



## REDHILL ARCHERS

### RUN ARCHERY

Sunday 1<sup>st</sup> September 2024

From 9.30 am



Run Archery competition for archers and runners



- Run 400m with a recurve bow – bow spec later
- Shoot 6 arrows standing at a 4x16cm target, 18m away. For each target face that is missed a 60m penalty lap is run.
- Run 400m with bow
- Shoot 6 arrows kneeling on one leg. 60m penalty laps for any missed target faces
- Run 400m with bow – Finish!

- ✓ Archers must carry their bow.
- ✓ Archers must 12 arrows.
- ✗ closed shoes must be worn
- ✗ No compound bows.
- ✗ No accessories longer than 10cm.

Runners need to complete the have-a-go session before competing. Equipment will be provided.

#### Schedule

9.30 am	Registration and equipment check. No tents.
9.45 am	Have-a-go session for runners
11.00 am	Rules briefing followed by practice
11.45 am	Men's race
12.15 am	Ladies' race
12.45pm	Team Relay
1.15pm	Presentations

Mixed relay teams will be determined by seeding in all races.

Times are subject to change

Junior races will be added depending on entry numbers.

Please note that car parking charges will apply if parking before 12pm.

Cake and drinks will be available for a donation. Cash only.

To enter:

Entry fee is £10. Entries to: Liz Whitworth, 07905816512, [elizwhitworth@outlook.com](mailto:elizwhitworth@outlook.com)

Bank Transfer: Redhill Archers, Sort Code 40-11-15, A/N 31199765



This is for those who want to try something new in archery and are happy to jog/run a bit.

## Event specifications and general rules

### Participants

Run archery is the combination of two sports disciplines. For this reason we want to involve runners as well as archers and decided to do a joint race. However, medals will be awarded separately as runners will be shooting a shorter distance and on larger targets.

This schedule is subject to change based on the number of entrants in each category as heats may be required in some categories.

### Distances and format

Name	Run loop length	Penalty loop length	Shooting position	Arrows
Individual sprint	400m x 3 loops	60m	1 <sup>st</sup> Standing	4 + 2 spare
			2 <sup>nd</sup> Kneeling	4 + 2 spare

### Equipment

- **12 arrows.** The first 6 are left in the target when completing the second lap. Arrows are kept at the shooting line whilst running
- No Compound bows
- Bow accessories are allowed, as long as they do not extend more than 10cm from the front side of the bow **ie no stabilisers or long rods.**
- Sight bar should only extend 10cm from the bow.
- Arm guard, finger tab, chest guard if usually worn. Clothing and footwear suitable for running and archery.

### Targets

- Target spots are 16cm in diameter with 4 per boss in a horizontal row, each end of shooting the objective is to hit each spot once (failure to do so results in penalty laps!). There is no scoring; each arrow is either a hit or a miss.
- Each end consists of 6 arrows and you must keep shooting until you have hit all 4 spots or you have used 6 arrows. Hitting the same spot multiple times only counts as one hit.
- Shooting is at a distance of 18m with both feet behind the line for archers.

### Spotters

- Spotters with scopes or binoculars will be assigned to watch each target and to call each arrow as "in" or "out", this will be called after each arrow in the for Target number, Spot number, Status. e.g. "2 C IN", "4 B OUT".
- Also as the athlete leaves the shooting line the spotter will confirm how many penalty laps are to be run e.g. "Target 3, 2 penalty loops".
- If the athlete disagrees with the spotter's decision about their arrow's hit or miss, they must protest it by raising their hand and saying "Protest" as soon as they hear the statement of the spotter.