

# Sport

Email: sport@news-mail.com.au 4153 8506



## PART 2 OF NRL SEASON REVIEW IN THE WRAP

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Wide Bay pistol shooter Brett Foster shot a world-class score to win the 1920 International Match State Championship at the weekend.

Photo: submitted

# SIGHTS FIRMLY SET

By DOUG GILLET

**SHOOTING:** The World NRA Action Pistol Championships are still three weeks away, but the event has already played out in the mind of South Kolan gunslinger Brett Foster.

The semi-automatic pistol specialist has visualised the premier competition twice a day for the past three months in the hope of gaining a mental edge over his competitors.

"Whenever I've got a spare moment, often right before bed or when I wake up, I sit down and try to imagine the championships from the word go," Foster said.

"From stepping to the line to cocking my pistol, through to the course of fire and finally to stepping up to the podium and claiming my trophy."

Combined with a regimented training program of weightlifting, cardiovascular work and shooting range practice, Foster hopes the

technique will give him a mental edge against a field of more than 80 international competitors.

"Some people think it is strange, but it's almost a form of meditation for me," Foster conceded.

"It's almost hypnotising, and each time I do it I feel more confident."

Foster is gathering momentum in the lead-up to the world championships after claiming his fourth consecutive NRA

International 1920 state title on Sunday.


With a clear mind and steady hand, Foster shot his way to victory in both the open red dot scope and metallic sight competitions with world-class scores of 1913 and 1835.

The celebrated marksman continued his dominance of the open category with a narrow victory over Metropolitan Pistol Club member Dave Bartlett, and went on to claim the

championship double defeating Murrumba Pistol Club member Bruce Mathiou.

The event was a testing of the waters for Foster, who has a podium finish in his sights after finishing eighth in the last world championships in 2008.

"Knowing I can shoot a score of that standard in the lead-up is a bit of a boost and it's going to give me the confidence I need to get out there and go one better," he said.



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