

I.S.S.F. Supported Shooting

Most of you will be aware that “Supported Shooting” is being trialled during the Summer Leagues; it is intended that we will offer a “Supported League” during the winter. Purchase of a support could be quite expensive. I have built one for about £6.00; no particular joinery skills are needed – this one uses timber and plywood; screws; glue; M12 nuts; washers and studding(300mm long); a piece of plastic(ABS) tubing of 48mm diameter 180mm long.

The support which is made from a 2400mm x 34 x 34 length of pine is 900mm high (2 pieces); the feet (2 pieces) are 300mm long; there is a spacer 470 mm long made from 12mm plywood inserted between the 900mm uprights from the bottom and a further insert 100mm long from the top.

The inserts are glued and screwed in place as are the feet, the base which is plywood 300 x 250 x 12 is also glued and screwed. I added a top piece to the base but this is only cosmetic.

The support itself is the plastic tube; I used a Hole Saw to cut inserts for the tube (a bit of sanding is required to get them to fit); one was glued in place (Gorilla glue) and the hole drilled out to 12mm diam.; a piece of 75 x 75 x 12mm plywood with a 12mm hole drilled centrally is glued over this the M12 studding is inserted and the tube filled with sand. The other insert with a piece added to form a flange, is inserted at the other end. A spanner is used to pull the insert in and compress the sand. A further piece of plywood 75 x 75 x 12 is used as a large washer to help hold the support bar in place and to spread the pressure; I also added a square steel plate washer to prevent damage to the plywood.

This support is stood on the existing shooting benches that we use and has an effective adjustment range of 450mm. The design could be adapted for pistol shooting or made higher in order to be free standing. It does not work well without the sand to act as a “damper”, I found that windage was not affected; but it did shoot a couple of “clicks” high.

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