

ARCHERY UK

OFFICIAL MAGAZINE OF ARCHERY GB

SUMMER 2021 | £4.95

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Rovers return to Pentref

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NEWS/FEATURES

06

News

A joyful return to the range, Big Reopening report, Big Weekend plans, new AGB strategy details, club round-up and more

34

Mailbag

Have your say

36

Club Spotlight

Bowbrook Archers on their latest achievements

38

History

The way we wore – clothing changes on the field

40

Judge and jury

Three international judges talk through their roles ahead of the Tokyo Games

46

Archery for all

A look at the sport's accessibility as told by the archers who know

52

British 3D Championships

Wet weekend in Wales went down a storm

55

Berkshire Archery Association

History books (and an old suitcase) reveal some local treasures

60

Club people

Rashid Hussain tells us about the community hub that is Nelson Archery Club

46



RIGHT:
Day in the
life of our
RDO

58

76



PRACTICAL

62

How to

Run a beginners' course

66

Return to sport

Chartered physiotherapist Nicky Hunt on how to safely rebuild your form

70

Compound

Choosing a back tension release aid

72

WIN! Griffin vanes

Bohning report on a neat bit of kit – which you can win!

74

Kit care

How range-ready is your gear? Use our checklist

76

Back to Basics

Adam Lewis from Wales Archery talks target arrows

78

Kitbag

The latest new products

ARCHERY GB

58

Day in the life

Meet Toby Andrews, Regional Development Officer

33

Rule changes

Latest updates

80

Directory

How to get in touch

55



40



Cover: Jamie Adams from Bowmen of Warfield
Picture by: Sophie Meering



SUMMER 2021



EDITOR'S WELCOME

With the prospect of the Tokyo Games and a summer of relative freedom, it's looking like an exciting season. Competition organisers are wasting no time in getting ready for their events, volunteers are rolling up their sleeves to help their clubs recover from the trail of devastation wreaked by the pandemic, and our Olympic and Paralympic squads are not only in training but expertly navigating the media attention in the run up to the Games. If you haven't already heard who's travelling to Tokyo, please turn to the news pages for the line-up so far. On page 40, we also meet three of the judges who'll be attending the Games, and hear what their roles entail and what they're anticipating when they finally reach Japan.

In May, the British 3D Championships were held in Wales and archers had a brilliant couple of days in the countryside – you can read organiser Vic Williams' report on page 52. Incidentally, those who love 3D will be interested to see who's made the line-up of the European 3D Championships in Slovenia later this summer – you'll find the details [here on our website](#).

We're always advocating the accessibility and inclusivity of archery, and this time we hear both sides of the story: meeting archers who rely on the help of others to be the best they can be at their sport, as well as from their volunteer helpers. Turn to page 46 which kicks off the feature with Hannah, who's boldly leading the way in the sport at her college in Wolverhampton. In our Club People section, on page 60, we hear from Rashid Hussain who set up Nelson Archery Club after realising the potential benefits of the sport in his community in Lancashire.

We also have a larger than usual Practical section this time, with a feature on page 66 by chartered physiotherapist, Nicky Hunt, that aims to help people find their return to form safely post lockdown. There's an advice story about running beginners' courses (page 62), plus kit care advice (page 74), and a chance to win yourself some Griffin Vanes from Bohning on page 73.

Stay safe and enjoy a great summer of sport! And do take advantage of our exclusive member discount to The Game Fair at Ragley Hall in July – details on page 28! As ever, please let us know all your news and views at magazine@archerygb.org

Vicky Sartain

Communications Editor

ARCHERYUK

PUBLISHED FOR:



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& Conferencing Centre, Newport,
Shropshire TF10 9AT
Tel: 01952 677888
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PRODUCED ON BEHALF
OF ARCHERY GB BY:

Pensord.design

Tel: 07525 422065
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**COPY DEADLINE FOR THE
AUTUMN EDITION:**

23 August 2021

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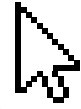
SUMMER NEWS



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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](mailto:magazine@archerygb.org)

Archery GB publishes new strategy for 2021-26

In our new Strategic Plan 2021-26, Archery GB looks forward to building on the work of previous years and welcoming many more people to the sport. Find out how we're helping our members and clubs recover from the impact of the pandemic, the projects under way to increase support for people from diverse backgrounds, and our plans for a new microsite aimed at making it easier than ever to get started in archery.

AGB Chair, Mark Briegal, said: "Our six new Strategic Ambitions aim to rebuild, reimagine and re-present archery in the next five years. Despite the rigours of 2020/21, which has seen the Tokyo Games postponed along with the majority of international and domestic archery events, Archery GB has worked tirelessly alongside loyal volunteers and partners to keep our sport going as much as possible.

"The arrival of the Covid-19 vaccine means we can at last look forward with more certainty to achieving our vision of enriching lives through archery."

- The [AGB Strategic Plan 2021-2026](https://www.archerygb.org/archery-gb-publishes-strategic-plan-2021-26/) is available here as a page-turner and as a downloadable pdf here: <https://www.archerygb.org/archery-gb-publishes-strategic-plan-2021-26/>

- You can also find the [AGB Yearbook 2020-21](#) here. This is our fourth Yearbook, which aims to give members an insight into our work and an update about our new strategic plan. It looks back over the most challenging year in our sport and shows how we as an organisation responded to the impact of the pandemic, while still championing archery for our members.



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Tokyo teams announced!

The British Olympic Association and ParalympicsGB have announced the archers who have been selected to represent Great Britain at the rescheduled Tokyo 2020 Olympic and Paralympic Games



All six members of the Olympic squad have been named, along with five members of the Paralympic team. Archery's final Qualifying Tournament for the Paralympic Games is scheduled to take place in July with a number of British athletes still looking to secure a spot on the ParalympicsGB team. Two travelling reserves for the Olympic squad have been named too: Yulia Larkins and Alex Wise.

Among those heading to Japan is four-time Olympian Naomi Folkard and Patrick Huston, who will compete in his second Olympic Games in Tokyo.

Sarah Bettles, Bryony Pitman, Tom Hall and James Woodgate will each make their Olympic debuts in Tokyo this summer at the Yumenoshima Park Archery Field from 23-31 July.

Folkard is an experienced member of the team having competed at the Athens 2004, Beijing 2008, London 2012 and Rio 2016 Olympic Games. From Leamington Spa, Warwickshire, Folkard has medalled at the last



With this very talented group of athletes, our Games ambitions remain firmly in place and we are resolved and excited to deliver performances that will cast a bright and inspiring light on British archery.

two World Championships, earning bronze in both the recurve mixed team and recurve women's team, and has also medalled at World Cups, World Games, Commonwealth Games and European Games, as well as the World Field Championships in 2018 where she took home silver.

Huston previously represented Team GB at the Rio 2016 Olympic Games after winning bronze at the 2016 European Championships. Originally from Belfast, Northern Ireland, Huston won silver and bronze with mixed team partner Folkard at the European Games in 2019 and World Championships in 2017, respectively.

Although Tokyo is her first Olympic outing, Essex-born Bettles won gold as part of Team GB in the women's recurve team event at the 2019 European Games and was part of the team that won bronze at the World Archery Championships in 2019.

Pitman, from Shoreham in West Sussex, is the youngest member of the women's team but was also part of the bronze winning team at the 2019 World Archery Championships, and in 2019 she also won gold as part of the women's recurve team at the European Games.

Currently ranked number one in the UK, Hall was part of the team that secured the Olympic quota places in 2019 alongside Huston and was also a member of the bronze winning team at the Archery World



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Cup in 2018. From Kenilworth, Warwickshire, he took up archery at university and went on to represent Great Britain at the World University Championships twice, as well as the World University Games.

At just 18, Woodgate is the youngest member of the archery team to be selected for Tokyo but has already amassed a wealth of experience having picked up the sport at the age of seven. He started competing at the age of nine in his hometown of Woking in Surrey and shot at the World Youth Championships in the recurve cadet men's division in 2019.

Mark England, Team GB Chef de Mission for Tokyo 2020, commented: "I'd like to congratulate all six athletes on their selection to Team GB for Tokyo. It is quite unique to have a team made up of such a mix of experience – from an athlete set to participate in their fifth Olympic Games, to one who is taking a gap year from their university studies to focus on becoming an Olympian. That really is very exciting.

"As one of the first sports to get Team GB underway in Tokyo, we're really looking forward to seeing the general public get behind each and every one of these athletes who will no doubt put on an inspirational display on the field this summer."

David Tillotson, Olympic Team Director, said: "With this very talented group of athletes, our Games ambitions remain firmly

in place and we are resolved and excited to deliver performances that will cast a bright and inspiring light on British archery.

Paralympic squad ambitions

The rescheduled Tokyo 2020 Paralympic Games will be staged from 24 August to 5 September. Paralympic gold medallists Jess Stretton and John Stubbs are joined by Nathan Macqueen and Hazel Chaisty, who makes her Paralympic debut in Tokyo.

Stretton made an immediate impact on her Paralympic debut, winning individual gold at Rio 2016 at just 16-years-old. While the talented athlete heads to Tokyo to hopefully win again in a new category, she feels no added pressure.

For Beijing 2008 gold medallist Stubbs, Tokyo 2020 will be his fourth Paralympic Games, and the 55-year-old is looking forward to pulling on the British vest once again. He said: "I'm as excited as I was when I had my first taste of the Paralympic Games 13 years ago. My passion for archery remains as strong as ever and I am proud to have the chance to represent my country once again."

Tokyo 2020 will be Macqueen's second Paralympic Games. The Scot made his debut at Rio 2016, where he finished in ninth place, losing out in the round of 16 to the eventual gold medallist. Chaisty meanwhile will line up at her first Paralympic Games

having finished on the podium at World Ranking events in the last two years.

On 8 June, Dave Phillips was officially announced as the fifth member of the squad following classification in Lausanne in May. He said: "Archery is a sport of repetition so I know I need to stick to the process that has served me well to date and with skill and a bit of luck I hope to bring home a medal."

Tokyo 2020 Chef de Mission Penny Briscoe said: "I am delighted to welcome Jess, John, Nathan, Dave and Hazel who together bring a tremendous mix of youth and experience to the ParalympicsGB team.

"Great Britain has a great history of success in archery at previous Paralympic Games and I know our five archers will relish the opportunity to shine on the biggest stage of all."

Paralympic Performance Director, Tom Duggan said: "The athletes have worked tremendously hard to get to the position they are in today and are fully deserving of their place on the ParalympicsGB team. I am extremely proud of the determination, commitment and composure they have shown, particularly over the last year.

"Adjusting and adapting to new ways of training due to the pandemic has demonstrated their drive and flexibility. I know this will stand them in good stead in the build up to and during the Games."



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Safeguarding practice

'I'm Involved' is a free course available from the Child Protection in Sport Unit (CPSU) to help and support clubs in consulting with children and young people and focusing on getting them involved in their club activities. Access to the course is available from the CPSU website: www.thecpsu.org.uk/im-involved-e-learning-course

For more information about how to get children and young people involved in archery, check out the CPSU website link: www.thecpsu.org.uk/resource-library/best-practice/getting-children-and-young-people-involved

CPSU Safeguarding Assessment will be carried out later this year to measure the effectiveness of safeguarding in archery. If your website has a safeguarding area which includes policies, guidance and codes of conduct and your Welfare Officer details, we would love to hear from you. **Please contact:** karen.hodgkiss@archerygb.org



Child Protection in Sport Unit



NSPCC Close the Loophole campaign

It is currently against the law for someone in a position of trust i.e. teachers, doctors, and social workers to engage in sexual activity with a child in their care, even if that child is over the age of consent (16 or 17 years old). In 2017, the NSPCC began a campaign entitled 'Close the Loophole' to ensure that children in sports and faith environments would be similarly protected. The upcoming Police, Crime, Sentencing and Courts Bill will make it illegal for adults in England and Wales working in sports and faith settings to exploit their roles to groom young people.

On 9 March 2021, the bill was introduced in parliament and since then governments have been creating amendments to the Police, Crime, Sentencing and Courts Bill (England and Wales) and Justice (Miscellaneous) Provisions Bill (Northern Ireland). Scotland is currently reviewing changes to the law. Archery GB will inform you via Learning Curve, our website, ezines and Archery UK when the amendments come into force, and how the change will affect our sport.

Archery GB's safeguarding policies and procedures are currently being reviewed. As government guidance and legislation change frequently, our policies and procedures must also be amended in line with these changes. We will inform you when these revisions are complete and ready to be published later this year. In the meantime, the Safeguarding Children and Young People Policy OPP-01-01cm and Safeguarding Adults Policy OPP-01a-01cm on the website should be followed.

The disciplinary policy/procedures OPP-04-04 was reviewed in October and is available on the website www.archerygb.org/about-us-structure-safeguard/safeguard/disciplinary-policy-procedures/

Reminder for all clubs and organisations to ensure any person or persons with responsibility for safeguarding is added onto their club profile. This may be a Junior Representative, Club Secretary, Child Protection Officer, Welfare Officer, Safeguarding Officer, or Deputy.

Welfare and safeguarding are important areas that all sports clubs need to be aware of, and therefore it is mandatory for a club to register these roles as a Club Welfare Officer with Archery GB. It also allows us to communicate to Welfare Officers important and timely information.

You can add or update this role by:

- Log in to your club profile here: www.archerygb.org/members-portal/
 - Click on Account, click Profile, then click Complete (green button)
 - Click Add and select Club Welfare Officer completing the relevant fields.
- For further support, email: membership@archerygb.org

Useful links

Parents in Sport Week 2021 | CPSU (thecpsu.org.uk)
Anti-bullying-week-2021

Welfare/Safeguarding Officers can receive safeguarding updates in an instant from Archery GB's Learning Curve platform. It is a closed group, so if you'd like to register with Learning Curve or have access to the group, please contact karen.hodgkiss@archerygb.org

Mental Health and Physical Activity tool kit



Mental health charity Mind has launched a tool kit specifically for the sports sector. It comprises ten guides, including topics such as safeguarding, funding/sustainability and engaging people in physical activity to support their mental health. Each guide provides advice, tools, templates, and good practice case studies.

Mind worked with many people and organisations to develop the tool kit with the aim of helping clubs and organisations provide an inclusive and welcoming environment for people experiencing mental health problems in physical activity.

The toolkit is available from the About Us and Our Policy Work section of the Mind website.

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Volunteers, we salute you!

Volunteers' Week took place from 1-7 June, when the nation once again cheered for the millions of volunteers whose contribution, however small, makes a big difference in their local communities. Within archery, volunteers go above and beyond to keep the sport growing and thriving. We particularly liked this heartfelt thanks from one volunteer to another



Malcolm Dukes, Vice Chair of Thirsk Bowmen

"I can't think of anyone more deserving of a badge than Malcolm Dukes," says Ian Hunter, Chair of Thirsk Bowmen. "Malcolm's middle name should be 'Volunteer'. If there is a job to do he just gets on and does it. Every club should have

a Malcolm. I suppose I didn't really properly meet Malcolm until after my beginners' course but I know he was there in the background ensuring everyone had all they needed, be it coaches or participants making sure that the field was immaculate and everything ran as smooth as silk.

"I properly met Malcolm the first time when I went to the field as a member. He was there as if by magic to guide me through my first visit with help, kind advice and friendship. Within minutes he had loaned me kit, given me confidence and set me on a path to enjoy a fantastic sport. I'm not unique as over the last few years I have witnessed him do this with all our members. I have seen him come off the line to help anyone who has a problem, and he has taken on jobs most would shy away from including removing spiders from the toilets always with a smile and determination!

"If Malcolm says he will do something, it's done and done without any fuss and to the very highest standards. I'm sure Malcolm is not unique but Thirsk Bowmen would not be the club it is without him."

Malcolm Dukes, Vice Chair of Thirsk Bowmen, says his reason for volunteering is: "A desire to help the club be the best it can be. To give back to a sport and club that has provided so much to me."



I can't think of anyone more deserving of a badge

than Malcolm Dukes. Malcolm's middle name should be 'Volunteer'. If there is a job to do he just gets on and does it.

Do you know a 'Malcolm'? Now's the time to show your support for a brilliant archery volunteer or a club that goes above and beyond, by nominating them in the Archery GB Club and Volunteer Awards 2021 – nominations will be accepted until 31 July 2021, so don't delay! [Please click here for all the details.](#)

And if you know an unsung hero whose achievements we should share, please let us know:

✉ magazine@archerygb.org

Regional Development Officers now in post

In the spring issue of Archery UK, we ran a story about our new Participation Team, who will help strengthen the sport and build on development opportunities as we emerge from the Covid-19 pandemic. We recognise that clubs and members across the regions and Home Nations have specific needs and opportunities for growth, and that a more localised approach will boost participation, member satisfaction and diversity.

The RDO's role is to help improve the offer of archery in the region through collaborative working with regional and county associations, clubs and other organisations or partners such as schools and local authorities. Partnerships with regions aim to help align priorities and improve the offer of archery for all in that area.

Clubs, please don't hesitate to contact your local RDO to see how they can help you return to form. [Click here to find out more about how the RDOs can help.](#) Also turn to page 58 to meet our Southern Counties RDO, Toby Andrews.

The following positions have been filled:

Southern Counties – Toby Andrews; Tel: 01952 951717
email: toby.andrews@archerygb.org

Northern Counties – Katy Cumming; Tel: 01952 607961
email: katy.cumming@archerygb.org

East & West Midlands – Helen Smedley Tel: 01952 951703
email: helen.smedley@archerygb.org

Grand Western – Stephen Bourke Tel: 07860 956789
email: stephen.bourke@archerygb.org

Scotland – Bill Hogg (Club Development Officer)
Tel: 07712 526231; email: bill.hogg@scottisharchery.org.uk

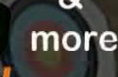
Wales – Gayle Penn; Tel: 07809 863548
email: gayle.penn@archerygb.org

Northern Ireland – Sophie Fusco McKeown; Tel: 07710 701828
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Archery GB joins search to find future Games stars



For the first time ever, UK Sport and the English Institute of Sport (EIS) are collaborating with Team GB, ParalympicsGB and 19 Olympic and Paralympic sports to launch its latest search for the athletes of the future – From Home 2 The Games.

The search is the 17th to be run nationally since 2007 by UK Sport, in partnership with the EIS and the UK's Olympic and Paralympic high-performance community, with From Home 2 The Games the first to leverage the power of both Team GB and ParalympicsGB.

The scheme has been designed to engage and encourage young people from all communities in the UK to explore their possibilities in Olympic and Paralympic sports that they may never have thought about getting involved with before, and consequently, discover untapped potential.

It is seeking to reach and engage 11-23-year-olds who are sporting or physically active to participate in Olympic sport and 15-34-year-olds with an impairment that makes them eligible to participate in Paralympic sport.

Officially launched on 3 June at the Queen Elizabeth Olympic Park, potential athletes can now join From Home 2 The Games by completing three simple challenges and submitting their results at www.FromHome2TheGames.com.

The challenges:

- For Olympic sport, potential athletes need to complete a 20m sprint, a broad jump and an open skill challenge.
- For Paralympic sport, potential athletes need to complete a 20m push or sprint, a pick-up and throw and an open skill challenge.

Potential athletes will be encouraged to upload their scores and fill in a short form about their sporting background. Submissions will close at midnight on Monday 6 September and then be reviewed by sport scientists and coaches.

A select number of potential athletes will be invited to progress to the next stage of the process in the autumn.

Channel 4 meet the Paralympic squad at Lilleshall

On 7 June, a Channel 4 production team visited Lilleshall to film the Paralympic squad meeting special guest Sally Haynes MBE, who competed in para archery (and Dartchery) at Tokyo 1964. The footage will be broadcast during the Games in August and September. Hazel Chaisty, who will make her Paralympic debut in Tokyo, interviewed Sally about her experiences at the Games,

while fellow Tokyo athletes Jess Stretton, John Stubbs, Nathan Macquene and Dave Phillips were interviewed about their hopes and expectations. On 8 June, Dave Phillips was officially announced as the fifth member of the squad following classification in Lausanne in May.

Keep up with the latest news about the Paralympics at

<https://paralympics.org.uk/>



From top: Paralympic squad archer Hazel Chaisty was filmed shooting under the watchful eye of Sally Haynes MBE; John Stubbs and other members of the Para squad were also interviewed



ArcherySuccess.com

EU allocates €60,000 for Euro-African Para Archery Development

At the Rio 2016 Paralympic Games only one athlete from Africa competed in archery. This reflects the low level of activity in Africa, with a very small number of knowledgeable coaches. Europe has strong para-archery nations where there are highly skilled coaches and experienced judges

In May last year the European Commission (EU) put out a call for projects based on Exchanges and Mobility in Sport. Hilda Gibson (Archery GB International Relations Lead) and Khaled Lamandé (World Archery Development Agent for Africa) put together a proposal for submission by World Archery Europe. There were 95 applications of which ten were successful, including the Euro-African Para Archery Development project, which was awarded a grant of €60,000. A further €15,000 will be provided by the Archery GB/UK Sport International Partnerships Programme and World Archery.

The overall objective of the project is to enable more rapid establishment of archery and para archery in African countries through exchange of knowledge, and learning mobility of coaches and judges in Africa and Europe.

The approach is to first build coaching capability and train judges through seminars hosted in Africa, and run by experts from the UK and France. Some of the new coaches/judges will then have a short period of training/job-shadowing in the UK and Czech Republic. Finally, a para archery competition will be organised in Africa so that coaches will have a competitive opportunity for their athletes



and newly qualified judges can put what they have learned into practice.

The coach and judge seminars are delayed until Autumn 2021 due to the Covid-19 pandemic but the development of preliminary national judge online training is progressing well and expected to be launched in Africa shortly.

The project is part of a broader initiative to bring the benefits of para archery to individuals with a disability in Africa. It builds on successful para archery coach seminars in Egypt (2018) and Algeria (2019) which have resulted in the initiation of para archery in countries as far afield as Mauritius and Ivory Coast.

Archery GB club survey results

A club survey was distributed at the end of March to help understand the current club landscape. A total of 520 clubs have completed the survey so far, which highlights 414 clubs (80%), are currently open. Newly-appointed Regional Development Officers (RDOs)

will be following up with clubs that have not completed the survey and those that are closed, and providing information and support to clubs that require assistance. Why not drop your local RDO a line? You can find their full details on page 12 of this issue.



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UK Disability Inclusion Training for Archery Northern Ireland

26 April saw the commencement of the inclusion training initiative which will cover every facet of the Northern Ireland archery fraternity in the next four years

The initiative was presented to the Board of Directors and Officers of Archery NI (ANI) being part one of a phased rollout in harness with Disability Sport Northern Ireland (DSNI) who, through Elaine Reid, their Performance Pathway Manager, delivered the workshop with co-host Judith Cooper.

Elaine acknowledging the work thus far, said: "Archery NI has reached a significant milestone as they launched the first of a number of planned workshops related to the Disability Inclusion development plan. They are delighted to have formalised a working partnership with DSNI as they work to make the sport more inclusive. Over the past months, ANI has been developing a disability action plan as part of their work towards the DSNI's Inclusive Sport Award. As one of the first steps of plan implementation, DSNI delivered the first of a series of UK Disability Inclusion Training courses to ANI Board members and staff on 26 April, with further training to be delivered throughout the year to the wider

ANI community. The training course aims to provide participants with the relevant knowledge and skills to overcome barriers to participation and to ensure that their sport is more inclusive of disabled people."

The Disability Inclusion initiative was born three years ago and an active committee formed to research, prepare



and embed into the ANI Strategic Plan for Disability, 'TAKE AIM'. The committee and DSNI, through their working partnership, have instigated a targeted development programme for 2021-2025. The launch marks the culmination of the effort to establish and implement inclusion.

Marc Scott, Chair of Archery NI, commented: "Archery is one of the

most inclusive and accessible sports and therefore it is essential that ANI weaves disability inclusion into all aspects of our strategy and operation. The disability awareness training for all board members and officers is the starting point of our commitment to establishing a strong partnership with DSNI and achieving the Inclusive Sport Award. We look forward to fulfilling our ultimate target of impacting positively on the lives of the NI community through inclusivity, and providing an accessible sport environment we can all be proud of."

There is much still to be undertaken, established and implemented regarding inclusion during the 2021/2022 period, encompassing equality and diversity. The future looks to the infrastructure relating to disability participation being in place for existing members and welcoming those who have a disability/impairment into the archery family in Northern Ireland.

Visit www.archeryni.org.uk

New partnership for Project Rimaya

Archery GB is supporting a partnership between local sports clubs Muslimah Sports Association (MSA) and Barking Rugby Club through Project Rimaya, a SportsAid-funded initiative looking to increase participation in archery amongst ethnically diverse communities

Project Rimaya is being piloted in selected schools across the Midlands and this new partnership between MSA and Barking Rugby Football Club indicates the potential outreach of archery as an inclusive activity that appeals to many groups currently under-represented in all UK sports clubs. It could well form the template for future cross-sport initiatives, broadening the appeal of archery across the wider community.

Archery GB is supporting a training programme for 12 women representatives from the local Muslim community and MSA volunteers, equipping them with the skills to provide archery beginners' sessions for women aged 14-plus from the end of June.

Barking Rugby Club in east London will be the base for these ongoing beginners' archery sessions, extending the positive impact of archery and its many physical and mental health benefits by engaging with people who otherwise would not have the opportunity to participate. In return Barking Rugby Club is developing a close working relationship with a local association that it hopes will help strengthen its own position with community engagement and potentially player recruitment as multi-sport partnerships take on a growing importance.

Archery has particular cultural significance within the Islamic faith, with archery being part of Muslim heritage for over a thousand years and cited specifically in the Qur'an as one of the fundamental 'Sunnah' sports.

Bringing archery closer to the community

It is hoped that this initiative will gain further interest ahead of the Tokyo Games, generating support for Team GB athletes and demonstrating archery's suitability as a sport for all.

Graham Comley from the host venue, Barking Rugby Club, commented: "I am personally very keen to learn more about archery. We see this initiative as an opportunity for our club to develop a working partnership with a local community association and explore other ways to



collaborate in the future."

Yashmin Harun, chair and founder of Muslimah Sports Association added: "We are excited to introduce a new activity for the female members of our group – it is clear that Archery GB is very focused on supporting local community initiatives and



We are excited to introduce a new activity for the female members of our group - it is clear that Archery GB is very focused on supporting local community initiatives.

the appeal of archery to girls and women is something that we are keen to explore.

"Barking Rugby Club's vital support and facilities enables us to empower more women to take part in sports, offering them a safe, positive space to participate, without compromising on their beliefs."

Inclusive and accessible

As seasoned archers will know, the sport can be enjoyed by children and adults of all ages, backgrounds and abilities – it is also easily adaptable to most disabilities, breaking down barriers and creating an accessible path to sport. While perhaps not always considered a mainstream activity, archery can be learned relatively quickly and undertaken indoors or out, bringing many physical and mental health benefits for all participants while naturally lending itself to social distancing.

Project Rimaya aims to ease access to archery and create important role models for others to follow, while building a stronger multicultural society for all. Commenting on the Project Rimaya initiative and supporting this new multi-sport partnership in Barking, Neil Armitage, CEO at Archery GB said: "We believe that Project Rimaya has the potential to change the way our sport is viewed, particularly by ethnically-diverse communities. Providing opportunities for everyone to experience the benefits of archery is one of our primary strategic goals and we aim to help put sport at the heart of the nation's post pandemic recovery, bringing a new and different sporting activity to diverse communities nationwide and providing practical support to establish new archery clubs."

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Countdown to the Big Week and Big Weekend

Please join us for the return of our annual Big Weekend on 9-11 July (2-4 July in Northern Ireland) with the new addition of the Big Week on 5-9 July.

Started for the London 2012 Games, an estimated 45,000 people have now been introduced to archery through Big Weekend events. Post pandemic, most clubs are looking to recruit new members

and build their clubs back stronger than ever. In partnership with The Archery Shop, this joint celebration of archery, with support from Archery GB and help in promotion, is different from any other have-a-go event because together we can raise the profile of our great sport through friendly, fun-day-style events for beginners.

Planning events in line with the new

Covid guidance for have-a-go events boosts people's confidence to come and enjoy our naturally socially-distanced sport amidst the buzz of the upcoming Tokyo Games. New this year, the Big Week on 5-9 July will focus on encouraging archery in new places such as outdoor activity locations, with community groups or uniformed organisations, and in schools etc, and allows organisations even more dates to plan an event.

Clubs, plan your event your way!

Running a shooting session for your club that week, where people could come and try archery for the first time? Why not register that as your Big Week/Weekend event and we will help promote it.

Archery GB can offer support in promoting your events on a national basis, and resources and toolkits are available to help with your preparations. For more details about the Big Week and Big Weekend, please visit: www.archerygb.org/shoot-compete/shoot/archery-gb-big-weekend



Join our online meeting for all Big Week/Weekend event organisers on 28 June, 7-9pm.

The Big Week 5-9 July
The Big Weekend 9-11 July
The Big Weekend (Northern Ireland) 2-4 July

[Click here to find your nearest Big Week and Big Weekend event!](#)



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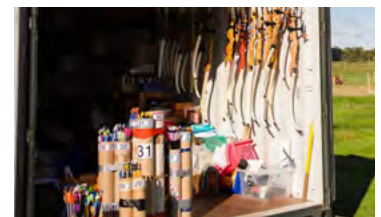


TO THE POINT

Structure review

Archery GB is embarking on a review of the structures within the sport as part of a collective effort to embed the culture of good governance at every level, and we are now seeking members to be part of a working group to help us do this. As we look to recover and rebuild from the damage of Covid-19, the opportunity to review the inner workings of archery presents itself.

With the new strategy – [Enriching lives through archery](#) – launched at the AGM, a structure review is now high on the agenda for the sport. We cannot do this without consultation and support and therefore would like to invite expressions of interest from members with an interest in joining and supporting a working group. [For more information visit our news page.](#)



Archery GB launching new microsite

To help more people discover our sport, we'll be launching a new microsite this summer. Start Archery will include information on the different disciplines in archery and where people can experience the fun of picking up a bow. The site will also include course booking information to make it even easier for people to get started in archery at their local club. We want to make sure everyone has the same experience of accessing our sport wherever they are.

Blog articles and resources will help us engage with people from diverse backgrounds from across the UK and Northern Ireland. We'll let you know when the site goes live but for now add www.startarchery.co.uk to your favourites!



Range returners

The last few months have been tough on us all and in talking to our members, we have seen a number of references to how helpful people are finding archery for their mental wellbeing. With that in mind, we are launching a campaign to welcome back lapsed members and help people rediscover the sport they love through Range Returners.

RESEARCH SHOWS that about 70% of lapsed members would consider coming back to the sport and therefore it seems like a rich source of potential new memberships for clubs. Changes to work/life patterns as a result of Covid-19 may mean more people work from home and have extra time to pursue their interests. With some people concerned about the risk of close contact sport, it may be that they also choose to return to archery because of its socially distanced nature.

You can read about a recent range

returner here: ["Archery gives me joy and a sense of accomplishment."](#)

Returners will be able to take advantage of the new members' Archery GB rates (providing they have not been a member in the last 12 months) which are pro-rata from April-August and free in September.

We will contact range returners and clubs for feedback on the campaign later in the year.

Please register for Range Returners via Sport80. It can be accessed by adding 'Range Returners' under the Have a Go and Course Registrations tab.

Rebuild back better!

Last summer, Archery GB launched a Rebuild Activity Fund, offering financial support to clubs that were struggling to stay afloat. We have now launched the 'Rebuild Activity Fund – Round 2', which will prioritise inclusion to help support clubs and members – new and old – to get back to the sport on an equal footing.

As the sport begins to reopen, it will feel to some like having to start again, and club officials may have to reassure many members that archery is welcoming to all and safe. Archery is an inclusive sport, but sometimes without careful consideration of everyone's needs, inequalities can potentially arise. This fund will hopefully help clubs address some of these inequalities.

[Please click here to apply for the](#)



[Rebuild Activity Fund – Round 2](#) and you can find out more about the fund [here](#).

Please note: this funding is likely to come to an end at the end of June 2021, so be quick if you want to apply!



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25% discount for AGB members at The Bear Grylls Adventure

Last October, Archery GB announced an exciting new partnership with The Bear Grylls Adventure Centre in Birmingham. As we emerge from lockdown, Archery GB members are now invited to take advantage of an **exclusive 25% discount at The Bear Grylls Adventure** when pre-booking any of the centre's exhilarating activities. There's plenty on offer, including high ropes, climbing,

escape rooms, shark diving, shooting, snorkelling, the free-fall iFly experience, assault course – and of course, archery!

The centre is fully open once again, and is Covid compliant. It's a great place for thrill-seekers and anyone looking to try something new in a safe environment. If you've been itching to boost your activity levels, this is a good place to raise your heart rate and burn some calories. Why not invite family

and friends and set yourselves some new challenges? Your next adventure awaits!

Just a few minutes' walk from Birmingham International train station, The Bear Grylls Adventure is home to an array of activities, both indoors and out, catering for all ages, abilities and experience levels. To book your exclusive member discount, available until 31 December 2021, please visit: www.beargryllsadventure.com/



X The Bear Grylls
ADVENTURE

INDOOR/OUTDOOR ACTIVITY CENTRE

YOUR NEXT ADVENTURE AWAITS

Book with your exclusive member discount at www.beargryllsadventure.com/ArcheryGB



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All British & Open Field archery Championships

On the weekend of 29-30 May, *Overton Black Arrows* hosted the Archery GB All British Open Field Archery Championships at their field course in Kingsclere

Field archery has been taking place at The Warren, owned by the Earl of Huntingdon, for over 50 years and has seen a number of high profile tournaments in the past. With a mix of steep hills, challenging cross slopes and a wooded area it is considered one of the toughest courses in the UK.

For the club, the main priority for the event was to create a socially-distanced and Covid-secure competition that also provided a challenge for the archers. A system of staggered start times was devised, with groups of four parking and practising together and starting at different targets. This worked well to prevent crowds of people but still enabled archers to walk the course without waiting or getting backed up behind other groups. Wipes and sanitiser were provided around the site. The course was designed by Overton's own designers, Maurice and Gerald, and approved by the Archery GB judges.

Saturday was 'Sighted Saturday' with archers of all ages who shoot recurve and compound bows with sights, and it was a real bonus for us to have three of the Archery GB Olympic team come along (Patrick Huston, Bryony Pitman and Tom Hall) and shoot the course. In total 70 archers were on the course during the day shooting 24 targets of various difficulty. It was a close competition at the top of the scoreboard with UK archer Patrick Huston taking top honours by a single

point for the recurve men and UK Archer Bryony Pitman winning for the recurve ladies. Tom Duncan took top honours for the compound men and Ella Gibson won the UK ladies event. Top Overton archers were Jamie Adams and Richard Buckner, with Richard claiming a new Hampshire County record and Jodie Bucker claiming second place in the U18 ladies group.

A traditional Sunday

On Sunday, it was the turn of the more traditional bows including longbows, barebows and flat bows – basically archers shooting without sights. For this discipline archers have to use their own instincts and experience to gauge distance to targets and where to aim. Again with the top UK archers in attendance there was some competitive scores between archers and wins for James Annall, Carole Ann Seez, Simon Price, Marion Patterson, Rob Twigg, Emily Williams, Ceri Thomas. Overall on Sunday, 65 archers attended The Warren.

Archery is for all ages and a fair number of archers were under 18 with notable wins for Lauren Rawlings (U18), Freya McCallum (U15), Eleanor Thornton (U12), Amelia Chumber (U18 Barebow), Faith Littlechild (U15 Barebow), Oliver Hicks (U15) and Noah Littlechild (U12). Top Overton Archers include Oliver Hicks and his brother Finlay coming first and second with Oliver achieving a

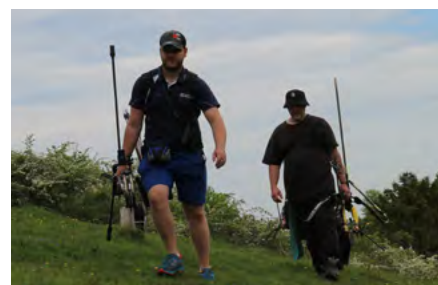
brilliant score that all adults would have been proud off and he will claim a UK record.

In honour of the Olympic archers, Overton created an extra target: a 70m uphill shot with a very small target! The club charged £1 for each archer and money raised was split between the winner and the club's chosen charity. It was a fun shot at the end of a competitive day and was enjoyed by all archers who took part.

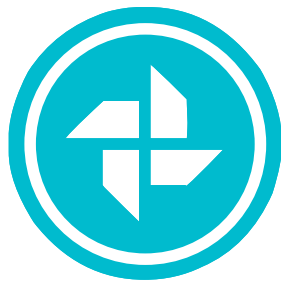
Overall it was a great weekend with Archery GB praising Overton Black Arrows for staging and running the event. The club would also like to thank sponsors BCM, Quicks Archery and Arrowhead for their support. For those keen to get family and friends into the sport, the club's next beginners' course starts in September at their range in Overton, Hampshire.

For more information, please visit:

www.overtonblackarrows.org



CLUB ROUND UP



Send us your club news ► magazine@archerygb.org

Big Reopening a hit

Did your club take part in the Big Reopening last weekend? Forty-five clubs signed up to take part in the event and despite some bad weather, a good time was had by all!

Activities ranged from online quizzes, sponsored shooting, picnics and socials, a beginners' course presentation, target games, work-party days, shooting sessions and competitions.

Sixty-one people took part in activities at AC Delco Bowmen, in Hampshire. Club chair, Graham Hadfield, said: "We had a visit from the local leader of the Scouts/Cubs and Beavers for a taster session, and we are now talking about evening sessions for the children at the club. A few signed up straight away for beginners' courses. The national inter-club competition generated a great deal of club pride and members wanted to get involved and be part of the club community again. Thank you to all the archers, some of whom have returned to shooting again after the lockdowns, who took part.

"It was great to see every one of the

targets filled and to see people arriving in for our taster sessions. A big thank you to our beginners' coordinator, coach Nick, for managing those so well. We had a little boy called Arthur who was so happy he had shot a bow like Robin Hood! It was great to see him go off with a happy face, along with many others doing the same saying how much they enjoyed it and were interested in the beginners' course.

"Congratulations to Becca, shooting the junior national event in the inter club competition, who achieved a six gold end in windy conditions. We plan to get out into the community now that more restrictions are being lifted and raise the profile of archery and our club, and the Covid-safe aspects of archery.

For more about the club, please visit <https://acdelcobowmenarchery.club>

50m record for Belfast archer



Twelve-year-old Evie Barker has become the youngest female in Northern Ireland to make a 50m shot, beating the previous NI record for females under 13. Incredibly, Evie only took up archery last year!

Evie said: "I first tried archery at a have-a-go session at Shane's Castle, and then I was hooked. Now I'm training on Archery GB's National Talent Development Programme and hoping I can one day be on the Olympic squad." As for her latest feat with the bow, Evie said: "For my age it's really good to get past 30m so I'm really happy." Evie joined the Muckamore Company of Archers in Ballyclare, and Archery GB's Damien Lennon, Talent Pathway Coach for Northern Ireland, soon spotted her natural gift. With the Pathway team's guidance, Evie is set to make even more headlines.

Damien said: "I am so very proud of the achievements of Evie – she's amazing. Nothing I challenge her to do fazes her as Evie is facing tougher challenges in life, as a Barnardo's NI Young Carer for her mum. Evie is fearless and accepting of what we are doing on her archery journey and it's her dream to go to the Olympics – she also has a mentor in an athlete who once told me, at the same age as Evie, that he wanted to go to the Olympics – Patrick Huston."



Record status clout competition

At the end of May, on a glorious spring bank holiday, AGB Chair Mark Briegal (left) and his wife Clare were guests of Neston Archery Club and the Cheshire Archery Association at the 17th Annual Open WA/Metric Clout at the Wirral Rugby and Cricket Club, hosted by Peter Gregory of Goldcrest Archers.

The organisers had undertaken a trial shoot in the wind and rain on the Early May bank holiday and were rewarded by an exceptionally well run event in glorious sunshine. The tournament was fully Covid compliant and felt very safe. About 80 archers of all age groups attended using all bowstyles. The event

was overseen by Chris Battersby, judge in charge and Lord Paramount.

The archers particularly liked having allocated squares set out on the ground behind the shooting line for their tents. Mark chatted to the competitors, including the juniors, and to the organisers and judges, which, he said, made a refreshing change to the 'Zoom normal' that we've all put up with. He said: "I didn't manage to get to a clout shoot during my first year as chair and of course wasn't able to go anywhere in my second year, so I was delighted to attend such a well organised and friendly event."

RETURN TO THE RANGE!

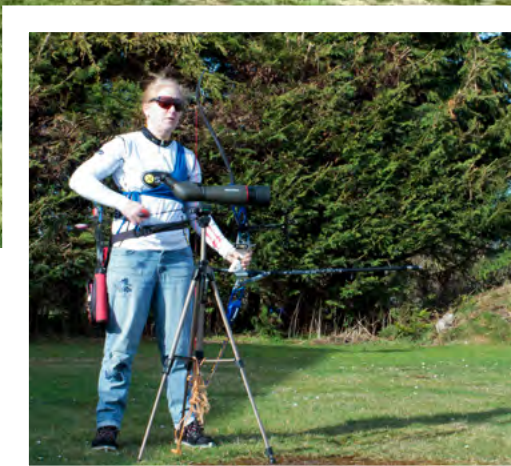
On 29 March, hundreds of archers dusted off their kit and headed back to the range at the official end of England's national lockdown. We were inundated with photos to mark the occasion – thank you to everyone who took the time to do so. Unfortunately, we don't have room to include them all but here's a selection of memories of a grand day out!



Far left: Wyke Archers' Finlay Clark and Left: TenZone Bowmen

Bottom of page: Burscough Archers





Clockwise from top of this page: Phoenix Bowmen of Halifax, Winnington Park Bowmen, AC Delco, Bowmen of Warfield (as seen on cover), Trackside Archery Club. **Above across spread:** Royal Richmond Archery Club

Above: Back to training in Cockermouth, Cumbria.



Student takes aim for teaching success after sports scholarship hits the gold



A University of Wolverhampton student is taking aim for teaching success after benefiting from an Elite Sports Scholarship to help him with his passion for archery whilst studying for his degree.

Connor Rides, 21, from Kingswinford, is in his third year of studying for a Physical Education degree in the University's Institute of Sport based at Walsall Campus. The University's WLV Sport Scholarship Scheme is linked to sports recognised within the BUCS competitive framework and WLV Sport Scholars studying for Undergraduate and Postgraduate degrees can receive up to £4,500 over three years as well as free gym membership, access to physiotherapy, money towards travel costs and equipment and access to mentors and coaches.

Connor has been involved in archery since the age of 10 and competes in the British Universities and Colleges Sport (BUCS) competition. He recently finished second in the Central Region and fourth across the UK in the BUCS Indoor Qualifiers held in Manchester and then achieved third place and a bronze medal in the BUCS Indoor Championship held in March. He was also nominated for the award of 'Outstanding Achievement of the Year' by the Sports department.

Connor said: "The University has offered me so much support to help me continue with my competitive performance in archery while I've been studying and the Elite Sports Scholarship has made a massive contribution to my achievements.

"I had planned this year to attend the Archery GB National series across the UK but despite competitions being halted, I've found alternative methods of training to

prepare myself for the upcoming World University Games which is usually held in Chengdu, China. My aim is to represent Great Britain at an international level.

"Archery gives me determination and focused precision which leads into my degree work. Studying at the University has opened up lots of doors for me. My aim is to continue my education and study for a Postgraduate Certificate in Education to become a primary school teacher. Sports staff have really supported me in achieving my goals as a student and as an athlete."

James Dale, Sport Performance and Development Manager at the University, said: "Connor's achievements have been outstanding and he has made the best use of the scholarship to aid his performance.

"Any student who meets the criteria for the scholarships can apply and it offers additional support for students studying at the university. The University is a Talented Athlete Scholarship Scheme (TASS) accredited Dual Career site which supports students to continue competing whilst at the same time supporting them in their academic study with the help of mentors and other support networks.

"Connor has been committed to archery whilst studying for his degree and it's great to see his hard work is really paying off."

For more about the TASS scheme see: www.wlv.ac.uk/university-life/wlv-sport/sport-scholarship/ and please click here to see Connor talk about his archery journey.

Planning approval for indoor shooting range

The committee of the Valley Bowmen of Huddersfield are delighted to announce that they have received planning permission to build an indoor shooting range at their field in Meltham. It is expected to be completed by mid-summer, all being well.

Valley Bowmen received a grant of £50,000 from Sport England for this project. Current estimated costs are just over £60,000 and the total will be met from club reserves and additional grants that the committee applied for – a sum of £1,000 was awarded recently from the Hazel Charlesworth Fund.

The above budget will deliver a complete, secure, fully-lit insulated building ready for shooting. However, in order to fully kit out the indoor range the club has started contacting local businesses asking for donations of key items such as carpeting,

bosses/foam wall, heaters (ready for the winter), tables and chairs etc. If you know a business that the club could approach to support the kitting out in any way, please contact: info@valleybowmen.co.uk

Will said: "Having spoken with many of our project supporters over the past few months, I have been really impressed with the level of enthusiasm for this project and the excitement it has created for the future of our club. More than this however, I have learned that a key part of the planning decision process at Kirklees Council involved taking account of all the encouraging comments and testimonials we received from supporters."

Visit www.valleybowmen.co.uk for more about the club.



CLUB ROUND UP

Judges retire from service

After several decades as international archery judges, Derrick Lovell MBE (pictured below) and Neil Dimmock have retired from the sport. Derrick said: "My career in judging started in 1976. Whilst running a 72 target FITA Star tournament as the County Organiser, I was approached by the judges present who came to me and said, 'You obviously know your rules so why don't you think about becoming a judge?'"

"I contacted the Regional Judge Liaison Officer (JLO) who furnished me with all the information I needed. You can find all the details you need on the AGB Judges webpage. I began working my way through County, Regional and National for both target and field, during which time I became the JLO for the Region and was elected to a position on the National



New field archery course for Allscott Heath Archers

Allscott Heath Archers, based in Shropshire, are always looking for ways to increase membership and give new and existing members more challenges. Over the past few months, the committee have been discussing various options open to the club, and it was decided that a field archery section would be a good way to go (target archery will continue at Allscott Heath). This new venture will be run by a UK and European field archery champion. The club has located woodland quite close to Junction 6 of the M54 and Telford town centre. Terms have been agreed with the landowner who has been very supportive during the making of the course.

Gary Jones, Club Secretary, said: "I am pleased to announce we now have the use of a five-acre wood. Path cutting has almost been completed, target lines have been marked out and cleared of obstructions, and we will shortly be inserting steps (where required). Building a hut and toilets is next on the agenda. We are ahead of schedule and are hoping to have completed the layout of the 14-target course by August/September. We will be happy to open the field course to any club archer that wishes to shoot."

Visit www.allscottheatharchers.co.uk for more details.

Judges Committee in 1987-2015. In those days, to become a National Judge took 12 years, and then you had to wait a further two years before applying to become an International Judge, which I did in 1993."

In 1994, Derrick was appointed as a judge at the World Field Championships in Vertus France. In 1995 he was Chairman of Judges (CoJ) at the European Field in Lillehammer Norway, followed by World Field in Kranska Gora Slovenia the following year.

He says: "My greatest achievement was to be appointed as the CoJ for the Sydney Olympics 2000. I then travelled the world until 2009 when I had to retire from the international judging through age limit, my final tournament being The World Games in Kaoshiung. Through archery, I was also awarded an MBE, which I am very proud to have received."

And what would Derrick say to others thinking of following in his footsteps? "The main thing one has to remember is to keep up with all the rule changes and also know the intention behind those rules. Always apply them in a calm and friendly manner and ensure you are fair to all. Give guidance and help to athletes when they need it, and always try to protect their score."

"You never stop learning until the day you retire which I did in January this year after 45 years of the most enjoyable time in my life. A final piece of advice is to never be afraid to admit when you are wrong!"

You can read about Neil Dimock's experiences as a judge here and please turn to page 40 to read about the judges who will officiate at the Tokyo Games.



Return of The Game Fair at Ragley Hall

The Game Fair at Ragley Hall in Warwickshire is back! From 23-25 July, the prestigious festival will celebrate all the wonders of the great British countryside

The Game Fair is the only event at the heart of field sports, shooting and land management with a sprinkling of glamour, great food and shopping opportunities.

This year's celebration of country life offers something for everyone including open air cinema, clay shooting, kids' water sports, equestrian events, a show garden, traditional crafts, and a field kitchen theatre. There'll also be an archery retail zone to explore with exhibitors from Plano Store with their range of archery cases; XSightsport with a selection of archery sunglasses; and Sherwoods-Photo with scopes and binoculars.

Families won't want to miss the archery have-a-go experience, courtesy of local club, Stratford Archers.

Archery GB will have a strong presence at the event, so please come and say hello! Please see below for how to get discounted entry to the Fair, and take note: an all-new 3D archery course will also be available to experience!



Game Fair ticket offers for AGB members



For tickets and information, please visit www.thegamefair.org

The Game Fair is offering Archery GB members an exclusive discount to this year's festival. Simply visit www.thegamefair.org to book your ticket and enter the code **ARCHERYGB21** at the checkout for reduced entry rates.

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A brand new Virtual School Archery League, launching in June, is helping schools engage in Covid-safe interschool sports, while also encouraging students to enjoy the benefits of competitive archery.

Led by the School Archery League (SAL) and supported by Archery GB, the accessible competition helps set a new challenge for pupils that supports mental focus, promotes fun and provides the benefits of physical activity – all in a socially distanced way. The Virtual School Archery League is open to all schools across the country, with separate divisions for barebow and recurve bows as well as abilities. Shooting can take place indoors or outdoors to suit the school's facilities.

Over the past year, physical activity has been restricted for many pupils, and archery is ideal to get them moving again!

Schools joining the league are invited to submit one or more groups for entry, who will then compete against other schools in the same category. Teachers record and submit each archer's top scoring round virtually during the competition, and a winner is announced every half term.

Virtual school archery league supports Covid-safe interschool sports

About the School Archery League

The School Archery League (SAL) is run by its members and is coordinated by Sarah Gibbs and Hilly Longman. Its aim is to run a fun but competitive archery league for schools all over the UK. It is aimed at encouraging those who do not yet belong to a club to experience the competitive side of archery. The league has separate divisions for barebow and recurve. Archers are put in divisions alongside archers of roughly the same standard so there is equal opportunity for everyone to win within their division.

Sarah Gibbs, SAL Coordinator, said: "We want to get as many pupils as possible across the country involved in the League and having a go at archery. It's a great sport that everyone can enjoy – and with in-person interschool competitions currently limited, the School Archery League is a great way for students to enjoy an inclusive, competitive sport, in a safe and socially-distanced way.

"We think students will really enjoy the thrill when they hit the target and can see their aim improve over time.

Of course, a bit of friendly competition between schools makes for added excitement too!"

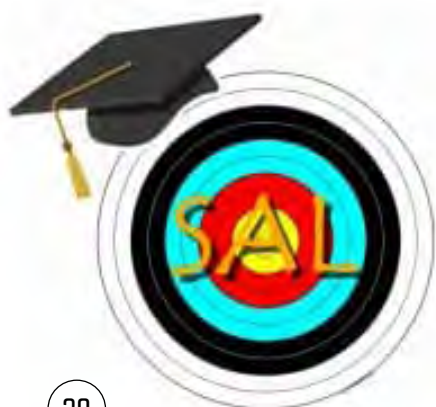
Neil Armitage, CEO of Archery GB, said: "The Virtual School Archery League is a fantastic initiative and one that we hope really encourages more students to get involved in the sport. Archery is well-recognised as an inclusive sport that is accessible to all ages and abilities, so it also helps engage those that are perhaps not naturally drawn to sports. Covid-19 has had a significant impact on physical activity across the board, and archery is an ideal sport for post-Covid times to help boost mental and physical wellbeing."

How to join the Virtual School Archery League

Schools wishing to find out more about the Virtual School Archery League, should please email: CFCARCHERY@gmail.com

You can also find more details here:

www.archerygb.org/wp-content/uploads/2021/05/School-Archery-League-SAL.pdf



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Christine Gascoigne

Christine Gascoigne sadly passed away suddenly on 20 March; she was at home in the arms of her beloved husband. This followed a long illness which she carried with dignity and humour.

Christine, along with her husband Keith, was a founding member of Welbeck Archers. She held the position of club secretary for 46 years and was tournament secretary for countless events and club functions.

Christine represented her club and county on many occasions until injury forced her retirement from competitive archery. She will be fondly remembered as a coach at the national youth squad,

EMAS youth squad, Nottinghamshire junior team, a club coach, personal coach and enthusiastic mentor, working across a spectrum of Olympic athletes and raw beginners.

Countless lives have been touched and enriched by "Chrissie", by her endless enthusiasm, professionalism, dedication, humour and love in her service to archery and coaching, along with her long career in archery manufacturing and retail.

Chrissie was always at the heart of her family. She was a loving daughter and sister, wife to Keith, mother to Adrian and Jason, grandmother to her four grandchildren and auntie to her nieces and nephews. She will be deeply missed by everyone who knew her.



Robin Hall

Robin Hall sadly passed away in March at the age of 67. Robin had been a fellow member of Lichfield Archers for around 35

years, and used to shoot what used to be called the 'circuit' – hooking up the caravan most weekends and travelling along to the major tournaments along with his wife, June (also an archer), and his two young children.

His good friend, Frank Parker, from Lichfield Archers, recalls: "Robin was a good 1100 recurve archer – never going to set the world on fire, but never to disappoint. He became the secretary of Lichfield Archers for many years which was a very major job in those days. Robin then moved into corporate archery which will have introduced many new people into the sport. He retained his membership throughout but not as a regular shooting archer. His input then moved to the coaching side, leading to him becoming county coaching organiser for Staffordshire.

"Robin's funeral was held in his home

village of Armitage/Handsacre on 20 April, and included representatives from both club and county. He would have been very proud of his son Simon and daughter Rebecca for their exemplary input to the proceedings. Robin had not been in the best of health for many years, and our grateful thanks must go to his second wife, Lin, for her care for him, especially in his last very hard year."

Peter Fairbrother

We are sorry to announce the death of Peter Fairbrother, who died at home at Penryn, Cornwall in April. Peter was a national judge, formerly of EMAS, then GWAS, was a member of the National Judge Committee and creator of the judges' website. Many condolences to his wife, Jayne.

Mike Shepherd

It is with deep regret that Cheshire Archery Association report the death of Mike Shepherd, one of the great characters of archery, both here in Cheshire and in the wider archery world.

Mike started in archery 45 years ago and devoted much of his life and time to the sport he so loved. He held many posts in his club, in Cheshire, in NCAS and at GNAS (now AGB). He was also Co-editor of Archery UK magazine for many years, with his beloved wife, Ann. He was the driving force behind New Century Bowmen, successfully purchasing their own shooting field and the current facilities owned by the club, just one of his many achievements in the sport.

Posts held include:

- President of GNAS
- GNAS Director of Operations
- Assistant GNAS Field Team Manager

- Member of GNAS Field Committee
- Chair of the GNAS Rules Committee
- Co-editor of Archery UK Magazine (with his wife Ann)
- NCAS Regional Treasurer
- Chairman of Cheshire Archery Association
- Records Officer for Cheshire
- Founder and organiser of the Cheshire Field Archery Championships
- Chair of New Century Bowmen
- Safeguarding Officer New Century Bowmen

Mike was an avid field and target archer who always loved to help others and inspired so many archers to achieve their potential. He had a wicked sense of humour and always had a joke to tell. He always had time for a chat and encouragement at tournaments and never failed to find something positive in the competition. His many endeavours and achievements are celebrated by his club,



his county and UK archery as a whole.

He is survived by his loving wife, Ann, who worked with him on his many endeavours. Between them they were a force to be reckoned with! Carol Bladen, Secretary of Cheshire Archery Association, concluded: "We shall all miss Mike in our various ways, and all of us have a story to tell of a caring, supportive man who gave us archers so much."

RULE CHANGES



Rules update

Any suggestions or modifications for rule changes should be sent to rules@archerygb.org. If deemed appropriate, any suggestions will be displayed in Archery UK for member feedback.

Dress regulations

As we head into the warmer weather, and more competitions are available, archers are reminded of the rule 307 Dress Regulations, and that all clothing should be appropriate, clean, in good condition (i.e. not frayed or worn, either deliberately or by use) and conventional in style and appearance.

Judges have the right to ask archers to change clothing if it does not conform to the rule.

Recognised rounds

We have previously proposed changing some round names that have been suggested to us that discourage archers from shooting a round that suits their personal circumstances. No comments were received from the initial proposal, however over the past year we recognise that other things were on the forefront of members' minds. We are therefore asking again for any feedback in case there are unintended consequences we may not be aware of.

The proposal is to rename specifically any round name with the word 'Junior' in it. This would not affect any of the scores, records or previous claims.

Current Round Name	Proposed Round Name
Short Windsor	Short Windsor I
Junior Windsor	Short Windsor II
Short Junior Windsor	Short Windsor III
Short Western	Short Western I
Junior Western	Short Western II
Short Junior Western	Short Western III
Short National	Short National I
Junior National	Short National II
Short Junior National	Short National III
Short Warwick	Short Warwick I
Junior Warwick	Short Warwick II
Short Junior Warwick	Short Warwick III



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PHOTO SHOOT

Returning to the range this summer? Keep a camera handy as we'd love to showcase your archery photos in this spot!



Here's Stephen Hand's photo of an archer and his trusty steed!

Thanks to Matt Latimer of Lough Cuan Bowmen for sending it in. For others thinking about taking up horseback archery, you can read our feature about learning to shoot in the saddle in Warwick [here](#).

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

Back to the range

I thought I'd write to tell you about the remarkable speed with which my wife, Maureen Ritson of Bowmen of Backworth, returned to the range following knee replacement surgery – she made an exceedingly speedy recovery, as you can see! On Friday 30 April, Maureen was admitted to North Tyneside General Hospital at 11.30am, and by 4pm she'd had the operation and was recovering on the ward. The next morning she received physiotherapy and was discharged by the end of the day. On Sunday 2 May, Maureen was back at the range. Incredible!

Keith Ritson, Bowmen of Backworth



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The best of British

I'm a keen longbow and traditional archer and, like everyone else, it has been hard not being able to enjoy my sport during the lockdown. I know quite a few of my shooting buddies at tournaments shoot barebow and I'm well aware that this particular bow type is now growing in the UK, and recognised by World Archery for target archery. When I first started my archery journey in 2017, the first bow I bought was a simple wooden recurve training bow configured as a barebow, which acted as a springboard for my path to taking up longbow. I still own that bow. However, after shooting it at a few competitions before the pandemic hit and admiring my shooting buddy's fancy ILF bows, I figured now was the time for an upgrade.

When it comes to recurve bows, there is a huge choice out there and it is a bit overwhelming. However, I was quite focused on what I really wanted in my

new bow and I'm delighted to find you can buy a decent recurve riser and limbs that are both made right here in the UK. So I opted for a Mybo riser and limbs made by KG Archery – you will probably notice a theme in the photos!

I'm so glad I was able to source a UK-made riser and limbs, and I hope my purchase helped these manufacturers during these tough economic times when a lot of archery businesses are really struggling. The other thing I'm quite proud of is that, like a lot of my longbows, my new barebow is made right here in the East Midlands region (East Midlands Archery Society), with the riser coming from my home county of Leicestershire and the limbs from Nottinghamshire, not far from where my archery journey first started.

I'm looking forward to shooting it at club and competition level.

Philip Jones, Bowmen of Glen Archery Society



I moved house eight months ago and had a number of scrap training bows in storage...



Creative upcycling

I was very impressed with Mike Cussons' posh house number plaque (Archery UK Spring 2021) but he's not the only one who has archery-themed decoration at his home.

I moved house eight months ago and had a number of scrap training bows in storage. These had been in a disastrous flood, had started to delaminate as a result and were unsafe to shoot. I disposed of the limbs to a recycling facility and planned to dispose of the risers separately, but then of course lockdown fever got me thinking. So here are my mug and utensil holders that now have a place in my kitchen. I'm sure they'll be a conversation piece now we can finally welcome visitors!

David Smith, archer and coach in abeyance, and Archery UK accessible magazine proofreader



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CLUB

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 stories

SPOTLIGHT

BOWBROOK ARCHERS

Year founded: 1984 **Address:** Near Withington, Shropshire SY4 4PS

Facilities: Indoor and outdoor ranges 📍 bowbrook-archers.co.uk

Bowbrook Archers has transformed from its humble beginnings in 1984. Back then it had an average membership of 30 people shooting in draughty sheds at a local agricultural showground, but after years of careful saving and fundraising, the club took ownership of an outdoor shooting range. Jonathan Walton, current chair of Bowbrook Archers, said: "In 2007, we were finally able to purchase six acres of prime, relatively flat, agricultural land."

Within 12 months, the club moved outdoor operations to the new field and a "most helpful" local farm contractor (who quickly took up the sport and joined the club) pitched in by regularly keeping the range in good order by mowing the land. Jonathan said: "We were then given an old site portacabin by a local house builder and



Owning land is a bonus for any sports club. For Bowbrook's members it means access to outdoor and indoor ranges from 7am to 10pm daily.

we bought a secondhand steel container for secure storage."

Bowbrook at last had an outdoor range with unrestricted access, while indoor shooting at the local school continued as

before. The club started to grow and by 2014 was about 70-strong. Though Bowbrook was thriving, the lack of spacious indoor shooting was restricting progress. A small 'development group' was formed which came up with the ambitious idea to apply for funding to build a full indoor facility on their field. A bid for £75,000 was submitted to the Sport England 'Inspired Facilities' fund in 2015. Jonathan said: "We were unsuccessful but they had sent us an encouraging letter stating that it was a very good bid and the decision was close – together with some guidance as to how it could be improved."

More work was put in and in May 2015 Sport England made contact again, this time by phone, with the welcome news that their second bid had been successful. Jonathan, bid manager, said: "My response was to burst into tears. Our dream was really going to come true!"

Building work began in March 2017 and the structure was soon finished – with some cost savings made where possible by a number of club members putting in a lot of hard work. September 2017 saw the official opening of the indoor facility that stands 32m long and 14m wide, complete with toilets and space for equipment storage. This boost to their offering saw membership increase to around 140 archers.

Jonathan said: "Careful measurement of the field and a clarification by Archery GB of the appropriate dimensions of target ranges led us to realise that our outdoor area could accommodate two independent ranges, separated by the required no-go area – this means that our two ranges [one for longer distances, one for shorter distances] can operate independently, which is a great help when running beginners' courses."

Owning land is a fantastic bonus for any sports club. For Bowbrook's members it means access to outdoor and indoor ranges

Here and opposite: Bowbrook's indoor range (also opposite); the six-acre site





One of the attractions of the new range was that it was long enough to allow clout shooting.

from 7am to 10pm daily. The improved facilities have helped the club grow still further – in 2019 numbers peaked at almost 200. Close proximity to Lilleshall National Sports Centre means that quite a few of the UK’s top-level archers have joined the club. Jonathan joked: “They do tend to wear out the centres of our foam bosses pretty quickly! Their presence is great as it means that many of our members can watch and learn from the best. The athletes are also generous in passing across their experience and expertise.”

Over the last few years a number of competitions have been held on the range, including Archery GB ‘traditional’ rounds – part of Shropshire’s series of ‘heritage archery’ shoots. Jonathan added: “We also host a ‘Western’ round every year – part of the Wenlock Olympian Society’s annual Games, which has been running since the late 1800s.”

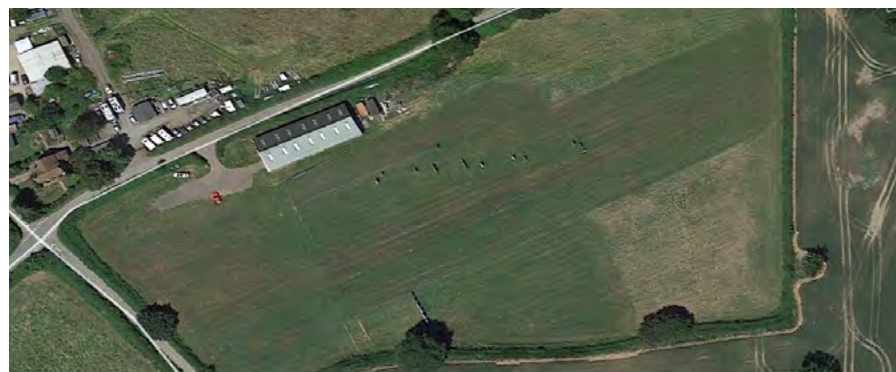
Covid-19’s arrival saw systems change and like many other clubs an online booking system was initiated. Despite the challenges, the club was able to work within the rules last summer and hosted two successful World Archery 720 shoots, complete with timing systems, thanks to some archery-specific software and a few old television monitors

donated by members. In compliance with the Covid guidance at that time, only 30 archers were allowed on the field at any one time (including field party); however, each competition was held over a full weekend with four separate sessions that could be booked.

The club’s annual longbow-only ‘Sword of Shrewsbury’ event (a two-part event combining target and clout archery, always held in early September), also took place before the pandemic situation worsened.

Jonathan explained: “Bowbrook has always welcomed all forms of archery and bow types. One of the attractions of the new range was that it was long enough to allow clout shooting – up to 180 yards plus overshoot. Clout archery practices take place regularly on the field at prearranged times (the clout flags being permanently set out) and the 3D field archery has been going from strength to strength. The 3D course woodland available to us has improved considerably – both practice sessions and competitions take place at regular intervals, and a corner of our own field has been designated as a 3D field course.”

Beginners’ courses were held during 2020 although very different from the norm. All were 1:1 sessions, arranged at times to suit archer and coach. Jonathan says it was gratifying that all those who completed one of these courses



Above and main: Bowbrook’s Jonathan Walton (pictured right); pre-pandemic action on the field for longbow archers

subsequently joined the club. As a result of all last year’s efforts, the number of members did not fall as much as had been feared which means that plans to connect to mains power and provide heating for the indoor range, as well as install external floodlighting, will go ahead this year. As a result of careful preparation and management Bowbrook Archers was open for business every single day it was allowed to during 2020 – a remarkable feat under the circumstances.



PROUD OF YOUR CLUB TOO?

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.

What do you wear to the range? *Arthur Credland* looks at the changes in sporting fashions through the centuries from days when billowing fabric was seen as good thing on the range

Arthur Credland

Archery GB's official historian

historian@archerygb.org



Fig. 2

DRESSED FOR SUCCESS



Fig. 6 (above)



Fig. 7 (above)

Modern target archery begins with Sir Ashton Lever, of Alkington Hall, Manchester, who while residing at Leicester House in London, established the Toxophilite Society in 1781 (fig.1). A dress code was part of the regulations of every society – usually a tailcoat, breeches and boots, with a plumed hat. This was the typical garb of an 18th-century sportsman in the field whether hunting, shooting or fishing, but the archer's coat had to be green, presumably in reference to Robin Hood and the men of the 'greenwood.' These early clubs were essentially all male, and women were present as supporters rather than to shoot – the exception being the ladies of the Royal British Bowmen, established in 1787. They would wear a simple empire line dress and a hat decorated with an ostrich plume.

The Victorian era brought greater participation of women and patronage by the sovereign of both the Royal British Bowmen and the Queen's St Leonards, Archers of Hasting. Dresses became flounced and many-layered, as can be seen in the splendid painting of the competition held at Bradgate Park, Charnwood Forest, Leicestershire, in 1850 (fig.2). The

gentlemen are top-hatted, trousered and wear shoes or small boots. To prevent the lifting of the skirts by the wind, Mr Friskney of Cheltenham invented the 'anti-aeolian' a series of weighted straps hung from the waist, modelled here by Honora Spencer, the pseudonym of Miss Betham, championess of England 1864-6 and again in 1868 (fig.3).

A tightly-whale-boned bodice combined with many petticoats and then the addition of a bustle or crinoline hoops made the dress of an 'archeress' increasingly restrictive and cumbersome, but did not hinder opportunities for flirtation and the 'mating game', as captured by John Leech (fig.4)!

The inconvenience of such costume for outdoor wear and the positive harm done by tightly-laced corsets led to a reaction and the campaign for 'rational dress' headed by two American women, Amelia Bloomer and Elizabeth Cady Stanton. They were advocates for feminist reform across society, including women's suffrage. The resultant bloomer dress was itself somewhat incongruous and was a gift to the cartoonist, but subsequently encouraged a more sensible approach to the female wardrobe (fig.5).



Fig. 3



Fig. 4



Fig. 5



Fig. 8

Alice Leigh, shooting at the Tox Ladies' Day in 1903, has a full-length dress with long sleeves, but it is light and without a multitude of underskirts. The wearer is not seriously hindered as a shooter, except for the skirt trailing a little, but this was a gala day and an opportunity for showing off a pretty frock (fig.6). Leigh was ladies champion of England no less than 23 times.

The photograph of Lottie Dod captures her shooting at the 1908 London Olympics, where she won the silver medal. It shows her wearing a white long-sleeved blouse and a simple skirt, long but clear of the ground. An extraordinary sportswoman, Lottie was Wimbledon ladies' champion five times, ladies' golf champion and she excelled in field hockey. This was the start of the modern era with men and women adopting simple, unpretentious and practical dress, and after the Second World War, skirts got progressively shorter (fig.7). Next time you visit the range, remind yourself how lucky you are to live in an era where sports clothing is designed to help not hinder your shot!



Fig. 1

CAPTIONS:

1. Sir Ashton Lever (1729-1788)
2. Shooting at Bradgate Park, Leicestershire, 1850
3. Honora Spencer(Miss Betham) wearing the anti-aeolian
4. Cartoon by John Leech, Punch magazine, 1862
5. Mr Punch in the guise of the Duke of Wellington reviewing a company of ladies in rational dress; Punch magazine, 1859
6. Alice Leigh at the Tox Ladies Day, 1903
7. Lottie Dod at the London Olympics, 1908
8. GNAM at Leamington, 1873; the bustle was much in evidence

All pictures from the Archery GB archive. For more information, contact: historian@archerygb.org



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JUDGMENT CALL

The selection of our Olympic and Paralympic archery teams make it official – we're ready for the postponed Tokyo 2020. And it's not just the athletes who are raring to go! **Hannah Brown**, **Katy Lipscomb** and **Graham Potts** explain their roles and responsibilities as international judges



While our Olympic and Paralympic archery squads have been very much in the limelight in recent weeks, there are teams of equally essential VIPs working behind the scenes to prepare for the world's most prestigious sporting event. International judges are trained to be cool under pressure, to make clear, confident decisions, to be inconspicuous and have good interpersonal skills while not shrinking from the odd confrontation. If you're wondering what the salary's like for such a responsible role, it's voluntary!

Hannah Brown, Chair of Judges for Tokyo Olympics, began archery in her youth but when she joined the police, was unable to continue her hobby as often

as she would have liked. She said: "I was shooting with a recurve, but everyone knows that if you don't shoot that type of bow regularly it's hard to maintain your standards, and that frustrated me. I was at the club one day and Derrick Lovell MBE [a longstanding judge who retired from the sport this year] asked me if I'd consider becoming a judge. I wasn't keen at first but he said he'd mentor me. I blame Derrick for everything really!"

Katy Lipscomb, Deputy Chair of Judges for Tokyo Paralympics, began archery as a child and officially became a Candidate Judge in 1993, aged 16. She said: "I took it up as my school work meant I didn't have time to shoot, and I wanted to stay involved. My dad, Geoff Barham, had also become a judge in 1983 so it seemed a natural choice; he's still a judge now."

Hannah found herself signing up to judge training in 2005, starting off in field competitions under Derrick's watchful eye, before moving on to target events. Katy's dad was instrumental in helping her in the target discipline. She explained: "There was a fast-track programme in 2007 as judges were needed for the Dover World Cup event in 2007. Me and Katy were part of that training, along with a number of others – that was our first taste of the international scene. I think at that point I knew I wanted more of it."



London 2012 was amazing – being on the field of play as a National Technical Official (NTO), doing the scoring, talking to the coaches and athletes, was fantastic.
Hannah Brown

Main photo and inset right:
© Dominique Porte / FFTA



Nationally, judges receive expenses for travel based on the Archery GB mileage rate and also accommodation expenses, which are generally agreed with an organiser in advance. Internationally, flights, food, internal transport at the event and accommodation are paid for. At major events such as the Olympic and Paralympic Games, Technical Officials (the judges and Jury of Appeal) are also given a per diem allowance to cover incidental costs, including evening meals.

As Hannah and Katy muse about their shared experiences at various international tournaments, there are plenty of anecdotes about off-duty sightseeing trips – certainly a perk of the job in normal times which offsets some of the less glamorous aspects of the role. Training is a necessary and continual part of being a judge, which for international roles includes attending a World Archery (WA)-run conference every four years to maintain accreditation. Regular exams, coursework, and keeping



up with competition rule changes are part and parcel – great if you enjoy learning all you can about your sport.

Katy explained: "With the WA exams, we have to complete case studies three or four times a year which come out in the WA judges' newsletter; they are done electronically. We also have an open book

Clockwise from opposite: Graham Potts' son, Robert, checks the scores; Hannah Brown judging at field events

re-accreditation which we do every four years which is from home. The conferences move round the world every four years, normally one in Asia, one in the Americas and one in Europe. At these we have to do a 'stress test' which is where we have to answer lots of questions in a short amount of time; this is closed book."

Despite the work involved between tournaments, the thrill of attending a big event far outweighs the administrative necessities. Hannah confirmed: "London 2012 was amazing – being on the field of play as a National Technical Official (NTO), doing the scoring, talking to the coaches and athletes, was fantastic. I still grin from ear to ear when I think about it – the atmosphere was incredible and completely transformed the mood of the city – everyone seemed so happy!"



Relaxing in Minsk: Katy Lipscomb off-duty at the European Games, 2019



There's no doubt it will be challenging at Tokyo, with all the limitations on what people can do. It will be tiring for judges to have such limited freedom too; they will need to be mentally prepared – that said we know the organisers are doing everything in their power to make it safe. We'll all just have to visit Tokyo Disney Resort another time! **Katy Lipscomb**

Judging overseas

So how do you apply to judge at an international event? "After doing your international judge exams and attending a couple of events as a candidate, you then have to apply to WA to be upgraded to full international judge," said Hannah. "Every year World Archery send out a form with all the international events and you tick the ones you want to do, and they appoint a team accordingly; they take into account gender balance, country balance and experience. Everybody applies for the Olympics!"

"I like to think I was chosen for the Games because of my reputation, ability and experience – they also take into account the feedback about your performance at other events from athletes and coaches. I've run field events with nearly 300 athletes so I'm used to large tournaments, and in recent times I've got back into competitive shooting too, which helps you see things from the athletes' viewpoint. Immersing yourself in the sport is key as you get to appreciate other people's roles and can build a rapport with elite athletes. I think that all helped with getting a place at this Olympics – I was over the moon when I heard I got it! To be appointed is a huge honour."

Katy added: "When I was appointed as Deputy Chair for Tokyo, I felt a mixture of huge excitement and terror! The Games represents the pinnacle of the athletes' careers – many athletes who win a medal will be set for life in their country – they become national heroes. It's a lot of pressure on us as judges to make sure we make the right call. I think one of the reasons Hannah got her role as Olympics chair is because she has shown she has a very level head with all the challenges she's faced at other events. Whatever they throw at her in Tokyo, she'll sort it."

Hannah will oversee a team of 11 judges in Tokyo and is responsible for organising their duties and the logistics on and off the field, down to when they take their lunch breaks. She said: "Part of my role is to look after the welfare of my judges – this can mean anything from accommodation issues to making sure they have access to refreshments. I'll also have oversight of the athletes and coaches, making sure that their preparation – clothing and equipment – is within the regulations. You have to

be prepared for all eventualities and to be able to think on your feet in case of emergency, such as people wandering in front of the targets, wrong scoring announcements, target faces blowing away in high winds, or contingency plans if timers going wrong!"

In front of a crowd

"When you're out there for the first time at any international event, it is daunting," Hannah conceded. "The World Archery Championship Finals are considered second in scale to the Games, but the only people watching it tend to be archers, which doesn't feel like too much pressure. The Olympics, on the other hand, is seen by everybody which makes it really intense – you know you can't make a mistake when you're scoring at the targets and relaying the totals. Ultimately, the winner or loser of that match depends on your maths!"

Katy's role at the Tokyo Paralympics will involve overseeing the targets, and ensuring her judges have everything they need to do their job well. And if mistakes are made, she diplomatically says: "It's fair to say that with every experience we learn a little bit more and improve the way we do things."

And whilst the rules are set in stone, they cannot account for every possible situation, which makes interpretation necessary. Even if the scores are a doddle, there are other technical issues that can crop up. Hannah said: "As chair, the outcome is ultimately my call – at the first WA field event I chaired in Zagreb, I disqualified two archers for cheating. I think at that point I got a reputation as being quite formidable!"

The TV cameras that capture the action don't faze either Hannah or Katy: "You can't think about it," Katy said. "The only thing you have to remember is to breathe in! When they do show the judges it's usually from the back anyway – I've got friends who can now recognise me from my bum!"

Tokyo prep

There's a lot to prepare before touchdown in Tokyo – everything needs to have two pairs of eyes on it, and with a completely different format under the Covid restrictions, extra work has to be done to ensure safety. A test event for the Olympics

has been staged already, familiarising everyone with the plans and possible solutions to issues, such as accessibility. Between now and then, there'll be meetings, virtual and otherwise, with World Archery, the Tokyo judging teams and on arrival in Japan there'll be dress rehearsals, training sessions with the NTOs and other prep before the Games begin.

Katy said: "There's no doubt it will be challenging at Tokyo, with all the limitations on what people can do. It will be tiring for judges to have such limited freedom too; they will need to be mentally prepared – that said we know the organisers are doing everything in their power to make it safe. We'll all just have to visit Tokyo Disney Resort another time!"

Despite their travels alongside the sporting elite, both Hannah and Katy keep their feet firmly on the ground at their local clubs, Medway Archers and Moulton & District, respectively. Katy said: "It's such a privilege to go to a little club shoot and watch a child get their first six-gold-ends – that's a bigger thrill for me than watching someone break a world record. Seeing the happiness on someone's face who has just started the sport is priceless."

Hannah added: "For people considering signing up to become a judge, it's a completely different side of the sport – archery wouldn't run without judges, so just remembering that is a nice little pat on the back! We need people with time to dedicate to it – and we want to encourage young people as well as those with lots of experience in the sport. It doesn't matter how old you are or how fit. It's just about having that commitment to making the sport better."

Judge and jury

Graham Potts, Tokyo Olympics Jury of Appeal member, will be attending his third Olympics this year having been Chair of Judges at the Rio Olympics in 2016, and a line judge for the men's individual gold medal at London 2012. Tokyo will be a slightly different challenge. He explained: "A Jury of Appeal is appointed at all World Archery events. Athletes and their teams can appeal certain decisions if they are not happy with the outcome – for example, if a piece of equipment is not allowed or if an arrow was said to be shot out of time, but they did not believe it was."

The jury is made up of three members, and for the Tokyo Olympics this includes two international judges and a coach. On receipt of an appeal, which is made initially to the chair of the judge team within a prescribed time, the jury will meet and interview those involved in the appeal and reach a conclusion. They must work within the interpretations of the rules of shooting; any decision by the jury cannot be appealed against.

Appeals are generally very rare, but if they are presented, the jury's role is to be thorough in their investigation and understanding. They must also ensure that the event is not significantly held up, as an appeal may need to be completed before the next stage or match in the competition.

Graham said: "I was appointed to the role for the Tokyo test event in 2019, and thus for the Games itself, largely based on my experience as an international judge over 12-13 years. I'm also currently a member of the World Archery Judge Committee."

Graham's son, Robert (Archery GB's Business Operations and Compliance Manager), followed in his dad's footsteps and is a mainstay of the competition scene. Graham said: "I'm very proud and delighted that Robert has followed in the

Above right: Graham at London 2012



I'm very proud and delighted that Robert has followed in the family footsteps – both my father and my uncle were judges in the UK.

Graham Potts

family footsteps – both my father and my uncle were judges in the UK, and while I did not initially encourage him down this route, he decided, aged 16, that he wanted to try it and took to it very well. In 2006 as he was starting out, my father, myself and Robert all judged at the same event – quite possibly the only time three generations of the same family have managed this!

"Robert and I do work together at events if appointed to do so, although it is rare now as he has joined me as an international judge and we do less together in the UK. Internationally, it is unusual for members of the same family to be appointed to the same event, but it has happened, and in 2018 I was Chair of

Judges at the European Championships and Robert was my Director of Shooting.

"I was delighted to see both Hannah and Katy's Tokyo appointments. Hannah follows both Derrick Lovell (Sydney 2000) and myself as Chair of Judges for the Olympics, and it is great for the country to have provided not only the first female chair of the judge commission at an Olympics, but also three of the chairs in the last six Olympics."



More information

If you'd like to give judging a try, please contact your Regional Judge Liaison Officer. Don't be afraid to ask any judge you meet for more information – they will be only too willing to help. **Please see Archery GB's guide to becoming an archery judge here.**



Rio 2016: Graham at the Olympics

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Archery is often touted as being a sport for all, empowering the archer to achieve greater things on and off the range. We spoke to archers of varying age, ability and disability to hear their thoughts about archery's inclusive credentials

NO LIMITS

A few short years ago, 16-year-old *Hannah* discovered a love – and a talent – for archery. Despite various setbacks, her determination to succeed at her sport outweighs any physical challenges



It was challenging getting back into shooting but I'm somehow doing better than ever! The break has also motivated me to take archery a bit more seriously and be more dedicated to achieving more.

Left: Hannah is an asset to Tettenhall College, where she helps fellow students improve their archery skills

Few people returning to the range after lockdown will find their performance enhanced by the break, but disabled archer Hannah is on a winning streak. Despite all the stops and starts of the past year, for Hannah, archery remains a constant focus. She said: "I first discovered archery when I saw a CBBC programme in 2014 called 'My Life: Race for Rio' featuring Harriet Little, who was training to attend the Paralympics. She is in a wheelchair like me and was being coached by former Archery GB Performance Coach, the late Helen George

– who actually went on to coach me in recent years. I decided to give archery a go as it was inspiring to see another wheelchair user be so successful at a sport that I could do too. My mum contacted our local club, Audco Archers, in Shropshire, and I started archery five years ago.

"I have Ehlers-Danlos syndrome which means I have severe hyper-mobility and my joints dislocate every single day – I never know which joints will go out next. At home I can walk short distances, but I'm in a wheelchair whenever I'm out of the house and I can't shoot standing up as I'm too wobbly on my feet."

Hannah returned to her club on 29 March, a year after England's first national lockdown. She explained: "It was challenging getting back into shooting but I'm somehow doing better than ever! The break has also motivated me to take archery a bit more seriously and be more dedicated to achieving more."

This isn't the first break Hannah has had in the sport. As a result of her condition, she was forced to take 18 months off in 2018, which she says also resulted in a stronger return: "I wasn't expecting to improve at all! I haven't been able to train much at home except occasionally with



Above and below: Hannah is back in training and looking forward to getting back to competitions. **All photos:** Tettenhall College

clinibands but during the lockdowns I've tried to keep positive about returning to the sport, remembering everything I love about it. I'm a member of the British Wheelchair Archery Association and have quite a few archery friends through that, and we're all in a similar position in terms of getting back into the sport. I also occasionally do disability acrobatic gymnastics, but archery is my main sport."

As children are getting into the swing of school life once again, Tettenhall College is rebuilding its sports offering, with archery set to feature once again in the autumn. Director of Sport, James Bullock, said: "We deliver archery sessions with three targets to small groups of varying experience and ability. Hannah often helps with instructing the lessons as she has a lot of technical knowledge in the sport, which helps guide children with less experience." This in turn empowers Hannah, enabling her to develop team leadership skills as an unofficial lesson coach, both at school and potentially at her club, when circumstances allow. The school archery sessions are always fun and varied, with knockout challenges and prizes to bag – it's no surprise that classes are usually oversubscribed. Archery is likely to be in even greater demand as the world's gaze turns to the Tokyo Games. James said: "I just



wish we'd introduced archery to the school sooner – it's been such a positive experience for the children, and it's great to have Hannah taking ownership of its delivery. She has inspired us to develop a more detailed archery programme for the future."

Hannah dreams of a place on the Paralympics archery squad one day, so it's no surprise that she loves competitions. In 2017 she won the British Wheelchair Archery Association Short Metric Championships, and at the same time achieved a county record in the Under-14s category. Hannah has autism, but has an enviable ability to remain calm and composed under pressure, easing her

arrows into the gold. She said: "I just forget everything that's going on around me – my mum's always said to me to forget it's a competition and pretend I'm just training. I don't look at my scores during the competition, so I only find out at the end; that way I don't get mental blocks if I'm not shooting so well – that said I do enjoy the pressure of tournaments and somehow I think it helps my overall performance. Currently I'm up to 40 yards with my recurve bow but I've got to reach 60 for competitions. I'm working my way up to that slowly so I don't injure myself – under the watchful eye of coach, Trevor."

With her sights set on podium medals, Hannah is looking to rejoin Archery GB's Talent Pathway programme that nurtures young talent to reach their potential. She said: "I'd recommend archery to other children with disabilities because it's very inclusive, even at competitions. We just need more disabled people to have the courage to try it. Just because you see a non-disabled person shooting well, doesn't mean you can't do it too."

More information

- www.british-wheelchair-archery.org.uk
- www.tettenhallcollege.co.uk
- www.audcoarchers.com

GAINING INSIGHT



Words and pictures: **David Holland**

Coaching visually-impaired people requires a new way of thinking, challenging the instructor to re-evaluate their methods and up their own game. Coach *David Holland* looks at how this might be achieved



I first became involved with coaching three visually-impaired (VI) archers, Ros, Ron and Steve, from Blind Veterans [a charity that helps blind ex-Service personnel] through friends at my club, Bowmen of Warfield, in Berkshire. All three VI archers lived locally to the club and had expressed a wish to shoot more often, so Sue Habgood, a coach at Blind Veterans Brighton, brought them along a few years ago, and it's gone from there.

Introducing a VI person to archery

The first key thing to discover is how much sight an archer has, as this will determine how you'll work with the individual. Communication is important: it may sound obvious, but you cannot ask a VI archer to watch you demonstrate what you wish them to do. A good starting place is to ask them to use touch [circumstances allowing] over an archer or coach who is stood at full draw without a bow, to help them replicate the correct stance.

Understanding different needs

Flexibility to work around the needs of each VI archer is vital. Ron is the only archer that I can actually ask to watch what I do as he has tunnel vision; he has good forward vision, but no peripheral vision. With other archers, Steve and Ros, I have to provide descriptive verbal communication as they both have marginal peripheral vision but no central. If you ask either of them about what they can see, the usual reply is a game of shadows. So spotters are mandatory as you need to be watching for incursions in the target field as they can't see anything. Clear communication is paramount so that everyone is aware of their surroundings and fellow archers along the line. So much of my part in working with them is as a pair of eyes to keep them safe and others safe as well.

Blind Veterans Brighton taught all three

archers, Steve, Ros and Ron, to shoot so my tasks are more in enabling them to continue shooting as well as providing coaching to help them improve.

The mental side of being able to shoot is important to all three. As Ros says if you ask her, being able to shoot (and she also plays golf) gives her a sense of freedom in which disability does not define her ability. Steve has made his love of archery into an after-dinner discussion point! Most of his friends are surprised that he gets so much enjoyment from archery.



Above: *Four-vane fletching*

Coaching basics

Teaching VI archers to shoot and coaching them is a different sort of challenge. You need to think more holistically with what you say, ask and do. I have to describe what I am asking them to do and then help them physically adjust themselves to the right bodily positioning so they are pointing at the target.

You also have to watch and talk them into anchor points, making sure that they have not twisted off the line to the target.



Teaching VI archers to shoot and coaching them is a different sort of challenge. You need to think more holistically with what you say, ask and do.

When using the tactile sight, it's very important that this is correctly lined up so that it guides the archer to be pointing correctly towards the target. Most archers who use one can only just make out the target from a contrast visual – it's not sharp by any means – or they are totally blind.

The sight has two parts: a foot guide to line them up and a tripod with a pressure blade that they rest their hand against (see photos). The height of the tripod determines how well and where the arrows might land on the target. In some ways it's like using a piece of field artillery; if it falls short, you raise the centre column up to raise the bow arm slightly. For the coach, it's a case of learning how many turns are needed to raise the centre column of the tripod and where the foot positioner is needed – that is the skill. Up and down i.e. distance is the tripod; left or right is roughly set by moving the foot placers, then fine tuned with the blade. Both Ros and Steve use a water carrier to add weight to the tripod to keep it in place, and for the foot positioners, a single tent peg is used towards the front as a pivot point and a half paving slab is used to keep the foot positioners in place. The club has a paved shooting line so pinning / pegging down the foot positioners is not an option (see photo).

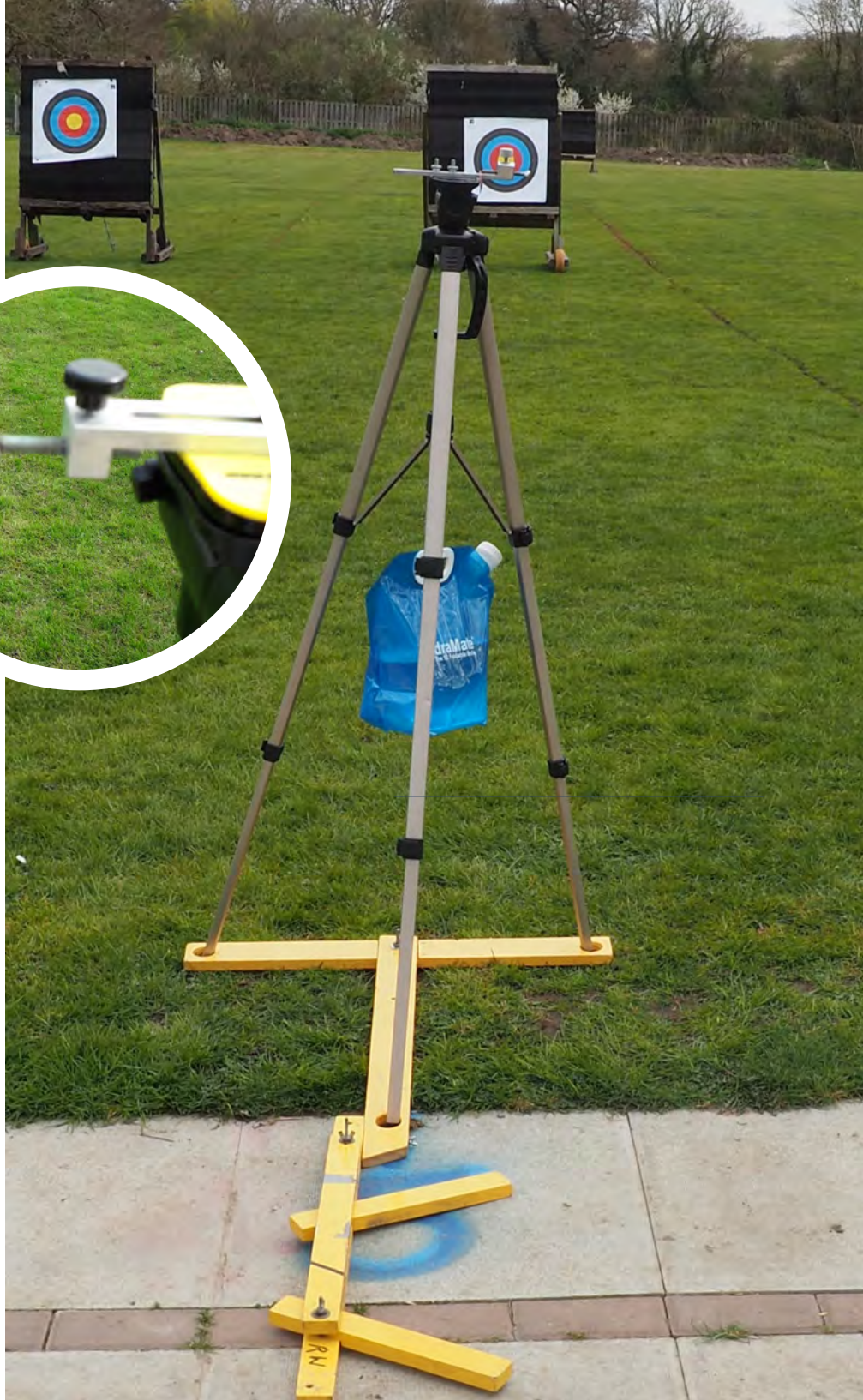
The idea is that once you have set up the sight correctly, the archer should be able to return time and time again to the sight and position themselves so that the arrows will go the same direction. Getting them to remember their body positioning is the task here. Practice however is different, though it's now rare that any of them miss the target totally at 30m.

Whoever is tasked as the spotter, and it should be the same person each session, they need to be educated in the role of being a field captain so that they are aware of range safety protocols.

Competition time

Ros, Ron and Steve have been shooting at Bowmen of Warfield for nearly three years. They join in the club Frostbite league and everyone is happy helping them, so it's very much an inclusive shoot. We normally meet up midweek for one-to-two hours' coaching and shooting.

Owing to lockdown restrictions, Blind Veterans UK Bowmen (part of Blind Veterans) has not held any of its week-long sessions for over a year, but the hope is that later the club will hold its annual tournament in the summer. This is now the goal for all three archers, especially



Above and inset: Typical set-up; bow hand guide

Ron who won the top trophy in 2019 and wants to reclaim victory!

Although VI archers may take part in open competition, when you read the Rules of Shooting, you'll find mention of Burntwood and WA VI rounds. As a brief summary, VI archers are allowed 12 sighters (not six) as you need 12 to set up the tactile sight for each and every distance. If you change the distance so the VI archer will get another optional six sighters, it can be a slow procedure. VI rounds get around most of this by using

different size target faces at one distance; this is often 30m starting with a 40cm face, then 60cm and 80cm, or 60cm, 80cm and 122cm faces, so once set up all you need to do is change the size of the face – sizes are in the Rules of Shooting and Shooting Administrative Procedure.

More information

- www.blindveterans.org.uk
- www.britishblindsport.org.uk/membership/bbs-sports/archery
- www.bowmenofwarfield.co.uk

SUPPORT NETWORK



Sight-impaired *Deb Wright* discovered the benefits of a friendly archery volunteer during the lockdown, helping her sustain impressive scores

 *Working with Deb has given Helen new insight into the needs of VI people. Helen admits she wasn't confident in her skills to help someone with sight impairment.*

Throughout the various lockdowns, disabled and visually-impaired (VI) archers were at liberty to continue training whenever their local clubs were able to provide the opportunity. For Deb Wright, a highly competent archer with sight loss, the government's confirmation that she could carry on with her sport was all the incentive she needed. She said: "During the first lockdown, I underwent surgery and was not allowed to shoot until mid-September 2020. As my usual club had remained closed since March 2020, I decided to join Wellingborough Open Archery Club in Northamptonshire in October."

Helen Sharpe, Archery GB Club Ambassador and wearer of various hats at the Wellingborough club, said: "Deb had had 18 months out of the sport owing to injury, but couldn't wait to get her form back. In the past, she's won national indoor championships run by British Blind Sport, and is looking forward to virtual events this year."

Helen was one of many volunteers who worked with Archery GB to produce guidance for disabled people, and at the same time was in talks with her local authority on where the Wellingborough club stood in terms of reopening during the third national lockdown. She said: "We couldn't risk a fine and needed to be absolutely clear that that wouldn't happen. Conflicting government advice stated that organised sport for disabled people could continue but that sports venues should stay shut, which naturally posed a problem for many. Our club committee took a vote to see whether we would open for our disabled archers during the third lockdown, but ultimately there were concerns about Covid safety, and so the club remained shut to everyone."

Gaynor Hutchison, chair at Aim4Sport in Bedford, came to the rescue and suggested Deb visit their training centre. Helen explained: "It worked well because I work at the training centre at the weekends, and so I drove Deb there (taking the usual Covid precautions) and she was able to shoot for as long as she wanted."

Despite Deb's poor eyesight (she can see better indoors than in bright daylight) she needs little assistance when shooting. "Deb has several years' experience and with just a little verbal guidance, shoots very well," said Helen. "She uses a foot mat for correct placement on the line, which I make sure is lined up properly, and I call out where her arrows are hitting the target."

Deb has been training in this way every Saturday since January 2021 and, as Helen says, her confidence is now through the roof. "I would love to think I could have 18





Above Deb and Helen were able to use Aim4Sport's range throughout the lockdown. **Below:** Helen is an Archery GB Club Ambassador



months out and shoot like Deb. She's barely dropped a point!" Deb added: "Shooting at Aim4Sport has enabled me to steadily increase my poundage and practise the sport I love."

Deb lost her eyesight as a result of catching swine flu during the 2009 pandemic – a cruel blow that somehow only made her more determined to grab life by the scruff of the neck and try things that

she hadn't done before, fishing and archery being two of them. She's also a dab hand at crochet – Helen admitted guiltily that Deb is currently crocheting her a pair of socks! Helen said: "I'd rate Deb's chances highly against any non-disabled recurve archer. Under usual circumstances, she competes every year through British Blind Sport and other disability events."

Deb concluded: "Helen, Dave and Gaynor at Aim4Sport have provided me with transport, support, facilities, advice and friendship. I've been able to get back to archery following spinal surgery and build up confidence in my abilities and break a few personal bests. Guidance and support from Helen is very much appreciated. I look forward to the day we can go out for a Guinness and socialise."

Working with Deb has given Helen new insight into the needs of VI people. Having previously worked with wheelchair-bound people in the sport, Helen admits she wasn't confident in her skills to help someone with sight impairment. She said: "Initially, I wasn't sure I was giving Deb enough information about where her arrows were going and I knew I had to improve the level of detail I was giving her. Deb is a recurve archer using

large target faces – it's a lot of space to explain where a little arrow has hit!"

Arrow retrieval is done together by Helen and Deb. They wear face masks and keep a safe distance apart during this time, and it's an opportunity for Deb to get close to the target – her condition means that she is able to see objects close up, depending on the light.

Giving up her Saturdays to help a fellow archer has benefited Helen enormously, helping her overcome agoraphobia issues. She explained: "Long-standing anxiety means that the longer I lock myself in the house, the harder it is for me to leave it. I don't go anywhere for work while the office is closed which adds to the problem, so driving Deb to the range each week has been so good for me. She is the reason why I'll be able to confidently leave the house when things return to normal – and it's a bonus that I've been able to visit the range every week during lockdown. Even though I was unable to shoot, just being there gave me a sense of calm."

More information

- www.aim4sport.com
- www.woac.co.uk

No picnic in the WOODS

The second-ever British 3D Championships took place at Pentref Bowmen in May. Organiser *Vic Williams* reports on the two-day event that saw archers conquer rain, mud and the 'wildlife' of the great Welsh countryside

Covid restrictions dictated that the return of the prestigious 3D Championships, held 15-16 May in the scenic Rhondda Valley, was a very different event from the norm. It ran in bowstyle sessions to comply with the limit on the number of people gathering: longbow and instinctive archers took to the field on Saturday morning, while barebow archers tackled it in the afternoon. On Sunday, the course was set for the compound archers.

The weather had been atrocious in the week leading up to the competition, with a yellow weather warning having been issued the weekend before. The ground was still saturated during the event and so waterproof footwear was a must. Aware of the impact of wet weather, Dave Jones, who sets the course, wanted to "make it as safe and easy to get around without compromising the challenge of the actual shots". Dave believes that competitions like this should not be about challenging an archer's ability to get around a course, but should focus on their ability to shoot challenging targets. Despite the showers and mud, Dave was very pleased to have feedback from archers saying that he had achieved exactly that. Smiling faces suggested that archers were not bothered about the conditions and were just glad to be able to get back into the woods with their bows.

Tom Duncan, winner of the gents compound category, said: "It was a really well-run event, with a course that had some challenging targets to highlight any poor decisions or weak shots. At the same time though, there were enough targets that were close enough that you could try and get back any points dropped on





Above: Ollie Woodward with 11, 8 scoring arrows at his first ever competition

the longer ones. The course layer did a great job balancing the needs of a high-level championship, while still making it relatively friendly, given that none of us have competed in the past six months!"

Emily Williams, ladies longbow champion, was also pleased to be back out on a

3D course after such a long time. She commented: "It was unreasonable to go into the weekend with many expectations around scores after so long, however I achieved my goals of shooting good shots, having fun and doing my best. As an added bonus, I even managed not to fall over all day!"

In the Instinctive category, Sarah Monteith (pictured over page) took the ladies gold medal. She said: "The long-anticipated event was well run, and the course was challenging and varied. I enjoyed shooting on the day and am really pleased to have won my category with a



Above: Sarah Monteith won the Ladies Instinctive category



The long-anticipated event was well run, and the course was challenging and varied. I enjoyed shooting on the day and am really pleased to have won my category with a good score. I look forward to a return visit to Pentref in the future. **Sarah Monteith**

good score. I look forward to a return visit to Pentref in the future." Gents Instinctive winner Jed Cullen once again put in an amazing score of 473 – the highest blue peg score of the weekend.

James Annall, winner of the gents barebow category, said: "I was thrilled to get my second British title, and really pleased with how I shot, despite being a bit out of practice estimating distances in the first half and getting caught out by some dead ground on a couple of targets".

In addition to the actual British championship, which was run to World Archery rules and so only included the four World Archery recognised 3D bowstyles, other bowstyles were able to compete

where the restrictions on numbers allowed. So the competition included compound barebow, traditional and recurve archers as well as four junior archers shooting from the same peg as their senior counterparts. Archie Crawford – compound; Ruby Davies and Amelia Thomas – barebow, all showed great form in their respective senior categories. Olly Woodward (pictured previous page), also junior barebow, shot his first ever competitive 3D round and was very pleased to have some excellent targets, scoring an 11 on a long standing bear target. Pentref Bowmen felt it important to include and encourage non-World Archery recognised 3D bowstyle archers where possible, even in a top-level competition

like this, in order to give everyone the opportunity to enjoy the discipline and get out in the fresh air, but also to help highlight and grow 3D archery in the UK.

As a long-established field archery club, Pentref Bowmen is keen to deliver great 3D archery experiences for all and has invested heavily in 3D archery targets, enabling high-level championships such as this, as well as a series of fun shoots throughout the winter. The question is, have you tried 3D yet – and if not, what are you waiting for?!

+ For more information about Pentref Bowmen, please visit: <https://pentrefbowmen1.wixsite.com/mysite>





ARCHERY ARCHIVES - BERKSHIRE ARCHERY ASSOCIATION

County record



Above: West Berks 1870 pin badge - photo courtesy of Tony Newland (Dorset & Wilts Archery Association) **Top:** BAA field shoot at SEB Maidenhead, 1953 - photo courtesy Reading Archers

Ever wondered how archery started in your region or club? *Imogen Sullivan-Bell* did just that when a simple question about the history of Berkshire Archery Association led to her unearthing some unexpected treasures

When my coach, Tom, became the new chairman of the Berkshire Archery Association (BAA), I posed a seemingly simple question to him: 'When was the BAA founded?'. As it turned out, nobody knew. Being in lockdown and eager for a challenge, I decided to find out, and, as with every good mystery, it soon took me down quite the rabbit hole.

As newly-appointed admin for the county social media pages, I posted a request for information about the history of archery in Berkshire and was inundated with responses. It's testament to the power of social media – and the generosity of the archery community – that within a week I had a veritable collection of 19th-century archery articles, books and photographs recounting the prowess of Berkshire's archers.

Victorian era

In 1830, Berkshire resident John Hughes invited other independent local archers to a three-hour shoot at 60 yards in his garden. The West Berks Archers, formed during the ensuing dinner party, went on to impress the nation. Its members

collectively won the Champion of England prize a remarkable 24 times, the most of any county. The now-familiar motto of the Grand National Archery Meeting – 'Stout arm, strong bow, and steady eye, union, true heart and courtesy' – was even written by John Hughes himself, a couple of years after founding the West Berks Archers.

Meetings were a spectacular affair exceeding 200 archers, and the society soon encouraged its members to shoot longer distances. Rewards were offered for the best 36 arrows at 100 yards in 1832 and the West Berks Round was created a year later. This round made it into the history books with good reason, comprising an exhausting 216 arrows at 100 yards! Many would shy away from that today, so imagine what a test that would have been to the longbow archers of the time. Nevertheless, they rose to that challenge and the first open West Berks Round was won with a score of 150 by William Merry, a member of the rival East Berks Archers.

The East Berks Archers had a short-lived but distinguished existence, with the Duke of Wellington as president. Sadly, along with smaller groups such as the Hill & Valley Society of Wallingford and the North and South Berks Archers, membership gradually declined until all were disbanded. Archery thus



Left: Reading Archers' member (early 1950s) pretending to be pinned to the target – please don't try this today!

coming up, these photos were a valuable insight into its origins. By 1999, the 49th Berkshire Indoors tournament was in the newspaper, while Reading Archers celebrated their 50th anniversary the same year with their second international competition between themselves and Reading Archers. That isn't a typo – in Pennsylvania, USA, there's an archery club by the same name!

Back to the future

Traces of our early archery societies exist to this day. A church plaque in Windsor describes an Elizabethan tournament held at Oldfield in Bray, now the site of Maidenhead Archers. Benham Valence Manor, once the Newbury headquarters of the West Berks Archers, transports you to the grand meetings arranged by John Hughes with his stamina-testing West Berks Round.

More recently, the records carefully curated by Reading Archers tell a story of a county whose activities were a regular feature in the local press. In a time where new membership is going to be beneficial to the pandemic recovery, perhaps we can learn from what worked in the past to help us move forward. The Berkshire Outdoor Archery Championship on 18 July (at Harlequin Bowmen) could be a perfect opportunity to connect with the county tournaments of the past, and with the wider local community of the present. Personally, I would love to see a remote Reading Archers UK vs Reading Archers USA rematch, or a West Berks Round event could be held for those feeling up to the challenge!

As I was generously signposted to far more records and photographs than I could mention here, I'm also hoping to utilise the county social media as a platform to keep a window open into its heritage. Discovering the story of our county has given me a deeper understanding and appreciation of its identity; I think that this could be exactly what the county needs to re-energise and unite our clubs in recovering together from the difficult year we've had in the sport.

I think the clearest learning I've taken from this venture, though, is to make sure we support, celebrate and record our endeavours of the present. After all, we're living in the history of the future, and the great things that our Berkshire archers can achieve deserve to be remembered in another 50 years, and beyond.

Visit www.berkshirearchery.co.uk for more about the association, and check out their Facebook page: www.facebook.com/berkshirearchery

Many thanks to Graham Potts, Arthur Credland, Bill Terry, Steve Loughney and Mark Pledger for their contributions to this article.

lay mostly dormant in the county in the early 20th century, with no resurrection possible during the world wars, awaiting the renaissance we now enjoy a century later.

An association is formed

Despite being signposted to a great deal of fascinating material about our archery predecessors, I was no closer to narrowing down precisely how or when the modern structure of Berkshire archery came to be. Changing my approach, I scoured the websites of local clubs for clues about the origins of the county as we know it.

After spotting a Berkshire Archery Association trophy in the background of a black-and-white photograph, I contacted Reading Archers to learn more, and struck gold. Their chairman knew of an old brown leather suitcase containing club records and photographs dating back to 1949. Fortunately, we all lived locally, so it soon changed hands and was ready for me to pick up from a doorstep in a socially-distanced manner that felt oddly furtive.

Opening the suitcase, the recognisable smell of ageing paper gave it a time-capsule feel as I carefully turned the pages. Photographs of a 1951 Berkshire Archery Association outdoor tournament depicted a county trophy unadorned with name plaques. As if reading my mind, an email came through in the following days that confirmed my hunch. I finally had an answer to my original question: that the BAA was founded in 1951, shortly after the Grand National Archery Society's regional governing bodies were established. By then, though, I was decidedly invested in learning more about Berkshire archery between then and now.



Berkshire's Victorian archers

weren't the only ones to achieve national acclaim. Paralympian Rob Anderson and former GB archer Joan Barwell both call the county home.

Berkshire's Victorian archers weren't the only ones to achieve national acclaim. Paralympian Rob Anderson and former GB archer Joan Barwell both call the county home and were recognised in newspaper clippings preserved in Reading Archers' records. A 1972 article about local Shirley Jones – now our county's oldest female archer – celebrates her achievements as the first female captain of her club, achieving Master Bowman classification, representing Berkshire at national tournaments and competing with the men at 90 metres! When you meet Shirley at competitions nowadays, she'll humbly joke about how she can't shoot like she used to in a warm and friendly manner that belies her impressive archery career.

Going back a little further, photos of the prize-giving at the inaugural BAA County Tournament in 1951 portray the ladies' champion and winning men's team, including the well-known Don Stamp. With the 70th anniversary of that tournament



Above: Major C Fisher (West Berks Hon. Secretary) was Champion of England 1871-2-3-4 and 1887



Above: Rob Anderson (1992)

Below: BAA Tournament at Cintra (1951) Winning Men's Team (F. Sharman, D. Stamp, C.H. Hobbs, M.J. Atkins)



GROUP OF WEST BERKS ARCHERS—From left to right: *Sitting*—Rev. E. W. Hussey, Col. Lewin, Congman, H. H. Palairat. *Standing*—Major C. H. Fisher, T. T. S. Metcalfe, C. E. Nesham, Rev. C. H. Everett. Reproduced from page facing 169 in *The Archer's register*, 1896. Photograph by T. T. S. Metcalfe, taken at ...



Above: Shirley Jones (1972)

Left: *The British Archer* Article (vol.27) - Photo of West Berks Archers

Photo credits: All 'Reading Archers', except: Major C Fisher (top left) - Mark Pledger (Dorset & Wilts Archery Association); group photo of West Berks Archers (left) - Fred Lake / *The British Archer* magazine



Berkshire Lady Champion 1951: Mrs B. Atkins (left), Lady Paramount (right). Photo: Mrs N. Sutton, BAA



Above: Reading Archers UK vs USA anniversary shoot (2000)



Don Stamp at BAA Tournament 1953

DAY IN THE LIFE

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

Below: Toby
(left) at a club
development
meeting with
Bob Beaney of
Ashford Archers



THIS MONTH WE TALK TO: Toby Andrews, Regional Development Officer (RDO) for the Southern Counties


I have been with Archery GB since the beginning of 2019. I'm based in Kent and have been working from home in the region for the past two and a half years, so was well used to homeworking when the country was put on lockdown last year.


This role was the first of its kind for Archery GB; I must have done something right as the Participation Team has undergone a recent restructure and we now have RDOs based in every region.


Prior to working for AGB, I was based in Essex working for the Active Partnerships' Active Essex, where I was doing a very similar role but I catered for every sport instead of just focusing on one. Working solely in one sport means I can now offer a much better


service, as I can focus on one area rather than having a very broad knowledge of many sports and activities. My experience of other sports does mean I can bring new ideas into archery and clubs that they may not have thought of previously.


I've always been interested in all aspects of sports and exercise whether participating or coaching. I used to compete to a high level in badminton where I also became a Level 2 coach. After taking part in badminton regularly two to three times a week for about 15 years, I decided to take up a new challenge. I now regularly take part in CrossFit sessions, as well as other sports including golf, running and cycling, attending track days, DIY and seeing friends.


 **7.30am** I'm an early riser and like to start work early so I can work a bit more flexibly through the day if needs be. Working with volunteers in clubs and counties means I need to be flexible with my work hours and I often having meetings in the evenings or at weekends. The first hour or so is catching up on new emails. Today I have my first site meeting post-lockdown, so I need to make sure I've got back to people where possible and ensure I'm ready to leave home on time.

 **9.15am** Travel 25 miles by car to meeting. This is a local meeting for me. The Southern Counties are so vast I can easily spend two-to-three hours travelling in just one direction for a meeting or event.


 **10.00am** I'm meeting with representatives from a country park in East Kent and the Kent Archery Association to discuss a possible new field archery site for the county. We discuss the needs of the county and the requirements for a good field shoot. We walk a good section of the 250-acre park and realise the potential of the site for archery is huge and it could cater for all forms of the sport. The meeting is worthwhile and good for both parties involved, as they now have a better idea of the demands and needs of the sport and the site. The Kent Archery representative suggests a second meeting where he can bring along more of the committee to get an overall consensus view on whether the site could be a new location for field shoots.


 **3.00pm** I have a meeting on Microsoft Teams with a club committee that are all relatively new to their roles. Normally I would suggest a face-to-face meeting at the club's grounds or local area, but Teams is much more convenient and a face-to-face visit isn't really appropriate yet with clubs just getting back up and running. The committee are looking for advice to ensure they are doing their jobs correctly and aren't missing anything vital they should be considering. When I meet with a club, they have a topic in mind for discussion, but when talking to an RDO they quickly discover additional areas they can consider for development or new ideas they can put into their club structure. These all come under club development from club structure, managing websites, social media, funding and volunteering. This will often leave clubs with more questions than they started with, but I always follow up with that club a couple of weeks later to see if I can provide further information or advice if needed.


 **4.00pm** I'm helping with a webinar this evening so I'm breaking now ready for the presentation and discussion later.

 **7.00pm** Monday Natters webinar begins. My colleague, Regional Development Officer (Midlands) Helen Smedley, has been holding regular Monday evening online discussions on a number of topics and upcoming event support. This evening




 **12pm** Travel back home and collect lunch on the way.

 **1.30pm** Boot up the laptop again and check in with any new emails. I've also been working on some website material to promote the RDO role nationally, in light of our new incoming RDOs. I give this a final edit and review, then forward on to the Archery GB social media and website team for promotion.

 **2.00pm** It's time for our weekly catch up in the Workforce Team. We share what we have been working on and things that are coming up this week. If we need any assistance on tasks, we can ask colleagues here to utilise their skills and knowledge to work more efficiently.

I have offered to support her with a discussion on funding. This topic is a regular question that comes through from clubs of all sizes and at all levels. Contrary to belief, there is still a lot funding available for clubs through various sources. There are some simple tips and tricks that we cover that clubs can often overlook when applying for funding. The presentation is well attended and there is a great discussion at the end of the evening with individuals/clubs asking questions, not only to Helen and I, but also fellow webinar attendees to gain direct feedback from other clubs' experiences.

 **8.30pm** Time to shut down, turn off my work phone and tidy the desk ready for tomorrow.

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

COMMUNITY MATTERS

Part of Archery GB's new five-year strategy is to accelerate the reach of archery into ethnically diverse communities. *Rashid Hussain*, founder of the Lancashire community support charity, Inspiring Grace, tells us about the growing popularity of the sport at the local club he set up

I remember going on a six-week archery beginners' course in Preston, Lancashire more than ten years ago and becoming instantly hooked! Once the course had finished, I realised there was a real lack of clubs around where I lived. I wanted local people in the Pendle and Burnley areas to have easier access to partake in a sport which should be championed as an activity that both young and old can enjoy. This was the motive for setting up Nelson Archery Club and in those days we had the opportunity to also set up a separate junior division.

Pendle has a large ethnically diverse population and the more I learned about archery, the more I came to realise how embedded the sport was in the cultural and religious framework. Traditional archery was, for example, very popular with the Ottomans who excelled and created many records that stood until recent times. It was a useful tool for war in historic times and also presented a way to engage in an almost spiritual practice. In drawing on these emotional connections and attachments as an organisation led and run by people of colour, we found that local people soon responded and we have been able to deliver many beginners' courses since we launched the club in 2012. On a side point, with the physical activity statistics always showing the ethnically diverse communities as the least

active of all groups, this sport has a great opportunity to really bridge that gap.

One of the challenges for the club as we were growing was to continuously upskill our coaches and also to try to find ways to compete. We set up junior leagues for young people and have also now built great links with a nearby club based in Accrington. We have an annual competition with this club named after one of the companions of the Prophet Muhammad (peace and blessings be upon him) Saad ibn Waqaas. We have also a more general competition named after Abdullah Quilliam, a 19th-century convert to Islam, who hailed from the city of Liverpool.

One of our future aims is to start to engage with the competition framework that Archery GB has and to start competing more with other clubs in the area. This, I hope, will bring different people together in an area where there has sometimes been mistrust between different communities, and that unfortunately led to the race riots in nearby Burnley in 2001.

My journey in coaching archery has allowed me to engage with hundreds of people and also allowed me to coach from nursery level to colleges. The local college recently set up an archery club and I was selected, after having completed my Level 2 coaching qualification, as the head coach. I have also been fortunate to continue to teach young ethnically diverse students with many successful links created with the local mosques. We also run after-school clubs for youngsters aged seven and under, using the Arrows soft archery kits for delivery. I have also been working with Archery GB on their Project Rimaya programme, which is all about bringing greater diversity to the sport. It has been a wonderful opportunity to be able to mentor individuals who are passionate about bringing archery into their towns!

For the future, I hope to continue shooting, coaching and I also have hopes of getting a horseback archery club set up in the local area. 🏹

For more information about Nelson Archery Club, visit

🌐 www.facebook.com/nelsonarcheryclub and see www.inspiringgrace.co.uk for more about the charity's work.





Pendle has a large ethnically diverse population and the more I learned about archery, the more I came to realise how embedded the sport was in the cultural and religious framework.

Clockwise from opposite: Rashid Hussain presents archery awards; members of Nelson Archery Club



ARCHERY FOR ALL

HOW TO

run a beginners' course



Just starting out: Beginners enjoying a course at Wymondham Archers, pre-pandemic

A busy outdoor season lies ahead, where clubs can reap the benefits of an Olympic and Paralympic year and potentially attract new people looking for local activities. Is your club ready to run Covid-safe beginners' courses?

Pete Hill, Chair of Wymondham Archers, made the best of last year's lockdowns by using the downtime to help promote the club and bring in new members. And at the time of writing, the club has more than 30 sessions booked for eight beginner slots and two refresher courses. Though the club is no stranger to beginners' courses, even Pete says he's slightly overwhelmed by the numbers! He said: "The life source of any club is its beginners: existing members are the heart. You cannot have one without the other and expect to continue to mature." Here, Pete describes some of the processes Wymondham Archers put in place to ensure a successful and safe summer.

Covid-safe beginners' courses

We ran most of our courses outdoors last summer – we are fortunate to have our own outdoor range. We have two coaches that are available during the week and who are committed to developing the club with their own time. One person did all the coaching for the most part. Many of the courses were run during weekdays or early evenings. Before the pandemic, we held the courses on a single allocated day and only in the evenings. The new system was more flexible and enabled the range to be open all the time, with no restrictions on the club members. We could do this because we knew who was using the range with our ticketed system, which we'll be continuing with for the foreseeable future.

Covid-safe range set-up

All the beginners signed up to a Customer Relationship Management (CRM) database. We then had all their data and they had control of it (GDPR compliant). We phoned each of the beginners, arranged their course and booked a slot on the outdoor range. This process happens exactly the same for either indoors or out.

For outdoors we used face coverings when required. We maintained a social distance and respected the beginner's needs and wishes. We gave the beginner their own target face to use and their own target pins. We didn't ask for them back. This was at a cost to the club.

We operated on a one-to-one basis for all beginners. If we had a family of up to three, for example, we used a simple 'details' approach, each waiting for the other to shoot before moving forward.

Beginners were loaned a club bow for the duration of the course, which they took home if they wished. If they didn't want to, it was stored away from other archers in the club store. Access to the store was granted to three people only: Chair (Lead Coach), Secretary (Coach) and Equipment Officer (Coach also). As part of the process, the first session consisted of an introduction to infection-control measures, ensuring that we were all Covid-safe.



For outdoors we used face coverings when required. We maintained a social distance and respected each beginner's needs and wishes.

Coaching adaptations

Coaching was challenging at times. We used a cliniband that the beginner took home, and also used oversized arrows and lower poundage bows as we felt that we needed to be safe, more than make the experience the best for beginner. But we needn't have worried as nobody actually noticed the lower poundage bows.

Everything takes much longer, and this needs to be factored into the course. Socially-distanced coaching feels strange but I found it helped to paint a big box around the beginner. I only stepped into it on rare occasions a couple of times, and then only to push an arm with a sleeve on it; and then I went and used the sanitiser station again.

The coach needs to ensure that the beginner is taking the process seriously, and to be brave if they aren't. Explain why you want to stop the session and return their money. As the coach, safety is down to you.

Promoting the course

The first thing a club needs to do is 'get noticed'. It's easy these days and it's free. We need to make partnerships too. I believe that people don't know they want to have



a go at archery. Many who try it on holiday, for example, don't consider that it might become a fulfilling hobby. It is addictive – you know that. We just need to remember some simple rules:

- Clubs need to make access to archery easy
- People who sign-up want something to do that they believe they can get better at
- Beginners' course archers want confirmation that they will get better at it

Traditional methods of posting leaflets through doors can be hit and miss, and mean a lot of time and effort for minimal gain. A much better use of time is promoting beginners' courses online. Consider setting up a Google Business page to spread the word and encourage people to sign up. Google Business isn't the only free business tool that you can use to get people to sign up; you can use your own Facebook page if you have one. Facebook is becoming more like a business tool where businesses can enable followers to sign-up to products and services. And why not? Facebook has a massive following and can link to your own website, to your beginners' courses, fun days, tournaments and other occasions.

Once you have signed up your Google Business, you can then create links to your CRM database – we use Mailchimp where data is secure, meets current legislative requirements (GDPR in particular) and is in one place. It can be modified should somebody wish to change their email address, for example.

Lane booking

Because we know how many people use our ranges (we operate a ticket system from Trybooking, where archers obtain free tickets prior to coming to the range), we know how many tickets we can release. Splitting our range into two-hour slots last summer meant that we could offer shooting from 6am until dark, pretty much all the way through the season.

Remember to follow up if you haven't heard from someone who signed up!



We have explored plenty of methods from cash to ticket sales and payment online. But our favoured method is simply by bank transfer which is quick and easy.

Remember, it was the subscriber that wanted to contact you, not the other way around. Leave messages on their telephones, always stating that you'll call back. If the subscriber has changed their mind, they will tell you, and if this happens you can delete their record. This keeps you from repeating the exercise and the subscriber safe from you hassling them.

Pick up the phone

We prefer to telephone our subscribers once they have signed up, if they have given us permission to when registering. We call them because we believe that they wanted to be part of something where people are involved. So a real person calls them. That person needs to be well informed because

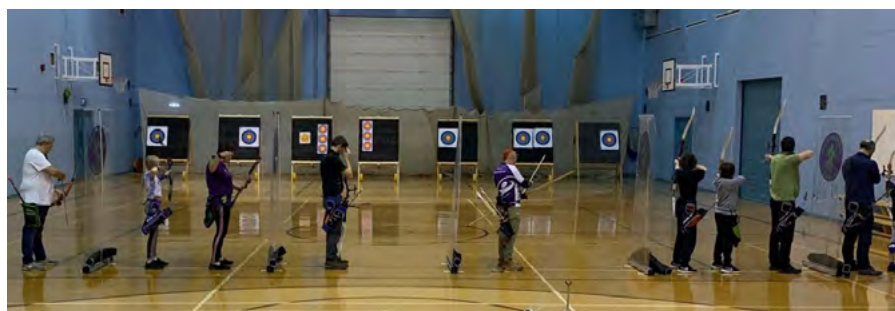
they have one job at that time: moving the person from a sign up to the next stage – usually a beginners' course.

Get the subscriber to agree to a date and then forward them a confirmation email. You will need several things present when you do this.

- You will need to know when you will be able to run your next beginners' course.
- You will need to know that you can fit them in on that date and you'll need to inform the subscriber what the costs and other expectations are from them.
- You will also get a brief insight into what the person is like and what measures you may need to put in place for them, should they have particular needs.

We ask about additional considerations that the subscriber may not have indicated. For example, one of our subscribers, now a member, placed a heap of ailments on the list of additional information. From the written description it read that they were almost completely immobile, but on later discussion it turned out that they were not; they were able and very willing to push themselves in spite of a number of health issues.

Phone beats email every time for the initial contact. Then you can email to confirm that you have them on a course. This does a heap of confidence-building for the subscriber. They are informed that you are taking them seriously, and can take note that they are now part of your diary. And you are taking them seriously also.





Doing all this can be time consuming, so simplify the process as much as you can. Many email packages enable automatic responses: Outlook and Mac mail are two examples. Create a series of standard emails and get them saved.

Keeping the team informed

We also use Gmail calendar for our courses that link through to our website, but you may wish to use another system. The excellent thing about Google Calendar is that it's free and others can review it easily if you give them access to it. You may have a specific number of places that once taken mean that the beginner will have to wait. You will have done this work on the phone call you made. From this approach, any one of the team can see how many beginners you have attending on any particular day.

Ways to pay

Finally, either speak to your treasurer or pop online to ensure that your new archer has paid. There are many clubs where the beginners' course organiser is also the treasurer or chair, but the main issue is that communication is quick and effective. A simple pre-prepared email will speed things up hugely if access isn't immediately available to the beginners' course organiser.

We have explored plenty of methods from cash to ticket sales and payment online. But our favoured method is simply by bank transfer which is quick and easy. The checks and balances carried out by banks these days means that fewer mistakes can be made by subscribers, and easy checking of balances can be done in a jiffy via apps. The easier you make it to pay, the more likely someone will end up on a course. The more likely they end up on a course, the more likely they will join.

Be open to feedback

Regular feedback from new archers is very important. I always hate asking that question: 'Is there anything that we can improve on the course?' or 'Is there anything we can do



Advice at a glance

- We spent quite a bit of money making the range Covid-safe: about £500 for outdoors on lane markings, sanitiser sprays and signage. We worked hard at obtaining a grant for this.
- Try new things to promote your club. We contacted BBC Radio Norfolk and got on the breakfast show. Local media know how difficult life is right now and want to help – tap into that stream; it could be worth it. We received three or four new contacts as a result.
- When we came indoors, we spent a whole lot more money, which was thanks to a grant from Archery GB. Our previous grant came from Sport England. If you don't ask you will not get.
- Always canvas for coaches, assistant coaches and helpers. Never stop doing this.
- Like so many clubs, it is important to recognise that a lot gets done sometimes by a small group of people. Do your best to ensure those who have worked hard get noticed and thanked properly.

better?' I was late starting a course once, and at the end of the two-week course, I asked those very questions and to my horror it was the only thing the archer said about the course; nothing good, just that. I apologised and stated that I had no excuse. She joined anyway! We also changed the sign-up form after feedback from an archer who stated it didn't provide space to add her health issues.

Just say yes!

Wymondham Archers has a policy of always saying yes to prospective archers, all year around. That has meant that we were forced to change our approach to running courses. We decided that if somebody wanted to take part we would teach them. That meant that sometimes we ran courses with only one person with four available coaches; we now have six. But sometimes it meant that we were newbie-heavy and worked with two coaches to eight beginners. Sometimes it was ridiculously hard work but oddly always very rewarding and mostly fun. In this way we've grown from 35 members in 2016 to more than 100 archers today.

Do find coaches who are willing to teach a beginner every time you have a club session. You'll also need to ensure that your team, the committee, coaches and other members of your club, are all on board with increasing the size of the club; not everybody wants to belong to a large archery club.

Please note: all beginners' courses, taster or have-a-go sessions should be registered in the AGB membership portal – [please click here for details of how to register](#).

ADVICE ZONE:

FIT FOR THE FUTURE

As lockdown eases, many archers are hightailing it back to the range. Chartered physiotherapist, *Nicky Hunt*, looks at ways to rebuild your strength after the long break

Archery involves a very specific movement pattern. When we shoot consistently, we build up that specific muscle strength but it will have certainly decreased over lockdown. So what are the best ways to return to archery? The first thing to say is if you are already carrying an injury and have pain or clicking joints, you should book yourself in to see a physiotherapist for an assessment and not proceed with the following advice.



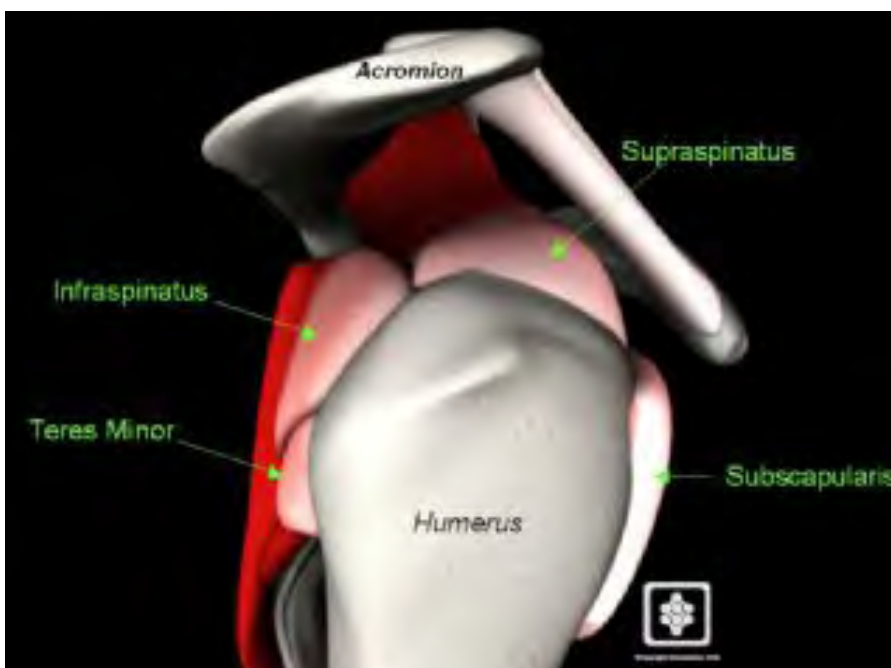
Prehab

We've all heard of 'rehab' or rehabilitation and that's what we go through after an injury, but 'prehab' or prehabilitation, is designed to prevent the injury in the first place. Our shoulders are complex joints; we have a vast range of movement, so the joint is similar to a golf ball sat on a golf tee. The stability of the shoulder joint is made up with the cartilage, ligaments and a joint capsule. The rotator cuff muscles also provide stability, and you have the ability to build these up; they are integral to the way our shoulder joints move. Try exercises such as shoulder internal rotation, external rotation, low rows and WYTs (think YMCA to understand what I mean by this!), protraction and retraction exercises performed with a light (yellow) resistance band with good posture – look in a mirror if you can as it really helps – with slow controlled movements. Three sets of ten movements performed two-to-four times per week will help build up this specific strength. In time you can progress to new exercises – there are hundreds out there but technique is key!

Warm up

There are four components of a good archery warm up: cardiovascular, mobility exercises, rotator cuff activation, and archery specific exercises

Not many of us go for a jog or brisk walk to start with, but raising your heart rate prepares the body for activity, so it is a good thing to be doing. Then there's the mobility exercises which we see much more often on the shooting line now. Circling your arms, internal and external rotation of the shoulder, thoracic



Above: Side view of the shoulder showing the attachments of the rotator cuff muscles

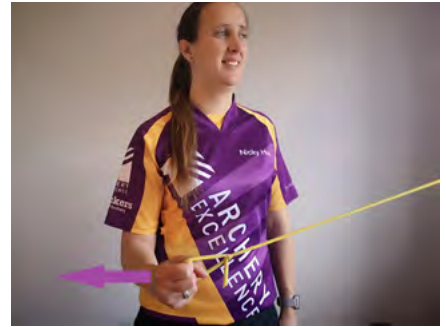
Credit: Shoulderdoc.co.uk



Try exercises such as shoulder internal rotation, external rotation, low rows and WYTs (think YMCA to understand what I mean by this!) protraction and retraction exercises performed with a light (yellow) resistance band with good posture – look in a mirror if you can as it really helps.



Left: Nicky demonstrates the 'W' of the WYT moves, as mentioned on the opposite page



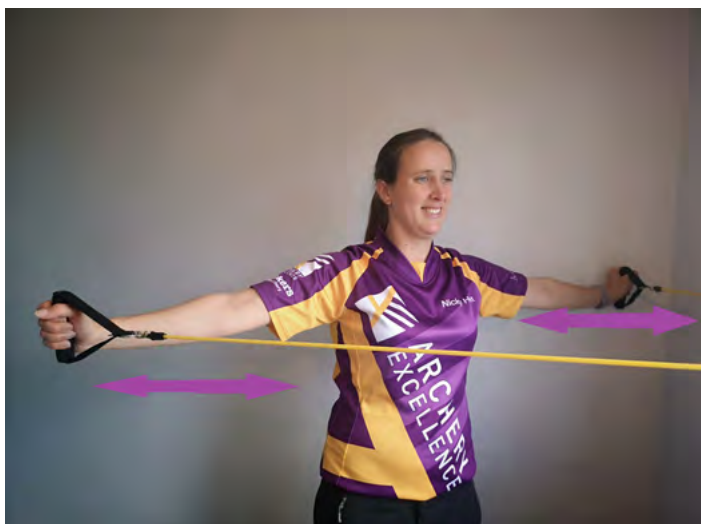
Left: The 'Y'



Left: The 'T'



Top to bottom: External rotation end position; internal rotation end position; protraction start point; retraction start point. Remember to build up these exercises slowly in order to gain the most benefit out on the range





Photos, anti clockwise from here:
Examples of good posture, back and side views - scapula setting; low row end position; going through your shot routine can help



Shooting with good technique is an excellent way to prevent injury. If you are out of alignment, it is likely your muscles are having to do more work to maintain this poor technique and thus increase intensity.

rotation movements (twisting your body to each side), gentle neck movements, and touching the toes for example. Spend around five minutes on this. Rotator cuff activation is a short version of some of the prehab exercises, so grab a light resistance band and complete 5-10 repetitions of a couple of those exercises. Finally, using the resistance band to perform the same action as drawing your bow is a really good way to specifically warm up. You could use this time to start mentally warming up too, by going through your usual shot routine, as shown below.

I would recommend that you do not do any static stretching before shooting. The more recent research has gone away from

static stretching before sport and suggests it's better to complete dynamic warm ups – all the things we have just gone through. The reason is that it's thought that if you take your joints further than they usually go, this might increase the risk of injury. But more relevant to archery is that archery is a 'feel sport' – proprioception is highly important for consistent repetition. You lose some of that feeling when you statically stretch before shooting. Static stretching still has a place, but this should be done either as a cool down or at a different time. A cool down should include some mobility work as above, and some stretching.

This video from World Archery, featuring GB archer Naomi Folkard, has some great content covering some of the above: <https://www.youtube.com/watch?v=3rtvDG3yRqM>

Increasing intensity

There are a few different things we should consider about 'intensity' in archery: arrow volume, chronic vs acute load, bow poundage, distance, target face.

Keeping a log of how many arrows you shoot provides some excellent data. Over the course of the season, you can look at this data and see where your best performances came. Working out the best peak in arrow volume is very specific to the individual and takes into consideration their other commitments. Get a tally counter and 'click' your arrows every end. Pop these numbers into a spreadsheet. An



Photo shows Ruby Paul

important measure you can take from this is 'chronic vs acute load'. The chronic load is what you have done in the last four weeks, and the acute load is the current week. There has been research in cricket and rugby suggesting you double your risk of injury if the acute load exceeds 1.5 times the chronic load. For example, if your average arrow volume over the last four weeks is 400 arrows, you should avoid shooting any more than 600 arrows in the next week. Try and avoid spikes of training which can put you at risk. You are much better to train little and often, perhaps two to three times a week at a low volume than spending all day on Saturday shooting hundreds of arrows, for example. Start back slowly, and record your arrow volume so you can see how much you are shooting.

Bow poundage is an important factor, and if too heavy, you are unlikely to maintain your normal technique, and being out of alignment will put more strain on your body. If necessary, perhaps purchase a cheaper set of limbs that are a little lighter if you feel you are struggling, and keep these for times when you haven't been able to train as regularly as you would like.

Your true load, is the bow poundage you pull, and also how long you stay at full draw. Some people shoot very quickly, others can spend six to eight seconds at full draw; the latter will result in that person's muscles working harder.

Nicky Hunt is a practising chartered physiotherapist. She started archery at the age of 11 and shot for Great Britain with recurve and compound bows. Nicky's best achievements are becoming world number one and a double Commonwealth Games gold medallist. Since 2016 Nicky became a coach for the GB Pathway, and set up her coaching business, Archery Excellence. Nicky is accepting new archers, and if you would like to get in touch please email her on: info@archeryexcellence.co.uk or 'like' her Facebook page: www.facebook.com/ArcheryExcellenceNickyHunt

Some archers may have spent some time shooting 'blank boss', i.e. no target face over lockdown. Aiming at a target face again will more than likely slow your shot down to enable the aiming phase to happen, so consider this in your intensity.

Distance is also a different intensity as the further you shoot, you'll need to raise your bow arm. If you've been shooting short distances over the winter, the shoulder angle will change, and the muscles will be used to working at a slightly different angle. This can be overcome by shooting higher up on a target when shooting short distance. You can measure the angle of your arm when

shooting long distance, and ensure you are at a similar angle at the short distance.

Wind can play a factor. In windy conditions, generally archers either spend more time at full draw, working harder as they fight to stay as still as possible, or it may cause you to 'come down' more, and therefore you could end up drawing the bow more times.

Finally, how many arrows you shoot within a particular time frame can play a role. For example, at a short distance you might shoot a lot of arrows in a short time because the time it takes to retrieve the arrows is small. Shooting at a long distance may give 5-10 minute breaks between ends. Recovery time is certainly something to consider.

Technique

Shooting with good technique is an excellent way to prevent injury. If you are out of alignment, it is likely your muscles are having to do more work to maintain this poor technique and thus increase intensity. Make sure you get regular coaching. Coaching will aim to ensure that your technique is as efficient as possible, which reduces the risk of injury and makes archery a lot more fun!

Finally, wearing the correct clothing for the conditions and staying warm is important. When we are cold we are more likely to become injured. You can find some top tips on preparing for inclement weather in the Spring 2021 edition of Archery UK.

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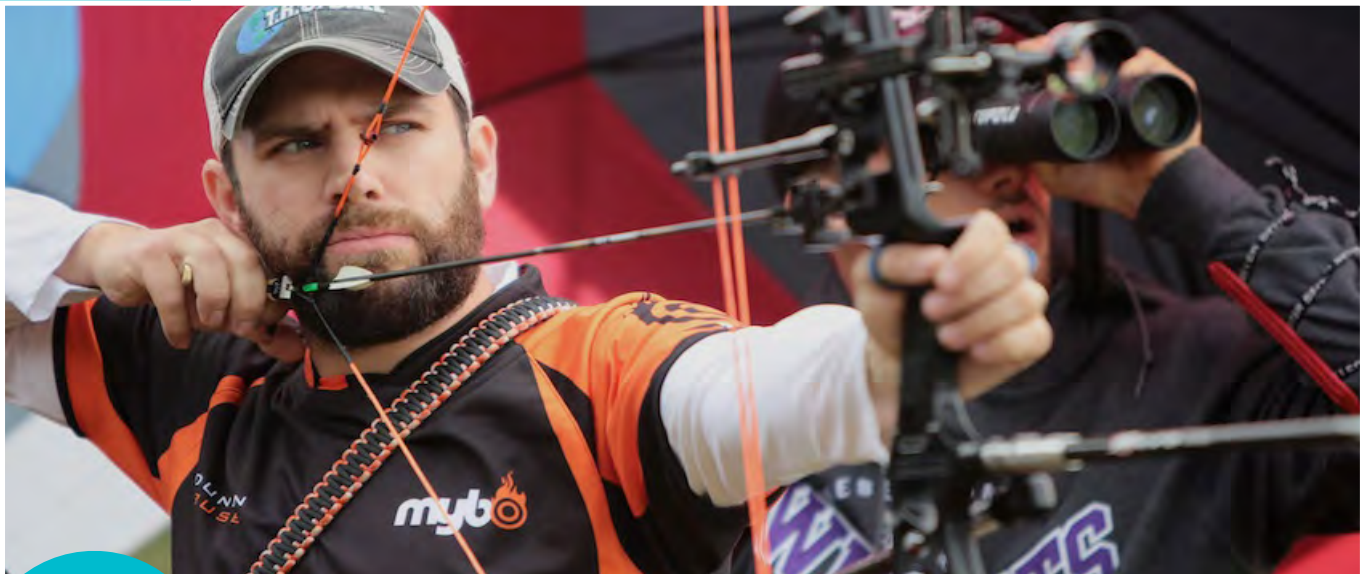
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BACK TENSION RELEASE AID



I've been told I would benefit from switching to a back tension release aid, but there are so many different ones available I'm unsure of which style to go for. Can you explain the differences between them and if there is a benefit of choosing one style over another?

USING A BACK TENSION TECHNIQUE is widely considered to be the most accurate and consistent technique to execute a shot, no matter what style of release aid you choose to use. But for those who are looking to fully commit to back tension or want to remove the temptation of a trigger release, a pure back tension release aid is a must. Even if you want to return to using a trigger-style release aid, a pure back tension release is often the easiest way to learn correct shooting form. The idea behind a back tension release is to remove the ability to consciously activate the shot; as there is no trigger you cannot simply decide to hit it to make the shot go – sometimes known as punching. Instead, you must slowly increase the amount of pressure in your shot until the release activates, thus removing the conscious decision to fire and the likelihood of any problems this can bring.

There are two main types of back tension release aid: hinge and resistance. Both are activated by increasing the pressure in your shot as you pull against the cam stops or wall, but they each use slightly different firing mechanisms.

A hinge is activated by the rotation of the release handle; this twisting movement pulls the hook, which is attached to your D-loop, off a half-moon shaped sear and triggers the release. The speed of this release action is altered by adjusting the angle and position of the half moon; some models also feature a safety catch which ensures that the release cannot fire whilst you are drawing it.

A resistance release is triggered once it reaches its pre-set activation weight; this is usually a few pounds above your bow's holding weight, so it's important that the safety catch is engaged whilst you draw your bow. The activation weight is altered using the springs inside the mechanism and it will only fire once the safety catch has been disengaged and the correct pressure has been reached.

Even though both styles of release are activated in much the same way, there are some subtle differences between them that may mean one will suit your style of shooting more than the other. Because a

resistance release is activated by an increase in shot pressure, you may find that if your execution is inconsistent for any reason, the release will fire at different points in your shot routine or not even activate at all. In this case you may be best shooting with a hinge-style release instead.

As a hinge-style release requires the fingers of your release hand to remain fairly relaxed in order to allow it to rotate and fire, if you shoot with a particularly tight or tense grip, you may find a hinge impossible to activate. In this instance you may benefit more from using a resistance release instead.

The main complaint about back tension release aids is that there is no warning that they are about to go off, which can make it difficult to time your shot well or to ensure you are aiming at the centre when the shot finally breaks. To remedy this, some hinge-style releases

are made with an optional click which activates shortly before the release goes off. This allows you to choose whether to finish executing the shot or to draw down if you aren't ready. The option of a click is a personal choice and something you will need to try first but if it sounds like something that would benefit you, then a release with this option would be a must.

While there is no benefit of one style of release over the other in terms of accuracy, any issues with your shot execution can be highlighted by a back tension release aid, making your results inconsistent and sporadic. So it's important to choose a release aid that will allow you to work through any problems you have but is adaptable to the individual characteristics of your technique.

Whichever style release you decide to shoot with, it's important that you test out a few different options first to ensure you are completely comfortable with the release mechanism; there's nothing more off-putting than using a release aid that doesn't suit your shooting style, whereas a back tension that allows you to shoot flawlessly and consistently will really make a difference to your game.

"The main complaint about back tension release aids is that there is no warning that they are about to go off."

▶ You can find more advice at www.duncanbusbyarchery.com

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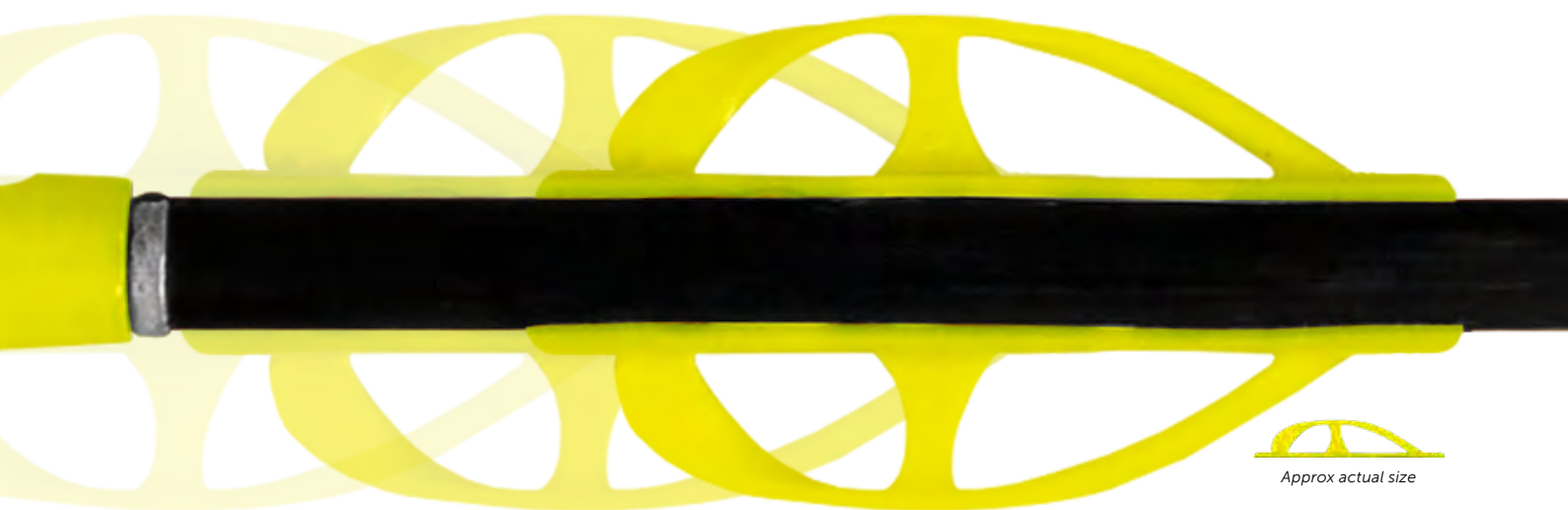
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SMALL, BUT PERFECTLY FORMED GRIFFIN VANES

Searching for the best fletching for your Olympic recurve arrows? Look no further than *Bohning's* new Griffin Vane



You've probably heard about Bohning's new Griffin Vane for Olympic recurve archery. Perhaps you wonder what the benefits of this strange-looking vane are. At 1.2 grains per vane, it is extremely lightweight, and the low profile height provides plenty of clearance. The minimal surface area prevents crosswinds from affecting arrow flight, and the twisted ribbon design aids in arrow rotation. The best part? It's made of durable, non-deforming vane material, so one pack will last you a really, really long time. Sure, you'll spend a little more up front, but it'll save you time and money in the end.

We at Bohning Archery make the number-one-selling vane in the world, so we field a lot of questions about vanes! In the world of Olympic-style shooting, we're often asked: 'Can I shoot plastic fletchings with a recurve bow? What's the best vane size for Olympic recurve? Spinwings vs plastic vanes, which is better?' We are going to do our best to answer these questions focusing on outdoor archery and small diameter arrows.

In general, you get more stability from a plastic vane. Larger vanes spin and stabilise arrows quicker, and for this reason some Olympic recurve archers choose a plastic

vane. So what are the drawbacks of plastic vanes for Olympic recurve archers? Since plastic vanes stabilise an arrow more quickly, they also slow it down quicker. When you're shooting long distances, you want your arrow to maintain as flat a trajectory as possible.



Additionally, vanes with a larger surface area are more susceptible to weather-related variables like crosswinds, but spinwing-type vanes can have these same drawbacks, especially lateral arrow movement from crosswinds since spin vanes often have just as much surface area as a standard plastic

vane. In addition, properly and accurately fletching spin vanes requires a significant amount of time. Given their tendency to tear and deform, you have to replace them a lot. That being said, there are a lot of brands out there – some more durable than others.

So with all the drawbacks, why do some Olympic recurve archers use spin vanes? The answer, quite simply, is weight. When you remove weight from the back of the arrow, it weakens it, allowing your fingers to make slight mistakes without greatly affecting the trajectory of the arrow.

At Bohning, we pride ourselves on manufacturing products that solve problems for the archer. We knew we needed to create a durable, lightweight, easy-to-install vane that would provide the same or better performance as a spin vane. We believe we've accomplished it with the Griffin Vane. [You can read more about Griffin Vane development here.](#)

Olympic recurve archers see their group sizes shrink with Griffin Vanes, especially in windy scenarios. There are two main reasons for this. First, the 'cut-out' surface prevents downrange wind drift, while the integrated right helical twist provides the required spin and steerage. Second, that same cut-out design keeps the weight to

GRIFFIN VANE GIVEAWAY

Your chance to win Griffin Vanes!

Are you a serious Olympic recurve shooter? Like what you've just read about the new Griffin Vanes? If so, Bohning is offering readers the chance to win packs of their latest innovation.

Bohning can tell you how great the Griffin Vane is until they're

blue in the face, but know you'd rather test it for yourself. Every archer shoots a little differently, and one-size vane does not fit all. To help you up your game, Bohning has four 40-packs of Griffin Vanes to share with four lucky Olympic recurve archers.

HOW TO ENTER

To be in with a chance of winning one of four 40-packs of Griffin Vanes, just answer the following question:

What is the function of a vane?

- A) To stabilise and steer the arrow
- B) To increase flight speed
- C) To reduce arrow spin

Entries must be submitted by 1 August. Four entries will be randomly selected and each correct one will win a 40-pack of Griffin Vanes. **See below for full entry details.**

Terms & Conditions

Entries to this competition are strictly by email only. Please email your answer to: magazine@archerygb.org by 1 August 2021, making sure to write: 'Griffin Vane' in the subject line. Archery GB will notify winners by replying to their email, when we will request your address for postage, which will be handled by Bohning. Each winner will receive one 40-pack of Griffin Vanes. There is no cash alternative. Subject to availability. Employees and relatives of Bohning and Archery GB, and associated suppliers are not eligible. The winners' names may be published in Archery GB communications.



...vanes with a larger surface area are more susceptible to weather-related variables like crosswinds...

reuse the Griffin Vanes, moving them from one set of arrows to another without damage.

The Griffin's material is extremely durable. Archers report that, despite shooting groups tight enough to break a lot of nocks, the Griffin Vanes come out unscathed. If you can spend a few more hours practising instead of repairing arrows with torn spin vanes, what might happen to your scores?

Visit www.bohning.com for more details.



Weight of Griffin vanes with four dots of glue on each base: 4.0 grains.



Weight of 2 13/16" Spin Wings with double-sided tape & cap tape: 5.8 grains.

**(note: weight may change if using shrink tubes instead of cap tape)*



Weight of 1 3/4" Jet6 Vanes with double-sided tape & cap tape: 4.8 grains*

a minimum, making the back of the arrow weak and forgiving.

The images above illustrate the weight of spin vanes compared to Griffin Vanes. Our scales measure out to one-tenth of a grain. You'll notice the glass walls – these are necessary because even a person's breath, can throw off the weight measurement.

For best adhesion and to reduce weight, we recommend using an instant glue with the Griffin Vanes. We identified the average weight of double-sided fletching tape plus striping tape at 1.5 – two grains per arrow, while the average weight of glue is one grain per arrow. Using the 'dot and spread' method of applying instant glue you can control the amount and weight applied to each vane. You can also use tape if you prefer. You will need to use both double-sided fletching tape and a cap tape. A little hint to save you money – with tape you can

Ready, set...

Easing yourself back into regular shooting after many weeks or months? Chances are your kit could do with some TLC. Rod Flanagan of Burscough Archers talks us through the fundamentals

Riser – check:

- ✓ The security of the arrow rest and its spring-back response
- ✓ The sight-block screws; these can work loose
- ✓ The clicker fixing screws for tightness
- ✓ The limb-bolts and the limb pocket screws (see fig 1, below) for tightness. If the latter needs tightening, it would be advisable to then check your bow alignment (see fig.2, opposite page)
- ✓ The grip is in good order

Bowstring – check:

- ✓ For frays and for broken strands
- ✓ Servings around the loops are secure and in good order
- ✓ The centre serving and nocking points are in good order

If you see any signs of a broken strand you should really buy a new string. A broken strand will leave an imbalance in the string which could cause other strands to break or become loose. Servings should be redone if worn.



Burscough Archers' last technical briefing of the season closely coincided with the arrival of lockdown easing. To help members prepare to return to shooting, this article presents a checklist of the preparation needed to ensure your equipment is range-ready after such a long gap. These are checks you should really carry out on a regular basis, though often get overlooked when you are shooting regularly. They are particularly important now, especially if your equipment has been stored in a cold garage or damp shed during the lockdowns.

Limbs – check:

- ✓ Cracks in the lacquer paying attention to the edges for cracks or de-lamination especially along the long edges
- ✓ Cracks around the base of the limbs where they connect to the riser
- ✓ Any twists in the limbs and for wear and cracks around the string locators

If the limbs need cleaning, try just clean water. For stubborn marks use a little washing-up liquid and remove with clean water. Don't use anything abrasive or that may destroy the lacquer.

If you find any signs of cracks or delamination in the limbs, destroy them. They could break under full draw if you try to shoot with them; an experience to be avoided at all costs carrying a real risk of serious injury.

Sight – check:

- ✓ All bolts and screws etc. are tight, and none are missing
- ✓ The sight pin is clean and in good order. Replace if necessary

Pressure button – check:

- ✓ The plunger should move freely: clean and lubricate it if it doesn't

If you need to dismantle the pressure button to clean and lubricate it, make sure you make a note of the current setting before you start.

GUIDE TO:

Brace height ranges

A general guide – do check manufacturer's recommendations

Bow Size	Height Range	Mean mid-point
64"	7.75" - 9"	8.375"
66"	8" - 9.25"	8.625"
68"	8.25" - 9.50"	8.875"
70"	8.50" - 9.75"	9.125"



Long rod – check:

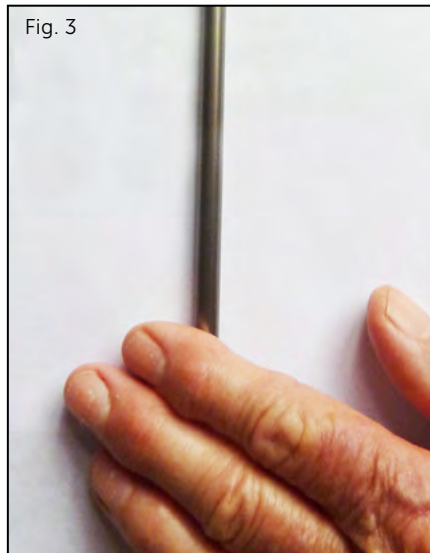
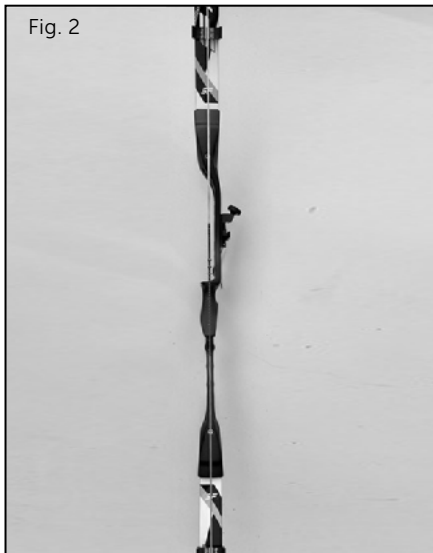
- ✓ Weights are secure
- ✓ For signs of any cracks

Drawer check indicator (clicker) – check:

- ✓ For any cracks in the flat-spring type clicker
- ✓ For excessive wear which may be weakening the spring
- ✓ For loose grub screws in magnetic clickers

Arrows – check:

- ✓ For straightness (see fig.3, below)
- ✓ For cracks and delamination in ACC type arrows with a carbon coating
- ✓ For dents in aluminium arrows where they have been hit by another arrow
- ✓ For loose fletchings
- ✓ Inserts including points are secure
- ✓ Nocks all match and are in good order and that the nocks all fit the string exactly the same



Once you have completed the above checks, string the bow – check:

- ✓ Once more for cracks or delamination which may be more apparent with the limbs under tension
- ✓ The alignment of the limbs - see fig.2
- ✓ Any twisting in the limbs
- ✓ The bracing height for your bow length (see guide for bracing height)
- ✓ Your centre-shot setting

While you have the bow strung, it would be a good idea to wax the string again.

Take care when checking carbon/aluminium arrows for cracks, as a crack in the carbon coating can be as sharp as a razor blade. If you find any splits or delamination in carbon-fibre arrows, you should discard them immediately due to the risk of cuts and sudden dramatic failure of the arrow on release or when it strikes the target.

For aluminium arrows, see Burscough Archers earlier article: 'Arrow Straightening: An Engineer's Approach', Archery UK, Autumn 2019 issue.

Finger tabs – check:

- ✓ The leather for anything that may impede the smooth release of the string

If the leather is worn or cracked, a good solution is to use some saddle soap or Neatsfoot oil (equestrian friends may come in handy!) – if not replace the leather.

- ✓ Finger spacer is secure
- ✓ All the small screws securing the leather to the die-cast body are tight





BACK² BASICS

THIS ISSUE: TARGET ARROW CHOICE

START >>

In this article, we are going to look at the advantages and disadvantages of aluminium, carbon, aluminium carbon and wooden arrows.

Aluminium

The aluminium parallel shaft is the most common arrow shaft material used. Owing to the material used, it is affordable and offers fantastic tolerances in terms of straightness. The downfall to this arrow is that depending on the quality of the shaft the arrow weight can fluctuate between shafts considerably, and the shaft itself is heavy when compared to other types on this list.

Carbon

An all-carbon parallel shaft, depending on the manufacturer's tolerances, can be both lightweight and strong, allowing it to take some considerable punishment; the downside is that some clubs don't allow the use of an all-carbon arrow due to it being hard to find in the grass.

Aluminium carbon composite

The next arrow in line would be a parallel aluminium carbon composite. The straightness of machined aerospace aluminium is used as a core tube, then the carbon is bonded to the tube for extreme straightness and reduced weight, allowing for much tighter groupings. The other benefit to this kind of arrow is that unlike an all-carbon arrow, this can be found easily in the field with a metal detector.

Aluminium carbon composite – Taper

A tapered shaft is thinner at the back of the shaft, resulting in reduced drag, while a greater front of centre offers a more forgiving release. A by-product of the tapering is a reduction in arrow weight which in turn increases speed. This is the ultimate arrow set-up for compound archers shooting with a release aid.

Aluminium carbon composite – Barrelled

As good as a tapered shaft is for finger shooting, the barrelled shaft offers even greater advantages. By making the rear half of the shaft less stiff and much lighter in mass than the front of centre, clearance for finger shooters is improved for recurve bows. Not only do you get all of the advantages from a tapered shaft but also by shifting the shaft balance forward, front of centre is improved which allows for improved wind performance and an even greater forgiveness in the release. This is the ideal arrow for freestyle recurve and barebow.

Left: Tapered, barrelled, carbon, wooden, aluminium – which is right for you?



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**



Easton X10

Although the Easton X10 is an aluminium carbon-barrelled shaft, it does differ from other arrows in that group. The biggest difference is that the arrow has been designed with 70-metre rounds in mind. The difference from this shaft to a traditional barrelled shaft, such as the Easton ACE, is that the X10 is not only thinner again but also heavier due to a higher modulus carbon used. This allows the arrow to fly much better in windy conditions and provides even better clearance, resulting in increased forgiveness. It's the ultimate 70-metre arrow.

Wooden arrows

One of the most important considerations for wooden shafts is that they all weigh as close as possible to each other. I would recommend weighing your wooden shafts and getting them to within a ten-grain range. The reason for this is that fresh from the box there can be as much as 120 grains difference from one shaft to another, which in turn will make it virtually impossible to group consistently.

Tapering, and more importantly, barrelled a wooden arrow dates back to ancient times. It allowed archers to get more accuracy and reach further distances than was thought possible.

This practice is still performed today and the reason it is so effective is that wooden arrows are very heavy when compared to modern materials such as aluminium or carbon; sanding down the shaft removes considerable weight.

The last option that can be done on a wooden arrow is to use a footing on the front of the shaft. This is a hardwood that increases the front of centre weight for better flight as well as reinforcing the strength of the shaft against impact.

For safety reasons, you should always inspect your arrows for damage but especially on carbons and woods as they can splinter or even snap if they are damaged and are then shot.

▶ If you have any questions, please drop Adam a line at AdamL@walesarchery.com www.walesarchery.com

Above: Easton X10 arrows are known to handle windy conditions well

Below: Selecting the right arrow can make a huge difference to your performance



KIT BAG

Fancy some retail therapy? Check out the latest archery products on the market

Shire Archery Wooden Nocks

► The wooden nock is ideal for the traditional or re-enactment archer as an alternative to plastic nocks. The internal taper cone can be cut using a standard cutter for an easy and neat fit. The terminal edges are rounded off for a more pleasing appearance.

Wooden nocks can often be used to make a repair on a split self nock, extending the life of your arrow, so are handy to have in your tool bag. As with many things in 'trad' archery that use natural materials, you may need to open up the slot a little to fit your string.

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Last Chance Archery Tool Organizer

► The Tool Organizer is the perfect addition to your workshop, home, or to your Last Chance Archery bow press to organise all your favorite tools. The Tool Organizer will attach directly to your bow press, directly to the backside of your current LCA tool tray, or in bench mount models. This model, in particular, is the 'bench'-mounted option, and mounts directly to your table or bench with included lag screws.

Features: Needle nose pliers, E-clip tool, flathead screwdriver, Phillips head screwdriver, lighter, grey and black Sharpies, three picks (different head angles), Torx 15 and Torx 20 drivers, 1/4" – 3/32" T handle Allen wrenches. Tuning tool set that fits directly into the Tool Organizer is available separately.

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▼ Returning to archery? Archery Specific Physical Training (SPT) exercises will help increase your endurance, power/strength, and flexibility. Archers of all skill levels can do SPTs using a bow, lightweight bow, stretch band, or training aid. With the ArcheryTimers app you can create, edit and run archery SPT Timers. The timer template consists of two steps: the first is a ready step, followed by a repeating step of Work and Rest. Each step can be assigned a different colour. The time and number of repeats for each step can also be customised. The sample timer template is ideal for creating a timer to do archery SPTs.

Free from the App Store and Google Play. [For more details visit https://archerysuccess.com/archerytimers](https://archerysuccess.com/archerytimers)





Bohning Smooth Release Insert Nock

▲ Building on the popularity of Bohning's Smooth Release Pin Nocks, their new Smooth Release Insert Nock is designed specifically for target archery and fits uni-bushings or arrows with a .246" ID. It is engineered using a single click design to give you the ultimate accuracy, and weighs 7.0 grains. It's available in 17 different colours. If you own an archery shop and would like a sample of the Smooth Release Insert Nock, please contact: intsales@bohning.com

PRICE: \$9.18 (for 12 pack)
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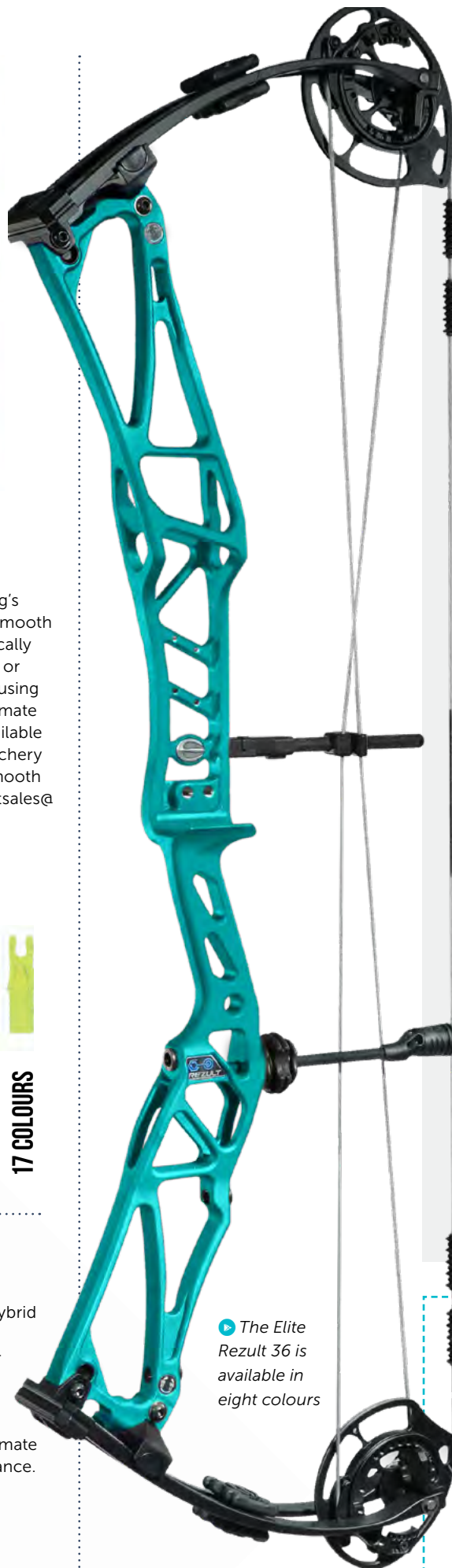
17 COLOURS

AAE Hybrid Vane

◀ Brand new for this year, AAE's popular hybrid vane is now available in grey. All hybrid vanes are manufactured using AAE's industry-leading Plastifletch 'Lick & Stick' material with a factory-applied activator. It features the new base dynamics design in addition to AAE's legendary stabilisation ridges, for the ultimate ease of fletching, durability and performance.

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► The Elite Rezzult 36 is available in eight colours

FEATURE PRODUCT

Elite Rezzult 36

◀ Elite brings a companion target bow model to the market with the new Rezzult 36. Featuring Elite's ASYM Tri-Track Cam System, VersaMod rotating module and Elite's award-winning S.E.T. technology, the Rezzult 36 delivers an impressive IBO speed of 330 fps on a 36" axle-to-axle platform. The Rezzult 36 offers increased options, allowing the competitive archer the ability to build a bow that works for their unique shooting style and form with new peak weight ranges of 55 and 65 pounds.

Features: Axle to axle: 36", brace height: 6 13/16", draw lengths: 23" – 30" (adjustable in 1/4" increments), peak weights: 40, 50, 55, 60, 65, 70 pounds, let off: 70% - 85%, mass weight: 4.7 lbs, IBO speed: 330 fps (measured at 80% let off).

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The 2021 Elite line-up is available now at dealers nationwide. Visit www.elitearchery.com/dealer-locator to find your nearest Elite dealer.

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Please be aware that if you order goods online from an overseas supplier which have to be imported into the UK, you are likely to find yourself liable for both import duty and VAT on top of the original retail cost.

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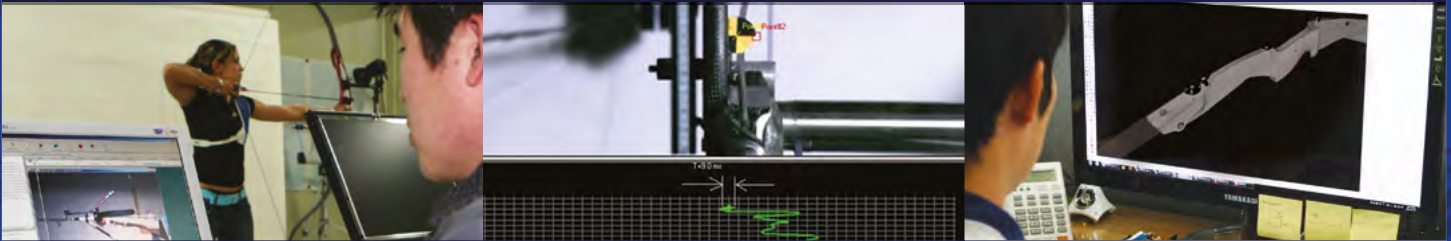


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