

Supported rest pistol shooting for senior athletes.

Come to the age when you can't maintain the training to remain or become a top shot, aches and pains, tremors, so you're thinking you're shooting days are over?

That's my story. After being diagnosed with cancer 2 years ago I underwent radio/chemo treatment which thankfully worked and rid me of the awful disease.

But it left me with a tremor in my shooting hand which only developed recently.

I could have said "that's it" but never one to turn away from a challenge I decided to switch to the very popular discipline in Europe, Supported rest pistol.



Supported rest (SR) is every bit the same as ISSF 10 meter pistol shooting but with as the name say's supported, the age for the discipline starts at 46 (amended by ISSF) and also shooters starting out up to the age of 12 can use supported with both hands, but for senior it remains one handed as standard 10m pistol.

The grip base must rest on the support and no other part of the pistol or hand.

Senior Categories

Age	Group	Position	Technical Aid
56 - 65	Senior Men A Senior Women A	Standing	Supported rest
66 - 71	Senior Men B Senior Women B	Standing	Supported rest
72 and over	Senior Men C Senior Women C	Seated (stool)	Supported rest

The rules are as 10m pistol, i.e. must fit in the box, weigh no more than 1.5kg, trigger weight no lighter than 500g. (Rules are found on ISSF site along with SR rules).

The pistol must comply with ISSF rules to compete so your Glock BB is out the equation along with a few other pistols people ask me will this do?

SR is 40 shots in 55 mins (at time of writing), scored decimal, so it pays to shoot deep unlike standard 10m scoring where a 10 is a 10 in qualifying whether it be a 10.9 or a 10.1, not so in SR you earn every decimal point the hard way, I have lost a match by 0.1 of a decimal point that's how close it is.

There is nothing more satisfying in shooting than scoring a 10.9 (the exact dead centre of the bull measuring 5.5mm just enough room for a .177 flat head to punch a hole but leave the white X circle intact).



The highest score you can achieve in SR is 436, 40 x 10.9.

As far as I'm aware of no one has ever achieved that, (yet).

Maybe it will be you?

The rest itself can be a tripod on the bench or floor no height or placement rules as long as it's behind the 10m line.

The support does have rules though, the rest must not be less than 100mm in length and more than 50mm in circumference.

You can use a half round of 25mm.

The ones I make are on a quick release system attached to a tripod for easy transportation and are ISSF legal.



You can get the more advanced rest but I found it difficult to transport and just use it on my home range.



The pistol can be adapted to give a better base support and can be either home made or manufacturer supplied, each brand of the higher quality pistol manufactureres make a specific grip rest as does Rink who make an after market base for their own grips.



Rink



I have to say that SR is not as well known in the UK as it is in Europe and soe people think wrongly it is easier tha freehand, nothing could be further from the truth.

A more concentrated approach and perfect sight alignment and trigger release is paramount in SR where the finest decimal point can make or break a match.

SR is less taxing on the body and a more open stance can be used.



But all the same principles and training techniques still exist as they do for freehand pistol.

More and more clubs are now catering for SR as they realise less younger shooters are taking up the sport as was in the past, plus it is a great way of securing future funds including another discipline to the competition list, and a healthy competition circuit can be had with clubs willing to put SR competitions on their event calendars.

There are plenty of international postals to enter, and I organise my own international league here in the North West UK.

So why not have a go and see how you get on with the discipline of supported rest? Guaranteed fun.

No one ever got good at shooting by not shooting.

Pat Noone.