

The 24th & 25th July saw the British fencing community converge on the English Institute of Sport in Sheffield where the Senior Nationals were taking place. Fencers from Salle Lawrence Fencing Club based in Plymouth travelled north to take part in the Individual Men's Foil & Epee and the Women's Epee on the Saturday and the Men's Foil and Women's Epee Team competition on the Sunday.

The competition on the Saturday saw twins Jason and Warren Shillingford seeded 54th (3 up-2 down) and 43rd (3 up-3 down) respectively after the poules in the Men's Foil, Ian Lichfield seeded 39th (4 up-2 down) in Men's Epee, Katie Dolan 45th (3 up-3 down) and Toni Denham 14th (5 up-1 down) in Women's Epee.

The results allowed Warren & Toni byes into the last 64 in their respective weapons but Jason, Ian and Katie all had to fight last 128's, both Katie and Jason made it through to the last 64 before falling to stronger opponents, Katie was eventually ranked 50th, Warren 46th and Ian who was a member of the GBR Cadet and Junior Foil team in his youth and now coaches both Foil and Epee was placed 66th in his first Senior Championship at Epee. Warren having won his last 64 fight was dispatched in his last 32 match to finish 32nd.

Meanwhile Toni fought and won both her last 64 and 32 fights before going out in the last 16 15-8 to eight times British Champion Georgina Usher, the 16 year old who is sponsored by Team Plymouth - making a sporting difference, and is a Lloyds TSB sporting hero was pleased with her performance having made a personal best in this particular event by finishing 11th in a field that included the full top 20 of Women's Epee, and was the 2nd highest placed Junior.

Club Coach and founder Rhiannon Lawrence was very pleased with the fencers individual performances, and even more so when the three men joined forces to take part in the Men's Foil Team competition and the ladies were joined by her siblings Anneka and Corinna for the Women's Epee event on the Sunday, and both teams took Bronze in their respective events.

The ladies received a bye into the DE, and their first match was against Wales B whom they dispatched 28-45 before meeting London Thames A in the semi's, the London based fencers proved the better team defeating Salle Lawrence and they went on to eventually win the competition.

The men had a far harder journey to their bronze medal, having first to fight two poule fights, before entering the DE seeded 5th, Salle Paul B was their first DE round, who they beat 30-45. This left them facing the number one seeds Salle Paul A, who are the defending British Champions and all Olympic Pathway Athletes. The Salle Paul A team proved the far stronger team defeating the Salle Lawrence men before continuing on to the Gold Medal.