



Firstly, but a little belatedly (my fault) a note that our Hon. President, Tom Hall sends his best wishes to all our members and friends for a Happy Christmas and a happy New Year.

Dennis and Marion Saville also send their best wishes to our Club and added an addendum to the last Newsletter (no. 100). The Clout Shoot where the crane jibs moved at lunchtime wasn't at Tilbury but at the Tate and Lyles ground at Silvertown. This was an Essex County Championships and took place in the late 60s (before my time, just!). We had three married couples shooting there, and in addition to Dennis and Marion, Jim and Jann Watchman and Cliff and Pat Jolly were there. Marion won a handicap prize, Dennis a half-score prize and Ardleigh won the team competition (which was nice!)

Our thanks go to the Committee and their family members who re-furbished our indoor bosses on 26<sup>th</sup> November. Colin Vaughan, Chris and Sophie Pollard, Chris Lowe, Jan Lowe, Jason and Jess Horsley, Gary Prior, Rob Tysoe, David Clegg and Michael Bell. The cost of these is shared between Ardleigh and Abbey Bowmen, who also use the barn.

I do try to intersperse results between other bits, but here comes a plethora of figures!

These are the results of our November Matches in the Bray 1 League.

#### A Team, Recurve Division 1

US		BURNTWOOD	
Sean Hunter	263	Yvonne Wade	262
Paul Campion	258	Terry Baker	257
Colin Vaughan	256	Janet Wood	221
Jason Horsley	253	Sam Carter (Jun.)	216
Chris Lowe	252	Simon Carter	209
Totals	1282		1165

A win for Ardleigh by 117 points.

#### B Team, Recurve Division 3

US		BRAINTREE 'B'	
Chris Pollard	244	Michael Moore	242
Ken Dell	223	Richard Whiteley	236
Mark Turner	212	Toby Harcombe-Smee	229
Gary Prior	206	Simon Sheppard	227
Janine Sittig	198	Simon White	219
Totals	1083		1153

A win for Braintree 'B' by 70 points

#### Longbow, Division 2

US		CLACTON	
Mark Turner	151	Alan Mockett	143
Ken Dell	140	Nick Tate	141
Totals	291		284

A win for Ardleigh by 7 points.

The last Spoon Shoot Competition held in December, 2017 was won by Ken Dell. The full results are as follows: -

	Archer	H/C	Allowance	Score	Total	
1	Ken Dell	58	1008	426	1434	(Barebow)
2	Brian Harris	54	980	426	1406	
3	Mark Turner	54	980	393	1373	(Longbow)

Our first handicap shoot of the year, the January Spoon, was won by Sophie Pollard. The full results were

	Archer	H/C	Allowance	Score	Total	
1	Sophie Pollard	65	1070	391	1461	
2	Ken Dell	65	1070	355	1425	(Longbow)
3	Jason Horsley	31	881	514	1395	
4	Brian Harris	54	980	408	1388	
5	Chris Pollard	33	886	496	1382	
6	Mark Turner	54	980	362	1342	(Longbow)

These are the results for our December Matches in the Bray 1 League.

#### A Team, Recurve Division 1

Us		Rayleigh Town	
Chris Lowe	271	Tim Davies	284
Sean Hunter	269	Paul West	271
Jason Horsley	258	Shamsul Hussein	267
Colin Vaughan	256	Iain Martin	260
Chris Pollard	252	Phil Dredge	251
Totals	1306		1333

A win for Rayleigh by 27 points.

#### B Team, Recurve Division 3

Us		Darentford "B"	
Paul Champion	243	Ms. Sue Powell	203
Mark Turner	233	Miss Amie Greensted	200
Ian Knox	226	Adam Brown	176
Janine Sittig	212	Mrs. Sheila Flight	166
Gary Prior	211	Gordon Betteridge	165
Totals	1125		910

A win for Ardleigh by 215 points

#### Longbow, Division 2

US		Colchester 'B'	
Mark Turner	187	Tony Simons	23
Ken Dell	140		
Totals	327		

A win for Ardleigh by 304 points.

The Perris Archery Shop in Rettendon will be open until 9.00pm on Tuesday evenings "until further notice"!



To the left is an image of our shy and retiring Field Captain, Mark, shooting Barebow on Friday evening (12<sup>th</sup> January). As Chris Pollard says, “who needs a sight”.

To the right is Mark a week later with two in the X-ring, doing much the same with his longbow!

At the Raydon Hall Indoor American on 26<sup>th</sup> January, 2018, Mark achieved a gold medal, shooting Barebow, winning by 10 points. As with all archers, Mark says (with some feeling and some expletives which I’ve omitted, gentle reader!) “could’ve been better”. The archer always knows, before anyone else, where things “could’ve been better”.



These are the results of our January Bray 1 League matches for January, 2018.

A Team, Recurve Division 1

US		NOAK HILL	
Sean Hunter	260	Miss Rhiannon Easton (Jnr.)	270
Chris Lowe	259	Laurence Easton	259
Chris Pollard	259	Brian Lock	256
Colin Vaughan	252	Sharon Lawrence	254
Paul Campion	243	Ian Saunders	249
Totals	1273		1288

A win for Noak Hill by 15 points.

B Team, Recurve Division 3

US		PHOENIX	
Mark Turner	238	Withdraw	
Jason Horsley	238		
Ian Knox	235		
Dave Clegg	209		
Gary Prior	208		
Totals	1128		

A win for Ardleigh by 1128 points

Longbow, Division 2

US		OAKFIELD 'B'	
Mark Turner	173	Brent Davies	114
Heather Turner	131	Ian Crabb	91
Totals	304		205

A win for Ardleigh by 99 points.

Our 'A' Team are presently in 6<sup>th</sup> place (of 8) in Division 1, our 'B' Team 2<sup>nd</sup> place (of 7) in Division 3 and our Longbow Team top of Division 2, above the other 6 teams.

The bit that follows is a bit “ethereal” so do feel free to avert your gaze and ignore it if you wish. This is a matter to do with self-belief. If you believe you can be really good at something then that’s half the battle. Total confidence in your own ability is a wonderful feeling and with things how they are these days, most people don’t possess it. This would seem to be primarily because people don’t have the time (and sometimes not the inclination) to put the necessary work in to get to that level. This isn’t a criticism. People do what they can do.

So, if you can shoot only once a week (or less), you need to temper your desire to hit the gold consistently with the knowledge that your body isn’t really getting the chance to settle into a proper inbuilt style as each weekly session can seem to be a totally new experience and it takes about half that session to remind yourself and your body what it’s supposed to be doing. So, we’re straight into recommending at least one extra session of good practice a week to get things to perhaps achieve another level. It does work but we’re into problems with available time. A number of our younger archers are capable of very good shooting, given a little more practice but they also often have other activities, even aside from school, that make demands on their time. The last thing we want to do is make Archery a chore for them, so we wait until they decide they’d like to give more time to one sport or another (and that mightn’t be Archery). To get to Olympic level in any Olympic sport means practice (good practice!) virtually every day.

Having been coaching archers, on occasion whether they like it or not, for some time, a number of things are apparent to me. First, all are capable of good shooting, given the practice time available to them and according to their circumstances. The first thing they need to do is believe they can do wonderful things (which they mostly don’t!). When I stand behind them they practically all seem to improve their groups but often when I’m not there, remembering (and continuing to do) what it was they were doing when they were shooting tight groups appears to be something of a problem.

I’ve said (repeatedly!) to people that if they alter anything, just do one thing at a time (bracing height, nocking point, pressure button, loose, draw, etc. etc.) otherwise how do you know what effect the individual alteration(s) have made. The same applies to your shooting. Your brain can only consciously concentrate on one thing at a time. That doesn’t mean it can’t carry on doing all the other automatic things it does for you (breathing, heartbeat, standing up. etc.) but also draw the bow, anchor, aim and all the other things you need to do. Most of you have a base style that your body knows how to do, without your conscious help. If you want to concentrate on your loose, do just that, let the other bits look after themselves (which they will, if you let them). Continual analysis of your technique is not generally conducive to good, consistent shooting.

As an exercise, best done away from an Archery venue, go through in your mind, and write down in order, what you do when you shoot. Work from when you pick up your bow, walk to the shooting line and go through the process until your arrow slams into the 10 ring (you can’t miss!). Pay attention to detail, as most people initially do things like forget to take their arrow out of the quiver before putting it on the bow, etc. On the first run through almost certainly you will forget things. What this does is get the progression in your “mind’s eye” and this practice is just (perhaps more!) important than just standing there shooting arrows.

When you are actually shooting arrows, consider what you are doing with each individual arrow. 12 shot in this way should be more beneficial for you than trying to imitate the archers at Agincourt. They had a very good reason for shooting quickly, you have 2 minutes to shoot just three!