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How you saw 2015

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Agincourt: clubs mark 600 years

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Photos: Ron van der Heide
Welcome!

Season’s greetings! It’s time to snuggle up with warm memories of what you achieved during summer and autumn and to take full advantage of everything the indoor season has to offer.

In this issue we hope to jog some memories with our bumper Your Pictures section. And we find out how clubs around the country commemorated the 600th anniversary of the Battle of Agincourt – plus one club’s tribute to the archers of Crecy.

We also have an in-depth interview with new Performance Director David Tillotson, full details of a spectacular World Cup gold medal win and a great early bird offer on European Archery Championship tickets. There are also tips on how to prepare for the indoor season and all the latest field, clout and club news.

Have a wonderful Christmas, a happy new year and a successful indoor season. See you in the spring!

Jane Percival
Editor

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Two years...

Two years ago, the future of Deer Park Archers hung in the balance. It needed a new base. Now it has bought its own land, has a stake in the future and is proof of the Olympic legacy.

The club was among 148 sports projects to secure a share of £10 million of National Lottery funding from Sport England’s Inspired Facilities fund. It received £70,000 and, with that, has secured a site and planning permission. It also plans a 90ft covered shooting area.

“T is fantastic news not just for the club but for the community,” said Club Chairman Stephen Howse. “The grant is a great boost for all our hard-working members and will support us continuing to develop our ground to support archers of all abilities and increasing participation levels in our sport. The covered shooting canopy will allow the club to organise events without the worry of our unpredictable English weather.”

Club members have raised thousands towards the project and have managed to secure other grants. Gloucestershire Environmental Trust gave £33,000 towards the cost of installing drainage to the shooting area, easing access for those with disability and providing all year round use. The county council’s Active Together Programme also provided £9,000 for a car park and its pilot weekly Open Community sessions have proved popular.

Development officer Roger Crang said: “These grants are not easy to achieve. For example, only 16 per cent of applications were successful for the Inspired Facilities grants. They all have something in common, you need a track record of delivering, understand the need, a clear vision of what you want to deliver in the future and a passionate team to complete the necessary documentation.”

During the last 12 months the club has become a not-for-profit company limited by guarantee, a Community Amateur Sports Club, renewed its ClubMark status, become a registered Environmental Body and set up three satellite clubs with over 100 members. It has helped the environment by planting 1,500 semi-mature trees and hedging plants on what was an inert landfill site, clearing masses of dead scrub and a stream and creating a field archery course. It has also developed an inclusion section with the coaching resources to support it.

And there have been awards, nominations, medals and titles for both the club and members. The club achieved on target awards for individual volunteering, innovation and partnerships as well as a special commendation from the Sport and Recreation Alliance for its work in the community and developing the club. It is a finalist in this year’s Gloucestershire Sports Media Awards in the community club of the year category, and Phoebe Pine has been short-listed for the Gloucestershire Media Awards disabled performer category.

A brand new home!

It’s all go for Gosport Bowmen at the moment as it takes full advantage of the club’s brand new home at Bay House Community Sports Hall in Alverstoke, Hampshire.

The club was set up in 1979 but outgrew its shooting facilities. So, when the new hall opened, it grabbed the opportunity. Now members can shoot indoors all year round as well as having plenty of room outdoors for the summer season.
All eyes have been firmly focused on the 600th anniversary of Agincourt recently. But one club has been remembering another seminal battle: Crecy.

For the past seven years, Chantry Bowmen of Rotherham has run the Chantry Firbeck Crecy Tournament to mark the day, in 1346, when a heavily outnumbered Edward III led England to victory over French, Genoese and Majorcan troops.

It was the first of three decisive successes during the Hundred Years' War (followed by Poitiers and Agincourt) and demonstrated the devastating power of the longbow en-masse.

And longbows were a popular choice – along with Scythian horse bows and recurves – as 70 archers gathered to take part in Chantry’s event. Seniors shot at life-sized targets of mounted knights at 160 yards, men at arms at 140 yards and kneeling crossbow men at 120 yards. Juniors shot at 120 and 80 yards.

After a traditional Yorkshire lunch of fish, chips and peas (and a couple of pies) shooting continued and ended with a flourish, a spectacular volley of arrows at a single mounted knight target.

Archers love to rise to unusual challenges – and that was definitely the case when members of Thirsk Bowmen were asked to mark this year’s Magna Carta celebrations at the town’s All Saints Church.

The solution? Moving some of the pews and setting up Arrows targets in the centre aisle so that visitors could try their hand at archery.

Club Chairman Ken Billings was also on hand with his longbow and explained to visitors about how it was the law that medieval men had to practise archery regularly and that they would not be charged with murder if they killed someone during archery practice!
Starting early...

Nine-year-old Conrad Dickinson doesn’t hang about. Almost as soon as he finished his beginners’ course at Berkhamstead Bowmen he notched up his first Robin Hood. And his main ambition for the future? “Hitting the target!”

Tim Dark of St Kingsmark Bowmen was sharing a target with two longbow archers when he managed to wreck one of their arrows. Tim looks pleased – but the other arrow’s owner seems less than impressed.

Do you smile or cry? That’s what Melanie Inglis of Audco Archers in Newport, Shropshire, is asking herself. In true Robin Hood style her second arrow managed to split the first right down the middle! She shoots barebow and was really pleased – even though it meant a ruined arrow!

Colin Parrott and Steven Fortt are also counting the cost. Both were using ACEs and shooting at 60 yards when the inevitable happened. And Richard Parker of Crystal Palace Bowmen reckons that shooting a Robin Hood just about makes up for losing an arrow.

Saxon Archers has had a hat trick of firsts earlier this year. Stuart O’Neill shot its first Robin Hood at its first outdoor shoot at its first session in its new home at Cardinal Allen High School in Fleetwood. And it was a first for Norman Smith of Clements Bowmen too – but it’s becoming a regular occurrence at Lizard Peninsula Bowmen with Richard Harris adding another to the list!
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Jelly bows mark jubilee

When David Cottle clocked up 25 years as a member of Bath Archers, the occasion had to be marked. And it was, with jelly bows, sweets, cake and a fish and chips lunch. A clout shoot was held for David, a longbow archer who spent 17 years as the club’s records officer and four as junior representative. But, to make it a bit special, archers had to use jelly bows instead of their own kit.

And there was no chance of anyone going hungry with a morning break for cake, lunch and a special afternoon tea! David was presented with an engraved glass tankard to mark the occasion, along with a certificate showing his first recorded score.

New tournament’s a hit

All or nothing. That was the approach taken by 64 pairs of archers competing in the first Beiter Hit-Miss Tournament.

It was held at the University of East Anglia’s SportsPark and attracted international interest as archers vied for a one-off pair of Werner Beiter Memorial Trophies. Each team was made up of recurve and compound archers who scored either a hit or miss. They shot ranking rounds and then went head to head. The competition consisted of three flights: championship plus second and third flights for teams who had lost their first match or first matches.

Championship bronze went to Charlie Birch and Nicola Simpson who beat Naomi Folkard and Andrea Gales in a very close match. The eventual victors were Margaux Meslé and Chris White after a nail-biting shoot-off against Tom Hall and Pip Tucknott.

A big day

Congratulations to Kim Taylor of Chichester Bowmen who shot a six-gold end at 70 metres on the same day as she achieved her third Bowman score.
And the award goes to...

When Sherwood Archer Lee Waterfield shot in this year’s Tri-Counties Tournament he was hoping for awards. But perhaps not the one he eventually received...

Lee, a 6ft, broad-shouldered ex-serviceman, was shooting for Nottingham’s compound squad against Warwickshire and Derbyshire. He was at full draw when, according to tournament organiser Shai Qureshi, “a Godzilla-sized bee landed on his chest”.

Shai said: “Lee whelped, staggered back and loosed his arrow into an empty cornfield far, far away. After his nerves were calmed and the day was done, he swore all that knew him to complete and utter secrecy. So, as good friends, we immediately told everyone we could!

“Of course, as friends, we were never going to let this lie and at our next competition we awarded him the trophy that now takes pride of place in his collection: the Lee Waterfield Screamed Like a Little Girl Award. And, being the gentleman he is, he graciously accepted.”

Hallowe’en is in the pink

More than 100 archers opted for pink instead of the usual black for Ballyvally’s annual Hallowe’en tournament – but it was all in a good cause.

The archers raised more than £500 for cancer research... as well as putting paid to some pumpkins!

And St Helens archers donned fancy dress for the club’s first Hallowe’en shoot, a junior Warwick round.

David Littler, the club’s Vice-President, said: “It’s great to see so many members attend and take part in a fun shoot. Let’s hope this is the start of many more. The club has grown over the last year and we now have more juniors on board than we have had before. It’s great to see them out enjoying themselves.”

Happy birthday

It was cake all round as two members of Wellington Bowmen celebrated their 80th birthdays. One of them, Olympian Rachel Fenwick who competed in Montreal in 1976, founded the club in 2001. The other was Ivor Thomas, who was one of the first people to join Wellington Bowmen.
When Ed Shutt had a kidney transplant in 2012, it changed his life forever. Two years later he did a beginners’ course with Stockton Archers – and now he has a silver medal from the British Transplant Games!

He said: "The shoot was impeccably supervised by seasoned guides, markers and coaches from local clubs and the head judge was Archery GB Chairman Dave Harrison!!

"I was pleased with how I shot on the day, given the quality of the other archers – I’ve had some great coaching and support at Stockton. And the noise of encouragement for all coming from stands filled with families and friends... brilliant!

"After the shoot everyone mingled and chatted. We agreed that it was a wonderful day for all and a celebration for the donors and their families whom we will never be able to repay. Thank you."

Obituaries

**Graham Sibley**

Graham Sibley, Secretary to Essex County Archery Association for more than 60 years, former Essex and Southern Counties President, Judge Emeritus, winner of the Hartwell Trophy and Archery GB silver Plaquette winner, has passed away.

His posting as Essex’s Secretary was meant to be temporary but he oversaw many changes and was never too busy to help out. He also served as national Target Committee Chairman and was involved in team selection for both world championships and Olympic games.

He was an active Regional Judge, preferring to remain close to the grassroots of the sport and introduced and supported many archers in their efforts to progress in judging.

Graham, a well-loved character, was a life member of Essex and SCAS and was elected County President at its last AGM. Our condolences go to his wife, Betty.

**Jean Foxon**

Jean Foxon, a lifetime honorary member of Nene Bowmen, has passed away.

She became Club Chairman in 1979 and stood down in October 2013. During her archery career she helped many archers at Nene Bowmen and throughout Cambridgeshire as a County Coach. The club sends its condolences to her husband Peter, family and friends.

**Linda Cunningham**

Linda Cunningham, a much valued and committed member of Portsdown Archery Club, has passed away after months of illness.

She was a qualified coach who devoted many hours to the development of new members, especially young ones, and was a caring mentor. Linda shot recurve and longbow and also found time to run the club’s catering.

As mentioned in the last edition of Archery UK, we are trying out a new approach to obituaries. The aim is to recognise the achievements of our much-valued and sorely missed members while being fair to everyone.

We have been asked to supply a basic format as guidance, so can we suggest a similar format to that shown above? We need to know the name of the member, their club, age if applicable, their achievements and what they meant to your club, county, region or organisation. If possible, please keep it to around 100 words but there will, of course, be exceptions.

And, if possible, try to supply a head and shoulders picture. Names can be easily lost or misheard on a shooting line but faces are hard to forget.
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FOUR WORLD RECORDS.

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DIUM BOTH INDOORS AND OUTDOORS. SCHLOSSER STARTED HIS FIRST WORLD RECORD RUN WITH A
PERFECT 600/600 AT THE INDOOR WORLD CUP STAGE 2; A RECORD THAT CAN NEVER BE BROKEN. HIS
SECOND RECORD 716/720 WAS IN HIS HOMETOWN IN NETHERLANDS. WILDE BROKE HIS OWN PREVIOUS
WORLD RECORD OF 150-10X; WITH A 150-10X AT THE OUTDOOR WORLD CUP IN SHANGHAI, REASSERTING
HIS WORLD RECORD POSITION. LOPEZ, UNSATISFIED WITH BREAKING ONE WORLD RECORD, SHOT A 150-
10X AND A 708/720, ESTABLISHING TWO NEW WORLD RECORDS IN A MATTER OF WEEKS. IT’S NO COINCI
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Recognising a champion

When Peter Muir retired, he was presented with a silver salver. A photograph of it has been found by Wendy Hodkinson, curator of Manchester Museum’s archery collections. The salver is inscribed:
Presented with 450 sovereigns by the general officers, council & members of Her Majesty’s body guard for Scotland to Peter Muir upon his retiring from his position as officer & bow maker to the Royal Company after more than 50 years faithful and efficient service. 1878

The question is, where is the salver now? Does anybody know? And, although a well-known figure on the archery field, with his elegant white gloves, has anyone seen a portrait of the man?

It is known that Peter Muir (1809-1886), who also received an annual pension of £25, was the son of William Muir, of Kilwinning, Ayrshire. After serving an apprenticeship with his father, he started as bowyer to the Royal Company in 1827.

He won the men’s national championship at the second Grand National Archery Meeting at York in 1845, again in 1847 at Derby and, for the third and last time, at Oxford in 1863. He was Scottish national champion in 1859 and a member of the Edinburgh Salisbury Archers, which shot in the grounds of Holyrood Palace. He taught new members of the RCA to shoot, as well as members of the Edinburgh Ladies Archery Club.

The bill reproduced here records payment for archery equipment supplied to W H Mabb of Hull Archers: nine shillings for six arrows and a Ghent string for two shillings. Mabb’s 50lb self yew longbow by Muir, which measures 72 3/4 inches tip to tip, is in Hull Museum.

William Fergie succeeded Muir as bow maker to the Royal Company and his trade card proclaims him as a maker and repairer of golf clubs, as well as a supplier of “Archery equipments of every description. Orders sent to all parts of the country.”
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There was a fantastic silver and bronze in the junior compound women’s category for Daisy Clark and Rebecca Lennon who beat teammate Morgan Russell-Cowan into fourth place by only four points.

In another clash of teammates, barebow junior Sophie Benton beat Freja Nilsson to claim bronze. And Craig McCreery took junior men’s bronze with victory over Austria’s Thomas Weber.

Add that to the two team silvers won by juniors Conor Hall, Jamie Cole and Craig McCreery and Bryony Pitman, Daisy Clark and Jessica Nilsson and it brings it to a grand total of 12 European Field Championship medals for Great Britain, plus some very creditable fourth places!
Looking for a field shoot set in spectacular surroundings? Then any hosted by Fort Purbrook Company of Archers in Hampshire could well be a contender.

The club meets at a Grade II listed 19th century fort, on the top of Portsdown Hill overlooking Portsmouth, and it hosts an annual field shoot that welcomes novices and international archers alike.

The club takes over the entire fort, which is normally used as an activity centre, for the event. That means entrants have to negotiate the ramparts, the parade ground, a dry moat and tunnels – and could even come face to face with the resident ghost!

Next year’s shoot is being held on 12 and 13 August. There are more details at www.gnasfield.co.uk.

Stunning setting

Coming soon!

16 January: Ballyvally Snowdrop Shoot, Whyte’s Estate, Loughbrickland.
14 February: Lough Cuan Valentine Shoot, Ballywalter Park.
20 February: Ballyvally Daffodil Shoot, Castlewellan Forest.
5 March: Ballyvally Shamrock Shoot (Arrowhead), Castlewellan Forest.
9 April: UKRS Ron Bell Memorial Shoot (Arrowhead), Ballywalter Park.

For full details about these competitions – and the rest of the field tournament diary – please turn to page 73.
Nine years ago a young boy shot clout for the first time at the Berkhamsted Bowmen Good Friday shoot. He struggled with a recurve bow and its stabilisers so swapped to barebow — and has never looked back.

Since then, Alex North of Abbey Bowmen, Hertfordshire, has worked his way through all the distances at as many clouts as he can, notching up county, regional and national records. A particular favourite is the Neston Tri Clout, organised by Peter Gregory and Goldcrest Archers, where he can shoot Imperial and metric clouts over one Bank Holiday weekend. This year he broke five national records at the shoot.

As his last year as a junior approached, he decided to concentrate on clout. In two months he broke eight national records (and a ninth, subject to ratification), won Imperial and metric purple tassels as a junior and achieved a six gold end. He has also broken two Hertfordshire county records as a senior.

So why does he like clout so much? "I like shooting arrows long distances and not knowing what you have scored," he said.

A good swap!

Switch to barebow proves a success
There was spectacular shooting – and some stunning results – as 160 archers went for glory and records tumbled at the National Clout Championships.

And in one remarkable end, recurver Cherry Lyne shot an imperial six clout end, getting all her arrows into the three-foot diameter, five-scoring zone at 140 yards. She went on to take the recurve title and lift the George Thorley Trophy.

Tournament Secretary Andrew Neal said: "This is only the second ever imperial clout end. The first was attained by Tony Osborn, a compound archer, a few years ago. This is an exceptional achievement."

Three junior national records were also claimed. One went to Samuel Kellett who was shooting longbow at 80 yards and another to his sister Rebecca, shooting barebow.

The championship was hosted by Bronte Archers at Apperley Bridge, Bradford. Andrew's verdict was: "It was a great tournament – despite the cool and testing breezy conditions."

Cherry later said: "I can't tell you how surprised and delighted I was to get the six gold end. It's really a bit of a holy grail for clout archers and, as the conditions were tricky for all of us, I wasn't expecting it."

"After shooting the end, before we walked up to score and collect, someone asked me how I was doing – and I replied that I'd have to get a six gold end to get a reasonable score! "There are a lot of talented archers shooting clout so it was a really wonderful achievement. It was a really super day with great company and, as always, we were really well looked after by the organisers and judges."
Stalybridge archers have a long tradition of clout shooting – and a long tradition of keeping it in the family too.

This year, Stalybridge’s juniors have shone. Sisters Erin and Aneke Meyer have claimed the top spots for metric recurve and second and third in the combined category. Jack Lear topped the boy’s recurve category, while his brothers William and Freddie came first and second in the barebow rankings and club mate Callum Wardle took compound honours.

William was one of the first clout Master Bowmen last year and repeated the feat this year too – despite only being able to practice during competitions because Stalybridge’s range is too small for clout.

At the Cheshire WA Clout, seven Stalybridge juniors entered and six came away with golds – and it was a clean sweep at the Cheshire Clout Championships.

Aneke carried on a proud tradition at the Northern Counties Championships. She won the recurve title that had been held by Erin for five years. And the Lear brothers – Jack, William, Freddie and Thomas – achieved three firsts and a second in their bow categories at the National Championships, while Aneke and Callum and Harry Wardle gained silver.

Don’t forget the fun!

Frustrating – but fun! That was the verdict of first-timers at the Lincolnshire County Clout Tournament.

The weather was glorious at the event, hosted by Pilgrim Bowmen of Boston, even if a following wind plus a headwind made shooting a little challenging.

“If certainly put the 26 contestants on their mettle to establish a sight mark,” said Pilgrim Secretary Ian Clayton. “For many it was their first attempt at clout and, while they found it frustrating, all agreed that it was great fun. ‘Fun is what it is all about. This is our chosen hobby. We can all get tied up in ordinary shooting and, if we are not careful, the fun goes. Clout is different and challenging and not so regimented.’

Coming soon!

2 May: UKRS Cheshire and Open 12th Clout Championships (Tassel), Wirral.
11 June: Eagle Bowmen Weekend of Clout (Tassel), Penrith, Cumbria.
9 July: UKRS Cumbria WA Clout Weekend (Tassel), Penrith, Cumbria.
15 October: UKRS National Clout Championships, Apperley Bridge, West Yorkshire.

For full details about these competitions – and the rest of the field tournament diary – please turn to page 73
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www.nitrostrings.com
Hannah Mason, 13, was looking for a hobby. Then she found archery. This is what happened next:

Twelve and bored, it’s a young girl’s worst nightmare. I began flicking through magazines and websites looking for a hobby. Dog agility? Hockey? Badminton? Horse riding? The list went on and on. Then I found a sport I had never even thought of: archery. It was different and sounded really cool when I read more about it. At this point I told my dad and the next thing I knew we were booked on to a beginners’ course – but I had to wait until December 2014.

I waited so long I almost forgot about it. And nervous does not come close to how I felt that winter’s night. I didn’t know what to expect but my dad and I were greeted by the friendliest crowd of people.

The sport wasn’t as easy as I thought but it was so much fun trying to hit the target and six weeks went by so quickly. I had found my hobby at last! And all on my own (with Dad’s support).

Since joining Cleadon Archers, I’ve made so many friends. It’s so much fun that when I think about archery, I just stop and smile. I’m always thinking: “What day is it? How many days until archery?”

Mam and Dad saved up, took me to the local archery shop and let me build my own recurve bow and choose my equipment. I’ve said it a thousand times, but thank you! Since then I’ve stopped clothes shopping and started archery shopping instead.

I started entering competitions in March because I wanted to shoot as much as I could… and competitions were another excuse to do archery.

At my first I was enjoying myself so much (after the initial butterflies had gone) that I couldn’t believe my ears when the judge announced my name at the end… I had come first. Wow.

Since then I’ve gained so much confidence in my own ability and that’s helped me make so many friends at different clubs around the county. I actually feel like I can make friends so much easier.

I would really recommend competitions. You get the chance to meet lots of fab people and it’s not as daunting as what you might think… honest. Remember it’s natural to be nervous. Just go along and everyone will help you out. If I can do it, so can you. Give it a go!

Archery has filled my weekends with smiles, laughter and lots of fun, 10 first places, a UK longbow record and county records. And my best experience of all, shooting at Driffield in the county champs. It was my first county experience… and I came second!

My biggest ambition would be to make the Archery GB team and compete in an Olympics. I look forward to all the laughter and smiles and fun which will take me there.

Well done Alice!

Alice Beaney has been helping coaches at Buscot Park Archers since 2013 – and earlier this year she was welcomed on to the team.

The 16-year-old qualified as a level 1 coach and is now looking forward to helping more people get involved in the sport.

Fast worker

Holly Kay is a fast worker. She completed a beginners’ course at Havant and Hayling Bowmen – and three months later she achieved a Junior Bowman classification.

Molly, who is pictured with Club Chairman Derek Collins, started shooting under 14s recurve classification rounds on 13 May, gained her first class on 10 June and Junior Bowman on 22 July. And clubmate Rehina Caxen has been awarded under-16s Junior Bowman.

Records officer Mark Gilbert said: “The whole club is very pleased by our young members doing so well. It is such an incredible achievement!”

What a difference… 10 months can make
In 2013, six-year-old Grace Bullock tried archery at a Big Weekend event – and found herself on the front cover of Archery UK. Now it is her achievements that are attracting attention!

The have-a-go, run by Norton Archers, was such a success that Grace’s entire family joined the club – except Grace, who was too young. Two years later, everything has changed.

Grace made sure her parents, Jill and Jason, got her name down on the waiting list for the first possible beginners’ course. That turned out to be six days after her eighth birthday and it was a good move.

According to club coach Jim York, she is showing massive potential and is displaying skill levels other, much older, club members are hoping to achieve.

It was a case of children helping children at Meriden Archery Club’s as junior members took control of its annual charity shoot. And the chosen charity? Birmingham Children’s Hospital.

Nobody should have worried though. The sun shone, there was a carnival day atmosphere, arrows flew into all sorts of novelty targets and non-archers queued to try their hands at a have-a-go.

Parent co-ordinator Christine Coathup said: “The children had asked to take a lead in the charity event and it is a true credit to Meriden Archery Junior Club that they made it such a success. On the day, we raised £654.15 with a further generous donation of £240 from the committee.”

Tanita Mistry, a representative of Birmingham Children’s Hospital, thanked them for all their hard work and welcomed the follow-up matched funding of £637.65 from the Charity Aid Foundation. It took the total raised to more than £1,500 with further matched funding still hoped for.
Lizzie takes silver in Samoa

Lizzie Warner won individual silver for England and UK archers proved a force to be reckoned with at the Commonwealth Youth Games in Samoa!

It was the first time that archery had been included in the games - and it looks set to become a fixture. Lizzie beat Malaysian Nuramalia Hanessha Mazlan 7-3 in a classic semi final, earning a showdown with top seed Prachi Singh. The Indian won - but that could not wipe the smile from Lizzie's face.

Both Scotland’s Eugenia D’Arcy and Isle of Man’s Charlotte Harris made it through to the quarter-finals. Charlotte’s campaign ended in the cruellest fashion, in a shoot-off with Mazlan while Eugenia went out to the eventual bronze medallist, Nondiny Khan Shapna of Bangladesh.

All our male archers made it through to the quarter finals. England’s Joe Ground qualified in second place and was rewarded with a bye. His opponent was Arne Jensen and it was a tough match with the Tongan just edging it 6-4.

Struan Caughey did Scotland proud, beating Samoan Joshua Hans Walter 7-1 before coming up against Chayse Martin of New Zealand. It was close but the Kiwi took the honours.

It was a similar story for Welshman Ryan Pinder. He defeated Brandon Field of Barbados 6-2 but then came face-to-face with the number one seed, Nishant Kumawat of India.

Lizzie also won a medal in a mixed team competition, which was running alongside the main action. Teams were formed by pairing top-ranked females with lowest-ranked males, and so on.

The Englishwoman and her Mauritian teammate found themselves going head-to-head with Charlotte Harris and New Zealand’s Chayse Martin in the bronze final - and they just edged it to take the medal.
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Leo Garner is a young man of many talents – including photography. The newest and youngest member of Harworth Archers and Bircotes Junior Archers did not shoot during the club’s end of season championships. Well not with a bow, anyway.

Instead he captured just how powerful some shots can be with this picture showing just how far arrows can go through the target bosses. Nice shot!

Eleven-year-old Louisa Piper is hungry for success. So hungry that she has already achieved under-18 Junior Master Bowman!

She started out this year with her under 12 classification and has worked through all the age categories to achieve her goal – and next year she will be targeting senior honours!

Juniors at Bowmen of Warfield got into the spirit by inviting three local clubs – Bowmen of Burleigh, Crowthorne and Maidenhead – to join them for a Hallowe’en pumpkin round.

They were there to shoot three-dozen arrows at 20 yards and win treats by popping balloons and hitting pumpkin pictures on the target faces. Plus there were hot dogs, homemade pumpkin soup and delicious homemade spooky cakes and cookies to be demolished!

One of the most difficult jobs of the day fell to field captain Judith Richardson. She had the difficult job of judging the best-carved pumpkin. Once that was over it was time for the event’s highlight – lighting the pumpkins!

Junior club representative Tracy Devlin said it had been a fantastic day and the juniors raised £42.22 for Macmillan Cancer Support.
Three years ago, Archery GB introduced Arrows. More than 800 kits have been sold since then, so we have asked some of those who have been using the kits from the start – Peter Gray, Jon Sims, Karen Drake and Deer Park Archers – about their experiences.

Peter Gray was one of three people who won an Arrows kit in an Archery GB competition when it was launched in 2012. He said:

“The pack got put into use almost immediately and has been a very popular resource in every way. “The first take-up came from a local primary school that invited us in to do a morning with its Reception and Year 1 pupils – about 90 in total. The teachers also had a go and thought it was amazing. Word of mouth quickly resulted in more invitations.

“I had a strong desire to get Arrows into the hands of youngsters at Daisychain, a purpose-built autism centre in Stockton. Every school holiday for the last three years we have offered Arrows to the centre and the response among the children and their parents has been so rewarding.

“Often the youngsters’ issues mean we fail to connect and that can be frustrating. But the ability of many others to follow instruction coupled with sheer determination brings real joy, not least to the parents, grandparents and siblings – who we always encourage to have a go too!

“Remarkably, the equipment stands up to quite rough treatment. It is sturdy, robust and many parents have asked about purchasing their own set.”

Peter said his club, Stockton Archers, had embraced the opportunities offered by Arrows, including an invitation to deliver sessions in local libraries, at school fetes and its open days.

He said: “Arrows is a terrific, versatile piece of kit and it deserves a place in every club which seeks to embrace and involve the whole family.”

Game changer
Deer Park Archers has two kits and, in the last three years, has delivered more than 500 hours of archery to over 4,000 children. As a result it has:

- Increased membership by 20 per cent
- Improved the standard of junior archers
- Generated significant income
- Filled beginners’ courses more quickly
- Started a Bambies (five- to seven-year-olds) section
- Grown its Primary School Games to the biggest in the country
- Doubled the membership of secondary after-school clubs
- Introduced 14- to 18-year-old members to coaching and created a pool of qualified L1 Coaches under 20 who were inspired by delivering Arrows
- Created self-sustaining Arrows clubs/activities in recreation centres and Girl Guiding Units across Gloucestershire

The club uses Arrows at all fetes and family days because it attracts young families and it has proved invaluable when working with a range of disabilities, particularly larger groups of autistic youngsters.

“It is fantastic to see the positive impact Arrows has had”
School Games
Karen Drake won an Arrows pack during the School Games Organiser Conference in 2012. At the time she was in the process of establishing an annual Halton School Games London 2012 legacy event, aimed at children from Years 2 and 4. The idea was to introduce them to a range of Olympic and Paralympic sports, including archery.

It started as a one-day event with seven schools and 300 children. It is now held over two days with 25 schools and 950 children – and more than half of the schools in the Halton area have used Arrows equipment.

Development Manager – Young People, Kate Moss said: “It is fantastic to see the positive impact Arrows has had. Evidence collated recently has shown that the number of young people taking part in archery, particularly girls, is at an all-time high. Arrows has stimulated the delivery of archery within primary schools and we hope to see it used to introduce more young people to the sport and inspire them to continue.”

Take the next step
Are you a level 1 coach who wants to take the next step? Archery GB has announced that funding is available for anyone who wants to become a level 2 candidate.

Grants of £200 to £400 are available to ontarget clubs that apply with their coach. The funding must be used to help pay for an identified coach to attend a level 2 coaching course. A club can apply for funding for one or two coaches.

And the level 2 coaches will be ideally placed to deliver Boost Archery, our popular new group-coaching programme for novice archers. More than 40 clubs are already delivering Boost Archery, helping their members improve and integrate.

You can find out more on how to apply for funding online at www.archerygb.org/coach. Sign up to the ontarget club development programme at www.archerygb.org/ontarget.

The closing date for applications is 8 January 2016.
Successful clubs are built on sustainable finances – but it can be a challenge. To manage your club’s money effectively, you should think about:

- **Budgeting** – having a short and long term plan to focus on building and maintaining a solid financial base
- **Generating income** – ensuring your funding comes from a variety of resources is vital
- **Managing costs** – running your club in an efficient way will help you make the most of your money, even on a limited budget

Whatever the size of your budget, focusing on these areas will help keep your club on the right track.

### Generating income

Many clubs rely heavily on income generated from membership fees so it’s important to get these right. Ideally the total should cover the day-to-day running costs of the club. Extra income generated – from beginners’ courses or have-a-go sessions – can be used to improve and develop your club and to build up a rainy-day fund.

Do some research. Are your subscriptions competitive with other clubs, or activities, locally? Do they reflect the value of activities offered by your club? Is there scope for an increase or do they need to fall to attract more people?

Raising membership fees can be emotive, so make sure your members know exactly what they are getting for their money and how your club is funded overall. Higher fees are often more acceptable if members understand the club’s financial position.

### Tax

Understanding what you need to know is the first step in making sure your sports club meets its obligations. If you don’t, your club could be at financial risk.

Tax is a daunting subject, but it’s one you cannot afford to ignore. A good starting point is to understand which different taxes might be relevant for your club and why. You can then investigate further and seek financial help and advice as required.

Typically the most relevant include business rates, corporation tax, PAYE and NIC, VAT and sale of land.

If your club is a limited company or an unincorporated association that trades and makes a profit, you need to file a corporation tax return and may need to pay corporation tax. Income from members (such as membership subscriptions, or bar income) where the club is not seeking to make a profit and any surplus is used for the members’ benefit is generally exempt from corporation tax under the “mutual trading” concept.

For further detailed information on club finances visit Sport England’s Club Matters website: [www.sportenglandclubmatters.com](http://www.sportenglandclubmatters.com)

Club Matters is Sport England’s one-stop shop for sports clubs, providing free, convenient and practical resources to help you develop and run a sustainable club. More than 18,000 clubs have registered and have full access to its resources and tools.

Any UK sports club can register for Club Matters. Sport NI, Sport Scotland and Sport Wales have similar information on their websites.

---

And sustain your club’s finances
Introducing the latest High Modulus Carbon Stabilizer from DS-Archery, The NANO.

It is the first Skinny Wind Busting Stabilizer to come from DS-Archery. It features a 17.8mm Outside Diameter and is constructed from an even higher Modulus Carbon than both the RV1 and Vibex Rods. The stiffness of the Nano is the same as the hugely popular RV1. As well as being thinner than the RV1 the Nano is also lighter due to the Higher Modulus of carbon used.

The Nano has an all new internal dampening system that utilizes both Silicone rubber and Silicone Foam to help dissipate both high and low frequency vibrations. As with the entire DS-Archery range the Nano has been tested thoroughly proving itself ideal for both Compound and Recurve Archers alike.

Nano Stabilizers are supplied with 1/2oz Cap Weight and a Weight Bolt and Washers The Nano Stabilizers use the 5/16” DS-Archery stainless steel weight system.

Technical Specifications:

<table>
<thead>
<tr>
<th>Shortrods</th>
<th>Longrods</th>
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</thead>
<tbody>
<tr>
<td>8” - 88g - 3.1oz</td>
<td>28” - 170g - 6oz</td>
</tr>
<tr>
<td>10” - 94g - 3.3oz</td>
<td>30” - 176g - 6.2oz</td>
</tr>
<tr>
<td>12” - 100g - 3.5oz</td>
<td>33” - 185g - 6.5oz</td>
</tr>
<tr>
<td>14” - 106g - 3.7oz</td>
<td>36” - 194g - 6.8oz</td>
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Who will you nominate?

Do you know someone who deserves recognition for his or her hard work? It’s time to make your nominations for the ontarget club and volunteer awards.

The ontarget awards aim to recognise, reward and celebrate clubs and volunteers helping archery grow or who work behind the scenes to help a club run smoothly.

The categories are: young volunteer of the year (under 25 on 31 August 2015), volunteer of the year, community club of the year, young people club of the year, and overall ontarget club of the year.

Arran Coggan, Development Manager – Participation, said: "Last year we had more nominations than ever, and the decision to award one winner for each category was very difficult. "The ontarget club and volunteer awards are a brilliant opportunity for archery clubs to reward the level of commitment that volunteers provide. The work that volunteers, coaches and clubs undertake to promote our sport is overwhelming."

The closing date for nominations is 31 January 2016.

Visit the website for more information – www.archerygb.org/ontarget – and the nomination form, or contact Arran Coggan directly via email arran.coggan@archerygb.org or call 07525 233592.

Oxford keeps club crown!

Oxford Archers are celebrating winning back-to-back titles after edging a narrow victory in the final of the 2015 ontarget Club Competition.

Seven teams took part in a ranking round, held at the home of Bowmen of Glen. The two highest scoring teams, Oxford and Derwent, went head to head. Aardwolf Archers, Norton Archers and Targetcraft Archers missed out on the finals.

Oxford beat Derwent 11-10 to hang on to the title, winning the ontarget Club Competition trophy and £500 that can be put towards the club’s development. Derwent Bowmen received a plate and £250.

Guildford and Cleve Archers went head to head to decide third place and Cleve clinched it, winning 13-8.

The event brings archers together to celebrate competition and provide a challenge for a team of four archers. Each team has two recurve and two compound archers, who shoot three rounds of two dozen arrows with archers scoring points in a team round, a pairs round and an individual round.

“This year has seen more clubs involved in the ontarget club competition and once again the final has been brilliant,” said Arran Coggan, Development Manager – Participation. “I would like to thank the archers, the judges and Bowmen of Glen for the venue. All the clubs and archers were eager to be involved and I hope that this enthusiasm rubs off on to other clubs and that next year we can come back bigger and better.”
It’s that time of year, so if you are looking for a last-minute gift, here are a few ideas:

**Beiter Hit-Miss systems**
As used in the official Beiter Hit-Miss tournaments. Contains everything you need. Packages available for both recurve and compound bows. Costs £35. Get them from www.clickersarchery.co.uk

**Red Frog shooting glove**
All-leather shooting glove, part of a range of traditional leather archery products. Cost: from £9.95. Available from www.redfrogstore.co.uk

**Avalon string jig**
Lightweight but sturdy aluminium jig. Features a tension winding handle to reduce creep and shaped to resist pull-in. Costs £98.44. For more information contact Centreshot Archery on 01684 579109

**Bcy 8190F bowstring**
Bcy has a new string for compound bows. Made of SK90 Dyneema, it has a smaller diameter for a smoother string. Low creep, with better stability speed and safety. To find out more, go to www.bcyfibers.com

**Hoyt Green pullover**
One of a range of gifts available from the Hoyt website. Costs around £53. You can find out more about this and other gift ideas at www.hoyt.com/store

**Errea Active Tense Mizar top**
Active support for shoulder joints and muscle, built in exoskeleton to enhance posture and improve balance. Costs £75. Available from walesarchery.com
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The Wave is a beautifully refined, precision engineered recurve riser manufactured in the UK. Uncompromising in workmanship or materials. It was designed to offer the new or intermediate archer wanting that ‘next level’ performance at a more accessible price point. Feel the quality and refinement, remove all doubt, and let the Wave help you achieve your ‘next level’.

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Purchase a membership pack for just £25 (plus P&P) at [www.memorialflightclub.com](http://www.memorialflightclub.com)
When will you...
be able to afford to retire?

How much money will you have when you stop working? Will you be able to afford to retire at all? If you don’t know the answers to these questions, you’re not alone.

Our performance partner, Foresters Friendly Society, recently carried out a survey about saving for the longer term, including retirement, which produced some interesting results on the nation’s approach to saving for the future, as follows:

- 63 per cent of respondents still in employment said they are not sure if they will have enough to live on in retirement
- 38 per cent stated that they have not decided when they will retire
- 29 per cent of those not yet retired plan to rely solely on the State Pension – currently a belt-tightening £6,029 a year.

In fact, the survey revealed that most people think they’ll need to continue to work full or part-time after 65, and nearly half have savings outside their pension.

In their most recent blog Foresters take a look at some of the options available to help boost your retirement income, such as:

Carrying on working

There’s a lot of evidence that working later in life is an increasing trend, and Foresters’ survey certainly backs this up. Most respondents think they will need to carry on working after the traditional state pension age of 65 – with nearly two-thirds of these people saying they will continue to work to ensure that they will have enough retirement income.

Aside from the obvious financial advantages, a report by the Institute of Economic Affairs suggests that continued employment is good for our health and wellbeing too.

Savings outside pensions

Nearly half (46 per cent) of respondents said they have savings outside their pension to supplement their retirement income. Two thirds of those taking this approach are using other long-term savings plans.

Tax efficient savings

While a pension is one of the most tax-efficient ways to save for your retirement, there are other tax-effective long-term savings options too. Stocks and Shares ISAs are one example and there are also tax-exempt savings plans offered by friendly societies, such as Foresters.

A long-term savings plan might suit you if you’re worried about putting all your retirement eggs into one basket. It can be run alongside a pension and, whether you use this additional pot to boost your income, help your grandkids out or to provide an emergency fund, it could prove a useful sum of money.

Guaranteed savings

It also appears that there is a high demand for low-risk and guaranteed savings plans rather than shouldering a higher risk in return for greater growth potential. In all, 81 per cent of respondents prefer a balanced or low-risk approach, compared with 10 per cent who are willing to take a greater risk with their savings.

Savings plans which include guarantees, such as those offered by Foresters Friendly Society, could be ideal as they offer less risk and a minimum guaranteed cash sum at the end of the plan, providing all monthly contributions have been maintained for the full duration of the plan.

Please note:

- Inflation could reduce the value of your money over time.
- Tax rules may change and depend on individual circumstances.

Visit www.forestersfriendlysociety.co.uk/retirement to find out more about your savings options. They also have a handy calculator to give you an idea how much money you’re likely to need to fund the retirement you want.

Visit www.forestersfriendlysociety.co.uk/retirement to find out more about your savings options. They also have a handy calculator to give you an idea how much money you’re likely to need to fund the retirement you want.
The countdown has started – and now’s the time to bag the best Christmas present any archer could hope for: tickets for the European Archery Championships in Nottingham. And, if you act quickly, you can get them at an early bird rate!

Three hundred archers – including all your favourite top names – will gather in Nottingham in May for one of the last chances to qualify for Rio 2016.

Tickets have now gone on sale to Archery GB members and you can take advantage of an exclusive early bird offer. Adult tickets start from only £7.50 and child tickets from just £5. But you have to be fast. The offer finishes on 31 December!

Once you have them there will only be five months to wait! The action kicks off on 23 May with practice, the opening ceremony and qualifications at the University of Nottingham’s Highfields playing fields. It then moves to the city’s historic Old Market Square on 28 and 29 May for the finals, which will be held in a 1,500 spectator, purpose-built arena.

Tickets for the finals start from £7.50 and £5 for children for the uncovered unreserved seating while the premium covered, unreserved seats start from £10 per adult and £7.50 per child. Booking fees will apply.

The perfect Christmas gift!
Grab an early bird offer on Euro 16 tickets!

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MX3
As promised, we have a bumper spread of your photographs in this edition – and many of you seem to have been inspired by our great British weather.

Alastair Leiper captures images of a fantastic double rainbow and Charlie Birch getting a last end in before the light faded at Oxford Archers. And another rainbow by Robin Maryon just about sums up summer 2015!

But there were high points too as spectacular sunsets snapped by David Roberts and Malcolm Rees prove, along with the vivid blue sky and fluffy clouds in Peter Edwards’s photograph, taken at the Berkshire Championships.
We also have shots of the characters that make sport so interesting, ranging from Lichfield Archers’ own Wild Bunch as seen by Dennis Rafferty, to the determination on the face of David Perkins who was raising cash for the British Heart Foundation. Paul Pybus perfectly captures the string’s vibration as he releases.

There is pure joy in Amyce Aurora-Smith’s shot from the UK Masters and attention to detail in Douglas Jardine’s, while Long Mynd’s Peter Howsam captures the sport’s abstract beauty.
If you want to see your photograph in Archery UK, send it to magazine@archerygb.org.
Six hundred years ago British longbowmen helped to turn the tide of war and defeat the pride of France. The place was Azincourt (perhaps better known as Agincourt) and their triumph has inspired generations.

Archers from Robins Reach and 10 friends travelled to France to join more than 400 others for an official re-enactment of the battle on the actual site.

Staying closer to home, St George’s Archers of Harrogate gathered at their base to celebrate the victory by shooting at moving targets, complete with battlefield sounds and smoke effects. The juniors shot at pop-up shields before everyone paused for a lunch of French onion soup and baguettes. A clout shoot followed, during which archers targeted a 6ft wand surrounded by straw bale battlements and tried to recreate an arrow storm.

In Essex, Elliot Porte dressed up as Henry V and inspired Noak Hill Archers with Shakespeare’s famous speech. Then, all clad in medieval gear, they shot several volleys, tackled challenging targets and rescued a damsel in distress. There was even a “cavalry charge” involving two chairs, a trailer and a tractor.

Portsdown Archery Club combined the commemoration with its 70th anniversary celebrations. The club emerged from post-war shortages to become a force in Hampshire archery, with members competing at county and international levels.

They celebrated by shooting the Blazon but, as they were unsure of the rules, they made their own. All members received a special fob and there was – of course – cake. It was cut by club President and longest-serving member, Chris Jones.

Forty archers, one target... the arrows flew and the BBC filmed as Guildford Archers celebrated the anniversary. And the BBC was also there as Old Basing Archers marked the occasion. Medieval dress was the order of the day at Hertford Company of Archers’ clout.

Abbeydale Archers shot 2,300 arrows at specially designed targets of the French army set out at distances of 50, 60, 80 and 100 yards. Morpeth Archers shot a clout before targeting the “French” and more than 100 archers shot at Southampton Archery club before tucking into a hog roast.

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Old Basing Archers

Robins Reach archers at full draw

Chris Jones cuts Portsdown Archers’ anniversary cake

Arrows fly at Guildford

Some of the 2,300 arrows shot by Abbeydale Archers

Putting on the style at Noak Hill

The shooting field at Southampton

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Patrick Huston won recurve gold for Britain after a blistering performance in the first stage of the Indoor Archery World Cup in Marrakesh!

He qualified in second spot, then breezed past Spain’s Guillermo Diaz Linares 6-2, Ege Yildirim of Turkey, German Cedric Rieger and Frenchman Lucas Daniel, winning the semi-final 6-4.

That brought him face-to-face with fifth seed Matteo Fissore of Italy, who had earlier ended Adeel Qadir’s hopes. It was a close final – Patrick battled back from 4-0 down – but he eventually claimed gold with another 6-4 scoreline.

“When I’d got my back tension sorted out, I shot 90 straight,” he said. “I’m so happy to have ticked off one of my big goals for the year already! It’s a great way to open my season and I am over the moon!”

There were good performances by other British archers too as recurvers Adeel Qadir, Alex Smith and Edward McDermott all made the final 32.

Nicky Hawkins, Leslie Day, Michael Clarke and Ghassan Alusi put in solid performances but missed out on the final cut.

All three British compounders made it through to the last 32. Neil Laszkowicz just missed out against eventual silver medallist Peter Ebinger of the Netherlands. Alistair Whittingham was frustrated by Frenchman Antoine Quiquere and another Dutchman, Ruben Bleyendaal, ended Carl Harding’s hopes.

Patrick’s medal more than made up for his disappointment at the Archery World Cup in Medellin, where he was edged out of contention by on-form Dutchman Mitch Dielemans. There was frustration for teammates Naomi Folkard and Amy Oliver too. Naomi battled hard, only to lose a shoot-off against India’s Satbir Kaur, and Mexican Alejandra Valencia ended Amy’s hopes.

Things are changing at Archery GB – and there’s much more to come, says new Performance Director David Tillotson. Bold, prioritised and collaborative action needs to be taken. And it’s urgent.

The first target is Rio. Our Paralympians have secured quota places but we have yet to ensure an Olympic presence. That’s why one of his first acts was to bring in double Olympic medallist and former GB coach Richard Priestman. His job? To get our archers to Rio and be competitive once they get there.

David said: “He has been Head Coach in Brazil, Bangladesh and, most recently Colombia, leading its archers to international success and Olympic qualification.

“This is a statement of intent from Archery GB that we will address all areas in our ambition to be competitive and successful in major competitions. Richard is a proven coach of the highest order.”

It was a move that won both the respect of members and enthusiastic approval on social media sites.

David believes that if Archery GB is to be competitive at major international events, everyone needs to take responsibility. That means remaining positive under challenge and change, and forging better connections with others inside and outside the sport.

Focus
It will require total focus from both the athletes and the team behind them. He already knows some of the specialists – he worked with some and came into contact with others during his years with the English Institute of Sport. Another vital ingredient is also in place: a specialised state-of-the-art training centre. It’s part of what
attracted him to the job, along with the commitment of the archery staff and the athletes’ potential.

“If you get the place right and the people right, thinking, behaving and committed to preparing to compete, then a small group of people can achieve something remarkable.

“We have the skills and the capability,” he said. “What we have to recognise now is that we need to prioritise. The world of archery has moved on and training harder is not necessarily going to take you any further. Everyone is doing it. So our competition preparation, management and culture need to be lifted up.

Changes have already been made. Standards and Annual Performance Awards have been revised to reflect the international competitiveness required and the facilities used by Performance have been enhanced.

Collaboration
Archery also needs to collaborate with other sports and learn from their experience. In the run-up to the London Olympics he worked closely with British Gymnastics and athletics. In Australia he was responsible for cycling, swimming, hockey and athletics.

“I think there are some real synergies with other sports, particularly ones with centralised settings, he said. “I learned a lot from Australian hockey and cycling – they are as good as it gets. But I also learned a lot here.”

Funding
And there is a lot at stake. “We don’t have time to plan a development programme,” he said. “If we don’t hit targets in Rio, we could have a very difficult future. This is the business of sport now.

“Funding is not an entitlement any more. If you don’t get results UK Sport will ask ‘why should we fund you? Where’s the return on our investment?’ That’s the business mentality. I have been part of that lottery-funded business since day one so this way of thinking, the requirements and expectations are, to an extent, second nature.

“That’s what I’m bringing to Archery GB,” he said. “That way of thinking. I’m not here to be an archer but harnessing my high performance experience and the skill-set already present can help us close the gap quicker and fulfil the sport’s potential.

Fact file
David Tillotson has an extensive and lengthy experience in top-flight sport. He was an athlete, played rugby for Saracens and was a director of the Saracens Sport Foundation.

He has been a rugby and athletics coach, a PE teacher and schools inspector and was one of the first people appointed using lottery money, joining the British Paralympic Association as its Technical Director in 1997.

He also has Olympic and Paralympic experience and was responsible for the holding camps pre-Sydney, Athens and London.

He was the West Midlands Regional Manager for the newly formed English Institute of Sport from 2001 and was later promoted to Regional Director of the EIS with a staff of 100.

After working for himself post-London 2012, he joined the Australian Institute of Sport in 2013 as Senior Performance Manager. He was responsible for swimming, cycling, hockey and athletics.

He was appointed as Archery GB’s Performance Director in May 2015.
After two days of qualification at the Terni 2015 World Archery 3D Championships a British archer came within a single point of reaching the quarter finals in the women’s longbow category. Emily Williams scored a total of 64 points but was edged out by Sabina Holstein of Denmark.

Emily was one of two British longbow archers to make it through to the last 16. She qualified in 13th spot while Lesley Sleight was ranked seventh. Lesley finished the competition in 13th place.

Great Britain fielded nine archers - James Annall (barebow), Steve Burke (longbow), Chris Horan, Alan Hughes, Michaela Lake (instinctive), Jason Meehan, Richard Powell (longbow), Lesley Sleight and Emily Williams - at the championships. They were up against 250 athletes from 25 countries.

Six Archery GB training centres are about to open across the country to help develop athletes and coaches of all ages and abilities.

Sessions run at the centres will include: elite coaching, equipment maintenance and there will be at least one 720 and head-to-head competition. They will be delivered by Archery GB’s Talent Team, which is supported by Head of Athlete and Coach Development Lloyd Brown.

This programme will offer archers from all backgrounds, whether social or performance-focused, the chance to experience Performance-standard coaching and learn what it takes to become an elite archer.

Keep a look out on Archery GB’s social media sites for dates and the location of the centres.

If you want more information, contact Katy Cumming on katy.cumming@archerygb.org

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Getting ready for Rio

Our athletes and officials have been checking out the Sambodromo Stadium in Rio. So what do they think of the facilities for next year’s Olympic and Paralympic Games?

Performance Director David Tillotson said: “The Rio Olympic and Paralympic Games archery facilities will provide a striking urban tone for the sport. Set in the heart of bustling Sambodromo, the respective events will embrace the sounds and surroundings of the inner city area.”

Naomi Folkard, Amy Oliver and Patrick Huston helped test the facilities and 2015 Para World Champion John Walker said: “The holding camp was good and will be even better for next year. Rio needs a few tweaks but all will be sorted for next year and I know the atmosphere will be awesome come 2016.”

And there will be another familiar face at Rio too. Great Britain’s Graham Potts has been selected to lead the judges at the Rio Olympics. Graham, who is chairman of Archery GB’s Rules Committee, has been named chairman of the 14-strong International Technical Official team that will ensure safety and fair play. He is one of three team members who judged at London 2012.

He said: “To have the opportunity to lead the judge team at an Olympics is a great honour and I will be working effectively to ensure the archers receive the best support possible from the officials.”

Brad’s happy to help

Podium Potential archer Brad Denny has always had the backing of his local community – and he is more than happy to return the favour whenever he gets the chance.

So when muscular dystrophy sufferer Sammy Lane visited Brad’s club, Archers of Raunds, he was on hand to help. He shot alongside Sammy and later presented him with a wristband, a gold medal and one of his Youth Olympics shirts.

Brad said: “I was incredibly proud to spend time with Sammy and it was fantastic to be able to give something back to an amazing young lad.”

Images: World Archery

Just one point away...

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We use these muscles to stabilise the shoulder and the arm and create different movements. So, how do we strengthen them?

They will all get stronger with correct archery technique and by doing some simple exercises with some home products such as a tin of beans, dumbbells (can be bought online) or a clini-band (again, buy online).

The first muscles to look at are the subscapularis and the infraspinatus. These are the big muscles on the front and back of the scapula. The best and safest way to exercise them is by performing external and internal rotations. Keep your arms close to your body, at 45 degrees, in all rotation, push and pull exercises. For example, in push ups, keep those elbows at 45 degrees so you don’t get impingement of the supraspinatus. If your elbows are in line with your collar bone you probably need to tuck those arms and elbows in closer to your body.

It is the same with the external and internal rotations. Lying on the floor keeping that shoulder tucked into the shoulder joint and holding it in place, keep the working arm elbow on your body, and rotate your arm outwards for external rotations and inwards for internal rotations.

Let’s take a look at the rotator cuff muscles. What are they?
The major players are the:

- **Subscapularis** – Internally rotates the upper arm and stabilises the shoulder
- **Infraspinatus** – Rotates the arm outwards (laterally) and stabilises the upper arm
- **Teres minor** – Laterally rotates the arm and stabilises the upper arm
- **Supraspinatus** – Abduction (in towards your body) of the arm and stabilises the upper arm

We know it’s probably not the first thing that comes to mind, but preparing your muscles before shooting will make them work more efficiently so that you don’t injure yourself.

**Figure 1:** The start position for an external rotation
**Figure 2:** The finish position for an external rotation
**Figure 3:** The start position for an internal rotation
**Figure 4:** The finish position for an internal rotation
Working out for archery

Archery is fantastic – but it is quite easy to pick up injuries. Compound star LUCY O’SULLIVAN has some tips for staying healthy.

Perform two to three sets of these exercises, 10 times on each side. Start with just your arm as the resistance and then work up to holding a tin of beans and then some dumbbells.

Teres minor exercises target the lower part of the scapula. Lateral pull downs or low rows will target these and the trapezius muscles.

One option is the scapula upward and downward rotation exercise. Push your scapula as far away from you as possible and pull the scapulae together as much as possible to target the rotator cuff muscles. Again, two to three sets of 10 repetitions should do the trick.

The supraspinatus muscles benefit from YTW exercises. You can find out how to do these online. Another good one is the Swiss ball cobra or prone cobra (on a bench). It is an upside down V squeezing your back muscles together and tensing those rotator cuff muscles. Two to three sets of 10 reps are perfect and will give your abs and lower trapezius a work out too!

Of course these exercises do not just target one rotator cuff muscle at a time, but all of them. Make sure you do all of them to ensure you are shoulder fit for the indoor season!
Q Could you advise me on what aperture I should be using on my scope lens? Do you and other top compound shooters have more success aiming with a dot or a ring?

A My choice of aiming aperture is a small or medium-sized black dot for target archery. The size depends on my style of aiming at the time. For field shooting, a fibre optic pin is essential for poor light conditions. Aiming apertures are very individual so it’s important to find something that works with your particular aiming characteristics. You need to find something that allows you to hold consistently over the middle of the target, but does not encourage you to over-aim or hang up on the shot. This aiming picture will be different for everybody and there is no right or wrong way, just what works, so a little trial and error may be required. I recommend you get a good selection of dots, rings and fibres to test. Start with a small-sized black dot, since this stands out against most target faces the best. Fix this to the centre of your lens using the application template included and shoot several ends at the distance you most frequently stand at.

Pay particular attention to how easy it is to hold your sight over the middle of the target and how consistent and tight your groups are. Don’t forget, aiming should feel natural not forced. Swap it out for a different aperture and re-test, continuing until you have made a good comparison of the different options. Don’t forget to try different colours as these can also affect results.

Your perfect aiming aperture should allow you to hold your sight over the middle of the target and execute your shot easily and accurately.

Q Since moving indoors I’ve found that my larger diameter arrows are a little loose on my bowstring. How important is nock fit?

A This is a fairly common issue as indoor arrows usually use larger nocks that often have a wider and deeper string groove than the ones used with outdoor arrows. Getting your nock fit correct is vital to ensure your set up is consistent because, if your nock is too tight, it may affect your arrow flight and if it’s too loose it can fall off your string when you draw your bow.

When you attach your arrow you want the nock to clip firmly on to your string. You shouldn’t need to use too much force but the string should sit comfortably inside the nock groove. To test it, attach an arrow to your string, then with the arrow pointing at the ground, give the string a firm tap just above or below the nock point. The arrow should come off the string easily. If it falls off or doesn’t require much of a tap, then the nock fit is too loose. If you need to hit the string quite hard to make the arrow fall, the nock fit is too tight.

Try re-serving the centre section of your string with a slightly larger diameter serving. Some nocks are available in different sizes, so if you don’t want to re-serve your string, see if you can get a similar nock with a slightly smaller groove.
One of Archery GB’s rising stars, PATRICK HUSTON, answers your recurve questions.

Q I’ve looked on some shop websites and there seem to be a lot of sight pins. Which type should I shoot?

A This really comes down to preference. There are many types of sight pin but the three main types are a dot, a fibre optic and open ring. Almost all beginners will shoot a dot because that seems the most obvious. I would actually advise that you start with an open ring, or move to one quickly.

An open ring works because you stare at the target and your brain subconsciously centres it in the middle of the ring. The brain is incredibly good at centring concentric circles! Coach Lloyd Brown once told me how archers at his beginners’ course in the US would use one inch PVC pipe cross sections as sight rings. There are variable sizes of apertures available but you can make most basic sight pins into an open ring with a hammer, nail and file. Beiter makes a sight pin with a wide number of inserts and can be used as an open sight too.

The benefit of this type of sight pin is that the archer does not try to hold the dot in the middle. This helps them focus on technique rather than whether or not the sight is centred. This leads to more relaxation and better scores. This is very beneficial for a beginner or intermediate archer as, instead of over-aiming, they will put together a better quality shot that is more likely to land in the middle.

Combining an open ring with a clicker, properly trained and set up, will create far better form much faster. Remember to get a coach to regularly check that your clicker is set in the right place when developing form – adjust clicker to form, not form to clicker.

A sight pin with a dot is fairly standard across the board. It is simply a circle with a dot of some kind, held in by thread or plastic. Different types of dot – shapes, sizes, colours – are available.

A fibre optic sight pin can be very useful for field archery where lighting can be low. The archer sees the end of a fibre optic in the middle of a circle like a dot. These sight pins can be very accurate to shoot with but can be ineffective indoors with low ambient light. There is also a tendency to try to over-aim because the dot is so visible.

I hope this helps you choose a sight pin. Once again, I really do recommend an open ring. Don’t dismiss the idea; you will be amazed how accurate they are and the benefits that come with shooting one are massive!

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Eating well is relatively easy in your own home, especially if your family enjoys real food. But keeping control of what you eat and drink can become tricky when you go away to shoots.

On the motorway you will find an abundance of sugary and oily snacks but hardly anything fresh. Why not save money by taking your own? Cool bags are great. Lunch could be a delicious salad with lettuce, sprouted mung beans, carrot, celery, a chicken drumstick and a hard-boiled egg. Take some olive oil and balsamic vinegar dressing in a bottle.

If you get peckish in the car, have a bag of nuts handy. They make a sustaining snack, with no crumbs.

In hotels and especially B&Bs, breakfast is usually pretty good with muesli, fruit and natural yoghurt followed by bacon, egg, sausage and black pudding and real butter to put on your toast.

For dinner, find somewhere with a short menu. Dozens of choices means processed frozen meals cooked in the microwave. Many pubs do good food. You want one with a chef, not a warmer-upper. Specials are often the thing they’ve made that day. Do the best you can with what’s available and enjoy whatever you do eat.

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I am new to archery, have just finished my beginners’ course and want to shoot longbow. Can you suggest what bow weight I should buy?

I presume you shot either a trainer recurve or a fibreglass jelly bow on your beginners’ course? That would have been between 16lbs and 22lbs so, to be honest, you are going to find any suggestion a little heavy to start with. A realistic bow weight for a beginner, of good health and reasonably active fitness levels should be somewhere between about 36-40lbs at 28 inches.

This a big step up on weight from your trainer bow but, within a month, you should be shooting your bow in a controlled manner, carrying on from the coaching you received on the course and, hopefully, be getting reasonable results at shorter distances.

Within a year, you will want to shoot longer distances and your bow will be too light to be accurate on a target of more than 50 to 60 yards – although it could still shoot well over 100 yards at a clout. Your second bow would be over 45lbs and will probably become your main bow for many years to come.

You could sell your light bow to another beginner or keep it for close distance or indoor shooting.

We have a junior member at our club who has been shooting a recurve for nearly a year. He now wants to change to a longbow and his parents are asking about a suitable bow weight. I’m concerned about over-bowing him. Could you advise please? The lad is 12 and of average height and build.

The key concern with juniors is getting a bow light enough to shoot comfortably and safely that still has enough oomph to hit the target and keep them motivated.

Talk to a reputable bowyer and explain what you want. They will scale down a bow in length and weight to suit. Pip Bickerstaff has just made two such bows for lads at our club. I think they were 18lbs at 20 inches and 22lbs at 23 inches.

We measured the correct draw weight by asking the lads to shoot various recurve bows of different weights (without stabilisers). We checked they were drawing to full anchor and were able to control the weight, without lifting up the front shoulder (the first sign of over-bowing). This gave us a controllable bow weight.

We then measured their draw length on this bow, from string to pressure button. Remember draw lengths are measured differently from recurve to longbows, so this will do as a measurement. The bow was weighed at this draw length and this gave us the required bow weight at the required draw length. For example, 18lbs comfortable draw weight at 20 inches measured draw length.

Give these measurements to the bowyer and they will make something that works well at that draw weight and probably up to 2 inches more maximum draw length. The same applies to the arrows: add a couple of inches on to the draw length to give you the arrow length required. And just hope they don’t have too big a growth spurt too soon!

If you need any more information please don’t hesitate to get in touch.
One of the critical factors in any good recurve set-up is tiller – the correct relationship between the top and bottom limbs. As the string is released, the objective is to have the limbs working in, or very close to, unison. For basic set-up, manufacturers will refer to measurement of static tiller – the difference between a pair of measurements that are taken on the braced bow, perpendicular to the string where the limbs meet the riser (pictured below).

For Olympic-style shooting, a nock height of around 12mm above the rest and the split finger position on the string results in a recommended static tiller measurement that is often between 3mm and 6mm greater on the upper limb.

So, why measure static tiller? It is a convenient guide to the real objective: the correct dynamic tiller. This is the relative position of the limbs when the bow is fully drawn and should, when correctly set, see both limbs exerting the same force on the arrow. But dynamic tiller is hard to measure because it can only be assessed when the bow is at full draw.

This presents problems. Where do you measure? How do you ensure that measurements are parallel to the arrow? How do you undertake any measurement safely and, especially for the barebow archer, where is the best finger position on the string?

With the differing strains applied to the upper and lower limbs as the draw-hand moves to different string-walking marks, it is not possible for the barebow archer to set a dynamic tiller that suits all finger positions. However, with a digital camera or camera-phone, a simple school protractor and someone willing to take photos, it is possible to set a good working tiller.

1. Make a note of the draw weight of the bow at your draw length, set the static tiller to zero and adjust the nock-point so that the underside of the top bead is around 16mm above the rest.

2. Have someone take a digital photo of you at full draw, with your fingers positioned on your 30 metre string-walking mark. Make sure the image has top and bottom limb tips clearly visible, together with as much of the arrow as possible.

3. Print out the photo or, preferably, view it on a screen at a size where the protractor can span from tip to tip on the limbs.

4. Place the protractor with the 90-degree line on the exact line of the arrow. If the zero line is in line with both limb tips, then the dynamic tiller is correct for 30 metre shots and will be reasonable for the range of distances encountered in field archery.

5. If the zero line does not meet both limb tips, then the limb bolt on one of the limbs will have to be adjusted up or down in accordance with the manufacturer’s instructions.

6. Having adjusted the limb and made sure it is secure, repeat steps 1-4 until the limb tips are in the desired position.

7. Measure the weight of the fully drawn bow again and adjust both limbs in unison to the original poundage by moving the top and bottom limb bolts the same amount, adjusting the bow’s draw-weight but keeping the relative tiller of the limbs constant.

8. Once the draw weight is correct, measure the static tiller and you will have a reference that should be checked each time the bow is reassembled or retuned by increasing or decreasing the bow’s draw-weight.
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Be wise... and enjoy

As someone who is small – and well on the way to being 80 – I see no need to recognise age differences. I belong to Perth Archery Club where there is no overt bias with regard to age or gender. Of course, the big young men have higher scores than the wee old women but I, as the latter, can shoot at the same target as a member with a GB ranking and enjoy the pleasure on the rare occasions when my arrows get mixed up with his in the centre of the gold.

The club makes use of the handicaps and offers two trophy competitions a year and has occasional competitions where a member with a high handicap partners a member with a low handicap.

There is a case for encouraging the 50-year-olds. At this stage in our lives, we become aware that we are ageing. We, or our contemporaries, become grandparents and may lose a parent. Once over this “hump” our abilities are more affected by health than the gradual decline in our faculties and we should have the wisdom to enjoy our sport.

Margaret Beith

MAILBAG

WRITE TO: Mailbag, Archery UK magazine, Archery GB, Lilleshall National Sports & Conferencing Centre, Newport, Shropshire TF10 9AT

OR EMAIL: magazine@archerygb.org

Please note we cannot print letters sent to us without a name and address or an email address (although we can withhold the address if you wish). Letters may be edited for publication. Please try to keep them to 250 words if possible. Letters containing personal attacks will not be published.

PRIZE

Opticron’s IS range of spotting scopes has recently been updated so that all models are now fully rubber armoured. This ensures the best protection for your scope.

Our prize is worth over £270!

Beginner’s luck or a natural?

I found archery last year – and I just wanted to say it has changed my life.

It all started on holiday when I decided to take part in a competition and two Swedish blokes showed me how it was done. My first end? Boom – 10, 10, 10. I couldn’t miss the gold and won. Beginner’s luck? I’m hoping it was because I’m a natural!

When I got home I booked a beginners’ course and joined Leicester Ancient Order of Foresters Archery Club. I went straight to compound and, since last December, I’ve shot every day. My kit is basic but I have still managed to win four medals from four competitions – plus a big trophy. I want to go as far as I can and shoot against the best because I believe in my ability.

As I said, archery has changed my life. I have been in trouble in the past and I would like, somehow, to help other young people find this great sport so that, maybe, they can change their lives too.

It doesn’t have to cost a fortune to get into archery. I’ve started from the bottom but I want to go as far as I can.

Andy Varnam, LAOFAC

Simple solution

Just a thought on the issue of wind speed and safety. It is very easy to obtain wind speed anemometers through online auction sites from as little as £8.

I have one and keep it in the car. I used it this morning when shooting at my club and the wind was gusting up to 22 miles per hour. However, as it was a head wind there were no safety issues, it just slowed the arrows down.

My advice would be for all clubs to invest in one, then more informed decisions could be made.

Dave Egalton – County Coach Eastbourne Archers

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Are you... up for the challenge?

Here’s an idea to shake off those post-Christmas blues: take part in the Archery GB January Challenge!

It is a postal shoot for individual archers and all you have to do is submit your best score for a Portsmouth round shot in January.

The Challenge started in 2004 as something all club members could be a part of and it began slowly with 200 entrants. Since then it has grown steadily – until this year when it shot up to more than 1,000!

But there are still plenty of eligible archers out there, including juniors. They will be counted alongside seniors – which is only fair because they often beat them – and if they tell us their age it will be shown in the results. Each section winner will be awarded a trophy.

When you send your score in, please make sure that all relevant information is provided for each archer. Results will be available on the internet and via email. If you require a hard copy, please include a large stamped self-addressed envelope. The information you need to include is:

- Forename, surname, age (if you are a junior), gender, bow type (# as in table above), score, hits, golds. If you would like your results emailed to you, please include your email address. We also need an address and a telephone number (a club contact will do).
- Please send your scores to: Archery GB January Challenge, 5 Alexandra Place, Ilkley, West Yorkshire LS29 9ES
- You can enter by email at january.challenge@bowmenofadel.co.uk
- Batch club entries in a spreadsheet are welcome. Forms for sending scores are available via the Archery GB website.

<table>
<thead>
<tr>
<th>The round</th>
<th>Portsmouth (compound archers may use either full or 3-spot faces, but will be counted together)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The dates</td>
<td>The round must be shot during the month of January 2016. Scores must be sent in to arrive no later than 8 February 2016</td>
</tr>
<tr>
<td>Eligibility</td>
<td>All archers!</td>
</tr>
<tr>
<td>Note</td>
<td>Only one score per bow type may be sent in per archer. “Golds” in this context are only tens</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Started archery in 2014/15</th>
<th>Recurve bows</th>
<th>Longbows</th>
<th>Compound bows</th>
<th>Recurve barebow</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men #1</td>
<td>Women #4</td>
<td>Men #7</td>
<td>Women #10</td>
<td>Men #13</td>
</tr>
<tr>
<td>Experienced</td>
<td></td>
<td>Women #5</td>
<td>Women #8</td>
<td>Women #11</td>
</tr>
<tr>
<td>Started archery before 1990</td>
<td>Men #2</td>
<td>Women #6</td>
<td>Women #9</td>
<td>Women #12</td>
</tr>
</tbody>
</table>

As we approach the end of 2015, it is right that we look on what has been a very eventful year.

Our Board now has its full complement of Independent Directors and they, working with the rest of the Directors, will help Archery GB meet the challenges of the future and drive our planning forward. We are working on our strategy and business plans and that, ultimately, will lead to better integration between our different workforces.

We have also strengthened our team, adding experience and knowledge, and welcome all new members of the Archery GB family. In particular, we welcome Olympic Coach Richard Priestman. He will be working alongside Performance Director David Tillotson and is tasked with getting GB athletes qualified for Rio.

Nor should we forget the dedication of members who have worked so hard at clubs and events to make our sport so successful. Archery is thriving at every level and that is due to your efforts. This year Archery GB introduced more awards to recognise our volunteers and we will work hard to ensure that even more of you are rewarded in the future.

But the work continues. Recently we held three Members’ road shows in Huddersfield, Loughborough and at Bisham Abbey. It was good to meet everyone and hear your views.

Preparations for the European Archery Championships 2016 are going well, and we have been working with Nottingham City Council and Nottingham University to ensure this is a first class event. Athletes from around Europe will be competing for European titles and Olympic quota places. Tickets for this event are now available on the website at www.euroarchery2016.com

At Lilleshall, work has started on the new administration block funded by Sport England. It will see the Membership Services team, Finance and Development teams and my department being brought together. This is still on track for completion by May 2016.

So, as you can see, next year is already busy. Please don’t forget that the 2016 AGM at Bisham Abbey is on Saturday 16 April.

Finally, may I wish you all a merry Christmas and a happy and successful new year.

David Sherratt
Chief Executive

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Thank you Fred

Novices and Paralympians combined to make the latest British Wheelchair Archery Association training weekend a huge success.

Twenty-three archers took part in the weekend, which was held at the Stoke Mandeville Stadium. It gave newer archers the chance to mix with, watch, talk to and shoot alongside very experienced archers. There were coaches on hand and the latest video technology to help them work on technique.

It was one of five such weekends that will be held over the winter. To find out more and how to book your place, go to www.bwaa.co.uk.

And one of those who took part – Fred Stevens, pictured – has received plaudits from a fellow coach. Trevor Tucker worked with him at the Limb Power Games and said:

“I would like to thank Fred Stevens, who is an ex-Paralympian and an Archery GB coach. He has given me the opportunity to help with coaching during the Junior Limb Power Games, held at Stoke Mandeville on 17 October. I really enjoyed it and appreciate having the opportunity to help.

“This was one of several events hosted by Limb Power throughout the year and the purpose is to enable amputees to try various different sports.

“I was surprised at the number of juniors attending and seeing how many wanted to try archery. In spite of the severity of some of the disabilities, Fred demonstrated to me with his great depth of knowledge and expertise, how it was possible to enable the juniors to try our sport. Thanks again Fred and also to Limb Power for hosting such events.”

Unlocking potential

Sixty youngsters from all over Britain seized the chance to try archery at the Junior Spinal Games held at the Stoke Mandeville Stadium – and many were so good they were encouraged to join their local clubs.

If they needed added inspiration, there was a young compounder on hand. She had attended the games several times and needed advice to check out a club. Now she is showing considerable potential and could well follow previous juniors who have progressed from the games and Time to Shine schemes to Archery GB’s Para programme.

Helen George, Chairman of the Disabilities Committee, said: “The success of this event is due to Stewart Jeeves and his staff from Wheel Power, ably assisted by his volunteers and the coaches from the different sports.

“Wheel Power does a great deal to give both adults and juniors the opportunity to try different sports. The work that Fred Stevens has done over the years at both Wheel Power and Limb Power events is incredible. Fred has encouraged considerable numbers of adults and juniors to participate in our sport.”

Celebrating in style

Three Counties Inclusive Archers celebrated National Paralympic Day in style by shooting a Bray 1 round and watching an Olympic-style head-to-head with a very special guest.

Lisa Pudner, Disability Sport Wales Development Officer for Carmarthenshire, said: “I was honoured to present the medals at this National Paralympic Day archery event. It highlighted the excellent work the club is doing regarding integration within the club.”


Geraint and Dai shot the 15-arrow head-to-head at the club which caters for junior, disabled and non-disabled members of all abilities and meets at St Clears leisure centre, Carmarthen.
Archery is a truly inclusive celebration of precision, concentration and accuracy. It has a unique heritage and is open to all. So how do we make sure everyone has the chance to get involved?

Almost 20 per cent of the population consider themselves to be disabled. We also know that less than half of disabled people take part in sport or physical activity regularly, compared to non-disabled people. But they want to do more. In fact, 70 per cent of disabled people want to be more active and we need to make sure that, as a sport, archery is ready to welcome them.

Over the last couple of years Archery GB has awarded £15,000 to support projects that increase the number of disabled people participating in archery. Around 200 coaches have attended Archery GB’s Pass it On: Disability Awareness training to develop their skills and knowledge in coaching disabled people. Most importantly, there are many clubs and organisations across the UK dedicated to providing opportunities for disabled people to enjoy the sport and, as a result, more than 2,000 disabled people have taken part in archery since 2011. But we’re not finished yet. There is so much more we can do.

Disabilities Committee Chairman Helen George said: “In many sports, athletes with impairments have to participate and compete in separate clubs, tournaments and competitions. Although it is not always straightforward, the beauty of archery is that people with impairments can shoot in clubs and compete in competitions with their able-bodied friends and family. Archery GB believes in inclusion and continues to work hard to try to ensure this happens.”

Removing barriers to disabled people participating in sport is the right thing to do. It is also a legal requirement. The Equality Act 2010 makes it unlawful to treat a person unfavourably because of disability. Clubs can limit the risk of falling foul of the law by taking an inclusive approach and listening and reacting to concerns of members and prospective members.

Disabled archers should not be subject to extra costs either directly through extra fees, or indirectly by extra requirements being placed on them to participate. They should have equal opportunities to use facilities and the same standards of facilities and access as any other archer.

The English Federation of Disability Sport has produced a report entitled Talk To Me which identifies 10 key principles to help sport providers improve their offer to disabled people and make it more appealing.

A lack of confidence can be a bigger barrier to the disabled getting involved in sport than their impairment. What is needed is information that shows archery is suitable for them, at a level at which they will feel comfortable. Disabled people want their needs to be known without being singled out or prevented from participating. Research has highlighted that they feel more comfortable and confident if they know that an instructor or coach is aware of any limitations they may have.

And it is important that first impressions are positive. An uncomfortable or awkward first experience can put people off.

Remember that experience is not just about taking part in archery. It includes getting there and arriving at the venue, the people they encounter, going into and using the facilities and making sure the activities suit their skill levels.

You can find more valuable advice and resources at the Inclusion Club Hub. This toolkit provides practical ideas, methods and resources to ensure that everyone has a positive and meaningful experience. Visit www.inclusion-club-hub.co.uk to give it a go.

To find out more about disability archery, including the Talk to Me report, visit www.archerygb.org/disability.
It’s that time of year again...

Nominations please!

Archery GB is asking for nominations for the positions of President and Vice-President. The President is the “face” of Archery GB. The post involves attending national tournaments, events and functions and undertaking tasks relevant to the position. He or she has the right to receive all papers relating to meetings of the Board and General Meetings of the Society and may attend any or all meetings of the Board. He or she will be entitled to speak on any relevant issue but will not have a vote.

The post of Vice-President lasts for two years and involves stepping in for the President when necessary and carrying out appropriate tasks if asked by the President, Chairman, Chief Executive or Board Directors.

Any member can make a nomination – the forms are available on the website – and they need to be in by 1 January 2016.

To find the nomination forms, follow: www.archerygb.org > Documents > Governance > AGM > AGM 2016.

And don’t forget, we still need nominations for gold, silver and bronze...
Sometimes it pays to plan ahead because, no matter how carefully things have been arranged, something can happen that changes everything. UK Sport is increasingly being asked about appropriate protocol should a national tragedy, such as happened recently in Paris, or a Royal death, occur around the same time as a major event.

The Department for Culture Media and Sport currently has no guidelines to share so Archery GB suggests the following as good practice to consider should your event schedule be interrupted for whatever reason:

- **Cancellation insurance.** All events should have cancellation insurance and organisers need to understand exactly what is covered by the specific policy. For any areas not covered, consider what further mitigation actions may be necessary.

- **Contingency plans.** Do you have one in place should one day of competition be cancelled or interrupted? This could include adjusting the schedule or staging one day behind closed doors.

- **Ticketing policy terms and conditions.** What is the refund policy in the event of cancellation or delays? Does this vary for different reasons? Could an alternative be offered? How could you minimise the financial impact on the event?

- **Host venue.** Does it have a policy? What circumstances would cause it to close?

- **Crisis communications.** Do you have a plan in place? What is the communication channel to partners and sponsors? How do you communicate with spectators? Who agrees the message?

If you need help – or want to volunteer your skills – sports charity Join In and BBC’s Get Inspired might be able to help. They have joined forces and set up the Big Help Out. It aims to inspire 10,000 new volunteers to help out at local sports clubs, groups and events. Signing up is easy, just log on to www.joininuk.org/bighelpout.

Research by Join In shows that every volunteer allows 8.5 additional participants to get active and enjoy community sport – so it is hoping to help generate interest from 10,000 more volunteers.

The Get Inspired website www.bbc.co.uk/sport/get-inspired now attracts on average 1.2 million views a month with over 350,000 people referred on to partner activities last year alone. So if your club could do with some help, why not check it out?

**NEUAL - the only organisation to win a plaquette at this year’s AGM - with current Archery GB President Derrick Lovell**

Archery GB expulsion: In accordance with Archery GB Law 10. B. iv. Christopher Vincent-Northam, formally of the Lugg Valley Company of Archers, has been expelled from Archery GB for life.

- **plaquettes.** These are for service to archery and recognise the fantastic work done by our volunteers. Twelve were handed out at this year’s AGM and we want to present more at the 2016 AGM on 16 April at Bisham Abbey National Sports Centre.

  All you have to do is to write a short citation and send it to the Awards Panel. It will do the rest. And if you want to join the Awards Panel, there is a vacancy. If you are interested please contact: freddie.collier@archerygb.org

  We also need nominations for the Hartwell Trophy, Jack Flinton Helping Hand Trophy, Gussy Trophy, Toxophilus Trophy and the Archery GB website awards. Nominations need to be in before 1 January and you can find the forms at the website.

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The proposed amendments to rule 304 (f) (ii) are as follows (amendments in purple):

Method 2. Shooting shall be in timed ends controlled by audible signals, which may be supplemented with lights and countdown timing clocks. The sequence and arrangements are as follows:

a. Two audible signals for archers in the first detail to take their positions on the shooting line. Lights are to show RED.

b. After 10 seconds one audible signal for shooting to commence. Lights are to show GREEN.

c. After 3 minutes 30 seconds (if 6 arrows are to be shot) or 1 minute and 30 seconds (if 3 arrows are to be shot), lights are to show YELLOW, indicating there are 30 seconds shooting time remaining.

d. After 4 minutes (if 6 arrows are to be shot) or 2 minutes (if 3 arrows are to be shot), or earlier if shooting line is clear, 2 audible signals indicate that the archers remaining on the shooting line shall retire and the next detail take their place. Lights are to show RED.

e. After 10 seconds one audible signal for the second detail to commence shooting. Lights are to show GREEN.

f. And so continue until all details have shot when 3 audible signals shall indicate that archers are to move forward to score and collect arrows. Lights are to show RED.

g. An arrow shot before or after the allotted time will be considered as part of that end and will cause the archer to lose the highest scoring arrow of that end which will be scored as a miss.

h. The time allowed for an archer to shoot each make-up arrow shall be 40 seconds.
Below are proposed rule changes, as requested by the Operations Committee. Each one is listed separately, together with the reason for change.

Feedback or comment from the membership (to the Chairman of Rules Committee. Email chairman.rules@archerygb.org) is due within two months of publication, and depending on the outcome of that feedback, changes will be implemented in April 2015.

The round names are subject to further debate and potential change prior to any implementation.

**Rules 308 (Cont)**

(c) Rounds for Other Purposes

(i) deleted

(ii) deleted.

(iii) All rounds in tables 3-1, 3-2, 3-2A and 3-3 may be shot by any archer irrespective of age.

**311. Archery GB Metric rounds.** When Archery GB Metric rounds listed in table 3-2 and 3-2A are shot, the standards to be applied are:

- **FIELD ARCHERY** - The introduction of a clear requirement that where unmarked and marked rounds are taking place on consecutive days on the same course, that the unmarked round must be shot first.

This has been proposed to ensure that there is complete consistency in all field archery shooting in the UK where an unmarked and marked round event is taking place on consecutive days.

The proposed rule change to 504 is to add in a further bullet as follows:

**Rule 504**

p) At any event where both an unmarked round and a marked round are being shot on predominately the same course, the unmarked round is to be shot first.

**PROPOSED CHANGES TO THE RULES THAT CONCERN ARCHERS WITH IMPAIRMENT**

Following work carried out by the Disabilities Committee of Archery GB, a revised version of Part 11 of the Rules of Shooting is proposed, as follows:

**PART 11**

**RULES OF SHOOTING THAT CONCERN ARCHERS WITH IMPAIRMENT**

**1100. Definition**

Archery GB’s definition of an impaired archer mirrors the 2010 Equality Act and is as follows:

“*a person that has a physical or mental impairment that has a ‘substantial’ and ‘long-term’ negative effect on their ability to carry out normal archery activities.”*

An archer with an impairment which conforms to the definition could need support/assistance in carrying out the following archery activities:

(a) Accessing the facilities via the use of specialist adaptations such as automatic doors, ramps and lifts.

(b) Assembling and shooting a bow using assistance, assistive devices or adapted equipment.

(c) Moving on and off the line, scoring and retrieving their arrows.

(d) Coping with the intellectual and social situations present in archery.

If because of an archer’s impairment, they require support for one or any combination of the above or conform to the definition, then they are considered to be an impaired archer by Archery GB and are subject to this section of the Rules of Shooting, unless they choose otherwise.

Note: The standard implied is intended to be much lower than that used by World Archery in their para-archery classification system. However, there will be archers with impairment who will not qualify under this section. Rule 1103 gives further guidance.

**1101. Policy**

An impaired archer should be in a position to participate and compete to the best of their ability. If they are unable to comply with a Rule of Shooting then they will be allowed dispensation from that Rule and any reasonable adjustments necessary will be made. For automatic dispensation, the disability must be seen to make compliance with the rule impractical and be evident from the criteria above.

In cases where the disability is not obvious, then any of the following shall be accepted as evidence:

(a) A World Archery para-archery classification of any date which allowed or allows the archer to compete internationally.

(b) A World Archery para-archery not eligible classification which permits the use of an assistive device.

(c) An Archery GB dispensation card which permits an assistive device.

Any variation from the Rules of Shooting must not give an advantage to the impaired archer over other archers and must not compromise the safety of others or that of the impaired archer.

**1102. Insurance**

Insurance cover will not be invalidated in the case of an archer with an impairment who is unable to comply with the Archery GB or WA Rules of Shooting, PROVIDING the person in charge of the shooting is satisfied that safety is not being compromised.

**1103. Guidance**

(a) In cases of doubt whether variation to the rules is allowable, the Chairman of the Disabilities Committee should be consulted. All written communication should be addressed to Membership Services marked for the “Attention of the Chairman of the Disabilities Committee” or e-mail chairman.disabilities@archerygb.org

(b) There is a legal requirement in the 2010 Equality Act that the duty of “reasonable adjustment” be carried out. Recommended adjustments are contained in the Tournament Organiser’s Handbook. If they are not being followed then a reasoned and justified explanation must be available.

(c) See also Section 12 concerning visually impaired archers.
Glan-y-Môr offers archers a holiday that provides the opportunity to explore some of the most stunning scenery available with views of the Pembrokeshire coast to the south, the Llyn Peninsula to the north and with a mountainous inland backdrop that makes the area idyllic.

Glan-y-Môr is archery friendly with its own outdoor range, each year the park hosts a dedicated archery week and competition, it also offers the opportunity for those that would like to take up archery and join a club to do their certificated beginners course, which is run by qualified coaches.

The competition is run over three days of your week; all archers are entered into a drawn pairs, and triples competition and also trophies for each discipline (recurve, compound, barebow and longbow) the atmosphere is a friendly one where new friendships are forged among like-minded people in a stunning setting. Archers are accommodated in a tasteful range of holiday homes (which sleep between 6-8 persons) at Glan-y-Môr. Touring and campervan pitches are also available, offering an excellent value for money option. There are no hidden charges. The price of this holiday includes all range fees and beginners course costs.

We have 6-8 berth static homes and touring and camper van pitches available at our Holiday Park during Archery Week.

- 6-8 berth static homes: £240-£340
- Touring & Camper van pitches: £130
  (up to 6 persons at no extra charge)

Should you require further information on this week please do not hesitate in contacting one of our friendly office staff on 01970 828900 or for archery information contact Len East on 07889519938 or email len.east@sunbourne.com

www.sunbourne.co.uk
**UKRS Hampshire Indoor & County Champs**

**Round:** Portsmouth
**Venue:** Fleming Park Leisure Centre, Eastleigh, Hampshire
**Contact:** Carla Piper
**Tel:** 01722 712292
**Email:** cpiperarchery@gmail.com
**Website:** www.haa.org

**UKRS Nottinghamshire Indoor Championships & Open**

**Round:** Portsmouth
**Venue:** Joseph Whitaker School, Warsop Lane, Rainworth, Nottinghamshire NG21 0AG
**Contact:** Susan Stankovic
**Tel:** 01636 814494
**Email:** homeandgardens@yahoo.com
**Website:** www.savile-bowmen.org.uk

**UKRS Dyfed Indoor Championships**

**Round:** Portsmouth
**Venue:** One Leisure recreation centre, Westwood Road, St Ives, Cambridgeshire PE27 6HU
**Contact:** Helen Green-Lloyd
**Tel:** 01446 877880
**Email:** christbrown0754@btinternet.com
**Website:** www.dyfedarchers.org.uk

**Jolly Archers 22nd Open Indoor**

**Round:** Portsmouth
**Venue:** One Leisure recreation centre, Westwood Road, St Ives, Cambridgeshire PE27 6HU
**Contact:** John Gorman
**Tel:** 01353 741005
**Email:** archerjohn75@yahoo.co.uk
**Website:** www.jollyarchers.org.uk

**UKRS Llandaff Open Portsmouth**

**Round:** Portsmouth
**Venue:** Llandaff City Bowmen, St Fagans, Cardiff
**Contact:** Tracy Reece
**Tel:** 02920 216400/07947 076862
**Email:** tracyreece@sky.com
**Website:** www.portsmoutharchery.co.uk

**WRS Mayflower Archers WA 18m & Head to Head**

**Round:** WA 18m
**Venue:** Mayflower County High School, Stock Road, Billesley, Essex CM12 3RT
**Contact:** Alex Purser
**Tel:** 01245 408990/07944 796494
**Email:** alex@purser.plus.com

**UKRS Ashford Archers Open & Kent Indoor**

**Round:** Portsmouth
**Venue:** Homeward School, Ashford Road, Tenterden, Kent TN30 6LJ
**Contact:** Gordon Brown
**Tel:** 07752 020458
**Email:** tournaments@ashfordarchers.org.uk
**Website:** www.ashfordarchers.org.uk

**WRS Barnsley AC WA Combined**

**Round:** Combined WA 25m & WA 18m
**Venue:** Barnsley AC, Honeywell Sports Centre, Honeywell Lane, Barnsley S75 7SP
**Contact:** Sophie Carpenter & Glen Smith
**Tel:** 01484 860398/07764 444482
**Email:** barnsleyarchers@goolemail.com
**Website:** www.barnsleyarchers.co.uk

**UKRS Cherley Bowmen 21st Combined FITA**

**Round:** Combined WA 25m & WA 18m
**Venue:** South Ribble Tennis & Fitness Centre
**Contact:** Brenda Saxon
**Tel:** 01257 271756
**Email:** brendasaxon@btinternet.com
**Website:** www.choleburybowmen.co.uk

**UKRS Cumbria Indoor Open**

**Round:** Portsmouth
**Venue:** Pentree Leisure Centre, Penrith, Cumbria
**Contact:** Chris Battersby
**Tel:** 01768 866670/07895 507886
**Email:** axiary@btinternet.com
**Website:** www.cumbriarchery.org

**UKRS Barbardie Double Portsmouth**

**Round:** Single & Double Portsmouth
**Venue:** Armadale Academy, West Main Street, Armadale, West Lothian EH48 3LV
**Contact:** Josie Herd
**Tel:** 01506 873903/07758 856744
**Email:** joshcr7@gmail.com
**Website:** www.archeryclub.co.uk

**WRS Devon & Cornwall Indoor Championships**

**Round:** WA 18m
**Venue:** The KItto Centre, Honicknowle Lane, Plymouth
**Contact:** Ann Gilbanks
**Tel:** 01752 311052
**Email:** angilbanks@gmail.com
**Website:** www.dcas.org.uk

**UKRS Derbyshire Indoor Championship**

**Round:** WA 18m
**Venue:** Derwent Bowmen AC, Gold Close, Darley Dale, Matlock, Derbyshire DE4 2LA
**Contact:** Simon Holmes
**Tel:** 01773 600860/07735 297974
**Email:** simondavidholmes@aol.com

**UKRS Barnstable 4th Indoor Open**

**Round:** AMT: Vegas PM: WA 18m
**Venue:** Petroc College, Old Sticklespath Hill, Barnstaple, Devon EX31 2BG
**Contact:** Julie Adams Hatch
**Tel:** 01271 860090/07753 827678
**Email:** membership@barnstablearcheryclub.org
**Website:** www.barnstablearcheryclub.org

**UKRS Lasswade WA 18m**

**Round:** WA 18m
**Venue:** Lasswade Centre
**Contact:** Tina James
**Tel:** 0131 665 4956
**Email:** tinascores@jkal.net

**UKS WMAS Senior & CWAA Senior & Junior Champs**

**Round:** WA 18m
**Venue:** Cricket Centre, Prince Henry’s High School, Victoria Avenue, Evesham, Worcestershire
**Contact:** Linda Haines
**Tel:** 01386 870352/07735 615349
**Email:** mmn chloride@btinternet.com
**Website:** www.tca.org

**UKRS Targetcraft Archers 8th WA 18m**

**Round:** Double & Single WA 18m
**Venue:** Montiyae Academy, Rothwell, Northamptonshire NN14 2EB
**Contact:** Colin Thrallates
**Tel:** 01536 270063/07753 238812
**Email:** colinctact1.org.uk
**Website:** www.targetcraft.org

**Full tournament calendar can be accessed on www.archerygb.org**
12/03/16
UKRS NEUL Indoor Championships
Round: Portsmouth
Venue: MMU Cheshire, Crewe Green Road, Crewe, Cheshire CW1 5DU
Contact: Bethany Woodcock
Tel: 07914 586602
Email: organiser@neul.co.uk
Web: www.neul.co.uk

12/03/16 – 13/03/16
UKRS Essex Indoor Championships
Round: WA 18m
Venue: Sandon School, Chelmsford CM1 7AQ
Contact: Michael Pearce
Tel: 01708 733851/07770 826886
Email: nick.pierce144@gmail.com
Web: www.vechtsopen.org.uk

12/03/16
UKRS Durham & Northumberland Championships
Round: Portsmouth
Venue: Church Community School, Church Street, Wallsend NE28 7TN
Contact: Kath Hall
Tel: 0191 287 2073/07864 404378
Email: charles.hall@blueyonder.co.uk
Web: www.dna.co.uk

12/03/16
UKRS Lincolnshire Indoor Championships
Round: Double Portsmouth
Venue: Spalding Grammar School, Spalding, Lincolnshire
Contact: Emily Must
Tel: 07983 539646
Email: emust@yahoo.co.uk
Web: www.silverpooarchery.co.uk

12/03/16
UKRS Northamptonshire & Open Indoor Championships
Round: Single & Double Portsmouth
Venue: Montsaye Academy, Greening Road, Rutland, Northamptonshire NN4 8EB
Contact: Colin Thwaites
Tel: 01536 726036/07533 238812
Email: colin@l-tc.org.uk
Web: www.targetcraft.org

12/03/16
UKRS Senior Gloucester & Open Indoor Championship
Round: Portsmouth
Venue: Gloucester Centre, Bruton Way, Gloucester
Contact: Edward Kain
Tel: 01242 609925/07808 035938
Email: e.kain@btinternet.com
Web: www.gloucearchery.co.uk

12/03/16
UKRS Sutton Bowmen Indoor Championship
Round: Portsmouth
Venue: Harris Academy, Falconwood
Contact: Mandy Chapman
Tel: 07939 053 758
Email: mandy_kain@yahoo.co.uk
Web: www.freebows/sutton_archers

UKRS Yorkshire Indoor Championships & Open
Round: Portsmouth
Venue: Queen Elizabeth Grammar School, Wakefield WF1 1DQ
Contact: Andrew Neal
Tel: 01757 249232 (after 6pm)
Email: a Neal@aginco.co.uk
Web: www.yorkshirearchery.co.uk

20/03/16
UKRS Deer Park Double Bray 1
Round: Bray 1
Venue: Balcarres School, East End Road, Charlton Kings, Cheltenham GL53 8QF
Contact: Stephanie Gill
Tel: 01452 497925/07810 401554
Email: stephi817@gmail.com
Web: www.deepparkarchers.co.uk

20/03/16
UKRS Summer Time Shoot
Round: St George, Alton, Windsor, Short Windsor, Junior Windsor, Short Junior Windsor
Venue: Whitehill Sports Club
Contact: Clan Fin
Tel: 01420 47146/0703 403460
Email: allienstarfer1985@hotmail.com
Web: www.whitehillarchers.co.uk

26/03/16
UKRS BUCS Indoor Championships
Round: Double WA 70m, WA 60m, WA 50m
Venue: Telford International Centre, Shropshire
Contact: Kieran Dexter
Tel: 07981 240479
Email: kieran.dexter@bucs.org
Web: www.bucs.org.uk/archery

27/03/16
UKRS Bowmen of Letchworth
Round: Double WA 70m, WA 60m, WA 50m
Venue: Perbeck Sports Centre, Wanham, Dorset BH20 4PH
Contact: Dolores Hayes
Tel: 01202 562364/07412 964444
Email: ladywykingings@yahoo.co.uk
Web: www.wyslorid.org.uk

28/03/16
UKRS Cheltenham Archers Easter Bunny
Round: National, Short National, Junior National, Short Junior National
Venue: Oakleaf Field, Cheltenham Racecourse
Contact: Edward Kain
Tel: 01242 609258/07808 035938
Email: e.kain@btinternet.com
Web: www.cheltenhamarchers.net

30/03/16
UKRS Cheshire Trials
Round: York & Hereford
Venue: Knutsford Sports Centre, Mereheath Lane, Knutsford, Cheshire WA16 6ZQ
Contact: Fiona German-Lloyd
Tel: 0151 356 4132
Email: pandit@nintworld.com

UKRS Southampton Easter Rose
Round: York, Hereford, Bristol & Portsmouth
Venue: Hardmoor Sports Ground, Eastleigh SO50 9HT
Contact: Matthew Hicks
Tel: 02380 551585/07876 452835
Email: nickmox@hotmail.com
Web: www.southamptonarcheryclub.org

09/04/16 – 11/04/16
UKRS European Championships & Olympic Selection
Round: WA 70m
Venue: Lilleshall National Sports Centre Winter Pitches
Contact: Jon Nott
Tel: 01952 670973/07771 890367
Email: jon.nott@archerygb.org
Web: www.archerygb.org

10/04/16
UKRS Blow Away The Cobwebs
Round: WA 70m, WA 50m
Venue: New House Farm, Church Stretton, Shropshire
Contact: Susan Williamson
Tel: 01514 722767
Email: sue@chelmsfordarchers.co.uk
Web: www.longmyndarchers.co.uk

10/04/16
UKRS Meriden Spring WA Star
Round: Ladies, Gents & Cadet WA 1440, Metric I
Venue: Meriden AC, Forest Grounds, Meriden, West Midlands CV7 7VS
Contact: Ciaran Finn
Tel: 02476 598193/07898 841180
Email: ciaranfinn@gmail.com
Web: www.meriden-archery.org.uk

13/04/16
UKRS Pagoda Shoot
Round: Abon, Windsor
Venue: Old Deer Park, 187 Kew Road, Richmond, Surrey TW9 2AZ
Contact: Ali Ward
Tel: 020 8248 8754/07965 430584
Email: alaward@blueyonder.co.uk
Web: www.mac.org.uk

UKRS Worcestershire County Trials
Round: Ladies & Gents WA 1440, Metric I
Venue: Wyre Forest Co of Ar, Arley
Contact: Mark Pattison
Tel: 01905 457468/0770 962568
Email: cco@worcestershirearchery.co.uk
Web: www.worcestershirearchery.co.uk

13/04/16
UKRS Staffordshire County & Open Indoor
Round: Stafford
Venue: Lilleshall National Sports Centre, Near Newport, Shropshire TF10 1AT
Contact: Tara MacKinnon
Tel: 01902 688154/07711 455723
Email: tamac@blueyonder.co.uk
Web: www.staffs-archery.org.uk

15/04/16
UKRS Clophill FITA Four 2016
Round: WA 70m, WA 50m
Venue: Clophill Archery Club, Brazier’s Field, Kirk Lane, Clophill
Contact: Paul Crane
Tel: 07787 558140
Email: outdoor tournaments@clophill.co.uk
Web: www.colphill.co.uk

17/04/16
UKRS Crystal Palace Bowmen
14th Open
Round: York, Hereford, Bristol & Portsmouth
Venue: Old Dunstonian’s Sports Club, St Dunstan’s Lane, Eden Park, West Wickham, Kent
Contact: Michael Higgins
Tel: 0208 402 5683/07722 482124
Email: michael.higgins70@itworld.co.uk
Web: www.crystalpalacebowmen.org.uk

UKRS Drovilow Spring Tournament
Round: All Warriors
Venue: Royal Grammar School, Grange Lane, Claines, Worcester
Contact: Tournament Organiser
Tel: 0845 386 1267
Email: tournaments@drowilowarchery.co.uk
Web: www.drowilowarchery.co.uk

20/04/16
UKRS Wolverhampton Spring Shoot & SAA Outdoor Camps
Round: York, Hereford, Bruton York, Hereford
Venue: Wolverhampton CoAs, Wrens Hall Road, Wolverhampton
Contact: Tara MacKinnon
Tel: 01902 688154/07711 455723
Email: tamac@blueyonder.co.uk
Web: www.wcrca.co.uk

23/04/16
UKRS Oxford Junior Tournament
Round: WA 70m WA 60m, WA 50m, Olympic, Compound Match
Venue: Oxford Rugby Club, North Hinksey, Oxford OX2 0NA
Contact: Kat Baier
Tel: 01865 777530/07771 890367
Email: jen.nott@archerygb.org
Web: www.oxford-archers.org

23/04/16 – 25/04/16
UKRS Paralympic Selection Shoot
Round: WA 70m, WA 60m, WA 50m, Olympic, Compound Match
Venue: Lilleshall National Sports & Conferencing Centre, Newport, Shropshire TF10 1AT
Contact: Jon Nott
Tel: 01952 670973/07771 890367
Email: jen.nott@archerygb.org
Web: www.archerygb.org

23/04/16 – 24/04/16
UKRS Thirsk Double WA 70m & Olympic
Round: Double WA 70m, WA 50m, Olympic, Compound Match
Venue: Baldersby Park, Topcliffe
Contact: Mark Fieldhouse/Denise Brocks
Tel: 01845 574243
Email: denise.brocks@gmail.com
Web: www.thirskbowmen.org.uk

23/04/16
WRS English Open
Round: WA 70m
Venue: Therfield School, Buntingdon, Huntingdonshire
Contact: Stephanie Gill
Tel: 01452 497925/07810 401554
Email: stephi817@gmail.com
Web: www.deepparkarchers.co.uk

Archery UK Spring copy date: 31 January 2016
Archery Software
Competitions - Record Keeping
by Toxix Software
www.archery-software.co.uk
**TOURNAMENT DIARY**

25/06/2016 – 26/06/2016  
**NT WRS National County Team Tournament**  
Round: WA 70m, WA 50m, Olympic, Compound Match, Ladies & Gents WA 1440  
Venue: Lilleshall NSCC, Newport, Shropshire TF10 9AD  
Contact: Cherie Mortlock  
Tel: 01780 450305  
Email: juinor.outdoor@archerygb.org  
Web: www.archerygb.org

15/06/2016  
**UKRS Bowmen of Burleigh 38th Open**  
Round: York, Hereford, Bristol I-V, National, Short National, Junior National  
Venue: Carlton Park, Wokingham, Berkshire RG4 1AH  
Contact: Barry Walker  
Tel: 0118 760 0013/760 1268  
Email: b.wj@btinternet.com  
Web: www.bowmenofburleigh.org.uk

20/06/2016  
**UKRS CWAA Senior & Junior Champs & Open**  
Round: Ladies & Gents WA 1440, Metrics I-V  
Venue: King Edward VI Handsworth School, Birmingham  
Contact: Derek Kelly  
Tel: 0121 551 9313/07706 747704  
Email: maryzen@aol.com  
Web: www.quantumarchers.com

25/06/2016 – 26/06/2016  
**WRS Claphill FITA Fest**  
Round: WA 70m, WA 50m, Olympic, Compound Match  
Venue: Redborne Community College, Ampthill  
Contact: Paul Crane  
Tel: 07787 558140  
Email: outdoorsworkshops@claphill.fccc.uk  
Web: www.claphill.fccc.uk

20/06/2016  
**UKRS Keswick Summer Shoot**  
Round: Ladies, Gents & Cadet WA 1440, Metrics II to V  
Venue: Ullswater Yacht Club, Ullswater, Lake District, Cumbria CA12 5EG  
Contact: Dave Dobson  
Tel: 01690 868998/07453 424050  
Email: kabal2.1600@gmail.com  
Web: www.archery-cumbria.co.uk

25/06/2016 – 26/06/2016  
**NT WRS Newcastle United FITA Star**  
Round: Ladies & Gents WA 1440, Metrics I-V  
Venue: City of Newcastle University, Newcastle upon Tyne  
Contact: Julie Shepherd  
Tel: 01622 871527  
Email: julie@archerynewcastle.org  
Web: www.archerynewcastle.org

09/07/2016 – 10/07/2016  
**NS WRS Archery GB National Series Stage 4 & 5 Hosted by Surrey**  
Round: Day 1: 70m, 50m, Olympic, Compound Match, Day 2: Double 70m, 50m  
Venue: Kingston University Sports Ground, Old Kingston Road, Worcester Park KT7 7DH  
Contact: Andrew Trumble  
Tel: 020 8715 8013/07584 646816  
Email: andrew.trumble@blueyonder.co.uk  
Web: www.sunnyarcheryweekend.co.uk

10/07/2016  
**WRS Wiltshire WA Star**  
Round: Ladies, Gents & Cadet WA 1440, Metrics I-V  
Venue: Supermarine Sports Club Ltd, Supermarine Road, Swindon, Wiltshire SN2 6SY  
Contact: Joa Griffiths  
Tel: 01793 643357  
Email: joa_griffiths@btinternet.com  
Web: www.wagwaswales.com

11/07/2016 – 12/07/2016  
**WRS Balbardie Archers Double 70m & 1440**  
Round: Sat: Double 70m/60m/50m. Sun: WA 1440  
Venue: Balbardie Park, Methil, Fife  
Contact: Joe Heid  
Tel: 01333 474703  
Email: johed78@yahoo.co.uk  
Web: www.archeryclub.co.uk

12/07/2016  
**UKRS NICS Summer Double FITA Star**  
Round: Ladies & Gents WA 1440, Metrics I-V  
Venue: Maynard Sinclair Pavilion, Stormont Estate Belfast  
Contact: Dominic Callia  
Tel: 07769 644427  
Email: dcallia@inftworld.com

13/07/2016  
**WRS Barbalddie Archers Double 70m & 1440**  
Round: Sat: Double 70m/60m/50m. Sun: WA 1440  
Venue: Balbardie Park, Methil, Fife  
Contact: Joe Heid  
Tel: 01333 474703  
Email: johed78@yahoo.co.uk  
Web: www.archeryclub.co.uk

23/07/2016  
**WRS West Oxford Bowmen Open 1440**  
Round: WA 1440, Metrics I-V  
Venue: Bethus Wood Country Park, Aveley, Essex  
Contact: Paul Tolson  
Tel: 01375 673773/07962 703788  
Email: tolos730@btinternet.com  
Web: www.oxfordbowmen.org.uk

25/06/2016 – 26/06/2016  
**NT WRS National County Team Tournament**  
Round: WA 70m, WA 50m, Olympic, Compound Match, Ladies & Gents WA 1440  
Venue: Lilleshalh NSCC, Newport, Shropshire TF10 9AD  
Contact: Cherie Mortlock  
Tel: 01780 450305  
Email: junior.outdoor@archerygb.org  
Web: www.archerygb.org

9/07/2016 – 10/07/2016  
**NS WRS Archery GB National Series Stage 4 & 5 Hosted by Surrey**  
Round: Day 1: 70m, 50m, Olympic, Compound Match, Day 2: Double 70m, 50m  
Venue: Kingston University Sports Ground, Old Kingston Road, Worcester Park KT7 7DH  
Contact: Andrew Trumble  
Tel: 020 8715 8013/07584 646816  
Email: andrew.trumble@blueyonder.co.uk  
Web: www.sunnyarcheryweekend.co.uk

18/07/2016  
**WRS Fakenham 5th WA Star Weekend**  
Round: WA 1440, WA 70m, WA 50m, 50m, Olympic, Compound Match, VI Rounds  
Venue: Fakenham Academy, Field Lane, Fakenham, Norfolk  
Contact: Elaine Burbidge/David Hall  
Tel: 01328 851848  
Email: summer@wa@fakenhambowmen.org.uk  
Web: www.fakenhambowmen.org.uk

23/07/2016  
**UKRS Cheltenham Summer Tournament**  
Round: York, Hereford, Bristol I-V, Nationals  
Venue: Oakleaf Field, Cheltenham  
Racetrack: Edward Kain  
Tel: 01242 609625  
Email: e.kain@btinternet.com  
Web: www.cheltenhamarchers.net

24/07/2016  
**UKRS Catherine Oldacre Memorial Tournament**  
Round: Double WA 70m, WA 60m, WA 50m  
Venue: Oakleaf Field, Cheltenham  
Racecourse: Edward Kain  
Tel: 01242 609625  
Email: e.kain@btinternet.com  
Web: www.cheltenhamarchers.net

23/07/2016 – 31/07/2016  
**WRS Andoba FITA Star**  
Round: Double Ladies & Gents WA 1440  
Venue: Foxcote Park, Charlton SP11 0TA  
Contact: Helen Press  
Tel: 01264 338158/07881 452366  
Email: helen.archery@gmail.com

28/07/2016  
**WRS Barbalddie Archers Double 70m & 1440**  
Round: Sat: Double 70m/60m/50m. Sun: WA 1440  
Venue: Balbardie Park, Methil, Fife  
Contact: Joe Heid  
Tel: 01333 474703  
Email: johed78@yahoo.co.uk  
Web: www.archeryclub.co.uk

30/07/2016  
**WRS Andoba FITA Star**  
Round: Double Ladies & Gents WA 1440  
Venue: Foxcote Park, Charlton SP11 0TA  
Contact: Helen Press  
Tel: 01264 338158/07881 452366  
Email: helen.archery@gmail.com

31/07/2016  
**WRS National County Team Tournament**  
Round: WA 70m, WA 50m, Olympic, Compound Match, Ladies & Gents WA 1440  
Venue: Lilleshalh NSCC, Newport, Shropshire TF10 9AD  
Contact: Cherie Mortlock  
Tel: 01780 450305  
Email: junior.outdoor@archerygb.org  
Web: www.archerygb.org
25/05/16
**WRS** Barnsley AC Double WA 70m
Venue: Double WA 70m, WA 60m, WA 50m
Venue: Barnsley AC, Shaw Lane, Barnsley
570 6Hz
Contact: Sophie Carpenter & Gwen Smith
Tel: 01484 860308/07764 449920
Email: barnsleyarchers@googlemail.com
Web: barnsleyarchers.co.uk

02/05/16
**UKRS** Cheltenham Autumn Mixed Hereford
Venue: Hereford, Bristols I-V/Nationals
Venue: Oakleaf Field, Cheltenham
Racecourse
Contact: Edward Kain
Tel: 01242 506025
Email: e.kain@btinternet.com
Web: cheltenhamarchers.net

UKRS Meriden Windsor
Venue: Ladies & Gents Windsor, Short, Junior & Short Junior Windsor
Venue: Meriden Archery Club, Forest Grounds, Meriden, West Midlands CV7 7VS
Contact: Eileen Plenderleith
Tel: 02476 598193/07988 419840
Email: eepmpmjl@gmail.com
Web: www.meriden-archery.org.uk

17/05/16
**UKRS** Eagle Bowmen Autumn Nip
Venue: WA 70m, Short Metric II
Venue: Hunter Hall School, Frenchfield, Penrith
Contact: Chris Batterby
Tel: 01768 866670/07805 507886
Email: ayasgarchercher@gmail.com
Web: www.eaglebowmen.com

**WRS** WMA Junior Inter County Challenge
Venue: Ladies, Gents & Cadet WA 1440, Metrics I
Venue: Drotwich Archery Society
Contact: Mark Pattison
Tel: 01905 457468/07770 962568
Email: ccw@worcestershirearchery.co.uk
Web: www.worcestershirearchery.co.uk

3/09/16 – 04/09/16
**WRS** Meriden Double FITA Star
Venue: Ladies & Gents & Cadet WA 1440, Metrics I
Venue: Meriden AC, Forest Grounds, Meriden, West Midlands CV7 7VS
Contact: Eileen Plenderleith
Tel: 02476 598193/07988 419840
Email: eepmpmjl@gmail.com
Web: www.meriden-archery.org.uk

11/09/16
**WRS** Battle of Britain WA 1440
Venue: Ladies & Gents WA 1440
Venue: The Recreation Ground, Winton North Somerset BS20 5DN
Contact: Vicki Gallop
Tel: 07392 319447
Email: vik42@btinternet.com
Web: www.somersetarcheryclub.co.uk

07/04/16
**UKRS** 6th Eastbourne Double Rose
Venue: Double Round, Hereford, Bristols I-V
Venue: Langley Sports Club SN23 72H
Contact: Daniel Bridge
Tel: 01323 766917
Email: d.bridge@live.co.uk
Web: eastbournearchers.btk.co.uk

23/04/16
**UKRS** Derbyshire Open Clout Championships (Tassels)
Round: Double One Way Archery CB Clout
Venue: Burton Bridge Archers, The Washlands, Meadow Road, Burton on Trent DE14 1TD
Contact: Geoff Fisher
Tel: 07901 784328
Email: geoff@egeoff.co.uk

2/05/16
**WRS** Derbyshire Open Clout Championships (Tassels)
Round: Double One Way Archery CB Clout
Venue: Burton Bridge Archers, The Washlands, Meadow Road, Burton on Trent DE14 1TD
Contact: Geoff Fisher
Tel: 07901 784328
Email: geoff@egeoff.co.uk

25/05/16
**WRS** Barnsley AC Double WA 70m
Venue: Double WA 70m, WA 60m, WA 50m
Venue: Barnsley AC, Shaw Lane, Barnsley
570 6Hz
Contact: Sophie Carpenter & Gwen Smith
Tel: 01484 860308/07764 449920
Email: barnsleyarchers@googlemail.com
Web: barnsleyarchers.co.uk

02/05/16
**UKRS** Cheltenham Autumn Mixed Hereford
Venue: Hereford, Bristols I-V/Nationals
Venue: Oakleaf Field, Cheltenham
Racecourse
Contact: Edward Kain
Tel: 01242 506025
Email: e.kain@btinternet.com
Web: cheltenhamarchers.net

UKRS Meriden Windsor
Venue: Ladies & Gents Windsor, Short, Junior & Short Junior Windsor
Venue: Meriden Archery Club, Forest Grounds, Meriden, West Midlands CV7 7VS
Contact: Eileen Plenderleith
Tel: 02476 598193/07988 419840
Email: eepmpmjl@gmail.com
Web: www.meriden-archery.org.uk

17/05/16
**UKRS** Eagle Bowmen Autumn Nip
Venue: WA 70m, Short Metric II
Venue: Hunter Hall School, Frenchfield, Penrith
Contact: Chris Batterby
Tel: 01768 866670/07805 507886
Email: ayasgarchercher@gmail.com
Web: www.eaglebowmen.com

**WRS** WMA Junior Inter County Challenge
Venue: Ladies, Gents & Cadet WA 1440, Metrics I
Venue: Drotwich Archery Society
Contact: Mark Pattison
Tel: 01905 457468/07770 962568
Email: ccw@worcestershirearchery.co.uk
Web: www.worcestershirearchery.co.uk

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Venue: Ladies, Gents & Cadet WA 1440, Metrics I
Venue: Meriden AC, Forest Grounds, Meriden, West Midlands CV7 7VS
Contact: Eileen Plenderleith
Tel: 02476 598193/07988 419840
Email: eepmpmjl@gmail.com
Web: www.meriden-archery.org.uk

03/09/16 – 04/09/16
**WRS** Meriden Double FITA Star
Venue: Ladies, Gents & Cadet WA 1440, Metrics I
Venue: Meriden AC, Forest Grounds, Meriden, West Midlands CV7 7VS
Contact: Eileen Plenderleith
Tel: 02476 598193/07988 419840
Email: eepmpmjl@gmail.com
Web: www.meriden-archery.org.uk

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Round: Double One Way Archery CB Clout
Venue: Burton Bridge Archers, The Washlands, Meadow Road, Burton on Trent DE14 1TD
Contact: Geoff Fisher
Tel: 07901 784328
Email: geoff@egeoff.co.uk
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#### World Records

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### Archery UK Winter 2015
**Achievements**

**FITA STAR**

**Recurve**

Jnr Lady - 1200
- Guy Jnrs to Cheltenham 1271
- Rogers T Jnrs to Northam 1270

Jnr Lady - 1100
- Wright Jnrs to Bolsover 1197
- Lawton 1197

Jnr Lady - 1000
- Wright Jnrs to Bolsover 1197
- Lawton 1197

**Snr Gentleman - 1300**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 1200**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 1100**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 1000**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 900**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 800**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 700**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 600**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 500**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 400**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 300**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 200**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 100**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 50**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Snr Gentleman - 10**

- Barber Jnrs to Warrington 1490
- Wright Jnrs to Bolsover 1197

**Target**

**Recurve**

Jnr Lady - 1200
- Guy Jnrs to Northam 1270

Jnr Lady - 1100
- Wright Jnrs to Bolsover 1197

Jnr Lady - 1000
- Wright Jnrs to Bolsover 1197

**Compound**

Jnr Lady - 1200
- Wright Jnrs to Bolsover 1197

Jnr Lady - 1100
- Wright Jnrs to Bolsover 1197

Jnr Lady - 1000
- Wright Jnrs to Bolsover 1197

**Target**

**Recurve**

Jnr Lady - 1200
- Guy Jnrs to Northam 1270

Jnr Lady - 1100
- Wright Jnrs to Bolsover 1197

Jnr Lady - 1000
- Wright Jnrs to Bolsover 1197

**Compound**

Jnr Lady - 1200
- Wright Jnrs to Bolsover 1197

Jnr Lady - 1100
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Jnr Lady - 1000
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**Compund**

Jnr Lady - 1200
- Wright Jnrs to Bolsover 1197

Jnr Lady - 1100
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Jnr Lady - 1000
- Wright Jnrs to Bolsover 1197

**Silver STAR**

**Recurve**

Jnr Lady - 1200
- Guy Jnrs to Northam 1270

Jnr Lady - 1100
- Wright Jnrs to Bolsover 1197

Jnr Lady - 1000
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**Compound**

Jnr Lady - 1200
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Jnr Lady - 1000
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**Silver STAR**

**Recurve**

Jnr Lady - 1200
- Guy Jnrs to Northam 1270

Jnr Lady - 1100
- Wright Jnrs to Bolsover 1197

Jnr Lady - 1000
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**Compound**

Jnr Lady - 1200
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**Silver STAR**

**Recurve**

Jnr Lady - 1200
- Guy Jnrs to Northam 1270

Jnr Lady - 1100
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Jnr Lady - 1000
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**Compound**

Jnr Lady - 1200
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Jnr Lady - 1000
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### RECORDS AND ACHIEVEMENTS

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### FITA SILVER TARGET

#### TARGET RECURVE

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**Records and Achievements**

**JNR MASTER BOWMAN U16**

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**JNR MASTER BOWMAN U18**

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**JNR MASTER BOWMAN U14**

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  - Email: stuartandchrissey@yahoo.com

**Derbyshire**
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  - Tel: 07894 686102

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**Dorset & Wiltshire**
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**Essex & Suffolk**
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  - Tel: 01787 373329

**Gloucestershire**
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  - Tel: 01453 543002

**Gwent**
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  - Email: info@kingsmark.co.uk

**Hampshire**
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  - Email: housesecretary@goool.com

**Herefordshire**
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  - Email: lesleygwydd@btinternet.com

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  - Tel: 01624 652792

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  - Tel: 01634 666899

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  - Email: alan.tonge@hotmail.com

**Lincolnshire**
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  - Email: j71hen@fisca1.co.uk

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  - Tel: 07979 644489

**Middlesex**
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  - Tel: 0208 907 8700

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  - Tel: 01603 502949

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**Oxfordshire**
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**Powys**
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**Scotland (Northern)**
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**Shropshire**
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**Warwickshire**
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**Worcessteshire**
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  - Tel: 01977 864661

**Yorkshire**
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Unit 31g, Springfield Commercial Centre, Bagley Lane, Farsley, Leeds, LS28 8LY
Tel: 0113 268 2266 Email: info@aardvarkarchery.co.uk

**New Opening Hours** (Starting 4th January 2016)
- **Monday** .... Closed
- **Tuesday** .... 10:00 – 17:00
- **Wednesday** .... 10:00 – 20:00
- **Thursday** .... 10:00 – 17:00
- **Friday** .... 10:00 – 17:00
- **Saturday** .... 09:30 – 17:00
- **Sunday** .... Closed
Winter is upon us, Christmas is on the horizon and it is time to look back on what has been an amazing year.

As ever, I am amazed – and heartened – by the sheer amount of work our wonderful volunteers put into our fantastic sport. Without you, nothing happens and that’s why one of the highpoints of 2015 was being able to hand out more awards than ever to members – and an organisation – at the AGM. Please don’t forget to nominate your unsung heroes for the 2016 awards.

Can I also praise the hard work put in over the year by our staff? They are a great asset and a real credit to Archery GB. I know they enjoy meeting and working with members and, this year, have managed to sort out membership applications in record time.

There has been some spectacular shooting this year at every level and, it seems, more tournaments than ever. It’s really exciting to see our sport growing in this way. It’s particularly exciting to see the growth in interest in field and clout events. Congratulations to everyone who has been involved in tournaments, either as an archer, organiser or helper. You are doing a fantastic job and long may it continue.

Our showcase events were as impressive as ever and there has been some fantastic shooting by our elite archers, particularly among those new to international competition.

On a personal note, it was a real pleasure to attend a meeting with the British Olympic Association to see how the road to Rio is being mapped out. It’s frightening to think how close the next Games are now. It seems like only yesterday that we were busy planning for London 2012 – and look what a success that turned out to be. I have no doubt that Rio will be just as successful and will once again put our sport firmly centre stage. And I was proud to be at this year’s Sport and Recreation Alliance convention – if a little sad, because this was the last time I would be representing Archery GB.

It was an even bigger pleasure to be able to meet and talk to so many members at the latest series of roadshows that were held in Huddersfield, Loughborough and at Bisham Abbey. Discussions centred on the European Archery Championships, en-bloc fees membership categories and online memberships and, as you can imagine, led to some lively debate. It was great to see how passionate you are about our sport and again, long may that continue.

All that remains is for me to wish you a fantastic Christmas and a very happy and successful new year.

Dave Harrison
Chairman, Archery GB
2016 PSE PRO-SERIES BOWS

PSE Staff Shooter, Stephan Hansen won the 2015 World Championships in Copenhagen, Denmark shooting his PSE compound bow.

PSE SUPRA™ EXT

SPECIFICATIONS
Brace Height: 7”
Axle-to-Axle: 37”
ATA/BO Speed: 325-317 fps
Letoff: 75%/65%
Mass Weight: 4.5 lbs.
Draw Length Range: 25 - 30½”
Draw Weights (lbs.): 50, 60
Max. Limb Bolt Turns From Bottom: 13 Turns
Shipped In: 29”
Cam: 3.9 DM

Includes 65% and 70% letoff modules

New DM Hybrid Cam System
New PSE WIDE-TRACK™ Target Limb System
New LAC™ Lateral Adjustment System
New 7075 Forged Aluminum Alloy Riser
New Wedge-Lock™ Pocket System

PSE XPRESSION™

SPECIFICATIONS
Brace Height: 7¾”
Axle-to-Axle: 40”
ATA/BO Speed: 316-308 fps
Letoff: 75%/65%
Mass Weight: 4.3 lbs.
Draw Length Range: 26 - 31½”
Draw Weights (lbs.): 50, 60, 70
Max. Limb Bolt Turns From Bottom: 13 Turns
Shipped In: 29”
Cam: 3.9 DM

New DM Hybrid Cam System
New PSE WIDE-TRACK™ Target Limb System
New LAC™ Lateral Adjustment System
New Flexblade™ 2
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- THUMB ACTIVATION METHOD
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ADJUSTED BY SIMPLE TURNS OF THE TRAVEL ADJUSTMENT SCREW

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(RELEASE CANNOT FIRE WHEN THE HEAD IS IN THE CLOSED POSITION)

DECREASES THE LIKELIHOOD OF FREEZING UP, FICKS WHEN PRESSURE IS INCREASED

MULTI SPRING ADJUSTMENT
SPRING CHANGES CAN BE MADE FOR DIFFERENT SPEEDS OF ACTIVATION

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INCREASED TAPERED ERGONOMIC HANDLE

RETURN BAIL SPRING
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