archery GB

ARCHERY UK

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BRITISH BLIND SPORT ARCHERY SECTION

BRITISHBLINDSPORT

How clubs can give visually impaired archers a warmer welcome

HORSEBACK ARCHERY

Shooting from the saddle?

WINNING AT CLOUT

Improve your long game

HOW TO

TAKE BETTER PHOTOS

Techniques and tips to capture that fleeting moment

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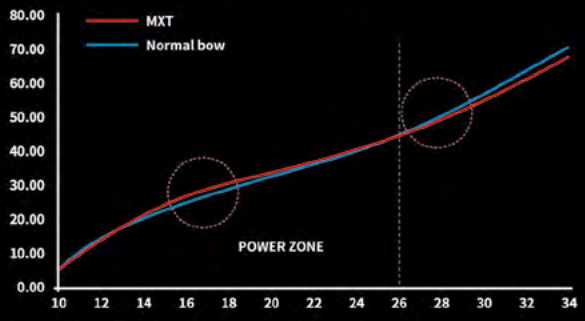

* smoothness is shown by the two points on the graph.

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Archery GB, Lilleshall National Sports & Conferencing Centre, Newport, Shropshire TF10 9AT
Tel: 01952 677888
Web: www.archerygb.org
Email: magazine@archerygb.org

Correspondence with regard to Archery UK including mailing list queries and enquiries about advertising, should be addressed to Archery GB at the address above.

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EDITOR'S WELCOME

SOCIAL: @archerygb

As the seasons change, along with government health updates, it has been a difficult few weeks having to reassess return-to-sport plans and ensure archers' safety, particularly in relation to indoor shooting. We hope you have by now been reassured by Archery GB guidance, in line with DCMS, that archery can continue. Please check the Covid-dedicated page of www.archerygb.org for all related information.

Despite the circumstances we have plenty of good news to share from clubs overcoming the pandemic's challenges, staging competitions both virtual and actual, and generally showing a wonderful sense of unity. Archery GB is keen to help where possible and would like to remind clubs to take advantage of our Rebuild Activity Fund (see page 8), designed to give a boost to those that are struggling the most. On another note, we'd also like to take a moment to congratulate the winners of this year's Archery GB annual awards – see a long list of names in lights on page 32.

For something a little different, we visited the Warwick base of equestrian stunt team, The Knights of Middle England, to find out what it takes to be a horseback archer (page 40). Lessons are available to the general public, so give them a call if you think you can handle a horse and bow. Back at ground level, Goldcrest Archers' Peter Gregory talks us through his tried and tested tips for winning at clout – and if you're a fan of the discipline, you might consider joining the Midlands-based Clout Collective, on page 51.

We also asked prolific archery photographer Malcolm Rees to give us some key advice for taking great pictures (page 34). His images are often used on Archery UK's cover, including this one of Bayley Sargeant at the National Tour Final at Lilleshall last month, so he knows a thing or two!

On page 44, British Blind Sport Archery Section explain how clubs can help provide a warmer welcome to visually-impaired archers – and it's not just the sole responsibility of clubs but those within them who have an opportunity to help new members feel like they belong. Our coaching webinar article on page 56 had feedback from one member who feels that Archery GB can do more to include VI archery content – thank you, your point has been noted by our teams.

With autumn's traditional weather, we could be blessed with fine days as well as grim ones. Our practical pages also cover solutions for whatever comes as many archers prepare to shoot outside for as long as possible.

Finally, you'll notice that we've redesigned the magazine and very much hope you'll like the new look.

Keep us posted on all your news and views at *magazine@archerygb.org*

Vicky Sartain
Communications Editor

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AUTUMN NEWS

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www.archerygb.org
and search 'Magazine'

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

COVID-19 GUIDANCE

Winter archery

Shooting this winter will be a challenge. We know how archery supports both the physical and mental wellbeing of archers. Being a sport where close person to person contact can be avoided, it is a good example of an activity that can be undertaken in a way that is compliant with social distancing restrictions.

Following the government's updated Covid-19 regulations in September and October, archery can take place – indoors and outdoors – provided the guidance is adhered to, and taking into consideration local restrictions. We update the club, archer and coach guidelines regularly, which can be found on our dedicated Covid-19 information page: **www.archerygb.org/shoot-compete/archery-gb-updates-on-covid-19**

Individual targets should be booked by an archer, a single household, or a maximum of two archers from different households.

For competition, please see our competition guidelines: **www.archerygb.org/shoot-compete/compete/return-to-competition**

Archers should not mix targets or groups and should ensure social distancing at all times.

Whether it is indoor or outdoor shooting, please arrive at your club ready to shoot and depart as soon as you are finished. Please look after your fellow archers by maintaining social distancing, washing your hands and if you are displaying any symptoms of Covid-19, by staying at home.

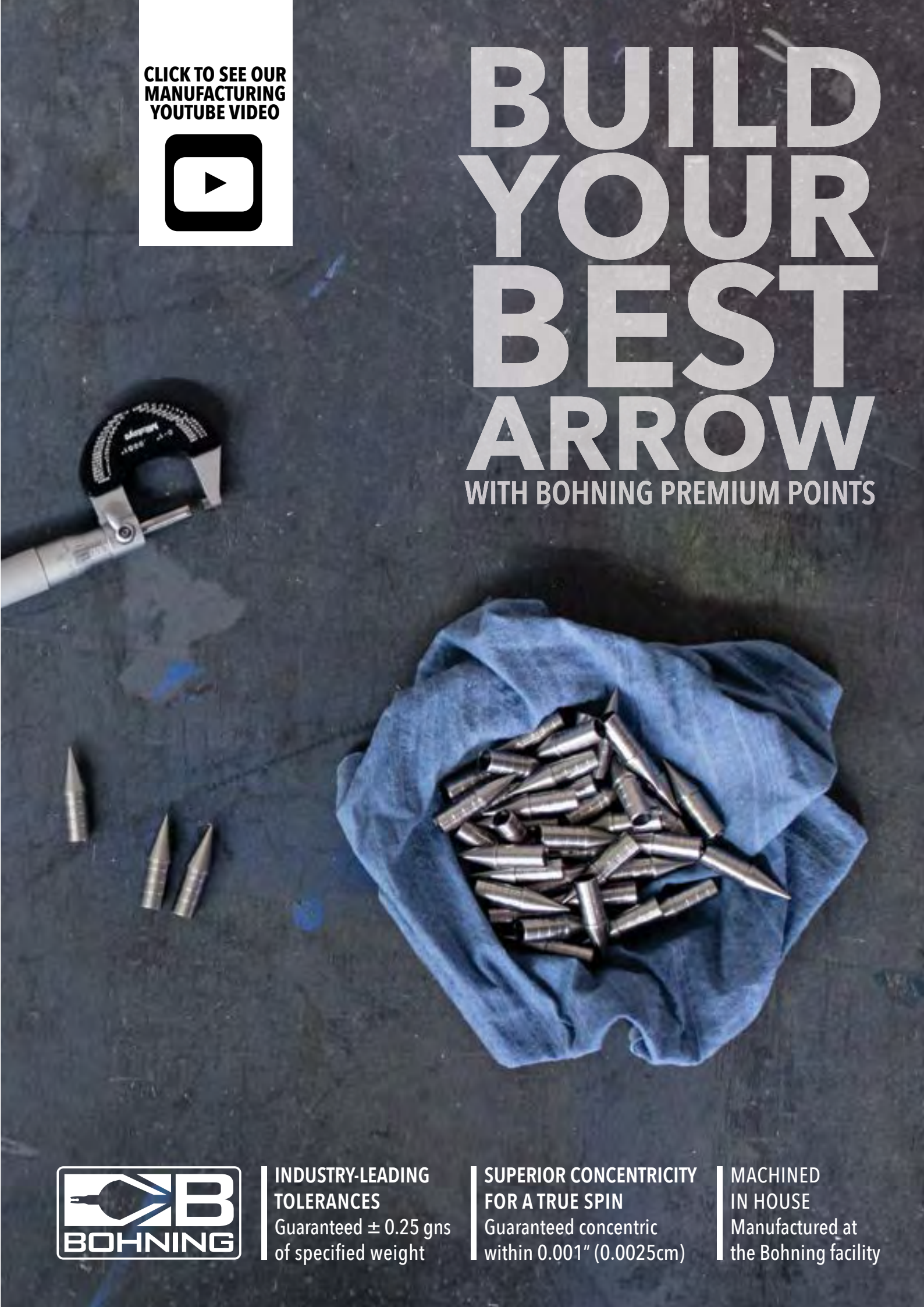
Elite archery, as defined by the government, continues to comply with the Step 1-5 guidelines and is currently operating safely and in line with Step 2.

Please continue to follow updates on our social channels @ArcheryGB on Facebook and Twitter, and remember to keep an eye on the Covid-19 information page on the Archery GB website.

Obituaries

Bev Detoeuf

It is with great sadness that we announce the death of Bev Detoeuf who passed away suddenly on 13 August 2020. Bev was an enthusiastic and accomplished archer and coach, and joined The Archery Foundation's Board of Trustees in March 2019 and immediately demonstrated her commitment to the objects of the Foundation with overseeing the start-up of support for Endeavour Archers, who were awarded a grant by the Foundation in 2019/2020. Bev will be sorely missed by the archery commumity.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Rebuild Activity Fund gives clubs a boost!

ABOVE: *Archery GB's Rebuild Activity Fund is helping clubs return to play - don't miss out on this great financial opportunity*

In July, Archery GB launched a funding scheme to cover the extra costs of restarting archery during the pandemic. We are delighted to report that the Rebuild Activity Fund is doing exactly what we hoped: helping clubs get back on their feet.

Archery GB appreciates that bringing in new people is a vital part of the financial stability of many clubs, and that the financial costs of delivering everyday activities, such as beginners' courses and coaching sessions, may currently be increased due to current social distancing and enhanced cleaning requirements. The Rebuild Activity Fund was launched to help financially-struggling clubs reactivate activity in a variety of ways, for example:

- Pay for a coach to come into the club
- Hire of a new facility to run a beginners' course or coaching sessions
- Purchase additional equipment and/or social distancing measures
- Support a club's reopening
- Enable members to re-integrate (especially those from deprived communities, at risk, or vulnerable persons)

So far, a total of 28 clubs have applied and been assessed, of which 24 applications met the criteria and were successful. We have invited all County and Regional Associations to join in supporting any clubs who apply from their respective areas, while recognising some County and Regional Associations may have their own grant schemes in place. Working collaboratively with County and Regional Associations has helped ensure this pot of funding can support as many clubs as possible. So far, we have received contributions from Archery Northern Ireland, Cheshire Archery Association and Durham & Northumberland Archery Association.

In total, £6,467 has been awarded to support clubs rebuild their activity levels. To find out more information about the Rebuild Activity Fund, you can read the full guidance at: www.archerygb.org/wp-content/uploads/2020/07/Rebuild-Activity-Fund-1.pdf

Ready to apply? Visit: www.surveymonkey.co.uk/r/AGBfund2020

ABOVE: *Thanks to Rebuild, Wymondham Archers have been able to start shooting indoors much faster than they they had thought possible*

Lough Cuan Bowmen is based in Newtownards, Northern Ireland.

Like other archery clubs, the pandemic was to create a new set of circumstances and challenges for the development of archery in the club. While the 'art' of archery would remain the same, what focused the committee's attention was how to put in place a framework which would enable members to shoot in a safe environment and continue to enjoy their archery. There would be significant change and financial implications to how they set up their archery provision. The club's Tournament Officer Bill Latimer, said: "As a club we utilise different venues for our target, field and 3D shoots: the local rugby club for club shooting over the summer and the local leisure centre for indoor shooting throughout the winter. And while we realised that restricted shooting would entail additional costs, we took the decision not to pass these onto our members.

"A communication from AGB promoting the Archery GB Rebuild Activity Fund brought to mind the old cliché: there is no such thing as a free lunch. After all, there was sure to be lots of forms to fill in, criteria to be met, actions justified, and evaluations completed. However, the process was more straightforward than anticipated and easy to respond to. It enabled us to proactively plan for a return to archery for members, think about approaches to retention of members, recruitment of new members and the promotion of archery in the community."

As restrictions eased, the committee started to think about the 'new normal' and what that meant for them, not only on a personal level, but also for Lough Cuan Bowmen. Their first action was to clarify and combine the guidance from Archery GB, NI Executive and Sport NI., to develop an action plan: 'LCB Return to Archery.' Bill continued: "It was evident that there were going to be implications and challenges for our development as an archery club. A key aspect of our initial planning was AGB's Eight Steps to Archery, which provided our foundation for a safe return for our members.

"The first step on our return to shooting was to get the club nights for members up and running again. During the summer we use grounds at the local rugby club. As the rugby club is a shared space we moved our club night to a Friday so that we had sole use of the grounds, then sourced and purchased PPE equipment for committee and members alike. In order to encourage members back to shooting we offered 'fee-free' club nights for the months of July and August and provided members with individual targets and pegs. Over these two months we monitored the ever-changing situation.

"At the end of August, we held a club training day at our field shoot venue. This was a 16-target 'roll-on, roll-off' shoot, with plenty of sunshine and very happy archers. It was great to get positive feedback on what we had achieved thus far. This prompted the committee to set up a club field shoot at the start of September and we were delighted at the support we received."

Bill continued: "We had our field and Covid risk assessments in place, alongside a booking system to facilitate registration. Having access to additional funding enabled us to purchase appropriate levels of PPE and make modifications to our field course, including sanitising stations at registration, the entrance and exit to the course and at all bosses. We also had social distancing measures in place for arrival, registration and departure and appropriate signage on the course. This created a safe environment, which enabled our members to shoot safely, stay safe and enjoy their archery."

The club's next challenge was the return to indoor archery, which depended solely on the local leisure centre's plans for reopening. Bill said: "Some of our committee members met with managers of the leisure centre to discuss a proposal and carry out a risk assessment and develop our 'Return to Indoor Archery' guidance, so that social distancing requirements would be observed. This, of course, meant that the number of archers would be limited. However, we have already held two club nights indoors with very encouraging comments from those who attended. Again, we had to purchase more PPE for committee and members, along with signage outlining the new rules of shooting indoors, and directions to enter and exit the building. The downside of this is since returning to archery in July, the club has had to cover the costs for the club nights in July and August, along with the purchase of the PPE equipment. The shooting fees from the members that attend the club nights indoors do not cover the hire of the hall.

"While a return to archery does create a certain financial pressure, as a club our priority was to return our members to shooting in an environment that was safe and secure, and in which they felt at ease shooting and could enjoy their archery. Archery GB's Rebuild Activity Fund has assisted us to return to archery within an environment that is different, but keeps our members as the main focus of our activities and able to shoot safely and stay safe."

Sarah Ruth Hubbard, Secretary of **Wymondham Archers**, said: "We were thrilled to have received a grant from Archery GB in support of the Rebuild archery campaign; without it we would have been unable to return as swiftly as we have and get into the new normal for archery.

"The funding has been put to good use, mainly providing us with the necessary extra equipment and resources that are now needed to keep our indoor range Covid-safe – one of these being the purchase of transparent screens for our shooting line. We have also used it to help towards the costs of continuing our beginners' courses outside. We have now laid our outdoor shooting shed floor with wire mesh to make it safer in the inclement British weather, along with the now standard consumables like sanitiser spray and hand gel that we provide for our archers.

"This has all proved invaluable and many of our archers, young and old alike, have been reassured by everything we have done to keep them safe and have subsequently returned to our outdoor- and more recently our indoor range."

ABOVE: *City of Belfast Archery Club ran this beginners' course just before the lockdown*

Bowbrook Archers started beginners' courses as soon as they could but quickly realised they had a shortage of 66-inch and 68-inch recurve bows together with an insufficient supply of oversized arrows. Senior Coach Tim Swane, said: "We also wanted to lend new members, who had completed a beginners' course just before lockdown, club equipment that they could keep at home to maintain biosecurity. The lack of equipment would limit the number of beginners' we could train. At the same time, we had identified a £6,000 shortfall in our budget if we could not continue to attract new members.

"We received a £450 grant from the fund and added £250 from club reserves into the total. We have bought six new training bows, 36 oversized arrows and some sights. This has enabled us to train 15 beginners over the last three months."

Bowbrook has also been helping local clubs whose facilities are not yet open by training some of their beginners on the understanding that they will join their local club once it has restarted. Tim said: "We are keen to try and keep local clubs alive because if they disappear there will be fewer local competitions in the future for our members."

The long-established **City of Belfast Archery Club** was very pleased to have been granted Rebuild funding from AGB and Archery Northern Ireland. The club's Joanne Walker said: "The application process was very easy and straightforward, and after only a short time we received the news that funding was granted. We could then start to put our plans in motion for returning indoors. We have no doubt that the funding will have a huge impact on our club's immediate future, and can now plan our beginners' courses and work to re-establish our club at our venue, Shaftesbury Community Centre Belfast.

"Like many clubs around the UK, we will undoubtedly struggle this year to maintain our membership while also trying to secure new membership, but we are optimistic and very excited to get back to indoor shooting."

"Like many clubs around the UK, we will undoubtedly struggle this year to maintain our membership while also trying to secure new membership, but we are optimistic and very excited to get back to indoor shooting. The funding we have been granted will ensure our club nights can continue as the community sports hall we use is now available. We plan to be back indoors (socially distanced and complying to AGB guidelines) in early October."

Their planned club nights will be Monday and Wednesday nights with the funding being used to develop beginners' courses. Joanne said: "We currently have a healthy waiting list and continue to receive enquiries about when we will be running new courses."

Shortly before the pandemic, the club successfully facilitated a beginners' course for a local Muslim women's group (pictured), which was a huge success. Joanne said: "It was such a pity that they could not continue due to Covid-19. It's our hope that we can restart the beginners' courses with a refresher for those ladies who now wish to join the club. Our aim is to further develop our cross community and ethnic diversity membership."

Archery GB Student Ambassador Ffion Edgeley of **De Montfort University Archery Club**, said: "We applied to the Rebuild fund because as a university we've had to rethink our beginners' courses. Usually we have around two beginners' courses at the start of term which we take to a local club. This year we have restrictions on transport because of Covid and a drop in funding, so we decided to host them ourselves, as we have coaches available and will therefore prevent the possible spread to our local club.

"We've not recently applied to any funding as usually we receive money from our £10 membership fee, but this term the university has removed all fees to help make sport more accessible to all students, which has allowed everyone to join a variety of clubs they may not have considered otherwise.

"We applied on the Thursday and on Friday had a response saying that we were successful. We plan to use it to make purchases of some additional bows to allow us to allocate one bow for each beginner, eliminating any reuse between the courses. We will also be buying equipment to help make our range safe: pop-up screens will allow coaches to instruct more confidently and we can also use them between lanes in our general training sessions; we'll have target faces for each of our members and a mover's trolley to move our targets from storage to hall, reducing extended periods of close proximity."

The fund has allowed the club to make their range a safer environment and will help them maximise the interest received by new and returning students. Ffion added: "While some sports and many societies are unable to meet, we can take advantage of this and allow them to remain active and try something new and encourage them to stay with us."

The **University of Kent Archery Club** was grateful to receive Rebuild Activity Funding from AGB in September after applying for it a few weeks earlier. The club's Ella Sutherland said: "As a university club, we face slightly different challenges than public ones due to the ever-changing committee/members as well as having to work underneath our respective university governance. Similarly, our funding comes solely from students purchasing club membership with numbers being a little unpredictable between years, with particular uncertainty due to repercussions from Covid. Owing to this, we cannot plan the usual further development of our club.

"As a result of this, we decided to apply for the Rebuild Activity Fund so that we could run a successful beginners' course to encourage new members, as well as purchasing any extra club equipment that would be needed for this. The application process was simple and we received successful confirmation very swiftly.

"With help from this fund, we have recently hired a coach to help us run our beginners' course for new members. We have also purchased extra-long arm guards and other pieces of kit to give novices the best first introduction to archery. The Rebuild fund has also allowed us to plan the purchase of several new bosses to support a larger member count, with social-distancing measures in place.

"As a committee we are very pleased we decided to apply for the fund as it has provided a vital resource to our club due to the extra difficulties faced by us as a university club, especially during Covid."

The **Cambridge University Bowmen** applied to the Rebuild Activity Fund to help them overcome the problems faced by shooting during the pandemic. The club's Robert Spencer said: "As a university club, we are highly dependent on our annual beginners' course for new members and club funds to hire venues. With the new restricted shooting, the number of new archers we could introduce to the sport was drastically reduced. The funding received from Archery GB has been put towards purchasing physical dividers for the range and additional equipment to increase our capacity from a third to half of normal.

"The application itself was quick and easy to complete and the turnaround from submission to award was rapid. The process has been straightforward and we are very thankful to AGB for the effort they have put in to make it so.

"The grant is worth much more to us than the money provided. Archery clubs across the country are seeing a reduction in the number of returning members. Being able to take in more members this year means that the club will have more experienced archers who can pass down their knowledge in years to come. We are also grateful to the Cambridgeshire Archery Association for their additional support in this project."

For more information and to apply for the Rebuild Activity Fund go to:
www.archerygb.org/archery-gb-launches-re-build-activity-fund-for-clubs-in-need/

Competitions are under way!

AGAINST ALL ODDS, competitions have been tentatively taking place in recent weeks up and down the country, some held virtually and others with tight health and safety restrictions in place. Lilleshall has welcomed competitors in 'closed doors' events, the most prestigious of which was the National Tour Final in September (more details on page 12), which saw a weekend of great activity.

Jon Nott, Archery GB's Events Manager, said: "We also ran an exciting head to head pilot competition in late September at Lilleshall with further social distancing measures in place, using research gained from other pilots. These shoots, and future ones, are testament to our great team of organisers."

And on a very wet weekend in early October, Lilleshall again played host to the UK Masters. The event was a different and new format to previous years' Masters. Saturday was the recurve and longbow day, with both divisions shooting 70m, and Sunday belonged to the compound and barebow divisions, both shooting 50m. You can read more about it at: **www.archerygb.org/the-u-k-masters-2020**

And it's not just Lilleshall that has been welcoming archers back to competitive sport. Jon Nott said: "In Gloucestershire, Deer Park Archers ran a head to head competition on 27 September, which again went really well, showing that even with Covid restrictions, great shoots can take place."

Turn to our Club round-up section on page 20 for more details about how other clubs have handled virtual and actual competitions.

National Tour Final

Compound Day 19 September

Words: Izzy Carpenter

Lilleshall hosted the perfect welcome back to competition with the National Tour Final. For both the archers and spectators, the finals provided the much-needed competitiveness we've missed over lockdown. We were not disappointed with the compound day bringing match after match of high scores, arrow liners and new champions.

The morning kicked off with a sunny and slightly breezy women's quarter-finals. Due to Covid restrictions, the usual National Tour stages were unable to run so all of the athletes were selected using their previous ranking positions from 2019.

In this round, we saw the highest score across the whole day with Ella Gibson's 149. Both of the semi-final matches were neck and neck from start to finish. Bayley Sargeant (above) gained the lead in the final three arrows against myself, Izzy Carpenter, taking the win 141-140. Ella Gibson was also victorious with a 144 to Layla Anniston's 140.

Layla and Izzy went straight into the bronze medal match in which Izzy came out as the winner with 140-135. The gold medal match brought some very close groups but Ella's 141 was not enough against Bayley's 144 which secured her the win and the gold medal.

In the afternoon, the top eight men fought for their place in the semi-finals. Two Mybo shooters, Adam Ravenscroft and Simon Scott,

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shot the first semi-final match with a close 142-140 in favour of Scott. The only two junior archers in the men's category, Adam Carpenter (opposite below) and Matthew Wong, were pitted against each other. It was all down to the last three arrows but Matthew couldn't best Adam's 30-point finish to take him to the gold final.

The bronze medal match showcased some great shooting with Matthew taking the win against Adam. For the last match of the day, Hoyt shooter, Adam Carpenter, was declared the winner of the gold medal following his eight-point lead over Simon Scott with 145-137.

As the first UK live event held under Covid restrictions for 2020, this National Tour final ran smoothly and perfectly to plan. The volunteers, judges and athletes put together a Covid-safe and exciting shoot that can be looked back on as an exceptional success.

National Tour Final **Recurve Day** 20 September

It was another beautiful day at Lilleshall, setting the scene for the recurve day of the 2020 Finals. As the archers said after their matches, they were so thankful and relieved to be able to shoot competitively again, despite their nerves.

The recurve women started the day with last year's gold medal match archers, Naomi Folkard and Jaspreet Sagoo. With the longest match of the quarter-finals, Sagoo and Folkard took the match to five sets with Sagoo taking the win 6-4. Next up, Sarah Bettles against Rebekah Tipping. Bettles took the match 6-0 to move into the semi-finals.

On the other side of the draw, Helen Faulkner and Ruby Paul took the match to four sets, with Paul taking the match 6-2. Bryony Pitman, seed 1, shot against Yulia Larkins with Pitman taking the last semi-final spot winning 6-0.

Sagoo took the next match 6-5 after winning the shoot-off against Bettles with a 10 against a 9. Both archers shot consistently throughout the match. Pitman took just nine arrows, three sets, to put her in the gold medal match, winning 6-0 against Paul.

Paul and Bettles shot next, with Bettles winning 6-0 with 26, 26, 28 to Paul's 22, 25, 22. Pitman, once again, took just nine arrows (three sets) to win the gold medal and take the recurve women's title with Sagoo in second place.

The recurve men started with second seed Keith Harding against Cameron Donaldson. Harding started his National Tour competition with the win, 6-0. Next up, Antony Wood and Conor Hall, both ending in a shoot off. Wood took the match with a better 9.

ABOVE: *Tom Hall won the gold medal in the men's recurve*

ABOVE INSET: *Briony Pitman shot to victory in the women's recurve event*

National Tour Finals newbie, Jacob Reid, was next against Michael Judd. Reid took the match 6-2. The reigning champion shot against Ryan Pinder in the last quarter final match of the weekend, taking the win 6-2.

Harding defeated Wood 6-2 to make it into the gold medal match after shooting a 30 to take the last set. Meanwhile, Reid faced Tom Hall and fought hard; Hall took the match 7-3 after a battle in the middle to also make it through to the finals.

Wood and Reid shot hard in the bronze medal match, with Wood taking it 6-2 to win the bronze medal. The gold final was contested hard by both Keith Harding and Tom Hall. Harding shot consistently 27 four times in a row, however, Hall pipped Harding to take the gold medal 6-4.

Inter Faith Week

Inter Faith Week, as always, will be a chance for all of us to consider how we might better connect with others regardless of religious beliefs or cultural differences

Inter Faith Week's aims are to:

- Strengthen good inter faith relations at all levels
- Increase awareness of the different and distinct faith communities in the UK, in particular celebrating and building on the contribution which their members make to their neighbourhoods and to wider society
- Increase understanding between people of religious and non-religious beliefs

As sport is such a great way to bring people together, we caught up with two Muslim archers to hear what archery means to them:

Sharifa Adam is helping Archery GB expand an outreach project to female Muslim archers in Huddersfield and is also piloting a Community Ambassador role.

She said: "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 new 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!"

BELOW: *Sharifa Adam is working with Archery GB in a Community Ambassador role*

Abdul Raheem Scott is a founding member of Leicester Archery Academy. He said: "I first began shooting in the fields around our home in North Bucks when I was around ten years old, after receiving a bow as a Christmas present. Maybe some older readers will remember that you used to be able to buy Slazenger bows and arrows in small town sports shops, and it was with one of these that I got an early taste for archery. My warmth for the sport lay dormant until my 40s, though, when a neighbour asked me one day on the way to the mosque (I converted to Islam in my late 20s) if I would be interested in helping him start an archery club in inner-city Leicester. Within a few months we had set up Leicester Archery Academy, and soon began tapping into a deep pool of interest in the sport in the Highfields and Evington area and beyond, becoming – before Covid put the brakes on – a vibrant and flourishing club.

"The spiritual benefits of archery are attested by many religious traditions around the world, and

Abdul Raheem Scott, pictured at the forefront, is one of the founders of Leicester Archery Club

Islam has a particularly strong affinity to this ancient and noble practice. Islam is a religion whose followers hold to two essential beliefs: the oneness of God and the prophethood of Muhammad, peace be upon him. The example and teachings of the Prophet Muhammad are the basis of the practice of the faith, and they cover all aspects of spiritual and worldly life.

"There are numerous sayings of the Prophet regarding the benefits of archery, and while on one level these were obviously related to the importance of archery as a martial skill, Muslims believe that all his teachings have an enduring and timeless wisdom that is not limited to the particulars of the historical context of his lifetime. Hence in many Muslim communities, long after archery ceased to have any military importance, archery continued to be practised, most notably in Ottoman Turkey where archery was a very sophisticated and important cultural and spiritual institution. This connection between archery and Islam is almost certainly the main reason for the establishment of many archery clubs in and around Muslim communities in the UK over the last 10-15 years – such as Leicester Archery Academy – as well as the increasing numbers of Muslims joining long-established Archery GB clubs.

"The following are a few of the many sayings of the Prophet on the subject of archery, drawn from carefully authenticated and compiled books of his teachings:

'Learn the throwing of arrows, and do not be averse to it, for the area between the two targets holds a garden of the gardens of paradise.'

"It is interesting to note that, as in the English archery tradition, the Arabs practised using two targets at either end of a range or outdoor shooting space. The English word 'end', which we use for a round of shots, derives from a very similar traditional range set-up. The sacred nature of archery gives the ground between the targets at each end a heavenly character."

'What an excellent diversion for a man is the casting of arrows; and whoever leaves archery after having learnt it, he has rejected a gift of grace.'

"In this, as in other sayings, archery is distinguished from other sports and pastimes in terms of the quality of grace that is conferred on the archer, which is a benefit that the archer is advised not to relinquish lightly. The following is a useful saying for club secretaries to use to encourage their members to renew their subscriptions!"

'Everyone who walks between the two points of the archery field will have merited the reward for a good deed for every step he takes.'

"There is encouragement here for those who worry that they are not taking enough exercise in their archery practice – and it is also a good reason to train on the longer distance rounds."

'There is no harm for any of you to take up your bow when you are overtaken by stress, and thereby do away with your worries.'

"This is one of my favourites, which has no obvious martial association at all but brings about something many archers will recognise: that the simple act of loading, drawing and loosing arrows causes a remarkable reduction in physical and mental stress. Something about loading the bow with tension and then releasing that tension has a parallel effect on the heart and soul of the archer."

At this time of Covid-19, Inter Faith Week is ever more important, helping people continue to come together, make new links and friendships, educating against prejudice and hatred, and volunteering together to help others. You can find plenty of ideas for socially distanced and online activities at: www.interfaithweek.org/resources/ideas

Visit www.interfaithweek.org

ROBIN HOODS

Andi Cooper

Circumstances being what they are, we are very much missing your Robin Hoods! We look forward to receiving your fantastic photos again and in the meantime, here's a variation on the theme (taken by Andrew Oliver) of Andi Cooper from way back when. Andi said: "On 10 February at Winnington Park Bowmen's indoor range, I was shooting my recurve bow on a bray target at 20 yards and managed to put four arrows in the compound's 10 ring. My wife and I have been shooting for just over a year."

NO PLACE FOR HATE

Racism has been brought sharply into focus this year in the wake of George Floyd's death in Minneapolis in May, which sent shockwaves across the globe. As an endemic problem in many areas of society, racism is now firmly on the agenda of those seeking to bring about positive change

October is Black History Month, a poignant time to reflect on diversity issues. Sports bodies have been quick to pledge their commitment to tackling racism but there is a long road ahead that begins with everyone challenging unacceptable behaviour and attitudes, and reporting any such instances to your club's Chair or Secretary.

In September, Archery GB sanctioned two members for misconduct related to racism. One case led to expulsion, the other to suspension and a formal warning. On reflection, we want to share some lessons learned to aimed to help members, club-, county-, and regional officials feel more confident in addressing discriminatory behaviours that have no place in archery.

1 Share the Codes of Conduct

Have you ever read the Codes of Conduct that govern Archery GB members?

The Codes of Conduct identify the behaviours that archers, parents, coaches, judges, and other officials are expected to act by. They set out how you may reasonably expect to be treated, and treat other people.

They are important because they help us protect one another from harmful experiences. We want members to know about the Codes of Conduct so that unacceptable behaviour is more easily recognised and challenged.

>> Share the Codes of Conduct with your members and display them on your notice boards and online.

2 Understand the wider damage

What would you think if you read a Facebook post from a club member that contained racist content, or discriminated against disabled people or was homophobic?

What we do and say on social media can damage the reputation of our club and sport, even when archery is not directly mentioned. For example, if you saw a public message from a coach that had racist undertones, you'd probably feel nervous about giving archery a go, let alone going to that club with a group of friends for a beginners' course!

>> If someone's behaviour is damaging your club's reputation, it needs to be challenged.

3 Challenge unacceptable behaviours

What values or culture do you associate with your club? How would you respond to witnessing behaviour that is harmful? It can feel awkward challenging poor behaviours, but addressing it early on by speaking to someone can save greater pain further on.

>> We encourage clubs to openly talk about their values so to discourage poor behaviours in the first place. When issues do arise, a fair and transparent procedure will make dealing with it a lot easier.

4 Check out the Respect in Archery micro course

It's easy to assume that abuse and discrimination doesn't occur in archery. Unfortunately, it does. This online course draws on real life examples taken from archery and uses reflective questions to help you develop your own approach to creating a safer and fairer sport.

>> This short course is available to club volunteers, coaches and officials on Learning Curve.

Please remember that ignoring racism or other forms of discrimination won't make it go away. If you see or hear anything that makes you uncomfortable at your club, please report it your Club Chair or Secretary. Archery GB staff provide guidance and support to club officials about how to deal with complaints.

Archery is enjoyed by many, regardless of age, gender, ethnicity, sexuality or disability, so it's important that we strive to create a welcoming and inclusive culture for the sport. We encourage everyone who is involved in archery, from participants, club officials, coaches and judges to parents and spectators, to:

- Celebrate diversity within archery
- Take action to challenge unacceptable language and behaviour
- Take action to redress imbalances between underrepresented groups
- Have zero tolerance towards discrimination, prejudice and abuse relating to any of the items shown below:

Safeguarding Adults Week

It'll soon be Safeguarding Adults Week (16-22 November 2020), a campaign run by the Ann Craft Trust, a leading authority on safeguarding at-risk adults and children. The Week is a time when we can all come together to discuss safeguarding. Everyone, from all walks of life, should be aware of the role they can play in helping to prevent abuse. We should all know how to spot the signs of abuse, and the actions we should take if we do.

Key themes of this year's campaign will cover:

- Organisational abuse
- Adult grooming
- Safeguarding laws and legislation
- Safeguarding adults in sport and activity

This year, there will also be a focus on the importance of safeguarding at a grassroots level. Beyond staff, volunteers, trustees and practitioners – what can people do to help prevent abuse?

Please be sure to look out for vulnerable adults, as well as children, at your club. Our fabulous teams of Safeguarding Officers are on hand to help with any queries you may have – you can find out who they are through your club committee or on the club's website. If you see or hear anything that makes you uncomfortable, don't shrug it off. Please contact them in the first instance or a member of the club committee, if appropriate. Alternatively, report it to Archery GB's Safeguarding and Insurance Officer, Anne Rook, at anne.rook@archerygb.org or 01952 602792.

National Safeguarding Adults Week

16–22 November 2020

Tell us what you're doing for #SafeguardingAdultsWeek

Safeguarding & Wellbeing
Adult Grooming
Understanding Safeguarding Legislation
Creating Safer Places
Organisational Abuse
Sport and Activity
Safeguarding in Your Community

Find out how you can get involved at anncrafttrust.org/events

ann craft trust
acting against abuse

Useful contacts

In an emergency dial 999 or contact the local police: 101.
Childline: 0800 1111.
Help for adults concerned about a child: 0808 800 5000

Remember to use the Week's hashtag any time you talk about it on social media: #SafeguardingAdultsWeek

For more information visit: www.anncrafttrust.org/safeguarding-adults-week-2020-dates-themes-and-more

Race Equality Charter

Archery GB will be working with Sporting Equals, who are experts in promoting ethnic diversity across sport and physical activity. Sporting Equals was set up in 1998 by Sport England, in partnership with the Commission for Racial Equality, and is now a fully independent body and a national partner of Sport England.

Sporting Equals, along with wider sector research, has determined that people from Black, Asian and Minority Ethnic (BAME) communities still encounter significant disparities. Sporting Equals has developed a 'Race Equality Charter' which will help Archery GB capture ethnicity data and intelligence, commit to tackling underrepresentation at all levels through positive action and celebrate positive role models and stories.

Single distance handicaps proposal

Archery GB welcomes your feedback

Archery GB is pleased to be working with Peacock Archers' Mark Roberts, who has kindly volunteered his time to help us create classification tables and handicaps for single distance rounds, which are more crucial than ever owing to Covid restrictions on target movement.

While Archery GB is not yet officially adopting these classifications, we encourage clubs to try them out and send us feedback. We will be using Mark's work as a guide when we start a full review of the handicap and classification system – these single-distances will be highly beneficial to our review as they fill an increasingly important lockdown-induced gap in the classification system.

Mark said: "With the lockdown rules restricting target moves, we've been trying to find creative ways to keep our members motivated, especially newer members and juniors who found themselves unable to shoot the multi-distance rounds they would normally shoot to pursue their next classifications. More experienced archers can reach the WA50m, WA 60m and WA 70m rounds, but while there are shorter single-distance rounds in the Rules of Shooting (the Metric 122-50, Metric 122-40, Metric 122-30, Metric 80-40, Metric 80-30), they don't have handicaps or classifications listed.

"I do a lot of work with the handicap and classification systems, and had been working with Katy and the Archery GB events team on a few projects recently, such as the Barebow Rose Awards and classification reviews, so had all the scores and algorithms at my fingertips. It's trivial to calculate what the classification scores and handicaps should be for any given round, so we decided to fill the gaps in the tables and encouraged our members to use the scores to motivate themselves and re-engage with the classification system that the lockdown had, until now, made inaccessible to them."

Please see the 'Single Distance Handicap and Classification Tables' on our website: www.archerygb.org and searching 'Single distance'.

Prior to going ahead with a more formal review of the adoption of these new classifications, we would appreciate members' views on the pilot handicaps. Your creative ideas and suggestions are always welcome.

Please send your feedback to: katy.cumming@archerygb.org

Paralympic archer John Cavanagh retires

Archery GB regretfully announced the retirement of five-time Paralympian, John Cavanagh in September. One of Britain's sporting heroes, with a gold medal win at the 2004 Paralympic Games in Athens and silver at Beijing in 2008, John has enjoyed an enviable career that has taken him around the globe. Sadly, an ongoing shoulder injury has led to his early retirement from the sport.

John's introduction to archery followed a skiing accident in the late 80s, when he was undergoing rehabilitation for his injuries at the Stoke Mandeville Spinal Injuries Unit in Buckinghamshire. A gradual improvement to his health meant that he was able to shoot at a local club, and soon after he began competing at outdoor events. By 1995, John's natural talent and competitive streak had taken him from casual shooter to the European Championships in France as part of the British para archery team. He attributes the journey in between to the sport's initial unpressured nature that allowed him to progress at his own pace.

ABOVE: *John's illustrious archery career includes attendance in five Paralympic Games*

Reflecting on his 31-year archery career, John said: "Retiring from the competitive aspect of archery at the end of this summer has actually been my intention for a couple of years. The plan was to try and compete at the Tokyo Paralympic Games and then finish regardless of whether or not I made the team. With the Games now postponed for a year there was an option to continue into 2021 but the steady worsening of my long-term injuries means that this is not possible – and to attempt to do so would only exacerbate the problems.

"The sport has gone through so many changes over the three decades of my participation – certainly at the elite level it is the support provided by UK Sport since 2001 that has had the most influence. The way the squads and training are run and supported has been vastly improved. The most interesting period for me, though, was during many years as an athlete rep. During this period the governance of para archery transitioned from the International Paralympic Committee to World Archery, such that now it is a fully-integrated division of archery worldwide. However, it will still be some time before all countries understand the importance of equal recognition for their para archers.

"What I will miss the most are all the various archers, judges, and volunteers from the worldwide archery family that I have regularly met at so many international tournaments. Some have been around for just as long as I have! What I definitely won't miss are those pre-5am starts before spending all day on a windy, wet, cold and muddy archery field!"

Tom Duggan, Paralympic Performance Manager, said: "John has been a fixture of the para archery landscape for a long time, whether as part of the BWAA, the domestic competition scene and of course as part of the GB team at numerous European, World Championships and five Paralympic Games. John's knowledge, experience and passion for the sport, not to mention his achievements within it, are outstanding. None of us would be here, doing what we are privileged to do as staff and athletes, without the hard work and achievements of people such as John, so we owe him a big debt of gratitude."

OPPOSITE: *John Cavanagh's retirement from elite sport was announced in September*

Main photo: World Archery

"None of us would be here, doing what we are privileged to do as staff and athletes, without the hard work and achievements of people such as John."
Tom Duggan, Archery GB's Head of Paralympic Performance

CLUB ROUND UP

Send us your club news magazine@archerygb.org

AGB Chair visits Bowmen of Backworth

On Sunday 13 September, Archery GB Chair Mark Briegal and his wife Clare were delighted to visit the Bowmen of Backworth in North Tyneside.

They met Club Secretary Keith Ritson, Records Officer Maureen Ritson and Chairman and Treasurer Chris Cornell, who showed them round their very beautiful field at the Backworth Miners' Welfare and explained their plans for new and expanded storage on the site. Backworth is a long-established club offering opportunities for all ages and abilities, including para archery.

Mark said: "Whenever I'm in a different part of the country I try to visit an archery club. Clare and I were dropping our youngest back at Newcastle for her final year of uni and took the opportunity to visit Backworth. It was such a friendly club and it was great to see a range of archers shooting all bow types. The club has made the best of Covid and managed to get back to shooting. Thanks to all the Bowmen, Bowwomen and Bowchildren (to quote their website) at Backworth for making us so welcome."

www.bowmenofbackworth.org

ABOVE: *Archery GB Chair Mark Briegal, pictured second from right, with members of the Bowmen of Backworth*

Mayoral visit to mark CMO Bowmen's diamond anniversary

July 2020 marked the start of CMO Bowmen's 60th year, and on 5 September the Croydon-based club was honoured by a visit from the Mayor of Croydon, Councillor Maddie Henson.

The Mayor was joined by her Macebearer, Nick Evans, to begin the club's year of celebrations.

The Bowmen's base is at Cumnor House School, which like many other school landlords around the country, had concerns about reopening their premises to third parties in the pandemic. However, the school's 60-year relationship with the club won out, with the day's celebrations leading to a resolution to introduce the sport to many more pupils and school staff.

The Mayor was welcomed to the CMO field by the Chairman, Mike Cale and Club Secretary, Martin Walton. She was then introduced to distinguished guests Mike Seaton, Executive Head of Cumnor House Schools (CMO's Landlords), Steve Tully, Independent Board Member representing AGB, and Dave Morris, President of County of Surrey Archery Association (CSAA).

There was also a warm welcome for all guests from the CMO committee and some club members who were participating in the scheduled shooting activities for the day and the socially-distanced outdoor club AGM arranged for later.

The Mayor was also introduced to Neil Mason, CMO Junior Development Officer and to the three CMO archers who represented the Borough of Croydon at the London Youth Games in July 2019. The three young ladies were Maya, Ramona and Ruby who had performed exceptionally well finishing ninth in the competition, despite missing the fourth member of the team who was unable to attend or shoot on the day.

The Mayor thanked the team for their wonderful efforts, stating that one of the reasons for her visit was to encourage more young people to get involved, not only in the sport of archery, but also in actively supporting the Borough in the many sporting and cultural activities planned during her year in office.

CMO recently had success at the London Youth Games with three of their juniors winning a team award for archery. The Mayor and School Principal were each introduced to the junior team and were then given some (socially-distanced) archery tuition before successfully loosing arrows into the gold.

Another important reason for the event was to invite the new

LEFT: *Neil Mason, CMO Junior Development Officer, and youth team Maya, Ramona and Ruby*
BELOW: *Councillor Henson was pleased with her gold score*

Executive Head of Cumnor House School to meet club members, experience the thrill of archery (in his case hitting the gold) and to learn more about the club, with plans for many more years of archery activities at the venue.

CMO Bowmen is a friendly, inclusive, community-based archery club, a member of the AGB on*target* scheme (and winners of the on*target* Cup in 2018) who wish to encourage participation in the sport of archery at all levels from beginners to Olympic representation, and are fortunate to have the resources to facilitate this.

www.cmobowmen.org

Newark Castle Archers secure indoor venue

Covid-19 has affected us all and changed the way we pursue our sport. Newark Castle Archers had the added challenge of both their outdoor and indoor venues being closed due to one being a rugby club and the other a school.

Not wanting to be phased by either of these challenges, Club Chair Mandie Elson, took on the task of securing venues for the future return to archery. She explained:

"Outdoor was relatively easy as the rugby club was very eager for us to return as they had lost all revenue streams, and once I sent them our risk assessment and rules, they gave us the green light. Our indoor venue was very uncertain so I started taking steps in August to see what we could do as a club. The first step was to have something to offer our members so that they would renew their Archery GB fees. Like many other clubs, we were facing the prospect of having to continue shooting outdoors during indoor season at our summer home. Frostbites are the way to go so I purchased some badges and put the message out that we would be shooting at least once a week outdoors. Members were happy!

"Questions from members were then coming in about indoor season and I started to make enquiries at other clubs to see what they were doing, and each time they came back with: 'Indoors is not happening as it's too expensive and numbers will be low, so we're not bothering'. This was sad to hear so I got straight onto our contact at our usual academy-owned venue, Magnus Community Sports Centre, and started the process of us possibly hiring their sports hall. They said that the only clubs they would entertain would be ones with valid risk assessments and rules and regulations in place. I immediately sent those details. We then arranged to meet at the sports hall to discuss their procedure for entering and exiting the building, the sanitising system and to confirm that all members would wear masks unless shooting, and that we'd have restricted numbers. I pointed out that my only concern would be covering the hire fees for the 2.5 hours we normally have, as numbers are so restricted we can't get enough archers in to cover it."

Mandie negotiated a deal with the Centre to secure the club's winter venue – offering a few archery sessions for their students in the future to sweeten the deal. Mandie said: "Within a few hours we were offered a 5-10pm slot for the same fee as our normal session so now we can run two sessions within that time and cover the cost. For me, every club needs to sit with their venue host and discuss possibilities around their hire fees as at end of the day, schools and private venues are not making any money and some money is better than none. Don't write it off based on what you have paid in the past as we are in a different place right now and I'm sure some of your avenues will be happy to have you back."

www.newarkcastlearchers.com

BELOW: *Newark Castle Archers have returned to shooting at their indoor venue*

Guildford Archery Club hit the headlines

Local television news programme South Today paid Guildford Archery Club a special visit on August Bank Holiday Monday and broadcast live from the archery range.

The club has hosted an annual regional archery competition known as the 'Acorn' every year since its formation in 1954. Earlier this year, the event was cancelled due to the pandemic, but as restrictions began to ease the committee felt that they wanted to find a way to maintain the club's tradition, and with guidance from Archery GB, a new socially-distanced format was tried. This year's event was renamed the 'A-corona-corn'.

The BBC got wind of the story and decided to run it as a 'good news' feature on each of its Monday daily news bulletins. Steve Tully, Archery GB Director and member of the club, (pictured top with reporter Jo Kent), said: "There was much excitement when the TV camera turned up at the ground but that soon turned to nervous anticipation when reporter, Jo Kent, revealed that an interview would be going live to air on the lunchtime news!"

BBC South Today broadcasts to a region to the west of London covering Dorchester to Oxford and Worthing on the south coast and is viewed by almost a million people.

The programme was keen to reinforce that archery is a safe Covid-friendly sport and competitive events are now possible as long as strict safety protocols are followed.

Traditionally the Acorn event attracts more than 150 archers and normally more than 200 people attend the family-friendly shoot, competing in a Hereford round format. This year things were very different. The event was attended by representatives from 14 clubs and shot over three separate six dozen arrow sessions. Each session was limited to 20 archers with only two archers per target. In total, 60 archers took part in the competition.

Social distancing was observed throughout the day and the range layout was modified to ensure adequate spacing between targets. Numbers were limited to 30 people on the range at any one time and archers competed at a set distance and target size, depending on bow type.

Club Chairman, Simon de Kretser, said: "An online booking system was employed which enabled a simple track and trace system to be introduced and hand sanitisation and controlled access to the clubhouse facilities were carefully observed."

The Acorn shoot has record status but this year the changed format only permitted friendly competition to take place.

In addition to the live lunchtime broadcast, BBC South Today also broadcast features on the evening and late night news programmes. They helped deliver the message that archery is a Covid-safe sport and to join Guildford in offering an invitation to all past and current archers to dust off their bows and start shooting again.

www.guildfordarcheryclub.co.uk

CLUB COMPETITIONS

Cheshire virtual champs are a real success

WITH MUCH of the competition calendar cancelled over the summer, some clubs have been opting for virtual archery competitions. Cheshire Archery Association Chairman, Peter Gregory, explained: "With our County target championships dates fast approaching, I thought it would be a great idea to hold a virtual championship, so with the help of our Cheshire secretary, Ann, we informed all Cheshire clubs that on 1-2 August all seniors and juniors could take part in a competition. Due to time restrictions and availability that some clubs faced, I thought it would make more sense to do a six dozen round of 720s. I accepted the results via email and Whatsapp, and more than 110 people took part. We had a fantastic response from archers saying what a great substitution this was. The results were worked out the next day and posted on the Cheshire website and Facebook."

Peter then had another lightbulb moment to run something similar for Northern Counties' archers. He said: "I contacted NCAS President Chris Battersby and asked for his thoughts on expanding what Cheshire had successfully run and he agreed it would help archers feel involved with competitive shooting without the travelling and social gathering. So with the thumbs up from the NCAS Chairman and help once again from Ann, we contacted all the club secretaries with the details of the rounds to be shot. The date was set for 5-6 September when more than 260 archers took part.

See what Yorkshire's Thirsk Bowmen had to say about the competition overleaf.

www.ncas.co.uk

Check out our all NEW website at:

www.walesarchery.com

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Thirsk Bowmen participation in NCAS virtual competition

Thirsk Bowmen in Yorkshire were awarded on*target* Performance Status earlier this year, and haven't let the pandemic slow them down. So when the Northern Counties Archery Society ran a virtual competition in September, they jumped at the opportunity to take part.

Under great organisation, 22 members came along to represent the club. Some were veterans of competitions, some taking part in one for the first time. Club secretary, Kay Farrer, who helped organise Thirsk's participation, said: "A couple of people who'd never even shot metric rounds, and had no sight marks, just got on up there. It was really good fun."

The club was delighted by how many members came forward to represent them – archers of all ages and abilities with all the different bow styles. Kay said: "They certainly did archery proud!"

Despite some bad weather, and having to stagger everyone's shooting time, everyone really enjoyed the event. There was great enthusiasm from the club's junior archers too, with no less than six determinedly shooting through wind and heavy rain to put in some great performances.

Club Chairman, Ian Hunter, summed it up: "It was just great to see so many of our archers coming out despite the wind and rain and enjoying the weekend – a refreshing reminder of better times."

www.thirskbowmen.org.uk

Stafford shoot in Norfolk

Owing to the current rules and uncertain future, the Norfolk Bowmen annual Record Status Stafford shoot will not take place as usual in January. Instead, on Sunday 20 September the club decided to run a Covid-secure, two-session Stafford held outdoors, and of course run to comply with social-distancing restrictions.

Bosses were spaced at four metres, with only one archer per boss. Archers scored and pulled their own arrows and took their target face away at the end. Bosses and clipboards were sanitised prior to each session and new sanitised faces were used for each one. Everyone complied with the rules and great fun was had by all at this first outdoor competition in Norfolk this year.

www.norfolkbowmen.co.uk

BELOW: *Thirsk Bowmen entered a virtual competition held by NCAS*

Intergalactic titles secured at Targetcraft Archers

Who would have thought that his Excellency Sheev Palpatine, Darth Vader, Kylo Ren, Jar Jar Binks and Wicket Warwick would descend onto our West Lodge shooting ground to compete in an intergalactic battle?

Or put another way, how do you keep a club's most competitive archers focused on practice when county, national and international tournaments have been suspended?

Targetcraft Archers in Northamptonshire is fortunate to have a dedicated shooting ground available to club members 24/7. It was among the first of Northamptonshire's clubs to recommence shooting once AGB guidelines had been implemented. Like most clubs, Targetcraft has a wide range of members, from the recreational to the highly competitive archer. Tim Bull, Coaching Officer, said: "Our members include past, present and, we hope, future international

athletes and others who regularly compete for their county. The majority of these competitive archers are building their practice through the season with an eye firmly on the competition calendar. With all competitions abruptly cancelled, the concept of meaningful practice had the potential to be lost."

The club's coaching team decided to see if they could replace the shooting calendar with a unique competition and format. After a little head scratching the Targetcraft Social Distance Challenge 2020 was born. The first challenge was how to make the competition fair for a mixture of compound, recurve and one longbow archer. Tim said: "Our Records Officer, Bob Reid, introduced us to a handicap table based on a 15-arrow round, which was perfect for our needs. We decided on a match format of all competitors shooting at 50m on an 80cm face. A match would consist of three 15 arrow sets.

"We had 11 competitors and each were tasked to shoot ten matches over a number of weeks. Each competitor then emailed their score and each score was added to their next match. Three points were awarded for a point win; two points for a handicap adjusted win. In order to help maintain focus and as we were publishing each week details of the league table, we decided against using the archers' real identities. Instead, each was given a character name from the Star Wars films and in each of the weekly newsletters clues were given as to who was who. That became another competition completely."

After all competitors had shot their ten matches, the semi-finals and finals were arranged to take place in person at their range. They had hoped that all those who had competed would be able to attend but the worsening pandemic situation and subsequent government advice meant that only those who made the finals were in attendance.

For the finals, instead of the handicap adjustment, a different system was used to 'level' the field. The archers' highest 15-arrow score was taken from their match results; the score was then taken from the maximum possible score (150). The difference between the two would then be added to their shot score in the finals. In theory, if each competitor shot to their best, they would achieve a maximum score and enjoy a one-arrow shoot off.

On Sunday 20 September Sheev Palpatine, Darth Vader, Kylo Ren, Jar Jar Binks and Wicket Warwick gathered at the club's West Lodge field and competed not only for intergalactic glory but star-shaped medals and Haribo Star Mix.

First it was an eliminator between Darth Vader and Kylo Ren to see who would go forward to face Jar Jar Binks in the day's first semi-final. A 15-arrow score of 136 was sufficient to remove Mr Vader from the competition.

The first semi-final was always going to be a tough challenge: a former international archer versus a current international and both national junior champions in their day. Jar Jar Binks had been in great form prior to the semi-final. They had in their previous matches posted an awesome score of 148. But this was to be their undoing! Jar Jar Binks beat Kylo Ren by a single point but were then crushed as Kylo added their ten 'match' points to their score while Jar Jar could only add two.

The favorite was now resigned to shoot for bronze and Kylo Ren was through to the gold medal match. The second semi-final pitched an Ewok, still learning their craft at the Academy, against the vastly experienced Emperor. Wicket Warrick fought both the elements and the Emperor but eventually had to accept defeat with a two-point loss.

In the Bronze medal match Jar Jar Binks recovered their form and despite worsening conditions, put together a very impressive performance to beat Wicket Warrick and take the prize. The gold medal match pitched the Emperor against his apprentice. Conditions were terrible but Kylo Ren was eventually crowned Targetcraft Intergalactic Social Distance Challenge Champion 2020.

The challenge, while not replacing club, county, national and international competition, did provide some light relief to the pandemic and hopefully helped provide motivation for meaningful practice.

The cast of TargetCraft's Social Distance Challenge: Kylo Ren – Jon Bull; Sheev Palpatine – Steve Allen; Jar Jar Binks – Iulia Petre; Wicket Warrick – Archie Bromley; Darth Vader – Aaron Waddington; Chewbacca – Phil Bailey; Obi-Wan-Kenobi – Tim Bull; C-3PO – Bob Reid; Watto – Corin Wilcox; Yoda – John Duggan; Boba Fett – Geoff Wilcox.

www.targetcraft.org

ABOVE: *Norfolk Bowmen's Stafford Covid-compliant September shoot*

BELOW: *Jon Bull emerged the winner of the 2020 Targetcraft Social Distance Challenge*

Bowbrook return to competition

At June's Bowbrook Archers Committee meeting, the attendees were asked for ideas for club activities that could be rolled out as soon as restrictions were lifted on gathering outside. Some sort of socially-distanced fun competition was mooted. The events team's Joe Becker, Jo and Lauren Rawlings kept an eye and ear on developments coming from Archery GB. Rumblings started with test events: Orton's field competition, then Woking's target competition for 30 archers. Information was gleaned on how these events ran by Bowbrook members and associates that attended these events (thanks to Connor Hall, Ryan Holden, Patrick Huston and Eleanor Piper).

Plans were made for a 720-style competition using World Archery rules, and scores would be entered by Joe on the Ianseo system, open to all in the club members first, then places offered to any archer interested. The event would be held over two days with seniors on 29 August, and juniors and parents on 30 August. The field would be set out on the Saturday with distances from 30m to 70m, and Sunday distances from 10m to 70m. Every bowtype and ability was encouraged to choose their own distance and enter.

Marese Seabury, Bowbrook Secretary, said: "Excitement began to bubble amongst the organisers Jo, Joe and Lauren as beginners who had only recently finished their courses signed up. Bowbrook club members shooting compound, freestyle, barebow, longbow, American flatbow, traditional bow and Mongolian horsebow entered and requests were coming in from elite archers and Archery GB academy archers wanting to do the double (morning and afternoon session). We were just waiting for the Archery GB Covid risk assessment to be released. Everything else was in place. Patrick Broughton had donated some TVs, Jonathan Walton's organised for us to have surveyor tripods that would support the TVs, and the grounds team were organised. A polite request was sent to the elite archers to wear club shirts/sponsored shirts so that their inclusion wouldn't intimidate those new to target competitions, seeing as this was after all a fun shoot. Archery GB released the Covid risk assessment and a suggested layout for the field the club was ready."

ABOVE: *Bowbrook Archers organised a successful fun shoot for members young and old*

The club had made all necessary information available to archers on the Ianseo website, including the schedule, field layout, the competing archers and target lists.

The day of the Saturday shoot arrived and Anja Rawlings manned the gate, checking Archery GB cards and cars were directed to park in lanes behind the tent line. Each archer new to competition was paired up with a person who had done competitions before who could guide them through the experience, explaining the etiquette of scoring and marking arrow holes, at a safe distance. Marese said: "On the left-hand side of the field there was a friendly atmosphere of help and encouragement while on the right-hand side the atmosphere became more intense and focused. Somewhere in the middle was the 70m longbow friendly battle between the current Chairman Jonathan Walton and the previous Chairman Sam Dixon!"

On the second day, parents and juniors got to shoot together, most of whom were competing for the first time. Similar to the day before, the atmosphere was friendly and relaxed across the field with archers of all ages and experience levels shooting together. Due to Covid, there were no presentations held over the weekend. However, certificates were sent out to all the winners.

Marese added: "The feedback on social media was incredible, leading to most of the competitors entering their next competition, the September Sundown, on 19 and 20 September 2020. Bowbrook firmly believes in being all inclusive across all ages, bow styles and abilities, so the success of their first 720 is a great boost."

Conditions allowing, Bowbrook looks forward to holding many more competitions next year.

www.bowbrook-archers.co.uk

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RULE CHANGES

Immediate changes

Due to Covid-19 there have been many changes to the way that archery is undertaken. It is expected that these changes may be with us for many months, so the following changes to the Rules of Shooting are being implemented immediately to avoid any doubt or confusion.

Range Layout

Outdoors - The proposed temporary amendments to rule 301 (b) (i) and (ii) are as follows (amendments in purple):

(b) Minimum spacing of target boss centres shall be:
(i) Archers shooting singly or in pairs – 3.66m (12ft)
~~(ii) Archers shooting in threes – 3.66m (12ft)~~

Indoors - The proposed temporary amendment to rules 402 (c) is follows (amendments in purple):

(c) Target boss centres shall be placed a minimum of 2m apart.

Social distancing rules maintain that we ensure the sport continues without close contact. The Returning to Archery guides provide further information for club officials, archers, and coaches on the temporary regulations. These rule changes are temporary but likely to be enforced throughout 2021.

Floodlights

There is no rule concerning floodlights and shooting in the dark. Therefore, the proposed amendments to rule 302 (d) are as follows (amendments in purple):

(d) **Access and Visibility**

(iv) The whole of the safety area must be visible so that the Field Captain has total control of the shooting and safety area. Additional lighting (e.g. floodlights) can be used if necessary, to ensure full visibility for the shooting area AND the safety area.

The use of floodlights may be more widespread this autumn and winter and may attract interest from the general public. Extra care must be taken to ensure that all possible entries to the field are under the control of the organisers. The use of lights to only highlight the target and/or target face is not permitted.

Proposed changes

Below are proposed rule changes. Each one is listed separately, together with the reason for change. Feedback or comment from the membership (email rules@archerygb.org) is due within two months of publication, and depending on the outcome of that feedback, changes will be implemented in April 2021.

Gender Neutrality

To date the rules of shooting has an opening statement on using masculine wording for simplicity. Archery GB believes that in 2020 this is outdated and the rules should be gender neutral to live up to being an inclusive sport.

> **1. Gender**
> The Rules are written in the masculine for simplicity and avoidance of repetition. Unless the context deems otherwise, all references to males refer equally to females.

This statement will be removed in its entirety and all references to males replaced with gender neutral wording without changing the original intent of the rule. The remaining statements under Introduction will be renumbered to reflect this.

Recognised Rounds

We have received many comments about round names which may discourage some archers from shooting a round that suits their personal circumstances. If any round name was changed, any records or achievements associated would be maintained, and it would only be a change in the name of that round.

Comments and suggestions are welcomed on changing the round names for the following families of rounds – specifically those with the words "junior".

- Nationals; Warwicks; Westerns and Windsors.

Approved Scoring Systems

In part due to the changes archers have had to endure because of Covid, there are some slight amendments to the scoring system's wording, mainly to support participation in non-record status competitions.

The proposed amendment to rules 306 (b) is as follows (amendments in purple):

306 (b) It is mandatory to adopt a system of recording scores. In line with the options in Appendix A – Approved Scoring Systems.

306 (c) (added) – Local rounds are not subject to Rule 309(a) and may be shot in any order as deemed necessary by the organiser, or their agent(s).

The purpose of the additional wording under Appendix A is to support scoring using electronic means, which is standard at national competitions.

Appendix A

1. Approved scoring systems are given below. However, none of these systems absolve all the archers from their responsibilities to ensure that all score recording is done correctly.

Part 1

2 (e) Double scoring where one scoreboard is electronic, and one is paper based. The archers can choose to pass the scoreboard round or have one person complete the paper and one person complete the electronic – as at (b). The electronic scorecard must record the individual arrow values. Using this method for Archery GB or World Archery Rounds requires that the World Archery Rules in book 3, section 14.4 and 14.4.1, are adhered to by the archers and the results operators, with adaptations as needed to reflect Hits and Golds or 10s and X's/9's dependent on the round shot. This supersedes the Archery GB rule, and its sub sections, at 306 (g).

Part 2

3. At non record status tournaments and club target days any of the above methods may also be adopted. In addition:

Part 3

4. Postal (or remote) style competitions may be organised. Archers are permitted to record their own score, either on paper or an electronic scorecard. The organiser of the postal competition should make sure that the method of scoring is clearly communicated to the entrants. These scores will only be recognised for the purposes of the postal/remote event, no classifications, handicaps or records may be obtained.

AC Delco

September tournament goes ahead

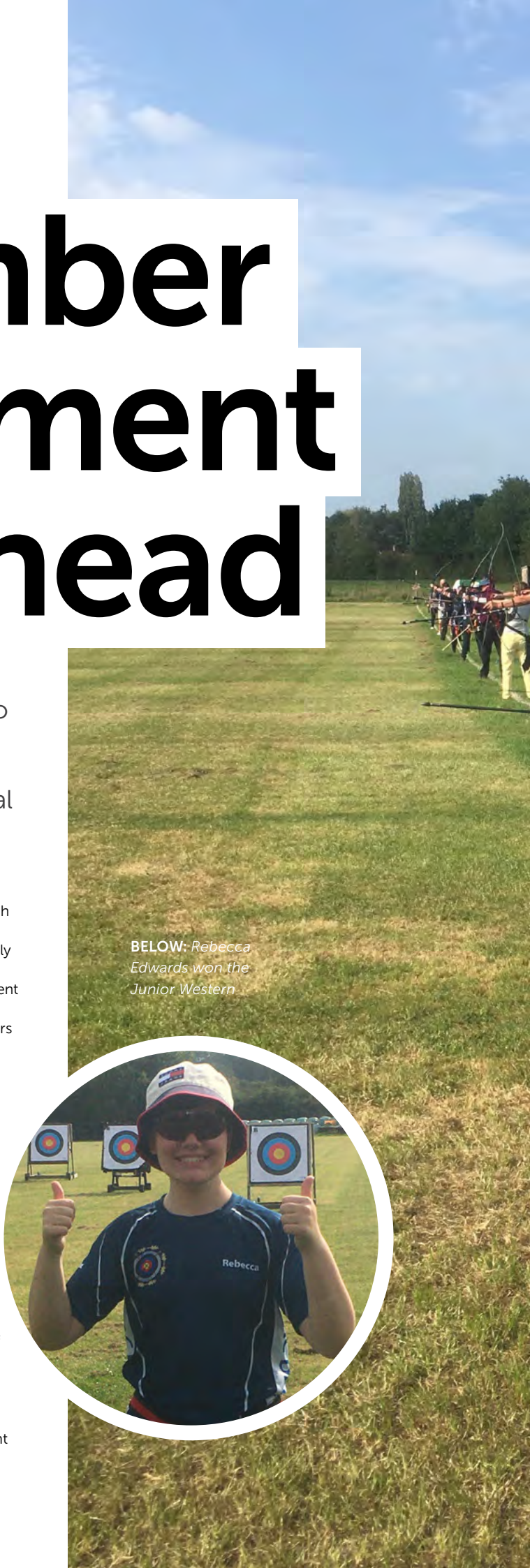
On Sunday 20 September 2020 at AC Delco Archery Club based in Eastleigh, it was decided to honour the club's traditional annual event, the 'Chris Sherwood Memorial Tournament', in place of their usual open competition held in mid August.

It was decided to arrange this traditional shoot for AC Delco members only, and turn it into a fun day for people to enjoy themselves in a friendly competition atmosphere, regardless of their ability.

The club's Graham Hadfield said: "We were shooting a Western round as usual but we did introduce a couple of changes with the addition of our own AC Delco 'Beginners and Improvers' version of the Western round. This was to enable our inexperienced archers and beginners to shoot alongside some our senior tournament archers, but at a distance they could manage safely and easily. We had an amazing turnout from our club members with almost all bow categories represented.

"It was an ideal day for shooting with very little wind in the morning, but did have the odd arrow fighting a gust in the afternoon. However, it kept everyone cool as the sun was quite hot after midday. We operated under Archery GB Phase 2 tournament guidelines even though it was a members-only shoot. This was to give our members, especially our juniors and inexperienced archers, a taste of what a tournament atmosphere can be like.

Under the guidelines the archers were shooting in marked bays with two details, A and B, one archer only on the line shooting at a time. They then returned to be socially-distanced behind the equipment line when they had finished shooting. At registration every archer had a thermal scan before they entered the field of play. When they collected their arrows, archers cross scored and pulled their own arrows. After the tournament, the archers sanitised their boss and removed their own target face, which was then disposed of and the used target pins placed into a container to be sanitised. Score boards were placed into another box to be sanitised, then scores collated by the tournament organiser who wore gloves.



BELOW: *Rebecca Edwards won the Junior Western*

"It was so nice to see our field full of archers again on a Sunday, hearing the sound of bowstrings being loosed and arrows flying down range and then hearing them hit the targets."

Graham added: "We had some very good scores from everyone. Three of our juniors archers: Rebecca Edwards, Katie Walker and James Harvey, shot the Junior Western and the Short Junior Western and showed all of us how to deal with the pressures of tournament shooting by producing some excellent scores of 662, 784 and 780. It was a close call between compound archers James Murfitt and Stuart Reilly, with James just edging it by four points by dropping only eight points with a score of 856 to Stuart's 852.

"In the men's recurve, John Cole put in a great score of 684 in his first tournament. It was an amazing performance as he has only been shooting since just before Christmas 2019 – also considering lack of shooting time due to the fact the club was closed from lockdown until July.

"It was so nice to see our field full of archers again on a Sunday, hearing the sound of bowstrings being loosed and arrows flying down range and then hearing them hit the targets. It was a most glorious noise on the sunny day we were blessed with. The positive feedback from our members from beginners to our experienced archers, stating that they had a great day of shooting, has proved that even under the strange circumstances and restrictions we have to work now with, we can still safely enjoy archery and even the tournament experience, albeit on a smaller scale."

For more information visit www.acdelcobowmenarchery.club

Woking Archery Club Open record breakers

After all the Covid-related restrictions the year has seen, Woking Archery Club was pleased to be able to host their annual tournament, the WAC Open, on a sunny September weekend. Given all the guidance provided by Archery GB, the club changed the round from their usual Hereford & Bristols to a WRS double WA70/50 for all bowstyles, including the new 50m barebow round.

Having hosted a pilot event in July, the club's volunteers nevertheless spent a lot of time planning, using the latest Archery GB guidelines, to make sure everyone was safe. In-car registration on arrival helped keep people socially distanced, and marked-out spaces for their tents meant everyone knew where to set up. Sanitisation stations were placed all over the field and the toilet block, leaving no excuse not to keep safe.

Score sheets were collected after archers posted them into a plastic crate – the scoring team then sanitised and collated them, entered the scores and sanitised once again.

The weather was windy (when isn't it on an archery field) but dry and the late September sunshine was enjoyed by all. The organisers were pleased to hear many archers saying how nice it was to be able to be together again, even at a social distance!

To top it off there were a host of record claims made over the course of the weekend, resulting in some very happy archers. Amelia Chumber (Braintree Bowmen) claimed a World Record for a WA double 50m barebow. The shoot also included at least six UK record claims, one by Richard Heathcote of Talisman Bowmen (*pictured below with Amelia)*.

Woking would like to thank all its volunteers, judges and archers for making the shoot such a success, and they hope this will encourage other clubs to consider hosting competitions.

www.wokingarchery.club

UK Record Status Field Tournament

ON 5 SEPTEMBER, Overton Black Arrows held the first UK record status field archery event since archery restarted, after the easing of lockdown measures. Following the success of their July competition, the Black Arrows decided to hold a further event as many other clubs were unable to hold competitions during the summer.

Once again, competitors were grateful to be back out shooting, and the 60 archers that attended included many members of the British Field Archery teams and some of our Olympic archers.

The course differed from the competition in July and all archers would agree that it was harder; the woods could not be used due to young pheasants, and a new slope was brought into use which made the course both challenging to shoot and hard work on the feet. This did not stop the smiles at the end of the event!

Winners in each category are as follows:

Recurve
Ladies: 335 – Bryony Pitman (Worthing AC)
Gents: 340 - Patrick Huston (East Belfast AC)
Junior Gents (U12): 137 – Tom Hawley (Fort Purbrook co of Bowmen)
Junior Ladies (U15): 208 – Freya McCallum (Fort Purbrook co of Bowmen)

Compound Unlimited
Ladies: 392 – Ella Gibson (Deer Park Archers)
Gents: 404 – Chris White (Meriden)

Compound Barebow
Gents: 302 – Simon Price (RSM Archers)

Barebow
Ladies: 279 – Victoria Williams (RSM Archers)
Gents: 321 – James Annall (Bath Archers)
Junior Ladies (U18): 205 – Phoebe Rose (Mere Archers)

A winning weekend in Hampshire

ABOVE: *Archers negotiated some tricky terrain at the 3D shoot.*
LEFT: *Taking aim high on the Hampshire hills*

Instinctive
Junior Ladies (U12): 115 – Katy Hawley (Fort Purbrook co of Bowmen)

Flatbow
Gents: 174 – Phil White (Fort Purbrook co of Bowmen)
Ladies: 72 – Sophie Twigg (Exmouth Archers)

Longbow
Gents: 149 – Dan Hawley (Fort Purbrook co of Bowmen)

Visit www.overtonblackarrows.org

Hampshire WA 3D Championships

ON 6 SEPTEMBER, Hampshire Archery Association (HAA) held the county's first 3D field archery championships, hosted by Overton Black Arrows at their field archery range in Kingsclere in north Hampshire.

3D field archery involves shooting a course of 24 animal targets, at unmarked (unknown) distances between 5m and 30/45m, depending on bow style. Archers move around the course in groups of four, rather like golf, shooting two arrows at each target and then moving onto the next.

Planning for this event started in November 2019, but was put on hold during the Covid pandemic, not least because an order was placed for new targets from a company in Italy, just before the start of the pandemic. HAA received the targets at the end of July and the event was scheduled for September.

Thirty-one Hampshire archers and 28 from other counties entered, shooting under the current Archery GB social distancing rules. The weather was fantastic – a bit of cloud, but plenty of sunshine making it hard work on what is a very steep and hilly course.

Hampshire Archers took first place overall in 12 of the 20 categories, with some good scores. More than ten county records will be claimed as a result. Full results as follows:

Winners in the Hampshire championships:

American Flatbow
Gents: 296 - James Catchside (Fort Purbook co of Bowmen)

Barebow
Gents: 423 – Richard Heathcote (Talisman Archers)
Junior Gents (U12): 143 – Noah Littlechild (Fort Purbrook co of Bowmen)
Junior Ladies (U15): 216 – Faith Littlechild (Fort Purbrook co of Bowmen)

Compound Unlimited
Gents: 502 - Owen Blackmore (Southampton AC)
Ladies: 438 – Elizabeth Blackmore (Southampton AC)

Instinctive
Junior Ladies (U12): 111 – Katy Hawley (Fort Purbook co of Bowmen)

Longbow
Gents: 263 – Dan Hawley (Fort Purbook Co of Bowmen)
Junior Gents (U18): 86 – James Baker (Overton Black Arrows)

Recurve
Gents: 378 – Richard Buckner (Overton Black Arrows)
Junior Gents (U12): 147 – Tom Hawley (Fort Purbook co of Bowmen)
Junior Gents (U15): 298 – Henry Maule (Fort Purbook co of Bowmen)
Ladies: 314 – Ffion Edgeley (Forest of Bere)
Junior Ladies (U15): 357 – Freya McCallum (Fort Purbook co of Bowmen)
Junior Ladies (U18): 296 – Jodie Buckner (Overton Black Arrows)

Traditional
Gents: 228 – Paul Creamer (Fort Purbook co of Bowmen)

Visit www.haa.org.uk for more details about Hampshire Archery Association, and for information about Overton Black Arrows go to www.overtonblackarrows.org

Award winners 2020

Every year, Archery GB acknowledges the great work undertaken by the archery community. This year is no exception and we are pleased to reveal 2020's award winners for their services to the sport. Congratulations to all nominees and winners. Our next challenge is getting your awards to you – please bear with us!

TOXOPHILUS TROPHY

This trophy was donated in 1968 by the Civil Service Archery Association and is awarded annually for the best magazine. **The Toxophilus Trophy is awarded to Canterbury Archers**

ARCHERY GB CLUB WEBSITE AWARD

Donated by a member who is a web enthusiast, this award (and the one mentioned below) are awarded to acknowledge the work of our volunteer web masters. **The Archery GB Club Website Award goes to Stortford Archery Club**

THE ARCHERY GB REGION AND COUNTY WEBSITE AWARD

The Awards Panel found this County Archery Association's website clear and easy to navigate. **The Archery GB Region and County Website Award is Derbyshire**

GUSSY TROPHY

This trophy is awarded to the Archery GB wheelchair 'Archer of the Year' – an archer who is restricted to a wheelchair and considered to have given exemplary service in any sphere of the sport. This archer has successfully transitioned from the Para Conversion Academy to the World Class Programme, last year shooting a personal best in her first world championships. For her outstanding improvement and contribution to our sport, this year, **the Gussy Trophy goes to VICTORIA KINGSTONE**

HARTWELL TROPHY

This trophy is awarded to 'The Archery GB Archer of the Year', the archer who is considered to have given exemplary service to archery during the year, in any sphere of the sport. This archer is an inspirational and motivational archer. Currently, he is Chair of the Berkshire Archery Association as well as a senior coach, instructor and assessor. For his dedication and commitment, this year the **Hartwell Trophy goes to STEVE NICOLSON**

ARCHERY GB PLAQUETTE WINNERS

STEVE ALLAM has managed many Arrowhead Tournaments including club, County, England and British Championships. He also arranges 'try field archery' sessions for target archer.

Level 2 coach **STUART BARBER** has served on the Hertfordshire County Committee for many years and has been instrumental in organising many local tournaments.

A long-standing and dedicated supporter of archery events and fellow archers, **JIMMY SANDOE** helps at Dunster every year and regularly arranges World Record Status tournaments in Redruth.

Stepping back after 35 years of judging, many of those as a National Judge, **GEOFFREY BARHAM** was SCAS Judging Liaison Officer for ten years, but his real legacy is in judge training. We are now seeing a new generation of judges in the field who were trained by the judges that he trained.

A retired National Judge who is stepping down as Regional Chair, **ANN JACKSON** remains devoted to our sport and is currently Treasurer for the Grand Western Archery Society.

A past Bedfordshire team manager, **SUSAN DRAPER** is a great ambassador for archery and is involved in many club activities at Kestrels AC, from organising tournaments to running beginners' courses and the Big Weekend.

The contribution of inspirational couple **DAVID AND SUSAN HABGOOD** has been immense. They work tirelessly for the visually impaired, especially by promoting archery to Blind Veterans. They even prompted Archery GB to ensure our online voting was accessible to all.

As the Chair of the Invicta Coaching Group, **BRYN JONES** has been instrumental in organising seminars and talks on bow set-up and tuning and also, getting county coaches to run training squads.

Former athletics coach **LYNN PEARSON** transferred to archery when she joined Kirby Muxloe in 2011. She runs beginners' courses, improver courses and the Big Weekend and her junior team were runners-up at the 2019 Blaby District Sports Alliance Awards.

Having joined Kent County Archery Association as a junior over 40 years ago, for the last 20 years **MICHAEL WALTON** has been on the county team selection committee and has also built a reputation for efficiency and accuracy when laying out tournament fields.

ARCHERY GB SILVER PLAQUETTE WINNERS

An England International and a Grand Western Champion, **VIKKI GALLOP** is now a Tournament Organiser responsible for many county and region tournaments. For the past five years she has run Dunster Week, one of the largest annual archery tournaments held in the UK.

A true unsung hero for whom nothing is too much trouble, **CRAIG HOBIN** volunteers at many events throughout the year. In the past, he has worked with the paras and these days he is often found coaching youngsters in Lancashire.

Club Secretary at Woking AC and the organiser of the Surrey Junior Champs and the Surrey Archery Weekend, **MARK PRESTON** is also a key member of the National Tournaments scoring team. Last year, he was responsible for the scoring at the Invictus Games trials in Sheffield.

MAGGIE WOOLF is a National Judge working primarily around Middlesex but also at National Championships. Beyond judging, Maggie is also a coach and has introduced many young people to the sport. Maggie has also supported our hosted international events, running have-a-go activities and being a knowledgeable expert who can be relied upon to help.

ERIK ROWBOTHAM is an invaluable Board Member since April 2016 and is stepping down this year. This award is in recognition and gratitude for his commitment and professionalism.

CLUB SPOTLIGHT

We're rightly proud of our club network and the hard-working teams offering great archery experiences for all. In the next few issues, we'll be showcasing some of your favourites

SOUTHAMPTON ARCHERY CLUB

Founded: 2002 **Address:** Hardmoor Sports Ground, Stoneham Lane, Southampton SO50 9HT **Facilities:** Indoor and outdoor ranges open 24/7, plus modern and accessible communal areas
www.southamptonarcheryclub.org

Having recently celebrated its 18th birthday, Southampton Archery Club has gradually become the largest of its kind in the country, complete with enviable facilities available every day of the year, and every hour of the day.

Club Chair James Wilson said: "It's not unusual to have people shooting in the indoor range throughout the night. We have a wide variety of members, from the very experienced to very young juniors – and we like that. Everyone is welcome, regardless of their experience or bow type."

Last year, a council project injected £1m-worth of improvements to the site, which is shared with other sports clubs. A new pavilion was built with meeting and communal space, changing rooms and fitted kitchen – and for the archery club alone a separate 25m-long indoor range was created.

For a club that remains in a strong position in this difficult year, it has still had to work hard to ensure its 260+ members are safe during their visit to the range. Archers across the region have been keen to take advantage of the club's flexible opening times, and despite the Covid challenges, the club is battling on with positive plans – one of them being a pilot beginners' course held in September (the club's first since March's lockdown) which has been a monumental health and safety challenge, but worth the effort just to see new faces on the line. As well as target archery, the club also offers clout, and as many people will be looking to keep shooting outdoors as winter approaches, the floodlit outdoor range is set to be in regular use.

As an Archery GB **on***target* club, Southampton enjoys the structure the initiative provides, which has helped them set plans and outline their ambitions. The club is currently focusing its attention on the Community specialism, while also planning a dedicated coaching programme for the junior archers, which will continue in earnest when conditions allow. "I'd say **on***target* has provided a good structure for us and helped shape what we do," said James. "I think the committee has become far more open and approachable in the past decade. A lot of what we do is down to member feedback – as a large club it's essential our communication is clear."

The club is also hot on looking after its coaches, covering the course fees for coaches to get qualified, along with the costs for any equipment they wish to buy to help them do their job. James said: "We've since had a massive interest in coaching (going from three to 14 coaches in the last five years) and we've been imploring other local clubs to try and offer the same support."

"We're also keen to stress that we want to offer local clubs any support they need in the coming months if it helps get people back shooting – it's important for all of us pull together at this time."

From top: Coaching under Covid; all hands on deck; grand opening of the indoor range; breathing space for all; branding matters; the floodlit range

PROUD OF YOUR CLUB?

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 introduced, developments and achievements, improvements to coaching and competitions, interesting facts and figures, and news, and we'll follow it up with you.

So you'd like to take archery photographs? First things first: go for it. Nothing beats practice and seeing what works. Secondly, make use of archives like the World Archery and Archery GB Smugmug accounts for inspiration. Like the sport, photography requires patience for best results!

Words by Malcolm Rees

HOW TO:

TAKE BETTER PHOTOS

There are two main types of archery photographs: the first being purposely set-up shots with a specific outcome in mind; the other being more ad hoc, where you take photos of what's available. When taking the first type, it's more likely to be taken at your club where you can have better control of everything you need: time of day for lighting and the angle of the photograph. In **Image 1** we waited until the end of the day to get a low sun, and with a low camera set about five yards in front of the shooting line, I managed to get this shot.

The majority of the second type are going to be photos taken at competitions where circumstances aren't going to be as controllable as they are at the club. There will be a more tightly controlled shooting line; archers will be competing so you won't want to disturb them; the weather might be wet or windy. Now the majority of photographs you'll see from these events are a standard 3/4s view of the archer at full draw, with the camera at head height. While there's nothing wrong with these **(see Image 2)** there are a few things you can do to mix it up a bit.

> *"Archery can be a dynamic sport with lots of movement both before full draw and after, and some archers are more dynamic than others"*

Change your angle

Not all photographs have to be taken when standing up. If you drop to one knee you can change it up **(Image 3)**. However, there's no need to stop there. **Image 4** was taken lying on the floor right in front of the archer. It got giggles from people around us but was worth it.

There's more than full draw

Archery can be a dynamic sport with lots of movement both before full draw and after, and some archers are more dynamic than others – **see Image 5.** The nice thing about this sport is that it's repetitive, so if you spot something on one draw you'll hopefully be able to catch it on the next. You don't even need the archer to be on the line **(Image 6)**. Another thing to keep in mind is sometimes an archer's shot doesn't go quite as planned, so, especially in windy conditions, it can be an idea to keep focused on the archer, just in case they have to throw the bow about a bit to rescue the shot. In these cases the archers themselves often aren't fans of those photos (unless they managed a 10) but others do enjoy them **(Image 7)**.

It's not just about the archers

There is a lot of equipment in this sport and a lot of it looks quite nifty, so don't be afraid not to include archers at all – see **Image 8**. If you can take the photo from down low, it means you won't end up with the floor as your background.

Going indoors

Everything for outdoors goes for indoors but with the extra challenges of less space and poor lighting – and in some venues, considerably poorer lighting! Something I do is have the camera set for a fast enough shutter speed that the photographs won't have blur, and then take a few test shots while upping the ISO until the image in the viewfinder is bright enough. Whereas outdoors lighting can change radically over the course of the day, both in position and intensity, indoors the lighting tends to be consistent.

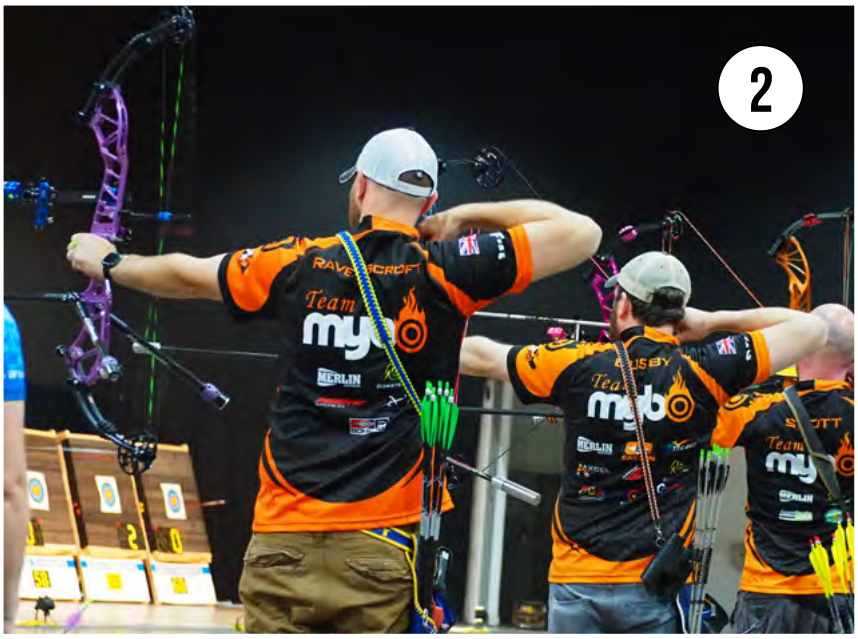
Phone cameras

In these modern times, the majority of people use their camera on their phones as their main camera, and on newer phones the quality of the cameras have come on leaps and bounds. If they have one drawback it is the lack of optical zoom compared to your regular cameras. To compensate for this, many newer phone cameras go for a lot of mega pixels to enable you to crop out excess detail without losing image quality. Don't be afraid to crop out bits of the picture you're not interested in. Phones also have a lot of filters and settings so don't be afraid to try them out to see how they change the final picture.

MORE INFO

Need more inspiration?
Check out these websites:

- **World Archery** – worldarchery.smugmug.com
- **Archery GB** – archerygb.smugmug.com



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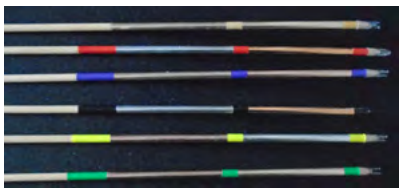
Finders, seekers

Longbow archers, can't find your wooden arrows in the grass? I have had the same problem and always had to resort to a rake, which, if you are unlucky, can end up breaking your arrow.



TOP: *Arrows crested and masked up ready to apply the leaf.* **ABOVE:** *Arrows with the leaf applied*

So is there an answer? Well, yes there is! Recently I was making a new set of arrows for one of my longbows. I had painted the cresting on and had put them in an arrow rack to dry. While I was waiting a sudden an idea popped into my head: gold leaf!

I purchased a kit and set about trying to apply gold leaf to a wooden arrow shaft. Needless to say it is a lot harder that in looks and I had never done anything like it before. The gold leaf is so fine and fragile that you only have to breathe wrong and it's ruined. So, I tried various methods and ended up working out that if you put masking tape each side of where you want the gold leaf, apply the adhesive to the shaft, you can lay the gold leaf on a mouse mat and roll the shaft over it.

Needless to say, the first set of arrows were not as good as I would have liked, but they showed the principle would work. I took one of the better attempts to show members at my club, where we have a number of longbow archers. They were suitably impressed, but someone asked: 'Can you find it with a metal detector?'

I didn't have a clue, so one of the members got a metal detector out and, having first checked the ground before I placed the arrow, the detector then gave a signal! I am in the process of making some sample arrows with different colour crestings and they will each have a different leaf, ie gold, silver, copper and rose gold, to see what they look like.

Here are some pictures of these to give you an idea. I hope that I have given you some food for thought and that some of you braver souls will decide to give it a go. There are plenty of YouTube videos on the subject and a lot of information on the internet. I have also found that the suppliers in this country are extremely helpful.

Dave Egalton, County Coach, Eastbourne Archers

For more details about the prize go to www.opticron.co.uk

Gone digital?

Sorry but I don't read electronic magazines. I like to sit and read a hard copy. Other organisations have moved to electronic publications and this results in me stopping reading their information. This will be the same for this magazine. I understand the reasons and the cost benefits, equally that some people prefer electronic information. Unfortunately I just don't get on with reading things on a screen. Best of luck with the electronic format and I do hope others find it of benefit.

Graham Cooley

Personally I like it but then I worked in IT for 30+ years. I am concerned that a number of members either do not have computers or access to the internet. A online only magazine isolates these members. The online magazine eliminates the enormous cost of posting a physical magazine to so many members but we need to retain the ability to post a physical copy to the few members who cannot access the online version.

There needs to be a facility for members to elect online or physical.

Richard Hilton

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I would like to point out that I usually enjoy the magazine. I have downloaded the summer issue and really can't be bothered with it and won't be reading it or any future digital issues. I look forward to receiving a paper issue in the near future.

Jonathan Gay

I fully support the decision to publish digitally, however, I really hope that the paper version of the magazine can be reinstated sometime in the not too distant future. Having a physical magazine laying on the coffee table is so much more convenient for a quick five minute read. I use both a laptop computer and smart phone. Neither provide the quick access and easy to read format of a physical magazine. A month after receiving the digital version of the summer edition of Archery UK, I still have not got around to reading it.

Robin Foster

Just finished reading the online version of the magazine. Very well put together and of course means there won't be a stack of magazines gathering dust. Well done Archery GB, I hope other members react to this favourably.

John Cunliffe

Adrian Bassett, Archery GB's Interim Head of Communications, replies: "Thank you for your comments about Archery UK. When our former publisher suddenly went out of business, we had to look at the best way forward and in the short term at least, the digital format allows us to continue publishing a high-quality magazine in the most cost-effective way. We will ensure that all members are able to provide feedback on the new format and that will guide decisions about the long term future of the publication. Please be assured that your feedback is read and passed on to those who need to see it."

The five stages of archery grief

Recently while I was line captaining, I was watching members shoot and realised there was a soundscape of sighs, grunts of exasperation, slight swearing and hissing going on. Focusing on a couple of the more expressive members, I realised there was a process going on after the shot. Once home, I contemplated what I had witnessed and formulated the following:

1. Denial and isolation

Right after the shot there is disbelief at where the arrow went. This is often coupled with staring straight up or down or occasionally a death glare at the offending arrow. The archer exists right now in a tiny one-person bubble of misery. They might be on a crowded shooting line but they are so very alone. The shot simply could not have ended up in the white/wood/curtain/light switch. It was a good shot. I'm a good archer. There will now be inspection of kit looking for the source of the deviation from perfection.

2. Anger

On realising the bow is perfectly ok and struggling to find an external source to blame, the archer turns on themselves often with expletives. They will by now have realised just what they did wrong (hand position, string picture, bad release, shooting through the clicker on someone else's clicker, nocking the arrow on top of the button) and self-loathing is now rampant.

3. Depression

A full body sigh is now evident in the archer's stance and there will be an exhalation of misery, melancholy and woe. This sound has been standardised across the whole of World Archery... the same sound will echo across every range for instant recognition by other toxophilites. The archer now looks deep within themselves to list all the things that are preventing them from giving Ellison/Kang/Schloesser/Lopez an absolute kicking and the shoulders will slump a little lower.

4. Bargaining

As the next arrow is selected from the quiver, the archer will start a process of invoking a deity of archery to guide their next arrow into that sweet, sweet gold. Many things will be promised to deities at this point should they feel fit to send the XX75/X7/ACG/X10/woodie with custom cresting and hand cut feathers into the right place: more gym time, less beer, more practice time and so on.

5. Acceptance

As the next arrow is nocked and the pre-shot cycle deep breath is taken, the archer will accept that the arrow has gone and can never be shot again. The score is destined for the scorebook/scoring app/scribbled on the face and can never be changed short of an act of God (or judge as they are normally known). For a brief time the archer and the universe are as one. Nothing else matters except set, draw, aim, release, recover. And then the grief starts all over again, unless you did it right that time when suddenly the world is a wonderful place!

George Davidson

PHOTO SHOOT

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

ABOVE: *Matt Latimer of Lough Cuan Bowmen in Newtownards, County Down, sent in this lovely image from the range. He said: "We're fortunate enough to be up and running within the parameters of the Covid guidance."*

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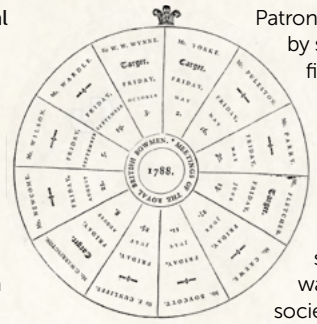
Archery is well known for its old traditions, customs and societies. ***Arthur Credland*** looks at the rise and fall of a high-status 18th-century club that enjoyed almost a century of activity before falling victim to its own success

THE HIGH LIFE

The Royal British Bowmen (1787-1880) society was begun by Sir Foster Cunliffe, of Acton Park (Denbighshire), inspired by a visit to Norton Priory in Cheshire where Sir Richard Brooke 'had erected butts according to the Lancashire method' and provided his guests with bows and arrows for the ladies and gentlemen present. The bow meetings were staged at the country houses of the members, initially confined to Denbighshire, Flintshire and Montgomeryshire, so 'Royal Welsh Bowmen' might have been more appropriate.

Women members had equal status to the men though they shot at the shorter distance of 60 yards, but it is evident from reports of the meetings that men who were unable to shoot at the longer distances shot with the ladies. The society was discontinued in 1794 owing to the French wars but resumed in 1818 with the continued support of the Prince Regent, who had become their patron in May 1787, giving them the royal prefix and the right to use the Prince of Wales's feathers as their emblem, and the associated motto 'Ich dien' ('I serve'). In 1788 the Royal British Bowmen caused to be published at Wrexham a reprint of Roger Asham's 'Toxophilus' (1545) dedicated to the Prince and edited with an introduction by Rev. John Walters, headmaster of Ruthin School, who was the laureate of the society. Songs and verses sung or recited at the meetings by members or guests were a feature of the society and large numbers of these are preserved, mainly in manuscript form, though some were printed. Walters was succeeded by Reginald Heber who was to depart these shores to become Bishop of Calcutta.



Royal patronage continued, with money to purchase prizes, under William IV and Queen Victoria but ceased in 1847 owing to the heavy demands on the privy purse. Up to 12 meetings were held each season between May and October, recorded on a printed 'round robin'. The early medals are scarce and are unusual because they bear the name, date and score of more than one archer.

The ladies wore buff dresses with green upper garments cut in points and with slashed sleeves. The office of Lady Patroness was held for a year, gained by shooting the best gold at the first meeting of the season. She wore a distinctive black velvet hat with a white plume, while all other ladies wore dark plumes. The gentlemen initially wore a green coat with buff breeches and silk stockings, and a sash to which was pinned the insignia of the society. Tricorn hats sported an ostrich plume.

As prescribed in the rules and regulations of the society, the luncheon provided was to be a simple affair with cold meats and hot vegetables, bacon and beans, and local fruits. However, encouraged by great landowners such as Sir Watkin Williams-Wynn of Wynnstay, they became ever more grand, with a choice of venison, chicken, ham, tongue, lobster pasties, and exotic fruit such as pineapple, melon and grapes. They also saw greater numbers of guests such that more than 200 might sit down to eat under canvas. The cost and immense effort to stage the meetings is probably a main factor in the society's decline and only one meeting was announced for 1880, at Wynnstay, and none thereafter.

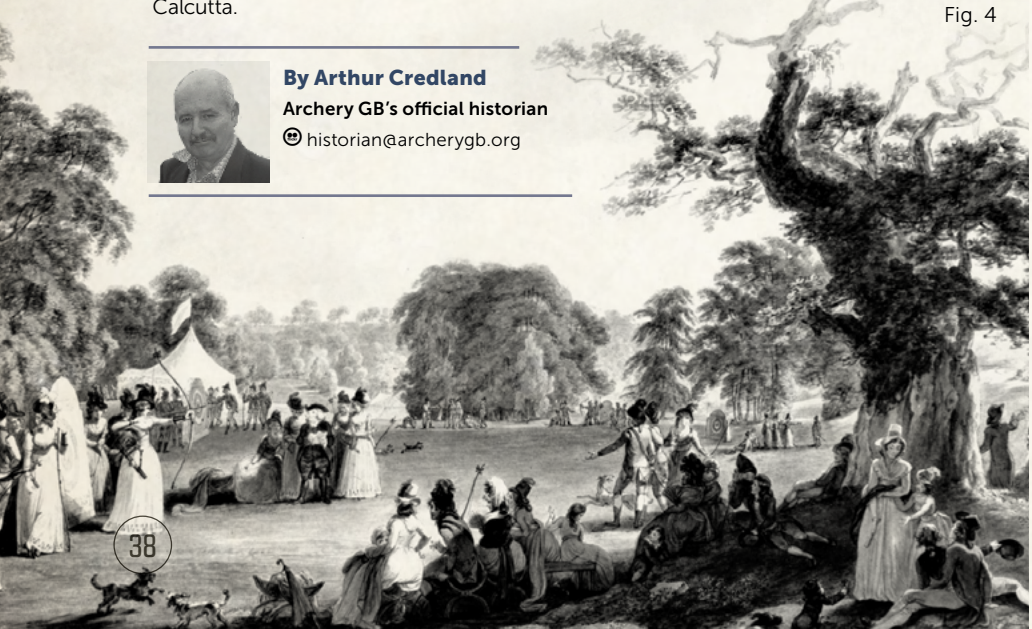


Fig. 4

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

Fig. 3

CAPTIONS:

1. 'Round Robin' of 1788
2. Medals for 1787
3. Archer of Royal British Bowmen
4. The meeting at Gwersyllt Park, near Wrexham, 12 June 1789. On the left, the figure with her head turned wears the black hat and white plume of the Lady Patroness
5. Meeting at Nescliffe, Shropshire on 8 August 1823; guests at lunch in the grand marquee; on the right a group of bandsmen give musical accompaniment to the diners
6. Meeting at Eaton Hall, Cheshire, home of the Grosvenor family in Cheshire, 17 October 1832, in the presence of The Duchess of Kent and her daughter Queen Victoria

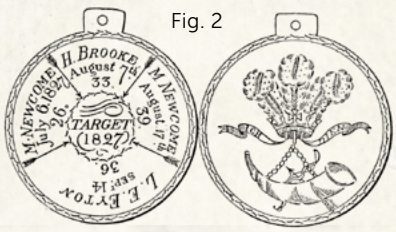


Fig. 2

Fig. 5

Fig. 6

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Gallop for gold

Fancy adding an extra thrill to your sport? Horseback archery requires a swift hand, sharp eye, and a whole lot of faith! Warwick-based equestrian stunt team, **Knights of Middle England,** give lessons in the ancient art of shooting at speed

Opposite: The Knights of Middle England's Kelly Baddeley

Next time you're at the range, lining up your shot with precision and focus, imagine how you'd fare applying the same technique on horseback, mid gallop! If you've ever witnessed a historic reenactment show, you'll have some appreciation of the skill involved in producing such dramatic effects in nail-biting displays of jousting, mounted combat, trick and stunt riding, and of course, archery.

Kelly Baddeley has been with the Knights of Middle England, a Warwick-based equestrian stunt skills school, for 11 years. A skilled horsewoman and British Horseback Archery Association qualified Coach, Kelly learned to ride as a child and became fascinated by the world of live shows and entertainment. She said: "Horses are my life's passion, and back in school I loved drama lessons and performance. Live stunt shows combined both interests and I was captivated when I saw the Knights at a local show. I already knew the school's owner, Karl Ude-Martinez, from equestrian circles so I started helping out with the horses, then learned to joust and eventually went on to teach others."

The Knights are professional stunt riders who spend hours rehearsing and developing crowd-pleasing displays that entertain audiences up and down the country (in usual times). "We like to wow our audiences with stunts, galloping horses, colourful costume and fire. It's a little different from the more traditional reenactments," Kelly said. "Along with our stunt people, our team comprises actors and combatants – we see it as live-action outdoor theatre." The team is also called upon to help train actors – the new Netflix series Cursed being the latest in the line-up, along with the fantasy film Snow White and the Huntsman (2012), Robin Hood (2010) and a host of others.

To anyone wondering how they might follow a similar career path or who fancy emulating their medieval heroes, the first thing you'll need are some riding lessons – and you're streets ahead if you already have this side of things covered! The Knights of Middle England are based at the Warwick International School of Riding, so it's also the right place to improve your conventional riding abilities. "We take people who have no riding experience and who have never tried archery and train them both skills on one of our horse archery experience days," said Kelly, who learned the ropes of horseback archery from renowned historical interpreter, Kevin Hicks. The team will also coach those who have their own horse, training horse and rider. She added: "Like training a horse for anything, it's all about habituation and lots of patience so that they understand what you want them to do. I've never had any difficulty with a horse refusing to learn."

Aside from the obvious differences between ground and horseback archery, the actual shooting technique is different too. "In horseback archery we shoot using the thumb draw rather than the Mediterranean draw, which is one thing a lot of people struggle with if they've been used to ground archery," Kelly said. "The big thing is the movement element of course, going from walk to canter and gallop as you improve. There's not a lot of time to think about lining up your shot and you have to be very quick to get your arrow nocked and shot – it becomes instinctive."

The other point to consider is that it's barebow shooting, with none of the bells and whistles that might help the seasoned recurve or compound archer. It's hard work to hit the gold. You have to be really consistent in your body position, your draw and technique because there are so many variables with regards to the moving horse. Seen in action, the novice horseback archer can struggle with hitting the target, if they manage to nock the arrow at all! But one advantage is that there isn't one set moment in which to take the shot. Kelly explained: "You can shoot in any direction, even when you've passed the target looking back at it – and if you're ambidextrous even better so you can shoot with either hand."

This page: Fancy a go? Book a lesson with the Knights of Middle England team in Warwick

Horseback archery arenas can be set up in a variety of ways, such as the Korean set-up, with targets perpendicular to the run (as used by the Knights to train beginners); a Hungarian set-up with larger targets, and the Polish track, which is similar to a cross country course.

Kelly said: "You have to have a really good relationship with your horse because when you're at a stage where you can ride and shoot unaided, you have to let go of the reins and are relying on your seat, posture and balance as you prepare to shoot, release, and safely stow the bow. We can train horses to go off voice commands and over time riders build up trust with the horse – beginners can be rest assured our horses are pretty bomb proof!"

As confidence builds over time, archers will find themselves on autopilot as they hurtle past the targets. Setting their shot up becomes a reflex action, achieved in a moment. Such a feat might seem a mountainous challenge to anyone who has barely learned the basics of ground archery nevermind riding, but even if you try it just once and decide it's not for you, you'll certainly discover the basics of another sport and a little about equine psychology.

Kelly has an Archery GB instructor award, along with all the team's horse archery instructors, incorporating the training into their own work. Teaching horseback archery is all about breaking the instructions down into bitesize steps. Once the thumb draw technique is perfected on the ground, it's time to get on the horse and shoot at a standstill (with someone holding the reins for you), and then progressing to walk and trot. Nocking the arrow on a moving horse is apparently the hardest aspect to achieve, but once you've mastered that people are often surprised at how quickly they progress. She added: "It's an amazing feeling when you're galloping down that run, no reins, working together and hitting the target. Of all the things I do, I have to say horse archery is my favourite."

This has unsurprisingly been a difficult year for the team, with live shows off the agenda. The Knights would usually have had a busy summer schedule of events around the country and overseas, though Kelly is enjoying this break from the norm at their Warwick base, keeping up her training and passing on some of the Knights' bread and butter skills.

The show team is a 30-strong band of professionals, many of whom are part-time with jobs in other industries. For someone of Kelly's all-round talent as a horsewoman and performance artist, she admits she still gets pre-show nerves: "It's the anticipation that gets me – it's the feeling of wanting to go out there and do a really good job. It's exciting every time! I've learned to channel my nerves into positive energy so as not to unsettle my horse – they're sensitive to that."

Horse archery is a growing sport in the UK with its own national governing body (British Horseback Archery Association), and a host of inter-club competitions that usually take place year round. The Knights' HQ in Warwick is one of the few places in the country where the general public can show up without their own horse or equipment and learn from scratch. Kelly said: "We provide everything: horses, equipment and at the moment, plenty of hand sanitiser. Our whole ethos is to provide a centre where people can learn conventional riding, from a hack to tackling a cross country course, and trick and stunt riding – we're a one-stop-shop for equestrian skills."

More information

>> **The Knights of Middle England** is based at the Warwick International School of Riding, Guys Cliffe, Coventry CV34 5YD. **Tel:** 01926 400401; www.knightsofmiddleengland.com

>> **The Warwick International School of Riding** offers lessons, hacks, residential riding holidays, parties, and more. **Tel:** 01926 494313; www.warwickriding.com

>> **British Horseback Archery Association**; www.bhaa.org.uk

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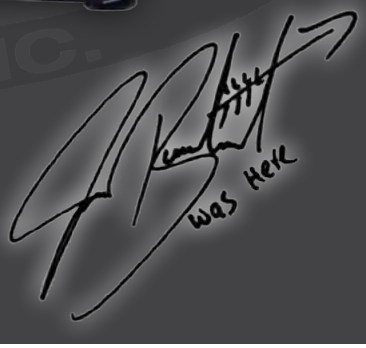

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It may surprise some to realise just how well archery can be mastered by those with sight impairments. ***Carol Davies***, ***Sue Mangan*** and ***Malcolm Higman*** of British Blind Sport Archery Section explore how clubs can give visually-impaired archers a positive experience at the range

One vision

Right: VI archers met for a championship event at Lilleshall in the days before Covid

Archery is an inclusive sport, open to able bodied, disabled/para and visually impaired (VI) archers alike. As the governing body, Archery GB supports all archers who fall within these categories while the British Blind Sport Archery Section (BBS-AS)[4] exists specifically for the promotion and support of visually-impaired archers.

British Blind Sports (BBS)[1] is a UK-wide charity whose work enables blind and partially-sighted people to have the same opportunities as sighted people to access and enjoy sport and recreational activities in the UK. BBS has sports sections covering a number of sports, including archery.

The BBS-AS committee is very keen to heighten the profile of visually impaired archery by spreading the word to all archery clubs around the UK. It recognises that many archery clubs will have little or no experience of visually-impaired archery, and is ready to help provide information and advice with any concerns club committees may have about ensuring a positive experience for a VI archer.

The most important fact is that VI archers are archers who just happen to have a visual impairment. VI archers use a bow and arrows like all other archers but may have modifications to their bow sight, or use a tactile sight. The definition of a visual impairment is a sight defect that cannot be corrected by glasses, contact lens etc.

Some VI archers may need to be supported by a spotter, whose primary role is to keep the VI archer and everyone else on the range safe

Therefore the impairment could be a slight restriction of field of view right through to complete lack of any vision. It is important to note that if someone is fully sighted in one eye, they would not qualify for visually-impaired sport, regardless of the sight level in their other eye. As an organisation, BBS encourages its members to make the best use of any vision they have.

Some VI archers may need to be supported by a spotter, whose primary role is to keep the VI archer and everyone else on the range safe. A secondary role is to tell the VI archer where their arrows have landed. A spotter could be a friend or relative, or a member of the club. However, it is not the club's responsibility to find a spotter for the visually-impaired archer, although a club should try to provide someone to fulfil this role during a beginners' course. Finding a spotter is one of the biggest barriers to shooting experienced by VI archers. Finding someone who is prepared to transport them to the

club and spot for them on a regular basis is a big ask. If the archer also wishes to compete then the role takes on more responsibilities and the spotter effectively becomes part of the archer's 'kit'.

VI archers may shoot any and all AGB rounds including the rounds listed in section 1102 E 'Rounds' of the Rules of Shooting. They can maintain indoor and outdoor handicaps, and attain classifications but, like all other archers, only for the rounds listed in tables 3.1 to 3.3 and table 4.1. The same handicaps and classifications tables are used for all archers – there are no separate tables for VI archers. The full range of Portsmouth round and 252 badges are open to VI archers if the club offers these awards.

Although VI archery is not currently included in the Paralympic Games, World Archery do include it in World and Regional Championships. There are also other international tournaments to which VI archers are invited – a major highlight on the calendar is the International Blind Sports Federation (IBSA) World Games planned for 2023 in Birmingham. Since 2015, BBS-AS has organised a group of VI archers to join the Archery GB team for the World Archery events.

Clubs: key considerations for welcoming visually-impaired archers

- Talk to the archer, not the spotter.
- Introduce yourself so that they know who you are and address the archer by name so they know that they are being talked to.
- Ensure that the visually impaired archer knows the whole layout of the facilities, taking them on a tour as necessary. This could be achieved by inviting them to visit prior to a beginners' course.
- Ensure that the parents of a junior visually impaired archer are included.
- Make other club members' aware and ask them to be careful of leaving trip hazards etc.
- Warn a visually-impaired person before using balloons on a beginners' course etc. This is especially true if they have a guide dog as they may both be startled by the noise.

Having mentioned guide dogs, please note that a VI archer may wish to bring one with them. Some venues may require proof that the dog is an assistance animal before granting them access, and a VI archer should have no problem providing this evidence. Archery GB allows assistance dogs on to the field of play whereas World Archery do not, but please see the Archery GB document 'Archery GB Dogs at Competitions and Events Guidance' for more details.

Beginners' requirements

A prospective archer with a visual impairment may contact a club regarding a beginners' course. There are no reasons why a visual impairment should be a barrier to attending a standard club beginners'

Above left to right: High contrast three-fletch and four-fletch arrows can help the VI archer nock their arrows

course, but a few adaptations may be needed to communication methods, delivery, demonstrations, managing expectations and equipment.

Please be prepared to provide any documentation in an alternative format, such as electronically, via email, in large print or on coloured paper. For further guidance on communication methods, refer to the article: 'How to make your club paperwork inclusive' in the summer 2020 issue of Archery UK magazine. Also, please remember that any visual demonstrations may pass by unnoticed. Preparation for all this will be helped by you asking in advance for an idea of the extent of the prospective archer's sight loss and when this occurred.

Generally, communication may be required to be more tactile although in the current climate you may need to use the archer's spotter (assuming they live in the same household) to provide the necessary contact. Keep the target at short distances and don't be in a hurry to increase the distance. This may appear to be keeping the VI archer back in terms of progress compared to others, but with the lack of visual clues from other beginners it may take the VI archer longer to learn.

Please focus on technique rather than results and for this reason try to minimise the detail of any information about where an arrow lands. Otherwise, like all archers, they will try to self-correct which means that their body alignment will change with every shot. Therefore good technique and body alignment needs to be taught before introducing any specialist equipment such as a tactile sight should they ultimately need to use one. VI archers are perfectly capable of nocking their own arrows although it may take a while to work out the best method for them. However, it can then be frustrating to find that that the arrow is the wrong way round. Therefore, you might want to consider providing 'four fletch' arrows. Four-fletch arrows remove this frustration as they fly perfectly well when fitted either way round (they effectively have two sets of 'hen' fletches).

All archers, whether sighted or visually impaired, will benefit from standing in the same position for every shot but this is even more important for the visually impaired

All archers, whether sighted or visually impaired, will benefit from standing in the same position for every shot but this is even more important for the visually impaired as – and a lot of archers don't realise this – the position of their feet is possibly the biggest influence on the left/right position of where their arrow lands. This can be achieved by using 'foot markers'. These could be 'foot finders' which have been optimised for VI archers while still meeting the AGB rules of shooting. There are versions of foot finders that can be pinned to the ground outdoors and indoor versions designed for attaching to a small mat.

Another option is foot locators such as those sold by BBS-AS.

Readymade foot-locators or diagrams (if you have someone that can make them for you) can be purchased from the BBS-AS shop[5]. If you decide to make to your own design, then bear in mind that they need to be portable, robust and meet the rules.

The rear part of a set of foot locators or similar is the only piece of specialist equipment BBS-AS recommend for use on beginners courses. Clubs may have seen or heard about 'tactile sights' supported on a tripod. The tactile sight makes contact with the back of the archer's hand to help guide height, but we do not recommend the use of this equipment until the archer has completed the beginners' course and has a good understanding of posture, stance and alignment.

If the prospective archer has someone in mind to act as their spotter it is recommended that they attend the beginners' course with the archer so that they learn together – the club should also provide someone to support both the archer and spotter during the course if at all possible.

Please discourage the archer from rushing out to buy their own equipment at the end of the beginners' course. This is especially important for specialist equipment such as tactile sights because at this stage the archer may not be sure what is appropriate for their level of sight loss.

They may be feeling really enthusiastic and keen to have their own bow, but it is more beneficial for them to continue to use the equipment they learned with for a few more sessions if at all possible. It is a big jump from a trainer bow to a more advanced bow if you can't see what you are doing! If the archer really must purchase something, then they are unlikely to go wrong with a quiver and arm guard.

Experienced archers

Rather than a complete beginner, a club may be approached by or have an experienced archer who is starting to lose their sight due to health problems. This can result from conditions such as macular degeneration, cataracts, or diabetic retinopathy. They may need to find someone to act as their spotter depending on the extent of their sight loss. Sometimes archers rely on their sight far more than the feel of a shot so there may need to be some relearning, but there should be no reason why they cannot continue shooting. Just start with consistent foot positioning and trying to achieve good body alignment.

If an experienced VI archer wishes to join your club, assess them and their spotter for safety and general competence on a range as you would any other member joining the club. However, please ensure that they are given a tour of the club and its facilities and are introduced to key people by name.

Classifications

Under Archery GB Rules of Shooting, an archer may self-declare as being visually impaired and as such take part in club events and external competitions. However, for competitions which are 'record status' for the VI rounds or those competitions that provide awards based on the archer's sight, a sight classification will be required. Please note that different sports have different definitions of how a participant's sight is classified depending on how sight is used within that sport. For example, most sports, especially team sports, use a wide field of view and so this is assessed as part of the overall sight classification. Archery on the other hand is a 'straight line' sport and therefore its sight classifications are based on central vision or acuity only. In all cases 'best correction' must be used so the archer must wear any prescribed glasses etc., during the required tests. The correct type of sight classification is required otherwise it will not be recognised.

Above: Foot locators. **Below:** VI archers compete at Lilleshall pre-pandemic

For competitions which are 'record status' for the VI rounds or those competitions that provide awards based on the archer's sight, a sight classification will be required

There are five sight classifications from BBS: B1, B2 and B3 sight categories are used for international and Paralympic sport. In addition, the BBS classification system includes B4 and B5 sight categories which are used in the UK for local and national sports. Please note that there are some exceptions to this standard, so please check with the sport you are considering, or with the British Blind Sport team.

If you are interested in the definitions within the classifications, please refer to the 'Measuring Sight' page on the BBS website [3]. Again, for competitions which are 'record status' for the VI rounds or those competitions that provide awards based on the archer's sight, there may be restrictions on the equipment a VI archer can use. The most common is that archers with a B1 to B3 classification are required to use a tactile sight. Therefore we always recommend VI archers to obtain a British Blind Sport sight classification for archery before purchasing any VI specialist equipment; this will help identify the type of any specialist equipment that the archer might be restricted to in competition.

International events usually require a World Archery sight classification. The tests for these are often held at international events although they require technical information to be provided in advance for the assessors. World Archery only recognise a limited set of sight classifications which they divide into the VI1 and VI2/3 Divisions. These are approximately related to a sight classification of B1 for VI1 and combining B2 and B3 for VI2/3.

Tournaments

Many VI archers enjoy competing in club and external tournaments. Some may happily shoot alongside sighted archers and this should be encouraged if at all possible, while others may prefer rounds specifically

created to help VI archers. The Archery GB-recommended entry forms allow you to collect any additional information.

When organising a tournament please try to include VI archers with everyone else if at all practical. As some VI archers lack the confidence to shoot longer distances, please be open to them shooting the shorter and junior rounds, even if they do not qualify on age. If necessary, you may have to inform them that they will not qualify for awards but there have been VI archers, including the totally blind, who regularly competed in 60 yard rounds and not come last against sighted archers.

For tournament organisers interested in presenting awards based on sight classifications, BBS-AS have some recommended Shooting Category definitions on the BBS-AS website [6].

Equipment has been mentioned a few times. For Archery GB-governed events, the permissible specialised equipment is listed in Section 11 of the Rules of Shooting. World Archery's rules on specialised equipment are similar but have some subtle differences. Please make sure that you have read the relevant rules before making or purchasing equipment. All equipment purchased from the BBS-AS shop [5] will meet all rules unless explicitly stated against that item. If in doubt BBS-AS is happy to advise you.

BBS membership

BBS-AS recommend VI archers consider becoming a member of British Blind Sport; this membership includes membership of British Blind Sport Archery Section (if you mark an interest in archery on your membership application).

- Free sight classifications which enables full eligibility for all nationally-recognised events and competitions.
- Become a member of a British Blind Sport Sport Section.
- Receive BBS biannual membership magazine (audio version available on request).
- Monthly e-newsletter.
- Attend British Blind Sport events.
- Sample sports for free at the British Blind Sport have-a-go days held throughout the UK.
- Free advocacy service that connects VI people and others to your sport.

As listed above, by becoming a member of British Blind Sport you will enjoy the benefit of getting your sight classification free of charge by the BBS classifiers. Non-BBS members have to pay a fee significantly higher than the British Blind Sport membership fee.

BBS-AS membership

British Blind Sport Archery Section has access to a wide range of knowledge and experience on all aspects of visually-impaired archery.

KEY: References and useful links

1. BBS: www.britishblindsport.org.uk
2. BBS Activity finder: www.britishblindsport.org.uk/activity-finder
3. BBS Measuring Sight: www.britishblindsport.org.uk/measuring-sight
4. BBS Archery Section home page: www.bbsarchery.org.uk
5. BBS Archery Section Shop: www.bbsarchery.org.uk/shop.php
6. BBS Archery Section Documents: www.bbsarchery.org.uk/docs_links.php

For tournament organisers interested in presenting awards based on sight classifications, BBS-AS have some recommended Shooting Category definitions, available from the BBS-AS website

- Within its membership, BBS-AS has archers who have been active within VI archery since it was recognised in the late 1970s. There are also World and European medallists and record holders.
- Within the coaches that are members there are all grades from senior coach down. A number of BBS-AS coaches have been working with VI archers for several years at all levels, from have-a-go sessions to international level and across all sight classifications and bow styles. BBS-AS also has a Level 1 coach with a B3 sight classification who shoots using a tactile sight.
- BBS-AS has members who organise national tournaments and judge at all levels.
- Some BBS-AS members were involved in the drafting of both the Archery GB and World Archery rules for VI archery.
- BBS-AS has a wide range of contacts across the country and internationally that they can call on.

In summary, if BBS-AS don't know the answer to a question, they can always find someone who does. In addition, they can also provide workshops for archers, coaches and others interested in VI archery, during which they can pass on far more information than there's space for in this article. Please contact BBS-AS to discuss the options.

BBS-AS offers its members the opportunity to take part in a series of winter performance archery coaching sessions held at Stoke Mandeville Stadium, Buckinghamshire. BBS-AS is very fortunate to receive support from The Worshipful Company of Fletchers which allow them to subsidise these sessions for their members. They have proactive, experienced coaches with years of knowledge of VI archery, and sessions are tailored to each individual archer's needs and where possible they will be working with the same core coach each time.

In addition, BBS-AS holds two UK Record Status championship competitions each year at Lilleshall, Shropshire. One is held indoors, usually during March or April and the other is held outdoors, usually in September. The championships are competed for on the Saturday and there is a more relaxed competition on the Sunday morning. Again, BBS-AS is very fortunate to receive support from the Worshipful Company of Fletchers and the Worshipful Company of Bowyers which allow them to subsidise these events for their members.

Archery is an enjoyable, inclusive sport and BBS and BBS-AS would like to build on their relationships with local Archery GB clubs. As it may not occur to visually-impaired people that all Archery GB clubs are open to them, please consider completing an entry on BBS's 'Activity Finder' on their website, shown in the References panel above [2]. Visually-impaired people are being encouraged to use this search tool to find suitable activities in their area. More archery clubs signing up and displaying their willingness to welcome VI archers can only lead to greater things all round.

About the authors

Carol Davies is BBS-AS Secretary (secretary@BBSarchery.org.uk); **Sue Mangan** is BBS-AS Development Officer (development@BBSarchery.org.uk); and **Malcolm Higman** is BBS-AS Lead VI Archery Coach.

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Inset: Peter Gregory. **Below and opposite:** Search and score

Winning at clout

Clout aficionado **Peter Gregory** suggests some tried and tested techniques for one of the most popular forms of archery

How to up your game at clout? To beat the best you have to become the best. Clout archery has moved on leaps and bounds over the last 20 years; archers take it very seriously and there are many top clout archers putting in great scores in all four bow types, so what do these people have that you don't? What are they doing that you aren't?

Before I start with some helpful guidance, let's talk about what separates clout from other types of archery. The most obvious is distance (please don't get mixed up with flight archery which has a completely different set of rules).

Basically, there are two different types of clout: imperial distances and metric distances. The maximum distance for imperial rounds is 180 yards down to 80 yards for juniors; the maximum distanced for metric is 185 meters down to 75 meters for juniors. For the metric rounds that's over twice the distance a target archer would shoot at, granted the clout scoring zone is much larger than a 122cm face.

So how do we go about taking silverware, breaking national records and just generally shooting well? First and foremost, whatever your bow type, make sure it's in tip top shooting condition, well-tuned to match your arrows. Most of the top recurve and barebow archers use X10s with tungsten tips – most target archers would shudder at the thought of shooting X10s into the ground but they do and they are a great arrow for clout. The most favoured arrow for compound are the FMJs (Full Metal Jackets); longbow archers work tirelessly to get the perfect set of arrows to travel the distance, hitting the mark with such accuracy. As with all forms of archery, the slightest mistake on the shooting line will see the error magnify over distance, so you can imagine how that affects your arrow over 185 metres.

>> Learn to read the wind: your arrows are travelling a long way. Learning this skill helped me take a lot of trophies over the years. Feel the changes on your face or neck; watch the clout flag and let it tell you what's happening at the other end of the field but also learn and watch the large gap in the middle. There's no indication what's happening there: it could be a strong swirling wind. A clue could be if the wind is on the left of your face and the flag is blowing to the left (right-handed archer) then that would suggest it's swirling.

>> Try not to chase your arrows: trust your sight mark. The wind may take them slightly away from where you want them to land, making you think your sight needs adjusting. Some archers may move their sight and then the wind eases, taking it to a different spot, and so on. Trust your sight and go for the average. You may be pleasantly surprised with your score.

>> Another great tip is if you haven't got a venue to practice clout, enter and go to as many shoots as possible. This will increase your

knowledge of what others are doing. Watch the best and learn from them; don't be afraid to ask what works for them, why they do so well, and what makes them stand out from the others. Most of the top clout archers I know will tell you and give you advice but always remember the advice is what suits them and may not work for you, in just the same way that I'm offering my advice here.

"Clout archery is a magical and mythical sport which I have had one go at... I'm seriously impressed with any clout archer that can achieve any level of accuracy at that 180 yard distance. It is a serious sport, and a serious skill... "

Patrick Huston: #ArcheryAtHome, Bow Training Session 3, Q&A session, 13:48, on Archery GB's YouTube channel

>> Don't always rely on your spotting scope or binoculars: at these crazy distances they can sometimes lie to you. They are fine for your left and right shots but front to back is a different story. If your arrows are shot in a line from front to back of the target (6 o'clock to 12 o'clock), what looks like a good group through your lenses could be an eight-yard spread. Once you have your sight mark, shoot good strong shots and trust yourself. A good strong front shoulder will help take your arrows to form consistently good groups.

KEY ADVICE

- Read the wind
- Don't chase arrows
- Well-tuned equipment
- Enter as many competitions as possible
- Don't rely on scopes
- Gather tips and pieces of advice from as many clout archers as possible and then select the ingredients you like to make your perfect clout recipe!

NEW CLUB

The Clout Collective

Crazy about clout? A new Derbyshire club dedicated to the discipline is calling archers to join them

ABOVE: Another day at The Clout Collective

In January 2020, five passionate clout archers in South Derbyshire came together to form a different type of archery club. Aside from being (possibly) unique as a clout-only AGB club, The Clout Collective was fundamentally about enjoying shooting in an environment of positive, mutual support for every member, and every member being of equal value and voice within the club. A true collective.

Founding member Geoff Fisher said: "At our founding AGM we had 11 members, which to date has grown to 14. However, we are far bigger than just our membership, establishing ourselves very quickly as a home for clout archery in Derbyshire and beyond. We actively encourage guests to join us and try clout for the first time, for coaching, practice, and for those aiming for personal, club, county and regional records."

Although restricted this year, the Collective is looking forward to reaching out to local clubs, offering their members clout experience, coaching and hosting club competitions. .

Geoff continued: "Clout is a fantastically enjoyable discipline, and we're doing everything we can to raise awareness and participation. We shoot all year round, so come and join us, and watch out next year for our big events! In the meantime find us on Facebook and at **www.thecloutcollective.co.uk**."

GEOFF'S FIVE REASONS TO TAKE UP CLOUT

1. It has 'wheee' factor! Launching arrows far down a field is very satisfying and extremely fun!
2. Clout feels more relaxing than target shooting, both at practice and tournaments.
3. It's challenging; getting an arrow into that scoring circle from so far away is no mean feat, but the satisfaction when you do is addictive.
4. Through Tassel Awards, classifications and rankings (thanks to Andrew Neal), every single archer has a personal and achievable goal to aim for, regardless of ability.
5. It's incredibly sociable; shooting at a flag with up to 20 people makes it a very friendly and fun atmosphere.

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DAY IN THE LIFE

THE PEOPLE WHO KEEP THE WHEELS TURNING AT OUR ARCHERY GB HQ

Name: Kieran Carr **Role:** Paralympic Technician

Archery GB headquarters at Lilleshall is (usually) a busy centre for our Paralympic and Olympic squads, coaches, managers and operational staff. In each issue, we'll be finding out more about their roles on a typical working day.

My main role on the Paralympic staff team is to work with athletes and their coaches to ensure that they have equipment that is best suited to them, adapted (if needed) and tailored to suit their personal requirements so that any inconsistency in shots will be less likely to have a major detrimental impact on score. At times when all the athletes are not in need of my assistance I run research projects on kit to find out what is scientifically best, and not just what the manufacturers say.

4am Alarm, get up, wash, breakfast, make coffee and do something to fire my brain up. I like puzzles and problem-solving and have a massive amount of puzzle apps on my phone to keep my brain as active as possible.

4:30am Leave for Lilleshall. Living in Norwich and working at Lilleshall has a couple of drawbacks – this is one!

7.30am I have always been a morning person. I like getting to work early, getting my thoughts written down on my whiteboard and my plans for the day on there too (I think out of all the cool toys in the workshop, I could do without all except my whiteboard). It's just like my brain and has mostly random incoherent scribblings, but that's where my day starts.

8:30am TRACK meeting. It sounds really cool when in fact it's just Tom, Rikki, Andrea, Charlotte and Kieran. It's our informal chat about what happened last week, what the plan is for this week and to book time in with each other when and if extra hands are needed.

9-10am Full Para staff meeting. For those who think it's just a couple of coaches, here is the full list of Paralympic staff: Doctor, Physiotherapist, Strength and Conditioning Coach,

Main photo: Karolina Skorek

ABOVE: Kieran makes adjustments to an artifical leg

Performance Lifestyle Advisor, Sports Psychologist, three Coaches, Paralympic Technician, Performance Support Manager, Paralympic Programme Manager and Paralympic Performance Coordinator. In this meeting it's a formal discussion of athletes' and staff availability and a run-through of the plan for the week.

10am I try to keep mornings for projects. One I'm currently working on is researching which type of nock is most consistent and over what period of time they change and by how much. This involves shooting three arrows with the same nock type, measuring the throat before I start shooting, then shooting repetitively and measuring them again every set number of ends to see when and by how much they are changing. For this I use a shooting machine as I don't think I could shoot more than 50 in a short space of time anymore.

12.30pm Lunch! One of my favourite things about working at Lilleshall is the ability to go for a nice walk around the gardens at lunchtime, which gives me a chance to escape the busy work schedule and to reset my head and spend some quality time outdoors.

1-5pm Tuning sessions or general maintenance on kit. All bow set-ups are chosen on hours and hours of shooting and piles of data. We use plotting as a method to compare what set-up or product works best for an athlete and do not go for the set-up that scores the most straight away. We look into overall group size and where the bad arrows land. To put it into context, to shoot an average arrow of 9.1 and a bad arrow as 8.5 is better than an average arrow of 9.5 and a bad arrow of 7.9. Most people shoot set-ups that are too aggressive, setting them only for the 'perfect shot'. Realistically, with the nerves and pressure of a finals field, we want the most forgiving set-up we can get.

5-10pm While I am at this end of the country, I am lucky enough to stay with Paralympic Coach Andrea Gales, one of our greatest-ever international athletes. We tend to spend the evening watching different sports and chatting through new ideas or kit, or ways we would approach certain archery situations. It's a great way to spend the evenings, constantly challenging each other's ideas so we can both be better versions of ourselves by learning. I also enjoy DIY as something to keep my brain busy, and Andrea seemingly has an endless supply of things for me to do!

10pm Bed. I am definitely not a night person anymore. 10pm is pretty much my limit.

If you have any questions for Kieran about his role, please email us at magazine@archerygb.org

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Step back in time

Not everyone keeps their kit up to date with the latest tech. Historical weapons specialist, re-enactor and teacher **Jonathan Davies** tells us about his love of old-fashioned methods

Robin Hood

Robin Hood, Robin Hood Riding through the glen.
Robin Hood, Robin Hood With his band of men.
Feared by the bad, loved by the good.
Robin Hood, Robin Hood, Robin Hood.

Those of you lucky to be as old as I am will recognise the theme from the Richard Greene Robin Hood series of the 1950s. Written by refugees from the US Senator Joseph McCarthy 'witch-hunt' era, this wonderful programme left me with a desire to be an archer and a disdain for authority. But it was 30 years later that I was finally trained as an archer by Alan Pritchard, a most generous and gentle man.

I still have some of the (good) habits he ingrained in me and plenty of bad ones I have had to work at for myself. I was taught to shoot a recurve bow with sights, but my longbow was waiting for me 'in the tavern on the green'. I appreciated its beauty, simplicity and difficulty; it relied upon technique rather than technology to achieve results. My group size may have been bigger than those of my neighbours but I didn't need a spanner to set my kit up and I wasn't forever looking at cleverer and more sophisticated geegaws to screw on.

Learning to shoot a 'medieval' longbow 30 years ago was rather more difficult than it is today. I am not a 'natural' archer and any achievement was hard won, although I greatly benefited from the advice and support of warbow bowyers and other archers. As a teacher I was encouraged (surprisingly) to use my skills at school and took the excellent three-day Archery Leaders course. I started an archery club, which lasted over 20 years until I retired. On principle, and to avoid the inevitable technological spiral that using modern equipment would entail, we used only longbows and wooden arrows (by the hundred).

At that time I also became involved in re-enactment as a medieval and then Tudor archer in the Stafford Household and other groups, and it wasn't long before my school archers became re-enactors. After 20 years we finally had a group of 40 boys and girls, working for English Heritage, Historic Royal Palaces and Cadw amongst others. We developed a wide range of civilian and military activities but archery was a skill that all practised. We also had a few cannons and were the preferred English Heritage trebuchet siege machine provider. In a normal school week, I would run an afternoon and three lunchtime sessions as well as organising and supervising ten or more weekend re-enactments.

I also developed the use of blunt/slow-flight re-enactment arrows for training and displays (see page 64 for more details). They were a lot safer than sharps for obvious reasons and could be used against a variety of different targets, hard and soft, knock-down and moving. They could also be used to practice 'clout' shooting at short ranges of about 100 yards.

I am still involved in re-enactment, mostly as a gun-captain but I am also the Missiles Officer for the National Association of Re-enactment Societies. This requires me respond to members' queries and to produce guidance for the use of bows, crossbows, siege machines of all sorts and even javelins. Despite my present involvement with gunpowder weapons, I am still at heart an archer and love to see arrows fly.

Most clubs wouldn't welcome an archer on their shooting line who wasn't carrying out the same practice as everyone else, so I have been very fortunate to join the Andalus Archers, which has a very diverse membership from all over the West Midlands, and most ethnic backgrounds and cultures. It is a very strongly community-based organisation led by Riaz Mohammed who was most welcoming and encouraging when I first came to the club clutching my wooden stick and string. It says much for the club and Riaz that they were awarded Community Specialism Club status by the Archery GB on*target* programme.

I have written many articles in magazines and journals about archery for re-enactors and historians, and I have shot a lot of arrows but I have gained most from watching those I have taught enjoy the thrill of hitting their target. Ours is a sport that teaches responsibility and patience, increases self-confidence and provides challenges and rewards at all levels. Keeping the equipment simple and the practices varied and fun is key to its popularity. I sometimes wonder why, when there are 1.5million golfers and 700,000 badminton players, that there are only 40,000 archers in the land that gave the world Robin Hood and his band of 'merrie' men and women.

Covid conditions permitting, Jonathan will be running longbow courses at the Weald and Downland Living Museum, near Chichester, West Sussex in 2021.

ADVICE ZONE:

VIRTUAL COACHING

When the pandemic hit and millions took to streaming tutorials for work and play, Archery GB launched a number of webinars to help coaches reconnect with the community, learn new skills and develop their approach. So how did it go?

Above, left to right: Archery GB's Rikki Bingham, Kieran Carr, Andrea Gales, and Hannah Bussey

If you've found it difficult to maintain your form in recent months, you're not alone. There are endless workout videos and fitness gurus to follow but for those who want to improve or maintain their archery skills, webinars have become a useful tool. Archery GB presenters and an attendee report back on their experiences of this previously uncharted territory.

Rikki Bingham
Lead Paralympic Coach

When I was first asked to present to the archery coaching community I was terrified at the thought of speaking to so many people but I also knew that I needed to take the opportunity in order to improve and push myself, as well as hopefully helping other coaches within our sport.

I was keen that it wasn't going to be an instructional presentation telling people what to do, because my coaching philosophy is not that style. I thought that sharing my story of how I reached that philosophy, and being completely honest about the mistakes I made along the way, would help me connect with the audience and enable them to understand that it doesn't matter how many years' experience we have, we are all still learning and nobody has all the answers. I also used this opportunity to share some information around the most commonly asked questions when talking about Paralympic and disability archery.

It was daunting seeing a screen with over 100 little grey boxes, knowing that there was someone the other side watching me. I thought it would be hard not being able to read my audience's body language but having a presentation handy helped guide me through it. I soon relaxed and found the experience much more enjoyable than I expected; in fact I overran by 20 minutes! At the end of the session a number of the coaches took the time to thank me and share how the session had made them feel or what they were going to do because of it. This small gesture let me know that all of the nerves and stress beforehand were worth it.

Kieran Carr
Paralympic Technician

Having been asked on several occasions by our coaching team to run seminars either here in the UK or abroad, when I was asked to do a couple of webinars during lockdown I said yes. After all, why would it be any different from me waffling on to a room full of people?

I have presented seminars to 50 or 60 people in the past and still wasn't too worried when I heard that 150 people had signed up to the webinar, but nothing prepared me for the 130 people who did tune in. Nervous was an understatement!

With the wife and kids packed off upstairs for the duration I got under way. The hardest part was not having the in-room feedback. I like to make subtle jokes (that I like to think are very witty!) to test the mood of the room. I also talk with my hands a lot while presenting and I could not do this either so just had to try my best. I had some really great feedback afterwards and would love to do more webinars, and hopefully soon I'll be able to do some actual face to face ones too. But for now I'm back at Lilleshall in my 'cave' (my windowless workshop for those who have never seen it) doing the day job.

Andrea Gales
Paralympic Coach

During lockdown I was asked to present a webinar on a subject of my choice. I have never been that comfortable presenting to large groups and found the prospect of speaking online to people a little daunting. One of the difficulties I found of presenting via a webinar was how to know if you have engaged the audience in what you are talking about. Most of the 100 people watching had their cameras turned off so feedback from facial expressions and body language wasn't there.

I decided to tackle the presenting in a different way. Instead of giving a PowerPoint presentation, I decided that I was going to make the session more interactive. I arranged for someone to basically interview me. Although I prepared some questions to stimulate the conversation, we allowed the dialogue to develop naturally and take its own course. I also asked the audience to use the chat box to ask questions that I answered as we went along. All in all I found it a rewarding and positive experience.

Hannah Bussey
Head of Coaching Development

These webinars brought coaches together from across the country and all levels of experience. Personally, I found it really fun to be part of because there was so much good energy! It felt like we were all there to learn something new and support each other. It was the first time Archery GB's performance coaches have been able to share their coaching practices with such a wide audience and it's certainly a format that we want to use again. These types of experiences are important; aside from being interesting they help us broaden our perspective, give us new ideas, and give us confidence to discuss and develop our approach to coaching.

...from the other side of the webcam

Richard Smith
Webinar attendee

I'm a Development (Level 2) Coach and Chairman at Louth and District Disabled Archery Club (LADDAC) in Lincolnshire. At our club, we boast an inclusive membership of disabled, non-disabled and Visually Impaired (VI) archers. We also work closely within the local community's disability forum, providing sporting activities for people of all abilities.

I therefore welcome any chance to expand my experience and knowledge of archery, having had a successful 2019 with my VI archer Stuart Rodgers, attending the World Para-Archery Championships in Holland where he achieved a world ranking of eighth place. Then Covid-19 happened, we were locked down and sports clubs were closed, so we turned to online meetings and webinars instead of attending seminars to broaden our knowledge and skills. I was one of many who signed up to AGB's series of webinars.

Although a lot of the subject content was known to me, it was a welcome reminder and confirmation of past learnings. Also, there was a welcome insight into some of the speakers' own archery experiences. My one disappointment, however, was the lack of VI archery content but perhaps that will be rectified for future sessions of webinars or seminars. I have grown to value my own experiences in coaching VI archers here in the UK with the British Blind Sport Archery Section and abroad in international competitions.

You can catch up with Archery GB webinars on YouTube. Find out more about coaching at www.archerygb.org/about-coaching

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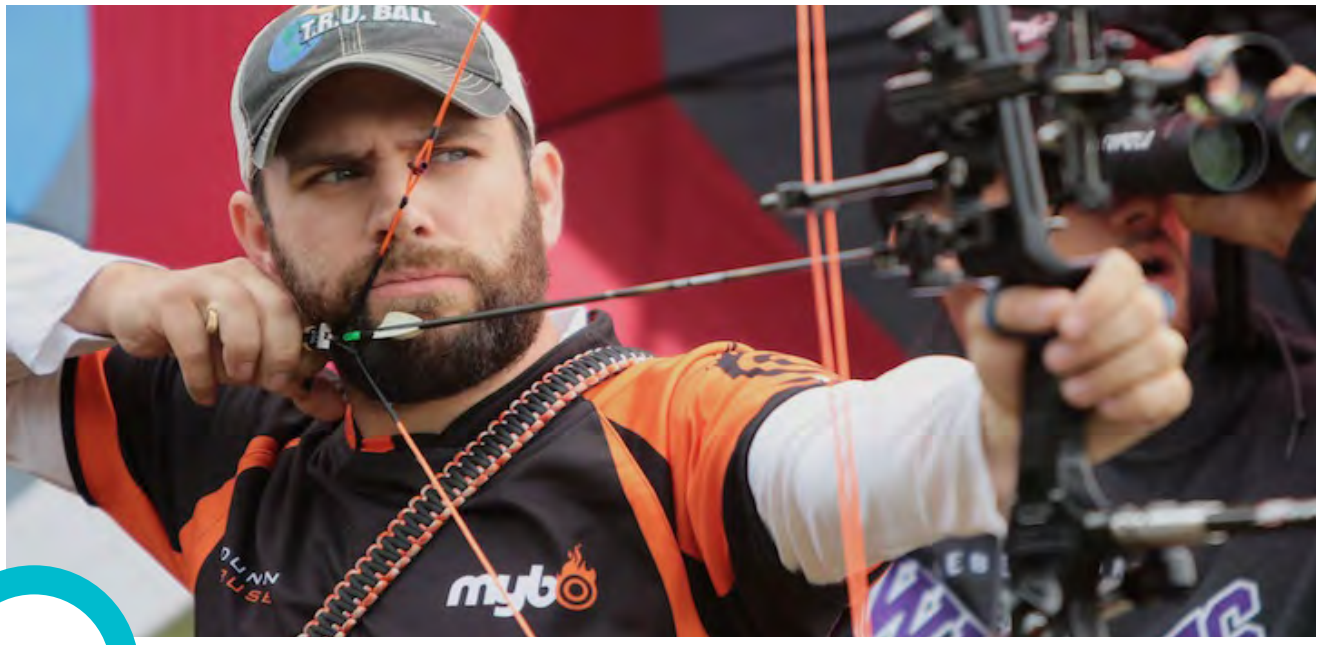
COMPOUND Q&A: PEEP SIGHTS

Words: **Duncan Busby**



My peep sight is constantly twisting and it's affecting my aim and results. Why is this happening and what can I do to stop it?

A. HAVING AN UNRULY PEEP SIGHT CAN BE EXTREMELY IRRITATING; a peep that twists out of alignment when at full draw or slowly creeps round during your shot can obscure your sight picture and make your results inconsistent. You may even find that your peep sight is perfect one minute but out of alignment the next, so why does it behave like this and how do you fix it?

Bow strings have twists in them in order to bundle the fibres together and create a strong and stable platform for the arrow. These twists make the string more reliable and allow you to make adjustments to ensure it's the correct length for your set-up, but they can also highlight any problems in your string and this is never so evident than in the way your peep sight behaves.

As you draw a compound bow, the cam changes the amount of force going through the string; this in turn can cause an unstable string to twist slightly and the peep sight to improperly rotate. There are a number of reasons for this, such as incorrect serving direction when the string was built, lack of tension during the serving process or too few or too many twists in the string.

Some of these issues are very difficult to fix as the problem occurred during the building of the string, which is why it is important to find a reputable string maker. But if your string is of good quality and has no visible defects you should first make sure that your peep is located in the middle of the string with an equal number of strands each side. This position is easy to see on two-colour strings but can be difficult to find on single- or multi-coloured options. It is usually marked by the string maker using a length of serving, and it's important to fit your peep in this position if you want it to rotate correctly.

If your peep is twisting to a consistent position, this can be adjusted by adding or taking twists from the string; it takes roughly three twists in or out of the string to make the peep do a complete 360-degree turn, so correcting a slightly out-of-line peep may only take one or even a half twist to fix. Once you have made the adjustment make sure that your D-loop is straight, draw the bow to check the peep's position and then keep making small adjustments until it is rotating to the correct position at full draw.

If it's hard to get a consistent position or the peep keeps moving, try untwisting the string completely, being careful to count the number of twists, and then retwist by the same amount in the same direction. Now try drawing the bow several times to see if the peep is rotating consistently. If it is you can go ahead and set it so it's coming round square using the above method.

"If your peep isn't tied in correctly it may move up or down the string while you shoot... "

If this still doesn't work you should check your D-loop and the 'tie ins' used to secure your peep in the string. If your D-loop is loose and is constantly twisting, you will be pulling the string inconsistently every time you draw your bow. Make sure it's pointing in the opposite direction to the arrow and is tied on tightly; you can move it a tiny bit so it helps pull the peep straight if needed, but always try the twisting method first.

If your peep isn't tied in correctly it may move up or down the string while you shoot, which will not only cause it to rotate differently but will also alter your sight marks and anchor point. There are various methods for tying in a peep but whichever one you use, make sure you tie it in securely. A loose peep can fly out the string on release, causing injury should it ricochet off the bow.

If your string is still fairly new you could try re-serving it. Just remember to serve in the same direction as the twists in your string and keep the serving tool tight, otherwise you may cause more problems with your peep rotation. If all else fails, it may be time for a new string. Just be sure to buy from a reputable builder and if you're making it yourself, make a note of the points above first.

You can find more advice at www.duncanbusbyarchery.com

"SHOOTING IN FOG IS A NON-STARTER AND IN POURING RAIN OR ANY OTHER PRECIPITATION, IT CAN BE VERY UNPLEASANT. BUT A DROP IN TEMPERATURE CAN BE COUNTERED WITH THE RIGHT KIT."

In your element

The challenges of the pandemic will see many archers embracing autumn conditions out on the range. **Dr Rod Flanagan** of Burscough Archers looks at some ways to maximise your shooting success, no matter what the weather has in store

How much time have you spent this year on the range? 'Not as much as usual' is the most likely answer in this challenging period. As we approach the end of the outdoor season, many of us are looking to stay outside for as long as possible. A bit of rain and is unlikely to put hardy archers off but what about other factors?

Shooting in fog is a non-starter and in pouring rain or any other precipitation, it can be very unpleasant. But a drop in temperature can be countered with the right kit.

Cold case

For an archer, upper and lower body thermals are a better answer to the cold than a heavy coat that just gets in the way. Thermal socks are useful too and if your boots (waterproof, of course) are big enough, wear them in addition to your regular socks. One member of Burscough Archers strongly recommends thermal wellingtons.

Aldi's work gloves are very cheap. Indeed, work gloves generally are inexpensive. The rubberised types will stand up better than fabric because you will be cutting fingers off them. For your draw-hand glove, at least one will have to go to take your tab, but with this hand you can put the cut-off finger back on without slowing you down too much (*Picture 1*). If you use a finger sling, then a thumb and one more finger have to go from your bow-hand glove (*see Picture 2*). These gloves are thermally rather poor but are better than nothing. Unfortunately, your exposed finger(s) will still feel the cold. In the writer's experience, rubberised gloves will last a season. The woven type will be thermally better but will surely unravel rather quickly.

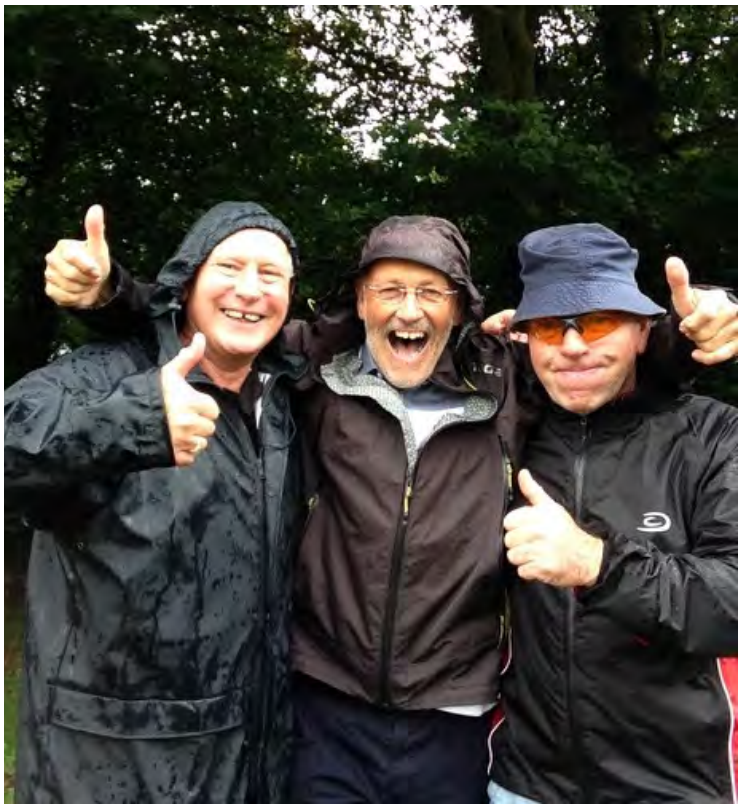
A hot drink in a flask is highly recommended. If there is a risk of rain, an old towel to dry your gear will be useful too. A hard shooting line makes shooting in wet conditions preferable to shooting in a mud bath (*Pictures 3 and 4 show the Burscough Archers' shooting line under construction and finished last year*).

It's also worth bearing in mind that colder weather can mean increased toilet trips, so remember to check the availability of your club's facilities when you book your lane.

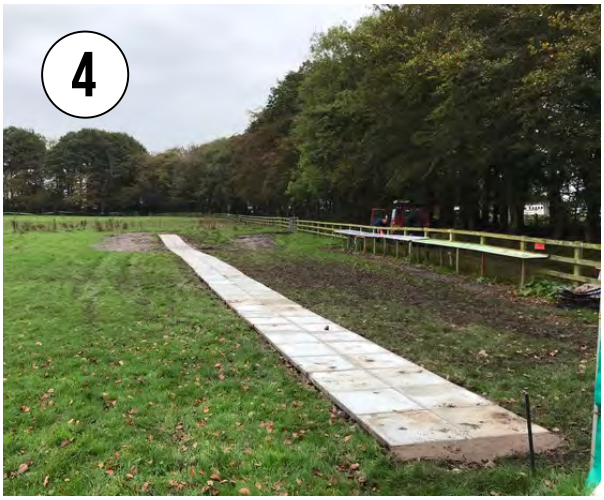
Light and shade

If you're shooting in poor light be careful not to look at anything brighter than the target; you need to protect your night vision as much as you can.

Can the club afford floodlighting to extend the day? Powerful lights to illuminate the shooting line and the targets might be out of the question but LED battery-powered lights on the ground, in front of the target, could be used to illuminate the target. *Picture 5* shows an Argos six-pack of solar-powered lights, priced £15 at the time of writing. Three on the shooting line and three on the targets might well solve the lighting issue. Less experienced archers might need to be discouraged however: a low shot could destroy the light and damage the arrow.



ABOVE: *Drowned but joyous Burscough Archers, l-r: Paul, Rod, and Dave*



BACK 2 BASICS

Produced in association with Wales Archery

We all need a little help now and again. That's why we're running this series of back to basic guides by **Adam Lewis** of **Wales Archery**.

THIS ISSUE: RECURVE BOW SET-UP

START >> Archery is one of the most technical sports in the world for equipment, which is why it is so crucial to make sure the bow is set up correctly. In previous articles we have talked about how important arrows and technique are and your bow set-up is no different. If incorrect, it can cause a multitude of problems even before the shot sequence has begun.

1. Limb twist

The very first thing I like to do when setting up a new bow after it's assembled is to check there is no limb twist. There are a few different ways you can do this. The easiest is to simply draw the string back paying close attention to the top limb string track where it sits. You are looking for it to return central, and then check the bottom limb.

Condition 1: If the limb tips are settled in the middle then there is no twist.

Condition 2: If your limb tips are to the right or left, as pictured, in Condition 2 or 3 you have limb twist. If you have a Hoyt riser the twist can be eliminated by building up the shims on one side as per the diagram. If you don't have a Hoyt riser, sometimes the twist can be removed but please don't try this yourself. Bring it into the shop and let an expert look at this for you.

2. Tiller

Adjusting the tiller advances or reduces your limb seating position. This is measured with a bracing height gauge from the butt of the limb to the string. There is a minimum and maximum amount the tiller can be adjusted. Please see your riser manual for more information.

We normally start with the top limb advanced 1/8" due to most manufacturers positioning the grip in the middle of the riser. This results in your draw hand position being around 2" above the centre of the bow, pulling more on the top limb. However, if you are shooting three fingers under the string you can shoot with a natural tiller. This is all dependent on your grip pressure, finger pressure, bow reaction and more.

3. Bracing height

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 2cm 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, then shoot three or four arrows and listen to the sound it makes. Then put four more twists into the string and repeat the process. You are looking for the bow to sound its quietest. There might be two to three sweet spots and normally these spots group better as well.

4. Nocking point

The goal is to set the 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.

5. Vertatune

Vertatune plates are a specific tuning method for Hoyt recurve risers only. These plates allow you to change the height of your arrow rest. The advantage of this is that if you are pulling too much on your top finger you can select the bottom plate, allowing for more centralised pressure on the string and vice versa.

6. Centre shot

It is vital to make sure your centre shot is set up correctly, otherwise you can have poor arrow flight and contact issues. We are looking for the arrow to leave the theoretical centre of the bow. The most effective way to set the centre shot is by using a pressure button. To do this you need to loosen the grub screw on the collar, then tighten or loosen the collar itself so that the pressure button can move inwards or outwards.

We are looking for the end result to look like the diagram below for a right-handed archer. The string should line up along the right-hand side of the arrow if you are right-handed, or the left side if you are left-handed. If you are shooting very skinny arrows, the string can be centred down the middle of the arrow.

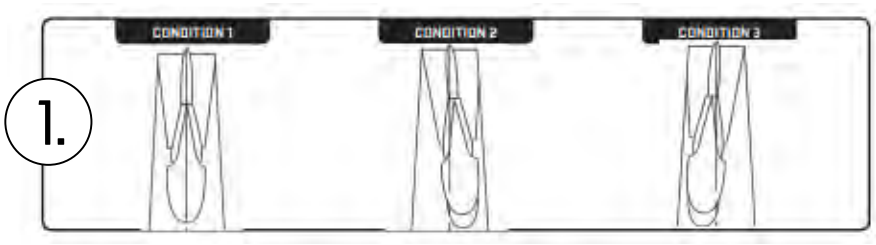
7. Sight alignment

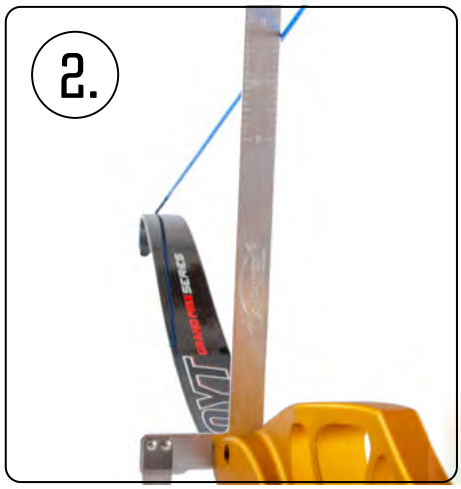
When we have a pressure button and the centre shot is correct, we can now align the sight aperture over the arrow, as per diagram 5. You might find that you will need to move the sight over slightly and this is perfectly fine.

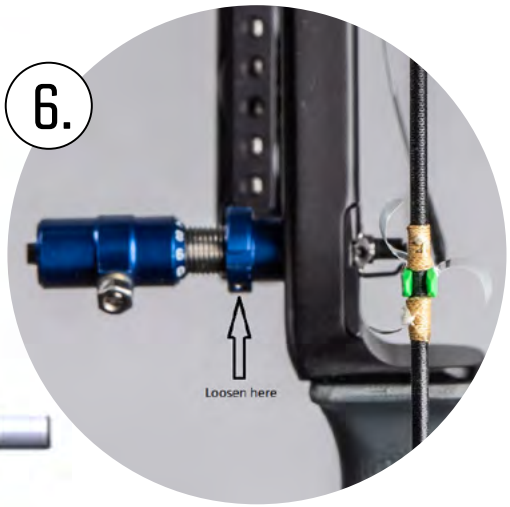
8. Clicker

The clicker is an excellent piece of equipment for improving not only scores but form – in fact the clicker improves scores more than any other piece of equipment. The clicker makes sure your posture and form is the same for every single shot. If you get fatigued and slouch you will find it very hard to get through the clicker, showing you just how important it is. It is crucial that the clicker is set up correctly with an expert, otherwise it can cause problems.

END <<







Images: Adam's step by step formula to successfully setting up a recurve bow

If you have any questions, please drop Adam a line at AdamL@walesarcherycom

In slow motion

Ever considered the advantages of blunt slow-flight arrows in a training context? Historical weapons specialist ***Jonathan Davies*** considers how slowing things down can lead to significant gains for novice archers

ABOVE: The author in Tudor guise

Archery should be safe, challenging and fun which is why I have often chosen to teach and practice the sport using blunt arrows fitted with slow-flight or flu-flu fletchings.

When shooting alongside modern archers using recurve bows and 'fast' arrows, I am always envious of the near flat trajectories they can achieve at even long distances. I also know that if they miss, the 30-inch arrow will find a comfortable home under inch-high grass, which can often take time to locate. Blunt arrows do not dig themselves into the ground; they can skitter along the surface but are always easy to find.

The groups I have taught and classes I have led all use the same standard or 'company' arrow, which is not itself a problem as they all use similar draw weight bows. The arrows are full length and the archers do not seem greatly concerned if their arrow is overlong; on the other hand it will never be too short. Blunts have the great advantage that when being collected no time is wasted gathering around the boss sorting arrows into sets, exchanging them and then looking for the one that 'went over'. Archers just pick up any half-dozen arrows and off we go again. As we don't and can't shoot into conventional bosses anyway, all our arrows will be on the ground.

The disadvantage, of course, is that arrows cannot be 'scored' in the conventional sense, as they will not fix in a target boss. I don't know if I am the only person who finds the gold of the

"With slow-flight blunt arrows you don't need a back-stop netting to collect the arrows if you miss the target; they will collect themselves on the ground anyway."

Equipment

TIPS ON WHAT YOU'LL NEED TO GET STARTED

Most of the bows I use are wooden longbows designed to draw to over 30 inches, with some low draw-weight flat bows for less strong students. They are without sights or any other aids to the archer. A 30-40 lb draw weight wooden bow will shoot a shaft at about 110-130 fps. This compares with roughly the 200 fps for a modern recurve and 300 fps for a compound bow. The bows are slow, move in the hand and rely solely upon technique to achieve good results. The furthest they can shoot a company arrow is about 130 paces. A pace is about 30 inches long and is the system I use, as it avoids worrying about accurate measurement using tape etc.

The arrows are 11/32 inch pine shafts, rolled and hand-picked from Wales Archery. The 5/16th shafts are too fragile and 3/8th too heavy. The shafts need to be reasonably flexible which rules out man-made materials. These shafts are sanded and varnished and then fitted with wooden nocks and Redhead rubber blunts. Hard plastic blunts will break the arrows and could cause serious injury. I use standard full-length fletching which I measure and cut to make two half fletchings. They are left at their full height and are about five inches long. Some people use four rather than three fletchings and this also works well. I use the 'Big Jig' sold by Richard Head Longbows as they permit a great degree of flexibility. I always tie on the fletchings with linen thread for safety reasons. This is to protect the bow hand as the arrow rests on it. These slow-flight fletchings will lose velocity quickly, and in my experience will reduce maximum range by a third. They are almost as accurate as ordinary arrows but are more subject to the vagaries of wind. I find this adds to the challenge.

Checking the equipment prior to shooting is always important. Rubber blunts can wear out and shafts can crack; fletchings are also subject to wear and tear. Before shooting, the archers must be reminded to check their arrows.

Above and right: Simple wooden knock down targets need to be sturdy enough to survive a lot of hits. **Below:** Wand targets allow the archer to focus on their line

traditional FITA target difficult to focus on – perhaps it's because I don't use sights. The FITA target is unbeatable if you're interested in scores but for other purposes I find it much easier to shoot at a small target on a contrasting background. What I learned when teaching target shooting and archery, was that the novice first needed to achieve a group. Novices, on the other hand, tend to be only interested in the score, even when their shooting is entirely random and when they should be aiming to produce not a high score but a consistent group. A small aiming point will enable the archer to achieve better grouping, and they can also more readily use it as their point of aim. For centuries before the advent of scoring, archery, crossbow and arquebus targets tended to be circles or squares of white, with the centre pinned or painted with a black dot: the bullseye.

With slow-flight blunt arrows you don't need a back-stop netting to collect the arrows if you miss the target; they will collect themselves on the ground anyway. Back-stop curtains hide what is happening behind; I prefer to see what is going on down range for the sake of safety.

Below is a list of the targets and ranges that my students would typically shoot at during a single day's practice. This is after the introductory session relating to safety, equipment and the routine of the day, as well as a warming up session. The

Advantages of slow-flight blunt arrows

>> Increased safety – real and perceived
>> Can't be easily lost – saves time and worry
>> Maximises the amount of actual shooting time – none wasted in sorting arrows out or looking for them
>> Maximise capability of bows in a small space – limits range but not accuracy significantly
>> No backstop curtain needed
>> Offers greater variety of targets – both type and position

keynotes after safety should be variety and fun. My objective is that the archer should be able to shoot up and downhill in all weathers and at targets large and small, moving and static, all at unknown distances and sometimes under the pressure of competition. If the archers are not enjoying themselves and improving throughout the day then I will have failed.

Learning the ropes

The first two exercises listed below can be returned to during the day, at varying distances, to reinforce the importance of good basic style.

Shooting at the wand. This is of course one of the most traditional longbow targets. It is a round stick about 1 inch in diameter and four feet in height, set 20 paces from the shooting line. The purpose of this practice is to ensure alignment and make sure the archer can shoot straight. The accuracy I would want is either a hit, or a miss distance equivalent to the width of the fletching (about 1½ inches).

Shooting at a rope stretched across the ground at the same distance. This will teach and test elevation accuracy at this distance.

Shooting at the finial. Using white-painted finials (the things you see on the tops of fence posts about the same size as a tennis ball) set on top of the wand. This exercise combines both line and elevation. The wand helps to ensure line and knocking the finial off is fun. Once the archers have shown themselves comfortable and capable at this distance, we can move the targets further back a little further to 30 paces.

Shooting at knock-down targets at 30 paces. These are specially constructed, cheap and easy to make, from a design that I borrowed from another re-enactor. The target itself is 30cm square with a clear aiming point. There are the same number of targets as archers. They can be placed in a line or grouped into a triangle. These targets are very popular but two-litre soft drinks bottles with a bit of sand in the base also do nicely.

Going the distance

Once everyone is happy shooting at 30 paces we can begin shooting at longer distances, beginning at 50 paces.

The target will be much larger and again home-made from plywood. They make a nice sound when you hit. Misses again are easily found, no time is wasted looking for arrows hiding themselves from you. Each group of three to four archers has their own target in front of them.

The next exercise will be to shoot at two of the large targets. One set at 30+ paces and a second target at 50+. With six arrows they may shoot three at the nearer and three at the further or alternate between them.

Once the archers are comfortable at this distance a third target can be set at 80+ paces, which will be the maximum distance for some archers with lower draw-weight bows. At this distance a larger shield or pavise is used.

The final test is to place three targets set at short, medium and long distance. The archers will shoot under command at targets in random order, or in the order they prefer.

Shooting at suspended targets. Using two tall tentpoles, set 30 paces away, with a line slung between them on which a variety of targets can be hung.

Large wool-filled canvas bag with a bullseye painted on, which makes a satisfying sound when hit.

A flying toy fluffy duck (as long as no-one has moral objections).

A large brass bell, which can also be set swinging.

A line with a weight holding it to the floor. This is an exceptionally useful target in focusing the archer on his line.

The garland. Another traditional target which was a circle or roundel made from foliage; one can be seen in the famous Luttrell psalter image of practising archers c.1340. This garland is made from rope; the objective is to shoot through it.

Clout shooting at the maximum range of the bow/arrow combination. The target will be placed 130 paces away. For this exercise the lower draw-weight bows might need lighter 5/16th diameter arrows with 4inch 'fast' fletchings, as everyone should be able to reach the targets. The target can be a pavise or a very large balloon, (reactive targets are more fun). Most of the bows I have used have been made by specialist bowyers to draw 'full compass' and to the ear, in traditional warbow form. This style can be used safely, together with using the legs and upper body to provide the maximum elevation, while avoiding the loss of draw length.

Moving targets. Try using a long rope and the large wool-filled sack, drawn towards the archers on the shooting line. This requires some careful calculation, as the archer has to judge where the target will be when his arrow arrives. It puts considerable pressure on the archer and is a lot of fun.

Knock-down competition. The archers are divided into two groups with three arrows per archer. In front of the groups are placed a number of knock-down targets. The first group to knock down their own targets are the winners! Speed and accuracy are not comfortable bedfellows. More haste less speed is the rule.

Simulated combat archery. The archers are divided into two groups. In front of each archer, set at 30 paces, is a knock-down target representing that archer. One group of archers shoot at the targets of the other group. If a target goes down, the archer it represents must stop shooting, but his arrows can be used by those archers still standing. There is an important lesson to learn here about hitting first and reducing your opponents' ability to hit back. Again, this is an exercise that puts pressure on the archers and is both challenging and fun.

Roving. When space permits then a roving course can be set out with targets from 40 to 120 paces apart. Traffic cones are ideal for this, (so many of these wonderful creatures wander off the road). Learning to shoot up and down hill, with the wind changing direction is all part of the fun. Judging distance is an important skill. One standard measurement in the Tudor period was the 'bowshot'.

AUTHOR

Jonathan Davies' archery career started almost 30 years ago, trained by an excellent county coach and starting out with a recurve bow. He soon acquired a longbow and never returned to the modern archery fold. Jonathan took the Archery Leader course and for more than 20 years taught archery at a school and for almost ten years ran weekend longbow courses for adults. For 25 years Jonathan has also been a re-enactor, usually wielding a longbow, in all sorts of peculiar places and conditions as a captain of archers.

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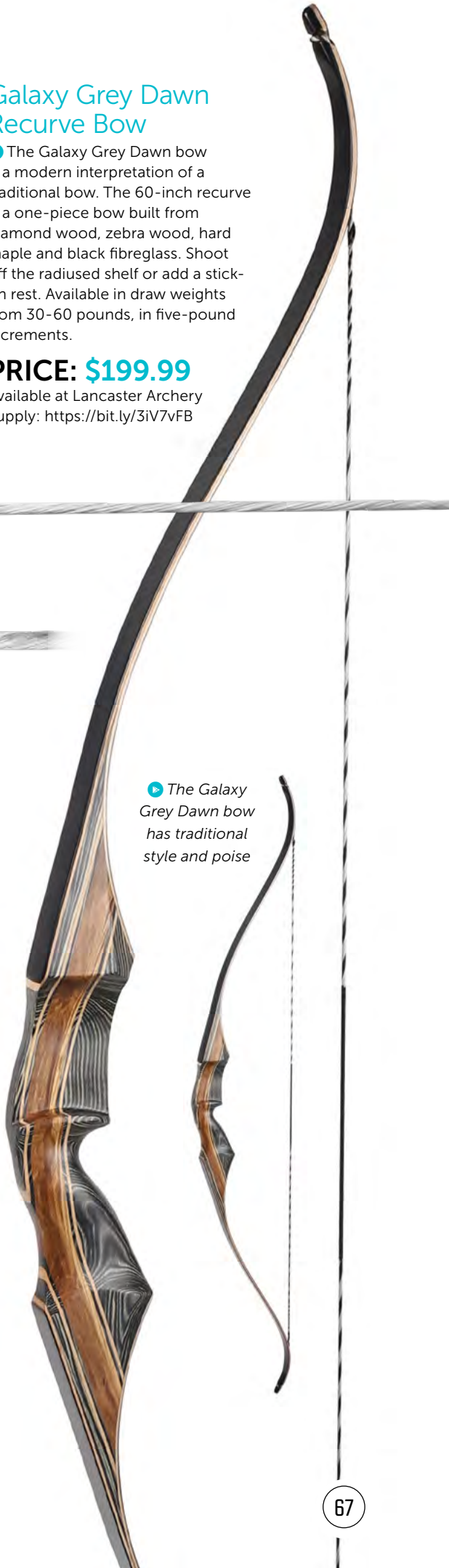
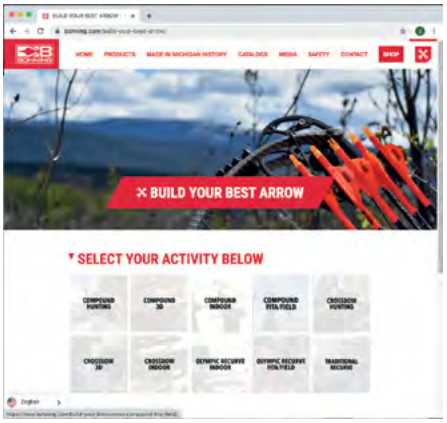


The Galaxy Grey Dawn bow has traditional style and poise



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All staff honorary officers and Board members' contact details can be found on the AGB website.

ARCHERY GB HISTORIAN
Arthur Credland
✉ historian@archerygb.org

Archery UK

WEB NEWS, EZINE & ARCHERY UK EDITOR
☎ 07587 881722
✉ magazine@archerygb.org

Advisory Groups

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JUDGES
✉ judges@archerygb.org

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✉ lynne.evans@btinternet.com

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☎ 01474 708588
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Regional Secretaries

SOUTHERN COUNTIES
Christopher Fletcher-Campbell
☎ 01865 730467
✉ scassectreas@gmail.com

NORTHERN COUNTIES
Ann Shepherd
☎ 01625 871527
✉ secretary@ncas.co.uk

EAST MIDLANDS
Lynn Fisher
✉ lynn584fisher@gmail.com

WEST MIDLANDS
Sharon Medhurst
✉ secretary@wmas.org.uk

GRAND WESTERN
Andrew Rees
✉ secretary@gwas.org.uk

SCOTLAND
Jacqui Dunlop
✉ admin@scottisharchery.org.uk

WALES
Collette Webster
✉ collette_webster@hotmail.com

ARCHERY NORTHERN IRELAND
Kim Pegrum
✉ company.secretary@archeryni.org.uk

County Secretaries

BEDFORDSHIRE
Lorraine Tebbs
✉ secretary@archerybeds.com

BERKSHIRE
Celia Stocker
✉ secretary@berkshirearchery.co.uk

BUCKINGHAMSHIRE
Julie Morling
✉ secretary@bucksarcheryassociation.org.uk

CAMBRIDGESHIRE
John Gorman
✉ secretary@cambridgeshirearchery.org

CHESHIRE
Ann Shepherd
☎ 01625 871527

CUMBRIA
Stuart Burnett
☎ 01946 841333
✉ stu_and_chrissey@yahoo.com

DERBYSHIRE
Tom Floyed
☎ 07894 686102
✉ dcaasecretary@gmail.com

DEVON & CORNWALL
Karen Williams
✉ secretary@dcas.org.uk

DORSET & WILTSHIRE
Mark Pledger
✉ secretary@dwaa.org.uk

DURHAM & NORTHUMBERLAND
Sharon Tideswell
✉ secretary.dnaa@gmail.com

DYFED
Mel Gray
☎ 07972 037488
✉ graymelvin88@gmail.com

ESSEX & SUFFOLK
Debbie Horn
07450 382001
✉ secretary@ecaa.org.uk

GLAMORGAN
Stephen Chamberlain
✉ stephen.chamberlain67@ntlworld.com

GLOUCESTERSHIRE
Adrian Gifkins
✉ a.gifkins@btinternet.com

GWENT
Gail Edwards
✉ info@gwentarchery.co.uk

HAMPSHIRE
Pauline Hunton
✉ haasecretary@googlemail.com

HEREFORDSHIRE
Grant Lloyd
✉ haacountysecretary@gmail.com

HERTFORDSHIRE
Tracey Jackson
✉ secretary@hertsarchery.org.uk

ISLE OF MAN
Barbara Harris
✉ iomarchery@gmail.com

KENT
Chris Horan
✉ secretary@archerykent.org.uk

LANCASHIRE
Jude Lane
☎ 07804 645802
✉ laasecretary54@gmail.com

LEICESTERSHIRE & RUTLAND
Jayne Curnock
✉ lrcaasecretary@gmail.com

LINCOLNSHIRE
Lynn Fisher
✉ lynn584fisher@gmail.com

LONDON
Rafal Radosz
✉ secretary@claaarchery.org.uk

MIDDLESEX
Keith Burton
✉ secretary@middlesexarchery.org.uk

NORFOLK
Caroline Coates
✉ secretary@norfolkarchery.info

NORTHAMPTONSHIRE
Pat Jones
✉ secretary@ncasarchery.org.uk

NORTH WALES
Huw Harper
☎ 07480 985 745
✉ nwas.sec@outlook.com

NOTTINGHAMSHIRE
Michael Thomason
☎ 01159 820470
secretary@nottsarchery.co.uk

OXFORDSHIRE
Andrew Buchan
✉ secretary@oxfordshirearchery.com

POWYS
Stephanie Nash
☎ 01597 824766
✉ steph@nashlabs.co.uk

SCOTLAND (WESTERN)
Alison Ross
✉ westofscotlandarchery@gmail.com

SCOTLAND (EASTERN)
Elaine Pearson
✉ Elaine.pearson19@gmail.com

SCOTLAND (NORTHERN)
Colin Casey
✉ colinkc23@gmail.com

SHROPSHIRE
Sue Williamson
☎ 01694 722767
✉ sue@chelmickforge.co.uk

SOMERSET
Anne Lewin
☎ 07800 768320
✉ thesecretary@somersetarchery.co.uk

STAFFORDSHIRE
Julia Brooks
☎ 07884 498200
✉ juliabro@sky.com

SURREY
Rae Harder
☎ 01372 276 612
✉ raesecsb@gmail.com

SUSSEX
Mark Worsfold
☎ 07590 491356
✉ markworsfold.archery@gmail.com

WARWICKSHIRE
Dawn Goding
✉ membership.secretary@cwaa.org.uk

WORCESTERSHIRE
Linda Haines
✉ secretary@worcestershirearchery.co.uk

YORKSHIRE
Andrew Wilkinson
☎ 01132 860110
✉ yaa.sec@googlemail.com

RAF ARCHERY ASSOCIATION
Jase Duncum
✉ Archery.sec@rafsportsfederation.uk

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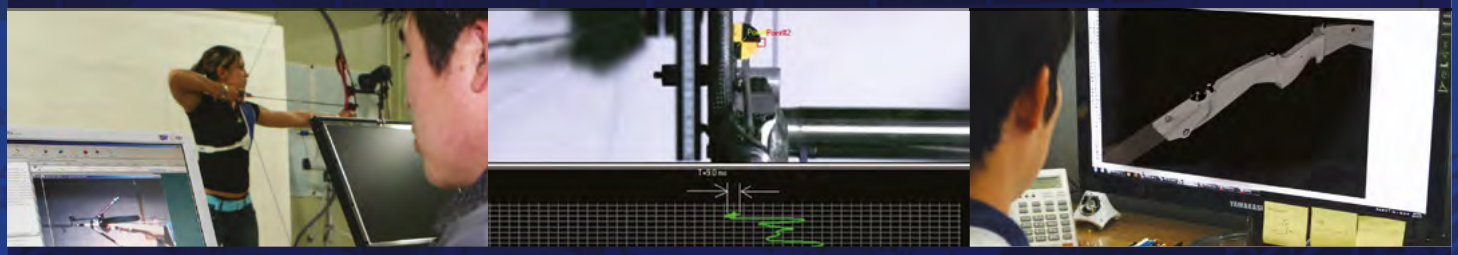

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