storage chamber C1 via radial bores 22 and the gaps between the screw thread 20 of the capsule body 10 and the cooperating screw thread of the body 19. When the capsule is filled with air, therefore, this chamber C2 contains air at 3000psi.

The body 19 is formed with an internally screw-threaded bore 23 which receives an externally screw threaded portion of a further body 24. This body 24 defines a discharge chamber C3 which when the capsule is fitted to an air gun is placed in communication with an air storage chamber in the gun through an outlet opening 25. This opening is normally closed by a one-way valve 26 which, when the capsule is fitted to a gun, is opened by an actuator pin on the gun, thereby allowing air to flow from the chamber C3 into the storage chamber of the gun. The valve 26 comprises an axially movable valve element 27 and a plastics seal 28 which engages a valve seat around the opening 25.

The flow of air from the chamber C2 to the chamber C3 is controlled by a regulator valve 29. This valve comprises a piston 30 fitted with an 'O' ring and axially slidable in a cylinder bore 31 formed in the body 24. The piston has a hollow stem 32 which together with a hole in the piston forms a passageway 33 between the chambers C2 and C3. A sealing member 34 is provided between the two bodies 19 and 24 to close the end of the piston cylinder and the stem 32 extends through a bore in this member and an aligned bore in the body 19 so that on movement of the piston 30 to the left as viewed