



Bowmen of Ardleigh
Small Newsletter No. 96
4th June 2017

I'll start with an item about one of our former members, Sarah Bettles who now lives and works in Leeds. The pictures and words are from Sarah's page on Facebook.



"So I have had an insane few days which is about to get a whole lot crazier! I had my first training session at Lilleshall National Sports Centre on Sunday and was asked if I wanted to shoot in Antalya, Turkey. So after an insane 2 days of organising flights, visas, work and packing, I'm now on my way home to Essex ready (or not) to fly out tomorrow for a week and a half of sun, 5* hotels and international archery! Soo excited. Arrived in Antalya, it's 1am local time and we're doing our last-minute fletching as we're so organised...not!"

see that an archer at the top of her game still leaves her equipment maintenance to the last minute, like the rest of us, finding the gear in the same state when you open your case as it was when you put it away! (Happened to me quite a few times!)

Sarah has all our best wishes and we follow her competition activities with much interest. Nice to



"So yesterday was not my best ranking round, finishing with a very poor score and down in 17th place, a combination of strong winds and torrential rains plus changing my anchor point three days before the competition (before I knew I was coming) left much to be desired. Shot a little better today winning my 1/48 and 1/24 matches 6-0, the 1/16 6-2, then in the 1/8 i came up against top seed, Olympic silver medalist Lisa Unruh, who took me out 7-1. Then spent the afternoon enjoying the heated pool. Looking forward to tomorrow's team matches.

First international medal in the Antalya Spring Cup with [Sarah Bettles](#) and [Jessica Sagoo](#)! Solid shooting all round and a really great team dynamic! We couldn't have done it without our fourth man, [Tom Hall](#). He kept us calm and in the mental state we needed to be during our matches. I really cannot thank him enough for both convincing us to go to Turkey with less than a week to organise everything, and being behind us the whole way to give us the confidence to do what was needed to win bronze. 💜💙"

Thanks as always to everyone that helped me get this far in archery! Plenty more to come, especially with four days left of training here in Antalya with the Turkish team! 🇹🇷

Just a note that Sarah won her second "Head to Head match in National Series! &

2 at Evesham on May 20th and 21st winning the Series 2 title and is in 4th place overall. Sarah is now training informally with Richard Priestman, the GB Olympic Archery Squad Coach.

Another former member, Simon Powell, was with the Para Archery Development Squad in the lead up to Rio when his condition was removed from the list of classifications and he was effectively de-selected, a most unwelcome turn of events. I understand from Simon that his situation is being reviewed and, hopefully, this will enable him to return to the Squad. I've given him best wishes from Ardeigh for that to be soon.

Our annual "Come and Try Archery Day", held on Sunday 2nd April 2017, was a busy day with lots of "extra" people additional to those who'd booked in. Everyone seemed to enjoy the two sessions and there was the chance for them to shoot during the break and after. Our thanks go to the members and families for their assistance on the day. So far, we've had seven new members from the course and we already have a waiting list for the next one, if and when we decide to do one. Thanks go to the Committee members who helped with the course sessions.

Results of our March 2017 Bray League Matches. (Match 6 & 7)

Chelmsford Tudor Rose 'A'	Ardleigh 'A'		
Chris Jordan	272	Sean Hunter	268
Martin Skinner	269	Colin Vaughan	259
Miss Sophie Cole	261	Chris Lowe	255
Brian Whitley	256	Chris Pollard	243
Joel Auvrey	248	Ian Knox	237
	1306		1262

A win for Chelmsford Tudor Rose 'A' by 44 points

Colchester 'A'	Ardleigh 'A'		
Tim Cathmoir	259	Sean Hunter	266
Kieron Heard	255	Colin Vaughan	259
Miss Claire Morris	246	Chris Pollard	251
Richard Gardiner	245	Gary Prior	247
Steve Morris (B/B)	210	Ian Knox	242
	1215		1265

A win for Ardeigh by 50 points

The final table for Division 1 is as follows: -

	Shot	Won	Lost	DNS	POINTS	Aggregate
Chelmsford TR "A"	BYE+6	5	1		10	7912
Ardleigh "A"	BYE+6	5	2		10	7727
Burntwood "A"	BYE+6	4	2		8	7737
Braintree "A"	BYE+6	3	3		6	7787
Racketts	BYE+6	2	4		4	7695
Colchester "A"	BYE+6	2	4		4	7526
Mayflower	1		7	6	0	1009

Results in Division 2 (Longbow League)

Tudor	Ardleigh		
Alain Jacq	199	Heather Turner	163
		Mark Turner	146
	199		309

A win for Ardeigh by 110 points

We had a "Bye" for our Longbow Match No. 7

Final Table for Division 2

	Shot	Won	Lost	DNS	Points	Aggregate
Noak Hill	Bye+6	6			12	2226
Blue Arrows	Bye+5	4	1		8	1952
Ardleigh	Bye+6	4	2		8	1745
Tudor	Bye+6	4	2		8	1592
Clacton	Bye+6	2	4		4	1494
Colchester "B"	Bye+4	1	5	2	2	779
Oakfield "B"	Bye+2		6	4	0	230

Our Recurve 'B' Team finished their matches in February and were 4th in Division 3 (see Small Newsletter no. 95)

Our first match in Division 3 of the Essex Summer Albion League took place on Sunday 14th May. Our Team was away to Mayflower at Billericay and the Result was

Mayflower		Ardleigh	
Michael Judd	926	Chris Lowe	820
Wendy King	834	Sean Hunter	770
N. Norris	782	Paul Champion	756
Martin Vigeon-Hart	774	Colin Vaughan	710
P. Cotter	703	Gary Prior (PB)	664
	4014		3720
S. Fenton	703	Dave Clegg	608
M. McGee	593	Mark Turner (B/B)	558
D. Chase	586		

The Table for the Division is

Division 3	Shot	Bye	DNS	Won	Lost	Draw	Points	Aggregate
Mayflower	1	0	0	1	0	0	2	4014
Noak Hill	1	0	0	1	0	0	2	3715
Ardleigh	1	0	0	0	1	0	0	3720
West Essex 'C'	1	0	0	0	1	0	0	3072
Rushgreen	0	1	0	0	0	0	0	0

Just a few of notes, firstly that Mayflower have in Michael Judd a member of the Great Britain Olympic Squad and, rather inconsiderately, I think, put another shoot to one side to take part in this match. Secondly, our score would have beaten the other teams who shot in the 3rd Division on the day. Thirdly, our score would have beaten three out of the four teams shooting in Division 2.

Annoying, ain't it! As always, I look forward to the next match (June 18th, at home to Rushgreen) with some interest as we don't yet know what scores they are likely to get.

Our July 2nd match is a 'Bye' and doesn't have to be shot but it might be an idea for members to take part in an Albion Round (36 arrows each at 80, 60 and 50 yards) under League Match conditions as it would be good preparation for our August match, at home to West Essex 'C'. Hopefully, if we are in contention, we won't leave the result of the last match to decide where we end up. We're away to Noak Hill for that one on September 10th.

For our newer members, when we have a home match, these usually start in the morning and all members are welcome to shoot, either alongside or shorter rounds at the normal Sunday afternoon sighters time and also partake of the League Tea that happens afterwards (tea, coffee, sandwiches, nibbles and cakes). Perhaps some of our newer members may form part of our Summer League Team next year!



On Sunday 21st of May one of our new members, Maria Coppens had this group at 20 yards during her first round ever with her new equipment! She finished with a score of 406 (out of a possible 432) for her first "252" Warwick Green Badge shooting a Short Junior National (24 arrows at 30 yards at 24 at 20 yards).

On Wednesday 24th May, Maria scored 334 for a Junior Warwick (40 yards and 30 yards) and achieved her White Warwick Badge.

On Friday 28th May, Maria scored 297 for a Short Warwick (50 yards and 40 yards) and achieved her Black Warwick Badge.

The third round gave Maria a handicap assessment of 55.

Didn't she do well!

Attached at the end of this newsletter are the results of our 47th Clout Championships held on Sunday 7th May, 2017. Congratulations go to the winners of the awards. Maria had never shot Clout before and received the briefest of instruction before the start and learned as she went along.

Maria is now our Lady Clout Champion!

We had quite a good day at the Abbey Open on Sunday 28th May, 2017. 6 members took part and all won medals! In the Gentlemen's Albion, Chris Lowe was second with a score of 840. Janine Sittig won gold in the Ladies' Windsor, Sophie Pollard was second in the Junior Ladies' Short Junior Windsor and our Team (Chris Lowe, Sean Hunter, Chris Pollard and Gary Prior) successfully defended our Team Trophy with a Team Gold.

Didn't they do well as well!

Would all members please count their arrows before they start shooting and count them again before they leave. Then you will know positively that you are, perhaps, one short. Errant arrows must be found before people leave. It's important that you let the Secretary (me) know if an arrow remains lost so I can let the Archery GB insurers know as soon as possible.

Arrows that miss can be difficult to find and that's why we've got metal detectors. Only clubs that have sole use of a field don't need to worry about finding arrows and ours is also used for football, aside from the fact that we really don't want to leave arrows around anyway,

Just a final note. I've booked the barn on Monday evenings throughout the year (except for public holidays and if any members would like their bow set-up checked and, if required, tuned then they're welcome to come along (or just have a shoot) but do let me know first to make sure I'll be there. Please don't assume that bows stay the same after they've been set up in the shop. There are tremendous forces exerted on bows when an arrow's loosed and things can move. You should measure tiller, bracing height, nocking point position, etc. and write them down. Then you can tell straight away when something's moved.



BOWMEN OF ARDLEIGH
47th Clout Championships
Sunday 7th May 2017

Single Clout Round (36 arrows)

Not too bad a day, which was nice but with enough wind to make things interesting!

Ladies (140 yards)		Score	Awards
1	Maria Coppens	28	Trophy and Gold Medal
2	Claire Jones	10	Silver Medal
3	Jo Rose	8	Bronze Medal
4	Ann Mills	2	

Gentlemen (180 yards)		Score	Awards
1	Chris Lowe	48	Trophy and Gold Medal
2	Paul Campion	42	Silver Medal
3	Dave Clegg	36	Bronze Medal
4	Colin Vaughan	13	
5	Ken Dell	12	
6	Richard Tarr	7	
7	Brian Harris	0	
8	Alan Mills	0	

Junior Gentlemen (100 yards)		Score	Awards
1	Elliott Reid	21	Gold Medal

Lewis Trophy, awarded for the most improvement on last year's Championship score. 2 members improved their scores last year this award and **Chris Lowe** was first with an improvement of 17 points.

Thanks again to the members who helped lay out and put away the field for this "once a year day". It's quite a task putting out the ropes and flags to take in a much bigger area but we must accord with the GNAS Rules for shooting Clout and we're fortunate we have the room to do it on our field. Thanks too to Jann for arranging the awards and to Tom Hall for presenting them. Some of the 13 members taking part were Clout Shooting for the first time and, as is required by GNAS Rule 700(e), are now qualified to take part in open Clout Competitions away from our Club.