



Bowmen of Ardleigh
 Small Newsletter No. 112
December 2019



Just a seasonal note to send our members and their families the compliments of the season and to wish them a happy and healthy 2020 (and good shooting!)

We've had a very good "influx" of new members during 2019 and we hope to see lots more of them during the coming year. It will also be nice to see more of some of our established members too but I am also aware that circumstances don't always permit people to shoot as much as they'd like to (me included!) but they are always welcome, even if it's just

for a chat.

We also have an addition to our list of new members this year. Welcome to Jessie!

This is the result of our Handicap Spoon Shoot, held on Friday 1st and Sunday 3rd November 2019. (Portsmouth Round)

	Archer	H/cap	Allowance	Score	Total	
1	Steven Jones	51	961	521	1482	Spoon. 500 Badge and 520 Bar
2	Brian Harris	59	1016	461	1477	
3	Sophie Pollard	68	1102	373	1475	
4	Chris Phillips (BB)	46	935	501	1436	Barebow 500 bar
5	Dave Clegg	47	940	493	1433	
6	Chris Pollard	33	886	524	1410	
7	Ken Dell	59	1016	354	1370	

This is the result of our Handicap Spoon Shoot held on Friday 6th and Sunday 8th December 2019.

	Archer	Round	H/cap	Allowance	Score	Total	
1	Gary Knopp	Portsmouth	63	1051	482	1533	Spoon
2	Cheryl Knopp	Portsmouth	67	1091	413	1504	
3	Chris Phillips (Rec.)	Portsmouth	57	1001	466	1467	
4	Sophie Pollard	Portsmouth	64	1060	383	1443	
5	Wayne Scott	Portsmouth	43	922	518	1440	
6	Steven Jones	Portsmouth	47	940	481	1421	
7	Brian Harris	Portsmouth	57	1001	418	1419	
8	Chris Pollard	Portsmouth	33	886	518	1404	
9	Ken Dell (LB)	Portsmouth	59	1016	317	1333	

Another gentle reminder for our newer members. If there's something you don't understand the whys and wherefores of how we do things, please do ask as there's usually a good reason for it!

You'll find a list of your current Committee below. You will see that we still have vacancies from our AGM earlier in the year. We're lucky that we have a good range of ages represented on the Committee but we usually have at least one vacancy. Our Committee meetings are on the second Monday of each month and things usually run quite smoothly because people know what they're doing (or in my case appear to!) but, firstly, the more positions we fill on the list the less the others need to do and secondly the more people we have to give their views on ways to do things the better.

Hon. President	Tom Hall	One of our Founder members (from 1953)
Hon. Vice-President	Jan Lowe	Very busy with lots of things (Medals, trophies, engraving, collecting fees, etc.)
Chair	Colin Vaughan	Chairs our meetings and generally has input on most things.
Vice-Chair	Vacant	Chairs our meetings when Chair is absent (Rare occasions!)
Treasurer	Sheron Easter	Looks after the income and expenditure of our Club, and preparing accounts for our Auditors and the Annual Meeting.
General		
Secretary	Michael Bell	Administers the memberships and oversees that the Rules of our Club and Archery GB are being maintained. (Also prepares our quite irregular newsletters!)
Indoor Records Officer	Dave Clegg	Maintains Members' Indoor Records, handicap ratings and our Bray 1 League Match scores.
Outdoor Records Officer	Paul Champion	Maintains Members' Outdoor Records, handicap ratings and Essex Summer Albion League. Assists Chair League Team selection.
Field Captain	Dennis Kenny	Responsible for control of shooting and Range Safety.
Range Officer	Chris Lowe	Responsible for Field orientation, layout, marking and overshoot lines.
Equipment Officer	Chris Pollard	Maintains our Club Equipment (Also deals with Club Clothing orders)
Committee Member	Gary Prior) These three officers liaise with members and draw the
Committee Member	Rob Tysoe) Committee's attention to any matters raised by members

Committee Member Ian Knox) if other Committee members are not in attendance.

It should be noted also that aspects of all these posts tend to overlap at times.

We also have the kind assistance “ordinary” members. Steve Jones, kindly volunteered to assist with our New Members’ Welcome Packs and Data Protection, and Jo Rose and Claire Jones look after Social matters. We also had a member, now left, who looked after Club Tournament Entries during the year. This work is presently covered by the Secretary.

You will shortly be receiving a notification for our Annual General Meeting next February, together with the Minutes of the last one and there will be a nomination form for your Committee next year. The only requirement is that people have been members for a year and any volunteers will be very welcome. Some of your Committee have already indicated their willingness to stand. (Also, I ain’t getting any younger!

These are the results of our Bray 1 Essex League Matches for November 2019.

Recurve Division 1				Recurve Division 3			
Ardleigh ‘A’		Rayleigh Town		Ardleigh ‘B’		Rushgreen ‘B’	
Chris Lowe	248	Tim Davies	273	Will Danaher	217	Nick Nicholas	209
Colin Vaughan	245	Gary Bilton	267	Gary Prior	205	Mark Williams	206
Chris Pollard	240	Paul West	263	Dave Clegg	201	Stuart Blackmore	191
Paul Campion	233	Charles Hill	252	Sophie Pollard Jun.)	153	Kieron Wombwell	173
Wayne Scott	218	Mr. Pat Alexander	191	Masud Parker	130	Ron Salt	167
Totals	1184		1246		906		946
Longbow Division 1							
Ardleigh		Noak Hill					
Ken Dell	179	Sharon Lawrence	202				
Terry Jones	100	Bob Attalia	193				
Totals	279		395				

Ardleigh Recurve ‘A’ Team is presently in 8th Place in Division 1 and our ‘B’ Team 4th in Division 3. Our Longbow Team is in 7th place in Division 1

Just a small advertisement for a few things.

Bow International Magazine caters to a degree for the UK Market. There are also occasions when Andrew at Perris (sort of) stands in for the old Glade Magazine which Bow Magazine took over. The Glade really was the last commercially produced magazine that covered Archery in Great Britain properly and did have handy notes for guidance about various things. Even then, though, the “Glade” was reliant on people sending articles in so, to a degree, archers had some responsibility for content, or lack of. Archery GB’s UK Archer quite rightly doesn’t set out to compete with other magazines on a commercial basis but the lack of interesting content with regard to training and a high coverage of results, while still interesting, has always been the case, including the old “British Archer” magazine. Anyway, Bow International is a good read. goes into some detail about all sorts of things to do with technique, equipment and stuff.

The “Archer’s Reference” produced by Balbardie Archers is probably the most detailed publication available on the web.

It is updated occasionally and covers things like you don't mix spinning vane colours when you fletch with them because there is a variation in how each colour flexes. It really is worthwhile downloading and goes into some detail about all sorts of things you didn't know and other things you didn't know you needed to know you needed to know! (search archers reference.co.uk)

The last note is about a book "Understanding Winning Archery" written by the then coach to the US Archery Team, Al Henderson. Unfortunately, Al is no longer with us and although his book has been re-issued several times it seems to be now out of print. I used to read every book I could find about Archery but this really is one of the best. "Archery In Earnest" by Roy Matthews and John Holden (also then a very good Essex archer) runs it close, and also covers some very interesting aspects. Both have sections dealing with the Archery brain which, in my opinion, is the most important part in the quest for what passes for "Archery Perfection".

I've had a quite successful time with my Archery, but on just a few occasions, I went to another level in shooting what is called now "in the zone". I couldn't really tell you how, but the constant repetition needed in Target Archery eventually leads to you shooting without any thought process at all. You just shoot and let your body get on with it without any conscious effort at all because you so confident in your own ability that the thought of "failure" just doesn't occur.



Some of our newer members have already observed that sometimes you know that an arrow is going to hit the middle even before you've loosed it. I think this, to a degree, is where you are already slightly detached from the actual act of shooting but imagine if you can get this feeling through a whole shoot. Everyone has the odd arrow that doesn't behave as you expected; it's just that the top archers have fewer of them!

At this time of the year, you are, no doubt, looking for the perfect gift for the person who already has everything. The item to the left is one of only a few ties we have left bearing our Club's Badge. These, presently available with Chris Pollard, are part of a batch which must date to the 1970s. We all had them for our Club functions and to wear back in the day when ties were necessary when one was having an evening meal.

I have to admit that the last time I saw one of these being worn at an official event it was being worn as a headband (in the style of Rambo) at a field shoot so obviously these can also serve as a multi-purpose accessory!



Do enquire with Chris if you have someone in mind for what could be a perfect gift!

Theses are our Field Championship Trophies. To the left is the Callard Trophy (presented by Len Callard), awarded for

the second score on handicap. The next one is the Wright Shield (presented by Vic Wright) for 1st place on handicap. The leather bracer trophy (presented by George Weaver) is for the First Longbow Gentleman and has a silver plate engraved with our Club Badge. The engraving is by Larry O'Connell. Larry was a very successful amateur boxer who also refereed boxing matches at international level but engraving was how he made his living. Larry was also one of the nicest gentlemen you could ever meet. The next item is the Junior Girls' Championship Trophy, and then the Baldwin Trophy (presented by "Mum" and Eric Baldwin). Together with Eric's brother Haye, the Baldwins took a keen and supportive interest in Essex Archery Clubs during the 1950s, 60s and 70s and many clubs benefitted from their generosity. The last on the right is the Monk Shield (presented by Peter Monk). This is presented to our Lady Field Champion.



Pictured left is Sarah Bettles in action at the 2019 National Indoor Championships held at Stoneleigh Park in November.

Do note, dear reader, where Sarah's drawing hand has ended up!

To the right is the National Team for England, which came



second in the Home Nations Competition with Jaspreet Sagoo (3rd Lady, formerly with Oakfield, Sarah (1st Lady formerly with us) and Michael Judd (9th Gentleman, currently a member with Mayflower). Essex, then, very much in evidence!

I normally run through some stuff from back when the Earth was young, or observations about how things used to be (in my capacity as an "older" archer, we seemed to have a lot more "fun"). It could just be me, but Archery seemed to be a lot simpler before our National Association started to chase Lottery money and television scheduling!). Sometimes historical, sometimes hysterical! Times change.

All being well I shall bore you with some more old stuff in the next issue!