

# PRESS RELEASE

Date: **28 March 2013**  
Subject: **Worthing Fencing Club - West Sussex's New Fencing Club**  
Website: **<http://worthingfencingclub.org.uk>**  
Twitter: **@WorthingFencing**

## **Worthing Fencing Club - West Sussex's New Fencing Club**

**Worthing Fencing Club** (WFC) was established in 2013 by founder members Simon Jones (Chairman), Rob Parsons (Head Coach) and John-Paul Rowe (Secretary). They decided that Worthing needed its own fencing club following the success of independent local courses run by Rob Parsons. WFC has close ties to Lewes Fencing Club which Rob Parsons helped to set up and in which he continues to coach.

WFC is fortunate to have Steve Paul as their Director of Coaching. Steven Paul is one of the UK's best épéeists of the last 50 years. He has competed in three Olympic Games (1980 Foil and Épée, 1984 Épée, 1992 Épée) and achieved L16 in the Olympics twice. He has also won a World Cup, Commonwealth gold and was three times UK national champion. On a lighter note Steve was Pierce Brosnan's fencing double in the *James Bond* film '*Die Another Day*'.

The club teaches techniques in épée to beginners and intermediates of all ages and hope to expand to foil and sabre in the future. The club's head coach, Rob Parsons, owns a significant quantity of fencing equipment which includes protective clothing, masks and variety of weapons. With the help of Sport England funding we hope to continue to invest in kit for the club.

The WFC Outreach Programme is a notable asset of which the club is particularly proud. We will release more information about this exciting and innovative programme very soon.

Membership details can be found on the club's website. If you are in full time education then you qualify for junior membership (from age 6). The club meets once a week at Lancing Impulse Leisure Centre or Davison High School hall on Sundays at 10am. The meetings are great fun and structured with a warm up followed by coaching and electric piste fencing.

The club welcomes new members to come along to try this exciting sport which is also a great way of keeping fit!

**Assets available at <http://worthingfencingclub.org.uk/press>**

