2020 Spring Archery UK Magazine

Cover

Official magazine of Archery GB

Cover teasers

- **Inside**: Customer satisfaction results, ambassador update, compound, volunteering.
- **Going global**: Why we love overseas competitions.
- **BUCS Indoor Championships**: The action, the results.
- **Rankings and awards**: Ringing the changes.
- **Athletes Q and A**: Tips from the top.

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**The editor**

Spring has sprung and many of us are already making the most of the extra daylight hours to shoot outside.

Indoor season was a lot of fun, as our home and away features about the BUCS Indoor Regional Qualifiers and Finals and international competitions go to show.

In this Olympic and Paralympic year we're stepping up our MO, having recently launched our 'Improve Your Game' campaign designed to encourage our diverse community to share knowledge and skills to help us all achieve our goals. We're already off to a great start with informative articles, videos and blogs catering for a wide range of disciplines and abilities, and there's plenty more to come through our social media channels, website and magazine over the coming months. This particular issue's contribution is in the form of a Q and A between some of our members and Olympic and Paralympic squads. See what the country's finest archers have to say about making it to the top.

We've also introduced a new feature to celebrate individuals within our membership. We know there are hundreds of incredible stories among you waiting to be uncovered, and would like to invite you to nominate yourself or someone you know to share how archery has had a life-changing impact. Get in touch by emailing magazine@archerygb.org.

As usual you'll find practical advice plus news and events from around the network. The world of archery is new to me but it's clear how passionate archers are about their sport. I'm
really looking forward to learning from you and hearing what you'd like to see in future issues.

At the time of going to press, the coronavirus pandemic threatens many forthcoming events. We will try to keep you updated of any changes to our sporting calendar on our website, social media channels and in our newsletters.

Vicky Sartain

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News and features

Archery UK: we're social

Join us on Twitter, Facebook and by email.

Get in touch

If you or your club have any news or stories you’d like to share in Archery UK, we would love to hear them. Please also send any accompanying high resolution photos (at least 1MB) to magazine@archerygb.org.

Interview: David Tillotson on the Tokyo Games

Introduction
In this exciting Olympic and Paralympic Games year, the nation is anticipating another boost to its Team GB success. Having won 67 medals at Rio in 2016, 27 of which were gold, Britain is second in the Olympic medal table, no mean feat for a small country, ahead of Russia and China, and second only to the United States. We asked Archery GB's Director of Sport David Tillotson how the Olympic and Paralympic archery teams are approaching the final countdown.

What's the current focus for the Olympic and Paralympic teams?

The Olympic squad qualified with a full team for the first time in many Games, and is the only non-Asian team to do so. Our key focus is building on what has led us to be successful over the last three years and making us even stronger in our physicality, mental game and team dynamics. The Paralympic squad have also made big progress on their cultural development. They have five places already secured for the Games with some other opportunities available later this season. Any Olympic or Paralympic athlete will need to be extremely competitive.

How are the teams preparing for Tokyo?

The Paralympic squad spent ten days in Dubai in January while the Olympic squad went to Turkey in November. The quality and quantity of training that can be done in a warmer climate can really pay off, with more daylight hours available. There's a trip for both squads almost every month through to the Games, either seeking better weather or top international competition to test ourselves against.

What advancements are happening behind the scenes?

The technical side of archery involves small nuances, Archery GB now has a national-award-winning technician, Kieran Carr, and we can utilise his specialist knowledge to produce bespoke items for the Paralympic team. We're also working with some arrow manufacturers to quality assure kit. In future we'd like to push the technical side of things for our archers so that, like other sports such as cycling, we're using kit that suits the conditions and the individual.

Who are we up against?

Archery requires little in terms of extensive facilities, this means that developing nations can also be very good at it with limited means. World Archery has 170 nations as members which is vast compared to many other sports. We have to find ways of competing against
nations with state systems or those whose athletes can earn a living from the sport. One of our answers has been to target team events in the sport.

**How has archery improved as a spectator sport?**

World Archery has worked to present the latter stages of the competition in a more exciting way, with head-to-head shoot-offs in an arena under the spotlights with cameras and commentary. It's quick, visual and quite dramatic, that's good theatre. Archery GB’s national tour series seeks to replicate this.

**What makes a winner?**

The characteristics of the very best in sport are not dissimilar: the ability to consistently deliver the optimum performance under pressure of competition. Above all, it's about thriving on a global public platform. The best athletes also have to be more tenacious than anyone else, not even Usain Bolt won or was perfect every time, but you have to learn from your mistakes.

**Follow our teams**

Follow the progress of the Olympic and Paralympic teams on our Twitter and Facebook pages: @ArcheryGB

**Coronavirus outbreak**

Archery GB is advising that all archery in the UK is postponed for the foreseeable future, to reduce all non-essential contact with others. Our priority is the health and safety of our members, participants, volunteers and staff. We will continue to work closely with grassroots archery providers during this time.

As you will all be experiencing, there is a huge amount of uncertainty across the country in relation to coronavirus (COVID-19). Having carefully monitored the ongoing impact of the pandemic and in line with the latest recommendations at the time of going to press, Archery GB has made a number of decisions that will impact our sport. This includes the cancellation and postponement of many spring and summer events, such as our workshops and AGM.

These difficult decisions are based on the most recent information from all relevant authorities, including UK government, Public Health England and World Archery. This is an unprecedented time and we appreciate your patience while we work through the challenges ahead. We will endeavour to keep members updated.

The Archery GB Big Weekend is unlikely to go ahead in the current format. We hope that clubs can take a flexible approach to running have a go's and beginners' courses during the summer once/if government restrictions have been lifted. We know how important the running of these events is to clubs, and we will create resources to help clubs promote their events as we currently do for the Big Weekend. Further information will be communicated on our website.

While we work on pulling together the guidance which will answer the many questions you may have, please use our statements to inform your members and stakeholders.
Range registration

After the online range registration process was introduced in April 2017, all Archery GB clubs are now following the requirement to register their ranges. More than 2,100 ranges are registered, and the extra questions around facilities have enabled Archery GB to gain insight into the facilities clubs use, accessibility, capacity, security of tenure, and sports they share with (62% share with other sports). For example, ranges on grass sports fields meet the minimum standards we are aiming for in terms of size (92%), maintenance (91%) and secure access for the public (94%).

As registrations are valid for three years, from October 2020 onwards all current registrations will begin to need renewing. Clubs self-certify if the range complies with the Rules of Shooting or not. If the range complies, it takes just minutes to register by clicking 'renew', 'complies' and confirming the range details.

If the range does not comply with the Rules of Shooting (for example they have held a dispensation in the past), the club begins the renewal online by choosing the 'does not comply' option, then contact Archery GB to arrange an Assessor visit.

A new group of Range Assessors for the next three years have been recruited and trained to help clubs whose ranges do not meet the Rules of Shooting and to put a dispensation in place wherever possible.

A great example of a recent dispensation is at Stalybridge Archery Club in Cheshire. Paul Carney is the Chair at the club. He said: "During an anxious period at the club, our partnership with Archery GB and the Range Assessors was positive, supportive and reassuring. We would have no hesitation in calling upon their expertise in the future." For full details go to the Range Assessment section of the Archery GB website: www.archerygb.org/range.

Improve Your Game
2020 is a massive year for every Olympic and Paralympic sport. However, we want all of our members to feel the benefits of the Games. That’s why we’ve introduced a campaign called Improve Your Game, a series of informative articles, blogs, and videos created by archers, for archers. It is aimed at all levels of archers who want to improve, learn or develop within our wonderful sport. We will be covering as many topics as possible across the year.

![Improving Your Game](image)

Each week we will release content to help as many of you as possible with the different topics. Throughout the year, we will cover topics for recurve, compound, barebow, and longbow, target, 3D, clout and field, with para and able-bodied elements. We will also be incorporating elements of strength and conditioning to help guide with that side of the sport, which can sometimes be overlooked. These articles, blogs, and videos will be available to everyone via our website and social media channels, and also in Archery UK.

If you would like to help us and fellow Archery GB members with writing an article, please get in touch with Sophie Meering at sophie.meering@archerygb.org and let us know what you would like to write about.

**Notes on safeguarding**

**Poor practice versus safeguarding**

There can be some confusion with how to deal with, and differentiate between, poor practice and safeguarding. Poor Practice is behaviour which:

- Does not meet the Codes of Conduct.
- Falls below the required standards.
- Fails to deliver the expected standards of care to an individual for whom someone is responsible.

Please remember to use the Codes of Conduct to nip poor practice and inappropriate behaviour in the bud.

**Freddie Collier retirement**

We would like to take this opportunity to thank our Head of Ethics and Integrity Freddie Collier, who is retiring at the end of March after ten years at Lilleshall. Freddie was instrumental in governing matters of safety across our clubs, working tirelessly to improve the experiences of everyone involved in the sport.

**AGM briefing**

Owing to the coronavirus pandemic, we regret to announce the postponement of the AGM, which was due to be held on Saturday 18 April at the Crowne Plaza, NEC, Birmingham. Please keep an eye on the Archery GB website, www.archerygb.org, for a
further announcement about this event. This decision has been made in light of the latest government and public health advice.

**Welcoming new members**

In this Olympic and Paralympic Games year, clubs are likely to see a huge rise in interest before, during and after the event. Be ready to welcome new members, and if you’d like any advice on how to prepare your club for new members, just ask. Call us at Lilleshall for any advice on 01952 677888.

**Ancient archery**

*Photo: Gilded Wooden 'Ostrich hunt' fan.  Picture: IMG.*

If you were ever in any doubt about archery's long history, just pay a visit to the Tutankhamun exhibition at the Saatchi Gallery in London. Hundreds of arrows with various types of arrowheads were found in Tutankhamun’s tomb, and depictions of archers feature on some of the Pharaoh's golden treasures. Tutankhamun: Treasures of the Golden Pharaoh presented by Viking Cruises is at the Saatchi Gallery (closed until further notice).


**Calling all tournament organisers**

*Competition results running you ragged? Why not learn to use lanseo's innovative results management software, it helps with the rankings for competitive archers and is an international standard for results.*
Archery GB is now running sessions on how to use Ianseo software for the comprehensive management of tournament results, and among the first to put it through its paces was Chris Battersby, President of Northern Counties Archery Society (NCAS). Here Chris shares his thoughts on moving from his tried and trusted methods to this new technology.

I was introduced to Ianseo by Tony George (Public Relations Officer for NCAS) who explained how it worked and how quick it was to produce the results. As a tournament organiser of many years I was not truly convinced as I had developed my own system and was able to produce tournament results very quickly, so why change something that I understood and works well?

There was one thing that helped change my mind and that was the amount of time I spent after the tournament getting all the paperwork done, sent to Archery GB and entered on the website.

So I decided to give it a go, downloaded the software and ventured into its many sections which at first were very daunting, but with Tony’s help I began to understand what I needed to do. I decided to start with a WRS WA1440 followed by a double WA720 the following day. Having set up the program for the WA1440, entering the archers’ details and putting everyone in the right section, I sent a copy to Tony who pointed out a few simple changes that made it work better and so I was ready for my first tournament. With Tony attending to help with the process, everything went well and it was a great success. Unfortunately, Tony was unable to stay the second day so I was on my own. I needn't have worried though and within ten minutes of the competition finishing, I had the full results list ready for the presentation and the day finished well.

The program enables you to place it on the Ianseo website (www.ianseo.net) for all to view, and update it with the target list and then on completion of the shoot with the full results. Also a full results list was sent to our County Webmaster to update our own county website and to Archery GB, with documentation (all done in half an hour) which would normally have taken me most of the day to do. Another positive step forward was the use of a monitor connected to the laptop to show the leaders list while the tournament was ongoing.

There is still the same amount of work to do before the tournament but afterwards takes very little time at all which makes Ianseo a great, time-saving application.

Archery GB is running training courses for this app which are well worth attending to help increase your confidence. And don't be overwhelmed by its many functions, you can learn about them all in time.

The dates of the next Ianseo training courses at Lilleshall National Sports and Conferencing Centre at Newport, Shropshire will be updated as soon as possible. The course fee is £40 (or £30 for members from OnTarget clubs). You can sign up for the course on the Archery GB members' portal at www.archerygb.org/members-portal or call 01952 677888 to book your place. Visit the Ianseo website (www.ianseo.net) for more information about the software.

Customer satisfaction survey results

Introduction

Every six months Archery GB sends out a customer satisfaction survey to you, our members, most recently in December 2019. This was the third edition of the survey which
received 1,159 responses and it’s been great to see so many people once again share their opinions with us. Surveys like this one play an important part in helping us to understand your attitudes and opinions. We have carried out a detailed analysis of the results and would love to share some of the headline statistics and comments with you.

1: Club Performance

Archery clubs have continued to perform well with members giving them a Net Promoter Score (NPS – a proxy for gauging customer overall satisfaction) of +68. This is an increase of eight points since the last customer satisfaction survey. We also received some really positive scores on club satisfaction (89%), archery enjoyment (96%) and club expectations (90%) in relation to our members’ club experiences, which shows the hard work that clubs are putting in is paying off.

2: On the up and up

Our members are taking part in archery on quite a frequent basis, with 76% shooting at least once a week. Target archery remains as popular as ever but we have seen an increase in people participating in field and clout archery compared to results from previous surveys. Barebow archery also appears to be growing in popularity compared to prior surveys, especially amongst our newer members.

How often do you take part in archery?

- **Daily:** 9%.
- **Weekly:** 76%.
- **Few times a month:** 11%.
- **Once a month:** 1%.
- **Every few months:** 2%.
What types of archery do you currently take part in?

- **Target archery**: 97%.
- **Field archery**: 20%.
- **3D archery**: 8%.
- **Traditional archery**: 10%.
- **Clout shooting**: 17%.

What type of bow do you use (most commonly)?

- **Recurve bow**: 58%.
- **Longbow**: 11%.
- **Compound bow**: 14%.
- **Barebow**: 15%.
- **Horse bow**: 1%.

3: The finer details

The membership’s 'value for money' was rated highest in satisfaction when looking at how satisfied members were with aspects of their membership. Archers are also really pleased with the number of opportunities to shoot and feel that their clubs are doing a great job at introducing new people to the sport. There are still some areas for improvement with our members still feeling they would like to see more opportunities for coaching and progression. More could also be done to help support clubs to introduce archery to people of diverse abilities and backgrounds to the sport.
These results are extremely useful to us as a governing body and help identify areas that you, the member, would like us to improve. We would like to say thank you for your valuable feedback and continued support with our surveys.

Looking at the aspects below, how satisfied are you with the following areas regarding your archery club?

1: Value for money  
2: Number of opportunities to shoot per week  
3: Introducing new people to archery  
4: Quality of shooting facilities  
5: Social aspects: being with friends and meeting new people  
6: Providing opportunities to participate in competitions  
7: Introducing archery to people of diverse abilities  
8: Providing opportunities for coaching and progression

Legend:
- Very satisfied
- Satisfied
- Neither satisfied nor dissatisfied
- Unsatisfied
- Very unsatisfied
- I don’t know
1: Value for money

- Very satisfied: 44%.
- Satisfied: 38%.
- Neither satisfied nor dissatisfied: 10%.
- Unsatisfied: 3%.
- Very unsatisfied: 2%.
- Don't know: 3%.

2: Number of opportunities to shoot per week

- Very satisfied: 38%.
- Satisfied: 39%.
- Neither satisfied nor dissatisfied: 9%.
- Unsatisfied: 9%.
- Very unsatisfied: 2%.
- Don't know: 3%.

3: Introducing new people to archery

- Very satisfied: 37%.
- Satisfied: 43%.
- Neither satisfied nor dissatisfied: 10%.
- Unsatisfied: 5%.
- Very unsatisfied: 2%.
- Don't know: 4%.

4: Quality of shooting facilities

- Very satisfied: 35%.
- Satisfied: 42%.
- Neither satisfied nor dissatisfied: 12%.
- Unsatisfied: 7%.
- Very unsatisfied: 2%.
- Don't know: 3%.

5: Social aspects: being with friends and meeting new people

- Very satisfied: 33%.
- Satisfied: 46%.
- Neither satisfied nor dissatisfied: 13%.
- Unsatisfied: 3%.
- Very unsatisfied: 1%.
- Don't know: 4%.

6: Providing opportunities to participate in competitions

- Very satisfied: 28%.
- Satisfied: 44%.
- Neither satisfied nor dissatisfied: 15%.
- Unsatisfied: 6%.
• Very unsatisfied: 2%.
• Don’t know: 5%.

7: Introducing archery to people of diverse abilities

• Very satisfied: 25%.
• Satisfied: 38%.
• Neither satisfied nor dissatisfied: 22%.
• Unsatisfied: 5%.
• Very unsatisfied: 1%.
• Don’t know: 8%.

8: Providing opportunities for coaching and progression

• Very satisfied: 22%.
• Satisfied: 38%.
• Neither satisfied nor dissatisfied: 18%.
• Unsatisfied: 11%.
• Very unsatisfied: 4%.
• Don’t know: 7%.

Feedback quotes:

"Archery is a great stress reliever. In addition, trying to better my previous scores is a great way for me to stay motivated and continue to shoot."

"It is my escape, my therapy and my release. I love my archery family which expands when I go to a new venue or new competition."

"Value for money, good friends and a place to focus on my own performance and achievements."

"It is a very 'no pressure' club, allowing each archer in his/her own way."

"Production quality of videos on social media is high."

2020 competitions

European Youth Championships

The Archery GB competitions team has been busy preparing for a very exciting year, which will see their involvement in some 25 events. One of the highlights will be the European Youth Championships on 17 to 22 August at Lilleshall, when the team looks forward to
welcoming members to our Shropshire headquarters. Don’t miss your chance to grab early bird tickets to this exciting event by visiting the European Youth Championships 2020 section of the Survey Monkey website: www.surveymonkey.co.uk/r/EYC_2020.

Fancy lending a hand at the European Youth Championships?

Volunteers are key to making this event run smoothly and your help would be greatly appreciated. To offer your support, go to the Volunteering section of the Survey Monkey website: http://www.surveymonkey.co.uk/r/EYC_2020_Volunteers or scan the QR code.

National Indoors Weekend 2020

The National Indoors Weekend 2020 on 5 and 6 December will be at the NAEC at Stoneleigh, Warwickshire. It will be held in two halls and feature some improvements to the Junior Indoors who will have the main hall with 50 targets. There will be two qualifying sessions where athletes can choose if they wish to shoot on a single or three-spot face on a Portsmouth Round. These scores will be used to decide the results of the age group winners. There will then be a head-to-head to decide the overall champion in each bow style, where we will cut to top eight or four depending on the bow style. The back-to-back will be in the hall at the back (Hall 1) on the Saturday with no changes.

There will be additional space for an extra 120 people on the Sunday for the Senior Indoor Nationals, and we hope this helps with reducing pressure on spaces and the waiting list. We will have more space for exhibitors as well, and hope to make the show a bigger part of the weekend.

We will open for entries earlier than normal, in August. Full details to be released soon.

Member benefits
As a member of Archery GB, you're entitled to a great range of benefits. These include an introduction to the sport through have-a-go events and beginners' courses, access to records, badges and awards, plus guidance, coaching and safeguarding awareness. We also provide a sporting structure of clubs, counties and regions, tournaments and talent pathways with governance, support, advice, and insurance. And it doesn't hurt to take advantage of a few extras our membership offers for everyday life, at home and away.

**Additional Archery GB membership perks include:**

- Exclusive offers from Volvo cars.
- 15% discount with Cotswold Outdoor.
- 15% discount at Snow&Rock.
- 15% discount (until 31/7/20) at Cycle Surgery.
- 15% discount at Runnersneed.
- 20% discount available on selected products from Whirlpool, Hotpoint and Indesit.

Keep up to date with the latest offers on the [Archery GB website, www.archerygb.org](http://www.archerygb.org), and search 'Membership benefits'.

**Ambassador achievements**

**One year old**

Archery GB's ambassador programme, which launched a year ago, is enjoying continued success at clubs up and down the country. New generations of archers have been inspired by our trained team of 26 ambassadors and eight mentors, whose job it is to help promote and develop the sport.

**De Montfort University**

De Montfort University (DMU) Archery Club held two beginners' courses over its first term last autumn and filled both for the first time, with 32 novices attending. Student Ambassador Ffion Edgeley commented: "We've had quite a good retention rate this year with about half our new archers returning to sessions."

At the end of last year the club took 11 beginners to the University of Leicester to compete in an annual friendly novice competition, which DMU won for the sixth year, bagging themselves five of six medals.
Photo: All smiles for De Montfort University at the Annual Novice Competition at the University of Leicester.

Having held the Level 1 Coaching Course in September and the assessment in December, DMU’s club now has two new coaches as well as ten other university coaches for Leicester, Derby, Coventry and Cambridge.

In other news from DMU, the club has achieved a 50-50 split of genders in the club for the first time ever. Ffion explained: "This was part of a long-term development plan made with the university sport staff and I believe we’ve achieved it a couple of years early. We’ve also achieved it in the committee, which is great considering I was the only female last year."

So how was the gender balance achieved? Ffion explained: "Females in the club have been a lot more visible to the newer members, right from being on the stall at the Activities Fair where the freshers sign up for clubs, helping out with taster sessions, and being around when the beginners' courses are happening, even if it’s just women and girls shooting at the same time and having more visibility in committee positions."

Ffion added: "The first couple of weeks in October are essential for us, as freshers will have signed up to a few clubs and will slowly stop doing the ones they don’t enjoy; if we can make it an enjoyable experience in those first few weeks we’re more likely to retain them."

The club also has a development plan in place with the university sports department, which will see them set goals for the next few years. Having an equal balance was one of those goals, and Ffion is pleased to think this has already been achieved.

Keeping the faith

At Gronant Bowmen in North Wales, Club Ambassador Huw Harper reports that 11-year-old Faith has successfully achieved North Wales’ county records just six months after starting archery. Following on from competing at Corus Deeside WA1440, Faith has been awarded distance awards for 30m and 10m. Faith has entered several competitions over the summer and is making steady improvement. She has now been accepted into the Welsh Junior Academy which involves travelling to Cardiff over the winter months to receive high-level performance training.
Insider information: Deer Park Archers' new project

Deer Park Archers in Gloucestershire is renowned locally for its work in the community, focus on the development of its volunteer workforce and passion to develop its facilities. When the team's Club Development Director Roger Crang heard about the national community initiative, Men's Sheds Association (www.menssheds.org.uk), which aims to support men's wellbeing through the promotion of useful social activities and projects, he thought, 'why not follow the theme and create an archery shed?'

Roger said: "Leading up to retirement, men think life after work is going to be fantastic. In reality, for many, boredom creeps in and loneliness takes its toll leading to depression and isolation. Many men of a certain age want an activity to engage in that has meaning and purpose. That's where our archery club's 'Men in Sheds' idea fills the gap."

Supporting the Deer Park Archers' interests with the clear benefits of providing a community space for men to connect, converse, create and have fun seemed the natural thing to do and the last 12 months have demonstrated that potential.

After discussions with Age UK, Active Gloucestershire and local parish councils, the club launched its own 'Men in Sheds' group, open to existing members (shooting and non-shooting) and new members from the local community (currently a 50/50 split). The timing was somewhat dictated by the availability of a suitable home, which was eventually found last autumn, with the club opening its new clubhouse/training centre and vacating its old portacabin; now the club's official shed.

Roger said: "Early meetings were a mixture of social activities and sharing thoughts on what we were looking for, what we would like to do and what we had the skills to do. A list of 'opportunities' was soon assembled."

Current ages range from 50 to almost 80 with the group's diversity a key strength in both skills and experience, resulting in endless ways to pass the time in useful activities. Typical jobs include making tournament score boards, installing new range distance markers,
maintaining hedging, painting, fitting new locks, repacking layered foam bosses, making wheeled carriages for bosses, installing fencing, gates, bridges and field course pathways.

New skills have already been learned but further training is on the way, not least on how to operate the club's compact tractor, and various landscaping and grass-cutting equipment. The team recently planted 210 trees, one for each member of the club. All bent arrows are now converted into arrow pens, generating a significant income to fund other projects.

The committee has been so impressed by the developments that it has now provided significant funding for new tools and materials and identified some very challenging projects using the skills in the group. This includes the construction of a new elevated tournament control centre, installation of a Tesco-funded archery-themed play area and an adapted kit mini field course.

And the future? Roger explained: "Our vision is to grow the group to around 20, form smaller project groups outside of our core Friday morning meeting, and engage with other shed groups or local community projects. This needs to be achieved with everyone having fun: not losing sight of the social opportunities, ensuring a safe (yes, we do risk assessments) and supportive environment and, of course, meeting the needs of our club and its members."

Fancy following in the footsteps of Deer Park Archers? For more information about the project go to the Men in Sheds section of the Deer park Archers website, http://deerparkarchers.co.uk/get-involved/men-in-sheds-club/, or contact Roger direct on 01452 489752.

**Overton raise the bar**

During 2019, Overton Black Arrows in Hampshire raised £2,700 for the Hampshire and Isle of Wight Air Ambulance. This was from a combination of all the events held throughout the year, including a quiz night in February, the 24-hour shoot on the summer solstice as well as the Watership Down Open Field Tournament and Hampshire County Championships.

Particular mention must be given to the 24-hour shoot, which raised £2,300 alone and saw 36 club members aged between nine and 80, shoot consecutively for 24 hours. In total, 256 'frostbite' rounds were shot, scoring a total of 59,545 points. A frostbite round consists of 36 arrows, shot at 30m, with a maximum score of 360 points. During the evening, Craig Ballantine, shooting compound, scored a near perfect 358. Jodie Buckner (U15) shooting recurve shot an amazing 334 at 2am. Mark Davies took the longbow high score of 190; Bill
Jones, shooting barebow, scored 305; and Dave Giddings scored 89 with his horsebow. Temperatures dropped to nine degrees overnight, which didn't stop the shooting; the best score for a recurve archer was shot at 2am. Others huddled around the firepit, fuelled by refreshments.

Steve Allam, Chairman of Overton Black Arrows, said: "At the end of July we hosted the Hampshire air ambulance front line and support crew at Laverstoke range for a have-a-go session. It was a great turnout and they thoroughly enjoyed themselves. Such a wonderful effort was put in by everyone at the club that Kit Malthouse MP kindly took the time to write to us to congratulate us."

It was decided by an overwhelming majority at the November AGM that Overton Black Arrows would support the Stepping Stones Down Syndrome charity (www.steppingstonesds.co.uk) in 2020.

To find out more about the club visit the Overton Black Arrows website, www.overtonblackarrows.org.

News from Newark

In its short life of nearly five years, Newark Castle Archers in Nottinghamshire have put themselves firmly on the map. At the Newark and Sherwood sports awards at Newark Rugby Club in December, young archers Kyan and Taylor made it to the final for the Junior Team of the Year Award, Mandie Elson was nominated for Coach of the Year Award and the club was nominated for the Club of the Year award. Mandie said: "I'm super proud of this as I've been working very hard behind the scenes to raise awareness of our fab sport and club in our area."

To find out more about the club visit the Newark Castle Archers website, www.newarkcastlearchers.com.

Eastern promise

East Kilbride Archery Club was founded (in its current incarnation) in September 2016 and has gone from strength to strength. The club had been dormant for around 15 years before Alison, James and Cameron Ross (formerly of Glasgow Archers) decided to set up a new club in South Lanarkshire. Having secured a lottery funding grant of around £10,000 and a grant from Scottish Archery, the club was ready for action.

The first committee meeting took place in April 2016, and the first shooting session was 3 September 2016. Membership grew steadily in the first year, thanks in no small part to MRM
Archery Ltd who were running beginners’ courses in the area and had referred some successful ‘graduates’ to the club.

Alison said: “In June 2017, some of the lottery-funding grant was used to fund our first Archery GB Level 1 coach through the learning and assessment process. This allowed the club to start running beginners’ courses and has helped to directly boost the club membership.

“We now have 48 club members. Our all-year indoor shooting at Eastwood High School sports complex (Sundays 1pm – 4pm) is a huge advantage to the club. In 2017, the club secured a summer outdoor shooting venue at Dechmont Shooting Range, near Cambuslang, meaning that in the summer months members can shoot twice per week.”

The larger membership body means that some ordinary members also serve on the committee and take an active part in helping with various club activities such as regular club fun shoots at festive times, not to mention a host of other social activities. Special mention on the club’s successful membership retention goes to Lauren Findlay, club ‘cake secretary’, who provides home-baked goodies for festive fun shoots and for the last week of any beginners’ courses. The club also runs monthly target days at which members can get involved in the Portsmouth Badge scheme and can gain classification awards.

The club has funded two members to do their Archery GB Level 2 coaching qualification and so is well placed to assist and offer advice to a lot of members who have progressed very well from their beginner days.

To find out more about the club visit the East Kilbride Archery Club Website, www.eastkilbridearcheryclub.com.

Ballyvally Archers Banbridge championship year

Last November, Ballyvally Archers Banbridge hosted the Northern Ireland leg of the XVIII British Barebow Championships which took place simultaneously in five different locations across the UK. Marion Patterson, Paul Wheeler and Bailey Kelly shot well in the Compound Barebow categories. In the Barebow Women’s Section, Romaine Mehaffey finished in a
commendable sixth place in Britain, while juniors Luke Wheeler and Matthew McCourt took second and fourth place respectively, in their age categories. However, the stars of the competition, claiming all British titles, were Ballyvally Juniors Kathryn Morton, who shot 508, and Ethan McKinney, who shot 364.

After an eventful year, Ballyvally Archers Banbridge topped off 2019 with the Archery NI Junior Indoor Championships on 15 December. All 17 of Ballyvally's Junior archers in attendance shot admirably, with Luke Wheeler, Theo Milligan, Jenson Bell, Andrew Harron and Matthew Ingram finishing in second place and Zack Kelly, Ethan McKinney, Sienna Foster, Sinead Byrne, Caitlyn Topping, Ashton Kelly, Matthew McCourt, Kathryn Morton, Bella Ingram, Scarlet Dodds, Bailey Kelly and Rachel Wilson all taking first place in their respective categories.

Kathryn Morton (Under 18 Girls Barebow) and Bailey Kelly (Under 16 Boys Compound Barebow), who shot 543 and 370 respectively, were also recipients of the Perpetual Trophies after improving their scores by the most points from last year's competition.

**Ayr Archery Juniors' success**

The juniors from Ayr Archery Club have been working hard during the Indoor season, achieving a high level of success. As a club, Ayr now has the Scottish Under 12 Barebow Boy and Girl Champions, Scottish Under 16s Girl Barebow Champion and the Scottish Junior Under 18 Indoor Recurve Champion. In November's Archery GB Challenge the juniors received nine certificates across recurve and barebow. The certificates were only issued to those in the top 20 UK rankings. Four junior members have successfully been awarded the Gold Arrow Badge and Gold Feather Badge after completing all the required skills. Many of the juniors are now taking part in the Ayrshire League and beginning to travel further afield to competitions.

For more club information visit the [Ayr Archery Club website, www.ayrarcheryclub.org](http://www.ayrarcheryclub.org).
In the Winter issue of Archery UK magazine we learned that Westcountry club Endeavour Archers had been obliged to uproot from their former home at Devonport Dockyard in Plymouth. The club, formed of military veterans, enjoyed a temporary spell in the care of Brixham Archers who were kind enough to share their facilities, but by the end of last year had found a new permanent home in a building on the Pentillie Castle Estate, just over the border in Cornwall.

Secretary Brian Kilgannon said: "To continue the story, we had our grand opening on 27 October, with the owners of the estate, Ted and Sarah, officially declaring us ready for business. Over the last few months the ladies and lads have had a chance to improve their skills. Our numbers have increased and we are also getting the families involved. We now have a number of children shooting for the first time, as they were not allowed onto the base at our former home in Devonport."

The club has since benefited from a grant from the Archery Foundation to purchase heaters and three new targets in their new venue, making life a little more pleasant over the chilly months. A new laptop and printer have also been introduced to help with club admin, courtesy of PC World. Brian added: "I would like, along with the rest of the club members, to give a round of applause and a huge thank you to both the trustees of the Archery Foundation and to PC World for their generosity."

Robin Hoods

Mike Philips
Mike Phillips joined Burscough Archers last October after two taster sessions followed by a beginners' course. On 16 November, he decided to buy his own arrows and made the trip to the semi-local archery shop. Less than 24 hours later, and only six weeks after joining the club, he shot a Robin Hood, and the very next day went on to get six golds at 20 yards. This is the first Robin Hood on the current range for Burscough Archers.

Liam Jordan

Liam Jordan shot a Robin Hood after training with the Bridlington Bay Archers for just 18 months.

Carl Rose

Carl Rose, a novice senior member of City of Chester Archers, attended their beginners' course last Easter and subsequently signed up. He bought his own bow in July and on 1 December shot the Robin Hood, shown above. On 12 December he did it again. Both were shot indoors at CCA on Portsmouth targets. He said: "Having destroyed two arrows inside two weeks (even though I managed to salvage the second arrow in each case), I was down to only six arrows and I've 'had' to treat myself to a new set."

Chris Spencer
Chris Spencer proudly claimed his first Robin Hood shooting a Worcester last December at Durham City Archers.

Obituaries

Jean Proctor

We are sad to announce the passing, last autumn, of Lancashire-born Jean Proctor. Jean first took up archery in 1960 and after moving to Devon with her husband Derek in the 1980s, the couple became members of Brixham Archers, their local club, with Jean rising to the position of Chairman which she held from 1984 to 87. Eventually Jean and Derek were both made life members of the club for services rendered. The couple were the longest standing members and were much missed when they decided to move back up north. Judith Booker, honorary lifetime member of Brixham Archers, commented: “Jean will always be remembered because she was such a lovely lady, always smiling and very kind. Jean will be sorely missed by her friends and family.”

Steve Morris

Steve Morris sadly passed away at home last November. Steve was a long-standing member of Colchester and District Archery Club and enjoyed all forms of archery. He proudly represented both his club and county at tournaments and regularly competed as part of a recurve team, most notably with his daughter, Claire. Together they won the recurve team award twice at the East Anglian Championships, and as part of the Colchester team in the Essex Albion league.
In 2014 Steve was ranked third nationally and holds 30 of the Essex County Archery Association records for gentlemen barebow archers. Steve also achieved three national records for three different rounds over 2013 and 2014. His fellow club members described Steve as a kind, quiet man, always willing to help others, and they say it was a pleasure to shoot alongside him. He will be greatly missed.

**Alan Pritchard**

Alan Pritchard's archery career began when he first picked up a bow and arrow in the 1930s. He was evacuated with his bow in the 1940s and when he returned, set about reviving Meriden Archery Club. In the '50s, Alan shot for England and established the GNAS Personal Performance Course at Lilleshall. In the '60s he was coaching at the many work-based clubs in and around his home city of Coventry that sprung up post-war. In the 1970s he was an Olympic Team Coach, and when he officially retired from coaching he took the title of Senior Coach Emeritus. His 50 years of coaching was formally recognised by Archery GB.

Alan loved the longbow and was a master bowyer and fletcher, and is remembered for being generous with his time and skills to help others. He will be sorely missed.

**Sue Hawkesford**

Sue Hawkesford passed away in October 2019. A member of Torquay Company of Archers, Sue became DCAS County Champion and represented Devon and Cornwall at county level. Asked to join the Archery GB Personal Performance Course (PPC) as a coach, she became a much respected and loved County Coach. As Course Leader Dave Redding said: "Sue was such an inspiration to all and always looked for the positives in everything. The life and soul of the PPC every time." Sue is also remembered as being a 'wonderfully mischievous character who livened up the PPC no end'. Sue also coached the county team and numerous other archers across the county and country.

**The Game Fair ticket offer**
One of the highlights of the summer calendar, The Game Fair is fondly recognised as the Festival of the Countryside, and is the only event at the heart of field sports, shooting and land management with a sprinkling of glamour, great food and shopping opportunities.

Established in 1958, this year’s celebration of country life will take place on 18 to 20 September at Ragley Hall in Warwickshire and offers a comprehensive, action-packed itinerary for the whole family, including gundog handling, clay shooting, fishing, falconry, ferreting, and off-road driving. And you won’t want to miss the archery experience, courtesy of local club, Stratford Archers. Previous Game Fairs have attracted more than 100,000 visitors, so be sure to book your ticket early.

The Game Fair is offering Archery GB members an exclusive discount to this year’s festival. Simply visit the Game Fair website, www.thegamefair.org, to book your ticket and enter the code ARCHERYGB at the checkout for reduced entry rates (a saving of £10 off a standard adult ticket).

Stay safe in the sun

As an archer, you never mess around with the health and safety rules, but how about sun protection? Many of us underestimate the risk of UV exposure, with many of us keener to get a tan rather than slap on sunscreen. However, keeping your skin sun protected from March onwards in the UK is just as important as waxing your bowstring, especially if you attend all-day training sessions or tournaments, either as a participant or spectator.

Skin cancer is at epidemic levels, with rates rising rapidly in young people across the globe. With our summers getting warmer and just one sunburn doubling the risk of melanoma, the most dangerous form of skin cancer, getting children (and adults) to build good sun protection habits should be a vital part of any outdoor session.

Archery UK supports the Outdoor Kids Sun Safety Code, a campaign launched by the Melanoma Fund in 2014. This free online resource offers advice, tools and strategies for anyone who works outdoors with children, helping keep everyone safe.
The campaign promotes five simple rules:

1. **Prepare**: Ensure that everyone arrives ready for a day in the sun.
2. **Protect**: Use clothing, hats/sunglasses and sunscreen (SPF30+) reapplied at breaks.
3. **Shade**: Avoid direct sunlight during lunch or while spectating.
4. **Hydrate**: Ensure water is always available.
5. **Lead by example**: Inspire children with your own actions.

If you are a club, coach or a parent we recommend you visit the [Outdoor Kids Sun Safety Code website, www.oksunsafetycode.com](http://www.oksunsafetycode.com) and get yourself OK Accredited, adding sun protection to your rule book. If not now, then when?

**How to boost your club’s profile with social media**

Words by Catherine Whyte

**Introduction**

Archery is a colourful sport; that's why Instagram is an ideal social media platform. Caroline Homer (pictured above), Royal Richmond Archery Club’s social media manager, gives her top ten tips for running a winning Instagram account.

**Get the right permissions**

It is vital that you obtain permission, especially from junior members and their parents, before posting images on social media. This can be easily done by adding another field to any existing permissions paperwork that you ask parents to sign. It is advisable to get written permission from adult members, too, especially if you are taking pictures of them as they shoot.

**Decide on a style and stick to it**

Just as a company has brand guidelines, it is best if your Instagram account has a consistent style. For example, all our images have white borders. Stick to a couple of favourite filters.

**Edit, brighten and crop**

At the very least, pictures usually need to be brightened (even posts in the driving rain come to life with a bit of editing) and cropped to improve composition. Experiment and try different angles. Don’t post blurred pictures.
Variety is the spice of social media

Archery is not just about arrows on a target, there’s all the behind-the-scenes stuff as well. Don’t dismiss anything as ‘boring’. Even someone carrying a couple of signs can be worthy of a picture, providing it is well composed and your subject is smiling! Misfortune, ie arrows through scoreboards, makes for great posts, too.

Collate an image bank

Take pictures of everything, always. Store the good ones as drafts on your Instagram account, delete the others (or you’ll run out of storage space on your phone). It’s also worth gathering support from other members in the club who can send photos from away-shoots that you can’t attend. It is impossible to cover everything otherwise. You’ll also build your bank of images this way too. Which leads me onto the next point:

Post often

I post between three and five times a day, sometimes more if there’s been a big event, competition or prize giving. Ultimately, it’s up to you. Find your own rhythm and stick to it until it becomes a habit. Use inventive captions to make stored photos relevant.

Hashtags

Using the right hashtags will also help shine a spotlight on your club’s account. Popular hashtags include: #archery, #archerylove and #throwbackthursday etc. Don’t be afraid to make up your own: #fletchingfriday is one of mine.

Follow other clubs

This is important. Follow local businesses and other archers, as well. You’ll be surprised how quickly your following will grow. Ours rocketed to over 1,000 in the first 12 months. Not bad for a club with only 200 members.

Make it fun

We’ve touched on this before but it’s important to remember. No one wants to see photos of arrows in the ten-ring all the time (as much as we like to see them when we are scoring). We have a lot of fun at the club and that’s what I try to convey. The captions you write to accompany your images are also key here.

Remember it’s about the people

At the end of the day, the club would be nothing without its members. Let people’s personalities shine through. Just make sure someone has their phone at the ready to capture each moment.

Follow the club on Instagram:

Royal Richmond Archery Club @RoyalRichmondArcheryClub.
Apologies to Catherine Whyte and Caroline Homer of Royal Richmond Archery Club. In our Winter issue we failed to clarify that the club’s new Instagram success was thanks to Caroline’s great achievement.

Mail bag

Submissions

Write to: Mailbag, Archery UK magazine, Archery GB, Lilleshall National Sports and Conferencing Centre, Newport, Shropshire TF10 9AT

Email: magazine@archerygb.org.

Please note we cannot print letters sent to us without a name and address or an email address (although we can withhold the address if you wish). Letters may be edited for publication. Please try to keep them to 250 words if possible. Letters containing personal attacks will not be published. By submitting a letter to Mailbag you understand that, should your letter be selected as the Star Letter, your address will be passed on to Opticron so that the prize can be delivered.

Simply send in your letters for the chance of winning an MM3 60 16-48x scope worth £320.

Star Letter

Prize

Opticron’s new MM3 12-36x scope worth over £270.

For more details go to the Opticron website: http://www.opticron.co.uk/.

Bows for all

It's now close to 30 years since I first tried archery. In those days most people used either a target recurve or longbow. It was only when I went to a different club that I saw someone using a compound bow. I moved away from the sport when other interests took over and only came back to it six years ago. In that time the types of bow people use have become much more diverse. What irritates me, and the point of this letter, is the number of people who use the term 'proper bow' to describe the kind of bow they shoot. Most recently I've heard the term used by a judge at a competition to call the compound archers up for equipment inspection.

But what is a proper bow? a) A longbow, as it is the most popular tradition bow style, steeped in history? b) A target recurve because it is the choice for the Olympic archery event? c) A compound bow because it is the most technical discipline?
Every person who has chosen their discipline would have done so for their own reasons, and each bow style has its pros and cons. Please can we get away from using terminology that suggests other bow styles aren't 'proper', especially when someone is acting in an official capacity within the sport. I'm sure it was not meant to be taken seriously but that might not always come across to people new to the sport.

At our club any bow style is welcome, and it is our intention to encourage people to choose the bow they want and enjoy archery to its full potential.

Paul Graham

Other letters

Barebow medals

I'm a barebow archer and I've noticed recently in competitions the organisers are not awarding third place medals due to only five barebowers competing. I personally feel this is unfair as I'm entering these competitions to gain experience and am paying the same fee as compounders and recurvers, where the competitions are better attended. Third place is third place even if there's only three taking part, and for the cost of a medal I don't understand why clubs are not awarding them. Obviously, I would love to see the barebow community grow in competitions but if they aren't awarding third place, will this put people off entering them?

Mandie Elson

Jon Nott, Archery GB's Events Manager, replies:

"Tournament organisers are allowed to use their own discretion when giving out the number of medals or awards they do at their competitions. Detailed below are the guidelines on the number of awards to give for the number of entries in each division. Please remember these are only guidelines and tournament organisers can award the number they wish."

- 2 – 3 entries = 1 medal
- 4 – 7 entries = 2 medals
- 8 or more entries = 3 medals

Olympics coverage

Can Archery GB influence in any way the amount of archery which is to be shown on television during the Tokyo Games? Our main source of income is beginners' courses and we have found that after previous Olympics, demand for courses increases. More media coverage, more enquires and therefore more funds. Hopefully, some of the media coverage will be during prime time.

Tony Barrett

Sarah Booth, Archery GB’s Head of Communications, replies:

"We work closely with Team GB, Paralympics GB and World Archery, but we have minimal influence on which sports get covered in Tokyo, I'm afraid. OBS (Olympic Broadcast Services), the IOC (International Olympic Committee) and IPC (International Paralympic Committee) will decide which sports they cover. Unfortunately for the Olympics they have
no plans to cover archery live, but the BBC and Eurosport have made a commitment to the sports that won't have a live stream, that they will give us coverage in other ways, including features and highlights etc.

"There is however good news on the Paralympic side. Channel 4 has committed to show archery live as well as include us in features and highlights on the run up to the Games. Para athlete Hazel Chaisty has already had a social media clip released by them covering her behind-the-scenes footage.

"We are disappointed with the lack of Olympic coverage but are confident that with the help of volunteers and clubs we will make the most of the opportunities Tokyo brings. We are encouraging clubs to sign up to the Big Weekend (15 to 17 May 2020) or run 'have a go' events during the summer to give people the opportunity to try our sport."

**Upcycling arrows**

I'm proud to have found a use for damaged arrows. I use them in macramé projects and am hoping over the next few weeks to do a few large projects for the glass balcony, in the hope it stops birds flying into it. Hanging baskets has helped me learn new skills.

![Image of a hanging basket]

**Jacci Alexander**

**Eye to eye**

I recently tried archery for the first time at a have-a-go event but struggled to keep one eye closed while aiming. I'm right handed and don't know if this is a common problem. I'd prefer not to wear an eyepatch next time. A friend suggested I write in for advice.

**Angharad Moran**

**Richard Priestman, Archery GB’s National Coach, replies:**

"Your question opens up a couple of questions from me: Were you assessed for your eye dominance before you were instructed to shoot? Were you advised to close your right eye because you are left eye dominant?"

"There are no real right or wrongs regarding teaching an archer to shoot the same handedness as their eye dominancy or not; there are many good examples of archers and coaches doing this method as there are bad examples."
"My preference is to ignore eye dominance and go for the way that the archer feels the most comfortable, especially if they feel stronger or simply more coordinated. Previous sports activities are a big influence on this. Shooting the same handedness for their eye dominance has some good potential advantages of being able to aim with both eyes open without too much confusion or stress resulting from having to close one eye. But I have come across many archers who shoot by their eye dominancy but look very awkward and uncoordinated. This needs to be worked out by the coach and the archer from day one.

"I don't stress too much about eyes as I want the archer to enjoy their sport and progress quickly, especially with learning the best possible technique which has many more benefits for the future. Too much concentration on the aiming process will certainly block your important technique learning and development.

"So my answer is for you to throw away your eyepatch, keep both eyes open, keep your face relaxed and find out whether you can learn to shoot more comfortably left handed or right handed. Only once you can shoot with a stable technique should you be too concerned with aiming with one eye or two. Yes, you might see two targets or two sight pins in the short term, but your focus needs to be more on the feelings of your technique process, not outcome. Ultimately, with good technique, the aiming process becomes much easier and more logical. The answer to aiming with one or two eyes is an answer for a later date, as there are many advantages and disadvantages for both methods."

Photo shoot

Thanks to Tim Stanford for this great picture of his friend Jules during practice at their club, Malden Bowmen (www.maldenbowmen.btck.co.uk), last December.

Your pictures

Want a chance to see your picture featured in the next issue? Please email us a high resolution picture (jpeg at least 1MB) with details of where you took it to magazine@archerygb.org.

National Tour 2020

Stage opening Info

All stages will open for entry at 7pm on Thursdays on the Archery GB Members’ Portal.
Top 30 ranked archers from the 2019 Archery GB Rankings will be allowed to enter 7 days prior to the advertised entry date.

**Tier 2+ Events**

Tier 2+ Competitions Double Tier 3 points on 12 dozen rounds

- Sunday May 3 Bucks & Bounty Double 70/50.
- Sunday May 10 SAA Northern Area Double 70/50.
- Sunday August 16 City of Belfast Double 70/50.

All entries are through the [Archery GB Members' Portal: www.archerygb.org/members-portal](http://www.archerygb.org/members-portal).

All stages open at 7pm on thursdays

**Stage 1**

- **Name:** Bucks or Bounty
- **Date:** 2 May
- **Venue:** Lilleshall Main Field
- **Entries Open:** 6 February

**Stage 2**

- **Name:** Scotland Northern Area
- **Date:** 9 May
- **Venue:** Brechin Castle Equestrian Ground
- **Entries Open:** 13 February

**Stage 3**

- **Name:** Barnsley Archery Club
- **Dates:**
  - Compound: 30 May
  - Recurve: 31 May
- **Venue:** Barnsley RUFC Grounds
- **Entries Open:** 5 March

**Stage 4**

- **Name:** Bowmen of Glen
- **Dates:**
  - Recurve: 13 June
  - Compound: 14 June
- **Venue:** Newton Lane
• **Entries Open:** 12 March

**Stage 5/6**

- **Name:** Surrey Archery Weekend  
- **Dates:** 11 and 12 July  
- **Venue:** Tolworth Sports Ground  
- **Entries Open:** 16 April

**Stage 7**

- **Name:** Evesham Archery Club  
- **Dates:**  
  - Compound: 18 July  
  - Recurve: 19 July  
- **Venue:** Badsey Recreation Field  
- **Entries Open:** 23 April

**Stage 8**

- **Name:** Longmynd Archers  
- **Dates:**  
  - Recurve: 1 August  
  - Compound: 2 August  
- **Venue:** Church Stretton School  
- **Entries Open:** 7 May

**Stage 9**

- **Name:** City Of Belfast  
- **Date:** 15 August  
- **Venue:** Queens University Playing Fields  
- **Entries Open:** 21 May

**Final:**

- **Dates:** 12 and 13 September  
- **Venue:** Caldicot Castle, Wales

**History: Archery and the Olympics**

By Arthur Credland, Archery GB's official historian. historian@archerygb.org.

As we look forward to Tokyo 2020, Arthur Credland looks back at Games from last century, and some prolific British champions.

Archery first appeared at the Paris Olympics in 1900, when the only contestants were French and Belgian participants shooting longbow and crossbow at targets and the 'popinjay' mast. For the third Olympiad in 1904 at St Louis, archery was an all-American affair due to the problem of arranging a competition among nations with myriad traditions, shooting different bows at different distances and at different targets. London 1908 was held
at the Shepherd's Bush stadium (White City), which was built for the occasion. It was nominally international but only three countries: Great Britain, France and America, took part and the American 'team' was just one man.

Text from the photo: The Great Stadium, Shepherd's Bush, London. The Olympic Games 1908. Programme. 6d.

The men shot a double York round in July weather that was rainy and cold, though it couldn't dampen the spirits of the British talent: gold went to Willie Dod, who made a two-day total of 815; fellow Briton Reginald Brooks-King took silver. Third place went to Henry Richardson, the lone American. In the women's contest, a double national, all three medals went to the British who were the only contestants: 'Queenie' Newhall, Charlotte 'Lottie' Dod, and Beatrice Hill-Lowe respectively.

William and Lottie Dod were the offspring of a wealthy Cheshire businessman, with the leisure time to develop their skills in a variety of sports. Lottie took the women's Wimbledon crown in 1887 aged 15, won the championship four more times, retiring aged 21 through lack of real opposition. Subsequently she excelled at hockey, became women's golf champion in 1904, followed by a spell in ice-skating, before taking up the bow. The 'Wirral Wonder', aged 38, made 348 on the first round but her shooting collapsed on the second day and she was beaten into second place by the experienced Sybil Fenton-Newhall, known as Queenie, then aged 53, with a total of 688. Queenie was British national champion in 1911 and 1912. The bronze medal went to Mrs Beatrice Hill-Lowe.

Britain's greatest female archer, Alice Legh, won the women's national championship (Grand National Archery Meeting), an unsurpassed 23 times but did not consider the Olympics as a serious archery event and refused to compete. A week afterwards at the GNAM, Oxford she trounced Queenie Newhall. At that same meeting Reginald Brooks-King became the British men's champion, which he also achieved in 1900, 1902, 1903, 1906, 1910, 1912, 1913 and in 1923. Legh was national champion for eight consecutive years from 1902 to 1909, and for the last time in 1922.

There was no archery at the Stockholm Olympics in 1912, and the 1914 to 18 war prevented the projected games in Berlin, 1916. The Antwerp Olympics again was essentially a Belgian and French event featuring both target and 'popinjay' shooting at the
mast, a type of archery then only practised in the Low Countries, France and Germany, though more widespread in the Middle Ages.

FITA (World Archery) was formed in 1931 to develop a standard form of target archery which could be followed by archers from around the world. The need for this had been emphasised yet again at the Antwerp Games. Despite the rapid spread of the FITA rules, it was not until Munich 1972 that archery was reinstated as an Olympic sport, largely due to the efforts of Inger Frith, the British president of FITA. America’s Doreen Wilbur and John Williams took gold for the individual Double FITA at the first archery Olympics for more than half a century.

University challenge: BUCS Indoor Championships

Regional Qualifiers and Indoor Finals

The British Universities and Colleges Sport (BUCS) Championships in February and March were a tough challenge for student teams from all across the country. Alexandra Kaye reports on the results of the Regional Qualifiers and Indoor Finals.

The BUCS Archery Indoor Regional Qualifiers returned for the fourth year with 806 archers from 73 universities from across Great Britain competing. Archers gathered at Edinburgh Napier University, the University of Bristol, and Manchester Metropolitan University across two weekends to compete for the hotly contested spots at the BUCS Archery Indoor National Finals held on 14 March. Although no BUCS points were up for grabs, medals and a team trophy were awarded for all novice categories at each of the regional events.

The Central leg, held in Manchester, kicked off this year’s competition with clubs from across the north of England and the Midlands gathering to shoot a Portsmouth round for their chance to stake a claim for a coveted Indoor Finals spot. In the Central Open Novice Non-Compound team event the University of Birmingham were victorious scoring 1561, with the podium completed by the University of Nottingham (1533) and the University of Liverpool (1446).

Following the success of the Central leg, archers competing at Coombe Dingle, Bristol and ENGAGE sports centre, Edinburgh had a lot to live up to. Once again, some excellent shooting was on display. The University of Warwick claimed the Southern Novice Non-Compound team trophy with a score of 1496. The podium was completed by the University of Oxford (1468) and the University of Southampton (1457). Meanwhile the Northern Novice Non-Compound team trophy was awarded to the University of Edinburgh (1525) who stormed into first place with a lead of 65 points over second-placed Durham University (1460) and University of Strathclyde (1400) in third.
With so many records falling in 2019, this year saw just one new BUCS record in the Experienced Barebow category with Lönja Selter (Plymouth) adding a huge 18 points to the previous record with a score of 558. While just one record may have been broken there were excellent performances and a tightly packed field in many categories. Kai Thomas-Prause (Warwick) and Jake Walsh (Edinburgh) led the Men's Compound field with a tied score of 594, 60 hits and 54 10s, which matched the long-standing BUCS record from 2008. Notably, the Men's Recurve category saw the top three split by only two points, with William Pike (Warwick) leading the way shooting 586. Rachel Moon (Keele) set the pace in the Women's Experienced Recurve category shooting 589, while Sarah Prieels (Edinburgh 589) and Jessica Nilsson (Edinburgh 538) led the fields in the Women's Compound and Barebow categories respectively. Meanwhile Emma King (Plymouth 412) led for the Longbow women with Henry Cossey (King's College London) shooting 468 to head up the Longbow men.

Archers only had a short wait to compete for the coveted BUCS points. Hosted by the University of Warwick, a whittled-down field of 251 competitors from all three regional events met to shoot a WA18m ranking round followed by a further cut for those qualifying for the head-to-heads. With BUCS points available for all individual bowstyles and Men's and Women's non-compound teams, the competition was fierce. Home advantage certainly seemed to pay off for Warwick's archers with them taking home three individual medals and team gold and silver.

In the non-compound team categories, there was a repeat of last year as Warwick's men (1686) and Birmingham's women (1592) were crowned champions. Warwick added women's silver to the men's gold on 1569 with the women's bronze going to Nottingham University on 1541. In the men's non-compound team category, the podium was rounded out by Loughborough on 1643 and Plymouth on 1633. Perhaps most impressive about Plymouth's bronze is Lönja Selter's contribution to the team as a barebow archer with a score of 513, beating the previous BUCS record of 495. That's a whopping 18 points added and means that Lönja now holds the BUCS records for both the Portsmouth and WA18m rounds. Although no BUCS points were on offer for the Open Compound teams, Edinburgh, with a score of 1160, took the gold medal followed by Warwick (1147) and Nottingham Trent (1129).

Top seed William Pike (Warwick) won the men's title. With men's recurve up to 64 making the cut, Pike had to win six matches to do so. He continued with his excellent form throughout the head-to-head matches dropping only two match points on his way to the gold medal, taking the final 6 to 0 from Jonas Skackauskas (Brunel). Meanwhile in the bronze medal match, Chris Woodgate (Warwick) had to shoot two perfect 30s to defeat his teammate James Gardner 7 to 3. Similarly, the top four women continued with their impressive form throughout the head-to-head matches. Eleanor Piper (Birmingham) and Eleanor Brug (Cambridge), who ranked first and second, continued the placing throughout the head-to-heads, with Lauren Bann (Essex) who ranked fourth overturning third-place-ranked Rachel Moon (Keele) to take the final place on the podium 6 to 2.

The Barebow Men head-to-heads saw a storming run from James Hayday of Swansea University. Hayday, who ranked 12th, was defeated by the eventual winner Paul Cobee (Bath) in the semi-final, but took the bronze medal from first seed Lönja Selter. While for the women Cameron Krulewski (Cambridge) managed to work her way up from sixth seed to take the top spot from Eloise Hepburn (Plymouth) who had sat in first place all day.

Edinburgh University once again locked out the individual compound medals with Jake Walsh and Elizabeth Martel winning their categories. The longbow golds were won by Henry
Cossey and Emma King, who not only ranked in first place but also qualified in first place, proving that you really can continue to set the pace across rounds and venues.

Student archery continues to grow year-on-year. With 221 participants, barebow's popularity within the student community continues to soar with some archers able to claim WA Target awards for the first time. Not only are there more students than ever competing nationally but the standard of archery on display remains exceptional. All eyes now turn to the outdoor season with clubs looking to replicate their success at the Outdoor Championships held at Lilleshall in June.

Thanks must once again go to Manchester Metropolitan Archery Club, Edinburgh Napier University Archery Club, the University of Bristol Archery Club and the University of Warwick Archery Club for ably hosting and providing the field party for the competitions and without whom student archery in 2020 would not have been as successful.

**Southern Regional Qualifier**

Archery GB’s Student Ambassador Connor Williams attended the Southern Regional Qualifier in Bristol and reported on the day’s highlights:

"More than 350 students from 30 universities met up in Bristol for the BUCS Indoor Southern Qualifying event, shooting a Portsmouth round in the hope of securing places at the national finals in Warwick. There were a number of great performances during the day, including Plymouth’s Lönja Selter, who broke the BUCS and all-universities men’s barebow record, with a score of 558. Warwick’s William Pike topped the men’s recurve category with a score of 586, narrowly ahead of Plymouth’s Joe Tripp on 584. Essex’s Lauren Bann topped the women’s recurve competition on 577, while Warwick’s Timothy Jackson and Leicester’s Faye Balcombe won the compound competitions, both scoring 576.

"Medals were awarded for the novice categories, for archers in their first year of shooting. The novice recurve categories were won by Warwick’s Clement Sorbier (518) and Southampton’s Sisi Wu (492), while the novice barebow categories were topped by Warwick’s Sam Fong (493) and Bristol’s Charlotte Cooke (425). Bedfordshire’s Dom Neenan shot 538 to take men’s novice compound gold and Swansea’s Stacy Oswald shot 333 to claim gold in the women’s novice longbow competition.

"Warwick proved their dominance in the team events, with their trio of Yolanda Yeung, Sam Fong and Clement Sorbier taking home the novice non-compound team trophy ahead of Oxford in second place and Southampton in third. Warwick also topped the tables in the experienced men's and women's team events too."

**Indoor Championships a huge SWWU-cess**

Words by Archery GB Student Ambassador Connor Williams:
In December, the South Wales and West University (SWWU) archery league hosted their first ever indoor championships, with more than 100 archers gathering in Exeter for a thrilling day of head-to-head competition followed by a ball in the evening.

Archers competed in a Bray 1 seeding round in the morning, with the highest ranked students qualifying for a head-to-head final in the afternoon. Team scores were extracted from the morning’s results, which saw Plymouth continuing their dominance in the league, winning both the experienced and novice team events. They were closely followed by hosts Exeter, who picked up second place in both categories, with Swansea picking up third. In the compound team category, Swansea outscored Cardiff by just four points to take gold, with Exeter ending up with bronze.

The individual competition was closely contested, with Plymouth’s Joe Tripp narrowly edging out Swansea’s Matt Butler 6 to 4 in the men’s recurve final, while Bath’s Johanna Meyer beat Cardiff’s Joanne Humphreys in straight sets to win the women’s recurve event.

This year’s SWWU Indoor Champions are:

- **Recurve**: Joe Tripp (Plymouth) and Johanna Meyer (Bath)
- **Compound**: Jack Pickford (Cardiff) and Catherine Hughes (Exeter)
- **Barebow**: Lônja Selter (Plymouth) and Eloise Hepburn (Plymouth)
- **Longbow**: Kieran Pargeter (Bath) and Keely Pringle (Plymouth)

The evening’s ball was kindly hosted by The Stable, Exeter, with competitors and friends enjoying Christmas pizzas and puddings, with a number of awards presented throughout the night. The SWWU Person of the Year award was won by one of the three league coordinators, Tom Braxton (ex-Cardiff/Leeds), while Matt Walker (Swansea) picked up the Committee Member of the Year award and Sophie Brain (Bristol) was named Coach of the Year. Alex Newnes (Aberystwyth) and Harriet Wood (Exeter) were voted most talented, experienced, and novice archers, respectively.

Many thanks to Jess Billington, Ed Burbridge, Catherine Hughes and the rest of Exeter’s committee for hosting such an enjoyable competition. The league has grown enormously over the past year, with members now enjoying new SWWU stash and social media pages. You can keep up to date with all the antics from the SWWU league via the SWWU website [www.swwuarchery.wixsite.com/swwuniverse](http://www.swwuarchery.wixsite.com/swwuniverse) or find them on Twitter or Instagram @swwuarchery.

**Where in the world: Why we love overseas competitions**

**Off to a flying start**

The international competitions are off to a flying start and it’s set to be another busy year for competitive archers abroad, with an exciting host of tournaments for all bow styles taking place, which kicked off 2020 with Nimes Archery Tournament in France on 17 to 19 January. Forty British competitors participated, from the World Archery-ranked likes of Ella Gibson, Bryony Gibson and Tom Hall, to archers with little competition experience. Highlights of the event were Kai Thomas-Prause shooting his way to a bronze medal against fellow Brit Adam Carpenter in the Compound Junior Men, and Layla Annison beating USA opponent Savannah Vanderwier, ending in a 145 to 141 score and the gold medal. It was great news too for Debbie Geddes who earned herself a bronze medal in the Recurve Master Women category.

The Las Vegas Shoot was next on the archery calendar from 7 to 9 February. The largest and most prestigious indoor event, this year’s event attracted almost 4,000 archers, 35 of whom were British.

Archery GB Olympic and Paralympic teams have been enjoying their own overseas adventures in search of competition, sunshine and longer daylight hours, with our Olympic hopefuls training in Turkey in recent weeks, and our Paralympic team heading out to Dubai. Sarah Smith, Recurve Team Manager for the Olympic team said: "All of our overseas competitions keep us very busy. We're away ten days a month on average each month; we all live out of suitcases."

The Olympic squad travels to their holding camp in Seoul on 10 July in readiness for the Tokyo Games. The archery-relevant dates for the Olympics are from 24 July to 1 August, and for the Paralympic Games from 28 August to 5 September. You can keep up to date on international news by checking the World Archery Events Calendar: www.worldarchery.org/events/calendar.

Competing overseas

So what's it really like to compete abroad, and how do you go about it? To find out we caught up with seasoned archer Verity Richards, who recently married fellow archer Carl Richards in Las Vegas, following The Vegas Shoot.

My new husband Carl and I have both been shooting since 2012. We met through archery and after bonding over our mutual love of Sci-Fi, Harry Potter and video games we became travel buddies for shoots as a way to save money and have a laugh while we were away. After two years of constant 'will they, won't they', we decided we would.
We both did our beginners’ course within weeks of one other but without knowing it (or each other) and both represent Meriden Archery Club, based near Coventry. I initially shot recurve for four years, but after breaking my hand I took up compound, which I love. Carl always knew he wanted to shoot compound and is hopeless with a recurve. Compound suits my strength, shooting time and my preferred discipline (which is field because the bows are quicker) and I enjoy the challenge of shooting higher scores.

I tried archery because it was on my list of ‘superhero skills’ I had always wanted to try. I fell in love with how empowering it is to be competent with a weapon and I’ve never looked back. I never thought I’d shoot internationally but once the bug has you, it’s hard not to look at shoots overseas. My first international was The Vegas Shoot in 2016 when Carl and I travelled together before we were dating. Since then, I’ve travelled to Holland, France, Belgium and Luxemburg shooting.

We planned our wedding around The Vegas Shoot and said 'I do' the evening after the finals, and were joined by around 25 other archers from the UK who were shooting too. Family decided that they would watch us from afar, so we were with friends for the week. I was given away by fellow archer Chris White and Carl was supported by his buddies and teammates Adam Ravenscroft, Tom Duncan and Chris Horan. My bridesmaids were all girls who shoot: Lucy O’Sullivan, Sophie Meering, Cecile Midrouillet, Christie Ravenscroft, Vickie Duncan, I couldn’t imagine it any other way.

I find organising overseas competitions fairly straightforward provided there are online forms. We’re lucky at Meriden because it’s such a high-performing club that we have several international and GB archers on hand to answer any questions.

As the UK circuit is just as important to me as going abroad, we tend to alternate between a year shooting at European/international events and staying on the national circuit. In 2018 we did Kings of Archery in the Netherlands (which is a definite on my tournament calendar) and three stages of the Five Nations, and in 2019 we focused on shooting on home turf. After Las Vegas, it’ll be all five stages of the Five Nations (Belgium, Luxemburg, Holland, France and Germany) and then Kings of Archery in November. Shooting overseas is important to me because they are new, different experiences and I’ve always loved to travel. Now I just have more purpose when I’m planning a trip.
I don't think I've ever been to a tournament that wasn't friendly, in the UK or abroad. Sometimes the language barrier can be a challenge but most trips end with at least one new Facebook friend, which is really nice.

I used to put myself under a lot of pressure at competitions, and it did absolutely no good whatsoever. I consider myself to be a competitive archer, but when I'm away I really am there for fun and experience and not to try and dominate the scoreboard; a lot of these shoots have the top of the top in attendance so it's much more about setting your own goals and being happy with achieving them rather than trying to beat some of the best in the world.

Being a couple that shoots together is awesome because we both understand the need to practise, that it's normal to have good days, inexplicable bad days and days when actually it's best to just go to the pub instead. We are both sponsored by Merlin Archery and shoot the same bow so tech support is always available and we never run out of Allen keys.

Although Vegas will always be special to me, I think my favourite competition is Kings of Archery. It's close enough not to get jetlag, has fun elements, like Nerves of Steel, and the shootout finals are phenomenal to watch. You also have the opportunity to shoot with the world's best; last year I shot next to Tanja Jensen and Erika Damsbo so I got to see not only their technique up close, but also the attitudes that make them winners.

Rupert Barlow

Head to the Archery GB website (www.archerygb.org) to read our feature about novice archer Rupert Barlow’s overseas competition experiences.

Ask the athletes: Tips from top archers

Introduction

Ever wondered how Britain's finest archers achieve those top scores? What's the secret to their success? We put your burning questions to our Olympic and Paralympic teams, and here's what they had to say.

Starting out

Question

I'm a junior barebow archer with Newark Castle Archers and would like to ask how the team got into archery? I enjoyed a 'have a go' session that my club offered at a local festival, and my love of archery began there. As it's not a common sport, I'm interested in how others began shooting, especially to Olympic level.

Kyan Jones, Newark Castle Archers

Answer: Alex Wise
I first got into archery about six years ago when my family were on holiday at a hotel resort in Antalya, Turkey. I did the archery activity there most days in the two visits we had there as I enjoyed it so much. And then around five years ago I found a club at home in Newcastle and did my beginners’ course as soon as I could. I enjoyed the sport and the club so much from the start, and still have such a great relationship with my club, especially my first coach David Harrison, who has been there for me on my journey since day zero, and I owe a lot to him. So I would urge anybody reading this in the north-east of England to think about starting/continuing archery at the Bowmen of Walker.

**Importance of your original club**

**Question**

How important was your original club to your development, and why? Does it remain important now? In your opinion is that relationship still relevant?

**Roger Crang,** Deer Park Archers

**Answer: Jamie Harris**

Without a start point there is no journey. My first club was Stratford Archers. While a member there, I made many important decisions that have come to define my shooting, moving over to compound, the development of my first trigger release system, and basic training. Without the Stratford Archers I would have not been accepted onto the national para training academy. However, as I started to take my archery more seriously, the two days a week of shooting provided by the Stratford Archers was no longer sufficient for the amount of training I needed to do. So I looked for a club that could provide training for seven days a week. The club has next to no influence on my development today but that doesn't undermine the contributions they made to my journey early on. My advice is don't be afraid to do what's necessary for your progress but always remember those who help you get started. As for the relationship, it's as relevant as you make it.

**Answer: Patrick Huston**

My original club was East Belfast Archery Club which I set up back in 2011 along with David Wright. Personally, I think the social side of archery was incredibly important in my development as the enjoyment and inclusion which I felt as part of a group of archers was crucial. I would travel with David to tournaments every weekend as well as training with him. The camaraderie and support which we had helped both of us move forward in the sport.
Nowadays I still shoot for East Belfast Archery Club and will continue to do so through my career. Whenever I am home in Belfast I visit my club, go to tournaments with them and spend time with them socially. They really are a foundational part of my archery and I think that having that as a base while progressing further into the sport helps archers to have a consistent support group and social element when the sport becomes more stressful.

**Sponsorship**

**Question**

Do you as GB athletes get sponsored? If you don’t, how hard is it to train and work to support yourself in everyday life? If you do get anything where does it come from and how hard is it to get it?

_Sarah Holland, Burscough Archers_

**Answer: Bryony Pitman**

UK Sport is the main source of funding for us, both as individuals as well as to the national programme. They have Athlete Performance Awards (APAs) that essentially offer athletes an award based on major medals achieved. This allows them to train so that they don’t have to work to support themselves. Until a couple of months ago most of the team weren’t eligible for an APA, but this has changed because of the women’s team winning World Championship bronze, European Games gold and silver and the full quota of Olympic spaces. So funding in terms of being able to train full time while living/supporting yourself can be incredibly hard to get as we have to be performing to a very high level internationally and even then we are competing with other sports who are doing the same, in order to receive more money from UK Sport.

Personally, I’ve been quite fortunate to have competed at this level before I’ve had to join the ‘real world’. Competing alongside doing my degree has made it fractionally easier as I at least had a student loan to cover basic living costs when I’m not at home, but even during my two years out I didn’t have time to get a job because of the demands of daily training and being away at least four or five weeks of the year for outdoor international events alone, so I relied on my parents and the national programme support of Archery GB.

That's not to say it can't be done; Zimbabwean archer Gavin Sutherland competed at the 2016 Rio Olympics while working full time and raising a family, but it takes incredible commitment to handle all of that. Working and making the team is tough but possible. However, to actually be at the top of your game and compete with the best usually requires full focus on training as well as having the time for all the other bits such as conditioning work, recovery, travelling, etc.

**Jetlag**

**Question**
Does jetlag affect performance and how do you adjust to time difference; preparation and focusing?

Evie Finnegan, Asheton Bowmen

Answer: Tom Hall

The short answer is yes it can. I've suffered some terrible jetlag in the past especially when travelling 8+ time zones on direct flights to places like Las Vegas or Tokyo. It doesn't always affect me. A lot depends on the time of flight and if I manage to sleep on it. When it does strike, at the worst I have shot feeling almost hungover, and underperformed as a result. In the best case scenario we arrive a few days before the competition so I can recover from the worst effects, but this isn't always possible.

Either way, a good sleep strategy is a must. I always bring earplugs, headphones and an eye mask, and often my own pillow from home. My phone is loaded with guided meditation apps and audiobooks to listen to while drifting off. Finally, I always have a proper paper book or journal to give me something to do if I absolutely cannot get to sleep.

On the shooting line, it really helps to take the first practice session easy. I will often work my way back from close distance blank boss, taking as many arrows as I need to get the proper feeling of shooting back. This happens long before I even think about scoring or plotting. Having the physical capacity to comfortably shoot 200+ arrows in a day is crucial too. The fitness allows me to practice as much as I need to get the flow back without worrying about tiring myself out for the tournament ahead. Finally a solid shot process that holds under pressure helps. Being able to focus on one single thing to produce my shots makes concentrating while fatigued much easier.

Snacks

Question

I find when I'm at a competition it's best to take bite-size snacks. The only issue is that on non-competition days I find it hard to break the habit. What do the pros do?

Mark Excell, Bowmen of Lytchett

Answer: Tom Hall

I agree and actually try to avoid grazing too much at competitions. Eating the right foods at breakfast helps; it has to be something substantial for me. Current favourites are banana and peanut butter on toast or a big bowl of porridge with fruit and seeds. Most cereal or plain toast with jam is too sugary and I'm hungry again by the time we start. Alternatively, I just have a leftover main meal portion for breakfast, so I've had curry and rice, stir fry or burritos for breakfast before now and it always works well.
**Answer: Bryony Pitman**

I know what you mean. Indoors especially can be challenging but if you've got time the night before try to cook some pasta and chicken (or similar that you don't mind eating cold) and have it with salad. You'll still end up eating it as and when you can in the short breaks but at least it's a proper meal rather than just snacks. I agree with Tom about having a filling breakfast too.

**Rest day**

**Question**

I tend to have a rest day after a competition as I'm putting 100% into every shot (no shooting or SPT drills). What do the elites do? And if they do have a 'rest day', is it just the one?

**Mark Excell, Bowmen of Lytchett**

**Answer: Phoebe Pine**

I normally shoot the day before a competition and then take 1 or 2 days off after the shoot. This changes from national domestic events to international events; typically I will take longer off after a shoot that's international, as travelling really takes it out of me.

**Answer: Jamie Harris**

I have a rest day from shooting once a week. This is normally on a Monday as it allows for a fresh start to the week after a competition or weekend of training. Shooting when worn down increases the likelihood of making mistakes as your body tries to take shortcuts to save energy. Not only is this frustrating for that session, but could set back your technique as the training session then only serves to ingrain bad habits.

I'll often reduce the amount of training I'll do the day before a competition, conserving energy will be more beneficial than a single training session. If you're entering a competition and you're confident in your shooting processes, why spend energy on it? By all means do a little as a refresh but don't drain yourself before the competition begins.

**Strange routines**

**Question**

Many sportspeople have superstitions/lucky charms or strange routines that they go through just before a competition. Do you?

**Steve Allam, Overton Black Arrows**
Answer: Tom Barber

As a kid I always marked arrow holes on the face with the line directed inwards towards the X, thinking that it would draw the arrows closer to the middle on the following end. This has become habit for me, so I guess I am still as misinformed now as a 28-year-old as when I was 12. I think when you are nervous and there is a situation that challenges your confidence, you have to do whatever you need to feel as comfortable as possible for the moment you need to perform. If wearing a certain pair of socks on game day, or putting your bow together in a certain way is something that makes you believe you will put the arrows in the 10 ring, then do it.

Common elements

Question

In talking to your fellow athletes, have you identified any common elements that helped or hindered your journey to this point? If so what are they? What one piece of advice would you offer to those setting out to become a successful archer?

Roger Crang, Deer Park Archers

Answer: Phoebe Pine

We all have the same drive to perform and win. One piece of advice I would give to any archer starting this journey would be to find your drive and keep it alight all the time.

Arrow focus

Question

How do you focus on the arrow that could be the winning or losing one in a match?

Mandie Elson, Newark Castle Archers

Answer: Dave Phillips

An archer or an elite archer is unable to predict the outcome (where the arrow will end up in the target) so they focus on technique and trust the process to shoot each arrow to the best of their ability. It's so important to finish the shot (keep looking at the gold even after the arrow has left the bow), a good positive follow through and consistent release. Depending
on the weather conditions, a decision will be made to aim upwind or higher if raining heavy. After each arrow, knowing the technique was good, a slight adjustment in aiming or sight adjustment may be made.

Answer: Phoebe Pine

You don’t let it be a winning or losing arrow. It's just an arrow; same shot same process, nothing is special about it. You just focus on your shot, that's what's going to get it into the middle.

Going for gold

Stay at the top of your game with our regular series of informative articles, blogs, and videos published on our website, social media channels and magazine. Content will be created by archers, for archers and will cover a wide range of topics for all. See the Improve your game section for more details about the campaign.

Coaching: Inspiring the next generation

When Archery GB mentor and coach James Clifford-Jones took up archery as a child, little did he know that as an adult he would end up training others in a sport that he now describes as an obsession. He tells us what his role means to him.

When asked the age-old question: 'What do you want to be when you grow up?' how many children say they'd like to work in the great outdoors? For James Clifford-Jones, his
boyhood dream became a reality in 2013 when he landed a role as a seasonal instructor at Standon Bowers Outdoor Education Centre (OEC) in Staffordshire; the very place that first piqued his interest as a child. Today, James works as a senior instructor at Laches Wood OEC, also in Staffordshire, where daily tasks involve introducing new generations to the joys of climbing, biking, canoeing, search and rescue, and archery.

It's a day job that influences his free time as a member of Stafford Archers, using his skills to support fellow members with learning and development. Having qualified last year as a mentor on Archery GB's new Ambassador and Mentor Programme, a scheme that has successfully identified and placed members with great leadership credentials to help others achieve their sporting ambitions, James is also currently working towards his AGB Level 2 coaching award. He explained: "My coaching role here at the centre is predominantly about introducing the sport to complete beginners, usually children, which is rewarding in itself. My manager often talks about influence in terms of the shadow you cast. In my case, as I already have the foundation AGB instructor award and the Level 1 coaching award, I now provide in-house training for staff across our four outdoor centres, helping them adapt their sessions and put that little bit extra in."

That 'extra bit' makes the difference between a child leaving the centre and quickly forgetting about their archery experience and being eager to do it again. It also influences the school teachers who appreciate the history and stories attached to the sport, of which James knows many. He said: "When the kids arrive, I like to find out if they've watched any films that include archery scenes. It's easier to inspire them if they've seen Brave, Robin Hood or Lord of the Rings. If we can ensure teachers have a positive experience too, they might think about organising archery after-school clubs using Archery GB's child-friendly Arrows kits, which we advocate. It's great to know that our centres are making an impact in that way."

James continued: "I like to think that, from where archery used to be at our centres, we've developed our offering and inspired hundreds of people. It's so interesting working with kids; they always find a way of breaking what you know. As a coach it forces you to adapt and find alternative techniques to suit the individual. There's a big decline in sport participation across the board, not just archery. I want to see more of a balance between the kids whose free time is spent playing Xbox and those who prefer to be active." So according to James, what makes a good coach? "Patience is a key quality; and encouraging children to believe in themselves and not give up at the first hurdle."

To find out more about becoming a coach, mentor or ambassador go to the Archery GB website, www.archerygb.org, and search 'coach' or 'ambassador'.

Support for our Armed Forces

New membership organisations

Archery GB is seeking to support the growth and expansion of archery in the Armed Forces through new membership organisations. Here's how you can get involved:

The RAF, Army and Royal Navy are seeking to give archery a real boost within their respective services. To support this, Archery GB has approved a new option which will help defence personnel achieve their sporting ambitions during their service life. The three services can now each have a 'County Association' and over time could collectively create an Armed Forces region. This move will support the development of archery within the forces, while providing a consistent approach to clubs and members.
This option is solely for military personnel but any archer or archery club currently part of the RAF, Army or Navy would be eligible to join through their respective archery organisation. If they wish, individual members would still be able to join a local club/county/region to benefit from activities, such as coaching or competitions. This would be in addition to their membership through the forces’ organisations.

If you are serving personnel, and would like to join through the Army or RAF in the next membership year, do get in touch with them to join:

- **Army Archery Association:** archery.armysportcontrolboard.com.

- **RAF Archery Association:** www.rafportsfederation.uk/sports/raf-archery-association.

**Flying colours**

*Photo:* Tom Barber at a friendly tri-service competition at last autumn's National Indoor Championships at Stoneleigh NAEC in Warwickshire.

The RAF’s Tom Barber first picked up a bow and arrow as a child. Having competed for Great Britain, he eventually took a break to join the service, which could easily have been the end of his archery story. The RAF had other ideas though, and now Tom trains full-time as part of Archery GB's National Recurve Squad. Here, he describes his journey back into the sport.
“Following a testing series of selection days for the RAF, I remember being very excited when I received the call to say I had been accepted into the service, beginning Initial Officer Training Cse no. 35 in October 2013. As a 21-year-old, it would turn out to be a huge learning curve for me in terms of independence, responsibility and most crucially, teamwork and leadership.

“The first few weeks were a sharp wake-up call as my major concerns and priorities up to that point had been hitting the middle of a target 70 metres away. I was fortunate to have a supportive group of experienced guys and girls from the ranks to help me through the basic military skills phase.

“Five years on from my graduation from Officer training, I have been afforded amazing opportunities by the RAF. Perhaps I owe most gratitude to the service, however, for its tremendous support shown towards my personal route back to competing for Great Britain internationally again.

“It's no secret the RAF are huge advocates for participation in sport at all levels, and at every stage of my return to competitive archery they have helped me succeed. My experiences within the military have also indirectly given me the confidence to train harder, achieve better results and become a stronger athlete than I was in 2013. I cannot thank the RAF, and RAF Sport, enough for the life-changing effect that service life has had on me.”

**Practical: advice zone**

**Compound: Competitions**

![image of archer]

**Words:** Duncan Busby.

**Question**

This outdoor season I've decided to take things a bit more seriously and try to boost my national ranking. What's the best way to prepare myself for competitions mentally and physically? Is there a set routine you should go through to give yourself the best chance of success?

**Answer**

Performing to your best is as much to do with confidence as having your equipment set well. Every archer’s approach to a tournament is different; some prefer to be relaxed when going into a competition whereas others like to fire themselves up. Whatever state you’re most comfortable being in, it’s important that you feel as prepared as possible. Begin by
practicing the round you will be competing in; no one likes to feel out of their depth, so familiarise yourself with the task at hand. Once you’re comfortable with the round it should feel less daunting to shoot at a tournament. Practising a competition round will also give you an idea of how you are performing and what needs to be worked on; remember to pay attention to the tune of your equipment and the accuracy of your sight marks. You should optimise your practice time so you’re able to work on all areas of your game; having a perfectly set bow will be no use if you don’t have the strength or stamina to make it through the round, so try to find a good balance between tuning and shooting time. It’s also advisable to practise in all weather conditions; no one likes to get wet or shoot in strong winds but if you don’t know how these will affect your results you can’t properly prepare for any eventuality on the day.

There is no set number of arrows you need to shoot before you will be ready for a tournament. As we are all different the amount of arrows you shoot will be down to your own strength and time constraints. It is however a good idea to try to regularly practice with at least the number of arrows you will be required to shoot during the competition. This way you can be sure you won’t suffer from fatigue towards the end of the day. If getting to the practice field is an issue you can always supplement your shooting by practising on a close range target at home. This won’t give you a true experience of a long range shot but it will allow you to work on your shooting form and strength. Just get some scaled-down target faces to practice on as this will help to replicate your aim and ensure you’re getting the most out of your training time.

My own routine will involve a large amount of practice up to the tournament so I can physically prepare, but I’ll usually choose to rest the day before the shoot itself to give my muscles a chance to recover. I’ll also make sure I ease back on my physical training and gym work for a few days to avoid the risk of injury and if I have back to back weekends of tournaments I’ll try to avoid training the day after a competition too; this is important to my mental game, as too much performance pressure can be overwhelming.

I’d advise you to find a pre-tournament routine that suits you, train enough to allow yourself to prepare physically without risking muscle fatigue or injury during competition and pay attention to your emotions. If you are feeling overly nervous take a step back and re-focus your energies. When you put yourself under too much pressure to perform you are unlikely to achieve your goals or even enjoy the event. Routines are important, most of us will have daily routines even if we don’t realise it, these allow us to complete actions with little effort. When we break from them, tasks can seem much more difficult and strained. Sticking to your pre-tournament routine will ensure that your experience is much more relaxed and enjoyable and when your mental game is good your physical performance is more likely to be successful too.

Further reading

You can find more advice at Duncan Busby Archery: www.duncanbusbyarchery.com.

Back to Basics: Improve your stance and body position

If you need specialist help, just ask
We all need a little help now and again. That's why we are running a new series of back to basics guides put together by Adam Lewis of Wales Archery. This time he takes a look at how to achieve the correct stance and all-important positioning for head and body.

No matter the bow style you shoot, stance and head and body positioning play an integral role in recreating the same motion and movements, as well as protecting you from harm.

**Stance**

How you stand has to be a repeatable action, exactly the same every time. There are three different stances, remembering that the weight should be on the balls of your feet, slightly tipped forward. A wide stance is also recommended to create a solid foundation. Here are their advantages and disadvantages:

**Square stance**

![Square Stance Diagram]

This stance is easy for new archers to get to grips with and is used by some of the world's best. Your feet should be in line with each other so that if a line is drawn from your toes it would go straight to the target. The benefit to this stance is that your shoulders are in line and pointing towards the target, making for an easy, repeatable action.

**Open stance**

![Open Stance Diagram]

The open stance gives you the greatest stable platform to shoot from by moving your rear foot forwards. You must however rotate your abdomen and make sure your hips follow your feet.

**Closed stance**

The closed stance is used if you are having problems aligning your shoulders. This is done by moving your rear foot backwards, though it can lead to clearance issues.
Head and body positioning

After your stance is set, we are then looking at head and body placement which is important for a multitude of reasons including establishing a consistent draw length, reducing strain on the muscles and loosening the string more cleanly.

The first movement after setting your stance is to stand up straight, look forward and turn your head to face the target without moving it forwards or backwards. This is very important as you can change your draw length by altering any of this.

Raise the bow and string hands together to about eye level, keeping the arrow parallel to the ground. Next you want to draw the string to your anchor, taking extra care not to move the head towards or away from the string. When at anchor, the draw elbow is ideally above the line of the arrow by around three to six degrees.

The bow shoulder should remain relaxed during the draw and after the execution of the shot. Should the bow shoulder raise it can lead to bow cant, decreased draw length and misalignment.

Any questions

If you have any questions at all, please drop Adam a line at adamacl22@yahoo.co.uk.

Making a difference: Club People, Meet volunteer Tony Errington

How Tony is making a difference
Shropshire-based Tony Errington discovered archery at an age when he thought his days in sport were over. Never far from his bow and arrows, he is also a firm fixture at Archery GB headquarters where he volunteers.

I'm 65 and semi-retired, just working two days a week gives me a lot more time for archery. I'm a member of the Audco Archers club based near Lilleshall National Sports Centre, Newport in Shropshire. In winter I'm lucky enough to use the sports hall at Lilleshall and in the summer I'm outdoors with the Audco team.

I'm just coming out of the beginners stage, having first discovered archery on a summer teambuilding work trip to Drayton Manor Park in 2018. The day involved all sorts of adventure sports that I enjoyed. I wasn't interested in archery at first, but after shooting the third arrow I was completely hooked. I was the last one to leave the field and my fingertips ended up raw as a result, I suppose it was unusual for someone to get as carried away as I did.

Back home I looked online for my nearest archery club and discovered I was living on the doorstep of both Archery GB headquarters at Lilleshall and the Audco Archers (www.audcoarchers.com), formed by the company I first moved to Shropshire to work for.

I couldn't have asked for a warmer welcome at the Audco Archers on my first visit, and my second visit just happened to coincide with Archery GB’s annual Big Weekend, a national event where clubs open their doors to non-members to try archery for the first time. I signed up there to an official beginners' course, joined the club and began shooting competitively, I went on to win the county handicap championship. It's been an incredible journey, from no experience to fanatic in just a few short weeks.

I'm motivated by achievement, and archery is wonderful because it's something I can take part in at my time of life and still set myself goals. Just trying to beat the last personal best score is a motivator.

I like to give something back now and help others who are in the same position I was in when I first started. I happened to meet a volunteer who helped the archers at Lilleshall. He told me they were looking for more volunteers to help the Paralympic squad so I signed up for that and haven't looked back. Volunteers are properly trained in health and safety and do a really worthwhile job retrieving the arrows from the targets, therefore saving coaches valuable time. You'll find me there every Wednesday without fail. It's been a huge advantage to volunteer at Lilleshall too because I get to pick up tips and advice from Olympic coaches, and I've been offered invaluable kit advice that's saved me a fortune. You don't even need to be an archer to volunteer; anyone capable of pulling arrows from a target can do it.

I'll also be volunteering at my local club throughout the year all being well, and helping out with beginners' courses wherever I'm needed. One of the most heart-warming moments I've had as a volunteer was to hear through my club that a little girl who'd attended a 'have a go' archery event as part of RAF Cosford air show with her grandparents had been really inspired by my help. After several attempts she was thrilled to hit gold, she then signed up to a beginners' course and is now a full member at Audco.

I can't explain why, but over decades of playing and watching sport, even flying microlights and gliders, archery tops the lot. I've never had a passion for any sport as much as archery. I thought at my age sport was pretty much over, save for a bit of cycling and walking. Now I
can find myself shooting alongside Paralympic and Olympic athletes; it doesn't get better than that.

**Spread the word**

Archery GB is always on the lookout for more volunteers. If you can spare any time to help out at Archery GB headquarters at Lilleshall in Shropshire, please get in touch by calling 01952 677 888. Perhaps you'd like to help out at your local club? If so, drop them a line. Find out about current opportunities on the [Archery GB website, www.archerygb.org](http://www.archerygb.org), and search 'volunteer'.

**Big weekend cancelled**

This year's Big Weekend has regrettably been cancelled owing to the coronavirus outbreak. We will keep you updated in the summer issue about future events.

**New Products: Some of the latest archery products on the market**

**Artebo Caps**

Artebo has released a new range of caps, specially made for archery with a flexible short visor to avoid any risk of string interference. The fabric gives UV-protection, is water- and wind-repellent, and breathable. Available in four colours; red, blue, navy and grey, all with black visors.

Costs: €40.
Available from [Artebo: www.artebo.de](http://www.artebo.de).

**Nocdoc and Pin Doctor: AN20 Arriving Soon Pre-order Now**

A useful tool for looking after your arrows, especially those using pin nocks.

- Has a guide to check if your pin is bent.
- Grooves for removing target/ground debris from your shaft.
- Nock turning tool for aligning your nocks correctly.
• High abrasive plate for removing burrs on pins.
• Pin gauge for checking if a burr will affect the nock fit.
• Holds up to 12 nocks, up to but not including super nock size.
• A must for every tournament archer’s quiver.

Costs: £10.50.
Available from [Quicks Archery: www.quicksarchery.co.uk](http://www.quicksarchery.co.uk).

AAE Freakshow (extended long mount) QD Model

The Freakshow QD features an industry-first patent pending adjustable launcher arm called the ‘Sling Blade’. The new Sling Blade will allow archers to torque tune quickly with both forward and rear adjustability dependent on the archer’s set up.

The Freakshow QD comes with two different original length launcher blades to help the elite target archer adjust for the perfect tune; standard width in .010” thickness installed and wide width in .012” thickness. Freakshow QD components are stainless steel.

Costs: £184.80.
Available from [Quicks Archery: www.quicksarchery.co.uk](http://www.quicksarchery.co.uk).

Victory V-TAC 23 Target Arrow

The brand new V-TAC 23™ was designed for superior accuracy, faster arrow recovery, supreme spine uniformity and unsurpassed durability. This line cutter is one of the most versatile indoor/outdoor target arrows and features the latest in carbon weave technology from Victory Archery®

Available from your local dealer or [Victory Archery: www.victoryarchery.com](http://www.victoryarchery.com).

Griffin® Vane

Designed for Olympic Recurve, the Griffin® Vane is the product of over three years of research and testing Bohning required this vane to meet three goals: 1. Perform as well as or better than a spin wing-type vane, 2. Be significantly more durable, and 3. Be easier to fletch. Mission accomplished.
Costs: $49.99 for a pack of 40

K&K Archery '777' String material

In-Range Archery has been making their own custom bowstrings for a while and have gained a good following of dedicated customers requiring colour changes, set-up changes or simply something different. They now make their custom recurve strings with Angel Majesty ASB, ASB Pro or the new 777 material.

Available from In Range Archery: inrangearchery.co.uk.

Import duty and 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.

Archery GB

Rule Changes: Latest updates

In the Archery UK Winter edition, we advised we would make changes to the Barebow equipment rules (rule 204) to ensure parity with World Archery (WA) Rules, as WA has now recognised Barebow as a Target Archery discipline. The changes have now been made and come into immediate use. In addition, we have included a few other changes which were also required, and tidied up the equipment rules for the Target disciplines that are used by both WA and ourselves.

The changes are as follows:

1. Amendment to Rule 201 to clarify the rules on electronic equipment.

2. Amendment to Rules 202 (Recurve), 204 (Barebow) and 207 (Compound) to be in line with the wording used within WA rules. The current WA rules for these bowstyles are included as a new Appendix F, and will be updated should WA rules be amended.

3. Table 3-3 (WA Outdoor Rounds) has been updated to include the new WA 50m (Barebow) Round and Double WA50m (Barebow) Round.
4. Update to the Vegas 300 round to clarify the scoring zone values, particularly for compound bows.

By bringing the target bowstyle rules for Compound, Recurve and Barebow disciplines in line with WA Rules, we remove any anomalies that may have existed between the two rule books where slightly different wording had been used, both of which are used extensively in competition within the UK. Any changes made by WA to the bowstyles will be communicated to members, and the new Appendix F updated at the appropriate time.

Rankings and Awards: New developments

Rankings

We have reviewed all rankings and the only change for 2020 is that barebow will now be required to shoot the new 50m barebow 122cm face instead of 70m.

Barebow

All the national events will now have the new World Archery (WA) 50m barebow round and not 70m, and we have changed the AGB records as well to be the same as the WA ones. Please remember your bow must comply with the WA barebow rules.

All WA awards are now available to claim for barebow. This year, we are also introducing Rose Awards for barebow. These start at 500 points for the white rose.

Handicap tables and classifications review

We would like to ask our members to please send in their opinions on the handicap and classifications tables in the following areas:

- Bow types that are not covered for either classification or handicap.
- Any handicaps that appear to be wrong or require review.
- Should any new classifications be changed, i.e., scores for MB/GMB.
- Introduction of MB into the 70m, 50m rounds.

Please send an email to Jon.Nott@archerygb.org on these points.

Awards review outcome

Summary

Over the past few months, the Awards Group has undertaken a review of Archery GB’s official awards and schemes to update the requirements needed to earn and fulfil them.
Members were invited to support staff with their research, looking particularly at score attainment levels and discrepancies, application forms and information booklets, and the overall effectiveness of the awards.

Last year, the following awards and schemes were reviewed: Rose Awards, Progress Awards, postal competitions (Summer Metrics, November and January Challenges), Junior Award Scheme (JAWS), and Arrow Awards.

We're now happy to report details of the review below, and will be making the following five priorities:

1. Removal of JAWS and Arrow awards.
2. Add barebow scores to the Rose Awards.
3. Update and align the postal awards.
4. Update and evolve the Progress Awards.
5. Explore a metric award for both adults and juniors.

**Rose Awards**

This target archery scheme offers a progression for both junior and senior archers using compound, recurve and longbows with five badges available. The scores required must be gained at a UK record status event. The reviews findings have shown there aren't any scores for barebow. Mark Robert and Jack Atkinson have worked together alongside research from Bob Beany and additional comments from Lizzy Rees and have worked out the following scores for barebow. We would like to thank Jack and Mark for their hard work with this project. A lot of technical knowledge and research has been used to finalise the scores.

<table>
<thead>
<tr>
<th>Score</th>
<th>White</th>
<th>Black</th>
<th>Blue</th>
<th>Red</th>
<th>Gold</th>
<th>Purple</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>500</td>
<td>600</td>
<td>700</td>
<td>800</td>
<td>900</td>
<td>1000</td>
</tr>
</tbody>
</table>

**Information from table:** Score needed for each colour is:

- **White:** 500.
- **Black:** 600.
- **Blue:** 700.
- **Red:** 800.
- **Gold:** 900.
- **Purple:** 1000.

**Postal competitions**

These are for all individual archers. The Summer Metrics and November Challenge are open to all athletes in U10 to U18 age groups and various bow types. The January Challenge is shot indoors on a Portsmouth round for adults (juniors can enter) and offers categories of novice, experienced and longstanding members.

The review group will look to:

- Add adults to all; currently they are centred towards juniors.
• Agree a prize or award for all.
• Create a brand to align the awards and make them more attractive and modern.

**Progress Awards**

These offer beginner and junior awards for development for both indoors and outdoors. The scores required can be gained at clubs, and archers are not required to attend competitions. They are also available to non-Archery GB clubs such as schools, Scouts and Guides.

The awards group will look to:

• Review longbow and barebow scores.
• Add adult scores from beginner level to intermediate.
• Review the gender bias.

We will then look to redesign the medals and how they are sold to maximise opportunities for non-clubs to use them to support archery development.

**Clout Awards**

The decision has been taken to remove the following wording from the clout 6/3 gold end award information: 'WA/Archery GB Metric Clout'. These awards have been taken out due to the size of the gold not being comparable. A 6/3 gold end has been shown to be easier to gain in a WA round than the imperial rounds due to gold being larger (18 inches radius compared with 1.5 metres radius). The Tassel Award Scheme, run by Northern Counties Archery Society, already offer a 6/3 Clout End award for the WA/Archery GB Metric Clout.

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