



# British Veterans. Fencing



## *Fencing Egyptian Style*

NEWS January 2008



Welcome to 2008 and the new look newsletter, full of things you have sent in and articles of interest.

Our new look extends to the web and we hope you approve of the change.

We will continue to keep you up to date with news and views that are relevant to our fencing community.

Linda

# Dates for your Diary 2008

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January 26th and 27th Justin Smith Trophy  
4 Nations Championships Manchester

**Selected teams**

March 7th 8th and 9th NVA National  
Championships and AGM Gloucester

**NOTE  
NEW VENUE**

April 26th and 27th Age Group Qualifiers  
Milton Keynes

**Venue as usual**

May 8th to May 10th European Team  
Ciudad Real Spain

**Selected teams**

July 26th Veterans Celtic Challenge  
Wrexham

**If you are a Celt,  
you can fence!**

September 14th Veterans Team Challenge  
Loughborough

**NOTE DATE  
CHANGE**

September 28th Veterans Unisex Epée  
Middlesex

**Venue as usual**

# GREAT NEW VENUE FOR THE NATIONAL CHAMPIONSHIPS

Following the success of our national championships over the last few years and expecting the trend to continue it has been necessary to seek a bigger venue.

Gloucester City Council is pleased to support our national championships and has offered to us the Oxstalls Indoor Tennis Centre, on the outskirts of Gloucester. The venue is currently a 6 tennis court hall due for expansion to 8 courts next year.

The venue is adjacent to the A40 ring road with easy access from junction 11 of the M5 and from the Holiday Inn Hotel.

There is ample free car parking in front of the venue and the facilities include a cafeteria, serving hot and cold food, and a bar.

We hope that the venue, which can easily accommodate 30 pistes, will be as great a success as the previous venue in Gloucester. There is room for our event to grow while still allowing us to set up and compete safely and produce impressive championships.

As the venue is a tennis centre, we need to be careful to avoid damage to the playing surface. The organisers will be putting in place safeguards and urge all participants to co-operate in making sure that no surface damage occurs.

Entry forms for the championships are available from the NVA website or by post with this Newsletter.



## From M5 Junction 11

Take slip road towards **Gloucester (A40)**. At the roundabout take the fourth exit **RIGHT** towards Ross and the Forest of Dean (**A40**).

At the end of the dual carriageway, past the Audi garage on your left, **TURN LEFT** towards Gloucester City Centre.

Travel about 200yards, past the Longford Inn Beefeater pub on your right, and **TURN LEFT** (opposite Winfield Hospital) into **PLOCK COURT**. Travel 20 yards and you will see a signpost for Oxstalls Indoor Tennis Centre. Travel along the access road and you will see the Indoor Centre in front of you.

## 2008 NATIONAL CHAMPIONSHIPS

7<sup>th</sup> – 9<sup>th</sup> March 2008

Oxstalls Indoor Tennis Centre

Plock Court

Gloucester

GL2 9DW



Richard Bonehill of Truro Fencing Club on a Torch Trophy Trust Award

### **Richard Bonehill, Torch Trophy Trust Award**

11 December 2007

#### **Congratulations to Richard Bonehill of Truro Fencing Club on a Torch Trophy Trust Award**

Richard joined Truro Fencing Club in 1987 when the membership had fallen to 4 regular fencers. The current membership stands at well over 100. During the last 20 years, initially as Club Member, then Assistant Coach and finally Senior Coach, Richard has been the inspiration which has enabled the Club to become one of the most highly respected and successful Fencing Clubs in the UK.

Through Richard's unflinching dedication, the Club has produced a string of successful international fencers - in fact 12 Club Members represented their country at international level in 2006.

His latest project is to launch Truro Fencing Club Gold, to create a purpose built fencing centre to enable the young people in Cornwall to realise their own personal goals.

## CONNIE in the News again!

It seems the Norfolk press cannot get enough of Connie. The papers are picking up the story as her fame grows.

All this must be great news for our sport as well. Hopefully we can gain a few more fencers from all this publicity.

Well done once again Connie.

# I'm bidding to be world champion at age of 80

## SNAPSHOT

Grandmother Connie Adams is an inspiring sportswoman. At the age of 80 she boasts gold, silver and bronze medals in her chosen sport of fencing.

Just a week away from her 80th birthday, Connie Adam is one of the oldest competitors in one of the world's oldest sports.

Boasting a gold, silver and two bronze medals from the Commonwealth Veteran Fencing Championships in Canada, she has been tipped to become a world champion.

The sport uses a range of different weapons – the foil, sabre and her favoured epee – and Mrs Adam very narrowly missed out on bringing a medal home from the World Veteran Fencing Championships in Sydney, Australia.

Competing in the 60 plus age group, with most competitors in their early 60s, she finished sixth in a field of 22 after a close-fought 10-9 loss in the quarter-finals.

The sword-fighting supergran said: "Good hand and eye co-ordination are the key for me but if you are younger, speed and agility is what counts."

Mrs Adam, who lives in The Avenues, took up the sport just 20 years ago while looking for a new hobby, and confesses that she "just got hooked".

Since then, she has won 70 medals, including gold and silver at the European Veteran Fencing Championships held in



Supergran: Champion fencer Connie Adams.  
PHOTOS: BILL SMITH

Switzerland, with her cut and thrusts with both the epee and more recently the sabre.

She said: "I wanted to do something to keep me fit and went along to one of these 'have a go' days. I was thinking about doing archery but I thought I'd try fencing and after having a

go, I thought 'I could do this if I work at it'."

Her hard work has paid off and this year also saw her nominated for Inspirational Sports Personality of the Year at the Norfolk Sports Awards, where she met Dame Kelly Holmes at Dunston Hall. As

well as her excellent hand and eye co-ordination, she explained keeping focused is paramount. "People often ask me what I think about when I'm fencing," she said.

"But you can't think of anything at all except avoiding being hit and trying to hit them first. The moment you start to think about what you're cooking for dinner that night, then whom, you get hit."

The 79-year-old grandmother had barely left the country before she started to compete. But since then the sport has taken her around the globe.

She said: "After I lost my husband and my three children all flew the nest, there was nothing to stop me."

Using her pension on fencing gear and travelling means the Great Britain Veteran Fencing Team member, who trains with the city-based Norfolk Fencing Club at the Sportspark once a week, hopes to get some sponsorship.

She said: "I think I can qualify for the Commonwealths again and possibly the World and hopefully I will get some sponsorship. But it's difficult to get sponsorship, especially when you're older, because they're just interested in the younger ones."

→ Do you know of a sporty pensioner? Telephone Evening News reporter Tracey Gray on 01603 772418 or email [tracey.gray@archant.co.uk](mailto:tracey.gray@archant.co.uk)

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# FIE Foil Rule Change

This is from Barry Paul on the Fencing Forum, about a rule change of which you should be aware. There is a long discussion that follows this. Log into the Leon Paul forum and take a look. One to watch.

Ed

The F.I.E. have just past some regulations stating that from 2009 foil bibs will be partially covered with lame which must be attached by a wire to the lame jacket .(Just like sabre) Here is a note which is an attempt to start a discussion of how U.K. fencing should implement these regulations.

10/12/2007.

Lame bibs at Foil.

After the last F.I.E. Congress meeting it was decided that in 2009 foil fencers would have to have the valid target extended by including the bib, it is not yet decided exactly what will be the regulation coverage of the bib but best guess is a line drawn horizontally below the chin of the mask. Does this mean the regulation is being introduced mid season for some age groups?

Although this seems a simple change there are a lot of problems associated with such a rule change, British fencing and the home countries will have to make a series of decisions and explain to the fencers within the next few months how U.K. fencing is going to manage/ embrace this proposed change. Not least the manufacturers and re-sellers of foil masks are going to have to decide what to make and sell to fencers in the coming year.

To stimulate debate prior to some urgent decision making, here are some of the issues that need to be considered.

Scope of Application.

Traditionally U.K fencing has followed every new F.I.E. regulations. As 95% of U.K. fencing is not F.I.E. perhaps it is time to be more discerning or less slavish in following all F.I.E. regulations.

1. Only F.I.E. events.
2. Only British Championships and Ranking Opens.
3. All electric size 5 fencing.
4. All size 5 fencing
5. All fencing.

Time Scale.

1. All on 1st January 2009.
2. Staged? If so how and when?

Safety Considerations and Permissible Design.

Both the fencers and the manufacturers/re-sellers are going to have a problem in what to buy what to sell.

## Non-Electric fencing.

1. Identification of valid area. At the moment there is no requirement to have the valid area delineated in any way. But if the valid target finishes in a horizontal line should this be marked in some way? On some fencers because of their physical shape of head neck and torso the line will not be horizontal when the mask is worn, is this OK?

## Electric Fencing.

1. After consideration of the F.I.E. medical report regarding dangers near the throat, I understand it has been decided to limit the area of lame coverage to a straight line below the chin.
2. It has been suggested that manufacturers can make a sort of sock that can be retro fitted onto an existing bib, however this is likely to leave an open seam between the lame and the bib surface unless the lame is some how attached to the bib surface continually. (This is not some thing which it is easy/possible to retro-fit.). Would an open pocket be acceptable? It could be argued we already have an open seam between the lame jacket and the fencers arm and this does not seem to cause any safety problems.
3. If say from the new year we start adding a line of Velcro along the outer surface of the bib, at the proposed junction of the valid and non valid target, would this work? Would the epeeist decide this was a catching point at epee so we would now have to make masks for foil and different ones for epee?
4. Connection between the foil lame bib and the jacket. It was originally suggested by the original Italian proposers of the new rule that if the lame was on the inside edge of the bib it would not be necessary to attach the bib to the jacket with a head wire. As the foil point hit the mask it would ensure contact between the mask and lame jacket. It has been decided that this was not safe as fencers would deliberately lift their head/bib away from the target to avoid being hit and this was unsafe as the neck would be exposed. I think that this is a typical argument made without any examination of real fencing and/or testing. I would like to see some experimentation of using the proposed bib without a connection to see what actually happens. (I don't think fencers have time to react and try to avoid hits by lifting their head when being attacked). It may be that the provision for such a lead needs to be made but only used by U.K fencers in F.I.E. events.
5. If a mask lead is required do all lame jackets need a tag similar to sabre jackets.

Barry Paul M.D. Leon Paul. Ref Lame Bibs at Foil 1.



# Caption Competition January 2008



Entries please as usual to  
[linda.lawes1@btinternet.com](mailto:linda.lawes1@btinternet.com)  
or 30 Inkerman Close Abingdon OXON OX14 1NH



And Finally.....

A wealthy old lady decides to go on a photo safari in Africa, taking her faithful, elderly poodle named Cuddles, along for the company.

One day the old poodle starts chasing butterflies and before long, Cuddles discovers that he's lost.

Wandering about, he notices a leopard heading rapidly in his direction with the intention of having lunch.

The old poodle thinks, "Oh, oh! I'm in deep doo-doo now!" Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the leopard is about to leap the old poodle exclaims loudly, "Boy, that was one delicious leopard! I wonder if there are any more around here?"

Hearing this, the young leopard halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. "Whew!", says the leopard, "That was close! That old poodle nearly had me!"

Meanwhile, a monkey who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the leopard. So off he goes, but the old poodle sees him heading after the leopard with great speed, and figures that something must be up.

The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself with the leopard.

The young leopard is furious at being made a fool of and says, "Here, monkey, hop on my back and see what's going to happen to that conniving canine!"

Now, the old poodle sees the leopard coming with the monkey on his back and thinks, "What am I going to do now?", but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old poodle says...

"Where's that d @# n monkey? I sent him off an hour ago to bring me another leopard!"

Moral of this story....

Don't mess with old f @ rts...age and skill will always overcome youth and treachery!

Bullsh # t and brilliance only come with age and experience.

I am in no way insinuating that any of you are old, some are just more youthfully challenged.

Ed

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