



Royston Heath Archery Club

Limb Exchange

£50 Deposit
+ £30 Annual Membership



What is the Limb Exchange?

The Limb Exchange allows members of Royston Heath Archery Club to hire and exchange recurve limbs for the duration of their Exchange Membership. Limbs can be exchanged for other available limbs, any number of times during the period of membership.

Why use a limb exchange?

This is a great way to build up your recurve bow draw weight in a controlled way without costing you loads of money on new sets of limbs. It is also all too easy to purchase a set of limbs online that are too heavy for your current strength. This can cause an archer to shake under the weight of the draw and adversely affects shooting accuracy. More importantly, being over-bowed can lead to archers sustaining injuries.

What are the costs?

A 12 month membership to the limb exchange costs £30. This can be started at any point in the year.

We also charge a £50 refundable deposit to cover the replacement of lost or damaged limbs. Providing limbs are returned in the same condition as initially hired out, the deposit will be refunded at the end of membership. Limbs returned damaged or if they are lost will require a new deposit to be paid before a new exchange can take place.

If you would like to stay on the limb exchange after your initial 12 months expires, you can renew your membership by paying the annual fee.

What additional equipment do you need?

A riser with International Limb Fittings (ILF). Please Note: We have a couple of ILF risers which can be hired under the same conditions as our limb exchange.

Other items as applicable for chosen bow style (string, arrows, quiver, bow stand, sight, stabilisers, arrow rest, pressure button, bow case/bag etc.)

We strongly recommend you speak to a member of the club coaching team for advice before any new bow purchase.

Limbs Available on Exchange

Limb Length ↓ / Draw Weight (lbs) →	20	22	24	26	28	30	32
Short (66 inch bow)	✓	✓	✓	✓	✓	✗	✗
Medium (68 inch bow)	✗	✗	✓	✓	✓	✓	✗
Long (70 inch bow)	✗	✗	✗	✓	✓	✓	✓

*bow sizes based on 25inch riser