

# GWENT SWORD CLUB

## NEWSLETTER: February 2006



### Contact Details :

**Colin Hyndman** : 01633 213938 (Head Coach)

**Catherine Fisher** : 01633 263358 (Club Treasurer & Assistant Coach)

**Peter Russell** : 07973543451 (Club Secretary & Assistant Coach)

**Gareth Price** : 01633 790037 (Assistant Coach)

### E-mails To:

Secretary@gwentwordclub.co.uk

Website : [WWW.GWENTWORDCLUB.CO.UK](http://WWW.GWENTWORDCLUB.CO.UK)

### Forthcoming Events:

4th February - Slough Open  
5th February - Welsh Youth Foil  
11th/12th February - Merseyside Open  
**12th February - Welsh team Foil Championships**  
12th February - GSC Fun Poker Night  
19th February - Welsh Sabre Individual and Team Events  
26th February - Turner/Kingston Cup (Intermediate Epee)  
**5th March - Welsh Closed Foil in Cardiff**  
19th March - O'Sullivan Cup, One hit Epée  
*For info on these events please contact me on the details above.*

### Newport Sports Awards

GWENT Sword Club head coach Colin Hyndman is Newport's coach of the year. He was presented with his award at Newport Sports Council's 2005 Sports Personality of the Year event, held at Newport Centre.

The award recognises Colin's contribution to the club, and particularly in 2005 his overseeing the doubling in size of Gwent Sword Club, the development of younger coaches and his personal coaching which saw every competitive fencer at the club improve their British ranking during the year. Abi Difford was shortlisted in the Most Promising Young Sportswoman category at the awards for a third consecutive year.



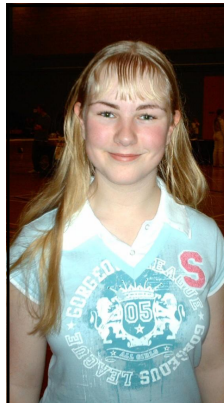
### British Youth Championships

On the 21st January Gwent Sword Club members George Orchard, Olivia Orchard and Abi Difford represented the club and Wales at the British Youth Championship in Stoke-on-Trent. All three have performed excellently to secure places and qualify to represent their region at national level.

George did very well in his pools, being ranked 7th going into the DE's. Unfortunately he was knocked out in a very close fight for L16 (15-14) and finished 18th. Abi also performed well in her pool, winning 3 fights out of 5 and getting a bye to the L32. After winning the round 15-14 she finally lost to Andree Pawel (who finished 3rd) 15-6, placing her 16th. Oli flew through the pools to be seeded 4th going into the direct eliminations! She improved on this through her DE fights to finish 3rd overall.

Brilliant and extremely promising results from all three fencers!

Andrew McLeod and Peter Russell also travelled up to the competition to help out with the organisation and refereeing. These competitions rely entirely on volunteers. If you wish to put something back into the sport by helping out, contact a member of the coaching team.



Left to right: George Orchard, Olivia Orchard receiving award from Barry Paul and Abi Difford at BYC's

### Recent Results

#### Rhys Melia:

10th Junior Commonwealth Championships men's foil  
3rd Junior Commonwealth Championships team foil  
6th Junior Commonwealth Championships team epee

#### Jamie Melia:

5th Junior Commonwealth Championships men's epee  
3rd Junior Commonwealth Championships team foil  
6th Junior Commonwealth Championships team epee

#### Oli Orchard:

3rd at the British Youth Championships (U18 Girls)

#### George Orchard:

18th at the British Youth Championships (U16 Boys)

#### Abi Difford:

15th at the British Youth Championships (U16 Girls)

#### Peter Russell:

7th Plymouth Open (Men's Foil)  
31st Merseyside Open (Men's Foil)

#### Andrew McLeod:

14th Plymouth Open (Men's Foil)  
24th Plymouth Open (Men's Epée)  
55th Merseyside Open (Men's Foil)

### Welcome New Fencers

A Quick word to those starting the latest Beginner Course at our UWN venue. Welcome to Gwent Sword Club!

Your course is designed to prepare you to enter the club as a full member when you will be able to train at any of our venues and enter club, regional and national competitions.

Remember if there is anything you are unsure of simply ask a member of the coaching team in club or via the details at the top of the page. They really are there to help :)

### Plymouth Open 2006

On the 28th and 29th January GSC members Peter Russell and Andrew McLeod travelled to take part in the Plymouth Open. In the foil Peter maintained a consistent 7th seed through both rounds of pools (losing one fight out of 6) and proceeded through the DE's before being knocked out in



Peter Russell with Cardiff Uni Fencers Sam Hughes and Tim Bage

the L8 by Frederick Verret (who came 1st) and finishing 7th. Andrew had a difficult pool but recovered in the second round to be seeded mid table. His fencing improved through the DE's as he won his L32 and L16 fight before losing narrowly to Jason Shillingford and coming 14th.

Andrew also competed in the épée. After a slow start in the first pool, he began to find his game and landing well timed stop hits. He was narrowly beaten in his L16 fight to be ranked 24th.

Open competitions are an excellent opportunity for more experienced fencers to improve their competitive game and earn national ranking points. They're also great fun.



Andrew McLeod

## GSC Members at Youth Home Internationals

GWENT Sword Club has three fencers in the Welsh team for this year's Youth Home International competition in Edinburgh on February 25 and 26. Olivia Orchart and Abi Difford are both in the women's foil team, while Rhys Melia is in the men's foil team. Rhys - who recently returned with a bronze medal from the Junior Commonwealth Championships - and Olivia both represented Wales last year in Northern Ireland, but it's a first Welsh cap for Abi. We wish them all the best of luck as they represent club and country!



(From left to right) Olivia Orchart, Abi Difford and Rhys Melia

## Club Safety

A reminder of the safety regulations enforced in the club. These are not optional and for your own safety they should be observed whenever you fence.

### When Fencing with non electric foils you must:

- Wear 350N Mask, Jacket and Plastron
- Wear breeches or sports trouser with the pockets zipped or taped up.

### When fencing with electric foils or any Sabre/Epée you must:

- Wear 350N Jacket and Mask
- Wear an 800N plastron
- Wear at least 350N Breeches

Please ensure both you and your partner/opponent follow these regulations.

## Club Kit For Sale

There's a variety of quality 2nd hand kit available at a massive reduction on the RRP. Weapons, gloves, lames. kit bags, bodywires, fencing shoes & breeches available. Speak to Andrew McLeod in club.

## Welsh Closed Foil

5th March - Sophia Gardens, Cardiff

On the 5th of March Welsh Fencing will be running the 'Welsh Closed Foil Championships' in Sophia Gardens, Cardiff. This is an excellent regional competition, ideal for intermediate fencers. It would be brilliant to see Gwent Sword Club really well represented!

The competition will be split into pools before direct elimination begins, so you are guaranteed quite a few fights. The atmosphere is always friendly and the level isn't as intimidating as you'll find in the national Opens.

Transport and electric kit loan can be organised, so don't let it hold you back from one of the best club level competitions of the year. I believe a lot of our members could achieve very good results.

The entry form is below and needs to be completed and sent off ASAP. Entries are usually accepted on the day but don't rely on it. You will need full membership to enter this competition - see Catherine Fisher if you need to upgrade.

## Website Revamp

Andy, our 'Webmaster', has recently revamped our website. Along with the new look comes a new 'Members Section' where the club rankings are regularly updated.

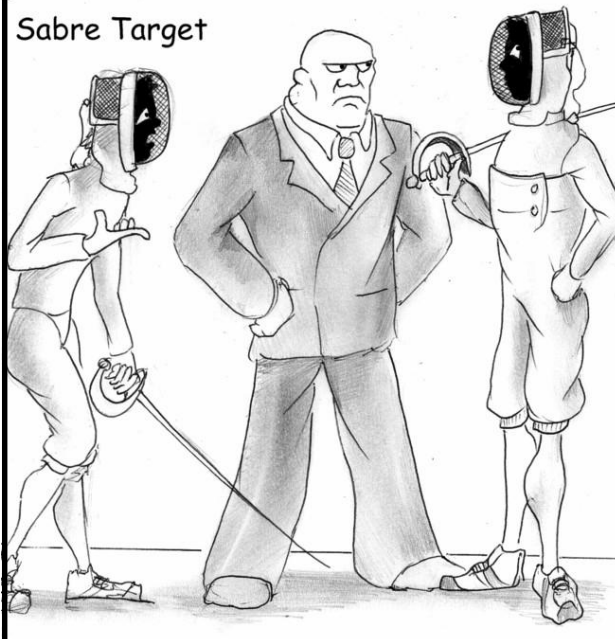
Also remember to keep an eye on our 'Competitions' section, where upcoming events are suggested and forms made available.

## A REMINDER

At the end of each session could all those members regularly using club kit please place your jacket and plastron inside your mask and return your kit neatly to the storage bin. Please don't leave this for others to do. Some members often have to stay for half an hour after club just clearing up.

Thank you.

## Sabre Target



## WELSH CLOSED FOIL CHAMPIONSHIP

Sunday 5<sup>th</sup> March 2006 W.I.S Sophia Gardens, Cardiff

Entry to : Welsh Fencing, 37 Lansdowne Avenue East, Cardiff CF11 8BU

Sign in 9.30 Fee £10.00 payable to 'Welsh Fencing' Closing date 1<sup>st</sup> March 2006

NAME \_\_\_\_\_

CLUB: GWENT SWORD CLUB

ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_

TEL \_\_\_\_\_ EMAIL \_\_\_\_\_

M'ship No \_\_\_\_\_ Expiry date \_\_\_\_\_

I agree to abide by the rules paid down by the BF/FIE and the Organising Committee and declare that I am an amateur fencer in accordance with the rules. I accept that the Organising Committee cannot be held responsible for any loss or damage or accident sustained at the competition.

Signed (Parent or Guardian if U18) \_\_\_\_\_ Date \_\_\_\_\_



## Gold at Welsh Youth Championships

GWENT Sword Club has a new Welsh champion after Abi Difford took the girls' under-16 foil title in Cardiff recently, taking over the mantle from last year's winner Olivia Orchard.

Welsh Fencing chairman Bob Turner thanked Peter Russell for his help throughout the Welsh Youth Foil Championships and praised his refereeing skills.

*Article by Carl Difford*



Abi receiving her medal from Bob Turner

## Slough open

Gwent Sword Club members were also evident at the Slough Open, where Rhys Melia was 11th in the men's foil. In the women's foil, Lynne Melia was 33rd and Kelly James 59th in a very strong field.

## GSC Board of Patrons

The parent company of the South Wales Argus; Newsquest, has recently joined the GSC Board of Patrons. The board is made up of local companies who support the club and its activities. If you have an employer who is not yet a member of the board, please speak to our Press Secretary, Carl Difford. Funding from the board is essential in keeping the club running and bringing more people into the sport.

## Welsh Team Foil 2006

Gwent Sword Club had a double silver lining in both men's and women's competitions in the Welsh Team Foil competition.

Both men's and women's A teams came away with silver medals.

The men's A team were just two hits short of gold in their showdown match with eventual winners Pembroke, while the women also had a near miss for gold in their match with Cardiff.

In the men's competition, in addition to Gwent A finishing second, the B team were sixth, the C team seventh and the D team tenth, while in the women's competition, supporting the second-placed A team, the B team finished fourth.



GWENT 'A' Women's Team



GWENT 'B' Women's Team



## GWENT SWORD CLUB TEAMS 2006

Gwent 'A' Men's: Rhys Melia, Peter Russell, John Washborne

Gwent 'B' Men's: Ceri Richards, Adam Hall, Andrew McLeod

Gwent 'C' Men's: George Orchard, John Canty, Richard Thomas

Gwent 'D' (Defiants) Men's: John Cochrane, Matt Pope, Carl Difford

Gwent 'A' Women's: Olivia Orchard, Catherine Fisher, Lynne Melia

Gwent 'B' Women's: Zoe Piersis, Abi Difford, Kelly James



GWENT 'A' Men's Team



GWENT 'B' Men's Team



GWENT 'C' Men's Team



GWENT 'D' Men's Team