William the conqueror

Britain storms to World and European titles

Tournaments: full report and pictures
Experts: Sight adjustment geometry
Big Weekend: your success stories

INSIDE: What do you get for your subs? Chairman Mark Davies looks at member benefits
WE’VE GOT YOU COVERED

THE BIGGEST STOCKS AND FASTEST DELIVERY

With 1000’s of products in stock, ready for immediate dispatch and expert technical advice on hand from our dedicated customer support team, we are ready and waiting to deliver your archery needs.

Visit us online at www.merlinarchery.co.uk, Call on 01509 233555
Or visit us in store in Leicestershire & County Durham.
Welcome

Wow. This has to have been one of the most successful summers in recent memory. Our athletes stormed to world and European targets. Tournaments just got better and better, culminating in the fantastic National Tour finals. The Big Weekend, Disability Championships and Youth Festivals were huge successes, celebrating everything that’s great about our sport.

But, best of all, the sun shone and gave us all the chance to get out there and shoot. So there’s lots to catch up on.

We have expert tips on sight adjustment geometry, as well as compound technique and nutrition. We have your letters, pictures and news updates. We have a new blog spot about a seven-day wheelchair challenge. And Chairman Mark Davies answers the question “What do members get for their subs?”

Good shooting.

Jane Percival
Editor
A first time...
For everything as novices take centre stage

Debutants made their mark at this year’s Durham and Northumberland Archery Association’s Novice Championships, in more ways than one.

The championships, which are open to archers in their first year of shooting, had to quickly find a new host when the scheduled venue fell through. Durham City Archers stepped into the breach at short notice and Matthew Hann took on the responsibility of organising his first ever tournament – with the help of some willing assistants.

A total of 21 archers, including some fresh from beginners’ courses, took part in the event. They all shot variations of Western rounds and picked the ones they felt most comfortable with.

The association also seized the opportunity to introduce a new award scheme: the Lambton Worm. It encourages novices and intermediate archers to progress to shoot their age appropriate round at competitions. The badge, designed by club member Andy Thompson, is earned in several segments coloured white (the head of the worm), black, blue, red, gold and, finally, purple. The idea is that, by the time it has been completed, the archer should be on the road to earning Rose and WA Star awards at record status events.

The first Lambton Worm award was presented by County President, Bill Lee, to 13-year-old Wren McIntosh. It was her very first competition, she suffered a bad attack of nerves and was on the verge of giving up after shooting a disappointing first few ends. That’s when her fellow archers, mum and coaches stepped in with words of encouragement - and a doughnut.

It made all the difference. She went on to win her category and her first gold medal and made a start to her Lambton Worm. Even better, she was only 16 points off the county record.

Now, of course, adults want in on the action and a further six Lambton Worms have been started.

Sibling rivalry?

Two sisters. One sport. What could go wrong? Well, in the case of Abbi and Alex Hodge, nothing much.

Alex, 17, got into the sport first. She had been inspired by films, books and the way the sport is portrayed in the media. Her dad Adrian, who shot while he was at school, made her a makeshift bow - and couldn’t quite believe it when it worked. It was enough to get her hooked.

Abbi, 14, and Adrian also caught the bug and took a beginners’ course at Burscough Archers. Since then, both girls have trained and shot with Lancashire Juniors county squad but Alex’s attention switched to coaching two years ago and she now spends her time coaching others, including her sister.

The credit goes to... archery

Patience Wood stumbled across archery by chance and her mum, Julie, could not be happier about it. The 11-year-old’s brother was in hospital. Her mum and dad were staying with him - and that meant family and friends had to rally round to keep Patience entertained. Then her aunt had a brainwave and took her along to Bebington Archers in The Wirral. That was nearly two years ago and the compounder took to the sport straight away.

But that’s not the point of this story. This is about the wider archery community. As Julie says: “As a mum of five, we have experienced most sports. My children have loved them all but archery for me stands out due to the support, friendliness and dedication of fellow archers.

“Our club is amazing! All members support the juniors and the coaches go the extra step not just to support development in the sport but ensuring they nurture self-esteem and confidence.

“At competitions archers from far and wide all take time to come over and check on juniors and are quick to praise, cajole and assist.

“Our judges ensure Patience is happy before a competition, joke around to calm nerves and help me, as a non-archer, understand what’s what.

“It is overwhelmingly supportive and such a wonderful environment to nurture young people. I have not encountered this within other sports to this degree and want to highlight my thanks.

“Patience has grown in confidence and self-belief and the credit has to go to archery as a sport, community and extended family.”
South West
HONITON
Devon - EX14 1SE
Tel Fax 01404 44400

South East
WALTON on THAMES
Surrey - KT15 2EG
Tel/Fax 01392 232211

www.quicksarchery.co.uk

South & Head Office
18-22 Stakes Hill Road
Waterlooville
Hampshire
PO7 7JF
Tel 02392 254 114
Fax 02392 251 519
email: quicks@quicksarchery.co.uk

WIN & WIN

Our online app is available now from Google Play and the App Store or via the QR code on the right. Download it for the latest info, special discount codes, competitions and more.
Renew your membership online!

Membership renewal season is upon us – and we have come up with a way to make things easier: our new online system.

We have produced a series of new handy guides for direct members and club secretaries. These feature step by step guides spelling out exactly what you have to do and how to use the system. There is even a guide for club members so that they can log in to the Members’ Portal and check that all their details are correct.

At the end of the process all members will be issued with an e-card and a plastic membership card.

All the guides are available on the Members’ Portal page on the website.

Errol takes the title

Congratulations to Errol Barnett of Leaves Green Bowmen. He put in a spectacular performance to take the recurve title at the Kent County Championships held at Vigo Rugby Football Club – and managed to bag a Rose Award in the process. You can find all the results in the tournaments section at www.archerykent.org.uk

Time flies when you’re having fun

Twenty years ago four dedicated archers – Chris Battersby, Rosalyn Elliott, Tim Cooper and the late Brian Holmes - got together to set up the Eagle Bowmen in Penrith. Now members are celebrating two decades of growth and success.

Chris said: “From just four of us, the club has grown to over 50 members with just one founder member still shooting, coaching and helping to run the club.

“We branched out from target into clout and found a field at Acorn Bank, near Temple Sowerby, where we could run competitions. We also established a connection with its Apple Day where we have a stall and give visitors the chance to try the sport.

“It does not seem 20 years ago since we started with no equipment but plenty of energy to make a go of it. Now we are looking forward to another 20 years.”

The club celebrated its anniversary with a special shoot followed by a fun event.
Winning habit
School’s medal haul keeps growing

When pupils and staff at Callowell School tried archery for the first time during a district competition of the Primary School Games, the last thing on their minds were championships and medals. But that’s what happened. They were a little surprised to win the 2014 Stroud title at that first outing. They were even more surprised when they won it again in 2015 but reckoned they were on to something and started a club, using Arrows kit.

Staff members Peter Sisson and Lee Jones joined Deer Park Archers, enrolled on level 1 coaching courses and, when the school won the district title again in 2017, the school agreed to use its PE Premium Sports Funding to buy better equipment.

This year, pupils were coached on indoor and outdoor ranges to prepare three teams for the Stroud School Games. It paid off. Callowell won gold, silver and bronze, as well as silver at the county championships.

Peter said: “The children loved shooting with the sucker arrows but their abilities soon outgrew the equipment. The school has been incredibly supportive, funding both our training and the purchase of the necessary equipment. We have an indoor and outdoor range which enables us to shoot in all weather conditions.

“Archery is the most inclusive sport offered in primary schools – everyone competes on a level playing field and it’s great to see different children having the chance to represent their school and district.”

The best kind of feedback...

Utterworth Archery Club has been working hard with the community - and has received the best kind of feedback. It was nominated for an award at the South Leicestershire School Sports Partnership Awards.

The club has been working with Swinford Primary School, introducing pupils to archery as part of its community engagement. Together they designed and delivered a programme of lessons around archery. The children learned about the origins and history of the sport and took part in a drills session using practice bows. Finally year 5 and 6 pupils took part in archery sessions at the club’s base.

Pupils also designed target faces for the club’s fun shoot with the winner invited to join the next available beginners’ course.

One unexpected result of the collaboration was that the club and school were shortlisted for the 2018 School Sports Partnership Awards. Club Chairman Mick Shaw and two club members attended the presentation evening at Parklands Leisure Centre in Oadby and Lutterworth Archery Club received a runners-up certificate.

But it does not stop there. The club and the school will continue to work together to bring archery to as many schools in the area as possible.

A stepping stone

How do you encourage archers to take the first steps towards entering tournaments while building their confidence? Belvoir Archers just might have the answer.

It has just hosted its first 2 and 3 Shoot, aimed at giving second and third class archers a stepping stone without immediately confronting them with top class opposition. Nineteen archers took part in six-dozen rounds with second-class archers shooting a short national at 50-40 yards and third class taking part in a junior national at 40-30 yards.

Club Chairman Bryan Haynes said: “Everyone who came enjoyed the day and has asked for a similar shoot.”
WORLD CUP CHAMPIONS

Nock an X10 and draw your bow with absolute confidence.

Official UK Partner
WALES ARCHERY
Crick Manor
Crick
Monmouthshire
NP26 5XU
01291 420 321
www.walesarchery.co.uk

Official UK Partner
QUICKS ARCHERY
18-22 Stakes Hill Road
Waterlooville
Hampshire
PO7 7JF
02392 254 114
quicks@quicksarchery.co.uk
www.quicksarchery.co.uk
Making history
Laura takes her place as captain

The Ancient Society of Kilwinning Archers was set up in 1483 and, for only the third time in its history, a woman has earned the right to be named captain.

Laura McHarg did it by winning the Scottish institution’s Captaincy Shoot and was awarded a special silver medal.

It will join 170 medals, dating from 1697, on the Society’s historic trophy, the Silver Arrow.

The Society is famous for, among other things, “dingin down the doo,” where competitors try to shoot a papingo target off its perch at the top of Kilwinning Abbey’s tower.

This year the senior event was won by Edinburgh University student Fraser McPhie. Fraser, who has shot for Scotland, received his prize from President Stuart Wilson and Lady Paramount Audrey Sutton.

The junior captaincy went to Craig Molellan after a hard-fought battle with Ben Nelson. Both archers finished on 103 but Craig won with a greater number of hits and golds on the tiny Kilwinning round captaincy target. Ben won the junior papingo, Ross Steel won the under 15s category and Sean Scott the under 12s.

The magnificent seven

Seven determined archers took part in Oakfield Archers 12th annual fun longbow York round. They may have been few but they made sure they did it in style.

There was a billowing heraldic banner, a rendition of Henry V’s band of brothers speech and a horn sounded to signal the start of the event held next to Hainault Forest.

Ideal conditions meant that all but one archer hit the target at 100 yards and the first to hit the gold won applause – even if it was on the wrong target.

Special guests included past president of the Essex and Suffolk County Archery Association Tom Major and two of Oakfield’s staunchest supporters, Tony and Joan Ikell.

After shooting rounds at 80 and 60 yards the winner was Bob Altatia on 272 points, followed by Mick Wollaston on 221, Brent Davies on 161, Ian Crabbe on 102, Robin Minnerthy on 84, Tom Eves on 77 and Terry Rogers on 13.
SF Axiom Plus Bow
Complete with …
- SF Axiom Plus Handle
- ’ILF’ Wood Core Limbs
- Magnetic Rest
- Pressure Button
- Fastflight String
- Nock Points (fitted)

BEST PRICE!!!
£99.95

FREE after sales check-up with every new Bow purchase
Full Pro-Shop service available
Shop 24/7 On-line > Click&Collect
Finance options available - visit our website for details

Bow Sports Archery Centre
Calibre Park, Laches Close, Four Ashes, Wolverhampton WV10 7DZ
Just perfect!
Maximum points for Mark

When Mark Rudd sets his mind to something, there is no stopping him. So when he heard that nobody had ever shot a perfect National round, with all 72 arrows in the gold, it was only a matter of time.

He said: “The pressure of knowing not a single mistake was allowable is difficult to describe. When I eventually shot the final arrow in the gold I knew the record was mine to claim. The relief was enormous and the stress of the build-up to the attempt and the competition itself proved to be worthwhile. I am now able to say that I am the first archer ever to have ‘cleaned’ the National round since its introduction to target archery in 1849 and that feels great!”

The National round is steeped in history. In 1908 Sybil Fenton Newall, known to all as Queenie, won gold at the 1908 Olympics shooting a double National. She was 53 at the time and still holds the record as the oldest female Olympic gold medallist.

Mark Rudd receives his trophy from Lady Paramount Kay Smith

There are local connections too. Fourth place in that competition went to Jesse Ellen Wadworth who was born in Devizes and her daughter, Brenda, came ninth.

The only way is up!

Newark Castle Archers was set up four years ago and has been growing stronger every day since then.

It has just run its biggest ever beginners’ course for 15 people, including nine juniors, updated its branding and has started introducing its members to competitions.

Its founder, Michael Dutton, passed away in 2016 and Mandie Eson took over. Since then her mission has been to progress the club. And her next challenge? Funding.

Obituaries

Past President Adam Abbott

Adam Abbott, a past President of Archery GB’s predecessor, the Grand National Archery Society, has passed away.

Adam, who was President from 1995 to 1998, was well known as a Regional Judge, a past secretary of the English Archery Federation and a steadfast supporter of the Grand National Archery Meeting. He has been described by friend and fellow judge Neil Dimmock as a fine target companion and one of the last old-school gentlemen. He was a valued member of Buscot Park Archers who loved shooting recurve and longbow and was made a Southern Counties Judge Emeritus when he retired from judging in 2011.

Paralympian and patron of SportsAble, Kathy Critchlow-Smith said: “I knew Adam for 30 years and he was so extremely positive and helpful. When I was in hospital, he brought me a book called the winning mind about the mental side of sport. It has been so useful over the years, helping me to deal with the stresses of competing at international level. “He is a great loss to the archery world and personally. He helped so many people, quietly and without getting in your face about it. He will be greatly missed.”

Raymond Axford

Raymond Axford, the author of Archery Anatomy and a founder member of Invicta Coaching and the National Coaching Group, has passed away. He was 83 and had been suffering from cancer.

He was a respected county coach who brought a design engineer’s viewpoint to both archery and equipment. He was a Kent Archery Association committee member for 13 years and received its Emeritus award. He worked with visually impaired and disabled archers and his coaching notes and drawings were used by, among others, the Australian Archery Association, Kisik Lee and American archer Rick McKinney.

He had also been a popular guest speaker at three Southern Counties AGMs.
What do you get for your subs?

So much more than you would expect. Chairman Mark Davies explains why...

What do you get when you become a member of Archery GB? As well as the opportunity to take part in our wonderful sport safely and with the guidance and facilities you need, there is coaching, the chance to progress and compete, to achieve your potential and to make new friends.

There are other benefits too, such as insurance cover and member offers from partners and the security of knowing that Archery GB amazing volunteers, backed up by a skilled workforce, can offer all the support you need.

But you get so much more than that. So when a member got in touch questioning the value of Archery GB membership, those tangible benefits were spelled out – but Mark Davies thinks there is more to it than that. This is what he wrote in his reply:

"I think that, in truth, the real value of being part of Archery GB is the intangible benefits which are harder to list.

"Put another way, I can understand that many of the people you are speaking to will feel that they can shoot arrows quite happily without any of the benefits of discounts in stores that they may not frequent, and competition and country structures that may not be relevant to them. The question that they really want the answer to is, ‘If I’ve been in this sport for years and just enjoy shooting a few arrows with my friends, and I don’t want to shop at any of these places because I have coats and hats of my own already, what’s in it for me?’"

"You mention insurance, which is part of it but not, as you say, a huge benefit in the context of being able to get your own. As someone who has had need to buy a lot of insurance for a lot of things, I would venture to suggest that bulk buying from a central organisation is nearly always a better, quicker, simpler, and less painful method of doing it – as would become apparent if you ever came to claim - but I accept that some would want to argue the toss.

"In the absence of that, the short answer to the question, given a sunny day with a fair wind, is not a lot. But there are two slightly intangible reasons why being a member of Archery GB makes sense for anyone who wants to be involved in the sport.

"The first will resonate with some but not others. We are here to develop and safeguard the sport, which means that the structures that we maintain, the competitions that we help organise, and the encouragement and support that we give clubs across the country to bring young people into the sport, safeguard its future.
"Many of our older members will scoff at this and say that the sport has existed for centuries, and doesn’t need Archery GB to exist for centuries more. I would disagree. There was a time when all young men in this country had to learn to shoot arrows by law. Today, the chances of a young person picking up a bow and arrow (other than one with a suction tip) are small. We live in a very competitive world, and if archery is to remain a sport that is on people’s radars, rather than one that dies off with the older generation and is viewed in the future in the same way as jousting is to us today, then someone has to nurture it. Like anything, a sport that doesn’t broaden its appeal becomes insular, and eventually loses out to alternative options. Broadening engagement and participation in a way that safeguards the future of the sport is a key part of our role.

The second reason is that, like insurance, you don’t take out membership for a sunny day. The issue is what happens when, out of the blue, something goes wrong. While again, people may scoff at the thought, a brief look at what our teams have done to solve issues for individual members and clubs over recent months tells a different story. None of our members ever think they need us, until the moment that they do. Like the archers who found themselves in an altercation with a jogger recently, who punched upon their shoot and felt that it was his perfect right to continue his run. Where would they have turned to deal with the fallout, as things got heated and fists flew ensued? Or the members of a club who had for years shot with each other quite happily, who suddenly found themselves in dispute for reasons I won’t bore you with, who turned to us for help as allegation and counter-allegation fled them to a position that they were simply not resourced to deal with alone? Or the mother of a young archer who felt that her child was being sidelined within their club; or the older gentleman who felt that he was being ostracised and ultimately having his name blackened in the community on account of a dispute with his club secretary (along with the club secretary who believed that the member was making life impossible for members, and causing many to resign)? Or the group of six archers who entered a competition abroad (I believe while on holiday) and learned that they needed someone to vouch for the fact that they were experienced archers? All these people have turned to Archery GB for help. I would imagine their membership fee looked a small price to have paid.

The guys who go with their childhood friends to shoot the same set of arrows on the same piece of land at the same time each week, just as a warm up to a trip down the pub, have no need for Archery GB unless they are interested in the future of the sport. Those who shoot within a club environment, where different pressures on people change the way that they react to things - even to the same situation years apart - have a greater need, because they may find one day that they could do with our counsel, or our help. The team at Lilleshall works with clubs and people all over the country, advising, helping, supporting, and developing. Those who have family, particularly children, who get into the sport and who might have aspirations to be more competitive within it, following in their grandfather’s footsteps in their early days and then taking flight to a higher level, perhaps to Paris in 2024 or Los Angeles in 2028 - they have a greater need still. Competitions, fairness, safeguarding, structures - all these things have to be organised by someone, somewhere. Otherwise, it’s mob rule, and no-one has any fun. From the very grassroots of the sport to the very top of it, wherever along that line you want to sit, Archery GB is somehow touching what you do. Unless, of course, your outlook on life is that you want to stick to one set of mates, one field, and one way of life - and whatever else is happening in the country, be damned.

The money we get from UK Sport goes to pay for our elite programme. The money we get from Sport England helps us to nurture and develop the grass roots. But it is not enough by itself. It needs to be supplemented by other income - and that means income from members’ fees. We run the organisation as efficiently as we can to get good bang for our buck, using our sources of income for all of the above.

“So, while I am sure each member will have his or her own view, I can only tell you my own answer to the question you ask. I don’t look at our members’ benefits and think that they are why I pay my sub: they are just something to put on paper - a bonus, if you like. The real reason I pay my sub is because I think that the world is bigger than just me, and the archery world is, too. I want more people to enjoy it, talk about it, watch it, do it, and in the process make memories that will add to the archive of centuries. And for that, in today’s world, there has to be a structure - to keep people safe, to make it fair, to make it work, and to allow people to go as far as they choose to do (maybe not as far as me; maybe further - it’s up to them).

“I know for sure that I’m not going to facilitate all that personally, but I also know that I am pleased that someone does. Who does it? Archery GB."
What a weekend!
Sunshine, smiles and success stories

British summertime. The great outdoors. The weekend. What could make things even better? Well the Archery GB Big Weekend, for one.

And it did at 79 clubs across the UK. Reports are still coming in but the results seem more than favourable. One club, Bowmen of Warfield, pulled in the crowds and finished its event with a full beginners’ course signed up, plus six intensive training courses booked and more on the waiting list.

Mandie Elson, Chairwoman of Newark Castle Archers, was all smiles too. She said: “We had a little boy who is very poorly having a go at archery and to see his smiley face was completely worth all the hard work it took to put it together.

“We had one of our members dressed as Katniss Everdeen from The Hunger Games attempting to land as many arrows as possible on our zombie target and people could guess the number she hit over 100 arrows. We also had raffles and a bake sale.”

More than 90 people turned up to take part in Kirby Muxloe Archery Club’s Big Weekend – but once they arrived they could not tear themselves away. Club Secretary Lynn Pearson said: “Once people were there they stayed for well over an hour, if not longer, queuing for yet another go at archery.

“There was plenty of fun and laughter from everyone, especially youngsters trying to beat dad, to more mature people just pleased they had hit the target. We held a highest score competition and the prize was a free place on the next beginners’ course. We are yet to contact the lucky winner.

“We had lots of enquiries from people wanting more information about our next beginners’ course in July. We even had a past club member in his 70s come and say hello. We tempted him to have a go and, despite being a little hesitant at first, he soon got back into his shooting stride, so much so he is rejoining the club after a seven-year gap and stayed and help pack away the equipment!”

“Next year, rest assured we will again, be participating in the Archery Big Weekend!”

Guildford Archery Club attracted 200 visitors. People were eager to have more than one go and it resulted in nine beginners’ course bookings and one membership enquiry. South Bucks Archers’ event was equally successful and covered by the local newspaper, the Slough Observer.

Lough Cuan Bowmen hosted its event at Mount Stewart, a National Trust estate. It was a busy day for members but they made sure that both they and their visitors had lots of fun – as did Trent Valley Archers and the West Somerset Company of Archers.

The names of all the clubs that took part in the Big Weekend and submitted feedback before the deadline were entered into a prize draw. The prize was a £75 Clickers voucher and the winners were:

- Bilton Archers
- Durham City Archers
- Cambria Bowmen
- Lough Cuan Bowmen
Making their mark

Where archery meets graffiti

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

Representations of bows, archers and crossbows dating back centuries can be found all over Britain. Here we look at how they were used and what they could mean.

GRAFFITI

Among the numerous words and images scratched on the walls and pillars of our medieval churches there are many representations of bows, crossbows and archers. There is a standing archer, longbow in hand, in St Mary and St Andrew church, Whittlesford, Cambridgeshire. It could date anywhere from 14th to the 16th centuries. A crossbow in Gamlingay church in the same county appears to have a gun butt and trigger guard meaning that it is a pellet-shooting crossbow of the 18th or 19th centuries. It is accompanied by a representation of a post-mill.

PERSONAL MARKS

In January 1640, the names of the Wallis family appear on a contract with the Board of Ordnance for the supply of wheellock pistoles and carbines. John Wallis signs with his name but William and Edmond each use a crossbow mark, suggesting perhaps they had previously made these weapons.

SWAN MARKS

The bills of swans were marked with a variety of cuts and nicks to produce a reliable indication of ownership. In East Anglia, the mark of the crossbow and bolt owned by Robert Steward of Ely, Cambridgeshire. When he died in 1570, it was passed on to Robert March of Haddenham, Isle of Ely, who inverted it. The bolt disappears and the tiller now terminates in a two-lobed pommel. He added an annulet (a small ring) to make it look different.

Humberstone March, alive in 1624, omitted the annulet, and was succeeded by his son William March. He omitted the pommel, reinstated the bolt and moved the trigger lever to the right-hand side. In December, 1662 he sold the mark to John Cole of Sutton, Isle of Ely, who used it without further alteration.

Sir Richard Cecil (died 1553) of Stamford and Burghley, Northamptonshire, used the mark of a strung bow with an arrow nocked and Sir William Bowes used two strung bows back to back, which refer to his name. Even his canting arms - heraldic devices representing the bearer’s name on a visual pun - contained three bows.

It is no coincidence that most of the marks described are connected with the fenlands of Cambridgeshire where the bow and crossbow equipped with blunt headed arrows were used to shoot water fowl. The blunt was enough to kill or stun the bird without the lacerations caused by a barbed steel head and the carcass remained intact. That meant the feathers were not stained by blood and could be used for stuffing pillows and cushions or to fletch an arrow.
WE'RE NOT QUITE THERE, YET

It's clear, there's no way around it. We're not the UK's biggest archery shop.

That's why we offer the best prices and the largest selection of products and brands in the UK. That's why our staff will greet you with a smile and a cup of tea. That's why we will go above and beyond to replace that missing part that nobody else could source. That's why our finance terms are better than ever, not to mention our Loyalty Scheme - have you seen that? That's why our telephone lines are open 6 days a week and our systems ensure all emails are responded to promptly. That's why we work harder to get that parcel in the post ready for your weekend's competition.

As we said, we're not the UK's biggest archery shop, yet!

THAT'S WHY WE TRY HARDER

TheArcheryShop.co.uk
Sophie Castle has plenty to smile about. She knocked Freya Palmer out of contention in the under-18s category at the Junior Masters in a one-arrow shoot-off and went on to become champion of champions. This is her account of how the day went…

“We set off from Margate, Kent, at 5am to ensure we arrived in good time as the journey was 2.5hrs away.

“I shot the ranking round, scoring 601 and, being ranked third out of 22 archers, only five points off first place.

“Then we were on to the head-to-heads. I felt strong, focused and ready for the challenge. My family supported me and encouraged me throughout. In the first round of the head to heads I was given a bye. Round two saw me matched up against Katie Torkinson from Audio Archers. I went through with a 6-0 victory. Round three saw me up against Shaimaa Abdelhalim from Archery GB. It was a great match and I came out the victor, winning 7-3.

“Now I was through to the semi-finals and up against another great archer, Anna Perkins of Cleve Archers. This was another tight match that could have gone either way but I won again 7-3.

“I was through to the finals. I could not believe it. I was nervous to say the least but I believed in my ability.

“I was up against top seed Freya Palmer. This was a terrific match and went all the way. There was great support for both myself and Freya. It came down to a shoot off as the scores were tied on 5-5. I hit a 7 and Freya hit a 6. I was the Champion winning 6-5. I could not believe it. I was emotional to say the least.

“Next came the Champion of Champions. This saw all the winners of each category and bow type up against each other with the lowest scorer being eliminated in a one arrow shoot off, until last three remained.

“I got through each round and now was in the final up against Ella Gibson and Jakob Barrett Rees. I hit an X. Bang smack in the middle. I won.”
What do you do when the honour of your county is at stake? Fight for it of course – and that’s exactly what juniors from Dorset and Wiltshire, Oxfordshire and Hampshire did at the Dorset and Wiltshire Archery Association junior inter-counties match.

Oxfordshire took the opportunity to field its new county junior development squad and the results could not have been better. The teams shot a World Archery 1440 round appropriate to their age groups and the top four recurve, barebow or longbow archers were included in the final score.

The winners were Oxfordshire with a total of 4235 points. Hampshire came second with 4125 and Dorset and Wiltshire finished on 3989.

Michelle Orme, DWAA junior team manager said: “It was a pleasure to host the event at Supermarine this year and we hope we can arrange another match next year, perhaps rotating the event between the counties. Our team was a mix of experienced archers alongside some new archers who had not done a full Metric before. It was an enjoyable experience for them, despite the very hot weather.”

Harley Parvin-Chambers is not one for giving up. The nine-year-old has been working hard to get his first badge ever since joining Peacock Archers in Cambridge on his birthday in January.

He tried several times to get his Gold Feather and came really close so many times. Things were looking good during a recent shoot... and then the final end was called. The problem was that by the time it finished Harley had only shot 12 of the 15 arrows he needed.

That’s when fate stepped in, in the shape of a sympathetic field captain. He organised an extra end just for Harley. And it worked. Harley shot his arrows with the field captain by his side and all the archers cheered as the 15th arrow hit the target. A badge at last – and an occasion he will never forget.
William storms to field title in Italy

William Pike is the new junior recurve World Archery Field champion of the world!

The eighth seed saw off Romania’s Cosmin Frai and Croat Aten Remar to book a showdown with Josef Scarboro. He made short work of the American and of Slovenian top seed Ziga Ravnikar. His 57-53 victory put him into the gold medal match and he led from the start in Cortina d’Ampezzo, fighting off an attempted comeback by Dutchman Willemm Bakker to take the title with a score of 53-49.

Naomi Folkard was also shooting for gold after defeating teammate Bryony Pitman in a shoot-off and Italy’s Jessica Tomasi 59-52. That brought her face to face with Lisa Unruh. Their last title showdown was at the World Games in 2017. That went to a shoot-off with the German eventually taking gold.

This time, Unruh edged ahead from the start to claim the title but the Briton finished in style with a final four to take silver.

And two of our teams came so close to bronze. Hope Greenwood, Jessica Nilsson and Bryony Pitman defeated France but were beaten to the gold medal match by Germany. That left them facing Slovenia who took bronze with a 57-51 win. Juniors Sophie Benton, Rebecca Lennon and Megan Tinker lost out to Sweden in the semis and to the USA in the battle for bronze. Patrick Huston, Jason Meehan and Chris White lost to Italy and juniors Tom Mehaffey, William Pike and Jake Walsh fell to Sweden.
More than 130 archers took to the Warren, near Wintership Down for the 2018 All British and Open Field Archery Championships, hosted by Overton Black Arrows. And conditions could not have been finer for the world record status World Archery event, shot over 24 marked and 24 unmarked targets. It also incorporated the Junior All-British Field Championships.

The archers were greeted with a misty start on the Saturday, which cleared to become a warm dry day. Threatened heavy rain on Sunday stayed away, replaced instead with hot and dry conditions with a moderate breeze.

There was also some pretty fine shooting and this year’s champions are:

**AMERICAN FLATBOW:**
- Ian Brown and Emily Williams
- **Under 18s:** Anna Catling

**BAREBOW:**
- Jason Meehan and Jessica Nilsson
- **Under 15s:** James Walker-Mathews and Amelia Thomas
- **Under 18s:** Tom Meahaffey and Phoebe Rose

**COMPOUND BAREBOW:**
- Simon Price and Marion Patterson
- **Under 18s:** Menna Williams

**TRADITIONAL:**
- Ceri Thomas and Michaela Lake

**LONGBOW:**
- Alex Newnes and Beth Duthie

**COMPOUND:**
- Tapani Kaimaru and Hope Greenwood
- **Under 18s:** Finnlay Barrett-Rees and Cyra Rawdlin-Jones

**RECURVE:**
- Mark Nesbitt and Megan Tinker
- **Under 15s:** Jodie Buckner
- **Under 18s:** Joe Fairburn

**TOP VETERANS:**
- John Davies, Jason Meehan, Victoria Williams, Marion Patterson, Bernie Dicks, Charlie Coombs, John Hartfield, Ceri Thomas and Michaela Lake.

**TOP HOME NATIONS TEAM:** England

---

**Shire Archery**

- Stocking a wide selection of materials & equipment
- Leading international brands
- Exclusive items from independent Crafts people
- Bespoke arrow manufacture
- A personable and knowledgeable service
- Low cost weight-based postage

**Availability Times:**
- Mon-Thursday – 9.00am- 6.00pm
- Friday – 9.00am- 8.00pm
- Saturday – 9.00am- 6.00pm
- Sunday – 10.00am-Midday

**www.shirearchery.co.uk**
Fun, filming and lots of sun

A record-breaking 84 archers gathered at Overton Black Arrows’ annual open in baking temperatures – and in the company of a BBC film crew.

Sports presenter Mike Bushell was at the event in the Warren, Hampshire to film a piece about field archery. The resulting footage aired on 25 August.

New this year was the Turner Downhill Challenge on the 60-metre steep downhill shot. It produced some stunning results. Alex Newnes scored 13 shooting an American flat bow, recurve Eleanor Piper scored 16 and compounder Malcom Rees the maximum 18.

Some British field team members were competing as preparation for the World Field Championships and joined other competitors huddling in any available patches of shade as the temperatures rocketed to well over 30 degrees. The result? Lots of banter and good humour.

William Hastings-Bass, the 17th Earl of Huntingdon, was the Lord Paramount and you can find the results at www.overtonblackarrows.org
**Precision Tune Your Fat Shafts From 50 Grain Up To 400 Grain**

**Fits:**
- **Easton:** Superdrive 23&25&27 / X23&27 / Fullbore / Fatboy
- **Carbon Express:** Tank 23D&27 / CXL X-Buster / XJammer7Pro / LineJammerPro
- **Gold Tip:** Series22 / 30X / 9.3 / X-Cutter / Triple X
- **Black Eagle:** PS23, 26 & 27/ Challenger / Magnum
- **Victory:** NVX23&25&27

---

### 3D Shape Stainless Steel

<table>
<thead>
<tr>
<th>Grain</th>
<th>Graphic</th>
</tr>
</thead>
<tbody>
<tr>
<td>250</td>
<td><img src="image1" alt="Image" /></td>
</tr>
<tr>
<td>225</td>
<td><img src="image2" alt="Image" /></td>
</tr>
<tr>
<td>200</td>
<td><img src="image3" alt="Image" /></td>
</tr>
<tr>
<td>175</td>
<td><img src="image4" alt="Image" /></td>
</tr>
<tr>
<td>170</td>
<td><img src="image5" alt="Image" /></td>
</tr>
<tr>
<td>150</td>
<td><img src="image6" alt="Image" /></td>
</tr>
<tr>
<td>125</td>
<td><img src="image7" alt="Image" /></td>
</tr>
<tr>
<td>105</td>
<td><img src="image8" alt="Image" /></td>
</tr>
<tr>
<td>100</td>
<td><img src="image9" alt="Image" /></td>
</tr>
<tr>
<td>85</td>
<td><img src="image10" alt="Image" /></td>
</tr>
<tr>
<td>70</td>
<td><img src="image11" alt="Image" /></td>
</tr>
<tr>
<td>60</td>
<td><img src="image12" alt="Image" /></td>
</tr>
<tr>
<td>50</td>
<td><img src="image13" alt="Image" /></td>
</tr>
<tr>
<td>40</td>
<td><img src="image14" alt="Image" /></td>
</tr>
<tr>
<td>30</td>
<td><img src="image15" alt="Image" /></td>
</tr>
<tr>
<td>20</td>
<td><img src="image16" alt="Image" /></td>
</tr>
</tbody>
</table>

---

### Bullet Shape Stainless Steel

<table>
<thead>
<tr>
<th>Grain</th>
<th>Graphic</th>
</tr>
</thead>
<tbody>
<tr>
<td>85</td>
<td><img src="image17" alt="Image" /></td>
</tr>
<tr>
<td>85</td>
<td><img src="image18" alt="Image" /></td>
</tr>
<tr>
<td>105</td>
<td><img src="image19" alt="Image" /></td>
</tr>
<tr>
<td>125</td>
<td><img src="image20" alt="Image" /></td>
</tr>
<tr>
<td>145</td>
<td><img src="image21" alt="Image" /></td>
</tr>
</tbody>
</table>

---

### Pinpoint Stainless Steel

<table>
<thead>
<tr>
<th>Grain</th>
<th>Graphic</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td><img src="image22" alt="Image" /></td>
</tr>
<tr>
<td>60</td>
<td><img src="image23" alt="Image" /></td>
</tr>
<tr>
<td>80</td>
<td><img src="image24" alt="Image" /></td>
</tr>
<tr>
<td>100</td>
<td><img src="image25" alt="Image" /></td>
</tr>
<tr>
<td>120</td>
<td><img src="image26" alt="Image" /></td>
</tr>
</tbody>
</table>

---

**Screw Lock System**

**Weight Matched**

**Ultra Tunability**

**Precision Self-Centering**
More than 50 archers. A burning desire to win. Glorious sunshine in a spectacular setting.

What more could you want from the 2018 Disability Championships?

The event, supported by the Worshipful Company of Fletchers, was held at Lilleshall. It produced stunning performances, nail-biting finishes and a spectacular return from injury for Paralympic medallist Mel Clarke.

The new compound champion said: “My wrist is fixed now so this is my first time back since 2015. It’s good to be back! It was a bit scary but considering I have only been shooting for six months. This was my first big head-to-head and it was quite nerve wracking but I’m really proud of what I have done.”

The silver went to Jodie Grinham with bronze medals going to Jess Stretton and Ben Edwards.

The men’s compound title went to Evesham junior Jamie Harris. He beat David Bramley to gold and said: “This year there were a lot more categories so it was more inclusive to people who would not normally do shoots. It’s a really great competition.”

Last year, recurver Ken Hargreaves finished fourth at the Invictus Games in Toronto. Yesterday he took the Championship title – and won the Fletchers Cup, awarded to the archer who either improved upon or came closest to their personal best.

Ken, who battled past Mark Pattenden, eventual bronze medallist Paul Browne and Phil Spink, said: “I feel very honoured simply to be in the presence of the Para archers and world record holders. I could never have dreamed when I arrived that I would be in such a position and have the honour of actually beating them. I feel blessed.”

Tania Nadarajah beat Hazel Chastity to women’s recurve gold. She said: “It feels great. I have been working on lots of things recently and although I experienced a couple of problems they are now stored in the bank and it’s something I can work on.” Kate Murray took bronze.

It was a particularly special day for Victoria Rumary. She beat Jo Frith to W1 gold using her spare bow – which was bought for her by the Worshipful Company of Fletchers. “They really helped me out,” she said. “It’s been amazing!”

The men’s W1 title went to Paralympic gold and silver medallist John Cavanagh, who is a Freeman of the Company. He beat Martin Saych to gold and Tamas Gaspar edged Peter Higgins out of bronze.

In the Visually Impaired categories, Roger Rees-Evans beat Stuart Phillip James Rodgers to VII gold while there was a replay of last year’s VI 2/3 final as Steve Prowse beat Peter Price into second spot. Nick Thomas took bronze with a 7-3 win over Phillip Tranter.

The open title went to Peter Shaw who defeated last year’s winner Debora Wright.

Emily Williams took the recurve disability title while top seed Wayne Mason edged the disability compound final, beating Alan Hayden 128-126. Tom Fowells beat Andrew Woodger to bronze.

And there were strong performances in the new disability novice category. Lewis Brown took the title with Daniel O’Connor second and Sue Sanders third.

Among those watching the action were representatives of the Worshipful Company of Fletchers including Chris Brown, Duncan Garland, Andrew McMillan, Ian and Yomei McLellan, Andrew and Melanie Trapnell and Michael and Pam Holden.

Prizes were awarded by Chairman of Trustees Chris Brown and Archery GB President Trish Lovell, who is also a member.

Chris said that the Championships were created as part of a bigger programme aimed in part at giving archers more competition experience, creating a “try before you buy” library of equipment so that para archers can find out what best suits them before they invest and to train new classifiers.

He also announced that the following athletes have been invited to become Freemens of the Company:

- Jessica Stretton
- Jodie Grinham
- John Stubbs
- Jo Frith
- John Walker
- Tania Nadarajah
A massive support
How the Fletchers made all the difference to Tania

Paralympian and 2018 Disability Championship recurve gold medallist Tania Nadarajah has been working with the Worshipful Company of Fletchers since becoming involved in the sport. This is her take on the event – and what the Company means to her.

“This ancient livery company has supported disabled archers, including members of the GB Para squad and Archery GB initiatives for many years. And now the Company has extended its support to the Disability Championships for a second year to provide a platform for archers with physical impairments to compete at a national event.

“Day one began with a ranking round followed by elimination matches, including finals for non-classified archers. Lilleshall’s main field lived up to its reputation for changeable winds, putting the archers’ skills to the test but did little to hamper the high level of competition.

“Day two saw World Archery classified archers battle it out for the title of Disability Champion. As top seed in the recurve women category, I made it to the gold medal match and was delighted to win 6-0 against GB teammate, Hazel Chaisty.

“It was a great occasion – but the Company is so much more. It has been a source of massive support for me since the early days of my archery career. It helped to fund a second set of equipment when I was selected to represent GB internationally for the first time. That made all the difference because I was not funded in any way at that time.

“In 2016, I was invited to speak at the installation dinner for the Company’s new Master – and, on behalf of Archery GB, to collect the final cheque in the Road to Rio initiative. This gave me the opportunity to meet several of the Company in person and they have kept an eye on my progress ever since then.

“Last year, I visited the City of London Freeman’s School in Ashtead twice. It is supported by the Company and I was there to speak to their pupils about my journey and continue to help raise the profile of disability archery.

“And now I have received another honour: being made a Freeman of the Company. It is in recognition of that work but being honoured alongside 2016 Paralympic medallists Jo Frith, John Walker, Jess Stretton, John Stubbs and Jodie Grinham just makes it even more special.”
It’s our passion
Who are the Flecthers and why do they want to help?

The Worshipful Company of Flecthers is a London livery company that was set up to ensure high standards of business standards and product quality. The first mention of the company is in 1371 when, “for the common good,” it split from the Worshipful Company of Bowyers – although the two companies still meet for an annual shoot in the Moat at the Tower of London. The Company’s members supplied arrows to bowmen at Creycy and Agincourt and were kept busy throughout the Hundred Years War and the Wars of the Roses.

These days, members use their talents to help charities and, particularly, archers with disabilities. So what do they do and how do they fund their work?

The Company receives no outside funding, other than occasional donations from archery clubs. Each year individual members pay into its charity, the Fletcher’s Trust which help, in the main, disabled archers.

Over the past few years it has helped to fund the 2016 Paralympic Rio Dream, provided equipment and support to individual archers and supported inclusion initiatives pioneered by Deer Park Archers. It worked with Maggie Woolf and Paralympian John Cavanagh to set up new archery schools in London to give children a chance to experience the sport, paying for equipment and covering the costs of a year’s coaching.

It has helped to develop perching stools for archers and gives grants to help individual clubs make their facilities more disabled-friendly.

Other organisations it supports include British Blind Sport, the British Wheelchair Archery Association, the Royal Toxophilite Society, the Blind Veterans’ Association, the Mudchute scheme and events at Stoke Mandeville. It even supports schools and helps the City of London Orchestra run courses to give disadvantaged children the chance to make music.

Last year it launched the Disability Championships at Lilleshall in partnership with Archery GB – and it is going from strength to strength with this year’s introduction of novice classes.

Archery GB’s Director of Sport David Tilletson said: “The Worshipful Company of Flecthers has a long-standing and important relationship with Archery GB. We are extremely appreciative of their on-going support of our successful Para programme and are very pleased with its increasing connection with other disability archery groups.”

Now the Company’s attention is firmly on Tokyo 2020. It is working with Archery GB to provide a stock of the very latest equipment so that our para archers can try the kit out to find out what suits them – and what does not – before investing. It will fund the training of classifiers so that athletes can be advised and put into the right classifications at grassroots level.

So why do they give up so much time, effort – and money – to help disabled archers? “It’s our passion,” said a spokesman. “It’s like being part of one big family. We all really do enjoy it. It’s great fun. We like to be involved. The Disability Championships is wonderful. We get to meet the archers and get their feedback. We get to know them and they are terrific people, they really are. We are really pleased to be able to help.”

Awards time
It’s all smiles at Quivers Archery Club in Hampshire as prize winners line up at its annual awards presentation.

Everyone who shoots at Quivers is disabled with impairments ranging from blindness to mental and physical handicaps. The awards recognise members’ achievements throughout the year.
More than a best friend

Dogs are said to be man’s best friend – but sometimes they are so much more. Especially when it comes to helping para-archers perform to the best of their abilities.

“One of the stars of this year’s Disability Championships was the name of Molly. She is recurve champion and Fletchers’ Cup winner Ken Hargreaves’s assistance dog and she won hearts throughout the event.

Another assistance dog which built up a solid fanbase is called Tyler and belongs to Graham Hadfield. Tyler has quite a reputation for finding lost arrows – and for his own version of cheering for the judges at the end of tournaments – but also he has another function.

Graham said: “Most archers and the Judges now recognise him now and know that when he becomes agitated behind the waiting line, I need to take my meds. That’s when I have to come off the shooting line for a few minutes.”

It’s a partnership that is working well for former marathon runner Graham. He first picked up a bow at an I Am Team GB event at Overton Black Arrows and has not looked back since. This year he has picked up a bronze medal – and a personal best – at a British Wheelchair Archery Association training weekend, achieved three firsts in his recurve category and finished fourth at the Disability Championships. He also achieved another PB at the Grand National Archery meeting.

So what’s next? If Graham – and Tyler – have anything to do with it, they will be heading to the Paralympics in Tokyo in 2020 and Paris in 2024.

Fun and Games!
Successful debut in the Highlands

When members of Caithness Archers joined forces with volunteers from Lothian Disability Sport at the Mey Highland Games at John O’Groats there could only be one outcome: a great day out.

It was the first time archery and disability sports had been included in the Games, which were organised by the Royal British Legion Scotland and supported by the Highland Games Organisation. And it made quite a debut with the help of American guests Uncle Sam’s Highlanders and wounded soldiers from Help For Heroes.

Weeks of careful planning resulted in a have-a-go, to be followed by an informal fun competition. Except so many people turned up – sometimes again and again – that there was no time left for the competition.

The visitors were of all ages abilities and from all over the UK and Europe. And the really good news? Lots of people took away information sheets about the sport and how to join their local clubs.
So much potential!

Spectacular finale to Youth Festival

One hundred and sixty potential future stars had a chance to showcase their talent at the 2018 Archery GB Youth Festival – and the results were spectacular.

The competition was hot - but there was plenty of time to foster firm friendships, learn and develop in an inclusive environment while finding out more about how the World Archery format works from the experts.

Our 2018 compound junior champions are Liam Peake and Lucy Mason, who was defending her title. They each battled past tough opposition, eventually defeating Lewis Haslam and Isabelle Carpenter to take gold. Bronze medals went to Matthew Wong and Ella Gibson.

Cadet Nathan Thomas was the top seed and sailed through to face Ajay Scott in the gold medal match and take the title. David Taylor took bronze. And the women's title went to Paige Jones who won a showdown with Holly Clifford. Top seed Layla Annison claimed third spot.

The top two seeds went head-to-head in the junior men's recurve final. Top-ranked Ryan Pinder took on Cameron Donaldson - and it was Cameron who proved victorious with Will Maddison taking the bronze. Exactly the same happened in the women's category, with a slightly different outcome. Emily Bryant faced second seed Lauryn Jewkes but this time the top seed won 6-0 to take the title. Brooklyn Ditchburn won the battle for bronze.

Youth Olympians Daniel Thompson and Alyssia Tromans-Ansell took the recurve cadet crowns, beating Harry Tapp and Heather Hughes respectively. The bronze medals went to Thomas Susca and Thea Rogers.

There was drama in both recurve cub gold finals. Top seed Darragh Joyce faced Ryan Leatham in a tough battle and eventually edged it, winning the title 6-4. And a shoot-off decided the women's title. Heike Palmer tied with Samantha Roberts, forcing a shoot-off. Heike shot a six but Samantha hit the X to take the gold medal. The bronze medals went to William Liversedge and Isabelle Haslam.

The team of Cameron Donaldson, Alex Massey and Callum Platt took the recurve junior men's title, with women's honours going to top seeds Emily Bryant, Lauryn Jewkes and Monique Pascall. Recurve cadet gold went to Jakob Barrett-Rees, Hayden Ledwick and Cillian Reid and Nicole Burdett, Megan Costall and Alyssia Tromans-Ansell, while top-ranked cub seeds Isabelle Haslam, Samantha Roberts and Darragh Joyce fulfilled their early promise by taking their titles.

Compound youth honours went to the teams of Dillon Crow, Ciaron Peake and Ajay Scott and Jenny Bryan, Maddison Codling and Sarah Moon.
The mixed team competitions were split into two tiers. The champions are:

**TIER 1**
- Recurve senior: Rachael Smith and Kieran Shirley
- Recurve cadet: Imogen Newby and James Woodgate
- Recurve cub: Jack Doherty and Darragh Joyce
- Compound youth: Ella Gibson and Lewis Haslam

**TIER 2**
- Recurve cadet: Eleanor Cole and Anna Perkins
- Compound youth: Holly Boulton and Holly Hunter

The festival was part of the 2018 Youth Key Event Series and also included the junior Euronations tournament and the Youth Olympic Games selection shoot.
Making the difference

How archery can benefit mental health

Archery GB is a proud signatory to the Mental Health Charter for Sport and Recreation to use the power of sport to help tackle the stigma behind mental health. It is something we are passionate about.

One in four people experience a mental health problem every year – so this is something that could affect anyone at any time. By being involved in archery, whether sociably or competitively, as a volunteer, judge or as part of a work party, there are positive outcomes for the individual, clubs and, more widely Archery GB and society.

Two members – Karen Bryan and Grant Piland – got in touch to tell us how archery has helped them.

Karen Bryan

After many years of struggling with depression and low self-esteem I had a nervous breakdown in 2014. It took a year to recognise what had happened, by which time I had come off the anti-depressants.

As part of my treatment I used Cognitive Behavioural Therapy techniques and mindfulness. Recognising the need for me to rediscover myself, and return to some of the activities I had loved doing when I was younger - archery was one of those things.

In 2016 I took the plunge and contacted my local club. I was surprised how much I could still remember - and how much I had missed shooting.

I have progressed with my shooting and working with a coach I have found that the sport is helping me to develop a much more positive mental outlook.

I have made some fantastic friends both at my club and in the wider archery world.

My progress in the sport has brought out my competitive side and I represented my county for the first time this year.

Now my club’s Tournaments Officer, I received the Chairman’s Cup in recognition of all I had done for the club in encouraging members to shoot rounds, gain handicaps and classifications, and take part in more competitions.

Grant Piland

I am a carer for my wife and have been since 2008. After two very upsetting incidents the health issues my wife already had developed into more serious conditions both physical and mentally. Before this I was a very active ex rugby player and outdoorsman. I then had to concentrate on my wife’s health issues.

In 2015 at the Archery Big Weekend, hosted by Trent Valley Archers, I got hooked and then joined the club.

To say archery has had a positive effect on me is an understatement. My physical health has improved greatly and my mental health has had a big boost. Archery is a non-judgmental sport where people of all abilities come together and are not labelled by ignorance.

As a carer you can feel isolated and you have to put the person you care for above your own health and wellbeing and make sacrifices so that those that are being cared for have a comfortable life.

At present I volunteer at a wellbeing and recovery college, allowing me to put something back into society and hopefully help others along the way.

Archery has lots of benefits for people with both physical and mental health issues.

You can find the full case studies at archerygb.org/mentalhealth. For support or advice on how being active is important for our mental health visit www.mind.org.uk/sport
are pleased to announce a Seminar with

**Coach Kim Hyung Tak**

SATURDAY 30TH MARCH TO WEDNESDAY 3RD APRIL 2019

VENUE: Warwick University Lecture Theatre

Two full day seminars delivered by Coach Kim

- Individual coaching sessions with Coach Kim – observed by coaches
- Pre-bookable one-hour personal coaching session
- Coaches observation - observed by up to 50 coaches
- EARLY BIRD TICKETS AVAILABLE FIRST 25 PLACES FROM £99!
- Open to all AGB members and members of World Archery
- Tickets will be sold on a first come first serve basis and will be available via our website - book early to avoid disappointment
- Stewards available to guide and advise on site

To book a place visit: www.aim4sport.com
Or call: 01767 699 991
Our champions are...
CMO Bowmen turn on the heat

Four teams went head-to-head to decide who would be the 2018 Ontarget competition champions. And, after some spectacular shooting, the title went to CMO Bowmen of Surrey.


Earlier this year, 28 clubs from all around the UK signed up to see if they could make the finals. Matches were played home and away, giving clubs the chance to get to know each other, make new friends and test themselves against archers they might not have come across before. Over the weeks, those 28 clubs were whittled down to four. Each team, with two recurve and two compound archers, shot three rounds of two dozen arrows with archers scoring points in a team, pairs and individual rounds.

Arran Coggan, Clubs and Facilities Manager, watched the action. He said: “The finals event went smoothly and I thank all the archers and clubs involved in this year’s competition. This was our fifth year so it is well established and everyone enjoyed themselves. It’s a fantastic competition to be involved in and I encourage more clubs to take part in 2019!”

Develop your skills

Want to be the very best that you can be? Then why not join one of our autumn and winter training courses for archers, coaches, clubs and officials. The programme covers a wide range of topics, which includes developing your technique, tournament strategies, recurve tuning and set-up, and Performance Archery with Richard Priestman. For clubs and officials, courses cover coach development, lanseco training, along with Judge and Club development seminars. You can find out more at www.archerygb.org/clubtraining

And don’t miss the next Personal Performance Course. Any Archery GB member who has been shooting for at least six months can join our three-day Personal Performance Courses. They cover recurve, compound and longbows and, in that time, you will find out all about shooting form, equipment set-up, elite training programmes, tuning, mental training, exercise and nutrition. And all the training will be tailored to each individual’s needs.

The next course date is: 19-22 October 2018. It costs £395 per person which includes the course, accommodation and food.

You can find out more about the personal performance course on the website. Click on Coaches, Judges and Volunteers > continue learning > PPC.

Be part of the team!

Volunteers are the lifeblood of our sport - and of our national and record status tournaments. The work is hard but it comes with fantastic rewards such as making new friends, developing new skills and the chance to play a vital role in elite competitions. So the question is: do you want to join us?

So what can you do? There are lots of crucial roles filled by national event volunteers. These include: field of play, administration support, results team and tournament organiser. Archery GB offers support and training.

If you want to find out more contact vols@archerygb.org stating which roles you are interested in.

Come and join us

We’re recruiting! Can you help us to develop the next generation of coaches? We are looking for people who love learning, coaching, and helping others succeed. Find out more by coming along to our free open day.

The role is paid and involves a commitment to travel and work on the weekends.

The open day is at Lilleshall on Saturday, 13 October from 10am-3pm. You can find out more at www.archerygb.org/coach and register at akg.sport80.com.

Putting you at the centre

What keeps you motivated and feeling empowered as archers? And what makes people drop out of the sport? We are teaming up with the University of Birmingham to find out more.

This is the first research of its kind in archery. Using the findings, we will be able to help coaches and parents understand and develop their own strategies to create a more empowering climate.

The research will be led independently of Archery GB by Professor Joan Duda, who is recognised worldwide for her expertise on motivation psychology and coaching.
There were gold, silver and bronze medals as Britain kicked off its Para-Archery European Cup campaign in style and once again demonstrated its strength in the women’s W1 category.

Jo Frith and Victoria Rumary were the top two seeds in Olbia and powered past all opposition to face each other in the title match. In the end it was Jo who seized the advantage, taking gold with a 133-127 win.

Martin Saych, making his European Cup debut, reached the individual quarter finals - but there was no way he was leaving the competition empty-handed. His chance came in the W1 mixed team competition. He and Jo were denied a gold medal place by eventual winners Italy. That left them facing Korea. It went to a shoot-off and a single point placed Britain firmly on the podium.

There was bronze too for the compound women’s team of Jo, Jodie Grinham and Victoria and a hard-fought fourth place for Jodie and Nathan MacQueen in the compound mixed team competition.

In the individual competitions, compounder Jodie battled through shoot-offs before coming up against Miho Nagano in the battle for bronze. It was close but the Japanese archer took the medal.

Our only male recurve entrant, David Phillips, was denied a place in the semi-finals by eventual bronze medalist Anton Ziapaev of Russia. Tania Nadarajah took on Chika Shigesada of Japan. It was neck and neck all the way and they tied 5-5, forcing a shoot-off. Tania scored five – but Shigesada hit the eight. And in the mixed team competition they fell foul of Poland.

Stage two of the campaign took our athletes to Nove Mesto where two golds, a silver and two bronzes took Great Britain to second place in the medal table.

Jessica Stretton was on red-hot form as she battled for the women’s compound title. She seized top spot on the compound women’s ranking board and swept past the opposition to set up a gold medal clash with Stepanida Artakinova of Russia. There was only one point between the equally determined competitors – but Jessica edged it.

Victoria Rumary claimed W1 victory in a dramatic decider against Kim Ok Geum of Korea. It was neck and neck all the way and the athletes tied on 129. That forced a shoot-off – and both archers shot a 10 with no clear winner. That meant another shoot-off and the Korean faltered, shooting a nine as Victoria’s arrow hit the 10 for the win.

Top seeds Jodie Grinham, Victoria Rumary and Jessica Stretton faced Korea in the compound team showdown. The finalists were neck and neck all the way – but Korea edged ahead by a single point to take the victory.

Both our mixed teams bagged bronze. Victoria teamed up with John Cavanagh for the W1 match and beat second seeds Korea 142-138. Top compound seeds Jessica and John Stubbs were edged out of a title shot by Russia. That left them facing Turkey – where they produced some great shooting for a decisive 153-149 win.

Hazel Chaisty made the team as a wildcard selection and ended shooting for individual recurve bronze. And she came so close, eventually beaten 6-4 by Iran’s Zahra Delkhosh. Compounder John Stubbs was also due to shoot for bronze but was unable to compete, which gave USA’s Ben Thompson a bye into third place.
Champions of Europe!
Jo and Steve storm to para titles

Jo Frith is the new W1 champion of Europe - and Steve Prowse held his nerve during shoot-off to snatch the V1 2/3 title.

Paralympian Jo beat teammate Victoria Rumary in a stunning match at the European Para Championships in Pilsen. Both women were right at the top of their game. Top seed Victoria had blitzed past Russia's Anna Ilina and Elena Krutova while Jo, ranked second, saw off Tereska Bradilova of the Czech Republic and Italy's Asia Pellezzari.

It was neck and neck as the pair eased into the match but then Jo hit form. Victoria finished in style with a 10. It was not enough to deny her teammate her first European champion gold - but she was still a cracking start to an European Championships career. World champion Steve Prowse faced Italy's Giovanni Maria Vaccaro in his battle for gold - and the match started as it was to finish, as a tie. That led to the inevitable: a shoot-off. Vaccaro shot a seven but Steve slotted home a nine to claim the title.

We also had five British athletes shooting for bronze. In the V1 2/3 competition, Nicholas Thomas faced teammate Phillip Tranter and the shoot-off themes continued. Both finished on five points and Phillip shot a six - but Nicholas took the medal with a nine. In the V1 1 category, Richard Nicholl faced Jordi Casellas of Andorra and, once again, the match was tied. Richard shot a six but Casellas went one better.

Our other contenders were compounders John Stubbs and Jessica Stretton. John swept past the opposition before being edged out of gold medal contention by Russia's Nail Gatin. That left him facing top seed Marcel Pavlik and it was the Slovakian who took the medal. It was a similar story for Jessica who was kept out of the title match by top seed Maria Andrea Leppe of Italy. The battle for bronze against Russia's Yulia Alekseeva was hard-fought but the Russian claimed the honours.

But Jessica did go home with a medal. She won European mixed team compound silver with Nathan MacQueen. They were up against Slovakia - and both teams scored 150. That meant a shoot-off to take the title. Jess and Nathan scored 19 - but Slovakia went one better to snatch the victory.

Victoria Rumary and John Cavanagh made it two silvers. They shot the highest W1 mixed team score - 139 - to get into the gold medal match against the Czech Republic. It was a hard fight but the Czechs pulled away, winning the title 147-135.

When recurvers David Phillips and Hazel Chaisty were edged out of their mixed team title shot they were determined not to go home empty-handed. They faced an equally-determined Turkey in the battle for bronze. The result was a classic. Tied at four points each they faced a shoot-off. Turkey shot 19 but David and Hazel scored a perfect 20 to claim the medal.

Medal haul!
Four golds crown Patras campaign

Stunning performances at the European Youth Championships in Greece took Britain to second place in the medal table with four golds, three silvers and three bronzes.

There was an all-British final as compound cadets Layla Annison and Jenny Bryan faced each other in a bid to become European champion. Both shot superbly but, in the end, it was Layla who had the edge, winning 142-135 to take the title.

The junior women’s team of Isabella Carpenter, Ella Gibson and Lucy Mason were in similar form. The top seeds beat Italy by a single point to secure their shot and did it again against Turkey to take the European title.

There was gold for cadets Adam Carpenter, Lewis Haslam and Matthew Wong too. The third seeds saw off Greece and Denmark to secure a showdown with favourites Turkey. And they were not going to be denied, taking the title with a 222-216 win.

There was a second gold for Adam as he teamed up with individual champion Layla Annison in the mixed team competition. The top seeds defeated Greece, Estonia and Russia to take the title.

Britain’s second silver came courtesy of cadets Layla Annison, Jenny Bryan and Holly Clifford. They beat Romania and Russia to set up a gold medal match but were edged out by Turkey. Recurve juniors Eleanor Piper, Louisa Piper and Lizzie Warner swept past Estonia and beat Italy in a shoot-off. That left our top seeds facing a title battle with Ukraine. Both teams fought hard but in the end it was Ukraine that took the title.

There was a dramatic cadet mixed team bronze for Isabelle Carpenter and Kai Thomas-Prause. They beat Norway in a shoot-off. Cadets Jacob Reid, Thomas Susca and Daniel Thompson also faced a battle for bronze with Ukraine – and made sure of the medal with a hard-fought win.

Ruby Paul was going for individual cadet bronze. After a series of shoot-offs she found herself facing France’s AureliaTreves – and took the medal with a straight sets win.
DS-Archery
Fine Tune Your Aim
High Modulus Carbon Stabilizers

The "Pro Nano XS" features the same 17.8mm Outside Diameter and High Modulus Carbon as the Pro Nano Rods. with the thicker Carbon Wall gives these new rods their Extra Stiffness.

The Nano XS also features Silicone Foam at both ends of each stabilizer to help dissipate both high and low frequency vibrations.

Why choose the Nano XS over the Nano? People that have a bow with forward direction and, or who like to shoot with a lot of stabiliser weight will benefit greatly from this Extra Stiff version of the very popular Nano.

Nano XS Stabilizers are supplied with 1/2oz Cap Weight and 1.75" Fully threaded 5/16" bolt. Available in a variety of different lengths to suit all Archers - 4" and 5" Extenders
8", 10", 12" and 14" Side Rods
17", 20", 28", 30", 33" and 36" Long Rods

email us at info@ds-archery.com quoting code SPLIT18 and we will send you a Free Gift - one gift per household code valid until 30th November 2018

www.ds-archery.com

The Longbow Shop
Everything a traditional archer needs
From weight-matched arrow shafts, ready made arrows, feathers, points and leatherwork to English longbows, horsebows, flatbows, field recurves, jewellery and specialist tools for the job. Order by phone, online or visit our retail shop.

CALL US NOW TO ORDER
0151 652 6653
VISIT OUR SHOP
Unit 20, Price Street Business Centre Birkenhead, Wirral CH41 4JQ
SECURE ONLINE WEBSHOP
www.thelongbowshop.com
History makers
First European team title for compounders

Neil Bridgewater, James Mason and Adam Ravenscroft are the new compound champions of Europe. They took the men’s team title at the European Archery Championships in Legnica, Poland, beating France by a single point – and in dramatic style. It is the first time since 1968 that Britain has won European men’s team gold – and the first European compound bow men’s team gold.

The French took a one point lead in the first end but in the second Britain pulled back to equalise on 117 points. It was then that a French arrow was downgraded, giving Neil, James and Adam a one point lead. By the time the third end was completed both teams were evenly balanced on 172 – until that French arrow was upgraded again.

It all came down to the final end. With rain falling, the French opened with a perfect 30 but then shot 8-9-9. The Britons shot 29 but finished with three 10s to become champions of Europe. “It was a little bit tense – but that’s what you should expect in a gold medal match,” said Adam.

Earlier in the tournament, our recurvers secured team quota places at next year’s European Games in Minsk.

The teams of Tom Hall, Patrick Huston and Alex Wise and Sarah Bettles, Eleanor Piper and Bryony Pittman made it to the quarter finals of the championships and, crucially, both finished in fifth place. That meant an automatic quota places to the Games, which will be held next June.

Meet our Youth Olympians!

Alyssa Tromans-Ansell and Daniel Thompson have been selected to represent Team GB at the at the Buenos Aires 2018 Youth Olympic Games.

Alyssa, from Cannock, and Dan, of Wrexham, won the quota places for Great Britain. Alyssa claimed one place by winning at the World Youth in Argentina last year and the GB selection shoot at this year’s Youth Festival. Dan secured his at the European Youth Championships at Patras, Greece.

Now the recurve cadets will fly out to Argentina for the Games which will run from 6-18 October. Archery begins on Saturday 13 October and ends the following Wednesday.

Performance Director David Tillotson said: “We are very proud of the achievement of both Alyssa and Dan in securing their selections with high levels of performance, taking podium places in their respective international competitions. Both have had excellent seasons, working hard with their coaches and we will be excited to follow their progress. This is an outstanding opportunity to progress their potential archery career.”

Team silver at Berlin World Cup

Sarah Bettles, Eleanor Piper and Bryony Pittman won a fantastic team silver for Britain at the fourth stage of the Hyundai World Cup in Berlin.

The recurvers battled through shoot-offs to face the might of double Olympic Champion and world number one Chang Hye Jin, world number three Kang Chae Young and Jung Dasomi in the battle for gold.

Bryony, 21, Sarah, 25 and 19-year-old Eleanor got off to a tentative start but their confidence grew as the match progressed and they hit form. Experience told in the end, though, and the Korean top seeds took the gold medal.
LAST CHANCE ARCHERY

ONE CHANCE | ONE MOMENT
ONE SHOT

Tournament archers and recreational shooters all share a common need. The need for precise, accurate and dependable tuning tools and accessories. At Last Chance Archery we strive to provide our customers with the highest quality products on the market to date. Check out our entire product line at www.LASTCHANCEARCHERY.com

The pro’s choice for tuning tools, 14 years and counting!

619 Hubert Pittman Rd | Pendergrass, GA 30567
Phone #: 706-654-1961 | Fax #: 706-654-0984 | Email: sales@lastchancearchery.com
James Mason, Jacqui Holmes, Bryony Pitman and Alex Wise beat all the odds – and difficult weather conditions – to be crowned champions in a spectacular climax to the 2018 National Tour.

Eighteen-year-old Alex was determined to make his mark and saw off David Phillips and Tom Hall to set up a gold medal showdown with Michael Judd, who had earlier ended Patrick Huston’s hopes of a fourth consecutive title. The stage was set for a classic but, as the wind picked up, victory was never going to be easy.

Michael took first blood and tied the second but then Alex pulled back. As the wind strengthened he took the third by a single point and the last two sets 28-22 and 27-22 to take the title.

He later said: “I’m really happy to be able to finish the outdoor season on a high. I’ve had so much fun this year and learned so much but winning this is, to me, the thing that will stick with me to give me the motivation to train bigger and better once I’ve had some time off! Can’t wait to do it all again next year!”

Top seed Tom Hall beat defending champion Patrick Huston to bronze.

Bryony was delighted with her win – especially as it came against four-time Olympian and three-time National Series champion Naomi Folkard. She said: “I’m really happy with how it went. This season has been one of very slow progress but the last few weeks and this have ended my season on a real high and I’m excited to see what next season brings!”

As the wind picked up, Bryony, who had earlier defeated Ruth Welsh and Eleanor Piper, took an early lead in the title match. Naomi, fresh from wins over Alyssia Tromans-Ansell and Yulia Larkins, hit back with a perfect 30 but, from that point, the top seed took control to secure a 6-2 win. Yulia beat Eleanor to bronze in a shoot-off.
Cracking showcase

Top compound seed James was not going to let anything stand in the way of his first National Tour title. He came up against two-time winner Neil Bridgewater after beating Matthew Wong and Chris White. James took an early lead with a perfect 30 and gradually built up his lead to take the title. The bronze medal went to Chris who defeated 16-year-old Adam Carpenter in a shoot-off.

James said: “Really happy with the result. It’s an improvement on last year when I came second. I shot pretty consistently all the way through, 147 in every match, so I’m happy with that.”

Jacquie beat Loyla Annison and Lucy O’Sullivan in a shoot-off to face defending champion Sarah Meeleis. Jacquie opened with a perfect 30 but top seed Sarah, who had earlier defeated Kirsty Robb and Jodie Grimham, pulled back. It all came down to the last end - and Jacquie held her nerve. Lucy beat Jodie to bronze in a shoot-off.

“It feels brilliant,” said Jacquie. “I was surprised to get through to top eight. I’m just really happy. I shot well and it was great.”

Hannah Rowley took the women’s recurve cadet title in style, edging out Penny Healey and Thea Rogers to set up a showdown with Ruby Paul, who had seen off Sophie Castle and Megan Bryer. Hannah took an early lead and, although Ruby fought back, it was not enough and Hannah took the crown.

Marco Costanzo was the event’s shoot off specialist. He beat Thomas Susca, Jakob Barrett-Rees and then Jacob Reid to take men’s recurve cadet gold. Jacob, who had seen off James Woodgate then Dan Thompson came so close but his nine was beaten by Marco’s nine-starred arrow. Thomas Nairn faced Will Maddison in the battle for the recurve junior title. Will took first blood but then Thomas edged back for a 6-4 win.

Ella Gibson faced Holly Clifford in the junior compound title battle after defeating Paige Jones and Grace Chappell. Holly, who had seen off Chloe A’Bear and Iulia Petre 143-134, took an early lead but Ella pulled back to win 144-140.

Lewis Haslam claimed the men’s title after beating Thomas Lane and Liam Wright. His opponent was Liam Peake who saw off Dru Ridding and Nathan Thomas. Liam led in the first two ends but Lewis fought back to take a 143-140 win.
Fun...and fine shooting
Classy performances in electric atmosphere

Sunshine. Stunning performances. World Cup fever as England’s footballers won a place in the semi-finals of the World Cup. All these factors combined to produce an electric atmosphere at this year’s Junior National Outdoor Championships.

And, doing the double, English archers won Home Nations honours. Chloe A Bear, Jacob Boden, Penny Healey, Imogen Newby, Heike Palmer, Dru Ridding, Kian Watkins and James Woodgate scored a massive total of 10,280 points, including 515 10+Xs, to beat Wales into second place and Scotland into third.

Elsewhere, laughter and excited chatter rang out as more than 260 of our brightest young prospects took to Llleshall’s fields. Records tumbled, birthdays were celebrated and there were even dads jumping around for joy as news of the other England squad’s success came through.

Day one of the tournament consisted of world record status World Archery 1440 rounds and UK record status metric rounds. The winners were:

**UNDER 18S**

**UNDER 16S**

**UNDER 14S**
UNDER 12S

- Barebow: Dominic Fenton and Eleanor MacDonald.
- Recurve 1440: Ryan Pinder and Theo Rogers
- Compound 1440: Sarah Moon.

Day two was the JNOC, where the archers competed in UK record status York, Hereford and Bristol rounds.

The 2018 champions are:

UNDER 12S BRISTOL


UNDER 14S BRISTOL


UNDER 16S BRISTOL


UNDER 18S BRISTOL


HEREFORD


YORK

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

Best of the best

Superb shooting by UK Masters

One of Archery GB’s toughest competitions – the UK Masters - lived up to its reputation at Lilleshall. You have to have achieved a Master classification to be invited to compete, so the entrants already knew they were among the best in Britain.

A total of 164 archers from 105 clubs shot in three competitions over two days: qualification, head to heads and a World Archery 1440 round. The results from all three shoots then decided the eventual titles and prizes and the winners included:

- Ogden trophy (recurve): Bryony Pittman
- White Rose silver salver (compound): Layla Annison
- Women’s longbow trophy: Shelia Hudson
- Women’s barebow medal: Sarah Hubbard
- Petty Trophy (recurve): Tom Hall
- Red Rose silver salver (compound): James Mason
- Men’s longbow trophy: Alex Newnes
- Men’s barebow medal: Glenn Studholme

World Archery distance and long metric awards went to:

- Recurve: Bryony Pittman, Sarah Bettles, Patrick Huston, Tom Hall and Michael Judd
- Compound: Isabelle Carpenter, Jacqui Holmes, Layla Annison, Mike Aubrey and Adam Rogerscroft

Southern Counties beat Northern Counties in the Petty Trophy Challenge but Northern Counties won the mixed team tankard.

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

Counties battle for national honours

Two days of fierce competition. Three different elements – and all in the name of finding Britain’s 2018 top county team.

The final results of the National County Team Championships are made up of the qualification round and head to heads plus World Archery 1440.

So who are our champions? More than 160 archers in 19 teams from 15 counties competed at Lilleshall. The overall victors were:

- Men’s recurve: Warwickshire
- Women’s recurve: Warwickshire
- Men’s compound: Kent
- Women’s compound: Kent
- Men’s longbow: Devon and Cornwall
- Women’s longbow: Yorkshire
A glorious GNAM!

Britain’s glorious summer provided a fitting backdrop for one of our sport’s most historic competitions: the Grand National Archery Meeting.

The GNAM was first shot in York in 1844 but Lilleshall is now the regular host, allowing some of Britain’s best to shoot UK record status Rose York, Hereford and National rounds plus a UK record status long National round.

The Speckled Challenge Cup for the highest aggregate score with a recurve or wood bow over three days went to Jaspreet Sagoo of Oakfield Archers and the top handicap day awards went to Alison Williams of The Longbow Club and Christopher Winning of Phoenix Archers.

Double Hereford basic score titles went to: Jaspreet Sagoo (recurve), Sheila Hudson (longbow), Emma Winning (compound), Sarah Dickinson (barebow).

Double York basic score titles went to: Anthony Allen (recurve), Martin Bale (longbow), Lee Grace (compound), Daniel Tibbles (barebow).

You can find all the results and trophy winners on the Archery GB website under Compete>National Tournaments.

The perfect conditions...

A hot, dry and calm day created the perfect conditions for the 2018 English and open senior longbow championships. The competition, a UK Rose Award record Status York/Hereford round was hosted by Sherwood Archers. This year’s champions are Carrie Mortimore and Clive Gadd while the masters titles went to Julie Cousins and Patrick Revell. The open winners were Melanie Fretwell and Martin Jordan and the best golds awards went to Louise Thomas and Alan Pugh.
Students flocked to Lilleshall to go head-to-head in the 2018 BUCS Outdoor Championships and Head to head tournament.

A total of 265 entrants from 42 universities took part in the championships, a World Archery 1440 held on the first day. It took around 10 hours to complete but resulted in some stunning shooting. This year’s champions are:

- **Recurve**: Tom Hall (Warwick) and Eleanor Piper (Birmingham)
- **Compound**: Sam Rees (Birmingham) and Sarah Prieels (Edinburgh)
- **Barebow**: William Croydon (Loughborough) and Jessica Nilsson (Edinburgh)
- **Longbow**: Alex Newnes (Aberystwyth) and Helen Woodcock (Central Lancashire)
- **Recurve novice**: Petr Manas (Edinburgh) and Robin Burton (Edinburgh)
- **Compound novice**: Ove Schoeppner (Edinburgh) and Josephine Stewart (St Andrews)
- **Barebow novice**: Daniel Kilgallon (Central Lancashire) and Annabel Brunt (Bath)
- **Longbow novice**: Edward Hodges (Loughborough) and Isobel Medcroft (Swansea)
- **Non-compound men’s team (experienced)**: Warwick
- **Non-compound women’s team (experienced)**: Birmingham
- **Non-compound novice team**: Loughborough
- **Compound team**: Edinburgh
Day two saw Nottingham Trent University claim top spot on the head-to-head tournament leader board, courtesy of gold medals from compounder Sarah Moon and barebow archer Essi Peuhkuri. But it was a close run thing with Warwick hot on Nottingham Trent’s tail and the University of Central Lancashire not far behind in third place.

A total of 219 athletes from 35 universities competed in an event that took around 11 hours to complete.

At the end of shooting, the gold medallists were:

- **Recurve**: Tom Hall (Warwick) and Johanna Meyer (Edinburgh)
- **Compound**: Andrew Brookes (Staffordshire) and Sarah Moon (Nottingham Trent)
- **Longbow**: Helen Woodcock (Central Lancashire). Callum Anderson took men’s bronze.
- **Barebow**: William Croydon (Loughborough) and Essi Peuhkuri (Nottingham Trent)
Get your sight right
How simple geometry can help
Burscough Archers’ Rod Flanagan has some practical tips about adjusting your sights successfully.

Working out how much you need to adjust your sight if you want to tweak your grouping at a particular distance can sometimes seem baffling. Yet it can be easily achieved using some very basic geometry. If you do not yet feel experienced enough to know how much to move the sight intuitively – but are far enough on to get a reasonable grouping with at least four out of six arrows – this might help. We need to know three measurements as shown in figure 1:
1. the distance from your sighting eye to your sight (DS)
2. in the same units as (1), the distance from your sighting eye to the target (DT), and
3. the distance to move your arrow group horizontally and/or vertically (DMh and DMv).

The first two measurements, DS and DT, have to be in the same units, imperial or metric. It does not matter what you choose so long as they are the same. We are going to work out the ratio between them and, if the two components of the ratio are in the same units, the ratio is unit free. I’ll work in good old-fashioned inches here because I shoot at distances in yards so either convert DS to yards or, more realistically, covert DT to inches.

Do not get hung up on precision. We are trying for guidance here and however careful we are, the variations in our shooting will outweigh the precision (or lack of it!) in the sight adjustments. In particular you can ignore the angle the target is to the vertical. With a 15-degree target inclination from the vertical the error introduced by measuring DMv parallel with the target face instead of vertically is less than 4 per cent.

---

**Figure 1: The various components of vertical adjustment and how they fit together**

- **Eye Line**
- **Suggested Sight Adjustment**
- **Line of Sight**
- **DMv**
- **Line of Target Face**

DS: distance eye to sight

DT: distance eye to target face
The third dimension (DM) needs to be in the same units as the adjustment you will make and, as sights are calibrated in millimetres, that is probably the best.

Ask a fellow archer or a trusted friend to measure the distance from your sight eye to your sight when you are stretched out in the hold/aim position. This will give you DS. For me, that is 37 inches.

DS is going to be pretty much fixed unless you are a very young, growing archer or you change your sight-mounting point.

DT, the second measurement, closely approximates to the range you are shooting at, converted to the same units as DS. So let's say you are shooting at 20 yards. That is 20 x 3 x 12 or 720 inches.

The ratio we want is DS/DT. Using my example numbers that ratio is 37/720 = 0.051.

Now look at figure 2. You can see the group is too high and the centre of the group, ignoring the rogue arrow, is measured at about 100mm off so DMv here is 100. You need to move your sight up 100 x 0.051, about 5mm.

If, as in figure 3, the grouping is off both vertically and horizontally, you need to make two calculations using the same ratio, DS/DT. Here the horizontal error is about 60mm to the left so the horizontal adjustment to your sight (DMh) is 60 x 0.051 = about 3mm to the left. This is in addition to the required vertical adjustment.

You might find all this easier to remember and apply if you work out the sight adjustment per 100mm of DM for each of the distances you regularly shoot at. For three examples using my dimensions, see Table 1.

As you can see, both the geometry and the arithmetic are pretty simple. Don't be put off, give it a go!

<table>
<thead>
<tr>
<th>TABLE 1: Adjustments per 100mm of error for DS = 37”</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Distance to target (DT)</strong></td>
</tr>
<tr>
<td>----------------------------</td>
</tr>
<tr>
<td>Yards</td>
</tr>
<tr>
<td>20</td>
</tr>
<tr>
<td>30</td>
</tr>
<tr>
<td>40</td>
</tr>
</tbody>
</table>

A rather simpler but less precise approach is, before collection and from the shooting line, to extend your bow arm and position your thumb/forefinger over the target as in figure 4, aligning the gap between the centre of the group and the centre of the target.

The gap between thumb and forefinger then approximates to the movement you want in your group, DM. Estimate that gap and adjust your sight by that amount. This method requires that you have the vision to be able to view the group from the shooting line. On a cloudy day or at longish range, this might not be too easy.
Three spot blues

Compound expert Duncan Busby is here to help with queries on form, equipment and technique.

Q I’m having problems shooting on a three spot target face indoors; my scores are considerably lower than when I shoot on a single spot face. I tend to get lots of high and low arrows but the bottom face always seems to be the worst. What am I doing wrong?

A This is a fairly common problem. Changing faces can sometimes disrupt your shooting rhythm and can cause you to miss-time shots, making your groups open up. This is made worse if you are struggling to find the correct face to shoot at each time you draw, so choose an order in which to shoot the faces (for example top, middle then bottom). Make sure you practice and you will soon build up a natural rhythm for this order.

You should also make sure that you set your stance correctly for each face. If you usually draw low on the target and move your sight up to the gold you may not be setting your body angle correctly for each of the three faces. Try drawing slightly high on the face you’re shooting at and drop down on to the centre.

Make sure you do this for each face.

Some archers can find it easier to aim at a single spot face because they use the arrows they have already shot or the pre-existing hole. Making a clear hole to focus on can take much longer on a three spot face. If you find it hard to concentrate on the centre of the target without these reference points, try switching to a different aiming aperture.

Q I’ve been shooting for six years but recently I’ve felt very much stuck in a rut. Despite practising most days my scores have stopped improving. Is there anything I can do to get back on track?

A This is an easy trap to fall into. ‘You enjoy shooting so you practice as much as possible, make improvements and your scores go up. That makes you want to shoot even more until eventually your progress slows. At this point you may train even harder to boost your scores, but if you don’t see results it can be very discouraging. Practice sessions then become frustrating making further improvement almost impossible. I cannot tell you how many times I have found myself stuck in this pattern. Take a bit of time off. Even a few days away from shooting will give you time to put things in perspective. A break will also give your body time to rest. Practising while tired and frustrated can be counterproductive and increase the likelihood of adopting bad habits and poor shooting form.

When you begin practising again start off with a few short sessions of blank boss shooting concentrating purely on the flow of your shot, rather than your aim. This will help to get your rhythm back and allow your muscles to remember what a good shot feels like. Once you feel comfortable, move onto a target face but remember to keep concentrating on your form, ignore your score and don’t get hung up on aiming.

If you find yourself getting bogged down with your results again try mixing up the rounds you shoot or practice on a different type of target face.

You can find more advice at www.duncanbusbyarchery.com.
SPECIAL AUTUMN OFFER

WNS Premium Riser
+ KG Phoenix Limbs in either silver or clear wood finish
+ KG Fast Flight String
Special Price
£240.00

Need accessories?
Check out our website for our fantastic deals on accessories

Accessory Pack 1
Sight
8 x Tribute Arrows
Pressure Button
Arrow Rest

Accessory Pack 2
Backpack
Quiver
Finger Tab
Armguard
KG Bowstringer

Small Print: Offer available in store or online. Accessory packs can only be purchased with Premium riser and Phoenix limbs, and cannot be purchased alone.

KG ARCHERY
Chapel Lane, Walesby, Notts, NG22 9NS
Tel: 01623 835050 - email: sales@kgarchery.com
www.kgarchery.com
Eat...and save!

Nutrition expert Jackie Wilkinson shows how good food can be cost effective

We know how easy it is to cook from fresh. The question is, how much does it cost? Forty years ago we spent a quarter of our income on food. Now it is only about 10 per cent and price is an important factor in choosing what to buy.

A common reason people give me for eating junk food is their belief that it is cheap and real food is an expensive luxury. Nothing could be further from the truth.

Ready meals average £2.50 a pop and for most you would still have to add your own veg or salad. Takeaways cost anything from £3 or £4 upwards and again have little in the way of fresh plants. It is worth a few minutes of cooking for good taste, good value and good health, so I’ve costed some recipes for you to enjoy. They all come out under £2 per person, from the most decadent one-pot chicken and salad at £2.12, to super-speedy pasta with salmon sauce and salad at £1.62.

Every meal should contain three things: plants, protein and fats.

Some meals seem to go with salad, others with veg but every meal should include some fresh plants – white potatoes do not count – preferably including two or more colours and something non-starchy.

Recipes serve two adults. Final price given per person in bold.

Pasta with salmon sauce

In a pan of fast boiling water, cook pasta – 25p
In a small saucepan melt a knob of butter – 10p
Add a 213g tin of pink salmon – £1.84
Add 1/3 tin tomatoes (freeze the rest in two containers) – 12p
Add a big pinch of fresh dill (freeze the rest of another meal) – 6p

Make a salad while everything cooks – see below – 52p
When the pasta is almost ready, add 1/3 tub
doouble cream to the sauce – keep warm but don’t let it boil – 25p
Drain the pasta, stir in some butter – 10p
Pour the sauce over and serve with the salad
Total cost £3.34 (that’s £1.67 per person).

Pasta and salmon sauce

Salad
Wash and chop a few lettuce leaves (buy a whole lettuce, not expensive pre-prepped bags), a carrot (slice it thin or grate it), sliced radish, baby plum tomatoes.
Lettuce – 5p
Carrot – 8p
Radish – 9p
Tomatoes – 20p
For the sake of your health, make your own dressing with olive oil and some sort of vinegar.
Dressing – 10p

Pasta and salmon sauce

Pea and chorizo risotto with sea bass

Put the kettle on to boil for stock
Put a knob of butter in a large frying pan – 10p
Chop 1 x small onion and cook for 3 mins – 10p
Add 125ml risotto rice – 30p
Stir around for a minute or two then add a little stock – 7p
Simmer gently, adding more stock as it is absorbed.
Slice two blobs of chorizo and add to pan – 70p
The rice will take about 20 minutes to cook
In a small frying pan heat another knob of butter – 10p
Cook two small fillets of sea bass skin side up first – £1.24
Turning fish over after 3 minutes.
Five minutes before the end, add two good handfuls of peas – 12p
When everything is ready, add a tbsp of grated parmesan – 25p – to the risotto and stir through.
Total for this awesome meal – £2.98.
That’s £1.49 per person.

Pea and chorizo risotto with sea bass

TOP TIP
Eat real food – it could save you a packet!

Total for salad 52p for 2 or 26p per person
Make salad cost even less by slicing savoy, white or red cabbage very finely and adding grated carrots, tomatoes, chives etc.
Savoy cabbage tastes good with olive oil and white wine vinegar. White cabbage is better with mayonnaise and you can make your own by blending olive oil with an egg in a toll container (some good videos on YouTube).

One-pot chicken
In a medium pan, melt a knob of butter – 10p
Chop one medium onion and cook for 3 mins – 20p
Add a teaspoon of coconut oil – 5p
Fry 4 chicken thighs until browned all over – £2.64
Turn down the heat
Add: 1/3 tin chopped tomatoes – 12p
125ml brown rice – 15p
A dash of lemon juice – 12p
½ pt stock – 7p
A good pinch of dried oregano – 4p
Stir, cover with a lid, simmer gently for 20 mins, turning the chicken pieces and stirring the mixture 4 or 5 times.
5 minutes before the end, add two good handfuls of peas – 12p
Towards the end, add a good pinch of fresh chopped parsley – 7p
Total cost £3.78, that’s £1.84 per person. I used free-range; you could do it for £1.07 if you use frozen thighs.
Delicious, satisfying and only one pan to clean.

Savings add up
If you have a take-away twice a week and eat ready-meals the rest of the time, you could save anything from £500 – £2000 a year per person by cooking your own food – enough for some lovely archery equipment.

Find more advice from Jackie at www.learntoeatwell.co.uk
Men Individual & Team Gold
LEE WOO SEOK

WIAWIS, ALL GOLDS!
& NEW WORLD RECORD

New World Record
691
KANG CHAE YOUNG

Women Individual Gold
KSENA PEROVA

Mixed Team Gold
FLURIKAWA TAKAHARU
SUGIMOTO TOMOMI
Plastic...not fantastic

I am sure Archery GB is not unaware of the recent anti single use plastic movement. I am trying to do my part by eliminating single use plastic bags, straws and packaging from my life where possible.

So as I opened the summer issue of Archery UK I had to wonder why you persist in wrapping the magazine in plastic. National Geographic have recently converted to paper coverings for mauled journals. Surely you can do the same?

Sam Hamlett

Editor writes: You are absolutely right Sam and I can assure you that we are actively seeking alternatives right now.

PRIZE

an IS 60 R 15-45x60 scope by opticron

Look out for some special offers on the Opticron IS R scope range!

For more details go to www.opticron.co.uk

Let’s face it, it’s unfair

I am a Visually Impaired Open archer and shoot with a B1 friend. We recently shot two Burntwood York rounds and, as a former Grand Master Bowman, I think it is unfair to ask us to shoot at 40cm faces at 30 metres. It is testing in the extreme.

I assume the VI Burntwood York is supposed to represent the long distance round shot by fully sighted archers. But 40cm gold at 30 metres appears smaller than the 122cm gold at 100 yards. I can guarantee that most B1, B2, B3 and VI Open archers will have great difficulty with such a small face, leading to much lower scores.

Archery is supposed to be about fair competition. It is difficult enough shooting as a VI archer without the additional difficulty imposed by this small 40cm face. In fact several fully sighted archers and at least one judge have remarked on how small it seems. Surely it would be far more sensible to follow the World Archery 1440 format and start off with a 60cm face. Then, perhaps, VI would be more representative of what fully sighted archers are achieving.

Pete Shaw

Archery GB replies: We are currently undertaking a review of our competition structure. The aim of the review is to provide all our members with an improved competition experience.

The competition review will address awards, scores and classifications, so your feedback is very helpful in ensuring we look into the issues you have raised to ensure we provide a better competition for VI archers. Archery GB is committed to providing equal opportunities and fairness for everyone involved in the sport.
High draw or set?

There seems to be a few problems these days with the interpretation of a high draw and high set. Being a coach and a judge I have my own interpretation of both but time and time again I see archers doing a high draw that they have been told is a high set and the other way round. This is both frustrating for the judges who have to warn the archer about it and the archer who has been taught to shoot in that way by a coach. I have seen several pieces about high and dangerous draws, all of which have different interpretations of what they are. Surely we should all have the same understanding of what the difference is between the two? Could you please explain when does a high set become a high draw?
Scott Gibson, Neston Company of Archers

Lloyd Brown writes: I think first we need to look at the rule as it is written in both the World Archery and Archery GB Rules of Shooting:
(a) When drawing back the string of his bow an athlete shall not use any technique which, in the opinion of the Judges, could allow the arrow to fly beyond a safety zone or safety arrangements (overshoot area, net, wall, etc.). If an athlete persists in using such a technique, he will, in the interest of safety, be asked to stop shooting immediately and to leave the course. The athlete must aim and draw up at the target only.
(b) When drawing back the string of the bow an archer shall not use any technique which, in the opinion of the judges, could, if accidentally loosened, allow the arrow to fly beyond a safety zone or safety arrangements. If an archer persists in using such a technique, he will, in the interest of safety, be immediately asked by the Judge to stop shooting and to leave the area.

The rules do not use the terms “high draw” or “high set-up.” The key here is that if at any point in the set-up or draw, the string is pulled back far enough and the arrow is pointed high enough at the same time, the arrow could leave the safe area if it were accidentally released... “in the opinion of the judges”.
An archer could have a very high set-up, as long as they have not drawn the string back far enough to be unsafe.
As you can see from the photo of Korean archer Lee Seungyoun at the Rio Olympics, the peak of his set-up is quite high, but the bow is not drawn enough for the arrow to fly far. If he accidentally released at this point, the arrow should stay in the safe shooting area.
As long as he brings the bow arm back down to the target level before he draws the bow far enough to send it past the safe area, the technique is fine. However, this move can happen quite fast and in the opinion of some judges, might cause concern.
Our new technical framework suggests a high set-up, with both hands at eye level. However, we advise that the archer keep the arrow parallel to the ground so they will never be called out for unsafe technique.

More clout medals

I wonder if it is time for a rethink on the distribution of medals at clout tournaments? Often, if there are between one and three competitors, only the winner gets a medal. If there are four to six entrants, the top two get medals and it is only when there are seven or more that gold, silver and bronze are awarded.
Surely there should be gold silver and bronze medals even if there are only three entrants? It’s not their fault that only they entered, is it? I am not sure this would happen in other sports.
We should be thinking positively, not negatively. If someone has made the effort to get to a clout shoot and do his or her best, then they should be rewarded.
Keith Dover

Editor writes: Medals at events are at the discretion of the Tournament Organiser. There is an advisory note concerning the number of medals to be awarded against the number of entrants in the Tournament Organiser’s handbook, although this is only a guide and not a rule.
Your pictures

Young archers have been in fine form recently... with their cameras as well as their bows... Bethany Tibbles captured her dad, Daniel, at the moment of release while he was shooting at Riverside Archers in Ryton, Gateshead. And the focus fell on under-12s competitor Dominic Fenton at just the right moment. The picture of the youngster, who is swapping over to recurve, was taken by dad David during a Bowmen of Glen tournament.

Not many people get to see what goes on behind the scenes at tournaments. Derek Sizeland took this picture of judges, commentators and scoring team in the stunning setting of Lilleshall during the 2018 Youth Festival.
There are two offerings from Malcolm Rees: one showing reflections of this year’s County Team Championships and the other from the BUCS finals displaying what can happen when things don’t go exactly right.

Equipment – and sentiment – inspired Erin Mayer during a have-a-go at Stalybridge Archery Club while it was the calm before the storm that captured the attention of James Milne of Lintman Archery Club, Surrey.

If you want to see your hard work displayed in Archery UK, it couldn’t be easier. Simply send your photograph – it must be in jpg format, high resolution and at least 1MB – with details of where you took it to magazine@archerygb.org.
NEW Products
Some of the latest archery products on the market

Tru-Ball Reo Wilde Signature Series GOAT
Thumb trigger or back tension release aid that can be set for trigger or hinge activation in 30 seconds. Includes articulated finger pieces which allow you to change between three and four and get the perfect fit. Costs: £249. Available from quicksarchery.co.uk and walesarchery.com

Celestron NexYZ Smartphone Adapter
Track your scores more easily and take pictures for analysis with the Celestron three-axis universal smartphone adapter. The NexYZ connects your smartphone to your telescope, spotting scope, binocular or monocular. Costs: £39.99 Available at thearcheryshop.co.uk

Egertec fun faces bulk packs
Get ready for Christmas – or stock up for next year’s Halloween. Ten faces per pack. Laminated, 70cm x 50cm, heavy duty, tear-resistant paper. 50 free Egertec pins. Comes in carry tube. Cost: £19.95 each. Available from egertectargets.co.uk

Podium Bowstrings
Precision made by Quicks recurve team member Sonnie Emeny, using high quality materials to ensure consistency. Twisted and served under tension to eliminate string stretch, fully customisable length and thickness to ensure correct fit. Available in a wide range of colours. Costs: £16.98. Available from quicksarchery.co.uk

Holmegaard style bow
Based on the oldest known bow, found during the Second World War and dated to around 7000BC. KG has adapted the primitive style, keeping its roots by carving it from a single piece of timber. Costs from: £350. Available from kgarchery.com

Avalon Classic Prime leather finger tab
All-rounder designed for comfort, quality and affordability. Comes with finger spacer, chin plate and bottom finger hook. Costs: £11.95. Available from walesarchery.com

Import Duty & VAT: Please be aware that if you order goods online from an overseas supplier which have to be imported into the UK, you are likely to find yourselves liable for both Import Duty and VAT on top of the original retail cost.
The Archery World’s Lens Authority!

Are you seeing... what the Pros see?

www.feathervision.com
Who’s your hero?
Time to make your nominations

Volunteers are the lifeblood of archery, so does your club or organisation have dedicated volunteers you just can’t do without? If so, it’s time to nominate them for an Archery GB award.

We are very keen to recognise our unsung heroes – and we need your help. The next gold, silver and bronze plaquettes for services to archery will be presented at the 2019 AGM on 13 April at the Crowne Plaza, NEC Birmingham.

What you need to do is write a short citation about your nominee before 1 January – the forms are on the website – and we will do the rest.

There are also specific awards: The Hartwell Trophy for exemplary service to archery, the Gussy Trophy for the wheelchair archer of the year, the Toxophilus Trophy for the best archery magazine, e-zine or online newsletter and two Archery GB Trophies for the best websites.

Safeguarding: new guidelines

The Department for Digital, Culture, Media and Sport has issued new guidance about the importance of safeguarding children. And, for the first time, it includes local sports clubs and organisations.

Their inclusion in this guidance – Working Together to Safeguard Children: a guide to inter-agency working to safeguard and promote the welfare of children – reflects their importance in safeguarding children.

The new requirements are outlined in the Children and Social Act 2017. It says: “Any safeguarding arrangements implemented locally will apply to any context which involves the provision of services for children – including small local sports clubs.”

In effect, it means sports organisations and clubs may now have to join multi-agency safeguarding arrangements. If asked, they have a duty to comply.

These partnerships will include relevant agencies: organisations large enough to support strategic plans and developments, such as County Sports Partnerships or leisure providers. It is unlikely that a local sports club would be asked to become a relevant agency – but it is possible.

The safeguarding partners will consider which relevant agencies to include in their arrangements, based on an assessment of local needs and risks.

The DCMS has introduced the guidelines in liaison with Department for Education and in consultation with Sport England and CPSU. Archery GB’s role will be to support and advise local clubs and providers in the event of them being approached as a ‘relevant agency’, and to provide them with information about these changes.

The roles of CSPs and other more strategic local sports organisations may include responding to a request to become a ‘relevant agency’ and collaborate with the safeguarding partners work, as well as to provide advice and support to local clubs or providers on this issue.

PARENTS IN SPORT WEEK

There is still time to sign up to be part of the CPSU Parents in Sport Week. It runs from 1-7 October and celebrates the important role they play in youth sport. You can find out more at thecpsu.org.uk/parents
Join the Board
Play a crucial role in the future of our sport

Would you like to help shape the future of our sport? Have you ever wanted to be in the driving seat at Archery GB? Do you have the skills and determination to drive our sport forward? If the answer is yes, you should take note of the following.

Several current Board members are coming to the end of their terms or are about to retire. That means there will be several key appointments to be made or announced at the AGM in 2019. We will be seeking a new Chairman, a new Independent Director and a new Elected Director. Members can apply for the Chairman and the Elected Director vacancies. The Board is required to maintain a balance of skills and experience among its members. Because of initiatives to promote archery in ethnic communities, such as our two-year SportsAid-supported Project Eden, one of the vacancies will need to be filled by someone who brings the appropriate knowledge and skills.

Further information will be available on the website in October and will be announced on the home page.

From the Chief Executive

It has been a wonderful summer and I hope you have all enjoyed a successful outdoor season. Now it’s time to renew membership and you can now do it online.

Since February, we have been working with club secretaries and direct members to add their details to the online membership system. Four handy guides have been sent out to guide club secretaries and direct members through this system. They are also available by logging on to the members’ portal but if you have any queries please do not hesitate to contact Helen or Ellie in Membership Services.

I have to thank everyone who logged on to watch the recent Audience with the CEO webinar to answer questions and talk about the outcome of recent research into member benefits, improving the archery experience, competition, coaching, attracting and retaining members, consultation, communication and our commercial strategy. If you have any feedback, please let us know because we need to make sure the webinars are useful to you. If you missed it, you can see it at www.archerygb.org/audience-with-the-ceo/

I would like to congratulate Neil Bridgewater, James Mason and Adam Ravenscraft; our new compound champions of Europe. They took the title with a blistering performance at the European Archery Championships in Legnica, Poland. It was a fantastic event where our recurve teams of Tom Hall, Patrick Huston and Alex Wise and Sarah Bebbels, Eleanor Piper and Bryony Pitman also managed to secure quota places for next year’s European Games in Minsk.

I would also like to congratulate all our medallists from the European Para Championships in Pilsen, Czech Republic. Jo Frith and Steve Prowse took individual gold, Victoria Rumary silver – after a breathtaking final with Jo – and there was bronze for Nicholas Thomas. Our teams did not do too badly either, bringing home W1 and compound silver and recurve bronze.

To add to this medal haul, the women’s team won silver at the World Cup and five medals won by the Para team at European Para-Archery Cup in Nove Mesto.

Closer to home, we have a keen focus on improving our service to members. We have changed the way we operate to deliver such improvements and have welcomed new staff to the team who bring new and relevant experience from a similar member services environment in a different sector.

We also are aware that members would like better communications with the team at Lilleshall. We have embarked upon some significant consultation exercises this year, many of you will have had the opportunity to share your thoughts on key topics such as competition and coaching. My thanks to all those who have taken part and provided insight.

My objective is to increase our engagement with you and ultimately deliver better membership satisfaction. To this end we have recently launched a membership satisfaction survey to gather your feedback on how we are doing. The results will be published on our website as soon as they are available.

Finally, we have a new round of club development training programme workshops and seminars for members and clubs, which will build on the success of previous events. Most workshops are aimed at all members although some will be tailored specifically for coaches or club officials. More information about the workshops and seminars is available on the website. They are a great way for those involved in archery to help grow the sport at all levels.

Neil Armstrong
Chief Executive
PORTSMOUTH LEAGUE
BRITISH ARCHER TROPHY – OXFORD ARCHERS ‘A’

League Medallions
Lady: Miss J. Jago (Oxford Archers) X 596
Gentleman: A. Wise (Bowmen of Wallingford) X 597

PORTSMOUTH LEAGUE
TARGETCRAFT PLATE – SIX TOWNS C OF A

League Medallions
Lady: Miss J. Jago (Oxford Archers) X 596
Gentleman: J. Stubbs (Cheltenham Bowmen) X 597

COOMPUND PORTSMOUTH LEAGUE

BA Postal League – 2017 / 2018 Results

This long-established winter postal competition is designed to attract clubs to enter teams including juniors in any or all of four leagues – Portsmouth ( recurve and compound) and Frostbite ( recurve and compound). At the end of the season trophies are awarded to the team with the overall highest unadjusted score in each of the four leagues. League winning teams receive medal brooches and league medallions are awarded to the highest overall scoring Lady, Gentleman and Junior Boy and Girl in each League.

Further information and entry forms for the 2018-2019 competition can be obtained from BA Winter Postal League
2 Highbury Hill Road, Reading RG4 8QP, www.bapostallleague.co.uk. Final requests to be received by 1st October 2018.
28/10/18 – 29/10/18
WRS Cumbria WA 18 & Head to Head
Round: WA 18m, Match Round
Venue: Pentith Leisure Centre
Contact: Chris Batterby
Tel: 01768 866670 / 07805 507886
Email: aygartharcher@gmail.com
Web: http://www.cumbriarchery.com

28/10/18 –
WRS Exmouth Archers Indoor Shoot
Round: WA 18m
Venue: Withercombe Raleigh Common
Contact: Timothy Pratt
Tel: 01395 273409 (after 6pm please)
Email: tpratt@eclipse.co.uk

30/11/18 – 04/11/18
WRS Hillington WRS WA 18m
Round: WA 18m
Venue: Branel University Sport Field
Contact: Simon Kerton
Tel: 01985 464983 / 07751 762818
Email: simeon.kerton@blueyonder.co.uk

04/11/18
WRS Lancashire 42nd Indoor
Round: Portsmouth
Venue: South Ribble Tennis & Fitness Centre
Contact: Angela Keletti
Tel: 01772 929565 / 07557 306966
Email: aokx300@hotmail.co.uk
Web: http://www.lancashire-archery.org.uk

04/11/18
WRS Gwent County Championships 2018
Round: Portsmouth
Venue: Mountbatten Centre
Contact: Mr J Taylor
Tel: 07785 902058
Email: jaylou@tablkiel.co.uk
Web: http://www.wersternmouth.com/

Forest of Bere 40th "Crookhorn"
Round: Portsmouth
Venue: Wreake Valley Academy
Contact: Paul Agar
Tel: 07703 651340
Email: ircaatournaments@gmail.com
Web: http://www.irca.org

WRS Foce Focks 5th WA 18
Round: WA 18m
Venue: Wreake Valley Academy
Contact: Paul Agar
Tel: 07703 651340
Email: ircaatournaments@gmail.com
Web: http://www.irca.org

07/11/18
WRS Wyre Forest CoAs WA 18m
Round: WA 18m (3 spot)
Venue: Stourport High School
Contact: Maxim Palmer
Tel: 07675 924553
Email: wcfca@hotmail.co.uk

14/11/18
UKRS Clichy Junior/Guardian Tournament
Round: Double Portsmouth
Venue: Almeda Sports Hall
Contact: Suzi Broad
Tel: 07919 127065
Email: suzi148hotmail.co.uk
Web: https://www.clichyffc.ac.uk/

15/11/18
UKRS Green Lane As The Brays
Round: Bray I & II
Venue: Newbiggin Sports Centre
Contact: Graham Baker
Tel: 01670 323374
Email: graham69870@btinternet.com

23/11/18
WRS Counteshorpe Triple (Stage 1)
Round: Portsmouth
Venue: Winstanley Community College
Contact: Rachel Smith
Tel: 07981 152231
Email: tournaments@wessexarcheryclub.com
Web: http://www.w-the-boxes.org.uk

WRS Evesham AC 29th WA 18m
Round: WA 18m
Venue: Cricket Centre, Prince Henry's Alm
High School
Contact: Lawrence Fitchen
Tel: 01386 443206 / 07971 040563
Email: tournaments@eveshamarcheryclub.com
Web: http://www.eveshamarcheryclub.com

UKRS Castle As Remembrance Sunday Shoot
Round: WA 24m
Venue: Winchester Leisure Centre
Contact: Jill Perry
Tel: 01705 371272 / 07333 802893
Email: jollyox123@gmail.com
Web: http://www.castlearchers.com

WRS 4th Ashton As 100th Anniversay Day
Round: WA 18m
Venue: Homewood School, Tenterden
Contact: Tony Harris
Tel: 01233 648755
Email: to-wa72@archerykent.org.uk
Web: http://www.archerykent.org.uk/

17/11/18 – 18/11/15
UKRS Berkshire Indoor & Open
Round: Portsmouth
Venue: Sandhurst Sports Centre
Contact: Shirley Nicolson
Tel: 0118 973 3470
Email: shirley.nicolson@btopenworld.com

CENTRE SHOT Archery Supplies
www.centreshot.co.uk
01684-579109
theteam@centreshot.co.uk
**Archery UK Winter copy date: 31 October 2018**

**17/11/18**

**WRS Lisburn City AC Autumn Challenge**
**Round: WA 18m**
**Venue: Lagan Valley Leisureplex**
**Contact: Hazel Campbell**
**Tel: 02892 602719/07763 232529**
**Email: campbell.hazel@itak21.com**
**Web: http://www.lisburnarchery.com**

**25/11/18**

**UKRS Cumbria Open Combined**
**Round: WA Combined**
**Venue: Penrith Leisure Centre**
**Contact: Chris Battersby**
**Tel: 01768 866670/07805 507886**
**Email: aysgartharcher@gmail.com**
**Web: http://www.cumbriarchery.com**

**25/11/18**

**UKRS Surrey 40th Indoor Championships**
**Round: Single & Double Portsmouth**
**Venue: Woking Leisure Centre**
**Contact: Brenda Champion**
**Tel: 01342 402414 / 07787 851303**
**Email: wacopen@wokingarchery.club**
**Web: http://www.wokingarcheryclub.co.uk**

**11/11/18**

**UKRS NCAS Open Indoor**
**Round: Portsmouth**
**Venue: Penrith Leisure Centre**
**Contact: Chris Battersby**
**Tel: 01768 866670/07805 507886**
**Email: aysgartharcher@gmail.com**
**Web: http://www.cumbriarchery.com**

**18/11/18**

**UKRS EMAS Regional Indoor Championships**
**Round: WA 18m**
**Venue: The Joseph Whitaker School**
**Contact: Susan Stankevic**
**Tel: 01636 814494**
**Email: homeandgardens@yahoo.com**

**22/11/18**

**UKRS Tony Greenwell Memorial Shoot**
**Round: WA 25m**
**Venue: Studeley Leisure Centre**
**Contact: Sue Monk**
**Tel: 01527 67892 / 07434 158301**
**Email: tbc40tournamen@gmail.com**
**Web: http://www.redditcharchers.org/**

**22/11/18**

**WRS The Iverinia**
**Round: WA 18m**
**Venue: Berfield Centre for Sport**
**Excellence Contact: Dave Harrison**
**Tel: 0191 262 8280**
**Email: robinhoodave@aol.com**
**Web: http://www.bowmenofwalker.co.uk**

**22/11/18**

**UKRS Bedfordshire & Open Indoor Championships**
**Round: Portsmouth**
**Venue: Alameda Sports Hall**
**Contact: Terri Course**
**Tel: 07966 668812**
**Email: tspc62@itak21.com**
**Web: http://www.bedarchery.com**

**22/11/18**

**WRS Oxfordshire Senior Indoor Championships**
**Round: WA 18m and Indoor Match**
**Venue: Wallingford School**
**Contact: Nat Merry**
**Tel: 07940 738947**
**Email: nat.merry@gmail.com**
**Web: http://www.oxfordshirearchery.com**

**22/11/18**

**UKRS Lasswade Open Vegas**
**Round: Vegas**
**Venue: Lasswade High School Sports Centre**
**Contact: Stephanie Blakey**
**Tel: 07506 291393**
**Email: competitions.lasswadeac@gmail.com**
**Web: http://www.lasswadeac.org.uk**

**01/12/18**

**UKRS Junior National Indoor Championships**
**Round: Portsmouth**
**Venue: NAEC, Stoneleigh Park, CV8 2LZ**
**Email: jnic@archerygb.org**
**Web: www.archerygb.org**

**Back to Back**
**Round: Back to Back Face to Face Style**
**Venue: NAEC, Stoneleigh Park, CV8 2LZ**
**Email: bb2b@archerygb.org**
**Web: www.archerygb.org**

**02/12/18**

**UKRS Audrey Lawrence Memorial Shoot**
**Round: Worcester**
**Venue: Sheffield Hallam University Cricket Hall**
**Contact: Colin Hope**
**Tel: 01709 373582 / 07760 563557**
**Email: colinfhope@hotmail.co.uk**
**Web: http://www.chantybownen.co.uk**

**02/12/18**

**UKRS Targetcraft 12th Open Portsmouth**
**Round: Single & Double Portsmouth**
**Venue: Montsiaye Academy**
**Contact: Frances Bull**
**Tel: 01536 522037 / 07710 398534**
**Email: francesbull@live.co.uk**
**Web: http://www.targetcraft.org**

**08/12/18 – 09/12/18**

**UKRS Somerset Senior & Junior Indoor Championships**
**Round: Portsmouth**
**Venue: Priory School, Queen's Way, Weston Super Mare, BS22 6BP**
**Contact: Martin Hutchings**
**Tel: 07759 300651**
**Email: scsu_juniorsofficer@somersetarchery.co.uk**
**Web: www.somersetarchery.co.uk**

**13/12/18**

**UKRS WRS**
**Round: WA 18m, match rounds**
**Venue: NAEC, Stoneleigh Park, CV8 2LZ**
**Email: snjc@archerygb.org**
**Web: www.archerygb.org**

**06/12/18**

**UKRS Tina James Portsmouth**
**Round: Portsmouth**
**Venue: Lasswade High School, EH19 2LA**
**Contact: Stephanie Blakey**
**Tel: 07506 291393**
**Email: competitions.lasswadeac@gmail.com**
**Web: http://www.lasswadeac.org.uk**

**09/12/18**

**UKRS Audrey Lawrence Memorial Shoot**
**Round: Stourbridge CoAs Worcester**
**Venue: Penrith Leisure Centre**
**Contact: Peter Langmaid**
**Tel: 0121 561 3763**
**Email: tournaments@scoa.org.uk**
**Web: www.archerygb.org**

**09/12/18**

**UKRS St Kingsmark Bowmen WA 18m**
**Round: WA 18m**
**Venue: Llantrisant Leisure Centre**
**Contact: Richard Downer**
**Tel: 01768 866670 / 07805 507886**
**Email: rdowner1@gmail.com**
**Web: http://www.sherwoodarchers.org.uk/**

**13/01/19**

**UKRS Norfolk Bowmen Stafford**
**Round: Stafford**
**Venue: Easton College**
**Contact: David Long**
**Tel: 07392 009391**
**Email: nbstafford@virginmedia.com**
**Web: http://www.norfolkbowmen.co.uk/**

**13/01/19**

**UKRS 5th Clophill Triple**
**Round: Portsmouth, Vegas, Worcester**
**Venue: Clophill Archery Club**
**Contact: Suzi Bredin**
**Tel: 07919 137065**
**Email: suszi148@hotmail.co.uk**
**Web: www.clophillac.org/**

**13/01/19**

**UKRS Stourbridge CoAs Annual WA 25m**
**Round: WA 25m**
**Venue: Waseley Hills High School**
**Contact: Peter Langmaid**
**Tel: 0121 561 3763**
**Email: tournaments@scoa.org.uk**
**Web: http://www.scoa.org.uk/**

**13/01/19**

**UKRS The Wakefield Crystal Double**
**Round: Double Portsmouth**
**Venue: Queen Elizabeth Grammar School**
**Contact: Tony Rollin**
**Tel: 01924 233805 / 07778 632310**
**Email: rollinb@btinternet.com**
**Web: www.wakefieldarchers.co.uk**

**13/01/19**

**UKRS The Welsh & Open Senior Indoor Championships**
**Round: WA 18m**
**Venue: Sport Wales National Centre**
**Contact: Dave Evans**
**Tel: 01994 419015 / 07793 373756**
**Email: dcevans@global.net.co.uk**
**Web: www.welsharcheryassociation.com**

**13/01/19**

**UKRS Sherwood Archers Indoor Portsmouth**
**Round: Portsmouth**
**Venue: The Joseph Whitaker School**
**Contact: Linda Telford**
**Tel: 01709 373582 / 07860 527014**
**Email: pit1042@aol.com**
**Web: www.welsharcheryassociation.com**

**13/01/19**

**UKRS Double Portsmouth**
**Round: Double Portsmouth**
**Venue: Montsaye Academy**
**Contact: Colin Hope**
**Tel: 01768 866670 / 07805 507886**
**Email: tournaments.thefoxes@gmail.com**
**Web: http://www.thefoxes.org.uk**

**20/01/19**

**UKRS RJD Archers Indoor WA 18 Open Champs**
**Round: WA 18m**
**Venue: Llantrisant Leisure Centre**
**Contact: Richard Downer**
**Tel: 01768 866670 / 07805 507886**
**Email: rdowner1@gmail.com**
**Web: http://www.st-kingsmark.co.uk/**

---

**Manage Archery Records from Anywhere**

- Online access for your members
- Online score submission
- Comprehensive features

www.archery-records.net
Cadet selection criteria scores can be obtained at AGB Talent Approved events which are World Record Status (not UKRS).
Full tournament calendar can be accessed on [www.archerygb.org](http://www.archerygb.org)

**WRS Guildford Indoor Open**
Round: WA 25m
Venue: Guildford Spectrum
Contact: Kevin Molloy
Tel: 07748 871122
Email: tournament@guildfordarcheryclub.co.uk
Web: [http://www.guildfordarcheryclub.co.uk](http://www.guildfordarcheryclub.co.uk)

**WRS Llantrisant Double Portsmouth**
Round: Single & Double Portsmouth
Venue: Rousmoot School
Contact: Debbie Cooke
Tel: 01633 876657/8786 829883
Email: cpplemum@aol.com

**27/01/19**

**WRS Peacock As WA 18m**
Round: WA 18m
Venue: Bottlham VC Sports Centre
Contact: Paula Langton
Tel: 01223 570656/07747 808470
Email: tournaments@peacock-archers.org
Web: [http://www.peacock-archers.org](http://www.peacock-archers.org)

**WRS Gronant Bm WA 18 & Head to Head**
Round: WA 18m, Indoor Match Round
Venue: Rhyll Leisure Centre
Contact: Rhys Harper
Tel: 01745 345368/07474 963560
Email: gronant.tournaments@gmail.com
Web: [http://www.gronantbowmen.co.uk](http://www.gronantbowmen.co.uk)

**WRS Scottish AA Senior Indoor Championships**
Round: WA 18m
Venue: New Ayr Academy
Contact: Ged Laid
Tel: 01292 262571 or 07802 492921
Email: ged.archery@gmail.com
Web: [http://www.aayarcheryclub.org](http://www.aayarcheryclub.org)

**UKRS Brixham Archers Clipper**
Round: Portsmouth
Venue: Churston Grammar School
Contact: Nicola Langdon-Ward
Tel: 01803 850846/07834 882838
Email: nx wards@yahoo.co.uk
Web: [http://www.brixhamarchers.co.uk](http://www.brixhamarchers.co.uk)

**02/02/19 – 03/02/19**

**Cheshire 43rd Indoor**
Round: Portsmouth, Sat: Individual Event Sun: Team Event with Team Prizes
Venue: Cheshire County Sports Club
Contact: J Wood
Tel: 0151 721 5969
Web: [http://www.ccbarchery.co.uk](http://www.ccbarchery.co.uk)

**UKRS Glamorgan Senior Indoor Championships**
Round: WA 18m
Venue: St Davids College
Contact: Andrew Parry
Tel: 029 206 25871
Email: andrewparry1964@gmail.com
Web: [http://www.castlebowmen.org](http://www.castlebowmen.org)

**UKRS Savile Bowmen 27th Annual Tournament**
Round: Double Portsmouth
Venue: Spen Valley High School
Contact: Allan Lewis
Tel: 01524 521684 / 07707 666297
Email: allanlewis43@hotmail.com
Web: [http://www.savile-bowmen.org.uk](http://www.savile-bowmen.org.uk)

**UKRS Warwick Ser & Jer Champs & West Midlands Junior Indoor Champs & Open**
Round: Portsmouth
Venue: King Edward VI Handsworth School
Contact: Derek Kelly
Tel: 0121 551 9313 / 07706 774704
Email: maryzen@aol.com
Web: [http://www.quantumarchers.com](http://www.quantumarchers.com)

**10/02/19**

**UKRS Cumbria Indoor Open Championships**
Round: Portsmouth
Venue: Penrith Leisure Centre
Contact: Chris Batterby
Tel: 01768 866670/07805 507886
Email: aygpartharcher@gmail.com
Web: [http://www.cumbriarchery.com](http://www.cumbriarchery.com)
Archery UK Winter copy date: 31 October 2018

UKRS Chorley Bowmen’s 24th RS WA Combined
Round: WA Combined
Venue: South Ribble Tennis & Fitness Centre
Contact: Brenda Saxon
Tel: 01257 271756
Email: brendasaxon@btinternet.com

UKRS Tudor Archers Valentine WA 25
Shoot
Round: WA 25m
Venue: Sudbury Sports Centre
Contact: Leon Stephens/Katrina Sewell
Tel: 01787 371787 / 07989 968959
Email: valentines@tudor-archers.co.uk
Web: http://www.tudorarchers.co.uk

UKRS Wyre Forest CoAs Annual Portsmouth
Round: Portsmouth
Venue: Wyre Forest Leisure Centre
Contact: Marine Palmer
Tel: 07975 924553
Email: wfwca@hotmail.co.uk
Tel: 01257 271756
Email: brendasaxon@btinternet.com

17/03/19
UKRS Targetcraft 11th Annual WA 18m
Round: Single & Double WA 18m
Venue: Montsaye Academy
Contact: Frances Bull
Tel: 01536 522037 / 07710 398534
Email: francesbull@lkc.co.uk
Web: http://www.targetcraft.org

UKRS Grand Western 45th Indoor Championships
Round: WA 18m
Venue: Hutton Moor Leisure Centre
Venue: Netherhall School
Contact: Laurence Fletcher
Tel: 01363 432406 / 07971 840653
Email: tournaments@eveshamarcheryclub.com
Web: http://www.eveshamarcheryclub.com

14/03/19
UKRS YAA Indoor Championships
Round: Portsmouth
Venue: Queen Elizabeth Grammar School
Contact: Andrew Neal
Tel: 01757 249233 (after 6pm)
Email: ain@agneal.co.uk
Web: http://www.yorkshirearchery.co.uk

11/04/19
UKRS Crystal Palace Bowmen Rose Round: York, Hereford, Bristol I-V
Venue: Old Dunstonians Sports Club
Contact: Linda Richart
Tel: 0208 460 4542
Email: l@crystalpalacebowmen.org.uk
Web: http://www.crystalpalacebowmen.org.uk

17/03/19
UKRS Albert Crouch Memorial Shoot
Round: Stafford
Venue: Newbiggin Sports Centre
Contact: Tony Ibbard
Tel: 01675 523574
Email: grahamibard780@btinternet.com
Web: http://www.droitwicharchery.co.uk/

23/03/19
WRS March Madness Weekend
Round: Double WA 70m, WA 60m, WA 50m
Venue: Whitehill Sports Club
Venue: Whitehill & Throop
Contact: CIaran Finn
Tel: 01420 478146 / 07703 404380
Email: ailsenfield1985@hotmail.com
Web: http://www.whitehillarchers.org.uk/

24/03/19
UKRS March Madness Weekend
Round: St George, Albion, Windsor, Short Windsor, Junior Windsor, Short Junior Windsor
Venue: Whitehill Sports Club
Venue: Whitehill & Throop
Contact: CIaran Finn
Tel: 01420 478146 / 07703 404380
Email: ailsenfield1985@hotmail.com
Web: http://www.whitehillarchers.org.uk/

30/03 – 31/03/19
WRS Archery Fit Championship 2019
Round: WA 18m, Indoor Match Round
Venue: Archery Fit London
Contact: Roman Godkin
Tel: 07757 234973
Email: info@archeryfit.com
Web: http://www.archeryfit.com

13/04/19
WRS Belvoir Archers Double 720
Round: WA 70m and WA 50m
Venue: Works Lane
Contact: Bryan Haynes
Tel: 01949 876096 / 07887 633121
Email: tournaments@belvoirarchers.co.uk
Web: http://www.belvoirarchers.co.uk/

14/04/19
UKRS Pagoda Shoot
Round: Albion and Windsor
Venue: 187 Kew Road
Contact: Barbara Wanzerenied
Tel: 07774 711173
Email: barbara.wanzerenied@btinternet.com
Web: http://www.royalrichmond.org

# UKRS Crystal Palace Bowmen Rose Round: York, Hereford, Bristol I-V
Venue: Old Dunstonians Sports Club
Contact: Linda Richart
Tel: 0208 460 4542
Email: l@crystalpalacebowmen.org.uk
Web: http://www.crystalpalacebowmen.org.uk

21/04/19
UKRS Droitwich Warwicks
Round: All Warwicks
Venue: Droitwich Archery Society Limited
Venue: Droitwich Archery Society Limited
Contact: Tony Ibbard
Tel: 01527 821553 / 07930 423805
Email: tournaments@droitwicharchery.co.uk
Web: http://www.droitwicharchery.co.uk/

05/05 – 06/05/19
UKRS Fakenham Bowmen’s May Day Weekend
Round: All Warwicks, St George, Albion, All Windsors
Venue: Fakenham Sports Centre
Contact: Elaine Burbridge
Tel: 01325 851845
Email: mayday@fakenhambowmen.org.uk
Web: http://www.fakenhambowmen.org.uk

19/05/19
UKRS Selby Open Westerns
Round: Long, Short, Junior, Short Junior Western & Western
Venue: Selby Rugby Club
Contact: Andrew Neal
Tel: 01757 249233 (after 6pm)
Email: an@agneal.co.uk
Web: http://www.selbyarchers.co.uk

25/05/19
UKRS Noak Hill Westerns
Round: All Western
Venue: Noak Hill Archers
Contact: Sharon and Mark Lawrence
Email: mark-l@talk21.com/sharon_lawrence@talk21.com

25/05 – 26/05/19
# WRS Cumbria Open WA Weekend
Round: WA 1440, Metrics I-V, WA 70m, WA 60m, WA 50m
Venue: Frenchfield Playing Fields
Contact: Chris Battersby
Tel: 01768 866970 / 07887 633126
Email: aysgartharcher@gmail.com
Web: http://www.cumbriaarchery.com

26/05 – 27/05/19
# WRS Middlesex Two Day WA Star & Rounds
Round: WA 1440, Metrics I-V
Venue: Hillingdon Senior AC
Contact: Simeon Keenan
Tel: 01895 464983 / 07751 762818
Email: simeon.keenan@blueyonder.co.uk
Web: http://www.cumbriaarchery.com

26/05/19
# UKRS Brixham Archers Open Rose Round: York, Hereford, Bristol I-V
Venue: Churston Grammar School
Contact: Nicola Langdon-Ward
Tel: 01803 850846 / 07834 882838
Email: nie.ward@yahoo.co.uk
Web: http://www.brixhamarchers.co.uk

09/06/19
# UKRS Lancashire 65th Championships & Open
Round: York, Hereford, Bristol I-V
Venue: Tudor Lodge
Contact: Angela Kellett
Tel: 01772 929560 / 07557 308668
Email: afx1300@hotmail.com
Web: http://www.lancashire-archery.org.uk

17/06/19 – 23/06/19
# UKRS 64th Dunster Week
Round: Single & Double York, Hereford, National
Venue: The Old Park of Dunster Castle
Venue: Bridport Bowmen’s May Day
Contact: Vikki Gallop
Tel: 07792 319447
Email: vikki2@btinternet.com
Web: http://www.gwas.org.uk/

UKRS 64th Dunster Week
Round: Ladies & Gents WA 1440, Albion & Western
Venue: The Old Park of Dunster Castle
Venue: Bridport Bowmen’s May Day
Contact: Vikki Gallop
Tel: 07792 319447
Email: vikki2@btinternet.com
Web: http://www.gwas.org.uk/

20/07/19
UKRS Belvoir Archers 9th Summer
Round: Windsor
Venue: Works Lane
Venue: Belvoir Archers 9th Summer
Contact: Bryan Haynes
Tel: 01949 876096 / 07887 633126
Email: tournaments@belvoirarchers.co.uk
Web: http://www.belvoirarchers.co.uk/

28/07/19
UKRS Kirton in Lindsey Klassic Shoot
Round: St George, Albion, Windsor, Short Windsor, Junior Windsor, Short Windsor
Venue: Bridport Bowmen’s May Day
Venue: Belvoir Archers 9th Summer
Contact: Bryan Haynes
Tel: 01949 876096 / 07887 633126
Email: tournaments@belvoirarchers.co.uk
Web: http://www.belvoirarchers.co.uk/

11/08/19
# UKRS Cumbria Outdoor Championships & Open
Round: York, Hereford, Bristol I-V
Venue: Netherhall School
Contact: Chris Battersby
Tel: 01724 734999 / 07533 475928
Email: records.kla.co.uk
Web: http://www.kla.co.uk

{Archery Training Centre (ATC)}

for all your archery needs!

01767 699991
SALES@AIM4SPORT.COM
AIM4SPORT ARCHERY SHOP, UNIT 3, PHOENIX PARK, VINEGAR HILL, SANDY, BEDS SG19 1PR

Archery UK Winter copy date: 31 October 2018
UKRS Exmouth Field Shoot & DCAS Championships
Round: WA 24 Unmarked, WA 24 Marked (Arrowhead)
Venue: Exmouth Club Grounds
Contact: Timothy Pratt
Tel: 01395 273409 (after 6pm please)
Email: trappj@eclipsio.co.uk

UKRS 59th Essex & 40th Open Field Championships
Round: WA 24 Unmarked, WA 24 Marked
Venue: Panther Archery Club
Contact: Paul Clark
Tel: 01245 474696 / 07815 697556
Email: clarkp01@gmail.com

UKRS Kendal Bowmen Open Field Tournament
Round: WA 24 Unmarked, WA 24 Marked
Venue: Hutton Park Plantation, Kendal, Cumbria
Contact: Tony Tidswell
Tel: 01539 721493 / 07815 454953
Email: tonyt635@gmail.com

UKRS Greenmount Classic
Round: WA 24 Unmarked, WA 24 Marked
Venue: Greenmount College
Contact: Eddie Mclean
Tel: 028 406 25986
Email: e.mclean@sky.com

UKRS Ni Field Archery Championships
Round: WA 24 Mixed
Venue: CladSHOT Estate
Contact: Michael Ferguson
Tel: 07938 477770
Email: ricefieldspencer@gmail.com
Web: http://www.archery.org.uk/

UKRS 2018 Yorkshire Field Championship
Round: WA 24 Unmarked, WA 24 Marked
Venue: Sawin Royd Woods
Contact: Mark Tinker
Tel: 01709 849408 or 07773 558682
Email: dvac-archery@outlook.com
Web: www.dvac-archery.org.uk

UKRS Hampshire Clout Weekend
Round: WA & Metric & Archery GB One Way Imperial Clout
Venue: Woodside Archers
Contact: Rish and Dicky Summers
Tel: 02380 273763
Email: ras.summers2@yahoo.co.uk
Web: http://www.southamptonarcheryclub.org/

UKRS Burton Bridge Open Clout Championships
Round: Double One Way Metric Clout
Venue: Wansbroughs Sports Club
Contact: Geoff Fisher
Tel: 07910 784428
Email: Geoff.geoff.co.uk

UKRS Fakenham Clout Weekend
Round: Double One Way WA & Metric & Archery GB Imperial Clout
Venue: Fakenham Sports Centre
Contact: Elaine Burridge & Angela Williams
Tel: 01328 851848
Web: http://www.fakenhambowmen.org.uk/

UKRS The Bowmen of Letchworth Clout Weekend
Round: WA & AGB Clout
Venue: The Purbeck School
Contact: Victoria Burden
Tel: 01202 731304
Email: missvickyburden@gmail.com
Web: http://www.bowmen-of-letchworth.co.uk/

UKRS Bowmen of Rutland Clout Championships
Round: Double One Way WA & Metric Clout
Venue: Casterton College
Contact: Chris Mortlock
Tel: 01780 450305 / 07469 930349
Email: purplemania@ukrcherzy.net
Web: http://www.b-r-o-r.org/

UKRS Shropshire County & Open Clout
Round: Archery GB Double Two Way Clout
Venue: Longford Hall
Contact: Dean Prior
Tel: 07563 665878
Email: desprior@hotmail.co.uk
Web: http://www.bowbrook-archers.co.uk

UKRS Sarum Clout
Round: Archery GB Double One Way Imperial Clout
Venue: The Trafalgar School
Contact: Christopher Gladin
Tel: 01725 515055 or 07847 166742
Email: christophergladin@yahoo.co.uk

UKRS Northamptonshire Metric Clout
Round: WA & Metric Clout
Venue: Kettering Sports Club
Contact: Angela Bray
Tel: 01536 519110 / 07767 676001
Email: ketteringarchers@btinternet.com
Web: http://www.ketteringarchers.co.uk/

UKRS Yorkshire Clout Weekend
Round: Sat: Double One Way AGB Clout
Sun: Double WA & Metric Clout
Venue: Hutton Cranwick Sports Field
Contact: Mark Hayes
Tel: 07837 143008
Email: mah53@btinternet.com
Web: http://www.yorkshirearchery.co.uk/

UKRS Cheshire 15th WA & Metric Double Clout
Round: WA & Metric Single & Double Clout
Venue: Wirral Cricket Club
Contact: Peter Gregory
Tel: 07790 839834
Email: gogd7597@outlook.com
Web: http://www.goldcrestarchers.co.uk/

UKRS Eagle Bowmen Weekend of Clout
Round: WA & AGB 1 Way Double & AGB Double Two Way Clout
Venue: Freshfield Playing Fields
Contact: Chris Battersby (Eagle Brn)
Tel: 01788 866670 / 07805 507886
Email: ayazghartarcher@gmail.com
Web: http://www.eaglebowmen.co.uk/

UKRS Cumbria Weekend of Clout
Round: Double One Way WA & Metric Clout
Venue: Freshfield Playing Fields
Contact: Chris Battersby (Cumbria)
Tel: 01768 866700/07843 807886
Email: ayazghartarcher@gmail.com
Web: http://www.cumbriaarchery.com

for all your archery needs!
WWW.AIM4SPORT.COM
SALES@AIM4SPORT.COM
Aim4Sport Archery Shop, Unit 3, Phoenix Park, Vinegar Hill, Sandy, Beds SG19 1PR
01767 699991
NEW FOR 2018

STOCK
UP IN
TIME FOR
THE INDOOR
SEASON

NOVELTY
TARGET FACES
PACK OF 10
WITH FREE PINS
£19.95

6 X 128cm
STRAW TARGETS
£830
SAVE OVER £165

12 X 128cm
STRAW TARGETS
£1560
SAVE OVER £300

EGERTEC TARGETS, Manor Farm, Chalton, Waterlooville, Hampshire  PO8 OBG
www.egeertectargets.co.uk  e: egeertectargets@yahoo.com
t: 023 9259 3463   m: 07794 920288
Records
and
Achievements
### Compound

<table>
<thead>
<tr>
<th>Junior Gentlemen</th>
<th>Ladies</th>
<th>Gentlemen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ben Carly</td>
<td>Long Warwick</td>
<td>414</td>
</tr>
<tr>
<td>Vicky Loader</td>
<td>Albion</td>
<td>958</td>
</tr>
<tr>
<td>Mark Rudd</td>
<td>National</td>
<td>648</td>
</tr>
</tbody>
</table>

**Longbow**

<table>
<thead>
<tr>
<th>Junior Ladies</th>
<th>Ladies</th>
<th>Gentlemen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sophie Morrison</td>
<td>Short Western</td>
<td>341</td>
</tr>
<tr>
<td>William Thomas</td>
<td>Double Bristol II</td>
<td>1174</td>
</tr>
<tr>
<td>William Thomas</td>
<td>Bristol II</td>
<td>652</td>
</tr>
<tr>
<td>William Thomas</td>
<td>Bristol II</td>
<td>642</td>
</tr>
<tr>
<td>William Thomas</td>
<td>Bristol II</td>
<td>631</td>
</tr>
<tr>
<td>Sheila Hudson</td>
<td>National</td>
<td>466</td>
</tr>
</tbody>
</table>

**Barebow**

<table>
<thead>
<tr>
<th>Junior Ladies</th>
<th>Ladies</th>
<th>Gentlemen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Becky Chiccott</td>
<td>Albion</td>
<td>473</td>
</tr>
<tr>
<td>Amanda Deifield</td>
<td>Long Western</td>
<td>521</td>
</tr>
<tr>
<td>Karen Grassie</td>
<td>Warwick</td>
<td>334</td>
</tr>
<tr>
<td>Karen Grassie</td>
<td>Long Warwick</td>
<td>290</td>
</tr>
<tr>
<td>Michael Pearce</td>
<td>New Western</td>
<td>507</td>
</tr>
</tbody>
</table>

**American Flatbow**

<table>
<thead>
<tr>
<th>Junior Ladies</th>
<th>Ladies</th>
<th>Gentlemen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Imogen Newby</td>
<td>Metric IV</td>
<td>1391</td>
</tr>
<tr>
<td>Imogen Newby</td>
<td>Metric III</td>
<td>1363</td>
</tr>
<tr>
<td>Penny Healey</td>
<td>Long Metric IV</td>
<td>684</td>
</tr>
<tr>
<td>Imogen Newby</td>
<td>Long Metric IV</td>
<td>678</td>
</tr>
<tr>
<td>Penny Healey</td>
<td>Long Metric IV</td>
<td>677</td>
</tr>
<tr>
<td>Megan Havers</td>
<td>Long Metric V</td>
<td>669</td>
</tr>
<tr>
<td>Imogen Newby</td>
<td>40m distance</td>
<td>341</td>
</tr>
<tr>
<td>Penny Healey</td>
<td>40m distance</td>
<td>336</td>
</tr>
<tr>
<td>Imogen Newby</td>
<td>30m distance</td>
<td>353</td>
</tr>
<tr>
<td>Imogen Newby</td>
<td>20m distance</td>
<td>354</td>
</tr>
<tr>
<td>Penny Healey</td>
<td>Metric 122-40</td>
<td>672</td>
</tr>
</tbody>
</table>

**Junior Ladies**

| Penny Healey | Metric 122-40 | 672 |
| Jodie Buckner | Metric 122-40 | 626 |
| Thomas Busca | Long Metric III | 660 |
| Jako Barrett-Rees | 50m distance | 342 |
| Thomas Busca | 20m distance | 353 |

**Junior Gentlemen**

| Sloane Cripps | Ladies WA | 1640/Metric I | 1390 |
| Jenny Bryan | Long Metric III | 697 |
| Matilda Craven | Metric 122-40 | 679 |
| Layla Amnison | Compound Match (15 Arrows) | 148 |
| Layla Amnison | 50m distance | 348 |
| Jenny Bryan | 20m distance | 360 |

**Junior Gentlemen**

| Dru Ridding | Metric III | 1406 |
| Dru Ridding | Long Metric III | 704 |
| Adam Carpenter | Compound WA 50m | 698 |
| Adam Carpenter | 50m distance | 352 |
| Dru Ridding | 40m distance | 355 |

**Longbow**

<table>
<thead>
<tr>
<th>Junior Ladies</th>
<th>Ladies</th>
<th>Gentlemen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosie Elliott</td>
<td>Metric III</td>
<td>824</td>
</tr>
<tr>
<td>Rosie Elliott</td>
<td>Long Metric III</td>
<td>378</td>
</tr>
<tr>
<td>Rosie Elliott</td>
<td>50m distance</td>
<td>175</td>
</tr>
<tr>
<td>Rosie Elliott</td>
<td>20m distance</td>
<td>273</td>
</tr>
<tr>
<td>Amethyst Chopping</td>
<td>Metric 122-40</td>
<td>272</td>
</tr>
</tbody>
</table>

**Junior Gentlemen**

| Sheila Hudson | Double Gents WA 1440 | 1389 |
| Sheila Hudson | Ladies WA 1440/Metric I | 840 |
| Sheila Hudson | Gents WA 1440 | 700 |
| Sheila Hudson | Ladies WA 1440 | 689 |
| Sheila Hudson | WA 70m | 376 |
| Sheila Hudson | 30m distance | 290 |

**Barebow**

<table>
<thead>
<tr>
<th>Junior Ladies</th>
<th>Ladies</th>
<th>Gentlemen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Becky Chiccott</td>
<td>Long Metric II</td>
<td>405</td>
</tr>
<tr>
<td>Amina Abdelhalim</td>
<td>Metric 122-40</td>
<td>430</td>
</tr>
</tbody>
</table>

**Junior Gentlemen**

| Dominic Fenton | Metric 122-30 | 527 |
| Dominic Fenton | Long Metric IV | 454 |
Clickers
We love Archery

We offer an extensive range of products, providing good quality service and advice whether you buy online, on the phone or in store

01603 300490
WWW.CLICKERSARCHERY.CO.UK
# Achievements

## Target Archery

### Grand Master Bowmen

<table>
<thead>
<tr>
<th>Recurve</th>
<th>Compound</th>
<th>Barebow</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michael Judd</td>
<td>Mayflower</td>
<td>Devizes</td>
</tr>
<tr>
<td>Christopher Baigent</td>
<td>Waverley</td>
<td>Chappisham</td>
</tr>
<tr>
<td>Mark Rudd</td>
<td>Hunnypot</td>
<td>Eccles</td>
</tr>
<tr>
<td>Pauline Butliff</td>
<td>Waverley</td>
<td>Eccles</td>
</tr>
<tr>
<td>John Stubbs MBE</td>
<td>Waverley</td>
<td>Eccles</td>
</tr>
<tr>
<td>Kirsty Robb</td>
<td>Newport Pagnell</td>
<td>Balbride</td>
</tr>
<tr>
<td>Tom Duncan</td>
<td>Meriden</td>
<td>Meriden</td>
</tr>
</tbody>
</table>

### Longbow

| Carrie Mortimore | Sherwood | Riveroak |
| Martin Baker | Asherston | Asherston |
| Dale /Morgan | Norah Hill | Elmunte |
| Sharon Lawrence | Exeter | Longbow Club |

### Master Bowmen

#### Recurve

| Kate Dunneham | Cleedon | Chippenham |
| Gadon | Oxford | Lucy Nicholas |

#### Compound

| Rochelle Boynton | Stafford | Mark Dooley |
| Nigel Baker | Brentwood | James Comford |
| Darren Bernsen | Yelverton | Darren Bernsen |
| Kevin Dunscnavin | Yelverton | Dave Matthews |
| Stephen Haynes | Jolly Archers H&W | David Marriott |
| Pamela Dunsin | Yelverton | Jonathan Maher |
| Victoria Loader | Andover | Stuart Barber |
| Marcus Yeoman | Yelverton | Ruth Beech |

### Barebow

| Ruth Beech | New Century | Norman Wilcox |
| Katie Harton | Longbow Club | Helen Woodcock |
| Simon Thomas | Penrith | Simon Thomas |

### Junior Master Bowmen - U16

#### Recurve

| Lauren Bowler | ArcheryGB | Joanne Hoyle | Southfield |
| Lisa Darlington | Wilford | Marty Orton | Meriden |
| Elizabeth Ferguson | Aire Valley | Ella Perington | Wallingford Castle |
| Katie Roadknight | Redhill Juniors | Katie Tonkinson | Audax Junior |

### Junior Master Bowmen - U14

#### Recurve

| Samantha Roberts | St Helens | Sashi Measick | Andover |
| Thomas Sims | Bicester | Sophie Young | South Wansdyke |
| Darragh Joyce | Bournemouth | Charlie Member | Redhill Juniors |
| Sri Vennesa Mantravadi | West Essex Junior | Grace Belmonte | Alton & Four Marks |
| Thomas Lane | Bournemouth | Cailin Raffan | Mines High |

### Junior Master Bowmen - U12

#### Recurve

| Harriet Creek | South Wansdyke | Hannah Fox | Burton Constable |
| Scarlett Brayley | Linton | Mikolai Radosev | Southfield |
| Ailsa Stevens | Olde Colne | Max Hughes | Adel |
| Cameron Oakley | Southfield | Hannah Gardiner | Wigan & Orrell |
| Ben Moore | Wallingford Castle | Eleanor Stott | Huddersfield |

#### Compound

| Oliver Robinson | Blackburn | Alexander Parker | Dees Park |
| Isabella Brugger | Crystal Palace | Rowen Mendham | Wyke |
| Dominic Fenton | Ivanhoe | Longbow | Molly Joyce |

### WA Star Awards

#### Recurve

| Sarah Bell | Deer Park | Chris Aslin | University of Birmingham |
| Hannah Burnage | University of Warwick | Kayleigh Baylis | Llanelli |
| Robert Calcualia | Cody | Howard Moore | Oxford |
| Alison Page | Derbyshire | Isabella Booth | Long Mynd |
| Samuel Hallard | Rugby | Stephen Lomax | Huddersfield |
| Kate Carter | Royal Leamington Spa | Oliver Stephens | Rutland |

#### Longbow

| Sarah Webster | Aber (University) | Paul West | Rayleigh Town |
| Anastasia Schiarenko | Hampstead | Anis Page | Darbyshire |
| Kyle Densham | Darbyshire | Matthew Gardner | Bradford University |
| Riley Bullen | Bruntwood | Lorna Stevens | Chesham |
| James Jackson | University of Sussex | Jain Coombes | Ivanhoe |
| Sarah Russell | Loughborough Students | Chris O’Connell | Cheshunt |
| Sarah Alloway | University of Warwick | Anna Hamilton | City of Cambridge |
| Sue Wolden | Grantham | Lyall Stacey | New Century |
| David Shaw | University of York | Andrew Parnall | Burleigh |
| Danny Hickman | Swan | Charlotte Hampson | Pendle & Salfords |
| Dmytro Patryshch | Lancaster University | Ian Parsons | Ina |
| Leigh Hadfield | Wiverton Park | Stephen Horne | Mayflower |
| Thomas Leggedwood | University of Exeter | Anthony Lessmire | Lancanmorn |
| Peter Bache | SI Saxton | Tommy Kinsella | Aquarius |

### White Star Awards

| Harriet Kelsey | University of Nottingham | Lizzy Elmer | University of Nottingham |
| Shirley Beddoes | Crystal Palace | Ron Harrison | Wigan & Orrell |
Gold Line Extended Clicker
Utilizing AAE’s Gold spring steel clicker blade, the Gold Extended Clicker is the most accurate and consistent extended clicker available. The Gold Extended Clicker mounts onto any sight bar.

Gold Line Stabilizer Extension
The Gold Line Extension features AAE’s proprietary two-piece articulated body design with a Compression Spacer (reduces vibration and feedback) and Tensioning Bolt (to set tune and feel). Available in 3- or 4-inch.

The Gold Extended Clicker and the Gold Line Stabilizer Extension were designed by AAE’s engineers and two-time Olympic Silver Medalist Jake Kaminski.

Great flight characteristics • Excellent memory • Instant Adhesion
Ten colors: black, blue, bright green, fire orange, hot pink, purple, red, sunset gold, white, and yellow.
Three sizes: Hybrid HP, Hybrid 26, and Hybrid 40.

Hot Rodz Target Stabilizer Weights / New Colors
Seven bright NEW colors for AAE’s Hot Rods Target Stabilizer weights: blue, bright green, hot pink, neon yellow, orange, purple, and red.
**Field Archery**

**GRAND MASTER BOWMEN**

- **Compound**
  - Tom Duncan
  - Meriden

- **Recurve**
  - Peter Bann
  - High Weald
  - Master Bowmen
  - Compound
  - Victoria Duncan
  - Meriden

**WA ARROWHEAD**

- **Recurve**
  - Matthew Dale
  - Warfield
  - Ben Gugg
  - Teesside University
  - Richard Rhyder
  - Gildford
  - Christopher Bovington
  - Waterside

- **Black**
  - Roddi Curnow
  - Radnor Foresters

- **Grey**
  - Steve Atam
  - Ovaston Block Arows

- **Green**
  - Colin Simpson
  - Warfield
  - Jack Atkinson
  - Cambridge University

- **Compound**
  - Mark Sounderson
  - City of Belfast

- **Silver**
  - Sinead Byrne
  - Ballyvally Banbridge

- **Brown**
  - Sinead Byrne
  - Ballyvally Banbridge

- **Sinead Byrne**
  - Ballyvally Banbridge

- **Rachael McComb**
  - Banbridge

- **Alisa McKay**
  - Lough Cuan

**Barebow**

- **Silver**
  - Peter Mann
  - George Ferguson
  - Lough Cuan

- **White**
  - George Ferguson
  - Lough Cuan
  - Stuart Ross
  - Deben
  - Moira Ross
  - More
  - Adele McPhee
  - High Weald

- **Black**
  - George Ferguson
  - Lough Cuan

- **Brown**
  - Ballyvally Banbridge

- **Kevin Heaney**
  - Ballyvally Banbridge

- **Peter Mann**
  - High Weald

- **Green**
  - George Kincaid
  - Ballyvally Banbridge
  - Martin Billingham
  - Lough Cuan
  - Ian Crouse
  - Lough Cuan
  - Mike Leccey
  - Lough Cuan
  - Elisa Ball
  - C M O
  - William Surgenor
  - Lough Cuan
Adrian Hayes
Longbows

The traditional Longbow, with modern performance

Custom Longbows made to order

100+ bows already in stock

We also own Strea arrows. Custom arrows perfectly matched to your bow.

Take the first step to owning your ultimate Longbow...

visit our new website
adrianhayeslongbows.co.uk
or get in touch +44 (0) 7542 129434

©2018 Adrian Hayes Longbows. Design and photography by Ollie Wilson ©2018 OWC CREATIVE

ROYAL AIR FORCE Memorial Flight

Official Club

- Entry into prize draws
- An exclusive, attractive membership pack
- Two club magazines a year, taking you behind the scenes

Only £25
plus postage

Join our official club
to support the Flight today

To join the club, please visit
www.memorialflightclub.com

WNS
NEW LINE UP
A BRAND OF QUALITY PRODUCTS

www.wns-archery.com
After working with wheelchair-users, injured service personnel and Help for Heroes, Chris Ord, one of the founders of Kyujitsu Archery Club, decided to spend seven days in a wheelchair. His aim? To highlight the daily issues facing wheelchair users and to raise £600 towards making the outdoor area more accessible for wheelchair users.

This is the start of his blog. To see the rest of it, go to the fundraiser section of kyujutsu.uk

Wheelchair challenge: Day 1
I went into this challenge knowing it was going to be hard. Some parts I thought were going to be straightforward... I couldn’t have been more wrong if I had tried.

So the day started with the school run, a challenging run with hills, roads and bad paving. Then to the archery range. I had planned the route out - and this is where I realised that, as a walker, I took everything for granted: sloping paths, downhills, kerbs and many more obstacles.

People came as a surprise, especially the way they treated me. Some did not notice me, or stood in the middle of an aisle even though they had seen me coming. Some even changed their tone of voice when speaking to me.

The number of building and shops that in this day and age are not setup for wheelchair access is ridiculous. I couldn’t get into one shop and in another I had to move a full queue behind me so I could reverse out. There was plenty of space.

Don’t get me wrong, not everything was bad. I had some great experiences. Some people were really polite and helpful, some people telling me of their experiences in or helping others in wheelchairs. And I received a massive support from people when I told them why I’m doing this challenge.

Day 2
Shoulders are sore from yesterday’s epic adventures but it was time to head for the range. As yesterday’s trip was minimal in drama and issues I thought I would try a different route, heading through Bluebell Woods. It’s a great place to ride a bike or walk but not for a wheelchair. The downhills were mossy, the wheelchair skidded and then came my biggest mistake of the day: stairs at the bottom of the hill...

Chris Ord coaching during his seven-day wheelchair challenge
DO YOU HAVE WHAT IT TAKES TO WIN?
YOU DO NOW!

PSE SUPRA™ FOCUS

Supra™ Focus Specifications

- **Brace Height:** 7”
- **Axle-to-Axle:** 37”
- **ATA/IBO Speed:** 328-320 fps
- **Letoff:** 65% to 75%
- **Mass Weight:** 4.7 lbs.
- **Draw Length Range:** 26” - 31-1/2”
- **Draw Weights (lbs.):** 50, 60, 70
- **Max. Limb Bolt Turns From Bottom:** 10 Turns
- **Shipped In:** 29
- **Cam:** SE

PSE PERFORM-X™

Perform-X™ Specifications

- **Brace Height:** 7”
- **Axle-to-Axle:** 40”
- **ATA/IBO Speed:** 332-324 fps
- **Letoff:** 65-75%
- **Mass Weight:** 5.2 lbs.
- **Draw Length Range:** 26-1/2” - 32”
- **Draw Weights (lbs.):** 50, 60
- **Max. Limb Bolt Turns From Bottom:** 10 Turns
- **Shipped In:** 29
- **Cam:** SE

PSE SHOOTDOWN™

Shootdown™ Specifications

- **Brace Height:** 7”
- **Axle-to-Axle:** 37”
- **ATA/IBO Speed:** 334-326 fps
- **Letoff:** 65-75%
- **Mass Weight:** 4.7 lbs.
- **Draw Length Range:** 26” - 31-1/2”
- **Draw Weights (lbs.):** 40, 50, 60, 70
- **Max. Limb Bolt Turns From Bottom:** 10 Turns
- **Shipped In:** 29
- **Cam:** SE
THE GOAT
A TRIGGER AND BACK-TENSION IN ONE RELEASE

SUPERIOR FEATURES

- EASILY TRANSFORMS BACK & FORTH FROM TRIGGER TO BACK-TENSION
- SEPARATE MICRO-ADJUST SETTINGS FOR BACK-TENSION AND TRIGGER THAT DO NOT CHANGE WHEN TRANSFORMING
- ALL ADJUSTMENT SETTINGS HAVE LOCK SCREWS
- CRISP TRIGGER WITH A HARDENED STAINLESS STEEL SEAR INTERNAL FIRING MECHANISM
- NEW ULTRA-FLEX PERSONALIZED FIT SYSTEM - HI-DEF KNURLED FINGER BEDS 3 AND 4 FINGER ARTICULATING HANDLE PIECES INCLUDED
- ALL NEW MULTI-POSITION OFFSET TRIGGER THUMB BARREL
- HALF QUICKSILVER NICKEL PLATED BRASS HANDLE FOR WEIGHT

THE REAL #1
ANYONE CAN CLAIM IT. WE PROVE IT!

WWW.TRUBALL.COM
We Make Archery Better!