



# DCAS News

Issue No. 54 – Winter 2015

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Welcome to your latest Devon and Cornwall Archery newsletter.

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](mailto:eedwick@barnstaplearcheryclub.org.uk)

*Estelle Edwick*  
Newsletter Editor

## DCAS Committee

At the AGM in November there were some changes to your county committee.

President	Sally Sandoe
Chairman	John Poyner
Vice Chairman	Vacant
Secretary	Jane Forrow
Treasurer	Paul Callaway
Tournament Organiser	Ann Gillbanks
Postals Organiser (non-committee)	Simon Slade
Records Officer	Judith Brelsford
Senior County Team Manager	Jimmy Sandoe
County Coaching Organiser	Malcolm Grant
Judges Representative	Phil Gillbanks
Junior Representative	John Russell
PRO & Newsletter Editor	Estelle Edwick
Reps to GWAS Council	Jane Forrow John Poyner
Webmaster (non-committee)	Timothy Pratt

Contact details can be found on the DCAS website.

### *Are you seeing your Tournament Results and News in your local papers?*

Since being appointed as your Public Relations Officer (PRO) in November 2013 I have been trying over the last year to get archery covered in local papers across the region.

**Tournament organisers** – Please let me have the results from your tournaments so that I can get them to the papers promptly – most have deadlines on Monday or Tuesday so if you want to get results published in the week after the shoot please make sure you get them to me quickly.

**Archers** – Please send me your photos to include with the results. Also, if you are competing outside of our counties please send me your results and I will forward them on for publication.

I do not get to see what is published outside of North Devon, so please let me know what is making it into your local paper or which papers are not printing anything and I will try and work with their sports editors to improve this.

Estelle Edwick – [eedwick@barnstaplearcheryclub.org.uk](mailto:eedwick@barnstaplearcheryclub.org.uk)

## *Christmas fun*

Plymouth Archers moved into a new venue last year and were struggling with membership and although having a wonderful venue to shoot in wondered if it would survive.



There was a small dedicated committee who fought very hard to keep the club alive and through hard work have turned the club around. This has been brought about by organising taster sessions, beginners courses and trying to get a balance at the club of being committed to shooting and having a fun element as well. We hope to start 2015 with more of the taster and beginners sessions.

It is also hoped that we might be able to run a club for the school itself and negotiations are underway with this.

To this end we have been holding fun shoots and other activities. Some of our younger members get very involved in this as you will see from the way they decorated the bosses for Halloween which was a great success.

Building upon the success of the Halloween we decided to hold a Christmas shoot and again this was very successful and many of the members brought along their family who helped out with the buffet held in between the shoot and a raffle and Christmas quiz was held in the interval to help raise funds for the club.

As you can see we have a sort of club mascot in the form of a polystyrene rabbit who is dressed up for each shoot according to the theme. He is a little battered now but will survive for an Easter shoot I am sure.



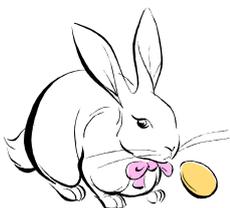
Even our most dedicated shooters have loved to participate in these fun shoots and it brings both archers and families together and has encouraged them also to join the beginner's classes. Plymouth Archers is always looking out for new ways of raising money and awareness of the Club to help it go from strength to

strength and at our last AGM we managed to fill all our vacant posts quite easily and we have a strong Committee and new members going forward in 2015.

As a club we would be very interested to hear from other clubs as to how they have been raising funds for their clubs and any ideas they might like to share with other clubs.

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### Easter Challenge



Many clubs have fun shoots, so how about a challenge for which DCAS club can come up with the best themed targets for an Easter fun shoot. Send me your pictures.



## DCAS Senior County Team



*Do you want to make the team for this year's GWAS Intercounties?*

*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)*

## ARCHERY LINK FOR YOUR ARCHERY

### EQUIPMENT

HOYT—WIN&WIN

OPECHEE

BEITER—DOINKER

PLUS ALL ACCESSORIES

### MEADOWSIDE

### NORTHCOUNTRY

### REDRUTH

### TR164DB

JIMMY SANDOE

01209 213242

07979338897

email-jimmysandoe@aol.com

## COLIN'S DISPLAY CABINETS WALL MOUNTED

STOCK CABINETS

THIMBLE, SHELVING

PENS, BADGES/BROOCHES

MEDALS, SPOONS,

ANGLE SHELVES,

COINS,



STANDARD SIZE

500mm x 350mm x 80mm

OVERALL SIZE

ALL SHELVING IS ADJUSTABLE

SPECIAL SIZES

WOOD TYPES

COLOUR OR MIRROR BACKING

BY ARRANGEMENT

RING COLIN

SOUTH MOLTON 01769 572921

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

## **DCAS Juniors**

Here is a section dedicated to our juniors, hopefully with your input we can make this a regular feature of the newsletter, so juniors send me your stories and photos to include.

Newsletter editor – Estelle Edwick [eedwick@barnstaplearcheryclub.org.uk](mailto:eedwick@barnstaplearcheryclub.org.uk)

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### **Need a new bow?**

Did you know DCAS offers junior members the opportunity to apply for an interest-free loan (up to £400), repayable by Standing Order over a period not exceeding 12 months for the purchase of equipment. See DCAS website for more details.

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### ***DCAS Junior County Team***



### ***Do you want to make the team this year?***

The GWAS Junior Intercounties are contested every September and DCAS will compete against the other counties in our region, Gloucestershire, Somerset and Dorset & Wiltshire.

Each year the County selects a team to represent Devon and Cornwall, which has to include 8 Recurves, 3 compounds, 2 Barebow and 2 Longbow archers who can be in any age group (shooting the round appropriate to their age group) and has to include both boys and girls. Archers have to be affiliated to GNAS, DCAS and GWAS.

Do you want to be considered for the DCAS County Junior Team?

Whether you are new to archery or experienced if you go and shoot in 3 outdoor open competitions before the deadline in the middle of August you can submit your scores for team selection.

See the DCAS website for full details.

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### ***Junior rankings***

Congratulations to the DCAS juniors in the 2014 Junior ranking list.

Junior Boys Recurve - Alex Rowe, Mounts Bay, 26th, Callum Platt, Barnstaple, 32nd  
Junior Girls Recurve – Ellen Cosh, Barnstaple 9th

## Grand Western Junior Winter Postal League



Many DCAS juniors are competing in this league this indoor shooting season and doing well.

Special mention goes to Chris Glover (U18 Boys Compound), Sam Metcalfe-Boyen (U16 Boys Recurve) and Dan Stringer (U16 Barebow) who are all in the lead in their divisions at the end of January. Full results can be found on the GWAS website.

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 20 yards 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](http://www.gwas.org.uk) for further information, rules, entry form, individual and team results sheets. Good shooting, Colin and Ann Holmes.

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### 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, so if you know of any junior willing and able to benefit from County Junior Coaching then please contact John Russell ([jrussell@jrrconsulting.co.uk](mailto:jrussell@jrrconsulting.co.uk)) for details.

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### DCAS Merchandise

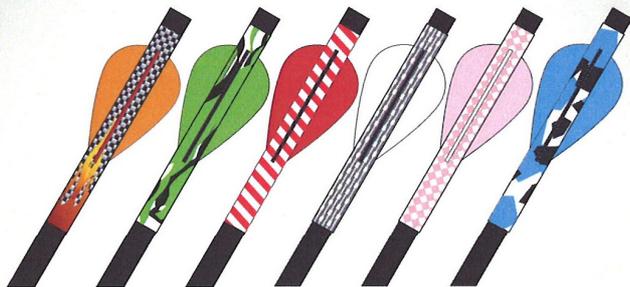
#### **Hoodies and Polo shirts – not many left in stock**

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

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

# SkinZ

## Premium Arrow Wraps



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

100s of colours available and many designs in stock to choose from, or we can create a custom decal for you.

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](mailto:skinz@slicksigns.co.uk)

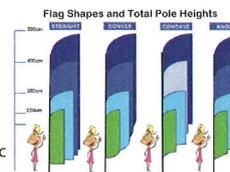
### Medals and badges

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.



## Archery GB Rankings

Many archers from Devon & Cornwall achieved good results in the Archery GB ranking list for 2014. Well done to all.

### Ladies Recurve

6	Paulette Mills Firecrest A	4970
19	Estelle Edwick Barnstaple AC	4731
54	Zena Barker Loco B	4317
55	Ellen Cosh Barnstaple AC	4291
77	Karen Williams Exeter C of A	3776
82	Julie Adnams Hatch Barnstaple AC	2846

### Ladies Compound

40	Wendy Broom Lacetown A	5325
52	Tracey Kay Exmouth A	5200
63	Kerry Bennett Exmouth A	4760

### Gents Compound

26	Daniel Tompkins Exmouth A	5545
40	Marek Kantczak Barnstaple AC	5458
55	Neil Bennett Exmouth A	5411

### Gents Recurve

25	James Montgomery Exmouth A	4949
32	Nigel Lyon Lacetown A	4903
103	Mark O'Halloran Brixham A	4451
130	Tim Pratt Exmouth A	4206
132	Andrew Hoyle Exeter C of A	4200
141	David Cousins Lizard Peninsula	4060
143	Gary Wilde Paignton A	4020
154	Jimmy Sandoe Redruth A	3828
165	Chris Boulton Brixham A	3466
170	Rob Boulton Brixham A	3254

### Gents Longbow

15	Scott Williams Exeter C of A	2177
17	Christopher Quinn Exeter C of A	1982
18	Keith Hingston Exeter C of A	1783

### Gents Barebow

10	Andrew Browne Exeter Uni AC	2043
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**Note: The combination of rounds for rankings have changed for 2015, with one 1440 round being replaced with an additional 720 round, see Archery GB website for more detail.**

## 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.

### **MARCH**

1st	Barnstaple Indoor	Vegas AM and FITA 18 PM	Callum Platt tournaments@barnstaplearcheryclub.org.uk
8th	St Austell	Combined FITA	Gavin Beresford, 31 Harmony Road, Roche, St Austell, Cornwall, PL26 8ES ~ <a href="mailto:Gav152002@hotmail.com">Gav152002@hotmail.com</a>
15th	Plymouth University	Charity Portsmouth	Sarah Murray, 16 Guildford Street, Plymouth PL4 8DS – <a href="mailto:sarahmurray1@hotmail.co.uk">sarahmurray1@hotmail.co.uk</a> – 0784 707548

### **APRIL**

12th	Redruth Archers Longbow	2 way Western and Clout	Rob Gillatt
19th	Bowmen of the Tors Longbow	Westerns and Fun Shoot	Margaret Byrnes, 26 Dolphin Court Road, Plymstock PL9 8SD ~ 01752 402152 ~ byrnesathome @ btopenworld.com
26th	Barnstaple Outdoor	AM New Warwick, Long Warwick, Warwick, Short Warwick and Junior Warwick. PM Long Warwick, Warwick, Short Warwick, Junior Warwick and Short Junior Warwick	Callum Platt tournaments@barnstaplearcheryclub.org.uk

### **MAY**

3rd	DCAS Grand Day - Exeter	Nationals	Ann Gillbanks 14 Southgate Close, Plymouth PL9 9QL ~ 01752 311052 ~ tournaments@dcas.org.uk
10th	Redruth Archers WA 50 + 70m	World Record Status Double WA 50 + 70m	Jimmy Sandoe, Meadowside, North Country, Redruth, Cornwall TR16 4DB ~ 01209 213242 ~ jimmysandoe @ aol.com
10th	Kyrton Open	Westerns	Ieuan Lovett, 5 Cavendish Road, Exeter EX1 2PB ~ 01392 493621 ~ tournaments @ kyrton-archers.co.uk
178th	Bowmen of the Tors	York / Hereford / Bristols / Nationals	Margaret Byrnes, 26 Dolphin Court Road, Plymstock PL9 8SD ~ 01752 402152 ~ byrnesathome @ btopenworld.com
23rd	Exeter Co of Archers	BLBS 2 Way Windsor	Phillip Rees, 22 Elton Road, Exeter EX4 7AT ~ 01392 427172 ~ execoa@aol.com
24th	Brixham Archers Open	York / Hereford / Bristols / Nationals	Jerry Handyside, 20 Broadsands Bend, Paignton TQ4 6JH ~ 01803 845336 ~ jhandyside@talktalk.net
30th and 31st May	DCAS / Exmouth Archers Double WA1440 Star	Ladies and Gents WA 1440, Metrics	Timothy Pratt, 64 Victoria Road, Exmouth, Devon EX8 1DW ~ 01395 273409 ~ tpratt @ exmouth-archers.org.uk

### ***Bow International 70m League***

Each summer there is a league run by Bow international for archers all over the country to compete against others shooting 70m rounds. There is both a team and an individual competition and teams can be made up of archers from a single club, a county or just a group of friends. They are also proposing to add a 50m league for compounds this year.

This year DCAS is entering a team into the Bow International 70m League, the league is open to any bow type and anyone can enter. If you would like to enter the league or for more information please contact David Cousins at [davidcsns@hotmail.co.uk](mailto:davidcsns@hotmail.co.uk)

## Record Claims

I have recently taken over from Jane Forrow as DCAS Records Officer and am just getting to grips with the job. (Thanks to Jane for her help and advice!)

Please send any new record claims to me  
Judith Brelsford DCAS Records Officer  
14 Beech Drive, ST COLUMB MAJOR, Cornwall TR9 6SZ.

The following table gives the records claimed since the beginning of 2015.

	Round	Bow	Score	Name	Club	Date & Venue
J Gent U12	Portsmouth	Barebow	407	Charlie Nicholas	Junction	18/01/15 Kyrton
	Portsmouth	Barebow	753	Charlie Nicholas	Junction	25/1/15 Newquay
Ladies	Portsmouth	Barebow	507	Karen Grassie	ECOA	18/01/15 Kyrton
J Ladies U12	Portsmouth	Barebow	279	Amethyst Chopping	ECOA	1/02/15 Brixham
J Ladies U18	Portsmouth	Barebow	433	Heidi Wakeley	Totnes	1/02/15 Brixham
J Ladies U12	Portsmouth	Recurve	422	Lily Howe	Totnes	1/02/15 Brixham

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.

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## *Performing Under Pressure*



Danielle Brown, MBE visited During February to deliver sessions on 'Performing Under Pressure' for both coaches and archers from Devon & Cornwall.

Sharing her experiences from several years of international competition including the Paralympics in Beijing 2008 and London 2012 and the tools that have helped her to cope with the tough pressures of international competition, combined with research and study on this subject carried out by her sister Helen Brown (BSc, MSc) these sessions covered theory and practical tools.

The topics covered included Goal Setting, Mental Imagery, Reflecting on Positive Past Experiences, Developing a Written Performance Routine and Using Trigger Words. The feedback from the participants was very positive and hopefully many of these valuable tools and techniques are now finding their way back to more archers in clubs across Devon & Cornwall as a result.