#### FLETCHER DIARY DATES JULY 2020 – APRIL 2022

Those events marked with an  $\underline{F}$  are also open to Freemen, Liverymen may attend all events.

6 <sup>th</sup> July	Monday		Virtual Court meeting at 11am
			ject to confirmation and dependant on the advice
regarding social dis	tancing and event attend	lance. No	event will be held unless it is considered safe to do
5 <sup>th</sup> September	Saturday	F	Fletchers Elite Archers Day
6 <sup>th</sup> September	Sunday	F	Fletchers National Championships Lilleshall
16 <sup>th</sup> September	Wednesday		Master's event – Visit to Freemason's Hall followed by lunch
27 <sup>th</sup> September	Sunday	F	Sheep Drive over London Bridge
29 <sup>th</sup> September	Tuesday		Lunch following the Election of the Lord Mayor
30 <sup>th</sup> September	Wednesday	F	Noak Hill
$7^{th} - 11^{th}$ October	Wednesday-Sunday		Master's Holiday – Lisbon
15 <sup>th</sup> October	Thursday		Dinner following a meeting of the Court – Apothecaries Hall
26 <sup>th</sup> October	Monday		Past Masters Lunch
9 <sup>th</sup> December	Wednesday	F	Carol Service at HM Tower of London
25 <sup>th</sup> January	Monday		Burns night dinner following a meeting of the Court at Ironmongers' Hall
19 <sup>th</sup> March	Friday		United Guilds' Service
4/8 March	Thursday / Monday		Anniversary Banquet at Mansion House
20 <sup>th</sup> April	Tuesday		Thanksgiving Service and Installation Dinner
5 <sup>th</sup> May	Wednesday		Guildhall Yard - Paralympians
9 <sup>th</sup> May TBC	Sunday	F	Fletchers Day for Archers with Disability
11 <sup>th</sup> May	Tuesday	F	Sons of the Clergy Service at St Paul's Cathedral
TBC		F	Noak Hill Archery day for members
18 May	Tuesday		In the Steps of the Fletchers' – walk to Fletcher locations in the City, a visit to our archives at Guildhall followed by lunch
June/July TBC		F	Fletchers' Golf Day
5/6 June	Saturday / Sunday	F	Fletchers' Archery Day – open to family and friends
14/15 June	Monday / Tuesday		Special event about the Peasants Revolt in 1381 - funds raised to LMA
24 <sup>th</sup> June	Thursday		Election of the Sheriffs followed by lunch
29 <sup>th</sup> June TBC	Tuesday		Joint Shoot at the Tower
5/6 July	Monday / Tuesday		Court meeting followed by lunch
4 <sup>th</sup> September TBC	Saturday	F	Fletchers Elite Archers Day
8-11 September	Wednesday – Saturday		Master's Holiday

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The Newsletter of the Worshipful Company of Fletchers









Drapers' Hall

Thursday 12th March 2020







The run up to the Ladies Banquet was different this year, the most recent evolution of the Corona virus – Covid-19 - had begun to arrive in the UK and reports of London being its epicentre were beginning. Drapers' had been booked for almost a year, as had many of the other arrangements necessary for any Fletcher event. About three weeks out, the Guildhall School of Music and Drama (GSMD) was closed due to Covid so a mad scramble to identify other musicians ensued, fortunately GSMD had re-opened by 12<sup>th</sup> March. As the event grew closer, reports on the virus increased, and whilst everyone knew it was highly contagious, little else was known.

Understandably, a number of Fletchers and their guests decided not to attend, and on the night, 70 Fletchers' and their guests assembled in the splendour of Drapers'. The Master, with the welcome assistance from Past Master Jeremy Garnett had conducted a tasting the previous month and together they selected a delicious menu and wines to compliment the meal.

The feast began with a dome of Smoked Salmon and Dorset Crab, served with crushed avo-



cado. This was followed by Drapers' Beef Wellington, the classic dish with Drapers' twist and dessert was Seville Orange Croissant pudding accompanied by a candied fruit ice cream. Those with special diets / allergies did not dip out since Drapers' own Chef devised some extremely tasty and innovative alternatives. Vegetarians for example, had Sweetcorn Panna cotta with pickled vegetables as their starter, followed by a Spinach and Goats' cheese Pithivier served with black lentils. As is customary, Grace and the

Loyal Toast concluded the meal

before a musical interlude. Isha Criclow on Clarinet and John Sanders on Piano played Heinrich Baermann's Adagio for clarinet and piano and Alamiro Giampieri's Carnival of Venice. Both pieces were performed perfectly and to much applause and enjoyment. The Upper Warden welcomed the guests warmly and with humour, and Sheriff Christopher Havward responded with equal humour and charm. The Master concluded the speeches, remarking that he had learned a lot during his year, of the City, of other Livery Companies and of the Fletchers: and that he was thankful for the privilege of representing





the Company.

The Master thanked the Fletchers' membership for their support which enables the inspiring work of the Fletchers' Trust – support that the Trust could not offer to not only archers but also our educational and military affiliations, without members donations. From his experience, and discussions with other Masters, the Fletchers' way outstrips other larger Companies in terms of our members individual donations, which is a testament to you all.

Many of the assembled then adjourned for a quick stirrup cup, taking the opportunity to

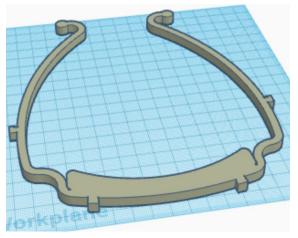
thank the Master for his work and leadership over the previous year. To the best of our knowledge, save a dinner at Carpenters' the following evening – our Banquet was the penultimate Livery Dinner before lockdown.

Kate – The Clerk

# Archery GB able to help the NHS with equipment funded by the Fletcher's Trust.

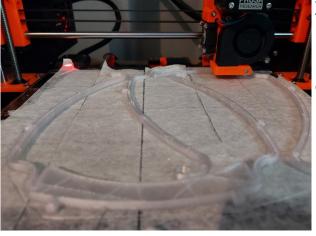
Some time ago, the Trust agreed a package with AGB whereby it provided funding for equipment and training facilities to help archers prepare for Tokyo. One of the items purchased was a 3D Printer. Its primary use has been to enable AGB to make bespoke pieces of equipment, such as grips, made to suit the athletes' impairments rather than buy standard models off the shelf; it has proved a great success.

I recently heard from Tom Duggan, the Head of Paralympic Performance at AGB who sent a "cheer up" email letting me know of an innovation the team had created using the 3D Printer. Lilleshall is of course closed and everyone at home but as Tom writes "Along with everyone else we have watched from a distance the selfless work the NHS has been doing and I'm sure, like many others, we have felt helpless. We wanted to be able to find a way to be able to contribute in a small but practical way."



Just before

lockdown, another member of AGB's team -Kieran Carr - made an emergency trip to Lilleshall to retrieve the printer as there were other projects on board; it now resides in Kieran's kitchen.



Again Tom. "We have been able to reconfigure the Printer to produce face masks/visors that NHS staff are using as part of their PPE equipment. We can print the bit that fits around the head and attaches to the laminate visor. AGB are not printing the visor as it is easily commercially available."

The Printer uses something called a filament which it processes and prints the required

The cost per reel is £35 and Tom reckons they produce 2 masks per 1.5 hours – say 100 per week. "Kieran is allowed to sleep at night!"

Michael Holden

It was a source of particular pride to me that visiting Masters of other Companies have commented upon the strength of our Military relationships which they found impressive. A credit to the Affiliates Sub Committee and all who assist them.

Memories of the year would not be complete without mention of the magnificent Services at St Paul's Cathedral throughout the year, and particularly the incomparable Remembrance Day Services which we attend as members of the Livery Community. I had great pleasure in representing the Fletchers at the Poppy Laying Ceremony in the Garden of Remembrance.

In addition to our tremendously enjoyable quarterly lunch or dinner meetings, Christmas lunch and of course the superb Carol Service at The Tower, there have been invitations from other Livery Companies, Civic events, activities with the Fletchers Trust, and of course opportunities to enjoy time with other Livery Masters on an informal basis. I have been to a garden party at Buckingham Palace, St Paul's Cathedral (the mother church of London) and of course on my first day to St Vedast -alias-Foster where Paul Kennedy our Chaplain for the year is based. Before taking the cloth Paul was with Deloitte in the City; he has given me wonderful support.

If asked to pick one unique event, I think that it would be the Fusiliers' invitation to attend their Colour Ceremony at Holy Sepulchre Church in High Holborn. Some Regiments cremate their Colours they can no longer be preserved to avoid them falling into the wrong hands. A small party of Fletchers attended this ceremony, the first for about 100 years, it was an absolute privilege, historic and dignified, and unlikely to be repeated for many years to come. I felt deeply honoured.

I must thank the Court and Committees for their support, and Past Masters for guidance and help, not forgetting our Clerk Kate Pink. Most of all, I must thank you, the Liverymen, for giving me this fantastic opportunity, and for making this Company a hugely friendly place to belong. I wish and hope that my successor Stuart Robbens will enjoy his year as much as I have enjoyed mine. We belong to a wonderful Company, and I look forward to the years ahead with you all.

Duncan Garland

### Fletchers' Dates

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26 <sup>th</sup> September	Sunday	F	Sheep Drive across London Bridge – Fletchers group booking
27 <sup>th</sup> September	Monday		Election of the Lord Mayor followed by lunch
TBC		F	Noak Hill Archery day for members
12 <sup>th</sup> October	Tuesday		Court followed by lunch or dinner
25 <sup>th</sup> October	Monday		Past Masters lunch on St Crispin's Day
8 / 15 November	Monday		Fletchers Golf Dinner
8 / 15 November	Monday		Informal visit to the Natural History Museum in Tring with a guided tour by Dr Roger Watson's son, followed by lunch in a local restaurant
1/8 December	Wednesday	F	Carol Service and buffet at HM Tower of London
15 <sup>th</sup> December	Wednesday		Christmas lunch
24 <sup>th</sup> January	Monday		Court meeting followed by lunch or dinner
22 <sup>nd</sup> February	Tuesday		Concert and buffet for Fletchers' Trust
15 <sup>th</sup> March	Tuesday		Anniversary Banquet – "here's to the next 650"
12 <sup>th</sup> / 13 <sup>th</sup> April	Tuesday / Wednesday		Mary Rose visit

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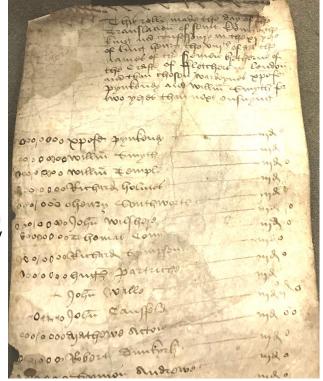
# The Fletchers Archives – a first glimpse

The 650<sup>th</sup> anniversary has inspired a closer look at the archives of the company which are held in the Guildhall Library and also what else relevant to our history might be lurking in The National Archives and elsewhere. Historians always begin by thinking that there won't be much but are soon proved wrong! Here are a few tasters of ongoing work. If you might be interested in helping do please get in touch with me (a.e.curry@soton.ac.uk). Whilst the handwriting of documents of the fourteenth to seventeenth century can be difficult to read, there is no problem with the minute books which begin in 1767. Minutes of court were handwritten in the minute book from 1767 to 1952. Thereafter the minutes were typed out on sheets of paper and stuck into the minute book. From 1996 they were word processed. Thereby is the great march of technology reflected in our records.

To whet your appetite here is the earliest surviving document from our records – the quarterage roll for 1519. As you can see it is essentially a list of names and records of attendance (that's what the circles are to the left). At each of the four meetings of the year liverymen paid 4d. But if you missed a meeting you simply paid the arrears at a later meeting.

Here as throughout our records at the Guildhall we find many names, and one ambition for the 650<sup>th</sup> anniversary is to put together a database of all known members of the company, both liverymen and freemen. Liveryman Dr Hannes Kleineke has already started on this project from these early quarterage records (Guildhall Library MS 5977/1 and 2): the first series runs from 1519 to 1545 and the second from 1559 to 1602.

raphies of fifteenth-century MPs for the History of Parliament project is proving exceptionally valuable in terms of finding Fletchers in other records, especially between 1371 and 1519. He has been looking at legal records of the group in the Thin



has been looking at legal records of the crown in the TNA, especially from the Court of Common Pleas. There are also wills to be found and of course the City of London records to be explored. Our petition of 1371 for separation from the Bowyers is in the Letter Book G of the corporation, and subsequent city records include various ordinances which the company put forward for approval and registration, which we will be putting on line in English translations where necessary. The city records also give us more names for our database.

Before the lockdown I started looking at the later minute books of the Company, inspired by earlier trawls by PM Roger Watson. There is indeed fascinating stuff there as well as hundreds of names of liverymen and freemen. The hire of an omnibus (horsedrawn of course) in 1845 to take the court to Richmond, a dinner at Crystal Palace two years later as well as donations to the Royal Female Philanthropic Society and the City Dispensary. Our life flashes before us. And if you think bureaucracy is a modern invention you need to read the procedures for appointing a beadle in 1798! Watch this space.

Anne Curry

## **Our New Master**

Normally in this issue, we show the installation of the New Master on our front cover together with the two Company Wardens. Because of the Covid 19 pandemic the Installation Court took place by video link, so no pictures are available. However, our new Master's views are below.

### Thoughts on being made Master

At the Virtual Court on 21st April, the first ever in the long history of our Company, I was Installed as Master Fletcher and had the pleasure of Installing Anne Curry and Philip Shears as Upper and Renter Warden respectively. It is a privilege for me that our 650th anniversary falls during my year of office and it is my sincere hope that we will all be able to meet by then to celebrate that milestone event. We are experiencing unprecedented times when it is not possible to enjoy meeting together in fellowship and to share our interest in the activities of the City of London. In addition COVID-19 has not been helpful for the operation of Farmers and Fletchers Hall but much work is going on behind the scenes to plot a sound course to-

wards a satisfactory outcome for both the Farmers and our own Company.

The current pandemic does, however, give us the opportunity to pause and consider for a moment what is important to us and our Company. The support we give, through the Fletchers Trust, to disabled archers is outstanding and we are all very grateful to Chris Brown and the members of the Charity Committee for all their hard work with this initiative. During my year as Master I also would like to enhance the caring aspect for our membership and their families so please advise me or our Honorary Almoner Michael Holden and Kate if you are aware of any member or their family who is unwell, or indeed has experienced a happy event so that this can be appropriately recognised or we can offer assistance if needed. Equally, the association we have with a number of Schools and Military Cadet Units, often operating in deprived areas, is close to my heart and I believe that we should give all the support we can to these and other youth organisations as I believe that they make an invaluable and



Stuart Robbens

important contribution to our society.

After 650 years of not being a Chartered Company, our petition for the grant of a Royal Charter is proceeding well. The documents are at present with the City Corporation and we hope to have approval from them in early July. The documents will be then submitted to the Privy Council so we are hopeful that approval will be granted by the end of the year in time for the Charter to be presented at our anniversary celebration at Mansion House that we hope to hold in March next year. I will advise as soon as a date for this special celebration is confirmed but Coronavirus permitting, it is likely to be as near to the actual anniversary date of 7th March as is practical.

I send you all my sincere good wishes in these somewhat difficult times and look forward to sharing our special "Fletcher Fellowship" with you as soon as the present social distancing measures are eased and it is safe to travel.

Stuart Robbens

My Year in Office – April 2019 – April 2020

I would take this opportunity to thank every one of you for the fabulous opportunity that you gave me to represent you as Master Fetcher during the past 12 months. It has been a wonderful year charged with opportunity to expand my knowledge of the City, and participate in many activities with some terrific people. Thank you all for your support.

As I came to the end of my year and thought back, I confess that I was astonished at how much I still had to learn about our Company when I commenced the journey 12 Months ago. We have had several events in other Livery Halls, and it was interesting to learn, for example, that Drapers Hall is on a site that belonged to Thomas Cromwell. In January I attended a very interesting lecture arranged by Master Draper, and given by Diarmaid MacCulloch of Oxford who has published a biography. By the time that Thomas Cromwell owned this site he was Secretary to Henry the Eighth and the Fletchers Company was well on its way to it's bicentenary, although that took place during the reign of his daughter, the first Queen Elizabeth.

Our vital supply of arrows fed the insatiable appetite of monarchs and their wars. While the Longbow and Arrow have been superseded as war weapons, we still support all three armed services. The great English and Welsh longbowmen of those days were the Infantrymen of their day, and their current skill-at-arms is rifle shooting. So it feels right that we present a shooting prize to our army affiliate, the Royal Regiment of Fusiliers; in turn they make it possible for us to have our competitive annual match with the Bowyers at the Tower which we enjoy so much. And in 2019 by the way, we retained the trophy again in no small part because of a superb set of results by PM Chris Brown, who turned the tide with his stunning performance!

One of the traditional key roles of a Livery Company is the training of Apprentices, and maintaining their craft standards. Many fletching businesses were family affairs where wives and children worked as well as the family men. I was hugely indebted to P.M. Roger Watson for finding out that by 1771 a Charlotte Jones was apprenticed to her mother, Liveryman Henrietta Maria Jones. A few years later there is a record of a Charlotte Wadham being clothed in our Livery. Last year The Fletchers Trust, our charitable arm, appointed their first ambassador Tania Nadarajah and we wish her well in her efforts to join the UK Paralympic team in Tokyo next year 2021. Nowadays about 30% of our Livery are ladies, and this is a timely reminder that the Fletchers Company is a living entity which must continue to evolve, and remain relevant to the society of our times.

The effort and activity of the Fletchers Trust is particularly impressive and follows in the footsteps of the Medieval Livery Companies, who could perhaps be described as the first friendly societies looking after widows, orphans and members who fell on hard times. The activities of our Trust range from providing financial support at all levels of the disabled archery community, through to the provision of equipment to disabled archers where recommended by their coaches. Our Honorary Almoner and Deputy Honorary Almoner play a vital role in identifying and assessing potential recipients of funds, and making recommendations for donations to the Charity Committee. The Trust's activities and our donations really make an impact on Society. Thank you all for your support. There are many opportunities for us all to support the fantastic activities of the Trust and our Disabled Archer friends, and I would encourage everyone to participate where practicable.

I have also been impressed with all the activity undertaken with our Affiliates in the Navy, Army and Air Force. I had previously participated in the Tower shoot, but the time and dedication put in by our affiliates team was a revelation. It was fantastic to join the Fusiliers Cocktail party at the Tower and participate in the Tower shoot with the Bowyers and, later in the year, to visit Tidworth Barracks for the inter-Company Boxing Championships. Many of us had a wonderful visit to RAF Northolt and the WW2 Control Bunker, but regrettably our Naval affiliate, HMS DEFENDER, was overseas on assignment for much of the year.

### **New Arrivals**

#### **Natalie Coney**

Natalie is the daughter of Liveryman, Ann Spain. She began her career in the CBI as a policy manager, travelling internationally and meeting some extraordinary people. She then moved into teaching, mostly juniors at South East London schools then into National Curriculum Assessment development for the Qualifications and Curriculum Authority and then the Department for Education. In January 2019 she moved to DFE EU Exit Programme office as Head of Governance and Reporting. That she managed to marry, renovate two homes, have children, be a school Governor, be a Director of a SE London Academy, obtain a City and Guilds' in Dressmaking and Horticulture, and attain a photography qualification, and currently is studying silversmithing, is testament to her boundless energy and quest to learn. Oh yes, she cooks well as well.

#### **James Denny**



James Denny

After a distinguished 36 year military career, Colonel (Retd) James is currently Regimental Secretary of the Royal Regiment of Fusiliers. During his service he commanded the Second Battalion Royal Regiment of Fusiliers between 2001-3. He was Commander British Forces in Afghanistan during OP HERRICK in 2005 and penultimately was the Senior British Liaison Officer in charge of advising the Jordanian military. James is married to Nancy and they have two children, a son who is a doctor and daughter, a solicitor. Both he and Nancy are keen golfers. James has the reputation, like Natalie above, of being an excellent cook; and like our

Deputy Master, is the proud owner of a Springer Spaniel.

#### Vincent Gowler

Vince is the husband of Liveryman, Josie. They share an avid interest and participation in the history and Re-enactment of Napoleonic battles. A Chartered Mechanical Engineer, Vince was a member of the Leadership team of TAIT Technologies until July last year. He has restored series four Land Rovers, a Jensen Healey and is currently looking for his next automotive project.



Vince Gowler

### Can we help?

One of the provisions of the Fletchers' Trust is to provide help for those Liverymen in need, which has been extended to spouses/partners where appropriate. If you know of any Liveryman who might appreciate such help then please contact the Honorary Almoner, Michael Holden. <a href="mailto:michaelholden@hotmail.com">michaelholden@hotmail.com</a> or 07989 564477

This is especially important at this critical phase of the Covid 19 lockdown as the Company wishes to keep in touch and provide help where it is needed

#### **Notes for Contributors.**

Articles should be between 150 and 500 words long and emailed to john@dumbrell.org.uk or sent in typewritten format. Emailed pictures should be no larger than 10x8 cm and at least 200dpi. All pictures should have a file name relevant to their content. Actual photographs can be any size and will be returned. Letters to the Editor should be short and to the point. The Editor reserves the right to edit letters or articles as necessary.

Our next printed edition will appear in May 2021 and the deadline for contributions is 1st April 2021, but it is hoped to produce email versions during the year. So please keep the articles coming in. It is your newsletter, and I rely on you all to keep the contributions coming in preferably with some photos.

John Dumbrell, Editor - dumbrelljl@btinternet.com

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## Not the Golden Arrow but

Those of us who went on the excellent visit last October to the Air Historical Branch at RAF Northolt will have noticed on display some of the nameplates of the Southern Railway Battle of Britain Class steam locomotives which were named after famous airfields, squadrons and personalities of that epic battle. Members may be interested to know that the first engine of that class to be named was ANTI-AIRCRAFT COMMAND whose badge, located below the nameplate, incorporated an upward facing black bow and arrow as pictured below:

# ANTI-AIRCRAFT COMMAND

Each locomotive had two nameplates; one on either side. One of these was sold by auction at Great Central Railwayana Auctions on 7<sup>th</sup> March 2020 and realised £27,000! The catalogue entry read:

A nameplate, ANTI-AIRCRAFT COMMAND, together with its badge depicting a black bow and arrow, from the Southern Railway



Battle of Britain Class 4-6-2 No 21C149 built at Brighton in December 1946, becoming BR 34049, one of the class to retain its original air smoothed casing to the end. Allocated new to Salisbury where it spent almost all its working life with brief spells at Nine Elms and Exmouth Junction, although officially unallocated when withdrawn in the week ending 7 December 1963. It was cut up at Eastleigh Works in the week ending 6 June 1964. This, the first of Bulleid's Battle of Britain Class, was the only one with army connections, being named after a British Army Command of the Second World War. The nameplate is cast brass, length 71¼", the front repainted.

A photo of the locomotive is shown below: *Pictures courtesy of Great Central Auctions* .



Michael de Styrcea

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# Links with Oxford University OTC

Lt Col Ben Walters, RRF, the current Commanding Officer of the OU Officer Training Corps, approached the Company through our Fusilier connection to see if there might be any potential in building an association. At the time he felt that there were no existing Livery Company links with any OTC unit, but we now believe that the University of London unit has a link. The then Deputy Master, PM Roger Watson and PM Andrew McMillan agreed to meet to discuss areas of common interest keeping the Court appraised. Much was learnt about the current structure of the various nationwide OTC units, not least that each unit represented a cluster of universities and the OUOTC hub includes members from Oxford University itself plus others such as Oxford Brookes, Reading, Buckingham and the Royal Agricultural University in Cirencester.

To ensure that we were also giving a full impression of the Fletchers, Ben attended the Court Affiliates Lunch in October 2019 where he met several members of Court, Liverymen and a fair sprinkling of Fusiliers and other affiliate organisations. Those of you who were there will remember the occasion as a great demonstration of the range of things we do to support our links with HM Forces at many levels.

The Charity Committee agreed to commission a Fletchers' award of a mounted pair of full sized medieval style arrows from Honorary Liveryman Lindsay Head and her husband Richard, that would be used to initiate an annual prize for the best platoon and this was ready by the end of January 2020.

The Clerk, PM Watson and PM McMillan then attended the OUOTC Dinner on Saturday 15 February which included a lecture in the Oxford Union Debating Hall (which was a splendid setting to present the prize arrows), a reception in the Bodleian Library and a dinner in Balliol College. Amongst others, we met Liveryman Simon McMenemy who was attending with his son who is a current cadet.

Over the dinner there was much discussion of the new competition to decide the best platoon at the forthcoming Easter camp, which platoon might win, what Livery Companies do and how our brilliant Paralympic archery squad are preparing for the events in Tokyo. A splendid evening. However – we are all in lockdown, but we look forward to developing our links with OUOTC and initiating the competition when possible.

A McMillan

## A Well Deserved Award

Following agreement to make RSG Hewitt an Honorary Liveryman, the Master wrote to Scrymgeour and received the response below:

#### "Master,

The Court have been kind enough to grant me Honorary Membership of the Company. My sincere thanks to you all for this privilege and I will do all in my power to continue to support for our Worshipful Company of Fletchers.

With all good wishes and thanks

From Scrymgeour (R.S.G.Hewett)"

It is wonderful that Scrymgeour should take the trouble to respond to our letter and invitation so promptly, and underlines that it was the correct decision to grant him Honorary Membership after a lifetime of service and Membership. He was Master in 1973 and he and other family members steered the Livery through a difficult period.

## **News from Jodie Grinham**

"Jodie won silver in Rio in 2016 in the mixed team compound partnered by John Stubbs MBE. Following that success she was invited to become a Freeman Archer and continues to shine in international events. Some members of the Trust watched Team GB compete in the World Championships in den Bosch last year which included Jodie." she writes;

My name is Jodie Grinham. I am a Paralympic Silver medalist from the Rio 2016 games. I was training full steam ahead for the Tokyo games that were due to be in August. Due to Covid-19 the games has been postponed to next year which was completely the right decision.



Like a lot of people, places, venues and events, Archery has also been massively effected by the Lockdown for Covid-19 and we have had to temporarily close all shooting venues which is making training and shooting extremely difficult. Archery is a sport that uses a weapon (Bows and Arrows) and therefore means you can not shoot at home. You must shoot at a club or sporting Venue registered with Archery GB.

Although I cannot physically shoot I am able to use my shot trainer (see picture) to exercise the same muscles I do and replicate my shot routine. I am also able to do gym work at home which is a blessing. Keeping my muscles strong and conditioned is all I can do at the moment to make sure once I am back able to train I can go back in good physical shape.

This lockdown is physically hard as I'm unable to do what I would normal-

ly In order to prep for a games but it is just as mentally challenging. Being away from family and friends when your competing is one thing but having to stay away when there's not much to do is

harder. Luckily I have found bike rides for my daily exercise, baking and colouring to spend my free time as well as video calling and txing loved ones to be helping me along. I am still doing all I can to stay connected, just not physically.

The Tokyo Paralympic games maybe next year now but I am still doing what I can so when the Coronavirus has gone I will be prepared. Bring on Tokyo 2021.

