



# DCAS News

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

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## Welcome to your latest Devon & Cornwall Archery Newsletter

Firstly, apologies for not getting a newsletter out during the summer. As many of you know, Sophie and I got married in October, so along with that and attending 56 days of competitions so far this year we have been just a little busy...



If you have anything you want to see in the next newsletter (Feb/March), please send your stories, pictures and anything else you would like featured to:

[twiggarchery@gmail.com](mailto:twiggarchery@gmail.com)

# WE WON!!!!

## DCAS county team win Regional Intercounties for first time in 10 years

In September, a team of 26 archers from Devon and Cornwall competed at Exeter in the Regional Intercounties. With many new faces as well as plenty of regular team members, there were some good performances on the day and Devon & Cornwall came away with overall team, ladies recurve team and combined longbow team awards.

See page 3 for more details

## Senior DCAS Squad Coaching activities

After the success of the Senior Team Inter Counties a DCAS Squad coaching day was held at Exmouth Archers on 16th October.

These sessions are a chance for the Senior DCAS Squad to get together and get coaching to improve all aspects of their archery. Coaching is given in all areas of archer from form, shot routine and even down to mental preparation.

## OPEN Senior Coaching sessions

Did you know, we also run **OPEN** Coaching sessions that are available to non-squad members. Would you be interested in attending one of these sessions.?

Karen Williams: [dcascoaching@gmail.com](mailto:dcascoaching@gmail.com)

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

## DCAS Junior Coaching

### Calling all DCAS Junior Archers.!!!

We are running an open DCAS Junior Coaching session at [Exmouth Archers](#) - Saturday 10th December from 10am to 2pm.

This is an open coaching session for ALL juniors from the Devon & Cornwall region. if you want to attend, please contact [Sophie](#) by email ([dcasjuniors@gmail.com](mailto:dcasjuniors@gmail.com)) as spaces are limited.

The cost will be £5 per archer, which includes tea/coffee/juice for all attendees (including parents).



## Junior Coaching activities (cont..)

### Do you want to attend to the next junior coaching session.?

We will be running more winter coaching sessions so if there are any juniors who would like to attend, please let me have your contact information.

Cornwall junior archers contact Judith Brelsford:  
[secretary@newquaybowmen.org.uk](mailto:secretary@newquaybowmen.org.uk)

Devon junior archers contact Sophie Twigg:  
[dcasjuniors@gmail.com](mailto:dcasjuniors@gmail.com)

## Congratulations to our new Level 1 Coaches.!!

11 new DCAS Level 1 coaches qualified on in APRIL:

Jake Rostack, Rob Twigg, Rob Williams, Gina (Ann) Elsworthy, Stuart Price, Andrew Bowman, Shelagh Cusack, Colin Alexander, Sophie Woolcock, Alan Tarrant, Duncan Smart, Lucy Nicholas

## Devon & Cornwall Juniors, we want your feedback!!

A word from your Junior Representative for Devon & Cornwall, Sophie Woolcock.

‘Well what a busy summer. So far this year Twiggs and myself have attended 56 days of competitions.!!

With help from Judith Brelsford we are trying to make things easier and cut down the cost of travelling to coaching by running sessions in both Devon and Cornwall. Judith has already run an event in Cornwall and I will be setting up an event for Devon soon, so I would really like your feedback. What would you like from your coaching.?

You can contact myself or Judith on the emails listed above or just come over and speak to me at a tournament

I look forward to meeting everyone soon. ‘

-Sophie Twigg

[dcasjuniors@gmail.com](mailto:dcasjuniors@gmail.com)



## DCAS county team win Regional Intercounties for first time in 10 years



The teams consisted of:

**Compounds:** Andrew Scott, Darren Bennion, Cor Boon, Marcus Yeoman, Adrian Stowe, Wendy Broom, Mollie Wix, Sharon Hill

**Recurves:** Dan Heaton, Andrew Hoyle, Callum Platt, David Nicholas, Tim Pratt, Gary Wilde, Ken Heydon, Zena Barker, Karen Williams, Lucy Nicholas, Saira Chaudhary, Shelagh Cusack

**Longbows:** Seth Neill, Chris Chopping, Scott Williams, Angie Bolt, Myra Hingston, Jane Forrow

### ***Regional County Champion Team***

1 <sup>st</sup>	<b>Devon &amp; Cornwall Archery Society</b>	<b>21318</b>
2 <sup>nd</sup>	<b>Dorset &amp; Wiltshire Archery Association</b>	<b>21050</b>
3 <sup>rd</sup>	<b>Somerset County Archery Association</b>	<b>20371</b>

## Do you want to be considered for the county team or county squad?

DCAS is once again running squad training sessions over the indoor season, if you are interested in attending you must complete a Squad Application form to be considered for a place.

The county team will compete in two events in 2017. Each event has a separate selection procedure and archers need to complete selection forms to be considered.

## Senior National Intercounties 2017

The above event is being held at Lilleshall National Sports Centre on the weekend of June 24<sup>th</sup>/25<sup>th</sup> and consists of WA720 and team head to head on the Saturday and WA1440 on the Sunday.

In order to qualify for selection, you must shoot four 12 dozen rounds at a minimum distance appropriate to your gender (These can include double WA720 rounds for this event). These rounds must be shot between the last event (24<sup>th</sup> June 2016) and the cut off date (expected to be towards the end of May and will be confirmed when the prospectus is published).

So that the county can get the team entry in before selecting the archers, we need to make sure sufficient archers are available in each category. Therefore, those interested in representing the county at this event are required to complete a pre-selection form and return by 31<sup>st</sup> January 2017 and then follow this up with the main selection form in May.

## Senior GWAS Intercounties 2017

The above event is being held at Exeter School in September.

In order to qualify for selection, you must shoot four 12 dozen rounds during the 2017 season 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.

Forms available on the DCAS website or by emailing [estelle@barnstaplearcheryclub.org.uk](mailto:estelle@barnstaplearcheryclub.org.uk)



## GRAND WESTERN REGIONAL AND INTERCOUNTIES JUNIOR CHAMPIONSHIP 2016



On Sunday 03<sup>rd</sup> September 2016 the juniors who were chosen to represent Devon & Cornwall attended the Junior Inter-Counties. Although the weather was extremely challenging, being both wet and having a very strong and gusty wind they all performed brilliantly. Special mentions go out to Alex Rowe (Mounts Bay AC), Ben Cardy (Lacetown), Charlie Nicholas (Junction Archers), Ben Cole (Newquay Bowmen) and Amethyst Chopping (Exeter Company of Archers) who all came first and are now the regional champions.

In addition, congratulations go to the Longbow team made up of Amethyst Chopping and Ben Cole who won the Longbow team of 2 trophy!

If **YOU** would like to shoot for your county you can email Sophie: [dcasjuniors@gmail.com](mailto:dcasjuniors@gmail.com)

## DCAS County Ladies Longbow Team win at Senior National Team Inter-Counties 2016



The Senior National Intercounties were held at Lilleshall National Sports Centre on the weekend of June 25<sup>th</sup>/26<sup>th</sup> and consisted of a WA720 and a team head to head on the Saturday and WA1440 on the Sunday. A great performance from all archers, but a special mention to the Ladies Longbow team who not only won the Head to Heads, also came away with the overall victory. The Gents Longbow although coming 1<sup>st</sup> in the head to heads came 3<sup>rd</sup>. Special mention also goes out to Daniel Thompkins who came second in the WA 1440 round only 6 points behind 1<sup>st</sup> place.

If **YOU** would like to shoot for your county you can click on the link below or email Estelle:  
[www.dcas.org.uk](http://www.dcas.org.uk) or email: [estelle@barnstaplearcheryclub.org.uk](mailto:estelle@barnstaplearcheryclub.org.uk)

### Calling all DCAS Trophy holders!

"I am continuing with the task of weeding out some of the tired looking trophies which was started a couple of years ago. By collecting in all of the trophies in this way I will be able to assess, retire or redistribute them around to end up, hopefully, with a stock that will last for some time into the future." - Ann Gillbanks, DCAS Tournament Organiser.



## American Department of Defense Warrior Games 2016

On the 17th June, 2016 - David Cousins had an amazing opportunity to represent the United Kingdom as a member of the UK Armed Forces team at West Point Military Academy, New York. Below is his report on the event.

The Warrior Games 2016 archery event was held on 17th June 2016 and the UK Armed Forces put together a full team of 12 archers (6 Recurve and 6 Compound). This was probably one of the most amazing and nerve racking tournaments I have ever been to and from the very start the atmosphere was electric. The crowd cheered on the archers throughout the shoot from the very first arrow to the last (even as we shot).

Only the top 8 qualified through to the Individual Head to Head matches and the UK Recurve team had an amazing result taking 1st (Keith Robertson, who also got the Recurve Individual games record), 2nd (Gavin Watson), 3rd (David Cousins) and 6th (Mark Martin-Davy). Unfortunately, only three UK archers could make it through to the second round of the Head to Head so I was drawn against Mark in the first round. After four ends of shooting we were tied on a score of 97 (accumulative scoring) so had to go to a one arrow shoot off which ended close but Marks 8 just beat my 7.

The three remaining Recurve archers did an amazing job and managed to get the clean sweep in the medals with Keith Robertson taking 1st , Gavin Watson 2nd & Mark Martin-Davy 3rd.

Then came the team round. It was very tight on the shooting line, with all three archers on the line/ the first archer shoots an arrow and raises their hand and shouts 'GO', the next archer shoots and so on.. It was a great result for the UK team of myself, Keith & Gavin as we managed to hold ourselves together and go on to win the team round and claim the Recurve team games record.

The UK Compound team also did well in the team round with a 5th place finish and despite not qualifying for the individual head to head there was a lot of PB's shot.

Overall it was an amazing experience and I had the chance to shoot with some very inspiring people, many of whom are now friends and I hope that I shall have the opportunity of competing in this event again in the future.

- David Cousins



# 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

## What are you doing to promote archery in the community??

If like me, you love archery, I ask what are you doing to let others know about this great sport.?

I believe that promoting archery in our communities is so important. With that in mind, if you are able and you have the opportunity, you should get out in the community pass on your love for our great sport. Maybe you should take a leaf out of Plymouth Archers book.



As you can see by the photos, Plymouth Archers members and juniors have had a busy summer getting out and promoting archery in their community.



They have helped out at the National Trust property Saltram House for their summer sports activities.



Plymouth Archers was also approached to attend a short session in the Piazza in Plymouth for the 'I am Team GB-sports day' organised by the Sport & Recreation Assistant at the Learning and Communities of Plymouth City Council.



Both events have given the club an opportunity to promote the sport amongst youngsters and help promote Plymouth Archers and its facilities.



# 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**

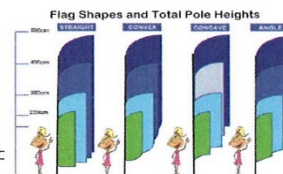
## Medals and badges

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.

**SLICK**  
Signs & Promotions

Email: [info@slicksigns.co.uk](mailto:info@slicksigns.co.uk) Mobile: 07712 739 688



## Archery GB January Challenge.!!

Last year there were very nearly 2000 entries making this one of the largest single competitions held in the UK. There are classes for gender and bow style and each class is divided into three groupings, for those who have taken up archery in the previous 12 months, those who have been shooting for over 25 years, and those in between.

The round shot is a Portsmouth, which is perhaps the most commonly shot indoor round at clubs so contact your records officer and get your scores in.!!

## Record Claims

Please remember that DCAS (County) record claims must be made within four weeks and GWAS (Regional) record claims within three months. The claim form for DCAS records can be downloaded from our DCAS website and the regional form from the GWAS site. All regional record claims *must* be sent via the DCAS CRO so that they can be ratified before forwarding to GWAS. Scores at any Open Competitions are eligible; however, please note that any claims shot outside the county must be accompanied by a results sheet. "Masters" records may be claimed by archers over 50 years of age.

Regards - Judith Brelsford DCAS RCO

## And Finally..

What do you want to see in this newsletter.? This newsletter is produced for you, the archers of Devon & Cornwall so get involved and let me know if you think something should be included in the next issue.

Contact me via: [twiggarchery@gmail.com](mailto:twiggarchery@gmail.com)

*twiggcraft*  
Design