

Another string to your bow



EAGLE EYE: Rob Anderson, who uses a wheelchair, practises at the Wamdsad Archery session. Ref:84268/7

Newly disabled encouraged to set their sights on archery

By Imogen Lillywhite

DISABLED archers have hospital patients in their sights to promote the sport as a therapeutic exercise. Members of the archery section of Windsor and Maidenhead District Sports Association for the Disabled (Wamdsad) honed their skills at a training session on Saturday at the club off Braywick Road. Director of sport, Ray Fields, has forged a link with Stoke Mandeville Hospital near Aylesbury. He told how his own experience in hospital last year had inspired him. He said: "I had a spinal bleed and spent nine months in Stoke Mandeville and was left paraplegic. It

doesn't matter how old you are, being told you are never going to walk again is a traumatic experience. Mr Fields said archery was excellent therapeutic discipline for the disabled as it helps with co-ordination and balance. He said: "As a result of my recent time in the hospital, we are going to have an ongoing link so more people can benefit from the activity." Mr Fields said archery was an important sport for Wamdsad because both disabled and able bodied people could compete against each other. Cheryl Kelley, 35, has been shooting at the centre for 10 years. She has competed in competitions all over the country and hopes to one day go to the Paralympics. Retired senior quality engineer Rob Anderson started shooting at the club in 1986 and has since competed in the Paralympics in Barcelona and Sydney. He said: "Archery is perhaps too important to me. It's involved in every aspect of my life. "I'm either shooting or coaching every day. My wife and I can't go on holiday because I'm always in competitions." Mr Anderson said the he hoped more disabled peoples of all ages would come and shoot at the club. He said prospective archers could try out the sport at Wamdsad for six weekly sessions without having to buy their own equipment. imogenl@maidenads.co.uk



TAKE AIM: Cheryl Kelley, who has only 20 per cent hearing, competing at Wamdsad. Ref:84268/2

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‘Archery is perhaps too important to me. I’m either shooting or coaching every day.’

ALL A-QUIVER: Kevin Ross, left, and Ian Ward. Ref:84268/6

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