Russian Menshikov takes victory after the spectacular finals Runarchery Lichtenvoorde

By Benno Stevering

LICHTENVOORDE - Raymond Veldhuis from Apeldoorn made it the fast-running Rus Menshikov Saturday still pretty hard in the final phase of the annual Runarchery. For this reason the beautiful entourage of the Vlierbeek park in Lichtenvoorde was central. Maxim Menshikov's tactics - placed for the final that was accessible for the best ten in the morning session - and then raped off, succeeded. Rapid Rus - last year's second one - continues to compete in Europe and showed four-fronts because of less shootings his hegemony and won the 4 x 900 meters in 18.35 minutes. Menshikov showed this to have an extremely strong condition and to train hard. The 41-year-old Veldhuis, recently in Berlin 2nd after the strong German Kreissche, now became 2nd. He gave up his chances with more training for the NK. Veldhuis is only active in sports for only one year, but the Runarchery is already fun and cozy. At the masters, Dutch Champion Henri Polman from Lichtenvoorde showed his third place after Dutch champion Wim Mulder from the Apeldoorn steering group and the sixty-year-old winner Andries Domburg from Enkhuizen. Polman: '' With an international field, we show that Runarchery is in the elevator. To offer more competition, my shot might be even more pure. My walking force is my best discipline. If I have a good day, archery is also good. The most beautiful thing is, therefore, that you get shot and no penalty is needed. "The meanwhile 56-year-old Polman has been the most undefeated Runarchery athlete for a time. He can look back at a beautiful athletics career at the Liemers athletics club with sharp times from the 1500 meters to 31.15 minutes in ten kilometers.

The battle with the ladies

Sandra Szulc from Berlin was the very best in Lichtenvoorde among the women. Mijnle Crone from Avalon Sport from Apeldoorn became second after an exciting race. "In September, I hope to take a podium at the NK Runarchery in Zoetermeer. I run hard three times a week and have skit training twice a week. My best part is running. It is said that I walk like a hide, then I feel flattered. In Germany I was fourth. There was Marleen Domburg of WAC who beat Sandra Szulc. Like Marleen, I started this sport four years ago. Often we meet the same ladies at Runarchery. The bow can best be a sharp burden when wearing during a run. If you have to score three or four rounds, the weight of the bow is counted. I think it's a beautiful sport with five games a year, but it's a great achievement. '' Tonny van Kuringen of Aurora 1114 from Brabant Oirschot, admittedly came second as a second but indicated that he was suffering from an Achilles tendon injury outside of competition . '' This is an addictive sport. You want to participate as often as possible. In fact, I've been a 30-year-old gunman. Up to three times I've taken the Dutch title. "" With her partner John van Kuringen, Runarchery is a special dimension. The 23-year-old Kyra Stottelaar from Lichtenvoorde, working in Varsseveld, continued the women's final. Runarchery is an ever-increasing passion for her. "I accompanied with Gerben, Jorny and Ilona the youth Runarchery section of St. Swifbertus. In addition, I am a member of the music association. I like to participate, but I do not have the ambition to become a topman. For archery I chose a light bow. Bows cost between the hundred and 1600 euros. Arrows cost 3 to 45 euros each. I myself go to Brabant if I want another bow or arrows. I think it's great if I can see the youth department in Lichtenvoorde grow. Accuracy and concentration are very important in the archery component. You are bent with visor or without visor. If you exercise well, you can quickly make progress with visor. From nowhere you can start with Runarchery. Build some fitness and further develop your training. '' St. Swifbertus is pleased with her efforts.

Youth knows of mittens

16-year-old Bram Polman held the honor of Lichtenvoorde high with a 4th place in the short Runarchery over 550 meters. At youth the distance to the target, the folding system is fifteen meters. For adults, this distance is twenty meters. In his category it was 17-year-old German Niklas Krause from Stuttgart who won. Niklas indicated that the Runarchery is a beautiful sport next to schooling. However, he was sorry for the fact that in his living environment there is so little snowfall. Then the biathlon would be another suitable transition for the German. The youth had to spend three kilometers. Bram Polman, Havo 5 scholier, stated that it was exactly the combination