



The Hart chart is just one of the exercises included in the eye training kit



Anita North won silver and gold in Women's Trap at the Commonwealth Games in 2002 and 2010. She is now a British Shooting GB Talent Programme coach.

EYES RIGHT!

Anita North is getting back out shooting, and working on her vision with the help of Ed Lyons' new training kit

The steady return to shooting continues. It is still quiet on the international scene, but competitions are ramping up here at home. Like other coaches involved in the Development Academy end of the British Shooting Pathway, I have returned to work! It feels

great to be back with that as well as other private coaching.

On a personal front, it was fantastic to get out shooting when the weather was bright and sunny as temperatures soared. It felt like I was shooting abroad, especially with all the work that has been done at Nuthampstead Shooting Ground, my local ground – more on that next month. I love that I had to

apply enough sunscreen and pay particular attention to being hydrated. Do you ensure you keep up your hydration level when you are shooting? It never ceases to amaze me how much difference a little dehydration makes to being able to see the clays.

See it to shoot it

Away from the shooting ground, at home I have been doing some workouts that should help me see the clay better – some gym work for my eyes. Let me tell you, I am feeling better for it. A little while ago, I was fortunate to get hold of one of Ed Lyons' Total Workout kits. The kit comes with a Brock String, Fusion Rings and Hart Charts, with an accompanying series of exercises laid out in a booklet. Videos are also available to help you understand the exercises.

Other people have reviewed the kit in previous issues of this magazine, including Georgina Roberts and Rhys Plum, while Ed himself wrote about what the parts of the kit each do to help your vision. You can find more detail about the kits in their articles, so check them out in previous issues.



In the scorching weather, Nuthampstead felt like shooting overseas



Aaron Heading in action at the OT Grand Prix

OLYMPIC TRAP GRAND PRIX

East Yorkshire CSG, 15-16 August 2020

East Yorkshire hosted their first Olympic Trap Grand Prix on 15 and 16 August. There was a great turnout for the event with 120 shooters from across the British Isles competing. Rob, Gill and Georgie Hall and their team did a great job of organising and running the event and had secured some great sponsorship to ensure a good selection of prizes.

Event sponsors included GMK/Beretta, The Gun Room, Manuel Ricardo, Corsivia and Eley Hawk. There were cash class prizes, category medals, and random draw prizes based on bib numbers, as well as a gun up for grabs in a head-to-head super final for the high gun from each day.

In addition to the main weekend event, a preliminary event on the preceding Thursday was added – 100 OT plus a final. Mike Wixey shot a superb 99 to have the top score going into the final, but it was Mike Keeyes, who earned a wildcard entry to the final, who came away with the final win.

On to the main event, and a look at the final scores showed that there was some impressive shooting. The class and category winners certainly shot very well to come away with medals and prizes. A full list of results can be found on East Yorkshire Shooting Ground's website and Facebook page.

It was a very good weekend for Mark Shaw who, after a super final against Andy

Greenwood, came away with a new Beretta 694. The top 3 overall were Andy Greenwood 192, Aaron Heading 192 and Lewis Owen on 190. The score of 190 also saw Lewis Owen take Gold in the Junior category ahead of Owain Humphreys on 186 and Dan Campey on 182. Senior medals went to Mike Wixey, Mark Shaw and Steve Scott (all on 189).

Ellie Seward took the women's gold with her score of on 185 just ahead of Sarah Wixey on 183 and Lucy Hall on 181 to complete the medal winners. In addition to the Ladies gold, Ellie also took gold in the parent & child event with her dad, Alistair. Junior women medals went to Elise Dixon and Hollie Lumsden.

Paul Bailey secured the Para Sitting gold ahead of Keith White and Alec Sperling. George Glover took the Para Standing gold ahead of Michael Drever (who shot his first 25 straight in competition over the weekend) and Janice Barnett. David Lloyd took Gold in Veterans with Mike Wensley and Chris Tate the other medal winners.

Ellie Seward took to Twitter to express how much she was impressed with the event. Ellie also gave a massive thanks to all the team at the ground for their hard work and smiles to run such a fabulous event. I am sure that many other shooters would join her in that sentiment. Well done to everyone involved in the event.

This month I'd like to share with you my own impressions after using it for a little while. The whole package is well thought out with a set of exercises to help shooters ensure the efficient working of their eyes. After all, you have to see the clay to break the clay! The exercises are well explained in the booklet and come in three main sections preceded by a warm up for your eyes.

You might also find it useful to have a tape measure, and a pencil. Some of the exercises require a partner, so you could do these exercises with a training buddy and take turns to do the exercises. However, don't worry if you are by yourself, there's plenty to do without a training partner.

I love the fact that the activities start with a warm up – a sign that you are lining up for a proper workout. It took me a little effort to feel competent with some of the exercises, especially the ones with the fusion rings. I appreciated the explanations in the leaflet and, with persistence, practice brings you closer to perfect.

When I worked through the exercises with the Brock String, Fusion Rings and Hart Charts, I definitely felt as though my eyes had been given a proper workout. Some of the exercises take great effort, but if you want to maximise your performance, then including your eye muscles in your workouts is simply a logical next step. I love that you can choose

Ed Lyons' kit includes Hart charts, a Brock string and Fusion rings



to do just one section, or alternatively you can choose to do all of the exercises in a session. I set up in my spare room and now have a little training station set up.

Like anything new, it can take a while to get into a routine and dedicate time to another activity, but if you can spare 10 to 15 minutes, then you can do a good little exercises set for your eye muscles. So what's next? I am going to keep up with these exercises. In addition, there is an app available which I have not yet started using. However, I am now going to bring this into my activities.

“The whole package is well thought out.”

Increasingly shooters include a physical fitness component to their training plan. It is, therefore, a logical step to include exercises for your eyes. The exercises are challenging, indeed mind-blowing at times, but a workout is always good for you and the exercises presented have got to optimise eye function. I'm not a week-in, week-out shooter, but I will be noting how my eyes perform when I do go shooting as well as in day-to-day activities.

As a coach I am also eager to see how people I work with benefit from this set of eye exercises. It seems only logical that eye exercises be included in a training programme for a developing shooter as well as any serious competition shooter. If you are a regular shooter and have tried or are using the kit, I would love to hear from you – do please drop me a line and let me know how you get on.

In the meantime, I hope you are all getting out and enjoying your shooting. Stay safe, and stay well! 📷