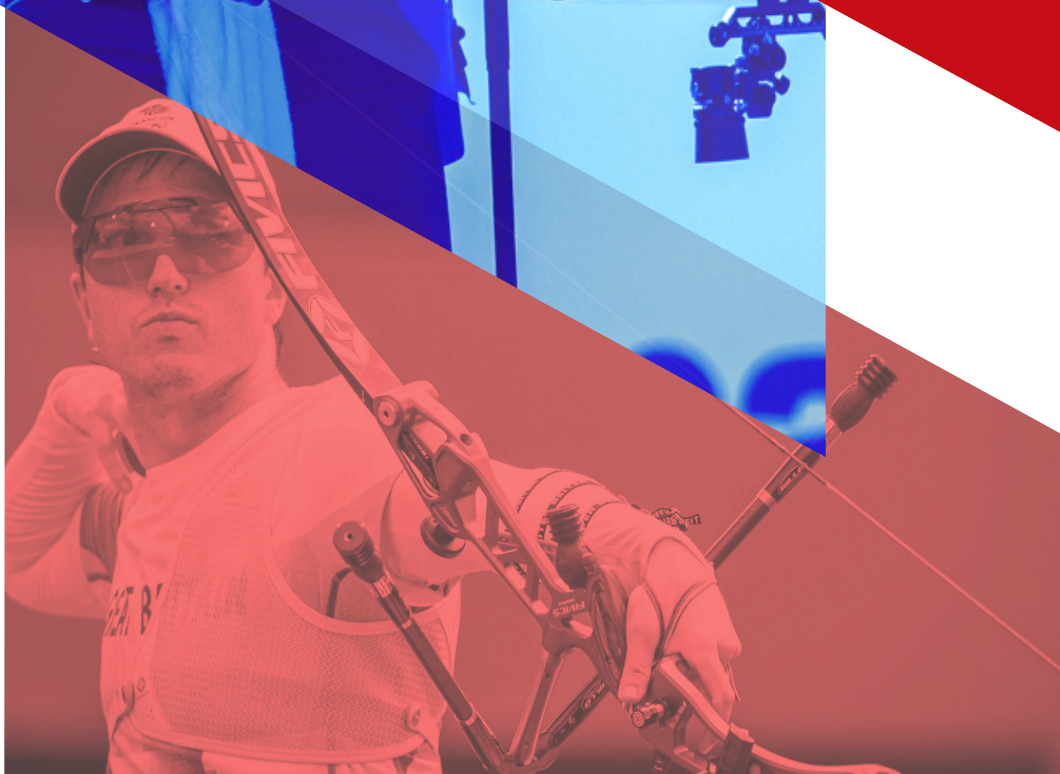




**2024
Media Pack**



WELCOME



Tom Duggan - Director of Performance

The Olympic and Paralympic Games represents the pinnacle in archery.

All of the athletes have worked incredibly hard to achieve qualification. They have been steadily building towards performing in Paris and showed the potential they have under pressure.

The team goes to Paris with a blend of experience, performance pedigree, and youth, which is not only exciting for this Olympic and Paralympic Games, but as we also look to build towards Los Angeles in 2028.

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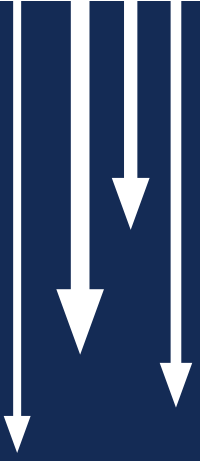
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162 arrows

From the start of qualification to the end of the gold medal match, an Olympic archer can shoot a maximum of 162 arrows. Many won't get to shoot anywhere near that.

Paralympics



Olympics



Total medals

GB is archery's most successful nation at the Paralympic Games.



Women power

At the 1904 Games in St Louis, women were only allowed in one sport: archery.



Débutantes

Four of our Olympians are attending their first Games: Penny Healey, Conor Hall, Megan Havers and Alex Wise. Victoria Kingstone is the only Paralympian on our squad to not have been to a Games before.

FACTS & FIGURES



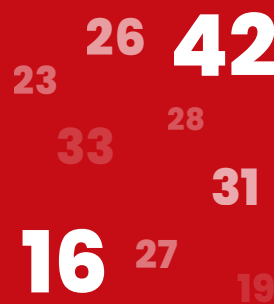
1960

GB's most successful Paralympics. We won 10 medals: 1 gold, 4 silver and 5 bronze.



Birthdays during the Games

Jodie Grinham (Paralympics)
26 July (31)
Victoria Kingstone (Paralympics)
7 August (43)
Conor Hall (Olympics)
8 September (29)



Oldest to youngest
















Victoria Kingstone (Paralympics) will be 42 at the time of the Olympic Opening Ceremony. Megan Havers (Olympics) will be 16 at the time of the Olympic Opening Ceremony.



70 metres

At the Olympic Games, arrows travel 70 metres from shooting line to target – that's equivalent to 8 1/2 London buses!



OLYMPICS

Date	Time (GMT +1)	Event	Medal match
25 Jul	9am - 12.30pm	Women's ranking round	
	2.15pm - 5.15pm	Men's ranking round	
28 Jul	9.30am - 1.05pm	Women's team eliminations	
	2.15pm - 5.55pm	Women's team medal matches	  
29 Jul	9.30am - 11.05am	Men's team eliminations	
	2.15pm - 5.55pm	Men's team medal matches	  
30 Jul	12pm - 3.55pm	Men's/Women's individual eliminations	
	5.45pm - 8.25pm	Men's/Women's individual eliminations	
31 Jul	12pm - 3.55pm	Men's/Women's individual eliminations	
	5.45pm - 8.25pm	Men's/Women's individual eliminations	
1 Aug	9.30am - 1.25pm	Men's/Women's individual eliminations	
	3.30pm - 7.25pm	Men's/Women's individual eliminations	
2 Aug	9.30am - 12.05pm	Mixed team eliminations	
	2.15pm - 5.25pm	Mixed team medal matches	  
3 Aug	9.30am - 11.15am	Women's individual eliminations	
	1pm - 3.20pm	Women's individual medal matches	  
4 Aug	9.30am - 11.15am	Men's individual eliminations	
	1pm - 3.20pm	Men's individual medal matches	  

PARALYMPICS

Date	Time (GMT +1)	Event	Medal match
29 Aug	9am - 11.30am	Women's/Men's individual W1 ranking round	
	1pm - 3.30pm	Women's individual Compound Open ranking round Men's individual Recurve Open ranking round	
	5pm - 7.30pm	Women's individual Compound Open ranking round Men's individual Recurve Open ranking round	
30 Aug	9am - 12.25pm	Women's individual Compound Open 1/16 eliminations	
	3.30pm - 8.05pm	Men's individual Compound Open 1/16 eliminations	

PARALYMPICS, cont'd

Date	Time (GMT +1)	Event	Medal match
31 Aug	9am - 1.20pm	Women's individual W1 1/8 eliminations Women's individual W1 quarterfinals Women's individual W1 semifinals Women's individual W1 medal matches	  
	3.30pm - 8.40pm	Women's individual Compound Open 1/8 eliminations Women's individual Compound Open quarterfinals Women's individual Compound Open semifinals Women's individual Compound Open medal matches	  
1 Sept	9am - 1.20pm	Men's individual W1 1/8 eliminations Men's individual W1 quarterfinals Men's individual W1 semifinals Men's individual W1 medal matches	  
	3.30pm - 8.40pm	Men's individual Compound Open 1/8 eliminations Men's individual Compound Open quarterfinals Men's individual Compound Open semifinals Men's individual Compound Open medal matches	  
2 Sept	9am - 1.35pm	Mixed team W1 1/8 eliminations Mixed team W1 quarterfinals Mixed team W1 semifinals Mixed team W1 medal matches	  
	3.30pm - 9.25pm	Mixed team Compound Open 1/8 eliminations Mixed team Compound Open quarterfinals Mixed team Compound Open semifinals Mixed team Compound Open medal matches	  
3 Sept	9am - 2.35pm	Women's individual Recurve Open 1/16 eliminations Women's individual Recurve Open 1/8 eliminations	
	5pm - 7.55pm	Women's individual Recurve Open quarterfinals Women's individual Recurve Open semifinals Women's individual Recurve Open medal matches	  
4 Sept	9am - 3.45pm	Men's individual Recurve Open 1/16 eliminations Men's individual Recurve Open 1/8 eliminations	
	5.30pm - 8.25pm	Men's individual Recurve Open quarterfinals Men's individual Recurve Open semifinals Men's individual Recurve Open medal matches	  
5 Sept	10am - 12.40pm	Mixed team Recurve Open 1/16 eliminations	
	3pm - 6.15pm	Mixed team Recurve Open quarterfinals Mixed team Recurve Open semifinals Mixed team Recurve Open medal rounds	  

OLYMPICS

2nd Olympic Games, Paris

Archers competed in a series of tournaments as part of the Exposition Universelle, a world's fair. GB were not represented.

3rd Olympic Games, Missouri

Only American athletes took part in these Games, but women were allowed to participate in one sport: archery.

4th Olympic Games, London

GB sent 41 archers and came home with 5 medals: 1 bronze, 2 silver and 2 gold. This is the only Games where GB have won Olympic gold.

7th Olympic Games, Antwerp

Archery returned to the Games after being left out of the 1912 Games. GB was not represented.

20th Olympic Games, Munich

After a break of 52 years, archery returned to the Games.

PARALYMPICS



Lottie Dodd

1900

1904

1908

1920

1948

1960

1964

1968

1972

1976

Start of the Paralympics

Para archery began at the Stoke Mandeville Wheel Games, where doctors used archery for rehabilitation.

1st Paralympic Games, Rome

Archery was part of the first Paralympic Games, where it has remained. GB won 9 medals: 1 gold, 4 silver and 5 bronze.

2nd Paralympic Games, Tokyo

GB's women shot for glory, winning 2 silver and 2 bronze medals.

3rd Paralympic Games, Tel Aviv

More glory for GB as the team won 5 medals: 2 gold, 2 silver and 1 bronze.

4th Paralympic Games, Heidelberg

Another 4 medals for the Paralympic tally: 3 silver and 1 bronze.

5th Paralympic Games, Toronto

5 medals: 1 gold, 1 silver and 3 bronze. The rounds archers shot changed at this Games, all measured in metres for the first time.



Alison Williamson

Simon Terry



24th Olympic Games, Seoul

These Games included team archery events for the first time in the modern Olympics. GB won bronze in the Men's Team event.

25th Olympic Games, Barcelona

The format was changed for these Games – all archers shot 70m. The ranking system was also used for the first time. GB won Men's Individual and Men's Team bronze medals.

26th Olympic Games, Atlanta

This was the first time that no male GB archers were taken to the event.

28th Olympic Games, Athens

GB's Alison Williamson won bronze in the Women's Individual event.

Larry Godfrey



1980

6th Paralympic Games, Arnhem

4 medals this time: 2 silver and 2 bronze.

1984

7th Paralympic Games

These Games were split across New York and Stoke Mandeville. GB still won 7 medals: 2 gold, 1 silver and 4 bronze.

1988

8th Paralympic Games, Seoul

The first Games to officially be called the Paralympic Games. GB won 2 gold medals.

1992

9th Paralympic Games, Barcelona

This was the first Paralympic Games where GB did not come home with a medal, breaking an 8-Games, 32-year streak.

1996

10th Paralympic Games, Atlanta

Back on form, GB's women brought home 2 medals: 1 silver and 1 bronze.

2000

11th Paralympic Games, Sydney

3 more medals for GB's women: 1 gold and 2 silver.

2004

12th Paralympic Games, Athens

Two golds this time: 1 for John Cavanagh in the Men's W1 and 1 for the women's compound open team.

2008

13th Paralympic Games, Beijing

GB came 2nd on the archery medal table with 2 golds, 1 silver and 1 bronze.

2012

14th Paralympic Games, London

At this home Games, GB won 1 silver and 1 bronze medal.

2016

15th Paralympic Games, Rio

GB topped the medal table for this Games, thanks in part to winning gold, silver and bronze in the women's individual W1.

2020

16th Paralympic Games, Tokyo

At this delayed Games, GB won 1 gold and 1 bronze medal, with Phoebe Paterson Pine going into Paris as the reigning Paralympic compound open women's champion.

Target design

Olympic and Paralympic archery employs a round target with concentric circles. The target is divided into multiple rings, each assigned a specific point value.

Scoring zones

The centre of the target, known as the gold, usually carries the highest point value, typically 10 points. As you move outward from the centre, the point values decrease in incremental steps.

Point values

Points are assigned as follows:

Inner gold: 10 points

Outer gold: 9 points

Inner red: 8 points

And so on, with the outer white ring scoring 1 point.

Inner-10 scoring

To add an additional layer of precision, an inner 10-ring is often defined. Arrows landing in this inner 10-ring still score a 10, but are marked as X. If there is a tie in the qualification round for a position within the top 32 or 64 (depending on the cut), the archers are then separated by 10+x and then further by X count.

Set-system scoring

This type of scoring is used for the recurve athletes and the recurve open para athletes.

The archer with the highest total score per end (three arrows), gains two set points. If it's a draw, each archer gains one point. The first person to reach six points wins.

Cumulative scoring

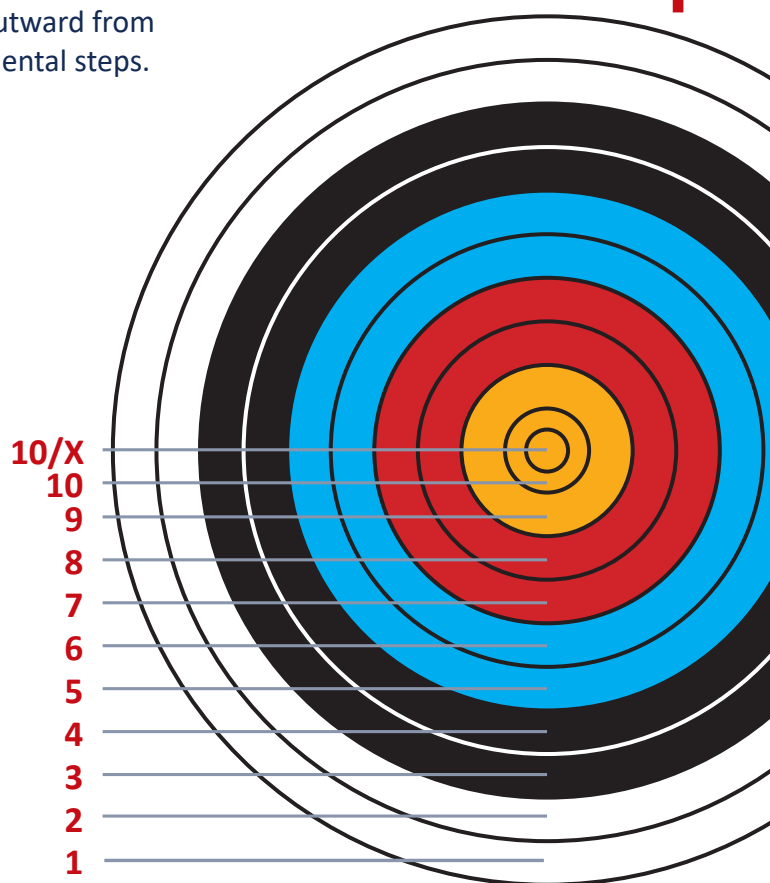
This type of scoring is used for the compound open and W1 open para athletes. The archer's total score is the sum of the points accumulated from each arrow in each end. Scores are accumulated over multiple ends, contributing to the archer's overall total.

Deciding winners

In individual competitions, the archer with the highest total score after a set number of arrows is declared the winner. Team events aggregate the scores of individual team members to determine the winning team.

Shoot-off

In the event of a tie, the athletes shoot one last arrow each. The person whose arrow is the closest to the centre is awarded the win. If both arrows are the same distance from the centre of the target as measured by an official judge, the archers must do the shoot-off a second time until a winner can be decided.



AN EXPLANATION OF OLYMPIC ARCHERY ROUNDS

The Olympic archery competition consists of several rounds that are designed to determine the individual and team champions. The specific details may vary slightly based on the Games format, but the following is a general overview of the Olympic archery rounds:

Ranking round

Archers start with a ranking round where they shoot 72 arrows at a target 70 metres away. The scores from this round are used to seed archers for the subsequent rounds.

Round in numbers:

- ▶ 128 archers (64 men and 64 women)
- ▶ 12 ends of 6 arrows
- ▶ 2 minutes per end
- ▶ Maximum achievable score: 720

In team events, the combined scores of team members contribute to the team's overall ranking.

Individual rounds

After the qualification round, archers move onto the individual rounds. Rounds are in a head-to-head format, where archers compete against one another. The #1 ranked archer from the ranking round competes against the #64 ranked, #2 ranked goes against #63 ranked, and so on.

The archer with the highest score at the end of each set gets two points. If a set is tied, both athletes receive one point, and if at the end of five sets there is a tie, there will be a one arrow shoot-off. The first athlete to reach six points wins and they progress to the next round, while the other is eliminated. This continues until there are only two archers remaining for the gold medal match.

Round in numbers:

- ▶ 128 archers (64 men and 64 women)
- ▶ 3 arrows per end
- ▶ 20 seconds per set
- ▶ 5 sets per match (unless a tie occurs)

Team rounds

The team rounds follow a similar format to the individual rounds, with a qualification round and subsequent elimination rounds. Each team's total score is the sum of the individual archers' scores.

Round in numbers:

- ▶ 12 teams per gender
- ▶ 3 archers per team
- ▶ 4 sets
- ▶ 6 arrows per set, 2 per archer
- ▶ 2 minutes to shoot 6 arrows

The mixed team event involves male and female archers from the same country. It follows a similar format to the team events, with a qualification round and elimination rounds.

PARALYMPIC ARCHERY CLASSIFICATIONS

The diversity within the world of para archery adds a unique and inspiring dimension to the Paralympic Games, with archers showcasing a wide array and levels of physical impairment.

The classification system is a crucial aspect of para archery and is there for one reason: fair play. It groups para athletes into competition classes based on their level of impairment, ensuring fair competition among peers and establishes guidelines for the use of assistive devices, such as wheelchairs, stools, specialised releases, or foot blocks.

In archery, the classification system is relatively straightforward, featuring two categories: W1 and open.

W1

W1 archers usually have more significant impairments, affecting their torso and at least three limbs. Some W1 archers encounter stability challenges and the rules allow W1 archers to be strapped into their wheelchairs (unlike open-class archers).

There are equipment regulations for W1 archers: they can use either recurve or compound bows, but they must not exceed a peak draw weight of 45lbs. Certain aids, such as peep sights, magnified lenses and levelling bubbles, are not allowed.

GB Paralympic Squad W1 archers:

- ▶ Victoria Kingstone

Open

Open-class archers typically have a lower level of impairment, and they compete using recurve or compound bows under rules akin to non-disabled athletes. In the open category, athletes typically experience impairments in either the top or bottom half, or one side of their bodies. The manifestation of these impairments varies, with archers using wheelchairs or shooting aids and adapted releases.

Open archers participate in either recurve or compound events, adhering to equipment rules identical to those in non-disabled competition.

GB Paralympic Squad open archers:

- ▶ Phoebe Paterson Pine
- ▶ Jodie Grinham
- ▶ Nathan Macqueen

Anchor point	A point touched by the draw hand or string, usually on the mouth, chin or nose.
Arm guard	A piece of material used to protect the inside of the bow arm from the string.
Arrow rest	A device on the side of the bow that's used to hold an arrow until it's released.
Boss	A target made from compacted foam or straw.
Bow hand/arm	The hand/arm that holds the bow.
Bow sight	A device that allows the archer to aim.
Brace height	The distance from the string to the pivot point of the bow's grip.
Clicker	A device used to indicate an archer's optimum draw length.
Compound	A modern bow that uses a system of cables and cams.
Creep	Letting the arrow move slowly forward before release (not maintaining draw length).
Draw hand	The hand that draws the bow string back to the anchor point.
Draw length	The distance, in inches, from the pivot point to the slot in the arrow nock when at full draw.
Draw weight	The number of pounds of force required to draw a bow to its draw length.
End	A set number of arrows that are shot before going to the target to score.
Equipment line	A line approximately two metres away from the shooting line, where archers put bows and equipment when not shooting.
Fast	A call that indicates some form of emergency. An archer should immediately lower their bow.
Finger/wrist sling	A strap that stops the bow from falling when the archer shoots without gripping the bow.
Finger tab	A small piece of leather that protect the fingers when drawing the bow (recurve only).
Fletchings	The stabilising fins or vanes of an arrow.
Follow-through	The movement of the draw hand and bow hand/arm after the release.
Full draw	The position of the archer when the bow string has been drawn to the anchor point.
Grip	The handle of the bow.

Grouping	The pattern of arrows in the target.
Index fletching	A different coloured fletching that indicates proper arrow alignment on the string.
Limbs	The upper and lower arms of a bow.
Nock	To place an arrow on the string.
Nocking point	The point where the arrow is nocked on the string.
Pinching	Squeezing fingers against the nock during the draw, causing the deflection of the arrow.
Point	Metal point inserted into end of the arrow shaft.
Poundage	Draw weight of a bow.
Practice	Two or three ends of practice arrows before competition round.
Pressure button	A device used to correct an arrow's flex at the point of release.
Quiver	Bag worn for holding arrows.
Recurve	A bow in which the tips of the limbs curve away from the archer.
Release	The act of relaxing the fingers of the drawing hand to free an arrow from a bow.
Release aid	A device for releasing an arrow used with compound bows (types include trigger, hinge, back tension, and wrist release).
Robin Hood	A term for splitting an arrow embedded in a target with another arrow.
Round	The shooting of a definitive number of arrows at specified target faces from set distances.
Serving	The protective winding on the centre of the string where the arrows are nocked.
Shaft	The arrow, excluding the point, nock, and fletchings.
Shooting line	A line a specific distance from the targets from which archers shoot.
Spine	The stiffness of an arrow shaft.
Stabiliser	A weighted rod or set of rods used to provide balance to a bow.
Stance	The position of the feet and body.
Target face	The paper that is attached to the boss and indicates the scoring areas.
Target panic	A mental condition causing a loss of control in shooting form.
Tune	To adjust the equipment on the bow to achieve better shooting.



**Start
Archery**

START YOUR ARCHERY JOURNEY TODAY!

“Archery is one of the best sports you can do. I hope the Olympics inspires people to give it a go.”

Naomi Folkard,

five-time Olympian and
World medallist

Leave your worries behind the shooting line as you focus on what's in front of you.

Centre yourself in the moment, take aim and let your arrow fly.

Get ready for the range and find your archery experience:
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www.archerygb.org.uk

MEET OUR OLYMPIC TEAM





TOM HALL

Age	33
Hometown	Kenilworth, Warwickshire
Occupation	Athlete
Coach	Naomi Folkard
Bowstyle	Recurve
Olympic appearances	Tokyo 2020 Paris 2024



[Click here for photos of Tom](#)

Tom is a full time athlete since graduating Warwick University where he earned his PhD in Chemistry. Originally from Croydon, he now lives in Kenilworth. Tom took up archery during his time at university.

Post-Covid and recovering from injury, Tom wanted to be competitive at a national and international level. It took a huge amount of work at rehab, as well as building his confidence and trust with his training. As a result, he made his Olympic debut at the Tokyo 2020 Games where he finished 33rd individually and fifth in the team.

So far in 2024, along with his teammates, Alex Wise and Conor Hall, he won the men's team gold medal at the Veronica's Cup tournament, and silver at the Spring Arrows Archery tournament. In Antalya for the Final Olympic Qualifying Tournament, the three men shot and won the bronze, securing their team spot for the 2024 Olympic Games in Paris.

He is currently ranked world number 60 in the recurve men's category.

NOTABLE WINS

2024

- Veronica's Cup recurve men's team champion
- Spring Arrows Archery Tournament recurve men's team silver medallist

2023

- GT Open World Indoor Series stage recurve men's silver medallist
- European Grand Prix recurve mixed team silver medallist
- European Field Championships recurve mixed team bronze medallist

BRYONY PITMAN

Age	27
Hometown	Shoreham-by-Sea, Sussex
Occupation	Athlete
Coaches	Gary Kinghorn and Naomi Folkard
Bowstyle	Recurve
Olympic appearances	Tokyo 2020 Paris 2024



Bryony first got into archery because her dad shot for the British Field Team and she wanted to be like him. She made her Olympic debut at the Tokyo 2020 Games, finishing ninth both individually and in the women's team. Bryony lives in Shoreham by Sea, West Sussex. She's a graduate of Northumbria University and has a Masters degree in Intelligence and Security from Brunel University.

She is proudest of being the first British world number one in the World Cup era, and of winning the European Field Championships in 2023. She also became the European Games champion for the recurve women's team, and placed 3rd at the National Tour Final.

This season, Bryony and her teammates, Penny Healey and Megan Havers, won a silver team medal at the European Grand Prix. In Antalya at the Final Olympic Quota Tournament, the three women shot and won the bronze match, securing their team spot for the 2024 Olympic Games in Paris.

She is currently ranked world number 18 in the recurve women's category.



[Click here for photos of Bryony](#)

NOTABLE WINS

2024

- European Championships recurve mixed team silver medallist
- European Grand Prix recurve women's team silver medallist

2023

- European Field Championships recurve women's champion
- European Games recurve women's team champion
- European Field Championships recurve mixed team bronze medallist



CONOR HALL

Age	28
Hometown	Burton-upon-Trent, Staffordshire
Occupation	Security Engineer
Coach	Nicky Hunt
Bowstyle	Recurve
Olympic appearances	Paris 2024



[Click here for photos of Conor](#)

Conor started archery in his first year of secondary school in 2007. He had tried archery a few times prior to starting Campbell College and really enjoyed it, so when he found out there was an archery club he signed up straight away and has never looked back. The Belfast-born archer now lives in Burton-on-Trent, working as a Security Engineer.

Conor's biggest achievement in archery to date is becoming the first ever European Field archery mixed team champion along with Bryony Pitman in the 2021 European Field Championships in Croatia. In 2023, he became the British Target Champion.

So far in 2024, along with his teammates, Alex Wise and Tom Hall, he won the men's team gold medal at the Veronica's Cup tournament, and silver at the Spring Arrows Archery tournament. In Antalya for the Final Olympic Qualifying Tournament, the three men shot and won the bronze, securing their team spot for the 2024 Olympic Games in Paris. He and Bryony Pitman also won the recurve mixed team silver medal at the European Championships.

He is currently ranked world number 103 in the recurve mens' category.

NOTABLE WINS

2024

- Veronica's Cup recurve men's champion
- European Championships recurve mixed team silver medallist
- Spring Arrows Archery Tournament recurve men's team silver medallist

2023

- British Target Championship recurve men's champion

PENNY HEALEY

Age	19
Hometown	Telford, Shropshire
Occupation	Athlete
Coach	Nicky Hunt and Naomi Folkard
Bowstyle	Recurve
Olympic appearances	Paris 2024



Penny started archery when she was nine, after watching the Disney movie “Brave”. It inspired her to have a go at archery, as it looked enjoyable and she used to do horse riding. Penny did her beginners course at Audco Archers. She currently lives in Telford and studies at Loughborough College.

Last year, she became the European Games champion and team champion, and as a result of this achievement, she gained a recurve women’s quota spot for the Paris Olympics.

This season, Penny and her teammates, Bryony Pitman and Megan Havers, won a silver team medal at the European Grand Prix. In Antalya at the Final Olympic Quota Tournament, the three women shot and won the bronze match, securing their team spot for the 2024 Olympic Games in Paris.

She is currently ranked world number eight in the recurve women’s category.



[Click here for photos of Penny](#)

NOTABLE WINS

2024

- European Grand Prix recurve women’s team silver medallist

2023

- European Games recurve women’s individual champion
- European Games recurve women’s team champion
- European Grand Prix recurve women’s individual champion
- European Grand Prix recurve mixed team silver medallist
- Hyundai Archery World Cup stage recurve women’s individual champion



ALEX WISE

Age	23
Hometown	Newport, Shropshire
Occupation	Athlete
Coach	Naomi Folkard
Bowstyle	Recurve
Olympic appearances	Paris 2024



[Click here for photos of Alex](#)

Since graduating from his Sport Development degree at Northumbria University, Newcastle-born Alex now lives as a full-time archer in Newport. He first tried archery on holiday in Turkey and joined Newcastle's Bowmen of Walker in 2015.

His proudest archery moment was winning the recurve men's team bronze medal at the Hyundai World Cup in Antalya in 2018. He was part of the team that secured the full Olympic quota in 2019. In 2023, Alex became the T.R.U. Ball Axcel Back2Back champion, came 4th at the National Tour Final, and won silver at the first National Tour stage at Lilleshall.

So far in 2024, along with his teammates, Tom Hall and Conor Hall, he won the men's team gold medal at the Veronica's Cup tournament, and silver at the Spring Arrows Archery tournament. In Antalya for the Final Olympic Qualifying Tournament, the three men shot and won the bronze, securing their team spot for the 2024 Olympic Games in Paris.

He is currently ranked world number 71 in the recurve men's category.

NOTABLE WINS

2024

- Veronica's Cup recurve men's team champion
- Spring Arrows Archery Tournament recurve men's team silver medallist

2023

- T.R.U. Ball Axcel Back2Back recurve men's champion
- National Tour stage recurve men's silver medallist

MEGAN HAVERS

Age	16
Hometown	Leicester, Leicestershire
Occupation	Student
Coach	Tony Gray
Bowstyle	Recurve
Olympic appearances	Paris 2024



Megan is the youngest member of the GB Olympic team at just sixteen years old. She is from Leicester where she is in high school where she has just finished studying for her GCSE exams. She first got into archery when she tried it on a Haven holiday with her family, and shortly afterwards signed up for a beginner's course.

Her proudest archery achievement was winning a bronze medal in the mixed team category at the 2023 European Youth Cup in Switzerland. Last year she also came 4th at her debut appearance at the National Tour Finals, and earned a place in the Olympic Selection Shoot for Paris 2024.

This season, Megan and her teammates, Bryony Pitman and Penny Healey, won a silver team medal at the European Grand Prix. In Antalya at the Final Olympic Quota Tournament, the three women shot and won the bronze match, securing their team spot for the 2024 Olympic Games in Paris.

She is currently ranked world number 165 in the recurve women's category.



[Click here for photos of Megan](#)

NOTABLE WINS

2024

● European Grand Prix recurve women's team silver medallist

2023

● European Youth Cup recurve mixed team bronze medallist

COACHES & SUPPORT



TOM DUGGAN

TEAM MANAGER

Tom has been Archery GB's Performance Director since 2021, joining just in time for the last Olympic cycle in Tokyo. He spent four years as Head of Paralympic Performance, and before joining Archery GB, he worked as Performance Director at England Squash.

NICKY HUNT

MENS TEAM COACH

As a compound archer, Nicky secured double Commonwealth gold in 2010 and earned her spot as the world number one compound woman in the same season. She joined Archery GB's Olympic coaching team in 2022.



NAOMI FOLKARD

WOMENS TEAM COACH

Making her Olympic debut at Athens 2004, Naomi has appeared at five Olympic Games. A keen musician, she credits playing the violin with helping her develop coordination. She joined Archery GB's Olympic coaching team in 2022.

KIERAN McMAHON

PHYSIOTHERAPIST

As a physiotherapist with UKSI, Kieran has 10 years of experience in high-performance sport across rugby league (Wakefield Trinity), rugby union 15s (Worcester Warriors Women), cricket (Central Sparks), and netball (England Roses & Severn Stars).



CHELSEA ORME

PSYCHOLOGIST

Chelsea works for UKSI as a HCPC registered Sport and Exercise Psychologist with a PhD in decision-making debriefing practice. She is currently working as a Sport Psychologist for Archery GB, British Judo, and British Gymnastics, and as a coach developer for the British Sailing Team.

MEET OUR PARALYMPIC TEAM





PHOEBE PATERSON PINE

Age	26
Hometown	Telford, Shropshire
Occupation	Athlete
Coach	Andrea Gales
Bowstyle	Compound open
Paralympic appearances	Tokyo 2020 Paris 2024



[Click here for photos of Phoebe](#)

Phoebe has spina bifida and first tried archery on a family holiday enjoying it so much she joined her local club. She is a previous world number one, and won gold at her Games debut in Tokyo in the women's compound open category.

A former student at Worcester University, where she studied sports coaching science and pedagogy, Phoebe moved to Telford in 2019 from her family home in Cirencester in the Cotswolds.

So far this year she has won two bronze medals at the European Para Championships: one with Jodie Grinham in the compound women's open doubles category, and the other with Nathan Macqueen in the compound mixed team division. She also won a silver medal with Jodie Grinham at the European Para Cup.

She is currently ranked world number 14 in the compound women's open category.

NOTABLE WINS

2024

- European Para Cup compound open women's doubles silver medallist
- European Para Championships compound open women's doubles bronze medallist
- European Para Championships compound open mixed team bronze medallist

2023

- World Para Archery Championships compound open women's doubles champion
- European Para Championships compound open mixed team champion

2021

- Tokyo 2020 Olympic Games compound open women's champion

NATHAN MACQUEEN

Age	33
Hometown	Dumfries, Scotland
Occupation	Athlete
Coach	Andrea Gales
Bowstyle	Compound open
Paralympic appearances	Rio 2016 Tokyo 2020 Paris 2024



Nathan is an all-round sportsman who played rugby for Glasgow Warriors at Under 18 level before he was involved in a serious motorbike accident when he was 17-years-old.

Before his accident, Nathan was part of Scotland's archery team. After he was injured, he took up powerlifting and wheelchair basketball, but following a shoulder injury he switched back to archery, making his international debut just months before Rio 2016, where he finished a highly respectable ninth.

This year he won gold in the compound open mixed team division at the European Para Cup with Jodie Grinham, and at the European Para Championships he won a bronze mixed team medal with Phoebe Paterson Pine.

He is currently ranked world number two in the compound men's open category.



[Click here for photos of Nathan](#)

NOTABLE WINS

2024

- European Para Cup compound open mixed team champion
- European Para Championships compound open mixed team bronze medallist

2023

- World Para Championships compound open men's silver medallist
- European Para Championships compound open men's champion
- European Para Championships compound open mixed team champion



JODIE GRINHAM

Age	31
Hometown	Crawley, West Sussex
Occupation	Athlete
Coach	Charlotte Burgess
Bowstyle	Compound open
Paralympic appearances	Rio 2016 Paris 2024



[Click here for photos of Jodie](#)

Jodie was born in Haverfordwest, Wales and now lives in Crawley. She was a law school student before focusing on being an elite athlete. She won silver at the Rio Paralympics Games in the compound mixed team event.

Jodie has a condition called brachysyndactyly. She has a shortened left arm, an underdeveloped left shoulder, no fingers and half a thumb on her left hand. When she took up archery, Jodie worked with her dad to develop a way to grip the bow.

This year at the European Para Cup Jodie took the individual compound women's open title as well as the doubles compound open silver medal with Phoebe Paterson Pine. She and Phoebe also won the compound open doubles bronze medal at the European Para Championships.

She is currently ranked world number 11 in the compound womens' open category.

NOTABLE WINS

2024

- European Para Cup compound open women's champion
- European Para Cup compound open women's doubles silver medallist
- European Para Championships compound open women's doubles bronze medallist

2023

- World Para Archery compound open women's doubles champion
- European Para Archery compound open women's doubles bronze medallist

2016

- Rio 2016 Olympic Games compound open mixed team silver medallist

VICTORIA KINGSTONE

Age	42
Hometown	Camberley, Surrey
Occupation	Research Assistant
Coach	Andrea Gales
Bowstyle	Compound W1
Olympic appearances	Paris 2024



Victoria grew up in Rainham, Kent but now lives in Camberley, Surrey. She has spina bifida. Victoria was previously a Supporter Engagement Executive at Queen Elizabeth's Foundation for Disabled People. She is also a Research Assistant and a Global Athlete Mentor for The True Athlete Project.

After discovering she had osteoporosis, she stopped playing wheelchair basketball. Then she attended a UK Sport and Archery GB taster day in 2017 and never looked back!

In 2023 at the European Para Championships she won a mixed team bronze medal, and she is particularly proud of securing GB a quota place to Paris 2024.

She is currently ranked world number eight in the compound womens' W1 category.



[Click here for photos of Victoria](#)

NOTABLE WINS

2023

● European Para Championships compound W1 mixed team bronze medallist

2022

● European Para Championships compound W1 mixed team silver medallist

COACHES & SUPPORT



RACHEL BAYLEY

TEAM MANAGER

Rachel joined Archery GB in September 2022. She has worked as a world class programme administrator and leader across a number of sports. At the 2016 Games in Rio, she attended as team support for Gymnastics, and went to the Commonwealth Games in Birmingham as team support.

CHARLOTTE BURGESS

TEAM COACH

As part of the team that competed at the Beijing 2008 Olympics, Charlotte is no stranger to high-pressure competitions. She joined Archery GB's Paralympic coaching team in January 2015.



ANDREA GALES

TEAM COACH

As a compound archer, Andrea made her international debut at Santo Domingo in 2008 at the age of 35. Between 2008 and 2012, she earned herself four world-level medals. She joined Archery GB's Paralympic coaching team in 2018.

ELLIE EYRES

PHYSIOTHERAPIST

After previously working in wheelchair tennis, Ellie started part-time with the Archery GB's Olympic Squad in Feb 2020, and became the Senior Physio for the Performance Team in May 2022.



JAMES MAURICE

PSYCHOLOGIST

James has been part of Archery GB in a part-time capacity since April 2023. He was the psychologist for Wolverhampton Wanderers for four years and is a PhD researcher at the University of Wolverhampton.

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