

# GWENT SWORD CLUB

NEWSLETTER: June 2006



## Contact Details :

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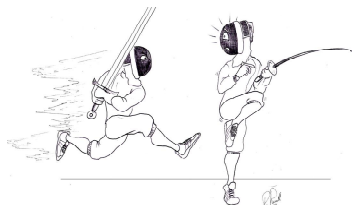
## E-mails To:

secretary@gwentswordclub.co.uk

Website : **WWW.GWENTSWORDCLUB.CO.UK**

## Forthcoming Events

21st/22nd June - Sheffield Open  
25th June - Wrexham 3 Weapon Team  
28th June - Cambridge Open Air  
5th July - GSC Beginner's Course Finishes  
17th July - Monday sessions end for Summer  
September - Monday sessions restart



## Chepstow Fee Alterations

To bring our Chepstow division in line with the rest of the club, the fees will be changed to match our Caerleon and Newport divisions. The new rates will come into effect on the 30th of June. These increases are in response to rising venue charges and additional coaching costs. If you have any concerns about the payment of fees please contact Peter Russell or Catherine Fisher during club or on the details above.

### Chepstow Division Fees (from 02/06/06):

Per Session: Adult - £4 Child/Student - £3  
Per Month: Adult - £13 Child/Student - £10

## Clean Sweep at Wrexham LPJS



GSC winners (left to right): Henry Orchard, George Orchard, Abi Difford

## Gwent Battles at Team Epee

GWENT Sword Club took the bronze medal on May 14th in Welsh Team Epee competition, through their A team of Jamie Melia, Rhys Melia and John Washbourne. They won their first group and so were seeded in the top section for the final part of the competition which meant they would fight off for the medals.

They were then defeated by the Cardiff A team, who then went on to win gold by beating Aberystwyth A. However, the Gwent record was sufficient for them to take third place.



Gwent A: Jamie Melia, John Washbourne and Rhys Melia

GWENT Sword Club's young fencers emerged with a 100 per cent success rate from last weekend's (May 13th) Leon Paul Junior Series foil tournament in Wrexham, with three gold medals.

Brothers George and Henry Orchard, both Monmouth schoolboys from St Arvans, won the boys' under-15 and under-11 competitions respectively, with Gwent team-mate Abi Difford of Newport winning the girls' under-15s.

Congratulations to our junior competitors!

Gwent's other two teams did less well in the initial round so were excluded from the medals before the knock-out stages. However they both remained unbeaten for the remainder of the competition, with Gwent B (Andrew McLeod, George Orchard and Peter Russell) finishing ninth and Gwent C (Carl Difford, Gareth Price and Richard Thomas) 13th.



Rhys performs a spectacular if slightly unorthodox covered stop hit!



Jamie feints and attacks to foot catching his opponent off guard.



## Norfolk and Slater Cup 2006

On the 21st of May Gwent Sword Club fencer Andrew McLeod competed in the Norfolk Cup (Intermediate Sabre). Andrew performed excellently in the pool stage of the competition, however, the rankings resulted in a tough DE against Cardiff Uni's Tom Martin. Tom and Andy played off for a place in the semi-final against Chris Markall. The fight was extremely close run, Andrew recovering from an 8-1 deficit at the end of the first period to 14-14 during the second. Tom managed to edge the final point with a well timed parry re-poste winning him the fight and guaranteeing himself a medal. Chris then took on Tom defeating the tri-weaponist 15-6, giving Tom 3rd place and Chris a place in the final. Chris won his final fight 15-9 (despite hitting the ref (Andrew) in the glasses with his broken blade) and took home the Norfolk Cup.

If you're interested in taking up sabre, coaching will be available on Wednesdays at our UWN venue. Contact a member of the coaching team for further information.



GSC Fencer Andrew McLeod, pictured with Cardiff Uni Fencers Tom Martin and Chris Markall

## Newport Summer Break

Unfortunately, due to the closing of the Beaufort Centre over the summer period, Monday sessions will stop on the 17th of July and not restart until September. Alternative training is still available on Wednesdays at our UWN division and Fridays at our Chepstow division. We strongly advise that you continue training through the summer if at all possible.

## GSC at Student 5 Nation

On the 10th of June Gwent Sword Club member Peter Russell travelled to Dublin to compete in the Student Five Nations. Unfortunately, one of the foil team was forced to drop out at the last minute, leaving just Peter and Steven Tarling to represent Wales in the weapon. Considering this massive disadvantage the Welsh foil team performed well, defeating Northern Ireland and only losing narrowly to the Republic of Ireland.

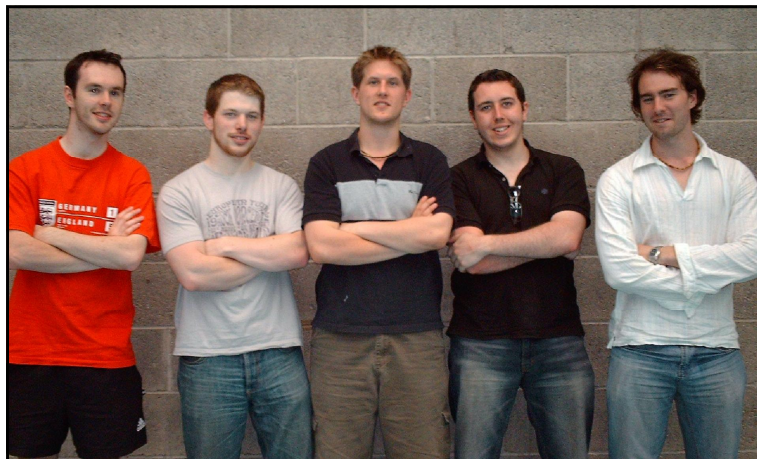
The Welsh Sabre team (including GSC visitor Chris Markall) didn't fare quite as well, losing all their matches by frustratingly narrow margins. In their match against the Republic of Ireland they actually went into the final fight with a 13 point lead, only to have victory snatched away, losing 45-43.

Despite the lack of victories the competition was great fun and an excellent social event. The BBQ and vast quantities of Guinness available on the Saturday evening soon erased any post competition bitterness!

## Commonwealth Games Selection

CONGRATULATIONS to Gwent Sword Club member Jamie Melia, who has been named in the Welsh squad for this year's Commonwealth Fencing Championships. Jamie will compete in the men's epee competition in Belfast in September.

Fencing's Commonwealth Championships have been held separately from the Commonwealth Games since the 1970s but they maintain a four-year cycle and Commonwealth medals are still awarded.



Welsh Team (left to right): Nick Charles, Peter Russell, Chris Markall, Phil Shepherdfooster, Steve Tarling

## Wrexham Open

Gwent Sword Club fencers were in action in the Wrexham Open - and another club fencer won a place in the British rankings.

George Orchart collected his first senior ranking points with 24th place in the men's foil, probably sufficient to see him in the country's top 400 when the rankings are next updated.



Andrew McLeod vs Stuart Wheeler

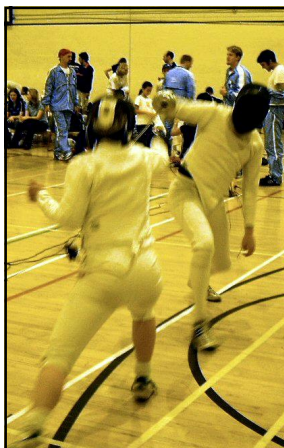
Olivia Orchart, finished 10th in the women's foil, one place ahead of Abi Difford.

Tom Martin and Gwent's Andrew McLeod made a weekend of it and each competed in two weapons.

In their preferred weapons, Martin was 23rd in the sabre and McLeod 30th in the foil, each picking up British ranking points, while they also finished 51st and 41st, respectively, in the epee competition.

## LUIF 2006

On the 3rd and 4th of June Gwent Sword Club fencer's Andrew McLeod, Tom Martin and Peter Russell competed at the 2006 London Universities International Fencing competition. Despite a questionable format in the competition, the event was an excellent opportunity to get to know fencers from other parts of the world. In the Foil Peter finished 25th and Tom 39th. In the Epee on the Sunday Peter finished 23rd, while Tom and Andrew competed in the sabre finishing 28th and 17th respectively.



Above: Fencers from Cardiff Uni at LUIF 2006. Far left GSC fencers Peter Russell and Andrew McLeod

Left: Epee action on the Sunday



## New GSC Clothing Range

Gwent Sword Club has just opened a new merchandise section to it's website. Here you can find GSC Hooded Jackets and the new GSC Polo Shirts. Both garments are high quality, embroidered with the club logo and 'Gwent Sword Club'. You can make your purchase online with your credit/debit card or Paypal account and choose to have you items delivered or made available for collection in club.

**VISIT:** [www.gwentwordclub.co.uk/merchandise.php](http://www.gwentwordclub.co.uk/merchandise.php)

Hooded Jackets (in S / M / L / XL): £23

Polo Shirts (in S / M / L / XL): £12.50

Alternatively, you can complete the form below and return in with payment to Peter Russell or Andrew McLeod in club.



GSC Clothing Range

## UWN Junior Summer Course 2006

From the 7th to the 11th of August Gwent Sword Club coach Peter Russell will be running the UWN Junior Summer Course at the university campus in Caerleon.

This five day course is open to anyone under the age of 16 and is a great introduction to the sport. More advanced fencers are welcome to join the course to sharpen up their technique and keep up to speed over the summer period.

### Course Details:

Start date: 7th of August

End date: 11th August

Times: 09:00 - 12:30

**To attend this course contact the UWN Sports Centre on:**  
**01633 432933**



Fencers from this years Easter Course

## GSC Fencers Selected for UK School Games



GWENT Sword Club fencers Olivia Orchart and Rhys Melia have been selected to compete in the inaugural School Games under-17 competition in Glasgow in September, both at foil.

The School Games are due to be held annually in the run-up to the 2012 Olympics in London, each year held in a different British city, with that city choosing the sports to host. Glasgow is staging competitions in athletics, swimming, table tennis, gymnastics and fencing.



Rhys Melia and Olivia Orchart

## Victory at Bromsgrove

Abi Difford won the girls' under-16 foil competition in the Bromsgrove Schools Challenge, having been invited to take part the Hereford and Worcester county contest by Lynne Melia.

On the day, Abi actually defeated all the under-16 boys and under-19 girls entered, her only defeats being against opponents in the under-19 boys' section.

## TRAINING TIPS -

How to get the most out of your lessons.

- Listen to your Coach and watch any demonstrations closely.
- If you are unsure of anything ask questions.
- Concentrate on the exercise at hand, don't get distracted.
- Try and use any new strokes in your free fighting. Don't worry if they don't work straight away.
- If you are still unsure about an exercise or technique ask for a lesson from your coach.
- Try keeping a log of the techniques you learn and practice them with a partner whenever you have a spare moment.

All these points can let you really benefit from your lessons and class exercises. Whether you become a better fencer is mostly down to how hard you are willing to train.



Fencing Parents

## GWENT SWORD CLUB CLOTHING ORDER FORM

Name: \_\_\_\_\_ Tel: \_\_\_\_\_ Mob: \_\_\_\_\_

### Items required:

Hooded Jacket/s (please specify size and quantity): \_\_\_\_\_ @ £23 each

Polo Shirt/s (please specify size and quantity): \_\_\_\_\_ @ £12.50 each

I enclose payment of £\_\_\_\_\_ for the items listed above.

I wish to (circle appropriate) : collect my purchases in club / have them delivered to the below address (additional charge applies).

Address: \_\_\_\_\_ Post Code: \_\_\_\_\_