

## COMMITTEE INFO

Chairman:  
Don L

Treasurer:  
Roger H

Club Captain:  
Simon F

Secretary:  
Alan S

Membership Officer:  
Jon C

Premises Officer:  
Barry D

Training Officer:  
Steve C

CPO:  
Phil H

Webmaster:  
Rhid T

Armourer:  
Kevin S

Communications Officer:  
Sarah J



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## Club News

Hello, and welcome to the Spring 2025 edition of the SPRC Times!

In this edition of the newsletter, we learn about LSR positioning and look at the latest from competition season.

We'd also like to take this opportunity to introduce a new position to the Club. At the 2024 AGM it was proposed that the role of Social Secretary be created to manage club social events.

We are pleased to tell you that Aileen (formerly known as Natalia) has been appointed to this role. Aileen brings a lot of previous experience with her and she will be working towards getting a programme of social events organised. Please join us in welcoming Aileen to the role!

If you'd like to contribute to the newsletter, please contact Sarah on [communications@surbitonpostalrifleclub.com](mailto:communications@surbitonpostalrifleclub.com).



# Competitions

Thank you and well done to those who entered competitions, and congratulations to those who placed!

We have had a recent drop in numbers entering competitions, which is a shame. We appreciate that there is a lot of uncertainty for many of us and commitments such as work and family, which necessitate our time and energy, but we would highly recommend continuing visits to the club and signing up to competitions as a means of taking a break from daily life and its stresses.

Some notable results from recent competitions:

## **SPRC Internal Club Competition**

- Our inaugural internal competition was won by Roger H, shooting benchrest. Congratulations Roger!

## **Browne Martin Final**

- Our team of Fanar P, Ian P, Rhid T and Josh T lost their first round match but went on to win the new plate competition for first round losers by beating Bookham B and C teams.

## **Winter 24/25 season**

- In the NSRA 10m Air Rifle, Fanar P, Ian P and Kev S tied on points with the winners Havant 'A' but were placed 2nd on aggregate scores.

## **In the Surrey leagues**

- Our team of Nick, Steve and Rhid won division 2 of the prone team competition and now shoot for the Forsyth Trophy against the other divisional winners.
- Howard E won division 19 of the prone individual competition.
- John M won division 7 of the benchrest individual competition.

## **Croydon League Individual final**

- Ian P qualified for the Croydon league individual final to be held at Gally Hill on 18th May.

## **HCCCNZ, Junior Match, Cary Salver**

- In the Home Counties Coordinating Committee match against New Zealand, congratulations to Josh T for achieving top individual shooter.



# LSR posture

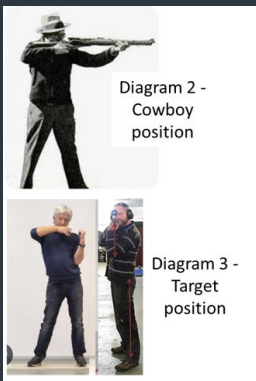
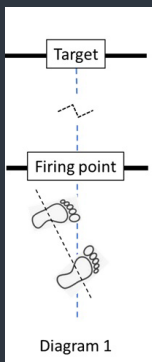
LSR is a popular discipline. The club has a number of rifles which are ideally suited to any member wanting to try it out as well as those shooting more competitively.

A frequently asked question is about the best way to stand and hold the rifle.

The main issue here is the size and shape of the shooter. LSR is shot from a standing position, with no support allowed other than the shooter's body. The rifle is a common size and shape, but shooters come in all shapes and sizes. Consequently, the shooting position can be grouped into elements that should not be changed and elements that can change to fit each shooter.

Elements that should not be changed:

1. How the shooter stands is very important. This should be with both feet at, or slightly more than, shoulder width apart, with the toes turned slightly inward. Both feet are in line and aligned slightly to the left for a right-handed shooter (see Diagram 1), or to the right for a left-handed shooter. This provides stability and the ability to stand without the main leg muscles being tensed.
2. When the shooter is in the aim, they should not have to twist their torso to have the rifle on target. It's all about angles – the butt is in the shoulder, but the hand supporting the rifle automatically moves out from the line of the shooter's shoulders. Adjust the angle of the feet to ensure that the rifle is naturally on target.



Variable elements:

Do you hold the rifle 'cowboy' or 'target' style? Cowboy style is as you see any film cowboy holding a rifle in the aim (see Diagram 2). Target style involves the elbow of the arm supporting the rifle resting on the shooter's hip, with the hand back towards the chamber of the rifle. This is similar to how shooters hold a target air rifle (see Diagram 3).

We do recommend target style, which allows the butt in the shoulder, the trigger hand and the supporting hand to hold the rifle in a solid triangle of support, which the cowboy style does not.

All of these tips can greatly improve your scores. If you require any help, please refer to the 'Approving Club Members...' sheet on the notice board for members who can assist.



Surbiton Postal  
Rifle Club

# Child protection

We recently emailed the membership with a reminder of the club's Young Persons Safeguarding Policy. Unfortunately there was an error in the reply email which we have corrected in this edition. Please do get in touch with any queries on our policy here: [cpo@surbitonpostalrifleclub.com](mailto:cpo@surbitonpostalrifleclub.com).

As a general reminder – The club follows the guidance issued by the NSRA our governing body (which can be found at <https://www.nsra.co.uk/rules-information>), and as stated in in Section 6 of the Constitution.

One of the guidelines that affects us on a day-to-day basis is the need to avoid situations that put anyone in a one-to-one setting with a young person (under 18). We therefore require please, that all junior members under the age of 18 are accompanied by their parent or guardian while on club premises. This means please, actually present in the club room if they are shooting on the 25 yard or 20 yard (prone and LSR) ranges, or in the set-up room if on air range and not sitting in the car park please.

The safety and protection of our membership is of paramount importance to us, so we advise that young persons whose parent/guardian are unable to accompany them on club premises (within the club itself) will be turned away.

We thank you for your support and understanding, but if you have any questions on this, or any safeguarding issue, please get in touch with Phil via [cpo@surbitonpostalrifleclub.com](mailto:cpo@surbitonpostalrifleclub.com).

