 22nd	am	The Gibson (300m & 600yds)
	pm	The Outlander Team Match (600yds & 900m)
Fri 23rd	am	The Gatineau (900m)
	pm	The Commonwealth Team Match (800m & 900m)
Sat 24th	am	The Canada Team Match (300, 500 & 600yds)
	pm	The Governor General's Final (800m & 900m) Prize Giving
Sun 25th		Tidy & pack up before departing for London
Mon 26th		Arrive Heathrow 0935 BA094

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and
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to the Great Britain
Rifle Team
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It is a really great honour to be Captain of this Team. I have achieved a number of individual successes in shooting over the years but to bring a Great Britain Team to Canada is undoubtedly the highlight of my shooting career.

The competition between our Countries at Target Rifle Shooting has been long and remarkably close and since the inception of the Canada Match and the Commonwealth Match, both in 1931, the results are very balanced. What is also so impressive is the manner in which the competition takes place. There is no doubt that both sides wish to succeed. Indeed a great deal of effort goes into choosing the right team, giving those individuals the best training and motivation in order for them to come to their peak at the time of the matches. However it is the conduct of the matches that is so gratifying. The teams trust the markers to do a good job and the teams are happy to let their opponents take their own scores. It is hard to imagine many other sports, particularly at International level, where this level of trust and goodwill is displayed. A great shame our principles are not always followed in all other walks of life.

Bringing this Team to Canada has been very expensive. It is not an Olympic sport so we do not get funding from the British Government, but we have received a grant from NRA Overseas Team Fund for which we are truly grateful. I would also like to thank the generous support of our sponsors, many of whom have taken out adverts in this Brochure, please support them as they have supported us. Thanks also to Martin Townsend and to Karen Robertson, who has freely given her time and skills in the publishing of this Brochure.

Please follow our progress on the website <http://gbrtcanada2013.org.uk>

Chris Fitzpatrick

Team Captain



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I am delighted to be able to write this foreword for the Great Britain Target Rifle Team to Canada in 2013 and I warmly welcome this year's Team, Captained by Chris Fitzpatrick.

I have always had great pleasure in meeting the challenging Teams whether it has been here in Connaught or at the Canadian Pavilion at Bisley. Having watched these matches take place I know how close the competition is and how hard fought they are. I also see how beneficial they are in renewing old friendships and making new acquaintances.

Our two Nations have been competing at Target Rifle Shooting since 1872. We must focus on developing our youngsters so that these competitions continue into the distant future.

Although I cannot be with you in person, I wish the team members good luck and good shooting during your visit.

Yours sincerely,

A handwritten signature in black ink that reads "L. M. Stewart".

Liliane M. Stewart
DCRA Life Governor

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Nick Tremlett - winner of the State President's and HM Queen's Prize in 2009.



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THE HISTORY OF THE CANADA MATCH

The Trophy

The Canada Match is a Challenge Cup presented by The Canadian National Railways 1931, for competition between teams representing the Mother Country and Canada at the Annual Prize Meeting of The Dominion of Canada Rifle Association.

The trophy is a Sheffield Sterling Plate Bowl style cup with two handles, a lid on which stands a Victory Figure, a long stem tapering to a tiered and flared base. With the lid in place the trophy stands 657 mm high, 430 mm across the handles, 280 mm in diameter at the top, 178 mm in diameter at the flared base. The Trophy stands on a wooden base which is mahogany in colour and which measures 134 mm high and 330 mm square.

The History

In 1931 Great Britain sent a rifle team to Canada under command of Sir Lionel Fletcher, CBE to compete against Canada's best marksmen at the Annual Prize Meeting of the DCRA. Prior to that year no International team matches were included in the regular schedule of events. It was considered fitting therefore that a short range event following the traditional Conditions prescribed for "The Kolapore" at Bisley be introduced. The conditions called for teams of 8 marksmen each firing two sighting shots and ten shots for record at each of 300, 500 and 600 yards within a specified time limit. The match was titled "The Canada Match" and with the assistance and generosity of The Canadian National Railways, the Canada Trophy was placed in competition.

Match Conditions

The Canada Match is always shot in Canada, by a team of 8 firers. Each shooter fires 2 sighters and 10 shots to count at 300, 500 and 600 yards. In 2012 Great Britain scored 1200 with 156 v-bulls out of 1200 with 240 v-bulls, breaking the previous record of 1199 set in 2007. This is the first time any team has achieved a maximum score in an international team match (*photo below shows the Captain Jeremy Langley with the trophy*). The highest individual score is 150 with 28 V bulls by David Luckman (Great Britain) in 2007.



GREAT BRITAIN RIFLE TEAM 2013

<http://gbrtcanada2013.org.uk/>



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David Luckman, winner of the Governor General and the USA Championships 2012



Chris Watson with JJ Jackson, owner of Lone Star and his tie-shoot target

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The GB Rifle Team 2012, winners of the Canada Match with a record score of 1200 ex 1200

THE HISTORY OF THE CANADA MATCH

Previous Winners

1931	Great Britain	1973	Canada	1992	Great Britain
1937	Canada	1974	Great Britain	1993	Canada
1939-49	Not Shot	1975	Canada	1994	Great Britain
1950	Canada	1976	Great Britain	1995	England
1952	Great Britain	1977	Great Britain	1996	Great Britain
1954	Great Britain	1978	Great Britain	1997	Canada
1956	Great Britain	1979	Canada	1998	Great Britain
1957	Great Britain	1980	Canada	1999	Canada
1958	Canada	1981	Canada	2000	Great Britain
1960	Canada	1982	Australia	2001	Canada
1962	Canada	1983	Canada	2002	Great Britain
1964	Canada	1984	Canada	2003	Canada
1966	Canada	1985	Canada	2004	Canada
1967	Great Britain	1986	Great Britain	2005	Canada
1968	Canada	1987	Australia	2006	Great Britain
1969	Canada	1988	Canada	2007	Great Britain
1970	Great Britain	1989	Great Britain	2010	Canada
1971	Great Britain	1990	Canada	2011	Great Britain
1972	Great Britain	1991	Great Britain	2012	Great Britain*

* Current Record (1200.156 ex. 1200.240)

Match results listed are those where a GB or Home Countries team were present.



Captain: Chris Fitzpatrick (GM SM)

Chris is delighted to be returning to Canada as Captain of this team. Now retired, he has been forced to accept being the youngest at heart, rather than the youngest on the team, is as good as it gets.

Chris started shooting at school and represented the UK (Atheling) Cadet team back in 1967. That was also the first year he shot for Ireland. He is pleased to say that he still does shoot for Ireland and was a member of the very, very happy team that won the National in 2002. Chris first represented GB on the Canada Team in 1975 and was back with the Palma Team in 1982.

Before retiring in 2011, Chris' career was in flying, the majority of the time in the RAF but later with EasyJet.

Vice-Captain : Chris Hockley

Chris Hockley is the Vice-Captain and has been a stalwart of GB, Welsh and RAF teams in the UK and abroad for a number of years. He has toured to all of the major (and most of the minor) shooting destinations, usually as Manager, Vice-Captain or Captain of the team. His individual highlight was his bronze medal in the 1998 Commonwealth Games in Malaysia.

In the 2006 GB Team to South Africa the two Chris's roles were reversed with Chris Hockley as Captain and Chris Fitzpatrick as Vice. Chris H is delighted to be supporting the Captain and hopes he provides as good a service to Chris Fitzpatrick as he did for him.

An engineer, Chris retired from the RAF in 2003 after 35 years and has since joined the world of academia, working for Cranfield University lecturing on Reliability and Maintainability. I am sure it is relevant to the aim of this team.

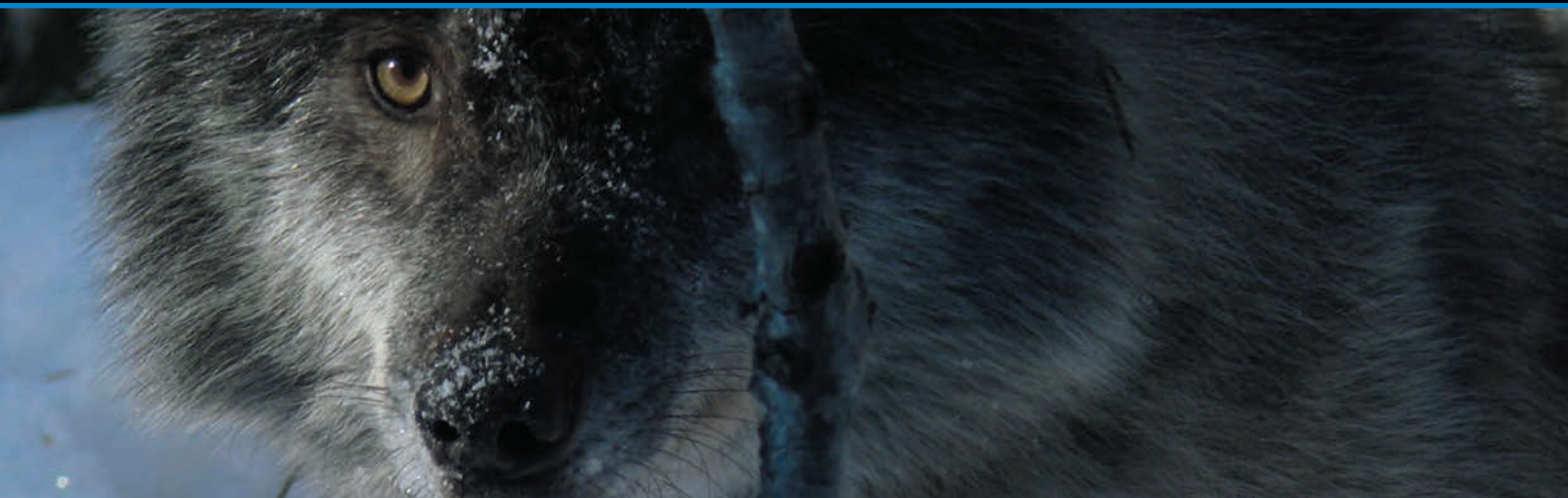


Adjutant : Richard Jeens

Richard started shooting at Marlborough College but really discovered the joys of target rifle shooting at Cambridge. Since university, he has progressed via the County of London and GB Under 25 teams to full international honours for Wales, with 10 appearances in each of the National and Mackinnon matches, and for GB as a member of the winning 2007 and 2011 Palma teams.

This is his 11th overseas tour, and fifth with GB, having previously had the privilege of shooting in Australia, Canada, the Channel Islands, South Africa and New Zealand. As a very steady rifle platform, the success enjoyed by each of those teams in their respective main tour matches takes pride of place, even though individual victory in the World Individual Long Range Championships in 2011 shows that occasionally he can read his own wind quite well.

Away from the range, Richard works as a solicitor in London.



Chief Coach: Nick Tremlett (GM)

Nick is the Chief Coach on the team and brings a unique blend of experience, good humour and cookery skills. He first learned to shoot at Bradfield College, being attracted to a sport that involved lying down. An Atheling in 1976, he spent six years at Cambridge, and made the first of his 11 GB teams to date in 1983. Since then he has toured to USA, Zimbabwe, South Africa, Germany, Channel Islands and Australia.

Nick is perhaps primarily known for his match rifle prowess. He has been an instrumental part of all GB match rifle teams in the UK and abroad, has won the Hopton five times and is the current captain of the English VIII. He has also had some success with a target rifle. He has 39 'Big 5' appearances for England and Great Britain so far, including three Palma matches, and won Her Majesty the Queen's Prize in 2009.

Nick is senior partner in a large veterinary practice, which, by pure chance, is only a short distance from Bisley.



Gary Alexander

Gary (optometrist and company director with Specsavers) is now entering his fifth decade of shooting. He started at the Royal School Dungannon in Northern Ireland aged 12 and has not missed an Imperial Meeting since.

This will be his sixth visit to DCRA where the hospitality and friendships are as keen as the shooting and as warmly anticipated.

Outside of Bisley, Gary coaches the Wiltshire army cadet team and takes any opportunity to fit in a bit of game shooting ("though I have got to get fitter before I go walked up grouse shooting again")! Scuba diving has become a big passion under the guidance of partner Zoe and the time off work is beginning to stretch under pressure from shooting tours and diving trips.

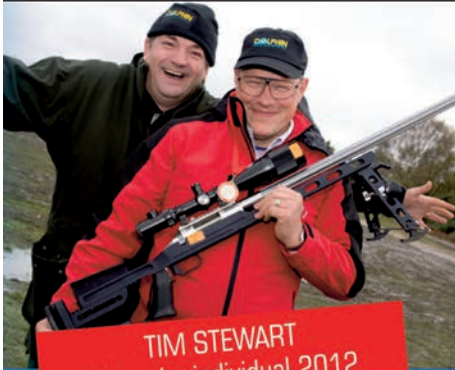
Nigel Ball (GC SC SM QM)

Nigel has been around the shooting scene for several years now both as a Service Rifle shooter during his time in the Royal Navy and more recently as a Target Rifle competitor. He now uses this experience to train the next generation of marksmen and women as Shooting Master at Wellington College in Berkshire.

His first GB target rifle team was to Canada in 1991 and this will be his 11th visit to the DCRA meeting. Other tours include visits to Zimbabwe, South Africa, USA, Australia and New Zealand; there are still some countries that elude him.

Nigel has a selection of Grand Aggregate crosses, George's Final badges and Queen's Final badges but enjoys shooting big team matches most. He has been involved with GB Palma teams for the last 10 years and ranks them as the ultimate team shooting experience but any chance to represent his country is an honour he will readily accept.





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Andy Barnes

Andy or 'Turbo' as he is mostly known around Bisley Camp (why? If he knows he's not saying!) began his shooting career in 1981 at Bedford School. During the intervening years, he has only missed one Imperial Meeting and has had a sprinkling of individual successes having won the Donaldson Memorial, Wimbledon and Stickledown, as well as representations for England in the National and Lawrence matches. He is a 'born again virgin' when it comes to GB tours, his first having taken place exactly 20 years ago to South Africa.

Turbo is the long suffering secretary of the Bedfordians Rifle Club, a job he describes as trying to herd cats! In order to try and find some relaxation from organising his fellow club members, Andy recently switched counties to shoot for Hertfordshire, something he wishes he had done earlier (but they possibly don't?).

A keen fisherman when away from the range, Andy works as a business manager for a pharmaceutical company and is married with two daughters that keep Dad's Taxi Service running 24/7.



Jonny Borland

Jonny was first trusted with a rifle at Dollar Academy in 2001. Since then he has shot around the globe including the 2007 World Championship in Canada as part of the winning GB Under 25 team, where he also finished seventh in the Under 25 World Championships. A regular in the Scottish team since 2002, he helped them retain the National in 2011 and in 2012 was part of the team that set a new Scottish record in the Mackinnon. This is his second GB cap and fourth tour to Canada, where he is looking forward to being reacquainted with Dairy Queen as well as playing Big Buck Hunter. Jonny is also training in the Scotland High Performance Squad towards the Commonwealth Games in 2014.

Jonny works for a private equity firm in Scotland and spends most of his nights at the Institute of Sport being 'encouraged' by his coaches. When not on the range or in the gym he'll probably be standing near something delicious smelling and looking.

David Calvert (GM SB3 SC CGM2 CGC)

David started fullbore target rifle shooting in Northern Ireland at Campbell College School, Belfast in 1965. His first international team experience followed three years later with Ireland, which he has represented over each of the past 45 years. This will be his sixth GB team tour to Canada; his first being in 1975 when the accommodation was in tents on the range. It was a further 15 years until he toured with GB again (due to work commitments not the tents!). He has been making up for lost time, touring with GB teams most years since 1990, variously as shooter, coach and captain. David has now represented GB on around 40 occasions, both at home and abroad; mostly in Target Rifle, but also in the Service Rifle and Match Rifle disciplines.

David's connection with Canada is not confined to shooting tours; his Grandfather farmed near Winnipeg in the early 20th Century before joining the Canadian Army and fighting at Ypres in the Great War. Things might have been very different . . .





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John Deane

John started his shooting career at Cambridge University, and having been “bitten by the bug” hasn’t missed a NRA Annual Prize Meeting for the last 41 years! He worked as an engineer and manager in the Defence and Aerospace industry taking early retirement in 2008. Now employed as a Research Fellow at the wholly postgraduate Cranfield University, he fortunately has enough flexibility to pursue his shooting and other interests including flying for which he has now after a long gap reinstated his Private Pilot’s Licence.

Although having been shooting for a long time, it was only in 2000 that he first qualified for the Queens Prize Final at Bisley. He has now had seven appearances in the Final, has represented England in the National three times and Great Britain twice before, including a tour to South Africa in 2006. This will be John’s fourth visit to shoot the DCRA meeting. He first came with the Great Britain Team in 2010 and then as an individual in the following two years winning the Norman Beckett competition in 2011. He will look forward to meeting his Canadian friends again in Ottawa.



Rupert Dix

Rupert (“Roo”) started shooting fullbore in 1985, aged 14, at RGS Guildford, continuing at Leicester University where he captained the team. He is now a regular Somerset County shot, where he acts as Treasurer and Vice-Captain.

This will be his fourth GB tour and his third to Canada. Previous tours have included top scoring for GB in the Protea Match (South Africa 2006), winning gold and setting a new record in the America Match (Canada 2006), winning gold and setting a new record in the Palma Match (Canada 2007). He is very much looking forward to returning to Canada this summer, playing his part both on and off the range . . . providing a social stimulus when requested by the Management!

Roo’s other major interest is rock climbing and mountaineering, with many months spent overseas on various trips and expeditions. He has missed only one Imperial Meeting – in 2010 – since his first in 1988, to test the limits on an 8000m peak – Gasherbrum II – in the Karakoram range in Northern Pakistan.

Henryk Golaszewski

Henryk started shooting small-bore and fullbore at age 14 as an Air Cadet in 1344 Cardiff Squadron. Since then, he has shot for GB Under 25 (2010, 2011), on tour in Canada with the Athelings (2006), the Channel Islands (2007, 2012) and South Africa (2009) with Wales, and to the Channel Islands with the NRA team (2010).

He entered his first Imperial Meeting in 2003, and won the Young Riflemen’s Aggregate in 2004. After representing the UK Cadets between 2004 and 2006, he went on to shoot for Wales from 2006 and has been on the National and Mackinnon teams ever since. In 2008, he came second in the European Long Range Championships and was a reserve for Wales in the 2010 Commonwealth Games.

In 2011, Henryk graduated from the University of Glamorgan with a BSc (Hons) in Aircraft Maintenance Engineering. He currently works for British Airways Maintenance Cardiff as an Aircraft Mechanic on the Boeing 777 fleet. He is continuing his studies to become a licensed engineer. In his spare time, Henryk is a Flight Sergeant at 1344 (Cardiff) Sqn ATC and enjoys skiing and scuba diving.



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**The Bisley V Club congratulates
Henryk Golaszewski on his
selection for the GB Rifle team.**

**We wish him and all the Team
an enjoyable and successful tour
to Canada in 2013.**

The Bisley V Club supports young full-bore shooters by organising the Schools & Cadet Long Range Target Rifle Match (usually the last Thursday before the Cadet meeting in July), and by offering scholarships from our Freddy Payne Memorial Fund to those in need of financial help in applying for their first Great Britain Rifle Team tour.

Future GBRT Captains should contact The Bisley V Club via
jdwarburton@btinternet.com and dereklowe2008@googlemail.com



Alastair Haley

Alastair shot small-bore very briefly at the tender age of 8, but his shooting career didn't really get going until his time studying Engineering at Southampton University. Finding the sport much more relaxing than studying, he spent four years shooting, and captained the university rifle team from 1999 to 2000. On leaving university in 2002, he was persuaded to take up fullbore and has never looked back. He has competed at County level for 10 years, and has shot eight National Matches, and seven Mackinnon Matches for Wales. He was narrowly beaten to a Queens Silver Medal by fellow team-mate Jon Underwood a few years ago, and has ambitions to even the score . . .

This will be his sixth overseas tour and his second DCRA meeting having toured there with the Welsh Rifle Team in 2007.



Stephen Penrose

This will be Stephen's fourth shooting tour to Canada. The first trip was as an Atheling in 1976 along with team-mate Nick Tremlett. Having then not made it back to Canada for 26 years this will be his third trip in just eleven years. Stephen first started shooting at Rugby School – the home of Rugby Football. He then went to Cambridge University where he managed to change course enough times to ensure he got in plenty of practice. This will be his tenth international tour with either a GB or England team. Over the years he has shot in all the major team competitions and has had the odd spot of luck in individual competitions as well – winning the State President's Prize at the South African Championships in 1999.

Stephen is a veterinary surgeon by profession and is a partner in a small-animal practice in Colchester. He is a keen skier and enjoys travelling with his wife Kate and their three children (sorry – young adults!).

Iain Robertson (SM SB)

Iain discovered both fullbore rifle shooting and Bisley when his Station team entered the Royal Air Force Skill-at-Arms Meeting in 1979. Iain managed enough in the TR event to tie-shoot for the Karachi Cup – the RAF TR Tyro trophy. A nice bloke who seemed to know what he was doing lay down behind to keep score and, Iain having duly lost the tie-shoot, nice bloke grasped Iain and said "I have a club you need to join young man." With these prescient words, Chris Fitzpatrick led a young and innocent student pilot into a whole new world.

Thirty-three years later, Iain has travelled with the RAF, Scotland and Great Britain to a dozen countries on approaching forty occasions. Along the way Iain has collected six Queen's badges (plus a few away from Bisley), a gorgeous wife, a home at Bisley, an appointment as Captain of Great Britain and a job at the NRA on leaving the RAF.

This will be Iain's seventh tour to Canada, including with GB in 2002 and with Scotland in 2005. Given the competition, the company and the cuisine (donuts, steak, waffles, maple syrup and iced coffee all come to mind), it will not be the last!





Mick Silver (QM)

Mick spent 43 years in uniform in the RAF Regiment finishing as a Warrant Officer. He is now semi-retired and working in security at RAF Brize Norton in Oxfordshire.

Mick has previously shot Service Rifle and Pistol representing both the RAF and GB teams and is a previous Queens Medal winner in 1992. Although he has always dabbled in Target Rifle he only took it up seriously in the early 1990s and has won the Wimbledon and Donegall trophies at Bisley. He shoots .22 in the winter to county standard.

Mick has been lucky enough to have toured the United States, Australia, New Zealand and South Africa. This will be Mick's first real visit to Canada only having been to Gander overnight and one emergency landing in St John's.

Jeremy Tuck

Jeremy started shooting at Whitgift School with the CCF aged 12 and continued shooting whilst a submariner in the Royal Navy representing both the RN and Combined Services. On leaving the Navy he has continued with target rifle shooting predominantly with the RN Target Rifle Club and competing in the Imperial Meeting every year.

Highlights over the years have included Imperial Meeting wins in the Daily Telegraph and Times, appearances for Surrey and also England for the National. Jeremy's first tour was the NRA Tour to the Channel Islands in 2011 and he is looking forward to his first tour with GB.

As a manager for major programmes within BAE Systems work takes too much call on his time but when not working or shooting he spends time taking digital photographs or scuba diving somewhere warm and blue thereby avoiding the ever-increasing amount of gardening and DIY that should demand his attention!



Jon Underwood (GM GC2 SM2)

Jon started shooting age 11 at Aldro School and went on to learn fullbore under John Crathorne and Peter Hicks at RGS Guildford and continued his shooting career whilst at London University.

This is his 15th GB tour, having first toured in 1993. An unflappable team shot, he has made 48 'Big 5' appearances for England and Great Britain to date, a large number of them as last man down. He also represented England at the most recent Commonwealth Games in Delhi in 2010.

Jon has also had some individual success; he won the Grand Aggregate at Bisley in 2005, and then again in 2009, and in 2006 he won Her Majesty the Queen's Prize, becoming the first person to win the Bronze, Silver and Gold Medals in the same year.

Jon looks after his family's business interests in Surrey, which include a tool and plant hire business. In his 'spare time' he also coaches shooting at the RGS.



Dominic de Vere

Dominic has been shooting on and off since his days at the Dragon and Marlborough. "Off" was mainly a 15 year leave of absence, pursuing other interests. Returning five years ago, he's worked his way up the rankings and is very glad to have received sufficient good tips to have been selected for this team. He received his first cap for England in 2012 and was selected to tour with England to South Africa in 2013.

He is glad to be back, and thrilled to be touring to Canada again for the first time since his Athelings tour.

Outside the shooting world, Dominic occupies his time doing property development in London, and squeezing in as much skiing as he can. He enjoys ski touring, but hasn't yet tried it with a rifle slung over his shoulder.



Steph Ward

Steph has been shooting for a good few years now having started as a little Army Cadet. She was so small in stature that her coach had to stand behind her whilst she was shooting so that the recoil of the rifle didn't make her slide backwards!

Steph has been on a number of tours over her shooting career (which is fairly short compared to everyone else on the team). Most recently she toured to Australia with the Great Britain Under 25 Rifle Team to compete in the World Championships. Needless to say she didn't win individually but as team shooting is more her forte she gave it her best shot (no pun intended).

Steph now works as a Production Engineer at the world leading metrology company Renishaw based in Gloucestershire.

This is Steph's second Great Britain tour to Canada and she feels honoured to be chosen again.



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Bob "the Shot" McVittie (GC)

The United Kingdom and Canada have shared many great marksmen but probably none greater than Bob "the Shot" McVittie who was arguably the best of the Victorian age.

Robert McVittie was born in Langholm, Scotland in 1839 and learned to shoot at the Arkinholme range near the town before joining the 7th Company of the Dumfriesshire Rifle Volunteer Corp¹ which became part of the King's Own Scottish Borderers and in Canada as an Auxiliary Sergeant and later as a Sergeant Instructor in the 10th Battalion of the Royal Grenadiers in Downie Turnpike (now Perth, Ontario) and later Toronto.

In his own shooting career McVittie was selected as a member of the Scottish Twenty in 1869 and he was for many years a member of the Scottish Eight (1876, 1878, 1879, 1889 and 1882-5) where he competed against England and Ireland for the Elcho Shield. In 1876 he shot for Scotland in the Centennial matches at Creedmoor, New York when America, Scotland, Canada, Ireland and Australia competed in what was probably the most famous rifle match in Victorian long-range rifle shooting. On the first day's shooting Scotland led, and McVittie was top scorer with a score of 209 out of a possible 225. This was the best score which had ever been made up until that time in a long-range rifle match, and the third best score on record.

McVittie competed in the Kolapore Cup for the "Mother Country" in 1881, 1885 and 1886 and for Canada in 1889, 1891 and 1898 and won the Grand Aggregate in 1882 with a score of 317. In 1874 he won the Dragon Cup for the St Georges and came fourth in the Queen's Final in 1878 as well as having many other successes at Wimbledon and Bisley and at other ranges in his native Scotland including Lanark and Edinburgh. In 1882, he was also a member of Sir Henry Halford's team, representing Great Britain against America.

In 1885 the Volunteer Record and Shooting News took a poll of its readers as to who was the best all-round shot in the shooting world, and McVittie headed the list by a substantial majority.



McVittie emigrated with his family to Ontario in 1888 and shot successfully for Canada including participating at Bisley in the Canadian Rifle Team. McVittie returned to Scotland just before the outbreak of WW1 and was unable to return to Canada and he died in Langholm in 1918 and is buried in the nearby Wuachope Parish Churchyard.

One of McVittie's lasting legacies was his little pamphlet "Hints and Advice on Rifle-Shooting" which was published in 1886 and which was reprinted with an introduction by Bill Curtis in 1993. He said that "Shooting is a science, and as such must be carefully studied" and set out his precepts for a successful marksman.

¹ The Dumfries Corps lasted from 1874 to 1880.





He said that

"If I were to condense into one word all the advice that I have given or may give, that word would be perseverance. Cultivate a spirit of untiring energy. Just as "Rome was not built in a day," so neither can any famous marksman make his reputation by any one performance. It is only after years of steady perseverance, and with a spirit undaunted by difficulties or discouragements, that the tyro can become the "crack". "

He concluded with some advice on team shooting:

"I have had very considerable experience in team shooting, having for many years been a member of both national and international teams. It may not be considered wholly out of place, therefore, if I offer a few remarks on this important subject.

The principle on which team shooting is based is identical with that on which the Volunteer Force, the community, and the nation itself are raised – viz., unity of desire, aim and aspiration. It is a mistake, therefore to regard it as merely a complement of the system of target shooting. It is an agent by which is engendered and fostered the patriotic spirit that pervades the entire Service...

It is therefore desirable, in my opinion, that team shooting should be more largely developed than hitherto.

A man may be a capital shot, and be very successful in compiling scores, and still be unfitted to shoot in a team.

A member of a team must subordinate his own ambition, interest, and even his most cherished opinions, to the general good of the whole team, and he who is unwilling to do so should not accept a position as a member because even one such may cause defeat to the team.



The captain ought to be a man of experience, tact, discrimination and affability. His is an extremely difficult position to hold and he out to make his authority supreme, at the same time listening deferentially to the opinion and bearing, as far as possible, even with the whims, of his men . . .

When once the men have been selected, they should endeavour to shoot as much together as possible, and have all their sights thoroughly compared with one another, so that whoever may be called upon to shoot first may be able to put his comrades well on to the target.

Old and reliable shots should be put on both to lead and also to finish when this is possible, as many matches are lost or won by the men who are the last to fire."

McVittie was an outstanding example of an early international sportsman whose personal achievements as well as his contribution to both Great Britain's and Canada's sporting history still shine out after all of these years. We continue to celebrate those such as McVittie who laid the foundations for international competition and rifle shooting.



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Over the last decade, the SCATT electronic shooter training system has become an established and important element in many individual and team training regimes.

The origins of SCATT go back to the early 1970's when a Russian electronics engineer and coach of the Russian National team, Oleg Lapkin, was looking for a device to check the accuracy of the shooter's aim. However it wasn't until 1991 that Russian electronics engineer, Artem Khadzhibekov, an Olympic and World Champion, created the prototype of the current SCATT training system in collaboration with fellow engineers Oleg Lapkin, Yuri Khlynin and software programmers Vladimir Vlasov and Yuri Lapkin. The SCATT Company itself was created in 1993.

SCATT consists of a detector attached to the rifle barrel, the target, software and cables. It traces out the precise movements of your rifle on your computer screen when aiming at the target, recording the trace before, during and after the shot is taken. It then displays a prediction of where the shot will hit the target. As such, it provides you with a wealth of information as to what you were up to throughout the whole split second process, breaking it down into chunks that can be individually analysed. The only thing it cannot tell you is the effect of recoil - for this only live firing will do!

So how can SCATT compliment your training regime? It is in effect dry firing with instant feedback and a predictive score. Dry firing is a good mechanism for training, so that firing good shots becomes a learned automatic reflex. However, doing this without a SCATT could lead to reinforcement of bad habits instead of some good ones!

The SCATT system allows you to visualise the hold throughout the process of firing your shot, colour coding the squiggly trace of your aim on the target into your hold on aim, trigger release and follow through.



A SCATT trace showing some of the good techniques in the process of firing a shot:

A short "hold" on aim (green & yellow)

No movement on trigger release (blue)

Follow through staying "on aim" (red)

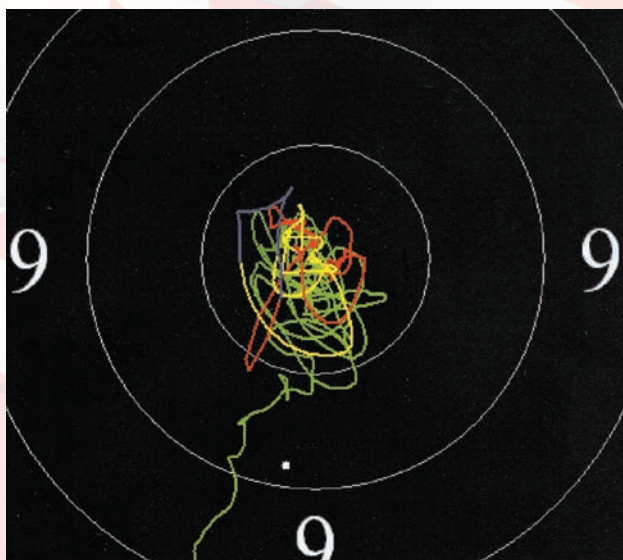
The important thing to remember when you are using the system is how you compare it to your current shooting ability. The first time you try it, you will probably just be getting used to using the system and how it works. However, to start with you want to remember to do everything as you would normally do out on the range (apart from loading ammo, use a snap cap instead!). When you study your first few traces you need to remember that they would show how you currently fire a shot, assuming that you have kept your normal procedure and position. Then, when you use the system in future, you have a sample set of data to refer back to.

Many new comers to SCATT are generally astonished at how long everything is lined up in the centre of the target before actually firing. Knowing this can give you the confidence to release the shot much quicker, reducing fatigue and the potential for wind changes, and importantly, keeping our coach happy in team shoots!

Once you are using the system you should be thinking about and working out how you can improve your performance on the range, what your ideal hold pattern should look like and what you need to do with your equipment or position in order to achieve that result. Test what happens with small changes to hand stop position, sling length etc. A good way of trying to simulate the pressure of match conditions is to have a couple of strong cups of coffee 10 minutes prior to using the SCATT. This will increase your blood pressure and heart rate as might happen in competition conditions.

Once you have built up some experience using the system, it can help provide you with answers to unexplained shots or patterns of shots. This is because the SCATT machine doesn't just place the shot at the point of aim when the trigger is released, rather it calculates the fall of shot based on the point of release at which the barrel is wobbling at that instant. For example, the impact of your pulse on fall of shot can be seen in the example below. Despite a good hold (green / yellow lines) and let off (blue line) in the "V", the shot is the white spot low at 6 o'clock. In this instance, this was due to the pulse movement at the time the shot was released when the trace changes colour from blue to red. So although the aim has never left the "V", the firer has released when the muzzle was moving at its quickest with the beat of the pulse, mirroring what was actually happening out on the ranges! In this case, being aware of the cause enables the shooter to work on adjusting position to reduce the effect of pulse, significantly diminishing the problem in real life.

A 6 o'clock shot as result of pulse



Another advantage of SCATT is that it allows you to experiment in the warm and dry comfort of your own home, something all of us would surely relish after the freezing rain soaked last 12 months at Bisely! At a time of recession when ammunition prices are going up and up, and it can now cost over a pound every time you squeeze the trigger (taking in to account travel, range hire, food and beer!), SCATT can offer the serious shooter a cost effective training alternative to complement live firing.

*Adapted from articles by Jon Underwood and Tim Bedwell

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Everyone knows a little about ice hockey - skates, sticks, a small flat black thing that gets smacked around an ice rink and that's it right? Not quite. For Canadians ice hockey is more than just a sport, it's an obsession. Ice hockey (hockey) is by far the nations favourite sport and many would say that if you took away hockey you would take away the heart and soul of Canada.

Hockey in Canada can be traced back to the 1800s and there are two schools of thought as to how the game came about. First, traditional 'stick and ball' games such as golf were adapted to suit the icy conditions experienced in Canada during the winter months. Second, the game was introduced by Icelandic immigrants who adapted the game of *knattleikr*. Either way, the Canadian love of hockey was born.

In the 19th century ice hockey was mainly based in Montreal with the first organised indoor game played at the Victoria Skating Rink in 1875. There were two teams each with nine players, a puck instead of a ball (for the safety of spectators) and the game lasted for 60 minutes. Two years later, after quite a lot of deliberation, the *McGill University Hockey Club* was set up and seven basic rules were established. This was the first hockey club to be created but was followed by the *Montreal Victorias* club in 1881.

In the 19th century Montreal hosted a Winter Carnival every year that showcased a variety of different winter sports such as tobogganing and snowshoeing. In 1883 ice hockey featured at the carnival for the first time. It was a sign of the growing popularity of the sport as the competition then became the first hockey world championships. The teams were reduced from nine to seven and the 60 minute game was split into two 30 minute halves.

After the first appearance of hockey at the Winter Carnival, teams flocked to compete at the annual event. In 1886 all the teams competing at the carnival rallied together to create the *Amateur Hockey Association of Canada* (AHAC) and this formal organisation enables the teams to compete throughout the season to try and knock the existing champion off the top spot.

By the end of the 1800s there were more than 100 teams in Montreal. The game had spread all over Canada and many leagues were established. The game was also spread to Europe by the sons of Lord Stanley, Governor General of Canada in 1888. The turn of the century saw the formation of the *Ligue Internationale de Hockey sur Glace* which acted as a governing body for international competitions and the first European Championship was won by Great Britain in 1910. During the mid 20th century the *Ligue* became the *International Ice Hockey Federation*.

As hockey became ever more popular people started to believe that they could make some money from it, thus in 1917 the *National Hockey League* (NHL) was formed. Owners in the league paid coaches, players and publicists so that they would work, play and train full time and as a result the NHL quickly became hockey's premier professional league.

In modern day hockey there are two main codes of play that dictate the exact rules of the game; *International Ice Hockey Federation* (IIHF) and the *National Hockey League*. The general overview of the game is as follows; the game is played on an ice rink with 6 players on each team, one of which is a goalkeeper. The aim of the game is to score the most goals by shooting a hard rubber disk (puck) into the opposing teams goal net. The puck can be moved around the ice rink using a hockey stick and it can also be redirected using parts of the body but not the hands. In the 1800s a game of hockey was split into two 30 minute halves but modern day hockey games are split into three 20 minute segments called periods with the teams swapping ends at the beginning of each period.



ICE HOCKEY - *by Steph Ward*

This game is a full contact sport meaning that players need to be protected against injury by wearing protective clothing (this is mandatory for all competitive situations). Protective gear can include the following; helmet, shoulder pads, elbow pads, mouth guard, protective gloves, padded shorts known as hockey pants and shin pads. Ice skates have come on leaps and bounds since the game first became popular and now they can be tailored to each individual player so that they get the best performance from each stroke of their foot.

Modern ice hockey skates have been developed to optimise manoeuvrability and acceleration due to the rapid starts, stops, turns and direction changes performed by players. The skates are also designed to protect the player's feet from other skaters, sticks, pucks and the ice so they have to be rigid and tough. One of the most important pieces of equipment used in hockey is the stick itself. The stick is comprised of a long shaft or handle that can be up to 1.5m in length and a long, flat but slightly curved blade. The curve of the blade makes it perfect for controlling the puck.

In recent months there has been a dispute between players and league owners about pay and unfortunately this dispute meant that no games were played at all in November and December 2012. The 2012-2013 season was cut short as about 50% of the season's games were cancelled due to the dispute. Fortunately at the beginning of January an agreement was reached and the season began, much to the delight of all hockey fans.

Wooo Ice Hockey!!



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It's early in the morning and a delicious smell drifts up the stairs and finds its way under your door. The smell slowly fills your room and coaxes you out of your peaceful slumber. At first, you have no idea why in the world you are up so early on a Saturday morning, but then the smell really registers. You know that smell, you love that smell. Quickly, you jump out of bed and run downstairs to find that your wildest dreams have come true.

There, on the kitchen table all fluffy and warm is a stack of homemade pancakes.

As you sit down to enjoy the deliciousness of your pancakes, a thought pops into your head; where did these small round disks of awesomeness come from? In order to answer that simple, innocent question, we'll have to go back to ancient times and then take a look at some variations of pancakes that have evolved in different cultures over the centuries.

The first historic mention of the humble pancake can be dated back to the 5th century BC in Ancient Greece with the poets Cratinus and Magnes both making reference to *taginites* (pancakes) in their works. The word *taginites* is derived from the Ancient Greek word for frying pan, *tagenon*. These *taginites* were made from wheat flour, olive oil, honey and curdled milk but were not referred to as pancakes until centuries later in the 1400s.



PANCAKES - by Steph Ward

Over the years different cultures have made their own mark on the well-loved pancake. For example, in France the pancake is known as a crêpe which is slightly different to the pancake we know and love. A crêpe is much thinner and can be served with a whole host of fillings, sweet and savory, from a simple sprinkling of sugar to a more elaborate cheese, meat or fish filling.

In the former Austria-Hungary and Bavaria the *kaiserschmarrn* is popular. This is a light caramelised pancake that is cut into pieces filled with nuts and fruit and sprinkled with powdered sugar. It is thought that Kaiser Franz Joseph I of Austria was the first to taste a *kaiserschmarrn*. Needless to say, he enjoyed it thoroughly!

In Germany the pancake is referred to as *pfannkuchen*, which, as is the German way, is two words bolted together; *pfanne* (pan) and *kuchen* (cake). Please take note; if you go to Berlin and ask for a *pfannekuchen* then you will get a doughnut not a pancake. Also please take note; if you are an American President definitely do not say “*Ich bin ein Berliner*” as you will be declaring to the world that you are in fact a doughnut.

In North America and Canada the pancake is quite different to the British version as a rising agent such as yeast and baking soda is used to make the pancake quite deep but still very light and fluffy. In Canada it is very common to have pancakes with some maple syrup and streaky bacon for breakfast. Who doesn't love the sweet and savory mix of Canadian pancakes!



Lets take a look at everyone's second favourite day of the year (after Christmas) Shrove Tuesday or as it is more commonly known, Pancake Day. This is the day before Ash Wednesday, which is the start of Lent for Christians. During Lent it is customary to either fast or give up a luxury for 40 days as a sign of penitence. For non-Christians Lent is a good time to go on a diet by giving up fatty foods like chocolate and ice cream for example. In days gone by Pancake Day was the time that all the luxury foods were mixed together and eaten, foods such as eggs, milk and sugar and as we all know, this is the perfect mix for pancakes (minus the flour).

Now as you sit back with your fluffy pancakes and drown them in syrup, you can see just how amazing this funny little food is. It is important in many cultures and each culture has its own take on pancakes, complete with different names and ingredients. Each different type of pancake has its own unique backstory and beginnings. From Ancient Greece to an emperor in Austria-Hungary, each different type of pancake is unique. However, one thing remains the same: this food has linked so many different cultures across the world and will continue to do so for generations to come.

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