



Many members of the club chose to shoot at the event with Neil Bentley even shooting in all three sessions! However only Marek Stolarski from the club came away with a meddle by placing third in the junior gents competition, well done to him and all the other winners on the day.

Presentation

The event also saw a presentation to long time Guildford member and ex records officer Gavin Jones. Gavin has had to retire from archery due to an injury and the club felt it would be nice to recognise Gavin's years of work with

the club by making a presentation to him at this event. I am sure you will all join with me in wishing Gavin well.

Guildford FITA 25

On the 15th of January Guildford Archery Club held their 20th Annual record status FITA 25 competition at the Spectrum Leisure Centre in Guildford. Due to the large number of entrants the shoot was conducted over 3 sessions with session awards for each one.

Set-up

We had a good turn out with many club members helping set-up and run the shoot. The set-up seemed to be greatly simplified by the new stands which removed the need to go through the fiddly and tedious process of setting the height and angle of the targets, anyone who has helped set up the old tripod stands will be glad to see the back of that process.

Shooting

Coaching Course

Words & Picture: Val Smith

Its typical no coaches to be seen, then three come along at the same time!

There is a sad lack of coaches in the county of Surrey so when news of a Coaching Course being run by Pauline Pillans of Petersfield Archers (a Hampshire Senior Coach) three club members, Mike Ney, Colin Ellsley and Val Smith, decided to take up the challenge. The course was originally only open to Level 1 Coaches and as none of the club candidates were Level 1 it was not going to be easy but Pauline agreed that all three could join the course provided all the homework was completed.



Early

The course was to take place in Southampton with attendance once a month. This required an early start, (7am on a Sunday!) with the driving being shared. The December meeting clashed with the previously arranged Christmas weekend for Colin and Val. Mike attended and found himself trying to mark the homework for all three Guildford candidates.

Condensed

The January meeting clashed with the Guildford Indoor Tournament so Pauline very kindly arranged to meet us all on a Thursday evening at her home. This resulted a very intensive evening with the previous Sunday's work condensed into a few hours.

Assessment

Due to a family bereavement Colin was unable to make the final Sunday in February so Val was given the task of ensuring that Colin was brought up to date. During the week before the Assessment

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Weekend they got together and worked for eight hours, both learning and ensuring that the Portfolios were in order.

Crucial

The crucial weekend arrived. The usual 7am start on both Saturday and Sunday, with nerves tingling. All the candidates were divided into two teams, Red and Blue. Colin and Mike were in Blue and Val in Red. The Assessors were late, they managed to get lost between their hotel and the Sports Centre, and this did nothing to relax the nerves.

Observation

Everyone had to shoot their own equipment and then have a one-to-one with their two Assessors to face questions on equipment. After a quick break for something to eat four archers, two recurve and two compound, arrived to act as our observation "guinea pigs". We were given time to observe one of each discipline and make notes on what we saw and how we would help the archer. We were not allowed to talk to the archers, but as one was Pauline, anyone who knows her, knows there is no way anyone could stop her talking. It was then back to the Assessors for them to quiz us on our observations, physiology and nutritional knowledge.

Discussions

From discussions in the car returning home on Saturday afternoon it was clear that the two teams were being asked quite different questions by the two teams of Assessors. Still them's the breaks.

Beginners

Back to Southampton for the final time, we hoped. Sunday's itinerary was for observed teaching of each other as if we were raw Beginners followed by General Knowledge questions within the two teams. Again it became obvious that the Assessors taking slightly differing viewpoints on how they handled the assessments.

Moment

Now came the moment of truth: Each candidate was called in to speak to the Assessors for their decision and individual feedback. Everyone emerged with broad grins across their face. Yes, total success 100% passes for the course. It was worth the hard work to receive the Coaching Course Certificate together with Coach flash and badge, all to be worn with pride.

So as I said at the start three coaches come along at once.

BLBS Winter Postal Championship

Words: Jeff Bayton

Each year, the BLBS hold a postal championship using the Portsmouth round (60cm face, 20 yards, 5 dozen arrows) both indoor and outdoor. Over the winter of 2004/5, Gary Readings and I shot the outdoor version of this for the first time and produced some relatively low scores (not helped by my bow actually breaking halfway through!), but it was a good introduction and kept us in practice.

Joined

For the winter of 2005/6, we were joined in the competition by Jane Readings and Val Smith, and on the line by Rod Morrison and Patsy Jempson, both of whom would be unable to complete the full 8 rounds allowed for scoring purposes due to domestic circumstances, but who were keen to provide some internal competition.

Saturday

For most of the season the weather was fairly kind, with only one session actually wet and windy. We shot on Saturday mornings, taking not much more than an hour to shoot the round, aided by quickly adopting a convention of all shooting 6 arrows straight rather than the more usual 2 details of 3 – but given there were only 6 on the line and two targets in use, we weren't overcrowded!

Conventions

Other "conventions" which quickly crept in included the shooting of a "whistler" to start the sighters and the consumption of a mug of hot chocolate after the completion of the round, courtesy of Val and Patsy.

Hits

The BLBS competition allows you to shoot up to four rounds in each month from November to February and submit the best two to the competition scorers, who then select the best 6 out of the maximum 8 submitted to actually use. Bearing in mind that longbowmen place most emphasis on "hits", followed by "Golds" and then the actual score (Imperial, of course!), it follows that the perfect score will be 60 for a round and 360 for the competition. None of us actually scored a perfect 60, but a 57 and a 58 were recorded, so the challenge remains for next winter! Of course, an outdoor Portsmouth is not a standard round, so Peter Hansen, having already obliged us by opening a separate set of records for the longbow

archers' handicaps, was further challenged at incorporating these scores into the books.

Competition

In the actual BLBS competition, I came 31st out of 50 Gentlemen, with a score of 323 hits, and Gary 37th with 276. For the Ladies, Val came 8th out of 22 with 347 hits and Jane 14th with 318. As a team, GAC came 5th out of 9 clubs, which we thought was satisfactory in our first year.

Summer

Over the summer, members are likely to see one or two longbows in action at most of the Club competitions, as well as at the two Acorn tournaments. We also hope to have regular practice nights aside from the standard Tuesday evenings, probably Wednesdays – but keep an eye on the website for firm dates if you are interested in trying this style. Although it is a truism that, with the right technique, a good archer will always be successful, the transition from a recurve with sights and stabilisers to a "stick and string" can be both challenging and relaxing – but don't contemplate it if you are seriously interested in high scores!

Petersfield Bear Floodlit Shoot

Words: Nkki Stolarski

We arrived at Petersfield on a bright if slightly chilly evening for the event. It was strange to arrive for a shoot in broad day light, but finish in the depths of darkness!!

Turn Out

As usual Guildford Archery Club was in full force with 10 full members and 2 associate members taking part.

Grizzly

The targets were big, brown, grizzly bears standing in a free flowing river. There were shaped rings of completely different sizes on the bear which ranged from 5 points to 1; 1 being any part of the fur – just as well they had shaggy coats on, as they came in handy. Many archers decided to catch a few fish by missing the bear entirely and heading straight for the river – no points there then!!

Floodlights

Much banter took place as the drinks flowed (they have a bar at the ground) and by the end of the shoot it was nigh impossible to see your arrows on the target in the floodlights [I'm sure it had nothing to do with the bar! : Ed], which added to the fun.

Chili

Food was thrown in the price of the shoot of hot chili with bread and crumble and custard for dessert followed by prize giving. Steve Lingwood won the Men's Recurve and managed to pick up a fan club along the way, by one of the young girls asking for his autograph after the event, no doubt groupies will follow in the coming weeks!! Julie Histon one of our associate members won Ladies Compound.

Success

It was a fun shoot that all members could take part in whether beginners or experienced, as the distance was only 30 metres and 3 dozen arrows shot. So look out for further shoots like this as judging on the success, Petersfield will be doing it again.

FLAG Shoot

On the 23rd of April we were joined by archers from Farnham and Alton &



Four Marks at our ground in Normandy for the first leg of the 2006 FLAG competition, this is shot over an Albion round with Windsor rounds for the juniors.

Lead

A great turn out from Guildford and some good performances saw us achieve a commanding lead with Guildford on 3135 points, Alton & Four Marks on 2349 and Farnham on 1824.

FLAGY

The second and final round will be held at Alton & Four Marks where we will be joined by Yateley Archery Club who will become ongoing competitors in future years presumably making it the FLAGY shoot!

Beginners Courses

Words: Val Smith

By the time you read this I will have coordinated, organised, run, whatever you like to call it, one Outdoor and two Indoor

Beginners Courses and would like to publicly thank all club members who have given their time to provide the instruction to the beginners. However, and there is always a however, this job is more than ever falling on the shoulders of the same few people.

Help Out

There will be two Outdoor Courses during the year, one in April and one in July. I would like **all** members to consider whether they can give up 2½ hours for three consecutive Saturday mornings to provide instruction to beginners. Everyone will have received instruction when they started their archery and I am more than willing to run through with them what is expected. Many people have said that in helping with these courses it has helped them with their own archery!

Volunteer

Without volunteers there will be no courses and no income for club funds. More than this there will be no new blood to keep the club the vibrant successful club which it has become know as throughout the South East. So don't be shy just let me know that you are interested and we can take it from there. You can speak to me in person or call me on 01483 567614.

Sport Drinks v Hamburgers: Archery & Nutrition

Words: Jeff Bayton

Archery, as we well know, is not a sport requiring unusual strength or sudden, explosive bursts of energy: it is a stamina sport, characterised by regular, rhythmic activity, either shooting or walking, interspersed with waiting, and requiring a high degree of concentration over a period of anything up to 7 hours.

Preparation

How should you prepare so as to maximise your physical and mental abilities during a long round? Muscle training can involve jogging, rowing or cycling to develop stamina, mild weight training and, of course, a warm-up routine before starting to shoot and after any significant break in shooting, such as the lunch hour or after a bad weather break. Mental preparation may include the visualisation of the shot before the action, working through a checklist of "components" before coming up to full draw, the internal repeating of "mantras", and various other ploys to focus the brain totally on the shooting action.

Energy

However, both your muscles and your brain need energy to function, and so the body needs a regular intake of material to provide that energy in a form which can be easily converted – i.e. food and drink!

Research

The basic substance which the body needs for energy is **glucose**, a simple form of sugar which the muscles uses to power their movement. Research has identified that the benefit of a small dose of glucose (the size of the dose is not significant for this purpose) peaks 1 hour after ingestion and has been fully dissipated as energy after 2 hours – in statistical terms, a standard distribution curve. The Glycaemic Index value of Glucose is **100**.

Level

From an archer's point of view, what is required is a combination of foods and drinks which will maintain a steady level of glucose to the brain and muscles throughout the shooting day, perhaps supplemented by some "quick fix" foodstuffs which can be quickly absorbed if the archer feels a bit low.

Such a programme would start with a good breakfast and continue with supplements taken at regular intervals through the day to maintain the level.

The remainder of this article identifies certain commonly available foods and drinks by virtue of their place in the "Glycaemic Index", which compares the rate of their conversion into glucose against the standard measure for the pure substance as stated above.

An example or two:

Lucozade drink (still, not sparkling, please, for the benefit of your neighbours on the shooting line!) has an Index value of **95**, being almost pure glucose. This means that the benefit of a slug of Lucozade will be felt very quickly, will peak after just over an hour and will have been all used up by about 2 hours later.

Honey has an index value of **58**, approximately half that of pure glucose, because it is a complex solid food which takes longer to break down by digestion. A similar weight of honey would therefore provide a lower but longer boost, peaking after about 2 hours and being exhausted after 4.

Value

Basically, the lower a foodstuff's Index value, the lower its effect at any one time and the longer it takes to be used up.

Combination

The reader will appreciate that a judicious mix of complex solids, simple solids and drinks will do the job – the question is, what is the best mix? This will partly depend upon personal taste and lifestyle (breakfast of a cup of coffee, cigarette and a coughing spell probably won't help much), as well as what might be generally available to the archer concerned and what can be sensibly deployed at the line or during formal breaks.

Index

On the following page is a table of Index values for a selection of foodstuffs; a fuller list is available from the author if you are seriously interested. Please note, these measures are only related to their ability to be converted into glucose quickly or slowly, not to any other health benefits such as fibre content.

Glucose

Bearing in mind that protein-based foods – burgers, bacon, eggs, ham etc, contribute very little to the glucose store, a reasonable regimen for the day might be:

Breakfast, including cereal with milk and a banana, orange juice and toast to provide a base for the morning;

A drink of Lucozade before sighters, with a chaser every half-hour and a cereal bar mid-morning and maybe a handful of raisins or two, or the less healthy but tastier Mars Bar!

A baked potato and baked beans for lunch, with fruit and juice or squash (nothing wrong with burgers or hot dogs but they won't provide glucose)

Afternoon – more of the sports drink, cereal bar and dried fruit. I regret that alcohol doesn't feature in the Glycaemic Index!

Concentration

Given that the shortest distances, and therefore the highest scoring opportunities, come at the end of the round, it makes good sense to try and maintain energy and concentration levels at that time. Some experimentation with foods and drinks may help to achieve this.

Information

This article has been drawn from data made available by the tutors on the GNAS week-long coaching course I attended earlier this year. I may well draw further short

Breakfast Cereals:

Cornflakes	84	Puffed Wheat	80	Weetabix	69
Shredded Wheat	67	Muesli	56	Special K	54
Sultana Bran	52	Porridge	42	All Bran	42

Fruit "Snacks":

Pineapple	66	Raisins	64	Sultanas	56
Banana	55	Orange	44	Plum	39
Apple/Pear	38	Cherries	22		

Vegetable "Snacks":

Baked Potato	85	Chips	75	Beetroot	64
Sweetcorn	55	Carrot	49	Baked Beans	48

Confectionery:

Mars Bar	68	Cereal Bar	61	Crisps	54
Milk Chocolate	49	Peanuts	14		

"Sports Drinks":

Lucozade	95	Gatorade	78	Isostar	70
Fanta	68	Squash	66		
Orange Juice	46	Apple Juice	40		
Skimmed Milk	32	Full Cream Milk	27		

Breads:

Baguette	95	Bagel	72	White Slice	70
Wholemeal	69	Crumpet	69	Croissant	67
Rye	64	Hamburger Bun	61	Pizza	60

Biscuits:

Rice cakes	85	Ryvita	69	Shortbread	64
Wheatmeal	62	Digestive	59	Oatmeal	55
Rich Tea	55				

articles from other notes they provided me with, including tuning of equipment, mental preparation and training techniques; in the meantime, anyone who would like to borrow the file is welcome to ask me. There is a lot of very useful information therein, and I can also advise on what is involved in the course.

Longbow

Special note for my fellow longbowmen and women – there may well be a week-end course specifically for longbow archers at Lilleshall next Autumn – I will keep you informed!

Social Secretary Vacancy

Are you looking to have a bit of fun?

Events

Well how about being our new Social Secretary arranging events for the Club throughout the year – anything from 10 pin bowling to a treasure hunt to a quiz night perhaps.

Regular

There are regular events that the Club run each year organised by the Social Secretary, such as the Hot Cross Bun Shoot, Summer BBQ Fun Shoot and Awards Ceremony at Xmas, which you will be supported by the rest of the Club.

Contact

So how about giving it a go – just contact Nikki Stolarski, Hon Secretary on 01483 481451 or nikki.stolarski@ntlworld.com

Upcoming Events

On the right-hand side of this page is a table of some of the events coming up in the next few months, further details can be found on the club website and on the notice board in the clubhouse.

Tuesday

Also please note that members are particularly encouraged to shoot on Tuesday evenings as this has for many years been the evening when the greatest number of members have come down to the ground to shoot. This is a chance to get together as a club and meet other members as well as a to get advice and encouragement, I hope to see you there.

Date	Venue	Event	Round	Assembly	Sighters	Finish
13-05-2006 Sat	Normandy	Stag Hill Archers	Albions	10.30am	11.00am	5.00pm
18-05-2006 Thu	Winchester	SCAM (Rose Status)	Double York/Hereford	All	All	Day
19-05-2006 Fri	Winchester	SCAM (Rose Status)	Double York/Hereford	All	All	Day
20-05-2006 Sat	Winchester	SCAM	Handicap National	All	All	Day
21-05-2006 Sun	Normandy	Merrist Wood	Have-A-Go	8.30am		6.30pm
28-05-2006 Sun	Osterley	Middlesex County (Rose Status)	York	All	Day	
29-05-2006 Mon	Osterley	Middlesex County (FITA Star)	FITA	All	Day	
03-06-2006 Sat	Normandy	Selby Postal Short	Metric	1.30pm	2.00pm	5.00pm
04-06-2006 Sun	Normandy	House Shoot	American	1.30pm	2.00pm	5.00pm
11-06-2006 Sun	Sunbury	Spelthorne Open	York/Hereford	All	All	Day
11-06-2006 Sun	Windsor	Windsor	Windsor	All	Day	
14-06-2006 Wed	Normandy	Take-A-Break	St.George/Albion	10.00am	10.30am	5.00pm
18-06-2006 Sun	Normandy	Midsummer Shoot	Hereford/Bristol	10.00am	10.30am	5.00pm
21-06-2006 Wed	Lilleshal	GNAM	Double York/Hereford	All	All	Day
22-06-2006 Thu	Lilleshal	GNAM	Double York/Hereford	All	All	Day
23-06-2006 Fri	Lilleshal	GNAM	National Handicapped	All	All	Day
24-06-2006 Sat	Normandy	LITTLE ACORN TOURNAMENT	All	Day		
25-06-2006 Sun	Mole Vally	Sheila Brown (Rose Status)	York/Hereford	All	Day	
01-07-2006 Sat	Normandy	Selby Postal Short	Metric	1.30pm	2.00pm	5.00pm
02-07-2006 Sun	Normandy	NO CLUB SHOOTING - INTER COUNTY MATCH	All	Day		
09-07-2006 Sun	Normandy	House Shoot	Metric	1.30pm	2.00pm	5.00pm
16-07-2006 Sun	TBA	Surrey County Championships	FITA	All	Day	
23-07-2006 Sun	Normandy	Burgess & Hill	FITA/Metric	10.00am	10.30am	5.00pm
29-07-2006 Sat	Andover	Andover (FITA Star)	Double FITA	All	Day	
30-07-2006 Sun	Andover	Andover (FITA Star)	Double FITA	All	Day	

Welcome

Since the last issue of gold we have had a number of new people join the club, I'm sure you would all join with me in welcoming the following new members to the club:

Seniors

Tim Fox
 Jamie Goodliffe
 Steffi Heuer
 Gareth O'Shea
 David Probert
 Nick Sparrowhawk
 David Jones
 Andrew Eacott
 Tamar Balakjian
 Alan Danieli
 Andrew Danieli
 John Proctor
 Barbara Proctor
 Brian Lodge
 Jacqueline McAteer
 Russell Scott
 Alex Lepkowski
 Tony Upton
 Mark Sparrowhawk

Juniors

Darius Afkhami
 Sam Coles
 Ellen Hadman
 Megan Jones
 Peter Wagstaff
 Kimberly Wong
 Cameron Smith

Non Shooting

Nigel Coles
 Piers Hadman
 Anthony Wagstaff
 Kin Pong Wong
 Joanna Smith

Associate Members

Claire Lloyd

David Medland-Slater

Please don't be afraid to approach the established members if you have any questions or are in need of any assistance, welcome and good shooting.

Summer Shooting

With the outdoor season now getting in to full swing it has been suggested that a little explanation of the outdoor rounds might be in order. The primary purpose of this it to help the new archers who have joined over the winter become familiar with the kind of shooting they will be doing during the summer.

Tables

On the following page there are two tables that show how many dozen arrows are shot and at what distances for the various rounds you may see advertised in the shooting diary and for away shoots. There is also a table to indicate which rounds national records are maintained for as a rough guide to the sort of distances a archer of a particular age should be shooting.

General

First some general points about which rounds you should be looking at shooting when starting out: as a rule of thumb I would say that you should shoot the longest round that you are comfortable that you can hit the target with at least five out of six arrows. There are some caveats to this; in bad weather you will miss more often, everybody expects this, so take the above as a guide in good weather. Secondly those shooting longbow will have more misses in general than those shooting recurve and compound bows, so if you can

reach the distance then go for it! The reason I suggest this as a guide-line is every missed arrow has to be found, thus slowing down the shoot, nobody minds looking for the odd lost arrow but if you are continually holding up the shoot looking for arrows you will not be endearing yourself to your companions. The reason this is not such a problem for longbow archers is that thick wooden arrows with big feather fletchings are a lot easier to find, especially as they tend to stick in the ground at a more vertical angle than arrows shot from a recurve or compound bow.

Spares

Another important thing to remember is to always have some spare arrows in case you cannot find a lost arrow quickly, this is so that shooting can continue and you can search for it when scoring the next end. Spares are also important if you should damage one, so I would recommend always having a spare in your quiver in case you only notice a damaged arrow when you come to shoot it. So for an outdoor shoot you will need at least seven arrows.

Rounds

Rounds fall in to two camps: GNAS and FITA.

GNAS rounds are mostly named after English towns or have some other English theme, the most often shot GNAS rounds are York (for gents), Hereford (for ladies) and the Albion (mixed) with the appropriate Bristol or Windsor round for the juniors if they are catered for at the event. All club events will cater for juniors but some away events may not.

GNAS rounds are measured in yards and are always shot on the full-size 122cm face, with six arrows for each end shot in

two sets of three. So at a GNAS event you would go up to the line, shoot three arrows, leave the line wait for the other person on your side of the target to shoot three then once they had left the line you would go back to the line and shoot your remaining three, then leave the line so that the other archer can shoot their three arrows.

Scoring

Once the whistle has been blown you will all approach the target to score the arrows. Whomever is doing the scoring for your target will ask you to score your arrows by pointing to (but don't touch) each arrow as you call its value in batches of three from highest to lowest. Since GNAS use a 5 zone scoring system where Gold is 9, Red is 7, Blue is 5, Black is 3 and White is 1; you might call "9 7 5, 3 2 1". Any misses should be called as "miss" in the same manner.

FITA

FITA is the international governing body of archery and have their own set of rounds, I have included the most common rounds in the table below. These rounds are measured in metres and use two sizes of face depending on the distance being shot.

Shooting

When shooting on the 122cm face arrows are shot 6 at a time and 3 at a time when shooting on the 80cm face. FITA shoots are often shot under strict time control; 4 minutes to shoot 6 arrows or 2 minutes to shoot 3 arrows, the timing can be indicated with lights, whistles or both. Usually the sequence of events will be a whistle to approach the line, you can now nock an arrow but you must not draw the bow. There will then be another whistle at which point you can start to shoot your arrows. When everybody has shoot their 6 (or 3 on 80cm faces) arrows or when 4 minutes (or 2 minutes) has elapsed a third whistle is blown and you must leave the line and you may not shoot any remaining arrows. You would normally expect to complete your shooting well within the time limit and you should leave the shooting line when you have done so. The other detail will then go through the same process and once they have completed their shooting and the whistle

has been blown you will go up to score.

Scoring

FITA use a ten zone scoring system so each colour on the target face is divided in half, the section closer to the middle scores one point higher than the outer section. So now the scoring zones go; inner Gold is 10, outer Gold is 9, inner Red is 8, outer Red is 7 and so on. There is also an inner-inner Gold, often called an inner 10 or an 'X', this should be called as "X" when scoring as it is used as a tie breaker but it still 'only' counts for the same points as an inner Gold, i.e. 10 points, so you might call "X 10 9, 8 7 6".

Season

I hope this guide has been of some help to those new archers who are just starting out on their first outdoor season. There isn't space to go into every detail so please remember to ask if there is something you are not sure about, we won't bite, well most of us won't!

Thank You

I would just like to say thank you to everybody who has contributed articles or ideas to this issue of gold, without your help this newsletter wouldn't be anywhere near as good (or long!) as it is. I hope this issue encourages you and maybe others to provide me with more material in the future.

Ian Gray (Editor)

National Records	Group					
	A	B	C	D	E	F
Gents	•					
Ladies	•	•				
Junior Gents U18	•	•	•			
Junior Gents U16	•	•	•	•		
Junior Gents U14	•	•	•	•	•	
Junior Gents U12	•	•	•	•	•	•
Junior Ladies U18	•	•	•	•		
Junior Ladies U16	•	•	•	•	•	
Junior Ladies U13	•	•	•	•	•	•

Round (No. Arrows in dozens)	122cm Face							Group
	100yds	80yds	60yds	50yds	40yds	30yds	20yds	
York	6	4	2					A
Hereford/Bristol 1		6	4	2				A
Bristol 2			6	4	2			C
Bristol 3				6	4	2		D
Bristol 4					6	4	2	E
St. George	3	3	3					A
Albion		3	3	3				A
Winsor			3	3	3			A
Short Winsor				3	3	3		D
Junior Winsor					3	3	3	D

Round (No. Arrows in dozens)	122cm Face						80cm Face					Group
	90m	70m	60m	50m	40m	30m	50m	40m	30m	20m	10m	
FITA Gents	3	3					3		3			A
FITA Ladies/Metric I		3	3				3		3			B
Metric II			3	3				3	3			D
Metric III				3	3				3	3		E
Metric IV					3	3				3	3	F
Short Metric							3		3			A,C