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Can you feel it? It's shaping up to be a fantastic summer! As you read this, archers are among the thousands carrying the Olympic flame towards its destination. We have the full story about how Olympians and Paralympians booked their dates with history. We also have a message. Good luck guys! You can do it!

They have been really busy – but so have you. We have tales of how archers have come to Disney’s rescue, battled against adversity and even created their own TV channel. We also have two great competitions – you can win a luxury break in Scotland or a private screening of Disney Pixar’s new film, Brave.

Whether you are celebrating the jubilee, London 2012 or gearing up for the Big Weekend we want to hear from you. And we want to hear from archers – who are you guys? In fact we want to hear from everybody.

Have a cracking summer,

Jane Percival
Editor
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Olympic vision

When former archer Glynn Thomas was posed an Olympic challenge by his local camera club he knew exactly what he was going to do. Glynn, of Wolverhampton, said: “I used to shoot target archery so I dusted off some old equipment to take this shot with the help of some glass, water droplets and a good old Union flag.”

“I’m hoping the picture and the Olympic coverage will give me a kick of enthusiasm to make me shoot some arrows again soon too!”

Rising from the ashes

Memers of Aquarius Archery Club have vowed to carry on after arsonists torched their clubhouse.

Members watched in horror as emergency services fought to save the building in East Finchley, London, on Friday 13 April.

The 1923 building and everything in it was destroyed - but Aquarius archers are determined it will not mean the end. The following day they were back shooting and ready to carry on and rebuild.

A spokesman said: “The club would like to thank the police, fire brigade and other services who did a wonderful job in making the area safe. We would also like to thank all the people who sent messages of support, offers of assistance and the loan of equipment - members, friends, archery clubs (near and far), local residents and others. It really is a huge help to us in these difficult times.”

Coaching organiser Maggie Woolf said it had been soul-destroying but there was a Dunkirk spirit and they would go on.

Beginners’ and Level 1 coaching courses have continued – with a little help from the Bowmen of Harrow – and the club is talking about its future with insurers and its landlord.

One thing is certain: its Longbow and Barebow Open Tournament on 14 July and its 39th annual Open Double American Tournament on 7 October will go ahead.

The July tournament, a Western, is suitable for archers of all standards, and offers spot prizes, longbow archers in period costume and the dastardly Sheriff of Rottingham tempting all-comers to shoot for his winner-takes-all Sheriff’s Purse.

As one club member said: “Miss it and you’ll regret it all year!”
It’s shaping up to be a busy summer for the award-winning Deer Park Archers. The club has played host to the BBC TV’s Mike Bushell – he wanted to find out about archery for his Saturday morning sports section – and coach Steph Gill had a very important date too.

Steph, the 2011 Sports Coach UK Young Coach of the Year, and her husband Dan were invited to the National Young Coach Academy at Loughborough University where she was interviewed in front of 160 promising young coaches by the Chief Executive of the Youth Sports Trust, Baroness Sue Campbell.

There is a lot of hard work going on at the club too. As well as its usual club, school and after-school activities, it has been running Level 1 coaching courses for local teachers, sports community coaches, 15 to 18-year-olds and members of Cleve Archers.

It is also running daytime programmes for adults with learning difficulties at daycare centres, a coach development process and offering continuing professional development opportunities.

Then two record breakers come along at once

Braintree Bowmen’s club record for a Bray 1 Round stood for six years – and then it was broken twice in three minutes. Ian Bugbee was the first to break Derek Lawless’s record of 283, beating it by two points. But his celebrations were short lived. Three minutes later the record was broken again by Martin Crowe with a score of 286.

Ian said: “It was the greatest three minutes of my life, breaking the club record.”

And new record holder Martin said: “The old record was 283 which I’ve equalled four or five times over the past year or so. I knew the round was going well but I didn’t add it up until I’d finished.

“The funny thing was that Ian told me he’d scored 285 when I still had three arrows left to shoot so I was determined to finish on a high. It didn’t work because my final arrow was a line cutter between the seven and eight.

“Now let’s see who can break the 290 barrier!”
Nonsuch Bowmen in Ewell, Surrey are a friendly bunch – but they have taken it to new extremes by running a rather unusual competition.

They have set-up a new postal – or rather, email – competition against the Falkland’s Archery Association, almost 8,000 miles away.

Jo Lazlo and John Clifford from the Falklands and Martin Creasey from Nonsuch Bowmen arranged the match. The Falklands fielded 14 recurve archers including four juniors – a boy and three girls. Nonsuch had 12 archers including one junior, a girl, shooting recurve, compound and barebow recurve.

The Falklands team was fairly new with sizeable handicaps compared to Nonsuch, so it was decided to devise a new handicap system, adjusting scores for the whole team. And the results were surprisingly close result. Nonsuch won with an average of 1,434 against the Falklands’ 1,427.

But it wasn’t about winning, even by seven points. It was about making friends and encouraging archers on the other side of the world. Team pictures have now been exchanged and Nonsuch’s archers are hoping it will be the start of a firm friendship.

**Gwen Skipper**
Gwen Skipper and her husband Roy first learned to shoot in London in the late 1950s and became very active in the 1960s at West Herts Bowman in Watford, achieving National Championship status and gaining the Guinness World Record for a Women’s FITA score in 1966. Both she and Roy were coaches and Roy became a National Judge and tournament organiser.

After moving to Cornwall she joined Redruth Archery Club, shot for county and won Civil Service Sports Council awards. She and Roy coached, organised tournaments and helped found City of Truro Bowman, St Mellion Bowmen and Newquay Bowmen. In 1984 they started the Bowmen of Wadebridge.

**Mike Evans**
Mike Evans took up archery when he retired and was still competing in club competitions at the age of 74. He also acted as a sports official with the Club and North Wales Archery Committees. It was, however, as a County and Regional tournament judge with the Wales Archery Association and the North Wales Archery Society that he will be most remembered.

**Obituaries**

**June Farndon**
June was an accomplished archer who with her husband Barry was a founding member of Dunlop Archery Club.

June not only shot and coached, she was also a team manager for the Great Britain Archery Team and went to the Seoul Olympics in 1988.

Team GB members Naomi Folkard and Alison Williamson paid tribute saying, “Our thoughts are with Barry at this sad time, but maybe knowing that June helped so many archers over the years will bring him some comfort.”

---

**Hands across the water**

Match signals start of new friendship
And their Mission is..?
Meet our competition winners

Andy Cranston picks up his Mission Rally bow from Kieran Carr at Clickers Archery

Andy Cranston was not having the best of days. In fact, it was probably one of the worst. His prized bow and all his archery gear had been stolen from his shed, along with his son’s, two bikes and tools. The bows alone were worth £3,000-plus. The only good news was that his wife’s bow had been found discarded in a nearby hedge. Then life got a little better. He got a call from Archery UK telling him he had just won its Mission Rally bow competition. “Are you kidding?” was his first reaction, quickly followed by: “Wow, that’s fantastic! It will replace the one I lost yesterday!”

Andy, the chairman of Blue Arrows Archery Club, Ipswich, said: “Yesterday I shot recurve but it looks like I’m about to go over to the ‘dark side’. Don’t get me wrong though – it’s fantastic and I am very grateful. I’m looking forward to trying it out.”

There was a mix of emotions too in the Greenwood household when the news broke about the identity of the other bow winner. Dad Nick was desperate to get his hands on the bow but the winner was, in fact, his 11-year-old son, Jacob.

“That’s awesome,” said Jacob, a member of St George’s Archery Club, Harrogate. “I shoot recurve so it’s going to be a big jump but I’m really happy and looking forward to it. “My dad entered me for the competition – he’s gutted – but I’m going to keep the bow for myself,” he said.

Eyes on the prize
It was quite a weekend as Barnstaple Archers struck across Cornwall.

Pete Webbe, Nick Davies, Jason Quinn, Alan Hearson and Helen Cohen-Quinn targeted the Bowmen of Bude outdoor 3D Field shoot, while Estelle Edwick and Paulette Mills concentrated on an indoor combined FITA in St Austell.

Bude had a fantastic set-up of 36 3D targets – which inspired Peter, Nick and Jason to shoot some outstanding 24 pointers and a brace of extremely troublesome first hits! Alan Hearson, shooting in the compound unlimited class, scooped another gold with 756, while Helen Cohen-Quinn took the ladies’ barebow bronze with 266.

In St Austell, Paulette Mills took gold with a score of 1,075 and Estelle Edwick the bronze with 1,051. The weekend marked the end of the indoor season – and now Barnstaple’s sights are firmly set on outdoor glory.

200 ENTER THE FRAY
Almost 200 archers took part in the Northern Ireland Indoor Championships hosted at the Banbridge Leisure Centre by Ballyvally Archery Club.

And the club did very well – its juniors took 10 of the 13 titles on offer with Molly Mathers and Craig McCreery winning the barebow section while Lauren Corbett and Michael Patterson took the traditional class. The shield for most improved boy went to Davyd Wilson. Jake Walsh and Shannon Graham are the new Northern Ireland compound barebow champions while Rebecca Lennon won girls’ compound unlimited, Emer Montgomery girls’ Olympic and Tristan Morrow boys’ longbow.

There was an equally good showing for older members who took nine out of 12 senior titles. The winners were: Robert Mallon and Ruth Gilmour (barebow), Gary Corbett and Andrea Hamilton (traditional), Bernie Scullion and Frank Mulligan (compound barebow), Valerie Sleith (longbow), Noleen Lilley (ladies Olympic) and Mel Lawther (ladies compound).

Archery’s triathletes!
Forty archers took up a triathlon challenge – shooting target field and clout – at the Osprey Triple Shoot.

The first stage for the archers, mainly shooting longbows and barebows, was the target round – three dozen at a 144cm face at 50m and 30m for juniors. That was followed by a 12 target woodsman round shot at 3D animals and a single one way clout.

Tournament organiser Mark Wooton said: “A great fun filled day was had and all went home with a memento of the shoot as Osprey Archers is celebrating its 40th anniversary this year.”

Full results are available at www.ospreyarchers.org.uk

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Bowman's Guide 2012 - 2013
Greetings to all members of Archery GB. I have already received some correspondence and am hoping that when you take part in the sport, at whatever level, you will develop an historical outlook. Remember that anything that happened before today is history! If you have photographs which capture the essence of archery or a particular occasion, we would like to see them. If you have access to a historic document, poster, announcement, target list or trophy, let me know. Can you write or have you seen an evocative description of a shoot?

I wish to bring all of these together at Lilleshall to form an archive, so all who come after us can appreciate how archery has evolved. Modern target archery has its roots in the annual Grand National Archery Meetings which began in 1844, and those competitions, in turn, derived from 18th century country house. There is a continuous line going back to the reign of Henry VIII and the publication, in 1545, of Roger Ascham’s Toxophilus, both a manual and a celebration of recreational archery.

The first proposal for a truly national meeting came from George Milner at Hull, in 1834. It was Henry Peckitt of the Thirsk Bowmen and the Rev John Higginson who brought this to fruition in 1844. The venue was York, easily accessible by the expanding rail network.

The remit of the Grand National Archery Society, now Archery GB, covers all aspects of archery in Britain up to international and Olympic competition. We need to reflect this in our archive. Success in establishing the archive depends on you and I look forward to hearing from anyone with items to offer.

When Chippenham Archers found out that member Pauline Burfitt was to represent Great Britain as a self-funded archer in the Cyprus European Archery Grand Prix they wanted to try to help. So they decided to give the profits from the club’s April Double FITA towards the cost of the trip and extra equipment – and then contacted local and regional businesses asking for prizes.

The plan worked. They gathered more than 70 prizes and sold over £350 worth of raffle tickets. Then the club threw in all the proceeds from the sale of refreshments and tucked a £50 voucher into the flowers they presented to Pauline for being the Lady Paramount at the shoot.

In the end the club raised £500, enabling Pauline to buy a new set of arrows with a little left over to help towards the trip.

Club Chairman Lynda Moss said: “Pauline, who was overwhelmed by the generosity of everyone involved, even got lucky in the raffle and won a beautiful picture of a heron painted by a club member, so she now has a permanent reminder of everyone’s fantastic support. “The whole thing says a lot about the warm and generous people who stand on our shooting lines.”

Honours were heaped upon Hillingdon Archery Club as it celebrated its third anniversary at its Mayor’s Awards ceremony.

The awards celebrated the outstanding achievements of people in Hillingdon and club members and coach Simeon Keenan received special badges and Olympic tickets for taking seventh place in the London Youth Games.

Special thanks went to George Wheeler, Simon Passey, Daragh Doyle, Ross Hallam and George Tushingham for doing so well. Club members also turned in a cracking performance at the Middlesex County Archery Association Indoor Championships. The Mayor of Hillingdon, Councillor Mary O’Connor, and County President, Colin Okin, were invited to a shoot and awards presentation at its Brunel University sports hall base.

Black County Badges were awarded for the Middlesex County Short Metric League to Mark Passey, William Jones, Simon Passey and Huw Hallam.

Mark Passey, William Jones, Simon Passey and Huw Hallam came second in the Handicap Team Event for the County Short Metric League 2011 and were awarded the County Team Shield.

Mark Passey also won the Silver Arrow trophy for the highest individual score at the indoor championships and the club’s President Cup was awarded to Michael McGill.
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When Northampton Archery Club decided to raise money for Sports Relief it had one target – to shoot at least 10,000 arrows in a 24-hour shootathon.

Members started at 10pm with incredible enthusiasm and, 10 hours later, they were still going strong – even the juniors. They even had enough energy to teach Northampton’s Mayor and Mayoress, Jamie Lane and Victoria McKee, a little about the sport – and to devour hot bacon butties.

The shoot started at the Carlsberg Sports and Social Club but, at 10.30am, reinforcements arrived at the club’s range at John Ashby Sports Hall, Moulton College, to join in the fun.

At 4.07pm, they achieved their initial goal as the 10,000th arrow slammed into the target face. Six hours later, it was all over. An estimated 12,617 arrows had been shot and the club had raised more than £2,000 for Sports Relief – not bad for a day’s (and night’s) work.

Many archery clubs have a long, illustrious and interesting history - but how many can trace their links as far back as William the Conqueror?

Burton Constable Company of Bowmen can. There has been archery at the club’s home since King William created the title Lord Paramount of Holderness – with the proviso that the holder provided the king with 350 archers whenever required and that they were also used to gather taxes.

The hall, nine miles from Hull, has been through several transformations – Capability Brown created its gardens – and is now owned by the Burton Constable Foundation. The title has stayed in the Constable family, as have the links to archery.

Burton Constable Company of Bowmen was set up 48 years ago and its present secretary, Graham Stark said: “We’re very lucky. We have a small, very friendly club and, we think, the most beautiful clubhouse in the world and the best venue there is!

“On Sundays we shoot on the green right in front of the hall and during the week we have a field a few yards away.”

The club, which has senior, junior and disabled sections, was formed when Hermes Archers lost its grounds and was invited by the then Lord Paramount John Constable and his wife, Gay, to set up in its grounds. The first secretary was Punch magazine cartoonist William Sillince and he was succeeded by award-winning Master Bowyer, GF Thorley.

“The house is well worth a visit – and you are welcome to join us. We shoot on Tuesday, Wednesday and Friday evenings from April to September and on Saturday and Sunday afternoons throughout the year.

“You won’t have to pay, just produce your Archery GB card. No equipment with you? No problem. We will lend you a recurve or longbow but we are sorry, compounds are not allowed.”
A sincere thank you to those of you who made it to our AGM, held for the first time in London. It was nice to see some new faces and I have had good feedback about the idea of taking it around the country.

The tour of the Olympic Park was a highlight but, before that, we had some healthy debate on resolutions. I am a firm believer that constructive debate is the best way to deal with the issues that I know some people feel strongly about.

I am really keen for more members to be involved, vote, and to attend an AGM. After all, we are here to serve the members – and we want to hear how you consider we are doing.

All the resolutions at the AGM were passed, including a rise in membership fees. Obviously we do not take decisions like that lightly, but £3 for individual members is less than the price of a pint of beer, and not much more than a coffee at Starbucks. That is not to trivialise it but to put it into perspective, especially as this is the first rise since 2009.

I am pleased to report Archery GB clubs now have Employers’ Liability cover. Volunteers who regularly perform the same task (mow the grass and so on) can be seen as employees, so we have taken the necessary steps to address that.

And, staying on administration, about 600 CRB forms were processed by Membership Services in 2011 but 80 per cent of these had to be returned as they had been incorrectly completed. We have met an online provider and a pilot is now under way to make this process simpler and speedier for our members.

I am sure all members will be cheering our Olympic and Paralympic archers in London. The final Olympic selection shoots were a triumph, with 2,000 schoolchildren creating all the noise and atmosphere our archers can expect at the games. They got very wet but the archers really appreciated it and, should we win medals, those children can say they helped achieve it!

I was very impressed by the Paralympic Test Event of the Royal Woolwich Barracks. Congratulations to medalists Dani Brown, John Stubbs and John Cavanagh. Again the weekend was blighted by the weather but it was with great pride that I saw Dani play a significant part in the official opening ceremony of the Olympic stadium. A coup for archery.

And finally, a warm welcome to new member of staff Tanya Williams, who will be job sharing with Membership Services Officer Barbara Barrett. But, to balance that, a sad farewell to Marketing Manager Catherine Collier. I would like to thank Catherine for everything she has done since she joined us 14 months ago and I wish her well in the future.

Have a great summer. And fingers crossed for some sunshine!

David Sherratt
Chief Executive

Fitting reward for hard work

Adam Kenyon receives his medal from Bob Beaney

Archery is full of unsung heroes, remarkable volunteers who work long and hard for the sport without any reward.

But the Southern Counties Archery Association thought one man’s work had to be recognised and has awarded a limited-edition 150th anniversary Presidents Medal to Adam Kenyon.

Adam, who has only been shooting for 10 years, is the founder member and head coach at the Sittingbourne Community College Archers. His juniors have achieved remarkable results, he volunteers at the college and at have-a-go events at the Kent County show, at Doddington Place Gardens and throughout the region.

Adam also organises and runs the Kent Archery Assoc’ Disabilities shoot at the college and was the Field Manager for the very successful combined SCAS Intercounties match in September.

He was nominated by Kent Archery Association and its chairman, Bob Beaney, said: ‘Adam is a credit to the sport of archery, and we could think of no one better to be awarded this medal this year, mainly as a thank you for all the work that he has done already and the things that he continues to do.’

Archery goes pop!

GB international Lucy O’Sullivan has been giving archery lessons to Radio 1 DJ Edith Bowman and singer song-writer Labrinth.

They called on Lucy’s help when they decided to prepare for the Olympic Games with a challenge in a sport neither had tried before – and chose archery.

And after some personal tuition from the reigning women’s compound National Series champion, Edith and Labrinth were challenged to pop as many balloons as possible off the target.

And there was a twist! Each balloon contained an embarrassing question. And the more balloons they popped, the more questions their opponent had to answer. The final result? Three-nil to Edith.

“It was great to beat him, but most importantly we’ve had terrific fun,” said Edith, who broadcast the results on her Radio 1 show.

And Labrinth – a.k.a. Tim McKenzie – whose debut album Electronic Earth is released next month – accepted defeat gracefully. He said: “I was beaten fair and square, obviously Edith’s more of a natural than me.”
The prize with a surprise

Winners meet Olympian Amy

The winners of a Try Archery day got a little more than they bargained for – lunch with Olympian Amy Oliver and Olympic Coach Lloyd Brown!

The lucky few had won a competition run by Archery GB’s performance partner Foresters Friendly Society in its magazine. The prize? To experience archery at Lilleshall’s state-of-the-art training facilities.

They received one-to-one coaching from Archery GB Paralympic Coach Tim Hazell and were able to watch Amy, Sean Evans, Andrew Randall and Becky Martin training.

They also took part in an archery competition and the eventual winner was Brian Head, who was there with his wife Annice. He said: “I thought and was hoping it would be a very happy and memorable day, but I think I can say it even exceeded expectations.”

“Both Annice and I really enjoyed and appreciated our time with you. Could you please also pass on our thanks to everyone involved, including Lloyd and Tim for joining us, the staff who provided a lovely lunch, the girls in the Archery GB office for their organisation and friendly reception, and all the archers for putting up with us. And, of course, Amy in particular for all she did to help make the day special.”

Foresters Friendly Society is the performance partner of Archery GB.

1. Amy Oliver meets the Foresters Friendly Society competition winners
2. Take careful aim...
3. ...and the result can be very pleasing
4. Performance Manager Barry Eley helps some of the young winners
5. And the winner is... Barry Eley presents an archery top to Brian Head

Celebrating 50 years

It’s a big year for Keith Gascoigne. He’s celebrating 50 years as a bowyer – and it’s all because of his teachers.

“I grew up in a mining village,” he said. “It was a standing joke that the mine managers went round the school, put a pit helmet on your head and, if it fitted, you were off down the mines.

“But my father worked in the mines and he said it wasn’t going to happen to any son of his.

“And I had very good teachers. I wanted to be a cabinet maker but there wasn’t anything available so they found me a job making bows.

“Not many knew there was a bowyer in the village – but my teachers did. I left school on the Friday, started work on the Monday and it has been a love affair ever since.”

Keith, who is married to former Olympic coach and East Midlands Unsung Hero Christine Gascoigne, was apprenticed to Les Howis at Marksman Archery and designed the KG1 bow which became widely used.

In 1991 he set up KG Archery, to design and manufacture award-winning bows and limbs, which have been used in the Paralympics.

He has three bowyers who have been with him since leaving school but now he is opening a new unit in Walseby, near Newark, and is hoping to employ 10.

So what drives Keith? “Every bow is a vision,” he said. “I have to create a bow from my vision. That’s what it’s all about. It’s total passion.”

A 50-year love affair with archery for bowyer Keith Gascoigne
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*152 medals won using Easton and 16 using Benen.
How do you get kids away from their games consoles and into the fresh air? Norton Archers might just have the answer.

It has joined forces with Stockton on Tees Borough Council Sports Development Team to organise an event to do just that. It was held at Norton Sports Complex and gave youngsters the chance to try archery on a giant games console and then go outside and try it for real.

Vicky Fawcett from the Sports Development Team said: “This was a great opportunity for young people to put their Wii Fit skills into action and play the sport for real. The session went extremely well with a lot of positive feedback from the participants and the coaches. With the Olympics coming soon this inspired them to put down their controls and pick up their bows and arrows.”

Nicola McCullogh, a Norton Archers coach, said: “The young people really enjoyed the whole event but were particularly impressed with the real archery experience which most had never tried before. They learned very quickly and we took them from never having held a bow to being able to have a mini competition in about an hour.”

The council team has offered possible funding for archery courses and the first year’s membership for young people who take up the sport.

A new twist

Some of you just aren’t content with achieving a Robin Hood, are you?

Chris Baigent of Southampton Archery Club is a case in point. During the South Wiltshire Archery Club triple wand shoot, he managed to splice the shaft of one of Standford Archer Alan Holder’s arrows at 140 yards.

Phil Middleton of Pastures Company of Archers, Derby, has been left counting the cost of his accuracy. He has now shot two Robin Hoods – in just over a month. The first time he was using using X7’s but the second time was much more expensive. He was shooting ACEs. Perhaps his grouping is a little too good?

Jane Percival
Blink and you’ll miss it – Peter Gregory of Gold Crest Archers was watching his son Adam shooting a longbow at 80 yards when he managed to capture this unusual shot of the arrow travelling towards the target.

If you snap any unusual, spectacular – or funny – pictures over the summer, please send them with a few details to magazine@archeryuk.org and we will do our best to publish them.

ARCHERY UK • SUMMER 2012

WORLD GAMES COUP

Belfast is to host next year’s World Police and Fire Games.

The games, expected to attract 25,000 visitors from more than 70 countries, will run from 1 to 10 August. It is the world’s third largest international multi-sport event and it is only the third time it has been held in Europe.

It covers a wide range of individual and team sports – including archery – is open to the public and it is free to go along. For more details, see www.2013wpfg.com
We have always known that archery has grace and panache and it seems that Staffordshire Life agrees! Its April cover feature five young beauties decked out in ball gowns – and bows.

The magazine wanted to highlight the county’s sporting talent, so Staffordshire junior squad members Becky Martin, sisters Lori and Katy Ankers, Channah Parker-Hamdani and Darcy Evans were given full makeovers, loaned prom dresses and photographed with their archery equipment at Shugborough Hall, the ancestral home of the Earls of Lichfield.

But one girl missed out. Pip Taylor of Lichfield Archers was taken seriously ill just before the shoot. She is recovering well.

The shoot was the brainchild of the squad’s publicity officer, Jane Green. “I noticed how we had a good number of really attractive teenage girls in the squad who we all normally see in just jeans and T-shirts and with their hair scraped back,” she said. “I thought it would be a nice experience for them to have a makeover, and an opportunity to showcase the sport in an eye-catching way that would take people by surprise and attract attention.”

Archery GB has hit a new milestone – more than 2,000 of you have signed up to Twitter to find out all the latest archery news.

The account – @archerygb – carries all the latest news from clubs, the Olympics and Paralympics and our top archers, plus competition results, scores – and even a search to find a Disney princess!

It had been building steadily – but the Olympic qualifiers proved a turning point with more than a hundred signing up over three days to follow the scores as they happened.

Archery GB’s Twitter supremo is Peter Jones, who said: “Twitter is a great forum for keeping our followers informed about archery. Hopefully archery enthusiasts can follow the latest news about our international guys n gals when they’re involved in major tournaments, but also that we can keep people informed about the sport, and promote its virtues.

“I also try to retweet posts of archery clubs as and when I see them, if they’re promoting some good news, or an upcoming shoot, and don’t forget that everything we tweet goes on the front page of our website!

“Reaching 2,000-plus followers is a great milestone, but as a National Governing body of an Olympic sport we should be aiming higher, and I hope that the Olympics, together with interest from The Hunger Games and Brave, will generate new interest in the sport, and with it, lots more Twitter followers.”

MEET THE COVER GIRLS!

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Members give plans the thumbs up

Members have given Archery GB’s directors a clear mandate for change – and have backed new plans to review the fee structure and the way the organisation governs itself.

All motions were carried at the AGM, held at the University of East London, close to the Olympic Park – although there was some healthy debate along the way.

Much of it centred on a proposal to increase fees to £46 a year for direct members, £38 for club members, £44 for junior direct members and club juniors £23, with junior block costs up to £60 and university block fees of £120.

Maggie Woolf said even with the rise, archers got a lot for their money. She said: “I’m an old age pensioner and proud of it but even with my club fees, I’m paying less than £3 a week for a sport that has given me pleasure for 35 years.”

Chairman Dave Harrison said the increases were needed to meet rising costs and to maintain and improve member services – but, when asked about differences in fees for direct and club members, said the board was looking at ways to make things simpler and fairer.

“We have discussed, at length, about a complete new membership system. We are nowhere near completion but there have been lots of proposals.

“Just to give you an idea: some of our clubs have three parts to them, a senior club, a junior club and a disabled club. Why not just have one club with different membership levels?”

He said the board was also looking at fees for juniors and associate rates for senior citizens. “We are in a transitional period,” he said, “but one piece of really great news is that we have secured a fantastic deal £5 per club deal on Employers’ Liability insurance. That means club helpers will be covered.”

The other main topic was a proposal to split the executive role of Director of Marketing and Development. Members worried that this might alter the balance of executive and non-executive directors, but were told splitting the role between people with specific skills would lead to better performance in both spheres and that it was the first step in an ongoing process which included setting up a governance committee.

Director Northern Ireland Ian McGibbon said: “We will look at look at this further and it is entirely realistic that we will come back to the members asking them to change the composition of the board again to expand the non-executive side of the house further.”

Other motions carried at the AGM included Bryan Woodcock being ratified as Director of Operations, Tim Swane being re-elected as Coaching Chairman and the election of Helen Woodcock as Junior Chairman.

Members give plans the thumbs up

A clear mandate

Changes in the way Archery GB communicates with its members, the media and the public have led to the introduction of two new AGM awards – the Archery GB Club Website and the Archery GB Regional/County Website Trophies.

The awards recognise the work being done by voluntary webmasters to spread the word about archery, keep members up-to-date and make the sport accessible to anyone who wants to find out more.

Chairman David Harrison said: “Websites play an ever-increasing role in communication at all levels in our sport, in attracting new members and keeping current members informed. Many member volunteers use their professional skills – and others are prepared to give it their best shot – to build and maintain their sites. They deal with the content that needs to be added or upgraded regularly and, of course, the web environment brings its own technical challenges.

The AGB Club Website Trophy went to Guildford Archery Club. Kevin Molloy, Guildford’s Tournament Organiser, said: “It was a complete surprise but a great reward for Simon de Kretser who put in a lot of hard work creating our excellent new site”.

Lincolnshire County Archery Society took the Archery GB Regional/County Trophy for its website.
The Hartwell Trophy for the Archer of the Year has been awarded to John Willson. John, who has just retired as Junior Committee Chairman, was praised for his work in junior talent identification, delivering archery in schools and producing archery’s GCSE programme, Duke of Edinburgh archery award scheme, progress badge scheme and introducing Club Mark to the sport.

He is also the head coach at Rayleigh Town Archery Club, chairs the Essex Guild of Archers and is the Child Protection Officer for Essex and the Southern Counties Archery Society.

Chairman Dave Harrison said: “With his genuine kind-heartedness and sincerity, John is always there to help, support and guide people on all aspects of archery and beyond and recently, Sport Essex has recognised John’s archery services by selecting him to carry the Olympic torch.”

When he received the award from President Trish Lovell, John simply said: “Thank you very much indeed. Much appreciated.”

The Jack Flinton Helping Hand Trophy for services to archery through coaching went to Dr Colin Crowley, Tommy Hodder won the Ascham Mazur Trophy.

Frederick Hedley was rewarded for his service to archery and Larry Godfrey won the Larry Godfrey won the BOA Trophy for Athlete of the Year who is also an Olympian.

Clubmark awards went to Fox Archers, Bowbrook Archers, Bowmen of Danesfield, Killingworth Archers and the Bowmen of Pendle & Samlesbury.

Commitment to members

In the 2011-2012 membership information pack, Archery GB made a number of commitments. This is the progress so far.

Membership: A Members’ Charter is to be published following consultation.

Developing the sport: Archery GB is increasing its support for clubs, helping coaches develop their skills and making sure the sport is considered at all levels of national and local policy making.

Communicating: Archery UK is now available online.

Becoming a top performer: A new talent identification programme and specialist academies have been launched.

Online access: Available soon. Final testing is under way.

A sneaky peek

The wind howled, the rain poured – but a little thing like the weather wasn’t going to stop members from getting a sneaky peek at the Olympic Park.

Ninety AGM delegates took advantage of a guided coach tour around the site. It is still a work in progress – the finishing touches have yet to be added – but the scene is now set for Team GB glory.
COME AND VISIT US!

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Acting on impulse

New Impulse™ vane from Bohning will be shooting for gold this summer!

New Impulse™ vane will be shooting for gold this summer! The result of two years of research in Aerodynamics and materials engineering, the Impulse™ vane is already making its way to the top after only a couple of months on the market.

Lee Ford of USATeam Archery will be using the Impulse™ vane during the London Paralympic games, which she recently qualified for.

“I’m so excited,” she said, “I can’t contain myself! The Impulse™ helped a lot with that too. The wind picked up during the last of the round robins and every archer during the last two matches had a hard time of it but me. The next to last match, I had the highest score, even against the recurve men! The next end was just as windy, and I shot a 101 for an extra bonus point. The vanes held up well when we had London type weather and my arrows didn’t drop in the rain.

Also, another archer and I smacked arrows on the target. Her spin vane was destroyed, my Impulse™ had a tiny lift off the arrow which I glued down and it shot perfectly fine the rest of the week. I really think the Impulse™ made a difference for me. The 1056 was also a personal best double 70 round score!

I’m going to be working hard to bring home the gold!”

Throughout the world, testers have reported higher durability, better grouping and less drifting in the wind when they have compared the ultra-low profile, composite material Impulse™ vane to their standard Mylar vane.

Although developed with recurve bows in mind, compound archers are also successfully using the Impulse™ vanes. The Impulse™ vane is available in two sizes (3” and 4”) and nine colours.

For optimum performance, the Impulse can be fletched with the new Impulse™ Tower jig. For complete test results and testimonials visit www.bohning.com
My name is Michael McCarthy. I am 12 and shoot with Royal Leamington Spa Archery Society. After five years of training and competitions I have received my first, and hopefully not last, piece of funding. This is from the Coventry, Solihull and Warwickshire Sport County Athlete Programme Bursary scheme (CAP).

During the five years I have been involved in archery I have achieved a lot of titles including the Metric and Imperial rounds at the Junior National Archery Championships last July. I continue to shoot in the County of Warwickshire squad. I am hoping to follow in my sister’s footsteps and join the Archery GB performance academy and then the development squad.

The reason I wake up at stupid o’clock and get soaked through in the middle of a field is because I enjoy competing and being responsible for my results. I also love the hot food! There is always a sense of community so when you have a bad end people encourage you to do better.

Archery is about determination and spirit. I will be buying new limbs for my bow and a quiver with some of my bursary as mine is falling apart. This money doesn’t just allow me to buy new ‘stuff’ it has also given me a huge confidence boost and has inspired me to achieve greater things, like competing in the Olympics.

A cracking result

Seventeen-year-old Mark Passey, of Hillingdon Archery Club took part in an inter-county shoot recently. This is what he thought about the day. “My brother Simon and I were chosen to represent the county of Middlesex in an inter-county Portsmouth shoot against Hertfordshire, which was held at St Albans Girls’ School.

“We felt privileged to be asked to shoot for our county and wanted to do our best. We were part of a team of four, and so were half of our county’s junior team. Once shooting was over, we counted up our personal scores which resulted in Simon having his personal best on a Portsmouth round with 504, and I had a second best with 547 – just short of my personal best by nine points.

“We enjoyed the afternoon shooting alongside each other and had a fantastic time waiting for the results. So after all that… did we win? No, but were beaten by only by 50 points (both teams got just over 2,000 points between four people).”
Hi, I’m Beatriz Taylor and I’m 16 years old. Ever since my dad started archery, I have always been interested in the beginner’s courses that our club – the Nonsuch Bowmen – runs. After completing my own beginners’ course, I have been helping out ever since. It wasn’t until the last two years that I have actually been ‘coaching’.

I decided to become a qualified Level 1 Coach, because our club coach suggested that I go on the course. Also, as a junior myself, I thought having a younger coach at the club would make juniors more willing to have a go at archery (because at the moment we don’t exactly have the youngest of coaches, and they’re all men!).

The course itself has been really good, as it has made me more confident when coaching adults. I also have learned a lot about the theory side as well as the practical, and thanks to our tutor Val Smith and everyone on the course, it has been really enjoyable. However, I do think I will wait a few years until I try to go on to Level 2.

Beatriz Taylor puts her coaching skills to the test

Harry’s Olympic dream (or how to make homework interesting)

Everyone knows homework is a pain – but sometimes it can be quite good too. Especially when it’s about something you’re interested in.

So when Harry Cudlip’s teacher asked his class to write a poem about the Olympics, he had an idea. Harry, 11, is a member of Blackpool Bowmen and was facing a long road trip to buy new gear, so he got to work. This is the result (and his teacher was pretty impressed.)

Gold, gold, gold, is everybody’s dream
To compete for your country would simply be reem.
Every British young boy, every British young girl
Would love to compete against the rest of the world.

Running, swimming, cycling, all serious fun,
A long time has past since that day in the Athens sun.
It’s now 2012, in the London rain,
I hope all my training will not be in vain.

My quiver fully loaded, my sights are set,
I draw my bow back, and pray for the gold I may get.
With a twang of my string, and a whoosh of my arrow,
The competing teams chances seem distant and narrow.

It’s gold, gold, gold, like I said at the start,
The crowd has gone wild, even the other countries start.
A perfect score for me and my team,
We’ve won the gold medal for me, Great Britain and the Queen.

I stand on the podium, with my head held high,
Looking at the union flag floating first in the sky,
My dazzling gold medal for me to keep,
Didn’t seem to be there when I woke up from my fantastic Olympic dream sleep.

Harry Cudlip working towards his Olympic dream

Did U know?

The first time British archers took part in the Olympics was in 1908. In all, 25 women and 19 men competed and they won two gold’s, two silver and a bronze medal. But it was their last chance. The Olympic Committee dropped archery from the Games and didn’t bring it back until 1972.

The woman who will start all races at the Olympics has been named!

Her name is Sonya Marks

Fuse Carbon Blade ES
is now available at Wales Archery.
T. 01291 420 321.
Meet the new chairman

Hi, my name’s Helen Woodcock and I’m the new Juniors Chairman.
Many of you know me already and I’m looking forward to meeting many more of you soon.
We have lot of exciting plans for the future – so keep an eye on these pages and the Archery GB website to find out more.
I would like to thank John for all his hard work over the past few years – we wouldn’t be where we are without him.
And one last thing – have a great summer!

Junior archers in Hertfordshire have some new badges – and some new challenges – to aim for. Stuart Barber, the county’s Junior Representative, was a bit worried that young archers were only shooting the shorter rounds so he has introduced a new scheme to reward juniors taking part in longer rounds and getting involved in more competitions.
The first winner was Phoebe Holdsworth of Hinxworth Archers. Phoebe has only been shooting for a short while, so it’s quite an achievement. Other juniors are now going for their badges – four have already done it – and if you want to have a go, ask your coach to contact Stuart at juniors@hertsarchery.org.uk for more details.

Want to bag a new badge?

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Scouts from all over Britain have been descending on Hertfordshire for the seventh National Scout Archery Championships. Around 300 boys and girls are taking part in two days of target, field and clout shoots (see below) but, most of all, they will be busy having fun. Watch out for a report and pictures in the next edition – just so you can see what they got up to!

Wales Archery Specialists
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HEARTBREAKER
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MASS WEIGHT 3.7LBS
DRAW LENGTH 22.5” - 27”
DRAW WEIGHT 40 - 50 - 60LBS

INSANITY CPXL
(ABOVE)
AXLE TO AXLE 35”
FPS 340
BRACE HEIGHT 7”
MASS WEIGHT 4.4LBS
DRAW LENGTH 27.5” - 32”
DRAW WEIGHT 50 - 60LBS

SPECIALIST
(ABOVE)
AXLE TO AXLE 37.5”
FPS 330
BRACE HEIGHT 7.5”
MASS WEIGHT 4.1LBS
DRAW LENGTH 26” - 30.5”
DRAW WEIGHT 50 - 60LBS

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LAPORTE PHOENIX ARCHERY TRAPS

Frustrating, maddening – and the best fun I’ve had in ages. If you want to plaster a smile back on your face, I suggest you try clay pigeon archery.

It doesn’t matter if you are good or bad, it’s pressure-free and, whatever the weather, you will have a fantastic time. We tried it on a muddy field, expecting downpours at any time – but it works as well in an enclosed space. All you have to do is make a few adjustments to the Laporte traps, supplied by the Clay Pigeon Company.

We tested the 65T25 archery trap which holds 65 25cm foam targets (trust me, you need that many) and can fire in any trajectory from horizontal to vertical, and the 20T33 model. That holds 20 33cm targets which are much easier to hit. Both are powered by 12-volt batteries.

There are pointed flu flu arrows for outdoor shoots and, for smaller or enclosed spaces, blunts.

To be honest, the systems are not cheap. With VAT, a typical package of a 65T25 trap, five bows and 120 flu flu arrows would set you back just over £6,700. But these traps lend themselves to have-a-gos, fairs and other cash generating opportunities. Or they can be hired for £500 a month or leased. If you, or your club, are looking for a way to spice up the summer, it could be worth thinking about. Full details are available at www.claypigeoncompany.co.uk

Jane Percival

Updates

I-A-P waterproof jacket
It may not be the most stylish jacket in the world but, over the winter, Innovative Archery Products’ waterproof jacket has more than proved its worth.

It does exactly what it says on the tin, keeping out the worst that winter can throw at you. The sleeve straps work beautifully – and I have even come to term with the sou’wester. Let’s face it, no-one looks beautiful when they are being battered by driving rain but at least the hat keeps you dry.

Any criticisms? The jacket could be a little longer. Other than that, it’s worth every penny.

Legend Tokyo Hybrid bag
Lee Whalley tested two of the bags – he used one for compound and kept a recurve in the other. The compound bag is still going strong but the recurve bag is not faring so well. “It has worn very badly,” he says. “It looks like it is over a year old not just a few months. There have been a few issues with its corners and the corners of its pockets going threadbare. Not what you would expect.”

I-A-P Three at Once Fletching Jig
Easy to use, tough – and particularly good for clubs. Our tester used it to fletch a new batch of arrows for club use and whizzed through the lot. Needless to say, it got a definite thumbs up.
The peep, by Speciality Archery, weighs only 7.5 grains – 25 per cent lighter than the original Super Peep. It is available in camo, red, green, blue, silver, black and pink and accepts all Speciality Archery apertures, clarifiers and 1/8” verifiers.

It also comes with concise instructions on how to fit it and a YouTube link showing how to secure it to the bow string. A kit containing a wrench and 1/32”, 3/64”, 1/16”, 3/32” and 1/8” apertures is sold separately.

It is well designed, all the grooves and ridges where the bowstring and securing string sit are nicely rounded and smooth, so there is no chance of the string being abraded.

The apertures are easy to fit and, while they screw in easily, once tightened up they feel secure with a good positive lock.

The peep performed perfectly adequately during the test, although I certainly didn’t notice the reduced weight from my normal Super Peep. I would defy anyone to notice a difference of 2.5 grains (approximately 1/6 gram).

The peeps are available from www.specialtyarch.com and cost around $18 (just over £11) plus post and packaging. The kit is sold separately.

Chris Wright

Gabriel Pressure Buttons

This month we’ve been taking a look at two new pressure buttons from the German archer Gerhard Gabriel courtesy of Michael Klein of InnovativeArcheryProducts. The first is the GS III magnetic. While it looks like a traditional button the GS III uses two opposing magnets rather than a spring to adjust the pressure. It has a detent system on the pressure adjustment wheel so it is possible to record the adjustments you make when tuning although it doesn’t have a micrometer scale. As you might expect from a button that costs £73 the quality of materials and construction is high and, in practice, the GS III is easy to use. It has a good range of adjustment and coped well with tuning training to competition bows. It comes with a spare plunger tip and spring and a spanner to tighten it in place.

The second is the GS II, which uses a traditional spring system with a detent wheel to adjust the pressure. Again the quality of materials and construction is high and the GS II costs £68. The difference with this system is that it doesn’t need a lock nut to adjust the centre shot distance. The GS II has a bush that is installed into the riser and the body of the button is tightened against the bush with a spanner supplied in the kit. Once the button is installed and the centre shot adjusted it is tightened up and left in the riser. The button is small enough to be left in the riser without making it too difficult to put back in most bow cases. Once installed the button is easy to tune. For more details go to www.innovativearcheryproducts.co.uk

John Percival
It’s all about the team
Strong bonds bind university archers

Teamwork has always been part of archery – but in one area of the sport this concept has been taken to new heights.

Archery in universities is thriving – a record 523 archers took part in this year’s recent British University and Colleges Sport Indoor Championships at Telford – and it breeds almost tribal allegiances.

“Sometimes it’s almost club first, archery second,” said National Director England Michael Ward who also runs the North of England Universities Archery League. “People who are compound specialists will shoot recurve if it helps the team – and then compound, if necessary.

“It’s all about the team. There’s lots of potential, lots of enthusiasm and lots of energy – and they’re not above ‘acquiring’ other teams’ mascots.”

Steven Johnson, Chairman of BUCS Archery, said: “It’s one of the most internally competitive forms of archery in the country. There is a hugely diverse range of abilities, from the GB Junior squad moving up to university down to the real backbone of novices who have only been shooting since the start of the academic year.”

Competition is based around regional leagues in Scotland, the north, the south east, the midlands, the south west and Wales, and Ireland. “These give clubs real competitive experience in an informal way and involve competitions for novices able to shoot against people of the same ability,” said Steven.

“There are 46 university clubs in the country and they are full of keen young people, which is something archery desperately needs. Many people who start the sport at university graduate and move to other clubs.

“What they do lack is experience. Many have experienced coaches assisting them but many do not. It’s disappointing. If you work with your university club you will have more young people involved in your local area and more at your competitions.”

Archery plays a key part in the annual BUCS championships, which feature a number of different sports. The points won by archers are added to those scored by the rest of their university’s teams for a final score. While the overall winners are always Loughborough University, Edinburgh was the dominant force in archery until this year when it was beaten by Nottingham.

Andrew Randall, George Harding, Chris Fry and Charlie Birch took the recurve team title with a record score of 2298. Andrew also took the gents’ title
University students make up nine per cent of membership and the ladies' went to Hannah Beasley-Suffolk of Imperial College London.

The guest of honour was Alison Williamson, (who is about to compete in her sixth Olympics,) which was appropriate as she still holds the ladies’ recurve record.

The FITA Star-status Outdoor Championships held at Lilleshall, tends to attract stronger archers. There are two factors: training can clash with exams and it takes a score of around 1,200 for recurve archers to be in with the chance of a medal. Novices can, however, take part in cadet rounds. And there are the British University Team Championships, where teams of three compete on Hit-Miss targets in a head-to-head tournament that usually draws crowds of enthusiastic spectators.

Archery GB has set up a HE development group to work with student clubs. For more information contact Kate Moss on 07587 133 894 or email kate.moss@archerygb.org

To learn more about university archery, go to www.uksaa.com or contact BUCSArcheryChair@gmail.com

Membership Breakdown

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<td>Juniors</td>
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<td>Adults</td>
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The competitive nature of the students quickly comes to the fore and still takes the advantage of placing their best. University Archery

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I enjoyed reading about Steven Pemblett’s (Beacon Archers, Penrith) double Robin Hood in the spring 2012 edition of Archery UK. It prompted me to recount the events of one sunny Tuesday evening at our Longmeadows ground last summer.

This was my first season shooting outdoors, having joined Killingworth Archers (Newcastle upon Tyne) as a novice the previous November. I was shooting recurve at 50 yards with Connor Rathbone, who was shooting longbow. It was very satisfying to be pulling out my arrows from around the centre of the boss, even if too few were in the gold.

So you can understand my disappointment when one missed completely. After the last arrow of the end, I left the line and bemoaned my wayward shot to Andrea Wilson, who had been watching us. Imagine my surprise when she said she had seen Connor’s wooden shaft collide with my carbon in mid-air!

Luckily for Connor, his arrow still hit the target although it wasn’t up to his normal standard. This was a remarkable occurrence but I didn’t realise how rare it was until I became a little more experienced. I haven’t yet met any other archer to whom this has happened. For me the most amusing aspect was Connor’s reaction on being told of the mid-air collision. He apologised! It could just as easily be said that I shot his arrow but either way, neither of us did it deliberately – now that would have been fine shooting indeed.

Gordon Dunk, Killingworth Archers

Can anyone help?
I am the Records Officer for Asheton Bowmen and have been using the Arch records programme for eight years. It has served us well and, although it wasn’t perfect, it did a good job. However there have not been any updates for some time, making things very difficult. I am now faced with keeping two sets of records, for general use and the juniors and, in this day and age manual record keeping is not an option.

Do any records officers have a programme they can recommend? If so, please get in touch via my e-mail bowmenmcr@talktalk.net and let me know.

We have a lot of clubs and I’m certain someone will be able to assist. I sincerely hope so.

Peter Carr, Asheton Bowmen

Too close for comfort!
I enjoyed reading about Steven Pemblett’s (Beacon Archers, Penrith) double Robin Hood in the spring 2012 edition of Archery UK. It prompted me to recount the events of one sunny Tuesday evening at our Longmeadows ground last summer.

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Gordon Dunk, Killingworth Archers
It’s got his name on it!

John makes bow from DIY plank

Archer are nothing if not inventive – and John Harcourt has added a new twist to DIY, crafting a longbow from a £3.08 laminated bamboo floorboard.

The board was split and spliced and the riser handle fashioned from purple heart and zebrano. The fletchings for the arrows are turkey feathers sourced from a poultry farmer on Romsey Market at Christmas. So does it work? Ivan Taylor, Chairman of Romsey Archers said: “Pulling around 25lbs at 28 inches it is remarkably accurate and a clear demonstration that archery need not be an expensive hobby... provided you have the necessary skills.”

John certainly has those. He has been making bows since he was 10, using green yew cut from the woods near his home in Hampshire – and blunting his dad’s plane in the process.

He made his first longbow in 1965 when he was serving as an Army avionics engineer in Aden. He used the wood from a hickory sledgehammer handle, cut in half lengthwise and spliced together using glue. A recurve soon followed using laminations of maple and fibreglass, bonded with glue shipped from home. All the while he had been carefully recording his designs, calculations and measurements – but then he stopped shooting.

Twenty years later – in 2006 – he joined Romsey Archers. He was asked to repair a bow he had made 30 years earlier and that was it. A recurve quickly followed and he hasn’t stopped since. Ivan said: “All of John’s bow-making is carried out on his tiny workbench in his garage, sometimes using the top of his wife Anne’s chest-freezer when she’s not in the house. His next project is a take-down longbow also known as a carriage bow.

“Meanwhile the 1970 Triumph Herald which he began to restore 16 years ago, is still sitting on his drive with Anne constantly reminding him that the price of scrap metal is at an all-time high!”

A man walked into a shop...

And changed Denis’s life forever

In the winter edition of Archery UK we posed the question “do you remember the first time?” Denis Jones, a member of Bowmen of Burleigh does – and this is his story.

“It was way back in 1963. I was working in a camera shop in Reading and a fellow came in and said he needed a pair binoculars. To be sure he had the right magnification for his use I asked what he needed them for and he replied ‘archery’.

“I could not understand why he needed binoculars to spot arrows in the target but he told me he shot up to 100 yards, which surprised me. We then had a long discussion about archery and, although he did not buy the binoculars, on the following Sunday I was at his club, the New Inn Archers, Reading, having a go.

“I was given about five or 10 minutes’ instruction and then left on my own. After shooting a few arrows an archer came over and asked ‘how are you getting on?’ I said ‘okay’ but he said ‘Oh, you haven’t got a bracer’ and I was given a bracer.

“A few arrows later another archer came over and asked ‘how are you getting on?’ He said: ‘You haven’t got a tab’ and I was given a tab.

“The bow I used could be shot left or right handed and that day no one noticed that I was shooting left handed. And my first bow consisted of two pieces of tapered steel tubing that slotted together and the sight was a modified piece of curtain rail...

“Equipment and instruction is much different now – way back there were no organised beginners’ courses.

“Yes, you could say things have changed.”
The Longbow Shop
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From beginners to experienced archers you’ll find everything’s traditional at The Longbow Shop, including the service. From weight-matched shafts, arrow points and leatherwork to horsebows, Falco flatbows and specialist tools for the job – we’ve got it all. Order over the phone, through our secure website or at our fully-stocked retail shop. With a test shooting range and free parking available it’s worth a visit – and the coffee’s always on!

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Volunteers from all over the country have stepped up to help drive the sport of archery forward. County Development Co-ordinators (CDCs) met to discuss a plan to support and further the work of the National Development team, acting as a point of first contact at local level for schools, clubs, councils or anyone interested in archery.

National Development Manager David Reader said: “A lot of sports have paid staff at regional and county level to help clubs and coaches with their development. We didn’t have that kind of funding but thought we could create a network of really keen volunteers. We now have good coverage and if anyone is in a county that doesn’t have a CDC they could give the development team a call, or their County association.”

Eric Jackson, Northamptonshire’s CDC, said: “When I first became involved with Northamptonshire County Sports Unit in the late 1990s, archery was an unknown organisation as far as they were concerned. Following many meetings and much badgering archery is now one of a small number of selected sports the CSP are happy to work with. Archery as a sport gets a mention at most of its meetings.

“We now have a dedicated County Sports Partnership Development officer hosting archery club development meetings four times a year. We have agreed coaching and development plans in place with the CSP, archery is a priority sport for coaching scholarship funding and I have been elected to the CSP executive as a representative for lesser profiled sports and the volunteer sector.”

Andy Wilkinson from Yorkshire, said: “I volunteered because the job needed doing. I am not sure there have been tangible benefits as yet but the profile of archery as a sport is higher because of the work I have been doing with the CSPs. The clubs are also more aware of funding opportunities. I just need to find out what the results are. With 60-odd senior clubs, keeping track of what is happening is not straightforward.”

Lancashire’s Norman Suchorzewski said: “No one is doing it for money. They are doing it because they are keen to see archery develop in their own county and nationally. A county without a CDC is missing out on a golden opportunity to be kept informed, to access resources and it may hamper its development.”

David Reader said the meeting had been organised to offer support and to get their views on plans for 2013 to 2017. “We hope to keep them on board and build on their role. They have made a real difference,” he said.

If you want to contact any of the CDCs, their details are on the Archery GB website. Their names are listed in the table (right):

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<tr>
<th>County</th>
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<td>Lancashire</td>
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<td>Warwickshire</td>
<td>Kathy Folkard* (Acting)</td>
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<td>West of Scotland</td>
<td>Eddie Barrett</td>
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<td>Wiltshire</td>
<td>Gloria Mead</td>
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<td>Yorkshire</td>
<td>Andy Wilkinson</td>
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Keeping sport local... while helping to build a national framework...
Primary schools have been testing new archery gear aimed at introducing six to 11-year-olds to the sport. And the verdict? Brilliant!

Clare Cotterill is the head of Mount Pleasant Primary, Shrewsbury, one of the schools that has been testing the product - a bag containing modified bows, arrows, arm bracers, free standing, double-sided targets, a guide, a reference card, a festival card and eight activity cards.

She said: “The children have absolutely loved it. It really appealed to the sporty kids but – more importantly – it really appealed to those who don’t normally do any kind of activity.

“It was just so accessible. It’s a really fantastic resource. You can do it in the school hall and once you have the kit you don’t need any more special equipment.

“It’s very exciting. The children were really keen because when they hit the gold it gives them immediate success.

“We are now looking at setting up our own junior club as a stepping stone to the local archery clubs”

Kate Moss, National School and Young People Development Co-ordinator, said: “We need to start to attract some of the 73 per cent of children who haven’t experienced archery within school (School Sport Survey, 2009/10) by providing a fun and safe introduction that would move them through to real archery.

“This is not a replacement to the real thing. It will, however, be accessible to school budgets, easy to store in PE cupboards, support will be provided through associated literature and videos, activity can be delivered in limited space, and whole classes of children can take part at once.

“Using the product, learning will be delivered by teachers through fun based activities as opposed to it being a technical teaching tool and the feedback we get will enable us to fine-tune it and make it available later this year.”

Archery is joining in national celebrations of the Olympic and Paralympic Games by organising open days and have-a-gos - and we want your club or organisation to be part of it. It’s set to be a great weekend for archery - it coincides with the National Series Final, so there will be something for everyone to enjoy.

For more information about what’s involved and to register your club/organisation, please go to the Archery GB’s Big Weekend webpage.
How do you tell the world just how great your club – and the sport of archery – is? How do you get the message across?

Building up a close relationship with your local paper is crucial as are, increasingly, social media sites such as Facebook and Twitter. But how do you take it that step further?

West Essex Bowmen has come up with an idea. It has set up its own YouTube channel and, apparently, it’s not as scary as it sounds. Neill Boatman, the club’s PR officer, was inspired by a holiday video presentation and started wondering if the club could do something similar.

“I spent a day learning how to select and edit clips and pictures on my Mac and got to work on what has now become West Essex News.

“Taking just club photos initially, I put together a 30 second promo to preview the idea and gauge feedback from both membership and the media.

“I created a ‘West Essex News’ channel on YouTube and published the video. The result and the response, was amazing! I knew that this had to become more than just a short one-off clip.”

The first of the club’s monthly news bulletins went live in March, covering its latest activities, results, details of beginners’ courses and expert tips.

Neill said: “The point I would like to make; is that I am a complete novice and, with today’s readily available platforms to showcase your work, it is relatively simple and straightforward to do. I am by no stretch of the imagination an expert, so if you have a camera, camcorder and a PC have a go; it’s fun, it’s informative and it works.”

We asked West Essex for a simple, step-by-step guide to setting up your own YouTube channel. Have a go – and let us know the results.

How to create your own channel

CHOOSE YOUR SYSTEM

West Essex used iMovie to create its news because it is simple to use with ready-made templates, themes, styles and a support site. Other systems work equally well and the principles are the same whatever you are using – but make sure you can upload direct to YouTube, Facebook, iTunes or share it as a podcast.

NAME YOUR PROJECT AND CHOOSE YOUR CONTENT

From the main screen you can select and drop in photos, movie clips, soundbites and music from your computer files. They can all be edited at any time before you save the project.
BEFORE YOU START!
1) Don’t be over-ambitious. It’s better to do a little at first and find your way slowly, that way you learn at a sensible pace and keep it simple.
2) Plan your contents. Decide on your target audience, what you want to say, how you are going to say it and when.
3) Practice. Try out your ideas on friends and members to see what response you get. West Essex produced a short promo video using only photographs to test out its ideas.
4) Have fun. Be yourself, don’t take it too seriously.

CREATING YOUR CHANNEL
2) As Google operates YouTube you will need a Google account.
3) Click “Create Account” in the top right corner of the website.
4) You will be taken to the registration form that must be filled out so you can sign into YouTube. When registering use the name you want for your channel (eg: Westessexbowmen)
5) Once you have registered return to the YouTube home page and click the “Sign In” if you are not already signed in.
6) Once signed in, click on your channel name in the top right hand corner. You will see a drop down menu where you can select different parts of your channel. First port of call should be settings; where you can add your logo, privacy settings, channel colour schemes etc.
7) Once you have gone through your settings you are ready to start uploading content. You can click the upload tab at the top of the YouTube screen, upload later once you are ready, or direct from your movie software if it has that capability.

AND FINALLY
Tell everyone about your movie. Post a link on your club website, email your members, share the link on Facebook and Twitter.
To see what it could look like, visit www.youtube.com/westessexbowmen

The brief was simple: Disney needed help. It had a fairytale castle and stars lined up to do a promo shoot for Brave, which will be released this summer – but nobody to show them how to shoot.

So Disney asked Archery GB for help – to find a young, feisty, red haired archer with a Scottish accent who looked something like the main character.

Archery GB launched a Twitter search for the perfect candidate – and came up with four names which were forwarded to Disney. It chose Deborah Sneddon, a 23-year-old who grew up in Carluke, studied chemistry at St Andrews and is now doing a PhD at Birmingham University.

“This is a crazy opportunity,” she said. “I was sitting with some friends at a bonfire when I got the call. They all erupted. They were all so excited. It’s mental, really mental.”

The five-hour shoot was held at Dundas Castle, near Edinburgh – and Deborah proved a popular teacher with the cast of Disney’s Good Luck Charlie. Jason Dolley, Bridgit Mendler and Bradley Steven Parry.

Bridgit, 19, who plays Teddy Duncan in the series said: “Deborah is so cool.”

Jason, 20, who plays her brother PJ, said: “She’s really cool. She was shooting arrows before she taught us, just one after the other – boom, boom, boom, right into the centre of the target. It was a bit intimidating at first but she was really great at helping us and told us what to do.

“Archery is awesome. It’s one of the best feelings because it’s just so satisfying hitting the centre of the target. You just feel really cool.”

Deborah said: “Bridgit, Jason and Bradley were hilarious and very easy to work with. They listened to what I was
saying and didn’t act like stars. They were just excited about shooting.

“They were able to make fun of themselves when they got it wrong or missed and that was great. They picked it up really quickly as well, quicker than I thought.”

“Filming was really fun! I did get nervous and at one point I joked about having verbal diarrhoea as I sped through my lines! There was an autocue but they told me I was free to ad lib and just say what I wanted basically but they did ask me to focus on four main points – stance, handling, aim and release.

“Then we had to repeat the whole thing with presenters from Israel and France, which I hadn’t expected!”

Kris Eber, the video’s executive producer, said: “We couldn’t have been happier with Deborah. She helped our cast achieve spectacular results. And she was really natural in front of the camera – a polished performance.” He also thanked Rochdale Company of Archers for supplying beginners’ bows for the shoot. Deborah’s promo is expected to go live on the Disney website this month.

Brave, a Disney Pixar production, features the voices of Kelly Macdonald, Billy Connolly, Emma Thompson, Robbie Coltrane and Julie Walters. Its European premiere will close the Edinburgh Film festival on 30 June and it will go on general release on 17 August.

Deborah Sneddon puts the stars of Good Luck Charlie – Jason, Bridgit and Bradley – through their paces, watched by the camera crew.
Princess Merida’s adventures in Brave take her through stunning Scottish scenery – and we are offering you the chance to take a look for yourself.

You can win a fantastic two-day break at one of Scotland’s best four-star hotels, the Inn at Lathones. Its owner, Nick White, is offering an Archery UK reader and their family the chance to spend two days at his 400-year-old award-winning 4-star coaching inn and enjoy dinner, bed and breakfast.

The inn, which even has its own (friendly) ghost, is set in stunning Fife countryside only a few minutes away from St Andrews. It has a great history – but it combines that with sleek styling, modern bedrooms – and some of the most comfy beds around.

The food is fantastic – it has won awards for the last 14 years – and the service is second to none. To win a break in this historic inn with a modern twist, all you have to do is answer a very simple question:

Q How old is the Inn at Lathones?

Send your answer to magazine@archerygb.org and make sure that you include a daytime telephone number, your home address and your email address. The closing date for entries is 28 June.

For more information about the Inn at Lathones visit www.innatlathones.com

Rules: Employees of Archery GB or the Inn at Lathones and their immediate families are not eligible to enter the competition. Closing date: 28 June 2012. The prize cannot be used in conjunction with any other offer; terms and conditions apply and it is not transferable. A cash alternative is not available. The winner must be willing to take part in post-competition publicity. Entrants aged under 18 must have a parent’s or guardian’s permission to take part. The judge’s decision is final. By entering the competition you grant the Company and any competition sponsor(s) the right to use your personal information to send you information about their respective products and services which may be of interest to you.
WIN A PRIVATE SCREENING OF BRAVE!

Be among the first people to see Disney/Pixar’s Brave - at a private screening for you and 20 of your friends! One lucky member can win this fantastic prize courtesy of our friends at Disney.

Immerse yourself in the magical 3D world of Merida, the Royal family and her friends in a land of myths, legends, thrills and spills. Watch as the headstrong young archer makes an ill-fated wish which unleashes a beastly curse and plunges the kingdom into chaos.

What will she do? You and your friends can be among the first in the UK to find out at a cinema or suitable location near you as soon as it is released on 17 August. All you have to do is answer this simple question:

Q. In which country is Brave set?

Send your answer to magazine@archerygb.org and make sure that you include a daytime telephone number, your home address and your email address. The closing date for entries is 28 June and you must be an Archery GB member. The first name out of the hat wins, so good luck!

Rules: Employees of Archery GB or Disney-Pixar and their immediate families are not eligible to enter the competition. Closing date: 28 June 2012 when one winner will be drawn at random. The prize is as stated, cannot be used in conjunction with any other offer, terms and conditions apply and it is not transferable. A cash alternative is not available. The winner must provide a guest list that includes the full names of those they wish to invite to the screening and the location/venue shall be determined by Archery GB, at its sole discretion. The venue should be local to the main winner but is subject to venue capacity and availability. The winner and their guests will have to make their own travel arrangements. The prize does not include spending money or any meals. No responsibility can be taken for lost, delayed or non-transmitted entries. The winner must be willing to take part in post-competition publicity. By submitting your details as entry to the competition you agree to Archery UK contacting you on these details. Entrants aged under 18 must have a parent’s or guardian’s permission to take part. The judge’s decision is final. By entering the competition you grant the Company and any competition sponsor(s) the right to use your personal information to send you information about their respective products and services which may be of interest to you. Acceptance of the terms and conditions is a condition of entry and entry instructions form part of the terms and conditions.

Blue Peter is to run a Brave special – and 16-year-old elite Becky Martin archer will be teaching one of its presenters and the winner of Britain and Ireland’s Next Top Model how to shoot. Becky will be a special guest of children’s TV show at a special screening of the film in Edinburgh – and she’s hoping to meet some of its stars.

“I’m really excited,” she said. “But what I’m really hoping for is a Blue Peter badge...”
a brilliant career and she has shown this in Athens with her bronze medal. Now she can compete for another possible medal. We wish her the best of luck as well as her teammates.

Naomi, 28, becomes only the second GB female archer to appear in three Olympics, while Amy, 24, will be making her debut. She becomes the 33rd archer to represent GB at the Games since the sport returned to the schedule in 1972.

Simon, Alan and Larry will all be taking part in their second successive Olympic Games. Larry, 35, also went to Athens in 2004, when he came fourth, while Simon, 38, was a double bronze medallist as an 18 year old at Barcelona in 1992. Alan, 30, is taking part in his second Olympics.

“Winning that gold medal in Antalya proves that we’re back in business,” said Larry.

“But we won’t be resting on our laurels, there’s still a lot of work to do ahead of the Olympics and, trust me, the standards in Turkey were outstanding. While we’ve proved what we’re capable of, we all know that we have to be totally focused between now and the start of the Olympic archery tournament.”

Archery GB Olympic Coach Lloyd Brown said all six archers had worked “extremely hard” to secure their places, and he is confident Team GB has six talented, competitive and dedicated archers representing them at the London 2012 Games.

“I congratulate all six who made the team, they worked extremely hard, and I’m confident they’ll all be very competitive in the individual tournaments, and in the team events,” said Lloyd.

“The competition for places was very intense, and that tells me we have both a healthy strength in depth, and some very good young archers waiting to break through.”

Sara Symington, Archery GB’s Performance Director, said the intense preparations will continue. “We have an extremely experienced squad who have had to work very hard to fight off determined competition for a place at the Games. It’s a great achievement by all six archers to maintain such high levels of consistency over a long time, and to fend off their rivals.”

Meet our Olympians, Larry Godfrey, Simon Terry, Alan Wills, Alison Williamson, Amy Oliver and Naomi Folkard
Right: Amy gets a hug from Sir Clive Woodward, the British Olympic Association Director of Elite Performance
A tough challenge

Selection was a hard-fought process

WORDS: Peter Jones   PHOTOS: Rob Finney and John Percival

The six members of Team GB may have been chosen – but the road to selection was anything but smooth.

They had to contend with hundreds of schoolchildren doing what they do best at the final selection shoot – being noisy.

To be fair, they were only doing what they had been asked to do. The aim was to help the Team GB contenders cope with distractions – and it worked as eight archers chased six places and the right to represent their nation.

"The quality of the archery was fantastic, the competition intense, but nothing less than you’d expect with so much at stake," said Archery GB Performance Director Sara Symington.

"And the atmosphere generated by the schoolchildren was awesome."

The archers had battled through three tough selection shoots. Seventeen started the process but only Larry Godfrey, Simon Terry, Alan Wills, Michael Peart, Amy Oliver, Naomi Folkard, Alison Williamson and Charlotte Burgess made it to the finals.

Even the weather conspired against them, bombarding them with heavy rain, high winds and hail. But nothing was going to get in their way.

In the women’s tournament, Alison managed to pull away from a determined challenge by Charlotte – and there was a thrilling sub-plot in the men’s competition. Michael and Alan were neck-and-neck throughout, with Michael muscling his way past his rival into the third spot, before Alan fought back late in the day.

In the end Alan managed to fight off Michael’s determined challenge to clinch third place and his place in the team, and Alison’s was confirmed by the British Olympic Association on 9 May.

Sara said: "We had three days of outstanding archery from eight very talented archers, and they can all be very proud of themselves. "Obviously I would have loved them all to be able to compete at the Olympics, but there’s only six places, and those who made it did so under considerable pressure and against superb opposition."

And it left a lasting impression on one of the spectators. Rob East, a marketing executive with Archery GB’s performance partner Foresters Friendly Society, was there with his wife Lisa and daughters Lauren, nine, and Neve, six. They were among the arrow collectors.

"It’s been fascinating," he said. "I never realised the level of skill involved. I’ve really enjoyed it and the girls loved delivering the arrows to the archers," he said.
England cricketing legend and BBC commentator Jonathan Agnew will be reporting on archery during the Olympics – and the more he finds out about the sport, the more he seems to like it.

He was at the Olympic selection event at Lilleshall – and he was impressed at the way the finalists battled it out against driving winds, rain, hail and each other.

Writing for a magazine column, he said: “The grassy terrace at Lilleshall made the perfect setting for the drama that, surprisingly, was played out in front of one thousand schoolchildren who had been instructed to make as much noise as they wanted. Seriously!

“I must be truthful – this was not archery as I had expected it to be at all.

“It turns out that the noise was a deliberate and important part of the archers’ preparations. Normally, archery is performed in respectful silence but the noise from the crowd at the archery event at the Delhi Commonwealth Games was so intrusive that it actually put the competitors off – hence the invitation to the local primary schools of rural Shropshire to have a day out to remember. It worked.

“In fact, it seems the weather might play a role in the Olympics. While our hardy lot resolutely shrug off the worst the British climate can throw at them, word has it that the strongly fancied Koreans won’t like it at all. It might be the first time I have ever prayed for rain at Lord’s.”

And his conclusion?

“I’m getting into archery. These are tough, focused individuals with steely temperaments and a strong nerve. It is still too early to tell whether I will develop into a fully-fledged toxophilite, but I am looking forward to Lord’s.”

Larry Godfrey turned catwalk star to model the Team GB archery kit designed by Stella McCartney.

The kit – dark indigo blue and inspired by the Union flag, with red shoes – will be worn by Team GB’s archers during London 2012.

Larry was one of 30 athletes chosen to model the kit at the Tower of London launch. He said: “It looks great. The general consensus among the athletes was that it’s classy, it’s a kit we’ll all enjoy wearing as part of Team GB, and that it will make us all feel part of a big team effort, and that’s important.”

Meet the torchbearers
...and the Games volunteers

There’s more than one way to become part of the Olympic experience – and the identities of archers who have been asked to become torchbearers and volunteers have now been released.

They include Team GB member Naomi Folkard, Paralympian and World Champion Mel Clarke, Commonwealth gold medal winner and World Cup medallist; Nicky Hunt; elite squad archer Glen Croft and youth squad member Thomas Taylor, who said: “I’m absolutely over the moon and bursting with pride.”

They will be joined by retiring Junior Committee Chairman John Willson, Deer Park Archers’ senior coach Roger Crang, and England Junior Archery Team manager Adam Guest.

Adam said: “I shot for the England Archery Team for three years before a car accident put me out of commission. From that point and becoming manager I’ve been committed to promoting juniors within the sport of archery at every opportunity I can get.”

Volunteers will play a crucial role in the smooth running of the games and archers will be playing their part here too.

Lords’ will bring back happy memories for Carla Piper and her husband. They spent a pre-wedding honeymoon volunteering at the test event at Lord’s. Now they are both Olympic volunteers and Carla will be part of the Paralympics technical team.

Lynn Archer of Fox archers had such a fantastic time at the Lord’s test event that she is now a volunteer at both the Olympics and the Paralympics. “I am now getting very excited and looking forward to seeing all of my archery heroes that I usually only get to see in the magazine,” she said. “I also feel very honoured to be representing my country at such an historic event.”

Peter Turner, another test volunteer, will be repeating his role at the Olympics and Paralympics. The Games Maker has been given the job of field of play attendant and has already been for training. Barry Cooper of Hartlow Bowmen Archery Club has been selected as a volunteer at the Paralympics.

The Archery GB torchbearers

Roger Crang 23 May – Chippenham
Mel Clarke 24 May – Corse and Staunton
Wendy Stead 30 May – Shrewsbury
Thomas Taylor 20 June – Burton upon Trent
Adam Guest 29 June – Nottingham
Glen Croft 30 June – Derby
Nicky Hunt 5 July – Ipswich
John Willson 6 July – Hattfield Peverel
Naomi Folkard 9 July – Oxford

Another convert?
Cricket legend is being won over

Larry takes to the catwalk

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- Sure-Loc S2 scope features fully enclosed fibre optics
- 3° axis micro-adjust (1/10 Degree) 5 degrees each way

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Good luck guys!

Our Olympians and Paralympians will be carrying our hopes and dreams to London – and members have been getting in touch with good luck messages:

*Good luck and good shooting guys - but above all else enjoy the occasion.*

**Neil Cole, Meridian Archers**

*Keep shooting for the gold and remember, one bad arrow does not a bad end make!*  

**Lee Whalley, Barnsley YMCA Archery Club**

Roger Crang of Deer Park Archers in Gloucestershire said the club had already sent a good luck card to local hero Larry Godfrey and some members had managed to get their hands on tickets and were going to go and watch him in action.

“The club follows the progress of all the GB Archers as they are role models for many of our juniors,” said Roger. “We will be keeping our fingers crossed for them all. Good luck!

Two lucky people will be able to pass on their messages personally. Alison Caughey of Belper, Derbyshire and Jean-Baptiste Deasy of Abbeymead, Gloucester, won the Archery UK competition for tickets to the Olympians’ and Paralympians’ send-off party. They will meet all the Team GB members at an informal get-together at the Lilleshall National Sports & Conferencing Centre on 1 July.
Larry Godfrey
Age: 35
Hometown: Bristol
Born Bristol, 9 June 1976

This is Larry’s third Olympic Games. He went to Athens in 2004, and Beijing in 2008.
- Bronze medalist (with Amy Oliver) mixed team tournament, World Championships, Turin 2011.

He says: “Everything I’ve worked for since 2005 has been geared around making sure I make the team for the London 2012 Olympics – and having achieved that is a dream come true. I’d like to thank my fiancée, my family, my friends, my employers, my teammates and all the support team at Archery GB for helping me to make it, and I only hope I can justify all that support when I step out at Lord’s during the Olympic Games.

Simon Terry
Age: 38
Hometown: Leicestershire
Born Stirling, 27 March 1974

This is Simon’s third Olympic Games. He was at Barcelona in 1992 and Beijing in 2008. Simon won two bronze medals, Barcelona Olympics 1992 (individual and team).
- Silver medal, World Cup Grand Final, Copenhagen, 2009.

He gave up archery for 12 years, returned in 2005, and has re-established himself as part of the international squad. He says: “London 2012 is going to be a fantastic occasion for everyone, and to be a part of it is very exciting. It will be a fantastic experience to walk out at Lord’s, and seeing 5,000 spectators cheering for you as a British athlete. But I’m not turning up for the experience. I’m turning up to do my very best, in both the individual competition, and with Larry and Alan in the team event.”
Alan Wills
Age: 31
Hometown: Cumbria
Born Frizington, Cumbria, 3 August 1981

This is Alan’s second Olympic Games. He competed at Beijing in 2008. He becomes the fifth male GB archer to appear at two or more Olympics.
- Bronze medal, FITA World Cup Grand Final, Dubai, November 2007.

He says: “Qualifying for the Olympics was very tough, intense - and I was absolutely thrilled to secure my place in the team with Simon and Larry and make it to a second Olympic Games. We know each other really well, work well as a team, and I see no reason why we can’t be in the mix for a medal - and, individually, if everything falls into place on the day I am capable of being competitive against the best archers in the world.”

Naomi Folkard
Age: 28
Hometown: Kidderminster
Born Leamington Spa, 18 September 1983

This is Naomi’s third Olympic Games. She was at Athens in 2004, and Beijing 2008.
- Silver medallist, World Indoor Cup, Las Vegas, 2012.
- Silver medallist, team tournament, Commonwealth Games, Delhi, 2010.
- Silver medal, European Indoor Championships, Jaen, Spain, 2006.

She says: “My third Olympics! It was a great thrill going to Athens in 2004, and then to Beijing - but to take part in a home Olympics will be very special. “Can we win a medal? Why not? Individually we’re all capable of competing with the very best, and as a team - well, the three of us won a silver medal at the Commonwealth Games, so why not an Olympic medal?”
Amy Oliver
Age: 24
Hometown: Rotherham
Born South Yorkshire, 10 July 1987
This is Amy’s first Olympic Games.
- Bronze medallist with Larry Godfrey mixed team tournament, World Championships, Turin 2011.
- Silver medallist, team tournament, Commonwealth Games, Delhi, 2010.

She says: “I am so thrilled, and proud, to qualify for the Olympic Games. I was lucky enough to win a silver medal with Alison and Naomi at the Commonwealth Games and that was amazing, and I won a medal in the mixed team event with Larry Godfrey at the World Championships last year, which was fantastic. But to do it at the Olympics would be something else!”

Alison Williamson
Age: 40
Hometown: Stafford
Born Melton Mowbray, 3 November 1971
- Qualified for first FITA World Cup Grand Final, 2006. Came fourth.
- Commonwealth Games silver medallist, Delhi 2010.
- Silver medallist, team tournament, Commonwealth Games, Delhi, 2010.
- Gold medal winner, European Grand Prix, 2011.

She says: “I feel extremely privileged to be going to a sixth Olympics, and I have enjoyed every one with equal measure – though forgive me for having a soft spot for Athens in 2004, because that’s when I won my bronze medal! But this Olympics means as much – probably more, given that it’s at London - as it did when I qualified for the Barcelona Games 20 years ago. This is the ultimate event that every athlete aspires to, and being a part of it is as good as it gets. To be there six times is just amazing!”
Lloyd Brown

Archery GB Olympic coach Lloyd Brown has a superb Games track record. He coached Justin Huish to an individual gold medal at the 1996 Atlanta Games, and USA to a team gold. Four years later he led the USA to a team bronze and his efforts earned him the USA Olympic Committee’s ‘Coach of the Year’ award in both 1996 and 2000.

Lloyd, from California, joined Archery GB in 2010, taking up the duties of Head Coach with the responsibility for preparing our archers for the Olympic Games.

He said: “I congratulate all six archers who made the team. They all worked extremely hard to secure their places at the London Olympics, and I am confident that they’ll all be very competitive in the individual tournaments, and together in the team events.

“The competition for places was very intense, and that tells me we have both a healthy strength in depth and some very good young archers waiting to break through.”

Sara Symington

Sara Symington is Archery GB’s Performance Director. She was appointed in 2009 with the responsibility of making sure that everything was in place to ensure British archers were fully prepared for the London 2012 Olympic and Paralympic Games.

Sara is a two time Olympian. She was part of Team GB as a cyclist at both the 2000 and the 2004 Games, and has also represented her country in triathlon.

She said: “No stone has been left unturned in the pursuit of ensuring our archers are fully prepared and at the top of their game, ahead of the Olympics.

“With an extremely experienced squad who have had to work very hard to fight off determined competition for a place at the Games. It’s a great achievement by all six archers to maintain such high levels of consistency over a long time, and to fend off their rivals.

“But securing their place is just the start, and now we all - archers and coaches - have to be extremely focused, to make sure that when they step out at Lord’s they’re as prepared, ready and focused as they could wish to be.”

Coaches who work with archers under 20 are being invited to apply to take part in two three-part Performance Coach CPD weekends.

The courses are being offered by Archery GB Performance and will include technical coaching tips from Olympic Coach Lloyd Brown and insights from English Institute of Sport lead practitioners.

There are 20 places on each course. They will be held at the Lilleshall National Sports & Conferencing Centre and will run over three weekends during autumn and winter.

The dates have yet to be confirmed but if you want to take part, fill out the expression of interest form and send it to the address on side panel with your coaching work record for 2011-2012 by the end of June. The record must prove a willingness to work with young people.

Successful applicants will be informed by email – so make sure you include an up-to-date address.

Request your form from ceriann.davies@archerygb.org

OLYMPIC COUNTDOWN
Alison Williamson celebrated securing a place at her sixth Olympic Games by winning the first Archery GB National Series tournament of the year, in Oxford. Michael Peart took the top prize in the men's competition, while Duncan Busby and Andrea Gales took first place in the men's and women's compound divisions respectively.

Alison beat fellow London Olympic Contender Naomi Folkard in the women's recurve tournament after two days of competition hosted by Oxford Archers. Defending National Series champion Charlotte Burgess took third place.

Alison dominated the women's recurve, beating Naomi 6-4 in the final of the head-to-heads and then finishing on top in the FITA round. Naomi was also second in the FITA round, ahead of Jeanetta Braun. Charlotte took third place in the head-to-head tournament.

Michael won the men's recurve head-to-heads, beating Matt Webb of Mayflower Archers, while Jon Shales defeated Sean Evans to take third place.

Defending champion Simon Terry suffered a surprise defeat to Tom Barber in the head-to-head but bounced back to come out on top in the FITA round, ahead of Jon and Meriden's Bob Lowe.

Despite that, Michael maintained first place overall, from Jon, with Simon's FITA performance elevating him into the top three.

Duncan and Andrea won a World Cup bronze medal in the compound mixed team tournament in Antalya, Turkey, and they continued their top form on the international stage at Oxford.

Duncan took the silver medal in the head-to-heads, losing to Adam Ravenscroft in the final. Liam Grimwood came third. His first place in the FITA round secured him the overall victory, ahead of Adam and Liam.

Defending champion Chris White finished second in the FITA round.

In the women's compound, Christie Westman beat Emma Terry in the final of the head-to-heads, with Chippenham's Pauline Burfitt taking the bronze. But Andrea, Rikki Bingham and Lucy Holderness dominated FITA round and finished 1-2-3 overall.

Golden day for juniors

GB juniors won six medals, including a gold, during a series of stunning performances at the European Junior Cup tournament in Porec, Croatia.

Four came in the compound team events and Jordan Mitchell, Adam Outram and Jake Bunce were the GB golden boys, defeating Italy 229-226 in the compound junior men's event.

There were silvers for the compound junior women, and the compound cadet women. Zoe Coggins, Mary Perrott and Georgie Brown took the junior women's silver, losing to 223-208 to Italy in their final. Daisy Clark, Aalin George and Marsie Henderson-Hirst were runners-up too, in
A magnificent performance by GB men’s recurvers earned them a gold medal at the World Cup tournament in Antalya, Turkey.

Simon Terry, Alan Wills and Larry Godfrey beat a strong Indian line-up by 222-211 – the first time the GB lads have beaten India since the same trio won at the quarter-final stage of the World Cup tournament in Dover five years ago.

They won in style, leaving Rahul Benerjee, Tarundeep Rai and Javanta Talukdar – who beat the hot favourites Korea in the semi-finals – trailing as they took the early initiative and never looked back.

The GB three led by 57-53 after the first end, with both teams scoring 53 in the second, to give Simon, Larry and Alan a four point advantage at halfway. That lead stretched to 11 points in the final end, and a GB gold was secured before Larry shot the final arrow.

"It was an outstanding performance from the guys, and we’re all as proud of them as they should be of themselves," beamed Archery GB Performance Director Sara Symington. But they were not the only medal winners – Andrea Gales and Duncan Busby took the bronze medal in the compound mixed team tournament.

Archery GB Performance Team Manager Barry Eley said: “Andrea and Duncan shot superbly, and the only blemish was losing in the semi-final to the Americans, but to win the bronze medal was a great boost for everyone.”

The first leg of the World Cup was held in Shanghai and it led to medal ecstasy – and agony. Compounders Duncan Busby and Dani Brown won bronze in the mixed team tournament, beating Mexico’s Linda Ochoa and Julio Ricardo Fierro by only one point.

But Dani lost her individual bronze medal match against the USA’s Diane Watson in an agonising tie-break. After their match tied 143-143, Watson shot a 9 and Dani an 8.

Team Manager Barry said: “It’s fantastic that Dani is coming home with a medal and she and Duncan shot brilliantly to beat the Mexicans, and thoroughly deserved third place.

"But she really deserved something to show for her superb efforts in the individual event and, rather than reflect on what nearly was, I’m sure she’ll be coming home full of confidence at how well she performed against top class opposition. She’s fully worthy of her place in the top four, and has had a great week.”

We’re in the medals!

World Cup performances earn gold and bronzes

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the cadet women’s division, losing their final to host nation Croatia 224-217.

It was bronze for Luke Pennell, Jonathan Bull and Matthew Ingram in the compound cadet men’s event. After losing to Croatia in the semi-finals, they secured a medal with a 224-214 victory over Italy. There were stunning individual performances too. Daisy Clark took the bronze medal in the compound cadet women’s event. She defeated Italy’s Gelsomina Nozzolillo to secure her medal, but was just one arrow away from shooting for the gold. Her semi-final against Sarah Holst Sonnichsen ended in a tie, but Daisy’s 7 in the tie-break was beaten by a perfect 10 from her Danish opponent.

In the compound junior men’s tournament, Adam Outram took a bronze medal on his international debut, defeating Denmark’s Mads Knudsen 138-137 to clinch third.
There were some outstanding performances over the two selection shoots, and most of the squad selected themselves by virtue of that. But we also had one or two tough decisions to take, decisions which are never easy.

Dani and John dominated during the selection process, finishing comfortably on top of their respective tournaments, and winning all 12 head-to-head matches on Sunday. Phil Bottomley and Sharon Vennard also qualified in style over two weekends, while Kenny and Murray finished strongly in the head-to-head rounds to secure their places – Murray being given the nod over David Gardner.

Archery GB Performance Director Sara Symington said: “Selection is never easy and the competitiveness within the archers made this even more challenging. I’m confident the archers selected will form one of the greatest Paralympic Team GB teams to date.”

Dani Brown and John Stubbs will be defending their Paralympic compound titles at the Royal Artillery Barracks in Woolwich, after being nominated as part of a 13 strong GB archery team for London Games.

John Cavanagh, who won a silver medal in Beijing four years ago, and Mel Clarke, who won a bronze, will also be part of Team GB, while Phil Bottomley, Kenny Allen, Murray Elliott, Sharon Vennard, Leigh Walmsley and Richard Hennahane will be taking part in their first Paralympic Games. Paul Browne, Kate Murray, and Pippa Britton have all been selected for their second successive Games.

“We have a very strong squad, who all came through a tough selection process, and I am extremely confident of our prospects at the Games,” said Archery GB Paralympic Head Coach Tim Hazell.

“There were some outstanding performances over the two selection shoots, and most of the squad selected themselves by virtue of that. But we also had one or two tough decisions to take, decisions which are never easy.”

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HONOUR FOR HELEN

Talent Identification and Development officer Helen George has been chosen to be a Paralympic Torchbearer. She said: “At the moment all I know is that it will be either on 28 or 29 August on the stretch from Stoke Mandeville to London – the final stretch before they light the flame. I’m looking forward to it thought!”

A strong finish earned Murray Elliot a date at Woolwich Barracks

THE PARALYMPIC SQUAD

Women’s compound: Dani Brown, Mel Clarke, Pippa Britton
Men’s compound: John Stubbs, Richard Hennahane
Men’s compound W1: John Cavanagh
Women’s recurve: Sharon Vennard, Leigh Walmsley
Men’s recurve: Phil Bottomley, Kenny Allen, Murray Elliott
Men’s recurve W2: Paul Browne
Women’s recurve W1: Kate Murray

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**Phil Bottomley**

Born: 4 November 1958  
Club: Centaur Amersfoort,  
Holland  
This is Phil’s first  
Paralympics  
- Arizona Cup 2010 – Gold  
- Vichy2010 – team Silver  
- Arizona Cup 2012 – Silver

**Danielle Brown**

Born: 10 April 1988  
Club: Aire Valley Archers  
- Beijing Paralympics 2008 – Gold  
- World Championships – 4 Golds  
- Eight individual IPC world records  
- Paralympic and Disableg  
World and European Champion

**John Cavanagh**

Born: 21 July 1956  
Club: Maiden Bowmen,  
Royal Richmond Archery Club  
- Athens Paralympics 2004 – Gold Medal W1, Team fourth  
- Beijing Paralympics 2008 – Gold Medal W1, Team fourth  
- World Para-Archery Championships Torino 2011 – 4th W1

**John Stubbs**

Born: 12 July 1965  
Club: Royal Richmond Archery Club  
- Paralympics 2008 – Gold  
- Paralympic World Champion 2005  
- IPC European Grand Prix – 2006, 07, 08  
- Para-Archery World Record 2010  
- World number 1 – men’s open compound.

**Pippa Britton**

Born: 27 May 1963  
Club: LlanTamam  
- Beijing Paralympics 2008 – fifth  
- World Championships (2001-12) – two Gold, three Silvers, two Bronze  
- European Championships 2010 – two Silvers  
- Welsh indoor and outdoor able-bodied champion 2010-11.  
- Three World records  
- Eight Welsh (able bodied) records

**Leigh Walmsley**

Born: 1 May 1969  
Club: Royal Richmond Archery Club  
- Stoke Mandeville 2011 – Bronze  
- Euro Grand Prix 2011 – Bronze  
- Nymburk 2011 – team Gold
Sharon Vennard
Born: 17 September 1961
Club: City of Belfast Archers
- Czech Republic 2011 – team Gold
- Stoke Mandeville 2011 – team Gold,
- Arizona Cup 2009 – team Silver

Kate Murray
Born: 30 August 1948
Club: Eastcote House
- 2007 World Championships – Bronze, team Silver

Murray Elliot
Born: 17 October 1961
Club: Balbardie Archers
- World Championships 2011 – Two team Golds, Gold, Silver, team fourth

Kenny Allen
Born: 8 October 1969
Club: Taverham Archers
- 2011 World Championships – Sixth, team fifth
- European Championships 2010 – Double Silver

Richard Hennahane
Born: 2 January 1981
Club: Bowmen of Bruntwood
- World Championships 2011 – seventh, team Gold
- European Invitational Stoke Mandeville 2011 – ninth, team Gold
- European Invitational Czech Republic 2011 – seventh, team Gold

Paul Browne
Born: 11 April 1961
Club: Hertford Company of Archers
- Beijing Paralympics 2008 – Bronze
- European Championships 2010 – First

Murray Elliot
Born: 17 October 1961
Club: Balbardie Archers
- World Championships 2011 – Two team Golds, Gold, Silver, team fourth

Mel Clarke
Born: 2 September 1982
Club: Severn Archers
- Beijing Paralympics 2008 – Bronze
- 2002 – European Champion
- 2003 – first disabled archer in Europe to make able bodied team
- 2005 – World champion
- European Championship 2006 – Bronze
- World Championships 2009 – Silver, team Gold
- European Championships 2010 – Team silver

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A great performance

Trio nets silver in Arizona

WORDS: Peter Jones

British archers won a silver medal, and narrowly missed out on a bronze, during the team competitions at the Arizona Cup tournament in the USA.

The silver medal came in the women’s compound tournament, where the trio of Dani Brown, Mel Clarke and Pippa Britton boosted their Paralympic medal prospects later this year by beating a strong Mexico line-up in the semi-finals, but then came unstuck against the USA team of Jamie Van Natta, Christie Colin and Diane Watson in the final. The host nation came out on top by 225-218.

“It was a great performance by Dani, Mel and Pippa against some world class opponents, so they can be rightly proud of themselves,” said GB Paralympic team manager Paul Atkins.

Dani missed out on a second medal, when she and John Stubbs lost in the bronze medal match of the mixed compound tournament. After beating Colombia to reach the semi-finals, the host nation again proved too strong for them, with Rodger Willett and Van Natta going through to the final.

Dani made it to the last eight in the individual competition but met her match against home archer Tristan Skarvan. Dani went down fighting, finally succumbing by 140-137.

“It was a great performance by Dani, and yet again she has proved herself one of the best female compound archers in the world,” said GB Paralympic Team Manager Paul Atkins.

“All our archers will take great confidence by their performances today in the individual tournament, and this has been a really good exercise for us in the countdown to the Paralympic Selection Shoots, and then the Games themselves.”

Mel Clarke, Pippa Britton and Sarah Beamish all made it to the second round in the women’s compound, as did John Stubbs in the men’s tournament. John beat Josue Chang of Mexico, before running the USA’s Ben Clelland close in the second round, before going out 144-142.

Richard Hennahane, Eric Thomas, Alasdair Hamilton and John Cavanagh went out in the first round, but not before running their opponents close.

In women’s recurve, Sharon Vennard and Leigh Walmsley were first round casualties. Leigh lost to USA’s Kristin Braun, while Slovenia’s Ana Umer proved too good for Sharon. Both Braun and Umer then went through to the quarter-finals.

British archers won a silver medal, and narrowly missed out on a bronze, during the team competitions at the Arizona Cup tournament in the USA.

The silver medal came in the women’s compound tournament, where the trio of Dani Brown, Mel Clarke and Pippa Britton boosted their Paralympic medal prospects later this year by beating a strong Mexico line-up in the semi-finals, but then came unstuck against the USA team of Jamie Van Natta, Christie Colin and Diane Watson in the final. The host nation came out on top by 225-218.

“It was a great performance by Dani, Mel and Pippa against some world class opponents, so they can be rightly proud of themselves,” said GB Paralympic team manager Paul Atkins.

Dani missed out on a second medal, when she and John Stubbs lost in the bronze medal match of the mixed compound tournament. After beating Colombia to reach the semi-finals, the host nation again proved too strong for them, with Rodger Willett and Van Natta going through to the final.

Dani made it to the last eight in the individual competition but met her match against home archer Tristan Skarvan. Dani went down fighting, finally succumbing by 140-137.

“It was a great performance by Dani, and yet again she has proved herself one of the best female compound archers in the world,” said GB Paralympic Team Manager Paul Atkins.

“All our archers will take great confidence by their performances today in the individual tournament, and this has been a really good exercise for us in the countdown to the Paralympic Selection Shoots, and then the Games themselves.”
Enthusiasm was a key factor in the success of a two-day Para Development Training Camp held at Lilleshall. Each of the archers who took part received individual advice as well as shooting, being coached and observed and taking part in presentations and discussions. The focus was on the importance of planning, goal setting, anti-doping and choosing the right tournaments.

They were also given an observation sheet so they could pass on information accurately to their personal coaches and were asked to submit their outdoor tournament scores to the development team of Senior Coach Helen George, Head Coach, Tim Hazell, Hazel Elliot and Pippa Britton.

Helen said: “The training camps help us to support our developing Para archers and help us towards a very optimistic future. When I see the hard work so many of our archers are willing to put in, I know things are looking bright.”

The weekends are funded by the Worshipful Company of Fletchers and the next one is expected to take place in the autumn.

With only weeks to go to the Paralympics, the excitement is mounting. But the search for the next generation of gold medalists has not stopped. So the question is: do you want to compete at Rio 2016? If the answer is yes, Talent Identification Coach Helen George wants to hear from you.

Archery GB and Performance have secured funding from the Worshipful Company of Fletchers which means that they can recruit more archers to the Development squad. The first stage of the process looks set to start in October and will include:

- Shooting and technique review
- 1:1 interviews
- Archery classification
- Dedicated workshops
- Advice on the “what next”

If you have the drive but want a little more information, contact Helen at helen.pipedream@talktalk.net – or you can download a TID application form from the Archery GB website.

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A solid anchor

Adjusting your sight by only a few clicks can make an enormous impact. Changing the position of your hand on your face, even slightly, can have the same effect. The position of your hand in relation to your eye might only be minimally different – but it will affect where the arrow lands in the target.

To keep your peep sight aligned in the exact same way for each shot, you need a consistent anchor position for your release hand and string. There really is no right or wrong position - everyone’s face and hands are different shapes and sizes. But it is really important to find one that works for you. Don’t just copy someone else’s. The only wrong anchor point is an inconsistent one. When checking your anchor point stick to the following rules:

1. Your hand must locate in a familiar place on your face, preferably using your knuckles and jawbone.
2. Your string must touch your face for a secondary reference, but not sit too deeply into your face, this will cause the string to track in badly and ruin your arrow flight.
3. Your rear elbow should be allowed to come round in line with the direction of the shot to ensure a strong shot.
4. Your peep should not be too far from your eye for you to see the outside of your scope housing through your peep. (This can be governed by your bow’s axle length.)
This is how I do it:

1. I keep the back of my hand completely flat at anchor point to ensure the biggest surface area for the anchor.
2. I angle my hand at 45 degrees and locate the groove between my first and second knuckle on my jawbone.
3. I feel the string lightly touch the tip of my nose to ensure I am the right distance back along my jaw line.
4. I feel the string lightly touch the right hand corner of my mouth. (A kisser button is a great way to check this.)
5. I align my peep sight and my scope housing to ensure they give my usual sight picture where I can see the entire scope housing in the centre of my image.

A consistent anchor point means higher scores. A common symptom of a poor anchor is good groups that move around and never settle. The best way to critique yourself is have somebody to video your shots from exactly the same angle and compare one clip to the next. If you’re doing it right, your head, hand and string should look identical every time.

For more information and products go to www.liamgrimwood.com

Question Time

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

I'd like some advice on choosing scopes and peep sights. As I'm getting older my eyesight is getting worse and I'd like as much magnification as possible for outdoor use but I've found using a 1.25 lens leads to a blurred image. How can I get around this? I've used an air rifle with a scope that doesn't cause this problem so I'm hoping that the same can be done with a compound scope by adding a lens to the peep. Your advice would be appreciated.

A blurred image is a common problem with high magnification lenses. One of the ways around this would be to use a clarifying peep. Clarifying peeps have a small lens in them which works with the lens in your scope to produce a clear sight picture, there are several on the market, one of the most versatile is the Specialty Archery peep. It comes with the option to use one of three clarifying lenses in a range of hole sizes, these are interchangeable so you can experiment to find the one that works best for you. Clarifying peeps are not without their problems, shooting with them in the wet can pose a problem as the tiny lens can steam up and is difficult to dry. An alternative would be to use a slightly lower magnification lens (say a 1.0) but choose one which boasts a super clear target picture such as Sure Loc's Black Eagle.

I am using a Trophy Taker arrow rest with a two hold wide blade for larger diameter arrows. Unfortunately the blades are constantly snapping where they connect with the retaining arm. I'm not using a massively heavy arrow – ACE’s, 370 spine at 31” long with a 0.10 blade. Is it me or is this a common problem?

This is a fairly common problem and is a bit of a pain. The blade is designed to flex on release to allow the arrow to clear the bow with a minimum affect on its flight. Unfortunately if your bow is not correctly set this can cause undue contact and stress on the blade causing it to fatigue and break. If you’re snapping a lot of blades it means you are putting too much stress on them, this can happen for a number of reasons;

1. Your arrow could be too heavy for the blade, in your case this is not the problem, a .10 blade is more than sufficient for most arrows, even indoor ones.
2. Another problem could be that the angle of the blade is too steep. It should be around the 35 to 40 degree angle so that the arrow is being supported properly by the blade.
3. You said that you are using the wide blade; as this blade is designed for use with large diameter arrows, shooting narrow arrows off it could be causing contact with the vanes. Try switching to the narrower blade; this will give you more vane clearance and hopefully less blade contact.
4. The final possibility could be that your nock point is causing your arrow to slam into the blade on release. Make sure that you start off with a flat nock point, 90 degrees to the string, then shoot a paper test to check your arrow flight out of the bow. Finally make sure your arrows are the correct spine for your bow as too much flexing on release can also cause a lot of rest contact.

For more advice see www.duncanbusbyarchery.com

For more information and products go to www.liamgrimwood.com
portfolios were lacking in structure because time constraints meant the tutor team was not able to see them before the assessment.

Olympic coach Lloyd Brown wanted to see how coach education worked in Britain and asked to take part. Not surprisingly, he was way beyond county coach level and a panel of senior coaches and passed him at senior coach.

Was the scheme successful? The feedback was positive and more passed than I expected, so the answer has to be yes. But we learned a lot. There was very little time and we were delivering a lot of technical information at a very fast pace. It was very dry and the candidates struggled to absorb it. A third teaching weekend would have enabled us to vary the sessions and make it more interesting.

We should have made more use of mentors. The candidates effectively mentored each other, which worked because they all knew each other well. But that may not apply again. Similarly, spreading the teaching out a little would have put less pressure on the candidates, their coaching sessions and portfolio production.

Finally we came to the assessment weekend. Some candidates reached county coach standard and some received a Level 2 qualification — but they all worked hard and acquitted themselves well. Their practical coaching sessions and 15-minute talks were outstanding. If I was honest, some

elite performers in any sport often become the next generation of elite coaches. There are reasons for that and UK Sport asked us to look at a programme to fast track some of our elite archers into coaching.

When Sara Symington approached me I thought long and hard. I knew it would not be popular with some coaches who had worked hard for their qualifications. But we needed to know whether it was possible so the NCC decided to run a pilot scheme.

The pressure of the Olympics meant Performance could only spare their archers for four weekends. One would be an initial assessment followed by two weekends of intensive tuition and a then final assessment. We had to be finished by the second weekend in January.

Performance supplied us with the names of volunteers. Some had coaching qualifications and some did not. We assessed their coaching and observation skills using high-level club archers they had not seen before. Each candidate had to pass a stiff test and interview to get on the scheme. Some made it, some didn’t.

Two very intensive weekends followed. Teaching time was limited so we relied on their in-depth equipment knowledge to get them through. The English Institute of Sport helped with some sessions and the candidates delivered many of the other sessions themselves.

Finally we came to the assessment weekend. Some candidates reached county coach standard and some received a Level 2 qualification — but they all worked hard and acquitted themselves well. Their practical coaching sessions and 15-minute talks were outstanding. If I was honest, some
Identifying the problem

Ian Taylor examines the phenomenon known as ‘gold shyness’?

Gold shyness, also known as target panic, can take many forms but, as many coaches will attest, it is more common than people think – and can destroy the most promising archer’s career. It can prove a major dilemma and be difficult to deal with. How can it manifest itself? Let’s look at a case study. A young archer – “Jane” – developed gold shyness despite being able to shoot 1,266 for a Metric IV and being selected to shoot for England. Could a treatment known as Eye Movement Desensitisation and Reprocessing Therapy (EMDR) help?

It was developed by Francine Shapiro a Canadian psychologist and involves eye movements to process negative thoughts, images and flashbacks. It is backed by the National Institute for Clinical Excellence and is often used to treat trauma victims.

The first stage is assessment. It is a little like putting a psychological jigsaw puzzle together, identifying the cause of trauma and the negative cognition associated with it. Cognition is the term used to define a thought or belief and can be negative thoughts held by the archer. Once that is identified, work can start on helping them to overcome their difficulty by processing it. The eye movements process the event or target memory, it is thought much like Rapid Eye movement Sleep (REM). The eye movements are known as bilateral stimulation. Processing can be achieved by using eye movements or, alternatively, by tapping or sound.

Olympic archer Alison Williamson said: “I am fairly open when it comes to trying new things and was intrigued when my coach, Lloyd Brown told me about EMDR. Over the past year I have used it and have been extremely impressed. One of the key advantages of EMDR is that it has no negative side effects. Everything I get from EMDR is positive and I have total control over what I want to focus on together with the therapist.”

Olympic coach Lloyd Brown is an advocate of EMDR as a way of “debugging” an archer. He said it was more effective if an initial trauma or triggering event could be identified and that if this was not the case EMDR seemed to be less effective.

Mike Peart, Olympic Technical coach, said: “I have found EMDR to be a powerful tool, both as an archer and as a coach. It seems to be one of the easiest and most reliable methods of getting athletes past a mental block or trauma.”

In “Jane’s” case two definite traumatic events were identified. These appeared to be linked to a negative cognition about her ability to shoot safely. It was decided to try EMDR and, after three sessions, she was shooting with a better technique than before therapy and with a more positive attitude. “Jane” has successfully shot in two competitions since treatment. Although there is further work to be done, she seems to have overcome her gold shyness and EMDR seems a valid and useful approach.

Learn to eat well

Words: Jackie Wilkinson

Look at people in any town and it’s clear that our modern eating habits are not serving us well. As an archer, you’re a cut above most of the population because you engage in sport. But looking along the shooting line, perhaps even some archers could benefit from eating better.

How do we learn to eat so badly? Take a look at who’s teaching us.

By far the majority of messages we receive about food are from advertising. We’re hit from all sides, dozens of times a day. TV, radio, posters, internet pop-ups, shop fronts, magazines. They spend millions on it, it’s very clever and your subconscious makes you buy.

Big money comes from food products. In the run up to the Olympics, they’re in a frenzy trying to sell ‘sports’ drinks and snacks to non-sporting spectators. Sadly processed foods can make you fat and unhealthy and mess up your shooting towards the end of a tournament so you miss the score you needed.

With less money to be made selling you the real food that would do you good, you won’t get the same encouragement to buy fresh meats, fish and vegetables. It’s up to you to take charge of your own health and well-being.

Top tip: Resist the marketing hype and learn to eat well.
MEMBERSHIP

Time to think about renewals

Paperwork is on its way

Membership renewals are due soon and Archery GB is aiming to get all the paperwork to club secretaries in June.

Membership Services Manager Freddie Collier said: "Our commitment to you is to do our best to get your membership card to you by the beginning of October. For us to achieve this we need club secretaries to return the renewal paperwork to Membership Services as soon as possible but before 1 September. Renewals received after that will be processed in order of receipt. Renewals and new membership applications should be processed within 28 days.

"This time last year, I told you we had processed 27,000 cards out of 30,000. I am extremely proud to report that this year we have processed over 31,000 cards and that there is no backlog. By the end of September 2011, our membership had increased to over 34,000 and my prediction is that we will again see an increase in 2012 probably to over 36,000.

"We received some very constructive feedback on last year's renewals paperwork for which we are most grateful. Please don't hesitate to contact Membership Services if you can see ways in which we can improve our service to you.

"Following the feedback, we have squeezed up the tick boxes on the annual return and member details forms to make the address boxes bigger and we have spoken with the printer about using less shiny paper."

HANDICAP IMPROVEMENT MEDAL

Oops, we missed Cambria Bowmen off the list in the spring edition. Well done to Nick Dunwell, the club’s chairman, whose handicap improved by 16 (52 down to 36).

We also missed Mark Jones of Osprey Archers who improved his handicap by eight, Sheila Hudson and Amy Smethurst of White Rose Archers with 10 and five respectively and Samuel Woodgate of Crystal Palace Bowmen who improved his handicap by 16.

ALL CHANGE!

The way tournament applications are made is changing. Instead of posting 16-page booklet every time you want to apply, you will now be able to download a form from the Archery GB website.

Action had to be taken because stocks of booklet are running out and postage costs are rising. Membership Services has been working with the Target Committee to get every aspect of the process right and to make it as efficient as possible.

A single page application form for World and UK Record Status tournament applications is now available at www.archerygb.org. There is also a new-look tournament booklet which can be can then be downloaded by – or sent to – the Tournament Organiser.

Membership Services Manager Freddie Collier said: "This will cut out or reduce the number of postal journeys that the paperwork makes and hence reduce costs. It should also speed up the application process and help Tournament Organisers meet deadlines."

Web plan for rules

The Operations Committee is working towards turning the Rules of Shooting and Shooting Administrative Procedures as a web-based document.

Operations Director Bryan Woodcock said it followed a similar move by World Archery. He said: "Updates and revisions to our Rules are being made far more frequently and constantly updating the paper based document is proving challenging." Further announcements on progress will be made later this year.

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Beginners could fall foul of rules

A TV advert which could confuse new archers is causing headaches for the National Judge Committee. The advert, for 118118, shows its main characters using Cyclope shoot-through bows and judges are worried that beginners might buy them and try to use them in competitions.

Chairman Andy Pointon said: “This bow is purposely manufactured for beginners where an arrow can be shot through the centre using either hand to hold the bow. But the bow falls foul of rule 202a(i) of the Rules of Shooting which prohibits using shoot-through recurves in competition and we are worried that new archers may purchase one having seen the advert on TV and try to enter tournaments.

“They would of course be allowed to shoot the bow, but would not be allowed to enter any score or try for any record or even handicap.

“They need to know this and we would like all coaches to advise beginners of this fact.”

**Special guests**

Paralympian Pippa Britton and Pauline Betteridge of the British Wheelchair Archery Association were the special guests at a well-attended National Judge Conference at Lilleshall. They took part in a detailed discussion about disabled archery, which generated a lot of positive feedback.

They were thanked by Committee Chairman Andy Pointon who also handed out certificates of appreciation to some of the conference delegates during a celebration dinner.

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TOURNAMENT DIARY

2012/06

UKRKS

NAME

02/06/2012 – 05/06/2012

WRS T ★★

Yorkshire AA County Championships & Open Junior

Contact:

Venue:

Round:

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<td>Derby</td>
<td>Note: Derbyshire Archery Club Open Longbow Tournament</td>
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</tbody>
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TOURNAMENT DIARY

NON-RECORD STATUS EVENTS: The fee to advertise non-record status tournaments is £7.50. Please make cheques payable to Archery GB and send your entry to the Archery GB office.

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<td>1st April</td>
<td>Birmingham, West Midlands</td>
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<td>Summer Festa</td>
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<td>1st August</td>
<td>London, Greater London</td>
<td><a href="mailto:info@archerbowmen.ac.co.uk">info@archerbowmen.ac.co.uk</a></td>
</tr>
<tr>
<td>19/08/2012</td>
<td>UKRS T R &amp; Open Field Tournament</td>
<td>1st September</td>
<td>London, Greater London</td>
<td><a href="mailto:sportaffairs@btinternet.com">sportaffairs@btinternet.com</a></td>
</tr>
<tr>
<td>26/08/2012</td>
<td>UKRS T R &amp; Open Field Tournament</td>
<td>1st September</td>
<td>London, Greater London</td>
<td><a href="mailto:national.flight@archerygb.org">national.flight@archerygb.org</a></td>
</tr>
<tr>
<td>26/08/2012</td>
<td>NICASS Archery Club</td>
<td>Summer Festa</td>
<td>Worcester, Worcestershire</td>
<td><a href="mailto:claire@merseyside.org">claire@merseyside.org</a></td>
</tr>
<tr>
<td>28/08/2012</td>
<td>UKRS T R &amp; Open Field Tournament</td>
<td>1st September</td>
<td>London, Greater London</td>
<td><a href="mailto:sportaffairs@btinternet.com">sportaffairs@btinternet.com</a></td>
</tr>
<tr>
<td>05/09/2012</td>
<td>UKRS T R &amp; Open Field Tournament</td>
<td>1st September</td>
<td>London, Greater London</td>
<td><a href="mailto:national.flight@archerygb.org">national.flight@archerygb.org</a></td>
</tr>
<tr>
<td>12/09/2012</td>
<td>Archer Bowmen AC Open Field</td>
<td>1st September</td>
<td>London, Greater London</td>
<td><a href="mailto:info@archerbowmen.ac.co.uk">info@archerbowmen.ac.co.uk</a></td>
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<tr>
<td>19/09/2012</td>
<td>UKRS T R &amp; Open Field Tournament</td>
<td>1st September</td>
<td>London, Greater London</td>
<td><a href="mailto:sportaffairs@btinternet.com">sportaffairs@btinternet.com</a></td>
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**TOURNAMENT DIARY**
Tournament Diary

NON-RESULT STATUS EVENTS: The fee to advertise non-result status tournaments is £7.50. Please make cheques payable to Archery GB and send your entry to the Archery GB office.

For all your archery needs www.bow-plus.co.uk 01948 840240
TOURNAMENT DIARY

Archery UK Autumn copy dates: 31 July 2012
Full tournament calendar can be accessed on www.archerygb.org

UKRS T
Lasswade Combined FITA Round: FITA 18 & Indoor Match Contact: Lasswade High School Tel: 01279 657177 Email: tinascare@lialakt.net

UKRS T
Morden Bowmen 37th Longbow
Round: Long Western Contact: Club ground near to The Hampshire Bowman’s pub, Durncliffe Lane, Bishops Waltham, Hampshire Tel: 01489 892238 Email: tournaments@mordenbowmen.co.uk Notes: See morden.org.uk for map. Assembly 10.45pm for 11.00am

20/10/2012 – 21/10/2012
UKRS F
Calshot Classic
Round: Day 1 FITA Match Contact: Whyte’s Estate, Louflagehill Lane, Emsworth, Hampshire Tel: 023 9245 5696 Email: e-mcclean@sky.com

21/10/2012
T
Cheltenham Archers St Leonard’s Longbow Tournament Round: Two Way St Leonards (75 arrows at 60 yds) Contact: Cheltenham Racecourse Road, Rob Bessey, 7 Parkland Road, Gloucester, Gloucestershire, GL53 9LS Tel: 01242 573499 Email: trott@gpc.co.uk

21/10/2012
T
Cheltenham Archers Open Field Shoot Round: 24th Marked, Unmarked, Arrowhead Award Contact: Oakfield Farm, Cheltenham Racecourse Road, Cheltenham, Gloucestershire, GL53 9LS Tel: 01242 573499 Email: trott@gpc.co.uk

21/10/2012
T
L & RCA County & Open Inc EMAS Regional Clout Round: Double One Way FITA & Metric Clout Contact: Castle View Business Enterprise College, Great Casterton, Rutland Tel: 01572 751488 Email: purplemanja@ukarchery.net Web: www.ieca.org

27/10/2012
T
Kilmarnock Archery Club ‘Early Bird’ FITA 18 Round: FITA 18 Contact: Kilmarnock Archery Centre Tel: 028 9884 8896 Email: info@kilmarnockarchery.net Web: www.kilmarnockarchery.com

27/10/2012
T
Yorkshire Archery Association Field Archery Championships Round: Two Double GNAD Clout Contact: Pita 24 Market, Pita Armathwaite, Sawin Royd Road, Haigh Lane, Woolley, Huddersfield, HD5 0AY Tel: 01743 792714 Email: jonathan@thewaltons.co.uk Web: www.bowworkskc.org.uk

27/10/2012 – 28/10/2012
UKRS T
Hanky Indoor Head to Head Round: FITA 18 & Indoor Match Contact: Redbooken House, Amplith, Redbooken Tel: 01781 220839 Email: tony@redbooken.co.uk Web: www.redbooken.co.uk

28/10/2012
UKRS T
Brisham Archer Record Status Round: FITA & Indoor Match Contact: Castle Grammar School Gym Tel: 01607 886570 Email: ayangararcher1@yahoo.co.uk Web: www.cumbriaarcheryassociation.co.uk

30/10/2012
T
Forest of Bere Bowmen 34th Tournament Round: Portsmouth in 3 Session (4 sessions 2 details) Contact: Merston Playing Field, Portsmouth Tel: 02392 594738 Email: fabbcomputer@yahoo.co.uk Web: www.forestofberebowmen.co.uk Notes: Closing date for entries: 12 October

31/10/2012
T
Lasswade High School Round: 25th Surrey Open Field Championship Contact: Lasswade High School Tel: 0131 655 4986 Email: tinascare@lialakt.net Web: www.archerygb.org
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**COMPOUND**
- Senior Gentleman - White: Reuben Kingston 590m 107 [Mar 2012]
- Junior Ladies - Black: Charlotte Smith 524 [Mar 2012]

**BARBOW**
- Senior Ladies - White: E Royal Leamington Spa 524 [Mar 2012]
- Senior Ladies - Black: E Royal Leamington Spa 524 [Mar 2012]

**FLAT**

**COMPOUND**
- Senior Ladies - White: Daisy Clark 590m 399 [Apr 2012]
- Senior Ladies - Black: Daisy Clark 590m 399 [Apr 2012]

**RECOIL**

**COMPOUND**

**LONGBOW**

**BARBOW**

**COMPOUND**
- Junior Ladies - White: Elizabeth Reese 590m 323 [Apr 2012]
- Junior Ladies - Black: Elizabeth Reese 590m 323 [Apr 2012]

**RECOIL**

**COMPOUND**
- Junior Ladies - White: Daisy Clark 24 Combined 764 [Apr 2012]
- Junior Ladies - Black: Daisy Clark 24 Combined 764 [Apr 2012]

**BARBOW**
- Junior Ladies - White: Emily Williams 524 [Mar 2012]
- Junior Ladies - Black: Emily Williams 524 [Mar 2012]

**COMPOUND**
- Junior Ladies - White: Emily Williams 524 [Mar 2012]
- Junior Ladies - Black: Emily Williams 524 [Mar 2012]

**RECOIL**

**COMPOUND**
- Junior Ladies - White: Kevin Bridgman 524 [Mar 2012]

**LONGBOW**
- Senior Gentleman - White: Cleadon Archers 503 [Mar 2012]
- Senior Gentleman - Black: Cleadon Archers 503 [Mar 2012]

**BARBOW**

**COMPOUND**

**RECOIL**

**COMPOUND**

**LONGBOW**
- Senior Gentleman - White: Hudson A 507 [Mar 2012]
- Senior Gentleman - Black: Hudson A 507 [Mar 2012]

**BARBOW**

**COMPOUND**

**RECOIL**

**COMPOUND**

**LONGBOW**
- Senior Gentleman - White: Hudson A 507 [Mar 2012]
- Senior Gentleman - Black: Hudson A 507 [Mar 2012]

**BARBOW**

**COMPOUND**

**RECOIL**

**COMPOUND**

**LONGBOW**
- Senior Gentleman - White: Hudson A 507 [Mar 2012]
- Senior Gentleman - Black: Hudson A 507 [Mar 2012]

**BARBOW**

**COMPOUND**

**RECOIL**

**COMPOUND**

**LONGBOW**
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- Senior Gentleman - Black: Hudson A 507 [Mar 2012]

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Post vacant

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