



Bowmen of Ardeleigh
Small Newsletter No. 104
September 2018

The result of our Match in the Essex and Suffolk Albion Summer League on Sunday 5th August 2018 away to Rush Green Bowmen was a win for Rushgreen by 116 points. Scores were as follows: -

Rushgreen		Us	
T. Robinson	737	Chris Lowe	718
K. Wombwell	712	Paul Champion	716
A. Moore	696	David Clegg	657 (Personal Best)
T. White	652	Colin Vaughan	656
B. Luff	622	Ken Dell	559
Totals	3419		3303
M. O'Grady	656	Mark Turner	350 (Bare Bow!)
K. Wombwell	526		



People will be saddened to learn that one of our former members, Edie Brown has died. George and Edie joined us, together with Albert Fenton and Joan towards the end of the 70's and always took an active part in our doings. George was 90 this year and Edie a few years younger. Always gregarious, Edie would talk to anybody and everybody knew Edie, wherever you happened to be. We went out for the day a bunch down to Tom Foy's Archery Shop at Hawkhurst in Kent to get their first set of equipment, which is when we got the first "Tom Foy Trophy". Happy days and I'm sure there will have been a meal somewhere just to round things off.

I picked this picture, taken on a visit to a miniature railway, from Facebook because of the label on the carriage where Edie and George are standing seemed very apposite. Edie was a lady in every sense of the word and will be very much missed by all who knew her.



You'll see the results of our Annual Double American Competition attached at the end of this newsletter. This is one of our most arduous shoots in that, as an American Round is 30 arrows each at 60, 50 and 40 yards, a double round has 180 arrows, plus 6 sighters.

Analysing it further, someone pulling 36 lbs. on their fingers creates nearly 60 cwts. of energy in old money and over 3,000 kgs. Metric.

As can be seen from the picture of Ken on the left, one must take every opportunity to replenish this energy from somewhere!

People seem, to a degree, to be eschewing our all day competitions now and there will be an item on the agenda at our next general meeting to discuss retaining the all- day competitions for our championships or whether we review the whole of our competition programme, including how the medals

are awarded (because of the cost).

The latter problem would be resolved if more people entered the competitions. Previous years have seen more than 30 people entered for some championships and if this was still the case there wouldn't be any difficulty. We even have special competitions for new members but these, to date, seem to have little response.

It may be that to change things to shorter (afternoon) rounds is a diminution of our championships but it really is a matter for members to decide.

This is the result of our last Essex Summer League Match of the season with Colchester 'B' on 9th September 2018. This was to have been on our ground but due to the football season starting it was re-arranged to be at Colchester so our thanks go to them. We've generally had to organise our September match to be away but it's possible that in future, if a home match is arranged we'll start the September one in the afternoon to avoid having to change venues again.

Us		Colchester 'B'	
Dave Clegg	601	Fred Todd	766
Sean Hunter	599	Clive Pearce	734
Gary Prior	545	Steve Merris	715
Ken Dell	526	Mike Huard	692
Chris Lowe	483	Jonathan Brockett (PB)	657
Totals	2754		3564
		Jill Paxton (PB)	443

A win for Colchester by 810 points. We finished 5th of 6 teams in Division 3.

As a final thought for the day, when you are shooting for practice, try deciding not to come down on a shot as this can become a habit. Essentially, coming down and starting the shot again is what you do when your brain sends you a message that the shot isn't set up right. You shouldn't consciously analyse yourself and every part of your shooting procedure, leave that to your brain. The other reason for coming down is doubt, not that you'll miss the target, although this does happen from time to time, even to the top archers, but that you'll miss the middle.

Doubt is the archer's worst enemy. Decide for a session that you aren't going to come down on a shot. Not during a league match or a competition, there's enough going on then without adding another stress. In practice, tell yourself that that you aren't going to come down on any shot during that session. This does a few things. Firstly, if you commit yourself to doing this properly, it changes your priority from hitting the middle to "not coming down". Secondly you will probably shoot more quickly, except for those occasional agonizing times when you have to persuade yourself that you aren't going to relax on the shot and start again, no matter how tempting it is! Thirdly, you will find out what happens when you shoot a possibly less than perfect shot. This knowledge should give you the confidence to know that even some of those "poor" shots still hit on or near the middle.

So, relax, don't analyse too much, just shoot. If it helps you to make a good, strong shot the arrow will also be less affected by wind, rain etc. Lock your eye on the gold but don't try to hold the sight pin there. Let the bow find its own place, keep the bow arm up and you'll hit the middle more, just don't try. You must persuade yourself that you don't care where the arrows go and, so long as you make a reasonable shot and your sight's in the right place, the arrows will generally hit somewhere near the middle.

The results of our 50th Club Clout Championship which were deferred in May are on the next page.



BOWMEN OF ARDLEIGH
50th Clout Championships
Sunday 23rd September, 2018

Single Clout Round

After the weather reports and the wind and rain in the days before and in the morning on the day, who'd have thought the day would turn out like it did. Windy enough but with some warm sunshine until towards the end of the shoot it turned out fortune certainly favoured the brave. The scores by archers who shot in the competition last year are shown in brackets.

Ladies' Recurve (140 yards)	Score	Awards
1 Jo Rose	17 (8)	Trophy and Gold Medal
2 Claire Jones	10 (10)	Silver Medal
3 Ann Mills	0 (2)	Bronze Medal

Gentlemen's Recurve (180 yards)

1 Paul Campion	87 (42)	Trophy and Gold Medal
2 Chris Lowe	67 (48)	Silver Medal
3 Ken Dell	18 (12)	Bronze Medal
4 Mark Turner	8	
5 Alan Mills	0 (0)	

Gentlemen's Long Bow (140 yards)

1 Barry Fursedonne	25	Gold Medal
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Lewis Trophy, awarded for the most improvement on last year's Championship score. 5 members improved their scores from last year this award and **Paul Campion** was first with an improvement of 45 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 Chris Lowe for arranging and measuring the field, Mark for controlling the shooting, Jann Watchman for arranging the awards and to Jan Lowe for presenting them.



Bowmen of Ardleigh
Double American Championship
12th August 2018

Turned out not too bad a day! Rain threatened but didn't precipitate, slight left to right wind with occasional gusts to make life interesting. Not too hot or cold and good light to shoot in without being too bright. Pretty much a day for fairly good shooting. All scores were made by recurve archers.

Double American.

	Archer	H/cap.	All	Rnd. 1	Rnd. 2	Dbl.	Total	
1	Paul Campion	41	1500	688	631	1319	2819	Beales Trophy & Gold Medal
2	Ken Dell	48	1642	570	584	1154	2796	Silver Medal
3	Chris Lowe	33	1388	684	698	1382	2770	Bronze Medal

Double American Straight Score Awards

Recurve			
1	Chris Lowe	1382	Gold Medal
2	Paul Campion	1319	Silver Medal
3	Ken Dell	945	Bronze Medal

Single American Round

	Archer	H/cap.	All	Score	Total	
1	Wayne Scott	49	833	490	1323	Gold Medal

New Members' Round (Junior Warwick)

	Archer	H/cap.	All	Score	Total	
1	Niamh St. Pier	70	1208	314	1522	Gold Medal

Thanks go to Jann for organising the medals, and Tom Hall for doing the presentations, Chris Lowe for his work as Field Captain and, with his mum, marking out the field and all the members who helped with putting out the targets and putting them away.

Results of the August Spoon Shoot. Held within the Double American on Sunday 12th August, 2018.

	Archer		H/cap	All	Rnd. 1	Total	
1	Niamh St. Pier	Junior Warwick	70	1208	314	1522	Spoon Award
2	Paul Campion	American	41	750	688	1438	
3	Ken Dell	American	48	821	570	1391	
4	Chris Lowe	American	33	694	684	1378	
5	Wayne Scott	American	49	833	490	1323	

Niamh's score today was to a 61 handicap rating, reducing this from 70 to 66. and qualified for her White Warwick 252 Badge.