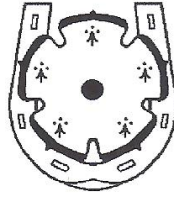


LEICESTERSHIRE & RUTLAND COUNTY ARCHERY ASSOCIATION

RESULTS SHEET



NATIONAL RECORD STATUS  
**21st Indoor Double Open  
Tournament**

DOUBLE PORTSMOUTH

Incorporating  
L&RCAA 34th INDOOR SENIOR CHAMPIONSHIPS  
and  
L&RCAA 32nd INDOOR JUNIOR CHAMPIONSHIPS  
Held at

**Parklands, Oadby, Leicester  
Sunday 1st February 2004**

LADY PARAMOUNT

Mrs Susan Custance

JUDGES

Mr E Jackson, Mr T O'Neill, Mrs J Bigg & Mr R Custance

ORGANISERS

Pam & Bob Tonkin, 17 College Close Gt Casterton Stamford Lincs PE9 4AW.  
Tel: Stamford (01780) 755474. E-mail [tonkin@twistedlimb.freemove.co.uk](mailto:tonkin@twistedlimb.freemove.co.uk)

Tournament sponsored by

*Quicks*

THE ARCHERY SPECIALISTS

## AWARDS - L&RCAA INDOOR DOUBLE OPEN PORTSMOUTH

In line with LRCAA policy, double round awards are made to archers who shoot Sessions A and C.

			Hits	Score	10s
<b>RECURVE BOWS</b>					
1st Lady - The Quicks Trophy	Helen Palmer	Welbeck A	120	1158	80
2nd Lady	Rikki Westman	B of Birstall	120	1150	77
3rd Lady	Kim Copson	B of Birstall	120	1147	73
1st Gentleman – The Marksman Trophy	Peter Frost	B of Birstall	120	1159	82
2nd Gentleman	Alan McCallum	Melton Mowbray AC	120	1131	67
3rd Gentleman	Graham Jones	B of Rutland	120	1120	60
1st Junior Lady - Mary Howis Rose Bowl	Christina Malyon	Kirby Muxloe AC	120	1086	48
1st Junior Gent - Les Howis Tankard	Edward Spouge	B of Birstall	120	1120	61
Age Group 1st Junior Lady U 18	Fiona Parker	B of Rutland	120	1050	28
Age Group 1 <sup>st</sup> Junior Lady U 13	Fiona Heaver	Melton Mowbray AC	120	1018	28
Age Group 1st Junior Gentleman U 18	Matthew Heaver	Melton Mowbray AC	120	1024	25
Age Group 1st Junior Gentleman U 14	James Mortlock	B of Rutland	120	1115	56
Age Group 2nd Junior Gentleman U 14	David Norris	Welland Valley A	118	961	29
<b>COMPOUND BOWS</b>					
1st Lady - Compound Centre Trophy	Wendy Skinner	B of Rutland	120	1121	42
2nd Lady	Fiona Johnstone	Hinckley A	120	1108	33
1st Gentleman - Compound Centre Trophy	Steve Langton	Hinckley A	120	1135	56
2nd Gentlemen	Geoff Malyon	Kirby Muxloe AC	120	1124	46
3rd Gentlemen	Tony Moulton	GNAS	120	1124	45
1st Junior Gent	Robert Spouge	B of Birstall	120	1115	35
<b>LONGBOWS</b>					
1st Lady	Chrissie Mortlock	B of Rutland	113	634	5
1st Gentleman	Andy Watson	Kirby Muxloe AC	117	607	1
<b>BAREBOW</b>					
1st Gentleman	Russell Ball	The Foxes	117	766	9
<b>ALL BOWS COMBINED</b>					
H/cap Group – Ladies 34-50	Evelyn Brown	Kirby Muxloe AC		2880	
H/cap Group – Ladies 51-100	Ruth Welsh	Kirby Muxloe AC		2811	
H/cap Group – Gents 29-44	Darren McPherson	B of Birstall		2911	
H/cap Group – Gents 45-100	Cyril Hackett	Kirby Muxloe AC		2895	
1st Team of 4 archers (mixed) from one Club - Walker's Crisps Award Peter Frost, Rikki Westman, Steve Copson, & Edward Spouge		B of Birstall		4576	

## FULL LIST OF RESULTS - DOUBLE PORTSMOUTH

<u>Recurve Ladies</u>					<u>Recurve Gentlemen</u>						
		H	S	10			H	S	10		
1	Helen Palmer	Welbeck A	120	1158	80	1	Peter Frost	B of Birstall	120	1159	82
2	Rikki Westman	B of Birstall	120	1150	77	2	Alan McCallum	Melton Mowbray AC	120	1131	67
3	Kim Copson	B of Birstall	120	1147	73	3	Graham Jones	B of Rutland	120	1120	60
4	Linda Stuart (J)	B of Glen	120	1120	58	4	Eddie Pemberton	B of Glen	120	1119	64
5	Susie Corke	Kettering A	120	1104	54	5	Steve Copson	B of Birstall	120	1118	50
6	Aileen Dowson	Ivanhoe A	120	1096	50	6	Richard East	B of Birstall	120	1109	52
7	Michelle Worthington	Crowthorne A	120	1058	38	7	Tony Baines	Kirby Muxloe AC	120	1099	54
8	Andrea Malyon	Kirby Muxloe AC	120	1057	36	8	Mick Westman	B of Birstall	120	1099	49
9	Jean Blood	Ivanhoe A	120	1043	29	9	Mark Stuart	B of Glen	119	1099	57
10	Sylvia Payne	The Foxes	120	1036	28	10	Bob Bolsover	Kirby Muxloe AC	120	1097	47
11	Evelyn Brown	Kirby Muxloe AC	120	1000	18	11	Mick Edwards	Ivanhoe A	119	1097	48
12	Carol Gash	Welland Valley A	120	967	18	12	Jeff Green	B of Glen	120	1087	45
13	Ruth Welsh	Kirby Muxloe AC	120	889	16	13	Alan Blood	Ivanhoe A	120	1084	37
14	Jane Baines	Kirby Muxloe AC	118	855	8	14	Brian Brooks	The Foxes	119	1081	44
<u>Compound Ladies</u>					<u>Compound Gentlemen</u>						
1	Wendy Skinner	B of Rutland	120	1121	42	15	Darren McPherson	B of Birstall	120	1077	38
2	Fiona Johnstone	Hinckley A	120	1108	33	16	Giles Marshall	Kirby Muxloe AC	120	1069	33
3	Debbie Westman	B of Birstall	120	1100	29	17	Geoff Clarke	The Foxes	120	1061	33
4	Maggie Squires	B of Birstall	119	1100	37	18	Andy Powell	Hall Lane A	120	1056	29
5	Christie Westman	B of Birstall	75	684	17	19	John Morris	Welland Valley A	120	1053	34
		Retired 6¼ doz				20	Chris Noon	Kirby Muxloe AC	119	1052	37
6	Jill Gornall	B of Rutland	59	475	0	21	Cliff Norris	Welland Valley A	120	1040	29
		Retired 5 doz				22	Mike Wainwright	Welland Valley A	120	1033	28
<u>Longbow Ladies</u>					<u>Longbow Gentlemen</u>						
1	Chrissie Mortlock	B of Rutland	113	634	5	23	Mike Whyatt	Ivanhoe A	120	1030	22
<u>Recurve Jnr Ladies</u>					<u>Compound Ladies</u>						
1	Christina Malyon	Kirby Muxloe AC	120	1086	48	24	Cyril Hackett	Kirby Muxloe AC	120	1025	28
2	Fiona Parker	B of Rutland	120	1050	28	25	Mike Cheeseman	Welland Valley A	119	1008	24
3	Fiona Heaver	Melton Mowbray AC	120	1018	28	26	Paul Gash	Welland Valley A	120	956	14
4	Rebecca Lantsbery	Welland Valley A	120	933	16	27	Len Farrington	Welland Valley A	120	938	13
5	Lauren McPherson	B of Birstall	114	927	27	28	Dave Squires	B of Birstall	60	556	27
6	Jenny Noon	Kirby Muxloe AC	113	641	4			Retired 5 dozen			
7	Laurie Welsh	Kirby Muxloe AC	103	579	5	<u>Compound Gentlemen</u>					
<u>Compound Jnr Ladies</u>					<u>Compound Ladies</u>						
1	Alison Parker	B of Rutland	60	540	8	1	Steve Langton	Hinckley A	120	1135	56
		Retired 5 doz				2	Geoff Malyon	Kirby Muxloe AC	120	1124	46
<u>Recurve Jnr Gentlemen</u>					<u>Compound Gentlemen</u>						
1	Edward Spouge	B of Birstall	120	1120	61	3	Tony Moulton	GNAS	120	1124	45
2	James Mortlock	B of Rutland	120	1115	56	4	Ian Chambers	Hall Lane A	120	1115	40
3	Matthew Heaver	Melton Mowbray AC	120	1024	25	5	Fred Stevens	Hinckley A	60	1110	35
4	Tom Green	B of Glen	120	1007	22	6	David Lowe	Welland Valley A	118	1095	37
5	Robert Spencer	Lutterworth AC	120	996	29	7	Richard Robinson	Kirby Muxloe AC	119	1078	22
6	David Norris	Welland Valley A	118	961	29	8	John Taylor	Welland Valley A	120	1071	16
7	Ben Green	B of Glen	115	913	11	<u>Longbow Gentlemen</u>					
8	Cory Clarke	The Foxes	115	719	4	1	Andy Watson	Kirby Muxloe AC	117	607	1
9	Andrew Stuart	B of Glen	112	601	3	<u>Barebow Gentlemen</u>					
10	James Noon	Kirby Muxloe AC	89	417	1	1	Russell Ball	The Foxes	117	766	9
<u>Compound Jnr Gentlemen</u>					<u>Compound Jnr Gentlemen</u>						
						1	Robert Spouge	B of Birstall	120	1115	35

**AWARDS - L&RCAA 34th INDOOR SENIOR CHAMPIONSHIPS – SINGLE PORTSMOUTH**

In line with LRCAA policy, single round awards are made to archers who shoot Session A or Session B as their first shoot.

**VISITORS**

			Hits	Score	10s
1st Lady Recurve	Helen Palmer	Welbeck A	60	587	47
2nd Lady Recurve	Susie Corke	Kettering A	60	555	25
1st Gent Recurve	Gary Claydon	GNAS	60	560	29
1st Gent Barebow	John Bosworth	Kettering A	57	325	4

**RECURVE BOWS - L&RCAA ARCHERS**

1st Lady - Bow Handle Trophy	Kim Copson	B of Birstall	60	574	36
2nd Lady	Rikki Westman	B of Birstall	60	572	36
3rd Lady	Linda Stuart	B of Glen	60	567	32
1st Gent - Tankard	Peter Frost	B of Birstall	60	579	40
2nd Gent	Alan McCallum	Melton Mowbray AC	60	572	38
3rd Gent	Eddie Pemberton	B of Glen	60	564	36
1st team of 4 archers (mixed) from one club. - Team Shield Peter Frost, Kim Copson, Rikki Westman & Edward Spouge		B of Birstall		2288	

**COMPOUND BOWS - L&RCAA ARCHERS**

1st Lady - Compound Centre Cup	Wendy Skinner	B of Rutland	60	559	20
2nd Lady	Fiona Johnstone	Hinckley A	60	555	17
3rd Lady	Debbie Westman	B of Birstall	60	554	16
1st Gent - Compound Centre Cup	Steve Langton	Hinckley A	60	570	30
2nd Gent	Geoff Malyon	Kirby Muxloe AC	60	563	23
3rd Gent	Tony Moulton	GNAS	60	561	22

**LONGBOW – L&RCAA**

1st Lady	Chrissie Mortlock	B of Rutland	56	309	4
1st Gent	Brian Dignall	Hinckley A	59	384	4

**BAREBOW – L&RCAA**

1st Gent	Russell Ball	The Foxes	59	354	4
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**ALL BOWS - L&RCAA ARCHERS**

H/cap Group - Ladies 34-41	Andrea Malyon	Kirby Muxloe AC		1429	
H/cap Group - Ladies 42-50	Rosie Prattley	Hall Lane A		1451	
H/cap Group - Ladies 51-58	Helen Maffin	B of Birstall		1462	
H/cap Group - Ladies 58-100	Madeline Birch	Kirby Muxloe AC		1632	
H/cap Group - Gents 29-36	Bob Bolsover	Kirby Muxloe AC		1448	
H/cap Group - Gents 37-44	Andy Powell	Hall Lane A		1454	
H/cap Group - Gents 45-50	Peter Palmer	Hall Lane A		1469	
H/cap Group - Gents 51-100	Andy Watson	Kirby Muxloe AC		1399	



## FULL LIST OF SENIOR RESULTS - SINGLE PORTSMOUTH

<u>Recurve Ladies</u>			H	S	10	<u>Recurve Gentlemen</u>			H	S	10
1	Helen Palmer	Welbeck A	60	587	47	1	Peter Frost	B of Birstall	60	579	40
2	Kim Copson	B of Birstall	60	574	36	2	Alan McCallum	Melton Mowbray AC	60	572	38
3	Rikki Westman	B of Birstall	60	572	36	3	Eddie Pemberton	B of Glen	60	564	36
4	Linda Stuart (J)	B of Glen	60	567	32	4	Gary Claydon	GNAS	60	560	29
5	Susie Corke	Kettering A	60	555	25	5	Bob Bolsover	Kirby Muxloe AC	60	559	28
6	Aileen Dowson	Ivanhoe A	60	550	26	6	Steve Cooley	B of Rutland	60	559	27
7	Rosie Prattley	Hall Lane A	60	534	14	7	Steve Copson	B of Birstall	60	559	23
8	Michelle Worthington	Crowthorne A	60	532	21	8	Mark Stuart	B of Glen	60	558	31
9	Andrea Malyon	Kirby Muxloe AC	60	530	21	9	Richard East	B of Birstall	60	558	29
10	Charlotte Fletcher	B of Rutland	60	529	18	10	Dave Squires	B of Birstall	60	556	27
11	Sylvia Payne	The Foxes	60	518	12	11	Graham Jones	B of Rutland	60	552	24
12	Pat Jones	British Timken B	60	509	11	12	Maurice Clarke	Bingham LCAC	60	552	23
13	Jean Blood	Ivanhoe A	60	509	10	13	Mick Edwards	Ivanhoe A	59	549	27
14	Mandy Cox	B of Rutland	60	506	11	14	Tony Baines	Kirby Muxloe AC	60	548	26
15	Evelyn Brown	Kirby Muxloe AC	60	504	8	15	Jeff Green	B of Glen	60	548	22
16	Helen Maffin	B of Birstall	60	488	8	16	Mick Westman	B of Birstall	60	547	22
17	Carol Gash	Welland Valley	60	483	11	17	Michael Lark	B of Rutland	60	546	21
18	Trudie Medhurst	Melton Mowbray AC	60	452	6	18	Andy Powell	Hall Lane A	60	544	21
19	Lorna Jane Grossner	Soar Valley A	60	450	4	19	Alan Blood	Ivanhoe A	60	537	14
20	Madeline Birch	Kirby Muxloe AC	59	447	8	20	Darren McPherson	B of Birstall	60	535	17
21	Jean Asher	B of Rutland	60	444	4	21	Mike Wainwright	Welland Valley	60	532	17
22	Ruth Welsh	Kirby Muxloe AC	60	432	8	22	Kevin Briers	Hall Lane A	60	530	17
23	Julie Gregg	B of Rutland	59	407	2	23	John Morris	Welland Valley	60	530	15
24	Jane Baines	Kirby Muxloe AC	58	407	2	24	Chris Noon	Kirby Muxloe AC	59	529	17
						25	Brian Brooks	The Foxes	59	528	22
						26	Geoff Clarke	The Foxes	60	527	16
						27	Giles Marshall	Kirby Muxloe AC	60	527	14
						28	Mike Whyatt	Ivanhoe A	60	524	14
						29	Cyril Hackett	Kirby Muxloe AC	60	522	15
						30	Cliff Norris	Welland Valley	60	520	14
						31	Peter Palmer	Hall Lane A	60	513	13
						32	Tony Dixon	Kirby Muxloe AC	60	511	10
						33	Craig Baker	Soar Valley A	60	509	11
						34	Mike Cheeseman	Welland Valley	60	502	13
						35	Gary Champion	Soar Valley A	60	497	13
						36	Paul Gash	Welland Valley	60	492	9
						37	Michael Rathbone	B of Birstall	60	488	7
						38	Pat Callaghan	LAOFAC	57	482	9
						39	Roland Cox	B of Rutland	60	475	8
						40	Paul Champion	Soar Valley A	60	472	11
						41	Len Farrington	Welland Valley	60	465	6
						<u>Longbow Gents</u>					
						1	Brian Dignall	Hinckley A	59	384	4
						2	Andy Watson	Kirby Muxloe AC	59	297	1
						<u>Barebow Gentlemen</u>					
						1	Russell Ball	The Foxes	59	354	4
						2	John Bosworth	Kettering A	57	325	4
<u>Compound Ladies</u>											
1	Wendy Skinner	B of Rutland	60	559	20						
2	Fiona Johnstone	Hinckley A	60	555	17						
3	Debbie Westman	B of Birstall	60	554	16						
4	Maggie Squires	B of Birstall	60	551	16						
5	Christie Westman	B of Birstall	60	550	14						
6	Carol Davies	Ivanhoe A	60	533	5						
7	Jill Gornall	B of Rutland	59	475	0						
<u>Compound Gents</u>											
1	Steve Langton	Hinckley A	60	570	30						
2	Geoff Malyon	Kirby Muxloe AC	60	563	23						
3	Tony Moulton	GNAS	60	561	22						
4	Steven Morgan	Hinckley A	60	560	22						
5	Fred Stevens	Hinckley A	60	558	18						
6	Ian Chambers	Hall Lane A	60	554	16						
7	John Davies	Ivanhoe A	60	548	12						
8	Richard Robinson	Kirby Muxloe AC	60	544	10						
9	David Lowe	Welland Valley	58	537	16						
10	John Taylor	Welland Valley	60	534	6						
11	Colin Barnes	Melton Mowbray AC	11	99	1						
		Retired 1 dozen									
<u>Longbow Ladies</u>											
1	Chrissie Mortlock	B of Rutland	56	309	4						

## L&RCAA 32nd INDOOR JUNIOR CHAMPIONSHIPS

In line with LRCAA policy, single round awards are made to archers who shoot Session A or session B as their first shoot.

### **RECURVE BOWS - VISITORS**

			Hits	Score	10s
1st Junior Lady	Catherine Jones	Timken	60	528	17
1st Junior Gentleman	Sam Croft	Burton Bridge A	60	572	35

### **RECURVE BOWS - L&RCAA ARCHERS**

1st Junior Lady - Kirby Muxloe Cup	Christina Malyon	Kirby Muxloe AC	60	538	19
1st Junior Gentleman - LAOFAC Cup	James Mortlock	B of Rutland	60	566	35
Age Group - 1 <sup>st</sup> Junior Lady U 18	Fiona Parker	B of Rutland	60	536	21
Age Group - 1 <sup>st</sup> Junior Lady U 16	Sarah Prattley	Hall Lane A	60	479	7
Age Group - 1 <sup>st</sup> Junior Lady U 13	Fiona Heaver	Melton Mowbray AC	60	500	11
Age Group - 2 <sup>nd</sup> Junior Lady U 13	Frances Briers	Hall Lane A	60	475	9
Age Group - 1 <sup>st</sup> Junior Gentleman U 18	Alex Asher	B of Rutland	58	359	0
Age Group - 1 <sup>st</sup> Junior Gentleman U 16	Matthew Heaver	Melton Mowbray AC	60	517	15
Age Group - 2 <sup>nd</sup> Junior Gentleman U 14	Tom Green	B of Glen	60	503	13
Age Group - 1 <sup>st</sup> Junior Gentleman U 14	Edward Spouge	B of Birstall	60	563	32
Age Group - 2 <sup>nd</sup> Junior Gentleman U 14	David Norris	Welland Valley	60	473	12
Age Group - 1 <sup>st</sup> Junior Gentleman U 12	Cory Clarke	The Foxes	58	371	2

### **COMPOUND BOWS - VISITORS**

1st Junior Lady	Denise Cox	Gingerbread A	60	514	3
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### **COMPOUND BOWS - L&RCAA ARCHERS**

1st Junior Lady - Compound Trophy	Alison Parker	B of Rutland	60	540	8
1st Junior Gentleman - Compound Trophy	Robert Spouge	B of Birstall	60	555	15

## FULL LIST OF JUNIOR RESULTS - SINGLE PORTSMOUTH

<u>Recurve Jnr Ladies</u>			H	S	G	<u>Recurve Jnr Gentlemen</u>			H	S	G
1	Christina Malyon	Kirby Muxloe AC	60	538	19	1	Sam Croft	Burton Bridge A	60	572	35
2	Fiona Parker	B of Rutland	60	536	21	2	James Mortlock	B of Rutland	60	566	35
3	Catherine Jones	Timken	60	528	17	3	Edward Spouge	B of Birstall	60	563	32
4	Fiona Heaver	Melton Mowbray AC	60	500	11	4	Matthew Heaver	Melton Mowbray AC	60	517	15
5	Sarah Prattley	Hall Lane A	60	479	7	5	Glen Croft	Burton Bridge A	60	515	8
6	Frances Briers	Hall Lane A	60	475	9	6	Tom Green	B of Glen	60	503	13
7	Rebecca Lantsbery	Welland Valley	60	469	10	7	Robert Spencer	Lutterworth AC	60	486	14
8	Lauren McPherson	B of Birstall	57	444	16	8	David Norris	Welland Valley	60	473	12
9	Charlotte Prattley	Hall Lane A	60	400	6	9	Ben Green	B of Glen	58	444	3
10	Jenny Noon	Kirby Muxloe AC	57	344	3	10	Dominic Jones	The Foxes	60	419	4
11	Laurie Welsh	Kirby Muxloe AC	53	312	5	11	Joshua Letten	B of Glen	59	398	4
						12	Cory Clarke	The Foxes	58	371	2
						13	Alex Asher	B of Rutland	58	359	0
						14	Andrew Stuart	B of Glen	55	303	1
						15	James Noon	Kirby Muxloe AC	39	177	1
<u>Compound Jnr Ladies</u>											
1	Alison Parker	B of Rutland	60	540	8						
2	Denise Cox	Gingerbread A	60	514	3						
<u>Compound Jnr Gentlemen</u>											
1	Robert Spouge	B of Birstall	60	555	15						

## DID NOT SHOOT

Trevor Beaver	The Foxes	Mike Fiander	Welland Valley A
Eddie Corke	Kettering A	Phil Houghton	Hinckley A
Pat Crook	Welland Valley A	Jeff Lander	Ivanhoe A
Susan Custance	B of Rutland	Gill Thomas	Ivanhoe A
Douglas Ellison	B of Birstall	James Ward	Welland Valley A

## RECORDS

We offer our special congratulations to all archers who achieved records.

### EMAS Regional Records

#### Single Portsmouth

Junior Gentlemen U-14 Recurve	James Mortlock	B of Rutland	60	566	35
Junior Gentlemen U-16 Recurve	Sam Croft	Burton Bridge A	60	572	35

#### Double Portsmouth

Junior Gentlemen U-18 Compound	Robert Spouge	B of Birstall	120	1115	35
Junior Gentlemen U-14 Recurve	Edward Spouge	B of Birstall	120	1120	61

### L&RCAA County Records

#### Single Portsmouth

Junior Gentlemen U-14 Recurve	James Mortlock	B of Rutland	60	566	35
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#### Double Portsmouth

Junior Gentlemen U-14 Recurve	Edward Spouge	B of Birstall	120	1120	61
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Claims for EMAS Regional records should be submitted by the archer to the Regional Records Officer:  
Mrs Maggie Squires, 11 Equity Rd East, Earl Shilton, Leics, LE9 7SZ  
E-mail [d.a.squires@btinternet.com](mailto:d.a.squires@btinternet.com)

Claims for LRCAA County records should be submitted by the archer to the County Records Officers:  
Mr & Mrs Westman, 2 The Chase, East Goscote, Leicestershire, LE7 3WY  
E-mail [Mick@westman.worldonline.co.uk](mailto:Mick@westman.worldonline.co.uk)

## TOURNAMENT ORGANISER'S COMMENTS

A you will appreciate, this event could not function without the assistance of lots of people, Our thanks are due to The staff at Parklands; those who set up the hall, especially those who were there very early; all who helped during and after the event; and to you, the archers who made things relatively easy.

We also recognise the contribution of Quicks, The Archery Specialists for their continued sponsorship.

Well done to you all, including Steve Langton with his 'Robin Hood' into one of his own arrows!

Found property. We have a pair of binoculars that was left in the hall.

Tournament Organisers: Pam & Bob Tonkin, 17 College Close Gt Casterton Stamford Lincs PE9 4AW.  
Tel: Stamford (01780) 755474  
E-mail: [tonkin@twistedlimb.freemove.co.uk](mailto:tonkin@twistedlimb.freemove.co.uk)