

# THE SWORD

British Fencing Magazine

APRIL 2015

**JAMES DAVIS AT THE  
PARIS WORLD CUP**

**GB CADET AND JUNIOR CHAMPIONSHIPS,  
LONDON - PAGES 6-9**

**EXCLUSIVE VIDEO FOOTAGE OF ALL  
THE GOLD MEDAL MATCHES**





# Leon Paul London

## Event dates for the Leon Paul London Fencing centre



### November

15th & 16th - Leon Paul League Event 1  
22nd - Leon Paul BSC Cadet Sabre  
29th - 2nd Leon Paul Men's Epee Open  
30th - British Open Team Epee

### December

6th - Leon Paul BSC Girls' Cadet Foil  
7th - 2nd Leon Paul Women's Epee Open

### January

10th & 11th - London LPJS Foil  
17th & 18th - Leon Paul League Event 2

### February

21st - London LPJS Epee  
22nd - London LPJS Sabre

### March

7th - 2nd Leon Paul Women's Foil Open  
8th - British U23 Sabre Championships  
14th & 15th - British U23 Epee Championships  
21st & 22nd - British U23 Foil Championships  
28th - 2nd British Sabre Open  
29th - 2nd British Team Sabre Open

### April

25th & 26th - Cole Cup

### May

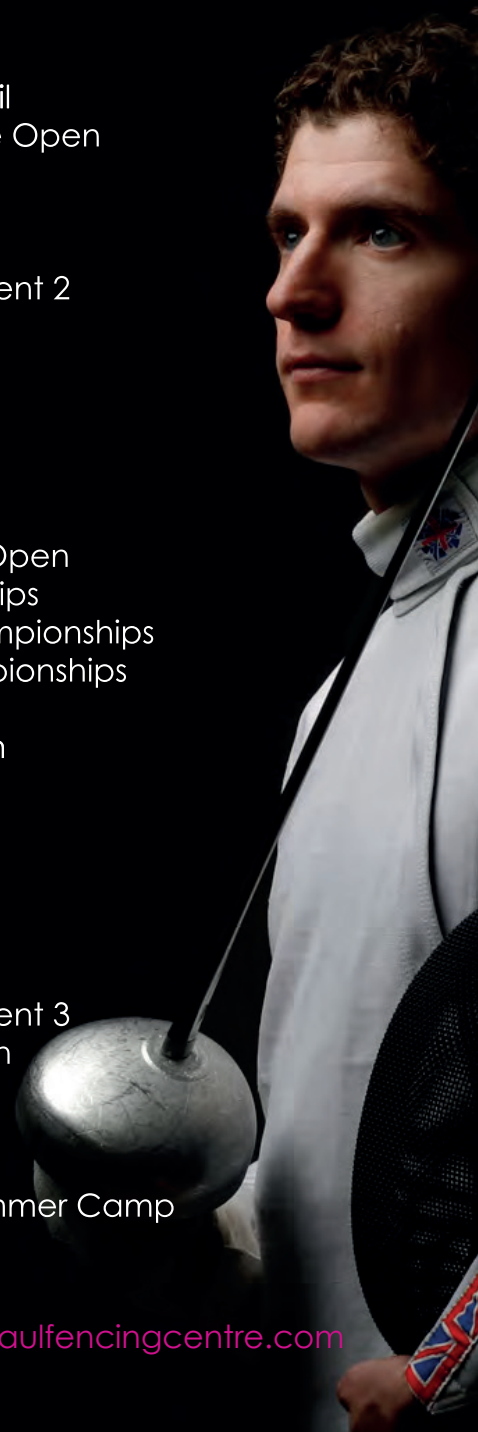
9th & 10th - Senior Epee Open  
16th & 17th - Leon Paul League Event 3  
30th - Leon Paul Cadet Epee Open

### August

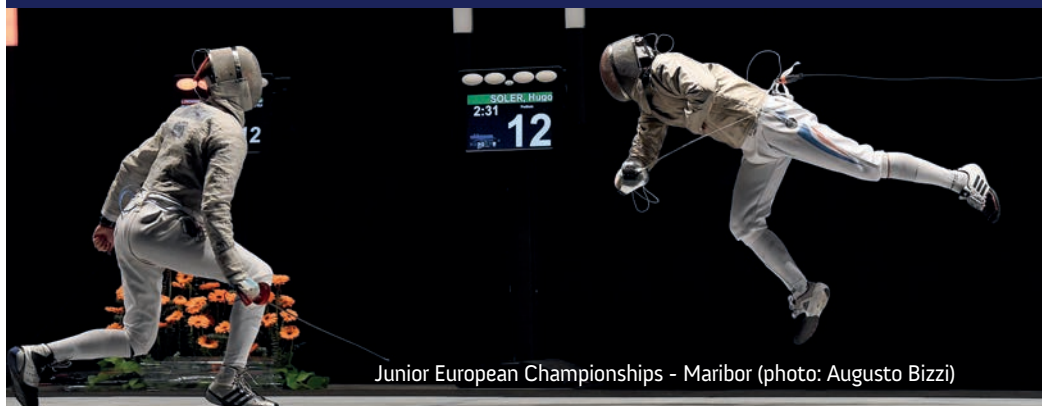
1st & 2nd - LPJS International Foil  
3rd - 7th - Youth Epee & Sabre Summer Camp  
8th - LPJS International Epee  
9th - LPJS International Sabre



Dates correct at time of printing please confirm by visiting [www.leonpaulfencingcentre.com](http://www.leonpaulfencingcentre.com)



# Welcome to THE SWORD



Junior European Championships - Maribor (photo: Augusto Bizzi)

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## Front cover image

James Davis (GBR) in action with Enzo Lefort (FRA) at the Paris World Cup (photo: Augusto Bizzi).

## Beazley sponsorship

Beazley has a five year partnership with British Fencing as its premier partner and official insurer. Through the sponsorship, Beazley aims to make a meaningful contribution to the continued development of the sport in Britain, both at the highest competitive level and through fencing clubs and schools throughout the country.

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NEXT DEADLINE: 29TH MAY



# News

## EDEN CUP, 2015

This men's foil event is the only under-20 international to take place in the United Kingdom, hosted by British Fencing. One hundred and seventeen fencers from twenty five countries competed for this year's title at SportsDock, University of East London. Last year's winner, Francesco Ingargiola (ITA), successfully defended his title, second was Maximilien Chastanet (FRA), third Jerry Chang (USA) and Nobuo Bravo (USA). It is interesting to note that Francesco's coach is Matteo Zennaro, a previous winner at the same event in the 1995/96 season.



Francesco Ingargiola successfully defended his title. (photo: Graham Morrison)

## NEW ELITE TRAINING CENTRE

British Fencing has entered into a partnership with Leon Paul for an Elite Training Centre for the World Class Programme. Sport England has provided capital funding to develop and enhance the facilities at the Leon Paul Centre to enable it to become their designated 'Elite Training Centre'. From 1st April 2015 the programme will move from Lee Valley to the Centre.



## CHARLIE MILLER LEAVES BRITISH FENCING

Charlie Miller, Workforce and Business Development Coordinator, left British Fencing at the end of January, after just over five years of dedicated service and has started a new position at British Judo. During his tenure, Charlie had overseen a 50% increase in registered coaches, managed the certification of nearly 5,000 FALA leaders, administered major upgrades to the procedures and processes for our extensive workforce and worked as a 2012 GamesMaker. His contribution to the development of British Fencing was significant. Good luck Charlie!



## WELLINGTON SCHOOL FENCERS IN SOUTH WEST REGIONAL TRIUMPH

Wellington School fencers performed superbly at the South West regional Championships. Under the expert guidance of the fencing maestro Gyorgy Felletar, Jade Clark came first in the U18 girls, Henry Savage came third in the U18 boys, Nina Savage came fifth in the U16 girls, and Olivia Savage came third in the U14 girls.

Jade, Henry and Olivia will now represent the South West of England in the British Youth Fencing Championships in May. Nina missed

joining them by only one point.

This success reinforces the position of Wellington School as the top training pool of leading fencers in the South West of England.

(Wellington School is an independent day and boarding school in Somerset for boys and girls aged 3-18. [www.wellington-school.org.uk](http://www.wellington-school.org.uk).)

Fencing champions (left to right) Olivia Savage, Henry Savage, Gyorgy Felletar, Jade Clarke, Nina Savage.





# Message from the chair

I write this latest Message for The Sword as I complete my four year term as Chair, begun on 1 March 2011. Since then, there has been plenty of water under our bridge of sighs and highs; several roads have been travelled, mountains have been climbed, songs sung, tales told and thrusts parried. Pick whatever metaphor you like. But this anniversary makes this Chair Message more personal than usual. Is there a bit of an "end of term" feeling? Straight answer – no, there's too much to do. How has it been? It's not for me to make an assessment of these four years in the life and times of British Fencing (BF). My fellow Directors can judge. Most of all, you the members can judge. Yours is for me the main judgment, although it is the Board that has the power of appointment (or "disappointment").

What I can say is, I came into this post with a clear remit – to achieve change. What kind of change? In governance, in the structure and operation of the Board and Head Office. Why? Because we were into a Brave New World of public and Lottery funding, without which our sport would suffer by contrast with other sports that got such financial support. The Board had received clear advice from the funding bodies about new standards to be applied. The words were heeded; you the members changed the BF constitution to introduce the post of "Independent Chair", to lead change; there was a public recruitment, I applied along with others

and became the first holder of that job.

Change there has been; some might say, bucket loads of it!...and I have carried the story in these Sword Messages and other announcements and Roadshows down the four years. Let me now on the Board's behalf take that story forward, since the last Sword edition. The good points first:-

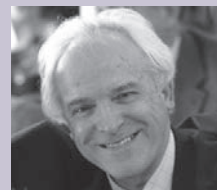
- we have increased funding support from UK Sport (UKS) for our World Class Programme (WCP), mainly because UKS now rates James Davis as a potential medallist in the Rio Olympic Games;
- as I write, BF is finalising the details of our new national training centre for the WCP at Leon Paul's. For this we have also a significant capital grant from Sport England (SE);
- SE has confirmed our two year, increased funding for developing the sport, because they wish to back the new BF management team, led by Georgina Usher, and the new strategic approach, based upon our fresh insight into who fences and why.

On the "bad" side, we now know this is our last year of Beazley's sponsorship. They have decided not to renew, because their main business growth opportunities lie in the USA. We shall miss them. Beazley, its people, its style, its appreciation of our sport, have been

great for us and for fencing. We are of course working on finding a replacement sponsor. Like all our other, continuing challenges, that won't be easy.

Your governing body will continue its progress. We believe, and our funding partners agree, that British Fencing is now "fit for purpose", ready to lead, capable of achieving results. You, the members, also want results – and you want the right level of service, and value for your money, too. Be assured your Board and management are absolutely committed to results and to you.

Oh, I should add – the Board has asked me to stay as Chair until after Rio. I've agreed to do so. There is indeed much yet to do.



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# GB CADET AND JUNIOR CHAMPIONSHIPS, 2015

with photos from Niki Bruckner

## A SPECIAL REPORT BY KARIM BASHIR

### INCLUDING EXCLUSIVE VIDEO FOOTAGE

The GB Cadet Championships took place on 14th February and the GB Junior Championships on the 15th February, both at the University of East London's Sports Dock arena.

The Cadet event saw 301 fencers compete across all six weapons. The action is outlined as follows.

#### Men's Epee

Fifty-one fencers took part in this event and after the first round Roo Whelan (Millfield) stood at the top of the rankings closely followed by Jack Cafaro (Llwantwit Major) – both undefeated. Both fencers earned themselves byes through the round of 64 and progressed to the semi-finals with little trouble. Josh Hellings (Plymouth) was ranked third after the poules and made it through to the quarterfinals before coming up against last year's winner, George Morris. Morris had dropped a fight in the first round but had regained his form and progressed to the top four with a 15-6 victory. The fencer ranked fourth after the first round, Devlin Stigant (Redhill & Reigate Epee) went out in the round of 16 to seed twenty-five, Matthew Cooper (Wingerworth). Cooper went on to beat Tariq Roach (Brixton) 15-11 to complete the semi-final line-up.

Whelan's dominant form continued in his march to the final as he beat Cooper 15-3. Morris joined him in the gold medal match beating Cafaro 15-11 in the other semi-final.

The final saw a contrast in styles with last year's winner Morris being a more aggressive fencer than his opponent. That approach worked well for him in the first period as he took a 4-2 lead into the first break. Whelan picked up his pace at the start of the second period and quickly drew level but Morris adjusted his distance and regained a two-hit lead, 9-7, going into the final period. Again Whelan came out with higher intensity but more importantly got the perfect distance to employ his tactic of drawing Morris into attacking him and then picking him off. Whelan took the lead at 11-10 and held on to win 15-14.

#### Women's Epee

In a competition with fifty-three competitors, seeding after the first round proved a reliable indicator of the final result as the top seven seeds made the quarterfinal stage and the top four went on to make the semi-finals. There, the number one seed, Laura Sheffield (Brixton)

narrowly overcame Bethan Plant (Millfield), 12-11 but the number three seed, Danielle Lawson (Stourport) had an easier time in beating Victoria Hide (Team Newcastle) 15-7.

With Sheffield towering over Lawson in the gold medal match it was no surprise to see a contrast in styles. Sheffield was intent on building her hits from distance as Lawson tried to knock her opponent's weapon out of the way before closing that distance. They more or less cancelled each other out in the first three minutes with Sheffield going into the first break 6-5 up. Lawson came out for the second period with much the same tactic as the first and the two traded hits until Sheffield was able to pick up two hits in a row to open up a 13-11 lead. Keen to try to close the gap quickly, Lawson pressed but to no avail as Sheffield took the national title with a 15-11 victory.

#### Men's Foil

The largest field in all of the cadet events saw seventy-four men's foilists compete for the national title. The number one seed after the first round, Dominic De Almeida (Fighting Fit) progressed to the semi-final stage with ease, dropping just eleven hits in three fights. He was joined by fourth seed, Harry Bird (Salle Boston) who lived up to his ranking. The number two seed, James Page (Newham Swords) lost to Matthew Abrahams (ZFW) 15-13 in the round of 64 but Abrahams missed out on a medal as he was defeated by Ben Bates (Bath Swords) 15-12 in their quarterfinal. The third seed, Euan Deamer (Crawley Swords) went out 15-14 in the round of 16 to Aiden Wooley (Fighting Fit) who completed the semi-final line-up. Two

relatively one-sided fights followed as De Almeida beat Bird 15-8 and Bates cruised past Wooley 15-4.

Both De Almeida and Bates took a cautious approach to the start of the final but it was the fencer from Fighting Fit who broke away. De Almeida repeatedly drew Bates into attacking him so that he could parry and land his ripostes with an explosive change of direction. Bates did stage a mini-revival but trailed 13-5 at the first break. Going into the second period Bates appeared intent on trying to close the gap by attacking but De Almeida was able to land another parry riposte followed by an attack of his own to take the 2015 title 15-5.

#### Women's Foil

Fifty-three fencers took part in this event and after the first round Yasmin Campbell (Fighting Fit) and Alice Campbell (Newham Swords) topped the ranking list. Yasmin made it through to the semi-finals without much trouble but Alice was beaten 15-9 by Madeleine Whitfield (Laszlo) in the round of 16. Whitfield then fell 15-13 to Isabella Gill (Salle Paul). In the bottom half of the draw, third seed Seville Babaeva (Escrime Academy) made it through to the semi-final stage despite a closely fought contest with Jade Rowland (unattached) in the quarterfinals, which she won 15-13. The number five seed, Beth Ellis (Wrekin Swords) steadily progressed to the final last four spot with only Kayleigh De Lange (Salle Oxon) taking her to double figures (15-10) in the quarterfinals. Gill made light work of the first semi-final beating Babaeva 15-4 and was joined by Campbell who beat Ellis 15-9.



Assorted action photographs from the GB Cadet Championships.



## View from the Box

The Cadet and Junior Championships is always a busy event but an excellent one for those who like to look into the future. I won't name names here for obvious reasons but there were certainly a few fencers that caught my eye and I look forward to watching their progress on the international scene. It's been over twenty years since I competed at this event...yes I'm that old... but I remember believing that I was training as well as I could. I probably was at the time. However, the thing that struck me at this year's event is how much training has changed. If we were lucky our coach would come to events with us. Now some of these young fencers have access to much bigger support teams who travel with them. This can only bode well for the future.

Finally, here's a little treat for you. It's exclusive video footage of each of the gold medal matches. Enjoy!

1. Cadet Men's Epee
2. Cadet Men's Foil
3. Cadet Men's Sabre
4. Cadet Women's Epee
5. Cadet Women's Foil
6. Cadet Women's Sabre

7. Junior Men's Epee
8. Junior Men's Foil
9. Junior Men's Sabre
10. Junior Women's Epee
11. Junior Women's Foil
12. Junior Women's Sabre

KB

The final was the second fight of the day between Gill and Campbell with the fencers having met in first round - Campbell winning 5-3. A more assured start from Gill saw her establish the lead before the momentum shifted in Campbell's favour. It was Gill though, who re-established her dominance, leading 9-4 at the first break. Her ability to pick up Campbell's blade both in attack and defence was the telling difference in the opening period. Both fencers came out for the second period with a more measured approach. Gill had no need to take any unnecessary risks and Campbell looked to prepare her efforts more carefully. The tactic paid off for Campbell as she landed a variety of hits to close within one at 12-11. The next hit was awarded to Gill with Campbell convinced that her attack had gone through the Salle Paul fencer's parry. The decision appeared to affect Campbell and Gill went on to take the title 15-11.



British Cadet Podium Photographs

## Men's Sabre

Forty-three competitors took to the piste in this event and it was no surprise to see fencers from Camden and Truro topping the table after the first round. George Suddards (Camden), ranked number one, made it through to the semi-finals comfortably and was joined by Jamie Craze (Truro) and Eden Amsalem (Camden) who were ranked second equal. Caspian Watt (Shakespeare Swords) completed the draw for the semi-finals where he faced Suddards. Despite putting up a great fight Watt could not get passed the Camden fencer and lost 15-12. The other semi-final was another Truro versus Camden affair as Craze went through 15-12 over Amsalem.

Craze – last year's silver medallist - started the final by taking a two-hit lead only to be pegged back by Suddards. The aggressive approach adopted by both fencers made the first period a physical affair with most of the action taking place in the middle of the piste. Craze took a slender 8-7 hit into the break. A false start from Craze at the beginning of

the second period earned him a card. Despite this, it was the Truro fencer who kept edging ahead but Suddards was able to stay in touch. Another false start from Craze when he was 13-12 up saw the Camden fencer draw level and then go into the lead for the first time in the period. Craze settled and after a couple of simultaneous calls he powered down the piste to draw level with a long attack. Both fencers continued to attack each other but with no clear right of way. It was Suddards who then decided to look for a ducking parry riposte but failed to find the blade and Jamie Craze took the championship title 15-14 with an attack.

## Women's Sabre

Only twenty-seven fencers entered this event where Caitlin Maxwell (Truro), Jessica Corby (Salle Ossian) and Maria Chart (Truro) came through the first round without losing a fight. Maxwell made light work of getting through to the semi-finals and was joined by Corby who just squeezed past Ella Nightingale (Rivington Park) 15-13 in her quarterfinal. Chart's day was ended in the round of 16 by Gabrielle



Black (Camden) but Black then lost 15-10 to teammate Shreya Anil. Seed four, Chloe Halliwell (Shakespeare Swords) completed the semi-final line-up even though she was drawn in the same first round poule as Corby. Both Maxwell and Corby made their semi-final matches look easy beating Halliwell (15-6) and Anil (15-8) respectively.

Maxwell came out for the final with a determined approach and quickly took the lead. Corby's attempts to attack into the Truro fencer's preparation were not successful often enough as Maxwell took an 8-3 lead into the break. Corby's tactics worked much better in the second half of the fight as she began to land a combination of long attacks, attacks into preparation and parry ripostes to close within two hits at 12-10. However, Maxwell's steely nerve and excellent distance work saw her take the fight and the national title with it, 15-11.

The Junior event saw 315 fencers battle it out across all six weapons. The action is outlined as follows.

### Men's Epee

A field of fifty-eight fencers took part in this event as three of the top four seeds after the poules were knocked out before the medal matches. The number one seed, Aml Sinclair (Brixton) fell 10-8 to the number eight seed, Thomas Dickson (Team Newcastle) in their quarterfinal. The Cadet Champion and number two seed, Roo Whelan (Millfield) also went out in his quarterfinal – 9-8 to Daniel McGlade (Brixton). Number four seed, Anthony Avis

(Redhill & Reigate) was beaten 15-7 by the Cadet silver medalist, George Morris (Stockport) in the round of 16. Oliver Steed (Skipton) then narrowly beat Morris 14-12 to make the semi-finals and Harrison Nichols (Redhill & Reigate), the number three seed progressed with ease to complete the semi-final line-up. Two contrasting semi-finals followed as Steed dominated Dickson to go on and fight for the title with a 15-1 victory. The other semi-final could not have been closer as Nichols just edged McGlade 15-14.

As expected, Nichols started the gold medal match looking for hits with an offensive approach whilst Steed tried to find "the moment" in defence. The pair were evenly matched until the final minute of the opening period when Steed opened up an 8-6 lead going into the first break. Nichols continued to attack in the second period with Steed content on maintaining his tactic of picking off his opponent when he got too close, with explosive attacks. At the second break there was still little between them as Steed led 13-12. The Skipton fencer continued the waiting game that he'd used throughout the fight and one attack into preparation followed by a parry riposte saw Steed become the 2015 champion with a 15-12 victory.

### Women's Epee

Fifty-two fencers took part in the first round of this event and like the men's competition three of the top four seeded fencers did not compete for the medals. The top seed after the poules, Kerenza Bryson (Plymouth) progressed with

ease to the semi-final stage but the number two seed, Victoria Hide (Team Newcastle) was undone by Hannah Nesbitt (Unattached) who beat her 15-12 in their quarterfinal. It was a similar story for the two fencers ranked third equal after the first round. Medora McCarthy (Cardinal) went out to the Cadet champion, Laura Sheffield (Brixton) in the round of 16. Sheffield then lost 15-7 to Jessica Gundry (Truro). Lydia Stanier (Fechtclub Furth), also ranked third after the first round was beaten 15-12 by Bethan Plant in their quarterfinal. Two close semi-finals followed with Gundry beating Nesbitt 15-12 and Bryson beating Plant 14-9.

In the final Gundry was happy to retreat, drawing Bryson on to her and then picking her off with attacks and counter-attacks. That tactic worked for her and the Truro fencer led 6-4 at the first break. Bryson employed a clever change of tactics in second period, pushing her opponent but not finishing her attack. That lured Gundry into attacking and allowed the Plymouth fencer to pick her off to take a 7-6 lead. Having established that lead Bryson then backed off and Gundry duly went after her. The two traded hits with Bryson leading 10-9 at the final break. Gundry was forced to come out on the attack in the last period but showed great experience by not rushing in. A well-worked attack saw her draw level only for Bryson to re-establish the lead with a hit in close quarters. In a thrilling finale, Gundry landed two superb attacks to go 13-12 up which meant that Bryson was forced to attack herself. This played into Gundry's preferred game plan as she went on to take the national title 15-14.



Assorted action photographs from the GB Junior Championships.



## Men's Foil

As with the cadet category, Men's Foil boasted the largest field of all of the junior events with seventy-eight fencers taking part. The top four seeds after the first round all progressed to the semi-final stage. Alexander Lloyd, who emerged from the poules as the top seed and Sebastian Pallier (Activ8), the fourth seed, made light work of guaranteeing themselves medals. A tricky 15-13 victory over Felix Fardell (CADS) in the round of 32 followed by an equally tough 15-12 win over teammate Jai Birch were features of Rajan Rai's progress to the medal matches. The number three seed and cadet champion, Dominic De Almeida (Fighting Fit) also had tough matches against Daniel Kiss (Salle Kiss), 15-12 and Stephen Brown (Queens), 15-13 on his way to the semi-finals. Rai went on to beat De Almeida 15-10 and Lloyd defeated Pallier 15-8 to confirm their places in the gold medal match.

The final between Lloyd and Rai began at a furious pace and it was Rai who had the better of it in the initial stages. He pulled out a commanding 7-2 lead but then Lloyd came back at the Newham fencer with some superbly timed attacks and parry ripostes. At the first break it was still all to play for but Rai led 12-10. The fight remained tight in the second period and a gritty display from Lloyd saw him close to within one hit at 12-11. Rai then appeared to taste victory and stormed to a 15-12 win finishing with a beautifully timed attack.

## Women's Foil

Forty-four fencers took part in the women's foil event and the top four seeds after the poules eased their way through to the quarterfinals. There, the number one seed and two-times winner of this event, Ayesha Fihosy (Salle Boston) beat Yvonne Chart (Truro) 15-5. Seed three, Chloe Dickson (Edinburgh) also progressed with ease, 15-5 against Amy Home and the fourth seed, Katie Smith (Edinburgh) also went through but with a slightly tougher 15-13 victory over Jade Clarke (Exeter City). However, the number two seed, Kate Beardmore (Fighting Fit) was beaten 15-6 by her teammate and the cadet silver medalist, Yasmin Campbell. The semi-finals saw Fihosy beat Smith 15-10 and Dickson beat Campbell 15-9.

It was a cagey start to the final as Dickson and Fihosy searched for the opportunity to hit each other without taking any unnecessary risks. The score was tied at four-a-piece at the first break with no clear indication of either fencer picking up the momentum. At the start of the second period Fihosy immediately showed her attacking intent whilst Dickson stuck to a more measured approach. The fight began to take place at Dickson's end of the piste as Fihosy applied the pressure. However, Dickson came back at the Salle Boston fencer and took an 8-7 lead with a closing counter attack going into the final period. Dickson came out the more aggressive at the start of the final period but again the fencers traded hits for the first two minutes. Two tiny errors of judgment by the Edinburgh fencer were capitalised on by Fihosy



British Junior Podium Photographs

as she opened up a lead with less than a minute remaining. Her confidence grew and she started to adjust the distance more effectively. Fihosy applied the finishing touch to her third successive national title with a marvellous attack, taking the victory 15-11.

## Men's Sabre

A field of fifty-three fencers took part in this event and again it was a case of the top seeds after the poules falling by the wayside before the medal matches. Caspian Watt (Shakespeare Swords) went out 15-8 to Ruben Amsalem (Camden) in the round of 16 with Amsalem going on to make the semi-finals. Seeds one and three fell at the quarterfinal stage, Raphael Van Hoffelen (Camden) was beaten 15-12 by teammate Jonathan "JJ" Webb and Jamie Craze, the cadet champion, fell to his Truro teammate Nicholas Howes 15-14. Meanwhile, the number two seed, William Deary (Truro) quietly fought his way through the field and faced Howes in the semi-finals. He went through to the gold medal match with room to spare, 15-8. The other semi-final, an all-Camden affair, saw Webb beat Amsalem 15-11.

A tremendous start to the final fight saw Deary storm away from Webb to take an 8-1 lead into the break - the Truro fencer not only showing determination but also great variety and distance control. A complete turnaround in the second period saw Webb using a lot more of the piste to fashion his hits and outscored Deary 7-2 in the early stages. Suddenly Deary sprung

to life, becoming more decisive taking the score to 14-10 in his favour. With the finishing line in his sights, Deary stuttered once again and Webb closed to within two hits before a fabulous attack from Deary took him to the national title 15-12.

## Women's Sabre

A small field of thirty took part in this event with three of the top four seeds after the first round progressing to the quarterfinals - Maria Chart (Truro), Isabel Turnbull (MX Fencing) and Caitlin Maxwell (Truro). The number three seed, Laura Gladdish (MX Fencing) went out in the round of 16, 15-11 to Lizzie Moffat (Shakespeare Swords). Moffat was then beaten 15-6 by Kate Daykin (Salle Ossian). Two exciting matches followed at the semi-final stage, both ending 15-11, with Chart beating Maxwell and Daykin overcoming Turnbull.

Chart started the gold medal match in determined form going 4-0 up before Daykin could land her first hit. That form continued and Chart took an 8-3 lead into the break. The Truro fencer continued to dominate the fight in the second period, controlling every aspect of the fight and went on to win 15-5.

A special mention must also go to Truro Fencing Club who we believe have made history at this event by holding all of the national sabre titles for both men and women at cadet, junior and senior level.



# JUNIOR EUROPEAN CHAMPIONSHIPS, 2015

with photos from Augusto Bizzi

## GB Men's Epee Team finish fourth in Maribor

The 2015 Junior European Championships began on 1st March with three days of individual events followed by two days of team events.

### Day One

#### Men's Foil

Jai Birch's seventeenth placing from a field of eighty-two was the best British result in the first of the Junior individual events. He was ranked eighth after winning five of his six first round matches and went on to beat Lambrechts (BEL) 15-7 in the round of 64 before losing 15-9 to Lahunou (BLR) in the 32. Daniel Kiss also made the knockout stages, having won two of his six first round matches, but he lost his 64 fight 15-11 to the number seven seed, Pivovarov (RUS). Rajan Rai lost six of his first round fights so did not progress from the poule stages. Third seed, Damiano Rosatelli (ITA) beat fourth seed, Daniel Dosa (HUN) 15-10 in the final to secure the title. The bronze medals went to Maximilian Chastenot (FRA) and Kolja Dahlin (DEN).

GB placing: Birch 17th, Kiss 62nd & Rai 67th.

#### Women's Sabre

A field of forty-eight took part in this event as Caitlin Maxwell and Laura Gladdish both made the round of 32. Maxwell emerged from the first round as sixth seed having won five of her six first round fights. Gladdish won three of her six first round fights to claim twenty-sixth seed. Both fencers earned byes through the round of 64 before Gladdish fell 15-8 to eventual

bronze medalist, Queroli (ITA) and Bakastova (UKR) beat Maxwell 15-9. Maria Chart also came through the poule stages having won two of her six first round fights. Kostorzewa (POL) then knocked her out 15-6 in the round of 64. Kate Daykin was unable to win any of her six first round fights so did not progress from the poules. It was no surprise to see Anna Marton (HUN), who is ranked nineteenth in the senior category, take the title. She beat Yana Obvintseva (RUS) 15-6 in the gold medal match. The bronze medals went to Anna Bashta (RUS) and Caroline Queroli (ITA).

GB placings: Maxwell 17th, Gladdish 27th, Chart 37th & Daykin 44th.

### Day Two

#### Men's Epee

In a field of one hundred and fourteen fencers Tomas Curran Jones ended the day as the top Brit. Five wins from six first round fights meant that he was equal twelfth seed for the elimination stage. A bye through the round of 128 was followed by a comfortable 15-6 victory over Aagenaes (NOR) but he then lost 15-11 to Giannotte (LUX). Harrison Nichols and Aml Sinclair also came through the first round and earned byes through to the round of 64. That was as far as they got as Puchacher (AUT) knocked Nichols out 15-9 and Satkauskas (LTU) beat Sinclair 15-12. William Grealey did not make it out of the poules. Reigning Champion, Yuval Freilich (ISR) defended his title beating Zsombor Banyai (HUN) 15-12 in the gold medal match which Julian Rose refereed. Peter Bitsch (GER) and Volodymyr Stankevych (UKR) went home with the bronze medals.

GB placings: Curran Jones 20th=, Sinclair 38th, Nichols 45th & Grealey 89th.

#### Women's Foil

Just two British fencers took part in this event in a field of sixty-one. Ayesha Fihosy only managed one victory from her five first round matches and did not progress to the elimination stages. Yvonne Chart managed three wins from six poule fights and then went on to beat Behr (GER) 15-10 in the round of 64 before losing 15-7 to the tenth seed for the tournament, Jubenot (FRA). Oksana Pogrebniak (RUS) became the European Champion, beating Leonie Ebert (GER) 15-9 in the final. Elisabetta Bianchin (ITA) and Flora Pasztor (HUN) won the bronze medals.

GB placings: Chart 30th= & Fihosy 48th.

### Day Three

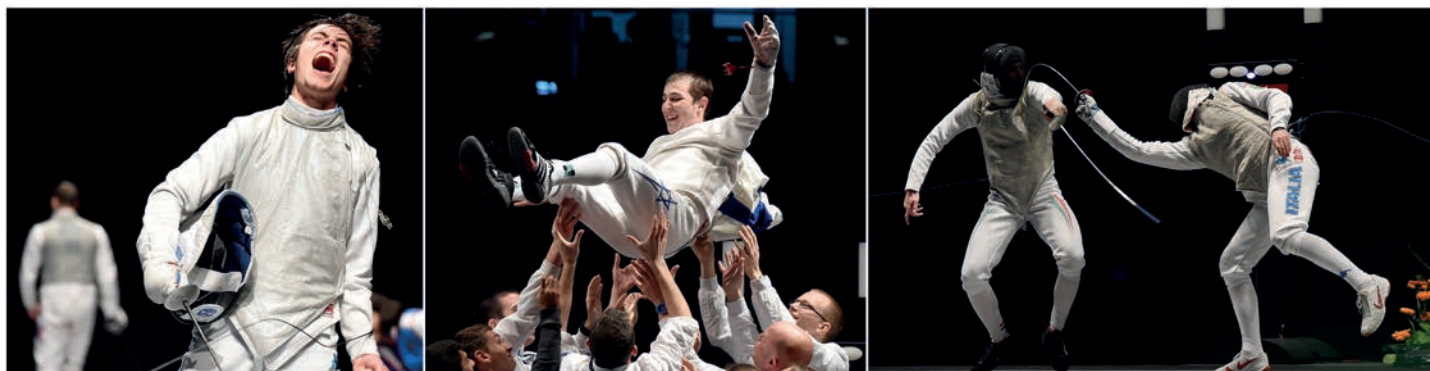
#### Women's Epee

Eighty-eight fencers took part in the penultimate junior individual event of these championships including four from Great Britain. Jessica Gundry (V3D3), Medora McCarthy (V4D2), Elisabeth Powell (V2D3) and Lydia Stanier (V3D3) all progressed from the first round earning byes through the incomplete round of 128. None of them could make it any further as Linde (SWE) saw off Gundry 15-9, Emmenegger (SUI) just edged McCarthy 15-14, Karoblyte (LTU) narrowly beat Powell 15-14 and Cugini (SUI) also squeezed past Stanier 15-14. Anna Kun (HUN) took the gold medal beating number one seed, Roberta Marzani (ITA) 15-8 in the final. Inna Brovko (UKR) and Asa Linde (SWE) were the bronze medalists.



Women's Foil at the Junior European Championships





Assorted photographs at the Junior European Championships

GB placings: McCarthy 39th, Stanier 44th, Gundry 48th & Powell 59th.

### Men's Sabre

Fifty-nine fencers took part in this event including four from Great Britain. Jonathan Webb secured the best British result making the round of 32. He battled through the first round winning just two of his six fights and drew teammate William Deary in the round of 64. Deary had fared slightly better in the first round winning three of his five fights but he lost 15-14 to Webb. Webb then fell 15-9 to Patrice (FRA). Raphael Van Hoffelen also made the elimination stages, having won two of his five first round matches but then fell 15-12 to number eight seed, Novikau (BLR). Jacob Gander-Compton was unable to win any of his first round matches so did not make the first round cut. In the gold medal match, Europe's number one fencer in this category, Dmitriy Danilenko (RUS) took the final individual title with a 15-7 victory over Francesco Bonsanto (ITA). Iliy Andreev (RUS) and Kostiantyn Voronov (UKR) were the bronze medalists.

GB placings: Webb 32nd, Deary 33rd, Van Hoffelen 43rd & Gander-Compton 54th.

### Day Four

#### Men's Epee Team

Twenty-five teams took part in this event including one from Great Britain. Seeded tenth the GB team comfortably beat Slovenia 45-21 before impressively beating number seven seeds, Italy 45-44. Fifteenth seeds, Romania, were their opponents in the quarterfinals after they had taken out the number two seeds, Russia in the round of 16. Another fabulous victory, 45-40, meant that the British team had two shots at a medal. They faced Hungary in the semi-finals and fell behind early on. Unable to recover the Hungarians progressed to the gold medal match 45-34. Great Britain took on Israel in the bronze medal match and the lead changed hands three times in the first six legs but GB led 30-26 going into the last third. Israel came from behind, as individual Champion, Frielich, anchored his team to a 44-42 victory. France beat Hungary 45-44 in an exciting gold medal which saw more than half of the total points scored in the final two legs.

#### Men's Foil Team

There were fifteen teams in this events and Great Britain, ranked tenth, lost 45-34 to Hungary in the round of 16. In the placings matches Great Britain lost to Croatia 45-44 but

then beat Slovenia 45-27 and Sweden 45-39 to finish thirteenth. Russia beat Italy 45-39 in the gold medal match as Germany beat Hungary, 45-40 to the bronze medal.

#### Women's Sabre Team

Just nine teams took part in this event. Great Britain, ranked eighth, lost 45-39 to Belarus in the round of 16 to finish ninth. Number two seeds, Russia beat the number one seeds, France 45-42 in the gold medal match. Italy beat Hungary 45-43 in a tight bronze medal match.

### Day Five

#### Women's Epee Team

There were nineteen teams involved in this event and Great Britain, ranked fifteenth, had a bye through to the round of 16. They faced a strong Hungarian side who beat them 45-36. In the placings matches, the GB team lost 45-36 to Lithuania and 45-29 to Austria before beating Spain 45-38 to finish fifteenth. Germany beat Russia 45-38 to take the European title as Italy beat Switzerland 45-27 to secure the bronze medal.

#### Women's Foil Team

Great Britain did not enter this event as ten teams fought off for the penultimate title of these Championships. Russia became European Champions, beating Poland 45-27 in the final. Italy came third, beating Germany 45-38 in the bronze medal play-off.

#### Men's Sabre Team

Eleven teams took part in this event and Great Britain, ranked sixth, beat the Czech Republic 45-34 in the round of 16 before losing 45-41 to Ukraine. In the placings matches they beat Poland 45-32 but then lost 45-37 to Hungary to finish sixth. Germany won the final junior event with a 45-34 victory against Italy. Russia edged Ukraine 45-40 to take the bronze medal.



Assorted photographs at the Junior European Championships

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# ELITE EPEE JUNIOR SERIES

## (EVENT 2) – DECEMBER 13-14TH, 2014

by Chris Howser

The Elite Epee Junior Series was launched in the 2007/2008 season following the loss of the Whitgift LPJS Epee event, so resulting in a real lack of local competitions for young epeeists in the Surrey/South East area at the time. Having started with the majority of fencers coming from the local Surrey area, it has expanded to become a series with events in both Surrey and Northamptonshire (East Midlands) and attracts fencers regularly from as far away as Truro and Newcastle, as well as occasional visits from fencers from the Channel Islands, Scotland and Wales. Arguably these events have become the most competitive series for youth Epee in the UK, with large entry numbers at all of the EEJS events and the majority of the fencers qualifying for the England squad attending this series of events.

Oundle School in Northamptonshire hosted round 2 of the 2014-15 Elite Epee Junior Series (EEJS), with 118 fencers attending over the weekend.

With a wide range of fencers attending EEJS events, from British Youth Champions to a number of fencers who only started this term, the series caters for all levels of youth fencers, with the focus on the best competition experience possible, with conductive pistes, remote control panel boxes, referees throughout, 100% promotion through round 1 and cordoned off fencing areas.

### Under 13 Girls

The girls' events took place on the Saturday with the Under 13 girls leading off at 10.30am. Following several drop-outs due to illness, the event started with an entry of 18, so a balanced round of 3 poules of 6. Three fencers won all their fights, with Ellie Taylor (OPS Epee Club) particularly impressive in making 25 hits and only being hit 3 times, to take the number 1 seed. With all fencers promoted to the next round, the Direct Elimination rounds commenced with results generally going to seeding to take the top 4 seeds into the Semi Finals. 1st seed Ellie Taylor's match with 4th seed Sophia Kalimtgis was a very close affair with Sophia winning through to the final by a 11-10 score line. In the other semi-final 3rd seed Henriette Hadalin reversed the result at last year's British Youth Championship under 12



The Under 13 Girls winners. 1st Sophia Kalimtgis, 2nd Henriette Hadalin, 3rd Eleanor Taylor and Rachael Lever.

Final result, beating Rachael Lever by a score of 15-9. In the final Sophia fought hard to win by a clear 15-8 margin to take the title for the Knightsbridge club.

### Under 11 Girls

Next saw the Under 11 girls taking to the piste, the first round finished with Crinnan Potter of the Chelsea Fencing Club leading the way with 6 wins out of 6, losing just 8 hits, however a bye into the semi-finals was not really to her advantage as she then lost 10-6 to Carlotta Shahenshah. On the other side of the draw, 3rd seed Eve Golden beat 2nd seed Ellie Loo 8-6 to make the final. In the final Eve from Team Newcastle triumphed 6-3 to win her first EEJS event.



The Under 11 Girls winners. 1st Eve Golden, 2nd Carlotta Shahenshah, 3rd Crinan Potter and Eleanor Loo.

### Under 16 Girls

The largest girl's event completed the day with 21 Under 16s arriving for a 1.30pm start. Two Knightsbridge fencers finished round 1 undefeated with Douce De Boisgeline only losing 6 hits to take top seed and Elena Palano taking 2nd seed. The DE matches generally went to seeding with all the top 7 seeds reaching the last 8, along with the 9th seed. The shocks came in the last 8 onwards with 6th seed Havana Robertson (Chelsea) beating 3rd seed Jasmine Heaps 15-13 and then Elena Palano in the semi-final 15-14 to make the final. In the top half of the draw Douce De Boisgeline continued in winning form to make the final following 15-12 wins over Laura Jeal (Harrogate)

in the last 8 and a very close 15-14 win over Mia Henderson (CADS) in the Semi. Douce went on to complete a day of no defeats with a win over Havana 15-11.



Under 16 Girls winners. 1st Douce De Boisgeline, 2nd Havana Robertson, 3rd Mia Henderson-Roe and Elena Palano.

### Under 13 Boys

The Sunday saw 27 boys in the Under 13 boys which started at 10am. Redhill & Reigate Epee Club's Jacob Foulsham showed the continuation of form which has taken him to the finals of multiple events this year, including Event 1 of the EEJS series earlier in the year, winning 6 out of 6 in round 1, with only 8 hits lost, to take 1st seed. Only Sevan Vlieghe (Knightsbridge) matched Jacob's number of wins, however with 14 hits received took the 2nd seed into the DE. The only shock of the last 16 came with R&REC's Luka Peacefield's win from 11th seed beating the 6th seed. Things returned pretty



Under 13 Boys winners. 1st Jacob Foulsham, 2nd Toby May, 3rd William Jones and Sevan Vlieghe.



much to seed with 1st, 2nd, 3rd and 5th seeds making the semi finals, with Jacob Foulsham beating William Jones (St Pauls) 15-10 and 3rd seed Toby May (Team Newcastle) beating Sevan 15-12. Jacob continued his 100% form on the day winning with a clear 15-8 score-line to win the Under 13s.

### Under 11 Boys

On the back of winning event 1 of the series, Leo Kamstra (Cobham) started the day as the number 1 seed in the Under 11 boy's category. However great fencing from Knightsbridge's Alec Brooke meant he lost a fight and could only secure 3rd seed going into the DEs. Alec led the group of 14 with 6 wins and only 5 points dropped to secure 1st seed into the DE, with Muhammed Farnsworth (Dream Fencing) taking 2nd seed with 6 wins but 9 hits dropped. Alec, Muhammed and Leo were joined by 5th seed, Ibraheem Farnsworth (Dream) in the semi-finals and with Ibraheem securing a 10-8 win over Alec and with Leo matching that score against Muhammed; it was the 3rd and 5th seeds fighting it out for the title. Leo followed up his event 1 win with a very close 10-9 win over Ibraheem to become the only fencer in this year's series with the chance of winning all their events in the season.



1st Leo Kamstra, 2nd Ibraheem Farnsworth, 3rd Alec Brooke and Muhammed Farnsworth.

### Under 16 Boys

The final event to start on the Sunday was the Under 16 boy's event, with 30 fencers in attendance. The star performer of round 1 was Fergus McKendry from Wellington Swords, losing 11 hits with all wins in his 5 fights. He was joined by James Hinwood (Shrewsbury), Aurelien Degorce (Escrime Academy) and Robert MacLennan (Abingdon) with 100% records. The last 32 went generally to seeding, however the biggest shock was supplied by Idris Hillier (OPS Epee) who was seeded 25th going into the DE and knocked out the number 8 seed. The last 16 also generally went to seed, however Patrick

Carey (TVSA) as 15th seed started showing his form beating 2nd seed James Hinwood to proceed into the last 8. 9th seed, Murray Begley-Jones (St Georges & R&REC), stopped Fergus McKendry's day short in the last 8 and with Josh Wilcox (Knightsbridge), Aurelien Degorce and Patrick Carey also winning in the last 8, the make-up of the semis was decided. Murrey beat Josh Wilcox 15-13 and Partick beat Aurlen 15-6 to make the final; where after an epic battle Patrick won through to win the last final of the day with a 15-14 score-line.



Under 16 Boys. 1st Patrick Carey, 2nd Murray Begley-Jones, 3rd Aurelien Degorce and Josh Wilcox.

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'Arguably these events  
have become the most  
competitive series for  
youth Epee in the UK'



# WHEELCHAIR FENCING

## SPECIAL REPORT

by Baldip Sahota/Karim Bashir

### GOLD HATTRICK FOR PIERS GILLIVER

Piers Gilliver makes history with three consecutive World Cup gold medals

Piers Gilliver became the first British wheelchair fencer to win three back-to-back IWAS World Cup gold medals during an amazing end to 2014.

His winning run started in Warsaw in September 2014. Ranked eighth after a strong first round Gilliver took out some established names on his way to the final including Roman Noble (FRA), 15-3. Facing world number one and home favourite Dariusz Pender (POL), the British fencer scored a single light at 14-14 to make history, becoming GB's first ever Wheelchair Fencing gold medallist.

Gilliver followed this result up in November with an equally impressive gold medal performance in Eger, Hungary. Again he beat Pender (POL) on his way to the final with another well-decorated wheelchair fencer - Artur Yusupov (RUS). The Russian was ahead by two points at one stage but the British fencer was not to be outdone and went on to win 15-11 for his second title in a row.

Just two weeks later Gilliver was at it again – this time in Hong Kong. With a full contingent from Asia competing this was to prove his toughest test so far and he did not falter. A strong first round performance was back up by

a notable 15-5 victory over Robert Citerne (FRA) and an eventual semi-final against the current World Champion, Jian Quan Tian (CHN). Gilliver edged a tight fight 15-13 before facing another Chinese fencer in Gang Sun. A more patient approach from the British fencer saw him level at 12-12 before he produced a stunning display of tactical supremacy, winning 15-12.

Speaking about his recent performances Gilliver said; "I have had a fantastic start to the Rio qualifying period with three back-to-back Gold Medals and to go into 2015 at the top of the Rio points table is a dream come true. As any athlete knows, when you strive to be the best that you can be within your sport, you are constantly looking in-depth at your performance and adjusting to the ever-changing tactics of your opponent, re-assessing your training and game plan accordingly. After a short break and some downtime over Christmas it's back to training. I'm looking forward to working with my coach, Baldip Sahota. We will review my 2014 season performances and look for areas of improvement whilst practicing what we've got right!"

Despite this history-making story and with Gilliver at the top of the Rio 2016 qualifying standings the future is not as bright as it may seem for this young fencer. With Lottery funding cut wheelchair fencers have to fund themselves and Gilliver's resources have all but run dry. The next event is in Montreal, Canada so his challenge now is to find backers.

Speaking about the situation, his coach, Baldip Sahota said; "Piers is an ideal student who would train 24/7 if he could. His improvement since he started competing on the international circuit has been exponential, from his first Junior Gold medal two years ago to his triple Senior Golds at the end of 2014. Piers' astonishing speed, mental toughness and awareness of his opponent is a sight to behold. However we both know that the opposition will also be reviewing their video footage so we too have to stay one step ahead. His parents show

tremendous support for their son's ambitions for Rio and beyond. Just to get to Touché Fencing club is at least a two and a half hour drive and always involves one or two nights in hotels so Piers can train on consecutive days. As well as preparing Piers as best I can for the remainder of the qualification period, I will also spend my time trying to find him financial support so that he can focus on the sport."

You can hear more from Piers in this short video which he recorded in July 2013: <https://www.youtube.com/watch?v=uQkMA7R8KWw>.

### FIE Course Report By Nathaniel Lewis

The 10 day course under the wing of Lazlo Szepesi was an eye-opening insight into the world of Hungarian coaching. It provided a relaxed environment of two or three sessions per day where our different coaching styles were accepted and accommodated, whilst being bolstered by the addition of exercises and ideas from Szepesi's Five Lessons, which developed the building blocks of basic technique into complex tactical lessons.

I was initially surprised by the simplicity of the exercises which would be incorporated into the routine lessons of experienced fencers but later, while visiting local sabre clubs, it became clear that this resulted in an excellent base-level of technique upon which tactical knowledge could be easily gained; there was a real sense that simple, quality fencing was highly prized.

More surprising was the culture surrounding fencing in Hungary: it is widely accepted as a common sport which a large number of people actively pursue and, when Szepesi was asked how his club went about promoting itself, he responded, 'We don't. We have a waiting list!'. While the popularity of fencing has undoubtedly been on the rise in my local area, this incredibly positive attitude towards the sport has made me want to form stronger links between my school, club, and university sessions. Providing a high level of coaching across the board and bringing my fencers closer together in their training and competitions will result in improving results at local, national, and, later, at international level.



First Gold in Warsaw



Second Gold in Eger



Third Gold in Hong Kong



# FENCING COMPETITION SOFTWARE

## BY GORDON LOVE

Software for organisers of fencing competitions has never been so useful, widespread, or complicated to use!

Typically, competitions in the UK nowadays have on-line entry, paper pool sheets, and results and piste assignments which are blu-tacked to whichever empty wall the organisers can find.

En Garde (EG) has long been the most widely-used software in the UK. It is now at Version 9, and has long been certified for use at FIE competitions. It is available in Basic form, running on a single PC, or in a "Pro" version with companion apps to display piste assignments and results on plasma screen, and another to display the live score from a current bout.

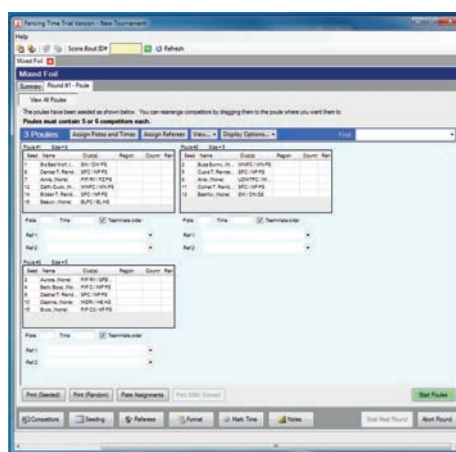
EG also has a freeware version called "Mini" which can be used for competitions of up to 40 fencers or up to 8 teams. The EG comparison chart is online at: <http://engarde-escrime.com/siteTemplate.php?lang=en&page=Installation.htm>

Fencing Time (FT) has been developed over the last 10 years, becoming dominant in its native USA. Version 4 has recently been homologated by the FIE for use at the top-tier of international competition, and it now also has some specific custom facilities for running competitions in the UK. There is a standalone "Standard" version, as well as a more complicated "Server" version for spreading the workload across multiple networked PCs, and displaying results on multiple screens. "Basic" runs on Windows from XP onwards, and "Server" on Windows from Vista onwards. FT has a freeware version called "Trial" which can be used for competitions of up to 16 fencers, in a 2 rounds of pools then direct elimination. The FT comparison chart is online at: <https://www.fencingtime.com/Home/Features>

Ophardt-System (OS) was first developed for the Commodore 64, and was first used at World Championship level in 1985. The system is just going through an extensive revamp, and the latest internationalised version is due for release in June. (This review is based on a late-Beta version). The new version works on multiple screens and keyboards and currently works on Windows, Linux and Mac, and the central server runs on Windows (from Vista onwards) and Linux. There are current plans to create server installations for Macs as well.

Once the software launches, two-week free trials will be available by contacting the publishers on <http://www.ophardt-team.org/en/kontakt.html>

All three of the FIE-homologated systems (EG, FT & OS) have systems in place for avoiding clashes between fencers from the same nation

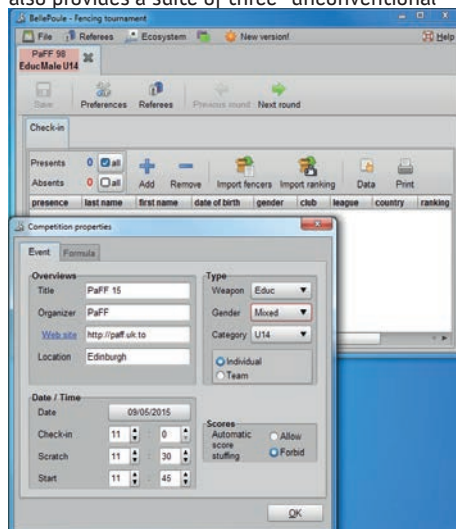


Fencing Time Screenshot

or club, and have a manual drag-and-drop option for final adjustments.

Belle Poule (BP) is an open-source freeware system designed to run on Windows and Linux. It has a companion scorekeeping app which runs on Android handhelds. There is also an additional big screen display module. BP is not yet as stable, polished or usable as the others, (e.g. it installs a French-language user manual) but is being continuously developed. It is definitely worth keeping an eye on, particularly by cost-conscious competition organisers.

Virtual Scoring Machine (VSM) has had quite a different history - it started out as a way of turning old disused Windows PCs and laptops into electric scoring boxes. This had the great advantage of being able to keep up to date with any changes in box timings that the FIE mandated, without having to send away the scoring boxes. The software to run one piste comes bundled free with the hardware dongle that the ground leads plug into. Currently, it also provides a suite of three "unconventional"



Belle Poule Screenshot

scoring settings, including épée-style scoring while using foils, or "Melee!", where valid foil hits increase your score, and off-target hits lower your score, and nothing halts play until you reach the finishing score! The software for one piste comes bundled with the scoring

VSM now has a tournament version (VSMTV) which allows each VSM to hold a whole poolsheet, and to display results to any screen on a network. VSMTV will also work with Fencing Time, to receive poolsheets from FT and return results to FT, and there is now an Android app to let you use your phone as a remote control for your VSM.

For fuller details: <http://www.virtualscoringmachine.com>

VSMs are available in the UK from Leon Paul <http://leonpaul.com/acatalog/VSM-.html>

ClubKnight is also competition software with an unconventional background. It's designed to allow referees and scorekeepers to record hits on electronic poolsheets on pretty much any handheld device - laptops, netbooks, or tablets and smartphones running Windows, Android, Blackberry, Apple iOS, Symbian - you can even run it on Nintendo gaming handhelds.



ClubKnight Screenshot

As the hits are recorded, it backs them up to a datavault on the web. It can be used standalone to run pools down at the club, or it can currently be used with Fencing Time or Belle Poule at competitions where the scoring boxes are not directly connected back to Directoire. (e.g. the latest "Pebble" scoring boxes from Leon Paul). To try out the standalone version of ClubKnight, <http://clubknight.uk.to/trial>

The author would like to thank everyone at Fencing Time, En Garde, Ophardt System, Belle Poule, Virtual Scoring Machine and ClubKnight for their help and co-operation



# THE HISTORY OF FENCING KIT

The earliest printed books on fencing tend to show swordsmen either naked or fashionably dressed, but in 1611 a manual<sup>1</sup> was published that illustrated for the first time the sort of protective clothing men wore when handling the stiff-bladed practice rapiers of the time – doublets rigidly padded across the chest and back and with sleeves padded from shoulder to wrist



Fig 1.

Philibert De La Touche's treatise of 1670<sup>2</sup> was the first to illustrate a plastron lying next to some foils in an engraving of a fencing match before Louis XIV (Fig. 2). De La Touche was also the first to depict a specialist piece of fencing footwear: the open-toed sandal for the leading foot. Believed to provide greater freedom of movement than an enclosed shoe, it had a sole projecting up to 75 mm beyond the toes and was used to make the *appel*, a resonant sound made by slapping the sandal on the floor during the salute (Fig. 3). Although the sandal became enclosed during the 19th century, the strange practice of slightly extending the sole continued until the Second World War, by which time the projection was barely 5 mm, yet noticeably different from the sandal on the other foot.



Fig 2.

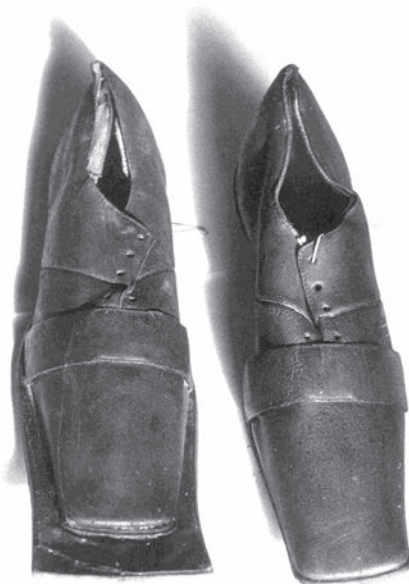


Fig 3.

The first book to describe special fencing clothing was written by the 17th century amateur swordsman Sir William Hope<sup>3</sup>. He mentions the outfit worn in schools as a white waistcoat, breeches and stockings, sandals and a black velvet cap, adding that the ends of the waistcoat should be tucked into the breeches to make hits easier to see. This continued to be normal fencing dress during the 18th century, although the cap was replaced by a tricorn hat and Angelo<sup>4</sup> added a short jacket over the waistcoat.



Fig 4.

The classic side-buttoning fencing jacket appears to have been introduced by Henry Angelo, who is portrayed wearing one around 1790 in a painting by the American artist Mather Brown (Fig. 4, courtesy of the National Portrait Gallery) and again in a print of 1791. This practical garment is more clearly illustrated in a series of fine mezzotint engravings drawn in 1810 by the fencing master Antonio Francalanza (Fig. 5). In the 1930s the politician and keen fencer Sir Oswald Mosley modelled the black shirts of his fascist party on the fencing jacket.



Fig 5.

According to Brevet Major Henry Wayne of the US Army, by the mid-19th century a fencer's costume consisted of a loosely fitting jacket of brown linen with standing collar, buttoned on the left, the right side from elbow to the shoulder being faced with buckskin or other pliable leather; for those requiring more security, he recommended an over-plastron of soft leather on the outside and strong linen underneath, stuffed to the thickness of half an inch with hair and well quilted to keep it in place, fastened by straps and buckles around the neck, back and waist. The jacket was complemented by pantaloons, a black silk cravat, a wire mask with wings for the protection of the ears, a slipper for the left foot and a sandal for the right. In 1861 George Chapman<sup>6</sup>, seeing the punishment inflicted by military members of the London Fencing Club, of which he was secretary, recommended a stout leather jacket, a well padded glove and even a thigh pad for use against aggressive opponents.

By the 1880s, fencing had become fashionable for women and in 1885 the French fashion journal, *L'Art et la Mode*, illustrated the latest outfit for the well-dressed lady and gentleman fencer (Fig. 6). She wore a white patent leather embossed jerkin with red plush velvet sleeves, a broad red silk corset belt, Scottish skirt, red stockings and flat-heeled shoes; a red silk cravat enveloped the neck which received

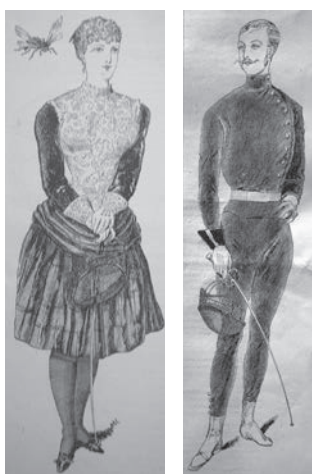


Fig 6.

added protection from a bib attached to the mask. He wore an outfit of grey velvet with silver buttons fastening the jacket and trouser legs, a yellow leather belt, a glove with black patent leather gauntlet and grey leather boots. More conventionally, the women's uniform was a split skirt made of serge, a white drill jacket with padded chamois front, black silk stockings and black or white heel-less fencing shoes. The London Ladies' Fencing Club recommended a short silk-lined black alpaca skirt with brass-buttoned white linen jacket.

Lady Colin Campbell, one of the pioneers of women's fencing, was said to wear knickerbockers of black satin or vicuna and a loose silk shirt over a narrow corset belt with one bone at the back and front. A padded jacket of soft grey or dull black suede covered the shirt and black stockings and silver-buckled shoes completed this fashionable outfit. The best woman fencer at the turn of the 20th century, Toupie Lowther, wore an embroidered tunic-style jacket with white breeches (Fig. 7).



Fig 7.

When epee fencing first became popular in England in 1900, gentlemen were expected to wear black fencing trousers or knickerbockers with stockings, a white jacket and ordinary gloves, i.e. without gauntlet (Fig. 8). Jackets were initially made of white piqué, but this tended to be easily damaged by the *pointe d'arret* and was soon replaced by sailcloth. At the first international competition in which an English team took part – an epee match in 1903 in Paris between France, Belgium and England – the kit was specified as white trousers and jacket, mask with bib, and white unpadded gloves with optional gauntlet fitting tightly round the wrist. Footwear had to be boots or shoes with a leather sole and heel. The trousers were made of white drill with six buttons fastening along the calf. Popular with some Edwardian women were cotton one-piece outfits consisting of a jacket and flared skirt secured by 16 buttons.

Early 20th century equipment suppliers offered gloves in at least six styles for foil, nine for epee and four for sabre. And from Wilkinson Sword's catalogue of 1913 fencers could order jackets in canvas, brown twill with tan leather fronts, or white twill with white sheepskin or kid fronts.



Fig 8.



Fig 9.

Women began competing at the Olympic Games in 1924 and the standard outfit was a white jacket with black pleated skirt (Fig. 9). Four years later, there were complaints that the skirts were uncomfortable and even dangerous. At the 1932 Olympics, Britain's silver medallist Judy Guinness was one of the few women to wear breeches, which soon became the garment of choice for female fencers. The lower edge of the target was bounded by a line drawn across the top of the hipbones and was indicated by a length of black piping sewn across the jacket. The women's target was finally made the same as the men's in 1964.

Malcolm Fare

1. Hundt, *Ein neu künstliches Fechtbuch im Rappier...*, 1611
2. De La Touche *Les vrais principes de l'espée seule*, 1670
3. Hope, *The Compleat Fencing Master*, 1692
4. Angelo, *L'Ecole des Armes*, 1763
5. Wayne *The Sword Exercise*, 1850
6. Chapman *Foil Practice*, 1861



# BRITISH FENCING FUNDING

On 29th January Sport England announced its commitment to increase support for British Fencing over the next two years. This funding is to enable British Fencing to deliver a new development strategy, which involves creating opportunities for 14-25 year olds to take part in community fencing. This will be achieved by partnering with organisations which have a track record of working successfully with young people in sport. The target is to attract over 3000 new young people by March 2017 and retaining 60% of them in regular fencing activity. Sport England has awarded £815,000 over the next two years to support this work and England Fencing has also provided a significant financial contribution towards this strategy. The full press release can be found using the following link: [http://britishfencing.com/uploads/files/se\\_development\\_funding\\_announcement\\_-\\_jan\\_2015\\_-\\_final.pdf](http://britishfencing.com/uploads/files/se_development_funding_announcement_-_jan_2015_-_final.pdf)

On the 5th February UK Sport gave another boost to British Fencing's Performance Programme by increasing their existing grant by £207,517 over the next two years, thus moving fencing away from being a 'one year funded' sport. This includes £44,709 for athlete programme costs, £139,500 towards sport specific costs and £23,308 increase in athlete performance awards budget. Significantly, UK Sport has also recognised that fencing has an athlete that can medal in Rio and as a result have promoted James Davis to a Podium place within the Fencing World Class Programme.

Gabby Williams, Development Director at British Fencing, takes up the story from here...

## Development Director Update

Following the Sport England funding announcement at the beginning of the year, here is an overview of what the Development Team have been focusing on against the strategy for 2015-17, along with a look at our priorities for the next few months.

Our initial focus is on establishing and recruiting a Development Team. Once in place the team will need to balance delivering our Sport England participation projects whilst also delivering the current day-to-day development services expected by members, for example workforce training and support.

Recognising this challenge on capacity, our new strategy will be achieved by partnering with a range of organisations that have a track record of engaging with and retaining young people in sport and can support long-term sustainability of any new programmes. As a result British Fencing is in the process of formally partnering with the following organisations to endorse and support our new strategy:

- British Universities and Colleges Sport (BUCS) – play the leading role in providing educational and professional development opportunities to students and staff in HE sport in the UK.
- London Youth – enable all young Londoners to access a wide range of high quality opportunities for learning and fun, beyond family and formal education.
- The Scouts Association - actively engage and support young people in their personal development, empowering them to make a positive contribution to society.

Through these formal relationships, we will be better positioned to grow the sport in a sustainable way by reaching out to new areas in the community. The aim is to enable more people to take up fencing, ensuring the right opportunities are available for them at the right time. This will encourage them to stay with fencing even as their preferences and needs change over time.

All of this can only be achieved if we are serious about making a shift change in the way British Fencing operates across all Development areas. In response to this, work has taken place over the last few months and will continue to evolve throughout the year, including:

1. Recruiting a Development Team that is equipped with appropriate skills and knowledge – we have interviewed for two Programme Managers and a Business

Manager in addition to introducing an Intern Programme in partnership with Birckbeck College.

2. Improving communications with (and a better reach out to) our participants – plans are underway to develop a new participant focused, interactive and user friendly fencing website (separate but linked to the main BF site)
3. Continually receiving robust participant feedback & research, driving a participant centric approach – for example the learnings from our 2014 pilot projects have helped to shape our evolving programmes for the Higher Education and Youth sectors.
4. Formalising a monitoring and evaluation system to measure participation growth – we have designed and tested an online system working with our pilot projects to capture quality data on participation programmes.
5. Recruiting a Coaching Development Manager to ensure coaches and leaders are equipped to deliver participant centric fencing experiences across both development and talent programmes.

Once the Development Team is fully established, we will be updating members more frequently on progress and where relevant engaging them in future work.

It's important to note that England Fencing has provided a significant financial contribution towards the 2015-17 strategy and played a key role in developing it throughout 2014. Marie Liston, President of England Fencing states; 'In early 2014 we established a joint British Fencing and England Fencing 'Grow Group' to oversee delivery of the Sport England award conditions. Since then, there has been real change in momentum and approach in fencing's Development work and in light of Sport England's funding announcement, it has clearly proven to be a great success – we are delighted!'



**Gabby Williams**  
Development  
Director

# WARM UP FOR FENCING

By Lindsay Bottoms (Exercise Physiologist) and Jonathan Rhodes (Sports Performance Consultant)

As sports people we have all been told we should warm up prior to taking part in sport, be it training or competition, to reduce the likelihood of injury and prevent the dreaded delayed onset of muscle soreness, often felt in the 72 hours following exercise. The most common warm up, especially in fencing (from our experience), is a 3 phase one, which includes a cardiovascular element (such as running), static stretching and a task specific element such as pairs work in fencing. This style of warm up has been passed on from coach to coach for many years and no one used to question why we did it. However, in the last decade researchers have begun to question whether this is the best way to prepare the body for performing sport. Research now shows that static stretching (and foam rolling) prior to exercise can impact negatively on

Static stretching is clearly an important strategy to improve and maintain flexibility and as part of a cool down. However, as the authors point here, its role in the warm-up needs to be critically evaluated; there is mounting research evidence indicating that its use may negatively impact on performance. On this point, Trajano and colleagues (2015) have recently found that static stretching performed immediately before submaximal muscle actions may increase neuromuscular fatigue and reduce muscle's endurance capacity.

**Jorge Esteves**

Trajano, G., Pinho, C., Costa, P., & Oliveira, C. (2015). Static stretching increases muscle fatigue during submaximal sustained isometric contractions. *The Journal of Sports Medicine and Physical Fitness*, 55(1-2), 43-50.

performance as a result of decreasing muscle strength and power, which in turn reduces jump height and speed. In a sport such as fencing this can have a significant impact on performance as explosive power is a critical component. Static stretching has also been shown to have no impact on reducing the incidence of injuries during training and competition. Therefore, we should avoid performing static stretching prior to fencing. This does not mean there is no place for static stretching, it is still important as part of a cool down to increase flexibility which will ultimately have a positive impact on performance. But static stretches should remain after exercise and not before.

In recent years many coaches have started to recommend performing dynamic stretches as an alternative to static stretching. Dynamic stretching involves more controlled movement through the active range of motion for a joint, and incorporates callisthenics movements (e.g. lunging) and running drills that include forward, lateral and change of direction movements. Research shows that dynamic stretching has positive effects on power, sprint and jump performance. Therefore, dynamic stretching would be more beneficial to add to a fencing warm up than static stretching.

Movement-based warm-up techniques enable the athlete to achieve the right level of fencing-specific mobility, but also provide an appropriate stimulus to the nervous system by increasing the rate and frequency of motor-unit recruitment. Apart from the strategies listed above, the use of elastic resistance bands targeting the gluteal muscles can stimulate greater motor-unit recruitment; exercises can include, for example, glute resistance lateral band walk. Moreover, the use of callisthenics movements such as jumping or lunging, play an important role in the 'activation' of the nervous system.

**JE**

Further developments into research regarding warm ups shows that a sport specific warm up is more effective than both dynamic and static stretching. Instead of having a 3 phase warm up, a 2 phase warm up would be more beneficial such that you perform the cardiovascular warm up and then undertake a fencing specific activity. I know many individuals who do fencing do not like running, therefore a cardiovascular activity could just be performing fencing footwork at a light intensity forwards and backwards across a sports hall, then gradually increase the intensity of the footwork. Following this undertake a warm up fight with another fencer. This will be the most appropriate warm up for fencing and it will put you in the right mind set for fencing. We must not forget that there is a large cognitive element to fencing and therefore before training and competition we want to make sure we are alert and going to react to our opponent. Therefore, there is no better warm up than doing fencing specific movements to prepare you for high powered, fast, and agile movements on the piste. This is not to say do not stretch, but stretch for the movements you are about to perform. This means the body is sufficiently warm and you are less likely to get injuries.

With this two-tiered warm up, it is easier to think of the warm up as "kit off" and "kit on". Functional movements to prepare you for fencing, followed by "kit on" and fencing to warm up. To start with it is wise to talk to your sparring partner and warm up your hand and legs by telling them that you are going to perform step lunges. That way you can find your distance and timing in a safe tempo. After you have both hit a few times it is then time to fence to win. This part of the warm up is key, as you should fence at 100% intensity and focus. This completes the physical and mental warm up, and increases the work-rate in the first poule fight whilst minimising the injuries throughout.



# THE WANDERER RETURNS

## An Interview with 2012 Olympian Laurence Halsted

Qualifying for London 2012 Olympics was a dream come true for Laurence Halsted. It meant that he followed in both his mother's, Clare and father's, Nick (who passed away in 2007) footsteps of competing in the fencing event for Great Britain.

Now 30 years old and living in Copenhagen, Laurence is hoping to make a comeback which will get him into the GB team for the Rio Olympics in 2016. A lot has happened since London though and I caught up with him to find out what he has been up to.

### What have you been up to since London 2012?

"Within a week of the Olympics I went travelling. It had always been the plan to take a break after such an intense period of training. I had been learning Spanish through an education grant that was available to me on the World Class Programme because I wanted to explore South America. From there I headed to Australia where my sister lives and then visited South Africa before hooking up with some friends in Copenhagen for a couple of months. It was there that I picked up my foils again, training a couple of times a week in a very relaxed atmosphere. I still loved the sport but I needed a break from the intensity of the WCP set up. The plan was to spend a couple of relaxed months there but I quickly got offered a part-time job and then met my girlfriend."

### So you decided to stay in Denmark?

"I'd already made plans to attend a 100-day adventure training course on Vancouver Island but I knew I'd head straight back to Copenhagen. The course was absolutely incredible and quite intense with only 7 days rest over the 100 days but I got advanced training in mountaineering, trekking, climbing and kayaking on white water and sea. I did the course because I thought that I might like to pursue that as a living but I discovered that whilst I love the great outdoors, I also need to balance it out with city life."

"As soon as the course was over I headed back to Denmark and managed to get my part-time job back straight away. I also began coaching at the two biggest Danish clubs, Trekanten, where I take a mixed age group class and Hellerup for whom I created an introduction fencing course using plastic equipment that I run for them in a number of local schools."

### So what about your training regime?

"I fence twice a week which I find is enough for me to maintain a good level but I'm now doing a lot more strength and conditioning training. I try to do something every day. As the initial year off extended to two years it wasn't an immediate thought of mine to make a serious comeback but I kept my eye on GB results and was inspired to see James (Davis) doing so brilliantly and Richard (Kruse) still getting some great results."

### What triggered your desire to try and qualify for Rio then?

"There wasn't a specific turning point. I was enjoying my fencing, training at the clubs with a young, dedicated group of fencers and I guess it just crept up on me. So I spoke with Alex Newton and Andrey Klyushin and we agreed a plan for me to start competing. I have specific performance targets that I need to hit and I'm confident that I will. For me the comeback is more about our chances in the team event. I believe that this is the first time that we not only have a realistic chance of qualifying the team but also of winning an Olympic gold medal. Richard and James are clearly capable of winning at the highest level and I hope that I will be able to join them. We also have strength in depth so I know that I will have to fight for my place on the team. That is exactly what I plan on doing. If I can get

back on to the Programme I will be able to cut down the amount of work I have to do and put more focus on being in the best shape I possibly can be."

### In the meantime though, it sounds like you have an interesting job.

"It's great. Hans van der Osten is the chairman of Hellerup fencing club and also owns a company called Visiodan. Inspired by fencing they were perhaps the original creators of the EVA foam sword, making the first for Lego back in the 90's, and now the company produces a wide range of wonderfully designed toy foam swords and shields under its own brand of 'Liontouch'. Hans brought me in to do some work with the UK market and my role has just grown since then."

Recently I have been leading the development of a high quality foam epee in conjunction with Leon Paul. The idea was to create something attractive and durable which could be used as a training weapon for the youngest fencers as well as a toy. It's been a bit of a passion project and they're just about to hit the shelves!

At some point I had to start thinking about career development and this has been the perfect opportunity for me to get valuable experience in a business environment. My CV certainly looks a lot better now than it did a year ago and I can also speak Danish fluently....well sort of!"

It was great to speak to Laurence about the journey that he has been on. We didn't talk about it but he was my last competition opponent on UK soil before I retired. I lost badly but I remember him being a true gentleman in victory that day. He still is today and I look forward to watching his next journey over the coming months.

Laurence's comeback is supported by Liontouch ([www.liontouch.com](http://www.liontouch.com)) and Leon Paul.

Since this article was written Laurence has been competing on the international circuit and so far has achieved the following results:-

San Francisco World Cup 50th  
Tokyo World Cup 87th  
Turin Gran Prix 23rd  
Leon Paul Satellite 1st  
Paris World Cup 112th  
Bonn World Cup 113th

He has also competed in the team event at two World Cups.

KB



'advanced training in mountaineering...'

# PROFILE OF GB MEN'S SABRE COACH - PIERRE GUICHOT

by Karim Bashir

Earlier this year the British Fencing World Class Programme received funding from for a Men's Sabre squad. The target – medal success at Tokyo 2020 – may seem too far in the future for some but not for Great Britain's new Head Sabre Coach, Pierre Guichot.

A double Olympic medalist (silver at Los Angeles 1984 and bronze at Barcelona 1992 – both in Men's Team Sabre), individual finalist at the 1990 World Championships in Lyon and winner of the 1989 New York World Cup, Guichot is no stranger to personal success on the piste. A reserve for the French team at the 1996 Atlanta Olympic Games was his last appearance at a major championship as a fencer. With "young blood" coming through and "feeling too old to compete", he turned his hand to coaching.

In 1997 he took charge of France's junior men's sabre talent programme. By 1999, his teammate from the Lyon World Championships, Philippe Omnes, was in charge of French Fencing. He appointed Guichot as his Head Sabre coach for the newest weapon to be introduced to modern fencing, Women's Sabre. A highly successful nine-year reign as National Coach included highlights such as Annalise Touya win-ning the 2001 and 2005 individual World Championships and the French Women's Sabre Team taking gold medals at the 2006 and 2007 World Championships. Fourth place at the 2008 Beijing Olympic was considered a disappointment by his standards.

Needing a rest from the "intensity", Guichot took up an administrative role at the world-famous INSEP where he became the "Lifestyle Manager" of the fencing athletes for a period of four years. With France winning no medals at the 2012 Games, he was lured back into coaching when he became the Head Coach of the French Men's Sabre Team. A regime change in French Fencing was inevitable and along with many others who had only been in post for a short period of time, Guichot's contract was not renewed but his taste for coaching at the highest level was.

When the opportunity to take on a young group of athletes in a country not known for its sabre prowess became available he jumped at it. Speaking about the World Class Programme Guichot said; "The set up in the UK is like nothing I saw in France. It's the first time I have been able to use video analysis. I love to see the S&C (strength and conditioning to you and me) guys working in tandem with me and the physio during training sessions. This is the best way to maximize the chance of future success. We have to accept that this is a young team and that sabre fencing requires maturity



Pierre Guichot and the GB Men's Sabre Squad

but this is the best setup I have worked in."

Challenged on why fencers from other nations as young as some of our GB athletes on the programme are performing at a higher level, Guichot responds with calm authority. "There is no established fencing culture in this country. In France, Germany, Hungary, Russia, they have more fencers fencing at a high level than we do here at the age of 14 or 15 years old. When I first arrived the fencers on the Programme didn't realise that they had to turn up on time for their sessions. They do now!"

A new culture is forming then but what about working with the highly motivated coaches from Great Britain? Ian Williams, Lead Talent, now works with Guichot at Lee Valley once a week. "We will learn from each other. I need to see how Ian works with his athletes and he needs to see what methods I want to use to compliment his work."

His short term goals are not results orientated, but he has a strong desire to get our current crop of athletes ranked 17th in the world as a team in a very short space of time. His passion is clear. He's straight talking but affable. His influence could go beyond the realms of the World Class Programme. Let's wait and see.

## Top Tips

"The most important thing is footwork. It's fundamental. It's difficult with young people especially but you have to be patient as a coach. You need to include games and make it fun. Once you get them to enjoy the footwork training then you must include the notion of distance in your coaching. I know this is nothing new to experienced coaches but it is THE most important thing and must not be ignored."



## THE NORFOLK OPEN – 18<sup>th</sup>/19<sup>th</sup> July 2015

**Venue:** Sportspark, University of East Anglia, Earlham Road, Norwich, NR4 7TJ.

### Events

#### **Saturday 18<sup>th</sup> July**

Men's Foil

Women's Foil

#### **Latest Report Time**

09:30

11:00

#### **Sunday 19<sup>th</sup> July**

Men's Epee

Women's Epee

Men's Sabre

Women's Sabre

09:30

10:30

11:00

11:00

**Entry Fee:** £25 per weapon; £45 for two weapons; late entries additional £5 per weapon. Only entries with fees will be accepted.

**Cheques payable to:** - Norfolk Fencing Club

**Entries to:-** Nicola Spinks, 3 Papplewick Close, Norwich, Norfolk, NR4 6BF.

Tel: - 07463 808218

Email: - [spinksnicola@hotmail.com](mailto:spinksnicola@hotmail.com)

Info: - [www.norfolkfencingclub.co.uk](http://www.norfolkfencingclub.co.uk)

**Closing date:** - Friday 10<sup>th</sup> July 2015.

ENTRY FORM Norfolk Open 18 <sup>th</sup> /19 <sup>th</sup> July 2015	
Event(s):.....	<b>Notes:-</b> Fencers with a top 20 ranking in their weapon on 1 <sup>st</sup> July 2015 will be entitled to an entry fee refund. Please apply as normal and a refund will be made at check in for eligible fencers. Fencers who are unable to compete on the day of competition will not be entitled to a refund. Medals will be awarded to the highest placed member of the BVF in each weapon. <i>(Proof of BVF Membership required on the day)</i> Plate Competitions will be held at the organiser's discretion. For hotel/B&B information phone Norwich Tourist Information Centre on 01603 727927 Equipment stand, armoury service, and electric piste equipment supplied by Leon Paul. All clothing must comply with the current regulations. BFA membership or your national equivalent is compulsory – Membership will be checked. <b>It is now no longer possible to join the BFA on the day of the competition.</b> Minimum age for entrants is 13 at 01/01/15. Contact number for those running late on the day 07803 270 864 <b>Please note that there is a 60p entry fee into the Sportspark for non-fencers.</b>
Name:.....	
Address:.....	
.....	
..... Postcode:.....	
Tel. No:.....	
Email:.....	
Club:..... (Please state full name of Club)	
BFA No:.....	
BVF Member. Yes/No (delete as required) If Yes BVF Number:.....	
Entry Fee:.....	
SAE for acceptance slip.....	
Will you be able to referee at the event? Yes/No (delete as required)	
I accept that the organisers cannot be held responsible for any accident, loss or damage sustained at the tournament	
Signed:..... Date:.....	

# WCP Athlete Profile

## Jonathan 'JJ'



**Weapon:** Sabre  
**Height:** 183cm  
**Birth Year:** 1996  
**Weight:** 75kg  
**Sword Arm:** Right  
**Club:** Camden Fencing Club  
**Personal Coach:** Ian Williams  
**Twitter:** @JJ\_webb\_  
**Favourite venue:** Moscow Olympic Stadium

### JJ's Top Tips for aspiring fencers

1. Put in the hours
2. Use what you've got to the full and don't be scared to own your training
3. Enjoy it!

### JJ Fencing Highlights

- Finishing ranked 5th in Europe as a cadet
- Taking two medals (bronze at Camden international and silver at Meylan) from three international competitions in the 2012/13 season
- Junior National Champion 2014
- British No1 as cadet for two seasons and British No1 for 1st season as a junior

### Who is Jonathan Webb?

When he's away from fencing, Jonathan is an avid golfer who admits to enjoying hitting the course with his friends. He particularly enjoys the fact that they do a good job of taking his mind away from fencing for some much-needed respite.

Whilst Jonathan (or "JJ" as he's known on the circuit) has already enjoyed much success his ultimate goal is to qualify for the 2020 Olympic Games. He knows that he could not have made it as far as he has already without the unconditional support that he's had from my parents.

"They have been by my side 100% since day one. Not only have they found the money to keep me going season after season but they have stuck with me at every hurdle I have had to face. Knowing that they will be there for me gives me the confidence to face each challenge I meet head on."

JJ joined the WCP in April 2014 and the value of being in that set up is clear to him. "Being on it means that I now have everything in place that I need to reach my goals. My training has of course changed. I am now training full time which means that I am able to focus even more than when I was juggling school and training."

As well as his parents, JJ understands that others have contributed massively to his development. He mentions in particular, UK Sport and The National Lottery, Beazley, Greenwich Starting Blocks, SecuriCare and of course Camden Fencing Club and British Fencing!



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# SENIOR INTERNATIONAL ROUND UP

by our Special Correspondent

The senior season has been as exciting as ever and the new Grand Prix series has been well received by fencers, coaches and officials alike. As always in pre-Olympic year the fencers and their support teams now have their sights set on balancing peaking for their zonal Championships and the World Championships this season with qualifying for the big one – the Olympic Games. Here's my summary of the state of play in each weapon so far.

## Men's Epee

The Doha Grand Prix was the third event of the series and Daniel Jerent became the third different French winner of the season. He beat Swiss fencer Peer Borsky in the final with Enrico Garozzo (ITA) and the season's most consistent performer so far, Gauthier Grumier taking the bronze medals.

It wasn't until the end of January that we saw the first non-French individual winner on this circuit as Max Heinzer (SUI) beat Yannick Borel (FRA) at the World Cup in Heidenheim. Enrico Garozzo (ITA) made it back-to-back bronze medals and was joined by first-time senior medallist, Robin Kase (SWE) on that step of the podium. In the team event Korea beat France to the gold medal as Russia pipped Hungary to the bronze.

The circuit moved to the west coast of Canada for the next event – the Vancouver World Cup. Astonishingly it was yet another Frenchman who stood at the top of the podium as Ronan Gustin beat Pavel Pitra (CZE) to the individual title. It was Gustin's first major senior individual medal since the 2010/11 season. The bronze medals were won by Jinsun Jung (KOR) and Ruben Limardo (VEN). Limardo is on the comeback trail since winning the London 2012 Olympics after recovering from both a significant injury and a bout of malaria! The Swiss outfit were back to winning ways in the team event as they beat Ukraine in the final. France were also on the podium again as they beat Hungary to the bronze medal.

As we pass the halfway stage of the season it's still Grumier and Robeiri who lead the individual rankings with just over 30 points splitting the next six places. France also continues to lead the team rankings from Korea with Switzerland in third, some sixty points clear of Russia.

## Women's Epee

The women's epee circuit also moved to Doha in December for their first Grand Prix of the season and Simona Gherman (ROU) won the title beating Erika Kirpu (EST) in the final. The bronze medallists were Emese Szasz (HUN) and Bianca Del Carretto (ITA).

Anqi Xu (CHN) became the first non-European

individual gold medallist of the season at the Barcelona World Cup in January. She beat Mara Navarria (ITA) in the final as the bronze medals went to Violetta Kolobova (RUS) and Yana Shemyakina (UKR). In the team event the Swedes continued on from where they left off in Xuzhou (bronze) by beating Italy to the gold medal. Romania beat Russia to the bronze.

The circuit then moved on to Buenos Aires and it was Tunisian fencer and seven times senior African Zonal Champion, Sarra Besbes who took her first major title beating Erika Kirpu (EST) in the final. Britta Heidemann (GER) and Shin A Lam (KOR) completed the podium with their bronze medal winning performances. The team event was won by Italy from Romania and Germany.

Despite not attending the events in Barcelona and Buenos Aires, Szasz's (HUN) still tops the individual rankings by over forty points. Yujie Sun (CHN) who has not medalled this season still lies second but Heidemann (GER) and the rapidly improving Kirpu (EST) are not far behind the Chinese fencer. Just ten points split the next four fencers in the individual rankings. With sixty-four points for a World Cup win and only thirty-four points splitting the top four teams, things could not be tighter in this weapon. Italy leads Russia, Romania and China.

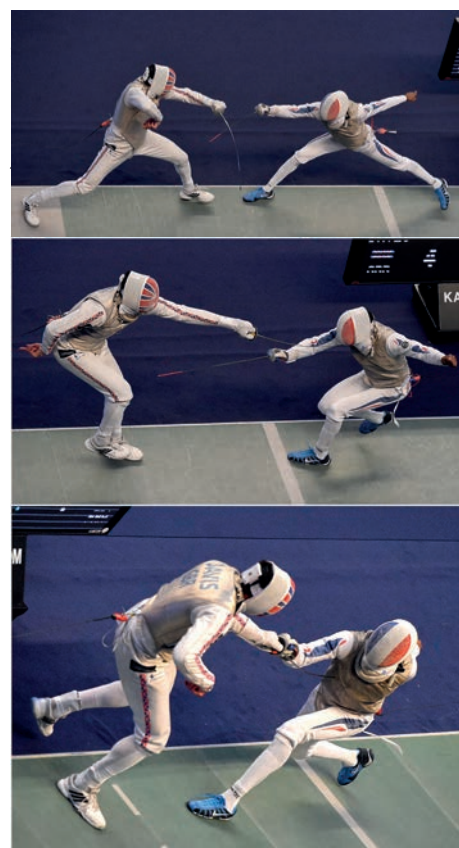
## Men's Foil

Turin was the location of the first foil Grand Prix of the season and two Russians topped the individual event. Alexey Cheremisinov beat Renal Ganeev in the gold medal match with Race Imboden (USA) and Valerio Aspromonte (ITA) completing the podium. Great Britain's Richard Kruse put in his best performance of the season so far by finishing eighth.

Imboden (USA) improved on his bronze medal in Turin at the next event, the Paris World Cup. He took the title with victory over first-time senior medallist, Daniele Garozzo (ITA). The bronze medals were won by Enzo Lefort (ITA) and Alexander Massialas (USA). Britain's James Davis finished just outside the medals in fifth place. In the team event the Americans continued their fine form at this event beating Italy to gold. Russia beat France to the bronze and Great Britain impressed finishing fifth.

A return to form saw Andrea Cassara (ITA) win the next World Cup in Bonn. He beat Yuki Ota (JPN) in the final as Alessio Foconi (ITA) and Jeremy Cadot (FRA) joined them on the podium with their bronze medals. France beat Russia in the gold medal match in the team event as the USA secured back-to-back wins over Italy to take the bronze. Great Britain matched their placing in Paris with a fifth placed finish.

Russian, Alexey Cheremisinov now tops the



James Davis in action at the Paris World Cup (photos: Augusto Bizzi)

by seventy-six points from Russia. Italy and the USA are not too far behind them though.

## Women's Foil

Arianna Errigo (ITA) continued her dominance in this weapon by winning the Turin Grand Prix in late November. She beat teammate Elisa Di Francisca in the final with the bronze medals going to Anita Blaze (FRA) and Adelina Zagidullina (RUS). Both bronze medallists were appearing on a senior podium for the first time.

The circuit then moved on to Gdansk in Poland where Errigo was beaten for the first time this season, in the quarterfinal by Hee Sook Jeon (KOR). The Korean went on to make the final but she was beaten by Astrid Guyart (FRA). Innes Boubakri (TUN), winning her first major medal since the Kazan World Championships and Ysora Thibus (FRA), also winning her first medal of the season, were the losing semi-finalists. In the team event Russia beat the USA to the gold medal with Italy taking bronze from the German team.

Errigo was beaten again at the next World Cup in Algiers but this time it was in the final as Lee Kiefer (USA) took the title. Two Russians, Aida Shanaeva and Inna Deriglazova went home

with the bronze medals. It was Shanaeva's first major medal since the 2011/12 season. In the team event Italy beat Russia to take the gold medal as Germany took bronze, beating the USA.

Errigo still leads the world rankings by a seemingly insurmountable one hundred and nine points but Valentina Vezzali (ITA) has snatched second spot from Di Francisca (ITA). Kiefer and Batini (ITA) are not too far behind them though. The Russian team have closed the gap to the leading team, Italy with only twelve points separating them. Those two teams are well clear of France, Korea and the USA who themselves are only split by four points.

### Men's Sabre

With the Dakar World Cup cancelled, the New York Grand Prix was only the second event for the men's sabre fencers. Korean, Junghwan Kim beat Aldo Montano (ITA) in the final as the Italian's teammate Diego Occhiuzzi and reigning Olympic Champion, Aron Szilagyi (HUN) finished in the bronze medal positions.

The circuit then moved back to Europe for the Padua World Cup which was won by Kamil Ibragimov (RUS) who beat Andriy Yagodka (UKR) in the final. Kim (KOR) made it back-to-back podium finishes by taking a bronze medal and was joined by teammate Sanguk Oh. Remarkably this was Oh's first ever competitive event! Russia beat Germany to the gold medal in the team event with Italy edging out Korea for bronze.

Bongil Gu (KOR) took his second title of the season in Warsaw beating Tiberiu Dolniceanu (ROU) in the final. Luca Curatoli (ITA) secured his first senior medal by taking a bronze medal and was joined on the third step of the podium by Aron Szilagyi (HUN). An impressive performance by France saw them take out China, Germany and Italy on their way to a gold medal match with Korea, which they also won. Russia secured the bronze medal.

Gu still sits at the top of the World rankings, forty-three points ahead of number two, Alexey Yakimenko (RUS), who is now just two points ahead of Aldo Montano (ITA). There is then another forty-two points separating them from a cluster of five fencers split by just thirteen points, namely, Kim (KOR), Szilagyi (HUN), Occhiuzzi (ITA), Berre (ITA) and Dolniceanu (ROU). Russia lead the way in the team rankings but are level on points with Korea with Germany and then Italy just a handful of points behind them.

### Women's Sabre

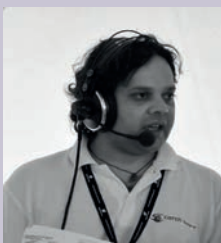
The New York Grand Prix was the third event on this circuit and Olga Kharlan (UKR) secured the title with victory over Sofya Velikaya (RUS). Maria Perez Maurice (ARG) secured her first major senior podium with a bronze medal and was joined in third place by Mariel Zagunis (USA).

Kharlan beat Velikaya again to win the next event – the Athens World Cup – but this time the third place medals went to Rosella Gregorio (ITA) and Dagmara Wozniak (USA). In the team event Ukraine beat Russia to the gold medal and the USA secured the bronze by beating Hungary.

At the next event, the Ghent World Cup, Velikaya got her own back on Kharlan by beating her in the semi-finals of the individual event. The Russian went on to beat Mariel Zagunis in the gold medal match as Anna Marton (HUN) completed the podium. In the team event France continued to impress, beating the USA in one semi-final with Italy beating Russia in the other. Italy went on to win as the USA took the bronze medal.

Kharlan (UKR) leads the individual ranking by nearly sixty points over Zagunis (USA) with Velikaya (RUS) up to third. It's another twenty-three points down to Ekaterina Dyachenko (RUS) with Wozniak (USA) just a few points behind her.

By the time this goes to print there will have been a few more ranking events but things really ramp up from April onwards as qualifying for Rio begins in earnest. Those teams and fencers who have climbed the rankings in the first part of the season will be pleased with their results to date. However they still need to look over their shoulders at those looking to peak now to secure Olympic qualification. It's all to play for!



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# O'SULLIVAN CUP, 2015

## WHITCHURCH FENCING CLUB

By Beatrice Fannon

Fencers from clubs across South Wales gathered on Sunday 15th February 2015 for the 26th O'Sullivan Cup held by Whitchurch Fencing Club. The competition was established following a donation made to the club by David O'Sullivan, the father-in-law of a long-running member of Whitchurch Fencing Club, in 1989. Michael Clemitson, the Whitchurch Club Secretary, commented: 'When the competition was first established in 1990, the club didn't really expect it to become the success that it has; it has been running for 26 years now, and we've had to add an extra tier to the cup to accommodate all the winners!'

The competition is a unique event in the Welsh calendar, as it is a mixed, one-hit épée competition that is open to male and female fencers of all standards. Rupert Nute (Whitchurch) explained how the one-hit competition could be used for training purposes: 'Although the O'Sullivan Cup differs from regular fencing competitions, the single hit causes you to be more circumspect in your approach, and there are many situations in fencing where a single hit makes the difference between winning and losing.'

The results of the competition confirmed just how important one hit can be: all the medal positions were separated by only one hit. The competition was tightly fought throughout. William Meredith-Davies (Cardiff) took an early lead in the initial round, two points ahead of nearest rivals Gareth Law (Celtic Sword) and Adrian Stoneman (Cardiff). William remained in poll position in the second round, though Krystof Gibbon (Cardiff) had caught up with him to hold joint first place going into round three. Krystof retained first-place position in round three and Adrian joined him, both of whom had inched ahead of William by one point. In the fourth and final round, William caught up with Adrian – both of whom finished on 26 points, while Krystof dropped behind by one point to take the bronze medal with 25 points. A gripping one hit fence-off ensued between Adrian and William, in which Adrian snatched the point to take the gold medal and become this year's O'Sullivan Cup champion.

### Final positions were:

- 1st Adrian Stoneman (Cardiff);
- 2nd William Meredith-Davies (Cardiff)
- 3rd Krystof Gibbon (Cardiff)

Sue Ko of Haberdashers' School for Girls, Monmouth, received a prize for the 'highest-placed opposite sex', and Sephrenia Canty – the youngest entrant – received a Whitchurch Fencing Club mug as youngest runner up.

Adrian Stoneman, this year's O'Sullivan Cup champion, described the appeal of the competition: 'The O'Sullivan Cup hearkens back to the early competitions in Britain at the beginning of the last century, which sought to recreate the circumstances of the duel. While the advent of electrical scoring

means that competitions are rarely fenced outdoors, the O'Sullivan Cup works on the 'first-blood' principle – only single hits count – and retains the old rule of 'double defeats'. It is a competition that appeals to the fencing romantic.'

The competition shows Whitchurch Fencing Club's effort to make its local competitions more professional. It recently acquired an FIE scoring box, courtesy of grant given by Sport Wales, to use at competitions, and this was the first time that the competition has had dedicated referees. Steve Poyser, who recently qualified as a level 2 referee, stated: 'Fencers always tell us how much they enjoy the O'Sullivan Cup: they get a lot of fencing as well as having fun. The club is now trying to build on those elements by running competitions as professionally as possible.'

The competition also offered an armoury, where competitors could have their weapons fixed,

and a Leon Paul mini-stand, a popular feature of the competition at which fencers could buy equipment at a discount rate.

Whitchurch Fencing Club is particularly grateful for the refereeing offered by Lynne Melia (Team Melia), Neil Powell (Whitchurch) and Steve Poyser (Whitchurch), and the Armoury provided by Peter Smith (Wellington Swords).

For full listings, see [www.whitchurchfencing.co.uk](http://www.whitchurchfencing.co.uk)



(left to right) Krystof Gibbon (3rd), Adrian Stoneman (1st), William Meredith-Davies (2nd), Sue Ko (highest placed opp. sex), Sephrenia Canty (youngest runner up)

# CAMBRIDGE WINTER TOURNAMENT 2015

by Dan Tozer

The Cambridge Winter Tournament was held on the 3rd/4th January with nearly 200 fencers failing to find holiday related excuses and burning off the extra calories. The early DE rounds of the men's epee produced a number of shocks with only veteran Howard West of the top 4 seeds making the semi-finals. These produced 2 close fights with Wayne Bryan beating Howard 15-12 and Lee Ormerod edging Theo Edwards 15-14. Wayne then went on to win the final 15-8 in a high energy (for epee) bout. In the Women's competition 12th seed Heather Jarrold won a tense semi against top seed Jessica Gundry 13-12, while in the other half of the draw Julie Henson defeated Christine Steiner, again by 1 hit, 15-14. Julie then took the title with a 15-11 victory.

The men's sabre competition saw less tense semi-finals with Simon Donald unfortunately having to abandon against Marc Oakes and Ehsan Miri defeating George Burton 15-0, a closer final saw Marc win 15-11 and go on to receive his medal in an understated manner.

On the women's side top seeds Emma Potter and Elizabeth Ng defeated Lucy Wright (15-9) and Constance Gouletquer (15-4) respectively. Elizabeth then went on the victory 15-10 in the final.

In the Women's foil top seed Amy Hyman faced 6th seed Madalenana Lewandowska, who had beaten 2nd seed Eleanor Bryant 15-3, and won conformably 15-8, Oxana Mikhaleva took the other bronze medal. On the men's side local fencers were well represented in the latter stages with Cambridge University fencers Matthew Fitton and Richard Morris making the semi-finals along with former Cambridge resident Reuben Cohn-Gordon and Sheffield Buccaneer Alexander Spencer-Taylor. Matthew and Reuben made it through to a tactical final, which saw most of the action occurring in the final minute, with Matthew prevailing 14-8.

The organisers would like to thank the fencers for turning up, the referees for dealing with the fencers and Steve Hyman and Nick Murphy for sterling work in fixing various weapons.

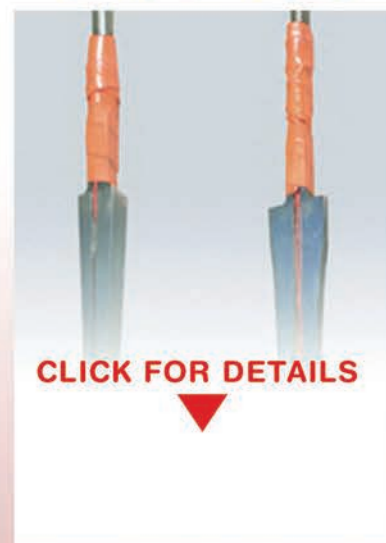


Foil (L-R): Eleanor Bryant, Oxana Mikhaleva, Amy Bryant and Madalenana Lewandowska.



Sabre (L-R): Constance Gouletquer, Lucy Wright, Elizabeth Ng and Emma Potter.

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# EN GUARD!

## KOMATSU STAFF HONE THEIR FENCING SKILLS

By Andrew Mitchell

Employees from Komatsu in Birtley are picking up foils, épées and sabres to get fit and healthy.

Komatsu staff, along with employees from EDF, Northumbria Police and Sunderland Football Club are spending six weeks learning basic fencing skills. Coaches from Washington Fencing Club are delivering a programme of inspiring sessions that aim to encourage participants to take up the sport through regular participation.

This is just one of many activities Tyne & Wear Sport have organised for local businesses through their Active Workplace scheme. The Active Workplace scheme has been created to support businesses to develop a healthier workforce by getting their staff more active; helping to reduce absenteeism, improve staff morale and ensure better productivity.

Tyne & Wear Sport Workplace Activity Manager Jasmine Danby said, "It is estimated that you will spend one third of your waking life at work, which is why we're supporting local businesses to increase the levels of physical activity within their staff."

The scheme works to find out the sport and activity interests of a business's employees and to develop a companywide programme for their staff. Activities can include everything from archery and badminton to sailing and volleyball.

Coach Gary Mills from Washington Fencing Club is leading the sessions as part of Tyne & Wear Sport's Active Workplace Programme. Washington Fencing Club was formed 15 years ago with the aim of making the sport of fencing fun and accessible to all, irrespective of experience and fitness levels.

Gary said, "The Active Workplace scheme has been great for the club. Fencing is a minority sport in the north east so it's always nice to have new people coming to our sessions and getting stuck in."

Gemma Aynsley from Komatsu who is taking part in the sessions with her husband said, "The fencing sessions have been fantastic, we're really enjoying them. It's been brilliant to get to try new sports through the Active Workplace scheme. As well as fencing I've also tried skiing and boxing. It's a great way to try new things."

Tyne & Wear Sport are keen to work with other local business through the Active Workplace Programme. Millions of working days are lost each year due to ill health and research shows that a more active workplace is a more productive one.

If your business would like free, hands-on and

tailored support to help your business create a workplace physical activity offer please contact Jasmine Danby on 0191 4972320 or by email on [jasmine.danby@tynewearsport.org](mailto:jasmine.danby@tynewearsport.org)



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# BOOK & DVD REVIEWS

## BOOK REVIEWS

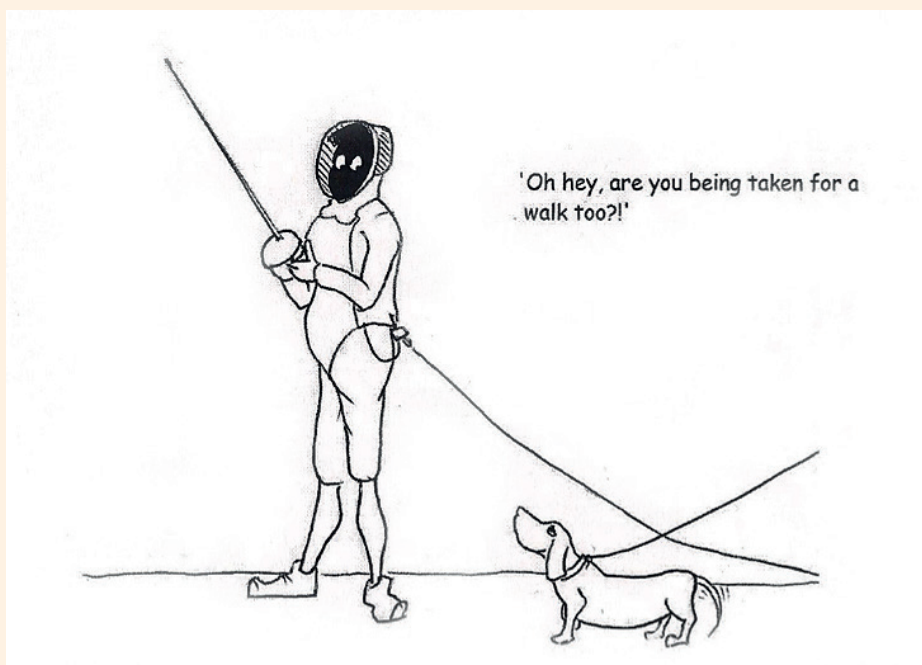
### HOT SWEAT AND COLD STEEL The Book of 101 Fencing Cartoons (101 pages)

I have enjoyed looking through Peter Russell's excellent book of fencing cartoons. There is a strong element of truth in his humour, much of which does not require knowledge of fencing in order to enjoy. The fun fencing scenarios he depicts includes situations occurring at competitions or in clubs, student or teenage fencers, dogs and fencing, little versus large contests, ways of distracting opponents, fencing parents...and many more.

As a dog walker this example appealed to me personally, but they are all worth a look.

Good for sharing with friends.

Editor



## DVD REVIEWS

### LEARN FENCING – FOIL, SABRE AND EPEE

Peter Russell has written three fencing DVD's. They are shot in high definition and described as 'an indispensable resource for beginner and intermediate fencers alike'. A brief synopsis of their contents follows:

#### Learn Fencing – Foil (1hr 28 minutes)

Basic equipment and safety aspects are covered, before proceeding to footwork in various forms; including the stance, steps forward and backward, lunge and recovery, and the fleche. Rules and conventions follow next, then blade work; which leads to an explanation of the difference between guards and lines and the characteristics of the hit, then engagements. The four basic options for simple attacks are described in detail. Next follows an explanation of parrying options involving different lines. Blade preparations are followed by counter ripostes. Compound attacks lead to successive parries and the point-in-line, various forms of prise-de-fer, then ceding and opposition parries. Counter attacks are followed by counter-time, and then renewed attacks. Fencing opposite handers and free fighting, finishes this sequence.

#### Learn Fencing – Sabre (1hr 38 minutes)

Basic equipment and safety aspects are covered, before proceeding to footwork in various

forms; including the stance, steps forward and backward, lunge and recovery, double steps, step lunge, cross-over steps (backwards) and the flunge (a leaping attack similar to the foil or epee fleche). An explanation in the use of blade work takes us to rules and conventions, the grip and the difference between guards and lines. Basic types of (traditional) hit (cut, through-cut, thrust), leads to parries and simple ripostes. Distance parries, where the attacker's front foot lands, while the defender keeps distance, are covered next. This is followed by prepared attacks and first counter riposte. Compound attacks are followed by successive parries and then compound ripostes. The use of point-in-line leads logically to prises-de-fer and dérolements. Stop cuts are followed by counter-time and then renewed attacks. Fencing opposite handers and free fighting, finishes this sequence.

#### Learn Fencing – Epee (1hr 37 minutes)

Basic equipment and safety aspects are covered, before proceeding to footwork in various forms; including the stance, steps forward and backward, change step (where the fencer changes direction half way through a step), lunge and recovery and the fleche. An explanation in the use of blade work, leads to the grip, the difference between guards and lines and the hit. Engagements, lead to angulation, then three types of simple attacks. These are followed by different types of parry, counter attacks, blade preparations and first counter ripostes. Compound attacks are followed by successive parries, the point-in-line, prise-

de-fer attacks, dérolements, then ceding and opposition parries. Counter-time, renewed attacks and flicks come next. Free fighting finishes this sequence.

#### Reviewer's Comments

I found the occasional reference to the wrong way of doing something (highlighted with a red 'X') a little distracting, particularly as the correct method was so well demonstrated.

Flicks to the wrist (epee) are shown being safely practiced on a coach wearing a protective sleeve, but great care is needed when trying this out for the first time. Your own coach will teach you this when he/she feels you are old enough and ready.

Coaches wishing to study for recognised coaching qualifications will find these DVD's useful, but it is important to consult a qualified coach educator in the particular coaching scheme you are interested in, to ensure that you are working on the approved curriculum in which you will be examined.

These DVD's are well produced, packed with interesting material and with 80+ minutes viewing time in each, they represent good value for money.

Editor



## DVD REVIEWS

### LEARN FENCING – ADVANCED FOIL, SABRE AND EPEE

Peter Russell has written and directed three advanced fencing DVD's. A brief synopsis of their contents follows:

#### Learn Fencing – Advanced Foil (2hr 18 minutes)

Performance preparation is considered, relevant to fencing, which includes mobility and dynamic exercise, and locomotion (incorporating changes in direction).

Footwork involves changes in direction, speed and tempo. The step lunge leads to check steps (also known as short stop – essentially a feint-like action, used to draw a reaction), change steps (allowing a change in direction half way through a step), half steps, and cross-over steps. Working on the fencer's awareness of their position on the piste is followed by footwork drills which develop and educate muscles. The introduction of bladework leads to the use of flicks (unsuitable for novices), neuvieme (or 9th guard) in order to defend against flicks to the shoulder, and close quarters work; then short and long attacks: short being lunge or step lunge distance, and long being the extra steps required when the opponent retreats beyond this. Piste position scenarios are followed by defence, searching (where the blade is sought after, in order to slow down the opponent, or gain priority), attacks on preparation and counter attacks, stop hits, and the point-in-line (not seen as a means in itself, but rather, second intention). Parries come next (either as second intention or as a last resort), then an assortment of technical exercise. The introduction on competition skills leads to opponent analysis (pre-fight, between hits, between breaks), and fight structure (gaining hits at crucial moments in a fight). Lastly, playing to the referee and the one minute break is discussed.

Glen Golding is the coach consultant for foil. Strength and conditioning is discussed, which includes mobility, stretching and dynamic exercises; also using plyometric jumps to develop speed and power. It is noted that strength reduces instability. Upper body and core work are also important. For conditioning, sparing or high intensity footwork - training which replicates the high speed intermittent nature of fencing - is considered best. Sport psychology and sports nutrition come last.

#### Learn Fencing – Advanced Sabre (2hr 01 minute)

Performance preparation is considered, relevant to fencing, as before.

Footwork involves changes in direction, speed and tempo. The step lunge leads to check steps, slide steps (used to break up the tempo of footwork, allowing for observational based offensive and defensive actions), then the use of jump preparations. Working on the fencer's awareness of their position on the piste, leads to footwork drills which develop and educate muscles. Short attacks, often set pieces in the centre (step-step-lunge, second intention, or in-out), are demonstrated; then long attacks which tend to be more tightly controlled, varying in tempo. The use of defence is followed by searching (where the blade is sought after in order to slow down the opponent, or gain

priority). These are followed by attacks on preparation (risky but effective against certain opponents) with pointer on relevant footwork, then the use of the point-in-line (another means of slowing the opponent down, or as a disruptive technique). Parries are then considered (either as second intention or as last resort). Competition skills are discussed, including opponent analysis (pre-fight, between hits, between breaks), playing to the referee, playing for time (delaying tactics), and lastly tactical patterns (the opponent is also observing you so mix-up your technique).

Jon Salfield is the coach consultant for sabre.

Various types of strength and conditioning exercises are discussed, sport psychology and sports nutrition, as before.

#### Learn Fencing – Advanced Epee (2hr 10 minutes)

Performance preparation is considered, relevant to fencing, as before.

Drills are suggested which will improve footwork in various ways. Technical exercises are explored based on 'open eyes' and 'choice reaction'. The concepts of fencing distance and fencing time are explored. Also, in order to improve, it is necessary to learn to analyse yourself. It is important to avoid common mistakes in the grip (like extending the index finger too far forward). When fighting you see many things at once. Focus can be achieved by finding an optimum point for your eyes to rest on. Balance and stability can be improved by training, for example by combining continuity and footwork exercises. Sequences are described as techniques strung together in order to improve performance. Various techniques are then discussed which are considered to be most relevant at the highest level: direct attacks, indirect attacks, remises and step attacks. Opposition hits are explored, some with the coach providing right and left handed options. Examination of the lunge and recovery, leads to attacks to the wrist (which must be delivered with the arm relaxed). The use of the fleche is followed by attacks on the opponent's recovery. Preparations are seen as mainly used for closing from fencing distance to lunge distance. Hits to arm, foot and leg follow, and then duck hits. The variable and demanding nature of ripostes, leads to the need for a habitual renewal, or retreat response, after all actions; then the use of close quarters is considered. Competition skills are discussed, including opponent analysis (on piste and off piste), and lastly tactical progressions.

Alex Agrenich is the coach consultant for Epee.

Various types of strength and conditioning exercises are discussed, sport psychology and sports nutrition, as before.

#### Reviewer's Comments

The coaching insights and demonstrations are excellent, but those wishing to study for recognised coaching qualifications will need to check with the scheme they are interested in, if they wish to pass specific exams. Coaches and fencers who aspire to this level will benefit from studying these DVD's. The contents can be accessed by referring to individual chapters, for review and practice. There is much to consider.

At 2+ hours long and these DVD's represent good value for money.

Viewing is highly recommended.

Editor

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# Obituaries



## FRED SHEPPARD (1945-2015)

It was most heartening to see such a massive turnout of fellow fencers. Mike was a 'foil guard of honour' as both Mike and I have a 45 + year history as major part of Fred's life. That Fencing featured strongly in the address was no surprise as Mike and Fred both started at the Birmingham Athletic Institute (Severn St & John Bright St), in an old part of Birmingham, in their late teens. Fencing twice a week both had Prof. Faubert as their Master. Fred also boxed and was a gifted artist.

Faubert taught at the University of Birmingham too as well as at Birmingham Fencing Club (which is the Community side) on the same site. He had also taught Mike's mother in her fencing days in the Leicester City club.

All three of us eventually applied to be members of Birmingham Fencing Club but had to wait to be 'approved' as I was still regarded as a Novice (trained at Royal Leamington Spa Fencing Club) as noted in Edmund Gray's records and clearly not as competent or competitively able as Mike and Fred. However, all three of us were accepted and continued to fence for BFC over many years. This included periods of National Level Excellence training for Fred as he was clearly talented, many years when we were all on the weekly West Midlands Training Squad, and more Senior Winton cup events than I can remember. Fred joined Stourbridge Fencing Club as his 'local' one and in the last few years Cocks Moors Woods F.C. He was welcomed everywhere for his technique and his sense of fun. All three of us were involved in the early stages of the Vets movement. Whereas Fred continued to be heavily committed in that sphere Mike moved to development of BFC and the ever growing Easter Tournament and I remained the admin. support and volunteer coach.

Fred's lively spirit will be sadly missed at Opens, clubs and other events. Our sympathy goes out to Val and all their Family at this occasion

J.P.Whitehouse

Additional tributes can be found on <http://www.veterans-fencing.co.uk/obits/sheppard.shtml>.

Photo by Gillian Aghajan

**Fred's lively spirit will be sadly missed at Opens, clubs and other events. Our sympathy goes out to Val and all their Family at this occasion**

## DEREK SWEENEY (1929-2015)

It is with much sadness that we report that Derek Sweeney died on Monday 5th January.

He was a well-known character to those in the fencing community, especially in South London where he coached for well over 40 years. Derek was a lifetime President of Wimbledon Fencing Club and was heavily involved in coaching wheelchair fencers, including the team that took part in the 1992 Barcelona Paralympics.

Derek was presented with a long term service award by British Fencing in February 2007. He will be missed by many and our condolences go to his family and friends.

The following is from the Wimbledon Fencing Club website:

'It is with great sadness that we announce that Derek Sweeney, Life President of Wimbledon Fencing Club, died Monday 5th January 2015 in St Helier Hospital. He was 85 years old. Derek

joined Wimbledon Fencing Club soon after its formation in 1951 and was its mainstay and principal coach for much of the time until he retired from coaching about eight years ago. He remained a great friend to many of us.'

**British Fencing**





## RICHARD BONEHILL (1949-2015)

It is with great sadness that we announce that Richard Bonehill died at the age of 65 on 29th January 2015. Richard was an extremely popular man within the fencing community both at home and abroad.

His many claims to fame included appearing as a Storm Trooper and other characters in the original Star Wars movies and being at the centre of the development of his beloved Truro Fencing Club, where he was the President from 2007 to his death. His involvement in the club saw him establish both the Duel on the Beach and the Cornwall Pro Sabre events. He stepped down as Head Coach in 2007, passing

on the mantle to his protégé Jon Salfield. In 2011 Richard led the Cornwall team to the gold medal at the Excalibur Trophy inter-county event – he rated this title and his World Veteran's Championship Gold medal in 2010 as his two proudest fencing moments. Richard was a very active member of BVF and played a key role when the Veterans World Championships was hosted in Bath in 2006.

The following extract from Truro Fencing Club's Newsletter (Special Medal Edition) No. 12, October 2010, records his success at the World Veterans Championships:

### World champion

Richard Bonehill the President of Truro Fencing Club has been crowned 2010 Veterans World Sabre Champion at the 14th World Veterans Fencing Championships which were held in Porec, Croatia in October. The event, the largest ever Veterans World Championships attracted 610 top class fencers – aged over 50 - from 34 countries.

Richard who competed in the individual Sabre event fenced on the penultimate day of the five day championships. His first fight against Yamada of Japan did not go to plan with Richard losing 4-5. The defeat was a 'wake up call' to the Cornish fencer who then won the remaining fights in his pool convincingly to win the first round and be seeded 3rd overall. In the direct elimination fights Richard increased his speed and the ferocity of his attacks defeating top ranked fencers from America, Germany, France and Italy to progress to the World Championship Final against the top ranked

American and former World Champion, Ray Sexton III.

Before the final Richard was presented with a commemorative diploma by Max Geuter the representative of The Fédération Internationale D'Escrime – the world governing body of fencing – to mark his 'extraordinary achievement' of representing Great Britain at 10 consecutive World Championships. Both Bonehill and Sexton have reputations as aggressive Sabreurs and at the start of the final each tried to force the other onto the defensive with fast attacks. At the one minute half time break Richard led by 5 hits to 4. In the second period of the bout Richard dominated the fight and commanded the piste denying Sexton a single hit. The final score was a decisive 10 - 4 victory to the Great Britain fencer.'

### Commenting on his victory Richard said:

'I am always extremely proud to be chosen to represent Great Britain and to stand on the winner's podium at The World Championships, and watch the Union Flag being hoisted with the National Anthem playing is a unique emotional experience. I dedicate my win to Truro Fencing Club – the best fencing club in the world – and in particular to my coach Jon Salfield without whom my victory would not have been possible.'

Richard won 44 championship titles in his fencing career.

### British Fencing

## BARBARA HILLIER (1921-2014)

It is with great sadness that we announce that Barbara Hillier died at the age of 93 on 24th December 2014. Barbara was a well-known fencer, coach and administrator in the south-west. She kept the Section U20 training scheme going for many years and in 1980, as Director of Coaching, was responsible for recruiting Norman Golding as Section coach.

With her husband Colin, she ran Bristol Fencing Club and organised the popular Bristol Open tournament. For her services to fencing,

Barbara received the BFA Award of Merit in 1981, a Bronze medal in 2000 and a Silver medal in 2008.

She will be sadly missed.

### British Fencing

## CORRECTION

The photo included with Dame Mary Glen Haig's obituary in the last issue is in fact that of Gillian Sheen. We are grateful to Allan Jay for providing this information.

# RESULTS

## YOUTH DOMESTIC

### LEON PAUL BSC GIRL'S CADET FOIL, 5TH NOVEMBER

1. Whitfield, Madeleine	Laszlos
2. Campbell, Alice	Newham Swords
3. Gill, Isabella	Salle Paul
3. McLaughlin, Mhairi	Salle Holyrood

### ELITE EPEE JUNIOR SERIES, 13-14 DECEMBER

#### UNDER 11 BOYS

1. Kamstra, Leo	Cobha
2. Farnsworth, Ibraheem	Dream
3. Brooke, Alex	Knigh
3. Farnsworth, Muhammed	Dream

#### UNDER 11 GIRLS

1. Golden, Eve	Newcastle
2. Shahenshah, Carlotta	Knigh
3. Potter, Crinan	Chels
3. Loo, Eleanor	Knigh

#### UNDER 13 BOYS

1. Foulsham, Jacob	R&REC
2. May, Toby	Newc
3. Jones, William	St Pa
3. Vlieghe, Sevan	Knigh

#### UNDER 13 GIRLS

1. Kalimtgis, Sophia	Knigh
2. Hadalin, Henriette	SallH
3. Taylor, Eleanor	OPS E
3. Lever, Rachael	OPS E

#### UNDER 16 BOYS

1. Carey, Patrick	TSCA
2. Begley-Jones, Murray	St GE
3. Degorce, Aurelien	Escr
3. Wilcox, Josh	Knigh

#### UNDER 16 GIRLS

1. De Boisgeline, Douce	Knigh
2. Robertson, Havana	Chels
3. Henderson-Roe, Maia	CADS
4. Palano, Elena	Knigh

### LEON PAUL JUNIOR SERIES FOIL, 10TH JANUARY

#### UNDER 9 BOYS

1. Chaudhari, Aarav	Eltham College
2. Sosnov, David	ZFW
3. Beautyman, Cadour	Swindon
3. Evans, Callum	Salle Scipianovs

#### UNDER 9 GIRLS

1. Hadalin, Helga	Salle Hadalin
2. Quillot, Camille	CLFC
3. Genieser, Matilda	Sussex House
3. Long, Eleonore	Sussex House

#### UNDER 11 BOYS

1. Cook, Jaimie	Salle Holyrood
2. De Robert Hautequere, Francois	Cobham Fencing Club
3. Lim, Leo	Sussex House
3. Mills, Arthur	Sussex House

#### UNDER 11 GIRLS

1. Ngo, Olivia	Salle Kiss
2. Bird, Martha	Cobham Fencing Club
3. Stutchbury, Carolina	Invicta
3. The, Isabelle	Cambridge Swords

#### UNDER 13 BOYS

1. Gray, Harry	Chichester Fencing Club
2. Baigneres, Jean-Baptiste	Camden
3. Genieser, George	Sussex House
3. Sampson, Dominic	Kenilworth Sword

#### UNDER 13 GIRLS

1. Mond, Amanda	Three River Young Blades
2. Hadalin, Henriette	Salle Hadalin
3. Dawe, Phoebe	Russell Swords
3. Gale, Madeleine	Brentwood

#### UNDER 15 BOYS

1. Gautam, Brij	Salle Paul
2. Forey-Miller, Jacob	Salle Oxon
3. Gill, Alessandro	Salle Paul
3. Hayes, Harri	Russell Swords

#### UNDER 15 GIRLS

1. Newton-Hughes, Phoebe	Marshall Fencing
2. Jones, Rachel	Salle Kiss
3. Black, Mirren	Cobham Fencing Club
3. Lukaite, Emilija	Newham Sword

## NI JUNIOR FOIL SERIES ROUND 3

### UNDER 10 MIXED

1. Turkiewicz, Szymon	FLO
2. Cochrane, Ruby	FLO
3. Chekhouski, Daniel	Lisbum Gladiators
3. Cockburn, Callum	Grosvenor

### UNDER 12 GIRLS

1. Vaughan, Anna	Sullivan Upper
2. Lane, Maia	Sullivan Upper
3. Bailey, Erin	Down
3. Piotrowska, Karina	Grosvenor

### UNDER 12 BOYS

1. Smatralla, Claudio	Pembroke
2. Carmichael, James	FLO
3. Finnegan, Conn	Sullivan Upper
3. O'Connell, Zak	Pembroke

### UNDER 14 GIRLS

1. Velma, Emelia	Pembroke
2. Maginn, Erin	Sullivan Upper
3. McGinnity, Orla	Grosvenor
4. McPherson, Phoebe	Sullivan Upper

### UNDER 14 BOYS

1. Cockburn, Robbie	Grosvenor
2. McMullan, Finn	Belfast
3. Brown, Noah	RBAI
4. McKay, Matthew	RBAI

### UNDER 16 GIRLS

1. Maginn, Emily	Sullivan Upper
2. O'Neill, Iona	Sullivan Upper
3. Cormican, Ciara	Lisbum Gladiators
3. Smiyyth, Rachel	Sullivan

### UNDER 16 BOYS

1. Verdon, Paul	Grosvenor
2. Girvin, William	Grosvenor
3. Duffin-Murra, Aneurin	Grosvenor
3. Sloan, Benjamin	RBAI

### ELITE EPEE JUNIOR SERIES EVENT 3, 21 JANUARY

#### UNDER 11 BOYS

1. Brooke, Alex	Knigh
2. Farnsworth, Muhammed	Dream
3. Salter, Felix	Londo
3. Trotzig-Ruddick, Noah	Londo

#### UNDER 11 GIRLS

1. Potter, Crinan	Chels
2. Grylewicz	Knigh
3. Louise, Josephine	Escr
3. Loo, Eleanor	Knigh

#### UNDER 13 BOYS

1. Foulsham, Jacob	R&REC
2. Kew, Ethan	R&REC
3. Tuuvert, Alexander	HAVAR
3. Ashforth, Myles	CADS

#### UNDER 13 GIRLS

1. Hadalin, Henriette	Salle Hadalin
2. Taylor, Eleanor	OPS E
3. Herrling, Messina	Knigh
3. Lever, Rachael	OPS E

#### UNDER 16 BOYS

1. Roach, Tariq	Whitg
2. Wake, James	Harro
3. MacLennan, Robert	Abing
3. Begley-Jones, Murray	St. G

#### UNDER 16 GIRLS

1. De Boisgeline, Douce	Knigh
2. Palano, Elena	Knigh
3. Spice, Sarah	CLFS
3. Henderson-Roe, Maia	CADS

### BEAZLEY BRITISH CADET CHAMPIONSHIPS, 14 FEBRUARY

#### MEN'S EPEE

1. Whelan, Roo	Millfield
2. Morris, George	Stockport Sword
3. Cafaro, Jack	Llantwit Major
3. Cooper, Matthew	Wingerworth

#### WOMEN'S EPEE

1. Sheffield, Laura	Brixton
2. Lawson, Danielle	Stourport
3. Hide, Victoria	Team Newcastle
3. Plant, Bethan	Millfield

## MEN'S FOIL

1. De Almeida, Dominic	Fighting Fit
2. Bates, Ben	Bath Sword
3. Bird, Harry	Salle Boston
3. Woolley, Aiden	Fighting Fit

## WOMEN'S FOIL

1. Gill, Isabella	Salle Paul
2. Campbell, Yasmin	Fighting Fit
3. Babaeva, Seville	Escrime Academy
3. Ellis, Beth	Wrekin Sword

## MEN'S SABRE

1. Craze, Jamie	Truro
2. Suddards, George	Camden
3. Amsalem, Eden	Camden
3. Watt, Caspian	Shakespeare Swords

## WOMEN'S SABRE

1. Maxwell, Caitlin	Truro
2. Corby, Jessica	Salle Ossia
3. Anil, Shreya	Camden
3. Halliwell, Chloe	Shakespeare Swords

### BEAZLEY BRITISH JUNIOR CHAMPIONSHIPS, 15 FEBRUARY

#### MEN'S EPEE

1. Steed, Oliver	Skipton
2. Nichols, Harrison	Redhill & Reigate
3. Dickson, Thomas	Team Newcastle
3. McGlade, Daniel	Brixton

#### WOMEN'S EPEE

1. Gundry, Jessica	Truro
2. Bryson, Karenza	Plymouth
3. Nesbitt, Hannah	
3. Plant, Bethan	Millfield

## MEN'S FOIL

1. Rai, Rajan	Newham Swords
2. Lloyd, Alexander	ZFW
3. De Almeida, Dominic	Fighting Fit
3. Pallier, Sebastian	Activ8

## WOMEN'S FOIL

1. Fihosy, Ayesha	Salle Boston
2. Dickson, Chloe	Edinburgh
3. Campbell, Yasmin	Fighting Fit
3. Smith, Katie	Fighting Fit

## MEN'S SABRE

1. Deary, William	Truro
2. Webb, Jonathan	Camden
3. Amsalem, Rubin	Camden
3. Howes, Nicholas	Truro

## WOMEN'S SABRE

1. Chart, Maria	Truro
2. Daykin, Kate	Salle Ossian
3. Maxwell, Caitlin	Truro
3. Turnbull, Isabel	MX Fencing Club

### LONDON LPJS SABRE, 22 FEBRUARY

#### UNDER 9 BOYS

1. Lister, Alex	Marshall Fencing
2. Stutchbury, Peter	Invicta
3. Brincklow, Oscar	CADS
3. White, Stanley	PDFA

#### UNDER 9 GIRLS

1. Danford, Thisbe	PDFA
2. Beart, Emma	Tongswood

#### UNDER 11 BOYS

1. Shaw, John-Paul	MX Fencing
2. Baxter, Elliott	Shakespeare Swords
3. Horne, Sam	Bristol White Eagle
4. Mather, Maximilian	Shakespeare Swords

#### UNDER 11 GIRLS

1. Saunders, Nicole	Marshall Fencing
2. Baird, Helena	PDFA
3. Craze, Lexie	Truro
3. Donati, Stella	MX Fencing

#### UNDER 13 BOYS

1. McDonnell, Kajetan	Camden
2. Cromie, Max	Truro
3. Hyams, Tulliver	Camden
3. Toms, Oliver	Wrekin Sword



# RESULTS

## UNDER 13 GIRLS

1. Banister, Alice	Marshall Fencing
2. Khan, Aneesah	NLSC
3. Rayment, Sophie	MX Fencing
3. Robbins Wilkinson, Ellen	Marshall Fencing

## UNDER 15 BOYS

1. Holdsworth, Bertie	Truro
2. Pease, Matthew	Camden
3. Preston-Cowell, Jack	Camden
3. Thornley, Drew	Marshall Fencing

## UNDER 15 GIRLS

1. O'Reilly, Hannah	MX Fencing
2. Yang, Lumeng	Camden
3. Dunn, Olivia	Marshall Fencing
3. Khan, Zahra	NLSC

## LONDON LPJS EPEE, 22 FEBRUARY

### UNDER 9 MIXED

1. Campbell, Jake	Central London Fencing Club
2. Lumineau, Tristan	Central London Fencing Club
3. Agrenich, Josphe	Haverstock
3. Suresh, Zoya	Central London Fencing Club

### UNDER 11 BOYS

1. Brooke, Alec	Knightsbridge
2. Salter, Felix	London Fencing Club
3. Kew, Liam	Redhill & Reigate Epee Club
3. Taiwo-Williams, Louis	5 Boroughs Pentathlon Club

### UNDER 11 GIRLS

1. Loo, Eleanor	Knightsbridge
2. Grylewicz, Ava	Knightsbridge
3. Garrood, Helena	Central London Fencing Club
3. Potter, Crinan	Chelsea Fencing Club

### UNDER 13 BOYS

1. Ashforth, Myles	CADS
2. Grimshaw, Nicholas	Stockport
3. Foulsham, Jacob	Redhill & Reigate Epee Club
3. Gibson, Harry	Northwich Fencing Club

### UNDER 13 GIRLS

1. Krzyzaniak, Patrycja	Queens Gate School
2. Taylor, Eleanor	OPS Epee Club
3. Jarvis, Louisa	Packwood
3. McCormack, Maisie	OPS Epee Club

### UNDER 15 BOYS

1. Macpherson, Steven	Gravesham
2. Begley-Jones, Murray	St George College
3. Boyle, Douglas	Warwick School
3. Du Pree-Thomas, Piers	Plymouth

### UNDER 15 GIRLS

1. De Boisgelin, Douce	Knightsbridge
2. Oien, Jacqueline	Haverstock
3. Henderson-Roe, Maia	CADS
3. Kipiani, Anastasia	Brixton

## YOUTH INTERNATIONAL EDEN CUP, 10TH JANUARY

1. Ingargiola, Francesco	ITA
2. Cuiti, Tommaso	ITA
3. Dosa, Daniel	HUN
3. Elice, Meddy	FRA

## GLL CAMDEN CADET INTERNATIONAL SABRE, 31 JANUARY – 1 FEBRUARY

### MEN'S SABRE

1. Vervoitte, Quentin	FRA	Meylan SE
2. Bibi, Elliott	FRA	Pau Section
3. Arpino, Alberto	ITA	Sal Lugano
3. Scisciolo, Fabrizio Maria	ITA	

### WOMEN'S SABRE

1. Lucarini, Lucia	ITA	
2. Corby, Jessica	GBR	Salle Ossian
3. Chart, Maria	GBR	Truro
3. Chouri, Maria Georgia	GRE	AEK

### MEN'S TEAM

1. France
2. Italy
3. Great Britain

### WOMEN'S TEAM

1. Great Britain
2. Romania
3. Switzerland

## SENIOR DOMESTIC

### 2ND LEON PAUL WOMEN'S EPEE OPEN, 6TH NOVEMBER

1. Rahardja, Rania	Haverstock
2. Hohlbein, Frauke	Neusser SV
3. Barrett, Juliana	ULCU
3. Turley, Alix	Hereford

## THE CAMBRIDGE WINTER OPEN, 3-4 JANUARY

### MEN'S EPEE

1. Bryan, Wayne	CADS
2. Ormerod, Lee	Reading
3. Edwards, Theo	OPS
3. West, Howard	LTCF

### WOMEN'S EPEE

1. Henson, Julie	Norfolk
2. Jarrod, Heather	CADS
3. Gundry, Jessica	Truro
3. Steiner, Christine	Haverstock

### MEN'S FOIL

1. Fitton, Matthew	Cambridge Uni
2. Cohn-Gordon, Reuben	Oxford
3. Morris, Richard	Cambridge Uni
3. Spencer-Taylor, Alexander	Sheffield Buccaneers

### WOMEN'S FOIL

1. Hyman, Amy	Salle Boston
2. Lewandowska, Madalena	CATS
3. Bryant, Eleanor	Arnold & Carlton
3. Mikhaleva, Oxana	NA

### MEN'S SABRE

1. Oakes, Marc	Camden
2. Mini, Ehsan	NA
3. Burton, George	Bedford
3. Donald, Simon	Boston

### WOMEN'S SABRE

1. Ng, Elizabeth	Surrey Uni
2. Potter, Emma	Stourbridge
3. Goulletquer, Constance	Brunel
3. Wright, Lucy	Seacourt

## ALDERSHOT OPEN, 17-18 JANUARY

### MEN'S FOIL

1. Williams, Steven	Salle Boston
2. Sutton, Mark	Bexley
3. Andrews, Ben	Salle Paul
3. Bates, Ben	Bath Sword

### WOMEN'S FOIL

1. Hyman, Amy	Salle Boston
2. Babaeva, Seville	Escrime
3. Church, Amy	Lansdowne
3. Patel, Serena	Aldershot

### MEN'S EPEE

1. Leahey, John	Apocalypse
2. Maynard, Calum	Egham
3. Boyle, Sam	TSCA
3. Whelan, Roo	Millfield

### WOMEN'S EPEE

1. Plant, Bethan	Millfield School
2. Bradley, Ellen	Millfield School
3. Hull, Nicola	Dream
3. Oniye, Margarette	Haverstock

## LANCASTER OPEN, 17-18 JANUARY

### MEN'S FOIL

1. Brougham, Sam	Louth
2. Dolan, George	YBFC
3. Higgs, Michael	University of York
3. Phillips-Langley, Thomas	Northwich

### WOMEN'S FOIL

1. Watson, Alice	Herefordshire
2. Peake, Sophie	Herefordshire
3. Akers, Eleanor	Glasgow West End
3. Hewitt, Brenda	Ashton Salle Jones

### MEN'S EPEE

1. Murphy, Nicholas	Northwich
2. Heaps, Chris	Lancashire Sword
3. Barker, Christopher	Stockport
3. Michell, Richard	West Lancashire

### WOMEN'S EPEE

1. Lawrence, Hannah	Wingerworth
2. Akers, Eleanor	Glasgow West End
3. Heaps, Jasmine	Lancashire Sword
3. Starr, Claire	Lancaster University

## MEN'S SABRE

1. Jennings, Patrick	Rivington Park
2. Simmons, John	Lancaster University
3. Bowley, Stan	Ashton University
3. Mitchell-Gough, Warwick	Wrekin Sword

## WOMEN'S SABRE

1. Starr, Claire	Lancaster University
2. Akers, Eleanor	Glasgow West End
3. Keen, Angela	Paul Davis Fencing Academy
3. Osborne, Sarah	Lancaster University

## SCOTTISH OPEN, 24-25 JANUARY

### MEN'S FOIL

1. Cook, Keith	Salle Holyrood
2. Arbelet, Alexandre	Salle Holyrood
3. Johnston, Alastair	Salle Holyrood
3. Legkovsky, Mark	Edinburgh Uni

### WOMEN'S FOIL

1. Dickson, Chloe	Edinburgh Fencing Club
2. Duxbury, Victoria	Edinburgh Fencing Club
3. Smith, Katie	Edinburgh Fencing Club
3. Newton-Hughes, Phoebe	Marshall

### MEN'S EPEE

1. Johnston, Calum	Wallace
2. Hoffmann, Tom	Dingwall
3. Gordon, Adam	Salle Holyrood
3. Tannock, Neil	Aberdeen City

### WOMEN'S EPEE

1. Nesbitt, Hanna	U/A
2. Henshall, Lucy	Edinburgh Uni
3. Gifford, Mhairi	WFFC
3. Manson, Kate	Shetland

### MEN'S SABRE

1. Rocks, Stephen	Shetland
2. Watson, Stewart	Laszlo's
3. Manson, Ross	Wallance
3. Marshall, Stuart	Marshall

### WOMEN'S SABRE

1. Guarino, Michelle	Aberdeen City
2. Dickson, Chloe	Edinburgh Fencing Club
3. Bell, Karen	Mahaut FC
3. Hampson, Sarah-Jane	Salle Ossian

## NORTHERN IRELAND OPEN, 25 JANUARY

### MEN'S EPEE

1. Cromie, Conall	Truro
2. Slater, Philip	Lisburn Gladiators
3. Burnside, Jonathan	Foyle FC
3. O'Malley, Scott	Salle Dublin

### MEN'S FOIL

1. Alexander, David	Nottingham Cavaliers
2. Nagle, Conor	Pembroke
3. Brown, Stephen	QUB FC
3. Williams, Gavin	CDS Mangiarotti

### MEN'S SABRE

1. Concannon, Stephen	Salle Dublin
2. Kirmilidis, Michalis	Salle Dublin
3. Clarke, Aiden	Salle Dublin
3. Nicholl, James	Foyle Fencing

### WOMEN'S EPEE

1. Johnson, Kerrie	Plymouth
2. Connor, Rachel	Laszlo
3. McGill, Lorraine	Maynooth
3. McGonagle, Rosie	Foyle College

### WOMEN'S FOIL

1. Beattie, Keziah	Belfast Fencing Club
2. Taylor, Lucy	Grosvenor
3. Gillespie, Katie	QUB FC
3. Maginn, Emily	Sullivan Upper

### WOMEN'S SABRE

1. Robb, Francine	Shakespeare Swords
2. Lopez-Colclough, Chloe	University of Aberdeen
3. Marshall, Kathryn	Foyle FC
3. Taylor, Beth	Grosvenor

## SLOUGH OPEN, 7-8 FEBRUARY

### MEN'S FOIL

1. Rossi, Lorenzo	Salle Boston
2. Ostacchini, Glen	Salle Boston
3. Abidogun, Kola	Salle Boston
3. Viljeon, Jacques	Sussex House

**WOMEN'S FOIL**

1. Fihosy, Ayesha
2. Cook, Catherine
3. Mullins, Phillipa
3. Willa, Alessandra

Salle Boston  
U/A  
Salle Boston  
Salle Boston

**MEN'S EPEE**

1. Greensides, Chris
2. Bombini, Andrea
3. Gardner, Aaron
3. Nichols, Harrison

RAF  
Haverstock  
Crawley Sword  
Redhill & Reigate

**WOMEN'S EPEE**

1. Matthews, Abbi
2. Smith, Katrina
3. Hull, Nicola
3. Sheffield, Laura

Harrogate Fencing Club  
Truro  
Dream Fencing  
Brixton Fencing Club

**MEN'S SABRE**

1. Mottershead, Thomas
2. Potter, James
3. Williams, Nick
3. Zsolt, Czinkota

Romiley Fencing Club  
Camden  
NLSC  
West Dorset Fencing Club

**WOMEN'S SABRE**

1. Sosnowska, Izabela
2. NG, Liz
3. Hutchison, Jane
3. Steer, Letitia

Phoenix Fencing Club  
University of Surrey  
Bath Sword Club  
City Fencing Club

**MERSEYSIDE OPEN, 21-22 FEBRUARY****MEN'S FOIL**

1. Alexander, David
2. Lim, Alex
3. Ostacchini, Glen
3. Priestley, Ben

Nottingham Cavaliers  
Salle Boston  
Salle Boston  
Team Melia

**WOMEN'S FOIL**

1. Home, Amy
2. Schofield, Jennifer
3. Jensen, Lene
3. Jones, Rachel

Salle Kiss  
Manchester University  
FK Trekanten  
Salle Kiss

**MEN'S EPEE**

1. Steed, Oliver
2. Taylor, Chris
3. Corcoran, Geoffrey
3. Willis, Scott

Skipton  
Liverpool  
Salle Dublin  
Truro

**WOMEN'S EPEE**

1. Rainero, Elena
2. Smith, Katrina
3. Conner, Rachel
3. Greetham, Sadie

Strathclyde University  
Truro  
Laszlos  
Harrogate

**MEN'S SABRE**

1. Mottershead, Thomas
2. Bringstrup, Sebastian
3. Coleman, Alex
3. Marshall, Stuart

Romiley  
FK Trekanten  
Leeds University  
Marshall Fencing

**WOMEN'S SABRE**

1. Lasance, Rachel
2. Guarino, Michelle
3. Lopez-Colclough, Chloe
3. Waller, Emma

Rivington Park  
Aberdeen City  
University of Aberdeen  
Ridings Sabre

**SENIOR INTERNATIONAL****LEON PAUL INTERNATIONAL CUP, 11TH JANUARY**

1. Halsted, Laurence
2. Trani, Francesco
3. Mohammad, Yaser
3. Rosatelli, Damiano

GBR  
ITA  
KUW  
ITA



**CITY UNIVERSITY  
LONDON**



## CitySport

CitySport, the largest student sports facility in central London, opened on 2nd February 2015. The sector-leading facilities for fitness, well-being and competitive sport mark a significant step forward in the University's sports provision for students, staff and the local community.

At the heart of the centre is the Saddlers Sports Hall, an elite competition space adapted to Sport England standards. The fully sprung Juncker flooring, high specification equipment, lighting system and bespoke seating for up to 400 spectators make it ideal for show courts for matches and tournaments.

We can offer City University London students support with competition entry, travel costs and possible coaching advice. You will need to present any qualifications, competition records and relevant UK or international rankings (if applicable.)

If you would like to represent City University London in your sport please contact [Julie.haggard.1@city.ac.uk](mailto:Julie.haggard.1@city.ac.uk) to discuss how we can support you.

For competitor level candidates thinking of studying at City, we can offer additional benefits such as free Gym membership, help with kit costs and individual training.

We also offer reduced membership to non-City students, cadets and juniors.

[www.citysport.org.uk](http://www.citysport.org.uk)





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