



GWEFC NEWS

Next Competitions

- Jun 15** - Scottish Champ
Jul 5+6 - Doric Open
Jul 12 - British Champs
Sep 20 - Bristol Open
Sep 27 - Highland Open

Information and entry forms can usually be found online, or ask your team captains for assistance.

Club kit can be hired for competitions if you don't have your own.

The club usually tries to organise some group accommodation for the Highland Open. It's a great weekend away, if you'd like to join in on the fun talk to a committee member.

Lessons

Individual lessons are a vital part of improving your fencing skills. When you practice on the box, you may be just practicing bad habits!

Remember you can get lessons from our club coach, Dusty. These are highly recommended by all who have benefited from them.

Lisa is also available to give lessons on request.

Apres Fencing

Come and join us at **The Atholl** on Renfrew St, and get to know the people behind the masks.

Newsletter Deadline

Sep 1st

e-mail your items to:
newsletter@glasgowfencing.com

Recent Results

Glasgow Open

Mhairi De Ste Croix - 5 WF
 Helen Pitt - 10th WF
 Maria Cabrelli - 14th WF
 Hayley Smith - 19th WF
 Kirsty Ward - 20th WF
 Katrina Spiers - 25th WF
 Richard Smith - 15th MF
 Richard Anderson - 19 MF
 Calum De Ste Croix - 34 F
 James Anderson - 41st MF
 Joel Richards - 54th MF
 Steven Bell - 66th MF
 Didier Slama - 7th ME
 David Cook - 13th ME
 Joel Richards - 16th ME
 Henri Techer - 18th ME
 Mark Mckenzie - 21st ME
 Richard Anderson - 30 ME
 Lisa Lagergren - 3rd WS
 Mhairi De Ste Croix - 7 WS
 Catriona Gibbs - 9th WS
 Maria Cabrelli - 14th WS
 Lara Dunbar - 15th WS
 Keith Davidson - 15th MS
 James Anderson - 21st MS

Many thanks to all the volunteers that helped us run another successful and well organised competition.

Thanks also to all the club competitors, your efforts have seen us reclaim the much coveted trophy for most successful club! Hope to see you all there again next year.

Scottish Novices

James Porteous - 6th
 Ryan Shearer- 8th
 Katrina Spiers - 11th

Birmingham Open

Richard Anderson - 120 MF
 James Anderson - 100 MS
 Maria Cabrelli - 39th WF
 Elaine Kellet - 43rd WS

Monal A-grade, Paris

David Cook - 96th ME

Inverclyde Open

Maria Cabrelli - 9th WF
 Helen Pitt - 11th WF
 Ryan Shearer - 20th MF
 Mhairi Davidson - 15th WE
 Katrina Speirs - 24th WE
 David Cook - 18th ME
 Didier Slama - 22nd ME
 Keith Davidson - 16th MS

And congratulations to the GWEFC members on the 'Presidents Select' teams for the Friday team competition. Helen and Maria in the foil, Lisa in Sabre, and David for the Epee.

Coaching Course

Scottish Fencing are running a level 2 coaching course on June 28+29.

If you would like more information, contact Scottish Fencing.

Summer Programme

The club's summer programme will be running from late June onwards.

This includes a series of organised activities on various themes, held during the regular training sessions.

If you don't wish to join in with the special activity you are welcome to fence on the boxes as normal.

For 2008 we have:

- June 26th - Sabre Night
 July 10th - Epee Night
 July 24th - Sports Psychology (TBC)
 Aug 7th - Refereeing Night (TBC)
 Aug 21st - Beginners Introduction
 Sep 4th - Armoury Night

These are all completely free, so make use of them! If you have friends interested in fencing, invite them along to the Beginners Introduction night.

Strathclyde Uni

Strathclyde Uni have invited you all to join them at their Tuesday training sessions over the Summer. This is a great opportunity to do some extra training with new people before the next competition season starts.

Tuesdays, 6pm-8:45pm
 From June 3rd until Sept.
 At the Sports Centre on John Street.
 £4 for non-students
 For more info, contact John Farmer -
 john.farmer@strath.ac.uk

Non-students need to be signed in, so you should probably let him know if you're planning to join them.

Equipment

Remember that you must comply with the equipment regulations or we cannot allow you to fence.

- **Breeches are required**, the only exception is if you are using a non-electric or small-sized foil.
- **Plastrons are required**, the only exception is if you are using a non-electric or small-sized foil and your jacket is 800n (FIE standard).

And if you are fencing electric - please remember to help pack up the scoring equipment at the end of the night.

Club Website: <http://www.glasgowfencing.com/>

Club 48er

The club 48er was held on the first Sunday in May, and we were please to see lots of fencers show up for a fun day of foil fencing.

You can find the full results on our website. It's good to see so many GWEFC names among the medalists, and our very own coach Dusty winning the top pool. See, you're getting lessons from the best!

In a break with tradition we finished on time and didn't have to award the medals outside.

For those who missed out, there will be another one next year.



For Sale

800N Jacket £40
Men's LH 800N FIE jacket.
Size small (92cm chest).
As new, never worn

Contact Joanna:
Mobile: 07779462955
Home tel: 0141 576 6212

Borrowing Equipment

If you wish to borrow club equipment, a deposit of £5 per item borrowed is required. This will be repaid on the safe return of the equipment.

Borrowing equipment is free for club members. There is a small additional charge for non-members. Just one of the many benefits of paying your £15 to become a member.

Beginners Courses

Our latest beginner course is well underway, hopefully we'll see some new faces at training in the next few weeks. Remember to introduce yourselves and invite them onto the strip for a bout.

The next course will start after the Into night in August. New forms will be available on the club website in the near future.

Glasgow Open 2008



Positions Vacant

We still need some volunteers to help fill the committee positions. The club pretty much runs itself, the time commitment is low, holding a position isn't as scary as it might sound.

The next AGM will be held in the Autumn, and we really need some new faces on the committee then. So if you're reading this, think about nominating.



Your Committee (06/07)

Chairperson:	Helen Pitt helen@glasgowfencing.com
Secretary:	Vacant Volunteers Welcome
Treasurer:	Vacant Volunteers Welcome
Mens Captain:	David Cook david@glasgowfencing.com
Ladies Captain:	Elaine Kellet elaine@glasgowfencing.com
Child Protection and Equal Opportunities:	Lisa Lagergren cpo@glasgowfencing.com

SF Website: <http://www.scottish-fencing.com>

Club Membership

Membership of GWEFC costs just £15, and comes with many benefits. Join Today!

- ✂ Vote at the AGM
- ✂ Membership card
- ✂ Discount on electric kit hire for competitions
- ✂ 50% discount on the cost of replacing a club blade broken in competition
- ✂ 25% discount on equipment repairs when arranged through the club
- ✂ £5 discount on Scottish Fencing membership *
- ✂ £5 discount on one Leon Paul equipment order when placed through the club *

* First time members only.

The committee welcome fully-costed suggestions for further membership benefits.

Don't forget, if you attend regularly you can also save time and money by paying your fees with a standing order - £18 per month.

Scottish Fencing

If you would like to join Scottish Fencing, forms are available at the club or you can download one from their website.

Membership will allow you to enter the many excellent competitions held each year, get you an electronic copy of "The Point", and BFA insurance cover.

(You can also browse a printed copy of The Point at training, ask Lisa if you can't see it lying somewhere obvious).

www.scottish-fencing.com