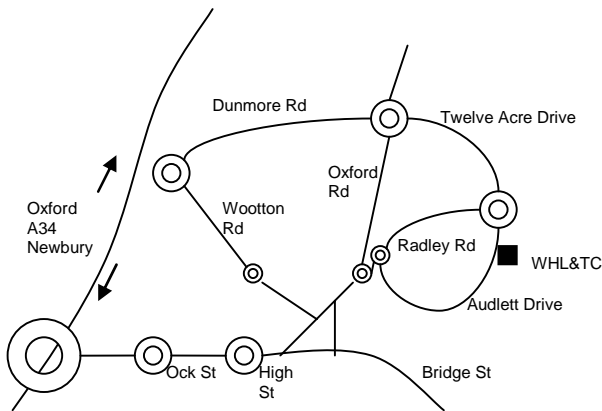




ABINGDON FENCING CLUB

Every Thursday 7.30 – 10.30pm
Abingdon Leisure and Tennis Centre
Audlett Drive, Abingdon, Oxon



All ages 8 years + welcome
All abilities welcome
We fence in all three weapons

Junior Class £3.50 per night
Adult membership : £116 per year
Adult Visitors : £5 per night



If you've not fenced before...

If you want to give fencing a try you can come along to the club on a Thursday and see what it is all about. You can also visit our website for more details. You will probably have some questions about fencing, so we have compiled this short guide for you. If you still have questions you can contact us (details on last page of this leaflet).

DO I HAVE TO WEAR SPECIAL CLOTHES?

We suggest that you wear a t-shirt, loose tracksuit trousers, and sturdy trainers that support your ankles. We can provide you with kit from the club, including jackets, masks and weapons.

DO I HAVE TO BE FIT?

Fencing suits a wide range of ages and levels of fitness. If you've not done any physical exercise for a while we would recommend you see your GP before trying any sport. It's important to warm up before you fence and one of our coaches will help you and make sure you don't push yourself too hard!

HOW OLD DO I HAVE TO BE TO START FENCING?

At Abingdon Fencing Club we have a minimum age limit of 8 years. Parents/Guardians are welcome to stay and watch their children fence. Children under 16 join our junior class, contact us for more details.

HOW MUCH DOES IT COST?

Adult fencers can pay nightly or join for 12 months; our basic fees are on the front of this leaflet. Coaching for adults is at an additional cost – ask for details or see our website. Annual membership fees can be paid quarterly. Special rates are available for Students, contact us for more details.

If you've not fenced before...cont.

WHAT COACHING WILL I GET?

The club runs introductory courses for new adult fencers. These usually run three times a year, see our website or contact the club for details. After completing the course you may continue your training within one of our coaching groups. Junior fencers are coached within the junior class.

IS FENCING DANGEROUS?

No. Fencing is a very safe sport, because we check that all our equipment is of a good standard, and that everyone plays by the rules, and uses a bit of common sense! Coaches are always present at Abingdon Fencing Club to monitor safety.

IS THE EQUIPMENT EXPENSIVE?

Compared to some other sports, fencing is relatively cheap. If you want to see price lists we suggest you visit some of the suppliers' websites, there are links on our website at www.abingdonfencing.org.uk.

WHAT ARE THE WEAPONS IN FENCING?

There are three weapons in fencing, the foil, epee and sabre. We fence and have coaches in all three weapons.

IS THERE A NATIONAL BODY FOR FENCING?

Yes, British Fencing is the UK lead body for fencing. All members of the club join British Fencing.

ARE THERE COMPETITIONS IN FENCING?

Yes. Some competitions are for certain age groups, weapons, regions or abilities. Our match secretary will be able to help you find suitable competitions to enter.

CAN YOU ACHIEVE AWARDS IN FENCING?

Yes. British Fencing (the lead body in the UK for fencing) has a series of achievement grades that our coaches can tell you about.



ABINGDON FENCING CLUB

Every Thursday 7.30 – 10:30pm
White Horse Leisure & Tennis Centre
Audlett Drive, Abingdon

Contact Details

Abingdon Fencing Club
c/o White Horse Leisure & Tennis Centre
Audlett Drive, Abingdon, Oxfordshire

Website : www.abingdonfencing.org.uk

Email : info@abingdonfencing.org.uk

Telephone :

0796 3729986 - call at any time to
leave a message. A committee
member will get back to you.
01844 352285 - evenings and weekends
only – ask for Elaine



ABOUT ABINGDON FENCING CLUB

Abingdon Fencing Club started in the 1970's and we are now over 25 years old.

We have a strong membership made up of people from a wide variety of backgrounds, and covering an age range from 8 to beyond retirement age. We have a fairly equal ratio of male to female fencers. A majority of fencers come from the local area but we do have some that travel further to fence with us.

We enjoy a good mixture of competitive and social fencers, in a combination of abilities and weapons. Our coaches can coach all three weapons, to a high standard.

We have several electric scoring boxes and a stock of equipment to lend out for an evening.

We also have several social gatherings each year. We have previously ventured across the channel to meet fencers in France and look forward to repeating this experience soon.

How to Find Us

The White Horse Tennis and Leisure Centre is easy to find and is signposted with brown signs from the main roads into Abingdon.

Directions from the North (Oxford, Bicester, Banbury)

- Take the Abingdon North exit off the A34.
- At the top of the slip road turn left.
- Follow the road down the hill.
- At the roundabout turn left.
- Go straight over the next roundabout.
- You are now on Audlett Drive.
- The White Horse Tennis and Leisure Centre is on your left at the next set of traffic lights.

From the South (Didcot, Newbury)

- Take the Abingdon exit off the A34.
- At the roundabout turn right.
- At the next roundabout (McDonalds) take the second exit.
- Carry straight along this road until you meet the one way system (round a left bend).
- Keep in the left hand lane, until you leave the one way system and reach a set of traffic lights.
- Go straight on at traffic lights; a BP garage is on the left.
- At the next roundabout turn right on to Radley Road.
- At the next roundabout turn right on to Audlett Drive.
- The White Horse Tennis and Leisure Centre is on the right at a set of traffic lights.