

## Senior Metric - Single

	<b>Barebow</b>	<b>Compound</b>	<b>Longbow</b>	<b>Recurve</b>
Gentlemen 185 metres	B Hunt 142 Ascham 01/10/2016	D Kaye 108 Woodford Archers 22/08/10		
Gentlemen 165 metres	B Hunt 151 Ascham 08/10/2016		M Room 118 Noak Hill 10/10/2015	B Hunt 170 Ascham Bowmen 24/08/14
Ladies 165 metres				
Ladies 125 metres	B Williams 158 Woodford 16/10/2011	E Vdgeon-Hart 74 Mayflower 21/08/2016	S Lawrence 98 Noak Hill 13/08/2017	M Saville 136 CADAC 19/09/2012

## Senior Metric - Double

	<b>Barebow</b>	<b>Compound</b>	<b>Longbow</b>	<b>Recurve</b>
Gentlemen 185 metres	B Hunt 276 Ascham 01/10/2016	C Dean 219 Woodford Archers 22/08/10		
Gentlemen 165 metres	B Hunt 285 Ascham 21/08/2016		M. Room 218 Noak Hill 10/10/2015	B Hunt 326 Ascham 24/08/14
Ladies 165 metres				
Ladies 125 metres	B Williams 315 Woodford 16/10/2011	E Vidgeon-Hart 185 Mayflower 21/08/2016	P Spragg 187 Oakfield Archers 22/08/2010	M Saville 262 CADAC 26/08/2013