

GRA: Norah, who or what got you started in target shooting?

After I spent almost 15 years devoted to fitness, including taking both the Danish and World title two times, I wanted to start over in a new and exciting sport. I have always been attracted to shooting sports and in the fall of 2011 at the age of 33 I finally fired my first .22 gun. In December 2011 I progressed to 9 mm and I was HOOKED! Shortly after I learned about IPSC and even better found me a skilled trainer and partner in Andreas Danko. After months of training, I was prepared to take my IPSC license and got to shoot my first local match in May 2012. Since then I have not looked back and I try to compete 2 times per month both locally and abroad.



GRA: Which competitions do you attend the most and what type of firearm do you use for these competitions?

I only shoot IPSC and shoot in both Production and Standard division. I try to compete abroad as often as possible and do as many level III competitions I can during the summer season.

In standard I shoot my favorite gun of all time, a 9 mm INFINTY Sighttracker. This gun fits my hands perfectly, it has a very nice recoil and a perfect light crisp trigger.

The first year shooting prouduction I shot a CZ Shadow, the last year I have had a Tanfoglio Stock II.

GRA: What are your biggest successes to date in the shooting sports?

I have two winnings in 2014 that means the world to me. Winning the Nordic Championship in Production in August, which was the culmination of many months of hard work. Another great succes was winning the German Nationals in Standard, beating the current European Champion. These two victories have really spiked my motivation for working even harder.

GRA: At what age did you start shooting and what options, among the shooting sports, were available to you at that age?

As mentioned in the first section, I started shooting at the age of 33. I have had the opportunity to shoot both bulls eye shooting and shortly after IPSC. I still haven't tried shooting a rifle or shotgun, I really like to, but I am afraid that I would like it to much and it will take away my focus from shooting with my pistols and I will end up using every last dime I have shooting!

GRA: In your experience, how do your colleagues or your friends view your firearms related activities?

They are very positive and interested and give me a lot of praise for my involvement in the sport. I have never gotten any negative comments regarding using firearms for sports. However, many of them find it a little weird that a woman likes shooting guns.

The only people giving me grief is actually some of the bulls eyes shooters at my local club, they do not understand IPSC and even think I train to much (if there ever was such a thing). It is really sad that some people lack the understanding and willingness to accept other shooting sports thereby limiting the evolvement of our sport as a whole.

GRA:How big is the share of active female target shooters in your club? In your opinion, has this share increased or decreased in the last 5 years?

I shoot in two different clubs, and I am the only woman that shoot IPSC (there are two other women from different clubs that come to compete) while there are several bulls eye shooters. I do not think that the number of female shooters has changed over the years and it probably won't in the future.



GRA: How do you feel about your club's efforts to attract other women to the shooting sports?

There is no special effort to attract women in my current clubs, but nationwide there is the possibility of recruiting through shooting activities after school, but this is mostly rifle and air pistol.

Since shooting is a very mechanical and technical sport, I do not think it appeals to most women, and those of us who like getting our hands dirty and hanging with the boys, we will find our way into the sport.

GRA: Do you enter only women's disciplines, mixed teams, or both? How do you rate the opportunities of women in mixed team matches?

I shoot in both the lady and the overall category. I am slowly getting better so I am starting to be a real competitor to the men as well. I am sure that a woman with the right training can be just as good as the best men, but it will take a lot of physical and mental work as well as a lot of time, probably more than most care to admit.

GRA: If you had three wishes, what would you want regarding target shooting?

I am very privileged and already have a great sponsor in Capsicum Nordic. If I should wish for something it would be more time to train, better shooting facilities at my local range and that more people would get involved in IPSC in Denmark.

Thank you for answering our questions! We wish you great fun at the range and continued success!



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