



Bowmen of Ardleigh
Small Newsletter No. 95
March 2017

I'm starting this Newsletter off with some of the pictures I know people like and the last two pages are a guide to shooting you may find interesting! Our "Come and Try Archery" Day is on Sunday 2nd April, 2017. Any help any members can give will be much appreciated, and any help with the course to follow on 9th, 13rd and 30th April, 2017.

My apologies for this being the first newsletter of the year. As I think I can finish it off another set of League scores come in and all of a sudden we're more than halfway through March! I think all the results are ok but if they're not, my apologies! Full results can be found on the Essex Website



DO YOU ADMIT TO KNOWING THIS MAN ??????????

To the left is one, a little blurred, from our website. Can you answer the question?! One or two members sported this hair style but a degree of tact prevents me remembering exactly how long ago that was! Back in the days when the Earth was young, I suppose. Trouble is, I was there as well!

Here's another one, this time from 1976 (only 40 years ago! Enough said about that! How quickly time goes as I can still remember the session when the series of pictures was done. I had a former colleague who got a job as a reporter in the Sports Section of the Romford Recorder and he got us quite a bit of coverage before he moved on to the Southend Echo and then to the London Evening Standard, where he managed to write (and still does) lots about West Ham.



19th May 1976 Jann Watchman Joan Pratt Pat Pardoe Joan Lewis

Here come the scores, now!

Results of our December Bray 1 League Matches.

Division 1 (Recurve)

Ardleigh A		Braintree 'A'	
Chris Lowe	268	Paul Ramos	276
Sean Hunter	265	Alex Downer	256
Jason Horsley	261	Michael Moore	249
Paul Champion	259	Adrian Fullman	246
Gary Prior	255	Juan Fernandez	244
Total	1308		1281

A win for Ardleigh 'A' by 27 points

Division 3 (Recurve)

Ardleigh B		Braintree 'B'	
Chris Pollard	254	Adam Roberts	230
Colin Vaughan	253	Adam Pedder	206
Dave Clegg	234		
Ken Dell	222		
Stephen Frankland	221		
Total	1184		436

A win for Ardleigh "B" by 748 points

Division 2 (Longbow)

Ardleigh		Oakfield B	
Mark Turner	163	Did not shoot	
Ken Dell	155		
Total	318		

A win for Ardleigh by 318 points

Results of our January Bray 1 League Matches (No. 4 in the Series)

Recurve Division 1

Ardleigh A		Racketts	
Chris Lowe	267	Bob Riley	271
Sean Hunter	261	Mrs. Kathryn Sartain	263
Paul Campion	261	Adam Sartain	254
Chris Pollard	260	Peter Meecham	253
Colin Vaughan	252	Stuart Sartain	229
Total	1301		1270

Ardleigh B Team (Recurve Division 3)

Ardleigh B		Colchester 'B'	
Jason Horsley	248	Richard Beard	235
Wayne Scott	227	Miss Sandra Huff	234
Gary Prior	224	Miss Lynette Fisher	234
Mark Turner	216	Chris Buckley	234
Dave Clegg	200	Richard Langridge	216
Total	1115		1153

Longbow Team (Division 2)

Ardleigh		Noak Hill	
Mark Turner	140	Steve Spragg	182
Ken Dell	130	Mark Lawrence	176
Total	270		358

Results of our February 2017 Bray League Matches. (Match 5)

Recurve Division 1

Ardleigh A		Mayflower	
Sean Hunter	273	Did Not Shoot	
Jason Horsley	268		
Chris Lowe	259		
Stephen Frankland	258		
Chris Pollard	256		
Total	1314		

Recurve Division 3 (This is the last match for our 'B' Team in this season.series)

Darenteford 'A'		Ardleigh 'B'	
Amarildo Dervishi	264	Colin Vaughan	249
Steve Shacksted	258	Gary Prior	229
Antony Kite	251	Ken Dell	214
Daniel Sims	241	David Clegg	207
Miss Leanne Youseman	235	Shubhang Dubey	200
Total	1249		1099

(Congratulations to Steven Frankland (December) and Shubhang Dubey (February) on their first appearances for our Club.

Longbow Division 2

Blue Arrows		Ardleigh	
Adrian Burch	192	Heather Turner	143
David Fellman	151	Ken Dell	138
Total	343		281

Tables after February Matches (Match 5).

DIVISION 1	SHOT	WON	LOST	DNS	POINTS	AGGREGATE
Chelmsford TR "A"	5	4	1		8	6606
Ardleigh "A"	BYE+4	4			8	5200
Braintree 'A'	BYE+4	2	2		4	5221
Burntwood "A"	BYE+4	2	2		4	5173
Colchester 'A'	BYE+4	2	2		4	5054
Racketts	BYE+4	1	3		2	5113
Mayflower	1		4	4	0	1009

DIVISION 3

Darenteford "A"	5	5			10	6070
Chelmsford TR "B"	5	4	1		8	5782
Colchester "B"	5	3	2		6	5508
Ardleigh 'B'	5	2	3		4	5634
Braintree "B"	5	1	4		2	3785
Oakfield "B"	5		5		0	4368

LONGBOW DIVISION 2

Noak Hill	BYE+4	4			8	1471
Ardleigh	5	3	2		6	1436
Blue Arrows	BYE+4	3	1		6	1299
Tudor	BYE+4	3	1		6	1073
Clacton	BYE+4	1	3		2	947
Colchester "B"	BYE+3	1	3	1	2	656
Oakfield "B"	2		5	3	0	230

December Spoon Results, (Portsmouth Round) were as follows: -

	Archer	Discipline	H/cap	All.	Score	Total
1	Ken Dell	Longbow	73	1160	323	1483
2	Brian Harris	Recurve	56	994	432	1426

If archers have a total of 1440 with their score plus their handicap allowance then they've shot to their handicap rating.

There seems to be a marked lack of interest among members about how the Handicapping System works! It seems to be viewed as a dark and arcane art. The first thing I did when I started Archery was to buy a set of Rules and Handicap Tables. If you can work out your own handicap rating you can tell if our Records Officers are doing their job correctly (or not, we're all human!). If you don't know how its done you have no way of telling how results have been worked out or whether its been done correctly. You have to just accept the results as they stand.

January Handicap Spoon Results (Portsmouth Round) were as follows :-

	Archer	H/C	Allowance	Score	Total	
1	Brian Harris	56	994	462	1456	
2	Heather Turner	64	1060	396	1446	Longbow
3	Ken Dell	66	1080	363	1443	Longbow
4	Dave Clegg	41	913	522	1435	520 Bar
5	Colin Vaughan	34	889	529	1418	
6	Jason Horsley	34	889	524	1413	
7	Chris Pollard	33	886	509	1395	
8	Sophie Pollard	65	1070	267	1337	
9	Mark Turner	61	1033	292	1325	Longbow

February Handicap Spoon Results (Portsmouth Round) were as follows :-

	Archer	H/C	Allowance	Score	Total
1	Brian Harris	55	987	494	1445
2	Sean Hunter	28	873	565	1438
3	Chris Pollard	33	886	540	1426
4	Ken Dell	65	1070	356	1426
5	Mark Turner	43	922	494	1416
6	Sophie Pollard	65	1070	332	1402
7	Gary Prior	38	902	496	1398
8	Dave Clegg	43	922	462	1384

March Handicap Spoon Competition result:

	Archer	H/C	Allowance	Score	Total	
1	Pam Freestone	57	1001	433	1434	
2	Chris Lowe	32	883	539	1422	
3	Chris Pollard	33	886	534	1420	(60 hits, 18 golds)
4	Gary Prior	38	902	518	1420	(60 hits, 16 golds)
5	Mark Turner	43	922	500	1420	(60 Hits, 3 golds) Barebow
6	Ken Dell	66	1080	340	1420	(54 hits) Longbow
7	Stephen Frankland	37	899	515	1414	
8	Matthew Overton	46	935	481	1410	
9	Sophie Pollard	65	1070	312	1382	
10	Brian Harris	54	980	399	1379	

Third to sixth results show how the tables can level things out, even between disciplines.

To the left is Shubhang on 24th February, 2017. I think I mentioned some while ago that it was likely he was going to be quite annoying!



To the right is Gary on 8th February, who Robin Hooded his own arrow in the 8 ring.



Below are Gary and Paul on Sunday 5th March, Gary having done it again! This time he hit Paul's arrow in the 10 ring. Paul was so pleased. As we know, if you damage someone's arrow by treading on it, or whatever, you offer to pay for it on the spot. If, however, you hit one in the target it scores wherever the first arrow was and nothing is owed!



For those members who might be interested in making Flemish twist single loop strings for their longbows, this link is worth a look.
www.youtube.com/watch?v=3UrWcpiyG6c

On Saturday 11th March, Mark Turner won the first Session Medal, Barebow and the Essex and Suffolk Championship in the Gentlemen's Barebow discipline and our congratulations go to him. A good result for all the hard work he's put in.

Your Committee for the coming year, elected at our 64th Annual General Meeting on 26th February, 2017 is as follows: -

President	Tom Hall
Vice President	Jann Watchman
Chairman	Colin Vaughan
Vice-Chairman	Jason Horsley
Secretary	Michael Bell
Treasurer	Jann Watchman
Field Captain	Mark Turner
Indoor Records Officer	David Clegg
Outdoor Records Officer	Gary Prior
Equipment Officer	Chris Pollard
Range Officer	Chris Lowe
Committee Member	Sheron Easter
Committee Member	Rob Tysoe
Committee Member	Ian Knox

The following details are just some guidance for our newer members. It appeared originally in one of the newsletters from 2010. Older members may also find some of it useful but can, if they wish, avert their gaze, especially if they've read my meanderings before. I've up-dated some of it to reflect current trends (and the ship that had Chris Lowe approaching 18 years old has long since sailed!)

Firstly, you may be unaware of available magazines on Archery; there are several publications that you can get either from an archery retailer or by direct subscription. which comes out quarterly, "Bow" Magazine is issued every 2 months. This has articles on new products and various ways of shooting "better" in addition to all the news on current competitions and events, both national and international. You can also get a bit of history thrown in for good measure. The (subsidised by you) Archery UK Magazine tends to have more details of results and official stuff as they (should!) avoid competition with commercial publications.

There is also the website at www.archery-interchange.com where you can see views on many different Archery subjects from Archers (including some occasionally very "nerdy" ones!) and put your views or questions as well. I have been known to offer my "four-pennorth" from time to time as well! For those with an even more apparent thirst for knowledge, the "Archers Reference" is really excellent and can be found at www.archersreference.co.uk/download.html . This will tell you virtually everything you want to know about Archery equipment, lots of things you didn't really want to know and even more things that you didn't know you needed to know so there is something for everyone there. I would also draw your attention to the Glossary on our Ardleigh website, where there is a more basic list of items, their purpose, and how they might be used. This list is by no means exhaustive and although it's up-dated from time to time, the longer I'm involved in Archery the more I realise I don't really know much at all. There is no right or wrong way of shooting a bow (within the safety margins laid down by Archery GB), if whatever you do is the same each time. There are, however, more economical ways to draw a bow than some others. You can also use the link to Archery GB via our Club's website where there's quite a bit of news and information. I just make note that "Archery GB" is the new name replacing "Grand National Archery Society". The old name has a fair bit of history. "Archery GB was foisted upon the memberships to sound more modern and in so doing attract more grant money. (Archery GB has just lost its Olympic funding, probably due in no small part to a distinct lack of international success in Rio 2016! That said, there were some brighter moments and you'd think that removing Olympic funding from groups that are close to winning something might be counter-productive. Sport England are continuing their support of National Archery though. I digress!)

You are now developing your style as archers. Starting with light draw weight bows does produce better technique and you should progress through to heavier bows more easily now (much better than trying to shoot a bow that's too heavy for you to control). Some of you are also getting kitted out with your own equipment.

This is where the fun starts, because, to begin with, you might need to trade off some of your aspirations if you shoot, according to your circumstances, perhaps once a week. If this is your choice and you are content, then all is fine. You will become a reasonably proficient archer. The problem, if you perceive it as one, is that you may not progress as much as you would like to, but you will get odd days when the fates will smile on you and you'll have a quite good shoot and then you think "perhaps I'll shoot twice a week because I really enjoyed that". So, from shooting every Wednesday or Friday evening, you start to shoot on a Sunday as well and then you think "what if", etc. etc. This is the beginning of what can be a somewhat frisky ride when, providing your practice is right, you are embarking on what currently much over-used parlance calls a "journey". At the end of this ride is an archer who needs to shoot every day, possibly 400 or 500 arrows (the Korean squad shoot up to 1,000!), to maintain their excellence, and travels all over the county and country to do it, getting to record status and Premier events to accumulate the points needed to be considered for selection to the English, Scottish, Welsh and Northern Irish squads and ultimately the Great Britain Squad for the Olympics. The dedication of these archers, and their families, is considerable, especially the younger ones. The decision on where you step off and have a look at the scenery around you and think "I quite like it here" is up to you.

The first thing you need to do is believe that you can become "good" at something. It really doesn't matter what, but let's stick with Archery. If you don't believe in yourself, you are starting off with a bit of a proverbial millstone around your neck. You must be able to accept that there will be "off days" when things don't go according to plan. You are only human. The only difference between you and the World Recurve Champion is that they have fewer of those days. Instead of the odd good shot, they may have the occasional bad one. This does beg the question about the time they can put in and the support they get from their National Associations. As far as I'm aware, the top archers in this country do get grants via the Sports Council and our National Association and support from retailers but they do generally also have the jobs they make their living by. Our country has a highly organised coaching system and we will arrange for County Coaches to visit us if you wish. Don't wait to be asked, tell a Committee Member that some of you would like to see a County Coach and it will be arranged. You are at an early stage and coaching sessions should be most useful.

Please try and avoid letting some of the often-heard negative observations drag you down, like “I never shoot well in the wind / rain” or “I never do well if I get good sighters”. Providing you shoot with a good style in a relaxed manner then your arrows will go nearer the middle, whatever the conditions, short of a howling gale, when the shoot could well be suspended anyway, for safety reasons.

Some of the Archers at the top in Britain have been there for quite a long while. Simon Terry dropped off the circuit some years ago and has come back even stronger than he was before. Most of the top archers started by representing their Club and then their County and went on from there.

Age is not relevant, except to say that, where you have a young archer who is really promising, the real trick is to support them through their various examinations while at school or college and all the other distractions that occur in the middle teens so their interest is maintained.

Archers who progress from junior to adult and stay with our sport are quite rare (Our Chairman, Colin Vaughan, is one of these rare ones and is a mainstay of our Club and Chris Lowe, at the time of writing he's about to be 18, has the makings too! Jann Watchman is, and her late husband Jim was, also of this rare breed). Most of the present members of our Club, like me, came to our sport in their mid-twenties or later. The opportunity is there for all to excel, whatever their age, to a degree they really didn't think was possible. I'm not suggesting that all will get to the Olympics but the opportunity is certainly there to represent our Club and secondly the County in matches and competitions (we've had lots of archers in the Essex Team over the years and there's no reason for this happy tradition not to continue). You just need to “want” to do it! Simplifying things, the Western way of looking at things is usually by reference to score. The Eastern way is not where the arrow lands but how it got there. In my opinion, the latter view is the best, and if you are shooting consistently the score will look after itself. The more you try to control every aspect of the shot the less your body will want to do it. It just gets confused! You should practice “letting go” and I don't mean just losing the arrow. Let your brain make the shot without excessive interference from your conscious mind. This is where the trust bit comes in. Don't try to aim too much, just set your sight on the target, sort of around the middle and, if you need to concentrate on anything, try to get the balance equal between the push and the pull. Your brain knows just what you want it to do, if you keep it simple and let it get on with it but I'm aware it's not easy.

I've coached a couple of people over the years who've asked me to watch them as they were having problems and suggest what I thought might help them. Both were archers of long standing so their styles were well-established. I watched them shoot and then just asked them to firstly stop trying and secondly to stop thinking too much about aiming, just put the sight around the middle, hold their eye on the gold and keep the shot building continuously up to and beyond the loose of the arrow. Within the space of one session they were shooting excellent groups and I thought “my work here is done” but the next time I saw them they'd gone back to where they were before because they didn't believe it could be that “easy”. What they didn't realise is that they were really working harder and they'd gone up to another, higher level where they, sadly only temporarily, were letting their brain do its job, getting on with things without them telling it what to do. Your body is basically lazy and will take the “easy way out” if it can. In the early stages, you are asking your muscles to do things they in a new way so you need to tell them what to do at each stage of the shooting process, which they occasionally will, when you shoot an arrow that goes off just right, that you knew was going to be good even before you shot it. When your physical processes start to go onto “automatic” then you can let your brain work on other things, which is when the real improvements will begin to come. You still need to know what's going on to prevent your body “backsliding”, but without looking at every little detail all the time.

If I really was waxing lyrical, which may be the case, I suggest you read “If” by Rudyard Kipling, which includes the lines: - “If you can meet with triumph and disaster, “And treat those two impostors just the same”.

This really does apply to shooting a bow. If you watch people on the line you'll see heads shaking and shoulders drooping and, occasionally, some degree of elation, sometimes in the space of an end of six arrows. The person to keep an eye on is the one who just gets on with the job and shoots arrows quietly and consistently. If your arrow misses the target, the Earth carries on spinning, it's not the end of the world, it's just one of those things. Archery can be a series of peaks and troughs. You make a bit of progress up a hill and then perhaps slip back a little and then go up another slightly bigger hill, and so on. If you stay with it, you get a little higher each time until you get to where you feel you want to be. The only thing that matters is the arrow in your bow. The one you just shot is history, but you can take the chance, unlike most politicians, to learn from it. The arrow in your quiver is in the future and isn't relevant. Stay in the “now” and shoot the arrow in your bow as well as you can. If you are positive and believe in yourself and don't “try” too hard you might be quite surprised!

(Just one final note to say that if any members would like to take a Coaching Course then, subject to certain provisos, our Club will pay for it.)