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Welcome to Archery UK

My, you have been busy over the summer! And it has resulted in an unprecedented number of stories and reports for this issue of Archery UK. Which is brilliant! Thank you so much.

But it means things are a little cramped. So if your story or letter is a little shorter than you had expected, my apologies. And apologies too if it does not appear in this issue. I promise to do my level best to get it into the next one.

So what can you expect from the autumn edition? We take a look at some of the sport’s unsung heroes. We hear how archery has given some disabled archers the chance to take control. We have advice on how to prevent injuries and keep your nerve on the shooting line.

There’s all your latest news plus reports on the spectacular National Series Grand Final, Big Weekend and Junior National Outdoors Championships. And, we need your help. We are looking for someone to review the very latest archery-inspired active gaming device. Find out more on page 30.

Happy shooting – and good luck with your indoor season preparations.
Meet the Wembley warriors!  

It's not often that you get offered the chance to step out on to Wembley’s hallowed turf to perform in front of more than 86,000 people. And it’s even less likely when you are an archer dressed up in chainmail and medieval gear.

But that’s what happened to 47 London, Royal Richmond, Cranford and Newham archers who found themselves in mock battle mode in front of fans at the UEFA Champions’ League cup final between Borussia Dortmund and Bayern Munich.

The volunteers were split into two squads, kitted out in the opposing teams’ colours and joined 550 drummers as part of the pre-match entertainment. After two volleys of safety arrows and a highly choreographed “battle,” two giant warriors clashed in the centre of the pitch watched by all the combatants, the fans and a lone animated war horse.

Christine Hung, secretary of London Archers said:

“Everything seemed to go much quicker than in rehearsals and it ran quite smoothly, though a certain amount of chaos probably added to the authentic battle atmosphere.

“The final retreat to the dressing area to huge roars from the crowd of German fans was memorable and we were glad to have played our part. It’s just a shame that our efforts were not shown on UK television.”
When Andrew Lewis was a child he was told he would never ride a bike or be able to swim. In fact, he would never be able to take part in sports. But Andrew has proved everyone wrong.

The 25-year-old, who has non-verbal autism, is now a champion after winning two Welsh Game Fair Archery titles.

His mum Linda said: “He had to face a lot of challenges to get where he is now. Lots of people told him he would never ride a bike, and he does. Then they said he wouldn’t swim, and he swims like a fish. He’s proved them all wrong.

The archery has been great for his disorder as it helps him to create more structure during the day which he needs. We’re so proud of him.”

Andrew, from Pontyberem, is a member of the Three Counties Inclusive Archers. He trains twice a week, helped by his specialist carer.

Linda said: “The sport has really helped him develop his confidence and given him a real sense of achievement. He looks forward to it every week and it’s developed his bond with his carer.”

All smiles for Andrew Lewis.

Picture courtesy of Llanelli Star

Forest of Bere Bowmen paid tribute to former member and National Judge Keith Mills in a way he would have appreciated – by organising its first memorial shoot in his honour.

Members chose to shoot a Chester round, four dozen arrows at each of 60, 50 and 40 yards, mainly because Keith had worked out the handicaps.

Keith was bitten by the archery bug during a have-a-go in 1959, had been with the club for 20 years and was the first person members turned to for advice.

His wife Gwen is also a judge and club committee member and she donated a trophy in his memory. It was won by Josie Chandler. The runners up were Brian Chandler and John Davies.
Northern Ireland played host to the World Police and Fire Games for the first time – and nine Archery GB members came away with a haul of medals!

Between them Chris Horan, Hannah Brown, Stephen Kerr, Ashley Russell Cowan, Linda Woods, Mark Davis, Craig Young, John Synott and Steve Malloy won nine golds, seven silvers and five bronze medals.

It was the first time the UK had hosted the event and it turned out to be quite a party with celebrations including turning Belfast City Hall’s iconic dome into a flashing blue and red siren. They were billed as the Friendly Games but, in an unexpected twist, quickly turned into the Love Games with a slew of proposals among the athletes.

Competitors from 18 countries took part in three days of exceptional archery, shooting target, mixed field and 3D rounds in spectacular scenery.

New Games records were set – and some novices managed to outshine much more experienced international and para archers.

And it was an unqualified success. In a letter to the Northern Ireland Archery Society Johnny Davies, the Games’ Head of Sports Delivery said: “The ambition was to deliver the Friendliest Games ever and the WPFG Federation has now officially confirmed that Belfast now holds the title not only as the Friendliest Games ever but also the Best Games ever.”
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Records tumble

Records fell and personal bests were set at the fourth Kent Disability Championship hosted by Sittingbourne Community College Archers.

Archers flocked from all over to take part in the Western and Short Western, with a Burntwood Western available to visually Impaired archers and a shorter distance for beginners.

But what made it really special, said Kent Sport Maker Jaimee Mallion, was the atmosphere created by the support crew. “It’s made up mainly of juniors who are on hand to score, collect arrows, hold the all important brolly when the heavens open or the sun beats down and of course, they are all experts in tea making!”

There were medals in each classification, ARW1, ARW2, ARST and VI and trophies for Kent champions. To find out details about the 2014 tournament, go to the Kent Archery Association website.

It’s festival time!

Paralympian John Cavanagh was on hand to inspire those taking part in the Rayleigh Junior Schools Archery Festival. The festival builds on the work being done in schools by Professional Archery Services in Schools, the brainchild of former Junior Committee Chairman John Willson and is aimed at ensuring that young people are introduced to the sport.

And it was these young archers who converged on a school in Benfleet, Essex, to show what they could do. They ranged from archers using jelly bows to those who were archery club members and represented their schools in both compound and recurve competitions. But, most importantly, they had a fantastic time.
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Home turf victory

There was a clean sweep for the East of Scotland’s recurve team at the annual Pentangle Archery competition, which was held in its home turf in Penicuik.

The Pentangle has been running since the 1960s and is contested by teams of four men and four women from Eastern, Northern and Western Scotland, Durham and Northumberland and Cumbria. They shoot 144 arrows at targets ranging from 50 to 100 yards and there is no quarter given as they fight for the prestigious Martin Trophy.

The East of Scotland team was made up of archers from Penicuik Archers, Edinburgh University Archery Club, Balbardie Archers, Border Bowman Lasswade Archers, Pentland Archers and Disability Sports Fife and secured the recurve title with a score of 6,472.

Durham and Northumberland won compound honours with 7,379 and Cumbria took the traditional longbow title with 1,041. Overall victory went to Durham and Northumberland.

Who needs fly spray?

When Lynn Young was inspired to take up archery by London 2012, she did not think her new skills would have a practical application.

And the Newburn Archer did not have to wait long.

“I was going for my first badge in the Short Windsor category and shooting at 50 yards,” she said.

“You can imagine my surprise when I realised I had shot a fly! I think I can safely say it will be a once in a lifetime achievement.”

INTO THE BREACH
Guernsey steps in to save island games

When archery was dropped from the Natwest Island Games in Bermuda, the Bowmen of Guernsey made a decision. It was going to stage its own competition and invite all those archers who would normally have taken part.

That’s how 49 archers from 10 islands around the world ended up there for the Guernsey Games 2013, a week-long World Record status celebration of the sport.

But it was not just a local competition. A team from the Falklands – Jo Lazo, Steff Thain, Jay Lazo, Justin McPhee, Mark Lewis and Jason Lewis – made a 36-hour journey to make its debut on the international stage. Jo is the Falklands Archery Association Secretary, so we asked her about the experience.

“The team received some intensive coaching from Tony Drabble and Clive Jaecock before the games started,” she said. “And of course that had to stop while we celebrated Falklands Liberation Day with a barbecue!"

“On Monday the competition got under way in bright and breezy conditions with a full FITA. The other teams were worried the weather might suit the Falklands team and, as it happened, the team performed well. We won bronze.

And there was a first and second in the mixed pairs the following day, despite the patchy weather.

“By Thursday the sun was shining and we shot imperial rounds for the first time, getting individual personal bests – and I won bronze and an Archery GB White Rose award!"

“Friday was the combined indoor FITA. The team found this event tough. It was the end of a tiring week of shooting and the small targets required utmost concentration. But there were individual PBs all round with a surprise win for Mark who beat top archers from Guernsey and the Orkneys.

“It was a fantastic week of archery!”
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Dave Cousins -
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Christopher Perkins -
FITA Indoor World Record Holder. 2011 FITA Outdoor World Champion.
When Director Operations Bryan Woodcock was given the chance to attend the All British Field Championships as Lord Patron, he seized the chance to find out more.

"I had been told to prepare for wet weather as it ‘always rains at Pentref,’" he said. "And that sampling the catering was a must. The weather was fantastic and the course, the Judges, the archers – and the catering – were exceptional. What a brilliant weekend.

"Even though this was the British Field Championships the whole shoot was conducted in a very relaxed manner, which means it must have been very well organised."

The second day was an adventure in unmarked territory. Quite literally. The archers had to judge between the shooting peg and the target in very demanding settings, shoot at some very strange angles and try to avoid the trees.

"If you miss you don’t always find your arrow," he said. "But you may find someone else’s. There is a collecting bucket at
Any sporting body is only as strong as its membership. And getting feedback from members is the key to progress and getting the right policies in place. That is the essence of good governance.

That is why Archery GB will be consulting members about its proposals for revamping the Board which will be presented to the 2014 AGM. The Board has been meeting to consider its options but it is important that we get this right. And the only way to do that is to find out what you think and then revise the proposals accordingly. So expect us to be in touch soon.

We are also preparing for an independent governance audit, due to be carried out on-site in December. While all funded sports undertake an annual self-evaluation which is independently assessed, they all undergo a more detailed inspection on a four-yearly cycle. It is simply our turn and we are confident that we have all the appropriate policies and procedures in place.

It has been a busy summer and there has been lots of good news. At the end of August membership stood at 42,800. That’s 8,000 up on the same period last year. It is the result of excellent work, both by Membership Services, which has been handling the increase, and by clubs. Well done everybody. Now we need to make sure that members are receiving the right level of support and services from all areas of Archery GB so that we can retain those we have and continue to attract new ones.

Archery GB is a respected member of World Archery and, as such, is helping to influence the sport at a global level. That reputation was further enhanced when Lilleshall was the venue for the World Archery and Para-Archery Committee’s Visually Impaired Archery Conference.

And, finally, congratulations to everyone involved in the National Series Grand Final in Nottingham. It was a real success and new sponsorship meant that it could be staged in a way that attracted both members of the public and media coverage, raising the sport’s profile.

David Sherratt
Chief Executive
Congratulations to the Valley Bowmen of Huddersfield. The club is celebrating its golden anniversary – and spending a Sport England grant of £49,900 on improving facilities.

Work is expected to start soon on the new building at the club’s headquarters off Knowle Lane in Meltham.

It was founded in 1963 by Ricky Farrar, his wife Karla and Hazel Charlesworth. The first shooting venue was at a police rugby club at Armitage Bridge, Lockwood. It was there for a couple of years until it moved to a field next to the Sands House pub at Crosland Moor and later in 1971, to a field in Meltham.

Since then it has grown but it still holds on to many traditions, including displaying a gonfalon at all competitions. The coat of arms, on a pole, was hand stitched and embroidered by Karla Farrar in the early days of the club.

The club, which meets at Royds Hall School during the winter, celebrated its golden jubilee with a special anniversary shoot.
Team GenX10 dominated the 2012 Summer Games by taking Every Gold, Silver, and Bronze archery title in London with X10 arrows. GenX10 archers have used their skills to sweep the podium in every Olympic competition in each of the five Games since the debut of the ultra-micro diameter, barreled X10.

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Back to basics, that’s what he said. It’s time to unlearn all the bad habits. And he is, of course quite right. But the question is, if I don’t get the chance to shoot often enough – which I don’t – are they really bad habits? Or is it just that I’m not shooting enough to get into good habits?

Either way, the result is the same. Let’s face it, Coach’s Eye doesn’t lie. Unfortunately. So it’s back to the T-draw. The good news is that the top line is right. I’ve stopped hunching and I remember to drop my front shoulder. Almost always.

No, the problem is keeping the back straight and the chest down. It’s fine until I get to the anchor and aim point – and then I start to worry about my bow hand. That’s when it all goes wrong. The chest comes up and the back slips neatly back into an S shape.

Does anybody have any ideas? I know you are all really inventive. Surely someone can come up with some sort of contraption or device that will force me stand properly until the shot is completed? Anybody? If only to preserve the sanity of my poor coach?

Speaking of coaching, therein lies a tale. But we will leave that until the next issue...

Jane Percival

MO Bowmen have been getting tips on the psychology of competitive archery from former Archery GB President Trish Lovell.

The world-class barebow archer explained how to develop a successful mental approach, identify expectations and overcome fears.

And it must have worked. Two novices, a junior and a senior, who attended the seminar walked away from their first record status shoots with silver medals a couple of weeks later and two more experienced club mates took gold.

Novice archers had their chance to shine at the inaugural St Kingsmark Bowmen First Year Archers Tournament. Eleven took part in the contest, which was open to anyone who had not shot in a tournament before.

Seniors shot a Short Metric II and juniors shot a Short Metric III. There were bouncers and an equipment failure – but that did not get in the way of some fierce competition.

Joseff Young took junior gold and the trophy, with Heather Schurer second and John Barber third.

Nicola Phillips took the women’s title with Moira Bell second and the men’s trophy went to Barry Harley with Ross Wills in the silver spot and bronze for David Bell.

Judges Greg Hill and Tracey Anderson were thanked for helping to ease the archers through their first competition.

In the white!

We all know that archers are very enterprising so it was a case of waste not, want not for the aptly-named Elizabeth Arrowsmith of Durham City Archers, who managed to find a new use for a broken arrow.
And the medal goes to...

Arthur Credland is Archery GB’s official historian – and he wants to hear from you. Contact him at historian@archerygb.org

The Scorton Arrow is the oldest archery competition in Britain. It has been held in and around Yorkshire since 1673, with scarcely a break and the only thing that has halted the competition has been major wars.

The original silver arrow still survives and, until quite recently was kept by the Captain of the Arrow. It is now displayed at the Royal Armories, Leeds, and is brought out for each year’s contest.

The Scorton Arrow contest inspired Henry Peckitt of Thirsk Archers. The result was the Grand National Archery Meeting, first held in York in 1844, which led, in turn, to the establishment of the Grand National Archery Society and Archery GB.

The magnificent gold medal for the GNAS men’s champion was paid for by Octavius Luard and first awarded at Derby in 1849. It bears the familiar motto UNION, TRUE HEART AND COURTESIE on one side and STOUT ARM – STRONG BOW – STEADY EYE on the other.

The GNAS medals and brooches featured a head of Diana, the goddess of hunting and were designed by Wyon. They were first awarded at the Learmington meeting in 1853, along with the Silver Bracer for the “championess.” It was awarded to a Miss Horniblow, and she went on to win the national prize again in 1856, 1858, 1862, 1869-73 and, for the last time, in 1880.

Several prizes were acquired from other clubs, including the Beck Silver Quiver from the Royal British Bowmen. It is decorated in relief with Prince of Wales feathers and inscribed ‘R.B.B. Champions Prize 1858’. The origins of a tiny cameo brooch are unknown but it is a charming prize for the best gold in the Double National round.

We are all familiar with the wooden spoon, the booby prize given for the worst white or overall worst score but this replaced the horn spoon which was a feature of many 18th century clubs. They were usually fitted with silver plates engraved with the names of the winners. A large carved wooden spoon among GNAS trophies bears the date 1857 but no names. The Society of Archer-Antiquaries has a variation on this and at its Antiquarian Shoot a pair of Dutch clogs is given for the worst white.

The Wyon designed GNAS medal with Diana’s head
It’s all about belief for Karen Hunt. She shoots longbow and has been a member of Burton Constable Company of Archers for ten years. But she never got any further than a third class and did not even try for a second class because she was convinced she wasn’t good enough.

That was until her husband Dave, a level 2 coach, intervened last year. He talked her into entering the Harrogate Western, which she won.

Since then she has taken the Yorkshire ladies longbow indoor and outdoor titles, won the Selby Archery Club Western and, recently, retained her Harrogate title. She also got a Robin Hood in the gold (above) and has won a Rose award.

She has also received her third, second and first class Bowman classifications and is now working towards Master Bowman.

A clear shot

Check out this wonderful picture of Véronique Heijnsbroek, a member of Aberdeen University Archery Club, shooting in the Scottish sunshine. The moment was captured by fellow club member Paul Ross.

Believe in yourself...

HAS NEIL DONE THE DOUBLE?

Compound archer Neil Bridgewater has achieved something very rare. He shot a FITA round and scored 1,407, breaking four county records and earning a much-coveted 1,400 FITA Star.

But is it an even bigger feat for the Hinxworth Archer? Director Scotland Muriel Kirkwood remembers him breaking the 1,300 barrier with a recurve bow. Has he done the double? If so, he is in very select company. We will investigate further.

Nominations please!

The 2014 AGM is approaching fast - and it's time to get your nominations in for Vice-President and Director - Finance and General Purposes.

Nominations are also being sought for Chairman Field and Chairman Target. And members are needed for the Field, Judges, Junior, Rules and Target Committees.

The AGM is being held at the University of Derby on 26 April 2014. All the information you need will be available on the Archery GB website under Governance.
**Obituaries**

**Philip Simmons**

**Former Archery GB President Alf Davies**

Alf Davies, the former Archery GB President who coached Alan Wills to two Olympics and two World Championship victories, has died. “He was part of my family and my best friend,” said Alan. “He was one of the kindest and most influential people in my life. Everyone who met Alf said what a great guy he was. I feel so lucky to have known him so closely and for so long.”

Archery GB Chairman David Harrison said: “It’s really sad. I, and all of archery, owe Alf a debt for all his great work.”

And Tim Swane, Chairman of Coaching, said: “Alf was one of the nicest people in archery. He championed junior archery. Without him there would be no junior archery in Britain, at least not in its present form.”

Former Archery GB Chairman Lynne Evans said: “Alf knew how to lead by demonstrating his ability across so many facets of the sport, from his unique ability to spot and coach young archers who went on to international and Olympic success, as a manager for the British teams and as an organiser of the Sellafield Field archery tournaments which were shot very close to where he lived in Ravensglass. It was a privilege to know him.”

**Dennis Griffiths**

Bayeux Bowman Dennis Griffiths has passed away exactly a year after the club held a shoot to celebrate his 90th birthday. Dennis, who saw action during the Battle of Britain, first became interested in archery while serving in India. A few years later he joined the Hastings and St Leonard’s Archery Club before moving to Bayeux.

“Dennis, by his own admission, was never a good shot but he loved the sport and would always come back for more. He was what every club needs, a very good club member, who was always ready to help.”

**Den Smith**

Den Smith, founder member and honorary Life President of Jolly Archers of Houghton and Wyton, has passed away aged 92. Archery was a major part of Den’s life. He was a keen longbow archer and a member of the Craft Guild of Bowyers and Fletchers and the Society of Archer-Antiquaries. He was President of the Cambridgeshire Archery Association and a meticulous club records officer – but he was never happier than when going to archery with his wife, sons and grandchildren. A recent feature of the Jolly Archers’ year has been the Den Smith Birthday Shoot. This will now become the Den Smith Memorial Shoot.

**Mike King**

“Mike King, archer, National Judge, coach and mentor has died after a short illness. He was a founder member of Charnwood, had been the Chairman of EMAS, assistant team manager for the English Archery Federation junior team and a longstanding member of Green Dragon Bowmen. His passion for archery ran deep and it is perhaps fitting that he spent his last two weekends delivering a beginners’ course.”

**Thelma Barber**

Tributes have been paid to Thelma Barber, coaching organiser and co-founder of Tonbridge Archery Club. She and her partner Malcolm set up the club 35 years ago after winning a 122cm target boss during a Dunster archery week. She was one of the first women to qualify as a National Coach and went on to work with National Squad members in the 1970s. She was Kent Archery Association’s County Coaching Organiser for many years.”
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KEEPING BUSY!

Hillingdon Juniors have been busy over the summer. They have been hosting competitions, making their mark on the JNOC and winning medals at the London Youth Games. They were part of the Bowmen of Warfield’s first UK record status Short Metric and came away with silver medals for William Jones, Darragh Doyle and a bronze for Simon Passey.

The team of Simon Passey, Huw Hallam, Kieran Heraghty, Himaaya Peiris and Darragh Doyle claimed 10th spot in the London Youth Games, and there was gold for Himaaya who won the Junior Windsor with a score of 797.

She also shot well in the Archery GB July Nationals and won gold at the Middlesex County Archery Association Outdoor Championships, scoring 1,063 to take the Junior Bristol 5 title. But she was not the only one. Simon Passey took the Junior Bristol 1 crown while Darragh Doyle won the Junior Bristol 3 title, beating club mate Huw Hallam into second place.

And the club played host to archers from Hampstead Bowmen, Harefield Archers and Brent Council’s London Youth Games team when it held an All Windsor Rounds competition. It was such a success that it is doing it again next year!

Q. Why do bees have sticky hair?
A. Because they use honey combs

Wales Archery Specialists
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ERIN’S BIG MONTH

Sixteen-year-old Stalybridge archer Erin Mayer always knew August was going to be a big month. There were GCSE results – and she became Cheshire Senior Target Champion.

She has only been shooting for three years but decided to have a go at a Hereford in the senior women’s section. It was a slow start but then she scored a personal best of 851.

“I was very surprised to win,” she said. “I didn’t think that I shot that well, as I missed with six arrows at the first change of distance.”

A week later she set four new national records at a clout competition in Netherfield. She has been National Junior Clout Champion in her age group twice and shoots target at senior level for Cheshire.

CAN WE DO IT AGAIN?

Fifty archers from eight clubs gathered at the Bowmen of Warfield’s first Annual Junior Short Metric record status shoot, and broke eight national records between them.

They shot Short Metric I to V and, according to club member Matt Shaw, had a great time.

“It was just amazing,” he said. “There was an ice cream van, barbecue, a head-to-head and music. Can we do it again? Yes. Definitely. Next year!”

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A year in the life...

What it’s like to be an Academy archer: Geordie’s story

My name is Geordie Harrow. I’m nine and I live in St Andrews, Scotland. I started archery in February 2012 and my coach put me forward for selection for the new Scottish Archery Academy in July 2012.

On the introduction and selection day there were about 40 archers and I was the youngest boy. Lana Needham, the Performance Director, gave us logs to fill in every day and therabands to practice with. The Academy is great fun. We met every four or five weeks over the winter and it was much more than just shooting. We played basketball and used lasers to see how well we were holding our bows.

It is tough too, though. I shoot over 2,500 arrows a month, plus every day I do laser practice, strengthening exercises and I still fit in my homework, music practice and daily physiotherapy. I keep a record of all my competitions and results. I’ve won four trophies and seven gold medals so far plus a fantastic blue Spider Badge from Bannockburn which is my favourite.

My ambitions are to win recurve gold for Great Britain at both the Paralympics and Olympics. I am coached by Hazel Elliot and Murray Elliot, the Paralympian. Everyone says I’m Murray’s Mini Me! Archery takes my mind off my pain. I have a similar condition to Dani Brown and my balance isn’t always great but when I focus on shooting I forget everything else. It all disappears. I’ve now graduated to year 2 of the Academy and can’t wait to meet up with all my friends again.

I’ve learned lots in my first year of archery. I’ve learned it takes a lot of hard work and commitment to be the best at any sport but the more you put in, the better the results. I’ve learned that my super light Jazz arrows don’t like to be shot at 40m when it’s very windy (they can go for miles though!) and you need a really cool metal detector to find them.

I’ve also learned how easy it is to wind up your club coach (sorry Shelley!) and how satisfying it is to shoot pictures of Justin Beiber at fun nights! Most of all though, I’ve made lots of new friends and I love club nights with Kingdom of Fife Fletchers and Academy days.
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The Target 3+ is a thumb trigger release. Also available in a four finger, the Target 4+.

The Too Simple is available in a three and four finger handle configuration. Featuring the new tension changing system. Auto closing jaw.

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HPX
Length 25" mass weight 2.7lbs / 1.224grams.
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(also featuring a Shibuya Ultima Carbon Sight 9", Beiter clicker, Shibuya DX button and a Bernardini wrap around rest.) Call for availability.

Carbon Blade BS
Length 24", 27", 30", 33".
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Extenders 3", 4", 5". Call for availability.

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The best of young British talent shot in soaring temperatures and turned in some sizzling performances at the Junior National Outdoor Championships and Junior FITA Star at Lilleshall.

And, after last year’s washout, the archers did not disappoint.

Lucy Mason of Deer Park Archers smashed through the 1,400 barrier and took the national Metric IV record and junior compound cup with a staggering score of 1,407. Chris Woodgate of Woking Archery Club took the Metric II record and the junior men’s recurve trophy with 1,333, while Pip Taylor of Lichfield Archers took the junior women’s 40m record with 1,269. Saturday’s other national record breaker was Rebekah Lowe of Burton Joyce Archers who seized the junior women’s Metric V barebow honours with a score of 1,169.

There were some family rivalries too. Kirsten George of Isle of Man Archery Club beat her sister Aalin by a single point to take the junior women’s FITA Compound Cup 1,334-1,333. Jakob Barrett-Rhys of Blandy-Jenkins Archers beat his brother Finnlay 871-812 to take...
the Metric IV junior barebow trophy while their sister Grace took the female title.

England won the Home Nations challenge while regional junior recurve honours went to the East Midlands women and southern counties men.

On Sunday, there were 265 entries and the conditions were a little kinder, with fewer youngsters falling victim to the heat.

Three national records fell: Bristol 4 junior women’s compound to Lucy Mason, Bristol 5 junior women’s barebow to Deer Park’s Nicole Deasy and the Bristol 2 junior men’s recurve to Chris Woodgate.

Junior Committee Chairman Helen Woodcock said: “What a fantastic weekend. The standard of shooting has been really high and the behaviour of the archers exemplary. They have been a real credit to the sport and to themselves. I really cannot praise them enough.”
There were dramatic twists at the first Junior Masters tournament, held at Welbeck.

Competition was intense and the juniors were in such fantastic form that both the junior men’s and women’s recurve medal titles had to be decided by single-arrow shoot-offs. Joe Ground eventually took the men’s honours from Michael McCarthy and Louisa Piper beat Zoe Reid. The compound titles went to Harry Harding and Lucy Mason and Andrew Brimer and Rebecca Lowe took barebow honours.

It was the first time many of the 36 young master bowmen had taken part in a full head-to-head tournament with qualifiers. “We tried to make it a real reflection of a proper competition,” said Junior Chairman, Helen Woodcock. “I don’t know who was more nervous, us, the archers or the parents! But it was absolutely brilliant and the feedback has been so positive.

“It’s really exciting because we didn’t know if it was going to work but it’s just blown our minds. It’s been absolutely stunning.”

Only Junior Master Bowmen can compete so anyone who wants to take part in next year’s competition must remember to send their forms in to Archery GB to claim JMB classification.

Right result for Rhiannon

The JNOC was one of the summer’s highlights for Rhiannon Easton of Noak Hill Archers. She followed in the footsteps of her hero, Alison Williamson, by winning the Bragg Cup for the under-12s recurve Bristol 5.

Rhiannon, who is 10, also won the Metric 5 and Tonkin Trophy at the Junior FITA Star after a long battle with her friend, Louisa Piper, who suffered equipment failure late in the match and could not catch up.

Her scores were also good enough to make her part of the victorious Essex and Suffolk County mixed recurve team and the Southern Counties regional team.

But those were not her only successes. This year she has achieved her Junior Master Bowman and finished first in her age group in:

- The Essex County Championships
- The Essex County FITA and Metric Championships
- The Southern Counties FITA and Metric Championships
- The Junior National Metric Championships
- The Junior National Outdoor Championships

She said she loves archery because: “I look forward to meeting new people and seeing friends. I always like to try my best. Always. And if something goes wrong I never give up. Everyone is kind at archery and the main thing for me is taking part and trying my best.”

Quite a double act!

Nethermoss Juniors Heather Hughes and Thomas Rice put in a cracking performance at the 18th Assheton Novice Shoot.

Thomas only started shooting compound in January but he managed to get a first class score in the St Nicholas round and win his category.

Heather has only been shooting a few months longer but she won her recurve category AND scored more points than the winner of the junior gents’ recurve category. She also shot two six gold ends and ended up with a junior Bowman score.

And they had another good day at the Lancashire Archery Association Junior Championships. Heather took the under 14s recurve title, won a Red Rose award and got her first Junior Master Bowman score while Thomas won his compound category, a Blue Rose award and got his six gold end.
When facing the target it’s just you and your bow. An extension of you.

Whatever happens, whatever you do. The feeling of hitting the centre of the target.

This feeling lives within you and cannot be taught. It has to been grown. A feeling that you cannot lose. This shot brings you closer to perfection. Even though you may not think it.

We are with you every step of the way. On the shooting line, on the podium. In wind and rain to the sun and cool breeze.

Trust in Win&Win Archery and together medals will be won.

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**BowBlade**

How do you get gamers interested in sport? More specifically, how do you get them interested in archery? The Wii started the interactive trend but a new archery-based gaming device could take things a whole lot further.

The BowBlade is designed to work with your smartphone and has been created by a former stuntman and keen gamer turned chiropractor. The basic idea is that resistance training plus gaming equals a fun way to get in shape.

So how do you use it? It is designed to have the look and feel of a bow. You place your phone in a cradle at the front, draw back and pull a trigger that makes a stylus touch the screen.

On the plus side it is lots of fun, makes you work really hard and well made, lightweight, durable and will work with more than 70 apps. The niggles? The recoiler holding the stylus disconnects easily, as does the spring holding it. And if you do not draw back far enough the trigger does not move the stylus.

To be fair I am no gamer, so I took it along to the National Series Grand Final to find out what you thought. But opinions were mixed, ranging from: “Good exercise tool – but not sure about archery-specific exercises” to “It’s genius! Where do I get one?”

There is only one way to sort it out. One of you has to review it. Log into the Member’s Portal and tell us why you are the right person for the job in 100 words or fewer. If you are chosen you get to test it – and keep it. There is one condition though: You have to agree to do a review for the next edition. And the deadline for entries is 10 October.

For the rest of us, the BowBlade costs around £50 and is available from www.bowbladegaming.com.

*Jane Percival*

**THE FLAME**

If you really want to blaze a trail, this could be just what you are looking for. The Flame is the latest vane from flex-fletch. And it really shouldn’t work but, so far, it does.

An outrageous flame profile gives the two-inch target vane its name. So far so fun. But surely the design must affect the arrow’s stability? It does not seem to have had any adverse impact on grouping and, if anything, the flight seems to be smoother.

The manufacturer makes great claims about durability. They are certainly stiff and sturdy. As for claims of lasting longer than other vanes? Well that remains to be seen but they are performing well so far.

The Flame comes in packs of 36 and is available from www.flexfletch.com. They cost $25 (around £15.75).

*Jane Percival*

**STREAMLINE GB**

Nail your patriotic colours to the mast with the latest limited edition backpack from Legend Archery. Streamline Great Britain is a twist on one of Europe’s best selling backpacks. It is still slim, compact and lightweight but now it is branded with the Union flag.

It is all red, white and blue inside too, with oversized zips and there is plenty of room for your gear with a removable nylon case for your limbs and a riser of up to 25ins although, to be fair, it’s a bit of a squeeze for a 25in riser.

It is a good size though, 67cm long, 33cm wide and only 13cm deep. It is robust, made of Ripstop nylon with reinforced seams and chunky but comfortable shoulder straps, and is available from major archery retailers. It costs £39, the same as the Streamline range.

*Jane Percival*

**Eagle-I quiver**

Eye-catching. It’s the first thing you notice about Legend Archery’s Eagle-I quiver. Modern, stylish and shiny, it definitely makes a statement. But it’s well thought out too, with a T-gauge hole, a scorecard sliding and plenty of storage.

And it is very practical. There is a lot of storage with plenty of pockets, robust, lightweight and well put together. In fact, it is just the thing to give you a head start on the shooting line.

It is available from major archery retailers and costs $15.

*Jane Percival*
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 Loads of storage for your gear without draining your wallet. Even with this entry level pack you get Legend Archery quality, construction and protection to make your gear last. Comes with arrows tube, handle/limbs case.

[www.legendarchery.com](http://www.legendarchery.com)
When poet John Milton wrote those words he was talking about his blindness and his place in the world. Over the centuries their meaning has broadened. In popular culture it now refers to all of us performing a function, regardless of ability and disability. In wartime situations it can mean those supporting people on the front line, whether at home or in the supply network.

It can apply to archery too – and isn’t it time all those who give up their free time and act as taxi services, mentors, “gofers” and caterers for all our talented archers were given a mention? So let’s hear it for the parents, guardians, friends and coaches without whom our archers would struggle to shine.

But what is it really like? We talk to three parents who have been there, done that… and are still doing it.

Tom Williamson

Tom Williamson and his wife Sue are well known in British archery – as is their daughter six-time Olympian Alison Williamson. Her career and sustained success means they have had more practice than most and, perhaps, at a higher level. But the couple have two daughters, Alison and Hilary, with very differing interests. So how did they cope and meet the demands of both?

“Sue and I liked shooting and both daughters just followed, sometimes shooting, sometimes sightseeing in places like Warwick Castle,” he said. “Hilary soon decided horses were far more interesting so left archery, although her daughter is now a member of our club. Alison on the other hand was never satisfied, always wanting to improve.

“Two daughters with different likes did not prove a problem. In the holidays my youngest went to work with me, passing tools and holding the horses. We would talk horses and at weekends she helped at the local stables.

“Alison had an advantage in that both Sue and I are coaches and were always happy for other coaches to look at all three of us. Because Sue and I both shoot we tend not to watch. I did at the start but found it very counter-productive and drove Alison mad. We did archery every night and in the winter shot every night in the village hall.

“I think Sue and I had a small impact on Alison’s archery career but most of it came from Alison’s desire to do well at anything she does.”
Bev Harrow

Can archery change a life? Bev Harrow would say yes. Her son Geordie has a range of health problems but archery has given him a goal: Paralympic AND Olympic glory.

Geordie is nine and started shooting a year ago. Within a couple of months was accepted into the Scottish Archery Academy. And it has changed his, and his family’s, life. You can read what Geordie thinks about archery in the Juniors’ section, but Bev says it “has literally saved Geordie’s life and we are so grateful.”

Geordie has complex regional pain syndrome, which is similar to the condition affecting double Paralympian Danielle Brown. It causes problems with his lower limbs and feet and makes balance difficult. He also has cyclical vomiting syndrome, which causes problems with his lower limbs and feet and makes balance difficult. He also has cyclical vomiting syndrome and severe allergies which mean his mum always has to be nearby with a medical kit, keeping an eye on him and, when needed, collecting his arrows.

Training is relatively easy because his club, Kingdom of Fife Fletchers, uses the family’s land and there are indoor facilities nearby. But in winter he has to travel to Cluny, 20 miles away, twice a week – and that has meant buying a new car, nicknamed the Arrow Mobile.

Geordie trains six days a week and that means at least 20 hours, or more if he is competing. So how does Bev spend the time? “Watching and learning about archery, manning the medical bag and the drinks and snacks…”

“Archery has taken over our lives but as parents of a child who knows where he wants to go with his sport, our job is to totally support and help him to achieve his aims.

But is it worth it? “Apart from the 22,722 arrows he has shot, the difference in Geordie has been remarkable,” she says. “Archery has given him a focus away from his daily pain, away from his constant nausea and away from feeling down about not being able to do what a lot of his friends can. Now, he’s the one who can do things that no one else can.

“His father and I are very proud of Geordie. He has a lot to put up with but he never cries and is incredibly stoic about his difficulties. He’s a walking miracle so to see him striding confidently to the shooting line and putting into practice all that he has been taught puts a lump in my throat every time.”

Ian Taylor

For Ian Taylor, archery has become a way of life. It started when his daughter Pip tried archery at a have-a-go session. She is now part of the GB development squad – but it has not been an easy ride. She has had to fight back to fitness after being struck down by a debilitating virus which left her paralysed and with a question mark over her archery career.

“Being an archer may be tough but being a parent of an archer takes dedication, patience, grit, stamina, lots of diesel and deep pockets,” he said. “It starts with a Monday pick-up from school at 4.40pm and off to training at Lichfield. This 20 mile round trip is done Monday, Wednesday, Thursday and on Saturday mornings. Tuesday is gym night when I get to bench press with my daughter which I never imagined doing when she was born. On a Friday I get a day off!”

“Coaching is one of the most important elements to archery. Learning the correct technique takes many hours of drills with clinic bands and training bows and shooting arrow after arrow. As a parent this means hours and hours of spectating. If that were not enough, Sunday is competition day. It involves early morning starts and travelling all over the country.

“There are also health risks. Usually they involve the smell of bacon, cups of tea, biscuits and homemade cakes, which are impossible to resist…”

“Having said all of that I would have it no other way. Archery has given me something I have become actively involved in with my daughter. It is exciting and thrilling watching her compete and we get to spend good quality time together.”
Clubs around the UK united in one cause over the bank holiday weekend – to introduce their communities to the joys of archery. And the result for the 54 clubs that took part? People queuing up to get on beginners’ courses.

Matt Howe, Secretary of Leicester Ancient Order of Foresters Archery Club said: “Must have had around 70 visitors and we’ve got 31 names for potential beginners courses, so we’re very happy with how it went. Everyone had fun, which was the main thing.” It was the same story at Waterside Archers, Hampshire, where half of its 50 visitors are eager to sign up for a course.

And there was plenty of demand from people wanting to shoot. Geoff Gilbert of West Somerset Company of Archers said: “We had only meant to run this for four hours but we had people queuing up to shoot so we ran on for another hour to accommodate them. Paul Maines, Chairman of Gordano Valley Archers, said it ran a Festival of Sporting Activity with other local sports organisations and managed to raise £600 for the children’s hospice South West. He said: “The feedback we received from the public who attended is a fantastic compliment to the effort and commitment shown by our club volunteers. Everybody is asking me whether we can do it again next year but make it a two-day event.”

Rochdale Company of Archers used the Big Weekend to introduce its seven level 1 candidate coaches to the demands of a high profile, high volume event – under the watchful eye of its more experienced coaches and mentors. Club Secretary Dave Stevens said: “An event like this needs volunteers and we certainly had that. And our level 1 candidate coaches were fantastic.”

In Scotland, Bannockburn Bowmen hosted a successful event – even though it was not a bank holiday north of the border. But the big talking point, according to Club Secretary Brenda Williams, was the impact of the Big Weekend T-shirts.

They also worked well for Telford Archers. Its members wore them to work, while out shopping and when they were asking businesses to publicise the event. Members of Deer Park Archers also wore them while taking part in Disability Week sessions. Norton Archers also used the Big Weekend to publicise the Arrows kit for schools. Norton Chairman David McCullogh said: “It was fantastic to hear the number of people still talking about how they were inspired by the Olympics and how they really enjoyed the archery.”

Hannah Lucas, Archery GB’s Development and Business Support Officer said: “The Big Weekend 2013 was a big success thanks to the hard work and commitment put in by all involved.”
Exploring new strategies

HOW DO WE GET MORE PEOPLE SHOOTING REGULARLY?

All sports share a single goal: getting more people taking part regularly. Archery GB is no exception and ontarget will be working with five clubs over the next 18 months to find ways of achieving that aim.

Thirty-five clubs put themselves forward for the project and the five selected were:
- Aardwolf Archers (Sheffield)
- Bowmen of St Mary’s (Hull)
- Brixham Archers (Devon)
- Trent Valley Archers (Stoke)
- Old Oundle Bowmen Archery Club (Peterborough)

They will work with Archery GB and other organisations on creating a development plan designed to increase regular participation. In return, they will receive funding to help them achieve their aims and development.

More information about ontarget and club development is on the Archery GB website at www.archerygb.org/support or contact Arran Coggan on 07525 333592 or at arran.coggan@archerygb.org

Joining the specialists!

More clubs are joining the ranks of ontarget community, young people and performance specialists.

Cleve Archers, Tyndale Archers, Moorside Archery Club, Braintree Bowmen and Bracken Company of Archers will join the 17 clubs already awarded the Community specialism. A further eight clubs are working towards it.

Sittingbourne Community College Archers has been awarded young people specialist status after proving it provides an excellent environment in which young archers can develop.

Three clubs have now gained this status with eight more working towards it.

Gordano Valley Archers and Rochdale Company of Archers join Deer Park Archers as performance specialists fully geared towards giving their archers, coaches, judges and volunteers the right opportunities to achieve their full potential. Seven more clubs are seeking the specialism.

The specialisms are part of the ontarget club programme. It helps clubs to develop and offers support and recognition for their achievements.

Cash boost for clubs

Fifteen clubs are sharing in £8,295 from the fourth round of the Archery GB ontarget small grants programme.

The money will go towards attracting and retaining members and increasing shooting opportunities. Sittingbourne Community College Archers, Leicester Archery Academy and Canterbury Archers are spending their grants on increasing coaching provision and support.

Archers of Jersey, whose members shoot in a damp, badly lit tunnel, 30 metres long by three metres wide, received £900 to improve facilities and coaching. Club secretary, Jacquie Huelin, said “This, we are sure, will lead to more archers shooting regularly and success in not only attracting new members, but in retaining them.”

Woking Archery Club was awarded £350. Harvey Davies, Communications Officer, said: “We have a growing number of junior and senior archers as well as archers with disabilities that struggle to erect stands and straw bosses, plus a growing group of retired archers wishing to shoot mid-week when younger members are not about to help. New foam bosses will greatly help this group as well as others.”
Just some of the pieces that make up Clickers Archery

Open Tuesday to Saturday
10am to 5pm
www.clickersarchery.co.uk
01603 300490
It’s all change in coaching! The sport needs more coaches so, to make achieving that aim easier, the way the system is managed has been reorganised into three broad areas:

1. Course delivery, planning and management. This will be overseen by Hannah Bussey, the new Development Manager – Workforce, assisted by Hannah Lucas, Development and Business Support Officer.

2. Course content – overseen by the National Coaching Committee.

3. Coach management – overseen by National Coaching Committee with support from Membership Services.

The need to reorganise was identified by independent research. It found that archers often struggled to source coaching at a level that suited their abilities.

Hannah Bussey said: “Archers have told us very clearly that coaching is really important to them. A coach helps you learn, challenges your skills and gives you the support to compete. “We need more coaches, particularly for novice and intermediate archers who often haven’t received coaching since their beginners’ course. Without access to coaching, many people get to a certain level then gradually lose motivation or drop out.”

HOT NEWS! 34 universities took part in the recent British Universities and Colleges Sport Archery Outdoor Championships. And it was a huge success, with competitors claiming seven new university records, 20 FITA Stars, 32 FITA target awards and one six gold end.

In fact archery is now such hot news among students that Archery GB is looking at working with ten universities to set up new clubs on campus over the next two years. Bournemouth and Newcastle universities are already confirmed and will be promoting their new archery clubs at their Freshers’ Fairs.

IN-DEPTH SUPPORT

A series of in-depth workshops are being run as an alternative to the National Development Conference and the aim is to deliver exactly the information you need. The workshops are:

1. Pass It On: Coach archers with a disability. Saturday 25 January 2014. 9am-5pm. Lilleshall National Sports & Conferencing Centre, Newport, TF10 9AT. Costs £15. For level 1 coaches and above. Develop your skills and confidence in dealing with the disabled, providing appropriate support. Practical and theoretical sessions led by experienced coaches will help you understand disabled people’s needs more clearly, making your approach to coaching more inclusive. Closing date for applications: 3 January.

2. Deliver archery as a business. Saturday 8 February 2014. 10.30am-4pm. Lilleshall. Costs £15. Find out everything you need to know about setting up an archery business, what you need to do, how it fits in with Archery GB rules and regulations and the benefits for the whole archery community. Closing date for applications: 17 January.


Meet the need

Course Content (NCC)
Course Management (DMW)
Coach Management (NCC/Membership Services)

New responsibilities

When archery was included in last year’s School Games, it gave the sport a massive boost. And it has been keeping clubs and coaches busy ever since.

In Gloucestershire, archery made it into the Schools Games county finals and Shropshire is planning to introduce it at primary and secondary school level next year. They are not the only ones.

Steve Richardson, County Development Co-ordinator for Durham and Northumberland, and member of North East Archers, was invited to Northumberland’s School Games to demonstrate archery and the highly successful Arrows kit.

He said: “We were given a spot by the side of the bowling alley and 243 out of 1,000 participants had a go. They included Olympian Chris McDermott from Team GB Handball, who took his place in the queue, signing autographs as he went.”

“Many of the teachers were fascinated at how easy Arrows was to set up and use and there was a real buzz as many of the children encouraged and competed against each other to show the true spirit of the games, which includes: teamwork, self-belief, respect, passion, honesty and determination.”

Northumberland is now considering making archery part of its School Games and Steve has been invited to go into individual schools to promote Arrows as a way of getting all children interested in archery, whatever their ability.

And a new competition format has been introduced this month to encourage more inter-schools rivalry as well as an inclusive archery competition format that will be available as part of the School Games cards from January.

For more information go to www.yourschoolgames.com
Head of Development said: “Because archery already has a strong presence, it made sense for us to increase our investment into this area.”

Showing how clubs are getting people involved is also important. The ontarget programme is reaching out to clubs that want to increase participation rates and some clubs are to receive extra resources and support to help them achieve that aim.

Sport England has also thrown down the challenge of increasing the amount of archery, and all other sports, practiced outside clubs. Over the next four years Archery GB will be looking at ways of getting people shooting in lots of different environments.

The challenge facing archery is clear: how do we get more people involved? Sport England has more than doubled its funding, awarding the sport £2 million over four years. But now the hard work starts. For that money it expects Archery GB to get more adults taking part in the sport and to increase the number of talented young archers, offering them better support.

And it wants evidence. Sports which receive Sport England funding have to demonstrate success by recording higher participation figures in the Active People Survey. The survey is carried out independently and results are published twice a year. It reports on regular participation – in archery, the number of adults shooting at least once a week. At the moment the APS figures show 35,000 adults shooting regularly. The target for 2017 is 39,000. So how is that going to be achieved? A four-year strategy has been put in place, parts of which are already being delivered.

One of Sport England’s aims is to get more students active, so Archery GB is building on and extending its presence in Higher Education and Further Education to get more university and college students involved in archery. David Reader, Head of Development said: “Because archery already has a strong presence, it made sense for us to increase our investment into this area.”

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Two new awards are being introduced to train instructors and teachers to deliver safe and enjoyable introductory archery sessions.

The Archery GB Instructors Award and Teachers Award will be launched on 1 January. It will be available on a small scale at first but will become more widely available during the first year. The Leader Award will be available as normal during this period.

And Archery GB is looking for dedicated and enthusiastic tutors to train the new instructors and teachers. If you want to become an approved tutor you will need to apply to enter the selection process.

The next recruitment phase is open now. If you are already a Leader tutor and want to deliver the Instructor course you will need to apply because you will not be transferred over automatically. For more details go to www.archerygb.org

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They shoot. They score...

Members of the newly-formed North East Archers have been busy spreading the word about the sport among college students. They ran two days of taster sessions at Tyne Metropolitan College, with a twist. Each group was a class and there were prizes for best class, department and individual.

Organiser Joe Brown said: “As the groups arrived you had the normal apprehension, the sparkle in the eye of those who thought they would split the arrow like Robin Hood and everyone in-between.

“Shooting six arrows with imperial scoring it became evident that, for most, their archery skills far outweighed their maths skills. Some were just happy that they had hit the target while others were competing for the score. There was a very exciting head-to-head as two lads who had never held a bow went up against each other and both shot perfect six gold ends.

“The highlight was the excitement in the faces of the students who realised, ‘Yes, I can do this!’ followed by ‘Can I do this again?’ It proved yet again what a truly inclusive sport archery is.”
Membership at Cleve Archers has increased from 89 seniors and 39 juniors in March last year to 135 seniors and 73 juniors. So how has the club coped? Bob Nicholls has the answers. **What has been the impact on Cleve Archers?**

There are 15 on our second junior beginners course of 2013 and 18 on our third senior beginners course of the year. Demand is such that we are in the process of organising another Level 1 coaching course and looking for a level 2 course for our existing coaches.

We run free community events on the first Tuesday of every month and so far this year we have given archery lessons to more than 85 people. **How do you keep members interested and engaged?**

We have added to our range of bows, to standardise and improve the equipment offered to new members and improvers before they buy their own.

Juniors meet on Saturday mornings and Tuesday evenings and are put through their paces by our Junior Coaching Organiser. Improvers and new members are invited to shoot on Saturday afternoons and Tuesday evenings where they have extra tuition from club coaches. Our coaching development plan allows us to offer members additional support and tuition to encourage them to shoot more, shoot regularly and join in club activities. The result is that we now have 19 active level 1 coaches. **What success have members achieved?**

Triple Olympian Larry Godfrey is a member of Cleve Archers, as is Jake Bunce, a member of the GB Junior Squad, who has shot internationally for the last seven years, along with Matt Arnold, Teresa Bridges and Adam Shaw regularly represent England and seven members were selected to represent the county in September 2012. **How do you ensure you provide opportunities for all?**

Club Disability Development Officer, Kevin Davis, is a level 1 coach. His job is to increase participation for people with disabilities, develop school and junior club links and to work with our junior development team.

We are also equipped with Genesis bows which are shorter than a normal recurve bow and much more adaptable to a range of draw lengths and draw weights. **Plans for the future?**

A Club Development Team was formed in 2012 to assess members’ needs and create a long-term plan to improve facilities and increase participation opportunities. Cleve Archers recently gained the ontarget Community Specialism and is considering applying for the Young People Specialism award. Other ambitions are to buy our own land, develop a viable archery venue in the local community and further increase participation.

**FACT FILE**

**Club Name**

Cleve Archers

**Formed**

1960

**County and Region**

Gloucestershire, Grand Western Archery Society

**Website**

www.clevearchers.co.uk

**Club Contact**

Bob Nicholls

**Venues**

‘Up Yonder’ Hambrook, Chipping Sodbury School

**Membership**

Adults – 135, Juniors – 73

**on target status**

Registered. Community Specialism

And Cleve has a very special member. When 11-year-old Gabrielle Lott decided to join with her dad Richard after a beginner’s course, she became the 40,000th member of Archery GB. To mark the occasion Gabrielle, the 40,000th member, received a glass plaque along with a £500 equipment and support grant for the club. The plaque and cheque were presented by Development Manager, (Participation), Arran Coggan.
Don’t be a TROLL!

Think before you post

Social media is fantastic. It is the ultimate in immediate gratification giving you unlimited information on tap and instant communication. But there are dangers too. And it is possible to become an internet troll without realising what you are doing.

**What is an internet troll?**
The accepted definition is someone who causes discord by starting arguments, harassing or upsetting people online. There have been much-publicised stories about people doing it deliberately; but did you realise you can do it accidentally too?

We are all used to friendly banter on the shooting line, in clubs and at competitions. But what you say to somebody’s face, or over the phone can be very different when written down.

Why? Because there are many kinds of communication and most of them are not written.

When you are having a joke, or teasing about scores, the “target” can usually see your body language, the smile on your face or hear the warmth of your tone. Written words are different. It can be hard to put them in the right context, despite liberal use of emoticons and smiley faces. And don’t forget, even they don’t show up on all systems.

Words can be frightening. You know what you mean when you are sending a message – but the person on the receiving end might read it very differently. And if it upsets them, it could lead to problems. If it carries an archery hashtag and ends up on the @archerygb Twitter account or is posted on our Facebook page it could be taken down. The person who posted it could be barred or, if they are an Archery GB member, disciplined if it is necessary.

There is a simple way to avoid all that. There are guidelines on the Archery GB website (just enter social media in the search engine) or go to thecpsu.org.uk/help-advice/put-in-place-standards-and-policies/ scroll down to social media and link to the resources library.

Think about what you are posting online and if anyone could interpret it as cyber bullying just don’t post it. Don’t become an internet troll by mistake! And if you think you are being bullied, don’t suffer in silence. Just tell someone you trust, or a club or tournament official, and they can take it further if necessary.

**Too many? Too few? Log in!**

Are you receiving too many copies of Archery UK? Or too few? Have you suddenly stopped receiving the Archery GB ezine and wondered why?

It’s very easy to fix. All you need to do is log on to the Members’ Portal, scroll down to the “Others” section and check that all the right boxes are ticked – and have not become ‘unticked’ by mistake. The Archery UK box is at the top of the list and the ezine box is at the bottom.

If you have moved you can change your address and you can update all your personal details online. You can also view all your achievements, badges and scores, coaching and judging qualifications and DBS (CRB) expiry dates.

It’s very simple, efficient... and the changes are immediate.
It’s an awesome sport

How “beginners’ luck” convinced deaf-blind John

John Nicholl from Ballymoney, Northern Ireland, has overcome many challenges. He was born deaf but then, gradually, began to go blind. But he is a keen archer and hopes that his experience will help and encourage others.

This is his story:

“My name is John Nicholl but my nickname is John Boy. I was born deaf but with good eyesight. I was just like other people but grew up living in quietness. In 1990, aged 19, I was diagnosed as having Usher Syndrome. This meant that I began to lose my sight really slowly.

“Usher syndrome is a relatively rare genetic disorder that is associated with a mutation in any one of 10 genes resulting in a combination of hearing loss and visual impairment and is a leading cause of deaf-blindness.

“By mid spring 2004 I had lost so much of my sight that I was unable to recognise faces or items even if they were placed directly in front of me. This also forced me to give up my job. I had been working as a hairdresser, a job I had always dreamed of doing.

“Being deaf never presented any problems for me but losing my sight brought many complications. I found some “non-sight” activities to take part in such as tandem biking, swimming and clay modelling. Then I was approached by an occupational therapist at Pavestones, who suggested that I might like to try archery.

“My very first arrow went in the gold – beginners’ luck, maybe. Now I can sometimes group my arrows. The feeling of being able to shoot and hit the target without actually seeing it has given me a more optimistic outlook on things.

“When I heard about the Northern Ireland Disability Championships I was very keen to take part. I entered in the visually impaired category and, to my surprise, I won my class and a gold medal!

WHAT AN ACHIEVEMENT!

Tanya Wilson, below, also won gold, only 10 weeks after starting to shoot regularly. She discovered the sport during an outing with the Shine (Spina bifida, Hydrocephalus, Information, Networking, Equality) group and became hooked after another session at the Pavestones Centre, Coleraine. This is her story:

“I have spina bifida occulta (hidden form). With my condition I suffer from pain in my back and left foot and always thought I could never do archery. But I can and I love it.

“When I started archery I struggled with a few things but, with the help of my coach, I overcame these difficulties. I find focusing on shooting arrows takes my mind off my pain.

“At the championship I picked up a gold medal in my category and also achieved a shield for overall best female score. What an achievement for my first competition! Anyone can do archery, so give it a go and you’ll get hooked on it, just as I did.”

Northern Ireland Archery Society has held its first Disability Championships. And proved such a success that it won’t be the last!

Fifteen archers competed in three classes, wheelchair, standing and visually impaired, to secure the Northern Ireland title even though, for many, it was their first taste of competition.

The championships were organised by Chris McFadyen and hosted by Causeway Company of Archers.

Does your club welcome disabled archers? If it does, help the disabled to find you. Log on to the Deloitte Parasport website, scroll down the right hand side of the home page, click on club upload and fill in your clubs’ details. It means that anyone interested in archery can simply enter their postcode and they will be directed to your club. It’s fast and it’s free.
Champions on target

There were claims for a world record and a national record at the British Target Championships, held with stage five of the Archery GB National Series at Lilleshall.

Adam Ravenscroft took first place in the men’s compound with 2,776, followed by Liam Grimwood on 2,754 and Chris Bell on 2,751, while Larry Godfrey took recurve honours with 2,656. Ashe Morgan was second with 2,587 and Bob Lowe third on 2,541.

Naomi Folkard took the women’s recurve title with 2,662, followed by Amy Oliver on 2,598 and Jeanetta Braun on 2,584. Lady Paramount Danielle Brown won compound gold with 2,774 with Nichola Simpson second on 2,769 (with 193 10s) and Rikki Bingham third on 2,769 (with 191 10s).

Longbow titles went to Julie Cousins on 986 and Robert Powell on 1,570, followed by Terry Ives on 1,410 and Martin Bale on 1,406.

Annie White and Kevin Sutherland won barebow honours on 1,607 and 1,712 respectively.

Juniors take the field

Great Britain’s juniors shone at European Field Archery Championships in Terni, Italy, winning two golds, two bronzes and an unofficial silver!

There was barebow gold for Louise Rees in her final season as a junior, recurve gold for Patrick Huston and recurve bronze for Bryony Pitman in the stunning setting of the Carsulae archaeological site. The other bronze was won by the junior men’s team of Patrick Huston, Luke Pennell and Craig McCreery after a tense shoot-off with Sweden.

And the junior women – Bryony Pitman, Daisy Clark and Louise Rees – won team silver but, because there were only three teams taking part, it was not included in the official medal tally.

The senior archers found themselves up against tough competition. Jon Shales came closest, making it through to the recurve semis. And he came agonisingly close. He was denied a place in the gold medal match by as single point, losing 52-53 to Germany’s Sebastian Rohrberg, who went on to win the title. The bronze medal was decided by a single point too as Jon lost out to Austria’s Heribert Domhofer, 55-56. Silver went to Jerome Bidault of France.

GB team manager Gloria Mead said: “What a stunning location. The shooting took place in the ruins of an 11th century church with the final shot aiming towards the arch of St Damiano, with clear blue skies and temperatures nearing 30 degrees in the shade.

“A fantastic end to a marathon of a week. I am so proud of the whole team. Well done!”

World Games delight

There were World Games celebrations – and podium places – for British field archers Naomi Folkard and Alan Wills in Cali, Colombia.

Naomi was proclaimed World Games recurve field champion after beating Germany’s Elena Richter in a shoot-off. Jessica Tomasi of Italy took bronze, beating Germany’s Lisa Unruh 58-52.

Her victory was quickly followed by a bronze medal for Alan, beating Austrian Heribert Domhofer 57-54 after losing out in the semis to Jean-Charles Valladont of France. The Frenchman defeated the USA’s Brady Ellison 62-60 in a tense final.
A natural fit
How Fletchers are still helping archers

When the Worshipful Company of Fletchers was set up in 1371, it had one aim: to give Britain’s bowmen the kit they needed to win famous victories. These days the Company is still helping, but the emphasis has changed. Now it supports Paralympians and club members and helps to set up clubs for disabled children. Some of the support it offers includes:

- Helping to provide new bows in cases where a worsening disability makes it necessary
- Where different equipment is needed for better performance
- Buying extra equipment to enhance improving performance
- Support for events at national or international level

To give an idea of the amounts involved, in 2012 the Fletchers provided about £13,500 for disabled archers. The largest grant ever made by the Company is an additional £12,500 per annum for five years to Archery GB. It is being used to train coaches to work with disabled archers and to identify and train potential talent for Rio 2016. This scheme is well under way and, hopefully, will help to bring about success and medals in Brazil. And three of Archery GB’s members are now also members of the company.

The Worshipful Company of Fletchers was founded by arrow makers as a way of ensuring craftsmanship and quality. Now it devotes most of its energies to its chosen charity, disability archery. And this is a natural fit with Archery GB. Anybody who wants to apply for assistance in purchasing equipment needs to demonstrate that their coach not only recommends the application but is also able to endorse the degree of commitment required to succeed.

A recent innovation is the Company’s support in setting up schools clubs for disabled children. Part of archery’s appeal is that disabled and able-bodied archers can compete on level terms. The Company is providing funds are provided for the purchase of basic equipment and a year’s coaching in established sports centres. If you want to find out more, contact the Company’s Clerk at clerk@fletchers.org.uk or on 020 3638 4039.

Young stars’ chance to shine

There was a glittering end to the GB squad’s European Junior Cup adventures in Bucharest when Jon Bull took gold and Jordan Mitchell silver. Jon beat Jordan 145-143 in the closest of matches to take junior compound individual honours in one of Europe’s premier contests.

It was a fitting end to a competition that saw three bronzes added to the medal haul, courtesy of our junior compound teams and left Great Britain joint third with Ukraine in the medals table, close on the heels of Russia and Mexico.

It was a fitting end to a competition that saw three bronzes added to the medal haul, courtesy of our junior compound teams and left Great Britain joint third with Ukraine in the medals table, close on the heels of Russia and Mexico.

Jordan added junior mixed team bronze to his haul after a hard-fought campaign with Georgina Brown – and it could have been a very different story if they had not been hampered by equipment failure. It meant they each did the bronze double after winning their team events with Rebecca Blewitt, Daisy Clark and Jon Bull and Jake Burn respectively.

There was frustration for others who came agonisingly close to the podium, including fourth placed Ashe Morgan, who was edged out. But many have now been given the chance to shine at the Youth World Championships in Wuxi, China. Those who will be at the event are:

**Compound juniors:** Daisy Clark, Georgie Brown and Marsie Henderson-Hirst. Jordan Mitchell, Jon Bull and Jake Burn.

**Compound cadets:** Aalin George, Kirsten Passingham.

**Recurve juniors:** Jack Grogan, Ashe Morgan and Kieran Slater.

**Recurve cadet:** Tom Howse, Patrick Huston, Bradley Denny, Bryony Pitmen, Becky Martin.
### Want to be selected?

**Dates set for deciders**

The dates have been set for the 2014 European Championships selection shoots. So if you want to be in with a chance of carrying British hopes, it’s time to grab your diaries.

The junior qualifiers are on 12 and 13 April 2014. For seniors it’s 31 May and 1 June. Both shoots will be held at Lilleshall.

Because of imminent changes to the 2016 Paralympic events and classification process at the 2013 World Archery Congress, Performance reserves the right to invite disabled athletes to the selection shoot. To find the selection criteria go to the Archery GB website, click in Documents and then Performance.

Entries, with supporting evidence, need to be in by 4 January 2014. Entries costs £30 and should be sent to Stephanie Kelly, Archery GB Performance, Lilleshall National Sports & Conferencing Centre, Newport, Shropshire, TF10 9AT. For more information or to pay by credit card, call 01952 607962. The minimum qualifying standards are:

#### RECURVE

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#### COMPOUND

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### Flying the flag

Olympians Naomi Folkard, Amy Oliver, Alan Wills and Larry Godfrey will all be competing in the World Championships in Antalya, Turkey, along with Becky Martin and Ashe Morgan.

And Dani Brown, Rikki Bingham, Andrea Gales, Adam Ravenscroft, Duncan Busby and Chris Bell will go with them to compete in the non-Olympic compound discipline in Turkey.

Athletes representing Britain at the Para World Championships in Bangkok in November will be:

- **Recurve men standing**: Phil Bottomley and Kenny Allen.
- **W2 men recurve**: Paul Browne.
- **Men open compound**: John Stubbs, Richard Henahanne and Frank Maguire.
- **W1 men compound**: John Cavanagh.
- **Women open compound**: Danielle Brown and Mel Clarke.
- **Recurve women standing**: Sharon Vennard.

### Act fast to get Lloyd’s help

Are you a Performance coach? In charge of young archer training group? Coaching a talented archer?

The parent of a Performance archer? If so, help is at hand – but you need to act quickly.

Olympic Coach Lloyd Brown is running free Performance coaching principles seminars over two weekends – 29 November to 1 December and 31 January to 2 February – at Lilleshall.

So why should you attend? He will be outlining the technical foundations, drills and skills needed by young archers, the theory and practice behind the 5A coaching model and the strength and conditioning sessions essential to their development.

To be considered contact Katy Cumming at katy.cumming@archerygb.org by Friday 4 October and explain why you should be there.

### The best way to learn

A great learning experience. That was the verdict after Archery GB’s recurve cadets took on some of the world’s best young talent at the Seoul International Youth Archery Festival in Korea.

It was a chance for Becky Martin, Bryony Pitman, Caitlin McCarthy, Patrick Huston, Bradley Denny and Robert Gray to build up their experience of international competition – and they took full advantage at the Jamsil Sports Complex at Seoul’s Olympic Park. And there was even chance for them to prove they had what it takes to entertain, Gangnam-style!

Patrick finished ninth in his category, closely followed by 12th-placed Bradley and Robert in 45th spot. There was a 12th spot too for Bryony, who finished three places above Becky while Caitlin came in at 41. The eventual winners in both competitions came from Chinese Taipei.
Competitions are won by the skill of the archer. But equipment helps too – and you have been asking for details of the kit used by our elite archers. Our latest “victim” is Paralympian Kenny Allen. This is the equipment he is using at the moment:

**Bow**
- Hoyt ION X riser with f7 40lb medium limbs
- Shibuya ultima sight
- Arctec stabilisers
- Beiter clicker

**Arrows**
- Easton X10 arrows, 500 spine, 120 grain stainless steel piles
- Inch and 3/4 spin wings

**Accessories**
- Opeche finger sling
- Cavalier finger tab with AAE finger spacer
- Beiter bracer x 2
- Beiter plunger button

**String**
- A Michael Peart special!

---

**So close!**

One point away from a medal

Three recurve archers were given their first shot at World Cup glory in Antalya – and one of them came very close to coming away with a bronze medal.

Nineteen-year-old Ashe Morgan teamed up with hugely experienced Olympian Naomi Folkard and they were pipped to recurse mixed team bronze by a single point, beaten 142-141 by Mexico.

Performance Director, Sara Symington said: “A blend of youth and experience shot at Antalya and it nearly ended in a bronze medal in the Recurve Mixed team – in what turned out to be a very tight match, Ashe and Naomi had to settle for a very credible fourth place. This was the first taste of World Cup level archery for all three recurve men – Ashe, Sean Evans and Kieran Slater – and will no doubt inspire them to push for more in their journey to Rio qualification.”

But there was frustration in Wroclaw, Poland. Both Naomi Folkard and Alan Wills had been hoping to progress to the last 16 but found themselves up against formidable opposition – Russia’s Inna Stepanova and the USA’s Brady Ellison. The recurve finals were a largely Korean affair, with only Mexico’s Alejandra Valencia breaking the stranglehold and taking bronze.

And Korea frustrated British hopes in the compound competition, denying John Stubbs a place and knocking out Danielle Brown was knocked out after a five-game thriller.
More than 3,000 people flocked to the stunning Wollaton Hall in Nottingham to see the British archery’s blue riband event, the Grand Final of the 2013 National Series, and a few twists.

The new holder of the National Series men’s compound title is a Belgian, Michael Cauwe. Danielle Brown added another title to her collection and there were stunning performances by up-and-coming archers. And the whole event was, in the words of tournament organiser Jon Nott, “phenomenal.”

There were no easy victories. Cauwe and Adam Ravenscroft were evenly matched as they battled for the compound title and it came down to a shoot off. But even that was different. Instead of the usual one arrow, it was a one minute shoot-off where the archers could shoot as many arrows at necessary in 60 seconds, with the closest to the centre X winning. Bronze went to series debutant Matt Arnold who beat Liam Grimwood, in his fifth successive Grand Final, 144-143.

Gusty conditions played a role in the women’s final. Dani and Lucy O’Sullivan were neck and neck until a strong gust pushed one of Lucy’s arrows into the eight. She fought back but Dani won with the last arrow. Andrea Gales took bronze, beating Rikki Bingham 136-132.

Alan Wills took recurve gold after beating Chelmsford archer Michael Judd in straight sets – but only after a tough semi against fellow Olympian Larry Godfrey. As he Morgan came back from a shoot-off defeat in his semi to take bronze, beating from the hugely experienced Larry Godfrey in straight sets.

Amy Oliver took the 2013 women’s title, beating fellow Olympian Naomi Folkard in straight sets less than a year after major shoulder surgery. And bronze went to 18-year-old Abbie Fisher, with a 6-0 win over Nicky Hunt, the first archer to make both the recurve and compound finals.

Archery GB chairman David Harrison said: “It has been a fantastic occasion. The venue, the crowds and the archery… it couldn’t have been better. I would like to thank our partners, Nottingham City Council and the Nottingham Building Society, the organising team, the archers and our sponsors. Without them we would not have been able to deliver such a prestigious event.”
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What are you doing next January? Or rather, what have you got planned for 24 to 26 January – because you will need a really good excuse not to be at the Telford International Centre.

Why? Because it’s your chance to be at an Indoor World Cup event, the European Archery Festival.

The tournament is usually held in Nimes, France, but next year it’s destination Telford. So why should you go? It’s one of the world’s largest tournaments. It attracts some of the world’s best archers. And, because it’s an open competition, absolutely anyone can take part in it. That’s right. You could be competing against the world’s finest archers.

The qualification round is a FITA 18 with four sessions available, two each on Friday and Saturday, and the head-to-head rounds begin on the Saturday evening and run into Sunday, when the finals will be held.

It’s easy to enter, just go to www.europeanarcheryfestival.com. Registration is online and costs around £75 for seniors and £50 for juniors. For that you also get entrance to an exhibition with trade stands, demonstrations and pool shoots, a competitor pack and full use of the spectator stands. You also get entrance to a Sunday morning second-chance shoot for all those who do not make the top 32 – 15 arrows that could win you prizes. Places are limited and more than 500 competitors have already signed up, so it is time to get online. Archers can now also buy spectator tickets when they register – before they are released to the general public.

The festival is supported by the archery trade which has provided the prizes and will be taking part in what will be the largest exhibition in Europe. All the latest kit will be on offer – and it’s a great place to pick up deals direct from companies.

More are signing up all the time and the festival currently has six master sponsors: Mybo (by Merlin Archery), Doinker, Hoyt, Easton, Win & Win and TRUBall/Axcel Archery.

Act now to secure your place at the European Archery Festival. Entries are currently being accepted for senior and junior archers in compound and recurve divisions. It’s all being automated online by Sport:80 and you can pay by credit or debit card. Visit www.europeanarcheryfestival.com for more information.
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Archery GB’s Pilot Academy Squad has held its final training camp at Lilleshall.

Described as a “bitter-sweet” weekend by coaches and staff it marked the end of the pilot programme offer by Archery GB, the beginning of a fully-fledged academy network across England from September and the start of work to align all Home Nations Junior training squads.

Archers competed in an Olympic-style event, with a 720 round followed by head-to-heads, team event, podiums, anthems and medals for the successful archers.

Northern England Co-ordinator Coach KATH Fitzpatrick said: “We are all so proud of the hard work each of these archers have put into their training and performance.”

Academies Cup winners 2013
- Individual men: gold, Tom Howse; silver, Alex Smith; bronze, Jack Grogan
- Individual women: gold, Sally Gilder; silver, Caitlin McCarthy; bronze, Alice Cotton
- Mixed team: gold, Alex Smith and Liza Hadley; silver, Jacob Vick and Lora Anker; bronze, Adam Lewis and Laura Evans

Archery GB Performance is now recruiting members for the Talent Pathways Working Group. They will help the Performance Pathway Manager with the strategy and evolution of the Talent Pathway and to create the right conditions for athlete development.

Applicants will have to demonstrate that they meet the person specification and can fulfill the role.

If you are interested contact katy.cumming@archerygb.org
Control your chimp

Sarah Broadhead, Archery GB’s new sports psychologist, has worked with GB Taekwondo, swimmers and golfers. She now works with Professor Steve Peters, best known for his work with British Cycling and Team Sky. Here she looks at ways of staying in control.

There is a simple and fun way to help people understand their minds and achieve happiness and success. A tried and tested model, based on neuroscience, that helps people understand themselves better. And it involves a chimp.

Perhaps the simplest way to explain it is through a car analogy. If the car is not working you go to a garage to get it fixed. If something in your mind does not work as it should you get treatment, which often involves medication. For most of us there is nothing wrong with the car, we just don’t know how to drive it! We think and do things we often wish we didn’t but don’t know how to manage it. That’s where the model comes in.

It simplifies the mind into three areas: the logical, rational system, the emotional system and automatic thoughts and behaviours. This third part is known as the computer. The logical is known as the human, and the emotional is the chimp. The chimp has one purpose: to ensure the survival of self and future generations. It constantly looks for threat and danger, often seeing it where non exists. It wants to be accepted so cares what people think and about looking good. It works with drives and instincts. For example, logic dictates we need to eat healthily but we still pile our plates high. The chimp thinks it may never eat again so get it while you can!

In archery, the chimp sees competition as a threat. It can make you feel sick, give you butterflies or make you doubt your own abilities. With practice, archery should become automatic and it should just be case of letting the ‘computer’ run. But if the chimp takes control – and it is a normal reaction – it can feel like you have never picked up a bow before. Focus switches to the score, oppositions, conditions – anything but the process.

You need to think logically but the chimp reacts emotionally, leading to silly decisions.

Working on mental skills takes time. It’s about exploring how each part of the mind works and coming up with individual plans to stick to the process. Acknowledge your “chimp” worries. Don’t keep them bottled up. Think of logical and reassuring answers and find someone who can listen and support. Focusing on the outcome makes it harder to achieve. Deal with your worries, then focus on the process.

Acknowledge the chimp but remember you have a choice. Pre-empting worries and rehearsing answers far in advance of a competition is a good idea because it is too late once you are there.

Managing emotions and letting what you do in practice come out at competitions is a skill and it takes daily effort and practice. But it is well worth it.
In the first of a series of articles Jamal Mashlab, Archery GB’s lead physiotherapist, suggests basic exercises which might reduce the risk of injury.

There is a secret weapon known to physiotherapists and strength and conditioning coaches involved in preparing elite athletes. It is prehabilitation exercise training – and it is much better than rehabilitation.

It involves exercises for specific muscles and helps to reduce injury risks before they happen. It’s the classic “prevention is better than the cure” approach. Prehabilitation is sport-specific and targets common injuries and strength imbalances that occur in a particular sport – in this case, archery.

A common injury among archers is shoulder tendonitis or impingement. This is often caused by imbalanced shoulder musculature, bad technique, too high a poundage and/or general muscle weakness. We spend most of our life using our arms in front of us, so the front shoulder muscles and internal rotators tend be stronger than the rear shoulder and external rotator muscles.

Any physiotherapist working with an archer should recommend a set of exercises to develop shoulder and rotator cuff strength. These Prehabilitation exercises can be done as a stand alone set or part of a wider strength and conditioning programme which would avoid any potential strength imbalance. It will increase the archer’s ability to withstand the forces of shooting, hence ‘pre-habilitating’ an injury.

Important archery muscles include the rotator cuff muscles such as the supraspinatus, infraspinatus, teres minor and subscapularis (Fig.1). Other muscles acting on the scapula include the upper/middle/lower trapezius, rhomboids and posterior deltoid (Fig.2).
Prone using sliding board circuit: up and down, side to side, circles, writing

Model: Joanne Eyles
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What will it take?

It’s a fascinating aspect of human nature that we often fail to do the things we know would do us good. More shooting, bow tuning and exercise, eating well. We are not great at second-hand learning. We see it in others. Poor diet leading to weight gain and health problems, which probably don’t help their scores. We aspire to be like those who eat well and keep fit. We think we might be better archers if we were in better shape. We recognise that our diet affects all aspects of life and work, not just archery. And still we stick with bad habits.

It took an 18-month health problem which stopped me working full time and wrote off a year’s shooting to motivate me – and I’m an international archer and scientist with an interest in nutrition! So what will get you eating well?

Some people are motivated by visions of physical perfection and archery glory. Others act when they foresee a terrible future. I can help you explore what you want and equip you for positive action steps with sound knowledge about food. For more information go to www.learntoeatwell.co.uk

Top tip: Don’t wait to get motivated. The time to eat well is now!

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Question Time:
Do you need compound advice?

Archery GB compound squad member Duncan Busby is here to help with queries on form, equipment and technique. If you want any advice about compound archery, email magazine@archerygb.org and mark your email for Duncan’s attention

Q. I need new strings for my compound bow for the indoor season. What material and strand count should I be using?

A. Bowstrings are high wear items and usually last between 12 and 18 months, depending on how much you shoot. It can be difficult to choose a replacement so you need to find a reputable string manufacturer. There are lots of companies offering custom-made strings these days but not all are equal. I recommend finding one that has good feedback and asking around to see what other people use. A good string will need very little shooting-in time and should give you trouble-free shooting for thousands of arrows.

The current market leader in string material is BCY. It offers a range of different materials that have slightly different properties. The most popular for compounds are either 452X or 8190. Both are extremely strong and will remain consistent in all conditions. 8190 is fast and hard-wearing and 452X is weatherproof and stretch-proof so either one will make a world-class string. Your strand count will depend upon your choice of bow and poundage. It’s always best to take advice from the manufacturer before deciding on a strand count, because a string with too few strands could be at risk of snapping. Alternatively, a string with too many strands might not fit properly into your cams and risks coming off altogether.

Q. I am relatively new to archery and I’d like to enter my first competition, but I’m worried I’ll be out of my depth. Can you advise me of where I should start?

A. Entering your first tournament can be daunting. Should it be local or national? Which round and distances should you shoot? I recommend choosing a familiar round at distances you are comfortable shooting.

The next step is to practice it at the club first with some more experienced archers so that you know the basics and are comfortable with the process. Finding a local tournament with other club members may make things easier, although once you are there you will get to know other people very quickly.

Read up on the round you will be shooting. Familiarise yourself with some of the more important rules because these can differ between rounds. If you are a bit confused when you arrive, ask someone. Archers are a friendly bunch and will be more than happy to help. Tournament organisers and judges are a good source of information too, so don’t be afraid to ask.

Tournaments are a fun way to take your sport to the next level. Start small and, who knows, in a few seasons you might be shooting at the world championships.

For more information go to www.duncanbusbyarchery.com

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Q.

A.

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GRADUATED HANDICAP TABLES

The Graduated Handicap Tables for Target archery have been in use for 20 years and have stood the test of time. They work for archers at all levels and for all types of bow – compound, recurve, longbow, crossbow and everything in between.

But I am getting older and there is no point in taking the algorithms (which I developed with 15 years of research), to the grave with me. And although we already have 64 outdoor rounds and nine indoor rounds (23 if you count all of the face and scoring system variations), someone is bound to find reasons to invent more.

So I have decided to anticipate the expiry of the copyright in the present tables and put the algorithms into the public domain so that anyone can use them as they wish.

The document giving the full equations (with a brief explanation) takes up three or four A4 pages and is a bit much to ask this magazine to print in full – especially since it contains a lot of mathematical equations – but anyone who is interested can obtain a copy by contacting me by email at invermay542@btinternet.com or by letter at Purbeck, Cheapside Road, Ascot, Berkshire, SL5 7DR

David Lane
Demand high standards!

I am a former compound archer who now shoots longbow. Am I the only one having trouble with the equipment, particularly arrow parts?

I make my own arrows and have found that when I order parts they tend to be slightly different sizes. For example I have three different makes of nock. They all claim to fit the same size bowstring but one is too tight and the second drops off the string. The third is all right but even they vary from nock to nock, despite being made by the same company.

Points are also slightly different weights. Yet when I make arrows for my wife’s recurve bow the nocks and points are uniform, regardless of make.

I understand how shafts and feathers on a wooden arrow are all slightly different. But there is no excuse for man-made products to differ so widely. Do manufacturers look on wooden arrow parts as second class? I can understand companies making nocks slightly larger to accommodate thicker longbow strings. But different sized nocks in the same packet?

Isn’t it about time we had uniform string sizes for longbows? And the kind of gap size indicators they have on recurve/compound nocks? I know lots of people put up with badly fitting parts and say it is all part of shooting a longbow. But no other bow type would put up with it, so I would never get good tight groupings.

Come on longbowers. Demand equipment made to the same standard and high tolerances as other bow types.

Lee Whalley

Safety issue?

In the summer edition of Archery UK, I read with interest the account of the University Challenge and the accompanying picture. I was interested to note that an archer seemed to be employing the technique of using their boots as a quiver. I am not sure whether there is a rule or regulation regarding this but I would question the safety of carrying arrows in this manner.

Andrew Checkley
Bowmen of Chesterfield

A cautionary tale

A club member was shooting a compound with aluminium/carbon arrows, when one of his arrows clipped the frame of the boss and flew past, and into the ground. So far not a problem.

We went to collect the arrows, he spotted it and bent to retrieve it. But he did not notice it had broken. Unfortunately he ended up with carbon splinters in his fingers and spent three hours in the local A&E having them taken out.

He uses an puller when removing arrows from a target so I asked why he didn’t when pulling them from the ground. His answer was, no one had told him.

Earlier I spotted one of our longbow archers helping to look for missing carbon arrows. They removed their shoes to feel for the arrows – and I stopped that as soon as I saw it. This practice goes back to the 1970s when we only had wood or aluminium arrows. If you trod on a broken arrow then it would not have the same impact as treading on a broken carbon arrow.

Can all clubs, coaches and trainers please take on board that your do not look for arrows in bare feet and you still use an arrow puller to pull carbon arrows out of the ground.

Dave Egerton
County Coach, Sussex

Volunteer Appreciation?

In the last issue of Archery UK, Director of Operations Bryan Woodcock voiced his appreciation of volunteers. But then he spoke about possible compromises to health and safety and their role in fulfilling Archery GB’s obligations... to our investors.

Could I ask where, exactly, this investment is being used? It does not seem to be going to grassroots clubs and volunteers.

And a volunteer “workforce”? I am an archer who loves this sport, so I help out by being on the committee of my club, Vic President of my county and a shoot organiser. I am not an Archery GB unpaid worker.

Andrea Beddard
Warlingham Archery Club Captain

Director of Operations Bryan Woodcock writes:

Please never doubt that I appreciate our volunteers. They are the lifeblood of archery. They, along with every member of Archery GB, are our main investors, putting in their time, energy and dedication.

My point on health and safety is simple. It is essential that everyone, from volunteers, archers and field parties to judges, parents and spectators can enjoy our sport safely.

We just need to have the correct strategies in place and make sure everyone is aware of them. The Rules of Shooting are quite clear, the health and safety of everyone is paramount.

As for “workforce”, I cannot think of a better word for all those volunteers whose hard work drives this sport forward. I’m sorry if the term offends. If you can think of a better alternative, I would be more than happy to use it.

Editor writes: I think the issue here is common sense as well as health and safety. What if the archer tripped? It does happen. If you are thinking about employing the same technique please think again. If anything went wrong just think what the implications would be for you – and for the tournament organiser.
Doing more for the disabled

Committee members have big plans

Developing a performance pathway for would-be Paralympians, maintaining strong links with other sports and organisations and working with coaches and archers. Those are some of the priorities faced by members of the Disabled Committee.

But there are many more. Committee Chairman Helen George said: “I hope to continue working closely with British Wheelchair Archery Association, LimbPower, WheelPower, British Paralympics Association, British Blind Sport, World Archery and any other organisations which can help to move our sport forward.

"It is also part of our remit to encourage and support beginners and novices with disabilities, as well as recommending rule changes as necessary and keeping the Operations Committee and the Board of Directors up to date with what’s going on.”

There are plans, though, to do more. The committee is working on a list of frequently asked questions, which will include a brief explanation of the classification system. It is also planning another Pass It On training day for coaches, will look at the difficulties faces by disabled archers when they first start to compete and what can be done for archers who are not interested in going down the Paralympic route.

It is also working on getting more information about Performance Pathways and Talent identification forms on the website but the big news is looking at the possibilities of a national tournament for archers with disabilities.

SUSPENSION AND EXPULSION

Robin Edward Frost (membership number: 851048) was suspended from being an Archery GB coach for five years at a disciplinary hearing on 27 May 2012. That decision was upheld at an appeal hearing on 2 March 2013.

This case was also referred to the Archery GB Case Management Panel and, at a hearing held on 3 March 2013, he was suspended from being a member of Archery GB for five years. The Appeal Committee decided there were not sufficient grounds for appeal and upheld the suspension decision.

Steven Eales (membership number: 2049714) was expelled from Archery GB on 3 April 2013, in accordance with Law 9(b)(iv).

Members’ attention is drawn to Law 12 (a) which can be summarised as: only a member of Archery GB may shoot or officiate at Archery GB meetings or at any meeting of a regional society, county association or associated club.

Archery GB’s insurance policy demands that all laws, policies and Rules of Shooting need to be complied with. If a suspended or expelled member attends, shoots or officiates at Archery GB meetings or at any regional society, county association or associated club shoots, that meeting and those involved, might not be covered.
Pay attention
..and make sure those scores are right!

Scores are crucial...so why are so many archers paying so little attention to the process of scoring?

The rules are clear:

**Archery GB:**
306 (b) Archers shall identify their arrows by pointing at the nocks. Neither the arrow nor the target face shall be touched until the final decision as to the score has been given and any such interference with the target or arrow shall disqualify the archer from scoring the higher value.

But why? Pointing at your arrow makes you look at it closely, so you will not miss line-cutters. And it ensures that everybody is calling the right score – something that you might miss if you are too busy looking at your scorecard, phone or tablet.

And about that...The rules are also clear.

**Archery GB:**
303 (h) Exclusions. Archers are not permitted electronic communications devices and headsets in front of the waiting line.

502 (j) Items Not Permitted. In all the above styles (a) to (h) inclusive, the following are not permitted:

(i) Any electronic communication or storage device or headsets on the field course.

World Archery:
11.3.2. Any electronic communication device, headsets or noise reduction devices in front of the waiting line.
22.7.2. Any electronic communication device (including mobile phones), headsets or noise reduction devices in front of the waiting line on the practice field and at any time on the course.

Smartphones and tablets are communication and storage devices. If you take one to the target it’s simple, you are breaking the rules.

Judges Committee Chairman Hannah Brown said: “The issue is not really the devices. After all, technology has moved on. It’s that they distract you from scoring with the concentration and attention it deserves.

“The Judges are there to ensure everyone is complying with the rules, and that means ensuring scoring is being conducted correctly.

“If you are seen reading from your scorebook, phone or tablet, you will be asked to put it away and score correctly. You will be asked to point at your arrows and watch the scoring process.

“For those who persistently break these rules, there is only one sanction. Disqualification. No Judge wants to do this to any archer.”

Mystery solved!

In our last edition we had a secret we were itching to share. But we couldn’t.

We can now though – and our warmest congratulations go to David Page who has been inducted into Oswestry’s Sporting Hall of Fame for services to archery.

David, a former British clout champion and President of the North Wales Archery Society, is best known as a tournament organiser and judge. He reached the pinnacle of his career – so far – by judging at World Cup events and then, in 2012, being named Director of Shooting at the London Paralympics.
He is one of the first members of Oswestry’s Hall of Fame. It was set up to celebrate the 2012 Olympics and the Oswestry Games and is on permanent display in the town’s leisure centre.

Welcome...and thank you

It has been a busy summer for judges and candidates and there is one overriding message to all of them. Congratulations!

Judges Committee Chairman Hannah Brown gave a warm welcome to everyone who had decided to become a judge as well as sending her best wishes to all those who were being assessed for or had passed their next grades.

And she had a special message. “For the Judges who are hanging on to the end of the season, can I thank you for all your hard work and time and I am sure the archers thank you too.

“For the rest of us, the indoor season looms with all that it brings...”

Deadlines loom

It is time for all National Judges and Regional Judges who want to take the next step to reply to applications for 2014 National shoots. And Regional and County Judges are also asked to apply because they too will be appointed if there are any vacancies.

If you want to attend the 2014 conference, the dates are now on the website, along with the booking form and the new electronic payment option.

To cover, or not to cover...

Shoes have been the topic of many conversations on the shooting line as archers ponder what is acceptable – and what’s not.

Judges Committee Chairman Hannah Brown said: “Archery GB rules say the shoe must cover the ‘front and top’ of the foot. World Archery states it must cover the ‘entire’ foot. Common sense has to come into this. Let’s think about why the rule is there and base any decisions you have on that.”
The cost of organising a record-status tournament has fallen, with immediate effect. Why? Because a £15 levy imposed on all tournament fees has ended.

The levy was to help cover the cost of the new judges’ uniforms which became compulsory official dress in January last year. That initial outlay has now been recouped, which means the levy is no longer needed.

If your record-status tournament takes place after 1 January 2014 and you have already paid, get in touch with Membership Services for your £15 refund.

The rates have reverted to:
- WRS Star £85
- WRS £50
- UKRS Rose £70
- UKRS £25
- Field WA £75
- Field UKRS £15.

An review of fees is likely soon.

Are you breaking the law?

London Calling. Do you remember how the song pumped through the Olympics and Paralympics? And do you remember how it helped to build the atmosphere?

Music is used at many shoots – but do you realise that you could be breaking the law by playing it?

Here are a few simple guidelines to keep you out of trouble:
- Make sure you have the necessary licences. The Performing Rights Society website www.prsformusic.com has all the information you need. The venue owner might also be able to help.
- Consider your neighbours. Keep noise pollution down and do not make any loudspeaker announcements or play music before 9am on Sundays, particularly in built-up areas.
- Turn music down or off during shooting so that archers can hear instructions and safety calls and can concentrate during scoring.
- And, finally, please make sure that the lyrics of the music you play do not offend anyone.
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Follow us on....
Rule changes and Target Archery range safety information

Archery GB safety rules for Target Archery

Can we please draw your attention to the safety rules for shooting, which includes range layouts, within the AGB rule book. These must be met so that in the event of any mishap or accident, we are covered by insurance. Clubs should note that if any of their shooting venues, including ones used for tournaments that may be different to the club grounds, do not meet the required range layout rules, they are required to have a ground inspection carried out by a Judge who can arrange for any dispensation that ensures safety is duly recorded. For example, if there is not the required overshoot, and the club wishes to build a fence to manage this, a Judge will need to complete a report. Please contact your local County or Regional Committee to obtain the services of a local Judge for this purpose.

Proposed rule changes:

Each proposal is listed separately. Feedback or comment is due within two months of publication and, depending on the outcome, changes will be implemented 1 March 2014.

1. Target Archery timing signals.

The two methods of timing in the Archery GB rules for target archery (Rule 304(f)) give rise to a conflict. Under method 1, two sound signals mean that archers may walk forward to score and collect arrows. Under method 2 (and under WA rules) the same signal means that archers may shoot. Operations Committee proposes that we standardise the signal to walk forward to score and collect arrows as three sound signals, in line with our timing method 2.

Rule change proposal: Rule 304(f)(1)b change to “three sound signals”.

2. Introduction of process to be adopted when a hanger occurs.

It is noted that we do not have any procedure to deal with arrows hanging from a target. To ensure consistency in the approach to deal with these, Operations Committee proposes the following rule change:

Rule 306(a) change to read:

(a) If an arrow fails to enter the boss and is hanging in the target face, all archers using that boss shall stop shooting and signal a Judge. The actions are dependent on the timing method, see Rule 304(f).

(i) Using Method 1. The Judge calls “Fast” to stop all shooting. The archer with the hanging arrow shall go to the target with the Judge, who shall score the arrow, remove it from the target and place it behind the target. When the field is clear, the Judge shall signal shooting to continue with a one sound signal.

(ii) Using Method 2. At the end of the current shooting period the Judge shall stop the shoot. The archer with the hanging arrow shall go to the target with the Judge, who shall score the arrow, remove it from the target and place it behind the target. When the field is clear, the Judge shall supervise the archers using that boss while they shoot their un-shot arrows, allowing 40 seconds per arrow. Thereafter, the shoot shall continue. The Judge shall ensure the appropriate score is recorded when scoring takes place. A hanging arrow that falls out before it can be scored shall be treated as a bouncer.


At its Congress in October 2013, WA is likely to remove the Half FITA rounds from its rules. If approved, any reference to these WA rounds will have to be removed from our Rules of Shooting. Operations Committee proposes to remove the Half Metric rounds as these are rarely shot, there are no national records for them and they will be an anachronism if the underlying WA rounds no longer exist.

Rule change proposals: Provided that WA approves the removal of the Half FITA round from their Rules, the following changes are proposed:

Rule 304(e)(i) and (ii). Delete “and Half Metric” from both paragraphs.

Rule 308 Table 3-2. Delete the bottom 5 lines referring to the Half Metric I to V.

Rule 308 Table 3-3. Delete lines referring to the Half FITA (Gents), Half FITA (Ladies) and Half FITA (Cadet Ladies).

4. Target Archery – Target Lists.

The increased use of computers and current practice result in archers being given target letters as well as target numbers e.g. 1A, 1B, 1C etc. Therefore, Operations Committee proposes revising the rule identifying the target captain and lieutenant.

Rule change proposal:

Rule 304(b)(ii) Second sentence be replaced with the following:

Unless otherwise directed, the archers on each target shall be designated A, B, C, D etc. in the order in which they appear on the target list. The archer designated C shall be the Target Captain and the archer designated D shall be the Lieutenant.

5. Target Archery Timing Method 2.

When Rule 304(f)(i) – timing method 2 was introduced, it was in line with WA timing. However the WA lead-in time has changed from 20 seconds to 10 seconds, which may cause confusion among archers when shooting to our method 2. Operations Committee proposes changing our lead-in time to 10 seconds.

Rule change proposal:

Rule 304(f)(ii)b delete “20 seconds”, insert “10 seconds”.

●
The future is . . . EXCITING!

Changes build on solid foundations

Words: Tim Swane

You may have read elsewhere about plans to change the way coaching is delivered in archery, thanks to a recent injection of funding by Sport England.

Good coaching is key to the development of archery. Sport England certainly sees it as integral to the sport’s future. And it is highly valued. Our participants tell us that access to good coaching is a key factor in attracting them to the sport and improving their performance.

But things can always be better and the changes should help rationalise the way coaching is delivered across the UK. Development Manager (Workforce) Hannah Bussey is to take over the delivery, planning and management of courses, helped by Development and Business Support Officer Hannah Lucas.

They will be building on strong foundations. I have to thank Tony and Jan Alston, Bill Mackay and Malcolm Penn. Over the years all four of them have dedicated many hours to making the current system work efficiently and effectively. Their efforts created the potential spotted by Sport England for which they will always have my sincere gratitude.

Over the next four years the Coaching Committee will work closely with Hannah and, hopefully, the changes should be seamless. Neither the coach educator workforce nor the coaches should notice any difference and, unless notified otherwise, it should be business as usual. Renewal panel chairmen should continue to process renewals in the same way and Bill Mackay has agreed to stay on until the end of December to aid the transition.

I am really excited by these developments. We have produced a very professional and world class coaching system and these changes will give more people the chance to become part of it.

If you are a county coach and want to progress further, a level 4 course is being run in October 2014. Go to the Archery GB website to find out more.

There is only one place to be on December 7 and 8 – the Ricoh Arena, Coventry. Why? Because it is the setting for one of archery’s premier events, the National Combined Indoor Championships.

Last year Becky Martin made it a weekend to remember by winning both the senior and junior recurve titles. Rikki Bingham, Adam Ravenscroft, Stuart Barby, Steve Gamble and Amanda Slack completed the roll of honour.

This year the lighting has been improved so it promises to be even better. The Junior National Indoors and Back to Back will be held on the Saturday, followed by the National Indoors Championship on Sunday. For more details and entry forms go to National Tournaments of the Archery GB website.

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Foresters customers have their say...

“...over the last 50 years your staff have managed, through their commendable efforts, to deliver the same personal touch…”

As a mutual society, Foresters Friendly Society is owned by its members who are central to everything they do. With such a diverse mix of members encompassing grandparents, parents, teenagers, toddlers, retirement planners, university starters and long term savers, Foresters ensures their staff and systems really do all that they can for you, and they are proud to say this is supported by great customer feedback.

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But don’t just take Foresters’ word for it – here’s what some customers have to say about their dealings with the Society:

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Mrs Johnstone

“The Guaranteed Savings Plan is ideal for us. We are using it to save for our daughter’s education and the plan is set to mature on her 18th birthday. The guarantees in the plan mean that even in uncertain economic times, we can rest assured that she will receive back more than what we have paid in, even before potential bonuses have been added.”

Heather – saving £100 a month for her daughter Leila’s education fund

“I like the idea that we can take a back seat with this kind of investment and, all being well, we should see some more stable returns in years to come.”

Mr Lee – Foresters ISA policyholder

“I’ve had savings accounts before, mainly online, but I always used to end up taking my money out of them soon after I put it in. With the Tax Exempt Savings Plan I can put aside money each month that will be locked away.”

Gemma, 29, speaking about Foresters’ Tax Exempt Savings Plan

Please remember that tax rules may change in the future and depend on individual circumstances. Inflation will affect what you can buy with the proceeds of the plan(s) taken out.

You can find out more about any of Foresters products by visiting www.forestersfriendlysociety.co.uk or calling 0800 783 4162

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<th>Date</th>
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<td>18/11/2013</td>
<td>WRS T</td>
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<td>23rd Ashford Archers &amp; 25th Kent Longbow Archers</td>
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Archery UK Winter copy date: 31 Oct 2013

TOURNAMENT DIARY 67
This image contains a page from a document related to archery events and competitions. The content is moderately complex, with multiple tables listing details such as rounds, venues, contacts, and web addresses. The text is primarily in English, and it appears to be an archive of information about archery events, possibly for the year 2013.
TOURNAMENT DIARY

04/05/2014 – 06/05/2014 UKRS T May Day Weekend Round: Abon, All Windsors, All Windsors Venue: Falconer Arms, 5 Kempston Road, Flitwick, Bedfordshire Contact: Elaine Houghton, 270 Central Tel: 01200 915242 or 07975 338897

05/05/2014 UKRS T 10th Cheshire Open FITA Clout Championships Round: Single & Double FITA & Metric Clout Venue: Neston, Hyder, Chester, Knutsford, Wirral Tel: 0161 678 6378 or 07815 020699

11/05/2014 WRS T Redruth Archers Double 70m Venue: FITA 70m (Recurve), FITA 50m (Compound) Redruth Archers Club Ground, New Portland Road, Redruth Tel: 01702 324342 or 07975 338897

13/05/2014 T Southern Counties Archery Meeting Venue: Langany Day Out at The Southern Round: Double National Round for Ladies & Gentlemen Venue: St. George’s, Sydmonton Cricket Ground, St. George’s, Hampshire Tel: 0118 947 5731 or 07804 022794

14/05/2014 – 16/05/2014 UKRS R 1st Southern Counties Archery Meeting Round: Single & Double York, Single & Double Hereford, Long National Round Venue: St. George’s, Winchester, Hampshire Tel: 0208 495 5074 or 07868 234061

17/05/2014 UKRS T Evesham Archery Club 3rd Junior Metric Tournament Round: Metric I/IV Venue: Evesham Recreation Club, Badby, Northants Tel: 01367 876502 or 07878 345054

17/05/2014 – 18/05/2014 UKRS F Rattybusy Bluebell Round: FITA 24 Miled (Archery) Venue: Greenmount College Tel: E McClean, 5 Ith Thorp, B732 4BF E-mail: G Farrell@bluebell.com

18/05/2014 WRS T Evesham Archery Club 30th Spring Shoot Round: FITA 70, FITA 60, FITA 50 Venue: Evesham, Worcestershire, WR11 4TG Tel: 01386 706352 or 01386 706352

06/05/2014 UKRS T Lincolnshire Championships Round: York, Hereford, Bristol, 1-5 Venue: Mayflower Sport Club, Sandal Hill, Seby Tel: 01757 245333 or 07811 132871

14/05/2014 WRS T 5 ★ 29th FITA Star and 54th Open Championships Round: Ladies & Gentlemen FITA Veterans 1-5 Venue: Cumbria County Open Championships Round: York & Hereford, Bromford Tel: 01757 249233 or 07811 132871

14/05/2014 – 16/05/2014 UKRS T Yorkshire Archery Association County Championships & Open Round: York, Hereford, Coventry, Mancunian Venue: Evesham Recreation Club, Badby, Northants Tel: 01367 876502 or 07878 345054

06/05/2014 WRS T Chesterfield Star Round: Ladies & Gentlemen FITA Veterans 1-5 Venue: Evesham Archery Club, Top Road, Sunbury on Thames, Middlesex Tel: 01322 340304 or 07861 568126

16/05/2014 UKRS R Daiwan Archery Week Round: Men: FITA Tue: Big Game Field, Albion Wed: Western Thu: Double 2 Way Fri: Casual Fri: Western Sat: York, Hereford, National Round: Dunster Archery Week Round: John Hartfield Memorial Shoot, NCAS, EMAS Championships Round: Canterbury, Spelthorne Archers Open Round: York, Hereford, Bromford & Meathurst Sports Club, Cherty Road, Sunbury on Thames, Middlesex Tel: 01707 274993 or 07872 227248 laurence.easton@ntlworld.com

16/05/2014 – 17/05/2014 UKRS R \n
17/05/2014 UKRS T Lincolnshire Championships Round: York, Hereford, Bristol, 1-5 Venue: Mayflower Sport Club, Sandal Hill, Seby Tel: 01757 245333 or 07811 132871

19/05/2014 T Assheton Bowmen York Hereford Round: John Hartfield Memorial Shoot, NCAS, EMAS Championships Round: Canterbury, Spelthorne Archers Open Round: York, Hereford, Bromford & Meathurst Sports Club, Cherty Road, Sunbury on Thames, Middlesex Tel: 01707 274993 or 07872 227248 laurence.easton@ntlworld.com

21/05/2014 UKRS T Spring Shoot Round: FITA 70, 60 and 50 Venue: Edinburgh Archers Open Round: York, Hereford, Bromford & Meathurst Sports Club, Cherty Road, Sunbury on Thames, Middlesex Tel: 01707 274993 or 07872 227248 laurence.easton@ntlworld.com

24/05/2014 UKRS R 29th FITA Star and 54th Open Championships Round: Ladies & Gentlemen FITA Veterans 1-5 Venue: Cumbria County Open Championships Round: York & Hereford, Bromford Tel: 01757 249233 or 07811 132871

29/05/2014 T Dunster Archery Week Round: John Hartfield Memorial Shoot, NCAS, EMAS Championships Round: Canterbury, Spelthorne Archers Open Round: York, Hereford, Bromford & Meathurst Sports Club, Cherty Road, Sunbury on Thames, Middlesex Tel: 01707 274993 or 07872 227248 laurence.easton@ntlworld.com

29/05/2014 – 30/05/2014 WRS T R decipher Round: Ladies & Gentlemen FITA, FITA 70, FITA 50m Champions Round: Wiltshire, Salisbury, Wiltshire, Berkshire, Hampshire, Sussex, Hampshire, Sussex

06/06/2014 UKRS T Ladies & Gentlemen FITA Round: York, Hereford, Bristol, 1-5 Venue: Mayflower Sport Club, Sandal Hill, Seby Tel: 01757 245333 or 07811 132871

07/06/2014 UKRS T Dartmouth Open Archery & FITA Star Round: Ladies & Gentlemen FITA, FITA 70, FITA 50m Champions Round: Wiltshire, Salisbury, Wiltshire, Berkshire, Hampshire, Sussex, Hampshire, Sussex

21/06/2014 UKRS T Assheton Bowmen York Hereford Round: John Hartfield Memorial Shoot, NCAS, EMAS Championships Round: Canterbury, Spelthorne Archers Open Round: York, Hereford, Bromford & Meathurst Sports Club, Cherty Road, Sunbury on Thames, Middlesex Tel: 01707 274993 or 07872 227248 laurence.easton@ntlworld.com

26/06/2014 WRS T Fireplace Round: Ladies & Gentlemen FITA, FITA 70, FITA 50m Champions Round: Wiltshire, Salisbury, Wiltshire, Berkshire, Hampshire, Sussex, Hampshire, Sussex

28/06/2014 UKRS T 36th Annual Dowl Trophies Shoot Round: Western, Short Western, Junior Western, Short Junior Western, Junior Track Shoot Round: Welsh, Short Western, Junior Western, Short Junior Western, Junior Track Shoot Round: Welsh, Short Western, Junior Western, Short Junior Western, Junior Track Shoot


05/07/2014 UKRS T York and Hereford, Bristols 1-5 Round: Gt. & 2nd Way Archery GB clout Round: Gt. & 2nd Way Archery GB clout Round: Gt. & 2nd Way Archery GB clout


27/07/2014 UKRS C born Round: Sat: Ladies and Gentlemen, Metric 1-5 and Sun: York, Hereford, Bromford, 1-5 Round: Sat: Ladies and Gentlemen, Metric 1-5 and Sun: York, Hereford, Bromford, 1-5 Round: Sat: Ladies and Gentlemen, Metric 1-5 and Sun: York, Hereford, Bromford, 1-5


01/08/2014 WRS T R decipher Round: Ladies & Gentlemen FITA, FITA 70, FITA 50m Champions Round: Wiltshire, Salisbury, Wiltshire, Berkshire, Hampshire, Sussex, Hampshire, Sussex

08/08/2014 WRS T R decipher Round: Ladies & Gentlemen FITA, FITA 70, FITA 50m Champions Round: Wiltshire, Salisbury, Wiltshire, Berkshire, Hampshire, Sussex, Hampshire, Sussex

Golden Records Record Keeping Software
Golden Arrow Tournament Software
The 2012 Handicap Improvement Medal winners were:

- Tim Joinson Sen Droitwich Archery Society
- Edward Payne Sen Bromyard Bowmen
- Kirsten Hardisty Jnr Redhill Archers Jnrs
- James Haward Jnr Burton Bridge Jnr Archers
- Kishan Shah Jnr Greenwood Osterley Jnrs
- Steve McKendrick Sen Ayr AC
- Geoff Fisher Sen Burton Bridge Archers
- Gary Martin Sen The Nonsuch Bowmen
- Toby Hagon Jnr Leaves Green Bowmen
- Gary Martin Sen Whiteleaf Bowmen
- Daniel Fellman Sen Ouse Valley Archers
- Stephen Fisher Sen Dunstable Bowmen
- Kim Swetman Sen Blandy-Jenkins Disabled Club
- Lindsey Jenkins Sen Bowmen of Darent
- Ashley Lane Sen North End Jnr Archers
- Jayne Spragge Sen Southend & District A.C.
- Daniel Pocock Sen Bath Archers
- Supermarine Bowmen

The new medal winners were:

- Mia Agar Jnr Melton Mowbray Jnr Bowmen
- Sarah Austin Sen Netherhall Archers
- Andrew Hoton Sen Stafford Archers
- Robert Whitmore Sen Sutton Coldfield A.C.
- David Henderson HJnr
- Graham Meredith Sen Eastbourne Archers L.S.C.
- Jacob Baden Jnr North End Jnr Archers
- Sarah Spragge Sen Southend & District A.C.
- Robin Pocock Sen Bath Archers
- Ian Colley Sen

The Handicap Improvement Medal winners for 2013:

- Liam Ridge Jnr
- Frances Bull Sen Targetcraft Archers
- Sarah Austin Sen Netherhall Archers
- Graham Smith Sen Tockington Archers
- Terence Cross Sen Castle Bowmen
- Sarah Austin Sen Netherhall Archers
- Kieran Godding Sen Vale Valley Archers
- James Sawyer Sen Ascham Bowmen
- Anthony Sproat Sen Derwent Bowmen
- Neil Pasquale Sen Kirby Musbe A.C.
- Margaret Barnes Sen Tonbridge A.C.
- Tom Utley Jnr Sutton Coldfield Jnr
- Andrew Wardle Sen Stalybridge A.C.
- Ella Hill Jnr Royal Richmond Archery Jnr
- Kevin Brown Jnr
- Simon Scranion Sen Newbury Bowmen
- Peter Barton Sen Newbury Bowmen
- C.M.O. Bowmen
- Mayflower Archers
- Helen Harris Sen Mayflower Archers
- Sarah Houghton Jnr Pendle & Samlesbury Jnrs
- Anthony Currie Sen The Nonsuch Bowmen
- Richard Newn Sen Bosox Regis A.C.
- Tony Morton Sen 1st Oxith Priory Bowmen
- Gary Martin Sen Ditchease AC
- Daniel Fellman Sen Ouse Valley Archers
- Sarah Martin Sen Rutland Jrs Archers
- Paul Callaway Sen Redruth Jrs Archers
- Tim Joinson Sen North Cherish Bowmen
- Ben Kent Jnr
- Dennis Porter Sen Kenworth Company Archers
- Peter Fellow Sen North Cherish Bowmen
- Sarah Martin Sen Rutland Jrs Archers
- Terry Ducker Sen Redruth Archers
- Paul Callaway Sen Redruth Archers
- Hannah Smith Sen Stalybridge A.C.
- Helen Harris Sen Mayflower Archers
- Helen Harris Sen Mayflower Archers
- Sarah Martin Sen Rutland Jrs Archers
- Paul Callaway Sen Redruth Archers
- Hannah Smith Sen Stalybridge A.C.
- Helen Harris Sen Mayflower Archers
- Helen Harris Sen Mayflower Archers
- Sarah Martin Sen Rutland Jrs Archers
- Paul Callaway Sen Redruth Archers
- Hannah Smith Sen Stalybridge A.C.
- Helen Harris Sen Mayflower Archers
- Helen Harris Sen Mayflower Archers
- Sarah Martin Sen Rutland Jrs Archers
- Paul Callaway Sen Redruth Archers
- Hannah Smith Sen Stalybridge A.C.
### Records

**FIFA STAR**

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### Achievements

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1210

D’Arcy E Archer GB
1200

Junior Lady - 800

Hagon L Leaves Green
816

Gosh M Middletons Hoods
809

Senior Lady - 1100

Taylor J Durham
1114

Davies L Woking
1029

Vines R Supermarine
1018

Senior Lady - 900

Owen D Royal Leamington Spa
958

Long S Bridgwater & Burton Agnes
958

Gilbert G York
890

Senior Lady - 800

Gilbert G York
890

Edie H Bath
869

Owen D Royal Leamington Spa
869

Hagley D Roborough
1009

Senior Lady - 700

Robertson M Killingworth
1006

Robertson M Killingworth
1006

Jones E Cleve
1054

Cookes D Chester
1054

Senior Lady - 600

Holt J East Belfast
1021

Miller M Aberdeen
820

Senior Lady - 500

Smith R Royal Leamington Spa
1046

Hill P Norton
1018

Short S Norton
1002

Senior Lady - 400

Scott R Norton
1002

Fossey J York
1019

Taylor J Chichester Jnrs
1129

Senior Lady - 300

Gould J Crown
883

Baker G Green Lane A.B.
801

Senior Lady - 200

Baker G Green Lane A.B.
801

Woo D Aquarius
958

Smith R Royal Leamington Spa
958

Senior Lady - 100

Stern C Ely
901

Henderson M Dorset
901

Senior Lady - 50

Smith R Royal Leamington Spa
190

Taylor J Chichester Jnrs
190

Senior Lady - 10

Smith R Royal Leamington Spa
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Taylor J Chichester Jnrs
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Senior Lady - 5

Smith R Royal Leamington Spa
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Taylor J Chichester Jnrs
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Senior Lady - 2

Smith R Royal Leamington Spa
190

Taylor J Chichester Jnrs
190

Senior Lady - 1

Smith R Royal Leamington Spa
190

Taylor J Chichester Jnrs
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Junior Lady - 500

Jeffreys R Blackabbey
279

Baker G Green Lane A.B.
279

Junior Lady - 300

Smith R Royal Leamington Spa
272

Gosling J Wembley
272

Junior Lady - 200

Smith R Royal Leamington Spa
272

Gosling J Wembley
272

Junior Lady - 100

Baker G Green Lane A.B.
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Gosling J Wembley
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Junior Lady - 50

Baker G Green Lane A.B.
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Gosling J Wembley
272

Junior Lady - 10

Baker G Green Lane A.B.
272

Gosling J Wembley
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Junior Lady - 5

Baker G Green Lane A.B.
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Gosling J Wembley
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Junior Lady - 2

Baker G Green Lane A.B.
272

Gosling J Wembley
272

Junior Lady - 1

Baker G Green Lane A.B.
272

Gosling J Wembley
272

Junior Gentleman - 1000

Kirkpatrick M Thomas Wall
306

Cowans R York
306

Senior Gentleman - 900

Robertson M Killingworth
1006

Robertson M Killingworth
1006

Jones E Cleve
1054

Cookes D Chester
1054

Senior Gentleman - 800

Gould J Crown
883

Baker G Green Lane A.B.
801

Senior Gentleman - 700

Smith R Royal Leamington Spa
869

Owen D Royal Leamington Spa
869

Hagley D Roborough
1009

Senior Gentleman - 600

Jeffreys R Blackabbey
789

Baker G Green Lane A.B.
789

Senior Gentleman - 500

Jeffreys R Blackabbey
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Baker G Green Lane A.B.
789

Senior Gentleman - 400

Jeffreys R Blackabbey
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Baker G Green Lane A.B.
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Senior Gentleman - 300

Jeffreys R Blackabbey
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Senior Gentleman - 200

Jeffreys R Blackabbey
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Baker G Green Lane A.B.
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Senior Gentleman - 100

Jeffreys R Blackabbey
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Tempus fugit. It’s an oft-used saying and there is a very good reason why. Because it’s true. Time does fly.

I remember waiting with my workmates, eager to hear which city had won the 2012 Olympic and Paralympic Games. It seemed like an eternity before Jacques Rogge finally said London – and we had to wait a further seven years before our hopes and dreams became a reality. But it did. And it is hard to believe a year has passed. The memories are as strong as ever.

But it has been quite a year. And summer has not disappointed. Olympians Naomi Folkard and Alan Wills won gold and bronze at the World Games and our junior and cadet archers have won a host of international medals. My congratulations to all of them.

The Major Events Team is now firmly established and I have to thank Tim Jackson, his team and, of course, the marketing team which has been working closely with Tim to get a strategy in place.

Their first big event was the National Series Grand Finals at Wollaton Hall in Nottingham, part of a three-year deal. It was a fabulous event, attracted thousands of spectators and it was a privilege to be part of it. And, of course, huge thanks to organiser Jon Nott and his team. You did us proud once again. It was good to hear that two team members, Chris Wells and Stephen George are now working with World Archery.

Among the special guests at Wollaton Hall was World Archery Secretary General Tom Dielen and he said: “I saw a fantastic event. If someone would have told me that this was a World Cup stage final, I would have believed it.”

It was also pleasing to see crowds inundating the have-a-go all day. Could it lead to more members? Or a future champion? I hope so.

So what’s next? At the AGM it was announced that a review of Memorandums and Articles will be taking place and I will be visiting all the regions to discuss it and, more importantly, to hear their views. Please try to be involved in the process. It is more than 12 years since they were written and we need to examine whether they are still relevant. If you have any thoughts, get in touch. I am only an email or call away.

And we have a chance to honour our wonderful volunteers. The BBC is starting its search for the Sports Personality of the Year Unsung Hero. If you know someone who deserves the award, go to the BBC website and nominate them. It would be great to see an archer win!

The indoor season is almost upon us, so shoot well. And remember, it will soon be summer again. Honest!

Dave Harrison, Chairman, Archery GB
“The new PSE Dominator” Max holds solid as a rock, shoots like a dream and gives me the confidence I need going into a major tournament.”

Chris White
PSE Professional Shooter

At PSE, our goal was not only to engineer a better target bow, but to engineer a target bow that would make our shooters better. We did that by creating a bow that is the most accurate, most forgiving bow ever made. The new Dominator™ MAX still has all the features you would expect; super stable shoot through riser, symmetric Raptor™ grip and fourth generation X-Tech split limbs. But, now it features the all new Centerlock 2™ Limb Pockets, Flex™ Cable Slide and the Backstop 2™. The result is what we believe is the most accurate and forgiving bow ever made. Shoot the new Dominator™ MAX and see why more of the world’s best target shooters are turning to PSE!

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Axle-to-Axle: .................. 40 ¼”
ATA/IBO Speed: ................. 323-315 fps
Let-off: ......................... 75%
Mass Weight: .................. 4.7 lbs.
Draw Length Range: ........... 27” to 31½”
Draw Weights (lbs.): ........... 50, 60
Maximum Limb Bolt
Turns From Bottom: ........... 10 Turns
Shipped In: ..................... 29”