What a weekend!

Thousands flock to try archery!

All the latest field and clout news

Advice Zone: Recurve, compound, barebow, longbow tips

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With the perfectly balanced and accurate No Cam ST™ Technology (patent pending) at the heart of this new bow design, the No Cam™ TRG is sure to carry on the winning tradition of Mathews® compound target bows.
Welcome!

Summer’s here so it’s time to get outside and do what we do best. But please, before you do, check out and finally, heed our Chairman’s advice and stay safe in the sunshine.

And, if you have a minute, we have plenty to keep you entertained. We have the latest Big Weekend news, reports from the AGM and details of how Derwent Archers went about rebuilding their club – literally.

Our Advice Zone is bigger and better, we have all the latest about field and clout, a 225th anniversary. There a fantastic feature about how the sport is giving passionate archers from a disabilities charity the chance to fulfil their potential.

And of course we have all your latest news and pictures. Don’t forget, if you want to see your work in Archery UK, get in touch via magazine@archerygb.org

Good shooting!

Jane Percival
Editor

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Home at last...
Even if it did take 80 years!

When Scarborough Archers was set up, nobody thought it would take 80 years to find a permanent home. It did – but now, after 16 months of hard toil, the club has its own target range and field archery course.

The club was founded in 1934 at a meeting held in Rowntree’s Cafe, Westborough, Scarborough. Since then it has had a nomadic existence, shooting at schools and sports grounds.

Then came the opportunity it had been waiting for. Early last year the club was offered the chance to buy a piece of land from Osgodby Community Association.

Since then a small group of dedicated members have moved tons of earth for landscaping and barrowed more than 100 tons of stone for the car park. And it has all been done by hand because the site has no mains services at the moment.

Chairman John Naylor said: “They are harvesting rain water to use where necessary, have installed a chemical toilet and intend to light the buildings by solar power, achieving all this by prudent spending and keeping a tight rein on the purse strings by treasurer Neil Simms.

“The Field course is laid out in woodlands, shooting at 2D and 3D animal targets. This has been designed and built by club member Colin Greenway, a member of the National Field Archery Society.

“As chairman, I feel this is the most exciting thing to happen in the history of Scarborough Archers and am proud to be at the heart of it. We must be one of the very few clubs in the country that own their own land and can boast a target archery range and a field course on the same site.

“We now have room to develop our taster sessions and beginners classes, which are proving very popular. All this has been made possible with a grant from the Lottery Fund, which allowed us to purchase a 2m high perimeter fence, trees from the Woodland Trust and help from local builders merchants, plus lots of hard work.”
One of the Northern Ireland’s main archery attractions later this year will be the Banbridge Autumn Challenge Shoot at Gilford Castle Estate.

It is being held on 26 and 27 September and builds on the success of the 2014 inaugural event that attracted more than 50 archers from both north and south.

The record status FITA field round was shot in stunning scenery. But it was also challenging and testing, using a mixture of known and unknown distance targets, slopes, angles and dark to light tactics.

And it took some classy shooting from archers just back from the World Field Championships in Croatia.

Robert Mallon took barebow honours with Craig McCreery in second place. In the women’s competition, Jane Langley took the senior title while junior gold went to Rachel O’Connor.

Valerie Sleith and Nigel Hamilton took the longbow titles while Andrea Hamilton won women’s traditional gold. Paul Cowan won the senior traditional competition while Alan Craig took the masters title. Glenn Thompson claimed a Northern Ireland record for his one-day masters score.

Senior compound honours went to Jo Anne Bell and Robert Hall while Rebecca Lennon and Dean Hamilton won junior gold. And Mark Nesbitt took the men’s recurve title.

Four archers will represent the United Kingdom at the Commonwealth Youth Games in Samoa in September.

Struan Caughey and Evelina D’Arcy will be shooting for Scotland while Joe Ground and Lizzie Warner will represent England after emerging victorious from a tough selection process.

After a stunningly successful 2014, Causeway Archers could be forgiven for taking it easy. But that is not the club’s way.

It kicked off 2015 by applying for all three ontarget specialisms: performance, community and young people. Visually impaired and deaf member John Nicholl set the standard by securing third place in his first national competition and club mate Seamus Gallagher has been selected for the Archery GB Para Academy.

The club has new coaching assistants and three candidates close to completing their level 1 coaching qualifications, is running beginners courses. It has set up a Northern Counties two-day championship.

It was a haven for chocoholics over Easter when fluffy bunnies and chicks gave way to chocolate targets. And it is a no-go area for zombies because of a two-day shoot inspired by the TV series Walking Dead, which was held on its field range.

It is hosting a UK record status shoot in August and will take part in the Loch Fyne Viking festival later this month.

There was also a special trophy for the most improved score over the two days, which was won by Lisa McConnell.

Club members thanked everyone who took part, the volunteers, their host Christine Wright… and they are looking forward to meeting you this autumn!
Many clubs often work closely with schools. So when Presfield High School and Specialist College got in touch with Burscough Archers, it was business as usual. Except that all the students who would be taking part were autistic.

The club had some experience of working with impaired archers and was happy to meet the challenge. So two level 1 coaches, Kevin Green and Roy Samples, started working with 12 students aged from 12 to 18.

Kevin and Roy split the group into four and, with the support of two teachers, had two groups shooting and the other two working on archery related projects. At the session’s half way point the groups switched round so that everyone had a chance to shoot.

Balloons proved particularly popular, as did competitions involving dartboard faces, and the course was so successful that the club has been asked to run another in the autumn.

Kevin said: “As might be expected, one or two of the students had a lot of difficulty holding and shooting the bow. But, by the sixth session, even they were hitting the target occasionally. And there were several really good archers, who we would be happy to have in our club.

“It was a really worthwhile experience for both the school and our coaches. It makes you appreciate that something as simple as nocking an arrow on to a string is actually not so simple for some. If any other club or school is considering a similar venture, we would definitely say go for it because we found it very rewarding.”

Congratulations to compound archer Lucy O’Sullivan who was named Jersey Sports Council’s sports personality of the year award.

Lucy is set to play a major role in the Natwest Island Games, which is being hosted by Jersey later this month. She also took team silver in the European Championships and went into the 2014 National Series finals as top seed.

But it was her work to put the Channel Islands on the sporting map that earned her the award.

She said: “I’m so proud. It feels amazing. This sports person of the year award was actually voted for by the sports council in Jersey. It’s an amazing honour – and a fantastic way to get archery in the limelight!”

Congratulations Lucy!

Thorpe Hamlet Archery Club has come up with a new idea: the Flexi Shoot.

There is no fixed start – you can shoot at any time between 9am and 3pm. It is four-dozen arrows at 30 metres and you can enter as many times as you want. The action starts at 9am on Sunday 12 July at Angel Road Junior School, Norwich, and there will be live updates throughout the day.

Find out more at www.norwicharchery.club
Archery in Scotland has taken a huge step forward and Shetland has seven new coaches to prove it!

Archery GB lead assessor Bill MacKay said: “It proves that archery has a legacy from the games. The most important legacy is the volunteer coaches who have enabled sport to flourish on the Islands. Well done to all the successful coaches who have proved they can develop performance archery technique for all.”

The new coaches are Keith Lobban, Dave Williamson, Rose Williamson, Martin Krusche, Suzanne Malcolmson, Simon Clarke and Colin Gillie. They all passed their level 1 assessment with flying colours.

Peter Lennon, the Director of Coaching for Scottish Archery was also in Shetland for the assessments. He said: “Coaches are key to the development of our sport. It is always a privilege to work with talented people who give up their time to gain this qualification and to help archers progress. As a result of the successful assessments last weekend, I believe that Shetland now has the highest density of licensed archery coaches per head in the UK.”

And there is good news for coaching in the south too. Aim4Sport has opened up an indoor coaching range in Bedfordshire aimed at giving coaches the chance to coach without interrupting other archers’ shooting.

Owner Dave Leader said: “We are looking to offer the centre for coaches to set up regular coaching sessions for their club members. Particularly significant is the all-new four-way camera facility. The archer can be filmed from four different angles simultaneously, the footage can be analysed in Dartfish, and can be made available to the archer to take away and review after the coaching session. There is also a fully-equipped workshop.”

Apologies to Senior Coach, Dave Redding. His name was somehow missed out of last issue’s story about Personal Performance Courses. We are very sorry.

There is a night class with a difference at Glastry College in Ballyhalbert. It encourages youngsters to shoot alongside their parents – and it results in some fierce competition.

The class is run by Alasdair Bailie. He is a teacher at the school and has been shooting for almost 10 years with the Northern Ireland Civil Service Sports Association Archery Club. The sport is also part of Glastry College’s GCSE PE curriculum.

And there was a special treat at the end of the latest course. Top Irish compound archer Darrel Wilson was on hand with advice and tips.

Age is just a number. And there is no age limit on excellence. Just ask Betty Lifford of Pinner Bowmen. She put three arrows in the 10 at 30 metres during a frostbite and became the envy of all her club mates at the grand old age of 79 and 11 months!
Plenty to celebrate!
Surrey Bowmen mark 225th anniversary

When Surrey Bowmen was set up it had royal patronage, met at the Rubbing House on Epsom and the annual subscription was two guineas – which was quite a lot in 1790.

The Duke of Clarence, later William IV, was the patron and members were required to wear full uniform: a dark-green coat with three small buttons on the sleeve, buff waistcoat and breeches, hat with gold button, loop and sprig of box, white stockings and half-boots on its three target days.

Today things are a little different. The Royal Surrey Bowmen disbanded in the Napoleonic Wars and was not reformed until 1877 when it became the Society of Surrey Bowmen. It disbanded again in the First World War and, in 1937, reformed and took its present name. And the uniform is now a distinctive purple and gold.

One of the club’s major characters was American Harold Abbot Titcomb – known as Uncle HAT. He allowed the club to shoot on his land when its range was commandeered during the war, became President of the Royal Toxophilite Society in 1943 and, when his son was killed in the war, donated a trophy to the club in his memory. It is still shot for today.

The 225th anniversary was celebrated at Easter and members were invited to shoot any of the three longest National rounds at their range, the Old Paddock at Epsom Downs. Records tumbled, there were specially-commissioned badges and members felt sure they had lived up to the club’s motto, Labor Ipse Voluptas (Labour itself is pleasure). ●

Stunning shooting at field champs

Archers flocked to the All British and Open Field Championships for a cracking weekend of shooting at Buriton in Hampshire.

And there were some stunning performances at the championships, which were hosted by Raven Field Archers. Pentref Bowmen’s Emily Williams will be claiming a new UK record for the women’s longbow World Archery unmarked, with a score of 199. And 17 archers can now claim WA Arrowhead awards.

You can find all the results on the Archery GB website.

For more field news go to pages 30-31. ●
Sunsets, field archery and competitions seem to have been inspiring you over the past few weeks. Our striking sunset pictures come from Newham Archer Daniel Faust and Karl Hillman of Braintree Bowmen, while Alastair Leiper and Robin Maryon managed to capture the tension and consequences of competition.

And the woodland setting of the All British and Open Field Championships in Hampshire gave Malcolm Rees and Neil Vodden everything they needed for these stunning shots.

If you want to see your photograph in Archery UK, send it to magazine@archerygb.org.
Entries for the January Challenge rose to 1,775 this year and there were some highly promising results from young archers. The number of female entrants was also slightly up.

Bright start

There were three classes in each bow style, beginners, experienced and senior – although no women barebow archers admitted to having shot for more than 25 years. You can find all the results on the Archery GB website>Support>Operations>Tournaments>January Challenge.

Summer beckons...

As the height of summer approaches, Terry Astley of Killingworth Archers has been hard at work.

He was inspired last summer and managed to capture the hope and range of emotions we are all likely to experience over the next few weeks in poetry.

Here is just a taste of what to expect...

Archery
On the line, the target beckons,
Then comes the draw, the loose,
The twang of string, the hum of bow
As off and away the arrow goes,
With swish of fletch, down the range.
And then the joy, sometimes surprise
As the arrow hits the mark aimed for.
Next! The urge to follow it with other shafts
Shot just as well.

Then consternation, puzzled frowns,
As it comes to pass,
Some arrows land up in the grass.
So now begins the endless quest
For perfect ends.
In every round that’s ever shot.
Just one more end, to see if I can be the best,
Then one end more,
And perhaps another practice day.

That is how this great addictive sport
 Begins to dominate an archer’s life.
Changing this, adjusting that, trying the other
Through all kinds of weather,
Some good, some bad.
Just like the scores achieved.
But overall there is such pleasure to be had,
Among our archery friends,
On summer days,
On archery fields.

Cheers!

It’s amazing what you can achieve after a good night out. Just ask Sandie Baigent and Mick Hayman.

They celebrated Sway Bowmen’s 30th anniversary and competed in Hampshire’s County Indoor Championships the following day!

President Shirley Gulliver led the anniversary celebrations at the New Forest club, which has its own field and has grown steadily since its formation. It has 126 members, which include dedicated coaches who have helped to produce several championship winning juniors and seniors.

And on the Sunday, Sandie powered to her fifth consecutive county longbow title. Mick took third spot in his longbow competition and, together, they took the team silver medal.
Always a first time...
Then the Robins come thick and fast

There’s a first time for everything – and Eddie Barrett managed to shoot the first Robin Hood at the newly reformed Irvine Tox.

The club secretary had thought that just using the middle face on a three-spot target might be a good idea. It worked...a little too well. But it did delight some of the club’s newest members who had never seen the feat achieved before.

Garry Grainger’s first shoot of the new year showed a distinct improvement in grouping too. The Hillingdon Archer kicked off 2015 in style with a Robin Hood during a Middlesex County Worcester League shoot.

And when members at the newly-formed Castle Archers Club in Nottinghamshire got together to have some fun it proved costlier than expected for Ian Pepper. And there were Robin Hoods for Mark Gammie of Arbroath Abbey Archers and Stephen Lashbrook from the Lizard Peninsula Bowmen too.

Michelle Whalley of Barnsley YMCA Archers might be visually impaired – but there’s nothing wrong with her grouping. The same could be said of Chris Rawston of Tyndale Archers. He was shooting barebow at 30 metres when he managed to spear one of his own arrows. Despite the cost he had to smile...a bit.

And there was a robin with a difference. Frank Mulligan of Ballyvally Archers was setting out a course at Castlewellan Country Park when this little chap hitched a ride on Frank’s hat. Well he had to take a selfie, didn’t he?
One from the heart

David raises £660 for charity

How do you say thanks for a life? Well if you are David Perkins, you organise a fundraiser for the British Heart Foundation.

David, who shoots with Archers of East Riding, had heart bypass surgery and, since then has been thinking of ways to repay his “debt.”

The result was a heart-themed shoot during which David walked a total of 13 miles (100 yards, 226 times) and shot 678 arrows in 10 hours. But he was not on his own. Fellow club members joined in the fundraising activities, shooting, baking, providing refreshments, holding raffles and holding have-a-go sessions throughout the day.

At the end of it, David said: “My archery muscles are aching somewhat but I cannot thank everyone enough.

You cannot appreciate how much this means to me.

“Thank you to my family, friends, the club members who did so much and to the small band of archers who saw me through the day and stayed until the last arrow.

“I’m sorry that I could not arrange better weather but I hope you enjoyed the targets and shooting. And the really good news is that we managed to raise £660 for the charity!”

Obituaries

Cliff Knapp

Cliff Knapp, a member of Ditchling Archery Club, has passed away. He was 67.

He joined Cuckfield Bownmen, later renamed Ditchling Archery Club, and shot recurve, then compound before discovering a love for longbow.

He was a level 1 coach, Club Chairman from 2009 to 2014, a valued and respected member of the club, a mentor to many and a friend to all. His legacy is that many of those he taught, helped and encouraged to enter competitions have gone on to achieve fantastic results at club, regional and national level.

The club’s thoughts are with his family and friends at this difficult time.

Geoff Trimble

Geoff Trimble, a founding member of the Longbow Club has passed away after a long battle with ill health.

Geoff shot his longbow passionately for many years and was always there to offer friendly advice and support, helping anybody in any way he could. He was known for a stubborn streak and sheer determination to keep shooting as long as he could using his ‘creaking gate’ principle.

Jason Powell said: “His bad jokes were infamous at shoots and with his sense of humour and honest, warm approach to everyone he was never forgotten once met. Geoff lived for archery, family and friends. He was our mentor, our brother-in-arms and a very dear friend to us all... the shooting line won’t be the same without him.”
Do it now!

Get your name down for Euro 16

Rio 16 may be on the horizon... but did you know that there’s another fantastic competition happening next year? The European Archery Championships are being held in Nottingham and you can stake your claim for tickets right now!

It’s a key fixture because the action will include the European Continental qualifying tournament for the Rio Games!

It runs from 23 to 29 May – and all the top names in Europe will be there. It all starts with the ranking rounds and eliminations at the University of Nottingham’s Highfields playing fields.

Then the action moves to Nottingham’s historic Old Market Square, right in the heart of the city. There the finalists will battle it out on 28 and 29 May, right in front of Nottingham’s iconic grade II listed Council House.

Tickets will be strictly limited, so how do you make sure you get yours? It’s easy! All you have to do is register your interest now at www.euroarchery2016.org

And you could be at the heart of the competition. Archery GB is looking for volunteers to play a crucial role in making sure the championships run smoothly. You are crucial to the event’s success and there are lots of ways you could make all the difference. They include getting involved in field of play, sport information, administration, athlete services and event services. If you are interested in volunteering please register your details at www.euroarchery2016.org
IT’S NAMED PODIUM FOR A REASON.

MIKE SCHLOESSER SHATTERS WORLD RECORD AND TEAM HOYT SWEEPS NIMES PODIUM.


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The trophy goes to...

 ontarget award winners named

What happens when you have one trophy to present – and two worthy winners? That was the dilemma facing the team deciding the 2014 ontarget Club and Volunteer Awards.

There were two outstanding candidates – Freya Leask of University of Bradford Archery Club and Katherine Frusher of Deer Park Archers – in the running for the Young Volunteer of the Year award. In the end, there was only one option. They both won!

Freya has helped her club triple participation numbers, field teams in all national student competitions for the first time and engage with the local community and schools. She is club president, assists the coaches and committee members and constantly promotes student engagement and satisfaction through participation.

Katherine has been with Deer Park since 2008 and now spends most of her club time coaching and volunteering. She has passed her L1 coaching course, is an Arrows Young Leader and takes adapted archery equipment to local groups encouraging girls aged from five to 10 to try a new sport. Katherine also coaches at a weekly open community session, supports fundraising and social events and is an excellent role model for the junior club members.

But they were not the only winners of ontarget awards, which were created to celebrate clubs that are working to promote archery and honour volunteers for their hard work and dedication.

The Volunteer of the Year Award went to Peter Galbraith of Bowmen of Bruntwood. Now he can no longer shoot he wants to give back what the sport gave to him – and that means volunteering. And it earned him six nominations. He coaches, runs a junior team which won every competition it entered for two years and develops archers into first-class athletes.

Simon de Krester works tirelessly to promote communications, skill development, innovation and team spirit within Guildford Archery Club. His reward is being named Clubperson of the Year. He runs a weekly skills development programme, the club website and has rallied members to take part in outside events. For the club’s Diamond Jubilee celebrations he published an illustrated history of the club and designed a commemorative badge. He also played a significant role in securing a £46,000 Inspired Facilities grant from Sport England for a new skills development and storage building.

The Innovation in Archery award went to Deer Park Archers. It has taken Arrows adapted kit and developed a comprehensive resource to support weekly 90-minute Bambies sessions providing excellent coaching with archery related, fun and educational activities. It has resulted in exceptional seven and eight-year-old archers.
teenagers eager to do their Level 1 coaching course, more inclusive fetes and community events and more volunteers supporting the club.

The work done by Deer Park Archers, Xperience Archery and Active Gloucestershire (County Sports Partnership) won them the Partnership Award. It led to the county’s best Primary and Secondary School Games to date and the CSP being awarded the National School Games Organisers’ Leading the Way Award. Active Gloucestershire helped the club write a successful grant application and set up three satellite clubs. The impact on participation has been massive and Deer Park has also supported community events. Xperience Archery runs most beginners and improvers courses leaving the club coaches to run the internal development programmes.

The 2014 Archery GB Club of the Year was Six Towns Company of Archers. It only opened last February and had six members. Now it has 40, including 15 juniors. It offers have a go sessions every Saturday and rolling beginners courses so there is always an opportunity to give it a go straight away. The youngest members are five years old and there are always coaches on hand to support beginners, offer planned coaching sessions to groups or on a 1-1 basis in an inclusive friendly atmosphere.

Arran Coggan, Development Manager (participation), said: “Once again it was a hard decision to choose the winners. The number of nominations received were the highest to date, and it really shows that archery has some fantastic volunteers and clubs who are making archery not only happen but grow, develop and improve and these people are wonderful ambassadors for sport.”

In 2013, Archery GB was awarded funding from Sport England to deliver its second Whole Sport Plan (England). The funding followed an initial award in 2009 and allows Archery GB to deliver development activities that focus on getting more people to participate regularly in archery.

Head of Development David Reader said: “We are now at the halfway point for the Development Plan and to record the progress we have made, a Mid Point Review document has been produced. If you would like to know more about our progress in areas like young people, clubs, workforce development and facilities, then go to our website and download the report.”

Another new report – Archery GB’s second Facility Strategy (2015-18) – has also been published and is available on the website.

David said: “Unlike many other sports, we do not get any funding to improve our facilities and one of the reasons cited is that we do not have a robust strategy based on evidence. We now have that and when we seek funding next time, we won’t face the same criticism. “Of course writing a strategy is not the end of the story. The really important element is our ability to implement it and bring about improvements in facilities around the country and that is now the task that lies ahead. It won’t be easy – the strategy outlines real challenges for us. But we are now clear on our priorities and in what order we should tackle them. We now need to build support to help us achieve our ambitions and grow the sport of archery.”

You can find the reports by clicking on the on the Archery GB website> Support>Development.
It's never too late to learn a new skill – or to decide on a career change. Just ask Duncan Sleeth who, at the age of 38, has taken up an apprenticeship as a bowyer.

The single dad studied engineering and worked in pneumatic automation (like Meccano for big kids, he says) before becoming a sales manager and then working in IT sales.

Then ill health brought it all to a halt. “After I became poorly, I had a few small jobs,” he said. “I was walking dogs at a kennels and doing bits and bobs. Anything to keep the pennies coming in. But I had to make sure that I could fit the work around looking after my six-year-old son.

And it was his dog walking duties that, indirectly, led to his new career. “There was an open day at the farm where I was working with the dogs and they wanted to include some archery. I got talking to someone at school about it because I knew he was involved in archery and everything changed from there.

“I had never done archery before but, like everyone else, I was interested. We all grow up wanting to make bows and arrows, it’s every boy’s dream. “My training as an engineer and being fairly practical helps – but what I didn’t realise was all the physics and science involved in making bows. It isn’t just about bending wood and a bit of joinery. There’s the technical side and so much more.”

Duncan started his apprenticeship at KG Archery in Walesby, Newark, Nottinghamshire, six months ago under the watchful eye of owner Keith Gascoigne. And he loves it. “It’s a golden opportunity,” he says. “Keith and the whole company have been brilliant. They couldn’t have been better. It’s a family business so they understand and have planned my apprenticeship around me so that I can care for my son.

“Keith is very patient but he’s old school when it comes to apprentices. He will support you all the way – and will let you know when something is wrong. But if you are stuck he will help you understand why and guide you.

As well as making bows, Duncan is learning to shoot them too. “It’s part of the training so I have to – but I do enjoy it and I’m taking to it quite well. And I want to get my boy into it as well, partly because it’s a great family weekend activity but mostly because he is already pestering me to let him!”

So what does the boss think? Keith has been a bowyer since 1962 and set up KG Archery in 1991. He has developed, among many others, the KG1 bow, the KG Nemesis and the Paragon, the world’s first all-carbon riser which was used by Paralympians at Atlanta, Athens and Sydney. And he doesn’t mince his words.

“Usually I take on 16-year-olds and mould them to the way I work,” he says. “It’s the only such apprenticeship scheme in the country and we must be doing something right because, once qualified, our bowyers never leave.

“But something about Duncan stood out. He wasn’t sitting about and he was prepared to do anything to make his and his son’s life better. He’s a hard worker and not a shirker – so far. We will see how it goes… but I am pretty pleased with his progress so far…”

A fresh start
Meet Duncan the apprentice
In the 1960s I got married, built a house and, for six years did very little archery. But then I had time on my hands and archery equipment, so I decided to take it up again. What I didn't realise was that my equipment was obsolete by then.

It was 1966 and I was wondering what to buy and I saw an advert in the paper for the 900th anniversary of the battle of Stamford Bridge. York Archery Club had invited all the Scandinavian countries to come across and do battle again on the shooting line. I went along to watch – it was an opportunity to see the latest equipment – and bumped into someone I knew. He suggested I join his club, Firth Archers at Brighouse.

They were surprised when I turned up with my little steel bow, thinking it wouldn't reach the distance. Of course it did and I finished up being the chairman for 17 years until the mill closed down.

I was looking round for another club and I was invited to join White Rose in Halifax. We eventually lost the use of the ground at Thrum Hall due to a silly accident and that was the end of archery at Thrum Hall.

Hebden Bridge Archers came up with the idea of amalgamating our clubs. For a while we had two grounds, then we moved to Hebden Bridge, up at Gibson Mill. And if they ever drain the mill's dam, I bet they find a few arrowheads in the bottom! There was another move, to Mytholmroyd, where the Scorton Arrow was shot.

When they introduced pulley wheels in bow limbs on compounds... well I decided I would go all the way back and spoke to a bowyer in Norfolk. I had a self-yew longbow made which was very good (and which I have still got) and I've been shooting longbow ever since.

Next time: Find out more about Frank's longbow career, his thoughts on bows, dress codes and how the sport has developed over 70 years.
The first ladies

Arthur Credland is Archery GB’s official historian – and he wants to hear from you. Contact him at historian@archerygb.org Here he looks at early female pioneers of archery

The second Grand National Archery Meeting, held at York in 1845, was a significant event. It was the first time women competed in public in any sport. There were parallel competitions for men and women – and England’s first female champion was a Miss Thelwall.

Little is known about Miss Thelwall and other early champions. It is not until Mrs Horniblow won the championship at Leamington in 1853 that things began to really change – and that is because she went on to take the title a further 10 times. Her victories were: in 1853, 1856 (Cheltenham), 1859 (Exeter), 1862, (Worcester), 1863 (Oxford), 1869 (Birmingham), 1870 (Bath), 1871 and 1872 (Cheltenham), 1873 (Leamington), and for the last time, in 1880, at Shrewsbury. In between, a Mrs Davison and a Miss Betham were also represented, the latter completing a hat-trick, 1864 (Alexandra Park), 1865 (Clifton) and 1866 (Norwich) and with a fourth win in 1868 at Hereford.

Mrs Horniblow was the first woman to win a silver bracer, purchased from Mr Bramhall, which had been a principal prize of the now defunct West Norfolk Bowmen. It was also at Leamington in 1853 that medals and brooches, designed and made by Wyon the medallist were presented for the first time.

But the woman who made the greatest impact on British archery was Alice Legh (1855-1948). Between 1881 and 1922 she won the women’s championship no less than 23 times and held the title continuously 1902-1909. She regarded the 1908 Olympics as unimportant and instead concentrated on preparing for the national championship, a week later. As a result her rival, Sybil Fenton Newall (1854-1929), always known as Queenie, took Olympic gold at the age of 53. To this day she remains the oldest ever Olympic gold medal winner but Alice trounced Queenie at the Oxford GNAM in 1908.

At least by Alice Legh’s heyday women’s sporting attire had become more suitable, a light, if full-length dress, rather than a crinoline or one with a bustle. A depiction of a crinolined Honora Spencer in 1864 shows her with a device described as Mr Friskney’s ‘Anti-Aeolian’, an open strapwork with lead weights appended which prevented the outer skirt being lifted by the wind. Friskney was an archery supplier and his wife a dressmaker in North street, Cheltenham, c.1865-1880.

The Anti-Aeolian

The silver bracer

The Anti-Aeolian

Miss Horniblow

Alice Legh
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EASTON ADVANCING ARCHERY’S LEGACY

Doug Easton, founder
Kieran Shirley of Nethermoss Archers had been shooting well but was feeling a bit nervous at the start of a combined WA competition hosted by Chorley Bowmen. It didn’t last long though because he started smashing records. “I was a bit nervous at the beginning,” he said. “But once I started getting my equipment set up and sorted, I started to feel better. I was nervous as the last time I shot this round was last year and although I had practised the distance, I hadn’t practised on the target face. Once I found my sights though I was off. I had one miss on the first dozen, as I ran out of time and the judge blew the whistle.”

Out of a maximum of 1,200 points, Kieran scored a total of 1,114, setting new Lancashire and Northern County records and winning a trophy. “I had a fab day as I had Vlada there who gives me great support,” he said. “It also pushes me to catch up to her. I was very pleased with my scores although shocked, as I didn’t think I was having a good day. I aim to one day shoot in the Olympics for Team GB.”

And Kieran isn’t the only Nethermoss junior who has been in action recently. Georgia Maryon, Tom Rice and Heather Hughes helped Lancashire to victory at an inter-county match against Cheshire. Compounder Tom broke national, regional and county records. He said; “It was tough going, every arrow counted. I seemed to do better at the longer distances and I’m really proud of my new records. This gives me a good benchmark to build on over the summer.”

Georgia and Heather took under-16s gold and silver and Georgia was part of the victorious Lancashire girls’ recurve team.

What’s it like being able to work with an Olympic Coach? Georgia Maryon of Nethermoss Archers has been finding out. She took up an offer for archers aged 10 and over to attend three-hour long sessions at Lilleshall for only £10. The young archers warm up, train and shoot using the same facilities as Archery GB squad members and get expert guidance from Lloyd Brown who was the Olympic Coach and is now Head of Coach and Athlete Development, and Performance Coach Harry Heeley.

Georgia, 15, is already on the Talent Identification Programme, and her ambition is to shoot for Great Britain. So when this opportunity came up she jumped at the chance. And it is paying off. At her last session she spent a lot of time with Lloyd showing him what she was working on, refining her technique and talking about her goals in archery. “It’s amazing,” she said. “And such a privilege to be at Lilleshall using the fantastic facilities and getting such quality attention from Lloyd.”
Juniors at Hillingdon Archery Club are getting ready for one of the biggest dates of the summer, the London Youth Games. And as you can see, Himaaya Peiris and Brandon Scully are pretty pleased with the way things are going!

They were taking part in the second trial shoot – and neither of them seemed able to miss the gold. Hillingdon won the archery trophy last year and will be sending five archers to the games, which start in July, to defend it.

And Brandon cannot wait – but it's not just the games he is excited about. He said: “It’s great in our club because we have a mix of all different ages from kids like me to teenagers and adults, everyone gets on really well and we all help and support each other. Our coach Simeon Keenan is great. He helps us loads and makes it fun. I like the summer season because it is outside and I get to shoot twice a week instead of just one and we get to shoot longer distances. Which helps because my goal is to become an Olympic archer!”

And fellow club member Hannah Grainger is just as excited. She started shooting at school in 2010 and, in 2014, joined Hillingdon. She said: “My move meant I could take part in more competitions and trial for the Youth Games. I feel that my archery has improved since moving as I can see my scores gradually getting better.”

Both she and Simeon are record breakers and she said: “I’d like to thank Simeon for getting my elbow down and pushing me for the Youth Games, Wayne Cross and the late Gary Ward for tuning my bow and getting my anchor point right.”

After working inside The Pod, Georgia and the other youngsters went outside on to the purpose built range to shoot with the squad members. Georgia was a little nervous - she is used to shooting 50 metres but hasn’t shot 60 metres much. But she decided not to miss the opportunity and she is not regretting it because it has given her a real insight of what is expected of professional athletes.
Ten-year-old Charlotte Hempsall has been busy. She has just achieved her Junior Bowman ranking and she keeps breaking records.

She broke Lancashire Archery Association's record for a girl in her age group at a recent inter-counties match against Cheshire. And she shattered three records, including one in which she scored four six-gold ends, at her club, Bowmen of Pendle and Samlesbury.

Charlotte joined the club 18 months ago and is now a member of the Lancashire Junior Archery Squad. She was one of four P&S members who were part of the winning county team at the Junior WA & Metric Open championships. The other team members were: Lewis Imeson, 13, Martha Blinkhorn, 16 and Will Aubrey, 14.

And she has even inspired her dad, Rob, to take up archery. He said: “Charlotte absolutely loves her archery. She’s working really hard at it and her scores are starting to show that, but she wouldn’t have made it this far without the help she’s had from people at the club. Whether it’s sorting her technique or some encouragement when things aren’t going quite right, everyone is always so supportive.”

Club chairman Di Clarke said: “We’re very proud of all our juniors but Charlotte has done particularly well since she joined us. We’re delighted with her success.”

If you have been invited to take part in the Junior Masters, get your details back to the organisers as quickly as possible!
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Great Britain’s young compounders put in a stunning performance at the first leg of the European Youth Cup bringing home one gold medal, three silver and two bronzes.

Daisy Clark and Kirsten and Aalin George stormed past Turkey to win by a single point and secure junior team gold.

There were stunning silvers for our cadet teams – and both were beaten by a single point. Rebecca Lennon, Lucy Mason and Hollie Smith were denied gold by a Europe 1 trio and James Howse, Jake Walsh and Luke Rails were kept off top spot by Turkey.

Daisy boosted her medal collection by winning junior mixed silver with Sam Jeram while Rebecca and James added cadet mixed team bronze.

There was another bronze for James who saw off Luxembourg’s Timo Bega 144-141 in a tight competition. And there were two very creditable fourth places as well. Rebecca was beaten to cadet bronze by a single point by Croatia’s Amanda Mlinaric and Daisy just lost out to Maya Oric of Croatia.

There was a cracking start to the 2015 National Series as archers flocked to Oxford to see if they could compete with Britain’s best.

Their ultimate aim? To land a coveted place at this year’s Grand Finals, which are being held at Wollaton Hall, Nottingham, on 29 and 30 August.

They started as they meant to go on. At the end of stage one at Oxford, Stuart Barby had edged out Larry Godfrey to win recurve gold with Kieran Slater in bronze spot. Naomi Folkard beat Sally Gilder to the stage one title while Antje Frotscher was third.

There were some nail-biting finishes in the compound...
Britain’s Para archers came home from a world ranking event in Holland with a little extra baggage – three gold medals and four bronzes.

Michael Hall made a stunning international debut, sweeping past Italy’s Matteo Bonacina to take the compound open men’s title and winning bronze with teammates John Stubbs and Nathan MacQueen.

Gold number two went to Jessica Stretton who beat Spain’s Liliana Oliveros by one point in their W1 clash. Jo Frith beat teammate Vicky Jenkins to claim bronze and break a world record.

The third gold went to Jo and John Walker in the W1 mixed team event. Recurvers Hazel Chaisty, Kate Murray and Tania Nadarajah claimed bronze in their team event as did compounders Jo, Phoebe Pine and Jessica.

There were some fourth places too, plus a promising start for Phoebe who was also making her international debut and made it to the individual quarter finals.

Hilda Gibson, Interim Performance Director, said: “These have been great results! Congratulations to all for some stunning performances.”

But these are only the first two steps. The next test comes during stages three and four in Surrey on 11 and 12 July followed by stages five and six in Exmouth on 15 and 16 August. At the moment, Larry Godfrey and Naomi Folkard lead the recurve standings and the top compounders are Lucy O’Sullivan and Adam Ravenscroft.

You can find out more at the Archery GB website Support Operations >Tournaments> National Series.


Young talent shone on day two as Bryony Pitman and George Harding edged out Naomi Folkard and Larry Godfrey to claim recurve gold. Bronze medals went to Michael Judd and Amy Oliver.

Compound honours went to Adam Ravenscroft and Naomi Jones who battled to narrow victories over Nichola Simpson and Chris White. Andrea Gales and Duncan Busby secured third spots.
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Two stages of the 2015 Archery World Cup are now complete – and British archers have caused upsets in both.

Chris Bell started it. He knocked top compound seed Braden Gellenthien out of competition in the first leg in Shanghai. He beat the American 147-145. His progress was finally halted by Mexico’s Mario Cardoso who went on to earn a place in the bronze medal match. Britain’s other compounder, John Stubbs, was edged out of contention by an on-form Rajat Chauhan of India.

In the recurve competition, Naomi Folkard’s hopes were frustrated by Yuan Sui Chi of Chinese Taipei and both Amy Oliver and Nicky Hunt were eventually edged out of competition. It was the same for the men. Larry Godfrey beat Rick van der Ven of the Netherlands 6-4 but could not get past Brazil’s Bernardo Oliveira while Ashe Morgan, Patrick Huston and Kieran Slater all found their progress blocked.

The stage was set for the second leg, held in Antalya. And Naomi Jones did not disappoint. She blasted past Korea’s Seol Dayeong and took down number three seed, Tanja Jensen of Denmark, before being beaten by a single point. There was frustration for fellow compounders Danielle Brown, Lucy O’Sullivan and Andrea Gales.

In the men’s competition, Lee Miller beat Belgian Julien Depoitier but was then edged out, as were Mark Rudd, Adam Ravenscroft and Duncan Busby.

Great Britain took silver in the first stage of the European Grand Prix in Marathon – and it was Olympians Larry Godfrey and Naomi Folkard who delivered!

They romped to mixed team glory by seeing off Azerbaijan in a shoot-off, France 5-3 and then Georgia 6-2. And they pushed gold medal rivals Ukraine all the way but Veronika Marchenko and Heorhiy Ivarytskyi finally edged it, winning 5-3.

And both Kieran Slater and the men’s team of Larry, Ashe Morgan and Patrick Huston secured fifth spot in the rankings.
Easter means only one thing for Dearne Valley Archery Club – its much-anticipated (and very popular) two-day shoot. Even the sun joined in the fun, shining on competitors as they tramped over the muddy course, which had been redesigned for this year.

More than 100 archers took part, including Olympians Naomi Folkard and Amy Oliver – plus Amy’s mum Lynda who took third place on day one, shooting recurve. And volunteers were kept busy catering for the waiting groups.

After the first day of unmarked targets, Naomi Folkard and Stuart Barby led the recurve competitions, both on 359. Records tumbled in the battle for compound glory as Daisy Clark broke the national record, which then promptly fell to Tracey Hill.

The largest category was the men’s compound unlimited – and compound gold medalists Chris White and Duncan Busby went head-to-head. Chris edged the first day’s result, winning 414-410.

Barebow honours went to Victoria Williams and James Annall while Paul Meeson won the men’s American flatbow category.

Joe Fairburn set an under-15s national record of 309 and Oliver Vobe was not far behind. Debra Ashworth shot 224 in the under 18s recurve category and there was a good performance from up-and-coming Megan Tinker.

Things really hotted up on day two as Naomi managed to hold on to
her recurve title despite a late charge from Amy. And Jonathan Shales scored the highest recurve score of the weekend – 362 – to pip Stuart to gold.

Revenge was the theme in the compound competition. Daisy beat Tracey while Duncan overtook Chris to take the title.

Victoria and James held on to their barebow titles, as did American flatbow champion Paul.

And Joe set another national record in the under-15s, bringing his tally for the weekend to three while Debra held on in the under-18s, despite a late charge from Megan.

Club member Mark Tinker said the new course, built by Jeff Holmes, had received lots of positive feedback. And he thanked all the volunteers and everyone who helped to organise the event. You can find the full results at dvac-archery.org.uk.

More than 80 archers took full advantage of a sunny weekend and shot on two completely separate courses set out for the 40th Northern Ireland Archery Society Field Championships. The location was the stunning Castlewellan Forest Park and the hosts were Ballyvally Archers.

There was a medieval air to proceedings with painted shields adorning some of the trees. And there was good news for the host club which finished the weekend with 17 overall champions in the various categories.

Coming up soon!

- **20 June**: Ballyvally Mid Summer Tournament, Loughbrickland.
- **20 June**: John Hartfield Memorial Shoot and NCAA/EMAS Championships, Daventry.
- **27 June**: Crawley Open and Sussex Filed Championships, Felbridge.
- **18 July**: Junior UK Field Championships, Glyncornel Archery Centre, Tonypandy, Wales.
- **25 July**: Ballands Mid Summer Shoot, Wincanton, Somerset.

For full details about these competitions – and the rest of the field tournament diary – please turn to page 67.
More than 100 archers flocked to Neston for the 11th Cheshire & Open WA Clout Championships. And their reward? Sunshine and a day of fantastic shooting!

Four national records fell, 18 tassels were claimed – and there were lots of new faces at the event, which resulted in some new names on the trophies.

Peter Gregory of Goldcrest Archers said: “As a founder member of Goldcrest I am always encouraging new members of the club to try clout and I was proud to see that we won both recurve and barebow honours and walked away with Cheshire’s best recurve team award.

“This shoot has been growing from strength to strength, if you have never tried clout before ask your club coach for guidance on how to get started and if your ground hasn’t got the distance requirements ask around as I’m sure other clubs who do would be more than happy to help you. Happy shooting I’ll see you on the clout field.”

There was also a tribute to the late Cheshire archer, Geoff Trimble who supported the shoot many times. Cathy and John Howard were asked to open the shoot by releasing a pair of whistling arrows in Geoff’s memory.

Students have been bitten by the clout bug too! These pictures by Briony-Molly Basterfield show students at Bangor and Aberystwyth University during their club clout.

Coming up soon!

- 18 June: Dunster Archery Week, Dunster, Somerset
- 11 July: Cumbria FITA Clout Weekend, Penrith, Cumbria
- 19 July: Ted Mallett Open Clout, Harrogate, North Yorkshire
- 15 August: Nethermoss Clout, Burscough, Lancashire
- 16 August: LAA Championships and Open, Burscough, Lancashire
- 22 August: Surrey Clout Championships and Open, Warlingham, Surrey
- 23 August: Essex Open Metric Clout, Woodford Green, Essex
- 29 August: Tri Clout inc Cheshire Clout Championships, Neston, Cheshire

For full details about these competitions – and the rest of the clout tournament diary – please turn to page 67.
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Quite an adventure
...but look at what we have to show for it!

It has taken almost two years of planning, re-planning, adding, subtracting and extending ideas, but Derwent Bowmen Archery Club finally has a new purpose-built home. It has been quite an adventure – but worth it. David Randall tells us why.

Knowing that our wooden building would not last forever we decided to apply for a Sport England Inspired Facilities grant to completely rebuild. We wanted to change the structure and make it bigger, turning it into a first class indoor shooting range that would accommodate both 18 metre and 20 yard rounds.

Sport England wanted full plans, facility layout as well as forecast figures for growth, development, future use and our assurance that disabled users would be able to use all areas of our new build. The plans were for something in the region of 30 x 14 metres overall, which we knew would give us a much bigger and more flexible venue.

Two longstanding and hard-working members, Brenda and Peter Greaves, cut the ribbon at the official opening while Chairman Christine Oldroyd reminded everyone of the journey and what the club had achieved.
“Our planning group visited New Century Bowmen’s grounds. They had a similar building to the one that we had envisaged and we hoped an on-site visit would help our ideas come together. We held in-depth talks with Ann and Mike Shepherd about their experience and potential pitfalls that we might encounter – and many of those things were, in fact, waiting to trip us up!

“The next part was to compile a selection of quotes for the work. The new concrete base and the main steel structure were our primary concerns. We got further quotes for the internal building of walls, toilets, and such like and we could see that the outlay could, with careful planning, stay in budget. We have been so lucky to have a small, very skilled group of members, who put many hours into doing the work that was required once the building was up. Without them the whole job would have been so much more difficult.

“Once planning permission was granted we had to agree a contractor and have our old – still serviceable – shed removed. Luckily a local group took it in time for the concrete to be laid. These nail-biting moments! With the concrete down everything happened very quickly and the building seemed complete in a very short space of time. Then everything started to slow down. Internal work always needs stage-by-stage planning. Our project manager, archer Dean Hirst, ensured everything was done in the right order until we were actually ready to apply some paint. Members rose to the challenge of wielding paintbrushes, followed by a busy day laying hundreds of carpet tiles. We were nearly there. It has been fascinating and I can assure anyone thinking of attempting something similar that no matter how good your plans are, something will happen that you weren’t expecting. Having said that, we could not be more delighted with the club and the legacy we have created for archery in Derbyshire.

It has been fascinating and I can assure anyone thinking of attempting something similar that no matter how good your plans are, something will happen that you weren’t expecting. Having said that, we could not be more delighted with the club and the legacy we have created for archery in Derbyshire.
Part of the team
How archery has changed Robert’s life

I really enjoy archery. It’s given me a lot of confidence, says Robert, one of a team of passionate archers from disability charity Enham Trust. They recently took part in their first competition - and came away with a gold medal!

The team, who all have physical and learning disabilities, were brought together by the charity a year ago to try the sport. Since then they have been meeting every week and their confidence has grown.

Archery has been particularly important for Robert, who has learning difficulties. When he first moved to the trust, in Hampshire, he was chronically shy, avoided eye contact and social situations. He struggled to make new friends and lacked confidence. Now he is part of the close-knit team, regularly goes out and enjoys trying new things.

“I started practising when I moved to Enham Trust,” he said. “We’re all friends here and I really enjoy it. The highest I’ve ever scored is 55 out of 60! It’s given me a lot of confidence.”

The team is coached by Murray Warren and Steve Olding of TenZone Targets. They wanted to build on the team’s new-found confidence – and part of that was entering Deer Park Archers’ second FITA18 inclusion shoot.

“Archery is such an accessible sport; something everyone can have a go at, no matter what. They had never shot on full-size boards before, either, so to get the results they did under the pressure of their first competition is brilliant!”
They shot against other archers with varied levels of ability and experience and, although nervous, stayed focused. They surpassed all their expectations, winning team bronze, an individual silver and, for Robert, a gold medal. “I’m proud of myself and my parents are proud of me,” he said. “I can’t believe I won a gold medal!”

Steve was equally thrilled. He said: “They were still wearing their medals a week after the competition! It was a long day but they did so well, they never let their nerves interfere and represented Enham Trust perfectly.

“I would also like to thank all the personal assistants who attended to support the team and organised getting everyone out there – it wouldn’t have been possible without their dedication.”

– Steve
The way ahead
Communications and strategy key to the future

Better membership services, communications, planning for the future and the launch of a new charity, the Archery Foundation, were on the agenda when members gathered at the Royal Agricultural University in Cirencester.

Clear communication is a key factor in any organisation’s success and the Membership Conference was a perfect forum to explore what methods Archery GB uses to keep in touch, what is working well and where work still needs to be done.

Marketing and PR Officer Charlene Coates outlined the impact and importance of social and digital media while Marketing Manager Emma Ball outlined what is already being done.

She stressed the importance of giving members the chance to discuss issues face-to-face at events such as conferences, tournaments, roadshows and workshops and the recent photography workshop, which gave members the chance to learn from Dean Alberga.

“The demand was massive, so much so that places had to be limited to 22 lucky members. Dean came over for the day and shared his skills, expertise and his stories about being a photographer for world archery. It was a fantastic opportunity for us as a governing body to give our members the chance to learn from somebody like Dean and hopefully everyone went away with something new.

“We had great feedback and, as a result, we had some great pictures sent in – and that gave us the chance to showcase your work and credit it in Archery UK.”

There are also other projects in the pipeline as well as fundraising events.

Archery GB’s Chief Executive David Sherratt discussed the need for a strategic plan, its evolution from its introduction in 2013 and the vision for the next six years. He said the aim was to work together so that everyone understood the concept and their part in delivering the vision to meet the needs of the organisation and, most importantly, archers.

He said that Archery GB had been reviewing the strategic plan over the past few months and work on delivering that plan would start in the next couple of weeks. And he promised that members would be kept informed about its progress.

And, of course, the work of archery’s wonderful volunteers was recognised.
The Hartwell Trophy for Archer of the Year was presented to Robert Potts for his tireless work as a volunteer, judge and for spearheading the development and investment in a new scoring system. It has raised archery GB’s profile as a progressive and forward-looking national governing body.

John Stubbs won the Gussy Trophy for wheelchair archer of the year for the second year running. He was nominated by the North of England Universities Archery League for helping it successfully stage its first world record status event.

Barry Molsom was awarded the The Jack Flinton Helping Hand Trophy. It is awarded to the coach who is considered to have given exemplary service to coaching during the year.

Seven clubs were nominated for the Archery GB Toxophilus Trophy for the best club, county or regional magazine but, for the second year it went to the Bracken Company of archers. The winner of the Archery GB Club Website award was the South Wiltshire Archery Club and the Regional and County Trophy went to Northamptonshire.

Four archers were honoured for their contribution to the sport by being made Honorary Life members. They were: Wendy Hodkinson, Graham Weller, Ann Shepherd and Lynne Evans.

At the AGM, all amendments were approved, including a £1 rise in membership fees. Richard Custance was elected as Vice-President of Archery GB. Bryan Woodcock was elected as a Director and Simon Cordingley was co-opted on to the Board. They are joined by Chris Mortlock, Neil Armitage and Mark Davies.

The Archery Foundation

Archery has a new charity, dedicated to supporting the future of funding archery at grass roots level.

Graham Weller unveiled the Archery Foundation during the Members’ Conference. It aims to access funding sources denied to Archery GB to promote the sport and show the world what it has to offer as an educational and inclusive resource.

Graham is working with Anne Ross on the project. But what inspired it? He said: “I was working with a youngster with cystic fibrosis and he wanted to shoot. He suffered really terrible muscle tremors and though we got him ready to shoot at this point I was quite concerned about safety. But as he started to draw the bow back you could see his muscle tremor calm down and when he got to full draw he could aim, shoot and the look of pleasure on his face when he shot was terrific.

“It was something I will always remember. What this has shown me is that archery can help a lot of these youngsters.”

The Foundation’s first project will be working with the National Deaf Children’s Society to help groups of youngsters experience the sport, and, later, other groups.

It is also going to run a literacy competition with local schools and colleges on the theme of archery and Robin Hood in the run-up to next year’s European Championships in Nottingham.

There will be an exhibition throughout Nottingham showing its cultural links to the sport and archery’s progression over the past 60 years and there will be an interactive digital game.
Volunteers are the lifeblood of archery – and it was their turn to shine at the AGM. But how do you single them out? And how do you ensure that enough of those volunteers are recognised?

This year, two things made that job easier. At last year’s AGM it was decided to change the Archery GB Plaquette system to increase the number of awards. And we asked you to nominate the people you thought deserved to be rewarded.

The result was that 12 – eight bronze, three silver and Archery GB’s very first gold Plaquette – were presented at the AGM. The winners were:

**Gold**

1. John Cavanagh: The four-time Paralympian won gold at Athens and silver at Beijing and is considered by many to be the best archery ambassador Britain has ever had.

**Silver**

Christopher Vitali: For services to Army archery, his club and his county, Devon and Cornwall. He is a regional judge and has served the maximum term as Regional Chairman of the Grand Western Archery Society.

Chris Hassall: An outstanding mentor, tournament organiser and volunteer probably best known as a county and regional archivist. He is a member of the Archery Antiquaries Society and Collectors Guild.

Graham Sibley: Last year’s Hartwell Trophy winner who agreed to be temporary Essex County Secretary in 1952 and was there for 62 years. He has been Southern Counties President and is a life vice-president of both his county and region. He was an active regional judge and spent 10 years as chairman of the Target Committee.

**Bronze**

1. Helen Woodcock: For her work as a senior coach and surrogate mum to Huddersfield University’s archers.

2. Pippa Britton: For her work with Talent, selection, confirmation and supporting potential para archers.


4. Bill Terry: For spending 50 years building one of Britain’s best archery collections.

5. Adam Kenyon: For commitment to Sittingbourne Archers and developing disabilities archery.

6. Diane Shannon: For her energy, determination and being a driving force at Bowmen of Burleigh.

7. Eddy and Wendy Wheeler: For their commitment and coaching over 40 years.

8. The North of England Universities Archery League: After receiving several nominations for individuals, the Awards Panel decided to recognise the work of the whole organisation.
S
unshine, showers… it did not matter. What ever the weather threw at us, it did not stop people all over the country taking up the Big Weekend invitation to try archery for themselves.

It was a busy weekend with around 80 clubs taking part in the event, supported by Archery GB’s Performance partner, Foresters Friendly Society. They helped to put our sport at the centre of community life and let people find out for themselves just how much fun it is.

Fakenham Bowmen held its event at the local racecourse. It attracted more than 170 people and that led to its next beginners’ course becoming booked up, plus a substantial waiting list.

The age range at the Sittingbourne Community College Archers’ event ranged from tots trying out the Arrows kit to a 100-year-old who seized the chance to try archery for the very first time. As well as a have-a-go, the club laid on dartchery, the chance to shoot an apple off a dummy’s head… and a zombie apocalypse.

The wind may have been a major factor at Cockermouth Company of Archers’ Big Weekend but it did not stop the fun, or interest in beginners’ courses.

People flocked to Goldcrest Archers’ event – and there was a special treat. Member Hazel Chaisty was there to coach. What a weekend!

Crowds flock to try archery
help, fresh from winning team bronze at the Para world-ranking event in Almere, Holland.

Aardwolf Archers made sure the whole of Sheffield knew about the event, advertising it in schools, supermarkets and on social media. The result was that 134 people turned up, as did a Labour councillor and the local newspaper!

There were more than 100 people at Six Towns Company of Archers’ event too – which led to an awful lot of balloons being popped as eager visitors tried to win pens and wristbands. The club’s juniors made sure everyone was warmed up properly before they reached the shooting line and members did such a good job that more than 30 people signed up for beginners’ courses.

Anyone who attended Overton Black Arrows Big Weekend got a chance to shoot and be introduced to a selection of bow styles and
techniques. And there was a distinct historical flavour at Kirton In Lindsey Archery Club’s event, with demonstrations, talks and medieval costumes.

It was a great day at Urban Sports, Bassetlaw, as both visitors and members turned up to get involved in the fun and members of the public flocked to be part of Ramsey Ravens Archers’ event.

Families, friends and even a couple of police officers got involved at Golden Arrow Archery’s have a go in south east London. It was the one of the new club’s first big events and was so successful that members already want to sign up for next year.

More than a third of the people who shot at Lugg Valley Company of Archers’ base signed up for beginners’ courses and they even had the chance to hear Chairwoman and Coach Theresa Gibbons being interviewed live on air by BBC Hereford and Worcester.

The Big Weekend became part of Lizard Peninsula Bowmen’s silver jubilee year. There was food, fun, good shooting – and 37 people joined the waiting list for beginners’ courses.

Norton Archers’ event was besieged with high winds but that did not seem to put anyone off, even though everyone envied the extra layers being worn by those members in medieval dress. And there were plenty of demonstrations of what you can achieve in archery, including Nadeem Mughal showing the club’s equipment for the visually impaired.

More than 30 members turned out to ensure everything went perfectly as Valley Bowmen of Huddersfield put aspiring archers through their paces. The sun shone, music played, balloons popped and, because this year’s beginners’ courses are all full, visitors added their names to the 2016 waiting list.

The Armed Forces got in on the act too. It was wet and windy in Gosport but that did not deter members of RN South Coast Archers who were hosting their first Big Weekend – or the people who turned up to have a go on the sports field of HMS Sultan. And almost half signed up for beginners’ courses!

There will be more Big Weekend reports in the autumn edition.
Eight ways to...
make you more tax efficient this tax year

In 2015, UK taxpayers are set to overpay some £4.9 billion by failing to take some simple tax-planning measures, according to research from financial adviser website Unbiased1. That's equivalent to £165 for every taxpayer. Foresters Friendly Society offers eight ways to help make sure that doesn't happen to you...

1 Your tax code. Always check your payslip to make sure you're on the right tax code – you can use the gov.uk tax code guide to check what the numbers and letters on your tax code mean.

2 Tax credits. Are you receiving all the tax credits you're due? You can try the tax calculator on the HMRC's website to check.


4 Savings interest. From April this year anyone with an income of less than £15,600 will not have to pay tax on their savings interest2.

5 Use your ISA allowances. Along with a slightly higher allowance this tax year - £15,240 for 2015/16 – another ISA Budget announcement has taken affect, allowing you to replace any money you take out of your ISA without losing its tax benefits. The only condition is that you replace it within the same tax year.

6 Other tax-free savings options. The unique status of friendly societies such as Foresters means we can offer another tax-exempt option. A saving allowance of £25 per month will provide you with a cash sum paid-out free of capital gains and income tax and which can be held alongside a NISA.

7 Pay more into your pension. As a result of the March 2015 Budget there have been major changes to pensions with new flexibility, as you can now choose how to use the money. One thing remains the same: they're a tax efficient way to save. If you're a basic rate taxpayer, the taxman pays £25 for every £100 you pay in. If you are a 40 per cent or 45 per cent tax payer you can claim extra tax relief in your self assessment tax return.

8 Swap salary for childcare vouchers. If you have a child aged 16 or below, you can reduce your taxable income by exchanging up to £243 of your salary every month for the same amount in tax-free childcare vouchers.

This is intended to provide information, not financial advice, to help you make an informed decision about savings and investments. Foresters do not offer financial advice. You should contact a financial adviser if you want personal financial advice. You may have to pay a fee for this advice.

Tax rules may change in the future and depend on individual circumstances.

Sources:

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How Foresters can help you to save
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Some of the latest archery products on the market

**KG laminated carbon handles**

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**Pilla Outlaw X shooting glasses**

Carbon with titanium arms and protective clam case. Pilla’s glasses allow the eyes to relax allowing the eye muscle to achieve optimum focus.

- Costs £309
- Available from walesarchery.com

**Bohning mini target quiver**

Three tube cordura quiver with an accessory clip, two exterior zipped pockets a sleeve pocket. Approx 14-inches in length.

- Costs around £15
- Available from www.bohning.com

**Pro Boss layered foam target**

Comes with replaceable foam core. 100x100x22cm. Weather resistant and suitable for compound, recurve, traditional bows and long bows up to 90lbs.

- Costs £160
- Available from www.pro-boss.com

And the winners are:

In the last issue we offered a couple of fantastic prizes – a Win & Win WIAWIS Series bow, plus a Legend Diamond backpack. And we got hundreds of entries!

The WIAWIS Series was first used by Indoor World Cup winner Kim Jaeh Yeong at Nimes. And all you had to do to win your own was to answer a simple question: what environmentally friendly material are the limbs made from?

The answer was Flaxpreg – and the winning name pulled out of the hat was Eddie Marsden Of Chorley Bowmen.

And the Diamond backpack went to Carwyn Balch of Castle Bowmen (pictured) who correctly answered the question “what is the maximum width of each line that forms the X (pinhole) in the centre of the target?”

The answer was that the lines of the cross should not exceed two millimetres in diameter and the rulebook reference was Rule 300 (f).
Teams from 20 universities flocked to East Anglia with one purpose – to win the coveted British University Team Championships trophy. And the result was an absolute classic.

The format is a Bray 1 seeding round, followed by head-to-heads and the tone was set from the start. Oxford’s Alex Smith, Charlie Birch and Ciprian Zahan qualified with a record-breaking performance, scoring 826. Individually, Tom Hall (Warwick) qualified first in the men’s and Charlie Birch topped the women’s standings on 276.

In the head-to-heads, teams shoot four ends of six arrows (two per archer) at the hit/miss discs and competition was fierce. In the quarter finals Nottingham A and Birmingham A finished 12-all after four passes and it took shoot offs to put Nottingham through to the semis.

In the bronze medal match, Oxford broke another two records, hitting 20 of 24 discs in their four passes to beat Nottingham. Warwick faced Loughborough in the gold medal match. It was a nervy affair but Warwick’s team of Tom Hall, Luke Rieman and Jorge Lindley just managed to edge it over Loughborough, winning 13-9.

And the teams paid tribute to Werner Beiter with a minute’s silence. He, along with Clickers, had been one of the competition’s long-time sponsors and the BUTC trophy was renamed in his honour.

Full results can be found at www.uksaa.com/butc/2015.pdf
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In January I did a charity shoot raising money for Help for Heroes and The Rifles Care for Casualties. I shot 453 arrows (one for every British serviceman and woman killed in Afghanistan) shot at 60 yards, or just over 54 metres (one metre for every fallen Rifleman in Afghanistan).

I would like to thank my club, Lizard Peninsula Bowman, for allowing me the use of the club field for my shoot. I would also like to thank everyone who sponsored me as, due to the help of your Facebook team, I received a lot of sponsorship from Archery GB members. The final total I managed to raise was £490.30 (£290.30 for Help for Heroes and £200 for The Rifles Care for Casualties).

The level of support I received from archers across the country from all levels in our sport has made me realise just how great our sport really is.

David Cousins,
Lizard Peninsula Bowmen
In response to the last issue’s “How to keep ‘em” and, specifically, the desire to increase the number of Level 1 and 2 coach training courses, I thought I might share my thoughts as one of nine candidates who embarked on a Level 2 course in September and who all qualified in March.

To prospective candidates I would say firstly, don’t be put off by the apparently bland syllabus. I initially thought “I’m not paying out good money just to do that”. I was proved so wrong. The classroom elements were led by our excellent tutor, Tim Swane, and we covered a massive amount of ground behind the bare headings that appear in the syllabus.

Secondly, the interaction of the candidates gains a life of its own. You learn so much from each other and develop your knowledge about all things “archery” and not just coaching.

Thirdly, yes, the paperwork can be daunting, but it does serve a purpose. It ingrains the system of Plan, Do, Review and, more importantly, that of observing the archer, identifying the root causes of incorrect technique, not just the obvious manifestations of poor form, and then the intervention required to correct it.

Fourth, the assessment day is a test. It is meant to be. But in its own way it is no more daunting than the Level 1 assessment you will have already done.

The course was not all sweetness and light. The resource manual needs revamping urgently. However, don’t let that put you off. If you want to become a better coach – go for it and you will get back far more than the monetary value of the course fee you paid out.

John Fisher, Silver Spoon Bowmen

Tim Swane, Coaching Committee Chairman, writes: John, thank you for your kind comments. You are right, the manual is around 10 years old now and does need to be revised. Parts of it are getting very dated. The wheels are in motion, so fingers crossed but, as you say, the manual is a very small part of the course. The new L2 is much better than the old one. Yours was a great group to teach, a good mix and you all learned from each other – and you all passed. Archery GB really needs L2 coaches at the moment so, if you are a L1 coach and are thinking of doing the course I would say go for it. You will surprise yourself.
Welcome to Archery UK’s new Advice Zone. If you have any questions, this is the place to be!

In every issue we will be giving recurve, compound, barebow and longbow advice, so if you want to know something email your question to magazine@archerygb.org and we will pass it on to Lucy, Patrick, Duncan, Andrew or Dean. Just make it clear who you are addressing your question to and we will do the rest!

Practice makes perfect

Are you ready for the outdoor season? Compound star Lucy O’Sullivan has some practical tips that might help.

The outdoor season is here – but how do you transition from shooting a World Archery 18 metre indoors all winter to practising for a full WA 1440? These tips might help...

Outdoor novices
Start at shorter distances. Get your form and set your bow for 30 and 50 metres. (Remember that compounds may have to have to reset their peep for 50 metres and then leave it at that mark all summer.) Then continue moving back the distances as you get more comfortable.

A good measure is to achieve a score of 250/360 at 30 metres before you move to 50, then get a score of 250/360 points before you move to 60/70 metres and so on.

Experienced archers
Start at short distances to get summer sight marks. I always set up a target at 90 metres and then do a “walk back.” First get your sight marks at 30 metres and then walk back to 50 and so on until you get all your sight marks.

Mix it up!
The toughest challenge is, generally, shooting 144 plus 18 practice arrows. So how do you work up to that?

1 Shoot a “fast WA1440” after work or school. Shoot a couple of practice ends at your furthest distance and then 18 arrows at all of your distances. Double each of your distance scores to get an idea of where you are. For example, 169 for 18 arrows at 70 metres will be a rough average score of 338.

2 Shoot further then you usually would. I usually join the men in my club if they have 90 metres set up. I will score three dozen to see how I am doing compared to my 70-metre average scores.

3 Shoot at smaller faces – 70 metres is the perfect distance to do this. Get the 122 cm face and swap it for the 80 cm face. It will seem incredibly hard but your groups will dramatically improve!

4 Make a fun game, either against yourself or others. Do this at the end of your practice session. Be the first to get 60 points or three tens in a row. The ideas are endless.

5 Don’t miss the ten. It’s a game of plusses and minuses at 30 metres. Nine is one point, 8 is two, seven is three and so on. Every 10 is minus a point and an X is minus 2 points. You can go home when you are on a score of 0... or restart when you get to 50.

6 Shoot more arrows then necessary. Instead of shooting three arrows at 30/50 metres or six at longer distances, shoot nine or 12 at further distances. This increases muscular endurance so when you shoot six arrows it seems easy!

Aim to shoot 162 arrows or more on the weekends and as many as you can during weekdays. Mix it up with games, head to heads and mini-competitions to keep it fun... and don’t worry, you will be ready! ✨
Archery UK barebow expert Andrew Rees introduces the vast and complex subject of barebow tuning and set-up.

In World Archery and Archery GB target archery, string-walking provides tangible gains in accuracy at a handful of distances inside the archer’s point of aim. But it is most valuable in field archery, where distances for the barebow archer vary between five and 50 metres. However, in both disciplines, variations in string-finger position cause potential tuning problems, while the rulebooks constrain the bow set-up to greater or lesser degrees.

Conventional recurve set-up and tuning is based on optimising the bow’s performance when the draw hand fingers’ position is constant: one finger above the nock and two below and elements like torque and vibration can be controlled by adding long-rods and weights.

String-walkers place three fingers below the nock and then increase the eccentricity, as target distances shorten, by further movement down the string. Long-rods are illegal in barebow, so torque and vibration must be dealt with by mass applied to the riser and, optionally, a limb saver on each limb. The mass also aids the follow-through.

The options for tuning a barebow may appear limited but many attributes can be varied to influence the bow’s performance. The basic set-up can vary in respect of riser and limb types, string materials, nock point materials, use of pressure buttons, arrow rests, bracing heights, additional weighting on the bow and many other factors. Add the selection of arrows of a spine suitable for the bow at your particular draw-weight and draw-length and the available combinations become mind-boggling.

But this only covers variables in the set-up of the bow. The actual tuning is the adjustment of these many variables to provide predictable and accurate arrow flight at all finger positions on the string.

Many sources can help with tuning and although often specifically aimed at the ‘Olympic’ style, nearly all have a great deal of information relevant to barebows. They include: World Archery’s Intermediate Coaching Manual, which has intelligent and comprehensive advice in the ‘recurve tuning’ section; Easton’s classic ‘Arrow Tuning and Maintenance Guide’ and Archery Australia’s very useful guides to tuning and set-up, written by Jim Larven.

Studying these sources will give many insights into barebow tuning: try some of them out. But remember, if you are setting out to shoot field, the majority (66 per cent) of the shots you need to make will be at 30 metres or less, so don’t spend a lot of time tuning for long shots and neglect the tune at short range. Bare-shaft tuning at 10-15 metres will give a starting point and I shall look at some detailed aspects next time.
How do we fix it?

Archery GB compound squad member Duncan Busby is here to help with queries on form, equipment and technique.

Q I’ve always used hot melt to glue the points into my composite arrow shafts but having recently bought my first set of all carbon arrows, I’m worried the heat I would usually use to fix and remove the points will damage them. Could you advise me on what adhesive I can use with Nano Pro arrows?

A I have always used hot melt glue to fix the points into Nano Pros. As long as you are careful not to overheat the end of the shaft when removing the points then you should have no problems.

Just remember never to apply a flame directly on the carbon (though this also true of aluminium/carbon shafts), only ever heat the point just enough to insert or remove it. I have overheated a point in the past but I’ve never experienced any problems with the arrows becoming brittle or cracking from the heat. As an alternative you could try sitting them in boiling water for a few minutes, this usually softens the glue up enough to allow you to pull them out.

Q I have been working with an archer who has developed a very premature release. I know what is advised when an archer hangs up on their release and cannot loose the arrow but I don’t know what to suggest when it is too fast. What should I do to help them with this? Would lowering their poundage help?

A Premature release is a fairly common problem. It is a form of target panic and, as such, should be treated in the same way as an archer who hangs up on their release. I would recommend they stay away from aiming at a target face for a while and shoot blank boss instead. Use this process to help your archer regain control of their shot and make sure they are not punching the release. A strong repeatable shot is important and will help build their confidence.

Only reduce the poundage if they are visibly struggling – and don’t discount the physical weight of the bow playing a part. If they are struggling to hold the bow up they may be rushing their shot. Once they start to settle down and their shot has become more controlled, move them on to a target face but remain close up until they can shoot without any issues. Then start to gradually move further back until they can maintain their release and aim simultaneously at any distance. It’s important you don’t rush this process. To permanently fix this problem you must ensure their new, slower shot routine is well rehearsed and has become second nature.

To get more tips from Duncan, go to www.duncanbusbyarchery.com

Top Tip: Know what’s in your food.

Nutrition: food labels

Words: Jackie Wilkinson

I am a person who tends to move at speed. This is not always a good thing, as I found out when I whizzed round a corner in a supermarket and didn’t spot a huge sticky mess where someone had dropped a glass jar of tomato sauce. Stranded with a red foot, I talked to a lady who wanted too make pizza but was confused by the sauces’ food labels. She interpreted the carbohydrate content as added sugar and wrongly concluded that ready-made sauce in a jar would be better for her than tomato puree.

For me, the list of ingredients matters more than the nutritional breakdown. Here are the four things I avoid:

1. A list of ingredients: fresh, natural foods don’t have one!
2. Added sugar: it might appear several times on one label (look for words ending ‘ose’ and terms such as modified maize starch).
3. Sunflower oil/vegetable oil.
4. Chemical additives: emulsifiers, stabilisers, artificial colours and flavours including sweeteners (which are as bad as sugar).

Next time you reach for food in a jar, packet or box, pause to consider whether you could avoid eating so much sugar, vegetable oil and additives by making a cheaper, healthier version yourself starting with fresh, natural ingredients. For more information go to www.learntoeatwell.co.uk

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Stabiliser set up

One of Archery GB’s rising stars, Patrick Huston, answers your recurve questions.

Q: There are lots of different stabiliser set-ups around. Why? And how do they affect the bow?

A: This is a massive topic. I can only scratch the surface here and outline the main points. If you want to know specifics, please get in touch.

There has been a big change in the use of stabilisation on bows. It used to be about how the bow reacted after the shot, and reducing vibration. These are still important but aiming and the holding pattern of the bow are now paramount. By holding pattern I mean the movement of the sight pin at full draw.

If we look at set ups used in international competition, you will see a larger amount of weight being used on stabilisers. This is because a heavier bow will hold steadier.

I must warn you about being careful when adding mass weight to your bow. There is potential to damage your shoulders or cause long-term injury. Make sure to discuss your changes with an experienced coach and work with them to ensure you shoot a set up best suited to you.

You can shoot well with a light set-up. The Korean women shoot incredibly high scores often with only a single cap weight on their rods. These set ups usually have between 2-inch and 6-inch extender and a flat angle v-bar.

The second change is having no extender between the bow and the v-bar. This often coincides with having the v-bars angled downwards. These set ups will have more weight on them as the mass is closer to the bow.

Why would you choose these? Having an extender in the bow will usually make your holding pattern smaller but faster. No extender opens up your holding pattern a little but is slower. An extension pushes the centre of gravity further from the bow. The bow will feel more front heavy and hence roll faster after the shot.

An adjustable v-bar is an invaluable piece of equipment. The main use is to angle down the v-bar set. This has the effect of lowering the centre of gravity of the bow, which can be useful if canting is an issue. A lot of people now shoot like this because of the enhanced stability of the bow.

There is a lot more to be said on this issue. As mentioned, if you have specific questions, please email magazine@archerygb.org and mark it for my attention.
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Stopping the slide

Fancy getting into longbow but want to know more? Or do you have a question about equipment or technique? Then longbow archer and coach Dean Hirst is on hand to help.

Q How can I stop the arrow from sliding off my bow hand while drawing the bow?

A There are a few reasons why this can be a problem – big hands, long fingers, narrow bow and such like. An effective way of stopping this is to alter the shape of the finger the arrow is resting on. Hold your bow as though you were going to shoot, raise it up and look at the slope of your index finger where the arrow will rest. If it slopes away from your bow, then there is a tendency for your arrow to follow it, sliding away from the bow. You need to make a platform with a slight slope inwards towards the bow. That way the arrow will fall slightly inwards, towards the bow.

To do this, the flat pad of the index finger needs to be repositioned so that it is on the centre line of the hand grip, down the back of the bow. Hold the bow lightly, then rotate your bow hand so that the knuckles form a line about 45 degrees down and away from your arrow. Look at your index finger, it now forms a small slope inwards towards your bow, for your arrow to rest on. It also puts your wrist in a better alignment.

Keep this light grip when shooting, holding only with the first two fingers. The third one touches and the little finger is off to the side. Do not be tempted to try and correct the problem with a glove, it just causes lots of drag on the arrow, slowing it down.

Q What is the correct spine of arrow for my 48lb Bickerstaff bow? I am right handed and with a 28-inch draw length. At 60 yards I have to aim my bow half way between my boss and the boss to the right. I have arrows spined at 35-40lb but they seem way too stiff. Can you offer any suggestions?

A There is a rule of thumb that says you need an arrow spined at 10-15lb less than your bow weight. The real answer is that it depends entirely on how you shoot. Alignment, string picture, release, the speed and width of your bow, how much the head is rotated, physical dimensions of the head and hand position. Basically, it is how much work your arrow has to do to straighten up in flight, or how much it has to bend to get round your bow. Some archers expect arrows to be able to correct these things.

I suggest that if you are aiming that far off the target you should ask a club coach to check and help with other aspects of your shot. It’s probably not the arrows.
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Loughborough
Leicestershire LE1 1RW
Phone: 01509 233555
Email: support@merlinarchery.co.uk

Merlin Archery County Durham
Tindale Crescent
Bishop Auckland
County Durham
DL14 9SL
Phone: 01388 600078
Email: countydurham@merlinarchery.co.uk

www.MerlinArchery.co.uk
Tony George examines some of the issues facing older archers

As someone nearer 70 than 17 I have reluctantly had to accept that my best scoring days are over. However, it has posed another set of questions. Magazines and books are full of coaching advice for those seeking to improve in archery but they seldom look at those in decline and trying to understand what can be done to minimise this effect.

I have lost count of the number of my peers who have given up the sport because they cannot perform as well as they once did. I think liking archery is reason enough to remain in the sport but why do the scores I once took for granted now appear almost out of range?

Let’s look at three areas that affect me and, I suspect, others.

**Visual:** While I have been short-sighted for years, my usual visit to the optician proved that, so far, I had avoided the age related eye disorders like macular degeneration, cataract and diabetic retinopathy. But the visit still solicited the statement that “I’ve done the best I can for you now.” The truth is that visual acuity declines and, even with correction, you still cannot focus quite as well as you did 20 years ago.

**Physical:** Muscle loss begins in your 30s and accelerates, so it becomes even more important to take adequate exercise is taken to keep as much muscle as possible. The alternative is a downward spiral of lessening limb poundage. Add to that the loss of flexibility which means that if you cannot swing the shot in line and on to the back muscles then your shots will remain held on your arms with all the resultant variations in target shot position.

And there are other factors. It used to take a day or two to physically recover from a soaking while shooting. Now it takes days. Entering a tournament now takes much more planning and, if the weather is really bad, is it in my best interest to avoid shooting altogether?

**Mental:** The motivation to always be better has been replaced by a liking to be there. Do we become less competitive as we age?

So what, if anything, can we do about it? We can make sure we have the best eye care and prescriptions. We can head down to the gym or leisure centre regularly. But mentally, it’s a different proposition. I know why I still shoot. I believe I need to learn to be better than ever because I no longer have the poundage to help me. It is this that drives me on. If you want the best out of your body you need to treat it the best you can as any lack of effort will be found out in your performance.
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Sparkling debuts
Young and recently injured seize their chance

Youngsters – and people who have sustained recent injuries – have seized the opportunity to make sparkling archery debuts.

Children with a variety of impairments took part in a Time to Shine event at the Stoke Mandeville Stadium. They were given the chance to try different sports, including wheelchair basketball, rugby, judo, fencing and archery. And it was archery that kept them coming back, keeping Helen George, Fred Stevens and Maureen Ritson busy coaching and giving details of how the youngsters could contact their local clubs.

Fred and Helen were back a few days later, together with Tony George, for the Spinal Games. Many of those taking part are newly injured and, for some, it is first time out of hospital. Spinal Units from Scotland, England, Ireland and Wales attended. Participants had a go at swimming, wheelchair basketball and rugby, fencing, swimming, tennis, athletics, rowing and table tennis as well as archery.

Twenty-nine registered for the archery competition but that figure quickly rose to 50. Others had a go too, bringing the final number to around 80. That meant the number of arrows each archer shot had to be limited – but that did not stop fierce competition between the units.

And there was a special prize at the awards ceremony. Stoke Mandeville’s Spinal Unit won the Harry Metcalfe Trophy for team spirit and sportsmanship.

Helen thanked Stewart Jeeves and all the WheelPower staff and volunteers, along with staff from the Stoke Mandeville Stadium, for their help and support.

Want to know more about working with visually impaired archers? Then go along to a special coaching weekend on 1 and 2 August. It has been set up to help coaches understand more about techniques and equipment and will give them the chance to work with visually impaired archers to find out, first hand, exactly what they need.

It is being hosted by the archery club at the Sheffield Northern General Hospital in the Osbourn Building (spinal injuries). It costs £10 to attend and you can find out more by contacting S.Habgood@virgin.net.
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 October 2015.

The proposed rule change (changes in blue):

408. Regulations for the Worcester round

(a) The Rules of Target Archery – Indoor shall apply except as enumerated in the following paragraphs.

(b) Target Faces. The target face used shall be either:

(i) Full size. Being circular 40.64cm (16in) in diameter composed as follows:

a. A circle in the centre 8.13cm (3.2in) diameter ringed by four concentric bands, the breadth of each measured radially being 4.064cm (1.6in).

b. The centre circle shall be coloured white and the four concentric bands black. The concentric bands shall be divided by white lines. Each of the white dividing lines shall be of no greater width than 1mm (0.04in). Such dividing lines shall be entirely within the higher scoring zone.

(ii) Five-centre. These faces have the same dimensions as the full size face but with the three lowest scoring zones removed, leaving just the central white zone and the innermost black zone. Each set comprises five small faces arranged symmetrically with one central face surrounded by four faces in a square pattern positioned at the top left, top right, bottom left and bottom right, all on a white background. The minimum distance between the scoring zones of two faces shall be 2cm.

The tolerance on the diameter of each scoring zone shall be ±2mm.

(c) Shooting

(i) Rule 304(b)(ii) (rotation) will not apply to this round.

(ii) Five arrows shall be shot at an end. Each archer will shoot his five arrows before retiring from the shooting line.

(iii) One end of sighter arrows shall be shot.

(iv) In the event of an archer shooting more than five arrows at an end the archer shall be penalised by losing the value of his highest scoring arrow(s) in the target.

(v) The maximum number of archers on a target boss shall be four.

(vi) Four minutes shall be the maximum time for an archer to shoot an end, the time to start from when the archer steps on to the shooting line. Rule 403(d) (Record Status timing) shall not apply to this.

(d) Scoring.

(i) The scoring points for hits on the full size target face are: 5, 4, 3, 2, 1, reading from the centre white circle.

(ii) The scoring points for hits on the five-centre target face are: 5 and 4, reading from the centre white circle.

(iii) When using the five-centre face rule 404 (b) will apply if more than one arrow is in each scoring face.

(e) Recognised round

(i) The round shall consist of 12 ends (60 arrows).

(ii) The distance to be shot is 20 yards.

(iii) Each boss shall hold four target faces.

(iv) Target faces shall be arranged thus:

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(v) Two archers of a group shall shoot five arrows; the second group shall then shoot their five arrows.

(v) The first group of two archers shall shoot at the higher targets; the second group at the lower targets.

(vi) When all archers have shot 30 arrows those who have been shooting at the lower targets shall change to the higher ones and those who have been shooting at the higher targets shall shoot at the lower ones, thus those who have been shooting on targets 1 and 2 shall shoot the remaining 30 arrows on targets 3 and 4 retaining their same shooting positions.
It’s almost time!
Renewals season draws close

Membership renewal time is approaching fast and club secretaries should be getting their paperwork from July.

Archery GB will do its best to get membership cards to you by the beginning of October but to achieve this, it needs club secretaries to return renewal paperwork as quickly as possible. The goal is to have it all by 1 September. After that renewals will be dealt with in receipt order and the aim is to process them, and all membership applications, within 28 days.

Membership Services Manager Freddie Collier said: “To forecast a year end membership figure, I keep monthly running totals of our membership numbers. By the beginning of May 2012 we had processed 31,000 membership cards, at the same time in 2013 we had processed 38,000 cards, by May 2014 we had processed 40,480 cards and by the beginning of May this year we had processed 41,250 with no backlogs.

“We can see the growth is continuing and I am confident that this year our membership will have grown to over 46,000. I am extremely proud to report that this has been achieved at the same time as reducing our Membership Services overheads and staff costs.”

One of the highlights of the AGM and Membership Conference is the presentation of Archery GB’s national awards. At the moment some – the Hartwell and Gussy trophies – are voted for by clubs, some by the Awards Committee and Plaquettes are decided by the Board.

At the October Board meeting, to ensure fairness and objectivity, the Board decided that, starting at the 2016 AGM, the winners of all these National Awards would be decided by the Awards Panel. The panel will consist of three volunteers and a senior member of the Archery GB staff.

If you would like to volunteer to be members of the Archery GB Awards Panel, please contact Freddie at freddie.collier@archerygb.org.

The date is set!

It’s time to get your diaries out because the date for next year’s Membership Conference and AGM has been decided. It is being held on 16 April at the Bisham Abbey National Sports Centre (off the M40 south of High Wycombe). If you have a topic you want discussed at the Membership Conference, get in touch with Freddie at freddie.collier@archerygb.org.
Strength in depth

Archery GB has further strengthened its Board by adding three new Directors who bring the experience and skill sets needed to meet future challenges. They are: co-opted member Simon Cordingley and independent Directors Mark Davies and Neil Armitage.

Simon Cordingley
Simon is a coach and Chorley Bowmen’s Development Officer. As a professional trainer, coach and mentor he has experience of developing individuals and teams. He is passionate about providing clear and accessible development opportunities and minimising barriers to those who want to help others progress within the sport.

He is an environmental practitioner who runs two international, training and consultancy companies. He has built and developed commercial and membership-based organisations and has direct experience of implementing effective governance and management practices.

Mark Davies
Mark started his career in the City as a bond trader but switched focus in 1998 to work for BBC Sport, presenting sports news bulletins on Radio Five Live. Two years later a former colleague asked him to help set up a new business called Betfair.

He said: “We launched with a little team of seven, and floated the company a decade later, by which time we had 2,500 people working for us all over the world.

“Among many roles I played at Betfair, I was responsible for putting together the Memorandum of Understanding that we signed with 42 National Sports Governing Bodies during my watch. I come from a sporting family, with a sister who worked with the IOC through two Olympic cycles and a dad who has spent almost his entire career covering sport for BBC Television, so I am delighted to be getting more involved.”

Neil Armitage
Neil is an experienced marketing professional with success in communications, building brands, markets and sales, who has worked in UK and overseas operations. He has a management consultancy business, has been a Director for 20 years and has spent 15 years in the financial services sector.

He is a mentor and business coach to a number of organisations adding value strategically and operationally. He has also developed businesses outside the UK, co-ordinating cross-border teams.

He said: “I’ve been involved with Archery GB since 2010, organising commercial sponsorship of the Performance Team by Foresters Friendly Society, up to and including London 2012. I look forward to helping develop Archery GB as a world-class governing body and encouraging many others to take up the noble sport.”

Case Management Panel update

The Board asked the CMP to consider how to deal with inappropriate behaviour directed toward the volunteer workforce, Chairs of Archery GB National Committees may lodge a complaint without being charged the associated fee. This change will be incorporated into the Disciplinary Policy as part of its cyclic review in October of this year.

David Sherratt
Chief Executive
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Photos: Jen Von der Weide
All change!
Now judges can officiate at every event

The document that outlines what judges have to do to reach each grade – the J10 – has been modified. But what does this mean for tournament organisers and archers?

In the past there have been dedicated target and field judges, now that has changed. They are now judges of all disciplines and will be able to officiate at all events. The grade of judge required to be the Chair of Judges remains unchanged, but a judge who had two grades, one field, one target, will now operate at the higher grade they had earned.

The rules may be different, but the skills needed are the same and judges will ensure that they are up-to-date before accepting an appointment or invitation to an event.

It means judges at different grades no longer have to start at the bottom to reach national in a second discipline. And tournament organisers now have a wider pool of judges available in their area – which might help them cope with the increasing number of shoots. They might even be contacted by judges offering their services because they want to broaden their experience!

If you need help finding a judge, don’t forget your Regional JLOs are always available to assist and point you in the right direction. Their details are on the judges pages of the website.

Youth to the fore

Archery GB’s new Youth Judges have been busy all winter and are ready to test their skills at outdoor events.

They are at the events as judges and have all the authority of an adult judge, so don’t be surprised if, when you call for that arrow value, it’s one of our Youth Judges who comes along with the magnifying glass!

You can see them in action at our top youth events this year working alongside the National Judges at the Junior Masters, JNOC and the National Series Finals.

Now recruiting...

Following the seminar for the Youth Judges all new Candidate Judges will have to complete the two-day seminar prior to assessment. Are you an experienced judge who wants to train the future? Are you an archer or a parent who has experience in training others? We are putting together a course to be delivered in each region and need people to train it.

We are also looking to standardise the practical assessments across the country and are looking to form a team of assessors. This will consist of the experienced judges who do this on a regular basis for us already, but it could also include others who have assessing experience.

If you are interested in either of these roles, we are aiming to put the courses together and roll them out towards the end of the year. Please email chairman.judges@archerygb.org.
**TOURNAMENT DIARY**

**TARGET**

04/07/2015

**NT WRS Archery GB Junior National FITA Star**
Round: Lades & Gents WA 1440, Metrics I-V
Venue: Lilleshall National Sports & Conference Centre, Shropshire TF10 9AT
Contact: Chrisi Mistock
Tel: 01780 450305
Email: junioroutdoor@archerygb.org
Web: www.archerygb.org

04/07/2015 – 05/07/2015

**WRS 2015 Commonwealth Champs**
Inc Senior Eurotournaments
Round: WA 1440, WA 50m, Olympic
Venue: Edinburgh University Playing Fields, Perthmerl, Edinburgh
Contact: Norrie McLean
Tel: 01968 687169
Email: cumbank1@btinternet.com

**WRS Cloghill IFP Fest 2015**
Round: WA 70m, WA 50m, Olympic, Compound Match
Venue: Redbourne Community College, Ampthill
Contact: Paul Crane
Tel: 01525 630641/07787 558140
Email: outdoor.tournaments@cloghillfco.ac.uk
Web: www.cloghillfc.co.uk

**WRS NCAS/YAA Double FITA Star**
Round: Lades & Gents WA 1440
Venue: Racecourse North, Upton, Chester CH2 4EU
Contact: Andrew Neal
Tel: 01757 249233 (after 6pm)
Email: an Neal@blueyonder.co.uk
Web: www.yorkshirearchery.co.uk

05/07/2015

**NT UKRS Archery GB Junior National Outdoor Championships**
Round: York, Hereford, Britstols I-V
Venue: Lilleshall National Sports & Conference Centre, Shropshire
Contact: Chrisi Mistock
Tel: 01780 450305
Email: junioroutdoor@archerygb.org
Web: www.archerygb.org

**UKRS Cheltenham Summer Tournament**
Round: York, Hereford, Britstols I-V
Venue: National, Short National, Junior National, Short Junior National
Venue: Oakleaf Field, Cheltenham Racecourse
Contact: Edward Kain
Tel: 01242 650025/07805 035936
Email: e.kain@btinternet.com
Web: www.cheltenhamarchers.net

**WRS Chester FITA Star**
Round: Lades & Gents WA 1440
Venue: Cheshire Sports Club, Mornings Lane North, Upton, Chester CH2 4EU
Contact: Fiona German-Lloyd
Tel: 0151 356 4132
Email: pandtop@gtworld.com
Web: www.ccbarchery.co.uk

**UKRS Southampton Summer Rose**
Round: York, Hereford, Britstols I-V
Venue: Hardmoor Sports Ground, Eastleigh
SD90 9HF
Contact: Matthew Hicks
Tel: 02380 550158/07780 454283
Email: mишьiaw@hotmail.com
Web: www.southamptonarcheryclub.org

11/07/2015

**WRS 8th Southern Counties Junior Tournament**
Round: WA 1440, Metrics I-V
Venue: Mill Road Sports Ground, Colchester CO4 5JF
Contact: Dennis Saville
Tel: 01787 73739/07889 914730
Email: dennissaville@btinternet.com
Web: www.colchesterarcheryclub.org.uk

**UKRS Bowmen of Warfield Junior Open**
Round: Short Metrics I-V
Venue: B.O.W. Range, Hill Farm Lane, Binfield RG42 5NR
Contact: Matt Shaw
Tel: 0118 942 4047/07920 231049
Email: mattmshaw64@yahoo.co.uk
Web: www.cheshiresaarchery.org
Notes: Click on cheshire website calendar for events and entry forms

11/07/2015 – 12/07/2015

**NS WRS National Series Stage 3 & 4 Hosted by Survey**
Round: Double WA 70m, WA 50m, Olympic, Compound Match, WA 1440
Venue: Kingston University Sports Ground, Old Kingston Road, Tolworth KT4 7QH
Contact: andrew@triblee@blueyonder.co.uk
Tel: 020 8175 8536/07558 461616
Email: andrew@triblee@blueyonder.co.uk
Web: www.surreyarcheryweekend.org
Notes: change of email address

12/07/2015

**WRS Bronte Double**
WA 1440
Round: Lades & Gents WA 1440, Metrics I-V
Venue: Appleby Bridge, Bradford
BD10 0NR
Contact: Gareth Allen
Tel: 07714 645039
Email: gallent044@icloud.com

**WRS SAA Northern Area Double**
FITA Star
Round: Double Ladies & Gents WA 1440, Metrics I-V
Venue: King George V Park, Dee Street, Banchory AB31 5HT
Contact: Malcolm Alexander
Tel: 01674 630399/07718 913872
Email: grahamplowmen@easysnet
Web: www.wirrarchers.co.uk

12/07/2015

**UKRS 2nd Caswell Trophy Shoot & Open**
Round: WA 1440, Metrics I-V, Long & Short Metrics I-V
Venue: West Lodge Rural Centre, Desborough, Northamptonshire NN14 2SH
Contact: Colin Thwaites
Tel: 01353 726003/07735 238182
Email: colin@icarl.org.uk
Web: www.targetcraft.org

**UKRS Chelmsford Tudor Rose**
Double WA 70m
Round: WA 70m, WA 60m, WA 50m
Venue: Whitle College
Contact: Neil Bahare
Tel: 01245 478332
Email: competitions@t-c-r-a.co.uk
Web: www.c-t-r-a.co.uk
Notes: Date Change from 28 June

**UKRS Exmouth Archers Open**
Round: York, Hereford, Britstols I-V
Venue: Withycombe Raleigh Common, Exmouth
Contact: Tim Pratt
Tel: 01395 273498/07721 463808
Email: timpratt1@live.co.uk
Web: www.exmouth-archers.co.uk

**UKRS Nottingham Open & County Championships**
Round: York, Hereford, Britstols I-V
Venue: Maybombe Cottage Field, Lower Kirkington Road, Southwell, Nottinghamshire NG25 0RR
Contact: David Salmon
Tel: 01636 815341/07704 084989
Email: d.salmon070@btinternet.com
Web: www.sherwoodarchers.org.uk

**UKRS Nottingham Open & County Championships**
Round: York, Hereford, Britstols I-V
Venue: Maybombe Cottage Field, Lower Kirkington Road, Southwell, Nottinghamshire NG25 0RR
Contact: David Salmon
Tel: 01636 815341/07704 084989
Email: d.salmon070@btinternet.com
Web: www.sherwoodarchers.org.uk

**UKRS Wenlock Olympic Games**
Round: Western
Venue: Budlawes Power Station Sports Field, Ironbridge, Shropshire
Contact: John Leach
Tel: 01743 341984/07805 704134
Email: darwinhouse@hotmail.com

**WRS Wiltshire FITA Star**
Round: Lades & Gents WA 1440, Metrics I-V
Venue: Supermarine Sports & Social Club, Swindon, Wiltshire
Contact: Joan Griffiths
Tel: 01934 643397
Email: joan.griffiths@btinternet.com
Web: www.wirrarchers.co.uk

16/07/2015

**WRS DMAA Championships**
Round: Lades & Gents WA 1440, Metrics I-V, Bampton
Venue: Arkleton rugby Club, Recreation Ground, Arkleton NE5 6TP
Contact: Graham Baker
Tel: 019170 535574
Email: grahambaker78@btinternet.com

16/07/2015 – 18/07/2015

**WRS Cleve WA 1440**
Round: WA 1440, Metrics I-V
Venue: Yate Outdoor Sports Centre, Yate, Bristol
Contact: Denise Bunce
Tel: 01179 854739/07717 232348
Email: deniselandgabybunce@blueyonder.co.uk
Web: www.clewexarchers.co.uk

Junior National Outdoor Championship 2014
Some text that needs to be converted to plain text format.
Field Lane, Fakenham, Norfolk NR21 9QT

Bowmen of Glen, Newton Lane, Great Glen, Leicester LE8 9AB

Cheltenham Racecourse, Cheltenham, Gloucestershire GL50 4SH

Waterside Archers, Summer Lane, Exbury, Southampton SP6 1AH

Pencinl Hill 3xgeass, 39a Corlips Road, Pencinl EH20 9EP

The Deans Leisure Centre, Longhill High School, Falmer Road, Rottingdean, Brighton BN2 7TR

TOURNAMENT DIARY

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UKRS Stourbridge Annual WA 25m
Venue: WA 25m
Venue: Waseley Hills High School, School Road, Rubery, Birmingham B45 6L
Contact: Peter Langmaid
Toll: 0121 561 3763/07950 031479
Email: tournaments@scoa.org.uk
Web: www.scoa.org.uk

17/03/2016
UKRS Clophill's 2nd Open Triple Round: Portsmouth, Wigan & Chester
Venue: Almada Sports Hall, Ampthill, Bedfordshire
Contact: Suz Bredin
Tel: 07971 137085
Email: susz14@hotmail.co.uk
Web: www.clophill.co.uk

11/03/2016
UKRS Eastern Area Championships Round: Portsmouth
Venue: Lasswade Centre
Contact: Tina James
Toll: 0131 665 4986
Email: tinascorses@talktalk.net
Web: www.lasswadearchery.co.uk

12/03/2016
UKRS NWCS Stafford & Tom McKenna Memorial Round: Stafford & Portsmouth
Venue: Belfort Royal Academy Sports Hall
Contact: Dominic Catolla
Tel: 028 90380 6779 644037
Email: ocotla@intworld.com
Web: www.nwcss.ac.uk

05/03/2016
UKRS NICS National & Bradfords Marked
Round: WA 20m
Venue: Walsall Centre
Contact: Jana Jones
Tel: 07874 284076
Email: tinascorses@talktalk.net
Web: www.walsallarcheryco.uk

06/03/2016
UKRS Lasswade WA 18m Round: WA 18m
Venue: Lasswade Centre
Contact: Tina James
Tel: 0131 665 4986
Email: tinascorses@talktalk.net
Web: www.lasswadearchery.co.uk

13/03/2016
UKRS Yorkshire Indoor Championships & Open Round: Portsmouth
Venue: Queen Elizabeth Girls School, Wakefield WF1 3XQ
Contact: Andrew Neal
Tel: 01757 249233 (after 6pm)
Email: an@agm3.co.uk
Web: www.yorkshirearchery.co.uk

14/03/2016
UKRS Wilts & Dorset Indoor Round: Combined WA 25m & WA 18m
Venue: South Ribble Tennis & Fitness Centre
Contact: Brenda Saxon
Tel: 01257 271756
Email: brenda.saxon@btinternet.com
Web: www.wiltsumark.com

19/04/2016
UKRS Worcestershire County Trials Round: Ladies & Gents WA 1440, Metrics IV
Venue: Wyre Forest Co of Ar, Arley
Contact: Mark Patterson
Tel: 01905 457486/0770 962558
Email: ccr@worcestershirearchery.co.uk
Web: www.worcestershirearchery.co.uk

17/04/2016
UKRS Droitwich Spring Tournament Round: All Warwick
Venue: Royal Grammar School, Grange Lane, Claines, Worcester
Contact: Tournament Organiser
Tel: 0845 388 1287
Email: tournaments@droitwicharchery.co.uk
Web: www.droitwicharchery.co.uk

11/07/2015 – 12/07/2015
UKRS Watership Down Field (Arrowhead) Round: FTA 24 Combined
Venue: The Warren & Peter Hastings Wood, Kingscote, Harrogate
Contact: Geoff Titchler
Tel: 07896 505082
Email: competitions@overtonblackarrows.org.uk
Web: www.overtonblackarrows.org

18/07/2015 – 19/07/2015
NT UKRS Junior UK Field Championships (Arrowhead) Round: FTA 24 Unmarked
Venue: Glyncorrput Archery Centre
Contact: Frances Coombs
Tel: 01443 421398/0790 368846
Email: tracy@comcoed.co.uk

25/07/2015 – 26/07/2015
UKRS Balliards' Mid Summer Shoot Round: FTA 24 Unmarked, FTA 24 Marked
Venue: Pear Ash Farm, Pen Selwood, Nr. Wincanton, Somerset
Contact: Andrew Rees
Tel: 01747 860383
Email: arreeisr@gmail.com

03/08/2015 – 04/08/2015
UKRS Open Shropshire Tournament Round: FTA 24 Unmarked, FTA 24 Marked
Venue: Wrekin Field, Shrewsbury
Contact: John Pettett
Tel: 0208 932 3373/07996 832496
Email: john.pettett@wrcncc.gov.uk

09/08/2015 – 10/08/2015
UKRS Edgefield Open Shoot Round: FTA 24 Mixed
Venue: Big Wood, Exmouth
Contact: Tim Pratt
Tel: 01395 273409
Email: tprratt@eclipse.co.uk
Web: www.edgefieldarchers.org.uk

11/08/2015 – 12/08/2015
UKRS Cumbria Open Tournament Round: FTA 24 Mixed
Venue: Beetham Hall, Millom
Contact: John Egan
Tel: 07572 527505
Email: eason@btinternet.com
Web: www.cumbriaarchery.com

17/10/2015 – 18/10/2015
UKRS Exmouth Open Field Shoot Round: FTA 24 Unmarked, Sun: FTA 24 Marked
Venue: Big Wood, Exmouth
Contact: Tim Pratt
Tel: 01395 273409
Email: tprratt@eclipse.co.uk
Web: www.exmoutharchers.org.uk

01/11/2015 – 12/11/2015
UKRS Northumberland Open Tournament Round: FTA 24 Mixed
Venue: Penshaw Country Park, Sunderland
Contact: Cez Chamberlain
Tel: 07795 300401
Email: cez@penshawcoffee.co.uk
Web: www.penshawarchers.org.uk

04/12/2015
WRS Essex Open Field Championships (Arrowhead) Round: FTA 24 Mixed
Venue: Colchester
Contact: Shower, Essex
Tel: 01394 457000
Email: enquiries@londonarchery.co.uk
Web: www.londonarchery.co.uk

10/12/2015 – 11/10/2015
UKRS Campascanor 1 Round: FTA 24 Mixed
Venue: Greenwich College
Contact: Eddie McClean
Tel: 020 846 25896
Email: e-mcclean@sky.com

UKRS Open Cheshire Tournament Round: FTA 24 Unmarked, FTA 24 Marked
Venue: Neston Field, Neston
Contact: Mark Patterson
Tel: 0151 338 7871
Email: mpatto@btinternet.com

10/09/2015 – 11/10/2015
WRS Essex Open Field Championships (Arrowhead) Round: FTA 24 Mixed
Venue: Colchester
Contact: Shower, Essex
Tel: 01394 457000
Email: enquiries@londonarchery.co.uk
Web: www.londonarchery.co.uk

04/12/2015
WRS Essex Open Field Championships (Arrowhead) Round: FTA 24 Mixed
Venue: Colchester
Contact: Shower, Essex
Tel: 01394 457000
Email: enquiries@londonarchery.co.uk
Web: www.londonarchery.co.uk

01/11/2015 – 15/11/2015
UKRS Coolanacron 2 Round: FTA 24 Mixed
Venue: Clontarf Country Club, Dublin 3
Contact: Eddie McClean
Tel: 020 846 25896
Email: e-mcclean@sky.com

Tournament Calendar can be accessed at: www.archerygb.org
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www.archeryworld.co.uk
enquiries@archeryworld.co.uk

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Tournament Diary

16/01/2016 - 17/01/2016
UKRS Ballyvally Snowdrop Shoot
Round: R1A 24 Unmarked, R1A 24 Marked
Venue: Whythe’s Estate, Loughbrickland
Contact: Eddie McClean
Tel: 028 406 25986
Email: e-mclean@sky.com

20/02/2016 - 21/02/2016
UKRS Ballyvally Daffodil Shoot
Round: R1A 24 Mixed
Venue: Castlewellan Forest
Contact: Eddie McClean
Tel: 028 406 25986
Email: e-mclean@sky.com

12/03/2016 - 13/03/2016
UKRS Ballyvally Shamrock Shoot (Arrowhead)
Round: R1A 24 Mixed
Venue: Castlewellan Forest
Contact: Eddie McClean
Tel: 028 406 25986
Email: e-mclean@sky.com

13/05/2016 - 13/05/2016
UKRS Ballyvally Coolcanran II (Arrowhead)
Round: R1A 24 Combined
Venue: Whythe’s Estate
Contact: Eddie McClean
Tel: 028 406 25986
Email: e-mclean@sky.com

21/05/2016 - 22/05/2016
UKRS Ballyvally Bluebell Shoot
Round: R1A 24 Combined
Venue: Whythe’s Estate, Loughbrickland
Contact: Eddie McClean
Tel: 028 406 25986
Email: e-mclean@sky.com

06/10/2016 - 09/10/2016
UKRS Ballyvally Coolcanran I
Round: R1A 24 Combined
Venue: Whythe’s Estate
Contact: Eddie McClean
Tel: 028 406 25986
Email: e-mclean@sky.com

CLOUT

11/07/2015 - 12/07/2015
UKRS Cumbria FITA Clout Weekend (Tassel)
Round: Double 1 Way FITA Clout
Venue: Fielding Playing Fields, Penrith, Cumbria
Contact: Chris Batterson
Tel: 01768 866670/07675 507586
Email: aysgarther@gmail.com
Web: www.cumbriarchery.com

19/07/2015
UKRS Ted Mallett Open Clout
Round: Double Archery GB One Way Clout (All Distances)
Venue: St John Fisher High School, Hookstone Drive, Harrogate HG2 8PT
Contact: Clive Wooley
Tel: 01357 592758/07175 507586
Email: clive.wooley@hotmail.co.uk
Web: www.harrogate-archery.co.uk

15/08/2015
UKRS National Clout Events
Round: Double One Way Archery GB Clout
Venue: John Doyle Playing Fields, Green Meadows, Apperley Bridge, West Yorkshire BD10 0NN
Contact: Tom Doyle
Tel: 01759 249233 (after 6pm)
Email: aysgarther@gmail.com
Web: www.cumbriarchery.com

29/08/2015
UKRS AGB Clout Championships
Round: Double 1 Way Archery GB Clout
Venue: Ashington Rugby Club, Recreation Ground, Ashington NE63 BTP
Contact: Graham Baker
Tel: 01670 823574
Email: graham_baker@btinternet.com
Web: www.agnetarchery.org.uk

29/08/2015
UKRS AGB Clout Championships
Round: Double 1 Way Archery GB Clout
Venue: Kettering Cricket Club, Northampton Road, Kettering, Northamptonshire NN15 7JL
Contact: Angela Bray
Tel: 01536 519119
Email: eiderduck@btinternet.com

18/09/2015
UKRS Double Clout Weekend
Round: Double One Way Archery GB Clout
Venue: Whyte’s Estate, Loughbrickland
Contact: Eddie McClean
Tel: 01536 519119
Email: eiderduck@btinternet.com
Web: www.agnetarchery.org.uk

1/11/2015
UKRS National Clout Shoot
Round: Double One Way Archery GB Clout All Distances
Venue: Kettering Sports Club, Northampton, Kettering, Northamptonshire NN15 7JL
Contact: Angela Bray
Tel: 01536 519119/07767 676001
Email: eiderduck@btinternet.com
Web: www.agnetarchery.org.uk

FLIGHT

02/08/2015
UKRS Cumbria Open Flight Championships
Round: Class A, Class C (Ladies & Juniors)
Venue: Frenchfield Playing Fields, Penrith, Cumbria
Contact: Chris Batterson
Tel: 01768 866670/07675 507586
Email: aysgarther@gmail.com
Web: www.cumbriarchery.com

09/08/2015
UKRS Northern Counties Flight Championships
Round: Class A, Class C (Ladies & Juniors)
Venue: Griffiths Playing Fields, Penrith, Cumbria
Contact: Chris Batterson
Tel: 01768 866670/07675 507586
Email: aysgarther@gmail.com
Web: www.cumbriarchery.com

16/08/2015
UKRS Northern Counties Flight Championships
Round: Class A, Class C (Ladies & Juniors)
Venue: Griffiths Playing Fields, Penrith, Cumbria
Contact: Chris Batterson
Tel: 01768 866670/07675 507586
Email: aysgarther@gmail.com
Web: www.cumbriarchery.com

Cadet selection criteria scores can only be achieved at AGB Talent Approved events.

TOURNAMENT DIARY

Archery UK Autumn copy date: 31 July 2015
Full tournament calendar can be accessed on www.archerygb.org

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Clout
Barebow
Maia Daborn Single One-Way Clout 100 yds 80
Maia Daborn Double One-Way Clout 100 yds 151
Maia Daborn Single Metric Clout 90m 143

Field
Recurve
Junior Gentlemen
Joe Fairburn FITA Unmarked Red 309
Joe Fairburn FITA Marked Red 306
Joe Fairburn FITA Combined Red 615

Compound Unlimited
Ladies
Tessy Hill FITA Unmarked Red 401
Daisy Clark FITA Marked Red 396
Daisy Clark FITA Combined Red 795

Compound Barebow
Gentlemen
Gary Hart FITA Mixed Blue 359
Gary Hart FITA Double Mixed Blue 704

Traditional
Ladies
Michaela Lake FITA Unmarked Blue 249
Michaela Lake FITA Marked Blue 229

American Flatbow
Ladies
Lesley Sleight FITA Unmarked Blue 231
Lesley Sleight FITA Combined Blue 400
Kathy Denny FITA Double Mixed Blue 176
Kathy Denny FITA Mixed Blue 104

Target
Longbow
Gentlemen
Scott Williams Vegas 379

FITA STAR
TARGET
Recurve
Senior Gentleman – 1000
Rees S Birmingham Uni 1037
Newman R Einfeld 1000

Compound
Senior Gentleman – 1300
Chapman W Glen 1316

Senior Gentleman – 1200
Beech C Menden 1293

Senior Gentleman – 1100
Podmore M Redhill 1157

FITA SILVER STAR
TARGET
Recurve
Senior Gentleman – 1100
Taylor D Lichtfield Jnr 1141

TARGET INDOOR
Compound Unlimited
Junior Ladies
Phoebe Pine Bray I 279

Junior Gentlemen
Michael Dalton Bray I 190

Ladies
Rachel Lucas Bray I 253
Diane Pople Vegas 291

Senior Ladies
Paul Meeeson FITA Marked Blue 244
Paul Meeeson FITA Combined Blue 532
Richard Powell FITA Mixed Blue 216
Richard Powell FITA Double Mixed Blue 406

TARGET OUTDOOR
Compound Unlimited
Junior Gentleman
Waltzing 537

Junior Ladies
Taronce 538

Junior Gentlemen
Gardon Brown Archery GB 529

Senior Ladies
Taronce 538

Senior Gentlemen
North Oxford 514

Longbow
Gentlemen
Scott Williams Vegas 379

Recurve
Junior Ladies
Thomas Rice Long Metric II 648

Junior Gentlemen
Adam Thomas Alston 405
James Johnson Junior Warwick 374

Ladies
Amanda Driffield Warwick 297

Junior Gentlemen
Alan Driffield New Warwick 215

Junior Gentlemen
Samuel Keet New Warwick 1003

Ladies
Penny Neaverson New Warwick 48

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e-mail: sales@targetcraft.com www.targetcraft.com
<table>
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**ROSE**

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**LONGBOW**

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**COMPOUND**

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**JUNIOR ROSE**

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**JUNIOR ROSE**

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**ARROW AWARD FOR JUNIORS**

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**GRAND MASTER BOWMAN**

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<td>1</td>
<td>Ciuch I</td>
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</tr>
<tr>
<td>3</td>
<td>Mark S</td>
<td>Ascham</td>
<td>286</td>
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**JUNIOR ROSE**

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<td>Thomas L</td>
<td>Thomas Wall Jnrs</td>
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**ARROW AWARD FOR JUNIORS**

<table>
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<tr>
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**GRAND MASTER BOWMAN**

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**LONGBOW**

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**www.aardvarkarchery.co.uk**

**Tel: 0113 256 2266**

**Unit 31g, Springfield Commercial Centre**

**Bagley Lane, Farsley, Leeds, LS28 5LY**
And as we go into the summer season, could I please ask everybody to take a little extra care when shooting outdoors? I know of at least two members who are being treated for skin cancer and we wish them a speedy recovery. Last year my club lost two members to cancer – and this is two too many.

We are all hoping for a fantastic, long summer but, if that happens, can we please make sure we take all the right precautions? Let’s adopt the old Slip, Slop, Slap advice. If you are going out, make sure you are wearing appropriate gear – many summer tops now come with sun protection built in. Slop on 30-plus sunscreen and slap on a hat. And don’t forget sunnies with UV protection. Better safe than sorry.

Have a wonderful – and safe – outdoor season and I hope to get to chat to as many of you as possible. Good shooting.

Chairman, Archery GB

Volunteers are the lifeblood of every sport and Archery GB is no exception. So can I take this opportunity to pay tribute to our fantastic volunteers and give heartfelt thanks for all the work they do?

So one of the most pleasing aspects of this year’s AGM was its focus on – and awards for – our volunteers. Last year we decided to expand the Plaquettes programme and this year it was great to be able to present awards to even more people and, in one case, an organisation.

The scheme is up and running now. Its aim is to reward everyone from coaches, judges and tournament organisers, to chairmen and to those unsung heroes your club just cannot do without. So if you know someone who deserves an award, nominate them. Unless you let us know how great your volunteers are, we cannot give them the recognition they deserve.

Of course let’s not forget the great work the staff do as well. They are a huge asset to us and I know just how much they enjoy working with and meeting members from across the country.

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