



DCAS News

Issue No. 53 - Autumn 2014

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Welcome to your latest Devon and Cornwall Archery newsletter.

I hope everyone has had a good summer, don't forget to take photos and send me your stories whilst you are shooting arrows!

If you have anything you wish to contribute to future editions, articles, photos, jokes, etc. please forward them to me at:

eedwick@barnstaplearcheryclub.org.uk

*Estelle Edwick
Newsletter Editor*

Summer Postal League results

Thank you to Simon Slade for restarting the DCAS Summer Postal League this year and well done to all the archers who took part.

Here are the final results, showing the Top 3 teams in each division.

Long Warwick Mixed Division 1			
Pos	Name	Total	Pts
1	Brixham A	5347	13
2	Wadebridge	4503	13
3	Barnstaple	4424	11

Long Warwick Mixed Division 2			
Pos	Name	Total	Pts
1	Kenwith	4960	15
2	Tors	4162	11
3	Mounts Bay	2898	10

Long Warwick Mixed Division 3			
Pos	Name	Total	Pts
1	Newquay	4028	15
2	Junction	2791	13
3	Exeter B	2265	11

Long Warwick Compound Division 1			
Pos	Name	Total	Pts
1	Exmouth A	6268	15
2	Brixham	4911	13
3	Lacetown A	6084	11

Long Warwick Compound Division 2			
Pos	Name	Total	Pts
1	Exmouth B	5816	13
2	Kenwith	5344	13
3	Tors	5516	11

Junior Warwick Division 1			
Pos	Name	Total	Pts
1	Barnstaple	4246	15
2	Brixham	4469	11
3	Newquay	4455	11

Junior Warwick Division 2			
Pos	Name	Total	Pts
1	Mounts Bay	5253	15
2	Junction	4163	13
3	Exeter	1122	9

Short Warwick Mixed Division 1			
Pos	Name	Total	Pts
1	Lacetown A	5940	15
2	Tors A	5298	13
3	Wadebridge	5048	9

Short Warwick Mixed Division 2			
Pos	Name	Total	Pts
1	Barnstaple Juniors	5644	15
2	Mounts Bay A	4946	13
3	Kenwith	5020	11

Short Warwick Mixed Division 3			
Pos	Name	Total	Pts
1	Junction	4055	15
2	Lacetown B	4561	13
3	Barnstaple	4331	9

Short Warwick Longbow Division 1			
Pos	Name	Total	Pts
1	Exeter A	4247	15
2	Exmouth	3984	13
3	Tors A	3248	9

Short Warwick Longbow Division 2			
Pos	Name	Total	Pts
1	Exeter B	3410	15
2	Kenwith	2742	13
3	Tors B	2388	11

In addition, a lot of archers from our counties took part in the Bow International 70m league, www.70mleague.com or see the latest edition of the magazine. Well done to all of you.

Good luck in the Winter postal league.
Juniors see page 10 for details on the GWAS league which is both team and individual, it's not too late to join in.

DCAS Junior County Team



The Junior Intercounties 2014 were held at Danesfield Church of England school on the 6th of September.

The team consisted of 14 archers - 8 Recurves, 3 compounds, 2 Barebow and 1 Longbow archer across all age groups and both genders and they shot distances appropriate to their age group.

Awards were given for overall team result only.

1. GAS - 12912
2. DWAA – 11733
3. DCAS – 11152
4. SCAA – 10811

Do you want to make the team next year?

See the DCAS website for details and see page 8 for Junior county coaching.

The DCAS junior team consisted of the following:

Archer	Bowstyle	Club
Abbie Reid	Compound	Redruth
Alex Rowe	Recurve	Mounts Bay
Amethyst Chopping	Barebow	Exeter
Ben Cardy	Compound	Lacetown
Callum Platt	Recurve	Barnstaple
Ellen Cosh	Recurve	Barnstaple
Jess Luck	Compound	Exmouth
Jordan Lanyon	Recurve	Redruth
Lucy Rowe	Recurve	Mounts Bay
Olivia Bevan	Recurve	Brixham
Matt Clarke	Longbow	Brixham
Rebecca Paine	Recurve	Brixham
Rhiannon Walker	Barebow	Junction
William Foxcroft	Recurve	Exmouth

Halloween Fun at Junction archers

Junction Archers held their 2nd annual Halloween “Spooky shoot” the last week in October. Shelagh Cusack claimed the best gold prize, Steve Cook was the overall winner and as you can see everyone entered into the ‘spirit’ of the evening.



DCAS Senior County Team

The senior county team of 24 archers competed in the GWAS intercounties at Exeter School in September.



The DCAS team consisted of the following:

Gents Recurve - Martin Rooke, Andrew Richards, Mark O'Halloran, Andrew Hoyle, Gary Wilde, Kenny Hosegood, David Cousins

Ladies Recurve - Paulette Mills, Estelle Edwick, Ellen Cosh, Zena Barker, Sue Day

Gents Longbow - Seth Neill, Scott Williams

Ladies Longbow - Sarah Conisbee, June Gaydon

Gents compound - Daniel Tompkins, Neil Bennett, Marek Kantczak, Chris Colwill, Mark Cardy

Ladies Compound - Wendy Broom, Mollie Wix, Kerry Bennett



Overall Somerset won and DCAS came 4th. However, DCAS finished 1st for the team of 3 Ladies, Recurve bowstyle with team members Paulette Mills, Estelle Edwick and Ellen Cosh.

Overall results:

1. SCAA - 19832
2. DWAA - 19721
3. GAS - 19615
4. DCAS - 18992

In addition, Paulette Mills received the trophy for the highest individual Ladies Recurve.

Do you want to make the team for next year?

The selection criteria for the senior county team have been changed.

The last date for rounds shot for selection inclusion will be SUNDAY 30th AUGUST 2015.

In order to qualify for selection, you must shoot **four** 12 dozen rounds at a minimum distance appropriate to your gender. One of these rounds **must** be shot between the last weekend in July and the 30th August. The Team will then be picked based upon the handicaps obtained for those rounds. The County Records Officer and Senior County Team Manager will be responsible for this process. Should a conflict occur, the County Vice Chairman will have the final decision. It will be a condition of accepting to shoot for the County, that you agree to wear the official County Colours throughout the day.

The shooting top was introduced in 2014, lower garments will remain self funded, but forward going Black is the preferred colour (although green or white will be accepted).

Jimmy Sandoe (Senior County Team Manager)

Tournament Dress Code



At the GWAS Committee meeting last weekend, we the Judges have been instructed to ensure that the Tournament Dress Code is being followed. There have been too many incidents of archers turning up in clothing which is contrary to the rules, and expecting to shoot. Up to now we have been lenient and allowed the archers to shoot.

We have been told to stop this happening and as of January 2015, any archer turning up for a tournament in the wrong clothing will be asked to change or will not be allowed to shoot —————NO EXCEPTIONS. Below is the passage from the Oct 2014 Rule Book.

Please note that the colour Olive Drab is a greyish green or a brownish green (look it up on google). If you are not sure then don't take the chance, don't wear it. Clothing manufacturers trade marks are allowed but any other wording or logo's must be Archery related.

These rules apply to Record Status, Regional and County Tournaments automatically, but if the entry form for any non record status or club tournament has any wording to the effect that Archery GB rules apply then these tournaments will be covered as well.

Please inform all your Club Members as we do not want to have to turn Archers away, especially if they have travelled some distance.

Phil Gillbanks

GWAS Judge Liaison Officer
DCAS Judges Representative



307. Dress Regulations

(a) The recognised dress of Archery GB is plain dark green and/or white.

(b) Footwear that fully encloses the toes and front of the foot must be worn at all times when shooting.

(c) Members of Archery GB shooting and officiating at tournaments granted UK or World Record Status by Archery GB are required to wear clothing that is appropriate, clean, in good condition (ie not frayed or worn, either deliberately or by use) and conventional in style and appearance. In particular:

(i) Tops or shirts must cover the front and back of the body (including the midriff when at full draw), they must not be strapless and, for gentlemen, must include sleeves.

(ii) Any colour garments may be worn with the exception of blue denim, olive drab and camouflage pattern.

(iii) Badges, Logos and Wording.

a. Clothing manufacturers' trade marks are allowed. The wearer's name is allowed.

b. Individuals, and members of clubs and other archery organisations that are commercially sponsored may wear sponsors' logos and names during the sponsorship period only.

c. Other wording or badges on clothing must represent archery organisations.

(iv) Members of Archery GB who are officiating as the Chairman of Judges, Judge or Director of Shooting at a UK or World Record Status tournament shall wear Archery GB recognised Judges official dress.

(v) A member of Archery GB who has represented Great Britain (GBR) as an archer at an international tournament may wear their international shooting uniform for the remainder of that season and the following one.

A full copy of the Rules of Shooting can be downloaded from the Archery GB website.
Every archer should have one!

Junction Archers – Founders’ Day Shoot

On 9th August Junction Archers held their 1st Founder’s Day Shoot and twelve archers turned out plus family supporters. Senior archers shot a Short Metric I Round and Juniors a Short Metric III Round. Our Founders, Frank and Haydn Bath, arrived at the distance change tea break to encourage the Novices and heckle others from behind the lines.



Whilst we were waiting for the results to be published we enjoyed a delicious Barbeque cooked by the Roissetter family and this was followed by the presentation of the Trophies and medals for this handicap adjusted shoot.

- Ladies 1st place Ruth (I never win anything) Barnes, 2nd Shelagh Cusack, 3rd Jane Forrow;
- Gents 1st place Pete Forrow, 2nd Brian McDonald, 3rd Pete Roissetter;
- Junior Ladies 1st place Rhiannon Walker, 2nd place Chloe Roissetter,
- Junior Gent 1st place Josh Cook;
- Unclassified Novice special award to new Junior member Charlie Nicholas.

The day had begun cool but dry, with the forecast not looking good, such a shame after the warm sunny weather of the previous two weeks. Shortly after we had taken down the range and packed away, the clouds rolled in and the rain poured down and we were so glad that we had decided on an earlier than usual start.

Silence is golden with news hot off the press

DCAS Newsletter,
better than the
Sunday papers?
Keeping the field
crew enraptured at
the DCAS Champs.



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OR SEE ME AT THE PANNIER MARKETS AT
TIVERTON - 2ND SATURDAY OF EACH MONTH
SOUTH MOLTON - 3RD SATURDAY OF EACH MONTH

Points matter - Checking your score

Time and time again addition errors occur on tournament score sheets. 'You', the archer, are responsible for checking your score has been added up correctly, calculators and scoring apps are allowed so this has never been easier.

The Archery GB rules of shooting states the following:

Rule 306 (d) The scorer shall enter totals as required on the scoresheet. The archer and the scorer shall then check the score sheet and sign it as correct. It is each archer's individual responsibility to ensure that all aspects of his scoresheet are correct when they sign. A tournament organiser is not required to check the additions on a score sheet but, if an error is discovered, has discretion to alter totals accordingly.



If you have signed for your score and it is subsequently found to be higher there is no obligation for this to be corrected by the TO and frequently you will only be awarded the lower score that you have signed for. If the error is in your favour and spotted this will normally be corrected. Just because you signed for an incorrect score does not mean that get to keep the extra points!

Prize giving is not the time to question the scores and find that you cannot add up and have lost when you thought you had won!

Please check your scores and make sure errors are corrected before you sign.

Devon Coaches Workshop 18-10-14 – Malcolm Grant (CDC Devon)



Held at 1st Pinhoe Scout Hut, Exeter. I was tasked with the job of organising a workshop for Devon coaches. Fortunately, I knew just the coaches to ask to deliver this workshop. Even more fortunately, both Graham Williams (Cheltenham) and Mark Ricketts (Bath) agreed to plan and deliver a programme based around the “Drills and Skills” that are currently being used to some success by the performance academies.

Eighteen coaches booked and attended the workshop.

This was not just another “Power Point” presentation. At the outset, Graham and Mark were determined for this to be a practical “hands on” learning session where the coaches were able to underpin their new knowledge by practising on each other.

It was really encouraging to see everyone engaging fully in this all day long workshop.

Graham and Mark are to be highly commended for their enthusiasm and the excellent way in which they imparted their knowledge.

Many thanks to both **Graham and Mark**.

Also thanks to **Active Devon** who were good enough to support this event with a grant.

At the end of the session I asked everyone to write a comment on a post-it.

These are those comments:

Feedback post-it notes:

- Coaching using sights
- Availability of coaches courses / Payment for coaches
- Thanks for today / Perhaps a funding workshop / Technology workshop
- Compound shooting / Longbow, Flatbow etc shooting / Tuning methods / Stabilisation / Disabled/impaired teaching / Field archery / Equipment selection (first bow etc) / Progress award scheme / psychology / Exercise / Fitness/Strength training / Bow maintenance.
- Teaching disabled
- Course on Bow set-up and tuning
- Coaching info on Bow set-up and tuning
- Archery GB doing internet training courses
- Today’s session was excellent / For the future/ Tips for coaching young people
- Excellent day/Thanks for putting it on.

As you can see there are plenty of ideas for future get together! Are there any volunteers to step forward and organise the next programme?

Cheers

~Malcolm~

CDC for Archery in Devon



Malcolm Grant 0183 843097 or 07855 282 925 or archerygbcoach@talktalk.net

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Brighten up your plain looking arrows and make them easier to spot.

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Make removal of fletchings easier and safer. No need to apply glue directly to the shaft of your expensive carbon arrows, avoiding unnecessary damage.

High quality self adhesive material is used that is thin and light weight. They add approximately 3 grains to the weight of each arrow.

Each wrap is numbered to help with arrow identification, has up to three lines of text and can be supplied with fletch lines for easy fitment of spinning type vanes if required.

For more details and design samples send an email to skinz@slicksigns.co.uk

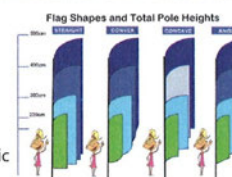
Medals and badges

Custom medals and badges manufactured to order. Die struck to your requirements either standard round/square shape or have one custom designed. All come with eyelets and can be supplied with or without ribbons.



Banners and flags

We can manufacture banners to almost any size and also offer feather or teardrop flags up to 5 meters in height. These are great for outdoor tournaments to mark shooting and equipment lines. You can also have this mounted onto Correx board, which is a fantastic temporary substrate.



Club teamwear

We can produce anything from a single T-shirt through to a whole club kit in multiple colours using the latest digital printing technology. Other options are available, such as embroidered crests and screen printing.

Club Merchandise

In addition to club teamwear we have many products available to order that can be used for raising club funds. Just a few of the items that we can customise are silicon wrist bands, lapel pins/badges and embroidered badges.

Unfortunately due to fluctuating metal and material prices we can only provide a quotation on application.



County Coaching for Juniors

County Junior Coaching sessions are again being held this winter, with around 15 active participants from all corners of the two counties. The day-long sessions are held monthly, in Exeter.

There is no 'entry requirement' in terms of experience or scores to join the sessions - coaching is available to all DCAS juniors up to the age of 18 and at any level of experience. The only requirement is that the archer wants to improve, and is prepared to put a bit of effort into improving - and has a parent able to get him/her to the sessions on one Saturday a month.

The coaching provided at County is designed to match and support the coaching provided on Archery GB Talent Selection, for juniors who are aspiring to get a place on that programme. Although we are probably a little more light-hearted in approach, and the kids get to have a bit of fun as well as working hard!

We can probably take a few extra members from January, so if you know of any junior willing and able to benefit from County Junior Coaching then please contact John Russell (jrussell@jrconsulting.co.uk) for details.

DCAS Merchandise

Hoodies and Polo shirts – not many left in stock

DCAS Enamel Map Pin Badges	£3.00
DCAS Patch Badge	£2.00
GNAS Box Sticker	50p
GNAS Tax Disc Holder	£1.75
GNAS Window Sticker	75p
DCAS Polo Shirt – reduced!	£11.00
DCAS Sweatshirt	£10.00
DCAS Hoody – reduced!	£12.00

Please contact Ann Gillbanks or any member of the DCAS committee if interested.

And the Winner is....., Could it be you?

To all Grand Western Archery Society Members

At the last Archery GB AGM Freddie Collier announced that the Minister for Sport had made it known that, as a Society, Archery GB should be more active in making Awards to the members that have made a good contribution to the Society at any level and recognise volunteers for all the work done on behalf of all of us. The suggestion made was for Plaquettes to be awarded in three grades, Gold, Silver & Bronze.

Including this new initiative Archery GB will now give awards for;
Certificates for Service to Archery

Plaquettes;

- Bronze,
- Silver,
- Gold,

Honorary Life Member

The Society will put forward members that it thinks appropriate to the Honours office for consideration regarding the Queens Honours list.

In addition specialist Awards are presented each year;

Hartwell Trophy, Awarded to the archer considered to have given exemplary services to archery in any field.

The Gussy Trophy, Awarded to the wheelchair archer of the year.

The Toxophilus Trophy, Awarded to the best club, county or regional newsletter / magazine. (4 copies of the last 2 issued)

The Jack Flinton Trophy, Recognises services to coaching, nominees must be qualified members of the coaching organisation.

The Ascham Mazur Trophy, The archer achieving the highest score for an American Round using a bow as defined in rule 202 of the Rules of shooting at an Associated Club Target Day or at a recognised tournament.

The Society also makes recommendations for Awards given by other organisations;

Sunday Times Sportswomen of the year

BBC Olympic personality of the year

World Fair Play Awards

Torch Trophy Trust

CCPR Club Award

Emlyn Jones Award



As you can see from the list above, the National Society gives a good range of Awards across all aspects of archery. Following Freddie's lead, we should look to recognise members that have given their time, support, encouragement, and expertise, for the benefit of archery or archers in Grand Western or at a national or international level. I believe there are many who should be put forward for an Award, so please send me an e-mail with a nomination or give me a call and talk about it, please, do not leave it for someone else to do this, or nothing will happen.

I am looking for approximately 6 nominations from each County. These do not have to be approved by your County Committee as some of the people that sit on these committees may be the very people you wish to put forward, and this may put them in a difficult position.

John Poyner e-mail john.poyner@live.co.uk

For GWAS Council phone 01271 817 392

DCAS Tournament diary

Want to get out and compete? Here are the events scheduled in Devon and Cornwall over the next few months. Further details and entry forms can be found on the DCAS website or from the tournament organisers listed below.

DECEMBER 2014

7th	Archers of the West	Handicap Portsmouth	Peter Conisbee, The Barn, Fore Street, St Day, TR16 5JU ~ 01209821433 ~ peter.littlecarew1 @ hotmail.co.uk
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JANUARY 2015

18th	Kyrton Winter Warmer	Portsmouth	Ieuan Lovett, 5 Cavendish Road, Exeter EX1 2PB ~ 01392 493621 ~ tournaments @ kyrton-archers.co.uk
25 th	Newquay Indoor	Double Portsmouth	Andy Scott, Greenacre, Conce, Bugle, ST AUSTELL , PL26 8RT - 01208 831702 - ajkmscott@hotmail.co.uk

FEBRUARY

1 st	Brixham Archers Clipper	Portsmouth and Head to Head	Jerry Handyside, 20 Broadsands Bend, Paignton TQ4 6JH ~ 01803 845336 ~ jhandyside@talktalk.net
15th	Archers of the West	Worcester AM Vegas PM	Peter Conisbee, Little Carew House, Carew Road, St Day, TR16 5LA ~ 01209 822871 ~ peter.littlecarew1 @ hotmail.co.uk
22 nd	DCAS Indoor Championships	Portsmouth (hosted by St Austell Bay Archers)	Ann Gillbanks, 14 Southgate Close, Plymouth, PL9 9QL 01752 311052 – Email – tournaments@dcas.org.uk

MARCH

1st	Barnstaple Indoor	Vegas AM and FITA 18 PM	Callum Platt tournaments@barnstaplearcheryclub.org.uk
8th	St Austell	Combined FITA	TBC
15th	Plymouth University	Charity Portsmouth	Sarah Murray, 16 Guildford Street, Plymouth PL4 8DS – sarahmurray1@hotmail.co.uk – 0784 707548

Grand Western Junior Winter Postal League



Hi to all DCAS juniors. We are hoping to get you interested in the above during the indoor winter shooting season. The league started in October but additional archers can join at any time.

The competition is open to all junior archers in any club, the round you need to shoot is 3 dozen arrows at 20yards and you can use the first 3 dozen of a Portsmouth round. There are styles and age groups to suit all.

There are prizes and certificates for all winners and a pen for everybody who enters. Last year we had 250 entries which gave us 26 different groups with 30 prizes and 90 certificates. It would be nice to see more DCAS juniors in the results.

If you are interested please look on the GWAS website www.gwas.org.uk for further information, rules, entry form, individual and team results sheets. Good shooting, Colin and Ann Holmes.

Record Claims Reminder

For anyone wanting to claim a DCAS (County) record, please remember that you have only **four weeks** from the date of the tournament to do this and **three months** for GWAS (Regional) records.

If you are claiming GWAS Records, the forms for Regional Records must be sent via your DCAS CRO in addition to the DCAS forms as they have to be forwarded on to Region.

Claim forms are available on DCAS and GWAS websites respectively and a copy of the results sheet must accompany all claims from outside County.

Scores achieved at any Open Tournament are eligible; including 'Masters' claims for archers aged 50+.

Happy Shooting.

Jane Forrow, DCAS CRO

93 new DCAS records have been claimed since the last newsletter, here is a list of those claimed:

DCAS	New Records			Name	Club	Date and Venue	DCAS Previous	Claim for GWAS
	Round	Bow Style	Score					
Gents	WA 70m	Longbow	311	Scott Williams	Exeter	19/7/14 @ Cleeve	292	
Gents	70m distance	Longbow	180	Seth Neill	Wadebridge	2/8/14 @ Redruth	140	
Gents	90m distance	Longbow	95	Seth Neill	Wadebridge	2/8/14 @ Redruth	89	
Gents	Long Metric	Longbow	262	Seth Neill	Wadebridge	2/8/14 @ Redruth	236	
Gents	30m 80cm	Recurve	346	Nigel Lyon	Lacetow n	6/9/14 @ Meriden	345	
Gents	Single one way clout 165m	Recurve	158	Ian Wheeler	Redruth	28/09/14 @ DCAS New quay	151	Claim
Gents	Stafford	Compound	682	Andrew Scott	New quay	12/10/14 @ St Austell	681	
Gents	Double Stafford	Compound	1358	Andrew Scott	New quay	12/10/14 @ St Austell	1344	
Gents	Single one way clout 165m	Longbow	61	Ken Quick	Redruth	28/09/14 @ DCAS New quay	New	
Gents	Double one way clout 165m	Longbow	119	Ken Quick	Redruth	28/09/14 @ DCAS New quay	New	
Gents	Albion	Longbow	532	Scott Williams	Exeter	12/10/14 @ Burnham	485	Claim
Gents Masters	30m 80cm	Recurve	346	Nigel Lyon	Lacetow n	6/9/14 @ Meriden	345	
Gents Masters	WA 1440* (Gents)	Recurve	1232	Nigel Lyon	Lacetow n	7/9/14 @ Meriden	1203	
Gents Masters	Double WA 1440* (Gents)	Recurve	2461	Nigel Lyon	Lacetow n	6&7/9/14 @ Meriden	2378	
Gents Masters	WA 18	Compound	575	Marek Kantczak	Barnstaple	2/11/14 @ GWAS champs	573	
Ladies	WA 1440 Ladies (FITA)	Barebow	524	Jane Forrow	Junction	2/8/14 @ Redruth	495	
Ladies	WA 1440 Ladies (FITA)	Barebow	583	Jane Forrow	Junction	2/8/14 @ Redruth	524	
Ladies	Double WA 1440 Ladies (FITA)	Barebow	1107	Jane Forrow	Junction	2 & 3/8/14 @ Redruth	New	Claim
Ladies	St George	Compound	870	Wendy Broom	Lacetow n	7/9/14 @ Brixham DCAS AG	New	Claim
Ladies	Stafford	Compound	668	Wendy Broom	Lacetow n	12/10/14 @ St Austell	663	
Ladies	Double Stafford	Compound	1337	Wendy Broom	Lacetow n	12/10/14 @ St Austell	1333	
Ladies	Double one way clout 125m	Recurve	285	Amy Wilde	Paignton	28/09/14 @ DCAS New quay	New	
Ladies	St George	Barebow	346	Jane Forrow	Junction	7/9/14 @ Brixham DCAS AG	294	Claim
Ladies	Albion	Barebow	554	Karen Grassie	Exeter	12/10/14 @ Burnham	519	Claim
Ladies	Single one way clout 125m	Longbow	92	Virginia Quick	Redruth	28/09/14 @ DCAS New quay	71	Claim
Ladies	Double one way clout 125m	Longbow	192	Virginia Quick	Redruth	28/09/14 @ DCAS New quay	102	Claim
Ladies	Single one way clout 110m	Longbow	97	Sarah Conisbee	AOTW	28/09/14 @ DCAS New quay	new	
Ladies	Double one way clout 110m	Longbow	204	Sarah Conisbee	AOTW	28/09/14 @ DCAS New quay	new	
Ladies	Double Worcester	Barebow	384	Lucy Nicholas	Junction	9/11/14 @ New quay	311	
Ladies Masters	WA 1440 Ladies (FITA)	Barebow	524	Jane Forrow	Junction	2/8/14 @ Redruth	495	
Ladies Masters	WA 1440 Ladies (FITA)	Barebow	583	Jane Forrow	Junction	2/8/14 @ Redruth	524	
Ladies Masters	Double WA 1440 Ladies (FITA)	Barebow	1107	Jane Forrow	Junction	2 & 3/8/14 @ Redruth	New	
Ladies Masters	WA 1440 Ladies (FITA)	Recurve	692	Julie Adnams Hatch	Barnstaple	3/8/14 @ Redruth/DCAS	680	
Ladies Masters	WA 1440 Ladies (FITA)	Recurve	903	Julie Adnams Hatch	Barnstaple	14/9/14 @ BOB Burnham	692	
Ladies Masters	70m distance	Recurve	247	Julie Adnams Hatch	Barnstaple	14/9/14 @ BOB Burnham	171	
Ladies Masters	60m distance	Recurve	195	Julie Adnams Hatch	Barnstaple	14/9/14 @ BOB Burnham	160	
Ladies Masters	50m distance	Recurve	198	Julie Adnams Hatch	Barnstaple	14/9/14 @ BOB Burnham	123	
Ladies Masters	30m distance	Recurve	263	Julie Adnams Hatch	Barnstaple	14/9/14 @ BOB Burnham	238	
Ladies Masters	70m distance	Recurve	171	Julie Adnams Hatch	Barnstaple	3/8/14 @ Redruth/DCAS	new	
Ladies Masters	60m distance	Recurve	160	Julie Adnams Hatch	Barnstaple	3/8/14 @ Redruth/DCAS	new	
Ladies Masters	50m distance	Recurve	123	Julie Adnams Hatch	Barnstaple	3/8/14 @ Redruth/DCAS	new	
Ladies Masters	30m distance	Recurve	238	Julie Adnams Hatch	Barnstaple	3/8/14 @ Redruth/DCAS	new	
Ladies Masters	30m distance	Recurve	257	Julie Adnams Hatch	Barnstaple	17/8/14 @ Exmouth	238	
Ladies Masters	Albion	Recurve	623	Julie Adnams Hatch	Barnstaple	7/9/14 @ Brixham DCAS AG	new	
Ladies Masters	Worcester	Recurve	242	Julie Adnams Hatch	Barnstaple	5/10/14 @ Kyrton	159	
Ladies Masters	Double Worcester	Recurve	483	Julie Adnams Hatch	Barnstaple	5/10/14 @ Kyrton	new	
Ladies Masters	WA 18	Recurve	470	Julie Adnams Hatch	Barnstaple	2/11/14 @ GWAS champs	247	
Ladies Masters	Portsmouth	Recurve	489	Jane Forrow	Junction	2/11/14 @ Kenwith	482	
Ladies Masters	St George	Barebow	346	Jane Forrow	Junction	7/9/14 @ Brixham DCAS AG	294	

Continued overleaf...

DCAS	New Records			Name	Club	Date and Venue	DCAS Previous	Claim for GWAS
	Round	Bow Style	Score					
Junior Ladies U18	Windsor	Recurve	866	Ellen Cosh	Barnstaple	7/9/14 @ Brixham DCAS AG	711	claim U18
Junior Ladies U16	Metric 3	Barebow	619	Rhiannon Walker	Junction	6/9/14 @ Danesfield JIC	New	
Junior Ladies U16	Long Metric 3	Barebow	286	Rhiannon Walker	Junction	6/9/14 @ Danesfield JIC	New	Claim U16
Junior Ladies U16	Short Metric 3	Barebow	333	Rhiannon Walker	Junction	6/9/14 @ Danesfield JIC	New	Claim U16
Junior Ladies U16	50m distance 122cm	Barebow	121	Rhiannon Walker	Junction	6/9/14 @ Danesfield JIC	New	Claim U16
Junior Ladies U16	40m distance 122cm	Barebow	165	Rhiannon Walker	Junction	6/9/14 @ Danesfield JIC	New	Claim U16
Junior Ladies U16	30m distance 80cm	Barebow	156	Rhiannon Walker	Junction	6/9/14 @ Danesfield JIC	New	Claim U16
Junior Ladies U16	20m distance 80cm	Barebow	177	Rhiannon Walker	Junction	6/9/14 @ Danesfield JIC	New	Claim U16
Junior Ladies U14	Double Metric 4	Recurve	2352	Rebecca Paine	Brixham	2&3/8/14 @ Redruth	1604	Claim U14
Junior Ladies U14	Metric 4	Compound	1123	Abbie Reid	Redruth	1/6/14 @ Exmouth	New	
Junior Ladies U14	Metric 4	Compound	1191	Abbie Reid	Redruth	2/8/14 @ Redruth	1123	
Junior Ladies U14	Double Metric 4	Compound	2258	Abbie Reid	Redruth	2&3/8/14 @ Redruth	New	
Junior Ladies U12	Short Junior Western	Barebow	248	Amethyst Chopping	Exeter	11/5/14 @ Kyrton	New	
Junior Ladies U12	Bristol 5	Barebow	691	Amethyst Chopping	Exeter	13/7/14 @ Exmouth	New	
Junior Ladies U12	Bristol 4	Barebow	393	Amethyst Chopping	Exeter	20/7/14 @ New quay	New	
Junior Ladies U12	Metric 5	Barebow	670	Amethyst Chopping	Exeter	6/9/14 @ Danesfield JIC	New	
Junior Ladies U12	30m distance 122cm	Barebow	98	Amethyst Chopping	Exeter	6/9/14 @ Danesfield JIC	New	
Junior Ladies U12	20m distance 122cm	Barebow	153	Amethyst Chopping	Exeter	6/9/14 @ Danesfield JIC	New	
Junior Ladies U12	15m distance 80cm	Barebow	208	Amethyst Chopping	Exeter	6/9/14 @ Danesfield JIC	New	
Junior Ladies U12	10m distance 80cm	Barebow	211	Amethyst Chopping	Exeter	6/9/14 @ Danesfield JIC	New	
Junior Ladies U12	Short Junior Windsor	Barebow	565	Amethyst Chopping	Exeter	7/9/14 @ Brixham DCAS AG	New	claim U12
Junior Ladies U12	Worcester	Barebow	47	Amethyst Chopping	Exeter	5/10/14 @ Kyrton	New	claim U12
Junior Gents WA U21	WA70m Gents	Recurve	549	Andrew Hoyle	Exeter	19/7/14 @ Cleve	new	
Junior Gents WA U21	WA1440 Gents	Recurve	1037	Andrew Hoyle	Exeter	27/7/14 @ Andover	new	
Junior Gents WA U21	90m distance	Recurve	235	Andrew Hoyle	Exeter	2/8/14 @ Redruth/DCAS	new	
Junior Gents WA U21	70m distance	Recurve	268	Andrew Hoyle	Exeter	26/7/14 @ Andover	new	
Junior Gents WA U21	50m distance	Recurve	250	Andrew Hoyle	Exeter	27/7/14 @ Andover	new	
Junior Gents WA U21	30m distance	Recurve	310	Andrew Hoyle	Exeter	27/7/14 @ Andover	new	
Junior Gents U16	Stafford	Recurve	645	Alex Row e	MBA C	12/10/14 @ St Austell	598	claim U16
Junior Gents U16	Double Stafford	Recurve	1272	Alex Row e	MBA C	12/10/14 @ St Austell	1209	
Junior Gents U12	Metric 4	Compound	1334	Ben Cardy	Lacetow n	6/9/14 @ Danesfield Junior IC	1328	
Junior Gents U12	Long Metric 4	Compound	643	Ben Cardy	Lacetow n	6/9/14 @ Danesfield Junior IC	New	claim U12
Junior Gents U12	Short Metric 4	Compound	691	Ben Cardy	Lacetow n	6/9/14 @ Danesfield Junior IC	519	claim U12
Junior Gents U12	20m distance 80cm	Compound	336	Ben Cardy	Lacetow n	6/9/14 @ Danesfield Junior IC	334	
Junior Gents U12	Junior Windsor	Compound	934	Ben Cardy	Lacetow n	7/9/14 @ Brixham DCAS AG	New	
Junior Gents U12	Stafford	Compound	619	Ben Cardy	Lacetow n	12/10/14 @ St Austell	591	claim U12
Junior Gents U12	Double Stafford	Compound	1253	Ben Cardy	Lacetow n	12/10/14 @ St Austell	1144	
Junior Gents U16	Single 90m Clout	Barebow	81	Daniel Stringer	Wadebridge	28/9/14 @ New quay	New	
Junior Gents U16	Double 90m Clout	Barebow	190	Daniel Stringer	Wadebridge	28/9/14 @ New quay	New	
Junior Gents U12	Single 75m Clout	Recurve	101	Freddie Little	Wadebridge	28/9/14 @ New quay	85	
Junior Gents U12	Double 75m Clout	Recurve	172	Freddie Little	Wadebridge	28/9/14 @ New quay	168	
Junior Gents U12	Portsmouth	Barebow	332	Charlie Nicholas	Junction	2/11/14 @ Kenw ith	293	claim U12
Junior Gents U12	WA18	Barebow	254	Charlie Nicholas	Junction	2/11/14 @ Kenw ith	221	
Junior Gents U12	Worcester	Barebow	114	Charlie Nicholas	Junction	9/11/14 @ New quay	New	
Junior Gents U12	Double Worcester	Barebow	267	Charlie Nicholas	Junction	9/11/14 @ New quay	New	claim U12
Junior Gents U12	30m distance 80cm face	Compound	339	Ben Cardy	Lacetow n	3/8/14 @ Redruth/DCAS	New	
Junior Gents U12	20m distance 80cm face	Compound	334	Ben Cardy	Lacetow n	3/8/14 @ Redruth/DCAS	331	

Senior County Squad



How good is your balance? Do you keep your head still when shooting? What happens to your form when required to shoot quickly?

County squad coaching days have started again through the winter season. Sessions held at St. Austell in October and Exmouth in November have been popular.

In addition to the coaching, these sessions have included access to slow motion cameras and practice for shooting team rounds.

Photo: Archers shooting a team round, whilst balancing cuddly toys on their heads and competing against the clock.

Why not give it a go at your club and have some fun whilst improving your form.

