

# RUN ARCHERY

Pilot event for Runners

## SATURDAY 27TH JULY



Aim is to give runners the chance to experience the exciting sport of Run Archery



To book please see website:  
[www.dacarchers.co.uk](http://www.dacarchers.co.uk)  
Cost £10

- Onsite parking available.
- All archery equipment provided.
- Please bring your own drinks and snacks.
- Come dressed to run, there are no changing facilities on site. Running route will be on grass, regular trainers/running shoes are suitable.
- Recommend participants are able to jog 5km.
- For more run archery info see "Introduction to Run-Archery - Sprint rules" on YouTube

The day will include...

- An introduction on how to shoot, overseen by ArcheryGB qualified coaches.
- Sprint race(s) consisting of:
  - Running a 400m loop
  - Shooting standing (60m penalty laps added for misses)
  - Running a 400m loop
  - Shooting kneeling (60m penalty laps added for misses)
  - Running a 400m loop

No previous archery experience required

