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OFFICIAL MAGAZINE OF ARCHERY GB

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# WINTER 2021

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Cover: National Indoor Championships 2021  
Picture by: Malcolm Rees



WINTER 2021



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## EDITOR'S WELCOME

Christmas is coming but just as exciting for many competitive archers was the recent return of the National Indoor Championships at Stoneleigh Park, Warwickshire. You can read our report about it from page 33, and also catch up on some of the season's other competitions in our Events section. Our 2022 national competitions calendar was recently announced too – you can find all the dates on pages 24-25. After almost two years of pandemic-related cancellations and schedule changes, we're delighted at the prospect of returning to a full programme from next spring. Competition bookings can be made through the AGB members' portal.

For a slightly quieter contrast, we head to the London Kyudo Society (page 56) to meet some of the archers who practise the Japanese martial art of kyudo. With less focus on hitting targets, kyudo is all about mastering form and technique, perfecting every measured movement. It has a meditative element, is mesmerising to watch, and according to the archers involved, is highly addictive!

After a year of stops and starts, many archers have surprised themselves at getting some great scores – even breaking records. On pages 62-66 we chat to six archers across the bowstyles who have smashed records, boosting their confidence for greater things to come. They tell us about their post-lockdown journeys back into the sport and share some of their record-breaking tips. Our records and achievement listings can also be found on pages 94-97.

Anyone who's missed the family fun of living history events will be hoping for business as usual next year. On pages 68-71, see what it takes to be an archery performer, where crowd-pleasing is everything from answering unexpected questions to aiming true.

As is traditional for this time of year, we bring you a selection of festive gift ideas, from page 74, so hopefully you'll find something for your favourite archer or a treat for yourself. Anyone looking to buy their first bow might also like Quicks Archery's buying guide on page 80, offering sound advice for new archers. Elsewhere in the Practical section, we cover strength and conditioning, longbow maintenance, arrow points, coaching wheelchair users, and tips for setting up an indoor range, as told by a member of Goldcrest Archers who has worked miracles, together with other club volunteers, in sprucing up an unusual site.

Thank you for your continued support this year as Archery GB continues to navigate the pandemic. Thanks also for your brilliant response to our recent magazine survey; as a result we will be printing Archery UK twice a year, starting with the spring issue. We look forward to a brighter new year when all members can return to the sport without fear, and reap the benefits that archery proves to offer time and again.

Merry Christmas and Happy New Year!

As ever, please let us know all your news and views at

✉ [magazine@archerygb.org](mailto:magazine@archerygb.org)

**Vicky Sartain**

Communications Editor

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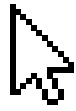
# WINTER NEWS



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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)

## New Sport England funding for coaches



## Summer Metrics - results in

As part of their Great Coaching Comeback campaign, UK Coaching in partnership with CIMSPA and EMDUK, has launched the initiative ReTrain to ReTain, funded by Sport England. The fully-funded scheme aims to provide skills, training, and targeted support for 25,000 volunteer coaches, as well as 25,000 sport and activity professionals, who have been negatively impacted by the pandemic.

### Support available for volunteer coaches

Are you a volunteer coach who lives in an area of economic deprivation or who supports under-represented groups? You could benefit from UK Coaching providing eligible coaches with 12 months' access to online training courses and resources to help you develop your coaching skills and provide you with the minimum

requirements to encourage and facilitate your smooth return to coaching.

This includes fully-funded access to:

- A subscription to UK Coaching Club (worth £24 per year)
- Renewal: Safeguarding & Protecting Children (Digital Kids option) eLearning
- Mental Health Awareness for Sport & Physical Activity+ eLearning
- St John Ambulance First Aid Digital Refresher eLearning

Applications are open until 31 March 2022, and support will be provided to the first 25,000 successfully eligible applicants.

**Find out more at:** [www.ukcoaching.org/our-campaigns/retrain-to-retain](http://www.ukcoaching.org/our-campaigns/retrain-to-retain)

### Support available for employed coaches

In addition to UK Coaching's commitment to support 25,000 volunteer coaches, the ReTrain to ReTain programme includes wide-ranging support for paid and self-employed coaches, fitness professionals, and employers. Find out more at: <https://retrain.cimspa.co.uk>

The 2021 AGB Summer Metrics results from the competition held 1 July to 31 August are now available to view online through Ianseo. Jon Nott, Competitions and Events Manager, said: "It's great to see the participation in events like these after the year we've had. Participation at not just elite level, but grassroots level, really helps grow the sport. We are excited to see what the winter season will bring for grassroots level competition."

The **results for the 2021 Summer Metrics can be found here**. And please **see our web news story here** for an overview of the winners of each division.

# ReTrain To ReTain

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# Archery GB seeks new ambassadors!

Chances are you've come across a few hardworking volunteers this year at your local club or competition. Now there's a great opportunity to follow in their footsteps and join our *Ambassador and Mentor programme*, where archers of all ages are invited to share their passion for the sport to help promote and develop it within their local community and clubs. Take a look at some of the stories of our current dedicated ambassadors – this could be you next year! If you are interested in being part of the second cohort of ambassadors, please email: [gayle.pink@archerygb.org](mailto:gayle.pink@archerygb.org) for more information.



**Above, left to right:** Hugh Cunning; Ffion Edgeley (pictured right); Max Oakley

## Club Ambassador

**Archery GB Club Ambassador Hugh Cunning explains why he devotes his free time to helping others in the sport:**

The Archery GB Club Ambassador programme was brought to my attention by one of the other coaches. They had seen the request in Archery World magazine, and knew I was in Scouting: for my sins, I am Assistant District Commissioner for Activities in Cheshire and still an Assistant Scout Leader at a local group in Chester.

I thought the AGB Ambassador role would dovetail nicely with the Scout roles, helping with how we approach the sport and other activities within the Scouts, and also with how we work with youth membership. The common Scouts phrase of 'You Shape' [which refers to young people working together with volunteers to shape, influence, and lead their adventure] is used frequently to drive Scouts' activity programmes, and I thought the principle would carry over into my role as an archery ambassador.

I became an ambassador in 2019. Initially I met up with other ambassadors face to face, and we had a few fun learning sessions at Archery GB's Lilleshall HQ. It was interesting to hear other archers' problems in terms of clubs and member retention. We also got to meet the current Olympic team for a chat!

When Covid began, we did the meet-ups online, and took the opportunity to try some of the new courses, like Empowering Archery, which was more important than

ever with getting everyone back to the sport.

If you want to do something more than just shoot, give Archery GB's Ambassador programme a try. It will give you some new ideas and new friends. The programme itself requires just a few meetings per year, giving you the tools to make an impact back at your club. If you feel you haven't got a voice, the training and experience on the Ambassador programme will help with that. It's somewhere for like-minded people to share ideas and help each other.

## Student Ambassador

**Archery GB Student Ambassador Ffion Edgeley tells us what volunteering means to her:**

I am currently an Archery GB Student Ambassador, Level 1 Coach and Chairperson at De Montfort University Archery Club, but prior to this spent two years as Secretary for the club. I answer any questions that students may have about joining the club, run the beginners' courses, help with the general coaching in the club and liaise with the Sports Department at the university regarding our needs.

I volunteer because I enjoy introducing new people to the sport and there is a lot of satisfaction from seeing the beginners gain confidence and having them return each week. I also enjoy the social side of volunteering – I love hearing why, out of all the clubs the university has to offer, they chose to join the archery club. I've also made some great friends through volunteering

through the ambassador scheme!

I really appreciate the time it takes to run and organise a club now, and I've learned what I can do to make it easier for other organisers. I also feel like it's a way of giving back to the club. Without volunteers, clubs can't run so it is really important to help out.

## Young Ambassador

**Archery GB Young Ambassador Max Oakley describes his sporting role:**

One of the ways I have got involved with volunteering is helping out the field party teams at Archery GB events. I have helped out at the National Tour finals, Youth Festival and UK Masters. Some of the things I help with are running arrows, replacing target faces, finding arrows and helping at presentations of medals. I really enjoy being part of the team and everyone is so friendly. It's also really great to meet so many archers too.

Volunteering has shown me the incredible amount of work and effort that the events team puts into running these competitions for all to enjoy, and made me appreciate those who volunteer at the events that I go to much more. It's also shown me what goes on behind the scenes.

## Inspired?

Check out our volunteering page for more information: [www.archerygb.org/coaches-judges-volunteers/volunteering](http://www.archerygb.org/coaches-judges-volunteers/volunteering) Please contact [vol@archerygb.org](mailto:vol@archerygb.org) to find out about joining our volunteer workforce.





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# Club and Volunteer Awards

Shining a spotlight on pandemic response

Volunteers, AGB staff and club representatives came together in September to celebrate the extraordinary efforts of those who have sustained archery through the past 12 months

This year the event combined the *ontarget* club and volunteer awards into one evening which was held at AGB's headquarters at the National Sports Centre in Lilleshall as well as being streamed online for those unable to attend in person.

Anyone could nominate an individual or organisation with ten categories in total. During the black-tie event photos and videos of the nominees were shown and each winner was presented with an engraved glass award to keep.

Opening the evening, Mark Briegal, Chair of Archery GB, said: "The aim of this evening is to celebrate our amazing volunteers. Without our volunteers we as an organisation wouldn't exist. We are a diverse group of people and we want to become more diverse. These awards cover a much more diverse range of members than ever before."





Introducing the awards, Neil Armitage, CEO of Archery GB, said: "It's been a pretty difficult year but we want to leave that behind as we move into our new membership year. We value every single one of our volunteers – without you we couldn't deliver our fantastic sport."

As well as the winners, a number of individuals and clubs were highly commended – a full list is available at the end of this article.

The evening began with the first of two **Special Recognition awards**. The first was given to GB compound archer Ella Gibson (pictured on page 12) to celebrate her outstanding dedication to volunteering to help others within the sport. Ella has won numerous national and international competitions over the last 12 months. She also won all five stages of the National Tour and holds the world record for 60m. Ella also volunteered to shoot against the compound Paralympians to help them prepare for Tokyo 2020.

The second award was for **Volunteer of the Year** with the winner presented with the Hartwell Trophy. The winner was Sailesh Shah of Greenwood Osterley Archers. The judges were impressed with Sailesh's commitment to volunteering over 30 years. As the club chairman he has volunteered for several hours each week to rebuild the club following the impact of the pandemic. Sailesh has introduced the wider community

*"The aim of this evening is to celebrate our amazing volunteers. Without our volunteers we as an organisation wouldn't exist."*

**Mark Briegal, AGB Chair**

to archery and secured a new venue for the club by building local partnerships.

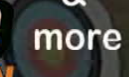
Next up, a **special mention** went to Mandie Elson and Helen Sharpe for their commitment to widening participation in archery at club, county and regional levels.

The next award was the **Young Volunteer of the Year** which recognises those under 25. The prize went to Aaron Christie of Lonsdale Archers. Aaron is a founding member of his club and champions junior archery. He lends his support to have-a-go events and organised the club's Big Weekend. Thanks to Aaron's hard work 50% of the club's members are now juniors!



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**Above:** GB compound archer Ella Gibson with her Special Recognition award.

**Below:** The Audco Archers won the ontarget Community Club of the Year award



Next up was the **Disability Archery award** which sees the Gussy Trophy presented to someone who has made an impact in the field of disability archery. The winner was The Fletchers' Trust, a charity that has been single-minded in its dedication to supporting disabled archers and disability archery competitions through significant funding grants.

The **Coach of the Year award** sets out to recognise the contribution coaches have made in enriching lives through archery. The winner was Danny Cameron of Thirk Bowmen. Lloyd Brown, AGB's Coach Development Manager, said: "Danny has worked with 32 clubs to develop a coaching strategy, and has also worked outside of his county to help clubs develop their coaching strategies. Danny has also recently become a coach developer to continue sharing his knowledge and developing more coaches."

The second **Special Recognition award** was given posthumously to Christine Gascoigne for her lifetime contribution to archery coaching. Christine sadly passed away in the last year.

The first of the club awards was the **ontarget Community Club of the Year**. The Audco Archers were chosen because of their incredible response to an increase in demand from the local community to try archery coming out of Covid. The club have a dedicated volunteer who oversaw running back-to-back beginners' courses through the spring and summer of 2021 to meet demand. The club also took part in the last three Big Weekends and is active online to boost awareness of archery locally.

The second **ontarget award** was for **Young People Club of the Year**. The winners were Wallingford Castle Archers. Wallingford is a young club, with one of the largest number of archers under 12 in the country. Their young people's development programme supports approximately 80 junior archers from the age of 6 upwards, with several juniors developed to county level.

The next award was the **ontarget Performance Club of the Year**. The overall winners were Peacock Archery. The club works with a very diverse community of archers in the Cambridge area while continuing to bring new participants into the sport. They promote every bow style, men and women, and all ages. Their archers show consistent progress and take part in numerous competitions.

The **ontarget Club of the Year** goes to the club that has shown the most contribution to the development of archery. Deer Park Archers were recognised for their incredible efforts to grow the club and the sport despite the impact of Covid-19. Projects this year have included installing outdoor floodlit facilities and an all-weather surface to

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**Clockwise from top left:** Muslimah Sports Association and Barking RFC received their Participation Project of the Year award from AGB's Gayle Pink; Sailesh Shah of Greenwood Osterley Archers received his Volunteer of the Year award from AGB's Toby Andrews; Aaron Christie won the Young Volunteer of the Year award



Rimaya club at Barking RFC. It's a fantastic partnership between AGB, MSA and Barking RFC. We launched the project by delivering an AGB Instructors Award to 12 Muslim women. The newly qualified instructors have been mentored by Gaynor Hutchison and Carron Brown to deliver have-a-gos and beginners' courses."

Concluding the evening, Arran Coggan, Director of Participation, said: "It's really nice that we can bring people together tonight and celebrate what's happening in archery. We've seen some really innovative ways that people have been active in the sport over the last 12 months. It was also volunteers who helped us with our Covid guidance.

"I'm continually humbled by the work that you do on a daily basis within the sport. Thank you to every one of you and well done to the nominees."

## Volunteer of the Year Sailesh Shah, Greenwood Osterley Archers

Club Secretary, Stephanie Forryan, said: "Sailesh is a keystone member of Greenwood Osterley Archers. He does more than the responsibilities of chair: he is usually first to arrive and last to leave; he coaches everyone; repairs equipment and facilities; maintains good relationships with the grounds people and members of other clubs; he mows the field, assists beginners with buying new equipment; gives lifts to competitions; encourages people to try the sport, and has a friendly,

supplement indoor winter shooting, raising £21,000 to fund the purchase of local land to secure/develop a field course, and launching a health and safety campaign and purchase of a defibrillator.

The next award was the **Toxophilus Trophy** which goes to any club, county or region that has shown exemplary support to the archers, clubs, or counties in their area, seeking to influence change and good practice through exceptional member engagement.

The winner was Northern Counties Archery Society (NCAS) Coaching Group. NCAS were nominated for helping clubs produce a coaching plan which defines

how a club recruits, retains and develops its archers, and equally importantly, how a club recruits, retains and develops its coaches. The project has brought coaches from across the region together creating a coaching network.

The final club award of the night was for **Participation Project of the Year**. The winner was Barking RFC and Muslimah Sports Association. The two organisations were represented by Yashmin Harun and Graham Comley.

Gayle Pink, AGB's Head of Clubs and Communities – who nominated the project, said: "Yashmin and Graham have worked hard to develop a Project

relaxed manner which encourages new people to join. He is ever-present and the club has survived the pandemic, plus a relocation after a loss of grounds [the old site was sold to a new school]. In fact, the club is growing due to full beginners' courses and new members joining, which is, in a big part, thanks to Sailesh and his dedication to the club and to archery."

Sailesh said: "I've been in archery for about 40 years. I love the sport. I like to help others to further their archery skills just as I did with the help of others. I love teaching beginners and intermediate archers to progress, and helping out other clubs. I will continue to volunteer as long as I can."

## Young Volunteer of the Year

**Aaron Christie, Lonsdale Archers**

Club Chair, Peter Blyth, said: "Aaron has assisted the club to grow the junior game. From just three juniors in years one and two of the club's existence, we now have 50 per cent of club members as juniors (18 in total) in year five, and Aaron is a great role model as both a participant and competitor in six regional competitions (where he has won three trophies and had medals including a White tassel in his first ever clout shoot), and also has assisted with promoting the sport to target groups including a youth club and the local Women's Institute. The club is based in a small village in North Yorkshire and punches above its weight in terms of its scope and membership. Aaron's work has contributed to the club achieving the Young People's *ontarget* specialism, as well as Sport England ClubMark. He even took the lead on organising his clubs' Big Weekend event in July 2021."

Aaron said: "I think it's about helping others, and in archery, that means helping people enjoy the sport and keep playing. It works both ways: I get the buzz of seeing people having fun shooting whilst I'm also getting some important skills such as communication, leadership and organisation that will help me develop myself and help me get a great job in the future."

"I've learned a lot from doing things like being on the club committee as the youth

## Highly Commended

### Volunteer of the Year

- Helen Sharpe of Wellingborough Open Archery Club
- Pete Cotter of Mayflower Archers

### Young Volunteer of the Year

- Sinead Byrne of Ballyvally Archers and NI Performance Academy
- Jack Sharpe of Wellingborough Open Archery Club

### Disability Archery Award

- Paralympians Jess Stretton and Dave Phillips
- Disability archery supporters David Holland and Helen Sharpe

### Coach of the Year

- Philip Watson of Peacock Archery
- Ian Hughes of Red Dragon Archers

### Community Club of the Year

- Croesoswallt Archers
- Wymondham Archers

### Young People Club of the Year

- Wellingborough Open Archery Club
- Ashford Archers

### Performance Club of the Year

- Six Towns Company of Archers
- Pennine Archers

### Club of the Year

- Ogmores Valley
- Wymondham Archers



### Toxophilus Trophy

- Blandy Jenkins Archers
- Deer Park Archers
- Goldcrest

### Participation Project of the Year

- Men in Sheds (pictured above, top)
- The Hubb (pictured above, bottom)
- The Northants Schools Project – led by Helen Sharpe
- Flamestrike Archery – led by Lydia Lee

rep, helping the club get the Young People specialism, helping out at beginners' courses by doing the registration desk, serving teas and doing recurve and flatbow demos, being the Lord Paramount at the club's senior competition and even organising this year's Big Weekend.

"I'd really recommend being a volunteer as it is great to see how it makes a positive impact on people. Getting the award on the night was awesome. My heart was almost pounding out of my chest as I didn't

expect to win it as the other candidates were so good. So when my name was announced I was a bit speechless but managed to say something, which hopefully people managed to hear as we were online as I had Covid symptoms, and actually ended up testing positive two days later. I just hope getting the award inspires other young people to get involved and be role models for others. I started helping out from age eight, so you can start at any age!"

## 2020 Annual Awards: the winners list

**We would also like to take this opportunity to congratulate some of last year's winners who were not previously highlighted for their achievements in AUK magazine.**

**The Toxophilus Trophy:** Canterbury Archers

**The Archery GB Club Website Award:** Stortford Archery Club

**The Archery GB Region and County Website Award:** Derbyshire

**The Gussy Trophy:** Victoria Kingstone

**The Hartwell Trophy:** Steve Nicolson

**Bronze plaquette:** Steve Allam, Stuart Barber, Jimmy Sandoe, Geoffrey Barham, Ann Jackson, Susan Draper, David and Susan Habgood, Bryn Jones, Lynn Pearson, Michael Walton

**Silver plaquette:** Vikki Gallop, Craig Hobin, Mark Preston, Maggie Woolf

# Why we volunteer

**Cate Bromley**, her son Archie, mum Angela, dad Robin, and nanny Joyce are all volunteers for Archers of Raunds. Cate explains how the family were bitten by the volunteering bug

## How and why did you all first get into archery?

My dad, aptly named Robin, brought Archie a bow and we needed to find a club for Archie to learn how to shoot it safely. We found Archers of Raunds (AoR) on a Google search and as this was going to be a Grampy and Archie 'thing', we enlisted them both onto the next beginners' course which started the day after Archie's eighth birthday. Unfortunately, my dad had a heart attack just before the course was about to start, but still wanted Archie to go ahead

without him. Archie completed the course and I tagged along as his taxi. Dad has never been able to regain the strength to take the beginners' course.

## Why did you all decide to volunteer?

I started helping with the catering, as I was there with Archie and wanted to make myself useful. A few months in, the club needed a secretary, so I said I would help until the next AGM. Six and a half years later I am still in the role!

Archie became the Junior Representative after a year of being in the club, when the only other junior no longer had the time to commit to the role. Over the years Archie has embraced this role, brought friends into the club and now looks after 12 juniors.

My mum, Angela, became involved initially through the club tournaments. Her first year saw her standing in the snow in mid-January under a gazebo cooking burgers and hot dogs to hungry archers. We did upgrade to a borrowed campervan

the following year, just so we could keep the food warm! Nanny came along too with the job of AoR team mascot and tea maker.

## What do you each get out of volunteering at your club?

We all love to see the smile on an archer's face when they shoot their new shiny bow for the first time, or hit their first gold. It is worth the countless hours of planning, emails, meetings and hard work.

## What are your volunteer roles?

Archie is our chief marketer, always promoting the club and archery in >>



## Volunteer Workforce



## Learn something new

Archery GB's 2022 winter training programme is ready to book, offering a variety of learning opportunities for members and volunteers. If you're familiar with our online learning programme, which we developed last

year to help keep people engaged with their sport, you'll be pleased to know we are continuing with our workshops. Take your pick from the workshops shown in our training programme here and please book your place through the members'

portal. You can also visit our dedicated [Workshops page](#) for more information. Bookings for the webinars are to be made through the members' online portal. For enquiries about booking a webinar or for issues logging into your members' portal, please email: [membership@archerygb.org](mailto:membership@archerygb.org)



# THE FORMULA FOR GOLD



FORMULA **Xi** + VELOS

**HOYT**  
ARCHERY



everything he does. His official roles within AoR are junior representative and junior progression officer. He hands out all the progression certificates and badges to the archers, looks after our juniors and helps with the beginners' courses. During lockdown he recorded short videos on bow drills, strength and conditioning, and warm-ups to keep archers active and involved. He currently teaches archery to children in a nearby school under the guidance of the club's head coach.

I am currently the club chair, secretary, deputy safeguarding officer, progression officer, part catering officer, assistant coach, county representative, regional delegate, and anything else that the club needs doing. My mum is the membership administrator, fundraising officer, tournaments catering officer and part-time taxi service. Nanny is club mascot, cheerleader, ticket seller and 92-year-old tea girl!

Dad turns his hand to maintenance (changing trolley wheels, fixing latches, making training aids etc when needed). No family member is allowed to escape from archery!

**How has volunteering shaped your lives?**

Over the last six and a half years, archery has become our lives. The whole family shape our lives around the sport: promoting the ethos of team building, friendship, support and general wellbeing of the archers.

**What has been the most fun and most challenging aspect of volunteering for you all?**

I love to see the new archers develop and grow. I thrive on seeing people reaching new PBs and achieving their archery goals at whatever level they choose. Like most clubs, it is challenging to manage my time equally to all the archers and get everything done. I often get to the end of a shoot and realise I have not taken a

**Photos here and on page 16:** *Cate Bromley (pictured on pg 16) and her family are great advocates of the sport, giving hundreds of hours to volunteering in various roles*

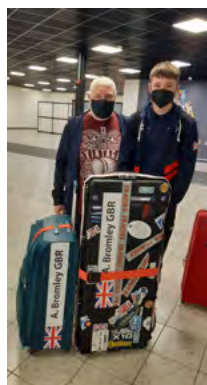


photo for the Facebook page, had chance to chat to every archer on the line, fixed somebody's missing fletchings or even watch Archie shoot!

Archie says through volunteering he is giving something back to the club that has given him so much over the years, and hopes that he can inspire others to enhance their archery experience.

Mum says just being part of the archery family and supporting their journeys is what she finds most rewarding. She finds time is the most challenging aspect, so is looking forward to retirement when she can devote

even more time to the club.

We all agree that trying to encourage others to become volunteers is incredible hard, although understandable, due to life commitments.

**Why would you recommend others volunteer?**

Without volunteers, club level archery would not be possible and people would not be able to experience this amazing sport for themselves, make new friends along the way and give something back to the local community.

# ontarget Club Competition: results are in!

In the summer, Archery GB ran a new Covid-aware postal league format for the traditional **ontarget** Club Competition, while retaining the original round from previous years. A lot of fun was had by the participating clubs, and the top three clubs from each category not only won medals but also prize money to put towards further development. Congratulations to all who took part!

#### Compound & Recurve:

1. Eagle Bowman of Bedford
2. Royal Leamington Spa Archery Society
3. Kingston Archers

#### Barebow & Longbow:

1. Norton Archers
2. Eagle Bowman of Bedford
3. St Neots Bowmen

Royal Leamington Spa Archery Society (RLSAS) were runners-up in the Compound & Recurve category. Georgia Georgiou, Tournaments Organiser, said: "With the cancellation once again of all postal leagues where our club usually participate, AGB's announcement for the **ontarget** postal league was received enthusiastically by our committee and members. We formed a team in the recurve/compound division and a team in barebow/longbow division and shot the rounds in August and September.

"The use of the lanseo app, and the support from AGB's IT team, made the submission of the team's scores a straightforward digital process without



Above: Members of Royal Leamington Spa Archery Society's barebow team

the need for any paperwork. The round that was shot triggered our archers to claim club records in recurve, barebow and longbow categories for the WA50 round. It also motivated our increasing number of barebow archers to shoot other scoring metric and imperial rounds and claim club records.

"When the results were published by AGB's Regional Development Officer, Toby Andrews, we were delighted to find out that we came second in the Recurve & Compound division. To our surprise we won a well-needed money prize too!

"Our membership has halved in the last couple of years due to our temporary club relocation and the pandemic, putting a long-term financial burden on the club.

On that front, RLSAS committee is making every effort to increase and motivate our membership as well as find a forever home that will accommodate outdoor, indoor and potentially field shooting. This timely money prize will fund the improvement of our facilities, through the construction of a shelter in front of the club house to encourage our members to shoot during the winter months, as well as helping our coaching sessions and club days. Thank you, AGB!"

**Please click [here](#) for the full results of the competition on lanseo.**



Above: RLSAS archers were runners-up in the **ontarget** Compound & Recurve category



ArcherySuccess.com



**The 300 is back!**

## Virtual comp returns for '21/22 indoor season

Archery GB is pleased to announce the return of The 300 virtual competition. Although many clubs are able to shoot indoors this season, we recognise that some cannot, which is why we are bringing back this virtual event. We are accepting scores that have been shot indoor or outdoor, at any Archery GB club or a private range or shop with insurance, and you must be an Archery GB member to participate.

**The 300 runs from 1 November 2021 until 31 January 2022.** Please [click here](#) for more details.

# Arrows soft archery is a hit at care home

When AGB Club Ambassador *Huw Harper* introduced Arrows soft archery sessions at Bradshaw Manor Care Home in North Wales, residents and staff were pleasantly surprised by the outcome



**E**mma Crompton, Life Enrichment Lead at Bradshaw Manor, Rhyl, explained: "When Huw [pictured above, right] initially contacted us, I was a little sceptical about how we could possibly incorporate archery safely into our life enrichment programme. Huw came into the home in advance to demonstrate the equipment and straight away, I knew this would be beneficial to our residents. Huw visits on a monthly basis, and the residents really look forward to it. The sessions are always fun and full of healthy competition.

"Huw's knowledge of the sport is fantastic, and our residents are always intrigued" Emma added. "We look forward to continuing our monthly sessions with Huw, and encourage our residents to continue developing this brand new skill."

One lady recovering from a stroke has regained use of her left side since the archery sessions. Emma said: "The lady's social worker and family cannot believe the improvement in her movement.

"Another of our residents has Parkinson's and his diagnosis means he can experience tremors, which puts him off joining in with activities. Huw sat with him, showed him all the equipment, and in detail how to use

it correctly. Due to the gentleman being so interested in the activity, and having to use his concentration, he did not experience any tremors for at least a whole hour."

Resident, Jackie, said: "I have thoroughly enjoyed our archery sessions with Huw. I was a bit nervous at first due to experiencing a physical weakness after a stroke, but Huw

*"Arrows soft archery is a perfect example of how archery can be a sport for everyone. It provides mental and physical stimulation, and enriches lives at a time when older people require that extra care and support."*

explained and supported me whilst getting to grips with the equipment. I look forward to the sessions as they are something completely different."

AGB's Huw Harper said: "Arrows soft archery is a perfect example of how archery can be a sport for everyone. It provides mental and physical stimulation, and

enriches lives at a time when older people require that extra care and support.

"My late elderly mother spent a short time in another care home where she recovered her dignity. She always enjoyed the singing sessions provided by visiting entertainers. I do not have entertainment ability but have always been good at sports. I had no connection to Bradshaw Manor; I was just driving by one afternoon in early September after a session with my club, saw their sign and made enquires to see if they were allowing external facilitators. Arrangements were made with Emma,

the Life Enrichment Lead, to provide a session with a group of residents. Within a few hours I received an email from her expressing how the residents enjoyed the archery and asking if I could go back again. We agreed another date and now it looks like I have a regular monthly session.

"I am considering offering the service to additional care homes, but must consider the implications of transmitting coronavirus; I am required to take a lateral flow test in the hour before attending Bradshaw Manor. I have also received my third vaccine, so will look to the new year when hopefully case rate and infections are reduced further.

"As someone who left work early due to stress and then took up archery, I thoroughly endorse the diversity of styles that archery provides. The Arrows kit is a flexible item providing frail or elderly people, or those with sight-impairment or who are less mobile, access to mental and physical benefits. Most often the residents involved need help to nock the bow, and it's wonderful to hear the pleasure in their voices at achieving an activity successfully."

For more about Arrows kits [click here](#).



14-22 May 2022

# Start Archery Week



After years of introducing thousands of new people of all ages and backgrounds to archery at successful events, the Big Weekend turns ten years old in 2022, so what better time to throw a grand birthday party?! Based on event organisers' feedback, the Big Weekend event will be relaunched under the new name of 'Start Archery Week' on 14-22 May 2022. Please save the date in your diaries and consider how your club will be involved to celebrate archery on a national level.

## RULE CHANGES

### WA rule on 30 seconds per arrow

We are aware of the recent World Archery Bylaw that changes the time per arrow from 40 seconds to 30 seconds (meaning a timed end of 6 arrows changes from 4 minutes to 3 minutes, and for 3 arrows changes from 2 minutes to 90 seconds). This is currently scheduled to happen in March 2022.

However, for events conducted under Archery GB rules, we will only look to alter the timing for the Metric and WA rounds (as these are often shot together). We will not be altering the Imperial round timings of 40 seconds per arrow (where timed) or 2½ minutes for three arrows in an untimed scenario. We will be watching the situation carefully and will publish any change to members in advance of them coming into force.



### Archery GB age group changes

Archery GB has decided to review the current age bracket for junior and senior archers, as there has been some confusion over the years about the differences set by Archery GB and World Archery. To overcome this, we have worked with a group of volunteers to see how we could incorporate World Archery and Archery GB age brackets. Archery GB would like to thank the volunteers for all their hard work and dedication to this project.

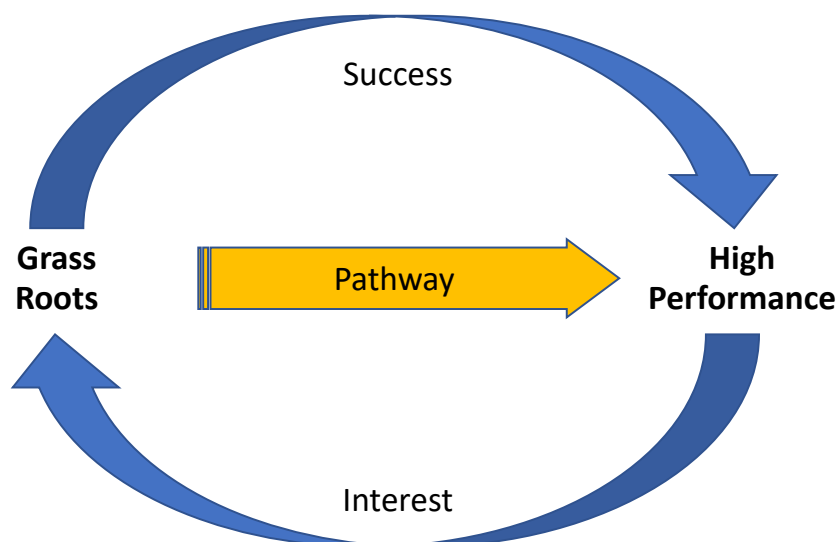
Please [click here](#) for full details. If you would like to make any comments about the changes, please [click here](#) to be taken to our survey.

RULE CHANGES



# Pathway to greatness

Archery GB Chair *Mark Briegal* shares his enthusiasm for the sport's Performance Pathway programme



The team at Lilleshall has, I am sure, got fed up of me going on and on about Pathway in the couple of years since I was appointed Chair. I admit, I am obsessed by it! I think the risk for all sporting national governing bodies, including AGB, is that they exist as two nearly separate organisations: a membership body providing support for grassroots and national competitions and a high performance team that prepares and represents Team GB at the Olympics, Paralympics and World Championships.

How are the two linked? Simple: Pathway! I see the link between the two halves of the organisation as a symbiotic flow. If we have more archers at the grassroots who are getting better coaching and enjoying the sport more, more will progress on to the Pathway and give us a bigger pool of talent from which to choose our high performance teams. That in turn generates better performances on the world stage and crucially coverage and funding, which then attracts more people into the sport.

In my fitter days I used to row quite competitively. These days I coach and umpire. I discovered that I was better at persuading other people to row at a high level than I was at persuading my own body to do it! I am not a high performance coach but have coached crews who've won gold medals at national championships and some boat races. But I have handed athletes over to the high performance team and that's always a buzz.

If you'll excuse me a little self-indulgence, I was delighted this summer when a former athlete of mine came back from Tokyo with a medal. Knowing Tom Ford [left], he would have been disappointed that it was the wrong colour, but he was a mere second off gold, stroking the Men's Eight in his first Olympics.

Acting Performance Pathway Manager Cait Leach and the rest of the Pathway team are working closely with new Performance Programmes Manager, Rikki Bingham, to continue to develop our Pathway in AGB and make it more accessible to more archers. I won't steal their thunder and will leave them to explain how the Pathway will work going forward to bring more athletes into the high performance teams.

Due to the way funding works across each of the home nations, there are slightly different versions of the Pathway for each one. We are looking at ways to make the process simpler for anyone who wants to progress, and are also looking at creating a more developed Pathway for para-archers.

Pathway is key to our success at AGB and we want everyone with ambition and potential to progress to the highest level they can. This is through excellent coaching at all levels, from beginners' courses to the Olympic and Paralympic team, and a clear Pathway to progress.

For more information, please visit:

[www.archerygb.org/shoot-compete/compete/performance-pathway](https://www.archerygb.org/shoot-compete/compete/performance-pathway)

>> A snapshot of Pathway progression >>

# Penny Healey's story



After weathering a tumultuous year of changing Covid-19 restrictions over 2020/21, Penny Healey came out swinging this summer, notably shooting her way to an incredible WA70 European Junior and UK Junior and Senior record of 680, shot at Meriden Archery Club.

Now Conversion athlete Penny has another success to celebrate as she has been invited to join senior team athletes as part of the Performance Archery Potential Programme. Penny said: "It feels amazing knowing that all my hard work has given me this opportunity and that I'm getting closer to my goals."

Penny follows in the footsteps of former Pathway athletes in transitioning from the Conversion academy to the senior team ranks. Having experienced the early version of the National Talent Development Programme and the then regional performance academies, Penny started working closely with her

long-time Pathway coach, Tony Gray, in early 2017 at the centralised National Age Group Academy. Tony remembers her ambition from an early age: "It's not uncommon when you ask young people in sport about their goals and ambitions to mention 'Olympics' but this ambition in Penny was altogether different: stronger, communicated clearly and with a purposeful vision. That ambition has

been a constant drive in the four and a half years we have worked together."

Together with her hard work and 'chilling focus', Penny has been a valued member of the Pathway team for the positive contribution she brings to the team environment. Tony attributes their effective coaching relationship to mutual trust, honesty and "to be quite honest, fun".

As Penny joins other new and established athletes on the Performance Archery programmes, working with Senior Olympic Coach Richard Priestman, her journey through the Pathway will provide the foundations for this next stage towards her high-performance ambitions.

Her advice for other young aspiring archers: "Work hard and stay motivated even when you may be struggling or not getting the outcome you want. One of the things I've learned from this year is that it may not be going your way but if you keep motivated and focus on your end goal, it will work in your favour."





# COMPETITIONS 2022

After almost two years of unprecedented change and uncertainty around sports events, Archery GB is delighted to announce a full calendar of competitions for 2022

Please note: a few details are yet to be confirmed, where shown below, so do keep an eye on our website and other comms channels for further updates.

#### National competition updates

- The UK Masters will stay in the same format as 2021 and return to its traditional weekend of 4-5 June. Invitations will be extended to the top 30 2021 Archery GB ranked archers, as well as all MBs and GMBs.
- The date of the British Target Championships is moving to the weekend of 25-26 June for 2022 only. This is due to Archery GB hosting the European Youth Championships at Lilleshall in August.
- The National County Team Championships will be held on the weekend of 24-25 September 2022. This later date will give counties more time to select their athletes. If any counties wish to incorporate any other intercounty matches within this weekend, please let us know in good time and we can organise your results.
- Barebows will now be included in the National Tour Finals. Numbers will depend on numbers of entries at events.
  - GB Rankings will start from the first WRS event of the year and will run through to mid-October.
  - Rankings will be updated twice per month on the AGB website from mid-May and use the rolling ranking system.
  - Best five results from a 12-month period will be used.
  - National Tour rankings will be taken from Tier 1 shoots in 2022 only.





## Calendar of national events for 2022

(Subject to change)



### UK 3D Championships

**Date:** May 7-8  
**Venue:** Pentref  
**Entry Open:** TBC

### British Field Championships

**Date:** May 28-29  
**Venue:** TBC  
**Entry Open:** TBC

### The UK Masters

**Date:** June 4-5  
**Venue:** Lilleshall  
**Entry Open:** February 17

### The GNAM & Bristol Rounds

**Date:** June 22-24  
**Venue:** Lilleshall  
**Entry Open:** March 3

### The British Target Championships

**Date:** June 25-26  
**Venue:** Lilleshall  
**Entry Open:** March 3

### Junior National Championships

**Date:** July 2-3  
**Venue:** Lilleshall  
**Entry Open:** March 10

### Youth Festival

**Date:** July 26-30  
**Venue:** Lilleshall  
**Entry Open:** January 27

### UK WA 50+ Championships

**Date:** August 13-14  
**Venue:** Wallingford Castle  
**Entry Open:** TBC



### Disability Championships

**Date:** September 10-11  
**Venue:** Lilleshall  
**Entry Open:** May 12

### Junior UK Masters

**Date:** September 10-11  
**Venue:** Deer Park Archers  
**Entry Open:** May 12

### National County Team Tournament

**Date:** September 25-26  
**Venue:** Lilleshall  
**Entry Open:** June 9

### National Clout

**Date:** October 15  
**Venue:** York  
**Entry Open:** Via post or S80

### National Indoor Weekend

**Date:** December 3-4  
**Venue:** TBC  
**Entry Open:** TBC

## Tier 1 events for National Tour

(All formats and dates subject to change)



### Surrey Archery Weekend

**Date:** July 9-10  
**Venue:** Tolworth, Surrey  
**Entry Open:** March 24

### National Tour Evesham

**Date:** August 6-7  
**Venue:** Badsey Cricket Club  
**Entry Open:** April 7

### Bucks and Bounty

**Date:** April 30-May 1  
**Venue:** Lilleshall  
**Entry Open:** January 27

### National Tour Scotland

**Date:** May 21-22  
**Venue:** Brechin Castle  
Equestrian Show Field  
**Entry Open:** February 27

### National Tour Barnsley

**Date:** June 18-19  
**Venue:** Shaw Lane RFC  
**Entry Open:** March 17

### British Target Championships

**Date:** June 25-26  
**Venue:** Lilleshall  
**Entry Open:** March 3



### National Tour Finals

**Date:** September 16-17  
**Venue:** TBC  
**Entry Open:** through qualification.

## International events hosted by Archery GB



### European Youth Archery Championships

**Date:** August 15-20  
**Venue:** Lilleshall  
**Entry Open:** Closed entry through GB team.  
**Notes:** Spectators welcome all week; finals held by Orangery, August 19/20

### European Para Cup Finals

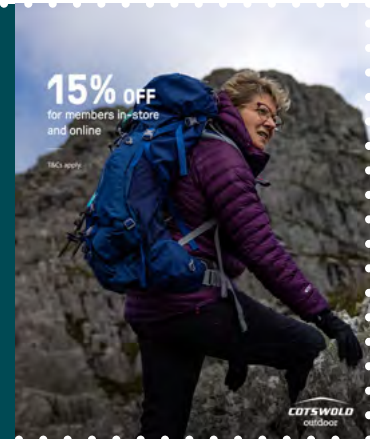
**Date:** September 15  
**Venue:** TBC same as Tour Final  
**Entry Open:** Closed entry through GB team.  
**Notes:** Spectators welcome all day.

Entries for all events will open on Thursdays at 7pm through our [members' portal](#).

# 15% OFF

## AT COTSWOLD OUTDOOR

If you're looking for Christmas gift ideas, don't forget Archery GB's partnership offer with Cotswold Outdoor and their sister companies Runners Need and Snow+Rock. Claim your 15% discount in store and online. Just show your membership card in store or use the valid discount code online: AF-ARCHGB-M5. Enquiries should be directed to: [enquiries@archerygb.org](mailto:enquiries@archerygb.org) or call 01952 677888.



# 54th World Archery Congress

AGB Chair Mark Briegal reports from his trip to the World Archery Congress

## Yankton, South Dakota, USA

17-18 September 2021

The 54th World Archery Congress in Yankton was immediately followed by the World Archery Championships.

Yankton is home to the world's largest archery facility and also to the American National Field Archery Association, who made us most welcome.

AGB was represented by Chair Mark Briegal, CEO Neil Armitage and International Relations Lead Hilda Gibson. Also there were Naomi Folkard in her World Archery Executive Board position as Chair of the Athletes Commission and Hannah Brown as Chair of the Field and 3D Committee. As part of Congress we were delighted that Graham Potts was re-elected to the Judges Committee.

World Archery launched its new approach which has three key pillars: Member services, Events, and Promotion.

As part of Congress, International Olympic Committee Sports Director Kit McConnell called in from Lausanne and praised archery's contribution to Tokyo 2020.

Delegates voted on a number of changes to the rules during the first day of congress. Among those that passed was a

proposal to change the official naming of age groups, one to replace the instinctive discipline with a new traditional bowstyle, and another that gives the federation (like AGB's recent change) the ability to hold future congresses virtually.

It will now also be permitted to shoot indoor rounds outdoors, a change brought about after last winter's virtual Indoor Archery World Series, which saw athletes compete wherever they could safely find the space during the pandemic.

The motion to add barebow to the target archery world championships did not pass, receiving only 82 of the 191 available votes, far short of the two-thirds majority required. Qualifying will also remain at 72 arrows, rather than reduce to 60. That proposal received 97 votes in favour.

The 11-ring scoring for compound archers outdoors also failed to pass (and the accompanying proposal for indoor archery was subsequently withdrawn). We were disappointed by this result.

The executive board also approved a number of bylaws during its meeting ahead of congress. Among them was the removal of para-archery's team event

– and its replacement with a doubles competition using the same rules as the mixed team but with a pair of athletes of the same gender. This change, along with the passed motions, comes into effect on 15 January 2022.

A motion to shrink the recurve 70-metre target face from 122 to 100cm was also withdrawn at the request of the target archery committee, which brought the initial proposal to the congress floor.

There were the presentations from each of the committees and votes for members of those committees. It is good to see how many Archery GB representatives there are across World Archery.

Following Congress there was then the World Championships [see our report on page 44]. It is a wonderful experience going to Congress and meeting fellow archers and archery administrators from around the globe. We share best practice and learn from each other. It reinforces the similarities we all have rather than the differences and shows how sport brings people together.

Yankton is certainly small-town America and the people were very friendly and welcoming. An influx of such a global mix of athletes and administrators caused quite a stir. AGB CEO Neil Armitage and I realised it was a small town when the mayor drove us back to the airport at Sioux Falls!



# CLUB ROUND UP

Send us your club news  [magazine@archerygb.org](mailto:magazine@archerygb.org)

## Archery hits gold in Markfield

Kirby Muxloe Archery Club in Leicestershire welcomed a record number of first-time archers on 12 September



The event was to mark the club's grand opening, which proved to be a great success at Jubilee Playing Fields, Markfield. The club recently relocated to Markfield and wanted to give local people a taste of what it is like being Robin Hood. Lynn Pearson, Club Secretary, said of the club's new home: "It was sad to move from Kirby Muxloe Sports & Village Club as we had been there for 43 years, but due to a 3G pitch being built, it meant we could no longer host world record status tournaments which attracted top-class archers from all over the country, so we began our search for a new home and found Jubilee Playing Fields which is in a beautiful area of Leicestershire.

"It took just three months to find our new home and stage the grand opening, which is remarkable really, as we had to have a range assessment from which we had to build a 40 metre fence as a back stop, purchase new containers, dig out

footing, make safety signs etc, but we did it in record time!"

The Club Championships were held in the morning, and then the event was officially opened by the club's Chair Eileen Payne and Jacqui Williams, Chair of Markfield Parish Council, in the afternoon. Well over 100 people, young and old, picked up a bow and got involved perfectly illustrating archery's accessible qualities! Going forward, the club hopes to put on more have-a-gos and interact more with the community.

Special thanks to the members of Kirby Muxloe, who gave up their time to welcome lots of new people into the club. Lynn Pearson said: "It was great to see so many people have a go at archery. We had a great time sharing our passion for the sport and hope that we might have inspired more people to get involved in archery in the future."

Visit [www.k-m-a-c.org](http://www.k-m-a-c.org)



### James Lowry



👉 Look closely! James Lowry of Lough Cuan Bowmen perfectly shot this Robin Hood

during a shoot at the National Trust's Mount Stewart grounds in September. David McCann, who took the photo, said: "James's arrow was unharmed; mine on the other hand was scrap!"

### Neil Ashton



👉 When Neil Ashton recently joined Burscough Archers, he never thought that just two weeks later, while sharing a target with wife, June,

he'd hit a Robin Hood; indeed, he may well never have heard of the concept. But, sure enough, and shortly after buying their own arrows, with the evening sun in his eyes, instead of the usual reassuring thud of the arrow hitting the target, he heard what he described as "a strange peeling sound. I didn't realise such things happen to mere mortals! Good job it was my own arrows involved — hell hath no fury and all that jazz."

### Keith Eustace



👉 And there was a second Robin Hood for Burscough Archers: Keith Eustace made a triumphant return to the club following a break of almost 18 months owing to the Covid outbreak. Great shooting!

## Know a rising archery star?

If you can recommend a rising archery star that we should feature, please get in touch: [magazine@archerygb.org](mailto:magazine@archerygb.org)

# Jazz Haooot

Eight-year-old Jazz Haooot of Wilford Bowmen in Nottingham started archery just a year ago, and has since achieved her Bowman badge and her 1,000 Rose at her very first 12 dozen round

Words by Jazz's aunt and archery coach, Charlotte Attwood

### When and how did Jazz first discover archery?

Jazz's aunt is Charlotte Attwood who coaches the juniors of Wilford Bowmen, Notts. Charlotte introduced Jazz to archery by buying her a sucker set for Christmas when Jazz was five. After the first lockdown in 2020, the club opened up again in July, and Charlotte thought it would be a good opportunity to give Jazz (then seven) a one-to-one beginners' course. Jazz became a new member of Wilford Bowmen in August 2020.

### What does Jazz most enjoy about archery?

Jazz loves to try and win badges, 252s and classification badges. She likes to shoot with other juniors and enjoys the competition.

### What type of bow does Jazz use?

Jazz shot through the 2021 season with a light junior recurve bow. As Jazz is very competitive, recurve target gives her plenty of competition, which she enjoys.

### How did Jazz keep her archery skills during lockdown?

During the second lockdown, Charlotte showed her how to draw the bow at home and use it to keep up her strength. She used a stretch band for strengthening exercises and another one for the shooting drills she learnt when she started.



### What does Jazz most enjoy about being a member of Wilford Bowmen?

Wilford Bowmen is a very friendly club. All the members come and say hello, and on Saturday mornings Jazz shoots with other juniors who are also very friendly. Jazz likes to try and better her last score for the round she is shooting. She tries hard to do what she is working on with Charlotte. Sometimes she shoots a round and sometimes she is working on getting her technique right. Every month the club handicap listings are posted on the club's Facebook page, and Jazz gets really excited when her handicap improves and when she moves up a place.

### Does Jazz seem to be benefiting in different ways from her participation in the sport?

Jazz is becoming more and more confident and enjoys shooting with other juniors and adults. At tournaments she isn't afraid of being the last on the line. When asked about it she said she wanted to make sure she shot every arrow properly as she is trying to hit the cross!

### Can you tell us about some of Jazz's archery awards and achievements?

Jazz has other commitments on Sundays so can't shoot tournaments regularly. In 2021 she was able to shoot three tournaments, winning two for her age group: 252 at 20yds and 30yds; August 2020 - third class at 7yrs; September 2020 - second class at 7yrs; July 2021 - 1,000 Rose at 8yrs; August 2021 - first class and Junior Bowman and selected for the Nottinghamshire Junior Team; September 2021 - Nottinghamshire Junior Team win the EMAS Inter County tournament.

In 2020 Jazz won the Pairs shoot with Jake Binder. This year she again won the Pairs shoot with Chris Rochelle as well as the Novice Handicap Trophy (improving handicap from 89 to 69).

### What are Jazz's archery ambitions?

Jazz wants to get her Red Rose badge and Junior Master Bowman badge, and make the Notts team again next year. She said: "When I grow up I would like to shoot for GB and England like my auntie did."



# Ballyvally archers bag two European titles

## Sport for all

In 2008, Shane Robins, 37, was in a car accident that left him with life-changing injuries. After discovering archery by chance, Shane is now hooked on the sport

Shane had always been interested in outdoor pursuits but it wasn't until a recent family holiday in North Wales, and with some encouragement by Marta, his carer, that Shane discovered he could also count archery among them.

After returning home to Dursley, Gloucestershire, Shane's research led him to the local club Tyndale Archers. There both Shane and Marta (pictured above) got in touch with Russ Clarke, one of the coaches, who invited them to a have-a-go session. That was a success and they were then invited to join the beginners' course. After successfully completing it in June 2021, both Shane and Marta went on to join the club.

Then came the question of what type of bow Shane should choose. He said: "I was given a lot of advice on bow types and release aids by Russ, which was very helpful."

A visit to Wales Archery specialists in Crick soon followed, where Shane tried several bows for size, settling on a compound which he uses with a release aid which he holds in his mouth and pulls to shoot. To hold the bow, Marta binds Shane's active hand onto the bow. Shane said: "I haven't stopped shooting with the club since. Everyone has been very welcoming and supportive and the club atmosphere is great."

Shane concluded: "Having archery in my life has had a positive impact on my health and wellbeing by improving my fitness and self-esteem. It has also given me a lot of possibilities to socialise with people from the local community, which has been especially important after lockdown."

Visit [www.tynedalearchers.co.uk](http://www.tynedalearchers.co.uk) for more about the club.



In September, Ballyvally Archers Banbridge was honoured to have five club members representing Team GB at the European Field Archery Championships in Croatia: Kathryn Morton, Sinead Byrne, Romaine Mehaffey, Orla O'Connor and Mark Nesbitt. While all athletes did their club proud, junior archers Sinead and Kathryn came out on top.

Shooting against Sweden, Sinead and Kathryn represented GB alongside teammate Louisa Piper in the junior ladies' event to take home a bronze medal after winning their match 55-53. After qualifying at the top of her division on day one, Kathryn continued to shoot strongly and consistently throughout the week, taking home an individual silver medal; an extremely impressive achievement given this is only the second European competition of her career.

A massive well done to all those who took part in this event, and a huge congratulations to Kathryn and Sinead. Ballyvally Archers Banbridge are also delighted to announce that senior member, Orla O'Connor, has secured a place at the World Games 2022 in Alabama where she will represent Team Ireland.

## Stratford Archers return to indoor shooting

On 7 October, Stratford Archers returned to their usual indoor haunt. The club's Mark Wiltshire said: "It was a pleasure to meet for the first indoor session since lockdown one. There were 14 new faces waiting for a Portsmouth round at Stratford upon Avon High School."





# Redhill Archers' 50th anniversary shoot

**In 1971 Disney World Florida opened, Great Britain went decimal, Edward Heath was Prime Minister and Redhill Archers was born.**

Fifty years later, the club celebrated its anniversary on 28 August with two of its original 13-strong membership who are still very active within the club.

Founder member Sheila Harris said: "We celebrated in style! The event offered something for everyone, starting with an American round, which the club favours as being suitable for all. It was the round chosen for our first Open tournament in 1974 and has been held annually ever since. The day started cloudy but soon cleared to give a bright, warm, sunny day. Whilst some spent the morning shooting, others prepared a party, including afternoon tea and a celebration toast. The 'Redhill bake off' competition for best decorated cake, was won by Amy Roadknight. Her sister, Katie, won the award for best badge design to commemorate the anniversary which was made and given to all.

"Members, family and friends from local clubs were invited as well as those who have helped the club along the way, especially Wythall Community Association who welcomed us, provided a venue, ground and temporary storage back when the club was first formed."



Special awards were made to Betsy Johnson and Sheila Harris who have been very active members for the 50 years, (names in 1971: Betsy Ascough and Sheila Whitby) and to David Harris who joined them about five years later. All were thanked and congratulated for their achievements and the club's success over the years, and were awarded life membership with framed certificates.

Sheila continued: "The club has so much to celebrate! Membership has grown to around 120 in 2020, and the clubhouse has grown too, from a small shed to an impressive indoor range and clubhouse complete with toilets, adjacent to the field. We've had so many successes on the field and off, promoting the sport through beginners' courses every year (except 2020), taster sessions, Big Weekends, and junior clubs. Members successes include making GB, England, and county teams, as well as plenty of club-level and individual wins.

"Covid caused many restrictions in shooting, facilities, and socially. We were worried that it would jeopardise the celebrations we planned. But thanks to the fantastic weather and the efforts of Redhill's Chair Sharon Medhurst and her team and the turnout of past and present members, we were able to have a brilliant outdoor reunion and celebration. There was even a memorabilia display of 50 years of Redhill for all to see on the range, showcasing a fab 50 years with like-minded friends."

Visit [www.redhillarchers.co.uk](http://www.redhillarchers.co.uk) for more information.





# Halloween fun at Green Dragon Bowmen

Green Dragon Bowmen in Knebworth, Hertfordshire celebrated Halloween in style. Club Chair Carlie Maddren, said: "Shooting in appropriate fancy dress was optional but very welcome. Everyone had a great time shooting at spooky faces and pumpkins and it was unusual to see the odd zombie and witch on the line! The juniors personalised the pumpkins and managed to not get too attached before we shot the fancy veg! We shot in teams and had some very creative team names (and scoring for that matter!). We are looking forward to our next Fun Shoot at Christmas."

Visit [www.greendragonbowmen.co.uk](http://www.greendragonbowmen.co.uk) for more information.



## Burscough Archers enjoy fully-booked first indoor session

It was a cold, wet and very windy October evening but that didn't put off Burscough Archers from holding their first winter session of the year

Shooting in the Equestrian Centre at Asmall Livery, where the outdoor range is located, the lighting was excellent as the pictures show. Nevertheless, some archers were using the lighting as an excuse for their less than perfect shooting!

This year's intake of new members was well represented and there were a couple of longer-standing archers not seen since before the Covid outbreak, so it was good to see them at long last. One of these was Keith Eustace, who managed to shoot a Robin Hood, as pictured on page 27.

Covid restrictions limited the number of participants to 20, shooting three arrows each in two waves before collecting, under the able control of the line captain, Carl. The Equestrian Centre is partially open down one long side and the archers have to draw safety net curtains at the target end to comply with range safety. So, on a cold evening, and this certainly was that, the hot drink during the break was most welcome.

As the first session of the year, this was not a competitive event; during the winter season, once a month the club runs a Portsmouth round with the top six scores entered into the national competition. Comments after the event included: 'Great to see such a good turnout'; 'It was a great atmosphere and nice to meet other members'; and 'If anyone notices any holes in the new target stands, [just built by Roy, the club secretary, coach and senior target stand builder] it wasn't me!' to which Roy replied, with a smile: "Did I forget to mention? It's £1 per hole!"

Visit [www.burscougharchers.org.uk](http://www.burscougharchers.org.uk) for more information.



# Christine Gascoigne memorial shoot

On Sunday 26 September, Welbeck Archers and the Gascoigne family hosted a memorial shoot in honour of one of its founding members, Christine Gascoigne. Christine sadly passed away in March this year after battling many years of illness



The tournament held was a Short Warwick, paying homage to Christine's birthplace of Stratford-upon-Avon. More than 50 archers participated in the event held on Welbeck Archers new shooting ground at Lady Margaret Hall. The event also brought in just as many, if not more, spectators as participants who wanted to come and pay their respects to the wonderful lady.

Prizes were awarded to the winners of all the classes but the overall Christine Gascoigne Memorial Trophy was awarded to the highest score of the day by an unrewarded archer. The winner of this was one of Welbeck Archers own members Dave Pryce.

Halfway through the tournament, a memorial bench was revealed that had been made and donated by the staff at KG Archery. This was made of solid oak and was carved with some of Christine's favourite coaching sayings that were fondly remembered by the archers she had coached over the years.

Tributes were paid to Christine from her husband Keith and Welbeck Archers Chair, Alan Stanley. Archery GB President Richard Custance awarded Christine (shown above) a posthumous award for a special recognition in coaching, which Keith and his sons Adrian and Jason, were extremely moved to receive.

During the day, thanks to donations, a raffle and the selling of bacon butties and cakes, £844 was raised. Welbeck Archers have generously donated a further £900 to the pot making a total of £1,744 raised. This will be shared equally between Cancer Research UK and the British Heart Foundation.



## Obituaries



### Alan Logan

Alan Logan passed away on 15 September following a long illness. Archery was a major part of Alan's life whether for Droitwich Archery Society, GNAS or in a judging capacity; he was also an honorary life member of Evesham Archery Club. Alan's daughter, Jacqui Heal, said: "He was able to transfer his knowledge to Archery New Zealand (ANZ) when he and my mum moved there in 2009. Alan became treasurer for ANZ and shot with the Greenwood Archers in New Plymouth while still administering the postal league in Worcestershire. Dad and I were able to shoot together again when they moved here and that was special for me. It was a sad time when he had to lay down his bow and administration duties due to ill health."



# EVENTS



## Summer/ autumn round-up



Here are some of the highlights from summer and autumn events at home and abroad. Izzy Carpenter (above) followed the action, in between competing at a few tournaments herself, and kindly provided a number of our national and international match reports. For more competition reports, please visit

[archerygb.org/news](https://www.archerygb.org/news)

## National Indoor Championships

4-5 December 2021, [Stoneleigh, Warwickshire](#)

The prestigious National Indoor Championships returned with a great turnout of archers from home and abroad. Hundreds of archers gathered across the winter weekend (restrictions on numbers were in place to comply with Covid guidance), testing their skills in what must have seemed a challenging environment after so little chance to practise indoors over the past two years.

Despite the ever-changing government advice, some global superstars converged on Stoneleigh Park, including compound archer Mike Schloesser from the Netherlands – ranked

World No 1; recurve archer Gaby Schloesser; Croatia's compound man, Domagoj Buden; and Belgium's Sarah Prieels, not to mention brilliantly talented archers across the age groups from all over the UK.

Four different events were held across the weekend: the TRU Ball Axcel Back2Back and Junior National Indoor Championships held on the Saturday, and National Indoor Championships on the Sunday.

Pictures by: Malcolm Rees and Derek Sizeland



## EVENTS

# Junior National Indoor Championships 2021

The Junior National Indoor Championships 2021 were another great success! Youth archers tell us about their experiences of this event, the pinnacle of the indoor competitions calendar



**F**inlay and Oliver Hicks, from Bowmen of Warfield, both shot barebow at their first time at Junior National Indoor Championships. Fin took bronze in the Barebow Junior Men event. He said: "I was very pleased that I got a personal best in the qualification round! The prospect of doing my first head-to-head at such a big competition against talented barebow archers was daunting, but I'm glad I did it. Getting a medal was a great reward at the end of the shooting."

Ollie Hicks shot in both the Junior and National Indoor Championships. Talking about the junior event, Ollie explained: "I felt relaxed throughout the Portsmouth round but nerves started to creep in during the head-to-head. I'm proud to come away with the gold medal and pleased that all those cold, dark practices on winter evenings at Bowmen of Warfield have paid off! Really proud and pleased to share the podium with my brother."



Sinead Byrne, a compound junior woman from Ballyvally Archers Banbridge, also competed in both the Junior National Indoor Championships and National Indoor Championships.

She said of her experience of shooting in both competitions: "For me, to compete in both Junior and Senior Nationals was nerve-racking at the start, especially when shooting the Seniors as there was such good-quality competition out there. I have shot the competition for a few years now and competing in such a big event doesn't get any easier. I still have the nerves but it was good to get back out and shoot the big competitions again."

Fourteen-year-old Max Oakley (see left) said: "I came third overall at the qualification stage on Saturday, and went on to do the head to heads. I lost my bronze medal match but it was still a good experience."

"This is my first time competing in the Seniors event at the National Indoor Championships – it has felt more pressured. I had to focus a lot more, and found I didn't relax enough. Although I didn't make the cut this time, I know what to expect now and think next year's Indoor Championships will be easier. I'm pretty pleased with how I've done over the weekend."

The European Youth Championships 2022 (to be hosted at Lilleshall NSC) mascot Fletch the Lion had a great weekend too. He managed to meet a lot of new friends and get photos with many of his fans!

**Visit [lanseo](#) for full results of the Junior National Indoor Championships 2021.**



**Above from top:** The Hicks brothers; Sinead Byrne, Fletch the Lion with a fan.  
**Main pic:** Winners of the Junior events

# TRU Ball Axcel Back2Back

Words by Izzy Carpenter

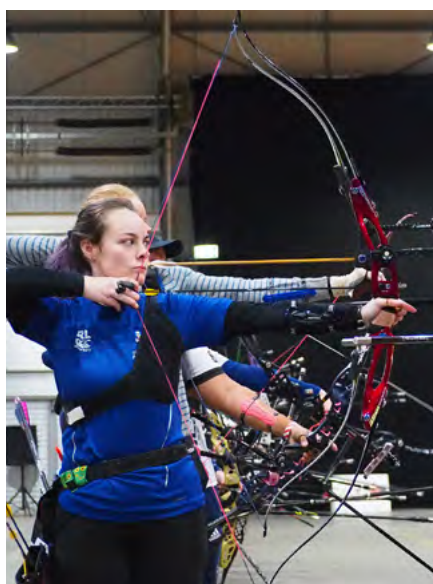
The four champions of the 2021 TRU Ball Axcel Back2Back event were crowned after a full day of nerve-racking head to head matches. The event began with four groups of six archers per category. Every archer went head to head with each of the other people in their group

The matches were shot on a WA18 face with a total of 120 points up for grabs. They had 90 seconds for three arrows, and four ends were shot per head to head. Points were awarded to determine the top two archers in each group: two points for a win, one for a draw, and none for a loss.

Across the groups, the top four archers based on score also made it through. The same process was used for the second round of shooting, but this time there were two groups per category, and only the top six made it to the final.

## Recurve Women

The recurve women opened up the finals, and this part of the competition differed



Above: Tokyo Olympic archers were on the shooting line: Tom Hall and Patrick Huston

slightly from Back2Back events of the past. The archers shot a Vegas-style face where the inner (compound) ten scored eleven points, and the outer ten ring scored ten for all bow styles. Three arrows per archer were shot in the allotted 90 seconds, and the archer with the lowest score was eliminated.

The round began with Gaby Schloesser, Bryony Pitman, Penny Healey, Yulia Larkins, Jaspreet Sagoo, and Louisa Piper. This process continued until the three archers standing were Gaby Schloesser, Bryony Pitman and Penny Healey.

In the end, it was Gaby who took the win with a 30 to Healey's 28. She got through to the finals on a high, almost perfect, amount of match wins. She said: "It feels really nice to win the competition. I was nervous in the beginning, but I'm just really happy with what I did."

## Recurve Men

Next up were the recurve men with the final six: Tom Hall, Alex Wise, Keith Harding, Patrick Huston, Monty Orton, and Conor Hall. After four closely fought ends of shooting, Tom Hall shot an almost perfect score of 32 to win against Alex Wise's 29. Keith Harding took home the bronze. Hall made it into the top six on points in round one and then beat his opponents on the score in the second round of shooting.

Hall said: "It's a huge relief in some ways. I think I was struggling during the group stages. To get the win in the final, I'm really happy that I pulled it out and started shooting well."

## Compound Women

Onto the compounds, the women were first with Ella Gibson, myself [Izzy Carpenter], Liz Foster, Bayley Sargeant, Sarah Prieels, and Lucy O'Sullivan. The ends became closer and closer with mere points separating us as each end passed. In the fourth end, Liz's 30 earned her the bronze medal, leaving myself and Ella to fight it out for the gold.

It came down to the last arrow after four clean eevens between us, and a nine from me awarded Ella the gold. She entered the final round as the second seed behind Sarah Prieels, having shot clean match wins throughout the day. "It feels great. It was definitely a long, nerve-racking day, and I'm really glad that I managed to get through and win it," Gibson said.

## Compound Men

Finally, to cap off the day we saw the much-awaited compound men's final. The top six going into this round were Mike Schloesser, Domagoj Buden, Callum Platt, Adam Carpenter, Adam Ravenscroft, and Simon Scott. Platt's 31 was not enough to beat Buden and Schloesser's 32s, so he came away with third.

In the last end, Schloesser finished off the day with a clean 33 to take the TRU Ball Axcel Back2Back title. He came into the finals as the top seed, by winning all but one match for the entire day. Adam Carpenter was able to shoot a perfect 120 against the Dutch archer in the second round of competition. Schloesser said: "It was really awesome. I had some tough matches, and I really enjoyed it. It was a very nice format."

# National Champion

It was certainly cold outside when archers met for the National Indoor Championships on the Sunday – but things were heating up on the shooting line as recurve, compound, longbow and barebow archers kept raising the bar throughout the day. Although a smaller contingent than recurve and compound, barebow and longbow were well represented. Longbow archer Sophie Twigg from Exmouth Archers, said: “It’s nice to be back and see faces that we haven’t seen for a while along with some new guys and girls on the circuit. Indoors needs a different mindset than outdoors, and I have to concentrate a lot more. I have to think a lot about angles with my bow, so indoors it can feel like I’m aiming at my feet! It’s two different beasts for me – outdoors I feel a lot more relaxed, but indoors is good experience and it’s also good to stretch yourself.

“It’s all to play for in the head to heads – I don’t have a game plan, we’ll just see what happens. I’ve been pleased with my performance overall this year. I’ve achieved one major goal: I won at 800 points on a 1440 and I’ve never been anywhere near it in previous years. My husband achieved first place in the longbow rankings so we’ve both had a good season.”

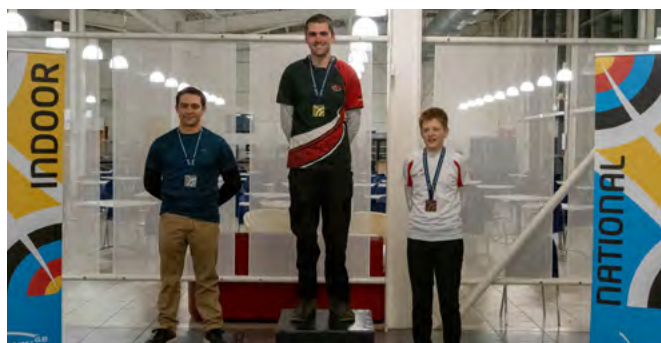
Highlighting the overall success of the Championships, Jon Nott, Archery GB’s Events Manager, said: “It was absolutely brilliant that we were able to bring back our National Indoor Championships on the scale that we have. I can’t thank our amazing members and visitors enough for how they conducted themselves and followed all the measures that we had to put in place in line with rising Covid cases – that really helped the event be the success it was. The level of competition was fantastic – it was good to see so many high-level archers competing at their best – we had some incredible scores, results and records.

“The inclusion of barebow in both championships was fantastic and the feedback from that community indicates archers really enjoyed themselves. Finally, we’d like to thank the volunteers for their help over the weekend. Without them, we would not have been able to hold these Championships. Volunteers are key to the success of all Archery GB’s events, and we’d very much welcome anyone who would like to join our volunteer workforce – [please get in touch](#). Thanks also to our sponsors and partners who are a crucial part of the event and make it possible for us to deliver it at the minimal possible cost to the competitors. Many of these businesses have supported us over the years and we are very grateful.”

Please [click here for the full match report](#) and please [visit our Facebook page for all the action from the National Indoor Championships](#).



**Recurve men, gold to bronze winners:**  
Patrick Huston, Keith Harding, Stevie Kent

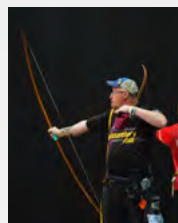


**Barebow men, gold to bronze winners:**  
James Annall, Rene Bekker, Oliver Hicks

# Indoor nships



**Above:** Longbow archers prepare for battle



## WINNERS AT A GLANCE

### Longbow women

Gold – Sharon Lawrence  
Silver – Sheila Hudson  
Bronze – Grace Curran

### Longbow men

Gold – Eric Mallet  
Silver – Ben Ledwick  
Bronze – Kevin Macey

### Barebow women

Gold – Mary Louca  
Silver – Amelia Chumber  
Bronze – Victoria Williams

### Barebow men

Gold – James Annall  
Silver – Rene Bekker  
Bronze – Oliver Hicks

### Compound women

Gold – Sarah Prieels  
Silver – Bayley Sargeant  
Bronze – Ella Gibson

### Compound men

Gold – Stuart Taylor  
Silver – Kai Thomas-Prause  
Bronze – Adam Ravenscroft

### Recurve women

Gold – Bryony Pitman  
Silver – Louisa Piper  
Bronze – Ffion Edgeley

### Recurve men

Gold – Patrick Huston  
Silver – Keith Harding  
Bronze – Stevie Kent



**Longbow women, gold to bronze winners:**  
Sharon Lawrence, Sheila Hudson, Grace Curran



**Compound women, gold to bronze winners:**  
Sarah Prieels, Bayley Sargeant, Ella Gibson

# Tri-Services tournament

Archers representing the Royal Navy, Army, and RAF took the opportunity to shoot together in a friendly competition at the National Indoor Championships on Sunday 5 December

Since 2019, despite the challenges of the pandemic and a Service life that can mean little time to improve archery skills, many new faces from each of the Services have taken up the sport, some for the first time and others picking up where they left off. On this occasion it was the Army that claimed victory in this friendly tournament, which saw plenty of banter between the three organisations.

Recurve archer, Siobhan Mundy, from the RAF, said: "I find archery is a good distraction from work. You go to the range and forget about everything that's going on, especially

**"I spend a lot of time coordinating activities between the Army and RAF to make sure we get four shoots in a year against each other."**

during the pandemic – it's been a godsend to have that time to focus just on the sport. I started the sport in the Army Cadet Force and really enjoyed it so went on to do an Instructor's course. When I joined the RAF I continued with archery and have just done my Level 1 coaching course. This is the first time I've attended this event; it's given me a benchmark for what I need to improve on. It's made me realise I need to shoot a lot more!

Royal Navy Warfare Specialist, Chris Cassells, explained: "I've only been in the Navy a year. I tried archery for the first time at a holiday camp with my family in France about ten years ago. When we got home I did a beginners' course with Greenwood Osterley Archery Club and carried on from there. The Navy is supportive – once I'd finished the basic training I had a lot more time to do archery and they've been helpful in setting things up for me. I shoot at a civilian club near the base, and the Navy allow me time to train

and compete, as they did for this event."

Gavin Edward, Chair of Royal Navy Archery, added: "I spend a lot of time coordinating activities between the Army and RAF to make sure we get four shoots in a year against each other. The support from AGB is great because it allows each Service to be a County in its own right – it allows us to track our archers across the country. This is the largest Navy contingent we've had at an indoor competition, and the largest gathering of Service archers we've had for as long as I know. More people are coming into the sport when they join up because it's more visible than ever before. All the Services have a strong policy of making time in the working day for sport and physical activity because it's so important to our wellbeing."

The Army's Sarah Roderick said: "I've only been in the Army a year and a half and at my first posting I joined archery straight away. I started archery before I joined up but always want to get to a higher level with it. The Army allow me plenty of time to train – it's great! I usually do outdoor competitions and this in my first National Indoor event. It's gone fairly well!"

Helen Smedley, Archery GB's Regional Development Officer (Midlands), said: "It was fantastic to see so many serving armed service personnel competing at the National Indoors. Archery GB looks forward to continuing to support the Services in building wider participation."



Top: Sarah Roderick; Middle: Gavin Edward Above: Siobhan Mundy



Thank you to our sponsors for the weekend:





Above: Clout archers reunited at last!

# National Clout Championships

16 October, York

Tournament organiser Andrew Neal reports on the action-packed annual clout event

Archers showed their appreciation for the return of the National Clout Championships in York with a huge cheer! Entry numbers were slightly higher than those of the 2019 pre-pandemic championships, which just shows how keen clout archers are to get back to competition.

The new venue at York looked splendid on a cold Saturday morning, with the day blessed with little or no wind. Unfortunately, conditions proved to be testing with no record claims made, but there were plenty of tassel awards. A few archers retained their titles held since 2019 while others saw new names added to the trophies.

The day was very successful throughout which can be summed up from some of the comments made afterwards. The feedback covers the whole weekend of shooting, which saw the inaugural Tassel Scheme

Championships on the Sunday, following the Archery GB Clout Championships on the Saturday.

#### And the archers said...

"On behalf of Assheton Bowmen, a big thank you to Andrew, York AC, the organisers, judges and all the archers for a fabulous weekend's clout shooting. It was so good to meet up with old friends and make new ones on target 5."

"Thank you on behalf of Woodford Archers, to all concerned, for a great weekend. See you all soon we hope."

"On behalf of Waterside Archers, a huge thank you to Andrew and everyone involved in running this weekend's clouts. A very enjoyable time was had by all. Thanks also to everyone else for excellent company this weekend and we hope to bring a few more

from the sunny south coast next year!"

"Thank you everyone for making my first nationals an amazing experience."

"A big thank you to Andrew and the team who made the National Clout and tassel tournaments the fantastic competitions they were. I haven't been shooting clout that long and it is wonderful to feel part of this wonderfully mad community."

"What a fab weekend with crazy friends. Thank you Andrew Neal for a great weekend of competitions."

"Well, what can I say other than I've had a blast at the National Clout Champs and the first tassel champs at York this weekend. Huge thanks to Andrew Neal and everyone behind the scenes to make events like this happen, and to the whole clout community."

**Full results [here](#).**



**Left and above:** Good weather conditions helped archers, and their trusty canines!

# The Worshipful Company of Fletchers' Disability Championships 2021

11 September 2021, Lilleshall, Shropshire

After the cancellation of the Disability Championships last year, archers were eager to get started. Cloudy skies eventually gave way to a sunny afternoon as competitors found their rhythm in the head to heads, with some shooting their way into the medal table.

Chris Brown, Chair of the Fletchers' Trust, said: "This is the fourth time that we've held the Disability Championships – and we're so pleased to see so many people here again and to be able to offer our support at this special occasion. This event marks new beginnings! The opportunity that Archery GB's Director of Participation Arran Coggan has given us to promote archery for Paris 2024 is in the early stages. We have a programme lined up and are looking forward to creating new inclusion opportunities."

In the **Recurve Open (Classified Mixed)** Paul Browne of Hertford Company of Archers met with Graham Hadfield of AC Delco (Disabled) in the semi-finals. Browne took the match 6-0. Meanwhile, Kate Murray of Borderghost Archers shot against Cameron Radigan of Ayr Archery Club and Radigan claimed a definitive 6-0 win. The gold medal match was battled out by Browne and Radigan –

Radigan won 6-4, while Kate Murray came back from her previous defeat with a 6-0 win over Hadfield, securing the bronze medal.

It was a good day for Jamie Harris of Evesham Archers. After qualifying first on 666 points at 50m, he took the gold medal in the **Compound Men Open (Classified)** event. Last year Harris was awarded the Fletchers' Cup in recognition of the 'hard work and

commitment he had applied to his training despite the challenges of Covid'. He proved this to still be the case, seeing off Alex Scott of Eagle Bowmen of Bedford with a 144-120 finish in the semi-finals, and confidently taking the gold medal match against Alan Hayden 143-139. The bronze medal was clinched from Scott by one point by John Phillips of Derwent Bowmen, 128-127.

The **Compound Women Open (Classified)** saw just two participants, Amanda Davidson of Lincoln Archers and Lindsay Howard of Thirsk Bowmen. At qualification round (50m), Howard was placed first on 618 points to Davidson's 569. Howard's confident shooting ensured her gold medal, 131-126.

The **Men W1 Open (Classified)** event comprised three competitors: Tamas Gaspar, Martin Saych (Blue Arrows Archery Club) and Peter Higgins (Long Mynd Archers). In the final showdown, Saych comfortably took the gold from Gaspar, 133-127, with bronze going to Higgins.

Saych later went on to receive the Fletchers' trophy for the archer who had beaten his PB for the 2021 season by the





most points. He said: "I love competing at the Disability Champs. It's our only major domestic event and it's a great way to help promote our sport and help push engagement. I managed to beat my season's personal best by five points which doesn't sound a lot, but after the lack of competition both in the UK and international it's massive. My season's PB is 612. It's all down to the hard work my coach Andrea Gales and I have done together since Covid started, alongside the work with the other practitioners to help my mental ability and strength. After just missing out on selection to the Games, it's a perfect way to finish the season and shows that I'm well on the way to being ready for next year!"

Four archers entered the **Visually Impaired 1** category, with Clive Jones of Blind Veterans UK Bowmen shooting 6-0 against Trish Gracesmith of Walsall Company of Archers, and Roger Rees-Evans of Neath Archers finishing 6-4 against Stuart Philip James Rodgers of Louth & District AC in the semis. The gold medal match was won by Jones 6\*-5, after a shoot off saw Jones score 4 to Rees-Evans' miss. The bronze medal went to Rodgers.

Archers had some major competition in **Visually Impaired 2/3** event, being up against the World no. 1. Steve Prowse of Wolverhampton Company of Archers and Nick Thomas, World no. 3. Steve's retinitis pigmentosa condition means he has no peripheral vision. His view of the target is "like looking through a pinhole," and yet he has held his World no. 1 title since 2007, ably assisted by his wife Lesley. Despite the setbacks of lockdown, Prowse showed his usual form. Having qualified first with 631 at 30m, Prowse went on to win the gold medal match against Peter Price (Blind Veterans UK Bowmen) with a 6-0 victory. Philip Tranter beat Thomas 6-2 and finished with bronze.

Luke White finished first with 486 points at qualification stage in the **Visually Impaired Open Recurve** event, and he shot well



**Above:** Archers showed great skill and confidence

against Terry Piper of Bowmen of the Deans, winning 7-1 in the semis. But Deb Wright of Wellingborough Open Archery Club was on fine form too in the semis, having beaten Andrea Thomas of Southfields Archery Club, 6-2. Wright and White battled it out for gold and it was Wright who took win, with a 6-2 finish. Piper shot 6-4 against Thomas to claim bronze.

Two competitors entered the **Recurve 70m Open (Mixed)** event. Steve Fidler of Buscot Park Archers had ranked first at qualification on 535 but in the end it was Crystal Palace Bowmen's Lewis Brown who was victorious with his 6-2 win.

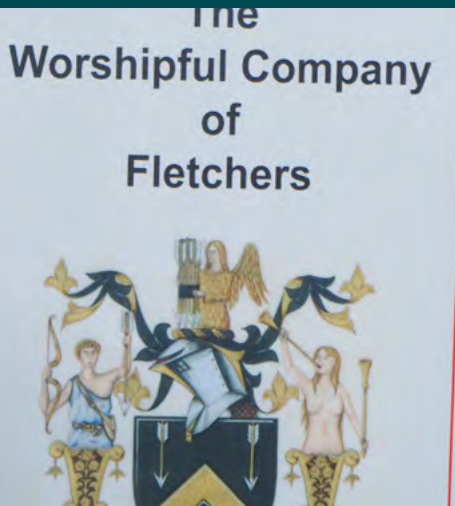
Of the three entrants of the **Recurve 30m Open (Mixed)** event, David Hickman led the field at qualification on 616 points. With a bye at semi-final stage, he had only to wait for Scott Robertson of Cleadon Archers and John Seabury of Bowbrook Archers to battle it out to compete against him in the final. Seabury won that round 7-1, securing his finals spot against Hickman. Seabury then comfortably won the gold medal match 6-4, with Robertson taking bronze.

In the **Compound 50m Open (Mixed)** event, Deer Park Archers' Grace Chappell was first at qualification on 673 points, just three more than Finlay Clark of Wyke Archers. Finlay's dad Ian thought he was showing a few nerves early on but these soon disappeared as he took the lead against James Hamilton in the semi-finals, 145-133. Meanwhile, Chappell had done well against Louise Naylor in the same round with a 138-130 win. Clark and Chappell then met in the gold medal match, with Clark winning 144-136, and Hamilton taking bronze, on 131.

Anne Curry, Master of the Fletchers, said: "It's been a wonderful day – thanks to all of you for making it such a success. I became Master in April but not much was feasible at the time. The Worshipful Company of Fletchers is 650 years old this year, so we have new 650 anniversary trophies to present, specially made by Marc Grady, master bowyer and Chair of the Royal Toxophilite Society. I'd like to finish by saying a big thank you to Archery GB for their work in making this event possible."

For full results, please visit [lanseo](http://lanseo). You can find out more about Archery GB and the Fletchers' new four-year partnership [here](#).

**Below, left and right:** Winning smiles of Jamie Harris and Martin Saych





## OVERSEAS COMPETITIONS

# European 3D Championships

29 August to 4 September 2021,  
Maribor, Slovenia

Words by Izzy Carpenter

The European 3D Championships kicked off with qualification which took place over two days at the ski resort of Maribor. All of the GB archers finished the qualification rounds ranked in the top 22 in their respective categories ahead of the eliminations.

Team manager, Mal Williams, said: "There are a lot of very talented and experienced 3D archers competing this week, but all our archers shot well and made it through to the next stage of the competition."

For the barebow, James Annall ranked in 16th place with 843. Victoria Williams sat in 19th place with 687, Sarah Hake just below her in 20th with 684, and Carol-Anne Seez also scored 684 for 21st place.

Ladies longbow, Emily Williams

ranked in 13th place with 617. And in the instinctive men category, Jed Cullen's 858 got him in the top ten with a 6th place rank, and Terry Stevens not far behind with a 812 in 15th place.

"They can be very proud of their achievements so far, and they can now turn their focus to the elimination rounds on Thursday," Williams said.

Having fought their way through the qualification round the individual head to head matches then took place to decide which successful archers would make it to the gold and bronze medal matches.

In the instinctive men's category, both Terry Stevens and Jed Cullen won three consecutive matches, but unfortunately their next match was against one another. It was Cullen who was the winner of this match with just two points between the two British archers, 51-53. Cullen then went onto his next match

where he fell to the Norwegian archer by three points.

James Annall in his first match won with a two point lead for the barebow men. However, Annall's very impressive score of 61 points was not enough to beat the Italian archer Eric Esposito with just a single point between them.

For the barebow women, Carol-Anne Seez lost her first match against the Austrian opponent, and as did Sarah Hake against the Hungarian. Victoria Williams was successful in winning her first round, however her 46 points in the next match was not enough to beat the Spanish archer.

And for the longbow women, Emily Williams won her first match with a three point lead. But it was the Austrian archer who narrowly defeated Williams in the next match.

Final positions: Jed Cullen, 5th; Terry Stevens 7th; Victoria Williams 15th; Sarah Hake 19th; Carol Anne Seez 19th; James Annall 15th; Emily Williams 11th.

Two team members, James Annall and Carol Anne Seez, headed to Porec, Croatia to compete at the European Field Championship from 7 September. At the end of the week James Annall said that it had been a great week, the courses had been challenging and the venue and facilities made for a friendly championship with a community feel. Despite the added concerns around Covid travel requirements and testing, the week was well organised.

# European Field Championships

3-12 September, Porec, Croatia

Words by Izzy Carpenter

The European Field Championships in Porec, Croatia incorporated the quota event for the 2022 World Games.

Superb shooting by GB Recurve and Barebow archers secured Great Britain the full quota of four places for the Games to be held in Birmingham, Alabama in July next year.

In the main event once again all GB archers made it through the qualification rounds to the elimination rounds and following a series of hard fought matches we ended up with number of archers in contention for medals. Recurve man Patrick Huston faced Germany's Florian Unruh in the gold medal match. After a tensely close match, Unruh pipped Huston by a point in the bid for the title, 60-59, meaning Huston came home with the silver medal.

Ladies compound archer, Bayley Sargeant came up against Irene Franchini of Italy in the bronze final. Like Huston, Sargeant's match was tight throughout the four ends of competition. This match also came down to a single point difference in favour of the Italian archer, 61-60, who was successful in achieving the bronze. Finally, Kathryn Morton shot in the gold final for the junior woman barebow category. After four ends of shooting, Morton's Italian opponent shot 48 points against her 37, resulting in a silver medal for GB.

The men's team, Chris White, Conor Hall and James Annall, shot in the quarter finals against the team from Italy. They took the match to a tie on 59 points each, but in the shoot off their 11 was not enough to win against Italy's 13. The women's team were also knocked out in the quarter finals by only two points, 59-57, by the team from Sweden. In the women junior team, Sinead Byrne, Kathryn Morton and Louisa Piper lost against Romania in the semi-finals, 46-42. In the bronze final, they beat Sweden for the medal with two points to spare, 55-53.

For the first time the European Championship included the mixed team event and GB came away with two medals. Conor Hall and Bryony Pitman shot in the recurve mixed team matches where in their semi-finals they beat Slovenia 82-81. In the gold final, they shot 74 to France's 72 to take the title.

For the compound mixed team, Bayley Sargeant and Chris White took on top seed Croatia in the semi-finals where they won 91-88. They then met Italy in the gold final where they tied on 84 points each. Unfortunately, in the resulting shoot off GB's 10 was not enough to beat Italy's 12, resulting in the silver.

Team manager, Vic Williams said: "All our archers worked really hard throughout the week; they can all be very proud of their achievements. GB ended up third in the medals table, just below Italy and Sweden. For a small team of 14 archers that is a huge accomplishment and all down to the effort, support and camaraderie of the team as a whole".



**Top:** Compound mixed team semi final match against Croatia. **Above:** Conor Hall and Bryony Pitman heading off to their mixed team gold medal match. **Below:** European field team



# Hyundai World Archery Championships

20-30 September, Yankton, USA



**Left:** Blue-sky thinking: archers line up for qualification stage. **Below:** GB's Ella Gibson

strongly, putting down some consistent end scores. However it wasn't meant to be, and the Mexicans took the match 236-230, meaning the men finished 7th overall.

The compound mixed team comprising James Mason and Ella Gibson faced the team from Guatemala in the 1/8 round. Unfortunately, they were beaten 154-150 by their 15th-ranked opponents.

"The team performances this week have been outstanding," Jon Nott, coach, said. "And finishing with both teams in the final eight is a superb result."

The GB recurve women, Bryony Pitman, Penny Healey and Yulia Larkins, dominated their 1/8 round match against the team from Ukraine. They shot 56, 55 and 56 ends to take the win 6-0. In their quarter final match, they faced number one seed Korea at a chance for a place in the semi-finals. They drew the first match 52 points apiece, but then unfortunately lost the next two sets. Overall, the GB recurve women have gained 8th position in the rankings.

In the 1/8 round, the GB recurve men met the team from Belgium. They won the first set with 56 points to 55, then they drew in end two and lost the third set. In the very last end, GB shot a 57 to their opponents' 54 to take the win. Next, they faced Chinese Taipei in the quarter finals

## GB teams finish in top eight: compound and recurve

Words by Izzy Carpenter

For the compound women, myself [Izzy Carpenter], Layla Annison and Ella Gibson shot in the 1/8 round against Chinese Taipei. In the first end, we shot a 58 to start off our continuing lead. We follow this with a 59 and two more 58s to take the match win with 233 points to our opponents' 223. Next up were the quarter finals where we faced the team from India who had shot a 235 in their previous match. The first end saw a change in wind direction, pushing some of the arrows to the left. However, we capitalised on this and managed to take the lead in the first end, 57-56. We continued this lead up until the last end which we went into with a two point advantage. The Indian women threw down a 59 end to our 57, taking the match to a shoot off. Unfortunately, our 28 points was not enough against our opponents' 30, meaning we narrowly missed out on a chance at the semi-finals. The Indians will now go on to have a shot at the gold against the Colombians. Overall, we finished in 5th place at this World Championships.

On the other side of the field, the

compound men, Adam Carpenter, Adam Ravenscroft and James Mason, faced the 10th ranked RAF team. After two ends, the GB men were trailing 114-115. However, they put down two 59 ends to bring back the lead and win the match, 232-230. Up next they met the team from Mexico who previously defeated the Germans with an impressive 238. The GB team fought





**Clockwise from above:** Adam Carpenter, Ella Gibson, Tom Hall

who ranked very closely, 4th place to GB's 5th. GB took the first set with 55 to 54, and then they lost the next two sets. In the final end, they shot a 57 to take the points and force their opponents into a shoot-off. It was close until the very end, but sadly we lost to a single point, 29-28. The GB recurve men finished in 6th place overall.

"This is the World Championships. Every match ahead is tough and hard to predict," Richard Priestman, coach, said. "The hardest

match to win is often the first one. Win that one, then that opens up many possibilities to progress far in the competition."

Eliminations ended with GB's exit on day five of the Championships.

The GB compound men competed in the first round of eliminations with the 1/48. Against the Mongolian archer, Adam Ravenscroft scored 146-143 to take the win. Adam Carpenter won with an impressive 149, one point away from a perfect score, gaining a 33 point lead over his opponent's 116. Down the line, James Mason also won his match with a 145 to the 143 points shot by his opponent from Kazakhstan.

In the 1/24 round, Adam Ravenscroft lost to the French archer, Jean Philippe Boulch, 149-144. Adam Carpenter's 146 was not enough to beat the 149 shot by the archer from Israel. James Mason was also beaten with a 149, this time by the Italian Elia Fregnan, to Mason's 147.

For the compound women's 1/24 round, I [Izzy Carpenter] was leading my match by a point, however lost in the final end to Muskan Kirar of India 144-142. A few targets down, Layla Annison narrowly missed out on a 1/16 round spot with the German beating her 144 points to 143. Having had two bye rounds, Ella Gibson's first match was the 1/16 against Yun Soo Song of Korea. It came down to the last end where the Korean shot a perfect 30, winning 146-144.

In the 1/48 round for the recurve men, James Woodgate lost to his Turkish opponent, 6-2. Tom Hall shot straight sets 6-0 to take the win from the Hungarian archer. Patrick Huston also won his match 7-1 against the archer from Saudi Arabia. Up next in the 1/24, Tom Hall beat Ivan Kozhokar of Ukraine 7-3. Patrick Huston took his match to a shoot off against the archer from Puerto Rico, shooting a 10 to his opponent's 7. In the 1/16 round, Tom Hall unfortunately lost 6-2 to the 5th ranked archer from Spain. Patrick Huston was able to beat Weckmueller from Germany 6-4 to take him to the 1/8 round. Huston then met Olympic champion, Mete Gazoz, where unfortunately he lost 6-2.

For the women's 1/48, Penny Healey shot straight sets against her Austrian opponent to take the match. Bryony Pitman and Yulia Larkins joined in the next round for the 1/24. Unfortunately, Healey lost her next match to Marie Horackova from Czech Republic 7-3. Bryony Pitman won her match 6-2 against her Brazilian opponent while Yulia Larkins won her match 6-4. In the 1/16, Pitman shot straight sets 6-0 against her Canadian opponent to take her to the 1/8 round. Larkins lost 6-0 against Lisa Barbelin of France. In the 1/8 round, Pitman faced third ranked Korean archer Minhee Jang where she sadly lost 6-4.





**Left:** Junior archers excelled themselves despite the challenges that the pandemic has brought, achieving great scores across the categories

took the win from Isabel Plowman 7-1. Going for gold, Amelia Chumber put up a fight, however Oliver Hicks took the match 6-2.

### Recurve

The junior men leader after qualification was Monty Orton with 607. For the junior women, Megan Costall topped her category with 605. Charlie Medhurst won the cadet men with 633, and for the cadet women the winner was Alia Fallouh with 535. For the Under 14 men, Samuel Gulvin came first with 619, and for the under 14 women Megan Havers won with 636. And finally for the under 12 men category, Carlos Amata came first with 653.

For the junior men gold match, Monty Orton took the win against Cameron Radigan 6-2. The top four for the junior women were Megan Costall, Thea Rogers, Katie Tonkinson and Hannah Evans. Evans was able to take the bronze medal from Tonkinson with 6-4. And going for gold, Megan Costall retained her win against Rogers with 6-2.

For the cadet men, the final four were Charlie Medhurst, John Smart, Maxwell Oakley and William Liversidge. In the bronze, Maxwell Oakley took the win from William Liversidge 6-2. And in the gold final, Charlie Medhurst and John Smart put up a fight, but it was Medhurst who won 6-4.

In the cadet women category, the four athletes going into the finals were Alia Fallouh, Emelia Hughes, Alice Mustey and Anna Blythe. Anna Blythe shot straight sets in the bronze final to take the win from Alice Mustey 6-0. And for the gold, Emelia Hughes took the win 6-2 against Alia Fallouh.

Samuel Gulvin won against Oscar Fenik 7-1 for the under 14 men category. The top four under 14 women were Megan Havers, Lily Knutton, Sarah Khaled and Nicole Latos. Latos took the bronze medal from Khaled with 7-1. In the gold, Havers shot against Knutton where Havers took the match 7-3.

There was also the champion of champions each day with the winners of each category going against each other. The archers shot one arrow and the furthest away from the centre each round dropped out. Lewis won the Saturday, and Carlos Amata won Sunday.

# Junior UK Masters 2021

18 September, Deer Park Archers, Gloucestershire

Words by Izzy Carpenter

The best junior archers in the UK came together in September at Deer Park Archers' range for the 2021 Junior Masters.

### Compound

For the compound cadet men category, Thomas Lane ranked in first position with 687. Chloe A'Bear lead the qualification with 673 for the compound cadet women. And in the compound junior mixed category, which includes both men and women over 17, Lewis Haslam took the top spot with the highest score of the day with 698. For the compound under 12 mixed, Harriet Beckinsale-Smith ranked top with 594.

In the head to heads, the final four of the cadet men were Thomas Lane, Finlay Clark, Jack Wood and Ioan Rees. In the bronze final, Thomas Lane dominated his match, shooting a PB of 149 points to Finlay Clark's 139. Going for gold, Jack Wood took the win with a two point lead over Ioan Rees, 141-139.

The final four for the cadet women were Chloe A'Bear, Hallie Boulton, Isabella Bruguier and Patience Wood. In the bronze, Isabella Bruguier and Patience Wood both put up a fight and equalled on 141 each, but it was Patience who took the win. Chloe A'Bear was able to maintain her top spot from qualification into the gold final, taking the match from Hallie Boulton, 145-136.

And for the final compound category, the compound junior mixed, the finalists were Lewis Haslam, Grace Chappell, Aidan Elves, and Jenny Bryan. In the bronze final, Jenny Bryan took the win from Aidan Elves with 141-132.

For the gold, top ranked Lewis Haslam and Grace Chappell tied with each other on 143 points. In the shoot off, Lewis retained his lead with a 10 to Grace's 9.

### Barebow

After qualification, Oliver Hicks ranked first for the barebow cadet men with 578. For the cadet women, Amelia Chumber came top with 559. Hicks also came first in the overall cadet mixed category.

The final four going into the medal matches were Oliver Hicks, Amelia Chumber, Isabel Plowman and Emily Summers. In the bronze, Emily Summers

# Paris 2021 Hyundai Archery World Cup Stage 3

21-27 June, Paris



## Silver for GB Compound Women

Words by Izzy Carpenter

Following the Lausanne 2021 Hyundai Archery World Cup Stage 2 event (17-23 May), which you can read about in the News section of [www.archerygb.org](http://www.archerygb.org), the third and final stage of the 2021 Hyundai Archery World Cup took place in the French capital at Charlety Stadium. As well as deciding the line-up for the 2021 Hyundai Archery World Cup Final in Yankton, the event also hosted the final qualifier for the upcoming Olympics.

The first day of competition saw some incredible performances by Great Britain as it all kicked off with the qualification round. Events for the week included recurve and compound team and individual events, with some fantastic performances put in by Patrick Huston who made it to the recurve men's semi-finals, while compound athlete Ella Gibson came away from qualification with her second consecutive first rank with a 703. It was at the second stage of the World Cup in Lausanne where Gibson earned her first top rank with a score of 705.

The compound women's team went on to shoot against the team from Colombia in the battle for the gold medal. For the compound men, it wasn't to be as they lost their match to the Netherlands, 231-229.

The recurve women had a bye in the 1/12th round, and then in the 1/8th they lost to team USA 5-1. For the men, they too had a bye in the 1/12th, and in the 1/8th they came up against the team from Belgium. They took the match all the way to a shoot off, but unfortunately they missed out narrowly with a 26 point end to their opponents' 27 end.

### Compound finals

Saturday's (26 June) compound finals day saw the GB women take on Colombia in a bid for the gold medal and the title. From



the very first end, all six archers on the field of play showed what they were capable of with a 59 for GB and a 60 for Colombia. In end two, Colombia managed to narrowly extend their lead by another point, taking the match to 119-117.

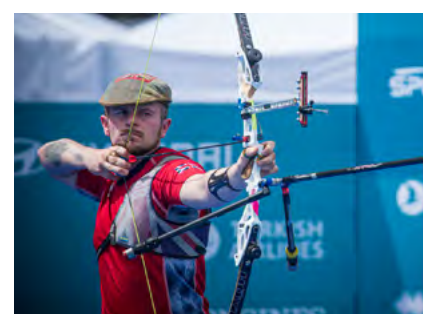
"Ella is a quality opener. Layla was born for following that up, and Bayley is superb under the pressure of the clock, so the team order works perfectly," coach Simon Scott said.

GB didn't let their opponents gain a single point in the third end, both teams shooting a very clean 59 each. It all came down to the fourth and final end with Colombia still two points ahead. Both teams shot a perfect 30 apiece and in the last three arrows GB shot nines giving them 57. Unfortunately, it wasn't quite enough to beat Colombia's final end score of 58 winning them the match and the gold medal, 236-233.

"I'm really proud to be a part of a team with Ella and Layla," Bayley Sargeant said. "I'm excited to shoot with them again in the future to see what we can do."

### Recurve finals

Sunday (27 June) saw the recurve finals, where GB's Patrick Huston had his semi-finals and final match. In the semis, Huston faced USA's Jack Williams who ranked in 7th after the qualification round. It was Williams who took the first two sets, but Huston gained a set back with a 26 end to his opponent's 24. In the end, it was Williams who took the win and put him in the gold medal match against fellow American, Brady Ellison. For the bronze,



**Top to bottom:** Ella Gibson; podium finish: silver for GB compound women; Layla Annison; Patrick Huston. **Pics:** World Archery

Huston met Italian, Federico Musolesi, the world number 39 ranked. The Italian took the first two sets, and then Huston the third, but in the last end Musolesi scored a perfect 30 to give him the winning set.

**For full results see:** <https://www.ianseo.net/Details.php?told=8758>



Words by Izzy Carpenter

Day one of the UK Masters kicked off with the WA1440 round. For the gents recurve, Alex Wise ranked first after the 1440 round with 1333. Eighteen points behind in second place was Conor Hall with 1315, and in third was Michael Judd with 1286.

In the ladies recurve, Malgorzata Sobieraj came in first with 1325. Jaspreet Sagoo placed in second with 1314 points, and Imogen Sullivan-Bell came in third with 1278.

On the compound side of the field, gentleman compound Thomas Lane ranked top with 1373. Lewis Haslam is just behind in second place with 1366, and Tom Duncan shot 1359 to earn third place. And gentleman guest compound archer, Jason Sargeant, shot 1324.

# UK Masters 2021

25-26 September, Lilleshall, Shropshire

For the ladies compound, Bayley Sargeant ranked first with 1399, one point away from hitting 1400. Jacquie Holmes shot only eight points less with 1391 to earn second place, and Susan Corless came third with 1388. Also, Lindsay Howard earned a UK record for the WA1440 compound women open with 1317.

Longbow gentleman, Cliff Gadd, shot 837 points to earn first place in the rankings. Rob Twigg came in second with 818, and in third is Martin Bale with 795. For the ladies longbow, Sheila Hudson ranked first with 811. Hudson also earned herself a UK record for her 70-meter score of 209. Sharon Lawrence shot 693 for second place, and in third is Sophie Twigg with 633.

Gentleman barebow, Brett Stringer, came first in the rankings with 965. In second is Paul Hadley with 942, and in third is Mark Turner with 858 points. For the ladies barebow, Jacqueline Crow came first in the ranking with 1015. Just behind in second place is Jacqueline Hunt with 991, and in third is Sarah Hubbard with 967.

On day two of the UK Masters, archers shot their WA720 ranking round and head-to-heads to combine with the previous day's scores to determine the new champions.

## Recurve

The top qualifier for the recurve men was Conor Hall with 660 points. Going into the final matches, the remaining four men were Conor Hall, Alex Wise, Richard White and Michael Judd. In the bronze, Judd took the win from White 6-2. Wise took the gold against Hall also with 6 set points to 2.

The overall UK Masters champion for the recurve men is Alex Wise.

For the recurve women, Jaspreet Sagoo topped the leaderboard after qualifying with 662 points. Sagoo along with Malgorzata Sobieraj, Eleanor Piper and Imogen Sullivan-Bell made up the final four after the head to head rounds. Sullivan-Bell took the bronze from Piper 6-2, and Sagoo continued her lead, taking the gold from Sobieraj 7-3. The overall UK Masters champion for the recurve women is Jaspreet Sagoo.

## Compound

Lewis Haslam was the highest ranked compound man with 682 points. After the head-to-head rounds, the four athletes going into the medal matches were Lewis Haslam, Michael Pearce, Thomas Lane and Tom Duncan. The bronze medal match was close up until the very end with Lane taking the win from Duncan by a single point, 138-137. The gold final was equally as close, but Haslam retained his top spot, winning by a

point against Pearce 143-142. The overall UK Masters champion for the compound men is Lewis Haslam.

On the women's side, Hallie Boulton shot top qualifying with 669 points. Boulton was joined by Susan Corless, Jacquie Holmes and Anne Rutland going into the medal matches. Rutland faced Holmes in the bronze where she dominated the match, taking the win by 6 points, 144-138. The gold match was much closer on score, but in the end it was Corless who took the gold from Boulton, 138-137. The overall UK Masters champion for the compound women is Susan Corless.

## Longbow

Martin Bale was the longbow man who took the top spot on the leaderboard after qualification with 449 points. The top four men who went into the finals matches were Scott Williams, Rob Twigg, Martin Bale and Cliff Gadd. In the bronze, Gadd took the win from first-seeded Bale with 7-3. Going for gold, Twigg met Williams where Twigg shot 6 set points to 2 to become the winner. The overall UK Masters champion for the longbow men was Rob Twigg.

In the women's longbow category, Sheila Hudson earned the top spot after qualification with 379 points. Going into the bronze final was Sharon Lawrence and Penny Jubin, and after a close match it was Lawrence who took the win 6-4. In the gold final, Hudson retained her winning streak of the weekend by taking the match from Sophie Twigg 6-2. The overall UK Masters champion for the longbow women is Sheila Hudson.

## Barebow

The top seeded archer after qualification for the barebow men was Paul Hadley with 578 points. Brett Stringer was the third place winner, and in the gold final, Mark Turner took the win with straight sets against Stringer 6-0. The overall UK Masters champion for the barebow men is Paul Hadley.

For the women barebows, Sarah Hubbard took the top qualifying place with 548 points. Hubbard was joined in the finals matches by Mary Louca, Jacqueline Crow, Sarah Hubbard and Jacqueline Hunt. In the bronze, top seed Hubbard took the win from Hunt with straight sets 6-0. And finally for the gold, Crow also dominated her match winning 6-0 against Louca. The overall UK Masters champion for the barebow women is Jacqueline Crow.

See all the results from [Day 1](#) and [Day 2](#).



Max Hamilton

Tom and Millie Fisher

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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

# BOWMEN OF BACKWORTH

**Founded:** Circa 1970 **Address:** Backworth Hall, Station Road, Backworth, Newcastle Upon Tyne NE27 0AH  
**Facilities:** Indoor and outdoor range 📍 [www.bowmenofbackworth.org](http://www.bowmenofbackworth.org)

**T**he aim of Bowmen of Backworth has always been to "introduce archery to the general public on a totally non-discriminatory basis", said club secretary Keith Ritson.

"We welcome everyone to experience it without any prejudice or pressure, creating a safe, friendly, fun and enjoyable environment. Archery GB's chair Mark Briegal once described us as a 'beautiful club', so this is who we are: the Bowmen of Backworth is a section of Backworth Miners Welfare though today there is not a 'geet big pair of Byeuts' (great big pair of boots) or a whippet to be seen, though we do have the odd cloth cap. We are situated in the



*The Bowmen of Backworth was born about 50 years ago from the remnants of Quarry Archers, who shot at Rockcliffe Rugby Club, near an old disused quarry in Whitley Bay.*

**Below:** Backworth Hall

grounds of Backworth Hall set amongst a stunning backdrop of 85 acres of land, with a rich history dating to the late 18th century. It is believed that our field was used for recruiting during the First World War."

Backworth Hall was once the home of Ralph William Grey, a wealthy landowner and gentleman. Today it functions as the welfare and recreational centre for the whole of the Backworth coal-mining district, which had more than 3,000 employees. The miners used to pay sixpence out of their wages to the social fund to keep the place going. Nowadays, the mission is to provide welfare and sporting facilities to the local community, being a registered charity dedicated to providing a unique environment for sport [golf, cricket, bowls, cricket or archery – the latter two are both available for free have-a-go sessions] and other social functions. Keith added: "The Hall is licensed for weddings. So, technically, as a section of the Hall, we are an archery club who can get you married!"

The Bowmen of Backworth was born about 50 years ago from the remnants of Quarry Archers, who shot at Rockcliffe Rugby Club, near an old disused quarry in Whitley Bay, now in Tyne & Wear. Keith said: "In my formative years we used to play in the quarry, and I can remember hiding under the big wooden rugby stand and watching the arrows fly past!"



Apart from putting on free archery for Archery GB's annual Big Weekend, the club's free have-a-go sessions are held on the first Saturday of the month, April to September. At these sessions, unlike other local clubs, there are no restrictions or charges, though donations are accepted. Keith explained: "Our only problem is that the Hall's toilet access is up the front stairs, but we have carried wheelchairs up and down when necessary. We also organise have-a-go sessions for other groups including the WI, Scouts and Guides and u3a, and assist local schools with their open days by putting on safe archery and boosting their funds. We will give anybody a chance to try our sport and have a variety of aids to assist less abled archers. We only ask that juniors (under 14) are accompanied by a responsible adult. This keeps order at the back! All events are held in accordance with Archery GB's Rules of Shooting."

From beginners to elite athletes, the club is keen to nurture talent and 'loaned' their field out, free of charge, to an Olympic 2020 hopeful to allow him to continue to train at 70m. Keith said: "With the restrictions around Covid, he had his own key to the target store, his own designated boss and stand, along with necessary cleaning equipment. Anything for a fellow archer in need. We have two Level 2 and three Level 1 coaches, and coach as and when we are needed, such as now with our new novices coming into the club. With the facilities of Backworth Hall, we have teaching sessions covering most aspects from arrow



maintenance to compound set-up. We also arrange walk-back tuning in the field."

And those looking for a change from target can take advantage of creative clout shoots. Keith explained: "We arrange mini-clouts for our members at 60 yards using jelly bows, followed by get-togethers with a quiz or food. We sometimes use balloons instead of clout flags to keep things lively!"

The club's facilities are probably some of the best around. Archers have a choice of four rooms: a bar with full facilities (with discount for members), a restaurant,



**Above:** Whatever your skill level, Backworth offers a warm welcome



*From beginners to elite athletes, the club is keen to nurture talent.*

tearoom and a large upstairs room that can host three bosses at 20 yards. All of these are available under Hall fees, at present £110 for a senior and £55 for a junior, with a pro-rata system. "Of course, we pay for our drinks and food, but it isn't bad for £2 a week," said Keith. "Archery GB, Region and County fees are on top. Our target fees are

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The archery field is 200 x 100 yards with a grass apron on one side and surrounded by trees on the other. Said Keith: "We are almost completely surrounded by trees, so wind is not normally a problem. The field is available to members 24/7 (in accordance with Archery GB's Rules of Shooting and Covid regulations).

"We have just purchased a 32' x 10' site office for the top of the field to provide a pleasant, dry area for our members and friends. We're fully insured by Backworth Hall for all archery activities that take place in the grounds. Hopefully this provides a good idea of what we have to offer – we look forward to seeing you soon!"

**Above:** Sessions vary from target to clout

only £2 per session and we have free hire of the rooms for our archery classes and social events. The catering facilities have suffered owing to Covid but the Hall has a new chef with extensive menu ideas, from bacon butties to full roast dinner. We also have BBQs on our field and special fun events. We have just held a club meeting to ask the membership if there is anything that needs changing and we had a unanimous 'no'. We must be doing something right!"

# MAILBAG

**Write to:** Mailbag, Archery UK magazine, Archery GB, Lilleshall National Sports & Conferencing Centre, Newport, Shropshire TF10 9AT **or email:** magazine@archerygb.org

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## Shared passion

My wife and I took up archery 12 months ago and we can't stop. We do everything together and this is yet another 'string to our bow'. Find something you share, find a love you both follow and the rest is easy. We shoot at The Foxes Archery Club in Rothley, Leicester and they've accepted us like family.

**Matthew Jones**



## Reader feedback

I am really thrilled to get a real magazine again. I have felt quite isolated as email magazines do nothing for me at all and

are very difficult to enjoy. I am going to sit down now with a cup of coffee, and get back some more of my archery life. Please, oh please, may this continue.

**Sheila Harris**

**AGB's Emma Kasprzak, Head of Comms, says:**

"That's great to hear, Sheila. We are currently sorting through all the survey responses and will update members on the outcome in the new year."



## Not all disabilities can be seen

Thank you for listening and adapting the Worshipful Company of Fletchers' Disability Championships to include any disabled archer and to allow them to choose their own distance. John [pictured] thoroughly enjoyed the experience. I'm not sure he understood the head to heads; he just shot his three arrows. His gold medal was worn until he showed it to his dad and it has gone into Futures College, part of the Severdale Specialist Academy, so who knows, he could inspire some more differently-abled students to try archery.

**Marese Seabury**

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## A healing process

My husband Phillip Gallagher is a project manager in construction. He was a happy-go-lucky guy, passionate about his work and very little phased him, until the pandemic arrived. Construction was to continue, the government announced, and he was overseeing the build of a huge care home and assisted flats, with 104 workers.

He had a 90-page document of government guidelines, updated on almost a daily basis. Amongst his workforce there was confusion, anxiety, anger at not being furloughed, fear and sadly ignorance towards Covid. Phillip had to deal with each and every one of those emotions within each individual, trying to lift spirits and reassure employees, and implement and enforce Covid safety measures. The job's deadlines remained in place regardless, and like a swan trying to be calm on the surface for his staff, he was paddling like crazy underneath.

It wasn't long before a different Phillip started to come home at the end of the working day. There was no escape; not only had he dealt with the unknown throughout the day but came home to myself, his wife, who was also anxious and scared at what the news and media was broadcasting.

This continued and spiralled and my once happy-go-lucky husband was suddenly verging on a breakdown and after months of very difficult days, he fell to his knees in tears – a breaking point you might say. He finally opened up to his own fears, concerns and anxieties. This man who'd always been my shoulder to cry on, had fallen apart before



my eyes. I could listen and try to help but how could I possibly begin to understand his working day? Like so many who have worked throughout, not to mention frontline staff, you can't possibly understand and of course, as we all know, many had far tougher times but I just wanted to share our story and the difference archery has made to our lives.

What happened next was literally like a prayer being answered when in July 2020 we received an email from Thirsk Bowmen, a club whose waiting list we'd been on and beginners' course we'd signed up to, which

**"A year on and most definitely having the 'archery bug' within him, Phillip won his first bronze medal in July at an inter-tournament Yorkshire competition, part of a team trophy in men's recurve"**

had been due to start in the spring. The email informed us that the club had the go ahead from Archery GB to do the beginners' course, and so we could now start with social distancing measures in place.

That first day at the field brings tears to my eyes even typing this. I saw my husband smile for the first time in months, I saw a man completely forget his worries and fears, forget the daily work stresses and instead focus totally on the bow in his hand. It may have only been for the two hours at each session of the beginners' course but it started his road to becoming Phillip again. There was something to look forward to: weekly, practice sessions with a TheraBand that he used at work, articles to read in Archery UK magazine, and he also read Archery: The Art of Repetition



by Simon Needham, and watched competitions/videos online. He had a new focus and much-needed escapism through dark times. Archery was the start and maintenance of a healing process.

A year on and most definitely having the 'archery bug' within him, Phillip won his first bronze medal in July at an inter-tournament Yorkshire competition, part of a team trophy in men's recurve, and a first-place rosette at a friendly event. He now has archery goals, is focusing on technique and just loves being a part of Thirsk Bowmen.

My sincere thanks to Archery GB for fighting to get archery up and running through the pandemic. There is no doubt in my mind archery is a medicine and the focus involved aids mental wellbeing. It is good for both mind and soul.

Huge thanks to Thirsk Bowmen. You really have helped along the way and made us feel so welcome within the club. There are too many names to mention but please know who you all are. It's a wonderful, friendly club that offers so much encouragement, help and assistance. It's also very tranquil – we are extremely lucky.

I would also like to thank Alan at Merlin Archery Co. Durham for his help in choosing our equipment.

Finally, thank you to my husband for your strength, your love of archery and for your focus and determination through a very difficult time in your life. Archery is a feeling you can't explain. We lose ourselves in things we love and find ourselves there too, and you surely have.

**Ellen Gallagher**

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# Science of the shot

The technical side of archery has long fascinated as well as thrilled. *Arthur Credland* examines the early work of leading professors who pinpointed the science behind the shot

The early writers on archery in the 16th and 17th centuries, Ascham and Markham, showed themselves aware of the need to match arrow weight to bow. Arrows were selected according to the particular kind of shooting intended: target, hunting or military, and the particular strength and aptitude of the archer. An arrow not sufficiently stiff for the power of the bow it is shot from will either flirt and move randomly, or break.

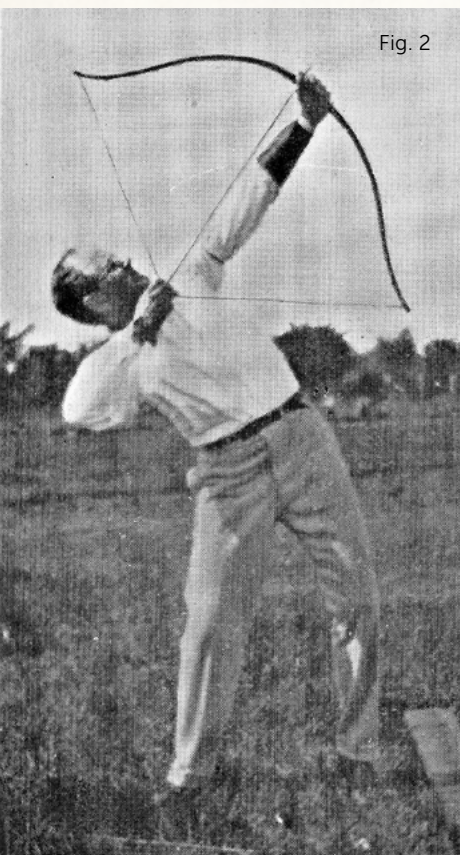


Fig. 2

It was Horace Ford (1822-1880), 12-time national champion, who seems to have been the first person to describe in print the peculiar performance of an arrow, when released from the bow:

'... it will be found that that the arrow does not point to the object aimed at, but in a direction deviating to the left of it ... [and then] it will go straight to the object aimed at' (Archery: Its Theory and Practice, 1856).

In 1913, an article entitled the 'The Toxophilist's [sic] Paradox' written by Dr E. J. Rendtorff (1873-1946), professor of physics at

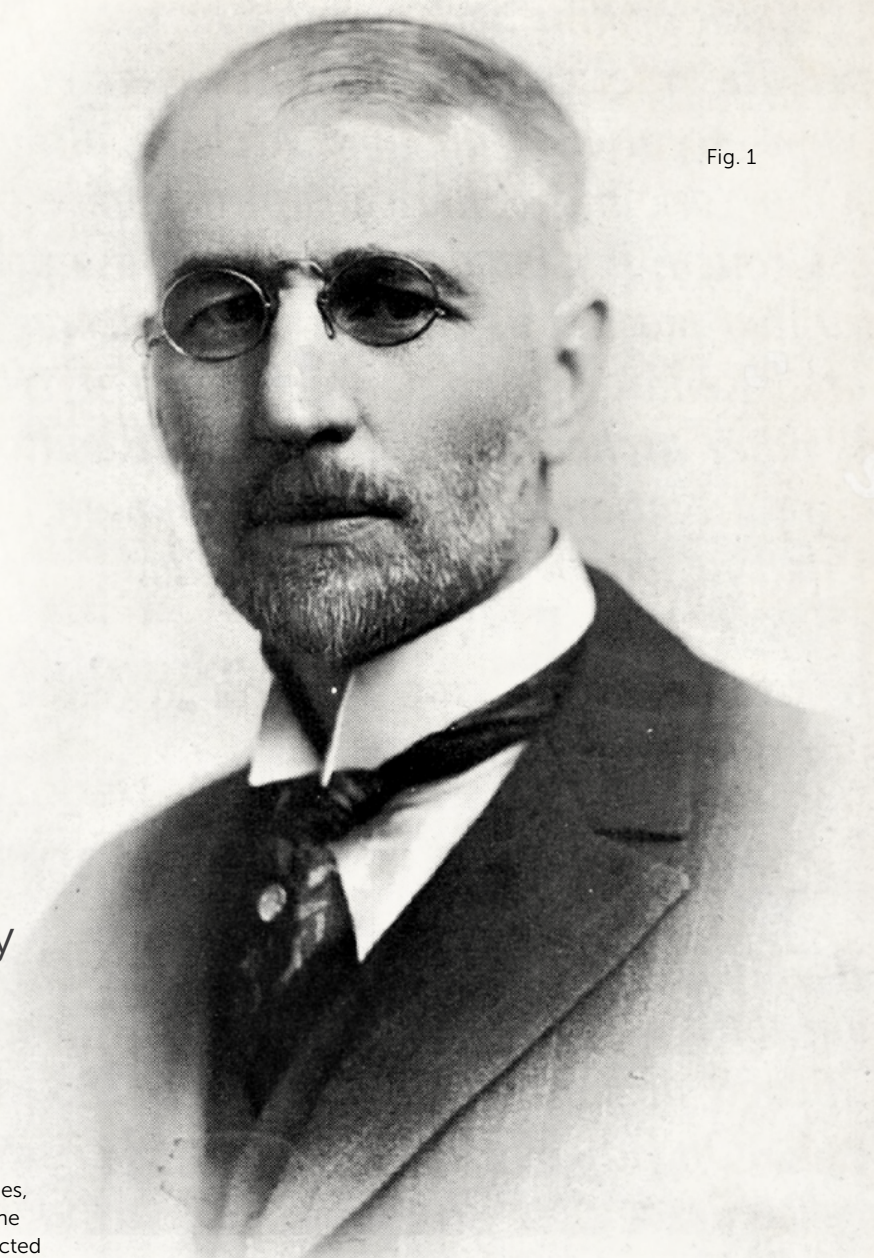


Fig. 1

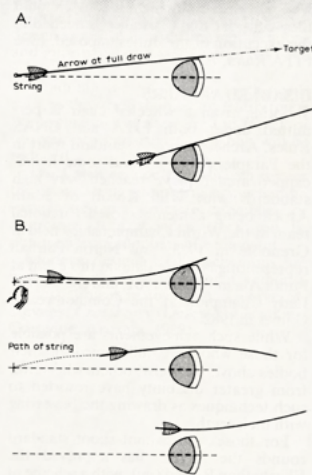


Fig. 3 (above) and Fig.4 (right)

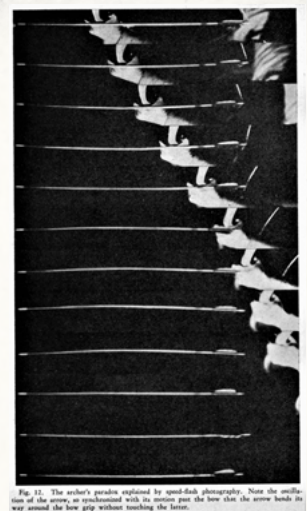


Fig. 12. The archer's paradox explained by speed-film photography. Note the oscillation of the arrow, as synchronized with its rotation, and the bow that the arrow bends its way around the bow grip without touching the latter.

Lake Forest Academy, Illinois, appeared in the American magazine *Forest and Stream*, 8 February. This gives us the basis of the modern description of 'archer's paradox' which appears in Robert Elmer's book, *Archery*, published in 1926. Elmer is also the first to remark that the arrow actually bends around the bow before heading directly to the target. In the 1933 edition he gives further details of research by himself and others, and a Dr Pillmore had captured on film the bending of the arrow in a series of shots made by W.H.

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## Arthur Credland

Archery GB's official historian

✉ [historian@archerygb.org](mailto:historian@archerygb.org)

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Fig. 5

Palmer, the American champion of 1928. The films also showed the way in which an arrow of inadequate stiffness (spine) did not straighten out but skidded off to the left.

A series of experiments by E.S. Hodgson and Paul Klopsteg were brought together in Archery: The Technical Side, published in 1947. Clarence Hickman's work, also included in the volume, used slow motion film in 1937 to record the flight of an arrow in detail. It is seen bending around the bow, without touching it, and continuing to oscillate as it moved towards the target. Clarence Hickman (1889-1981) has been given credit for determining the 'archer's paradox', though in fact his work was more of a confirmation in a highly visible way of what had already been largely understood by previous observers. A protégé of Robert Goddard, the American pioneer of rocketry, he is best known for developing the recoilless rifle and the bazooka anti-tank weapon.

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### CAPTIONS:

1. Portrait of Professor Rendtorff
2. Robert Elmer, doctor, archery champion and author
3. Diagram of the 'archer's paradox'
4. Hickman's photographic sequence of 'archer's paradox'
5. Clarence Hickman with his 8mm high-speed camera

All pictures from the Archery GB archive. For more information, contact: [historian@archerygb.org](mailto:historian@archerygb.org)

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# THE WAY OF THE BOW

If the archery of the Tokyo Games left you wanting more, you might consider taking up kyudo, a Japanese martial art that promotes physical and mental awakening

**T**he elite athletes who showcased their skills in Tokyo this summer finally had their moment of glory in the Land of the Rising Sun. The rewards for their hard work were gold, silver and bronze – success that many dream of but few achieve. Years of an elite archer's career are spent honing their technique to hit gold time and again, but it's a different goal to that of traditional Japanese archery. Once bow and arrow became redundant on Eastern battlefields, archery became kyudo, 'the way of the bow', a way to train mind and body – the requisite seven-foot bow and feather-fletched arrows (traditionally made from both the right and left wings of birds of prey) no longer a symbol of terror. Though kyudo practice has changed over the centuries, the ancient philosophy behind it remains the same. It embodies Japanese values of courtesy, respect and discipline and those who practise it in the UK emulate these traditions by dressing in kimono for ceremonial shooting, being mindful of etiquette, and even learning language basics: the most important kyudo words being Yumi (bow) Ya (arrow) and Sensei (teacher).

Despite being a niche activity, kyudo takes place in sports halls around the country, and those who take it up swear by its mental and physical benefits. Sound familiar? Kyudo has one big difference to Western archery practice: although every movement in setting up the shot is significant, hitting the centre of the target is not the measure of success as there's no numerical scoring involved. The process of achieving the perfect stance following a set, smooth sequence of movements is as important as hitting the

target. Archers who miss are encouraged to reflect on why that happened and try, try again as part of the mindful exercise.

Claude Le Guyader, leader of the London Kyudo Society [pictured on page 46], has practised the sport for many years and runs Sunday afternoon sessions at Twyford Sports Centre in Acton, where she welcomes beginners alongside those who have studied kyudo for many years. Unlike Western archery, kyudo is not something that you can just 'have a go' at. It requires mastery of the correct form first: the learning of eight body postures, with prospective beginners required to watch three sessions as observers before they are allowed to start training in the form.

Claude said: "I've been training since January 2000 and I started because a photographer friend of mine was passionate about it. He mentioned that there was a kyudo group in London, so I went along but I was horrified – I could see why my friend was attracted by the elegance of the sport but I thought I'd hate it. You had to 'dress up' and it looked more like a re-enactment show and not for me at all until one of the seniors asked me to try some of the movements. Then it was very much like discovering a new world! I realised that despite appearances, the real work was internal. It's more like yoga in a way, with great attention to posture and alignment."

Kyudo almost demands an audience to witness its beauty and orderly elegance, although onlookers tend only to be fellow archers in training. The archers are like dancers with their choreographed steps around the Shajo (shooting area), their unity and symmetry, and timed handling of bow and arrow. They follow a strict – and silent – routine from entry to exit of the Shajo: bowing, kneeling,

Right: Archers participate in a monthly ceremonial shoot at the London Kyudo Society





## TRADITIONAL JAPANESE ARCHERY



**Above and below:** An example of kyudo's fluid shooting style



rising, kneeling again and taking aim one after the other. It is theatrical to watch but the effort spent moving around the shooting area is as important as shooting, and beginners quickly discover that core strength is needed to propel them from one position to the next.

"People get different things out of kyudo," Claude explains. "Some of our older members find it a good work-out and come along for the social aspect; young people often see it as an unusual sport and a way to take their mind off their studies or work. I'm in my 50s and have had very busy jobs throughout my life. I've always found kyudo a regenerating, calming thing to do every Sunday – it gives you a punctuation at the end of your week."

Kyudo is a big commitment however, and most sessions last at least three hours including set-up and dismantling of the target area. Bamboo bows need to be strung half an hour before being shot, and it's a process that can't be hurried. The monthly meetings at the London Kyudo Society are five hours' long, which gives archers ample time to immerse themselves in a world far removed from outside. Claude said: "I've never tried Western archery but if it's anything like kyudo there's always more to learn – as your body changes with age, kyudo forces you to come to terms with a lot of things. It's a constant challenge to master it. Shooting is very ritualistic – it's always done at the same distance with the same equipment, so if the arrow hits or misses the target it's a reflection of your state of mind and technique, as nothing else has changed apart from yourself."

Shots are taken two arrows at a time (Hitote) and the process is very measured. If you prefer to be on the move and firing at will, this probably isn't for you, and it is as much about working harmoniously with others as it is focusing on your own shooting. You won't find people stressing out that they missed or yelling advice to each other. Weekly practice sessions culminate in monthly meetings where archers dress in kimono and perform rounds of two-arrow shooting in groups of five people. Kyudo is built on eight stages of shooting: footing, forming the torso, readying the bow, raising the bow, drawing apart, full draw, release, and remaining spirit (form). Much like a swan, only grace is visible with any ungainly actions hidden from view!

Ray Dolphin is the Society's senior instructor and has been training for 35 years. He holds the highest grade in kyudo outside Japan as a result of his formative years guided by the late Liam O'Brien, one of the founding members of the United Kingdom Kyudo Association (UKKA) who started his own kyudo practice in Japan where he lived and trained for 11 years. After moving from Warrington to the south in the '70s for work, Ray stumbled upon the hobby that became a lifelong commitment. Under Liam's



## WHY KYUDO?

### Isaac – beginner on his third attendance:

*I suppose you can say I found kyudo through a spiritual calling – the Eastern culture drew me in initially and I thought kyudo would benefit my mental health. It forces you to let everything go and focus just on the movements. It doesn't really matter if you don't hit the target. I tried Western archery once years ago and it seemed far easier to hit the target than in kyudo, which can take many months or even years to do.*



tutelage, himself the highest graded kyudo archer outside Japan for many years until his death in 2015, Ray was the apprentice who has become the London Society's esteemed instructor. To sum up success in kyudo, he said: "The key thing is to control your breathing during the shooting. When you do that you control your heart rate and settle any nerves."

Today, kyudo attracts a wide variety of people. "A third of our membership is Japanese, which encourages a natural 'dojo' [training place] atmosphere," Claude said. "Some might live here or be in this country for a few years for business or to study and come to kyudo if it's something they already do at home. Some start kyudo here as a way of staying in touch with Japanese culture. The core group is made up of people of various nationalities, and with 27 enquiries in the midst of the pandemic last year, looks set to recover from any losses due to people having to shield or stop practising in the pandemic."

So how does the kyudo journey begin? "We have quite a rigorous process for beginners," said Claude. "Because it's a big commitment, we need to help people decide whether they are able to take it up." It's not something you can easily try out as the equipment is so specialised and comes from Japan. It requires an outlay of a few hundred pounds – not including the bow, which to the untrained eye looks a simple wooden affair rather like a very large longbow. Typically made of ash and bamboo, the seven-foot bows seem to dwarf the average adult, you certainly need to be fit to reach full draw. Glass fibre bows are the modern equivalent and used by beginners but Ray recommends they only be bought with the guidance of an instructor to avoid costly mistakes.

As with most sports, other forms of exercise benefit the kyudo archer to help strengthen and condition the body, but aside from practising at home with resistance bands, the only other way to train outside of the dojo is to read the Kyudo

**Above:** *The wooden arrows are topped with feather fletchings*

**Below:** *Targets are tiny! However, the main focus of kyudo is on form, not hitting the centre*

manual, reflect on one's practise and try to absorb the techniques. Written by a group of Japanese masters from different schools after the Second World War, its wisdom and instructions were translated by Liam O'Brien into English for use by non-Japanese speakers.

To take up kyudo at the London Kyudo Society, archers must be at least 16 years old, and it's not uncommon to see people in their 70s training on a Sunday afternoon. "It's benefited me personally in a million





Above: Bows need to be strung half an hour before shooting

# Kyudo in the UK: a short history

Words courtesy: United Kingdom Kyudo Association

**KYUDO** was first seen in the United Kingdom in 1968 when Anzawa Heijiro sensei, \*Hanshi 10th dan, visited London. Anzawa sensei was one of the most senior Kyudo teachers of his generation and had given a special demonstration at the 1964 Tokyo Olympics. He had been a student of Awa Kenzo sensei, the subject of 'Zen in the Art of Archery', and was on his way to Germany to visit the grave of the author, Eugen Herrigel.

Following this, two dojos were established in London with support from Japan, especially from Hideharu Onuma sensei; who apart from being Hanshi 9th Dan in Kyudo was also a previous all Japan Archery champion.

During the 1970s several UK members were able to visit Japan and study in greater depth. Principle among these were Liam O'Brien and Mike Cundy, who went on to help form the United Kingdom Kyudo Association, the governing body in the UK.

In 1980 the UK was one of the founding members of the European Kyudo Federation.

In 1985 O'Brien sensei went back to Japan, returning in 1992 as Renshi 6th Dan. Up to his death in 2015, he provided leadership and guidance to the national association of the highest quality, finishing his career as Kyoshi 8th Dan. His leadership continues through the current chairman Ray Dolphin sensei, Kyoshi 7th Dan.

Since the early days Kyudo has spread to all corners of the UK with an increasing membership. Our members attend IKYF seminars in Europe and Japan and are able to take grades at regular opportunities and receive teaching of the highest level.

The principles underlying the organisation have always been firmly rooted in the traditions and practices passed down through the All Japan Kyudo Association. The ANKF official Kyudo Manual, translated into English by O'Brien sensei, remains the primary source of knowledge.

\*Hanshi, Renshi, and Kyoshi are all Japanese martial arts titles that denote the rank of a very accomplished teacher (referred to as 'dan' or black belt-level).



WHY KYUDO?

## Estelle – beginner in her first year:

*I'm fascinated by kyudo but I've only been shooting for a year – I'm excited to be back after lockdown. I'm interested in Eastern culture in general and kyudo seemed a good way to discover more about it. It's challenging and addictive.*

ways," confirms Claude. "I've recently faced serious health issues and I cannot tell you how much kyudo practice has helped me come to terms with them, even with the loss of training opportunities during the pandemic. Everything I've learned from kyudo has helped me through, professional and personally. Kyudo really builds your determination. It's about facing whatever struggles life presents you with to improve the shooting."

It remains to be seen if kyudo will ever make it into the Olympics, but when conditions allow, the fourth World Kyudo Taikai will be held in Japan giving the finest archers from around the world a chance to compete. Away from the tournament circuit, there are training seminars and official exams to help archers gauge their progress, but for the most part, kyudo is about simple, meditative self-improvement – a graceful art of quiet contemplation.

### Find out more

Visit the International Kyudo Federation website to learn more about the sport's history and practice. To find your nearest club, visit [www.kyudo.org.uk](http://www.kyudo.org.uk)



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# High achievers

Across the country, archers have been racking up huge scores in their triumphant return to the range. We spoke to a few of this year's record breakers about their methods and mindset

**What do you attribute your success to?**

It truly has been a team effort. Since lockdown both my coach Andrea Gales and I have worked so hard around my shot process. Supporting that, a lot of gym time, cardio and pressure work. Combining everything has pushed all my scores up, and constantly up.

**You started archery in 2017 and went on to join the GB Para World Class Programme just a year later! What do you enjoy so much about archery?**

Watching all the archers who can running for cover when it's raining between ends... Seriously, for me the sport is very process driven and that's how my mind works and that ties into my day job. As for challenges, a lot of disabled people have poor circulation so trying to keep the body warm especially during the winter months is so hard. Rule of thumb is lots of layers; some of my team mates do take this to the extreme – I have photo evidence... As for the benefits, we have so many clubs round the country now so there will always be somewhere close to go shoot. Biggest one though is that archery is so social, friendly and supportive and even in today's world, this can be lacking for a lot people.

**Have you had any other archery highlights this year?**

As with most it's been a very short season, but I have been able to medal in mixed team events both in Dubai at the start of the year and then again in the Czech Republic, both with Victoria Rumary. It's lovely to share success with someone, and fun to add another dynamic to the sport around communication.

**Are there any records left that you hope to beat this year or next?**

Records are lovely to get but when it comes to competition I'd rather shoot consistently throughout the event. If I had to pick something that's possible with my current performance then I'd like to beat the current mixed team world record and/or the 15 Arrow Pass.

**Best piece of advice you've ever received from a fellow compound archer/coach?**

You have to trust your shot. Always stay strong and if you have a bad arrow, forget it and put your mind back to process.



## Martin Saych

**Club:** Blue Arrows and Deben Archery

**Bowstyle:** Compound (less scope and peep sight)

**Record broken and score:** PB 15 arrow pass – 135

**How did your record come about?**

It was during the elimination stage of the final quota tournament for Tokyo Paralympics being held in the Czech Republic. I had only just broken my record a couple of days earlier with 132; prior to this my record was 131 which I shot at Clophill in 2019. The reason why this record is so special is the match before I had only lost by one point and missed out on automatic selection to Tokyo. So to mentally come off that disappointment and to then shoot another personal best and win the match is massive and puts me in a good position going into 2022.



*The reason why this record is so special is the match before I had only lost by one point and missed out on automatic selection to Tokyo.*



## Alex Wise

**Club:** Bowmen of Walker  
**Bowstyle:** Recurve  
**Record broken and score:**  
 Double WA720 – 1344

### How did your record come about?

It was on 18 September at Clophill Archers. I wanted to put down some big scores to end the season and I did just that, beating the old record, held by my teammate Patrick Huston, by 14 points.

### What do you attribute your success to?

More recently I have been training very hard, shooting more arrows than I ever have before and it seems to be paying off.

### You went to Tokyo as an Olympic reserve – how challenging was that situation, knowing that at any minute you could've been called on to shoot?

The hardest thing about it was not being on the team, I think! All the health and safety procedures that were put in place gave me and everyone else involved confidence that it was very unlikely that I would have to step in at any point, but I was always ready, just in case.

### Have you had any other archery highlights this year?

I broke the Double WA 1440 record that was held for 14 years.

### Are there any records left that you hope to beat this year or next?

There are always more records to beat! I would like to have a crack at improving my own records as well as doing my best to get close to the WA720 and WA1440 records.

### Best piece of advice you've ever received from a fellow recurve archer/coach?

There is probably too many to mention. One that sticks out to me is something my coach Richard Priestman says quite frequently: 'A good bow arm gets you points'. And something one of my first coaches, Helen George, said once: 'Don't get so hung up on the positives and negatives that you forget to just breathe'.

## Jaspreet Sagoo

**Club:** Peacock Archers  
**Bowstyle:** Recurve  
**Record broken:** Double WA  
 70m Ladies Recurve – 1294

### How did your record come about?

The Woking Double 13 Jun 2021 was one of the few competitions I had a chance to shoot before the start of my National Tour campaign which was only two weeks away. With the the score of 1294, I managed to beat my own UK record and world record at the time, which I set in 2019, with a score of 1256. I also took the longstanding UK record for the Ladies Long Metric at the British Target Championships 2021, scoring 669, beating Alison Williamson who held the record since 2003 with a score of 666.

### What do you attribute your success to?

Getting back into competitive archery after so long out of it was tough, however the support of my coach Philip Watson from our club Peacock Archers, and my family and friends, encouraged me to not back down but to be the best archer I could be. I am glad to say that all the work Philip has been doing with me has inspired and shown me what my full potential could be in the future.

### Have you had any other archery highlights this year?

This year has been a great one. My 70m scores have steadily improved along with my head-to-head performances. My mental game is the best it's ever been and I think that's been reflected in my performances this year: medalling at every National Tour stage, winning the UK Masters and taking silver at the National Tour Finals in September.

### Are there any records left that you hope to beat this year or next?

I really hope to beat the UK record for the 70m round, which is 680 at the moment, within the next year.



### Best piece of advice you've ever received from a fellow recurve archer/coach?

The best piece of advice I received is from my dad, that 'giving up is never an option' but to 'work hard and earn the rewards you deserve'.



## Sheila Hudson

**Club:** White Rose Archers

**Bowstyle:** Longbow

**Record broken:** 70m distance record for ladies longbow – 209

### How did your record come about?

I shot a new 70m distance record of 209 for Ladies Longbow at the 2021 UK Masters, beating my previous record of 199 shot at the 2020 UK Masters. Incidentally, the 70m distance was the very first record I ever claimed, back in August 2015 at York Archers, scoring 155.

### What do you attribute your success to?

I honestly do not know. It just seems to happen. I don't shoot lots of arrows, I don't shoot every day, I don't have a training regime and I'm in my 60s. Could it possibly be because I shoot my longbow as I shot recurve? It was never my intention to chase records but with retirement came the chance to travel around the country and make new friends, shoot different rounds and to pit myself against the existing record holders. Through shooting the gents rounds, I claimed Gents MB in 2017 and Gents GMB awards in 2018 and 2019.

### As a female longbow archer, do you feel you have to train harder than archers using more technical bows to achieve your current standards?

I only shoot twice a week at my club in Hebden Bridge and at competitions, and apart from my beginners' course I have never been coached. I took up archery in late 2009, shooting recurve, and switched to longbow in 2013 after struggling with

the physical weight of my recurve. I first attended open competitions in 2015 – the (successful) aim was selection to shoot for Yorkshire. Over lockdown, I was able to shoot 5m in my house, but as soon as our club could open up again, the joy of shooting 70m!

### Have you had any other archery highlights this year?

- I won the British Target Championships and the UK Masters – both are consecutive wins since 2016, and currently top of the rankings again.
- Six other new UK records – four of which were improvements to my own records. At Dunster Week in June, improved Albion, Long National and Western (62 points over my previous and ten points over the current gents record); at Cleadon Archers, who very kindly made their annual WA900 record status for me, I put 140 points on the existing record of 513; and at GNAM I regained my Double York, and improved my New National.
- I now hold 44 individual UK records available to Senior Ladies (which include ten gents rounds) – 18 Imperial, 15 Metric and 11 Indoor which I think may be a record in itself.
- As I have improved several of my records over the years, my total currently stands at 91.

### What's the best piece of advice you've ever received from a fellow longbow archer/coach?

I try to focus on form, composure and release, which would be my advice to any archer. And concentrate but don't overthink.



*Over lockdown, I was able to shoot 5m in my house, but as soon as our club could open up again, the joy of shooting 70m!*





shot at this year have worked really hard to keep everyone safe. I had continued to build strength up at home and keep a focus on archery but I was concerned I no longer had the stamina. It felt wonderful to be shooting at the field again and fortunately it didn't take long to build up arrow volume and get used to distance again. The whole situation has certainly made me more determined than ever to improve as much as I can.

### What do you enjoy so much about archery?

I enjoy the challenge of achieving a new personal best and I'm completely addicted to the feeling that you get when the shot goes perfectly right. The social aspect both at the club and at tournaments is also a huge part: really friendly, supportive and a lot of fun. It is so great to see others achieve their goals too.

### Why would you recommend archery to disabled people?

When I'm on the line shooting I don't 'feel' disabled. It may take some innovation but I feel that archery is one sport that is truly inclusive. It doesn't matter what anyone else scores, it's you and your personal best that matters and that challenge instils a sense of purpose and drive.

### Have you had any other archery highlights this year?

It's my second year competing so I am very proud to have taken part in the UK Masters and achieved Master Bowman this year, setting this 1440 open compound record. I have also proudly represented Yorkshire in 2019 and 2021; this year was my first time at the National Tour and I ranked 19th out of 44; I'm the Civil Service National Outdoor Ladies Compound Champion; I won the Compound Women's Open at the Disability Championships; and I took firsts in the Ladies Compound event at the Northern Counties Archery Society competition and the GNAM at Lilleshall.

Records in the Women Open Compound Category: Hereford – 1250 set at the GNAM; Double Hereford; Single 1440; Double 1440; Double WA50; Portsmouth; Double Portsmouth; Long National.

### Are there any records left that you hope to beat this year or next?

I hope to improve on every round I've shot this year. I feel strongly that para records should be recorded for each para classification for every round available, just like non-para records. It gives other para archers something to aspire to.

### Best piece of advice you've ever received from a fellow compound archer/coach?

The late Helen George used to say: "One arrow at a time". You can't change the one that has gone, just concentrate fully on every arrow you are preparing to shoot and work your process. She is very much missed but her words live on.

## Lindsay Howard

**Club:** Thirsk Bowmen

**Bowstyle:** Compound

**Record broken:** Open Compound record WA1440 – 1317

### How did your record come about?

The record was set on 25 September 2021 at the UK Masters shoot held at Lilleshall, Shropshire. 2019 was my first tournament season. I hadn't really thought about records until someone at a tournament told me I had a new Open Compound WA1440 record with 1201, so I put my first one in and by the end of 2019 outdoor season I held it at 1287. This year I've steadily increased the total and hope to continue doing so next year. I started to check my tournament scores against the AGB record lists and put them in when

appropriate. It's nice to get the certificate through the post when it's been ratified.

### What do you attribute your success to?

Perseverance. Whatever injury, obstacle or weather has tried to disrupt my training or tournament, I have just continued on and worked around it. Huge thanks are owed to family, friends, members of Thirsk Bowmen and my sponsors Custom Built Archery for keeping me going, sorting equipment and agenting for me in all weathers.

### What did you find most challenging about getting back into the sport after lockdown?

After being seriously ill from pneumonia in September 2019 and being classified as extremely vulnerable to Covid, the virus was a major concern to me. Fortunately our club committee and all the venues I've

### Richard Heathcote

**Club:** Talisman Bowmen

**Bowstyle:** Barebow

**Record broken:** 50m UK Barebow record – single 607; double 1208

#### How did your record come about?

This is the newly ratified 50m barebow record. I shot the record initially last summer, hitting 603 at Woking Archery Club and then again at Woking this year, hitting 607 and 1208 for the double to get two new records. I've been hitting over 600 fairly consistently with a practice PB of 629 but competition is very different.

#### What do you attribute your success to?

My success is down to lots of practice. I'm shooting five times a week and around 60 arrows minimum each session, but recently only counting arrows that have been shot with good form. My coaches Martyn Paine and Gary Carr, as well as Jake Kaminski's and Ashe Morgan's YouTube channels, have helped hugely. I've also been inspired by watching barebow archery from the US, either the Lancaster Classic or the 50m outdoor they've been shooting over there.

I've spent quite a bit of time tuning different arrows and shoot either with Victory VAPs or more recently with Easton ACE's which seem less affected by the wind. I've also been working hard on my form throughout lockdown, being extremely lucky to be able to shoot throughout, at a distance of 50m outside.

#### What did you find most challenging about getting back into the sport after lockdown?

Initially the challenge of lockdown was motivation. I shot a lot in the first month and then wondered why on earth I was bothering with no competitions to train for. However, as time went on, small purchases of bits of kit, new toys to play with, multiple changes in form inspired by YouTube and several online tournaments really helped regain the motivation. Thanks also to Badger's online leagues and Robert Brian Cook for the barebow online leagues he set up.

#### What do you enjoy so much about archery?

I love barebow because of the challenge. I shot a wooden recurve instinctively before but with little expectation. Barebow is so much more accurate and you have real challenges with the mental game and personal self-control during the shot, which I find very difficult and good fun



*I've been working hard on my form throughout lockdown, being extremely lucky to be able to shoot throughout, at a distance of 50m outside.*

trying to master. There is also a real sense of a global barebow community with everyone sharing ideas and help which is brilliant. UK competitions continue this trend and everyone is extremely friendly, welcoming and good fun.

#### Have you had any other archery highlights this year?

I've had quite a few highlights this year. I was very pleased to achieve Master Bowman classification, but the main highlight was being selected to shoot for England at the Commonwealth Archery Championships of Europe event at

Lilleshall. This was a real honour, wearing the shirt and competing against the other countries was great fun, and I met some brilliant people.

#### Are there any records left that you hope to beat this year or next?

The main record I would like to beat next year is my own, the 50m. 607 is a good score, but with several archers getting very close this year, this will certainly be beaten soon. I would really like to shoot over 630, but repeating training scores in competition can be difficult.

#### Best piece of advice you've ever received from a fellow barebow archer/coach?

That's a tricky question to answer as I've received so much, mainly from Alan Holder and Brett Stringer, two great Hampshire barebow archers. There is so much advice about form and kit but I think the best for me when I started barebow was to compete in all sorts of different competitions and just enjoy the day, the people and not to worry about results. Results will come, but the best way to improve is to compete. It helps you find form and mental issues and mainly is just great fun.

👉 Please turn to pages 94-95 to see the ones to beat in the latest records listings.

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Next year will see the welcome return of many more large-scale public events, including historical re-enactment shows. Archery UK spoke to two re-enactors to find out more about what it takes to be an archer of the realm

# Ye olde show must go on

>> **Lewis Copson** Warwick Castle's resident bowman

I grew up in Warwick and visited the castle often with family and friends. As a kid I used to sneak onto the grounds – we launched our dinghy down river and found a gap in the castle fence! I was always in awe of the view of the East Front, and remember my parents would have to drag me away from the portcullis. I was just amazed by the size of everything like most children.

In those days, entertainment at the castle was limited – I don't remember seeing any archery there back then but it turned out I'd soon discover it through my aunt, who happened to live near Sherwood Forest. Regular visits fuelled my fascination for the Robin Hood story and so when the film *Robin Hood: Prince of Thieves* came out in 1991 that was it. I loved the tiny bow on my Robin Hood toy – you could actually shoot it!

I never set out to become a professional archer but when a job vacancy came up for an acting role at Warwick Castle years later I grabbed it, working initially as a character in the 'Ghost Tower'. I also took on other performance roles that came up, but didn't find my way into archery until 2009. After spotting some longbow archers in the grounds my fascination with the sport returned.

A colleague, Mark Taylor, who used to do the castle's main bowmen shows, told me he was going to start a have-a-go archery business and asked if I wanted to join him. It offered me the chance to finally learn archery (using ash longbows) and work the hours I wanted. I did that for two years, inviting castle visitors to try target archery in the courtyard. With practice, my shooting skills improved quickly and I also learned from seasoned archers who were shooting there for big performances. Then another opportunity came along when castle entertainer Richard Hall left to work as a stuntman in the movies, and I was asked to step in temporarily as a bowman in the Warwick Warriors combat show, a touring group that performs medieval battlefield displays.

I enjoy the fact that I'm storytelling and bringing history to life for visitors, and archery completely transformed the way I deliver that side of things. Part of my role is to show off longbow skills near the castle entrance. I shoot at a straw target across the dry moat during a 20-minute performance, trying to keep the public engaged throughout. It's not just about shooting winning arrows for them, as that can get boring quite quickly. Over time, I've got into a routine where I banter with the audience while I'm shooting which helps hold their attention and relieves the pressure on me to hit the target. The public expect you to do the perfect job every time and that's not always possible – maybe only a couple of times a day – so you have to be able to put on a good show despite any challenges such as bad weather, and to think on your feet to answer all sorts of questions.



Left: Taking aim across the castle moat



**Above:** Looking the part: longbow-skilled Lewis Copson

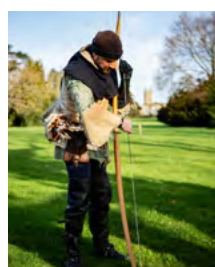
***I'm not part of a traditional archery club – I shoot exclusively in the castle grounds. I'm not sure how I'd get on with modern archery; I'd definitely need coaching!***

I'm not part of a traditional archery club – I shoot exclusively in the castle grounds. I'm not sure how I'd get on with modern archery; I'd definitely need coaching! This year alone I've broken two bows and am having to rely on a 55lb yew one that I inherited. Lockdown was hard as I couldn't train so I just kept my archery fitness up with clinibands and lifting weights. My mother-in-law gave me a dartboard to help me keep my eye in but I was terrible at it. It became more of a hindrance as I started to get a sore elbow! I was soon invited back to the castle, however, as archery is great for social distancing as we all know. Once I'd shot a couple of arrows it was like I'd never been away. I normally shoot there from February to November three days a week.

Over the years I've learned a few things about longbows: read your arrows – if you have a bad shot know what you did

so you can correct yourself. You'll very rarely do the same thing. It's difficult to repeat a great shot, but that's archery. It was interesting watching Olympic archer Tom Hall shoot at the castle last year with both his recurve and our longbow – he was still pretty good with a longbow which shows that the archer's instinct is always there whatever they shoot.

I tend to loose the arrows quickly as the longer you hold the more you feel the strain of the bow, and the heavier the tension gets, which doesn't serve your shot. It's a fluid motion: draw, loose. You take all of the tension on three fingers and roll the string. You have to try and relax into it – that can be a challenge in itself, so it's lucky that I'm comfortable with an audience!



**More information**

Warwick Castle is centrally located in the town, and easily accessible by road and rail. Visit [www.warwick-castle.com](http://www.warwick-castle.com) for opening times, events, and admission fees.



**Left:** Joe ready for battle as St George in 2018

**Right:** Joe in fearsome mood, pre-pandemic at the West Stow Medieval Weekend in Suffolk

## Joe Shepherd

### Freelance historical re-enactor

#### How and why did you get into archery re-enactment?

I started going to re-enactment events as a trader, selling movie and medieval replicas. While I was there I got talking to a few re-enactment groups, one I eventually joined. I'd had a little experience with show combat but after I joined I basically started from scratch to learn their way of doing things. I didn't have much archery experience at that point beyond taster sessions or pay-as-you-shoot archery at historic sites when I was a child. I learned everything from the re-enactment groups. I thought I knew a lot about archery, but when I started working at Lookout Archery in Thetford Forest [Joe is Assistant Manager at the centre] I realised that wasn't the case. I'd like to get back into medieval archery knowing what I know now.

#### What kind of performances have you been involved in, and what skills did you need to demonstrate in order to take part?

The group I joined was 'Crusade', in 2012. The first event I did with them was the siege of Dover Castle where I was a bannerman. It wasn't until the next event, The Midlands Festival, that I passed my Combat certification. I have taken part in castle sieges, historical combat displays, show combat and mass battles.

#### Have you taken a lead role in any performances?

I wanted to start my own group (The Brothers Grimm) back in 2018 and I joined a small group called Swords of Albion to help get me started. I did a few performances with them where I was the leader of a small group of Templar monks.

#### How tricky is re-enacting archery in costume?

Movement-wise is pretty much normal and only mildly restricted due to wearing padded armour. Re-enactment clothing has its own unique smell and has to be washed authentically so it doesn't smell like it's been cleaned with laundry detergent. Also, the armour isn't breathable so can get very hot especially on a

summer's day. I really enjoyed any kind of combat or battle that took place: it's a huge adrenaline rush. Best thing though is talking to the public at events and educating them on how life really was back then. Most of the time all people have to go on is movies, so being able to debunk certain things and explain how it actually happened is highly rewarding. It definitely helps to look like you know what you're doing too if you don't already. For combat archery we used rubber tipped arrows and combatants wore thick padded armour to soften the hits.

#### Pre-Covid, how would you go about rehearsing for a performance?

Most groups train on a weekly or bi-weekly basis. When there is a specific event that they are training for, they will go over notes from the event organisers and plan how the battle will work. They obviously have history as a big guide to how events play out so choreography has to match that to ensure the final result is the same. Other events that are more for just a display of arms and military tactics are choreographed between the groups performing.

#### What's it like to be part of a big show?

It's amazing, intense and very rewarding. A lot of planning and preparation goes into these events and seeing them all unfold and play out for the public is very fulfilling. Depending on if the person you are portraying actually existed or not dictates the amount of research. The groups I was in had different standards of authenticity so that new starters didn't have to fork out loads of money on a hobby they may not enjoy or do long term, but for the people that do re-enactment and living history as a job there is an immense amount of research that goes into who they portray. If the character is someone likely to have existed during a set period, all the re-enactor would need to do is research the clothing they would need, and if the character is a combatant, then armour and weapons too.

#### Is there any show you'd like to join one day?

I'd love to perform in the Battle of Hastings at Battle Abbey again. The event takes place over my birthday so it's even more special for that reason. I would also love to represent England at the Battle of Nations. I've always wanted to be an actor, especially in medieval epics, and would love to play a knight, medieval or Jedi; I'm not picky! My father is a musician so staying in one place long enough to go to an acting school was tricky as we were moving and touring a lot, but I'd love to either be in or make movies. For now, just being a background extra is the best I could hope for.

#### Why would you recommend others sign up to try archery re-enactment?

I learned a lot of new skills and got to connect with some really great people. I'd recommend it because sports archery is one thing, but being able to connect to history and find out how it was done traditionally goes beyond shooting targets with sighted bows and modern technology.



## Re-enactment events in 2022

### Festival of Archery at Warwick Castle, Warwickshire

**19-27 February 2022**

Celebrating the art of archery and unleashing history, Warwick Castle will be hosting its very own Festival of Archery in February 2022. Located at the foot of the impressive East Front, visitors can enjoy epic displays of talent as expert archers tackle a range of trials, before going head-to-head in a very special tournament. With marquee style tents, medieval archers and the opportunity to have a go, as well as Warwick Castle's range of ultimate historical experiences to explore, including medieval weaponry in The Great Hall, the impressive trebuchet, The Castle Dungeon and the Horrible Histories@ Maze, it is sure to be fun for all the family.

[www.warwick-castle.com](http://www.warwick-castle.com)



### Traquair Medieval Fayre Weekend, Innerleithen, Scottish Borders

**28-29 May 2022**

The Traquair Medieval Fayre is Scotland's only authentic medieval fayre and is an unbeatable mix of medieval entertainment from jousting to jesters in the grounds of Scotland's oldest inhabited house, which takes place on the last weekend in May. Full programme of events to be released soon.

[www.traquair.co.uk/event/traquair-medieval-fayre-weekend/2022-05-28/](http://www.traquair.co.uk/event/traquair-medieval-fayre-weekend/2022-05-28/)

### The Viking Festival, Locko Park, Derby

**25-26 June 2022**

This one-off event will bring together Viking re-enactors from across the country and the world, to recreate a large Viking army encampment, full of craftsmen, traders and warriors, allowing visitors to step back a thousand years, to when England was under threat from fierce Viking invaders.

[www.vikingfestival.org.uk](http://www.vikingfestival.org.uk)

### Tewkesbury Medieval Festival, Gloucestershire

**9-10 July 2022**

Tewkesbury Medieval Festival is widely regarded as the biggest free medieval gathering in Europe with over 2,000 re-enactors and traders travelling from all over Europe. Many live in full medieval style for the weekend and welcome visitors to the living history camps in the delightfully named Bloody Meadow, close to the town centre. When not engaged in fighting in the epic Battle of Tewkesbury, the re-enactors engage in simple everyday tasks such as cooking over open fires, and fettling their armour,

[www.tewkesburymedievalfestival.org](http://www.tewkesburymedievalfestival.org)

### Medieval Weekend, Herstmonceux Castle, East Sussex

**27-29 August 2022**

From jousting knights, horseback skill at arms displays, music, have-a-go archery, blacksmithing and axe throwing, and living history tents, this promises to be three days of fun!

[www.englandsmedievalfestival.com/medieval/Visitors-info/](http://www.englandsmedievalfestival.com/medieval/Visitors-info/)



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*Arc&Us* is a German-based team of experts with years of industry experience and a passion for archery innovation. Their new time-saving product, VaneBase, is set to revolutionise the sport



# VaneBase

THE FUTURE OF FLETCHING

**H**ow often are missing or broken arrows the reason not to shoot? The answer: too often. So the team at Arc&Us thought, what if we could fletch new arrows or bolts immediately, without tools and even on the go? With VaneBase, that becomes a reality. When using the fletching extension, it actually takes a matter of seconds to fletch or refletch an arrow or even a dozen arrows, no matter where you are. With this solution, time-old quandaries about what to do when a vane or feather needs replacing vanish overnight – no more fiddly DIY or trekking to a dealer. Simply slide the desired fletching into the VaneBase and away you go!

### Time saver

It would have advantages even for the retailer. It takes about 20-30 minutes to fletch a dozen arrows in the conventional way. With VaneBase, this time is reduced to 4-6 minutes per dozen, according



**Above:** VaneBase is a time-saving solution

to the manufacturer. Converted to ten dozen arrows, that's about 50 minutes with VaneBase compared to four hours the conventional way. And that's without having to worry about an even and clean glue-up. If you were to take this saving per day over the period of a month, instead of about 80 hours (ten working days) you would only

need about nine hours a month for the same number of fletched arrows (100 dozen arrows). And bearing in mind that this is with the same choice of fletching colours and shapes. This would give retailers so much time back to take care of more important things – or to produce ten times as many arrows.

With many product releases stalled owing to the impact of the pandemic, Arc&Us has launched a crowdfunding campaign for VaneBase to ensure, with the help and support of the archery community, that every archer has access to VaneBase and that they succeed in bringing VaneBase to market at an attractive and fair price for all. With the sale of VaneBase, Arc&Us also wants to set an example as a forward-looking company strongly committed to protecting our environment: VaneBase products are only delivered in cardboard packaging. The company also donates €0.30 per product to an environmental- or species protection project in the country where VaneBase is sold. In this





**Right:** VaneBase offers a fast and fuss-free solution to archers on-the-go



**Above:** Easy to use and ready to revolutionise the sport. What's not to love?

Reading all this, one becomes curious about how VaneBase works in terms of spin value and flight characteristics. The challenge in developing the product was how it would affect the dynamic spine when attached to the arrow. In other words, how does the VaneBase change the force absorption of the arrow compared to an arrow without VaneBase? In their series of experiments, the Arc&Us project team found that you can shoot much softer spines with VaneBase than without it. How much softer the spine

way, every VaneBase customer supports environmental and species protection in their own region.

### Versions on a theme

The first VaneBase product release will be available in three versions. These have been tested, are ready for production and, if the crowdfunding campaign is successful, would be delivered around May 2022.

For arrows, there will be a short 0-2" version and a long 0-4" version. The first series will be for carbon shafts with an inner diameter of .244" and this version can also be used for wooden shafts using an adapter; for crossbow bolts there will be a long 0-4" version. All VaneBase versions work with all commercially available vanes and feathers in the corresponding length. In addition, planning for the second series has already begun. It will include flexible helical settings in left and right and versions in .166", .204" plus a VaneBase arrow version where the VaneBase is integrated in the arrow shaft.



*It takes about 20-30 minutes to fletch a dozen arrows in the conventional way. With VaneBase, this time is reduced to 4-6 minutes per dozen...*

**Below:** Long and short versions will be available for carbon and wood shafts, as well as crossbow bolts



can be for different bow weights, draw and set-up is currently being determined in detail by their in-house 'Archery Performance' tuning department, which usually takes care of the tuning for members of several national teams.

The Arc&Us team is excited to see how much VaneBase changes the fletching future. Could fletching arrows in seconds become the norm? Absolutely!

### Find out more

To learn more about VaneBase, visit their campaign on Indiegogo here:

📍 [igg.me/at/vanebase](https://igg.me/at/vanebase). You can also contact the Arc&Us team directly at:

✉️ [support@arc-and-us.com](mailto:support@arc-and-us.com) or on

☎️ +49 7623 4692 9290.

# CHRISTMAS KIT BAG

## ALL I WANT FOR CHRISTMAS...

What's on your Christmas wish list? Whether you're hunting for last-minute stocking fillers or the ultimate bit of kit to set you up for the new year, this six-page gift guide is sure to inspire



### ArcherySuccess App

▲ Use ArcherySuccess to track your archery progress. 600+ supported rounds, including popular UK rounds. Enter or plot your scores. Make notes, journal entries, track PBs, arrow count and more! Export journal entries to Excel. Available from App Store and Google Play.

🌐 [www.archerysuccess.com](http://www.archerysuccess.com)



### Archers' Jewellery Solid silver collection

▲ Archers' Jewellery is handmade by archers for archers. Their vast collection of UK-made solid silver jewellery has sold more than 900 pieces around the globe. Each piece is a stunning little wearable work of art, a perfect way to express your love of the sport. Whatever your style, you're sure to find something in their ever-expanding range.

### Prices start from £18

🌐 [www.etsy.com/uk/shop/archersjewellery](http://www.etsy.com/uk/shop/archersjewellery)



### Arc & Us VaneBase

▲ VaneBase aims to revolutionise the way we think and live archery. What does one do when a vane or feather needs replacing or new arrows or bolts need to be fletched? It takes about 20-30 minutes to fletch a dozen arrows in the conventional way. With VaneBase, this time is reduced to 4-6 minutes per dozen, according to the manufacturer.

### Price: from £13

🌐 [www.indiegogo.com](http://www.indiegogo.com)



### Feather Vision Lens Pen

◀ The Feather Vision Lens Pen offers a safe and effective way to clean your optics and works with all types of archery lenses as well as binoculars, spotting scopes, telescopes, SLR lenses and other optical products. Environmentally-friendly and non-toxic. Made of high-quality plastic.

### MSRP: \$9.50

🌐 [www.feathervision.com](http://www.feathervision.com)

### SRT Targets Jackalope

▼ Smart Pandora Jackalope: mythical, fascinating and legendary. The Jackalope is an enchanting animal of the American folklore, a horned hare, also known as a wolpertinger in Austria or rasselbock in Germany.

### Price: €66

🌐 [www.srt-targets.com](http://www.srt-targets.com)



### BCY Bowstrings 24 loop rope

◀ Durable, stiff braided polyester cord for making D loops. Approx. 2mm (.080") diameter. 1m (39") package, good for five or six loops. Consistent burn. Available in most solid colours. Instructions included.

### Price approx: £5

🌐 Available at most archery shops.



## The Archery Shop Archery socks

▲ Make an archer happy this Christmas with the world's first-ever archery socks. These comfy socks are made from 40% Coolmax, 40% cotton, 15% polyamide, 5% elastic; perfect for all shooting conditions. They have a target-inspired design and come in a range of sizes. Pack includes two pairs of the same size.

**Price: £11.28**

📍 [www.thearcheryshop.co.uk](http://www.thearcheryshop.co.uk)



## Bohning Griffin Vane

▲ For Olympic recurve archers and compound shooting micro-diameter arrows. Only 1.2 grains and made of extremely durable vane material, the Griffin Vane won't tear or crimp even on a pass-through. The twisted ribbon design aids in-arrow rotation and provides accurate flight in any conditions. Fletch the way you want: use tape or glue, with a jig or by hand.

**Price around: £39.99**

from your local archery shop



## Bitzenburger Fletching jig

◀ Used by major manufacturers around the world. Its design offers quality and simplicity for when precision is needed.

**Price: Around £97**

📍 From main archery retailers and [www.bitzenburger.com](http://www.bitzenburger.com)



## Elite Archery® Basin™

◀ Reaching 70 pounds of draw weight, the Basin™ goes pound for pound with bows in its class. Featuring a 32 3/8" axle-to-axle and 6 11/16" brace height, the Basin™ includes premium features such as Elite's recognisable caged aluminium riser, stainless steel cam bearings and aluminium pockets, cams, and mods. Limb stops create a rock-solid back wall on a draw cycle that will reach draw lengths of 16 to 30 inches while the 20-70 pound draw weight range is perfect for the growing archer. The split limb bow includes Elite's VibeX dampening blocks and premium Winner's Choice strings - a \$130 value.

The Basin™ is available as a stand-alone bow, or with a Ready to Shoot (RTS) package that comes complete with a sight, stabilizer, quiver and full containment arrow rest from CBE® - Custom Bow Equipment®.

**MRSP: \$599**

📍 [www.elitearchery.com](http://www.elitearchery.com)

## Elite Archery® Terrain™

Featuring machined aluminium components, the 2022 Elite Archery® Terrain™ and Basin™ offer massive adjustability and performance from bows not typically found in this price point. The Terrain™ features a compact design that's comfortable to draw, stable to shoot and powerfully accurate. With a rock-solid back wall and ultra-forgiving 7" brace height, the Terrain's design is dependable and durable.

With an IBO speed rating of 325 feet per second, the Terrain™ utilises a hybrid cam system that features advanced performance while being incredibly smooth and comfortable to draw. A rotating mod reaches longer draw lengths of 25 1/2" to 31 1/2" with adjustments in precise half inch while the massive 15 pounds of draw weight adjustment further allows archers increased options to grow alongside their equipment. At less than four pounds, the Terrain's Riser Cage™ aluminium riser is stable and steady while the slim Precision Grip helps balance the bow comfortably for quick shot acquisition. The Terrain's VibeX Blocks and integrated string stop combine to stifle dynamic vibration for a quiet shot, every time. Available in four colour options including the new Mountain Tan and Brown Sienna.

**MRSP: \$699**

📍 [www.elitearchery.com](http://www.elitearchery.com)

**CHRISTMAS  
KITBAG**



## The Archemists Arrow shaft wraps

▲ A new range of numbered colourful funky arrow shaft wraps available in sizes to match most of the popular arrow sizes.

### Available from:

🌐 [www.quicksarchery.co.uk](http://www.quicksarchery.co.uk)

## Gateway Feathers Batwing

▼ Batwings can achieve insane spin when fletched with a helical twist and also provide excellent speed and stability when fletched straight. Suitable for compound, recurve, and even more traditional set-ups, 2" Batwings are now available in left wing!

They do the work of larger feathers while remaining small and light. Colours: red, white, blue, black, yellow, tangerine, green, lemon lime, orange, denim, fluorescent yellow, chartreuse, brown, pink, purple, grey.

2" Batwings (both left wing and right wing)

### MSRP:

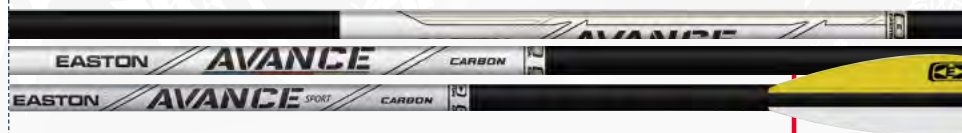
**\$5.99** (12-pack)

**\$22.99** (50-pack)

**\$41.99** (100-pack)

🌐 [www.gatewayfeathers.com](http://www.gatewayfeathers.com)

# CHRISTMAS KITBAG



## Easton Archery All-carbon target arrows

▲ Avance and Avance SPT are all-carbon target arrows designed lighter-weight to offer high performance to entry-level and intermediate-level recurve and compound archers. They share the same carbon construction and are then sorted by straightness.

• **Avance:** Straightness: +/- .003" - MSRP: \$148.99

• **Avance Sport:** Straightness: +/- .006" - MSRP: \$89.99

Available from UK archery retailers. See your Easton dealer today:

**Price: As above**

🌐 [www.eastonarchery.com](http://www.eastonarchery.com)



## Elite Archery® Carbon fibre stabiliser

▼ Create ultimate balance, stability and faster shot acquisition with an 8" or 11" lightweight Elite Carbon Fibre Stabiliser. Designed to dampen excess residual noise and vibration, the stabiliser will enhance your shooting experience. The 8" and 11" stabilisers are available in a variety of finishes including the new Mountain Tan and Sienna Brown to complement and match the 2022 Elite Archery bow models.

**MSRP: \$109.99** (8-inch) **\$129.99** (11-inch)

🌐 [www.elitearchery.com](http://www.elitearchery.com)



## Wales Archery Bowmar grip tape

► Bowmar grip tape is the only tape designed specifically for archery. Its unique pattern reduces lateral and vertical hand movement, resulting in a much more consistent grip which will help tighten up your arrow groupings.

**Price: £15**

🌐 [www.walesarchery.com](http://www.walesarchery.com)



• FIRST & ONLY GRIP TAPE DESIGNED SPECIFICALLY FOR ARCHERS  
• KEEPS THE SAME FEEL & EFFECTIVENESS DRY OR WET

## Last Chance Archery ReachIt wrench

▼ A compact wrench kit with all your favourite archery tools and gadgets, including hex keys and hex bits of all the popular sizes for archery. Built with durability in mind and supplied in a neat carry case.

### Available from:

📍 [www.quicksarchery.co.uk](http://www.quicksarchery.co.uk)



## Tell-Targets Foam targets

◀ Tell-Targets produce a range of foam targets including lightweight layered sectional targets and target bags. Made with polyethylene foam which is proven to maximise stopping power while minimising damage from arrows.

**60cm, 90cm, 120cm layered target:**  
£89/£198/£349

**60cm, 90cm target bag:** £39/£78  
Available exclusively from  
Custom Built Archery.

### Price: As above

📍 Available exclusively from  
Custom Built Archery at  
[www.tell-targets.co.uk](http://www.tell-targets.co.uk)



## Axess Archery Nova backpack

▼ A new design in archery backpacks, available in two colours: blue and grey. An integral moulding at the base to allow the backpack to stand up for ease of access, lots of space for all those archery accessories, with several compartments. Made from hard wearing material and sturdy zips. Dimensions: 69 x 33 x 23cm. Weight: 1.7kgs.

### Available from:

📍 [www.quicksarchery.co.uk](http://www.quicksarchery.co.uk)



## Aardvark Archery Target bobble hat

▲ Keep warm at the range in a stylish handmade target design knitted bobble hat. Perfect for all outdoor archers. One size fits all.

### Price: £9.95

📍 [www.aardvarkarchery.co.uk](http://www.aardvarkarchery.co.uk)

## Wiawis Carbon bow stand

▶ Unlike existing carbon bow stands, the string rest of the carbon bow stand is designed to minimise any damage to the string, enhancing the durability of the stand. The string rest can be freely adjusted up and down to facilitate individual bow requirements. The head of the stand is designed to provide a sense of unity with the grip of the riser, and is made from a silicon material for more stable positioning.

Base fixing pins are provided in two different lengths to allow tailoring to the shooting field conditions. This gives versatility to allow a solid/stable bow stand to protect your equipment.

### Price: \$200

📍 Available from most archery shops



# CHRISTMAS KIT BAG



## Opticron **Discovery WP PC 8x32** binoculars

▲ Using an ultra-compact optical design, the Discovery WP PC are among the smallest waterproof roof prism binoculars available on the market. With a host of features including wide field eyepieces and IPDs as low as 52mm (which makes them great for people of all ages), they offer a well-made, stylish and user friendly field glass. The perfect companion for a field archer.

**Price: £179**

🌐 [www.opticron.co.uk](http://www.opticron.co.uk)



## In Range Archery **Archery training journal**

▲ A fantastic gift for any archer, this A5 journal is a great way to record your progress in 2021 as a way to improve or return to form. Created by an archer for archers, the journal is the perfect store for records of competitions, training, and performance.

**Price: £10**

🌐 [www.inrangearchery.co.uk](http://www.inrangearchery.co.uk)

## Centreshot **Wood shafts for arrow-making**

▼ Searching for the perfect gift for the archer in your life? Consider Centreshot's top-class wooden shafts and arrows. There are matched sets of 12 shafts, double-checked spine and weight matched within under nine grains. This will give the archer the best chance of true flight and a bigger score. Centreshot also stain POC shafts and their fully finished arrows are crested by hand, matching your chosen colours.

Everything fully weight- and spine-matched per dozen, giving the best chance for true flight.

**POC wood shafts:** two sizes: 5/16 and 11/32 in two lengths: 30" or 32", ranging from 20lb-60lb, from **£19.95 per dozen**

**POC wood arrows:** 32" basic fletched practice arrows in a choice of colours, 5/16 and 11/32: **£65**

**POC fully-finished tournament arrows,** with hand painted cresting matching fletchings, 5/16 and 11/32 in a choice of colours, from **£105**

**Price: As above**

🌐 [www.centreshot.co.uk](http://www.centreshot.co.uk)



## Shire Archery's **Sherwood Archer bookmark**

▼ Robin Hood is here to keep your page and inspire your archery endeavours. This bookmark, from Shire Archery, fits flat in your book with the archer over the spine. The archer is 4cm high, and the piece is wholly made of very fine English pewter with a high level of finish. In all, the Sherwood Archer bookmark is a worthy gift for any toxophilite.

**Price: £9.99**

🌐 [www.shirearchery.co.uk](http://www.shirearchery.co.uk)



## Galaxy **Black Star ILF Recurve Limbs**

▼ Galaxy Black Star limbs are high-quality ILF limbs that will fit any ILF or Hoyt Grand Prix riser. They feature a carbon-fibre belly and back construction with a bamboo wood core. The proven bamboo platform produces excellent speed, while maintaining smooth draws through the working area of the limb.

**Price: \$199.99**

🌐 [www.lancasterarchery.com](http://www.lancasterarchery.com)





## Fairweather Archery Limited edition coloured spacers

▲ Customise your Fairweather Archery Modulus or Modulus Lite tab with your favourite colour spacer - exclusive for 2021. The Modulus Spacer is made from silky smooth urethane rubber, designed to be the most comfortable fit possible. Available in sizes 17-25 and four exclusive 2021 limited colours, as well as the flagship gold colour.

**RRP: £22.50**

🌐 [www.fairweatherarchery.com/stockists](http://www.fairweatherarchery.com/stockists)

## Fairweather Archery Modulus tab

▼ Designed by Olympic gold medallist Simon Fairweather, the Modulus tab has no moving parts or tiny screws to come loose (the whole thing is held together with just a single screw). Modular design with spacers matched to your finger size, and utilising kangaroo leather, means the tab shoots in incredibly quickly. Designed for fit, comfort and performance.

**Prices: various**

🌐 [www.fairweatherarchery.com/stockists](http://www.fairweatherarchery.com/stockists)



## Lancaster Archery Solstice Riser

▼ This quality forged 25" ILF riser is sure to get you one step closer to the podium. It will accept all ILF or Grand Prix limbs to complete a superior Olympic recurve set-up. The Solstice features lateral limb adjustment, with collet style limb bolt locks. It's ready to accept all the equipment you'll need, including sight, stabiliser, plunger, bolt-on rest and clicker. Available colours: blue, black, red, green, purple, and white.

**Price: \$249.99**

🌐 [www.lancasterarchery.com](http://www.lancasterarchery.com)



## Tenzone Targets Pile Driver

▲ This Christmas, treat your field working party to the original Tenzone Targets' Pile Driver. A simple, but effective product, it is designed to assist the removal of arrow piles quickly from target frames without damaging the pile, and helping to extend the life of your tournament stock, as demonstrated at the National Indoor Championships 2021.

**Price: £36.99**

🌐 [www.tenzonetargets.com](http://www.tenzonetargets.com)

## X Sight Sport 2RX Starter Set

▼ The Starter Set offers the perfect introduction to the range with two lenses designed to optimise your shooting. Featuring a quick magnetic lens change mechanism, height-adjustable arms, ventilation bar for airflow, detachable nose pad and an option for prescription insert. Seventeen lens colours are available and sets can be customised from 2-5 lenses from X Sight's website.

**Price: £89.99**

🌐 [www.xsightsport.com](http://www.xsightsport.com)



### NOTE: IMPORT DUTY AND VAT

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

# BUYING YOUR FIRST BOW

Is a new bow on your Christmas wish list? We asked *Leslie Macpherson*, sales manager at Quicks Archery, some frequently asked questions to learn more about making that all-important first-ever bow purchase



**Above:** Buying a new bow can be an exciting time so be sure to let the experts help you make the right choice

**Q. I've just finished my beginners' course using a recurve bow. I'm tempted by other flashy bows but is it best to stick with a recurve until I have more confidence?**

Most clubs teach newcomers to archery with recurve bows and for sure it is the best model of bow to learn the basics and foundations for a good solid technique. This develops a great platform and solid form structure that can be relied upon if the archer decides to move to a different bow type in the future.

**Q. Is it ever a good idea to buy a bow online without having physically tried it in the shop?**

At Quicks Archery, we do have a very busy and successful online presence, but ideally we would not promote for a new archer to the sport to purchase their first bow over the web. Online is great for the accessories

required especially when you know precisely what you need, but to get the best value for your initial investment when you purchase your first bow, it is always recommended to visit your local archery shop. We are not all the same size, shape, weight or have the same capabilities so testing some bow options at the store is a must when purchasing your first bow.

Our team will identify what you feel you need and then allow you to test a selection of bow weights, to see what feels most comfortable for you. Also, your local archery shop needs your custom and business to survive, so by supporting the shop it helps you and your fellow club members for the future.

**Q. My child has only ever used a jelly bow at the club. What should we look for when buying a proper first bow for her?**

Children vary so much with their size and strength whilst they are still growing, and there is not a stereotypical bow that suits all youth archers of the same age, so it is key to visit the shop and try different poundage bows to find one that suits. Primarily you want to purchase a bow that has the capacity to grow with the child, and that the draw weight is not on the heavy side. A bow with an excessive poundage for a youth archer is dangerous for muscle development and hampers their interest and enthusiasm, and they may be lost from the sport due to an initial purchase of a bow that is just too strong.

**Q. Many bows are so technical – can I be a good archer without all the bells and whistles?**

A good archer is one that enjoys the sport, promotes it and has an adequate level of competency to shoot arrows consistently resulting in tight arrow groups. You cannot buy points or success, however there are many features on the top end bows that assist to ensure arrow execution consistency, and shot reproduction, resulting in more accurate grouping.





**Above and below:** Quicks sales staff encourage customers to try before they buy on their indoor range



*At Quicks Archery we like to think of our staff as equipment advisors rather than sales staff: one of our team calls himself the 'Bow Selecta'.*

**Q. What key questions should I be asking the salespeople when I'm buying a first bow?**

At Quicks Archery we like to think of our staff as equipment advisors rather than sales staff: one of our team calls himself the 'Bow Selecta'. Between the advisors at our Waterlooville team we have more than 60 years of experience supplying bows and arrows. We encourage the new archer to invest as much as their budget will permit in a good quality recurve riser. Then you have a strong foundation for upgrading the limbs when needed and still have a good quality bow.

Ask the differences in the risers, the materials used, the methods of manufacture, the physical weight in the hand, the adjustability features and why one is more suited to you as an archer



than another. Recurve risers are produced in different lengths, and depending on your height, stature and draw length will influence which riser and bow length is most suited to you.

Ask the difference in the limb composition and the profile, and again limbs are made in several lengths and the role of the equipment advisor in the store will be to identify and explain to you the best riser and limb combination within your price range.

**Q. I'd like something robust and reliable for shooting once a week at the club and occasional competitions. How much should I look to spend on a first bow?**

After completing their introductory tuition course at the club, most new archers are looking to purchase a bow that is more advanced than the bow that was used to do their lessons. So predominantly, the entry level wooden bow is not a candidate, but for target archery an ILF-based recurve bow with a metal riser and wood glass limbs starts around £200. For field and traditional archery there is a selection of bows of varied formats ranging from £100 upwards.



*It is important, when selecting bow poundage, to ensure that your form does not suffer to accommodate the poundage, and that you can shoot the hundredth arrow of the day the same as the first.*

**Above and below:** Don't rush the buying process; Covid-safe shopping in-store

**Q. I've no idea about bow maintenance. Any general quick tips to keep it in good working order?**

Most bows do require a certain level of maintenance to keep working well. All bows have bowstrings and the very least is to wax the strings to keep them uniform and consistent, and to prevent dirt and dampness from affecting the string. Know the brace height of your bow and at the start of each shooting session check and remedy the brace height to the setting that you know will give optimum performance.

For recurve bows, at the end of every shooting session check that all screws or bolts that are associated with the adjustable tiller mechanism on the riser are tight and secure, and for ILF limb fitting, check the screw that holds the limb detent in place is tight. Vibration from the shot can loosen this and if not checked could drop out.

For compound bows, as with recurve bows, string and cable management and care is important, ensuring that there is not any unnecessary wear, checking that axle circlips are in place, and that there is free rotation of the cams. Synthetic cables can stretch at different intervals which may result in the cams not rolling over at precisely the same time, so again make a regular check to ensure no creeping or out-of-time cams.

Our goal at Quicks Archery is to ensure that the new archer leaves the store with the correct kit that has been matched specifically to them; that they understand what each part of their new kit does and how it functions; they have enjoyed their purchasing experience; and they know that our door is always open to them should they have any questions or issues.

**+ For more info and to find your nearest store, visit [www.quicksarchery.co.uk](http://www.quicksarchery.co.uk)**

**Q. Do I need to buy particular types of arrows to match my new bow?**

Indeed, to get the best out of the new bow that you are purchasing, it is essential to purchase a set of arrows that match the bow. That is a challenge for the equipment advisor, and with our thorough service at Quicks Archery, we will identify your draw length, assess your shooting form, measure the bow poundage at your draw length, and then calculate and offer you a selection of arrows that most suit your set-up specification, and budget.

**Q. I can't seem to decide on bow poundage – I prefer the comfort of lightweight but get better results from heavier bows. Is it best to go heavier?**

It is important, when selecting bow poundage, to ensure that your form does not suffer to accommodate the poundage, and that you can shoot the hundredth arrow of the day the same as the first. Too

often we get requests for a bow over 40lbs to be able to reach longer distances; the archer can barely manage 30lbs, so it would clearly be wrong to supply the heavier bow! Each archer has varied capabilities and the Quicks Archery team will gauge the best suited bow weight for each individual, based on their own merits.

**Q. I'm a wheelchair user new to archery. I've been using a compound but are recurves a good idea for me?**

There are many archers shooting from a wheelchair using both compound and recurve bows, mainly influenced by the archer's needs and capabilities. The compound bow is a much shorter bow than the recurve bow so does provide more clearance from shooting in a low-level position. However, the best suited bow for a wheelchair user, recurve or compound, will be dictated by which model is the easier to use for each specific archer.






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[www.gatewayfeathers.com](http://www.gatewayfeathers.com)

## Backstop Netting

- white or green nylon nets
- any size
- all nets supplied with steel headline wire for easy erection
- ask your retailer for Knox



**W&J Knox Ltd**  
 Mill Road, Kilbirnie, Ayrshire,  
 Scotland KA25 7DZ  
**Telephone:** +44 1505 682511  
**Email:** [nets@wjknnox.co.uk](mailto:nets@wjknnox.co.uk)  
**Website:** [www.wjknnox.co.uk](http://www.wjknnox.co.uk)

# DAY IN THE LIFE

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

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

**THIS MONTH WE TALK TO:** **Sophie Meering**, Content and Communications Officer



I started working with Archery GB in 2017 as a contractor for social media. In 2019, I went through the process of becoming employed full time within the communications team. Since then, I have been the Content and Communications Officer.

My day-to-day worklife changes, depending on the day, like most jobs. Weekdays are the everyday work but there is also a lot of behind-the-scenes activity in the communications team. Weekends consist of interviews, setting up for livestreams, and ensuring photographers are ready to go.

Since Covid, we've all been working from home but now that restrictions are lifting, we go into the office on a Wednesday to have a comms team catch up. This will involve discussing what's coming up for the next week, any important events and catching

up on the previous week.

Tuesday, Thursday, and Friday I am fortunate enough to be able to go to my archery club, Audco Archers, from 10am – 1pm to train. This does mean that I'm working until 7pm, but it's a great compromise to make and I'm very thankful to Archery GB for being so accommodating.



**9.00am** After my morning coffee and smoothie, it's time to check emails and run through anything that needs replying to. I usually check BBC News and Google News for any new trends or important stories that need reporting on.

I'm the type of person that loves a to-do list, so I'll next prioritise what to do that day. The list usually contains website updates for different departments, statistics on campaigns that have been



Opposite page: Sophie at Archery GB's National Tour stage held in Surrey this summer. Above: Working at this year's National Tour Finals at Lilleshall, Shropshire

*Tuesday, Thursday, and Friday I am fortunate enough to be able to go to my archery club, Audco Archers, from 10am – 1pm to train. This does mean that I'm working until 7pm but it's a great compromise to make...*

run, monthly statistic round-ups, creating content plans for the months ahead, graphic designing images for upcoming events and writing articles.



**10.00am** Time to head to the range to train until 12.45pm.

Usually I can get about 150 arrows shot within this time at 70m. It is definitely helpful that I can have this time to shoot, considering the clocks have gone back and it's dark after work now.



**1.00pm** Back to work! There is a secretaries' ezine

that goes out once a month, so it's time to crack on with that. The ezine contains important updates for the club, county, and regional secretaries, and can include things like entries opening for major events, updates to guidance, Archery GB webinars, and information to be passed on to club members.

Most departments in the organisation have an ezine that goes out to specific groups or

members, so on average I'm doing one per week.



**3.00pm** Usually I post on social media at this point

in the day, but it depends on the content. Pretty much everything that is seen on the social media channels is posted by me, so be kind!

There is almost always a video edit that needs doing at least once a week. Video editing is one of my favourite parts of the job, along with some graphic designing. Video editing can take anywhere from 20 minutes to a few days, depending on the complexity, video length and content.



**7.00pm** End of the day! No time to rest though, it's time to

work out. I'm a big fan of Joe Wicks, so usually I will do one of his HIIT workout videos. After that, time for food and rest, ready to do it all again tomorrow! Whilst this is a typical day, I am also working on many other projects for our followers, members, and prospective members.

► **If you have any questions for Sophie about her role,** please email us at [magazine@archerygb.org](mailto:magazine@archerygb.org)



CLUB PEOPLE

# HIGH FLYER

*Mike Willrich* has enjoyed nearly 70 years in archery, with an impressive collection of awards to show for it. Having tried all the disciplines over the years, flight archery has become a firm favourite. He tells us about his life in the sport

**W**hen I was eight years old, my aunt's housekeeper bought me my first bow: a Jacques 42" flat bow and 8 x 18" arrows. I reached 80yds with it. Later I started to use my oldest brother's Slazenger flat bow of 30lb, which he had discarded, on a straw target in the field behind our house.

In 1969 I joined my first club, the Holly Bush Bowmen, at Salt, near Stafford, and found that at 30yds I could hit the gold frequently. The Stafford Archers' chairman and treasurer, who visited occasionally, offered some coaching advice, and on further visits I was advised to purchase a good target bow and arrows. I bought a Border poplar bow and Silver Streak aluminium arrows and accessories. After using these and grouping well, I joined Stafford Archers which had a 100yd-plus range. I became quite proficient and was invited to join the county target archery team in 1970, and was a member for 22 years becoming Staffordshire target champion in 1974. The same year I won the Battle of Britain Pole Vault Championship, but then retired from that sport and concentrated more on archery.

From the 1970s to 1992 I won the Staffordshire County Clout and Flight Championships a number of times, on one occasion shooting 118 Single Imperial Clout, the equivalent of a British record, had the county shoot been record status. I shot in target competitions around the UK, winning many medals during the era when club archers had to display their medals on their belts and quivers.

In 1989, on entering my first National Flight competition in the target bow class, which was effectively Unlimited as there weren't the lower weight divisions then, I won the Class A trophy with 378yds. It's a bow class that I have won 31 times out of 32 with a longest distance of 632yds to the nearest yard. Up until a few years ago I was the only archer in GB to gain the Grand Master distance of 550yds with target equipment. I have shot in most of the flight bow classes over the years, winning the following trophies a number of times: Class A Target Bow N/E 50lb and N/E 35lb; Class B Recurve Flight Bow Unlimited – winning the 1914 Ingo Simon Trophy inscriptions starting from 1948 – 14 times; and have only recently started shooting compound bows. At the pilot flight championships held last year, I won Class C 45lb Compound Target Bow and 60lb Compound

Photos: Ed Bagnall; Mike Willrich



**Left: Mike with his wife Janice at Bonneville Salt Flats, Utah for the 2010 World Flight Championships**

**You can find out more about flight archery in our autumn issue of Archery UK.**

***"During 1992 I was advised to give up archery by my doctor, owing to severe pain in my left arm after shooting 150 arrows per day in competitions."***

Target Bow, plus two other bow classes. This year I won 45lb Compound Target Bow; Class D English Longbow Unlimited – won about nine times, N/E 50lb three times, N/E 35lb twice, and Class F Compound Flight Bow once.

The National Flight has an award called the Uncle HAT's Trophy, a late 18th-to-early-19th-century Turkish Janissary's helmet donated by Harold Titcom for the Gentleman's Longest Distance by a British-made recurve bow, which I have won 24 times. My total medal haul at the National Flight from 1989 to 2021 is 90 gold, 17 silver and two bronze.

During 1992 I was advised to give up archery by my doctor, owing to severe pain in my left arm after shooting 150 arrows per day in competitions. After receiving holistic treatment, I found I could shoot six arrows in four bow classes at 45 degrees in flight archery and at clout, my second favourite discipline, without any problems. So I decided to concentrate on flight, which became my favourite discipline, doing up to four competitions a year, and shooting once a year at the WMAS Clout, and a few times at the National Clout Championships, plus practice sessions.

In 1995 I went to the Mojave Desert to compete in my first USA Open International Flight Archery Championships in three target classes: Unlimited, 70lb and 50lb. This was then the only World NAA record status flight competition, held 2-4 October 1995. The Italian Luciano Cecili had shot his Unlimited Target Bow round in the morning to a new world record of 556yds. I shot mine in the afternoon to 594yds: a new world record. In the 70lb Target Bow I finished second; in the 50lb Target Bow I finished first with 408yds, earning two golds and a silver for GB with two world records. It was a truly proud moment. From 1989 to 2021 I have achieved 27 NAA/



FITA/WA World Flight Archery world records, and 12 Drake medals plus two Amy Van Domelen medals for my NAA world records.

My wife Janice and I met in 1997 and she had never taken part in archery or any other sport apart from netball at school. She wanted me to tell her all about flight archery, so I introduced her to the sport. Her first competition was the West Midlands Flight where she finished second. I coached her and she then won the 1998 National Target Bow Flight Class. I then persuaded her to compete at the 1999 USA Open and World Flight Championships, Ivanpah Dry Lake in the Mojave Desert. Among her many awards at that event, Janice also won the prize for the longest shot by a woman at the championships, of 403yds 8 ins, and was also the first woman to shoot over 400yds with target bow equipment. We were married after the competition at Las Vegas.

Janice went on to win 34 world gold medals, set 28 world records and won 11 Drake medals for flight but was forced to retire in 2018



due to illness. Janice has achieved more internationally in flight archery than any other woman in the UK.

I spend a lot of my time working on my flight equipment developing wooden arrows for my longbows, different types of arrows for my recurve target and field bows, and altering balance points of arrows by using lighter weight points. The nearer the balance point is to the centre of the arrow, the further it flies. Trying different angles of shooting in different conditions, I found that 45 degrees gave the furthest distance in slight-to-no-wind. Forty-three degrees into the wind and 46 to 47 degrees with a following wind gave the best results. Trying smaller nocks gives better distance as do smaller, thinner fletchings, which reduces air drag.

In my career as a research and development (R&D) chemist working on adhesives – also later an R&D engineer in a research centre – one of the things I worked on was developing specialist composites. Both fields of expertise helped in developing flight archery equipment. I make my own points and nocks for longbow and compound arrows and flight bow class arrows. Off-the-shelf arrow components have to be used in recurve target bow classes.

I started making English longbows in 2011, initially for flight shooting. With my sixth bow I won the National Flight in the 50lb class with a laminate bow of my own design and construction, and also later won the Unlimited English Longbow Class with an 80lb bow that I'd made. During the pandemic, I have been working on developing composite bow limbs for my recurve bows used for flight.

I was club treasurer for nine years and chair for six years at Stafford Archers, also instructing before it was a requirement to be a qualified coach. I created the WMAS Flight Championships, and organised the event from 1995 to 2016 before moving to Lincolnshire. I was also National Flight organiser for six years before Tony Bakes took it on.

The greatest improvements in flight archery have been due to improved material technology and design of more efficient bows and aerodynamics of arrows. This has benefited target archery too with the development of the recurve target bow and carbon arrow.

I still have ambitions. I'd like to take the USA NAA 70lb Field Bow Flight world record, currently standing at 601yds. I have shot 632yds in the UK with my 70lb recurve, but unfortunately the bow limbs failed this year, so I'm hoping to develop something suitable.

# ATHLETE ARCHER



Think fitness is less important in archery than in other sports? Personal trainer *Lucy O'Sullivan* sets us straight

'Finally' and 'thank goodness'. These are just some of the words that come to my mind when archers ask me about health and fitness, or tell me that they are running, cycling, practising yoga or doing strength training, along with their archery training.

I started archery as a ten year old, happy that I had picked a sport where I didn't have to do 'fitness'. When joining the GB team at 14, I realised it was part and parcel of the sport. We were made to run, do push-ups and all sorts, and as a child I didn't want to; I didn't understand why it was necessary. But in doing a degree in coaching and sport science, I learned why we need conditioning and strength to help us in our sport:

- The biggest things that stop an archer continuing in the sport are back injury and rotator cuff injury. And if you can't rehab or recover, that's it, game over.
- Our sport is mentally and physically challenging. There, I said it. For any other sportspeople (not archers) reading this, archery is hard! We are on a field from 8am-6pm and have to be able to shoot every single shot to the best of our ability.

So essentially if we're not a fit, healthy human, we won't be a fit, healthy archer. Simple. So how do you prevent injury, become a healthier person and become a strong athlete-archer? It is all down to your lifestyle, which can determine your resistance to disease and injury, and improve your archery performance. Here's a look at what you can do to keep archery fit-for-life:

**1. Get moving** – This may sound simple

but creating this habit may be the hardest thing for you. You may feel that archery is enough exercise, but we can always improve. To be the best archer you can be, there needs to be extra work on your fitness and strength. Set yourself a challenge, on top of your archery sessions. Move twice more this week, for example cycling 5km, walking or even jogging 1km. Take the flight of stairs instead of the lift/elevator at work. By being aware of your weekly physical activity, your archery will improve. Perhaps record extra activities on apps like Strava, and instead of watching that extra episode on Netflix, go for a walk. Creating healthy habits now will help you later in life.

**2. Prevent injury now** – When you are injured, you go to a physio for rehabilitation and are given exercises to fix a muscle problem. But if you do something to prevent injury, you won't have to see a physiotherapist ever. Prevention is the most important thing I can teach you. I did many videos for Archery GB's Facebook and YouTube channels during the lockdowns to help you with an array of injuries, and if you work on those areas now, even if you are not injured, you will support your body well enough to avoid injury in the future.

**3. Sleep** – One of the most underestimated things when creating a fit and healthy human body. Let's try this week to get eight hours of sleep per night, even if it means going to bed earlier. Please do contact me on Instagram [details in the panel at the end of this article] to let me know how much better you feel! I have to wake up at 5am for my job, so I try and think about going to bed by 8.30pm.

**4. Nutrition** – This is also an important and underestimated part of health. Many of us struggled with this aspect of life during the pandemic, myself included. Do you reach for that sugary quick fix of energy over a sustainable protein slow-release of energy? Think of your body like a car engine: if you fill your petrol car up with diesel it won't run. Centre every single meal around a protein source and make up the rest of your meal with vegetables and slow-release carbohydrates. This way, you will be able to repair, recover and thrive



*...The biggest things that stop an archer continuing in the sport is back injury and rotator cuff injury.*

during your archery sessions and in everyday life too.

**5. Encourage each other to live your healthiest lives** – If you notice some young adults in your archery club, encourage them to think like athletes now. Archery can become an Olympic/Paralympic dream and sport for many of them, and you can help them on their way by encouraging them to eat a good protein meal after archery, getting enough sleep, and going for a walk/workout in the morning. Not only will you be an incredible support for that young athlete, but it may encourage you to be a good role model too. Look at the world's best archers: they are really into their health and fitness. I'm certain all of the Korean archers get enough sleep to enable them to shoot to their best of their ability. Look for inspiration in others and be the inspiration too.

Good luck on your journey! Please check out my coaching videos on Archery GB's platforms [Workout Wednesday sessions: [www.youtube.com/c/archerygbchannel](http://www.youtube.com/c/archerygbchannel)] and let me know what you'd like to learn about next. Get the fitness ball rolling and create simple habits now so that we can layer on extra strength and fitness work in the future.

## Follow Lucy on social media

- @LucyOSullivanArchery
- @OSullivan\_Lucy
- @osullivan\_archery

Or visit Lucy's website for more information about personal fitness training programmes:

[www.strengthbylucy.co.uk](http://www.strengthbylucy.co.uk) and @strengthbylucy



# BACK 2 BASICS



Produced in association with [Wales Archery](#)

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

## THIS ISSUE: TRADITIONAL LONGBOWS

**START >>**

Longbows require special attention to give best results.

In this article we will look at how to care for your longbow during different weather conditions, and how that relates to the performance of your bow

### Warming up your bow

Longbows are beautiful works of art that have all had dozens of hours spent on their creation. They are, however, constructed from glued-together layers of wood. I mention this not to take away from the work that bowyers do, but to recognise that the bow is made from wood, glue and other materials.

### Stringing your bow

Before stringing your bow, it is important to warm up the wood if it is a chilly day, as stringing a cold bow can cause the wood to fracture. This can be done simply by wrapping your hand around the bow and applying friction vertically for a few minutes.

It is important to use a correct longbow stringer for stringing your bow so as to not damage the horn nocks. This can be done by placing a stringer over the grooves that are carved into the horn nocks. Then you can place one foot close to the centre of the grip, or one foot either side, and lift the bow up whilst holding on tightly. Then make sure the string is inside the horn grooves properly. It is very important to use a stringer as any other method will apply an uneven force on the bottom or top limb, resulting in damage to the bow's tiller.

### Hold time and anchor

When a longbow is drawn, the fibres in the wood are stressed which results in the bow losing performance if it is held for any



length of time at full draw. The ideal length of time the bow should be at full draw is around three seconds. It is vitally important to get to a consistent anchor every time as you are punished very heavily for an inconsistent anchor; longbows deliver less energy making it far more difficult if you are not drawing to the same place every time. When tested, the difference in speed from holding the bow for three seconds and holding for ten seconds was a loss

of ten feet per second, which over long distances can make the difference between hitting the target and falling short.

### Weather conditions

The weather plays a big role in the performance of a longbow. On a hot, humid day, the temperature softens the wood fibres making it more pliable and malleable, resulting in less energy being delivered as the bow loses its shape. When the air is thick, the arrow loses speed as

excessive energy is spent because the arrow has increased drag. It is best to avoid shooting on freezing cold days as it can damage the bow, but if shooting is absolutely necessary, it's always best to make sure the bow is warmed up properly beforehand.

If you have any questions, please drop Adam a line at [AdamL@walesarchery.com](mailto:AdamL@walesarchery.com)

# SETTING UP A NEW INDOOR RANGE

If your club is still in the process of getting indoor range-ready, Steve Kelley offers some helpful tips after successfully overseeing Goldcrest Archers' recent refurb



**F**ollowing Goldcrest Archers' forced relocation due to fire damage of their original range in 2020, the Cheshire club was generously offered the use of a floor of an old mill that had previously been used for storage. The interior had been neglected and required considerable TLC, and access was via a wide steel fire escape staircase of some ten steps. I and a number of other volunteers from the club set to work. We first set about cleaning and painting, before the more technical work began.

A simple four-camera CCTV system, salvaged from our previous location, was reinstalled to monitor the outside staircase, inside the door to the mill and also the entrance to the new club. We also installed an outside light with movement detection for obvious safety at night; the extensive lighting system had proved suitable in the past in so far as one switch brought on all the fluorescent lamps at the same time. We were pleased to hear that the mill has a sprinkler system already in place and it's a bonus that

*The main range is capable of accommodating up to 24 archers shooting up to 20 yards.*

each floor has a heating system to protect the water pipework from freezing in winter.

As the mill floor layout is basically one long room divided by central supporting columns, it clearly lends itself to be an indoor archery range, given we have a three-metre high ceiling to work with. The ceiling is supported by steel girders in a square grid formation with sprinkler heads in the centres of the squares. Knowing we cannot form a barrier to the spray patterns, we positioned our walls at the natural borders created by the steel girders. The local fire brigade was happy to come and check and agreed to our proposals.

The floor area had been subdivided in the past, was uneven and required some levelling up using sand and cement screed with a final coat of levelling compound in parts. As we wanted to recreate our classroom for beginners' courses, we sectioned off a third of the length of the room down one side, leaving the opposite side with the windows for a 'workshop' area/place for setting up bows.

We were lucky enough to have a kitchen, toilet and breakout room already created, and we have sectioned off part of the kitchen to create an accessible toilet facility. It must be stated that our membership contains a wide knowledge base that was called upon in the decision making and I feel sure most clubs would find the same within theirs: electricians, builders, joiners etc. Where and when available, these tradespeople helped out in various ways.

The potential costs of the undertaking were daunting, so websites such as Gumtree, eBay and Freecycle were scoured for materials. No tools or equipment were hired; again these were sourced and borrowed from the membership.

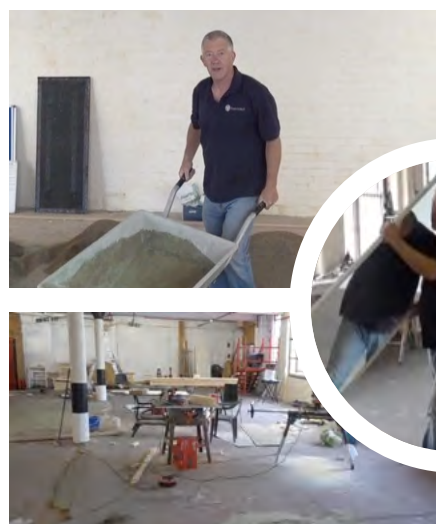
## Breakdown of works

**Electrics:** As we are using power from our landlord's supply, we installed a new electric sub-meter to record our usage. This supplies a new consumer unit that distributes power to where we require it. Separate circuits were installed for the kitchen power and lighting; the same for the classroom and for the main range, in order that a fault in any one area does not plunge the entire facility into darkness. LED batten lamps that require less electricity to operate have replaced standard fluorescent lamps.

The main range is capable of accommodating up to 24 archers shooting 20 yards, and so we have divided the lighting to the left and right sides, so with just a few archers present only half the range is lit.

**Lighting levels:** Our compound archers requested higher brightness from above and behind the shooting line and this was achieved by the use of two 1.8m 60w LED batten lamps per side (four in all).





**Here and opposite:** Steve Kelley (above) was one of a small volunteer army who got Goldcrest's new site up and running

**Target illumination:** We have installed a 50w LED floodlight above each boss, each independently switched which helps our archers identify their arrows as they land. We have also installed a CCTV camera over each target boss feeding back to a VGA monitor for each pair of archers on the shooting line, again individually switched for economy/preference.

The CCTV cameras were sourced second-hand from eBay at a good price, and these can be operated with VGA monitors by purchasing simple signal converters (again found on eBay) relatively cheap. The monitors were sourced from Freecycle: a local outreach facility had no use for them and we gladly collected them at no cost.

**Sprinklers:** As we are shooting arrows in the general direction of the sprinkler heads, we have hung boards on ropes covering the width of the range at each section to intercept any wayward arrows. These are high enough up as to not be in the line of sight when looking down the range. The pipework was all painted bright red as a feature!

**Targets:** Foam bosses are fixed firmly in place as we have no need to move them, with the exception of one movable

placed in front of the furthest fire escape. This forms a shorter target distance for beginners and junior archers.

**Backstop netting:** As we have a concrete ceiling, a simple rail supported by a screwed rod, fastened in place with expansion fixings, creates a full width support structure that backstop netting has been fitted to. It uses cable ties at 100mm centres, allowing for plenty of folds.

**Flooring:** Previously we had a painted surface that in winter formed condensation and could be slippery. We sourced floor tiles from a local supplier who had pallet loads of 'seconds' which we purchased at a fraction of the normal price. They came in various colours and patterns but we were able to sort them into shades and create a very pleasing layout, as can be seen in the photographs. The tiles are spray glue-bonded to the floor and over time the edges naturally bond together as part of the design. The floor is now non-slip and has the added bonus of providing excellent sound deadening!

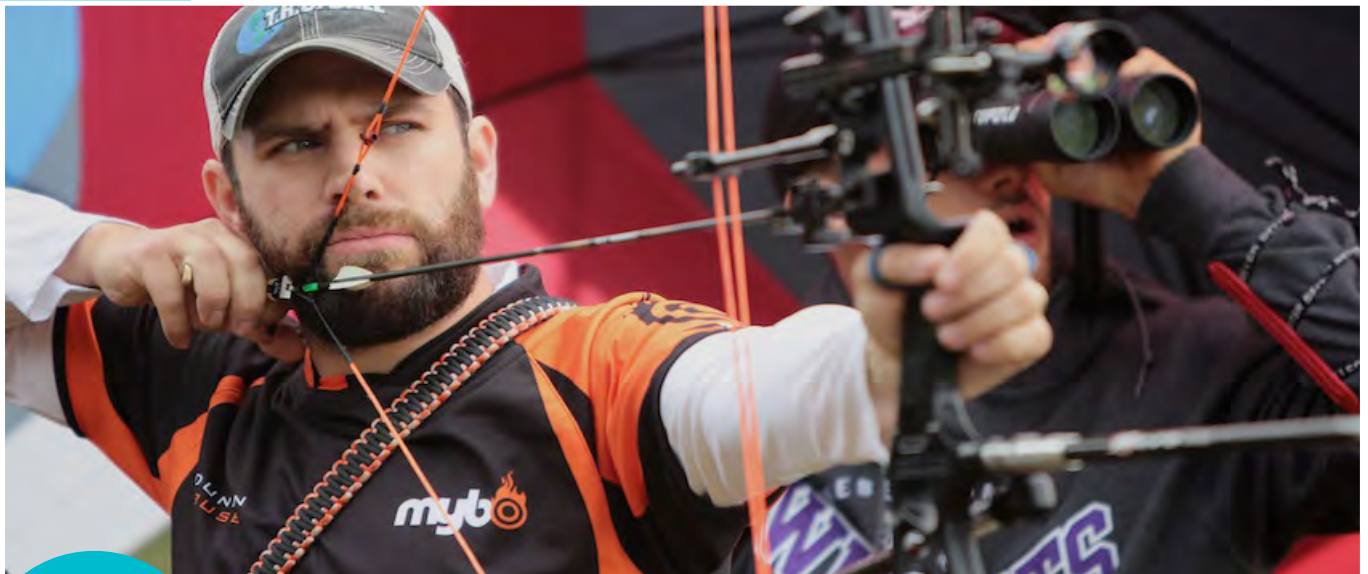
**Heating:** We installed a coin slot timer to run the gas heater on chilly days.

**Ventilation:** The windows in our range cannot be opened so we have installed extract ventilation with vents in the wall at the furthest point to provide a steady flow of fresh air, adequate to meet building regulations for our occupancy.

**Furnishings:** We were able to obtain a matching set of blue and red reception chairs from a local school; a small donation to their fundraiser secured the deal. Tables for setting up equipment in the classroom were donated by a local Girl Guide group, found via Freecycle. A wall of mirrors was obtained from reappropriating some bedroom wardrobe doors also acquired via Freecycle. These are a great way to check your T-form when standing on the line. A great deal of new materials needed to be purchased but the above use of Freecycle stuff and similar websites can result in great savings. 📌

### Share your ideas

If you have an innovative idea for addressing practical issues at your club, do let us know! Please email: [magazine@archerygb.org](mailto:magazine@archerygb.org)



***I'm setting up a new set of indoor arrows and I'm confused by the number of different point options available. What difference can an arrow's point weight and design make to your scores and how do I go about finding the right point for my set-up?***

**M**any archers put little thought into what point weight they should use and what affect it will have on the performance of their arrows. Some even believe investing in different points is unnecessary, but adjusting your point weight is a very effective way to tune your indoor arrows.

Point weight affects the dynamic spine of your arrow; this is the actual stiffness of the arrow in flight. Although this is determined by many different factors including your bow speed, poundage and arrow length, point weight has the final effect on your arrow's tune. Point weight also affects the arrow's front of centre or FOC; this is the balance point of a finished arrow. FOC is calculated as a percentage; this relates to how far forward the balance point is from the centre of the arrow. A good FOC measurement for target archery is considered to be between ten and 15 per cent as this gives the arrow optimum downrange stability, although this figure isn't set in stone. A longer arrow, like those favoured for indoor shooting, will typically need a heavier point in order to give it a FOC within this range.

So how do you find the perfect point weight for your indoor arrows? Unfortunately there isn't a simple answer to this as it will depend on your individual set up, so a little trial and error is required in order to fine tune your point weight. The best place to start is with the manufacturer's recommended point weight before going through some simple tuning methods. A paper test will ensure your arrows are flying straight and will highlight any major tuning issues, which are important to resolve before you continue. A small tear through the paper isn't too much to worry about, however, as this will usually be cleaned up once you have fine tuned your point weight.

After completing the initial tuning you can start to test out some different point weights at 18 metres. To do this you'll need

a good selection of weights; they are usually available in 20 grain increments from 100 grains to more than 200. Some manufacturers even offer an adjustable point weight option with screw-in weight inserts, making point weight tuning quick and easy.

Try to shoot at least 30 arrows on a fresh target face with each point weight option and work through them systematically to avoid confusion. Pay attention to the group pattern each set of points creates, taking particular notice of how tolerant your arrows are when you execute a poor shot; overly stiff arrows can be rather unforgiving whereas weak arrows can give poor groups, especially indoors. The idea of tuning is not only to select the best arrow spine

but to find a set-up that is sympathetic to both your shooting form and style.

Once you've tested a range of different point weights, you can compare your target faces to see which one has the most consistent groups. This should allow you to effectively choose the most accurate point weight for your set-up.

Aside from the weight, the design of your points can have an influence on

your results; indoor points typically come in two different shapes: a traditional parabolic design or a pin point style. Pin points have become very popular in recent years; they look striking and many archers believe the sharp pointed tips allow them to score a little higher. The narrow point can guide the arrow into the target face at a straighter angle making it less likely to kick away from the line, especially if you've already carved out a good hole in the centre of the target. Parabolic points do still have their followers though, as they tend to be harder-wearing and are still the more common design available. If you're interested in comparing the different designs, first work out your correct point weight before investing in and testing different designed points.

***"Point weight affects the dynamic spine of your arrow; this is the actual stiffness of the arrow in flight."***

► You can find more advice at [www.duncanbusbyarchery.com](http://www.duncanbusbyarchery.com)

# WHEELCHAIR USERS



The obstacles that a disabled person has to overcome just to leave home and get themselves set up to shoot are numerous, all before they have even taken aim. Coach **Steve Millward** tells us about his role in helping disabled archers at the range

I've been in archery since 1992. My profession is in carbon fibre composites, and I'd been working with Keith Gascoigne, one of the UK's top bowyers, to help him develop some carbon fibre limbs. Keith taught me the basics of shooting so that I had a better idea of the bows we were developing, and I quickly realised that archery was an ideal family sport. Keith's wife Christine kindly taught my family how to shoot and we've been archers ever since – my wife and I are both now Level 3 coaches at Jolly Archers of Houghton & Wyton in Cambridgeshire.

In 2010 I started to help coach a young lady in a wheelchair at our club. She was a member of the British Wheelchair Archery Association (BWAA) and that's where our association with the organisation began.

I think a lot of coaches may be nervous of working with people who need adaptations because it is outside their comfort zone and/or they are worried about injuring the disabled person. The most important thing is to understand the archer's disability and the adaptations needed – everyone has different requirements. The main challenge we have is that some wheelchair archers have very little feeling below the waist so stability in their chair and positioning the bow correctly can be tricky. Quite often it's about achieving good posture in the chair, making adjustments so that they can shoot comfortably. Sometimes we meet archers who have two wheelchairs: one for everyday use and one for sport. A lot of wheelchair archers find it easier to shoot compound bows which are shorter, have a fixed draw, and therefore don't tend to interfere with their chair.

Coaches often end up making unique adjustments just to help someone shoot. We'll be creative with adapting equipment to suit the individual, which is where coaches with technical backgrounds can be particularly helpful. We try and keep costs down by doing the work ourselves; this is particularly important for young

archers who are still growing as we're constantly having to make adjustments to their kit.

At clubs around the country, work is still ongoing to improve access to the range for disabled archers – we're getting there though. The good thing is there's generally always someone around to help where needed.

We're looking forward to restarting our series of winter weekend shoots within the BWAA at Stoke Mandeville, when we invite archers with disabilities to come along. We have a team of coaches with specialist knowledge on hand who can give the archers the guidance they need, and make it possible for everyone to enjoy the sport. ➔

## GET INTO COACHING

Want to gain experience in coaching archers who use wheelchairs? Contact your county coaching group to see if there are any local coaches who would be happy to mentor you. Steve said: "In getting to know the archer, you will learn what their needs are so you can start formulating an idea of how you can adapt things to help. I'd encourage every coach to get involved."



## Shooting from a wheelchair

Teenage recurve archer, Hannah, has Ehlers-Danlos Syndrome, and her joints dislocate every single day. She said: "It's a challenge having to remember everything that I have to do: my breathing, my posture, whether my feet are in the right position to be able to balance myself in the chair, and making sure my arms don't dislocate while I'm shooting. I'm in pain every day even with painkillers. At one competition I had my mum holding my shoulder in place just so I could shoot. I shot the whole event like that. My mum made it possible for me – I'm so thankful for her – she's been amazing because

*"What makes a good coach? Being able to adapt."*

she finds a way for me to do things that seem impossible."

And what makes a good coach? "Being able to adapt. For example, I need my coach to consider how we can prevent my shoulder dislocating during shooting. It's important to have the support of someone who can take the time to get to know me and understand my needs."

# RECORDS

CLAIMED SINCE 13 SEPTEMBER 2021

## 30m distance (80cm face)

Ladies	Compound	360	Ella Gibson
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## 40m distance (80cm face) [U18 / U16]

Junior Gentlemen	Compound	348	Finlay Clark
Junior Ladies	Longbow	174	Rosie Elliott

## 50m distance (122cm face) [U18 / U16]

Junior Gentlemen	Barebow	288	Oliver Hicks
Junior Gentlemen	Compound	353	Finlay Clark

## 60m distance (122cm face)

Ladies	Compound	358	Ella Gibson
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## 70m distance (122cm face)

Ladies	Longbow	209	Sheila Hudson
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## Albion

Gentlemen	Longbow	678	Martin Bale
Ladies	Longbow	624	Sheila Hudson

## Cadet Ladies WA 1440/Metric II [U18 / U16]

Junior Gentlemen	Compound	1403	Finlay Clark
Junior Ladies	Longbow	579	Rosie Elliott

## Class A - Recurve Target Bow [<35lbs]

Gentlemen	Recurve	450	Tony Osborn
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## Class C - Compound Target Bow [<60lbs]

Gentlemen	Compound	960	Tony Osborn
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## Compound Match Round (15 Arrows)

Ladies	Compound	150	Ella Gibson
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## Double Cadet Ladies WA 1440/Metric II [U18 / U16]

Junior Gentlemen	Barebow	1685	Liam Ford
Junior Gentlemen	Compound	2803	Finlay Clark
Junior Ladies	Compound	2746	Hallie Boulton
Junior Ladies	Longbow	1153	Rosie Elliott

## Double Hereford (Bristol I)

Junior Gentlemen	Barebow	1007	Reece Gauntlett
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## Double Ladies WA 1440/Metric I

Masters Ladies	Barebow	1015	Jacqueline Crow
Women Open	Compound	2600	Lindsay Howard

## Double Metric 122-50 [U16 / U16]

Junior Ladies	Compound	1404	Patience Wood
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## Double Metric Clout 110m [U18 / U16]

Junior Gentlemen	Barebow	142	Edward Milner
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## Double Metric Clout 125m

Junior Gentlemen	Recurve	333	Thomas Whettam
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## Double Metric Clout 165m

Gentlemen	Longbow	288	Dale Message
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## Double Portsmouth

Gentlemen	Recurve	1194	Patrick Huston
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## Double WA 50m

Cadet Men	Barebow	1128	Oliver Hicks
Junior Gentlemen	Barebow	1128	Oliver Hicks
Ladies	Barebow	1157	Jacqueline Hunt
Men Open	Compound	1050	Jamie Wallace
Men W1	Compound	1322	Tamas Gaspar
Women Open	Compound	1293	Lindsay Howard

## Double WA 60m

Junior Ladies	Longbow	324	Grace Curran
Masters Ladies	Barebow	1157	Jacqueline Hunt

## Double WA 70m

Gentlemen	Longbow	803	Martin Bale
Masters Gentlemen	Recurve	1246	Kevin Barrett

## Double York

Gentlemen	Longbow	1241	Rob Twigg
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## Ladies WA 1440/Metric I

Ladies	Compound	1419	Ella Gibson
Masters Gentlemen	Barebow	904	Richard Allan
Women Open	Compound	1309	Lindsay Howard

## Long Metric (Ladies)/Long Metric I

Ladies	Compound	706	Ella Gibson
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## Long Metric II [U18 / U16]

Junior Gentlemen	Compound	700	Finlay Clark
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## Long National

Gentlemen	Longbow	418	Cliff Gadd
Ladies	Longbow	408	Sheila Hudson

## Metric 122-30 [U12 / U12]

Junior Ladies	Barebow	550	Isabelle Edwards
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## Metric 122-40 [U14 / U14]

Junior Gentlemen	Compound	654	David McCarthy
Junior Gentlemen	Longbow	311	Myles Jackson

## Metric 122-50 [U16 / U16]

Junior Ladies	Compound	702	Patience Wood
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## Metric III [U16 / U14]

Junior Ladies	Compound	1418	Isabella Bruguer
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### Metric V [U12]

Junior Ladies	Barebow	1019	Ava Snell
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### Portsmouth

Gentlemen	Recurve	599	Patrick Huston
Junior Gentlemen	Barebow	572	Oliver Hicks

### Short Metric II [U18 / U16]

Junior Gentlemen	Compound	703	Finlay Clark
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### Short Metric/Short Metric I

Ladies	Compound	713	Ella Gibson
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### Single Metric Clout 90m [U16 / U14]

Junior Ladies	Barebow	163	Evie Finnegan
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### Single One-Way Clout 140 yds

Junior Gentlemen	Recurve	123	Thomas Whettam
Junior Gentlemen	Recurve	123	Thomas Whettam
Ladies	Compound	130	Caroline Cater
Ladies	Longbow	75	Diane Jobson

### Single Two-Way Clout 180 yds

Gentlemen	Barebow	96	Glyn Jones
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### WA 18m

Junior Gentlemen	Barebow	553	Oliver Hicks
Junior Gentlemen	Compound	589	Lewis Haslam
Junior Ladies	Recurve	583	Penny Healey
Masters Ladies	Barebow	424	Jennifer Cam

### WA 25m

Junior Gentlemen	Barebow	546	Oliver Hicks
Masters Ladies	Barebow	417	Jennifer Cam

### WA 50m

Cadet Men	Barebow	578	Oliver Hicks
Cadet Women	Barebow	559	Amelia Chumber
Ladies	Barebow	586	Jacqueline Hunt
Masters Ladies	Barebow	586	Jacqueline Hunt
Men W1	Compound	662	Tamas Gaspar

### WA 60m

Masters Gentlemen	Recurve	628	Kevin Barrett
Masters Ladies	Barebow	586	Jacqueline Hunt

### WA 70m

Masters Gentlemen	Recurve	612	Kevin Barrett
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### WA Combined

Gentlemen	Barebow	1099	Oliver Hicks
Junior Gentlemen	Barebow	1099	Oliver Hicks
Masters Ladies	Barebow	752	Jennifer Cam

### WA Double Mixed Blue [U15]

Junior Gentlemen	Barebow	591	Oliver Hicks
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### WA Unmarked Blue [U15]

Junior Gentlemen	Barebow	313	Oliver Hicks
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### Western

Ladies	Longbow	672	Sheila Hudson
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### York

Men Open	Compound	1254	John Stubbs MBE
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# Handicap Improvement Medal Winners

The deadline for informing Archery GB of your club's Handicap Improvement medal winners is **31 January 2022**. Please email [awards@archerygb.org](mailto:awards@archerygb.org) with your winner's name, membership number, and starting and finishing scores so that their achievement can be published in the spring edition of Archery UK. **Thank you.**

AUGUST TO OCTOBER 2021

# ACHIEVEMENTS

## TARGET ARCHERY

### GRAND MASTER BOWMEN

#### RECURVE

Malgorzata Sobieraj  
Imogen Sullivan-Bell  
Lucy Nicholas

#### COMPOUND

Dillon Crow  
Elizabeth Foster  
Mark Speight  
Sarah Prieels  
Victoria Loader

#### BAREBOW

Karen Grassie  
Sarah Hubbard

#### LONGBOW

Hannah Porter  
Jamie Vos  
Kevin Macey  
Martin Bale  
Sheila Hudson

### MASTER BOWMEN

#### RECURVE

Lorna Stevens  
Lucy Nicholas  
Rachael Sanders

#### COMPOUND

Andrew Scott  
Carlos Bolou  
Ian Clark  
Jason Pretlove  
Nathan Warr  
Paul Honour

#### BAREBOW

Helen Brown  
Mark Turner  
Richard Heathcote  
Steve Fowler  
Tony Fry

#### LONGBOW

Antony Aplin  
Jamie Vos  
Scott Williams

### JUNIOR MASTER BOWMEN - U18

#### RECURVE

Callum Piggott  
Kathryn Taylor

#### COMPOUND

Bethany Rhodes  
Jack Wood  
Thomas Lane

### JUNIOR MASTER BOWMEN - U16

#### RECURVE

Anna Blythe

Hannah Ackland-Snow  
Laura Eyres  
Sophie Roberts

#### COMPOUND

Finlay Clark  
Jessica Pollitt  
Patience Wood

#### BAREBOW

Evie Finnegan  
Isabel Plowman  
Liam Ford

### JUNIOR MASTER BOWMEN - U-14

#### RECURVE

Amelia Mae Griffiths  
Chloe Pink  
Isobel Lindsley-Frost  
Lexie Carrie  
Lily Knutton  
Megan Havers  
Mikolaj Radosz  
Oscar Fenik  
Sarah Khaled

#### COMPOUND

Chloe Scott  
Grace Coulam  
Holly Hopkinson  
Klim McCarthy  
Louise Bassett

#### BAREBOW

Indigo Zaffino  
Jade Zhang  
Tom Wiggin

### JUNIOR MASTER BOWMEN U-12

#### RECURVE

Bert Smart  
William Bailey

#### COMPOUND

Harriet Beckinsale-Smith

### WA STAR

#### RECURVE

**Red (1300)**  
Conor Hall 1315

#### Blue (1200)

Imogen Sullivan-Bell 1244  
Ffion Edgeley 1228  
Alex Hill 1227  
Rachael Sanders 1209

#### Black (1100)

Becky Jardine-Smith 1193  
Sarah Kissack 1165  
Sophie Young 1154  
Terry Meech 1143  
Mollie James 1135  
Cheryl King 1127  
Peter Brookes 1116

#### White (1000)

Katriona James 1083  
Harriet Crook 1031  
Thomas Clint 1031  
Andrew Buchan 1026  
David Aldridge 1007

#### COMPOUND

**Gold (1350)**  
Lydia Sinnott-Smith 1362  
Andrew Scott 1350

#### Red (1300)

Jessica James 1312

#### Blue (1200)

Donna Mills 1214

#### Black (1100)

Clair Crook 1137

#### BAREBOW

**White (1000)**  
Lonja Selter 1012

### WA SILVER STAR

#### RECURVE

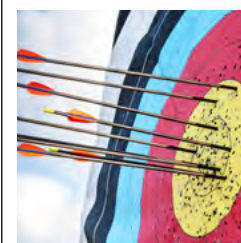
**Blue (1200)**  
Hannah Fox 1292  
Hetty Duncan 1235  
John Smart 1222

#### Black (1100)

Bert Smart 1144  
Samantha Roberts 1140  
Shriya Narain 1118

#### BAREBOW

**Black (1100)**  
Indigo Zaffino 1114



### WA TARGET

#### RECURVE

**Blue**  
Alex Hill 612  
Sarah Russell 612  
Trevor Dance 610  
Becky Jardine-Smith 605  
Kayleigh Ivanov 601

**White**  
Alistair Newman 506

#### COMPOUND

**Purple**  
Isabelle Carpenter 701

**Gold**  
Dillon Crow 691

**Red**  
Brian Lock 661  
Lindsay Howard 654

**Blue**  
Paul Vanetti 624  
Hayley Goodes 613

**White**  
Jamie Wallace 530  
Clair Crook 503

#### BAREBOW

**Blue**  
Jacqueline Hunt 584  
Nicholas Winfield 571  
Tom Williams 557

**Black**  
Jacqueline Crow 546  
Tom Williams 542  
Nadine Parker 518  
Andrew Ward 517

**White**  
Andrew Ward 492  
Andrew Barham 491  
Dave Judge 488







## WA SILVER TARGET

### RECURVE

**Black**  
Kathryn Taylor 556

**White**  
Harriet Crook 515  
Daniel Newman 506

### COMPOUND

**Gold**  
Ajay Scott 685

**Blue**  
Isabella Bruguier 629

### BAREBOW

**Blue**  
Oliver Hicks 578

## ROSE AWARDS

### RECURVE

**Gold**  
Patrick Huston 1212

**Blue**  
Oscar Fenik 1088  
Leigh Hadfield 1075  
Caroline Homer 1060  
Rebecca Cusworth 1030  
Ian Burton 1009

**Black**  
Josh Miller 971  
Mollie James 953  
Samuel Walby 945  
Jon Day 925  
Andy Smart 924

**White**  
Aisling Macnaughton 820

### BAREBOW

**Purple**  
John Stubbs MBE 1254

**Gold**  
Sarah Hubbard 900

**Blue**  
Helen Brown 766  
Paul Spencer 726

Gill Brown 726  
Karen Grassie 726  
Barbara Wanzenried 723  
Brett Stringer 710

**Black**  
Deborah Hill 681  
Chris Hague 644  
Steven Lelliott 641  
Ian Sharp 615

**White**  
David Strong 586  
Geoffrey Barker 571  
Andrew Barham 566  
Trevor Carr 563  
Reece Gauntlett 563  
Tom Williams 559  
Peter Sweetman 525  
Jennifer Cam 509  
Sarah Dickinson 503

### COMPOUND

**Purple**  
Carlos Bolou 1250  
Lindsay Howard 1250

**Gold**  
Bill Chapman 1258  
Oscar Orford 1230  
Jamie Hunter 1212  
Susan Thompson 1206

**Red**  
Donna Mills 1186  
Louise Naylor 1166  
Aidan Elves 1160  
Zara Green 1149  
Andy Ratcliffe 1142  
Ian Beswick 1119  
Huw Harper 1110  
Sarah Gibbs 1102

**Blue**  
Andy Hopkins 1090

**Black**  
Shirley Beddoes 975

### LONGBOW

**Purple**  
Sophie Twigg 662  
Rob Twigg 644

**Gold**  
Rob Twigg 597  
Sophie Twigg 549

### Red

Jamie Vos 523  
Hannah Porter 475

### Blue

Lorraine Slater 413  
Michelle Szulc 386

### Black

David Flint 367  
Matt Carstensen 300

### White

Ron Stoneage 298  
Tara Earle 296  
Michaela Stapleton 283  
Jane Barrett 246

## JUNIOR ROSE

### RECURVE

**Gold**  
Isobel Lindsley-Frost 1224  
Maxwell Oakley 1218

**Red**  
Alia Fallouh 1177  
Lewis Bodkin 1132

**Blue**  
Amber Knowles 1096  
Bert Smart 1090  
Hetty Duncan 1062  
Callum Piggott 1050  
Meredith Burton 1004

**Black**  
Emma Hunt 983  
Bert Smart 970  
William Smith 952  
Freya MacNaughton 906

**White**  
Lara Jones 895  
Toby Wiggan 888  
Mia Weekes 851  
Eve Dixon 845  
Chayanne Weilandt 837  
Muhammad Zakariya Ahmad 812

### COMPOUND

**Gold**  
Violet Walker 1202

**Red**  
William Roberts 1166

**Blue**  
Paige Mansell 1052  
Allan Hoskin 1046

**White**  
Archie Roberts 943

**BAREBOW**  
**Purple**  
Halimah Yasmin 1083

### Gold

Jade Zhang 918  
Liam Ford 914  
Isabel Plowman 904

**Red**  
Jade Zhang 894

**Black**  
Reece Gauntlett 648

## 6 GOLD END SENIOR

### RECURVE

Alistair Newman  
Andrew Harbour  
Becky Jardine-Smith  
Deborah Waterhouse  
Ian Beswick  
John Dowsett  
Katriona James  
Malgorzata Sobieraj  
Peter John Sargent  
Samuel Walby  
Trevor Dance  
Wayne Goble

### COMPOUND

Alan Clewley  
Andy Ratcliffe  
Carl Tebbs  
Chloe Scott  
Chris Slaney  
Louise Naylor  
Zara Green

### BAREBOW

Richard Heathcote

## 6 GOLD END JUNIOR

### RECURVE

Archie Bromley  
Gemma Savini  
Isobel Lindsley-Frost  
Chloe Pink  
Meredith Burton

### COMPOUND

Lily Partridge  
William Slack  
Amanda Barr  
Eve Knowles

### BAREBOW

Oliver Hicks

## 3 GOLD END

### LONGBOW ONLY

Andrew Parry  
Bernadette Brady  
Brent Davies  
Derek Perkins  
Kevin Macey  
Lorraine Slater



## FIELD ARCHERY

### GRAND MASTER BOWMEN

### BAREBOW

James Annall

## WA ARROWHEAD

### RECURVE

**White**  
Lucy Nicholas 302

**Green**  
Sienna Foster 212

### COMPOUND UNLIMITED

**Brown**  
Gordon Horner 322

**Green**  
Christopher Hole 300

### BAREBOW

**White**  
Steve Fowler 298

**Brown**  
Shelagh Cusack 218  
Joanne Spencer 199

**Green**  
Joanne Spencer 191



## FLIGHT ARCHERY

### MASTER BOWMEN

### COMPOUND

Stefanie Probert

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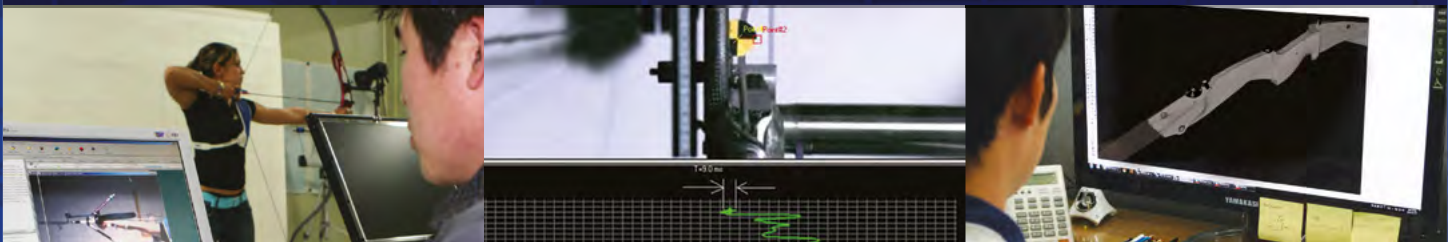
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 FLAX FIBERS POSSESS A MUCH HIGHER VIBRATION DAMPENING CAPACITY

**CARBOFLAX**  
 BIO-COMPOSITE HYBRID TECHNOLOGY

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- SUPERIOR VIBRATION DAMPENING IN ALL AXES
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- ARC-SHAPED SCALLOPED RINGS WITH SMALLEST DIAMETER GROOVES IN THE MIDDLE FOR SUPERIOR X-AXIS AND Y-AXIS VIBRATION REDUCTION
- STRONG PROPRIETARY RUBBER MATERIAL SUPPORTS UP TO 100Z. WEIGHTS
- OVERALL WEIGHT = 1OZ.

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