



Bowmen of Arleigh  
Small Newsletter No. 117  
November 2020

Firstly, I'll take the opportunity to welcome Lee, Prital and Valeria to Arleigh and wish them good shooting.



This is Prital, in October, completing the course she began in March, before the Covid-19 restrictions were introduced (just!). Shooting with a Club bow and arrows that probably don't match it, I think this lady shows great promise!

We're running a series of Beginners' Sessions in the Barn, taking 4 new archers at a time we've enough people booked in to our 4.00pm Sunday sessions to take us through to February at the moment and we're still getting new enquiries. *(Ed. This is now in abeyance and the intention is that we re-schedule the people who've confirmed their bookings to re-commence the sessions in the New Year).*

Our October Handicap Spoon Shoot, the first since March, was won by Mia Phillips with a score of 414, breaking Sophie Pollard's Girls' Under 12 record by 2 points! Mia also severely reduced her handicap rating for when she next shoots in a handicap competition. The results are shown below and I believe Mia's since broken her own record four times since!

|   | Archer         | Score | H/cap. | All. | Total | Hits | Golds |                                  |
|---|----------------|-------|--------|------|-------|------|-------|----------------------------------|
| 1 | Mia Phillips   | 414   | 68     | 1102 | 1516  | 59   | 3     | New Girls' Under 12 Record (412) |
| 2 | Chris Phillips | 509   | 47     | 940  | 1449  | 60   | 13    | Recurve 500 Badge                |
| 3 | Steven Jones   | 480   | 41     | 913  | 1393  | 60   | 11    |                                  |



This picture shows Mia "in action" on Sunday. This young lady shows great promise.

For our newer members, the table above shows the procedure for working out competitions on handicap. When an archer has completed three rounds indoors they get a handicap rating. As the handicap ratings go down in number, so does the allowance. The handicap reduces as peoples' scores improve.

Mia's score of 414 gets a handicap rating of 61. This is taken away from her original rating (698) and the difference of 7 is divided by 2. This gives a rating of 64.5 and this is rounded up to 65. I'm also aware that the day after, Mia shot a Portsmouth with a score of 436 and that will bring her rating down to 61 and is another new record!

Although the system is quite logical, the above illustration explaining how the handicapping system works probably shows why people leave the Records Officers' jobs to poor, unsuspecting souls who practice dark arcane methods to get the results out. They in turn rely on computer programmes to sort out the results. I come from an age when computers weren't to be trusted 100% and still strongly feel the necessity to "pick holes" now if something doesn't

add up (literally!). A set of Archery GB Rules and Tables was once something all archers purchased, if only to check the Records Officers were getting it right, but do ensure all your scores are forwarded to them and not just the ones you think are “good enough” because this will give you a slightly false rating that’s perhaps better than it should be and means you don’t get the allowances you should. This certainly applies to the early days, certainly. The Rules are available online, but not the handicap tables, which come with the Rule Book if you buy one.



Members gathered to present this plaque to Michael Bell to celebrate his 50 years with Ardleigh. This was prepared by Ken Dell and came accompanied by a bottle of wine from the Club and a box of biscuits from Maria and the plaque is all that presently remains and is much appreciated.

Shown below is another new member, Lee, on one of his first sessions. As we always say, once you start getting groups it doesn’t matter where they are, because getting them in the middle is just a matter of moving your sight! Shooting our Club’s arrows that don’t match one of our lighter weight bows makes a group like this this even more of an achievement!



As I write this, all the media are telling us that there’ll be another full lockdown starting this coming Thursday (5<sup>th</sup> November 2020) and all the signs are this will probably come to pass and Archery GB have already suspended all our activities.

My thanks and on behalf of our Committee for our members’ understanding in what really are unprecedented times. Hopefully we’ll be able to get back to what passes for normal after 2<sup>nd</sup> December when the lockdown is supposed to end. We shall see!

Our Sunday Beginners' Schedule has also gone awry again because of this suspension and as the lead up to Christmas and the New Year is so near we're re-arranging things to begin again in January (all being well!). We'll be keeping the original order of sessions but we have also had a lot of enquiries since the first schedule was arranged. We've always had enquiries, very much so since our web site was set up, but I've never known the number we currently have. This is why we've tried to set up our beginners' "taster" sessions, even in these very unusual circumstances, but I do understand peoples' hesitation as this situation is totally new to all of us.



Shown left is our Equipment Officer, Chris, on the last shooting evening before the November 5<sup>th</sup> shut-down, showing that he's still got "it".

Both Perris Archery's shops will be closed from this Thursday (5<sup>h</sup> November) but their on-line service will, I believe, be operating as normal.

The new issue of Bow Magazine has some quite good articles on all sorts of things. Quite a few members have a subscription and it's well worth while.

Last coaching note. Members will have heard my mantra "keep your bow arm pointed at the target until after the arrow hits". Preferably beyond that! It doesn't particularly affect the "good" shots that will hit the 10 ring anyway, It will often, though, make the less good shots score better. No archer shoots perfectly every time but the difference with our top archers is they get fewer "less good" shots. Consistency is the bye-word, and unless you can guarantee your bow arm will drop exactly the same amount on every shot it's much easier not to let it happen. That's if you remember to do it until it's built into your style without you thinking about it!

Essex and Suffolk County are taking part in a Southern Counties Postal Portsmouth League. The results aren't out yet, but I'm very pleased to say that Ardleigh members provided four of the scores for the Team. Chris Lowe, Chris Phillips, Steve Jones and Mia Phillips (Young Ladies Under 12) all featured so well done them!

That's it for the present. Nothing more to report on but at least there's some "proper" news.

There should be another Newsletter before Christmas so I'll leave the Seasonal Greetings until then!