The Duke of Edinburgh’s Award
How clubs can help young people achieve their goals

INSIDE
Compound
Barebow
Coaching
Breathing techniques

Project Rimaya
Connecting communities through sport

A day in the life
Our Olympic Team Manager shares her schedule

3D and Field
Meet the outdoor specialists
MXT & Radical Pro gives a smoother shooting feeling without compromising strength and flexibility

* smoothness is shown by the two points on the graph.
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www.archerygb.org
Summer usually means enjoying life on the outdoor range, and for some of us that is now possible as Covid-19 lockdown-easing allows non-contact sports to resume.

It’s not the same, of course, but it’s the best available option right now – do keep an eye on the Archery GB website (www.archerygb.org) for further updates based on the latest government advice.

With so many competitions cancelled or postponed, from Archery GB’s very own Big Weekend in May to the Olympic and Paralympic Games (now set to take place in Tokyo next summer) and Covid-19 bringing a host of new challenges to daily life, the output across our channels for the past few months has focused on ways to stay safe while being physically active and mentally positive. We’ve also tried to bring you clear guidance on returning to archery in line with government updates, and provide information for clubs on a host of subjects, from reopening safely to financial matters. Those who have volunteered their time to help our teams may already know that their support has been crucial – see our big ‘thank you’ to just a few of our volunteers on pages 28-29. If you’re lucky enough to be venturing back to the range or are helping your club with its new set-up, please drop us a line at magazine@archerygb.org to tell us how it’s going.

We haven’t completely abandoned the outdoor season, and tracked down three specialists from the worlds of field and 3D to hear what they would normally be doing at this time (page 48). We also take a look at how clubs can help more young people with their Duke of Edinburgh’s Award on page 38 – an experience that can shape a participant’s life skills and raise the profile of our sport. We’ve also been working hard to attract people from ethnic minorities into archery through a dedicated initiative, Project Rimaya, launched in 2018. On page 44 we meet three female Muslim archers to hear what archery means to them. For Lilleshall staff, the lockdown has meant huge changes to the typical working day, especially for our Performance Sports Team. Olympic Team Manager Sarah Smith has written our first article on page 54 about her pre-lockdown role.

Please keep us posted on your progress so we can share your stories in the magazine, on the website and through our social channels. As ever, we look forward to hearing from you.

Vicky Sartain
Custodians of Archery supplies since 1946

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Digital-only magazine
We have sadly said goodbye to TRMG, the magazine’s publisher of several years. Future issues will be online only but we will review this on an ongoing basis. Do let us know what you think of the digital reading experience at the email address below.

Get in touch
If you or your club have any news you’d like to share in Archery UK, we would love to hear it. Drop us a line at magazine@archerygb.org

Strength through adversity: a united effort to return to sport

Ever since the coronavirus (Covid-19) lockdown began in March, Archery GB has been working to help members navigate the crisis. We still have a long way to go, of course, with the resumption of the sport as we knew it dependent on the further decline of the virus and government guidance. We hope you have found some of our work useful in helping you and your club navigate these difficult times – here’s a little reminder of the resources available:

• Webinars delivered by subject matter experts on a host of topics, from coaching methods, equipment and club development advice, all available on Archery GB’s YouTube channel. To check them out, please go to YouTube and search ‘Archery GB’.

• The Improve Your Game campaign that we launched at the start of the year has gone from strength to strength, with archers of all abilities sharing their wisdom on shooting, equipment, preparation, competitions, and just about everything else! Find out more at www.archerygb.org and search ‘Improve Your Game’.

• Our social media channels have provided updates on the latest Covid-19-related news as well as inexhaustible stream of information designed to keep spirits high during days when it was difficult to be positive – thank you for your great response to our quizzes, match replays, and videos presented by our Olympic and Paralympic squads, club members, volunteers and partners. Your support throughout has been phenomenal! You can follow us on social media @ArcheryGB on Facebook and Twitter.

Aardvark Archery Ltd
www.aardvarkarchery.co.uk
On Line   In Store   On The Phone
Wishing you a sunny summer of shooting!
While many clubs are welcoming members back to the range, others are finding attendance is still much lower than pre-lockdown times. It is thought the reduced participation is largely due to ongoing concerns held by vulnerable archers about resuming the sport safely. We appreciate it won’t be easy to convince everyone to return to the range as the country experiences local lockdowns and further uncertainty, but we appeal to clubs to promote, through your own communication channels, the careful measures you have taken to keep everyone safe. Do reassure members that your club’s Covid-19 health and safety policy adheres to Archery GB’s Return to Archery guidance and is continually updated in line with the latest government advice.

Roger Crang, Club Development Director for Deer Park Archers in Gloucestershire, has seen some success in winning back his club’s archers. He explained: “While we kept paper attendance records prior to the current Covid-19 crisis, the onset of online booking has enabled us to look at who attends when and how often (with 230 members it was not as easy manually). After the completion of week one from the back-to-archery restart, we recognised that many members were very cautious about any return, so we produced a 90-second video, outlining the steps we had put in place and that instantly doubled the number of returners.

“We communicated the activities and feedback comments to our members via our club newsletter and social media activities. This grew member confidence and the number of returners continued to grow. Four weeks after recommencement, records showed around 30 per cent of members had not returned. Throughout the lockdown, we kept in touch with all members through social media, quizzes, club fun videos, phone calls, etc. We decided to target the 30 per cent by calling them to check their welfare and asking for feedback on when/if they were thinking about returning to archery.”

Roger believes those all-important phone calls captured details which helped steer and shape the club’s current arrangements. He said: “Firstly, we offered shooting times where individual members with their families could book an hour as sole users of the site. This was very much aimed at growing confidence and resurrecting that feeling of belonging. This worked well, with more than half those members back in the general sessions today.”

He added: “It’s worth mentioning that within the 30 per cent group, many felt unable to attend due to the unavailability of toilet facilities. We took the step (adhering to government guidelines) to make our outside toilets available in emergencies and provided all the necessary cleansing materials and cleaning arrangements. This produced an immediate increase in attendance!”

Visit www.archerygb.org for more advice.

Online booking systems are a big hit!

When archery was first allowed to go ahead outdoors in England back in May, many people were unaccustomed to having to book their visit to the range online but now it’s become the norm. Many archers even seem to prefer it, with comments from one at a Norfolk club that they were enjoying the new ‘caviar’ archery experience of getting their own lane for a set period, with no waiting around and a satisfying sense of ownership.

In mid-May, as part of Archery GB’s Return to Archery Phase One guidance, Bowbrook Archers in Shropshire introduced a booking system using the BookWhen application. Bowbrook own their own field and indoor range so as soon as the Phase One guidance was released was able to quickly reopen. They also offered two months’ Covid-affiliate membership to local and out-of-county archers who were Archery GB members.

Marese Seabury, Club Secretary, said: “We have nine lanes across two ranges, each lane containing two bosses set at different distances, and all nine lanes being five metres wide. The booking system is set up for two-hour slots starting at 8am with the last available slot starting at 6pm. Each lane/ slot is available to be booked by an individual or a household.”

The arrangement of the field means that one boss can never be closer than two metres from the next lane’s boss.

Marese continued: “This gives us a maximum of 54 slots available on most days. The booking system is managed by coaching coordinator David and his wife Lyn, volunteers who have found the system straightforward to use for both administrators and members (there is help available for less tech-savvy archers).”

Online booking allows Bowbrook the flexibility to remove lanes from the system to allow for ground maintenance, as well as being able to add slots for both clout and field practice sessions, while adhering to the recommended social distancing guidelines. Marese said: “We will extend the booking system to cater for indoor shooting as well as future tournament bookings. Juniors have a more difficult time as they can only shoot if an adult archer has booked a lane at the same time, but there is no indication of this on the booking system.”

And the great advantage? At Bowbrook, bookings have risen from 11 to 42 per day! • Visit www.bowbrook-archers.co.uk
Returning to archery

Phase 2

England, Guernsey, Jersey, Isle of Man
As of 25 July, archery in England is officially in Phase 2 of Archery GB’s phased approach to returning to the sport. Our guidelines have been updated to reflect this change and we will continue to update archery-specific guidance as and when the government advice is updated. A significant change is that indoor shooting will be permitted – please keep up to date with the latest guidance.

A return to archery is taking place on a phased basis. The three-phase approach is subject to change as the government exit strategy becomes clearer.

• **Phase 1 – Outdoor only.** Family units or individual shooting. Social distancing of 2m maintained between anyone not in the same household. No social activities, “turn up, shoot, go home”, minimise contact with others. Coaching 1:5 allowed while maintaining social distancing.

• **Phase 2 – Indoor and outdoor shooting.** Shooting in two details or family households (outdoor only). Limited numbers with appropriate social distancing between archers. Limited contact outside of shooting. Coaching 1:5. Some competitions allowed but limited to social distancing.

• **Phase 3 – Full training and competition.** Indoor and outdoor shooting. Social activities permitted – further details to follow.

For more information about Phase 2 guidance for archers, clubs and coaches, please visit www.archerygb.org and search ‘Phase 2’

Northern Ireland
Only outdoor shooting is currently allowed and everyone will need to follow the current Northern Ireland government guidelines. Please keep up to date with the latest guidance at www.nidirect.gov.uk and www.archeryni.org.uk

Wales
Only outdoor shooting is currently allowed and everyone will need to follow the current Welsh government guidelines on social distancing and travel. Clubs in Wales will need to follow the Archery GB guidelines on returning to archery.

Scotland
Scottish Archery has published their Phase 3 guidance for archery. Visit www.scottisharchery.org.uk for more details and search ‘Phase 3’.

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Archery GB AGM online

Our Annual General Meeting (AGM) was held online for the first time on 11 July. We had to postpone the original event scheduled for 18 April 2020 in Birmingham due to the lockdown. Under our Articles of Association, we must hold an AGM within 15 months of the date of the last AGM, which took place on 13 April 2019. The meeting was held to pass the resolutions to:

• Approve the accounts to 30 September 2019
• Reappoint the auditors
• Approve the updated Articles of Association
• Elect four directors

The following were duly elected to the Board as a result of the elections: Victoria Barby, Lizzie Rees, Andrew Stanford, and Steve Tully.

Chair, Mark Briegal said: “We welcome Lizzie and Steve back to the Board and look forward to working with Victoria and Andy. It was a close vote and we want to thank all the candidates. Separately I can report that Lis Bellamy has been reappointed to the Board as an Independent Director. We welcome Lis back to the Board. I also want to propose a vote of thanks to Erik Rowbotham whose term has come to an end and who is leaving the Board. We thank Erik for his expertise and hard work on behalf of Archery GB and wish him and Margaux every success in Holland.”

Members were given the opportunity to vote online and their votes will be carried forward to the meeting. If it is possible we would like to hold further member events later in the year. We will continue to monitor the situation, as well as exploring digital solutions, which will allow us to share our plans and give you the opportunity to ask questions and input into our future direction.

The 2021 AGM has been provisionally booked for Birmingham on Saturday 24 April 2021.
Nock an Easton arrow and draw your bow with absolute confidence. Gear up for outdoor season and visit your Easton dealer today!
Targets for Lilleshall

At the start of lockdown, the Olympic and Paralympic calendar changed as did Archery GB’s target requirements. Having been in the process of negotiating a new maintenance contract with Steve Olding at Tenzone Targets prior to lockdown, it soon became clear that business as usual was not an option, and both Archery GB and Steve were thrown new challenges. While Tenzone Targets remained busy supplying the home market, Archery GB had no time frame to estimate a return to training let alone shooting! Eventually it was decided that Steve would collect the targets that needed repairing from Lilleshall at the end of March and deliver nine new ones within three weeks. At the end of May on an incredibly hot day, the Tenzone team returned to Lilleshall and assembled all nine targets (pictured below), which are very much appreciated by our coaches and archers.

Boost your archery skills online

Archery GB’s well-established Boost course was developed to provide a specialised coaching framework for novice archers, to help them progress in their sport while having fun. As many people are currently experiencing difficulty accessing regular coaching and shooting at their club, our special online five-week Boost course includes workshops that you can take part in covering all aspects of archery skills, short of actually shooting an arrow. Members shooting all bow styles will be able to get involved.

Course dates are still available for September. Workshops will be available on Archery GB’s Facebook (@ArcheryGB) and YouTube channels. Visit www.archerygb.org/boost-your-archery-skills-at-home

LOCAL LOCKDOWNS

In July, the government announced action being taken in Leicester following a surge in coronavirus cases in the area, meaning the closure of non-essential shops and schools - the government has only recently eased the city’s lockdown after a fall in the infection rate. Leicester was the first place in England to undergo a second lockdown and other parts of the country have been similarly affected.

Clubs, please be ready to take action accordingly if your locality is affected, and be aware that lockdown enforcement may happen at short notice. It may be necessary to notify your members quickly of decisions taken by the committee to ensure public health and safety. Archery GB will continue to keep you updated through our digital channels, and check www.gov.uk for further advice.
At the beginning April all range registrations were extended by a further four months. If your club is now open, please renew your range if required. You can check your range expiry date online and ranges can be renewed from two months before the expiry date. If your club is still closed, we can further extend the registration so that when you open there is one less thing to worry about. Please email range@archerygb.org to request an extension if your club is still closed.

All Archery GB clubs, Counties and Regions need to ensure they have registered the ranges they wish to use. For more information, visit www.archerygb.org and search ‘range assessment’.

In May, Archery GB said a (virtual) fond farewell to Coaching Support Officer Barbara Barrett, who retired after 12 years at Lilleshall HQ. Barbara said: ‘I have decided to retire at the end of May 2020. I’m going for a career change – as a granny! At the time of writing, we are still deep in lockdown. I could never have imagined that this would be how my last weeks with Archery GB would play out, and it feels so strange to be writing this because by the time you read it, I shall already have left. I shall also already have become that granny.

‘I joined on 4 March 2008, so a lot of water has flowed under the bridge (and cake consumed) in those 12 years and I have seen many changes. Not only has the membership almost doubled in that time, but so too has our staff – and with it the range of activities, support and initiatives we now offer to our membership. Archery now has a high profile, and it’s been so rewarding to have played a part in that story.

‘I have held three roles since joining: as Coaching Officer with the Membership team, Development and Business Support Officer with the Development team, and latterly Coaching Support Officer with the Coaching team. In each role, I built up strong working relationships with our community of coaches, coach educators, course organisers, and local coaching organisers. Many of them already know of my retirement as was first announced via the April Coaching Round-up ezine, and have sent me many kind messages. I would like to thank everyone for their generous words, and to also tell them that it has been a real privilege to work with such a skilled and dedicated team. I will miss you all.

‘It has also been incredibly rewarding to have had such a great bunch of buddies to work with. Down the years, we have shared and helped with each other’s problems (and cake) and laughed at daft jokes until it hurt. Humour and cake get us through most situations, and I will really miss that friendly and supportive atmosphere (and cake).’
New Olympic and Paralympic Games Dates Announced

The Olympic Games Tokyo 2020 will take place from 23 July to 8 August 2021, and the Paralympic Games from 24 August until 5 September 2021. The new dates, exactly one year after those originally planned for 2020 will provide sufficient time for athletes to finish the qualification process. The same heat mitigation measures as planned for 2020 will be implemented.

Archery GB’s Director of Sport, David Tillotson, said: “We are very pleased to see the IOC and IPC commit to dates in 2021. This gives a helpful timeline to reset and refocus our plans for preparation and performance over the coming year. It is to everyone’s credit that the original decision was so roundly supported. We can now get excited about what will undoubtedly be a Games that Japan and the world will be proud of.”

It has previously been confirmed that all athletes already qualified and quota places already assigned for the Olympic Games Tokyo 2020 will remain unchanged. This is a result of the fact that these Olympic Games Tokyo, in agreement with Japan, will remain the Games of the XXXII Olympiad.

Crowdfunding campaign supports clubs

Sport England has joined forces with Crowdfunder to launch a new initiative: Active Together will make £1 million of match funding available to help the sport and physical activity sector through the pandemic, and is now open for applications. Sport England is encouraging not-for-profit organisations that play an important role in keeping their community physically active to get involved. If your sports club has had to cease operations due to the ongoing pandemic and in doing so is experiencing short-term financial difficulty, follow the link on the Crowdfunder website to start setting up a crowdfunding campaign and apply for up to £10,000 match funding today.

Bures Dragon Archery Club in Essex is signed up to the Crowdfunder campaign. Founded seven years ago, the club is committed to keeping the elegant sport of traditional longbow alive. As it says in its mission statement: ‘Longbow archery has survived the invention of gunpowder, the creation of the modern compound bow and even Hollywood misrepresentation. It can survive Covid-19 too! If you can help, please donate to keep this heritage sport alive’.

Mark Bloom, Chairman of Bures Dragons Archery Club, said: “For traditional clubs, accessing mainstream funding has ever been a challenge, so we were overwhelmed with the support shown by the community in helping us to weather this storm. “Thanks to everyone who donated. Our club is able not only to pay its rent over the next few months, but also to buy some new targets for our indoor, outdoor and field ranges. We can’t wait to open again and get shooting once it’s safe.”

Visit www.crowdfunder.co.uk/funds/active-together for more information.
The Covid-19 pandemic has changed everyone’s lives – and this has brought the wellbeing of children sharply into focus. The NSPCC has already seen a host of new queries come in to the helpline, ranging from worries about domestic abuse, through to parents needing support with their children’s mental health and behaviour.

With a range of online platforms now being used to host public meetings, the NSPCC is also warning of serious safeguarding risks as a result of a growing trend in Zoom calls being ‘bombed’ with child sexual abuse images. The charity has said a worrying pattern is emerging of public meetings held on the online platform being targeted by criminals sharing illegal and disturbing material, with law enforcement investigating a number of reports. The NSPCC is urging parents to supervise their children when using Zoom and conference organisers to take steps to secure meeting details and passwords.

The Head of Child Safety Online Policy at the NSPCC, said: “While the responsibility for this [crime] lies with those uploading this terrible footage, it’s important to take precautions to lessen the risks posed to children and adults, including not sharing full meeting details and passwords on social media and only providing them to people you trust. Zoom needs to urgently act to protect their users, while all tech firms providing video conferencing services must immediately set out how they are responding to these very real risks.”

The NSPCC and O2 have published safety advice about Zoom on their Net Aware (www.net-aware.org.uk/networks/zoom) site which applies for all video conferencing services.

Remember, home isn’t always a safe place. Schools closing could put some children at greater risk of abuse and neglect. If you’re worried about a young person, call the NSPCC on 0808 800 5000 (8am-10pm Mon-Fri/9am-6pm weekends) or email help@nspcc.org.uk at any time.

Children can contact Childline for free on 0800 1111 or visit childline.org.uk and speak to a counsellor about a worry or concern they may have 365-days-a-year.

NSPCC

Worried about a child?

0808 800 5000
help@nspcc.org.uk

Help the NSPCC ‘Close the Loophole’

The NSPCC has launched a campaign designed to pressure the government into changing a law that currently makes it possible for adults working in sport and other sectors to take advantage of children in their care.

At present only people such as teachers, care workers and youth justice workers are legally in a position of trust, meaning it is against the law for them to have a sexual relationship with 16-17-year-old children that they supervise.

However, a loophole in the law allows adults working in any other settings, such as sport, to have a sexual relationship with children aged 16 or 17 under their supervision. It is not currently a crime, even if the adult has a significant level of power, responsibility and influence over the child.

How can you help?

Email your MP to call on them to support the NSPCC’s Close the Loophole campaign and change the law. Use the hashtag #CloseTheLoophole on social media to follow the story. You can also find out more about preventing abuse of positions of trust within sport in the NSPCC’s briefing paper on the subject.

Archery GB safeguarding contacts

If you have any safeguarding concerns, contact the Archery GB Safeguarding Officer on the contact details as listed below:

Archery GB Safeguarding Officer
Anne Rook: 01952 602792. Email: anne.rook@archerygb.org

Archery GB Performance: All Performance concerns should be raised with a member of the Performance Management Team:

Director of Sport: David Tillotson: david.tillotson@archerygb.org
Performance Co-ordinator: Stephanie Kelly: stephanie.kelly@archerygb.org
Competitions update

We know competition is a key driver for participation – whether at club, national or international level, and we know it matters to many of our members. We are working hard to put plans in place for a return to competition. However, with many clubs still not open, we have to work through the challenges that Covid-19 brings to running competitions safely. Alongside our key volunteers, we are creating guidance to make sure that everyone is safe and comfortable with any new arrangements required. All activity must be in line with government guidelines and our return to archery guidance. We also need to ensure that our return to competition plan, enables competitions to return in a fair way.

National competitions

Hosting any National Championships at this time, while ensuring they are viable, fair and equitable, is a difficult task and unfortunately we do not see this being possible in 2020. We need more time to carefully plan a safe return to competitions for archers, judges and volunteers in large numbers at Lilleshall. Therefore, we have taken the difficult decision to cancel the following competitions (and original scheduled dates):

- Junior National Outdoor Championships – 29 & 30 August
- ontarget Club Competition Finals – 5 September
- Disability Championships – 6 September
- National County Team Championships – 19 & 20 September

As we have lost many of our national competitions for this season, we are working on the possibility of trialling one-day events on some of the dates that our national competitions would have taken place. This will allow some archers the opportunity to compete at high level this season, and allow us to pilot our return to competition guidance. This will be subject to restrictions and the ability of the venue to host events. We will update further once the government guidelines allow us to hold small competitions. If you require any further advice or guidance please email: tournaments@archerygb.org

We will be sure to keep you updated of further changes to our competitions schedule through our website, social media channels and ezines. Please visit www.archerygb.org and search ‘Return to competition’ for more details.

Learning Curve

Last year, in partnership with Hive Learning, Archery GB launched an exciting new platform to provide support to some of our volunteers. Learning Curve is our new online community for coaches, judges, safeguarding officers, tournament organisers and ontarget volunteers. We know the success of archery is down to the active role of our dedicated volunteer workforce, and coaches, play an important role in providing quality opportunities for others. We’ve developed Learning Curve to help give volunteers as much support as possible, built around:

- A community of people who share similar goals and experiences
- Friendly discussion, with the opportunity to learn from each other
- A growing collection of resources on topics that matter to you

To find out more go to www.archerygb.org and search ‘Learning curve’. Learning Curve is currently available to licensed coaches, safeguarding officers and volunteers from ontarget clubs.

Summer Metrics postal extended until September

It’s not too late to enter your summer metrics scores! The submission for scores has now been extended until 30 September so there’s no excuse not to take part. Categories will be split by gender, age (where appropriate) and bow type.

You can find out more details and how to enter by visiting www.archerygb.org and searching ‘Postals’ and don’t hesitate to contact the Archery GB team with any queries at: tournaments@archerygb.org
ontarget Club and Volunteer Awards 2020

Following the online ontarget Club and Volunteer Awards presentation evening held on 28 April, Archery GB once again applauds the winners.

The aim of the annual awards is to celebrate the brilliant clubs that work tirelessly to promote archery and increase participation. It also honours the dedicated volunteers who give up their spare time to contribute to our beloved sport.

Max Oakley (pictured right and inset) said of his Young Volunteer of the Year Award: “I feel very honoured to have been nominated, let alone to win. I really enjoy being an ambassador, helping to get more people involved in our sport and I love volunteering at Archery GB events – it’s loads of fun. All the ambassadors and mentors work very hard and have some brilliant ideas so it’s really exciting for our sport to have them all involved.”

“Deer Park Archers and our partners and sponsors, are delighted to receive this Special Recognition Award and it is a timely boost for our wonderful volunteer workforce who have strived for many years to not only offer the best club experience we can but also help our sport to do the same.

“We could not be better prepared for the challenges to come!”

To find out more about the ontarget Club and Volunteer Awards, go to www.archerygb.org and search ‘ontarget’.

And the winners are:

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<tr>
<td>Young Volunteer of the Year</td>
<td>Max Oakley</td>
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<td>Volunteer of the Year</td>
<td>Peter Curnock</td>
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<td>Community Specialism Club</td>
<td>Lutterworth Archery Club</td>
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<td>Young People Specialism Club</td>
<td>Wilford Bowmen</td>
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<td>Performance Specialism Club</td>
<td>Peacock Archers</td>
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<td>Special Recognition Award</td>
<td>Deer Park Archers</td>
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<td>ontarget Club of the Year</td>
<td>Wallingford Castle Archers</td>
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2019/20 Yearbook

If you would like to find out about our latest development, achievements and ambitions, Archery GB’s Yearbook 2019-2020 can be read online (sorry, no print version this year) and is available by searching ‘Yearbook’ at www.archerygb.org

Membership fees

Archery GB’s new membership fees have been released for 2020/2021. Please visit www.archerygb.org and search ‘Membership fees 2020’ for more details. For further information regarding fees please email: membership@archerygb.org or call 01952 677888.
City of Birmingham and British Blind Sport to host IBSA World Games 2023

Birmingham has been selected as the host of the 2023 IBSA World Games, a multi-sport event for blind and partially-sighted athletes. The decision by the International Blind Sport Federation (IBSA) follows a combined bid between British Blind Sport, UK Sport, Birmingham City Council, the University of Birmingham and Sport Birmingham.

There are over two million people in the UK living with sight loss, with more than 28,000 people from the visually impaired community resident in Birmingham. The 11 sports taking place at the IBSA World Games are goalball, football, Judo, archery, chess, cricket, powerlifting, shooting, showdown, ten pin bowling and tennis.

The World Games, due to take place from 18-27 August 2023, will be held at the University of Birmingham, across the Edgbaston area and wider region. It is the largest high-level international event for athletes with visual impairments, with more than 1,000 competitors from more than 70 nations. Staged every four years, the World Games are the pinnacle of the international calendar outside of the Paralympic Games. With three Paralympic and eight non-Paralympic sports, for some athletes it is the highest level at which they can compete.

Alaina MacGregor, Chief Executive Officer, British Blind Sport commented: “As the IBSA affiliated organisation representing Great Britain, we are delighted to have been selected to host the 2023 IBSA World Games. This is really an immense opportunity for us and all stakeholders to showcase an amazing sporting event for visually impaired people from across the globe. Our choice of Birmingham as the host city puts us in great position, showcasing to the host selection committee a city that is vibrant, inclusive and welcoming.”

Jannie Hammershoi, IBSA President, said: “We want athletes to have the best platform for their skills, as well as ensuring as many people as possible can experience the sports for themselves. We are excited to work with the team at British Blind Sport in reaching our common goals and making 2023 a really memorable year.”

For more information go to www.ibsasport.org
Burscough Archers’ first post-lockdown shoot

After an in-depth consideration of Archery GB rules, insurance conditions and stipulations from the field owner, Burscough Archers in Lancashire returned to the range in late June. Limitations include a rigorous social distancing requirement, a maximum of four targets set at 30 yards, collection of each archer’s own arrows, only family groups being allowed to share, the sharing of club equipment being completely barred, washing and sanitising everything, and restrictions on the use of toilet facilities.

Burscough Archers rent their range from Asmall Stables and during the lockdown the committee were becoming increasingly concerned about just how long the grass would grow and whether even the heavy-duty mower rented at the start of each season would be able to cope. The owner then made an offer and agreed to suspend the rent if the horses were allowed on the range to keep the grass down. He even agreed to harrow the field before the archers returned to ‘lose’ the droppings – an offer the club couldn’t refuse!

The software ‘Fastcourts’ allows the user to set booking slots of self-defined duration (90 minutes at Burscough, to give a full hour’s shooting plus build-up and stripdown) and set the maximum number of targets. No one is allowed to book consecutive slots but if no one is following, archers can carry on shooting. The general consensus is that everyone’s very relieved to be back on the range!

For more about the club visit www.burscougharchers.org.uk

Nethermoss Archers' journey back to the outdoor range

Changes in public health guidance in May gave Nethermoss Archers in Lancashire the opportunity to return to the outdoor range. The Archery GB guidelines for Returning to Archery: Phase 1, and the associated risk assessment, were used as the basis for the arrangements.

The result was a comprehensive plan to safely reopen for the outdoor season, which included a reduction in the number of lanes available for shooting to enable social distancing, permanently setting up bosses at specific ranges and the issuing of personal target faces to avoid the need for multiple archers to touch equipment. The alterations also included the introduction of an electronic booking system, enabling members to book a specific lane and distance for two hours and limiting the number of members on the field. Nethermoss have advised other clubs in the Lancashire Archery Association about how to implement a booking system – the Archery GB website’s News section details how other clubs have benefited from using online booking.

This whole package was accompanied by guidance notes to members, including a commitment by archers who subsequently developed Covid-19 symptoms to inform the club committee so that those potentially affected can be informed.

And so it was that the reassuring sound of arrows hitting bosses was happily re-established. For more information about the club, please email: nethermossarchers@gmail.com or visit www.nethermoss.co.uk
Watership Down Open Field Tournament

On 11 and 12 July, Overton Black Arrows hosted their annual field archery competition on the picturesque hills above Kingsclere, Hampshire. The club has been shooting there for 50 years and had big plans for an anniversary celebration, which will have to wait until next year.

After working with Archery GB, this was the first competition post-lockdown in the UK, run as a cut back, socially-distanced event. Seventy archers competed over the two days including many of the country’s top archers – both from the Olympic and GB field teams. All were incredibly pleased to be outside shooting after months of very limited access to facilities.

Competitors were met at the farm gate and marshalled through practice butts, then onto the course. Field archery is similar to golf; archers walk around a course of 24 targets, in groups of three or four. Targets are different sizes set up, down or across the slopes, as well as in the adjacent woods. Archers shot three arrows, scored them and then moved onto the next target. This format is ideal for these strange times; gatherings can be eliminated and the few dozen archers attending each day simply disappear in the huge area over which the competition is run.

Over the two days Hampshire archers broke nine county records. Light winds and strong sunshine made for a fantastic event, clearing the cobwebs off bow, arrow and back muscles alike. For more information and pictures of the event, visit www.overtonblackarrows.org

Peacock Archers and City of Cambridge Bowmen join forces to share Peacock’s new range

Range-sharing is all the rage! Philip Watson, Chairman of Peacock Archers, near Cambridge, explained the circumstances at his club: “Like many clubs around the country we rent facilities from our local school. We put a proposal together using the resources from AGB and we thought we’d made a good case for allowing archery to restart. However, the school management decided to keep their facilities closed for the foreseeable future.”

Undaunted, the club turned to its members for help and asked if anyone knew of anywhere they thought might be suitable. Philip said: “To our surprise and delight, one of our newest recruits, who finished his beginners’ course just before lockdown, suggested his local rugby club (Shelford RFC) where he was a long-time member. Within 48 hours we’d organised a meeting with Shelford’s management committee and had agreed terms in half an hour and virtually shook hands on a deal there and then.”

It took a few days to get things organised: range registered, equipment moved, risk assessments finalised, but members were up and shooting within ten days of the initial contact. Philip continued: “Our members were obviously delighted, but something wasn’t right. As Chairman for Cambridgeshire, I know there are still lots of clubs that, for one reason or another, aren’t able to restart, and our new home had space for more targets even with Archery GB’s 5m Covid-19 guidelines. So it made sense to offer our spare capacity to a local club who hadn’t been able to reopen. Our membership was fully supportive, saying it was the right thing to do to support fellow archers, and when we approached City of Cambridge Bowmen they jumped at the chance as they’d been told that their outdoor venue would be closed until October at the earliest.

“So it’s a bit of a double success story. A suggestion by one of our newest members has been able to support the reopening of not just one but two clubs!”

If you need help returning to a school-owned range, please visit www.archerygb.org.uk and search ‘school facility’ for our guidance and support pack.
Charity boost

Easter Monday would usually have seen Cheltenham Archers in Gloucestershire hold a Nationals Tournament, which is run in aid of charity and always well attended. This year, the event was of course cancelled due to Covid-19, although many entrants requested that their entry fees be donated to charity. Club Secretary Martin Wakely said: “I am pleased to say that we are sending £505 to the cancer charity Linc – the Leukaemia & Intensive Chemotherapy Fund (our currently supported charity), which is the total amount received in entry fees.” Visit www.cheltenhamarchers.com and find out more about Linc at www.lincfund.org

West Essex Bowmen would like to say a heartfelt thank you to everyone who entered their Air Ambulance Benefit Shoot, which was cancelled owing to the pandemic. The majority of entrants wished to donate the entire entry fee to the good cause, enabling the club to send a cheque to Essex and Herts Air Ambulance Service for £1644.32.

The club’s Paul Tolson said: “This event would have been the shoot’s 15th year. Over the time we have had to suffer bad weather, including six inches of snow in an hour, rain so bad that it flowed into your boots, wind strong enough that all bosses were held down with three sets of ties each, and of course hot sunny days where people were just melting. So again a big thank you from us to you; your generosity is just above and beyond. Stay safe and we hope to see you all next year.” For more information about the club visit www.westessexbowmen.co.uk

Overton Black Arrows were keen to raise money for their chosen charity, Stepping Stones Down Syndrome Support, on 20 June. The original plan was to hold an all-day event and social for members, which Covid-19 swiftly cancelled. Not to be put off, the committee set up an alternative – the 252 Challenge – with social distancing rules in place. The event was held at the club’s Laverstoke range in beautiful sunshine. Lots of fun was had thanks to the brilliant turnout, with archers having prebooked to restrict numbers on the range at any one time, allowing everyone to shoot safely. Chairman Steve Allam said: “We’re fortunate to have a large outdoor range where we can arrange scheduled shooting at the appropriate social distance.”

The competition itself saw archers shooting 36 arrows on a 122cm face at imperial distances of 20, 30, 40, 50, 60, 80 and 100 yards, with the hope of scoring at least 252 points. Part of this challenge was to have at least three archers achieve a 252 pass at each of the seven imperial distances – the reason being that this would add up to 21, which is a significant number in Down Syndrome being a duplication of the 21st chromosome that causes DS. In total there were 51 (252) rounds shot that scored above 252 points including 22 new archer records. The club also raised more than £1,000 at the event. Visit www.overtonblackarrows.org and www.steppingstonesds.co.uk for more about the charity.

President’s Medal for Hertford archer

Hertford Company of Archers presented the 150th anniversary President’s Medal to Michael Papworth at the club’s annual (pre-lockdown) dinner, for Michael’s work with the club, which he joined in the early 70s shortly after it was formed. Jeanne Spooner, Vice President of the club, described Michael’s dedication over the years as ‘indefatigable’, despite now having some mobility issues.

For more about the club visit www.hertfordarchers.org.uk

Cat in charge

Keith Ritson, Secretary of Bowmen of Backworth in North Tyneside, wanted to say thank you to Archie, the club’s cat, who kept an eye on the site during lockdown. Keith said: “I have the most important job in the club – feed the cat! Our Field Cat’tain is named Archie – it’s the nearest we could get to ‘archery’! He used to be feral and you couldn’t get within 30 feet of him, so I put food out and let him settle and, to cut a long story short, made a monster! Now he follows me like a dog and walks up and down the equipment line and decides who’s chair he will sit on or who’s equipment bag he will lie in!”

For more about the club visit www.bowmenofbackworth.org
In Archery UK’s Spring 2019 issue, we reported on the achievements of young archer Evie Finnegan of Assheton Bowmen. In the past year, Evie has been busy collecting awards and is also now sponsored by Archery World, while in the same club, 82-year-old Records Officer Peter Carr is an integral cog in the committee wheel, serving unofficially as the go-to guy for all things technical.

Evie said: “I tried archery for the first time at Center Parcs a few years ago and really loved it, and a month afterwards my grandad, Terry, got me a bow for my birthday. I’ve loved archery ever since. I’ve been an archer since 2017 – I’m 13 now. My grandad did a beginners’ course before me, but after I did mine I joined Assheton Bowmen with him in Manchester. I have a lot of coaches who help me with different bow styles: Roy Ward at Assheton has been a really big help as has Alex Farrer who tunes my bows, and it’s a really friendly club. It’s really easy to make friends through the sport, especially at competitions – you get to meet loads of new people and swap shooting tips. I picked up a longbow for the first time at a club competition shoot in May 2019 and took it to, and at my first open competition I was surprised by all the support, tips and assistance from fellow longbow archers, especially Ian Stowell from The Longbow Club.

Last time I was at the club (pre-lockdown), I was training for the Worcester award and I tried a bit of recurve for the first time too. Recurve is a big change; it feels like starting all over again! It’s completely different from barebow and longbow that I’m used to. I want to keep my options open and try a range of things – I also enjoy target and clout; I prefer outdoor shooting.

“During lockdown, I’ve been training with stretch bands to keep up the strength in my shoulders. I’ve been keeping in touch with everyone through Assheton Bowmen’s Facebook page and posting messages. I had a lot of competitions planned for the summer which are now cancelled due to the virus but I’m hoping to do NCAS Clout in the autumn. And when I do get back to school, there’s now proper archery kit available. They said a while ago that they wanted to start a club so I’m excited to be part of that.

“I love the challenge of archery and constantly trying to improve. Archery is by far my favourite sport. I enjoy the teamwork of other sports like netball but archery is about mental focus and competing against yourself. It gives me something different. I’d
Before lockdown, on 23 February, 14 members of Ballyvally Archers Banbridge attended the Archery NI Indoor Target Championships hosted by Lisburn City Archery Club. It was a very successful day for the club, with six members taking first place as follows: Ashley Russell-Cowan - Ladies Compound Barebow, Kay Kelly - Ladies Master Barebow, Dean Hamilton - Gents Compound Unlimited, Andrea Murray-Lopez - Ladies Recurve, Sinead Byrne - Ladies Compound Unlimited and Orla O’Connor - Ladies Barebow.

In the Ladies Barebow category, Romaine Mehaffey and Kathryn Morton took second and third place respectively, and in the Gents categories, Kim Pegrum finished in second place in the Recurve Master’s class while Luke Wheeler won a silver medal in the Recurve class and a bronze medal in the Open competition.

On top of all of this, Orla O’Connor claimed a European Record, and Kathryn Morton set not only a European Record, but also a world record! Well done Orla and Kathryn, and to all Ballyvally members in attendance.

For more information about the club, search ‘Ballyvally Archers Banbridge’ on Facebook.

Peter Carr, Records Officer at Assheton Bowmen is showing no signs of slowing down despite being an octogenarian. A trained engineer, teacher and a former international swimming coach in his younger years, Peter discovered archery in his 60s when a heart attack prevented him from continuing in more active sports. He said: “I had tried archery on holiday and quite liked it so in 2003 I took a beginners’ course at Assheton Bowmen in Manchester. My knowledge of IT and spreadsheets became known and I was asked to be the Records Officer after only 18 months in archery. Apart from a two-year break, I have done the job ever since.

“I have skills with the repair element of bows and equipment were also discovered and I have been able to make parts that otherwise were unobtainable. I taught myself string making (longbow and recurve), wooden arrow-making and have made dozens of longbows and barebows. With a fellow archer Peter Staines, I organised and ran longbow and barebow-making courses at our club. These were immensely popular and we had juniors, a vicar, a banker, and numerous ladies who all made their own equipment. Age and ability were no handicap. It started a massive influx of archers using longbows and barebows.”

Peter also wrote numerous Excel programs to enable the scoring and results to be done at competitions at a speed never seen before, and even after a further setback with his health (three strokes in four years) and a subsequent loss of his former shooting ability, Peter’s enjoyment of the sport has never been undermined and (prior to the coronavirus outbreak) shot regularly on a Wednesday morning.

He added: “I am on the club committee and help out in any way that my health allows, and am still able to respond to problems that members have and thoroughly enjoy that side of archery. I help out at beginners’ courses if I am asked and take the photos of the courses for our records. I also print our course completion certificates.”

For more information about the club visit www.asshetonbowmen.com
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Back in the romantic month of February, Isobel and James Whittaker tied the knot. Keen archers, the pair’s wedding was always going to have an archery theme. Isobel said: “It all starts with two separate archery clubs. I was shooting with Trent Valley Archers at Birches Head Academy in Stoke-on-Trent; a friend had convinced me a few years before that I should give archery a try as it’s a great hobby once you get started, and he was right. James was shooting for Leek Archery Club, near Stoke on Trent, with his dad.”

Isobel continued: “In June 2013, Leek Archery Club were hosting the Richard Court Tournament, which was a Western round between clubs and Trent Valley Archers were invited to attend. It turned out that James was acting as field crew, but coincidentally I was acting as TVA’s mascot!

There was an instant spark between us and we spent most of the day chatting and laughing together and when the tournament was over and we said goodbye, I hoped we would see each other again.”

The pair did see each other from time to time at archery events, but it was a while before they actually got together. Isobel said: “I remember James confessing that he had once convinced his dad that they needed to shoot with Trent Valley one particular Saturday just so he could see me!

“In August 2017, Leek was once again hosting, but this time it was the Dickie Pitch tournament – an upgraded version of the Richard Court. Me and James were both field party again and enjoyed spending our day in the sunshine together. When the tournament was over, James took me back onto the field, got down on one knee and asked me to marry him! I was over the moon and eventually choked out a ‘YES!’”

The couple are known for their love of drama and for dressing up for events, so they opted for an unusual concept for an engagement photo shoot and found “an even crazier photographer who went along with it!” Their idea – a Robin Hood theme with role reversals – was kept under wraps until the wedding reception. Isobel said: “James made a beautiful Maid Marian!”

On 23 February, James and Isobel tied the knot at St Giles The Abbot Church in Cheadle. Their reception was at Sandon Hall in Stafford where all the tables were named after archery rounds, the centrepieces were genuine longbow arrows, and guests got to see the engagement photo slideshow. Isobel said: “We had such a wonderful day and we must say a huge thank you to Mike and Nicky of Armani Photography and Mark of Bomark Studios for their images.”

Ben Morgan is rightly proud of his very first Robin Hood. He said: “This was taken on my first shoot back [11 July] since lockdown restrictions have eased in Wales with my club Ogmore Valley Archers in Bridgend. I started archery nearly ten months ago, and completed a beginners’ course with Ogmore Valley Archers soon after. It’s been over 17 weeks since we’ve been able to shoot – not a bad way get back into it!”

It has been a long time since Stockton Archers witnessed a Robin Hood but Bob Hall who had been shooting less than a year shot a Robin Hood barebow while completing a Portsmouth practice round in February.

Clara Maynard is a member of Brent Valley Archers in Perivale, London and shot this fabulous Robin Hood back in February.
Mitchell Macbeth is a member of Trent Valley Archers and shot a Robin Hood just before lockdown. His uncle Grant Piland says: “He has been shooting for about three years and is improving all of the time.”

Fourteen-year-old Carly Hall got her first Robin Hood at an indoor training session at Deer Park Archers, Gloucestershire in February. Carly has only been shooting since last Easter and would like to thank Roger Crang for his coaching skills.

Richard Cater Robin-Hooded his own arrow at the Arundown (Sussex) Worcester Tournament. He said: “This is that moment when you realise you need five good arrows to shoot a Worcesters, and you only came with six!”

Archery GB Mentor Mark Christie and his Young Ambassador son Aaron of Lonsdale Archers made the most of the fine spring weather to create activity home videos in their garden during the lockdown – one of which has been a big hit, even being picked up by BBC 5 Live’s Breakfast Show. The Paper Olympics, a series of simple games for all the family to play inside or out for the price of a sheet of paper each, can be seen on YouTube at https://youtu.be/aa9c2DY4MLU

Mark said: “At Lonsdale Archers we made efforts to send out communiqués to the club members via email to check everyone is fine, and allowed everyone to suspend their monthly direct debits for field fees until we resume. We’ve also kept in touch with those signed up to WhatsApp, and the AGB Mentoring group have also had lots of positive communications, all cheering each other up with scenic photos of places we’ve visited, or amazing photos of each other’s gardens in bloom, or just fun chatter.”

Student Ambassador Connor Williams has also been very proactive during lockdown, and has co-organised virtual pub quizzes on social media with his SWWU archery friends, and helped raise funds for the National Emergencies Trust (www.nationalemergenciestrust.org.uk). In a recent archery-related quiz, they had “close to 100 people taking part and raised £113 for the National Emergencies Trust”. Connor graduated early from his medical degree at the University of Exeter to work in a hospital. He told us: “I’ll be starting work as an interim junior doctor at the Royal Cornwall Hospital Trust in Truro from the start of May, then moving back to Exeter to work from August onwards. It’s certainly going to be a baptism by fire but I’m looking forward to the challenge and can’t wait to help out wherever I can!”

Club Ambassador Helen Sharpe is using her furlough time to volunteer for the NHS as a ‘check in and chat’ responder. She explained: “As I am classed as vulnerable myself, I have to restrict my contact so I chose the Check In and Chat role. Users register for a call back and I receive an alert. These contacts cover a huge variety of issues from needing information but not having access to IT at home to obtain it, or they may be feeling isolated, lonely and with no end in sight this is a hugely important issue within mental health awareness. These chats can literally be a chat to make contact, a cup of tea over the phone so to speak, or, in some cases, getting the person the right help and support. >>
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Helen added: “My archery helps immensely with my mental health, as I know it does for many archers. So, while I may not be able to carry out the plans I had at the moment, I can use that time to give to others so that they still feel well in the strange times we are currently living. I was interested in the Archery GB’s ambassador programme as, while we as a family have all received warm welcomes, I discovered through our travels both locally and nationally that not everyone had had the same positive experiences with the sport that we had come to love.”

Helen’s son was the first to pick up a bow in 2015. She recalled: “We had worried that his epilepsy would simply see him turned away. I was the last of us to pick up a bow three years later and have both physical disability and mental health issues, mostly with anxiety.”

Ever since, the Sharpe family have found archery to be a welcoming sport without boundaries.” She added: “I can think of no other sport where you see such a diverse group at various levels within the sport regardless of age, background, disability or where you can see several generations of the same family taking part at the same time.”

Young Ambassador Thea Rogers from Cwmbran in South Wales has had a successful first year in her role. Just before the national lockdown Thea delivered some Arrows Archery sessions at a local school. She said: “I went to my old primary school in Newport to teach some of the children how to do archery, which tied in with their topic of castles. I had 60 Year 1 (5-6 years) children bursting with energy and excitement. It was a lovely experience for them and myself. They had so much fun. They would scream with joy whenever they or a friend hit the target. It was just amazing!” The children were so appreciative, they sent Thea a very special thank you card.

Young Ambassador Sinead Byrne from Northern Ireland managed to turn the lockdown impact into a positive outcome. She said: “The first few weeks of lockdown for me was really difficult and frustrating. Anyone who knows me will know that I am an active and outgoing person. My everyday routine was affected in so many ways, from not being able to attend school as I had been preparing for the first stage of my GCSE exams to my archery commitments, which were affected as I was training three to four times per week and also attended competitions most weekends. When I had no competitions I’d be at the Northern Ireland Performance Academy Squad training or in Llleshall for training as part of both Youth and Development Squad for Archery GB.”

Sinead continued: “My emotions were all over the place as I knew I couldn’t get shooting 50m outdoors, which I love. So I decided to turn a bad situation into something good. I knew I had to prepare myself mentally and physically for when the time came to be able to shoot and compete again. I’m so lucky to have a gym at home, so decided to take advantage of this by training three or four times a week to keep on top of my strength and conditioning work. As everyone was permitted one daily form of exercise outside of their home per day, I began walking every day. I have to say this has helped with my mental health as I could get outdoors again and breathe some fresh air. As a result, my strength has improved and I’ve even managed to lose some weight in the process. I know I will come out of this a lot stronger both mentally and physically.”

Obituaries
Syed Sorwar Hussain

It is with great sadness that we share the devastating loss of club Chairman and inspirational leader, Syed Sorwar Hussain from the One Nation Archery Club (ONAC), Luton. Syed passed away from the Covid-19 virus in April and will be sorely missed by his family and friends. As the founder of ONAC, Syed dedicated a big part of his early life to learning the basics of archery and going on to do many amazing things in the name of the sport. His passion for archery saw him drive 150 miles each week to a Leicestershire archery club where he quickly grasped the dynamics of the sport and learned how to manage a club. This saw the beginnings of ONAC in 2006 with just a few members but soon grew to boast more than 40 regular attendees. Syed had trained hundreds of members over the years and his dedication and passion to help others improve was second to none, always with a beaming smile that touched all those who knew him. His feats in archery were nothing to be sniffed at either.

He successfully trained barebow archers at ONAC who went on to achieve County Championship statuses. He was no slouch on the freestyle discipline either, consistently hitting the 550s at Portsmouth. He attended many club, county and national competitions where he played a big part by coaching members to success and often came home with medals himself. Syed’s drive and enthusiasm went as far as helping many other clubs across various regions, from assisting them setting up their infrastructure through to helping future coaches via mentoring. He was always looking to improve and dedicated his life to learning new techniques in archery.

From skilful fletching to helping newcomers perfect their technique, Syed never hesitated in putting archery first. His efforts were truly amazing as he helped nurture many youngsters from various communities who had a new lease of life under his guidance. He unselfishly helped many charities over the years in order to help raise in excess of £100k with the aid of sponsored archery events, often shooting 1,000 arrows in making the events competitive and fun.

Up until today, Syed remains the only person in ONAC to have ever shot a Robin Hood, something he was very proud of >>
and others wanted to emulate. He certainly was a trend-setter and one who pushed each and every one of his members to perfection. The club has not only lost their Chairman but their leader and close friend, a shining beacon, a role model and a true inspiration for all members of the club. Syed made a lot of friends through archery and not just within his home town. He became a very auspicious figure within Bedfordshire and the home counties. Syed’s legacy and ethos will continue to flourish at ONAC on the foundations he built, and he will be dearly missed.

### Estelle Edwick

Estelle Marie Edwick, the Chairman of Barnstaple Archery Club in Devon, died peacefully at home in May, with her husband David, sister Lyn and step-daughter Sarah by her side. Estelle was a pivotal club member and coach and helped raise awareness of the sport in the local area. A talented archer, she represented the Devon and Cornwall Archery Society (DCAS) and went on to represent England in 2009 after ranking among the UK’s top ten archers.

Born in Kent, Estelle began archery in the 1980s before moving to Yorkshire and eventually settling in North Devon. Estelle had been fearlessly battling cancer for some time which had caused her to lose sight in one eye. Unfortunately the cancer then spread to her liver and despite seeking treatment both here and abroad, nothing more could be done. At just 46 years old Estelle was taken far too soon.

### Tommy Hodder

Tommy Hodder passed away in April after a long illness. Many people knew Tommy as an international archer, having shot for England. He also shot for the County of Essex on many occasions was a County Judge. He often travelled to Las Vegas to shoot and was also well known for his string-making, operating under the name ‘Candy Stripe Strings’ and he generously sponsored some local competitions. Tommy was always ready to help any archer with advice or with any equipment support. He will be very much missed and our sincere condolences go to his wife, Kerry, and Mary, his mother.

### Noel Lawrence

We are sorry to report the loss of Noel Lawrence, who passed away in March. Noel and his wife Audrey founded Rotherham archery association ‘Chantry Bowmen of Rotherham’ in 1959. Noel and Audrey were also instrumental in forming the Doncaster and District Archery Association so that local clubs could pool resources and host tournaments in all archery disciplines.

Noel was a Master Bowman and performed at the highest level, winning the Yorkshire indoor and outdoor tournaments on numerous occasions as well as the Northern Counties competition several times. His only regret in archery was that winning the historic Scorton Silver Arrow eluded him but it wasn’t for the lack of trying. Noel was a knowledgeable and patient coach. He was a bowyer and a fletcher who could help with maintenance of any kit and was a font of knowledge on anything and everything archery related. A man of few words, but when he spoke, you listened. Just the thought of him being there improved people’s shooting. Noel’s influence on archery in Rotherham and South Yorkshire over the years has been huge.

Many tributes were paid to him and without exception they referred to him as ‘a gentleman’. Noel remained a member of Chantry Bowmen to the end, known loved and respected by all who met him. The world will be a poorer place without him and our archery club will never be the same again without his guidance and support. A memorial service will be held at some time in the future when it is safe to do so.

### Pauline Bishop

Nethermoss Archers are saddened at the loss of a distinguished former member and official of the club, Pauline Bishop, who passed away on 5 August after many years of ill health.

Pauline was a great friend and mentor to many in the club and archery fraternity. Pauline retired from archery in the late 1980s due to poor health, having been Lancashire Champion in 1973 and representing GB. She is survived by her husband, Ron Bishop, who shot at the Munich Olympics in 1972. Her presence and personality on and off the shooting line will be sadly missed. May she rest in peace.

### Margaret Maughan

Margaret Maughan, Britain’s first Paralympic archery gold medallist, died in May. Margaret was paralysed in a car accident in Malawi in 1959 but took up archery as part of her rehabilitation at Stoke Mandeville Hospital, Buckinghamshire in the care of Dr Ludwig Guttmann. The neurologist became the founder of the Paralympic Movement, pioneering the use of sport in rehabilitation.

Margaret was selected for the 1960 Paralympics in Rome and won two gold medals – in archery and swimming – before going on to compete in four further Games. In 2012, she lit the flame at the London Paralympics opening ceremony.

Margaret witnessed the very beginnings of Paralympic sport, and how difficult things were logistically at that time. At Rome’s inaugural Paralympic Games in 1960 she remembered the army having to be brought in to help carry competitors up and down flights of stairs to their accommodation.

Nick Webborn, British Paralympic Association Chair, said: “Although her passing is extremely sad, the fact that Margaret lived until the age of 91 is testament to the work of Sir Ludwig Guttmann who transformed the care of people with spinal cord injury, and that through sport, people with disabilities can enjoy rich and fulfilling lives.”
Volunteers we salute you!

For those who missed our big 'thank you' across our digital channels during the nation’s Volunteers’ Week in June, we’d just like to repeat our gratitude for your continued support. You are the pillars of our sport and your tireless dedication does not go unnoticed. We have appreciated your time and effort more than ever during this tumultuous year – without you, we would not have progressed with our return to archery as far and as fast as we have.

As a small token of our appreciation, the list above highlights the first names and working areas of those who have helped us with everything from Ianseo training and Covid-related coaching development guidance to planning how we can all safely return to our sport. If we could hand out medals, you’d all have one!
If you’d like to volunteer at your local archery club, let them know!

When possible, Archery GB headquarters at Lilleshall, Shropshire will also welcome volunteers to help our para athletes. Want to join them? Call 01952 677 888 to register your interest.

You can also visit www.archerygb.org and search ‘volunteer’.
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Lichfield Archers in South Staffordshire is a large club with a rich history, and members benefit from a beautiful setting in which to shoot and facilities that are available to use at any time. The committee is currently looking at ways of rekindling members’ interest in twice-weekly social evenings too, when possible.

Club Chair Tony Round said: “We have a relatively new and fresh committee who are full of enthusiasm for progressing the club, and we’ve already achieved many new things – a significant part of which has changed the status of the club from private members to Limited by Guarantee.”

A few key things on that list of achievements include having on-hand expertise to help with the continued development of the club: Chairman Michael Bailey runs bow and arrow tuning sessions for all members; Development Officer Paul Hurcombe runs three beginners’ course a year (with support from 10-15 archers) – there’s currently a waiting list of 45+ beginners waiting to take part; and the club’s new Young Persons Officer Sheila Newman is very keen to make the sport and the club welcoming to the younger members. As the club operates daily, it can be difficult for all members to meet up, so weekly barbecues are in the pipeline for when things return to normal. As for more basic matters, turf reinforcement has been installed the entire length of the outdoor range to improve disabled access throughout the year as well as new lighting in the indoor range.

As for membership retention? Tony said: “We recognised that the loss of new members after 12-18 months was mainly down to loss of form. Luckily we have Harry Heeley as an honorary member who has kindly stepped in and runs two afternoon improver sessions and one evening session in performance archery, all free of charge. The improvement in performance of so many of our archers is remarkable.” Competitions will also return with a vengeance once able, with the club’s new Tournament Officer Kathy Glover looking to run a number of club events as well as hosting a few county shoots.

Tony added: “We also have a Fundraising Officer, Steve Mason, who looks for local opportunities to secure funding for projects.” Some of this funding will help greatly with plans to improve disabled access throughout the range by widening doors and improving existing fire escapes and ramps.

As the new chairman of Lichfield Archers (following the 20-year reign of his predecessor), Tony has been lucky enough to gain the support of some fantastic members of the club, both within the committee and the wider membership group. He explained: “Talking (and listening) to what each of these members wants from our club and the sport in general helps the committee, and I look to the future and where we all want Lichfield Archers to be. We’re lucky to have a secure and established club but we cannot rest on our laurels.”

Tony believes all clubs need to develop and change. He said: “There’s always room for improvement, be that in membership retention, promoting our sport locally or improving facilities. Always look to your weak spots and remember that change cannot happen without the continued hard work of the committee and members.”

Lichfield Archers is in Archery GB’s ontarget club development programme, which aims to equip grassroots archery with the structure and support it needs to thrive. Tony said: “Ontarget has really helped our club focus on the future. We’re formulating the plans we need to develop and secure the future of the club for years to come.”

Would you like your club to be the focus of a future Club Spotlight? Email magazine@archerygb.org sending a brief outline (bullet points will suffice) highlighting any recent innovations, developments and achievements that you’d like to share. You could also add interesting facts and figures or coaching and competition updates, and we’ll follow it up with you.
How to easily make your club paperwork inclusive

Words by Sheena McCullagh, Archery UK’s Accessible Magazine Editor.

The challenge

We are adept at making adjustments for archers with physical disabilities but unfortunately there is less knowledge about invisible disabilities, such as those who are ‘print disabled’. If print adaptations are not made, you risk losing people from the sport because they may be unable to read your communications and become disenfranchised or may not have the courage to ask for an alternative format. With the correct formatting, however, many print disabled people can read as well as everyone else.

What is ‘print disabled’?

This is a catch-all term for anyone who struggles to read ‘normal’ print, with around 20 per cent of the population affected worldwide. It includes, but is not limited to, people who:

- Use screen readers due, for example, to being classed as B1 blind.
- Need very large print and potentially black backgrounds and yellow font due to being Visually Impaired (VI).
- Need large print.
- Need specific colour combinations of font and background colour, or colour overlays and/or specific fonts, text size, line lengths and spacing due to dyslexia or autism. People with dyslexia may also use a specific type of screen reader, with different functionality to the screen readers used by people who are blind.
- Speak British Sign Language (BSL) as a first language, or who were deaf by the time they learned English so learned BSL rather than spoken English. Some BSL speakers are fluent in spoken English, but not all. This is due to the different syntax between the two languages. For example, ‘the man sat on the chair’ becomes ‘chair man sat’.
- Struggle to, or cannot, hold physical documents.
- Need simplified formats due to learning disability.

Colour blindness does not reach the threshold of being a disability itself, but archery is a male-dominated sport and roughly eight per cent of the male population are colour blind.

The legal bit

As well as it being the sensible thing to make your documents accessible, there is a legal requirement to do so, subsection (6) of Section 20 of The Equality Act 2010: (www.legislation.gov.uk/ukpga/2010/15/section/20).

The Equality Act states that it is deemed ‘reasonable’ to provide information in an accessible format irrespective of cost.

Creating accessible information

The easiest, cheapest and environmentally sound way to provide accessible documents is to format them using the instructions below and email them to everyone. Reserve printing only for those who do not have email.

Generally people who use screen readers or need specific settings will have set their computer to meet their needs as long as the documents are formatted accessibly. For shorter line lengths they can slide in the page margins, or for a different font or line spacing they can ‘highlight all’ and change these.

NB: if anyone needs simplified formats, you would need to create bespoke versions.

International guidelines

Most of the following is based on the Web Content Accessibility Guidelines (WCAG) 2.1: (www.w3.org/TR/WCAG21/). The relevant guideline is shown as the Success Criterion number in brackets, eg (SC 1.4.5). The ‘understanding’ option in the SC gives the benefits of that recommendation, and any Sufficient Technique (ST).

Due to space limitations, benefits are not listed below, so if you would like these and/or want to know how to achieve the following in Word or LibreOffice, please email: sheena.mccullagh@blueyonder.co.uk

Images

Purely decorative

These are images that are solely to make the document look ‘prettier’ and need to be formatted so that they are ignored by screen readers (SC 1.1.1).

Images with a purpose

These are images which enhance the content, or contain information and need formatting so that the reason for them makes sense to a screen reader user (SC 1.1.1). Any information contained in the image needs to be replicated in the body of the text in full, not just in summary (SC 1.4.5).

Language

Simple

The average adult reading age in the UK is 11, so keep your language simple and avoid jargon (SC 3.1.5). See the ‘Free guides’ section of the Plain English Campaign website: (www.plainenglish.co.uk/free-guides.html).

Inclusive

Use inclusive language. For example the opposite of disabled, is non-disabled, not able-bodied. See the ‘Words to use and avoid when writing about disability’ document on the inclusive communication page of the government website: (www.gov.uk/government/publications/inclusive-communication).
**Acronyms and abbreviations**
Always expand acronyms and abbreviations the first time you use them, unless the acronym or abbreviation is so well known that they are more recognisable in acronym format (SC 3.1.4).

**Punctuation**
Use punctuation accurately. Screen readers vary in how they cope with punctuation, so there is no universal fit. The following is from ‘best practice’ RNIB training.
- Only use a single full stop, never ellipsis: ‘...’
- A short hyphen, ie ‘-‘ is fine in a hyphenated word, but never use with a space around it. In sentences use commas etc and in dates/times use ‘to’.
- Only use an exclamation mark if you want the sentence exclaimed, ie shouted.
- Always use a punctuation mark at the end of a sentence or bullet point.
- Ampersands should be avoided. If one is part of a company name, use it, but in text always use ‘and’.
- Don’t place additional information at the bottom of the page.

**Wording**
Heading wording should be descriptive of the information contained in that section (SC 2.4.6).

**Structure**
Correct heading levels should be used to organise content (SC 1.3.1, specifically ST H42 and SC 2.4.10). The title of the document should be the only heading level 1. Main sections are heading 2s. Subsections are heading 3s. If those need sub-dividing, it’s heading 4 etc.

As well as helping screen reader users, anyone using the document visually in Word, can have an active (‘clickable’) index displayed on screen.

**Title and author information on the file tab (Word only)**
Screen readers such as Jaws ‘announce’ this title to the listener, so it needs to reflect the document’s title (this equates to SC 2.4.2). It is good practice to set the author to the club name.

**Links**
Hyperlinks need to reflect the link destination (SC 2.4.9); never use the URL alone.

Where documents need to work in both electronic and printed format, use the convention of ‘link destination: URL’.

**Positioning**
It’s most useful to have links at the end of a sentence, paragraph or section. (From RNIB training; not WCAG 2.1.)

**Text size, fonts and effects**
These items are specific for the needs of people with dyslexia, while not creating problems for other print disabilities. They only cover electronic formatting and are taken from: Dyslexia Association of Ireland’s Making Information Accessible Guide: (www.dyslexia.ie/information/computers-and-technology/making-information-accessible-dyslexia-friendly-style-guide/).

- Use 12 point text for the document body and 14 point for headings. Never use subscripts or superscripts.
- Use a san serif font, eg Arial.
- Always use sentence case, never BOLD CAPITALS or ‘Capitalise Each Word’. Even in titles.
- Keep italics to a minimum and don’t underline.
- Don’t justify text (SC 1.4.8, third requirement).
- Always block to the left, or to the right, depending on the direction of the language, and never centralise text (SC 1.4.8, third requirement, specifically ST G169).

**Lists**
List break-up text and provide delineation between points. Use numbered (ordered) lists where the items could be in any order. Use numerical (ordered) lists for things that are step-by-step instructions (SC 1.3.2).

**Colours**
Never denote by colour alone (SC 1.4.1); for example ‘dangerous’ items in red and ‘safe’ items in green.

All colours should be set to automatic (SC 1.4.8, first requirement).

**Sensory characteristics**
Never denote where something is by its location or shape (SC 1.3.3). It is, however, OK to say that something is directly above or below. For anything more distant use the section heading wording.

**Tables**
Tables need to be formatted with headers and a summary (SC 1.3.1, specifically STs H51 and H73). Therefore tables should only ever be used for tabular information and never for layout.

**Minutes**
Many secretaries have been trained to write minutes using a three-column table layout. This was fine for print, but it is not for electronic circulation. In addition to the above issues, please consider the following:

- Screen readers render the entire content of a cell before moving onto the next; so with multiple actions in the middle column, but the name of the person allocated to each action in the right-hand column, it will be impossible for the user to work out what name goes with what action.
- Altering the line length, or changing the text size or line spacing, misaligns the names in the third column with the actions in the middle column.
- The largely empty left- and right-hand columns can cause glare, and create confusing blank gaps or ‘rivers of white’ for people with dyslexia.
The first and last diary entries of a demented archer (aged 63 ¾)

Lockdown day 7 Seven days since I last shot an arrow so the cabin fever and withdrawal symptoms are starting to take hold. As I look wistfully at my bow and count my arrows out of their quiver and count them back in, I think of fonder moments sharing time with my archery buddies. Will I still remember their names if we meet again? What am I going to do with my time? Shall I go to the archery store and join the endless queues of people shopping for essentials or do I drive over to the local range and stare through the fence as tumbleweed blows across it. Maybe I’ll take some consolation by finding an empty field and throwing some arrows into the long grass so I can look for them with a rake, pretending they’re lost.

Lockdown day 28 So, what next? The literary pool is starting to dry up so I’m ending the diary here, also to put aside any fears my friends might have that I have fallen off my trolley. In fact it is quite the opposite. If I could use the archery vernacular, this arrow has definitely not fallen off the arrow rest. There is light at the end of this tunnel as there is a gold somewhere at the end of the range. Be positive folks and we will all get through this and I look forward to seeing you back out there — hopefully before I hit 64!

Mike Cusson

American flatbow

When will Archery GB recognise the American flatbow as a separate style and set up a classification table, so that flatbow shooters have something to measure themselves against, like compound, recurve and barebow archers?

Stephen Vernon

Katy Cumming, Archery GB’s Event and Workforce Coordinator, replies: “There are a number of bowstyles, including American flatbow (AFB), which Archery GB do not provide separate awards for in target archery, or recognise with separate classification tables, although tournament organisers are entitled to recognise these bowstyles for awards. This is due to the bowstyles not being significantly practiced across the membership. If you wish to see the AFB or others recognised more, please email rules@archerygb.org. If enough interest is shown we will consider making changes.”

To tungsten or not to tungsten?

Under lockdown I’ve been spending far too much time weighing up the benefits of buying tungsten points. Just a simple question – should I bother?

David Graham

Kieran Carr, Archery GB’s Paralympic Technician, replies: “This is a very good question shrouded in myths and legends but hopefully this will answer it once and for all. Firstly, the reason tungsten points were created by Easton was to prevent arrow damage when shot by high speed bows into hard targets, as back then the stainless steel wasn’t capable of withstanding the shock and would bend and crack the shafts.

“However, the quality of the stainless steel now available is almost infinitely better than it has been previously so does not bend as easily. This coupled with the fact very few people shoot at very hard targets anymore means most of us could shoot stainless and not worry about it.

“But in theory there is a small performance benefit in shooting tungsten.

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Don’t take offence

There’s an ongoing debate on Facebook about whether a strung bow could be classed as an offensive weapon when carried. Here in NI, a local District Judge and officers state that it may be the case that it is an offensive weapon; English police officers state that it is not.

The Criminal Justice Act (1998) could be interpreted that the carrying of a strung bow is an offence. At clubs we state that a bow should only be strung at the range (from car park to the range would be deemed safe). Personally, I would state that all bows should be unstrung when transported, ideally in a cover/case. Arrows also should be in a sealed container when transported.

Damian McClory

Photo shoot

Thanks to Rod Brown for this great photo from last year’s Sussex Target Championships on the east end shooting line. A little reminder of the good old pre-Covid days.

And in contrast, here’s a moody action shot of Adam Roberts at Braintree Bowmen’s range in the mid-August heatwave, brilliantly captured by Richard Burgess.

Easton tungsten points.
Photo courtesy Clickers Archery Ltd

Want the 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

If you’d like Kieran to answer more of your technical questions, please get in touch: magazine@archerygb.org

• If you’d like Kieran to answer more of your technical questions, please get in touch: magazine@archerygb.org
The universal sportsman

Back in March, an archery book sold at auction in North Yorkshire for a princely sum. **Arthur Credland** takes a look at the colourful life of its author, Sir Ralph Payne-Gallwey, who left a lasting legacy to the sport.

Sir Ralph Payne-Gallwey Bt (1848–1916) led a life devoted to sport in many forms, particularly shooting, archery, angling, falconry and golf. What singles him out from the many ‘hunting and shooting’ squires of the Victorian and Edwardian eras is his enquiring mind. He was what we would now call an ‘experimental archaeologist’ and the first European of modern times to master the Turkish bow. This has a composite construction of wood, horn and sinew that can only be comfortably drawn using a thumb ring of horn, stone or metal, with which he was able to shoot flight arrows up to 480 yards. Recently, some of the handwritten notes and sketches for his monograph on the subject surfaced in a Yorkshire auction house.

In 1908 Payne-Gallwey gave a public lecture: ‘Ancient and Medieval Projectile Weapons other than Firearms’ at the Royal Institution in London, illustrating it with working table-top models of torsion-powered siege engines. These models were also used to test the flight characteristics of different designs of golf balls.

Payne-Gallwey also learned the art of arrow-throwing, a pastime of the Leeds miners who bet considerable sums of money on the results. A hazel wand could be thrown up to 280 yards with the aid of a cord loop.

A painting of Payne-Gallwey in his gun room sums up his interests, in which we can see the model siege weapons, Turkish bows (unstrung), English bullet crossbows, shotguns, punt guns, a hooded falcon, his golf clubs and fishing bag. Quoits with a sharpened edge, which were used as a weapon by the Sikhs, can also be seen on the walls along with Australian boomerangs, all of which he had tested and liked to demonstrate to visitors.

**Off the shelf**

On 18 March 2020, Sir Ralph Payne-Gallwey’s book, simply titled ‘Archery’, was sold at Tennants Auctioneers in Leyburn, North Yorkshire. The manuscript dates to the early 20th century and its pages contain research notes on the Turkish bow with tables of dimensions and flight distances, notes on the construction of composite bows, bowstrings, and photographs of Chinese archery among many other detailed items. It also comprises plates, sketches and diagrams, and was estimated to sell for £600–£900. It surpassed all expectations, however, when it sold for £2,600. If you could tell us any more details about this fascinating book, we’d love to hear about it – please drop us a line at: magazine@archerygb.org

By Arthur Credland
Archery GB’s official historian
historian@archerygb.org
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A little-known fact about The Duke of Edinburgh’s Award (DofE) is that archery features on the programme, offering young people the chance to learn and contribute to our sport. If you’re aged 24 or under and itching to get your life back to normal when circumstances allow, chances are you’ll be up for a physical and mental challenge, which could well put the popular Duke of Edinburgh’s Award high on your agenda. Every year, archery clubs up and down the country welcome applications from young people undertaking the DoE whose goal may be to learn about organisational management through volunteering at a club or who just want to learn how to shoot – but with falling numbers, Archery GB is urging more clubs to accommodate DoE participants. Archery was once part of the formal school curriculum and its removal from it a few years ago has seen an unsurprising drop in those taking up the sport for their DoE: a decrease of 1,308 in 2016/2017 to 885 in 2018/2019. To counter this downturn, Archery GB is working with the DoE to see how these figures might be improved. A key part of this is to establish a DoE-friendly network that helps young people quickly identify and connect with their local club.

The DoE was set up in 1956 by Prince William of Gloucester and Edinburgh. The Duke of Edinburgh’s Award inspires thousands of young people each year, but with archery participant numbers in decline, more clubs are needed to help contenders reach their potential. Could your club offer an Award-winning welcome?
Philip, Duke of Edinburgh as a way to help young people prepare for the challenges of adulthood. Initially the aim was to fill the gap between boys leaving formal education at 15 and entering National Service at 18; girls were welcomed to the DofE a year later. Today it is all inclusive, fun, rewarding and well worth putting front and centre on your CV. DofE Award holders include some notable public figures: Olympian Dame Kelly Holmes, adventurer Levison Wood, and broadcaster Alice Beer, and if you also happen to have one you’ll already know why it’s considered such a great achievement.

Since the DofE began it has transformed the lives of millions of young people from all walks of life. Open to 14 to 24 year olds, the DoF is broken into Bronze, Silver and Gold Award levels – Gold offering the hardest challenge for those aged 16 and over. The challenges cover Volunteering, Physical, Skills, and Expedition sections, with an additional Residential section at Gold level. The charity works with youth organisations such as schools and colleges and provides them with links to thousands of Licensed Organisations (LOs) nationwide. These may be sports clubs, charities and businesses, where young people can safely do their DofE with the help of a fantastic army of volunteers. Among those LOs are several archery clubs – and with more than 1,000 participants each year engaging with our sport as part of their DofE, this is a great opportunity for all clubs to inspire a new generation.

Steve Tully
Archery GB Elected Board Director and past Chairman of Guildford Archery Club, Surrey
www.guildfordarcheryclub.co.uk

As an Elected Director of Archery GB, it’s probably no surprise that my interest in the sport harks back to my school days. Guildford Archery Club is one of the UK’s largest and most successful clubs – and a welcome arena for young people to get involved in archery.

I started the Duke of Edinburgh (DofE) Award while I was in the fifth year at school back in 1973 and joined through an independent group based in Wimbledon – I joined a local youth archery club near my school where I was introduced to the basics of archery and this kindled a life-long passion for the sport. The local club was run by Nick Walker who is now President of Atkins Archery Club in Epsom. Nick encouraged me. I was doing the Gold Award – the tier for my age group – which involved around two years of pushing myself to try new things.

One of these things involved hiking about 70 miles across the Peak District, and opting to train as a veterinary nurse.
for the volunteer aspect of the Award. The archery side of things was a lot of fun, and we were encouraged to take responsibility for running the club. I was put in charge of trying to promote archery at the time. We all went to competitions and it was a great way in. And the DoE hasn’t really changed in all that time – it’s all about you doing as much as you want to do – whether to become more proficient as a shooter or getting more involved in running a club.

The DoE challenge gave me the confidence to work with others and manage club development – skills I still use today. I well remember going to Buckingham Palace and receiving my Gold Award from the Duke of Edinburgh in 1977 in the Silver Jubilee year, so it was all very exciting. My award still sits on the wall now.

The DoE programme is generally offered by youth groups such as the Scouts, Guides, schools and independent groups. It’s all about trying your hand at different things covering physical, skills and voluntary work. It says to an employer that this young person is prepared to give a little bit extra – I think it set me up to face life challenges.

Simon Barnicott
Co-Director of Toot Hill Archery Club, Nottinghamshire

I run Toot Hill Academy Archery Club with other members of neighbouring Bingham Leisure Centre Archery Club (BLCAC). The club caters for all levels but is predominantly involved with beginners and intermediate archers. Some members have their own kit and shoot with BLCAC from time to time, and most shoot for fun with a small number being a bit more competitive. DoE is a driver for a few most years; many take beginners’ courses and shoot for a while in the interests of furthering their DoE. Some of these have gone on to be more committed long-term members while others drop out once they have the tick in their DoE box.

The majority using archery for their DoE do so for the Physical element but I have experience of others using it for the Skill element and this year, for the first time, one participant is using it for the Volunteering element. The Physical element is pretty straightforward as that’s what DoE tends to recognise archery for. On the skill front, getting DoE participants to qualify as coaches or judges is not really practical; however, giving them an understanding of what is involved is definitely achievable and fits in well. Sam Richards (see Sam’s story on page 43), used it for the skill element of his Silver Award and in doing so helped coach some new archers under guidance from the qualified coaches in the club, as well as taking the whistle and acting as field captain on numerous occasions. This made him much more aware of what is involved and it also led to an improvement in his own technique and skill as an archer.

My daughter did her Bronze Award through Scouts and that was my first real exposure to the DoE. About six years ago I was asked by Toot Hill if I was aware of anyone who might be interested in helping out with DoE Silver expeditions and through that I got involved with supporting the teaching staff and students during lessons, mainly with planning their expeditions. I’m qualified to lead these and so also get involved with training expeditions. As a result of this I have built up a rapport with a series of students and an understanding of what their DoE requires across the board. Consequently I have found it easier to explain to those using archery as one of their activities, what is involved and how they can build up their evidence and ensure that they keep their DoE in the back of their minds when they are shooting, helping or coaching.

Doing archery in the school club environment works well for DoE not least because of cost. At Toot Hill the coaches give their time up for free and there is no charge to the students for joining the club or for shooting. The school pays all AGB/EMAS/Notts affiliation fees and provides the range; BLCAC provides the staff and the kit. As a result we can provide a supportive and free setting that includes provision of all equipment, throughout the year.

Sarah Fox
Coach at Grey Goose Archery, Norfolk
www.greygoosearchery.co.uk

The Duke of Edinburgh Award (DoE) is a fantastic opportunity for young people. It provides the means by which young people can acquire skills beyond their academic achievements: skills such as perseverance, resilience, communication and commitment. I have been privileged to see young people being shaped by their experiences as they go through the DoE for many years: as a teacher supporting pupils, as an archery coach and as a parent. My husband, (full-time archery coach, County Coach, Archery GB Young Ambassador Mentor and County Team Manager) and I have had, and currently have, numerous young people doing archery with us for their physical section of the DoE. So far, everyone has completed this section, and we do not envisage any other outcome.

While it would be lovely to think that all of our DoE participants will go on to become superb archers or even remain in the sport, we have to acknowledge that for some this will not be the case. The age of the participants (14+) tends to be those who are studying for GCSEs or A levels and they have a lot of pressure on their time. We have to be mindful that we don’t add to these pressures by demanding more of them than is realistic.
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It is important to understand the aim of the Physical section: to encourage the participants to have a more active lifestyle. However, many of the participants already do a lot of sport so we have to be mindful and recognise that many pupils are juggling their main sport pressures and also their school work; we cannot add archery as yet another pressure.

The goal of the Physical section is that the participants attend regularly and ideally for an hour a week. Under special circumstances, where cost is an issue, participants can do a more condensed course, but this is not the norm and has to be approved. We tend to have our archers attend every week for between one hour and an hour and a half depending on whether it is a school extracurricular activity or whether it is a Grey Goose Archery Club session. We also talk to our participants about the balance between school work and archery and other commitments and understand if there is a week missed due to exams or workload. It is important to keep the communication channels open. We do not insist the participant attends a beginners’ course run over a number of weeks at an additional cost: we can provide the necessary coaching within club sessions. We like to remember that the majority of DofE participants are self-funding and paying for their DofE programme: we don’t want to add anymore non-essential costs.

The role of the Assessor, as laid out under DofE guidelines, makes it clear that the participant should be helped to set his/her own goals. This goal setting and helping the participant reach that goal is of paramount importance. It can take a while to get the young archers to decide what their goal should be and, of course, making sure it is achievable and measurable! Many of our archers have been, initially, score centred when it comes to their target, but with a little guidance and time spent with them they often come up with other goals. This is rewarding part: watching the young people become more aware of what they need to do and how they should set goals.

The participants can often find the hardest part of the DofE is the organisation of collecting evidence and also the completion of the assessor’s reports. All too often, as a teacher at school, I am chasing pupils to get the sections ‘signed off’. It is rare for a pupil to not complete the activities, but they find the evidence-collecting difficult, usually because they leave it until they have finished the section! We always discuss our Assessor’s report with the participant and this can be very rewarding – the report should celebrate the young person’s achievements and be personal to them. DoF asks that comments are positive and encouraging, which is why we celebrate, for example, the participant’s perseverance, effort, commitment and goal achievement.

And when the young archers leave having completed their DofE, we keep our fingers crossed that they’ll rejoin us one day.

Below: All you need to know to start your DofE Award journey.

**USING ARCHERY TO SUPPORT YOUR DofE**

If you are new to archery, tried it on holiday or are shooting on a regular basis, you can complete the Physical section of the DofE, regardless of your prior experience of the sport.

Archery is a great activity; it requires precision, control, focus, physical ability and determination. Whether practised indoors or out, competitively or socially, archery gets you active, burning calories, improves your strength, mental focus, coordination, patience, self-confidence and puts you in a better state of mind.

**WHAT DO YOU NEED TO KNOW?**

Choosing archery to complete your Physical section

The DofE sets requirements for the Physical section at each level:

<table>
<thead>
<tr>
<th>Level</th>
<th>Minimum age</th>
<th>Minimum length</th>
<th>Minimum length of time if you don’t have the previous level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronze</td>
<td>14 years</td>
<td>6 months</td>
<td>12 months</td>
</tr>
<tr>
<td>Silver</td>
<td>15 years</td>
<td>5 months</td>
<td>6 or 12 months</td>
</tr>
<tr>
<td>Gold</td>
<td>16 years 6 months</td>
<td>6 months</td>
<td>12 or 18 months</td>
</tr>
</tbody>
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You will need to dedicate an average of an hour a week, over the required period of time and show persistence, commitment and personal development in archery. You may want to complete the Archery GB progress scheme, or aim to compete at your first archery tournament.

**WHAT DO YOU NEED TO KNOW?**

Choosing archery to complete your Skills section

As part of the DofE, you will need to complete a beginner’s course, which is usually delivered over a six-week period.

Speak to your DofE Leader or visit DofE.org

**WHAT DO YOU NEED TO KNOW?**

Choosing archery to complete your Volunteering section

**GETTING STARTED**

1. **Find an Archery GB affiliated club**

Our club finder tool at archerygb.org is a good place to start. Just type in your postcode to find a local club and contact them to find out how you can become a member and start shooting.

2. **Discuss your options**

Speak to a member at the club about what opportunities exist. They will be able to guide you on what is suitable for your level and what you can achieve in the time you are at the club. If you are not already an archer you will need to complete a beginner’s course, which is usually delivered over a six-week period. We would also encourage you to speak to your DofE leader about your plans.

3. **Keep shooting**

Enjoy shooting and improving your archery skills and try and get involved in all aspects of the club.

**FIND OUT MORE**

**For the Love of Archery**

We hope you really enjoy doing archery as part of your DofE. To find out more about archery and how you could become even more involved through coaching or judging for example, please visit archerygb.org.

**THE DofE**

Speak to your DofE Leader or visit DofE.org

**Could your club help Duke of Edinburgh’s Award participants?**

Get in touch with gayle.pink@archerygb.org to discuss how to get involved.

* Visit www.dofe.org for more information about The Duke of Edinburgh’s Award.
Sam Richards (left)
I first joined Toot Hill Archery Club in 2015, when I was in Year 9. This was before I started DofE. I enjoyed the thought of a challenging experience with people that I got on with. It was advertised through school and I have been part of the programme for four years and have achieved Bronze and Silver Awards.

The Award involves three key aspects: Physical – football; Volunteering – at the church I attend; and Skills – archery coaching. The latter was an easy option; it furthered my understanding and enjoyment of the sport. I took archery as a ‘skill’ rather than a ‘physical’ as I also played football. At archery I talked to the coaches to see how I could help out at the club. I’ve been inspired by Simon, Jenny, Janet and Les (coaching team for the Toot Hill club). They were really encouraging when I first started archery and helped me with the coaching side. Simon was especially helpful as he is involved with DofE and was one of our leaders on our expedition.

I found it quite easy to fit our expeditions around studies as meetings would take place after school or during a free period at college. The expedition was tough but enjoyable because of the group I was in, which made it easier.

The DofE has helped me work on communication and teamwork skills. Completing our silver DofE walk in terrible weather conditions showed me that challenges can always be overcome. I would recommend DofE because the feeling of completing each award is amazing. I would recommend archery because, from my experience, the coaches make you feel very welcome and you get a sense of achievement when you improve your ability and learn something new.

Eleanor Pets
I tried archery at have-a-go sessions when I was younger, but never did it properly. I joined Bingham Leisure Centre Archery Club (BLCAC) in October 2018 as a result of DofE as my Physical section for three months. September 2018 was my first involvement in DofE when I did my Bronze Award through school, and I’m currently in the process of doing my Silver Award. I decided to choose archery as it was a skill I’d tried in the past and wanted to improve.

When first choosing archery for the Bronze Award I knew very little about the sport, but through my time with BLCAC I have improved greatly, going on to use barebow in summer 2019. [Eleanor came first in her age group in AGB’s November Challenge, only a few months after taking up barebow]. This is very different to other parts of the award, as for my skill I chose something I had been doing for a long time, and the volunteering section is based around very different skill sets.

I didn’t find doing the Award too difficult on top of schoolwork, mainly because the work we were receiving wasn’t much. It was also a welcome break from homework, and a chance to relax. The DofE Award has helped me to develop many skills such as initiative, confidence, as well as discovering new pastimes. I would certainly recommend it as it’s a great experience and helps you to connect with others throughout. The expedition can really test your limits but in the end helps strengthen friendships and gives you the chance to meet new people.

Josh Bowden (above)
I first tried archery aged ten – I’m now 16. I was bought a beginners’ course at Guildford Archery Club for a birthday present and enjoyed it so much I kept shooting. I found out about DofE through school and it seemed a good opportunity to try new things. I have already done my Bronze and I’m just finishing my Silver Award.

For my Bronze Award I chose archery as my Physical element as I attend the club every week to practice. I chose to work on shooting a higher volume of arrows over a longer distance. At the time I did my Bronze I had grown in height and needed a number of changes of limbs over the period. Focusing on improving my archery through doing the DofE gave me structure to my practice sessions and helped me to get back to shooting at the level I had been shooting at before I grew so tall. For my Silver Award I chose to do archery as my Skill, and asked one of the coaches at the Club, Simon de Kretser, if he would help me. I had to draw up a training plan, with help from Simon and one of the other coaches Val Smith, who has given me coaching support since I first started. Together we came up with a way of how we would measure the improvement in my archery over the three-month period of the Award. I wanted to particularly work on being more consistent with my shooting, in order to get a tighter group of arrows in the target.

My favourite part of the Award was archery as I felt that I learned the most. The club has a large active juniors section so we know there will be other people shooting every Saturday morning, all year round, no matter the weather! We appreciate that the coaches turn out for these sessions to help the juniors too. Colin Levy also does a great job of organising entries to competitions so there is always an opportunity to shoot competitively indoors and out.

I completed my Bronze and most of my Silver before the work on my GCSEs got too much, but also the fact that I was doing DofE meant that I kept up physical activities which gave me an alternative to my studying. When I did my Silver I was careful to choose activities that I could fit in with my study. I’m hoping to do my Gold DofE. DofE has taught me some useful skills. I have since volunteered as a rugby coach and also volunteered at air cadets, which involved organising activities for groups of kids.

DofE is a good way to get out archery, and if you already do it, it’s a good way to get the most out of DofE.
Archery has the power to connect communities and, for many, has great cultural significance. We met representatives from **Archery GB’s Project Rimaya**, an initiative designed to promote the sport across minority groups, to find out how archery has helped forge friendships and self-confidence.

**As with all areas of life, striving for equality in sport is paramount, which is why Archery GB’s Project Rimaya is key to changing attitudes as well as opening doors for future ethnic minority and female archers.** The Sports Aid-funded initiative launched in 2018 started at Eden Girls’ School in Coventry, an Islamic faith institution for which archery has a strong cultural significance. As a result, encouraging Muslim females across the country to take up the sport recreationally has been a focus for Project Rimaya (the Arabic word for archery) and its success to date is spreading. The project’s initial objectives were modest: to introduce the sport to a new audience and environment; increase participation within schools and their communities; increase awareness of archery as a worthy pastime; create a sustainable training environment for ethnic minority communities; and develop individuals of underrepresented groups’ self-worth, health and lifestyle.

In the past couple of years, three schools in Birmingham and Coventry have been involved in weekly archery sessions (pre-Covid-19), which have also inspired new volunteers in the local communities to train as Level 1 coaches at training facilities that have been specially created to meet the requirements of the Islamic faith. And as the project gains momentum, with new schools in Birmingham coming on board and the expansion of the project into Huddersfield, it is hoped a wider range of people will seek out the benefits of the project. Indeed, when we finally emerge from the coronavirus pandemic, hopefully with our usual freedom reinstated, what better time could there be to try something new and fun?
Leicester-based Maryam Manjothi trains at Leicester Archery Academy and occasionally with the Bowmen of Glen. A great role model for Project Rimaya, and an Archery GB Young Ambassador, Maryam tells us what archery means to her.

“I first started archery when I was about seven years old. My dad taught me how to do it and over the years I’ve progressed through new bows. But a couple of years ago I decided to do my Bronze Duke of Edinburgh Award (DoE) Award so as part of my physical section I thought I’d do archery properly. This was when I received my first ever formal training. I began to progress through the levels and my passion for the sport increased a lot and I’m now doing my Silver DoE Award and have continued with archery. I got a new 22-24lbs bow and I have been entered into many competitions now by my coach. In all of them I have either come first or second, but the majority have been first! I’m also currently second in my category nationally: Under 18s female barebow.

“I hold several other archery records as well as being an Archery GB Young Ambassador, which I undertake alongside my Duke of Edinburgh Awards. As a glutton for punishment, I also decided to study for the Youth Sport Award after hearing a motivational talk given by Jenna Downing, a former World Champion inline skater, now representing the Youth Sports Trust. She inspired me and many others at a conference held at Lilleshall HQ.

“You don’t need to be physically fit, slim or even quick to be good at archery. It’s a journey of improvement against yourself and no other factor, apart from perhaps the wind during outdoor season! Archery supports my faith as I am a Muslim, and archery is a sunnah (something which is advised and heavily rewarded) especially for women.

“I wish to develop my skill and encourage others in this friendly sport. Also, I wish to compete against the best and hopefully eventually be selected for the team squads. I am currently on the Leicestershire and Rutland Archery development squad and hope to be selected for the county team by attending the try-outs and then hopefully the AGB junior squad.

“Archery is a chance for me to relax and unwind. It’s almost like I can release all my anger and pain with the arrow. It’s also a fun time to catch up with my archery friends. Once you have perfected where to aim it’s very satisfying to group your arrows in the gold. I’m an extremely competitive person and with archery you can choose to continually compete against yourself to improve and achieve a personal best.

“For me, archery is time out to quite literally release the stress of having to meet certain standards or achieve certain goals, with each arrow. I’ve learned how to implement this in my daily life: to set goals and deconstruct a problem until I can achieve or fix it. It calms all the drama in my mind and helps me set a to-do list. On top of this, archery gives me an opportunity to work on myself without any other factors affecting my performance. It’s helped me become more independent, and really helps for these reasons with my schoolwork.

“I’m currently taking my GCSEs where I’m not only taking two extra qualifications: statistics and further maths, but (pre Covid-19) also play an active role in my community through volunteering at charity shops, completing both my Bronze and Silver Duke of Edinburgh Awards and my Youth Sport Award, raising money for charities such as the British Heart Foundation, while also trying to raise money for a medical internship in Nepal. I do a lot of fundraising while maintaining high academic achievements, such as coming third regionally in a debate competition as part of my school team, placed second in regional maths challenges and also attending medical conferences etc. I occasionally bite off more than I can chew and this is when I take some time out of my day for archery before continuing my studies. Also, statistically it is proven that partaking in moderate exercise before studying helps you to retain more information!”
Sharifa Adam is helping Archery GB expand Project Rimaya into Huddersfield and is piloting a Community Ambassador role.

“My interest in archery was ignited when I was learning about archery in the history of Islam. I attended an Islamic course at Huddersfield University, and I became fascinated with archery and saw this as an opportunity to learn skills. In many ways it is an art form that unites people and enables mental wellbeing. This is a bonus when it is added to the fact that archery is one of the fundamental ‘Sunnah’ sports in Islam.

“Coming as a practising Muslim, a decade ago, I found the role of women, and particularly from Asian Muslim communities, within archery was small. This spurred me on to seek out archery taster sessions. I joined an archery leaders’ course, which led me to qualify as an archery instructor. The local community was able to secure a venue and I teamed up with an existing archery club, where I was able to coach women archery. An opportunity to run six taster sessions with another Muslim female instructor from the area became a reality. I was pleased to see that out of the ten Muslim women who attended, one young lady went on to complete an Archery Instructor Course, and one young lady completed her Level 1 course. Both women are currently teaching archery to women in their local communities. This amazing sport has inspired, united, and engaged women at a level that is empowering as well as fun!

“My personal journey in archery is non-competitive. Archery helps with my awareness, and the way I think and deal with success and failures. For example, when I feed my arrow into my bow Khadija (yes, I have named my bow!) at the shooting range, even though one may think that archery is all about wanting to be successful at hitting the gold, for me it’s more about a self-reflecting journey. Archery trains me to use my thoughts, emotions, and experiences in my favour. I have taught myself how to benefit from my bad shots (missing the boss completely) and how to forget about them! If one is prone to negative attitudes, archery is ideal for teaching positivity. In order to be a good archer, one must remember good shots and forget the rest. I once read that ‘The essence of archery is actually the ability to remember and reproduce all the aspects of the good shot’. These reminders are great confidence builders for archers.

“Having worked with women who suffer from low self-esteem and low confidence, I recognised that archery is another way for a person to run through an emotion, or a thought, whereby a person can let the good shot release out of the good habits. One of the things I tell the ladies when I coach is to imagine a ‘bag’. In this bag we put all our good shots and throw away the bad ones. These tools are great motivators for all new archers.

“Frequent repetition and practice as an archer, helps me develop and tune into the ‘zone’. This personal journey usually starts with Surah Fatiha being recited in my head (opening chapter of the Quran), followed by Salawat [sending salutations upon the Prophet, peace, and blessings upon him.] as I focus on my stance. This helps my heart rate to slow down, and the noise level starts to dim around me, everything falls away from sight, apart from the target. I raise my bow with firm determination and precision, exhale, and release! The best part is hearing the arrow whistle through the air, straight and direct, as it races to its destination. This part reminds me of the ‘siratul mustaqueen’, the straight path.

“When I withdraw from my regular day-to-day life, I gather my energies which are normally scattered across so many different obligations and focus on understanding the benefits archery brings for me as a British Muslim woman. The main thing to take away from this is that archery is about having fun, and along the way, you may also develop many useful life coping habits. Practising archery can help one refine and strengthen the intentions in all that you do and helps you find yourself.”

In Huddersfield, Saba Perwaiz is an archery coach at her local mosque, having successfully completed her Level 1 qualification

“About five years ago Sharifa Adam was hosting a beginners’ course at the local mosque and I was one of the women who signed up. I continued to shoot afterwards and a few months later, on an Islamic course at the local university where they do archery as part of Prophetic teaching, I entered a small archery competition and won. The prize was a bow and three arrows and I thought, ok, I better start taking this more seriously! After that I kept shooting at the local mosque and ended up helping Sharifa out with teaching during busy times.

“Last September I thought I might as well get the Archery GB Level 1 qualification, and teaching seemed to come naturally. Sessions take place at the local mosque every week and are open to everybody but it tends to be just women – we have a lot of mums who come and shoot socially. A lot of people tell me they really enjoy it and say it’s relaxing and a great chance for people to get together.

“For me, archery is a great stress reliever and it helps strengthen the mind. It requires focus, so if your mind is elsewhere it will show in how you hit, or don’t hit, the target. It’s great physical exercise too. I’m looking forward to doing my Level 2 coaching course.”

To find out more about how you can get involved with Project Rimaya, contact Gayle Pink, Head of Developing Communities, at gayle.pink@archerygb.org
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Ordinarily at this time we would be out in the sunshine en masse enjoying competition season, and under the fast-changing government guidance, a slightly eased lockdown provides some opportunities to return to the sport we love. We spoke to a few outdoor specialists to find out what they would usually be doing at this time of year.
It has been my privilege to be involved with the GB 3D team over the past three years as assistant team manager, team manager and as a team member. 3D has become more popular over the last few years with more people getting involved and trying to qualify for the team – there’s usually 18-19 people including some juniors competing internationally for GB each year. 3D is not quite as advanced in the UK as field archery yet and so the process is for team selection is slightly different. We don’t have as many shoots for people to qualify from but it’s growing – last year there were nine domestic shoots that archers could potentially get qualification scores from.

3D is very similar to field archery – instead of using the traditional round targets, archers shoot at 3D foam animal targets. A World Archery 3D round all unmarked so the distances are not given to you. A lot of the skill involved is in being able to judge distance, there are no guidelines as to how distant from the shooting peg a target can be placed up to a maximum of 30 meters for blue pegs and 45 meters for red pegs. So, for example, you could have a rabbit-sized target at 25m or an elk at the same distance. Competency at judging distances is key to successful 3D archery. We held a 3D squad weekend pre-Covid-19 funded by Archery GB and one of the major aspects of that weekend was to do with distance judging. The event was for archers who are close to achieving qualification scores.

A number of UK field clubs also hold 3D shoots. Archers can shoot up to 30m with a longbow (including American flatbow), barebow or instinctive bow and 45 meters with a compound bow – World Archery don’t recognise recurve bows as a 3D style. In recent years GB have won international individual and team medals and in last year’s world championships Alison Kelly came in fifth in the lady’s instinctive class.

For 3D archery, you have to be quite fit and mobile be able to navigate some awkward terrain. 3D practice can be tricky but more clubs with field courses are now having training events so local archers can be ready for the season, which is usually from March to October. One of the best things about it is being out in the countryside on a course with a lovely group of people.

The targets can cost hundreds, even thousands of pounds each – there’s a compromise to be made on how much a club can afford to spend on a target and how much use can be expected, target quality can vary a lot. Storage can be an issue too. At the end of a competition they’re often all piled up in a shed – it can look quite funny seeing a lot of foam animals all stacked together!

Our major international event for this year would have been the European 3D Championships in July in Slovenia. We have also missed out on our British 3D Championship in Pentref in Wales due to the pandemic situation, and it is now planned for next May. Rescheduling is a nightmare now! Fingers crossed we hope we can squeeze at least three 3D qualification shoots in this year which will count towards next year’s qualification.
Name: Michaela Lake (top left)
Role: Field Archery Team Manager for Archery England

Q. Can you give us a bit of background about your archery experience?
I completed my beginners’ course in 2013. A couple of years prior to that I was sitting behind the lines reading while my daughter Sidonie shot, or I would take my laptop and do the records for Sussex County Archery. Sid started archery with her brother – he had a brain tumour when he was ten, and archery was one of the few sports he was able to attempt with poor balance and coordination, short-term memory problems and general sickness and lethargy. He only shot occasionally – very few arrows would ever hit the target unless it was huge and close, but he enjoyed it regardless. Once Sid and Harry started field, I could no longer sit in the background, so walked around the courses. After about a year, various archers kept telling me that I may as well take a beginners’ course as at least then I could be doing something. I didn’t think I would take to archery, but absolutely loved it from the start and went on my first field shoot on Mother’s Day in 2013 with just a few sightmarks. The improvements in my shooting and scores came thick and fast and within a year I had my first qualifying score to shoot for GB at the European 3Ds in Estonia.

Q. What achievements are you most proud of?
In the seven years since that course, I have represented Great Britain in 3D field for five years, gaining a silver medal at a European championship in 2016 shooting instinctive bow style [shooting without sights]; and four golds at the World Masters games in Auckland 2017 shooting barebow in field, indoor target, IFAA and outdoor target. I have done a very short stint on the field committee for AGB, am on the committee of Sussex County Archery and have shot for my county in field and target. I have won English and British championships shooting traditional bowstyle and have some British records in traditional bowstyle. Probably what I am most well-known for though, is that I am the Brighton Bowmen Tournament Diary! I started that because I was keeping spreadsheets of shoots to which I could take my daughter, and was I regularly trawling sites, so Chris Tucknott set up the page for me. Back in 2013, I emailed just about every club I could find on the internet - uptake was almost non-existent so I scanned several websites and started loading the tournaments on. Once I have the tournament on once, it is easier for me to find it the following year. Quite a few clubs are in the habit of emailing me rather than waiting for me to find the tournament which is great as I then usually have a link to the entry form as well. It’s really exciting when archers are talking about tournaments and mention using the site – that makes me feel great!

Q. You have a busy role in the NHS. How important is archery to help with work stress?
Yes, the NHS is incredibly busy and every year I think the next year will be easier and it never is. Like a lot of people in the NHS, I have a second job and run an Airbnb from my home, so after work, I often can’t shoot because I have rooms to change and guests to show round. It is how I can afford to shoot and go away for archery weekends and pay for any internationals I qualify for. To deal with stress I tend to resort to playing Pokémon-go as a complete escape, and involves little thought. There are now quite a few archers that play and we sometimes go off in a group after a day of shooting.

Q. What do you love about field over the other types of archery?
I love the variety of shot that field archery provides and working out how best to shoot each target. Many of the venues are stunning woodlands or have amazing views. It’s great to try another type of archery – field and clout – both are just such good fun.

Q. How do you personally train for field archery out of season?
I shoot indoor target out of season to try to get my form back. I also belong to the English Field Archery Association (EFAA) and National Field Archery Society (NFAS) – and there are many more opportunities to shoot field over the winter. I belong to two NFAS clubs which are open 24/7. With my work commitments, it’s useful to have the flexibility of when I can get to a club to shoot.

Q. What have been your favourite field courses and why?
They all have different merits. I haven’t shot all of them but will try to whittle down to ten that I try to get to every year (can’t always get to them all) but even picking ten, I’m missing out lots of great shoots! Ballards and Avalon offer a great variety of shots and lots you have to really think about – a good challenge in beautiful surroundings. Pentref: despite having several shoots a year they manage to put on a different course every time and is famed for its quarry shots and great facilities. Wharfe Valley, Argyll, Dearne, Greenmount and Kendal are beautiful venues and some good shots – they have something for everyone. Overton is very challenging – difficult foot positions, uphill/downhill shots among the most challenging you are likely to find in the UK. For the most fun and brilliant for juniors I recommend Fort Purbrook. You get to shoot in tunnels and over battlements... a fantastic weekend!

Q. What usually causes the most difficulty/challenge in field?
Probably the answer to that varies on the bowstyle and experience. I shoot a few bowstyles and have a whole list of challenges: a steep 50m shot, for example – that is always a challenge. As I shoot a few bowstyles and am mostly a gap shooter – remembering the sightmarks – I have a specific mark to remember for each distance/target face. My memory is not as good as it was and I sometimes get it wrong. One of the advantages of the International Field
Archery Association (IFAA) is that you can carry around sightmarks and it is not such a memory test as World Archery (WA) can be. Some of the bowstyles in WA do allow you to carry around notes but unfortunately not the styles I shoot.

Q. Do you shoot in all weathers?
I have done. I carry spare boots and change of archery clothes, a towel in my car specifically for worse weather. Last year at Fort Purbrook the shoot still went ahead despite extreme weather, thanks to the amazing teamwork of the club and judges making the course safe and moving more shots into the tunnels. I don’t think I have ever laughed so much at a tournament – the wind was blowing such a hooley – it was difficult to keep the bow straight and aiming off to get the arrow on the target. Most field archers have shot in much worse conditions than I have. Sometimes I don’t shoot in bad weather because I don’t always feel my level of competence is enough to manage it or if I’m not feeling 100 per cent before I start, then perhaps I would choose not to. Once you have travelled several hours to a tournament though, it is difficult not to shoot.

Q. What, in your opinion, makes a good field archer – and is there a bowstyle that seems best suited to it?
I don’t think there is one bowstyle best suited. There are more bowstyles in field than target and more opportunities in field to shoot internationally than target.

Q. Is it easy for someone who shows promise to end up being considered for greater things, even the national team?
Find the nearest club which has a field course (your county will have details if you can’t find your nearest). Some clubs have field ‘have-a-go’ days, or introductions to field archery. A couple of archery shops have strong links to field courses and will advise.

Look up the distances you need to shoot for a field course, set up a target on the flat and get your sightmarks for each distance at five-metre intervals and you will be ready to make a start. I was lucky that when I started as Sussex had a couple of clubs which had regular field shooting opportunities.

I wouldn’t say it was easy to be considered for a national team as there are minimum scores to achieve, and you need to attend a few shoots to get those scores – the shoots are dotted around the country and are weekend-long events, and then you need to be in the top three in the country. There are opportunities, though, for barebow, American flatbow, and Instinctive so there isn’t the glass ceiling as with target archery.

Q. Is there anything you’d like to change/improve in field archery?
I would like Instinctive to be a recognised bowstyle, and I’d like field awards in all bowstyles.

Q. With coronavirus putting everything on pause – and your NHS job keeping you really busy – have you had any time to think about your new role?
The coronavirus lockdown has given me the opportunity to work on some aspects of archery. I have had appallingly bad target panic for a long while. It started a few years ago but I carried on regardless, getting increasingly worse until I was almost dangerous. Things needed a lot of unpicking and basically I had to learn to shoot all over again. This time has given me the opportunity to work on sorting it all, making changes to my shot sequence and learning to aim again, plus improving my strength, which has been a part of it. I have been given some great exercises at training weekends and had some amazing insight from a chemical neurologist at work who explained the body chemistry behind target panic and how to reduce adrenaline levels in three minutes. Also, anyone that knows me knows that equipment is always an issue with me – so it’s an ideal time to get it all sorted. I probably ought to use the time to reduce how much equipment I seem to have accumulated!

More information
To find out more about field archery and 3D go to www.archerygb.org and search ‘field’. Please go to www.archerygb.org/return-to-competition for Archery GB’s latest advice and guidance on competitions.
My experience in course-designing goes right back to childhood. I started as an archery beginner at Pentref Bowmen in South Wales the week after the All British & Open Field Archery Championships in 1983. The club, set in woodlands at Glyncornel, was the host of our national championships for the first 25 years from the tournament’s inception in 1967.

Along with other tournaments the club held, from early on, I was brought up on helping out with setting up courses and feel I had a good ‘apprenticeship’ from the established club members, especially Ken Phillips, Brian Davies and the late Glyn Rudd. Another strong influence was that from Cliff Bluck who was an eminent international judge, with a vast experience in the processes of running tournaments. He was the author of the ‘Field Archery Tournament Handbook’ – a must-read for anyone interested in organising field archery tournaments.

I’ve been honoured over the years to have helped at many tournaments, ranging from the club’s Christmas fun shoots to designing the courses and shooting venues for the 2008 Field Archery World Championships in Wales, and the course layout for the 2009 World Games in Taiwan – and every level in between.

My philosophy for designing courses is straightforward. We need to shoot a ‘loop’ of 24 targets as efficiently as possible. Contrary to what others may think, the distance walked around a field archery course is generally not that far – similar to that of a WA1440! I think a well-designed course would take you around in under one mile. This wasn’t always the case, though. I believe that every course designer wants to pit themselves against some of the best field archers in the world, of which the UK has several.

There’s an art to field course design as long-time course creator Gerald Farrell knows. Here he tells us about the thinking behind his signature work.
When I was first given the opportunity to design courses for the club, I would tend to use all the steep slopes Glyncornel had to offer. I think I gained a reputation for setting challenging courses, but this was easy, given the venue. What I have learned over the past three decades is that subtlety is more of a challenge to high scores. Steepness tends to focus the minds of the top archers. Place a long distance target on a slight uphill, cross slope, and just watch the arrows drop out of the gold. It's all good fun!

I've spent many hours walking grounds to get a feel for a course. Most of this I regard as walking 'aimlessly' until the whole route comes together. This isn't a chore, of course. Being outside in the fresh air does wonders for one's physical and mental wellbeing.

I like courses to flow. As an archer, I want to always walk through a course and not shoot, score and back to where we've just shot from. There is one thing about field archery course layouts that, in my opinion, seems to get overlooked: toilet breaks!

Back in the day, we'd shoot around courses where a toilet was placed somewhere – normally before target 1. Not a problem, if you start at target 13. Your comfort break is halfway through the day. This isn't a chore, of course. Being outside in the fresh air does wonders for one's physical and mental wellbeing.

I like to 'balance out' targets to allow archers to shoot first/second on all the different types of targets throughout the day. I try to ensure that bunnies (20cm) and four-faces (40cm) are placed evenly on odd/even numbered targets.

There are a few tricks that can be deployed to 'fool' some archers on unmarked rounds. One such ploy is the scaling of target butts. Although, it's not the butt that necessarily needs to be scaled, just what you see around the target face. Setting an 80cm target face on a surface about 135cm² creates a similar 'picture' to a 60cm face on an area of 1m². Place those targets beyond a strip of 'dead ground' and some archers will not be able to discern what size target and relative distance they are due to shoot. I have seen former world champions get confused with these. If you are going to scale the butts, also scale the target pins. The archers will love you for it!

In Great Britain, we tend to shoot one course twice over two days. In Northern Ireland, two separate courses tend to be set for the weekend tournaments. Where we shoot one course twice over two days (unmarked round on day one and marked round on day two), it is imperative that the longer distances can be accommodated for day two. To this end, most of my courses are designed with the marked round in mind. The unmarked (shorter) distances will always fit within those for the marked round. If there is a 'special' unmarked target I want, I would work around that. Maybe use it as a stand-alone for day one only, or swap the target face size for day two.

Preparation for day two should always be done before the judges check the courses. I have been at many a shoot where, on a Saturday evening, judges are trying to create longer shots in areas where the course builder has not allowed for sufficient clearing of undergrowth etc. It's not the judges' role to be clearing; that should have been done before they turn up. So, it is good practice for the judging team to check for day two's preparations when they are checking for day one. Any issues can then be resolved by the work party in readiness for the remeasure for day two.

Do you have a favourite field course? Let us know which one and why you think it's great at: magazine@archerygb.org
A day in the life

Archery GB headquarters at Lilleshall is (usually) a busy centre for our Paralympic and Olympic squads, coaches, managers and operational staff. Over the next few issues, we’ll be finding out more about their roles on a typical working day.

Name: Sarah Smith  
Role: Olympic Team Manager

The main responsibility of my role is managing the Great Britain team on our international events and training camps. Normally we would look to attend three World Archery World cups during a year, together with either a major event such as the World Archery World Championships or the European Championships. The events can last between seven to ten days depending on various factors such as the event schedule itself, flight times, and the distance it takes us to travel. Here’s what a competition day at an international event normally looks like:

6am
I’m normally up an hour or so before the team would meet for breakfast. Besides giving myself a chance to get ready for the day, I am most importantly checking whether any information such as target assignments, meal times or bus times have been rearranged.

7am
Depending on the event schedule, the team would meet for breakfast before heading on to the bus to depart to the competition field.

8am
Together with the athletes and the coaches we would be at the field by this time. The archers would start setting up and working through their usual routines with the staff on hand to help if needs be. The team are all so experienced and focused on what they need to do that they move through this with ease, in turn making my role a lot easier! At the start of an event this gives me chance to check in with the organising committee regarding accreditations, transport and financial information.

9am-6pm
The competition is underway. I’m normally tucked at the back of the field away from the shooting line for general chit-chat should the archers or staff want someone to talk to in-between ends. I am at the field every day during the event in case of the need for an appeal or an emergency. Depending on whether qualification, matchplay or team rounds are on that day, I occasionally have a more involved role. Sometimes I will be asked to be ‘coach in the box’ during individual or team matchplay. It is always an honour to do this for any athlete or team – it is definitely one of the highlights of my role. The days are extremely long and the athletes could be shooting sporadically during this time. We have had athletes finish their qualification round in the morning and then have to shoot competitively again in the late afternoon. We are at mercy of what the event schedule might be!

6pm
The team leaves the venue together to return to our hotel. Depending on the length of the journey, this is a fantastic time for admin! I take this time to check the schedule for the following day, target assignments, and bus timings. I type up our team schedule for the next day, breaking it down to items like breakfast, bus times, practice start time, target assignments etc, to make the day as clear as possible. I’ll send this out through our group chat so it’s saved to the team’s phones.

7pm
During events we will have dinner together, which is a nice downtime moment for the team, when everyone can catch up. The rest of the evening is usually freed up for the athletes, unless we need a team meeting, but they are then left to their own devices.

8pm
The staff will have meetings after dinner to review the day and the remainder of the competition. If we’re not in meetings, this is a chance for me to have an hour in the gym or to catch up on any other bits of work. Then I’ll finish off the day preparing for the next!

If you have any questions for Sarah about her role, please email us at magazine@archerygb.org
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At the sharp end

When Mandie Elson became Chair of Newark Castle Archers three years ago she had barely got to grips with archery, never mind running a club. She tells us how she has steered the club since taking the reins and established its role in the community.
I had a challenging childhood but discovering archery in later life has helped my healing process. I call myself a survivor of childhood sexual abuse, which started when I was about five years old and continued through my teenage years. I never told anyone about it purely because I was manipulated, and it got even worse when the man involved started stalking me after I moved away. I ended up with an eating disorder as a result. At the age of 24, after searching for someone—a psychologist—that I could safely speak to about it, my healing began.

One of the things that kept me going through the darkest times was sport—it was something that I could really fit into safely with the guidance of my counsellors. I dabbled in archery in my youth at Grantham Archers club and loved it but never thought of it as a way to escape from everything. When I finally returned to my home town of Newark I began working in the fitness industry, and soon after met my partner who lived in London. I eventually moved to the city so we could be together but wasn’t destined to stay. We moved back to Newark after a few years and that’s when I picked up archery again after I happened to see an advert—I took a beginners’ course and that was it! Straight away I joined Newark Castle Archers. When I first started going to the club in 2015—a year after it had been set up—I had to be reminded how to do everything from scratch, and after initial struggles discovered barebow suited me best.

Archery lets me be an individual. I can be in a group if I want to and if I want time alone, it’s not deemed a negative thing. Back then, no one at the club knew anything about me so it was like a clean sheet and I was able to slowly integrate and get to know more about the sport, and make friends. I felt really safe—and there’s nothing so empowering as having a bow and arrow in your hand! I still struggle with anxiety and an eating disorder but archery has given me something completely different to get my teeth into.

I can’t express my passion for the sport and the way my life has grown. I see how it gives people confidence, and it doesn’t matter if you’re not a team player—it’s something you can do on your own.

The club’s founder Michael Dutton (who passed away three years ago) helped me so much at the start and not long after I joined, he asked me to become the club’s Development Officer. Eighteen months after I joined the club, Michael sadly passed away from cancer and during his final days he asked me to help run the club as Chairman. I couldn’t refuse him but had absolutely no idea how to run a club so went in completely blind and a few years later, after lots of reading, meetings, messages and mistakes, I am in my element, moving it forward and getting it on the Archery GB map. We now have about 42 members, which is a record because we’ve only been going for five years. From that we also have 14 new juniors, aged eight to 18, which is the biggest number we’ve ever had. It’s been a steep learning curve from day one—and I’ve been so grateful to everyone who’s supported me from that time because I wouldn’t have got very far without them.

Other local clubs were really supportive too—Sherwood Archers, Welbeck Archers and Nottingham Archery Society (I’m Development Officer for the Society), and Archery GB, of course. I keep in touch with Michael’s family and they’re always very appreciative of how the club has developed. Marti Voce is the Club Secretary and she and club member Andrew Baldry were there right at the beginning when the club was established, and still help us keep things running.

My role involves PR and fundraising, coaching and sorting out awards—I devote around 20 hours a week to it. Last year I managed to secure £6,000 of funding through different projects. I didn’t have a clue how to go about it at first—I’ve learned so much! The funding has allowed me to take Archery GB’s soft Arrows kits into local schools and offer beginners’ courses to a local home-educated children. I’m also on various local club committees in order to gain information and knowledge as a way to help develop Newark Castle Archers; it’s the only way to learn. After all these years, I’ve discovered I’m a real people person and I love sharing ideas and learning, even if through trial and error.

Archery has been my mindfulness, my safe space, my place of being relaxed with people who know me but don’t know me. They see me as me, not a victim, not a weak individual, but a person with strength, determination and fun! I will always fight to keep my independence, and meeting a room full of complete strangers with pointy sticks shooting at a target was one of the many things that got me through painful life experiences. I just love archery and do all I can to ignite the passion I have for the sport in others.

When not at the club, Mandie enjoys spending time at the local donkey sanctuary.
About ten years ago my son wanted to try archery so I found a local club for him. It was a four-week beginners’ course and I thought I’d join in. I fell in love with it and continued with target archery for about seven years.

One day I went to the club but had forgotten my sights. I decided to continue without them and discovered it was quite easy. Another member of the club noticed this and suggested I try field archery, which I had never heard of before. They took me to a have-a-go session and I’ve loved it ever since. That was about four years ago, and since then I have joined the International Field Archery Association, National Field Archery Society, and Archery GB’s field archery section. They host shoots (pre-Covid) all over the country on most weekends between March and November, and I usually attend one every week.

I then asked my club (Brent Valley Archers in Middlesex) if I could help with their beginners’ courses. This led to me doing my Level 1 coaching award and then an opening came up in a local school to teach archery. It was my ideal job, and since then I’ve had further school archery appointments teaching pupils aged seven to 18.

Coaching young people requires patiente – an important skill when you are working with seven-year-olds who have so much energy! The student must also feel comfortable with you and trust you. Teaching is a very rewarding role, and when the archer sees their progress they tend to want more. I believe a good coaching structure can play a vital role in the retention of a club’s members. It doesn’t always matter if they don’t hit the gold; it’s about generating a good atmosphere around the sport.

Prior to coaching, my background for many years was in IT but owing to redundancies I decided to train as an IT lecturer. I found I had a knack for teaching and really enjoyed it. One of the major lessons I’ve learned as a teacher is that when it comes to getting your point across, there is no one-size-fits-all. As a coach, if you’re not flexible with your delivery you lose the student’s interest. While teaching a group, I need to keep in mind that the students are all trying to achieve the same thing. However, as the coach, I may have to get my point across in a different way to suit different personalities and methods of learning. That is the real skill because anyone can read a book but if a student is not engaged, learning will not happen.

I later did my Level 2 coaching award and am also qualified as an NLP (Neuro Linguistic Programming) practitioner, and wherever possible I use those skills to reinforce the coaching sessions. These tools include the use of positive language: I’ve found it is easier for the student to accept and understand guidance when they know and feel the instructions are based on a positive start point. They’re improving on something rather than doing it wrong – after all, the very best archers have coaches! The confidence young people gain from the sport can spill over to other areas of their lives – I’ve seen the difference it makes. Any improvement I see in someone, however small, is a joy for me.

Would you like to be a coach? For more information visit www.archerygb.org/about-coaching
Breathing during shooting is one of those aspects that, while perhaps not totally ignored, does not get the attention it should. Many of the textbooks are totally silent on the topic. Consistency of shot is dependent on consistency of breathing which, in turn, delivers a consistent oxygen supply to your muscles. Try to diaphragm breathe rather than chest breathe; it is less intrusive on your posture.

Breathing through the draw sequence
This has the merits of simplicity and is certainly the most memorable technique here:
- Fully breathe in on the draw
- Release to leave lungs 40% full through the aim and release
- Exhale ready for the next shot

The KSL Shot Cycle including Breathing Patterns
The KSL website (see ‘References’ at the end of this article) is a goldmine of information for the archer across many topics. Proper breathing is an essential factor of concentration. When calm, we breathe 12 to 15 times a minute but when anxious this can double. Most people only breathe superficially, using only the top part of their lungs or one-sixth of their lung capacity. However, one can learn to breathe more deeply and slowly, about five to six deep calm breaths a minute. To this purpose the archer must learn and practice diaphragmatic breathing, also known as Zen breathing, every day, until it becomes second nature. There are many detailed references to this on the internet.

Brady Ellison’s Technique
This is demonstrated on YouTube. In brief, he explains as follows:
1. Breathe out fully.
2. As you lift the bow breathe in to about 90% of your capacity.
3. Then as you’re starting the draw let about 25% of your lung capacity go.
4. Then take in about 15% as you come to anchor for a fresh oxygen intake.
5. Then at the aim, let about 25% of your breath go.
6. After the release and follow-through exhale fully.
7. Take a few deep breaths and back to 1.

References:
2. www.kslinternationalarchery.com/Technique/BreathingCycle/BreathingCycle.html
3. https://www.youtube.com/watch?v=UuPtBz2XuDw
5. https://barbeearchery.boards.net/thread/134/breathing
Barebow archery is exactly what it says on the label: a recurve bow without all the bells and whistles that are usually attached to it, like sights, clicker and stabilisers. They are quick to set up and carry around which is why they are popular with field archers. Barebow is also growing in popularity with target archers who struggle with setting sights and under-the-chin anchoring. The only items you can attach to a barebow are an arrow rest and a pressure button. A weight can also be added to the lower riser which must be close fitting, non-shock absorbing, and must not extend beyond the riser. This helps to stabilise the bow on release.

The tuning of a barebow is slightly different than a recurve bow. Generally, a recurve bow will be set with a positive upper tiller whereas a barebow will usually be set with a neutral tiller, i.e. the same tiller for the top limb as the bottom. The bow can be tuned to the individual archer (as shown in the Autumn 2019 issue of Archery UK, so we won’t go into any further detail here).

There are two types of hook you can adopt with barebow. Mediterranean-style is the familiar one finger above the arrow and two fingers below or the standard barebow technique of three fingers below. Shooting barebow is very different to the normal recurve technique. Firstly, there is not a defined anchor point. You can choose to anchor under your cheekbone, at the corner of your mouth or under or to the side your chin and this is very much the choice of the individual archer. There is no right or wrong and very often, when shooting at different distances, you may use a combination of them. By moving your hand up and down your face you are actually moving the back of the arrow up and down to adjust the elevation of the arrow to achieve the different distances and you aim using the tip of the arrow on the gold. Moving your anchor point up and down your face does have disadvantages though as your face is not straight. You have to contend with the curvature of your face when considering your aim left to right, so you need to pay a lot of attention to your string picture. As you have no sight, your string picture will be aligned with your riser which must be consistent with every shot.

By far the most consistent technique is using the three fingers below the arrow and anchoring with the index finger at the corner of the mouth as seen in the attached photograph. If you use string walking – as detailed in the Spring and Summer 2019 issues of Archery UK – to adjust the elevation of the nock end of the arrow you can get very consistent shots. With this method your aim is always with the tip of the arrow on the gold. However, if when using this method you find that you can’t get sufficient elevation on your arrows and they are starting to fall short at longer distances, you then combine gapping in your aim.

Gapping is when you aim above the gold knowing that the arrow will fall below your aiming point. Exactly where above the gold you have to aim is down to your own practice and experience. It could be a point in the red, blue or black. If you find you are aiming at the white then you should consider increasing the poundage of your bow to shoot the longer distances. If you use the under-chin anchor point, then all your aiming will be by gapping because the nock end of your arrow is a fixed point and your elevation is created by moving the bow up and down. At short distances, depending on the poundage of your bow, you will be aiming the tip of the arrow somewhere below the gold, at the gold or above the gold at longer distances. Likewise, gapping can be used for left and right adjustment as well. The poundage of your bow will make a difference to how big the gapping you need to use. Knowing exactly where to aim only comes with experience, so why not start today?

• New to barebow? Let us know how you get on with it at: magazine@archerygb.org
Could you tell me how to measure the tiller on my PSE Stinger Max compound bow? The cam and the idler wheel are two different sizes so I’m not sure where to take my measurements from. Then, how do I ensure that the tiller remains equal if I adjust my poundage?

A Tiller on compounds can be a bit of a tricky one; traditionally, tiller is measured from the fulcrum point of the limb where it contacts the riser or pocket to the string. On a compound, though, you can find that the top and bottom cam are different sizes, especially on a single cam where the idler wheel is almost always smaller than the cam. This will give you an unequal tiller measurement if you are using the standard method of fulcrum point to string. Instead, to get an accurate tiller measurement on a compound you need to measure from the fulcrum point of the limb to a theoretical line that runs from axle to axle – you can find this by running a flat edge or taut piece of string through the centre of both axles. This line will not always be parallel to the string, but measuring the tiller this way will ensure you don’t get an incorrect measurement should your cams be different sizes.

You may still find that this ‘true’ tiller measurement is not the same top and bottom; this isn’t an issue and won’t affect the performance of your bow. The official advice from manufacturers is when adjusting your poundage you should always wind the limb bolts out by equal amounts as this avoids detuning the bow in other areas.

Tiller tuning is where you deliberately adjust one of the tillers so it measures more or less than the other; this is done in order to change the way your bow holds on target. Some archers find this method of tuning quite useful where others say it makes no difference at all.

So when should you try it? If you find your bow constantly pulls down the target and you can’t fix this with stabilisation or form changes, you could try winding the bottom limb out slightly more than the top. Tiller tuning can affect your cam timing and the position of your nock point, so don’t forget to reset these before you test out the change in tiller. Make small adjustments at a time – a quarter turn on the limb bolt is enough. Continue until you notice an improvement in the hold; you shouldn’t need to go much more than a turn difference on the limb bolts so if this doesn’t help then the problem is more likely to be with your bow’s stabilisation or your shooting form.

You can find more advice at www.duncanbusbyarchery.com
If you’re already heading out to shoot at the club in the new socially-distanced format, you might want to give your kit an MOT. There’s an overwhelming array of gadgets to help, but here’s the basic equipment to keep your bow in fine form.

1. **Bracing height gauge**
This is the measurement from your pressure button hole to your string when strung up. Most bows have a different recommended bracing height depending on multiple different factors such as bow style, bow length, manufacturer and limb tip design. Most recurve bows will have a bracing height range adjustment of two centimetres, so a Hoyt Grand Prix 68” bow has a bracing height range of 21.5 – 23.5cm and you can use that room to find the sweet spot in the bracing height range. The way to do this is by setting your bracing height at either the maximum or minimum, shooting three or four arrows and listening to the sound it makes, then putting four more twists into the string and repeating the process. What you are looking for is for the bow to sound the quietest. There might be two-three sweet spots and normally these spots group better as well.

2. **Arrow straightener**
Aluminium arrows can usually be straightened back up, which is great news for all of us, and particularly for those new to the sport!

3. **Serving tool**
A serving tool allows you to reserve the centre serving and end loops after it has worn out much quicker and easier. This is something that can be bought at a later date as a good quality string (looked after well) will last at least 12 months depending on how often you shoot, of course.

4. **String wax**
Your bow string needs to be kept waxed so that is does not dry out and fray. You will want to wax your string at least once a month depending on how much you shoot. You will also want to wax it after you have shot in the rain and be sure to remove any excess wax off the string, otherwise it will cause unnecessary drag – all of this will increase the life and performance of your string considerably.

5. **Allen keys**
The bow creates an enormous amount of energy which creates a lot of vibration that rattles everything loose; you don’t want your sight falling apart or pressure button unscrewing between shots. You want to make sure everything is tightened up at either the end of your shoot or at the beginning. To ensure this, you’ll need to have a set of allen keys that has both metric and imperial units as more than likely your equipment will be a mix of both.

6. **Fletching jig**
Eventually you will end up damaging your fletchings and nocks and will need to replace them. Luckily this is easy enough and all you need is the right size fletchings, nocks, glue and a fletching jig. Wales Archery has a video on how to do this on its YouTube channel, if you are looking to learn.

7. **Nocking pliers**
The nocking pliers are used to set a brass nocking point horizontally so that the arrow leaves the bow at a perfect angle without any clearance issues. Normally if you have clearance issues the tell-tale sign is marks appearing on the shelf below the arrow rest. This can also be caused by finger pressure. The nocking point is tied on, rather than brass ones. These slow down the string. Removing the brass nocking point also gives cleaner string travel.

If you have any questions, please drop Adam a line at AdamL@walesarchery.com
Launched in March 2020, the Evolution Paradox is designed specifically for archers. Featuring Class 1 Optical Quality lenses, the Paradox archery model has a ten-base curve and no nose piece, providing unobscured vision at the point of aim. It is very light with a contoured lens shape so that even without a nose piece it rests comfortably. Both sides of the lens have a highly effective anti-fog coating to prevent misting up. Lenses are made from impact-resistant, shatterproof polycarbonate (complying with EN166F) and are UV400 rated for maximum protection from UVR. Temples are non-slip with flexible tips for a firm but comfortable fit.

The Paradox model is available in three individual colours and a three-lens interchangeable model. The archery-specific lens colour options are shown below.

- **Blue lens** for indoor and outdoor use and designed to highlight the gold
- **Brown Category 3 lens** adding contrast for outdoor use in bright sun
- **Light green-yellow lens** for indoor archery under artificial light, or outdoor with low or poor light conditions

For more information visit: [www.evolutionsunglasses.com](http://www.evolutionsunglasses.com)
In recent years, science and technology has become more and more commonplace in archery. Until recently, how most individuals set their bows up has been based on ‘feeling’. Of course, it’s important to consider the feel of the bow when setting it up, but it’s entirely subjective and influenced by any number of external factors – like how tired you happen to be on the day.

For instance, say you make a change to the stabiliser setup on your bow. It could simply be about weight distribution changes, mount angles and position alterations, stabiliser length or model adjustments. These changes will likely make a positive difference, even being the holy grail of a perfect setup. And then over time the newness wears off and you start tinkering again or reverting to your original setup.

Imagine the game changer if you could accurately record the impact of every little tweak you make and back up your feeling with data? That’s what the X8 shooting system promises. Made by Mantis Archery, the Mantis X8 aims to provide real time, recordable and tangible data on bow movement and stability. I couldn’t wait to try it out.

Does it deliver? First impressions matter, and the Mantis X8 doesn’t disappoint.

Opening the packaging is a treat. The sensor itself is presented in a padded carry case, perfect for keeping it safe and free from damage. First things first, fixing the universal mounting brackets to the bow. That was a doddle. They should either be stuck onto a flat part of your riser or your sight arm. Or simply use 3D printed brackets, like the ones produced by Dutch international archer Sander Dolderman (check out his website www.sanderdolderman.nl). I set mine up on the sight arm. I then downloaded the Mantis app (it’s available for both Android and iOS). Once that was done, pairing the device to my phone was a quick job.

Finally it was time to shoot a few arrows. The X8 sensor recorded all the movements on my bow and then relayed them to my phone via Bluetooth. Using different coloured lines, I could see clearly what my bow was doing at each stage of my shot, from setup, to hold and finally release. I was astounded by the amount of data it collected. It’s hard to describe, so I have included some screenshots to show you. You can review each shot individually or
overlay multiple shots to spot patterns. Each shot is also given a stability rating score between 0 and 100.

The X8 also records the pitch/cant of the bow and the time taken for each shot; breaking each shot down into its different phases and timing these. The app also allows you to manually input where each arrow lands in the target. Pretty quickly I started getting a picture – no pun intended – of what I was doing and what was happening on the target, like when I sped up or slowed down certain parts of my shot. I could also see that when I thought my bow felt like it was wobbling, it was, but not when it mattered.

I started making tweaks to my stabilisation and my shot process, and for the first time, I could genuinely see what those tweaks were doing. Not just how the bow felt, but how those changes were impacting my shooting form and bow set up. Accurate, real time, tangible data. Over a couple weeks, I made adjustments and significantly slowed the bow movement throughout my shot process. I’m also working on not canting my bow anymore, which until using the X8, I was unaware I was doing.

Have I cracked stabilisation yet? Not entirely, but I’m getting close. There’s still an element of trial and error, as with everything. It’s safe to say that without the Mantis X8 I would still be cycling through the different setups I’ve had over the years without really understanding the impact of those changes I was making.

It’s now become a key training tool but really interestingly, it’s also handy for coaching. The Mantis X8 lets you create groups with other users of the app, effectively allowing you to track and follow each other’s data. So coaches can keep track of how their students are performing and make appropriate recommendation, even when personal contact isn’t possible. It’s worth remembering that it’s not only stabiliser setup that can affect a bow’s stability. Changes to draw length, bow weight and holding weight could all play a part. The X8 would therefore also allow you to monitor and track changes to these.

I tested the Mantis X8 on my compound bow, but it can equally be used on a recurve, barebow and, yes, even when shooting a longbow – although obviously in this instance it’s more a question of shot process than stabilisation.

The Mantis X8 is available through a number of archery retailers. In my opinion, it’s one investment well worth making but please keep in mind that it could be classed as an electronic device, so under current Archery GB and World Archery rules you can’t use it in a tournament or competition environment.

Below: App screenshots report back on your shooting skills
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