



UK Association of Rimfire Benchrest Shooting

## News Letter 01

May 2004



### Regions

We have now divided the UKBenchrest22 into Regions as can be seen from your Membership cards. These Regions are Southern, Central and Northern. If Members are situated in Scotland, Wales and / or Ireland they will obviously be separate Regions. In this way we hope that Regions can meet and hold their own Matches from time to time. There may well be inter Regional Postal Matches etc. Regional lines will be monitored continually as Members join. There is also a European Region and a USA Region, more details next month.

### Affiliation

UKBenchrest22 is now fully Affiliated to the UKBRA (*UK Benchrest Association*) which covers the majority of centrefire Benchrest competition out to 1000 yards. Affiliation to the UKBRA brings UKBenchrest22 under the General Rules of Shooting of the '*World Benchrest Shooting Federation*', with specific adaptation to suit Rimfire Benchrest and to be read in conjunction with the UKBenchrest22 General Rules. These adaptations cover distances, Classes and Targets all to suit UK Rimfire Benchrest Shooting and Club facilities.

If anyone would like a copy of the '*World Benchrest Shooting Federation Rules*' please contact us and we will forward you a copy.

### What is a Rail GUN

No it's not a lathe.....but could be ?



### April Postal Match Scores

The Summer League has now commenced and will run through to the end of September. There are six Matches and the best five go forward to the final results, this allows either one bad score to be taken out or maybe one month some shooters will not be able to shoot due to holidays etc. These score are a little slow to get going but it is probably because Members are still experimenting, or have been away for Easter etc.

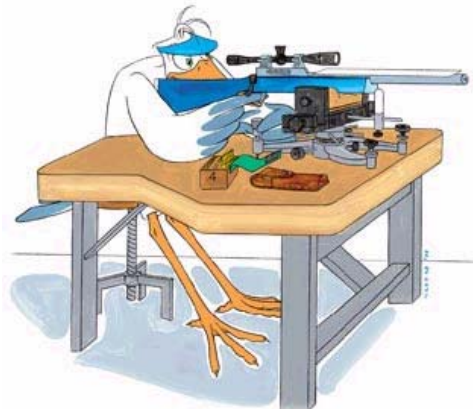
The Highest April Score and UKBR22 50 meter Record is - 246 with six 10X - by Richard Sizeland from the Central Region, he shot this score prone with two rests. Well done Richard especially as it is your first go at Benchrest. I'm now wondering what scores he will shoot with a Bench.....

## Typical US set up

Just for interests sake, Richard Smith's Remington 37 with Hoehn Tuner and Leupold scope. Stock is a 'Micro Stock'.



The snow is extra.....  
Or is it this .....



Now that's a good Bench.....  
(found on Internet.....probably get into trouble for copying it !!!! but could not resist)

## Joke of the Month

Number 2 – sorry if you own a BMW nothing meant by it !!!!

And just to keep you smiling.....

*"The other day I was cruising along as usual in my BMW coming onto one of MY motorways, which was very busy with inferior cars. First off, I couldn't believe that the volume of traffic DIDN'T slow down for me AT ALL as I came off the slip road! I had to squeeze into a gap barely big enough for me between two cars in order to get onto MY motorway! (the driver of the car behind me did realise his mistake and honked an apology to me with a long blast of his horn.)*

*Unbelievably, I had to do the same again before I could get to the BMW lane. (why do underlings use this lane? surely everyone knows its for BMW drivers only?)*

*Anyway, once I was in the BMW lane and posing along at 110mph enjoying the adulation that the inferior car drivers were giving me, I noticed an inferior car ahead of me which was not only in the BMW lane of my motorway, but was driving at a ridiculous 70 mph!*

*Naturally, I got within a foot or so of his rear bumper and flashed my headlights to remind him he shouldn't be in the BMW lane of my motorway and to get out of my way.*

*Of course, once he realised it was a BMW behind him, he did just that, but I could hardly believe it when he pulled straight back out behind me!*

*He also tried to keep up with me and when he realised I would out run him, he put on some blue lights in his front grill and urged me to get onto the hard shoulder so he could congratulate me on my excellent car. Needless to say, I was eager to oblige and when we had stopped, the man gave me a piece of paper confirming what I already knew - that my car goes fast!*

*Apparently he wants everyone to know what a superior car I have, so I had to take my driving licence to a police station to be sent away to have some points put on! (they're not free points either - they're £20 each and I was allowed only three.)*

*But the man in the police station said that because I drive a BMW, it won't be much longer before I earn the full 12 points, and then I won't even NEED a driving licence, so they will take it off me!"*

See, now that's the sort of respect you get when you buy and drive a BMW.

## More on Tuners

Well I've done the dirty deed and bought a US Barrel Tuner, looks good, fits but not had time to try it yet.....will have update next month after a play..... It's a Hoehn 400 Tuner, has a vernier adjustment and weighs in at 8.5oz.

## More on Challenge

We are very much up and running now with Europe and our first Postal Match will be held in May. This will be a friendly to start with and having seen some of their scores they will probably take the first honours. Carlo Caricato of MG Pisa has been a great help through this set up and the Italians are very enthusiastic about the whole deal. There are other European countries hoping to join, also the US are going to shoot our May Match on our target, maybe some from Canada and Australia eventually.

## Pillar Bedding

I will probably have my Anschutz "Pillar Bedded" soon, it's something I want to do as it will make the rifle much more accurate but there is a lot of work involved. Something I cannot do myself but ....I know a man who can. It appears that if it is an Anschutz to be pillar bedded then 18mm pillars are required.

See attached sheets taken from the internet, further details can be gained from the web page address stated.

## Shooting psychology

Many years ago when I shot in competition Archery up to County level there was a system around and still used today regarding 'shooting psychology'.

Basically, it was a system used by the then Olympic stars of the US. The brain, they say, always averages out anything you do especially if score is involved. Out of six sessions on the range we were shooting some very good scores but every so often there's a bad one or two and it seemed that the better to good scores were the worst were the bad ones. The overall average of scores always seemed to be the same. Little or no progress being made. We were using the best equipment and therefore it was all down to us and the fight with our brain.

The system the US shooters used were "Cue Cards". Without being silly and putting high scores down you would write on a card - **"I CAN EASILY SHOOT A SCORE OF....."**. You would then read this two or three times before a scoring round. Apparently, if you just tell yourself it does not work, your brain needs to read it to believe it.....

Don't laugh this has proved to work and still does with my Benchrest shooting, but as I say don't go silly and put max scores down straight away. Keep the card in your ammo box so you can read it, even every time you take out a round, this also helps in slowing down your shooting and keeping calm. When you have achieved the score on your first card consistently (could be a few weeks), then you up it to the next level by adding a few more points max three, eventually you will score far better than before and keep them there never to look back.

Try and get away from the saying "Had a crap day at the range today" or "Had the best day at the range today" keep along the lines of "I can shoot a score of .....today" and you will every time, no more bad scores or even if they are they will be better than before if you get my drift.

At one time there was a book on this written by the then US Olympic star, but can't remember who he was or find it anywhere now, probably in the attic with all the junk.....and other things I have lost  
(This will also be printed in Target Sports – and it does work.....)

## Web Site

A Web site is still to be opened and will be soon, sorry for the delay but when it up and running details will be circulated.

## Membership Fees

Just to reiterate we have had to introduce a Membership Fee to cover the additional cost that will be involved with Awards etc. We have kept this to a minimum at £10.00 per year starting on January 1<sup>st</sup> 2005. European Members will pay 14 Euro and the USA Members \$18. The Associations Bank Account will be with Barclays, just awaiting final confirmation and the necessary bits and pieces.

## Equipment

We are trying to get Gun Shops to hold Benchrest Equipment but in the mean time the main source for Front Rests and more importantly the Protektor rear "Bunny Ear" sand bags are Reloading Solutions of Oxford. They are Mail Order and can be reached on [sales@reloadingsolutions.com](mailto:sales@reloadingsolutions.com) or by Fax Orderline No: 01865 791397, also Telephone No: 01865 791307. The owner is a very pleasant and helpful man – Aftab Hamid. There is a Catalogue but some things are not shown, for instance he stocks the Caldwell "The Rock" front rest but it's not in the catalogue. If I hear of any other outlet apart from the states I will let you all know.

Well that's all the news so far, must keep something for next month.....Have some good shooting days and keep me posted on how you get on, any questions please ask,

*Pat*

UKBenchrest22

This News Letter and further ones will now be emailed to all Members here and abroad, but if anyone has problems downloading all or part let me know and I will send you a copy by snail mail, wherever you are.