

## **Craig O's- Competition preparation.**

I've been part of the Ashburton Pistol Club since leaving school, starting out by competing in the McMillian Cup—an inter-school Olympic air pistol competition. What began as a simple interest quickly grew into something much more. I went on to try IPSC, a fast-paced and exciting shooting sport that combines accuracy, speed, and problem-solving. Every match is different, with unique stages that feature a mix of target types—from paper targets to falling steel and even moving targets—making it a sport that's always challenging and rewarding.

One of the great things about IPSC is how accessible it is. Whether you're starting with a standard pistol or progressing to more specialised equipment, there's a place for everyone. The sport caters to all skill levels, and improvement comes quickly with regular practice and support from other members. The club offers regular training sessions, and there's always someone willing to give advice or lend a hand, which makes it easy to learn the ropes and build confidence as you develop your skills.