David's, non patented (Plagiarised) Catapult:
"They may not fly so much as hurtle".

Ingredients:
1) One metal rod +- 1/3" Dia & 4' - 5' long. Called
droppers, available from gardening shops.
2) Strip rubber, 4' long. I have only 5mm square which is
not ideal being too powerful.
3) Good quality string 3' long.
4) One metal ring at least 1/2" dia; a key ring is excellent.
5) The wooden centre from a reel of cotton (Bobbin).
6) Good quality thread or thick cotton.
7) All purpose glue.

Construction:
Drill out the centre of the wooden reel to +- half its length,
and glue it to the top of the rod.
Fashion one end of the rubber into a loop which will fit
snugly around the centre of the reel.
Bind the neck of the loop tightly with thread, & then apply
glue over the thread.
To the other end of the rubber, place one end of the string
with an overlap of at least 1" again, bind the overlap with
thread & glue it.
Tie the other end of the string to the metal ring with a non
slip knot.
Lubricate the rubber with green washing liquid.

Operation:

Hammer or push the rod 6" to 12" into the ground.
Remember that the ideal launch position is anywhere
between waist and shoulder height.
Slip the neck of the rubber over the end of the bobbin.
Caution, please test glide the model 1st as any defects in its flight "Envelope" will be tragically exacerbated by using the catapult !!!!!
Try a few gentle launches 1st with the rubber only pulled back about foot, before you start inflicting 100g or so on the hapless pilot.
I found the best launch angle was about 20 degrees (Up !)

Warning*, under no circumstances let the fuselage & hook take the direct strain of the pulled catapult !!!!!
Pull the ring back firmly in one hand, then holding the end of the fuselage gently place the hook in the ring.
Get a companion to light the jetex, unless you are blessed with 3 hands, wait till the thrust has built up, then release the ring...allowing the model to slip out of your other hand!
This rig worked very well, particularly with deltas E.G. the Avro 707 / Skyray. or twin booms, Sea Vixen / Venom which do not have a good hand hold.

Disclaimer:
If you have followed these directions to the letter....and despite this, your 1st and now only flight, has ended in an impact crater & debris field, then whilst you are led away in tears to the nearest bar / nursery, well....perhaps it was just a rottenly designed catapult.